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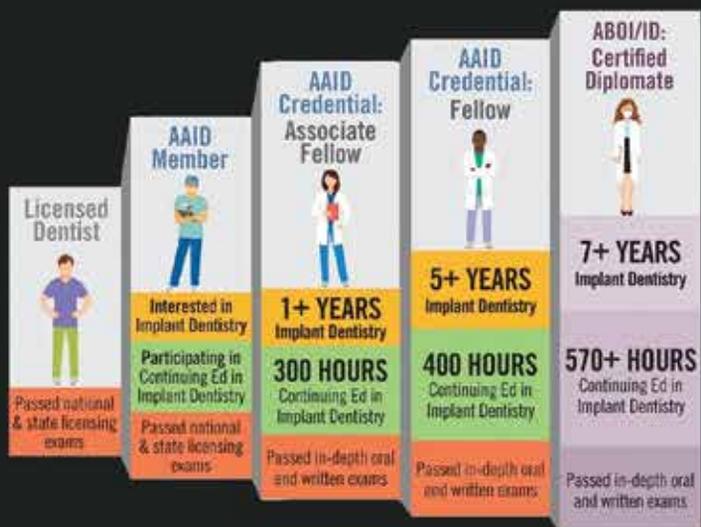


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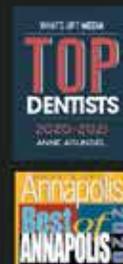
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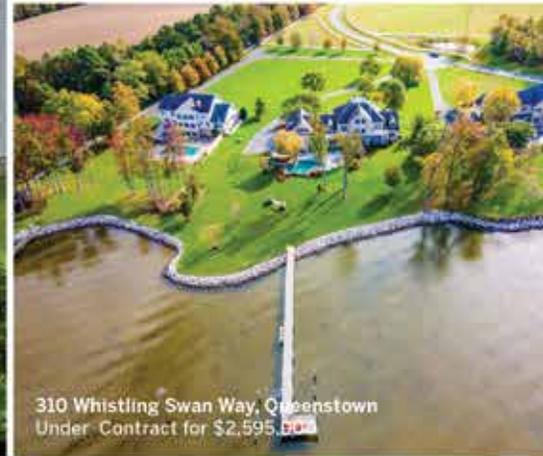
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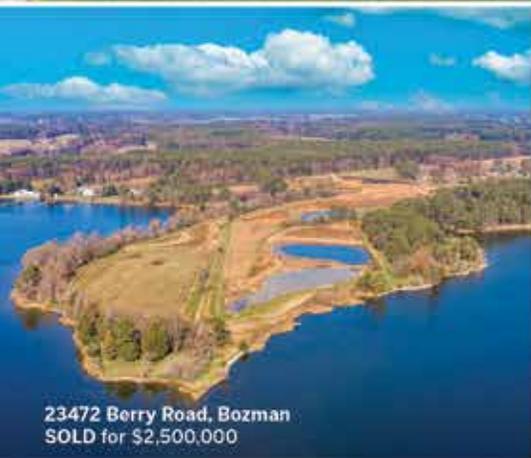
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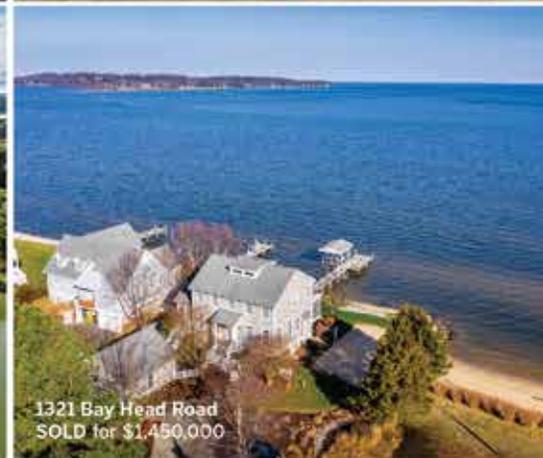
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On the Cover: Meet farmer Jena Paice in our feature "Myth Busters: Women Farmers." Photograph by Stephen Buchanan. Cover design by August Schwartz. Contact *What's Up? Eastern Shore* online at whatsupmag.com ♻️ Please recycle this magazine.

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KNOW US BEFORE YOU NEED US

Did you know that Talbot Hospice offers free grief counseling to the whole community?

By Jack Batty

Kaneka Rodriguez knows what is like to lose a child.

Her son, ZaVion Spriggs, age 14, lost his life to a rare skin disorder called Stevens-Johnson syndrome. During and after his 62-day hospitalization, Kaneka struggled with grief but received helpful advice and wisdom from social workers. This kind of comfort care is available to Kaneka and anyone in a similar situation through Talbot Hospice— both during the patient's illness and after he or she has passed.

In recalling her pain and grief, Kaneka said, "I had to keep going because of my two daughters, Sa'Mara Spriggs, 17, and La'Mira Spriggs, 14. Sa'Mara is involved in dance, track and cheerleading while La'Mira plays basketball and is an artist. Both attend Cambridge-South Dorchester High School. Kaneka said she also had wisdom and support from their father, Vernon Spriggs.

Lindy Barton, a social worker and Talbot Hospice's bereavement coordinator met Kaneka while she was helping care for Lindy's dad, Dick Davidson. Through their friendship they were able to connect and some 18 months after losing her son, Kaneka was able to open up and tell the whole story for the first time. Lindy noted that Kaneka had "empathy" skills. "Just six months after losing her son, Kaneka was taking special care of my dad and that takes a pretty special person."

End of life is a challenging time but in most cases it involves an older person. What happens if that person is a child? Sadly it does happen. Thousands of Children die every year in the U.S., many from terminal illnesses.

The Children's Pediatric Program at Talbot Hospice offers home-based palliative care for children and their families facing life-limiting illnesses. The program coordinates medical, psychosocial and spiritual support. The program also provides spiritual support for the family after a child dies.

Rev. Jody Gunn, grief and spiritual chaplain at hospice, noted the emotional shock of child loss. "With their whole life ahead of them, it's unthinkable for a child or parents to consider end of life."

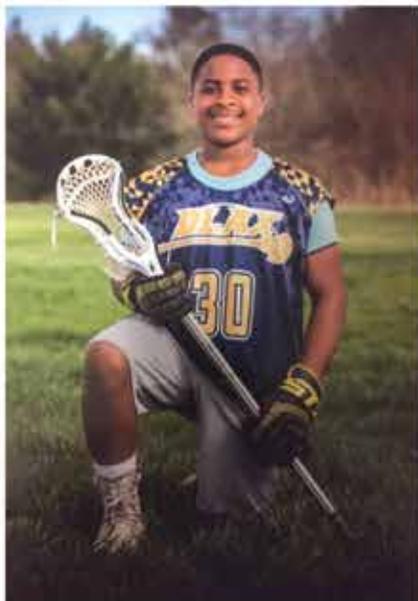


Back Row-Left to Right: The Bereavement Team: Jody Gunn, Lindy Barton and Lisa Rizzi
Front Row: Dr. Robert Sanchez, Lynn Sanchez



Kaneka Rodriguez

Kaneka's Son, ZaVion Spriggs



Kaneka's son: ZaVion Spriggs

"A child in hospice goes against what we expect about end of life," noted Lisa Rizia, home care manager and nurse educator at hospice. She has worked with children and parents who have been in the local pediatric program.

Lisa explained that the hospice team — usually a nurse, social worker, chaplain and sometimes a volunteer — goes to the home of the patient. "We help with the psychosocial and spiritual aspect. Unlike adults in hospice, the parents generally administer the physical care and have the option of continuing curative care."

"They know they're not alone, and can call us day or night."

Lisa continued: "The hospice team starts off visiting the home once or twice a week and steps that up as needed. "We let the parents and the child get to know us and build trust. They know they're not alone, and can call us day or night." Many times the part of hospice that can help the family the most is the bereavement team. The parents are taking care of the child and the team is taking care of the parents.

There is specialized training for staff says Molly Kirsch, clinical director at Talbot Hospice "because caring for children in hospice is very different. They are not just a small version of an adult."

Additionally, there is local support for families who lose children. The Child Loss Support Group, started 35 years ago, meets monthly and brings together parents who have experienced the death of a child. Last year the support group returned to its original partnership with Talbot Hospice.

The founders of the support group included Rhonda Higginbottom, the late Millie Parrott, and Dr. Rob and Lynn Sanchez. Rob is Talbot Hospice medical director and Lynn is a former hospice board member. Rhonda served as the support group's monthly facilitator for 30 years.

Each year the support group conducts a celebration of life ceremony at the Healing Garden, a secluded oasis tucked away near the busy entrance to Easton Club. According to Lynn Sanchez, the memorial was created in 2000 by the child loss group "as a place to remember, meditate and pray."



Butterfly Bench is a Bench in our Children's Healing Garden

Kaneka Rodriguez, who slept on a cot in her son's hospital room at Johns Hopkins for 62 days, says you never get over losing a child. But she offers this advice: Remember the good times; don't have guilt; don't bottle up your emotions; believe that one day you'll see your loved one again.

Jack Batty is a Talbot Hospice Board member



Talbot Hospice offers free grief counseling to the whole community. Talbot Hospice provides compassionate care, comfort and support for patients and their families and caregivers wherever they call home. Talbot Hospice serves patients facing life-limiting illnesses through hospice and palliative care, as well as its pathways and bereavement programs. Services are available to patients and caregivers regardless of ability to pay.

For more information, see www.talbothospice.org

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Thank you,

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Out on the **TownE**

11 EVENT PICKS | 16 SALUTE | 18 ATHLETE | 20 INTERVIEW

For the last several months (okay, almost a year now), What's Up? Magazine has chosen not to publish our normally robust events calendar due to pandemic cancellations. In May 1997, Veronica Tovey, our publisher and president, and her team mailed out the first publication of What's Up? to bring together the community in sports, philanthropic efforts, and most importantly, local events. Our magazine has evolved greatly since 1997, but one thing has remained the same, our calendar. Since March looks like another month of virtual events and cancellations, here is a list of daily celebrations to participate in and enjoy.



↑ Monday, March 1st

National Peanut Butter Lover's Day: Here is a good excuse to make peanut butter and jelly sandwiches for lunch, and of course, an abundance of peanut butter cups for dessert.

Tuesday, March 2nd

National Read Across America Day: Celebrate the birthday of Dr. Seuss. Read the books, watch the movies, and rhyme for the day. Do whatever you need to get into the Cat in the Hat spirit.



← Wednesday, March 3rd

National Mulled Wine Day: Mulled Wine is a sweet, spiced wine served warm or hot, like a winter sangria. Try to make your own tonight to celebrate March 3rd.

Try this Food Network Mulled Wine Recipe:

Combine these ingredients in a medium saucepan, bring to a boil and then down to a simmer for 10 minutes. Makes 6-8 glasses.

4 cups apple cider
1 bottle red wine, like a Cabernet Sauvignon
1/4 cup honey
2 cinnamon sticks
1 orange, zested and juiced
4 whole cloves

↑ Friday, March 5th

National Unplugged Day: Today, just for one day, limit your screen time. Instead of movie night, pull out the board games and start a little family competition after dinner.

Sunday, March 7th

National Flapjack Day and National Cereal Day: Have a great big breakfast on this lazy Sunday morning. Pancakes and cereal sounds like a good wake-up call!





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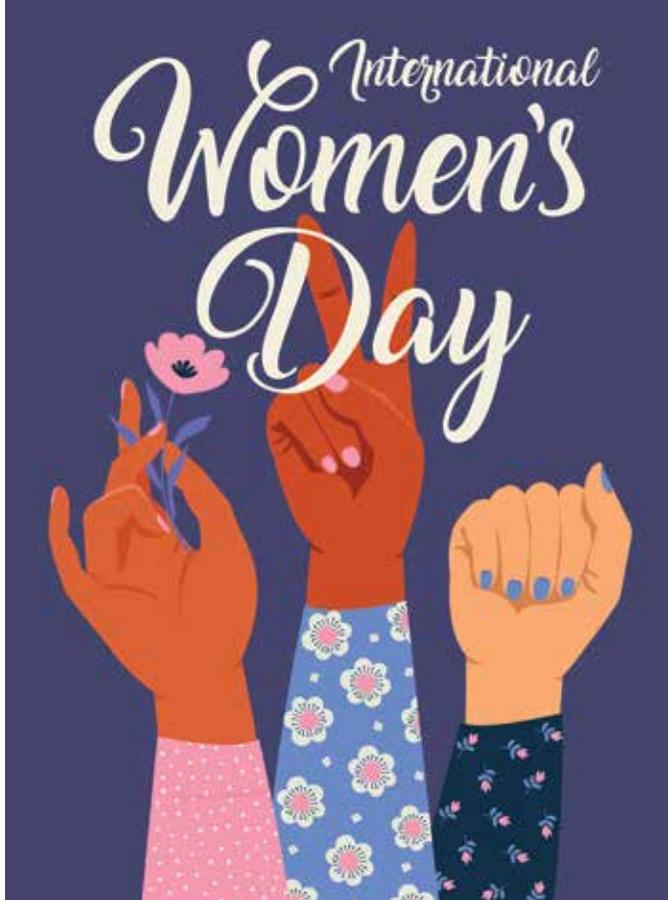
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↓ Sunday, March 14th

Pi Day: Go back to grade school and take Pi and Pie to the extreme. Have a pie-themed dinner with pizza pie followed by apple pie for dessert. Follow dinner with a pi number memorization contest and let the winner pie the losers.

Monday, March 15th

National Napping Day: I am sure this is the day that everyone looks forward to: National Napping Day! After observing Daylight Savings, we all need that extra hour of sleep back. Here is the permission you have been looking for to take that nap!



↑ Monday, March 8th

International Women's Day: On March 8th every year, we celebrate the social, economic, and political achievements of women around the world. Do something today to make a stride for gender equality; participate in a women's rights march or donate to a women's equality foundation.

Tuesday, March 9th

National Crab Meat Day: Believe it or not, this is a national holiday! Need a dinner idea? Try making your own, homemade crabcakes.

Thursday, March 11th

National 311 Day: Everyone knows what 911 dials, but do you know what 311 dials? 311 is a non-emergency service for people to report issues like graffiti, illegal parking, noise complaints, or debris on the road. The first 311 service was created in Baltimore in 1996 to take pressure off of 911 dispatchers. The 311 service has allowed 911 dispatchers to get to emergency calls quicker, therefore saving many lives.

