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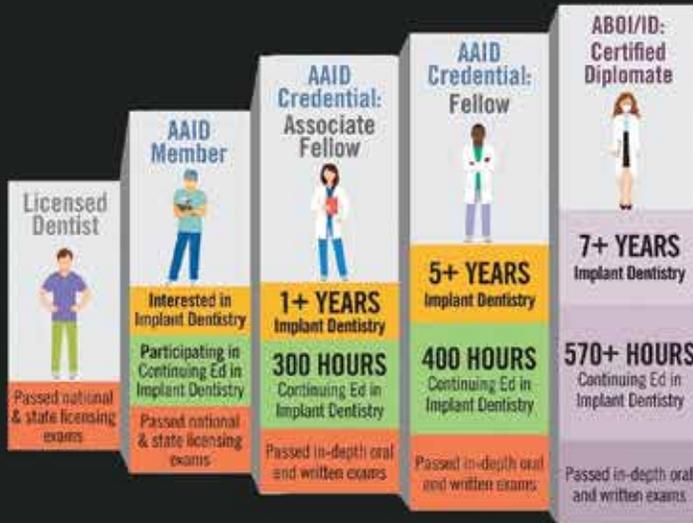


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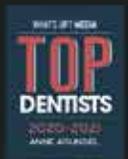
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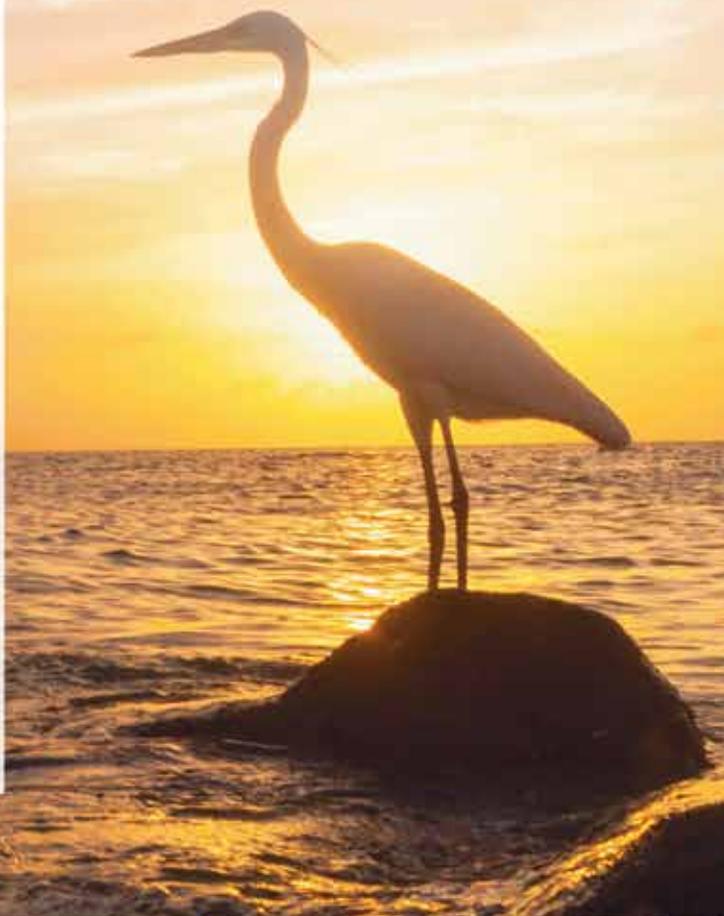
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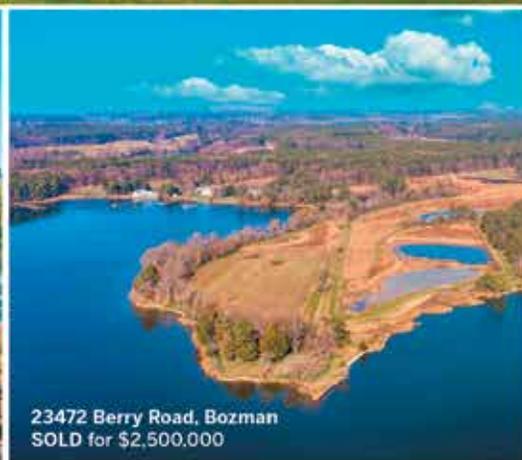
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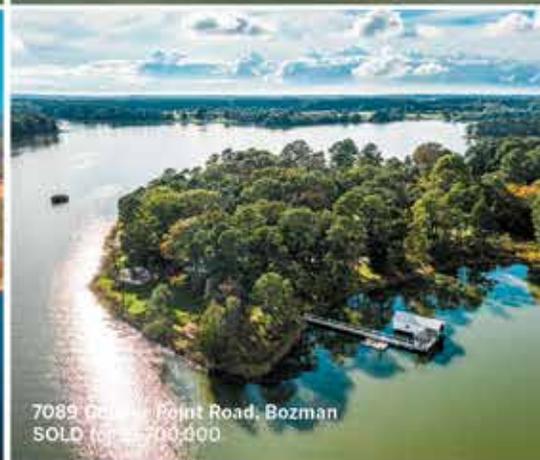
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**On the Cover:** Our Chesapeake Guide to Great Living will help you navigate summer—the season of adventures, pastimes, and pleasant living. Design by August Schwartz. Contact *What's Up? Eastern Shore* online at [whatsupmag.com](http://whatsupmag.com). Please recycle this magazine.

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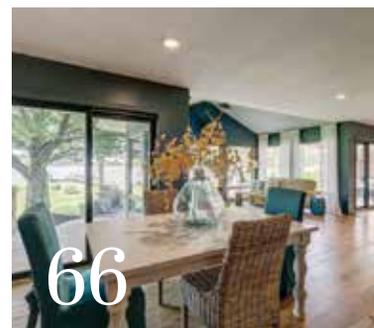
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WHAT'S UP?

# EASTERN SHORE

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# *Out on the* **TownE**

+

11 EVENT PICKS | 16 SOCIAL | 18 SALUTE | 20 SPOTLIGHT | 22 ATHLETE



## **Kent County 4H Fair**

Kent County Fair will be back this year on July 15th in Downtown Chestertown. The fair will feature food, community exhibits, animals, tractors, games, and other entertainment. The fair will focus on agricultural education and providing educational opportunities for the county's youth. See everything the fair has to offer and the full event schedule at [kentcountyfair.org](http://kentcountyfair.org).

## Friday in the Vines Summer Concert with Tranzfusion ➔

Visit Layton's Chance Winery in Vienna to see Tranzfusion in concert. Tranzfusion will take the stage at 6 p.m. on July 17th. Red Shef food truck will be offering goodies for sale and attendees can bring their own food and non-alcoholic beverages. Tickets are \$10 a person and must be purchased in advanced. Find more information or buy tickets at [visitdorchester.org](http://visitdorchester.org).



## Independence Day Picnic

Start the party with an evening picnic at the Cambridge Yacht Club. Make your reservations for July 4th from 5 to 10 p.m. to enjoy a picnic dinner and have the best seat in town to watch Cambridge's firework display. This will be the 83rd display of fireworks at Cambridge Yacht Club. Call 410-228-2141 to make your reservations.

## HEART OF THE CHESAPEAKE BIKE TOUR

On July 17th, join other bikers for the Pauline F. & W. David Robbins Family YMCA's Heart of the Chesapeake Bike Tour.

The tour will include three options: 66-, 52-, or 32- mile rides. The race will begin in Cambridge and all proceeds will support the Y through the Bob Brannock Fund and the Y's Scholarship Fund. Sign up through [bikesignup.com](http://bikesignup.com)

## SCDAA's Walk with the Stars

Walk to raise money for the Sickle Cell Disease Association of America from anywhere! This virtual walk will be celebrated on July 10th from 9 to 11 a.m. Prizes will be awarded to the top individuals and teams. You and your team can walk, run, or dance to raise funds. Just move! To register, visit [bit.ly/SCDAAwalk2021](http://bit.ly/SCDAAwalk2021).



## ← FABULOUS FORGERIES

Fabulous Forgeries is back at Troika Gallery in Easton. From July 2nd through August 31st, visit Troika Gallery to see this judged exhibit, featuring select Troika Artists copying the Great Master Painters of the Past. Dr. Dan Weiss, President and CEO of the Metropolitan Museum of Art in New York City, will judge the exhibit, giving awards for Most Believable, Most Creative, Judge's Choice, and People's Choice. Get your votes in now!



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## Kent Island Volunteer Fire Department Firemen's Carnival

This year, from July 19th through July 24th, visit Kent Island High School to support the Kent Island Volunteer Fire Department at the Firemen's Carnival. The carnival will be open from 6 to 10 p.m. daily and will feature food, rides, games, and tons of fun. Tickets can be purchased in advanced at the Chester and Stevensville locations of Queenstown Bank, as well as online through the event's Facebook page.



### ↑ **FOURTH OF JULY ANNAPOLIS WELCOME BACK!**

There is no excuse not to have plans this July Fourth weekend. Annapolis is celebrating the holiday all over the city. Starting July 2nd, there will be family-friendly events at Chambers Park, Maryland Hall, Historic Annapolis properties, Dinner Under the Stars (Unit Block of West Street), and Tall Ships arrival at the docks. On July 3rd, the traditional Parade to City Dock will take place, beginning on West Street to Amos Garrett, continuing down Main Street and finishing at City Dock. Then on Sunday, July 4th, the First Sunday Arts Festival resumes, and the highly-anticipated fireworks display begins at 9 p.m. Visit [annapolis.gov](http://annapolis.gov) for the full schedule of events.



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# Golfing Fore Gunston II

The Golfing Fore Gunston II fundraiser/auction was held on May 3rd at the Prospect Bay Country Club in Grasonville.

The event welcomed 90 golfers and two tennis players, including Gunston alumni, parents, past parents, and community supporters. A 9 a.m. shotgun start began the day, with teams competing for prizes while enjoying food, drinks, and fun give-aways, while the tennis players enjoyed a game with a professional, all followed by lunch. Together, the golf tournament and the auction raised about \$30,000, all which goes directly to the Heron Annual Fund, which allows Gunston the ability to offer more than 60 percent of its students financial aid, provide additional enrichment, and hands-on opportunities that extend beyond the classroom for both students and faculty.

Photography by Marie Thomas/Gunston School **1.** Joe Deluzio, Carl Seaman, Mark Seaman, P'19 '22, and David Duda (not pictured) won first place with a gross score of 57. **2.** Mike (right) and Jack Beasley '25 are ready to tee off. **3.** Former Board of Trustees Chair Stoney Duffey, P'88, (Grandparent '18 '21 '23), Head of School John Lewis, former Board of Trustees Chair Jim Wright, and former trustee Jim Clauson, P'06 '07. **4.** Bobby Smith (left) and Drew Lane (right) give each other a high five before the shotgun start. Photo by Micelle Hallmark Photography. **5.** The winner of the Longest Drive was Casey Grieves, (347'), with a prize of a Yeti duffle bag filled with Gunston swag. **6.** Brian Krandle, Torrey Pocock, and Mark McVicker of Riggo Productions, Tournament Sponsor, received tennis rackets for Last Place finish.





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Sassafras Environmental Education Center/  
Eastern Shore Land Conservancy

By Tom Worgo

**J**im Bogden believes strongly in volunteering. He’s done it for more than four decades and it started in 1979 with the Peace Corps in the Marshall Islands. That’s when he first became aware of the effects of global warming.

“The local islanders were talking about the increased rate of erosion,” he explains. “It wasn’t long after that I started reading about climate change and sea-level rise. So, that is something that has been in the forefront of my conscience.”

But for years, Bogden felt hopeless. He didn’t know what to do.

Fast forward to 2020. Bogden joined the Sassafras Environmental Education Center (SEEC), which former U.S. Congressman Wayne Gilchrest founded in 2010 and which operates under the umbrella of

the Eastern Shore Land Conservancy. Gilchrest has a mission to educate students about the challenges facing the environment and how humans can live compatibly with nature.

Bogden has always been involved in the community. He has volunteered for nine different organizations for more than 40 years. He has found special meaning with SEEC in Kennedyville. The center uses the 1,200 acres of the Sassafras Natural Resource Management Area and the 150-acre Turner Creek County Park for educational tours, maintaining a soon-to-be 11-acre garden and canoe and kayaking outings.

“I would say the most rewarding thing is to be doing something to promote environmental awareness,” says Bogden, who worked most of his career as education project director for the National Association of the



**I WOULD SAY THE MOST REWARDING THING IS TO BE DOING SOMETHING TO PROMOTE ENVIRONMENTAL AWARENESS”**

State Board of Education. “It’s a longstanding frustration of mine that I have finally been able to do something about.”

The 65-year-old Bogden decided to volunteer for SEEC for several reasons, but Gilchrest himself was his main motivation. Bogden, a Chestertown resident, has such an affinity for the place that he passed up two full-time offers, to volunteer at the center about 30 hours a week across five days.

“After he [Gilchrest] left congress, he founded the center to make a reality of what his vision and philosophy were,” Bogden says. “I am a huge fan of his. He is a tremendous guy. I enjoy being around him and learning from him. I see the world in a different and better way because of him.”

Gilchrest describes Bogden as a great, positive addition to the organization.

“Jim cares deeply about environmental issues from soil health to climate change,” Gilchrest says. “He has found a place where he can enhance the awareness, appreciation, and knowledge of children, so they can spend a lifetime being stewards of the earth.”

Gilchrest says Bogden is indispensable. Whatever needs doing around the complex, he’s up for it. That includes cleaning the office, planting vegetables, working extensively in their three-acre garden, moving solar panels around, constantly researching, and briefing officials with articles pertaining to their mission.

“He is willing to do any kind of work,” Gilchrest says. “I can make a long list of things Jim does out here that’s very positive.”

In September, a month after he started volunteering, Bogden took on his favorite task: working with students ages five to 13. He just loves doing it.

Bogden tutors them, helps the kids adjust to remote learning, and takes groups on nature hikes. He was involved with the students three days a week for seven months until they returned to school in April.

“I would say the biggest thing he does is educating the underserved population of Kent County,” SEEC Education Program Manager Kelly-Anne Turner says. “He helps them with their projects and anything they need.”

Bogden also takes pride in assisting with writing grants. Writing comes easy to him since he has authored 16 public school health policy guides in the past 17 years.

“He is not only good at blending his writing expertise and picking out things we might not notice, whether it’s an EPA grant or a Noah grant or USDA grant,” Gilchrest says. “These grants are pretty extensive. He is a great editor.”

Turner calls Bogden the “perfect volunteer.” “When he first started, he would come around every now and again,” she says. “Now, it’s five days a week. He just goes above and beyond. I haven’t met anyone like him. He is just so giving.”

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

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## Sultana to Sail in 20th Anniversary Season

After being laid up for 19 months because of the pandemic, the Sultana Education Foundation's flagship schooner *Sultana* is preparing for a triumphant return to the Chesapeake Bay for her 20th anniversary season. "Operating a school-ship like *Sultana* was simply impossible in 2020," said SEF President Drew McMullen, "but with the Covid situation improving, vaccines available for our crew, and schools reaching out to sail this fall, the time has come to get *Sultana* back out on the water." Getting the 1768 reproduction *Sultana* sailing again will take the better part of this coming summer. Newly appointed Captain Forrest Richards will oversee the process of rigging *Sultana*. A long-time resident of Chestertown, Richards is no stranger to the Sultana Education Foundation, where he previously worked as both crew and Mate on the ship, as well as a member of the 12-person expedition that reenacted Captain John Smith's 121-day, 2,100-mile 1608 Chesapeake expedition in 2007.

## Hyatt & Weber Expands to Eastern Shore & Welcomes New Partner ↓

Hyatt & Weber, P.A., a law firm headquartered in Annapolis, is expanding its footprint to Maryland's Eastern Shore with the addition of seasoned land use and real estate partner Mark F. Gabler. Gabler will head the firm's Easton office at 10 West Dover Street. Gabler brings 25 years of extensive litigation and appellate experience in various legal disciplines. "We are delighted to welcome Mark to Hyatt & Weber," said firm founder and managing partner Alan J. Hyatt. "His talent and deep experience not only complement our established reputation as a leader in real estate-related law, but will also provide us with significant opportunities for growth on the Eastern Shore."



## JEWELER HONORS HIGH SCHOOL GRADUATES

Silver Linings, a sterling silver and gemstone jeweler in St. Michaels celebrated its 11th anniversary of giving female graduates of Talbot County high schools a strand of freshwater pearls. Through its signature "Pearls of Promise" program, Silver Linings has gifted over 2,000 strands of pearls to Talbot County young women. Aida Leisure, owner of Silver Linings and DBS Fine Jewelers, developed the initiative in 2011 as a way to give back to the community when she noticed an emerging trend in graduation gifts. Traditional gifts of lasting keepsakes were being replaced by tech gadgets and impersonal objects that can quickly become obsolete. Leisure chose pearls, often a young woman's first piece of fine jewelry. Further, pearls are symbolic for Talbot County and Maryland's Eastern Shore, an area famous for the Eastern oyster. "These young women will now own and wear a classic piece of jewelry that is considered worldwide to be timeless, elegant, and beautiful," Leisure says.



## ↑ **TIDEWATER ROTARY'S SUPPLIES FOR SERVICE DRIVE A SUCCESS**

In April, Tidewater Rotary announced it was collecting household supplies for the Neighborhood Service Center as part of the club's 10-year anniversary. The drive to support Talbot County's underserved residents was called Supplies for Service, an homage to Rotary International's motto of Service Above Self. Businesses, organizations, and Talbot residents were invited to join the drive and the response was astounding. The effort netted household supplies to fill nearly 100 boxes and over \$3,000 in monetary donations. Donated supplies included paper towels, toilet paper, personal hygiene items, cleaning supplies, and many other household essentials. "We have always known this community is incredibly generous and this supplies drive once again proved it," Tidewater Rotary President Lee Newcomb said. "We are so thankful for all the support."

Do you have community or business news to publicize? Send What's Up? an email at [editor@whatsupmag.com](mailto:editor@whatsupmag.com).

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TOWNE ATHLETE

# Thomas Goldsborough

Kent County High School | Football

By Tom Worgo

**F**rom time to time, Kent County High quarterback Thomas Goldsborough talks to young players from the Kent County Spartans football league—the same one he played in as a kid. Goldsborough gives them tips on how to improve their game and what it takes to play college football.

He is the perfect person to give that advice since he will be playing in the fall at Long Island University.

“I am the first player from Kent County (High) to play Division I football,” Goldsborough says. “I’ve had kids come up to me and say how much I inspire them. I have talked to kids about what it takes to be a Division I athlete and the type of work ethic you need. I like to pave the way for others and help them reach their goals. I work day-in and day-out to reach mine.”

The Kennedyville resident works out as much, or more, as almost any other high school athlete. He trains twice a day in the garage gym of Kent County offensive line coach Garvin Potts. His schedule includes a workout before and after school. He focuses on lifting a lot of free weights and speed and agility work.

Goldsborough also trains every Sunday at the Quarterback Factory in Crofton, concentrating on fundamentals. “I get up at five and get in the (Potts’) gym at 5:30 and do an hour and a half or two-hour workout,” he says. “Then I go to school and [in the evening] work out again from 6:30 to 8. Some people say to me, ‘When do you have fun?’ I say, ‘That is fun for me.’ I’m getting better and reaching my goals.”

One of the things that motivates Goldsborough is his doubters. They look at his height: 5 feet 10.

“Thomas has always been told his size might keep him from being a quarterback and that drives him to be the best,” Potts says.

“

**THOMAS HAS ALWAYS BEEN TOLD HIS SIZE MIGHT KEEP HIM FROM BEING A QUARTERBACK AND THAT DRIVES HIM TO BE THE BEST”**

Potts never has to be concerned about Goldsborough missing a workout. He calls him the hardest worker he’s coached in 15 years. “It’s his will and effort,” Potts says. “He really likes to be challenged.” Recruiters weren’t bothered by Goldsborough’s size. He also weighs 175 pounds.

They love his athleticism. About 10 schools aggressively recruited Goldsborough, who carried a 3.68 grade-point average. Goldsborough picked Long Island, which he will be attending on an academic scholarship, because of Bryan Collins, who is in his 22nd year at the school.

“The coach is very honest with me,” he says. “That’s one thing I look for in a coach. He told me, ‘You have to come in and compete. You are playing at the Division I level.’ Other coaches would say, ‘You could come here and be a starter. It just seemed kind of fishy. It’s kind of rare to start as a freshman.”

Goldsborough didn’t start all season as a freshman at Kent County. He only started one game and played in four others. But, he went on to start for the next three years. The Trojans used a run-oriented offense during his sophomore and junior seasons.

“At the most, we passed the ball 10 times a game,” Goldsborough explains. Things changed his senior year when new Head Football Coach Brian Aikin employed a spread offense, which emphasizes throwing the football.

“When we were running the ball all the time, I really didn’t know how good I really was,” Goldsborough admits. “Now, I can really play this position of quarterback even though I am 5-10. I can play this position well. It just shows I can compete with the best quarterbacks in the Bayside Conference.”

He won’t get an argument from Aikin. In fact, the coach calls Goldsborough the best quarterback on the entire Eastern Shore. “He has a great arm, great speed, and tremendous footwork,” Aikin says. “All that comes to together by using his vision. When he is running the ball, he just sees the lanes. When the lanes aren’t there, that’s when he attacks through the air. He makes smart decisions.”

Goldsborough dominated during his senior year, which took place this spring because of the pandemic. He threw for 216 yards and five touchdown passes, while running for 144 in a loss to Colonel Richardson. Goldsborough also finished with 339 yards passing and three touchdowns in a triumph over Snow Hill.

“He is very dedicated,” Aikin says. “He drives more than hour to the Quarterback Factory. If all guys on the team worked as hard as him, we would be undefeated. He sleeps with his football.”

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



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## KNOW US BEFORE YOU NEED US

# A Loved One's Life After Hospice:

## Supporting the Bereavement Process

By Sheila F. Buckmaster

### MARCH 2014

"After my daughter Candice's death, I thought I was okay because I was always the strong person and was accustomed to others depending on me," says Lois Ekler.

Candice was her only child. She died at age 27.

"I had her two boys to tend to," she says, "and all of her affairs to close out. There was no time for dealing with my feelings, and because of my faith in God, I felt I should just accept the death of my child. I thought I should just put a Band Aid on my hurt and move on. I knew there was nothing I could do to bring my daughter back. I couldn't see how counseling or therapy could help me through my pain."

### JUNE 2011

Candice was eight months pregnant with her second son when she was diagnosed with an aggressive form of breast cancer. The malignancy was found after a routine check of a recurring cyst. After her second son was born (all went smoothly with the birth), Candice had surgery to remove the mass. Chemo and radiation followed.

### APRIL 2012

After Candice had a seizure, doctors found lesions on her brain, which required surgery. Her mother moved in with her to serve as primary caregiver and to help her raise her two sons.

Although her job as Records Clerk for the Easton Police Department allowed her to take some family-leave time, Lois relied on her sister Stephanie Murray to handle a wealth of responsibilities that came with Candice's illness. Stephanie stayed with Candice when Lois had to work. She took Candice to doctor's appointments. She helped out with Candice's two sons.

Despite chemo, radiation, and other interventions, the cancer continued to spread.

