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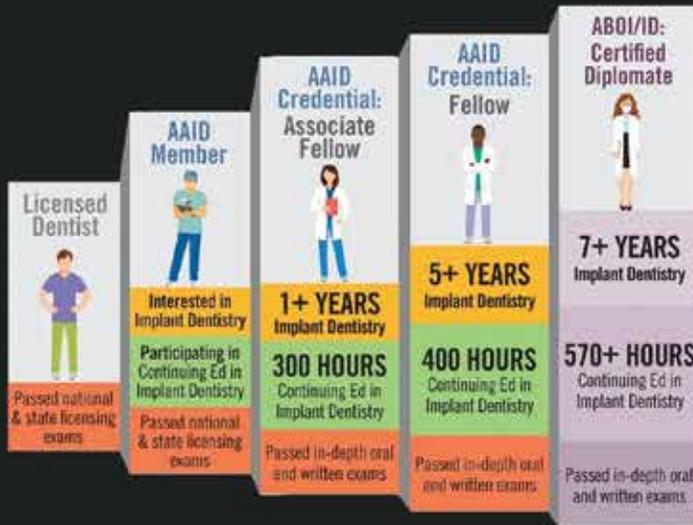


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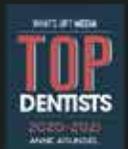


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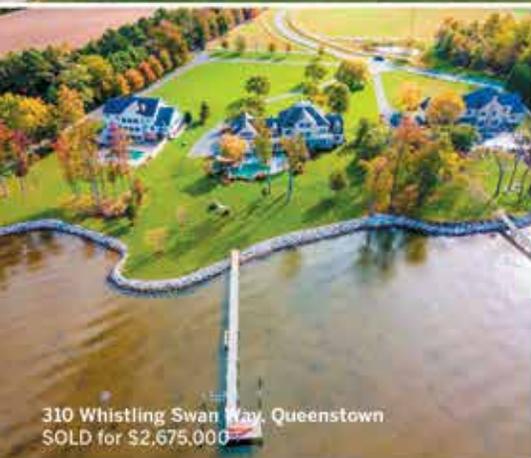
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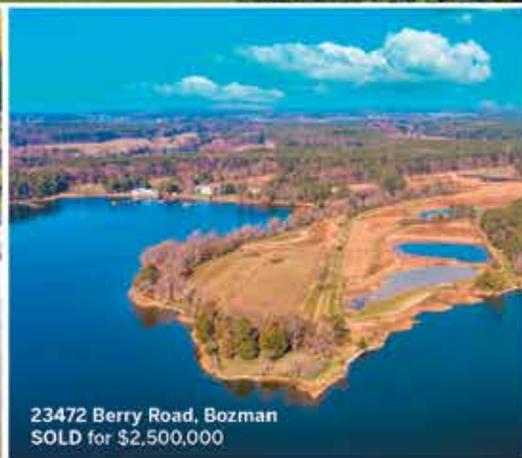
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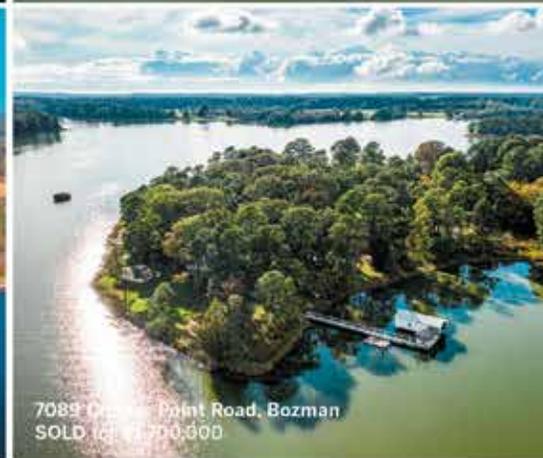
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On the Cover: The Boardwalk Pizza at Ava's. Photography by Arden Haley. Design by August Schwartz. Contact *What's Up?* Eastern Shore online at whatsupmag.com ♻️ Please recycle this magazine.

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WHAT'S UP? MEDIA'S 2021

EXCELLENCE IN N RSING

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This year's Excellence in Nursing campaign kicks off this month! A peer-survey project that celebrates exemplary nurses practicing in the Greater Chesapeake Bay Region. This is nurses celebrating nurses!

The two-month nomination period opens May 1st and closes June 30th.

We are calling for licensed nurses and medical professionals—to nominate your fellow nurses in several fields of practice. The results will be tabulated, vetted, and become Excellence in Nursing 2021.

This is truly *professionals nominating professionals*. This is not open to the public at large. *Only licensed nurses and medical professionals may access this survey.* The process will be anonymous, but do have your state license number handy to access the nomination form. The license number is required to verify and qualify each nomination form. Only one

nomination form may be entered by each person. There are 15 categories/specialties on each nomination form. You may nominate up to two nurses per category; one nurse practicing within Anne Arundel and Prince George Counties, and another nurse on the Eastern Shore.

Thank you very much for your time and participation. You are truly benefitting the medical community by acknowledging the contributions of your peers. **Voting will close June 30th.**

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

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

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From the editor

TWENTY-FOUR YEARS AGO,

What's Up? Media was launched by Veronica Tovey on a wing and prayer. Well, it was much more than on a whim, but you get the idea. Her notion that an entertainment and lifestyle magazine could thrive in a market already populated by several local publications seemed a bit zany at the time (1997). But by delivering a beefy calendar of local events (now online at whatsupmag.com) rounded out with fun feature articles and touchpoint coverage of home, health, environment, and dining, Tovey and team proved itself to have a winning formula and one that's stuck. It's been a fun ride and next May, when we eye our silver anniversary, we'll reflect more on the magazine, its influence in the community (and vice versa!), our readers, and those who've become family and friends.

This May, we celebrate so much more than our anniversary. And I think the feeling is mutual, as all of us continue to emerge from the pandemic's slumber and begin to socialize safely. It's been a while. And in many ways, we're seeing all the hard work of this past year pay off. Though we're not out of the tunnel entirely, we can certainly see the light. There are events. There are summer past-times. There are vacations on the horizon.

On the 1st of the month, May Day, one of the most beautiful traditions blossoms throughout Annapolis, towns, and communities across the Chesapeake landscape. Bouquets, wreaths, and arrangements of bright, colorful flowers adorn the front doors of our homes—a cheerful reminder that hope springs eternal. A couple weeks later, all eyes will be on “The Run for

the Black Eyed Susans”—what we've long known and enjoyed as the Preakness Stakes thoroughbred races. The 146th running will have fans in the grandstands. Shortly thereafter, we'll turn our attention skyward for the return of the Blue Angels, who'll be soaring above the Chesapeake Bay and Severn River, to celebrate the United State Naval Academy's Class of 2021 graduation. The following weekend, barbecues will ignite the Memorial Day holiday—a time to reflect on those that gave their lives in battles past so that we can enjoy our freedoms today. All of these traditions near and dear to Marylanders' hearts—it's our culture.

And this issue is chock full of local flavor. For the best of our beloved blue crabs, the results are in! Consult the Best of Eastern Shore Food & Dining results for the bevy of Chesapeake bounty you voted tops in town. Speaking of bounty, we also talk with several local farmers in the Rita Calvert-penned “Thank Goodness!” feature about their operations in the “age of COVID” and how they've coped, tweaked, and developed during this challenging time. There's good news in that one. I also recommend reading about Coastal Conservation Association Maryland and volunteer Mike Wissel to get an idea of how their work is vital toward protecting Chesapeake habitat and fisheries. And to get a feel for the many, many nonprofit organizations in our region working hard to ensure prosperous, safe, equitable, and clean environments and communities, we've compiled “Nonprofits You Should Know”—a comprehensive resource list of local orgs.

Like life—and like the many years we've been at it, making magazines—this issue has so much more to it than what I've touched on herein. As you enjoy this spring, and flipping through this issue, I hope you'll feel inspired, enriched, and maybe even a little zany. We could all use that energy about now.

James Houck,
Editorial Director

Out on the TownE

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April showers bring May flowers, right? Well, those rainfalls are not the only thing that causes Maryland to have some of the most beautiful flowers, shrubs, and trees. The Chesapeake Bay Watershed grows over 2,700 species of plants, grasses, shrubs, and flowers. Planting native plants in your garden is important to preserve Maryland's biodiversity. Whenever you plant natives, you impact the area around your home because they cross-pollinate with wild flora and are able to disperse seeds into surrounding areas. It is also the best way to help pollinators like bees and butterflies. Native plants and native insects have an intricate balance of co-evolving with each other. Read about some of the stars of the region and what they can bring to your own garden.

BLACK-EYED SUSAN (RUDBECKIA HIRTA)

Might as well start with the most popular, Maryland's State Flower. These flowers consist of bright yellow petals and a black, dome-shaped center filled with seeds ready to be caught in the wind and plant new seedlings. Show your Maryland spirit and start planting a few state flowers in your garden and see how even more sprout season after season.



CARDINAL FLOWER
(LOBELIA CARDINALIS)

In wet woods and meadows throughout the state, you can find the intense and beautiful Cardinal Flower. This flower blooms from July through September and is super easy to maintain if you choose to add it to your own garden. Plant it in your shaded garden to attract swallow-tail butterflies, bees, and hummingbirds.



BERGAMOT
(MONARDA)

Bergamot creates brightly-colored flowers, perfect for a pollinator garden. Unlike most of the other plants and flowers on this list, you are not likely to find this lavender beauty by the Bay, as Monarda needs dryer soils found in meadows and woodland edges. And good news, this flower is both deer and rabbit resistant.



WHITE OAK
(QUERCUS ALBA)

The tall and strong White Oak is just one of twenty-one species of oaks native to Maryland, but this is the only one that can claim to be Maryland's Official State Tree. We can find the White Oak through all woodlands in Maryland and even in yards and neighborhoods. These trees can tower from 60 to 100 feet and provide a beautiful, majestic silhouette. The largest known White Oak had a trunk circumference of 32 feet and grew in Wye Oak State Park in Talbot County. In 2002, a storm destroyed the tree.



ROSE MALLOW
(HIBISCUS MOSCHEUTOS)

Once you see the amazing white or pink flowers with a deep pink center, you know you have found a special Rose Mallow. Rose Mallow loves the marsh and sun, so it may not be the best fit for your home garden, but that does not stop it from being beyond beautiful. A crazy fact about Rose Mallow is that they have been used medicinally in the form of tea to treat digestive and urinary tract inflammations.



JOE-PYE WEED
(EUPATORIUM DUBIUM)

Coming from the daisy family, Joe-Pye Weed loves to be in the moist woods and marshes, making it perfect for our area. They attract birds and bees to their surroundings and they are not hard to find, considering they can grow up to 10 feet tall. Just like the Rose Mallow, Joe-Pye Weed have been used herbally and homeopathically to treat urinary tract and gall bladder problems.



Denim & Diamonds ↓

Unfortunately, with everything going on last year, Anne Arundel Medical Center had to cancel their annual Denim & Diamond event. To make up for it, this year, they will be having a whole month event to raise money for Luminis Health Anne Arundel Medical Center's mental health and addictive care services. May is Mental Health Awareness month so from May 1st to May 31st, participate in this virtual celebration of Denim & Diamonds – Delightfully Deconstructed. Throughout the month, join in for a virtual auction, restaurant/boutique events in the community on both sides of the Bay Bridge, and much more. Find more information at [Aamcdeni-mandiamonds.org](http://Aamcdeni-manddiamonds.org)





← Ride for the Feast

May 1st is the 19th Annual Ride for the Feast in Easton. Start and end your bike race at Talbot Agriculture & Education Center in Easton and raise money to provide healthy, home-delivered meals with individualized nutrition counseling at no cost for people living at the intersection between critical illness and food insecurity with Moveable Feast. Ride either a 100-, 62-, or 40-mile ride in person along the Eastern Shore, or participate online and set your own goals. Find more information and register at RidefortheFeast.org



Six Pillars Century Blackwater Tour →

Ride the 13th annual Six Pillars Century Blackwater Tour on May 1st through the back roads of picturesque Blackwater Wildlife Refuge in Dorchester County. You can choose from 37-, 56- or a 100- mile flat course. Come early to Great Marsh Park for a complementary al fresco breakfast with the beautiful scenes of the Choptank River. All proceeds from this event will go towards For All Seasons and Six Pillars Century. Find more information on their Facebook page.



← Oxford Fine Arts Virtual Gallery

Fifty incredible artists will be showcased in the Oxford Fine Arts Virtual Gallery opening on Friday, May 14th at noon and closing on Sunday, May 16th at 4 p.m. Virtual studio tours and workshops will be offered online all weekend. The show will feature artists from the Cayman Islands, Arizona, the Talbot County area and more. If the pandemic allows, there will be a in person pop-up show on May 15th. Proceeds from the VIP experience, the demos, and 30 percent of the art sales will support the Community Center's mission to serve, educate, and inspire. Keep an eye on their website to stay up to date on the show at Oxfordcc.org



TOWNE SALUTE

Mike Wissel

Coastal Conservation Association Maryland

By Lisa A. Lewis

Born and raised in the Chesapeake Bay region, Mike Wissel has always loved the area’s rivers and developed an interest in fishing at a young age. When he moved back to Maryland in 2009 from New York—where he had been pursuing his career—he renewed his passion for the sport of angling. So, when Wissel noticed a decline in the number of fish caught while enjoying one of his favorite pastimes, he became concerned and knew that he had to help.

While participating in a fishing tournament hosted by Coastal Conservation Association Maryland (CCA Maryland), he met a lot of like-minded people who shared his interest in conservation. After speaking to the then-executive director of CCA Maryland, Wissel decided to take action. In 2014, he co-founded one of many regional



IT’S OUR RESPONSIBILITY TO HELP CONSERVE OUR PRECIOUS MARINE RESOURCES. EDUCATION IS SO IMPORTANT, AND RAISING PUBLIC AWARENESS CAN REALLY MAKE A DIFFERENCE. WE HAVE AN OBLIGATION TO CREATE A MORE SUSTAINABLE FUTURE FOR THE NEXT GENERATION.”

chapters (Central Region Chapter), and he has been a staunch advocate and dedicated volunteer for the entire organization since that time.

“It’s our responsibility to help conserve our precious marine resources,” Wissel says. “Education is so important, and raising public awareness can really make a difference. We have an obligation to create a more sustainable future for the next generation.”

A nonprofit organization, the mission of CCA Maryland is “to advise and educate the public on the conservation of our marine resources” and “to conserve, promote, and enhance the present and future availability of coastal resources for the benefit and enjoyment of the general public.” CCA Maryland consists of several chapters that serve as a forum for recreational anglers and volunteers who are interested in conservation.

As the co-founder and vice president of the Central Region Chapter, Wissel organizes meetings, schedules guest speakers, and helps launch local programs to raise awareness. Perhaps one of the chapter’s most successful achievements is the creation of the Living Reef Action Campaign (LRAC), which is regarded as “CCA Maryland’s flagship habitat, education, and outreach program.”

Established in 2015, LRAC offers in-class and hands-on learning experiences in area schools to teach students about

the ecological benefits of oysters and the importance of habitat creation and restoration. The students build artificial reef components (called reef balls) that are deployed in the Bay and its tributaries. Not only is the program fun, but it also helps generate interest in the environment and foster stewardship.

“The Living Reef Action Campaign demonstrates how we can put life back into the Bay,” Wissel says. “A few months after deploying the first reef ball off Tilghman Island in 2016, new life and oyster growth could be seen. By applying the science and creating these living reefs, we are able to see a concept put into action from start to finish, and that is such a rewarding experience. It’s also great to see how excited the students are about the program.”

In addition to his hands-on volunteer work, Wissel also plays a business/administrative role for CCA Maryland. He serves as the chairman of the State’s Management Committee and as the vice chairman of the State’s Board of Directors.

“Mike is the kind of volunteer and leader that any grassroots organization would be proud to have in their ranks,” says David Sikorski, executive director of CCA Maryland. “He constantly keeps his eye on the end goal of any CCA Maryland effort and has been the driving force behind building and maintaining our Central Region Chapter. Mike’s attention to detail and

follow through is second to none, and he constantly steps up to the plate to lead and motivate others. Furthermore, Mike's family and community have always risen to the occasion to support his efforts, [which] shows the true value he brings to those around him."

Like all organizations, CCA Maryland has had to adapt to meet the challenges presented by the COVID19 health crisis. The organization utilizes a virtual platform to conduct its events, including fundraisers, banquets, and raffles. Wissel says that interest in fishing has increased since the pandemic started, and CCA Maryland remains committed to its mission, which is even more important than ever during this difficult time.

Wissel, who works in financial services, lives in Carroll County with his wife, Kelly, and their three children, twins Lauren and Carter, 13, and Addison, 15. An avid angler, he feels lucky that CCA Maryland offers him the opportunity to combine two of his passions: conservation and fishing.

"Coastal Conservation Association Maryland is a great organization, and I love being a volunteer," Wissel says. "The more I developed my interest in fishing, the more I became engaged in conservation. It's so important to protect our marine resources, and CCA Maryland offers a way for recreational anglers to play a role in advancing conservation efforts. It's truly a win-win situation for people who love fishing."

For more information about Coastal Conservation Association Maryland, visit ccamd.org.

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



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↑ TALBOT COUNTY PLANTS TREES TO IMPROVE WATER QUALITY AND AESTHETICS

Talbot County is participating in the Maryland Department of Natural Resources FY21 Chesapeake and Atlantic Coastal Bays Trust Fund's water quality improvement projects. The County's Department of Public Works (DPW) has been working with Tom Leigh, Chesapeake Bay Foundation, in his role as the County's "stormwater circuit rider," to identify potential site locations for the proposed tree/shrub/meadow plantings in Talbot County to be funded through the DNR Water Quality Improvement Grant. "This project will ultimately contribute to the sediment and nutrient load reductions required as part of Talbot County's Watershed Implementation Plan (WIP)," states Terry Martin, Environmental Engineer, Talbot County Department of Public Works. Trees have been planted at the Talbot County Biosolids Facility located on Klondike Road to enhance a stream buffer on the property, and shrubs have been planted along the recently improved Goldsborough Neck Road, both in Easton. These shrubs will provide protection from soil erosion and will also provide habitat areas for wildlife. Part of the grant-funded project also includes tree plantings at the Cordova Community Park. "We are excited that this grant could create a greener Talbot County, which will ultimately help contribute to the water quality in the County as well," notes Council Member Frank Divilio. "We are grateful to the Maryland Department of Natural Resources for the grant funding opportunity to complete this project."

Academy Art Museum Welcomes New Trustee ↓

The Academy Art Museum recently welcomed Antonio McAfee as its newest board member. McAfee is a Baltimore-based artist and educator whose work has been exhibited at the Walters Art Museum, the Kreeger Museum, the Print Center in Philadelphia, and others, and has received critical acclaim and numerous awards. He serves as Adjunct Professorial Lecturer of Photography at American University in Washington, D.C. He holds a BFA in Fine Art Photography from Corcoran College of Art and Design, an MFA from the University of Pennsylvania, and a Post-Graduate Diploma in Art and Arts and Culture Management from the University of the Witwatersrand in Johannesburg, South Africa.



"I am extremely proud of these students for their work both in and out of the classroom and their positive influence on their school community," says Mrs. Theresa Vener, Principal. "I know they will continue to demonstrate the NHS Principles here at St. Michaels High School and beyond."



St. Michaels High Schools Students Admitted to National Honor Society

The Tidewater Chapter of the National Honor Society (NHS) School has announced that new members were appointed to the organization. St. Michaels High School's unique "Tapping Ceremony" was held in a drive-by, socially distanced fashion while schools were closed due to the COVID-19 pandemic. NHS is a national organization established in 1921, which serves to recognize students who have demonstrated excellence in the areas of scholarship, service, leadership, and character. The 2020 NHS inductees are as follows:

Class of 2020 (admitted as seniors): Lilly Evans and Lexie Jordan **Class of 2021 (admitted as juniors):** Lily Ball, Owen Baum, Andre Davis, Logan Devaric, Michael DiSilvestro, Emily Dobson, Bradley Duley, Molly Fullerton, Carter Kelly, Madelyn LaBelle, Meghan Lawrence, Kristin Lednum, Cindy Rodriguez, Hannah Seek, Katie Stang, Mia Terry, Catherine Toby

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

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TOWNE ATHLETE

Anthony D'Angelo

Kent Island High School Football

By Tom Worgo

Anthony D'Angelo has his two older brothers to thank for how far he has come in football and how far he may yet go. Despite strong interest from Ivy League schools, D'Angelo committed to play football in December at Navy, where he expects to play defensive end. He carries a 4.0 grade-point average. D'Angelo, also received strong interest from Syracuse, Connecticut, Buffalo, and Lafayette.



I CREDIT A LOT OF MY PLAYING ABILITY TO MY POWER, QUICKNESS OFF THE BALL. MY TRAINER HELPED ME WITH ALL THOSE THINGS. BEFORE I STARTED TRAINING WITH HIM, I HAD NO CLUE."

Brothers Mike and Nic "really helped me with football," he says. "They supported me so much with this journey. There's just so much love that comes from both them."

Mike, who played quarterback at Queen Anne's County High, helped get D'Angelo interested in the sport. He was recruited by Division III colleges but ended up going to Maryland to focus on his education.

"I credit my oldest brother with helping me stay active in football," says D'Angelo, who transferred from Queen Anne's to Kent Island after his sophomore year. "Since he was a quarterback, he always wanted me to run routes for him and catch passes."

Nic, a sophomore offensive lineman at Towson University, has also been an outstanding teacher for D'Angelo. They work on drills together and constantly text and talk on the phone about football.

"I learned a lot from Nic because we played similar positions," D'Angelo says. "Having a Division I collegiate offensive lineman as a brother is invaluable. I will know what practices are going to be like. I can go against him, practicing moves and doing one-on-ones. He can teach me technique he has seen at the collegiate level and what offensive lineman do to counter it."

Kent Island Football Coach Damian Ferragamo adds, "I think he has huge upside. It's all about motivation, and he is determined to play at a high level."

The 6-foot-5, 250-pound D'Angelo also credits Evan Eichler, the co-owner of the Eastern Shore Performance Center in Stevensville for his development. D'Angelo participates in three eight-week camps a year at the center and has done individual sessions with Eichler for two years.

"I credit a lot of my playing ability to my power, quickness off the ball," D'Angelo explains. "My trainer helped me with all those things. Before I started training with him, I had no clue."

D'Angelo came into his own as a sophomore at Queen Anne's, earning Bayside Conference Second-Team defensive honors. He performed even better in 2019, being named to the Bayside Conference First-Team offensive tackle and Second-Team defensive end.

