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40+

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WHAT'S UP? MEDIA, SEPTEMBER 2021



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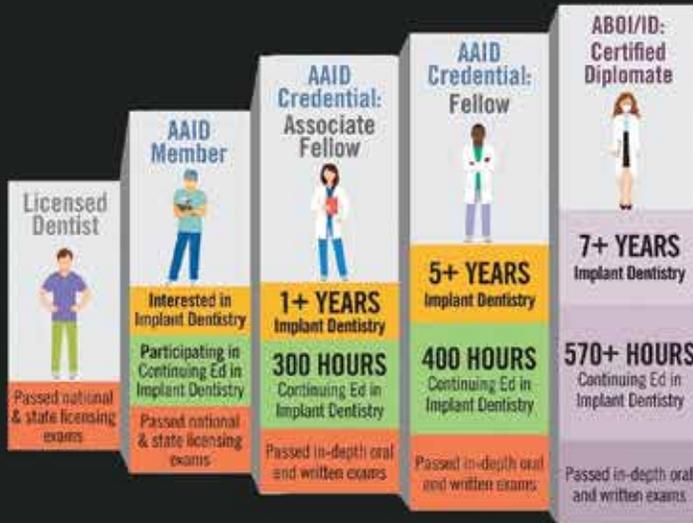


Eden Flynn
Clinical Director

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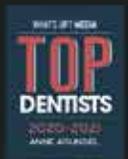
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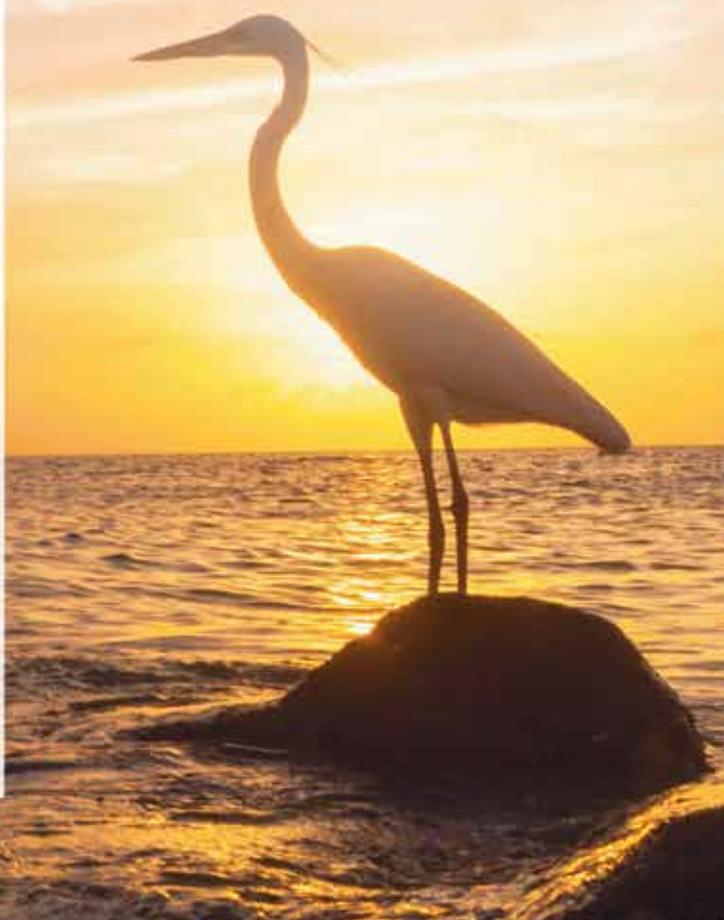
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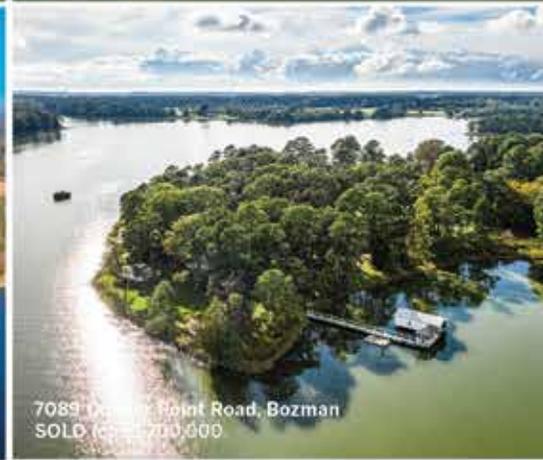
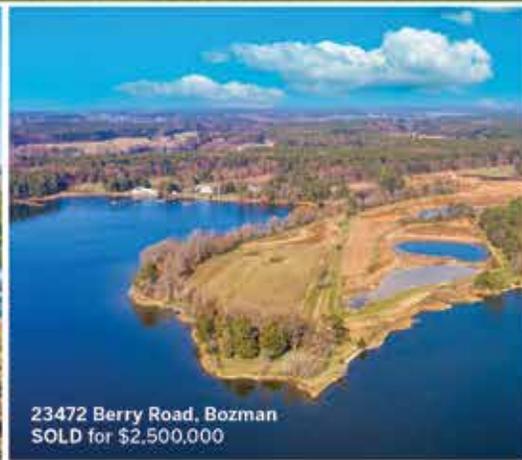
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On the Cover: A three-year old striped bass, caught and released to swim another day. Photo by James Houck. Design by August Schwartz. Contact *What's Up? Eastern Shore* online at whatsupmag.com. Please recycle this magazine.

