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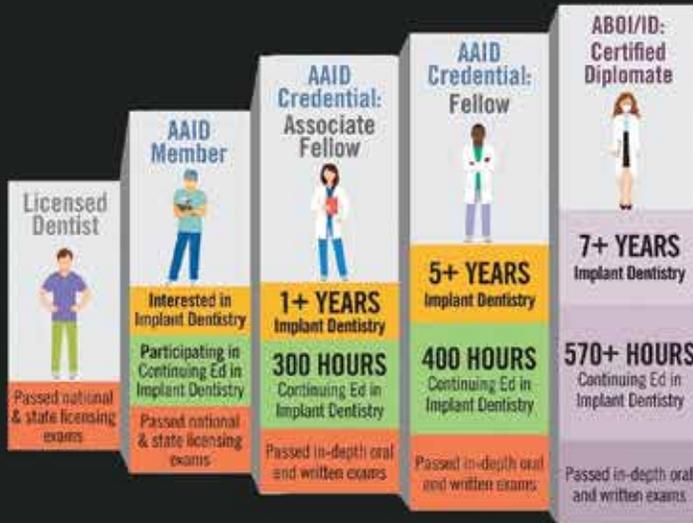


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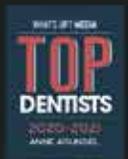
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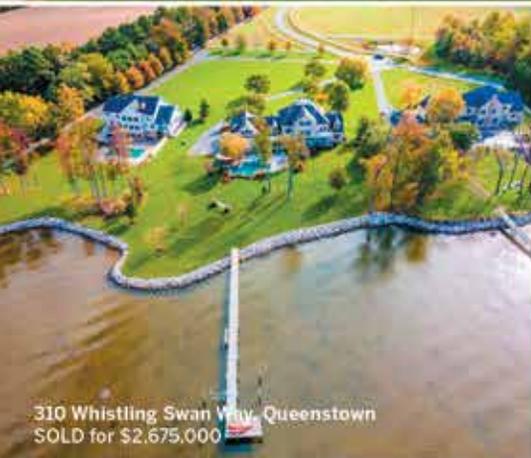
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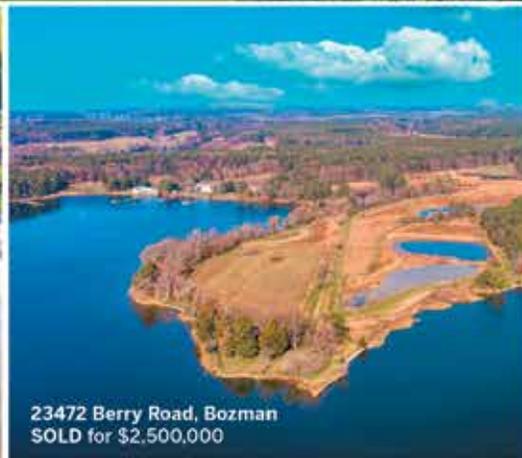
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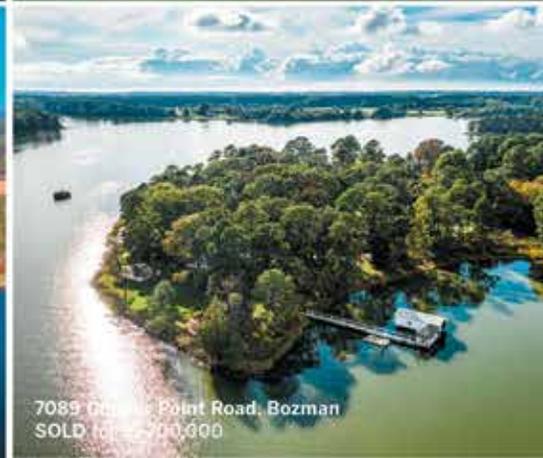
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On the Cover: Classic wooden sailboats are still a marvel today. Photograph courtesy Kate Gahs.
 Design by August Schwartz.
 Contact *What's Up? Eastern Shore* online at whatsupmag.com. ♻️
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JULY 2021

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A New Icon Takes Shape at the Chesapeake Bay Maritime Museum

The end is in sight for a construction project of historic proportions at the Chesapeake Bay Maritime Museum (CBMM) in St. Michael, Md., with both international ties and links to the founding of Maryland.

Maryland Dove is a representation of the vessel that accompanied the first European settlers to Maryland in 1634. Owned by the state of Maryland and operated and maintained by Historic St. Mary's City (HSMC), the ship serves as HSMC's floating ambassador and one of its most popular exhibitions. And thanks to funding from the State and a partnership between CBMM and HSMC, the aging ship will be getting a brand-new successor.

"We are thrilled and honored to have been selected to build a new *Maryland Dove*," said CBMM President Kristen Greenaway. "Over the course of the past few years, our shipwrights and apprentices have been building a historically accurate replacement for the existing ship, and we welcome guests to be a part of the construction and education experience."

CBMM's working Shipyard began construction on the new *Maryland Dove* in 2019 and is now hard at work on the ship's planking, decking, and rigging. The new ship will differ slightly from its existing counterpart thanks to new historical and archaeological research that's been done by experts on the HSMC staff and sources like the Vasa Museum in Sweden.

"This research is going to allow the new ship to be more historically accurate," said Regina Faden, executive director at HSMC. "There were no surviving plans of the original *Dove* of 1634, so we're happy that advances in research and technologies over the past 40 years will be informing the design of the new ship and allowing us to better tell the story of (early) Maryland."

This is the largest project to date for CBMM's shipwrights, who serve as a tangible connection to the Bay's rich story of boatbuilding. CBMM is committed to preserving and transferring traditional boatbuilding skills

in its Shipyard to help keep them alive in both new craftsmen and the general public. CBMM's Shipyard provides an educational experience for guests on not just how ships are built, but on the timber, tools and labor involved, and the social world within which that building takes place both now and historically.

Throughout the spring and summer, guests will see *Maryland Dove's* frames covered with planks, its deck go on, and the masts and rigging begin to take shape, as shipwrights work toward delivering a completed ship to HSMC by the end of this year. To follow along with this project and to learn more and *Maryland Dove's* past, present, and future, visit marylanddove.org.



A view of the bow of the new *Maryland Dove*, currently under construction at the Chesapeake Bay Maritime Museum in St. Michaels, Md. The ship is expected to be completed and sail to its homeport in Historic St. Mary's City by the end of this year. To learn more, visit marylanddove.org.



A rendering of what the new *Maryland Dove* will look like upon completion, created by the ship's naval architect, Iver Franzen.

editor From the



“There’s one!”

my brother shouted with excitement and glee as the two of us, ages 12 and 10 or thereabouts, searched and scraped the docks of Eastport for blue crabs. On summer mornings and late-afternoons, we’d walk the planks of darn-near every boat dock in town looking for the prized crustaceans clinging to the pilings. A good outing would net us more than enough keepers for a small pickin.’ It was a summer pastime we enjoyed often as youngsters, living in and around that ole nautical neighborhood. One time, we even tried to sell two dozen jimmies to Tom O’Leary’s restaurant of the same name. They passed but admired our spirit.

To this summer’s day, every time I step foot on a dock, any dock, I look over the side and down into the bay water below to see if there’s a crab or two hanging out—just a little thing about summer that I love and it always brings back a few good memories. With the season upon us, its high-time we get back to making memories. Especially after the year-plus we’ve had.

So, what will you look forward to this summer? Crabbing, fishing, and boating seasons are in full swing now. And in Chesapeake country there’s no shortage of opportunities to either get on the water or site-see

the vast fleet of vessels that plough through it. We write about classic, wooden sailboats of both yesteryear and today in Ellen Moyer’s “Sleek Beauties.” Nostalgia, culture, and a determination to continue our region’s sailing legacy make for an inspiring read. If travel is on your mind (probably is!), then Diana Love’s “Postcards from the Mid-Atlantic” offers snapshots of small towns that dot the region and a bevy of reasons why to visit each.

Of course, dining out and doing so *outside* is reason enough to explore our own hometowns and communities, take in a fine meal, and bask in waterfront ambiance. Our “Waterfront and Al Fresco Dining Guide” compiled by Megan Kotelchuck features—by my count—159 destination restaurants from the Western Shore riverbanks of the Severn, South, Magothy, and West to the deep reaches of the Choptank and Nanticoke rivers in Dorchester County. That’s more than a restaurant per day for the summer calendar! (And if you need a little help working off some of those calories, look no further than the list of Best of Beauty & Fitness winners in this issue.)

There’s much more in the pages of this June issue. You’ll learn about a volunteer that goes above and beyond to save the bay, the steps to citizenship in our country, a caterer that cooks over live flame, design inspiration for your own kitchen, dream houses, recipes, how to pay tribute to hard-working nurses, and even a few events to look forward to!

Whatever adventures make it onto your calendar, I hope by the time summer’s tide turns to fall that you and yours have landed more than a few keeper memories!

James Houck,
Editorial Director

A large, stylized handwritten signature in black ink, appearing to read 'James Houck'.

A man with a beard and sunglasses, wearing a red t-shirt and a light-colored bucket hat, is standing on a black stand-up paddleboard. He is holding a black paddle with both hands, positioned as if about to stroke. The background shows a calm river with green trees and a blue sky with scattered white clouds.

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Out on the **TownE**

13 EVENT PICKS | 16 SALUTE | 18 SPOTLIGHT | 20 ATHLETE

↓ **Paint the Town**

Since April 30th, Plein Air artists have been painting in anticipation of a tented exhibit and sale in Fountain Park in Chestertown. On June 4th, bring your art to Paint the Town during the First Friday Celebrations. Following the outdoor event, there will be an indoor exhibit of the art pieces at RiverArts on June 11th. Unlike years in the past, more than just paintings are being accepted into the exhibit. Bring your impressions in fabric art, clay, and collages! For more information, visit chestertownriverarts.org



CLASSIC BOATS FESTIVAL

Visit the Chesapeake Bay Maritime Museum in St. Michaels for the 33rd Annual Antique and Classic Boat Festival from June 18th through June 20th. Over 100 antique boats have been invited to the event hosted by Chesapeake Bay Chapter of the Antique and Classic Boat Society. Enjoy free youth programs, boat rides, seminars, and shop for boats for sale. For more information, visit chesapeakebayacbs.org



↑ Annapolis to Newport Race

One of the most historic and well-known of the US East Coast blue water races is coming back to Annapolis on June 4th and 5th. This year marks the 38th running of the 475-mile biennial Annapolis-Newport Race. The race is organized by Annapolis Yacht Club. Boats will race down the Chesapeake Bay toward Chesapeake Light Tower, then turn and head northeast toward Newport. As of the date of publication, due to COVID restrictions, there will not be a pre-start party or trophy presentation, but that may change according to COVID guidelines. Find more information at Annapolisnewportrace.com

WHO'S NEXT? OPERATION ARTS COMPETITION FINALE

On June 25th, from 7 to 9 p.m., tune into Maryland-based Operation ARTS Foundation Inc.'s new, virtual, innovative contest for creatives. This creative contest is called the Sonor Wines America - Music competition, where musicians of all genres will compete for prizes and the chance to have their music infused into wine! This is a juried show with an entry fee of \$20 and is a tax-deductible contribution.

Proceeds go towards the artist prize and also towards funding the wine festival post-pandemic.

Make the world more artful and tune into the event at whosnext2021.eventbrite.com



Virtual Clean the Bay Day

This year, Clean the Bay Day will be a six-day virtual event starting on Monday, May 31st to Saturday, June 5th. The motto this year is all about flexibility and giving everyone the option to Clean the Bay Your Way. During that six-day period, participants have the option to do a tried and true litter clean-up, plant a native plant and/or install a rain barrel. Find a map for great clean up places online but do not feel the need to limit yourself to that list. Make sure to tag your photos #CleantheBayDay on social media to share your experience. Registration is required, for more information can be found at Cbf.org/clean.

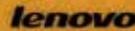
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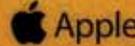


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TOWNE SALUTE

Ben Wechsler

Chesapeake Bay Trust

By Tom Worgo

Standout volunteers like Ben Wechsler are the backbone of nonprofits. Wechsler goes above-and-beyond the typical volunteer. Maybe like none other.

Wechsler, a real estate and environmental lawyer with an Annapolis firm, helped the Chesapeake Bay Trust raise its visibility and extend its outreach by finding the organization a \$3 million, environmentally-friendly “Green” home on Severn Avenue in Eastport.

“It is immensely satisfying to help an organization manage growth,” Wechsler says. “To not only grow the balance sheet, but also to grow the organization. And grow the number of employees, the grant making, and the internal governance structure. All this has allowed the organization to flourish and make progress toward achieving its mission.”

The new headquarters is one of many things that Wechsler, an Arnold resident, has accomplished as a volunteer and long-time board member. His eight-year stint on the board included two years

as chairman and two years as vice chairman. He joined the organization in 2012.

It is significant that since then, the organization’s grant giving has nearly doubled under Weschler’s time on the board. It went from \$5.8 million to \$11.1 million.

Looking back, current board chairman Gary Jobson is amazed at Wechsler’s determination and persistence over the two years that it took to plan and complete the new office.

The green building, which opened in 2019, is an environmentally friendly showplace. That made it an incredibly complex project. The run-down property cost \$2 million and the drastic renovations to the existing building ran about a \$1 million.

“I don’t think Ben anticipated the intense pressure on him to deliver,” Jobson says of the 48-year-old’s tireless efforts to shepherd the project through completion. “It just became a cascading series of events, and challenges, but to his immense credit, he pulled it off. Once he

got into it, he was going to make sure it was going to happen. I just marveled at him. He was the guy who did it all.”

The new facility has enabled the 26-year-old Trust to significantly enhance its operation and mission, which is improving the watersheds of Maryland’s bays and rivers through grants, environmental education, community engagement, and other initiatives.

“He saved a tremendous amount of legal fees and consultants,” Jobson says. “It would be six figures if you had to pay someone for that kind of work.”

Trust Executive Director Jana Davis says the impact of the facility has been profound.

“Ben had a vision and saw a property in Eastport that he thought could carry the Trust forward until the next phase of our existence,” Davis explains. “It has solidified a presence for the Trust in the community. It has allowed us to put down roots and has brought more positive attention to the organization. Now, we are really a productive pillar of Eastport.”

The Trust had outgrown its old office on West Street that it rented in more ways than one. It was a less than an ideal location while space and parking was limited.

“It really wasn’t compatible with its mission,” Wechsler says. “It didn’t have ventilation. You couldn’t get outside. You weren’t really close to the water. It was kind of a sterile office space. As the Trust began growing and adding staff, the space got to very, very crowded.”

As board executive, Wechsler played a major role in updating the Chesapeake Bay Trust’s license plate program, which is a major source of revenue. The new plate, with a slogan “Protect the Chesapeake,” was rolled out in 2018 and won an international award.

“We needed to get permission from the motor vehicle administration and the political will to do it,” Davis says. “Ben was with me in many of those meetings to make sure that happened. He created the environment in which we were able to get that done.”

Wechsler no longer serves on the board, but he is an active volunteer. There’s no doubt his impact will be long lasting.

“He was an amazing board chair and amazing board member,” Davis says. “He took the role incredibly seriously. He dove in. He did everything you would want him to do. He was just a perfect chair.”

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

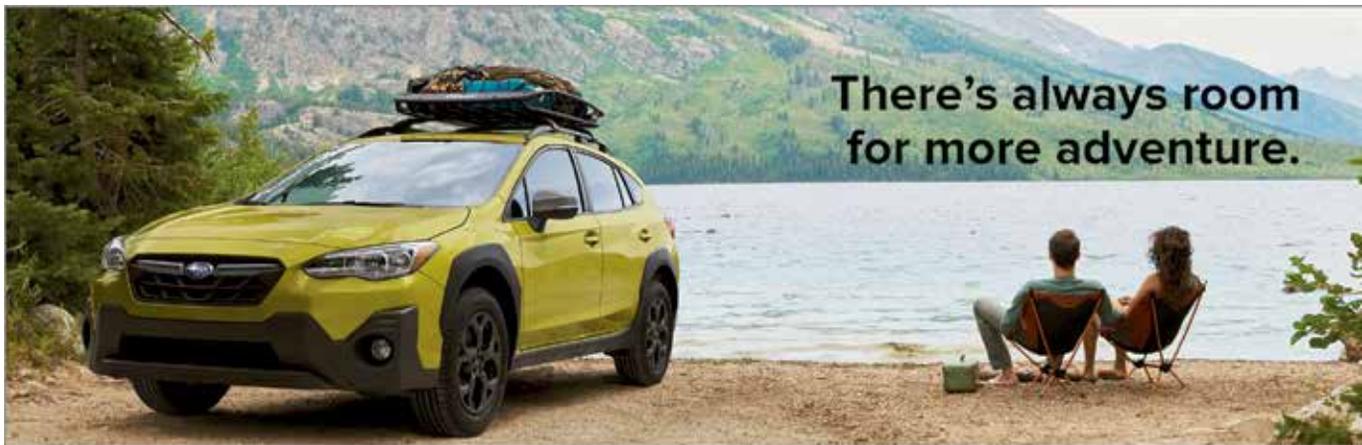
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Chesapeake Music Announces Competition Winners

Four ensembles, which included the Aya Piano Trio of Philadelphia, Pennsylvania; Dior Quartet of Bloomington, Indiana; Soma Quartet of Bloomington, Indiana; and Zelter String Quartet of Los Angeles, California, competed for the \$10,000 Lerman Gold Prize and the \$5,000 Silver Prize at the 9th Chesapeake International Chamber Music Competition for Young Professionals in Easton on April 10, 2021. The Lerman Gold Prize was awarded to the Zelter String Quartet and the Silver Prize was awarded to the Dior Quartet, which was also awarded the Competition's Audience Choice Award. Postponed from April 2020 due to the global pandemic, this year's event was rescheduled and held online. The ensembles, which included members as young as 21 and no older than 31, represented a wide range of instrumental combinations including winds, strings, and mixed instruments. Chesapeake Music Executive Director, Don Buxton, commented, "During this very challenging year, we have all learned new ways of experiencing inspiring music celebrations. Chesapeake Music finds itself presenting this wonderful day as a virtual experience...we have tried to include some of the excitement you would get out of a live competition."



↑ GUNSTON SCHOOL INDUCTS NATIONAL HONOR SOCIETY STUDENTS

In April, The Gunston School in Centreville inducted 34 students into the National Honor Society, as parents, faculty, and fellow NHS members watched. The outdoor ceremony was held near Gunston's waterfront between two cherry trees in full bloom. Founded in 1921, NHS is a prestigious organization for high school students in upper grades who have met the rigorous national and school standards in the areas of scholarship, leadership, service, and character.

Compass Honors Volunteers ↓

Compass, a hospice, palliative care, and grief support services organization, based in Centreville, honored its over 300 volunteers this past April in honor of Volunteer Appreciation Month. Volunteers assist in many areas throughout the Compass organization, including administrative assistance, patient care, vigil volunteers, grief support assistance, healing services volunteers, Camp New Dawn, maintenance, and running Estate Treasures. "We could not provide the support to Compass through the Estate Treasures store without the incredible work of our volunteers and our community who supports us through fundraisers, shopping, and donating to Estate Treasures," says Robyn Affron, Volunteer Manager for Compass. For more information about Estate Treasures, or other volunteer opportunities, contact Compass at 443-262-4100 or visit compassregionalhospice.org.



UMMS APPOINTS SYSTEM'S FIRST CHIEF DIVERSITY, EQUITY AND INCLUSION OFFICER

The University of Maryland Medical System has recruited a physician with deep roots in addressing healthcare inequities over a career spanning nearly three decades, and lived experiences in inner-city America, to serve as the System's first-ever Chief Diversity, Equity and Inclusion Officer (CDEIO). Roderick K. King, MD, MPH will join UMMS this summer and will be tasked with working collaboratively across the System to develop a long-term roadmap for diversity, equity and inclusion (DEI) that aligns with the System's strategic plan. "One of the things that excites me most about this position is the kind of far-reaching impact my role could have on the health of people in the state of Maryland," Dr. King says. "In addition, because this role is one of the first of its kind in a large health care system, UMMS is at the forefront of leading a movement. I believe that increasingly, health care systems are recognizing the importance of a role like mine in their C-suite. We have an opportunity here to demonstrate measurable results in health improvements in diverse populations that can lead to the adoption of best practices nationwide. I have done a lot of work with hospitals, health plans and community-based organizations during my career and am encouraged that UMMS is making great strides to integrate strategies for diversity, equity and inclusion into hospital planning at the highest levels."



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TOWNE ATHLETE

Lily Osborne

Easton High School

By Tom Worgo

Easton has produced its share of great athletes over the past decade, and then there's senior Lily Osborne.

Osborne pulled off the rare feat in her four-year career by earning First-Team All-Bayside Conference in three sports: lacrosse, basketball, and soccer. Easton Girls Basketball Coach Matt Griffith says Osborne is the best female athlete he's coached in 26 years.



YOU SEE SO MANY ATHLETES COME IN THAT ARE GREAT AT ONE OR TWO THINGS. SHE CAN DO SO MANY THINGS WELL. IF LILY HAD THE SAME TIME TO WORK ON EACH OF HER SPORTS, I THINK SHE COULD HAVE PLAYED DIVISION I COLLEGE IN ALL THREE."

"You see so many athletes come in that are great at one or two things," he explains. "She can do so many things well. If Lily had the same time to work on each of her sports, I think she could have played Division I college in all three."

Osborne elected to play Division I lacrosse, and for one of the top women's lacrosse programs in the country. She'll be attending Loyola University Maryland on a lacrosse scholarship.

For years, soccer was her No. 1 sport, but that changed early on in high school. "I wanted to play soccer in college," she says. "But having played soccer for so long, I got tired of it. I realized the love for it just wasn't there anymore. I could never get tired of lacrosse."

The 5-foot-4 Osborne picked Loyola—ranked No. 3 in the Nike/U.S. Lacrosse Division I Women's Preseason Top 20 preseason poll—over a scholarship offer from Liberty University in Virginia.

She plans to major in physical therapy after carrying a 3.67 grade-point average at Easton. Once she checked out Loyola's team, she knew it was the right fit for her.

"I like how they play at such a fast pace," says Osborne, a midfielder who specializes in draws. "I just love a fast team, and that's what they are. Right when I got there, I felt it was the place for me. I just fell in love with the campus, team, and the coaching staff."

Osborne started rigorous workouts in February to start preparing for college lacrosse. She trained with former George

Mason standout Kristin Morgan, focusing on weight-lifting, including dead lifts and squats, along with sprinting and long-distance runs.

This summer, she'll jump on a Loyola workout program, spending up to three hours per day training. "I just have to work really hard so I will be ready for fall lacrosse practice," Osborne says.

Loyola Assistant Women's Lacrosse Coach Dana Dobbie described Osborne as a "hidden gem." "We are so excited to have her," Dobbie says. "She has those innate attributes that you can't teach. Her competitiveness is off the charts and she has the ability to put the game on her shoulders when her team needs her the most. That's true in every sport Lily plays."

Osborne added another thing to her impressive resume when Under Armour named her to its All-American watch list for 2021. "I was just grateful to make the team," Osborne says. "I really wasn't expecting to make it. It's amazing."

Osborne had a stellar lacrosse career at Easton. She started for three years and led her team in draws as a freshman and sophomore (90 total). Osborne also ranked during those seasons among the team leaders in goals and assists, finishing with 58 points in 2019.

She also played for Lady Crabs Club team year-round at the same time she competed for Easton. Her explosiveness above all else made her a dominant player. "She has a different gear than any kid I have coached,"

says Lady Crabs Club Coach Robert Smith, who also ran the Easton girls lacrosse team for three seasons. “The combination of speed, power, and quickness she had was just remarkable.”

On the soccer field as a midfielder, she was named First-Team All-Bayside Conference midfielder during her first three years in high school. Her leadership skills showed in the winter for basketball. Osborne started for three seasons at point guard. She led the team in assists (4.6 average) and steals (4.8) while chipping in 11.5 points per game.

“She was a game changer, and had the ability to make big plays,” Griffith says. “We called her the motor of the team. She had so much energy. She never stops or gets tired.”

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

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Postcards from the

MID-ATL

Travel snapshots of nostalgic towns that dot our region from the Appalachian foothills to Shore beaches

MID-ATLANTIC

By Diana Love

Adventure. Romance. More than a family outing. If your heart is calling for a getaway this travel season, we offer several Mid-Atlantic options that are, somewhat, off the beaten path but within earshot of sites, attractions, action or relaxation, and, definitely, culture. Enjoy the following guide and, hopefully, have fun creating a new adventure this summer.