"It's very rare to do that," Ferragamo says of making two all-conference teams in the same season. "In my opinion, he would be justified being first-team on both sides of the ball."

Indeed. He racked up 10 sacks as a junior and had three in a route of his former school in November of 2019 despite being consistently double and triple teamed. D'Angelo certainly has come a long way since he started playing football in the fifth grade for Unified Queen Anne's Lions.

"He checks all the boxes as far as height and weight," Ferragamo says. "He has the body of a college football player. He has the frame to put on more weight and size. He's very mobile and a very good athlete."

D'Angelo will also make academic a big priority at Navy, where he's considering cyber security for his major and a long career in the Navy. Five members of D'Angelo's family served in the military, including two great grandfathers in the Army.

"I take pride in my family's military background and I would like to serve myself," D'Angelo says.

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

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THANK GOODNESS

RESILIENT LOCAL FARMERS
HAVE ADAPTED TO PANDEMIC
PRESSURES TO PROVIDE
SUSTAINABLY DELICIOUS
MEATS, PRODUCE, AND WARES

BY RITA CALVERT

Ironically, COVID19 may have had an unexpected benefit: making us more mindful of what it takes for food to reach our plates, and more aware of what local farmers and producers do for us. For local farmers and producers, the boost in consumer interest was a welcome gift. We can't beat the pandemic without safe production and distribution along the entire food chain and that's what our local farms have demonstrated as they pivoted and adapted—transitioning customers from grocery store mentality to local seasonal production. With the increased interest in staying home and cooking, many small farms and CSAs are experiencing a boon, both in customers and production volume. Local farm food popularity is still “off the charts” 11-plus months into the pandemic. Let's dive in with some of our local farmers to see how their lives and their businesses have been affected.



HOLLYWOOD FARM

Hollywood Farm, owned by Jean-Francois and Thackray Sez nec, is a small, fifth-generation family-operated farm on the Broadneck peninsula of Annapolis, with one of the largest tracts of conservation land in Maryland. They specialize in raising 100 percent grass-fed Katahdin lamb on 70 acres of pasture, but have quite a few other operations on the farm, which help make them a regenerative farm, meaning they are working on improving the land and soil.

I had a lovely tour of the farm and talked to “JF,” as he is called, to learn about special sustainable practices for the sheep, pasture improvements to rectify the soil, and methods used to make the farm more of a homestead, including: their sawmill to make use of wood from fallen trees, poultry processing, converting sod acreage to pasture, jam making from black currants and apples, and bread baking. Hosting multiple acres of gardens has a multi-pronged effect for the farm by promoting community interaction and improving the soil by organic gardening practices. The community garden, Grow Annapolis, is thriving in a half-acre corner of a 126-acre farm.

Gwen Manseau, daughter of JF and Thackray, is manager of Hollywood Farm, as well as mother, farm market manager, chicken processor, and full-time attorney. She conveyed the changes brought about by COVID19. “At first we were frightened of the pandemic as it began negatively,” she says. “We were concerned about the health of the people on our farm—family and employees. The same problems with finding safety equipment applied to us as well. We had a huge concern for our business as the pandemic came right at lambing season, plus at a time when we process our meat. Many of our processors



abruptly shut down, while processing demand was way up as farmers in the region needed to get *more* meat processed due to ‘pandemic hoarding.’ Lack of a processor translates into loss of revenue. It was a huge learning curve for us! We had to make four separate trips for meat processing rather than one.”

COVID also hit at the beginning of Hollywood Farm's season at the farmers' market in April. They set up home delivery in an expanded area and then realized quickly that they needed to limit deliveries to just Annapolis limits because they could not fill the demand. However, sales continued an uptick and when they also offered product at Anne Arundel County Farmers' Market in Riva, they sold out for the season.

MISE EN PLACE FARM

Mise En Place is a small forward-thinking farm in Davidsonville, Maryland, using regenerative sustainable methods and specializing in salad greens, mixed vegetables, ginger, turmeric (by the ounce), lemongrass, shishito peppers, serano peppers, Jimmy Nordello peppers (sweet), basil, thyme, parsley, sage, chives, mint, radishes, sunflower shoots, microgreens, broccoli, cilantro, radish, and more! I have gotten to know J.J. Minetola and his wife Cristina as I indulge weekly in his creative delicious tacos at the Anne Arundel County Farmers' Market. As we talked, JJ relayed the family's COVID19 experience and told how he came to be a farmer.

"COVID19 affected our family a lot in the beginning," Minetola explains. "My wife, Cristina, closed her acupuncture office for three months, so she helped a lot on the farm and she is still helping at the market. My off farm part-time job slowed down a lot too, so I scaled up the farm a little. I hired two part-time farmhands and started doing tacos at the market in the summer. Of course, we have been homeschooling our son Dean who helps with the tacos at market."

He continues, "I've always been into food. I worked up to chef in Annapolis restaurants like Tsunami and Metropolitan and a couple of D.C. restaurants. I loved buying from farmers directly as the produce farmers would sell us was always the best. I left the restaurant business to get a better schedule, as I was starting a family and farming sounded like a super-rewarding career where I could continue my love of food and ridiculously hard physical work. I took a couple of online farming courses and got into a beginner farmer program with Future

Harvest, which has been fantastic. We have a pretty small farm by most standards, but we keep scaling up every year.

"I like cooking with funky, rare ingredients so I keep trying out unusual crops, as long as they sell of course. We have four greenhouses/high tunnels now and the tropical crops like turmeric, fresh ginger, and lemongrass do well in them.

"The farm that used to sell breakfast sandwiches for years at the farmers' market stopped coming last spring, so I took the opportunity to start selling hot food. The health department and the board of directors were totally behind the taco idea. We use different seasonal ingredients from the other farmers every week for the taco recipes to promote all the other vendors, so it's a really collaborative community thing. We always have a breakfast and a vegetarian taco on the menu and I mix it up with the other tacos based on what we can get from other vendors, like a meat taco filled with pulled lamb or pork. We try to be a little authentic Mexican and a little creative. We post the menu every week on Instagram and Facebook, like a food truck would, and it's been really busy every weekend.

"Our new normal has given us more time to focus on growing the farm. Quarantining on the farm seems pretty easy, honestly. Homeschooling takes up a bit of time, but this year of extra family time hasn't been bad—we're not sick of each other yet.

"I sure hope 'buy local' will continue because it is so important for so many reasons. Supporting local businesses, freshness, not buying products shipped thousands of miles, and just chatting with the farmers and producers is fun. We shop for ourselves at the market," Minetola concludes.



**I'VE ALWAYS BEEN INTO
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WAS ALWAYS THE BEST."**

—J.J. MINETOLA



Photo by Stephen Buchanan



NUMBER 1 SONS AND THE FARM AT SUNNYSIDE

For some farms, small scale business models facilitated easier adaptations to COVID-induced market changes. Over the course of a few weeks in spring 2020, D.C.-based Number 1 Sons' Caitlin Roberts transformed her business from primarily selling pickles and ferments at farmers markets into a home delivery service for their own wares, plus products from local farmers and producers. The creative transition came about thanks to a novel collaboration with Stacey Carlsberg and Casey Gustowarow, managers of The Farm at Sunnyside in Rappahannock County, Virginia, and one of the highest volume vendors at DuPont Circle Farmers' Market.

Since Sunnyside stopped going to farmers' markets completely in 2020 due to the pandemic, Carlsberg and Gustowarow started brainstorming when COVID hit on how to keep farming and keep everyone safe. They called Roberts about the possibility of doing a veggie drop at Number 1 Sons. But Roberts suggested more! Home delivery with a collaboration of farmers.

The Farm at Sunnyside changed from being a farmers' market business to a wholesale packing, distribution business also selling culinary kits as well as salad or hot pepper packs. Carlsberg and Gustowarow enjoyed the creativity of putting the new seasonal packs together, envisioning how people could use them at home. However, it was difficult adapting all of the packaging materials and labor. Employees also had to adjust to the unpredictability about the number of orders every week. Staffing was a juggling act, organization was essential, and they worked it out.

"What a great success and eye-opening experience," Carlsberg states. "We did \$300,000 in 2020 with COVID through a sales channel, which did not exist before!"

NICE FARMS AND CREAMERY

Federsburg, Maryland-based Nice Farms Creamery has had a very strong following for 12 years. You can even see them at the Anne Arundel County Farmers' Market with a long line waiting to buy weekly milk, yogurt, butter, and ice cream in summer. Bob Miller, owner and operator, told me their story of COVID resilience.

"Well, we will probably sound like everyone else here, but the past year was interesting, scary, and extremely challenging. This was compounded by internal forces, which were already impacting us. The farm had been in my family for three generations, but I was the one who encouraged the family to sell dairy products directly to market rather than to a dairy coop. In the summer of 2019, my parents gave me an ultimatum to buy the farm or they would sell.

"I managed to get loans and we soldiered on through that winter and summer of 2020, which was the time COVID hit. In the winter of 2020, we were able to buy out the dairy farm from our parents and send them off into retirement! I learned a lot thanks to COVID. The core creamery crew, Jaclynne, Brandy, my brother Lucas, and even my little ones (John 14, Anna 8, Mary 6, Aria 4) are some of the toughest, indefatigable people ever. Many days were 18 hours to keep the creamery and farm going, plus do our emergency delivery routes and normal delivery routes and farmers' markets. I learned that our everyday farmers' market supporters and families are some of the best people ever—they kept coming out to markets and our social distanced creamery pick-ups during the crazy shutdown periods of winter and early summer of 2020."



Photo by Tom Bagley

I LEARNED THAT OUR EVERYDAY FARMERS' MARKET SUPPORTERS AND FAMILIES ARE SOME OF THE BEST PEOPLE EVER—THEY KEPT COMING OUT TO MARKETS AND OUR SOCIAL DISTANCED CREAMERY PICK-UPS DURING THE CRAZY SHUTDOWN PERIODS OF WINTER AND EARLY SUMMER OF 2020."

—BOB MILLER

Miller explains that COVID affected his business in several ways. First, some of their larger accounts closed, forcing them to dump a lot of milk for several months. The farm also lost much of the onsite ice cream business at fairs, steam and gas shows, and other events. Keeping additional employees at work was challenging. Every time someone came down with the sniffles, they were not permitted to go into the creamery production rooms or handle product. And they are still having a hard time getting gloves, hairnets, wipes, soaps, paper towels, spare parts, bleach, etc. to keep the creamery going. On the farm side, finding things like tractor spare parts or pricing replacement equipment has been challenging for Miller.

"The first major change to our dairy volume was to find a home for about 60 percent of our milk after one of our large accounts, without warning, shut down," Miller explains. "Due to this, we immediately lost all of our restaurants, coffee shops, cafes business—they were either closing or scaling back. A donation drive with the Maryland foodbanks in Caroline and Talbot counties enabled people to get onto our home delivery site to buy milk and, in turn, we would send them to food pantries.

"Social media and our email lists were the primary way of getting our adjusted plans out to people. Of course, word of mouth or talking to our customers in person also contributed to getting the word out for our new normal, which was an operation for emergency delivery routes. As the farmers' markets we supported, in Annapolis, Salisbury, and Lewes, became super busy, we added the extra burden of emergency delivery routes, more foot traffic at our dairy, and of course, longer searches for the supplies we need to keep operating.

"We are going on 12 years now with our dairy business, so we know the Annapolis area and central Delmarva really do care about supporting a local dairy. We are now starting a program with regular home delivery. Jaclynne and Brandy have taken the experience of the emergency COVID routes from last year and have created the Curbside Cow, A Nice Farms Delivery Service. This is a more fleshed out version of what we did last year. This women-run portion of our operation will combine our dairy products with a few other carefully selected local operations such as Easton's Chapel's Creamery and Princess Anne's Twin Post Farm for farm fresh eggs. We are looking to form routes around Easton, Denton, and Centreville."

If Miller and his farming brethren's fortitude, creativity, and ever-adaptive business models have proven thus far, our local farms will emerge from this pandemic even better positioned to serve farm-to-table goods and wares to our communities for years to come.





An Engaging Team Sport

THE PURSUIT,
CAMARADERIE,
CULTURE, AND
LESSONS
LEARNED OF
HORSEBACK
RIDING DURING
A PANDEMIC

BY JANICE F. BOOTH

After more than a year of pandemic quarantine, many of us are starved for contact, for interactions—a hug, a shared joke, and unmasked smiles. A pet is one way to safely share a hug and enjoy time with a friend—a dog or cat, fish or bird. But what about something or someone more substantial than that pet rabbit or gerbil? Have you thought about getting acquainted with a six foot-tall, 1,000-pound intelligent creature who can respond to your moods and will listen discretely to your secrets? Working with and caring for a horse could *safely* provide some of the emotional and physical warmth we’ve been craving. Horses and horseback riding might be the activity your family has been looking for, a sport you and/or your child can enjoy now. Riding provides opportunities for friendship, exercise, and skill development—no matter what your age. Sporting events, school athletics, and even the casual pickup game of baseball or basketball are dishearteningly dangerous during the pandemic. We’re left with a few “safe” sports—singles tennis, single-handed sailing, and... horseback riding among them. Horses and riding can be both a hobby and a sport even during this pandemic.

Since it's fun to have some basic knowledge of the "game" before you participate, here are a few bits of information about horses. You can toss these into a conversation to impress your friends; they may want to take up riding too.



HORSES ARE HERD ANIMALS

They feel more comfortable following a leader or moving in a group. As a rider, you will be the leader your horse will trust and follow; that will require confidence.



HORSES ARE PREY ANIMALS

That means they instinctively protect themselves and react to what they perceive as danger. As a rider, you must protect your mount by guiding and directing it to avoid danger and injury; that will require concentration and careful observation.

As of the 2014 survey by the Kentucky Equine Research Institute, over **80,000 HORSES** RESIDE IN **16,000 LOCATIONS** IN MARYLAND; 700 OF ARE LICENSED STABLES.

"Maryland claims to have more horses per square mile than any other state," according to Equineews.

There are **2,000 MILES** OF RIDING TRAILS IN MARYLAND

Lots of beautiful places to explore on horseback, from Calvert Cliffs to the Susquehanna River.

Symbiotic Relationship

To get started with this new activity, you and your child may want to learn to care for and interact with horses, perhaps volunteering at a local farm or stable. From that acquaintance, you can move on to horseback riding where the rider develops skills like self-control and patience, which are prized in most sports. Teacher and mother of two, Megan Ells-Perry is a skilled rider and horse trainer. She has spent her career working with children in the classroom and with horses on the farm. "Working with a horse requires that I *regulate my own emotions*. The horse senses if I'm tense or distracted," she says. "Horses live in the moment. They're very responsive to the people who are caring for, handling, or riding them. If I'm riding, or working a horse from the ground, I have to stay in the present moment, just as my horse is. The horse needs me to *stay grounded*, in the moment. That's an important life skill that I need to practice."

In addition to helping us relax and regulate our feelings, there are other skills we can cultivate as we take up riding. Like other sports, riding demands the synchronization of mind and body to achieve mastery. Physical *balance* must be combined with mental *concentration*. *Cooperation* between the horse and rider must be practiced, the way a quarterback or a captain of a swim team unites the team under her or his leadership. And, the rider must learn *strategic planning*, thinking ahead as to the path, the pace, and the goal for each riding experience. Riders learn to practice *high-level observation* and *problem solving*. For example, trail riding demands the rider anticipate dangers the horse might encounter such as uneven ground or startling distractions.

Guiding a horse through a jumper's course takes *strength* on the part of both horse and rider, as well as balance, coordination, and experience. In any type of riding, the rider and horse must be fully aware of one another's emotional state. *Confidence* on the part of the rider encourages the horse to obey and trust the rider's directions so they work as a team. Attentiveness is also critical; if a rider's attention strays from the horse and the course at hand, the ride will falter.

Training to be intensely *focused* is an important skill for any sport, and particularly for riders. Controlling and directing the animal requires *concentration* at every moment. The rider must *synchronize* his or her body with the horse's, and command that animal although that animal is many times larger and strong-willed. Essential to the rider's success is *team-work*—respect between the rider and her or his mount. While other sports may require coordination with team members on a defined playing field, riding demands coordination with the team member who cannot see you, but is propelling you through the event. You must call the plays, be the strategist for both of you. Without your guidance and the horse's cooperation, success will elude you.



"WORKING WITH A HORSE REQUIRES THAT I REGULATE MY OWN EMOTIONS. THE HORSE SENSES IF I'M TENSE OR DISTRACTED. HORSES LIVE IN THE MOMENT. THEY'RE VERY RESPONSIVE TO THE PEOPLE WHO ARE CARING FOR, HANDLING, OR RIDING THEM."

— Megan Ells-Perry



Learning and practicing *sportsmanship* is a valued quality in athletic events, and particularly so in horseback riding. Sportsmanship recognizes the importance of generous, honest, and fair behavior, treating others with respect—particularly that 1,000-pound animal that will carry you through the event safely and successfully. As the rider becomes experienced, she or he learns the rules and acquires skills and experience. Once the rider learns the elements and rules of dressage or cross-country or pleasure riding, he or she also figures out that the well-being of the rider and mount is the most important goal.

Like most sports, you'll want to be sure the rider enjoys spending time with teammates, getting to know them, becoming familiar with the unspoken signals of teamwork. If you're a rider, your teammate is your horse. The rider and the horse are a team, each with its own unique role to play in the sport. If you or your child

is not sure horseback riding is the sport for him or her, volunteering at a horse rescue farm provides an opportunity to discover if there's an affinity there—before you invest in expensive equipment and lessons. There are a variety of horse rescue organizations in Maryland. These organizations are always looking for volunteers to help care for the horses. You might be shown how to groom, feed, or exercise the horses, giving you the opportunity to discover whether you are comfortable and enjoy working with horses. (Usually, volunteers must be teens or older.)

Stable Pursuit

The next level of involvement with the sport of horseback riding may be selecting a place to begin your training. The type of riding you are to learn may depend on the instructor and stable or barn where you take lessons. Owning a horse is seldom a first step for novice riders. Just as a competitive swimmer seldom begins by building a pool, a rider may wait years to buy her or his own horse. Instead, investing in riding lessons allows you to use a horse owned by the stable offering the lessons. Riding lessons may seem expensive, but you are getting the use of an expensive horse and the equipment needed to ride that horse, along with the instructor's experience and time. There are many stables across Maryland that offer lessons as well as other horse-related services. It's wise to get recommendations from friends, if possible, or to research your options on the internet, noting the endorsements included on a stable's website.

There are some basic considerations when you are choosing a riding instructor from those available at the stable where you decide to ride. You can expect to be instructed in three areas: horse care, training (yourself and the horse), and riding. When you meet with an instructor be prepared to ask a few questions. See how she or he responds to you. Is she comfortable being questioned? Does he give answers that are clear to you? Is there a good feeling established between you? Trust your judgement. You or your child will get much more out of riding lessons if you and the instructor get along. You might even check to see if the instructor is certified.

There are two common certifications, either the American Riding Instructors Association (ARIA) or the Certified Horsemanship Association (CHA). Finally, ask about costs. You don't want any surprises there. Are you paying for a lesson of a specific length? Will you pay for a block of lessons? Must those lessons be taken before an expiration date? Are there stated goals for the lessons? What equipment does the stable provide and what equipment is your responsibility? Remember, as with any sport, you or your child should enjoy learning; the training should be fun. If you get an uncomfortable feeling while you're talking with a particular instructor, it may be best to keep looking. Interview a few other instructors at other stables until you find someone who makes you feel comfortable and enthusiastic about riding lessons.

Saddle Up

Once you've found a place to learn to ride, you'll be ready to invest in the essential equipment. Your instructor may give you a list of equipment suggestions, but you may want to do some research, so you have an idea of your investment before getting too deeply committed to the sport. Along with the horse you ride and that horse's tack (saddle, bridle, etc.) that are owned by the stable, the clothes you purchase and wear are important if you are to enjoy riding and remain safe. The *riding helmet* is critical and should be new. (Old helmets may be damaged or brittle, unable to provide the essential safeguards you will need.) Look on the helmet's label for "SEI Certified." The Safety Equipment Institute (SEI) monitors safety equipment for most sports.

Next in importance are the *riding boots*. They don't have to be elegant leather, but they should have only slight tread and half-inch heels. The heels are vital to keeping your feet from sliding out of the stirrups. (Winter boots won't work, since they have deep tread for snow and ice.) A bright colored vest and shirt will help the rider stand out against the grays, browns, and greens of the ring and field. (Of course, dressage has very specific attire for competitive events.) Pants and undergarments should be chosen for



comfort. Two-way stretch is useful for riding britches, though jeans are acceptable; avoid baggy styles that may bunch and rub against the skin. Close-fitting gloves will help protect your hands as you grasp the leather reins. That's about all you need.

In this difficult time of isolation and loss, Ells-Perry points out the value of horses and riding as therapy. Horseback riding and simply spending time with these intelligent, empathic, beautiful creatures can comfort us. As an elementary school teacher, Ells-Perry has worked with children with special needs such as Autism, ADHD, ADD, and Asperger's Syndrome. She and her husband, attorney George Perry, have raised their children around horses. "Everyone has personal challenges, especially now," she says. "Engaging with a horse brings a lot of joy, builds confidence, patience, and self-control. Horses don't care if your highlights have grown out or you don't feel like talking. Working with a horse decreases hyperactivity and develops sustained attention...A horse provides immediate feedback. If you stop paying attention to the horse, it stops paying attention to you—simple to see and understand." Ells-Perry points to Maryland Therapeutic Riding located in Crownsville, which has real success helping special needs children, and even veterans, through horses and horseback riding. (horsethatheal.org)

Finally, there is simply joy in spending time with horses and riding. Ells-Perry observes, "Horses read your intent; they're sensitive to your emotional state. We can all use some empathy right now." If all these skills and qualities seem worthwhile to you, you may be ready to try horseback riding as your hobby or sport of choice. Perhaps you're looking for a safe sport for your child, one that encourages all the fine character traits of competitive sports but keeps your young athlete out of the six-foot danger zone and away from unmasked competitors. Saddle up!

"EVERYONE HAS PERSONAL CHALLENGES, ESPECIALLY NOW. ENGAGING WITH A HORSE BRINGS A LOT OF JOY, BUILDS CONFIDENCE, PATIENCE, AND SELF-CONTROL."

— Megan Ells-Perry



MEET DYNAMIC YOUNG LEGAL PROFESSIONALS

Nominated by their firm as aspiring, diligent, and personable lawyers... each 40 years old or younger. Their zenith awaits them.

Read on to meet the Up & Coming Lawyers of 2021.