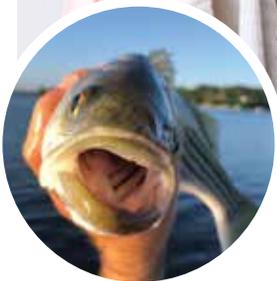
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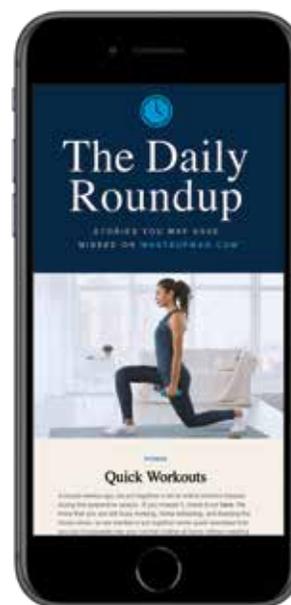
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editor *From the*



You're not going to believe this...well, maybe you will; especially parents, all generations included. It's nearing the end of August as I write this letter and this morning, as I drove my daughter to her summer camp, I got to play deejay and we listened to some "classic rock." It's always on in Dad's car. Classic, by the way, now includes the bands and songs of my youth/teen years. Over the speakers comes Nirvana's "Smells Like Teen Spirit" and my daughter asks with a hint of sarcasm, "Is this pop music Dad? You know I like pop music; like Ariana Grande."

"Well, it was new and popular at one point in time,"

I SAID TO HER WITH A LAUGH.

And it got me thinking, just how old is this song? After all, it still sounded great to me. Turns out that this September marks the 30th anniversary of Nirvana's album *Nevermind* on which this song appears; the album was released on September 24, 1991. Sheesh. Funny how that is; I'm sure many of you can relate, whether it's an album or song from the '90s, '80s, '70s, and so forth that you, at some point in time, played for your kids. And though the songs of our generation(s) might not resonate with an 8-year-old's perspective, they just might by the time she's a teenager. After all, I, myself, became obsessed with the music of my parents' generation by the time I was old enough to drive.

The transitions of life can be funny like that. And this month perfectly symbolizes such changes. Aside from the obvious first swells of autumn weather that signal the literal seasonal change, there's the fresh start of the school year as many

students transition to their next levels of education (early, elementary, middle, high, college, etc.). Adults seem to flip a switch at the same time, getting into fall- and, soon enough, holiday-mode. The workplace shifts gears as summer gets further and further behind us. And, of course, there's the start of football and hockey seasons (and the end of baseball's), harvest festivals and events, peak fishing and hunting, home and garden to-dos before winter, and, generally speaking, it's simply a great time to walk around town and be outdoors.

This issue covers a lot of ground in this regard. If you're parents and students about to embark on the search for the perfect school, I invite you to give "Schools of Thought" a once-over. It's our annual guide to private schools/colleges/learning centers open houses, visitations, and student-shadow experiences. A resourceful list, plus advice, for those looking to transition from one school to another.

Another great resource you'll find in this magazine is the Best of Retail & Professional Services, which closes out the 2021 year of winners! So, rev up your shopping savvy and cue this list of local favorites for everything from jewelers and clothing to auto and computer repair. Pretty handy to have this, just in time for the coming holiday season.

We also have plenty of content that gives nod to the sports, teams, and players that we root for come fall; check out "We Will, We Will...Rock You" about sports fandom and our exclusive interview with Major League Baseball's most promising prospect, Adley Rutschman. We also take a look at the local cycling scene in "Smooth Riding" and learn about advocacy and infrastructure that are growing this sport. And if fishing for striped bass in the fall excites you (or even just eating them), we have some intriguing perspectives about this Chesapeake Bay fishery and how we—anglers, advocates, politicians, and anyone with an ounce of concern in their veins—can help transition this beloved species from beleaguered to sustained.

There's plenty more within the pages of this magazine to peruse, enjoy, and inspire your own autumnal transition. And if you need a touch more motivation, give Earth, Wind & Fire's hit song "September" a listen; it may be as old as I am, but I still think it's pretty, pretty good!

James Houck,
Editorial Director

A stylized, handwritten signature in black ink, appearing to read "James Houck". The signature is written over a large, thin, black oval shape that serves as a decorative element.

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'Knightly' is one of the most iconic properties on Maryland's Eastern Shore. This historic waterfront estate was built in the 1820s by Edward Lloyd for his daughter, Elizabeth, and her husband Edward Winder. Today, Knightly is an 81-acre farm on Leeds Creek, in Talbot County located just across the Miles River from St. Michaels and seven miles from Easton.

The Federal style, two-story, three bay, brick residence maintains a bucolic setting with farm fields on either side of a long tree lined driveway approaching the front circle with immense trees. The house overlooks three acres of formal English gardens with views to Leeds Creek. The farm consists of 42 tillable acres, fenced pastures, a horse stable, outbuildings, including a caretaker cottage and farm office. The property has 1,200 feet of shoreline along Leeds Creek including a dock with 6 feet of water at low tide.

