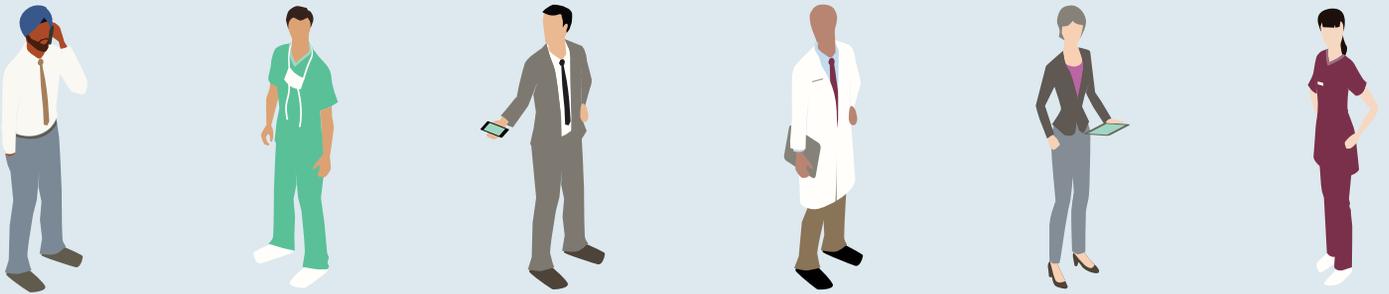


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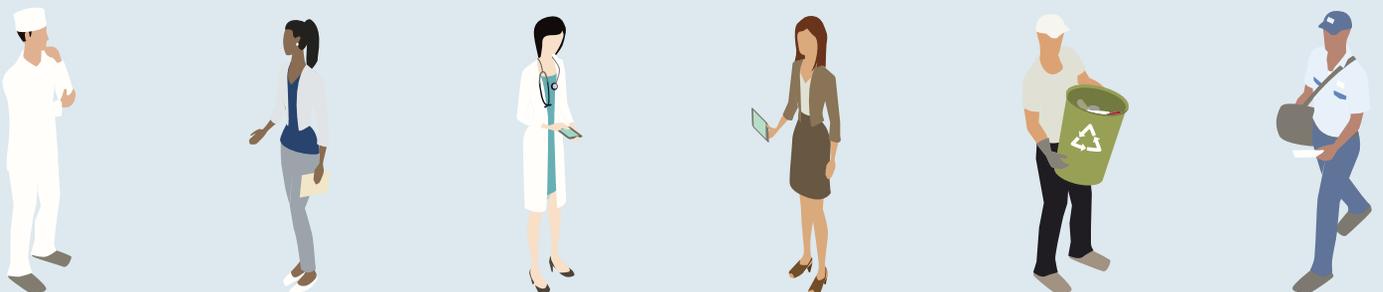
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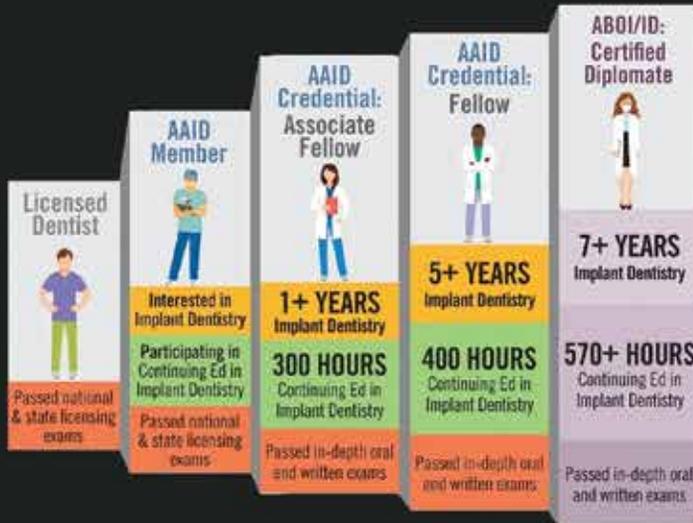
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On the Cover: We give thanks for the many front-line essential workers during the COVID-19 pandemic. Design by August Schwartz. Contact *What's Up? Eastern Shore* online at whatsupmag.com. Please recycle this magazine.

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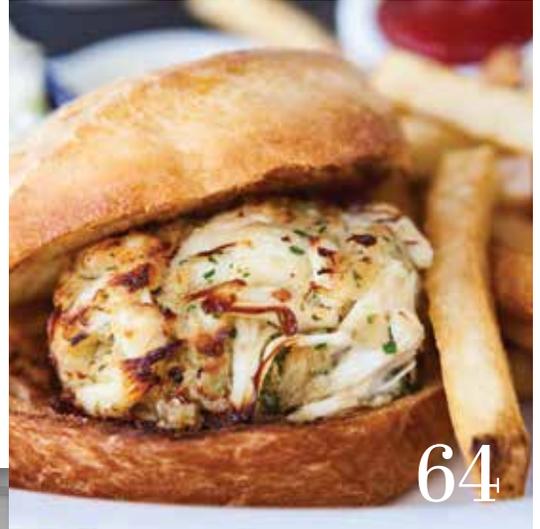
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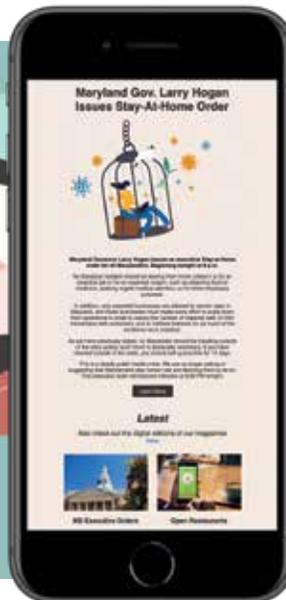
e-contents

Following COVID-19

whatsupmag.com/covid-19

What's Up? Media's landing page for COVID-19-related local information features live updates from government, businesses, and community sources.

We've been following closely, vetting and posting information as quickly as possible. Thank you for trusting us and please continue to check this page often. Stay healthy, stay safe.



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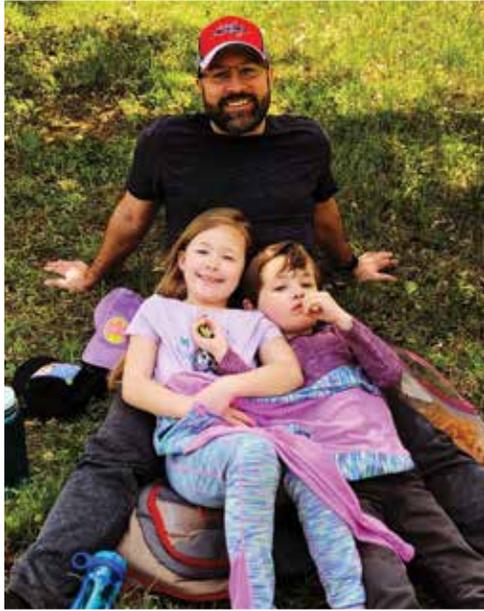
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From the editor

How have you fared during the global pandemic/national emergency/state shut-down/staying-at-home? Would you say meh, okay-ish, or pretty well?

IF SO, BE THANKFUL FOR WHAT YOU HAVE.

Perhaps you're like me and going stir-crazy—pulling your hair out trying to manage the boredom, restless kids, and spouses, while practicing patience. Maybe you're not patient at all. As trying as the past three months have been though, consider those that are less fortunate. Many Americans have, sadly, lost a loved one to the virus; or their jobs. Others have struggled to put food on the table, pay bills, or provide for their children. And still others—the essential workers—have been working relentlessly on the front-lines and quarantining themselves from their families for our collective well-being. So...

I'M THANKFUL FOR WHAT I HAVE.

It's a lesson of reflection and thanks that I've learned several times over in life during some very difficult personal times and situations. Parents divorcing; a serious car accident; and of course, lost loves. Then there was September 11th, 2001; we mourned (and recovered) as a nation. But I was a middle-class white boy who held a good job, could pay my bills, and enjoyed life in general. So...

I WAS THANKFUL FOR WHAT I HAD.

In 2010, my first daughter was born at 28 weeks and spent seven months in the NICU between Anne Arundel Medical Center (two months) and Johns Hopkins (another five).

Every day I traveled to the hospital before and after work; and spent all hours of every weekend there, with her. Every. Single. Day. She even had open heart surgery at just five months old. That time of my life was excruciating...physically, mentally, emotionally. I imagine that it must be the same for the many doctors, nurses, and hospital staff that experience this every waking day...then and now.

There was joy when we finally discharged as a family July 2011. Four years later, my daughter would suffer a stroke that paralyzed her left arm. Four months of in-patient rehab at Kennedy Krieger Institute fortunately saved her ability to walk. Other NICU babies and children at KKI weren't as lucky as her in their struggles though. So...

I WAS THANKFUL FOR WHAT I HAD.

Sadly, she would pass away three years later after suffering a traumatic brain injury—a one-in-a-million accident that I wouldn't wish upon anyone. If that wasn't the worst, then I don't what is. But her memory lives on forever; her inspiration lives on forever. And I was the father of an amazing human being. So...

I'M THANKFUL FOR WHAT I WILL ALWAYS HAVE.

Today, we read news stories—many sad, others hopeful—about how life has changed because of the COVID-19 pandemic. Just when I think I'm having a hard day, I remember that things could be worse. I'm thankful that my wife, second daughter, and son have maintained their health and well-being overall. I'm still working hard. My friends and neighbors are well. So...

I'M THANKFUL FOR WHAT I HAVE.

And truly, with all sincerity and applause, none of us would be where we are today without the support networks and individuals—many, many of them—that continue to provide leadership, healthcare, and the necessary occupations that make everyday living, well...possible. And so, on the cover of this issue, we give more than a nod of thanks to our community of essential workers, do-gooders, good stories, and, you, our readers. We celebrate you all!

Altogether, you give us hope, inspiration, and a semblance of normalcy. Because of you, we have so much.

Thank you.

James Houck,
Editorial Director

Out on the **TownE**

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Events Have Gone Virtual!

Many events, from film festivals to business chamber mixers, have transitioned to digital forums on platforms such as Zoom and Facebook Messenger.

Get the scoop on great opportunities to connect with your community and interests by visiting [Whatsupmag.com!](https://www.whatsupmag.com)



1 2



3

TOWNE SOCIAL

Still Stylish During Difficult Times

As we all adjusted to life with COVID-19, wearing face masks became the new normal when we ventured out to shop for essential items or even visit a public park for some sunshine and exercise. We asked you, our readers, to share photos of you donning your face masks. The entries offered a touch of whimsy and fun during this challenging time. Thank you!

- 1. Submitted by Jenny Nelson
- 2. Submitted by Janice Arnold
- 3. Submitted by Norah Tolentino
- 4. Submitted by Jensin Sommer
- 5. Submitted by Rachael Friedman
- 6. Submitted by Genia Planck
- 7. Submitted by Susan Lange

To see the full gallery of photos, visit whatsupmag.com and search "show us your mask."



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5

TOWNE SOCIAL

Compass Regional Hospice Gala

On January 31, Compass Regional Hospice held its annual gala event at the Chesapeake Bay Beach Club in Stevensville. Guests enjoyed supporting the organization's premier fundraiser, which also served as Compass' 35th anniversary celebration of providing hospice and support services throughout the Mid-Shore.

Photography by Elaina Faith Photography **1.** Terry and Guy Pilli **2.** Elaine Solomon, Ron Bryant, Bill Sigmon, and Cindy Sigmon **3.** Jessica Losten, CRH Clinical Manger and Holly Trice, CRH Director of Clinical Services **4.** Jody Walls and Sarah Rosendale **5.** Kirk Helfenbein **6.** Compass Regional Hospice Gala Committee. Front row, left to right: Kathy Deoudes, Paula Warner, Janice Feeley, Teresa Baumann, Martha Baker, Joyce Davis, Hilary Baker, Heather Guerieri, and CRH Chief Executive Officer. Back row, left to right: Sandy West, Julie McMahan Thomas, Julie Gillespie, Jenn Baker



6



TOWNE SALUTE

Steve Schwalb

Maryland Food Bank, Eastern Shore

By Tom Worgo

Steve Schwalb first learned about the inner workings of the Eastern Shore Branch of the Maryland Food Bank through his daughter. Lindsey got involved in Food Bank program called “Kids Helping Kids” through her middle school and the organization’s board invited her to become their student board representative in 1998 after they read a guest column that the 12-year-old wrote about the issue of hunger.

Schwalb ended up driving her to meetings, and, for lack of anything better to do, ended up sitting through some of them.

“It got under my skin,” he recalls. “I thought, ‘This is a terrific organization. I should consider getting more involved.’”

After about two years on the board, Lindsey became more involved in high school activities and decided to leave the board. So, her father took her place. He also spent time as director of the regional leadership council.

That change came in 1999, and 21 years later, he’s still committed to the regional food bank, which distributes more than six million meals in the Eastern Shore’s eight counties each year.

With Schwalb, the board brought in someone who already knew a lot about food. He spent 33 years as an executive for Perdue, including stretches as its vice president of operations and sustainability. For a time, he also headed Perdue’s turkey and cook business at a plant in Bridgewater, Virginia. All the while, he was active with the Eastern Shore Branch in Salisbury.

“I’m 69 this year,” Schwalb says. “And when I look back and think about what I’m most proud of in my life, my affiliation with the food bank is one of the highlights. It really is.”

“I’m 69 this year. And when I look back and think about what I’m most proud of in my life, my affiliation with the food bank is one of the highlights. It really is.”

Schwalb also served two stints on the Maryland Food Bank’s state-wide board and was also director of Eastern Shore relations for the regional food bank.

What continues to move him the most are his one-on-one interactions with the food bank’s recipients. At times, he has spent three days a week handing out food.

“It’s just a feeling that I always found hard to describe, but it warms me from the inside out,” says Schwalb, a long-time Salisbury resident who now lives in Ocean View, Delaware. “You can look in folks’ eyes and just see the thanks from them, and that you’re helping them out of a bind. It’s just so fulfilling to me.”

Schwalb loves handing food to those short of a meal, but always has the needs of the entire Eastern Shore on his mind. He made a big impact as a member of the state-wide board from 2004 to 2015. Now, Schwalb, who holds a bachelor degree in industrial engineering from New York University, is excited

about doing more in his second stint on the board, which began in November.

Jennifer Small, executive director of the Eastern Shore Branch says he fights hard for their region, stopping short of banging on the table.

“He was an important voice for the Shore, because the board has always tended to focus on central Maryland,” she explains. “He pointed out that the Shore doesn’t function in the same capacity. It’s very rural. He really brought to the board the theme of ‘local,’ and that we can’t treat the entire state as it runs like Baltimore.”

Schwab agrees that his time on the state board brought overdue attention on the Eastern Shore’s needs.

“I was always an advocate for what we needed here and what was necessary because it is different than the rest of the state,” Schwab says. “Some of the programs we had might work in an urban area, but not in a rural area like here. As we spread out from the Salisbury area, we had pockets of poverty we didn’t know about. It was a matter of awareness for the board.”

What first made Schwab realize the disconnect between the estimated 30

to 40 percent of food that is thrown away in U.S. and the thousands of people who could benefit from it was the seven years of working with Virginia’s Blue Ridge Area Food Bank while he directed Purdue’s Virginia plant.

Bill See, Purdue’s senior manager of corporate communications and community relations, has seen Schwab’s commitment in action over the years. The two have been friends for two decades.

“Hunger relief has always been a passion for Steve,” See says. “He was always

engaged with what Purdue does with the Maryland Food Bank. He would always lead some of our efforts.”

Small adds: “Oh my gosh, Steve actually does this because of his love and passion for the work. He really believes in helping those who need a hand.”

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

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Providers on the Shore Expand Telemedicine

From primary care to specialty care, University of Maryland Shore Medical Group providers want their patients to know that during the COVID-19 pandemic, they have not been abandoned. Quite the opposite, according to Timothy Shanahan, DO, medical director for UM Shore Medical Group, who emphasizes the importance of getting health care needs addressed even as COVID-19 imposes certain requirements for office visits, including wearing a mask, having your temperature taken, and social distancing. Thanks to the expansion of telemedicine in UM Shore Medical Group provider offices, an actual visit to your provider may not be necessary. "We understand nothing can replace a face-to-face visit, but this telemedicine technology, which enables us to meet with patients via video conference, provides a safe way for you and our health care team members to maintain your health," Shanahan says. Patients who need to speak to their primary care practitioner, mothers who need to discuss a child's care with a pediatric physician, and patients who need to discuss a necessary medication with a specialist should call their provider's office to schedule an online doctor's visit (telemedicine), where appropriate. Telemedicine video visits are patient encounters in which real-time communication is made possible through face-to-face video-conferencing software with integrated audio. In response to COVID-19, UM Shore Medical Group providers are offering telemedicine for new and existing patients.

2020 TOP RURAL AND COMMUNITY HOSPITAL ACCOLADES ↓

University of Maryland Shore Medical Center at Easton has been named a 2020 Top Rural and Community Hospital by the National Rural Health Association (NRHA). Top 20 Rural Community Health winners were selected based on their high performance scores in the Hospital Strength Index compiled by iVantage Health Analytics. iVantage's Hospital Strength index utilizes publicly available datasets to quantify overall hospital performance in eight pillars: Inpatient Market Share, Outpatient Market Share, Quality, Outcomes, Patient Perspective, Cost, Charge, and Financial Stability. "Of the 6,000-plus hospitals in the United States, more than 1,800 are classified as rural," says Ken Kozel, UM SRH president and CEO. "Shore Medical Center at Easton's selection as a Top 20 Rural and Community Hospital is an outstanding achievement and a testament to the strength of our team."



MARYLAND DISTILLERIES ANSWER URGENT CALL FOR SANITIZER

In response to COVID-19, Maryland distilleries shifted production to surface and hand sanitizers for front line personnel. The Maryland Distillers Guild (MDG) announced in April that they have produced over 50,000 gallons of sanitizer. At least 17 Maryland distillers, including Blackwater Distilling in Stevensville and Windon Distilling (Lyon Rum) in St. Michaels, with the help of some Maryland breweries and wineries, jumped into action in mid-March, after learning of a severe shortage of sanitizer. "We don't know how to sew or make masks, but we do know how to distill and blend. So shifting from making whiskey to hand sanitizer seemed like an obvious way for us to do our part for the community while keeping our employees working," said Arch Watkins, co-founder of Old Line Spirits in Baltimore. Although it currently remains unclear just how long distillers will be authorized to manufacture sanitizer under federal rules, many of them have committed to continuing with their production for at least a few more months.



↑ EASTON ELEMENTARY HOSTS SODEXO FUTURE CHEF CULINARY COMPETITION

Talbot County Public Schools elementary students recently demonstrated their culinary skills in Sodexo's 2020 Future Chef Culinary Competition. The event is an exciting and engaging way to encourage students to learn more about healthy food choices by participating in a recipe contest, and is sponsored by Sodexo, provider of TCPS food services. School districts across the country held Future Chef events this Spring. The winning student from each participating district will be considered for regional finalist awards. The selected regional finalists will have a chance to become a national finalist, competing for the public's vote on a special Future Chefs YouTube channel. The TCPS Future Chef Culinary competition was held at Easton High School, and the culinary theme this year was "Recreate Your Favorite School Lunch." The following TCPS elementary students were finalists with their outstanding recipes: **1st. Place** - Londyn Smith, 4th grade, Easton Elementary - Taco Salad Bake **2nd Place** - Jillian Tate, 4th grade, Easton Elementary - Pizza Omelet **3rd Place** - Thomas Truxon, 5th grade, Chapel District Elementary - Nana's Crabby Patty **4th Place** - Samantha Murphy, 5th grade, Tilghman Elementary - Smoky Bacon Sloppy Joe Cup **5th Place** - Jonah Morris, 5th grade, White Marsh Elementary - MD Seafood Caesar Salad **6th Place** - Aleah George, 5th Grade, St. Michaels Elementary - Mac & Cheese Supreme. "The recipes were all amazing," said Mr. Michael Garman, Board of Education President. "I am so impressed with the culinary skills our elementary students demonstrated in this competition! I also appreciate the families supporting their future chefs, and all that Sodexo does to bring this event to life."