Saturday, March 13th

National Good Samaritan Day: Not that you need a national holiday to do a good deed, go out of your way today to help someone out. Help carry groceries to someone's car, or hold the door open for somebody. You don't have to do something big to be a Good Samaritan!



Wednesday, March 17th

Aside from the obvious, St. Patrick's Day, it's National Small Business Development Centers Day. SBDCs all around the country help support entrepreneurs in the pursuit of small business ownership. Locally, we have a SBDC in College Park and Salisbury. Find out what you can do to support them today!

↑ Friday, March 19th

National Certified Nurses Day: After such a long, exhausting year, nurses need every bit of praise and recognition they can get. Thank your nurses and support those you know who are striving to become a nurse or healthcare worker.



Saturday, March 20th

First Day of Spring!

Tuesday, March 23rd

National Chip and Dip Day: What a great thing to celebrate. Pull out all of the best dips, have a salsa tasting, make buffalo chicken dip, a nice 7-layer dip. Whatever you would like! Celebrate one of America's favorite snacks.

Wednesday, March 24th

National Cheesesteak Day: Enjoy this guilty pleasure at your favorite steak shop. We all know that cheesesteaks are delicious, allow yourself to indulge today.

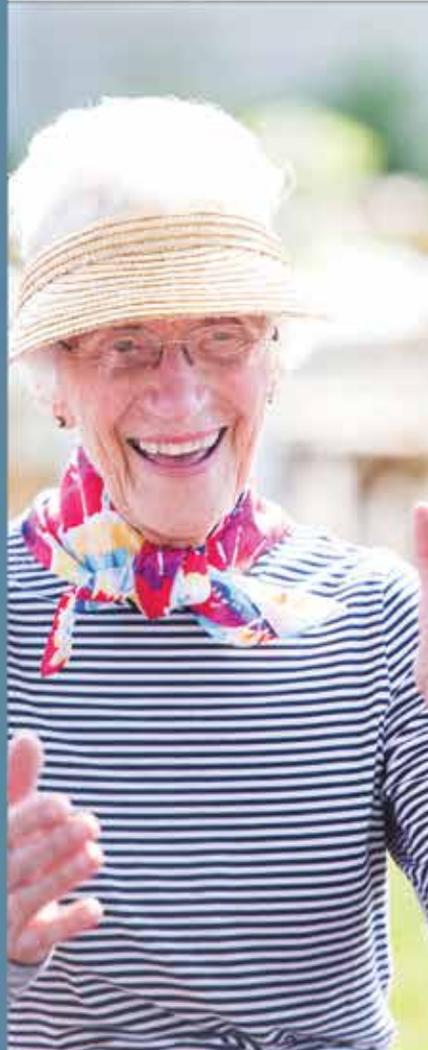
↑ Tuesday, March 30th

National Take a Walk in the Park Day: We are lucky to have many parks and trails to take a walk in Maryland. Take some time out of your day to get out into the fresh air and walk. Sometimes we get so tied up in our day that we forget to take some time for ourselves. Don't let that happen today!

Wednesday, March 31st

Manatee Appreciation Day: Celebrate the beautiful elephants of the sea! Visit SaveTheManatee.org to watch the manatees live, donate, or adapt!

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TOWNE SALUTE

Bob Ingersoll

Sultana Education Foundation

By Lisa A. Lewis

In the late-1990s, Bob Ingersoll learned that the Sultana Education Foundation (SEF) was building a replica of the 1768 schooner *Sultana*, a merchant vessel commissioned in the British Royal Navy. He was definitely interested and wanted to play a role in recreating a piece of history. A professional builder and boating enthusiast, Ingersoll was excited about the project and viewed it as an opportunity to combine two of his passions while also giving back to the community.

A native of Chestertown, Ingersoll enlisted in the Navy in 1967 and was stationed in Brunswick, Maine, where he spent 50 months on active duty. In 1988, he and his wife decided to spend their winters in Florida. During that time, the couple enjoyed sailing to exotic locations around the world to indulge their adventurous spirit. The fact that Ingersoll no longer lived full-time in Maryland wasn't going to prevent him from participating in SEF's *Sultana* project. In 1998, he became a volunteer for the organization. When he was visiting Chestertown, he would stop by to help construct the schooner—a true testament to his enthusiasm for the project and his spirit of volunteerism.

“Working with a team to build *Sultana* was a lot of fun,” Ingersoll says. “I was also building my own catamaran in Florida at the time. So it was a great experience for me because I had the opportunity to work on two different marine constructions at the same time.”

Located in Chestertown, SEF is a nonprofit organization with the mission of “[providing] transformative educational experiences in which students investigate the natural and human history of the Chesapeake Bay while exploring solutions for a more sustainable ecosystem.” Established in 1997, SEF offers a variety of opportunities for children, adults, and families to interact with the

environment through its numerous programs. (It's important to note that due to the COVID-19 crisis, staff members have reinvented the curricula and created new program offerings that incorporate a combination of virtual and socially distanced formats.)

Sultana was officially launched in 2001 and serves as a “school ship,” an educational tool that offers hands-on learning programs for students. Ingersoll relocated to Chestertown in 2008 and has continued to volunteer for SEF and provide his expertise on other projects.

He served as the volunteer owner's representative for the construction of the Holt Education Center, which is SEF's headquarters and also one of the organization's major teaching facilities. In this role, Ingersoll, who has been building homes for more than 50 years, consulted with the architect, builder, and owner to oversee the entire process and ensure that the project was completed properly. His extensive knowledge of the construction industry enabled him to provide input ranging from design and bidding guidance to onsite management.

All of these elements play a vital role in the decision-making process that guides the construction of a facility. Indeed, Ingersoll was an invaluable asset to the project, and his ability to analyze cost versus effi-

ciency reduced the total cost of the project significantly. The Holt Education Center, which was completed in 2016, is certified LEED (Leadership in Energy and Environmental Design) Platinum by the U.S. Green Building Council, the organization's highest certification for environmental sustainability.

"I really enjoy serving as the owner's representative and helping create something bigger than myself," Ingersoll says. "Each building is a brain teaser, and I love challenges. Construction projects are huge investments, so it's important to analyze every detail. The most important part of what I do is deciding what should or shouldn't be done. Making the right decisions saves money in the long term. I'm happy to offer my knowledge to help SEF construct facilities that support their mission."

Currently, Ingersoll serves as the owner's representative for the development of SEF's newest facility, the Lawrence Wetlands Preserve, an 8.5-acre urban nature center. He oversees the installation of utilities and basically every aspect of the project, including habitat management/improvements and site planning.

"Bob is generous with his time and talent," says President of SEF Drew McMullen. "When he says he's going to get something done, we can cross it off our list. There's no question that he will find a way to make it happen. Bob handles complex, highly skilled work, but he's also more than comfortable [helping out] with mundane work. He will do whatever needs to be done with a smile."

Ingersoll lives on his family's farm in Chestertown. Although he is officially

retired, he is still a builder. And that will never change.

"My trade is the same," Ingersoll says. "I've just changed the way I do it. I may no longer get paid for what I do, but I'm doing what I love. And I'll probably keep doing it for the rest of my life."

For more information about the Sultana Education Foundation, visit sultanaeducation.org.

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

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Photography courtesy Addy Caulk

TOWNE ATHLETE

Addy Caulk

Queen Anne's County High School
Lacrosse, Field Hockey

By Tom Worgo

Addy Caulk's high school lacrosse accomplishments jump out at you. Caulk, a senior at Queen Anne's County, competed in the Brine National Lacrosse Classic in Richmond in 2018 and made its All-Star team. She has participated in another national event three times—the Under Armour 150 Recruiting Combine in Baltimore. She shined two years ago, recording the fifth fastest shot.

"The tournament has a lot of players who are committed to Division I schools," Caulk says. "And they come from all over the country."

The 6-foot Caulk was named First-Team All-Mid Shore as a sophomore. She wants to finish her high school career with a flourish and be selected as a US Lacrosse or Under Armour All-American.

"That's a big goal of mine," says Caulk, who also plays field hockey for Queen Anne's. "You can get it athletically and academically. I want to accomplish it athletically for sure. You have to get really good stats and be a good team leader."

Caulk's talent is real. She'll be attending University of Denver on a lacrosse scholarship after choosing the Pioneers over offers from Boston College, Syracuse, Virginia Tech, Virginia, Hofstra, Michigan, and High Point.

"The location is just so amazing," says Caulk, who carries a 3.7 grade-point average and plans to major in business. "Denver and the mountains are beautiful, and I love snowboarding. I really felt at home there. I just fell in love with the school, the team, the coaches, and the culture."

Caulk's all-around skills impressed Denver coach Liza Kelly. The coach expects Caulk to play a significant role as any freshmen recruit can on a team ranked 12th nationally in *US Lacrosse Magazine's* 2021 preseason poll.

"We feel she can be a real threat at both ends of the field," Kelly says. "She has the

"She does a great job of including the players around her, playing to both her strengths and demanding her teammates rise up to her level."

ability to take over games and make big plays, but she is a really good team player. She does a great job of including the players around her, playing to both her strengths and demanding her teammates rise up to her level."

Caulk does so many things well for Queen Anne's. She dominates at times on draws, is a nifty passer, a solid goal scorer, and standout defender. For her excellent play on the field, Caulk earned Honorable Mention All-Mid Shore as a freshman in 2018 and First-Team All-Mid Shore the following season. She totaled 24 goals and 15 assists as a freshman and she went on to rack up 26 goals and 15 assists in 2019. Caulk ranked among the team leaders in goals both seasons.

"When she walks on the field, she screams superior athlete," Queen Anne's Girls Lacrosse Coach Kesley Fitzgerald says. "That's because of her build and great height. She separates herself from others because she is a humble player, but at the same time she knows how much of an integral player she is to the team. She really steps up when she knows she needs to."

Caulk also led Queen Anne's in draws in her two seasons on the varsity, totaling a

combined 95. She'll have the chance to compete at Denver for a role as a draw specialist.

"Her height is what really stands out about her," says Kelly, noting the reason for her effectiveness at winning draws. "She has bigger reach. It's hard to cover a player that tall."

Caulk, who played seven years year-round for the Annapolis-based Chesapeake Lacrosse Club, is going to try out for the U.S. National Under-18 women's team in 2021. "People who are committed to big programs do that," Caulk says. "I want to see where that gets me."

Caulk was a standout in field hockey, too, as a midfielder. She captained the jayvee as a freshman and made the varsity starting lineup in 2019.

"She is very valuable to our team," Queen Anne's Field Hockey Coach Shana Corder says. "I could put her in pretty much any role. She was good at getting the ball up to forwards so they could do their job. She is so athletic. She could have absolutely played field hockey in college if she pursued it."

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

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TOWNE INTERVIEW

Brenda Frese

Maryland Terrapins Women's Basketball Coach

By Tom Worgo

For Brenda Frese, a severe foot injury proved to be the path to a college coaching career. Frese underwent four surgeries while playing for the University of Arizona, where she competed for three seasons.

"I started watching my head coach in the locker room and at practice a lot and I realized I could coach at the collegiate level," she says.

And what a college coach she's been for the University of Maryland women's team for 19 seasons. The Terps consistently rank among the nation's top-25 programs, have won 10 conference titles, appeared in three final fours, and, most importantly, won a national championship in 2006 when Frese was 35 years old.

Fifteen years later, Frese has amassed a whopping 543 wins across 22 seasons at Maryland, Ball State, and Minnesota.

She's faced challenges off the court, too, including her son Tyler's bout with Leukemia. We talked to Frese about her success, national championship, how she wins recruits over, and her son Tyler.

What's the most important nugget of wisdom you impart to your players?

We are fortunate that we recruit high-level players. It's understanding their goals. A lot of the players that come here want to play at the professional level. We hold them to that standard and show them that they can achieve bigger things than they ever realized. You take them through the course of their careers to allow those dreams to come true.

Is the fact that you have more than 40 players that earned All-Academic conference honors something fans may not realize?

Yeah. Absolutely. Players that come here are really driven on the academic end. We've had three players that recently went on to medical school. We have another that is a doctor.

Can you take me back to when you won the national championship? What was that feeling like?

It was pretty surreal. We were the one team no one was picking of the four. At that time, we were fearless and didn't know any better or how hard it was to get to a Final Four let alone win a national championship. It was just some incredible memories and everybody lining together up to accomplish that goal.

What does it take to develop and run a consistent Top 25 program?

It's the top-down approach between your players and staff

understanding what's important in your program. When you attract great coaches, and support them, they understand your philosophy. For our players as well, they get taught from the top down: who we are, what's important to us, and the level of discipline it requires to be successful. It all goes hand-in-hand with holding up the culture in your program over time.

How do you convince a Top-25 recruit to come to become a Terp when she's also being pursued by other top programs?

There are so many great programs out there, but we hone in on players we want. We are very consistent in our approach with how we recruit that player. Everybody is going to have great academics and facilities. It's about developing the relationships over time with the recruits.

You have put an emphasis on your team being a family, and, in a sense, you've also integrated your own family, including your twins Tyler and Markus, into the team. Is that your personality and the way you do things?

It is. It starts at home with my mom and dad. They raised six kids and we were all close and still are. We are still committed to twice a week Zoom calls with my parents because of the pandemic. I've committed to them every step of the way and it's been no different with my program. I always want the players to feel like this is their second home. My husband and boys have been a part of it as well. That is going to be a staple every step of the way.

How do you balance family life and coaching since basketball requires endless hours of work?

It takes a village. It starts at the home front with my husband and his parents. They have been

huge for us. I had a son that went through cancer and that's where it really took a village amongst everybody on staff. I have great assistants and a support staff so that if I can't be there, they are able keep things going smoothly. You have to have great people around you in order to be successful.

How is your son Tyler doing? Has that experience become the springboard for your charity work with Leukemia?

He is doing great. He is cancer free and goes to appointments once a year at Johns Hopkins. We are really, really blessed. Leukemia charity is a cause that has been really important to us. We want to give because we went through such a traumatic experience. My son went through cancer for two and half years and that was like nothing I have ever experienced.

How challenging has the season been with the pandemic?