'Knightly' has recently seen major improvements throughout the house and grounds. Meaningful upgrades with modern amenities and features to protect and preserve the structure along with substantial updates rebuilding the pool, gardens, irrigation system, additional storage and barn structure combine to create an ideal Eastern Shore retreat.



Plimhimmon

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Located on the still waters of Town Creek in Oxford, Plimhimmon represents two distinct building periods dating from the late 18th and late 19th centuries, the oldest section being erected around 1767. A true gentleman's farm, the current owners of this three-story home have set the standard for an historic restoration with painstaking detail in restoring the Georgian and Federal features.

Incorporating old world craftsmanship, the manor has been brought to modern standards with such improvements as geothermal heating and cooling, elevator service from the basement through the second floor and amenities expected of the waterfront estate market.

Quietly sited on 200 acres at the head of Town Creek, the farm has a dock with approximately four feet of water at mean low tide. Statement trees and an appropriate blend of native landscaping and agriculture set the stage for country living. A waterside guest cottage is sited nearby offering those amenities for extended family and service help if needed. An apartment over the garage, a carriage house renovated to provide studio /office accommodations and a generously proportioned barn compliment the farm providing adequate facilities for the hobby enthusiast and outdoorsman alike.

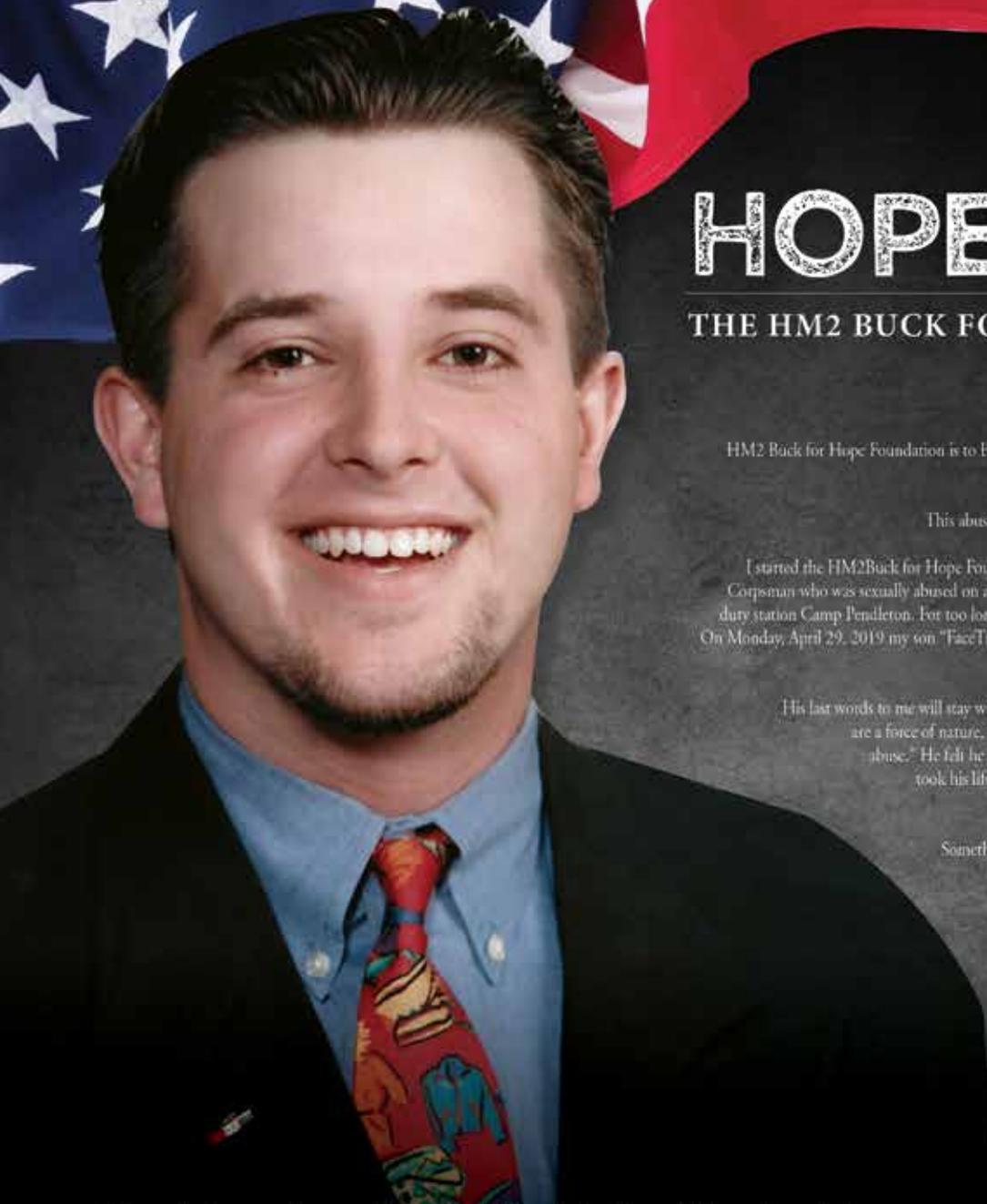


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Our Mission:

HM2 Buck for Hope Foundation is to Educate the public, Elected Officials and all branches of the Military of sexual abuse and suicide.

This abuse must STOP being brushed under the rug and dealt with!