Shore United → Bank Honors 30 Years of Service

Shore United Bank recently congratulated Robin Haddaway on 30 years of dedicated service. Haddaway began her career with the Bank in April of 1990 as a teller at the Tred Avon, Easton branch. During her career at the Bank, she has held positions of senior teller, head teller, floating customer service representative, branch supervisor, and overdraft specialist. "My coworkers are like my extended family," she says. Haddaway resides in Easton with her husband, Ron. They have two sons, RJ and Ryan. She gives back to the community by volunteering to bake for Habitat for Humanity when they need lunches during a build.



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

Sean Blackwell

Queen Anne's High School
Wrestling, Football

By Tom Worgo

You can't keep Sean Blackwell off the wrestling mat for long even when he gets injured. Blackwell may be the toughest wrestler on the Queen Anne's High School team, and he's competing in the stacked 220-pound weight division.

"Every time he turns his ankle or has another injury, we say, 'You can sit out this one,'" Queen Anne's Wrestling Coach David Stricker explains. "He says, 'No. I am going to suck it up.' He wrestles through everything. It's mental toughness and grit that he has."

But there was one injury last fall that did sideline Blackwell, a junior. He suffered a torn labrum in his shoulder during football season and had to miss the final two games. It took him five weeks of physical therapy before he could join the wrestling team.

When Blackwell, who carries a 4.0 grade-point average, did return, it was as if he'd never been away from the Lions. He almost immediately put together a 29-match winning streak—one of the longest of any wrestler Stricker has coached.

"That came as a little bit of a shock," Blackwell says of his success. "And I was coming off a tough injury. Some of the matches I have won pretty fast against top-notch competition."

Stricker attributes Blackwell's eye-catching season to his work ethic. He says the time he put into physical therapy and working out ensured that he came back at peak form.

"He is one of our hardest workers," the coach says. "He is one of the two or three guys on the team that never takes a break in practice."

Blackwell never wrestled before high school, but he could finish his career with some championships and a milestone. "He will definite-

ly get 100 career wins, and probably hit that next year," Stricker says. "With what he has shown this year, he has the potential to win a state title next year."

Blackwell just keeps improving year after year. He went 9-9 as a freshman at 195 pounds, and jumped up to 30 wins as a sophomore while placing fifth in the region and second in the Bayside Conference at 220 pounds.

Then the Millington resident emerged as one of the best wrestlers in the state this winter. "I just wanted to have a better season than last year," Blackwell says. "I didn't think I would improve that much."

Besides posting a sterling record, he recorded some outstanding victories. Blackwell registered a first-period pin over Kent Island's Hadyn Blanchard, whom the Maryland State wrestling Association ranked No. 1 in the 1A/2A division. He also took down No. 6-ranked Jojo Herring of Southern in the first period.

"He just has more confidence this year," Stricker says. "He almost won the Bayside Conference title last year. The kid he lost to ended finishing top four in the state and he was like, 'I can do this. I can be pretty good.'"

The 6-foot-3-inch Blackwell was a valuable member also of Queen Anne's football team on both sides of the ball. When injuries hit the offensive line, he stepped in at the guard and tackle positions, then moving over from his wide receiver position. Blackwell provided solid run and pass blocking.

“Now, kids are pretty much interested in doing their thing and playing the position they want,” Queen Anne’s Football Coach Donnie Graef says. “Sean is a throwback. He would play wherever we asked him to play. Players like him are few and far between. He did a fantastic job on the line and that was first year playing there.”

Blackwell also showed his talent as a first-year starter at defensive end, earning Bay-side Conference Honorable Mention recognition. “He has a motor that doesn’t stop,” Graef says. “He is relentless. He plays hard all the time.” Graef expects Blackwell to play college football.

“I think he will be a very interesting player to a lot of schools,” the coach says. “I think he can play Division II and Division III.”

After wrestling season ended in March, Blackwell didn’t take too much time off. “I’m doing a lot of weightlifting for football and offseason training for wrestling,” he says. “I will also be going to camps for football and a club for wrestling (in the summer). I just want to show colleges what I have to offer.”

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

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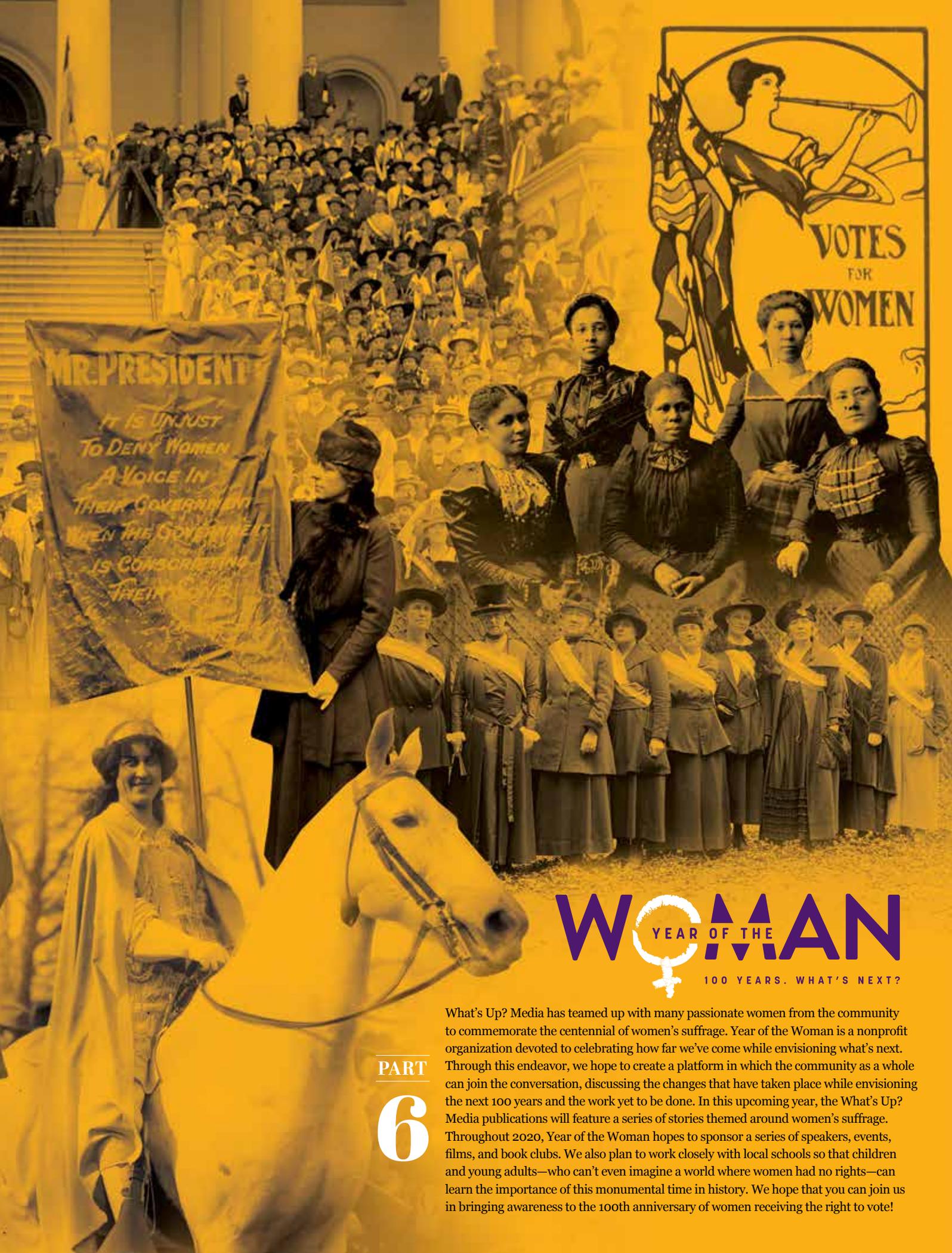
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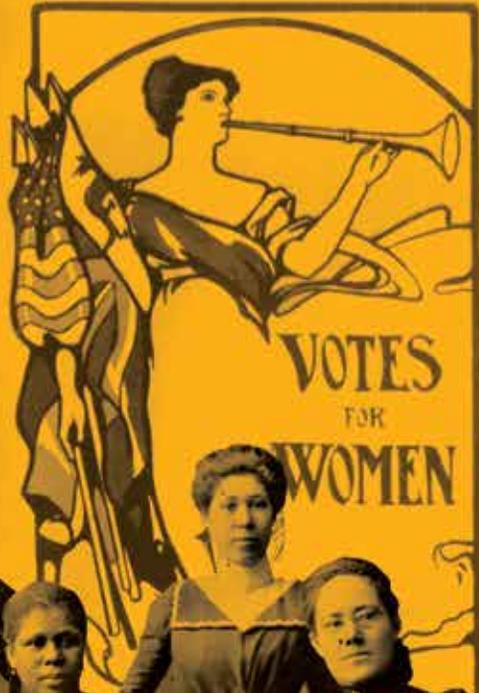


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MR. PRESIDENT
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TO DENY WOMEN
A VOICE IN
THEIR GOVERNMENT
WHEN THE GOVERNMENT
IS CONSCRIPTING
THEIR SERVICES



WOMAN

YEAR OF THE

100 YEARS. WHAT'S NEXT?

PART

6

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!



Interior of the St. Johns site, on the campus of St. Mary's College of Maryland, which is a combination of archeological excavation and a museum display. This is where the first legislative assembly met in the early colony (making it Maryland's first state house) and the first place where a woman, Margaret Brent, demanded the right to vote in America, which was denied. Photos by Rob Friesel.

The Road to Women's Vote

Historic sites
you can visit
that tell the
story of wom-
en's suffrage

By Judy Colbert

As we celebrate the 100th anniversary of women's right to vote in the United States, you can visit monuments and memorials to suffrage throughout the nation. With international travel grinding to a halt as this article was being written, you may decide to limit your travel within the States this summer. In a way, that's great because you can combine your exploration of the country with women's history, as you discover women's accomplishments in the battle for the passage of the 19th Amendment. That act granted 27,000,000 American women the right to vote. These historical moments are noted, big and small, in roadside markers and famed museums. If your child has a school social studies project due, this collection will make excellent material for a blog, a vlog, or an Instagram page.

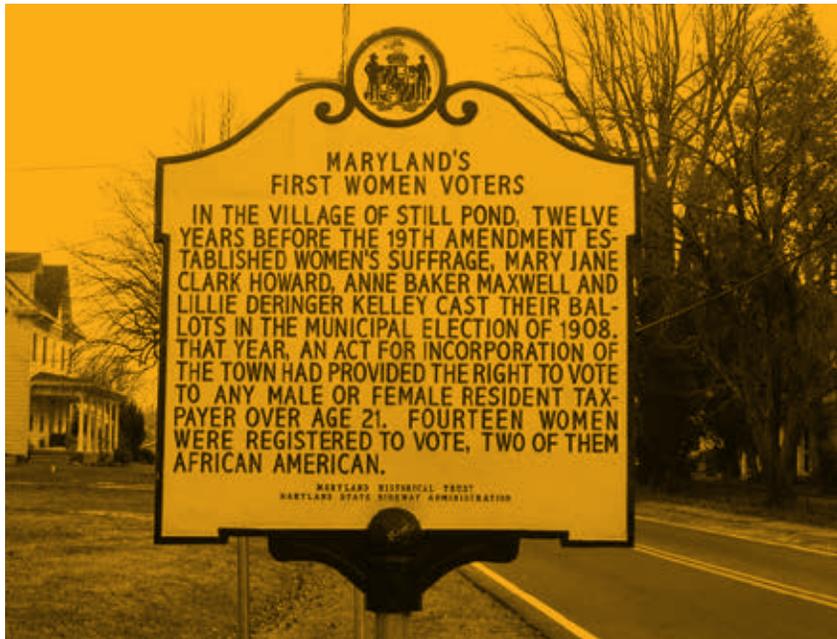
The Maryland Historical Trust funded a special project to explore the events that took place in Maryland. Kacy Rohn, a graduate student intern in the University of Maryland's School of Architecture, Planning, and Preservation, found more than 50 sites around the state where significant contributions were made to the cause. They've created a map so you can explore them over a weekend or longer (https://mht.maryland.gov/research_suffragestorymap.shtml). The sites are located in St. Mary's, Montgomery, Caroline, Carroll,

Cecil, Prince George's, Garrett, Anne Arundel, and Baltimore counties, and Baltimore City.

We introduce several regional sites of note, plus a few worth the long-distance drive it takes to visit them, beginning with...

St. Mary's City, Maryland

Our battle began in 1648 when Margaret Brent (1601–1671) of St. Mary's City, demanded the right to vote because of her importance in the community. The Maryland legislature denied her request, but she is considered by many as the first woman suffragette in the country. It would be another two centuries before the establishment of the Maryland Equal Rights Society in 1867 and the creation of the Baltimore City Suffrage Club in 1894. It would take decades, but the citizens of Maryland were always in the forefront. There's a Margaret Brent Middle School in Mechanicsville, a Margaret Brent Women Lawyers of Achievement Award (American Bar Association), and, as of September 28, 2019, a roadside marker recognizing a pilgrimage "which saw Maryland Suffragists take a 23-day journey by covered wagon from Baltimore to St. Mary's City in honor of Margaret Brent, an English colonist considered one of the most important women and advocates for women's rights in colonial history." More on this can be read online here: <http://industry.visitmaryland.org/news/margaret-brent-pilgrimage-historical-marker-unveiled-in-st-marys-city-ahead-of-2020s-year-of-the-woman>



Still Pond, Maryland

One stop along the trail is the town of Still Pond, Kent County, Maryland, where five tree-lined roads meet in the center of an island surrounded by vast acreage of farmland. It's an idyllic location where you can almost smell the peaches that formed the commercial center of this agricultural area. A marker was installed in 2003 by Maryland Historical Trust and Maryland State Highway Administration commemorating an historic moment in suffragette history. Positioned where the former Town Hall stood (it burned in 1916), the marker notes:

Maryland's First Women Voters

In the village of Still Pond, twelve years before the 19th Amendment established women's suffrage, Mary Jane Clark Howard, Anne Baker Maxwell, and Lillie Deringer Kelley cast their ballots in the municipal election of 1908. That year, an act for incorporation of the town had provided the right to vote to any male or female resident taxpayer over age 21. Fourteen women were registered to vote, two of them African American.

Regrettably, the Maryland legislature voted against the 19th Amendment during its 1920 legislative session. It wasn't until March 29, 1941, two decades after Tennessee became the 36th state to approve the law, that Maryland joined the bandwagon. Intersection of Still Pond Road and Old Still Pond Road can be explored here: <https://www.hmdb.org/m.asp?m=3052>

Additional Markers in Maryland

Several markers have been installed throughout Maryland. Recently, a "Couriers to Congress" highway marker was installed at 4666 Rhode Island Avenue, in Hyattsville, on Saturday, March 3, 2020. Earlier, on June 9, 2014, another marker was installed at 6908 Belair Road, in Overlea with the legend:

Women's Suffrage

Before the 19th amendment was passed in 1920, American women were not guaranteed the right to vote. The National American Women Suffrage Association organized a large parade in Washington, D.C., for March 3, 1913. On February 12, a group of women called "The Army of the Hudson" began marching from New York City to the capital. They were met by supporters at Overlea Town Hall on February 23. After a journey of 230 miles, they joined the parade of 8,000, bringing national attention to voting rights for women.

Other markers honoring suffrage leaders and "suffrage hikes," include one recognizing the Garrett County Pilgrimage and another placed on Druid Hill, have been installed over the past few years.

Additionally, there are several events scheduled throughout the state. Here are two for your special attention (pending COVID-19 restrictions):

On Sunday, August 16, 2 p.m., women of all ages, from young to old, are invited to gather on Main Street in Historic Downtown Mount Airy, Maryland, where an historic aerial photo will be taken in honor of the "Year of the Woman 2020."

The Maryland Commission for Women, established by the Maryland Legislature in 1971, promotes the "social, political and economic equality of Maryland women." Among the activities they're sponsoring is the 2020 Women's Centennial Summit on Women's Equality Day, Wednesday, August 26, 2020, from 8:30 a.m. to 5:30 p.m. at the Maryland House Office Building, in Annapolis. The keynote speaker is the Hon. Adrienne Jones, Speaker of the Maryland House of Delegates. Besides celebrating 100 years of women's voting rights, the



program will feature seminars about women’s leadership, and commemorate Maryland women who participated in the suffrage campaign and advocate the continuation of progress of women and girls in the state.

Washington, D.C.

Andrea DeKoter, acting superintendent of the Women’s Rights National Historical Park (see below) of the National Park Service, says there are “a number of sites and museums across the United States that celebrate the achievements of women suffragists.” She suggests the Belmont-Paul Women’s Equality National Monument in Washington, D.C., “is typically the one visitors think of when they consider sites related to women’s suffrage. There are other sites in the National Park system dedicated to such women as Clara Barton and Maggie Lena Walker.”

The epicenter of the struggle, the Belmont-Paul House in Washington, D.C., was home to the National Woman’s Party for almost nine decades. Alice Paul and the NWP pioneered strategies and tactics to promote the passage of the Equal Rights Amendment. President Barack Obama designated this national monument, in

the shadow of the U.S. Capitol and the Supreme Court (and a short walk from Union Station), on April 12, 2016. It’s named for Paul, the party’s founder, and Alva Vanderbilt (of The Vanderbilts) Belmont; the NWP president from 1920–1933 and a major benefactor. Former Maryland Senator Barbara Mikulski introduced legislation for the National Park Service if the NWP would transfer it at no cost, and with the NWP collection that includes the wide-ranging library on women’s suffrage and women’s issues. Paul is credited with changing the focus from a state-by-state approach to the fight for a constitutional amendment. They were successful, also, in the inclusion of gender equality language in the United Nations Charter and the 1964 Civil Rights Act. They changed from lobbying to education in 1997.

The home houses art, memorabilia, and exhibits and is open Wednesday through Sunday from 9 a.m. to 5 p.m. and ranger-led tours are offered at 11 a.m. and 2 p.m., or you can do your own private tour during open hours. Alas, it’s no longer available for private weddings. The site is located at: 144 Constitution Ave., NE, Washington, D.C. 20002. And can be explored online at: <https://www.nps.gov/bepa/index.htm>

The Belmont-Paul Women’s Equality National Monument in Washington, D.C. features paintings, memorabilia, and busts of Susan B. Anthony, Lucretia Mott, and Elizabeth Cady Stanton by sculptor Adelaide Johnson. Photos by Ser Amantio di Nicolao and Victoria Stauffenberg.



Jeannette Pickering Rankin (1880–1973) was a member of the United States House of Representatives, elected in 1916 as the first woman to serve in the U.S. Congress.

Originally a bakery or milk delivery wagon, tradition says that Lucy Stone used it at speaking engagements and to distribute the *Woman's Journal*. Around 1912 suffragists found the wagon in a barn on Stone's property. They painted it with slogans and continued to use it to sell the *Woman's Journal* as well as for rallies and publicity. Today, the wagon is on display at Smithsonian National Museum of American History. Photo credit Smithsonian National Museum of American History.



About a mile to the west, the Smithsonian's National Museum of American History has an exhibit, "Creating Icons: How We Remember Woman Suffrage" through May 2021. With 57 artifacts and graphics, the display relates tales of the famous and forgotten. Items donated by the National American Woman Suffrage Association (now the League of Women Voters) are the core of the exhibit. It includes a 6' tall portrait of Susan B. Anthony by Sarah J. Eddy and Anthony's signature red shawl. Busts of Anthony, Lucretia Mott, and Elizabeth Cady Stanton, all by sculptor Adelaide Johnson, are also on display.

