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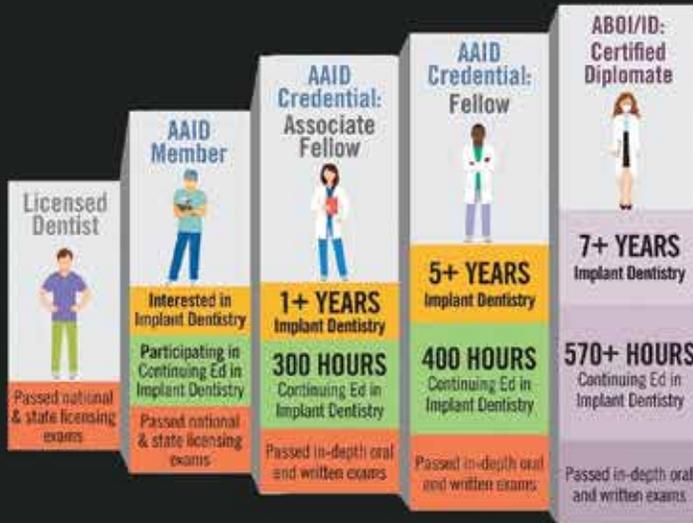


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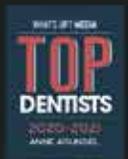
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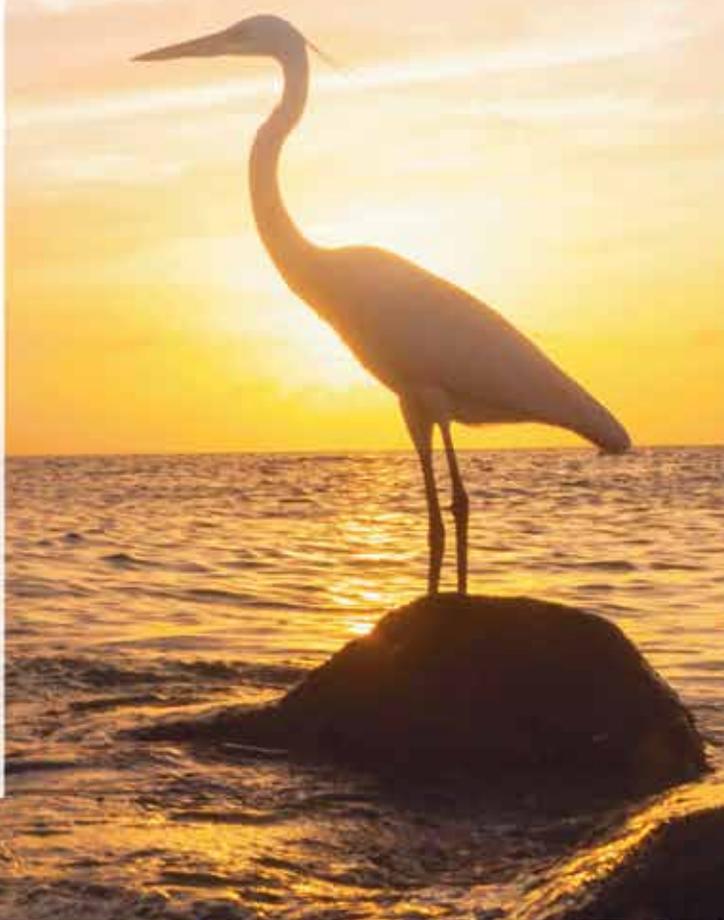
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**On the Cover:** Celebrate the very best in home design, construction, the market, and more with the Best of Eastern Shore Real Estate, Home & Garden winners. Design by August Schwartz. Contact *What's Up?* Eastern Shore online at [whatsupmag.com](http://whatsupmag.com). Please recycle this magazine.

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WHAT'S UP?

# EASTERN SHORE

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# From the editor



## *A funny thing happened on the way to this magazine...*

As I read and re-read, and even triple-checked the content prepared for this month's issue, a pattern emerged that almost made my heart skip a beat...in a good way. The moment crystallized when I finally reviewed the list of monthly regional events that our Entertainment Editor Megan Kotelchuck compiled, which you can now peruse beginning on page 11.

There are events...real events...and lots of 'em! There are more than we could fit in this issue (cue visit to Whatsupmag.com for our online calendar).

It's awe-inspiring that many of our long-cherished, annual favorites are coming back. That fact that seafood festivals, fairs, historical re-enactments (from pirates to knights), and all-manner of local, cultural celebrations are triumphantly returning is a testament to us...you, we, us...coming together to find reason and willpower for the greater good. And that greater good sure feels a heck of a lot better with live events, camaraderie, and the jovial atmosphere of our communities being out and about.

I think we noticed this at the beginning of summer, felt it during the Fourth of July, and are now ready to conquer fun and familiarity once again. I know I am. Safely of course.

The past 17 months-and-change have seen our communities, businesses, organizations, governments...all of us really... evolve in ways unimaginable before the pandemic took over. And for as much struggle and strife that many of our family, friends, neighbors, businesses, and frontliners experienced, there were substantive positives gained. The old saying, "When

one door closes, another one opens," certainly rings true in this regard. When the economy, events, and entertainment came to a standstill, for example, many folks took to the outdoors for adventure—not the least of which were boaters, anglers, and watersports enthusiasts of all types. The maritime industry—unlike many other industries—actually experienced quite a boom. Writer Jeff Holland discusses this in this month's article "Rising Tide Lifts All Boats."

And I believe, if one takes a step back, so to speak, and sort of views our nation's social dynamics through a macro-lens, there have been positive strides made to acknowledge our differences, correct injustices, and find solutions to problems all too common among our many municipalities. We might not agree on the means to the ends, but I think good steps are being taken toward this greater good of which I'm speaking. In this month's "One Nation: A Diversity Article Series" installment, written by Ines Alicea, we examine how the pandemic affected our Hispanic community and meet several local organizations working very, very hard to assist and lift our neighbors up. There are very endearing stories within this story.

On another emerging positive note, we are seeing local businesses expand, hire, and, even, newly open to great fanfare. Restaurants, both old and new, are resurrecting the Chesapeake dining/culinary scene. Read about several in this month's "Savor the Chesapeake" column by Kelsey Casselbury, as well as her tasty recipe for a frozen treat that's perfect to beat the heat...and be the life of the party.

Honestly, I've only begun to touch on the uplifting content you'll find in this month's issue. I mean, there's even a story about a former NASA astronaut exploring new frontiers (to find out what this means exactly, turn to page 70). A few other things you'll find in here: coconuts (perfect for summer!), martial arts (Cobra Kai anyone?), a standout Terrapin (think football), and, oh yeah, the 2021 Best of Real Estate, Home & Garden winners are announced. So, if one door has closed, you'll know who to call to help you open another!

I hope you have an ambitious and exciting summer; and make the most of it, because the school year and fall season are right around the corner. But that's for another issue.

**James Houck,**  
Editorial Director

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



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"A Rare Opportunity" to acquire "Cedarstone" located on a deep water peninsula of Aberdeen Creek off Melvin Road.

This Epic Home sits proudly on over 6 Acres of Parklike Grounds and Gardens. Boasting over 14,000 Square Feet of Living the property lends itself to Grand Entertaining coupled with Unparalleled Yachting and Nautical Enjoyment and Access.



## 214 Park Road | Riva, MD | \$1,750,000

This Masterfully built home is perched on a Majestic .27 Acre Lot with 90 Feet of Waterfront in the sought after Community of Sylvan Shores, high above the South River, offering unparalleled 180 degree views. The Owner Lovingly and Thoughtfully created a Masterpiece in 2005 encompassing more than 5500 Sq Ft of Living. Amazing & Unobstructed Water Views from almost every room in the home give you a feeling of true waterfront living at its best. As you enter through the front door a breath taking 2 story foyer complete with Swarovski Chandelier gives way to the water views through the expansive Living area. The gleaming Bolivian Rosewood Hardwood Floors throughout adorned with Custom Millwork and Columns bring the definition of Class and Easy Living to new levels. An Open Floor plan flows onto a Cooks Kitchen with Custom Schrock Brand Maple Cabinetry, Stainless Appliances with Thermador Dual Fuel Oven and Granite Tops. Large Breakfast/Informal Dining Area off the Kitchen as well as a Formal Dining room all offer spectacular water views.

Extensive Decks and Multi Level landscaped patios are accessed by all of the living areas making this home a pleasure to entertain in. Sumptuous Master Suite offers a double sided fireplace complete with a designated Jacuzzi Shangri-La within the Master. Huge Master bath with Additional Shower, Double Vanity and Water Closet. 4 large closets, 2 walk-in and 2 extra give the Lady and Gentleman abundant space. A wonderful private Sitting Room/Gym/Office with private balcony is located within the Master Suite. 4 Additional Guest Bedrooms and 3 Full Baths allow for Family and Friends. The home was smartly designed with a Full In-Law/Au Pair Suite with Kitchenette/ Living/Dining. Full Bath and Large bedroom with wonderful water views that lead out to gorgeous patios. The lower level also has a Sauna with a massage/meditation room to give you ultimate luxury and relaxation in the privacy of your own home. A gracious stairway leads you down to the waterfront encompassing a storage building for all of your water gear and toys. The dock leads out to deep water with 2 Jet Ski Lifts a 3 Slips. One Slip provides a 15K lb. Lift a second Slip has an 8K lb. Lift and the third Slip has a 16ft Beam and 4 Pilings for Mooring. So many features and upgrades in this rarely offered opportunity that a comprehensive list will provided. This superb waterfront gem is a Must See!



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# *Out on the* **TownE**

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## **↑ 41st Annual Rescue Fire Company Seafood Feast-I-Val**

The gates will open at 1 p.m. to Sailwinds Park in Cambridge for the Rescue Fire Company's Seafood Feast-I-Val on August 14th. The all-you-can-eat festival will be open 1-6 p.m. and include steamed crabs, crab soup, fried fish, clams, BBQ chicken, hot dogs, and more as well as entertainment from Golden Touch. Tickets are on sale online at [Seafoodfeastival.com](http://Seafoodfeastival.com).

## MARYLAND RENAISSANCE FESTIVAL ↓

The Renaissance Festival returns this season, beginning the last weekend of August all the way through October at the Renaissance fairgrounds in Crownsville. Each weekend, the festival will be open Friday through Sunday. Dress up in your favorite renaissance costumes, get your smoked turkey leg and other jovial food and drinks, and enjoy the endless entertainment of the 2021 Renaissance Festival. For a map of the village, the entertainment schedule, special events, tickets, and more, visit [Rennfest.com](http://Rennfest.com).



## Waterman's Appreciation Day

At Chesapeake Bay Maritime Museum, celebrate the Chesapeake watermen and their heritage on August 8th. The event will include a 'waterman's rodeo,' boat docking contest, and live music. Steamed crabs, beer, and other foods and beverages will be available for purchase. Find more information at [Cbmm.org](http://Cbmm.org).



## 23rd Annual Treasure the Chesapeake

Visit Baltimore Museum of Industry in Baltimore on August 12th at 6 p.m. for the 23rd Annual Treasure the Chesapeake Celebration with the Chesapeake Bay Trust. This evening will be all about enjoying good company and great Chesapeake Bay fare in a beautiful outdoor setting overlooking the Baltimore Harbor. This event has been bringing together hundreds of Chesapeake Bay partners, legislative leaders, and influential supporters who are committed to a cleaner Chesapeake Bay region for improved mental, physical, and environmental health. Visit [Cbtrust.org](http://Cbtrust.org) for more information.



## ↑ YOGA ON THE FARM SERIES: CELEBRATION OF HARVEST SEASON

From 7:30 to 9 a.m. on August 1st, visit Wildberry Farm + Market in Crownsville for Yoga on the Farm. This morning yoga session will take place among the wildflower fields on the farm. Annapolis local, YogiAllie, will be teaching the class. Social distancing will be observed and there will be plenty of place to spread out. After class, you will be able to pick wildflowers to take home! Rain date is August 15th. Visit [Wildberryfarmmarket.com](http://Wildberryfarmmarket.com) for more information and to sign up.



## JAZZ WITHOUT BORDERS OUT-DOOR CONCERT

Visit the Harriet Tubman Museum and Education Center in Cambridge on August 14th to see jazz star Hazel Mitchell-Bell. The concert will begin at 6 p.m. beneath the mural of Harriet Tubman. Though the concert begins at 6 p.m., guests are encouraged to arrive at 5 p.m. to tour the museum in advance of the show. Hazel Mitchell-Bell is a jazz vocalist from Washington, D.C., and will be sharing music from her new album *Sack Full of Dreams*. The suggested donation for the concert is \$20 and reservations are strongly suggested. Reserve a seat by calling 410-228-0401 or 301-310-3296. All proceeds go to funding future programs.

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## MARYLAND STATE FAIR

The Maryland State Fair is back beginning August 26th and continuing through September 6th. The 140th State Fair will take place at the Timonium Fairgrounds in Baltimore County and will be full of daily attractions, home goods, arts and crafts, farm and garden demos, livestock and horse exhibits, rides, games, live concerts, entertainment, horse racing, fair food, and more. Get your family together for fun, food, and an educational experience. Find more information, ticket prices, and a full schedule at Marylandstatefair.com.



## Rock Hall Pirates & Wenches Weekend

Visit Marketplace on Main Street in Rock Hall from August 13th to August 15th for Pirates & Wenches Weekend. Dress up for costume contests, enjoy pirate performers, live entertainment, kids' activities, and plenty of grub and grog and raffle tickets. Visit Rockhall-pirates.com for more information, full schedule, and list of performers and vendors that will be at the event.








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**Oxford, MD \$4,350,000**

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**Oxford, MD \$2,450,000**

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TOWNE SALUTE

# Marianne Petschke

Talbot Humane

By Lisa A. Lewis

**W**hen Marianne Petschke saw a notice seeking cat cuddler volunteers at Talbot Humane, she was thrilled. A lifelong cat lover, she immediately knew that she had to pursue this exciting opportunity. Not surprisingly, she fell in love with the work and has been a dedicated volunteer at Talbot Humane for the past eight years.

A dream job for cat lovers, cat cuddlers help socialize kittens in the adoption program, helping them feel comfortable around people, so they are ready to go to their forever homes. Cat cuddlers also spend a lot of time with the adult cats who are up for adoption. The circumstances that ultimately brought these cats to the shelter may differ. Some are strays; others have lost their homes because their previous owners can no longer care for them. But the cats' current situation is the same: They are in an unfamiliar environment, and many of them are scared.

"Our primary job as cat cuddlers is to make the cats feel safe, loved, and ready to reach out a paw to a visitor who wants to adopt," Petschke says. "The same is true for the group of dog walkers at Talbot Humane. Our goal

is to get all of our furry friends adopted!"

Since 1932, Talbot Humane, a 501(c)(3) nonprofit organization, has been fulfilling its mission to "provide a safe and healthy environment for unwanted companion animals in its care, place adoptable companion animals in good homes, protect all animals from cruelty and neglect, and reduce the unwanted companion animal population through spay/neuter and educational services in Talbot County."

"I get as much out of cat cuddling as the cats do," Petschke says. "Meeting a cat for the first time and winning over their trust is an amazing feeling. Sometimes [they take] baby steps, and you may just get to pet them. Or maybe it's all-out playtime with the laser pointer or some other toy. When they have fun, *you* have fun. Other times, they may climb into your lap and settle in. When you hold a scared cat and feel them finally relax and exhale, you do the same thing. You relax. You exhale. It's a gift you both get to share."

Like all organizations, Talbot Humane has adapted to meet the challenges presented by the COVID-19 health crisis. Although the pandemic slowed down some programs and shut down others for a period of time, the Talbot Humane team continued to work hard to place many animals in foster homes.

Petschke is excited that cat cuddlers, dog walking, PetSmart adoption center, Talbot Humane Pet Pantry, and the PAWS to Read Club are all operating once again. Indeed, Talbot Humane is proud to offer programs that serve the community and provide opportunities for youth. The shelter has been the Easton PetSmart store's main adoption partner since 2008. The pet pantry provides free pet food to owners in need, so they don't have to surrender their pets. And the PAWS to Read Club allows children to read to a shelter cat or dog.

Although being a cat cuddler is Petschke's primary role as a vol-

unteer at Talbot Humane, she has also assisted with orientation for the PAWS to Read Club, helping the children and their parents or guardians become familiar with the cat condo environment. In addition, she has also been a trainer for new cat cuddler volunteers for the past few years.

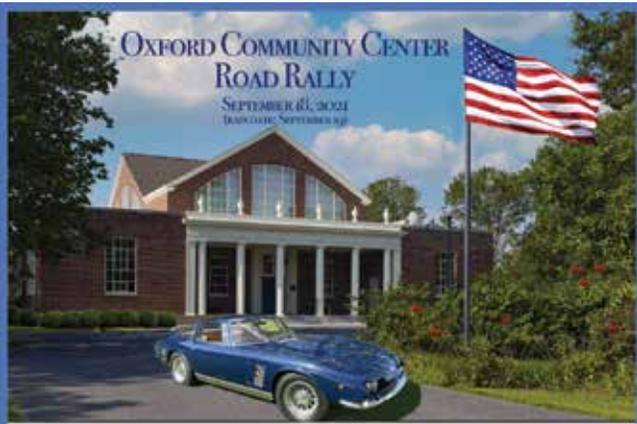
"Marianne is a special part of our team," says Patty Crankshaw-Quimby, executive director of Talbot Humane. "Her calm and caring energy is a comfort to the cats, and she is patient and passionate about sharing the work of our organization. Marianne also helps train new volunteers and bakes a mean cookie for our annual holiday cookie sale. She is always willing to help make a difference for the organization and the animals we serve. We're so thankful to have her as a member of our team."

Petschke, who relocated from Connecticut to Easton in 2009, has been married to her husband, Hal, for 29 years. In addition to their collective four grown children and granddaughter, they have adopted three adult cats from Talbot Humane. Currently, their furry kids are Morgan and Winston. Sadly, Rhetta, their other adoptee, has crossed the Rainbow Bridge.

"Volunteering at Talbot Humane has given me a greater understanding of the breadth of services they offer in their effort to keep pets in their loving homes and to find new homes for those who need them," Petschke says. "It warms my soul to see absolute angels walk into the shelter and ask to adopt the animal who has been there the longest. The staff is awesome to work with. Their commitment to the animals is incredible, and they truly appreciate their volunteers."

For more information about Talbot Humane, visit [talbothumane.org](http://talbothumane.org).

**Do you have a volunteer to nominate? Send What's Up? an email to [editor@whatsupmag.com](mailto:editor@whatsupmag.com).**



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## Brian and Jessica Flaherty Honored as Talbot County's Foster Parents of the Year

Brian and Jessica Flaherty of Easton became licensed as foster parents in Talbot County amid the COVID-19 pandemic. The couple's first foster care placement was a two-year-old medically fragile child who is blind and has cerebral palsy and chronic lung disease—having to be hospitalized several times while in their care. The Flaherty's confronted these challenges with grace and perseverance, earning them the recognition of being Talbot County's 2021 Foster Parents of the Year. "Jessica and Brian joined our agency just a year ago and have shown to be a tremendous resource for families in that time. They have a calling to care for children with special needs. Not only did they hit the ground running during a pandemic, but they have demonstrated tremendous flexibility and capacity to care for children with very high levels of need. They continue to amaze everyone who works with them and gracefully tackle the challenges of working with three different local departments on top of all of the children's specialists and medical providers," comments Paris Quillet, Special Projects Coordinator at the Talbot County Department of Social Services. The Flaherty's have four biological children, including one child who has Down Syndrome. Both had experiences with children with special needs—Brian was raised with a child who had Down syndrome and Jessica was raised with foster children. Jessica shares, "We knew we wanted to adopt a child with special needs one day and instead had our child born with Down syndrome. It is our lane and it's what we are good at."