We start at...

Oakland, Maryland

Anchored by a historic downtown and surrounded by thousands of acres of forest, Oakland, Maryland is a destination with something for everyone. While the town's small main street has an arts and entertainment district with frequent special events worth keeping an eye on, the surrounding area has even more to offer.



Discover Deep Creek Lake: Deep Creek Lake is a reservoir with more than 69 miles of shoreline and excellent public access to the water. Rent a pontoon boat from Funtime Water Sports, Bill's Marine Service or The Aquatic Center in McHenry, Maryland. The lake's many quiet coves make tubing, waterskiing, kayaking, and paddle-boarding popular hot-weather activities.

Explore State Parks: With nine state parks and seven major rivers nearby, the Oakland area abounds in natural wonder and affordable access to recreation. Deep Creek Lake, Herrington Manor, and Swallow Falls State Parks all offer playgrounds, water access, and picnicking.

Meadow Mountain Trail, Lostland Run Trail and New Germany Trail Loop all offer easy to moderate hiking. A favorite short hike is to Swallow Falls State Park's Muddy Falls. Beware! Although many folks like to play in the water here, it can be dangerously fast with hidden rocks! An idyllic and much safer option is Tolliver Falls, which offers a small waterfall and a swimming hole perfect for cooling off on a summer day.

Immerse Yourself in History: Enjoy the three major museums in downtown Oakland, including a working railroad, or visit nearby Grantsville to learn how and why American presidents retreated



to Garrett County. Fort Necessity Battlefield is a fascinating site and worthwhile visit just over the state line in Pennsylvania. Interesting exhibits describe early battles of the French and Indian War, which resulted in the surrender of English forces under Colonel George Washington to the French. Don't miss a brief stop off Route 40 at the roadside grave of British Major General Edward Braddock, including a short walk down to Braddock's Road. As the original thoroughfare through the Highlands toward Western territories, this road was traveled by Daniel Boone, George Washington, and Meriweather Lewis, as well as by escaped slaves on the Underground Railroad.

Create an Adventure: Zipline, mountain bike down steep ski trails, or

take a ride on the thrilling Mountain Coaster at Wisp Mountain Resort. Go whitewater rafting or kayaking at the Adventure Sports Center, located at the top of the mountain at Wisp.

The Upper Yough is one of the Top Ten rivers in North America for whitewater rafting. Ohio Pyle State Park also offers several great river experiences. Make a memory to last a lifetime through any of the expert guide companies in the area.

Funland in McHenry offers miniature golf, a rock-climbing wall, video games, bumper cars, go-carts, and hours of family fun. When you've finished your adventure, make sure to enjoy an ice cream at Lakeside Creamery.

Don't Miss: A short drive to the Laurel Highlands of nearby Pennsylvania should include a visit to Frank Lloyd Wright's Falling Water or Kentuck Knob, both architectural treasures. While you're in the area, spend a couple of hours at Laurel Caverns, Pennsylvania's deepest cave, where the temperatures are 52 degrees year-round. Your tour into the deepest, darkest corners of the cave is one you'll never forget. Visitors can go spelunking in the three miles of natural passageways through undeveloped portions of the cave, or take a shorter, one-hour tour through the upper cave.

Lodging: Nemaocolin Woodlands Resort is a beautiful home away from home, and also makes for a memorable day trip. Situated on 2,000 acres in the Laurel Highlands, Nemaocolin is a recipient of Forbes' "2018 World's Most Luxurious Hotels" award. Activities on-site cater to everyone: The Field Club offers some of the nation's top skeet shooting, archery, air rifle, and sporting clays ranges, as well as fly fishing. Wildlife habitats, accessible through the Wildlife Academy, feature red sheep, buffalo, tigers, lions, wolves, and many more animals. Don't miss the Animal Ambassador Building, which is home to smaller exotic and domestic animals such as a kinkajou, fennec foxes, a striped skunk, rabbits, and reptiles, just to name a few! Families can walk, drive, bike, or take a train through the habitats. The Adventure Center offers a Jeep off-road experience, miniature golf, bowling, rock climbing, a ropes course, bike rentals, and tennis. Of course, after all this fun, you'll need the resort's famous pool and full-service spa.



Twin Beaches of Chesapeake Beach & North Beach, Maryland



Juxtaposed against the rolling farm fields and lush green pastures of Southern Maryland are beautiful waterfront communities that boast colonial history, rural roots, and contemporary resurgence. Chesapeake Beach and North Beach are two excellent examples of postcard-perfect destinations in Calvert County. Sandwiched between the Chesapeake Bay and agricultural corridors, these small towns are defined by their waterfront and by their history as resort destinations for Washingtonians. The Washington and Chesapeake Railway Co. brought hordes of day-trippers eager to swap the swampy heat of D.C. for bay breezes, boardwalk promenades, live entertainment, casual summer days, and family-friendly fun. Although the railroad is gone, none of the rest has changed.

Discover the Chesapeake Bay: Get wet at any of the long, shady, and shallow beaches that line the coastline at Bay Front Park, Breezy Point Beach, or the North Beach municipal waterfront park. Dig for fossils at Brownie Beach, where you can also explore the coastline, wade far out into the Bay, and dig your toes deep in the sand. Walk along the short, flat Chesapeake Beach Railway Trail to spot osprey, bald eagles, egrets, and all sorts of wild birds that reside in the marshland. Fishing and crabbing are long-established local pastimes. Source guided fishing and trips, crabbing gear, and crab houses easily at the marinas and boat slips in both towns. Herrington Harbor Marina North and South offer yachting, sailing and boating gear, supplies, amenities, and docking.

Immerse Yourself in History: Southern Anne Arundel, Calvert, Charles, and St. Mary's Counties offer countless opportunities to experience colonial history first hand. For a free step back in time, visit the small village located at

Herrington Harbor North and maintained by the Deale Historical Society. Buildings from the mid-19th century include a one-room schoolhouse, a residence, smokehouse, dairy, and African-American meeting house. A historic graveyard is nearby.

A little further away, near Edgewater, colonial London Town on Anne Arundel County's South River bustled with activity as ships carrying trade goods stopped at the site of an active ferry crossing. Economies changed and London Town all but disappeared. Discover the "lost town" at Historic London Town through a visit to the William Brown House (c.1760), a National Historic Landmark, and reconstructed colonial buildings. Bring your family (and dogs) to enjoy scenic river views, perfect picnicking, colonial reenactments, 10 acres of woodland and ornamental gardens, and a Sound and Sensory Garden.

Find Your Favorite Beach Town: Although these twin

towns are close together, they maintain separate identities. North Beach has a boardwalk with a variety of shops, antique stores, and fun events, the most famous of which are their Friday night farmers market, car shows, seasonal carnival, and outdoor movie nights.

Chesapeake Beach is a tightknit community that embraces small vacation bungalows, waterfront condos, and the Chesapeake Beach Resort, the place to go for Bingo and Jackpots, live music, dining specials, and spa treatments. The preferred local swimming hole is Chesapeake Beach Water Park, with a lazy river, water slides, kiddie pools, and locker rooms with showers.

Don't Miss: There are many farm experiences to be had in the surrounding area. Try Honey's Harvest Farm for holistic health classes, fresh farm produce, and natural herbal or plant remedies. Montpelier Farm in Upper Marlboro has animals and farm rides for the kiddos. The Deale Farmers Market is one of the best in the area.

Lodging: The Inn at Herrington Harbor (North Beach) and Rod 'N' Reel Resort (Chesapeake Beach) are our favorite places to stay in the area. The resorts feature beachfronts for launching kayaks, paddleboards, and beach toys for guests. On site dining options at both resorts offer the full spectrum of Chesapeake cuisine and ambiance that ranges from romantic to casual, depending on your mood. Full-service marinas, spas, and other on-site recreation opportunities make either resort a great go-to for your stay. And nearby trails and boardwalks are perfect for when you're in the mood to explore.



Williamsburg, Virginia

History abounds in Williamsburg, but there's more than just museums and reenactments to make the area postcard perfect. Williamsburg is best known for being located inside the Historic Triangle adjacent to Jamestown and Yorktown. But it's also within close driving distance to Richmond (about one hour) and Newport News/Virginia Beach (about a half-hour). The town is situated between the York and James Rivers near the mouth of the Chesapeake Bay, so water sports and boat experiences are aplenty.



Discover Blueways:

To view history through the eyes of a colonial explorer or seveneenth-century native, you'll need to paddle. Water trails around Williamsburg, called blueways, are ideal for canoeing, kayaking, and paddle-boarding. Rent rowboats, canoes, and pedal boats at Waller Mill Park, or kayaks and canoes from Chickahominy Riverfront Park's facilities. For guided excursions, look to Bay Country Kayaking. The company offers eco-tours of tidal wetlands, launching just minutes from Colonial Williamsburg at New Quarter Park. You can also rent kayaks, paddleboards, and bikes from Patriot Tours & Provisions.

For a sightseeing cruise perfect for the entire family or even a romantic sunset cruise, try Yorktown Sailing Charters. Their Historic Yorktown route takes you past sites like the Yorktown Battlefield and Victory Monument; the company also offers a pirate adventure cruise. Other Williamsburg sailing excursions include the daily cruises of York River



Charters, Jamestown Discovery Boat Tours, and Williamsburg Charter Sails.

Drop a Line: The fishing is grand where the river meets the sea. Try your luck at catching bass, perch, catfish, and other species in the waters around the Greater Williamsburg area—just be sure to get a permit first. York River Charters offers small boat experiences for fishing and sightseeing. Little Creek Reservoir Park is a scenic spot overlooking a 996-acre reservoir.

Toes in the Sand: If swimming is what you're looking for, head to Yorktown Beach for an afternoon. This two-acre public beachfront is one of the only beaches in the area to feature a Mobi-Mat and Mobi Chair for visitors in wheelchairs. The beach is perfect for sunbathing, boating, swimming, and fishing. An ADA accessible fishing pier and grassy picnic area are also available to guests.

Public Pools: If rivers aren't your gig, you can find outdoor pools at Upper County Park and Chickahominy Riverfront Park. Both have amenities like playgrounds and sports courts.

Ultimate Water Experience: Visit Great Wolf Lodge or Water Country USA for waterslides, water games, lazy rivers, and hours upon hours of summer fun.

Immerse Yourself in History: Dig for colonial-era artifacts in Jamestown, reenact scenes from the build-up to the Revolutionary War in Colonial Williamsburg, and visit the spot where Cornwallis surrendered to Washington at Yorktown. Experiencing a day in the life of indigenous peoples, sailors, pirates, colonial farmers, and our nation's founders up-close and hands-on will be so fun that your family won't notice they're taking a course in United States history!

Get Outside: Williamsburg is close to many beautiful county, state, and federal parks. Historic Jamestown, Yorktown Battlefield, Colonial Parkway, and Fort Monroe National Monument are all administered by the National Park Service. Nearby State parks include York River State Park and Waller Mill Park. Fourth graders can get an Every Kid In A Park pass for free entry to some national and state parks. The College of William and Mary has several gorgeous gardens. The cool and serene Lettie Pate Evans Wildflower refuge is also a favorite.

Fun for the Big Kids: If your walk-through history has you needing a change of scenery, try a brewery tour, a tavern crawl, or a local wine tasting. Virginia is home to several world-class local ales and beers, as well as wines, and Williamsburg has many authentic taverns.

Don't Miss: Williamsburg is also home to the massive entertainment park Busch Gardens.

Lodging: The iconic Williamsburg Inn represents the height of luxury in Colonial Williamsburg. Part of the much larger Colonial Williamsburg Resorts properties, the Williamsburg Inn offers fine dining, golf, and a spa, as well as customized area tours, lectures, and programs.





Lancaster County, Pennsylvania

Known for bucolic rolling hills and Amish farm life, Lancaster County, Pennsylvania is close to home, yet far removed from suburban city life.

Explore Amish Country: The Pennsylvania Amish of Lancaster County are America's oldest Amish settlement, where thousands still live a centuries-old "Plain" lifestyle. Experience a buggy ride with AAA Buggy Rides in Intercourse or Ed's Buggy Rides in Ronks. At the Plain and Fancy Farm, become immersed in the Amish culture and lifestyle. Watch "Jacob's Choice" in the property's theater. The film focuses on the Amish of today through the eyes of the Fisher family, with historical scenes re-created with multiple screens, special effects, and ghostly images of historical figures. Also on-site is the Amish Country Homestead & One-Room School, the only designated Lancaster County "Heritage Site" Amish house tour in Lancaster County. Strasburg Railroad offers 45-minute steam locomotive train rides through the countryside and includes train robbery reenactments.

Bike Trails and Covered Bridges: Lancaster County's back roads and established trails make the area perfect for any biking enthusiast. To buy or rent a bike, try Intercourse Bike Works. They can also offer advice on self-guided and guided bike tours. Lancaster County trails are well suited for both casual and experienced riders, and vary in distance. A popular option for road biking is a tour of covered bridges. There are 29 such bridges in the area. Popular county trails include:



Conestoga Greenway Trail (1.3 miles); Conewago Recreation Trail (5.1 miles); Enola Low Grade Trail (27.6 miles); Lancaster Junction Recreation Trail (2.33 miles); Warwick to Ephrata Rail Trail (6-7 miles); Northwest Lancaster County River Trail (14 miles)

Get Outside: Columbia Crossing is the primary visitor information and education center for exploring the Susquehanna Riverlands and Lancaster County's many outdoor resources. The facility offers exhibits, programs, a picnic pavilion, and public restrooms. Columbia Crossing is also the southern trailhead for the Northwest Lancaster County River Trail.

Get Wet: The Susquehanna River is an excellent spot for fishing and boating. Explore the river's quiet beauty, and learn the history and culture of Lancaster County's river towns through a series of riverside interpretive panels that scattered along a 53-mile span from the Mason-Dixon Line to Harrisburg along the Susquehanna Water Trail. There are multiple put-in spots along the

Susquehanna River, including Chickie's Rock County Park, the Conestoga River, Sickman's Mill on Pequea Creek, and Speedwell Forge Lake near Lititz.

Rainy Day Fun: A rainy day is no reason to sit inside when you're in Lancaster County. In the city of Lancaster alone, there is so much to do! Try the Lancaster Science Factory, National Toy Train Museum, a tour of QVC Studios, the State Museum of Pennsylvania, or the New Holland Haytools Factory Tour.

Farm Life: To experience Pennsylvania's traditional farm life, visit Landis Valley Village and Farm Museum or the Hans Herr House and Museum.

Fun for the Big Kids: If you've experienced all the covered bridges, buggy rides, and pretzels you can handle, try any of the area's excellent breweries, the ghost tour in Lancaster, or a custom foodie tour.

Don't Miss: The kids will be thrilled with a day at Hershey Park or Dutch Wonderland, both outstanding theme parks. Sight and Sound is an epic show that brings the Bible to life on stage with professional actors, elaborate costumes, meticulously detailed sets, trained animals, unmatched special effects, and memorable music.

Lodging: Lodging in Lancaster County is diverse and inexpensive compared to metropolitan areas. There are many camping and RV options in the area, as well as cabin and vacation rentals. For an unusual experience, stay on a working farm at Olde Fogie Farm Bed and Breakfast, Meadow View K Farm Guest House, Verdant View Farm Bed and Breakfast, Amish Farm Stay, Eby Farm Homestead Bed and Breakfast, or Neffdale Farm of Paradise. These are just a few of the many farm-stay options in the area. The Fulton Steamboat Inn in Lancaster celebrates Robert Fulton, inventor of the steamboat, in both architectural detail and interior design. Bed and breakfasts abound across romantic Lancaster County. Try Lancaster Bed and Breakfast, Kings Cottage Bed and Breakfast, or the Inn at Pinetown for more luxurious amenities and beautiful settings.



Berlin, Maryland



Named Budget Travel's "Coolest Town in America in 2014," Berlin, Maryland has quickly become an Eastern Shore destination that's a quiet alternative to nearby Ocean City.

Discover History and Architecture: Berlin boasts historical significance as the homeland of the Assateague and Pocomoke indigenous tribes and as a significant town on the Philadelphia Post Road, the main route that connected the Eastern Shore to Baltimore, Newark, and Philadelphia.

Berlin's tree-lined streets, Victorian town center, museums, and historic homes are captivating, while the many restaurants and shops are delightful. In 1998, Berlin was the filming location for the movie *Runaway Bride* starring Richard Gere and Julia Roberts. In 2001, the town was the fictional setting for *Tuck Everlasting* starring Sissy Spacek, Ben Kingsley, and William Hurt. Forty-seven buildings in downtown Berlin are noted in the National Register of Historic Places and represent nearly two centuries of architectural heritage.

Get Outside: There are four parks in the city of Berlin, all offering multiple ways to relax, play, and enjoy the outdoors. The town is only fifteen minutes or so from Assateague State Park, Maryland's only oceanfront park. Located on Assateague Island, the park boasts two miles of ocean beaches for swimming, beachcombing, sunbathing, surfing, and fishing. The bay side of the park offers visitors the



chance to explore secluded coves by canoe or kayak. The marsh areas have a variety of wildlife, including deer, waterfowl, and the famous island ponies.

Pocomoke State Park is about 25 minutes from Berlin. Located within the 15,000 wooded acres of Pocomoke State Forest, this park is famous for its stand of loblolly pine and for its cypress swamps that border the wild and scenic Pocomoke River. The park's combination of swamp and upland offers visitors the opportunity to view a variety of plant and animal

life, including white dogwood and pink laurel in the spring, river otters, and bald eagles, and over 50 species of fish.

Get Wet: Most folks who visit Berlin in the summer head to Maryland or Delaware beaches for ocean swimming and deep-sea fishing. But if you're looking for a pool, try Frontier Town. An water park resort fashioned in the style of the Old West, Frontier Town offers water slides, a lazy river, arcade, Miniature Golf, fishing from a 200-foot pier, High Ropes Adventure Park, as well as daily planned activities for campers, a restaurant and bar, camp store, deli, ice cream parlor, and gift shop.

Rainy Day Fun: Main Street Berlin boasts over 50 retail shops and is a major hub for antique stores. There are too many restaurants, coffee shops, bakeries, and sweets to list. The arts are alive in Berlin with galleries featuring fine art, as well as local and national handcrafts. Berlin has two museums: Rackliffe Plantation House and Calvin B. Taylor House Museum. The Ward Museum of Wildfowl Art and Eastern Shore Baseball Hall of Fame are about 25 minutes away in nearby Salisbury.

Adult Fun: A visit to the Burley Oak Brewing Company offers a great place to listen to live music and to sample any of their beers. Release days can be quite busy, so check their website in advance. The taproom doesn't offer dining options—folks like the pizza across the street at Burn Wood Fired Pizza.

Don't Miss: Assateague Light is the 142-foot-tall lighthouse located on the southern end of Assateague Island. The lighthouse is located in the Chincoteague National Wildlife Refuge. The Ocean City Boardwalk is famous for a highly concentrated mix of beachfront fun for the entire family that no one will soon forget.

Lodging: The Atlantic Hotel was built in 1895 and is celebrating 125 years of service as a cornerstone business in Berlin. The hotel is famous as a primary location for the movie *Runaway Bride*. It is admired for gracious service, Victorian accommodations, and "an authentic Maryland experience deeply rooted in small-town charm."





2021

BEST OF EASTERN SHORE

BEAUTY & FITNESS





We continue celebrating the Best of Eastern Shore 2021 with the energetic list of Beauty & Fitness winners! The following winners are the result of you, our readers, voting for your very favorite spas, salons, gyms, and more services in our annual Best of Eastern Shore voting campaign.

More than 20,000 of you participated this year!



Salon for Coloring
Studio 107 Hair Salon
 107 Market Court, Stevensville; 410-643-7233

Salon for Pampering
Spa Angels Boutique & Spa
 306 Park Row, Chestertown; 443-924-9478; spaangelsboutiqueandspa.com

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

Stand-Up Paddle Board Class
Dragonfly Paddle and Fitness
 702 Reynolds Drive, Stevensville; 443-995-5485; dragonflypaddleandfitness.com

Women's Hairstyling
Sarah Paige Studio Salon
 312 Cannon Street, Ste. F3, Chestertown; 443-282-0092; sarahpaigesalonctown.com

Yoga Studio
Soul Society Yoga Studio
 2110 Didonato Drive, Chester; 410-708-4542; soulsocietystudio.com

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

Aromatherapy
Spa Angels Boutique & Spa
 306 Park Row, Chestertown; 443-924-9478; spaangelsboutiqueandspa.com

Barre Class
Barrevolution Kent Island
 1565 Postal Road, Chester; 301-332-7867; barrevolutionki.com

Boot Camp
Workout Like A Girl
 220B Log Canoe Circle, Stevensville; 301-848 2741; workoutlikeagirl.com

Bridal Hairstyling
Pretty Weird Hair & Makeup Artistry
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Chemical Peel
Chesapeake Laser and Skin Care Center
 115 Sallitt Drive, Ste. A, Stevensville; 410-643-8000; chesapeakeleser.com

Circuit Training
Fitness Rx
 Locations in Easton and Kent Island; 443-385-0506; fitnessrxworkout.com

CrossFit
CrossFit Kent island
 1625 Sonny Schulz Boulevard, Ste. D, Stevensville; 443-988-2145; crossfitkentisland.com

Dance Class (Adults)
Fitness Rx
 Locations in Easton and Kent Island; 443-385-0506; fitnessrxworkout.com

Dance Class (Tweens/Teens)
Step 1 Dance 2 Academy
 1557 Postal Road, Chester; 443-758-3249; step1dance2.com

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

Eyebrow Care
Divine Faces Permanent Cosmetic Studio LLC (formerly The Lash Lounge LLC)
 8719 Brooks Drive, Easton; 410-490-4101; thelashlounge.com

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Divine Faces Permanent Cosmetic Studio LLC (formerly The Lash Lounge LLC)
 8719 Brooks Drive, Easton; 410-490-4101; thelashlounge.com

Facial
Bella Rose Medical Aesthetics
 2 Chester Plaza, Chester; 443-249-3232; bellarosemedicalaesthetics.com

Fashion Stylist
Sarah Paige Studio Salon
 312 Cannon Street, Ste. F3, Chestertown; 443-282-0092; sarahpaigesalonctown.com

Gym
Workout Like A Girl
 220B Log Canoe Circle, Stevensville; 301-848 2741; workoutlikeagirl.com

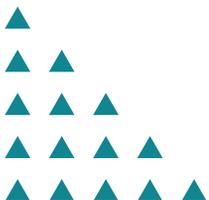
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Club One Fit
 210 Country Day Road, Chester; 410-643-3488; clubonefit.com

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Chesapeake Laser and Skin Care Center
 115 Sallitt Drive, Ste. A, Stevensville; 410-643-8000; chesapeakeleser.com

Men's Hairstyling
Levity Hair Studio
 204 Duke Street, Stevensville; 443-249-3220; levityhairstudio.com

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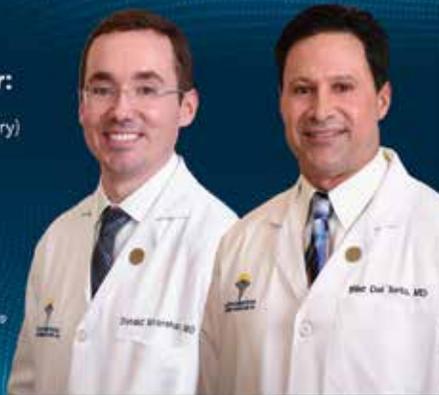
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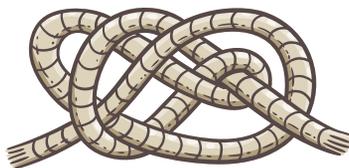
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Sleek Beauties

Classic, wooden sailboats are as much a marvel on the water today as they were a century ago

BY ELLEN MOYER | PHOTOGRAPHY BY KATE GAHS

In 1978, a 39-foot Concordia yawl named *Babe* won the 635-mile ocean race from Newport, Rhode Island, to Bermuda. She was the smallest vessel in the race and a classic wooden boat, owned and captained by Arnold C. Gay, the father of the Annapolis sailing industry. Gay commented on the win, “Goes to show that a well sailed old boat will go through the water just about as well as a well sailed new boat.”

By all measures, *Babe* wasn’t expected to be a threat. She was the smallest boat in the grueling ocean race—not a new fiberglass speedster but, rather, a wooden boat built in 1955 in Germany from a 1939 design intended for family cruising.