Jeannette Rankin, from Montana, was the first woman elected to the House of Representatives in 1916, although she lost her race for the Senate in 1918. A campaign pin or other memorabilia from each of the 131 sitting women members of the 116th Congress is included in the exhibit. In addition to this temporary display, "American Democracy: A Great Leap of Faith," is on permanent display and relates the story of voting rights. Transportation enters the subject with a suffrage wagon used by Lucy Stone when she traveled to speak and distributed the *Woman's Journal*. Located at: Constitution Avenue, NW, between 12th and 14th streets, Washington, D.C. And online at: <https://americanhistory.si.edu/creating-icons>

Richmond, Virginia

About 100 miles south of Washington, three attractions highlight the anniversary. The Virginia Museum of History and Culture has a display "Agents of Change: Female Activism in Virginia from Women's Suffrage to Today." The "today" part involves a group of contemporary "agents of change" to recreate an iconic 1915 photograph of the Equal Suffrage League of Richmond at Capitol Square. The photograph of today's activists was unveiled on Sunday, March 8, 2020 to celebrate the opening of the exhibit. They are collecting stories and memorabilia about women as drivers of change, so let them know if you have one. The exhibit will run through September 2020. Located at: 428 N. Arthur Ashe Blvd., Richmond, VA 23220. And online at: <https://www.virginiahistory.org/exhibitions/agents-change-female-activism-virginia-women%E2%80%99s-suffrage-today>

Over at the Valentine Museum is an exhibit called "#BallotBattle: Richmond's Social Struggle for Suffrage." It uses social platforms to "profile five Richmond viewpoints and the racial and generational tensions that each exposed. Between 1909 and 1920, both pro-suffrage and anti-suffrage advocates battled tenaciously, using all the platforms available to persuade both the legislature and the general public." Obviously, pre-Twitter, Facebook, etc., they did use newspapers, pamphlets, postcards, banners, and other means of communication to express their opinions. The exhibit runs through September 2020. Located at: 1015 East Clay St., Richmond, VA 23219-1527. And online at: <https://thevalentine.org/exhibition/ballotbattle-richmonds-social-struggle-for-suffrage>

Civil rights and woman's rights activist Maggie L. Walker is honored at the National Park Service's Maggie Walker Memorial Plaza. It consists of her historic home and several other structures—the visitor center and exhibit hall. There is a statue of her, with legends defining her life. In 1921, she was the first woman to run for statewide Virginia office and she received 20,000 votes. She was also on the board of directors of the National Association for the Advancement of Colored People, Council of Colored Women, Federation of Women's Clubs, National Association of Colored Women, National Association of Wage Earners, and other organizations. Located at: 110 1/2 E. Leigh St., Richmond, VA 23219. And online at: <https://www.nps.gov/index.htm>

Seneca Falls, New York

The Women's Rights National Historical Park tells about the first Women's Rights Convention held on July 19–20, 1848 in Seneca Falls, New York. There's no admission fee to this National Park Service property. Organized by Elizabeth Cady Stanton and Lucretia Mott, this is the stepping-off point of the long journey toward suffrage. Prior to your visit, you can take a 360° view of park locations. The visitor center includes three dimensional figures, a theater, gift shop, and exhibits that "support the preservation and interpretation of sites in Seneca Falls and Waterloo, New York, associated with the convention. The primary focus "documents the lives and activities of the planners of the convention and the people who signed the Declaration of Sentiments issued from that convention." Located at: 136 Fall St., Seneca Falls, NY 13148. And online at: <https://www.nps.gov/wori/index.htm>

Finger Lakes Region, New York

The second place to visit in New York is along a trail in the Finger Lakes area that is designated "100 Ways to Celebrate Women Empowerment" (<https://www.fingerlakestravelny.com/see-and-do-/celebrate-100>). It highlights the accomplishments of iconic women and places known for activities associated with the cause, starting and ending in Rochester.

Knoxville, Tennessee

As mentioned above, the vote that sealed the 19th Amendment's passage was cast in Tennessee on August 18, 1920. This is now Febb Burn Day in Tennessee in honor of the woman who persuaded her young son, 24-year-old Harry Burn, to vote in favor of the amendment. He was the youngest state legislator, and his vote broke the tie in the Tennessee legislature, thus ensuring that 27 million women could vote. A Burn Memorial is in the works. A life-size bronze Tennessee Woman Suffrage Memorial sculpture by Alan LeQuire was unveiled at Market Square Mall on August 26, 2006. The statue features three Tennessee suffragists, Lizzie Crozier French of Knoxville, Anne Dallas Dudley of Nashville, and Elizabeth Avery Meriwether of Memphis. Learn more online at: <https://tnwomansmemorial.org>

Cheyenne, Wyoming & Fort Worth, Texas

Wyoming is recognized as passing its own suffrage legislation in 1869. Esther Hobart Morris (1812–1902) was appointed the first woman justice of the peace in South Pass, Wyoming, shortly thereafter, on February 14, 1870. Although she is often called the "Mother of Woman Suffrage," there is some dispute about her actual role as a leader in the Wyoming suffrage movement. Nevertheless, you can see a larger-than-life-size bronze statue of her in the National Statuary Hall Collection in the rotunda of the U.S. Capitol in Washington, D.C., dedicated in 1960. A replica of the statue was installed in 1963 in the state capitol building in Cheyenne, which is where you'll find the inscription, "Mother of Woman Suffrage." In 2006, she was recognized and inducted into the National Cowgirl Museum and Hall of Fame in Fort Worth, Texas, based on her "influential efforts [that] made it possible for women to vote in the Wyoming Territory in 1869." She was also inducted into the Hall of Great Westerners of the National Cowboy & Western Heritage Museum in Oklahoma City, Oklahoma in 1973. Visit the Cowgirl Museum here: 1720 Gendy St., Fort Worth, TX, 76107. And online at: <http://www.cowgirl.net>

And Then...

If you can't travel afar, you can learn about the first Women's Rights Convention right on your home computer. The National Women's History Museum tells the story of their battles for civil rights and equality. Their mission is to "tell the stories of women who transformed our nation. We will do that through a growing state-of-the-art online presence and a future physical museum to educate, inspire, empower, shape the future, and provide a complete view of American history." The website includes lessons and a calendar of related events throughout the country. Visit womenshistory.org/events.

Judy Colbert is the author of It Happened in Maryland and 100 Things to Do in Baltimore Before You Die.

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

When it's time, Get Away to Kent County^{MD}



Eastern Neck National Wildlife Refuge
Photo courtesy of Bernadette Bowman

S

oon we will be able to travel again, and when that happens and you're ready to get away and make lasting memories with family and friends, Kent County will be ready to greet you with fresh, clean country air, open spaces, outdoor adventures, and amazing local foods, wines, and spirits. This bucolic

county on Maryland's Upper Eastern Shore embraces its rural lifestyle on the Chesapeake Bay. With plenty of room to explore without crowds – "natural social distancing" – Kent County is known for uncompromised nature, a slew of outdoor activities, a vibrant arts community, more than 300-years of history, and a love of sustainable cuisine — all paired with sweeping river and bay views. A short drive leads you to the Chesapeake Country National Scenic Byway and to the quaint, historic towns of Chestertown, Rock Hall, Galena, Betterton, and Millington. Peaceful vistas. Beautiful landscapes. Rolling hills. Farms. Vineyards. Open space.

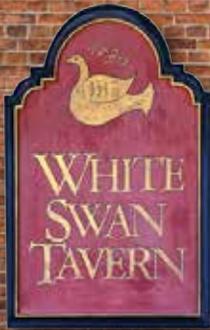
As we're all busy planning on reconnecting with what's important, getting outdoors is an incredible salve for cabin fever, and it's safe to say that Kent County has the perfect options. Only seven miles from the fishing village of Rock Hall, Eastern Neck National Wildlife Refuge offers seven trails, bird watching, bald eagles, an island water trail, and 2,300 acres of open fields, forest, and marsh. Another outdoor choice would be having your family reunion or a friends get together at a pavilion on a bluff overlooking the Sassafras River. At Turner's Creek Park, you'll be delighted with the spectacular views, fishing, and the county landing, where launching your boat or kayak is a breeze. Nearby, the Sassafras Natural Resource Management Area offers an historic tree grove, miles of trails, and Knock's Folly Visitor

Center. Is there more open space? You bet there is. With 4,000 acres of hardwood forests, wetlands, and open agricultural fields, the Millington Wildlife Management Area is the spot to hear the barking tree frogs sing. Rich in history, it was once the home of the Lenni Lenape Indians. Its trail system is suitable for hiking, cycling, birding, and hunting.

With safe, peaceful waters – protected rivers, coves, and creeks – conditions are perfect for smooth paddling, and with 30 landings, more than any other county on the Bay, accessing the water is easy. Be sure to check out the three water trails: Eastern Neck Island, Chester River, and Sassafras River trails. Home to more than 209 miles of shoreline, it's no wonder that Kent County boasts dozens of full-service and resort marinas, with seasonal and transient docking. Rock Hall has more than a dozen marinas and is said to have more boat slips than its population. On the Chester River, the Chestertown Marina offers a visitor center among a ship's store, and a public boat ramp. Sassafras Harbor is host to protected marinas and world class sunsets. While Kent County is known for its picturesque harbors, it is also home to two quaint beaches. Rock Hall's Ferry Park offers a charming strip of beach, complete with a modest boardwalk, picnic tables, barbecue grills, panoramic views of the Chesapeake Bay and awesome sunsets. Located in Northern Kent County and only 15 miles from Chestertown, historic Betterton Beach is a 5-acre, landscaped park, with a handicap accessible sandy beach, 300 feet of frontage for swimming and 700 feet of shoreline access. It is also home to 500 feet of boardwalk, a pavilion, public bath houses, a beach volleyball court, a fishing jetty, public pier, and restaurants. Playing on the beach is not the only way to have fun on this scenic peninsula. Anglers have a fleet of licensed fishing captains that are geared up and ready to set you on course to their

continued

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The Inn at Mitchell House
www.innatmitchellhouse.com

The White Swan Tavern
www.whiteswantavern.com

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Kitty Knight House
www.kittyknight.com

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Bay Breeze Inn
www.baybreezeinn.com

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www.carriagehousemd.com

Cinnamon on the Bay
www.cinnamononthebay.com

High Tide Inn
www.thehightideinn.com

Inn at Huntingfield Creek
www.huntingfield.com

Inn at Osprey Point
www.ospreypoint.com

Inn at Haven Harbour
www.havenharbour.com.com

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springcovemanor.com

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FOR MORE INFORMATION
www.kentcounty.com/lodging

favorite fishing holes. Cycling is also a great way to explore this country landscape, with flat winding roads. Kent County cuisine is as fresh as it gets with plenty of markets, restaurants, and farms. Start with the Chestertown Farmers and Artisans Market on Saturday mornings, where you'll find all things fresh and homegrown, as well as handcrafted works by local artisans. With award winning chefs, local fare, local wines and spirits, and great service, there is a restaurant for every palate.

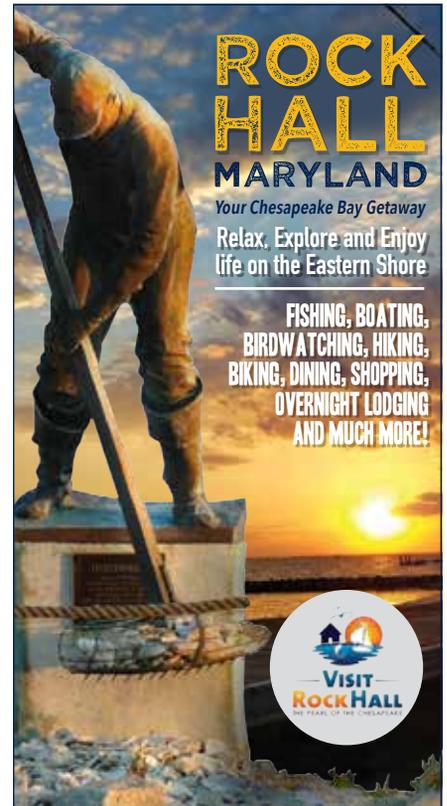
A traditionally friendly shopping experience also awaits you, from the whimsical shops of Rock Hall and Galena to boutique stores, art galleries, and studios in Chestertown, you will find one-of-a-kind gifts, sprinkled with old fashion, friendly service. Affection for the Arts runs deep in Kent County. With literally hundreds of resident artists in Kent

County, local artwork may be found around every corner. It is no wonder why Historic Chestertown was designated an Arts & Entertainment District. For the music lover, be sure to catch a live performance at The Garfield Center for the Arts in Chestertown and The Mainstay in Rock Hall. You will also find other opportunities to enjoy live music at many restaurants, open-air bars and events. There is something about the peacefulness of country that lends itself to a great night's sleep. Accommodations range from inns, farm stays, and bed and breakfasts to an award-winning campground.

Uniquely, Kent County has the best of both worlds — a feeling of remote, uncrowded, open space coupled with incredible culinary and visitor offerings. Make special memories in Kent County, Maryland. See you soon.



Photo courtesy of Lani Seikaly



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BEST OF

EASTERN SHORE

BEAUTY &
FITNESS

The Best of Eastern Shore Beauty & Fitness 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 the best salons, spas, and gyms. 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.

Editor's Note: *As we go to press on this issue and list of winners, we acknowledge that the COVID-19 situation has affected business operations. The good news is that many vendors on this list are creatively offering online classes, instruction, tips, and beauty tricks; and offering gift cards for purchase. Please support these local businesses as they—like us—navigate, adjust, and creatively survive the COVID-19 situation. Thank you!*

AND THE WINNERS ARE...

LISTED ALPHABETICALLY BY *CATEGORY*



*Eyelash Extensions
Microblading*

The Lash Lounge LLC
8209 Ocean Gate-
way, Unit 5, Easton
410-490-4101
thelashlounge.lc.
com

Facial

**Chesapeake Bay
Beach Club**
500 Marina Club
Road, Stevensville
410-604-1933
baybeachclub.com

Fashion Stylist

**Mary Guschke
of Charisma
Clothing Boutique**
201 S. Talbot Street,
Ste. 3, St. Michaels
410-745-0352

Free Weights

Gym Amenities
Club One Fitness
210 Country Day
Road, Chestertown
410-643-3488
clubonefit.com

*Gym
Spin Class*

Instructor
**Eastern Shore
Performance Center**
220B Log Canoe
Circle, Stevensville
301-922-0706
easternshoreperfor-
mancecenter.com

*Gym Childcare
Pool/Swim Facility*

**YMCA of the
Chesapeake**
Locations in Easton,
St. Michaels,
Chestertown,
Denton, Cambridge,
and more
ymcachesapeake.
org

*Holistic Health
Coach*

Lifestyle Coach
**Leslie Murphy of
Shore Integrative
Health**
125 N. Washington
Street, Easton
410-463-7051
shoreintegrative-
health.com



*Aromatherapy
Massage By Jess*
109 Country Day
Road, Chester
410-200-5892
massagebyjess.
com

*Barre Class
Pilates*
Barrevolution
1565 Postal
Road, Chester
301-332-7867
barrevolutionki.com

*Bootcamp
Personal Trainer
at a Gym*
**Workout Like A
Girl Fit Camps**
220B Log Canoe
Circle, Stevensville
301-848-2741
workoutlikeagirl.com

*Brazilian Blowout
Fabulous Haircut*
**Elizabeth Claire
Salon**
25 Goldsborough
Street, Easton
410-770-6998
elizabethclaire.salon

Stylist for Long Hair
**Victoria Moore
of Elizabeth
Claire Salon**
See above

Bridal Hairstyling
Studio Two Salon
101 E. Dover
Street, Easton
410-822-4247
studio2salon.com

*Bridal Make-up
Men's Haircut*
Shapers Salon
413 Needwood
Avenue, Easton
410-822-6555
shapershairstalon.
com

*Chemical Peel
Deep Tissue
Massage*
**Spa Angels
Boutique and Spa**
306 Park Row,
Chestertown
443-924-9478
spaangelsboutique-
andspa.com

*Circuit Training
CrossFit*
Fitness Rx
101 Marlboro Avenue,
Ste. 37, Easton
443-385-0506
fitness-rx.business.
site

*Customer Service
Spray Tan*
**Island Sun
Tanning Salon**
398 Thompson
Creek Mall,
Stevensville
443-249-3198
islandsuntanningki.
com

*Day Spa
Salon Pampering*
Spa at Harbour Inn
101 N. Harbor Road,
St. Michaels
410-745-0646
spaatharbourinn.
com

Eyebrow Care
Bella Rose Medispa
No. 2 Chester
Plaza, Chester
443-249-3232
bellarosefmedispa.
com



Kickboxing

Sculpt Kent Island
711 Main Street,
Stevensville
443-629-4999
sculptkentisland.
com

Manicure

M&M Nails and Spa
219 Marlboro Ave-
nue, Easton
410-763-8194

*Martial Arts for
Children*

Mixed Martial Arts
**Kent Island Martial
Arts Center**
222 Shopping
Center Road,
Stevensville
410-643-3425
kentislandmarti-
alarts.com

Medispa

**Sullivan Surgery
& Spa**
1 Goldsborough
Street, Easton
443-221-2700
sullivansurgery.com

Men's Barber

Mike's Barber Shop
27 Goldsborough
Street, Easton
410-763-8893

*Mother-To-Be
Massage*

**Foremost
Massage & Spa**
8706 Commerce
Drive, Unit 2, Easton
410-310-7510
foremostmassage.
com

Pedicure

Nautical Nails
423 Thompson
Creek Road,
Stevensville
410-643-3727
nautical-nails.hub.
biz

Permanent Makeup

Willis Salon
123 Washington
Street, Easton
410-310-7306
willissalonbynancy-
willis.com

*Personal Trainer at
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**Josh Plugge of
Optimal Fitness**
7913 Industrial Park
Road, Ste. B, Easton
410-924-6254

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**St. Michaels
Harbour Inn,
Marina & Spa**
101 N. Harbor Road,
St. Michaels
410-745-9001
harbourinn.com

Salon for Coloring

Levity Hair Studio
204 Duke Street,
Stevensville
443-249-3220
levityhairstudio.com

*Stand-Up
Paddleboard Class*

**Shore Pedal
& Paddle**
500 S. Talbot Street,
St. Michaels
410-745-2320
shorepedalandpad-
dle.com

Stone Massage

**Swan Cove
Spa & Salon**
102 E. Main
Street, Ste. 104,
Stevensville
410-604-1500
swancovespa.com

Tattoo Parlor

Kent Liberty Tattoo
403 Market
Street, Denton
443-448-4015
kentlibertytattoo.
com

Tween Dance Class

**Eastern Shore
Dance Academy**
3123 Aireys Spur
Road, Cambridge
410-221-0037
easternshored-
anceacademy.com

Tween Fitness Class

**Step 1 Dance 2
Academy**
1557 Postal
Road, Chester
443-758-3249
step1dance2.com

Waxing

Absolute Vanity
21 N. Hanson Street,
Ste. 99E, Easton
443-786-7955
absolutevanityspa.
com

Yoga Studio

The Studio
933 S. Talbot Street,
Ste. 14, St. Michaels
410-924-2443
stmichaelsstudio.
com

Yoga Instructor

**Paulette Florio
of The Studio**
See above

FAMILY ACTIVITY GUIDE

An assortment of creative games, adventures, craft ideas, and foodie fun to enjoy during this less-than-normal summer

By Megan Kotelchuck

As we go into summer, entertaining the kids needs to get a bit more creative day by day. We, at What's Up? Media, have a tradition of "Guides" to help our readers, from the Home Resource Guide to our Summer Dining Guide, so why not add one more. Here is our first ever Family Activity Guide, to help manage the restlessness of staying at home during the coronavirus pandemic.