## TALBOT COUNTY PUBLIC SCHOOLS HONORS RETIREES

Talbot County Public Schools and the Talbot County Board of Education held a reception at Easton Elementary School honoring 15 employees retired at the end of the 2020–2021 school year. Together they have devoted more than 346 years of service to the children of Talbot County. Three of the retirees have been with TCPS for more than 30 years and seven had more than 20 years of service. Corey Pack from the Talbot County Council gave a welcome, along with Delegate Johnny Mautz. Senator Addie Eckardt presented citations from the Maryland House of Delegates and the Maryland State Senate. Retiree awards were presented by Dr. Kelly L. Griffith, Superintendent, along with Susan Delean-Botkin, president of the Talbot County Board of Education. Each retiree received a gift of an engraved clock. **The 2021 TCPS Retirees are:** Michael Butler, Easton Elementary (21 years); Lionel Cooper, Easton Middle (23 years); Dawn Gencel, White Marsh Elementary (42 years); Jonathan Hammond, Easton High (14 years); Brenda Jenkins, St. Michaels Middle High (5 years); Joy Kinnamon, St. Michaels Elementary (26.5 years); Beverly Mayhew, Tilghman Elementary (17 years); Donna Midcap, Chapel District (32 years); Tony Mills, White Marsh (27.5 years); Tina Morris, Talbot County Education Center (21 years); Rowena Potter, Easton High (19 years); Alan Smith, Talbot County Education Center (24 years); Debra Thomson, White Marsh (35.5 years); Richard Walls, Talbot County Education Center (19 years); Brian Willey, Easton High (20 years).



## SHORERIVERS LUMINARIES EARN AWARDS

This past May, W. R. "Nick" Carter, III and Jeff Horstman earned state and regional environmental awards. Carter became the second recipient of the ShoreRivers Award for Environmental Stewardship during the organization's State of the Rivers presentation. The award recognizes an individual or entity in the Chesapeake Bay watershed for their transformational accomplishments as a steward of the environment. Horstman, a Wye River resident and former executive director of ShoreRivers, was named an Ambassador of the Chesapeake Bay by Governor Hogan. Maryland Secretary of Natural Resources Jeannie Haddaway-Riccio and Maryland Secretary of the Environment Ben Grumbles presented the award. Ann Swanson, executive director of the Chesapeake Bay Commission for the last 33 years, was tapped to speak on both occasions. Swanson was the first recipient of the ShoreRivers Award for Environmental Stewardship and considers it "one of the greatest recognitions of my life." She went on to say that it was a special honor for her to present the award to her friend Nick and to sing his praises. "Nick is brilliant. He is a synthesizer—a complex thinker. His friends and colleagues liken him to E.O. Wilson; some even refer to him as the David Attenborough of the Chesapeake." *Contributed by Rebecca Hock, ShoreRivers.*



## Gunston Announces New Athletic Director

After a competitive national search, The Gunston School is delighted to announce the appointment of their new Athletic

Director, Josh Breto, who is currently serving as the Assistant Athletic Director at Garrison Forest School in Baltimore, where he has broad responsibilities in the areas of team management, communication, parent relations, athletic skill development, and coach recruitment. Before his tenure at Garrison, he was the Technical Trainer and a Head Coach at the Soccer Association of Columbia, Maryland. Breto is a native of South Florida and played Division I soccer at The Ohio State University, where he was a Big Ten All-Freshman selection, a member of the 2009–2010 regular season and tournament champion team, a two-time Academic All-Big Ten Conference awardee, and the winner of the Big Ten Conference Sportsmanship Award in 2012. He graduated with a B.S. degree in City and Regional Planning, and played professional soccer briefly in Germany's "Regionalliga" for FSV Optik Rathenow in Berlin. Breto begins his tenure as Gunston's athletic director on July 12.



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**TOWNE** ATHLETE

# Sam Cash

## North Carolina High School Indoor & Outdoor Track

By Tom Worgo

**S**am Cash showed her potential during her sophomore year running indoor and outdoor track. Cash, a recent North Carolina High graduate, placed high in three different events—second in the high jump, and third in both the 100-meter and 300 hurdles—in the Class 2A state championships.

But that wasn't good enough for the recent graduate, so she spent much of her junior year working on her favorite event: the hurdles. "I really practiced a lot during those seasons," Cash recalls. "A lot more than previous years. I really perfected my technique."

The 5-foot-8 Cash worked on getting out of the blocks quicker and jumping over the hurdles more smoothly. Her efforts produced the desired result. Cash, who never ran track before

high school, won a state championship in the 55 hurdles in February 2020. She shaved nine seconds off her time from the meet in 2019.

"I put all my hard work and energy toward that," the Denton resident says. "It felt like it was a major accomplishment, and it brought me a lot of joy when I saw my mom and coaches jumping up and down."

Her success helped pave the way for a scholarship offer from Division II West Virginia Wesleyan. Cash committed to the school in November and signed a National Letter of Intent in April. The Naval Academy also recruited her.

"She has really good times in her events across the board," says West Virginia Wesleyan Track and Field Assistant Coach Andrea Chidester, who recruited Cash. "That's what sparked our interest. She has a very high ceiling. She sends me videos all the time of jumps. She has so much untapped potential. I think she is going to be a big contributor for our program."

Cash loves the enthusiasm Chidester and Wesleyan Track and Field Head Coach Alan Crise expressed for her during a visit in August 2020. "The coaches made me feel like I was already part of the team," Cash says. "I felt really comfortable being there. It fulfilled a dream of doing a sport in college. Once I started doing track, I knew I wanted to do it in college because I love the sport."

Cash has already set a lofty goal. "It would be really cool if I could make it to

nationals in college," she says of the Division II Men's and Women's Indoor and Outdoor Track and Field championships. Chidester adds, "I love to hear that and we have some big plans for her. It's not out of reach."

Cash made Bayside Conference Championships history in January 2020. She became only the second athlete to win four events and she finished on top in the 55 hurdles, high jump, the 300, and 500. "She is the one that would always be in the finals," North Carolina Track Coach Joe Witek says. "What a competitor she was. If she was not first, then she was last in her eyes. She did all the right things. She was willing to help the sophomores and juniors if they were willing to put in the work."

Cash's main sport growing up was lacrosse. She couldn't participate in it in high school since she ran outdoor track. So, Cash played soccer despite having no experience. The 18-year-old became a valuable contributor, starting for two years on the jayvee and another two on the varsity.

"She came out, worked very hard, and was coachable," North Carolina Girls Soccer Coach Mike Penn says. "She had grit and did the dirty work other kids wouldn't. She always hustled. If she got beat by a player, she would hustle to catch up." With Cash's success in track, we know beating her is not easy.

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



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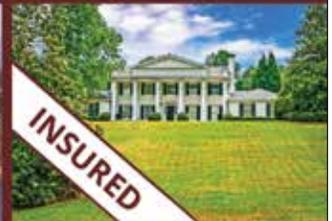


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TOWNE INTERVIEW

# Taulia Tagovailoa

Quarterback, Maryland Terrapins Football

By Tom Worgo

Photography courtesy University of Maryland

You can call quarterback Taulia Tagovailoa the face of Maryland football. The country knows Tagovailoa better than Terps' Head Coach Mike Locksley because of his family pedigree. Tagovailoa's brother, Tua, led Alabama to two collegiate national championships and now starts at quarterback for the Miami Dolphins.

Taulia, a junior who transferred from Alabama after his freshman year, wants to reach his brother's level of success. The younger Tagovailoa expects to catapult Maryland to the next level and one day play in the NFL.



**"THERE'S NO DOUBT HE HAS THE SKILLS TO PLAY AT THE NEXT LEVEL. I SEE HIM IN THE MOLD OF A LOT OF QUARTERBACKS THAT ARE PLAYING IN THE NFL."**

The 5-foot-11, 205-pound Taulia has a cannon for an arm and good speed for a quarterback. He scored a 40-yard touchdown run against Minnesota last fall.

"There's no doubt he has the skills to play at the next level," says Locksley, a former Alabama offensive coordinator. "I see him in the mold of a lot of quarterbacks that are playing in the NFL."

Tagovailoa also had some memorable games passing in his first season as a starter. He completed 18 of 26 passes for 282 yards and three touchdowns in a 35-19 win over Penn State and hit on 26 of 35 passes for 394 yards and three touchdowns during a 45-44 conquest of Minnesota.

Tagovailoa graduated from Honolulu's Saint Louis School, where he was a four-star recruit. He chose Alabama over scholarship offers from LSU, Florida, and Tennessee.

"One thing that jumps out at me the most is his ability to throw the ball accurately," Locksley says. "He is also able to make big plays because of his feet."

We recently talked with Tagovailoa about his relationship with Tua, the prospects of leading Maryland to a winning season, and the influence Locksley has had on him.

**Your brother won two national championships at Alabama and is the starting quarterback for the Miami Dolphins. Have you leaned on him for advice a lot over the years?**

I have always been learning from my brother since I became quarterback. I talk to him every

day. He's my role model and someone I look up to. He played in the same system we use now. I call and ask about certain plays we run. He always tells me to be myself, don't listen to the outside noise, and continue to work hard. That's what I have been doing.

**What was it like being on the same team for a year at Alabama?**

It was a blessing. I wouldn't take any of those days back. It was so great to play with him on the same team. Those memories last a lifetime. My family was very happy with it. They didn't have to go to two different colleges to see us play. The just had to go to an Alabama game. It was pretty cool that we could get the entire family in one place.

**Was it a sibling rivalry between you two growing up?**

It was a healthy competition. My dad pushed us every day, and I feel we made each other better every day. It was really a lot of fun playing football with him. How can you beat playing with your brother?





**Did you start playing center in youth football with your brother the team's quarterback?**

Yeah, I was a little bigger when I was young. We had weight divisions, and I couldn't make weight in my age group, so I had to play with my older brother and I could barely make weight in that age group. I was always the biggest in the weight groups, but the smallest on the team.

**Is it true you wanted to play center because of your uncle?**

My uncle Derek played center at the University of Hawaii and he was coached by June Jones, who was like a legend on the West Coast. My uncle played in front of our hometown fans, and the games were packed all the time. I wanted to follow in his footsteps. I made the switch to quarterback when my brother went to high school.

**What is your ultimate goal in football? Since your brother has made it in the NFL, does that give you extra motivation to do it?**

I want to win a Big Ten championship and a national championship. Everything my brother

has accomplished. I believe I can do it. It's crazy to think I will have the same opportunities to do it. I am trying to work hard every day to put myself in that position. It's always been a goal of mine to play in the NFL. That's why I compete to be one of the best.

**The Terps haven't had a winning season since 2014? What gives you the optimism that you can help Maryland change that?**

It's going to change. I feel we have a great team and we can do something really special. I feel our team is building an identity. We have put in the work. We are like a family now. We are getting stronger together. We have a lot of young players, and I think the biggest thing is that we have spring football. Last year, we didn't get to do that.

**Can you talk about your growth as a player and where you are this year versus last year?**

Last year, I was young. I had a lot of ups and downs, but I am grateful because I matured and it helped prepare for the 2021 season. Going into the season, I

know what to expect now. I got my feet wet. So, I know it's about preparing the right way.

**Can you describe your style of play? Do you like being known as a dual-threat quarterback? You seemed to be that type of player last year.**

I want to be known as a pocket quarterback. I am working on my pocket presence. Staying in the pocket and beating people with my arm. I want to have the ability to extend plays and run if I need to. I need to continue to work on my speed because a lot of big plays can come out of that. I am just trying to make big plays. I worked on it all spring.

**Was coach Locksley a big reason why you transferred to Maryland?**

My family trusts that he wants the best for me and my mom wanted me to go somewhere I would be comfortable. I like his offensive scheme and the type of person he is. He was always there for Tua at Alabama. When he recruited me to Alabama, he was the same type of person. He tells you the truth. My brother had a lot of good things to say about him.

**What else attracted you to Maryland? Did a stacked depth chart at Alabama contribute to the move?**

Yes. I want to make my own name and get my feet wet by playing. I don't know how much playing time I would have gotten at Alabama. I want to build my own brand. I can do that with coach Locksley.

**Can you talk about your relationship with coach Locksley? What are some of the takeaways?**

I have learned a lot from coach Locksley. That I can handle being a starting quarterback in the Big Ten. That I need to have that mindset. We have a great relationship. I am with coach almost all the time, and I can call him up anytime of the day. Sometimes, on the weekends we just call each other and ask each other if we had seen a certain college game that played on TV and the read that quarterback had made.

*The Maryland Terrapins' football season kicks off September 4th vs. West Virginia at Capital One Field at Maryland Stadium. For the season schedule and more information, visit [umterps.com](http://umterps.com).*

# CHESAPEAKE YOUTH SYMPHONY ORCHESTRA

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For over three decades, the Chesapeake Youth Symphony Orchestra (CYSO) has been fostering a passion for music among the youth of Annapolis and surrounding communities – creating the next generation of performers and music lovers! With distinguished conductors and pedagogues, a musically diverse offering of ensembles, and some of the best young instrumentalists that Anne Arundel County and surrounding areas have to offer, the CYSO is more than just a youth symphony orchestra, they are a family. Whether wowing audiences at the Marseilles Conservatory or the Chaillol Festival in France, a Church in Venice where Vivaldi himself performed, or accompanying world renowned artists at Carnegie Hall, the Chesapeake Youth Symphony Orchestra not only empowers its students to become lifelong lovers and performers of music, it most importantly provides its members with opportunities and memories that will last a lifetime.

The CYSO was established in 1990 by several parents of young musicians in the greater Annapolis area who were looking for a more challenging orchestral experience for their children. Since then, the organization has grown to 9 ensembles including a preparatory, string, concert, chamber, and symphony orchestra, various flute choirs, and a jazz ensemble. While the music is at the heart of everything they do, the goal of the CYSO is to create an atmosphere where students feel comfortable to take musical risks in order to not only grow, but to thrive.

Music Director and Conductor of the CYSO Chamber and Symphony Orchestra's Maestro Julien Benichou has been with CYSO for 18 years. Maestro Benichou is an internationally recognized conductor, having guest conducted on 5 different continents, at many music festivals, with many professional and conservatory orchestras, and is currently the Artistic Director of the Washington Opera Society, and the Music Director of the Mid-Atlantic Symphony Orchestra. During his tenure with CYSO, he has worked not only to enhance the quality of music performed by his ensembles, he has made it his mission to provide students with opportunities to work with distinguished musicians such as internationally recognized virtuoso violinist, Stefan Jackiw,

French flutist, Jean Ferrandis, David Cooper, Principal French Horn of the Chicago Symphony Orchestra, and Patrick Jee, Cellist of the New York Philharmonic, just to name a few. Students have the opportunity to participate in master classes where they play for these musicians and receive first-hand feedback on how to enhance their playing. Opportunities such as these set CYSO apart from other organizations. "By exposing our young musicians to some of the world's greatest players and performers we are helping them aspire to be the best, and to perhaps one day accomplish what these amazing musicians have, or even more," says Maestro Benichou.

Members of the CYSO have gone on to hold many diverse roles in the world of Orchestral Music. CYSO Alumni Elena Murphy has gone on to win a position in the Clarinet Section of the United States Air Force Band. Michael Harper, is currently in the trumpet section of the Jacksonville Symphony. Richard Scerbo is the Director of the National Orchestral Institute and Alumni Guy McIntosh is currently the Executive Director of the Lancaster Symphony Orchestra. These Alumni are just a few of the CYSO's many distinguished members who have gone on to careers in music, highlighting the amazing education students receive.

If you are looking for a musical opportunity for your student that cultivates individual and ensemble musical growth, while building friendships and experiencing once-in-a-lifetime musical opportunities then look no further than CYSO which has been perfecting this formula for over three decades. With a proven track record of musical excellence, the CYSO has not only been providing the youth of Annapolis and their surrounding communities with a diverse variety of musical opportunities, they have no plans of slowing down now. Determined to expand ensemble opportunities and branch out to new locations abroad and perform, the Chesapeake Youth Symphony is growing and excited to welcome new members into their CYSO family.

Come see what the CYSO is all about and be part of their musical journey, as they venture on to the next 30 years of new heights, musical growth and education – and a lifelong passion for music!

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*By Ines Alicea*



fter an aunt who cared for her died and a hurricane wiped out much of Honduras in 1999, Estela Ramirez, then 15, and her brother rode buses for 1,600 miles to reunite with their birth mother, who they had not seen since birth and who had a young new family in the United States. Their family members feared that if the siblings stayed in Honduras, they would be forced to join violent gangs which she said is often “not optional.”

“I remember crossing the Rio Grande and trying to climb this hill,” says Ramirez, now the assistant director of the Chesapeake Multicultural Resource Center in Easton, Maryland. “I kept sliding back down. My brother reached the top of the hill and I was terrified I would lose track of him. I was crying and crying. It was an anguish I’ll never forget.”

Anne Arundel and Talbot Counties have experienced significant growth in the Hispanic population in the past 20 years largely due to the number of immigrants from Latin America moving to those counties. In 2000, the Hispanic population stood at 2.6 percent in Anne Arundel County and in the latest data available from 2019, Hispanics comprise 8.4 percent of the county’s residents and nearly 23 percent in Annapolis, according to the U.S. Census. Talbot County saw its Hispanic population grow to 7.2 percent from 1.8 percent during the same time frame and it stands at 10.8 percent in Easton alone. In both counties, the Salvadoran, Guatemalan, Mexican, and Honduran communities are the predominant groups, but Talbot is seeing an increasing number of Venezuelans fleeing unrest in their country.

## The Picture in Talbot

“A lot of people don’t understand the importance of the immigrant community,” suggests Matthew Peters, the nonprofit center’s executive director. “If we took out the Hispanic community, the majority of our population would be over 60 years old. Talbot County is known as a retirement community. We would have a huge gap if it weren’t for the immigrants. They keep the schools vibrant, alive, and progressing. They work in agriculture, the fisheries, and tourism. They are still part of our community and our schools.”

Five years ago, Ramirez shared her personal story with a local newspaper for the first time and she said her two daughters were upset with her, fearing that their single mother would get deported and that authorities now knew where they lived. They expressed terror about having to go live in Honduras, where neither they nor their mother had ties.

“In that moment, I knew all that they suffered,” says Ramirez, who at the time had been working under the Deferred Action for Childhood Arrivals (DACA) program, an immigration policy that allows some

individuals brought to the United States as children to receive a renewable two-year period of deferred action from deportation and become eligible for a driver’s license, a Social Security card, and a U.S. work permit. The program does not provide a path to citizenship.

“It has been a long path, lots of tears, lots of sleepless nights, a lot of worry, but we’re almost there,” she says. “I know how difficult it is to work two jobs, raise a family, and learn a new language.”

Victoria Gomez, the center’s outreach coordinator, says immigrant families are under inordinate stress, trying to become citizens, working multiple jobs, learning English, and figuring out how to live daily life in the United States, like how to pay a bill and taxes or which immigration lawyer they can trust not to abscond with their hard-earned money. She said it makes her “happy” to have a job where she can provide support to immigrants.

“This center shows the face of humanity not seen in many other places,” says Gomez, a native of Mexico. “The resources are out there. We just have to find them sometimes. (Donors) have been generous and help always seems to come from somewhere. I tell the (immigrant) families, ‘if you have a need, please come, and we will find a way.’”

## Meanwhile in Anne Arundel

While the governmental offices of Talbot County have largely relied on the Easton center to provide services for the immigrant community, the governments of Anne Arundel County and Annapolis have offices designated for helping Hispanics. Those offices work closely with nonprofits also dedicated to assisting immigrants.

“The pandemic at the beginning of the year highlighted the lack of resources that existed in the county for the Hispanic community,” says Sergio Polanco, multicultural affairs officer for Anne Arundel County. “Many were losing jobs. Many of them didn’t have computers and all of the sudden, they had to be computer experts. As immigrants, we fell, but we picked ourselves up and reinvented ourselves. We’re stronger and more united.”