No one, however, underestimated Arnie Gay. Gay was born in Massachusetts and started sailing on Cape Cod at the age of four and was captivated by the thrill of being on the ocean. He had his share of wins in the region’s regattas. During WWII, he was also captivated by flying while serving in the Army Air Corp. Searching for German U boats, Gay once flew under the Bourne Bridge over the Cape Cod Canal...a shrinking violet he was not. In 1946, at age 26, he set out in his boat *Delilah* for points south. With a boat in need of service, he arrived in Annapolis with \$1.27 in his pocket. He saw a city rich in water access that had no idea of its assets to a sailing industry. Gay stayed put, purchased land on Spa Creek, built a marina, and led the city into becoming a vibrant maritime center. When he died in 1994, Annapolis was on its way to being the Sailing Capital of America.

The St. David's Lighthouse trophy that Gay won in 1978 is considered "the most coveted trophy in distance racing," according to Gary Jobson, noted Annapolitan champion sailor. The Bermuda Race, which began in 1906 over a controversy that small boats could not manage the tough ocean, was, in fact, won by a 38-foot yawl *Tamerlane* that defied the establishment preference for 80-foot boats *only* on the high seas. As for Gay's wooden *Babe*, it continued on, purchased in 2012 by Chuck Thompson of Columbia, South Carolina, and restored to her original glory. The new *Babe* was renamed *Mary Ellen*.

Of course, in 1906 and the early-20th century, all boats entered in ocean races were wooden. Then, as now, "seeing the classic lines and beauty of these boats on the water is like poetry in motion," says Maria Museler, one of the organizers of the Classic Wooden Sailboat Rendezvous & Race, held in Annapolis annually each September since 2009. Spectators are able to watch the "woodens," which range from eight feet long to the 74-foot-long *Woodwind*, follow a six-mile course in the Severn River and Annapolis Harbor.



Several years ago, three boats from the Sydney Flying Squadron (Australia) ventured to Annapolis to race in the wooden boat regatta, in a challenge with the *Bull* and *Bear* vessels. The *Bull* and *Bear* are replicas of an 1860 sandbagger sloop developed by watermen for sport racing on their days off from oystering—they are regularly seen at Annapolis' City Dock. The shallow-draft, 28-foot boats, commissioned by businessman Peter Kellogg from Philadelphia's Independent Seaport Museum, were launched in 1995 and later loaned to the National Sailing Hall of Fame (once headquartered in the Burtis House, where Maryland's Department of Natural Resources police had their beginning as the Oyster Navy). But in 2017, and in less serious times, the Aussies and the Annapolitans faced off in a three-race competition—Australia took two.



Tom Gahs, another organizer of the regatta event, says, “We don’t take the race competition that seriously. We are laid back folks who just enjoy the camaraderie and fun of the event.” Gahs is the proud owner of one of the first Star-class boats on the Chesapeake. Designed in 1911 for speed and high maneuverability, the 23-foot Star is still an Olympic-class boat. In 1924, the Gibson Island Yacht Club owned a fleet of 12 Stars, each named for a species of fish. Gahs owns *Trout*, which has been in his family since the 1930s and restored several times in her almost-100-year history.

In 1978, the same year *Babe* and *Gay* were winning the Bermuda Race, the Wooden Boat Foundation was founded on the West Coast in Port Townsend, Washington. The first festival, supposedly started on a lark by a group of live-aboard hippies, drew so much attention that an ongoing event was required. Now in its 45th year, the North West Wooden Boat Center & Wooden Boat Foundation is a premier education organization, showcasing over 300 classic wooden boats at each year’s event. Wooden boat organizations have sprung up all around the country, modeling the programs initiated in Puget Sound.



We don’t take the race competition that seriously. We are laid back folks who just enjoy the camaraderie and fun of the event.

Back on the East Coast, the Chesapeake Bay Maritime Museum (CBMM) was founded in 1965 on Navy Point in St. Michaels. Today, it holds the largest collection of Chesapeake Bay boats. It's also a wooden boat restoration center. In 1975, the museum began the restoration of the *Edna Lockwood*, the last working oyster boat and only Bugeye in the world. The *Lockwood*, built by 24-year-old John B. Harrison, was originally launched on October 5, 1889, in a big flag-waving ceremony on Tilghman Island. Oystering on the bay was at its peak in the 1880s. Bugeyes were patterned after the Log Canoe boats that had been great for tongers, but were too small to handle the



newer oyster dredge allowed in Maryland after 1865. The Bugeye was a two-mast sailing vessel and nicknamed the Queen of the Bay, but had a lifetime of about 20 years. The *Lockwood* was a rare survivor. Her hull was built from nine pine logs that, even, survived the restoration. The 130-year old *Edna Lockwood* toured the bay in 2019 during a heritage tour, stopping in waterfront towns along its way.

As the oyster industry declined, the less expensive Skipjack became the most popular oyster- and produce-boat plying the Chesapeake. Designated the official State Boat of Maryland in 1985, of the 2,000 Skipjacks built, approximately 35 remain today. CBMM houses the restored *Rosie Parks*, while the *Wilma Lee* is housed and owned by the Annapolis Maritime Museum in Eastport, Annapolis.



this talent, President Roosevelt sent the famous boat *America*, which won the first America's Cup in 1851, to Annapolis to be restored. Another famed America's Cup wooden boat, the 12-meter, mahogany-hulled *Easterner* built in 1958 on the West Coast, now makes its home in Annapolis and partners with the education programs of the new Annapolis Waterfront and Sailing Center on Spa Creek.

This month, the 33rd Annual Antique & Classic Boat Festival at CBMM—tentatively scheduled for June 18–20—will showcase reproduction and restored boats in St. Michaels. And in September, the Eastport Yacht Club will host the Classic Wooden Sailboat Rendezvous & Race—wooden boats will, once again, strut their stuff in Annapolis Harbor. You won't want to miss this showcase of maritime history, elegance in design, and on the water "poetry in motion."



As for the Log Canoe, at one time the premier fishing boat of the Chesapeake Bay...when they were no longer viable as a work boat, they launched a new life as a sailing race boat. In 1927, the Miles River Yacht Club established a perpetual trophy for the 100-year-old racing canoes. A silver bowl embossed with the famed Log Canoe, the *Island Bird*, was sponsored by Governor Albert Ritchie—hence, what's become known as the annual Governor's Cup. The *Island Bird* was built in 1882 by William Covington and is privately owned by his descendants. *Island Bird* is the smallest boat in the active racing fleet, yet has raced every year since 1949. *The Flying Cloud*, built in 1932 by John B. Harrison, once won the Governor's Cup and now resides at the CBMM. It is one of the last of the 22 racing canoes still surviving. This Miles River Log Canoe racing event is now in its 94th year and scheduled for July 31–August 1, carrying on a tradition that began on the Eastern Shore of Maryland in the 1840s.

More than 25 wooden boat restoration businesses have existed in Anne Arundel County and the Eastern Shore—an area rich with maritime artisans and traditions handed down through generations. Recognizing



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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 kicked off last 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 opened 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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There are things you crave when you go out to dinner, and there are things you crave when you go out to dinner in Maryland. Everyone wants cocktails flowing and great food in front of them, but WE want orange crushes and crab cakes. We have pulled together restaurants from our strip of Maryland that spoil us with outdoor seating, walking distance from public boat docks, and/or a waterfront view. Let this guide lead you through your summer dining by the Chesapeake.

REQUIREMENTS

To be included, the restaurant must meet at least one of the following: Outdoor seating for at least 30 people, Within a one-mile walk from public boat docking, Waterfront view.

SYMBOLS KEY

- Dock & Walk
- Water View
- Outdoor Dining

PRICING KEY // AVERAGE PRICE OF ENTREES

- \$ 0-15
- \$\$ 15-30
- \$\$\$ 30 and above

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And now, the Guide →

WATERFRONT & AL FRESCO

Dining Guide

QUEEN ANNE'S COUNTY

Annie's Paramount Steak & Seafood House

Where: 500 Kent Narrow Way North, Grasonville When: lunch, dinner, Sunday brunch Cost: \$\$ Call: 410-827-7103 Click: annies.biz The Scoop: Get massive pieces of lump crab meat in your cream of crab soup before you indulge in a beautiful cut of

filet mignon or lobster tail at Annie's. House specials of stuffed shrimp imperial and wild rockfish are just a few more dishes that makes Annie's on the Kent Narrows and Chester River so unforgettable. Happy Hour: 3 p.m.-6:30 p.m. Monday through Friday

Big Bats Café

Where: 216 Saint Claire Place, Stevensville When: breakfast, lunch,

dinner, late-night Cost: \$ Call: 410-604-1120 Click: bigbats.com The Scoop: Route for any team you want at this baseball-themed bar who doesn't pledge loyalty to any particular team.

The Big Owl Tiki Bar

Where: 3015 Kent Narrow Way South, Grasonville When: lunch, dinner, late-night Cost: \$ Call: 410-827-6523 Click: thebigowl.com Can't

Miss Dish: Rockfish Tenders Happy Hour: 3-6 p.m. Monday through Frida

Bridges Restaurant

Where: 321 Wells Cove Road, Grasonville When: lunch, dinner Cost: \$\$ Call: 410-827-0282 Click: bridgesrestaurant.net Can't Miss Dish: White Sausage pizza Parking Situation: Bridges offers first come first serve complimentary slips for free for boats

up to 65' in length, 20' in width, and 6' draft. Overnight slips are available for \$25.

Café Sado

Where: 205 Tackle Circle, Chester When: lunch, dinner Cost: \$ Call: 410-604-1688 Click: cafesado.com Can't Miss Dish: Butternut Squash Dumpling

Doc's Riverside Grille

Where: 511 Chesterfield Avenue, Cen-



treville When: lunch, dinner, late-night Cost: \$ Call: 410-758-1707 Click: docsriverside-grille.com Weekly Specials: Monday: \$2 domestic drafts, \$6 wings, Tuesday: Taco Tuesday and \$6 Burger Platter, Wednesday: Steak Night and \$15 bottle of wine, Thursday: Raw Oyster bar and Smoked Food Specials. Happy Hour: 3:30 p.m.-6:30 p.m. Monday through Friday

Fisherman's Inn

Where: 3116 Main Street, Grasonville When: lunch, dinner Cost: \$\$ Call: 410-827-8807 (Inn); Click: fishermansinn.com Can't Miss Dish: Crab Pretzel Can't Miss Drink: Nauti Mermaid

Fisherman's Crab Deck

Where: 3032 Kent Narrows Way, Grasonville When: Lunch, Dinner Cost: \$ Call: 410-827-6666 Click: crabdeck.com Pots: Order the Seafood Variety Pot for crabs, snow crab legs, clams, shrimp, AND mussels! Seafood Market: When visiting Fisherman's Crab Deck visit the seafood market open daily from 9 a.m. - 6 p.m. and 9 a.m. - 5 p.m.

Harris Crab House & Seafood Restaurant

Where: 433 Kent Narrow Way North, Grasonville When: lunch, dinner Cost: \$\$ Call: 410-827-9500 Click: harriscrab-house.com Community Contributor: Harris Crab House is an admirably eco-friendly restaurant by working with Oyster Recovery Partnership, a nonprofit dedicated to restoring oysters in the Chesapeake Bay.

Hemingway's Restaurant

Where: 357 Pier One Road, Stevensville When: lunch, dinner Cost: \$\$ Call: 410-604-0999 Click: hemingwaysbaybridge.com Can't Miss Dish: Buffalo Shrimp Tacos Happy Hour: 4 p.m. - 6:30 p.m. Tuesday and Wednesday, all day Thursdays and Fridays

The Jetty

Where: 201 Wells Cove Road, Grasonville When: breakfast, lunch, dinner, late-night Cost: \$\$ Call: 410-827-4959 Click: jettydockbar.com The Scoop: Jump in the Jetty Bus which travels to and from Stevensville, Chester, Grasonville, Romancoke, and parts of Queenstown to join trivia night, karaoke, or any other of The Jetty's events. With a packed calendar, the Jetty is always the place to kick back with your Orange Crush. Happy Hour: 3 p.m. - 7 p.m. Monday through Fridays

Historic Kent Manor Inn & Restaurant

Where: 500 Kent Manor Drive, Stevensville When: Sunday brunch Cost: \$\$ Call: 410-643-5757 Click: kentmanor.com The Scoop: Whether you're a guest of the Inn or otherwise, enjoy the elegant setting and beautiful view at Kent Manor as you indulge in a savory brunch.

Kentmorr Restaurant & Crab House

Where: 910 Kentmorr Road, Stevensville When: lunch, dinner Cost: \$\$ Call: 410-643-2263 Click: kentmorr.com The Scoop: Pick either the elegant dining room

or the casual outdoor tiki bar, but either way make sure to order the award-winning crab cakes at Kentmorr Restaurant & Crab House!

Knoxie's Table at The Inn

Where: 180 Pier One Road, Stevensville When: dinner, weekend brunch Cost: \$\$ Call: 443-249-5777 Click: baybeachclub.com The Scoop: Located off the lobby of The Inn at Chesapeake Bay Beach Club is the warm, rustic farm to table, Knoxie's Table. The ingredients are from local farmers and watermen to make up classic dishes with a Chesapeake twist.

The Narrows

Where: 3023 Kent Narrow Way South, Grasonville When: lunch, dinner, Sunday brunch Cost: \$\$ Call: 410-827-8113 Click: thenarrows-restaurant.com The Scoop: Customers go crazy for The Narrows' award-winning crab cakes and cream of crab soup. If you can't make it to Grasonville, the restaurant will satisfy you craving by shipping both of them, along with their vegetable crab soup, overnight to anywhere in the U.S.

Red Eye's Dock Bar

Where: 428 Kent Narrow Way North, Grasonville When: lunch, dinner, late-night Cost: \$\$ Call: 410-827-3937 Click: re-deyedockbar.com The Scoop: If you're looking for some live music, chill atmosphere, and somewhere to bring your best furry friend, look no further! Red Eye's has all of that, and then some.

Choose from their large food and drink menu, sit back, and relax. Weekly Specials: Monday: Industry night 25% off 7 p.m. to close, Taco Tuesdays, Wednesday: Burger Night \$8 burgers 4 p.m. to close and Ladies Night Thursdays \$15 bottomless cup rail and draft 8:30 p.m. to close

KENT COUNTY

98 Cannon Riverfront Grille

Where: 98 Cannon Street, Chestertown When: Breakfast, lunch, dinner Cost: \$\$ Click: 98cannon.com Open All Day: 98 Cannon is now open for breakfast! Grab French Toast dippers, shrimp and grits or even a classic eggs benedict.

Barbara's on the Bay

Where: 12 Ericsson Avenue, Betterton When: lunch, dinner, Sunday Brunch Cost: \$\$ Call: 410-348-3079 Click: barbara-sonthebay.com The Scoop: Food and spirits on the Chesapeake Bay from a Classic BLT to Aberdeen Rumble. Barbara's on the Bay is a cozy atmosphere with all types of comfort food.

Bay Wolf Restaurant

Where: 21270 Rock Hall Avenue, Rock Hall When: lunch, dinner Cost: \$\$ Call: 410-639-2000 Click: baywolfrestaurant.com The Scoop: Austrian food meets the Eastern Shore at Bay Wolf Restaurant in Rock Hall. The restaurant, just a short walk from the local marina, serves Wiener Schnitzel, Chicken Marsala, fried Shrimp Almondine, and crab cakes. Be aware!! Make sure

to save room for the Austrian Apple Strudel served with vanilla ice cream for dessert.

The Kitchen at The Imperial

Where: 208 High Street, Chestertown When: lunch, dinner, Sunday brunch Cost: \$\$ Call: 410-778-5000 Click imperialchestertown.com The Scoop: Casual fine dining with award winning crab cakes, wine tastings, and a great cocktail menu in Chestertown. On Sundays, join the Bloody Mary Brunch starters and entrees, or Buffet style breakfast.

Harbor Shack

Where: 20895 Bayside Avenue, Rock Hall When: lunch, dinner Cost: \$ Call: 410-639-9996 Click: harborshack.net The Scoop: Relax this weekend at the waterfront Harbor Shack with live entertainment, food and drink specials, and a fun, casual, atmosphere with a view of Rock Hall Harbor.

Osprey Point Restaurant

Where: 20786 Rock Hall Avenue, Rock Hall When: dinner Cost: \$\$ Call: 410-639-2194 Click: ospreypoint.com The Scoop: For all occasions, Osprey Point Restaurant can be the elegant waterfront dining you are looking for. Everything you are looking for is in one place, calamari, soups, salads, burger, and classic broiled crab cakes.

The Sandbar at Rolphs Wharf Marina

Where: 1008 Rolphs Wharf Road, Chestertown When: lunch, dinner Cost:

\$ Call: 410-778-6347 Click: rolphswharfmarina.com/the-sandbar The Scoop: The outdoor beach bar at Rolphs offers the opportunity to take your shoes off and feel the sand between your toes while drinking a cold beer or frozen margarita. And that view of the Chester River isn't too shabby either.

The Shanty Beach Bar at Tolchester Marina

Where: 21085 Tolchester Beach Road, Chestertown When: lunch, dinner Cost: \$ Call: 410-778-1400 Click: tolchester-marina.com The Scoop: Offering respite from a day on the water, this beachy Bay-front bar has cold drinks, sandy shoreline, and live music throughout the summer season.

Waterman's Crab House Restaurant & Dock Bar

Where: 21055 W. Sharp Street, Rock Hall When: lunch, dinner Cost: \$\$ Call: 410-639-2261 Click: watermanscrab-house.com The Scoop: Waterman's is a seafood market turned restaurant and dock bar serving the freshest blue crabs, rockfish, oysters, and other Chesapeake Bay delicacies in Rock Hall.

TALBOT COUNTY

Ava's Pizzeria & Wine Bar

Where: 409 S. Talbot Street, St. Michaels When: lunch, dinner Cost: \$\$ Call: 410-745-3081 Click: avaspizzeria.com Time to Party: Host your cocktail receptions, or sit down for a plated dinner with your 50 friends



for wedding parties, rehearsal dinners, and social gatherings in Theo's Loft. Or, bring up to 30 people for a more intimate special occasion in the Wine Room. Where to go: There are two locations. The St. Michaels location is a short walk from the docks, but there is also a location in Cambridge. Can't Miss Dish: Ma's Meatball Sliders

Awful Arthur's Seafood Company

📍🌟 Where: 402 S. Talbot Street, St. Michaels When: lunch, dinner Cost: \$\$ Call: 410-745-3474 Click: awfularthursusa.com The Scoop: Inside of a historic home and just two blocks from the St. Michaels harbor. Awful Arthur's is a perfect spot for lunch or dinner year 'round; sit fireside in the winter and outside on the patio in the summer. Can't Miss Dish: Lobster Roll

Bistro St. Michaels

📍🌟 Where: 403 S. Talbot Street, St. Michaels When: dinner, weekend brunch Cost: \$\$ Call: 410-745-9111 Click: bistrostmichaels.com Can't Miss Dish: Crab Cake Benedict (Brunch Menu) The Scoop: High quality, local ingredients make up traditional and modern culinary masterpieces at Bistro St. Michaels. Local seafood and free-range eggs are just a few of the fresh ingredients they put into their food. Happy Hour: 4:30 p.m. - 6:30 p.m. Daily

Capsize OXMD

📍🌟🌟 Where: 314 Tilghman Street, Oxford When: lunch, dinner Cost: \$\$ Call: 410-226-5900 Click: capsizexmd.com The Scoop:

Take in the Calm Waters of Town Creek at the relaxed and casual Capsize. Dine in the waterside dining room or grab a drink on the deck overlooking the Creek. Bring your dog for the 4-legged sailors' menu.

Carpenter Street Saloon

📍 Where: 113 S. Talbot Street, St. Michaels When: breakfast, lunch, dinner, late-night Cost: \$\$ Call: 410-745-5111 Click: carpenterstreetsaloon.com Night Life: This casual restaurant offers live music throughout the week, pool tables, and other fun nightlife events throughout the year. Enjoy their diverse menu as you catch up with your buddies at this friendly pub.

Characters Bridge Restaurant

📍🌟🌟 Where: 6136 Tilghman Island Road, Tilghman Island When: lunch, dinner Cost: \$\$ Call: 410-886-1060 Click: charactersbridge-restaurant.com The Scoop: With Shore classics, seafood, beef, and chicken dishes, Characters offers a robust menu and fine drinks. Guests can relax indoors or on the outside deck, and enjoy views of Knapps Narrows.

The Crab Claw

📍🌟🌟 Where: 304 Burns Street, St. Michaels When: lunch, dinner Cost: \$\$ Call: 410-745-2900 Click: thecrabclaw.com The Scoop: Once a clam and oyster shucking house for local catches, The Crab Claw is known for having great drinks and even better seafood. And because of its position on the

water, you can sometimes catch a glimpse of watermen pulling up with the day's catches. The restaurant is still owned and operated by the original 1965 owners Bill and Sylvia Jones.

Crepes by the Bay

📍 Where: 413 S. Talbot Street, St. Michaels When: breakfast, lunch Cost: \$ Call: 410-745-8429 The Scoop: Sweet or savory, breakfast, lunch or dessert, there is always a great choice at Crepes by the Bay. Don't forget to add some ice cream!

Doc's Sunset Grille

📍🌟🌟 Where: 104 West Pier Street, Oxford When: lunch, dinner Cost: \$ Call: 410-226-5550 Click: docssunsetgrille.com Can't Miss Dish: Crabby Chicken Sandwich All New: Doc's Riverside Grille recently opened in Centreville and Doc's Downtown Grille is open in Easton. Check them all out!

Foxy's Harbor Grille

📍🌟🌟 Where: 125 Mulberry Street, St. Michaels When: lunch, dinner, late-night Cost: \$\$ Call: 410-745-4340 Click: foxysharborgrille.com Can't Miss Dish: Crab Pretzel Happy Hour: 4:30 p.m. - 6:30 p.m. Monday through Friday

The Galley

📍🌟 Where: 305 S. Talbot Street, St. Michaels When: breakfast, lunch, Friday dinner Cost: \$ Call: 410-200-8572 Click: thegalleyssaintmichaels.com The Scoop: Located in the heart of historic downtown St. Michaels, The Galley is known for the best breakfast in the area

made with fresh, delicious and high-quality ingredients. Check them out on Friday evenings, as they offer dinner and live music—a nice way to start your weekend.

Gina's Cafe

📍🌟🌟 Where: 601 S. Talbot Street, St. Michaels When: lunch, dinner Cost: \$\$ Call: 410-745-6400 The Scoop: A southwest restaurant/bar in the heart of St. Michaels, Gina's is the place to go for Mexican cuisine.

Harrison's Harbour Lights

📍🌟🌟🌟 Where: 101 N. Harbor Road, St. Michaels When: lunch, dinner Cost: \$\$ Call: 410-745-9001 Click: harbourinn.com Get Ready to Share: To keep up a family tradition, dinners are served family style. The entrees include a daily vegetable, mashed potatoes and gravy, stewed tomatoes, coleslaw, and homemade bread

Latitude 38

📍 Where: 26342 Oxford Road, Oxford When: lunch, dinner, Sunday brunch Cost: \$\$ Call: 410-226-5303 Click: latitude38.biz The Scoop: Let the fresh bay breeze run through your hair at the deck dining at Latitude 38. Get your upscale fare from steaks, crab cakes, and fresh fish. The restaurant also offers half entrees for light eaters.

Lowes Wharf Bayside Grill & Tiki Bar

📍🌟🌟🌟 Where: 21651 Lowes Wharf Road, Sherwood When: lunch, dinner Cost: \$\$ Call: 410-745-6684 Click: loweswharf.com The Scoop: The

epitome of a hidden gem, Lowes Wharf is one of those places that's off the beaten path, but so worth the drive. Beautiful views, a sandy beach, fun activities, and a full bar and restaurant—you might just want to stay the night in the accompanying inn.

Marker Five

📍🌟🌟🌟 Where: 6178 Tilghman Island Road, Tilghman When: lunch, dinner Cost: \$\$ Call: 410-886-1122 Click: markerfive.com The Scoop: Local seafood and house smoked meats are on the table at Marker Five in Tilghman/ This casual, waterfront restaurant makes everything from scratch and has over 30 beers on tap.

Pope's Tavern

📍 Where: 504 S. Morris Street, Oxford When: dinner Cost: \$\$ Call: 410-226-5220 Click: oxfordinn.net The Scoop: At Pope's Tavern, indulge in the American bistro experience with seafood flair. Sit back and relax, and choose from a wide variety of spirits, wine, and beer for the ultimate dining experience. Can't Miss Dish: Soft Shell Crab Dinner

The Purser's Pub at the Inn at Perry Cabin

📍🌟 Where: 308 Watkins Lane, St. Michaels When: lunch, dinner, late-night Cost: \$\$ Call: 410-745-2200 Click: innatperrycabin.com The Scoop: Enjoy a warm summer evening in the garden courtyard as you sip on a cocktail and indulge in some tasty Eastern Shore fare.