CARD GAMES

Most households have a deck of cards, and there is an unlimited amount of games to play with them. Here are a few to get started with.

Slapjack: 4–10 players:

1. Have everyone sit in a circle around a table or on the floor. Deal clockwise until you run out of cards. Everyone holds their cards facedown without looking at them. **2.** Going around the circle, each player draws a card from the top of their deck and places that card in

the center of the circle. Each player continues to place their cards in the center this way. **3.** When a Jack card is turned face up, the goal is to be the first person to "slap" it, or cover it with your hand. If several people slap at once, the person whose hand is most in contact with the Jack adds all the cards to his or her pile. **4.** If a player incorrectly slaps a card, he or she must give the top card in his or her pile to the player who placed the slapped card. That

player adds the extra card to the bottom of his or her deck. **5.** When a player runs out of cards, the player is out—unless he or she can slap a Jack laid by someone else. At that point, the previously "out" player is back in and can play with the cards collected from the pile. **6.** Play continues until one person wins all of the cards. For a shorter version, stop play when the first person runs out of cards. Whoever has the most cards in his or her hand is the winner.

Old Maid: 3-plus players: **1.** Remove one Queen from the full deck. Deal the cards so that all cards have been handed out, players do not need to start with the same amount of cards. **2.** Each player removes all pairs from his hand face down. If a player has three-of-a-kind, they remove only two of those three

cards. **3.** The dealer then offers their hand, spread out face down, to the player on the left, who draws one card from it. This player discards any pair that may have been formed by the drawn card. **4.** The player then offers their own hand to the player on their left. **5.** Play proceeds in this way until all cards have been paired except one—the odd queen, which cannot be paired—and the player who has that card is the Old Maid!

Cheat: 2–10 players: 1.

Use the whole pack of cards, deal out all cards to players, some may have more than others but that is okay. The object is to get rid of all of your cards. **2.** To complete a turn, discard one or more cards face down on the pile calling out what you are putting down (2 Threes, or 3 Kings, etc.). The first player must discard Aces, the second player discards twos, the next player threes, and so on. Once the face cards have been gone through, start again at Ace. **3.** Since the cards are being discarded face down, you do not actually have to discard what you say you are putting down, but you also can't get caught lying by another player. You must play each turn. This means, if your turn makes you

put down Sevens but you don't have any, you will be forced to play another card. **4.** If another player suspects you are discarding the wrong cards, they will call out "Cheat." This makes the cards challenged. Flip the cards and if the cards really were what you called out, the accuser picks up the whole discard pile. If the cards challenged are different from what was called out, the "cheat" takes the whole discard pile. **5.** Play continues, the first player to get rid of all their cards and survive any challenge wins the game.

NEIGHBORHOOD ACTIVITIES

We are all in this together, neighborhood by neighborhood. What is stopping you and the kiddos from going on a safari? Or going on a bear hunt? If we are going to be living like this, we need to get creative. Here are some neighborhood activities to keep the kids entertained and give parents a little something to do as well.

Chalk Your Walk: Everyone loves sidewalk chalk, but an entire driveway of pictures may not be the mural you were looking for. Use painter's tape to make the outline of whatever you would like, a star, a word, initials, get creative. Have the kids





color in the lines of the tape and when they are done peel the tape away for a brand-new masterpiece. If you want to take the traditional route to sidewalk chalk, go right ahead! Write something motivational for walkers, runners, and bikers doing their workouts, or, even better, write “Thank You” notes to our first responders. Make sure to write them nice and big so they can see it when driving into work each day!

Bear Hunt: Going on walks for adults is for exercise, but for kids, it is to get out that extra energy. The trick is to keep their attention for the extra distance. Keep them wanting to go the extra distance to see more houses. Set up a neighborhood bear hunt by placing a stuffed bear in the window. This creates a scavenger-hunt like activity by having the kids find the window with the bear!

Safari: Jump in the jeep, roll the windows down, and find the animals hiding in your neighborhood. Each participating house will put a stuffed safari animal of their choice in their lawn, up in trees, or popping out of the bushes to create a real safari. Walk or drive around the neighborhood and find the zebras, giraffes, and herd of lions.

Scavenger Hunt: Scavenger hunts are fun for all ages, whether you are putting it together or trying to do the tasks. Based off the ages of the participants, make sure to make boundaries for the game. Put together a list of tasks, questions, things to bring back, the options are endless. Here are some examples: How many houses in the neighborhood (or refined area) have an American flag? Make a wish on a dandelion and bring back the stem. Take a picture going down the community park’s slide. How many houses have red doors?

Driveway Happy Hour: Okay so everything above is for the kids, this one is *not!* Happy hour at the bar has been suspended for you, but that doesn’t mean the hour can’t still be celebrated. Grab your neighbors, lawn chairs, drink of your choice, and have happy hour on your driveway. If everybody is on their own driveways, you will be six feet for sure, but still able to catch up, somewhat, like normal.

EASY ORIGAMI

Origami is one of the easiest and most fun mess-free crafts. Here are a few step-by-step instructions to make different paper creatures. For pictures to go along with these instructions, check out origamiway.com.



Butterfly That Flaps:

1. Start with a square sheet of origami paper, color side down. If you only have regular paper, cut the bottom section off to make it into a square.
2. Fold the Bottom half to the top half, making sure the edges meet, then unfold.
3. Fold the top and bottom edges to meet at the center.
4. Fold in all four corners so their edges meet at the center horizontal crease.
5. Fold down the top half.
6. Fold the center of the bottom half to the top half. Crease about one inch of the center only with your fingernail, do not crease all the way. Remove your finger and there should be a crease in the center only.
7. Turn the paper over, place a finger on top of the center of the paper and with your other hand, wrap the paper snugly around your finger.
8. Remove your finger so you have a loop in the middle.
9. Use your fingernail and poke in the center of the bottom of the loop. With your forefinger and thumb, grab both ends of the loop holes and pinch them together.
10. Pinch and release to make the butterfly flap! Draw whatever design you would like on the top to make your favorite flapping butterfly.



Origami Claws: 1. Start with a square sheet of origami paper, color side down. If you only have regular paper, cut the bottom section off to make it into a square. 2. Fold the top half down to make an upside-down triangle, bringing the top point to the bottom point. 3. Fold the left half to the right, making a smaller triangle. 4. Position the triangle with the flat side across the top, the diagonal moving from top right to a point at the bottom. Then, fold the left edge to line up with the right edge. 5. Fold down the small triangle, lining up the edges on the right, then unfold. 6. Open the hole in the bigger triangle to form a pocket, then tuck the small triangle all the way in the pocket. 7. Put a finger in the pocket and you’re done with one claw.

OH THE PLACES TO GO!

Okay “go” may not be the right word, But, there are many different things and places for us to see. Many aquariums and state parks are live streaming their exhibits or doing Nature cams and virtual tours online. Here are a few popular sites to visit, throughout the U.S. and beyond. Check them out!

American Museum of Natural History: Okay, it may be pretty local compared to most, but since the Smithsonian Museums are closed, check out the three virtu-

al exhibits. **Atlanta Zoo:** Check out the panda cam 24/7 without people blocking your view on the Atlanta Zoo’s website. **Boston Children’s Museum:** It will feel like you really are there when you explore the virtual tour of this children’s museum. **Cincinnati Zoo:** Skip the jeep but still join the safari. The Cincinnati Zoo is hosting live safari’s using Facebook live. **Ellis Island:** Take a virtual tour of one of America’s most important islands. **Farm Fresh 360:** Check out examples of every type of farm you can dream of: a sheep farm, egg farm, mink farm, dairy cow, pig, The list goes on and on. **Georgia Aquarium:** The Georgia Aquarium has live cams of many different tanks, including the beluga whales, African penguins, California sea lions, and more. **Great Lakes:** Buckle up for a field trip to the Great Lakes. **The Great Wall of China:** Since flying long distance overseas isn’t a viable option right now, take the time to climb the Great Wall of China on the stair stepper instead. **Seattle Aquarium:** Take a look at the 30-minute video tour at the Seattle Aquarium. **Walt Disney World:** Travel around the world even faster by taking a virtual tour of Epcot. **Yellowstone National Park:** Take a sneak peek at the park with an interactive map.



RECIPE'S TO MAKE WITH KIDS

Running out of snack ideas? Try some of these recipes with your smallest yet most helpful sous chefs.

Crunchy Granola Pretzel Sticks:

In a microwave, melt chocolate chips in a 2-cup glass measuring cup; stir until smooth. Pour into one side of a large, shallow dish. Roll each pretzel rod halfway into chocolate. Allow excess coating to drop off, then sprinkle pretzels with granola. Place on wax paper until set, store in an airtight container. Bonus: Make the pretzels your own! Sprinkle whatever you would like on top, from chocolate chips to peppermint pieces! What's your favorite pretzel and chocolate addition?

No-Bake Peanut Butter Treats:

In a small bowl, combine 1/3 cup chunky peanut butter, 1/4 cup honey, and 1/2 teaspoon vanilla extract. Stir in 1/3 cup nonfat dry milk powder, 1/3 cup quick-cooking oats, and 2 tablespoons graham cracker crumbs. Bonus: This is an easy way to sneak things into your, and your family's, diet. Throw in a scoop of flax seed, or protein powder.

It will still taste great and the kids won't even know they are there!

Chocolate Chow Mein Noodle Cookies:

Line a baking sheet with parchment or wax paper. Place a 12-ounce bag of semisweet chocolate chips in a small bowl over a saucepan of barely simmering water. Stir occasionally until the chocolate is melted and smooth, about 4 minutes. Combine a 5-ounce can of crispy chow mein noodles (about 2.5 cups), 3/4 cup salted and roasted almonds, coarsely chopped, and melted chocolate in a large bowl. Stir until all the ingredients are coated with chocolate. Scoop the mixture onto the prepared baking sheet and allow the cookies to harden at room temperature for about 2 hours.



Mini Pepper Pizza: Pre-heat oven to 350°F, on a sheet pan, drizzle 4 halved and cored bell peppers with olive oil and season with salt and pepper. Spoon 1/2 cup of pizza sauce onto each pepper half. Sprinkle with mozzarella and parmesan and top with whatever toppings you enjoy most. Bake for 10 to 15 minutes, until the peppers are crisp-tender and the cheese is melted.

QUICK AND EASY BEVERAGES

Everyone likes to kick back with a nice fruity drink after a long day of teaching, learning, working, or whatever else you are doing to fill your days. Here are some easy, fun drinks to end your day (or begin it).

Easy Flavored Lemonade:

Sometimes the flavored lemonades that we buy in the store can be too syrup-y and can lose real lemonade flavor. Make your own at home! Use your favorite lemonade brand, muddle the fruit of your choice (raspberries, blueberries, blackberries, and strawberries work best), and shake it up with the lemonade and some ice. **Make it Adult:** Add a shot of plain or flavored vodka!



Sunrise: Combine equal parts of lemon juice, orange juice, and pineapple juice, and a splash of grenadine (if you have it), top with two parts of ginger ale, club soda, or Sprite. **Make it Adult:** Add a shot of coconut rum to help you find your beach.

Rosemary Blueberry Smash: In a shaker tin, or the bottom of a cup, muddle a sprig of rosemary, 4-5 blueberries, and 1 oz. honey syrup. Add 1 oz. lemon juice and shake with ice. Pour into a cup with ice, top with 4 oz. sparkling water, stir together. **Make it Adult:** Add a shot of blueberry vodka for a delicious adult touch.

Cucumber Mint Cooler: An hour or two before you want to serve, combine 4 cups of coconut water, 3 thin slices of cucumber, 1/2 cup lime juice, 1/4 cup sugar, and 1/4 cup chopped mint leaves. Place in the fridge until ready to be served over ice. **Make it Adult:** Add a shot of plain or cucumber vodka.

Raspberry Bees Knees: Combine 1 oz. water, 1/2 oz. honey, 1/2 oz. lemon juice, and two muddled raspberries in a shaker tin. Shake and pour over ice, top with club soda. **Make it Adult:** Instead of the water, add one part raspberry liquor, two parts your favorite gin.

WHAT TO DO WHEN THE WORLD PAUSES

Or...activities you can enjoy on a rainy day | **By Gary Jobson**

It's raining as I write this article, everyone is living at home hoping to avoid contact with the coronavirus, the economy has come to a standstill, and yet we are still alive and anxious to get back to living a normal life. It made me think about what we have been doing while waiting out the virus. The tragedy surrounding us is unlike anything we have experienced. The daily news announcing the number of positive test results and deaths from the virus have been horrifying. In an attempt to offset this calamity, I made a list of activities my wife, our friends, and I have

been doing to keep connected with the rest of the world and maintain some semblance of modern day life.

The first thing I suggest is to make your own list of activities and then set up a schedule to accomplish your goals. It might take a little discipline, but once you get rolling you will find that your list will actually get longer. I find a daily routine comforting. During times of stress I have learned to think back to past successes. Learning to overcoming adversity is one the strongest attributes we can achieve. These past few months have provided many opportunities to do things that we rarely did before the virus arrived on our shores.

Walking has always been a good therapeutic and cleansing exercise. People keep their distance as they walk past each other, but always seem friendly. I think we are all going to be healthier in the future thanks to our long walks. Shaking hands and



enthusiastic hugs will be considered no-no's. Social distancing will be with us for a long time. On a side note, I think the name "Social Distance" would be an appropriate name for a boat.

As you walk past historic structures, trees, flowers, the water, monuments, and all kinds of other objects take a minute to study intricate details, or read the plaques detailing the background of the object. You will learn a lot and become more connected to your community. It is a refreshing activity. Along your walking route take a moment to stretch periodically and pause to study the water, a field, or the sky. I marvel at the architecture of the State House, St. Anne's Church on the circle, and the symmetry of so many structures that are hundreds of years old. Our city's architecture has survived the test of time. It makes me feel good believing that most of these structures will still be here long into the future.

I've noticed that there seems to be less garbage on the streets, and that local gardens are in pristine condition. Since people are at home they are spending more time sprucing up their properties. I like to go for perfection around our 120-foot by 40-

foot property in Murray Hill. Over the past few months, I've had the time to clean out closets, tidy up the garage, restore the basement into an orderly space, and happily edited every file in my office. I had quite a few speaking engagements cancelled this spring and summer. Instead of traveling for my gigs, I started working on two new books that have been on my "futures" list for many years. Interviews, gathering material, and writing can all be done from home. In 2014, I moved into an office over my garage. After 36 years of paying rent for a down town office and studio, I wanted a quiet space for thinking, reading, writing, and planning. Little did I know how valuable this small respite loft would become. The most important thing is to keep working. In fact, I am confident we will see more people working from home after the virus fades.



We've participated in many "virtual cocktail parties" using internet technology. How lucky we are, to communicate using both voice and video. Every entity that I am engaged with has embraced the proficient use of ZOOM, Blue Jeans, Face Time, SKYPE, and other services. I have to smile thinking back to my younger days and marveling at the comic book hero, Dick Tracy, and his two-way wrist radio.



HERE IS MY LIST OF ACTIVITIES THAT YOU MIGHT WANT TO CONSIDER FOR YOUR OWN LIST:

Play a game with someone. Keep some distance between you and the other player. You can slide up to the chess board to advance your piece and then move back.

Take the time to play an instrument. A piano or guitar always provides a nice sound.

Yard work in short, one-hour stints can be satisfying. Spend time every few days doing gardening and in a short time your property will be special.

Listen to music. Alternate between classical and rock, or country and jazz. You will have good thoughts when your ears have been treated to special rhythms. I like to set up a competition and see which artists are more appealing; like Beethoven vs. Mozart, or The Beatles vs. The Rolling Stones.

Call up friends or relatives that you miss and have a good chat. Make a list in advance of things to discuss. Everyone feels better when they hang up.



Take time to write letters. Our society is slowly losing this beautiful method of communicating. Everyone enjoys receiving a letter in the mail. You can also send a short message on a post card. You can make up your own post cards with pictures of your family, boat, dog, or garden. You might be surprised to receive a return letter.

One of the special benefits of the past few months is good home cooking. Three times a day, meal time becomes a restful treat. We also order from local restaurants. Setting the dining room table and dressing up a little bit makes you feel like you are dining at one of your favorite places.

Walk into the woods or find a place on the shoreline and do a

drawing. Take some time to think about your topic as you sketch.

Keep a journal of what it was like to live through this pandemic. Your descendants will appreciate reading about what it was like. I found some old letters my father wrote during the Depression and World War II that were fascinating reads. To us, these events might seem like



ancient history, but they were very real and difficult periods of time for those who lived through them.

While I miss going to the movies, luckily there are many streaming services and cable television available. Netflix, Amazon, Hulu, and AppleTV, among others, are essential house hold services these days. A few movies each week are good for the soul, but I caution you to avoid binge watching.



I did a survey of the books in my library to see if there were any I had not read. I discovered many and have been slowly working through books on history, space, and dynamic personalities including J.P. Morgan, J. Paul Getty, Andrew Carnegie, and Steven Jobs. There is so much to learn from these luminaries, and their stories are right there in books. Sinclair Lewis wrote some interesting novels on life in the 1920s. I have also taken up reading

about John Lennon, Pete Townsend, Paul McCartney, and Jimmy Page. What fascinating treasuries of music these artists have gifted to us.

The internet is filled with interesting podcasts. I tend to listen to podcasts that are less than 20 minutes long.

Build up your photo album when you take walks. There is always something interesting to record. Keep looking for something unique.

Take up some kind of craft. Sewing face masks seems popular these days.

Check out the night sky. NASA has a website (Spot the Station) that will tell you when the Space Station is going to pass overhead.



It is amazing how easy it is to see and how swiftly it passes by.

Wear comfortable clothes that have been sitting in the closet for ages. Dust off an interesting piece of jewelry to wear. A long bath soothes the spirit.

Write an essay or poem and share it with others. I bet you will inspire others to do the same.

Sit on a park bench and take a few moments to contemplate anything that comes into your head. What-

ever problem you might be facing will diminish after a little soul searching.

My original plan for this article was to write about all the things you can do in a weekend around Annapolis along with a few nifty things to do on the Eastern Shore. That topic will have to wait until the coast is clear for social gatherings. As I finish up writing this piece, I notice the rain has stopped, the sun is brightening up the sky, and it's time to go take a walk. I wonder what I will find on this trip.

