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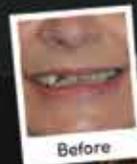
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On the Cover: You can create, build, or buy your dream home with the service professionals found in our annual Home Resource guide. Design by August Schwartz. Contact *What's Up? Eastern Shore* online at whatsupmag.com. Please recycle this magazine.

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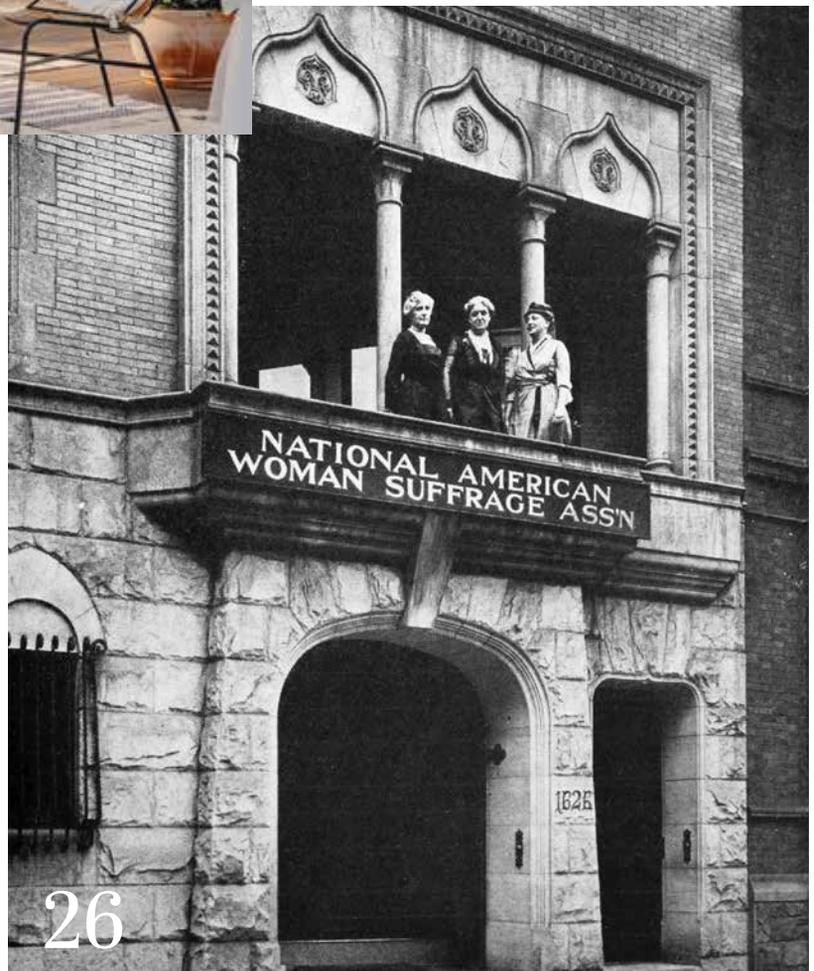
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What's Up? Eastern Shore is published by What's Up? Media

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EDITOR'S NOTE: April's event-related columns and the Calendar of Events have been removed from this issue due to the high-volume of cancellations related to the COVID-19 pandemic.

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What's Up? Online

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editor *From the*

Interestingly, we also planned the feature article “Financial Spring Cleaning for 2020” into this issue, which is chock-full of advice from fiduciaries and tax professionals about investment strategy and tax law, with an eye on the future. I think you’ll find reassuring words to help weather what’s probably the beginning of a bear market.

If you’re yearning for anything sports, we did happen to catch up with Caps alum and NHL Hall of Famer Rod Langway, who reflects on his playing days and the team’s recent Stanley Cup championship. A fun read in lieu of live games. Our Year of the Woman celebration continues with an in-depth look at the suffrage movement’s sometimes fractured approach to political action 100 years ago. I think the lesson is that there’s no singular, one right way of doing things—it ultimately took a village to make progress. Health-wise and somewhat coincidentally, writer Kelsey Casselbury delivers a feature article, “A Battle with P.A.N.D.A.S.” about a bacterial infection and subsequent condition that’s every bit as scary (more so?) as the viral COVID-19. On this article’s heels is our first installment of 2020’s “Best Of” series, beginning with the Best of Medical, Dental, and Veterinary winners as chosen by you, our readership.

And what would be April without the year’s most recognized environmental event, Earth Day? As the spring season, well, springs up and greens our gardens and landscaping all around, we acknowledge Earth Day’s 50th anniversary with writer Frederick Schultz’s enlightening article “Interpreting Our Carbon Footprint Today.” It’s a read that will leave you thinking twice about your individual environmental imprint. The health of our planet is every bit as important as your own health and wellness. And if you think otherwise, then perhaps you didn’t notice a winter without snow or hear about a worldwide pandemic. Something is afoot...Mother Earth is saying something. What that is...is becoming increasingly apparent.

As I type this letter, I’m receiving update after update about COVID-19’s effect on our communities. All schools just announced a two-week closure; major events have postponed or cancelled altogether; my beloved Washington Capitals and the NHL have suspended games indefinitely; ditto for the NBA, MLB, and NCAA, among other sports leagues. The list grows hourly.

If you’re reading this, then certainly the worldwide pandemic and local situation have evolved. I sure as heck hope for the better.

So, as we entered our final week of production on this April issue, we knew that our approval of files and the content within would include dated information. Do we pull the plug? Of course not. We move forward. We adjust and adapt. We’re human. And we hope you understand that as a monthly publication, we can’t control every evolution of every detail that we cover—especially event-related and date-specific intel. We did decide to remove all pages of event-related content because most, if not all, local events in the month of April have been postponed or cancelled.

What we can control are the overarching messages and storylines that we present in our feature articles and many of the columns. Just before our deadline, and by design, we received our economics column written by Anirban Basu—he evaluates the impact of COVID-19 on our worldwide, national, and state economies. Maryland, it seems, just can’t catch a break in the first quarter. For three years running, our state has been hit with slowdown events (weather, Federal shutdown, and now this virus). There are several silver linings though, and Basu reveals them.

LIVE ON, BUT LIVE RESPONSIBLY.

James Houck,
Editorial Director

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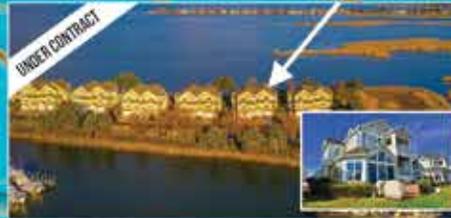
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TOWNE SOCIAL

Heart & Music

On March 5, For All Seasons, Inc. Behavioral Health & Rape Crisis Center held its 10th annual Heart & Music opening night gala event at the Oxford Community Center. Guests enjoyed cocktails and fine dining, followed by performances highlighted by a 10-year tribute arrangement. Proceeds from the event supported the nonprofit's programs.

Photography by Stephen Buchanan **1.** Live tribute performance **2.** Marty and Al Sikes, Tom and Cathy Hill **3.** Jim Arbia, Beth Anne Langrell, and Mike Kaiser **4.** Ellen and Dick Bernstein, Beth Anne Langrell, and Lesa Lee **5.** Sarah Anthony and Rebekah Mitchell **6.** Jake and Sarah Worn



Sip & Shuck

Easton-based private school, The Country School, held its annual auction and gala event at 716 Goldsborough Street in downtown Easton on February 8. This year's theme was "Sip & Shuck" with patrons enjoying freshly-shucked oysters, drinks, dancing, and more, all to raise funds for the school's varied programs.

Photography by Stephen Buchanan 1. Sidney Trond and Ben Simons 2. Nathan Klakring and Kristin Diem 3. Braden Loveless, Anna Ahn, and Bob Carever 4. Paul Rogers, Lisa Kullman, and Allison Rogers 5. Connie Alderfer, Sydney Trond, and Kari Rider 6. RJ Cooper, Robin Cooper, and David Green





TOWNE SALUTE

Liz Verhelle

Chesapeake Women's Network

By Lisa A. Lewis

After working in healthcare for 15 years, Liz Verhelle decided that it was time to make a career change and was excited about embarking on a new chapter of her life. She had always been interested in finance and wanted to utilize her skills to make a difference in her clients' lives. So in 2015, Verhelle accepted a position as a financial advisor at Edward Jones in Annapolis, where she has built a rewarding career that she truly loves.

"I am passionate about educating my clients, offering advice, and providing guidance as they work toward achieving their financial goals," Verhelle says. "I especially enjoy helping women take control of and manage their finances. My career

change and my enthusiasm for assisting women also sparked my interest in Chesapeake Women's Network (CWN), and I became a member in 2015. As I learned more about the organization's mission, I decided to play a more active role. So I joined the board of directors in 2016. I am currently the vice president and one of the event planners."

Based in Queen Anne's County, CWN is a professional women's network that consists of nearly 100 active members. Since its inception in 1986, the organization has empowered women in business by offering opportunities for professional growth and personal enrichment in a welcoming, supportive environment.

"CWN is more than just a social network," Verhelle says. "It's a unique organization where women in business support each other both professionally and personally. We focus not only on our careers but also our personal lives. And I think that this [approach] is what makes us stand out from other women's networking organizations. There is a definite sense of sisterhood. We are not just peers; we are friends. We encourage each other to achieve our goals and cheer for each other when we succeed. I've been a member of other networking organizations, but CWN is definitely the most supportive."

Members of CWN meet on the second Thursday of every month and participate in a variety of events, which spotlight women in business. Some of Verhelle's

"There is a definite sense of sisterhood. We are not just peers; we are friends. We encourage each other to achieve our goals and cheer for each other when we succeed. I've been a member of other networking organizations, but CWN is definitely the most supportive."

responsibilities include organizing and planning, choosing venues, and scheduling guest speakers. In addition to breakfasts, lunches, and other networking events, CWN also hosts an annual fundraiser.

But perhaps the highlight of the year is the scholarship dinner that is held in June. CWN is honored to award scholarships to women who are committed to pursuing their education. The scholarships, which are based on need, are awarded to women from all walks of life, including single mothers, women who are recovering from abusive relationships and trying to rebuild their lives, or women who are caretakers for a sick family member. Although the applicants are from different backgrounds and have unique life experiences, CWN takes great pride in its ability to help make a difference in their lives. Indeed, this June the organization will have awarded more than \$100,000 in scholar-

ships since its inception—definitely a cause for celebration. Not surprisingly, CWN’s service to the community has not gone unnoticed, and the organization was named Philanthropic Organization of the Year by Chesapeake Charities in 2019.

“Liz has been a valued board member of Chesapeake Women’s Network for many years,” says Heather Bacher, the president of CWN’s board of directors and a market executive for Shore United Bank. “She has served in various capacities and always gives 100 percent to everything she does on and off the board. Liz is a trusted professional in her industry, and we are so lucky to have her on our board.”

Verhelle enjoys playing an active role in CWN and is passionate about making a difference in women’s lives. In fact, one of the most rewarding aspects of the organization’s mission for her personally is the presentation of the scholarships. The event is extremely meaningful to her because it represents a life-changing moment in the recipients’ lives. It’s also a great way for CWN to give back to the community. In addition, Verhelle is appreciative of all of the opportunities that the organization offers her to network with like-minded professional women.

“CWN has helped me grow my business, further my professional contacts, and support me during difficult times in my life,” Verhelle says. “Being involved in such an inspiring organization has truly enriched my life. I would definitely encourage professional women to consider becoming members.”

To learn more about CWN, including information about how to become a member and the scholarship application process, visit cunqac.org.

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↑ CRHC Auxiliary Installs New Officers

The Chester River Hospital Center Auxiliary started the year with its Annual Meeting & Luncheon on Tuesday, January 14 at Heron Point in Chestertown. The occasion included a luncheon, remarks by Kathy Elliott, executive director at University of Maryland Shore Medical Center at Chestertown, recognition of individual members for reaching milestones in their volunteer hours served and installation of new officers. Auxiliary President Sue Edson announced that during 2019, Auxiliary volunteers worked approximately 11,296 hours in the hospital gift shop, at the Nearly New Shop, and as in-house volunteers. The Auxiliary's activities generated a total of \$111,575 in revenue. "The goal of the Auxiliary is to raise the most money we can for our local hospital—Shore Medical Center at Chestertown. We always strive to give the best of ourselves each and every day while having fun at the same time," Edson says. Installed as the Auxiliary's new officers were Sue Edson, president; Carol Droge, vice president and corresponding secretary; Jean Anthony, treasurer; Trudy Anderson, recording secretary; JoAnn Bowdle, parliamentarian; and Jack Edson, immediate past president.

HOGAN ADMINISTRATION HONORS YOUTH VOLUNTEER GROUPS

Governor Larry Hogan and the Governor's Office on Service and Volunteerism partnered with M&T Bank and the Baltimore Ravens to honor the service of youth volunteer groups in Maryland and to foster the spirit of civic engagement at a young age. Fifteen groups were chosen based upon the scale of which the group met the needs of the surrounding community. During each Baltimore Ravens home game throughout the 2019 season, as part of the 20th Annual M&T Bank Honor Rows program, these fifteen youth groups were recognized: St. John's Episcopal Church—Young Adults in Church Youth Group (YAC); #OurCommonCalvert; Stephen Decatur High School National Honor Society; Girl Scout Troop 1093; We Canerve Movement, Inc.; Leadership, Education, and Awareness about Disabilities (L.E.A.D); Volunteer; Drug Free Cecil; Youth Coalition, Youth Empowerment Source (YES); Baltimore Area Council, Boy Scouts of America; Maryland National Guard Freestate Challenge; Girl Scout Troop 1165; Hampstead's Little Free Pantry; Sho'men Youth Swim Team Volunteer Club; Big Brothers Big Sisters at the Y; and Berlin Intermediate School After School Academy.



↑ FINANCIAL ADVISOR AT WYE FINANCIAL & TRUST EARNS CFP CERTIFICATION

Christopher E. Parks, CFP® LPL Financial Advisor at Wye Financial & Trust, a division of Shore United Bank in Easton, Maryland, has been authorized by the Certified Financial Planner Board of Standards to use its CFP® marks, which identify those individuals who have met the rigorous experience and ethical requirements of the CFP Board, have successfully completed financial planning coursework, and have passed the CFP® Certification Examination. Mr. Parks has worked at Wye Financial & Trust since 2017 and holds a Series 7, 63, and 65 Securities License held through LPL Financial and a Maryland Life and Health insurance license. The CFP Board is a nonprofit certification organization with a mission to benefit the public by granting the CFP® certification and upholding it as the recognized standard of excellence for personal financial planning.



LOCAL HIGH SCHOOL STUDENTS SELECTED FOR MARYLAND GENERAL ASSEMBLY PAGE PROGRAM

Two Easton High School students have been chosen to represent Talbot County in the Maryland General Assembly Student Page Program this year. Dillon Prochnicki (pictured right) will serve as Page and Trevor Andrew (at left) will be the alternate. Prochnicki is a Senior at Easton High School and resides in Oxford. He describes himself as “ambitious for knowledge and experience in government and history.” Andrew of Trappe is also a senior at Easton High. In his application for the program, Trevor explained that he “loves anything and everything that deals with history and politics.” Maryland high school seniors have served as student pages for members of the state legislature since 1970. Each year 105 pages and 36 alternates from across Maryland are selected by their local school systems to represent their schools and Counties.

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

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TOWNE ATHLETE

Tyler Christianson

Sts. Peter & Paul High School Swimming

By Tom Worgo

Saints Peter & Paul High School senior Tyler Christianson is chasing his Olympic dream. Christianson has dual citizenship. His mother was born in Panama and he's aiming to represent that country at the 2020 Summer Olympics in Tokyo.

He's already represented Panama in international swimming events. His success is putting him on the path to an Olympic roster spot.

"Representing them internationally certainly helps my resume for being selected," says Christianson, who commutes an hour from Easton to Annapolis to swim for the Naval Academy Aquatics Club six days a week. "In order to be selected you have to make a certain cut. I just missed the Olympic cut by two hundredths of a second in the 200 (meter) individual medley."

The 6-foot, 185-pound Christianson got another shot to reach the qualifying time at the Tyr Pro Swim Series in Greensboro, North

Carolina, in November and will again at the U.S Olympic Trials in Omaha, Nebraska, this year.

Even if Christianson, who will attend the University of Notre Dame on a swimming scholarship, doesn't make the cut, he still is in the running for the Olympics. His times are so good that he is in the running for one of the team's final roster spots. "I think I have a pretty good shot of qualifying," Christianson says. "I remember in the second grade, writing down what my dream was. Even back then, it was to make the Olympics."

Christianson had a ball swimming in international events representing Panama last spring. He won three medals during April's 18-and-under Youth South American Championships in Chile, including a gold in the 200 IM.

Christianson also captured four gold medals (400 IM, 200 IM, 200 breast stroke, and 100 breast) in the Central Caribbean games in Barbados in July and competed in August in Peru's Pan American Games, where his best finish was sixth in the 200 IM.

"It has given him a different level of maturity and exposure," Naval Academy Aquatics Club Head Coach Hilary Yager says. "He has been able to handle himself at that level swimming against Olympians and world and American-record holders."

Swimming for Saints Peter & Paul, Christianson has dominated the competition.

He won the 200 IM and the 100 breast in the National Catholics Swimming and Diving Championships last March and the 100 breast in the same tournament the previous season.

Christianson also has six Maryland Interscholastic Athletic Association B Conference championships in the same two events.

"He is a once-in-a-generation talent for the Eastern Shore,"

Saints Peter & Paul Swimming Coach Josh Remaniak says. "You don't come across someone like him often that competes on the national and international state and has done as well as he has."

One of the keys in Christianson's development has been practicing with the Naval Academy Aquatics Club. He swims for 12 hours across six days and works out another four hours on physical fitness on two of those days.

"It's been a long journey there every day, and it's really motivated me to really work hard," Christianson says. "The workouts are really intense. We swim up to four miles a day."

Christianson is a good role model for Naval Academy's veterans and younger swimmers.

"He is really proficient in the water and he is a very hard worker," Yager says. "We see a lot of kids that are proficient in the water, but don't want to do the work. Most of the best swimmers are home sitting on the couch during the Olympics because they didn't want to do the work. He just grinds it out."

When Christianson isn't swimming, he stays busy with rigorous homework load and extracurricular activities at school.

He carries a 4.75 weighted grade point average, takes three advanced placement classes, serves as Student Government President, and belongs to the Short Classics Book Club, National Honor Society, and the Investment Club.

"A lot of it comes down to time management," Remaniak says. "He's got it down to a T. When he goes back and forth to Navy swim practice, he is doing his homework in the car."

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



Sunny Afternoon - oil by Robert Rauschenberg

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TOWNE INTERVIEW

Talking Caps

Washington Capitals alum and NHL Hall of Famer Rod Langway answers our questions

By Tom Worgo

It is rare when the arrival of a single player immediately changes an entire sports franchise's fortune. That was the case for the Washington Capitals in 1982 when they acquired defenseman Rod Langway in a blockbuster trade with Montreal.

Langway, now 62, led Washington to 11 consecutive playoff appearances (1983–93). The Capitals never made the postseason during their first eight years in the NHL. Things got so bad in the summer of 1982, that fans spearheaded a campaign to “Save the Caps” and keep the team from moving to another city.

“The story was (owner) Abe Pollin wanted 12 million dollars for the team,” Langway recalls. “When I came here, I was guaranteed one year. I was told to rent and not to buy. It was probably a 75 percent chance that we would be gone.”

Langway, a central Virginia resident, won the Norris Trophy, given to the NHL's best defenseman, in 1983 and 1984. He was inducted into the league's Hall of Fame in 2002. “When you were coming down on Langway, it was like trying to skate through seaweed and around an octopus,” says Craig Laughlin, a former teammate of Langway's and current Capitals' broadcaster. “Langway was the same as Wayne Gretzky, but in a defensive mode. He was the best defenseman arguably ever to play.”

We recently talked to Langway, nicknamed the Secretary of Defense, about winning a Stanley Cup with Montreal, his reaction to the Capitals capturing the Cup recently, and his involvement with the franchise today.

What were your emotions when the Capitals finally won a Stanley Cup?

It was an unbelievable night and it was a great sight to see. I was at my restaurant, where it was standing room only. I enjoyed it so much. I had tears of happiness. I was so exhausted rooting for and watching them. I am going on 39 years being involved with the Capitals.

How did it compare to winning the Cup with Montreal?

I was 21 years old and I will never forget it. It was the beginning of my career and laid the foundation for what

kind of player I was going to become. It was an eight o'clock game in Montreal and it was Game 5. We stayed at a hotel and my roommate was Bunny Larocque. We couldn't sleep until 2:30 in the morning. We had a 40-minute walk to the rink and when we got there, you just knew it was over. We won and we went crazy on the ice.

Have you enjoyed yourself in your role as Capitals ambassador?

Absolutely. I can come and go as I please, but they put me in position where I can mingle with the fans and get involved in the charities that they support. I represent the Capitals the way they want me to, but also the way I feel I need to. One of the things I do is go around to selected suites during the game for birthdays and other events. I get requests for people that want to meet me and take pictures with me. I go to 35 games a year and the playoffs. They keep me busy. I'm on the payroll. I wouldn't say it's a full-time job, but I am on-call. I mingle with VIP season-ticket holders, 30- and 40-year season-ticket holders. I have traveled on Capitals trips to Nashville and Florida.