The Robert Morris Inn

📍🌟 Where: 314 N. Morris Street, Oxford

When: breakfast, lunch, dinner, weekend brunch Cost: \$\$ Call: 410-226-5111 Click: robertmorrissinn.com The Scoop: Located in one of the Eastern Shore's most historic towns, the Inn itself has an impressive history, dating back to 1710. Come visit this storied establishment and choose from fine dining, a casual tavern, lazy weekend brunch, or afternoon tea, all developed by award-winning chef Mark Salter.

St. Michaels Crab & Steak House

📍🌟🌟🌟 Where: 305 Mulberry Street, St. Michaels When: lunch, dinner Cost: \$\$ Call: 410-745-3737 Click: stmichaelscrabhouse.com The Scoop: Traditionally, St. Michaels Crab & Steak House has been an unloading dock for millions of oysters and crabs to be distributed from Boston to the Carolinas. Now turned restaurant, St. Michaels Crab & Steak House offers classic cuisine from land and sea with an entertaining view of the boats coming and going from the harbor. Can't Miss Dish: Crab Cake Sandwich

Stars at the Inn at Perry Cabin

📍🌟🌟 Where: 308 Watkins Lane, St. Michaels When: breakfast, lunch, dinner, afternoon tea Cost: \$\$\$ Call: 410-745-2200 Click: perrycabin.com The Scoop: Stars makes their daily specials based off of that morning's catch. All of their dishes are cooked with a light touch that unlocks the food's natural intensity.

Theo's Steaks, Sides & Spirits

Where: 407 S Talbot St, St. Michaels; 305 High Street, Cambridge When: dinner Cost: \$\$ Call: 410-745-2106 (St. Michaels); 410-264-1295 (Cambridge) Click: theosteakhouse.com Start off Strong: Why not start your night with the best? Champagne and Fries! Can't Miss Dish: Chateaubriand for two: sliced filet, chateau potatoes, green beans, and bearnaise

DORCHESTER COUNTY

Bistro Poplar

Where: 535 Poplar Street, Cambridge When: dinner Cost: \$\$ Call: 410-228-4884 Click: bistropoplar.com The Scoop: Join Bistro Poplar for classic French fare in a traditional bistro atmosphere. Bistro Poplar incorporates French cuisine with a Mediterranean and Asian twist for a unique dining experience. Pair a delicious entrée with a hand-picked cocktail for the ultimate meal.

Canvasback

Restaurant & Coolahan's Irish Pub

Where: 422 Race Street, Cambridge When: lunch, dinner, late-night Cost: \$\$ Call: 410-221-7888 The Scoop: Bring your four-legged friend to the pet-friendly patio, or sit in the dining room to enjoy fresh and local seafood, fish, and meats. The menu features various types of cuisine from seafood to Irish fare in both an upscale dining room and a casual, intimate pub.

Carmela's Cucina

Where: 400 Academy Street, Cambridge When: lunch, dinner Cost: \$\$ Call: 410-221-8082 The Scoop: Taste a little bit of Italy in the heart of the Chesapeake Bay. Carmela's offers authentic Italian cuisine, often paired perfectly with a glass of wine or beer. Don't Miss Out: Make sure to keep checking their Facebook page for daily specials. Get there before they sell out!

Palm Beach Willies

Where: 638 Taylors Island Road, Taylors Island When: lunch, dinner Cost: \$ Call: 410-221-5111 Click: palmbeachwillies.com The Scoop: Bring your car or boat to the locally run restaurant, bar and grill in Taylors Island. Look over Slaughter Creek with an ice-cold beer is a perfect way to spend your evening.

Portside Seafood Restaurant

Where: 201 Trenton Street, Cambridge When: lunch, dinner Cost: \$\$ Call: 410-228-9007 Click: portsidemaryland.com The Scoop: An expansive upper deck overlooks Cambridge Creek, while diners indulge on a seafood-heavy menu. This warm, homey restaurant includes a wait staff that has been with the restaurant since the beginning. Weekly Specials: Mexican Mondays, Burger Tuesdays, Shrimp Day Thursdays, Nacho Day Friday

Snappers Waterfront Café

Where: 112 Commerce Street, Cambridge When: lunch, dinner, Sunday

brunch Cost: \$\$ Call: 410-228-0112 Click: snapperswaterfront-cafe.com The Scoop: If you didn't make your Caribbean vacation this year, just visit Snappers. This tiki bar was made to bring together both locals and tourists on the Eastern Shore. Can't Miss Dish: Jordan's Crabby Nachos, nachos smothered in crab dip

Suicide Bridge Restaurant

Where: 6304 Suicide Bridge Road, Hurlock When: lunch, dinner Cost: \$\$ Call: 410-943-4689 Click: suicide-bridge-restaurant.com The Scoop: Look over Cabin Creek while you enjoy crab balls to stuffed flounder or hand cut steaks and Prime Rib. Grab a special drink from their cocktail menu to watch the wildlife of the Creek while you enjoy your meal. Can't Miss Dish: The Marylander: Crab imperial, tomato and ham with imperial sauce on an English Muffin

DOWNTOWN ANNAPOLIS

Acme Bar and Grill

Where: 163 Main Street, Annapolis When: lunch, dinner, late-night, weekend brunch Cost: \$\$ Call: 410-280-6486 Click: acmegrill.com Can't Miss Dish: Wings, Wings! 19 flavors to choose from Happy Hour: 4 p.m. - 7 p.m. Monday through Friday

Annapolis Ice Cream

Where: 196 Main Street, Annapolis When: Dessert! Cost: \$ Click: annapolisicecream.com (Literally) The Scoop: So many homemade ice cream

LET'S GET CRACKIN'

Fisherman's CRAB DECK

Imagine a place... where the waterside atmosphere is casual and lively, the crabs are hot and spicy, the drinks are cool and the sunsets are spectacular. *This is it!*

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flavors to choose from, including, a What's Up? Media personal favorite, Cookie Monster. Cookie Monster is a vanilla base with cookie dough, chocolate chip cookies and oreos.

Armadillo's Bar & Grill

▲ Where: 132 Dock Street, Annapolis
When: lunch, dinner, late-night Cost: \$ Call: 410-280-0028 Click: armadillosbarandgrill.com Can't Miss Dish: Crumbled Crab Flatbread

Buddy's Crabs & Ribs

▲ 🌊 Where: 100 Main Street, Annapolis
When: lunch, dinner, Sunday brunch, late night Cost: \$\$ Call: 410-626-1100 Click: buddysonline.com Specials: All You Can Eat Crab specials and family dinner specials available daily.

Sakura Café

▲ ☀️ Where: 105 Main Street, Annapolis
When: lunch, dinner Cost: \$\$ Call: 410-263-0785 Click: annapolis-sakuracafe.com The Scoop: Find sushi in Annapolis at Sakura Café with a modern interpretation of classic Japanese dishes.

Café Normandie

▲ Where: 185 Main Street, Annapolis
When: breakfast, lunch, dinner, weekend breakfast Cost: \$\$ Call: 410-263-3382 Click: cafenormandie.com Can't Miss Dish: Trout Almondine Additional Menu: Early Dining Menu available from 5 - 6:30 p.m. includes an appetizer, entrée and dessert for \$35

Castlebay Irish Pub

▲ Where: 193A Main Street, Annapolis
When: lunch, dinner, Sunday brunch, late-

night Cost: \$\$ Call: 410-626-0165 Click: castlebayirishpub.com Extra Excitement: Thousands of songs are available for karaoke nights every Thursday and Sunday 9:30 p.m. to 12 a.m. Happy Hour: 4 p.m. - 7 p.m. Monday through Friday

Chick & Ruth's Dolly

▲ Where: 165 Main Street, Annapolis
When: breakfast, lunch, dinner Cost: \$\$ Call: 410-269-6737 Click: chickandruths.com The Challenge: Step up to the plate with these four challenges: Man v. Food Challenge: 6lb Shake and 1.5lb sandwich; 6lb milkshake; 3lb sandwich; 3lb cheeseburger. Start of your Day: Every morning, recite the Pledge to the Flag at 8:30 a.m. Monday through Friday and at 9:30 a.m. on Saturday and Sunday

Dock Street Bar and Grill

▲ Where: 136 Dock Street, Annapolis
When: lunch, dinner, late-night Cost: \$ Call: 410-268-7278 Click: Dockstreetbar.net Can't Miss Dish: Crab Cake Dinner

DRY 85

▲ Where: 193B Main Street, Annapolis
When: lunch, dinner, late-night, Sunday brunch Cost: \$ Call: 443-214-5171 Click: dry85.com Weekly Special: Bacon Brunch - Because everything is better with bacon. Sunday 10 a.m. - 2 p.m. Happy Hour: 3 p.m. - 6 p.m. Monday through Friday

The Federal House Bar & Grill

▲ ☀️ Where: 22 Market Space, Annapolis
When: lunch, dinner,

late-night Cost: \$ Call: 410-268-2576 Click: federalhouserestaurant.com The Scoop: Award-winning cream of crab soup and plenty of beer to try! Not only is there a human menu, but there is also a menu for your four-legged friend to get five-star treatment. Happy Weekend: Happy Hour and Late-Night Music on Fridays and Saturdays

Galway Bay

▲ Where: 63 Maryland Avenue, Annapolis
When: lunch, dinner, Sunday brunch Cost: \$\$ Call: 410-263-8333 Click: galwaybaymd.com The Scoop: 18 years of award-winning Irish hospitality, even visited by Food Network's Guy Fieri for an episode of Diners, Drive-Ins, and Dives. What Are We Drinking?: Besides a full bar, Galway Bay has a large collection of Irish Whiskey with over 80 displayed Irish Whiskeys. This is the largest array in the state.

Harry Browne's

▲ Where: 66 State Circle, Annapolis
When: lunch, dinner, Sunday brunch, late-night lounge Cost: \$\$ Call: 410-263-4332 Click: harrybrownes.com The Scoop: Fine dining with a beautiful view of Annapolis and the State Circle landmark. Harry Browne's has a beautiful dining room as well as a laid-back bar lounge. Couple's Dinner: Dinner for two options available to go

Harvest Wood Grill & Tap

▲ Where: 26 Market Space, Annapolis
When: lunch, dinner, weekend brunch, late-night Cost: \$\$ Call:

410-280-8686 Click: harvestwoodgrill.com The Scoop: A Wood-fire grill puts a perfect burgers and sandwiches to pair with classic and specialty cocktails and live music. Happy Hour: 4 p.m. - 6 p.m. Wednesday through Friday

Iron Rooster

▲ Where: 12 Market Space, Annapolis
When: breakfast, lunch, dinner Cost: \$ Call: 410-990-1600 Click: ironroosterallday.com Can't Miss Dessert: Homemade Pop Tarts RoosTart Kit: Buy a kit online for a pack of 4 or 8 pop tarts to make in your own home!

Joss Café & Sushi Bar

▲ Where: 195 Main Street, Annapolis
When: lunch, dinner Cost: \$\$ Call: 410-263-4688 Click: josssushi.com Can't Miss Dish: Crunchy Ebi Roll Whiskey Wednesday: Get \$2 off Japanese Whiskey every Wednesday

Latitude 38

Where: 12 Dock Street, Annapolis
When: Lunch, Dinner Cost: \$\$ Call: 667-204-2282 Click: latitude38waterfront.com Brunch Bonus: Latitude 38 hosts a Sunday Brunch on from 10 a.m. - 2 p.m. on Sunday mornings. Be sure not to miss the Macademia Crusted French Toast or the Crab and Shrimp Omelet!

Mason's Famous Lobster Rolls

▲ Where: 188 Main Street, Annapolis
When: lunch, dinner Cost: \$ Call: 410-280-2254 Click: mason-slobster.com The Scoop: A Maryland twist on a Maine classic, Mason's serves perfectly combined lobster rolls of all kind.

McGarvey's Saloon & Oyster Bar

▲ ☀️ Where: 8 Market Space, Annapolis
When: lunch, dinner, late-night, Sunday brunch Cost: \$\$ Call: 410-263-5700 Click: mcgarveysannapolis.com

com Can't Miss Dish: Oysters - Check out the Raw Bar Happy Hour: 2 p.m. - 6 p.m. Monday through Friday; Half price bottle of wine every Thursday

Middleton Tavern

▲ ☀️ Where: 2 Market Space, Annapolis
When: lunch, dinner, brunch, late-night Cost: \$\$ Call: 410-263-3323 Click: middleton-tavern.com Can't Miss Drink: Oyster Shooters Happy Hour: 3 p.m. - 7 p.m. Monday through Friday

Nano Asian Dining

▲ Where: 189A Main Street, Annapolis
When: lunch, dinner Cost: \$\$ Call: 410-267-6688 Click: nanoasian-dining.com The Scoop: Visit the longest sushi bar in Annapolis, just two minutes from the Naval Academy to watch your sushi rolled right in front of you.

O'Brien's Oyster Bar & Seafood Tavern

▲ ☀️ Where: 113 Main Street, Annapolis
When: lunch, dinner,



Osprey Point

late-night, Sunday brunch Cost: \$\$ Call: 410-268-6288 Click: obriensoysterbar.com Added Bonus: If O'Brien's oyster bar isn't enough of a reason to come, visit to say hello to the ghosts who have been lingering in the building since 1774. Happy Hour: 3 p.m. - 7 p.m. Monday through Friday

Osteria 177

Where: 177 Main Street, Annapolis When: lunch, dinner Cost: \$\$ Call: 410-267-7700 Click: osteria177.com Can't Miss Dish: Sacchetti Di Pasta Ai Porcini The Scoop: Italian coastal specialties brought to Annapolis along with a wine list that will leave you craving more. Now Only!: Order fresh pasta or jarred sauce from Osteria 177 to go online.

Preserve

Where: 164 Main Street, Annapolis When: lunch, dinner, weekend brunch Cost: \$\$ Call: 443-598-6920 Click: preserve-eats.com Can't Miss App: Crispy Kale The Scoop: Farm-to-table, casual restaurant, Preserve brings American-Euro dishes to Annapolis which they pickle and ferment themselves. Along with their restaurant, Preserve also has a line of ferments available for purchase. Happy Hour: 3 p.m. - 5 p.m. Daily

Pusser's Caribbean Grille

Where: 80 Compromise Street, Annapolis When: breakfast, lunch, dinner, late-night, Sunday buffet Cost: \$\$ Call: 410-626-0004 Click: pussersannapolis.com Can't Miss Drink: Pusser's Painkiller

Red Red Wine Bar

Where: 189B Main Street, Annapolis When: lunch, dinner, late-night, Sunday brunch Cost: \$\$ Call: 410-990-1144 Click: redredwinebar.com The Scoop: Wine, cheese, and pizza oh my! Red Red Wine bar has plenty to choose from including preset wine flights in order for guests to find your new favorite wine. Happy Hour: 3 p.m. - 6 p.m. Monday through Friday

Sofi's Crêpes

Where: 1 Craig Street, Annapolis When: breakfast, lunch, dinner Cost: \$ Call: 410-990-0929 Click: sofiscrapes.com Can't Miss Dish: The Kevin Bacon Crepe - Turkey, bacon, cheese, and tomatoes with thousand island sauce

Vida Taco Bar

Where: 200 Main Street, Annapolis When: weekend lunch, dinner Cost: \$ Call: 443-837-6521 Click: vidatacobar.com The Scoop: Plenty of tacos and quesadillas for everyone to enjoy. Pair with an amazing margarita or special Purple Drank which is a 50/50 mix of sangria and margarita. Happy Hour: Daily specials including 20% off your check on Tuesdays, 20% off selected tequila on Thursdays, cheaper pitchers on Wednesdays, \$10 for a shot and beer on Saturdays and \$7 house cocktails on Fridays and Sundays

UPTOWN ANNAPOLIS

49 West Coffeehouse, Winebar & Gallery

Where: 49 West Street, Annapolis

When: breakfast, lunch, dinner, late-night Cost: \$ Call: 410-626-9796 Click: 49westcoffeehouse.com The Scoop: Art, music, coffee, and wine all come together in this coffeehouse on West Street. You cannot skip local, live jazz, folk, or bluegrass in "Annapolis's Living Room" with a Chai Latte or glass of pinot in hand.

Carpaccio Tuscan Kitchen

Where: 1 Park Place, Suite 10, Annapolis When: lunch, dinner Cost: \$\$ Call: 410-268-6569 Click: carpacciotuscankitchen.com Can't Miss Dish: Vitello Annapolis The Scoop: Comfortable, yet sophisticated. Carpaccio Tuscan Kitchen & Wine Bar offers more than just a menu of authentic Italian specialties. Revel in our uptown ambiance indoors or alfresco while you savor the perfectly portioned and exquisitely flavored pastas, pizzas, meats and seafood dishes.

Fadó Irish Pub

Where: 1 Park Place, Suite 7, Annapolis When: lunch, dinner, brunch, late-night Cost: \$ Call: 410-626-0069 Click: fadairishpub.com/annapolis The Scoop: An Irish feel comes to Annapolis in Fadó from a drink list surrounding Guinness to a classic Irish breakfast of corned beef and cabbage. Grab brunch, lunch, or a late-night snack with Fadó Friday and live music as well! Happy Hour: 4 p.m. - 6 p.m. Sunday through Friday

Lemongrass

Where: 167 West Street, Annapolis When: lunch, dinner Cost: \$ Call: 410-280-0086 Click: lemongrassannapolis.com Can't Miss Dish: Pad Thai Where do I go: Lemongrass on West Street is the only one just a short walk to the docks, but you can also visit Lemongrass Too on Houlsey Road or their Arnold location on Ritchie Highway.

Level - A Small Plates Lounge

Where: 69 West Street, Annapolis When: dinner Cost: \$ Call: 410-268-0003 Click: levelannapolis.com Can't Miss (Small) Dish: Tuna Tartare Happy Hour: 4 p.m. - 6 p.m. Monday through Friday

Light House Bistro

Where: 202 West Street, Annapolis When: breakfast, lunch, dinner, weekend brunch Cost: \$ Call: 410-424-0922; 443-221-6207 Click: lighthousebistro.org Community Contributor: Light House Bistro is not just running a business, here, giving people new lives. The Bistro gives people with employment barriers jobs as well as help developing resumes through the Light House Homeless Prevention Support Center's Building Employment Success Training Program.

Luna Blu

Where: 36 West Street, Annapolis When: lunch, dinner Cost: \$\$ Call: 410-267-9950 Click: lunablufannapolis.com Can't Miss Dish: Crab Bruschetta Pair it: Tuesdays and Thursdays try the Pizza and Wine pairing menu!



Miss Shirley's

Metropolitan Kitchen & Lounge

Where: 175 West Street, Annapolis When: breakfast, lunch, dinner, late-night Cost: \$ Call: 410-280-5160 Click: metropolitanannapolis.com The Scoop: Dine under the stars on the roof-top bar and enjoy a lamb burger or the fig and goat cheese flatbread for a perfect evening.

Miss Shirley's

Where: 1 Park Place, Annapolis When: breakfast, lunch Cost: \$\$ Call: 410-268-5171 Click: missshirleys.com The Scoop: Definitely a can't miss since it has been voted best breakfast in Maryland by Food Network Magazine and so many other awards since. Can't Miss Dish: Crab cake & Fried Green Tomato Eggs Benedict

Rams Head Tavern

Where: 33 West Street, Annapolis When: lunch, dinner, late-night, Sunday brunch Cost: \$\$ Call: 410-268-4545 Click: ramsheadtavern.com The Scoop: Rams Head

has beer, sammies, and lobster rolls to be enjoyed by all. Happy Hour: 3 p.m. - 7 p.m. Monday through Friday

Reynolds Tavern

Where: 7 Church Circle, Annapolis When: lunch, tea, dinner Cost: \$\$ Call: 410-295-9555 Click: reynoldstavern.org The Scoop: As one of the oldest taverns in Annapolis, Reynolds Tavern offers the classic tea and finger sandwiches or you can head out to the Beer Garden which features an everchanging draft list. Stay the night in a suite style room and wake up in the heart of Downtown Annapolis.

Sailor Oyster Bar

Where: 196 West Street, Annapolis When: Dinner Cost: \$\$ Call: 410-571-5449 Click: sailoroysterbar.com Eat Out and Give Back: Sailor Oyster Bar gives all oyster shells to the Oyster Recovery Partnership, a non-profit that is working to improve the health of the Chesapeake Bay.



Stan and Joe's Saloon

📍🌟 Where: 37 West Street, Annapolis When: lunch, dinner, late-night, Sunday brunch Cost: \$ Call: 410-263-1993 Click: stanandjoessaloon.com Weekly Specials: Check out specials every day of the week on their website, including weekly Karaoke on Thursdays Happy Hour: 3 p.m. - 7 p.m. Monday through Thursday

Trophy Room

📍🌟 Where: 126 West Street, Annapolis When: lunch, dinner, late-night Cost: \$\$ Call: 410-263-7777 Click: graduatehotels.com/annapolis/restaurant/trophy-room The Scoop: Located within Graduate Annapolis, Trophy Room offers nostalgia in American dishes with a youthful spin. For example, the PB&J Burger or the Adult Capri Sun cocktail.

Tsunami

📍 Where: 51 West Street, Annapolis When: dinner, late-night Cost: \$\$ Call: 410-990-9868 Click: tsunamiannapolis.com The Scoop: This unique menu has an extravagant sushi menu as well as guilty pleasures like sriracha mac-n-cheese.

GREATER ANNAPOLIS

Cantler's Riverside Inn

📍🌊🌟 Where: 458 Forest Beach Road, Annapolis When: lunch, dinner, late-night Cost: \$\$ Call: 410-757-1311 Click: cantlers.com The Scoop: Crab Cake, cream of crab soup, snow crabs, and soft-shell crab sandwich galore. Cantler's Riverside Inn is not any types of crab, no mat-

ter what your favorite way to eat it is.

Cooper's Hawk Winery & Restaurant

🌟 Where: 1906 Towne Centre Boulevard, Suite 238, Annapolis When: lunch, dinner Cost: \$\$ Call: 443-837-9989 Click: chwinery.com The Layout: Delicious restaurant with a selection of signature menu items paired perfectly with their own wine's upstairs. Tasting room including seven to eight different wines with no reservation necessary downstairs. Happy Hour: 2 p.m. - 5 p.m. Monday through Friday

Gordon Biersch

🌟 Where: 1906 Towne Centre Boulevard, Suite 155, Annapolis When: lunch, dinner, late-night, Sunday brunch Cost: \$\$ Call: 410-266-5965 Click: gordonbiersch.com The Tap: Gordon Biersch has an extensive beer menu featuring their own, house brewed beers from German lagers to American craft beers.

Mexican Café

📍🌟 Where: 609 Melvin Avenue, Annapolis When: breakfast, lunch, dinner Cost: \$ Call: 410-626-1520 Click: themexicancafe.com The Scoop: Mexican Café has a wide-ranged Mexican menu with appetizers, tacos, enchiladas and more including breakfast egg dishes with a Mexican twist. The menu also includes ten different margaritas. Maryland meets Mexico with an Agave Crush on their Margarita Menu.

Sam's on the Waterfront

📍🌊🌟 Where: 2020 Chesapeake Harbour

Drive East, Annapolis When: lunch, dinner, Sunday brunch Cost: \$\$ Call: 410-263-3600 Click: samsonthewaterfront.com Can't Miss Dish: Lobster Mac Happy Hour: 3 p.m. - 7 p.m. Tuesday through Friday

Severn Inn

📍🌊🌟 Where: 1993 Baltimore Annapolis Boulevard, Annapolis When: lunch, dinner, Sunday brunch Cost: \$\$\$ Call: 410-349-4000 Click: severninn.com The View: Sit on the patio, or inside with floor to ceiling windows with a panoramic view of Annapolis and the Naval Academy at the Severn Inn. Can't Miss Dish: Crab Cakes

EASTPORT

Blackwall Hitch

📍🌟 Where: 400 Sixth Street, Annapolis When: lunch, dinner, late-night, Sunday brunch Cost: \$\$ Call: 410-263-3454 Click: theblackwallhitch.com Can't Miss Dish: Braised Short Ribs

Boatyard Bar & Grill

📍🌟 Where: 400 Fourth Street, Annapolis When: breakfast, lunch, dinner, late-night, weekend brunch Cost: \$\$ Call: 410-216-6206 Click: boatyardbarandgrill.com Can't Miss Drink: Cherry Ginger Cobbler Near and Far: Everyone knows how great Boatyard's Crabcakes are so be sure to spread the love. Ship crabcakes to your family all over the country to show off what they do best.