"Come On, Iggy!" Jamie Wyeth & Iggy by Laura Fira, oil, 16 x 12

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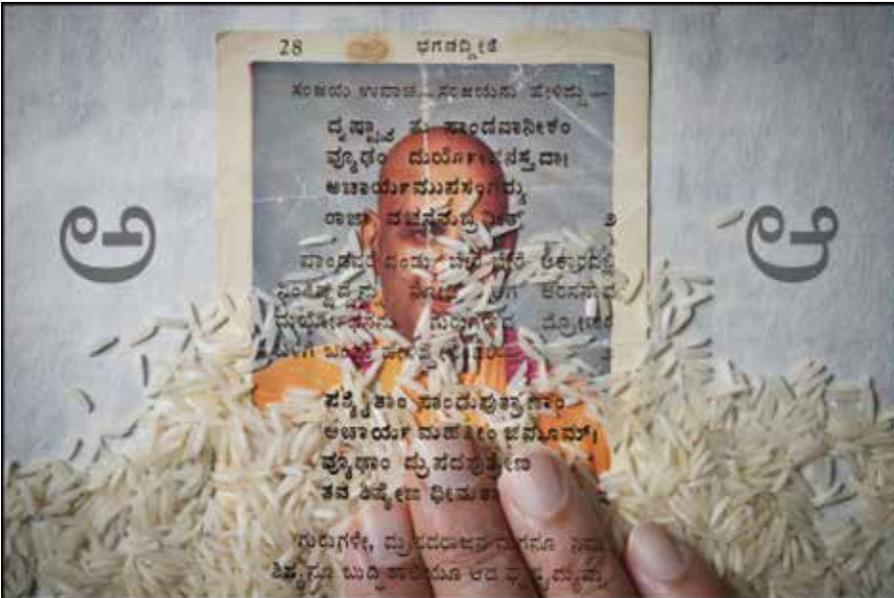
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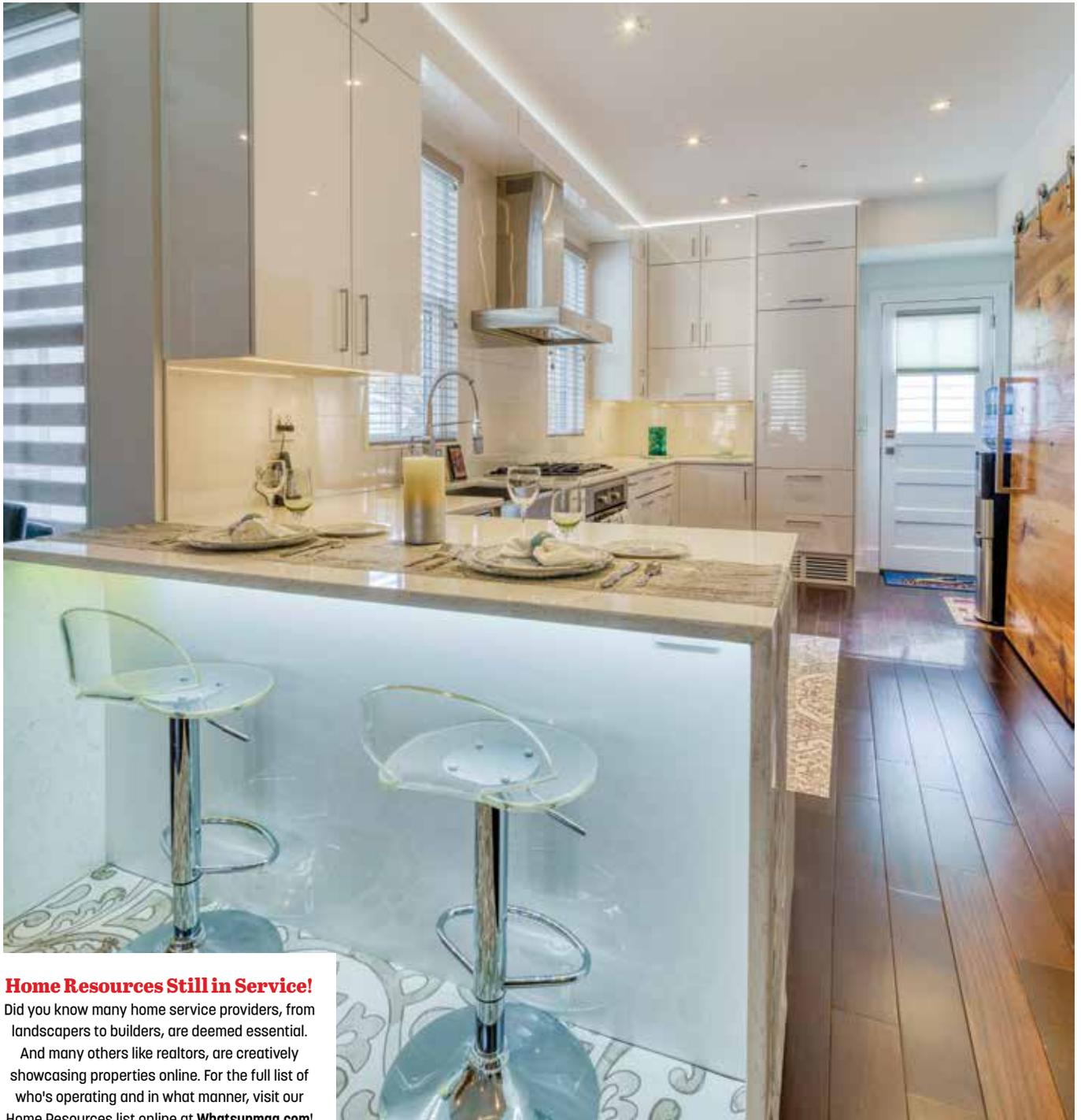
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Home & Garden

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Home Resources Still in Service!

Did you know many home service providers, from landscapers to builders, are deemed essential.

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Project Old House, New House

THE RE-BIRTH OF A FAMILY'S TRUE GEM

By Lisa J. Gotto | Photography by Stephen Buchanan



ond memories are what legacy homes are all about. Linda Washington has her fair share of those and recently had the opportunity to reclaim a legacy home that means the world to her. The journey to get the historic property back may not have been an easy one, but she and her husband, Mark, would be the first to admit that the end result is all the more precious for having endeavored it.

And so, begins a great example of what can happen when an ambitious architect, a family with an enduring dream, and more than a century of history come together. This dream would not only re-establish a residence, but it would ensure the future for the landmark brick row home among Annapolis' most storied dwellings.

"My parents purchased the home in 1957 when I was in fifth grade," Linda says, of the house which dates back to 1875 in the historical record. Linda remarked that her father grew up in Annapolis and her mother was a native of South Carolina.

But 1957 was a very different time in Annapolis, before there were rules in place about altering historic properties. Shortly after purchasing the home, her mother wanted to put her own stamp on it.

"She changed the large historic windows in the front to a large picture window because that's what she remembered growing up in South Carolina," Linda explains. "She also added an awning in the front for shade."

Linda says she and her two sisters enjoyed many years of celebrating milestones and growing together as a family in their precious brick row home.

"There was a time when I could tell you every family that lived on that block," Linda says. "Today I think there are just two families remaining from that time, including us."

TIME & NEW SPACE

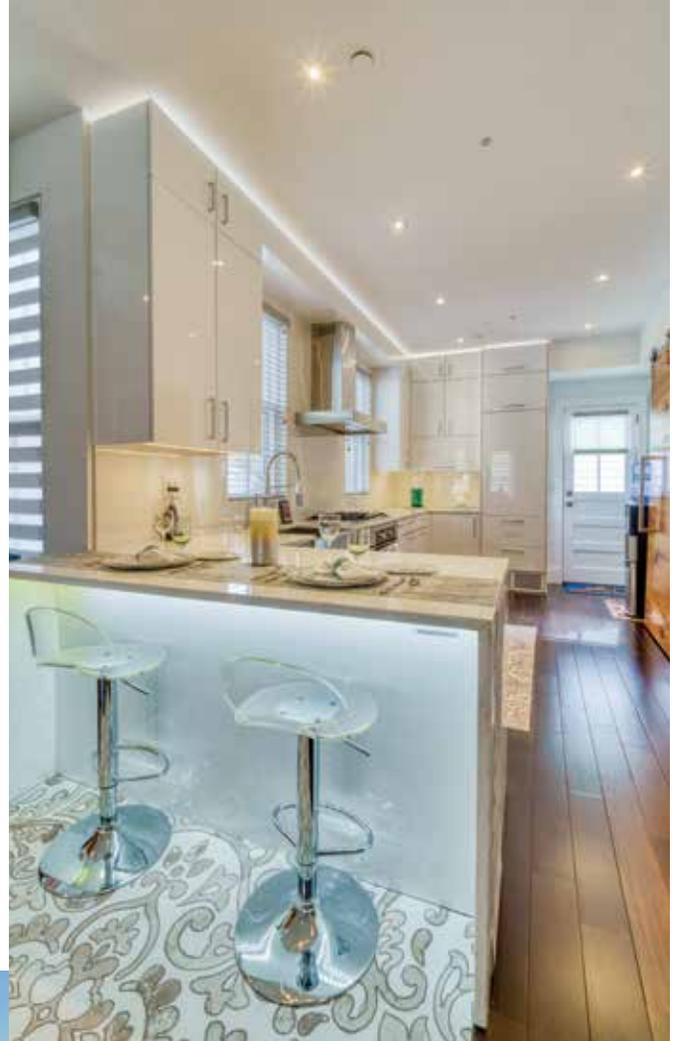
Once the girls had grown and left home, and her father passed away in 1982, her mother continued on in the home until her passing in 2006.

“After my mother passed, the house sat dormant for a while until we could decide what we wanted to do. We always had a vision of renovating, but after someone passes you really want to put some thought into it.”

And here’s where that ambitious architect comes in. Not to mention, some gracious and knowledgeable preservation experts.

“Will was recommended to us by an acquaintance of ours; he was a young and upcoming architect...he grew up in Annapolis and he had a real appreciation for historic Annapolis,” Linda says of Will Adrian, Principal of Adrian Development.

One of the first things that Will and his new clients had to do was assess the structure with two primary considerations in mind: its present condition and its status as an historical structure and how they would mitigate issues consistent with town home living; most notably, the amount of space and natural light.



To say they were met with some challenges from the onset, would be an understatement. It was determined that some roofing issues rendered the interior structure unlivable in its current condition and denoted a total replacement, not just a remodel. What some homeowners would consider the worst news in the world to hear, the Washingtons saw as an opportunity to dream.

“It just gave us a blank slate again,” Linda says.

Their architect, who was already so excited about working with a property like this, said he was inspired all the more by her resolve.

“She knew that the interior was going to be completely new and different, but she wanted that home back,” Will says.

HISTORY LESSONS

The couple and their architect worked closely with the Annapolis' Historic Preservation Commission to determine what was required to meet the criteria for the historic exterior. That had to be restored to its original condition as far as the overall architectural characteristics of the façade were concerned.

Linda, who had wanted to return the two lower and three upper Victorian style windows to the front of the home for some time, was excited to get started.

“We had a wonderful opportunity to work with Lisa Craig (former chief of historic preservation)...and Roberta Laynor (current chief of historic preservation). They were very helpful to us in working to ensure the historic preservation guidelines for the exterior of the house were met,” Linda explains.

Mark adds that his wife was so inquisitive about the home's history that they hired Dr. Jean Russo, an Historic Annapolis consulting historian, to compile a complete narrative of the home. Mark said he was immediately impressed with the lineage of property owners and it inspired them both to learn more about the home's Italianate architectural style. The plan to realize what the home's interiors could look like soon began in earnest.

“While we knew we had to adhere to Historic Annapolis on the exterior of the home, our taste has always been contemporary, although we have an appreciation for other styles as well,” Linda says.

This presented a wonderfully challenging opportunity for the architectural team.

“They really wanted contemporary. I said, ‘that's awesome.’ It will be an interesting juxtaposition to have a very historic exterior and then a modern interior that people will never really understand until they walk through the front door,” Adrian says.

“What are the chances that you get to build this modern custom interior behind a restored historic façade?”

And build they did.

“It's just like we built behind that front wall a whole new home right down to the foundation,” Adrian says.

The interior demolition, however, was not incurred without a substantial amount of apprehension, according to Adrian.

“It had to be a controlled demo of certain sections,” Adrian explains. “It was dangerous because parts of [the interior] were collapsing.” Meanwhile they needed to maintain the integrity of the front wall and, if possible, salvage some of the elements within the home that were in better condition. The wall required specific and tedious bracing, if it were to withstand the rest of the demo process and be safe enough for his crew to do their job around it.

Fortunately, the meticulous attention to detail paid off—and they were also able to reclaim some precious assets from the home's interior.

“I did notice during the demo all these old floor joists



that hadn't been affected by water and these are old—not like any size you'd see today, three-inch by eight-inch pine joists," Adrian says. "I had my workshop cut them down to three-quarter by eight-inch joists. The original structure was [built] and it's pine and if the pine tree has been cut down, then it could be another 50 to 75 years old."

FACE & OTHER VALUES

Adrian explains that they were fortunate to be able to use neighboring historic homes that were already well preserved as benchmarks when it came to the façade. Exceptional care, outstanding materials, and attention to detail were employed to recreate the windows and sills of the home. The Washingtons were impressed with the use of a proprietary 3D architectural design system that enabled them to see an exacting 3D architectural model of what their home would look like upon completion.

Once the primary exterior issues were addressed the team could concentrate on carrying out their plan to take this historic home into the 21st century from an interior standpoint. This was accomplished in various ways with intelligent and progressive design. The improvements start right at the front door. An unremarkable front stoop was transformed to a stately entrance more befitting an historical Annapolitan home by customizing a columned portico to frame the front door. Another wonderful design element uncovered during the demolition, a lovely transom above the front door, was refurbished as well, helping to complete that all important first impression.

Once inside, your eyes will be immediately drawn to the main level statement maker, the floating infinity stairs. Constructed of cumaru, a dense, dark Brazilian wood, and accented with integrated in-stair LED lighting, this focal point is art in itself.

The cumaru extends throughout the first floor and strikes the perfect balance against space-enhancing white walls and a gleaming all-white and thoroughly modern contemporary kitchen. It is in this room we see where that salvaged pine floor joist was recrafted into a rustic pantry door. Storage-rich wood cabinets with a white, high-gloss acrylic finish and minimal hardware soar toward the ceiling, up-lit at the top to create interest and further illuminate the space.

The kitchen counter of white quartz wraps to a waterfall effect peninsula that serves as a breakfast bar. Here, as in so many other locations throughout the home design, you find light flooding upward underneath the countertop to reveal three ultra-modern kitchen stools for informal early day meals.

The space flows cleanly into the main living area with another one of the home's original features—a recovered red brick wall adjacent to a luxurious linear gas fireplace above which hangs the main level's flat screen TV. The room is accentuated with treasures from the couple's travels to Africa, the Caribbean, China, and Japan, as well as numerous decorative finds from local



Annapolis artisans, in which they take great pride. Innovation makes its mark in the home too, such as their novel coffee table that converts into a dining table when the couple is entertaining family and friends—maximizing the space whenever the need arises.

"I calculated at one time that we could actually have 16 people seated in the living room, kitchen, and dining area, and for a small house that's pretty incredible," Linda says.

From the kitchen, there is also access to the basement. Previously, Adrian says, this space was best used for storage only due to its low, six-

foot ceiling height. However, because the house required a complete rebuild, he was able to increase the floor height by two feet. This created a situation where just two feet can become so much more.

"The basement is set up as a guest suite with en suite bathroom access," Adrian adds. "There is also access from the hallway into that bath so it serves as a powder room, as well."

On the second floor, a grander entrance to the master bedroom was designed that Linda just loves by creating a three-sided paneled and recessed entry way. In so doing,



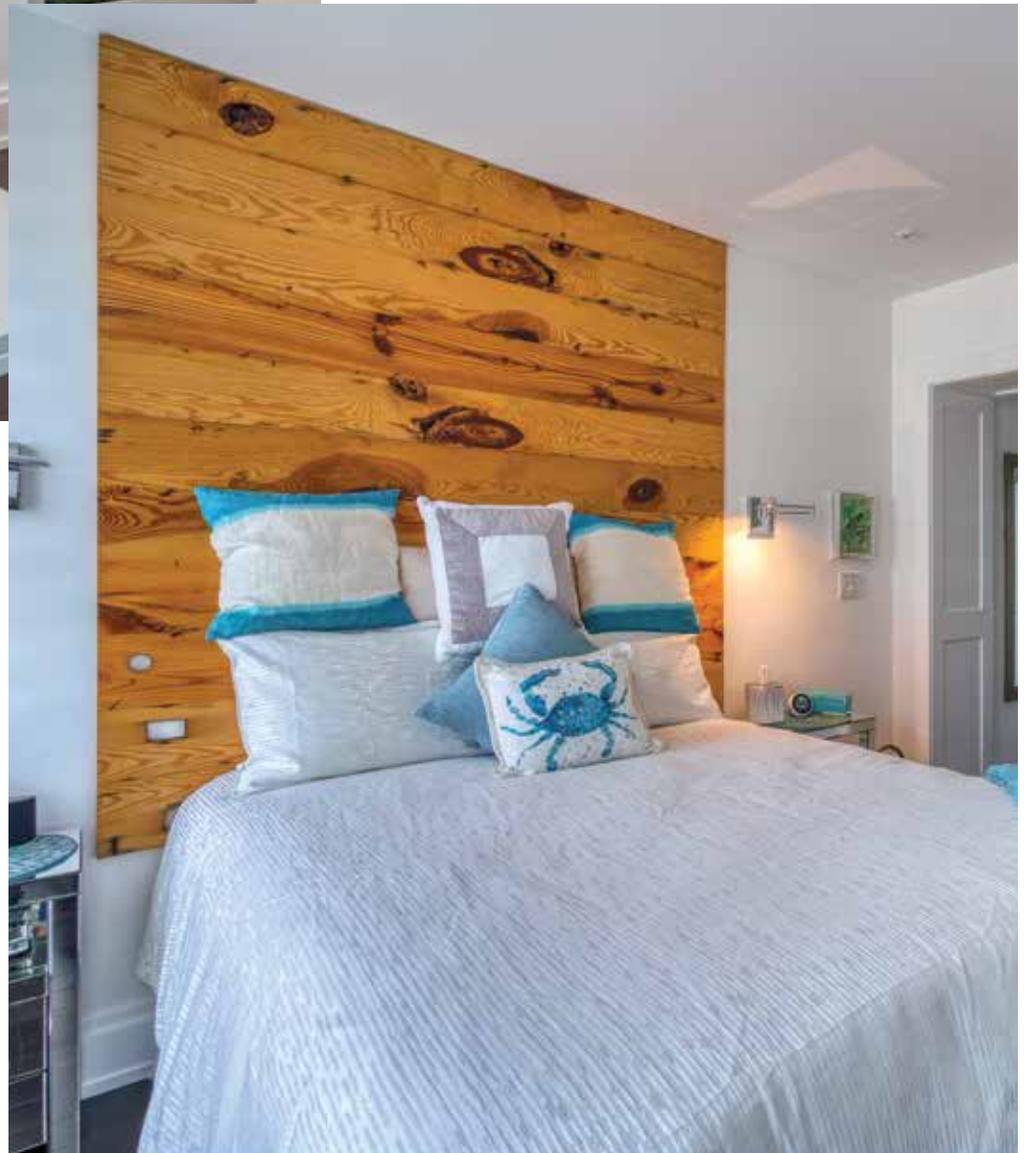
When reclining, the couple has plenty of room for their queen size bed that features a nostalgia-inducing headboard made from reclaimed wood from the original home. Other noteworthy details on this floor include a spa-like master bathroom with soaking tub and chandelier, a dual vanity, and heated towel rack. Another surprising aspect—this may be one of the few historic properties in the downtown area that offers a walk-in master bedroom closet. Linda remarks, “Sorry, not sorry” to the envious.

“It’s really a house that brought all of our likes together. We entrusted Will with that vision and he brought it to fruition,” Linda says. This distinction was not only noted by the homeowners; it was further confirmed in January 2017 when the Washington home was officially awarded with its plaque of historic significance by the Annapolis Historic Preservation Commission. The Washingtons affirm they couldn’t be prouder.

“This house is our true gem.”

they were able to carve out an office niche on the other side of the wall where Linda can do her consulting work.

There is a unique three-shelved wall pass-through in this area to the master bedroom, which again provides another way for natural light to do its thing, while creating an area of visual interest in the master. Below the pass-through in the master is an incredibly well-executed electric fireplace framed with a lighting element that allows the couple to change the color of the accent light whenever they are so inclined.





AMP UP YOUR STYLE!

Once you have invested in a great structure, you can start having fun with interior appointments. Keep in mind that patio furniture is for the patio outside the pool house and may look underwhelming if used as a means of furnishing the interior. You truly have so many options once you choose a design direction because moisture-wicking fabrics come in many styles and colors. Having fun with art, lighting, and creature comforts like cushions and window treatments will help make your pool house feel like a home!

HOME DESIGN

Why Didn't We Think of That?

