

WHAT'S UP?

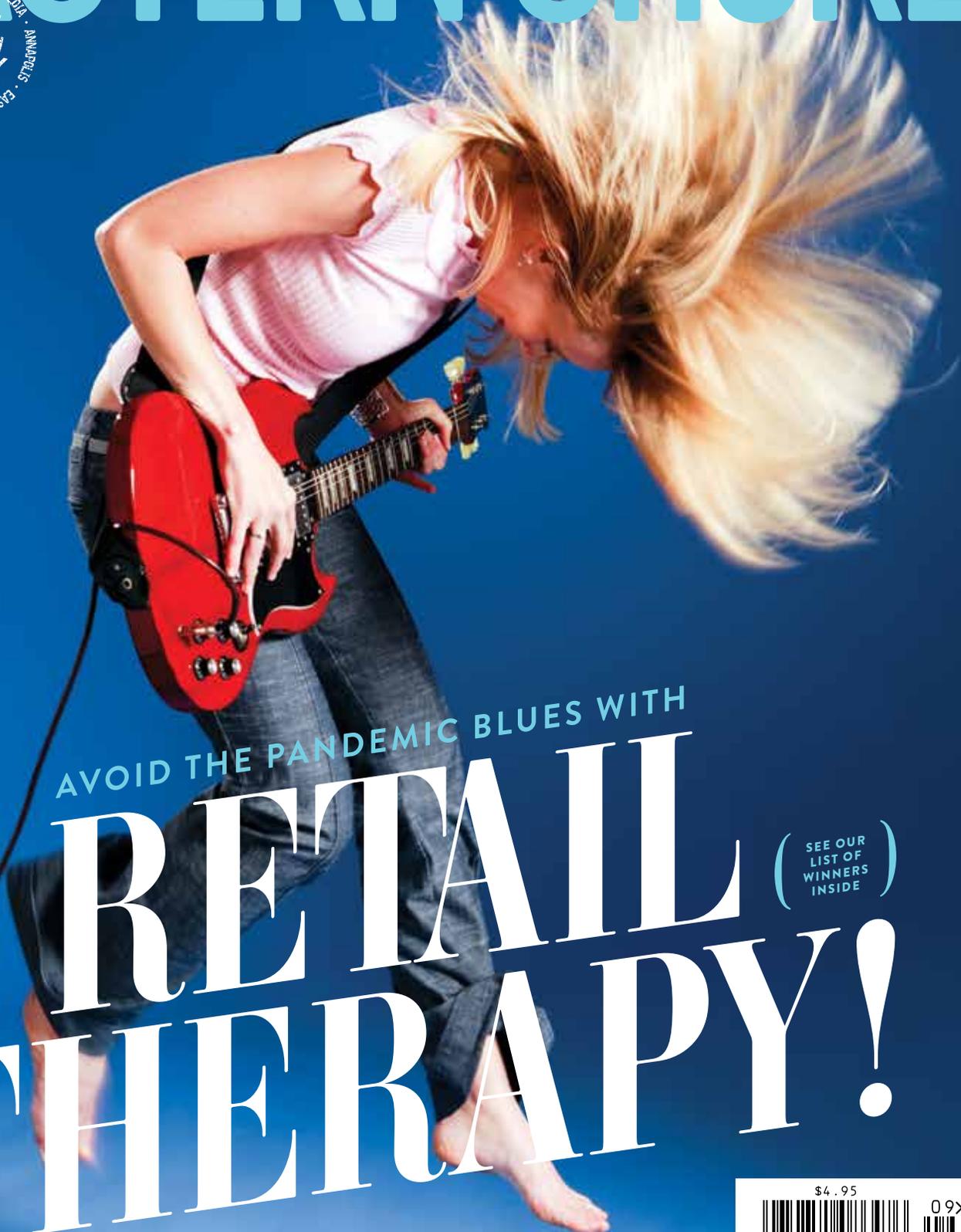
ENCOURAGING HEALTHY HABITS FOR STUDENTS IN THE AGE OF COVID-19

LAWSUITS AND EFFORTS TO CLEAN UP CONOWINGO DAM

AUTUMN REFRESHERS FOR THE HOUSE AND GARDEN

EASTERN SHORE

WHAT'S UP? MEDIA • ANNAPOLIS
WEST COUNTY • WEDDINGS
HOME GROWN LOCALLY OWNED
EASTERN SHORE



AVOID THE PANDEMIC BLUES WITH

RETAIL THERAPY!

(SEE OUR LIST OF WINNERS INSIDE)

\$4.95

0 74851 08647 6 09 >



SULLIVAN

SURGERY & SPA

PLASTIC AND RECONSTRUCTIVE SURGERY



Dr. Kelly Sullivan MD, FACS

Board Certified - American Board of Plastic Surgery
Fellow - American College of Surgeons
Education - Harvard, MIT, Emory

With offices in both Annapolis and Easton

410.571.1280 (Annapolis) 443.221.2700 (Easton) SullivanSurgery.com



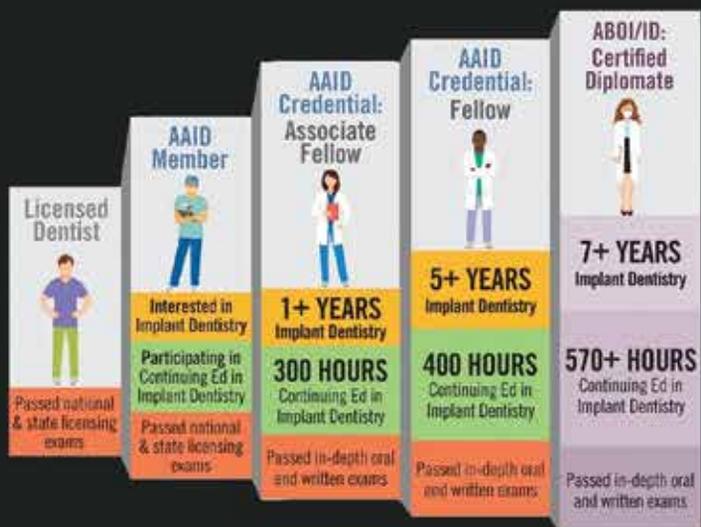
Voted Best Body Contouring,
Medical Grade Skin Products,
Plastic Surgery Reconstruction



Voted Best Breast Augmentation/
Reconstruction,
Cosmetic Injections



If you are considering dental implants it is important you choose a dental implant dentist credentialed by the American Academy of Implant Dentistry, AAID.



AAID-credentialed dentists are qualified to provide the treatment you need.

Dental implants are complex, sophisticated devices that require deep knowledge and specialized expertise to fit and place properly, and every treatment needs to be customized to the unique needs of the patient. You can count on an AAID-credentialed implant dentist to expertly evaluate your needs, design a personalized treatment plan and complete it successfully.



Dr. Kian Djawdan (pronounced Jav-dan) is Board Certified by the American Board of Implantology/ Implant Dentistry and is considered an expert in implant dentistry. He is specially trained and licensed to administer IV sedation for any dental procedure. Dr. Djawdan has created a unique patient experience where adult patients with complex dental problems can have all of their dental treatment (surgical and restorative) in one office with one dentist.



DENTURE

- Ruins food's taste
- Unnatural looking: bulky plastic
- Weak bite, poor chewing
- Staining and embarrassing odor
- Continued loss of jaw bone
- Requires gooey adhesives
- Can break



PRETTAU™ ALL CERAMIC IMPLANT BRIDGE

- Taste your food again
- Beautiful natural smile
- Eat what you want
- No staining or odor
- Maintains jaw bone
- No messy adhesive required
- Unbreakable

Djawdan Center for Implant and Restorative Dentistry

Restoring Hope & Confidence

200 Harry S. Truman Parkway
Suite 210
Annapolis, Maryland 21401
410.266.7645
www.smileannapolis.com



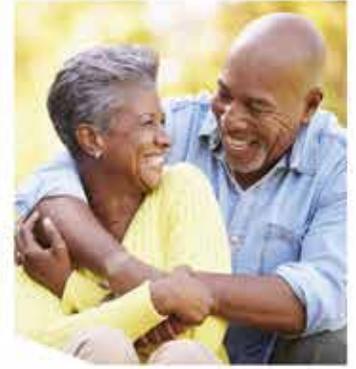
Dr. Djawdan's
Professional Training
& Dental Credentials



*Based on fracture toughness, Vickers, and flexural strength in University tests.

OPENING EARLY 2021

ACROSS FROM UNIVERSITY OF MARYLAND SHORE EMERGENCY CENTER IN QUEENSTOWN



VISIT OUR SALES CENTER!



QUEENSTOWN LANDING

Assisted Living & Memory Care

Queenstown Landing is a state-of-the-art Assisted Living and Memory Care community nestled in the serene, coastal community we call home. Convenient to Route 50 and adjacent to the University of Maryland Shore Emergency Center, our thoughtfully-designed community will feature vibrant social activities, expansive outdoor areas, spacious apartments and the latest technology to enhance resident care.

To learn more, call 888-606-0030 or visit integracare.com/queenstown-landing

WELCOME *Home.*



- For Over 30 Years -

DEDICATED TO YOU.



- Your Board-Certified Surgeons & Skin Care Experts -

Dr. Christopher J. Spittler, Dr. D. Paul Buhner & PSS MediSpa

PLASTICSURGERYSPEC.COM • 800-570-7600



Annapolis • Easton • Prince Frederick

On the Cover: Escape the pandemic blues with some retail therapy by shopping the Best of Retail and Professional Services winners. Design by August Schwartz. Contact *What's Up? Eastern Shore* online at whatsupmag.com. ♻️ Please recycle this magazine.

September contents



Features

28 Year of the Woman: Taking Cue from Women's Suffrage The social science and less-than-conventional wisdom of how social movements develop, grow, and foster change *By Ines Alicea*

35 2020 Best of Eastern Shore The winners in more than 50 retail and professional service categories are revealed

40 Conowingo Dam Part I: Lawsuits, Trash, and Sediment Clog Clean-Up Efforts We kick off a three-part article series about the myriad environmental issues surrounding Conowingo Dam and the associated public and private responsibilities to maintain the health of the Chesapeake Bay *By Jeff Holland*

47 Make the Grade! Our fall education package equips parents and students with tips to “tune up” for the new school year; plus, our resource list of private schools offering campus tours by appointment

Home & Garden

56 Home Design: Trending Kitchen Islands How to give your kitchen an updated look and versatile functionality *By Lisa J. Gotto*

58 Home Design: Autumn Refreshers for the House & Garden A practical guide to indoor and outdoor seasonal projects *By Janice F. Booth*

62 Real Estate Stunning examples of recent home sales showcase what's selling throughout the Anne Arundel County *By Lisa J. Gotto*



40



58



68

Health & Beauty

By Dylan Roche

- 68 Fresh Take: Peanut Butter**
- 70 Flu Season is Coming Up**
- 71 Free Weights vs. Resistance Bands**
- 73 Dance Your Way to Better Health**

Dining

- 74 Readers Review Contest** Your dining reviews can win you free dinners!
- 76 Readers Restaurant Guide** More than 125 regional restaurants listed



47

WHAT'S UP?

EASTERN SHORE

Publisher & President

Veronica Tovey (x1102)

Editorial Director

James Houck (x1104)

Chief Operating Officer

Ashley Lyons (x1115)

Entertainment Editor

Megan Kotelchuck (x1129)

Contributing Editors

Lisa J. Gatto, Dylan Roche

Contributing Writers

Ines Alicea, Janice Booth,

Jeff Holland, Tom Worgo

Staff Photographer

Steve Buchanan

Contributing Photographers

Liz Baker

Art Director

August Schwartz (x1119)

Graphic Designers

Matt D'Adamo (x1117), Lauren VanSickle (x1123)

Web Content Specialist

Brian Saucedo (x1116)

Production Manager

Nicholas Gullotti (x1101)

Senior Account Executive

Kathy Sauve (x1107)

Account Executives

Debbie Carta (x1110), Beth Kuhl (x1112),

Rick Marsalek (x1124), Nina Peake (x1106),

Michelle Roe (x1113)

Special Events Director

Melanie Quinn (x1132)

Finance Manager

Deneen Mercer (x1105)

Bookkeeper

Heather Teat (x1109)

Administrative Assistant

Kristen Awad (x1126)

WHATSUPMAG.COM



Proud Partner



Proud Partner

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

201 Defense Highway, Suite 203, Annapolis, MD 21401,

410-266-6287, Fax: 410-224-4308. No part of this

magazine may be reproduced in any form without

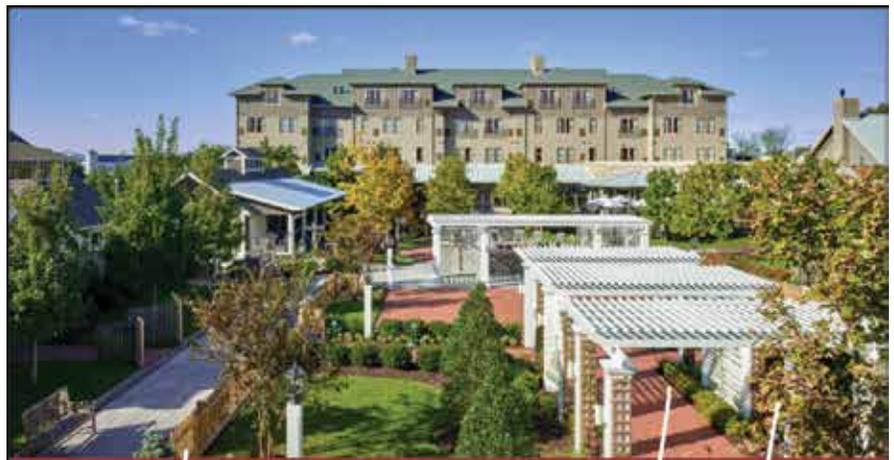
express written consent of the publisher. Publisher

disclaims any and all responsibility for omissions and

errors. All rights reserved. Total printed circulation is

23,888 copies with an estimated readership of 78,830.

©2020 What's Up? Media



welcoming you back

KNOXIE'S TABLE
& THE MARKET

DINING, TAKE OUT & SHOPPING

LOCAL GETAWAYS

HOTEL PACKAGES & SPECIALS

EXPERIENCE THE SPA

LUXURIOUS SPA & SALON SERVICES

WEDDING OPEN HOUSE

SATURDAYS

9A-11A



THE INN

Chesapeake Bay Beach Club

Stevensville, MD | 410.604.5900 | baybeachclub.com

September contents

COMING UP IN
OCTOBER 2020

Top Dentists
Issues Facing Women &
Minority Voters
Conowingo Dam Part II

In Every Issue

6 E-Contents A snapshot of what's online promotions and exclusive content

8 Editor's Letter James shares his thoughts

13 Out on the Towne Previews of virtual events and activities to enjoy in September *By Megan Kotelchuck*



EDITOR'S NOTE: September'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.



22 Towne Salute Meet Chris Hopkinson with Bay Paddle for Oyster Recovery Partnership *By Dylan Roche*

24 Towne Spotlight Local business and community news *By James Houck*

26 Towne Athlete Meet Allison Gallagher of Washington College *By Tom Worgo*

30 Where's Wilma? Find the What's Up? Media mascot and win

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.



Inbox Updates

whatsupmag.com/subscribe

Our newsletters are more valuable than ever during this time in crisis. Don't miss a beat, be sure you're signed up.

Connect

@whatsupmag
@whatsupmags



"Be the reason someone Smiles Today!"



"I smile because I'm going to hygiene school!"
Rachel VanDalen, Dental Assistant



"I smile when I see my family."
Abby Fisher, Dental Assistant



"I smile because I help others smile."
Elba Olivero, Dentist



"I smile because I am fortunate enough to be back in my home state doing what I love."
Alyssa Wolfe, Dentist



"I smile because it's the most profound and powerful facial expression."
Paloma Burtis, Dental Hygienist



"I smile when my dog greets me when I get home. I love those slobbery kisses."
Jennifer Brotz, Dentist



"I smile because my smile is infectious."
Tad Rutledge, Dental Hygienist



"I smile because I have friends who are family and family who are friends."
Erin Picco, Dental Assistant



"I smile because life is fun."
Karen Lode, Practice Manager

Eastern Shore Dental Care

22 Kent Towne Market | 410.643.5500 | easternshoredentalcare.com





editor *From the*

nization is due. Also, in our education package, “Make the Grade,” we offer a batch of short articles about “tuning up” our children for a successful school year (from nutrition to test taking tips). And if you’re considering the possible benefits of a private school education, we have a list of those who’ll be happy to show you their campuses by appointment.

One of my fall projects (well, my personal vanity project) is tinkering with my jon boat to get it primed for some fall rock-fishing on the Severn River. It’s something to do on weekends, little fixes here and there. And it’s fun. It’s the type of project that amplifies my appreciation for where we live...and how we should treasure our rivers and the Chesapeake Bay. In part one of Jeff Holland’s three-part article series “Conowingo Dam” we learn of how this vital electric generator of a dam has served as a sort of long-term stop-gap (oxymoron, yes) solution to the up-state pollution from Pennsylvania and New York running into the bay. The sediment, flotsam, and jetsam that Conowingo traps behind itself have been a source of environmental concern and controversy for years. But, as Holland illustrates, time is ticking and action must be taken now to address the problems at hand.

And if being involved in your neighborhood and community is your passion, take cue from the next article in our “Year of the Woman” series, which deep dives into the social science of social movements. There are fascinating insights about how movements—from women’s suffrage to civil rights—develop, grow, and foster change. Another pretty inspiring read.

So, as we settle into our autumn routines, projects, and passions—whatever they may be—let the introvert within you shine, perhaps, and have fun focusing on that which is closest to your *fall* vest—your home, your health, your community, and your family.

James Houck,
Editorial Director

A handwritten signature in black ink, appearing to read 'James Houck', written over the printed name and title.

As I write this letter, we’re still a few weeks out from Labor Day weekend, the start of the school semester, football season (we hope), and my favorite time of the year...fall. Has my anticipation for autumn, the holidays, and all-things pumpkin spice (lol) lost some luster? Eh, maybe a tad. Like most of us, I’m uncertain about whether or not we’ll get to cheer on the Midshipmen for home games at the stadium, take the kids on hay rides or pick pumpkins at the farms, and how the next round of virtual learning will go. But...

We can focus on what we can control on the home front. For as much as I may feel apprehensive about the remainder of this year and what we can or can’t do when we’re out and about, there sure is a lot to be mindful of at home. And this is, perhaps, the best time of the year to tackle tasks indoors and out, spruce up the homestead, get involved with neighborhood projects, and even explore the outdoors in and around your community.

A few articles in this issue of *What’s Up? Eastern Shore* got me thinking along this track. For starters, I read through Janice Booth’s article “Autumn Refreshers for the House & Garden,” which includes so many ideas for the home that we couldn’t fit the article as written in its entirety into this issue (I had to find a few things to cut). Nevertheless, Booth offers a treasure trove of tips that you’d be wise to read through—there are so many nifty suggestions, I’m confident you’ll dream up a honey-do list a mile long. All good things.

Along these lines, and with many of us still telecommuting and/or getting the kids set up for a fall of e-learning via virtual teaching, setting up personal space(s) like a home office or classroom is a project that’s on my to-do list. We survived spring and summer, but I’m thinking that a bit of reorga-

Unparalleled
Expertise.
Unmatched
Patient Care.



O'Donnell Vein and Laser is excited to announce our **NEW LOCATION at 499 Idlewild Ave in Easton**. Our state of the art facility will focus on the treatment of varicose veins, spider veins, venous ulcers and venous disorders.

We are pleased to also offer a full service medical spa. We offer the latest in laser skin rejuvenation, laser hair removal and cosmetic injectables. With our focus on both functional and cosmetic vein treatments, as well as our medical spa services, we are committed to providing our clients with beautiful, healthy skin.

Contact us today at 410-224-3390 to schedule your evaluation!

After One Phlebectomy Treatment



Wound Treatment



Dr. Kelly O'Donnell, MD
Board Certified Vein Specialist



Cutera excel[®] V+ Treatment



O'DONNELL
vein & laser

ODonnellVeinandLaser.com

Schedule your consultation today! 410.224.3390

NEW LOCATION - EASTON 499 IDLEWILD AVE, EASTON, MD 21601
ANNAPOLIS 166 DEFENSE HIGHWAY, SUITE 101, ANNAPOLIS, MD 21401



DD McCracken Home Team



RESIDENTIAL BROKERAGE

Operated by a subsidiary of NRT, LLC

"Big or Small - We Sell Them All!"

410-224-2200



**307 & 309 Queens Court
Stevensville | 1,795,000**

Private Family retreat on the Chesapeake Bay! Main house & Guest house, separate garage, pool, 200 plus ft. of waterfront, pier w/boat lift & jet ski lift. Many upgrades: Hardwoods, kitchens, remodeled master BA w/steam shower, soaking tub, granite counters, central vac, security & sound built in, 4 zone heating & air. Both have full guest quarters!



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

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



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

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



**252 Eareckson Lane
Stevensville | \$1,400,000**

Stunning, fully re-finished home waterfront on Eastern Bay! Move in ready, spotless from top to bottom, fishing, water sports & much more. Entertain on the large over sized decks, & pergola areas.