You are always involved in the Hero's Salute at games. How much do you like meeting these veterans that are Capitals fans?

That's special. Most of my family was in the service, all branches except Air Force. I was born into a Navy family. I was born in Taiwan after the Korean War. The Capitals selected me to do the salute and it's right down my alley to really respect the servicemen.

Did one particular veteran stick out?

A couple of years ago there was a pilot. I believe he was 93 years old and he was in World War II. He still fit in his old uniform. He lost his first wife and married a 70-year-old. She looked like she was 35 [next to him]. I was talking to his wife and she said, "I can't get him to sit down. We live on a farm. My daughter rides horses and he works around the farm. About a week ago, he was under a truck changing the oil."

After you stopped playing, you got into coaching in the minors? Did you want to be an NHL coach?

I didn't want to be a head coach. My goal was to be a defensive assistant coach. I was like a player-assistant coach, but my legs couldn't hold up. I couldn't keep up with the young kids. I stop playing and concentrated on coaching. I had a bad taste in my mouth from a couple of teams. They weren't really honest with me or the players I coached. In the minors, if you are not affiliated with an NHL team, it's kind of tough.

Talk about the two restaurants named after you?

Langway's [in Gambrills] just has my name. No money involved in it. When I came here in '82, I met the Koutroumpis family. They owned the restaurant across from the hotel I stayed in for two months. I went there every chance I got. About five years later, the youngest brother Willy, wanted to use my name on a sports bar (in Lanham). I stopped playing in '93 and he closed it in '95. Then about four years

"I represent the Capitals the way they want me to, but also the way I feel I need to."

ago, he bought the old Crazy Otto's. He revamped it, came to me and said, "Can I use your name again." I said I won't be there much, but it's going well.

What was it like not playing with a helmet?

Everyone asks me that. It's like playing in practice. When I started playing as a kid, I never wore a helmet outside on the ice. You had a hat on because it was so cold, but you didn't have a helmet. I wore helmets in baseball and football. When I got to the pros, no one wore helmets in practice. I was one of the last guys not to wear a helmet. Craig MacTavish and Brad Marsh were the others. If I played today, I wouldn't wear a helmet.

Are you feeling any effects from playing without a helmet? How is your health?

My health has nothing to do with not wearing a helmet. My issues are with my knees, shoulders, and back. That's wear and tear, but I would do it again. That's for sure. I get around okay. I can work out a little bit and play golf. I do mostly bikes. I would love to run and skate, but I can't do that. I haven't been on skates in over 10 years.

John Carlson could be first Capitals defenseman since you to win the Norris Trophy this year. Do you think he can do it?

Absolutely. He is the front runner now. It's overdue. I am a big fan of his. He plays a lot. If he does win it, it's well deserved.



Credit: NovusCapitals.com

Coronavirus Takes Center Stage

No One Will Request an Encore...

By Anirban Basu

Coming into 2020, there was a strong sense that global economic fortunes were poised to improve. According to the International Monetary Fund (IMF), the global economy expanded just 2.9 percent last year, the worst performance since the end of the financial crisis. But with ratification of the U.S.-Mexico-Canada trade agreement, the attainment of a first phase Sino-U.S. trade agreement, and a more predictable resolution to Brexit (though not Megxit), risks of burgeoning trade wars afflicting the worldwide economy abated.

The Sino-U.S. trade dispute has wreaked havoc on many economies, including Germany's, which flirted with recession for much of last year, and many Latin American and African economies, which depend heavily upon a combination of Chinese economic growth and investment. The diminution of uncertainty helped induce IMF economists to establish a 3.3 percent predicted pace of global growth for 2020, which while not fabulous by historic standards, would represent substantial improvement vis-à-vis a lackluster 2019.

Alas, economists, whether based in Geneva, London, New York, Washington, Beijing, or Baltimore cannot predict certain things—like coronavirus or COVID-19. As of this writing, the epidemic has spread to every continent (except Antarctica), with more than 105,000 confirmed cases and in excess of 3,500 deaths. Three cases have now appeared in Maryland, all in Montgomery County. Undoubtedly, these numbers will rise in coming weeks.

Accordingly, economists are racing to downgrade their forecasts for global growth this year, including for the U.S. Goldman Sachs economists recently indicated that the U.S. economy will expand at a less than 1 percent annualized pace during 2020's initial quarter and won't grow at all during the second. Many policy analysts are now calling for a stimulus package in the U.S., perhaps as large as a trillion dollars to stabilize financial markets and solidify waning business and consumer confidence.

Most other economies are in worse shape. Nations like China, Japan, South Korea, Germany, France, and Italy were already facing profound economic challenges due to trade disputes, preexisting supply chain disruptions, and domestic political uncertainties. The spreading coronavirus serves to compound these fragilities, with the result being an ongoing partial strangulation of global economic activity.

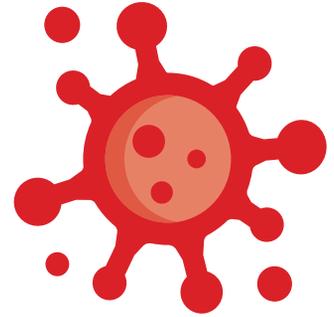
Importantly, the U.S. economy enjoyed plentiful momentum coming into the public health crisis. An initial estimate from the Bureau of Labor Statistics indicated that the nation added 273,000 net new jobs in February. Job growth was also strong in January after ending 2019 on a strong note. Unemployment stands at 3.5 percent, a 50-year low.

FIRST CORONAVIRUS CASES REPORTED IN MARYLAND

Maryland always seems to start of each year in lackluster fashion. Two years ago, a challenging winter blanketed Maryland, limiting job growth. Last year began with a federal government shutdown that overlapped with a period of swooning stock prices. Maryland's economy would not regain any meaningful momentum until the summer. This year, it's coronavirus, though of course we are not alone.

If one is searching for a silver lining, it may be that the nation is refocused on the importance of public health and medical research. Both of these are Maryland specialties, and the added focus should translate into more dollars pouring through these segments of the Free State's economy. On the other hand, Maryland is the 5th most densely populated state in the nation, which may support faster spread of COVID-19.

Like the nation, the region comes into the crisis with solid momentum. The Baltimore metropolitan area added 1.9 percent to job totals last year, ranking it a solid 14th among the nation's 25 largest



metropolitan areas and ahead of all other northeastern communities. Washington metro added jobs at a 1.6 percent rate, ranking it 16th. Boston ranked 19th, New York 20th, and Philadelphia 22nd. Unemployment in both the Baltimore and Washington metropolitan areas has recently been below 3 percent.



About Anirban Basu

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



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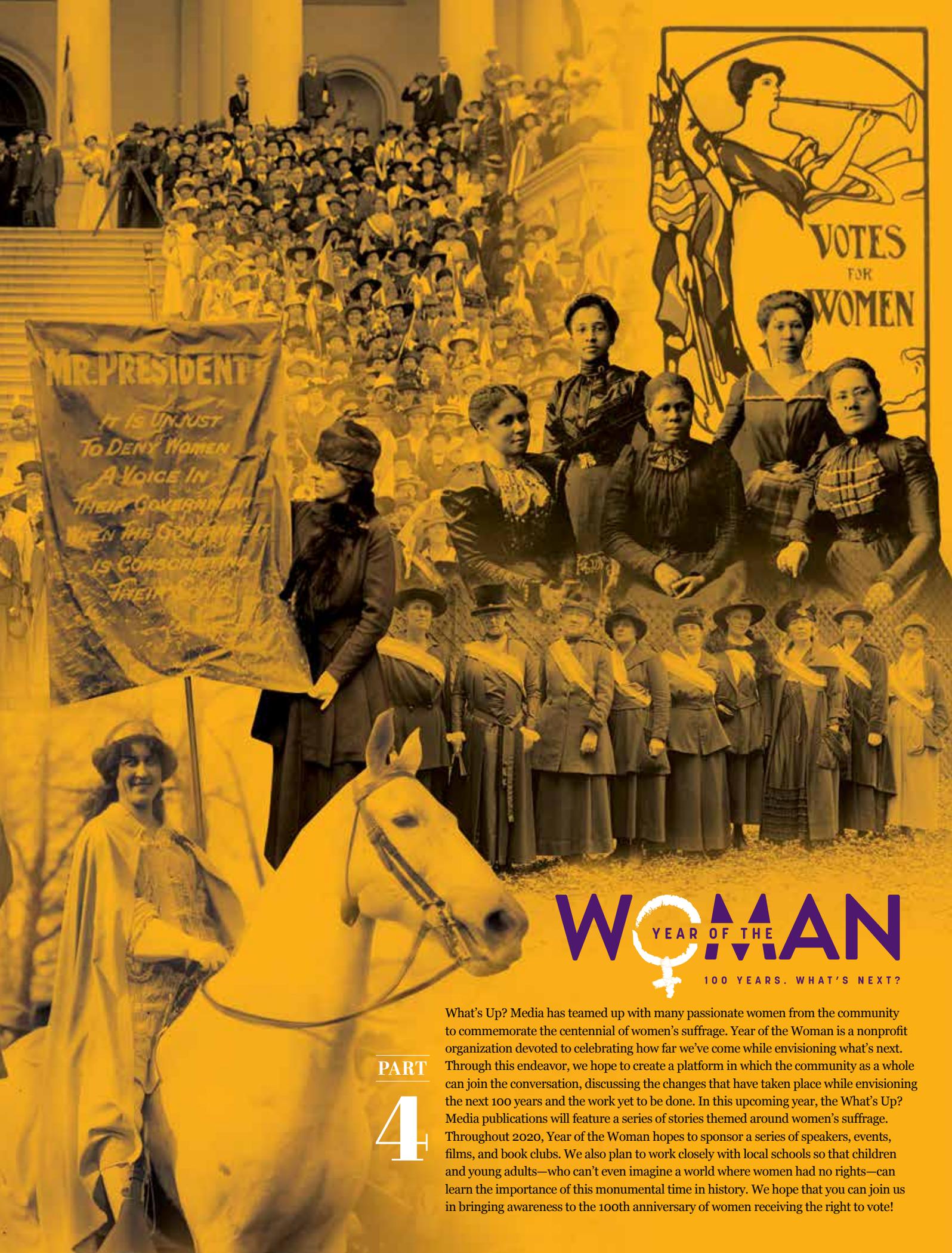


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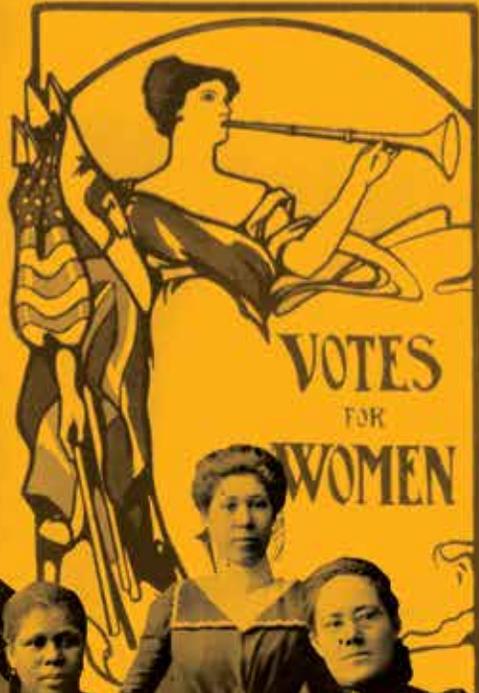


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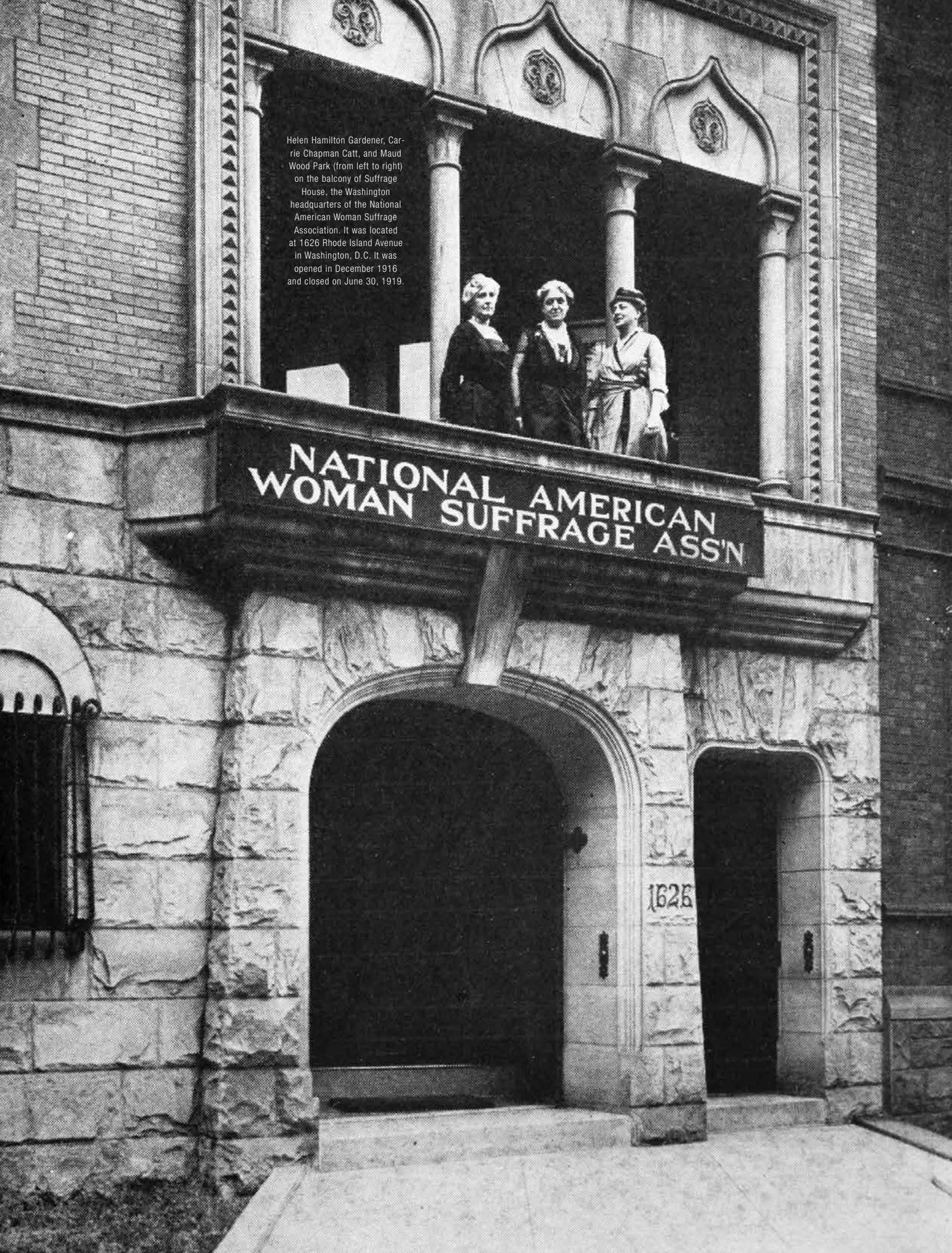
100 YEARS. WHAT'S NEXT?

PART

4

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!

Helen Hamilton Gardener, Carrie Chapman Catt, and Maud Wood Park (from left to right) on the balcony of Suffrage House, the Washington headquarters of the National American Woman Suffrage Association. It was located at 1626 Rhode Island Avenue in Washington, D.C. It was opened in December 1916 and closed on June 30, 1919.



NATIONAL AMERICAN
WOMAN SUFFRAGE ASS'N

1626

Divisions Within

How a growing national movement for women's suffrage splintered into multiple organizations with differing strategies at the turn of the 20th century

By Ellen Moyer



Alva Belmont



Carrie Chapman Catt

The year was 1908 and Alva Smith Vanderbilt Belmont found herself a very wealthy widow upon the death of her second husband Oliver Belmont, and with lots of time on her hands. Alva had always been a fighter and worked hard to benefit her family and place in New York's elite society. She also contributed to programs that benefited the poor and working-class women. So, she decided to explore the women's suffrage movement. She had always given lip service to women's right to vote, but as an activist and benefactor...she had her shortcomings. At the time, if Alva was to be remembered at all, it was as the mother who kidnapped her daughter and forced her into a loveless marriage with the Duke of Marlborough. She wanted to change that perception.

Invited by her daughter's friend to a meeting that featured Carrie Catt and Ida Tarbell, Alva found it boring. Alva had strong views about the world of politics. She believed men respect power, women had no leverage, 50 years of education had not accomplished the right to vote, and with nothing to negotiate, the movement would not succeed unless the effort was more militant and stimulating. Thus, gaining the right to vote became another war to Alva.

She joined the National American Woman Suffrage Association, sponsored lectures on its behalf in Newport and New York City, encouraged the association to sponsor rallies and parades (similar to those that Emmeline Pankhurst was doing in London), and pushed for actions to capture press attention. However, the NAWSA was not enthusiastic with the ideas of this "Johnny come lately." Women had committed time and energy to the work of suffrage quite respectively for decades. Impatient, Alva resigned from NAWSA in 1914 and joined Alice Paul's new group, The National Woman's Party, and their more militant approach. Over the years, Alva would contribute hundreds of thousands of dollars to the effort to secure suffrage for women.

The road to success had not been easy. Long before Alva Belmont came on the scene, strategies for accomplishing the goal of suffrage had been split among different, competing organizations. In 1869, disagreement over support for the 15th Amendment—granting African American men the right to vote—caused the first split. Susan B. Anthony, Lucretia Mott, and Elizabeth Cady Stanton—the early organizers of the National Woman Suffrage Association—opposed the amendment, arguing, "It was we, the people; not we, the white male citizens; nor yet we, the male citizens; but we, the whole people, who formed the union."

Meanwhile, Lucy Stone, her husband Henry Blackwell, Julia Ward Howe, and Henry Ward Beecher supported the amendment and formed the American Woman Suffrage Association. Headquartered in Boston and more moderate in their goals, the AWSA became more popular as Stone also published *Woman's Journal* (which lasted until 1931). The overall division continued for 21 years until Stone's daughter, Alice Blackwell, negotiated a merger in 1890, which became the National American Woman Suffrage Association and boasted 7,000 members. But 25 years later, the overall suffrage movement would split opinions again. This time over a strategy disagreement between NAWSA President Carrie Catt and newly-formed NWP's leader Alice Paul (and her benefactor Alva Belmont).



Taken on the front porch of the family homestead in Adams, Massachusetts. Susan B. Anthony, is seated at the center. Around her: Laura Clay, daughter of famed anti-slavery activist Cassius M. Clay, and co-founder in 1888 of the Kentucky Equal Rights Association; Anna Howard Shaw, the first female Methodist minister in the United States, a close confidant of Anthony, head of the National Woman Suffrage Association from 1904 to 1915, and later a leader of the Women's Christian Temperance Union; Alice Stone Blackwell (front row, far right), noted suffragist, editor of the leading woman's rights newspaper, the *Woman's Journal*, and recording secretary of the National Woman Suffrage Association, 1890–1918; Annie Kennedy Bidwell, wealthy supporter of woman's and temperance causes, and wife of the 1892 Prohibition candidate; Carrie Chapman Catt, one of the principal suffragists along with Anthony, and Elizabeth Cady Stanton, and chairperson of the National Association, 1895–1900; Ida A. Husted Harper (back row, far right), journalist and considered the unofficial "historian" of the woman's suffrage movement. One of its leading pamphleteers, and author of the authorized 3-volume biography of Anthony; and Rachel Foster Avery, corresponding secretary of the National American Woman Suffrage Association during the 1890s. Also believed to be pictured are Winfred Harper and Mary Hayes.

Carrie Chapman Catt was born Carrie Lane in Ripon, Wisconsin on Jan 9, 1859. Ripon was a politically active town in the 1850s, strongly anti-slavery, and is recognized as the birthplace of the Republican party. At age seven, her family moved to Iowa, where she entered college and worked as a dishwasher and teacher to pay for her expenses. During her time at Iowa State University, she organized a female debate society, which gained the women's right to speak at campus meetings. She was the only female to graduate in her 1880 class.

In life after college, she became the first female school superintendent in Mason City, Iowa. She later married newspaper editor Leo Chapman, worked as San Francisco's first female journalist after he died, and returned to Iowa to marry George Catt, a wealthy engineer in 1890, the same year NAWSA was born. He encouraged her to participate in the suffrage movement, where her organizational skills and political savvy, in turn, encouraged more women to push for the right to vote.

In 1900, Carrie Catt was elected President of NAWSA, a position she held for four years before resigning to tend to her husband's ill health.

During her appointment, she introduced her "society plan" for invigorating the suffrage cause. America was in the midst of its most progressive era, a time of social activism and political reform. Based on the idea that women had a moral duty and responsibility to transform public policy, women's clubs began springing up in towns and communities across America. Originally literary groups, these middle-class clubs were tackling issues such as child labor, education, and civil justice in the municipalities of their homes. Catt proposed to tap into this network of "municipal housekeepers" on behalf of the suffrage movement. By 1910, one-million women were involved in woman's clubs.