QUICK TIPS FOR AVOIDING POOL HOUSE ENVY

By Lisa J. Gotto

CONSIDER A COMPLETE INDOOR KITCHEN

When you have a pool, an outdoor kitchen is almost a must. When you have a pool house, however, you should consider adding a small, but efficient kitchen to your interior plan, as well. Most outdoor kitchens are great for grilling and impromptu family meals by the pool, but if you really love entertaining poolside, the convenience of a full kitchen in close proximity makes more sense. It provides room for the extra cold storage space essential for summer days, additional prep space, and the all the tools of the chef trade, which creates more options for meals and menus on those precious staycation days.

ADD A VAULTED CEILING TO YOUR PLAN

Just because your pool house will have less square footage doesn't mean it can't look grand. A vaulted ceiling can help mimic the spacious airy feeling of your main home's open plan design in your pool house.



LAYER IN TEXTURE

This is another opportunity to get creative so you'll love your space even more. Add panache to your pool house by adding a layer of visual texture to wall surfaces. Enhancing treatments like accent walls of white shingles, reclaimed barn wood, bead board, Venetian plaster, and tile that mimics other surfaces, or on its own makes the difference between well thought out design and after-thought design.

CREATE A CHANGING AREA WITH ULTIMATE UTILITY

Originally pool houses were created to provide a convenient space for changing into one's swimsuit. Beyond having a wall with hooks and a pull across curtain, think about this space as a multipurpose room by adding shelving for shoes and sandals, cubbies for clean towel storage, and maybe even a built-in bench for handy seating and laundry basket storage. Planning for adjacent laundry facilities also makes sense since your pool house is already primed with plumbing for showers, powder rooms, and that complete indoor kitchen. No more lugging all those heavy wet towels up to the main house for washing!



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5 PROPERTY-ENHANCING FENCE TRENDS

By Lisa J. Gotto

Framing your home with a fence is usually the finishing touch on your property's priority list. Choosing the right fence for your needs can be a daunting process, especially when you consider its potential to make or break your property's curb appeal. Options in fencing are becoming more creative, too. Here are five of the most current trends to consider before making your choice.



1. ALTERNATIVE ATTITUDE

If the aesthetics of the fence are your biggest concern, you can consider options that offer an appealing visual boundary rather than a traditional opaque barrier. Clever and creative homeowners are utilizing metal louver panels for a contemporary/modern look, or wood louvers for a more homespun look. Large decorative panels (3 x 6 feet) with cut-out designs made of metal or composite materials are also a possibility to carve out space in smaller yards. Smaller horizontal panels (2 x 3 feet) with laser cut designs can be used in succession to create more of a traditional border with a decorative feel. A trellis or a living wall is a fun option that addresses basic privacy issues while making the space more of an environment and an element of design, as well.

2. COLOR-RICH

No worries, the classic white picket fence will always have a place in the neighborhood, but color-rich contemporary fencing has some practical, and pretty, aspects that are making it increasingly popular. Hues of dark green and grey, navy blue, and even dense black are providing the backdrop for patio furnishings that pop. Darker colors tend to better blend into the background offering a more sophisticated outdoor setting. When it comes to ease-of-use, pre-painted wood, vinyl, and metal options are already available from some manufacturers, so you need not be concerned with painting the fence yourself. Another benefit: darker fences require less frequent cleaning.



3. MIXED MATERIALS

From a strength and durability standpoint, reinforcing particular wood fence elements with metal can make absolute sense. If the mix is not done with an appreciation of aesthetics, however, this look can come off looking less than appealing. Fortunately, there are some manufacturers offering pre-fabricated panels combining the best of what wood and metal can do together to provide privacy and enhance the look of your property.





4

4. HORIZONTAL SLATS

While there are presently numerous vertical trends in design, fencing that focuses on horizontal orientation works especially well for homeowners craving a sleek, modern look while delivering your optimal level of privacy. Another bonus, materials are available in a variety of colors, shapes, and sizes.



5

5. INCREASED USAGE OF SOLID PRIVACY PANELS

If security and privacy are your main focus, then a solid privacy fence is probably the way to go. There are new attractive offerings with upscale and decorative designs that will beautifully create the desired buffer between you and your neighbors. Options constructed of a single piece of material also offer a fence that is more difficult to breach.

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Minimalism in the Garden

By Janice F. Booth

Minimalism has become a hallmark of contemporary architecture and interior design. Muted colors, simple lines, geometric shapes, clear vistas, and clean surfaces are characteristics of minimalism. Minimalists strive for an unembellished, even austere, beauty that encourages serenity and thoughtfulness. Author and lecturer on minimalism, Joshua Becker explains, “At its core, being a minimalist means intentionally promoting the things we most value and removing everything that distracts us from it.” Certainly, a timely approach to our hectic lives.

This same focus, choose the best and ditch the rest, can be applied to gardening. If carving out more time for what matters most to us is important, perhaps we can simplify our landscape and its maintenance as we pare down other demands on our time.

Let me propose a minimalist approach to the garden, based on plants that really do take care of themselves; namely shrubs,

ornamental grasses, and trees. With a bit of planning, your landscaping may enhance your home’s appearance and require less of your time—only occasional pruning, fertilizing, and tidying. If that sounds like an inviting proposal to you, read on.

Simplicity is the key. Complement the lines of a modern house with a weeping cherry or elegant Lombardy poplar. A clump of Moon-grass or Raven-grass can subtly screen the meters and cables marring the exterior of even the most carefully designed house. No need to install a stockade fence to hide your neighbor’s camper and garage; instead, plant a hedge of Skyrocket Juniper; they’re tall, elegant, and fast growing. These are examples of the practical options available to the minimalist gardener.

Let me offer you three reasons for landscaping with trees, shrubs, and ornamental grasses instead of the traditional garden’s profusion of flowers, herbs, and vegetables.

Boxwood



SIMPLE TO PLANT

Decide where softening, screening, or shade is needed. I recommend consulting with a landscaper or experienced gardener as you create a placement plan. You’ll want to consider not only where you think the tree or shrub will be most attractive now, but also how the tree will fit in as it matures. Might the shrubs you’ve chosen grow and block a view? Or, will the roots eventually endanger the foundation of the house?



Simplifying your home's landscaping need not mean sacrificing color or variety, rather the minimalist landscape includes carefully chosen, well-placed specimens. They may be colorful and fragrant, spare and graceful. Here are some suggestions you may discuss with your landscaper or research for yourself:

Evergreens & Holly: In addition to the obvious advantage of lush foliage, year-round, evergreens and holly can be either trees or shrubs. Spruce and pine may spring to mind, but there are other beauties to consider.

Japanese Red Pine: Heat and drought tolerant, these pines grow tall and handsome with meandering limbs crowned with large needle clusters, distinctive from the traditional evergreen tree. They are dramatic and require no attention, not even pruning.

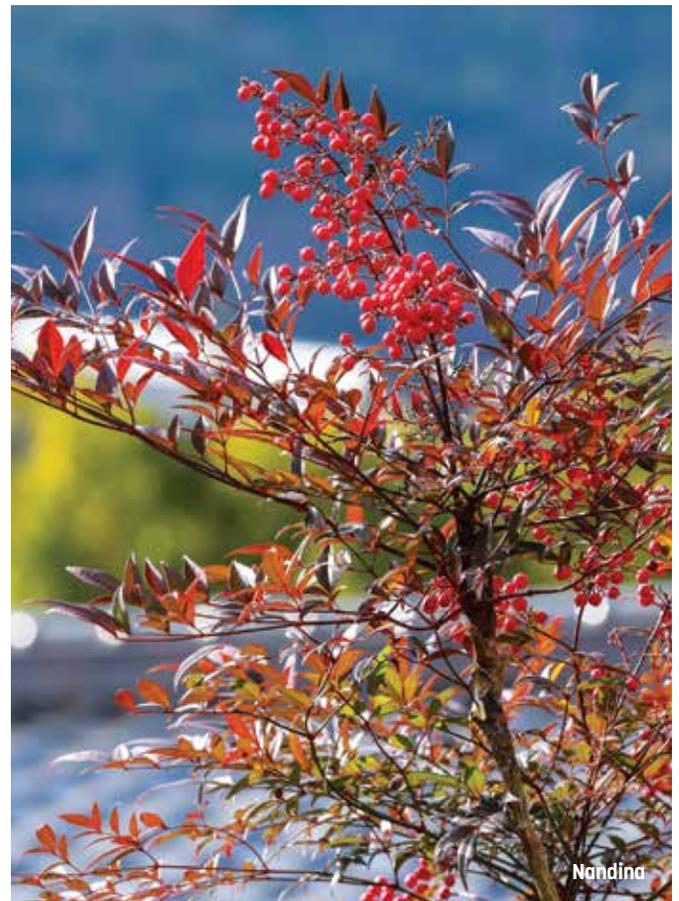
Gardenias & Camellias: These beauties retain their glossy, dark green leaves all winter. They need some protection from harsh conditions, such as wind and strong sunlight, but if they are planted in a comfy setting, their beauty is unsurpassed. Add to the year-around glow, in springtime these shrubs provide fragrant, colorful blossoms. Grow these bushes in clusters. You can prune them as low shrubs or let them grow, possibly reaching three or four feet tall.

Nandina (Heavenly Bamboo): The best of bamboo's qualities with none of the disadvantages, Nandina is a deciduous shrub that displays beautifully all year long in our region. Clusters of slender stalks rise up to, perhaps, five or six feet, but can be kept pruned as low or mid-size bushes. While the clusters of slim leaves remain all winter, spring leaves are bluish pink, turning to green. Late spring brings on Nandina's tiny white flowers. And, as summer progress-

Once you've devised a placement plan, holes must be dug deeper and wider than the root ball. Be sure the hole is well watered and appropriately fertilized, another reason to have the advice of a professional. Settle the sapling, bush, or grass mound into its new home and tamp down sufficient soil to fill in the hole. Mounding a bit is a good idea since settling will occur. Depending on the variety, you may need to water the new plant often until its roots begin to mature. Then, forget about it.

TIME SAVING, EASY MAINTENANCE. If you're landscaping with trees, shrubs, and ornamental grasses, there is only one task that **MUST** be done, and that is pruning. You may have to set aside a weekend in the fall or early spring, or make an arrangement with landscapers to tidy up the shape and size of your plants annually. For some shrubs, deep pruning is best and will give you lush, full new growth; others require only "haircuts" to keep them looking good. For ornamental grasses, annual, serious dividing of mounds will keep them elegant and properly sized for the location. Once a year, your trees may need an arborist's trained eye to remove any weak branches or detect any infestations. (Note: The minimalist gardener spends no weekends weeding. She doesn't rush home from work to check the sprinkler system. He doesn't spend Saturday morning pouring over fertilizer formulas. No dead-heading for the minimalist.)

ELEGANT DESIGN CLARITY. Concentrating your landscaping on a few, well-placed specimens fits in with the minimalist philosophy. "Almost all quality improvement comes via simplification of design, manufacturing, layout, processes, and procedures," observes American author and efficiency expert Tom Peters.





es, clusters of berries appear maturing from green to vivid red. Not only do these berries provide a striking contrast through the winter, they also provide food for birds and squirrels.

Fragrant & Flowering Shrubs: If your garden plan is minimalist, then pleasing the senses with one or two well-placed shrubs fits your desire for maximizing joy in the simple pleasures. Here are a

few exceptionally fragrant and/or colorful shrubs: (Note: grouping a few plants together helps avoid a woody, unkempt appearance.)

Boxwood: In our historic surroundings, you see lots of boxwood hedges and individual bushes. They're distinctive for their rather bitter scent, but Colonial gardeners found the scent deters insects, so they often planted boxwood under windows and near outdoor seating areas. Their only drawback—they're slow growers. Don't expect a line of young boxwood striplings to fill in quickly. You'll want to practice your Zen patience with them.

Korean Spice Viburnum: Here's a showy darling that does put on quite a show throughout the growing season. You'll see clusters of pink buds flowering in March and April. These flowers have a heady,



Abelia

spicy fragrance. In autumn their green leaves turn deep red.

Abelia: Another easy-care beauty, the Abelia has white flowers shading to pink on dramatic, arching branches. The jasmine-like fragrance tempts hummingbirds and butterflies. And, if that's not enough to persuade you to plant some, consider that the glossy, dark green leaves turn bronze in the fall.

Ornamental Grasses: Finally, consider a few of the beautiful grasses that can accent a pond, hide an unsightly garden hose, and just lift your heart with their graceful motion on a summer's day. Honestly, there are so many beautiful types that it's hard to choose which to recommend. But, here goes:

1. Pink Muhly Grass: Also known as "Sweet Grass," this beauty's pink fronds, usually 12-15" tall, keep their shape and color through the

winter. A mound of Muhly Grass is a consistent performer—modest, colorful, and lovely. **2. Maiden Grass:** Tall and graceful, these silver plumes on dark green stems hold their own throughout the year, even adding drama to bleak winter gardens. And... (drumroll please), the deer won't eat Maiden Grass.

3. Golden Hakone Grass: And if you need a low, shade-tolerant plant that provides some drama, Hakone Grass is for you. As its name indicates, the long, slim blades are golden edged in green, turning russet as cold weather sets in. This hardy, low grass settles in easily and stays where it's planted, not requiring much pruning.

Consider what will serve your garden's needs. Once you've chosen and planted your minimalist garden, you'll know that you can set aside worries about garden maintenance. You can devote your spare time to reflection and recreation.



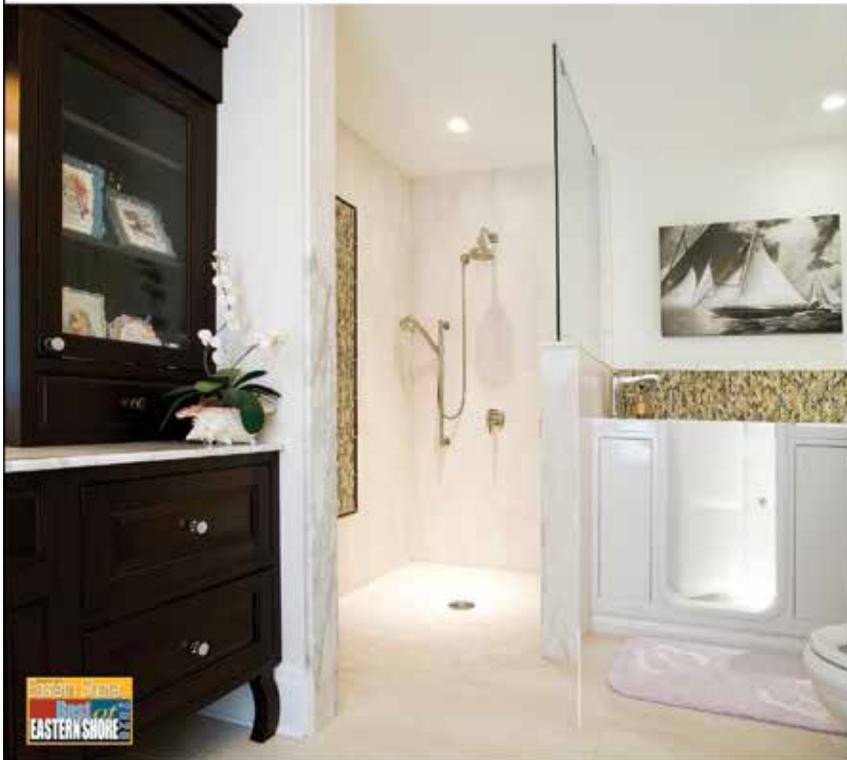
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Golden Hakone Grass

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Primary Structure Built: 1955
Sold For: \$1,200,000
Original List Price: \$1,150,000
Bedrooms: 6
Baths: 7
Living Space: 11,306 sq. ft.
Lot Size: 11.26 acres

HOME REAL ESTATE

Real Royal Oak Deal

By Lisa J. Gotto

Located on more than 11 majestic acres with extensive waterfront views, this stately all-brick manor-style home offers many features desirable to the discerning homeowner. This property is a renovator's dream with plenty of opportunities to work with its good bones to create a home that will have the new homeowners' stamp on it.

Its formal great room is spacious, with a grand fireplace, rich, honey-colored hardwood floors, corner built-ins, and plenty of large windows for Edge Creek viewing. On the same level, an open-plan family room boasts a generous all-brick fireplace framed with windows overlooking the spacious wrap-around deck—and features a large dining area and kitchen. Again, you'll find outstanding property views throughout, especially from the four-paneled French doors that create open flow to the deck.

The home also features seven unique bedrooms, all with its own bathroom. On the lower level there is a large three-season room and another enclosed space perfect for family outdoor dining and entertaining.

Speaking of the outdoors, there's an Olympic-size in-ground swimming pool, a 2,400 square-foot guest cottage, tennis court, boat house, two long docks, multiple boat slips, and deep water access.





Listing Agent, Cornelia Heckenbach of Long & Foster Real Estate, says her clients once used the home as a base for guests to come and stay while hunting but are now looking to downsize. The new owners, she says, purchased the additional acreage that accommodates a huge boathouse.

“The house itself is very solid, but is in need of some TLC,” Heckenbach says.

Listing Agent: Cornelia C. Heckenbach; Associate Broker; Long & Foster Real Estate; 109 S. Talbot Street, St. Michaels; o. 410-745-0283; c. 410-310-1229; stmichaelsmdwaterfront.com

Buyer’s Agent: Joe Petrone; Luxury Real Estate Sales; Monument Sotheby’s International Realty; c. 240-274-1219; monumentsothebysrealty.com



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Treasure of the Bay

By Lisa J. Gotto

Nestled in the harbor of the St. Michaels historic district, this seven-bedroom, eight-bath property has much to offer the entrepreneurial homeowner. The 3,400-square-foot home, also known as Kepner House, dates back to 1860. The classic style Colonial provides a glimpse into a bygone era with exterior period elements such as a second story covered balcony with gingerbread details and a large nostalgic front porch perfect for rocking chairs and iced tea.



Primary Structure Built: 1860
Sold For: \$1,004,000
Original List Price: \$1,395,000
Bedrooms: 7
Baths: 7 full, 1 half
Living Space: 3,392 sq. ft.
Lot Size: 0.22 acres





Inside the main living area, there's a spacious sunny eat-in kitchen with a large, all-white central island and gourmet gas range capable of cooking breakfast for a small army. A colonial-style hearth and warm hardwood floors make the room a cheerful and inviting gathering spot. The main level also boasts a formal dining room with attractive molding, well-preserved hardwood floors, and an impressive central fireplace with a federal style surround and a white-washed brick chimney.

Upstairs there are seven generous bedrooms, each with its own private bath. Details in these rooms include a free-standing copper soaking tub, custom windows and treatments, and gorgeous hardwood floors. The second-floor also features an additional lounge area

with a large, half-moon window and another distinctive Federal-style fireplace.

The front of the home offers a classic mariner's view of the harbor where you'll find two boat slips and five feet of mean low water. Ideally located for a true St. Michaels experience, the property is a close walk to the town's stellar restaurants, art galleries, boutiques, and gift shops.

"Chesapeake Bay Properties was lucky enough to work both sides of the transaction on this sale," says Mary Cay Harris of Chesapeake Bay Properties of the sale which included all the home's furnishings, art, and a library of more than 500 books.

Listing & Buyer's Agent: Kurt Petzold; Broker; Chesapeake Bay Properties; 102 North Harrison Street, Easton; o. 410-820-8008; c. 410-310-1050; chesapeakebayproperty.com

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Health & Beauty

62 HONORING THE CANCER SURVIVORS IN YOUR LIFE | 64 FRESH TAKE
65 MAKING FITNESS A FAMILY AFFAIR | 68 HEALTH PAWSITIVE *plus more!*



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Honoring the Cancer Survivors in Your Life

By Dylan Roche

Talk to several cancer survivors and you'll find that no two stories are alike. For as much as their experiences have in common, they have as many differences. Each one is unique. Each one deserves to be recognized.

Hence the idea behind National Cancer Survivors Day, observed annually on the first Sunday in June to honor those who are surviving cancer and to provide inspiration for those who have recently been diagnosed. Now in its 33rd year, National Cancer Survivors Day in 2020 falls on June 7.