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

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



**2903 Cox Neck Road E.
Chester | \$1,350,000**

5000 sq.ft.+ Custom Waterfront Home on Crab Alley Bay in Southwind. In-Ground Pool, Screened Porch & 2nd level waterside balcony. Inside has 5 BR's, 3.5 BA's, Custom Kitchen & new Master Bath. Plan a 3rd floor bonus space!



**Lot 1 & Lot 2 - Parks Point
Queenstown | 1,250,000 & \$600,000**

2 Spectacular Wye River Waterfront Lots

Lot 1 - 3.81 ac. 1000' + rip rapped water frontage, Pier, Lift, Duck Blinds & underground utilities

Lot 2 - 1.81 ac. 300' + rip rapped water frontage, Underground utilities & ready to build.



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

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



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

New Construction, Coastal style home w/3,400 sq. ft. on the Chesapeake Bay! Four levels of bright open concept living space with multiple balconies for panoramic views. 3 BR's (poss. 4-5) & 4.5 BA's. This home has fantastic upgrades include all hardwood flooring, granite in kitchen and baths, ceramic tile & Hardi-plank siding.

Your Real Estate Team for Life



DeeDee McCracken
CEO & Realtor
DMcCracken@cbmove.com
410-739-7571



Lisa Barton
COO & Realtor
Lisa.Barton@cbmove.com
410-829-2051



Annie Eaton
Real Estate Sales
Annie.Eaton@cbmove.com
410-739-4260



Amanda Stromberg
Real Estate Sales
Amanda.Stromberg@cbmove.com
410-703-1403



Destinee Blackstone
Real Estate Sales
Destinee.Blackstone@cbmove.com
410-693-9291



Lisa McGrath
Licensed Assistant
DMcCracken@cbmove.com
410-320-1971



DD McCracken Home Team

www.DDMcCrackenHomeTeam.com • 410-849-9181

COLDWELL
BANKER

RESIDENTIAL BROKERAGE
Operated by a subsidiary of NRE, LLC



**118 Greenwood Creek Drive
Queenstown | \$950,000**

Waterfront on Greenwood Creek. Private Pier, Paver patio, stone FP, fire pit. Built in 2016, Main level MBR, 3 BR's upstairs & 2 car garage, stone front, paver drive & walk, Hardwoods & SS appl.



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

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



**115 & 117 Parks Rd
Chester | \$825,000**

Open Water Views & Sunsets over Cox Creek. Looking for waterfront w/ your own guest home or income property? 1 level, open concept, main level master plus a new roof, appliances, HVAC & h20 heater, windows, kitchen cabinets, BA's & flooring. Quaint 500 square ft., 1 BR cottage w/ it's own utilities, kitchen, BA, & living space.



**231 River View Dr
Stevensville | \$750,000**

Here's your private Oasis! A quality built home perched up on a hill with a vista of water views, only steps away from your waterfront lot with a sandy beach & possibility of a pier. Large wrap around porch for eating crabs & entertaining. 1st floor living with the master BR & 2 full baths on the first floor, over 3,600 sq. feet finished.



**224 Canal Street
Grasonville | \$725,000**

Welcome to your own private oasis! 3.2 acre waterfront peninsula, 790' of shoreline, pier, rip rap, & marshlands. Over 2000 sq ft, 3 BR, 2 BA Rancher offers lots of updates, 2+ car garage, office and views for days.



**358 Queen Anne Rd
Stevensville | \$715,000**

Spectacular Views of Eastern Bay w/204 ft of waterfront & .80 acres on Eastern Bay. Beautiful home w/3,100 sq. ft. finished. Octagon ceiling in living room w/large open second floor creates a great setting for this home. Large mature trees creates a tranquil setting, weasy boat access to the Chesapeake Bay & the Narrows area.



**7007 Bridgepointe Dr
Chester | \$310,000**

Beautiful Unit, 1st floor master that's 100% updated & move-in ready! New kitchen & bathrooms, new carpet, tile & flooring, new skylights, encapsulated crawl space, fresh paint, new doors, new HVAC and more!



**26H Queen Anne Way
Chester | \$169,000**

Nice lakefront views from your patio in this One level unit with 1 BR & 1 Full Bath. A welcoming, spacious and bright LR, Kitchen with breakfast bar and full bath. The nice size BR has sliders to the rear patio. Enjoy Queens Landing amenities.



**Lot 36 Calvert Road
Stevensville | \$165,000**

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

Our Team is Here to Serve You!

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

Whether you are selling or buying each client is provided with the utmost professionalism and integrity. Along with our in-depth knowledge of the area, you will have the best resources and technology provide for selling and buying, including staging services, individual website, professional photography, Market Analysis and a whole lot more.



WALNUT POINT FARM | \$6,500,000
6798 Broad Neck Road, Chestertown, MD
Trey Rider +1 443 786 0235



THE FRIARY | \$24,900,000
1604 Winchester Road, Annapolis, MD
Brad Kappel +1 410 279 9476
David DeSantis +1 202 438 1542



SAINT MICHAELS | \$3,200,000
24610 New Post Road, Saint Michaels, MD
Trey Rider +1 443 786 0235



LUXURY WATERFRONT RESIDENCE | \$4,199,500
279 State Street, Annapolis, MD
Brad Kappel +1 410 279 9476



SILVER MAPLE MANOR | \$6,300,000
948 Melvin Road, Annapolis, MD
Amber Krause +1 443 783 7244



BODKIN POINT | \$5,000,000
Bodkin Point, Pasadena, MD
Amber Krause +1 443 783 7244



LUCE CREEK | \$1,490,000
1894 Luce Creek Drive, Annapolis, MD
Glenn Sutton +1 410 507 4370



GEORGETOWN | \$2,500,000
3053 Q Street NW, Washington, DC
Michael Rankin +1 202 271 3344



OXFORD | \$1,500,000
4480 Bachelor's Point Road, Oxford, MD
Trey Rider +1 443 786 0235



ORCHARD BEACH MARINA | \$1,749,000
1643 Orchard Beach Road, Annapolis, MD
Brad Kappel +1 410 279 9476



PENN QUARTER | \$1,795,000
675 E Street NW #900, Washington, DC
Jonathan Taylor +1 202 276 3344



BLACKHOLE CREEK | \$1,299,000
425 Shady Lane, Pasadena, MD
Brent Hardie +1 410 215 3747



CARRIAGE HILLS | SOLD \$610,000
1072 Carriage Hill Parkway, Annapolis, MD
Rick Hoffman, Represented Buyer +1 516 702 6554

WE ARE PLEASED TO WELCOME
Ashley Earle
Courtney Riley
TO OUR ANNAPOLIS BROKERAGE



BLACKHOLE CREEK | \$1,100,000
441 Shady Lane, Pasadena, MD
Brent Hardie +1 410 215 3747

Out on the TownE

13 EVENT PICKS | 22 SALUTE | 24 SPOTLIGHT | 26 ATHLETE

Local events are always important to us at What's Up? Media. Recently, we have not been able to go to some of our favorite annual events. One great trend that has emerged from the COVID-19 pandemic is virtual events. We can travel to New York for the Hudson Valley Hot Air Balloon Festival or be able to see local Baltimore song writers in the same night. Below is a schedule of just a few of the hundreds of virtual events going on locally and nationally during the month of September. Events highlighted in red are "can't-miss" events happening locally. Many of these events will be streaming live through Facebook. To follow them live, simply log onto Facebook and put the event name in the search bar. This will bring you to the live video, discussion page, and a place to donate if you would like. →

Events Have Gone Virtual!

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

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

virtual format. Safety has become a priority for artists and arts venues alike.

September 11

PROJECT CLEAN STREAM hosted by the Alliance for the Chesapeake Bay and ShoreRivers; chesapeake.network.org/groups/project-clean-stream; A watershed wide cleanup organized by the Alliance for the Chesapeake Bay and coordinated on the Eastern Shore by ShoreRivers. Project Clean Stream is an opportunity for citizens across the entire Chesapeake Bay Watershed to work together to clean our shared water resource.

September 12

ANNAPOLIS VIRTUAL RUN FOR THE LIGHT HOUSE hosted by Annapolis Lighthouse Shelter; September 12th-20th; annapolis-runforhelighthouse.org; All proceeds will benefit the Annapolis Light House homeless prevention center. Run or walk wherever you are. Registration is now open.

September 13

22ND ANNUAL PET ROCK FESTIVAL - FUR-TUAL ONLINE EVENT hosted by Pet Rock Festival; 12-3:30 p.m.; Facebook and Youtube Live; The 22nd annual festival, originally planned to return to North Graf-

September 1

VIRTUAL WRITING HOUR WITH THE NATIONAL PORTRAIT GALLERY, 5-6 p.m.; npg.si.edu/events; This virtual space with the National Portrait Gallery will be a place for writers to create, connect, and draw inspiration from the Portrait Gallery's online exhibitions on Google Arts and Culture. Bring your own happy hour beverage and write with us. We will provide writing prompts and you are also welcome to bring your own writing projects. We will write for about 30 minutes and end the session with a brief discussion or reading.

September 3

VIRTUAL SUMMER CONCERT: ISLAND PETE hosted by Glen Echo Park Partnership for Arts and Culture 7:30-8:30 p.m.; Facebook Live; For more than a decade, sum-

mer at Glen Echo Park in Washington, D.C. has been synonymous with a weekly Summer Concert Series to support local musicians and performers who represent a diverse range of styles, influences, and cultures.

September 4

HUDSON VALLEY HOT AIR BALLOON FESTIVAL 2020, 4 p.m.; Facebook Live; Watch the Best events Live from the Hudson Valley Hot Air Balloon Festival in Rhinebeck, New York.

GRAND ART UNDER A GRAND hosted by Troika Gallery; September 4th through September 29th; troikagallery.com; No pre-show sales before September 4th, view the exhibit online and call the gallery to purchase your favorite piece of Fine Art by the Troika Gallery Artists all priced under \$1,000.

September 5

TEDXALIEF 2020: BREAK THE MOLD EVENT, 10 a.m.-4 p.m.; ted.com/tedx; Join us as we launch, this September, the first edition of TEDx Alief, an independently organized TEDx event. At "Break the mold, we will explore what it means to put an end to restrictive patterns of events or behavior by doing things in a markedly different way - through the eyes of our distinguished speakers, who represent the diversity and uniqueness of the Alief Community.

September 9

CONGRESSIONAL ROUNDUP 2020 hosted by the Maryland Chamber of Commerce; 10-11:30 a.m.; mdchamber.org/event/congressional-roundup2020; Do not miss this opportunity to hear directly from

policy experts and Maryland's congressional delegation regarding the current legislative and electoral landscape and how it intersects with the challenges presently being faced by the business community.

↑ THE GIRLS IN TECH CONFERENCE hosted by Girls in Tech; 1-7:45 p.m.; girlsintech.org/conference; A one-day virtual event where participants gather to find community, sharpen their skills, and learn how to thrive in tech. This signature annual event is so much more than a conference. It is an intentional and inclusive space where we invite everyone to have a seat at the table.

CT FOLK FEST, September 9th-12th starting at 7:30 p.m.; ctfolk.org; Join us for our 28th CT Folk Fest & Green Expo as we bring you a multi-day event in



A *Celebration* of CHARITY

*Philanthropist of the Year:
Bryan and Fred Graul, Graul's Market*

*Nonprofit of the Year:
Anne Arundel County Food Bank*

*Join us on Nov. 19, 2020 at
Chesapeake Bay Beach Club
as we honor local heroes
of the COVID-19 pandemic*



*Sponsorships available:
chesapeakecharities.org OR 410-643-4020*

Fred Frederick



The Frederick family has been operating their dealerships on a day to day basis with the same philosophy that started over 60 years ago-treat people the way you would like to be treated. You will not see tricky advertising or sales gimmicks, just friendly car buying made easy.



Rt. 50 Easton

410.670.5186 | 410.822.2100

www.fredfrederick.com



New 2020 Wrangler

WHAT'S UP? MEDIA

Webinars

POWERED BY **zoom**

**DO YOU
NEED HELP
WITH A
VIRTUAL
EVENT?**



What's Up? Media is available to help your company stay connected to the community by putting your leadership online as a Virtual Event.

INCLUDED

- Moderated 45-minute Presentation
- Advertising and Marketing Support to Drive Attendance
- Help with Locating Expert Panelists Related to Topic
- Webinar Remains on Whatsupmag.com

For cost and presenting sponsorship opportunities, contact Melanie Quinn at mquinn@whatsupmag.com.



ton, MA, will now bark, meow, chirp, whinny, and oink as a virtual FB-Instagram-YouTube live event that features interviews with animal welfare organizations, performances, musical acts, politicians speaking about animal welfare legislation, and demos, including the Pups in the Air Frisbee Team.

September 15

SHELTERED VIRTUAL CONFERENCE hosted by National Trafficking Sheltered Alliance; 12 p.m. through September 17th, 5 p.m.; shelteredalliance.org/events; A national conference for agencies providing residential and affiliated services to survivors of human trafficking/exploitation/prostitution. The live sessions will be from 12-4:30 p.m. each day and everything else will be on demand for you to watch whenever works best for you.

September 16

SEPARATING FACT FROM FICTION: THE RISE AND ROLE OF JOURNALISM hosted by The Maryland Writers' Association; 7-8 p.m.; Find Zoom link on Facebook; The Maryland Writers' Association is hosting an online discussion. For 25 years, John DeDakis was deeply involved in CNN's coverage of almost every major national and international news story. See his view on the rise of journalism on this online discussion through Zoom.

September 17

HOCUS POCUS FREE VIRTUAL PAINT hosted by Mimosas & Masterpieces; 7 p.m.; Facebook Live; Join us for our free virtual Hocus Pocus painting night. Can't make it? Not a problem, the video will be on the Mimosas & Masterpieces Facebook page to be watched later.

September 18

BRONZEVILLE ART DISTRICT VIRTUAL TROLLEY TOUR 2020, 7 p.m.; eventbrite.com; Your summer fun is here! Take the Virtual Trolley tour on zoom to the largest African American Art District in the Country. There are six galleries, art institutions and a number of art studios in the historic Bronzeville Community in Chicago. Experience art, culture, and more at Blanc Gallery, Bronzeville Artist Lofts, Faye African Afrt Gallery, Gallery Guichard, Little Black Pearl, and South Side Community Art Center.

September 19

VIRTUAL FUNDRAISING GALA hosted by Annapolis Shakespeare Company; 8 p.m.; annapolisshakespeare.org; Tune in for our first ever online celebration of everything Annapolis Shakespeare Company is about featuring music, virtual performances, and special guest stars. This is a one hour ticketed online event, reservations required in advance.



NOW OPEN!!
Haven Headquarters
Resource Center
Daily Food Pantry*

ALL Services offered Daily
 M, W TH & F 8:30am - 4:30pm
 Tues 7am - 7pm
 206 Del Rhodes Ave., Queenstown, MD
 410-827-7194

*Food Pantries are open daily at this location. Additional Pop-up Food Pantries will be held in Sudlersville, monthly





TIDEWATER INN

*A picturesque downtown destination
on Maryland's Eastern Shore*

HISTORIC INN | HUNTERS' TAVERN | WEDDINGS & EVENTS

101 East Dover Street | Easton, MD | 410.822.1300 | tidewaterinn.com



September 21

WE ARE MANY: 100 CITIES, ONE NIGHT FOR PIECE hosted by We Are Many; 7–10 p.m.; Facebook Live; A global virtual release hosted by organizations, individuals, schools, communities, spiritual, and activist centers around the world who speak for justice and peace.

September 24

THE BLACK IS TECH VIRTUAL CONFERENCE 2020 hosted by Black is Tech; September 24th–25th; blackistechconference.com; Join 6,000-plus Black and Minority tech professionals and entrepreneurs online for 2 days of learning, networking and recruitment. This event, normally in New York City, is now virtual and free for everyone. The event will be streamed online and all other event related activities will be virtual.

MSCCA CONFERENCE BY THE SEA 2020 GOES VIRTUAL hosted by Maryland State Child Care Association; September 24th through September 27th; mscca.org; In light of the current global climate, it is more important than ever for the child care community to connect with one another, strategize and share ideas, all in a safe, responsible way.

IN DEFENSE OF WATER 2020 hosted by Waterkeepers Chesapeake and The Severn Riverkeeper Program; 4–6 p.m.; eventbrite.com; Our 4th annual In Defense of Water is going



virtual to keep everyone safe and healthy during this global pandemic. We hope you will join us for this Virtual Celebration of Clean Water Advocacy, an evening to celebrate our clean water successes and raise awareness of our work making our local waters drinkable, swimmable, and fishable for everyone.

September 27

THE AFRICA LEADERSHIP FOR WOMEN FORUM hosted by The Sister Sister Global Network; 11 a.m.–1 p.m.; sistersinternetwork.org; Join us online for our first ever Africa Leadership for Women Forum featuring an expert panel of speakers on female leadership development. This forum will feature conversations designed to boost self-awareness, self-confidence, and self-development in business and career, our forums are perfect for people who are interested in influence and impact.

September 30

SICKLE CELL AWARENESS MONTH hosted by The Children's Inn at NIH; September 30th; thechildrensinn.squarespace.com/sicklecell; This is a virtual event to help raise awareness about cutting-edge research toward a cure for Sickle Cell Disease happening now at the National Institutes of Health. We encourage all to follow the link to the event to see the 60 Minutes segment about a promising potential cure and learn about an educational webinar series.

Dentistry that kids love and parents trust!



KENT ISLAND PEDIATRIC DENTISTRY
Treating Children & Adolescents Ages 0-18



Megan Galie, DDS
Margaret C. McGrath, DMD, MPH
Diplomates, American Board of Pediatric Dentistry



TOP DENTISTS
2019
EASTERN SHORE

(410) 604-2211 • 160 Sallitt Dr., Ste. 106 • Stevensville, MD 21666
KIPediatricDentistry.com

CATCH OF THE WEEK

Submit your catch of the week and keep an eye out for your catch to be featured online in one of our next Resource, Reports, and Fun Fish Fact articles!



Submit your photos at
whatsupmag.com/culture/catch-of-the-week

Get to know Chaney Homes



Janice O'Donnell, GRI
Realtor- Salesperson
Office Manager
410-279-9551- Direct
Janice@chaneyhomes.com



Tricia Wilson
Realtor- Salesperson
410- 404-2033- Direct
Tricia@chaneyhomes.com



Joelle Dolch
Realtor- Salesperson
443-848-8711- Direct
Joelle@chaneyhomes.com



Jeanne Kent
Realtor- Salesperson
410-739-8664- Direct
jeannekent.realestate@gmail.com



Carol Delayo
Realtor- Salesperson
443-623-1410- Direct
carol@chaneyhomes.com



Michelle Bowman, GRI
Realtor-Salesperson
443-904-2124- Direct
michelle@chaneyhomes.com



Karoline Kent
Realtor Salesperson
443-988-1646- Direct
karoline@chaneyhomes.com



Jennifer Chaney, CSP, GRI, MBA

Broker- Owner- Designer. Over \$200 Million in Career Sales.
#1 in Homes Sold & Sales Volume QA Cty 2014-2020
410-739-0242- Direct | Jchaney@chaneyhomes.com



Dawn Sweeney
Realtor-Salesperson
410-490-0198- Direct
dawn@chaneyhomes.com



Cher Lamb
Realtor-Salesperson
443-253-4210- Direct
cher@chaneyhomes.com



Jennifer Wittmer
Realtor- Salesperson
609-903-3605-Direct
jenniferw@chaneyhomes.com



Jean 'Machine' Mayr
Staging Manager



Bruce Chaney
Warehouse Manager



Cameron Shepke
Staging Crew



John Brezell
Staging Crew



443-249-SOLD www.ChaneyHomes.com Superior Staging INCLUDED with Every Listing!
Over 5000 SF of Warehouse Space LOADED with Enough to FULLY Stage Any 60+ Homes... at Once!





Easton | Annapolis | Boca Raton

Maryland's Bankruptcy Counsel

RLC's Bankruptcy and Restructuring practice is experienced, respected and specifically focused on debt relief, bank negotiations and when necessary, to help you gain all the Protection in Bankruptcy. Our Corporate practice can help your business succeed. Whether it's a new company, a large scale purchase, contract negotiation or insolvency, we have the expertise to help you.

We understand that no two people are the same, and so, we treat every client and every case as the unique situation that they are. We take the time to listen and hear the details of your situation and understand how much you depend on good communication from us, and that's why RLC is committed to call returns. We know that a good attorney acts as a true advocate for their clients and we know what it takes to assume the crucial role of assisting you in keeping your financial footing.

**BUSINESS
ASSET ACQUISITION
DEBT REDUCTION
BANKRUPTCY**

**410-505-4150
RLCFirm.com**

8737 Brooks Dr. Suite 107, Easton, MD 20601
301 4th Street, Suite A-2, Annapolis, MD 21403

We are a qualified debt relief agency. This is Attorney advertising. The information on this Ad is for general information purposes only. Nothing on this Ad should be taken as legal advice for any individual case or situation. This information is not intended to create, and receipt or viewing does not constitute, an attorney client relationship. We are a qualified debt relief agency. We help people file for bankruptcy relief under the U.S. Bankruptcy Code. This is Attorney Advertising for RLC PA, RLC Lawyers & Consultants LLC.