Polanco says that while many did not own personal computers, most had Facebook on their smartphones so his office worked with Facebook groups like “Fuerte Annapolis” to reach nearly 5,000 people daily and share information on a variety of topics, including updates on schools, COVID testing, mask distributions, computer classes, and vaccinations. Polanco also hosts a regular Q&A on the platform and streams live on Anne Arundel County’s Facebook page. Since many immigrants didn’t qualify for unemployment or stimulus checks, as thousands lost jobs, his office sought out grants to help provide food and monetary aid to cover rents, utility bills, or other expenses.



*A lot of people don’t understand the importance of the immigrant community”*

—Matthew Peters



*This center shows the face of humanity not seen in many other places”*

—Victoria Gomez



***As immigrants, we fell, but we picked ourselves up and reinvented ourselves. We're stronger and more united."***

—Sergio Polanco



***The success of our center is due to our ability to understand the suffering in our community"***

—Estela Vianey Ramirez

"We wanted to make it a priority to understand the community's needs," says Polanco, adding that COVID forced his office to develop new outreach efforts since the community picnics he used to sponsor around the county were no longer an option. "The community had a difficult path. They didn't have the financial support or the recovery that the rest of the community had and there are still many challenges."

Thirty-three percent of the COVID cases in Annapolis were among Hispanics and nearly 14 percent of the deaths, according to the city's health data. Polanco's office contacted 11 foreign consulates to make arrangements for repatriating bodies of people who died of COVID.

"We were able to hammer out a lot of difficult questions," he says. "We succeeded by coordinating with Anne Arundel County Public Schools and the Health Department. Lack of information initially was a big factor because all of the information was in English."

### Empathy to Help Meaningfully

Easton center director Ramirez says the situation in Annapolis mirrored what was happening in Talbot County, but Talbot County had fewer employees in the governmental offices who spoke Spanish.

"The success of our center is due to our ability to understand the suffering in our community," Ramirez says. "There were a lot of poor families who had no choice but to go to work. They were greatly impacted out of necessity."

The job losses and steep declines in personal income among immigrants nationwide were not only felt locally, but also worldwide. Many Latin Americans send remittances to help support family members in economically-strapped countries. Remittances are funds sent by migrants via formal channels such as banks. According to the World Bank, remittances to Latin America in 2016 stood at \$74.3 billion and two-thirds of that came from migrants in the United States. But, due to the pandemic, the bank estimated that remittances dropped 14 percent in 2021. The impact on the economies is significant, particularly since the remittances are larger than foreign direct investment.

Laura Gutierrez, Hispanic Community Services Specialist for the Office of the Mayor of Annapolis, says the first days of her current job coincided with the start of the pandemic. She spent months building ties in the Hispanic community, going house to house with her staff members, discussing face masks, how to quarantine, what sanitizers to use, where to get tested, and where to go for vaccines. But, she said the problems the community faced were bigger than she anticipated.

"I knew it was bad, but I didn't know how bad," Gutierrez says. "Eighty-four percent lost jobs or had reduced hours. Seventy percent were living in overcrowded homes. Eighty percent of the people we interviewed didn't have health insurance. One-third of the people going through the vaccine clinics were illiterate in both Spanish and English. Twenty percent had no access to Wi-Fi at home."

Progress is being made. Gutierrez managed to get free Wi-Fi for many low-income families for one year. She built a vast network of contacts and resources. She worked with local businesses to sign up Hispanics to receive her office's text messages so she could provide information quickly to large groups of people. Also, by going door-to-door, she identified potential community leaders whom she hopes to train.

Gutierrez is acutely aware that during a major public health crisis, the country did not tap into a wealth of trained health care professionals who, because they lack citizenship, are relegated to working low-paying jobs. The Migration Policy Institute, a D.C.-based nonpartisan organization that seeks to improve immigration and integration policies through research and analysis, says that as of 2020, the United States has 263,000 immigrants with undergraduate degrees in medical and health sciences and 837,000 with health-related undergraduate degrees nationwide, but their skills are underutilized because they are out of work or in a low-skilled job. Maryland was ranked the ninth worst state with 7,000 people who could have contributed. Gutierrez successfully identified 11 trained health care workers who are immigrants and put them to work.

"Annapolis was not prepared for the Spanish-speakers," Gutierrez says. "There were a lot of technical and cultural barriers. It is still hard to work with partners who are used to English customers."

Her next steps are to focus on Latina empowerment including helping Latinas dealing with domestic violence, and to publish a magazine of the art and poetry of young Latinos.

"Often people assume Latino means everyone is Mexican," Gutierrez says. "We have rich diversity in our Latino population."

Gutierrez says her office is leading an effort to promote Hispanic health equity and has advised other counties on how to engage the community and develop effective outreach strategies.

"We also have helped two county health departments start up new community health outreach programs," she says. "It is an exciting endeavor with a strong chance of implementing some serious change across the region."

The center in Easton provides a variety of support services—immigration clinics, citizenship classes, after-school tutoring and mentoring, information on health, education, and other resources in the community, language classes, assistance on a variety of topics, including how to start a business, or how to pay a utility bill—all at no cost to immigrants residing in Talbot and surrounding counties like Caroline, Queen Anne’s, and Dorchester.

## Paths to Citizenship

The center has successfully helped 200 people become citizens. But, the road to citizenship is long and often fraught with many uncertainties. Ramirez, the center’s assistant director, says it took her 19 years to get a Green Card, which will allow her to secure citizenship in three years.

“The process is very complicated, especially if you don’t have a legal background,” says Ramirez, who adds that the center sponsored her employment, making it possible to finalize the path to citizenship. The sponsorship allowed her to buy a house, build credit, and take college classes.

President Biden has proposed a U.S. Citizenship Act—which would cover about 11 million undocumented immigrants—but zero Republicans have signed on to the measure. Democrats are also advancing bills that would grant citizenship to smaller groups of immigrants.

When a loved one is deported suddenly, Gomez and the center step in to help the family left behind, providing a few days of meals, emergency rent or utility money, or other sources of support. She understands the challenges immigrants faced in their home countries, like few jobs, no public education, poor medical care, and extreme danger.

“People come looking for better opportunities for themselves and their children,” she says. For Gomez, her U.S. citizenship gave her not only peace of mind, but also an opportunity to get proper medical care for her mom’s cancer and escape a country where people are killed daily when caught in the crossfire of the drug cartels. Gomez says her brother was murdered in Mexico and to this day, she doesn’t know exactly what happened.

The center in Easton is unique. Local and county governments refer people to it for a variety of services, but most of its funding comes from private donations and 20 percent comes from contracts with local agencies for language services, outreach, and programming.

Peters says there is a great deal of need for the center’s services. He says that in 2000, students who identified as Hispanic were only about 1 percent of the students enrolled at Easton Elementary School. Today, more than 36 percent self-identify as Hispanic.

Peters says he hopes he can build on the numbers of contracts the center receives for its work to help address the growing need in Talbot and neighboring communities. The contracts help him add staff and makes their work more sustainable in the long term.

“We want to have the flexibility to provide help where it is needed,” Peters says. That flexibility has helped the organization gain the trust of the clients it serves and that of government offices. Peters has provided cultural competency training to the city police department.

Peters admits it’s a delicate balancing act running a center that helps the immigrant community because of the animosity that arises in certain sectors of the community about helping people who are undocumented.

“There is so much animosity,” Peters explains. “I say, ‘Come on. Let’s move on.’ If people could move on, it would radically change our communities for the better. We need immigration policies that benefit and reflect our communities that have been here 15 to 20 years. We’ve been nibbling around the issue by providing more education or more assistance, but what we need to do is move forward as a country and recognize the reality and that we can solve this problem now.”

Six in 10 undocumented immigrants have lived in the United States for a decade or more, according to the Migration Policy Institute. Many can’t risk going home to be with dying parents or attending burials in their home countries because they could be arrested even though many have spent decades here.

“I felt so relieved when I got my citizenship,” says Ingrid Diaz, a native of Guatemala who works as the Easton center’s community liaison and is a recent graduate of Easton High School. She made the trek to the U.S. border by herself in 2014. “It was such a huge blessing (to get citizenship). It was so difficult for so long because I felt I had to be very careful with what I said because it could be held against me. Also, when you look for jobs, many people want citizenship, which leave you without opportunities for employment.”

Even though Jennifer Villacorta, the center’s communications director, was born in the United States, she said she worries about other family members who are under an immigration program called Temporary Protected Status, another policy that does not lead to citizenship. It gives work permits to people from countries that the Department of Homeland Security has determined are unsafe to return to or that the country can’t handle a large migration. Villacorta is the oldest of seven siblings, all U.S. citizens, and she worries that if her mom were to be deported, Villacorta would have to take over. Her family sends money weekly to support her grandparents, but the cost has been that she rarely sees her mother. Her mother works two jobs seven days per week.



***Often people assume Latino means everyone is Mexican. We have rich diversity in our Latino population.”***

—Laura Gutierrez



***We need immigration policies that benefit and reflect our communities that have been here 15 to 20 years.”***

—Matthew Peters



*Jennifer Villacorta is the communications director for the Chesapeake Multicultural Resource Center in Easton. The recent Easton High School graduate was born in the U.S. and is the oldest of seven siblings (all U.S. citizens), but worries for other family members in the states on Temporary Protected Status, which does not guarantee a path to citizenship.*

“She comes home very tired, but she wants to be a mom so she cooks for us,” says Villacorta, also a recent graduate of Easton High School.

Peters says his focus is on helping families and easing their burdens. He laughs when he shares that he “didn’t really like people” after graduating from college with a forestry degree so he spent more than a decade planting trees in Guatemala. He soon realized that the survival of trees depended on the health of people. When he returned home, his whole mindset changed. He became heavily involved in the center and eventually became its executive director.

“If you have a healthy family, you will have a healthy community,” Peters says.

### The Pursuit of Education

Cristal Garcia-Lara, the youngest board member of the Annapolis-based Creating Communities, a nonprofit dedicated to teaching life skills through art to students from low-income households in Anne Arundel County, wholeheartedly agrees with Peters. Garcia-Lara says the pandemic was not only hard on the children, but also on their parents. She helped families set up Kindles, introduced them to different outside programs to keep everyone engaged and entertained, and arranged to have artists from around the world teach art to the children virtually. She also helped the mayor’s office with outreach efforts to boost vaccination rates and distribute fresh produce.

Garcia-Lara, a graduate of St. Mary’s College, also knows the challenges of being a first-generation

student to go to college so she arranged a college preparatory program through the organization.

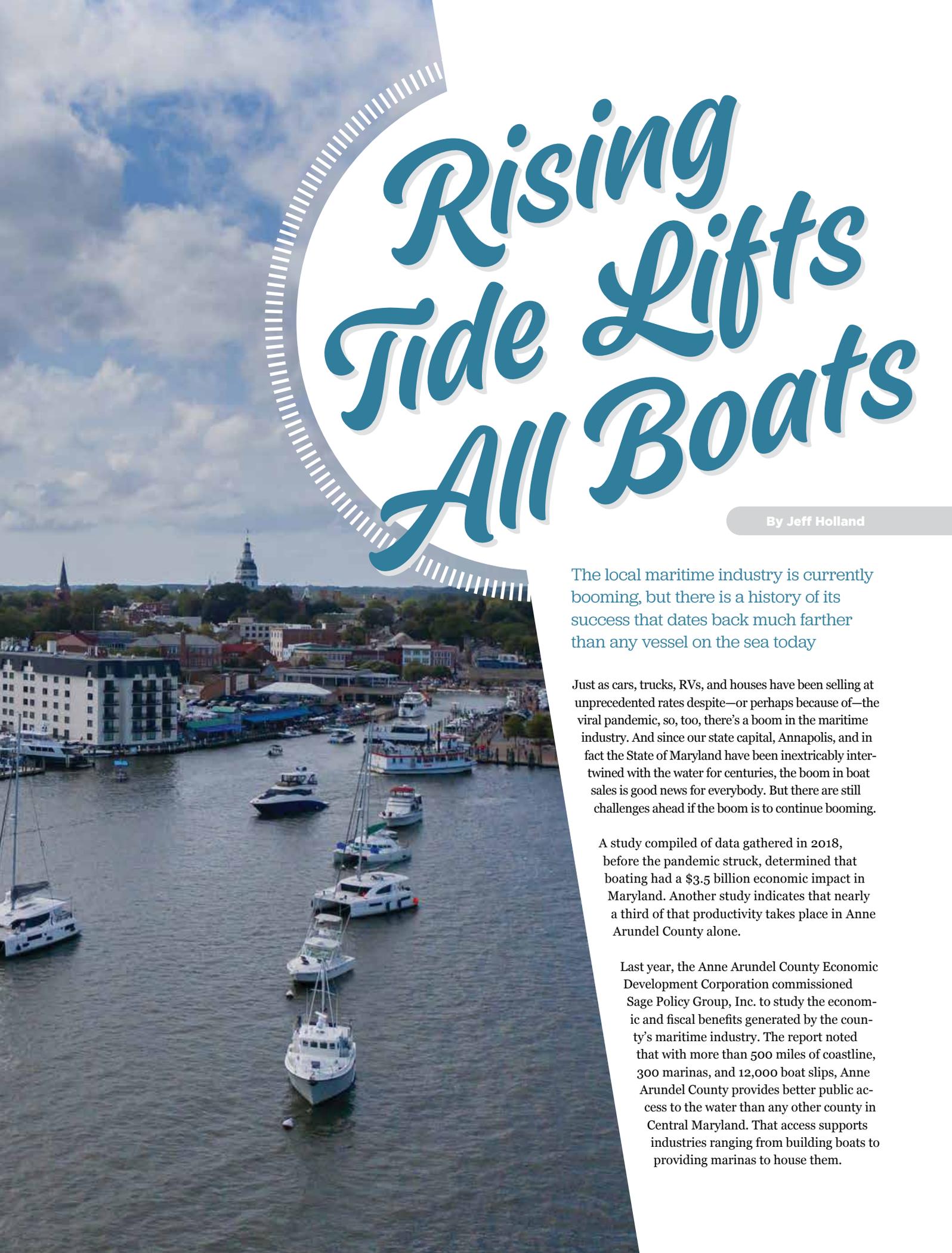
“First-generation people don’t get that whole ‘my cousin did the SAT thing’ so I know how to do it too,” Garcia-Lara says.

The center in Easton also has worked to boost the numbers of Latino students attending college, pairing students with retired professors to prepare college applications. The effort seems to be paying off as the University of Maryland reported a significant increase of Hispanic enrollment of incoming freshmen and transfer students. Nearly 16 percent of transfer students to the College Park campus in the fall of 2020 were Hispanic, according to the UMD.

“We work closely with counties across the state to recruit students of color to UMD, including Latinx students, and actively engage in robust community outreach, partnership development, and vigorous recruitment necessary to build entering classes of students that provide the diversity that we know improves the educational outcomes for all students,” says Shannon Gundy, executive director of UMD’s undergraduate admissions.

But, the Hechinger Report, a national nonprofit newsroom that reports on education, says more work needs to be done because Latinos comprise 21 percent of high school graduates in Maryland, but only about 8 percent of UMD freshmen enrollees.

Thankfully for the Hispanic community within our communities, there are organizations and governments dedicated to the causes that this population can positively affect. There is hope because there are faces of humanity.



# Rising Tide Lifts All Boats

By Jeff Holland

The local maritime industry is currently booming, but there is a history of its success that dates back much farther than any vessel on the sea today

Just as cars, trucks, RVs, and houses have been selling at unprecedented rates despite—or perhaps because of—the viral pandemic, so, too, there's a boom in the maritime industry. And since our state capital, Annapolis, and in fact the State of Maryland have been inextricably intertwined with the water for centuries, the boom in boat sales is good news for everybody. But there are still challenges ahead if the boom is to continue booming.

A study compiled of data gathered in 2018, before the pandemic struck, determined that boating had a \$3.5 billion economic impact in Maryland. Another study indicates that nearly a third of that productivity takes place in Anne Arundel County alone.

Last year, the Anne Arundel County Economic Development Corporation commissioned Sage Policy Group, Inc. to study the economic and fiscal benefits generated by the county's maritime industry. The report noted that with more than 500 miles of coastline, 300 marinas, and 12,000 boat slips, Anne Arundel County provides better public access to the water than any other county in Central Maryland. That access supports industries ranging from building boats to providing marinas to house them.



“The industry’s ability to attract recreational boaters and their spending power to the county also supports jobs and economic activity,” the report stated. The presence of the Coast Guard station on Thomas Point and Naval Academy also add some panache.

Sage determined that Anne Arundel County’s maritime industry directly supports nearly 5,700 jobs and more than \$274 million in annual employee compensation. When you figure out where those 5,700 employees spend their earnings, the report estimates that the county’s maritime industry supports 8,600 jobs, \$416 million in annual employee compensation, and nearly \$1.2 billion in annual economic activity.

To put things in perspective, the Sage report notes that while Anne Arundel County’s maritime industry’s \$1.2 billion in annual economic activity is impressive, it’s only about 2.5 percent of the county’s annual gross county product as reported by the U.S. Bureau of Economic Analysis. Still, it’s about 43 times greater than the county’s agriculture industry.

The report concludes that recreational boaters in Anne Arundel County spent \$96 million every year on their boats and boating-related activities.

And that was before the pandemic.

Since then, the National Marine Manufacturers Association has estimated that boat sales have increased perhaps as much as 12 percent all across America. In Maryland, there’s anecdotal evidence that the business is booming. One exhibitor at the spring boat show at the Bay Bridge Marina in April reported that “the show was fabulous. Over the four days it was open, we had almost 10,000 people there. Everybody said it was good to be out and all the brokers sold out their inventory at the show.”

Early in the epidemic, boat dealers expressed anxiety as the pandemic caused a shutdown in activity, then relief as it appeared that the public perceived boating as a safe pursuit, one that could be enjoyed by the family together, apart from the rest of the world. “They couldn’t take their family to Europe or Disneyland,” said one broker, “so they spent their money on boats.”

Dealers are also reporting that more people than ever before who are new to boating are buying into the lifestyle, purchasing new and used powerboats and sailboats, large and small.

So to gain some historical perspective on this phenomenon, let’s start with a boat ride in Annapolis Harbor.

## Picturesque Scenes of a Booming Industry

Sitting on a small boat in the middle of the harbor, you can look northeast across the Severn River and see Greenbury Point on the far side, marked by the trio of red-and-white “Eiffel” towers, with a glimpse of the diplotocus-skeleton arch of the Chesapeake Bay Bridge beyond. Scanning to the right, you see the waterfront houses and condo buildings festooning Horn Point, the shoreline girded with marinas packed so tightly that an enterprising cat could traverse the full length of the Eastport waterfront by hopping from transom to transom without ever getting his feet wet.

Then you see the long, low expanse of the Spa Creek drawbridge, site of the Maritime Republic of Eastport’s annual .05K Bridge Run. The spindly spire of St. Mary’s Church pierces the sky above the off-white block of the Waterfront Hotel that marks the entrance to the Market Slip, better known as “Ego Alley.” The tall wedding-cake tiers of the State House dome rise up above the clamor of City Dock, surrounded by the red-roofed, red-bricked buildings of the Annapolis Historic District in contrast to the copper-topped white granite halls of the United States Naval Academy, its chapel dome currently ensconced in a veil of scaffolding.



This was one 360-degree panoramic snapshot on one afternoon. It would be difficult to estimate the number of dollars represented just by the number of hulls in that view, let alone all of the ancillary expenses generated by each one: fuel, docking and mooring fees, money spent on provisioning food and beverage while cruising, and money spent in bars and restaurants while visiting ashore, not to mention the cost of keeping each boat afloat all year round.