This has been more frustrating than anything. Coaches like to be organized and know what our schedule is. It is teaching us that we have to have that flexibility today because you don't know what tomorrow is going to bring.

Is it a big fear to have several players come down with COVID?

No question. We have a small margin for injury or COVID. We already hit that with Angel [Reese] going down, with only 10 scholarship players. We can't afford to lose a couple of more. We wouldn't be able to put a team out there. It's a huge concern, but something I can't control. We had two games canceled with other team's players testing positive. You have to be as flexible as you can.

Have you thought about what you want to do after basketball?

I'd like to travel. I know I am not a lifer in this game by any sort. I want to do other things and it probably won't be basketball related. It will not be spent working 15 hours a day as a coach. I want to spend time with family and friends, and travel. You want to sleep in, wake up, and have a cup of coffee and decide what you want to do. That day will come.

Thinking of remodeling ...



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MYTH BUSTERS: WOMEN FARMERS

Think farming is mostly for men? Meet four strong successful local women farmers, hear their intriguing stories, and learn their perspectives on what it takes to succeed

INSIGHTS & PERSPECTIVES: AN INTERVIEW

Rita Calvert: Working with farmers over these last several years has introduced me to enormous changes in today's farming world. It seems the pace of change is explosive. All of you have moved far beyond the conventional farming methods. What do you think?

JENA PAICE: Women who are farming are strong and resilient and it takes a strong person to stick with it. I've had the background to quickly rise to manage a flourishing organic farm where "organic" wasn't even a label 100 years ago.

MARTHA CLARK: I look, in particular, at my great grandmother, Martha Tyson Smith Hopkins, for whom I was named. She was farming from 1893 to 1915 and did very well at it. I have a diary of her first year of farming that is fascinating. Yes, a lot has changed.

*By Rita Calvert
Photography by Stephen Buchanan*

Nora and I farm together, so it is nice to have each other to discuss plans and make decisions together. We also work closely with our farm manager, George Klopf, and he brings strong farming experience, skills, and expertise to our operation. I think there is still a small residual sense on the part of some farmers and vendors that women are not as good at farming as men, but that is really the exception now, rather than wide-spread.

KIM WAGNER: Well, I can't imagine the struggles 100 years ago. I can say it was not easy because it is a challenge today even with advanced equipment and new technology.

PAICE: It is my absolute and unyielding belief that everyone should have access to fresh, organic food—and have knowledge about its origin.

For the last 20 years, I've had the good fortune to learn and practice the art and science of organic farming. From a career as a master gardener on a private estate to managing a local certified organic farm, I have learned the skills of vegetable and fruit production as well as animal husbandry.

NORA CRIST: I think the local food movement has opened a lot of doors for women farmers to get started. Being face to face with customers helps people learn and accept that anyone can grow food. This helps dispel the stigma that all farmers are men and it shows other women that they can do it too.

Interview continues on page 25 →



**Meet Kim Wagner of
Black Bottom Farm**
"The Resilient Lady Farmer"

In 2009, Kim Wagner was diagnosed with late-stage breast cancer. Driven by her diagnosis, treatment, and frustration with sourcing local nutrient dense, ethically-grown clean food, Wagner began farming. Her health history, nursing background, and passion for honest, local food fostered her unconventional approach to raising livestock sustainably and humanely.

Learning quickly, she began raising pigs, chickens, turkeys, and veal calves on 50 acres of open range, ponds, and woodlots. Wagner took care to honor the strong social bonds and natural instincts of her animals—recognizing their individual habits and personalities, allowing them to explore, roam, root, and wallow in an idyllic natural Eastern Shore setting. She did so all without using antibiotics, growth stimulants, routine chemical dewormers, or soy products. She is on a mission to provide the most nutrient dense food possible in a way that benefits the animals, the land, consumers, especially cancer patients, and, yes, herself as farmer. In fact, in 2017, she expanded this concept from her farm to the Western shore to help cultivate the next generation of farmers.

Wagner sold the Black Bottom land to The Eastern Shore Land Conservancy and stepped across the bridge to the Western Shore where she started a local farm products home delivery service. She also took her favorite pig sow, "Grandmom milk machine," with her. Grandmom Rose has a very contented existence.



Meet Jena Paice of Spirit Grower

*"Hands in the Dirt,
Makes Me Feel Grateful"*

As a single mother of three daughters, Jena Paice has always been drawn to the earth and environment. Trained as a landscaper, she grows organic veggies at Spirit Grower in the Bay Hundred area, where she was born, and sells at local restaurants and the St. Michaels Farmers' Market. She has always had a special relationship with nature and its beauty.

"For me, growing and farming has always seemed like the most seamless union of career and passion. The garden is a place for healing; to get the anger out as the earth is the biggest healing sanctuary we have."

In addition to farming, Paice has organized farmers' markets and CSAs. All these roles ignited a new passion: sharing her organic farming with the community by teaching. A year ago, she founded a youth farming program for surrounding schools.



Meet Martha Clark and Nora Crist of Clark's Elioak Farm

"Never Sell the Land"

In the historic heart of Howard County, Martha Clark and her daughter, Nora Crist, are the first two women to completely take over the reins of a long farm lineage—the very active 540 acre Clarks Elioak Farm. Since 1797, the farm had been run by men of the Clark family.

"Never sell the land" is a credo that keeps the land sustainably preserved while the women cultivate organic vegetables and 100 percent pastured/grassfed beef, pork, lamb, and eggs. Clark also runs an Agritourism venture: the on-site Enchanted Forest, which began welcoming families to the farm in September 2002 as a petting farm and educational venue to celebrate Clark's and Crist's love of family farming.

Since inheriting the core of father Jim Clark's beef cattle herd, the farmer ladies have changed the entire direction of the farm—from conventional to beyond sustainable, and now the new regenerative agriculture, focused on improving land quality. In 2006, they shifted the cattle to a 100 percent grassfed and finished herd. The first 100 percent grassfed beef, using organic methods, was available during the spring of 2010.

Crist had her own journey which greatly influenced the farm products. While in college, she experienced severe joint pain, which was diagnosed as rheumatoid arthritis and went on treatments of prednisone, over-the-counter anti-inflammatories, and anti-rheumatic drugs (DMARDs). When she tested a diet of overloading on carbs then going cold-turkey, she found gluten was the cause of her disease. She gave up gluten while deciding to eat clean; thus the organic direction for Clark's Elioak Farm produce.





PAICE: The dictum I live by and have taught my daughters is, «Work hard and put your mind to it!» However, one of my biggest challenges came from male farmers who belittled the “organic” practices of my woman-owned farm. Now, those conventional farmers see I have worked very hard and still am in business, plus they know I grow excellent produce with even a signature pie [pizza] at Ava’s in Easton.

Land access is the biggest dilemma I face, like most sustainable farmers in our region. The price of land is way too high for the margins that small sustainable farmers can earn. This is not a problem *just* for women farmers, but *all* small farmers.

Initially, I had roadblocks to acquiring loans but I didn’t give up. I pushed hard by continually pursuing these loans and learned to speak the business language.

Women have always known how to take care of family, children, and the garden, showing resilience just in their innate qualities. Farming can be an extension of their innate nurturing qualities, so they excel at it. For me, it was about feeding my three incredible daughters, one of which works at the farm and farmers’ market with me.

WAGNER: For me, it was more being a new kid on the block, proving I was serious—that there was value in what I was doing, that my ideas and methods were in line with consumer desire and they would be willing to pay for that product. Today, I still have relationships with these customers. I believe there is a mutual respect that I had to earn. There has been much change in small scale farming. Women have a strong presence. I am proud to stand with them, proud to be a small part of the local sustainable food movement. The struggles are real, we all share them.

My path was filled with resistance, mostly, to change. Perhaps coming from a life-threatening experience with complications, I was ready for the challenge—everything else seems easy. The farm was my place of healing, communing with the animals, the beauty of the land, wildlife, peace, quiet, and the friends and relationships built there are priceless. Maybe there were struggles, maybe things were tougher because of gender, my practices, being an outsider, whatever. I guess I chose to not see that, and still choose not to. I had a vision.



WAGNER: There was a huge learning curve, but I was determined to do things differently based on what I now know about health through my recovery. For example: sprouting grains for animal feed, making large batches of probiotics for animal health, slower grow out times, convincing processors to work with me and understand my product would be different with my animals being given optimally nutritious food. Also, I believe in maintaining an environment so the pigs could live as natural a life as possible. I guess my methods are very old fashioned, primitive, certainly not resembling any production facility today.

Calvert: I’m hearing about a lot of courage, resilience, and positive thinking. You all seem to have those attributes. Talk about the challenges you have had to overcome to farm your way.

CLARK: There have been times when I have felt not taken seriously. Generally, I don’t mind being underestimated, but occasionally that can be frustrating. In our local community and overall, I have felt supported and not singled out for being a woman. I am also lucky to have a great group of local women farmers to support me.

At times, in larger groups or when away from home, there is a sense of differentiation between male and female farmers, but I have been lucky to not see that too dramatically. I find that once we start talking about our farms, any barriers fall away because we realize we speak the same language.





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How local summer camps have adapted to deliver experiences in the era of COVID19

Summer

WILL BE ON!

By Kat Spitzer



It would be an understatement to say that the COVID19 pandemic changed and disrupted Summer 2020. Families cancelled vacations, friends saw each other only outside, and the beloved tradition of summer camps for kids either didn't happen or had to proceed with serious adjustments. Organizations offering camps got creative, however, offering virtual or modified in-person experiences. Following all government and CDC guidelines, many places still managed to produce memorable summers for the kids.

After months cooped up in their homes, the children who attended in-person camps were able to engage with other kids and adults at a safe distance, and spend time being active out-

side, and on a limited basis, inside, participating in an amazing variety of activities. Virtual camps, offered by numerous places, including Anne Arundel Community College, presented courses on coding, gaming, drawing, Manga, and more. Barring another complete lockdown, the plan is for camps to continue bringing options, and expanding on them as permitted.

"If I could have done 11 more weeks of camp this past summer, I would have, as it went so well," says Zalan-ka Jones-Anderson, Program Director of the Y in Arnold (Greater Annapolis). Nobody was sure what to expect at the beginning of the summer, but the Y created full, in-person day camps from mid-June through the first week of Sep-



Photos courtesy Boys & Girls Club of Annapolis & AA Co., YMCA Camp Lettys, and The Y in Arnold

tember. They set up huge tents outside for all activities, and campers stayed in their own “neighborhoods” consisting of a small group of kids, for the whole week. “We were reminded that this was the first time these kids had been out of their homes and with other kids. The activities helped them deal with the emotional piece they had been dealing with, which is anxiety,” Jones-Anderson says. “It was our chance to think outside the box.” Activities included hiking, dancing, trivia, arts and crafts, and more.

While attendance was about 50 percent the normal rate, the campers enjoyed the extra attention of having smaller groups. Jones-Anderson continues, “We are planning to run our full summer next year, and plan to keep all the safety procedures in place. Based on executive orders, we can decide what to add or take away. Our outlook is we know the challenge, and we will meet you there, and make whatever that looks like a success for the kids. They need it.”

Some of these safety procedures across all camps include daily screening questions, multiple temperature checks each day, mask wearing, social distancing, cleanings between use of areas and materials, and nightly deep cleanings. “We’ve gone to cohorts of no more than 10 people in any designated space inside, and slightly shortened daily hours to allow for disinfecting time each night,” says Lisa Lindsay-Mondoro, CEO, Boys and Girls Club of Annapolis and Anne Arundel County. “We are hoping for a vaccine down the road that will allow us to get completely back to normal, where kids can high-five and sit closer together, but we will plan to continue the social distancing for as long as necessary so that these kids can still have an amazing experience. People are still very scared and unsure, so we want parents to feel comfortable knowing that we adhere to all the rules!”

“In the midst of all of the uncertainty, we wanted the kids to find their center and feel calm. It helped them to take their minds off the outside world, look inward, and help them with coping skills.”

their center and feel calm. It helped them to take their minds off the outside world, look inward, and help them with coping skills,” Lindsay-Mondoro says. Olivia, a camper at the Boys and Girls Club this past summer says, “It was sad to end the school year the way that it did, but coming to summer camp made me feel happy and comfortable, knowing I can talk, laugh, and learn fun things with my friends and the staff.” The Boys and Girls Club plans for a full summer program next year focusing on good character, healthy lifestyle, and more fun. “We’ve already done it, so we can do it again, even better. We are prepared for anything,” Lindsay-Mondoro says.

“Kids are all already used to masks and protocols, so it ended up not being too hard on them. They were just excited to be outside, do water activities, and engage with their peers. We will plan to do all of that and more, as allowed, this summer”

Director of YMCA of Metropolitan Washington. Camp Letts is moving forward with plans for next summer with social distancing measures still in place. “Kids are all already used to masks and protocols, so it ended up not being too hard on them. They were just excited to be outside, do water activities, and engage with their peers. We will plan to do all of that and more, as allowed, this summer,” Mason explains. These activities include canoeing, stand up paddle boarding, field games, zip lining, drama, arts and crafts, and more. If restrictions are lifted more, then kids may also have the chance to go sailing, and use the high ropes course.

The School of Rock offered in-person camps, and the option for virtual performance learning at their locations. “Small groups were allowed inside for camps, with clear, curtained isolation booths for each camper to play their instruments, but still be together and see the other kids in the band,” says Ed Beever, General Manager of the School of Rock in Arnold. “The kids were so excited to be there, and knew that social distancing was key to be able to stay, so there were no problems at all. We had just one camp planned, but it went so well that we added two more!”

For families uncomfortable with in-person music lessons and camps, the school offers virtual lessons and performance opportunities, so that students can record their parts and the staff will put it all together as an amazing music compilation with other students’ recordings. “We give kids every chance possible to perform. At the end of camp weeks, we usually book a local space for them to put on a show, but in summer 2020 we did a live stream, so even grandparents in Florida could watch the kids play. It was fantastic. COVID has caused us all to get a little more creative with how we do things, but it’s also brought our community of kids and parents together even more. I’ve been totally amazed by how adaptable and cooperative all these kids are, given the changes,” Beever says.

Summer camp is a vital experience in the lives of so many children. Organizations continue to adapt to the ever-changing circumstances to provide meaningful moments in the upcoming seasons. While we don’t know exactly how things will look, groups are committed to giving kids the opportunities to make memories for a lifetime. The hope is for normal business as usual. The reality may be something different, but even more special.