I started the HM2Buck for Hope Foundation because I am a mother of a 14 year Veteran Naval Corpsman who was sexually abused on a Naval ship by 3 Seaman , he then had to go on to his first duty station Camp Pendleton. For too long, my son lived with and suffered from this horrific abuse. On Monday, April 29, 2019 my son "FaceTimed" me for 5 hours to tell me that he was unable to cope anymore and that he lost all humanity and dignity.

His last words to me will stay with me forever: "Mom, when you believe in something you are a force of nature, please, please take up this cause to help end military sexual abuse." He felt he had nothing left to live for and then I heard the bullet that took his life. The victims of this abuse have no voice and there are too many suicides in all branches of our military.

Something has to change. Right now we are working with Protect Our Defenders and several other groups. There is actually activity on Capitol Hill and with the Secretary of the Defense to make changes, but there is a long, long way to go.

THE SECRECY HAS TO STOP!

Betty Buck

President

HM2 Buck for Hope Foundation
www.hm2buckforhope.com

We are hosting our Inaugural Event and Foundation Launch Reception to bring awareness to our community. Please join is to learn more and to support this very important cause.

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Out on the **TownE**

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St. Michael's Concours d'Elegance on Chesapeake Bay

The 14th Annual St. Michael's Concours d'Elegance is back on September 26th at the Talbot County Country Club in Easton. The local student chapter of the Antique Automobile Club of America will be the beneficiary of the proceeds from ticket sales. This event will enhance the mood of stepping back in time in the tradition of historic Concours events held in Paris to exhibit automobiles in an elegant fashion show. For more information, visit smode.org





↑ 2021 EASTON AIRPORT DAY

The 12th Annual Easton Airport Day is finally here. On September 25th, the community event will offer everyone the opportunity to visit the local airfield and see what flying is all about. There will be flyovers throughout the day in the skies of Easton. See rare and unique aircrafts, military jets, airport equipment, and classic cars on display at Easton Airport. Local food and beverage vendors will be available for this event. A full schedule of events can be found at eastonairportday.com

↑ Charity Boat Auction

Chesapeake Bay Maritime Museum's live boat auction begins at 11 a.m. along their waterfront campus in St. Michaels on September 4th. Boats will range in size and performance from sailing dinghies to cabin cruisers and everything in between. Be the highest bidder and get yourself the boat of your dreams. Find more information at cbmm.org.



NATIVE AMERICAN FESTIVAL

The 29th Annual Native American Festival will take place September 18th and 19th at 24 Middle Street in Vienna. The Nause-Waiwash Band of Indians take pride in preserving their history, enhancing their culture, and maintaining traditions through education for generations to come. Masks are required for this rain or shine event. Find more information at the 29th Annual Native American Festival Facebook page.

Grand Art for Under a Grand

From September 3rd through September 28th, Troika Gallery in Easton will present its annual Grand Art for Under a Grand exhibit. Visit the gallery to purchase these fine art pieces for under a grand. No sales will occur until the doors open so be sure to get there early. Online purchases will be available 30 minutes after the gallery opens. The entire exhibit will be posted on the website, troikagallery.com.

↑ CHESTER-TOWN JAZZ FESTIVAL

On September 9th through 11th, celebrate 25 years of The Mainstay in Rock Hall. On September 9th, visit Jazz at The Mainstay, and then the Gala Cocktail Party and Concert in the Festival Tent at Wilmer Park on the 10th. Finish up the weekend on the 11th with an afternoon in Wilmer Park of fabulous jazz featuring an abundance of bands including headliner Christian McBride's New Jawn. For more information and to buy tickets, visit garfieldcenter.org.



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Across the Bridge

Bay Bridge Paddle ↓

The 2020 Bay Bridge Paddle has been rescheduled for September 26th, 2021 at Sandy Point State Park in Annapolis. Water enthusiasts of all ages and expertise can come to the Bay Bridge Paddle with their stand-up paddleboards, kayaks, or other paddle crafts. There will be multiple races for different experiences and age levels but remember, the bay's water conditions are always unpredictable and every race is different! For more information, visit abceventsinc.com.



↑ ARTS ALIVE!

Arts Alive! In Annapolis is back this September. Enjoy a night of cocktails, food, live entertainment, and art at Maryland Hall on September 10th. The event will celebrate the new ephemeral sculpture "The Old Home Place" on the front lawn with the beautiful historic façade serving as a dramatic backdrop for the evening. Find more information at marylandhall.org.



Bountiful by the Bay

Join the Friends of the Light House signature event of the year, Bountiful by the Bay. This is an evening on the beautiful shore of the Chesapeake Bay with live music, gourmet food, open bar, and auction. This event will take place on September 25th from 6 to 10 p.m. at Bay Ridge Pool in Annapolis. All proceeds from this event will benefit Friends of the Light House. Wear your island attire! Details at friendslhs.ejoinme.org/Bountiful2021.

BELLO MACHRE GOLF TOURNAMENT

Support the developmental disabilities community with a day on the course for Bello Machre. The organization's 37th Annual Golf Tournament will be at Queenstown Harbor Golf Course on September 15th. There will be plenty of activities throughout the day including Worst Driver hole, the famous Sausage Stop, and plenty of fun contests. Find more information at bellomachre.org.



