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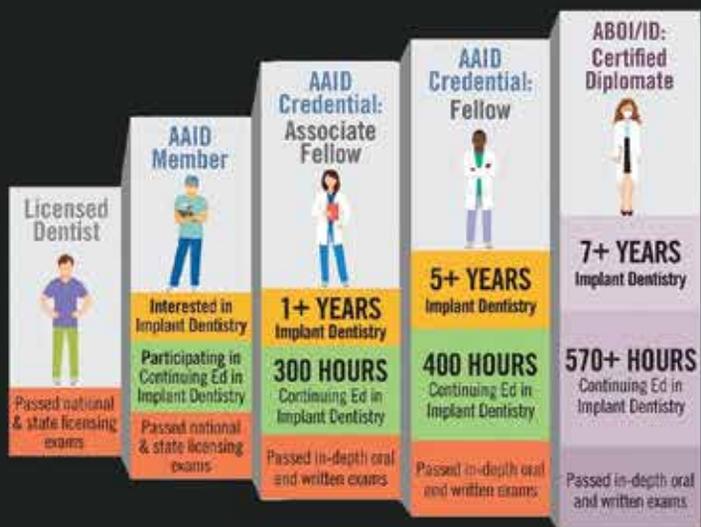
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On the Cover: We celebrate the Best of Real Estate, Home & Garden winners. Design by August Schwartz. Contact *What's Up? Eastern Shore* online at whatsupmag.com.

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WHATS UP?

EASTERN SHORE

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SEPTEMBER 2020
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 Best of Retail & Professional Services

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



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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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editor *From the*

And so, for me, my rediscovery has been fishing—a passion of mine developed decades ago that took a back seat to parenthood in more recent years. Over the years I've been a lucky dog, having fished several of Minnesota's 10,000 lakes, the cool running rivers that snake through Kodiak Island in Alaska, and, of course the Chesapeake wide over. But my new favorite honey hole?

The end of my street, where the road meets the river.

Having the good fortune of living along the Severn River coupled with working from home lately, has afforded me the opportunity to wet the line early in the morning (I'm talking 5:30 a.m. to rise) and late in the evening, 'til dusk saunters into the night. Some outings have been spectacular; others, duds. But, I've been having consistent luck and keeping some of what I catch. In fact, when the white perch bite has been on (god bless those little suckers for an in-line spinner bait), I come home with enough keepers for dinner. My daughter even caught her very first fish, a keeper at that. So, my family has been eating a lot of fish this summer.

Fish fry, fish tacos, fish filets sautéed with butter and Old Bay seasoning. Dang! I sound an awful lot like Forest Gump's combat buddy Bubba, when he rattled off dozens of shrimp dishes, in the famed 1994 movie. But I digress.

Point is, we're a lucky bunch in many ways, not the least of which is figuring out the many unique ways to enjoy Mother Nature, her bounty, and, along the way, the company of close ones—our family and friends. Speaking for myself (and hopefully others), I've really come to appreciate all that we have...right here...in and around Annapolis, on the Shore (I love fishing Unicorn Lake in Millington for bass), and throughout our counties—each one with its hallmark landscapes, trails, waterways, and such. There's good exploration beyond our front doors. I think many of us have renewed that sense of discovery, and brought along our family members and closest friends. And if you, or they, couldn't make the trip... there's always...vicarious living through Instagram.

To tight lines and rediscovery,

James Houck,
Editorial Director

How's your summer been?
Not quite as normal as we all
hoped by now. Am I right?

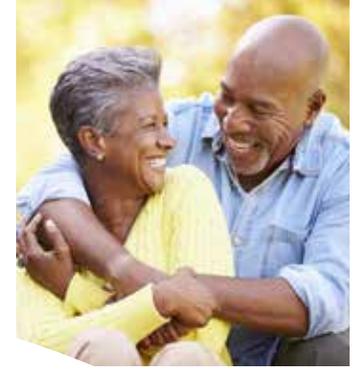
**THERE ARE SIGNS OF LIFE THOUGH... OF
COMING OUT OF THIS... WELL, YOU KNOW.**

So we've reached the hot, humid dog days of what some consider the best season in the Bay region. The season of pool parties, boating, beach trips, and strolls downtown with an ice cream cone in hand, which we're sort of enjoying...carefully...cautiously (at least, I hope you are). Of course, there's usually many more activities filling our calendars—concerts, festivals, and feasts to name a few—that, unfortunately aren't on the bill this summer. As much as that's a shame, I hope you, like me, have plunged into rediscovery. The rediscovery of, perhaps, a long forgotten hobby or interest. The rediscovery of a once-favorite park or hiking trail. The rediscovery of exercise (I know I could do a bit more after quarantining). The world is your oyster, after all. (And that'll be the first and last time I use that idiom, much as it rings true so very often.)

Here, in Chesapeake country, we love our fishing, crabbing, cooking it all up, and all manner of waterfront dining and lifestyle. Thank goodness, we still have that. And we can even dock beside our favorite watering holes that dot the bay and the rivers, for a cold drink and some crab pickin.' That is, if catching 'em ourselves didn't pan out so well.

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Out on the **TownE**

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Paddle Perfect!

As the sun shines down on another beautiful day, there is nothing I want more than to get out on the water. I would much rather get my workout in by having fun on a paddleboard or kayak than running on a treadmill. We are lucky that we live in such close proximity to the Chesapeake Bay and its many rivers, but that doesn't mean all of us own kayaks, paddleboards, or canoes. But, good news! We know where to get them. Last month we shared great campground and how to reserve them, so why not do the same for water trails and rentals? Here we go. →

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!

Anacostia River Trail, Photo by Eric Sunther

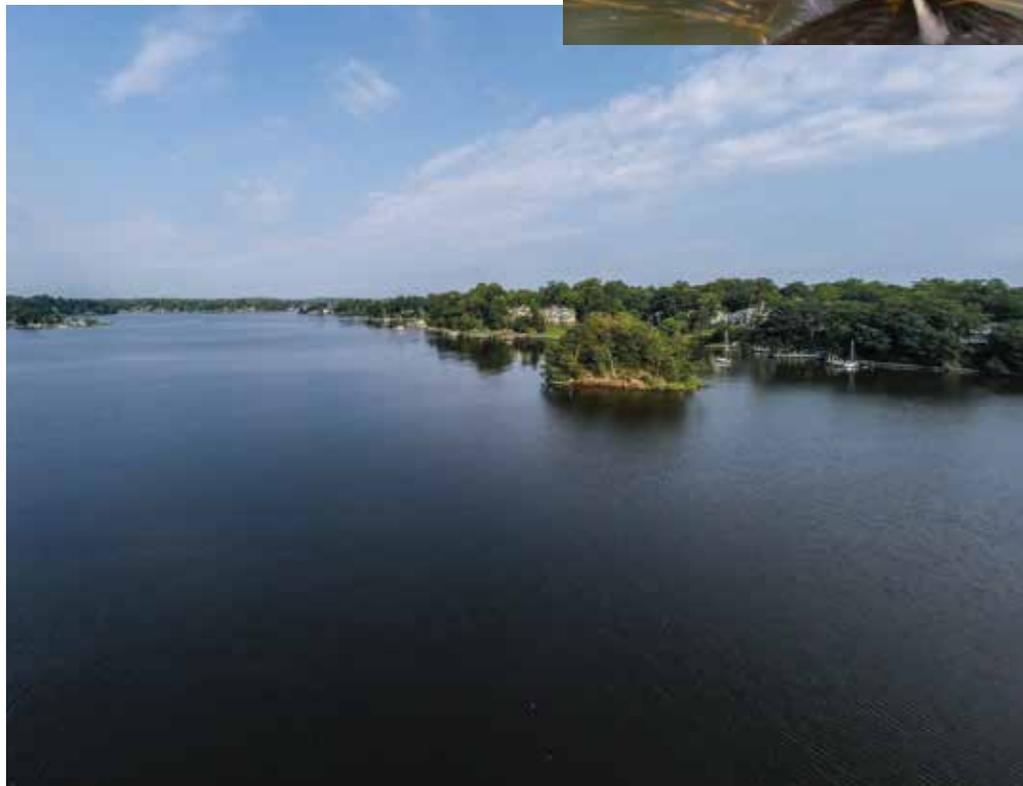


Quiet Waters Park, Photo by Emily Wathen

Rentals

BLACKWATER ADVENTURES: Rents Kayaks, bikes, boats, jet skis, and more in Cambridge. Make your reservation online now at BlackwaterAdventuresmd.com. They also offer guided fishing, bike, or kayak tours. 410-901-9255.

CAPITAL SUP: Available for standup paddleboard lessons, rentals, and tours. Capital SUP is located in Annapolis on Back Creek. They also offer yoga and fitness classes, as well as SUP Race training. Capitalsup.com, 410-919-9402.



South River, Photo by Tony Lewis, Jr.

SHORE PEDAL AND PADDLE:

Available for bike, kayak, and standup paddleboard rentals, sales, and tours. Shore Pedal and Paddle is located on Talbot Street in St. Michaels. ShorePedalandPaddle.com, 410-745-2320.

STANDUP PADDLE ANNAPOLIS:

Available for paddleboard rentals and lessons. Standup Paddle Annapolis is located in Crownsville on the Severn River. SupAnnapolis.com, 443-620-0060.

TWISTED CREEK PADDLE-

SPORTS: Available for kayak and paddleboard tours and instructions on the South River. Located within Quiet Waters Park, just south of Downtown Annapolis. TwistedCreekPaddleboards.com, 443-212-8978.



Water Trails

ANACOSTIA WATER TRAIL: This water trail was mapped in 2014 along the Anacostia River through Bladensburg and into Washington, D.C. This nine-mile stretch has many entrance points. For a full map, visit AnacostiaWatertrail.org.

BLACKWATER WILDLIFE REFUGE: In Cambridge, Blackwater Wildlife Refuge offers three different canoe trails within the Blackwater River. Blackwater Adventures is also located in the middle of the Refuge to make renting easy and convenient.

CORSICA RIVER WATER TRAILS: The Corsica River is located near Centreville. The 8-mile waterway allows paddling adventures and explorations throughout Queen Anne's County and under the Route 304 bridge. Running parallel to the water trail is a land trail that winds through Millstream Park.

QUIET WATERS PARK: Quiet Waters in Annapolis has water access into South River for canoe, kayaks, and boat ramps. They do not have a set water trail, but is in the same place as Twisted Creek Paddlesports for convenience.

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*Funds raised to date throughout the COVID-19 State of Emergency Annual Operating Funds needed are \$500,000.



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5 Trails to Find Happiness

Hit the trail and make a discovery this summer! There are many, many walking and hiking trails throughout the Eastern Shore that put you in the middle of nature. It feels great to get outside, and even better to walk on a trail with no one around. This list may help you find a new “go-to” place to explore. Grab your water bottle, put on sunscreen, pack a picnic for when you finish, and prepare to have fun. Remember to keep social distancing rules with other hikers, and to keep your dogs on a leash.



2. EASTERN NECK WILDLIFE REFUGE

This wildlife refuge in Kent County offers many trails, including Duck Inn Trail, Bayview Butterfly Loop, and the Tubby Cove Boardwalk. They're all nestled on a peninsula between the Chester River and Chesapeake Bay. This refuge is home to over 240 species of birds, 18 species of mammals, and hundreds of butterflies, as well as visiting tundra swans in the winter. Be sure to keep your eyes open for bald eagles and more while you fish, hunt, or walk along the trails.



Terapia Nature Park, Photo by Elizabeth Murphy

1. HERRING CREEK NATURE PARK

Spend a beautiful summer day at Herring Creek Nature Park in West Ocean City this summer. If you need an activity to enjoy off the beach, head over to this park to enjoy bird watching stations, hiking trails, and a pavilion for picnics in Worcester County. The trail at this park is short and flat, perfect for new hikers!



3. FERRY POINT TRAIL

Jump on this 2-mile walk along the Chester River. This stroller-friendly trail is great for bird watching and open for hikers of all levels. Two-thirds of the trail are clearly marked and include a boardwalk while the rest takes you on a stroll along the beach.

4. TERRAPIN NATURE PARK

Explore several types of terrain with the 3.25-mile trail through wetlands, tidal ponds, wildflower meadows, the beach, and more. There is a wheelchair accessible boardwalk along the beach for a breathtaking view of the Chesapeake Bay Bridge. This trail is made up of oyster chaff and provides a unique view of wildlife and the bay.

5. CROSS ISLAND TRAIL

This 6.5-mile trail takes you from Terrapin Nature Area to Kent Narrows. Along the way, you will be able to access libraries, schools, fields, and, of course, the water. This paved trail also makes for a perfect outing on your bike.

Have you blazed a new path recently? Share your favorite walking and hiking trails with the What's Up? Media community online at Facebook, Instagram, and Twitter; just search for "WhatsUpMags" to share your stories and photos with our readers!

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TOWNE SALUTE

Chris Walsh

Freedom Rowers

By Lisa A. Lewis

Since he is passionate about rowing, Chris Walsh is always seeking new opportunities to immerse himself in the sport. So when he met Chris Gill, executive director and coach of Freedom Rowers, at an event in Maryland in August 2015, he was definitely interested in the organization and excited about the possibilities. As fellow rowers, they immediately made a connection, and Walsh knew that he wanted to become involved. Unfortunately, he lived in Arlington, Virginia, so he was unable to make a commitment. But like many circumstances in life, timing is everything, and Walsh was hopeful that he would be able to explore the opportunity in the future.

“My wife, Meg, and I had purchased a home outside of Oxford in 2005, and we were planning to relocate,” Walsh says. “My parents moved to Easton in the 1970s, so I was

familiar with the area. When I met Chris, I explained my current situation and told her that I would contact her when we had settled into our new home. And that’s how my involvement with Freedom Rowers began. I’ve been an active volunteer since 2016. I also joined the board of directors in January 2017 and have served as president since January 2019. Freedom Rowers is a great organization, and I’m proud to be a part of it.”

Established in 2006 and based in Easton, Freedom Rowers is a competitive rowing program with no school affiliation that is open to students aged 13–18 in Talbot, Caroline, Dorchester, and Queen Anne’s counties. The organization offers two seasons per year: spring (March through May) and fall (September through November).

An avid rower whose involvement in the sport spans 48 years, Walsh is a devoted volunteer who works tirelessly to support Freedom Rowers. Although he loves watching the team, he is not involved with coaching. Instead, he works behind the scenes in an effort to secure long-term sustainability. Some of his primary responsibilities include managing the organization’s finances and online platforms, building upon existing partnerships, reaching out to the community for support, and exploring opportunities for growth.