YMCA Camp Letts, in Edgewater, plans to return to overnight, as well as day camps this summer, after only day camps in 2020. “We were able to keep kids in small groups and segregated from other groups for all of their activities. We were COVID free all summer, with no scares,” says Andrew Mason, District Executive



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HOW TO DEVELOP AN INVESTMENT
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LISA J. GOTTO

For better or for worse these are increasingly changing times in which we live. The events of the last year have culminated to provide, for lack of a better term, a mish-mash of new rules competing with standard practices to create a new normal—*again*.

One sector that has certainly been in topsy-turvy world is real estate, and while it hasn't particularly changed the standard approaches to residential real estate investment, it has changed how each type of investor should approach the market we have inherited.

Investors Defined

Those four standard residential investor types are: the Traditional Single-Family Home Owner, the Multiple Residential Property Owner, the Speculative House Flipper, and the REIT (Real Estate Investment Trust) Investor.

The rumblings we first started seeing in the realty market in mid-2020, have required investors to step up their normal research in order to take advantage of market influences, or gain leverage—which is really the “secret sauce” of being a real estate investor.

The pandemic influenced real estate in several specific ways:

It made many apartment or high-density dwellers think twice about continuing in that scenario for much longer. A lack of both interior and exterior square footage, and the inability to put more daylight between you and your neighbor, playing primary roles here. This created a unique and rather large tranche of new, first-time home buyers.

It also created a greater number of families looking for larger homes and second residences out of the fray of urban areas.

Close to home, we have seen this scenario play out in the form of people who live in more congested areas such as Bethesda and Arlington looking for more space and more value for money here in our greater Mid-Shore and Western Shore markets.

The result has been historical, with the lowest inventory ever recorded (as of December 2020, when we spoke with local realtors) “We also have the highest demand, with the most contracts in the year 2020, and the lowest days on the market,” said one of our sources.

Less homes for sale has created pros for some of our investor types and cons for others.

Which brings us to one of the biggest changes and decidedly a notch in the “pro” column—historically low interest rates. (At the time of this writing, the 30-year fixed rate was 2.71 percent.)

And experts expect this trend to continue well into 2021. So how should the perspective single family home buyer approach the market in 2021?

Strategies for the Aspirational Traditional Single-Family Homeowner

What never changes in any real estate scenario is value for money. All the things we traditionally think of when securing a sound home investment apply here, specifically location. The home should be in a neighborhood of similarly valued homes that feed into a strong school system, realtors often advise.

And while buying a home that has been well maintained is always the gold standard, with interest rates being so low, it is especially important and highly advisable to choose a home that already has the upgrades you may want, as it makes no sense to get less and then have to spend additional monies that you may need to acquire at a higher rate to address upgrades or deferred maintenance issues later.

You especially would not benefit buying a home that needs upgrades if you're using other investments like your 401K or mutual funds that are realizing decent returns to make those changes. Nor would you wish to jeopardize your normal cash flow to address deferred maintenance issues on an ongoing basis. These are losing leverage scenarios that you want to avoid.

People sometimes buy houses and then they're house-poor because the house keeps nickeling and diming them to death is a cautionary tale often told by realtors.

Once you have secured the right property, you will also reap the advantage of the annual mortgage interest deduction (if you choose to itemize your deductions) and you will have maximized leverage in the single-family home buyer scenario.

Of special note: if you're looking for a home in our current low-inventory market, ensure that you have been pre-qualified with a lender prior to making any offers. The seller's market has created a highly-competitive space in which to operate as a prospective buyer and your pre-qualification will provide you with more leverage.



More House for the Money

One of the most significant changes that has affected the real estate market is the threshold for the conforming mortgage amount on FHA, conventional loans, VA loans, and farm loans which took effect January 1, 2021. The FHFA (Federal Housing Finance Agency) increased the maximum home price for qualification in Talbot County, for example, from \$510,000 to \$548,250—which means more house for qualified borrowers. *Log on to FHFA.gov for the conforming mortgage amount in your specific area.*

Strategies for the Multiple Residential Property Owner

In this particular scenario the adage, "There are two sides to every coin," certainly applies. On one side, if you came into the pandemic market as a multiple property owner with some inventory in the right location, you are probably sitting pretty right now. If your investments were in the more dense and urban areas, however, you may be in a scenario you never even imagined you would be in—and now you're the one sitting on the inventory.

And herein lies the risk and reward nature of every multi-residential property owner.

Buying and owning real estate is not for everyone. This type of investment requires commitment and involves many risks suggests one local CPA we interviewed for this story. "As long as the investor is properly educated, however, buying real estate is a good way to diversify your investment portfolio, create a major reserve of equity for retirement, potentially create tax-free cash flow, and have tax savings," they state.

This market, however, has recently taken the stark reality of the risk and reward proposition of being a landlord to the extreme. That is why it is essential to do the homework, especially the math homework, associated with each and every property you are considering.

Part of any homework process is the understanding of the mean or average rental income price for your given area or neighborhood, going in. With the recent shifts in our daily live/work situations, these amounts may noticeably vary from what they were just 18 months ago. This also ties into assessing that the demand for rentals in your



"BUYING AN INVESTMENT PROPERTY CAN BE FINANCIALLY REWARDING. WHEN IT COMES TO GETTING A MORTGAGE TO BUY AN INVESTMENT PROPERTY IT IS IMPORTANT TO KNOW THE GUIDELINES, AND OFTEN, IT REQUIRES A BIT OF CREATIVITY."

chosen area can support the financial goal you have set for the investment over the term.

Once you have obtained that information you will want to make sure the rental amount you have set represents at a minimum, a breakeven point for cash flow for you. The shrewd investor makes sure that sum includes wiggle room for some other eventualities. Vacancy and repairs should be calculated for as well. Many investors forget that things happen and that market conditions won't always be perfect.

Another consideration—calculating in the money you would need to pay a property manager. Most multiple property homeowners, especially those who do not live nearby, require this extra pair of eyes, ears, and hands to address tenant issues as they come up in a timely manner.

An Investment Mortgage Primer

Most likely you will not be moving forward with any of these plans if you have not established your source of financing.

"Buying an investment property can be financially rewarding," says a local mortgage advisor. "When it comes to getting a mortgage to buy an investment property it is important to know the guidelines, and often, it requires a bit of creativity."

It's also important to note that guidelines for investment mortgages are different than mortgages for primary residences and second homes, as are interest rates, which are higher than primary home purchases. You will also notice a difference when it comes to the amount of down money required. For the best terms on an investment



What is the Most Common Question Asked by Investment Property Owners?

“What can I deduct on my rental property? This is the most common question we get as CPAs,” states one local CPA.

“Like anything in accounting the answer is ‘it depends.’ It depends on facts and circumstances of each individual case. For example, if you buy a laptop, it might be tax deductible if it’s being used primarily for your rental real estate business to manage your properties, doing property research, book-keeping, etc. Anything can be tax deductible!”

property mortgage, a down payment of 20 percent or more, is typically required.

One creative option is to offset the down payment needed by borrowing against the current primary residence with either a HELOC (Home Equity Line of Credit) or second mortgage.

“This gives the investor-buyer the down payment to get the best terms on financing their investment property,” explains our mortgage advisor. “Investors that buy and hold properties typically do very well over the long-term. Appreciation combined with the rental income collected on a rental home is a great way to build wealth. As investors add multiple properties to their portfolio, mortgage financing can become even more tricky as the buyer’s Federal Tax form Schedule E will come into play for evaluating their income qualifications.”

As you would imagine, your overall financial/tax picture will become complicated, but

with proper record-keeping, planning, and advice, it is something that cannot only be managed, but leveraged.

“Bookkeeping plays a very important role in any business, including real estate,” our CPA states. “If you are a landlord, how do you know how well your rental properties are doing if you are not keeping track of their income and expenses? After all, you are in business to make money and you cannot do tax planning and make an educated decision if you don’t have those numbers readily available.”

There are a lot of tax-saving strategies that can be applied not only while you own real estate, but also when you are selling it.

“Again, proactive tax planning is the key,” our CPA continues. “If you are selling a piece of real estate and have an estimated capital gain of \$250,000 that can cost you \$60,000 to \$80,000 in tax. That is your

hard-earned money and something you’ve been working for, for years, paying mortgage interest, taxes, upkeep on the property, insurance, etc. So why wouldn’t you take advantage of the tax code and not pay a dime more in tax than you have to?”

It’s essential to seek the advice of a CPA before making any major real estate investment decision. Sometimes a smallest adjustment or modification can result in a major tax outcome. Failure to plan is planning to fail!

Strategies for the Speculative House Flipper

If you’ve been sitting watching HGTV all pandemic and thinking, “That house flipping doesn’t look so tough. I bet I could do that. They always seem to be able to make money. Maybe there’s some decent investment potential out there for me.”

To this thinking, another local realtor counters definitively: “Keep your day job. It is so hard to find homes at the right price and the competition is so incredibly stiff right now because HGTV has made flipping seem fun and popular.”

Indeed, this is a particularly tough market in which to get started, with its low level of inventory, and these types of in-

vestments are often a lot more challenging than the television shows make them out to be.

“The money is made on the buy side,” our realtor says. “First-timers typically screw up by overpaying up front and then overestimating how much they can sell it for.”

If you are of hardy stock, have done your homework, and still think flipping is something you want to pursue, yet another realtor has some advice for the determined.

“You have to be able to find a property that has enough upside that you can: one, buy it, then renovate it, and then turn around and sell it (with enough) to pay the transaction costs, to be able to get out from under it.”

By transaction costs you must consider the amount you will most likely pay a realtor on the buyer’s side and that’s if you handle your end as a “For Sale By Owner” transaction.

You will also have to pay a transfer tax because you have not lived in the home. There could also be capital gains implications because you have not lived in the home. And unfortunately, we are not done yet.

“The other thing that you have to factor in and that people don’t put a value on is their

“YOU HAVE TO BE ABLE TO FIND A PROPERTY THAT HAS ENOUGH UPSIDE THAT YOU CAN: ONE, BUY IT, THEN RENOVATE IT, AND THEN TURN AROUND AND SELL IT (WITH ENOUGH) TO PAY THE TRANSACTION COSTS, TO BE ABLE TO GET OUT FROM UNDER IT.”



time,” our realtor says. “If you consider the carry costs from the point where you secure the property and it transfers into your name, to the point where you sell it and it goes into the new buyer’s name. What is that amount of time worth to you?”

Again, if you are willing to make peace with all these factors, there are two things you can do to make your sailing in the flipping market a bit smoother. One, is wait until we have navigated back to calmer buyer’s market waters. The other is to align yourself with a realtor who you trust implicitly to give you the straight skinny on what a realistic price of sale would be once you have done your renovations.

Strategies for the REIT Investor

A REIT (Real Estate Investor Trust) is a construct in which you can have some skin in the real estate market game without having to do the actual buying, selling, or flipping of properties. There are different types of REITs to choose from, their funds are generally made up of commercial properties and/or mortgages on those

types of properties, and they are considered viable portfolio diversification tools.

Do your research, but more importantly have those important conversations with your financial adviser. Not all REITs are created equal—and the pandemic has caused significant volatility in some of these funds due to the commercial nature of their structuring.

The primary issues in the short-term lie in the blow the pandemic dealt to the commercial office and small business sectors. There is less need for office space when everyone is working from home and industry experts agree that many of those jobs will never return to traditional offices in commercial spaces. With small businesses having to curtail hours and services, many of their landlords have had trouble collecting rent. (Note: the impact of social distancing restraints and business closures varies widely across real estate and REIT sectors, but for some, the effects were severe.)

Until the economy can return to normal, most analysts are taking solace in that fact that

prior to the pandemic, these investments were positioned particularly well in the market with strong balance sheets and ample amounts of liquidity, and they see this financial strength as supportive for their positive mid- to long-range outlooks on REITs.

The Future... Only Younger

As we look forward, realtors are preparing to see more of the same when it comes to inventory shortages as we continue into 2021. Despite that particular challenge, they remain enthusiastic.

“In my professional opinion, 2021 will be incredible,” one of our leading realtors says. “There are so many buyers looking for homes and 2021 will see new inventory and more sellers ready to pull the trigger. Inventory is the issue for active buyers, but it is also the issue for home sellers because they are saying, ‘I can’t list now because there is nothing to buy.’ More listings is the answer!”

The future will also highlight the group predicted to be the

most plentiful among those new investors—millennials. “Everything I am reading from the NAR (National Association of Realtors) is talking about engaging with millennials because they are the most populous part of our population right now and they’re all going to become home buyers at some point in the next five years,” another realtor confirms.

Traditionally, this might not have a profound effect on an area like Easton because in generations past, the younger adults would be headed to more urban areas like D.C. or New York City initially.

“They want to be able to go out to dinner, go to yoga class, and have everything at their fingertips,” another realtor says.

Post-pandemic, they see areas like Easton as a more practical alternative, with a better climate, better schools, and better pricing.

“They *were* headed to the cities, but now...they’re coming to town.”

Yes, the times, they are a’ changing!



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Q&A

WITH THE EXPERTS



Q: What would you say is the most important factor to consider when selling a waterfront property?

A: In order to generate the sizzle when you first list your home you need to price it right, make sure your home is polished up so it shines and don't forget high quality aerial photos. That said, the key factor is to make sure you hire a brokerage that effectively targets the Washington D.C. / Metro market. Recent sales data indicates that most premier waterfront properties are sold to buyers who are migrating this way to experience the Annapolitan lifestyle.

BRAD KAPPEL

TTR | Sotheby's International Realty



Q: How has covid-19 changed the home buying process?

A: The coronavirus pandemic has reshaped the home buying experience by making it more consumer friendly with remote buying options. Last March, there was a dramatic rise in the requests that brokers received from consumers who wanted home video

tours and a significant increase in the use of e-notaries. The trend of more remote viewings, remote open houses, remote notaries is likely here to stay.

The pandemic has reinforced the need for consumers to have personal interactions with their realtor. Buying a home is a highly emotional and transformative experience, and consumers want someone to help guide them through what can be a complex process; someone who lives in their communities and can speak to their personal situations.

JENNIFER CHINO

TTR | Sotheby's International Realty



Q: How do I bid to win in a tight housing market?