ADAM LYNN, 38

McAllister, DeTar, Showalter & Walker, Easton
410-820-0222; mdswwlaw.com

Alma mater: University of Baltimore School of Law **Legal specialty:** Business Law/Financial Transactions **The firm says:** Adam is an attorney with extensive business law experience; he represents clients in commercial litigation, commercial law, general business matters, mergers and acquisitions, transactions, and navigating creditors through bankruptcy and insolvency proceedings. His practice focuses on serving the needs of financial institutions, businesses, and individuals with sophisticated needs in real estate, business, family law, and commercial litigation matters. Adam's practice areas and areas of expertise are exceptionally diverse.



SARAH BAUGH, 34

McAllister, DeTar, Showalter & Walker, Easton
410-820-0222; mdswwlaw.com

Alma mater: University of Maryland School of Law **Legal specialty:** Corporate/Real Estate/Estate Planning **The firm says:** Sarah advises and assists clients on a wide range of business, real estate, and planning matters. Sarah serves as outside counsel to both local and national businesses, bringing a pragmatic approach to the resolution of both sophisticated and routine issues, from corporate governance to contract review to mergers and acquisitions. In addition to her robust corporate practice, Sarah assists in managing the Firm's title group and has significant experience representing clients on all aspects of real estate transactions, including drafting and negotiating sales agreements, conducting settlements and preparation of ancillary agreements related to such transactions. With a background in estate planning and estate administration, Sarah is accustomed to working with small business owners on their succession and estate planning to meet their diverse needs.



ELYSHA CAROUGE, 37

McAllister, DeTar, Showalter & Walker, Easton
410-820-0222; mdswwlaw.com

Alma mater: University of Maryland School of Law **Legal specialty:** Business & Commercial Law/Banking & Finance **The firm says:** Elysha represents companies across a broad spectrum of business matters and strategic planning. She provides outside corporate counsel services to in-house legal departments of companies both private and publicly held, providing assistance with all manner of corporate functions in the U.S. as well as foreign jurisdictions, including corporate governance, mergers and acquisitions, restructurings and financings, and the drafting and negotiation of commercial agreements. Elysha takes pride in the long-term relationships she develops with her clients, derives great satisfaction in navigating complex issues to deliver results, and serves her client's best interests.



GENEVIEVE MACFARLANE, 32

Stevens Palmer, LLC, Centreville
410-758-4600; spp-law.com

Alma mater: University of Maryland Law **Legal specialty:** Real Estate & Land Use **The firm says:** Ms. Macfarlane is committed to excellence in her practice areas of Land Use and Real Estate. She offers sophisticated representation to a variety of clients from developers to homeowners. Ms. Macfarlane has been peer-selected as both a Leading Lawyer for *What's Up? Eastern Shore* for 2020-2021 and as a *Super Lawyer Rising Star* for 2021.



JUSTIN HOYT, 38

Stevens Palmer, LLC, Centreville
410-758-4600; spp-law.com

Alma mater: American University Washington College of Law **Legal specialty:** Family Law/Civil Litigation/Criminal Defense **The firm says:** Mr. Hoyt is detail oriented and committed to being a zealous advocate for his clients, no matter the legal issue. His experience as a prosecutor has prepared him to be a well-rounded attorney in and out of court and he is able to provide decisive, assertive, and compassionate representation. Additionally, Mr. Hoyt serves the legal community by acting as the Vice President of the Queen Anne's County Bar Association. Mr. Hoyt has been peer-selected as both a Leading Lawyer for *What's Up? Eastern Shore* for 2020-2021 and as a *Super Lawyer Rising Star* for 2021.



DAVID BAINES, 33

Ewing, Dietz, Fountain & Kalduis, PA, Easton
410-822-1988; ewingdietz.com

Alma mater: University of Baltimore School of Law **Legal specialty:** Civil/Personal Injury **The firm says:** David has extensive trial experience on both the defense and plaintiff's side. He began his legal career working as defense counsel for a large auto insurance company in which he litigated hundreds of auto accident cases. After three years of representing defendants, he switched to the plaintiff's side and has represented people injured in auto accidents and in the workplace for the last four years. David is a passionate advocate for his clients and a talented litigator. He applies those attributes to the family law, business organization, and contract matters that he handles as well. He is very comfortable in the courtroom and has enjoyed great success in representing our firm's clients.



JESSE HICKS, 34

ShIPLEY Law Firm, Easton
410-822-7660; shipleylaw.com

Alma mater: University of Connecticut
Legal specialty: Criminal Defense/DUI
The firm says: Mr. Hicks has demonstrated exemplary advocacy skills on behalf of our firms' clients. His commitment to our community through volunteerism and reduced fee work typifies his dedication to the field of law and to citizens of all walks of life. Mr. Hicks possesses exceptional legal acumen, litigation prowess, and passion for the law.



MARTHA EFFINGER, 28

Parker Goodman Gordon & Hammock, Easton
410-822-1122; parkercountslaw.com

Alma mater: University of Baltimore School of Law
Legal specialty: Business Transactions & Succession Planning/Estates & Trusts
The firm says: Martha returned to the Shore to focus her practice on business transactions, including entity selection and formation, as well as the areas of estate planning and estate administration. Highlights from her law school career include serving as publications editor of the University of Baltimore Law Review, a member of the Royal Graham Shannonhouse III Honor Society, and as a student attorney with the University of Baltimore Community Development Clinic. She was a judicial intern with the Honorable Stephen H. Kehoe, in the Circuit Court for Talbot County and entered private practice in Baltimore upon graduation. We are thrilled to welcome Martha back to her native Talbot County to join our Firm.



KRISTEN GRAF, 35

Parker Goodman Gordon & Hammock, Easton
410-822-1122; parkercountslaw.com

Alma mater: Syracuse University College of Law
Legal specialty: Estate Planning & Estate Administration
The firm says: Kristen focuses her practice in the areas of estate planning and estate and trust administration, developing and implementing comprehensive estate plans that are tailored to meet each client's individual needs. She advises clients on issues related to asset protection, retirement assets, tax planning, and planning for beneficiaries with special circumstances. Kristen has extensive experience drafting Wills, revocable and irrevocable Trusts, and implementing asset titling strategies for a wide range of clients and has crafted complex estate plans focused on estate tax minimization for high-net-worth individuals and families. She also assists clients the administration of estates and trusts, and real estate and business transactions.



PETER COTTER, 36

Parker Goodman Gordon & Hammock, Easton
410-822-1122; parkercountslaw.com

Alma mater: SUNY Buffalo Law School
Legal specialty: Litigation/ Family Law/Planning, Zoning, and Land Use/Local Government Law
The firm says: For the last ten years, Peter has helped Eastern Shore residents and businesses resolve all manner of litigation issues with an emphasis on divorce. Peter's aptitude in this regard is recognized by Judges on the Eastern Shore that routinely appoint him to represent the most vulnerable parties in divorce proceedings—minor children. Peter has extensive experience handling planning, zoning, and land use matters in litigation and administratively with county and town governments on the Mid-Shore. Peter has been a member of the Town of Easton Board of Zoning Appeals since 2012 and has served as its Chairman since 2013.

BE SURE TO CHECK OUT OUR
**LEADING LEGAL
PROFESSIONALS**

ON PAGE 35

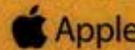
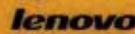


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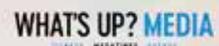
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World's Garden at 11:15 - From the Porch



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Photo by Tony Lewis Jr.

Franke Beckett LLC

For more than 35 years we have focused exclusively on the law of fiduciaries and the law of estates and trusts. By concentrating our practice, the firm has developed deep experience and knowledge. Within this practice niche, we handle it all:

- **Estate Planning.** We prepare wills, various types of trusts, powers of attorney, health care directives, and other estate planning documents. The documents can be simple or complex to meet specific family concerns and/or to focus on tax planning. We explore the circumstances of every client and their planning goals, suggest various ways of approaching those goals and then tailor the documents to address those needs.
- **Estate and Trust Litigation.** We are not a general litigation firm. We focus on will, trust, and other fiduciary litigation. We handle disputes over the meaning of estate planning documents, arguments involving personal representatives and trustees, and challenges to documents based on lack of capacity or undue influences.
- **Estate and Trust Administration.** We help clients with the process of winding up a decedent's financial affairs by implementing the individuals' estate plan or in accordance with state law if the person has no valid planning documents. We prepare all estate and income tax returns in-house so we can offer seamless administration services from beginning to end.



By handling every aspect of our practice area, we create a synergy that strengthens the handling of each matter. Our approach to planning, for example, is strengthened by our estate and trust administration practice. Our handling of both planning and administration is informed by the lessons learned from our fiduciary litigation practice. Our fiduciary litigation practice, in turn, benefits from our understanding of the substantive issues that arise in our planning and administration practices.

“You make the complex issues surrounding estate planning easily understandable for the layperson.”

Clients are clients of the whole firm – not just of one lawyer in the firm. This starts from the initial meeting and continues to the end. This collaborative approach, coupled with our involvement in all aspects of estates and trusts law, lets us deliver the highest quality of client services. Our approach leverages the knowledge of seasoned lawyers and staff.



The firm consists of two partners: Fred Franke and Jack Beckett; and two associates, Deb Howe and Sam Draper. Fred is a Fellow of the American College of Trust and Estate Counsel, past chair of the Estate and Trust Section Council of the Maryland State Bar Association, and he has taught at the University of Baltimore School of Law. Both partners have written articles for law reviews or other legal publications and they routinely present continuing education courses on estates/trusts topics. These activities give back to the profession and deepen and extend the firm's collective understanding of the law of estates and trusts.

During the COVID-19 pandemic, the firm developed techniques to permit us to continue to serve our clients, whether for planning, litigation, or estate administration matters. In a post-pandemic world, we will continue to use those techniques for clients upon request. We have always had clients located various distances from our physical office, whether from Anne Arundel County, the Eastern Shore, the Southern counties, and those counties surrounding Baltimore and Washington. These clients may find using a remote service option an added convenience. Once the emergency orders permitting remote execution of certain documents expire, the degree that we can offer completely remote estate planning services will depend on legislative enactments.

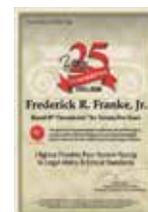
For more information about our firm and how we approach representing our clients, visit our website at www.frankebeckett.com.

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AN ESTATES AND TRUSTS LAW FIRM LLC

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George R. Roles

Experienced Eastern Shore Attorney

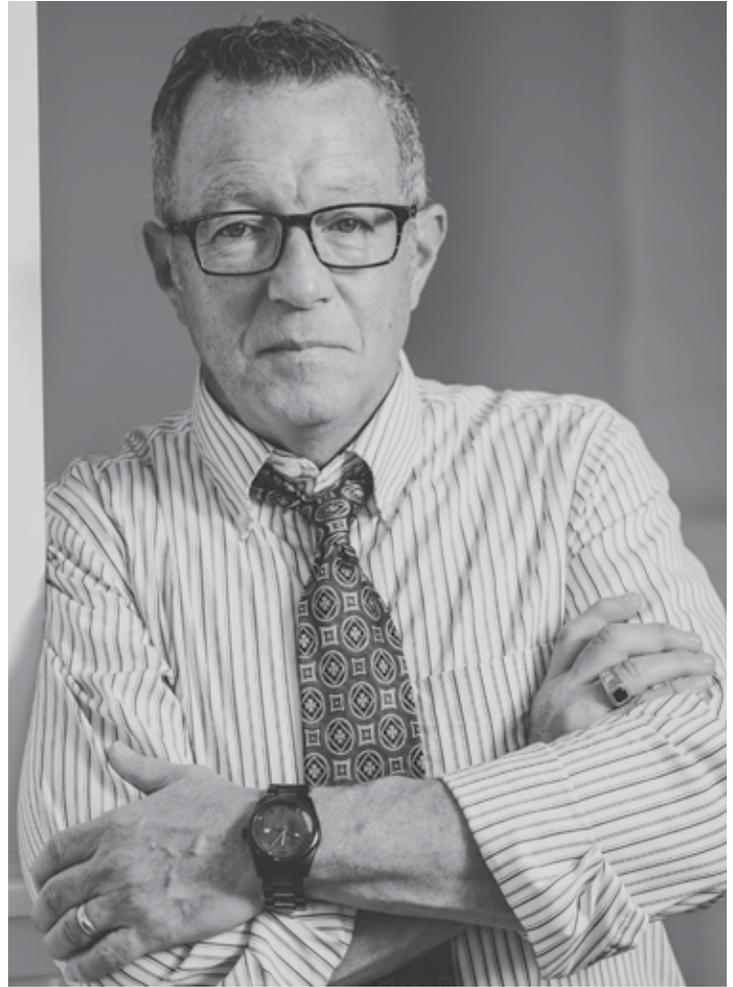
We're all at a Tough Time.

The RIGHT Lawyer.

At the RIGHT Time.

When it comes to DEBT RELIEF, we know that lay of the land. We know Financial pressures are certainly mounting nowadays, and if you're like most people, they have been for some time. Making the decision to file a bankruptcy case can be devastating. You may be the kind of person who doesn't want to give up, wondering how you ever got into the situation you're in. Here at my law firm, we care, we empathize with you, and we will treat you with the utmost compassion and understanding. We know the lay of the land in debt relief, bankruptcy, and debt settlement. Receptive and responsive, you will never feel alone during the proceedings. You will always receive personal service and quality advice. We are very proud to have helped thousands of people along the way. Insolvency means that your debts cannot be paid when they are due or that your liabilities are greater than your assets. It does not mean that you are poor, broke, or stupid. Bankruptcy is not a crime, fraud, or a way to scam your creditors. We help individuals and families get a fresh start. Our business practice will help put your company back on the right track whether it's small scale or very large. We are experienced, respected, and focus a very large part of our practice on bankruptcy, restructuring, and debt relief. We have the savvy to get you, your family, or your business out of the weeds of financial distress. Bankruptcy is often the quickest and most certain way to clear the bluster in your financial life. Folks are often surprised at how fast relief comes, and how speedy the credit recovery is.

If you need help, or even if you are unsure that you do, give us a call. George Roles knows that every case is different, no two families are the same, and each company is unique. George will meet with you in person for a complete case evaluation at no charge. Call us, we understand.



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We are a debt relief agency. We help people file for bankruptcy relief under the Bankruptcy Code. All of the benefits and services we offer related to Bankruptcy are with respect to Bankruptcy relief under 11 U.S.C. § 101, et. seq.



Shipley Law Firm

The Shipley Law Firm was founded in 2004 with a focus on litigation, including criminal and traffic defense, motor vehicle law, Department of Natural Resources violations, and complex civil disputes. Stephanie A. Shipley, founding member of the Shipley Law Firm, has been serving residents of the Eastern Shore and throughout Maryland for over twenty five years. Recognized year after year by her peers as a "Leading Lawyer," *The National Trial Lawyers'* "Top 100," and *Super Lawyers* 2018-2021. Stephanie is known for aggressively defending her clients and personally handling all aspects of her cases. She has tried over 150 jury trials throughout the State and has handled more than 2,000 district court cases.

The Shipley Law Firm expanded its practice and legal representation in 2017. Former prosecutor Jesse F. Hicks joined the Shipley Law Firm after serving several years as Assistant State's Attorney for Dorchester County, Maryland, including special appointments to the Attorney General's Task Force on Environmental Enforcement and the Attorney General's Task Force on Organized Crime. Jesse is a tenacious and passionate trial attorney and his experience as a prosecutor is uniquely valuable when defending clients. Born in Ridgefield, Connecticut, Jesse moved to the Eastern Shore with his wife after law school and started a family. Before joining the prosecutor's office, Jesse served as law clerk to the Honorable Paul M. Bowman, Circuit Court Judge for Kent County, Maryland. Mr. Hicks has been recognized as a Rising Star by Maryland *Super Lawyers*.

When not working on behalf of their clients, the lawyers at the Shipley Law Firm are active leaders and counselors who continue to give back to the community. Both Stephanie and Jesse volunteer time, funding, and talent to local organizations, including Character Counts, Mid-Shore Pro Bono, Habitat for Humanity, the Women and Girls Fund, Special Olympics, the Maryland Bar Foundation, and service on many nonprofit state and local boards.

The firm's attorneys are first and foremost trial lawyers, able to handle every aspect of complex litigation, working with their clients to develop strategic defenses from first meeting to verdict. Preparation, communication, personal attention, and collaboration are the keys to ensuring every client of the firm is represented effectively and thoroughly throughout the legal process.

Principal Partner Stephanie A. Shipley is licensed to practice law in the States of Maryland and Florida, practicing in both State and Federal Courts. Associate Attorney Jesse F. Hicks is licensed to practice law in the States of Maryland and Connecticut. The Shipley Law Firm is conveniently located across from the Circuit Court for Talbot County on Dover Street in downtown Easton. Please visit their website and find them on Facebook under The Shipley Law Firm page.



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Iliff, Meredith, Wildberger & Brennan, P.C.

Since its founding in April 1995, the attorneys at Iliff, Meredith, Wildberger & Brennan, P.C. have worked tirelessly to represent victims injured as a result of medical negligence, i.e., medical malpractice. While the firm's primary focus is on medical malpractice injuries, the firm's practice also emphasizes representation of clients injured in automobile accidents and truck accidents.

The firm understands that victims are often unable to afford an attorney's hourly rate. The firm often represents clients on a contingency fee basis. This means that the firm is paid a percentage of a client's recovery as the firm's fee, but that a client does not owe the firm a fee unless a client obtains a monetary recovery. This contingency fee model allows Iliff, Meredith, Wildberger & Brennan, P.C. to represent injured clients who otherwise could not afford to pursue their claims.

Iliff, Meredith, Wildberger & Brennan, P.C. offers clients a potent combination of small firm efficiency coupled with ability and experience in litigating large and complex cases. All of the firm's clients receive personal attention from their attorneys at Iliff, Meredith, Wildberger & Brennan, P.C.

Iliff, Meredith, Wildberger & Brennan, P.C.'s relationships with clients are characterized by confidence and trust. Irrespective of the type, value, or complexity of a given case, the attorneys care about what happens to the firm's clients. The firm's attorneys do their utmost in every case to ensure that justice is done for their clients and to assist clients in achieving the best possible result.

Iliff, Meredith, Wildberger & Brennan, P.C. also believes in giving back to the community. In addition to financially supporting community initiatives, the

firm's attorneys regularly donate their time through a variety of charitable and professional organizations. This commitment has resulted in many honors and awards to Iliff, Meredith, Wildberger & Brennan, P.C. and its attorneys, as well as many leadership positions being held by the firm's attorneys in both community and professional organizations.

Iliff, Meredith, Wildberger & Brennan, P.C. provides potential clients with free legal consultations. Please contact the firm by telephone (410) 685-1166 or online to discuss how its attorneys may be able to provide assistance. Please visit Iliff, Meredith, Wildberger & Brennan, P.C.'s website, www.ilimer.com, to review a more complete description of the firm's practice areas and to view individual attorney profiles.

Iliff, Meredith, Wildberger & Brennan, P.C.

Patriots Plaza, Suite 201-203
8055 Ritchie Highway
Pasadena, Maryland 21122
410-685-1166





John Leo Walter, *Esquire*

Mr. Walter—how does it feel to be voted an outstanding litigator on the Eastern Shore?

It is very humbling—I have a deep respect for all of the attorneys that practice here on the Shore; I am very fortunate and privileged to work with so many fine talented lawyers—to be recognized as “outstanding” by my peers is a profound honor.

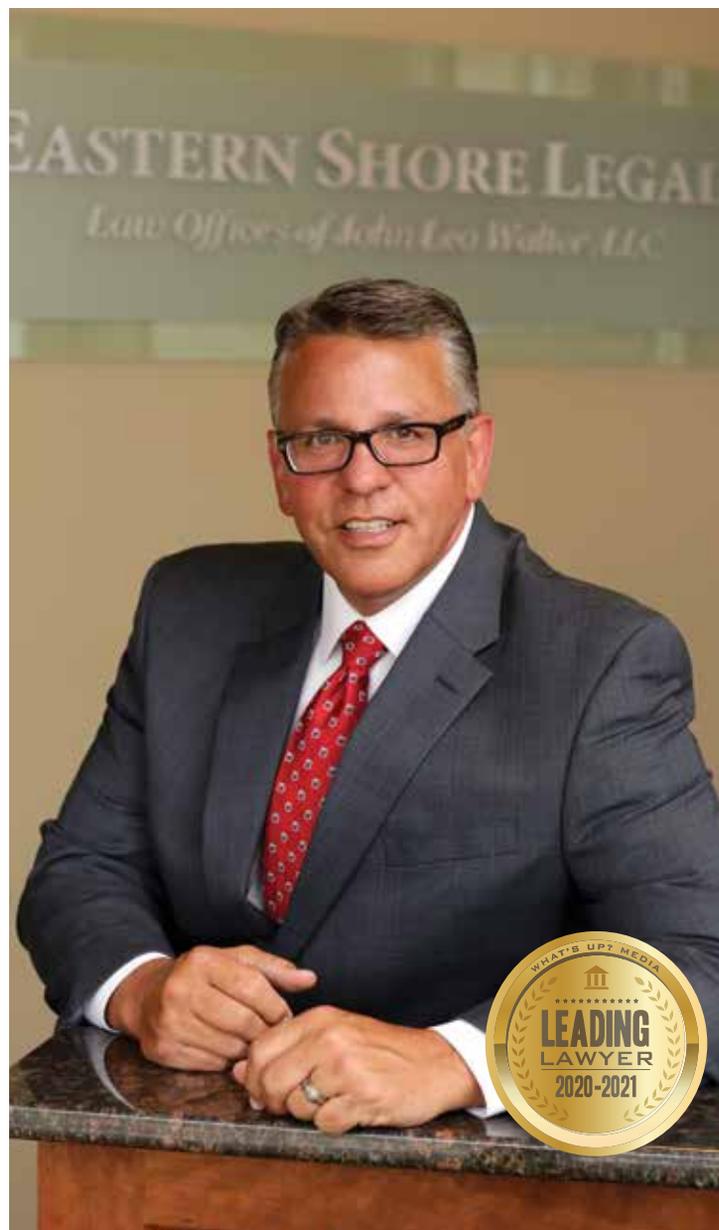
Can you explain to the readers what a litigation attorney is?

Yes. A litigation attorney is a lawyer that focuses primarily on courtroom trial work. A litigation attorney defends and represents Plaintiffs and Defendants in the Maryland Court system. Under the category of litigation, there are sort-of subcategories, so to speak, lawyers that focus on certain areas of the law. For instance, some lawyers do family law; some do real estate. My firm focuses mostly on criminal and traffic defense—as well as personal injury cases (serious auto accidents, medical malpractice, premises liability, etc.) and breach of contracts.