Anna Shaw would follow Catt as president of NAWSA, serving ten years and combating the rise of States' rights in the suffrage movement and the southern leagues that were excluding the participation of African American women. Shaw would not adopt policies that "advocated the exclusion of any race or class from the right of suffrage. The Southern States Woman Suffrage Association, for example, with its racist agenda was weakening the NAWSA in her opinion. This, however, differed from a growing sentiment among membership that the NAWSA needed to appeal to

the southern faction to advance the overarching movement. Thus, Carrie Catt—long considered a brilliant political strategist—was elected NAWSA's president for the second time, in 1915.

In 1916, Catt issued her “winning strategy” for political action. NASWA lobbying teams would push for increased State support under a more centralized management, deal with States’ rights by appealing to the prejudice of the Southern organizations, and work to secure the support of elected Congressional leaders. It was a two-fold agenda: create a critical mass of State suffrage legislation that would lead to Federal support. The Blackwell/Catt strategy in the South proclaimed that suffrage of educated women would increase white supremacy based on a larger mass of qualified white women voters. The strategy, however, did not gain any Federal southern elected legislator support, but did succeed in capturing State Democrat and Republican party support for suffrage votes.

Catt then engaged in open combat with Alice Paul, president of the new National Woman’s Party. While a member of NASWA, Paul had pursued a more militant agenda to garner press attention. She helped stage the first major parade in Washington, D.C., the day before President Woodrow Wilson’s inauguration in 1913. Women picketed the White House with banners proclaiming, “How long must women wait for liberty.” The march became riotous and was finally settled down by the Calvary. But it did attract attention. One observer noted, “The movement, when we got into it, had as much energy as a dying kitten; it is now a big virile, threatening thing, and is actually fashionable.”

The next year, a once-reluctant President Wilson supported the Suffrage Amendment. And in 1914, the one-million-member General Federation of Women’s Clubs did too. But Catt’s growing dislike for Paul’s singular focus on federal legislation and militant action—that gained press attention with arrests and hunger strikes—compelled Paul to leave NAWSA and form the National Woman’s Party in 1916. Paul continued picketing and organized rallies that pressured elected leaders, particularly Democrats who controlled Congress and were targeted for election defeat. Despite their division over strategy, Paul seldom criticized Catt or the NAWSA, seeing the ultimate goal as one and the same.

When NAWSA supported the armed forces and United States engagement in World War I, Catt won praise from politicians as public attitude shifted to one of respect for the patriotism of these moral and respectable women that sought the right to vote. Catt was visible, respected, and

a darling of the press. In the early 20th century, Catt was one of the best-known women in the United States, as she led an army of two million to pressure Congress for support of the 19th Amendment. After endless lobbying, on August 26, 1919, Congress supported the amendment granting women—all women—the right to vote.

But the battle was not over. Thirty-six states had yet to ratify the amendment over the next year. States’ rights would rear its head in opposition of the 19th Amendment, but by a slim vote in Tennessee and the untiring dedication of Catt, the vote for women was won. The press and politicians credited Catt for doing the slow, steady, respectable work that won the day. Paul and her tactics were dismissed.

Six months prior to the ratification victory, Catt founded The League of Women Voters, to ensure that, win or lose, women would continue to have a large role in public affairs with a focus on civic engagement and political action. Today, 100 years later, there are more than 1,000 local associations among all 50 states and the Virgin Islands.

NAWSA became the League of Women Voters. The National Woman’s Party continued with a new battle to secure additional equal rights for women. Forgotten for a nearly a century, Alice Paul and Alva Belmont were memorialized by President Barack Obama in 2016, during a presidential proclamation establishing the Belmont-Paul Women’s Equality National Monument in Washington, D.C. And their battle for equal rights—specifically the Equal Rights Amendment, first written and introduced to Congress by Paul in 1923—finally gained the ratification of state number 38, Virginia, in January 2020 (thus gaining the “three-fourths of the union” threshold written into the Constitution for its adoption).

The parades, pickets, arrests, and the degradation that took place during the militant years are visual reminders of a long-lasting struggle, cued in 1787 when Abigail Adams asked her husband to “remember the ladies” as he drafted the U.S. Constitution or else there would be riots in the streets. But it was the enduring commitment of those at Seneca Falls in 1848 that ushered along a forceful movement—led by the sophisticated leadership, practical politics, and commitment to education and just reform of Carrie Catt—that delivered victory in the war for women’s suffrage.



Lucy Stone



Alice Paul



Anna Shaw

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

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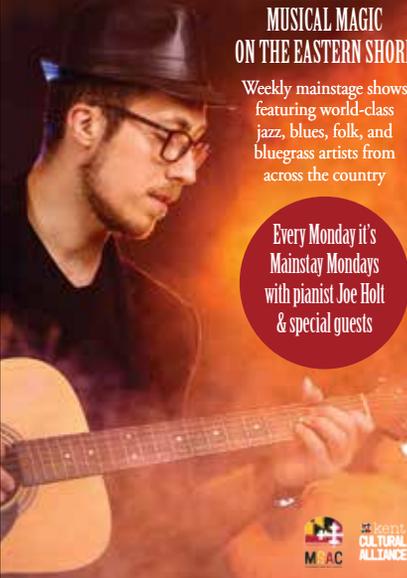



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- › April 23-26 - RiverArts Paint The Town Plein Air; Chestertown
 - › May 2 - Taste of Rock Hall
 - › May 9 -18th Chili Fiesta Fly-In; Massey Aerodrome & Air Museum
 - › May 16 - Spring Bike Fest, Rock Hall
 - › May 22-24 - Chestertown Tea Party
 - › May 31-June 13-National Music Festival;Chestertown & Kent County
 - › June 6 & 7 -Museums of Kent Driving Tour; Throughout Kent County
 - › June 20-August 29 - Music in The Park Summer Concert Series; Chestertown
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Paint The Town, Plein Air: April 23-26
Photo by Lani Seikaly



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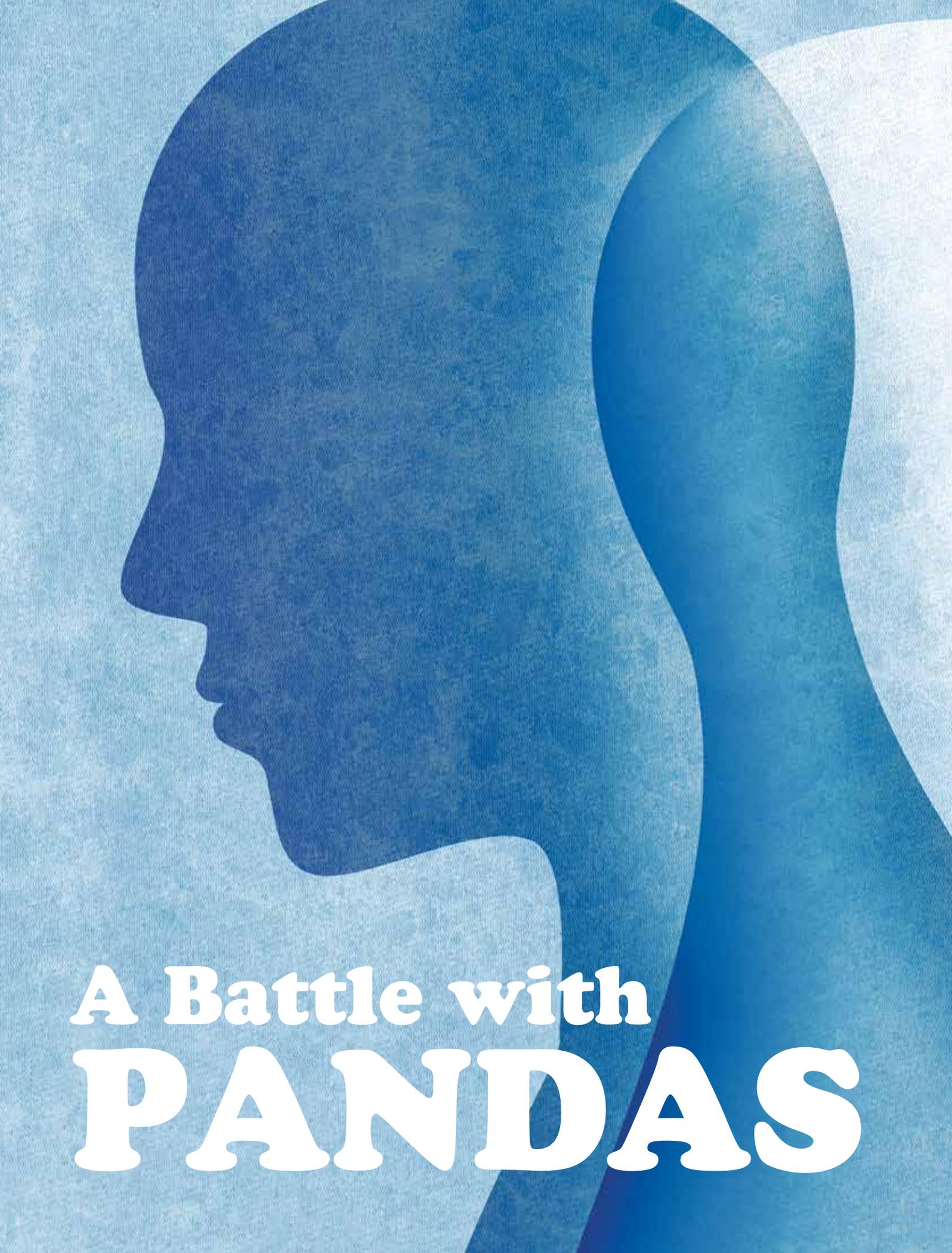
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A Battle with
PANDAS



Parents fight for recognition of a childhood disease that some say doesn't exist

BY KELSEY CASSELBURY

Strep throat. Just those two words conjure up a heavy sigh from parents, who know that a diagnosis of the common childhood illness means three to seven days of swollen, infected tonsils, a high fever, and a lot of Popsicles for the sick child.

Luckily, though, strep throat—despite being incredibly contagious, noted by the way it can whip through an elementary school classroom in a matter of days—is highly curable with a quick round of antibiotics. Though the National Institute of Allergy and Infectious Diseases estimates there are more than 10 million mild infections per year, most people—particularly children—bounce back quickly.

Sometimes, however, strep bacteria doesn't disappear. Instead, it goes into hiding, evading the immune system through "molecular mimicry," in which the bacteria develops molecules on the cell wall so it looks nearly identical to the body's own tissues, including the brain. Even strep can't hide forever, though, and the immune system eventually recognizes the invasion. Because of the mimicry, though, there's some confusion and the antibodies attack the child's own tissues, according to the National Institute of Mental Health, a division of the National Institutes of Health. Research has found that some of those antibodies can attack the brain, causing neuropsychiatric symptoms such as OCD and tics—and a condition known as Pediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal Infections, or PANDAS.

The condition is so new—an NIMH investigator named it just 22 years ago in 1998—that it's not well-known, or even widely accepted. That's led to a bit of controversy about whether PANDAS is a legitimate medical condition, but parents of kids who have been affected are adamant—not only is PANDAS very real, it's also quite devastating.

Grace Anne's Story

Like so many students, Grace Anne Phillips, 14, of Stevensville, occasionally has to write about herself. This year, she chose to pen an essay about a condition, PANDAS, that's changed her life.

"My family and I think I got PANDAS when I was about three years old," Grace Anne wrote. "You might be thinking that I am breaking the law because keeping pandas in captivity without a license is illegal. The thing is, I am not talking about a black and white bear; I am talking about a neurological disease that very few people know about. PANDAS stands for Pediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal Infections. Now you might be thinking that that is a lot of big words, but what it essentially means is that it is a disorder that kids get in the brain and it is caused by strep. But something that all of these big words can't express is that it is hard to live with."

It was more than a decade ago when Grace Anne's parents, Susan and Michael Phillips, noticed that something seemed off with their daughter. "Grace Anne had always been a high-energy child," Susan remembers. "She was also a child who had strep throat, ear infections, and croup frequently."

Susan recalls taking Grace Anne shopping with a friend at the tender age of four. Kids around this age are bound to act up every once in a while, but "there was a nagging feeling that this was not normal," Susan says. "We were at Sears, and some small thing set her off. She was unreachable, she was talking about hurting herself, and she was hitting her leg violently."

Then, as suddenly as the fit came on, it stopped. Grace Anne was a pleasant child again—until the next episode. "Mostly, she was a sweet girl with an *explosive* temper," her mother recalls.

The fits became more frequent. Then they became worse. Months became years as the Phillips family did what they could to help Grace Anne through the rough times, first starting her on a mood stabilizer in January of third grade. "This helped, but gradually things continued to grow worse," Susan says. "She was hurting herself frequently and would not sleep in her own room. In the middle of her 'rages,' she would run to the knife drawer—so we had to lock up the knives."



Putting the Pieces Together

A couple years later, Susan's mother was watching an episode of "The Doctors" on TV, and they started discussing a disorder—PANDAS. Noting the similarities to Grace Anne, Susan's mother told her about what she had seen. Of course, Susan and Michael followed up on the lead, asking the pediatrician about the condition. They were met with blank stares, but were willing to order blood tests to see if strep bacteria was still lurking in Grace Anne's body.

Those tests were enough to send the Phillips family to Dr. Beth Latimer, a pediatric neurologist in Washington, D.C., who specializes in PANDAS (according to Latimer's website, PANDAS accounts for 70 percent of her patients). "It was a three-month wait to see her, she didn't take insurance, and our out-of-network covered less than half of the cost, but it was the best appointment we have ever had," Susan says. "Dr. Latimer put the many pieces together."

Everything that Grace Anne had been struggling with over the years—the body aches, the cold sores, the psychiatric symptoms of anxiety, depression, OCD, suicidal thoughts, manic behavior, skin picking, and the academic symptoms of poor handwriting and visual processing disorder—these were all symptoms of PANDAS.

Dr. Latimer prescribed antibiotics for Grace Anne. Within one week, Susan says, they saw improvement.

A Controversial Condition

Unfortunately, antibiotics isn't the end-all, be-all for treatment of PANDAS, and many parents can't afford the cost of seeing a doctor that not only believes in the diagnosis of PANDAS but is willing to treat it. "There's not a single doctor in Maryland that takes insurance and treats this condition," says Katie Riesner, a Catonsville mother whose son, Henry, was diagnosed with PANDAS a couple of years ago. After antibiotics, the next step is to undergo intravenous immunoglobulin (IVIT) therapy, which averages about \$10,000 per treatment. "You normally need multiple treatments, and insurance almost never covers it," Riesner notes. "[Henry] has everyone in his corner, we have great insurance, and I cannot get it covered."



Riesner is part of a support group, PANDAS Network, that's working to change that. In early 2019, Riesner's delegate, Charles Snyder (D-Baltimore County) entered a bill during the legislative sessions that would require Medicare to pay for IVIG as part of PANDAS treatments. The hope is that once Medicare covers IVIG, private insurance would follow.

Parents from the PANDAS Network came together in support of the bill, testifying in front of the state legislature, writing to various professional organizations to try to get their support, and sharing research with government committees. "We are not lobbyists," Riesner adds. "We are a group of special needs parents who have sick kids and jobs and are just trying to do the best that we can."

Unfortunately, Snyder withdrew the bill during the session, but Riesner says it's going to be reintroduced in the 2020 session. "It's our hope that we are able to get this passed," she says. "We had a good amount of support, and I think our testimony was very impactful."

The Research Continues

If the effects of PANDAS are so debilitating, why are so many doors slammed in parents' faces when they try to get a diagnosis, treatment, or insurance coverage? Simply put, some physicians don't think there's enough evidence to support the diagnosis. However, ongoing research suggests treatment can reduce the symptoms of PANDAS.

For example, a small study published in 2017 in the *Journal of Child and Adolescent Psychopharmacology* found that the antibiotic azithromycin may be helpful in controlling neuropsychiatric symptoms associated with PANDAS. However, additional research is needed to confirm its use in treatment.

For now, parents of children showing signs of PANDAS will continue to have to fight to make sure their little ones are getting the treatment that they need. "This is a David and Goliath situation that we're in here," Riesner claims. "Quick and proper diagnosis and treatment is absolutely key. They're concerned about the cost of treating this, but the cost of not treating it is so much higher."

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2020 BEST OF

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The Best of Eastern Shore's Medical, Dental, and Veterinary winners are here, *as voted by our readership*. This is an important designation. You chose the winners on the following pages; *nobody paid to be included on this list*.

So, thank you to our loyal readership that took the time to vote for the tops in town when it comes to health services. Last fall we called upon you to write-in your recommendations in many categories. After carefully vetting ballots for any duplicates or multiples originating from one source (no ballot stuffing allowed), we arrived at the resulting winners. Please enjoy perusing *your* list of who's Best of Eastern Shore and consider employing their services.

And coming in our May issue, we'll publish the Best of Food & Dining results.

AND THE WINNERS ARE...

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Lauren was a Labor & Delivery nurse for over six years, returned to school as she desired to continue to provide health care for the babies she delivered through their adolescent years.



Dr. Mark R. Faber

Dr. Faber earned his Medical Degree from the University Of Pennsylvania School Of Medicine, Philadelphia, PA and graduated with a Bachelors of Arts, Biology Degree from La Salle University, Philadelphia, PA.

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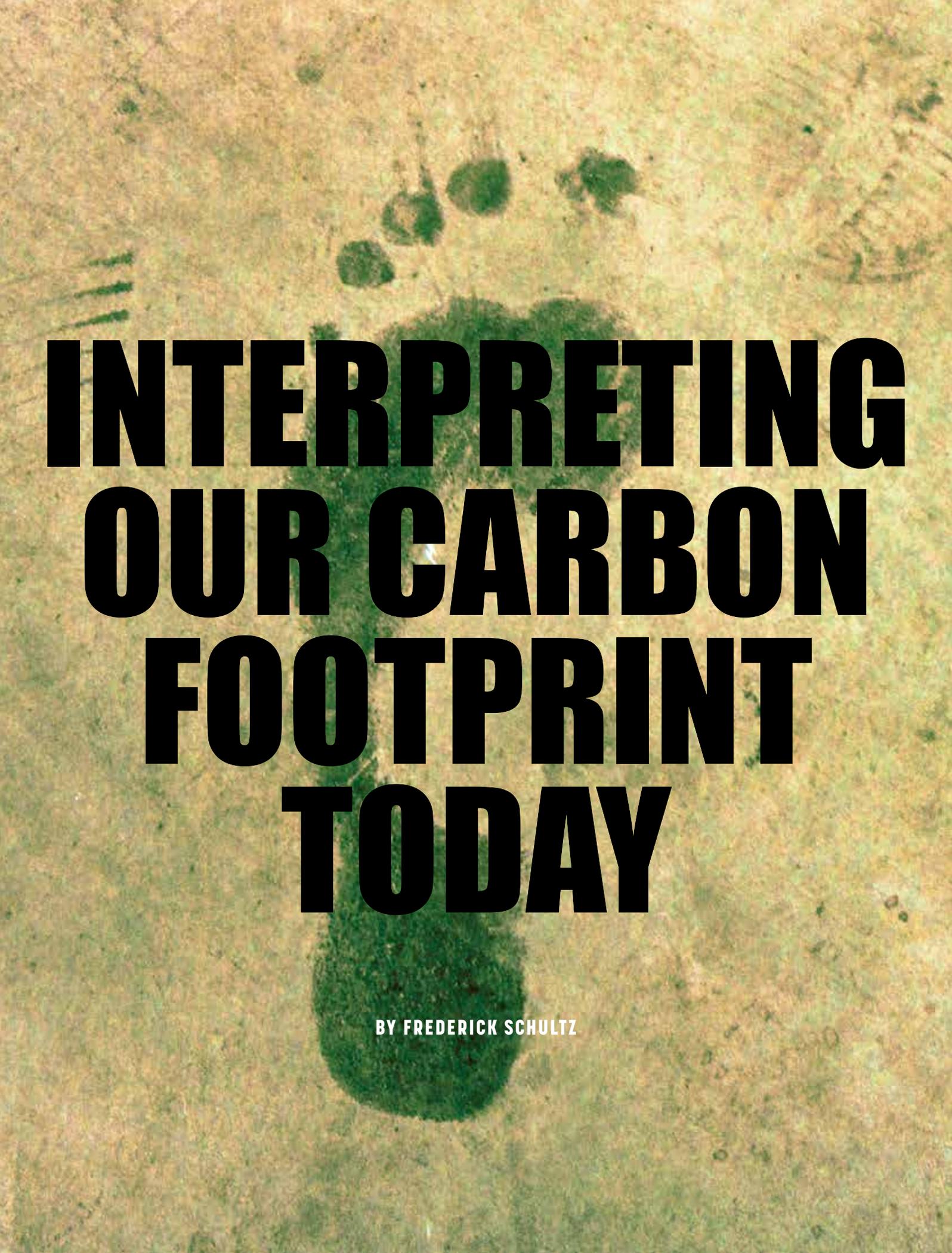


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An aerial photograph of a large, dark green footprint on a dry, brownish, textured ground. The footprint is the central focus, with several smaller, lighter green spots scattered around it, suggesting a trail or a series of steps. The overall scene is a metaphor for environmental impact.

INTERPRETING OUR CARBON FOOTPRINT TODAY

BY FREDERICK SCHULTZ

As the world marks the 50th anniversary of the first Earth Day this April, exactly what carbon footprint is and whether it's a viable barometer of the health of the planet is open to interpretation

One short definition of the collective carbon footprint is “the total greenhouse-gas emissions caused by an individual, event, organization, or product, expressed as carbon dioxide (CO₂) equivalent.” The gasses include CO₂ (from various sources), nitrous oxide and methane (both mostly from agricultural sources—meaning many food sources), hydrofluorocarbons (from refrigeration, air conditioning, and aerosols), perfluorocarbons (from semi-conductors, refrigeration, and aluminum production), and sulfur hexafluoride (from electrical substations and magnesium smelters).