A: Demand for properties is extremely high these days and buyers need to be prepared to act quickly once they find their house of choice. It is crucial to have a real estate agent who knows how to guide you through the process.

If there are multiple offers being presented, key strategies must be taken into account to make sure your offer is the one chosen.

An escalation clause is critical if you're willing to go above the asking price and being flexible on a closing date is also helpful to the seller. Having your financing ready to go (or going in as a cash buyer is best if you can) and having as few inspections as possible is key.

The cleanest offer with the best terms will always "win"!

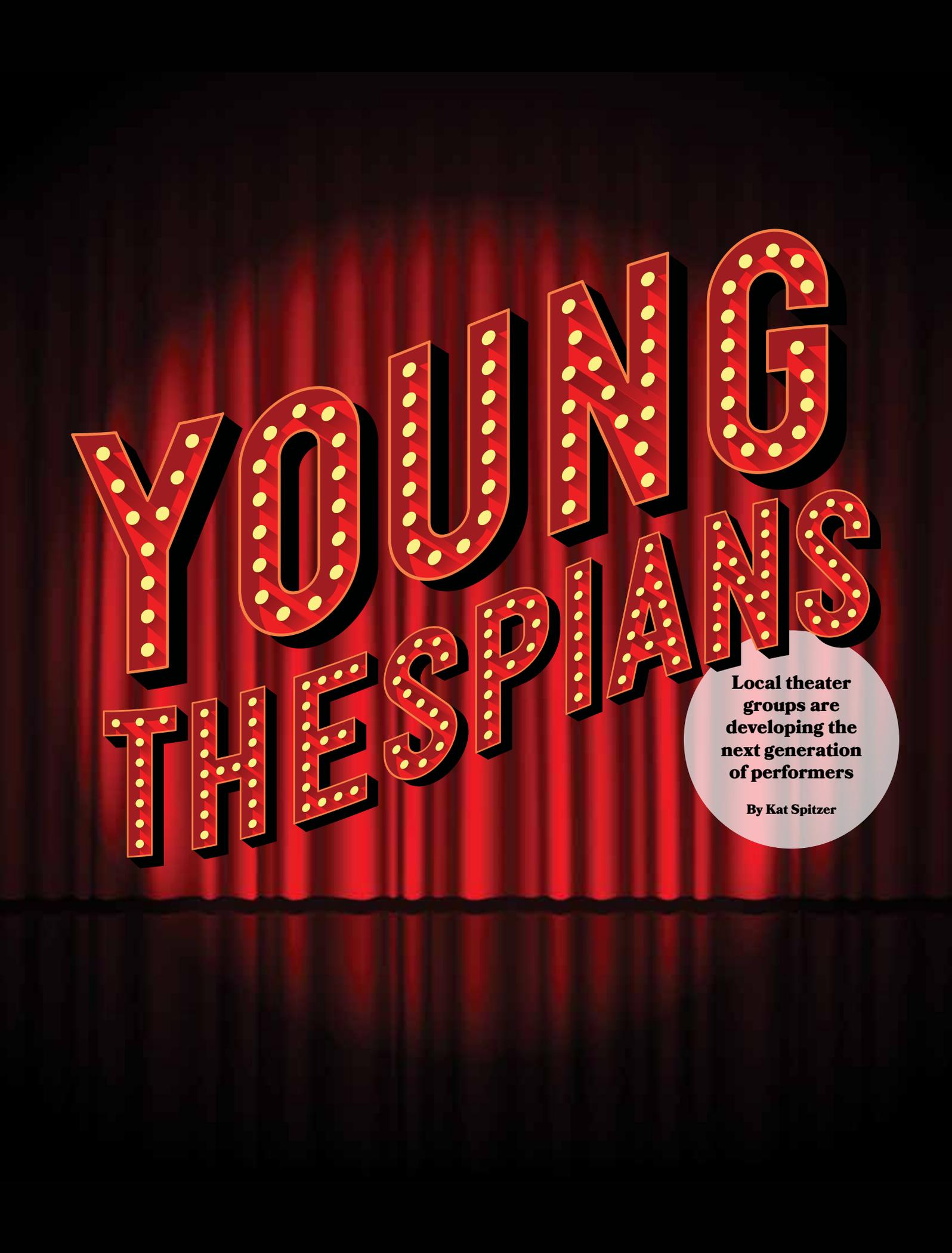
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YOUNG THESPIANS

**Local theater
groups are
developing the
next generation
of performers**

By Kat Spitzer

Of the many things we've learned over the past year during the pandemic, a major endeavor is the importance of giving kids a creative outlet. Too often, kids and adults are trapped looking at screens of various sizes all day long. Children need the chance to engage in the arts and express themselves. They need that interaction with peers. Luckily, Anne Arundel County, and the surrounding areas in the region, have a plethora of children's theater groups to give kids the opportunity to let their creativity flow, while building new skills and growing confidence.

In Annapolis, the Children's Theatre of Annapolis (CTA) has offered performances, educational classes, and workshops for kids since it's founding in 1959. "It is magical to see the transformation of kids over the course of their time at CTA," says Kelsey Casselbury, President of CTA. "When they start, they are often nervous, shy, withdrawn. It's incredible to see how they blossom over weeks, months and years." In a typical season, CTA will produce a teen musical in the fall, followed by a traditional play during the winter, and a junior musical in the spring. In addition, they offer a camp in the summer, which culminates in a large-scale production at the end of the three weeks.



"Kids get the chance to learn all aspects of a production, and if they audition and don't make a show, they help in other ways, with lighting, or as a stage manager. Everyone working together creates a wonderful family atmosphere," Casselbury says.

"The community is so inclusive. I can really be myself there. I've made really good friends and it has made me love theater even more," says Liam Devries, a student and participant with CTA for the past three years. His mother, Natalie Devries, who also serves on the board, says that Liam's experience with CTA has been life changing. "He has more confidence. He's happier and more motivated. It is so much fun as a parent to watch your child when they find their passion. He lights up onstage. And off the stage, he is more open when talking with peers and adults. He's learned new skills. He's open to new ideas. And he's learning how to be a positive mentor, as the older kids have been to him."

The Avalon Children's Theatre (ACT) in Easton offers programs and production opportunities for kids starting at age four, through high school. In addition to their regular productions, ACT puts on an annual holiday production for all ages that is a massive community event. Often the casting reaches well over 90 actors. Last summer they managed to produce and record an outdoor production of *The Lion King*, in a large field, and send videos and recordings to families since they could not have regular audiences. The Avalon also offers kids the chance to learn other skills in sound and production by assisting with concerts and outside acting groups that come through the venue. "I cannot express the level of growth I see in these kids," says Kimberly Stevens, Director of ACT.

"Not only do they learn to express themselves, but also they learn to step outside the box. It also helps their academics because they learn to speak up more and share their thoughts. This translates to how they interact with teachers and others at school. It's also really beautiful to watch all kinds of kids come through here. Theater is not just for the artsy kids. Sporty kids love it, and they can be flexible by participating when they are not in their sports season."





of *WICKED!*, and Sixx Orange, a Maryland native, who has taken Hollywood by storm, starring as the lead on Amazon's *The Kicks!* "By having high-end talent teaching at our studio, the kids can see, and interact personally, with someone who's done it and succeeded. It brings a whole different air to the studio. These actors are gentle, helpful, and informative to the children. It's inspiring to watch," Garvey says.

Participants at these various children's theaters are sometimes finding such a love for acting and production that they hope to continue with it into the future. Jackson Anderson, age 16, has pursued coaching at Stage & Screen, and has auditioned and performed at numerous productions at Anne Arundel Community College. "I really love the community aspect of theater. I enjoy meeting different kinds of people, getting to know them, and learning where they come from," Jackson says. Kids can also take part in summer programs in theater through AACC's Kids in College Programs.

Stage & Screen Studios in Millersville offers students small group and individual coaching, as well as stage production and screen opportunities. Director Pete Garvey and his wife, Julie Ann Garvey, started the studio three years ago and are already helping kids enjoy amazing opportunities on stage, in commercials, and in a recently produced TV pilot. Both Pete and Julie Ann have extensive acting credits and were so excited to bring that experience to kids in this region. "I am profoundly impressed with the talent of these kids and it is amazing to see their growth," Garvey says. "At our school, not only do kids get excellent acting coaches, but we are always striving to provide professional opportunities, and skills in the technical infrastructure of various productions."

Guest artists who work with students at Stage & Screen include Allison Bailey, who plays Glinda in the Broadway National Tour





All photos courtesy Children's Theatre of Annapolis, Stage & Screen Studios, and Avalon Children's Theatre

“Children’s and community theaters are amazing because there are so many personalities. Kids really learn about themselves and it’s so affirming for them to receive the applause from the audience, and even more exciting when they are recognized out in their community for their performance. It’s a springboard to so many other opportunities,” says Lisa Anderson, Jackson’s mother. Jackson has taken these experiences and had success in getting parts in film and television.

One thing all the theaters and studios have in common is a sense of inclusiveness. “At CTA, we value the importance of diversity and inclusion in everything from hiring staff, to the productions themselves. We look to choose productions that will be open to all, and love the idea of extending our reach to neighboring counties. And very importantly, we are a safe space for the LGBTQ community,” Devries says.

Whether the kids simply take acting classes, or go right into auditioning for productions, they learn important skills along the way. Auditions can be anything from cold reads of a piece, to singing a few bars of a song, to setting up individual times to be filmed and evaluated, as their audition. Each aspect of auditioning helps the kids to build confidence. If they don’t make a particular show, all the theaters and studios have options for backstage work.

Children’s theater programs in Anne Arundel and neighboring counties work to enhance what the kids have access to in their local schools. Many county and private schools have wonderful departments, and students will often split their time participating in school productions and children’s theater productions. “We work with kids so that they

can participate in both, based on the season at CTA,” Casselbury explains. Kids in public schools also have the opportunity to audition to be part of the Performing and Visual Arts Programs at magnet schools. It’s exciting for kids to be a part of their school and their private theater. Many of the local children’s theaters, like CTA, also offer scholarships for kids who might not otherwise be able to participate. “We don’t want money to be an obstacle for our programs and camps,” Casselbury says.

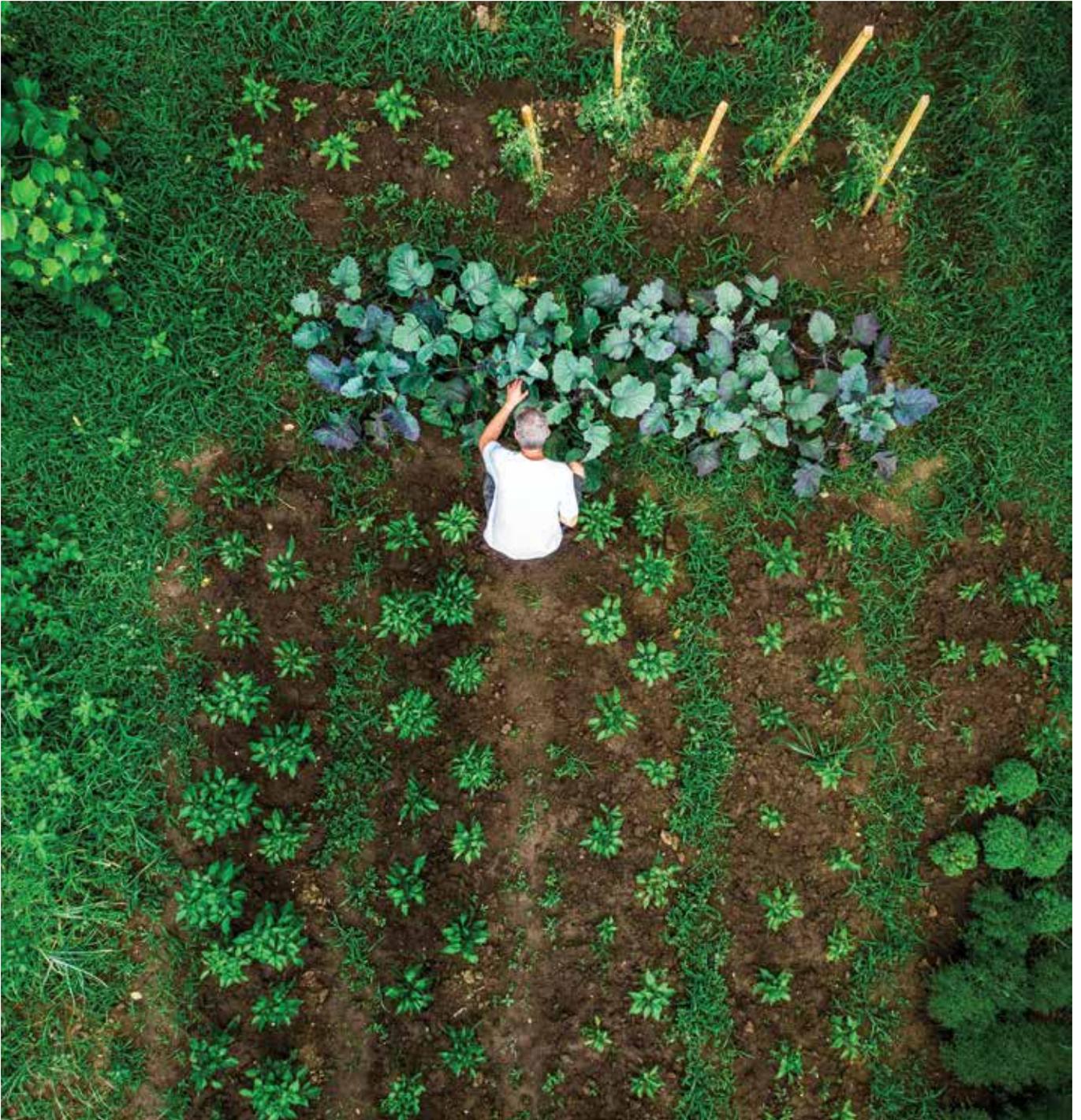
Children’s theater has always been a remarkable way for kids to discover a passion and get more creative. Now more than ever, after a year of separation, and activities done in a modified capacity, it seems even more crucial for the kids who love it, or others looking to discover it. The community can expect excellent productions from all the local children’s theaters in the near future, like *Frozen Junior* from CTA. Some studios may still be working on virtual productions but, as safety allows, staffs and participants are eager to get on the stage and perform for their usual large audiences. “It’s been hard on these kids, not having this artistic outlet,” Devries admits. “I’ve seen my son struggle by not having it around.”