## America's Sailing Capital?

An old salt once said that “a boat is a hole in the water you throw money into.” Reality is that you should count on spending about 10 percent of the purchase price of the boat on annual maintenance, including repairs, slip fees, insurance and other costs...like upgrading electronic navigation systems with stuff you find at the marine supply store that you can't resist and have to think up some excuse

On a recent sunny Sunday afternoon, I took note of the floating inventory you can see within this circle. There's a Navy base on the north shore of the Severn River where the Academy keeps its fleet of 110-foot training vessels called Yard Patrol Boats, or “YPs.” There were nearly 40 larger cruising boats tied up to the mooring balls in the middle of the harbor, all fairly well mixed between powerboats and sailboats between 30 and 50 feet long. A line of obscenely huge, white-hulled mega-yachts were tied up along the docks at Annapolis Yacht Club and the Yacht Basin. The Market Slip from the Waterfront Hotel to the Market House was lined with powerboats on both sides, large and small, with only one or two sailboats in the slips at City Dock.

The marinas along the Eastport side were filled with a mix of powerboats and sailboats. Six big guys on little jet skis and a handful of broad-brimmed-hatted people scrunched in kayaks or perched upon stand-up paddleboards tried to stay out of the way of the larger boats. Then there were all the commercial vessels coming and going: the Schooners *Woodwind I* and *II*, the *Harbor Queen* tour boat, a pirate ship that takes kids out on birthday cruises, two fishing charter boats, the water taxis zipping back and forth, the Annapolis Harbormaster patrol and pumpout boats, several commercial towboats, and a visiting tall ship.





CAPTAIN JOHN SMITH.

## Harbor History

Annapolis became the capital of the colony of Maryland because of its harbor. Itinerant Royal governor Francis Nicholson wanted to move the capital from St. Mary's City in 1694. That St. Mary's was called a city was a misnomer to begin with. It was not making much improvement economically since its founding in 1634, as it was far too out of the way for much of what little population there was to get to it to conduct business..

Nicholson chose the tiny village of Arundelton with its well protected harbor as the site for his new capital. He changed the name to Annapolis in honor of Princess Anne, who would one day soon become the last of the Stuart monarchs. As far as I can determine, the harbor was just about as deep in Nicholson's time as it is now—between 12 and 17 feet deep. Unlike other nearby waterways, the harbor hasn't been filled in by siltation.

The Stewart Shipyard on the West River, for example, used to build ocean-going ships for the Maryland navy during the Revolutionary War. They would be launched into a creek that was at that time 26 feet deep. That same creek is now only 3 feet deep.

Still, 12 feet deep was plenty deep for most ships in the early 1700s. The Chesapeake Bay and the Atlantic Ocean connected Annapolis directly with the docks in London and other English ports. Hogsheads tamped full of tobacco filled the cargo holds of the ships heading to there from here, and those same ships sailed back filled with everything the locals couldn't find locally, including tea. And slaves.

to tell your wife how you really needed to buy that new \$599.99 SIMRAD Cruise 9 chartplotter/fishfinder combo with 83/200 transducer for her personal safety and convenience.

While that panoramic vista seemed to indicate that the number of sailboats is fairly equivalent to the number of powerboats, that view is skewed.

"Annapolis is known as 'America's Sailing Capital,'" notes Susan Zellers, Executive Director of the Marine Trades Association of Maryland, "but nationally, only 5 percent of recreational boats are sailboats, and here it's only 6 percent."

In a phone interview from her offices at Port Annapolis Marina, Zellers was eager to shoot down the misconception that boating is just for the super-rich. "Sixty percent of boat owners have an annual income of \$75,000 or less," she says, "and 95 percent of the boats in the U.S. sit on trailers."

A study released by the Maryland Department of Natural Resources in 2013 indicated that there were an astonishing 200,000 registered boats in the state and 57,000 unregistered boats. If your boat has a motor of any kind, you need to register it. Unregistered boats are

smaller rowboats, dinghies, rowing shells, or paddle-powered kayaks and canoes. I don't think inner tubes count.

Incidentally, the tall ship at City Dock on that late-May day happened to be the Schooner *Lynx*, a replica of an 1812-era Baltimore clipper ship similar to the original *Pride of Baltimore*. In fact, both ships were designed by the same naval architect, an Annapolitan named Melbourne Smith. Melbourne passed in 2018 at the age of 87. It was Melbourne who christened Annapolis as "America's Sailing Capital."

I sat next to him one afternoon at the Boatyard Bar and Grill in Eastport, where he perched upon a bar stool that I knew had his name painted on the seat. "Melbourne," I asked him, "how can Annapolis be the sailing capital of America when most of the boats here are powerboats and Newport has way more sailboats than we have?"

"Ah!" Melbourne grinned wryly from behind his moustache. "Note that I said we are 'America's Sailing Capital,' not 'The Sailing Capital of America.' With the frostbite races, we have sailing here year-round," he explained. "And Newport may have more sailboats, but it's not a state capital. So, Annapolis literally is 'America's Sailing Capital.'"

The perilous voyage across the ocean could take weeks or months. Imagine the elites of the town watching the horizon off of Horn Point, waiting for “their ship to come in.”

Around the time of the Revolutionary War, the size of ships had grown both in length and in the depth of their keels, and some of the larger vessels simply couldn't get to City Dock to unload their cargo. They had to use “lighters,” or smaller rowing boats to haul their treasures ashore. This was when the Port of Baltimore rose to dominance.

Not only did Baltimore have a larger, deeper harbor, but it also had the benefit of freshwater flowing in from Jones Falls, which helped get rid of shipworms, or toredos that bored

holes into the hulls of wooden ships. Baltimore was also that much closer to the farmlands in Western Maryland at a time when the export economy was shifting from tobacco to grain.

That is why Baltimore grew up to be a major city with skyscrapers while Annapolis remained a quaint tidewater town with domes and spires.

In the 1800s, steamships started moving goods and people up and down the Bay and the shallow harbor of Annapolis proved to be the perfect depth for side-wheel steamers and perhaps more importantly, bugeye schooners and then skipjacks designed to dredge for oysters. The oyster industry began to expand after the Civil War, and by the 1880s, the oyster harvest peaked at 18 million bushels annually.

*“Annapolis is known as ‘America’s Sailing Capital,’ but nationally, only 5 percent of recreational boats are sailboats, and here it’s only 6 percent.”*



BAKING FOR OYSTERS IN CHESAPEAKE BAY.



THREE HUNDRED TON “CHESAPEAKE” AND THE “GRAND”.

There were no fewer than 14 oyster shucking and packing houses on the Annapolis shoreline shown on a map from the 1890s. Eastport boasted several boatyards where skilled shipwrights built traditional workboats and kept them afloat season after season. In the parking lot near the Charthouse Restaurant in Eastport, you can still see the cog of one of the many marine railways that were used to haul schooners and skipjacks out of the water for repair.

Of courses, there were also several yards dedicated to building wooden yachts, but the workboats far outnumbered the pleasure boats in that era.

By the end of World War II, the oyster population was beginning to wane from over-harvesting and diseases caused by invasive pathogens that might have hitch-hiked from overseas in the ballast tanks of cargo ships. As the oyster industry declined, so did the age of wooden boats. It was about this time that fiberglass was invented. Over the next couple of decades, fiberglass became the preferred medium for mass-producing recreational powerboats and sailboats.

Far-sighted entrepreneurs like Arnie Gay began to cater to this new wave of plastic boats, morphing the old boatyards into what we now think of as modern marinas. Some of these provide all the amenities of a first-class resort, including swimming pools, restaurants, and programmed activities for the family. Others concentrate on providing comprehensive services for boat maintenance, from engines to electronics.

And Annapolis Harbor proved the perfect depth for recreational boats big and small, power and sail.

## The Future is Now

But the future of the marine industry in our state capital and in fact all of Maryland depends on several steps that the Sage Group study says should be taken to ensure these impacts expand over the coming years, particularly in the face of the recovery from the viral pandemic.

In focus groups and interviews, maritime stakeholders complained the industry faces a dearth of available labor and that the city, county, and state permitting processes are “overly convoluted, time consuming, and expensive,” and that a decline in Anne Arundel County’s water quality would have negative effects on the industry.

The report advised that the Anne Arundel County Maritime Advisory Board should coordinate efforts to expose youth to the idea of a maritime career through career fairs, vocational training programs, and other educational programs at Anne Arundel Community College (AACC).

Industry stakeholders should participate in training programs like the Marine Trades Association of Maryland’s on-the-job training program. “These programs have shown signif-

icant promise in encouraging students who do not intend to attend four-year colleges to enter the maritime industry,” the study reports.

Industry stakeholders should also collaborate with AACC to implement the American Boat and Yacht Council (ABYC) Marine Service Technology Program, a standards-based curriculum that would allow students to earn a marine service technician certificate and digital badge of achievement upon completion, and to create needed credit certificates such as a Dockmaster Certificate or other credentials required for non-skilled trade jobs in the industry.

The Sage Group also recommends that Anne Arundel County should supply AACC with approximately \$35,000 to purchase the curriculum package, maintain it, and outfit the workshop necessary to implement the ABYC Marine Service Technology Program.

In addition to training new qualified workers, the industry needs to keep bringing newcomers into the lifestyle. “We need to do a better job of getting people out on the water,” Susan Zellers concludes. “We just completed our second boating clinic event at Sandy Point State Park.” The clinic taught new boaters how to launch a boat at a boat ramp, how to



operate safely and other basic issues. “It got rave reviews,” she reports. “We ran it three nights and 60 people attended each night.”

These were not what you might think of as typical yachting types. “Our survey shows that the people who heard about it heard about it from DNR, not the boating magazines. Half of the people who attended were people of color. These are people who bought their boats from the guy down the street, their uncle, or somebody they knew; they didn’t get them from a dealer or at the boat shows.”

Between the people who flocked to the boat shows and those who bought boats without ever attending a boat show, the maritime industry doesn’t appear to be in danger of dropping the boom.



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**Joelle Dolch**  
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**Jeanne Kent**  
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[jeannekent.realestate@gmail.com](mailto:jeannekent.realestate@gmail.com)

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**Carol Delayo**  
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[carol@chaneyhomes.com](mailto:carol@chaneyhomes.com)

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**Jennifer Wittmer**  
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[dawn@chaneyhomes.com](mailto:dawn@chaneyhomes.com)

## Chaney Homes

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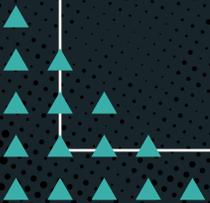




2021

# BEST OF EASTERN SHORE

REAL ESTATE.  
HOME & GARDEN





We continue celebrating the Best of Eastern Shore 2021 with the robust list of Real Estate, Home & Garden winners! The following winners are the result of you, our readers, voting for your very favorite realtors, contractors, and more home-related services in our annual Best of Eastern Shore voting campaign.

More than 20,000 of you participated and voted this year!



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

*Appliance Store*  
**R Brooks & Son**  
115 Maryland Avenue, Cambridge;  
800-924-4649;  
rbrooksandson.com

*Architect*  
**Purple Cherry Architects**  
1 Melvin Avenue, Annapolis; 410-990-1700; purplecherry.com

*Custom Builder*  
**Lundberg Builders, Inc.**  
314 Main Street, Stevensville; 410-643-3334; lundbergbuilders.com

*Custom Millwork/Molding*  
**Warren's Wood Works, Inc.**  
8708 Brooks Drive, Easton; 410-820-8984; warrenswoodworks.com

*Electrician*  
**J.J. Clow & Sons**  
314 Centreville Road, Queenstown; 410-827-6477; clowelectric.com

*Fence/Deck Contractor*  
**Fence & Deck Connection**  
1544 Whitehall Road, Annapolis; 410-757-5511; fenceanddeckconnection.com

*Flooring/Carpet Installer*  
**Abbey Carpet & Floor**  
106 Marlboro Avenue, Easton; 410-346-5877; abbeyflooreasternshore.com

*Furniture Store*  
**Dwelling & Design**  
13 Goldsborough Street, Easton; 410-822-2211; dwellinganddesign.com

*Garden Center*  
**Garden Treasures**  
29350 Matthewstown Road, Easton; 410-822-1604; gardentreasuresmd.com

*Gutter/Siding Installation*  
**Mid-Shore Exteriors**  
29349 W. Maple Avenue, Trappe; 410-673-7939; midshoreexteriors.com

*Hardware Store*  
**Easton Hardware & Floor Covering**  
303 N. Washington Street, Easton; 410-822-0910; eastonhardwareandfloorcovering.com

*Home Remodeling*  
**Lundberg Builders, Inc.**  
314 Main Street, Stevensville; 410-643-3334; lundbergbuilders.com

*HVAC Service*  
**Tidewater Heating & Cooling**  
P.O. Box 298, Easton; 440-943-1250; tidewaterhvac.com

*Indoor Cleaning Service*  
**At the Scene Of the Grime, LLC**  
P.O. Box 397, Easton; 410-924-8052; sceneofgrime.com

*Interior Design Service*  
**Julia Longchamps Interior Design**  
julialongchampsdesign.com

*Kitchen & Bath Remodeling*  
**314 Design Studio**  
314 Main Street, Stevensville; 410-643-4040; 314designstudio.com

*Landscaper*  
**BJ & Son Property Management**  
29414 Howell Point Road, Trappe; 410-463-1671; bjandson.com

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443-867-0461; godwinspainting-services.com

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6608 Ocean Gateway, Queenstown; 410-827-0888; coastalpoolbuilders.net

**Pool Maintenance**  
**Aqua Pools**  
8801 Mistletoe Drive, Easton; 410-822-7000; aqua74.com

**Real Estate Team/ Brokerage**  
**Chaney Homes**  
206 Old Love Point Road, Stevensville; 443-249-7653; chaneyhomes.com

**Residential Realtor**  
**DeeDee McCracken, Coldwell Banker Realty**  
170 Jennifer Road, Suite 102, Annapolis; 410-739-7571; deedeemccrackenhomes.com

**Retirement Community**  
**Londonderry on the Tred Avon**  
700 Port Street, Ste. 148, Easton; 410-820-8732; londonderrytredavon.com

**Roofing Contractor**  
**Mid-Shore Exteriors**  
29349 W. Maple Avenue, Trappe; 410-673-7939; midshoreexteriors.com

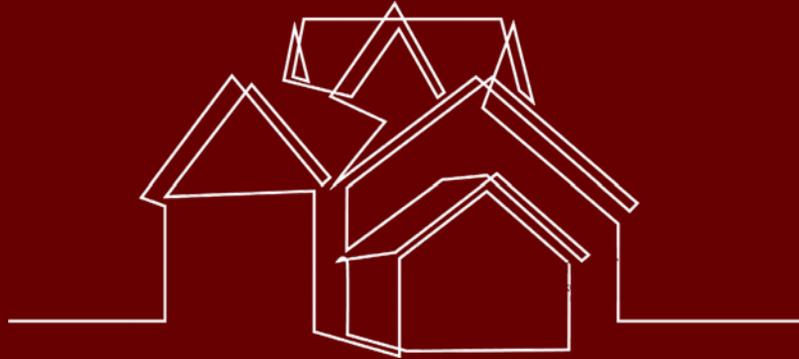
**Solar Contractor**  
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1514 Jabez Run, Millersville; 410-923-6090; solar-saves.net

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114 N. West Street, Easton; 410-820-4426; easternshoretitle.com

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8625 Commerce Drive, Easton; 410-745-5100; bartlett.com

**Waterfront Real Estate Team/ Brokerage**  
**Meredith Fine Properties**; 101 N. West Street, Easton; 410-822-2001; meredithfineproperties.com

**Waterfront Realtor**  
**Chuck Mangold, Jr., Benson & Mangold Real Estate**  
Offices in Easton, St. Michaels, Oxford, Cambridge, and more; 410-822-1415; bensonandmangold.com



# LEADING REAL ESTATE & HOMIE PROFESSIONALS

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The following individuals are the people who can lead you through the complex world of all things home related. They are not only experts in the field, but they are your neighbors...people who support the community you care about. In short, these are professionals you should know.

Leading  
Real Estate  
& Home  
Professionals



# THE DDMcCracken Home Team

**Coldwell Banker Realty**

**T**he DDMcCracken Home Team, is interested in being your Real Estate team for Life! We are inspired and have an intimate Knowledge of the Bay Region to provide top of the line services to all of our clients. The team thrives on providing tailored, custom services, for each client because each client's needs and circumstances are different.

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



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

**Annie Eaton**  
Realtor  
410-739-7571  
Annie.Eaton@cbmove.com

**Kevin McCracken**  
Realtor  
cell: 443-838-1417  
Kevin.McCracken@cbmove.com

**Lisa Barton**  
COO & Realtor  
410-829-2051  
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**Lisa McGrath**  
Licensed Assistant  
410-320-1971  
DMcCracken@cbmove.com



**Destinee Blackstone**  
Realtor  
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Destinee.Blackstone@cbmove.com

**Amanda Stromberg**  
Realtor  
410-703-1403  
Amanda.Stromberg@cbmove.com

170 Jennifer Road, Ste 102  
Annapolis, MD 21401-3064  
410-224-2200  
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# Fiona Newell Weeks

## Dwelling & Design

### What is the most effective way for clients and designers to best establish open channels of communication?

Productive communication, collaboration and trust between clients and their designer are the most essential elements of the design process. It is important to agree on all style preferences, processes and to set expectations so there are no surprises, especially where cost and design are concerned. Great communication is attainable through open dialogue via meetings, phone calls and emails. This allows for smooth and beautiful design!

### What do you love most about the interior design profession?

Designing visually appealing yet functional spaces is exciting to me. I love bringing to life the visions of my clients and opening their minds to new ideas. It allows me to use both the creative and analytical sides of my mind to ensure balance in every design. Bringing color and life into other people's homes and offices is incredibly fulfilling.

### What design services do you offer your clients?

We can guide clients through the entire process or any portion with space planning, color consultations, contractor recommendations, furniture layouts, fabric selections, tile, carpet, lighting and every detail to make your house into your home.



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# Brad Kappel

**B**rad Kappel, Vice President with TTR Sotheby's International Realty, has been serving residents of Anne Arundel County and the Eastern Shore for twelve years in real estate, home construction, and renovation. Brad's unique experience allows him to offer authentic insight into each property's current condition, value, and potential.

Brad is grateful for the clients, colleagues, friends, and family who supported his success throughout his career and contributed to his strong first quarter in 2021—with \$80 million in total sales to date. Brad adheres to the philosophy that “clients deserve nothing short of excellence.” From the initial meeting, to navigating important decisions and the final settlement transaction, Brad works diligently to ensure 100% customer satisfaction.

Brad doesn't just sell the waterfront lifestyle—he lives it! The Kappel family has called Annapolis it's home town for three generations. When he's not pursuing his passion in real estate, he is exploring the waterways of the Chesapeake Bay by boat or paddle board or spending time with his wife and two children at their home on the Severn River.

Visit [BradKappel.com](http://BradKappel.com) and tour his Luxury Property Portfolio.

## Brad Kappel

410-279-9476 (c)

410-280-5600 (o)

[brad.kappel@sothebysrealty.com](mailto:brad.kappel@sothebysrealty.com)

[BradKappel.com](http://BradKappel.com)



TTR **Sotheby's**  
INTERNATIONAL REALTY

Annapolis Brokerage 209  
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## ▶ RECENTLY SOLD PROPERTIES



**220 Lighthouse View Drive, Stevensville**  
SOLD for \$4,600,000



**330 Serenity Lane, Chester**  
SOLD for \$3,100,000



**3102 Bennett Point Road, Queenstown**  
SOLD for \$2,700,000



**310 Whistling Swan Way, Queenstown**  
SOLD for \$2,675,000



**23472 Berry Road, Bozman**  
SOLD for \$2,500,000



**7089 Cooper Point Road, Bozman**  
SOLD for \$1,700,000

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# Chuck Mangold Jr.

**C**huck has been a Talbot County resident since the age of eight. He attended Saints Peter & Paul elementary & high schools before receiving an associate degree from Chesapeake College. He later attended Loyola College in Baltimore. Chuck joined Benson & Mangold in 2001 after a 13-year career in the retail automobile business as a salesman, finance manager, & various management positions at one of our local automobile dealerships. Chuck is on the Board of Directors for several organizations, including the Academy Art Museum. He has also served as a past board member of Habitat Choptank, The Country School, & the Talbot County Chamber of Commerce Mid Shore Board of Realtors.