TOWNE SALUTE

Chris Hopkinson

Bay Paddle for Oyster Recovery Partnership

By Dylan Roche

You might say Chris Hopkinson is on board with the Oyster Recovery Partnership’s mission. Specifically, he’s on a paddleboard—and he’s paddling to raise both money and awareness.

Following months of fundraising efforts through the newly established Bay Paddle organization he founded, Hopkinson will attempt to paddle the length of the Chesapeake Bay, beginning on September 18 at the Concord Point Lighthouse in Havre de Grace, Maryland, and arriving on September 26 at the Cape Henry Lighthouse in Virginia Beach, Virginia. Donations and sponsorships from the individuals and businesses supporting his effort will go toward planting oysters in the Chesapeake Bay.

“It’s a big crazy audacious goal,” says Allison Guercio, marketing manager of the Oyster Recovery Partnership, regarding Hopkinson’s paddleboard trip. “I don’t think anything like this has been done before. And at ORP, we love a big crazy idea.”

Hopkinson explains that he got the idea after discovering a love for paddleboarding about six years ago, which gave him water access in a way he never had before, despite having grown up in the Annapolis area.

“I was going all over the place, exploring creeks and rivers; it’s totally a different perspective and you appreciate why people are so passionate about the water,” he says. “It’s the equivalent of going for a hike. You feel connected to the bay itself. You start to appreciate and understand everything: the ecosystem, the crabs, the fish, the herons, the birds. It’s really amazing.”

Around the same time he discovered his newfound appreciation for the watershed, he saw a documentary on YouTube that demonstrated the power of one oyster to filter 50 gallons of water a day. The time-lapsed video even showed oysters in a fish tank with water that went from murky to clear over the course of several hours. “To me, it was astounding that little shell could do so much,” he recalls.

He even recreated the experiment at home with his daughter Olivia for a school science project so the two of them could witness the process for themselves. They used oysters bought from a local seafood restaurant and filled a tank with the murkiest water they could find.

“At first, you could barely see that there were oysters in the tank,” he says. “Within three hours, you could see your hand on the other side

“It’s the equivalent of going for a hike. You feel connected to the bay itself. You start to appreciate and understand everything: the ecosystem, the crabs, the fish, the herons, the birds. It’s really amazing.”

of the tank. That was very eye-opening to me.”

The unfortunate reality, he notes, is that the Chesapeake’s oyster population is down 99 percent, which greatly affects the health of the bay. Then he learned about Oyster Recovery Partnership’s environmental efforts and that a \$10 donation could help the nonprofit organization plant 1,000 oyster spat—and each of those oysters will go on to filter 50 gallons of water a day. “That’s 50,000 gallons of water that will be filtered every day just based on that \$10 donation,” he says.

His idea was, as he puts it, “to do something crazy to raise money and awareness.” He reached out to ORP in 2017 and officially launched his fundraiser in June 2020. He tapped into his connections with local individuals and businesses for donations, and even generated more than 40 donations before the fundraiser officially launched.

He also reached out to Paddle Monster, an online paddling

community that he describes as “a go-to site for paddleboarders across the country.” Through Paddle Monster, he connected with coach Seychelle Webster, who developed his training program to help him prepare for the 240 miles he’ll paddle over the course of nine days.

Those who want to make a donation to Bay Paddle or find places where Hopkinson will be stopping along the way can visit www.bay-paddle.org. He hopes to add a virtual field trip aspect of the journey so students can follow along at home.

As a fledgling nonprofit organization, Bay Paddle is something that local environmentalists will want to

keep an eye on, as Hopkinson hopes to continue its efforts in the years to come. Ideally, he would like to establish an annual oyster festival in Annapolis to celebrate the bay.

As for ORP, its team is thrilled to have Hopkinson collaborating with them. “He’s a tenacious guy,” Guericio says. “He’s not afraid to set a big goal and go after it.”

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

GRAND ART UNDER A GRAND

Fine Art by the Troika Gallery Artists
all priced under 1K!

"Stoke," oil, by Sarafane Doberstein



SEPTEMBER 4-29, 2020

No pre-show sales before Sept. 4th
Call the gallery for hours
View the exhibit online



9 South Harrison Street • Easton, MD 21601 • 410-770-9190
www.troikagallery.com



Take geography
class to a new level

2020 Subaru Outback.

The all-new, most adventurous Subaru Outback ever. Rugged, reliable, and beautifully redesigned. Get yours at Annapolis Subaru.



Annapolis
SUBARU

149 Old Solomon's Island Road
443-837-1400 • AnnapolisSubaru.com

Gateway
SUBARU

Rt. 13 & Winner Blvd., Delmar, MD
410-896-3800 • GatewaySubaru.com





RESEARCH TEAM RECEIVES \$10M TO TRANSFORM SHELLFISH FARMING WITH SMART TECHNOLOGY

University of Maryland Center for Environmental Science (UMCES) researcher Matt Gray and a group of University of Maryland researchers and institutions throughout the U.S. received a \$10 million grant from the United States Department of Agriculture (USDA) National Institute of Food and Agriculture (NIFA) to bring advanced technology to the domestic shellfish aquaculture industry, with a specific focus on improving bottom-culture of oysters. The five-year project seeks to develop an autonomous underwater vehicle that can help with management of crops, improve understanding of lease conditions, and do all of this while having a low environmental impact.

"We believe oyster crops could be better managed and tracked with underwater vehicles equipped with sensors that also have environmental sensing capabilities," says Matt Gray, an ecophysiologicalist working on sustainable fisheries at UMCES' Horn Point Laboratory in Cambridge, Maryland. "This might sound far-fetched until one learns about how terrestrial farmers can track crop growth and harvest crops while they are far from the field using satellites and computer-controlled tractors." Oysters have a long and treasured history in the Chesapeake Bay region, and the aquaculture industry is growing rapidly in Maryland. Gray's role in this project is to help understand how technology can improve production, as well as explore how technology makes production more ecologically sustainable or even beneficial to the environment.

↑ UM Shore Regional Health's Cardiovascular Diagnostic Centers Earn Reaccreditation

University of Maryland Shore Regional Health's Cardiovascular Diagnostic Centers at UM Shore Medical Centers at Chestertown, Dorchester, and Easton, at Shore Medical Pavilion at Easton, and at Shore Emergency Center at Queenstown, have earned renewed Echocardiography Reaccreditation by the Intersocietal Accreditation Commission (IAC). UM SRH has been accredited through the IAC since 1991. According to Melissa Svehla, manager, Cardiovascular Services, "This accreditation is constantly monitored and reassessed. We are proud to have been a part of this program for the past 21 years." Echocardiography is used to assess different areas of the heart and can detect heart disease or signs of serious conditions. "This accreditation takes dedication and a lot of work outside of normal hours," says Dr. Bruce Helmly, Medical Director, Cardiology. "I am proud of the hard work and commitment of this team, and their constant vigilance in maintaining this accreditation."

MIDSHORE VETERINARY SERVICE OPENS NEW VETERINARY HOSPITAL →

Midshore Veterinary Service in Easton has opened a new veterinary hospital at 605 Dutchman's Lane, in the newly expanded space that previously served as a pediatrician's office. The new clinic is three times as large as the practice's space at 602 Dutchman's Lane. According to Dr. Steven Harris, DVM, veterinarian and owner, the new building's capacity offers the staff the opportunity to better serve clients and provide quality care for patients. Harris has been in practice in Easton since 1994. He adds, "We had outgrown the space across the street. It was time to invest in a state-of-the-art facility which is designed with efficiency and patient comfort in mind." The new 6,199-square-foot building boasts six exam rooms, digital radiology, digital dental radiology, ultrasound, laser therapy, and indoor kennel runs. According to Amber Tatman, Practice Manager for Midshore Veterinary Service, who also served as the project manager for the new building, "We were striving to create a warm and inviting lobby and reception area for pet owners, with the clinical rooms in the back of the building. The medical wing in the back is almost as large as the original footprint of the building giving staff plenty of room from which to care for our animals."





Curtis Hulliger, Technician and Dr. Kelly Griffith, Superintendent were part of the team distributing iPads to TCPS students in grades K-5 the week after schools closed on March 13.

Education Foundation Board. TCPS provides devices for every student in grades K-12. Students who did not have reliable internet access received packets of school work to complete each week through the end of the school year. The “Digital Divide” describes the lack of educational equity for students who could not access on-line teaching platforms or engage with their teachers virtually. If you would like to make a tax-deductible contribution to the TCPS Education Foundation Digital Divide Campaign, go to the Education Foundation website: tcsed-foundation.org or contact Debbie Gardner, Coordinator of Public Relations and Special Programs at 410-822-0330, ext. 102.

EDUCATION FOUNDATION LAUNCHES “DIGITAL DIVIDE CAMPAIGN”

The Talbot County Public Schools Education Foundation is seeking financial contributions to help close the “Digital Divide” that has impacted student access to learning as a result of the COVID-19 pandemic. Their goal is to raise \$60,000 through the “Digital Divide Campaign.” While virtual learning is not new to TCPS, the need to quickly transition ALL students and staff exclusively to this model presented significant challenges, and put some students at greater risk of being unable to succeed. “As an educator in the district, I have experienced this technological divide impacting my partnership with families for some time,” explains Lindsey Higginbottom, Assistant Principal, Easton Elementary School and member of the

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

It's OK not to be

We are here to help.
Call us today. 410.822.1018



OUR SERVICES

- Individual, Family & Couples Therapy
 - Child & Adult Psychiatry
 - Advocacy & Counseling for Survivors of Sexual Violence
 - 24-HR Mental Health Crisis & Sexual Assault Hotlines
- Eng - 410.820.5600, Sp - 410.829.6143, Text Eng/Sp - 410.829.6143



In-person and telehealth services available across Maryland's Mid-Shore. All insurances accepted.



TOWNE ATHLETE

Allison Gallagher

Washington College
Swimming

By Tom Worgo

Washington College senior swimmer Allison Gallagher has had her sight on becoming a pharmacist for a long, long time. She's already laying out a path to her future career. Last summer, the Chestertown-based College's Cater Society of Junior Fellows gave her grant for an internship at Brown

University, where she did research on proteins that are found in higher concentrations in patients who have cancer and arthritis.

"The research helped me understand the ins and outs of developing a drug," Gallagher explains.

She's also learning the ins and outs of what it takes to be pharmacist. She worked as a pharmacist technician this summer and will head off to pharmacy school in the fall of 2021. The University of North Carolina at Chapel Hill and the University of Connecticut top her list.

Gallagher, who carries a 3.9 grade-point average, majors in chemistry with a biophysics concentration and minor in biology. "Pharmacy was one of the fields where I could combine my love for chemistry and the medical field," she says. "I have always had interest in helping people, so going into the medical field will allow me to help others."

The 21-year-old Gallagher keeps a packed schedule. One of her most important extra-curricular activities involves tutoring fellow Washington

College students in biology. Once a week, she leads a review session to give students the chance to quiz her about the course material and helps them prepare for exams.

"I love to help out the kids that I mentor so they can become more successful," she says. Gallagher also helps elementary school students become better swimmers for four weeks before her winter swimming season and eight after it. "Helping the kids develop their swimming skills is very important to me," she says. "I want to see them improve."

She also belongs to the sorority Alpha Omicron Pi, which is committed to the philanthropic mission of juvenile arthritis. They raised \$1,800 in a Valentine's Day fundraiser selling roses. "We have several fundraisers throughout the year, and we went to duPont Hospital for Children in Delaware to spend a day with the children who have juvenile arthritis," she says. "We raise money that goes toward research and not just awareness."

On top of that, she finds time to play the steel drum in the college's ensemble. "It gives me a break," she says. "I always felt music has helped me be a better student and helps with all the memorization I have got to do. I have

"Helping the kids develop their swimming skills is very important to me. I want to see them improve."

been playing instruments since the fourth grade. I started off with the trumpet, switched to the baritone horn. Then, in the first semester of college, I took up the steel drum.”

Washington College Assistant Swim Coach Philip Quick admires Gallagher for her incredible schedule of activities. “I wonder how she does it all,” he says. “I was a Division III swimmer myself and you still feel overwhelmed no matter how good a student you are. But she handles it all so well from the academics to her extra-curricular activities.”

Gallagher has another thing to add to her resume: co-captain of the 2020/2021 swim

team. “She wants to be in the forefront,” he says. “She brings people together. We call her the hammer. She drops the hammer when she needs to. She leads by example and keeping people in their place.”

Washington College Head Swim Coach Mark Hill adds, “She will get on the guys if they are not doing what they are supposed to. I love that about her.”

The 5-foot-5-inch Gallagher, a native of Saundertown, Rhode Island, is valuable member of Washington’s women’s swim team, which practices with the men’s squad. She ranks in the top 10 on Washington’s all-time list in two different events: the 100-

yard backstroke (1:01.96) and the 200 backstroke (2:13.59).

In the Centennial Conference championships in late February, she competed in three individual events and four relays. That heavy workload of seven events was the most by any Shorewomen swimmer. “She had a great season, and swam at high level,” Hill says. “She led off our 800 free relay that won a bronze medal. She’s an MVP on our team as much as anybody else.”

Gallagher quickly turns to her homework after a meet, and she usually has plenty of it. “It’s a lot of time management,” she says. “Sometimes, I will have to balance things if I have two meetings at the same time.

I went to this meeting last time. So now I will go to this one. It has happened before. During the week, I don’t go out much and hang out with friends. I will hang out with a friend in the library.”

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



**FOR LIFE.
FIRST-CLASS COMFORT.
WORLD-CLASS SAFETY.**

Your XC90 awaits at
Volvo Cars Annapolis.

Shop online or in-store.

**VOLVO CARS
ANNAPOLIS**

333 Busch’s Frontage Road • Annapolis, MD
410-349-8800 • VolvoCarsAnnapolis.com





LOVE TRUMPS HATE

WHEN DID THE DOLLAR VALUE BECOME MORE IMPORTANT THAN THE DOLLAR?

RESIST

BORN GOLDEN SHOWERS BEARING THE FUTURE

Making America GREAT Since 1776

END VOTER SUPPRESSION

We leave

DIVERSITY is beautiful

WE ARE BETTER

PATRIARCHY IS FEMALE

GRAB PERSONS

NO

FREEDOM OF SPEECH

RESIST

RESIST

RESIST

Taking Cue from Women's Suffrage

The social science and less-than-conventional wisdom of how social movements develop, grow, and foster change **By Ines Alicea**

◀ The Women's March on Washington on January 21, 2017, was the largest single-day protest in U.S. history, drawing more than 470,000 people. The goal of the march was to advocate legislation and policies regarding human rights and other issues, including women's rights, immigration reform, healthcare reform, reproductive rights, the environment, LGBTQ rights, racial equality, freedom of religion, workers' rights, and tolerance.

At 21, Tay Anderson, saw his star rise as the youngest African American ever elected to public office in Colorado and as a leader of the protests in Denver following the killing of George Floyd in Minneapolis. But, taking the helm of a large social movement often has its costs; during the protests, he was tear gassed, shot with rubber bullets, and the flood of threats from racists and other agitators forced him to start wearing a bullet-proof vest.

"If you are here for agitation, to throw things at the police, or burn our city down, don't come," Anderson told protestors. "We're here for peace. African Americans are not asking for special treatment. We're asking to be treated as human beings."

Anderson—who spent some time in the foster system, was raised by a single mother, and was homeless at times during high school—has won two elections as a board member for the Denver Public Schools. He says his work as a legislative aide, a high school restorative justice coordinator, a protest organizer, and as student body president during his junior and senior years at Manuel High School honed his leadership skills. But, it was his desire to "eliminate the school-to-prison pipeline" and seeing Denver police tear gas high school students that propelled him to the forefront of the Black Lives Matter protests in Denver to stop police brutality nationwide.

"I never thought I'd be in that situation," Anderson says of being hit with rubber bullets and being tear gassed. "It's traumatic. I wanted to be there to make sure the kids were safe. I was handing out masks and asking them to make sure they got tested for the virus."

Morgan C. Matthews is a PhD candidate in the sociology department at the University of Wisconsin in Madison and has written on social relations in legislative institutions and on gender and racial inequalities in politics. She says people mistakenly believe the social movement Black Lives Matter (BLM) "came out of nowhere." She says one of the projects she has been working on as a research assistant with Pam Oliver is tracking Black protests from 1994–2010.

"Protests are often portrayed as violent, but people are frustrated and angry that change isn't happening," Matthews says. "A lot of these inequalities are long-standing. Social change takes a long time, a lot of labor."

The Sociological Review Foundation defines social movements as networks of informal interactions between a plurality of individuals, groups, and/or organizations engaged in political or cultural conflicts on the basis of shared collective identities.

Social movements rarely happen overnight. Rosa Parks had been active in the civil rights movement for many years before she became



"African Americans are not asking for special treatment. We're asking to be treated as human beings."

Tay Anderson,
Secretary, Board of
Education, Denver
Public Schools.

famous for being arrested on December 1, 1955, after refusing to surrender her seat on a segregated bus to a white passenger in Montgomery, Alabama. The Black community launched a year-long bus boycott to protest her arrest. The boycott which crippled the finances of the city's transit system ended when the U.S. Supreme Court ruled that segregation on public transit systems is unconstitutional.

"American history has always been punctuated by social movements and they are still the motor of history even though they always get less than they want," says David S. Meyer, professor of sociology, political science, and urban planning

at the University of California at Irvine. He has studied social movements and social change extensively. "Social movements allow grievances to be expressed without toppling the system."

Matthews says it is important for social movements to move beyond the protest and help place people who understand, for example, police brutality or women's inequality in decision-making positions on campaigns and in institutions. It is vital to move people who are sympathetic and knowledgeable to different causes into gatekeeping positions in large institutions "because institutions are the problem," Matthews explains "They are slow to accept change and they want status quo. A lot of the bottleneck is at the institutional level. It can be tough to serve in these institutions because you are serving in a system that is hostile to you."

In 1990, Antioch College in Yellow Springs, Ohio, was mocked around the world for its policy that all sexual interactions must be consensual. A feminist movement at the school pushed for the policy. Fast-forward to 2020; most schools have adopted a similar policy. Another example of activism that eventually became policy but faced a lot of hostility was the gay marriage movement. Supporters were diligent and persistent on focusing their efforts on policy change and public opinion. Between 1998 and 2012, conservatives put gay marriage on the state ballots 32 times to ensure conservative voters would come out to vote. Each time, marriage equality was voted down, but on June 26, 2015, the U.S. Supreme Court struck down all state bans on same-sex marriage, legalized it in all 50 states, and required states to honor out-of-state same-sex marriage licenses in the case *Obergefell v. Hodges*.

"Now, gay marriage is almost universally accepted," Meyer says. "There is still discrimination, but there is progress."

"Every overnight success takes a decade of work," suggests Meyer, citing how gun control activists had been working for years on the issue, but that it wasn't until February 14, 2018, when a mass shooter killed 17 young people at Marjory Stoneman Douglas High School in Parkland, Florida, that the gun control activists made true progress. Meyer says the organization and the work done by the gun control activists years earlier helped propel "skilled and charming" students from the school to na-

tional attention on the issue. “It doesn’t happen without a lot of organizing beforehand.”

One of the keys to building a lasting movement that brings social change is building alliances. For example, the suffragists in the 1800s and early 1900s aligned with abolitionists to secure the vote for women. The key is to maintain that unity once the movement makes progress in policy change and public opinion change. Martin Luther King, Jr.’s legacy speaks to the progress that can be made if social movements can maintain unity among their members. Only about 23 percent of the U.S. population supported King when he led the civil rights movement and yet, today, he has a monument on the National Mall in his memory and a national holiday. Meyer suggests the election of Donald Trump, Jr. is another example of groups with different goals joining forces for a unified goal.

“There was a lot of frustration and anxiety with Trump,” says Meyer, editor of the 2018 book, *The Resistance: The Dawn of the Anti-Trump Opposition Movement*. “Trump was the unifier. He provided a centerpiece for all of those anxieties. A lot of the people who organized didn’t agree on a lot of things, but they knew they had a common enemy.”

Another key to a successful social movement is the ability of a social movement to interact with mainstream politics. Most social movements begin because of some policy provocation like the killing of George Floyd. Anderson, who some BLM marchers in Denver criticized for coordinating with police, says he had the contacts and wanted to use them to ensure protestors were safe.

“When it is something unpopular, there is a lot of risk and it’s scary,” Meyer says. He adds that often people, like Anderson, who participate in social movements make the transition to mainstream politics. Successful social movements always have an institutional element and there is a connection between the grassroots base and the institutional political organizations. Usually, during election years, the numbers of protests decrease because time, money, and attention are focused on political campaigns and elections..

“You have to stay engaged with mainstream politics,” Meyer says. “And you have to keep people engaged, lobbying, signing petitions, etc. It’s hard.”

Anderson used his large social media following to gather participants for the protests in Denver and used his time working on the movement to push for an end to an agreement between the schools and the Denver Police Department to provide school resource officers. Instead, Anderson was lobbying for replacing the officers with nurses and counselors who would prioritize restorative practices.

“I have 18,000 Twitter followers and more than 6,000 each on Facebook and Instagram,” he says. “If those 18,000 followers each reach out to 100 people, and those people reach out to another 100 people, you can reach a lot of people.”