### FEBRUARY 2014

During the last month of her life, Candice received Hospice care at home. Nurses, a social worker, and a chaplain spent time with her as her life wound down, seeing to it that her passing would be free of pain and rich with dignity.



Lois and Candice's children.

### APRIL 2014

"For the first month after Candice's death, I would ride to the cemetery after work and sit in my car or stand at her grave and talk to her," says Lois.

### MAY 2014

One day, as she was clearing her table of mail and other papers, Lois came across a pamphlet she had received regarding Hospice care and the bereavement process. Hospice, the materials underscored, could help a loved one get through the pain of loss.

"I hesitated," Lois recalls. "I didn't call right away because I was 'the strong one' and didn't need therapy or counseling (or so I thought). I wouldn't be comfortable," she continues, "talking to a stranger who I thought wouldn't be able to understand my pain if she hadn't lost her only child. So I smiled every day but still felt I had a lump in my throat. I needed a good cry, but it wouldn't come out."

### JULY 2014

Though Lois continued to assure everyone that she was okay, she acknowledged to herself that she needed to release her sadness. Maybe seeking Hospice's help would be a good idea. "I gave in and called the Hospice office and made an appointment to meet with the grief counselor," Lois recalls. I agreed to a one-on-one session rather than a group support meeting because I wanted to be able to talk freely, cry freely, and not think about what others would think of me," she remembers.

"I arrived at my appointment very nervous and a little apprehensive, but when Shelly Kulp came out to greet me, her smile and countenance put me at ease," says Lois. "Her spirit was so welcoming. I was so comfortable talking to her." Lois recalls that the session went so fast

that she didn't feel ready to leave. "I was excited about my next appointment because I could feel her empathy. I felt so much relief from just that one meeting," she says. "Shelly let me talk and express how I was feeling. She assured me that everyone grieves differently, and that I was okay in my grieving process."

**"These services are provided not only to Hospice-care families but to anyone in the community in need of help with the process of mourning. This assistance comes at no cost—thanks in large part to the philanthropic generosity of the community."**

After several sessions, weekly or bi-weekly, "I could feel myself becoming stronger," Lois says. "The breathing exercises I learned were for the times I felt anxious, and the journal writing I was encouraged to do became my way of staying connected to my thoughts of my daughter.

"Based on how the sessions were helping me," she continues, "I invited my sister Stephanie Murray to come with me because she was not adjusting well. Shelly allowed her to open up. The sessions helped my sister realize that she had no reason to feel guilty about Candice's death, that she had given her the best care that she could.

#### MARCH 2021

Lois, now the Secretary for the Victim-Witness Division of the Talbot County States Attorney office, called upon Hospice again to seek bereavement help for her sister LaWanda Murray. The passing of their sister Renaye Murray, who, under Hospice care, died of cancer at age 43, was particularly challenging for LaWanda.

Lois called the Hospice office and set up an appointment with Lindy Barton, a social worker who is the Bereavement Coordinator. "I was certain she would be able to help my sister," Lois adds. "After I was helped to deal with my daughter's death, I became a stronger person and have shared survival tips and encouraged others who have been affected by the loss of a loved one, especially a child.

Every week I check in with LaWanda to listen, pray, and let her know she's not in this healing process alone."

Says Hospice's Lindy: "I am so impressed by how Lois came through her grieving process with such resiliency, positive attitude, and perseverance. She kept going, she asked for help, she utilized what she learned about the cycle of mourning."

Lois continues to raise her grandsons. "In her lovely home, where I met with her and her sister, the living room was a makeshift classroom for Candice's boys while they weren't attending school because of COVID-19," says Lindy. In that room sits a beautiful photograph of their mother.

"I find it so heartening that people don't forget the experiences they have had with Hospice," says Jody Gun, Hospice's Grief and Spiritual Care Chaplain. "They know they can always come back to us when they need help with moving through loss. If you don't deal with it, grief can affect you socially, emotionally, spiritually, and physically," she instructs, pointing out that grief counseling helps loved ones find hope.

"Grief needs acknowledgment," says Lindy. "It is healthier to give it a place at the dining room table rather than tuck it away in the back of a closet."



Lois and her sister, Stephanie

#### RIGHT NOW

Hospice, always at the ready to help, keeps in touch with loved ones after a passing, offering actionable educational materials and bereavement sessions. These services are provided not only to Hospice-care families but to anyone in the community in need of help with the process of mourning. This assistance comes at no cost—thanks in large part to the philanthropic generosity of the community.



Candice

"We help people experience grief," says Lindy. "We help them understand that grieving is normal and that the intense pain of mourning will eventually ease as the process of grieving continues.

"Grief is not a disease or a condition to be cured," she relates. "Everyone," she adds, "deals with grief differently. We listen empathetically. We help. Grieving is a process that should be encouraged and respected. It can ultimately lead to growth. It is the price we pay for love."

For more information on Talbot Hospice's bereavement services and other programs, you can contact the office at 410-822-6681 or go to the website: [talbothospice.org](http://talbothospice.org).



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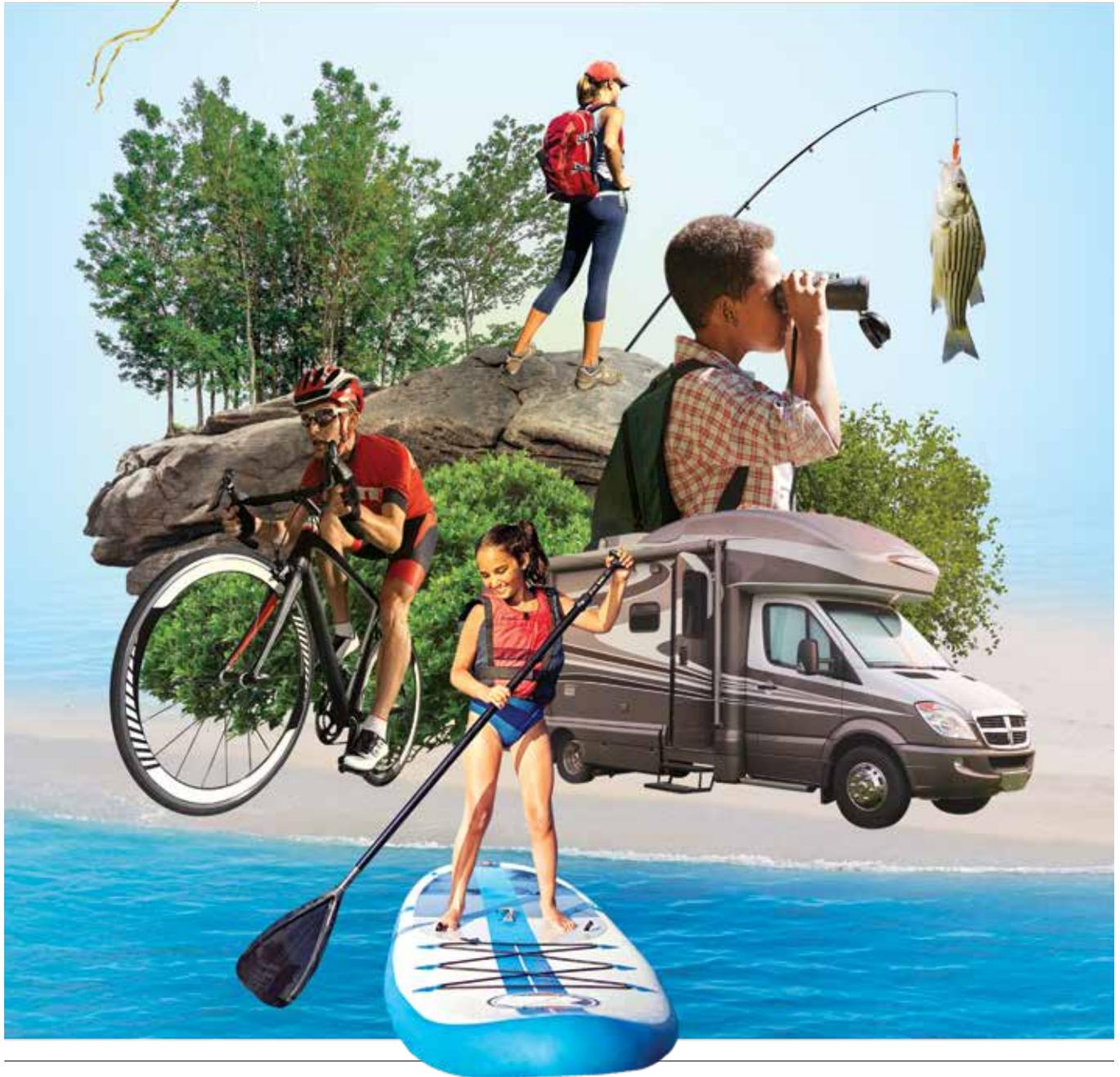
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TALKING 'CUE  
WITH STEVEN  
RAICHLN



At the Chesapeake Bay Maritime Museum, 101-year-old buyboat *Winnie Estelle* is run by an all-volunteer crew and tasked with taking guests on tours of the Miles River and hosting private charters. General cruises of the Miles River are available Friday-Sunday, and specialty cruises to dive deeper into the ecology of the Bay or watch sailboat and log canoe races are offered on select dates throughout the summer and fall.

# Take a sail on a century-old workboat

The Chesapeake Bay Maritime Museum invites you to its St. Michaels, Md., campus this summer to meet *Winnie Estelle*, a 101-year-old buyboat that has had more life experiences than many people, let alone boats.

## *Winnie Estelle* Then

*Winnie Estelle* was built in Crisfield, Md., by Noah T. Evans in 1920 and named for his two daughters. For more than 50 years, *Winnie Estelle* was used as a workboat on the lower Chesapeake Bay, carrying seafood and produce to market across the Chesapeake Bay. The boat changed hands between six or seven different watermen during that time, with its last owners on the Chesapeake being Smith Islanders Watson Marie Marshall, or "Shug," and his son Eugene "Gene" Marshall. They bought *Winnie Estelle* in 1960 and frequently took it across the Bay to pick up fish scraps for rendering, to sell oysters, or to travel to the waterfront fish market in Washington, D.C.

In the 1970s, *Winnie Estelle* was taken to the Caribbean for use as an island trader, carrying lumber from Honduras to Belize. Eventually the boat was used for charters, offering island cruises with comforts like excursions to snorkel the barrier reef and sip rum punch.

## *Winnie Estelle* Now

*Winnie Estelle* returned to the Chesapeake Bay in 2012 and in 2014 was given yet another lease on life, as the buyboat was purchased for the Chesapeake Bay Maritime Museum. At CBMM, *Winnie* is run by a volunteer crew and tasked with taking guests on tours of the Miles River, serving as an on-the-water classroom for educational programs, and once again hosting private charters. General cruises of the Miles River are available Friday-Sundays, and specialty cruises to dive deeper into the ecology of the Bay or watch sailboat and log canoe races are offered on select dates throughout the summer and fall. To find one that interests you, visit [cbmm.org/onthewater](http://cbmm.org/onthewater).

*Winnie Estelle* can also be booked for special occasions like birthday parties, sunset cocktail cruises and day charters for up to 20 guests. To learn more about booking *Winnie Estelle* for your next event, visit [cbmm.org/rentwinnie](http://cbmm.org/rentwinnie).



*Winnie Estelle* is pictured with a deckload of oysters in Annapolis, Md., c. 1968. Photograph by Ernest Tucker, 1968. Gift of Jane Tucker. Collection of the Chesapeake Bay Maritime Museum.

# GATEWAY TO A NATIONAL & NATURAL TREASURE



**National Park Service has big plans for Annapolis and the Chesapeake Bay**

By Jeff Holland

Illustrations courtesy City Dock Action Committee





Imagine having the Grand Canyon in your back yard. Maryland's Senator Chris Van Hollen thinks we do, or at least a national natural treasure that's just as impressive. It's called the Chesapeake Bay.

The Grand Canyon, like Yellowstone, Acadia, and other national parks occupy specific geographic sites that you can draw a boundary around. You can't do that with the Chesapeake. Sen. Van Hollen proposes that we give the Bay the status and protection of a national park while incorporating existing state parks, heritage sites, and public water access points into what might be called the Chesapeake National Recreational Area, with Annapolis destined to become one of several key gateways.

"Designating a Chesapeake National Recreation Area would give this natural treasure the national recognition it deserves while also driving more federal resources to better protect the Bay and its heritage" Senator Van Hollen said in a written statement. "This also represents an economic opportunity for our state, including our capital, Annapolis, which has played a central role in the Bay's history and culture."

And Annapolis is stepping up to shine in its new role as a gateway, beginning with a \$50 million revamp of the City Dock. "It's such an exciting opportunity," says Annapolis Mayor Gavin Buckley. "When you think of the Chesapeake Bay, the first city you think of is Annapolis. I love the idea of the Bay being our 'Grand Canyon.' Sometimes I have to pinch myself, because I'm the mayor of this city and it's like a holiday resort. We have a great network of parks and this is just going to be another reason why Annapolis is the best place to live in the country."

The new City Dock park will have the same amount of green space as one and a half football fields. There will be three flexible plazas that can have around 60 parking spaces or be cleared of cars for events like the boat shows.

While some parking will disappear, there will be a total of about 200 spaces left, including the 50-car lot at 110 Compromise Street. To more than make up for the difference, the old Noah Hillman Parking Garage will be demolished and rebuilt to the tune of about \$30 million. That project is slated to be completed before the City Dock renovation begins.

The renovation of the City Dock will be perhaps the most significant change in downtown Annapolis since the Naval Academy started to expand its campus in the early 1900s. The City's basic design, with circles around the hubs of the State House and St. Anne's Church and narrow streets radiating from those hubs, was laid out by Royal governor Francis Nicholson in 1694. Annapolis has been confusing visitors ever since.

It's curious that after the itinerant governor's stint in Annapolis, Nicholson was assigned to Virginia, where he moved the colonial capital from Jamestown to Williamsburg. There he had a second chance to design a city, and this time, you'll notice that those streets are mostly wide and the blocks are mostly square and instead of two circles, there are none. Not one.

Dedicating the most desirable couple of waterfront acres to parking automobiles for tourists was not part of Nich-



Designating a Chesapeake National Recreation Area would give this natural treasure the national recognition it deserves while also driving more federal resources to better protect the Bay and its heritage."



—SENATOR VAN HOLLEN



olson's plan for Annapolis. How that came to be is lost in history. Gavin Buckley thinks it's time for a change.

"I campaigned on a park, not a parking lot at City Dock," Mayor Buckley says, "I could never understand why we gave the prettiest part of the city to cars. It (the renovation of City Dock) will be the last major civil project in the city and we're not going to charge the taxpayer to pay for it."

The estimated \$50 million budget to renovate the area and the additional \$30 million for the Hillman Garage will be covered by the Resilience Finance Authority established in 2020 by bond bill sponsored by Senator Sarah Elfreth (District 30) and championed by Mayor Gavin Buckley and Anne Arundel County Executive Stuart Pittman.

The legislation authorizes counties and municipalities to establish and fund resilience finance authorities that can issue and sell state and local tax-exempt bonds for infrastructure projects like this one. Mayor Buckley is hopeful that additional funds will be forthcoming if President Biden's infrastructure initiative goes through Congress. This is, he says, a shovel-ready project and one worthy of support.

"Protecting our communities, small businesses, and history has never been so important," Sen. Elfreth told a reporter from the Annapolis Capital newspaper when the legislation was enacted. "This bill ensures Maryland remains a national leader in preparing ourselves for the impending crisis presented by climate change and sea-level rise."

"It's not just about sea level rise," Mayor Buckley says. "The day-to-day nuisance flooding has had a bad economic impact. When is the next hurricane going to push water up the bay? This initiative will stop that. It would have stopped Isabel; it will treat stormwater and provide something the city will be proud of."

Nuisance flooding is when the tide rises high enough to disrupt daily activity. This is flooding due to wind, the phase of the moon, or the time of year, and not associated with any storm, so it's sometimes called "sunny-day flooding" or a "king tide." In 2017, a study showed that Annapolis businesses suffered between \$86,000 and \$172,000 that year in lost business due to nuisance flooding at City Dock.

The National Oceanic and Atmospheric Administration (NOAA) issued a technical report in 2014 that showed Annapolis as experiencing the greatest increase in average annual nuisance flooding of any U.S. city. While there were only 3.8 days of nuisance flooding between 1957-63, there were 39.3 days of floods between 2007 and 2013, a whopping 925 percent increase. It's only getting worse. The Union of Concerned Scientists predicted that Annapolis will experience as many as 200 annual flood days by 2030 and 350 annual flood days by 2040.

In 2003, Hurricane Isabel (actually downgraded to a tropical depression by the time it hit here, but you wouldn't know it if you'd been in it) produced a tidal surge 8.4 feet above mean low tide. Photos show curious bystanders in ankle-deep water at the foot of Main

Street and two people kayaking past the restaurants on Dock Street.

Part of the City Dock will be raised above the level of Isabel, while Susan Campbell Park will remain at its current level and will be prone to flooding. The park, by the way, is *not* "Susan B. Campbell Park" as in "Susan B. Anthony." It's named after the daughter of former Annapolis alderman and mayor *pro tem* Robert Campbell, a legendary character in his own right.

Next to the park there's a small grey wood-framed building that looks out of place in red-brick Annapolis. This is the Burtis House, the sole-surviving waterman's home located on City Dock. In 2017, Annapolis architect Michael Dowling drafted a study released by



Historic Annapolis and funded by a grant from the NPS Chesapeake Gateways program to examine ways to preserve, protect, and adaptively reuse the house and pier located at the end of Prince George Street.

From about the Civil War up to World War II, the neighborhood around City Dock was known as “Hell Point.” The houses along what was once Holland Street and Johnson Place were mainly two-story frame dwellings like the Burtis House, and like that one, owned by working-class families, most of whom owed their livelihood to one of the industries along the waterfront: the coal and lumber yards, sawmills, oyster-packing houses, warehouses, steamboat wharfs, and boat houses.

In 1941, the Naval Academy expanded, annexing the properties north of Prince George Street and condemning the existing structures there, both residential and commercial. The athletic field house with its distinctive oversized Quonset-hut-shaped copper roof was completed in 1957.

The Burtis House is all that remains of this era in the maritime heritage of Annapolis, except for the house at the other end of the block on the corner of Craig Street that was built in the 1890s. At that time, Cap’n William H. Burtis worked the water and rented boats from the pier to fishermen hoping to snag a record rockfish and dapper dans wishing to pitch some watery woo to their tootsie-wootsies in the good old summertime.

Wendy O’Sullivan, Superintendent of the National Park Service’s Chesapeake Bay Office, is one of many visionaries in Annapolis who believes this historic structure should be preserved. Her office is working to update and renew the existing 20-year-old Chesapeake Gateways program, which is a watershed-wide, place-based partnership network. They’re in the process of creating a new strategic plan, a new grants program, new branding, a focus on inclusive storytelling and equitable access, and a new Chesapeake Gateways Community initiative starting with helping Annapolis become a Gateway to the Chesapeake.

As part of this initiative, the Gateways staff have been working with the city on creating a cooperative agreement to help fund the re-envisioning the City Dock. “This is one of the things we’re excited to be a part of,” O’Sullivan says. “The piece that we’re engaged in right now is the Burtis House and Wharf, the last surviving waterman’s home on City Dock. We’re moving forward with protecting and preserving it.”

The preservation of the structure will be carried out in stages. “We’re excited to have the funding for the first phase from a Maryland Heritage Areas Authority grant, a state bond and matching dollars from Gateways. We’ll be working with Preservation Maryland and the City to pick it up out of the king tide flood waters.” It will be wrapped with messaging until the rest of the City Dock rises up to the same level, theoretically in the fall of 2024.

“Phase two is starting a thought process of adding on to the Burtis House,” O’Sullivan explains. “What are the opportunities to make the whole area at the end of Prince George Street more useful? Right now, it’s a bit stark. If the Navy is open to start thinking with us about what’s possible there, it would be great. All of Phase two will need a capital campaign to raise the public dollars to achieve the vision for what will be a newly activated space there.” The Chesapeake Conservancy will play a key role in helping to raise the funds for this project as well as others.

Once completed, the Burtis House might serve as one of the official Gateways welcome centers for the Chesapeake National Recreation Area; as an extension of the Annapolis Maritime Museum, which could host visits of historic tall ships and traditional vessels at the docks; or perhaps as new headquarters for the Annapolis Harbormaster.

The Gateways program has already partnered with Historic Annapolis to produce the new interpretive panels around City Dock installed this past year. Robert Clark, president and CEO of Historic Annapolis, explained that the foundation entered into a five-year cooperative agreement with the National Park Service’s Chesapeake Bay Office last year.

“The interpretive panels at Susan Campbell Park celebrate our maritime heritage,” Clark explains. “We’re working with the Gateways staff on several components—reaching out to the community to re-imagine the City dock and preserve the Burtis House, and to work on a master interpretive plan to expand visitor opportunities around City Dock.” The goals of the interpretive plan would be to enhance public access, interpret of the city’s unique cultural and natural resources, and inspire the next generation of conservation stewards.

Clark is excited about the transformation the city’s about to undergo. “In 2022, Historic Annapolis turns 70, and we’re planning giant events,” he says, including parades and new historic exhibits. “The City Dock re-imagining project has a ribbon cutting in September of 2024, and July 4, 2026 (the 150th anniversary of the signing of the Declaration of Independence) is only 63 months away. The expectation is that this will be a huge draw from a four-hour drive away—that’s five states with 17 million people, so what we have here is an extraordinary combination of things (to celebrate) in our 400-year history.”

The National Park Service is “taking a leadership role,” Clark says. “I think it’s going to create an economic thunderbolt. We’re going to start holding town meetings to keep people informed, to keep them excited and optimistic. People who used to go to Aruba are going to come to Annapolis. Our message for local business people is, ‘get busy and get prepared.’”

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—ROBERT CLARK,  
PRESIDENT AND CEO OF  
HISTORIC ANNAPOLIS

Superintendent O’Sullivan agrees that the partnership with Historic Annapolis fits right in with the National Park Service’s priorities of equitable access and inclusive story-telling. “People are going to be thrilled with what HA has brought together,” she says. “The intent of that is to be a starting place for visitors, to get visitors to discover other museums and opportunities as we come out of COVID restrictions. We’re hoping to start later this year on reaching out to other potential Gateways Communities” around the Chesapeake watershed, she explains, but for now, “we’re focused on Annapolis and learning from what we achieve here.”

*When home is a vacation.*



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# THESE ARE A FEW OF OUR FAVORITE THINGS



**To do  
and enjoy  
during  
summer,  
fall...  
whenever!**



**NOT**

all plans have to be made weeks ahead and be a big ordeal. Last minute plans to see a sunset or go on a hike are just as

sufficient. If you are looking for something new and different for this summer, something easy and casual that you can still enjoy, you have found the right reading. We have a whimsical, nostalgic, and energetic list of activities that you could enjoy this summer and in the fall months that follow. Between crabbing, hitting up local breweries, or, even, going to a drive-in concert, there really is no excuse to let these beautiful days go to waste.



## DRIVE-IN CONCERTS

Yeah, these are a thing now and probably will be for the foreseeable future. When the pandemic shut down the live music industry, the industry got creative. Think drive-in movie but with your favorite concert performer. One of the first and more-popular regional hotspots hosting these concerts is Frederick County Fairgrounds; just a hop along Route 70 West. To see who's playing and when, visit [showtimeatthedrivein.com](http://showtimeatthedrivein.com).