Says Stevens, “I just love watching them grow, shine, and come out of their shell.”

For children interested in pursuing theater, this area has an abundance of high-quality options to be part of a community that feels like family. All of them have received local, regional, and even, national accolades, and provide a multitude of options for beginners all the way to those seeking professional opportunities. Now all you have to do is get out there. Break a leg!

Home & Design

44 HOME OFFICE HAPPY | 48 FUN WITH VEGETABLES IN YOUR GARDEN
50 A TRUE BOZMAN BEAUTY



Home Office Happy

MAKING GREAT DEDICATED SPACE

By Lisa J. Gotto

There's no way around it; current events have conspired to denote the necessity of having a dedicated space at home for extended study and office hours. If you're still struggling with finding the right area in your home or just don't feel that motivated within a space you already have, you are not alone.

Generally, there were three basic scenarios created when the need arose to do more work and study from home: One, you already had a "home office" but basically it was the "study" or spare bedroom that you never enjoyed working in when you could work from home; two, your home's open plan living area needed to serve as the dedicated space, or three, you had no idea where a dedicated work space could go.

With this in mind, we thought we'd provide some solutions for these three scenarios and make them inspiring as well, so you'll love the space you made well after the every-day need to use it has passed.

SO LONG STUFFY STUDY!

A clunky, dark desk and a bookcase stuffed with years-worth of outdated periodicals in it. How many of us are guilty of having this bland room tucked away somewhere in our homes? It's time to ditch the chunky for the sleek, and the bland for the bold.

This room upgrade is so much more inspiring with its bright and cheery walls, the airy take on a work surface using a ta-

ble instead of a standard desk, and the creative blending of the desk's traditional look with its sleek modern chairs. Storage is handled unconventionally but conveniently behind the desk with some vintage piece of furniture playing a new role. Motivating pops of color are found in the decorative accents and texture is added in with a fluffy, not stuffy, area rug. Voila! A fresh place to work and a great space to be in anytime when work is done.



HELLO SPACE FOR PRODUCTIVE CO-HABITATION!

Recent market trends indicate, as more people are shopping for new homes over last year, that for some, requirements are changing; with a slight uptick in prospective homeowners asking to see homes with traditional floor plans again. If you've got little kiddos using your primary open plan living space for absolutely everything right now including increased study hours, you know why.

The key to making it all work in spaces like these now-a-days is flexibility. With real estate experts not expecting to see open plan living disappearing



entirely from the residential wish list, they suggest that a reconfiguration of your space may be in order; one that provides for peaceful co-habitation, as well as productive work and school schedules going forward. (Now that we have been working from home for some time, the benefits are outweighing even these drawbacks and trend spotters predict many office jobs will remain at home even after the pandemic has abated.)

Ways to make these spaces work for everyone include some tweaks to open plan staples, like installing a drop-down-from-the-ceiling screen between the main kitchen work-space and the nearby kitchen island to help create a separate zone. Forward-thinking designers are already creating hidden panels capable of sliding in or folding out to help create a space buffer. Options to equip the panels with ports to charge your electronic devices are also on the design table, so creating smaller, transitional workspaces to use as needs arise are all possibilities for the future of the at-home worker.

Adjusting your thinking about what you consider a viable work-space to be can be helpful, as well. Consider your desk. Many of us work differently now and no

longer require the large, standard desk that takes up a certain amount of space. We no longer have stacks of paper files that may need spreading out as we used to, as our files are now digital and our information is cloud-stored, not hard copy file cabinet-stored. With flexibility like this, the option to work outdoors in mild climates is another possibility worth exploring. Prior to the pandemic, it wasn't uncommon to see gig workers at outdoor cafes doing their thing, so extending this practice to the at-home office is not at all far-fetched.

WHAT'S BEHIND DOOR NUMBER 2?

If you guessed a totally self-contained workstation for the modern, at-home worker, you could be right! When first pressed to work from home, setting up shop at the kitchen table probably seemed like a sensible interim solution, but it isn't particularly practical for the new normal of working from home long-term.

While you may not have a whole room to spare, you might have a built-in space in a room that could suffice. Some of these, "I turned my closet into an office!" make-overs are the coolest solutions we've seen to the dedicated office space co-

nundrum, and are having people boasting about the "cloffices" they created.

These clever little endeavors can range from simple, practical retro-fitting by crafting and attaching a solid work surface within the space and adding a small chair with wheels that hides away behind the original closet door. Or, you can get as creative as you wish with paint and materials, extending the space by removing the door entirely, and leaving it open to view or adding a rod and chic curtain to tie on one side when in use.

TIP: If your closet is not already equipped with a lighting fixture, have no fear! LED lighting technology offers battery-powered lighting options that burn brightly and can be easily installed with either a peel and stick backing, or by using a simple cordless drill to secure a mounted device. Shine on!

The possibilities are endless. If you're not handy and don't have access to a handy person in your household, there are now clever closet outfitters online in many areas that can help. However you approach it, have fun creating your own little world tucked away from the everyday!

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HOME GARDEN

Fun with Vegetables in Your Garden

By Janice F. Booth

Now that it's beginning to look less like winter and more like spring, like me, you may be eager to get out in the garden and figure out what needs cleaning up and what needs settling down. You might even be putting together a list of gardening tasks—some tasks for you, some for other family members, and some for those folks who show up in their big truck with lots of powerful gardening tools and muscles, lots of muscles.

We've all been through a lot these last twelve months, and you're probably waiting impatiently for changes, such as less time stuck indoors at home and more opportunities to get outside for exercise and fun. And, you may also be eager for some things to return to "normal."

I'm going to try adding a new normal to my garden this year—vegetables. Maybe you'll want to try that too. Yes, we've all grown a tomato plant in a pot on the patio. You may even have started an avocado plant from a pit or grown a tiny pineapple. But let's

get serious here. How about growing some crunchy vegetables in your garden? We've all learned how important self-reliance is, so why not feed yourself some crisp, sweet carrots and tangy radishes? I'm picturing myself wandering outdoors in June and August and even October to harvest my own pretty pea pods and an embarrassingly plump zucchini or two. Doesn't that sound great?

So, if you're willing to give this a go, let's begin by figuring out *location*; where in our lovely flower beds can we make room for peppers, lettuce, and cabbage? (That's right; I'm not suggesting we dig up our pretty hostas and lush roses. No need for long, tidy rows that break the symmetry of your garden's design. We'll plant veggies among and around the flowers and shrubs. We can even focus on planters and pots for our aspiring veggies.) **SUNLIGHT** is the most important element if you want lush, juicy, plentiful vegetables. We're going to have to carve out spots for planting vegetables or placing planters and pots in bright sunlight.

Next, we'll need to be sure those sunny *locations* we've identified have **ACCESS TO WATER**, preferably easy access. Will the sprinklers reach the bean vines and carrots? Finally, will your vegetables be reasonably well **PROTECTED**? Growing vegetables are vulnerable to buffeting winds, careless footsteps, and curious dogs and cats, hungry rabbits,

and deer. You'll want to think about how you might protect your ripening vegetables from these dangers and marauders.

If you're going to try containers for your vegetable garden, you'll want to consider the same issues of location. But, you'll have the advantage of portability. If the spots you choose seem not to work for



your young plants, move the pots and planters. If you try vining vegetables, like beans and peas in hanging pots, you can even move them during the day to capture the best light. (A handy tip about those beautiful, big planters and urns: instead of filling them top-to-bottom with soil, fill the bottom third of the container with those Styro-foam peanuts and then pour the soil over them. The pot will be lighter and you'll have better ventilation and drainage for your plants' roots—particularly helpful if you're growing root vegetables.)

Okay, now that we've figured out where we're going to plant vegetables, we have to figure out when to plant

them. *Timing* is, as usual, vital. Most vegetables are annuals; they will produce for only one growing season. New seeds and cuttings are necessary each spring. A few, however, are perennials; watercress, rhubarb, asparagus, and garlic will send up new growth each spring, as long as the winters are not too harsh. Herbs are also perennials. (Another handy hint: Herbs are enthusiastic members of the garden. They will usually take off, grow like weeds, and come back bigger, but not necessarily better, with each growing season. I recommend relegating your herbs, if you grow them, to pots and planters, where you can keep a close eye on them. If they get rangy or woody,



cut them down-to-size; they'll thank you for it with tastier leaves and buds.)

And looking deeper at *timing*, perennial vegetables fall into one of two varieties—"cool season" or "warm season" plants. This refers to when the seeds or starter plants are set in the soil. When the earth is still cool, not frozen or very cold, lettuce, spinach, carrot, and radishes can be planted. Tomatoes, peppers, melons, and cucumbers are warm season vegetables and do well when they are set into soil that has been warmed and quickened with awakening worms and root systems.

So, we have perennial and annual, warm and cool season plantings, and the third element of *timing* is maturation—of particular interest as you anticipate your lusher veggies on your table. You can look up the number of weeks or months it will take a given vegetable to ripen. Baby leaf lettuce and radishes will be ready to eat in approximately 25 days. Tomatoes, melons, and squash take 2 or 3 months before they can be harvested. When you know the maturation time for the vegetables

you're planting, you can plant in two-week intervals, so you're not harvesting all the tomatoes or all the cabbage at the same time.

Now, I'm going to close this little pep talk on a fun note. Heirloom and unusual vegetable seeds and starter plants are now easily available. There's a lovely Chinese Pink Celery that's sweet and crunchy. Or, you might have fun planting chartreuse and purple striped Dragon Tongue Bush Beans. One of my favorites is Black Aztec corn, which has beautiful, blue kernels, and makes delicious cornmeal or a stunning decorative addition to your fall arrangements. And while we're considering fun, edible plants, remember you can throw in some edible flowers to accent your garden and garnish your dinner plates. Marigolds, Calendula, Viola, and Nasturtiums are hardy, little ladies and easy to cultivate.

We'll have to compare notes on the success of our vegetable-growing experiments. Our summer tables will be loaded with goodies; we'll be "growing local" as well as "buying local" this year.



Primary Structure Built: 2011
Sold For: \$1,650,000
Original List Price: \$1,495,000
Bedrooms: 3
Baths: 3
Living Space: 2,338 Sq. Ft.
Lot Size: 4.23 acres

HOME REAL ESTATE

A True Bozman Beauty

By Lisa J. Gotto



Redefining the word “cottage,” this home, which overlooks Edgar Cove and across Broad Creek, has been custom designed to provide the quaint feeling of being on a waterfront getaway while offering more than 2,300 square-feet of living space.

The wow-factor begins the moment you walk in the entry as you’ll notice the light, bright, and airy vibe that mimics the feeling of being on vacation. The home’s open plan living space features soaring vaulted ceilings showcasing an exposed architectural beam treatment, floor-to-ceiling windows, and easy-access glass panel sliding doors that make the transition to the outdoor appear effortless. Perfectly situated on its four-acre lot, this home provides optimal views of the water for this entire space.

Gorgeous light hardwoods, driftwood-style ceiling panels, and a beachy tonal palette help perpetuate the on-holiday vibe throughout the great room. A wood-burning fireplace accents the living room and the kitchen is a gourmet’s dream with a six-burner gas stove with French style range hood. A generous center island topped with a contemporary concrete treatment, all stainless-steel appliances, and integrated custom cabinetry in a soothing shade of gray complete this stylish and substantive space.

The floorplan of this incredible home provides for the convenience of three main level bedrooms including the master

suite. Like the rest of the home, these rooms are adorned with exquisite wood trim treatments and lustrous maple-toned hardwoods. Over-sized, sash windows with inserts provide calming water views. The home features three full baths with luxe, high-end finishes.

Outside you’ll find attractive landscaping throughout with a rectangular, in-ground temperature-controlled pool, a shoreline secured with stone revetment, and a private pier and dock offering five feet at mean low tide.

You can step outside from the large screened-in porch that provides prime three-season living space located just off the home’s great room. This room also has an amazing ceiling treatment that beautifully complements the look of the interior space. This is a true cottage lover’s dream home with all the amenities of a high-end resort.

“Offered for \$1,495,000 the property saw an immense level of interest,” said sellers’ agent Coard Benson. “For our second-home waterfront market ‘Pine Landing’ hit the mark with modern amenities and features within a footprint that is manageable and easy to call a second home. The market responded with 23 showings and eight offers within the week. Proving that quality inventory priced right sells, Pine Landing represents another fine opportunity for waterfront living on Maryland’s Eastern Shore.”

Listing Agent: Coard Benson & Alicia Gannon Dulin; Benson & Mangold Real Estate | Benson Dulin Group; coard@bensondulingroup.com | 410-310-4909; alicia@bensondulingroup.com | 410-200-6378; bensondulingroup.com

Buyers’ Agent: Cornelia Heckenbach; Long & Foster Real Estate; 109 S. Talbot Street, St. Michaels; m. 410-310-1229; o. 410-745-0283; info@corneliaheckenbach.com; stmichaelswaterfront.com

Health & Beauty

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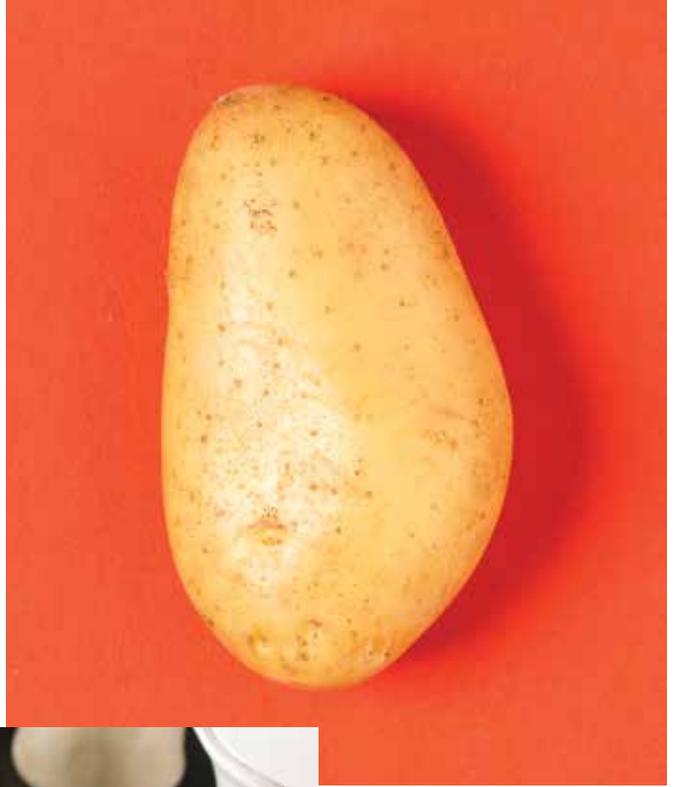


Fresh Take

POTATOES

By Dylan Roche

“Po-tay-toe,” “pah-tah-toe”...however you pronounce the name of this root vegetable, you shouldn't deny its nutritional advantage. Although potatoes are often regarded as a starch and sometimes shunned by low-carb eaters, they're a dietary staple in many cultures and for good reason. They're hearty, versatile, and packed full of essential vitamins and minerals. So, with St. Patrick's Day coming up in March, you can feel good about putting as many potato dishes on the menu as you want!