What makes a good trial lawyer?

Preparation and client communication. With regard to preparation, I always think back to the advice a very senior Circuit Court Judge—whose name shall remain anonymous—gave me during one of my first jury trials almost 20 years ago. He said, “counselor: always remember, when you prepare for trial you should always come to court with a belt & suspenders.” I’ll never forget it; in essence, the Judge was saying always be over-prepared—but now that I think about it, maybe he was telling me that I don’t want to get caught with my pants down?

As for client communication, a happy client makes for a better trial. If your client is well informed and understands what’s going on—meaning the lawyer tells the client all of the possible ups and downs and ins and outs of the case—the client will undoubtedly be more comfortable in Court and the trial usually goes pretty smoothly. I am of the opinion that if you keep your client informed of all the potential outcomes (good and bad) the client will be happy...and so will the lawyer.



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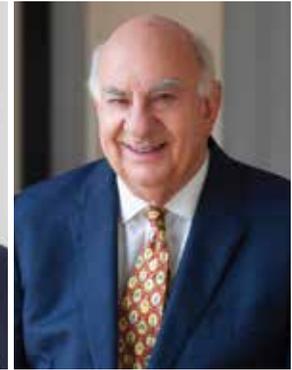
Heather Yeung



Travis Martz



Jonathan Hodgson



Lynn Krause

Kagan Stern Marinello & Beard LLC

Kagan Stern Marinello & Beard provides highly skilled legal services to businesses and individuals in the areas of business, employment, and litigation in Maryland, DC, Virginia, and other jurisdictions throughout the country. The firm's attorneys have been consistently recognized as "AV" rated by Martindale-Hubbell (which is the highest rating attorneys can receive from their peers), as well as by "Super Lawyers," "Best Lawyers," and annually by *What's Up? Media's* "Leading Lawyers," in the areas of business, employment, and litigation.

Kagan Stern's business law practice includes corporate formation and organization, drafting contracts and business agreements, mergers and acquisitions, and financing and security transactions. In addition, our attorneys draft and review intellectual property and related licensing agreements and handle other general counsel needs of our business clients. The firm also participates in real estate matters, including drafting and negotiation of leases and purchase contracts, and conducting real estate settlements through its title company affiliate, Title Nation.

The firm's employment law practice involves advising businesses and individuals on nearly all aspects of the employment relationship. The firm's attorneys draft and review employment agreements, nonsolicitation and noncompetition agreements, confidentiality and nondisclosure agreements, severance agreements, employee handbooks, and employment policies. They also advise on matters such as wage and hour compliance, trade secret protection, discrimination and leave laws, and privacy issues. Kagan Stern's lawyers are trained and experienced in conducting confidential internal investigations for businesses regarding potential violations of employment laws and other sensitive business matters.

When litigation arises or becomes necessary, the firm's experienced trial attorneys handle a wide variety of complex civil cases in trial and appellate courts, as well as in arbitration and before governmental agencies or boards. The litigation attorneys

at Kagan Stern are experienced in handling cases involving business, employment, trusts and estates, real estate, and various other types of disputes.

The combination of business, transactional, and trial experience makes the attorneys at Kagan Stern an ideal choice to represent companies as outside general counsel to work with management on a regular basis to address the particular legal needs of the business.



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www.kaganstern.com





Bowman Jarashow

LAW LLC

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Founding attorneys, Jeffrey P. Bowman and Ronald H. Jarashow, opened Bowman Jarashow Law LLC in 2021. While a new firm, its attorneys have a combined 65 years of experience in providing a broad range of services to meet the business and personal needs of their clients throughout Maryland.

Bowman Jarashow Law LLC congratulates its two attorneys who are recognized as “Up and Coming Lawyers” by *What’s Up? Magazine*, Frank P. Lozupone, III and Brooke H. Bowman.

Frank P. Lozupone is an associate with the firm who focuses his practice on business and fiduciary litigation. After serving as a judicial law clerk, Mr. Lozupone was quickly recognized as a “Rising Star” by *SuperLawyer* magazine. Mr. Lozupone was a scholarship recipient at law school, graduated at the top of his class and was a member of Law Review.

Brooke H. Bowman joined Bowman Jarashow Law LLC after spending over a decade practicing law in Baltimore on transactional business work and trust and estate planning. Mrs. Bowman is active in her community and serves as Board Member for The Bill Sweeney Perinatal Care Fund, Inc. Mrs. Bowman is also recognized as a “Rising Star” by *SuperLawyer* magazine.

The lawyers at Bowman Jarashow Law, LLC have been recognized as “Leading Lawyers” by *What’s Up? Magazine* in ten different practice areas, including Business Law, Arbitration, Appellate

Law, Construction Law, Employment Law, Medical Malpractice, Education, and General Practice.

Jeffrey P. Bowman and Ronald H. Jarashow, a former judge on the Circuit Court for Anne Arundel County, have also been recognized by their peers as top lawyers by *Martindale-Hubbell* receiving the top rating of “AV – Preeminent” for both ethical standards and legal ability. For the past five years, Mr. Bowman has been recognized as a “Top 100” lawyer in Maryland by *SuperLawyer*.

Bowman Jarashow Law LLC

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Duke Law, LLC

The attorneys at Duke Law, LLC have experience in many areas of the law including family, real property, trusts and estates and criminal matters.

Our family law practice is at the heart of our legal work. Both of our attorneys are certified to represent children in contested custody cases. Ms. Duke is a licensed mediator with training in marital property settlements and child custody.

We are also a title company and have been conducting real estate closings for clients across the Eastern Shore since 2012. Our attorneys are licensed title producers for Old Republic National Title Insurance Company.

Now with offices in Kent and Queen Anne’s Counties.

Pamela L. Duke, Esquire, Principal
Bridget M. Mahoney, Esquire, Associate Attorney

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Attorney Advertising. The Law Office of Andrea Ross is a debt relief agency that helps people file for bankruptcy.

Andie Ross, Esq.

Bankruptcy attorney Andie Ross has dedicated her practice to providing dignified and tailored solutions to individuals and businesses throughout the region. As a full-time resident of the Shore, she wants to see her community thrive and wholeheartedly believes that everyone deserves a second chance. "We are living through extraordinary times, which none of us could have predicted and most people are simply overwhelmed. Now is the time to take control of your financial situation – you've got options!" she says. The people who come to her to get out of debt and start a new life are more than just clients – they're her neighbors and friends, who deserve her personal attention every step of the way. Ms. Ross welcomes all inquiries and provides a free and confidential consultation to review all Debt Consolidation, Debt Settlement, and Bankruptcy options. The Law Office of Andrea Ross remains open for business during the current Coronavirus (Covid-19) crisis and will continue to file new cases. It is important to stay calm and understand there are solutions available for people facing financial difficulty.

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Brady Fischel & Daily

Comprised of experienced trial attorneys, Brady Fischel & Daily has developed a diversified litigation practice focused on resolving matters involving personal injury, wrongful death, medical malpractice, business and commercial disputes, insurance claims, and property and land use issues. The attorneys of the firm pride themselves on their ability to develop and implement solution-oriented strategies designed to solve problems promptly, efficiently, and where possible, amicably. When litigation is necessary, the Firm's attorneys bring decades of trial experience to the courtroom prepared to act decisively and zealously to protect the client's interests.

The Firm's partners, associate attorneys, paralegals, and staff make up a team of passionate advocates, highly skilled negotiators, and experienced trial lawyers able to provide unmatched advice and support to both individuals and businesses. Brady, Fischel & Daily is committed to the belief that the client always comes first; and this means that if the Firm cannot help, we will help you find someone who can.

In addition to virtual consultations, Brady Fischel & Daily has offices conveniently located in Annapolis and Baltimore, allowing our team to represent clients throughout Maryland and in the District of Columbia.



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Parker Counts

Operating in the same location in beautiful downtown Easton since 1958, Parker Counts is traditionally a general practice law firm with strong focus on all facets of real estate and estate planning. Our attorneys offer advice and representation on legal matters to individual clients and businesses on the Mid-Shore and beyond from offices in Easton and Cambridge. Caring and focused, these trusted advisors are efficient problem solvers, but strong and effective advocates when required. They have a long history of community involvement and service.

Willard "Burry" Parker, Partner: Real estate, zoning and land use, civil litigation, appeals, corporations, business acquisition, personal injury, and estate planning.

Ann Karwacki Goodman, Partner: Estate planning, tax, estate and trust administration, and elder law.

Jesse B. Hammock, Partner: Civil litigation, land use and environmental litigation, employment law, real estate and estate and guardianship litigation.

C. Lee Gordon, Partner: Estate planning, estate and trust administration, tax, elder law, real estate, and business transactions.

Peter R. Cotter, Associate: General civil litigation, family law, divorce and custody, landlord-tenant, traffic, real estate, and zoning.

Lynn Dymond, Associate Counsel (Cambridge based): Estate planning, estate and trust administration, real estate, tax and elder law.

Kristen Graf, Associate: Estate planning, estate and trust administration, real estate and business transactions.

Martha Effinger, Associate: Business formation and planning, corporate transactions, estate planning, estate and trust administration.



Q & A

QUESTIONS & ANSWERS WITH THE LEADING LEGAL PROFESSIONALS



Q: Beyond criminal penalties, what sanctions can be imposed by the Motor Vehicle Administration if I have been charged with a drinking and driving offense?

A: The MVA may impose several different sanctions on an individual who has been arrested for driving under the influence of drugs and/or

alcohol. These can include suspending a person's driving privilege from six months to two years depending on your blood alcohol content and/or refusal of an intoximeter test. An individual can also be ordered to equip their vehicle with an ignition interlock device, commonly known as a "blow-and-go." The administrative process is extremely complicated. Competent legal counsel is required to navigate through the intricacies of the MVA and, ultimately, help you obtain a positive outcome.

JESSE F. HICKS

The Shipley Law Firm



Q: Will you need to file bankruptcy due to the impact from the Coronavirus? Are you unemployed? Behind on your rent, mortgage, or car payment? Do you have mounting medical or credit card debt? Did the Coronavirus pull the rug out from under you?

A: You've Got Options! There are major differences between debt consolidation, debt settlement, and bankruptcy. Bankruptcy is a

legal proceeding for those that cannot afford to pay their debts. It enables a business or person to become debt-free by allowing them to get a fresh start. There is no greater time than now to get a free & confidential consultation to learn about your options. The Law Office of Andrea Ross remains open for business during the current Coronavirus (Covid-19) crisis and will continue to file new cases. It is important to stay calm and understand there are solutions available for people facing financial difficulty.

ANDIE ROSS, ESQ.

The Law Office of Andrea Ross, (800) 758-9265



Q: If I file a bankruptcy case, can I keep my house and car?

A: The quick answer is almost always. Congress established the current Bankruptcy Laws in order to provide honest debtors with a fresh start. Most folks would not have much of a fresh start if the bankruptcy process resulted in the loss of the most

important assets like the place to live and the way to get back and forth to work. So, whether we use the tools in Chapter 7, 11, 12, or 13 of the Bankruptcy Code, there are provisions in place to help almost every person keep those assets that are the most important. It is true that every case is different, and not every home or car can be saved, but the law can provide nearly every family/person some way to save these assets in a bankruptcy case. We are happy to evaluate your case free of charge. Just give us a call.

GEORGE R. ROLES

Attorney and Counselor at Law



Q: I am the owner of a small business. Now that there are COVID-19 vaccines available, can the company require all employees to be vaccinated?

A: In short, yes, employers may require employees to be vaccinated against the COVID-19 virus. This is subject, however, to ensuring the vaccination requirement is properly justified and implementing reasonable

accommodations that may be required for certain employees under laws such as the Americans with Disabilities Act and Title VII of the Civil Rights Act. If an employee refuses or cannot get vaccinated because of a disability or sincerely held religious belief, and there is no reasonable accommodation possible, then it may be lawful to exclude the employee from the workplace or ultimately terminate the employee. The decision to require COVID-19 vaccination is unique to the circumstances of each employer. Qualified employment counsel can assist in sorting through the various considerations and ensuring any decision to mandate COVID-19 vaccination is made and implemented properly.

MICHAEL J. MARINELLO

Kagan Stern Marinello & Beard LLC



Q: My partner and I are not married, but we share a primary residence. Is there a way that we can leave our primary residence to each other without having to pay Maryland's 10% inheritance tax?

A: Yes! If you and your partner are "domestic partners" as defined by Maryland law (at least 18, not related, not married to anyone else, and in a relationship of mutual interdependence), there is a way to structure that inheritance so that it is exempted from the 10% inheritance tax. In addition to meeting the definition you must complete an affidavit with accompanying documentation.

DEBORAH F. HOWE
Franke Beckett LLC



Q: What should I do if I get into a car accident?

A: If you are involved in an auto accident it is very important to (i) call the police; (ii) exchange information with the at-fault driver getting insurance information, driver's license number and tag number (with the advent of smart phones — it is super easy to simply take pictures of all of these things); (iii) take a picture of the property damage and the location of the accident; (iv) seek medical treatment, and (v) contact a lawyer.

JOHN LEO WALTER, ESQUIRE
Eastern Shore Legal®



Q: Will my bankruptcy appear in my credit report and how will it affect me?

A: A Bankruptcy will appear in your Credit Report for up to ten years BUT will typically discharge all your debts, leaving you debt free and with a much better score than you had. Where you then make timely payments, you can usually receive new credit within 10 months after a discharge and obtain a new Mortgage 24 months after discharge. Lenders make loans based on credit worthiness more than any other factor. There are exceptions, but you will probably have little difficulty in re-establishing credit.

CAMI RUSSACK
RLC Lawyers & Consultants



Q: What sort of estate planning issues arise from transferring a family business to the next generation?

A: Each situation is different, but a primary concern is control and governance: who will inherit voting power, and what rights will minority members have if they want to sell? These matters can typically be addressed through a shareholder or partnership agreement. A well-crafted estate plan will give minority owners the ability to exit the business without creating undue litigation risk or the threat of a forced sale. Income and estate tax concerns must also be addressed in the succession plan. Franke Beckett LLC brings both planning and litigation experience to the table in assisting business owners with their estate planning.

JACK K. BECKETT
Franke Beckett LLC



Q: If Iliff, Meredith, Wildberger & Brennan, P.C. represents me, will I continue throughout my matter to speak with an attorney who is working on my case when I contact the firm?

A: Yes. Iliff, Meredith, Wildberger & Brennan, P.C. is a small law firm, and we are selective in choosing the matters in which we will undertake representation. One of the reasons for this is that we are a client-friendly law firm at which at which our attorneys communicate directly with, and are accessible to, our clients.

KATHLEEN HOWARD MEREDITH
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Natalie M. Ewing + Craig M. Teat

Craig and Natalie got engaged in the Florida Keys on March 7, 2021. Growing up in Talbot County, both enjoy fishing together on the Chesapeake Bay and adjoining rivers. They are eagerly planning for a summer wedding on August 7, 2021, overlooking the Tuckahoe Creek.

Photography by Arden Haley

Jacob S. Van Schaik + Angelica I. Sichette



We originally met in high school and have now been dating for 6 years. Jacob proposed at Rockefeller center in New York City during Christmas time. We have now been engaged for a year and four months and are very eager for our wedding on June 12th, 2021 at The Oaks, in Royal Oak MD!

Photography by Cassidy Mister

Shelby Murphy + Blake Melton

Local couple, Shelby Murphy & Blake Melton of Hebron, Maryland had their engagement photos taken on beautiful Assateague Island. They are looking forward to their June wedding.

Photography by Bill Whaley



Chelsea Grieco + Keith Mallery

Keith and Chelsea met 10 years ago in college, at the University of Maryland in College Park. After years of long distance, Keith convinced the city girl to move from New York City to his hometown on the Eastern Shore of Maryland... an adjustment to say the least! In 2019, the couple moved from the shore to Anne Arundel County and have settled into their new home and lovely community in Odenton. The couple is very excited to finally seal the deal at their upcoming wedding which will be held at the Winterthur Museum, Garden & Library in Delaware this September!

Photography by Kemp Collective



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WEDDINGS EDITION



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Scott Collins + Jessi Windon

Sparks fly between a cigar roller & rum runner on the Eastern Shore! Scott Collins proposed to Jessi Windon on their dock, on Tuesday evening last July. They share a love of great cuisine, cocktails & the Chesapeake Bay. Their respective businesses, Port of Call Cigars & LYON RUM, are both located in Saint Michaels. **Photography by Jaime Windon**



Garrit K. Haley + Jazming N. Thompson

Locals to the Eastern Shore, Garrit and Jazming, took advantage of a beautiful fall evening photo session in the sunflower patch of a nearby farm. Planning for a fall 2021 wedding has been exciting and fun! **Photography by Arden Haley**

Casey-Jene Whitehead + Adam McClanahan



Adam and Casey met the summer of 2012 at Arden beach. They began dating shortly after in October. The couple got engaged in their backyard surrounding their closest friends (and dogs) and plan to get married a few days after their nine year anniversary in Crownsville, MD.

Photography by Michael Twiss



Sierra Diniz + Christopher Dove

After 9 1/2 years together and 2 beautiful children later, we're so excited to finally start this next adventure together. Snowboarding has always been a hobby we love for both of us and when Chris proposed at the top of the mountain at Wisp Resort, it was like a fairytale. I'm obsessed with all the wedding planning and can't wait to celebrate our wedding in 2022.

Photography by my future Father-in-law

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NONPROFITS

YOU SHOULD KNOW

This month we have made it easy for you to map out your charitable giving agenda. Here are some of the many nonprofit organizations we have based in Caroline, Kent, Queen Anne's County and the rest of the shore. Although we can't list them all, here are more than a few nonprofits you should know. Also check out the events these nonprofits are putting on in our Philanthropic Calendar both online and in our April issue.

CAROLINE COUNTY

Adkins Arboretum Ridgely; 410-634-2847; adkinsarboretum.org; Promotes the conservation and restoration of the Chesapeake Bay region's native landscapes.

Benedictine Foundation Ridgely; 410-634-2112; benschool.org; Assists individuals with disabilities in becoming as independent or semi-independent as possible.

Caroline County Human Services Council Denton; 410-479-4446; carolinemd.org/; Expands and manages the implementation of a local, interagency, community-based human service delivery system for children and families, and develops new and innovative services.

Rebuilding Together Caroline County Denton; 410-479-2929; rebuildingtogethercaroline.org; Provides free services to Caroline County homeowners who are elderly or disabled, or households with children that face necessary but unaffordable dwelling repairs.

St. Martin's Ministries Ridgely; 410-634-2597; smartinsministries.org; Helps meet basic human needs of impoverished people while respecting and affirming their dignity, and addressing root problems that perpetuate the cycle of poverty.

DORCHESTER COUNTY

Baywater Animal Rescue Cambridge; 410-228-3090; baywater-animalrescue.org; Provides and encourages humane treatment of animals.

Delmarva Community Services Cambridge; 410-221-1900; dcsdct.org; Helps senior citizens and persons with developmental disabilities maintain an independent lifestyle within the community.

Dorchester Center for the Arts Cambridge; 410-228-7782; dorchesterartscenter.org; Enriches Maryland's Eastern Shore through quality, engaging programming in the visual, literary, musical, and performing arts.

Dorchester Chamber of Commerce Cambridge; 410-228-3575; dorchesterchamber.org; To Advance Dorchester County through educating, promoting, and growing a strong business community.

Dorchester General Hospital Foundation, Inc. Cambridge; umms.org; Works to raise funds to benefit programs and services and University of Maryland Shore Medical Center at Dorchester.

Downtown Cambridge—A Main Street Organization Cambridge; 410-477-0843; downtowncambridge.org; Preserves, enhances, and promotes the Main Street District of Cambridge.

Eastern Shore Area Health Education Center Cambridge; 410-221-2600; esahec.org; Recruits and retains health care professionals and builds healthy communities through educational opportunities and collaborative partnerships.

Friends of Blackwater Cambridge; friendsofblackwater.org; Assists Blackwater National Wildlife Refuge, Martin National Wildlife Refuge, and Eastern Neck National Wildlife Refuge in carrying out their educational, interpretive, and public-use missions.

Nanticoke Watershed Alliance Vienna; 410-430-3273; nanticokeriver.org; Seeks to conserve the natural, cultural, and recreational resources of the Nanticoke River watershed.

Nanticoke Historic Preservation Alliance—Restore Handsell Cambridge; restorehandsell.org; Supports the restoration of Handsell, an 18th-century ivy-covered, red brick building located in the middle of what is known as "Indiantown."

Richardson Maritime Museum Cambridge; 410-221-1871; richardsonmuseum.org; Preserves and promotes the boat-building heritage of Dorchester County and the Chesapeake Bay.



KENT COUNTY

Chester River Health Foundation Chestertown; 410-810-5661; umcrhf.org; Raises funds that steward and enhance healthcare excellence for the people who live in or visit the communities served by UM Shore Medical Center at Chestertown and Chester River Home Care.

Coastal Conservation Association Maryland Annapolis; 800-201-3474; ccamd.org; Advocates for and conserves the sustainability of Maryland's marine resources.

Echo Hill Outdoor School, Inc. Worton; 410-348-5880; ehos.org; Works to create a climate of freedom and growth that bolsters a safe, fun, and educational experience in the outdoors.

Garfield Center for the Arts at the Prince Theatre Chestertown; 410-810-2060; garfieldcenter.org; Seeks to foster and promote broad public use of the historic Prince Theatre for educational and cultural purposes in order to provide wide participation and access to the performing and visual arts for the Kent County community.

Kent Family Center Chestertown; 410-810-3790; kentfamilycenter.org; Provides free, comprehensive services to expecting parents and families of children birth to three in Kent County.

Sultana Education Foundation Chestertown; 410-778-5954; sultanaprojects.org; Connects people to the Chesapeake Bay's history, ecology, and culture, and inspires them to join in preserving and restoring America's largest estuary.

United Way of Kent County Chestertown; 410-778-3195; unitedwayofkentcounty.org; Raises funds to support outstanding local charities and nonprofit organizations serving those in need in our community.

Upper Shore Aging Chestertown; 410-778-6000; upper-shoreaging.org; Helps older community members maintain a good quality of life in familiar surroundings, as opposed to long-term-care institutionalization.

Women in Need, Inc. Chestertown; 410-778-5999; win-foundation.org; Meets the immediate needs of local women while working toward helping them achieve permanent self-sufficiency through providing emergency assistance, transitional housing, agency referrals, and mentoring.

QUEEN ANNE'S COUNTY

Anne Arundel Counseling Centreville and Stevensville; 410-768-5988; annearundelcounseling.com; Counseling and therapeutic professionals dedicated to providing comprehensive treatment to children, adolescents, and adults through individual, family and group counseling.