## Intimate Concerts

We've craved, for far too long, a return to the ambiance, intimacy, and acoustics of the Rams Head On Stage concert room. And things are getting back to normal. As of this writing, the renowned concert venue is operating at 160-person capacity and scheduling local and national performers almost every night of the week. For the full schedule, visit [ramsheadonstage.com](http://ramsheadonstage.com).



## VIEW A SUNRISE OR SUNSET

In Chesapeake Bay country, we are blessed with the opportunity to watch the sun rise and set over the water. Western Shore early-risers can view gorgeous sunrises that launch over the Eastern Shore waterfront and top out over the Bay Bridge. And 12 or so hours later, the Eastern Shore experiences the sun dipping below the western panorama.

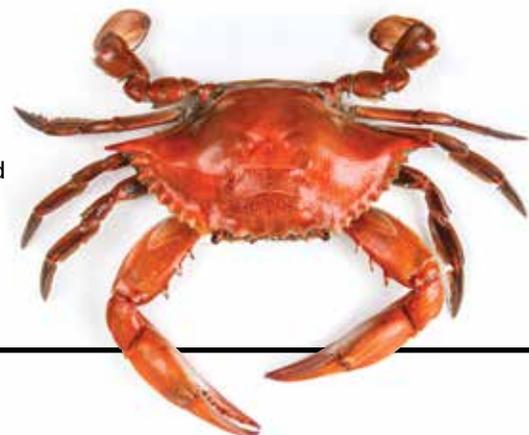


## Catch a Crab

Whether you're a longtime chicken-necker, trapper, or an old salt that trotlines during the summer and fall, you understand the challenge and art of catching a bushel of bluecrabs. For those who'd like to get in on the action and learn the ropes—er, lines—of this recreational sport that many Marylanders hold so near and dear to their hearts, as well as a few secrets and tricks, read through our nostalgic guide "Catching the Beautiful Swimmer" at [whatsupmag.com](http://whatsupmag.com). (Simply search by article title.)

## Crack a Crab

Seasoned crab pickers develop their own style of cracking open Maryland's beloved crustacean to get to its sweet meat. But if your newb to the area and need a few pointers, watch our YouTube tutorial "How to Properly Pick a Crab," which in 11 years has showed more than 150,000 crab feasters step-by-step instructions to enjoy picking successfully. (And believe it or not, the video was shot in one take!)



## VISIT A BREWERY

Here are several local breweries where you can quaff the freshest barley pops. Note that these days, breweries seem to be popping up frequently, so by all means let us know if you've discovered another!

*Forward Brewing* – Annapolis; forwardeastport.com; Taproom open daily, except Mondays

*Jailbreak Brewing Company* – Laurel; jailbreakbrewing.com; Taproom opened Thursday through Sunday

*Guinness Open Gate Brewery* – Halethorpe; guinnessbrewerybaltimore.com; Taproom opened Thursday through Sunday

*Heavy Seas* – Halethorpe; hsbeer.com; Taproom opened Wednesday through Sunday

*Bull and Goat Brewery* – Centreville; bullandgoatbrewery.com; Taproom opened Wednesday through Saturday

*Cult Classic Brewing* – Stevensville; cultclassicrobrewing.com; Taproom opened Tuesday through Sunday

*Crooked Crab Brewing* – Odenton; crookedcrabbrewing.com; Taproom opened daily

*Chesepiooc Real Ale Brewery* – Crofton; brewcrab.com; Taproom opened Thursday through Sunday

*Pherm Brewing Company* – Gambrills; phermbrewing.com; Taproom opened Wednesday through Sunday

*Eastern Shore Brewing* – Saint Michaels; easternshorebrewing.com; Taproom opened daily

*RAR Brewing* – Cambridge; rarbrewing.com; Taproom opened daily

*Burley Oak Brewing Company* – Berlin; burleyoak.com; Taproom opened daily



## Visit the Farm

Did you ever go to the local farmers' market and think, "Hmm, I wonder what life is like on this or that farm?" Insider's tip; you can actually visit many of the local produce, livestock, and craft purveyors at their farms. Many have seasonal and holiday events, festivals, tours, chef demonstrations, petting farms, ag classes, and their own market space. Some of our local faves include: Honey's Harvest Farm in Lothian (honeysharvest.com), Hollywood Farm in Annapolis (hollywoodfarm.com), Redman Farms in Chestertown (redmanfarms.net), and Councill Farms in Cordova (councilfarms.com), among others. There are dozens of farming families in our region. Reach out to one next time you're at the farmers' market and see what they have to offer!





## Blaze a Trail

**Wildflower Trail:** Stroll around Kinder Park Farm in Millersville on the 2.5-mile Wildflower Trail any time of year. This loop is an appropriate difficulty for all skill levels and features the beautiful Maryland Wildflowers.

**Broad Creek Trail:** Enjoy the wildlife as you embark the 4.7-mile loop in Annapolis. The loop takes you right alongside Broad Creek, tucked back behind Annapolis High School. This is a great summer trail because you will be able to take advantage of staying cool in the shade the trees provide.

**WB&A Trail:** Walk, run, or ride your bike on the WB&A Trail through Odenton to the Patuxent River and connecting to South Shore Trail and trails within Prince George's County. The trail has two disconnected segments, the first running 5.7 miles between downtown Odenton on Strawberry

Lake Way and to the south end of Anne Arundel County, and the second begins on the other side of the Patuxent River and stretches 7.4 miles to Route 450 in Glenn Dale.

**Baltimore and Annapolis Trail:** This 13-mile trail leads you from the heart of Annapolis towards Baltimore, stretching from Jonas Green Park to Dorsey Road in northern Glen Burnie. On the trail, you will be able to see historic neighborhoods of Annapolis as well as a nature view of our beautiful city. Keep an eye out for the historical markers on the trail, labeled from A to Z. Follow along with those markers by picking up a flyer at the Ranger Station before you begin.

*For more excellent state and regional parks that offer hiking and biking, please see the "Hikes, Bikes & Parks Guide" on page 43*



# THE PERFECT PADDLE

Everyone wants to get on the water, but we are not always sure about where exactly to go. Why not pick out a water trail to explore this weekend?

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

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

**CORSICA RIVER WATER TRAILS:** The Corsica River is located near Centreville. The 8-mile waterway allows paddling adventures and explorations throughout Queen Anne's

County and under the Route 304 bridge. Running parallel to the water trail is a land trail that winds through Millstream Park.

**QUIET WATERS PARK:** Quiet Waters in Annapolis has water access into South River for canoes, kayaks, and small boats. The park doesn't have a set water trail, but is in the same vicinity as the paddlesport rental station for convenience.



## Day Trips

Of course, we are just a couple short hours from Ocean City and the Delaware beaches, but there are closer places that you can make day trips to as well. If you want to hit the beach without spending four hours in the car, here are a few places where you can still get your feet a little sand.





## Play Dress Up

Live out your pirate fantasy the second weekend of August in Rock Hall. Main Street Rock Hall is hosting their **Pirates and Wenches Festival**, all you have to do is show up in your pirate attire. There will be pirate performers, live entertainment, costume contests, and plenty of kid's activities. Get more information, see vendors and performers on their website [rockhallpirates.com](http://rockhallpirates.com)



Meanwhile, the **Maryland Renaissance Festival** is back this fall at the Anne Arundel County Fairgrounds and we cannot wait. Of course, you can always bounce around from booth to booth and see what all the hype is about, or you can really walk the walk by making a pit stop at the first booth in the gates, the costume rental booth. Women can dress up as a wench or fair maiden while men can dress the part as the rogue, the outlaw, a monk, or the knight. There are little princess, little maiden, and Jr. Miss Wench costumes for girls and jester, Robin Hood, the pirate

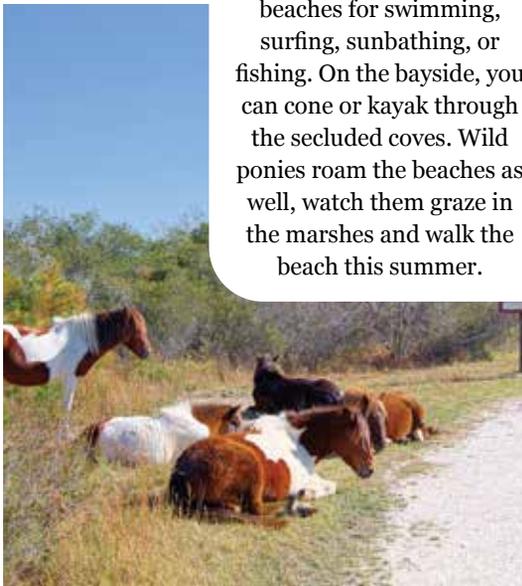
and the brave squire costumes for boys. Don't just visit the Renaissance Festival this year, play the part. Visit [rennfest.com](http://rennfest.com) for all the details.

*For a full calendar of daily events throughout the region, visit [whatsupmag.com!](http://whatsupmag.com)*

# 1

## ASSATEAGUE ISLAND (BERLIN):

Between the Atlantic Ocean and the Sinequent Bay, you can find Assateague Island, two-miles of ocean beaches for swimming, surfing, sunbathing, or fishing. On the bayside, you can cone or kayak through the secluded coves. Wild ponies roam the beaches as well, watch them graze in the marshes and walk the beach this summer.



# 2

## BREEZY POINT BEACH (CHESAPEAKE BEACH):

No one said that these beach trips *have* to be day trips. Visit Breezy Point Beach in Southern Maryland and stay the night on their campsite. Enjoy a fishing pier, swimming and plenty of picnic areas.

# 3

## BETTERTON BEACH (BETTERTON):

With 300 feet of frontage for swimming and 700 feet of shoreline access, Betterton Beach is a perfect, quaint public beach. You will even be able to walk a short boardwalk and get a view of the bay from the picnic pavilion.

# 4

## SANDY POINT STATE PARK (ANNAPOLIS):

Enjoy a mile-long sandy beach at Sandy Point. From 10 a.m. - 6 p.m. from Memorial Day to Labor Day, a portion of the beach will be guarded. Enjoy the sun, sand, and water!



# ROCK ON!

If you've never experienced the absolute thrill, commotion, and satisfaction of catching a striped bass, a.k.a. rockfish or striper, on a topwater lure at the crack of dawn (or late-evening) on still-as-glass waters of the river or bay, whew...let's just say it's something we think every Marylander should experience at least once. The trick of course is three-fold: (1) you need to get on the water or a public pier; (2) target potential hotspots where the fish are likely feeding; and (3) know how to catch 'em with regards to tackle and technique. Simple right? It can be if you understand the basics and allow yourself the time to try. To help you get there, tap into a masterful angler. A couple options include going on a fishing charter boat out of Chesapeake Beach, Solomons Island, Havre de Grace, Rock Hall, Annapolis, or any other bay port. The other is to become a student and read the book. Many books. And some of the best—with regards to fishing the Chesapeake—are written by the likes of Lefty Kreh, Lenny Rudow, Shawn Kimbro, Alan Battista, Wayne Young, John Page Williams, and John Veil to name but a few (available via Amazon or their personal websites; just search them by name.)



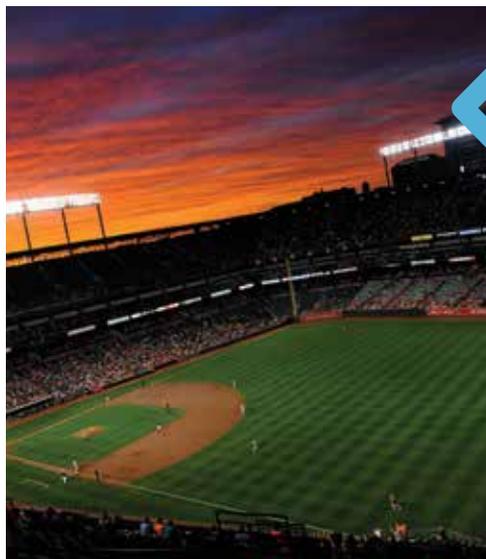
## Theater Inspo

Here are but a few of the summer/early fall season's upcoming performances. Additional local theater companies—such as Compass Rose Theater, Children's Theatre of Annapolis, Avalon Players, and many more—will be offering performance in late-2021 and/or 2022.

### ANNAPOLIS SUMMER GARDEN THEATRE, ANNAPOLIS:

*Home Again: A Musical Revue:* ASGT has announced a special COVID-safe show running for three weeks this summer (August 12–29). "Home Again: A Musical Revue" will

be led by an artistic team of past-ASGT performers and directors including Jason Vellon, David Merrill, Elysia Greene Merrill and Ashley Glad-den-Vellon. This show will feature song and dance selections from some of their favorite musicals performed



## Have a Ball

At the ballpark that is! We are blessed with several major and minor league baseball teams in our region. Between the Baltimore Orioles, Washington Nationals, Bowie Baysox, and Delmarva Shorebirds, there are near-daily opportunities to take in a game, have a hotdog, and relax on a summer's eve. Visit each team's website for game promotions, ticket details, and full schedules.

on their stage and some they hope to perform in the future. The performances also offer audiences a sneak peek to the planned 2022 shows.

**STORYTELLERS: A THEATER ARTS ACADEMY, CROWNSVILLE:**

*Hamlet:* Storytellers Theater Arts Profession Acting Company presents Hamlet by William Shakespeare performed outdoors. The acting company features professional actors from The D.C. and New York City areas, as well as local college student apprentices. Bring blankets or chairs, picnics or snacks, and enjoy a summer evening of theater outside with your family or friends. The performances will take place from July 22<sup>nd</sup> through July 31<sup>st</sup>.

**COLONIAL PLAYERS, ANNAPOLIS:**

*Love, Loss and What I Wore:* Playing July 9th through 25th, “Love, Loss and What I Wore” follows a collection of stories about the nostalgic power of women’s clothing. A diverse cast of women tell funny, wistful, and universal memories about their families and loved ones through the prism of their closets. The throughline is narrated by Gingy, a wise older woman who reminisces about what she wore at milestones in her life. Like a long heart-to-heart with your best friend over coffee, the conversation meanders from odes to black clothing to cowboy boots and outfits that make mothers cringe. “Love, Loss and What I Wore” is a reflection on the joys and challenges of our common female experience.

**TOBY’S DINNER THEATRE, COLUMBIA:**

*Elf:* Now through August 22<sup>nd</sup>, see Buddy the Elf take the stage to celebrate Christmas in July. Buddy was a young orphan who mistakenly crawled into Santa’s bag of gifts and is transported to the North Pole. Buddy does not realize he is actually human until his size and poor toy-making skills gives it away. Join as Buddy the Elf sets off on a journey to New York City to find his birth father and help remind New York the true meaning of Christmas.

*Godspell:* From August 27<sup>th</sup> through October 31<sup>st</sup>, see the first major musical from three-time Grammy and Academy Award winner, Stephen Schwartz (Wicked, Pippin). Godspell is based on the Gospel of Matthew and features a large dose of comedy, creative storytelling, and an electric blend of songs ranging in style from pop to vaudeville to gospel.

**GARFIELD CENTER FOR THE ARTS, CHESTERTOWN:**

*Clue On Stage:* Watch Clue on Stage directed by Bradley Chaires in Chestertown from September 24<sup>th</sup> to 26<sup>th</sup>, October 1<sup>st</sup> through

3<sup>rd</sup>, and October 8<sup>th</sup> through 10<sup>th</sup>. The play is based on the iconic 1985 Paramount board game sharing it’s name. Join Miss Scarlett, Professor Plum, Mrs. White, Mr. Green, Mrs. Peacock, Colonel Mustard and Wadsworth the butler at this unusual dinner party and find out the daunting question, ‘Who killed the host?’.

**EVERYMAN THEATRE, BALTIMORE:**

*Steel Magnolias:* Steel Magnolias will be performed in-person from August 10<sup>th</sup> through September 5<sup>th</sup> and available to be streamed online from August 23<sup>rd</sup> through September 19<sup>th</sup>. In a beauty parlor in northwestern Louisiana, life is anything but boring. This heartwarming and uproariously joyful story follows six culturally distinct yet uniquely Southern women over the course of three years as they gather to gossip and share each other’s lives with wit, warmth, and intelligence. Steel Magnolias celebrates the power of female friendship through the highest highs and the lowest lows. The play received a Drama Desk Award nomination, and the perennially popular film adaptation was nominated for an Academy Award and two Golden Globes.



**I SCREAM,  
YOU SCREAM,  
WE ALL  
SCREAM FOR  
ICE CREAM!**

Whether it’s at the downtown waterfront of Annapolis’ City Dock, an off-the-beaten-path dairy creamery on the Eastern Shore, or the boardwalk at the beach, some would say there isn’t a sweeter treat to end the day than a scoop of this cool confection atop a sugar- or waffle-cone.



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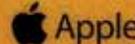
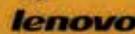
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# NOTABLE HIKES, BIKES & PARKS

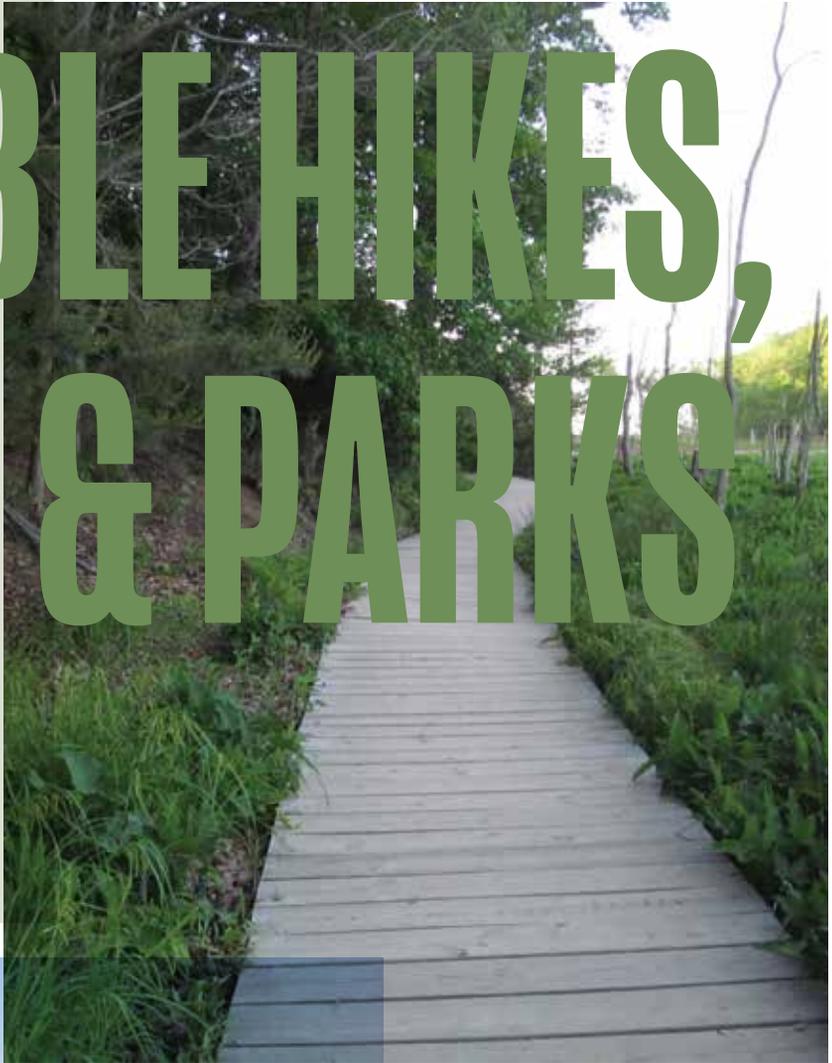


Photo by Doug Kerr



**If you're  
looking for  
adventure,  
there's no  
shortage  
in the Old  
Line State**



**M**aryland and the Chesapeake Bay region has a geography that takes us from the mountains to the sea. And we're so lucky to be in the heart of it all, within day-tripping access to so many parks and natural areas! Here are some popular trails for hiking, biking, and more, plus state parks on both sides of the Chesapeake Bay.



↑ **Bacon Ridge Natural Area**

Featuring lush forests, wetlands, history, and more, the 630-acre Bacon Ridge Natural Area is owned by Anne Arundel County, and is protected by a conservation easement with Scenic River Land Trust and the Maryland Environmental Trust. Although this land is open sparingly with a couple access points, folks can visit for hiking and studying nature. And each April, the Scenic River Land Trust hosts "Walk for the Woods," which allows public access to the Bacon Ridge Natural Area for various activities, such as guided hikes and bird watching. **To Bacon Ridge Natural Area (2 access points):** Hawkins Road or Bacon Ridge Road, Crownsville **Contact Information:** 410-222-7317; aacounty.org and search "Bacon Ridge"

**Greenbury Point**

Located at the mouth of the Severn River, Greenbury Point offers beautiful views of the water and different types of wildlife on the trails of their 231-acre peninsula. The Navy-owned property, which is managed by Naval Support Activity Annapolis, allows visitors to travel the trails, whether it is for a nice jog or a lovely nature walk. However, these trails at Greenbury Point are not open every day because the area is also used as a rifle range for NSA Annapolis. To see if the area is open that day, be sure to check their Twitter for updates (@NSAAnnapolis). **To Greenbury Point:** Public access available off of Bullard Boulevard, Annapolis **Contact Information:** 410-293-1000

**B&A Trail**

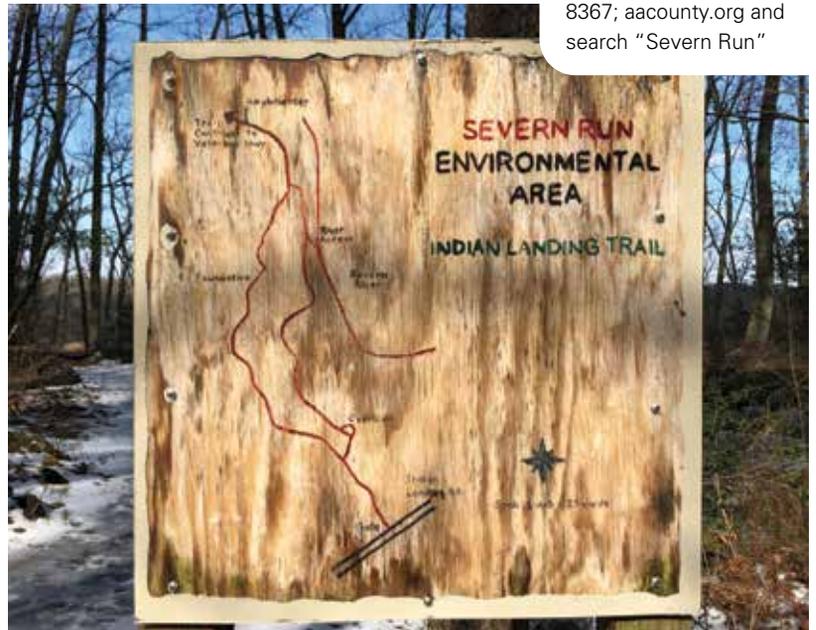
The Baltimore and Annapolis Trail, known as the B&A Trail, is a paved 13.3-mile trail that stretches from Boutlers Way in Annapolis to Dorsey Road in Glen Burnie. With several connecting trails, such as the BWI Trail and the East-West Boulevard Bike Path, the B&A Trail is ideal for all sorts of activities, wheels or not. This scenic trail is not only great for outdoor activities, but it's also educational. Along the trail are alphabet markers that give a brief history of the area you're passing. Additionally, near Harundale Plaza, a Planet Walk begins that is sponsored by NASA. Showcasing the sun and each planet, these displays educate trail-goers about our solar system. This community-friendly trail is fun for everyone! **To the Baltimore & Annapolis Trail:** 51 West Earleigh Heights Road, Severna Park **Contact Information:** 410-222-6244; aacounty.org and search "BA Trail"

**Piney Orchard Nature Preserve**

Totalling around five miles of walking and biking trails, accompanied by wetlands, woodlands, and spacious grassy areas, the Piney Orchard Nature Preserve is home to many different species of animals and plants. Connecting with several different neighborhoods of Piney Orchard, this area is easily-accessible and convenient for families and individuals alike! Escape to the Piney Orchard Nature Preserve for some peace and quiet, and enjoy anything from a lovely nature hike to just relaxing on a park bench. **To Piney Orchard Nature Preserve:** Trailhead off of Sandy Walk Way, Odenton (Lone Wolf Trail) **Contact Information:** 410-672-4273; pineyorchard.com

**Severn Run Natural Environmental Area** ↓

Home to diverse types of wildlife, such as Great Blue Herons, red foxes, and mallards, the Severn Run Natural Environmental Area is a great spot for seasonal fishing and year-round hiking. Protecting the water quality and scenery of the Severn River, this 1,600-acre environmental area is owned by Maryland, and is located off of I-97. Though often overlooked as a hiking destination, the Severn Run Natural Environment Area has several different unmarked paths visitors can enjoy. If you're looking for some much-needed peace and quiet, this is the place for you. **To Severn Run Natural Environmental Area:** Public access available at several points: Indian Landing Road in Crownsville or Dicus Mill Road in Millersville **Contact Information:** 877-620-8367; aacounty.org and search "Severn Run"



## EASTERN SHORE



### Adkins ↑ Arboretum

If you're a dedicated nature lover, interested in horticulture, and enjoy the great outdoors, then this is the place for you! With lush greenery, wetlands, beautiful meadows, and more, the 400-acre Adkins Arboretum is home to more than 600 species of plants and flowers that primarily focuses on what is native to the Mid-Atlantic coastal plain. There is over five miles of paths throughout the area, with one trail—Tuckahoe Valley trail—connecting to Tuckahoe State Park. The Adkins Arboretum offers a vast majority of activities, like guided tours, lectures, programs for adults and youths, and, of course, hiking and biking.