When you're picking out potatoes at the market, you'll encounter several varieties—expect them to be similar nutritionally, but they will have different tastes and textures that lend themselves better to different purposes:

Russet potatoes: These are the classics you probably think of when you picture a potato. They're oval-shaped with a brown, roughly textured skin dotted with lots of eyes. The Produce for a Better Health Foundation notes that their low moisture and high starch make them an ideal pick when

you're looking for potatoes to bake. **Red potatoes:** These are smaller, sometimes about the size of a golf ball, with a thin reddish-brown skin. The Produce for a Better Health Foundation recommends red potatoes for boiling, roasting, or frying. **Yellow potatoes:** You'll recognize yellow potatoes by their golden skin, and although they are highly versatile, their high moisture content makes them great for boiling to make mashed potatoes, according to the Produce for a Better Health Foundation.

Even before potatoes came to be associated with Ireland, they were sustaining populations halfway across the world in South America as far back as 8000 BC. The Spanish Conquistadors brought potatoes back to Europe after they conquered Peru in the 16th century, and the popularity of potatoes spread. In Ireland, the culture came to be so dependent on potatoes as a primary part of their diet that when a fungus wiped out most of the crops between 1845 and 1854, it took a dev-

astating toll on the Irish population and became known as the Great Potato Famine.

Today, most people eat potatoes in some kind of processed or heavily prepared form, and this might be where people get the notion that they're not a vegetable. As Eat Fresh, a resource put out by the U.S. Department of Agriculture, points out, foods like French fries, chips, and hash browns usually have added fat and salt. On the other hand, a simple medium-sized baked

potato has only about 150 calories, no fat, 3 grams of protein, and about 37 grams of complex carbohydrates for sustained energy.

Taking a look at the nutritional profile of potatoes, you can see how potatoes help fuel a healthy body—there's fiber for good digestion, potassium for fluid balance and heart health, iron for red blood cell formation, Vitamin C for fighting oxidation, thiamine for a strong nervous system, and niacin for good circulation.

When you're picking out potatoes, pay attention to their skin—you want ones with smooth, unblemished skin and no sprouting on their eyes. If a potato has shriveled or bruised skin, it's damaged or spoiled. When you bring them home, store them in a cool, dark, dry place, and wash them immediately before preparing them.

Ready to find something delicious to do with potatoes? These recipes are great for a light meal or a delicious side dish:

← Irish Boxty

A classic that's perfect for St. Patrick's Day

INGREDIENTS:

2 large Russet potatoes, grated
1 large yellow potato, boiled and mashed
1 cup whole-wheat flour
1 tablespoon cream
1 egg
1/4 cup finely chopped chives
1 teaspoon parsley
1 teaspoon thyme
1 teaspoon salt
1 teaspoon pepper
1/2 cup canola oil

DIRECTIONS:

Place the grated Russet potatoes and chives in a large bowl and toss them with flour. In a separate bowl, combine the mashed yellow potato, cream, and egg. Slowly add to the grated potatoes and combine thoroughly. Add parsley, thyme, salt, and pepper. Form the mixture into patties and set aside on wax paper. In a large skillet, heat canola oil over medium heat. Add the potato patties and allow them to cook for about 4–5 minutes on each side until golden brown. Remove from the skillet and set them on a plate lined with paper towels. Serve with sour cream or marinara sauce and sauteed vegetables.



Potato and Broccoli Casserole

A healthier take on much-loved comfort food

INGREDIENTS:

5 medium-sized Russet potatoes
5 cups broccoli florets
1 cup vegetable stock
1 1/2 cups goat cheese
2 tablespoons cornstarch
1/4 cup olive oil
1 teaspoon whole-grain mustard
1 tablespoon chopped chives
2 cups grated part-skim mozzarella
1/4 teaspoon paprika
1/4 teaspoon cumin
1/4 teaspoon salt
1/4 teaspoon pepper

DIRECTIONS:

Preheat the oven to 400 degrees F. Cut the potatoes into cubes and chop the broccoli florets into small pieces. Bring a large pot of water to a rolling boil and set the potatoes in to cook for approximately 10 minutes. In a separate pot, use a steam basket to cook the broccoli until tender, approximately 5 minutes. In a small saucepan, warm the vegetable stock and olive oil over low heat. Whisk in the cornstarch until thickened, then add the mustard and goat cheese, allowing to melt and combine. Remove from the heat. Drain the potatoes and combine with the broccoli in a large mixing bowl. Add the wet mixture and combine, followed by the chives and shredded mozzarella. Season with paprika, cumin, salt, and pepper. Spread the mixture in a casserole dish and bake in the oven until warm and bubbly, approximately 15–20 minutes.



HEALTH & BEAUTY HEALTH

Unplug

IT'S GOOD FOR YOU

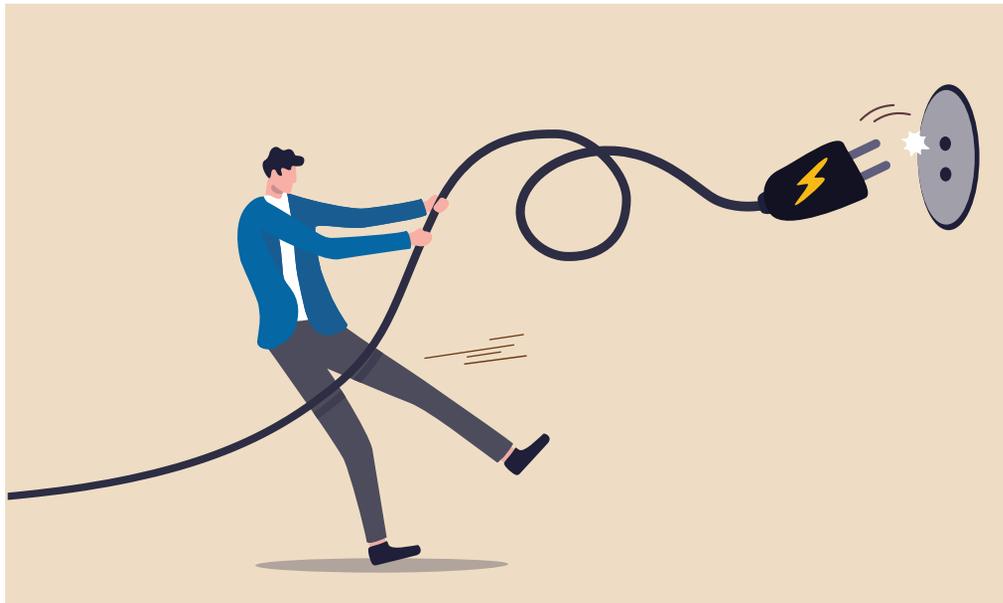
By Dylan Roche

If you're like most people, there's something you do excessively every day that's pretty bad for your health. Maybe not as bad as cigarettes or fast food. But cutting back on it might still be good for both your physical and mental wellbeing.

This unhealthy habit? Screen time. Think about how many collective hours you spend staring into your phone, tablet, or computer on any given day. But on National Day of Unplugging—recognized this year from sundown on Friday, March 5, to sundown on Saturday, March 6—people across the country will take a 24-hour break from all their tech devices.

Of course, it's not practical to swear off your gadgets all the time. But giving them up for a short period helps you realize your potential for going without them more often and ultimately achieve better tech-life balance.





Maybe you're already aware of the way your tech addiction affects your daily life. According to a January 2018 study published in *Digital Health*, one-third of adults surveyed admitted they had spent less time with friends and family because they were glued to their phones. Furthermore, one-fifth said a friend or family member had ignored them because that person was on their phone.

Poor tech-life balance affects our wellbeing and quality of life in some unexpected ways. Thinking of learning to unplug more often? Consider some of the ways your life might improve...

You'll be more active.

Less time in front of a screen means more time to get up and move around. You might not think you waste that much time scrolling through your phone, but a few minutes here and there can add up. This is especially true if you're opting to check your email or your messages throughout the

day. You might have heard of the term "nomophobia"—the fear of being unreachable. Let yourself overcome your fear and recognize that messages can wait. Use 10 or 20 minutes of downtime to go for a walk around the block. Your emails will be there when you get back.

And if you're somebody who is seriously connected to your phone, you might find that all the time you waste adds up. If you suddenly have an extra hour in your day, you can finally enjoy the full workout you always thought you were too busy to do.

You'll be less stressed.

Having constant connectivity was supposed to make our lives easier—instead, it has just made our lives harder. You might think that you're being productive when you're trying to shift between emails, text messages, web surfing, and whatever else you're doing on your phone. Instead, you're dividing your attention so much that you're not able to accomplish anything sufficiently.

Another stressor is the constant comparison with others. People post polished depictions of their lives on social media and it makes us feel as if our day-to-day activities pale in comparison. The result is a compromised sense of self-worth.

By unplugging, you remove yourself from all the distractions, both the professional and the social. It makes it much easier to focus on your task at hand. You'll get more accomplished and take a greater sense of satisfaction in it. If your project requires an electronic device, such as your computer, you can set up internet blockers to help you avoid social media sites and other black holes for mindless scrolling.

You'll get more sleep.

Electronics aren't just affecting your quality of sleep because you stay up late browsing through Pinterest. Electronics make it harder for you to fall asleep and stay asleep because they emit

what's known as blue light, wavelengths of light that increase your body's alertness. That's great during the day when you need to be awake and responsive—not so much at night. These wavelengths of light will also suppress your body's production of the sleep hormone melatonin.

Poor sleep leads people to be chronically exhausted and even anxious. While some people have opted to try special glasses that block blue light, or to turn their phone's settings to night mode, health experts recommend doing the obvious: avoiding screen time at night.

You'll be less strained.

Being off your phone just *feels* better. People have a tendency to crane over their phones, putting stress on their neck, back, and even their hands. Their posture suffers and they develop stiffness.

It's also not so great for your eyes. People who spend too much time looking at screens develop what's known as computer vision syndrome (CVS for short), which is marked by blurred vision, headaches, light sensitivity, and a stinging or burning sensation in the eyes.

Put your phone away—your neck, back, and eyes will thank you for it.

Want more insight into how constant connectivity is affecting your health, plus tips on how you can survive your tech-free 24 hours? Visit www.national-dayofunplugging.com.

Fitness Tips

STARTING A ROUTINE FOR SENIORS

By Dylan Roche

It's never too late to pursue physical fitness—in fact, exercise becomes even more important as you get older. That's because staying active helps offset some of the negative effects of aging, improves quality of life, and helps seniors remain independent. The American Academy of Family Physicians explains that exercise is good for strength, balance, energy levels, cognitive function, and even emotional well-being. It also helps stave off chronic conditions like heart disease and osteoporosis. Seniors who don't stay active find it harder to do daily tasks like going up stairs, carrying a heavy bag of groceries in from the car, or even walking without assistance.

But this doesn't mean seniors need to be training the same way they did when they were younger. The National Council on Aging recommends moderate exercise for at least 30 minutes a day, five days a week, including two days of muscle-strengthening activities that target all major muscle groups. The problem is that only one in three Americans over the age of 65 actually meet this recommendation.

If you're a senior who's looking to jump into a new workout program—or if you're encouraging an older relative to do so—bear in mind that it's not as easy (or as safe) to jump into a routine as it was at a younger age. The National Institute on Aging recommends talking to a doctor or health care provider first, especially if there are chronic conditions involved like heart disease, high blood pressure, diabetes, or arthritis. Exercise is still possible with any of these conditions (and these conditions will likely improve with regular exercise), but they do pose safety risks for anyone beginning new physical activity. This is especially true for anyone who has spent many years being sedentary.

Be sure to develop a varied exercise routine, one with activities that improve your endurance, strength, balance, and flexibility.

Endurance: These are the exercises that raise your heart rate and breathing—they're also known as aerobic or cardiovascular activities. They are good for improving your heart, lungs, and circulation, and increasing your energy levels. Great endurance exercises include: walking, bicycling, jogging, swimming, dancing, and recreational sports like tennis or basketball.

Strength: These are the activities that make your muscles stronger and help offset muscle loss as you age. Great strength-training exercises include: lifting weights, using resistance bands, and doing bodyweight exercises like pushups, sit-ups, or lunges.

Balance: These are recreational activities that force you to maintain and improve your stability, ultimately reducing risk of falls. Great activities for balance include: standing on one foot, walking heel-to-toe, and tai chi.

Flexibility: Flexibility exercises are the ones that keep your muscles loose and your body limber so you can move more easily. Great flexibility exercises include: stretching and/or yoga.

Here are two easy at-home exercises recommended by the National Institute on Aging. For more ideas, visit www.nia.nih.gov and select



"Exercise and Physical Activity" under the "Health Information" drop-down tab.

Wall Push

1. Stand facing a wall slightly more than an arm's length away.
2. With your feet shoulder-width apart, lean forward and place your palms against the wall.
3. Keeping your feet flat on the ground, bend your elbows and lean your body in as if you were trying to push the wall away from you.
4. Hold for five seconds before pushing yourself back to starting position.
5. Repeat 10 times or until fatigued. Be sure to maintain good form throughout each rep.