Chuck, his wife of over twenty years, Lauren, & their three sons Charlie, Robbie, & Peter reside in Easton. Chuck enjoys spending time with his family, boating and fishing.

**Chuck Mangold Jr.**  
Associate Broker

31 Goldsborough Street  
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**23788EbbPointRoad.com**  
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**24410FordsLane.com**  
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**28623OldPastureDrive.com**  
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# Lona Sue Todd

## Taylor Properties

**D**XCEEDING EXPECTATIONS: Lona has lived on the beautiful Eastern Shore of Maryland her entire life. Her local knowledge and connections make her an expert in the area. She has a reputation for putting her client's needs first which she believes is at the heart of her success. Providing customer service with honesty and integrity is important to her. Lona also understands that buying and selling a home is more than just a transaction: it is a life changing experience.

Lona is proud to be a 3rd generation realtor in the family business Taylor Properties which is Maryland's largest independent brokerage. Her father Robb Taylor is the owner/broker and she works closely with him on all aspects of the market. Her success includes waterfront properties, farms, first time buyers and second homes. She also takes pride in helping families sell estates that have been in their family for decades. "Helping to keep emotions at bay and making sure everyone is informed makes this bittersweet transaction easier"

You can read her reviews on Zillow. She has achieved Best of Zillow status which is awarded to top-performing Zillow Premier Agent partners with proven track records of exceptional performance, customer experience and operational readiness. You can learn more about Lona on her social media platforms: Instagram @realtorlona @stmichaelshomes, Facebook and LinkedIn, #realtorlona.



**Lona Sue Todd**  
**410.310.0222**

Taylor Properties  
800.913.4326  
lstodd11@outlook.com  
www.realtorlona.com



**4746 Cliffs City Rd | Chestertown, MD - SOLD \$3,175,000.00 / Buyer's Agent**

**5 Star review from this notable 45 acre waterfront sale :**

★★★★★ *"Lona was absolutely the best! She was responsive from the start, following up on every property we sent her, making appointments at the last minute, and making herself available whenever we came to town. She also went above and beyond calling county planning on properties we had questions about renovating, researching septic issues and finding answers to our most technical property questions. She is a delight to work with and will definitely give you her all"*

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# Trey Rider

**T**rey is a leader in luxury real estate on Maryland's Eastern Shore. As a vice president at TTR Sotheby's, Trey offers his clients exclusive knowledge and insight into all aspects of waterfront homebuying and selling. From considerations such as Critical Area requirements to Shoreline Revetment, Trey navigates the nuances of waterfront real estate with ease and expertise.

An Eastern Shore native, Trey's no stranger to waterfront living himself. He grew up on the water and resides waterfront with his wife and two sons in Easton. Most of his free time is spent on the river—he holds his Captain's license, is an avid boater and fisherman, and is a member of the Chesapeake Bay Yacht Club.

Outside of the office, Trey is an active member of the Mid Shore Board of Realtors, the Talbot County Chamber of Commerce, and Talbot County Young Professionals, and volunteers for a number of other non-profit organizations.

## Trey Rider

443-786-0235 (c)  
410-673-3344 (o)  
trey@treyrider.com  
TreyRider.com



**TTR Sotheby's**  
INTERNATIONAL REALTY

17 Goldsborough Street,  
Easton, Maryland 21601

## ▶ RECENTLY SOLD PROPERTIES



**265 Lighthouse View Drive | Stevensville, MD**  
SOLD for \$2,175,000



**3472 Berry Rd | Bozman, MD**  
SOLD for \$2,500,000



**8352 Lennep Ln | St. Michaels, MD**  
SOLD for \$2,775,000



**24610 New Post Rd | St. Michaels, MD**  
SOLD for \$2,875,000



**6798 Broad Neck Rd | Chestertown, MD**  
SOLD for \$3,000,000



**27848 Legates Cove Rd | Easton MD**  
SOLD for \$5,800,000



CHOSEN BY  
Eastern Shore  
Best of  
EASTERN SHORE  
2021

# Londonderry on the Tred Avon Celebrates 30 Years

**L**ondonderry on the Tred Avon is celebrating “thirty years of good neighbors” in 2021.

Londonderry was established in 1991 as the Retirement Community of Easton, and its first resident moved in in 1992. Londonderry is situated on some of Talbot County’s most historic land along the Tred Avon River that was part of a 1667, 600-acre land grant from Lord Baltimore to Francis Armstrong, a Quaker, who emigrated from England. As the property changed hands over the next 100 years, it became known as London Derry, and eventually Londonderry, as it is called today.

Londonderry is the first and only resident-owned and operated independent living cooperative of its kind on the Eastern Shore. It has grown from its first 15 individual cottages and 17 residents to a vibrant community of over 140 cottages, 26 apartments and more than 180 residents.

Over the years, Londonderry has added more amenities and gathering spaces to meet the needs of residents and their families which include the Pool and Community Center, a complete renovation of the historic Magnolia Manor, an expansion of green space and access to the Tred Avon River, and the new Clubhouse that was completed in 2018.

Over the past three decades, Londonderry’s strength has been the camaraderie among residents and staff. This strong sense of community has seen Londonderry through many challenges, which now include a global pandemic. Amidst thirty years of change, Londonderry’s commitment to the health, safety and wellness of its residents remains its guiding constant.

“The success of Londonderry does not reside with one person, but with the countless residents and community members who have participated in growing our community to what we know today,” said Irma Toce, Londonderry on the Tred Avon CEO. “Thank you to everyone past, present, and future who knows that something great only comes from hard work and love.”

Londonderry looks forward to welcoming the community to “cheers 30 years” later this year.



## Londonderry on the Tred Avon

700 Port Street, Suite 148  
Easton, MD 21601  
410-820-8732

[www.londonderrytredavon.com](http://www.londonderrytredavon.com)





**Q:** What steps can a buyer take to prepare for making an offer in such a competitive market?

**A:** Time and organization matter! Since sellers are likely looking at multiple offers, do what you can in advance to be ready to go so that you appear prepared to

the seller. Use a lender that's available on the weekends and evenings to provide a prequalification letter specific to your offer with short notice. Have proof of funds for your down payment ready. Ask your Agent to inquire about non-financial preferences of the seller such as inclusions and exclusions and settlement date. Simple steps like these can give you "leg up" when in a competitive buying situation.

**CHUCK MANGOLD JR.**  
Benson & Mangold Real Estate



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

**A:** In order to generate the sizzle when you first list your home you need to price it right, make sure your home is polished up so it shines and don't forget high quality aerial photos.

That said, the key factor is to make sure you hire a brokerage that effectively targets the Washington D.C. / Metro market. Recent sales data indicates that most premier waterfront properties are sold to buyers who are migrating this way to experience the Annapolitan lifestyle.

**BRAD KAPPEL**  
TTR | Sotheby's International Realty



**Q:** What are the benefits of living in a Retirement Cooperative Community like Londonderry?

**A:** Londonderry's cooperative community structure is unique and offers the financial benefits of owning real estate without the burden of home and property maintenance. Membership in the corporation is achieved through the issue of a stock certificate and resident

owners have a large impact on how the community is managed and operated. As a shareholder in a cooperative community, residents may recoup all their initial investment, plus appreciation, dependent on the real estate market's performance. With the help of a on-site leadership team, residents enjoy working together to create an exceptional and vibrant senior living community.

**RACHEL SMITH**  
Londonderry on the Tred Avon



**Q:** What is attracting luxury buyers to Maryland's Eastern Shore?

**A:** We've seen a huge uptick in luxury home sales on the Eastern Shore over the past year. Buyers are looking for an all-in-one retreat that's drivable from their metropolitan area homes—a place from which they can telecommute, work out in their home gym, swim in their pool,

and enjoy the sights and sounds of waterfront living from their boat or their shoreline. Fortunately for my clients, I carry with me 19 years of real estate and finance experience that provides unparalleled knowledge of waterfront properties and makes their homebuying or selling process a breeze.

**TREY RIDER**  
TTR | Sotheby's International Realty



**Q:** What similarities and differences do you see relative to the 'housing market crash' of 2008, vs. in comparison to the 'escalated' marketplace of today?

**A:** The market leading up to the housing crash of late 2008, was one in which escalated market values were commonly leveraged within buyers' financing. At a time when buyer confidence soared, too little caution was given in utilizing the low, 'teaser' interest rates in order to compete

for a buyer's desired property. Assumed perpetuation of a 'double-digit' appreciating market- year over year, became a dangerous gamble. What goes up, must come down. As the market 'normalized', many buyers were left upside-down with loss of equity, and homeowners' inability to qualify for 'fully amortized' loan payments- thereby severely crippling the housing market and buyer confidence. Unlike today's marketplace, whereby bid escalations are most commonly funded with a buyers' existing wealth- not leveraged with temporary, teaser interest rates. Though on the rise, interest rates are still near historic lows- giving buyers access to fully amortized, fixed-rate loans. As the market will inherently self-correct between supply and demand- the circumstances behind the housing crash of late 2008 will remain a distant memory.

**JENNIFER CHANEY**  
Chaney Homes



**Q:** Why a Real Estate Agent & what do I get for that commission?

**A:** When hiring a Real Estate agent, you are getting an exchange of services for an agreed upon commission the seller pays to the Real Estate Company. Not all agents are equal in services they provide, or commissions they receive. Top agents often invest significant time & resources

into completing a sale, including professional photo's, home staging, floor plans, and advertising. Agents coordinate all kinds of activities including open houses, inspections, negotiate contracts and engage in many tasks aimed to sell your home. You want a highly competent agent that knows your specific market and who has experience navigating the complexities of the market for your home selling process. A majority of the time Real Estate Agents will succeed in getting you a higher sales price than if you sold yourself.

**DeeDee McCracken**  
Coldwell Banker Residential Brokerage



**Q:** Why should I choose an expert to sell my waterfront home?

**A:** Waterfront homes have their own vocabulary: rip-rap, bulkhead, mean low water, riparian rights, docks, slips, phragmite, etc. You need a Realtor who uses these terms fluently, can explain possible advantages/disadvantages to certain properties,

and is capable of problem solving in these specialized areas if necessary. My extensive personal and professional background make me a natural choice.

### DeeDee McCracken

Coldwell Banker Residential Brokerage



**Q:** What are the benefits of using an Agent with Licences in Multiple States?

**A:** I am licensed in Maryland and Florida which has proven to be a tremendous benefit to my Clients throughout the years. I was born and raised in Maryland but my parents had a Winter home in Jupiter Florida since 1979 so I have been able to become familiar and

knowledgeable in both markets. I maintain homes in Florida and Maryland and with BWI offering Non-Stop flights to West Palm Beach airport I can easily be in either place within 2 1/2 hours. My Clients enjoy having a Realtor that they can trust when Buying or Selling their Maryland homes or their dream homes in the Sunshine State. I carry the same level of professionalism and strict code of ethics whether I am working in Maryland or Florida. Many of my Clients say that I am "The perfect blend of North meets South".

### MICHAEL RUTLEDGE

The Rutledge Team of Berkshire Hathaway Home Services  
410-804-2144



**Q:** Do you expect the current unprecedented Seller's Market conditions will continue for the remainder of 2021?

**A:** Yes! Urban transplants are migrating from the surrounding high-density and creating such a high level of demand. These new Annapolitans are often snatching up properties

immediately after they come on the market. This trend will continue to lead to low inventory levels creating high demand. Mortgage interest rates are also expected to stay at extremely low making this transition even more desirable for home buyers. In summary, high buyer demand to invest in the Annapolis lifestyle plus low inventory and low interest loans equals a true Seller's Market!

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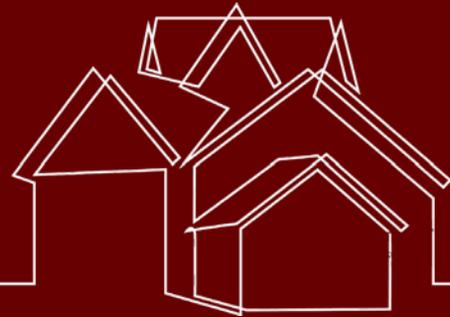
**Q:** How do you help your clients when selling an estate property?

**A:** Selling a home that has been in a family for many decades can be strenuous. If there are multiple inheritors involved those stresses are quickly multiplied. Anyone who

has acted as an executor will tell you that it can be a time consuming and tiring process. Helping my clients keep their emotions at bay and keeping all family members informed is very important. Providing guidance and support is necessary for a smooth and successful transaction.

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# A 'Starr' In the East



After more than two decades since its inception, the Starr Center for the Study of the American Experience at Washington College has put Chestertown on the academic-history map

**By Frederick Schultz**  
Images courtesy Washington College

Political forces in the United States, especially over the past year, are being compelled to reckon with the way the nation looks at its own 245-year history. With place-names already being changed and statues toppling, one side denounces such a movement as a “cancel culture.” The opposite outlook perceives it more as an awakening and a “culture correction” to tell all sides of the story. How does the picture-postcard yet cosmopolitan and culturally vibrant Maryland community of Chestertown fit into the discussion? Its most visible educational institution, Washington College (chartered in 1782 as the 10th oldest college in the United States), is having an indelible impact on the way we look at our own checkered past.

## **Namesake Cornelius Vander Starr**

In the thick of the national discussion is the Starr Center for the Study of the American Experience, one of several philanthropic endeavors advanced by the estate of Cornelius Vander Starr, a relatively quiet supporter of journalism, education, and the arts after making his fortune mostly from AIG, the global insurance and investment conglomerate. A 1970 biography of this renaissance benefactor summarizes the man’s core values:

“Those who knew Starr well have commented that he was an atheist or at best agnostic. His real religion, of course, was humanism, an abiding faith and trust in his fellow man.”



With grants from the Maryland Heritage Areas Authority and Stories of the Chesapeake, The Starr Center's Chesapeake Heartland Project outfitted its African American Humanities Truck. The Truck, decked out with Chesapeake Heartland's signature golden Sankofa Bird, is a mobile lab that travels to sites within the community, digitizing, interpreting, exploring, and celebrating African American history.

The Starr Foundation, launched in 1955 and focused on “human needs, culture, public policy, medicine and healthcare, education, and the environment,” carries a current endowment of \$3.5 billion, according to the organization’s website. It established Washington College’s Starr Center in 2000 with \$4 million.

### An Interview with Director Adam Goodheart

And so, a perfect illustration of Starr’s “humanism,” even though he did not live to see it, exists to all our benefits at Washington College. Spearheading this eye-opening approach to American history since 2006 is the Hodson Trust-Griswold Director of the Starr Center, Adam Goodheart, also an essayist and journalist whose work has appeared in *National Geographic*, *Outside*, *Smithsonian*, *The Atlantic*, and *The New York Times Magazine*, among others. In addition, he was a regular columnist for *The New York Times*’ online Civil War series, titled “Disunion,” for which he was eminently qualified as the author of the book *1861: The Civil War Awakening* (New York: Knopf, 2011), a national bestseller published during the 150th anniversary commemoration of the war.

*The New York Times Book Review* referred to Goodheart’s book as “exhilarating,” “inspiring,” and “irresistible,” creating “the uncanny illusion that the reader has stepped into a time machine.” It went on to be a finalist for the *Los Angeles Times* Book Prize in History, and the History Book Club featured the work as its Book of the Year for 2011. Such acclaim earned Goodheart an invitation from President Barack Obama to the Oval Office in the White House in recognition of the book’s role in the president’s declaring parts of Virginia’s Fort Monroe as a national monument on November 1, 2011 because it “was integral to the history of slavery, the Civil War, and the U.S. military,” Secretary of the Interior Ken Salazar announced in a statement.

While Director Goodheart was quick to urge our consultation with other members of his staff, he obliged us with an interview (his answers here in *italics*), and we found his enthusiasm ad-dicting. Following is our discussion, edited for brevity and clarity, from his office in Chestertown.

#### First, we asked the historian why the center is located at an institution such as Washington College.

The college has a very deep connection to American history as the first institution of higher education chartered after American independence. It was also the first fully secular college or university in the United States—and possibly even in the world. We’re a place with particularly deep connections, both to American history and to a tradition in innovation and in higher education and teaching.

Chestertown, and indeed the Maryland Eastern Shore as a region, is a wonderful laboratory of American history. The phrase sometimes used for Maryland, “America in Miniature,” really gives you a sense here on the Eastern Shore of so much that is encapsulated just within a compass of a few square miles. We have incredible history from Native American times, through colonization, the American Revolution, the Underground Railroad, the Civil War, and beyond.

Revolutionary War soldiers marched out from Chestertown to fight in some of the great battles of the nation’s struggle for independence. And we had Freedom Riders rolling in during the 1960s to desegregate restaurants and theaters in Chestertown. We have a panorama of American history that we can investigate, teach about, and write about. And we’re lucky enough to be nestled in the center of it all here.

#### How do you think Cornelius Vander Starr would feel about how the center has evolved?

I think he would be delighted. His foundation would be, and in fact is, delighted, because it gave us a follow-up grant of a million dollars last year to mark the 20th anniversary of the founding of the Starr Center. Cornelius Vander Starr himself was very innovative in his field and had a strong commitment to multiculturalism. He really believed in empowering people on the ground in the countries where he was doing business. He didn’t believe in a sort of American economic or cultural



Top: Washington College’s Starr Center Director Adam Goodheart and students explore the 18th Century Custom House in Chestertown, headquarters for the Starr Center. Bottom: Washington College’s Starr Center provides students with an experiential education or learn by doing. It’s not unusual to find Starr Center Director Adam Goodheart examining and interpreting historic documents with interns inside Starr’s headquarters at Chestertown’s Custom House.



Starr Center regularly provides programming and experiential learning opportunities for its 30 paid student interns. These interns, pictured with Starr Center Deputy Director Dr. Patrick Nugent, spent the summer of 2017 recording, preserving, and sharing audio interviews they captured of civilian men and women who experienced World War II for Starr's National Home Front Project.

imperialism. Instead, he believed in building authentic local partnerships in other countries with people who knew those places well. I think that is very much in the spirit of what the Starr Center does. It's all about meeting people on their own terms. That's what Starr stood for, as well.

**You mention the word "multiculturalism." For anyone paying attention, the focus on diversity and equality has decidedly shifted, at least by most accounts. How do you see it?**

I think that, in our 20 years of existence, multiculturalism has been central to the center's identity. In particular, the African American experience is absolutely central to the entire history and identity, not just of the Eastern Shore but of the entire Chesapeake region. From the very earliest days, when the Starr Center was involved in everything from helping to preserve the historic Sumner Hall—which is the African American Civil War Veterans post in Chestertown—through 2003–2004, when I was teaching visiting students from India, Pakistan, and Bangladesh in Chestertown for the summer about the American Civil Rights Movement, all have engaged with African American history.

Most recently, over the past four years, we've had a very exciting and innovative collaboration with the Smithsonian's National Museum of African American History and Culture. That has been a combination of many of our programs and projects on that subject. Panning out from the Starr Center itself, we're very pleased to see, finally, recognition of greater diversity, equity, and inclusion when we talk about the composition of American history and those who made it.

**You're apparently responsible for much of that. For example, your book, 1861: The Civil War Awakening, reinforces that year as such a pivotal one in our history.**

I'm obviously a small player in all of this. Certainly, if we talk about the Civil War in particular, I'm very pleased that over the past ten years or so, the work that a lot of people did around the 150th anniversary of the war really advanced the public understanding that this really was a conflict over slavery. And the Confederacy really was centrally about slavery and White supremacy.