**To Adkins Arboretum:** 12610 Eveland Road, Ridgely **Contact Information:** 410-634-2847; [adkinsarboretum.org](http://adkinsarboretum.org)

### Blackwater National Wildlife Refuge

Preserving over 26,000 acres of woodlands, marshes, and waters, the Blackwater National Wildlife Refuge is home to a vast majority of wildlife, including being the largest breeding ground on the East Coast, north of Florida, for American bald eagles, as well as protecting the endangered Delmarva Peninsula fox squirrel. The Blackwater NWR, located in Dorchester County, also serves as a sanctuary to migrating and wintering birds and waterfowl. With tons of history and activities, visitors can do everything from attending an educational program to hunting to a scenic nature walk.

**To Blackwater National Wildlife Refuge:** 2145 Key Wallace Drive, Cambridge **Contact Information:** 410-228-2677; [findyourchesapeake.com](http://findyourchesapeake.com)



Photo by Mary Konchar

## Tuckahoe State Park

With plenty of activities and opportunities to learn more about the Eastern Shore, Tuckahoe State Park is a lovely area for families, groups, and individuals interested in exploring and learning more about the area they live in. Twenty miles of multi-use trails allows visitors to hike, bike, and even horse-back ride! The park also offers 20 acres of boating and fishing opportunities on its 60-acre lake; however, be aware that the use of a gasoline motor is prohibited. Additionally, canoeing is a very popular activity at Tuckahoe State Park, along with camping. Guests can also visit the Adkins Arboretum, located on Tuckahoe Creek. **To Tuckahoe State Park:** 13070 Crouse Mill Road, Queen Anne **Contact Information:** 410-820-1668; [dnr2.maryland.gov](http://dnr2.maryland.gov)

### Terrapin Nature Park

Featuring a 3.25-mile walking trail that allows you to see everything from beautiful meadows to the sandy beach, Terrapin Nature Park is a wonderful location for families and individuals looking for all sorts of outdoor activities. A popular activity amongst visitors is viewing the Chesapeake Bay and the Chesapeake Bay Bridge via a gazebo and wheelchair-accessible boardwalk. With fishing and crabbing to biking and hiking, the 276-acre park is ideal for nature buffs of all sorts. **To Terrapin Nature Park:** 191 Log Canoe Circle, Stevensville **Contact Information:** 410-758-0835; [findyourchesapeake.com](http://findyourchesapeake.com)

## STATE/REGIONAL FAVORITES

### Patapsco Valley State Park

Featuring rocky waterfalls, a suspension bridge, and accessible trails, Patapsco Valley is an ideal hiking location for families seeking adventure and a top destination for mountain biking. A popular path at the Avalon area of Patapsco Valley, Cascade Falls Trail is a beautiful, novice trail that takes one through the altering foliage up to a collection of small waterfalls that serve as precursors to the subtle yet alluring Cascade Falls. Another extremely favored spot for families and hikers alike is Daniels Dam, where fisherman can cast for rainbow and brown trout and families can marvel at the power and beauty of the rushing water. **To Daniels Dam:** 2090 Daniels Road, Ellicott City To Avalon Area (Suspension Bridge & Cascade Falls): 5120 South Street, Halethorpe **To Patapsco Valley State Park:** 8020 Baltimore National Pike, Ellicott City **Contact Information:** 410-461-5005; [dnr.maryland.gov](http://dnr.maryland.gov)



### Cunningham Falls State Park ↑

Tranquility is a single word to describe Cunningham Falls. Following a picturesque drive through rural Maryland and the quaint town of Thurmont, one arrives in Cunningham Falls State Park with one path toward the waterfall and another towards a lakefront beach. A short half-mile to three-quarter mile hike will land one at the waterfall, an absolutely breathtaking flood of water over easy-to-climb rocks. For the more adventurous, there are also 1.5 to 7.5 mile trails that lead to scenic outcroppings and other parts of the park such as the Catoctin furnace. **To Cunningham Falls State Park:** 14039 Catoctin Hollow Road, Thurmont **Contact Information:** 301-271-7574; [dnr.maryland.gov](http://dnr.maryland.gov)

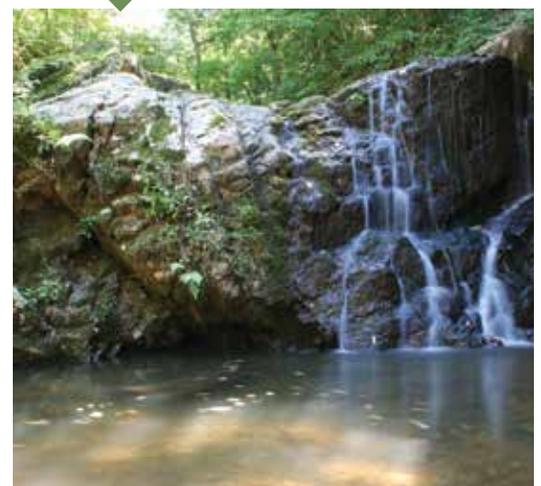


Photo by Rebutcher

## Calvert Cliffs State Park

For those especially interested in archaeology and fossils or have children who love dinosaurs; Calvert Cliffs is the park for you. The Calvert Cliffs were formed 20 to 30 million years ago when all of southern Maryland was covered in a warm, shallow sea. As a result, the fossils of the marine life that lived there, prehistoric sharks, whales, rays, and large seabirds, can be found in the cliffs today. The best fossil hunting is done at the open beach area at the end of the red trail where adults and children alike can sift for sharks teeth and fossils right in the sand. **To Calvert Cliffs:** 10540 H. G. Trueman Road, Lusby **Contact Information:** 301-743-7613; d.maryland.gov



## Gambrill State Park ↓

With more than 16 miles of trails for hiking, horseback riding, and mountain biking, Gambrill State Park is renowned hiking destination. The park is split into two parts, the Rock Run area half of the park and the High Knob area. Both areas feature cozy, family-style campgrounds for campers with picnic areas and picnic shelters and even a small fishing pond at the Rock Run location. Located in Middletown, Maryland, this park is only a short 30-minute drive from historic Fredrick, Maryland where visitors can venture to the National Museum of Civil War Medicine or to Scheiffersstadt, the oldest house in Fredrick Maryland, built in 1750. **To Gambrill State Park:** 8602 Gambrill Park Road, Frederick **Contact Information:** 301-271-7574; dnr.maryland.gov



## Gunpowder Falls State Park

Spanning over 18,000 acres across Harford and Baltimore counties, Gunpowder Falls State Park has more than 120 different hiking trails. The park features fishing and kayaking/canoeing streams, a swimming beach, and a marina. One featured trail of the park is called Jerusalem Village trail, a 4.8 mile hike that features the Jericho Covered Bridge and a variety of wildlife. Families and backpackers alike can fuel up pre-hike with some lunch in the village picnic area where they can admire the antique buildings. **To Gunpowder Falls State Park:** 2813 Jerusalem Road, Kingsville **Contact Information:** 410-592-2897; dnr.maryland.gov

## Potomac State Forest

Featuring excellent trout fishing, mountain forests, streams and valleys and the highest point in any Maryland state forest, Backbone Mountain, Potomac State Forest is truly

a perplexing collection of nature. Families and hikers alike can camp at designated sites or backpack through the forest by day and camp in the forest at night if they so desire. For the more adventurous, horseback riding is also available on the trails throughout the state park. From families to fisherman to hikers, Potomac State forest has it all. **To Potomac State Forest:** 1431 Potomac Camp Road, Oakland **Contact Information:** 301-334-2038; dnr.maryland.gov

## Herrington Manor State Park

At 365 acres, Herrington Manor State Park is miniscule in comparison to the other, larger state parks aforementioned. However, what this park lacks in size, it makes up for in amenities. Herrington Manor offers picnic sites, kayaking and canoeing, swimming, tennis, and hiking just to name a few activities. In addition, Herrington Manor also has 20 fully furnished log cabins on site for rent year round. During the fall, the state

park features maple syrup demonstrations and apple butter making, sure to appease the family. **To Herrington Manor State Park:** 222 Herrington Lane, Oakland **Contact Information:** 301-334-9180; dnr.maryland.gov

## Great Falls Park ↑

This Park consists of cascading rapids and several 20-foot waterfalls that are absolutely breathtaking to view in-person. The Potomac River narrows from 1,000 feet wide to a mere 100 feet, causing the river to move very rapidly over jutting rocks, creating a spectacular scene of rushing water. This park is only a short 15-minute drive from Washington D.C. making it about an hour to an hour and a half from the Annapolis/Eastern Shore Area. Great Falls Park is also split in the middle with Maryland on one side and Virginia on the other, creating a beautiful bilateral view of the two states. **To Great Falls State Park:** 11710 MacArthur Blvd, Potomac **Contact Information:** 703-285-2965; nps.gov

# GET CULTURED!



**Museums and galleries abound in our region; here's more than a few to learn something new**



There is a wealth of culture and history in Annapolis, Anne Arundel County, the Eastern Shore, across the region, and in Baltimore and D.C. You will find visually stunning works of art and enjoy fascinating history at a wide selection of museums and galleries. Go gallery hopping and check out these must-see museums!

**Note:** As pandemic conditions and local safety mandates fluctuate, museums and galleries are beginning to re-open. Please check with them for open hours prior to visiting.

## ANNAPOLIS

**49 West Coffeehouse, Winebar, and Gallery** 49 West Street; 410-626-9796; 49westcoffeehouse.com

**Annapolis Maritime Museum** 723 Second Street; 410-295-0104; amaritime.org

**Annapolis Marine Art Gallery** 110 Dock Street; 410-263-4100; annapolis-marineart.com

**ArtFarm** 47 Spa Road; artfarmannapolis.com

**Art in Public Places—Annapolis' Outdoor Gallery** Around every corner in Annapolis; Art in the City of Annapolis Catalogue in pdf format is available at ci.annapolis.md.us

**Banneker-Douglass Museum** 84 Franklin Street; 410-216-6180; bdmuseum.maryland.gov

**Bates Legacy Center** 1101 Smithville Street; 410-266-5004; whbateslegacycenter.org

**Charles Carroll House** 107 Duke of Gloucester Street; 410-269-1737; charlescarrollhouse.com

**Chase-Lloyd House** 22 Maryland Avenue; 410-263-2723

**Chesapeake Children's Museum** 25 Silopanna Road; 410-990-1993; theccm.org

**Finapolis Art Gallery** 111 Chinquapin Round Road, Ste. 200; 443-254-2787; charleslawrance.com

**Hammond-Harwood House** 19 Maryland Avenue; 410-263-4683; hammond-harwoodhouse.org

**Historic Annapolis Museum** 99 Main Street; 410-267-6656; annapolis.org

**Main Street Gallery** 216A Main Street; 410-216-7166; mainstreetfineart.com

**Maryland Federation of Art Circle Gallery** 18 State Circle; 410-268-4566; mdfedart.com

**Maryland Hall for the Creative Arts** 801 Chase Street; 410-263-5544; mdhallarts.org

**McBride Gallery** 215 Main Street; 410-267-7077; mcbridegallery.com

**Mitchell Gallery at St. Johns College** 60 College Avenue; 410-626-2556; sjc.edu

**Nancy Hammond Editions** 192 West Street; 410-295-6612; nancyhammond-editions.com

**United States Naval Academy Museum** Preble Hall, 118 Maryland Avenue; 410-293-5467; usna.edu/museum

**What's Up? Media Gallery** 201 Defense Highway, Annapolis; 410-266-6287; whatsupmag.com/culture

**William Paca House & Garden** 186 Prince George Street; 410-267-7619; annapolis.org

**Willow Gallery** 600 Quiet Waters Park Road; 410-222-1777; friendsofquietwaterspark.com

## EASTERN SHORE

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

**Artists Gallery** 239 High Street, Chestertown; 410-778-2425; theartistsgallery-c-town.com

**Carla Massoni Gallery/Massoni Art** 203 High Street, Chestertown; 410-778-7330; massoniart.com

**Chesapeake Bay Maritime Museum** 213 N. Talbot Street, St. Michaels; 410-745-2916; cbmm.org

**Chestertown River-arts** 312 Cannon Street, Chestertown; 410-699-1025; chestertownriverarts.org

**Clark Gallery of Fine Art** 9027 Tilghman Island Road, Unit B, Wittman; 410-829-1241; clarkfineartgallery.com

**Dorchester Center for the Arts** 312 High Street, Cambridge; 410-228-7782; dorchesterarts.org

**Dorchester County Historical Society** 902 La-Grange Avenue, Cambridge; 410-228-7953; dorchester-history.org

**Historical Society of Talbot County** 25 S. Washington Street, Easton; 410-822-0773; hstc.org

**Geddes-Piper House** Historical Society of Kent County; 101 Church Alley, Chestertown; 410-778-3499; kentcountyhistory.org

**Kent Island Federation of Art** 405 Main Street, Stevensville; 410-643-7424; kifa.us

**Main Street Gallery** 518 Poplar Street, Cambridge; 410-330-4659; mainstgal-lery.org

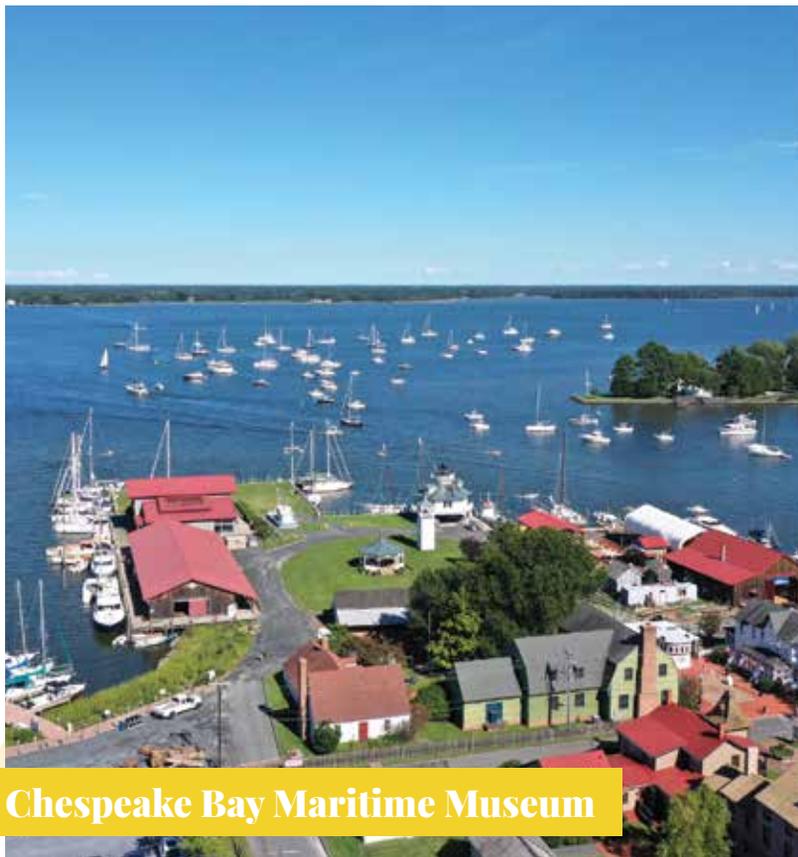
**Nancy Hammond Editions** 214 S. Talbot Street, St. Michaels; 410-295-6612; nancyhammond-editions.com

**Oxford Museum** 100 S. Morris Street, Oxford; 410-226-0191; oxfordmuseum.org

**Queen Anne's County Historical Society** 124 S. Commerce Street, Centreville; 410-758-3010; qachistory.org

**Queen Anne's County Arts Council** 206 S. Commerce Street, Centreville; 410-758-2520; queenanne-countyarts.com

**Richardson Maritime Museum** 401 High Street, Cambridge; 410-221-1871; richardsonmuseum.org



**Chesapeake Bay Maritime Museum**



## Walters Art Museum

**Rock Hall Museum** 5585 Main Street, Rock Hall; 410-639-7611; rockhallmd.com

**Rural Life Museum** 29241 Blacktown Road, Trappe; 410-476-3339; rurallifemuseum.org

**St. Michaels Museum E.** Chesnut Street & St. Mary's Square, St. Michaels; 410-745-9561; stmichaelsmuseum.org

**Talbot Historical Society** 25 South Washington Street, Easton; 410-822-0773; hstc.org

**The Trippe Gallery** 23 N. Harrison Street, Easton; 410-310-8727; thetrippegallery.com

**Tilghman Watermen's Museum** 5778 Tilghman Island Road, Tilghman; 410-886-2930; tilghmanmuseum.org

**Troika Art Gallery** 9 South Harrison Street, Easton 410-770-9190 troikagallery.com

**Wye Grist Mill** 14296 Old Wye Mills Road, Wye Mills; 410-827-6909; oldwyemill.org

## REGIONAL

**Anne Arundel Community College (Cade Center)** 101 College Parkway, Arnold; 410-777-2222; aacc.edu/cadegallery

**Anne Arundel Historical Society** 7101 Aviation Boulevard, Linthicum; 410-768-9518; aachs.org

**Art Galleries at Howard Community College** 10901 Little Patuxent Parkway, Columbia; 443-518-1000; howardcc.edu/galleries

**Benson Hammond House** 7101 Aviation Boulevard, Linthicum; 410-768-9518; aachs.org

**Brentwood Arts Exchange** 3901 Rhode Island Avenue, Brentwood; 301-277-2863; arts.pgpark.com

**Captain Avery Museum** 1418 East West Shady Side Road, Shady Side; 410-867-4486; captainaverymuseum.org

**Chesapeake Arts Center Exhibit Gallery** 194 Hammonds Lane, Brooklyn Park; 410-636-6597; chesapeakearts.org

**Fort George G. Meade Museum** 4674 Griffin Avenue, Fort Meade; 301-677-6966; ftmeade.army.mil/museum

**Historic London Town & Gardens** 839 Londontown Road, Edgewater; 410-222-1919; historiclondontown.com

**National Capital Radio & Television Museum** 2608 Mitchellville Road, Bowie; 301-390-1020; ncrtv.org

## BALTIMORE

**American Visionary Art Museum** 800 Key Highway; 410-244-1900; avam.org

**Baltimore Museum of Art** 10 Art Museum Drive; 443-573-1700; arthma.org

**Baltimore Museum of Industry** 1415 Key Highway; 410-727-4808; Thebmi.org

**B&O Railroad Museum** 901 West Pratt Street; 410-752-2490; borail.org

**Jewish Museum of Maryland** 15 Lloyd Street; 410-732-6400; jewishmuseummd.org

**Port Discovery Children's Museum** 35 Market Place; 410-727-8120; portdiscovery.org

**Reginald F. Lewis Museum** 830 E. Pratt Street; 443-263-1800; lewismuseum.org

**Walters Art Museum** 600 N. Charles Street; 410-547-9000; thewalters.org

## Washington, D.C.

**Art Museum of the Americas** 201 18<sup>th</sup> Street NW; 202-370-0147; museum.oas.org

**Freer and Sackler Galleries** 1050 Independence Avenue, SW; 202-633-1000; asia.si.edu

**Hirshhorn Museum** Independence Avenue SW & 7<sup>th</sup> Street SW; 202-633-1000; hirshhorn.si.edu

**International Spy Museum** 800 F Street, NW; 202-393-7798; spymuseum.org

**National Gallery of Art** Constitution Avenue, NW; 202-737-4215; nga.gov

**National Geographic Museum** 1145 17<sup>th</sup> Street NW; 800-647-5463; nationalgeographic.com

**National Museum of African American History & Culture** 1400 Constitution Avenue; 844-750-3012; nmaahc.si.edu

**National Museum of the American Indian** 4<sup>th</sup> Street and Independence Avenue, SW; 202-633-6644; nmai.si.edu

**National Portrait Gallery** 8<sup>th</sup> Street NW & F Street NW; 202-633-8300; nationalportraitgallery.org

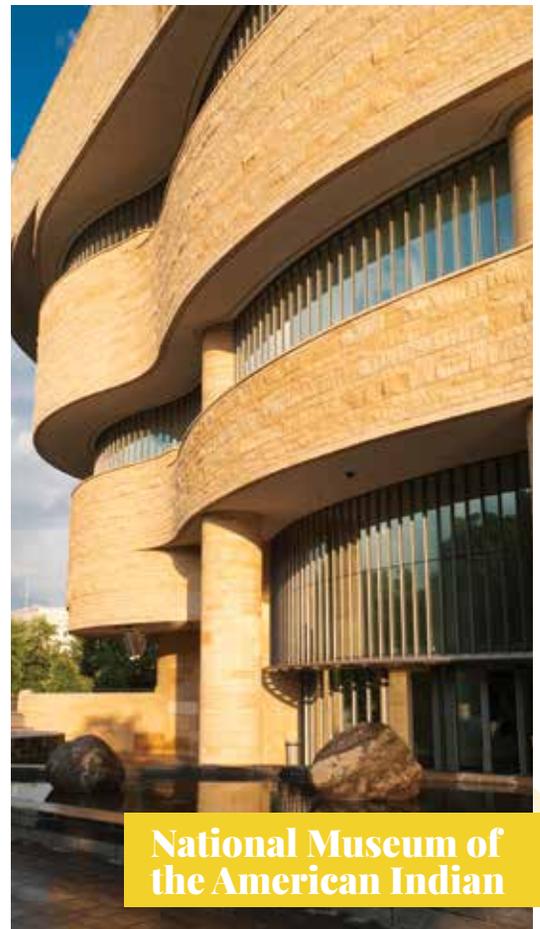
**Smithsonian National Air and Space Museum** Independence Avenue at 6<sup>th</sup> Street; 202-633-2214; airandspace.si.edu

**Smithsonian American Art Museum** 8<sup>th</sup> Street NW & F Street NW; 202-633-1000; american.si.edu

**Smithsonian National Museum of American History** 14<sup>th</sup> Street and Constitution Avenue, NW; 202-633-1000; americanhistory.si.edu

**Smithsonian National Postal Museum** 2 Massachusetts Avenue, NE; 202-633-5555; postalmuseum.si.edu

**United States Holocaust Memorial Museum** 100 Raoul Wallenberg Place, SW; 202-488-0400; ushmm.org



## National Museum of the American Indian



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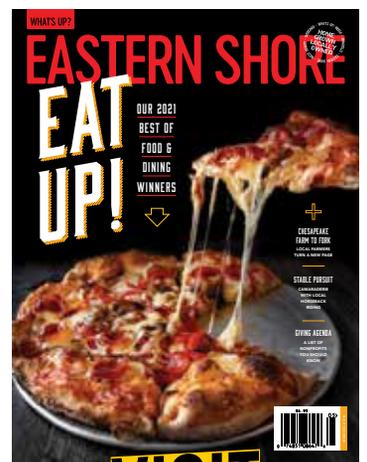
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# TALKING 'CUE WITH STEVEN RAICHLLEN



**The acclaimed chef, pit-master, television host, author, journalist, and barbecue guru discusses one of summer's most cherished pastimes**

By James Houck



You've probably seen and heard Steven Raichlen more often than not; he's hosted numerous seasons of acclaimed barbecue "how to" television series on PBS (*Barbecue University*, *Primal Grill*, *Project Smoke*, *Project Fire*), written several New York Times best-selling cookbooks (*Barbecue Bible* and *How to Grill among them*), as well as articles for the *Times*, *Wall Street Journal*, *Esquire*, *Food & Wine*, and many other culinary and travel magazines, all for which he has won five James Beard awards. Raichlen has travelled the world over and studied its cultures, particularly relating to culinary and live-fire grilling. He has mastered many methods and techniques of barbecue, and presents them with an honest, passionate, and soothing linguistic character that's both educational and endearing.