“Chris is also a rower at heart and understands the importance of our mission, which offers kids the opportunity to grow through a sport that is an alternative to the traditional ball sports.”

“Chris is a terrific addition to our dedicated board of directors and came on-board at a time when we were transitioning to an organization that is now utilizing all manner of on-line platforms,” Gill says. “With his professional knowledge, we are better able to track our financial health and growth for the future. Chris is also a rower at heart and understands the importance of our mission, which offers kids the opportunity to grow through a sport that is an alternative to the traditional ball sports. He has seen firsthand how rowing has changed the lives of many of our team members, and this motivates him to push for our continued success by building a board that connects with the community and improves our visibility.”

Indeed, Walsh’s hard work and dedication greatly contribute to Freedom Rowers’ success. By maintaining solid partnerships with Ev-

ergreen Cove Holistic Learning Center, which serves as the team's headquarters and offers water access on the Tred Avon River, and the YMCA, which the team utilizes as a meeting space, he ensures that the organization has a stable base of operations. Walsh also secures funding for the team's needs and generates community support. As a nonprofit organization, Freedom Rowers relies solely on donations and program fees.

Like any organization, Freedom Rowers constantly strives to improve and grow, and Walsh believes

that it is important to look toward the future. He would like to make an impact—not just on a day-to-day basis but on the next generation of rowers—and leave a lasting legacy. In fact, when Walsh thinks about the future of the organization, he feels a sense of exhilaration. Success stories can emerge from humble beginnings. Walsh is proud to see a small team of about 40 rowers on a tight budget strive to reach great heights, and he looks forward to building upon the tradition of excellence that was established nearly 15 years ago.

“There are no bad days on the water,” Walsh says. “It’s wonderful to see the color of the sky or watch an osprey diving in the water. I often say ‘there’s more to life than rowing but not much.’ And I truly believe that. It’s not just a sport; it’s a way of life.”

At the time of writing, Freedom Rowers had cancelled the spring season in response to the coronavirus pandemic. Gill and the board of directors are closely monitoring the situation in accordance with national, state, and local guidelines. They hope that

the team can compete in the fall season, but they realize that the situation is uncertain. For the latest updates, visit freedomrowers.org and follow the organization on Facebook and Instagram.

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



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EASTON RESIDENT CELEBRATES 101ST BIRTHDAY

Helen Crow of Easton recently celebrated her 101st birthday at The Dixon House in the midst of social distancing due to COVID-19. Staff at The Dixon House decorated the screened-in porch so that she could stand and see her family members at a distance who delivered candy and flowers for the celebration.



↑ Auxiliary of Memorial Hospital at Easton Supports Healthcare Workers

Members of the Auxiliary of Memorial Hospital at Easton have donated "Health Care Heroes" banners for display outside University of Maryland Shore Medical Center at Easton, and the Clark Comprehensive Breast Center and Diagnostic & Imaging Center. Due to the COVID-19 pandemic, Auxiliary volunteers have been on hiatus since mid-March, said Liz Hannegan, president of the Auxiliary, and members were looking for a way to continue to support the hospital in a time of stay-at-home orders and social distancing. "We are deeply grateful to the Auxiliary for this generous gift that will bring encouragement and cheer to our health care team. I look forward to the day that we can welcome back our volunteers, as they are an integral part of our care team," said Ken Kozel, president and CEO of UM Shore Regional Health.

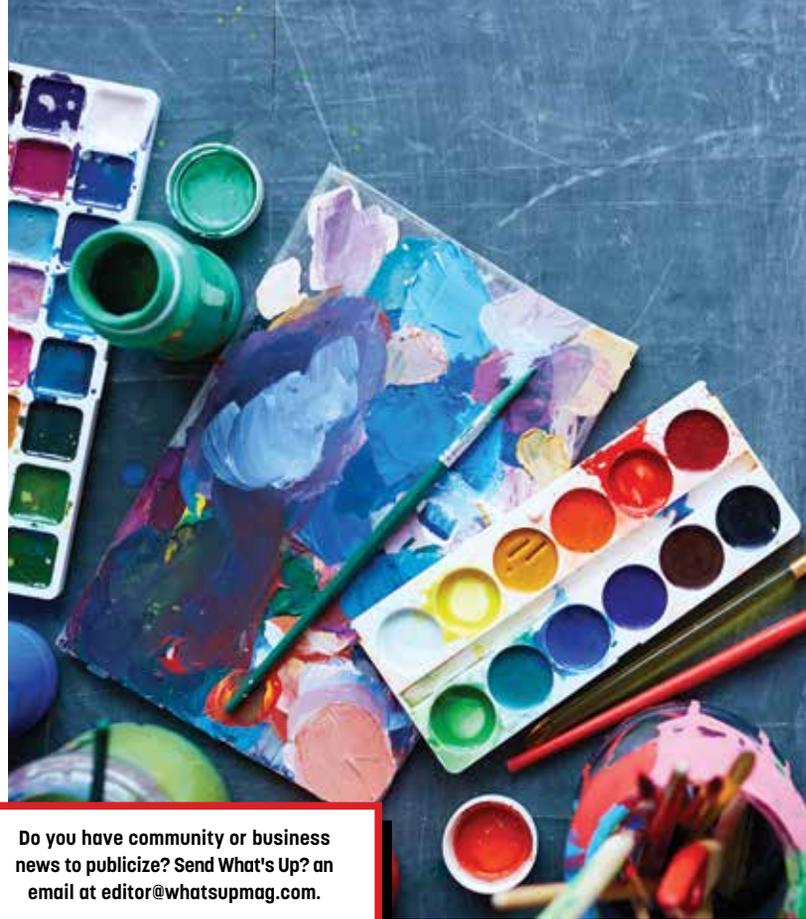


← TCPS ANNOUNCES 2020-2021 TEACHER AND SUPPORT STAFF OF THE YEAR

Talbot County Public Schools announced the 2020-2021 Teacher of the Year and Support Staff of the Year with a surprise drive-by celebration at the home of each winner. The Teacher and Support Staff of the Year Program recognizes outstanding educators who have innovative ideas, focus positive attention on education, and demonstrate superior commitment to students. The Teacher of the Year is David Cherry, who currently teaches Algebra II and Precalculus at Easton High School. And Tasha Aikens has been chosen as the Support Staff of the Year. Aikens has been a Special Education Instructional Assistant for Talbot County Public Schools since 2002, with the past five years being at Easton High School. A passionate and dedicated educator, she provides support to both the classroom teacher and case manager in classrooms and self-contained settings. Congratulations!

MSAC Awards \$1 Million to Arts Organizations and Independent Artists

The Maryland State Arts Council (MSAC), an agency of the Maryland Department of Commerce, announced awards totaling \$1 million dollars to support arts organizations and independent artists across the state during the COVID-19 global pandemic. The funding will help adjust to losses sustained because of modified or cancelled programming and/or operations. MSAC received 155 eligible requests totaling \$2.6 million by the May 1 deadline. Based on staff evaluation of applications against a rubric that considered the needs of the artist or organization relative to the available funding, the Council approved grants for 64 arts organizations totaling \$869,318 and 61 independent artists totaling \$128,682. For a full list of grantees, visit msac.org/grants-awarded.



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TOWNE ATHLETE

Ryan O'Connor

Easton High School
Football, Basketball, Baseball

By Tom Worgo

It didn't take long for Easton High School senior Ryan O'Connor to realize he was a hot commodity after his stellar 2019 football season ended. The phone starting ringing a lot and he received several letters. Fifteen schools—including Brown, Princeton, and Yale Universities—aggressively recruited the quarterback.

O'Connor, who carries a 4.125 grade-point average, is enjoying all of the attention. "It's been really fun to talk to different schools and hear what they think about me," he says. "I definitely want to play somewhere on a big stage and where the fans are really excited about the team."

The 6-foot-3-inch, 190-pound O'Connor is especially intrigued by the Ivy League schools. "I haven't always had a goal at playing at an Ivy League school," he says. "But my uncle (Tom Catena) played at Brown. That's something I have always thought about because I would get a first-class education, and I would be able to play Division I football. That would be an amazing opportunity."

O'Connor enjoys talking to all the football coaches and learning how he would fit in with their program. He also has a particular interest in James Madison University and William Jewel College in North Carolina, as well.

"The whole process has been exciting," he says. "I just want to see what I like and what the schools offer. I want to have that cemented in my head before I make any decisions. It's finding the right fit for me."

The 17-year-old O'Connor plans to commit to a school in the fall. He will soon be gearing up for basketball season after that. Then baseball would follow. "Playing sports in high school is something I will never be able to get back," he says. "I wouldn't trade it for the world. If you told me four years ago, I would have to concentrate on one sport, I would have never done it. I

"Playing sports in high school is something I will never be able to get back. I wouldn't trade it for the world."

like the culture, and the town coming out for the games. I like the atmosphere each game brings."

O'Connor will continue to garner the most attention in football. The Bayside Conference named him its Offensive Player of the Year last season after he threw for 28 touchdown passes and 2,336 yards while rushing for six scores.

He had some eye-catching games. O'Connor passed for five touchdowns and 273 yards and rushed for 85 yards in a rout of Wicomico and threw for 284 yards and three scores while running for two touchdowns in 40-34 overtime win over Cambridge-South Dorchester.

"He has the potential to be a big-time quarterback," Easton Offensive Coordinator Matt Griffin says of O'Connor, who threw for 24 touchdowns and 2,227 yards in 2018. "He is a playmaker and finds a way to make plays when things go south. He has all the tools. He is a very smart player, has strong arm and good legs and size."

O'Connor is pretty good in his other sports. The baseball shortstop batted .333, drove in 15 runs and clubbed a team-leading six doubles as a sophomore.

On the basketball court, he earned a spot on the varsity last winter after two solid seasons on the jayvee. The small forward/shooting guard scored a season-high 18 points—including sinking four three pointers in 53-41 triumph over Colonel Richardson.

O'Connor also likes to stay active off-the-field. He served as SGA president as both a sophomore and junior, is a member of the National Honor Society, worked as a leader in the Fellowship of Christian Athletes, and led a student mission trip last year to Greensboro, North Carolina, for the Saints Peter and Paul Roman Catholic Church in Easton.

“He takes everything he does very seriously,” Griffin says. “He is a smart kid in the classroom and I think he scored 1,250 on the SATs. I think he can go to an Ivy League school.”

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

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Edith Houghton Hooker organized the Just Government League (JGL) in 1909 in Baltimore, and published the *Maryland Suffrage News*, a weekly newspaper covering the suffrage movement in the state.



Maryland Women's Quest for Vote and Voice

Organizing, lobbying, demonstrations, jail: Maryland suffragists' persistent, long march to 19th Amendment ratification

By Desiree Smith-Daughety

Maryland can trace its women's suffrage history back to the Colonial era. Margaret Brent, a British colonist who resided in St. Mary's City, was the first woman in Maryland to receive a land grant. Governor Leonard Calvert made her executor of his estate, and she served as Lord Baltimore's attorney. In 1648, Brent appeared before the Maryland General Assembly in St. Mary's City, petitioning for the right to vote in its proceedings. The General Assembly recorded that she "requested to have vote in the house for herself and voice also..." Brent based her claim on being a landowner, and as such, she should enjoy the same right as any male landowner who could vote. Though her petition was denied, Brent's bold request gave Maryland credit for the suffrage movement's beginnings in what would become the United States.

The Years Leading to the 19th Amendment

Brent's opening salvo for suffrage faded into silence for more than two centuries. While women's suffrage activism was not prevalent prior to the Civil War, Maryland was the first state in which a local group, the Maryland Equal Rights Society, was established. Organized by Lavinia Dundore in 1867, the Society pushed to expand an encompassing range of rights, including universal voting rights. The group, comprised of white and black men and women, reached its peak in 1872 when its convention was attended by nationally prominent suffrage activists. The Society disbanded in 1874, possibly disheartened after years of opposition with no traction achieved. Future suffrage groups divided along racial lines but engaged in mostly parallel activism—an ironic contradiction to trailblazing activist Susan B. Anthony's abolitionist and civil rights' beliefs.

Caroline Hallowell Miller of Sandy Spring breathed life back into the state's movement in 1889 by establishing and serving as president for the Maryland Woman Suffrage Association (MWSA). She coordinated efforts with the National American Woman Suffrage Association (NAWSA), sending state delegates to the national association's conventions. The Baltimore Suffrage Club was organized in 1894, and Emma Maddox Funck, elected its president in 1897, was also elected MWSA's president in 1904. Funck served in both roles until the 19th Amendment was passed in 1920, after which she helped launch the Maryland Federation of Republican Women in 1921—a group still active today.

The 20th century saw an upsurge in suffrage activism with the emergence of new organizations. These groups held meetings and events throughout the state—including entering a suffrage-themed boat in a local regatta near Annapolis—to bring attention to their quest for voting rights. In addition, their members joined and enlarged NAWSA's ranks. In 1906, NAWSA held one of its annual conventions in Baltimore at the Lyric Theater, which was attended by national suffrage icons, including

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VOL. XXII NO. 2

BALTIMORE, SATURDAY, SEPTEMBER 6, 1913.

PRICE THREE CENTS

The *Baltimore Afro-American* newspaper printed news on women's suffrage from the African-American perspective. The newspaper is still in operation today. It is the longest-running African-American family-owned newspaper in the United States, established in 1892 by John H. Murphy, Sr.

Susan B. Anthony, who delivered a speech in one of her last public appearances, Clara Barton, and Julia Ward Howe.

Edith Houghton Hooker, who was one of the first women accepted into the Johns Hopkins University Medical School, organized the Just Government League (JGL) in 1909 in Baltimore. She served as JGL's president and affiliated the group with the NAWSA. In 1912 Hooker launched the *Maryland Suffrage News*, a weekly newspaper for the JGL that promoted suffrage activities in the state that wider-circulation newspapers would likely overlook. Each issue featured this dedication:

To the poor women without homes, to the little toilers who should be in the schools and playgrounds, to the white slaves in their tragic bondage, and to the children who die, these pages are dedicated! May every woman who is not too idle to have a thought, or too vain to have a soul, or too rich in gold to have a heart, join in the great struggle for women's freedom! Purity, Liberty, Justice—these we must work for!