Morgan C. Matthews,
PhD candidate, Department of Sociology,
University of Wisconsin,
Madison.

“A lot of these inequalities are long-standing. Social change takes a long time, a lot of labor.”





Official program cover for the Woman Suffrage Procession in Washington, D.C., organized by Alice Paul and taking place on March 3, 1913, the day before President Woodrow Wilson's inauguration.

But while social media can help broaden support for social movements, it also can make it difficult for organizers to maintain a certain image.

“Everything happens faster now because of social media,” says Meyer, adding that before social media, it was easier for social movement leaders to cultivate certain images and keep certain aspects of their work or their lives secret. For example, he says Bayard Rustin, a key advisor who taught Martin Luther King, Jr. tactics on civil disobedience and non-violent resistance, was largely kept off the public radar because he was an openly gay man. For organizers of the Women’s March, social media played a big role in very public stories about infighting amongst the women on inclusion and other issues.

“There are always going to be vicious fights with allies on what to push, what not to push,” Meyer says. “It’s the politics of coalition building.”

Even though it took more than 70 years of women actively pushing to secure the vote for women, as they got closer to success,

U.S. suffragists became divided on how to succeed. Alice Paul pushed for a more public and aggressive approach, holding lawmakers accountable for not allowing women to vote. She staged a huge parade the day before Woodrow Wilson’s inauguration and male spectators jeered at, taunted, and roughed up the suffragists. The spectacle of police failing to protect prominent women in the parade and the headlines that followed helped Paul make politicians aware suffrage was still an issue. Paul also pushed for daily protesting in front of the White House, which was unheard of at the time. Carrie Chapman Catt, another suffragist, disagreed with Paul’s tactics and she wanted “to woo Wilson to the women’s cause, not enrage him, Congress, or the public by confrontational tactics,” wrote author Doris Stevens in her book *Jailed For Freedom: American Women Win the Vote*. Catt disavowed Paul.

Since the days of the suffragist movement, the women’s movement has rolled through moments of flourishing and through mo-

ments of being on life support. But, all of that early work that the suffragists did has had an impact into this century. In the last 30 years, the Democratic Party has actively courted women as political candidates and two leading organizations, Emerge and Emily's List, have trained women how to run for office as Democrats.. There have been large numbers of Democratic women serving in political leadership positions, but the numbers among GOP women "have flat-lined," Matthews says.

"There are not the same type of organizations and resources for helping women Republicans," Matthews says. "The GOP recruits women candidates as ticket fillers in races where they don't have a chance of winning. Clearly, the GOP has had success with white, male candidates because 60 percent of the legislatures across the country are controlled by the GOP. That doesn't seem to be changing any time soon. They don't have a lot of motivation to change that strategy."

Matthews says a two political party system like the one in the United States does not provide enough opportunities for women, particularly when one party dominates and it seems hostile to women's issues. Even though suffragists operated outside of the party system to secure the vote for women, focusing their efforts on lobbying both state legislatures and Congress, the progress for women in politics has been uneven..

"The GOP doesn't seem to see supporting women as a way to gain favor in elections," Matthews says. "A polarized two-party system has shaped inequalities in representation in dramatic ways."

Good social movement organizers are persistent and they know how to balance working with their grassroots organizations and with political institutions. It can be difficult to track the impact social movements have on society because often, the impact shows up in many small policies and actions taken by institutions. For example, Meyer says the women's movement and the MeToo movement made it possible that NBC can't have a host with a button under his desk like Matt Lauer did (so he could lock women in his office without leaving his desk) and companies across the country require employees to take sexual harassment training regularly. Further, without years of work by BLM, the woman in Central Park who became angered



David S. Meyer, Department of Sociology, University of California, Irvine.

"American history has always been punctuated by social movements and they are still the motor of history even though they always get less than they want"

in Spring 2020 and called police on a Black man after he asked her to leash her dog would not likely have been fired.

Robin DiAngelo, author of the book *White Fragility: Why it's so Hard for White People to Talk about Racism*, said in an interview on June 7, 2020, with CNN, she is cautiously optimistic that the BLM protests in June will have a long-term impact and start to bring about true change because the mainstream media is using the term "systemic racism" often and there have been increased discussions on reparations for descendants of enslaved Africans, including in Democratic presidential debates.

"There are huge breakthroughs," DiAngelo said. "But, it needs to be sustained and I'm a little worried about what happens when the cameras go away. I'm devastated that this is the price it took: watching one more, not just one, but one more Black man murdered in the most callous and public way. That's what it took."

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



Voted Best Of

2020

COMPUTER SERVICES / I.T. FIRM

Thank You!

410.820.9467

 JCSCOMP.NET  OFFICE@JCSCOMP.NET

 9231 CENTREVILLE ROAD • EASTON, MD

2020 BEST OF EASTERN SHORE

RETAIL &
PROFESSIONAL
SERVICES

The Best of Eastern Shore Retail & Professional Services winners are here, *as voted by our readership*. This is an important designation. You chose the winners on the following pages; *nobody paid to be included on this list*.

So, thank you to our loyal readership that took the time to vote for the tops in town when it comes to the best shopping and service providers. Last fall we called upon you to write-in your recommendations in many categories. After carefully vetting ballots for any duplicates or multiples originating from one source (no ballot stuffing allowed), we arrived at the resulting winners.

AND THE WINNERS ARE...

LISTED ALPHABETICALLY BY **CATEGORY**



Accounting Firm
Kram, McCarthy, Ayers & Frost, LLC
 1704 Main Street, Chester; 410-643-4477; krammccarthy.com

Art Gallery
Hopkins Original Art
 310 S. Talbot Street, St. Michaels; 410-610-5785; hopkins-originalart.com

Artisan Jewelry
Silva Wear
 413 Talbot Street, St. Michaels; 410-463-0739

Auto Body Shop
Mullikin's Auto Body, Inc.
 9277 Ocean Gateway, Easton; 410-820-8676; mullikin-sautobody.com

Auto Dealership
Fred Frederick Chrysler-Dodge-Jeep-RAM
 8562 Ocean Gateway, Easton; 410-671-0692; fredfrederick-chryslereaston.com

Auto Insurance
Whitten Group
 111 North West Street, Ste. 200, Easton; 410-770-4441; whittengroup-llc.com

Auto Repair
Phoenix Automotive LLC
 9178 Chapel Road, Easton; 410-822-0705

Boat Detailing
The Last Detail
 443-875-8044; tldetailing.com

Boutique Shopping
Charisma Clothing Boutique
 201 South Talbot Street, St. Michaels; 410-745-0352

Carwash
Gander's Car Wash
 8575 Commerce Drive, Easton; 443-477-0025; gander-scarwash.com

Computer Repair Services
Jason's Computer Services
 9231 Centreville Road, Easton; 410-820-9467; jcscomp.net

Consignment Shop
Little Rascals Consignment Shop
 7924 Ocean Gateway, Easton; 410-822-6806; shoplittlerascals.com

Crowlers and Growlers
Eastern Shore Brewing Company
 605 S. Talbot Street, St. Michaels; 410-745-8010; eastern-shorebrewing.com

Designer Jewelry Engagement Rings
DBS Fine Jewelers
 308 S. Talbot Street, St. Michaels; 410-745-2626; dbsjewelers.com

Diamonds
Shearer the Jeweler
 22 N. Washington Street, Easton; 410-822-2279; shearerthejeweler.com

Driving School
Shane's Driving School, LLC
 8133 Elliot Road, Unit 201, Easton; 443-786-9095; shanes-driving-school.net

Eco-Friendly Business
Agave Arts & Juicing Company
 406 S. Talbot Street, St. Michaels; 410-745-0444; agave-juicingco.com

Estate Jewelry
Guilford & Company
 101 N. Talbot Street, St. Michaels; 410-745-5544; guilfordandcompany.com

Event/Party Boat
Patriot Cruises
 213 N. Talbot St., St. Michaels; 410-745-3100; patriotcruises.com

Festival/Event
WineFest at St. Michaels
 winefestatstmicrochaels.com

Financial Advisor
Wye Financial & Trust
 16 N. Washington Street, Ste. 1, Easton; 410-763-8543; shoreunitedbank.com/investments

Florist Shop
Swan Cove Flowers
 St. Michaels, Maryland; 410-745-3135; swancoveflowers.com

Hotel
Inn at Perry Cabin
 308 Watkins Lane, St. Michaels; 888-805-8885; innat-perrycabin.com

In-Home Assisted Living
Regent Healthcare
 218 N. Washington Street, Easton; 410-443-0788; regent-health.com

Jewelry Repair Watches
TNT Jewelers
 28529 Marlboro Avenue, Easton; 410-822-5398; tntjewelers.net

Local Bank
Shore United Bank
 Multiple Eastern Shore locations; 877-758-1600; shoreunitedbank.com

Local Music Venue
Carpenter Street Saloon
 113 S. Talbot Street, St. Michaels; 410-745-5111; carpenter-streetsaloon.com

Local Musician/Band
Wheelhouse Rock Band
 410-933-3710; wheelhouse.rocks

Local Nonprofit Organization
St. Michaels Youth and Law Enforcement (S.M.Y.L.E)
 St. Michaels, Maryland; 410-745-0669; stmichaelsmd.gov

Marina
St. Michaels Marina
 305 Mulberry Drive, St. Michaels; 410-745-2400; stmichaelsmarina.com

Nonprofit Fundraiser
Cover Your Chin for Charity
 coveryourchin.com

Nonprofit Gala
Academy Art Museum Gala
 106 South Street, Easton; 410-822-2787; academyart-museum.org

Oil/Vinegar Shop
Olivins Aged & Infused
 205 N. Talbot Street, St. Michaels; 410-745-2062; olivinsstmichaels.com

Optician
Pensel & Walker, Inc.
 1 Martin Court, Easton; 410-822-2250; penseland-walker.com

Outdoor Store
The Shore Sportsman
 8232 Ocean Gateway, Easton; 410-820-5599; theshoresportsman.com

Pet Boarding and Daycare
Tricrown Inn for Pets
 27563 Oxford Road, Oxford; 410-822-1921; tricrowninn.com

Pet Grooming
Bev's Grooming
 2010 Marion Quimby Drive, Ste. 100, Stevensville; 410-643-8058; bevsgrooming.com



TERRASSE SPA
TIDEWATER INN

your spa oasis awaits



*experience spa treatments that
will awaken the senses*

BOOK YOUR APPOINTMENT

101 EAST DOVER STREET, EASTON
TIDEWATERINN.COM/TERRASSE-SPA | 410-822-1305

THANK YOU!

for naming us...

BEST FINANCIAL ADVISOR



*We Appreciate
Your Votes!*



**Wye
Financial
Partners**

A DIVISION OF SHORE UNITED BANK

WYEFINANCIALPARTNERS.COM
410.763.8543

We strive to offer comprehensive financial strategies and exceptional service tailored to help you achieve your financial goals.

Wealth Management | Financial Planning | Retirement Planning

Securities and advisory services are offered through LPL Financial (LPL), a registered investment advisor and Broker/Dealer (member FINRA/SIPC). Insurance products are offered through LPL or its licensed affiliates. Shore United Bank and Wye Financial Partners are not registered as a broker-dealer or investment advisor. Registered representatives of LPL offer products and services using Wye Financial Partners, and may also be employees of Shore United Bank. These products and services are being offered through LPL or its affiliates, which are separate entities from, and not affiliates of, Shore Bank or Wye Financial Partners. Securities and insurance offered through LPL or its affiliates are: **Not Insured by FDIC or Any Other Government Agency | Not Bank Guaranteed | Not Bank Deposits or Obligations | May Lose Value.**



**CHESTERTOWN
ANIMAL HOSPITAL**

10530 Augustine Herman Hwy
Chestertown, MD 21620
☎ (410) 778-2455
chestertownanimalhospital.com

Compassionate care meets modern medicine in the countryside of the Eastern Shore

Chestertown Animal Hospital is a well established Practice serving the Eastern Shore for the past 54 years.

We offer state of the art VetScalpel CO2 laser surgery for pets. The laser can be utilized in most surgical procedures, with many benefits for our patients including reduced bleeding, less pain, decreased risk of infection and a quicker recovery when compared to traditional surgical methods. Our brand new ultrasound and dental radiography unit allows us to provide our patients with the most advanced diagnostic care in the area. We also have a mobile unit for home visits and end of life services. Our outstanding team includes 3 full-time veterinarians and limited on call services available to help the community with their beloved family members.




*Thank you for
voting us the **Best!***

Our Veterinarians

Madeline J. Scofield, DVM cVA
Rebecca Christie, VMD
Kathleen Stevens, VMD

Dr. Christie, Dr. Scofield, Dr. Stevens

THE WINERY
WINE • SPIRITS • BEER & MORE

Not just Wine

Your Premiere Fine Wine, Craft Beer, Liquor & Cigar Store



Voted BEST Wine Selection



the wineryki.com • 410-643-9466

116 S. Piney Rd, Chester • Kent Island, Exit 40A, Behind PNC Bank



Pet Services

Canine Country Club
915 Bennett Point Road, Queenstown; 410-827-4245; caninecountryclub.net

Sailing School

Rock Hall Yacht Club Sailing School
22759 McKinleyville Road, Rock Hall; 410-639-2182; rockhallyachtclub.org

Tax Law

Frost Law
Serving the Eastern Shore; 202-618-1873; districtofcolumbiataxattorney.com

Pet Store

St. Michaels Pet Supplies
112 N. Talbot Street, St. Michaels; 410-745-5257; stmichaelspetsupplies.com

Senior Living Facility

Homestead Manor Assisted Living
401 Colonial Drive, Denton; 410-479-2273; homesteadassistedlivingdenton.com

Unique Gifts

Customer Service in Retail
The Hickory Stick
21326 E. Sharp Street, Rock Hall; 410-639-7980; thehickorystickrockhall.com

Retail Beer Selection

Hair O' The Dog
219 Marlboro Avenue, #52A, Easton; 410-820-4700; hair-o-the-dog.com

Silver Jewelry

Silver Linings
203 S. Talbot Street, St. Michaels; 410-745-0266; silverliningsmd.com

Wedding Venue

Chesapeake Bay Beach Club
500 Marina Club Road, Stevensville; 410-604-1933; bay-beachclub.com

Retail Whiskey Selection

Town and Country Wine, Liquor, etc.
28248 St. Michaels Road, Easton; 410-822-1433; tandcwines.com

Specialty Grocer

The Village Shoppe
501 S. Talbot Street, St. Michaels; 410-745-9300

Wedding/Event Planner

Hannah Belle Events
P.O. Box #308, Galena; hannahbelleevents.com

Retail Wine Selection

The Winery
116 S. Piney Road, #104, Chester; 410-643-9466; thewineryki.com

Summer Camp

Easton Family YMCA at Peachblossom
202 Peachblossom Road, Easton; 410-822-0566; ym-cachesapeake.org

THANK YOU!

for naming us...

BEST FINANCIAL ADVISOR



We Appreciate Your Votes!



A DIVISION OF SHORE UNITED BANK

WYEFINANCIALPARTNERS.COM
410.763.8543

We strive to offer comprehensive financial strategies and exceptional service tailored to help you achieve your financial goals.

Wealth Management | Financial Planning | Retirement Planning

Not Insured by FDIC or Any Other Government Agency | Not Bank Guaranteed | Not Bank Deposits or Obligations | May Lose Value



Swan Cove Flowers

Thank you!

FOR VOTING US
BEST
FLORIST SHOP

Eastern Shore
Best of
EASTERN SHORE 2020

(410) 745-3135
St. Michaels, MD
www.swancoverflowers.com



The Hickory Stick
A Unique Boutique

410-639-7980
21326 Sharp Street
Rock Hall, MD 21661
Open 7 Days a week: 10-5pm





Eastern Shore
Best of
EASTERN SHORE 2020

THANK YOU FOR VOTING US
Best Unique Gifts & Best
Customer Service in Retail



TRICROWN
INN FOR PETS
Care, Comfort, Convenience



Eastern Shore
Best of
EASTERN SHORE 2020

THANK YOU FOR VOTING US
THE BEST
We treat our guests like royalty.

1-410-822-1921
www.tricrowninn.com

hannah belle events
EVENT PLANNING



Eastern Shore
Best of
EASTERN SHORE 2020

HANNAHBELLEEVENTS.COM



SAINT MICHAELS YOUTH & LAW ENFORCEMENT

+



St. Michaels Community Center
the heart of our community

=

Eastern Shore
Best of
EASTERN SHORE 2019

Eastern Shore
Best of
EASTERN SHORE 2020

We would like to thank the citizens of
St. Michaels for being our most
important partners.

Shearer
The Jeweler
Since 1926



SYLVIE

Eastern Shore
Best of
EASTERN SHORE 2020

THANK YOU
FOR VOTING US BEST DIAMONDS

22 NORTH WASHINGTON ST., HISTORIC EASTON
410-822-1279
SHEARERTHEJEWELER.COM



CONOWINGO DAM

PART I

LAWSUITS, TRASH, AND SEDI- MENT CLOG CLEAN-UP EFFORTS

BY JEFF HOLLAND

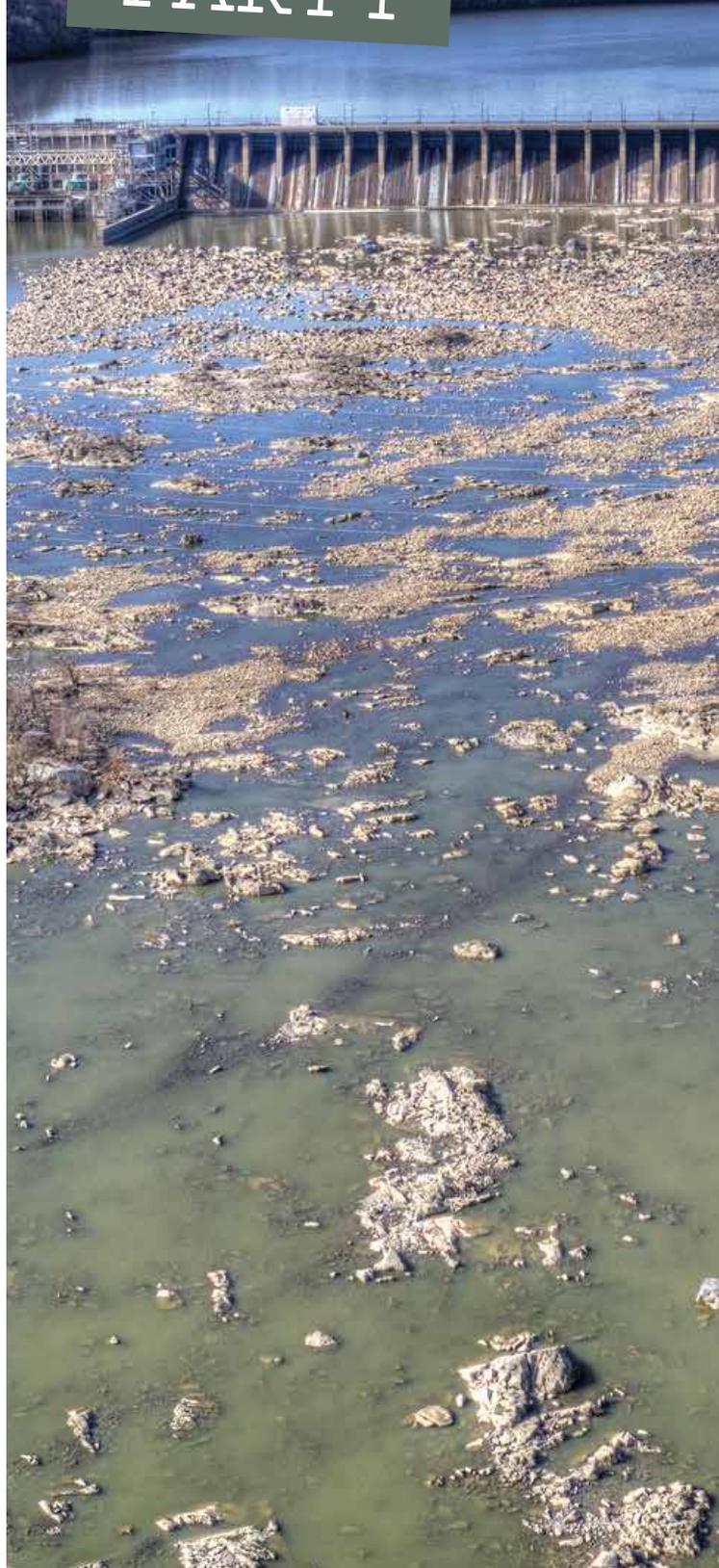
On a blustery day in May, I visited Conowingo Dam. I had been there many times before, but I wanted to get a fresh look to see if I could get some insight into the controversy surrounding this mammoth dam across the Susquehanna River, northeast of Baltimore.

The day turned out to be as significant as it was blustery. Thirty-five-knot gusts pounded whitecaps against the torrents splashing down the face of the dam. The wind had come spinning from the first hurricane of the season, which was, then, churning off the Carolina Capes. At the same time, a political storm was building on the horizon as State of Maryland announced a lawsuit to force the Environmental Protection Agency to, in turn, force Pennsylvania and New York to live up to their pledges to clean up the Chesapeake Bay.