Also, Raichlen was raised in Baltimore, Maryland, before attending Reed College and embarking on his culinary studies that would take him across the Atlantic to Europe and, ultimately, around the globe. Today, the 68-year-old resides in Florida but is not one to sit still for long, splitting time between home and Martha's Vineyard, and travelling the country to present his culinary courses, launch restaurant ventures, or lecture at institutions such as Harvard and The Smithsonian.

Raichlen's newest barbecue television series—season three of *Project Fire*—was filmed locally at the Pearlstone in Baltimore and launched earlier this year on PBS/Maryland Public Television and continues airing this summer. For the more up to date schedule of program airings, visit [mpt.org/schedule](http://mpt.org/schedule).

We spoke at length to Raichlen about *Project Fire*, his ties to Chesapeake country, culinary pursuits, work ethic, career highlights, and all things barbecue, including more than a few tips for you to try at home. ➔

**You came back to this hometown of yours, Baltimore, and filmed season three of *Project Fire*. What were the reasons for filming in and around Baltimore and how did you land on the Pearlstone?**

Well, the reason was very simple. It was COVID and my production partner is Maryland Public Television, and my producer lives in Pennsylvania. We wanted to stay in a place where everybody could drive to the site and often we film on the West Coast, but that would have involved plane rides and everything. That was the rationale for staying in Maryland. In terms of Pearlstone, it's a beautiful campus, 180 acres. We had a locked set this year, meaning that once everybody got there, nobody could go in or out. The Pearlstone was a very private, secluded place. We knew that the crew would be protected and sheltered once we got there. There's also a fun personal note, which is that Pearlstone used to host a summer camp. I actually was a camper there when I was growing up. It's really fun to return to a place where I'd gone to summer camp many, many years earlier.

**So there's some nostalgia there. Does that play into your demeanor and manner as you were enjoying the time on campus filming?**

Absolutely. In fact, two of the 13 shows of the season are themed around Baltimore and Maryland. One of the shows is called Charm City Cue. In that show, I tried to...well, Baltimore has one world famous barbecue specialty. You know what I mean?

Texas is known for brisket and North Carolina is known for pulled pork shoulder, but Baltimore has pit beef. That was the anchor of that show because that is a legitimate and bona fide Baltimore barbecue. We upped the ante a little bit. We actually did a pit beef triple-decker. In addition to the beef, which we did with prime rib, instead of a tough bottom round, we also did a home smoked turkey and we got Attman's corned beef from Attman's Delicatessen on Lombard Street.

Then, we added two fantasy, sort of what I call Charm City Cues. They're not really dishes that exist except in my imagination, although now they exist in the public. But one was a Charm City S'more where we made campfire classic s'mores. But instead of graham crackers, we use Berger's chocolate top cookies. That was kind of fun. And we grilled a fish that in Maryland is known as a rockfish and in the rest of the world is called striped bass. I did it with the Pearlstone Associate Director, Eve Wachhaus. She provided incredible vegetables and fruits that were growing in the Pearlstone's garden. So we had fresh figs, fennel, and with the Pearlstone's strong Jewish identity, we used Middle Eastern spices like sumac and zaatar to flavor the fish. It was really spectacular.

**It sounds like you really took it upon yourself to incorporate local food culture. That's something that you do across the board wherever you're filming.**

I do try that. I go back and forth because what

really got me started in barbecue and with my shows and books was a concept I call Planet Barbecue, which is I circumnavigated the globe four or five times researching how people barbecue and grill in different countries. There's always a strong international component to my work. But at the same time, I do try and have a few of the shows reflect where we're taping. Another show we did is called the Maryland Crab Feast.

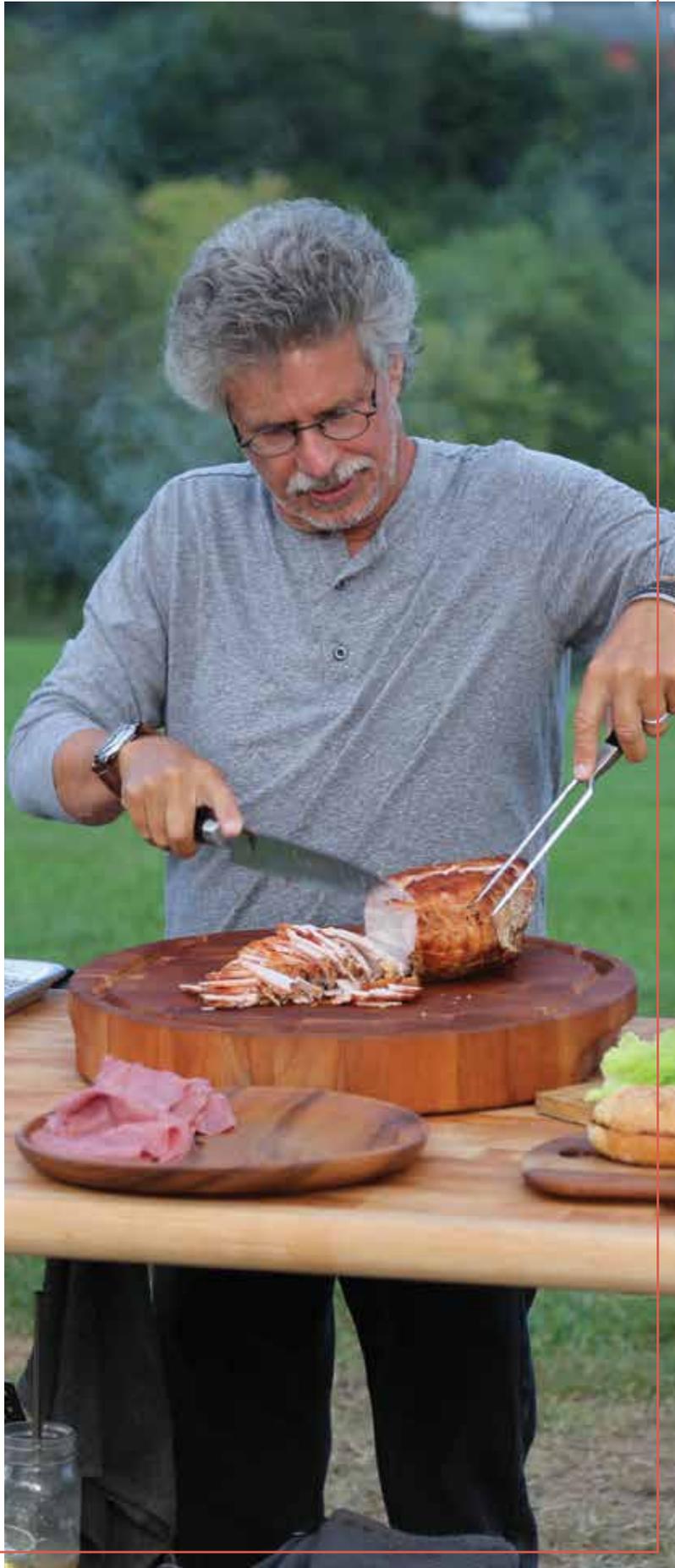
For the Maryland Crab Feast show, that was more traditional so we did crab cakes, but I smoke roasted them on the grill instead of frying them or broiling them. Then, I grilled a soft-shell crab sandwich, and we even did Maryland steam crabs, which I did that channeling a Louisiana-style shrimp boil. Then, we did it over campfire, which was really fun and different flavor- and experientially-wise.

There was one more show that was Baltimore-themed and that was called Little Italy. That was an Italian-based grilling show, but we used Baltimore's Little Italy as a springboard to get into this stuff.

**Since the production crew spent so much time together was there a lot of camaraderie, or were pandemic protocols still at play?**

Well, I would say this year it was socially-distanced camaraderie. Everybody was masked, including myself, except when I was in front of the camera and then I got to take my mask off, but it was really very nice. Somebody brought a





guitar and that got passed around. The Pearlstone staff, they were just so nice and so great. All the meals were kosher, which is great. The Pearlstone had an amazing vibe. You just felt human goodness and kindness permeating. Then, if you've seen the show, you know it's a gorgeous view on a hillside overlooking a lake with gardens in the background. It's just an incredible place to shoot.

**Can you speak on how this season differs from past seasons of *Project Fire* and even some of your other shows produced over the years?**

Obviously, COVID was one big difference. The setting was another big, big difference. Very often, we're in the Southwest. We try and pick areas where we have a decent shot of the weather being okay for an outdoor feast. We didn't have a single day of rain at Pearlstone, which was great. Oh, we had a couple of really fun new features in the show. One, very simply, was "Ask Steven," where, through social media, we had people ask us questions about grilling. Everything from, "I love broccoli, but I don't know how to grill it" to "I always have trouble with my fish sticking to the grill grate." We incorporated those "Ask Stevens" into the show. Then, those "Ask Stevens" actually led into recipes.

We had questions from all over the world literally. We had questions from Italy. We had questions from France and of course, from Texas and the Pacific Northwest. That was fun, but I think the coolest new feature of the show—cer-

tainly, the one I enjoyed the most—was the mystery box segment. For those, our culinary team—field chef Chris and our stylist Nora—picked an ingredient for me and it was under a wooden box and I came on set and lifted the box. I didn't know what I was going to find. Then, I had to invent a recipe on the spot with it and to go along with the mystery ingredients, they had set up a little pantry station.

I saw the mystery ingredient and then I could go over and get the supporting ingredients I needed for the recipe that I made up on the spot. That was really fun. I personally loved it. That's how I think. It was really fun for me to create recipes on the spot, and they gave me some very challenging ingredients.

**Where you ever stumped by an ingredient?**

I would say they definitely piqued my imagination. One of the ingredients they gave me was a big head of a sunflower. It was an immature sunflower, so the seeds were still soft. It turns out that you can grill that like an artichoke flower.

That really pushed it. In another segment, they gave me a bowl of chicken livers, which was definitely challenging, but I made a smoked chicken liver pate modeled on the one that my grandmother used to serve every week at Friday night dinners. That was kind of fun. I think another one was tofu. One session, they gave me lamb ribs. That was a brand-new feature in this year's show and it's something I definitely want to do more of.

## STEVEN RAICHLEN'S

# 10

## COMMANDMENTS OF SMOKING

1. Know the difference between barbecue and smoking. All barbecue is smoked, but not all smoked foods are barbecue. Texas brisket, Carolina pork shoulder, and Kansas City ribs are barbecue. Virginia ham, Scandinavian lax (smoked salmon), and Italian mozzarella affumicata are smoked, but they're not barbecue. 2. Understand the flavor of smoke. Think of it as the umami of barbecue. Smoke has a unique ability to endow familiar foods, from sausage to steaks, with an otherworldly quality that is simultaneously familiar and exotic. 3. Smoke everything. Really. Meat, poultry, and seafood, of course, but also cocktails, vegetables, cheese, fruit, and dessert. 4. Buy organic, heritage, heirloom, grass-fed, and local. What your meat eats and how it's raised matters as much as how it's smoked. 5. Low and slow is the way to go. Ribs, shoulders, and briskets need a slow cook at a low temperature to achieve smoky perfection. 6. Wrap it up. Wrap brisket and beef ribs in unlined butcher paper the last 2 hours of smoking. This seals in moisture without making the "bark" (crust) soggy. 7. Give it a rest. Once brisket, pork shoulder, and other large cuts of meat are smoked, transfer them to an insulated cooler to rest for 1 to 2 hours. Your meat will be juicier and more tender. 8. It's OK to overcook your meat. It's essential to overcook your meat. Shoulders, bellies, brisket, and ribs need to be cooked to 195 to 205 degrees F to achieve the proper tenderness. 9. Remember this simple formula: more air equals higher heat; less air equals lower heat. Adjust the vents accordingly to control the airflow and thus the heat. 10. Remember this simple formula: lower heat produces more smoke; higher heat produces less smoke.

**You travel and have a lot of knowledge in food culture to draw on for those types of situations like the mystery ingredients. What the heck is it about barbecue that speaks to you and in cultures worldwide?**

It's so many things. First of all, just from the act of cooking it, there's something so satisfying about standing in front of a fire and cooking over a fire. It's an act that we've been doing for almost two million years as a species. It really is an act that made us human. We're the only animal that cooks and the discovery that you could cook meat over fire just completely gave us our evolutionary leap forward to homo sapiens. I think also food...I have this little thing, I always say something like, "If something tastes good baked, fried, or sauteed, it probably tastes even better grilled." I think that there's nothing like grilling and the intense fragrance from the wood smoke for making food taste so great.

That's an element of it. There's the communal aspect that keeps attracting me. Whenever you light up a grill, it's a communal activity. Grilling brings people together. Nobody ever gathered around a stove to watch a pot of soup simmer. You light a grill and it's a party.

**Are there any 10 commandments, so to speak, that one should follow when barbecuing? Just a few basic tips.**

Well, let me give you a few off the top of my head. Then, there is actually a formal barbecue 10 commandments and barbecu-

ing and grilling that was in my first barbecue book, the *Barbecue Bible*. I think the most important principle is learn to control the fire and not have it control you. Grilling is very different than cooking indoors where you're raising or lowering the heat with the turn of the knob on the stove. In grilling, basically, it's about managing the fire, getting closer to the hotspot or getting further away. That's a very important principle. I have a little mantra, a little thing that goes, "Keep it hot. Keep it clean. Keep it lubricated." That refers to good grill hygiene.

You want to start with the hot grill grate. You want to clean it either with a stiff wire brush or with a wooden scraper. People are using wooden scrapers more these days. And you want to oil the grill with a tightly folded paper towel dipped in oil, drawn across the bars of the grate. This oiling serves two purposes. It keeps food from sticking, that's one. Then, it also helps give you those well-defined—what I call killer—grill marks. That's an important principle. Turn, don't stab, the meat. That's another of my commandments. What that means is use tongs to turn meat rather than stabbing it with a barbecue fork. What are some others? If you're using barbecue sauce, apply it at the last minute or serve it on the side. That's my preference. When I was growing up, we would marinate chicken in sweet barbecue sauce, put it over a hot fire. Of course, the sugar in the sauce would burn. The chicken would still be raw in the center. When I was growing up, that was my notion of barbecue.

**One of your most well-known books is the *Barbecue Bible*. Are there any plans for another big book or revised version of the Bible?**

It just got a new cover. We changed the look of the book, I guess maybe about six or seven years ago starting with *Project Smoke*. Now, they're black covers with a very dramatic picture of food and it's a much less busy. The old workman style was a very busy style, a lot of visual elements. We just recently put a new cover on *Barbecue Bible*. It's not new content inside, but it sure is a gorgeous looking cover.

In terms of new books, this is actually a pretty exciting month for me because the 11th [of May when this interview took place] is the official pub date of my new *How to Grill Vegetables* book. That's a book devoted to grilling vegetables, fruits, and plant food. There's a little meat in it, but not very much. Certainly, I've always loved grilled vegetables. There's always a very large section on grilled vegetables in all of my books. But this one, it was really fun and fascinating to focus on, really drill down on, the art of grilling vegetables.

**Does that speak to the larger overall trend that we're seeing these days... of this gravitation toward a more plant-based diet?**

Absolutely. It's funny because when I started it two years ago, I'm not sure that I knew that was going to be a trend. I just knew that it was something I was interested in that reflected the way I

was eating and grilling. I don't know if you saw *The New York Times* yesterday, but Daniel Humm at Eleven Madison Park, which is a Michelin three-star, super expensive restaurant, is, when he re-opens, going to be a vegan menu. I thought that was pretty interesting.

**You're constantly creating. Do you ever slow down? How do you have time for yourself and what do you enjoy in any spare time?**

That's a good question. I am kind of a workaholic. That is just part of who I am, but I actually just recently, as in the last month, I bought a sailboat. It's just been a lifetime dream. That's one thing. Second, I'm an avid biker, a bicyclist, I should say, not biker as in Harley kind of biker. The third thing I do is I love to read in French. I was a French lit major and I kept that up over the years. In fact, I've done many French language TV shows in Quebec.

**These days after you've put the book down and you're ready to have a relaxing meal at home, and maybe you want to fire up the grill, what's your laid back, easy go-to dish that you prep at home?**

One of my favorites. We spend part of the year up in Martha's Vineyard, Massachusetts. We get this amazing swordfish, harpooned swordfish. Just a swordfish steak grilled over wood fire with capers fried in butter and put on top. That's a three-ingredient dish. I just love that. That would be pretty good with striped bass too.

# GOLD QUEST

MARYLANDERS  
TO WATCH IN  
THE OLYMPICS  
THIS SUMMER

By Dylan Roche

The last time the Summer Olympics happened—Rio, 2016—Maryland had much to be proud of. Athletes hailing from our state brought home a collective 16 gold medals along with three silvers and a bronze. While Maryland doesn't have as many athletes competing this year, these elites who will soon be heading to Tokyo for competition have impressive backgrounds and promise to make all their fans and followers here in Maryland proud once again.

One of the reasons it's exciting to see locals competing in the Olympics—these athletes have been crushing it in their disciplines as far back as childhood, so those who can say they “knew them when” have been following their athletic careers since high school or even earlier.

As for the Tokyo Olympics, athletes qualified as early as July 2019, but when the pandemic hit, it meant the 2020 games had to be moved to 2021—and members of Team USA kept on training.



Here are the Marylanders you can expect to see when the games commence (as of press time)



# Farrah Hall

Sailing

Photo by Aleksandra Blinnikka

Hailing from Annapolis, this Broadneck High School alumna of the class of 1999 discovered windsurfing when she was studying at St. Mary's College of Maryland. Thus began a long and accomplished career. Before graduating with a degree in biology, she established a windsurfing club that is still active today. After college, she continued to pursue her love of the sport while guiding and helping others—heading up training camps, coaching programs, regattas, and more.

Meanwhile, she's built a resume of achievement in competition, including multiple World Championships. This will be her second time competing in the Olympics as an RS:X windsurfer; her first time was in 2012, when she placed 20th.



# Helen Maroulis

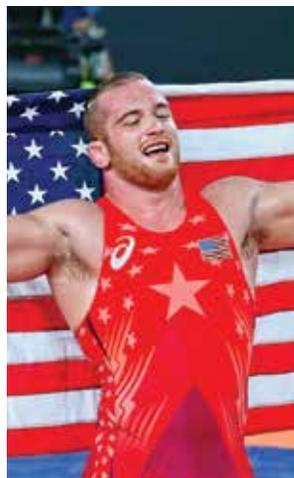
Wrestling

Photo by John Sachs

Originally from Rockville, Helen Maroulis established herself as a wrestler when she was a student at Colonel Zadock Magruder High School, where she took sixth place in the Maryland state tournament. She later joined the U.S. Olympic Education Center at Northern Michigan University.

After college, her wrestling career took her to multiple World Championships, Pan American Games, U.S. Opens, and other elite competitions. She was even chosen as one of eight women from around the world to be an ambassador for the Super 8 Campaign, a program by the United World Wrestling that supports women in wrestling.

Maroulis has been named by Team USA as an athlete to follow this year, and it should be no surprise: When she competed in Rio in 2016, she made history by becoming the first woman from the United States to win a gold medal.



# Kyle Snyder

Wrestling

Photo by John Sachs

This Woodbine native started his wrestling career in high school when he compiled a 179-0 record over in three seasons while competing for Our Lady of Good Counsel. He later transferred to Coronado High School in Colorado while he was a resident athlete at the U.S. Olympic Training Center during his senior year. After studying at Ohio State University, he went on to make history as the first U.S. wrestler to win an Olympic gold medal at age 20 in Rio. Named an athlete to follow by Team USA for the 2020 games, he also holds titles as two-time Senior World champion, a two-time Pan American champion, among many other distinctions.

BONUS



Washington, D.C.'s

# Katharine Holmes

Fencing

Photo courtesy of USA Fencing

While she's not strictly from Maryland, fencer Katharine Holmes hails from nearby Washington, D.C., where she was born and raised. She took up fencing at age 9, and before graduating from National Cathedral High School, she was a finalist for Sports Illustrated Sports Kid of the Year and had taken a bronze medal and fourth place in the Youth Olympic Games. She first competed in the Olympics in Rio in 2016, when she placed 25th as an individual and fifth as part of a team.

The next year, she graduated from Princeton University with a degree in neuroscience, and then in 2018, she took the gold medal as part of a team and 10th place as an individual in the World Championship.