An issue dated December 26, 1914, showcases a front-page cartoon titled, "The Crystal Gazer." A young child with angel wings, seated in a tall-backed chair, peers into a crystal ball on the table before him. A small group, comprised of several women and one man, stand gathered in expectation around the table. The man wears a sash across his body with "Men's League" printed on it, representing the Men's League for Women's Suffrage. The four women display sashes representing various Maryland-based suffrage organizations. The child holds a sign with what the crystal ball has revealed: "I see a long step ahead together toward Votes for Women in 1916." The article featured on the front page is a plea for suffragists to contact their Maryland

Congressional representatives and urge them to cast their votes for the Bristow-Mondell Federal Suffrage Amendment, also known as the Susan B. Anthony Amendment. Passage of this amendment would have given women voting rights via Congressional action rather than wait as the states drag their legislative legs in passing state suffrage laws.

JGL chapters spread throughout Maryland, growing to 17,000 members by 1915. Hooker later became editor of the National Woman's Party's publication, *The Suffragist*, and president of the Maryland Suffrage Party of Baltimore.

Meetings, demonstrations, events, and speeches continued to be the hallmark of suffrage activism across the state, but success remained elusive. In 1910 the Maryland General Assembly defeated a suffrage bill. Suffragists almost tasted victory in 1916 when the Maryland Senate passed another suffrage bill, but defeat was served instead when the bill died in the Maryland House of Delegates. A shift in focus had already begun, with hope and efforts put toward the potential for a constitutional amendment.

Maryland's proximity to the nation's capital provided ample opportunity for local suffragists to meet with those traveling to Washington, D.C. National delegates often made a stop at the JGL's Baltimore office. Maryland suffragists sent a delegation to the 1913 Woman Suffrage Procession—the "Army of the Hudson"—led by "General" Rosalie Jones. The procession, en route from New York City to D.C., hiked through Maryland with stops in Baltimore and Laurel in the wintry cold of February. The purpose of their long winter trek was to deliver a petition to Woodrow Wilson prior to his presidential inauguration.

In July 1913, delegations from multiple states traveled to Washington, D.C. Their mission was to deliver 75,000 signed petitions to U.S. Senators who were considering a constitutional amendment for suffrage. Prior to entering D.C., the suffragists held a rally just across the D.C. line in Hyattsville. From there, a banner-laden parade of over 60 cars traveled along Rhode Island Avenue and into D.C. to accomplish their purpose.

Edna Latimer of the JGL led suffrage hikers on local trips around the state in a bid to gain support and publicity. One hike in 1914 began with a train ride from Baltimore to Cumberland, where the group disembarked and hiked to Frostburg. Their trek spanned Allegany County and west into Garrett County. The novelty of the women's 125-mile hike drew fanfare, as did the twenty-one speeches delivered along the way. The result was 820 new JGL members. Another hike in 1915, the Margaret Brent Pilgrimage, took the JGL suffragists south to St. Mary's City, with more new members added to the JGL's roster.

During the 19th Amendment's Ratification Period

Maryland suffragists continued to push for voting rights, despite several measures being shot down in the state legislature. Meanwhile, a couple of Maryland towns offered limited suffrage. Annapolis allowed voting in bond elections as early as 1900, starting with a ballot question on infrastructure improvement. In Still Pond, a town in Kent County, women who were taxpayers were permitted to vote in the local election in 1908—12 years before the 19th Amendment's ratification. Fourteen women were registered, two of whom were African American, and three of whom cast their ballot. Still Pond later repealed the rule that allowed women voting rights.

By 1917, suffragists all over were frustrated at the lack of progress in moving the rights' needle. A suffrage picket—the “Silent Sentinels”—was organized in front of the White House, which lasted from January 1917 until the passage of the 19th Amendment over two years later. With Maryland being just over the D.C. line, many Maryland suffragists took part in the picket demonstrations.

These picket demonstrations didn't draw the type of support the suffragists hoped for, in large part due to the demonstrators tying the fight for democracy in World War I with women in the U.S. not having full access to democratic rights—such as voting. Mobs counter-protested, often destroying pro-suffrage banners. This heightened animosity drew the police, leading to picketers being arrested and jailed. Lucy Branham from Baltimore was frequently arrested for her suffrage demonstration participation and served time in both a jail and in the Occoquan Workhouse in Virginia.

Though unable to use votes as a means for registering their position on matters, suffragists did apply what pressure they could to impact politics. *Maryland Suffrage News* urged state suffragists to press for the defeat of a candidate who had voted against ratification, carrying this headline in the April 17, 1920 issue: “Defeat Mish for Congress. Former legislator from Washington County who repudiated signature to suffrage petition by voting against ratification of the federal suffrage amendment, comes out as a candidate for Congress from the Sixth District.”

After years of suffragists' activism, Congress passed the 19th Amendment on June 4, 1920. The amendment required 36 state votes to become law, which was accomplished on August 18, 1920. Maryland did not vote to ratify, so Maryland's suffragists gathered 125,000 signatures and lobbied for Maryland legislators



Emma Maddox Funck was elected president of the Baltimore Suffrage Club in 1897, and elected MWSA's president in 1904, serving in both roles until the 19th Amendment was passed in 1920.

Theater meeting in Washington, D.C., to demand the Susan B. Anthony amendment for the enfranchisement of women, ca. 1910.



to do so. But on February 20, 1920, they voted against ratification. Maryland's Senate tallied nine votes in favor and 18 against. In Maryland's House of Delegates, the vote was 36 in favor and 64 against. Maryland legislators' stance was that voting fell under states' rights and viewed the amendment as Congressional overreach of federal power. In their Joint Resolution to reject ratification, Maryland legislators stated:

"Be it resolved by the General Assembly of Maryland, that we deny that Congress has any lawful right or power to propose such an amendment to the Constitution of the United States; we deny that the Legislatures of three-fourths of the States have any lawful right or power to adopt such an amendment; and we deny that such an amendment would be validly a part of the Constitution of the United States if thus adopted ... Further, the legislators emphasized it was "the right of a State to determine for itself by the vote of its own people, who shall vote at its own State, county and municipal elections..."

Maryland's suffragists still faced a long game. Legislators' (and others') fears were two-fold. Women's suffrage was viewed as a dual challenge to long-established norms: women entering a nontraditional arena that had long been reserved for men, and the fact that suffrage would allow black women to vote.

The state's legislators were not the only ones who contested a woman's right to vote. A contingent of women was also in opposition. Cornelia Gibbs, in a letter dated July 8, 1919 to Albert Ritchie, Maryland's Attorney General, wrote:

"...We urge that you oppose the ratification of the 19th Amendment. The noisy element which is advocating Women Suffrage is in reality a small minority which disregards the great fundamental truth that the family is the real foundation of society and that it is not by duplication of effort but by co-operation that men and women make real progress." Cornelia Gibbs was President of the Maryland Association Opposed to Woman Suffrage.

Arrival in Washington in March 1913 of Rosalie Jones' band of pilgrims on their trip from New York to the National Capitol to ask President Wilson to give his support to the national woman suffrage amendment.





Maryland After the 19th Amendment's Passage

Maryland's suffragists did not return home after the amendment passed. Efforts moved from obtaining voting rights to preparing for participation in political life. Voter registration and education initiatives were launched. Many women joined the League of Women Voters, formerly the NAWSA, established in October 1920. Lavinia Engle, who took a break from being a traveling organizer for the suffragist movement and went to set up a field hospital in Europe during World War I, later became Executive Director of the Maryland League of Women Voters. She became the Maryland General Assembly's first elected female delegate from Montgomery County.

Baltimore neighbors Augusta Chissell and Margaret Hawkins held meetings in their homes and served in leadership roles for the Progressive Women's Suffrage Club. This organization was founded in 1915 by Estelle Young to promote African American women getting the right to vote. In 1920, Chissell wrote a regular column, "A Primer for Women Voters," for the newspaper *Baltimore Afro-American*. Readers mailed in questions about their new voting rights, which

Chissell answered in the column. The Club also offered weekly citizenship meetings.

Opposition to women's suffrage continued. Lawyer Oscar Leser of Baltimore sued to challenge women's suffrage and the 19th Amendment's validity. The case made it to the U.S. Supreme Court but was defeated.

After the 19th Amendment's passage, another twenty-one years went by before Maryland suffragists' local efforts were finally and fully rewarded. Through a Joint Resolution of the General Assembly of Maryland, legislators ratified the 19th Amendment on March 29, 1941, and the vote was certified on February 25, 1958.

The Department of Planning Maryland Historical Trust has documented over 50 historic sites in the state that are connected to Maryland suffragists' efforts. These sites will be eligible for nomination to the National Register of Historic Places—homage to the determination and fortitude of the state's role in women's suffrage.

"General" Rosalie Jones leads one of her many marches for women's suffrage.

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

yearofthewoman.net

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will be anonymous, but do have your state license number handy to access the nomination form. The license number is required to verify and qualify each nomination form. Only one nomination form may be entered by each person. There are 15 categories/specialties on each nomination form. You may nominate up to two nurses per category; one nurse practicing within Anne Arundel and Prince George Counties, and another nurse on the Eastern Shore.

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Those earning Excellence in Nursing honors will be notified in early fall and the results will be published in the November issues of *What's Up? Annapolis*, *What's Up? Eastern Shore*, and *What's Up? West County*, in addition to the online platform and social media channels of What's Up? Media.

If you have any questions about the process, please contact our Editorial Director at editor@whatsupmag.com.

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**26H Queen Anne Way
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CHUCK MANGOLD JR.

Chuck has been a Talbot County resident since the age of eight. He attended Saints Peter & Paul elementary & high schools before receiving an associate degree from Chesapeake College. He later attended Loyola College in Baltimore. Chuck joined Benson & Mangold in 2001 after a 13-year career in the retail automobile business as a salesman, finance manager, & various management positions at one of our local automobile dealerships. Chuck is on the Board of Directors for several organizations, including the Academy Art Museum. He has also served as a past board member of Habitat Choptank, The Country School, & the Talbot County Chamber of Commerce Mid Shore Board of Realtors.

Chuck, his wife of over twenty years, Lauren, & their three sons Charlie, Robbie, & Peter reside in Easton. Chuck enjoys spending time with his family, boating and fishing.

Chuck Mangold Jr.

Associate Broker

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Review from www.zillow.com

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Chris Rosendale has real estate in his genes, so it's no wonder his brokerage has met with such success in only four short years in business! Following in the footsteps of his grandmother, Mary Lou Rosendale Pierson, Chris set out to found his business on the principals he learned to value from a very young age: dedication to premier customer service, positive contributions to the community, and honest work. These pillars have allowed Chris, and CR Realty, to deliver the results clients can't help but talk about - referrals and repeat clients abound at CR Realty!

Chris attended Queen Anne's County Public Schools from Kindergarten through graduation at Queen Anne's County High School. After spending time in the work force, Chris earned his Real Estate license and has been assisting local residents with buying and selling their homes for the last 14 years. He is a champion of small local business and close community ties. Chris has served on various local boards and fundraising efforts, including the Queen Anne's County United Way.

Chris chooses Centreville as his business location, his residence, and his family's anchor. He knows Queen Anne's County and the real estate market inside and out - so 'When Standing Out Matters,' be sure Chris is the first call you make!

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JENNIFER CHANEY

Chaney Homes



Q: **How has the pandemic affected your business?**

A: Suddenly it became obvious that our market was going to become a favorite of buyers who wanted alternatives to homes in dense populations. While we saw this surge come from our usual buyer pool of Northern VA,

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Benson & Mangold Real Estate



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ERIC WALKER

Executive Director of Sales and Marketing
Queenstown Landing Assisted Living & Memory Care



Q: **What is one of the most important things to consider when listing your home with a realtor?**

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CHRIS ROSENDALE

CR Realty



Q: **Do you have a license, insurance and how long will the job take?**

A: I have a Maryland Home Improvement Commission License (MHIC) for renovation and a Maryland state license for commercial work. We work closely with local contractors such as

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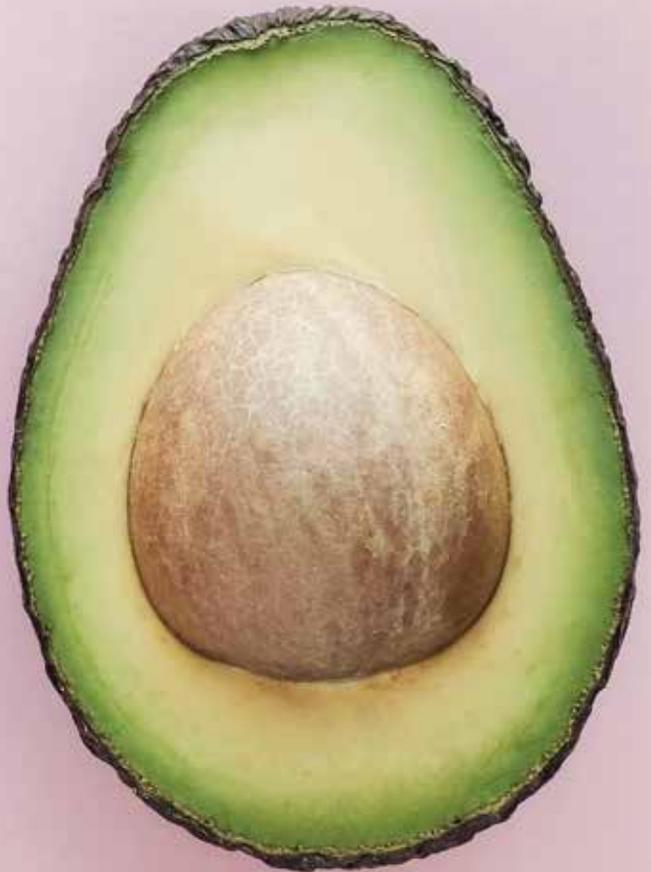
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GLENN SUTTON

TTR Sotheby's International Realty



Food Trends

BEFORE, DURING, AND AFTER

the Pandemic

When culinary experts predicted top fads for 2020, they had no idea what kind of shake-up was in store

BY KELSEY CASSELBURY

The year 2020 is likely to be forever divided into two categories: before and after. That is, of course, before and after the COVID-19 pandemic changed the way people live. Even now, as Maryland and the rest of the country continue to emerge from the isolated lives that social distancing required, nobody can be sure of when—or even *if*—things will return to the way they used to be.