These three separate concepts, Conowingo Dam, hurricanes, and environmental restoration in New York and Pennsylvania, while seeming disparate, are intrinsically woven together.

On my way to visit the dam, I was lured off the road by signs leading to Susquehanna State Park. I drove down the winding slope through the woods and emerged by an old stone water mill. I parked and sat on a bench overlooking the river. It was as immense as I remembered, almost Mississippian in its scale. And then I looked at the map. It showed an island in the middle of the river. The river here is actually three times wider than what I could see, and what I could see was still impressive. According to the map, it's more than three quarters of a mile wide at that point.

On his "voyages of discovery" in 1608 and 1609, Captain John Smith kedged his little pinnace up the river as far as the first falls, just south of this point, where the town of Port Deposit sits now. The Delaware Indians called the river Sisa'we'hak'hanna, which means "Oyster River." It's 444 miles long, the longest river this side of the Mississippi. Its main branch flows out of Otsego Lake all the way up in Cooperstown, New York.





The river's drainage basin, or watershed, covers 27,500 square miles, including nearly half of all the land in Pennsylvania. That's a little more than one third watershed of the entire Chesapeake Bay. The Susquehanna supplies no less than half of the Chesapeake's fresh water, as much as the Potomac and all the other 100,000 rivers and creeks combined.

That's about 25 billion gallons of water flowing into the Bay at its mouth at Havre de Grace every day. Imagine the City of Annapolis, all eight square miles of it, as flat as a pool table. If you were standing on one of the squares, that amount of water would come up to your knees.

Now imagine a funnel about 200 miles across at the top and less than one mile at the spout. That 25 billion gallons of water comprises all the rainfall that lands in that watershed, and then it funnels down through the spout. That's 25 billion gallons every day. And much more during heavy storms. Much, much more during a hurricane.

Now imagine a dam across that spout.

The dam spans the river about ten miles above where it enters into the Chesapeake Bay at Havre de Grace, which is about 45 miles northeast of Baltimore. When I arrived at the dam, I took the walkway down to the river's edge. The 100-foot-tall concrete expanse of the dam stretches nearly a mile across. The massive maze of towers with its web of high-tension wires sprouts out of the hydroelectric generation station that dominates the nearer section of the wall. Water churned down the spillways in the middle. The flow of the water coming over the dam formed one-foot waves in the river below, beaten up into whitecaps by the wind sweeping up against the current.

There were half a dozen photographers lined up along the river's edge, each one following American Bald Eagles through a telephoto lens that looked like field artillery mounted on a tripod. There were as many eagles to be seen, some swooping in the wind gusts, others sitting it out, perched on driftwood logs lodged on a rocky island in the middle of the river. "There aren't as many eagles this time of year," one of the birders muttered. "I guess there aren't that many fish to catch."

While the eagles weren't getting much in the way of fish, the human fishermen seemed undaunted. There were dozens there with spin-casting rods working the outflow at the base of the dam. Some were dropping lines from the concrete walkway, but there were two men in waders, casting while standing in water up to their waists. The guys in the water were getting all the action—hooking and releasing good-sized shad and

small rockfish. I was envious of their fun; I was hoping to do some angling myself, but I had brought my fly rod, which would have been useless in this wind.

The dam is operated by Exelon Power Corporation, which also owns Baltimore Gas & Electric. Several years ago, as a member of the Chesapeake Bay Program's Citizen Advisory Committee, I took a tour of the hydroelectric generation station built into the structure of the dam. The tour group made its way past the array of the 11 massive turbines, some driving generators rated for 36 megawatts, enough electricity to power 15,000 homes, and four newer ones generating 65 megawatts. The dam transmits about 1.6 billion kilowatt-hours every year, mainly to the Philadelphia area.

Wandering through the cavernous interior of the dam, I couldn't help imagining that scene from Dr. Frankenstein's laboratory, just as the mad scientist was about to pull the switch to animate the monster. Seven of the turbines date back to the dam's beginning in 1928, and they look their age.



The project started in 1926. When it was completed after two years of work by as many as 5,000 workers, dozens of whom were killed in construction accidents, Conowingo was the second largest hydroelectric dam in the country, topped only by the works at Niagara Falls.

The reservoir behind the dam is called Conowingo Lake and it covers 9,000-acres, ten times larger than Central Park. Its 14-mile length stretches north across the Pennsylvania border. The reservoir supplies drinking water to Baltimore as well as a suburb of Philadelphia. It also supplies cooling water for the Peach Bottom Nuclear Generation Station on the west bank of the lake.

Damming the river here flooded the site of the original town of Conowingo, which was moved to its present location about a mile up the hill. The highway, US Route 1, which once crossed a bridge in the old town, now runs across the rim of the dam.

The dam has 53 flood control gates. They were all opened at once for the first time in 1936, when an unnamed hurricane swept up the coast. They were opened again in 1972 to let the flood waters of Hurricane Agnes flow through, but the water level still



rose to within five feet of the top of the dam. Engineers were so afraid that the dam would burst from the strain, that they planted explosives to blow a section of the wall to relieve the pressure. Fortunately for the residents downstream, that precaution proved unnecessary. The water rose to a record 36.85 feet.

In 2011, 44 flood gates were opened because Tropical Storm Lee had dumped enough water into the funnel to raise the height to 32.41 feet. The residents of Port Deposit, five miles downstream, evacuated their homes until the river subsided.

The most recent event occurred in July of 2018, when storm water carried debris through 20 of the 53 floodgates. This was not from a named storm. The weather was part of a trend linked to climate change. As the atmosphere heats up, storm events become more frequent and each event becomes more severe.

The 2018 storm brought day after day of heavy rain, raising the river level to 26.25 feet. Debris flowing over the dam included everything from entire tree trunks to portable toilets, causing navigational nightmares for commercial vessels and pleasure boats alike, and littering the shorelines with many tons of trash.

At the time, I served as the Riverkeeper for the West and Rhode Rivers, and I worked with a group of high-school students to clean up the debris from the end of the Mayo penin-





And on those farms there are cows. And pigs. And lots of other animals, all doing what comes naturally. That effluent contains nitrogen and phosphorus, as does all the fertilizer spread on those thousands of acres of fields throughout central Pennsylvania and up into New York. Towns and cities in the watershed contribute their share of nutrient pollution by way of poorly treated sewage.

Nitrogen and phosphorus are great for helping vegetation grow, which is a good thing. But when storm water washes it into the waterways, it helps the algae grow, which is a bad thing. Too much of these nutrients promote too much algae. When the algae blooms, it clouds the water, and when it dies, it settles to the bottom and sucks up all the oxygen, creating dead zones. Fish can swim away from dead zones. Oysters and clams can't move out of the way. They suffocate.

Conowingo Lake did a good job capturing sediment and nutrients flowing down the river for nearly 100 years, trapping an average of 3.5 million pounds of phosphorus and four billion



sula in southern Anne Arundel County. These volunteers call themselves the Clean Creeks Football Club. Made up mainly of soccer players from Southern and South River High Schools, young men and women alike, they spend their summer weekends in canoes and kayaks, cleaning up the shores of nearby rivers and creeks. On this one day, we filled a 40-yard dumpster with driftwood and junk that had washed up on just 100 yards of the shore of Beverly Beach. Anne Arundel County has 523 miles of shoreline.

But the driftwood and the trash are just the visible manifestation of the pollutants carried over the dam by storm water. Less visible, but more damaging, are the sediment and nutrients, untreated sewage, heavy metals, and other nastiness.

Sediment is the dirt that's dissolved into the water when stream banks and shorelines erode. Too much sediment makes the water cloudy, blocking sunlight from reaching grasses growing on the bottom of the Bay, and smothers oysters and clams. Imagine how much dirt there is in all the farmland in central Pennsylvania, in that funnel of the watershed.



pounds of sediment every year since the dam opened in 1928, according to information published by the Chesapeake Bay Program. That's about a third of the phosphorus and half of the sediment that flows down the river into the Bay every year.

But then it filled up.

In 2015, a U.S. Geological Survey report found that the reservoir had reach 92 percent of its capacity.

So while the dam used to be considered a trap for all the pollution coming down the river, further study has concluded that the reservoir behind the dam has filled up over time. Any considerable storm—a hurricane, for example—sends tons of sediment, nutrients, pollutants, and debris over the top of the dam and into the Bay. The reservoir is so large, dredging it is not an option. The states upstream need to clean up their act to lessen the amount of pollution they send down the river, according to Maryland's Attorney General Brian Frosh.



Frosh sent a letter of intent on behalf of Maryland, Virginia, and the District of Columbia to the Environmental Protection Agency on that same day in May that I visited the dam. He demanded that the EPA enforce the requirement for pollution management plans or face a federal lawsuit.

That same day, Will Baker, President of the Chesapeake Bay Foundation, sent another letter of intent to sue to the federal agency on behalf of Anne Arundel County, the Maryland Watermen's Association, and Virginia cattle farmers Jeanne Hoffman and Bobby Whitescarver.

"EPA has failed to uphold its Clean Water Act responsibilities," Baker said in a statement. "It has failed to implement the Chesapeake Clean Water Blueprint...It is essential the courts hold EPA accountable," Baker wrote. "There is no doubt that if Pennsylvania and New York fail to do their fair share, the Bay will never be saved."

When I left the fishermen at the base of the dam, I thought I had a pretty clear idea of the issues, but then I took a drive across the top of the dam and stopped along the highway on the hilltop overlooking the reservoir. From there, I could see tons of trees and trash piled up in the corners of the lake. It hit me then, that the problems on the downstream side won't be solved until the problems upstream are resolved.

In the next article in this three-part series, Conowingo Dam Part II: Upstream Neglect & Accountability, we'll take a deeper look at who's responsible for this mess and what can be done about it.

Derby Day 2020



ONLINE AUCTION!

August 22nd - September 5th

Gifts, Trips, Experiences, Fine Arts & More!

*The barn doors are still open,
lessons are still on, and we need
your support now more than ever!*

Subscribe to our email list and bid online at :

www.TalismanTherapeuticRiding.Org

A BENEFIT FOR TALISMAN THERAPEUTIC RIDING

Thank you to our Sponsors:

The Colony Group



Now's the Time to Teach At-Home Nutrition

With a lot of parents facing the challenge of keeping housebound kids happy and healthy, this is the perfect time to teach kids the basics of nutrition and eating right.

Consider these simple suggestions from Melanie Marcus, MA, RD, health and nutrition communications manager with Dole Food Company.

HEALTHY SNACK TIME TASTE TESTS

Sometimes it feels like kids can snack all day long on easy-to-grab crackers, chips, or cookies. Next time they reach into the snack pantry, try incorporating a taste test or food critic activity to encourage something different and more nutritious.

PURPOSEFUL PLAYTIME—Many households have a play kitchen or some kind of play food. Use this as an opportunity to act out how to create a healthy kitchen with activities like making salad, setting the table, peeling bananas and washing dishes. This can help young children become more independent, learn what to expect and grow into little helpers at family mealtimes.

SENSORY ACTIVITY—One idea that can work for school and at home is making a sensory box. Simply place a fruit or two inside a tissue box and have children put their hands inside then try to guess which fruit it is by feeling it.

RECIPES FOR FUN—If you're preparing a meal, it could be a good time to teach children of reading age how to review a recipe. Evaluating ingredients to learn how food transforms from raw to cooked or how a dish is created can help kids learn kitchen skills. For example, try the fun, fruity recipe for "Kids" with Almond Toast.

FOOD GROUPS FOCUS—Get kids involved in making dinner by setting a rule that each food



"Kids" with Almond Toast

Total time: 10 minutes
Servings: 4

4 slices whole-grain bread
6 Tbsp unsalted almond butter
2 tsp honey (optional)
1 Dole Banana, peeled
2 Dole Strawberries, trimmed and halved
4 chunks (1 1/2 inches) fresh Dole Tropical Gold Pineapple
2 Dole Blackberries
2 teaspoons toasted flaxseed (optional)

Toast bread slices. Spread with almond butter and drizzle with honey, if desired. **To make "kids":** Cut eight slices and 32 matchsticks from banana. Arrange one strawberry half and one pineapple chunk on two slices of toast; arrange remaining strawberry halves and blackberries on remaining slices. Place one banana slice "head" at top of each piece of fruit and arrange four banana matchsticks around each "kid" for arms and legs. Sprinkle flaxseed along bottom edges of toast under kids' feet, if desired.

Content provided by Family Features.

group must be represented. Give them a warmup activity by asking which food groups are found in family favorites like chicken soup, lasagna, or meatloaf. Asking kids to guess which ingredients are used in these dishes and identifying which food group each ingredient belongs to can help them understand dietary balance. Find more at-home tips in the free, downloadable Healthy Eating Toolkit from the nonprofit organization *Action for Healthy Kids*.

READING TIME—From food labels to children's books to cookbooks, there are plenty of reading materials to choose from that reinforce healthy eating habits. Exposing children to fruits and vegetables outside the kitchen is a subtle way to show that nutritious ingredients are part of everyday life.

EXPLAIN THE BATHROOM ROUTINE

—Make sure to wash hands and explain that this is a way of washing away germs to stay healthy. Also explain why brushing teeth is important by reminding children that food can get stuck in teeth and cause cavities.

Find more kid-friendly recipe ideas at dole.com plus nutritional tips, free printables, and other healthy fun on Facebook, Pinterest, Twitter, and Instagram.



Tips to Build Resilience in School-Aged Children

Resilience—the capacity to prepare for, adapt to, and grow through disruption, trauma, and loss—is a skill many parents want for their children. However, there is more to it than “pulling yourself up by your bootstraps” or persevering through hardships.

According to a Pew Research Center survey, approximately 70 percent of teens between the ages of 13 and 17 cited anxiety and depression as major problems among peers, while 55 percent said bullying was a major problem. Among the pressures facing teens, getting good grades topped the list at 61 percent.

Mollie Marti, PhD, founder of the National Resilience Institute, delivers workshops and trainings around the world to help organizations and communities cultivate resilience—a need, she says, that pre-dates COVID-19, especially among young people.

Recognizing the importance of resiliency in youth, Connections Academy, an online public school program for grades K–12, has partnered with the National Resilience Institute to elevate the topic of resilience and share expert advice for raising children who are brave, curious, and better able to adapt to life’s ups and downs.

“Even before the pandemic, the statistics about anxiety and depression among teens were cause for great con-

cern,” says Marti, who also compiled a guest blog series on resilience-building for the online school program. “More than ever, it’s important for parents and schools to actively foster the growth of children who can problem-solve and adapt when facing challenging situations.”

Teach Self-Care

To ensure your kids can joyfully and effectively contribute to those around them—socially, physically, emotionally, and mentally—it’s important to teach them self-care skills. Modeling behaviors such as eating healthy, getting proper sleep, exercising, investing in meaningful relationships and activities, and finding time to reflect, rest, and repair can lead to your kids mimicking these acts. Ensuring your children are finding time to care for themselves can help them to lead more balanced lives.

Create Self-Awareness

Children often learn the most about themselves when faced with adversity. Helping your children understand what motivates, scares, or frustrates them and what they need to feel valued or loved can help build self-awareness. Understanding those feelings can help them better respond to stressful or negative situations and minimize conflict while also communicating their needs and expectations.

Build Relationships and Resources

Human resilience is often best cultivated in a community with others, and encouraging your children to actively seek out meaningful relationships can help them build a social support system. For example, because of the online school models we are experiencing now, teachers can spend more one-



on-one time with students building strong relationships and ensuring they are thriving both emotionally and academically via phone calls, interactive video lessons, email, and, hopefully, some in-person events.

“I hear from our teachers all the time that they know their students better in the virtual classroom than they ever did in the traditional classroom,” says Melissa Brown, Director of Schools at Connections Academy.

Practice Regulating Emotions

In times of fear, stress, or frustration, it becomes more difficult to regulate emotions and take a logical approach to the situation at-hand. To prepare your children to deal with these situations, have them practice breathing exercises when they feel anger or stress setting in, and encourage stress-reducing physical activities such as yoga, meditation, or working out.

Promote Self-Advocacy

Teaching your children strategies to mitigate conflict and to be advocates for their needs and wants can go a long way when facing difficult situations. However, it’s also important to make sure they’re not afraid to seek out help from a parent, teacher, or other trusted adult. Encourage them to use direct language and phrases like “I don’t like it when you do that, please stop” when necessary and to recognize stressors—like bullies or social anxiety—and toxic environments.

As all children will encounter various levels of adversity during their lives, helping them build resources and relationships can ensure they’re prepared to deal with the experiences that await.

Creating a Safe Zone for Students

When parent Heather Franz noticed her sixth grade son was starting to shut down, become withdrawn, and his grades were slipping, she became concerned. Another parent brought to her attention that there might be bullying involved and, upon digging deeper, she realized it was to the point of him “being afraid to say anything in class without being torn apart.”

After beginning to have panic attacks at school, Franz’s son was diagnosed by a specialist with anxiety, trauma, and post-traumatic stress disorder. While continuing to get professional help, Franz also opted to put him in a virtual school as crowds in the brick-and-mortar school environment exacerbated his anxiety, and he sought more individualized challenges.

Franz noticed a change almost immediately in her “previously shutdown” son after he started his seventh-grade school year online, which created “a safe zone for her son.” Now in eighth grade, his mood has improved and he’s an honor roll student who frequently wants to take part in activities and have friends over to visit. He’s also working to help other kids with similar challenges, even integrating creative ideas, like putting calming rooms in public schools and other public places, into his school projects.

Content provided by Family Features. Visit ConnectionsAcademy.com to learn more and find a variety of tips and insights for parents about remote learning and building resilience, among many other topics.



Tips to Ace College Entry Exams

Because most colleges and universities require applicants to submit ACT or SAT results as part of admissions consideration, prepping for the test itself can be a critical component of that process.

While it can oftentimes be hard to deal with the anxiety that comes with a rigorous test meant to show your mastery of certain subjects and concepts, such as reading and mathematics, consider these test prep tips to help boost your score while simultaneously lowering stress.

Register Early

To allow yourself as much flexibility as possible, taking college entrance exams during your junior year of high school is encouraged. If you don't get an ideal score,

you can refine your approach and retake the exam with a better idea of what to expect.

Take a Practice Test

Any test prep plan should start with a practice SAT or ACT exam. Taking practice tests under realistic conditions can help you gain a better understanding of the content of the test, improve your time management, and help combat test anxiety. You can use your practice test as a baseline to set goals and focus the rest of your prep on areas you would like to improve before the real thing.

Sign Up for a Prep Course

If you find studying on your own difficult or not as successful as you'd hoped, a prep course can put you through

the paces and hold you accountable. Complete with homework and in-class practice, prep classes can range from small groups to larger classes taught by test experts. Some school districts even offer after-school programs dedicated to ACT or SAT prep.

Gather Supplies

To help reduce test day stress, gather everything you'll need the night before. Check the list of banned items—for example, cellphones aren't permitted—to make sure you don't accidentally bring something you're not allowed to have. Ensure your bag is packed with your admission ticket, valid photo identification, several sharpened pencils with erasers, an approved calculator (with fresh batteries), and a watch, if allowed.

Get a Good Night's Sleep and Eat Breakfast

While it can be tempting to stay up late the night before the test to cram, you're likely to perform better with a full night's sleep. Sleep is important for retention, and eating a balanced breakfast before heading out the door can aid in your ability to focus. To make your morning easier, prep breakfast before bed to keep an early morning from starting even earlier.

Remember, the college admissions process involves more than just test scores. Visit eLivingtoday.com for more education tips and information.

Content provided by Family Features and eLivingtoday.com.

Make the Most of School & College Visitations

Let's face it; COVID-19 has certainly altered the way we approach education. Public, private, and collegiate schools have had to adjust their protocols regarding student and staff re-entry, on-site and online accommodations and classes, and even how they host potential students who are considering transferring schools or the next step in their education. For parents and students, the opportunities to visit a school or college have changed (traditional open houses are fewer and farther between), but the possibility to experience a safe school visitation first-hand still exists, with many schools offering tours by appointment. If you're considering schools visitations this fall, here are several tips and considerations to take into account when planning.

1. Make a list and map the schools out.

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

2. Order matters.

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



3. Timing is crucial.

Plan your visit while school is, hopefully, in session. Observing student life will give you an authentic view of the school and will (hopefully) help you envision yourself as a student there.

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

4. Explore on your own.

The official campus tour will highlight the school's best features, so make sure to spend extra time exploring parts of campus that weren't shown on your tour. This will be the best time to observe students, check out any departments you're interested in, or sit in on a class or lecture.

6. Document every visit.

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

5. Talk to current students.

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

7. Keep an open mind.

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



Private Schools Offering Visitations

The following list of regional schools advertise within the What's Up? Media family of publications and may offer campus visitations by appointment. Please consider calling them directly to schedule an appointment. Schools are listed alphabetically.