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# Home & Design

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410 Calvert Rd.  
Stevensville | \$385,000

DeeDee McCracken



109 Starboard Ct.  
Grasonville | \$965,000

DeeDee McCracken



105 Trequassin Dr.  
Stevensville | \$460,000

Kevin McCracken



1701 Midway Rd.  
Chester | \$365,000

DeeDee McCracken



306 5 Farms Dr.  
Stevensville | \$45,000

Kevin McCracken



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

DeeDee McCracken



608 Chester River Beach Rd.  
Grasonville | \$999,999

Kevin McCracken



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

Lisa Barton



265 Lighthouse View Dr  
Stevensville | \$2,175,000

DeeDee McCracken



1015 Long Point Rd  
Grasonville | \$763,000

DeeDee McCracken



8633 Black Rock Harbour  
Pasadena | \$286,000

Lisa Barton



305 Steamboat Ave.  
Queenstown | \$695,000

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# DD McCracken Home Team

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UNDER CONTRACT  
IN 4 DAYS

**201 Brown Road  
Chester | \$1,075,000**

What a view! You'll love this beautiful home with pool & pier. This home provides more space than imagined at first glance. Excellent elevation over the water exposes sightlines to everything. Beautiful high ceilings in living room with built-ins & FP. Exterior with siding, brick, trek decking, patio pavers sighted around pool and so much more! The screened porch adds more living space, and you can grill off located near kitchen enjoying scenery.



**408 Wallman Way  
Stevensville | \$715,000**

Whether you enjoy the serenity of bay front sunsets or the excitement of playing on the water this home delivers. This coastal inspired home offers a private pier, pool and an unobstructed view of the Chesapeake Bay. From every level of this home, you will enjoy a new perspective of the bay with a surprise rooftop captains walk with a unique view of the bay.



UNDER CONTRACT

**500 Goodhand Creek Farm Ln.  
Chester | \$1,950,000**

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



**914 Song Sparrow Ct.  
Arnold | \$700,000**

Wood floors, new carpet, fresh paint and an incredible landscape that delivers with every change of season. 4 BR's, each with generous space and excellent closet storage. Partially finished basement with potential extra living/bedroom space. Jamestown on the Magogy offers, water access for fishing or kayaking.



UNDER CONTRACT

**972 College Dr.  
Arnold | \$625,000**

This well-cared-for, split foyer, is in the community of Campus Green near AACC. Spacious floorplan w/ 2971 sq. ft. 6 BR's & 4 BA's includes a large master suite, a family room w/ a fireplace that adds charm to any gathering & a full second kitchen in lower level. Beautiful inground pool & a large garage w/ workshop.



UNDER CONTRACT

**208 Love Point Ave.  
Stevensville | \$400,000**

Charming colonial nestled down Love Point Ave. Enjoy water views of the Bay from your screened porch & the shaded dry backyard. Or take a stroll down to water's edge. Boasting 4 BR's, 2.5 BA's, 2 car garage, oversized living room w/ wood burning FP & bathroom this house has everything you need! Newer B&I septic system.



UNDER CONTRACT

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

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



UNDER CONTRACT

**817 Dixon Dr.  
Stevensville | \$360,000**

This adorable Cloverfields community property is located conveniently to schools, stores, Rt. 50, bike trails, & more. It has an amazing backyard, deck, & sunroom which all complement the open kitchen, dining, & living spaces. A paved driveway takes you to an oversized double garage, w/ an unexpected bonus workshop space. A short walk presents one of the most gorgeous views of the bay bridge.



UNDER CONTRACT

**112 King Store Rd.  
Grasonville | \$325,000**

One level living and move in ready! This immaculately kept 3 BR rancher offers wide open living space that is flanked by porches and decks front and back. Oversized Primary BR with a spacious walk-in closet, and a dedicated full bath. The yard offers a ton of opportunity, partially fenced, large deck, fire pit, 2 sheds, and a great deal of space for you garden or play.



**1804 Harbor Dr.  
Chester | \$300,000**

This charming water view in Harbor View is ready for its new owner! With 3 bedrooms, 1.5 baths, a garage/basement storage area, updated kitchen with black granite, and gas fireplace what more could you want? Enjoy beautiful views of Cox Creek from your front yard & main bedroom.



UNDER CONTRACT

**100 Jackson Rd.  
Grasonville | \$264,000**

3 Bedroom, 2 Bath Rancher in Chester River Beach. One level living. Water view finer upper.



**Montgomery Road  
Stevensville | \$15,000**

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



**1310 Love Point Rd.  
Stevensville | TBD**

COMING SOON  
Sited on 3.32 acres.



**115 Congressional Dr.  
Stevensville | TBD**

COMING SOON  
Waterfront on Price Creek  
in the Community of Queen Anne Colony

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## Why Feng Shui?

Basically, Feng Shui is defined as the ancient Asian wisdom of optimizing the flow of energies, and it is concerned with five basic elements: fire, earth, metal, air, and water. The water element relates to wealth, wisdom, and social networks. The direct association the bathroom has with water denotes that it is wise to consider Feng Shui in its creation and application. Here are five ways to apply Feng Shui to your bathroom.

HOME INTERIOR

# 5 Ways to Create Good Bathroom Feng Shui

By Lisa J. Gotto

The tenants of smart interior design are essential for many homeowners, but beyond that, a sense of mindfulness applied to our home's interiors is also starting to play a larger role in how well we live within our homes. Broader based concepts of these design precepts play out in home interiors through the incorporation of the ancient Asian energy-based principles of Feng Shui. You have probably heard about this in terms of the proper placement of furnishings for good energy flow, but did you know that principles of Feng Shui are also highly beneficial when applied to your bathroom?



1

### OF SPECIAL NOTE...

Did you know that if your toilet was installed prior to 1993, it probably uses almost two gallons more water per flush than a more modern model? For better efficiency overall and to save money on that water bill, plan to upgrade the 20th century toilet as soon as possible.

## Install a Water Saving Device

Advocates of Feng Shui will note that water conservation is high on their list of practices. The principle, simply stated, is the more water you save, the more good energy you create. Low-flow applications are available for both faucets and toilets, and once installed, homeowners report little difference in efficiency when using them. What concerns some homeowners, however, is the thought of sacrificing the rejuvenating experience of their daily shower. When you consider that you can save up to 60 percent of the water you use in the shower with a change in showerhead, you may wish to re-consider that level of concern, especially since low-flow technologies have evolved from earlier residential iterations that simply mixed the flow of water with air creating more of a mist. Unsatisfied consumers of these applications complained of breezy, chilly showers. Today's models that produce a quality stream at 6.6 liters per minute, compared with the traditional water-wasting, 9.5 liters per minute figure, are reported to be well-received by consumers.

When it comes to water and our homes it is also important to perform regular maintenance checks to ensure that any leaks, which is also water waste, are quickly mitigated.



2

## Shut Your Seat

Now when hubby forgets to put the seat down, you have a bona fide rationale to persuade him to remember. Leaving a seat up allows moisture to escape, and that moisture can lead to the unhealthy situation of mold and mildew growth in the home. In the world of Feng Shui this escape of water, is also a wasteful no-no.



3

## Decorate with Plants

The principles of Feng Shui teach us that plants have the ability to transform the downward energy of water into vital life energy. With so much “water work” going on in the bathroom, it just makes sense to add the natural vibe of plants to the room. On-trend plants also serve to soften your space and they’re easy to tend, as they are regularly seen and there’s a water source close by.



5

## Deep Clean & Replace

In Feng Shui land it’s super important that the materials and surfaces that come in contact with your skin are thoroughly cleaned and of the best quality. Your bath towels, for instance, continually accumulate bacteria and odors so they should be deep-cleaned and even replaced on a regular basis. Your skin, the largest organ in your body, can absorb the energy of the materials that touch it, so to maintain the highest standard of health, choose sustainable and organic materials for your bath whenever possible, and use non-toxic, sustainable supplies to thoroughly clean it.

4

## Conceal Your Commode

This can certainly be easier said than done, unless you are currently designing your home. If you do have the opportunity to add a separate water closet (popular in Europe) or even a half wall, that will help obscure the view of your toilet when the door is open. In most already designed homes, this issue can be addressed by simply keeping the door closed at all times. This will help control the flow of energy—and you’ll get a chance to add that super charming bathroom door sign you’ve always wanted.

*Applying the ancient principles of Feng Shui to our more contemporary surroundings creates a greater sense of mindfulness and health for the happier modern-day household.*

# Water, Water Everywhere

By Janice F. Booth

“Into each life a little rain must fall,” asserts the old adage. And we who putter in the garden are well aware of the vicissitudes of water on and in our gardens. I thought we might consider for a few moments the good, the bad, the beautiful, and (if we must) the ugly facts of water in the garden. There are three ways of considering water in the garden: as rain that does or does not fall, artificial sources of water for our garden, and water as a lovely feature in the garden.

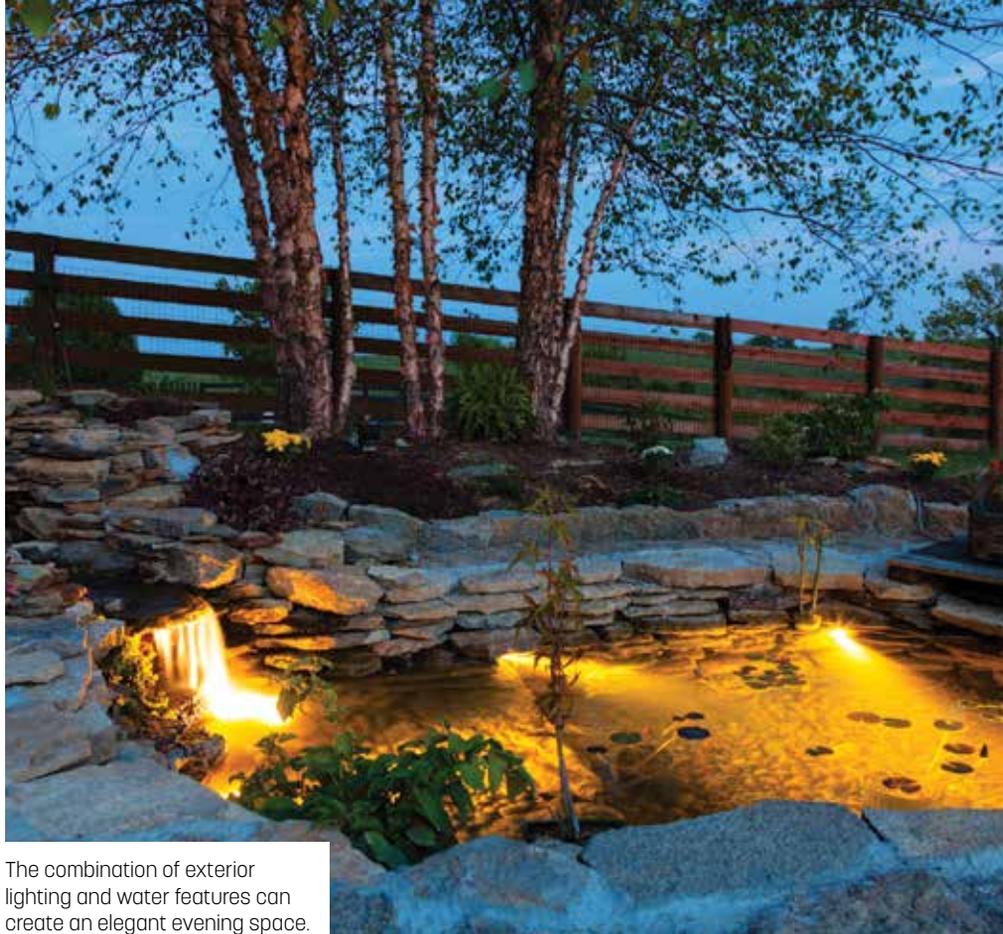
Let’s begin with Nature’s way: rainfall. It’s mid-summer now, and rain comes and goes at will, gentle or heavy, spare or lavish, reliably or sporadically. Like me, you’ve probably learned to protect your garden’s resident plants and shrubs from downpours and droughts with a few gardener’s tricks. You may have redirected the water from your downspouts with flexible hose or dug graceful, pebble-lined trenches to guide rainwater where it’s needed, away from foundations and fragile roots. Perhaps you’ve installed eco-friendly barrels to collect rainwater for use in drier times.

And now, what can we do to compensate for the lack of rain? We water! For those invariably dry, hot days of summer, you may have installed soaker hoses just beneath the top soil. If you have soaker hoses, you know how effective they are at helping precious water reach the roots of thirsty plants. You may have installed timers on those hoses, or any of your watering devices. These hose timers come in two basic types; manual or automatic. Manual timers are set each time you wish to use the soaker or sprinkler; you turn the dial to 15 or 30 minutes and the timer does the rest. The more sophisticated auto-timers allow you to set a pattern of daily and even weekly timing cycles for watering. Either type of timer will take a lot of the annoyance out of watering the garden when Nature won’t.

A few words more about soaker hoses and sprinklers, if I may. If you don’t mind a bit of extra preparation, soaker hoses are practical and ecologically responsible watering solutions. The installation requires digging shallow trenches where the hose or tubing is then laid. A light layer of soil then covers the hose, restoring the flowerbeds to their tidy beauty. (Leaving the soaker hose on the surface thwarts its effectiveness since some of the water may squirt up into the air and the water that settles into the soil has further to go to reach the thirst plant roots.) If this installation sounds a bit daunting, consult with your landscaper who’ll help plan the most effective layout plan. As for sprinklers, they’re best used on open spaces, such as your lawn. (You won’t want soaker-hose trenches dug beneath your lush, green turf, I’m sure.) Broad sprinklers will supplement nature’s



A shallow koi pond with lily pads can transform the humblest backyard space into a peaceful retreat.



The combination of exterior lighting and water features can create an elegant evening space.

watering, and can be installed permanently or the old-fashioned hose and sprinkling device to be moved around the lawn. Sprinklers are less ecologically responsible, allowing some water to evaporate in the air rather than feed the thirst roots of grass or flowers. In defense of sprinklers, I must add, there's nothing more relaxing than the rhythmic sound of a sprinkler clicking away on a warm, summer's evening.

Well, now that we've covered the ins-and-outs of watering our lawns and gardens, let's consider the beauty of water features in our gardens. Pools, ponds, waterfalls, and birdbaths are all lovely ways to incorporate into your garden the look and sound of water. A small birdbath is easy to install and inexpensive to acquire. You can set it up anywhere – preferably where you can often sit or stand and watch as Cardinals, Goldfinch, sparrows, and wrens drink and frolic in the still water. Most birdbaths are a bit too deep in the center, and birds must perch on the rim to drink. If you add a few smooth stones in the center of the basin a bird or two can also stand and drink in the middle of the basin. Plan to replenish the water daily, once the word is out among the feathered community, and drop in a pellet to prevent mosquitos from laying eggs there. (Available at larger pet stores.) Occasionally, you'll want to take a brush or a squirting hose and rinse out the birdbath, getting rid of dead leaves and bits of detritus that will collect there.

If you're enjoying a birdbath already, you may want to up your game, adding a fountain or waterfall to the bath. The sound of falling water, even a trickle, is soothing—nature's music. If you're good at crafts, you can create your own waterfall with a small, submersible pump and stones or other

material. Check out *Pinterest* for some clever ideas. Another option is to buy a fountain or waterfall, set it on your patio table or buy a pedestal to set among the flowers.

A step deeper into the water feature might be to add a pond to your garden. You'll have all the advantages of the birdbath and the fountain, only more. You'll want to consult a landscape architect to discuss the pond's placement, size, and depth. A shallow pond is lovely for floating decorative plants such as water lilies and papyrus. If you can install a pond with a depth of two feet or deeper, you could add a few koi and perhaps even a frog to your garden community. Caution: ponds do require maintenance. If your pond is not spring fed, as is the case with most ornamental ponds, you'll need a pump to aerate the water and filters to clean it. Your gardener or

landscape architect will help you decide how to efficiently maintain your pond.

Last, you might have or be prepared to add a pool to your property. A small, lap pool, a mid-size family pool, or a diving pool are among your options. You'll decide on chlorinated or saltwater, shape, depth, and border. For your pool, whether newly installed or an existing feature, you may want to discuss the plantings that surround and soften the pool's placement in your landscape—ah, but that's a topic for another column.

Whatever conclusions you reach about the ever-present issue of water in the context of your landscape and garden, I'm sure you'll find refreshing ways to while away a summer's day.





# Getting Creative on Cox Creek

By Lisa J. Gotto

The tranquility and waterside vibe of this gorgeous, single-level rambling ranch gives new meaning to the phrase, “Life is a Beach.” Indeed, one only need to set a foot on the property in Chester to feel on vacation all of the time.

Entertaining is a dream in this home which flows effortlessly from the front porch to the private pier at the back of the residence. A beachy, blue green front door welcomes you to a spacious open-plan-living experience with numerous floor-to-ceiling windows and wide-plank oak hardwoods throughout. The entryway is large, light, and breezy and leads to a home that is splashed with custom treatments and high-end finishes throughout.





Located to the right of the front door is a large, stylish kitchen with attractive, two-toned cabinetry of gray stain over cherry wood at the bottom and white on the uppers. This true chef's kitchen is accentuated with gleaming white quartz countertops and graphite appliances. An upper-level counter crafted of knotty-pined wood provides breakfast bar space for four. A contemporary backsplash of white and muted grey tiles ices the cake in this sweet kitchen.

The home's family room flows to the left and includes a great area for gathering around the living and adjacent formal dining space. The property's 270-degree





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**Primary Structure Built:** 1987  
**Sold For:** \$825,000  
**Original List Price:** \$785,000  
**Bedrooms:** 3  
**Baths:** 2 Full  
**Living Space:** 1,872 Sq. Ft.  
**Lot Size:** 0.45 acres

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views out to the pier on Cox Creek are life-affirming. All the interiors are washed in subtle to deeper tones of the sea that blend easily as they do in nature. A formal living room is painted a rich, jeweled green and provides a great view to the property's lush backyard and shoreline.

A gorgeous master retreat with waterfront view and a totally Zen en suite is joined by two additional generous bedrooms on this level of the home.

The spacious outdoor living space rivals anything one would see in a home "how-to" guide with its rustic brick pavers and overhead pergola treatment. There's plenty of room to place several furniture groupings, a fire pit, and your choice of outdoor appliances in this space which also provides the shade of several mature trees.

With its pier and 12,000-pound boat lift, all that's left to do is take the casual stroll to your water craft of choice and plot a course out to the Bay.



# On Calm & Deep Waters in Cambridge

By Lisa J. Gotto

There's nothing like being away from it all...except for having it all—and this home situated on a cozy point in Cambridge, certainly has everything a lover of the Chesapeake lifestyle could want.

From its private setting on four acres, to its waterfront views that include sunrises and sunsets on Fishing Creek and southerly views of Church Creek, this contemporary residence will provide its new owners with every creature comfort and plenty of space to create great memories on the water.

Just inside its lovely entry, you'll get your first glimpse of its fine craftsmanship with gleaming light hardwoods and an ascending view of the fine wood staircase to the wall of stacked stone that provides one of the home's primary interior features. On the main level, it serves as a gorgeous hearth in the open-plan family room offering a rustic and warm atmosphere.

A few steps past the entry to the left is the home's all-white and bright kitchen with sparkling light granite countertops and an attractive deep-mount sink in the peninsula. There's seating for three here with a view to the room's white brick fireplace and all



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**Primary Structure Built:** 1990  
**Sold For:** \$1,225,000  
**Original List Price:** \$1,250,000  
**Bedrooms:** 5  
**Baths:** 4 Full, 1 Half  
**Living Space:** 5,432 Sq. Ft.  
**Lot Size:** 4 acres

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stainless-steel appliances. In addition, an attractive separate seating area is available in the sunroom, which flows off the kitchen. This room is flooded with natural light and offers incredible waterfront views. A separate more formal dining space is also available on this level just beyond the great room, as is a casual living room with contrasting slate flooring.

This home offers three bedrooms including a spacious master with updated bath, all on the upper level, and two additional bedrooms in the property's fully-equipped guest house. Also on the prop-







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erty is an oversized, L-shaped garage with a workshop area, perfect for car, boat, and storage for toys of all sizes.

Speaking of watercraft, the new owners have approximately 950 feet of shoreline, six feet of mean low water and a 130-foot pier with boat lift, water, and electric. Access to the Little Choptank River means this location offers some of the area's best crabbing and fishing, and exceptional access to the Chesapeake Bay. Kayaking and paddle boarding can also be enjoyed on the calmer waters of Church Creek and Fishing Creek, which is also ideal for taking in the wildlife and scenery that this special piece of real estate has to offer.

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# Views for Miles

By Lisa J. Gotto

The location of this stunning, six-bedroom home not only offers the trifecta of Bay views—Bloody Point Bar Lighthouse, Thomas Point Lighthouse, and the Bay Bridge—its exceptional design and flow exemplifies sublime Chesapeake waterfront living.

Just steps inside the 9,000-square-foot Nantucket, shingle-style home and you know you have arrived somewhere special; a showcase of fine craftsmanship combined with a flair for design and smart materials throughout. The grand, two-story foyer features one of home's statement-making staircases. This one proceeds from an elegant black and white tiled floor and ascends to a large arch feature window on the landing above.

Just steps ahead on the main level you will see straight through to the waters of the Bay. To the left of the foyer is the home's



great room with its coffered ceiling and airy feel from a series of large windows that effortlessly look out to the water. This room is accented with honey-colored hardwoods, a gas fireplace, and convenient access to the large covered patio perfect for sailboat watching.

The kitchen in this home offers commercial-grade appliances, all-white custom cabinetry (some with glass fronts), a large center island with gleaming white countertops, and natural flow to a unique circular dining booth. The kitchen also has sightlines to the home's second amazing staircase; this one a free-floating wood spiral style that needs to be seen to be believed. The home's main level also offers a 700-bottle wine room, billiard room with wet bar, and two powder rooms.



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**Primary Structure Built:** 2016  
**Sold For:** \$4,600,000  
**Original List Price:** \$4,995,000  
**Bedrooms:** 6  
**Baths:** 7 Full, 2 Half  
**Living Space:** 9,000 Sq. Ft.  
**Lot Size:** 1.8 acres

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Upstairs, there is a magnificent master suite perfectly executed to take advantage of this home's great location on the water. This space offers an expansive and private waterside deck from its separate seating area with gas fireplace and breathtaking Chesapeake Bay views. The master bath offers a spa retreat vibe with its cavernous steam shower, free-standing soaking tub, dual vanities, and private waterfront balcony. A spacious master closet with a plethora of custom built-ins is perfect for the fashion collector and then some.