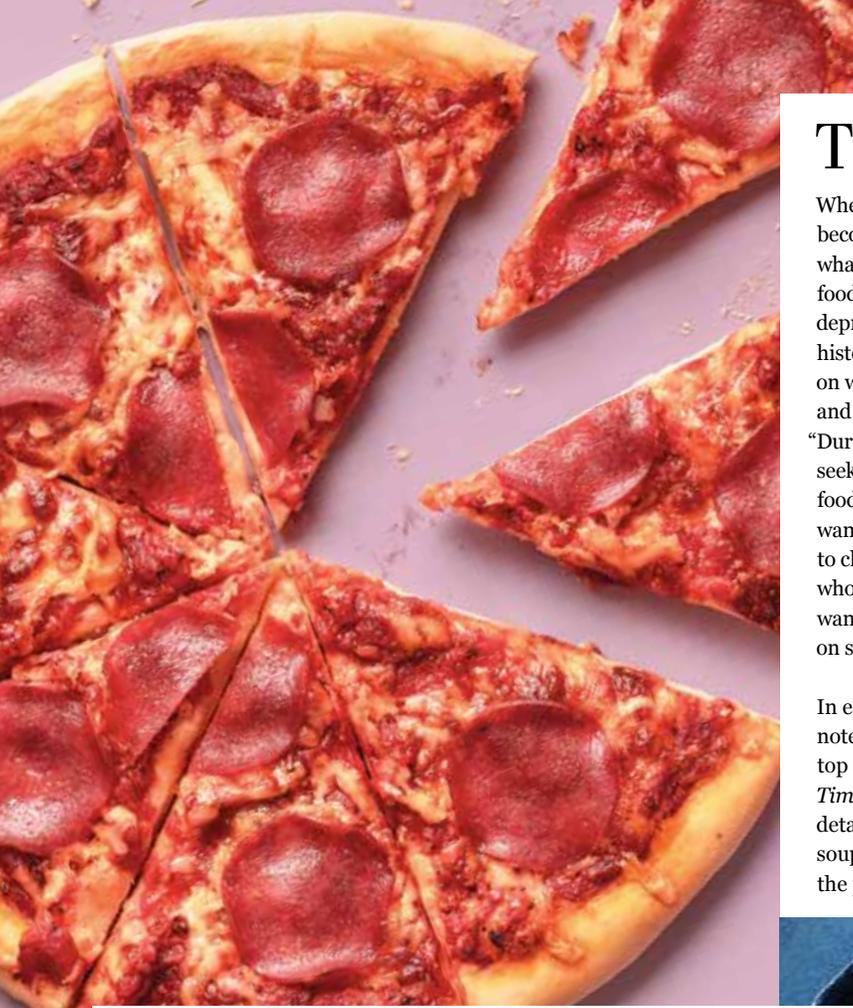
That includes how people eat. Every year, culinary experts predict what will be hot in food, but not a single expert could have predicted what would happen this past spring. While some food trends held strong throughout the pandemic, others didn't quite get the traction that forecasters predicted, though they could come back around as life returns to somewhat normal. Some trends weren't even on the radar, but were born out of necessity as grocery store shelves turned up empty, restaurants closed, and home-cooking once again became priority.

"It will certainly be interesting to see what happens in the year and years ahead," says Mike Kostyo, a trendologist—yes, that's his *real* job title—for food trend-tracking company Datassential. "...But there are few reasons to believe that things will bounce back, and that the trends we were tracking before COVID-19

will still be important. For one, consumers want things to return back to normal, so they have a vested stake in making that happen. According to our research, the number one food or drink experience they want to have when things open back up is dining at a full-service restaurant, and the reason they give for choosing that is that they 'need to feel normal again.'"

However, you can't ignore that delivery and curbside pickup became the name of the game for restaurants in 2020. "Delivery was already growing so quickly before this happened, so now expect it just to become a fact of life, particularly because so many people who had never tried it before are now comfortable with it," Kostyo predicts, though he expects to see a shift in *how* people will order. "Overall, they'll continue to use and rely on delivery and curbside pick-up apps. There is a real love-hate, or even hate-hate, relationship between restaurant operators and delivery apps, though, so there could be some shake-ups in the future."

Beyond restaurant delivery, let's take a look at what food trends persisted through the pandemic, what rose in popularity unexpectedly, and what previously predicted trends might still come back around in the latter half of the year.



The Year of Comfort Food

When the world around you becomes uncertain, you reach for what's known—and that's comfort food. "A likely recession or even depression is one factor that has historically had a major impact on what consumers are buying and eating," Kostyo comments. "During recessions, we typically seek out affordable comfort foods. When times are tough, you want to be comforted, you want to choose things you know your whole family will like, you don't want to take a monetary chance on something new and unproven."

In early and mid-March, Kostyo notes that pizza was consumer's top food choice. A *New York Times* article from early April detailed that sales of Campbell's soup had soared 59 percent in the past month and Pepperidge

Farm Goldfish crackers sales jumped nearly 23 percent.

During the pandemic, Odenton resident Laura Foster says she was making recipes that take longer, such as homemade stock, chicken and dumplings, and soups and stews from dried beans. "Recipes from my mom and grandmother that combine pantry items with fresh and frozen, so we didn't use up everything fresh and end up with 'sad' meals," she recalls.

Foster says that she's always used cooking to de-stress, but it was especially important during the uncertain times that COVID-19 brought to the world. "There was definitely comfort. It's something I can do. It was a helpless time, but I could feed our family," says the mother of 3-year-old twins.



Plant-Based Foods Slow but Still Thrive

In the past couple years, consumers have had an increasing amount of meat-free options from which to choose—and they were definitely choosing them. The National Restaurant Association named plant-based proteins as one of the top three trends for 2020 in its annual "What's Hot Culinary Forecast."

"More and more plant-based meat substitutes are coming onto the market, and they taste better than ever before," notes Bret Thorn, editor of *Nation's Restaurant News*. "On top of that, some of the new ones actually do have a better nutritional profile than meat, so that's promising."

However, Thorn believes that the trend—made even more popular by brands such as Impossible Foods, with its Impossible Burger made from soy and potato protein served at multiple restaurants—is transitional and will eventually be replaced by lab-grown meat in the next decade or so.

This year was really going to be a "proving ground" for plant-based foods, Kostyo says, as some consumers started to question their health benefits. The COVID-19 pandemic may have slowed the trend, but he doesn't think it's over.

"We saw pictures of consumers leaving many of these options on the shelf when the pandemic began, but part of that were simply the higher prices and the fact that they are still new for most consumers at a time when they wanted brands that they were familiar with," he says. When things go back to "normal," though, Kostyo believes that the popularity of plant-based foods will grow again. "The reasons that consumers chose them—namely, health and sustainability factors—haven't gone away," he adds, though he thinks price will continue to be an important factor until the economy bounces back.

Bread-Baking Is Back

Making your own bread takes time, and if there's anything that local residents found themselves with more of on their hands this year, it was certainly more time. During the spring months, the website Pinterest reported that searches for bread recipes—particularly those that didn't require yeast, which became a scarcity during the COVID-19 pandemic—rose by thousands of percentage points. This included yeastless bread recipes (up 4,400 percent), bread in the crockpot (increased by 3,195 percent), and sweet Amish bread (up 1,499 percent).

Annapolis resident Jennifer Martin, mother of three, is just one of those folks who found herself baking more than ever before. "I've always been a baker, but my

schedule after becoming a mother wasn't conducive to baking bread," she said during an interview in April. "More than anything, however, I have time to bake."

During her family's time spent at home, she practiced making breads that they ate when stationed overseas—her husband is in the U.S. Marine Corps. "My favorite bread to make right now is French bread because we lived near the French border for three years," she explained.

"My next baking attempt will be German Sonnenbluem rolls—that is dense, dark bread made with sunflower seeds...those breads remind my family of places we lived overseas, and now I have time to practice making them myself."



Hard Seltzer Skyrockets

As soda consumption has declined, the seltzer/sparkling water industry has enjoyed growth—so it makes sense that alcohol companies would cash in on that trend. "Hard seltzer came out of nowhere, and it looks like it's here to stay a while," Thorn comments. "I understand its appeal. It's the drink equivalent of music with a good beat that you can dance to."

The industry is lead by White Claw, but big brand names have gotten in on the action with brands such as Bon & Viv and Bud Light Seltzer (both owned by Anheuser-Busch InBev), Corona Seltzer (owned by Constellation brands), and Truly Hard Seltzer (owned by Boston Beer Company).

The industry's sales grew roughly 200 percent over the past year, according to Nielsen data. This might be thanks to Millennials, who prefer lower-calorie alcoholic beverages, notes market research company EFT Trends.

Annapolitan Heather McGrath first tried hard seltzer on vacation in 2019 and fell in love. "Light, refreshing, and easy," she says. "Pop the can, and you have the perfect poolside drink—or to survive the 'Corona-cation.'"

The drinks' lower-calorie, lower-sugar nutritional profile is a benefit to McGrath, too. "I like knowing how many calories I'm drinking versus guessing with cocktails," she adds.



Fermentation at Home

Fermented foods, such as kimchi and sauerkraut, certainly aren't anything new—the food-processing method has been around for thousands of years—but they've come back in a big way. Food history expert Dr. Julia Skinner, whose company Root offers online courses in the topic, says that sales of those self-paced classes increased 200 percent over the first few weeks of the COVID-19 pandemic.

“Many people are fermenting for the first time (e.g. all of the interest in sourdough starters!) but are also branching out into

new ferments that they haven't tried before. For example, folks who have mostly made lacto-fermented foods like sauerkraut are venturing into the world of koji,” Skinner says.

This trend wasn't totally pandemic-driven; there was interest in the early part of the year, too. However, “I think the pandemic accelerated that interest and will also make our collective interest in ferments more enduring,” she adds. “Instead of being a trend, it will become a practice, as more of us incorporate it into our lives long-term.”



The Trends Before and—Maybe—After

What about the trends that culinary experts predicted for the year at the end of 2019? Before anyone knew that restaurants would be forced to convert to takeout and delivery for months and consumers would turn to home-cooking more than ever? Here are three more trends that started to take hold and, as life returns to normal, may be back in the spotlight once again:

Oat milk. If you've been in a coffee shop over the past year, you may have noticed an addition to the roster of creamers available for your cuppa' joe: oat milk. It's part of the plant-based food trend—more and more people are choosing to skip dairy milk—and an allergen-free option for those who have problems with nuts and soy. Retail sales of oat milk grew to \$29 million in 2019, up from just \$4.4 million in 2017, indicating that this creamy beverage may be here to stay.



Zero-waste cooking. Restaurants and consumers alike have gotten more and more eco-conscious over the years, prioritizing sustainability and less packaging. Now it's about making sure food scraps don't go to waste—an important venture, given that restaurants generate approximately 11.4 million tons of food waste each year in the U.S., according to ReFed. Zero-waste cooking focuses on transforming food scraps, damaged, or “ugly,” produce and leftovers into viable ingredients for dishes. You may have heard of “root-to-stem” cooking, which refers to utilizing an entire vegetable rather than throwing part of it away. This might mean using carrot tops to make pesto or repurposing coffee grinds into homemade ice cream flavors.

Fried chicken sandwiches. “No one, least of all Popeye’s Louisiana Kitchen, expected the runaway success of their chicken sandwich, which resulted in a spate of other fried chicken sandwiches,” says Thorn of the fast food restaurant’s unanticipated hit of 2019 that spawned a trend that has lasted into 2020. “Obviously, fried chicken sandwiches aren’t new, but they’re proliferating.” Other restaurants got on board, debuting spicy sandwiches like Nashville Hot chicken and other varieties.

What’s on the horizon in culinary trends? Well, given the weirdness of 2020, it’s hard to say what consumers might start craving and chefs might start cooking. There’s one potential trend that Thorn is excited about, though: “vintage beef.”

“Normally, dairy cattle that are too old to produce milk are turned into hamburger, but some chefs and meat producers are, instead, requesting cuts of meat that are made into steak, like the sirloin and rib-eye, aging them, and serving them as they would any steak,” Thorn explains. “They taste different from typical [beef cattle] steak—a bit chewier and more gamey—but it gives people a chance to taste beef in a totally different way.”



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Welcome to Candlewood

RE-CREATING A CHERISHED FAMILY VACATION HOME

By Lisa J. Gotto | Photography by Liz Baker





Among Janet Pace's fond memories of growing up is one particular sound—the sound of a creaky screen door slamming. It originated from a special place, the home of her grandparents located near Candlewood Lake in Danbury, Connecticut.

“I just loved hanging there with my boy cousins; I was the only girl in our family. So I would know when they were going outside to play ball...I would hear the screen door slam,” she says.

While this and other memories associated with that home and the time spent there with family have always been precious, it was after her father's passing a few years ago that she started envisioning re-creating such a place, as a vacation home.

Janet and her husband, Andy, an attorney, live in Potomac, but have always loved the quaint Eastern Shore town of St. Michaels. It was here that they decided to put down vacation home roots when they discovered a property along the Miles River that they felt was just perfect for building their homage to her father, and reminiscent of her grandparents' lake house. The family now refers to this home as “Candlewood.”

So, from the start it was understood that this new build would be far from cookie-cutter, creating not only a treasured vacation retreat for the couple and their three grown daughters, but a home for the priceless items that Janet has saved, salvaged, and found over the course of a couple decades.

This was one of the design challenges posed to Brent Paquin, President and Chief Designer of Paquin Design/Build of Grasonville, and his team. “On this project, we were working with a client with a very specific vision and it was our job to pull it together,” Paquin says. “Among other things, we were challenged with integrating her antique and vintage pieces into a ‘new home’ environment and having them appear as if they had been there for years.”

In the beginning, the Paces approached Paquin with an image from the film, *Something's Gotta Give*, starring Diane Keaton, and that's when Brent went to work. As a custom home builder and designer for almost 20 years, Paquin says he thrives on this type of unique opportunity and was able to incorporate all of Janet's ideas into an original design inspired by that one photograph.

“From an architectural standpoint, the layout is great,” Paquin says. “It's open and spacious, with plenty of room for a growing family. For the exterior, we chose James Hardie shingled siding to mimic the cedar shake style of the home she had envisioned. Substantial Georgian columns were added to the front entrance, and at the back of the house lining the covered porch, which overlooks the Miles River.”

Inside, you can see similarities in the overall palette, window styles, ceiling treatments, the layout and décor chosen for the family/great room, and some touches upstairs in the spacious five-bedroom dwelling.

REPURPOSE APPEAL

What makes this house so much more than a home and ever so unique are the depths of its details. That would not be possible without Janet's exquisite design sensibilities and her determination to make what she has cultivated and collected over the years work. She is quick to point out, however, that it would not have been possible without the hard work and dedication of the interior design team at Paquin.

“Dawn (Crovo), their interior designer, and I went and looked for everything together,” Janet explains. “I had my own ideas and she helped enhance my vision through her creative suggestions.” Crovo knew that her main objective was to make this new home look old, and in the end, was able to help the Paces incorporate many features and finishes that captured that character and charm.