The footprint, therefore, is the cause; climate change is the effect. But skeptics claim that no substantial, tangible evidence exists to support the contention that this is a real global problem. And some say taking serious measures to decrease the impact of the footprint is certainly not worth depleting world economies in the process, even if the Earth as we once knew it appears to be changing right before our eyes.

A case in point lies at the heart of something called the CO₂ Coalition, reportedly funded in large part by energy executives and conservative foundations. It is now a component of a panel called the Presidential Committee on Climate Security, which, according to the February 28, 2019 edition of *Energy and Environment News*, has been formed to “question assertions by the U.S. intelligence community that climate change is a risk to national security.” Scientists worldwide, however, are sounding the alarm that rising sea levels alone pose such a risk.

The familiar slogan “Take only memories (or pictures); leave only footprints” is a cautionary admonishment to visitors of environmentally sensitive wilderness areas not to discard any waste that would detract from the future experience of enjoying the world’s resources in their natural state. Depending on the source, many scientific experts today say we’re leaving a significant, different type of “footprint,” and it’s getting progressively,

and some say inexorably, worse—unless the planet’s population acts now.

A CHIEF DENIER

One of the most notable critics of global-warming’s viability is Dr. Patrick Moore, a Canadian scientist since 1971 and now a reputed nuclear-power lobbyist. President Donald Trump referred to him as a founder of the environmental-activist group Greenpeace (which Greenpeace denies), when the president tweeted in March 2019: “The whole climate crisis is not only Fake News, it’s Fake Science!” This, incidentally, came immediately after Dr. Moore’s appearance on the “Fox and Friends” morning TV program.

In testimony before the U.S. Senate Environment and Public Works Committee on February 25, 2014, titled “Natural Resource Adaptation: Protecting ecosystems and economies,” Dr. Moore claimed “there is no scientific proof that human emissions of carbon dioxide are the dominant cause of the minor warming of the Earth’s atmosphere over the past 100 years.”

Moore also questions the findings of the Intergovernmental Panel on Climate Change (IPCC), which he said were based on “judgment” and “not the result of any mathematical calculation of statistical analysis. They have been ‘invented’ as a construct within the IPCC report to express ‘expert judgment,’ as determined by the IPCC contributors.”

Moore also criticizes the use of “sophisticated computer models” when predicting the effects of global climate change, testifying that “we cannot predict the future with a computer model any more than we can make predictions with crystal balls, throwing bones, or by appealing to the Gods.” Instead, he urges looking “at the historical record,” with which “we do have some degree of certainty compared to predictions of the future. When modern life evolved over 500 million years ago, CO₂ was more than 10 times higher than today, yet life flourished at this time.” [Editor’s note: it is worth mentioning that life on Earth 500 million years ago was largely restricted to the planet’s oceans.]



THE CARBON FOOTPRINT BELIEVERS

What we know today as the carbon footprint evolved from what started—according to a December 26, 2019 article by Anders Hayden, author of the book *When Green Growth Is Not Enough: Climate Change, Ecological Modernization, and Sufficiency*—as the “ecological footprint (EF),” defined as the “measure of the demands made by a person or group of people on global natural resources.”

Hayden writes that such a measurement, as it applies today, “has been used to highlight both the apparent unsustainability of current practices and the inequalities in resource consumption between and within countries.” The equation Hayden lays out is an estimate of what’s needed “to provide renewable resources that a population consumes and to absorb the wastes it generates—using prevailing technology and resource-management practices—rather than trying to determine how many people a given land area or the entire planet can support.”

“Unsustainability” appears to be the key word in the ecological footprint outlook, which means that “not only must current impacts be calculated,” Hayden writes, “they must be forecast based on accelerated consumption, if life practices in the United States and the world do not change course.”

“deforestation, soil erosion, species loss and water depletion, as well as increased greenhouse gasses in the atmosphere, triggering the cascading effects of climate change.”



The consequences include such problems as “deforestation, soil erosion, species loss and water depletion, as well as increased greenhouse gasses in the atmosphere, triggering the cascading effects of climate change.”

Canadian ecologist and University of British Columbia Professor William Rees created the EF concept and later teamed with one of his proteges, an urban planner from Switzerland named Mathis Wackernagel, who developed the concept further in his doctoral dissertation under Rees’s supervision. Together, Wackernagel and Rees wrote *Our Ecological Footprint* (1996), which outlines the concept in detail.



Carbon Footprint:

WHAT IS IT? WHAT'S YOURS?

Here are several of Dr. Mathis Wackernagel's favorite links and tools to help calculate your carbon footprint and shape your understanding of the concept: <http://www.footprintcalculator.org>; <https://data.footprintnetwork.org>; <https://www.footprintnetwork.org/our-work/ecological-footprint>



Today, Dr. Wackernagel is founder and president of the Global Footprint Network, which “envision[s] a future where all can thrive within the means of our one planet.” Its stated mission is “to help end ecological overshoot by making ecological limits central to decision-making.”

EARTH OVERSHOOT

In an August 2018 press release regarding “ecological overshoot,” Wackernagel stated that we’re executing a classic pyramid scam on the environment. “Our current economies are running a Ponzi scheme with our planet. We are borrowing the Earth’s future resources to operate our economies in the present.” As such schemes work, which have been deemed illegal, time eventually runs out, and, as Wackernagel contends, “they eventually fall apart.” Deeming that “the issue is not only environmental but also political and ethical,” he states, “When

it comes to global resources, not everyone is treated equally. One of the biggest challenges of climate change is the disparity of resource consumption among classes, countries, and regions.”

Reporting for earthday.org on July 26, 2019, the organization’s communications manager, Brandon Pytel, declared, “It’s official. We’ve exhausted Earth’s natural resources for the year...and it’s only July.” The 29th of July was predicted to be 2019’s date at which “human demand...has surpassed what the Earth can regenerate in a year,” and it was the earliest Overshoot Day since the 1970s. This means that those resources are being depleted 1.75 times faster than they can be regenerated. Pytel concludes his report with a quote from Dr. Wackernagel: “We have only got one Earth—this is the ultimately defining context for human existence. We can’t use 1.75 [Earths] without destructive consequences.”

CARBON OFFSETS

A recent article by Miriam Cross, an associate editor at *Kiplinger’s Personal Finance* magazine, attempts to demystify the concept of “carbon offsets,” a relatively new way in which people can help compensate for the footprint they’re making.

She writes, for example, that travel by air is a leading culprit on the carbon-footprint list and points out that consumers can “offset” the effects of commercial flight by paying for it via online organizations that, for example, would facilitate your monetary payment into a carbon neutralizing endeavor (carbonfund.org is one such popular purveyor of offsets). The idea is to pay a fee targeted at planting trees and erecting wind turbines “in a bid to counterbalance the damage your flight has done to the environment.” As an example, she cites now-famous Greta Thunberg, the teenage environmentalist from Swe-

den who shunned flying from England to New York for her appearance before the United Nations and instead took “a carbon-neutral sailboat.”

No matter which mode of travel one uses, Cross says, “carbon-offset sellers will calculate your carbon footprint...and translate the tons of carbon dioxide emissions triggered by your trip into a dollar figure that can help fund carbon-reducing or carbon-prevention projects around the world.”

Those who want more control over how their money is spent, Cross suggests, should “consider donating to a green charity or nonprofit.” The story’s bottom line, however, is actually quite simple: “the best way to reduce your carbon footprint, experts point out, is to cut back on activities and purchases that generate carbon dioxide in the first place.” And if that isn’t possible, carbon offsets and green-minded donations are potential solutions.



“It Would Take Five Earths”

From his office at the Global Footprint Network in Oakland, California, the organization’s founder, Dr. Mathis Wackernagel agreed to an exclusive interview with us for this report.

HOW DO YOU COUNTER WHAT HAS BEEN SAID AND ADVANCED BY PEOPLE SUCH AS DR. PATRICK MOORE, WHO DISAGREES WITH THE ENTIRE CARBON-FOOTPRINT PREMISE?

Patrick Moore is a character and likes controversy, and I would not characterize his perspective as supported by scientific analysis. Yes, plants capture and feed off carbon dioxide. But the link to climate change not being a threat is a bit tenuous.

WHAT IS THE AVERAGE CARBON FOOTPRINT FOR PEOPLE IN THE UNITED STATES, AND WHAT ACTIVITIES OR ITEMS CONTRIBUTE TO ITS MAKEUP?

If everybody lived like U.S. residents today, it would take five Earths [to sustain our way of living]. Dr. E.O. Wilson, biology professor from Harvard University, advocates that humanity should only use 0.5 Earths in order to maintain a stable biosphere, including preserving a good portion

of biodiversity. So, you get a sense how far off we are. In the United States today, 72 percent of the overall demand is carbon dioxide from fossil-fuel burning.

WHAT ACTIVITIES OR ITEMS ARE TRENDING UPWARD OR DOWNWARD IN RECENT YEARS?

On a per-person level, the demand has been decreasing in the United States over the last 20 years. But is still at a very high level.

TO MITIGATE ENVIRONMENTAL IMPACTS, WHAT IS THE COST OF CONTROLLING OUR FOOTPRINT TO INDUSTRIES, BUSINESSES, GOVERNMENTS, AND INDIVIDUALS?

It is all about cost benefit. What is the cost of overusing the planet versus the cost of reducing our demand? If we continue to overuse, it will be difficult to fuel our future economies. So, a fundamental question is how much we value our future. Is the value of our children’s lives the same as the value of our generation’s lives? Or should they [the children] be valued only at one half or one quarter? If so, then it is okay to live with depletion? If not, then depletion is the wrong business model.

REGARDING THE CONCEPT AND BUSINESS OF BUYING CARBON FOOTPRINT OFFSETS, EXACTLY WHERE DOES THE MONEY GO, AND HOW DOES THE SYSTEM WORK?

Like with any service—having your clothes washed, for example—there can be a contract. You plant and maintain a tree. I pay you for it. If you do not maintain the tree, you must pay the money back. If you do not pay the money back, I sue you, because I

have a contract. So, it is pretty straightforward. Currently, the carbon market is voluntary, meaning that you do not have to offset your carbon. But once you make a contract for your still-voluntary effort, it is a real contract, much like it is voluntary whether you buy a watch or not. But if you buy a watch, there is a sales contract.

IS ALL THE EXPENSE, MONEY, TIME, AND EFFORT TRULY WORTHWHILE AND MAKING A TANGIBLE DIFFERENCE? IF SO, EXACTLY HOW?

If you think depletion is fine, and the future is worth little, then you may reach the conclusion that depletion is just fine. My preference is that we give each generation the same rights—and taking from them would, in my view, be unethical.

ASIDE FROM ACKNOWLEDGING THE CRITICALITY OF MINIMIZING THE CARBON FOOTPRINT ACROSS THE GENERAL POPULATION, WHAT OTHER OPTIONS EXIST OR ARE CURRENTLY BEING DISCUSSED OR PLANNED?

Assuming that you do not want more carbon in the atmosphere, there are two options: you can reduce emissions, or increase sequestration. Like a bathtub, you can stop adding water, or increase the drainage.





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On to our questions and answers...

WHAT EFFECT DOES AN-ELECTION YEAR HAVE ON THE MARKETS, GENERALLY SPEAKING?

“Markets are cyclical and it is tempting to turn to history for investment decisions. However, you can’t count on future returns [based on] past ones. Elections do clearly have an impact on markets in the short term. However, in the long term, it’s nearly impossible to know what effect an election will have on the market. There is a lot of grey area and the long-term effects are based on what policies are enacted. According to *Global Financial Data*, the inaugural year of a president’s term can often be vastly different from the last three years of a term. During

average of 2.7 percent when a Democrat is elected. The root of these market fluctuations are policy changes. Markets don’t like change, so new policies being enacted from either political party impact the market.”—*Brion Harris, CEO and Founder, Premier Planning Group*

“Generally, election years tend to produce positive returns for equity markets. However, the third year of an election cycle tends to produce the best returns. Markets don’t like uncertainty and as we approach end of 2020, we’d expect to see increased volatility as politics dominate the news flow. No matter what happens, it’s key to remember that markets

“HISTORY HAS SHOWN US THAT ELECTION YEARS CAN BE UNPREDICTABLE. WHEN A CURRENT CONTROLLING PARTY STAYS IN POWER THROUGH AN ELECTION CYCLE, THE STOCK MARKET TENDS NOT TO REACT VERY MUCH, IT IS SEEN AS FOUR MORE YEARS OF THE SAME THING—THE PRECEDING FOUR YEARS.”

—RYAN C. HERBERT, FINANCIAL ADVISOR,
PROSTATIS FINANCIAL ADVISORS GROUP

inaugural years, the market has historically averaged a 2.6 percent increase when the new president is Republican versus a 22.1 percent increase when the new president is a Democrat. During presidential election years however, again according to *Global Financial Data*, the market averages an increase of 17.9 percent when a Republican is elected and decreases an

have endured many elections over the decades and historically have rallied in time.”—*Scott McRoy, CFP®, CAM Wealth Management, Ameriprise Financial Services, Inc.*

“History has shown us that election years can be unpredictable. When a current controlling party stays in power through an election

cycle, the stock market tends not to react very much, it is seen as four more years of the same thing—the preceding four years. When we have a change in the controlling party, (Democrat to Republican or vice versa), it doesn’t matter which party loses power and which party gains power, the stock market normally has a positive reaction for 2–3 three months before we have a small 5–10 percent drop in the market. Where the market goes after that drop is all dependent on the current party’s policies.”—*Ryan C. Herbert, Financial Advisor, Prostatist Financial Advisors Group*

WHAT ARE THE MOST INFLUENTIAL ISSUES AFFECTING MARKET PERFORMANCE TODAY, IN YOUR OPINION?

“There are really two issues that are currently influencing the stock market on a daily basis. The number one factor is the current geopolitical conditions. President Trump is unlike any other President we have ever had and communicates in much different manner. The stock markets swing in either direction based upon his press conferences and his tweets. The second factor for the stock market is the current trade war with China. Yet again, we see wild swings in the market on a weekly basis due to the back and forth between the U.S. Administration and the Chinese Government Policy Makers.”—*Ryan C. Herbert, Financial Advisor, Prostatist Financial Advisors Group*

“The Federal Reserve and our current low interest rate environment, as well as continued earnings growth, favorable economic conditions,

and investors’ fear of missing the rise in equity prices are all factors that have an influence on today’s market performance.”—*Christopher Asher, CFP®, CAM Wealth Management, Ameriprise Financial Services, Inc.*

DO YOU FORESEE A MARKET RECESSION ANY TIME SOON? IF SO, WHAT ADVICE DO YOU OFFER INVESTORS?

“We are currently in the longest bull market in history. A quote from Warren Buffet that I like to share with my investors is to ‘be greedy when others are fearful and fearful when others are greedy.’”—*Chris Harris, CFO and Case Designer, Premier Planning Group*

“The U.S. stock market going back to 1930 has seen a Bear Market 20 times. That’s an average of one every 4.5 years. The average drop in the market is about 32 percent and has lasted almost a year. The average bull market lasts seven years, and we are currently 11 years into this Bull Market that started in 2009. This isn’t meant to be a prediction that a Bear Market is coming soon, but it is to serve as a reminder, not to be complacent and to review your investments and your written plan to make



sure that you are properly positioned for any market.”—*Ryan C. Herbert, Financial Advisor, Prostatix Financial Advisors Group*

“Historically speaking, recessions are a common event that are part of the normal economic cycle. Therefore, they are continuously somewhat imminent. Presently though, strong economic indicators suggest that a recession is not likely to occur for many more quarters. How many is impossible to predict, as is the specific market or geopolitical event could trigger a downturn. It is important to keep in mind that the last recession is not necessarily indicative of what the next recession will bring. Maintaining a properly diver-

sified portfolio with adequate cash reserves and a buffer of safe assets to weather market fluctuation is prudent in any economic environment. Our focus on financial planning and continuous communication allows us to maintain this balance for our clients.”—*Scott McRoy, CFP®, CAM Wealth Management, Ameriprise Financial Services, Inc.*

WHAT, IN YOUR OPINION, ARE THE BEST INVESTMENT VEHICLES I SHOULD CONSIDER PUTTING MY MONEY INTO FOR: (A) SHORT-TERM, BIG-TICKET EXPENSES; (B) EDUCATION; AND (C) RETIREMENT?

“Funds needed for short-term expenses should be kept somewhere safe, easily accessible, and where they can earn

ONE OF THE MOST COMMON INVESTING MISCONCEPTIONS IS THE IDEA THAT PEOPLE NEED TO MEANINGFULLY REDUCE RISK AND EQUITY EXPOSURE AT RETIREMENT. TWO PRIME RISKS FOR INVESTORS ARE THE IMPACTS OF THEIR LONGEVITY AND INFLATION ON THEIR CASH FLOW NEEDS IN RETIREMENT.

—SCOTT MCROY, CFP®, CAM WEALTH MANAGEMENT, AMERIPRISE FINANCIAL SERVICES, INC.

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of mutual funds and the value will be determined by the performance of those funds. With the prepaid option, you make contributions based on the current price of a Maryland state education and the value will be determined by the future cost of tuition. Contributions to these plans are tax deductible in Maryland up to certain limits and the earnings are tax-free if used to pay for qualified education expenses. Retirement should be invested in a diversified portfolio of stocks and bonds and the risk level should depend on your time horizon, earnings needs, and risk tolerance. You want to make sure your portfolio is geared towards earning what you need to reach your goals. For example, if you are way behind in saving for retirement, you might want to be a little more aggressive, even if you are older.”—*Bill Hufnell, CEO, Baypoint Wealth Management*

SHOULD INVESTORS LOOK TO SHIFT THEIR INVESTMENT STRATEGIES BASED ON THEIR AGE?

“Age can certainly affect an investment strategy; however, the most important factor is the time frame for the intended goal. Investment strategies should always



have a time frame. In general, there are three time frames for investments:

SHORT TERM: 0-5 years;

a lower level of risk

MID-TERM: 5-10 years

LONG TERM: 10-plus years;

higher level of risk

“We feel that is extremely important to prioritize what the intended goal is and then to invest in the most risk appropriate vehicles. Having a professional help to assess what your intended goals are and the proper vehicles to use can be crucial to overall financial success.”—*Ray Hobson, CFP®, HF Advisory Group*

“One of the most common investing misconceptions is the idea that people need to meaningfully reduce risk and equity exposure at retirement. Two prime risks for investors are the impacts of their longevity and inflation on their cash flow needs in retirement. While it is very important to remain mindful of downside protection and maintain adequate short-term reserves, having equity exposure is still essential to maintain purchasing power for the long-term. The allocation of equity exposure, though, varies based upon each investor’s needs and comfort.”—*Scott McRoy, CFP®, CAM Wealth Management, Ameriprise Financial Services, Inc.*

SHOULD I SIMPLY INVEST IN PASSIVE INDEX FUNDS? WHY SHOULD ACTIVE FUND MANAGEMENT STILL BE A PART OF MY PORTFOLIO/STRATEGY?

“While passive investments can be a beneficial investing tool, active management has its place as well. Active management can be a powerful

tool, especially when analyzing more niche areas of the market, for example, small cap companies. We take the time to monthly screen and analyze the universe of active money managers based upon several different metrics such as tenure, consistency, process, performance in different phases of the economic cycle, and downside protection. We evaluate this performance against passive index funds to determine how to allocate our portfolios. The ability for active managers to provide an enhanced downside protection is important to the long-term growth of a portfolio as well as protecting cash flow needs.”—*Christopher Asher, CFP®, CAM Wealth Management, Ameriprise Financial Services, Inc.*

CAN I SHIFT FUNDS FROM ONE TYPE OF INVESTMENT ACCOUNT (LIKE A RETIREMENT 401K FOR EXAMPLE) INTO ANOTHER (AN EDUCATION 529 PERHAPS) WITHOUT GETTING PENALIZED?

“When transitioning funds between different types of investments, it is important to understand the potential tax liability and any penalties that may be applicable. In most cases, an investor does not have the ability to move funds from a 401k to a 529 without realizing a tax consequence and potentially a penalty. That said, there are ways investors can save for both college education and retirement simultaneously. What that balance looks like depends on the investors’ individual situation, so I would encourage readers to explore savings options with a financial advisor.”—*Pat Cotherman, CFP®, CAM Wealth Management, Ameriprise Financial Services, Inc.*

IS THERE ANY PENDING LEGISLATION (STATE OR FEDERAL) THAT I SHOULD BE AWARE OF, WITH REGARDS TO INVESTING?

“In December 2019, Congress passed a new law called the Setting Every Community Up for Retirement Enhancement Act of 2019 (SECURE Act). This bill went into effect on January 1, 2020 and made some notable changes to retirement savings and distribution rules. The age to begin taking required minimum distributions was moved from 70½ to 72 for individuals that have yet to turn 70½ by the end of 2019. In addition, the maximum age for making deductible traditional IRA contributions was eliminated under the SECURE Act, and there were changes made that make it easier for small employers to offer retirement plans to their employees.”—*Kevin Colli-son, CFP®, CAM Wealth Management, Ameriprise Financial Services, Inc.*

ARE THERE ANY TAX STRATEGIES (RE DEDUCTIONS, CLAIMS, DONATIONS, GIFTS, ETC.) THAT YOU RECOMMEND OR ADVISE CLIENTS OF, TO IMPROVE OVERALL FINANCIAL WELLNESS AND PERFORMANCE?