Bosom Buddies Charities Stevensville; bosombuddiescharities.com; Promotes breast cancer awareness, research and prevention, and benefits diagnostic mammography, treatment methodology, and healing.

Chesapeake Bay Environmental Center Grasonville; 410-827-6694; bayrestoration.org; Promotes stewardship and sustainability through environmental education and habitat restoration.

Chesapeake Charities Stevensville; 410-643-4020; chesapeakecharities.org; Enables people like you to establish charitable funds or donate to a cause you support.

Chesterwy Center Grasonville; 410-827-7048; chesterwy.org; Provides a variety of services and support to adults with developmental disabilities, including residential, vocational, recreational, medical, and transportation assistance.

Church Hill Theatre Church Hill; 410-556-6003; churchhilltheatre.org; Creates and presents quality performances and educational opportunities for members of our diverse community.

Compass Regional Centreville; 443-262-4100; compassregionalhospice.org; Provides comprehensive, professional, and compassionate end-of-life care and bereavement support.

Crossroads Community, Inc. Centreville; 410-758-3050; ccinonline.com; Offers recovery-focused behavioral health care services—day, residential, and community—for children and adults.

Harry R. Hughes Center for Agro-Ecology, Inc. Queenstown; 410-827-8056; agresearch.umd.edu/agroecol; Funds research, policy initiatives, and outreach programs designed to help Maryland's farmers and foresters maintain profitable and environmentally sustainable working landscapes.

Haven Ministries Chester; 410-739-4363; haven-ministries.org; Hope is provided to those in need in Queen Anne's County by supplying shelter, clothing, food, and support. Ministries include a Homeless Shelter, Our Daily Thread Thrift Shop, Emergency Food Pantries, Resource Center, Street Outreach, and a Warehouse with a job training program.

Kinera Foundation Stevensville; 443-249-3126; kinera.org; Committed to ensuring that families raising children with special needs have equitable access to therapies and treatments within the Eastern Shore.

LEAD Maryland Foundation Queenstown; 410-827-8056; extension.umd.edu/lead-maryland; Providing opportunities to expand leadership abilities and resources to people interested in the future of Maryland agriculture.

Project Chesapeake Centreville; 443-262-0425; projectchesapeake.com; Strengthens communities through innovative, recovery-focused strategies and connects individuals seeking alcohol or drug abuse and addiction counseling services with the best treatment opportunities to promote long-term recovery and sustained success.

Queen Anne's Conservation Association, Inc. Centreville; qaca.org; A conservation and land use advocacy organization that works to promote good planning policy and good government in Queen Anne's County.

Queen Anne's County Arts Council Centreville; 410-758-2520; queenannescountyarts.com; Works to promote, expand, and sustain the arts in Queen Anne's County.

Talisman Therapeutic Riding Grasonville; 443-239-9400; talismantherapeuticriding.org; Serves those who can benefit by the talismanic healing nature of horses and the guidance of professional therapists and instructors in a peaceful farm setting.

TALBOT COUNTY

Academy Art Museum Easton; 410-822-2787; academyartmuseum.org; Aims to provide the knowledge, practice, and appreciation of the arts, and enhance cultural life on the Eastern Shore.

American Diabetes Association Tour de Cure, Easton; 410-265-0075 (Baltimore Office); diabetes.org; Leads the fight against the deadly consequences of diabetes and fights for those affected by the disease.

Avalon Foundation, Inc. Easton; 410-822-0345; theavalonfoundation.com; Provides diversified arts and education programs on the Eastern Shore.

CASA of the Mid Shore Easton; 410-822-2866; casamidshore.org; Advocates for the best interests of children who are under the protection of the court system because of abuse, neglect, or abandonment.

Channel Marker, Inc. Easton; 410-822-4619; channelmarker.org; Offers prevention programs and psychiatric rehabilitation services to youth and adults.

Character Counts Mid-Shore Easton; 410-819-0386; charactercountsmidshore.com; Helps foster activities at all levels of the community that will create an environment based on the Six Pillars of Character.

Chase Brexton Easton; 410-837-2050; chasebrexton.org; Provides a range of clinical services from primary medical care and behavioral health services to dental and pharmacy, among others, and welcome more than 40,000 patients annually.

Chesapeake Bay Maritime Museum St. Michaels; 410-745-2916; cbmm.org; Inspires an understanding of, and appreciation for, the rich maritime heritage of the Chesapeake Bay and its tidal reaches, together with the artifacts, cultures, and connections between this place and its people.

Chesapeake Music, Inc. Easton; 410-819-0380; chesapeakemusic.org; Brings world-class chamber music to a growing audience of young and old on Maryland's Eastern Shore.

Chesapeake College Foundation Wye Mills; chesapeake.edu; Helps students become successful individuals through scholarship support, funds for technology, rewarding teaching innovation, and other initiatives.

Chesapeake Voyagers, Inc. Easton; 410-822-1601; chesapeakevoyagers.org; Promotes wellness and recovery by empowering individuals with mental health needs to reach their full potential.

Critchlow Adkins Children's Centers Easton; 410-822-7181; cackids.org; Uses age-appropriate curriculum to engage and nurture children ages 2 to 4 in preschool and pre-kindergarten, and children in kindergarten to sixth grade in before- and after-school programs.

Dixon House Easton; 410-822-6661; dixonhouse.org; Provides quality and affordable care to seniors in a comfortable home-like setting.

Eastern Shore Land Conservancy Easton; 410-690-4603; eslc.org; Conserves the lands that will best preserve the Eastern Shore's farms, forests, fisheries, and rich rural heritage for the benefit of future generations.

Environmental Concern, Inc. St. Michaels; 410-745-9620; wetland.org; Promotes public understanding and stewardship of wetlands through outreach and education; native species horticulture; and restoration, creation, and enhancement initiatives.

Evergreen Cove Holistic Learning Center Easton; 410-819-3395; evergreencove.org; Offers classes, workshops, and retreats focused on the areas of maximum health, stress reduction, and self-discovery.

For All Seasons, Inc. Easton; 410-822-1018; forallseasonsinc.org; Recognizes and responds to community needs in regards to mental health and sexual assault.

Freedom Rowers Easton; freedomrowers.org; Boosts self-esteem and discipline, and opens doors for scholastic, community and personal achievement through the sport of rowing.

Friends of Wye Mill Wye Mills; 410-827-3850; oldwvemill.org; Owns and operates the Wye Grist Mill, established in 1682.

Habitat for Humanity Choptank Trappe 410-476-3204; habitatchoptank.org; Builds simple, decent houses with volunteer labor, donated capital, and income from monthly mortgage payments for residents of the area who would otherwise be unable to purchase a home.

Historical Society of Talbot County Easton; 410-822-0773; talbothistory.org; Preserves, communicates, and celebrates the heritage of Talbot County by educating residents and visitors.

Memorial Hospital Foundation Easton; 410-822-1000; ummh-foundation.org; Supports and encourages quality health care and medical services in the Talbot County community through University of Maryland Memorial Hospital at Easton.

Mental Health Association in Talbot County Easton; 410-822-0444; mhamdes.org; Promotes mental health, serves the needs of the mentally ill, and develops awareness and improves attitudes toward mental illness.

Mid Shore Community Mediation Center Easton; 410-820-5553; midshoremediation.org; Builds stronger communities by facilitating fair, free, and prompt resolution of disputes.

Mid-Shore Community Foundation Easton; 410-820-8175; mscf.org; Connects private resources with public needs to enhance the quality of life for the citizens of Caroline, Dorchester, Kent, Queen Anne's, and Talbot counties.

Mid-Shore Council on Family Violence Easton; 800-927-4673; mscfv.org; Seeks to break the cycle of domestic violence through intervention and prevention, providing shelter, counseling, services, and advocacy for victims and abusers.

Mid-Shore Mental Health Systems Easton; 410-770-4801; msmhs.org; Plans, manages, and monitors publicly funded, medically necessary mental health services in the five-county region for consumers of all ages.

Mid-Shore Pro Bono, Inc. Easton; 410-690-8128; midshoreprobono.org; Provides access to free or reduced-fee legal services throughout the Mid-Shore to qualified litigants in civil matters.

NeighborhoodService Center Easton; 410-822-5015; nsctalbot-md.org; Seeks to improve the quality of life, both socially and economically, for low-income residents of Talbot County.

Oxford Community Center, Inc. Oxford; 410-226-5904; oxfordcc.org; Provides a welcoming place where area residents and visitors of all ages can participate in programs and activities that enrich community life.

Pickering Creek Audubon Center Easton; 410-822-4903; pickering-creek.org; Provides environmental and science education programs to students from eight Maryland counties and the District of Columbia.

Phillips Wharf Environmental Center, Inc. Tilghman; 410-886-9200; phillipswharf.org; Seeks to educate and create an understanding of, and appreciation for, the ecosystems of the Chesapeake Bay and the heritage and life of the Chesapeake Bay watermen.

Positive Strides Easton/Preston; 443-239-4953; positivestridescenter.org; Provides therapy for physically, mentally, and emotionally challenged individuals through therapeutic horseback riding.

Shore Rivers Easton; 443-385-0511; shorerivers.org; A clean water voice for Maryland's Eastern Shore and home to the Chester, Choptank, Miles-Wye, and Sassafras Riverkeepers.

St. Michaels Community Center St. Michaels; 410-745-6073; stmichaelscc.org; Promotes and provides quality activities and services that will contribute to the physical, emotional, and social well-being of the community.

Talbot Community Connections Easton; 410-770-5908; talbotcommunityconnections.org; Raises and distributes funds, services, and supplies to answer unmet needs fundamental to the safety, security, health, and well-being of Talbot County's children and adults.

Talbot County Arts Council Easton; 410-310-9812; talbotarts.org; Provides funding and other assistance for arts programs, arts organization, and arts education in Talbot County.

Talbot Hospice Foundation Easton; 410-822-6681; talbothospice.org; Offers hope, compassionate support, and services to all members of the community facing end-of-life issues, including patient/family care, community education, and advocacy.

Talbot Humane Easton; 410-822-0107; talbothumane.org; Rescues animals from neglect, places companion animals into loving homes, reunites lost pets with their owners, and reduces pet overpopulation through aggressive spay and neuter programs.

Talbot Interfaith Shelter Easton; 410-690-3120; talbotinterfaithshelter.org; Provides safe, temporary shelter to men, women, and children who lack adequate housing, and raises awareness of the issues of homelessness in our community.



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www.wetland.org construction@wetland.org 410.745.9620



NONPROFITS

Talbot Mentors Easton; 410-770-5999; talbotmentors.org; Provides mentors to Talbot County children to support them in the challenges and opportunities of adolescence through friendship, guidance, and education.

Talbot Partnership Easton; 410-819-8067; talbotpartnership.org; Encourages the community to recognize the problems of, and implement solutions related to, alcohol, tobacco, and other drug addictions.

Tilghman Watermen's Museum Tilghman; 410-886-1025; tilghman-museum.org; Celebrates the culture and heritage of Tilghman Island's watermen and their families through an ever-growing collection of historical artifacts and boat models.

United Fund of Talbot County Easton; 410-822-1957; unitedfund.org; Raises funds to meet the under-funded human service needs of the Talbot County community, benefiting member educational, recreational, health, character-building, and human services organizations.

Waterfowl Festival, Inc. Easton; 410-822-4567; waterfowlfestival.org; Dedicated to creating, restoring and conserving waterfowl habitat throughout the Chesapeake Bay watershed and nearby coastal bays.

Women & Girls Fund of the Mid-Shore Easton; 410-770-8347; womenandgirlsfund.org; Targets and funds local programs that address crucial and underserved issues impacting the region's women and girls

YMCA of the Chesapeake Easton; 410-822-0566 ymcachesapeake.org; Multiple locations in Easton and throughout the Eastern Shore; youth, adult, and family fitness facilities, programs, camps, childcare, and community events.

The Trippe Gallery



Photographs Paintings Sculpture

23 N Harrison Street Easton

410-310-8727 thetrippegallery.com



The Arc

Central Chesapeake Region

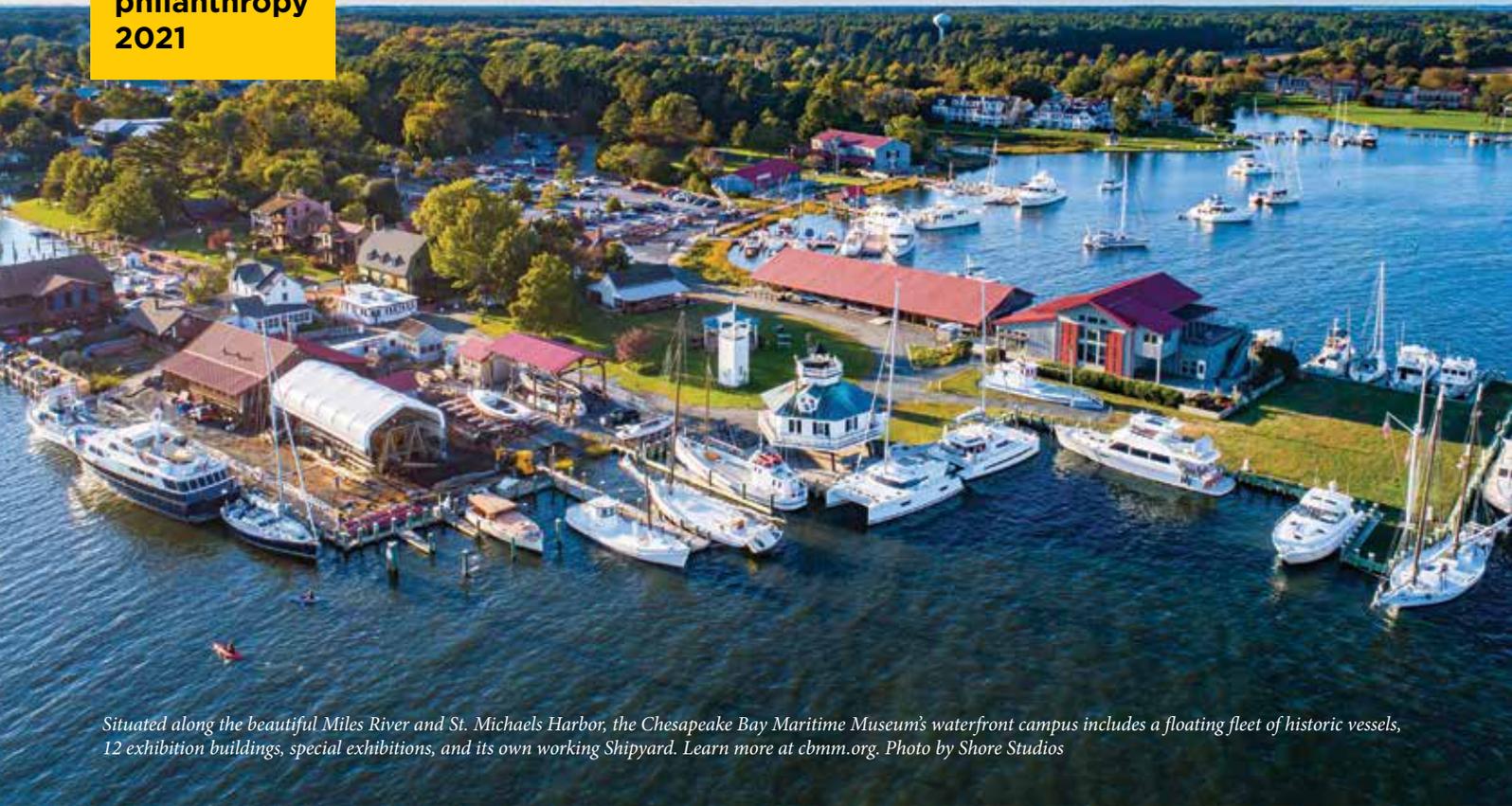
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Situated along the beautiful Miles River and St. Michaels Harbor, the Chesapeake Bay Maritime Museum's waterfront campus includes a floating fleet of historic vessels, 12 exhibition buildings, special exhibitions, and its own working Shipyard. Learn more at cbmm.org. Photo by Shore Studios

ENHANCING THE WATERSHED

Chesapeake Bay Maritime Museum works to improve the lives of guests, community members

The Chesapeake Bay Maritime Museum is dedicated to preserving and exploring the history, environment, and culture of the entire Chesapeake Bay region, and making this resource available to all.

How does one organization tackle such aspirational goals while also hosting more than 80,000 annual guests? CBMM's approach to realizing this vision has led to its recognition as both a world-class institution and a leader in its local community.

Engaging Guest Experiences

With a waterfront campus in St. Michaels, Md., a visit to CBMM is an experience like no other. CBMM's campus includes a floating fleet of historic vessels, 12 exhibition buildings, special exhibitions, and its own working Shipyard. Guests can try something different on every visit, from taking in the views from the 1879 Hooper Strait Lighthouse, to watching the construction of tall

ships and traditional Bay watercraft, to cruising the Miles River with volunteer docents.

These experiences aren't limited to on-campus guests. This year, CBMM rolled out access to all the best parts of the CBMM experience through a full slate of virtual programming and an online portal offering its members access to digital content on-demand.

Transformative Educational Programming

First and foremost, CBMM is an educational organization. Its collection boasts more than 70,000 objects and its year-round programming is designed to inspire and educate current and future stewards of the Bay, and to share its heritage, ecology, and culture.

Children and adults alike are invited to explore the Bay with CBMM through virtual learning, specialized tours, hands-on programs, on-the-water experiences, and corresponding curriculum units. CBMM has also sought to address inequities through Rising Tide, a free after-school program for local youth, and a bus scholarship program to benefit PK-12 student field trips. In its Shipyard, CBMM's shipwrights are engaged in the transference of traditional skills through a certified Shipwright Apprentice Program, another way of keeping the area's heritage alive and thriving.

A Vital Community Partner

With the goal of being a valuable resource for the community, CBMM works closely with its neighbors daily. And as Maryland's Eastern Shore

and surrounding regions look to rebound from the economic impacts caused by COVID-19, CBMM aims to serve as a leader in those efforts.

An economic impact study completed last year showed just how much of a contributor CBMM is to the area. In 2019, visitors traveling to visit CBMM from more than 50 miles generated \$11.6 million in visitor spending for Talbot County – \$11 million of which was spent in St. Michaels on travel-related goods and services. The study also showed that spending by out-of-state visitors who traveled to St. Michaels to visit CBMM generated \$6.5 million in net economic impact for Maryland.

Beyond economics, CBMM's employees are involved with more than 100 community organizations through public service or volunteering, all to enhance the watershed where they, and its guests, live, work and play.

With a vision of providing engaging guest experiences and transformative educational programming, and of being a vital community partner, the Chesapeake Bay Maritime Museum in St. Michael, Md., is working hard to enhance the watershed where its guests live, work and play. To support these efforts, please consider donating to CBMM's Annual Fund at cbmm.org/donate.



Front row - left to right: Charles Carpenter, Lynn Semenuk, Executive Director Krista Pettit, Treasurer Dorothy Wilson, President Caroline Aland, Director of Operations Sandra Wiscott Back row, left to right: Ireri Britton, Secretary Colleen Thomas, Richard Culotta Not pictured: Jack Gottschalk, Rev. Matthew Beers, Mary Jourdak

HOMES FOR HOPE OFFER HOPE

Haven Ministries breaks new ground in housing assistance

Haven Ministries is tackling the urgent need for affordable housing in Queen Anne's County through an innovative Housing Assistance Program that will support county residents when affordable housing is unattainable. **Homes of Hope** – two new single-family homes located in Stevensville – will provide HOPE to those participating in Haven Ministries Housing Assistance Program.

"We will be able to connect people who are having difficulty finding affordable housing to the appropriate services and eventually to permanent housing solutions," states Krista Pettit, Executive Director of Haven Ministries.

While participating in the Housing Assistance Program, participants will work closely with a Haven Ministries case manager to ensure that they are positioned for success to secure safe and

stable long-term housing once their respective program period is over, usually within two years. Individuals and families who live in Queen Anne's County can apply for the program, must pass the background checks, pay a program fee, and voluntarily agree to work with a case manager. Haven Ministries will connect participants to area resources such as education, jobs, and job training allowing individuals and families to stabilize, build up their resources, and successfully move on toward safe and affordable housing.

The median rent in Queen Anne's County is approximately \$1600 a month, \$131 above the national average for rent, and the median home price is approximately \$329,000, considerably higher than the national median home price of \$231,200. Housing instability can include trouble paying rent or a mortgage, moving frequently due to the lack of affordable housing, or spending a majority of household income on housing.

The construction for Homes of Hope and the Housing Assistance Program are being funded by private donations and grants, including those from foundations made directly to Haven Ministries, and through major fundraising activities. A program fee will also be collected from the Housing Assistance Program clients approved for the program. Many local businesses have contributed supplies and/or labor, such as Lundberg Builders, Torchio Architects, Cole Venture, Lane Engineering, and Increte to make this dream a reality.

Haven Ministries will continue to operate its seasonal shelter at Kent Island Methodist Church in Stevensville to offer emergency overnight safe and warm accommodations for individuals and

families that do not have a dedicated location in which to sleep. Although both of these programs are important programs, they each serve a different population of community members with different needs.

For further information about donating to this important project, visit haven-ministries.org or call Krista Pettit at 410-739-4363.

Love shapes the ministry, love transforms people, and hope prevails at Haven Ministries. Haven Ministries operates a seasonal Homeless Shelter, a Resource Center and Food Pantry in Queenstown, Our Daily Thread Thrift Store in Stevensville, Hope Warehouse in Queenstown, and a Food Pantry Truck in Sudlersville.



www.haven-ministries.org
410-739-4363

f @havenministriesshelter



**philanthropy
2021**



The Academy Art Museum's new entrance, designed by Top 50 US Architect Ziger|Snead, and paved courtyard, is an ideal setting for lectures, community gatherings and events.

DONORS CAN SUPPORT INNOVATIVE WAYS OF ENGAGING AREA YOUTH IN THE VISUAL ARTS AT THE ACADEMY ART MUSEUM

The Academy Art Museum enriches the lives of Mid-Shore residents by making arts and culture accessible to all. As the premier art museum on the Eastern Shore of Maryland, the Museum presents high-quality exhibitions and a full range of art classes for visitors of all ages. The Museum's ArtReach program, the heart and soul of the Museum's youth programs, provides arts education at no charge to public and private school children from the region. For many children, this program represents their only chance to engage in activities through an art museum.