**What impact have recent theatrical offerings, such as "Hamilton," for example, had on what you're striving to accomplish at the Starr Center?**

Every year, the Starr Center, together with George Washington's Mount Vernon and the Gilder Lehrman Institute of American History, present a \$50,000 award—"The George Washington Prize"—for the best work in early American history. After "Hamilton" premiered, we actually awarded that prize to "Hamilton" creator Lin-Manuel Miranda in 2015, just a few months after the play opened on Broadway. It was tremendously exciting to be there with him and having Washington College students meeting and chatting with him as we presented him and other cast members with this prize in New York. Already we were finding that we had students arriving at Washington College knowing the lyrics to "Hamilton" by heart. It's great that they understand that history can be something that's exciting and dynamic and can be picked up and experimented with to find new ways to narrate it and communicate it. It's also exciting to have students arriving in college

with strong opinions already formed about Hamilton versus Jefferson or the Federalists versus the Democratic Republicans, the Patriots versus the Tories. There are also things they must "unlearn," such as that Hamilton was an abolitionist leader, which is promulgated to some degree by Lin-Manuel Miranda and is not exactly the case.

**How do you feel about statutory being torn down and inanimate objects being renamed?**

Each of these situations should be handled separately. Places are important to people. And names of places are important to people. The existence of statues and other parts of the landscape are important to people. They are literally the landmarks by which we orient ourselves and the places in which our memories are formed. And I'm saying that about both the positive and negative.

A landscape or a statue can be something that is beautiful and inspiring and an anchor in our lives. Or it can be a place that threatens or alienates us. One way or another, each of us is invested in those

places that surround us. Anytime a space like that becomes a center of contention, I think there should be a conversation around it, where people within the community are able to speak and share their feelings, their reflections, and their ideas. It then becomes an opportunity for learning, on all sides.

I'm of course a great believer in the value of conversation. In fact, part of the Starr Center's vision statement is that we foster thoughtful conversation informed by history, which is a succinct way of saying what I would like to happen when those debates come up. That said, I am a strong believer in the fact that, when there is a statue on public land, or a military base owned by the federal government, for example, or a county, state, or national road, that naming those things after people who fought in a war that killed hundreds of thousands of Americans in order to preserve a system of White supremacy that enslaved millions of Americans, I think there's no question that those names should come off or those statues should come down.

But I also think there needs to be a public conversation about that, as it happens, or preferably before it happens. The situation with the Confederate monument at the courthouse in Easton, as far as I'm concerned, is a travesty. That's a public building, where people of all ethnicities and backgrounds in Talbot County go to get married, to be plaintiffs or defendants in legal cases, and to transact their public business. There is no reason that Black citizens should be forced to walk past a monument to White supremacy, on public ground, maintained with public tax dollars, when they go into their courthouse. In fact, I'm astonished and appalled that the Talbot County commissioners, in this day and age, fail to understand that.

**Tell us about the Asterisk Initiative. What does that involve?**

This is not a Starr Center project but a larger Washington College

project. It is trying to mark the geography, the physical spaces, of our campus and the less visible history that happened here, specifically the college's often troubling history with the African American community. A marker in front of the building where the Starr Center is headquartered, the Custom House, calls attention to the fact that it was originally the colonial mansion of a man who was deeply involved in the slave trade. There are also markers that commemorate more positive things about Washington College, such as one that commemorates the first Black student to attend the college, who came in 1958. The college was officially segregated until that year. In fact, for about three quarters of the college's history, it was officially segregated. Another marker honors an African American, a free Black employee of Washington College who saved the main college buildings from fire in the 19th century.

So, we're trying to make visible this history on our campus that was previously invisible. The reason it's called The Asterisk Initiative is that in academia, the asterisk indicates that there's more to the story to be told here, and you have to look deeper for it. Plaques around campus actually have asterisks on them. Each has a QR code that you can scan with your phone, which brings up text and images and videos with narration that you can share with other people.

"Chesapeake Heartland" is another exciting initiative, which is in collaboration with the National Museum of African American History and Culture at the Smithsonian. The first African American Smithsonian Secretary, Lonnie Bunch, paid a couple of visits to Kent County and was very impressed with what he saw and was especially excited about the vibrancy of Washington College and other local institutions and nonprofits and of the Kent County community more broadly. He sees potential here to be a kind of



It's become a tradition that The Starr Center at Washington College treats freshman, including its prestigious Quill & Compass Scholars, to a trip on the schooner Sultana. A reproduction of a Boston-built merchant vessel that sails out of port just a short walk from the Starr Center's historic Custom House, students learn the history of the Chestertown waterfront—their home away from home—during the sail.

African American history in microcosm. He suggested that the Starr Center should build a partnership with the African American museum, and the product of that was "Chesapeake Heartland: An African American Humanities Project."

Its goal is to preserve, document, chronicle, and share four centuries of African American history and culture in Kent County, Maryland. Consequently, we're digitizing everything from Underground Railroad documents from the 1850s to people's home movies from the 1970s. We're developing a new model for history that can take root in other communities around the Chesapeake region. We'll be working over the next few years to build partnerships with other communities in the entire Chesapeake region. We have over a million dollars in funding from the Mellon Foundation, the state of Maryland, and private donors. It's an exciting project, and we believe it truly has national significance. But perhaps that's a story for another time.

**If It's Thursday . . .**

Last spring, the Center's virtual event series "Thursdays with the Starr Center" hosted some of today's top thinkers and creators. It had more than 200 attendees for the virtual film screening of the documentary *Freedom Riders*, which was followed by a conversation with director Stanley Nelson. Another popular event was a discussion with MSNBC's Steve Kornacki on the roots of today's political divisions. And the Center brought together authors Ted Widmer and Neal Gabler to discuss their new biographies of President Abraham Lincoln and Senator Edward "Ted" Kennedy, respectively.

Other events featured artists, musicians, and activists from the region. "As we look to the fall, we are excited to continue to host events that explore a diverse range of American history, politics, and culture," says Kelley Wallace, Public and Media Relations Director at Washington College. "We will continue to do virtual events, but as conditions allow, we will also be holding hybrid and in-person events. Keep an eye out for our Chesapeake Heartland van, a mobile museum and digitization station that will be making the rounds this summer and fall."

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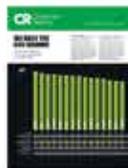
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And what a mission it would become for Will Adrian of Annapolis-based Adrian Development to create the next great place to land for a NASA Space Shuttle Mission Commander and his wife of 53 years.

There is more than just a touch of Annapolis-based serendipity to this story about what would bring the architect and the astronaut together to work on a complete renovation that would turn an outdated condo into the couple's cherished forever residence.

## SMALL WORLD AFTER ALL

"Will had done the [design and construction] work for a long-time friend in Annapolis and we stayed at their place one weekend," explains Major General Charles F. Bolden, Jr., a U.S. Naval Academy grad and former administrator for NASA during the Obama Administration. "We were really impressed with his work and decided we wanted to talk to him."

Their project hopes, as explained to Adrian, would take a dark and less than purposeful 1980s-style condo, and make it into an exceptional example of what modern downsizing looks like—something that would help the couple transition to a new life outside of their former five-bedroom family homestead near Mt. Vernon.

Adrian said it was Bolden's wife, Alexis, best-known by her nickname, Jackie, who provided him with the inspiration that would define the entire project: Take a smaller space and turn it into something that *feels* like a much larger space.

"Her conversations with Will and his initial 3D [design] concepts really set well with both of us," Bolden says.

The complexity of what needed be done to the 2,700 square-foot condo presented a challenge that Adrian was inspired and honored to take on.

"It was a big project to transform it into something they would actually enjoy living in," Adrian says. "The condo didn't have any ceiling lighting, except for a few fixtures. It was very dark and closed off. The kitchen was tiny and terribly laid out. It just did not have any *feng shui* whatsoever."

Reconfiguring the floorplan for flow and function was key. The Boldens love nothing more than to get together with their two grown children and three grandchildren, and this new home needed to afford enough space for overnight guests, as well as provide Charlie with dedicated office space for his current role as Founder and CEO Emeritus of the Charles F. Bolden Group, a small business specializing in space/aerospace exploration, national security, leadership, education, and health initiatives.

## HOUSTON, WE HAVE A PROBLEM

Knowing that the quality of the Boldens' potential to entertain should not be compromised by the quantity of square footage in their new living space, Adrian and his team got to work to address several non-starters of the previous condo footprint.

These included a less-than-inspiring den space with an adjacent powder room, a guest room that was not only ill-located next to the master bedroom (it did not have an *en suite* and required guests to go down the hall to access a separate bathroom), not enough light or closet space in the master, a master bath with a narrow shower stall and a clunky, '80s-era soaking tub.

If that wasn't enough, the kitchen would need to be re-thought entirely. So awkward was its footprint, that the room's entryway was partially obstructed by a refrigerator jutting out and into its path. Its old-school design did not provide any visual connection to the living area.

"Long, deep sightlines were a goal of mine in the design, and the intertwining of these spaces," says Adrian, of his overall ambitions which would include a way to improve the overall flow from the home's hallways to the new open-plan space that would be created.



Before anything like that could happen, they would have to deal with the design obstacle in the room: The fact that this project was a condo property and the commercial aspect of that type of building would require a series of workarounds to address electrical, plumbing, and original footprint issues. Many of the condo's walls were affected in some way; various walls came down altogether.

"We removed a big wall to open up the kitchen. Everything's new in that room," Adrian says. "We didn't just replace cabinetry; it's a whole new layout."



And that wall happened to be packed with pipes for plumbing that were essential to the infrastructure of the condo building itself. Fixing this type of issue within the restrictions and structure of a commercial building would present every obstacle in the book to Adrian and his team.

Working with that in mind and closely with the building manager, Adrian was able to find a way to create new innerworkings for pipes and necessary conduit; they would be ingeniously disguised beneath the façade of two, sturdy columns of cedar wood. These columns, which now serve as a design focal point, connect an elegant solid quartz island for prep work and seating to a lovely new coffered ceiling treatment above.

The ceiling treatment would not only help camouflage the required fire suppression system, it was outfitted with a series of LED lights that address the darkened corner aspects of a once tiny, closed-in kitchen.

This room's wish list included double ovens and a state-of-the-art integrated fridge/freezer; theirs is a 66-inch, handle-less Thermador. So sleek is the design, that it only requires the slightest push of a hand for it open on demand.

Other kitchen perks included the relocation of the condo's laundry facilities from the kitchen to an adjacent storage area creating a separate laundry room and using the re-purposed space in the kitchen to install a convenient pantry. Jackie wanted a creative way to display china and they both wanted a wine fridge, so Adrian found a beautiful and practical solution by incorporating both requirements in one attractive unit made of maple to off-set the rest of the room's white cabinetry and gleaming quartz backsplash.

## DESIGN FRONTIERS

Lighting elements added to the underside of the island assist in opening up the space further to the formal dining area. Throughout the new open plan footprint, lighting would play a central role. Knowing the lack of overhead lighting was a primary concern for the couple, Adrian executed a plan to drop the ceiling an inch and a quarter in the main living space so a series of LED wafer lights could be installed. This would be the workaround for another condo-related rule associated with not drilling into concrete floor and ceiling slabs.



To this the team, with much input from the couple, added an entertainment wall to the prime living area with a 75-inch TV mounted above a sophisticated electric fireplace feature loaded with various ambient capabilities and auxiliary heating. A Point Grey-colored engineered oak hardwood floor from the Fuzion Outer Banks Collection was chosen to flow underneath the open plan space.

On the other side of the living room wall where the less-than-inspiring den space was located, Adrian set out to create a primary guest suite by tapping into the workings of an old wet bar that would upgrade the powder room to a full bath with shower. The result: the Boldens' overnight guests will never have to walk down the hallway to that separate bath and they will have the comfort of knowing their guests have optimal accommodations.

Meanwhile, the traditional second bedroom of the home would become a re-worked multifunctional space that afforded the dedicated office the couple required, and provide utility for additional overnight guests. The room is now streamlined and looks like an office by day with a sophisticated, contemporary desk and wall unit with bookcases to the side and places above the desk to hang a few important NASA mission photos. When necessary, however, the entire wall folds down to reveal a comfy bed. Unlike a Murphy bed design, however, this unit is designed so nothing needs to be removed from the desk or wall to lower the bed. This exceptionally clever design was sourced from a DC-based retailer called Resource Furniture and by all accounts it created a proper control center befitting a mission commander.

The new design also meant that part of this room could then be sacrificed to make way for one of Jackie's must-haves: an expanded walk-in closet with custom built-in shelving in the master suite. This enabled the closet that was already in the room to become her husband's domain entirely. Other upgrades to the master included the addition of overhead lighting especially above the bed for reading and a complete re-work of that tired 80s-style bathroom. The large cumbersome-looking soaking tub was replaced by a state-of-the-art steam shower, and a "smart" vanity was added that incorporated one of today's technologically advanced mirror features. Once connected to WIFI, the mirror can tell you the time and weather, making sure you don't leave home without an umbrella in the event an afternoon shower is forecast.

Along with a spacious master walk-in closet, Jackie's renovation goals focused on the ability to accommodate more of their impressive art collection. In the case of this well-traveled and distinguished couple, nothing less than a well-lit gallery within a home would do to display treasured works by Dallas-based artist Frank Frazer and Jackie's favorite, which she affectionately refers to as "The Blue Man," a work by Ted Ellis of Houston.

Other treasures from the couple's family life together, Bolden's years as a military pilot, a member of a shuttle crew, and the role he held from 2009 to 2017 as NASA Administrator would also require pride of place. For this, Adrian would utilize the hallways to create a series of gallery-like walls by once again employing the drop ceiling technique to wash the space in light. Now, every pass down the couple's hallway is a nostalgic one rich in memories and accomplishments.



## SHINING STAR

Last but not least, Adrian provided a solution to the couple's desire to display an equally remarkable collection of wares and keepsakes that Jackie acquired from their travels throughout Asia.

Her husband reflected on one of the couple's most precious souvenirs...a replica of one of the thousands of Terra Cotta Warriors accidentally unearthed in the mid 1970s in the northwestern Chinese province of Shaanxi.



After retiring from the Marine Corp in 2003, Bolden said he and his wife were invited to go with a small team of astronauts on a two-week tour of China that would cover five cities.

“One of the cities was Xian, where a farmer accidentally came upon a collection of terra cotta warriors in a series of underground vaults,” Bolden remarks. “We toured some of [the vaults] and the result was our falling in love with them and our decision to buy a replica and bring it back to the U.S. with us.”

This particular item, which formerly stood sentry outside their former residences, would also require a very special place in their new life scheme. Adrian remarked that finding just the right place for it was one of the many considerations that weighed on him during the renovation process.

Adrian's solution: a custom art wall cabinet designed with a bulkhead built in above, glass-front panels, and a series of well-lit, multi-level shelves. This feature could hold smaller items and precious sculpture, pottery, and dishware. And then using the same maple to craft a moveable base, Adrian situated the couple's cherished warrior alongside this cabinet of treasures, creating a stunning feature wall they could enjoy every night at dinner, and every time they pass through the open plan space.

With the warrior now in its proper place, the Bolden's mission for a contemporary, modern downsizing was accomplished, creating a new launch pad from where their future journeys can now take flight.



## A LIFETIME OF DISTINGUISHED SERVICE

Bolden, who began his military career with the Marine Corp after graduating from the Naval Academy in 1968, first became an accomplished marine aviator, flying more than 100 combat missions during the Vietnam War. He also served as a test pilot for the Naval Air Test Center's System Engineering and Strike Aircraft Test Directories, and later logged over 680 hours in space as a NASA astronaut piloting both Space Shuttle Columbia and Discovery. He served as Mission Commander on both the Space Shuttle Atlantis in 1992 and Discovery in 1994. Later that year he would return to the Naval Academy to serve as the Assistant Commandant of Midshipmen— just one of the many roles he has undertaken in service of his country, culminating with his appointment by President Obama in 2009 to the position of NASA Administrator. Here, he would oversee the transition of the nation's space shuttle system to a new era of exploration with the advent of the International Space Station. Most recently, he served as a U.S. Department of State Science Envoy for Space in 2018 and 2019. He is the recipient of numerous distinguished service awards including the Distinguished Flying Cross and four NASA Space Flight medals.

**WARREN'S WOOD WORKS**  
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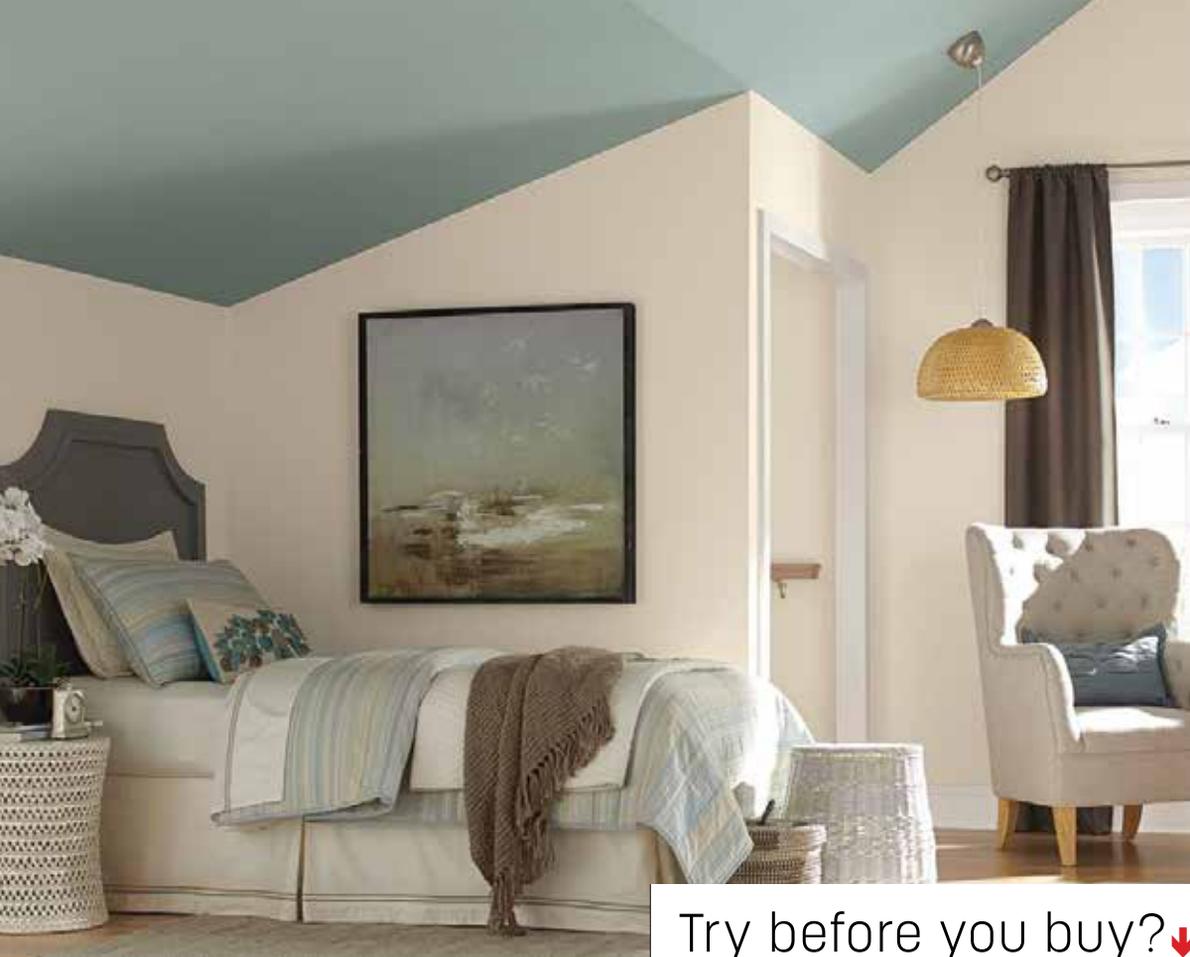
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HOME INTERIOR

# Once Upon a Time...

## WRITING YOUR HOME'S BEDTIME STORY

By Lisa J. Gotto

After the last year, we'll never take comfort for granted again. If you found yourself re-arranging your bedroom's floor plan, ditching your mattress, or ripping out outdated wallpaper, you're not alone.

Creating a serene master bedroom retreat isn't as much about luxury, as it is about necessity. Our bedrooms are such vital sanctuaries for our health and well-being—and there's nothing more fundamental than a good night's sleep. For that very reason, the items you choose for this room are more important than you may think.