“Due to the increase in the standard deduction, individual taxpayers should consider the timing of their charitable contributions and if it would be advantageous for them to make a charitable contribution in December or January of the following year. Also, given the positive run that the stock market has been on, a lot of individuals are carrying large unrealized capital gains. From a tax perspective, it’s advantageous for those gains to be recognized as long-term (i.e., a holding period of greater than one year), where individual taxpayers can receive a preferential tax rate versus a capital transaction that has a short-term holding period (i.e., one year or less). Consulting with your tax advisor on the timing of the gain



“BEING ENGAGED IN YOUR FINANCES AND TAXES YEAR-ROUND IS INCREDIBLY IMPORTANT. I ALSO ADVISE THAT CLIENTS HAVE THEIR CPA AND FINANCIAL ADVISORS IN-SYNC WITH EACH OTHER, AS I HAVE FOUND THAT WHEN THESE PROFESSIONALS COLLABORATE, IT USUALLY LEADS TO A MORE EFFICIENT RESULT FOR THE CLIENT.”

—BRANDON WOLF, CPA, CFP®, MANAGING PARTNER,
WOLF TAX ADVISORY LLC

recognition is important in creating tax-efficient investments.”—Brandon Wolf, CPA, CFP®, Managing Partner, Wolf Tax Advisory LLC

“Yes, there are many! Qualified Charitable Distributions from IRA’s, managing capital gains and losses in your portfolio, converting IRA’s to Roth IRA’s in low tax years, managing distributions and funding retirement in a tax efficient manner, holding different investments in different accounts depending on how they are taxed, holding appreciated stock for future generations and getting a step up in basis at death, charitable giving through donor advised funds, exchange funds for highly appreciated individual stock positions, back door Roth Conversions, contributing and converting after-tax money to retirement plans and then doing and in-service withdrawal. These are just some of the strategies that we review for each client.”—Bill Hufnell, CEO, Baypoint Wealth Management

WHAT ARE THE MOST CONCERNING ISSUES AFFECTING INDIVIDUAL TAX CLIENTS TODAY, IN YOUR OPINION?

“Identity theft is a major concern right now. Criminals have become more sophisti-

cated with their techniques in attempting to steal sensitive taxpayer information. Individual taxpayers may be eligible to enroll in the IRS identity protection PIN program to help protect against a fraudulent tax return being filed under their social security number. This program requires the taxpayer to go through an identity verification process. Once verified, you are assigned a 6-digit PIN which must be filed with your federal tax return. Maryland residents are eligible to sign-up through the IRS in 2020.”—Brandon Wolf, CPA, CFP®, Managing Partner, Wolf Tax Advisory LLC

TECHNOLOGY HAS ADVANCED RAPIDLY; WHAT FINTECH EXCITES YOU THE MOST?

“Tools to help advisors manage investments, such as rebalancing software, are exciting because they allow us to focus more on planning and customized strategies for each client that add value for them.”—Bill Hufnell, CEO, Baypoint Wealth Management

“The advancement of technology has allowed our practice to stay interconnected with our clients. For example, our practice is able to plug into our client’s accounting

software and stay up-to-date on the year’s results. This allows us to provide better client service throughout the year and advise on potential opportunities and things to consider, which, in the end, benefits our clients tremendously.”—Brandon Wolf, CPA, CFP®, Managing Partner, Wolf Tax Advisory LLC

HOW DO I KNOW IF I’M CHOOSING A REPUTABLE FINANCIAL ADVISOR? WHAT SHOULD I LOOK FOR?

“Choosing a financial advisor to work with can be difficult, but extremely important. When interviewing potential advisors to work with, make sure you ask them if they are a fiduciary. Acting as a fiduciary means that you must act in the client’s best interest at all times. This is crucial because if they are not a fiduciary, then the advisor can try to sell you investment products that benefit the advisor, not the client.

“Because there are many different designations that advisors can put behind their name, the CFP® designation is what I would consider to be one of the most reputable designations and requires the advisor to meet rigorous professional standards and to adhere to the principles of honesty, integri-

ty, competence and diligence when dealing with clients. A CFP® is not only a fiduciary, but also is an educator. We will explain the pros and cons of many different solutions and help you decide on investment vehicles that will benefit you.”—Ray Hobson, CFP®, HF Advisory Group

WHAT IS YOUR NUMBER ONE BIT OF ADVICE TO CLIENTS AND PROSPECTS TO ENSURE THEIR FUTURE PROSPERITY?

“Plan and diversify. People don’t plan to fail; they fail to plan. It’s important to work with a professional and build a strategy for success. Portfolio diversification is a big part of that strategy.”—Brion Harris, CEO and Founder, Premier Planning Group

“The number one piece of advice I can give to any investor is to sit down and create a plan for your investments and your retirement. Write that plan down and hold yourself accountable. Most importantly stick to your plan, stay diversified, and stay calm.”—Ryan C. Herbert, Financial Advisor, Prostatix Financial Advisors Group

“Being engaged in your finances and taxes year-round is incredibly important. I also advise that clients have their CPA and financial advisors in-sync with each other, as I have found that when these professionals collaborate, it usually leads to a more efficient result for the client.”—Brandon Wolf, CPA, CFP®, Managing Partner, Wolf Tax Advisory LLC



Home & Garden

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DD McCracken Home Team



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**430 Plantation Lane
Stevensville | \$2,500,000**

Create your own lifestyle in this Luxury Waterfront Home on Kent Island! Floor to ceiling windows overlooking Eastern Bay. A separate guest house, total of 5 garages, 5 private acres.



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

Newly renovated home on the Chesapeake Bay! Watch ships from around the world travel the bay. Large Palatial windows in family room & both Master Suites. Four fireplaces, Panoramic views!



**107 Windward Court
Stevensville | \$1,500,000**

Tranquility at its best with 180-degree waterfront & views! One of a kind waterfront lot. Wonderful, free flowing house that is set-up to entertain or the ability to live long term, on one level.



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

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



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

Custom Colonial on Crab Alley Bay in Southwind. Flex space on the 3rd floor for exercise rm, home theater, home business, you decide! Watch sunrises, kayak or take your boat out from your pier. Beautiful built-in pool.



**233 Wineland Way
Stevensville | \$1,395,000**

Paradise at the point! Coastal living at its best, deep sheltered water, bring your sailboat! Beautiful vista looking out into Eastern Bay. Sprawling 5,450 sq. ft. home, 5 BR 5.5 BA, Completely refinished interior.



**Lot 2 Parks Point
Queenstown | \$1,200,000**

Picture Perfect New Construction, 3,500 sq.foot home Craftsman style. One of many floor plans you can pick beautiful 1.81 acre lot on the Wye River. Caruso Home, price based on Craftsman, Kingsport model w/ 100,000 of upgrades. Lot can be sold separate for choice of your own builder.



**204 Lighthouse View Drive
Stevensville | \$1,075,000**

Serenity at it's best with breathtaking views of the Chesapeake Bay! Take in exquisite sunsets and scenic international ships passing thru, pier and bulkhead. Free flowing floor plan sited on 1.3 acres.



**810 Kentmorr Road
Stevensville | \$995,000**

Best Value on the Bay! New Construction, Coastal style w/3,400 sq. ft. on the Chesapeake Bay! Watch ships from around the world, pleasure boats, sailboats & the cruise ships 4 levels of bright open concept living space w/multiple balconies for panoramic views. The sunsets will amaze you!

Your Real Estate Team for Life



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DD McCracken Home Team

www.DDMcCrackenHomeTeam.com • 410-849-9181

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UNDER CONTRACT



**92 Long Creek Drive
Stevensville | \$950,000**

SERIOUSLY, this property offers something for everyone! Deep protected water, private pier, 3800+sq/ft, 6 car garage, in-ground pool, fireplace, multiple decks, screened porch, 2.63 acres.



**153 River Run
Queenstown | \$900,000**

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



**212 Chews Manor
Stevensville | \$875,000**

This Northwest Creek, waterfront dream is privately located, w/unobstructed views of the Creek & the Bay! Sitting poolside you are surrounded by extensive hardscape, decks, & daily entertainment of Eagles, Herons, & more. Space is plentiful w/ 3750 sq.ft., 4 BR, finished bonus space, oversized garage, 1+ acre lot.



**2912 Cox Neck Rd.
Chester | \$616,000**

Custom designed timber frame home w/ great water views of Eastern Bay. Architects Finelli & Gray designed a spacious & elegant wooden home w/a cupola, expansive windows, a grand fireplace, & solid wood beams throughout. On 1.5 acres in Southwind.



**1101 Kentmorr Road
Stevensville | \$459,000**

Enjoy Chesapeake Bay breezes, amazing water views, & sunsets from your updated, open concept, corner lot cottage! All of this without taxes, or an HOA.



**22677 Camryns Way
Queen Anne | \$360,000**

Updated Turn-key colonial w/over 2200 square feet, 4 large BR's, incl. huge Master BR w/en suite & walk in closet, 2 1/2 BA, updated kitchen, formal dining room, 2 car garage. Backs to woods. Situated on over 1 acre. The backyard space is a blank slate.

UNDER CONTRACT



**129 Forest Road
Grasonville | \$230,000**

Move in ready, renovated rancher, 1/2+ acre lot, quiet, end of cul-de-sac location. Great access to Rt. 50, convenient to shopping, and restaurants while simultaneously feeling like a private getaway.



**28A Queen Mary Ct.
Chester | \$215,000**

Charming end unit townhouse. Relax in your rocking chairs on the front porch, entertain on the lake front patio, or just sit and watch the serenity of the lake from any of the 4 decks Vaulted ceilings, fireplace & first floor master bedroom. Great size for downsizing & or second home.



**Lot 36 Calvert Road
Stevensville | \$175,000**

.62 Acre Lot Only, Waterfront on Carter Creek
Lot 36 with New 2140 Sq. Ft. Rancher - \$528,000
By Caruso Homes

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The DDMcCracken Home Team, is interested in being your Real Estate team for Life! We are inspired and have an intimate Knowledge of the Bay Region to provide top of the line services to all of our clients. The team thrives on providing tailored, custom services, for each client because each client's needs and circumstances are different.

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HOME RESOURCE GUIDE

SPRING 2020

On the following pages meet many of the region's most dependable, knowledgeable, and reputable home and garden service professionals. The services listed are provided by advertisers appearing in recent What's Up? Media publications. They are dedicated to serving our readership. Please consider their services for your home projects and needs.

Architecture/Design

Adrian Development
121 East Bay View Drive, Annapolis; 301-852-7748; adr-dev.com

Melanie Hartwig-Davis
HD Squared Architects, LLC; 86 Maryland Avenue, Annapolis; hd2architects.com

Purple Cherry Architects
1 Melvin Avenue, Annapolis; 410-990-1700; purplecherry.com

Art/Décor/Framing

American Craft Council
800-836-3470; craftcouncil.org

Annapolis Arts Alliance
801 Chase Street, Annapolis; 443-333-8906; annapolis-arts-alliance.com

Annapolis Pillow Company
annapolispillowco.com

Nancy Hammond Editions
192 West Street, Annapolis; 410-295-6612; nancyhammond-editions.com

RiverArts Chestertown
chestertownriver-arts.org

The Trippe Gallery
23 N. Harrison Street, Easton; 410-310-8727; thetrippegallery.com

Troika Gallery
9 S. Harrison Street, Easton; 410-770-9190; troika-gallery.com

Whimsey Cove Framing & Fine Art Printing
209 Chinquapin Round Road, Ste. 101, Annapolis; 410-956-7278; marylandframing.com

Carpentry

Warren's Wood Works, Inc.
8708 Brooks Drive, Easton; 410-820-8984; warrenwoodworks.com

Cleaning Services

Bello's Cleaning
1230 Gemini Drive, Annapolis; 443-837-4034; bello-scleaning.com

D&P Carpet Cleaning
443-942-0664; dpcarpet.com

Demolition/Restoration

Access Demolition & Environmental
3437 9th Street, Baltimore; 443-692-6213; access-demolition.com

Rainbow International Restoration
4224 Main Street, Grasonville; 410-643-5408; rainbowintl.com/stevensville

Servpro of Annapolis/Severna Park
410-647-8181; servproannapolis-severnapark.com

Driveways/ Asphalt

Accurate Asphalt
410-697-3167;
accurate-asphalt.
com

Koala Paving
410-924-3176; koa-
lapaving.com

Exterior Lighting/ Irrigation

**Atlantic Lighting &
Irrigation Company**
1392 Defense Hwy,
Gambrills; 410-721-
4070; atlantic-irri-
gation.com

Flooring

**Bay Carpets,
Cabinets & Floors**
300 Centreville
Road, Queenstown;
410-820-7288;
baycarpets.com

**South River
Flooring**
3059 Solomons
Island Road, Ste. B,
Edgewater; 443-
221-7167; southriv-
erflooring.com

Furniture

**Showman
Furniture-Crofton
Showroom**
2431 Crofton Lane,
Crofton; 410-451-
8744; showman-
furniture.com

Garage

**Maryland Garage
Concepts**
410-695-6249;
garagesolutions-
baltimore.com

Heating/ Ventilating/ Air Condi- tioning

**Griffith Energy
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Locations across
Maryland; 888-721-
5707; griffithener-
gyservices.com

SMO Energy
109 North Maple
Avenue, La Plata;
888-222-3720;
smoenergy.com

Handyman

**Mr. Handyman
of Anne Arundel
and North PG**
8229 Clover-
leaf Drive, Ste.
435, Millersville;
410-593-1456;
mrhandyman.com/
anne-arundel-ne-
pg

Home Appraisal/ Finance/ Titling

**Arundel Federal
Savings Bank**
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napolis, Severna
Park, Gambrills,
Pasadena, and
more; 410-768-
7800; arundelfed-
eral.com

**Atlantic Prime
Mortgage, LLC**
77 West St #310,
Annapolis; 800-
204-1283;atlan-
ticprimemortgage.
com

Bay East Title
114 West Water
Street, Centreville;
410-758-4682;
bayeasttitle.com

**Church Circle
Title & Escrow**
23 West Street,
2nd Floor, Annapo-
lis; 410-269-6488;
cctitle.net

Eagle Title
181 Harry S. Truman
Parkway, Ste.
200, Annapolis;
410-266-3600;
eagletitlellc.com

**Eastern Shore
Title Company**
114 N. West Street,
Easton; 410-820-
4426; easternsho-
retitle.com

Essex Bank
Locations in An-
napolis, Edgewater,
Crofton, Bowie, and
more; 1-800-443-
5524; essexbank.
com

**May Appraisal
Services**
7410 Baltimore-An-
napolis Blvd., Glen
Burnie; 410-766-
4433; mayapprais-
alservice.com

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Title Company, Inc.**
200 Westgate
Circle, Ste. 102, An-
napolis; 410-573-
0017; midmdtitle.
com

Revere Bank
Locations in
Severna Park,
Laurel, and more;
866-950-5784;
reverebank.com

Severna Bank
Locations in An-
napolis, Edgewater,
Glen Burnie, Sever-
na Park, and more;
410-260-2000;
severnabank.com

Shore United Bank
Locations through-
out Maryland, Del-
aware, and Virginia;
877-758-1600;
shoreunitedbank.
com

**U.S. Bank:
Paul Sullivan**
1910 Towne Centre
Blvd, Ste. 250, An-
napolis; 410-533-
8558; mortgage.
usbank.com/
paul-sullivan-an-
napolis-md



Home Con- struction/ Materials

Bozzuto Homes
301-220-0100;
bozzuto.com

**Friel Lumber
Company**
100 Friels Place,
Queenstown; 410-
827-8811; friellum-
ber.com

**James L. Graves
Construction**
750 Route 3 South,
Ste. 2A, Gambrills;
410-721-9619;
jameslgravescon-
struction.com

**The J.F. Johnson
Lumber Company**
8200 Veterans
Highway, Millers-
ville; 410-987-5200
3120 Solomons
Island Road, Edge-
water; 410-956-
0400; johnsonlum-
ber.biz

**Lundberg
Builders, Inc.**
314 Main Street,
Stevensville;
410-643-3334;
lundbergbuilders.
com

**Paquin
Design/Build**
500-A Saddler
Road, Grasonville;
410-643-7811;
paquindesignbuild.
com

**Timberlake Design/
Build**
240-547-0104;
timberlakedb.com

Home Expo

**The Home Owners
Expo**
703-476-8422;the-
homeownersexpo.
com

Home Remodeling

**Brothers Services
Company**
1910 Towne Centre
Boulevard, Ste.
200, Annapolis;
410-684-0272;
brothersservices.
com

**Ready to Sell
Renovations &
Custom Builders**
4 Virginia Avenue,
Edgewater; 410-
320-7348
r2sr.com

Interior Design/ Furnishings

Dwelling & Design
13 Goldsborough
Street, Easton; 410-
822-2211; dwell-
inganddesign.com

The Hickory Stick
21326 Sharp
Street, Rock Hall;
410-639-7980; the-
hickorystick.com

Higgins & Spencer
902 South Talbot
Street, St. Mi-
chaels; 410-745-
5192; higginsand-
spencer.com

**Suzanne
Price-Coleman**
Oxford, Maryland;
301-928-0937; su-
zannecolemande-
sign.com

Kitchen/ Bath/ Stone/Tile

**314 Design Studio,
LLC**
Lundberg Build-
ers, Inc.; 314 Main
Street, Stevens-
ville; 410-643-
4040; 314design-
studio.com

Cabinet Discounters

910-A Bestgate Road, Annapolis; 410-266-9195; cabinetdiscounters.com

Compass Stone & Tile Studio

302 Harry S Truman Parkway, Annapolis; 410-224-0700; cst-studio.com

Kenwood Kitchens

1415 Forest Drive, Annapolis; 443-458-5484; kenwoodkitchens.com

Stuart Kitchens Inc.

2335-B Forest Drive, Annapolis; 410-761-5700; Locations across Maryland; stuart-kitchens.com

USA Cabinet Store/ Kitchen & Bath Design Center

508-A Chinquapin Round Road, Annapolis; 410-609-5995; usacabinetstore.com/annapolis

Landscaping/Hardscaping/Outdoor Services

Ciminelli's Landscape Services, Inc.

18301 Central Avenue, Bowie; 410-741-9683; ciminellislandscape.com

Fence & Deck Connection

8057 Veterans Highway, Millersville; 410-969-4444; 1544 Whitehall Road, Annapolis; 410-757-5511; fenceand-deckconnection.com

Homestead Gardens

743 West Central Avenue, Davidsonville; 410-798-5000; 522 Ritchie Highway, Severna Park; 410-384-7966; homesteadgardens.com

I Tree LLC

410-647-TREE; myitree.com

McHale Landscape Design

6212 Leapley Road, Upper Marlboro; 301-599-8300; mchalelandscape.com

On the Green, Inc.

777 Annapolis Road, Gambrills; 410-695-0444; onthegreen-inc.com

Outdoor Power Equipment/Utility Vehicles

Harrison Cart Works

750 Route 3 South, Gambrills; 301-832-4087; harrisoncartworks.com

Painting/Surface Services

Annapolis Painting Services

2561 Housley Road, Annapolis; 410-974-6768; annapolispainting.com

Chesapeake Property Finishes

410-924-2397; chesapeakepropertyfinishes.com

Fresh Coat Painters of Annapolis

443-290-5623; freshcoatpainters.com

Godwin's Painting Services

443-867-0461; godwinpainting-services.com

Maryland Paint & Decorating

209 Chinquapin Round Road, Annapolis; 410-280-2225; mdpaint.com

Pest Control

Mosquito Squad of Annapolis

4433 Mountain Road, Ste. 5, Pasadena; 8410-609-5609; mosquitosquad.com/annapolis

Plumbing

David E. White's Plumbing, Heating & Repair Company

P.O. Box 6553, Annapolis; 410-216-7132; david-whiteplumbing.com

Palmer's Plumbing, Inc.