Repurposed, honey chestnut-finished barnwood floors laid the foundation for the rest of the home's details. Starting at the front door, custom-designed oversized balusters were made for the staircase, wooden beams were added to the kitchen, old-fashioned tin and shiplap were applied to ceilings, and hallways were bead boarded ; all of these features working together to make what is new, old.

A PINCH OF THIS AND A DASH OF THAT

There is no better place to discern the depths to which this home is detailed than in its custom kitchen. Like any great, time-tested family recipe, there's usually a pinch of this and a dash of that that go into making something everyone loves; and that was Janet's goal, to create a space that her family would enjoy gathering in for generations.

To do so, she took stock of how her family lives and stirred in all the things she loves. A key component in the kitchen is the mixture of cabinetry. With her keen eye for salvaged finds, Janet was able to acquire eight matching pieces of custom kitchen cabinetry, some with glass front inlays at Second Chance in Baltimore, a nonprofit organization she is happy to support.

"Everyone they employ has at one time in their life been incarcerated and is trying to turn their lives around, and has been given a second chance," Janet conveys. "So I got this entire custom kitchen that someone must have ripped out."



Working with Crovo, the two were able to integrate several of these beautiful buttercream-colored cabinets into her kitchen design. Other pieces of this set were repurposed throughout the house, including the nearby mudroom where they put the largest cabinets to use for storage. Janet chose cabinets of alder wood to balance out her storage opportunities in the kitchen.

The copper range hood was a must-have for Janet after seeing an example of one in a design publication. Sourcing this piece would not be easy, however, because the chosen manufacturer was located on the West Coast and shipping that exact one would have been a budget buster. Fortunately, an equally beautiful alternative was located.

Just above the range is a backsplash of weathered-looking Tabarka tile that Paquin was able to order from Italy. The tiles provide one of the ever-so-subtle touches of a watercolor blue to the room, a palette she carries throughout the French Provencal living space.

“I fell in love with the imperfections in the tile, as I believe imperfection equals beauty,” Janet says.

Central to the room is the kitchen’s sizeable island with its lustrous slab of creamy quartz and farmhouse sink. This feature is highlighted with a beadboard base that she had an artist friend hand-paint for her—again in a complementary tranquil blue.



The island seats five and mixes two types of chairs; one with sea grass rope detailing on the back and the others match the style of three chairs in the adjacent breakfast nook.

Other features in the kitchen that add warmth are accent walls of another style of Tabarka tile placed in a diamond pattern, rustic wood beams, antique oval door knobs, (a detail used throughout the home) and an antiqued pantry door with a mercury mirror inset.

“I wasn’t sure about the mirrored inset, but I thought if I’m in the kitchen, then I could see what’s going on everywhere else,” Janet says.



Indeed, from here she can easily keep an eye on their fur babies in the reading room, a pair of Yorkshire Terriers named Zoey and Stella, who enjoy relaxing in this space dedicated to her favorite books shelved on two Habersham bookcases framing the fireplace—which also received hand-painted touches from Janet’s artistically-gifted friend.

MAKING IT ALL FIT

The dining area and adjacent great room offered her a place to really work in aspects of her grandparents’ house. Above the sideboard in the dining room that they use as a coffee bar is a vintage chalkboard that reads “Welcome to Candlewood” — a great way to evoke memories for guests and family.

“We love entertaining. We’re the kind of entertainers that want our guests to come and stay, and feel like it’s their home,” Janet says.

But her favorite way to evoke memories remains with the feature Janet asked Paquin to install; a heated four-season room, which looks out to the river. Detailed with taupe brick floors and warm wooden-planked ceilings, the room has been finished with a cozy corner couch and a game table awaiting players up for a challenge.

“I said to Paquin when we were building the home that I would want a wooden screen door in this room because I would need to hear that screen door slam when I have little grandchildren going out there someday,” Janet explains.



With that added to the list, Paquin continued to work on other aspects of the home that would help turn it into the place that would make Janet's grandparents proud. The rest of the salvaged custom kitchen would become vanity drawers, a long-held jelly cupboard would be recessed into a guest bathroom wall, and an old barrister's bookcase from her husband's office would be re-painted and repurposed so it could be used in another bathroom. And, as one final salute, the couple's office was filled with treasures from Janet's father, a West Pointer and retired three-star general.

The plan and the dream to re-create the feel of the Candlewood Lake house was well on its way to fruition—nostalgic noises and all.

In fact, this summer we fully expect that somewhere in St. Michaels if you listen closely, you can hear the echo of a screen door slamming across the Miles River.



Gardening's For the Birds...

AND THE BEES, AND THE BUTTERFLIES TOO

By Janice F. Booth

As summer draws to a close, we can look ahead to autumn's delights. One of fall's pleasures may be enjoying your fall garden. The little joys—the unremitting blooms of the Black-eyed Susans, the tender roots of that Boxwood twig you planted, and, hopefully, the call of the Canada geese winging their way south. I hope, dear reader, that you and I can hold onto some of the insights we gained from our months of self-isolation and apply those insights now and in the future—how satisfying it became to simply watch the trees bud and leaves emerge. What a simple pleasure, having the time to watch the squirrels scamper across the telephone wires and the birds nibble at your feeder.

Let me propose an easy and satisfying project based on our reawakened enjoyment of life's simple pleasures. Why not devise adaptations to our gardens, patios, or decks to make these areas even more welcoming to those songbirds, bees, and butterflies that have entertained us during our long sequestration? Some of those little, feathered balls of energy may winter over here in Maryland while others can be enticed to return next spring to our welcoming gardens.

→ Birds and butterflies entertain and delight us. (Honey bees, too, can prove entertaining—at a safe distance, of course.) There is the simple pleasure of watching them zoom in to rest on a railing or perch on your feeder. What are they thinking as they select the perfect seed, cooperating with one another or pushing each other out of the way—not unlike kids on the playground. How does that delicate splash of color emerge from its dull cocoon? The minor-key song of the Chickadee, the melodic chirrups of the Song sparrow, the hearty songs of the Robins fill the day. There's also the particular pleasure of learning

WHY GARDEN WITH BIRDS, BEES, AND BUTTERFLIES IN MIND?

There are at least five solid reasons for encouraging these tiny creatures to visit your garden.





to identify the birds that visit our feeders. Is that a House finch or a Purple finch? Am I listening to the Cardinal's song, or is that a Robin? How does that Nuthatch hang on as he skitters, head down the trunk of that oak? It always takes my breath away, watching a tiny Goldfinch undulate like a yellow snake across the sky. As we learned during our forced confinement, there is a great deal to be observed, if we have the time and the patience.

➔ Another compelling reason to provide for the birds, bees, and butterflies is the work they do in our gardens. They are the seeders and pollinators. They carry the potential for new plants and the magic dust that allows plants to flower and reproduce. Without the pollinators our mums and asters would never bloom, our fruit trees would bear no fruit.

➔ Tired of swatting at those pesky flies and mosquitoes? Avoiding those smelly sprays and noisy bug-zappers? Well, leave it up to the birds! Their favorite meal may be a juicy fly or a crinkly mosquito! Birds dine on those nasty aphids and mites that can plague our plants. Woodpeckers, finches, chickadees, and (here's an easy one)

flycatchers eat oodles of insects every day; picking off a fly on the wing is a favorite pastime for a swallow. Barn swallows will eat over 1,000 insects per day! But they're light eaters when compared to the Purple martins which eat 2,000 mosquitoes per day. No wonder folks put up those pretty apartment-birdhouses designed specifically for Purple martins!

➔ Birds can also save you some work in the flowerbeds. Ground feeders, like finches, towhees, and sparrows eat the seeds of future weeds, eliminating or at least diminishing the number of weeds you'll do battle with in your flowerbeds.

➔ Finally, some of those more impressive raptors—hawks, owls, and kestrel—will help keep down the rodent population. These sharp-eyed hunters eat mice, voles, squirrels, and snakes. (Sorry about the squirrels.) A nesting pair of Barn owls eats over 3,000 rodents during their mating season. A hawk eats one or two large rodents each day. And for all of us struggling with voles beneath our lawns and in our gardens, hear this! Kestrels eat 4–8 voles each day, depending on the season! (They're welcome to all the voles in my lawn.)

HOW CAN I ENCOURAGE THE BIRDS, BUTTERFLIES, AND BEES TO VISIT MY GARDEN?

There are only four essentials for making your garden, patio, or terrace a welcoming habitat for these visitors.

FOOD: You can, of course, set up bird feeders and buy bags of birdseed. This is a great way to draw birds in, so you can get a closer look at them. A few cautions, however: If you are successful, buying seed to keep your hungry guests well fed can get expensive. Also, if you begin supplying a feeder, you need to continue refilling it. The birds that visit will come to rely on your largesse. If your feeder goes empty for too long, your feathered friends might suffer. And, prepare for clean-up duty. The birds will be a bit

cavalier in their exploring of your feeder, tossing seeds hither and yon. You'll have to keep a broom and dust pan handy or your patio floor will look like the floor in a saloon that offers free peanuts—unshelled. Bees and butterflies need only flowers—trumpet vines, sunflowers, petunias, and roses. No clean-up necessary.

WATER: A reliable water source will be a valued gift for your visitors. A few plastic flowerpot saucers will do—you'll have to dump and refill them often. A birdbath is a charming, old-fashioned solution. They're usually a bit larger and will hold enough water for a few days. Either choice must be shallow. The birds need to be able to stand on the rim or a rock in the birdbath. A major project that offers a lovely solution is adding a pond to your garden. A pond provides essential water for all the small creatures that share your neighborhood—birds, butterflies, foxes, raccoons, and rabbits.



With over 400 species of birds sighted in Maryland, and almost 300 of them fairly common, what are we waiting for? Hold onto those quiet hours when you can sit and observe the world around you—feed the birds, watch the bees move delicately from flower to flower, catch your breath as a golden Monarch butterfly visits your purple asters. And when winter comes, you'll still find a few old friends looking to you for seeds when snow and ice blanket the earth.

SHELTER: Here's the excuse for all of us who are lazy gardeners. Resist a too-tidy garden or flowerbed. Birds, bees, and butterflies need places to hide and shelter from predators and weather. You'll provide essential shelter if you leave a few forsythia to run wild or create a small wood pile with those fallen branches you collect. There are plans on-line for clever insect apartment buildings you can create and install in your garden.

SAFETY: Whether you're figuring out where to hang the feeder or locate the birdbath, consider the safety of the birds as they rest. If there are cats and dogs in your household or neighborhood, you will need to consider height—how tall a base will be needed to keep the cat from jumping into the birdbath? If you hang the birdfeeder from a tree, how far out on a branch should you go to keep squirrels from easily jumping into the feeder?

And, speaking of squirrels, as we gardeners face the unremitting struggle to keep squirrels out of our flowerpots, birdfeeders, and bulbs, let me offer a few suggestions for squirrel-repellants.

NATURE'S SOLUTION: Try planting some or all of the following flowers in your garden. Squirrels are repelled by:

- Allium
- Geraniums
- Hyacinths
- Lilies of the Valley
- Snowdrops

KITCHEN CONCOCTIONS:

1. Hot stuff: Mix 1/3 cup of flour, 2 tablespoons of Cayenne pepper, and 2 tablespoons of powdered mustard. Sprinkle the powder around birdbaths and feeders. The birds won't be bothered, but the squirrels may! 2. Wet stuff: Mix equal quantities of water and vinegar. Spray areas where you wish to repel the squirrels. You can also try adding peppermint oil or garlic.



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Primary Structure Built: 2016
Sold For: \$1,550,000
Original List Price: \$2,200,000
Bedrooms: 5
Baths: 5 Full, 1 Half
Living Space: 7,517 sq. ft.
Lot Size: 4.8 acres

HOME REAL ESTATE

Dreaming in Queenstown

By Lisa J. Gotto

Located on a private peninsula with incredible Wye River views, this five-bedroom custom home offers ample parts luxury and convenience for its new homeowners. Gleaming hardwood floors take you from its impressive yet welcoming foyer across to the home's gorgeous formal living room. The foyer design features soaring ceilings reaching to the second floor. The living room, like most spaces in the home, features elegant crown molding and coffered ceilings.

The main level also offers a formal dining room off the spacious country kitchen with its all-white custom cabinetry, many with classic glass-front panels. A large center island provides seating for four and an adjacent breakfast nook provides stellar views to the river. The chef in the family will enjoy its six-burner gas range, perfect for cooking up some crabs, as we're told this part of the county affords the best-tasting specimens on the Eastern Shore!

An office, spacious family room, and two large bedrooms, including the master suite, are also located on the home's main level. The master suite provides beautiful river views from its separate seating area and an opulent master bath with marble floors, dual vanity, and sunken bath tub. A huge, white marble dual-head walk-in shower with an amazing curved glass and brick feature wall, and luxurious tile, complete the spa-like amenities.



Upstairs, a center hallway feature looks out and down to the home's main level before heading out to the home's three additional bedrooms. Two of them offer private balconies overlooking the river.

Outside, the river takes center stage, as this property is truly a water enthusiast's dream with its personal pier and dock. Power boating, kayaking, and jet skiing can all be part of the plan with a home so perfectly suited for water access. There's plenty of room to store everything in the property's ample boat house and the home's three-car garage is even large enough to accommodate the family RV.

Listing Agent: Debbie Savoie; Long & Foster Real Estate, Inc.; 320 Sixth Street, Annapolis; o. 410-260-2800; m. 410-991-2808; debbie.savoie@lnf.com

Buyer's Agent: Janice Duty; Benson and Mangold Real Estate; 700 Abruzzi Drive, Chester; o. 410-643-3033; m. 410-490-4903; jduty@bensonandmangold.com



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Bennett Point Vistas

By Lisa J. Gotto

This custom-built brick home is not only prized for its tranquil river views and water access, it is also the ideal place for anyone who collects, loves, and works on automobiles. Located in the Queenstown community of Bennett Point, this is the first time this property has been on the market in 30 years.