## Try before you buy? ↓

What good is a pretty bedroom, if you're not waking up feeling restored and refreshed? The best bedroom sanctuaries provide reliable nights of restorative sleep, so the first chapter of your bedroom's story should tell the tale of finding a mattress that you love and loves you in return.

One of the hottest trends out there is shopping for a mattress online, and not just doing the diligence-oriented research either. More and more consumers are getting comfortable with the concept of also *buying* their mattress online. There was a time when "bed-hopping" while mattress shopping was fashionable and really the only way to do it. Let's face it; this was a chore, and was actually an uncomfortable, awkward one for some. Not to mention "test-resting" on a mattress in a showroom for less than five minutes is far from a full-proof assessment.

These factors and millennial insistence for convenience have resulted in a thriving online marketplace for mattress shoppers. What makes this new practice work are the amazing incentives the brand-specific labels like Nectar, Purple, and Avocado are providing. These include extended risk-free trial periods (some provide up



to 180 days), bonus linen and pillow packages, and free-shipping for returns. While these primarily foam mattresses do come conveniently packaged in a box and expand within hours, in most instances, you will not be expected to re-box it if you choose to return it. These particular retailers don't actually take the mattress back, they provide a mattress removal company to come and get it. This cost is factored into their overhead costs, but prices with regular retailers remain competitive because they are not paying leases on brick and mortar stores. In many instances, the brand-specific options are cheaper.

Not all online mattress sellers are created equal so evaluate reviews for all online merchants carefully. Not every mattress available for sale online comes with the same perks. Traditional mattress showrooms with online options perk packages may differ, so read the fine print, and note the difference between buying online from a standard retailer and a brand-specific retailer such as Avocado.

It still may take a while to convert every in-store mattress shopper and some consumers do wish to speak in person to a knowledgeable sales professional who can assess what they really need and want from their mattress. If this sounds like you, do your research before you go so you can narrow your options by mattress type, level of firmness, and cost. Being armed with these specifics will keep your in-store bed-hopping to a minimum.



## Tranquility of tone ↓

A calming color for your area rugs and walls inspired by nature is highly recommended for bedrooms this year. Writing a narrative that includes tranquil blues, mossy greens, and sunny, muted yellows tell a restful and quieting tale. If you're a lover of intense color and wish to use it in the bedroom, consider using it as an accent color on one wall or use it for smaller items like accent pillows, artwork, or a piece of furniture in the room.

## ↑ Pile it on!

Our next chapter is all about creature comforts. The whims of a majority of consumers have resulted in the trading in of traditional wall-to-wall carpeting (even in our bedrooms) for area rugs. Because wall-to-wall traps allergens, dust, and dirt—especially since this type of carpet goes under the bed—it is tough to keep clean. Area rugs enable easier maintenance of the rug itself and the surface flooring surrounding it. They're also easier to replace when the need arises.

That said, for comfort's sake, have something smaller but soothing underfoot for when you first get out of bed—a plush faux animal skin rug, perhaps. These smaller rugs can be taken outside and shaken regularly to release dust and allergens. A medium to thick-shag or pile style can complement a larger area in your bedroom sanctuary.

Fiber type is key here, and there are two primary categories: natural or synthetic; each having its own pros and cons. For those particularly affected by asthma or allergies, a synthetic fiber like polyester is recommended. These types are more susceptible to shedding or pilling, so you may need to replace them more often. The most desirable among the natural options is wool, which is touted for its luxurious feel. Other options known for their comfort factor, include a Saxony pile, which is considered plush and fluffy, and a velvet pile for a more sumptuous feel.

### Tip:

When you're outfitting a new look for your bedroom, keep in mind you may wish to choose your carpet first and then use it as base to choose bed linens, duvet covers, quilts, and comforters accordingly. Generally, your linen options will be more plentiful, leaving you more choices to tie your look together.



## Get the lighting right ↓

Even though you sleep in the dark, elements like lighting still play a role in the sanctuary aspect of your bedroom. Brighter overhead lights for dressing should be accessible, but more ambient options like dimmer switches and even flameless candles can help set the mood or frame of mind for a good night's sleep. Choose a lower watt bulb for nightstand lamps and supplement with an attached book reading lamp to squeeze in those last chapters before bed.



## Get out of here!

Don't allow your wireless devices to rule your life. By all means do not bring your laptop to bed with you. If you require the quiet of a bedroom to work from home, set up a separate zone where the computer "sleeps" at night., and you work only during the day. It's also helpful to keep your exercise equipment out of the bedroom if at all possible. It could serve as a stressor when you haven't had the opportunity to use it—and stress is a no-go in your sanctuary.

With furnishings and elements that feel "just right," your bedroom sanctuary will have you snoozing happily after.



## ↑ Invest in an in-room atomizer

Our sense of smell should also be considered an important element to employ in a bedroom sanctuary. Certain aromas awaken us and others, like lavender, calm us and help us wind down.

Automatic aroma atomizers can help get your sanctuary ready for snooze time while you're finishing up the dishes or the kids' homework. Another easy option is scented pillow mist. Just a spritz or two will do, and the right scent can make a big difference when it comes to quality of sleep.

# A Pool and...Life on the Bay

By Lisa J. Gotto



For expansive water views that include the Bay Bridge, it just doesn't get any better than this! If you could envision having the Bay as your backyard, you would be getting close to what the new homeowners of this nearly 2,000-square-foot home will experience living here.

Not to mention all the perks that come with vacationing on the water in a home like this. Built in 1980 and meticulously maintained, imagination becomes reality in this Bayside retreat as your vista opens to the magnificent Chesapeake and all who sail on her from your spacious four-season room that also overlooks your large in-ground swimming pool. So, if sights of the Bay give you the urge to dive right in, you certainly can!

Inside, this residence is lovely and welcoming with many warm-toned hardwood floors. On the main level the home offers a charming entry with its well-crafted, two-toned staircase and accents of molding and wood trim. To the left of the entry is the

home's sunny and spacious formal living room with entry to its formal dining room with its chair rail accents.

A cheery kitchen with cherry wood cabinetry and attractive granite-topped counters provide lots of prep space; a peninsula offers breakfast seating for two. All stainless-steel appliances and a wealth of pantry space make this room a cook's dream. Just off the kitchen is a large, comfy family room with a central red brick wood-burning fireplace with a cozy wood mantel. It is easy to access that four-season room with its wood stove from the sliders in the family room; and a sweet, screened-in deck is located just off the four-season room.

Three nice-sized bedrooms with lovely hardwood floors including the master with its en suite bath are located on the home's second level.

Outside there's a large attached garage for auto and watercraft storage, and the home's prime feature—access to the Bay via its private pier with boat lift. Let the adventures in fishing, crabbing, and boating begin!

**Primary Structure Built:** 1980  
**Sold For:** \$940,000  
**Original List Price:** \$950,000  
**Bedrooms:** 3  
**Baths:** 2 Full, 1 Half  
**Living Space:** 1923 Sq. Ft.  
**Lot Size:** 0.34 Acres



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# Charm & Convenience on the Choptank

By Lisa J. Gotto

The charm of a coastal cottage and the convenience of a larger modern residence with great gathering spaces combine in this unique Talbot County property on the Choptank River. Sitting on nearly two-and-a-half acres of land, this residential compound with its tranquil river views provides the perfect backdrop for large family retreats of any duration.

The primary residence offers spacious main level living with its open-plan design and soaring, vaulted ceiling accented with rustic blond wood beams. The kitchen offers modern design and flair with a curved, two-tiered island topped with granite that seats four. Light wood cabinetry, all stainless-steel appliances, and complementary pendant lighting make the room welcoming and efficient. An adjacent formal dining space is framed on one side by a series of French doors that offer excellent views to the river.

The exposed beams overhead accent a great space for gathering in the family room, a central fireplace with light-colored brick surround has pride of place. This room also benefits from floor-to-ceiling views that flow effortlessly into one of the home's two primary bedrooms with baths. This room offers all floor-to-ceiling windows and a charming morning coffee seating area overlooking the water.

This level flows from the dining room, family room, and bedroom out to a wrap-around, screened-in deck that brings you ever closer to the water and provides fireside respite from life's daily stressors.

A cottage on the property provides room for extended family and guests with its combined living and dining areas, a rustic-style efficiency kitchen with center island seating, one large bedroom, and two baths.

Additionally, this property offers a third structure, a charming barn-style garage with plenty of space for storage on the first level, and a wonderfully convenient and well-appointed apartment with a great room, bedroom, and bath on the second level.

Planning a complete family retreat has never been easier or more fun with this property's private pier with lift and four feet of MLW, great for recreational pursuits like fishing, crabbing, or hopping on a boat for a family-fun afternoon on the water.

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**Primary Structure Built:** 2006  
**Sold For:** \$1,050,000  
**Original List Price:** \$1,047,700  
**Bedrooms:** 4  
**Baths:** 5  
**Living Space:** 3,160 Sq. Ft.  
**Lot Size:** 2.41 acres

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# Health & Beauty

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# Fresh Take

## COCONUT

By Dylan Roche

Thanks to its prosperous cultivation in tropical cultures, coconut is one of those foods you just can't help associating with warm weather, poolside retreats, and beach vacations. Hey, it's even an indulgence you can feel good about—or so you might think, thanks to the great PR that coconut has received in nutrition circles over the past few years. Coconut has been hailed as good for your heart as well as your long-term protection against chronic disease. As an alternative to butter, it's said to potentially be able to help you lose weight.

But is coconut really the nutritional powerhouse that people make it out to be? The answer is a complicated one. In short: maybe. The science isn't there to support some of the far-fetched claims, and with its caloric density and high levels of saturated fat, you still have to practice moderation.

But even if there are aspects of coconut's nutritional profile you might be wary about, there are plenty of health-centered reasons to enjoy this fat-rich fruit. Plus, it works just as well in savory dishes as it does in sweet ones!

While you might think of coconut as the actual fruit (and yes, it's botanically a fruit, not a nut), the name "coconut" can refer to the specific type of palm tree on which these drupes grow. These coconut trees grow



primarily in sandy areas with high temperatures, high humidity, abundant sunlight, and frequent rain. Therefore, it's not surprising that coconut is popular in such cuisines as Indian, Polynesian, Thai, or Jamaican.

When it comes to coconut's nutritional profile, the first thing you should know about is its fat content—there's a lot of it! And it's mostly saturated fat, which is notorious for causing cardiovascular problems like heart disease when eaten in abundance. About 90 percent of coconut's fat content comes from saturated fat, a much higher percentage than butter, which is 64 percent saturated fat.

This high fat content also means coconut is calorically dense: a single cup of shredded coconut flesh has about 300 calories. On one hand, this means coconut is a great source of energy and will keep you feeling satiated. On the other hand, it's important to limit the amount of high-fat foods like coconut you consume. Per the Academy of Nutrition and Dietetics, healthy adults should only consume about 20–35 percent of their calories from fat and they should limit their consumption of saturated fat.

If you've heard that the saturated fat in coconut is different from the saturated fat in animal products, you should take that advice with a bit of skepticism. Yes, coconut's saturated fat is made up of medium-chain fatty acids, which are different from long-chain fatty acids in that they are absorbed straight into your bloodstream and therefore do not raise your blood cholesterol levels. Some research shows medium-chain fatty acids might be beneficial for you when consumed in moderation, but the Mayo Clinic and Harvard Medical School emphasize that the health benefits of coconut's fat content are exaggerated. You're better off turning to fatty fruits like avocados and olives, which are full of heart-healthy unsaturated fats.

So, if the health buzz isn't about the fat, then what does coconut have to offer? Coconut contains many vitamins and minerals, as well as antioxidants for fighting inflammation and staving off the effects of aging. Coconut is a source of manganese for good bone health, iron for



## Coconut Bread

### INGREDIENTS:

1 cup raisins  
3.5 cups whole-grain flour  
1/2 cup brown sugar  
1 tablespoon milled flax seed  
1.5 cups coconut milk  
1/4 cup coconut oil  
1 teaspoon vanilla extract  
1 teaspoon salt  
1 tablespoon baking powder  
2 cups shredded coconut

### DIRECTIONS:

Preheat the oven to 350 F. In a large bowl, combine flour, baking soda, and salt. In a separate small bowl, whisk together the brown sugar, coconut oil, and vanilla until smooth. Slowly add the flax seed and the coconut milk. Continue mixing until thoroughly combined, then add to the dry ingredients. Stir in raisins and shredded coconut. Transfer to a floured surface and knead for 2–3 minutes. Grease two 9-inch bread loaf pans. Cut the dough in half and fill the pans, shaping the dough if necessary. Bake for approximately 1 hour. The surface should be golden-brown. Remove from the oven and allow to sit for approximately 30 minutes before serving. Garnish slices of bread with confectionary sugar or chocolate hazelnut spread if desired.

## Coconut Pineapple Smoothie

### INGREDIENTS:

2 cups frozen pineapple chunks  
1 banana, peeled and chopped  
1/4 cup cucumber, peeled and chopped  
1 cup coconut milk  
1/4 cup shredded coconut  
1 teaspoon vanilla extract  
1 scoop protein powder of choice (optional)

### DIRECTIONS:

Combine ingredients in a high-power blender and process until smooth. Serve garnished with shredded coconut flakes if desired.



healthy oxygen transportation in your blood, and potassium for healthy blood pressure.

You should also consider the health benefits of coconut water, the clear liquid that's found inside coconuts before they ripen. (Don't confuse this with coconut milk, which is an emulsion of this clear liquid with grated coconut flesh.) Think of coconut water as nature's sports drink—it has the electrolytes you need for fluid balance, including potassium, sodium, and manganese, while being naturally low in sugar and calories. It's a refreshing choice for sipping after a workout in hot weather!

Ready to find healthy ways of incorporating coconut into your diet? Here are a few suggestions:

## Tropical Coconut Rice

### INGREDIENTS:

2 cups brown rice  
2 cups pineapple chunks  
1 can (13.5 ounces) unsweetened coconut milk  
1/4 cup sweetened coconut flakes  
1 tablespoon curry powder  
2 teaspoons garlic  
1 teaspoon ground ginger  
1 lime  
1 cup cashews (roasted and salted)

### DIRECTIONS:

Crush the pineapple with a fork or potato masher. Whisk in the coconut milk, then transfer to a saucepan and add 2 cups of water. Bring to a boil. Add the brown rice and reduce the heat to low. Cover the saucepan, allowing the rice to cook for approximately 45 minutes. Check occasionally and add more water if necessary. When the rice is cooked, stir in the garlic, ginger, curry powder, and coconut flakes. Fluff with a fork. Finish with a squeeze of lime and cashews on top.

# Sun-Damaged & Chlorine-Damaged Hair?

THERE ARE WAYS TO AVOID IT—AND TO TREAT IT!

By Dylan Roche

Summer has been a lot of fun—but by the time August rolls around, all of that heat, humidity, sun exposure, and chlorinated pool water have probably taken a toll on your hair. What gives? There has to be a way to enjoy your favorite parts of summer without resigning yourself to dried-out, damaged, difficult-to-style hair for the rest of the season!

What you're seeing with your hair could be the result of several factors, so it's important to consider what activities you've been doing this summer that cause your hair damage in order to figure out how to fix it.

**If you've been spending a lot of time in the sun**, it's likely that UVA and UVB rays have damaged your cuticles, the outside covering of each individual hair strand. This causes damage that can result in everything from dryness to discoloration. And once this damage starts, sun and heat have a much easier time penetrating the hair strands, so the damage will get worse with even less exposure.

**If you've been spending a lot of time in the pool**, then you might be looking at chlorine damage. The same chemicals that kill bacteria in the water will also strip natural oils from your hair. This won't cause long-term damage, but it's enough for your hair to look unhealthy and feel unmanageable. In some cases, the chlorine will oxidize the copper in your hair and turn it green—something that's much more noticeable with blond and light-colored hair.



### SO, WHAT DO YOU DO?

There are some ways to avoid sun-damaged or chlorine-damaged hair in the first place if you're proactive.

- Avoid letting your hair get too much sun exposure by wearing a hat and sticking to the shade. Making a trip to the beach? Bring an umbrella you can set up in the sand. If you find that a hat is too heavy in the hot weather, opt for a lightweight headscarf instead.
- Remember that protecting your skin from sunburn often means going out early in the morning or late in the afternoon so you avoid the hottest, brightest times of the day—the same rule applies with your hair. UVA and UVB rays are strongest between 10 a.m. and 3 p.m.
- Artificial heat is just as bad as heat from the sun. Styling your hair with

heat from items like curling irons and blow dryers can exacerbate the problems the sun is causing.

- Minimize the amount of chlorinated water your hair absorbs by getting it wet before you get in the pool. You can achieve an even greater effect by using a leave-in hair moisturizer or serum before swimming.
- Wash your hair as soon as possible after swimming, and look for shampoos that are designed to clarify your hair. Clarifying ingredients are intended to remove chemicals from your hair and will help strip away any buildup that has accumulated. A great natural option is apple cider vinegar, which you can use to rinse your hair after you've washed it the way you normally would. For hair that's especially dry, look for conditioners made with nourishing oils like coconut, jojoba, and argan.

**Try this Easy Home Remedy**—Want to replenish the proteins in your hair, restore moisture, and re-achieve the luster to your hair you had before summer? A few simple ingredients you probably already have in your kitchen at home can help you treat the damage. Try this: 1. Mash up an avocado until it's nice and smooth. Slowly add a tablespoon of olive oil or melted butter until it's slightly thinned. Whisk in an egg, both the white and the yolk. 2. Generously apply the mixture to your hair and comb it through. If you have especially long hair, you may need to double the recipe. 3. Allow your homemade serum to sit for approximately 20 minutes, then rinse thoroughly with cold water.



# What is Ayurveda?

HOW YOU CAN ADOPT A HEALTHY LIFESTYLE BASED ON ANCIENT INDIAN MEDICINE

By Dylan Roche

“The science of life.” That’s how Ayurveda translates from Sanskrit. And with a name like that, it’s difficult to not find yourself curious about what this practice has to offer those who are seeking a healthy lifestyle. But it’s important not to get carried away—while many aspects of Ayurveda are great practices to adopt, health experts emphasize that the science behind Ayurveda is insufficient and it should be used to complement, not replace, conventional medicine.

Johns Hopkins Medicine describes Ayurveda as a natural system of medicine, one that traces back to 3,000 years ago in India. The practice involves health interventions like a special diet, herbs, yoga, meditation, and massage therapy to achieve balance between a person’s mind and body, thereby fending off disease and maintaining good health.

## Ayurveda: A Brief Explanation

What sets Ayurveda apart from similar holistic practices is its emphasis on the five elements that make up the universe: air (called *vayu* in Sanskrit), water (*jala*), space (*akash*), fire (*teja*), and earth (*prithivi*). As the National Ayurvedic Medical Association explains, these elements make up different types of energy, called *dosha*, in your body that enable you to take care of bodily functions—everything from your sense of hunger to your ability to move.

For example, the dosha known as vata is vital for breathing or moving your muscles, while the pitta is what digests food and regulates your body temperature. Then there’s kapha, which keeps all your bones, tendons, and muscles structured and working. Ayurveda teaches that all people have a dominant dosha, but nobody’s balance of dosha is exactly the same. Your dosha is as uniquely yours as your fingerprints.

Once a person understands their energy, they have a better understanding of what external factors—like poor diet, stress, or lack of physical movement—are most likely to throw them out of balance. They also understand what type of lifestyle works best for them.

Johns Hopkins Medicine points out that Ayurveda is regarded as a form of medical care in India, where practitioners pursue the same kind of institutionalized training for it as a doctor would for conventional Western medicine here in the United States. By contrast, there is no national standard for training, certification, or licensing for Ayurveda in the United States, although there are paths of study for those who are interested. Maryland University of Integrative Health, for example, offers a post-baccalaureate certificate in ayurvedic wellness practices.