410-827-4546; palmerplumbing.com

Pool & Spa Design/Service

Aqua Pools

8801 Mistletoe Drive, Easton; 410-822-7000; aqua74.com

Catalina Pool Builders

836 Ritchie Highway, Severna Park; 301-605-1177; catalinapoolbuilders.com

Stover Pools

Huntingtown, Maryland; 410-610-4083; stover-pools.com

Real Estate

Berkshire Hathaway HomeServices/ PenFed Realty

1997 Annapolis Exchange Parkway, Ste. 101, Annapolis; 410-266-0600; penfedrealty.com

Betty Batty

Hello Home of Compass; 410-280-1646; hellohomeof-compass.com

Biana Arentz and Steve Arentz

Coldwell Banker Residential Brokerage; 170 Jennifer Road, Annapolis; 410-224-2200; bianaarentz.com

Bob Lucido Team of Keller Williams Integrity

2024 West Street, Ste. 100, Annapolis; 410-224-7777; boblucidoteam.com

Brad Kappel

TTR/Sotheby's International Realty; 209 Main Street, Annapolis; 410-280-5600; bradkappel.com

Chaney Homes

Jennifer Chaney; 443-249-SOLD or 410-739-0242; chaneyhomes.com

Chesapeake Bay Properties

102 N. Harrison Street, Easton; 410-820-8008; chesapeakebay-property.com

The Christina Janosik Palmer Group

Kelly Williams Flagship of Maryland; 231 Najoles Road, Ste. 100, Millersville; 410-729-7700; cjpgroup.kw.com

Coldwell Banker Church Circle

4 Church Circle, Annapolis; 410-263-8686; coldwellbankerhomes.com





Coldwell Banker Jennifer Road
170 Jennifer Road,
Ste. 102, Annapolis;
410-224-2200;
coldwellbanker-
homes.com

CR Realty
337 North Liberty
Street, Centreville;
443-988-0114;
chrisrosendale.
com

**David Orso
Team of Compass
Real Estate**
Offices in Annapolis and Severna Park; 443-372-7171; davidorso.com

DeeDee McCracken
Coldwell Banker Residential Brokerage; 170 Jennifer Road, Suite 102, Annapolis; 410-739-7571; deedeemccrackenhomes.com

Diane & Crew of Taylor Properties
175 Admiral Cochrane Drive, Ste. 112, Annapolis; 410-279-3868 or 800-913-4326; dianeandcrew.com

Engel & Volkers
138 West Street, Annapolis; 443-292-6767; annapolis.evrealstate.com

Erica Baker
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TTR/Sotheby's International Realty; 209 Main Street, Annapolis; 410-280-5600; stahleythompsonhomes.com

Rachel Frentsos of Long & Foster Annapolis Fine Homes
145 Main Street, Annapolis; 410-263-3400; longandfoster.com/annapolis-md-fine-homes-realty

Long & Foster Crofton/Bowie, Tri-County Office
Dominic Catalupo, Manager/Associate Broker; 2191 Defense Highway, Crofton; 410-721-1500; longandfoster.com/crofton-md-realty

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Divine Decks & Perfect Patios

By Janice F. Booth

What if you could rub Aladdin's lamp or wave a magic wand and your home would expand by one additional room? How would that room serve you? Would it be a space to get away from the demands of family and work, a place to nap and daydream? Visualize feet up, pillows, and comfy hammock or lounge chair. Would your new room be an entertainment area, a place where friends and family would gather to eat and talk? Would you enjoy hosting cocktails at sunset for a few friends and neighbors or firing up the grill for a summer barbecue?

Where is this extra room, you ask? Imagine your deck or patio as a bonus room. April is the perfect time to examine your outdoor spaces and decide what you have available to you.

ADVANTAGES & LIMITATIONS

Once your outdoor-room is deemed safe, take some time to think about how the area has been used in the past. Were you happy with the comfort level? Did the patio become a dumping ground for sports equipment and dirty shoes? You may have to plan for a storage area where that equipment can reside without taking over your outdoor living area. What about sun and shade? When is that patio in direct sun? Do mature trees shade the deck? Don't forget about rain and wind. How will inclement weather affect your deck and its furnishings?

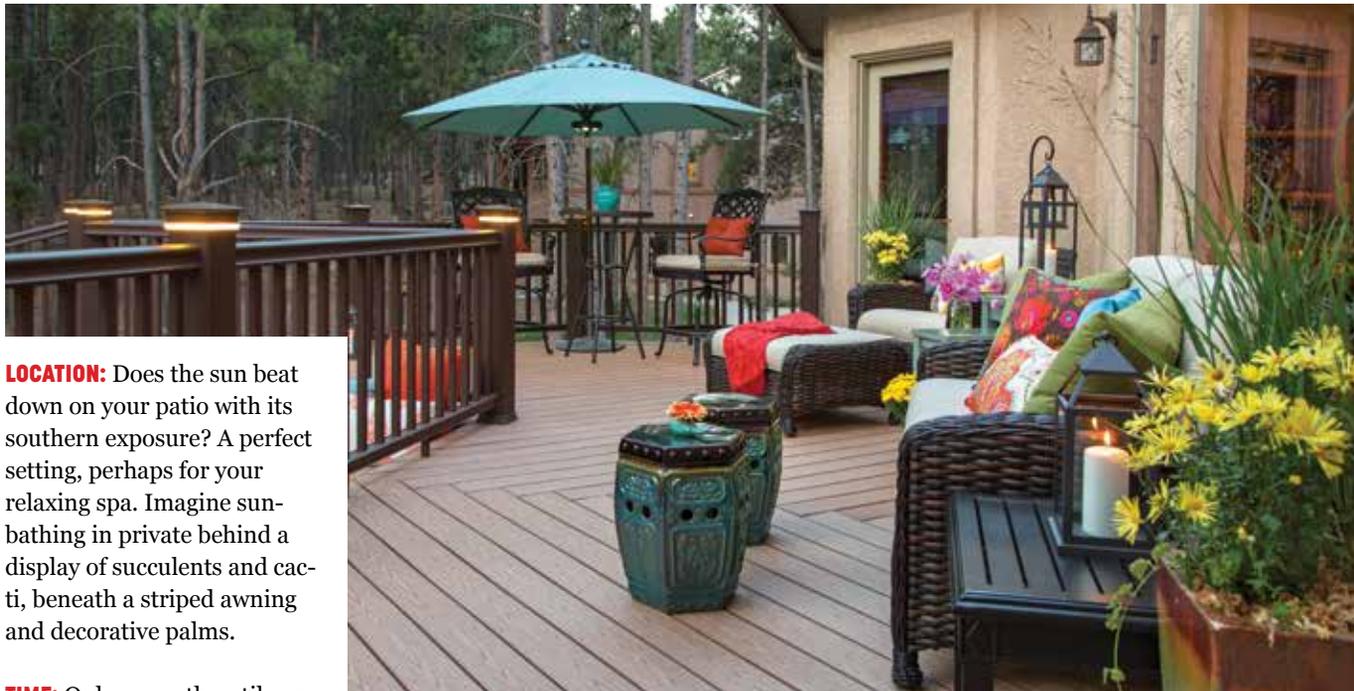
Once you've refreshed your mental picture of that patio, let your imagination entertain ways you might enjoy your out-of-doors area even more.

When we think about the advantages or limitations of a *living* space, it's possible to turn a limitation into an advantage with just a little creative planning.

BASICS

Before getting too involved in the pleasures of choosing paint, pillows, furniture, and lighting, take a serious look at the structural integrity of your deck or patio. Is the deck fundamentally sound? Are the railings secure and safe? Do you need to add electrical fixtures, perhaps even some plumbing for a small sink? Is the area sufficient in size? Would your patio benefit from some extra pavers or perhaps a platform added for a small dining area? If you're unsure, call a professional. Safety is not to be ignored.





LOCATION: Does the sun beat down on your patio with its southern exposure? A perfect setting, perhaps for your relaxing spa. Imagine sunbathing in private behind a display of succulents and cacti, beneath a striped awning and decorative palms.

TIME: Only a month until you host that baby shower for 30 guests? May is a lovely month for showing off your garden's azaleas, rhododendrons, tulips, and daffodils. With a quick coat of deck paint and some new furniture, you'll have the perfect setting for your guests.

BUDGET: Can you budget for a few new pieces of all-weather furniture? Or, will it be wiser to buy some paint and freshen up the table and chairs you've had on the patio for years. Adding a few pillows and some new plants may be just the solution you're looking for.

SIZE: It is possible that your deck, which runs the entire length of your house, may seem ungainly. Do people find it difficult to gather there? Like any large room, think about breaking up the space into areas devoted to activities; a table for cards or games in one area, a few comfy chairs and an ottoman clustered for reading or conversation, and a third area for outdoor cooking.

THE BIG PICTURE

Okay, you've evaluated the safety and sturdiness of your deck or patio. You've thought about Nature's impact on the area—sun, rain, wind, vegetation. As you begin your repurposing of that outdoor area, allow yourself to think again about that patio room as a space you will use more often if it meets your needs and expectations.

When designing the layout of your deck consider the aerial view from upstairs windows or other upstairs decks. The use of pure form in your layout will provide an aesthetically pleasing geometry when viewed from above.

Go upstairs and look down at your deck. If there were four walls, how would you decorate that area? Imagine looking at your patio from your neighbors' second-floor window. What will be seen? The question of privacy looms here. You may want to use awnings,

curtains, shutter-screens, and plants to provide privacy if neighbors and casual strollers are too near. A clever and attractive awning can be constructed from painters' drop cloths. You can add a design or leave them white. Drape the cloths over bamboo or curtain rods to shade all or part of the deck. Sheer curtains that flow with the breezes provide privacy and a diaphanous mood. You can buy ready-made stands in different lengths to hold your curtains, or install shower rods in some areas. Another option might be to purchase wooden screens,

usually 3-part hinged, that can be set-up and taken down as needed. Tall Florida shutters hinged together add a tropical feel, and can be louvered open or closed for breezes and privacy. And don't overlook some of your beautiful, potted plants. Bring them outside too. Let them bask in the sunshine. Clustered, they'll make a natural screen to protect you from prying eyes. Like the screens, plants can be easily moved and repositioned as circumstances demand. And, in stormy weather, they can be taken in and safely stowed.



UNDER FOOT

So, looking down once again from our second story, we've established walls for privacy and definition. What about the floor? Those wooden deck planks, would they look better stained or painted? Maintenance is always an issue—the less, the better, I say! You want to enjoy your new room, not spend all your time keeping it looking fresh and tidy. So, choose a deck floor treatment that will be easy to have underfoot. If the deck is already finished or has a permanent treatment, you might have fun considering the addition of area rugs. Bold geometric designs? Or cool colors? Simple, old-fashioned, woven sisal area rugs are popular for a reason. You'll probably want to avoid textured rugs. Dust, soil, and mud will eventually challenge your rugs, and cleaning them should be easy.



Your patio may be stone or pavers. You may want to give them a good scrubbing. Mold can dull the patina of slate. You might want to have a small rug beneath the café table area or the comfy reading chair and ottoman to differentiate those areas.

And, speaking of “under foot,” what about pets—yours or your neighbors? Will there be dogs and cats sharing this outdoor living space? If so, there are bound to be accidents. Be sure your floor treatment can handle a good scrubbing and that it doesn't trap odors, as some material might.



FURNISHINGS

Well, here we are. That dream-room is beginning to come together. Maybe it's doable! You can see the layout of the deck's activity areas, or the patio's theme. You've figured out the privacy issue, and now you're looking at your budget. Will you want simple, clean lines? No clutter? Or, do you want lots of personal touches on the interesting tables you found at the consignment shop? Do you want to plan for some storage cabinets, perhaps old wooden or clean, plastic ones, to hold the sports equipment, jigsaw puzzles, and patio-designated dishes and glasses? Look for an interesting cabinet or stackable boxes that can keep everything reasonably clean and dry until they're needed.

Have fun locating the perfect table and sofa. Add some lanterns and throw pillows. Maybe there's even room for a hammock and stand for that afternoon nap. This part is easy. The only cautions I would offer are (1) consider size. Don't buy pieces that are too large for the space. And, (2) mind your budget. A few, well-designed and manufactured pieces will be wise investments. The pieces you use on your deck or patio will get hard use from people and from Nature. Choose material designed to take rain and wind, and an occasional good scrubbing. You don't want to end up spending too much time on maintenance.

A FINAL TIP: BEAT THE BUGS

One final tip for your new room. You may not want to screen in your patio or deck, but you also may not want to spend your outdoor time swatting mosquitoes and flies. Yes, I know, Citronella candles and torches work, sort of. But I may have a better solution for you. Pedestal fans! Place a pedestal fan, or two or three, near seating areas. When you're outside, turn on the fans. The breeze they produce will be pleasing to humans and hazardous to bugs! Flies and mosquitoes will be whisked away! You'll be free of those pesky intruders. (Now, unfortunately, I have no remedy for ants. They just go with summer, I'm afraid.)

It's April! We can smell the earth awakening, see the buds forming, hear the birds singing, feel the sun warmer on our faces. Soon we'll be sketching new designs for some of our flower beds, opening up those promising seed packets, and beginning the bustle of gardening. But for now, there's still time to sit quietly and plan how to enhance that outdoor space you may have been overlooking—your deck or patio.





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Planned Plantings

GETTING A HEAD START ON SPRING GARDENING

By Lisa J Gotto

While it's only April, we bet there are many of you who are just itching to get back outside and get your hands into some good old-fashioned dirt. It's definitely a season to anticipate. If this sounds like you, we have some ways, both old and more modern, to help make the wait a bit more bearable.



HEY, RUST HAPPENS!

Get out that pruner now! It's time to see if it has been collecting dust or, worse, rust! While the conscientious gardener cleans their tools after every use, we know the real world sometimes does not work that way. Some dirt and debris from last season can be addressed with a simple washing, but badly rusted tools may require removal with a course sandpaper, or even a wire bristle brush. You will also need to check to see if tools you use to cut and snip can do so efficiently and effectively. A dull blade can damage sensible stems and using tools that have been exposed to infected soil can spread the disease to other plants. Thankfully, the Internet is full of instructional videos on how to clean and sharpen every type of garden tool, so start viewing now for clean tools that will be up for the task when you are ready to slip on those garden gloves.



GO VERTICAL

This is such a popular trend and helps bring green spaces into places like condos, apartments, and smaller homes that we didn't even conceive possible a decade ago. This is also a smart way to gussy up a place in your backyard that requires attention, like the side of an old shed or even an outer garage wall, or inner fence wall. To take advantage of the trend, you'll need some lumber, most likely 2 x 4s. This is something you can easily pick up any time of the year at your local lumber yard or home center. You can start stocking up on the lumber now and even hammer your design into place while you await warmer weather for placement of your favorite annuals.

DEAR DIARY...

Reap the benefits of keeping a garden journal. While it is perhaps the most underrated garden "tool," the garden journal allows you to record your observations as your planted projects grow. Note which weather conditions and animal interactions your plantings are subject to and the condition of your soil. Recording this information over time helps you build a resource and reference for future projects—perhaps avoiding future planting problems. The best part of this tip is it's something you can start to look for now and there are so many cool journals to choose from. Any simple lined notebook will do, but you can also purchase one specifically designed for you to add not just your thoughts and observations, but sketches of your plots, plans, plants, and even photos! After all, if your garden has a good plot, you will want to write that down!



MESS LESS

Even if your yard or shed is equipped with a potter's table, you know how messy the top of it gets when planting—and how hard it can be to get that loose dirt cleaned up. Control your wayward potting soil by investing in a potting tarp. There are many simple helpers like this you may want to consider researching and purchasing now, so when the day to plant comes, you have all you need at the ready.



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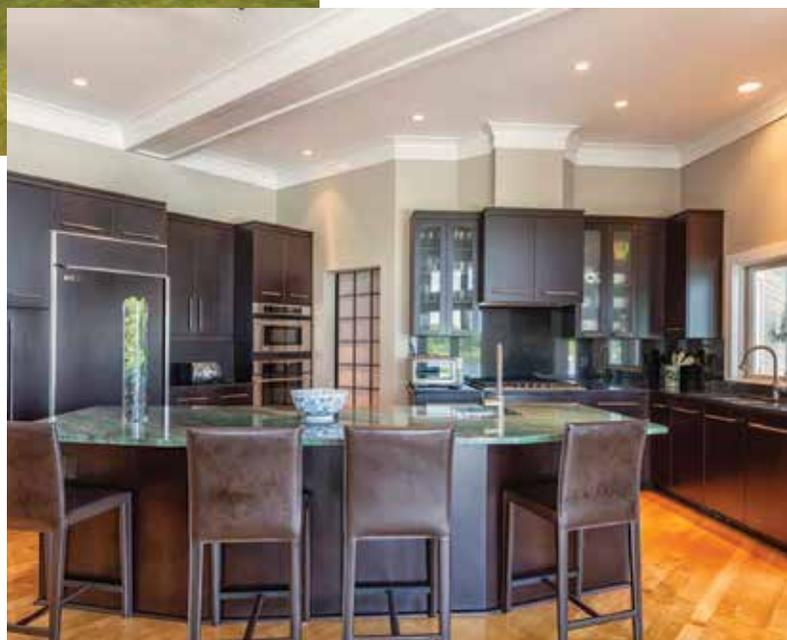
Primary Structure Built: 2008
Sold For: \$2,450,000
Original List Price: \$2,995,000
Bedrooms: 5
Baths: 5 Full, 1 Half-Bath
Living Space: 6,695 sq. ft.
Lot Size: 2.78 acres

HOME REAL ESTATE

Western Sunsets

County Club Living

By Lisa J. Gotto



Palatial and impressive best describes the vibe upon entering this Bay lover's dream home. Everything about this Kent Island stunner enables the homeowners to live their best lives. Situated on a cul-de-sac, the home is part of the Cove Creek Club community located on the southern end of Kent Island. The club lists a private golf course and marina among its many amenities.

This custom home's spacious main living area is highlighted with large windows semi-circling the periphery affording majestic and expansive Bay views. A tranquil color scheme of alabaster, taupe, navy, and touches of aqua, is punctuated with a large open-plan kitchen with custom sable cabinetry and stainless-steel appliances to the left of the living space. Coffered ceilings lend detail and depth to this space which includes an ample area for dining—where water views happen every night of the week. Comfortable after-dinner conversation can no doubt take place to the right of the informal dining area where there's plenty of room for the whole family to lounge, relax, or take in a movie from the theater-like, in-wall entertainment system.

On the home's main level the master suite offers outstanding views of the Bay upon waking from its French doors with adjacent floor-to-ceiling windows. There are also

two cozy chaise areas for reading or meditating and lovely coffered ceilings. The master bath affords a central soaking tub and dual shower areas with rain affect shower—again with those amazing Bay views.

Working from home is not only a breeze, the homeowners will be able to feel the waterfront breezes while working in an office that accommodates two roomy work stations. The French doors here lead out to the second-story Bay-facing deck.

Along with three additional bedrooms, an in-home gym, several well-appointed outdoor seating areas, a 48- by 14-foot in-ground swimming

pool with sun shelf facing the water, and a four-car garage, the property also features a separate guest home.

Outdoors, the home is situated 12 feet above the flood plain on a protected area of land with a rip-rapped shoreline. A private pier leads to a boat lift with a five-foot Mean Low Water designation; everything necessary for sailing into the perfect western sunset.

Listing Agent: Glenn M. Sutton;
TTR Sotheby's International Realty;
209 Main Street; Annapolis, MD; m.
410.507.4370; gsutton@ttrsir.com

Buyer's Agent: Bobby Carry;
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"Sunshine's a Wastin'!"

A Resort of Sorts!

By Lisa J. Gotto

Everything about this gorgeous home along Cox Creek says gracious and spacious living! This expansive home is a crown jewel situated on 15 private acres of creek-front property that offers the best of water-view living. The grounds surrounding the home are tranquil and bucolic with plenty of picture-frame worthy panoramas.

To say the home is loaded with upgrades is an understatement, as it has been beautifully remodeled over a period of years and meticulously maintained throughout. Across the first floor you will find walls of windows looking out to the creek, each with its own special gathering area, whether it be the kitchen, breakfast room, family room, dining room, or the lovely screened-in porch, which is generous enough to accommodate a large picnic table for *al fresco* dining. Those get-togethers can easily spill out to the spacious back patio and in-ground pool surrounded with its own private seating and relaxation areas. So many ways to create precious memories and family moments.

The home also offers an amazing six bedrooms and eight full baths providing ample accommodations for family, friends, and even their friends! Separate guest quarters with a full kitchen, bathroom, living space, and two bedrooms make the home almost a resort of sorts, as do its home gym and billiard room.

Equipped with an impressive solar panel roof system, the home is as efficient as it is beautiful. It also has a 35KW generator, a two-car detached garage, a dock, slip, and rip-rap waterfront access.

This magnificent home was barely on the market for two months before it sold to a family who had been looking for just the right home for so long, they have become great friends with their agent, Biana Arentz of Coldwell Banker of Annapolis.



Primary Structure Built: 1996
Sold For: \$2,500,000
Original List Price: \$2,950,000
Bedrooms: 6
Baths: 8
Living Space: 4,966 sq. ft.
Lot Size: 15.35 acres

I enjoyed our journey. They have their dream home and I have had some wonderful new friends. I am looking forward to their move in May,” Arentz says.

And it sounds as though the homeowners are equally thrilled.

“Being a resident of Queen Anne’s County for over 30 years, I know the area (and love the area) and it was a pleasure working with these homeowners for over two years. It took us a while, but

“We have been working with Biana for a few years searching for a property on the Eastern Shore. Finally, we found our dream home on Kent Island and we could not be happier. Looking forward to moving this spring.”