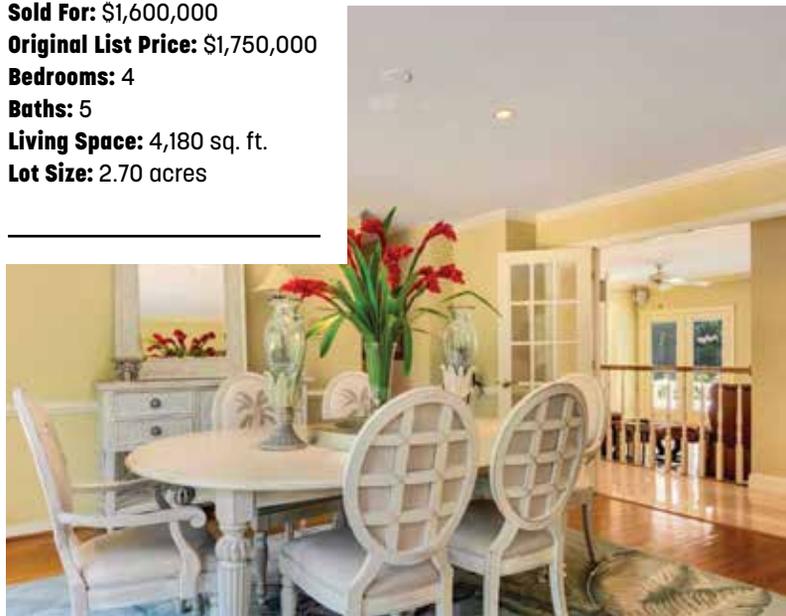
Quality finishes and architectural details abound in this wonderfully conceived property that comprises nearly three acres. Providing the ultimate in first impressions, the focal point of the home's two-story foyer is a magnificent and masterfully crafted floating staircase. Beautiful hardwood floors lead to a lovely large living room with fireplace and flow-through to the family room.

The light and bright kitchen offers a large gas-top range island, highly-desired Wolf appliances, and peaceful breakfast views from its generous eat-in area to the Wye River. This level's formal dining room is accessorized with an attractive and convenient butler's pantry. Rounding out the first floor is an age-in-place master bedroom suite featuring its own separate seating area, a large walk-through closet, and a spacious en-suite bath.

There are three additional generous bedrooms located upstairs, one with an en-suite bath and another shared bath for the remaining two bedrooms.



Primary Structure Built: 1989
Sold For: \$1,600,000
Original List Price: \$1,750,000
Bedrooms: 4
Baths: 5
Living Space: 4,180 sq. ft.
Lot Size: 2.70 acres



Outdoors the property is professionally landscaped and provides the shade of many leafy and flowering mature trees. A fabulous in-ground pool with full patio surround is highlighted with a gazebo-style outdoor kitchen and bar area. A generous screened-in sun porch is outfitted with a hot-tub available for year-round use.

The deep protected waters of the Wye River provide seven feet of mean low water and a uniquely structured pier offers three separate docks and three custom-designed lifts. The entire structure is covered and features a custom-designed concrete boat ramp.

Last but not least, the property features an attached six- to seven-car showroom garage with checkered-flag flooring plus a detached three-car garage with enough space to house a 38-foot cigarette boat. Above the detached garage is another large room that could certainly make an exceptional man cave or guest quarters.

Listing Agent: Jimmy White; Long and Foster Real Estate; o: 410-643-2244; m: 410-320-3647

Buyer's Agent: Dudley Dixon; Residential Real Estate Solutions, LLC; 4 Evergreen Rd., Severna Park; o: 443-249-3664; info@mdhousesolutions.com



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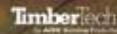
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HEALTH & BEAUTY HEALTH

Off to College? Stay Healthy!

By Dylan Roche

Heading off to college means a major lifestyle change. It means independence for many young people. It also means a lot of responsibility. And for those students who find they are now charged with taking care of themselves for the first time in their lives—with no direct authority figure telling them what to do—it could mean developing a lot of unhealthy habits.

But it doesn't have to be that way. If students move onto campus with a commitment to themselves that they're going to take charge of their health, they could find that they fare better than they ever have before.

Here are the top 10 considerations new college students should make as they adapt:

- 1. Establish a routine.** This one might sound simple, but it will make all the difference. Find a schedule that works for you, then stick to it. Collegiate life can get stressful. Having a routine will reduce some of the anxiety you feel about not knowing what to expect, and it will help you stick with all the good habits you want to maintain—such as studying, working out, and visiting with friends—because you know when you'll do them each day.
- 2. Establish a supportive social network.** If you're like most students going away to college, you won't know many people on campus when you move into your dorm. That's okay—there will be plenty of opportunities to meet people in the coming weeks. Keep an effort to stay in touch with friends from home, as their long-distance support will be an important part of adapting, but don't be afraid to make new friends where you are. Aim to take advantage of at least two or three social activities outside of class every week.
- 3. Eat like an adult.** This is probably the first time you've had total control over your meals, but that doesn't mean you should be living off junk food. Sure, it's tempting—but you'll feel terrible. Have a serving of fruits or vegetables at every meal, limit yourself to greasy or fried food only once or twice a week, and opt for minimally processed whole foods whenever possible.
- 4. Prioritize sleep.** Aim to get at least eight hours of sleep a night, even if it means you have to forgo certain social activities. Sufficient sleep will help you manage stress better, perform better in class, ward off sickness, maintain a healthy weight, and keep a positive attitude. Although you should try to keep late nights to a minimum, there will inevitably be times when you aren't able to get a full night's sleep. In those cases, aim to take a half-hour nap after class before you start on your homework or head to gym. Above all, don't ever let yourself get to the point that you have to pull an all-nighter.
- 5. Be active as much as possible.** Most colleges have a fitness center on campus, so even if you've never been active before, now is your chance. Aim to work out for at least a half-hour a day, five days a week, combining both aerobic activity (such as running or cycling) and strength training (such as weight machines or free weights). And don't underestimate how beneficial non-exercise-related activity is for you. Enjoy the chance to walk to class, take the stairs instead of the elevator, or see if a friend wants to toss a Frisbee or football around one day after class.
- 6. Practice good hygiene.** This rule applies to both your body and your living space. Shower daily and brush your teeth every morning and every evening. Access to laundry appliances may be limited, but don't let that be an excuse to wear dirty clothes—make washing them a priority. You should also keep your dorm clean by wiping down frequently touched surfaces, not leaving food out for more than an hour, and washing your bedding and towels once a week. If you have communal bathrooms, buy a pair of cheap flip-flops to wear in the shower. These practices will go a long way in preventing you from getting sick, and they'll ensure you don't gross out your roommate.
- 7. Be careful about drinking.** Let's face it—at college, you'll find yourself in social situations involving alcohol, whether you are of legal age or not. Remember that you can always say no, and most of your peers will respect your decision. If you do decide to partake in alcohol, do so in moderation. The Centers for Disease Control and Prevention cites that excessive alcohol consumption is associated with such short-term health risks as injury, violence, alcohol poisoning, and risky sexual behavior.
- 8. Practice safe sex.** College is a time when many young people are sexually active for the first time in their lives, and if they don't know what they're doing, they can quickly get into trouble. Remember to always use a condom to prevent pregnancy and STDs, and take

advantage of testing at the campus health center to ensure you're STD free. Don't let anyone pressure you into sexual activity that makes you uncomfortable, and do not pressure others. On that note, remember that sexual consent must be expressed clearly and directly, and it must be expressed while not under the influence of drugs or alcohol.

9. Take care of your mental health. College can be fun, but there will also be times when your mental health will suffer. You might feel overwhelmed by the stress brought on by your course load, or you could struggle with homesickness, loneliness, or depression. College students are also prone to substance abuse and eating disorders. Remember that you do not need to be afraid to ask for help from a counselor or a trusted friend—seeking help is an act of strength, not weakness.

10. Be smart about walking around campus. You're going to be walking—a lot. Even if your campus is relatively small or there's a shuttle available for students, you're still going to be walking much more than you ever have before in your life. Be smart about your walks to class. Invest in shoes with good support that won't give you blisters, and be sure you have weather-appropriate clothing, such as a winter coat for cold days or a slicker for rainy days. Be careful about overloading your backpack or bookbag with too many materials so that you don't set yourself up for back pain. If you're walking home from class or a friend's dorm late at night, stick to well-lit routes and carry a whistle or pepper spray in case you run into trouble.



HEALTH & BEAUTY HEALTH

Spread Awareness, Not Viruses

AUGUST IS NATIONAL IMMUNIZATION AWARENESS MONTH

By Dylan Roche

Of the follow diseases, which ones do you still have to worry about catching: mumps, rotavirus, whooping cough, measles, or polio? None of them, right? As the American Academy of Pediatrics notes, the eradication of these diseases is thanks to immunizations, also known as vaccinations or shots, which empower children and adults living in the modern world to live with less fear of getting seriously sick.

But immunizations aren't something anyone should take for granted, and that's one of the reasons that agencies such as the Office of Disease Prevention and Health Promotion, the Centers for Disease Control and Prevention, and the Department of Health and Human Services observe National Immunization Awareness Month every August.

The observation serves as a reminder for everyone to stay up to date on their vaccinations and to encourage their family members, friends, neighbors, and coworkers to do the same.

It's also a month for reaffirming the role of health care professionals in this regard. "You have the power to protect your patients against serious diseases," the Centers for Disease Control and Prevention reminds them. "Healthcare professionals are the most valued and trusted source of health information for adults."

The hope is that raising awareness will mean more people get immunized, leading to healthier communities. As an example of the power of vaccinations, the American Academy of Pediatrics cites polio, an infectious disease that was of great concern in the earlier half of the 20th century.

In those days, parents wouldn't let their children go in public swimming pools or to crowded movie theaters for fear of catching the poliovirus, which causes paralysis of the muscles, physical impairments, and lifelong disabilities, and even death. When the polio vaccine became available in the 1950s, it led to fewer and fewer cases. By the end of the 20th century, polio was eliminated from the Western Hemisphere.

The Centers for Disease Control and Prevention encourages parents to talk to their doctor about a schedule of when children should be immunized and for what. An annual checkup with a pediatrician will help ensure a child gets all the vaccinations he or she needs. This is especially important headed into a new school year, as some schools require a certificate of immunization.

Children starting preschool (age 4 through 6) should get vaccinated against chickenpox, diphtheria, tetanus, pertussis, flu, measles, mumps, rubella, and polio, whereas children in their elementary years (ages 7 through 10) should get a flu vaccine every year by the end of October if possible. Children will need different vaccines as they get older—for example, among the vaccines that preteens need to get is the Meningococcal conjugate vaccine, which protects against meningococcal disease, the cause of meningitis.

A full list of vaccinations children should get before school is available by visiting health.maryland.gov and searching "immunizations."

Fresh Take

ZUCCHINI

By Dylan Roche

We'll let you in on a little secret—zucchini isn't technically a vegetable. Just like the tomato, another popular summertime treat, zucchini is a fruit that's often considered (and prepared as) a vegetable. But however you want to categorize this emerald-green squash, which hits its peak season in late-summer, you should take note of its amazing culinary versatility. Because it has such a mild flavor and texture, it tends to take on the flavor of whatever it is cooked with, making it work equally well in salads and desserts (yes, really). It's also full of vitamins and antioxidants.

Zucchini will usually start growing on its vine in early summer as the air starts to get warm (in the 60s and low 70s Fahrenheit), and because it grows so quickly and easily, it's an optimum choice for home gardeners; however, those who want to try their green thumbs at raising zucchini next summer should note that its growth depends on pollination by bees, so it does not do well in areas where bug sprays and other pesticides have been administered.

Because it's full of water, zucchini is very hydrating, something that's especially beneficial in the summer heat. Its water volume also makes it low in calories—a cup of chopped zucchini has only 20 calories.

Its high fiber content and low sugar content make it ideal for people who are watching their blood glucose levels, and its potassium could help in lowering blood pressure. You can also look to zucchini as a rich source of antioxidants like vitamin C for improving your skin, lutein for fighting sun damage, and zeaxanthin for staving off the effects of aging.

When it comes to picking out zucchini, the Produce for a Better Health Foundation recommends looking for skin that's slightly prickly, but still shiny. It should be firm without any bruises or nicks or cuts. When you get your zucchini home, keep it in the fridge for up to five days.

And how do you plan to use zucchini in the kitchen? It makes a great side dish simply grilled with other summer vegetables, but if you're looking to impress, you can use spiralized zucchini to make a low-carb pasta substitute that's also an excellent base for salad. And for dessert? Add grated zucchini to chocolate banana bread to make an extra moist dessert you won't be able to resist.



Roasted Summer Vegetables

INGREDIENTS:

3 zucchinis
2 eggplants
2 red bell peppers
1 yellow squash
3 portabella mushrooms, de-stemmed
1/4 cup olive oil

DIRECTIONS:

Cut the veggies lengthwise into uniform pieces about 3 inches long, 1 inch wide, and a half-inch thick. Brush generously with olive oil.

Fire up the grill to high heat. Grill the vegetables about four minutes on each side until tender.

Serve alongside grilled salmon and fresh baguette-style bread (ideally, toast the baguette on the grill and serve with olive oil for dipping).

Chocolate Zucchini Bread

INGREDIENTS:

1 cup all-purpose flour
1/2 cup cocoa powder
2 ultra-ripe bananas
1/2 cup canola oil
1 cup brown sugar
1 teaspoon vanilla
1 cup packed shredded zucchini
1/2 teaspoon baking soda
1 teaspoon salt
1 cup chocolate chips
1 cup coconut (optional)

DIRECTIONS:

Preheat oven to 350 degrees Fahrenheit and grease a bread loaf pan with butter. Mash the bananas and combine with oil, vanilla and brown sugar. Beat until smooth. In a separate bowl, sift the flour, salt, cocoa powder, and baking powder. Slowly combine with the wet ingredients. Add chocolate chips and coconut, and stir to combine. Pour into the loaf pan and bake for approximately one hour. A toothpick or fork inserted into the bread will come out slightly chocolatey. Allow the bread to cool on the counter before serving with whipped cream.



Parmesan Zoodles

You can whip up zoodles—that is, zucchini noodles—as an easy single-serving meal, or you can create enough for a family dinner. You'll need approximately one zucchini per serving, plus olive oil, chopped garlic, fresh basil, salt, and parmesan to taste. There's several ways you can cut your zoodles:

USE A VEGGIE SPIRALIZER. This is the go-to method for most people, and the option that will create the most consistently shaped zoodles. You can find spiralizers that work electrically or that can be cranked by hand. **USE A JULIENNE PEELER.** Like a spiralizer, this will create zoodles that are fairly consistent in shape, though they will be a little bit shorter (but that makes them a nice substitute for penne rather than spaghetti). **USE A KNIFE.** If you don't have either of the aforementioned tools but you still want to try your hand as subbing zucchini for pasta, you can use a knife to cut the zucchini into very thin strips. It takes a little bit more time and concentration, but it works.