You'd be hard pressed to find a person who is not affected by cancer—if they aren't battling it or haven't battled it themselves, they know at least one family member or friend who has. Last year, the American Cancer Society reported that there are 17 million cancer survivors living in the United States, and that number is expected to increase to 22.1 million by 2030.

For many of those who are fighting the battle, every day is worth celebrating. The National Coalition for Cancer Survivorship uses the term *canceriversary* to mark the passage of time—weeks, months, years—for survivors since their first diagnosis, their first day of treatment, their last treatment, and even their first year or first decade of survival.

In addition to the struggle of fighting a disease, people with cancer have to overcome many other obstacles. There's the financial burden from health care costs and time taken off work; there's the emotional struggle as they deal with fears and worries; there's the effort it takes to rebuild a life, after cancer has changed so many aspects of the one they knew.



Share their story on social media. With their permission, write a post about their survivorship from your perspective. Explain how you know the person, share what inspired you most as you watched them fight cancer, and express your gratitude to still have this person in your life. Be sure to incorporate photos and videos if appropriate and use the hashtag #LifeAfterCancer so your tribute can reach more people.

Take a survivor on a special outing. Many survivors, especially those who tend to be more shy or private, don't want a lot of attention or noise. It will mean much more to them if you take them on a low-key outing for some one-on-one time. Go out to lunch, see a movie, visit an art gallery, stop by the spa, or sit outside at the park. Be sure to take the opportunity to express how much they mean to you.

Organize a get-together at your neighborhood common area or community center.

Reserve a public space and spread the word that you're holding a gathering to honor survivors. Encourage everyone to bring a potluck dish to share and invite the survivors in their life. Take a few minutes to go around the room and allow survivors to introduce themselves and share their stories. If you wish, you can get everyone involved in a craft project that will honor the survivors, such as a banner of painted handprints.



NATIONAL CANCER SURVIVORS DAY®

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For these and many other reasons, the National Cancer Survivors Day Foundation encourages friends and loved ones to pay tribute on June 7. While many hospitals and support groups will hold events to bring groups of people together, you can find your own ways to honor the survivor in your life. It doesn't have to be anything elaborate—sometimes the simplest gestures mean the most.

For more ideas on how to celebrate National Cancer Survivors Day or how to organize an event, visit ncsd.org.

When Summer Fun Becomes a Pain in the Ear

By Dylan Roche



Anyone who has spent a considerable amount of time in and out of the water in the summertime—as Marylanders around the Chesapeake Bay watershed are inclined to do—has likely had a case of swimmer’s ear at some point. This infection, medically known as otitis externa, is usually nothing to worry about and easily treated, but in some cases, such as when the condition progresses, it can be a significant medical problem.

Swimmer’s ear is an irritation or inflammation of the outer ear canal that manifests most often, though not always, after swimming. Water gets trapped in the ear canal, thus leading to bacteria and fungi thriving in this moist environment. In cases where the infection is not due to swimming, it’s likely that the patient suffered minor breaks in the thin lining of skin inside the ear caused by a foreign object, such as fingers, a Q-Tip, or even earbuds. Dry skin or eczema can also cause these little breaks or tears, creating a place for bacteria to grow.

The first signs of swimmer’s ear are tenderness, itching or burning, and a feeling as if the ear is full of water even though it’s not. The pain usually gets worse if you press or pull on the ear. There may even be some redness inside the ear and a little bit of fluid drainage. These symptoms begin as mild but get worse as the infection progresses. By the time a person has a moderate infection, they will likely have muffled hearing.

When the infection reaches an advanced stage, it can be accompanied by a fever and swollen lymph nodes, along with severe redness and pus discharge in the ear. It is in this stage that there is risk of hearing loss.

A mild case of swimmer’s ear is easy to cure with over-the-counter or prescription eardrops that will kill the bacteria and treat the infection. You can also strive to prevent an infection with a homemade eardrop mixture recommended by the Mayo Clinic of one part white vinegar to one part alcohol. Pour 1 teaspoon of this mixture in your ear and let it drain back out. Do not, however, try this preventative measure if there’s a chance you have a punctured eardrum.

If you or your child spend a lot of time in the water (either a swimming pool or a natural body of water, such as the bay or river), you should take care to get all water out of the ear afterward. If you can’t get all the water out of your ear with a simple shake of the head, tilt your head so your ear faces downward and pull your earlobe to encourage drainage. In some cases, you may need to twist the corner of a tissue and use it to dry your ear, or you might opt to use a hairdryer to move the air within the ear canal. Just be sure to use the lowest heat setting and hold the dryer several inches away from your ear.

Other wise options are to avoid swimming after an ear infection or ear surgery, and never swim in water with high bacterial counts. The Centers for Disease Control and Prevention says germs found in public pools or other recreational water venues are the most common causes of swimmer’s ear. You can ask the pool operator about disinfectant levels and pH levels (ideally, these will be checked at least twice a day). A pool that is properly disinfected and pH balanced won’t necessarily eliminate all risk of swimmer’s ear, but will lessen the chance.

Fresh Take

OLD BAY SEASONING

By Dylan Roche

Summer around the Chesapeake region is practically synonymous with Old Bay. Produced by McCormick & Company, this mainstay of Maryland culture is primarily used as a seafood seasoning—mostly crabs, but sometimes fish too. It's also popular as a seasoning for potato chips, popcorn, chicken, soup, vegetables, and, even, chocolate (don't believe us? Try it!).



Maryland-Style Crab Cakes with Old Bay

If knowing more about the health benefits of Old Bay has put you in the mood for some serious seafood, why not put your seasoning to use with some classic crab cakes? We're sure that every Marylander has their own recipe they prefer, but in case you don't, here's one you can try.

INGREDIENTS:

2 tablespoons Old Bay
1 teaspoon
Dijon mustard
1 teaspoon
Worcestershire sauce
1 teaspoon lemon juice
1 egg, beaten
1 tablespoon
mayonnaise
1 cup breadcrumbs
1 pound crabmeat,
drained and picked
through for shells

DIRECTIONS:

Combine all the ingredients except crabmeat and breadcrumbs in a large bowl and whisk together. Gradually add the breadcrumbs, followed by the crabmeat. Divide the mix into 4-6 equal portions and form into patties about 1 inch thick. Heat a skillet with 1 tablespoon oil over medium heat and fry patties until they're golden brown, about four minutes on each side. Serve warm (with more Old Bay on the side for additional seasoning to taste).



The story goes that Old Bay was invented by Gustav Brunn, a German immigrant who fled Bavaria during World War II and came to the United States with his spice grinder in tow. His signature seafood seasoning blend would take its name from the Baltimore Steam Packet Company, colloquially known as the Old Bay Line, which operated passenger ships along the Chesapeake. The spice blend was bought by McCormick & Company in 1990.

This blend includes 18 herbs and spices, but the primary ones are salt, celery seed, red pepper, black pepper, and paprika. Although those five are the only ones of the 18 you'll see printed on the McCormick ingredient label, discerning palates will also detect the taste of mustard, cinnamon, and Bay leaves.

And while it's delicious, did you also know that this seasoning blend could have some serious health benefits? Here's what you'll find in every sprinkle of Old Bay:

SALT. Salt gets a bad reputation because of its sodium content. Most people consume way too much sodium and suffer from high blood pressure because of it. But sodium is still an important electrolyte your body needs for fluid regulation, especially if you're sweating a lot in summer heat. The problem is that you need only 200 milligrams a day, and most people eat more than 5,000 milligrams a day from processed food. The American Heart Association recommends aiming to keep your intake below 1,500 milligrams, and a quarter-teaspoon serving of Old Bay has only 160 milligrams—so go ahead and shake on a generous amount of seasoning.

CELERY SEED. These earthy-tasting little seeds are a great source of minerals, including calcium for strong bones, magnesium for blood sugar control, and iron for red blood cell formation, as well as antioxidants. According to the Milton S. Hershey Medical Center, celery seed has been hailed for its medicinal qualities for thousands of years, and today is still regarded for its use as a diuretic.

RED PEPPER. Also known as cayenne, ground red pepper is renowned for packing some heat. That heat not only gives your food a real kick but also might help in weight control. Capsaicin, the agent in peppers that produce heat, give a marginal boost to your metabolism; it's also believed to suppress the hunger hormone ghrelin, so there's a chance you'll eat less throughout the day. Cayenne peppers have been shown to reduce blood pressure in animal studies, and can increase your body's digestive fluid, thus improving gut health. Don't go overboard, however—consuming too much red pepper at one time could give you a stomachache.

BLACK PEPPER. This is the everyday pepper that you keep alongside salt on your kitchen countertop. It's rich in an alkaloid known as piperine, which can help prevent cancer, improve digestion,

and even activate the brain to stave off depression. Black pepper is rich in vitamins A and C, as well as antioxidants, and it enhances the bioavailability of nutrients in food, making it easier for your body to absorb and use them. Some people even turn to black pepper to help alleviate the symptoms of coughs and colds.

PAPRIKA. Paprika gets its same bright red color from the capsaicin that's found in cayenne peppers. In addition to having many of the same benefits of cayenne, paprika is rich in vitamin A, vitamin E, and iron. Paprika can even lower your levels of low-density lipoproteins (LDL), also known as the bad form of cholesterol, thus improving your heart health.

We don't necessarily know these seasonings are included in Old Bay (that is, they're not included on the ingredient label), but it sure tastes as if they're in there:

MUSTARD SEED. These mighty little seeds deliver selenium and magnesium, two nutrients that are known for fighting inflammation. Mustard seed is also rich in the phytonutrient glucosinolates, which helps prevent cancer.

CINNAMON. You might associate cinnamon with sweet foods like cookies and strudel, but this spice can be used in moderation to give a kick to savory foods. Cinnamon's most prominent health benefit is in the way it can fight hyperglycemia. Cinnamon slows down stomach emptying and improves your body's response to insulin, two key factors in managing blood sugar levels and preventing spikes.

BAY LEAVES. Bay leaves are hailed for helping with digestive health, being able to both soothe upset stomachs and lessen the symptoms of irritable bowel syndrome and Celiac disease. They also contain a compound called linalool, which is used in aromatherapy to lower stress hormones and reduce anxiety.



HEALTH & BEAUTY FITNESS

Making Fitness a Family Affair

By Dylan Roche

In an era when kids have constant access to televisions, computers, tablets, and smartphones, the allure of physical activity is fading. That's bad news, as the Centers for Disease Control and Prevention (CDC) reports that the number of children who are obese has tripled over the past 30 years.

And it's not just children. According to the CDC, only one in four U.S. adults gets enough exercise, and about 31 million adults age 50 and older get no physical activity beyond what's required of daily living. In fact, the United States spends an estimated \$117 billion in annual health care costs because of sedentary lifestyles and the conditions they can lead to, such as heart disease, Type 2 diabetes, and cancer.

CONTINUE ON THE NEXT PAGE



If your family is one of the many that's not getting enough exercise, it's time to make a change—and make it together. Mom and Dad can stay motivated to exercise by knowing they are participating in bonding activities; in turn, the kids can appreciate the value of exercise because they are being shown its value firsthand. GreatSchools, a national nonprofit providing educational advice for parents, points out that children have to learn by example. If you want your kids to be active, you have to be active yourself.

HOW MUCH EXERCISE DO WE NEED?

Here's the thing about exercise: Unless you have a major goal to meet—losing 30 pounds or running a marathon, for example—you don't need to be training excessively. According to the U.S. Department of Health & Human Services, adults need only 150–300 minutes of moderate aerobic exercise a week or 75–150 minutes of vigorous aerobic activity a week, ideally spread out across several days. That breaks down to about 30 minutes a day for five days a week of moderate activities like walking or taking a leisurely bike ride.

Preschool-age children (ages 3–5) should be physically active throughout the day, ideally participating in a variety of activity types, and children ages 6–17 should do one hour or more of moderate to vigorous activity a day.



WHAT ARE SOME WAYS TO ENCOURAGE ACTIVITY?

Now that you've resolved to get active as a family, you might be wondering where to start. Don't think that this implies you have to suddenly start going on group jogs or doing Pilates sessions together (though you certainly could do that if you wanted). Instead, try these other simple ways to make exercise fun:

1. The most obvious: Go for a family walk or bike ride around the neighborhood or at the park one evening after dinner or on a weekend afternoon. You'll get a chance to talk and bond while you enjoy physical activity and fresh air. If possible, walk or bike to school or church together.
2. Play a physical game together as a family at least once a week. Aim to try something new each time, whether it's kickball, hide-and-seek, or capture the flag. If you live near public basketball courts or tennis courts, take advantage of those.
3. Do yard chores together as a family. Raking up leaves or shoveling snow doesn't seem too daunting when you're doing it as a group and helping one another, and you'll be surprised at how much energy you're expending when you do it!
4. As a way of celebrating, go to places that are centered on physical activity. If your child gets straight A's, take them out for bowling. If it's their birthday, go to the paintball park. If they've had a bad day and need to cheer up, go to the miniature golf course.
5. Hold a scavenger hunt around the neighborhood or local park. Give everyone 30 minutes to try to find items like a smooth rock, a pinecone, a Y-shaped stick or other objects from nature they can collect and bring home.
6. Organize a field day with friends and neighbors. Set aside a weekend afternoon when everyone can come over for old-fashioned games like potato sack races, three-legged races, and tug of war. Make it a monthly occurrence and encourage consistent participation.
7. Get everyone in the family an inexpensive pedometer and hold a friendly competition to see who can get the most steps every day. Right before bedtime, compare your numbers to see who walked the most that day. Set a prize for the person who takes the most steps over the course of a week.
8. Limit screen time to one hour a day. This goes for parents as well as for the children. If the computer is needed for work or homework, use it in designated productivity zones so that you aren't aimlessly scrolling.
9. Sign up for a local fun run or charity walk that you can do together as a family. This gives everyone a goal to work toward while learning the value of giving back to the community.
10. Keep a family fitness journal that you can use to track what physical activities you all did that week, what you enjoyed about them, and what you might do differently next time. At the end of the week, have a family conversation about your favorite activities and what new activities you want to try next week.



Genevan scientist Horace Bénédict de Saussure



If you're feeling that way this summer (or every summer), here are a few tips that might save you:

Grow it out. This information doesn't help you when summer is already here, but if you know that hot, humid weather is approaching, or if you live in a place where it's frequently humid (like Maryland), then it helps to give your hair a little bit of length. This is because length means weight, and weight means that your hair is more inclined to pull itself downward than to puff out. However, just because you're growing it out doesn't mean you should neglect getting a regular trim, as split ends are a welcoming entrance for frizz-causing moisture.

Moisturize your hair with coconut oil by running 1 to 2 tablespoons through your hair once a month. Apply it with a comb, being careful not to let too much collect along your scalp, which could cause a breakout. Once you have your hair lathered in oil, collect it up in a shower cap and allow it to sit and penetrate for about an hour. Wash and condition your hair afterward. This oil treatment will prevent your hair from getting too dry and taking on too much summer steam.

Be careful of over-shampooing, as this will remove natural oils that moisturize your hair. Depending on how much you sweat or your hair's natural inclination to produce oil, you could wait up to a week between washings with shampoo. At the very least, don't wash it more frequently than every other day.

Turn the shower to cold just before you get out and give your hair a chilly rinse. The cold water will close up your cuticles and lessen your risk of frizz.

Don't be reckless in the way you dry your hair. Use a microfiber cloth, such as the one you would use to dry a freshly cleaned car, rather than a rough cotton towel. Blot or dab gently instead of rubbing, and if you use your blow dryer, be sure to go slowly on low heat.

Anti-frizz cream or gel on wet hair will penetrate the hair cuticles, thus preventing steamy air from getting inside. Just be sure to use sparingly so that you don't end up weighing your hair down and making it look greasy.

As a last resort, find a stylish way to wear your hair up in a ponytail, braid, or bun. There are some days when you're just going to have too much trouble taming your mane—and that's OK. If a ponytail feels boring or too casual, don't hesitate to dress it up with a lightweight headscarf.

HEALTH & BEAUTY BEAUTY

Taming Your Hair in High Humidity

By Dylan Roche

Humidity can be the bane of a curly-haired girl's summer. In fact, did you know hair is so sensitive to humidity that the first hygrometer was made with it? This was in 1783 by Genevan scientist Horace Bénédict de Saussure, who realized that hair, when ungreased and untreated, would expand in damp weather. And there's a scientific reason: Moisture from hot, humid

air gets in through the open hair cuticles and causes hair to frizz.

Now, more than 200 years after Horace's invention, people with curly hair are still trying to figure out how to quell steamy weather's awful effects on their hair.

While you can work milder cases of summer frizz to your advantage and rock a beachy look, there are times when it gets so extreme that you feel like your hair is floating in a cloud around your head. These are the times when you want nothing more than a way to control it.



HEALTH & BEAUTY HEALTH

Health Pawsitive

PET OWNERSHIP IMPROVES OUR WELL-BEING

By Dylan Roche

Fido and Fluffy are practically members of your family—sure, they have four legs and fur, but you still love them and they love you. They might be a lot of work, but most pet owners would agree they're worth it. And according to a range of expert organizations, the joys of pet ownership even include better physical and mental health.

Pet can make us healthier? How so?

Doctors and researchers agree that pets, especially dogs, encourage people to be more active and engage in exercise, thus helping them lose weight and lower their blood pressure and cholesterol. Specifically, the American Heart Association identifies dog owners as more likely to get their recommended 150 minutes of moderate-intensity aerobic activity every week, and owners who walk their dogs every

day get an average of 30 minutes more exercise a day.

It's not just your physical health that can improve from pet ownership. Harvard Medical School explains that, as mammals, humans thrive when they're secure in their attachment or connection to another creature, and the unconditional love a dog or cat provides can reduce feelings of stress and anxiety.

In fact, research from the University of Missouri-Columbia has shown that interacting with a dog—even if it isn't your dog—can stimulate the production of such feel-good hormones as serotonin, prolactin, and oxytocin, meanwhile suppressing the stress hormone cortisol.

Pet owners not only enjoy a sense of companionship, thus staving off feelings of loneliness, but also are more likely to be social. Dog owners know that when they take Rover for a walk or to the dog park, they have increased chances of interaction with other people who want to pet their dog and ask questions.

Even the National Suicide Prevention Lifeline acknowledges the benefits that pet ownership can have for your mental health, noting that people with pets are less likely to suffer from depression.

The routine established from taking care of a pet can add structure to your day and reduce feelings of anxiety.

And for growing children, a pet can be especially beneficial. In addition to learning responsibility from taking care of a dog or cat, children develop a better sense of self-image from their pet's love and companionship. They feel more secure, and they suffer less separation anxiety when they're not around their parents.

What about service animals?

Having a four-legged companion can be beneficial for people with disabilities or medical conditions who depend on a trained service animal to help them with specific tasks. Most people might think of a seeing eye dog for a blind person, but service animals can perform a wide range of tasks. People with limited mobility might have dogs that are trained to open doors for them, reach light switches, or retrieve objects. Those with diabetes can have dogs trained to alert them when their blood sugar reaches high or low levels, and people with epilepsy could have a dog trained to detect the onset of a seizure.

It's important to note, however, that service animals are different

from emotional support animals or therapy/comfort animals. While the emotional support animals can be helpful for those who depend on them, they are not trained to perform specific work tasks and are not covered by the Americans with Disabilities Act (ADA), which dictates that service animals are allowed to accompany their owners in places and situations where dogs typically would be restricted (to the grocery store or to school, for example).

But it's not just in undertaking certain tasks that service animals are good for their owner's well-being. According to the American Kennel Club, service animals provide unexpected benefits—they can help a person through the depression they suffer after a permanent disability, and they can rebuild self-esteem by ensuring that person is able to remain independent.

Are there drawbacks?