Listing Agent: Schuyler Benson; Associate Broker; Benson & Mangold Real Estate; m. 410-310-3251; o. 410-822-1415; sbenson@bensonandmangold.com; bensonandmangold.com

Buyer's Agent: Biana Arentz; Global Luxury Specialist; Coldwell Banker Residential Brokerage; m. 410-490-0332; o. 410-224-2200; bianaarentz.com



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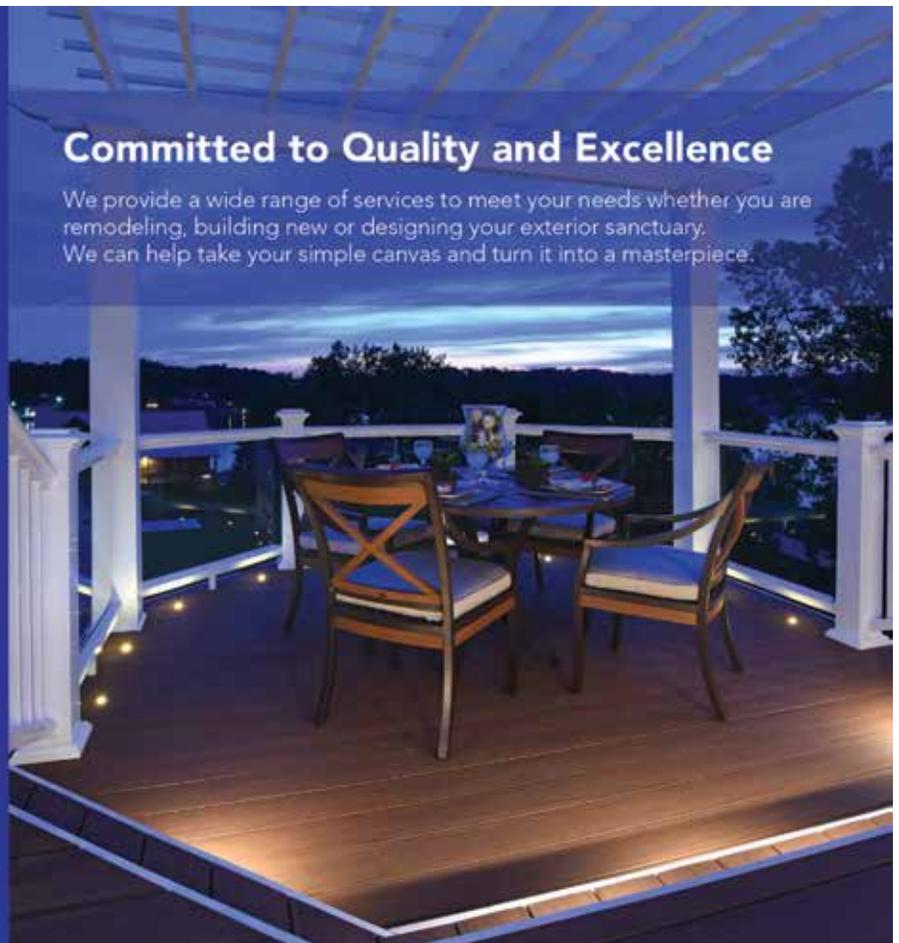


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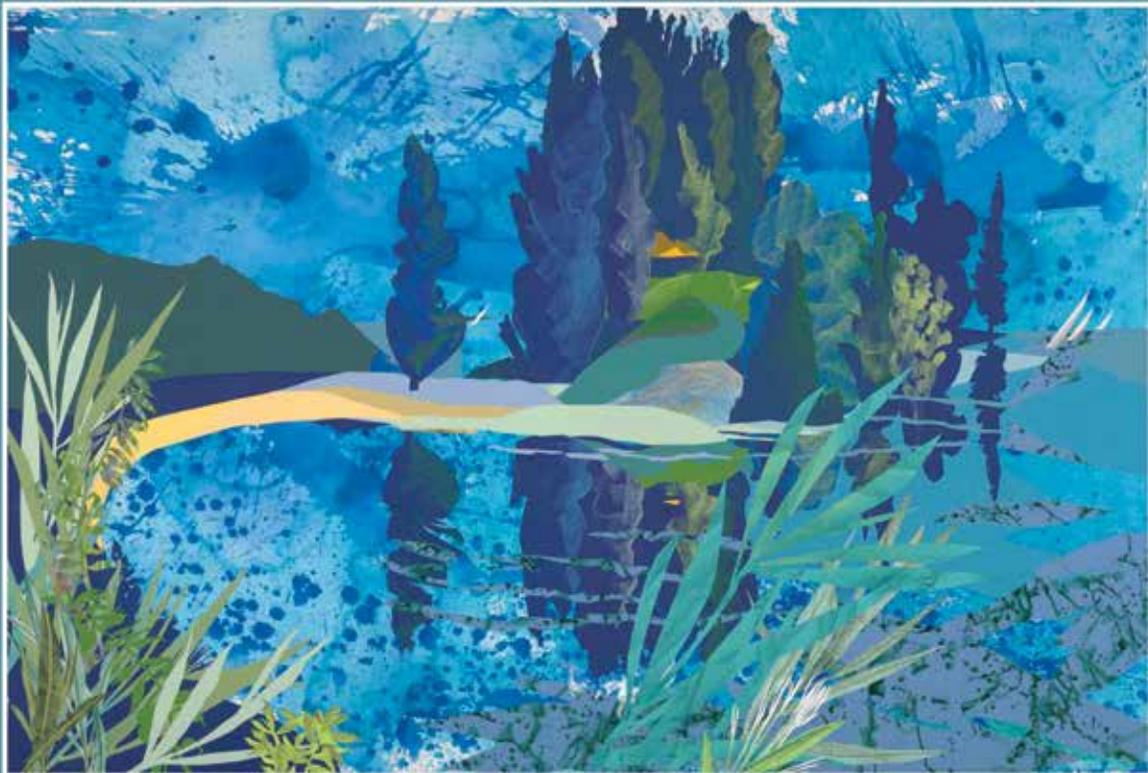
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Advocacy Shapes a Modern Understanding of Autism

HOW OUR CULTURAL AWARENESS HAS SHIFTED FOR THE BETTER

By Dylan Roche

When the nonprofit advocacy group Autism Society launched the first-ever National Autism Awareness Month in 1970, the idea was to help people better understand this neurological variation that affects approximately 1 percent of the world's population. Today, that mission remains as relevant as ever, particularly with the new understanding brought about by modern research and cultural shifts.

Want a more in-depth perspective? Here are some of the major ways our cultural awareness of autism spectrum disorder is changing:

Autism advocacy now has its most important participants—those with the condition themselves.

In the past, autism advocacy was done by therapists, neurologists, sociologists, or simply loved ones of people with autism. But those in the autism community are now part of the conversation.

As the Autism Society observes, the dramatic increase in autism awareness comes from the collaboration of organizations to provide more support and service, change policies, and extend education. “Neurodiversity and inclusion is a national topic that the Autism Society advocates for in

employment, housing, policy, education, safety, and more, at the local, state, and national levels,” explains Kristyn Roth, chief marketing officer with the organization.

In recent years, some autism advocacy groups, such as Autism Speaks, have faced criticism for not including these important voices. That has now changed. “People with autism are on our board, on our staff, and in our community of volunteers and supporters, and we always welcome a dialogue to ensure the best possible world for everyone on the spectrum,” says Lisa Goring, strategic initiatives and innovation officer at Autism Speaks.

People with autism lead normal and often successful lives.

Classified as a developmental disability, autism manifests itself through certain behaviors that affect a person's social and communication skills. People with autism are often referred to as being on a spectrum, as it is a condition that can affect people in different ways and to different degrees. Many times, autistic people will have learning methods or problem-solving skills that aren't standard, and they will frequently have a strong understanding of or interest

in specific areas of knowledge. Some people on the spectrum will need lifelong care whereas others can be completely independent.

“Autism spectrum disorder is just that: a spectrum,” Roth says. “Individuals with autism have a wide range of abilities, strengths and challenges, and each person is unique, just like neurotypical people. It is harmful to assume that all autistic individuals have the same characteristics and needs because it promotes stereotypes and doesn't contribute to the fact that a wide range of supports and services are needed.”

Karen Adams-Gilchrist, the president and CEO of Providence Center, an Anne Arundel County nonprofit organization that empowers people with disabilities to lead fulfilling lives, explains that the people her team works with have many abilities. “They face the same challenges that all people face who are seen as different,” she says. “No matter how far society has come, there is always a contingent of people in society who will not see people for who they are, will judge their abilities, will not be willing to understand the need for accommodations, will be fearful of the unknown, and so on. So, they must prove themselves.”

Not everyone's experience with autism is the same.

Is it “people with autism” or “autistic people”? Both terms are used, and either might be the preferred term depending on whom you ask. Some prefer person-first language, as this does not characterize an individual by their condition or disability. However, as the Autistic Self-Advocacy Network explains, many in the autistic community embrace autism as part of their identity, perceiving “autistic” as acceptable just as “Jewish” or “African American” are acceptable.

Autism Speaks uses both terms in its communications out of respect for the varying opinion. “Earlier this year, we polled our community about this and heard that there are many different perspectives and preferences around this language,” Goring says. “What's most important is to respect individual preferences and use the language that each person prefers.”

This preference is one of many ways that perspectives and opinions within the autism community vary based on the individual's own experience. As another example, some autistic people might want assistance where appropriate, whereas others want to overcome challenges on their own.



Take care when discussing topics like causes and cures.

“While no single specific cause of autism is known, current research links autism to biological or neurological differences in the brain,” Roth says. “The characteristic behaviors of ASD may or may not be apparent in infancy—18 to 24 months—but usually become obvious during early childhood—24 months to 6 years.”

“Autism is not a disease. Research has shown that there is no single ‘autism’ and there is no single ‘cure.’”

“Respect for everyone’s unique strengths and challenges, empathy, and an open mind are so important to creating a more inclusive world for everyone on the spectrum,” Goring says.

Special accommodations can be, and frequently are, made for people with autism.

It’s not uncommon to see certain attractions, whether it’s a movie theater or an amusement park, advertise a special day or time that will be “sensory friendly.” While these accommodations were nearly unheard of in decades past, more organizations are becoming aware that stimuli like bright lights, large crowds, and loud noises can be overwhelming or disruptive for people on the autism spectrum, particularly children. Sensory-friendly times cultivate an atmosphere that is more comfortable for those who are sensitive.

While there is no known cause, experts agree that autism is not caused by vaccines despite a popular misconception. As Autism Speaks explains, some families saw a correspondence between a child’s vaccination and an autism diagnosis, but research does not support this assumption.

Advocacy has also transitioned away from the idea of finding a cure for autism; instead, people with autism and their loved ones frequently want to see medical advancements that will better their quality of life and help any conditions associated with autism, such as seizures, anxiety, sleep disorders, or digestive issues.

“Autism is not a disease,” Goring states. “Research has shown that there is no single ‘autism’ and there is no single ‘cure.’”



HEALTH & BEAUTY HEALTH

Fresh Take

MAKE EXTRAORDINARY EGGS FOR EASTER

By Dylan Roche

When the Easter Bunny comes hopping into town on April 12, he’ll be bringing with him his usual basket full of eggs—which, in addition to being great for dyeing and hiding, are a traditional part of the holiday menu. And despite a longtime misconception, science is now waking up to the health benefits of this popular breakfast food (or anytime food, really). Eggs aren’t bad for you in moderation; on the contrary, they’re great sources of protein and other nutrients.

As the American Egg Board explains, eggs got their bad reputation because they have high levels of cholesterol. At one time, experts recommended consuming no more than 300 milligrams of cholesterol a day because it was believed that dietary cholesterol increased risk of heart disease; however, the Office of Disease Prevention and Health Promotion dropped this recommendation from its Dietary Guidelines for Americans in 2015, as there was no scientific evidence to support such a claim.

And as recently as 2018, a review published in the journal *Nutrients*, “Dietary Cholesterol and the Lack of Evidence in Cardiovascular Disease,” noted that dietary cholesterol doesn’t hurt your heart. Instead, it’s saturated fat and trans fat that people need to watch out for. And the good news about eggs is that most of their fat content is monounsaturated fat and polyunsaturated fat, better known as the “good fats” because of their positive effect on blood cholesterol.

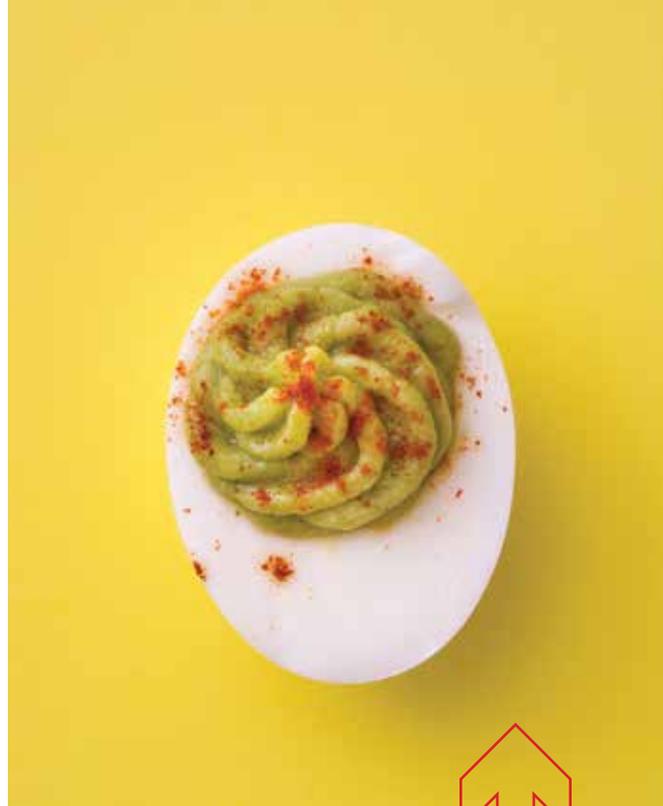
At less than 80 calories each, eggs have about 6 grams of protein, plus lots of vitamin D for bone health and immunity, choline for metabolism and liver function, and vitamin B12 for energy production.

CONTINUE
ON PG. 82



Enjoy in moderation though. Even with the modern perspective on dietary cholesterol, the American Heart Association and Harvard Medical School recommend healthy people limit themselves to one egg a day. Those with heart disease or diabetes should consume no more than three eggs a week. It's also important that people be careful about the way that they're consuming eggs—if you're frying them in butter and serving them alongside too many processed meats like bacon or sausage, or sugar-laden pancakes and muffins, these dietary choices might be more to blame for any health problems, per the advice of Harvard Medical School.

Don't be afraid to think beyond breakfast—eggs can be used to make heart-healthy dishes that are great for lunch or dinner, and Easter is the perfect occasion for those recipes. Ideally, you should cook a set of eggs for eating that's separate from any eggs you're using for decorating or hunting. But if you're trying to reduce waste and want to use the same batch of hardboiled eggs for both, be sure that your eggs are not out of the fridge for more than two hours and that they're hidden in places where they won't be contaminated by dirt and bacteria. Rinse the eggs off afterward, and if any of them are broken or cracked, dispose of them.



TO MAKE HARDBOILED EGGS,

put them in a saucepan of water and set over heat. Once the water comes to a rolling boil, cover the pan, turn off the heat, and let the eggs stand in the water for 15 minutes. Take the eggs out of the water and put them in a bowl of ice water to cool.

Ideally, you should peel a hardboiled egg right after it is cooked because the egg will contract in its shell as it cools, making it harder to peel later. Hold off on peeling the eggs, however, if you don't plan to eat them the same day. Hard-boiled eggs can be stored in their shells in the refrigerator (40 degrees or cooler) for up to a week. Don't freeze a hardboiled egg, as this can make the white turn tough and watery.



Once you've successfully made a batch of hard-boiled eggs, try using them in the following recipes:

Deviled Eggs

INGREDIENTS:

- 1 dozen hardboiled eggs
- 1/4 cup mashed avocado (approximately 1 large avocado)
- 1/4 cup nonfat plain Greek yogurt
- 1 tablespoon Dijon mustard
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 teaspoon paprika
- 1 teaspoon parsley

DIRECTIONS:

Slice the eggs lengthwise, remove the yolks. Place the yolks in a bowl with the other ingredients. Mix until blended well. Scoop mixture into a piping bag and pipe into the hollowed-out whites.

Egg Salad



INGREDIENTS:

- Half-dozen hardboiled eggs, finely chopped
- 1 tablespoon relish or finely pulsed dill pickles
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon Dijon mustard
- 1/4 cup nonfat plain Greek yogurt

DIRECTIONS:

Mix all ingredients together. Serve in a bowl as a side or on toasted bread with lettuce and tomato as a sandwich.



A Healthy Environment

MAKES FOR HEALTHY PEOPLE

By Dylan Roche



Now in its 50th year, the spring observance of Earth Day has inspired generations of everyday people to make small lifestyle changes that help heal the planet from the wear and tear of modern civilization. Whether you're opting to go car-free more frequently or building a rain garden to filter stormwater runoff, these eco-friendly practices are good, not only for Earth's health but also for your own—as the Office of Disease Prevention and Health Promotion points out, a healthy environment is vital to a healthy population.

Take **AIR QUALITY** for example. When the quality of the air gets too polluted with carbon monoxide, nitrogen dioxide, and sulfur dioxide, it can cause minor problems such as headaches and irritation of the eyes, nose, and throat, as well as much larger problems such as long-term damage to the respiratory system and increased risk of asthma, lung cancer, and cardiovascular disease.

Air quality can be even more harmful for our well-being because it can hinder exercise, one of the principal aspects of a healthy lifestyle. As the Mayo Clinic explains, intense physical activity like running, cycling, and even heavy yardwork can often require a person to breathe in about 45 liters of air an hour—and if you're exercising somewhere with poor air quality, you might be breathing in motor vehicle exhaust or construction dust.

In Maryland, the air could stand to be improved. Between 2015 and 2017, Anne Arundel, Baltimore, Cecil, Harford, Kent, and Prince George's counties earned F ratings from the American Lung Association for their annual number of days with unhealthy ozone smog.

“Compared to some other counties in the United States, Anne Arundel County's largest sources of emissions are smaller, but within Maryland, the county has some polluters that figure among the largest in the state,” explains Kevin Stewart, director of the Environmental Health, Advocacy, and Public Policy for the American Lung Association, who listed Baltimore-Washington International Airport, Raven Power Fort

Smallwood LLC (also known as the Brandon Shores Generating Station), and National Security Agency as the largest source of air pollution in the county.

That doesn't mean that you should necessarily quit outdoor workouts (unless your doctor tells you to do so). But you can take certain precautions. Keep an eye on air quality alerts available through mde.maryland.gov, and if it's possible, aim to exercise in the mornings or evenings when air pollution is at its lowest. Try to run or bicycle through natural areas, so that you avoid major roadways, where the pollution levels tend to be the highest.

Another environmental factor that can affect health and quality of life is **WATER QUALITY**, particularly in the Greater Annapolis area, where maritime culture prevails. Popular activities like swimming can become unhealthy when stormwater washes too many pollutants into the rivers or bay—hence why the Anne Arundel County Department of Health discourages going in natural bodies of water 48 hours after heavy rainfall. However, most of the natural bodies of water are generally considered safe for recreation.

“The department also issues a closure against direct water contact if a sewage spill, leak, or other problem indicates human waste has impacted the water,” says Elin Jones, public information director for the Anne Arundel County Department of Health. “The department of health also issues advisories against direct water contact when routine sampling results exceed the EPA acceptable standard for enterococci bacteria or a harmful algae bloom has been identified.”

By monitoring environmental factors such as air quality or water quality, you can protect your health from various pollutants. But in the long term, it's a major incentive for people to rely less on motor vehicles, to use less energy, to plant grass instead of putting down pavement, and to produce less waste.

To learn more about environmental risks and how to keep yourself safe, visit the Centers for Disease Control and Prevention's National Center for Environmental Health online at www.cdc.gov/nceh.



HEALTH & BEAUTY HEALTH

Fitness Trends:

VARYING THE PLANK

By Dylan Roche

You might have heard a fitness junkie talking about having a strong core—the part of your body that encompasses your abdominals, back, and pelvis. But don't think that core strength is merely about having six-pack abs. These muscles are the ones that stabilize your body and help you maintain balance. Having a strong core is necessary if you're going to be your best (and avoid injury) in just about any physical activity, whether you're playing on the athletic field, doing yard work, moving furniture, or carrying your sleeping toddler up a flight of stairs.

And most trainers agree that planks are one of the best ways for building up core strength. They are a simple exercise that require no equipment, and they can be performed just about anywhere by people of all fitness levels. They engage your shoulders, triceps, biceps, forearms, back, hamstrings, and glutes.

And when the traditional plank gets boring or too easy? Well, there are a few variations you can try to keep you feeling challenged. ➔



TRADITIONAL PLANK

Lie on your stomach with your arms in front of you. Bend your arms and rest on your forearms with your elbows about shoulder width apart. Keep your feet close together. Contract your abdominal muscles and lift your torso off the ground so your body is supported by your forearms and your toes. Keep your core engaged to avoid letting your lower back sag. Hold for 30 seconds to 1 minute.

STRAIGHT-ARM PLANK

This is similar to the traditional plank except your arms should be straight instead of bent at the elbows, meaning all your weight is supported by your hands instead of your forearms (think of a push-up position, but without actually lowering yourself back down to the ground).

SIDE PLANK

Assume the straight-arm pose, but turn your body to one side and support yourself entirely with one arm and the side of one foot. Hold for 30 seconds, then switch to the other side, supporting yourself with the other arm and the side of your other foot.

KNEE TUCKS

Assume the straight-arm plank and hold for 10 seconds. While keeping one foot firmly on its toes, bring the opposite knee up and tuck it in close to your stomach. Return, and then lift and tuck the opposite knee. Alternate left and right for a full minute. For an added challenge, lift your hand off the mat and raise your arm so it is parallel with the floor while your opposite knee is tucked; while your left arm is raised and your right knee is tucked, your body is supported by your right arm and left foot. Keep your entire core engaged while you rotate back and forth.