ANNAPOLIS AREA CHRISTIAN SCHOOL—LOWER

Annapolis Campus—710 Ridgely Avenue, Annapolis; Severn Campus—61 Gambrills Road, Severn; 410-519-5300; aacsonline.org

ANNAPOLIS AREA CHRISTIAN SCHOOL—MIDDLE

716 Bestgate Road, Annapolis; 410-846-3505; aacsonline.org

ANNAPOLIS AREA CHRISTIAN SCHOOL—UPPER

109 Burns Crossing Road, Severn; 410-846-3507; aacsonline.org

ARCHBISHOP SPALDING HIGH SCHOOL

8080 New Cut Road, Severn; 410-969-9105; archbishopspalding.org

THE BOYS' LATIN SCHOOL OF MARYLAND

822 West Lake Avenue, Baltimore; 410-377-5192; boyslatinmd.com

CALVERT HALL COLLEGE HIGH SCHOOL

8102 La Salle Road, Baltimore; 410-825-4266; calverthall.com

INDIAN CREEK SCHOOL—LOWER

680 Evergreen Road, Crownsville; 410-923-3660; indiancreekschool.org

INDIAN CREEK SCHOOL—UPPER

1130 Anne Chambers Way, Crownsville; 410-849-5151; indiancreekschool.org



THE KEY SCHOOL

534 Hillsmere Drive, Annapolis; 410-263-9231; keyschool.org

MCDONOGH SCHOOL

8600 McDonogh Road, Owings Mills; 410-363-0600; mcdonogh.org; Monsignor Slade Catholic School; 120 Dorsey Road, Glen Burnie; 410-766-7130; msladeschool.com

MONTESSORI INTERNATIONAL CHILDREN'S HOUSE

1641 North Winchester Road, Annapolis; 410-757-7789; montessoriininternational.org

ODENTON CHRISTIAN SCHOOL

8410 Piney Orchard Parkway, Odenton; 410-305-2380; ocs.odentonbaptist.org

ST. ANDREW'S DAY SCHOOL

4B Wallace Manor Road, Edgewater; 410-266-0952; school.standrewsum.org

ST. JOHN THE EVANGELIST SCHOOL

669 Ritchie Highway, Severna Park; 410-647-2283; stjohnspschool.org

ST. MARTIN'S IN-THE-FIELD EPISCOPAL SCHOOL

375-A Benfield Road, Severna Park; 410-647-7055; stmartinsmd.org

ST. MARTIN'S LUTHERAN SCHOOL OF ANNAPOLIS

1120 Spa Road, Annapolis; 410-269-1955; stmartinsonline.org

ST. VINCENT PALLOTTI HIGH SCHOOL

113 St. Mary's Place, Laurel; 301-725-3228; pallottihs.org

SCHOOL OF THE INCARNATION

2601 Symphony Lane, Gambrills; 410-519-2285; schooloftheincarnation.org

SEVERN SCHOOL—CHESAPEAKE CAMPUS (LOWER)

1185 Baltimore Annapolis Boulevard, Arnold; 410-647-7700; severnschool.com

SEVERN SCHOOL—TEEL CAMPUS (MIDDLE/UPPER)

201 Water Street, Severna Park; 410-647-7700; severnschool.com

WYE RIVER UPPER SCHOOL

316 South Commerce Street, Centreville; 410-758-2922; wyeriverupperschool.org



STAY UPDATED

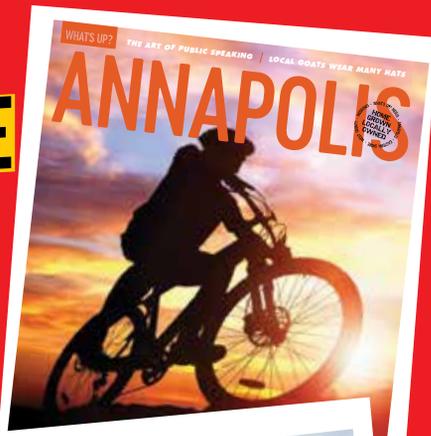
SUBSCRIBE

TODAY



VISIT

WHATSUPMAG.COM/SUBSCRIBE



Is your teen struggling in school?

We can help...

Call to schedule a tour today!



Wye River
UPPER SCHOOL

...because not all great minds think alike.

CHANGING
the LIVES of
bright students
with learning
differences

Open House
October 15th
6-7:30pm

410.758.2922 wyeriverupperschool.org



McDonogh. *LifeReady.*

A welcoming school community where opportunities abound for deep thinking, innovating, discovering passions, and becoming strong leaders who are a force for good in the world.

A five-day boarding option gives Upper School students the opportunity to fully engage in campus life while developing the independence needed in college and beyond.

www.mcdonogh.org

PAVING WITH PRECISION

RETAINING WALLS • COMMERCIAL PAVING • PARKING LOT PAVING • DRIVEWAY PAVING • SEALCOATING • ASPHALT REPAIR



RESIDENTIAL & COMMERCIAL - CALL US TODAY! 410-697-3167



Crownsville, MD 21032

Visit us online at www.accurate-asphalt.com

[Facebook.com/AccurateAsphaltMD](https://www.facebook.com/AccurateAsphaltMD)



MHIC # 05-136088



Higgins & Spencer

INTERIOR DESIGN | FURNITURE | APPLIANCES

FLOORING

at Higgins & Spencer

Higgins & Spencer carries an array of carpet and resilient flooring products from the industry's leading brands. Our skilled and experienced designers have strategically chosen our flooring manufacturers for their style, quality, durability, and inventiveness.

Need help choosing the best flooring for your home? Our expert team of product specialists and interior designers can ensure you choose the right flooring for your space. Stop in today or visit us online!

OPEN MONDAY-FRIDAY 8AM-5PM | 902 S. Talbot Street, St. Michaels, MD 21663
(410) 745-5192 | higginsandspencer.com | [/higginsandspencer](https://www.facebook.com/higginsandspencer)



Home & Garden

56 TRENDING KITCHEN ISLANDS | 58 HOME DESIGN | 62 REAL ESTATE



Home Resources Still in Service!

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

And many others like realtors, are creatively showcasing properties online. For the full list of who's operating and in what manner, visit our Home Resources list online at [Whatsupmag.com!](https://www.whatsupmag.com)

Trending Kitchen Islands

MATERIAL, SHAPE & STYLE

By Lisa J. Gotto

It almost seems that if you don't have some iteration of an island in your kitchen these days, that you're not only losing functionality, you're losing an opportunity to get creative. Here are six of the latest ways that homeowners are incorporating islands with style.

1. CALMING CASCADES

Among the most popular trends out there is the island that uses an incredible material like quartz or marble, not just as the countertop material but as the basis for the entire structure. Cascading from the top to the floor with seemingly effortless flow, the effect is clean, classic, and plays into the popular homeowner aesthetic of keeping things simple and doing so quite beautifully.

2. MAKE IT MOBILE

Beep, beep! Incredible functionality coming your way! Smart kitchens get kicked up another notch when you combine a clever design with four wheels for ultimate utility. These on-the-go units can be custom crafted of nearly any material to complement your kitchen's personal style and options in islands that are literally, ready-to-go are expanding all the time. Whether they are providing precious extra prep space or moved out of the kitchen to provide buffet options in a dedicated dining space, this is a great way to roll with the changes that today's families encounter.

3. GO BIG AND GO HOME!

Apparently it is never gauche to talk about the size of your island. Indeed, you can dream big when your home offers a luxury of space. This example is the epitome of a sophisticated option for modern living, providing optimal space from everything from informal family meals to gracious formal entertaining scenarios and gatherings. In fact, if you have a large room it is prudent when conceiving your island that you don't underwhelm with something that is too small and throws off the scale of the room. A consultation with a smart design professional will ensure those big island dreams become realities.



1



2



3



4



5



6

4. COLOR WONDER

The years of dense color are here and we're seeing it reflected everywhere inside and outside the home in paint, soft goods, and home accents. This island infuses a nearly monochromatic kitchen with warmth with its saturated deep jewel green hue. Yet the look is balanced by the size of the kitchen so it works with the space and pleases the overall palette. The color of this island makes a statement without saying a word.

5. OPTIONS FOR ODDBALLS

How many times have you returned from the discount warehouse after stocking up only to be frustrated—again—by the lack of storage space for all those bargains, especially for oddball items like potatoes and onions? This island option gets high marks for providing storage for those things and is pretty to look at. No more stooping and wondering, "Which cabinet did I put those in?" because you can plainly see where they are and they make sense because that's exactly where you'll be using them. Kitchen storage conundrum, solved!

6. TURN "FIND" TO "FOUND"

What a great save! It could be something that has been in your family for years, sitting in your basement waiting for its moment or it could be something you foraged from the side of the road in one of those "another man's treasure" scenarios. Nothing is more satisfying than seeing a find become a "found," as in, "I found a great way to use the barn wood from my parent's house!" Personalization in kitchen design is growing more popular every year, as it brings a sense of connectiveness and community to your space that a catalog purchase just can't. Before using that old wood, however, it's a good idea to do some research to determine its viability and any long-term maintenance issues you will need to consider. Try a site like diynetwork.com for useful information and resources to help turn "find" to "found!"



**YOUR CHILDREN, YOUR GRANDCHILDREN,
YOUR BANK ACCOUNT AND THE PLANET WILL
THANK YOU WELL INTO THE FUTURE!**

Call **TODAY** or Visit **SolarSaves.net**
to Schedule a **FREE Solar Design!**

410-923-6090



Solar Energy Services, Inc.

Over 40 Years

- **40+ Years in Solar**
- **Turnkey Provider**
- **5-Star Client Reviews**
- **For Your Home or Business**
- **Roof-Top or Ground-Mounted**
- **PV Panels and Much More**

40+ YEARS IN SOLAR | FAMILY-OWNED | HQ IN MILLERSVILLE, MD
SERVING ALL OF ANNE ARUNDEL CO. & MD EASTERN SHORE

"Sunshine's a Wastin'!"



HOME DESIGN

Autumn Refreshers for the House & Garden

By Janice F. Booth

We've all spent far more time in our homes—condos, apartments, townhouses, and houses—than we might ever have imagined. “Home” has become more than a concept, more than a place to store our toys, and keep us out of the weather. Many of us have used, and perhaps abused, every room, every nook and cranny of the places we call home.

Now, with summer waning and fall arriving, perhaps we will want to expend some of our pent-up energy freshening up our long-suffering homes. We've looked at the same greasy hand-print on the banister too many times. We've threatened to toss out those tired throw pillows that smell ever so slightly of our puppy or our favorite snack-food. We've even ordered those color swatches for repainting the dining room. But, so far, our

plans and lists of “to-dos” seem to slip beyond our grasp. And what about our gardens—those flowerpots and flower beds full of begonias, petunias, and, now, chrysanthemums? Are they looking a bit shabby? Just how pretty are those deadheads nodding at the ends of sagging, green stems?

Not to worry, dear Reader, I'm here to give you a little pep talk. We can each repay our houses and gardens for the countless hours, days, weeks, and months of shelter and comfort they have afforded us by dedicating some time and energy to sprucing up our surroundings. If we're still sticking pretty close to home, (I'm writing this while still quarantined) we might be able to enlist the aid of other family members or housemates. But, perhaps not. This might be a project you'd rather tackle on your own—a quiet, contemplative work detail for one. And, I suspect, you'll find that those less-enthused by the idea of a household spruce-up will stay out of your way, give you lots of time to yourself while you putter in the garden and tidy that closet.

So, without further ado, let's get started. Always a good idea to begin any project, it seems to me, with a bit of planning—the judicious making of lists, notes, drawings, recorded messages to self. I like to make lists. To focus your list-making, begin by take some photos of the areas where you're thinking about making some changes. I seem to see my room with a more critical eye when I'm looking at a photo rather than staring at that room I've walked through countless times.

So, that's what I'll do. First, a list and some photos of potential household projects to freshen up my tired house, and then, the tasks I want to tackle.

INDOORS

First Decisions

What is the scope of your project(s)? Do you want to do one area? One room? Or, do you want to plan several projects—the bedrooms, or the baths, or the home-office space(s)?

Do you want to spend money—is there a budget, or will you do what you can with the resources at hand?

Based on the budget question, how much of the work do you want to do yourself? What will you put your hand to?

Can you hire professionals for some or most of the project(s)? If so, you may want to get several estimates or go with your reliable painter, electrician, or handy-person. (Here too, having those “before” snapshots will be helpful.)



Suggestions: Here are Four Potential Indoor Refreshers

First Impressions: Look at those photos of your front door, front stoop or porch, front entry, or the front of your house. You might decide to paint the front door a color that “pops,” add a dramatic doorknocker, replace or polish the faceplate and door knob, and check handrails for wiggles. Perhaps there’s room for a tall, slender planter or interesting sculpture or statue to personalize the entryway.

Kitchen Catch-up: Your kitchen may have been getting far more use than ever before and need a little pick-me-up. Look at those photos; something may leap out at you: a simple project like getting the clutter off the counters. Are there places to stash that seldom-used toaster or the waffle maker? What about those recipes, crumpled and stained from countless references? How about organizing them? Maybe a scrapbook or an old-fashioned recipe box with indexes? Or, if you are

really done with those paper recipes cut out of newspapers and magazines, and you want to toss most of them in the recycle, do it! If you’re really ambitious, you may want to plan a redo of your cabinets. That could mean taking out everything from the drawers and shelves and totally reorganizing them. Or, that might be replacing the pull-knobs or painting the cabinets a fresh color that brightens up the room. And, speaking of bright, why not look for a new or previously-owned light fixture? Sometimes,

simply replacing old bulbs with bright, new LED bulbs makes a huge difference.

Lighten Up Those Living Spaces: Those rooms where everyone congregates—that is, after the kitchen—may be crying for some freshening. The living room, family room, den, sunroom, or deck, wherever the fun takes place and the TV reigns, look over those pictures. Maybe you want to clean the couches, chairs, and drapes. How about giving a fresh coat of paint to the walls, woodwork, and ceiling? Sometimes it’s fun to take everything off the walls—all the art work and family photos—and then move them around. You’ll look at that painting differently if it’s placed across from your favorite chair. And, speaking of moving, consider moving furniture too. The couch might move from one side of the room to the other, or from the family room to the den. Those end tables may look like new pieces if you settle them beside



OUTDOORS

Whether you work in your garden or work with your gardeners, you're probably pretty familiar with the drill—preparing your garden for the winter ahead. Whether you're dealing with your planters and pots on the patio or your extensive flowerbeds, early autumn is a great time to tidy up and freshen your garden.

Suggestions: Here are Four Potential Outdoor Refreshers



the easy chairs in the living room. Consider rearranging your treasured collection of antique boxes or those family photos that have languished in the corner and regroup them in a new location. If they'd been on the mantel, hang them on the wall or place them in a shadowbox. You might even reframe those pictures for a new look. With cooler weather setting in, add some texture to the room—baskets for the magazines or toys, nubby pillows for the couch, a velvety throw across the arm of a well-used chair. You might find a small rug that will jazz up the area in front of the television, where the kids love to gather. And, while you're adding a bit of splash with that area rug, how about changing the window treatments? Where you've had curtains, replace them with Roman blinds; get rid of those dusty vinyl blinds and install some chic, louvered shutters. Keeping the focus on the rooms light, look at the lamps in your room. Do the shades look a bit shabby? Replace them. Are there areas where there's

insufficient light for reading or playing board games? Add a floor or table lamp. As the days grow shorter, you'll feel better in well-lit rooms.

Brighten Up the Bath: Unless you're planning a total makeover for this important room, you'll want to think about some TLC here. Like the living areas, the bath will benefit from a fresh coat of paint and new window treatments. There's always the replacement of those tired, thin towels with some delicious, plump towels in some new color. Then, add a new bath mat and rug. You might want to install another mirror, perhaps a full-length or a mirror dramatically framed. If you have the floor space, the bath is a great place for some greenery. Maybe there's a window where you can set a plant on the sill. A fern is pretty tolerant of low light and lots of moisture, and it adds a bit of drama to the room. If you can't bear thinking about a live plant dropping leaves or someone knocking over the pot, create a pretty arrangement of silk leaves in a basket or bowl.

Food for Thought: Are you thinking it might be fun to eat what you've grown? There are a variety of vegetables that you can plant now and harvest in the early winter. Repurpose some of your planters, if you're going to limit your edible garden to the patio. Or, choose a flowerbed close to the house that you can be transformed into a winter vegetable garden. Among the winter edibles are: lettuce, kale, cabbage, broccoli, fava beans, radishes, beets, Brussels sprouts, and garlic. You may be able to pick up the starter plants from local farmers at one of the farmers' markets.

Keep an Eye to the Future: In addition to the satisfying task of clearing the debris that's settled in your garden over the last three months, you can also see opportunities to increase your number of favorite plants, the ones that really thrive in your garden. There are ways to do that, dividing plants, collecting seeds, and planting divided bulbs. To divide your hostas, daylilies, asters, and creeping phlox you'll want to be sure to first soak the soil around the plants so you can get your spade in and lift the large plant root ball. The exposed root ball will have to be cut with some sharp garden tool. Relocate the divided plants around the garden. Don't worry too much about the clumsy process; your plants, if they're a bit overgrown and unwieldy, will appreciate the trimming and bounce back lovelier in the spring—plus, you'll have twice as many. Collecting seeds is quite a bit easier. And, if you miss some seeds, your backyard birds will thank you and en-

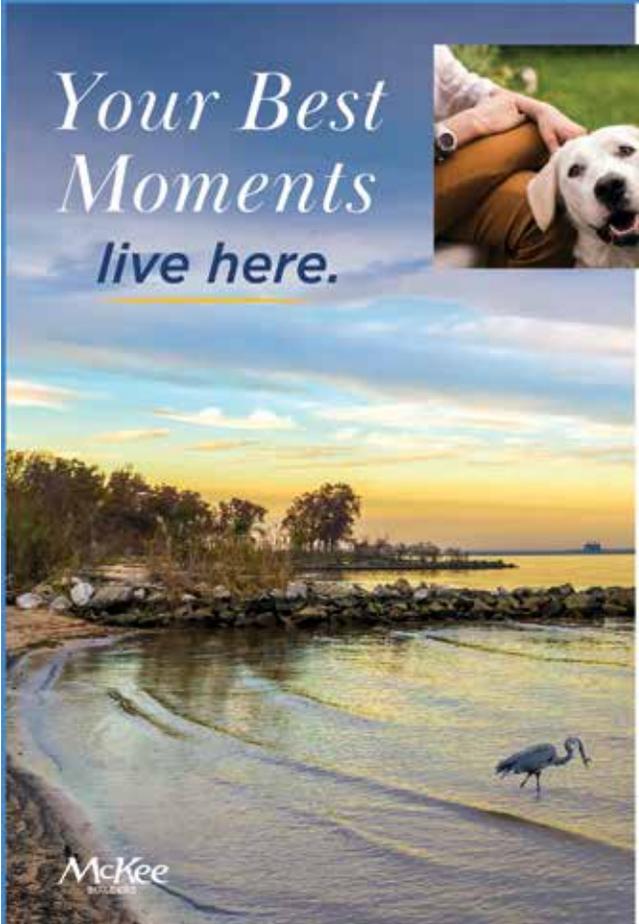
joy the dropped seeds throughout the winter. Foxgloves, morning glories, sweet Williams, and marigolds are generous with their seeds and will even reseed themselves if you don't disturb the soil beneath the adult plant in the fall. Finally, once you've divided old favorites and seeded lovely flowers, you may still have the energy to separate bulbs and replant tulip, daffodil, and hyacinth bulbs for those wonderful early-spring bursts of color.

Clear the Clutter: Just like indoors, it's sometimes refreshing to empty out your patio or garden of the feeders, birdhouses, pots, and plants. You might even want to dig up an entire flowerbed. Once you've removed everything that seems extraneous to you, you'll be able to take a fresh approach to your garden. Perhaps your birdhouses all need a good cleaning out. The birds nest inside and, in time, mites and other bugs collect in the nest's material. If you look closely at your birdhouse, you'll see the screw or hinge that will allow you to get inside the birdhouse. Put on some work or rubber gloves, and clear out what's inside. Then, you may want to repaint or otherwise repair the little houses before re-hanging them for next spring's new families. Look over the pots you've collected. Are they cracked or stained? Mismatched? Simply boring? Toss the ones you don't like and scrub up the ones you're keeping. Then, tuck them away until they're needed again—for that winter veggie garden or spring flowers. Another perfect little project might be cleaning the

garden furniture. Those benches, the chairs and table, even the little trolls you set up near the pond may need a spray down and scrub with some biodegradable, earth-friendly cleaner, like Simple Green. You might find some minor repairs are needed or it may be time to replace one or two pieces.

Map It: One last, easy and fun project for a sunny afternoon might be to create a map of your garden. You may find that your children and playful friends are even willing to help. Think of it as a "Treasure Map" of the garden. You will find the map handy if you want to order new plants during the late winter months, when those tempting catalogues arrive, full of beautiful pictures of all sorts of plants for you to purchase. You can use graph paper or just a small piece of poster board. It may be fun to draw pictures or glue on photos of the trees and plants in your garden. Try to recall where some of those spring bloomers were located. You may find you have lots of spring bloomers concentrated in one area, and decide to move some, dispersing them around the garden next year. Anyway, it will be fun to see what you come up with. You might create quite a little work of art—just like the beauty that is your garden.

Whatever you choose to do, be the project small or large, you will feel better for your efforts, and your home will feel a bit cozier, reflecting your appreciation for your own safe haven.



Your Best Moments live here.

McKee






At Bay Bridge Cove, the perfect day at the bay is all yours every day.