↑ Annapolis Mothers of Multiples Fall Consignment Sale

Visit Benfield Sportscenter in Millersville on September 11th from 8 a.m. to 3 p.m. for the Annapolis Mothers of Multiples Consignment Sale. This year, the sale will be bigger and better in their new location. This sale is open to the public with amazing bargains on gently used kids and baby clothing, toys, equipment, baby essentials, strollers, and more. This sale is sponsored by the nonprofit Annapolis Mothers of Multiples organization, annapolis moms.org.



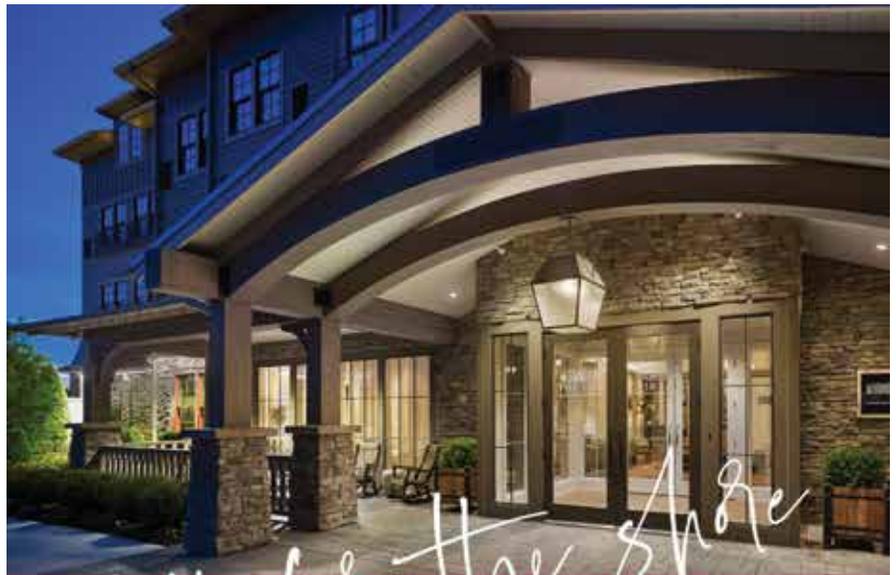
↑ Piney Orchard Street Festival

The 2021 Piney Orchard Street Festival will be September 11th from 11 a.m. to 6 p.m. at 2400 Stream Valley Drive in Odenton. The festival will be a rain or shine event. Find more information at pineyorchard.com/street-festival.



MARYLAND SEA-FOOD FESTIVAL

Get your appetite ready to celebrate over 50 years of food and fun at Sandy Point State Park with a weekend of seafood dishes, competitions, kid's activities, and more. The 53rd annual Maryland Seafood Festival is back on September 25th and 26th. There will also be many local vendors, local craft beer and wine, and the beautiful scenery of the Chesapeake Bay. Find more information at abceventsinc.com.



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↑ Paca Girlfriend's Party

Paca Girlfriend's Party is back on September 14th from 6 to 9 p.m. at the William Paca House and Garden in Annapolis. This will be an evening of food, fine wine, friendship, flowers, and fun. Experience the charm of the William Paca House, indulge in culinary creations prepared by the area's premier chefs, and stroll through the luxurious English-style garden filled with beautiful rose bushes. In its 13th year, the Girlfriend's Party has become a showcase for women entrepreneurs. More information at pacagirlfriends.com.

34TH ANNUAL ANNAPOLIS GAM

Seven Seas Cruising Association is bringing together a common bond, commitment, and clean wake with their 34th annual Annapolis Gam. Meet new friends and fellow cruisers at the Maryland Yacht Club in Pasadena on September 24th through 26th. Bob Lipkin from *Latitudes & Attitudes Magazine* will be the keynote speaker. Find more information or register at ssca.org/annapolis.



↑ HOSPICE CUP XL

This year's sailboat regatta will be held on September 18th to raise funds for and awareness of hospice care in our region. This annual event takes place in the Severn River and Chesapeake Bay in Annapolis, and is followed by the popular Shore Party. This year, the funds will be for Grief and Bereavement Services since they are often not covered by insurance. For more information, visit hospicecup.org.



Kunta Kinte Heritage Festival ↓

Celebrate the Kunta Kinte Heritage Festival at Susan Campbell Park in Annapolis on September 25th from 10 a.m. to 7 p.m. This is a free event for all ages to enjoy live music and dance performances, food, and artisan vendors to celebrate heritage and history. This event has brought thousands of visitors to Annapolis to celebrate the perseverance, education, and cultural heritage of people of African descent. More information at kuntakinte.org.

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ANNAPOLIS RUN FOR THE LIGHT HOUSE

The Annual Annapolis Run for the Light House is a half-marathon and 5K along the trails of Quiet Waters Park and Hillsmere Shores on September 19th. All of the proceeds from the run will benefit The Light House in Annapolis, a well-known public charity working to end the cycle of homelessness and poverty. For more information, or to register, visit annapolisrunforthelighthouse.org.