UP-AND-DOWNS

Assume the bent-arm plank position and hold for 10 seconds. While keeping your abs engaged and without letting your knees or stomach touch the ground, switch to a straight-arm plank. Hold for 10 seconds before switching back. Keep going back and forth between positions for one minute. This will challenge your abs and get your heart racing.

Do's & Don't

FOR WEARING SANDALS

By Dylan Roche

Spring ushers in a change in dress code for formal and casual occasions alike, and on days when it gets really warm, who doesn't welcome the chance to swap out their closed-toe shoes for a pair of sandals. But before you try to rock a pair of flipflops for your next dinner date, take a moment to consider whether you're making an appropriate style choice.

Sandals can be fashionable and even formal if they're done right. But there's a right way and a wrong way. Here are a few helpful tips for both men and women when it comes to open-air footwear this spring.

MEN

TAKE BETTER CARE OF YOUR FEET. This tip is directed at all the men out there because (and this is generalizing, but go with it) women tend to be better about foot care. Be diligent about washing your feet and treating any toenail fungus or athlete's foot. Moisturize your feet and keep your toenails short. And consider a pedicure. You might think a pedicure is something only women do, but there's nothing unmasculine about good hygiene.

INVEST IN A GOOD PAIR, MADE WITH HIGH-QUALITY MATERIALS. Cheap rubber flipflops work for the beach or the pool, but if you're going

anywhere else, you should have a nicer pair of sandals. They don't have to be designer brand, but they should be made from a high-quality material like leather, and they should have the arch support your feet need when you're wearing them for an extended period of time.

DON'T WEAR THEM TO THE OFFICE. Even if you have the most stylish pair of sandals on the market, there are some atmospheres where men can't pull off sandals, namely any professional or formal environment. It might seem unfair that dress codes tend to be laxer about women in open-toe footwear, but you'll look more put-together in a pair of boat shoes.

DON'T BE AFRAID TO WEAR THEM WITH LONG PANTS. Sure, most of the time when you're wearing sandals, you'll be in shorts. But if you're feeling daring, a pair of jeans or chinos will look great with a pair of nice sandals. Just be sure to cuff your trousers so your hem doesn't drag.

SOCKS WITH SANDALS ARE BECOMING MORE ACCEPTABLE. It's a risky move and not one that everyone will like, but wearing socks with sandals is a bold look that you can pull off if you do it confidently. Find a pair of knit socks with bright patterns that give your outfit a pop, and wear them with a pair of slides like Birkenstocks rather than sandals with a toe thong.

WOMEN

GO STILETTO FOR FORMAL OCCASIONS. The thin-strapped, stiletto-heeled sandals of the '90s saw a resurgence in 2019, and why shouldn't it? This was

a way of making open-toe shoes look dressy, and they worked equally well for a night on the town or a day at the office. Be careful, however—you won't want to wear stiletto sandals at a place where you'll be walking on grass, such as an outdoor wedding. They'll sink into the dirt when you try to walk on them. On that note...

GO FOR FLAT SANDALS WHEN IT'S PRACTICAL. Make them work in your favor by balancing them out with an ultra-feminine outfit like a sundress. Flat sandals are ideal for when you're depending on your mobility, such as if you're walking around at the boardwalk on vacation.

DON'T BE AFRAID OF WEARING BLACK. Black isn't usually your go-to color for spring or summer, but because sandals are open and airy, you can get away with wearing them in the darkest of colors. It will even add a little bit of formality for special occasions.

ACCESSORIZE WITH TIGHTS. Just as men can get away with wearing socks with sandals, you too don't need to be completely barelegged on days when the temperature might still be a little cool. Don't be afraid to wear a brightly colored pair of tights with sandals. If the rest of your outfit is already bold, opt for darker tights instead.

WEAR SUNSCREEN WITH GLADIATOR SANDALS. Yes, this tip is more specific than the others, but if you're planning to wear gladiator sandals during a long day out in the sun, you'll appreciate this advice: Lather on the sunblock, and re-apply frequently. You don't want those weird tan lines! Additionally, if you're wearing gladiator sandals, make sure you aren't wearing anything too long—your shorts or skirt should end at your upper thigh. Otherwise, your hemline will come too close to the top of your sandals.





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Dining

88 DINING REVIEW | 90 GUIDE

Wild
Rockfish
at Knoxie's
Table



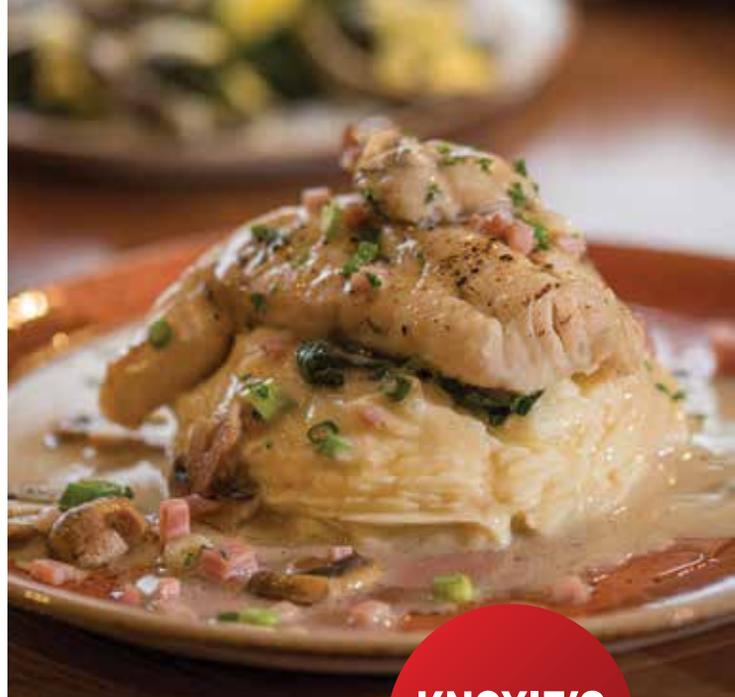
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DINING REVIEW

Destination... Knoxie's Table

By Rita Calvert
Photography by Stephen Buchanan

The fine destination, Knoxie's Table, within The Inn at the Chesapeake Bay Beach Club, is just a few minutes over the bridge from Annapolis or several miles away if coming from Easton. It has become the welcoming venue, winning awards for featuring local farms and watermen within their seasonal menus. In fact, Knoxie's Table has been voted Eastern Shore's favorite farm-to-table restaurant by reader of this magazine. Even their own charming vegetable and herb garden provides items for the restaurant. Since dinner is served seven days a week, we decided to make a Sunday night of it, to dine inside Knoxie's.

Entrance to Knoxie's Table, The Market, a firepit, and gardens are through The Inn's welcoming lobby. The Inn continues to expand with individual cottages, a second Inn, dipping pools, and more gardens, so there is a lot to peruse after a meal or even just a drink. In every season, there are events offered to the public. The decor, special events, and food are all orchestrated with a casually chic and friendly style.

The stylish rustic interior of Knoxie's Table features two fireplaces and our reservation ensured we had a table close to the flames. The full bar is open to the dining room yet placed off to the side. There is booth and table seating under high ceilings, rich neutral

tones in the dining area, and even the separate Decanter Room with an extensive wine display for private parties up to 24 people.

Speaking of wine, Knoxie's Table has a broad range of wine selections by the bottle and a nice variety by the glass. My companion ordered a glass of un-oaked Sonoma Chardonnay. She appreciated the specificity of oaked versus un-oaked and found the wine to be crisp and full-flavored. Every Tuesday and Thursday, select bottles of wine are offered for \$20 in the restaurant. It's an excellent value and fun time.

The menu offers a wide range of dishes for all degrees of hunger. Full entrees, changed seasonally by Executive Chef Paul Shiley, lend a bit of Southern flair. For lighter dining, there are appetizers, soups, four renditions of oysters, and "Food for Friends," a category within the menu... literally meant for sharing, which conveys the philosophy of community. Blue Crab Guacamole was tempting as

our wait person described it as made-to-order with roasted corn kernels, lime, pico de gallo, and served with tortilla chips. Seared Ahi Tuna with crispy vegetables and kimchi aioli also attracted the seafood lover in us. We finally agreed on sharing Burrata and an order of Oysters Rockefeller as appetizers. Burrata was a salad of sorts, with a three-inch round of the cheese floating on tiny, roasted gold and red tomatoes with arugula. Walnut pesto was pooled alongside and crisp bread slices gave a satisfying texture to build your own bruschetta. The classic Oysters Rockefeller was just that. Five medium oysters with a hint of bacon were blanketed with cream spinach and a dab of hollandaise.

The bread basket is a focal point with dinner and includes homemade biscuits, dinner rolls, whipped butter, and a Southern signature—a small crock of pimento cheese. But that is just the prelude to dinner!

We looked over entrees from the “land.” Short Rib Pappardelle jumped out with roasted carrots, peas, and mushrooms in a red wine sauce. And from the water, Seared Scallops over sweet pea, speck, saffron, and mushroom risotto with truffle oil and micro arugula seemed like a masterpiece. In the vegetarian category, Eggplant Steak offered grilled marinated eggplant, portabella mushroom, red lentil pilaf.

Being the seafood eater that I am, the Wild Rockfish beckoned and with seasonal changes, the toppings offered a new twist. A generous golden filet sported an oyster cream sauce made of oyster liquor (made in house from the juice of the shucked oysters) and nipped with wine and butter, tiny ham cubes, and freshly sautéed mushrooms. The crowning glory was a single poached oyster. The filet and sauce topped a layer of freshly



wilted spinach and scallions. All of this graced a mound of rich garlic mashed potatoes.

My dining friend decided on a local farm entree, the Duroc Pork Chop. This variety of pork is the second most recorded breed of swine in the U.S. today, and a major breed in many other countries. Two beautifully browned, bone-in pork chops arrived atop a bed of sautéed greens and

creamy polenta (which was declared amazing). The pork chops were nicely seasoned with fresh rosemary, salt and pepper, and a slightly lemony jus with capers, whole garlic cloves, and more fresh rosemary; the dish had visual pizzazz. The chops were perfectly cooked to medium with crispy edges; a simple, thoughtful, and beautiful dish fragrant with fresh rosemary.

Banana Foster Bread and Butter Pudding, Vanilla Creme Brulee, and Smith Island Cake were the featured desserts on the menu, but there were also their always-famous pies. Even though pastry Chef Kelly Germanhauser has retired, a large and focused dessert menu continues with a new chef, featuring cinnamon buns for breakfast, croissants, and an emphasis on gluten-free desserts. Pies

will continue to be a standard as owner John Wilson has always had that vision. Coconut Custard and Peanut Butter are the bestsellers. We ordered the Peanut Butter Pie and it satisfied, being mellow and creamy with a cheese-cake-like consistency. The thin layer of ganache between the graham cracker crust and peanut butter layer complemented with a fudgy depth.

The suggestion to stroll through the gardens after dinner with seasonal lights was well-taken to walk off a bit of that decadent dinner. Although the outside wasn't busy, it was beautifully lit to enhance the gardens. There was a cohesive group in the rocking chairs surrounding the large firepit. The thick plaid blankets for the cool breeze, left everyone cozy happy.

With close to three decades in the food, media production, marketing and public relations fields, Rita has created myriad programs, events, cooking sessions on national television, the stage, and The Annapolis School of Cooking. She has partnered in writing cookbooks and product lines to showcase the inspiration, art and nourishment of food. Her cookbook, *The Grassfed Gourmet Fires It Up*, supports the effort for Regenerative Agriculture and farming.

Dining Guide

Advertisers Listed in Red

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

☎ Reservations

Y Full bar

👨 Family Friendly

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🌟 Outdoor Seating

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Queen Anne's County

Adam's Taphouse and Grille

100 Abruzzi Drive, Chester; 410-643-5050; Adamsgillkentisland.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; Hemingwaysbaybridge.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; Ramshheadshorehouse.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 🍷

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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; Smokerattlandroll.com; BBQ; lunch, dinner \$

Talbot County

208 Talbot

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

Ava's Pizzeria & Wine Bar

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

Awful Arthur's Seafood Company

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

The 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 🎵 🍷

"Love, Love, Love Marzellas' Cheesesteaks!" –Margie Scott WINNER!

Characters Bridge Restaurant

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

Chesapeake Landing

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

The 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 \$\$ 🍷 🍴 🍷 *

Crab N Que

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

Crepes By The Bay

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

Doc's Downtown Grille

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

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 \$\$ 🍷 🍴

Foxy's Harbor Grille (Seasonal)

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

The Galley St. Michaels

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

Gina's Cafe

601 S Talbot Street, St. Michaels; 410-745-6400; Facebook.com/ginascasestmikes; 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 \$\$ 🍷 🍴 🍷 *

Hill's Cafe and Juice Bar

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

Hong Kong Kitchens

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

Hot off The Coals BBQ

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

Hunters' Tavern at the Tidewater Inn

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

In Japan

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

Krave Courtyard

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

Latitude 38 Bistro & Spirits

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

Ledo Pizza

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

Lighthouse Oyster Bar & Grill

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

Limoncello Italian Restaurant

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

Lowes Wharf

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

Marker Five

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

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 \$\$ 🍷 🍴

Out of the Fire Café & Wine Bar

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

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 \$\$ 🍷 🍴 🍷

Portofino Ristorante Italiano

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

Purser's Pub at Inn at Perry Cabin

308 Watkins Lane, St Michaels 443-258-2228 innatperrycabin.com; American food, small plates, lunch and dinner 🍷

Robert Morris Inn

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

Sakura Sushi Restaurant

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

Sam's Pizza & Restaurant

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

Scossa Restaurant & Lounge

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

Stars at Inn at Perry Cabin

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

St. Michaels Crab & Steakhouse

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

Sugar Buns Airport Café & Bakery

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

Sunflowers & Greens

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

T at the General Store

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

Theo's Steaks, Sides & Spirits

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

Two if by Sea

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

U Sushi

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

Victory Garden Café

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

Washington Street Pub & Oyster Bar

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

FIGG'S ORDINARY

"Loved it yesterday, so I came back today" —Mark Lawrence

Kent County

Barbara's On The Bay
12 Ericson Avenue, Betterton; 410-348-3079; Barbarasonthebay.com; American; lunch, dinner \$\$ 🍷 🍴 🌿 *

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

Beverly's Family Restaurant
11 Washington Ave, Chestertown; 410-778-1995; American; breakfast, lunch, coffee 🍷

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

The Channel Restaurant at Tolchester Marina (Seasonal)
21085 Tolchester Beach Road, Chestertown; 410-778-1400; Tolchestermarina.com; Seafood, American; lunch, dinner 🍷 🍴 🌿 *

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

Ellen's Coffee Shop & Family Restaurant
205 Spring Ave, Chestertown; 410-810-1992; American; breakfast, lunch, dinner, coffee \$\$ 🍷

Evergrain Bread Company
201-203 High Street, Chestertown; 410-778-3333; Evergrainbreadco.com; Bakery; breakfast, lunch \$ 🍷

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

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

Harbor House (Seasonal)
23141 Buck Neck Road, Chestertown; 410-778-0669; Harborhouse-atwortoncreekmarina.com; Seafood, American; dinner, Saturday and Sunday lunch \$\$ 🍷 🍴 🌿

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

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

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

Luisa's Cucina Italiana
849 Washington Ave, Chestertown; 410-778-5360; Luisasrestaurant.com; Italian; lunch, dinner \$-\$\$ 🍷 🍴 🌿

Marzella's By The Bay LLC
3 Howell Point Road, 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 \$ 🍷 🍴 🌿 *

Kay's at the Airport
6263 Bucktown Road, Cambridge; 410-901-8844; American; breakfast, lunch, dinner \$\$ 🍷

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

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

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

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

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

Caroline County

Harry's on the Green
4 South First Street, Denton; 410-479-1919; Harrysonthegreen.com; American, seafood; lunch, dinner \$\$ 🍷 🍴 🌿 *

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

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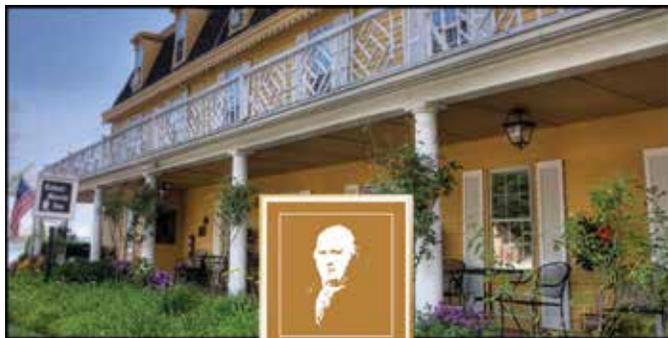
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Where's Wilma?

FIND WILMA AND WIN!

Our faithful mascot, Wilma, is a high-flyer and as she celebrates Earth Day this month by circumnavigating the globe in her single-prop plane (no small feat!), she's bound to land in a few of her favorite places. And when she ventures closer to home, perhaps you can find her hanging out at nearby shops, restaurants, and service providers.

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: Joyce Plunkett of Easton, who won a gift certificate to a local restaurant

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



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

Entries must be received by April 30, 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.

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Tackling heart disease on the Eastern Shore

A Talbot County native, Dr. Jeffrey Etherton knows the creeks and tributaries of the Chesapeake Bay like he knows the arteries and vessels of the heart. As a cardiologist with the Heart and Vascular Center at UM Shore Regional Health, he works in the very place where his mother was a nurse, and he is fighting the very disease that took his father's life. You better believe this is personal. He's out to catch heart disease in this community. Because ultimately, it's all about saving the lives of his neighbors on the Eastern Shore.

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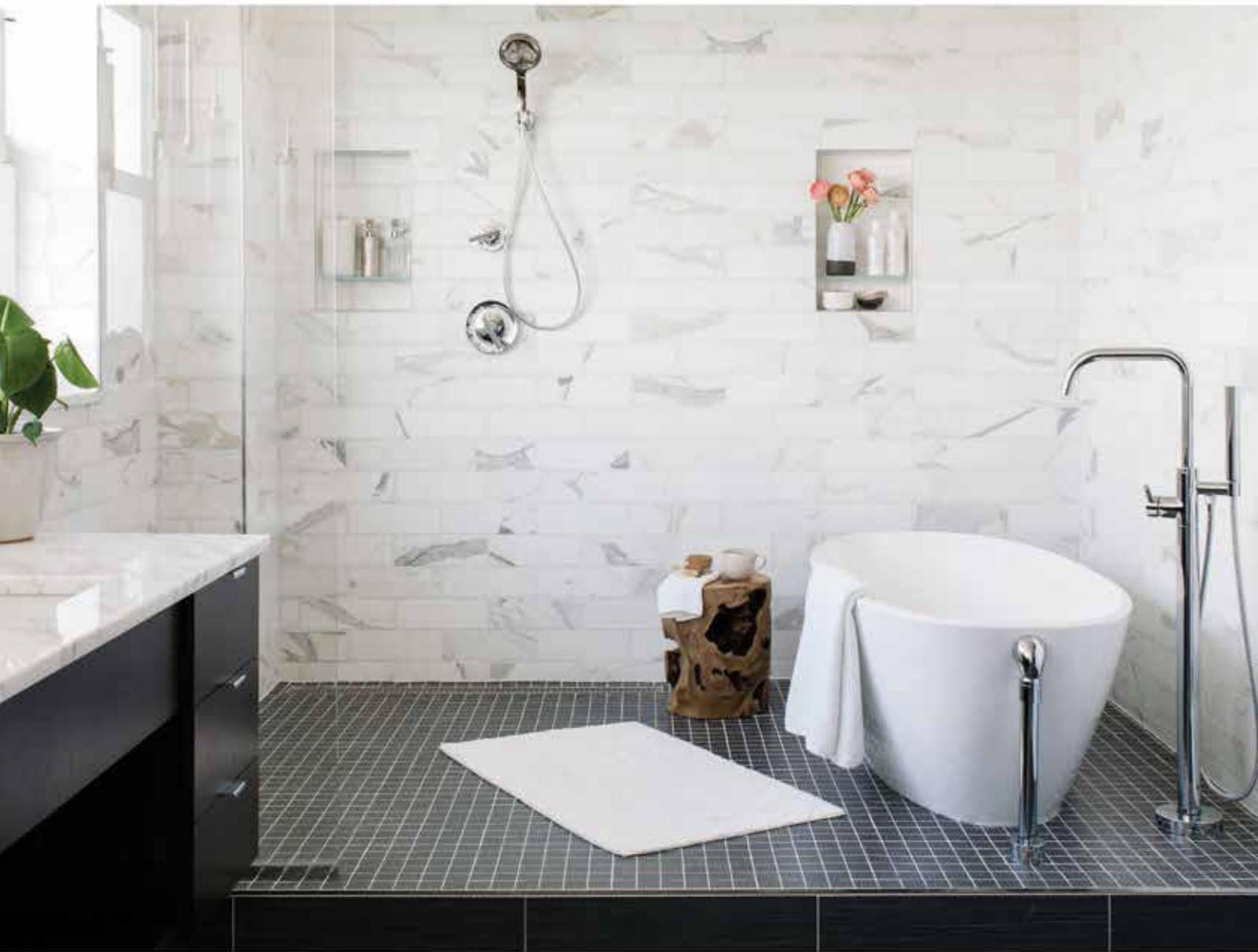
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