Once you've spiralized or cut the zoodles, set them in a colander over the sink and salt them. Allow them to sit for a half-hour to draw the water out of them. Bring a frying pan to medium heat and add 2 tablespoons of olive oil plus 1 tablespoon of chopped garlic. Allow the garlic to brown for one to two minutes. Add the zoodles and cook for approximately five minutes, moving them constantly. Remove from frying pan and top with additional olive oil (if desired), fresh basil, and grated parmesan cheese.



HEALTH & BEAUTY HEALTH

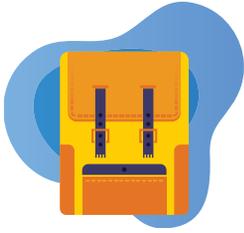
Healthy Traveling Tips for Your End-of-Summer Trip

By Dylan Roche

The end of summer is a prime time for fitting in a vacation, just before the kids go back to school and life starts to get a little bit more hectic. Yes, vacations are great, but they can wreak havoc on your body if you're not careful. Whether you're visiting a country with relaxed sanitation standards, traveling via germier transportation, seeing your sleep schedule thrown completely off, or just indulging in a little too much alcohol, there are plenty of ways you could wind up not feeling your best. And it's especially important during the prevalence of COVID-19 to mind healthy habits and best practices, even as travel restrictions are relaxed.

Instead, aim to make your vacay a healthy one with the following tips:





PLAN AHEAD—ESPECIALLY IF YOU'RE TRAVELING OUTSIDE THE UNITED STATES

Vacations to other countries sometimes mean there are fewer sanitation regulations, increased exposure to disease and viruses, or just different medical care availability. Talk to a travel agent who can give you advice on what to expect in the country you're visiting and what specific precautions you need to take. In some cases, that might mean avoiding any drinking water that is not bottled or any uncooked produce or seafood. You can figure out restaurants where it's safe to eat or where you can find a doctor if you get sick.

People who are traveling to areas where there is increased risk of certain parasites or diseases, such as malaria, will need to get a prescription from their doctor for preventative medicine. Depending on the medicine and the disease it prevents, you might need to start taking it before you leave and continue taking it during your trip and upon your return.

Finally, proper planning means taking the right items with you. The

Centers for Disease Control and Prevention recommends putting together a travel health kit complete with first aid items, medicines (prescription and over-the-counter), sunscreen, and insect repellent. Any medication you must take regularly should be brought in an amount enough for the trip plus some extra in case you are delayed on your return home.



AVOID GERMS AND VIRUSES

In the wake of the COVID-19 pandemic, more people are conscious of how easy it is to spread germs and viruses, especially in public enclosed spaces. But that doesn't mean you're fated to pick something up.

Take airplanes, for example. Many people worry about catching something on an airplane because they think the air is re-circulated. That's a misconception. The Cleveland Clinic explains that although the air is re-circulated when the plane is parked on the tarmac to prevent passengers from smelling fuel, it is filtered with high-efficiency particulate air (HEPA) filters similar to those used in hospitals. Once the plane takes off, half the air in the plane comes from outside and is sterile and microbe-free.

The bigger problem with flying is contaminated surfaces. The AARP explains that aircraft cabins are likely cleaned thoroughly only overnight. So between flights every day, they could be collecting plenty of germs or viruses. Be sure to follow these tips:

1. As soon as you sit down, wipe your tray table with an antibacterial cloth.
2. Use hand sanitizer before eating anything or touching your face.
3. Ideally, keep your belongings out of the pocket on the back of the seat in front of you, which is rarely cleaned.
4. If you can, avoid choosing an aisle seat on an airplane and aim to get a window seat. The aisle seats are exposed to everyone on the plane who walks past, whereas window seats are farther away and exposed to much less.

These practices are beneficial whether you're on an airplane, at a restaurant, in a hotel lounge, or anywhere else you might find yourself on your trip, as these places see much more traffic than your home does and therefore have many more germs.

It also doesn't hurt for you to prepare your body to better fend off germs and viruses when it is exposed to them. Before you go loading up on vitamin C, you should know that there's no one nutrient (or food, for that matter) that will safeguard you against getting sick. Harvard Medical School explains that high-quality,

consistent nourishment is the best way of fueling your immune system. Get plenty of fruits and vegetables in your diet, ideally in a wide variety.

You could also try the following:

1. Garlic, which contains allicin, a compound with antibacterial qualities that could help your body fight infection.
2. Ginger, which has active ingredients that can soothe nausea and upset stomach.
3. Yogurt, which contains probiotics, beneficial gut bacteria that help your body fight disease.
4. Tea, either black or green, which is full of an antioxidant known as epigallocatechin gallate that can enhance immune function.



GET PLENTY OF SLEEP

Americans have a tendency to sacrifice sleep for fun when they're on vacation, according to the National Center on Sleep Disorders Research. While it's great that you're enthusiastic about cramming as much into your itinerary as possible, exhaustion can lead to sickness, poor decision making, bad moods, and increased stress. It's especially true in the case of children. Consider optimizing your shut-eye by:

1. Set a designated bedtime on vacation, even for adults. Yes, it's tempting to stay at the hotel bar until 1 a.m., but it's just going to ruin the next day for you. Instead, plan to enjoy yourself until 10 p.m. and aim to be asleep by 11 p.m.
2. If you're traveling to a place with a different time zone, be prepared for jet lag. The Centers for Disease Control and Prevention recommends you try slowly adapting your body to your new time zone at home for a week or two before you trip—waking up an hour earlier and going to bed an hour earlier, for example. This will reduce the surprise for your body's internal clock. It's also smart to hold off on scheduling anything important during the first day of your trip.
3. Naps are great, and when you're on vacation, you will likely have the option of taking them more often. Who doesn't like a short reprieve before going to dinner after a long day on the beach? The CDC recommends keeping naps between 20 and 30 minutes so you feel rested but are still able to sleep through the night.
4. Don't let lack of sleep affect your driving ability. The National Institutes of Health cites traffic crashes as the leading cause of injury-related death among Americans traveling abroad. Don't drive late at night and don't drive when you're deprived of sleep.



DON'T LET HEALTHY HABITS TAKE A VACATION

Sure, you want to enjoy yourself while you're on your trip.

And that means the occasional indulgence. But make sure they're just that—occasional.

Aim to continue eating healthy, getting plenty of exercise and being moderate in your alcohol consumption throughout the duration of your trip:

1. Find active ways to enjoy your surroundings. Some vacation spots practically beg for you to raise your heart rate and break a sweat. This might entail a long sight-seeing walk around the city, a hike up the mountainside, or a swim in the lake. Just because it isn't a structured workout doesn't mean it doesn't count as exercise. **2.** However, if you do want a structured workout, you can still get one without a gym. The American Council on Exercise recommends setting aside 20 to 60 minutes a day for a workout and using jump ropes and resistance bands, which are

easy to carry with you when you're traveling. You can also do bodyweight exercises, like push-ups and lunges, which require no equipment at all.

3. The American Addiction Centers acknowledges that people are more likely to drink excessively during vacation than they would at home. Bear in mind that more than four drinks for women and five drinks for men over a five-hour period is considered binge drinking. Aim to keep your drinking moderate: one drink per day for women and two drinks per day for men. **4.** Pay attention to portion size and continue to prioritize healthy foods like fruits, vegetables, and lean proteins. The American Heart Association encourages people to enjoy the food of the location where they're traveling—if you're in France, don't deny yourself some fancy cheese—but make it a special treat rather than something you do all week long.

5. The Produce for Better Health Foundation recommends carrying fruits and veggies with you for convenient healthy snacking so that you don't have to hit up vending machines or convenience stores; if possible, choose a place of stay with a kitchenette so you can make more meals at home.



STAY SAFE AND AVOID PUTTING YOURSELF IN SITUATIONS THAT ARE RISKY

Unfortunately, being a tourist makes you an easy target for those who would do you wrong. To keep your family safe, consider the following recommendations:

1. The Family Travel Association recommends being very careful about safely sharing on social media accounts. Posting could reveal to those in your destination location where you are or where you're going, and where you're staying. Similarly, potential criminals back at home will know how long your house will be vacant while you're out of town. **2.** The National Crime Prevention Council recommends paring your wallet down to only your essential credit cards and carrying it close to your body (in a pocket rather than your purse or briefcase). Don't use expensive luggage and don't be showy with valuable belongings, such as your camera, which will attract people looking to rob you.

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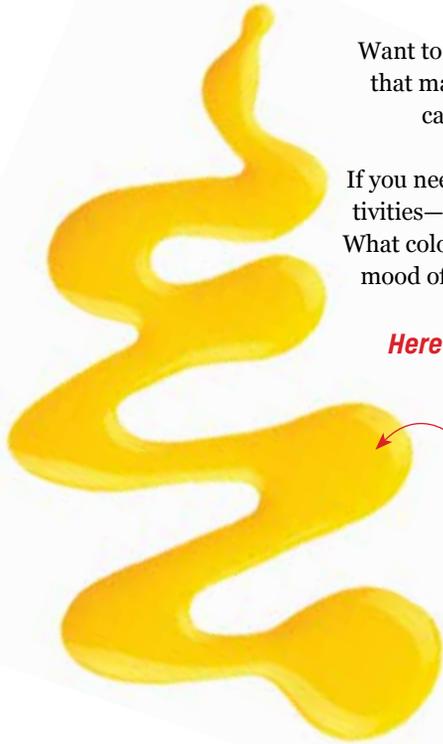
Wow the Crowd with Stylish Summer Nails

By Dylan Roche

Want to take your summer look to the next level? Then you'll want to have nails that make an impression. Summer is a season for having fun, and that means catching people's eyes with bright, bold colors and creative designs.

If you need some inspiration, you need only think about your favorite summer activities—barbecues, nights out on the town, beach trips, drinking fruity cocktails. What colors do you associate with each of these activities? How do you capture the mood of these activities in the way you embellish your fingernails and toenails?

Here are a few great colors to consider for your nails this summer:



BRIGHT YELLOW: The brighter, the better. It's reminiscent of sunshine, and its warm tone will look great with your tanned complexion. This cheery color looks way too intense for fall or winter, but it won't look out of place at all when you're chilling outside on a hot day. Try: *OPI Life Gave Me Lemons | China Glaze Yellow Polka Dot Bikini | Icing Neon Yellow*

WHITE: White is the color to wear between Memorial Day and Labor Day, and that extends to your fingernail color. Chic and simple, white goes with everything. A pure, opaque white is always a bold choice, but if that feels boring, you can always opt for something with a pearly shimmer. Try: *China Glaze White on White | Butter London Cotton Buds Patent Shine | Essie Over the Moonstone*



CORAL: If you don't want to go bold and bright but you still want something with a summery vibe, opt for a more understated shade of pinkish-orange. This color lends itself to whatever atmosphere you're in and whatever look you're rocking, whether you want to feel beachy or sophisticated. Try: *Essie Souq up the Sun | Orly Positive Coral-Ation | Butter London Trout Pout Patent Shine*

HIBISCUS: An indisputable summer color, this vibrant shade of pinkish red (or reddish pink, however you want to think of it) will remind everyone of Hawaiian flowers. It looks fun at backyard get-togethers and sexy during a night out for drinks. Try: *Maybelline Color Show Hibiscus Haven | Honeybee Gardens Water-Colors Hibiscus | Essie Sizzling Hot*



TROPICAL GREEN: To some, the color will remind them of palm fronds, while others will think of mermaid fins. Whatever image the color conjures, it's likely to be summery. Bonus points if you're someone who wears a lot of bright pink in the summer, as a bold green will make a nice complementary color. Try: *Essie Stripes & Sails | Color Club Pon the Reggae | OPI I'm Sooo Swamped*



NEON PURPLE: While lavender looks great for springtime, summer demands something a little bit more vibrant than last season's pastels. Go bold with a bright, rich purple that reminds you of dazzling summer sunsets. Try: *OPI Positive Vibes Only | Essie Tangoed in Love | China Glaze That's Shore Bright*

But don't limit yourself to color—there are plenty of trendy techniques you can try out with your nails that will make a lasting impression:

GLITTER AND SHINE: You might think of glittery nail polish as something that's exclusive for the winter holidays, but it works just as well in the summertime, when it will make your fingers sparkle in the sun. Apply a boldly colored base coat, allow it to dry, and then apply a glitter top coat.

MISMATCHED NAILS: Paint each nail a different color for a rainbow effect. If you don't want to go that extreme, choose five shades of a single color (such as five different shades of orange or five shades of green). You don't even need any art tools or skills to pull this one off.

DOTTED NAILS: Use a fine-tipped nail brush to add three or four dots to each nail. Try gold on purple for a look reminiscent of a summer night sky or emerald green on ocean blue to create the appearance of islands seen from above. Or try a bold color like magenta or ruby against solid white.

TWO-TONE: Here's a look that's simple to achieve but won't fail to impress. Paint the lower half of your nail a different color from the top half of the nail. Use a fine-tipped nail brush to draw a border line separating the two colors. Try colors that complement each other, like pink with green or blue with yellow.

MARBLE NAILS: If you've never marbled your nails before, you'll be amazed how easy it is to do. Choose two colors you want to marble—black and white is the go-to combo for marbling, but it's summer, so why not choose something bright and bold? Start by applying a base coat of your primary color. While that base coat is still wet, dot it with your secondary color. Then go back to the primary color you're using as your base coat and put even smaller dots atop the dot of secondary color. Dip a fine-tipped nail brush in rubbing alcohol, then use it to swirl the colors around to achieve a marbled look.



HEALTH & BEAUTY FITNESS

Fitness Tips

YOGA FOR ANY FITNESS GOAL

By Dylan Roche

Your exercise routine is like your diet—it needs variety. Too much of the same leaves you feeling out of balance. But whether you want to build strength, improve your flexibility, increase your aerobic endurance, or just de-stress, yoga could be the workout you need. And with new trends in the yoga scene continually evolving, it's worth paying attention so you can find the type of yoga that works for you.

Derived from an ancient Hindu practice of meditation, yoga has grown into a multibillion-dollar exercise industry that is hailed by experts. Johns Hopkins Medicine states yoga is great for musculoskeletal health, which can help people avoid problems like joint pain and cramping that would hinder them from sticking with other training.

TRENDING SCHOOLS OF YOGA

But not all yoga is the same. The American Osteopathic Association explains that there are 100 types of yoga (typically called schools of yoga) that encompass different poses, pacing, breathing methods, and meditation techniques. The growing popularity of yoga means that more schools of yoga are becoming prevalent. Looking to stake out a yoga class and give it a try? Here are a few of the more popular schools of yoga you might encounter:

VINYASA YOGA—Vinyasa is an athletic style of yoga where you move (or “flow”) from one pose to another with coordinated breathing.