Bread and Butter Kitchen

📍 Where: 303 Second Street, Suite A, Annapolis When: breakfast, lunch Cost: \$ Call:

410-202-8680 Click: breadandbutterkitchen.com The Scoop: Bread and Butter offers a variety of classic breakfast and lunch favorites, from omelets and scones to egg, chicken, or tuna salad sandwiches. The ingredients in the kitchen come from local farmers, giving this eatery the freshest menu.

Carrol's Creek Café

📍🌊🌟 Where: 410 Severn Avenue, Annapolis When: lunch, dinner, Sunday brunch Cost: \$\$ Call: 410-263-8102 Click: carrolscreek.com Can't Miss Dish: Sea Scallops Allergy Friendly: Carrol's Creek Café is fine dining for everyone, even if you have a nut allergy. Carrol's Creek's kitchen is completely peanut and tree nut free.

Chart House

📍🌊🌟 Where: 300 Second Street, Annapolis When: lunch, dinner, Sunday brunch Cost: \$\$\$ Call: 410-268-7166 Click: chart-house.com Dare to Pair: New Pairing Menu available online

Davis' Pub

📍🌊🌟 Where: 400 Chester Avenue, Annapolis When: lunch, dinner, late-night Cost: \$\$ Call: 410-268-7432 Click: davispub.com Can't Miss Dish: Crab Pretzel

Eastport Kitchen

📍 Where: 923 Chesapeake Avenue, Annapolis When: breakfast, lunch, dinner Cost: \$ Call: 410-990-0000 Click: eastportkitchen.com The Scoop: Whether you have a hankering for breakfast, lunch, or dinner, Eastport Kitchen has you cov-

ered! Check out their website for monthly dinner specials.

Leeward Market Café & Grocery

📍 Where: 601 Second Street, Annapolis When: breakfast, lunch Cost: \$ Call: 443-837-6122 Click: leeward-marketcafe.com The Scoop: Breakfast is served all day at this little Market with big taste. Relax there in the morning with their freshly brewed City Dock Coffee or join them for lunch and order one of their classic gourmet pizzas.

Lewnes' Steakhouse

📍 Where: 401 Fourth Street, Annapolis When: dinner Cost: \$\$\$ Call: 410-263-1617 Click: lewnessteakhouse.com The Vino: Lewnes' Steakhouse has won 12 years straight as Best of Award of Excellence for their wine list by the Wine Spectator.

O'Learys Seafood

📍 Where: 310 Third Street, Annapolis When: dinner, Sunday brunch Cost: \$\$\$ Call: 410-263-0884 Click: olearysseafood.com Can't Miss Dish: Crab Cakes Can't Miss Drink: Bicycles and Baskets: Deadwood Rye Whiskey, Pedro Ximenez Sherry, Aperol, lemon Juice, simple syrup. On the rocks

Ruth's Chris Steakhouse

📍🌟 Where: 301 Severn Avenue, Annapolis When: dinner Cost: \$\$\$ Call: 410-990-0033 Click: ruthschris-annapolis.com The Scoop: This widely-known chain is renowned for its excellent cuts of meat, and also offers poultry and seafood options for those who don't love steak. The side dishes are ordered

separately and come in portions large enough to share to be served with beautiful cocktails.

Vin 909 Winecafé

📍🌟 Where: 909 Bay Ridge Avenue, Annapolis When: lunch, dinner Cost: \$\$ Call: 410-990-1846 Click: vin909.com Can't Miss Dish: The Rock Star Pizza

ANNE ARUNDEL COUNTY

The Blackwall Barn & Lodge

🌟 Where: 329 Gambrills Road, Gambrills When: lunch, dinner, late-night, Sunday brunch Cost: \$\$ Call: 410-317-2276 Click: barnandlodge.com Can't Miss Dish: Chicken and Waffles Can't Miss Drink: Mas-sive Mary

Broken Oar Bar & Grill

📍🌊🌟 Where: 864 Nabbs Creek Road, Glen Burnie When: lunch, dinner, late-night Cost: \$ Call: 443-818-9070 Click: brokenoarbarandgrill.com The Scoop: An Oaresome place with a view and plenty of deals you can't miss. On top of happy hour, join Taco Tuesday, Wing Wednesday, Sushi Thursday, and Sunday Funday right on the water. Happy Hour: 12 p.m. - 6 p.m. Fridays, Buy one Get one Drinks Tuesdays

The Crab Shack (Crofton)

🌟 Where: 1260 MD-3, Crofton When: lunch, dinner Cost: \$ Call: 443-302-2680 Click: thecrabshackmd.com Happy Hour: 3-6 p.m. Daily Southern Spice: Build your own Cajun Boil for dinner: pick your protein, butter type, spice level, and



Fisherman's Inn

whatever extras you want for a perfect Cajun dinner.

The Crab Shack (Edgewater)

☀ Where: 3111 Solomons Island Road, Edgewater When: lunch, dinner Cost: \$ Call: 443-837-6279 Click: thecrabshack-md.com Extra, Extra: Enjoying the soup? Take a quart home. Don't skip out on the fries. The Crab Shack's Boardwalk French Fries are made fresh on site!

Donnelly's Dockside

🌊 ☀ Where: 1050 Deep Creek Avenue, Arnold When: lunch, dinner, Sunday brunch Cost: \$\$ Call: 410-757-4045 Click: donnellysdockside.com The Scoop: Pick your crabs with the views of Deep Creek with a cocktail in hand at Donnelly's Dockside, formally known as Deep Creek Restaurant. This beautiful view and amazing

seafood is located just outside Annapolis.

Fat Boys Crab Shack

☀ Where: 1581 Defense Highway, Gambrills When: lunch, dinner, late-night Cost: \$ Call: 410-721-5252 Click: fatboyscrofton.com Can't Miss App: Hush Puppies Happy Hour: 3 p.m. - 7 p.m. Monday through Friday

Founders Tavern & Grille

☀ Where: 8125 Ritchie Highway, Pasadena When: lunch, dinner, Sunday brunch Cost: \$\$ Call: 410-544-0076 Click: founderstavernandgrille.com Can't Miss Drink: Whiskey Flights - Founders has a long list of Whiskeys available to make your own personalized flight Can't Miss Dish: Bacon & Bleu Burger

Fuji Japanese Steakhouse, Hibachi, Sushi & Lava Bar

☀ Where: 1406 S. Main

Chapel Way, Gambrills When: lunch, dinner Cost: \$\$ Call: 410-721-6880 Click: jcfuji.com The Scoop: This Crofton/Gambrills staple offers fresh sushi and other Japanese favorites. Sit down for an entertaining culinary show at the Hibachi table or dine al fresco with a cold cocktail and some friends.

The Hideaway

☀ Where: 1439 Odenton Road, Odenton When: lunch, dinner, late-night, Sunday brunch Cost: \$ Call: 410-874-7300 Click: hideawayodenton.com The Scoop: If you can find it then you will enjoy it. The Hideaway is a hidden gem now known for reputable barbecue that has sold out during peak times. Try out their award-winning wings, dry-rubbed in their own special signature seasonings. Can't Miss Dish: Pulled Pork

Happy Hour: 3 p.m. - 7 p.m. Monday through Friday

Killarney House

☀ Where: 584 West Central Avenue, Davidsonville When: lunch, dinner, Sunday brunch Cost: \$ Call: 410-798-8700 Click: killarneyhousepub.com Can't Miss Dish: Fish and Chips

Langways All American Sports Bar & Grill

☀ Where: 1357 Defense Highway, Gambrills When: lunch, dinner, late-night Cost: \$\$ Call: 410-721-4108 Click: langwaysportsbar.com The Atmosphere: Sit on the relaxed patio any day of the week for an ice-cold beer and sandwich.

Lures Bar & Grille

☀ Where: 1397 Generals Highway, Crownsville When: lunch, dinner, late-night, Sunday brunch Cost:

SS Call: 410-923-1606 Click: luresbarandgrille.com The Scoop: Lures, a casual bar with a nautical feel, specializes in regular customers, offering both a beer and wine club for repeaters. You can also sign up to receive its weekly newsletter with the latest happenings. Their beer list offers endless options.

Mother's Peninsula Grille

☀ Where: 969 Ritchie Highway, Arnold When: lunch, dinner, Sunday brunch Cost: \$\$ Call: 410-975-5950 Click: mothersgrille.com Can't Miss Dish: Pat Tillman Powerhouse

Mike's Crab House

🌊 ☀ Where: 3030 Riva Road, Riva When: lunch, dinner, late-night Cost: \$\$ Call: 410-956-2784 Click: mikescrabhouse.com Parking Situation: No excuse to skip out on Mike's Crab House, if the parking lot

is full, boat dockage is free for patrons! Can't Miss Dish: Maryland Crab Soup

Newk's Eatery

☀ Where: 1360 Main Chapel Way, Gambrills When: lunch, dinner Cost: \$ Call: 443-302-2734 Click: newks.com location/gambrills-md The Scoop: Newk's may be a national chain, but they have soups, salads, and sandwiches that are so fresh and light, they can't be skipped over. Eat in or grab lunch to go at their quick Grab N-Go station.

O'Loughlin's Restaurant & Pub

☀ Where: 1258 Bay Dale Drive, Arnold When: lunch, dinner, late-night, Sunday brunch Cost: \$ Call: 410-349-0200 Click: oloughlinpub.com Extra Special: Monday Night Wing Night, Tuesday Steak and Taco night, Irish



Night Wednesdays, #WineWednesday, Steam Platter Thursday, Beer Battered Friday, Prime rib Saturday, Rip off our Ribs Sunday Happy Hour: 3 p.m. - 7 p.m. Everyday

Old Stein Inn

☀️ Where: 1143 Central Avenue, Edgewater When: lunch, dinner, late-night Cost: \$\$ Call: 410-798-6807 Click: oldstein-inn.com Can't Miss Dish: Old Stein Short Rib Sauerbraten Beer Selection: Not only does Old Stein Inn have an extensive craft beer menu, they also have an extensive German beer list. Visit to make a flight out of the 10 craft German beers they have on draft.

The Pier Oyster Bar & Grill

🌿 🌊 ☀️ Where: 48 South River Road, Edgewater When: lunch, dinner, late-night Cost: \$\$ Call: 443-837-6057 Click: thepeiroysterbarandgrill.com The Scoop: Find your beach at The Pier, a family-friendly sandy getaway with

live music, beach-inspired food, and an upbeat atmosphere. Music: Live music every Friday and Saturday

The Point Crab House & Grill

🌿 🌊 ☀️ Where: 700 Mill Creek Road, Arnold When: lunch, dinner Cost: \$\$ Call: 410-544-5448 Click: thepoint-crabhouse.com Can't Miss Dessert: Nutty buddy Slider Happy Hour: 3 p.m. - 6 p.m. Monday through Friday

Querétaro

☀️ Where: 1406 S. Main Chapel Way, Suite 110, Gambrills When: lunch, dinner Cost: \$\$ Call: 410-721-1392 Click: queretarogambrills.com The Scoop: Celebrate taco Tuesday every day at Queretaro in Gambrills with daily taco, fajita, burrito and so many other Mexican specials.

Rams Head Dockside

🌿 ☀️ Where: 1702 Furnace Drive, Glen Burnie When: lunch, dinner, late-night, Sunday brunch Cost: \$ Call:

410-590-2280 Click: ramsheaddockside.com What's On Tap: Rams Head Dockside features house drafts from their brewery, Fordham and Dominion Brewing in Dover, DE. They also offer nine rotating taps from over 100 bottles of beer from around the world. Happy Hour: 3 p.m. - 7 p.m. Monday through Friday

Rams Head Roadhouse

☀️ Where: 1773 Generals Highway, Annapolis When: lunch, dinner, late-night, Sunday brunch Cost: \$ Call: 410-849-8058 Click: ramsheadroadhouse.com Special Special: Enjoy \$5 burger night every Sunday. Burger night includes an 8 oz Angus beef patty with lettuce and tomato, chips, and a pickle starting at 5 p.m. Happy Hour: 3 p.m. - 7 p.m. Monday through Friday

Thai at Waugh Chapel

☀️ Where: 1406 S. Main Chapel Way, Suite 102, Gambrills When: lunch, dinner Cost: \$\$ Call:

410-415-1004 Click: thaitaivaughchapel.com Can't Miss: Thai food is comfort food whether it be a cold winter day or a beautiful summer day, but the best time to visit Thai at Waugh Chapel is during the Towne Centre's weekend outdoor concert series. Sit on their outdoor patio during a perfect warm evening, listen to music, and sip on a drink with some drunken noodles! New Drinks: Enjoy their new COVID drinks including 'Quarantini', 'Quarantine and Chill', and 'Social Distancing'

Yellowfin Steak & Fish House

🌿 🌊 ☀️ Where: 2840 Solomons Island Road, Edgewater When: lunch, dinner, Sunday brunch Cost: \$\$ Call: 410-573-1333 Click: yellowfinedgewater.com The Scoop: An extensive wine list pairs perfectly with seafood, steak, or sushi at Yellowfin Steak & Fish House. Watch the sunset on the South River and boats drive at the beautiful waterfront restaurant.

Dockside Restaurant & Sports Bar

🌿 🌊 ☀️ Where: 421 Deale Road, Tracys Landing When: lunch, dinner, weekend breakfast Cost: \$\$ Call: 410-867-1138 Click: docksiderestaurantmd.com The Scoop: True to its name, Dockside Restaurant sits directly on Rockhold Creek, and features a casual yet delectable dining experience, a sports bar area, tiki bar outside, and a wide-ranging menu of seafood classics, pub grub, and American staples. Weekly Specials: Mexican Night Monday, Prime Rib Tuesday, Quarter Oysters Wednesday, Baby Back Ribs Thursdays and a chef special on the weekends

Happy Harbor Restaurant and Bar

🌿 🌊 ☀️ Where: 533 Deale Road, Deale When: lunch, dinner, late-night, weekend breakfast Cost: \$ Call: 410-867-0949 Click: happyharbordeale.com The Scoop: Come get happy at Happy Harbor with a drink on the Doc Bar. Crab cakes, burgers and beyond are all available for a day on the water in Deale. Happy Hour: 3 p.m. - 7 p.m. everyday

Jesse Jay's

☀️ Where: 5471 Muddy Creek Road, Churchton When: lunch, dinner Cost: \$ Call: 240-903-8100 Click: jessejays.com Truck: Go online now to book Jesse Jay's Food Trailer to cater your next event or check their calendar to see when the truck is going to be near you!

Neptune's Seafood Pub

🌿 ☀️ Where: 8800 Chesapeake Avenue,

North Beach When: lunch, dinner, late-night, Sunday brunch Cost: \$\$ Call: 410-257-7899 Click: neptunes-seafoodpub.com Can't Miss Dish: Crab Melt Happy Hour: 3 p.m. - 7 p.m. everyday

Petie Greens Bar and Grill

🌿 ☀️ Where: 6103 Drum Point Road, Deale When: lunch, dinner Cost: \$\$ Call: 410-867-1488 Click: petiegreens.com The Scoop: Enjoy delightful fare and great drinks in the heart of Deale. With live music and good vibes, Petie Greens is the place to be. Happy Hour: 3 p.m. - 6 p.m. everyday

Pirates Cove Restaurant & Dock Bar

🌿 🌊 ☀️ Where: 4817 Riverside Drive, Galesville When: lunch, dinner, Sunday brunch Cost: \$ Call: 410-867-2300 Click: piratescovemd.com Can't Miss Dish: Crab Imperial

Skipper's Pier Restaurant & Dock Bar

🌿 🌊 ☀️ Where: 6158 Drum Point Road, Deale When: dinner, weekend lunch Cost: \$\$ Call: 410-867-7110 Click: skipperspier.com Can't Miss Dish: Crab Crusted Oysters

South County Café

🌿 ☀️ Where: 5960 Deale Churchton Road, Deale When: breakfast, lunch Cost: \$ Call: 410-867-6450 Click: southcountycafe.com The Scoop: Build your own sandwich or choose from one of South County Café's many specialty sandwiches for lunch or grab French toast or an omelet for breakfast at this country style café in Deale.



Robert Morris Inn

SOUTHERN ANNE ARUNDEL COUNTY

(Deale, Galesville, Chesapeake Beach, Rose Haven, Tracys Landing)

Abner's Crab House

🌿 🌊 ☀️ Where: 3748 Harbor Road, Chesapeake Beach When: lunch, dinner Cost: \$\$ Call: 410-257-3689 Click: abnerscrabhouse.net Bonus: In addition to the crab centered menu, Abner's Crab House has A & A Gaming, a casino featuring slot machines and endless free-play games.



Knoxie's Table

Stan and Joe's Riverside

📍 🌊 ☀️ Where: 4851 Riverside Drive, Galesville When: lunch, dinner Cost: \$ Call: 410-867-7200 Click: snjriverside.com Weekly Specials: buy one pound of steamed shrimp get a half pound free on Mondays, half priced burgers on Tuesdays, buy one get one free steamed mussels on Wednesdays, pound and a half lobster dinner for \$22.95 on Thursdays, \$21.95 slow cooked prime rib on Fridays, \$0.75 oysters on Saturdays and Sunday brunch for 10 a.m. to 2 p.m. Happy Hour: 3 p.m. - 6 p.m. Monday through Friday

Traders Steak, Seafood, and Ale

📍 🌊 ☀️ Where: 8132 Bayside Road, Chesapeake Beach When: breakfast, lunch, dinner, weekend breakfast buffet Cost:

SS Call: 301-855-0766 Click: traders-eagle.com The Scoop: For more than 50 years, Traders has been known for its steak and seafood entrees, along with a score of comfort food dishes available for dinner. The restaurant also features live entertainment on their outside deck bar Wednesday through Saturday, perfect to gather with a group of friends.

The Westlawn Inn

📍 Where: 9200 Chesapeake Avenue, North Beach When: dinner, Sunday brunch Cost: \$ Call: 410-257-0001 Click: westlawninn.com Can't Miss Dish: Fried Red Tomato

ADDITIONAL DESTINATION RESTAURANTS

WEST OF THE BAY BRIDGE

Bella Italia

Where: 609 Taylor Avenue, Annap-

olis When: lunch, dinner Cost: \$ Click: bellaitaliamd.com The Scoop: Simple Italian food made exactly the right way, using the best and freshest ingredients, served in a space where all are welcome. Come by, pull up a seat and see what happens when good food, good wine, and good people come together.

Broadneck Grill and Cantina

Where: 1364 Cape Saint Claire Road, Cape St. Claire and 74 Central Avenue West, Edgewater When: lunch, dinner Cost: \$ Call: 410-757-0002 (Cape St. Calire), 410-956-3366 (Edgewater) Click: broadneckgrill.com Happy Hour: Monday through Friday 4 - 7 p.m. Sunrise: Come in on Saturday and Sunday morning for a authentic Huevos Rancheros and a nice tequila sunrise to start your day

Café Mezzanotte

Where: 760 Ritchie Highway, Severna Park When: lunch, dinner Cost: \$ Click: cafe-mezzanotte.com Can't Miss Dish: Fettuccine Mediterraneo Weekly Wine Night: Join Café Mezzanotte on Tuesdays for half price bottles of wine. Choose from 65 different bottles.

Harvest Thyme

Where: 1251 West Central Avenue, Davidsonville When: lunch, dinner, Sunday brunch Cost: \$\$ Call: 443-203-6846 Click: harvestthymetavern.com Save Room For: Harvest Smash Can't Miss Cocktail: Campfire, a Harvest Thyme twist on an Old Fashioned Happy Hour: 4 p.m. - 7 p.m. Monday through Friday, All day Sunday

Mi Lindo Cancún Grill

Where: 2134 Forest Drive, Annapolis

When: breakfast, lunch, dinner Cost: \$ Call: 410-571-0500 Click: lindocancungrill.com The Scoop: This family-owned restaurant offers a large menu of traditional, authentic Mexican dishes inspired by Mayan culture. Top off your dinner with a tasty dessert, like Churros and Ice Cream. Happy Hour: 2 p.m. - 7 p.m. Monday through Thursday

Mamma Roma

Where: 8743 Piney Orchard Parkway, Odenton When: lunch, dinner Cost: \$ Call: 410-695-0247 Click: mammaramas.com The Scoop: Classic Italian food is tucked into the corner of the Village Center in Odenton at Mamma Roma. Here, you will find a friendly atmosphere and a zest for Italian fare.

Nothing Bundt Cakes

Where: 1901 Annapolis Towne Centre Blvd, Annapolis When: Bakery Cost: \$ Click: nothingbundtcakes.com Flavors: Besides the regular carrot, vanilla and chocolate, you can get awesome new flavors like Pecan Praline, Marble, and lemon.

Pasticcio Fresh Kitchen

Where: 150 Suite F Jennifer Road, Annapolis When: lunch, dinner Cost: \$ Click: pasticcio-annapolis.com Online Deals: Check online for coupons like \$3 off a large cheese pizza, \$5 off a purchase of \$50 or more and more coupon options.

Rocco's Pizzeria

Where: 954 Bay Ridge Road, Annapolis When: Lunch, dinner Cost: \$ Click: roccospizzashop.com

com The Scoop: Rocco's dough and sauces are prepared fresh in the kitchen daily, using only the highest quality ingredients. Upon visiting, you will notice authentic deck ovens, which is another essential ingredient in making a true New York style pizza.

The Big Bean

Where: 558 B & A Blvd, Severna Park When: Breakfast Cost: \$ Click: thebigbean.com The Scoop: Besides coffee, enjoy some homemade baked goodies breakfast cookies, yogurt muffins, crumb cake, apparel and so much more.

EAST OF THE BAY BRIDGE

Figg's Ordinary

Where: 207 S Cross Street When: Breakfast, Lunch and dinner Cost: \$ Click: figgsordinary.com Weekly Specials: Weekly specials are always different and can be found on their website. For breakfast, find blueberry lemon scones, apple hand pies and even vegan mac and cheese.

Editor's Disclaimer:

"Fast casual chain restaurants" were generally excluded from this guide. It is likely that not every regional restaurant that could potentially qualify for inclusion within this guide is represented. We realize some restaurants may have been inadvertently overlooked. To request inclusion in the updated, online guide, as well as next year's guide, please email mkatelchuck@whatsupmag.com.

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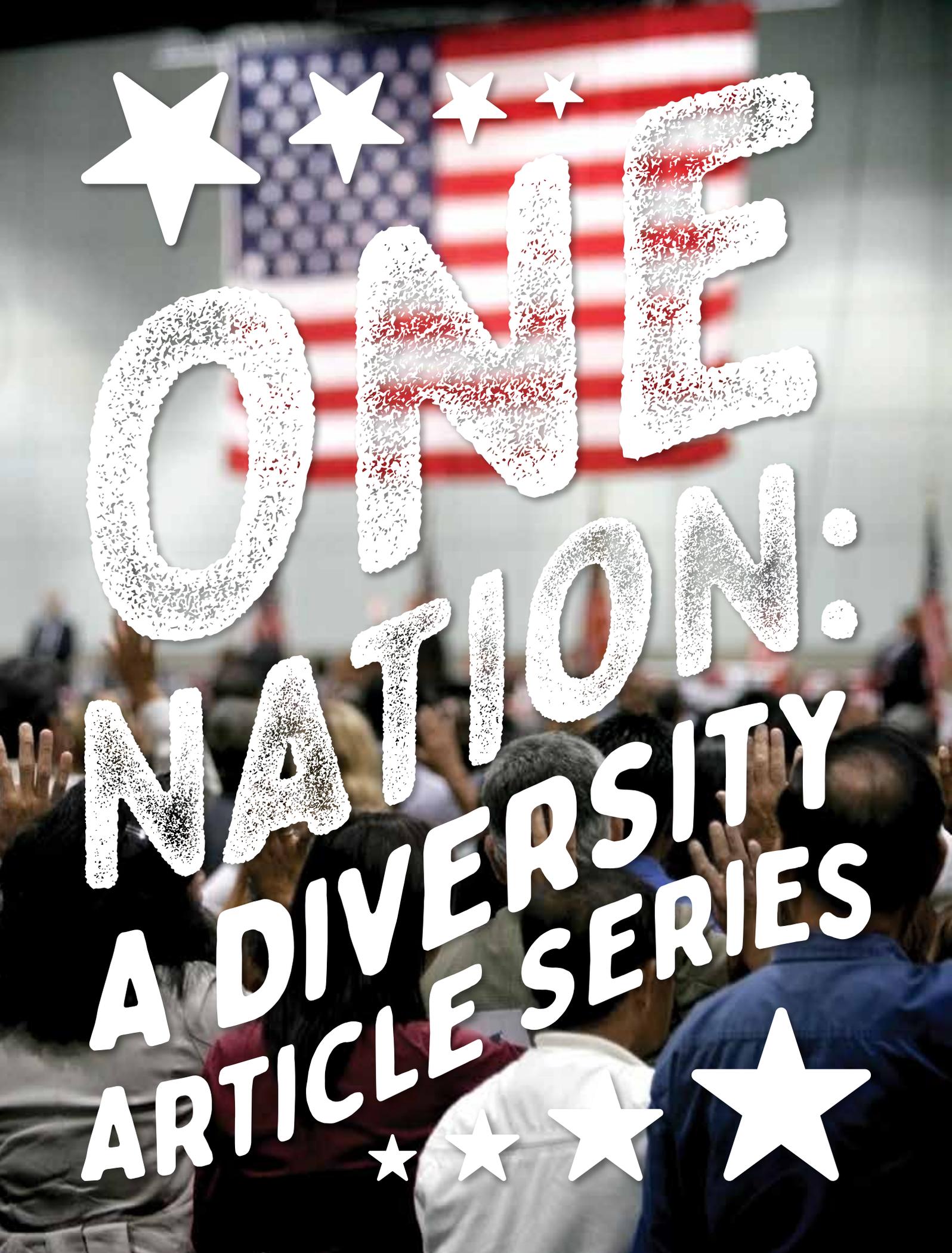
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NATION:

A DIVERSITY

ARTICLE SERIES

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The Journey to Citizenship

As we anticipate Independence Day 2021, the prospect of celebrating it traditionally is somewhat hopeful as the pandemic slows down. With the nation still politically divided, however, many among us still seek naturalized U.S. citizenship, which remains a cornerstone of our democracy.