The Academy Art Museum's mission to engage youth on the Eastern Shore in innovative children's art programming has been especially important during the pandemic – a time of uncertainty when the arts have filled a void. Whether it was free art kits for elementary students who depend on free lunches or free summer camp kits for children of essential workers, the Museum has continued to look for new ways to provide arts access and engagement for children and their families.

This spring, the Museum is teaming up with Easton Elementary School to celebrate the inauguration of its stunning new school building and to give each child and family a chance to contribute to the building's new artwork. The Museum commissioned 18 large wooden puzzles, enough for every child to paint their own piece. Puzzles take the form of a pawprint, which is the school's logo, or a hexagon, which is a design motif in the new school building. Upon completion, the puzzles will be on permanent display in the school, along with a commemorative plaque.

One of the Museum's largest community projects is its vibrant Juneteenth celebration, which it hosts each June on the Museum's grounds. This year's Juneteenth celebration will include an art display featuring the artwork of students in Talbot County Public Schools. Students will be asked to create works based on the theme of freedom, using acrylic paint pens on vinyl that can be used to line the giant cube sculpture on the Museum's front lawn. Visitors can stop by at any time through the summer to admire the works and share in the students' visions for what they think freedom represents.

On May 15, the Museum participated in Talbot County's COMMUNITY Day with its program, Flowers, Flowers Everywhere! Families celebrated spring in a safe and socially-distanced way by picking up free paper flower kits to make at home. These take-home art kits have remained popular during the pandemic and provide families projects they can all do together.



Children enjoy Waterwall, an installation by artist Katherine Tzu-Lan Mann, located on the front lawn of the Museum. This cube will be transformed for Academy Art Museum's Juneteenth celebration which will feature children's artwork based on the theme of freedom.

Although the Museum receives funding from the Maryland State Arts Council, the Talbot County Arts Council, the Artistic Insights Fund of the Mid-Shore Community Foundation, and the HUT Foundation, it relies heavily on support from individual donors to fund its programming. For further information about the Museum or to donate to the Museum, visit academyartmuseum.org, call 410-822-2787 or visit the following link: <https://academyartmuseum.org/join-give/annual-fund/>.

Academy Art Museum
106 South St, Easton, MD 21601
(410) 822-2787
www.academyartmuseum.org



FIFTY YEARS: REASONS TO CELEBRATE

Heroic strides at Critchlow Adkins Children's Centers

In spite of the challenges of the pandemic, Critchlow Adkins Children's Centers (CACC) has a lot to celebrate as they mark the impressive milestone of providing 50 years of quality, affordable, educational childcare in Talbot County. Originally named Easton Day Care, Critchlow Adkins has had a profound impact on the fabric of its community, having educated and enriched the lives of more than 12,000 children and four generations of families.

Two visionary women, Happy Critchlow and Janice Adkins, understood that providing reliable childcare would allow parents to work and families to thrive. From a few rooms in St. Mark's United Methodist Church, Critchlow Adkins has grown to include five sites which serve over 400 children in their preschool, pre-K-5th grade before- and after-school care, and summer camp programs. Over the past five decades, Critchlow Adkins

has remained committed to its original mission. Dedicated teachers and age-appropriate programs are at the heart of CACC's success. Utilizing Maryland State Department of Education approved curriculum, Critchlow Adkins teachers are able to prepare their preschool children with the skills they need to be ready for kindergarten, and its accredited programs give students a solid educational foundation.

For families who are working yet struggle financially, Critchlow Adkins provides approximately \$100,000 a year in tuition assistance. These scholarships are made possible through the generosity of individuals, area businesses and foundations.

The primary goal of the teachers at Critchlow Adkins, many of whom have been with the organization for over 15 years, is to encourage the growth and development of each child. Because of the challenges that COVID-19 created, the teachers had to redesign every aspect of their classrooms to ensure the safety and well-being of their children, families, and themselves. Additionally, CACC teachers creatively modified all their lessons so that students could work individually and still have fun. Although simple enough in theory, planning individual lessons for preschoolers is quite a feat because little kids are very busy and love to share.

This past fall, when area public schools opted not to have in-person learning, Critchlow Adkins expanded their pre-K – 5th grade before- and after-school care to all-day programs. Their school age students have benefited because CACC teachers have been there to help children log on

to their virtual classrooms and offer the academic support and additional instruction necessary.

Forty community partnerships enrich Critchlow Adkins programming. Prior to COVID-19, CACC students took field trips to the Chesapeake Bay Maritime Museum, worked with visiting artists from the Academy Art Museum and enjoyed learning about planets from a traveling planetarium courtesy of PNC Bank. The teachers and staff look forward to the time when they can once again include these and many other wonderful experiences in their programs.

Talented staff, engaging programs, and community support make Critchlow Adkins Children Centers a premier provider of outstanding childcare.



For more information or to enroll your child in one of CACC's programs, please call 410.822.8061 or visit www.cacckids.org



FOR ALL SEASONS
Behavioral Health & Rape Crisis Center

FOR ALL SEASONS HIGHLIGHTS ONLINE SAFETY FOR CHILDREN

Today, with virtual learning being a more permanent part of our lifestyle, For All Seasons is highlighting the importance of online safety for children to prevent online sexual exploitation and increased exposure to pornography. As a result of the pandemic, children and adolescents are spending increased time online to stay educated, entertained, and socially connected. According to the Maryland Coalition Against Sexual Assault (MCASA), with this increased exposure, there is a risk for children encountering uncomfortable or high-risk predatory situations. It has never been easier for perpetrators to make contact with children, share abusive imagery, and profit while hiding their own identities.

ECPAT, an international organization focused solely on ending the sexual exploitation of

children, explains that online sexual exploitation most commonly includes grooming, live streaming, consuming child sexual abuse material, and coercing and blackmailing children for sexual purposes. As technology advances, new forms of this crime emerge.

The effects of online sexual harassment, exploitation, or abuse can lead to overwhelming emotional and psychological stress, causing a child to feel guilt, shame, fear, anxiety, sadness, numbness, shock, withdrawal, and isolation. They can also have trouble sleeping, experience nightmares, have difficulty concentrating, and or have feelings of being easily startled or on edge. Unlike other forms of abuse, there is a potential layer of revictimization, as images of abuse are reshared and recirculated on the internet countless times.

Tips to keeping children safe online:

- Explain that children should only play games or talk to friends they know in real life.
- Encourage children not to share private information or photos online as they can be made public.
- Learn what online platforms children use: social media, gaming apps like Roblox or Minecraft, text and video platforms like Discord, Twitch, etc.
- Review privacy settings available on these platforms and help children adjust their settings so locations cannot

be identified and they can block anyone that makes them feel uncomfortable.

- Make sure children know where to seek help if they encounter something upsetting on the internet.
- Stay alert to signs of stress linked with online activity.
- Stay engaged in what your child is doing online – have computers placed in a central location, check in on their social media accounts, and ask questions, etc.
- Avoid making safety precautions seem like punishment.

Following best practices for online safety will help ensure that children's screen time remains safe, social, fun, and educational. If you need further support and assistance, contact For All Seasons, Behavioral Health and Rape Crisis Center. The agency provides the highest level of mental health & victim services to children, adults & families across the Mid-Shore.

Sources: <https://mcasa.org/prevention/online-safety> and <https://www.ecpat.org>

For All Seasons services are offered in both English & Spanish & include therapy, psychiatry, victim advocacy & 24HR crisis hotlines. 410-822-1018
forallseasonsinc.org



Thriving habitat growing on restored Living Shoreline 2 years after planting.



Eroded shoreline on the Miles River in Talbot County before restoration. Note white house with red roof in both before and after pictures.

PLANTING WITH A PURPOSE

Environmental Concern is Restoring the Bay – one shoreline at a time.

The term *Living Shoreline* is commonly used to describe the vegetative approach to restoring eroding shorelines. When properly implemented, this practice will improve water quality, enhance habitat, sequester carbon and stabilize the eroding shoreline.

Environmental Concern (EC) developed the design protocol for the Living Shoreline in the early '70s. Since that time, the scientists and engineers at EC have refined the Living Shoreline design to manage more erosive conditions associated with sea-level rise and the increased frequency and severity of storm tides. Environmental Concern is a *one-stop shop*. EC will survey, design, permit, construct, plant, maintain and monitor your Living Shoreline. Critical to the success of the Living Shoreline is the quality of the vegetation. All of the plantings used in the Living Shoreline are grown from seed in EC's nursery.

EC's native plant nursery was the first of its kind in the nation. In addition to the wetland plants used in the Living Shoreline, EC's 7.5-acre nursery serves homeowners' needs.

"People are more informed about the importance of providing habitat for threatened and endangered species," stated John Sandkuhler, EC Nursery Manager. Gardens are places to plant and play, to find peace and tranquility, and to enjoy life. During the pandemic, backyard gardening became a new activity for some and a reason to expand an existing garden for others. Anne Sindermann, EC's Nursery Sales Coordinator, suggests, "... select the *Asclepias incarnata* (swamp milkweed), the host plant for the Monarch butterfly, for its beautiful pink flowers that bloom during the summer; or the *Pontederia cordata* (pickerelweed), an herbaceous pond plant with tall spikes of lavender-blue flowers, blooming from summer through fall. The flowers attract many species of colorful dragonflies."

Join the EC based *Eastern Shore Seed Stewards*, and share native plant seeds with a neighborhood group, and with EC. The nursery staff will help you select species that invite songbirds, butterflies and bees, to your garden, and provide a bounty of seeds to collect in the fall. Visit EC's website for additional resources and native plant availability.

Mission: EC is dedicated to improving water quality and creating, restoring, and conserving wetlands, living shorelines, and other natural habitats. This is accomplished through education and outreach, propagation of native species, and professional design and installation.

Since 1972, EC has propagated, grown and planted over 30 million native plants on shorelines and landscapes in the Chesapeake Bay Watershed and restored over 1.6 million sq. ft. of eroded shorelines.

Environmental Concern is a 501(c)3 non-profit corporation located in St. Michaels, MD.

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2021

BEST OF EASTERN SHORE

FOOD & DINING





We celebrate the Best of Eastern Shore 2021 with the highly-anticipated *Food & Dining* winners! The following winners are the result of you, our readers, voting for your very favorite restaurants in our annual Best of West County voting campaign.

More than 20,000 of you participated this year! There were so many votes for so many businesses in fact, that, in addition to naming the overall winners for each category, we've decided to name *finalists*—those businesses which earned a high number of votes, but came in second or third place, so to speak. Not every category has finalists—only those categories in which the voting was most active.



So please join us in toasting and celebrating the Best of Eastern Shore winners and finalists (listed alphabetically by category).

Appetizers/Small Plates

Out of The Fire
22 Goldsborough Street, Easton
410-770-4777
outofthefire.com

Finalist
Fisherman's Inn
Grasonville

Finalist
Kentmorr Restaurant & Crab House
Stevensville

Bakery
Black Water Bakery
429 Race Street, Cambridge
443-225-5948
black-water-bakery.com

Finalist
Peace of Cake
Stevensville

Finalist
The Bay Country Bakery & Café
Cambridge

Barbeque
Lil' Bitta Bull BBQ
520 Race Street, Cambridge
443-205-2219

Finalist
Rude BBQ
Easton

Beer Selection
The Retriever Bar & The Decoy Bottle Shop
337 1/2 High Street, #339, Chestertown
theretrieverbar.com

Finalist
RAR Brewing
Cambridge

Breakfast
Two If By Sea Restaurant
5776 Tilghman Island Road, Tilghman
410-886-2447
twoifbysearestaurant.net

Finalist
Black Water Bakery
Cambridge

Finalist
The Galley Restaurant & Bar
St. Michaels

Brewery
RAR Brewing
504 Popular Street, Cambridge
443-225-5664
rarbrewing.com

Finalist
Eastern Shore Brewing
St. Michaels

Burger
Rude Burger
4 S. Aurora Street, Easton
833-469-7833
rudefoodco.com

Finalist
Out of the Fire
Easton

Finalist
Robert Morris Inn
Oxford

Candy/Chocolate Shop
Sweet Cheeks Delightful Treats
21267 Rock Hall Avenue, #103, Rock Hall
410-639-7037
sweetcheekscookies.com

Finalist
Oh My Chocolate
Stevensville

Carry-Out
Eat Sprout
335 N. Aurora Street, Easton
443-223-0642
eatsprout.com

Finalist
Lil' Bitta Bull BBQ
Cambridge

Caterer
Gourmet By the Bay
415 S. Talbot Street, St. Michaels
410-745-6260
gourmetbythebay.net

Finalist
Two If By Sea Restaurant
Tilghman

Chef
The Kitchen at The Imperial (Steve Quigg)
208 High Street, Chestertown
410-778-5000 ext. 1
imperialchestertown.com

Finalist
Out of the Fire (Chris Berger)
Easton

Chinese Restaurant

Peking House Restaurant

2717 Ocean Gateway,
Cambridge
410-228-9242
pekinghousecambridge.com

Cocktails

The Kitchen at The Imperial

208 High Street,
Chestertown
410-778-5000 ext. 1
imperialchestertown.com

Finalist

Fisherman's Inn

Grasonville

Finalist

Blue Ruin

Cambridge

Cocktails-To-Go

Blue Ruin

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

Finalist

Kentmorr Restaurant & Crab House

Stevensville

Crabcake

Fisherman's Crab Deck

3032 Kent Narrows
Way S., Grasonville
410-827-6666
crabdeck.com

Cream of Crab Soup

Kentmorr Restaurant & Crab House

910 Kentmorr Road,
Stevensville
410-643-2263
kentmorr.com

Cupcakes

JoJo's Cupcakes & Cream

218 N. Washington
Street, Easton
410-763-4930
jojocupcakesand-cream.com

Finalist

Fields of Heather Bakery

Chester

Finalist

Sweet Cheeks Delightful Treats

Rock Hall

Deli

Love Point Deli, Wine & Spirits

109 Main Street,
Stevensville
410-604-2447
lovepointdeli.com

Finalist

Piazza Italian Market

Easton

Finalist

Oxford Convenience Market

Oxford

Distillery

Lyon Rum/Windon Distilling

605 S. Talbot Street,
#6, St. Michaels
443-333-9181
lyonrum.com

Finalist

Bad Alfred's

Chestertown

Family-Friendly Restaurant

Fisherman's Inn

3116 Main Street,
Grasonville
410-827-8807
fishermansinn.com

Finalist

Ava's Pizzeria & Wine Bar

St. Michaels

Farm-to-Table Menu

Knoxie's Table

180 Pier One Road,
Stevensville
443-249-5777
baybeachclub.com/
food-drink/knoxies-table

Finalist

Eat Sprout

Easton

Food Truck

Lil' Bitta Bull BBQ

520 Race Street,
Cambridge
443-205-2219

Finalist

4 Sisters Pakistani & Indian Food Truck

Easton

French Restaurant

Bistro Poplar

535 Poplar Street,
Cambridge
410-228-4884
bistropoplar.com

German Restaurant

Bay Wolf Restaurant

21270 Rock Hall Avenue,
Rock Hall
410-639-2000
baywolfrestaurant.com

Gluten-Free Bakery

Gluten-Free Bakery Girl

116 N. Talbot Street, St.
Michaels
410-693-1153
glutenfreebakerygirl.com

Gluten-Free Menu

Knoxie's Table

180 Pier One Road,
Stevensville
443-249-5777
baybeachclub.com/
food-drink/knoxies-table

Finalist

Figg's Ordinary

Chestertown

Greek Restaurant

Momma Maria's Mediterranean Bistro & Bar

4021 Main Street,
Trappe
410-476-6266
mommamariasbistro.com

Finalist

Sam's Pizza & Restaurant

St. Michaels

Happy Hour

Kitty Knight

14028 Augustine
Herman Highway,
Georgetown
410-648-5200
kittyknight.com

Finalist

Hunters' Tavern

Easton

Finalist

Fisherman's Crab Deck

Grasonville

Ice Cream

Scottish Highland Creamery

314 Tilghman Street,
Oxford
410-924-6298
scottishhighlandcreamery.com

Finalist

Storm & Daughters

Ice Cream

Easton



Finalist

Maiden Maryland Sweets & Treats
Cambridge

Indian Restaurant

Bombay Tadka
508 Idlewild Avenue,
Easton
443-746-2135
bombaytadkamd.com

Japanese Restaurant

InJapan
101 Marlboro Avenue,
Easton
410-443-0681
injapansushi.com

Finalist

U Sushi
Easton

Local Coffee Shop

Rise Up Coffee Roasters
618 Dover Road, Easton
410-822-1353
riseupcoffee.com

Finalist

Java Rock
Rock Hall

Finalist

Oxford Social Café
Oxford

Maryland Crab Soup

Fisherman's Crab Deck
3032 Kent Narrows
Way S., Grasonville
410-827-6666
crabdeck.com

Mexican Restaurant

El Jefe Mexican Kitchen/Tequila Bar
1235 Shopping Center
Road, Stevensville
410-604-1234
eljefemexicankitchente-
quilabar.com

Finalist

El Dorado Bar & Grill
Easton

New Restaurant

Momma Maria's Mediterranean Bistro & Bar
4021 Main Street,
Trappe
410-476-6266
mommamariasbistro.
com

Finalist

Amalfi Coast Italian + Wine Bar
Stevensville

Finalist

The Wardroom
Easton

Outdoor Dining

Bridges on Kent Narrows
321 Wells Cove Road,
Grasonville
410-827-0282
bridgesrestaurant.net

Finalist

98 Cannon Riverfront Grille
Chestertown

Finalist

Fisherman's Crab Deck
Grasonville

Pizza (Chain)

Ledo Pizza
110 Kent Landing,
Stevensville
410-643-7979
ledopizza.com

Pizza (Local)

Ava's Pizzeria & Wine Bar
409 S. Talbot Street,
St. Michaels
410-745-3081
avaspizzeria.com

Finalist

Bad Alfred's
Chestertown

Raw Bar/Oysters

Awful Arthur's Seafood Company
402 S. Talbot Street,
St. Michaels
410-745-3474
awfularthursusa.com

Finalist
Hunters' Tavern
Easton

Romantic Restaurant

Osprey Point Restaurant
20786 Rock Hall
Avenue, Rock Hall
410-639-2194
ospreypoint.com

Finalist
Bas Rouge
Easton

Scratch Kitchen

The Kitchen at The Imperial
208 High Street,
Chestertown
410-778-5000 ext. 1
imperialchestertown.com

Smoothies/Juice Shop

Eat Sprout
335 N. Aurora Street,
Easton
443-223-0642
eatsprout.com

Finalist
Bumble Bee Juice
Easton

Sports Bar

Big Bats Café
216 St. Claire Place,
Stevensville
410-604-1120
bigbats.com

Finalist
Doc's Downtown Grille
Easton

Steakhouse

Theo's Steaks, Sides & Spirits
407 S. Talbot Street,
St. Michaels
410-745-2106
theossteakhouse.com

Finalist
Annie's Paramount Steak & Seafood House
Grasonville

Steamed Crabs

Fisherman's Crab Deck
3032 Kent Narrows
Way S., Grasonville
410-827-6666
crabdeck.com

Finalist
Harris Crab House & Seafood Restaurant
Grasonville

Sunday Brunch

The Narrows Restaurant
3023 Kent Narrows
Way S., Grasonville
410-827-8113
thenarrowsrestaurant.com

Finalist
Annie's Paramount Steak & Seafood House
Grasonville

Sushi

U Sushi
108 Marlboro Avenue,
Easton
410-763-8868
usushimd.com

Finalist
Cafe Sado
Chester

Take-Out

Lil' Bitta Bull BBQ
520 Race Street,
Cambridge
443-205-2219



Thai Restaurant
ThaiTalian Infusion Cuisine

300B Washington
Street, Cambridge
443-225-6615
thaitalianinfusioncuisine.com

Vegetarian

Sunflowers & Greens
11 Federal Street, Easton
410-822-7972
sunflowersandgreens.com

Wait Staff

Barbara's on the Bay
12 Ericsson Avenue,
Betterton
410-348-3079
barbarasonthebay.com

Waterfront Restaurant
Bridges on Kent Narrows

321 Wells Cove Road,
Grasonville
410-827-0282
bridgesrestaurant.net

Finalist
Hemingway's Restaurant
Stevensville

Finalist
Capsize
Oxford

Whiskey Selection
The Retriever Bar & The Decoy Bottle Shop
337 1/2 High Street,
#339, Chestertown
theretrieverbar.com

Finalist
Knoxie's Table
Stevensville

Finalist
The Stewart
Easton

Wine Selection
Bas Rouge
19 Federal Street, Easton
410-822-1637
basrougeeaston.com

Finalist
Ava's Pizzeria & Wine Bar
St. Michaels

Finalist
Momma Maria's Mediterranean Bistro & Bar
Trappe

Wings
Lil' Bitta Bull BBQ
520 Race Street,
Cambridge
443-205-2219

Finalist
Bad Alfred's
Chestertown



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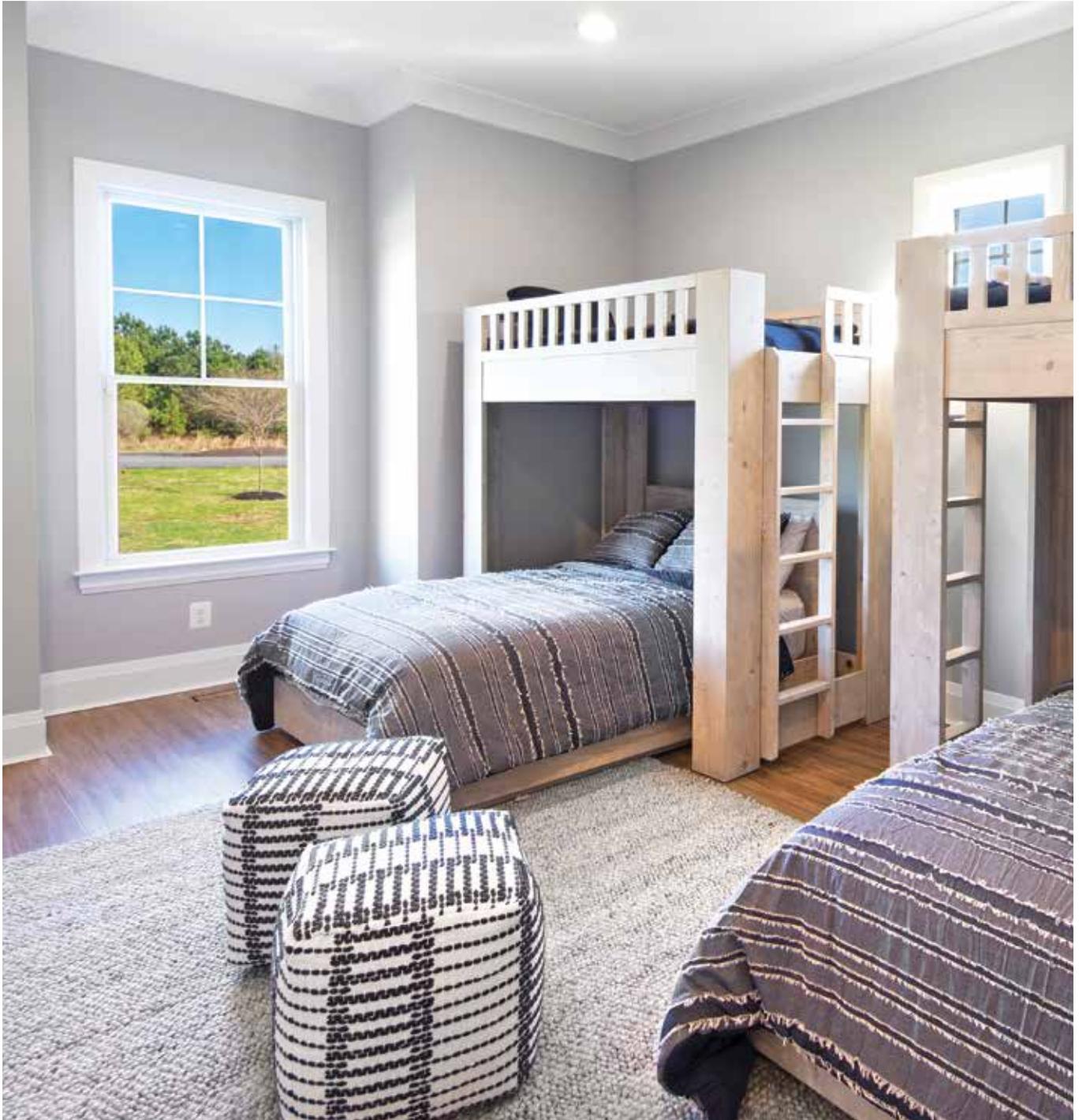
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Edgewater - \$720,000