Overhead Arm Raise

1. Stand with your feet shoulder-width apart or sit comfortably on a chair with your feet flat on the floor. Hold a dumbbell in each hand, arms down by your side.
2. Raise the dumbbells up to shoulder level and hold them with your palms facing forward. Slowly raise both dumbbells over your head until your arms are straight.
3. Hold for one second before bending your elbows and lowering both weights down to shoulder level.
4. Repeat 10 times or until fatigued. Be sure to maintain good form throughout each rep.

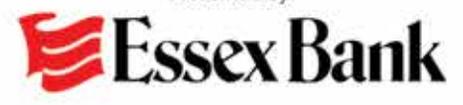


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ABOUT

Welcome to our ongoing virtual cooking class series with Craig Sewell in his kitchen. Craig is the Marketing and Livestock Manager for Southern Maryland Agricultural Development Commission. He is also the previous owner of "A Cooks Café" located in Annapolis, MD.

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WHAT'S UP? MEDIA

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58 CULINARY TRENDS | 60 GUIDE



Chimichurri is a dazzling sauce, perfect for meat or vegetable dishes

WHAT'S UP? READERS

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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.



Not All Heroes Wear Capes

We want to join the round of applause that Feed Anne Arundel—founded by Monica Alvarado, owner of **Bread and Butter Kitchen** in Eastport—has gotten for their incredible work in connecting dozens of area restaurants with the hungry people in our community by raising money to purchase meals from local restaurants (helping them out in this difficult time) and giving them to those in need. Alvarado was honored with the inaugural Annapolis Person of the Year award, and Anne Arundel County provided a \$1 million grant to support the effort. You can support it, too, by making a donation at feedannearundel.org.

DINING TRENDS

Savor the Chesapeake

A CULINARY COMPENDIUM OF RESTAURANT, FOOD, AND BEVERAGE NEWS AND TRENDS FROM THE CHESAPEAKE REGION

By Kelsey Casselbury

Hellos and Goodbyes

We love seeing new companies open their doors, but it's so bittersweet when you also say goodbye to some favorites.

Easton residents got a happy surprise when **Old Mill Deli**, which permanently closed (in theory) last fall, announced that it would reopen on February 1. The deli serves a variety of breakfast and lunch options, with ever-changing lunch specials. **1021 North Washington Street, Easton | 410-822-9613**

From fresh bread to unique breakfast options to lunch sandwiches, the menu at Annapolis' **In Grano Bistro and Bakery** sounds like a dream (particularly the Chinese-Stuffed Flatbread, made with pulled pork, scrambled eggs and a ginger sambas dipping sauce). Led by Adam Pusateri and Pericles Lewnes, In Grano—located in Annapolis Technology Park in the former location of Katana Sushi—also features coffee of all sorts (including some intriguing flavors of lattes, such as Lavender and Chai Spice) and plans to offer beer, wine, cocktails, and sake in the future. **302 Harry S. Truman Parkway, Suite H, Annapolis | ingranobakery.com**

It looks like **Phillips Seafood** wants to reinstate its presence in downtown Annapolis, but not to its Dock Street location that closed in 2015 (and, before that, in 2009). Instead, the Maryland mainstay has submitted a beer, wine, and liquor license for 110 Compromise Street, where they want to serve crabs fresh from the dock outside the restaurant. It's TBD on whether the county will allow that, so check back! www.phillipsseafood.com



There can never be enough coffee shops, so let's give a shout of excitement for Severna Park's **The Big Bean**, which is opening a second location on Bestgate Road in Annapolis this spring. In addition to the menu that you know and love, this location plans to serve nitro coffee on tap and cold brew options. **558 B&A Boulevard, Severna Park | 888 Bestgate Road, Annapolis (coming soon) | www.thebigbean.com**

If you like beer, Anne Arundel's West County is the place to be—**Pherm**, a new Gambrills brewery, has joined Chesepiooc in Crofton and Crooked Crab in Odenton to make a trifecta of hops in the area. Owners Billy Abbott and Henry Jager named the brewery after

fermentation (which is how beer is made) and the band Phish, and they've started out strong with a bevy of brews on tap, including IPAs, a pilsner, sours, and more—in other words, something for everybody. **1041 MD-3, Gambrills | phermbrewing.com**

Other West County news isn't quite so happy—**Houlihan's**, part of a national chain of restaurants, closed its doors at the end of 2020, due to coronavirus-related financial losses. Additionally, according to plans submitted to the county, it seems as if Nautilus Diner—a Crofton-area pillar—will be demolished in the future and replaced with a Sheetz gas station and convenience store. The project is in its early stages, so more details are sure to come.



In the Kitchen: Feeling Saucy

There's a holiday for every day, week, and month of the year, and most of them are quite suspect (who declares these holidays, anyway?) But, it's kind of fun to just go with it, so let's talk sauces in honor of National Sauce Month.

Most cooks know already about the five French mother sauces: Béchamel, Velouté, Espagnole, Tomato, and Hollandaise. If you love to cook and haven't mastered these yet, what are you waiting for? If they're old-hat to you, though, here are three more versatile sauces that you should have in your repertoire:

Chimichurri. Similar to pesto, this Argentinian sauce is an uncooked blend of herbs (usually parsley), olive oil, garlic, vinegar and chilies that's traditionally used on steak, but is dazzling on pretty much anything from chicken to vegetables to rice.

Barbecue. Skip the bottled stuff—homemade barbecue sauce is super-simple (and much lower in added sugar). Recipes vary, but it's typically a combo of tomato puree (or ketchup), molasses, apple cider vinegar, Worcestershire sauce, and seasonings.

Satay. Also known as peanut sauce, satay originated in Indonesia and is made with ground peanuts or peanut butter, coconut milk, soy sauce, brown sugar, and lime juice at its base, but some cooks also add fish sauce, tamarind, curry powder, and red pepper flakes or other spice.

In case you're wondering, there are other food-themed celebrations a-plenty in March—it's also National Fresh Celery Month, Noodle Month, Flour Month, Frozen Food Month, and Peanut Month.

From the Bar: Gin

Before you say it, stop—gin does *not* taste like a pine tree in a glass. If you're sticking to that sentiment, you probably haven't sampled a wide variety of the spirit. Sure, the flavor profile is rooted in juniper berries (which, admittedly, *do* come from a conifer), but distillers these days experiment with all sorts of ingredients that can really affect the finished product. To prove that not all gins are created equal, the spirit is separated into four distinct varieties:

LONDON DRY. Originating in England but produced globally, this is the most juniper-heavy type of gin, and it's free from artificial flavoring. It must be made with a neutral base and ring in at a minimum of 40 percent ABV. *Use it in a: Gin and Tonic*

PLYMOUTH. Both a style of gin and the name of a distillery in the UK (the only one that produces this style), this is drier than London Dry and offers up some citrus at the front and some spice at the back. The

juniper isn't quite as prominent. The distillery is also the source of the higher-proof Navy-Strength gin (the British Royal Navy loved it). *Use it in a: Martini (which absolutely should be made with gin, not vodka)*

OLD TOM. This stuff is a bit sweeter, thanks to the licorice in the distillation (but it doesn't taste like licorice, thankfully). Sometimes it's aged in barrels, which can greatly influence the flavor. *Use it in a: Tom Collins*

GENEVER. This is the OG of gin, dating back to the 16th century in Holland (though some may claim it's not a gin at all but its own distinct spirit). The base grains are malted, like in whiskey distillation, which produces a richer flavor. You're not going to taste citrus, and you won't get as much juniper. *Use it in a: Gin Old-Fashioned*

All this being said, American distilleries are playing with the definition of gin and expanding what sort of flavors can accompany (or perhaps even mask) the juniper. Don't believe us? Try one out.

Pot O' Gold

Serves 1

1 ounce lemon juice
1 ounce raw honey
1 ounce gin*

Combine the ingredients in a shaker with ice and strain into a lowball glass filled with ice.

*Recipe from Gray Whale Gin (www.graywhalegin.com), which supports ocean conservation with each bottle sold—meaning you can feel even better while sipping your cocktail.



Have culinary news to share?

Send an email to Kelsey Casselbury at kcasselbury@whatsupmag.com.

Dining Guide

Advertisers Listed in Red

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

☎ Reservations

Y Full bar

👨 Family Friendly

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Queen Anne's County

Adam's Taphouse and Grille

100 Abruzzi Drive, Chester; 410-643-5050; Adamsgillkentsland.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 🍷 🌊

Barbecue Bueno

422 Pennsylvania Ave, Centreville, 443-262-8054, Food Truck, barbecue

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.coml Seafood; lunch, dinner \$\$ Y 🍷 🌊 🎵

Frix's Fire Grill

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

Harris Crab House

433 Kent Narrows Way N., Grasonville; 410-827-9500; Harris-crab-house.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 🍷 🌊 🎵 🐾

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 🍷 🌊 🎵

SandBar at Rolph's Wharf

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

Talbot County

208 Talbot

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

CHESAPEAKE LANDING

"You are missing out if you dont order a stuffed pretzel. Worth the Calories" —Amanda Madden

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 🍷

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 🍷 🌊 🎵

Crepes By The Bay

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

2021 TOP DOCS

ANNE ARUNDEL COUNTY + EASTERN SHORE SURVEY

Calling All Doctors!

Nominations have begun for this year's Top Docs honors! A biennial peer-survey project that celebrates exemplary medical professionals practicing in the Greater Chesapeake Bay Region.

You—licensed medical doctors—are integral to this nomination process and the forthcoming honors of your peers. *These are your awards.* Your nominations of fellow doctors in more than 40 fields of practice will be tabulated and vetted. The results will become Top Docs 2021–2022 and will honor those doctors most recognized by their peers.

The value of this project exceeds those of other “Best Of” type projects in that this is truly *professionals nominating professionals*. Voting is not open to the public at large. *Only licensed medical doctors may access the survey forms.* The process will be anonymous but do have your state license number handy to access the surveys. The license number is required to verify and qualify each nomination form.

There are two survey forms: one to nominate doctors practicing in Anne Arundel and Prince George's Counties; and another for doctors practicing in the Mid-Shore (Queen Anne's, Kent, Talbot, and Dorchester counties). You (licensed doctors) may complete and submit each form once. You may nominate up to three doctors for each category listed on each form.

Thank you very much for your time and participation. You are truly benefitting our readership and the medical community by acknowledging your peers. Voting is live March 1 - April 30.

Those earning Top Docs honors will be notified in late Spring and the results will be published in the October 2021 issues of *What's Up? Annapolis*, *What's Up? Eastern Shore*, and *What's Up? West County*, in addition to the online platform and social media channels of What's Up? Media.

WHATSUPMAG.COM/TOPDOCS2021

IF YOU HAVE ANY QUESTIONS ABOUT THE PROCESS, PLEASE CONTACT OUR EDITORIAL DIRECTOR AT EDITOR@WHATSUPMAG.COM.

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., Ox-
ford; 410-226-5550;
Docssunsetgrille.com;
American; lunch, din-
ner \$ 🍴 🌿 ✨

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 Ave-
nue, 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; Thegalley-
saintmichaels.com;
Breakfast, lunch \$ 🌿
🍴 ✨

Gina's Cafe
601 S Talbot Street, St.
Michaels; 410-745-
6400; Facebook.com/
ginascafestmikes;
Southwestern, Vegetar-
ian; 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;
Hillscafeandjuice.com;
American, milkshakes,
sandwiches; breakfast,
lunch \$ 🍴

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

Hot off The Coals BBQ
8356 Ocean Gateway,
Easton; 410-820-8500;
Hotoffthecoals.com;
Barbecue; lunch, dinner
\$ 🍴 ✨

**Hunters' Tavern at
the Tidewater Inn**
101 E. Dover Street,
Easton; 410-822-4034;
Tidewaterinn.com;
American; breakfast,
lunch, dinner, Sunday
brunch \$\$ 🌿 🍴 ✨

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; Amer-
ican, seafood; lunch,
dinner, Sunday brunch
\$\$ 🍴 🌿 🍴

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

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

98 CANNON RIVERFRONT GRILLE

"Sweet Potato Brisket Pizza is one of a kind" —Bethany Dougherty

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; lyondistilling.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; Outofthefire.com; Mediterranean, seafood; lunch, dinner \$\$ 🍷 🍴

Piazza Italian Market

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

Plaza Jalisco

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

Pope's Tavern

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

Portofino Ristorante Italiano

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

Purser's Pub at Inn at Perry Cabin

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

Robert Morris Inn

314 North Morris Street, Oxford; 410-226-5111; Robertmorrisonn.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 \$\$ 🍷 🍴 🍷

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; Twoifbysearestaurant.com; American; breakfast, lunch, Sunday brunch \$ 🍷 🍴 🍷

U Sushi

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

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

Harbor House (Seasonal)

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

Harbor Shack

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

Java Rock

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

The Kitchen at the Imperial

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

Luisa's Cucina Italiana

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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; blueruinbar.com 🍷

Bombay Tadka
1721 Race Street, Cambridge; 443-515-0853; Bombayatdkamd.com; Indian; lunch, dinner \$\$ 🍷

Jimmie & Sook's Raw Bar & Grill
527 Poplar Street, Cambridge; 410-228-0008; Jimmieandsooks.com; Seafood; lunch, dinner \$ 🌿 🍴 🌊 🌿

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

Lil' Bitta Bull BBQ
1504 Glasgow Street, Cambridge; 443-205-2219 🍷

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

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

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

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

ThaiTalian Infusion Cuisine
300B Washington Street, Cambridge; 443-225-6615; thaitalianinfusioncuisine.com 🍷

Caroline County

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

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

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Where's Wilma?

FIND WILMA AND WIN!

March comes in like a lion and goes out like a lamb. In between the mixed weather and transition from winter to spring, our faithful flying mascot Wilma soars the skies, dipping in and out of towns far and wide across the Chesapeake region, ever-searching for great dining, shopping, and services. Where will she pop up next?

Here's how the contest works: Wilma appears next to three different ads in this magazine. When you spot her, write the names of the ads and their page numbers on the entry form online or mail in the form below and you'll be eligible to win. Only one entry per family. Good luck and don't forget to submit your restaurant review online at whatsupmag.com/promotions for another opportunity to win a prize.

Congratulations to this month's winner: Merritt Polcak of Stevensville, 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 March 31, 2020. Winner will receive a gift certificate to a local establishment and their name will appear in an upcoming issue of What's Up? Eastern Shore.

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