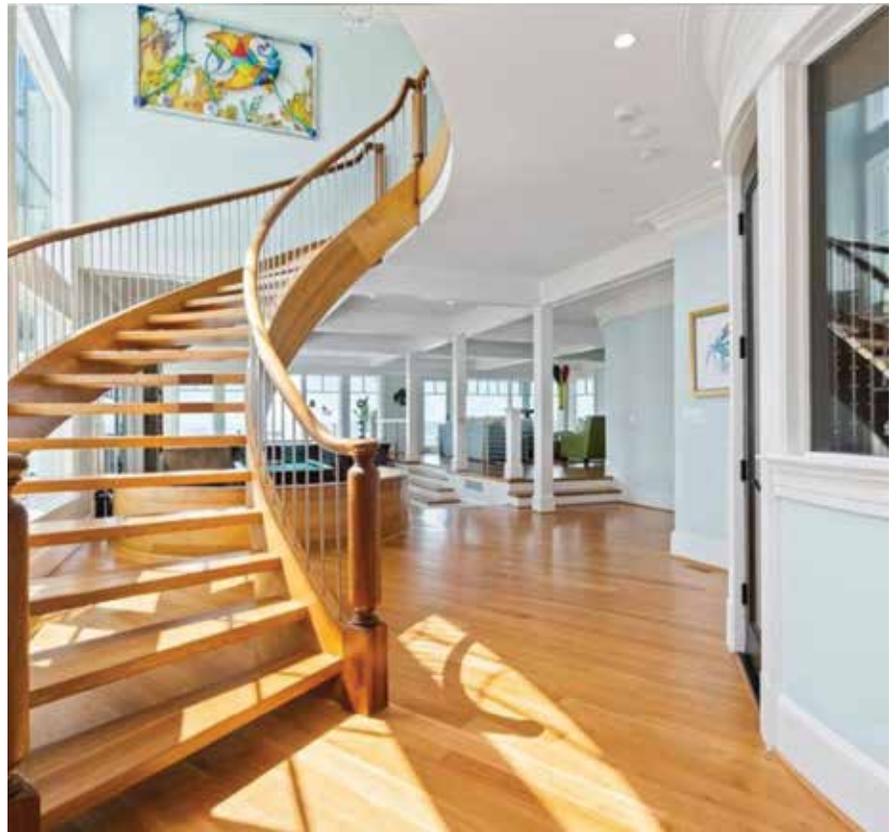
Everything about this home is synonymous with entertaining as the home features five additional bedrooms,



an abundant gathering area with a covered porch that spans the entire waterside of the home, and a gorgeous water's edge swimming pool.

In addition, the home's private pier offers five feet of water depth and is equipped with a 35,000-pound boat lift and four jet ski lifts. With the harbors of both St. Michaels and Annapolis just a quick 15-mile cruise away, this residence doesn't just tick all the boxes for quality of life, it blows them out of the water!

"This is one of the most impressive waterfront homes that has ever been sold on the Chesapeake Bay," says Brad Kappel with Sotheby's International Realty. "A magnificent coastal estate curated with top tier finishes perched on a truly spectacular point of land. The complete waterfront package!"



# A Nurtured, Natural Paradise

By Lisa J. Gotto

**T**his expansive home, located where Wall Cove meets Rock Creek in Pasadena, provides everything a growing or extended family could wish for in one stunning waterfront residence.

Built in 2005, this traditional-style home has been meticulously maintained and wows upon entry with its soaring, two-story foyer, gorgeous honey-colored hardwood floors, detailed crown molding treatment, and an eye-catching curved staircase.

Just beyond the front entry, is a large, formal living room/library with rich, cherry built-ins and generous amounts of natural light. This room is balanced on the main level by a large formal dining room perfect for life's more special occasions. A wonderful, rich cherry wood kitchen with gleaming dark granite countertops provides all the meal prep space any at-home chef could ask for. The kitchen is stocked with top-of-the-line appliances, including a custom, 48-inch JennAir side-by-side refrigerator-freezer and a JennAir double wall oven and microwave.

A charming, sunny breakfast area adds to the in-kitchen island seating and flows effortlessly into the home's more-than-grand great room with its wall of soaring windows overlooking the water and its floor-to-ceiling stacked stone fireplace. This part of the home alone makes for an exceptional gathering and entertaining space, but the views and the vibe in this room make it the home's ultimate destination. The main level also offers a separate home office with French doors, two butler's pantries, two bathrooms, and a mud room.

Upstairs, homeowners can retreat to a spacious master suite with a separate seating area to take in the awesome waterfront views, its own gas fireplace and a roomy master bath with dual vanities, a Jacuzzi soaking tub with separate shower, and walk-in closets with custom built-ins. This level features four additional bedrooms, all with their own private baths.





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**Primary Structure Built:** 2005  
**Sold For:** \$1,600,000  
**Original List Price:** \$1,649,000  
**Bedrooms:** 5  
**Baths:** 6 Full, 1 Half  
**Living Space:** 7,712 Sq. Ft.  
**Lot Size:** 1.08 acres

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A completely finished and well-executed lower level offers plenty of space for recreation, movie nights, card games, billiards, and working out at home. A large, wet bar with room for four stools and a fireplace complete its relaxing and fun vibe. From here the new homeowners will be able to easily walk out to their outdoor waterfront oasis that is perfectly situated to maximize those incredible water views. Beautiful brick pavers and a large, covered pavilion with an in-laid wood ceiling provides plenty of space for the convenient outdoor kitchen and entertaining area.

Just a few steps from here they can also access their private, 90-foot dock and two boat lifts. The property also boasts 147 feet of shoreline and approximately six to eight feet of mean low water. A true natural paradise for the waterfront-loving homeowner!

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# Health & Beauty

82 WHAT'S THE HYPE ABOUT DIETARY COLLAGEN? | 83 FITNESS TIPS

84 FRESH TAKE | 86 WHY UNDERGO RHINOPLASTY? *plus more!*



# What's the Hype About Dietary Collagen?

By Dylan Roche

*It used to be that when people talked about collagen for maintaining their youth, they were probably talking about getting injections to reduce facial wrinkles or fill out their lips. But a new method of using collagen is gaining momentum—with no needles involved*

More and more people are now taking dietary collagen in the form of supplements, powders, bars, and beverages, all with the expectation that increasing their intake of this type of protein will help improve their skin, fight aging, reduce joint pain, improve wound healing, and prevent muscle atrophy.

What's the science behind it? Although many influential celebrities have been touting success stories—like Kourtney Kardashian, who claims to drink a cup of hot collagen water every morning in place of coffee to achieve younger-looking skin—there's limited research to support the use of supplementary collagen.

As doctors and health experts will tell you, there's no doubting the importance of collagen in the body. This naturally occurring protein is part of your skin, tendons, bones, cartilage, connective tissue, and organs. In fact, the word “collagen” comes from the Greek word “kóllo,” meaning glue, because it plays a vital role in holding your body together.

But as we age, or if we eat a poor diet, the collagen in our body decreases. When this happens, you might see your skin lose its elasticity and start to wrinkle, or your hair might not grow as quickly or as fully. You'll have less flexibility because of stiffer tendons, and you'll have less strength because of atrophied muscles.

It makes sense, therefore, that people would want to include collagen in their diets. Collagen can be found naturally in animal products like meat, eggs, and bone broth, and your body has an easier time properly absorbing collagen when you are consuming sufficient amounts of nutrients like vitamin C, found in citrus fruits and greens, as well as zinc and copper found in shellfish, nuts, and beans.

While supplements are never meant to serve as a substitute for healthy eating, it is possible to increase your dietary collagen with the use of hydrolyzed collagen powder, which can be bought at



grocery stores or supplement shops and easily added to beverages, soups, and other recipes. The problem? You can't dictate how your body is going to use that collagen. When your body digests protein, it breaks it down into individual amino acids that are later reassimilated in your body for various functions. The collagen you consumed with the hopes of reducing wrinkles might be used by the body for another purpose, such as keeping your tendons supple and limber.

There is some research to support the trend, however. For example, a small 2014 study published in the peer-reviewed *Skin Pharmacology and Physiology* looked at women between the ages of 35 and 55 who took up to five grams of collagen every day for eight weeks. At the end of the trial, the women who took supplementary collagen saw improved skin elasticity compared with those who didn't take it.

Health experts like those at the Cleveland Clinic encourage people to focus on getting plenty of protein in general, and to get as much as possible from food sources instead of supplements. If your body is lacking in collagen, simply drinking bone broth will be enough to enhance your diet.

One downside worth noting: The collagen in supplements primarily comes from ground-up animal scraps, such as hooves, hides, bones, and nerve tissue. These scraps tend to attract contaminants, and some tests of collagen supplements have reportedly contained high levels of cadmium, a toxic metal. It's always best to do your research and find a brand that's been third-party tested. One reputable option that's worth trying is Vital Proteins Collagen Peptides, which has the approval of third-party testing company Consumer Labs and can be bought over the counter around the \$20–25 price point.

# Fitness Tips

## PILATES

By Dylan Roche

“I must be right,” Joseph Pilates, the inventor of his eponymous Pilates exercise routine, is quoted as saying. “Never an aspirin. Never injured a day in my life. The whole country, the whole world, should be doing my exercises. They’d be happier.”

Although Pilates might not be the cure-all its founder perceived it to be, there’s no denying his exercises offer many benefits to those who perform them. Back when Pilates created his program in the early 20th century, it was originally intended as a way of helping professional dancers recover from injury. But over the decades that followed, these conditioning exercises gained popularity with a variety of demographics, from professional athletes all the way down to those just starting a fitness journey.

The idea is simple: Because people tend to use their muscles the same way in most of their regular activities, they can benefit from correcting muscular imbalances, realigning their posture, and strengthening their core through a series of movements and poses. The result is a stronger, more flexible, more toned body with fewer aches and pains.

To the layman, Pilates might look similar to yoga, and they’re not completely wrong—Joseph Pilates practiced yoga himself, and he adapted several of yoga’s poses when creating his exercises. Like yoga, Pilates also emphasizes proper breathing and mindfulness as a person goes through the exercises.

But at their most basic level, yoga and Pilates have their differences. Yoga focuses on postures and alignment; on the other hand, Pilates is about strengthening and stabilizing. Some workout routines combine elements of both yoga and Pilates into routines known as either yagalates or PiYo.

Although you might have seen Pilates done on a special bedlike apparatus called a Reformer, most Pilates exercises require no equipment whatsoever. They can be done on a simple mat using only your bodyweight.

Interested in trying out Pilates at home before seeking out a class at a local gym or studio? Here are three Pilates-inspired movements recommended by the American Council on Exercise →



### THE SWAN

*Perform this Pilates exercise to stretch your spine and strengthen your back.*

Start by lying on your stomach on the mat. Bend your arms so you can place your hands palm-down by your shoulders. Keep your elbows as close to your sides as you can.

Raise your head and shoulders off the mat, inhaling slowly as you go. Take care you are slow and deliberate—you should be stretching your spine, not performing an inverted crunch motion.

Exhale and lower your head and shoulders back to the mat. Repeat five times, focusing on breathing as you complete each swan.

### THE HUNDRED

*This basic Pilates move is great for strong abdominal muscles and improving endurance.*

Begin by lying on your back. Bend your knees and raise your feet slightly off the floor.

Breathe in as you lift your head and shoulders off the mat. Raise your arms slightly so they are parallel with your core.

Extend your legs and hold them at a 45-degree angle with the ground. Keep your heels together and toes apart.

Vigorously move your arms up and down in a pumping motion. Breathe in as you pump your arms five times, and then breathe out as you pump your arms another five times. This constitutes one set.

Repeat these sets 10 times for a total of 100 pumps. When you’re done, hold your position before slowly bending your knees and lowering your feet back down to the mat. Slowly lower your head and shoulders as well.

### SINGLE LEG SPLIT

*In addition to building a stronger core, this movement helps improve pelvic stability.*

Begin by lying on your mat with your legs raised above you at a 90-degree angle. Raise your shoulders slightly off the mat.

Breathe in as you bend your right leg and draw your knee in toward your chest. Hold the back of your thigh to bring your leg as close to your core as possible.

Lower your left leg until it is only a few inches above the floor. Hold this position as you exhale. Inhale as you switch leg positions, bending your left leg and drawing your knee in toward your chest while straightening your right leg and holding it only a few inches above the ground.

Exhale as you hold the position. This constitutes one set.

Perform 20 sets, paying close attention to your breathing as you do them.



## Peanut Butter Banana Ice Cream



### INGREDIENTS:

2 overripe bananas  
1 cup peanut butter  
2 tablespoons milk  
1 cup chocolate chips

### DIRECTIONS:

Peel the bananas and cut into 1-inch slices. Place in a plastic bag and freeze for at least six hours. Add frozen banana, peanut butter, and milk to a blender. Process for 2 to 3 minutes until you have a smooth, creamy consistency. Remove from the blender and stir in chocolate chips.



cream in moderation. Stick with a half-cup serving and bulk it up with sliced fruit, chopped nuts, or dark chocolate chunks.

Or you can get creative in the kitchen by making your own imitation of ice cream using fruit, nut butters, non-dairy milk, and healthy sweeteners. With minimal prep work, you'll be able to enjoy something that's fresh and fun, packed with vitamins and minerals, and just as refreshing on a hot summer day.

Here are two great recipes to get you started!

## HEALTH & BEAUTY NUTRITION

# Fresh Take

## ICE CREAM

By Dylan Roche

Who can argue with the appeal of ice cream? Cold, creamy, and irresistibly sweet, this treat is hard to resist on a hot summer day. But if there were one drawback, it's the high sugar and saturated fat content, both of which can be turn-offs for those who are trying to follow healthy diets.

That doesn't mean ice cream needs to be completely off limits, however. All it takes is some careful decision making and moderation. You might even be surprised by a few healthy benefits ice cream has to offer.

Frozen desserts like ice cream have been popular throughout the history of civilization in some form or another. Even as far back as the ancient world, Alexander the Great was said to have enjoyed cups of snow flavored with honey and nectar. In fact, ice cream holds an interesting distinction in Maryland history: Governor William Bladen reportedly threw the first ice cream social in Annapolis in 1744.

The ice cream you'll find on the market today is usually made with some combination of milk, cream, sugar, and flavoring. At least 10 percent of its recipe must be milk fat for it to be labeled ice cream, as dictated by the Food and Drug Administration. That's why you'll often see products made from some combination of skim milk and vegetable oil labeled as "frozen dairy dessert."

Because of its high sugar and fat content, ice cream serves as a great source of energy—a half-cup serving has 140 calories. The problem is that it tends to be low in vitamins and minerals. While it does offer calcium, a mineral renowned for helping build and maintain strong bones, it has only one-third of the calcium you would get from a glass of milk. On the other hand, research suggests ice cream increases levels of the mood-boosting hormone serotonin and could potentially increase libido and fertility.

When browsing ice creams in the grocery store, you'll likely see plenty of options that market themselves as healthier. However, it's important to take a critical look at the ingredient list and nutrition panel. Products that have a lower fat content will likely have more sugar than their traditional high-fat counterparts, and the caloric difference will be minimal.

That's not to suggest you can't find a few good products that offer the taste of ice cream with a much more appealing nutritional profile. One great brand is Halo Top, which is made with skim milk and has about one-third of the calories of traditional ice cream. It also has a boost of protein from egg yolks and fiber from inulin (chicory root extract) and soluble corn fiber. But be careful—it's sweetened with a type of sugar alcohol called erythritol and vegetable glycerin, both of which could cause gastric upset.

You could also try Arctic Zero, a plant-based option made from faba beans. A pint has only 160 calories, and it's suitable for vegan, keto, and low-glycemic diets.

If neither of these versions cut it for you, that's okay—most dietitians agree there's nothing wrong with enjoying ice

## Dark Chocolate Almond Ice Cream

### INGREDIENTS:

4 cups almond milk  
1 avocado, mashed  
1/2 cup maple syrup  
1/2 cup unsweetened cocoa powder  
1/2 cup almonds, chopped  
1/2 cup chocolate chunks

### DIRECTIONS:

Combine the almond milk, avocado, maple syrup, and unsweetened cocoa powder into a large bowl and whisk until thoroughly combined. Pour into an ice tray and freeze until solid. Remove frozen cubes from the ice tray and put into a blender. Blend on high until the chunks have formed a thick, creamy smoothness (approximately 2 to 3 minutes). Remove from the blender and add chocolate chunks and nuts.

# Centreville Mom Doesn't Stop Until She Gets Answers

For Jessica Engle of Centreville, life is about one thing: family.

"I would describe myself as a small-town girl, one who never ventured too far from home," says the bubbly 35-year-old lifelong Queen Anne's County native. "I've always felt comfortable here and it's a great place to raise a family. It's simple living, something I relish and enjoy."

Engle, a senior contract coordinator for a major power company, and her husband, Jamie, have two energetic and active children, 12-year-old daughter, Haley, and eight-year-old son, Colby.

"My daughter plays soccer and my son competes in hockey," Engle says. "I'm the mom who cheers during the games. I enjoy watching my children and they like seeing me on the sidelines."

Even though the Eastern Shore is home, Engle and her family also enjoy getting away; whether it is taking a quick trip to the beach or vacationing on the white sands of the Caribbean.

## Unplanned Life Changes

"If there is one thing I have learned, it's that life is short and you have to enjoy it while you can," Engle says. "You never can take tomorrow for granted because things can change."

Things did change in spring 2020, while Engle was working from home during the coronavirus pandemic.

"I realized I was having heavier than normal bleeding and my back began to hurt," Engle explains. "At first I thought it was nothing because these symptoms would come and go. But soon I realized my condition was getting worse and things were different. I was fatigued all the time and missing out on family activities. I found myself sleeping more than usual."

## Be Empowered. Advocate for Yourself.

Engle first sought treatment from her OB/GYN. After an examination and a series of tests, Engle got great news—no signs of cancer and no findings that indicated another serious disease. The news that was more difficult to process was when her doctor told her she had unexplained abnormal uterine bleeding. It is a condition that is not uncommon in women, but that can be treated in a variety of ways.

"I was relieved I didn't have cancer, but I still had this condition that left me feeling frustrated," Engle says. "My quality of life was being affected and there wasn't a clear, direct answer."

"I was not interested in several of the treatment options offered to me because of potential side effects from the required medications," Engle

says. "I wanted to find a permanent solution, one that would allow me to feel better and resume spending quality time with my family." Engle then began researching experts with experience in treating her condition.

## Research is Key to Finding Answers

"Through my research I came across the physicians from Mercy," Engle explains. "I visited their website and found stories about patients who had been successfully treated for everything from uterine fibroids to ovarian cancer and how they were able to resume their lives. That's when I knew I found what I was looking for."

"My quality of life was being affected and there wasn't a clear, direct answer."

Engle's research led her to *THE NEIL B. ROSENSHEIN, M.D., Institute for Gynecologic Care at Annapolis* where she was introduced to Dr. Beman Khulpateea, a Fellowship Trained Gynecologic Oncologist. Dr. Khulpateea's expertise is in minimally invasive, robotic-assisted surgeries. It gave Engle the answer she needed—an ovary-sparing robotic-assisted hysterectomy.

## Robotic-Assisted Surgery Offers Answers

"Robotic-assisted surgery is an ideal treatment option for many women who are suffering from gynecologic issues," Dr. Khulpateea says. "It is less invasive than traditional surgery, yet allows us to perform complicated procedures like the one we performed on Jessica. For most women the recovery time is much quicker and they have less pain."

## Surgery to Sunbathing

Soon after her surgery and recovery, Engle picked up where she left off.

She is once again attending her children's games and cheering them on from the stands. This past April, Engle and her family were able to vacation at the beach, just eight short weeks after surgery.

"Traveling was wonderful and I am happy we made the time to do it," Engle says happily. "It was wonderful to see my family relax and have a good time. I would not have been able to take this trip without having had my procedure," she adds.

"That's our goal with every patient," Dr. Khulpateea offers. "We want them to enjoy what makes them happy."

"Spending time with family, doing what brings them happiness are all possible if they're feeling healthy," Dr. Khulpateea says. "Taking care of my patients means I'll work with them every step of the way to find the best possible treatment. There's no greater reward than to see my patients healthy, active and enjoying life."



"Centreville Mom Doesn't Stop Until She Gets Answers" provided by Mercy Medical Center.



HEALTH & BEAUTY BEAUTY

# Why Undergo Rhinoplasty?

By Dylan Roche

Did you know the most common facial plastic surgery procedure, according to the American Society of Plastic Surgeons, is rhinoplasty? Commonly described as nose reshaping or simply as a nose job, this procedure is done in numbers close to 220,000 every single year—and for a variety of reasons. While some patients undergo rhinoplasty for cosmetic reasons to achieve a more balanced appearance, others are seeking to improve their breathing or correct an injury.

## MEDICAL VS. COSMETIC RHINOPLASTY

It might surprise some people to know that the shape of their nose affects the ability to breathe. In many cases, this is the result of a genetic abnormality or birth defect, such as a cleft lip, Treacher Collins syndrome, Apert syndrome, or craniosynostosis. For babies and children with these conditions, rhinoplasty is only an option after they are finished growing, usually in their teens or early 20s.

Even in adulthood, trouble breathing can arise for some patients if they suffer a traumatic injury like a broken nose. An obstructed nasal passage results in trouble with exercise or other physical activity, as well as sleep disturbances like snoring or sleep apnea. Rhinoplasty serves to open up the nasal passages so air can flow freely again.

Cosmetic rhinoplasty has its benefits as well. The American Board of Cosmetic Surgery describes nose re-

shaping as “a rewarding and life-enhancing procedure” because it gives patients better proportion and symmetry to one of their face’s more prominent features, thus helping them achieve confidence in their appearance.

In situations of medical rhinoplasty, where a patient seeks nose reshaping to achieve better function, the procedure is often covered by their health insurance. Cosmetic rhinoplasty, on the other hand, which is simply done to improve a patient’s appearance, is considered an elective procedure and often must be covered out of pocket.

## HOW IT WORKS

Patients undergoing rhinoplasty should start by working with a surgeon to determine the new nose shape they want to achieve. This first step is especially important in the case of medical rhinoplasty because a surgeon must evaluate how a patient’s starting nasal structure affects their airflow and their ability to breathe.

Once the patient has undergone anesthesia, the doctor begins the procedure by making an incision along the columella, the strip of tissue that goes between the nostrils. This gives the surgeon access to the cartilage and bone they can then reshape to change the structure and shape of the nose. When the surgeon is done, they’ll make small stitches to close up the incision.

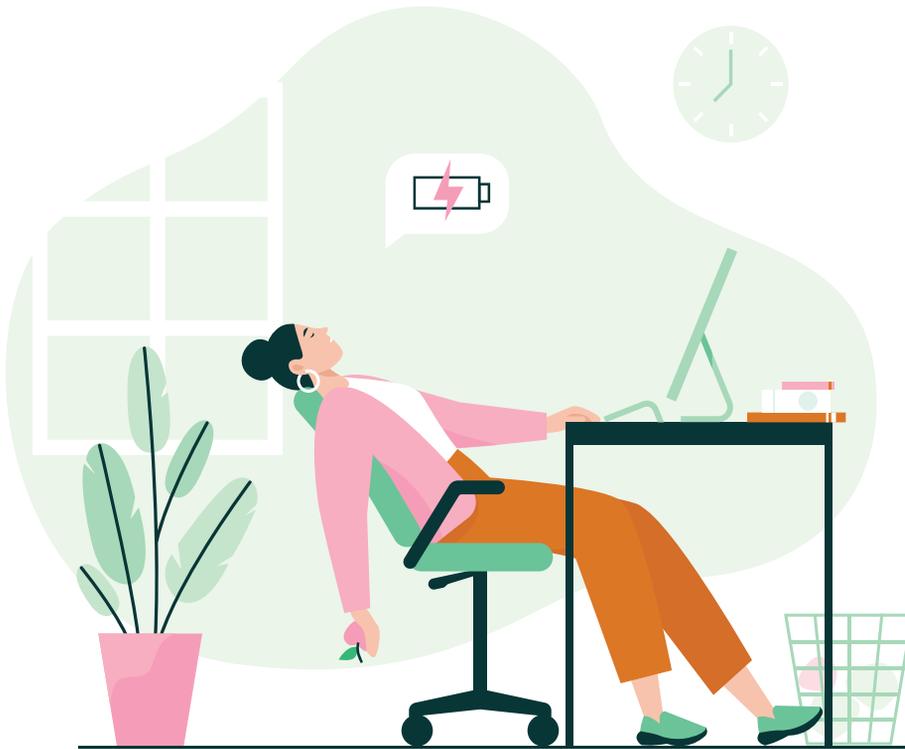
## CHALLENGES TO EXPECT

Although rhinoplasty is a fairly short procedure—usually taking only an hour or two, with patients able to leave the surgical site that day—there are some challenges that come with the recovery process.