DeeDee McCracken



SALE

1918 Anchorage Drive
Chester - \$369,900

Annie Eaton



SOLD

206 Little Kidwell Ave
Centreville - \$245,000

Annie Eaton



SALE

1915 Towne Centre Blvd #812
Annapolis - \$685,000

DeeDee McCracken



SOLD

224 Canal Street
Grasonville - \$691,500

Annie Eaton



SALE

218 Maryland Road
Stevensville - \$365,000

Annie Eaton



SALE

103 Woodmoor Road
Stevensville - \$475,000

Annie Eaton



SOLD

118 Greenwood Creek Rd
Queenstown - \$867,500

DeeDee McCracken



SALE

1161 Simsbury Court
Crofton - \$270,000

Destinee Blackstone



SALE

1051 Springhill Way
Gambrills - \$425,000

Lisa Barton



SALE

1 Klakring Court
Annapolis - \$450,000

Amanda Stromberg



SALE

202 Clalborne Street
Chester - \$760,000

DeeDee McCracken

Your Real Estate Team for Life



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DD McCracken Home Team

www.DDMcCrackenHomeTeam.com



COLDWELL BANKER
REALTY

410-849-9181



**500 Goodhand Creek Farm Ln
Chester | \$2,200,000**

This waterfront property boasts 17+ acres, 4 BR, 4.5 BA, gourmet kitchen with SS appliances, master suite with spacious walk-in closets & en suite, 2 laundry rooms, large bonus room, office, trex deck with swing, & a 6ft wide pier with 5' MLW. Plus ample storage inside & outside are 3 sheds with water & electric.



UNDER CONTRACT
IN 4 DAYS

**1116 River Bay Rd.
Arnold | \$1,875,000**

Picturesque Views! Meticulously kept 4 bed/4bath waterfront home boasts expansive views of the Magothy River & the Chesapeake Bay. Luxurious finishes, high-end windows with custom treatments, architectural trims, heated bathroom floors, & immaculate landscaping. Beautifully finished en suite above garage with laundry bath, kitchenette etc. An irresistible invitation to move!



UNDER CONTRACT
IN 3 DAYS

**265 Lighthouse View Dr
Stevensville | \$1,850,000**

Incredible waterfront, with a Bay view! Watch cruise ships & sunsets from your screened porch. Private plush 5.6-acre lot. Paved winding driveway leads to a meticulously maintained, brick showstopper. Spacious layout, open floorplan, 4 BR's, 5.5 BA's, grand closets, & 20' ceiling in the LR. Two Main level en suite BR's include the Master, Private pier and inground pool.



UNDER CONTRACT
IN 17 DAYS

**109 Starboard Ct
Grasonville | \$985,000**

Beautiful waterfront home in the community of Homeport. Boasting 4500 sq ft, a brick-front exterior, main-level Master BR & en suite, plus, a secondary guestroom & bath. 3 levels of amazing water views, a huge family room, 2 game rooms plus 5 BR's & 5 BA's. The family room includes a stone FP, a perfect setting for entertaining. Waterfront views of natural wetlands and wildlife. Deeded slip at community pier!



UNDER CONTRACT
IN 4 DAYS

**1015 Long Point Rd
Grasonville | \$750,000**

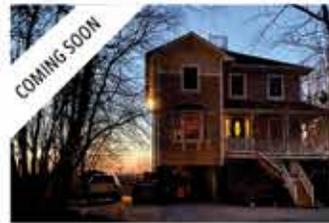
Wow, what a view! Enjoy sunsets from the comfort of this 3BR 2.5 BA Cape Cod. Nestled in a low-traffic area, with shopping, dining, and the bridge just a quick trip away. Boaters & car enthusiasts will appreciate the 6ft wide pier, & oversized garage. Enjoy meals on the newly planked deck or gardening in the greenhouse.



UNDER CONTRACT
IN 5 DAYS

**901 Golden Eye Court
Arnold | \$675,000**

Beautiful corner lot in Jamestown on the Magothy. Spacious 3 level, 4 BR home offers multiple independent school and office space for all! Well maintained, updated, and amazing backyard/pool space & screened porch.



COMING SOON

**408 Wallman Way
Stevensville | TBD**

Waterfront traditional, with a front row seat to the sunset over the Chesapeake and unobstructed views of the bridge. Perfect launch for paddle board, kayaks and fishing skill. Includes 3 BR & 2.5 BA, pool, pier, screened porch, and plenty of parking. Located in Bay City.



UNDER CONTRACT
IN 4 DAYS

**316 Larch Place
Stevensville | \$399,900**

This gorgeous rancher in the heart of Cloverfields is ready for its new owners. Every detail has been thought of. Plantation shutters, impeccable hardwoods w/vents to match, screened in porch, ample private deck that leads right to your swimming pool, bathrooms & kitchen updated to the 9's.



UNDER CONTRACT

**1701 Midway Road
Chester | \$399,900**

This beautiful colonial is just 2 blocks to the community boat launch & picnic, playground area. First time on the market, traditional Colonial looking for a new owner to make their own personal touch to this home. Nice oversize living room, family room w/wood stove. New deck, large yard ready to go! Close to shopping, easy commute to bridge.



UNDER CONTRACT
IN 2 DAYS

**720 Old Love Point
Stevensville | \$365,000**

Charming 3 BR/2 BA Rancher in the heart of Kent Island. Easy access to shopping & the bridge. As if a move-in-ready, beautifully updated home isn't enough...car lovers will especially enjoy the oversized two-car detached garage with a driveway that can accommodate extra parking for a boat or RV.



UNDER CONTRACT
IN 1 DAY

**632 Belle Dora Ct #L-12E
Arnold | \$207,500**

Well maintained, Cottage character condo in the well kept community of Dorado Hills in Arnold! Great space, 2 BR, 2 BA, open floor plan, move-in ready!



**Montgomery Road
Stevensville | \$25,000**

Beautiful wooded with sunlight on the south end of lot. 3/8 eight side after Margaret drive on, right, no street to access. Currently property is not scheduled for SKI program for public sewer. Buyer would need to pers to see if buildable.

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RESTORATIVE DESIGN
THAT UNCLUTTERS
THE SOUL AND MIND

By Lisa J. Gotto

*Photography courtesy
Paquin Design/Build*





Whatever it is that most of us holistically crave right now can be found in this thoughtfully executed creek-side home-build in St. Michaels. Little did its owners know when they broke ground, just how vital addressing our health-related needs and wellbeing would become. The owners did have a healthy head start, however, as they both practice medicine and their primary goal in building a home was to create the ideal restorative retreat—one they could travel to quickly from their busy professions and primary residence in the greater D.C. area. It was a somewhat serendipitous informal encounter that introduced the homeowners to the principal of Paquin Design/Build, Brent Paquin, on a chilly day more than two years ago, on a development site advantageously located in one of the cozy coves synonymous with Talbot County living.

Paquin struck up a conversation with the couple, who had fallen in love with the area after several excursions to towns near and around St. Michaels and decided someday they would build a weekend home there. To them the area had everything they were looking for: natural splendor, a life-reaffirming backdrop, and plenty of water to get out and do the kayaking and paddle boarding they love.

Paquin explained that the particular community they were looking at had only a couple of lots left for sale. The hopeful home builders sensed that they had, indeed, found just the place for their future restorative retreat and purchased a lot within a couple of months. The homeowners also felt they had found just the builder to deliver their wish list and the collaborative process began shortly after.



WHAT WAS ON THAT WISH LIST?

As they say, knowing what you want is half the battle—and this couple knew exactly how they wished to live within the new space they were creating. The primary living level needed to be expansive so it could accomplish a lot, including a state-of-the-art, spa-like master bed and bath retreat, additional bedroom suites with restorative appeal for visits from their grown children, and a well-equipped home gym to satisfy the physical fitness advocates in them both.



Of course, they also desired an open-plan design that would incorporate a well-proportioned great room and an adjacent kitchen with a stylish and statement-making center island. The second level of the home should provide some breathing room, extra space for reading, lounging, screen time, and “me-time.” So that was added to the list.

Additionally, no true creek-side residence is complete without a comprehensive take on outdoor living. This home would have a spectacular plan to take advantage of the serenity of the cove and provide more than ample opportunity to get some outdoor exercise in, as well.

“The outdoor living space discussion was a high priority,” Paquin says. “All the homes in this community have a really nice Southern exposure in the summer months, so you’re getting a little sun and enjoying your outdoor space.”

Finally, but most vitally, how could they take advantage of the vistas afforded by this idyllic location? Paquin came up with the plan that would provide an answer to all the wish-list items and then some.

CHECKING OFF THAT LIST

From the moment you walk into the home you know the plan was well executed.

“We have a wonderful front-to-back vista. As soon as you walk in the house you can see the patio, and the tree-line, and the water’s edge,” says the homeowner.

As you walk toward that water view, accomplished through a series of French and accordion doors, the home’s open-plan living space glides along wide-plank engineered bamboo floors chosen for their dog-friendly durability.

Soothing pale gray tones and classic white trim enhances the wonderfully warm natural light flooding into the room and the eye is drawn to the gourmet kitchen with its complementary tranquil naval blue and white cabinetry.



“The homeowners wanted to keep the space modern and minimalistic,” says Dawn Crovo, Interior Design & Client Liaison for Paquin Design/Build of Grasonville. “We added elements to warm up the space by using a brushed gold finish on cabinet hardware and faucets in several of the rooms. The homeowners purchased classic, antique-style door hardware that added an unexpected touch of warmth to the space. On their range hood they opted for a brass strap detail to warm up the stainless steel and brass metal hood.”



" THIS SPACE OFFERS A PLACE TO UNWIND AND RELAX ON THE WEEKENDS AND HOLIDAYS. THE CLEAN LINES AND MINIMALISTIC DESIGN OF THE SPACE CREATES THAT UNCLUTTERED ATMOSPHERE... GRAY TONES WERE MIXED WITH GOLD, BLACK, AND WHITE ACCENTS TO CREATE A SOOTHING PALETTE."

—DAWN CROVO

The large center island topped with solid, subtle quartz is welcoming with its warm gold-toned fixture accents and its breakfast seating for five. There is also a separate eat-in area with a large, oval table and seating for six on upholstered chairs of naval blue distressed velvet. The view to the outside is soothing as it looks out over the patio; the view to the great room stunning with its modern, in-set gas fireplace and architecturally alluring built-ins on either side. The second level of the home functions as a de facto second family room; a flexible, chill-out space with vaulted ceilings, an 85-inch flat screen, expanded sectional sofa, and another spa-like bath with a large, freestanding soaking tub.

"So even though it's mainly a one-level house, there's lots of nooks and crannies for people to go and get some quiet time," the homeowner says.

Back downstairs, the all-important home gym is connected to the house through a huge, 700-pound sliding barn door that Paquin compares to a "work of art" in itself. Once inside, one is inspired by its auspicious placement.

"You can put a gym in lots of locations, but we knew we wanted to maintain the views of nature," says the homeowner. "We have a very tall ceiling in there, a 13-foot ceiling, and it's the kind of environment where we have a large TV on the wall, but you don't need to turn it on because your eyes are already distracted by the natural beauty around you."

With their workouts completed, the homeowners have a couple of options when it comes to cooling down and chilling out. They can choose to head to their simply tasteful master suite washed again in that soothing gray tone and alive with more natural views from the bedroom, or their spa-like bath with its sumptuous marble shower and large soaking tub.

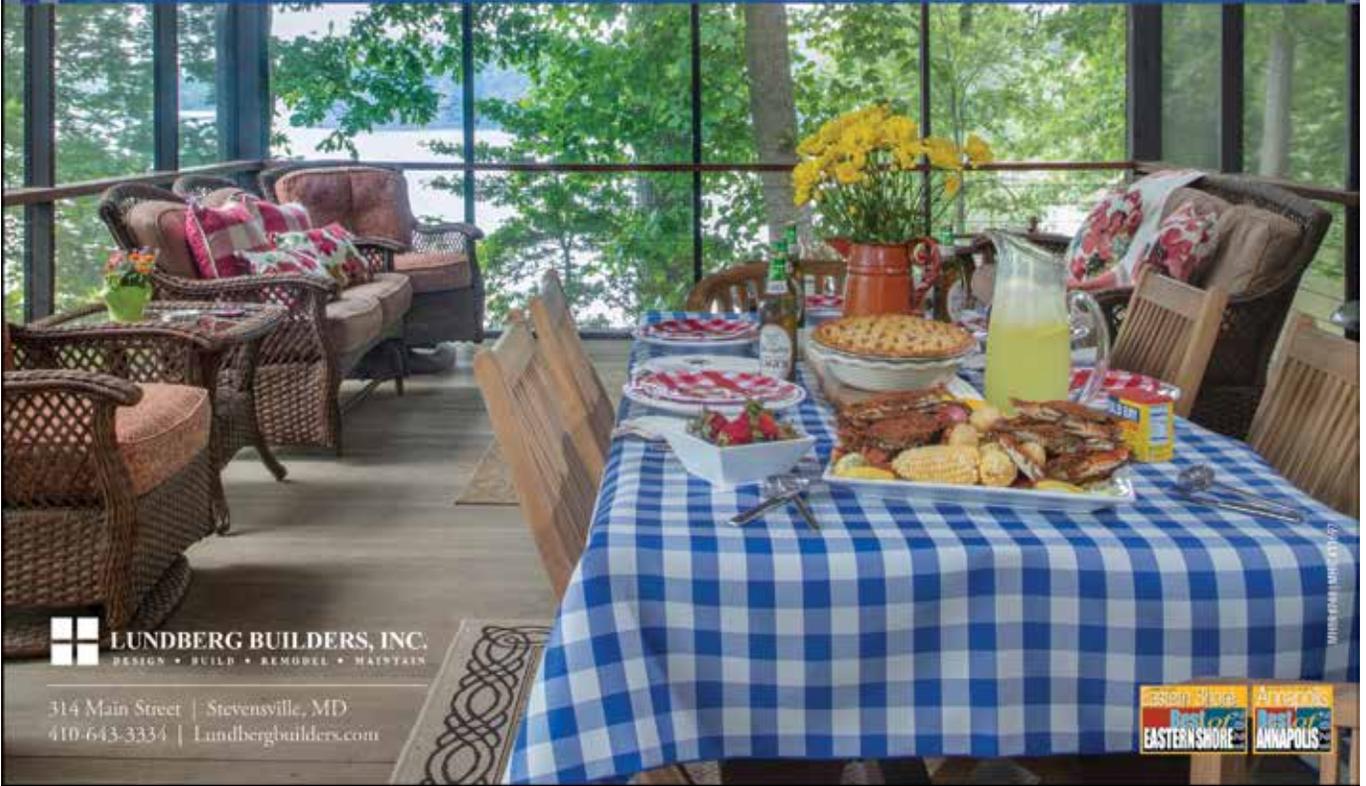
One of the homeowners is an avid swimmer, so chances are he'll head out to the 55-foot-long lap pool with its attractive sheer descent water feature. Just this one sleek stunning feature provides all the statement-making panache of something you would encounter at a resort.

"We wanted to have something that was expansive, inviting, and sophisticated, but that did not detract from the natural surroundings," he says.

After a collaborative consult with the Paquin team and the pool builder, the homeowner chose a porcelain stone patio apron material to complement the pool's Tahitian blue tiles and South Pacific bluestone coping. (Typically used indoors for bathrooms, porcelain is now trending in outdoor applications because of its non-porous nature and extended lifespan.)



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HOUSE MOST- DECEIVING

Perhaps the most interesting aspect of this home's exterior features is its unique combination of street-facing subtlety with the back of the home bringing the total wow aspect to the design.



When it comes to curb appeal, visitors are met with a traditional vision of a modern farmhouse, all white and trimmed in black. It's clean and uncluttered looking—the landscaping is pleasingly bucolic.

And then you either walk through the house or around the house are amazed to see how the home expands and evolves to its 4,000 square-foot floorplan.

“People are surprised,” the homeowner says. “People come over and say, ‘I wasn’t expecting this aesthetic on the inside.’”

Paquin says the exterior aspect of providing for elevation beyond the flood plain was his favorite part of the build.

“It has a transitional or traditional feel (from the front) but the back of the home wows you with a different style. It's more modern so you can take advantage of more glass and sleeker roof lines that set the scene for the views.”

The homeowners quite appropriately have a list of favorite aspects, but point out that they had a future they envisioned for the home.

“When we were out walking the property before we bought it, we envisioned these starry nights ...we have such an expansive sky and we have no light pollution anywhere, so we couldn't be more thrilled that [Paquin] was able to deliver on that vision,” the homeowner says.

“It's a house that allows you to know you are in a special place.”



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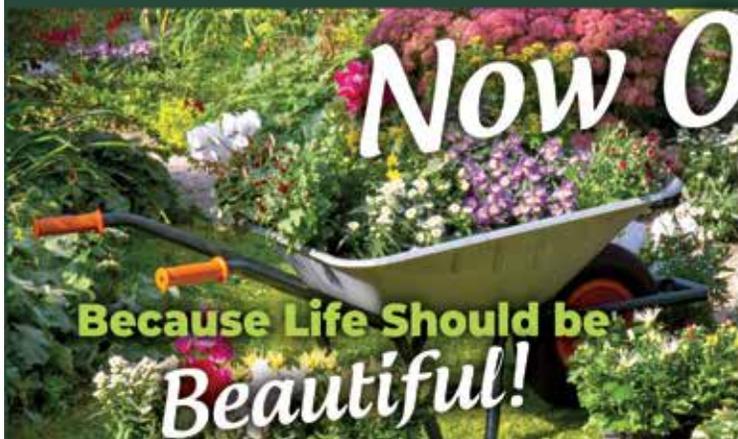
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Southern Elegance & Exposure

By Lisa J. Gotto



Primary Structure Built: 1972
Sold For: \$3,100,000
Original List Price: \$3,500,000
Bedrooms: 4
Baths: 4 Full
Living Space: 3,032 Sq. Ft.
Lot Size: 8.22 acres



“Live exactly as you wish” was the selling point of this majestic eight-acre residence with spectacular water views of the Miles River. Built in 1972, this expanded ranch-style home offers the charm of Old World sensibilities with many new world upgrades.

Just steps inside this home’s gorgeous front door, you’ll enter a foyer large enough to be its own seated reception area. It is from here you will get your first glimpse of the residence’s many design details such as its gorgeous wood molding and trim treatments, and beautiful hardwood flooring with inlaid detail. Above your head the ceiling in the foyer also offers an attractive tray effect.

The rich, chestnut-colored hardwoods flow into the main living area and kitchen. The kitchen itself boasts a large center island with a custom AGA stove and cooktop surrounded by a granite countertop. There’s plenty of space for a large breakfast table and chairs and the custom white cabinetry conceal other appliances, like the integrated refrigerator. A series of French doors flood the space with light, as does a strategically-placed pass-through to the home’s formal dining room.



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 Coard A. Benson, Alicia Gannon
 Dulin & Craig Linthicum
 Benson Dulin Group
 24 N. Washington Street, Easton
 o. 410-770-9255
 info@bensondulingroup.com
 bensondulingroup.com

Buyer’s Agent:
 Brian Gearhart
 Benson & Mangold Real Estate
 31 Goldsborough Street, Easton
 m. 410-310-5179
 o. 410-822-6665
 briangearhart.com



This room also offers a series of French doors and floor-to-ceiling windows to afford extensive property and water views. The dining space flows effortlessly to the home's formal, but comfortable, living room with its tray ceilings, central Federal-style fireplace, and bar area with glass shelving and built-ins. Again, floor-to-ceiling windows for water-viewing opportunities abound.

These areas of the home open to a large, covered and uncovered patio area at the back of the home. Lush, mature landscaping and perennials fill the space, and paths lead to the property's greenhouse, private studio, and large, in-ground swimming pool. Back inside, the home offers a separate wing of bedrooms with a primary suite (with a spacious bathroom) and two guest bedroom suites. At the opposite side of the house, there's an additional guest annex and a roomy den with handsome built-in bookcases.

The property affords lovely and desirable Southern exposure and offers plenty of ways to indulge a passion for the outdoors with its amazing gardens, private, bucolic setting, and a tidal cove where the property's boathouse with lift is located. This protected anchorage provides easy water access for carefree days on the Miles River and beyond.

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This past year has been challenging, but we have remained optimistic, creative, and steadfast in our commitment to keep residents safe, active, and engaged. We still offer farm-to-table meals delivered directly to our residents' doors. Routine maintenance continues, including snow removal and upgrades to infrastructure, like new siding and energy-efficient windows. We've increased the number of programs we offer and are rolling out new technology all over campus so each resident can be informed in real-time of what is happening around our community. We have worked with the county health department to make sure we have the most updated information and protocols to keep residents and staff healthy. These are just a few of the many things our team has been up to as we prepare to welcome you.