By Frederick Schultz

As with most topics covered by media outlets in the shadow of COVID19 for more than a year now, the Fourth-of-July citizenship ceremonies across the nation this summer will be seen through an altogether different lens. And clearly, the story of local ceremonies, including that in the State's capital, Annapolis, in summer 2019 now seem like ancient history.

On July 4 that year, 22 soon-to-be citizens assembled at the city's historic William Paca House before a capacity crowd. Representing 15 different countries and all continents except Antarctica, the candidates listened to Daniel Renaud from the U.S. Citizenship and Immigration Service (an agency of the Department of Homeland Security) and recited the "Oath of Allegiance:"

I hereby declare, on oath, that I absolutely and entirely renounce and abjure all allegiance and fidelity to any foreign prince, potentate, state, or sovereignty of whom or which I have heretofore been a subject or citizen, that I will support and defend the Constitution and laws of the United States of America against all enemies foreign and domestic; that I will bear true faith and allegiance to the same; that I will bear arms on behalf of the United States when required by the law; and that I take this obligation freely and without any mental reservation or purpose of evasion, so help me God.

Veteran reporter E. B. Furgurson III described the city scene in his article for the *Capital Gazette*: "bunting and flags...clusters of strapping military men...the coming hordes...scores of folding chairs...a standing-room-only crowd."

The report also quoted speaker Renaud, who compared the ceremony to a birthday party, of sorts: "In this case, you give and get...Today you get the honor of citizenship, the responsibility of citizenship, you get new rights, new freedoms, new opportunities, and we invite you to take advantage of all those—run for office, vote, participate in your community."

Renaud closed his remarks by advising the new citizens: "Don't lose who you are. It is who you are that brought you to this place."

Instead of Hope in 2020, Desperation

According to Kirsten Clark, executive director of Annapolis' Center of Hope, the past year has been one of desperation for a number of those seeking U.S. citizenship in this region. Many who were in the process of naturalization and who happened to be in the service industry faced layoffs and closures, with a large number ineligible for benefits. "Some of them qualify for certain benefits, some do not," Clark tells us for this story.

"Mixed established families, in which one couple files tax returns jointly but only one is a citizen and the other is not," Clark says, are not eligible for federal stimulus payments. "Ultimately," she points out, "the amount of resources our clients have is lower than the average American family."

Last year, Director Clark said, the center saw "a lot of people reaching out to us for help...a 53 percent increase in cases," with unemployment and housing issues "very high." And this situation, even with vaccines becoming more readily available, has yet to improve.

The Federal Outlook

For official national insight into the naturalization process, we went to Waleska Casiano-Matos, an Annapolis-based immigration lawyer for the U.S. Citizenship and Immigration Services (USCIS). A native of the U.S. territory of Puerto Rico, and thus a citizen, she noted that, even though July is the most well-known month when naturalization ceremonies take place, “the USCIS office celebrates naturalization ceremonies all year long.”

Surprisingly, Casiano-Matos revealed exclusively for this story that the Hispanic and Latino communities are the smallest groups represented in naturalization ceremonies in Maryland. Why? “The younger generations are more willing to apply for naturalization than the older ones. The reason is simple: Education.”

She notes that a large number of older Hispanics and Latinos in this country lack any formal education, and “many of them are illiterate.” The elders can become legal permanent residents (LPR), using an interpreter in the interview. To become citizens, however, they have to speak, read, and write English. “Given those circumstances,” Casiano-Matos admits, “they prefer to be LPR all their lives instead of applying for citizenship.”

Those populations have grown in the state of Maryland. According to her, “the undocumented portion of that population usually work in construction, restaurants, landscaping, and home-cleaning services.”

The USCIS official stresses that the naturalization process is complex, and exceptions are few. The Hispanic/Latino populations lack the formal education and the English skills to overcome the obstacles, and that’s why fewer Hispanics even take the test. “Also,” she says, “if you come from any country south of the border, chances are that you didn’t come to the country with a visa, and that significantly lowers the chances of ever becoming a citizen.”

When asked how the naturalization and citizenship process could be improved, Casiano-Matos quickly replies: “We need immigration law reform. For the naturalization process, more exceptions are needed to include those LPRs who cannot learn English simply because they cannot learn a second language, owing to the fact that they never really learned their first language. That’s a phenomenon you see mostly in the Latin American countries.”

Many who come from other countries, she stresses, “already have a visa and applied to come to the U.S. and were allowed in. Most are professionals or people who have been in school. There are exceptions, of course, but that’s the difference.”

Available Resources

The USCIS has books and many online resources to study for the exam, Casiano-Matos points out. And she also cites nonprofit organizations such as the aforementioned Center of Help, which has free classes to prepare aspirants to take the civics exam. “Our office helps applicants with their process,” Casiano-Matos says, “and we prepare them for the interview and accompany them to the interview itself.”

One obstacle to those of Hispanic and Latino descent, she cites, is that “people are afraid to apply for citizenship; they fear being denied and deported. And now, with the new ‘public charge’ rule, more and more people fear the application process.” That rule, incidentally, went into effect last year, defining a “public charge” as “an individual receiving one or more public benefits for a period of 12 months during a 36-month period.” As it applies to immigrants, it is imposed to refuse visas and permission to enter the country.

The message Casiano-Matos would like to emphasize for this story is: “If you are a citizen of this country, make sure you use all the rights the Constitution gives you. Especially use your voice and your vote. And if you are a citizen, help others to become citizens, too.”

Sons of Italy... and Now America

Brothers Bruno and Rino Di Santillo are owners of the Momma Roma restaurant off Piney Orchard Parkway in Odenton. Growing up in Italy, they told us, “we always wanted to experience the American Dream.” In fact, the United States to them was “a country where we thought that all dreams would come true.”

That idealistic view, however, did not fully prepare the brothers for what lay ahead. “Little did we know that while we had the passion, it would take such hard work, perseverance, and commitment,” Bruno told us. “We soon realized that this was the way to succeed in America. We were willing to give it our best, and part of this process was to become an American citizen.”

As the Di Santillos assimilated to life in the United States, they said, “we learned to appreciate where we came from and where we were going...Our business has presented many challenges along the way. It has been difficult at times as we adjusted to American culture.”

Was it worth the effort? “We are following our dream and determined to make each day successful. We have learned so much. We love serving those in our community and realize that we would not be where we



are today without their support. We are privileged to be in the position we are today. Our passion has been kept alive through the diligence of hard work and the wonderful community that supports Mamma Roma.”

Oksana: A Model Citizen

Anyone who’s patronized local farmers’ markets likely know Oksana. Or at least they know the quality of her goods, featuring fresh organically grown produce and canned pickled and fermented vegetables from her own recipes.

On one occasion last year, a team from Voice of America filmed part of a documentary on Oksana, capturing her in action and interviewing some of her customers. It’s now available online, in Russian. What many patrons don’t know is that her full name is Oksana Bocharova, a naturalized U.S. citizen since 2010 and a native of the Belgorod region of eastern Russia, 40 kilometers north of the Ukraine border on the Seversky Donets River.

Attributing her love of farming to her father Yuriy, she set out to be a farmer herself at age seven, earned a Master’s degree in agronomy in 1992. She then worked on a 5,000-acre collective farm, leasing 200 acres to produce vegetables, sugar beets, and hay as well as raising pigs for markets nearby and in Moscow.

Oksana graduated from AgroBusiness in 1997 and two years later came to the United States through the University of Wisconsin’s Dairy Farm Training Program. From there, she moved to Maryland to work on a certified organic farm in Anne Arundel County and ultimately bought and cultivated her own farm on the Eastern Shore, concentrating on growing produce for markets and Community Supported Agriculture (CSA) subscribers.

For this story, Oksana answered questions by phone as she was driving to her farm near Chestertown. Knowing that her pursuit of U.S. citizenship was a mostly solitary effort on her part, we wondered how the naturalization process works with split families, citizen and non-citizen. “The process could take years if filing jointly and for the person who doesn’t have citizenship, to gain it,” she noted.

What was the driving force behind Oksana’s pursuit? “As soon as we decided that we would like to stay in this country, it was important to live here legally, to express your vote. My relatives in Russia are happy that I live in this country.”

We next asked what the naturalization process involved for her. After stressing that applying for citizenship is different in every case, she said that after a year on a trainee visa to study agricultural business in this country, she came back for a second year on the same visa. But that didn’t allow for her



“We learned to appreciate where we came from and where we were going...Our business has presented many challenges along the way. It has been difficult at times as we adjusted to American culture.”

▲
Rino and Bruno Di Santillo

children to accompany her here. “So the children stayed home with my parents for two years, while my ex-husband and I participated in an international dairy business trainee program, since we were post-graduated from agricultural colleges.”

As Oksana determined that “things in Russia were not getting better,” she decided to stay in the United States. Because the couple “wanted to be legal,” she said, “we talked to an attorney to see how we could pursue it.” And that pursuit was not easy. “Our path was through our employer to get a work visa,” she recalled, and that process took “a year or two,” at which time “as soon as we got it, we were able to bring our children here.”

The next step was to apply for a green card, Oksana remembers. “It sounds really simple,” she said, “but



“As soon as we decided that we would like to stay in this country, it was important to live here legally, to express your vote. My relatives in Russia are happy that I live in this country.”



*Oksana Bocharova,
Photo by Celia Pearson*

I got the visa first, then I had to do it for all my family members, which meant a lot of money in attorney fees.” The next step was to apply for citizenship, and she remembers that “the entire process cost us about \$20,000. That was our journey.” The most difficult part of the process, she warns, is that nothing is guaranteed. “It was really risky,” Oksana remembered. “I learned that you should not do it yourself. Hire a professional attorney with a good reputation. Do your part, too...Follow the instructions, and just wait. It was not easy for me.”

Postscript

In June 2020, the Congressional Quarterly Roll Call posted a report that “two immigrants whose U.S. citizenship ceremony was delayed by the coronavirus pandemic have sued the federal government, hoping to expedite the naturalization process they need to complete to vote in this fall’s [November] presidential election.”

The class-action lawsuit was filed on behalf of two permanent residents whose naturalization applications were approved by the Philadelphia field office of U.S. Citizenship and Immigration Services. But their oath ceremonies, along with thousands of others, were postponed after the USCIS shut down its offices in mid-March to help mitigate the spread of the coronavirus.

Attorneys in their lawsuit wrote that it would take several months, at best, before the Philadelphia field office could administer the oath of U.S. allegiance. “Meanwhile, Plaintiffs and putative class members would continue to be denied the rights and privileges conferred by U.S. citizenship,” they said.

The plaintiffs have asked that their naturalization process be expedited so they can be sworn in as Americans by late September, ensuring they can register in time to vote in the fall.

“There has been so much negative fallout from the pandemic, including delaying the rights of citizenship to hundreds of lawful permanent residents in the Philadelphia area, every one of whom has already had their application approved, but now have been unable to complete the oath—the last step of the citizenship process,” said Matt Adams, legal director for Northwest Immigrant Rights Project, which filed the lawsuit along with the National Immigration Litigation Alliance and others.

The Department of Homeland Security, which oversees the USCIS, did not immediately respond to a request Friday for comment on the lawsuit.

The naturalization oath ceremony is the final legally required step before someone transitions from permanent resident to American citizen. The USCIS resumed conducting naturalization ceremonies on June 4, and the agency said it has naturalized nearly 2,000 individuals to date.

But that falls short of the 60,000 people the agency naturalized every month before the pandemic, according to government data.

For weeks, the USCIS has dismissed the idea of holding virtual naturalization ceremonies despite pleas from advocacy groups and congressional lawmakers.

“Naturalization ceremonies are required to be public, and under the Title 8 of the Code of Federal Regulations, the applicant must ‘appear in person’ to take the Oath of Allegiance,” USCIS spokesman Joe Sowers said.

However, some field offices, including the one in Santa Ana, California, will soon conduct drive-thru ceremonies for thousands of people there.

The National Partnership of New Americans, a coalition of state, federal, and local organizations that help naturalized citizens register to vote, estimated that 860,000 people were scheduled to become U.S. citizens this year. But that was prior to pandemic-related shutdowns.

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1.



3.



2.



4.



5.



6.



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SALE

208 Shipping Creek Dr.
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408 Wallman Way Stevensville | TBD

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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.



Montgomery Road Stevensville | \$25,000

Beautiful wooded with sunlight on the south end of St. B right side after Margaret drive on, right, no street to access. Currently property is not scheduled for SK3 program for public sewer. Buyer would need to perc to see if buildable.

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6 Statement-Making Elements of Kitchen Design

By Lisa J. Gotto

Our home's kitchen, simply put, is everything these days. Savvy homeowners are going the extra mile to ensure these spaces meet their specific needs and expectations, and be designed to exacting standards of efficiency and beauty. Let's explore six essential strategies at the heart of statement-making, purposeful kitchen design.



1

Mixing Tones

Inviting. This is certainly what we wish all our kitchens to be. Conducive to culinary creativity as well as gathering and supporting the way we live day-to-day, the kitchen that can do all these things and look great doing it, sets the standard. One great way to accomplish the visual aspect of this standard is using a tonal mix. Adding new tones can be tricky, however, so experts advise following the "Two-C" rule: complement and contrast. So, for every new tone introduced, it should either complement or contrast what is already going on in the space. It's also a good idea not to exceed three distinct tones within one space. From the look of things in this room, the paleness of all the tones complement each other, while the mixing of the grey, the washed aqua, and a subtle sage green provide an almost subliminal contrast. When in doubt, find a pro who can help you find a balance of how to use each tone and where to use it.



2

Creative Space Making

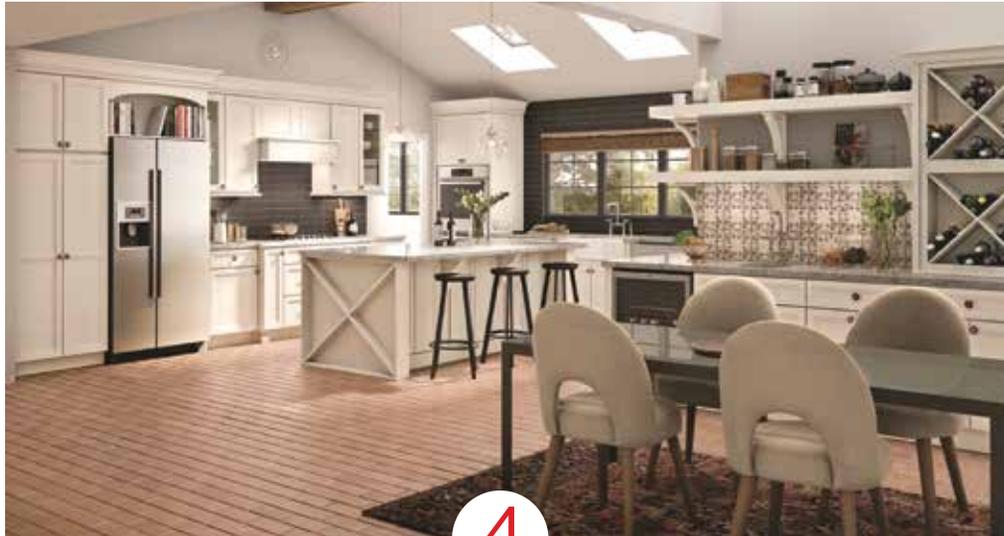
No matter how much room we provide in our kitchen floorplans these days, there are always times when we wish we just had a little more space, or wish the space could "do more." This may be one of the reasons that kitchen islands have gotten larger and are seen as the multi-functional miracle worker of the kitchen. While you may sacrifice space initially for its footprint, what you can pack into an island—storage, sink, dishwasher, shelving, and seating—has helped earn it a valuable place in the kitchen, nonetheless. Another stylish way that storage is here to stay in the kitchen is clever and sassy banquette seating with built-in storage. With functional upholstery options, a variety of materials, and tabletop options, there are so many smart ways this element can work in the kitchen. Getting creative and not depending on cabinet storage so much can actually lead to opportunities to show off your sense of style. More and more, we see dishes coming out of the cabinets and placed where they can be easily accessed and displayed. While this in-wall option may not work for every family or kitchen, it certainly stands as a stunning reminder of your good sense and great taste!



3

Frugal Use of Restaurant Design

While you wouldn't necessarily want the harder, more austere aspects of a restaurant kitchen in your home, prudent uses of industrial elements cannot only be functional, they can convey a sense of sophistication in your style choice when appropriately modified. For example, applying an industrial application to the ever-popular kitchen island concept provides flexibility, abundant storage, and in this case, true panache. Adding a sumptuous marble countertop, dare we say, is like adding butter to bread. Other restaurant-style applications such as open and floating shelving, warming stations, professional-grade ranges, and elongated food prep counters are appearing in many current-day kitchen plans—not only making statements, but making life easier for the home chef.



4

Embracing Longer-Lasting Trends

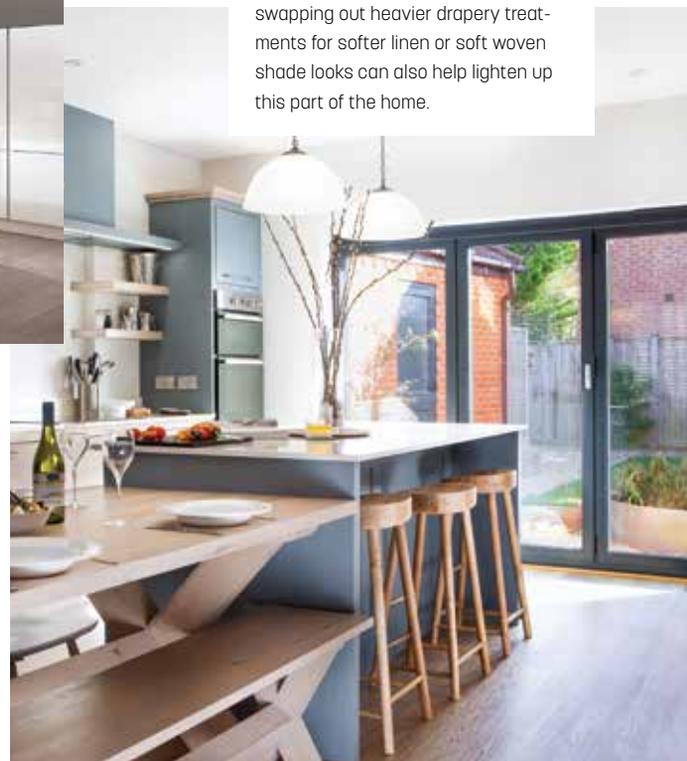
There's nothing wrong with baking a little longevity into your kitchen design plans. Blending long-term needs with trends that are expected to endure is a worthy and achievable design goal. Warmer, "comfort colors" such as warm beige, shades of aqua, and orange are said to be on the palette, as is the most perennial kitchen color, white. A newer trend that intends to stick around for a while is the implementation of organic style in the kitchen. Elements of biophilic (love of nature) design, such as indoor herb gardens is, no pun intended, growing, as is the use of organic, wood-look flooring, and energy-efficient light fixtures. Designers and homeowners alike appreciate the optimism in these "greener" features. Touchless faucets were a great idea prior to the pandemic and will endure; they just make for an easier, quicker, and safer clean-up experience. Increased storage space is another practical trend. Organized storage not only helps you track your inventory of edibles, but it also provides extra room for the new appliances you most likely bought for our extended eat-at-home period. Now that we know how much easier these appliances have made life in the kitchen, we will want to store them properly for years to come.



6

Intuitive Appliance Integration

A trend that started out in highly-customized kitchen design, is now becoming a must-have for any aesthetically-inclined homeowner. The bigger, bulkier looks of today's refrigerators and the mechanical facades of dishwashers are being upgraded as designers are fitting them flush with adjacent cabinetry to streamline the look and provide for uninterrupted sightlines. In fact, nothing cumbersome or utilitarian need show its shiny facade in today's kitchens as integrated flip-up cabinets serve as cover for larger, everyday appliances, such as toaster ovens and smoothie makers. Just a quick touch and these precision cabinets easily rise for out-of-sight-out-of-mind convenience. When it comes right down to it, the exceptionally well-designed kitchen is no longer the aspiration, it's a realization of the importance of this space and it's uniquely inter-woven connection with our quality of life.



5

Promoting Our Special Relationship with the Outdoors

As the year 2020 evolved, we learned not only how important our interior spaces are to us, but how essential our connection to the outdoors is to our emotional and physical wellbeing. This special relationship has prompted many homeowners to take a critical look at the room they spend the most time in, the kitchen, and assess if it is properly equipped to address this essential need. The natural light, the rays of sun, and the access to the fresh flow of air that properly functioning windows and sliding or bifold doors provide, have become just as important as heating and cooling our homes. While upgrading windows and doors can be costly, there is long-term value in this investment and designers are creating exceptional takes and re-works on windows to make them larger and enhance the focal points to the outdoors. Less expensive fixes, like swapping out heavier drapery treatments for softer linen or soft woven shade looks can also help lighten up this part of the home.



HOME GARDEN

To Mulch or Not to Mulch

By Janice F. Booth

This *too-MULCH-u*ous topic comes up among gardeners seasonally: Is mulching really a good idea? It's a lot of work and some expense. Why should we mulch? When? What kind of material? Where? How much? "Mulching or not" seems an issue with many reasonable points of view, depending on your tastes, your budget, and your sense of environmental responsibility.

Professional landscapers and serious gardeners are strong advocates of mulching for very good reasons. However, there are pros and cons to all the methods and materials available for the job. This may be the year you want to investigate an alternative to traditional mulching, one that is effective, attractive, and inexpensive. So, here we go.

Why We Mulch Our Gardens

There are five excellent reasons to mulch, which means covering the soil with organic or synthetic material around plants, bushes, and trees.

Mulch can... 1. Suppress weeds, easing the burden of maintaining a happy, attractive flower bed or vegetable patch. 2. Retain moisture in the soil when it's dry and protect the soil from erosion when heavy rains pelt the earth. 3. Insulate the soil from the extremes of summer heat and cold winter weather. 4. Potentially improve the soil's quality by adding nutrients and encouraging earthworms and oxygenation. 5. Contribute to a tidy, well-groomed appearance in the garden areas.

When Should We Mulch

For all the reasons just reviewed, mulch is best applied in the late springtime and late fall. It's probably unwise to mulch too early, when the mulch could settle on top of emerging plants and seedlings. Heavy mulch could deform and even smother the new plants and new growth. Also, the compacted mulch may insulate the still-cold earth, keeping the warm, spring sunlight from penetrating to the dormant roots below. Waiting until May or even early June gives the garden lots of time to offer up its promising growth to be admired and pro-

ected by the careful placement of protective mulch. After a long summer and in preparation for the cold winter months, fresh mulch can be reapplied. A word of caution, however: In the autumn, wait to lay down the fresh mulch until the leaves have been blown, raked, and collected. If fresh mulch is applied too early, it may be raked up and blown away with the leaves, twigs, and detritus. (Note: If you compost your leaves, you may have the makings of an excellent, organic mulch for the coming spring. *See below.*)

What Material Should be Used as Mulch

There are a few basic qualities that characterize good mulching material. It should be light-weight, free of bacteria or fungus, and clean (no weeds or seeds). That said, there are two basic types of mulch, *organic* and *inorganic*.