↑ 9/11 Heroes Run

Run for the heroes who served our country on September 19th at 2 p.m. at the Navy-Marine Corps Memorial Stadium in Annapolis. This event will be available in person as well as a virtual run/walk option. The 9/11 Heroes Run unites the community and raises awareness and honor for the fallen. This race takes place every year on or around September 11th. Register today at Travismanion.org

↑ ANNAPOLIS OUT OF THE DARKNESS WALK

Gather #TogetherToFightSuicide at Navy-Marine Corps Stadium on September 18th from 10 a.m. to 2 p.m. The Out of the Darkness Community Walk will raise money to take the steps to safeguard our mental health and prevent suicide. Donations can be accepted through December 31st. For more information and to register, search Annapolis Walk at supporting.afsp.org.

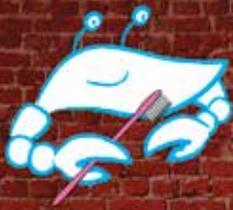
Naptown Virtual Half Marathon & 5K

Run anywhere on September 25th and 26th for the Virtual 2021 Naptown Half Marathon & 10K/5K. Post your results to the leaderboard during race weekend as well as pictures from your unique run. Register online for the race or donate online. This race will raise money for the Maryland Chapter of the Cystic Fibrosis Foundation whose mission is to cure cystic fibrosis and provide all people with CF the opportunity to lead long, fulfilling lives. Register and donate now at naptownrun.com.

IRONMAN MARYLAND

Ready for an Ironman triathlon? Blackwater Wildlife Refuge in Cambridge is the backdrop for IRONMAN Maryland on September 18th. This year's event will offer 40 qualifying slots to the 2022 IRONMAN World Championship in Kailua-Kona, Hawaii. Though registration is at capacity, there are opportunities to volunteer and cheer on the participants. More information at ironman.com/im-maryland.

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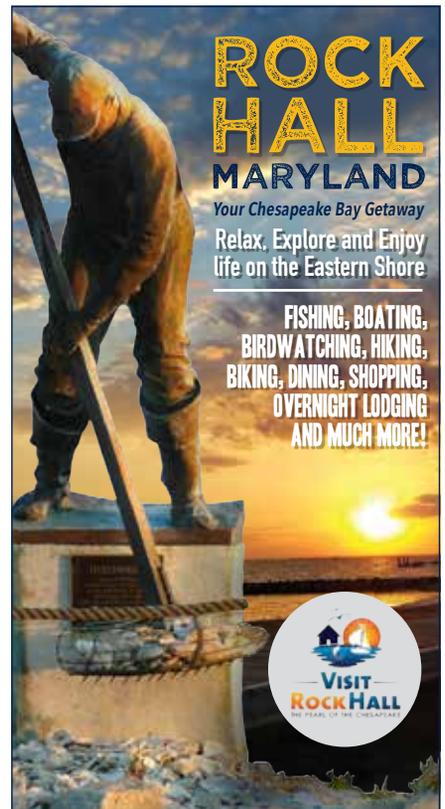
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TOWNE SALUTE

Susan Koh

Chesapeake Music

By Tom Worgo

Susan Koh's love of music goes back almost 80 years to her childhood in New York City. As a kid, Koh loved attending performances at the Metropolitan Opera House in New York with her cousin, an opera singer. In college, she and her future husband Barry often went to concerts at the New York Philharmonic. Later, as their professional careers took them to different cities, they attended numerous symphony orchestra concerts.

Once Koh retired after 35 years as an elementary school teacher, including 26 years at Baltimore's Park School, she and Barry moved to Easton. In 2007, they went to a show presented by the Chesapeake Chamber Music Festival. She absolutely loved the event, and it led to her finding a new post-retirement calling as a volunteer for the nonprofit, Chesapeake Music.



"AS I GOT TO KNOW HER MORE, I REALIZED THE LOVE SHE HAS FOR THE ORGANIZATION, FOR CHAMBER MUSIC. SHE HAS A WAY OF MAKING ALL OF US WANT TO DO OUR VERY BEST TO MEET HER STANDARDS. IN THAT WAY, SHE HAS ENRICHED THE ORGANIZATION AND ALL OF US."

The 82-year-old has been heavily involved in the organization ever since. "I have always enjoyed classical music and opera," Koh explains. "I thought it was wonderful for a small community to be hosting musicians that are really world-renowned. I wanted to be involved and part of an organization that was sponsoring such wonderful music."

Today, Koh has her hand in nearly every aspect of the organization. She co-chairs the organization's biggest annual event, the Chamber Music Festival, now held in the newly-restored Ebenezer Theater in Easton, and she's one of the most active board members.

For 10 years, she also served as editor of Chesapeake Music's newsletter, *Interlude*. Under her leadership, the publication expanded dramatically and gained more visibility.

"Her dedication to Chesapeake music is astounding," says Anna Snow, co-chair of the music festival. "I met Susan when I agreed to volunteer for Chesapeake Music at the time. She was already the chair. For me, she was an extraordinary mentor."

"As I got to know her more, I realized the love she has for the organization, for chamber music," she adds. "She has a way of making all of us want to do our very best to meet

her standards. In that way, she has enriched the organization and all of us."

After Koh's 10-year stint with the newsletter, Chesapeake Music Executive Director Don Buxton named her co-chair of the music festival in January, 2019. The position required much more work and time, but she took it and ran with it enthusiastically.

The biggest change Koh implemented involved having more young performers in the festival. In February, the organization held their first Rising Stars concert. A second one will be held this winter.