The Londonderry residents and team are waiting for you to join us. Come and knock on our door and find out for yourself what makes us so special.

Call Rachel Smith today at **410-820-8732**. She's been waiting for you.



700 Port Street, Suite 148 • Easton, MD 21601 • 410-820-8732
www.LondonderryTredAvon.com





Primary Structure Built: 1890
Sold For: \$2,200,000
Original List Price: \$2,750,000
Bedrooms: 5
Baths: 3 Full, 1 Half
Living Space: 2,734 Sq. Ft.
Lot Size: 49.98 acres

HOME REAL ESTATE

Land. Lots of Land!

By Lisa J. Gotto

Just 15 minutes from all that St. Michaels has to offer, this majestic waterfront property totals nearly 50 bucolic acres. The main house, which dates to 1890, offers a traditional farmhouse aesthetic with its screened-in porches and vistas of crop fields.

This home's main level offers a large, eat-in country kitchen and a spacious dining room with elongated farmhouse-style windows. The roomy living room has a wood-burning brick fireplace with wood mantel, built-ins, and rustic hardwood floors. There is also a sunny sitting room on this level with an attractive wall of built-ins and large, sliding glass doors that offer expansive views of scenic Leadenham Creek.

Each of the five upstairs bedrooms features something special. The master offers those marvelous waterfront views with its own set of sliding glass doors and Juliette balcony. There are three, full baths and four additional bedrooms on this level—all the bedrooms feature gorgeous hardwood floors.

Outside, the expansive acreage, which can be subdivided into two lots, is dotted with several outbuildings, and is a mix of farmland and lush green lawn ripe with outdoor recreational opportunities. The home also boasts a large, inground swimming pool with surrounding patio area offering lovely creek views.



Maintained through a stewardship and a Conservation Reserve Program, the property provides 4,500 feet of water frontage protected by both rip rap and living shoreline, and a private pier that overlooks protected creek waters. A haven for wildlife created through game management and environmental buffer strips, this Eastern Shore residence offers a nod to its historical past and a future bursting with nature's promise.

Sellers' Agent:
 Doc Keane
 Washington Fine Properties
 3201 New Mexico Avenue,
 NW, Washington, DC
 m. 202-441-2343
 o. 202-944-5000
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*This is an electric vehicle. Since electricity is not measured in gallons, a conversion factor is used to translate the fuel economy into miles per gallon of gasoline equivalent (MPGe). EPA-estimated 65 city/72 highway/79 combined MPGe. Use for comparison purposes only. Your MPGe will vary for many reasons, including but not limited to, driving conditions, how and where you drive, how you maintain your vehicle battery, package/condition, and other factors. For more information, including information on MPGe, see www.fueleconomy.gov.

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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.

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WHAT'S UP? MEDIA

Health & Beauty

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90 MENTAL HEALTH | 91 ACES





HEALTH & BEAUTY BEAUTY

What is Body Contouring?

By Dylan Roche

Losing weight can be great for a person's health and self-confidence. But the excess skin left over after a person loses a large amount of weight? That part isn't so great. And although some people might be distressed about the way it looks, it's not merely about vanity. According to the University of Maryland Medical Center, excess skin can rub and become irritated, lead to infections, and can even make it difficult for a person to find clothing that fits right.

That's where body contouring comes in. Because the skin and tissue lose some of their elasticity, getting rid of this excess skin after losing 100 pounds or more can be nearly impossible through diet and exercise alone.

Instead, body contouring can smooth out the shape of a person's post-weight-loss body, whether a patient wants to remove excess skin from their abdomen, buttocks, back, breasts, or even face and neck. As Johns Hopkins Medicine explains, body contouring is an umbrella term covering a variety of procedures that can treat one or more of these problem areas. Common body contouring surgeries include: →

Abdominoplasty (commonly called a tummy tuck), in which excess skin is removed from the stomach area and the muscles are tightened to create a flatter appearance.

Liposuction in which stubborn fat that doesn't respond to diet and exercise is removed via suction. Liposuction can be performed on places all over the body, and while it is not meant to be a replacement option for a healthy lifestyle, it can improve the body's shape.

Mastopexy (commonly called a breast lift), in which excess skin is removed and tissue is tightened in order to raise and firm up the breasts.

Other body contouring procedures include lifts to fix sagging skin in the arms, thigh, face, or lower body.

Although results are often promising, it's important to note that body contouring comes with risks and some unappealing side effects. Patients who undergo body contouring could suffer from bleeding and infection, per the American Society of Plastic Surgery. Patients should also be prepared for two weeks of downtime while they recover at home, and they likely will have scarring afterward.

Finally, it's important to remember that body contouring isn't a magic cure for excess weight—it's intended for those who have already lost weight through diet and exercise, and who are committed to keeping the weight off in years to come.



HERE'S HOW IT SHOULD GO

Begin with your head up, shoulders back, and spine straight as you hold the handle with both hands, palms facing down. Your grip should be firm without squeezing.



HEALTH & BEAUTY FITNESS

Fitness Tips

ROWING

By Dylan Roche

For many people, warm weather means getting outside—and for those with water access, it might mean getting out on a boat. While some depend on motors and sails to power themselves, others might opt for a more rudimentary method: rowing. Why? Because rowing offers a great workout, combining cardio and strength training for a calorie-torching sweat session with very little risk of injury. Plus, if you're doing it in an actual boat, you can't beat the atmosphere. But even if you don't have access to a rowboat (or a rowing crew to assist you), you can still get a great rowing workout on the ergometer—that's the formal name for the rowing machine you might have seen at the gym. What's great about the ergometer is you can choose whether you want to do short, high-intensity bursts or a long, low-intensity endurance workout. Because the rowing

motion requires use of your arms and legs, you'll get a full body workout that targets your biceps, triceps, pecs, upper back, abs, glutes, quads, and calves. The American Fitness Professional Association notes that rowing is about 75 percent leg work and 25 percent upper body work.

In short, one of the reasons rowing is a great cardio option is because it requires more upper-body strength than the treadmill, but it engages your core more aggressively than the elliptical. It's also a low-impact workout, so there's less risk of injury than you would have if you were running or doing plyometrics, which put stress on your body. Those who want to increase the difficulty of their workout need only increase the resistance so that the handle becomes harder to pull.

But just because rowing poses a lesser risk of injury compared with high-impact workouts, that doesn't mean you can be sloppy—poor form can still result in injury. Furthermore, poor form means you aren't going to get as much benefit from your workout. For this reason, beginner rowers should seek out advice from a trainer or an experienced rower who can observe their form.

Want to learn about ways you can incorporate rowing into your workout routine? The American Council on Exercise (acefitness.org) and Rowing Workouts (rowingworkouts.org) are great places to learn more. You can also refer to Hydrow (hydrow.com) the leading brand of rowing machines, similar to Peloton among exercise bikes.

Push back with your legs and lean your back slightly as you go. Pull the handle up toward your chest, bending your elbows so that your arms bend toward your sides. Don't raise your arms above your chest.

Remember to keep your core engaged, as this will give you the strength to complete the exercise without straining your back.

As you return to the starting position, bend your legs and lean slightly forward. Avoid letting your shoulder/back round. Keep your weight on the balls of your feet the entire time.

Continue rowing for as long as desired. Remember, for optimum health benefits, you need only 75 weekly minutes of vigorous aerobic activity like running. Those who are trying to lose weight will be happy to know rowing can burn more than 500 calories per hour—very helpful when trying to burn the 3,500 calories needed to lose 1 pound of fat.



HEALTH & BEAUTY HEALTH

Destigmatizing Mental Health

HOW YOU CAN BE PART OF CULTURE'S CHANGING PERCEPTION

By Dylan Roche

Let's start with the good news—the stigma surrounding mental illness and mental health disorders is declining. According to a 2019 survey on behalf of the American Psychological Association, 87 percent of respondents said somebody should not be ashamed of having a mental health disorder.

The bad news? The stigma isn't entirely eradicated. That same survey found nearly one-third of people agreed with the statement "People with mental health disorders scare me."

As a way of educating more members of the public to be aware of mental and behavioral health issues, and to celebrate the successes of those who live with them (and overcome them!) every day, experts across the nation recognize May as Mental Health Month by



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American Psychological Association

The same survey found nearly

1/3

of respondents agree with the statement "People with mental health disorders scare me."

encouraging discussion, offering resources, and seeking to help society understand what mental health is—and what it isn't. According to Johns Hopkins Medicine, an estimated one-fourth of American adults battles a diagnosable mental disorder. These could take the form of anxiety disorders, depression, eating disorders, bipolar disorder, ADHD, obsessive-compulsive disorder, PTSD, schizophrenia, or other conditions.

The problem with the stigma surrounding mental health disorders is that it makes it harder for people to seek treatment. In some cases, they might just be worried their friends or family will perceive them differently if they know about their diagnosis. In other cases, their health insurance won't cover treatment, or they face discrimination at work because their condition isn't seen as a "real" medical problem.

Whether you struggle with a mental health disorder yourself or you are close to somebody who does, there are practical ways you can work to reduce the stigma. Here's how to get started:

Always be open to learning more. The first step to reducing stigma is to educate yourself about it. You could do this about mental health in general, or you could learn about the specific condition affecting a friend or family member. Knowing what this condition entails will help you become more understanding of why a loved one is behaving the way they are. You will also be able to separate fact from misconception about the condition, thus reducing the fear or shame associated with it.

Evaluate your own sense of stigma about yourself or those around you. Many people with mental health disorders will advocate acceptance and de-stigmatization while they themselves remain quiet about their own struggles. Nobody should have to open up about something private if they feel uncomfortable about it (especially when it comes to their health), but it's important to acknowledge to yourself that you have no reason to be embarrassed. The more you open up about your own mental health struggles, the more you will find that people relate to what you're going through and will feel comfortable opening up about their own experience.

If it helps, refer to yourself (and others) with person-first language. For example, tell people you "have schizophrenia" instead of "are schizophrenic." This ensures that neither you nor anyone else sees you as somebody who is defined by their condition.

Treat mental health the way you would physical health. Along the same lines of evaluating your own sense of stigma, you should strive to perceive mental illness the same way you would physical illness. You wouldn't avoid seeking treatment for heart disease, cancer, or diabetes—why wouldn't you take the same responsibility when it comes to mental health disorders?

Similarly, you wouldn't make fun of somebody with a physical condition, so why would you let somebody with PTSD or ADHD become the butt of jokes? If your child had asthma, you wouldn't ignore it and pretend it wasn't real, so why would you do the same with a child who has depression? Find ways to make people with mental illness feel comfortable, and always celebrate their achievements as they overcome struggles.

Understand that mental health disorders are not the same as personality traits. A big part of the stigma surrounding mental health disorders is that society sometimes perceives them as trivial or not real health conditions—this can be exacerbated by casual use of terms referring to mental illness. Remember that being sad is not the same thing as having depression, or that being organized is not the same thing as having obsessive-compulsive disorder. Be sensitive in your use of language so that you don't further these misconceptions or accidentally internalize them yourself.

Don't shy away from conversation. Think of the first three people you would call if you had great news—you got a great job offer or you closed on a new home. Remember that those same three people are also the ones you should feel comfortable calling if you're struggling. When you're having a particularly bad mental health episode, don't be afraid of opening up and talking to somebody about it. On the other side of things, if you know a friend or family member struggles with their mental health, make it clear they can come to you when they are in need. Be open and check in with them from time to time so that they know you are available.

Respectfully but directly correct any stigmatizing you encounter. Many people don't know that their inappropriate comments about mental illness are harmful. If you see somebody sharing something degrading on social media, leave a comment. If you hear an inappropriate joke on a TV, write an email to the production company. (Remember to keep it respectful—a lot of people are uninformed but not malicious.) This not only informs the person who has been insensitive but also shows anybody who is suffering in silence that there are people out there who understand.

Join a support group. When you join a support group, you find yourself surrounded by people who share your experience. They will help you see that your condition or disorder does not render you less of a person; additionally, they can offer support and advice from the perspective of somebody who actually knows what your struggles are like.

Need more resources? Organizations like the National Alliance on Mental Illness (nami.org) and the Anxiety and Depression Association of America (adaa.org) are great places you start. You can also take NAM's pledge to be part of the Stigma-Free Campaign and maintain your dedication to spreading awareness at nami.org/get-involved/pledge-to-be-stigmfree.

ACES

Asynchronous Coded Electronic Skin

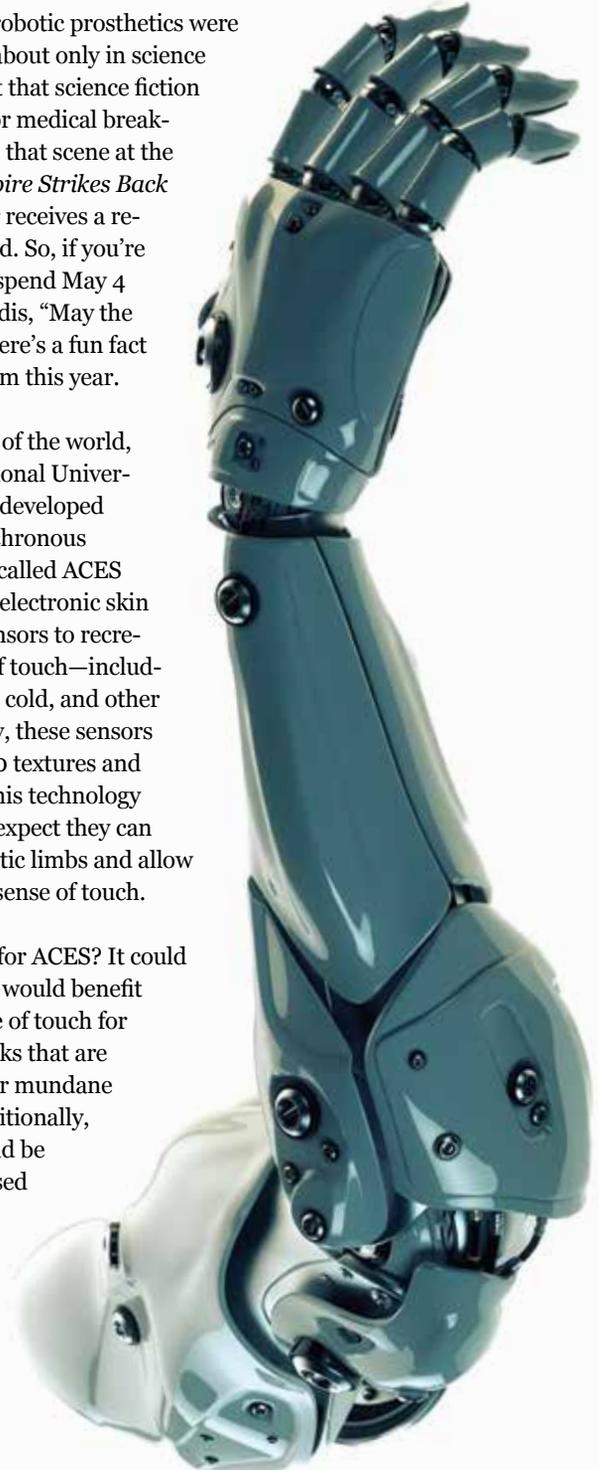
IT'S NOT SCI-FI, IT'S A MEDICAL BREAKTHROUGH

By Dylan Roche

For generations past, robotic prosthetics were something you heard about only in science fiction. But it turns out that science fiction is inspiring some major medical breakthroughs—specifically, that scene at the conclusion of *The Empire Strikes Back* where Luke Skywalker receives a replacement robotic hand. So, if you're someone who likes to spend May 4 wishing your fellow Jedis, "May the Fourth be with you," here's a fun fact you can share with them this year.

Over on the other side of the world, researchers at the National University of Singapore have developed what's known as asynchronous coded electronic skin, called ACES for short. It's a type of electronic skin that uses 100 small sensors to recreate the human sense of touch—including texture, pain, heat, cold, and other sensations. Specifically, these sensors can determine up to 30 textures and even read Braille. As this technology develops, researchers expect they can apply ACES to prosthetic limbs and allow people to regain their sense of touch.

Another potential use for ACES? It could be used on robots that would benefit from an artificial sense of touch for when they're doing tasks that are either too dangerous or mundane for humans to do. Additionally, the sense of touch could be beneficial for robots used to perform surgery—a huge step forward for the medical community!



Dining Guide

Advertisers Listed in Red

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

☎ Reservations

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👨 Family Friendly

🌊 Water View

☀ Outdoor Seating

🎵 Live Music

🐾 Dog Friendly

👑 Best of 2020 Winner



Steamed Mussels
at **Snifter's
Crafts Beer &
Wine Bistro**

Queen Anne's County

Adam's Taphouse and Grille

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

Annie's Paramount Steak & Seafood House

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

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 \$ ☪ 🍷 🎵

Bridges Restaurant

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

Café Sado

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

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 \$ ☪ 🍷 🎵

El Jefe Mexican Kitchen & Tequila Bar

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

Fisherman's Inn & Crab Deck

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

Frix's Fire Grill

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

Harris Crab House

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

Hemingway's Restaurant

357 Pier One Road, Stevensville; 410-604-0999; Hemingwaysbaybridge.com; Seafood; lunch, dinner \$\$\$ ☎ ☪ 🍷 🌊

Historic Kent Manor Inn

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

The Jetty Restaurant & Dock Bar

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

Kentmorr Restaurant

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

Knoxie's Table

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

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 \$\$ ☎ ☪ 🍷 🌊

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 \$ ☪

Rams Head Shorehouse

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

Red Eye's Dock Bar

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

SandBar at Rolph's Wharf

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

Talbot County

208 Talbot

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

Ava's Pizzeria & Wine Bar

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

Awful Arthur's Seafood Company

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

The BBQ Joint

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

Banning's Tavern

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

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 \$\$ 🍷 🍴 🍴

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 \$-\$\$\$ 🍷 🍴 🍴 *

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 \$\$ 🍷 🍴 🍴

Characters Bridge Restaurant

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

Chesapeake Landing

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

The Coffee Trappe

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

The Crab Claw Restaurant

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

Crepes By The Bay

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

Doc's Downtown Grille

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

Doc's Sunset Grille

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

Eat Sprout

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

El Dorado Bar & Grill

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

Foxy's Harbor Grille (Seasonal)

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

The Galley St. Michaels

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



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Gina's Cafe

601 S Talbot Street, St. Michaels; 410-745-6400; Facebook.com/ginascafestmikes; ginascafestmikes.com; 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; gourmetbythebay.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; American, 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 \$

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; lunch, 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; lunch, dinner \$

Portofino Ristorante Italiano

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

Purser's Pub at Inn at Perry Cabin

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

Robert Morris Inn

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

Sakura Sushi Restaurant

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

Sam's Pizza & Restaurant

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

Scossa Restaurant & Lounge

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

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, Betterton; 410-348-3079; Barbarasonthebay.com; American; lunch, dinner \$

Bayside Foods

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

Bay Wolf Restaurant

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

Beverly's Family Restaurant

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

Café Sado

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

Casa Carmen Wine House

312 Cannon Street, Chestertown; 443-203-8023; casacarmenwines.com

China House

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

Ellen's Coffee Shop & Family Restaurant

205 Spring Ave, Chestertown; 410-810-1992; American; breakfast, lunch, dinner, coffee \$

Evergrain Bread Company

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

Figg's Ordinary

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

Harbor Shack

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

Java Rock

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

The Kitchen at the Imperial

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

Luisa's Cucina Italiana

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

Marzella's By The Bay

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

Osprey Point

20786 Rock Hall Avenue, Rock Hall; 410-639-2194; Ospreypoint.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; Unclecharliesbistro.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; Chesapeakebayhyatt.com; Seafood; dinner \$\$\$ 🍴 🌊 🍷

Blue Ruin

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

Bombay Tadka

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

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

Snapper's Waterfront Café

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

Suicide Bridge Restaurant

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

ThaiTalian Infusion Cuisine

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

Caroline County

Harry's on the Green

4 South First Street, Denton; 410-479-1919; Harrysonthegreen.com; American, seafood; lunch, dinner \$\$\$ 🍴 🌊

Market Street Public House

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

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The future's so bright that our flying mascot Wilma has got to wear shades. She's feeling the good vibes start to pick up around town and now that she's vax'd, she's ready to fly out and about to enjoy the best Chesapeake regional dining, shopping, and services.

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 Christelle Wiseman 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



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

Entries must be received by May 31, 2021. Winner will receive a gift certificate to a local establishment and their name will appear in an upcoming issue of What's Up? Eastern Shore.

98 Cannon Riverfront Grille	95
A La Mode	Gift Guide
Academy Arts Museum of Easton	Philanthropy
Accurate Asphalt LLC	79
Annapolis Auto	81, 85
Annapolis Pillow Company	Gift Guide
Aqua Pools	BC
Arundel Lodge Inc.	55
Ava's Pizzeria and Wine Bar / Theo's Steaks Sides and Spirits	64
Awful Arthur's	64
Barbara's On The Bay	64
Benson and Mangold Real Estate	70
Best of Party	4
Bowman & Jarashow Law	LLP
Brady Fischel & Daily LLC	LLP
Chesapeake Bay Beach Club	15
Chesapeake Bay Maritime Museum	Philanthropy
Clearscape Travel	55
Covington Alsina	Gift Guide
Critchlow Adkins Children's Centers	Philanthropy
Dee Dee McCracken - Coldwell Banker	72, 73
Djawdan Center for Implant and Restorative Dentistry	1
Drs. Walzer Sullivan & Hlousek PA	7
Duke Law LLC	LLP
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Environmental Concern Inc.	Philanthropy, 56
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First Maryland Disability Trust	52
Fisherman's Crab Deck / Fisherman's Inn	68
For All Seasons Inc.	Philanthropy
Franke Beckett LLC	LLP
George R. Roles Attorney and Counselor at Law	LLP
Haven Ministries	Philanthropy
Homestead Gardens	81
Iliff Meredith Wildberger & Brennan PC	LLP
Jason's Computer Services	34
Kagan Stern Marinello & Beard LLC	LLP
Kent Island Pediatric Dentistry	52
Lauren Hurlbrink Interiors	85
Law Office of John Leo Walters LLC	LLP
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Londonderry On The Tred Avon	83
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Parker Counts	LLP
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The Arc Central Chesapeake Region	57
The Container Store	2
The Law Office of Andrea Ross	LLP
Tidewater Inn	19
Trippe Gallery	56
TTR Sotheby's Annapolis - Brad Kappel	5
University of Maryland Shore Regional Health	IBC
Zacharys Jewelers	Gift Guide

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