The common **inorganic** varieties are rocks, stones, rubber, plastic sheets, and geotextile or landscape fabric.

Organic mulch includes, straw, compost, bark, wood chips, leaves, and pine needles—natural materials.

You might decide to use more than one variety of mulch in the garden. Or, you may decide to skip the mulch and go directly to ground cover, low-growing plants such as English ivy or Periwinkle, that provide the same benefits as mulch. (More on this later.)



PROFESSIONAL LANDSCAPERS AND SERIOUS GARDENERS ARE STRONG ADVOCATES OF MULCHING FOR VERY GOOD REASONS. HOWEVER, THERE ARE PROS AND CONS TO ALL THE METHODS AND MATERIALS AVAILABLE FOR THE JOB. THIS MAY BE THE YEAR YOU WANT TO INVESTIGATE AN ALTERNATIVE TO TRADITIONAL MULCHING, ONE THAT IS EFFECTIVE, ATTRACTIVE, AND INEXPENSIVE.



All of the organic mulches provide similar benefits, those five we discussed. A few additional points about organic mulch: *Compost* is delightfully “pollinator friendly,” encouraging bees and other insects to come closer—always good for the plants and flowers. A word of caution, however, as compost should be loose and only partially decomposed when applied. Otherwise, it can remove oxygen and leach nitrogen into the soil. Not good! “Sour mulch” as it’s aptly called can ruin your plants.

All the *wood products*—bark, chips, leaves, and needles, afford an excellent source of nutrients for the soil. As they decompose photosynthesis occurs, cleaning the air of toxins, absorbing carbon monoxide, and releasing oxygen (Ground cover provides this same advantage.) Bark is often dyed, allowing for colorful flowerbeds. Be careful to check that the dye used in the bark is non-toxic. Leaves are readily available and easy to compost. They must be ground or broken up, however. If left unmodified, the leaves matt and may smother young plants and form a hiding place for insects and mice.

Straw (not hay) is a byproduct of grain and provides an inexpensive, clean ground protection. However, it’s not appropriate for urban and formal gardens. It is inexpensive and often used for vegetable gardens.

Cardboard and *newspaper* are useful secondary mulching materials. If the paper products are undyed and free of wax or gloss-finishes, they will serve well as an underlayment for another mulch, such as chips or bark. The wood fiber in these products breaks down slowly and smothers weeds.

Inorganic mulch products include rocks, gravel, stone, rubber mulch, plastic, landscape fabric—all of which are easy to maintain and long-lasting.

Stone, gravel, and *rock* are tidy and relatively permanent options. They are best used for paths, around trees, and, generally, in places where the weight of the stones will not harm plants or shrubs. Rocks and gravel

are relatively permanent. It is a chore to place them, and an even bigger job removing them from a bed or walkway. In addition, rocks absorb heat. They may overheat the soil beneath and kill plants and even young trees. Plan carefully if you choose these forms of mulch.

Rubber mulch is durable and excellent for play areas, requiring little maintenance. It is unaffected by heat and humidity, and stays free of fungus and bugs. Since it’s rubber, it is heavy—which is the good news (won’t be blown away) and the bad news (potentially compacts the soil beneath). Rubber mulch does not enrich the soil and may leach heavy metals, such as zinc aluminum, and chromium, into the earth. It’s expensive, gives off a slight odor, and, in my experience, floats out of the flower beds in a serious downpour. (I watched my tidy mulched flowerbed washed clean of its expensive, fresh rubber mulch!)

Plastic and landscape fabric efficiently discourage weeds and help retain moisture. They’re excellent in early spring and fall as blankets, keeping the plants’ roots warm. They’re best laid in fresh, new flowerbeds and vegetable patches. It’s tough to install plastic or fabric in an established bed.

Finally, a word or two in support of a mulch alternative—ground cover. In our region *Vinca minor*, *Myrtle*, *Periwinkle*, and *English ivy* thrive. They provide an attractive, easily maintained protection for the ground. (Keep an eye on the ivy in case it tries climbing up a tree or wall.) Ground cover that is living carries on photosynthesis, cleaning the air of toxins, absorbing carbon dioxide, and releasing fresh oxygen. There are many color variations, and *Periwinkle* and *Myrtle* produce sweet, tiny, purple flowers. The only drawbacks are that they take a year or two to fill-in. (Which can be a boon if you’re adding them to a bed that has young plants that need to mature a bit before sharing space with ground cover.) Some of the groundcover may die, and you’ll have to remove that section and replant.

So, lots of choices and a few cautions as you consider what you’ll do next fall—mulch...or maybe not.



Primary Structure Built: 1997
Sold For: \$1,250,000
Original List Price:
\$1,300,000
Bedrooms: 3
Baths: 2 Full, 1 Half
Living Space: 2,562 Sq. Ft.
Lot Size: 2.98 acres

HOME REAL ESTATE

Peaceful Eastern Shore Living

By Lisa J. Gotto

There is truly something to love about life's simple pleasures and that feeling is keenly captured with this lovely piece of property on the Porters Creek waterfront in St. Michaels.

Not too much land or too little, nearly three acres provides for a perfectly situated 2,500-square-foot home offering tranquil water views from nearly every room. Lush grounds with meticulous landscaping welcome you to the tasteful, two-story dwelling with its Tom Sawyer-like backdrop.

The home's bright interiors benefit from a heaping helping of southern exposure and sunsets here are said to be stunning. A charming foyer with rich, chestnut-colored hardwoods welcome you to the home's open-plan living space. Large sliding glass doors in the living room envelope the room with natural light that soars to the vaulted ceiling above. From this vantage point, you have a front seat to this home's peaceful Porters Creek views. A gorgeous, stone fireplace in the room provides an alternate focal point. This wood-burner also has a rustic wood mantel that complements the knotty pine beam above the entry that connects living room to dining room, and then again into the kitchen, creating a space that is convivial and endearing.



The all-white kitchen with peninsula is fully equipped and offers a walk-in pantry and double sliding glass doors, like the dining room, to take advantage of sunny views to the water. This level also offers the convenience of a generous master suite with a separate seating area for impressive water views from

a series of large, four-panel bay windows—a special space for reading, or just relaxation and reflection. This room also features a stone-front, wood-burning fireplace and bath suite with dual vanity.

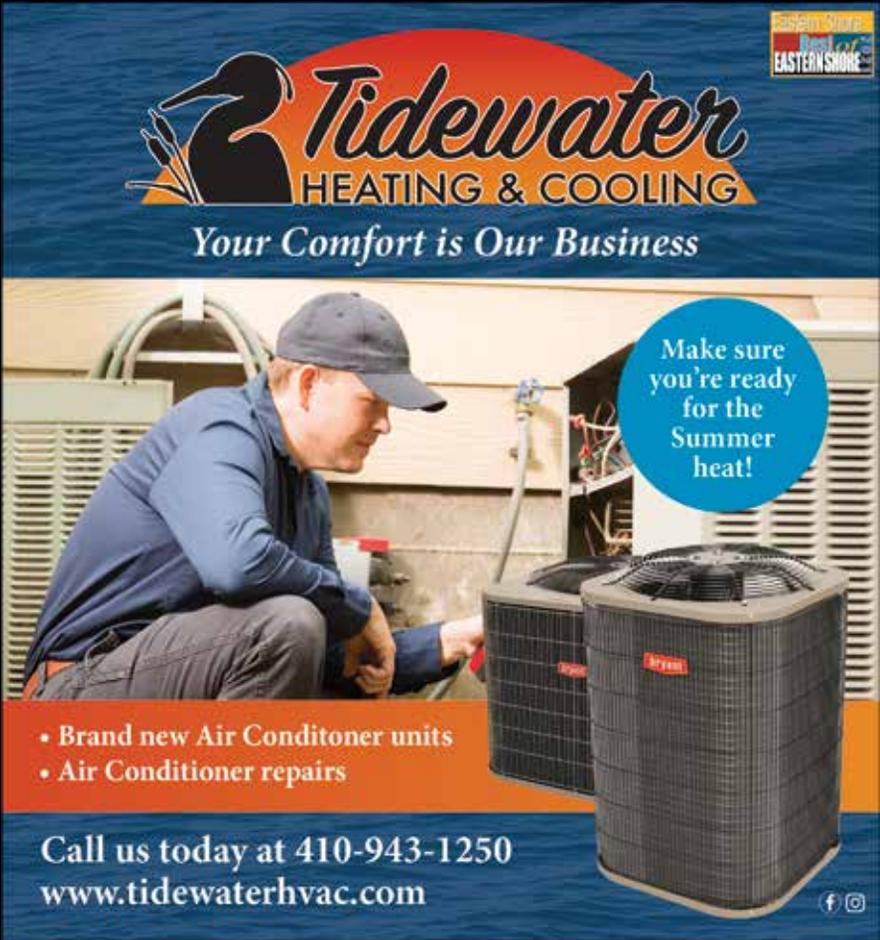
A second-floor loft area leads to the home's additional two bedrooms; one

with a charming dock-side view could also make a quiet, conducive space for an in-home office. There's opportunity to expand in the spacious attic, and another area to just unwind on the home's lower level, screened-in back porch.

Whether your grabbing a kayak and taking to the creek, or grabbing your golf clubs and heading to the nearby course at the Links at Perry Cabin (this home also offers an available golf membership), you'll have plenty of ways to play and spend the day living the peaceful Eastern Shore life.

Listing Agent: Leslie Stevenson; Long & Foster Real Estate | Christie's; 109 S. Talbot Street, St. Michaels; m. 410-253-7293; o. 410-745-0283; leslie.stevenson@longand-foster.com

Buyer's Agent: Cornelia C. Heckenbach; Long & Foster Real Estate | Christie's; 109 S. Talbot Street, St. Michaels; m. 410-310-1229; info@corneliaheckenbach.com; stmi-chaelismdwaterfront.com



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Eagle-Eye Views on Osprey Point

By Lisa J. Gotto

Opportunities like this come around only once in a great while, and this home's new owners are now living their dream of life on the water. This property, with its nearly 360-degree views of Osprey Point, is located in an exclusive gated community with just a sprinkle of other homes, offering a landscape of rare natural wonders.

"This is a barely-lived-in, three-year-young, Caruso-built custom waterfront home in Grasonville," says Seller's Agent Jennifer Chaney of Chaney Homes. Its gated waterfront community is arguably one of the nicest, newer waterfront developments on the immediate Eastern Shore, she adds.

The main level living area features an open-plan layout with gorgeous dark hardwood floors, a central stacked stone gas fireplace, and coffered ceilings. Two sets of sliding doors allow for generous light in the space, which flows into an all-white and bright kitchen with gleaming white countertops and a large center island for gracious entertaining and quick bites. A wealth of storage and a separate area with gorgeous views for everyday waterfront dining completes the kitchen. This level also offers a dedicated office and a half bath.

Upstairs there are four large bedrooms, each with its own bath, including a lovely master suite with sliders to the home's private back deck. The home's third level features a large



Primary Structure Built: 2016
Sold For: \$1,100,000
Original List Price: \$1,199,999
Bedrooms: 5
Baths: 4 Full, 1 Half
Living Space: 4,035 Sq. Ft.
Lot Size: .30 acres

recreation room with a wet bar, mini-fridge, and its own private balcony that offers scenic views of Kent Island.

The exterior of the 4,000 square-foot home offers a charming cottage-like façade with a lower-level stone treatment and a quaint front porch with complementary slate flooring for wildlife-watching and sunset gazing. Neatly landscaped and manicured grounds guide you to the rear of the home where you're just steps away from your private pier with two boat lifts and stellar vistas of the Point and beyond.

Listing Agent: Jennifer Chaney; Chaney Homes; m. 410-739-0242; jchaney@chaneyhomes.com; chaneyhomes.com

Buyer's Agent: Lori Woods-Fortney; Magnum Properties; 100-A Island Professional Park, Stevensville; o. 410-827-7500; m. 410-808-1469; fortlorden@aol.com



Health & Beauty

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HEALTH & BEAUTY HEALTH

The Importance of Giving Blood

By Dylan Roche

Every two seconds, somebody needs a blood transfusion. That adds up to about 30 people a minute—and 15 million people a year. The University of Maryland Medical Center estimates it uses 36,000 units of blood annually.

These transfusions might be because a patient is undergoing surgery, is receiving cancer treatment, has a blood disorder, or was hurt in a serious accident. Whatever the reason for the transfusion, however, the need doesn't go away simply because of a pandemic.

But with social distancing and other restrictions, many blood drives throughout 2020 and the early part of 2021 had to be cancelled, resulting in 30 percent fewer donations and what the American Red Cross deems a "critical" blood shortage. And because blood has a shelf life of only 42 days, there's no way to stockpile blood for times such as these.

This is why the American Red Cross is calling on every person eligible to give blood to seek out a blood drive and donate.

"But," you might think, "I've never given blood before. I don't know the first thing about it."

Despite how intimidating it might be to think about withdrawing a quart of blood from your veins, giving blood is a safe and painless good deed you can do in as little time as a half-hour. Still a little wary? Here's what you should know:

Your blood is made up of red blood cells, white blood cells, cellular fragments called platelets, and the liquid part called plasma. Each part plays an important function in the human body, and each is needed by a specific type of patient. Chemotherapy patients will need platelets because their body isn't able to make enough on its own. On the other hand, a burn victim will need plasma in order to maintain proper blood pressure and other vital bodily functions.

Most blood drives during the pandemic have been by appointment only in an effort to eliminate lines or unnecessary waiting. Nobody needs a special reason to give blood—as long as you pass certain health screenings and have not donated within the past 10 weeks, you're eligible.

If you're donating blood, you should drink an extra 16 ounces of water before your appointment and, if possible, eat a nutritious meal. You'll also want to eat and drink after donating

to replenish fluids and nutrients. Be prepared to avoid any strenuous activity for the rest of the day; however, most of your usual activities you can resume without any problem.

Donating blood even offers benefits for the giver. Your mini health screening leading up to your donation can reveal potential problems like anemia or high blood pressure. If you have excess iron stores—formally known as hemochromatosis—donating blood will alleviate the constriction of your blood vessels created by high iron levels, thus reducing your risk of a heart attack.

Right now, the American Red Cross is testing all donations for COVID-19 antibodies. Plasma containing these antibodies can be used to help patients who are currently battling COVID and are in need of convalescent plasma transfusions. (So if you know you have had a case of COVID and are fully recovered, seek out a chance to donate—your plasma is in need!)

Want to learn more about donating blood or to seek out a blood drive near you? Visit the American Red Cross online at www.redcross.org.

Listen to Your Heart

YOUR LIFE MAY DEPEND ON IT

When 63-year-old Jim Abbott experienced two brief but noteworthy episodes of chest pain in a single day last December, he knew it was nothing to ignore—even amid a pandemic and with Christmas just hours away. He'd had similar episodes in the weeks before, but now they were coming more often, and it was concerning.

After a call to 911, he was transported to Luminis Health Anne Arundel Medical Center (LHAAMC) by ambulance. And it was a trip that likely saved his life. Testing would later reveal major blockages in blood vessels feeding his heart.

When Abbott arrived at the hospital, doctors were determined he wasn't having a heart attack, but it was clear something was going on with his health. On their advice, Abbott followed up with his own physician, who in turn, referred him to a cardiologist. Within days of his emergency room visit, he was scheduled for additional tests, which revealed that two of his heart's blood vessels were 99 percent blocked and that a third was 80 percent blocked. And that meant he would need triple bypass surgery.

As a smoker and someone who ate "anything and everything," despite having diabetes, Abbott had major risk factors for heart disease. But he admits that hearing he needed surgery was a surprise. He never considered himself unhealthy and had no personal or family history of heart problems. Not one to sit and stew, however, he was determined to tackle the challenge head-on.

"You've got to face reality," he says. "It's got to be done."

CARE THAT HEALS

LHAAMC had just started performing cardiac surgery days before, so Abbott had choices to make about where to have his operation. With his typical take-charge attitude, he chose to have heart surgery at LHAAMC.

"I knew how much work they put into getting the OK to do the surgery," he says in recognition of the hospital's five years of planning, preparation, and training. He also knew he'd be in good hands with the team the hospital had recruited. "From what I heard, they got the best of the best," he adds.

So, on January 7, 2021, at 6 a.m., Abbott entered the operating room under the care of Daniel C. Lee, MD, chief of cardiac surgery at LHAAMC. The operation was long and involved harvesting healthy veins and arteries from his leg and chest to sew into his heart in a way that allowed blood to go around, or bypass, each of his three blockages.

Jim didn't wake up until 6 p.m. that evening. He remembers thinking when he opened his eyes, "There are more tubes and wires attached to me than I ever could have imagined." And because of COVID-19 safety protocols, no one could visit him in the hospital. But he found great comfort and support with his care team. "I had four of the greatest nurses on earth and they took care of me," Abbott says. "They took care of me and they knew what they were doing, each and every one of them."

Within days, Abbott was up and walking laps around the cardiac intensive care unit. He learned about diet and lifestyle changes that would be important for his health. And his team explained how to safely take his medications—some 19 in all—over the course of the day. He also spent plenty of time joking and laughing with his care team. "We were always having fun," he says. "I had to make the best of it."

By January 13, Abbott was discharged from the hospital and returned home, grateful to Dr. Lee and all who had cared for him.

TO A LONG, HEALTHY FUTURE

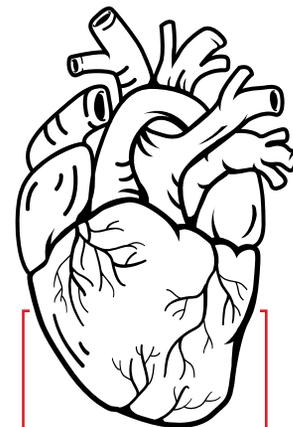
As he continues his recovery, Abbott is making better dietary choices and participating in LHAAMC's cardiac rehabilitation program. There, he takes part in supervised exercise three times a week to build strength, endurance, and confidence. He even quit smoking cold turkey (although perhaps with just a little help from his wife.)

"When I came home, I knew I had a half a carton of cigarettes in my car, but they were gone," he says chuckling. "I know my wife went in there and ditched them."

He's looking forward to returning to work and golfing by mid-spring. But beyond that, he's just looking forward to his future in general—a future he knows he might have otherwise lost had he not sought help when he did. Of those who succumb to heart attacks, roughly half die within 60 minutes of their initial symptoms and before they make it to the hospital. His story is a reminder of the importance of acting fast at the first heart attack signs.

"If I would have let things go, I would have had a heart attack and likely would have died," he says. "It kind of wakes you up."

Now, there's lots of life to live, and he plans to do just that. "I've got another 63 years to go," he jokes.



HEART ATTACK WARNING SIGNS

If you have signs of a heart attack, call 911 right away. Acting fast may mean the difference between life and death.

SIGNS MAY INCLUDE:

Nausea, lightheadedness, or breaking out in a cold sweat. Pain or discomfort in one or both arms, your back, neck, jaw, or stomach. Shortness of breath. Uncomfortable pressure, pain, fullness, or squeezing in the center of the chest

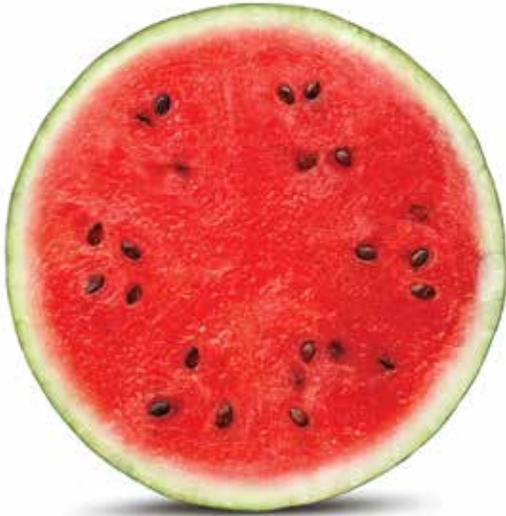
While chest pain is the most common heart attack symptom for men and women, women may be more likely to have shortness of breath, nausea or vomiting, and back or jaw pain.

"Listen to Your Heart" provided by Luminis Health Anne Arundel Medical Center.

Fresh Take

WATERMELON

By Dylan Roche



What backyard barbecue or beach picnic is complete without the irresistible addition of watermelon? But as it turns out, it's not just because of tradition that serving up this favorite fruit in the summertime is such a good idea. As its name suggests, watermelon is a great source of good ol' H₂O, which can keep you hydrated and cool when the temperatures usually have you sweating. Additionally, it's a rich source of the antioxidant lycopene, which research suggests might help protect you from the sun.

Watermelon is at its seasonal peak during the summer because it thrives in hot climates. It is native to Northern Africa, where it was a major part of Egyptian and Libyan culture dating back millennia—the Ancient Egyptians are actually said to have put watermelon in royal tombs so that the dead would have a source of water in the afterlife.

From Northern Africa, it made its way into the Mediterranean region before spreading throughout Europe. It was later brought to North America, and today it is commonly grown in the warmer regions of the United States, including Florida, Georgia, California, and Texas.

For individuals who struggle to drink enough water, snacking on watermelon is a great idea because it's more than 90 percent water. This means it's fairly low in calories, at only 50 calories per half-cup serving—though it should be noted that most of these calories come from sugar with very little fiber content.



Don't assume, however, that this means watermelon isn't good for losing weight. According to a 2019 study published in the journal *Nutrients*, subjects who snacked on watermelon enjoyed more satiety and lost more weight compared with those who snacked on low-fat cookies.

Count on watermelon as a great source of vitamin C and vitamin A, as well as the mineral copper. But the most significant compound in watermelon is lycopene. This antioxidant has been shown to reduce reddening of the skin after sun exposure and even provide mild protection against ultraviolet light—but this protection is very minimal, so eating watermelon should never be a replacement for wearing sunscreen.

When you're picking out a watermelon, seek out one that feels heavy for its size—if it's lighter than it looks, that means it might have lost water content and could end up being mealy. Its outer rind should be firm with no dents, and the spot where it rests on the ground should be a yellowish cream color rather than pure white.

If you prefer watermelon without seeds, opt to buy a seedless watermelon. Don't worry, these kinds of watermelon aren't genetically modified; instead, they're bred with specific chromosomes so they end up being sterile. But if you end up buying a watermelon with seeds, there's no harm in swallowing the seeds when you eat it.

Before it is cut, watermelon will keep for up to a week at room temperature. Once you've cut it, transfer it to the fridge and consume it within five days. Most people enjoy eating watermelon plain or tossed into a fruit salad, but there's a wide variety of sweet and savory dishes you can prepare with watermelon as long as you think creatively.

Here are two options that are bound to impress your friends at your next barbecue:

Watermelon Salsa

INGREDIENTS:

- 2 cups watermelon, diced into small pieces
- 1 large cucumber, diced
- 1/2 red onion, diced
- 1 tablespoon olive oil
- 1 teaspoon lime juice
- 1 teaspoon honey
- 2 tablespoons fresh mint, finely chopped
- 1 teaspoon red chili flakes
- 1 teaspoon salt
- 1 teaspoon pepper

DIRECTIONS:

In a medium-sized bowl, combine the watermelon, cucumber, and onion. In a separate bowl, whisk together the olive oil, lime juice, honey, chili, salt, and pepper. Pour the dressing over the watermelon and vegetables, then add mint and stir to combine. Allow to chill in the refrigerator for approximately 1 hour for the flavors to combine. Serve with tortilla chips.



Savory Seared Watermelon

INGREDIENTS:

- 1 large watermelon
- 1/2 cup canola oil
- 1/4 cup maple syrup
- 2 tablespoons garlic powder
- 1 tablespoon soy sauce
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 cup crumbled feta cheese

DIRECTIONS:

Cut watermelon into rectangles approximately 4 x 4 inches and 2 inches thick. Pat the watermelon rectangles dry with a paper towel and set them aside in the fridge for approximately two hours to dry out. In a small bowl, whisk together canola oil, maple syrup, garlic powder, soy sauce, salt, and pepper. Remove the watermelon from the fridge and brush generously with oil mixture. Set a frying pan over low heat and warm an extra 2 tablespoons of oil. Cook the watermelon over low heat for approximately 5 to 7 minutes on each side. Increase the heat to high and continue cooking for 2 minutes on each side. Remove the watermelon from the frying pan and garnish with feta. Serve warm.