POWER YOGA—This is a subtype of vinyasa yoga that aims to provide an intense workout either by a faster, more vigorous flow from one pose to the next or by holding the poses for longer.

ASHTANGA YOGA—Both vinyasa and power yoga derive from this school, in which the poses are in a set sequence (as opposed to being sequenced at the discretion of the instructor). Ashtanga yoga incorporates chanting to unify body, mind, and spirit.

IYENGAR YOGA—With Iyengar yoga, the emphasis is on holding the poses with proper form. It's a much gentler style of practice and is good for flexibility.

HOT YOGA—This vigorous form of yoga is done in a hot, humid studio, typically around 105 degrees Fahrenheit and 40 percent humidity, to work your muscles and increase your pulse.

RESTORATIVE YOGA—Restorative yoga uses modified poses and sometimes props that make it easier to hold the poses longer, all with the aim of reducing stress and anxiety.

PRENATAL YOGA—Prenatal yoga is a school that's specifically geared toward expectant mothers (all trimesters).

JIVAMUKTI YOGA—This is a vigorous, vinyasa-style yoga that takes the practice back to its roots by combining the physical poses and coordinated breathing with Hindu spiritual teachings.

If you'd rather do yoga from the comfort of your home, that's now an option thanks to self-guided sessions through online services and apps. The American Council on Exercise recommends YogaGlo (www.glo.com) or Eckhart Yoga (www.ekhartyoga.com). And many of our favorite local gyms and studios also offer instructor-led yoga classes via online social-meeting platforms.

CONTINUE ON THE NEXT PAGE





TRY A FEW POSES

Don't think you have to go through a full rotation to enjoy the benefits of yoga—try incorporating a few of these poses into your next workout.

YOGA FOR STRENGTH

HORSE POSE

Stand with your toes perpendicular to the long side of your mat and spread your feet about 3 or 4 feet wide. Angle both feet at 45-degree angles. Bend your knees and lower your hips. Keep your torso straight and your chest up as you lower yourself. Hold your hands in front of your chest as if you were praying (what's known in yoga as prayer pose). Hold for at least 1 minute. This pose is great for building strength in your major leg muscles.

CROW POSE

Start in a squatting position and walk your hands forward to the front of your mat. Make sure your hands are shoulder width apart, fingers spread out wide, palms flat on the mat. Bend your elbows

slightly and lean forward. Put your knees on the back of your upper arms and lean forward, taking the weight off your feet as you do. Keep yourself balanced as you shift your weight entirely to your hands with your knees still resting on the back of the arms. Hold this pose for as long as you can. This pose is great for building strength in your major arm muscles.

YOGA FOR FLEXIBILITY

BOW POSE

Lie down on your stomach with your hands at your side, palms facing upward. Bring your heels up as close as you can toward your butt, exhaling as you do. Grab both ankles with your hands. Be sure to avoid spreading your knees wider than your hips for the duration of the pose. Lift your heels away from your butt and your thighs off the floor, inhaling as you do. This will raise your chest off the floor as you draw your head back toward your feet. Hold for 30 seconds. This pose stretches the entire

front of your body, including your abdominals, pectorals, and hip flexors.

YOGA FOR CARDIOVASCULAR ENDURANCE

CHAIR POSE

Stand with your feet spread shoulder width apart and lower your hips as if you're sitting on an imaginary chair. Bring your hips as low as you can while keeping your chest held high. Once you've mastered this stance, incorporate movements to raise your heart rate; lift your right foot and stretch your right leg out in front of you. Brace your core as you support all your weight on your left leg. Bring your right leg back in, return to your starting position, and repeat with your left leg. Repeat 10 times with each leg at a fast pace. Another movement to incorporate into the chair pose is jumping. Begin in chair pose, jump up, and stretch your body into a straight line. As you land, return to chair pose. Repeat 10 to 20 times.

HEADED TO YOUR FIRST YOGA CLASS? HERE ARE SOME WORDS YOU MIGHT HEAR

Running, cycling, and weightlifting have their own lingo, too, but yoga is an exercise with a lingo that's a little bit more difficult because its terms are rooted in Sanskrit, an ancient Indian language primarily preserved through Hinduism. If you're going to your first yoga class, you might hear a few words and phrases that confuse you—here are a few of the most common ones:

ASANA—the physical poses and postures you do when you're practicing yoga

PRANAYAMA—controlled breathing as you move through the exercises

SAVASANA—the restorative pose in which a yogi lies face up on their mat in a state of relaxation or meditation (all schools of yoga end their sessions with savasana)

NAMASTE—a term of greeting or farewell

Science-Backed Skincare

GETTING PRODUCTS YOU KNOW WILL WORK
(AND AVOIDING THE ONES THAT WON'T)

By Dylan Roche

Just because a product makes a bold claim or promise, that doesn't necessarily mean it's true. In the case of skincare, you might be investing money in too many products that you don't need—and they might not be doing you any good.

"There are a lot of money-driven products out there that don't really help, but there are also really good products out there that do," explains Dr. Kelly Sullivan of Sullivan Surgery & Spa.

The key is to do the research into the science behind each of the products. It is one of the reasons it's helpful to have a professional's guidance, and why the medical-grade products available only through your doctor's office are more reliable than what you would buy over the counter at the grocery store or pharmacy.

"Few consumers are going to want to do the research on each single product," Dr. Sullivan adds. "It's helpful to have a physician, a plastic surgeon or dermatologist who has done that research and can say what works and what doesn't."

Don't think that medical-grade skincare products are always more expensive. In fact, most of the time, the prices are comparable. And they're not something you need to be prescribed to buy. Instead, they're simply products that are backed by scientific research and are distributed by their manufacturer to a physician's office instead of a retailer.

One major benefit to investing in medical-grade products? You can probably pare down your collection. As Dr. Sullivan states, some people find themselves buying more products than they really need, and the cost adds up. "It's easy to overdo it and have \$600 of creams and lotions you bought at the store," she says. "There's a lot of product out there and you need someone to help you weed through it."

The four primary products that Dr. Sullivan recommends every person have for their skincare routine are:

SUNSCREEN—Protecting your skin from damage in the first place is of the utmost importance, and you should wear sunscreen every day, not just when you're going to the beach or the pool. Sun can cause skin damage even through the windshield of your car. Get a sunscreen with an SPF 50 for your face. Products at the store work just fine, but the products you can get through a doctor's office are comparable in price and might feel better on your skin. A large bottle for \$30 is enough to last a person for an entire season.

REPAIR—Your skin needs regular repair with a product containing vitamin C, an antioxidant that fights damage caused by free radicals. But it's not enough to simply put a product rich in vitamin C on your skin—you need a medical-grade product that is proven to penetrate deep into your skin cells so the vitamin C can do its work.



MOISTURIZER—Many over-the-counter face moisturizers, such as Neutrogena or Olay, are reliable and good for everyday use. The exception to this would be if an individual has excessively dry skin, acne, rosacea, or some other condition, as they will want to get a specialty product from their doctor that is suited to their specific skin type and issues.

NIGHTTIME REPAIR—Most people will apply a product to their face before bed to repair any damage their skin has sustained from daily living. For these products, a professional's guidance can be helpful to ensure you're using something proven to fix the specific damage you tend to have, whether that's discoloration, wrinkles, acne, or something else.

But there's one more thing patients should be getting from skincare professionals if they want their face to look the best:

a regular exfoliation with a medical aesthetician under physician supervision to remove dead skin cells and other debris every six to eight weeks. "You can have the best products in the world, but if you're not doing regular skin care, they're just sitting on the surface and not getting in," Dr. Sullivan says. She compares skincare to dental care in this situation—you brush your teeth at home, but you still need to make routine visits to your dentist for a professional cleaning.

And don't forget the daily habits that are just as important as what products you use. Be sure to wash twice a day, stay hydrated, exercise, and get good nutrition. "The skin is the largest organ of the body, and we need to take care of it," Dr. Sullivan concludes. "Taking care of your skin is not just about looking good—it is about taking care of your body and maximizing good health."

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

Love Point Deli

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

The Narrows Restaurant

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

Oh My Chocolate

417 Thompson Creek Road, Stevensville; 410-643-7111 ohmychocolate.com 🍷

O'Shucks Irish Pub

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

Rams Head Shorehouse

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

Red Eye's Dock Bar

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

Rustico Restaurant & Wine Bar

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

SandBar at Rolph's Wharf

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

Smoke, Rattle & Roll

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

T AT THE GENERAL STORE:

"Great menu paired with great tea"

—Sylvia F.

Talbot County

208 Talbot

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

Ava's Pizzeria & Wine Bar

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

Awful Arthur's Seafood Company

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

The BBQ Joint

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

Banning's Tavern

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

Bartlett Pear Inn

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

Bas Rouge

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

Bistro St. Michaels

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

Blackthorn Irish Pub

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

Capriotti's

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

Capsize (Seasonal)

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

Captain's Ketch

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

Carpenter Street Saloon

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

Characters Bridge Restaurant

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

Chesapeake Landing

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

The Coffee Trappe

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

The Crab Claw Restaurant

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

"Visited for Date night last week and can't to come back for more" —Theresa Cole

Crab N Que

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

Crepes By The Bay

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

Doc's Downtown Grille

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

Doc's Sunset Grille

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

Eat Sprout

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

El Dorado Bar & Grill

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

Foxy's Harbor Grille (Seasonal)

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

The Galley St. Michaels

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

Gina's Cafe

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

Gluten Free Bakery Girl

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

Gourmet by the Bay

415 S. Talbot Street, St. Michaels; 410-745-6260; gourmetbythe-bay.net 🍷

Harrison's Harbour Lights

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

Hill's Cafe and Juice Bar

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

Hong Kong Kitchens

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

Hot off The Coals BBQ

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

Hunters' Tavern at the Tidewater Inn

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

In Japan

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

Krave Courtyard

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

Latitude 38 Bistro & Spirits

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

Ledo Pizza

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

Lighthouse Oyster Bar & Grill

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

Limoncello Italian Restaurant

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

Lowes Wharf

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

Lyon Distilling Company

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 \$\$ 🍷 Y 🍷 🍷 *

Momma Maria's Mediterranean Bistro

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

Old Brick Café

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

Osteria Alfredo

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

Out of the Fire Café & Wine Bar

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

Piazza Italian Market

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

Plaza Jalisco

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

Pope's Tavern

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

Portofino Ristorante Italiano

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

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 Y

Robert Morris Inn

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

Sakura Sushi Restaurant

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

Sam's Pizza & Restaurant

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

Scossa Restaurant & Lounge

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

Snifters Crafts Beer and Wine Bistro

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 \$\$\$ 🍷 Y * 🍷 🍷

St. Michaels Crab & Steakhouse

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

Sugar Buns Airport Café & Bakery

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

Sunflowers & Greens

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

T at the General Store

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

Theo's Steaks, Sides & Spirits

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

Two if by Sea

5776 Tilghman Island Road, Tilghman; 410-886-2447; 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 \$\$ 🍷 Y 🍷 🍷

Kent County

Barbara's On The Bay

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

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 \$\$ Y

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

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

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

O'Connor's Pub & Restaurant

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

Osprey Point

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

Pasta Plus

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

Plaza Tapatia

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

Procolino Pizza

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

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; Watermanscrabhouse.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 \$\$, 🍴 🍴 *

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 \$ 🌊 🍴

We are so happy to be back!

Thank you to everyone who helped us get through the past few months. If you haven't seen our updated space, please come see and sample Chef's summer menu before it's gone!

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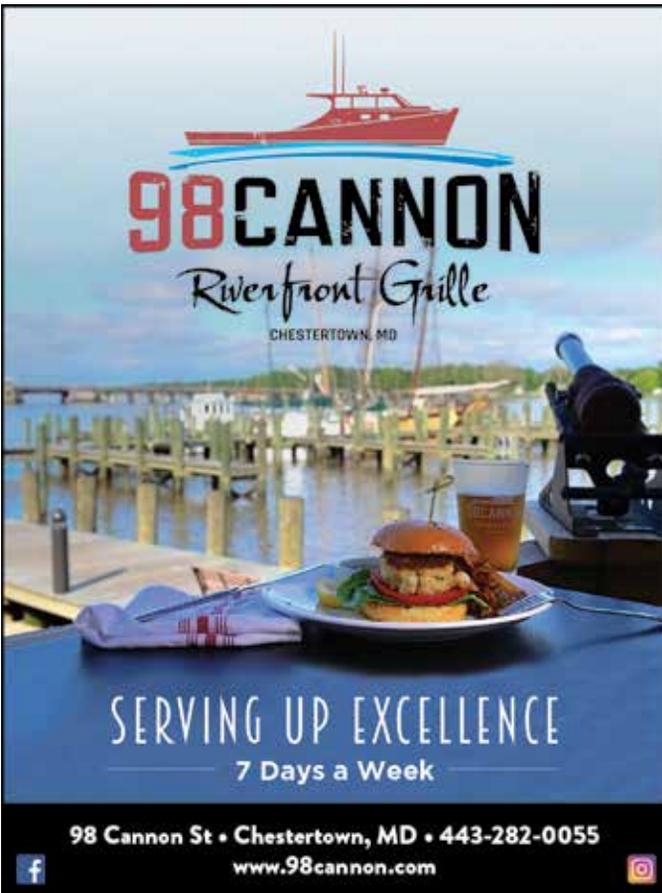
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Where's Wilma?

FIND WILMA AND WIN!

It's the dog days of summer and, lately, our fearless flying mascot Wilma has been cooling off at local swimming holes that dot the state. In between getting her toes wet, though, she's flying the skies from county to county. Occasionally she drops into town to dine, shop, and have a little fun. Can you find where she'll pop up next?

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: Joanna Rash of Chestertown, 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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I FOUND WILMA ON PG. _____ Advertiser _____
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Would you like to sign up for our weekly eNewsletters, which brings you each weekend's best events and dining deals, as well as online-exclusive articles! Yes, please! _____ No, thanks _____

Entries must be received by August 31, 2020. Winner will receive a gift certificate to a local establishment and their name will appear in an upcoming issue of What's Up? Eastern Shore.

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Accurate Asphalt LLC.....	30
Annapolis Auto.....	15, 17
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Chesapeake Bay Real Estate.....	30
Chesapeake Property Finishes.....	LREHP
CR Realty.....	LREHP
Dee Dee McCracken-Coldwell Banker.....	LREHP
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Warren's Wood Works.....	61

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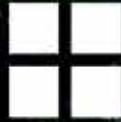


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