## What’s Great About It

Those who adopt the practices of Ayurveda into their lifestyle are likely to see many benefits, even if they don’t follow it as strictly or as exactly as it would be done in India. The National Ayurvedic Medical Association encourages eating whole foods like fruits, vegetables, and grains while limiting red meat, sugar, and preservatives. Ayurveda encourages being present, or mindful, especially when consuming food, so you’ll be less likely to eat from emotional cues. This can ultimately help people curb binge eating or overeating and will help in controlling weight as well as alleviating depression or anxiety.

A few other general practices you should consider? The Ayurvedic Institute recommends things like keeping warm, keeping calm, keeping a regular routine, and getting plenty of rest for vata; avoiding excess oil, limiting your salt intake, and exercising during cooler parts of the day for pitta; and staying active and avoiding heavy, oily foods for kapha.

## What You Should Consider

Hundreds of thousands of Americans use Ayurvedic teachings as part of their healthy lifestyle, but it's important to remember that very few clinical trials have been done to explore how much scientific support there is for it. Of the trials that have been done, most were with a small group of subjects, and in some cases, researchers determined that results were inconclusive.

Additionally, it's important to be wary of any Ayurvedic supplements on the market. These supplements are not regulated the same as conventional medicine, and the U.S. Food & Drug Administration has stated that some products contain potentially harmful metals, such as lead or mercury.

## The Least You Need to Know

There's a lot to love about Ayurveda and the healthy practices it preaches, but you should still listen to your doctor. As Johns Hopkins Medicine puts it, "Ayurveda can have positive effects when used as a complementary therapy in combination with standard, conventional medical care."

# Fitness Tips

## MARTIAL ARTS

By Dylan Roche

There are reasons that martial arts have stuck around for hundreds—and in some cases, *thousands*—of years. Whether they're studying karate, taekwondo, kung fu, ninjitsu, or any of the other many disciplines, martial artists find the practice makes them stronger, more coordinated, more self-assured, more focused, less stressed, and an overall more balanced person. Hey, what's not to love about that?

And no matter what age you are, you could learn something from a martial arts class—it's a sport that is popular with children, adults, and even seniors.

### STRONG, FLEXIBLE, AND BALANCED

What makes martial arts so great? When you go through a martial arts routine, you find that the moves require your entire body, working every major muscle group. Although you aren't using weights or resistance bands, you still build strength from the repeated arm movements like punching and leg movements like kicking. You'll also work your core because of all the rotations and twisting that the moves require. On top of that, completing a routine at an intense speed will raise your heart rate and give you a calorie-torching aerobic workout.

Practicing martial arts moves will even improve your flexibility and your balance, both of which are important for avoiding injury as you grow older. As an impact sport, it's good for strong bones as well, thus reducing risk of conditions like osteoporosis.

### IMPROVE FOCUS AND INCREASE REACTION TIME

A martial arts coach (often called a master or grandmaster) will tell you the sport is just as great for your mind as it is for your body. Performing the moves requires precision and focus to do them correctly. The need to dodge and block attacks while countering them with moves of your own will improve your reflexes and increase your ability to react under pressure. In fact, according to a 2018 study published by the peer-review journal *Frontiers in Psychology*, people who do martial arts enjoy increased levels of alertness that intensifies the longer they have been practicing.

But these mental benefits may bring long-term advantages as well. Learning complex martial arts moves helps your brain form new neuronal connections the same way learning a new language would, meaning students are less likely to develop conditions of degenerative brain function, such as Alzheimer's.

### SPARRING, NOT FIGHTING

Some people might have reservations about martial arts because they perceive it to be about fighting—but that's not the case when you're training. When martial arts students face off against each other, they are *sparring*, which means their match is controlled by specific rules. The idea is for students to use their techniques while demonstrating discipline and trust. In the end, the idea is not about winning but instead about making both students better.



## TRYING OUT MARTIAL ARTS

Before you seek out a martial arts class, give some of the moves a try by incorporating them into your regular workout routine. Here are three that will work your major muscle groups, challenge your balance, and get your heart racing:

### CHAIR KICKS

1. Place a simple chair or bench in front of you and stand facing it with your feet shoulder width apart.
2. Raise your knee so your leg is at a 90-degree angle, then extend your leg so you are kicking over the seat of the chair. This is referred to as a *maegeri*, or front kick.
3. Retract your leg and return to your standing position.
4. Repeat the kick with the other leg.
5. Stay slow at first so you can maintain good form through the whole movement. As you start to be more comfortable with a proper front kick, you can pick up your speed.

### WALL PUNCHES

1. Stand at an arm's length away from the wall with your legs spread slightly farther than shoulder

- width. Bend your knees slightly so you are resting your weight on your quads and glutes.
2. Bend your elbows and raise your fists to chest height, keeping your arms as close to your sides as possible.
3. Extend your right arm as if you're punching the wall. Come as close as you can to the wall without actually touching it. This helps exercise your self-control as you avoid actually touching the wall.
4. Bring your arm back in and repeat with the other arm.

### KNEE KICKS

1. Begin in a kneeling position with one knee on the ground and the other leg out in front of you, foot flat on the floor and knee at a 90-degree angle.
2. In one fast motion, rise up and put your weight on your forward leg. Kick your leg from the ground in front of you, extending a punch with the opposite arm.
3. Finish by dropping back down into your beginning position. Keep your movements controlled so you don't land hard on your knee.

*You Voted, Let's Celebrate!*

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# Dining

90 SAVOR THE CHESAPEAKE | 92 GUIDE



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REVIEW

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



## Welcome Back

An Eastern Shore classic is back after the pandemic temporarily closed its doors. Owners Amanda Bramble and Tim Wright reopened Cambridge's **Jimmie & Sooks** after teaming up with Tammy and Tracy Lynndee, who also own Sweets & Treats. Jimmie & Sooks will continue to focus on fresh seafood, comfort food, and other scratch-cooked favorites. **527 Poplar Street, Cambridge | [jimmieandsooks.com](http://jimmieandsooks.com)**



## DINING TRENDS

# Savor the Chesapeake

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

By Kelsey Casselbury

### Annapolis Culinary Hotspot

There's a lot going on at the Annapolis Town Center, starting with **True Food Kitchen**, which was scheduled to open in mid-July. The national chain is based on the dietary principles of Dr. Andrew Weil and focuses on nutritional cuisine that's also good for the planet. Menu options include grilled sustainable salmon, tuna poke bowls, vegan cheeseburgers, and more. **1906 Towne Centre Boulevard, Annapolis | [truefoodkitchen.com](http://truefoodkitchen.com)**

Other soon-to-be-opening news from the Annapolis Town Center: **Cava**, a fast-casual chain focusing on Mediterranean cuisine, and **A Taste of New Orleans**, which offers Cajun cuisine, are both joining the shopping center. Opening dates haven't been announced, so keep an eye on the Towne Center's website, [annapolistowncenter.com](http://annapolistowncenter.com).

But, wait, there's more! **Tuscan Prime Italian Chophouse and Italian Bar** will also be coming to the Annapolis Town Center and is scheduled to be opening this fall. The Italian restaurant is the latest venture from Monte Restaurant Development Group, which also owns Carpaccio Tuscan Kitchen and Squisito Pizza & Pasta, and its mission is, "To consistently serve award-winning modern Italian cuisine, steaks and chops, paired with a masterfully crafted wine list, and craft cocktails, delivering superior service in an upscale yet inviting atmosphere." **1905 Towne Centre Boulevard, Annapolis | [tuscanprime.com](http://tuscanprime.com)**

### Roll Out the Welcome Mat

How about some news outside of the Town Center? There's a new restaurant in downtown Annapolis: **1771 Grill and Taphouse**, which replaced Harvest Wood Grill across from the Market House. The menu is small right now, including items such as oysters, fresh fish, Cajun shrimp, and burgers. More notable is the focus on gin and gin and tonics, with 12 gins and six G&Ts to choose from. 1771 is open for lunch and dinner Wednesday through Sunday. **26 Market Space, Annapolis | [1771grillandtaphouse.com](http://1771grillandtaphouse.com)**

Over at Waugh Chapel, **Galliano Italian Restaurant & Wine Bar** is now open in the former location of the Four Seasons Grill. Galliano, which also has a location in Maple Lawn, offers classic Italian cuisine, including pizza, pasta, gnocchi, risotto, and more. What we're excited about: Martini Mondays, when you can get those signature tipples for just \$8. **2630 Chapel Lake Drive, Gambrills | [gallianoitalianrestaurant.com](http://gallianoitalianrestaurant.com)**

Need something sweet after your Galliano dinner? Hop over to **Crumb Cookies**, which offers a rotating menu of cookies that are reportedly amazing, as well as ice cream. If you prefer the classics, milk chocolate chip and chilled sugar cookies are always available. **1410 S. Main Chapel Way, Suite 116, Gambrills | [www.crumbcookies.com](http://www.crumbcookies.com)**

### Shop 'Til You Drop

There's a new farmers market in town—the **Glen Burnie Farmers Market**, which runs from 4 to 7 p.m. Thursdays through September 2, with vendors offering an assortment of produce, meat, dairy, bread, flowers, food, collectibles, and crafts. The market is managed by the Chamber of Commerce in collaboration with Arundel Ag, part of the Anne Arundel Economic Development Corp. **Glen Burnie Town Center, 101 N. Crain Highway, Glen Burnie | [facebook.com/glenburniefarmersmarket](https://facebook.com/glenburniefarmersmarket)**



### Special Delivery: **What We're Ordering**

After a year of dining at home, it's going to be hard to break up with order takeout via delivery, isn't it? Another thing that's apparently hard to give up: comfort food, which skyrocketed in popularity (if it *could* get any more popular) in 2020.

DoorDash's second annual mid-year Deep Dish Report came out recently and found that the top foods ordered by Americans are, well, less than healthy. Based on order data from January 1 to June 1, plus info from a national consumer survey, these foods are what we're craving the most: French fries, Quesadillas, Iced coffee, Boneless wings, Chocolate chip cookies, Pad Thai, California rolls, Caesar salad, Chicken tikka masala, Chili

As life returns to normal, however, folks are feeling more adventurous (culinary-speaking, anyway). More than 60 percent of people are planning on trying new restaurants, while nearly half say they want to try new foods in general.

Remember, DoorDash, UberEats, and other delivery services are the epitome of convenience, but if your eye is on continuing to support local restaurants after a crushing pandemic year, consider ordering straight from the restaurant and picking up your food. When local restaurants don't have to pay third-party fees, more money can go to operating the business.

### **In Remembrance**

Annapolis is remembering iconic restaurateur Jerry Hardesty, who died in June at age 79. Hardesty opened Middleton Tavern with his brother in 1968, changing its name from Mandris Restaurant, and undertook efforts to restore the historic building's interior. A U.S. Air Force veteran, Hardesty was pivotal in bringing the oyster shooter to popularity in Annapolis, according to a *Baltimore Sun* article. He was also a founding co-owner of Carrol's Creek Cafe in Eastport and owned O'Briens for a period of time. Hardesty will be sorely missed.



### *From the Bar:* **Boozy Ice Pops**

It is sweltering outside. A cold, crisp sauvignon blanc or a light, tart gose might help beat the heat, but why not go extra-icy with a boozy ice pop? Adult popsicles have grown in popularity in recent years, with brands such as Fruitapops (fruitapop.com), which are alcohol-infused pops in flavors such as Lemon Rose, Coconut Rose, Guava Cosmo, Moscow Mule, and Watermelon Margarita.

However, you can also make your own adult ice pops at home—all you need is an inexpensive popsicle mold. Pretty much any type of alcohol, including wine, will work, but keep in mind that alcohol in high quantities doesn't freeze. Therefore, following the recipe's ratio of 4 parts liquid to 1 part alcohol ensures that the pops will freeze solid.

## **Lemonade Vodka Popsicles**

*Serves 8*

- 4 cups lemonade\*
- 1 cup vodka
- 8 slices lime (optional)

Combine the lemonade and vodka in a large pitcher and stir to combine. Pour the mixture into eight popsicle molds and add the sticks in the center. Optional: Place a slice of lime at the top of the mold, then push the sticks through the center. Freeze for at least 10 hours.

\* Try strawberry or raspberry lemonade for a fun pink hue!

### **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; Crabdeck.coml Seafood; lunch, dinner \$\$ 🍷 🍷 🍷 🎵 🍷

### Frix's Fire Grill

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

### Harris Crab House

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

### Hemingway's Restaurant

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

### Historic Kent Manor Inn

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

### The Jetty Restaurant & Dock Bar

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

### Kentmorr Restaurant

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

### Knoxie's Table

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

### Ledo Pizza

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

### Love Point Deli

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

### The Narrows Restaurant

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

### Oh My Chocolate

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

### O'Shucks Irish Pub

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

### Rams Head Shorehouse

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

### Red Eye's Dock Bar

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

### SandBar at Rolph's Wharf

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

## Talbot County

### 208 Talbot

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

## BLUE RUIN

"My favorite place to try a new cocktail." —Lauren Peters

### 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; Charactersbridge-restaurant.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 \$ 🍷

## "Oysters Rockefeller, crab soup, and beyond. I love all of it!" —John V

### 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/ginascfestmikes; 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; gourmetbythebay.net 🍷

### Harrison's Harbour Lights

101 N. Harbor Road, St. Michaels; 410-745-9001; Harbourinn.com; American, seafood; lunch, dinner \$\$\$ 🍷 🍴 🍷 🍷 🍷

### Hill's Cafe and Juice Bar

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

### Hong Kong Kitchens

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

### Hot off The Coals BBQ

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

### Hunters' Tavern at the Tidewater Inn

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

### In Japan

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

### Krave Courtyard

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

### Latitude 38 Bistro & Spirits

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

### Ledo Pizza

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

### Limoncello Italian Restaurant

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

### Lowes Wharf

21651 Lowes Wharf Road, Sherwood; 410-745-6684; Loweswharf.com; American; lunch, dinner \$ 🍷 🍴 🍷 🍷 🍷 🍷

### Lyon Distilling Company

605 S. Talbot Street, #6, St. Michaels; 443-333-9181; lyondistilling.com 🍷

### Marker Five

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

### Momma Maria's Mediterranean Bistro

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

### Old Brick Café

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

### Osteria Alfredo

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

### Out of the Fire Café & Wine Bar

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

### Piazza Italian Market

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

### Plaza Jalisco

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

### Pope's Tavern

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

### Portofino Ristorante Italiano

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

### Purser's Pub at Inn at Perry Cabin

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

### Robert Morris Inn

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

### Sakura Sushi Restaurant

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

### Sam's Pizza & Restaurant

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

### Scossa Restaurant & Lounge

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

### Snifters Crafts Beer and Wine Bistro

219 Marlboro Avenue, Easton; 410-820-4700; sniftersbistro.com

### Stars at Inn at Perry Cabin

308 Watkins Lane, St. Michaels; 443-258-2228; innatperrycabin.com; Seafood; breakfast, lunch, dinner \$\$\$ 🍷 🍴 🍷 🍷 🍷

### St. Michaels Crab & Steakhouse

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

### Sugar Buns Airport Café & Bakery

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

### Sunflowers & Greens

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

### T at the General Store

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

### Theo's Steaks, Sides & Spirits

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

### Two if by Sea

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

### U Sushi

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

### Washington Street Pub & Oyster Bar

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

## Kent County

### 98 Cannon Riverfront Grille

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

### Barbara's On The Bay

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

### Bayside Foods

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

### Bay Wolf Restaurant

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

### Beverly's Family Restaurant

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

### Café Sado

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

### Casa Carmen Wine House

312 Cannon Street, Chestertown; 443-203-8023; casacarmen-wines.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 \$-\$\$ 🍴 🍷 🍷 \*

## PEOPLE LOVE MAGAZINES.



*what % of US adults say they read magazines in the last 6 months?*

# 91%

This includes **95% of those under 35** and **95% of those under 25.**

(MRI-Simmons, Fall 2019)



*when advertisers were asked which medium offers the highest ROAS, which was the highest overall?*

## MAGAZINES.

THE MAGAZINE ROAS OF \$6.51 WAS **DOUBLE THAT OF THE TV ROAS** OF \$3.23, AND MORE THAN DOUBLE OF THE DIGITAL ROAS OF \$2.43.

(NCSolutions 2005-Q12019)

*HOW MANY ADULTS AGES 18+ READ MAGAZINES?*

# 228.7 MILLION

THAT'S AN INCREASE OF 18 MILLION SINCE 2012.

(MRI-Simmons, Fall 2012-2019)



### THE PRINT MAGAZINE INDUSTRY IS GROWING

**139 new print magazine brands** with a frequency of quarterly or greater were introduced in 2019

(Samir "Mr. Magazine"™ Husani Monitor 2020)



MAGAZINES REACH **PREMIUM AUDIENCES IN HIGH-INCOME HOUSEHOLDS\***

At a greater rate than newspapers, internet, radio or TV

\* Household income \$250K+

(MRI-Simmons, Fall 2019)



**WOMEN AGES 18+**

(MRI Media Fusion)



## PRINT READERS REMEMBER MORE.

- **PRINT STIMULATES** EMOTIONS AND DESIRES
- **PRINT IS PREFERRED** BY THE MAJORITY (EVEN MILLENNIALS)
- PRINT READERS EXPERIENCE **MORE FOCUSED ATTENTION AND LESS DISTRACTION**, WHICH DRIVES SENSORY INVOLVEMENT CONTRIBUTING TO GREATER READER IMPACT, COMPREHENSION AND RECALL.

(MPA, Scott McDonald, Ph.D. Nomas Research)



WHAT'S UP? **MEDIA**  
DIGITAL MAGAZINES EVENTS



**Java Rock**

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

**The Kitchen at the Imperial**

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

**Luisa's Cucina Italiana**

849 Washington Ave, Chestertown; 410-778-5360; Luisarestaurant.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; Rockhallpasta-plus.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 St., Cambridge; 443-225-5664; Rarbrewing.com; American; lunch, dinner \$ 🍷 🌿

**Snapper's Waterfront Café**

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

**Suicide Bridge Restaurant**

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

**ThaiTalian Infusion Cuisine**

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

**Caroline County**

**Harry's on the Green**

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

**Market Street Public House**

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

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# Where's Wilma?

## FIND WILMA AND WIN!

During the dog days of summer, Wilma is looking to beat the heat. She's flying to and fro, all over the Chesapeake region, touching down to chill out in her friends' pools, grab a frosty drink at local restaurants, or cool off with some indoor shopping. Where will she land next?

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

**Congratulations to Jodie Monger of Stevensville, who won a \$50 gift certificate to a local restaurant or business.**

**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)**



Please Print Legibly

**I FOUND \_\_\_\_\_ Advertiser \_\_\_\_\_**  
**WILMA \_\_\_\_\_ Advertiser \_\_\_\_\_**  
**ON PG. \_\_\_\_\_ Advertiser \_\_\_\_\_**

Name \_\_\_\_\_

Phone \_\_\_\_\_

Address \_\_\_\_\_

E-mail address \_\_\_\_\_

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

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

Entries must be received by August 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.

Academy Arts Museum of Easton.....	21
Annapolis Auto.....	17, 19, CD
Anne Arundel Medical Center Luminis Health.....	3, 7
Benson and Mangold Real Estate.....	LREHP
BJ and Son Property Management.....	41
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Chesapeake Bay Maritime Museum.....	19
Chesapeake Youth Symphony Orchestra in Annapolis.....	24
Dee Dee McCracken-Coldwell Banker.....	LREHP
Djawdan Center for Implant and Restorative Dentistry.....	1
Drs. Walzer Sullivan & Housek P.A.....	5
Dwelling and Design.....	LREHP
Eastern Shore Title Company.....	81
Fence and Deck Connection Inc.....	42
Fitzgerald Automall.....	CD
Fred Frederick Chrysler Jeep Dodge.....	CD
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McKee Builders.....	2
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TTR Sotheby's Annapolis-Brad Kappel.....	LREHP
Warrens Wood Works.....	77

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