What's A Chemical Peel?

By Dylan Roche

Our skin sustains a lot of damage on a regular basis. Whether it's because of acne, sun exposure, or just general aging, skin can easily end up looking less than its best.

Maybe there's no need for an invasive cosmetic surgical procedure, but a little regeneration and renewal beyond basic facial care would be nice. In these situations, people have come to rely on chemical peels—a treatment whereby a dermatologist, plastic surgeon, or skin care specialist places a chemical solution on a person's facial skin that, when peeled off, reveals smoother, less wrinkled skin underneath.

Chemical peels are a great option for treating things like age spots, hyperpigmentation, some mild scars, sun damage, fine lines, freckles, and acne damage. It's important to remember that more significant skin problems, such as sagging, bulges, or deep wrinkles, aren't as easily treated by chemical peels and are more appropriately treated with procedures like facelifts or tissue fillers.

Wondering whether you're a good candidate for a chemical peel? Only your doctor can say for sure, but chemical peels are a generally safe option for most candidates. The major exception is for those with a history of herpes outbreaks, as chemical peels can potentially cause cold sores to reactivate. People with lighter skin tend to see better results, as darker complexions can sometimes see discoloration.

Interested in undergoing a chemical peel? There are three levels you can choose from depending on your needs: →



Superficial Peel

Also called a "lunchtime peel" because of how fast and easy this peel can be (that is, it can be done in the course of a lunchbreak), the superficial peel fixes mild skin discoloration and leaves your face and neck feeling refreshed. The superficial peel uses a mild acid like alpha hydroxy acid to penetrate the outer layer of the skin. After a superficial peel, the skin usually takes about a week to heal, during which time you need to apply lotion every day.

Medium Peel

The second level is the medium peel, which is intended to smooth rough skin and improve wrinkles, fine lines, and mild to moderate skin discoloration. The medium peel involves glycolic or trichloroacetic acid, which penetrates the outer and middle layers of the skin to remove damaged skin cells. A medium peel often requires up to two weeks to heal, during which you'll need to avoid sun exposure and treat your face to daily soakings. A lotion or ointment application may also be necessary.

Deep Peel

The most thorough level is the deep peel, which is intended to give you a significant difference in the appearance of your skin. With a deep peel, trichloroacetic acid is applied to penetrate beyond the middle layer of the skin and remove damaged cells, ultimately fixing moderate lines, shallow scars, and things like freckles and age spots. Because a deep peel is so intense, it will usually require the treated skin be bandaged afterward and soaked up to six times a day. For the first few weeks, ointment or thick moisturizer will likely need to be applied, and full recovery will likely take up to three weeks.



HEALTH & BEAUTY FITNESS

Fitness Tips

HOW TO TAKE ON OUTDOOR WORKOUTS IN THE HEAT

By Dylan Roche

For a few splendid weeks following winter's last frost, the mild temperatures and nice weather made exercising outdoors seem oh-so-irresistible. But now the temperatures are starting to go up. What gives? Does this mean you have to go back to indoor workouts? Not at all! It's still possible to have safe, healthy outdoor workouts all summer long—at least, most days—as long as you practice a little bit of caution.

Your Body's Cooling Mechanisms—And Their Limits

The human body has an amazing ability to cool itself off. The problem is that when it's working so hard to keep itself cool, that can affect its ability to perform other functions. And if the heat gets too high for your body to combat, then you're in trouble.

You've probably heard before that sweating is your body's way of keeping itself cool. As soon as your brain detects that your body temp is getting too high, it sends a signal to your sweat glands to start sending sweat out your pores, where the air evaporates it. This evaporation is what cools you off.

But you do have limits. If it's a humid day, the wetness of the air prevents sweat from evaporating off your skin, so you don't end up cooling down as efficiently as you normally would. Then your body temperature ends up going even higher. Additionally, when you're losing so much fluid through sweating—as well as vital nutrients like sodium and potassium—you run the risk of dehydration and fluid imbalance.

Other natural cooling mechanisms can create problems as well. Increased blood circulation to the skin, which helps keep you cool, means there's less blood available for your muscles. This makes your heart start to beat faster, and you risk suffering heat exhaustion and heat stroke.

So How Do I Stay Safe?

Any sort of plan for healthy exercise should always start with consulting your doctor. While most healthy people will be able to exercise in the heat, your doctor is the one who can provide insight into what's smartest for you.

Here are a few of the best heat-related practices you should incorporate into your workout routine this summer →

- Start by checking the weather before every workout, including the heat index and the humidity levels. Most experts encourage caution when it's 80–90 degrees and extreme caution when it's 90–100 degrees. Anything in the triple digits puts you in danger—those are the days when you should move your exercise indoors.

- Keep to the shade and seek out green spaces like your local park. Concrete, especially blacktop, absorbs a lot of heat, so temperatures will be higher when you're surrounded by buildings.

- Work out in the early morning or in the evening when temperatures are lower. Be sure to use reflective gear if you're going out when it's dark.

- Wear loose-fitting, lightweight clothing in light colors. While moisture-wicking fabrics commonly found with athletic apparel might feel great, the American Council on Exercise recommends plain cotton because it will soak up the sweat and keep your body cool as the air around you dries the damp material.

- Stay hydrated by drinking a pint of water beforehand and stay hydrated throughout your workout by drinking eight ounces every 20 minutes. Your body will absorb plain water faster than it will sugary sports drinks like Gatorade.

- Don't forget that heat tolerance is relative and very personal. What's not too hot for a friend might be too hot for you, especially if you're at different fitness levels. Allowing yourself to acclimate to new temperatures by starting a fitness routine in the spring or early summer will ensure you're better suited to high temperatures than you would be if you tried to start exercising on an extremely hot day in July or August.

Recognizing Signs of Heat Stroke

If the idea of suffering heat exhaustion or heat stroke sounds scary—well, it is. Heat stroke can be a life-threatening emergency, and anyone who's doing intense physical activity should be aware of the signs.

Heat-related illness will usually start with **heat cramps**; when you feel moderate to intense pain or spasms because of muscle contractions brought on by the heat. If your body temperature continues to rise and reaches 104 degrees Fahrenheit, you can suffer **heat exhaustion**, marked by nausea, vomiting, headaches, and weakness.

When your body temperature exceeds 104 degrees, then you can suffer **heat stroke**. Your body temperature is now so high that, in addition to fatigue and nausea, you will have rapid breathing and heart rate, and you could feel confused, irritable, or dizzy. You might have vision problems or slurred speech.

If you or somebody you're with is potentially experiencing heatstroke, you need medical attention immediately to prevent damage to brain, heart, or other vital organs. While you wait for emergency assistance, move to a cool place inside or in the shade and try to cool down with fans, damp washcloths, or a drink of cold water.

Oh, And One More Thing: Sweating Doesn't Burn Calories

Some people think exercising in the heat is better for their fitness efforts because they'll just sweat away excess weight—and while that's technically true, it's going to be mostly water weight, not fat.

Yes, it does take some cardiovascular effort to cool your body down when it's hot outside, so there might be a slightly increased caloric expenditure above exercising at a comfortable temperature. But not enough to make a significant difference.

If you weigh yourself after an outdoor workout and see that you lost a few pounds, it's not because you burned off fat (remember, it takes a deficit of 3,500 calories to lose 1 pound of bodyfat). Instead, that's just the weight of all the water that has left your body via perspiration. Be sure to replenish those fluids by drinking two glasses of water for every pound you lost.

Let summer be a time for enjoying the outdoors, but don't force yourself if it's making you miserable or if you're stressed about heat safety—exercise should be an enjoyable activity! If you find the idea of going outside turns you off from exercise, then it's best to stick to indoor workouts with your treadmill, elliptical, stationary bike, or weight room.



HEALTH & BEAUTY HEALTH

A Quick Look at FDA Regulation

By Dylan Roche

You hear phrases like “FDA-approved” or “according to the FDA” all the time, but what does that exactly mean? The FDA—the Food & Drug Administration—sounds like it has a lot of say in what hits the market. But what falls under the umbrella of its authority? And what exactly is this agency looking for when it regulates so many products?

If the FDA approves something, does that definitely mean it's safe? More importantly, if the FDA doesn't approve something, does that mean it's dangerous?

First, it's important to understand the purpose of the FDA. This agency operates under the United States Department of Health and Human Services and exists to protect public health by regulating (as its name suggests) food and drugs, as well as other products like cosmetics and tobacco. It's the agency that ensures drugs are safe and effective, and that you have all the information you need as a consumer to make responsible choices.

The FDA was established in 1906 via the Pure Food and Drugs Act with the intention of preventing abuse or negligence on the part of manufacturers. Since then, the agency has grown to be the reigning body in charge of:

Approval of drugs before they hit the U.S. market

Inspection of production facilities that make food, medicine, and tobacco

Regulation of the marketing and distribution of tobacco products

Recalls on products with safety concerns





HOW DOES THE FDA GO ABOUT APPROVING MEDICINE?

Drug manufacturers have to put any new medicine through a series of clinical trials involving human test subjects. If the drug passes three phases of testing, the manufacturer then submits a new drug application to the FDA, which will then review the trial data to ensure the drug is effective (it does what it claims it will do) and safe (its benefits outweigh any risks or side effects). The FDA will also review labels that will be put on the drug’s packaging and the facilities where it is being made. All these factors go into the FDA’s decision as to whether it will approve or deny the application of a new medicine on the market.

IS THIS APPROVAL PROCESS JUST FOR DRUGS AND MEDICINE?

The FDA also looks at medical devices—everything from stethoscopes to heart catheters—and vaccines, plus food ingredients like preservatives, artificial colors, and texturizers, and food additives like wrappers or adhesives that could come in contact with the food.

IF SOMETHING ISN’T FDA APPROVED, DOES THAT MEAN IT’S DANGEROUS?

Not necessarily. For one thing, the FDA doesn’t approve products like supplements—these don’t technically fall under the category of medicine. This could include vitamins and minerals, or it could include pills and powders like those intended to help you lose weight or build muscle. It might also be put on herbal products, such as chamomile or dandelion root.

In all of these cases, the FDA has not evaluated whether these products are safe or effective. A powder can claim it will help your body burn fat, but there’s no regulation behind such a claim. That’s why you’ll see a disclaimer on the label that says the product isn’t FDA-approved and isn’t intended for the cure or prevention of any disease.

WHY DO SOME PEOPLE DISTRUST PRODUCTS WITH FDA APPROVAL?

Some people are still wary even when the FDA gives something the thumbs up. Case in point: aspartame, the non-nutritive sweetener used in Equal and many diet sodas. The FDA approved this ingredient back in the 1980s after it was tested in more than 100 studies on both humans and lab animals.

Despite the FDA’s approval, some people still don’t trust aspartame—and they’re not without reason. Subsequent studies have suggested that lab rats consuming high doses of aspartame develop cancer. But this research

has been inconclusive, and the FDA maintains its stance that there isn’t enough scientific information to support a change in its conclusions about the safety of aspartame. Even the National Cancer Institute conducted its own research in 2006 and did not find aspartame consumption had any relationships with cancer risk.

In short, individual consumers might opt to avoid certain products because of select scientific studies, but the FDA bases its decision on the evidence it deems most convincing. That sense of public trust still holds influence in other ways. For example, in 2015, Pepsi dropped aspartame from the recipe for Diet Pepsi and started using sucralose, the non-nutritive sweetener used to make Splenda.

HOW DID THE COVID-19 VACCINES GET FDA APPROVAL SO QUICKLY?

Vaccines are different from drugs in that they are created to prevent a condition, not cure it. However, they must also go through a rigorous testing process to ensure they are effective and safe. In the case of the COVID-19 vaccines, these were approved under what’s known as an Emergency Use Authorization (EUA), usually applied during a public health crisis when there’s an urgent need for approval. Per the FDA’s website, the agency uses EUA to expedite the “development and availability of vaccines that have met the agency’s rigorous and science-based standards for quality, safety, and effectiveness.”

I’VE HEARD THE FDA TAKES MONEY FROM PHARMACEUTICAL COMPANIES? ISN’T THAT A PROBLEM?

Critics of the FDA, including the Public Citizens Health Research Group and the National Center for Health Research, have expressed concern that there’s too much money from pharmaceutical companies involved in the FDA.

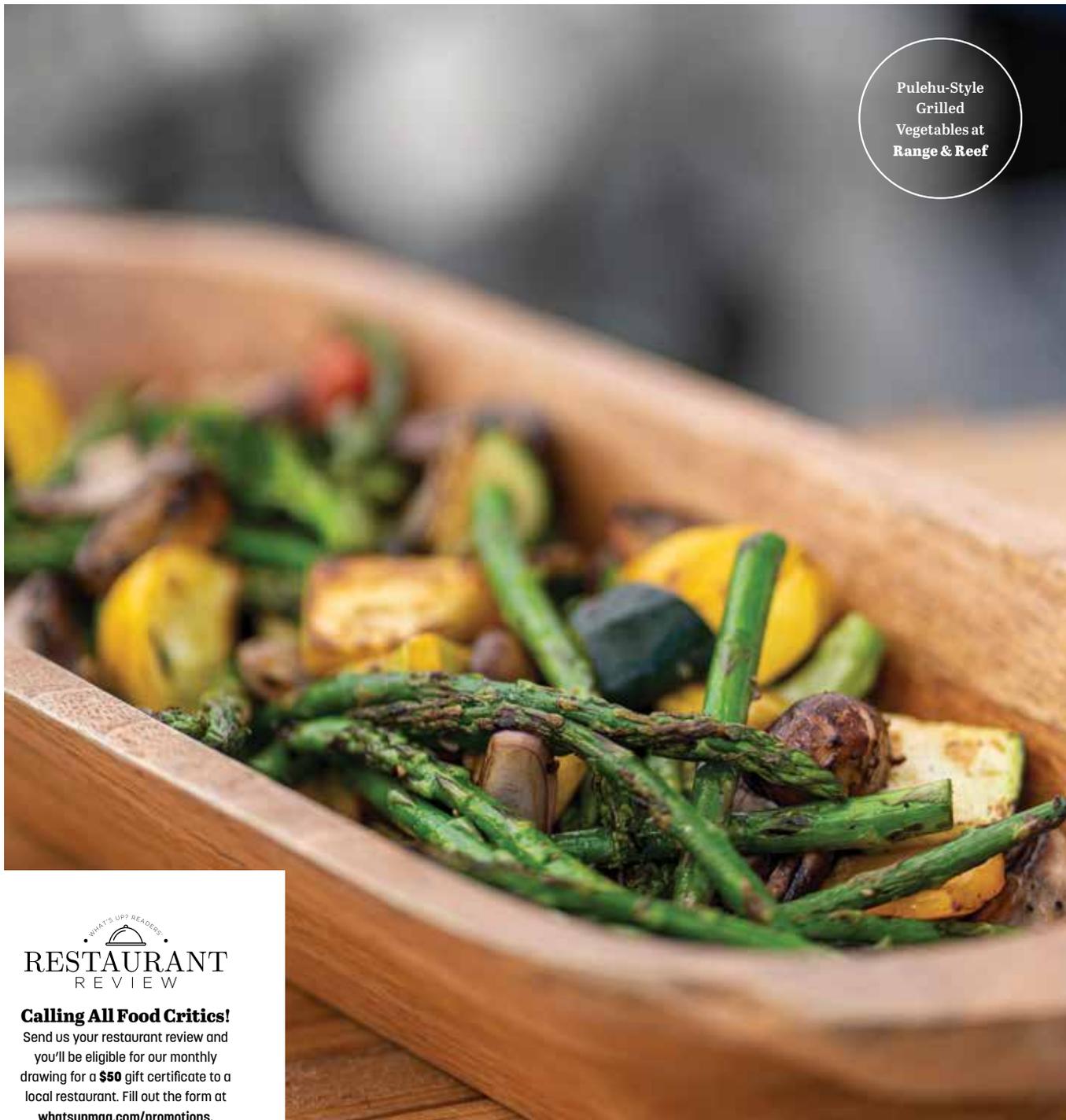
This started with the Prescription Drug User Fee Act, a piece of 1992 legislation that made it the law for pharmaceutical companies to pay the FDA to review their applications for approval. The idea is that this ensures the FDA has the resources to review all the products coming before it—the problem is that much of the money the FDA gets is now coming straight from pharmaceutical companies rather than from the government. While the FDA states it has systems in place to avoid conflicts of interest, public trust in the agency continues to waver.

The Prescription Drug User Fee Act expires every five years and was last renewed in 2017—it will be up for renewal again in September 2022.

Dining

76 TASTE

Pulehu-Style
Grilled
Vegetables at
Range & Reef



WHAT'S UP? READERS
RESTAURANT
REVIEW

Calling All Food Critics!

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

Grilled to Perfection

By Tom Worgo | Photography by Stephen Buchanan

A crowd often slowly gathers around Jim Holderbaum as he begins to cook on one of his Grill Works, which he considers the best woodfire grills in the world. The partygoers typically pepper him with questions about the scintillating steaks, eye-catching seafood, or succulent vegetables he prepares.

“There’s nothing like having big grills with lots of flames shooting up,” says Holderbaum, the owner of Range & Reef, his catering business. “It gets people’s attention. A lot of times, it just becomes a performance, a show. I’ve had people just hang out for an hour asking a million questions.”

Matching the right foods with the right wood sets apart Holderbaum’s cooking process. Depending on the meat or seafood, he may use peach, oak, cherry, or apple woods to enhance the taste of the food. “The fruit woods have their own sap, resins, and tannins,” Holderbaum explains. “That’s what gives the foods a unique flavor.”

Events, which he puts on for groups of up to 150 people throughout the Mid-Atlantic region, include summer parties, weddings, anniversaries, and corporate picnics.

The 61-year-old Bowie resident started Range & Reef in 2014 after spending 23 years as an international development advisor, including a stint with the U.S. State Department that focused on agricultural and environmental issues.

He wanted a new challenge and had used woodfire grills in his backyard for two decades before starting the business. During that time, his travels to dozens of countries around the world educated him on food cultures.



RANGE & REEF
240-476-7291
rangeandreef.com

We recently talked to Holderbaum about his customer’s favorite foods, how he prepares the product, grilling tips, and what sets his catering business apart.

Your business is not typical catering. Can you explain that?

Many catering services operate out of a kitchen or a restaurant and most of the food is prepared before it’s brought to the venue. What I do is completely different. I cook, grill, and serve onsite. We are serving food as it is being taken off the grill or out of steam pots. If we are doing a buffet, we are just putting it out at one time. And doing natural wood fires is something very few other caterers get involved with because it’s a lot of work and it takes a lot of time to do it right. I have been playing around with natural wood fires for 30 years. I make the food and prepare it. The cooking of the food is part of the experience. The smell of the food and hearing the sizzle if it. That’s what separates what I do.

What most fascinates people when they are watching it?

I think people are most intrigued by the grilling of food over natural wood fires. While I am grilling,

we are constantly putting wood into the fires. Especially if it’s a private event and we are setting up a grill bar. We are just passing it across the bar to guests and they just keep walking up to it. The whole time we just keep adding peach wood or apple wood. What we are grilling with, people are just amazed by that. I think they just view it as an art form.

What are some favorite foods you grill?

I think people really like the grilled shrimp. I think they like it because the seasoning is not real heavy, plus they are grilled over peach wood, which most people never have had. And the fact that I don’t over-grill shrimp is a huge factor. It only takes four or five minutes to make shrimp pink. Even when people are grilling shrimp in a pan, they are cooking them way too long. The other thing is the rotisserie center-cut sirloins. We will take a whole sirloin. They are just coated with fresh ground pepper and kosher salt. We rotisserie grill it for three or four hours and then we slice it really thin and people like that. By the time they are done on the rotisserie, the whole outside of the rotisserie is glistening.

Do you share recipes with people?

If someone comes up to me at my grill and asks, "Can you share that recipe?" I say, "Absolutely." To me, it's an honor. Sharing recipes is as old as cooking. It's important to share what you know with other people. I don't feel threatened by sharing recipes. I have been doing this for 30 years and I think I know what I am doing in front of a grill. The biggest challenge for people trying to copy what I do is getting hold of peach wood or cherry wood.

How important is the preparation of the meat before grilling?

To me, it's everything. I have never grilled a piece of meat that wasn't thawed out. The only thing I have ever grilled that wasn't was the gulf shrimp. It comes in a frozen block. The Alaskan King Crab comes frozen, too. But everything else is fresh. The secret is maintaining the temperature of that stuff until you are ready to grill it.

What kind of seasonings and sauces do you use?

For most of the beef that we grill, the only thing I will put on it is salt and pepper. When you are grilling it on a natural oak wood fire, it does plenty for those meats. For seafood—say if we are grilling swordfish or scallops—we may put a lemon zest, little lemon juice, and salt and pepper on them. We also use olive oil to baste some of the seafood. The grilled shrimp is a little more involved. We may use shallots and cilantro, basil, and salt and pepper. It's fairly simple. I don't do a lot of marinating. When we cook skewers of tenderloin, we use a combination of fresh chopped rosemary, thyme, and a little bit of shallot. We put a little bit of olive oil on it to get the herbs to stick to it. We will do that maybe an hour before we are grilling.

What grilling techniques can you give to someone who wants to get better results?

I think the best thing is to understand the heat of the fire. That's regardless of whether it's

a charcoal or a gas grill. The temperature of the heat source at the surface of the grill is important. You've got to understand what that temperature should be depending on what you are cooking. If you are searing scallops, you want the temperature at the grill to be really high. If you hold your hand over the grill for five or six seconds, that's a relatively cool fire. It's not super hot. If you put your hand over a grill for three or four seconds, that's a very hot fire. If you want to cook a steak, that's the temperature you want it at.

What are the common mistakes people make when grilling?

Even if it's a hamburger, a big problem is people flipping it over and over again. The best thing to do is let a piece of meat grill all the way on one side and then turn it over and grill on the side. But the idea is not to keep flipping it.

What hopes do you have for the summer and beyond as we come out of the pandemic?

I got a lot of calls for parties in May and June. Weddings will be later in the summer and fall... September and October. I think it's going to be a great year for me. So many people are pent up. They didn't go out to eat or do anything for a year and now they are anxious to do something and be around their friends again. They really want to entertain. I think I will be slammed with sales. I think I will get a lot of calls for parties. And I think I will be doing a lot of companies that will have their annual picnics.

Can your business do as well as it has in the past?

Mine can. The advantage is that I don't have this huge overhead to operate. I have friends who are chefs in restaurants. They are trying to pay their leases and hold onto employees even though they can't let them work. I don't have that issue. I am not renting a space. I have a pool of part-time people and most of them have other jobs. I can ramp up as business ramps back up relatively easily.



Pulehu-Style Grilled Vegetables

A simple marinade for grilled vegetables using Hawaiian Aloha shoyu soy sauce.

Ingredients

For the marinade
1/4 cup minced garlic
1/4 cup olive oil
1/4 cup Aloha shoyu (can substitute with regular soy sauce)

For vegetables, you can use a variety in any combination.

Here are my favorites:

- 1 Broccoli crown
- 1 medium Zucchini
- 1 medium Yellow Squash
- 1 lb. Cremini Mushrooms
- 1 medium Red Onion
- 3 Bell Peppers (green, red, yellow, or orange)
- 1 lb. Asparagus spears (trimmed)
- Salt and pepper to taste

Directions

Cut the vegetables into 1-to-2-inch pieces and place in a large bowl. (A grill pan works great for grilling vegetables and the vegetables can be cut coarsely and into irregular shapes instead of slices.) Combine the marinade ingredients in a small bowl and pour the marinade over the vegetables. Gently toss the vegetables to coat and add salt and fresh ground pepper to taste. Pre-heat grill to medium-high and heat the grill pan before adding vegetables. Add enough vegetables to the grill pan to just cover the bottom of the pan. Grill the vegetables in batches for about eight minutes or until tender and toss occasionally to give them a light char.



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Where's Wilma?

FIND WILMA AND WIN!

Though she's known for flying the friendly skies of the Chesapeake region, our faithful mascot Wilma is also a seasoned sailor and knows how to tie a clinch knot or two. This month, she's criss-crossing the Bay in search of destination dining, great shopping, and summer services. Where will she take port next?

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

Congratulations to Jessica Leverage of Chestertown, who won a \$50 gift certificate to a local restaurant.

Mail entries to: Where's Wilma? Eastern Shore, 201 Defense Hwy., Ste. 203, Annapolis, MD 21401 or fill out the form at whatsupmag.com/promotions



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Entries must be received by June 30, 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.

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