Patients will leave surgery with a nose splint, and they should expect to see some bruising and swelling in the very beginning. This bruising and swelling will subside once the splint is removed.

Patients should plan to take at least a week off work or school for recovery, during which time they will need to take care in icing their nose and keeping it clean. After the first week, most patients will be able to resume normal activities, although it will take a few more weeks for minimal scarring to completely disappear.

*As with other plastic surgery procedures, finding a qualified professional is vital to ensuring your well-being and achieving the results that you want. To find a surgeon certified by the American Society of Plastic Surgeons, visit [find.plasticsurgery.org](http://find.plasticsurgery.org).*



HEALTH & BEAUTY HEALTH

# Constant Fatigue

JUST BECAUSE IT'S COMMON  
DOESN'T MEAN IT'S NORMAL

By Dylan Roche

Do you sometimes feel as if you're always—no matter what, no matter when—just a little bit tired?

You're not alone! According to the Centers for Disease Control and Prevention, insufficient sleep is a public health epidemic.

The statistics would definitely support that. A survey by the National Safety Council found that 43 percent of Americans admit they're often too tired to function properly at work, and the American Sleep Apnea Association reports that 70 percent of American adults claim insufficient sleep at least one night a month.

It's safe to say that being tired is far from unusual. But just because it's not unusual, that doesn't mean it's okay. Long-term tiredness could lead to serious health and safety risks, or if you're chronically fatigued without any good reason, this could signal a serious medical condition.

## ARE YOU TIRED...?

First, distinguish between tiredness and fatigue. Being tired is completely normal if you stayed up late the night before. When you should be concerned is if you suffer insufficient or poor sleep on a regular basis. This raises your risk for a number of health problems, both physical and mental,

including obesity, heart disease, diabetes, depression, and anxiety.

It's also dangerous if you find yourself in a situation where you're operating heavy machinery, such as driving a car. Drowsy driving can be just as dangerous as drunk driving—1,550 fatalities and 40,000 injuries result from driving while tired every year, according to the National Department of Transportation.

## ...OR ARE YOU FATIGUED?

Then there's fatigue. It's different from ordinary tiredness because you might not be able to identify a cause of it. You're getting sufficient sleep, eating a proper diet, and drinking plenty of water, but you still feel out of energy. You might have trouble concentrating or you might feel muscle weakness. Another sign of fatigue is lack of motivation or trouble enjoying activities you once enjoyed.

Fatigue could be a symptom of an underlying medical condition, such as anemia, an underactive thyroid gland, COPD, cancer, infectious disease, or any number of causes for concern.

It also might be what's known as Chronic Fatigue Syndrome,

sometimes abbreviated CFS. Although it's not clear what causes CFS, individuals in their 40s and 50s are at higher risk, as are those who have been infected with measles or the Epstein-Barr virus, which causes mono. Although CFS can't be cured, those afflicted with it can manage their symptoms with healthy practices like physical activity, sufficient sleep, and stress management.

## WHAT TO DO ABOUT IT

Maybe all of this has started you thinking about your own energy levels—and examining your lifestyle habits that affect them. While it's always important to see a doctor to rule out any underlying medical conditions, there are plenty of healthy lifestyle practices you can adopt that will help you stay energized during the day and achieve better shut-eye at night.

Eat a healthy diet with a balance of protein, carbohydrates, and healthy fats. Include plenty of fruits and vegetables in a variety of colors, and opt for whole grains instead of refined products whenever possible.

Aim for a half-hour of moderate to vigorous physical activity every day—something that raises your heart rate and allows you to break a light sweat.

Set a consistent sleep schedule with regular bedtimes and waking times (even on the weekend) that allow you to get seven to nine hours of sleep.

Eliminate or reduce your consumption of caffeine and alcohol, which can affect your quality of sleep. Drink more water to stay hydrated throughout the day, ultimately raising your energy levels.

Find ways to destress. Reading, meditating, listening to music, or talking with a friend can go a long way in alleviating mental or emotional overwhelm. Commit to saying no to any unnecessary social or professional activities that you find too demanding.

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# Dining

90 SAVOR THE CHESAPEAKE | 92 GUIDE



Saltwater Taffy IPA brewed by Flying Dog Brewery

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](http://whatsupmag.com/promotions).

# Savor the Chesapeake

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

By Kelsey Casselbury

## What's Going On?

Over in West County, Odenton has welcomed **Lime and Salt**, a new Mexican restaurant that opened in the former Pachanga Grill space. The eatery features traditional Mexican food, including street tacos, enchiladas, chimichanga, fajitas, and more, plus a full bar. (Check out the Spicy Margarita, a traditional marg topped with hibiscus and three pepper-infused tequila!) Lime and Salt is open every day for lunch and dinner. **8395 Piney Orchard Parkway, Odenton | 410-874-6277 | facebook.com/limeandsaltrestaurant**

The former location of Bill Bateman's Bistro in Severna Park has been sitting empty since 2019, but no more—sports bar **JB's** was scheduled to open in mid-May, an offering from 206 Restaurant Group, the team behind Park Tavern, Oliver Brewing Co., and

Donnelly's Dockside. With the tagline, "Bites. Brews. Ballgames. Just Because," JB's will be a casual environment that features dozens of TVs and all the fare you might expect, like burgers and wings. **566 Ritchie Highway, Severna Park | jbs-sp.com**

Feeling like you need something healthy and light? Check out **Nutrition 33**, a new place for tea and meal replacement shakes in Edgewater. Shake flavors include sweet treats such as banana bread and peanut butter cookie, coffee options and more, while tea options include chai, "Beauty and the Beast" (berry-lemonade), and "Lioness" (tropical peach). You can also upgrade with extra protein and fiber, probiotics and additional vitamins and minerals. **69 Mayo Road #103, Edgewater | 410-616-3357 | facebook.com/nutrition33.md**



## From the Bar: Summer Hops

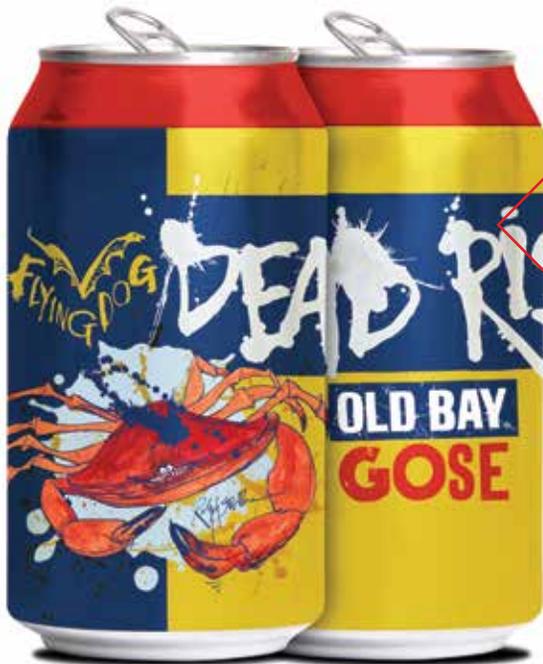
What does summer in Maryland mean? For many people, it's a trip to OC and its iconic businesses, including **Dolle's** for fudge, popcorn, and, most importantly, saltwater taffy. **Flying Dog Brewery** is getting in on that tradition by brewing Saltwater Taffy IPA, a first-of-its-kind 9.6% ABV beer that offers flavors of lemon and citrus hops with rich notes of vanilla creaminess, available in retail stores. In return, Dolle's is selling a beer-flavored saltwater taffy that's made with hops from Flying Dog, available in their shops and online.

rewards restaurants that serve local, Maryland-harvested crabs. Other recent releases from local breweries include:

Prickled Pink from **Forward Brewing** in Eastport, a prickly pear gose brewed with wheat malt, pink salt, and prickly pear puree. **418 Fourth St., Annapolis | 443-221-7277 | forwardeastport.com**

New in cans: Pils-Boh Baggins (+1 for the literary reference!), brewed with Bohemian Pilsner and Vienna malts and "Fermented colder than the peaks of the Misty Mountains," and Star Queen, featuring flavors of sweet fruit, melon, and gooseberries with a semi-sweet finish, both from **Crooked Crab Brewing Co.** in Odenton. **8251 Telegraph Road, Odenton | 443-569-9187 | crookedcrabbrewing.com**

Fair warning: These beers may or may not be available by the time you get there! Craft breweries are always coming up with new stuff, meaning beers go on and off tap all the time (also meaning that if these aren't still available, there will definitely be something new to try!) If you're really looking forward to one of them, call before heading to the brewery.



Other news from Flying Dog: The brewery has brought back its Dead Rise OLD BAY Gose, a salty-and-sour blend made with MD's favorite seasoning. Fun fact: *The Washington Post* once called Dead Rise "The most Maryland beer ever." A portion of proceeds from Dead Rise's sales supports the True Blue Program from the Maryland Department of Natural Resources, a campaign that highlights and

## From the Sea: **Oysters**

It's a well-known Maryland adage that you should only eat oysters in months containing an 'R.' As oyster farming gains prominence, however, that old-school way of thinking may start to be a thing of the past.

Twenty-four-year-old Jerry Sturmer, owner of the Eastern Shore start-up **Choptank Terrapin Oyster Co.**, explains that commercial watermen catch local, wild oysters in colder months, often because they're focused on crabs

during the summer season but also because wild oysters spawn during the summer months and letting them repopulate is vital to the health of the Chesapeake Bay. Farmed oysters, however, are triploids—compared to wild oysters, which are diploids—meaning they're sterile, so they don't spawn naturally. "The wild oyster population in the Chesapeake is less than 1 percent," Sturmer says. "Any way to serve someone oysters without taking from a population that's super decreased is a bonus."

As a bonus, farmed oysters are bred to be disease-resistant, meaning they're less likely to carry the bacteria *Vibrio*, which can cause food poisoning—another reason wild oysters aren't typically eaten during the summer, as that's when *Vibrio* is most concentrated in the oysters.

Sturmer doesn't view oyster farms as competition for watermen who catch wild oysters. "They're part of the heritage of the bay," he says. "It's something you don't want to forget...but oyster farming is using science to keep a declining resource alive."

*In other oyster farm news:* Hoopers Island Oyster Co. recently increased production on its "Chesapeake Smokes," oysters raised on the Hoopers Island farm off the coast of Dorchester County, then infused for six to 24 hours in smoked sea salt-infused water to develop a taste that's high in salinity with a subtle, smoky finish. The oysters were first served on the half-shell at Dogfish Head's Chesapeake & Main restaurant in Rehoboth Beach, Delaware, but can now be purchased online in 50- and 100-count bags. [hoopersisland.com](http://hoopersisland.com)



**Have culinary news to share?**

Send an email to Kelsey Casselbury at [kcasselbury@whatsupmag.com](mailto:kcasselbury@whatsupmag.com).

# Dining Guide

## Advertisers Listed in Red

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

☎ Reservations

┆ Full bar

👨 Family Friendly

🌊 Water View

☀ Outdoor Seating

🎵 Live Music

🐾 Dog Friendly

👑 Best of 2021 Winner

## Queen Anne's County

### Adam's Taphouse and Grille

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

### Annie's Paramount Steak & Seafood House

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

### Barbecue Bueno

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

### Big Bats Café

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

### Bridges Restaurant

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

### Café Sado

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

### Capriotti's

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

### Carmine's New York Pizza

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

### Doc's Riverside Grille

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

### El Jefe Mexican Kitchen & Tequila Bar

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

### Fisherman's Inn & Crab Deck

3032 Kent Narrows Way S., Grasonville; 410-827-6666; Crab-deck.coml Seafood; lunch, dinner \$\$ 🍷 🍷 🌊 ☀ 🍷

### Frix's Fire Grill

1533 Postal Road, Chester; 410-604-25251 Frixsfiregrill.com; Brazilian/American, small plates, bar/lounge, lunch, dinner \$\$ ☎ 🍷 🍷 🍷

### Harris Crab House

433 Kent Narrows Way N., Grasonville; 410-827-9500; Harris-crab-house.com; Seafood, crabs; lunch, dinner \$\$ ☎ 🍷 🍷 🌊 ☀ 🍷

### Hemingway's Restaurant

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

### Historic Kent Manor Inn

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

### The Jetty Restaurant & Dock Bar

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

### Kentmorr Restaurant

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

### Knoxie's Table

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

### Ledo Pizza

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

### Love Point Deli

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

### The Narrows Restaurant

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

### Oh My Chocolate

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

### O'Shucks Irish Pub

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

### Rams Head Shorehouse

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

### Red Eye's Dock Bar

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

### SandBar at Rolph's Wharf

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

## THE JETTY

"Crab everything. Left so full I couldn't eat the next day" —Johnny Carlton

## Talbot County

### 208 Talbot

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

### Ava's Pizzeria & Wine Bar

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

### Awful Arthur's Seafood Company

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

### The BBQ Joint

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

### Banning's Tavern

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

### Bas Rouge

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

### Bistro St. Michaels

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

### Capriotti's

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

### Capsize (Seasonal)

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

### Captain's Ketch

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

### Carpenter Street Saloon

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

### Characters Bridge Restaurant

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

### Chesapeake Landing

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

### The Coffee Trappe

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

### The Crab Claw Restaurant

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

### Crepes By The Bay

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

**Doc's Downtown Grille**  
14 N Washington St., Easton; 410-822-7700; Docsdowntowngrille.com; American, seafood; lunch, dinner \$\$ 🍴 🌿

**Doc's Sunset Grille**  
104 W Pier St., Oxford; 410-226-5550; Docssunsetgrille.com; American; lunch, dinner \$ 🍴 🌿 \*

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

**El Dorado Bar & Grill**  
201-C Marlboro Avenue, Easton; 410-820-4002; Mexican; lunch, dinner \$\$ 🍴 🌿

**Foxy's Harbor Grille (Seasonal)**  
125 Mulberry St., St. Michaels; 410-745-4340; Foxysharborgrille.com; Seafood, American; lunch, dinner \$ 🌿 🍴 \* 🌿

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

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

**Gluten Free Bakery Girl**  
116 N Talbot St; St Michaels; 410-693-1153 \$ 🍴

**Gourmet by the Bay**  
415 S. Talbot Street, St. Michaels; 410-745-6260; gourmetbythe-bay.net 🍴

**Harrison's Harbour Lights**  
101 N. Harbor Road, St. Michaels; 410-745-9001; Harbourinn.com; American, seafood; lunch, dinner \$\$ 🍴 🌿 🍴 \*

**Hill's Cafe and Juice Bar**  
30 East Dover Street, Easton; 410-822-9751; Hillscafeandjuice.com; American, milkshakes, sandwiches; breakfast, lunch \$ 🍴

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

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

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

**In Japan**  
101 Marlboro Avenue, Easton; 410-443-0681; Injapansushi.com; Japanese, sushi; lunch, dinner \$\$ 🍴 🌿 🍴 🍴

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

**Latitude 38 Bistro & Spirits**  
26342 Oxford Road, Oxford; 410-226-5303; Latitude38.biz; American, seafood; lunch, dinner, Sunday brunch \$\$ 🍴 🌿 🍴

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

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

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

**Lyon Distilling Company**  
605 S. Talbot Street, #6, St. Michaels; 443-333-9181; lyondistilling.com 🍴

**Marker Five**  
6178 Tilghman Island Road, Tilghman; 410-886-1122; Markerfive.com; Local seafood, lunch, dinner Thursday-Sunday \$\$ 🍴 🌿 🍴 🍴 \*

**Momma Maria's Mediterranean Bistro**  
4021 Main Street, Trappe; 410-476-6266; mommamariasbistro.com; Mediterranean; lunch, dinner \$\$ 🍴 🌿 🍴 🍴 🍴

**Old Brick Café**  
401 S. Talbot St., St. Michaels; 410-745-3323; Breakfast

**Osteria Alfredo**  
210 Marlboro Avenue, Easton; 410-822-9088; osteriaalfredo.com; Italian; lunch, dinner \$\$ 🍴 🌿

**Out of the Fire Café & Wine Bar**  
22 Goldsborough Street, Easton; 410-770-4777; Outofthefire.com; Mediterranean, seafood; lunch, dinner \$\$ 🍴 🌿 🍴

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

**Plaza Jalisco**  
7813 Ocean Gateway, Easton; 410-770-8550; Plazajaliscoeaston.com; Mexican; lunch, dinner \$ 🍴

**Pope's Tavern**  
504 S. Morris St., Oxford; 410-226-5220; Oxfordinn.net; European bistro; dinner \$\$ 🍴 🌿 🍴

**Portofino Ristorante Italiano**  
4 W. Dover Street, Easton; 410-770-9200; Portofinoeaston.com; Italian; dinner \$\$ 🍴 🌿

**Purser's Pub at Inn at Perry Cabin**  
308 Watkins Lane, St Michaels 443-258-2228 innatperrycabin.com; American food, small plates, lunch and dinner 🌿 \* 🍴

**Robert Morris Inn**  
314 North Morris Street, Oxford; 410-226-5111; Robertmorrison.com; Modern American; breakfast, lunch, dinner, Sunday brunch \$\$ 🍴 🌿 \* 🍴

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

**Sam's Pizza & Restaurant**  
1110 S. Talbot Street, St. Michaels; 410-745-5955; Samspizzastmichaels.com; Italian, American, Greek cuisine; lunch, dinner \$ 🌿 🍴 🍴

**Scossa Restaurant & Lounge**  
8 N. Washington Street, Easton; 410-822-2202; Scossarestaurant.com; Northern Italian; lunch, dinner, Sunday brunch \$\$ 🍴 🌿

**Snifters Crafts Beer and Wine Bistro**  
219 Marlboro Avenue, Easton; 410-820-4700; sniftersbistro.com

**Stars at Inn at Perry Cabin**  
308 Watkins Lane, St. Michaels; 443-258-2228; innatperrycabin.com; Seafood; breakfast, lunch, dinner \$\$\$ 🍴 🌿 \* 🍴 🍴

**St. Michaels Crab & Steakhouse**  
305 Mulberry Street, St. Michaels; 410-745-3737; Stmichaelscrabhouse.com; American, seafood; lunch, dinner \$\$ 🍴 🌿 🍴 🍴 \*

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### Sugar Buns Airport Café & Bakery

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

### Sunflowers & Greens

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

### T at the General Store

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

### Theo's Steaks, Sides & Spirits

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

### Two if by Sea

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

### U Sushi

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

### Washington Street Pub & Oyster Bar

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

## Kent County

### 98 Cannon Riverfront Grille

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

### Barbara's On The Bay

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

### Bayside Foods

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

### Bay Wolf Restaurant

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

### Beverly's Family Restaurant

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

### Café Sado

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

### Casa Carmen Wine House

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

### China House

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

### Evergrain Bread Company

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

### Figg's Ordinary

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

### Harbor Shack

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

### Java Rock

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

### The Kitchen at the Imperial

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

### Luisa's Cucina Italiana

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

### Marzella's By The Bay

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

### Osprey Point

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

### Pasta Plus

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

### Procolino Pizza

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

### The Retriever Bar & The Decoy Bottle Shop

337 1/2 High Street, #339, Chestertown 🍷

### Two Tree Restaurant

401 Cypress Street, Millington; 410-928-5887; Twotreerestaurant.com; Farm-to-table; lunch, dinner \$\$ 🍷 🍷

### Uncle Charlie's Bistro

834B High Street, Chestertown; 410-778-3663; Unclecharlies-bistro.com; Modern American; lunch, dinner, Sunday brunch \$\$ 🍷 🍷

### Waterman's Crab House

21055 Sharp Street, Rock Hall; 410-639-2261; Watermanscrab-house.com; Seafood; lunch, dinner \$\$ 🍷 🍷 🍷 🍷

## Dorchester County

### Bay County Bakery and Café

2951 Ocean Gateway, Cambridge; 410-228-9111; Baycountybakery.com; Sandwiches, pastries; breakfast, lunch \$

### Bistro Poplar

535 Poplar Street, Cambridge; 410-228-4884; Bistropoplar.com; French; dinner \$\$\$ 🍷 🍷 🍷

### Black Water Bakery and Coffee House

429 Race Street, Cambridge; 443-225-5948; Black-water-bakery.com; Artisan breads, soups, sandwiches, desserts \$ 🍷

### Blue Point Provision

100 Heron Boulevard, Cambridge; 410-901-6410; Chesapeakebay.hyatt.com; Seafood; dinner \$\$ 🍷 🍷 🍷

### Blue Ruin

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

### Bombay Tadka

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

### Kay's at the Airport

6263 Bucktown Road, Cambridge; 410-901-8844; American; breakfast, lunch, dinner \$\$ 🍷

### Lil' Bitta Bull BBQ

1504 Glasgow Street, Cambridge; 443-205-2219 🍷

### Ocean Odyssey

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

### Paul's Deli on the Creek

106 Market Square, Cambridge; 443-477-6630; Breakfast, Lunch (Closes at 6)

### RAR Brewing

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

### Snapper's Waterfront Café

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

### Suicide Bridge Restaurant

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

### ThaiTalian Infusion Cuisine

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

## Caroline County

### Harry's on the Green

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

### Market Street Public House

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

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"Mona Lisa Under Glass" by Jorge Alberto, after daVinci, oil, 20 x 15.5

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# Where's Wilma?

## FIND WILMA AND WIN!

This month, Wilma is soaring the skies and touching down across the Chesapeake Bay region for a variety of activities she enjoys, including hiking, biking, crab feasts, fishing, and more. Where will she land next and can you track her down?

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](http://whatsupmag.com/promotions) for another opportunity to win a prize.

**Congratulations to Al DiCenso** of Easton, who won a \$50 gift certificate to a local restaurant or service.

**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](http://whatsupmag.com/promotions)



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

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

|   |        |
|---|--------|
| Annapolis Auto.....                                       | 13, 14 |
| Annapolis RV Center.....                                  | 21     |
| Anne Arundel Medical Center—Fish For A Cure.....          | 80     |
| Anne Arundel Medical Center Luminis Health.....           | 9      |
| Aqua Pools.....   | BC     |
| Chaney Homes.....   | 2      |
| Chesapeake Bay Beach Club.....                            | 15     |
| Chesapeake Bay Maritime Museum.....                       | 28     |
| Dee Dee McCracken—Caldwell Banker.....                    | 60     |
| Djawdan Center for Implant and Restorative Dentistry..... | 1      |
| Drs. Walzer Sullivan & Hlousek P.A.....                   | 7      |
| Eastern Shore Title Company.....                          | 73     |
| Easton Dermatology Associates LLC.....                    | 21     |
| Fisherman's Crab Deck/Fisherman's Inn.....                | 93     |
| For All Seasons Inc.....                                  | 34     |
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| Jason's Computer Services.....                            | 42     |
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| Warrens Wood Works.....                                   | 50     |
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