The heart of this peaceful oasis is you, out and about... escorting your canine companion to the dog park, swimming and lounging by the pool, bicycling along the trails, heading to the crab shack, & more.

Just minutes from your gorgeous villa-style home, everything on Maryland's eastern and western shores is waiting for you. Come chill with us by the bay.

55+ LIVING

Clubhouse with pool, game room and bocce courts

Superior quality homes with customization to make each one unique

Four distinctive villa-style plans from \$359,900

BAY BRIDGE COVE

GPS ADDRESS:
**550 Kent Manor Drive
Stevensville, MD 21666**

**BayBridgeCove.com
443-241-2150**



Primary Structure Built: 1985
Sold For: \$1,300,000
Original List Price: \$1,525,000
Bedrooms: 4
Baths: 4 full, 1 half
Living Space: 5,059 sq. ft.
Lot Size: 2.33 acres

HOME REAL ESTATE

Miles of Privacy

By Lisa J. Gotto

This exceptional property located between Easton and St. Michaels is what gracious living on the Eastern Shore is all about. With expansive views of the Miles River and Long Point Island, this home's new owners also will have all the privacy anyone could wish for. Set in the idyllic community of Arcadia Shores, this home has a majestic presence from the moment you come up its long driveway and continues with your first look into the home at its front door.

That first impression is stunning; just steps inside the foyer you'll see the ceiling soar to two stories, highlighting the home's fabulous wrap-around gallery feature on the second level. Gorgeous wood trim detailing and crown moldings are prevalent throughout the space. Originally built in 1985, the home did have some quirks, but the buyer's agent said her clients were agreeable with putting their own stamp on it.

"When I walked in with my clients the first time we all could see the potential in this property," said Cornelia Heckenbach of Long & Foster/Christie's Luxury Alliance. "Although it had some odd features we all knew that with opening up the waterside window situation and an interior wall they would accomplish what they were looking for."



The grand 20-by-24-foot formal living room with that exquisite view to the upper level flows easily to the family room with its large windows for exquisite Miles River viewing. To this room's right is a spacious kitchen with a central gas cooktop island with seating for four, a custom wine rack, and double oven. The room also features a cozy breakfast nook and river views from the kitchen sink. Across the hallway that leads to the large sunroom, you'll find a generous formal dining room. Through the sunroom you can access the home's patio and a study that faces the river.

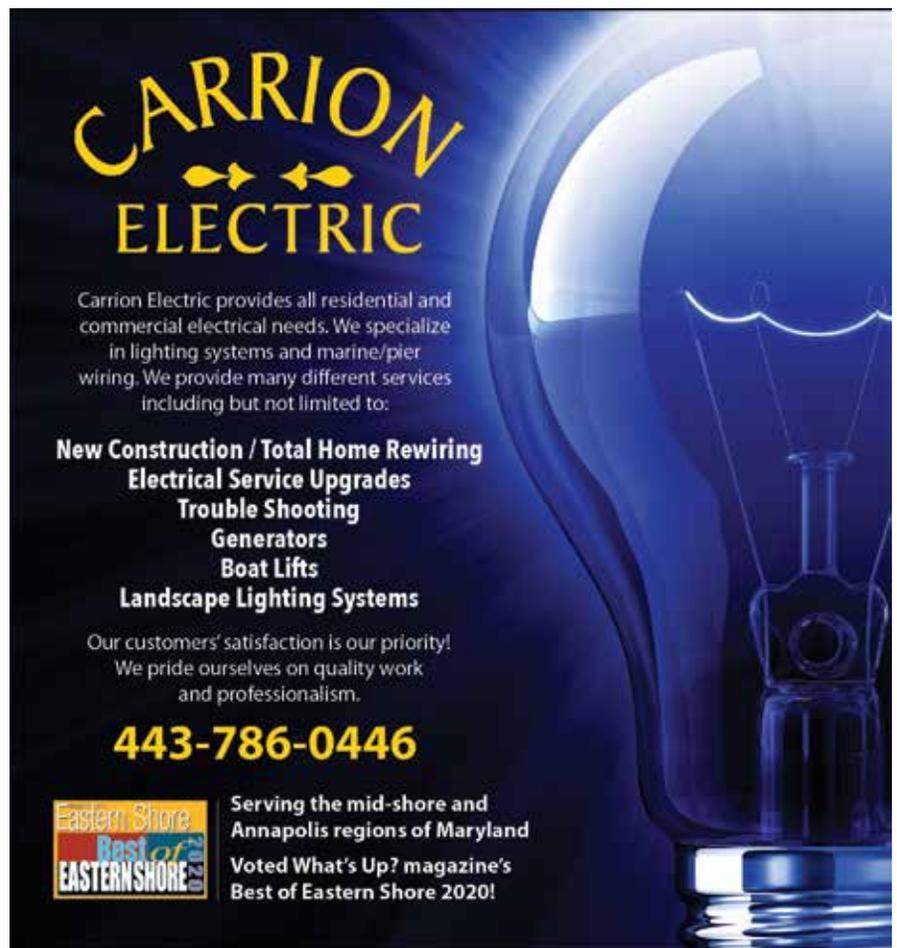
The first floor also offers a convenient master bedroom retreat that leads out to a lovely large screened-in porch. The home has four additional bedrooms and three bathrooms.

Recreation abounds outside, as the home offers an in-ground swimming pool, enhanced exterior lighting, and a private pier with three boat lifts and 2.5 feet of mean low water. The property's elevated park-like setting also offers a rip-rapped, living shoreline with a sandy bottom and bulkhead.

Oh, and did we mention the wine cellar? Rosé anyone?

Listing Agent: Brian Petzold; Chesapeake Bay Properties; 102 N. Harrison St., Easton; m. 410-725-6852; o. 410-820-8008; brianpetzold@hotmail.com; chesapeakebayproperty.com

Buyer's Agent: Cornelia C. Heckenbach; Long & Foster/ Christie's Luxury Alliance; m. 410-310-1229; o. 410-745-0283; info@corneliaheckenbach.com; stmichaelswaterfront.com



CARRION ELECTRIC

Carrion Electric provides all residential and commercial electrical needs. We specialize in lighting systems and marine/pier wiring. We provide many different services including but not limited to:

**New Construction / Total Home Rewiring
Electrical Service Upgrades
Trouble Shooting
Generators
Boat Lifts
Landscape Lighting Systems**

Our customers' satisfaction is our priority!
We pride ourselves on quality work
and professionalism.

443-786-0446



Serving the mid-shore and Annapolis regions of Maryland

Voted What's Up? magazine's Best of Eastern Shore 2020!







CHESAPEAKE PROPERTY FINISHES

Painting & Drywall Finishing • Pressure Washing & Staining • Residential & Commercial



BEFORE



AFTER



Over 30 years experience
Satisfaction & Quality Guaranteed!

410-924-2397

Licensed & Insured | MHIC #133179 | MD #17041940



Chesapeake Property Finishes

WWW.CHEESAPEAKEPROPERTYFINISHES.COM

On the Strand Living

By Lisa J. Gotto

This property is the epitome of timeless waterfront style and sophistication. It has it all, including every charming quality you would expect in an Oxford home along Strand Road, from the white picket fence out front to the flagstone patio out back overlooking the Tred Avon River.

While the home was built in 1990, you would think it is steeped in history with all its colonial period detailing. Gorgeous hardwoods flow from the welcoming entry into a large formal living space with central wood-burning fireplace. A family room, with walls of floor-to-ceiling windows with insets, provides amazing views out to the back of the home and the riverfront.



Primary Structure Built: 1990
Sold For: \$1,100,000
Original List Price: \$1,295,000
Bedrooms: 5
Baths: 4
Living Space: 3,107 sq. ft.
Lot Size: 0.22 acres



The spacious kitchen offers custom wood cabinetry painted in a calming, sea blue-green. A convenient peninsula in the room offers cozy breakfast seating options and a corner window feature over the sink provides lovely views of the home's gorgeous outdoor entertaining spaces.

Adjacent to the kitchen is a large formal dining room with views out to the river. This floor also provides an age-in-place living option with its first floor master bedroom suite, as well





as a den with well-crafted built-ins and its own wood-burning fireplace. A generous sliding door in the room walks out the gracious patio space.

Upstairs there are three additional charming bedrooms and two baths. This property offers the added bonus of a well-appointed guest house with open plan kitchen and living space, a precious wood spiral staircase to the loft bedroom area with skylights for the ample distribution of natural light throughout the space.

Outside, the property's grounds are enhanced with lush, mature trees and

professional landscaping. A spacious waterside deck is the perfect place to sit and enjoy the sail boat races and when so-inclined the new homeowners can walk out onto their own private pier and boat lift, and sail away down-river in the craft of their choosing—for a perfect day on the water awaits.

Listing Agent: Jane M. McCarthy; Benson and Mangold Real Estate; 27999 Oxford Road, Oxford; m. 410-310-6692; o. 410-822-1415; jmccarthy310@gmail.com

Buyer's Agent: Thomas Williams, Jr.; McEneaney Associates Realtors; 4315 50th St. NW, Washington D.C.; m. 202-255-3650; o. 202-552-5611; twilliams@mceneaney.com

WARREN'S EASTON, MD WOOD WORKS

THERE'S NO PLACE LIKE HOME

Committed to Quality and Excellence

We provide a wide range of services to meet your needs whether you are remodeling, building new or designing your exterior sanctuary. We can help take your simple canvas and turn it into a masterpiece.

8708 Brooks Drive • Easton, MD 21601 • 410-820-8984 • www.warrenswoodworks.com

TimberTech
EASTERN SHORE
BEST OF EASTERN SHORE



save the date!



ladies first

SHOP, SIP & SPOIL YOURSELF

October 22, 2020 | 6 to 9 p.m.

Latitude 38 12 Dock St, Annapolis

TICKETS ARE ON SALE NOW AT [WHATSUPTIX.COM](https://whatsuptix.com)

WHAT'S UP? MEDIA

Latitude 38
WATERFRONT DINING

lilac
BIJOUX

JD JACKIE'S DESIGN

HERE. a pop-up shop

Health & Beauty

68 FRESH TAKE | **70** FLU SEASON IS COMING UP. ARE WE READY?
71 FITNESS TIPS | **73** DANCE YOUR WAY TO BETTER HEALTH *plus more!*



Get Active, Stay Healthy, Maintain Your Brain!

Whether yoga, cycling, Tai Chi, or brainteasers are your game, there's a class for that...online. Gyms, fitness clubs, and universities are offering virtual classes taught by real instructors to members and the public. For a list of local offerings, visit Whatsupmag.com!



HEALTH & BEAUTY HEALTH

Fresh Take

PEANUT BUTTER

By Dylan Roche

As kids head back to school this fall (or winter!), many of them will do so with brown paper lunch bags containing peanut butter sandwiches. There's a reason this lunchtime classic has such enduring appeal, and it's not just because of its taste—it's also because its combination of protein, healthy fats, and essential nutrients are great for helping active bodies and active minds power through the day.

And peanut butter isn't just for kids. Adults, too, should partake in this throwback to childhood, either enjoying the go-to option of slathering it on a sandwich or finding more creative uses for it like smoothies or salad dressings.

With 7 grams of protein per 2-tablespoon serving, peanut butter is a great plant-based source of this powerhouse nutrient that is important for building and repairing tissue in the body. This is great, as the U.S. Department of Agriculture advises everyone to vary their protein sources by consuming plant-based protein as well as animal-based protein so your body is getting a wider variety of vitamins and minerals.

Another great reason to eat peanut butter is the fat content. The monounsaturated fats in peanuts are known for raising high-density lipoproteins (also known as HDL or "good" cholesterol) and lowering low-density lipoproteins (also known as LDL or "bad" cholesterol), thus reducing cholesterol buildup that restricts blood flow in your arteries. The National Peanut Board encourages eating peanut every day to reduce your risk of heart disease.

In addition to protein and fat, peanut butter is a great source of many vitamins and minerals, including vitamin E, magnesium, folate, copper, and phosphorus. It also has dietary fiber, which slows digestion, providing a steady stream of energy and ensuring you feel fuller for longer.

But it's important to note that not all peanut butters are created equal. Many commercial peanut butters on the market are made with added sugars, palm oil, partially hydrogenated oils, and other ingredients, all of which could constitute up

to 10 percent of the product. Instead, go for all-natural peanut butter—when you read the ingredient list on the label, it should contain just peanuts (and maybe salt). It's normal for some oil separation to occur when you use natural peanut butter, but you can avoid this by storing the jar in the fridge.

Want to use peanut butter in some new and different ways? Here are some ideas:

INSTEAD OF JELLY...

Yes, peanut butter sandwiches are always a great option. And peanut butter's classic partner has always been jelly, but this processed spread is often lacking in fiber and loaded with added sweeteners like high-fructose corn syrup. Up your peanut butter sandwich game by slicing up whole, unprocessed fruit such as bananas, apples, or strawberries. You could also try dotting the inside of your sandwich with raisins, cranberries, or chopped dates. You get the same fruity taste as you would with jelly, but in a much more nutritious way!



Peanut Butter Smoothie

INGREDIENTS:

- 2 cups baby spinach
- 1 medium banana
- 2 tablespoons peanut butter
- 2 tablespoons cocoa powder
- 1/2 cup milk
- 1 teaspoon honey or maple syrup
- 2 cups ice

DIRECTIONS:

Add all ingredients to a high-power blender, process, and enjoy.



← Peanutty Pasta Salad

INGREDIENTS:

16 ounces rice noodles
 1/2 cup peanut butter
 1/2 cup soy sauce
 1/4 cup brown sugar
 1/4 cup + 2 tablespoons vegetable oil
 1/2 cup chopped red bell pepper
 1/2 cup shredded carrots
 1/2 cup chopped broccoli
 1/2 cup chopped roasted peanuts
 1/4 cup fresh garlic
 1/4 cup lemon juice

DIRECTIONS:

Boil the pasta for approximately 10 minutes until tender. Set aside and allow to cool. Heat 2 tablespoons of oil over medium heat on the stovetop. Add lemon juice and garlic, stirring to allow the garlic to brown evenly. Add red bell pepper, carrots, and broccoli. Heat until slightly softened but still firm. Set aside and allow to cool. In a medium-sized mixing bowl, combine peanut butter, soy sauce, and vegetable oil. Whisk until smooth. Add vegetables to the noodles and toss with peanut butter dressing. Stir in roasted peanuts. Chill pasta salad for one hour before serving.

Peanut Butter Granola Squares

INGREDIENTS:

3 cups rolled oats
 1 cup peanut butter
 1/2 cup honey or maple syrup
 2 tablespoons milled flax seed
 1/2 cup raisins
 1/4 cup shredded coconut

DIRECTIONS:

Preheat oven to 350 degrees Fahrenheit. Combine peanut butter, honey and flax seed in a large bowl. Slowly add oats a half-cup at a time. Add in raisins and coconut. Stir until combined. Line a large baking sheet with parchment paper and spread the dough evenly across. Bake for 14-15 minutes. Allow to cool completely before cutting into squares.

NANCY HAMMOND EDITIONS



RISING SUN BY NANCY HAMMOND

SIGNED AND NUMBERED LIMITED EDITION GICLEE, 48" x 32"
 SIGNED ARTIST PROOF, 40" x 60"

192 WEST STREET, ANNAPOLIS MD · 410-295-6612 · WWW.NANCYHAMMONDEDITIONS.COM



HEALTH & BEAUTY HEALTH

Flu Season is Coming Up. Are We Ready?

By Dylan Roche

Remember the flu? In light of another respiratory illness that's dominated the news over the past year (more on that in a second), the flu might seem like a much lesser problem to everyday Americans. But don't underestimate the flu—the Centers for Disease Control and Prevention estimates that the 2019–2020 season saw somewhere between 39 million and 56 million cases across the United States, resulting in somewhere between 24,000 and 62,000 deaths. (The CDC provides these numbers in ranges, as the flu is not a reportable disease in some parts of the country.)

With a new flu season approaching this fall, it's time to start considering healthy practices to protect yourself, particularly if COVID-19 makes a resurgence at the same time, as Dr. Robert Redfield, director of the CDC, has suggested it could. Last year's flu season was coming to an end around the time the World Health Organization declared COVID-19 a pandemic in March (the CDC defines flu season as starting in October, peaking in February, and coming to an end usually by March or April). So if COVID-19 does, indeed, make a resurgence, this will be the first time the flu virus and the novel 2019 coronavirus are widespread at the same time.

TWO VIRUSES AT ONCE?

Fighting a surge in flu cases and COVID-19 cases could prove a challenge for health care systems, but the good news is that many of the precautions people should take to prevent one respiratory illness can also help prevent the other.

Like the novel coronavirus that causes COVID-19, influenza viruses are transmitted through respiratory droplets that people expel when they cough, sneeze, talk, or even breathe. Because these respiratory droplets don't stay airborne for more than six feet, keeping a safe distance away

from others can go a long way in ensuring a virus doesn't pass from person to person.

In addition to avoiding close contact with others, the CDC recommends washing your hands regularly, disinfecting any frequently touched surfaces, and not touching your eyes, nose, and mouth.

DOES ONE AFFECT THE OTHER?

It's scary enough to think coronavirus and the flu could be circulating at the same time—but can you be infected with both? While there was a widespread misconception in the early days of the pandem-

ic that people who tested positive for COVID-19 were unlikely to have another type of viral respiratory disease, a study released by the Stanford School of Medicine in late March showed that one in five people diagnosed with COVID-19 are also infected with another common respiratory virus, such as the flu, respiratory syncytial virus, rhinovirus, adenovirus, or pneumonia.

So, yes—a person can catch the flu and COVID-19 at the same time.

THIS MAKES THE FLU SHOT EVEN MORE IMPORTANT.

Although no vaccine is currently available for COVID-19, the World Health Organization reports that there are more than 20 vaccines currently in development. The flu, on the other hand, does have a vaccination available. In fact, the CDC states that a flu shot is the single best way to prevent the flu. The CDC encourages everyone over six months of age to get vaccinated, and September is an ideal time because it is several weeks ahead of flu season's start in October. Many insurance plans cover the annual vaccination, and it can be administered at most doctor's offices, clinics, health departments, college health centers, and pharmacies.

Because of the unpredictability surrounding a second wave of COVID-19 during flu season, it's best to seek out the latest information from either the Centers for Disease Control and Prevention at www.cdc.gov or the World Health Organization at www.who.int.



HEALTH & BEAUTY FITNESS

Free Weights vs. Resistance Bands

WHICH ARE BETTER FOR YOUR FITNESS GOALS?

By Dylan Roche

It's not always convenient—or even possible—to get to the gym. But that shouldn't be an excuse to neglect your strength training. According to the Physical Activity Guidelines for Americans put out by the Department of Health and Human Services, all adults should be getting a minimum of twice weekly resistance exercise that works all major muscle groups.

When it comes to working out at home, there's a lot you can accomplish with minimal equipment. But what if you're starting with nothing? That is, you have no home workout equipment at all, and you're looking to make the investment. Should you go for free weights or resistance bands?

Like workouts themselves, the right equipment is not a one-size-fits-all kind of decision. It all depends on your fitness goals, your budget, and your storage space.

FREE WEIGHTS is a pretty all-inclusive term used to describe any kind of weight that isn't attached to a machine or other apparatus. Yes, that includes dumbbells, but it also includes barbells, kettlebells, and even medicine balls. In other words, it could be a lot of equipment, which costs a lot of money and takes up a lot of room. That doesn't mean you need to have all of it at home. A few pairs of dumbbells at a comfortable weight could meet your needs and allow you to perform a variety of exercises.

RESISTANCE BANDS, also called exercise bands or fitness bands, are thick bands made from rubber that can have handles on the end and require force to stretch them. Depending on how thick the rubber is and how tightly the band is stretched, a resistance band could require the same amount of effort to stretch as a 20-, 30- or 40-pound weight takes to lift. And studies show that your muscles respond to stretching a resistance band just as much as they do to moving a weight against the force of gravity. However, some people who are used to heavy lifting might not feel as if they're getting the same workout from resistance bands.





HOW DO RESISTANCE BANDS WORK?

If you've never used resistance bands before, you might be a little confused—how can a strip of rubber function the same way as a dumbbell? Take this variation on a biceps curl as an example of how to exercise with a resistance band: 1. Stretch the resistance band across the floor and stand on top of it with your feet shoulder width apart. Hold the band's handles in your hands at your sides and your palms facing inwards toward your thighs. 2. Slowly lift your right hand up toward your shoulder the way you would perform a curl while holding a weight. You should feel the resistance from the band as you stretch it. 3. Slowly lower your clenched fist back down to your side. Repeat with your left arm. 4. Perform 3 sets of 8 to 10 reps with each arm. For more ways to use resistance bands for variations on weightlifting exercises, check out the library of tutorials available from the American Council on Exercise at www.acefitness.org.



Here are a few pointers to consider when you're trying to decide which to use for your workout:

FORM AND FATIGUE ARE MOST IMPORTANT: Whether you opt for dumbbells or resistance bands, your aim should be working your muscle to the point of fatigue, ideally within 8 to 10 repetitions of an exercise. You should, while maintaining proper form, barely be able to finish your last rep. Remember that proper form and technique are more important than what equipment you're using.