"Four young musicians presented this first-time program in our area for interested music students," she says of last year. "This year, we continued offering a concert for young people with the same four musicians presenting a recorded concert for middle school students in the Talbot County and Dorchester County schools in the spring. We look forward to continuing this connection to the county schools."

When it came to this year's festival, Koh faced a challenge like she may never see again. Chesapeake Music had planned on having live performances. But at the last minute, the board decided against it. All the shows were held virtually.

“We had to turn on a dime to do a virtual Chamber Music Festival because of the pandemic,” Buxton says. “No one was thinking of doing this. She was great about it, finding sponsors for the programs because we weren’t selling tickets. These were all free concerts. We had to pay the musicians. She went out and found sponsors for the concerts.”

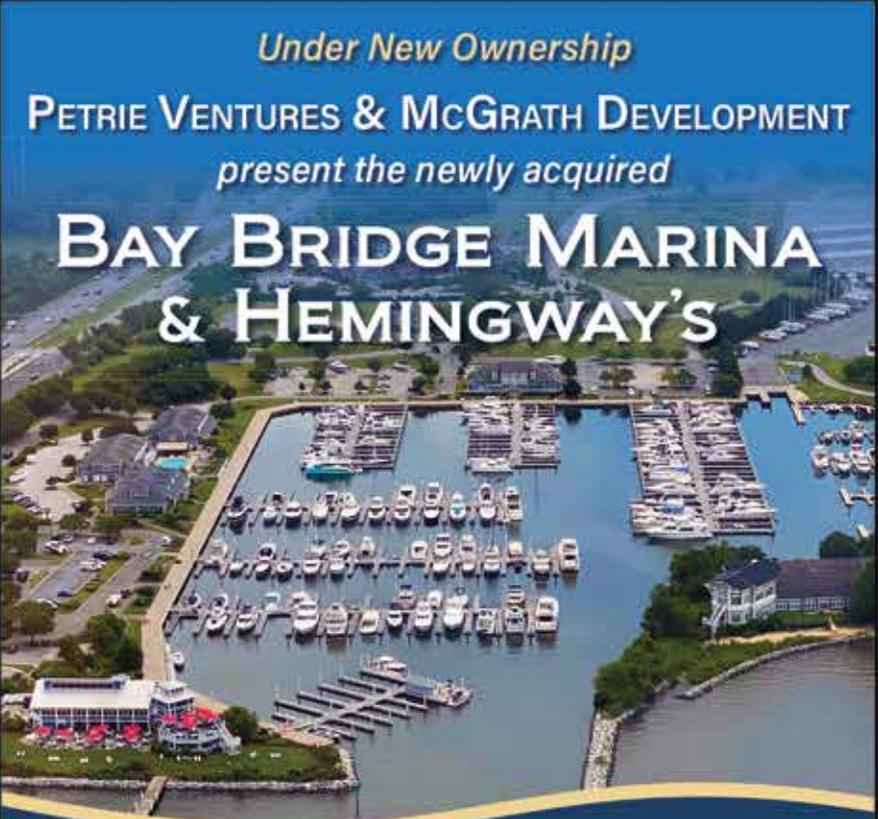
Buxton also praises the work Koh did on the newsletter. She took it from a two-page flyer produced on a mimeograph machine to well-put-together 12-page magazine. “Oh my god, she was amazing,” Buxton says of her upgrading of the newsletter. “That’s why we asked her to come on the board.” Koh adds, “We did more in-depth articles on the musicians and the music that they presented. I made it very colorful.”

Koh, whose husband is president of the organization’s board of directors, also has had a more far-reaching impact during her seven years on the board. “She speaks up at board meetings and really helps drive the whole organization,” Buxton explains. “She has had great vision in moving the organization forward. We never want to be stagnant, so we always need to be creative. I think for 36 years, that’s what we have tried to do, and I think she really picked that up and ran with it.”

Koh has a special knack for recruiting new people to the organization, bringing new audiences to its events, and strengthening community support. She has the respect of current volunteers. “She certainly gets things done,” Buxton says. “Nobody can say no to Susan because she is the nicest, sweetest person who works harder than anybody else around here.”

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

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\$100K DONATION TO COMPASS HOSPICE ↓

The Reade W. & Mary P. Corr Foundation has made a \$100,000 donation to Compass, a nonprofit that provides hospice, palliative care, and grief support services. Pictured is Jean Anthony (left), trustee of the foundation, who presented the donation to Heather Guerieri (right), CEO of Compass, at Compass' Kent County Hospice Center. This donation will ensure that Compass is able to continue to provide hospice & grief support services to the Kent County community. Reade and Mary Corr were educators who made public service their life work. They came to Kent County in 1947. Years after their deaths, the fund in their name at the Mid-Shore Community Foundation continues to support endeavors that were important to them.



CBMM Expands Marina, Docking Amenities

Last spring, the Chesapeake Bay Maritime Museum completed an expansion of its members-only marina that will allow it to welcome more boaters and offer better amenities to those docking at its St. Michaels campus. The recently completed expansion saw the addition of new slips capable of accommodating larger vessels, improved Wi-Fi access for boaters, and even more power and freshwater hookups for guest use. Additional amenities include free pump-out services, climate-controlled showers, bicycles, picnic tables, and more.