Remember that the benefits of general pet ownership are for people who already have a natural affection for animals—if you don't like dogs, then getting a dog isn't likely to make you healthier. In fact, the money costs, the time needed to care for your pet, the destruction they can cause to your home and belongings, and

their heavy shedding might stress you out even further.

People with allergies to dogs and cats will suffer breathing problems and itchy, watery eyes when they're around them, meaning that they will need to avoid adopting a furry family member unless they choose a hypoallergenic breed (such as a poodle or Yorkshire terrier for dogs or an Oriental shorthair or a Russian blue for cats).

Pets can also carry germs and bacteria, so it's important to practice good hygiene around them—keep them clean and don't let them lick you on your mouth (as much as you might want to let them). This is especially true for people with weakened immune systems, such as the elderly or those undergoing chemotherapy treatment.

Considering a Pet?

Even if you're not ready to bring a pet into your home full time, you can still enjoy many of the benefits of pet ownership by spending more time around animals. Consider volunteering with a rescue organization, such as the Animal Welfare League of Queen Anne's County. To learn more, visit awlqac.org or call 410-827-7178.



HEALTH & BEAUTY HEALTH

Does It Matter When You Eat?

By Dylan Roche

"You need to eat every three hours to keep your metabolism up."

"Fasting for 16 hours a day will help you lose weight."

"Don't eat right before bed or your body will store it as fat."

How many of these diet tips have you heard at some point or another? It seems as if everyone has an opinion on how to time your eating habits, whether it's three square meals a day or six mini meals. But does timing really have any serious effect on weight loss?

Well, kind of. While dietitians agree that weight loss and weight gain ultimately come down to the calories you consume and the calories you burn (and that consuming fewer calories than you burn means you'll lose weight), the timing of when you eat influences the way you *feel*.

CONTINUE ON THE NEXT PAGE





**LESS HUNGER,
MORE HEALTHY
FOOD**

Some people are under the impression that if you are feeding your body more often, it will speed up your metabolism, making it easier for you to burn more calories and lose weight. It's not clear how that misconception got started, but it's not true.

That's not to suggest that eating smaller, more frequent meals doesn't have its benefits. Eating this way keeps you feeling satisfied and less likely to get too hungry, so there's less risk of losing self-control and overeating.

Think of it this way—you come in the door from a long day, and it's been five or six hours since you've last eaten. You then eat whatever is most convenient, even if it isn't a very healthy option. And because you're so hungry, you eat too quickly, not recognizing a feeling of satiety until you've eaten more than you need to.

On the other hand, if you had a healthy snack within the past two hours, you're not so starving when you get home. You have the self-control to make yourself a healthy meal and savor it. You don't feel the need to eat past the point of satiety because you know that, if you're still hungry in a little while, you can simply have a healthy snack an hour or two after dinner. The Academy of Nutrition and Dietetics recommends healthy snacking as a way of getting additional nutritious foods into your diet beyond what you get at mealtimes—more fruits and veggies, more lean sources of protein, more whole grains.

Keeping your blood sugar steady and your energy level up also means you will be more inclined to exercise, an important part of any weight-loss effort.



**DON'T BE SO
FAST TO FAST**

Some people swear by intermittent fasting, which encourages eating during a specified window of time and fasting for the rest of a 24-hour period. If a person is eating only within an eight-hour period of time, they might eat between 10 a.m. and 6 p.m., and then fast between 6 p.m. until 10 a.m. the next day. The Cleveland Clinic notes that focusing on eating within a smaller window of time can reduce cravings and decrease your appetite, and if you strictly cut yourself off from eating after 6 p.m., then you won't be doing any mindless snacking late at night. All of that said, your body won't start automatically shedding fat simply because you're consuming all your calories within an eight-hour window.



**WHAT IS MORE
IMPORTANT
THAN WHEN**

The challenge with focusing too much on when you eat is that some people think it's a free ticket to eat whatever they want. "I'm supposed to snack frequently," they think. "It's good for me." The American Society for Nutrition explains that snacks are good for reducing hunger and getting more nutrients, but people can easily take in too many calories, especially if they aren't being realistic about their portion sizes.

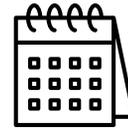
Another problem is that snacking is often a matter of convenience. People turn to packaged processed foods, usually refined carbohydrates with few nutrients.

What matters more in terms of weight loss and overall health is the total number of calories and the nutritional quality of those calories. If you opt to graze throughout the day or eat five to six smaller meals, try keeping a food journal for the first few days so that you can track what you're eating. You might surprise yourself that you're consuming too many calories or convenience foods.

One way to avoid taking in too many calories, even if you're eating frequently, is to consider the energy density of the foods you're eating. Because the volume of your food, not its actual calorie count, is what affects satiety (that is, it's the amount of food you're eating that makes you feel full), you can fill up faster without overeating if you're snacking on low-calorie, high-volume food like fruits and vegetables. A cup of grapes and a cup of potato chips take up the same amount of room in your stomach, but the cup of grapes has 60 calories and the cup of potato chips has 140 calories.

And don't think that eating late at night is going to derail your weight-loss efforts. A calorie at 8 in the evening is the same as a calorie at 8 in the morning. The problem is that most people tend to snack mindlessly in the evening, thus taking in more calories than they need. According to an April 2015 study, "The

Health Impact of Nighttime Eating: Old and New Perspectives," published in the journal *Nutrients*, a small snack before bed might benefit muscle protein synthesis and cardiometabolic health.



**FIND YOUR RIGHT
SCHEDULE**

As with many other aspects of dieting, you need to find the schedule that works best for you and your lifestyle. If you get too hungry waiting hours between meals, then have mini meals and snacks throughout the day. If you find that you're never fully satiated unless you have a square meal, then eating three times a day without grazing on snacks might be the better option.

As a general guideline, Kylene Bogden, registered dietitian with the Department of Nutrition Therapy at the Cleveland Clinic, recommends most people should eat at least every four hours and should avoid eating within two hours of going to bed so that their digestion doesn't affect their sleep.

If you know that you're going to be eating on the go and want healthy snacks, try setting aside an hour or two on the weekend to meal prep or snack prep. Wash and chop fruits and vegetables so you can divvy them up into plastic containers or zip-close baggies. Hard boil a few eggs to have on hand, or chop up a block of low-fat cheese into single servings that you can wrap in wax paper. You can also try making a healthy casserole and putting individual portions in plastic containers so you can heat and eat at your convenience.

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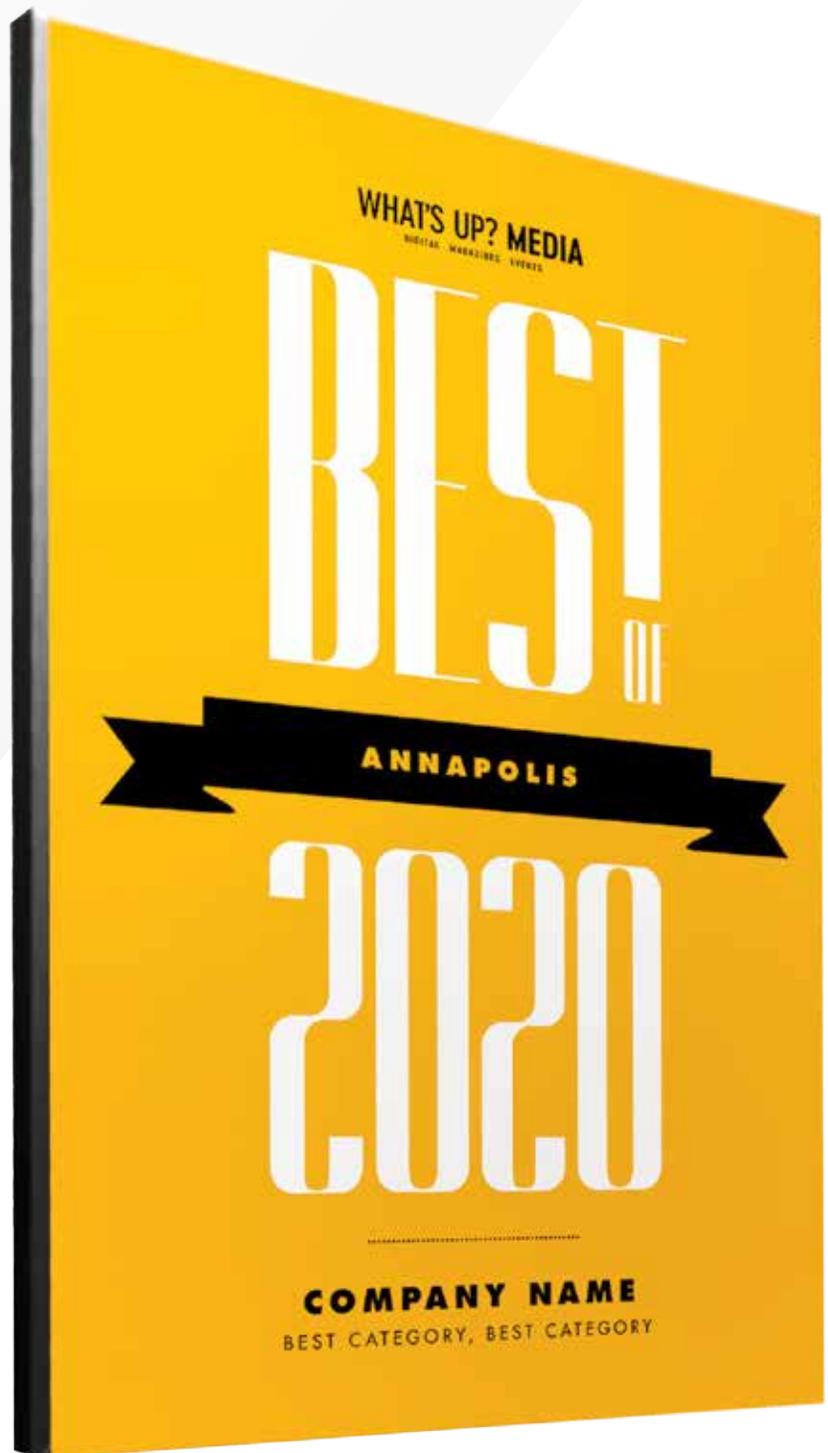
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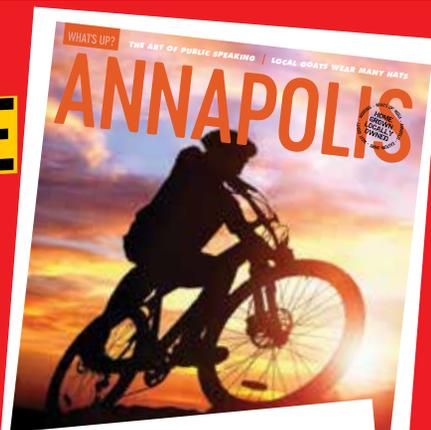
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101 E. Dover Street, Easton | 410-822-4034 | tidewaterinn.com/hunters-tavern

DINING REVIEW

Where Global Inspirations and Shore Traditions Co-mingle

By Sharon Harrington | Photography by Stephen Buchanan

When friends ask for a restaurant recommendation I often hesitate. I once suggested a very famous New Orleans restaurant where I had a great meal. The friends went and gave this feedback, “it was as if the kitchen brigade had mutinied, the chef was gone, and valet parking was running the kitchen.” It takes a trinity to make a good restaurant experience; good food, good service, and consistency, often the hardest one to achieve.

We are very fortunate to have here in Easton, Hunters’ Tavern, a restaurant that checks all the boxes of a satisfying meal experience; one that we can enthusiastically and safely recommend with confidence. Hunters’ Tavern is housed in the Tidewater Inn, an iconic landmark, which has earned a spot on The National Registry of Historic Places as well as a place in the hearts of locals. The property was the site of the Avon Hotel which burned in 1944. The new hotel (Tidewater) opened in 1949 and with each ownership change, the commitment to providing a sampling of the history and charm of the Eastern Shore to visitors continues. Many hotel

restaurants are separate entities with no coordination of the guest experience. That is not true of Hunters’ Tavern. Their seamless integration with the mission of the Inn to offer an Eastern Shore menu, along with innovative American cuisine reflective of the chef’s skill, is evident in the carefully selected offerings.

The executive chef of Hunters’ Tavern is Daniel Pochron. Daniel graduated from the Culinary Institute of America, Hyde Park campus. If you are ever traveling in the Hyde Park area, I strongly urge you to take a detour to the CIA campus, located on an old Jesuit novitiate by the banks of the Hudson River. Dine at one of the student-run public restaurants and you can see and taste firsthand where Daniel honed his skills. After graduation, Chef Pochron enhanced his culinary repertoire cooking in Germany, Switzerland, and Mustique before returning stateside. The chef spent time in D.C. where he was Sous Chef Garde Manger at the International Trade Center Ronald Regan building and Executive Sous Chef at the renowned Citronelle before bringing his talent back to the shore. Local diners will be familiar with Pochron’s food from previous venues, Mason’s and The Inn at Perry Cabin.

Hunters' Tavern is accessed through the Tidewater lobby, just past the Skipjack Bar. The two spaces flow into each other offering multiple seating options. In warm weather additional seating can be found on the patio, a primo location to enjoy the free outdoor concerts on Harrison Street. Evening shows the Tavern at its best, with brick accent walls, wood beams crisscrossing the ceiling, and flattering overhead track lighting. From our seat, you can see the Decanter Wine Room, a glass rectangle suitable for private gatherings. On the night we dined, we were seated immediately despite the absence of one of our party. We settled in to peruse the menu.

Reading the menu is like charting a map of the chef's culinary journey. You see the influence of his cooking travels in his offerings; schnitzel, pierogis, curry, and paella, interspersed with the dishes one would expect as representative of Eastern Shore cuisine. The third member of our group arrived, and we were ready to order. One friend chose the beet salad to start; roasted beets, arugula, burra-

ta, and gorgeous coronets of prosciutto in a citrusy dressing. The oyster pie was the choice of another, and I the pierogies. The oyster pie was a charming presentation; a small ramekin with a crispy brown crust held oysters, mushrooms, and spinach in a chardonnay sauce. The feedback was, "I would order this again." The pierogi dish did not work as well for me, with so many yummy ingredients—roasted apples, shaved Brussel sprouts, caramelized onions, and chive cream—it was surprisingly bland. Turtle soup was next on the agenda. Frequenters of the Tidewater know the story of Chef Ray Copper who, for fifty years, made turtle soup from an old family recipe. His snapping turtle soup is tomato based with turtle meat, hard boiled eggs (an interesting twist—in France the word *Mimosa* means with hard cooked eggs, thus Chef Ray added a little Gallic spin to his dish), and finished with sherry. To go back to my earlier point about consistency. Chef Copper's soup was a mainstay you could count on and, although he is retired, his recipe remains a treasured unchanged item on the menu.



In an area where most families have a go-to crab cake recipe, you need to be very confident when you put a crab cake on the menu. One of our group ordered the crab cake with mashed potatoes and green beans. The crab cake came out a golden-brown ball, with substantial pieces of crab meat and minimal breading. It was pronounced delicious. It seemed to be a seafood centric night as the next entree ordered was paella. This is a photo worthy dish with clams, mussels, chorizo, shrimp, scallops, tomatoes, peppers, and saffron piled in a bowl with the slightest bit of steam lofting a lovely briny smell. There was a tiny bit of broth left at the bottom of the bowl; how we wished for a crust of bread to sop the last flavorful drop.

My entree was meatloaf (let me disclose that despite my love of french sauces and complicated dishes, I am a closet comfort food lover). I have followed Chef Pochron's meatloaf through several venue changes and it remains exactly the same (consistency, remember). I get a plate of cloud like mashed potatoes topped with a slice of meat loaf, further topped with asparagus and a crown of pea shoots for garnish, enrobed in a rich brown gravy. Very satisfying and exactly what I had anticipated.

Before we move to dessert, let me say something about alcoholic beverages. I have come a long way from when red, white, or pink comprised my wine knowledge. While not an oenophile I can now sling a bit of the vocabulary, but what I look for in wine offerings is variety, price, and single glass options. The Tavern had 22 single glass wine offerings, in addition to quality beer and cocktails to compliment your food. Of the seven desserts, there are some old standbys and one surprise, Baked Alaska. Our group could not reach consensus on sharing, so we each chose something different. Bread pudding, black and white crême brûlée, and salted caramel gelato. All of them were a delicious treat. The black and white brûlée had a layer of creamy chocolate under its caramelized crust, the bread pudding was flavorful, and who doesn't love salted caramel. It was a busy night at the Tavern. In general, the waitstaff seemed to work together smoothly. A shout out to our waitress, Becky, who was very patient with our deliberations, and attentive to our needs.

Sharon Harrington is a retired social worker by profession and, now, a passionate gourmand/chef in practice, having trained with reputable culinary personalities and institutions, notably: Chef Francois Dinot; L'Académie de Cuisine; the Culinary Institute of America in Hyde Park; and Le Cordon Bleu in Paris. She currently resides on the Eastern Shore.



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Harris Crab House

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605 S. Talbot Street, #6, St. Michaels; 443-333-9181; lyondiilling.com ☺

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; mommamariasbistro.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; Outoffthefire.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; Samspizzastmichaels.com; Italian, American, Greek cuisine; lunch, dinner \$ ☺ 🍷 ☺

Scossa Restaurant & Lounge

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

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219 Marlboro Avenue, Easton; 410-820-4700; sniftersbistro.com ☺

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; Twoifby-searestaurant.com; American; breakfast, lunch, Sunday brunch \$ 🍷 ☺

U Sushi

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

Victory Garden Café

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

Washington Street Pub & Oyster Bar

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

Kent County

Barbara's On The Bay

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

Bayside Foods

21309 Rock Hall Avenue, Rock Hall; 410-639-2552 ☺

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 \$\$ ☺

Casa Carmen Wine House

312 Cannon Street, Chestertown; 443-203-8023; casacarmen-wines.com ☺

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-ordinary.com; Café and Bakery; Breakfast, Lunch, Gluten and refined sugar free \$ *

Ford's Seafood

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

Harbor House (Seasonal)

23141 Buck Neck Road, Chestertown; 410-778-0669; Harborhouse-atwortoncreekmarina.com; Seafood, American; dinner, Saturday and Sunday lunch \$ \$ 🍴 🌊

Harbor Shack

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

Java Rock

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

The Kitchen at the Imperial

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

Luisa's Cucina Italiana

849 Washington Ave, Chestertown; 410-778-5360; Luisarestaurant.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; Rockhallpasta-plus.com; American, Italian; breakfast, lunch, dinner \$ 🍴

Plaza Tapatia

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

Procolino Pizza

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

The Retriever Bar & The Decoy Bottle Shop

337 1/2 High Street, #339, Chestertown 🍴

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 \$ \$ 🍴 🌊 🍷

Blue Ruin

400 Race Street, Cambridge; 410-995-7559; blueruinbar.com 🍴

Bombay Tadka

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

Canvasback Restaurant & Irish Pub

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

Carmela's Cucina

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

Jimmie & Sook's Raw Bar & Grill

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

Key's at the Airport

6263 Bucktown Road, Cambridge; 410-901-8844; American; breakfast, lunch, dinner \$ \$ 🍴

Lil' Bitta Bull BBQ

1504 Glasgow Street, Cambridge; 443-205-2219 🍴

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 \$ \$ 🍴 🌊 🍷

ThaiTalian Infusion Cuisine

300B Washington Street, Cambridge; 443-225-6615; thaitalianinfusioncuisine.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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Where's Wilma?

FIND WILMA AND WIN!

Summer arrives officially this month. And though we might not be out and about in a fully-normal sense, our faithful mascot Wilma is safely flying around the region, practicing social distancing, and finding fabulous shops, restaurants, and services that we can all, hopefully, resume patronizing.

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: Gina Obbreza of Hillsboro, who won a \$50 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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Entries must be received by June 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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