When you're lifting free weights, people with improper lifting technique might be inclined to swing the weight rather than lifting it with a slow, controlled movement. This not only puts you at risk for injury but also reduces the effectiveness of the exercise because the weight is being moved by momentum rather than by your muscles.

Resistance bands, on the other hand, provide constant tension through the entire range of movement, so you can't cheat by giving yourself swinging momentum the way you can with a dumbbell. This makes resistance bands great for people who are trying to master their technique for certain movements.

SAFETY FIRST: Beginner-level strength trainers can put themselves at risk for injury if they're lifting weight improperly. It's one of the reasons you should never start a workout routine without guidance from a trainer who can show you the right way to perform an exercise and correct your mistakes.

Because resistance bands aren't as intense as heavy

dumbbells, barbells, and kettlebells, there's less risk of injury from improper technique, but people using resistance bands do have other safety concerns to worry about. Before using resistance bands, check them for cracks or holes—if the resistance band snaps, you could injure yourself or damage surrounding property. When you're doing an exercise where you need to attach the band to an object, such as a doorknob or table leg, loop the band instead of tying a knot, which could easily come undone.

YOU CAN USE BOTH: Free weights and resistance bands aren't an either/or option—you can integrate both into your workout. Try lifting a dumbbell with the added resistance of an exercise band at the same

time—you'll find it challenges you in a new way.

Furthermore, resistance bands are more compact and easier to travel with. So even if you prefer using weights at home, it's easy enough to throw resistance bands in a suitcase and use them for a workout on vacation rather than taking an extended period of time off.

FINAL VERDICT: Both free weights and resistance bands can be used for effective strength training at home as long as you are using proper form and technique, and as long as you're working your muscles to fatigue. Choose the equipment that best fits your lifestyle and your fitness goals, and don't be afraid to combine both of them into your workout.



HEALTH & BEAUTY HEALTH

Dance Your Way to Better Health

By Dylan Roche

Need to change up your exercise routine? Then you'll be happy to know that there's an option that could challenge you mentally and motivate you creatively while you exert yourself physically. That workout is none other than dancing.

Celebrating the many benefits of this combined exercise and art form is one of the reasons the American Dance Movement promotes National Dance Day on the third Saturday in September.

This year's celebration falls on September 21, but there's no reason you can't start getting your dance on now. Who knows? With a few extra weeks, you might be able to master your rhythm just in time for the big day, when people of all ages across the country are encouraged to incorporate dance into their daily lives as a way of recognizing its many benefits.

FOR BODY...

More and more people are getting in tune with the physical demands of dance. The American Council on Exercise suggests it might have to do with the popularity of such shows as *Dancing with the Stars*, *So You Think You Can Dance?*, and *Dance Your A** Off*. That's great, because as the council explains, dance combines cardiovascular and weight-bearing activity, and it requires both coordination and balance. Vigorous dance styles, like the salsa, can burn about 250 calories in 30 minutes, the same as light jogging.

But it's not just about burning calories. The Hospital for Special Surgery explains that the multi-directional movements you perform when you're dancing (as opposed to the straightforward motion of running or walking) improves your joint mobility. Additionally, people who dance have better gait and agility.

...AND MIND

Dance has more benefits than simply physical ones. Because people who are dancing have to learn new moves and think about the right steps, they are mentally stimulated, meaning their mind is getting a workout as well as their body.

This was observed firsthand in a July 2018 study published in the peer-reviewed scientific journal *PLOS One*, which followed a group of elderly participants as they undertook a challenging dance program over the course of six months. Dance proved to help with things like their spatial orientation and their movement coordination, but more importantly, because mastering the choreography meant they were continually learning, it improved their memory, and attention, both of which tend to decline with age.



Feeling inspired to hit the dance floor for your next workout? You can likely find drop-in classes at a local gym or community center. There are also plenty of videos available online.

As with any new workout, however, you should check in with your doctor to make sure you're ready to begin. Once you have the go-ahead, be sure you wear good shoes and don't challenge yourself too much right away—you'll be having a lot of fun and might not even realize that you're exercising, so you need to be careful not to overexert yourself.

A unique al fresco
live-fire grilling
experience by
Chef Holderbaum.

RR Range & Reef



Providing live-fire grilling and specialty cooking services year round - (240) 476-7291

@ www.rangeandreef.com f

MOMMA MARIA'S
MEDITERRANEAN BISTRO & BAR

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

WE ARE OPEN FOR INSIDE, OUTSIDE AND CARRY OUT DINING.

WE WANT TO THANK ALL OUR CUSTOMERS FOR YOUR CONTINUED SUPPORT.

We here at momma Maria's have kept all the top selling dishes as per the request of you, our customers. In addition to Momma's favorite dishes, we are pleased to offer a selection of new and exciting options. Please visit our website at mommamariasbistro.com to see all that we offer. We thank you for your continuing support, we are here, as always, to serve you our incredible food.

TRY OUR STONE-HEARTH FIRED HOMEMADE ARTISAN PIZZAS

Catering & Take-Out Available
Monday-Saturday
Monday-Saturday 4pm-9pm

410.476.6266
4021 Main St. | Trappe, MD 21673

WHAT'S UP? READERS'  RESTAURANT REVIEW

EAT REVIEW WIN

Restaurant Name _____

Restaurant Location _____

Your Review _____

Name _____

Email _____

Address _____

City _____

Zip _____

Sign up for our weekly eNewsletters?
 Yes please! No thanks

Fill out the form here or online at whatsupmag.com/promotions

 Mail this form to:
201 Defense Hwy.,
Ste. 203, Annapolis,
MD 21401

Dining

76 GUIDE

Fried Oysters
at Two Tree
Restaurant
in Millington



WHAT'S UP? READERS!

RESTAURANT REVIEW

Calling All Food Critics!

Send us your restaurant review and you'll be eligible for our monthly drawing for a **\$50** gift certificate to a local restaurant. Fill out the form at whatsupmag.com/promotions.

Take Out & Delivery to Dine For!

Many of our favorite restaurants are offering full or partial take-out/delivery menus to please all palates during this challenging time. Please consider ordering your next meal from them and support local business. For a constantly updated list of restaurants, visit Whatsupmag.com!

Dining Guide

Advertisers Listed in Red

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

☎ Reservations

Y Full bar

👨 Family Friendly

🌊 Water View

☀ Outdoor Seating

🎵 Live Music

🐾 Dog Friendly

👑 Best of 2020 Winner

Queen Anne's County

Adam's Taphouse and Grille

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

Annie's Paramount Steak & Seafood House

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

Big Bats Café

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

Bridges Restaurant

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

Café Sado

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

Capriotti's

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

Carmine's New York Pizza

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

Doc's Riverside Grille

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

El Jefe Mexican Kitchen & Tequila Bar

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

Fisherman's Inn & Crab Deck

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

Frix's Fire Grill

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

Harris Crab House

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

Hemingway's Restaurant

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

Historic Kent Manor Inn

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

The Jetty Restaurant & Dock Bar

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

Joshua's Steak & Chop House

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

Kentmorr Restaurant

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

Knoxie's Table

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

Ledo Pizza

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

Love Point Deli

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

The Narrows Restaurant

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

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

JOSHUA'S STEAK AND CHOP HOUSE

"Been there for dinner, brunch, and just dessert and we have been blown away each time" —*Mo White*

Talbot County

208 Talbot

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

Ava's Pizzeria & Wine Bar

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

Awful Arthur's Seafood Company

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

The BBQ Joint

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

Banning's Tavern

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

Bartlett Pear Inn

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

Bas Rouge

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

Bistro St. Michaels

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

Blackthorn Irish Pub

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

Capriotti's

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

Capsize (Seasonal)

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

Captain's Ketch

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

Carpenter Street Saloon

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

Characters Bridge Restaurant

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

Chesapeake Landing

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

The Coffee Trappe

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

The Crab Claw Restaurant

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

Crab N Que

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

Crepes By The Bay

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

Doc's Downtown Grille

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

Doc's Sunset Grille

104 W Pier St., Oxford; 410-226-5550; 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 \$\$ 🍷 ☺

Foxy's Harbor Grille (Seasonal)

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

The Galley St. Michaels

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

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 \$\$ 🍷 ☺ 🍷 ☺ *

Hill's Cafe and Juice Bar

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

Hong Kong Kitchens

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

Hot off The Coals BBQ

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

Hunters' Tavern at the Tidewater Inn

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

In Japan

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

Krave Courtyard

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

Latitude 38 Bistro & Spirits

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

Ledo Pizza

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

Lighthouse Oyster Bar & Grill

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

Limoncello Italian Restaurant

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

Lowes Wharf

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

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 \$\$ 🍷 ☺ 🍷 ☺ *

Momma Maria's Mediterranean Bistro

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

Old Brick Café

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

Osteria Alfredo

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

Out of the Fire Café & Wine Bar

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

Piazza Italian Market

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

Plaza Jalisco

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

Pope's Tavern

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

Portofino Ristorante Italiano

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

Purser's Pub at Inn at Perry Cabin

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

Robert Morris Inn

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

Sakura Sushi Restaurant

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

Sam's Pizza & Restaurant

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

Scossa Restaurant & Lounge

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

BEVERLY'S FAMILY RESTAURANT**"Love their home-style breakfast"**

—Zach Fortuna **WINNER**

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 \$\$\$ 🍷 ☺ * 🍷 ☺

St. Michaels Crab & Steakhouse

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

Sugar Buns Airport Café & Bakery

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

Sunflowers & Greens

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

T at the General Store

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

Theo's Steaks, Sides & Spirits

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

Two if by Sea

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

U Sushi

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

Victory Garden Café

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

Washington Street Pub & Oyster Bar

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

Kent County**98 Cannon Riverfront Grille**

98 Cannon Street, Chestertown; 443-282-0055; 98cannon.com; Seafood; lunch and dinner \$\$, 🍷 ☺ 🍷 ☺ *

Barbara's On The Bay

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

Bayside Foods

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

Bay Wolf Restaurant

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

Beverly's Family Restaurant

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

Café Sado

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

OCEAN ODYSSEY

"Live music and crabs, what else could anyone ask for?" —*Maya S.*

Casa Carmen Wine House

312 Cannon Street, Chestertown; 443-203-8023; casacarmenwines.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 Dining Restaurant, Sunday Brunch \$ \$ 🍷 🍴 🍷

Luisa's Cucina Italiana

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

Marzella's By The Bay

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

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; blueruinar.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 Street, Cambridge; 443-225-5664; Rarbrewing.com; American; lunch, dinner \$ 🍷 🍴

Snapper's Waterfront Café

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

Suicide Bridge Restaurant

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

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 \$ 🍷 🍴

Shop Local. Buy Local.

RESERVE YOUR SPACE TODAY

Contact Ashley Lyons at 410-266-6287 x1115 or alyons@whatsupmag.com

Catalina
POOL BUILDERS

"FAMILY OWNED & OPERATED"
OVER 100 YEARS OF POOL EXPERIENCE

Annapolis

100% FINANCING AVAILABLE

301-605-1177
\$39,980*

18'x32' Riverside
CatalinaPoolBuilders.com
Info@CatalinaPoolBuilders.com

\$289 per month

FREE DESIGN CONSULTATION
RENOVATION SPECIALISTS

Jandy Polaris

APPRECIATION/DISCOUNTS FOR: FIRST RESPONDERS, MEDICAL WORKERS, TEACHERS, SENIORS AND MILITARY PERSONNEL

Complete Concrete Pool \$32,980
Complete Diving Pool \$35,980

CALL ABOUT OUR WHAT'S UP? BEST SPECIAL OFFER

Stevensville 17'x33' Caribbean or 16'x34' Tahiti
Essex 18'x40' Cancun or 16'x40' Catalina

Includes: Pumps, jets, warm excavation, steel plumbing, filter, pumps, skimmer, coping structure, steel, light, 10k electric, coping, tile, plastic, deck, chemicals, cleaning and pool school. Price subject to normal access, local codes and zoning. *Whitney additional. Expires 10/31/2020. MISC # 12/17/19

98 CANNON
Riverfront Grille
CHESTERTOWN, MD

SERVING UP EXCELLENCE
7 Days a Week

98 Cannon St • Chestertown, MD • 443-282-0055
www.98cannon.com

SAFE AT HOME
Senior Care

We continue to provide safe, cautious care for your loved ones during this time. Call us today!

OUR SERVICES

- Companion Care
- Hygiene Assistance
- Light Housekeeping
- Errands • Pet Care
- Doctor's Appointments
- Respite Care • Meal Preparation
- Medication Reminders
- Relationship Building
- Visiting Friends & Family
- Stimulating Conversation
- Sharing Hobbies
- Supervision of Prescribed Exercise & Rehabilitation
- Bathing and Toileting (w/ assigned CNA/GNA or CMT)

CALL US TODAY!
Same day care assessments
Accepting new clients
(410) 443-2661
info@safethomeseniorcare.net
www.safethomeseniorcare.net

Serving Maryland's Eastern Shore
345 Pier One Rd., Suite 104
Stevensville, MD 21666

Thank you for your continued support!

Now featuring a weekly Plat du Jour on Sunday nights, as well as expanded outdoor seating! Starting this fall, special dinners for two. Check out our website for pics and inspiration!

Your Friends at *Bistro St. Michaels*

Bistro
ST MICHAELS

403 SOUTH TALBOT STREET
ST. MICHAELS, MD
410.745.9111
WWW.BISTROSTMICHAELS.COM
INQUIRIES@BISTROSTMICHAELS.COM

DINNER & HAPPY HOUR
NIGHTLY STARTING AT 4:30PM
SUNDAY BRUNCH 10AM-1:30PM
CLOSED WEDNESDAYS AND THURSDAYS



Where's Wilma?

FIND WILMA AND WIN!

Woosh! And just like that, gone are the dog days of summer as the first signs of autumn arrive. Our famous flyer, Wilma, welcomes the cool breezes and fall fun as she flies to and fro bay-area town to bay-area town. This month, Wilma is jet set on curing the pandemic blues with some retail therapy, shopping at many of the Best of Retail and Professional Services winners. Can you spot Wilma making her next purchase?

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: Clinton Drake of Cambridge 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



Please Print Legibly

I FOUND WILMA ON PG. _____ Advertiser _____
 _____ Advertiser _____
 _____ Advertiser _____

Name _____

Phone _____

Address _____

E-mail address _____

What is your age bracket? (Circle one) <25 25-34 35-44 45-54 55+

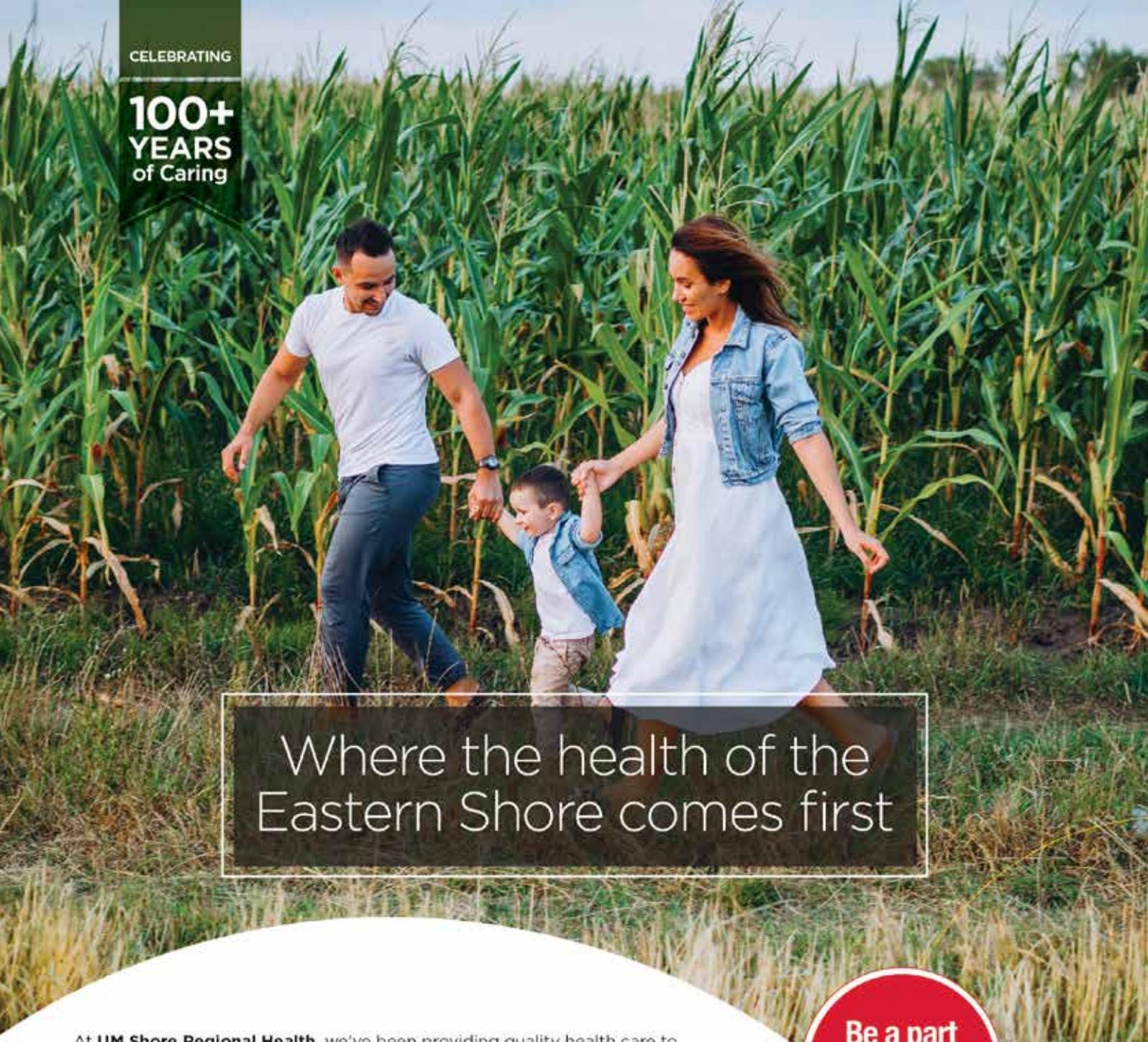
Would you like to sign up for our weekly eNewsletters, which brings you each weekend's best events and dining deals, as well as online-exclusive articles! Yes, please! _____ No, thanks _____

Entries must be received by September 30, 2020. Winner will receive a gift certificate to a local establishment and their name will appear in an upcoming issue of What's Up? Eastern Shore.

98 Cannon Riverfront Grille.....	79
Accurate Asphalt LLC.....	54
Annapolis Auto.....	23, 27
Carrion Electric.....	63
Catalina Pool Builders.....	79
Chaney Homes.....	20
Chesapeake Bay Beach Club.....	5
Chesapeake Charities.....	15
Chesapeake Property Finishes.....	63
Chestertown Animal Hospital.....	37
Dee Dee McCracken-Caldwell Banker.....	10
Djawdan Center for Implant and Restorative Dentistry.....	1
Eastern Shore Dental Care.....	7
For All Seasons Inc.....	25
Fred Frederick Chrysler Jeep Dodge.....	15
Hannah Belle Events.....	39
Haven Ministries.....	17
Higgins & Spencer Inc.....	54
Jason's Computer Services (Jason T. Lee).....	34
Kent Island Pediatric Dentistry.....	19
Lundberg Builders / 314 Design Studio.....	BC
McDonogh School.....	53
McKee Builders.....	61
Momma Maria's Mediterranean Bistro.....	74
Nancy Hammond Editions.....	69
O'Donnell Vein & Laser.....	9
Plastic Surgery Specialists.....	3
Queenstown Landing Integracare.....	2
Range & Reef.....	74
RLC Lawyers & Consultants.....	21
Safe at Home Senior Care.....	79
Shearer the Jeweler.....	39
Shore United Bank.....	37, 38
Solar Energy Services Inc.....	57
St. Michael's Youth and Law Enforcement (S.M.Y.L.E.).....	39
Stewart's Food Service LLC.....	79
Sullivan Surgery and Spa.....	IFC
Swan Cove Flowers.....	39
Talisman Therapeutic Riding.....	46
The Hickory Stick.....	39
The Winery.....	38
Tidewater Inn.....	18, 37
Tricrown Inn For Pets.....	39
Troika Gallery.....	23
TTR Sotheby's International Realty.....	12
University of Maryland Shore Regional Health.....	IBC
Warren's Wood Works.....	65
Wye River Upper School.....	53

CELEBRATING

100+
YEARS
of Caring



Where the health of the
Eastern Shore comes first

At **UM Shore Regional Health**, we've been providing quality health care to our community for more than a century. The health care you need is right here, close to home.

Our network of physicians and other providers work side by side with University of Maryland specialists to bring you the highest level of care and expertise. You don't have to travel far for advanced care with a personal touch.

Be a part
of something
greater

To find a physician or service close to home, visit umshoreregional.org



UNIVERSITY of MARYLAND
SHORE REGIONAL HEALTH

CAROLINE | DORCHESTER | KENT | QUEEN ANNE'S | TALBOT



BOLD &
Beautiful

Dramatic powder rooms are all the rage in 2020. Get this look: Add a hand blown vessel sink, linear light fixtures and bold paint color. Unique faucets and a framed mirror finish the look for a memorable statement.