“Easton Marketplace” Opens at UM Shore Medical Center

Following a week-long renovation and refresh, UM Shore Medical Center at Easton recently unveiled its newly renovated “Easton Marketplace,” replacing the traditional cafeteria, a project completed with the hospital’s partner, Morrison Healthcare. The grand opening included a ribbon-cutting led by Diane Baltimore, a University of Maryland Shore Regional Health Food and Nutrition Services and Easton Marketplace team member who has worked with the hospital system for 14 years. “Thanks goes out to our Food and Nutrition Services team for all their hard work in making these changes happen and in providing excellent food service to our patients, staff and visitors every day,” said Ken Kozel, President and CEO, UM Shore Regional Health.

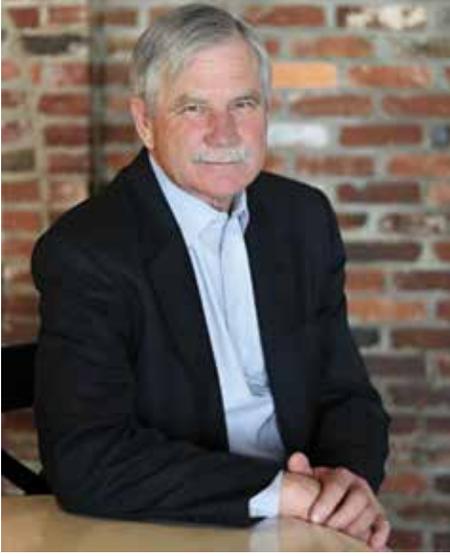


Patti Cannon

Lauren Kay Weber

↑ FOR ALL SEASONS ADDS TO LEADERSHIP TEAM

With the recent growth of the For All Season’s services in meeting the growing mental health needs of the Mid-Shore, the company has expanded its leadership team—appointing Patti Cannon as the Chief Operating Officer and Lauren Kay Weber as Vice President of Philanthropy and Education. “These two exceptional individuals are helping us address the growth in our organization. We are thrilled to have them both in place as we move our agency forward in delivering services on the Mid-Shore. They both bring strategic experience and leadership qualities which will enhance our administrative team, bringing depth to our organization,” comments CEO Beth Anne Langrell.



President & CEO of Shore United Bank Earns Honor

Shore United Bank's President and CEO, Scott Beatty, Jr., has been named to the Daily Record's Power 30 for the year 2020. Introduced in June, this list showcases the top 30 leaders in Maryland's banking and financial services. The COVID-19 pandemic presented the banking industry with the incredible challenge to do its part in safeguarding the nation's economy. This includes businesses in need of financing to stay open and make payroll, as well as individual customers in need of assistance. "Our execution of the federal Payroll Protection Program was our biggest success," Beatty says. "Our staff literally worked every weekend, all day, and all night to make sure our customers got the support they so desperately needed. Through the two rounds of the program Shore United Bank processed 2,454 loans totaling \$196 million. We know this saved many businesses from failure." Shore United Bank has recently announced it has entered a definitive agreement with Anne Arundel County's Severn Bank, a merger demonstrating the bank's growing potential. To learn more, visit shoreunitedbank.com.

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

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TOWNE ATHLETE

Grant Copper

Easton High School/
Frostburg State University
Football

By Tom Worgo

Easton graduate Grant Copper might just be one of most laid-back high school athletes off the field you'll ever meet. Copper is humble and doesn't say much. He responds to questions often in mono syllables. But his play speaks volumes on the football field. The wide receiver's combination of speed, toughness, and size has earned him a football scholarship to rising Division II Frostburg State University.

"It seemed like a good fit for me," Copper says of the program that has won 39 games over the past four seasons. "I know people that go there. I get along well with the coaches. They are a good football team and they are something I really want to be part of. And it's always been my goal to play college football."



HE DOES ABSOLUTELY EVERYTHING YOU WANT A RECEIVER TO DO. HE BLOCKS WITH THE BEST OF THEM, CAN MAKE ANY CATCH, AND RUN ANY ROUTE. HE IS A QUARTERBACK'S BEST FRIEND."

Several Division I schools also recruited Copper. "I expect him to have a great career at Frostburg," Easton Football Coach Pat McGlinchey says. "I think he can play right away. With his athletic ability, he can play on offense and defense."

At Easton, the 6-foot-2, 200-pound Copper made a lot of eye-catching plays as both a starter on offense and defense while serving as the team's co-captain for two seasons. The four-year starter at receiver finished his career with 23 touchdowns, but with limited and low-key celebrations. After scoring, he would quietly hand the ball to the ref and would return the sidelines. Any celebrations were provoked by teammates.

On defense, Copper keeps opposing wide receivers from catching many passes. And he also helped his team with key interceptions, forced fumbles, and fumble recoveries. "He is just on a different level than everyone else," says Easton quarterback Ryan O'Conner, who will play at Delaware in the fall. "I have been playing three years on the varsity and every single week he is the best athlete on the field. I have been lucky not having to go against him."

Copper's junior year jumped off the page. He caught 49 passes for 831 yards and scored a whopping 13 touchdowns. Copper also dominated in a pair of games when the 2020 season was moved this spring because of the pandemic.

He hauled in six passes for 67 yard and three touchdowns in 26-21 win over Kent Island and he had 10 receptions for 143

yards and a score in a 42-20 rout of Stephen Decatur. "He does absolutely everything you want a receiver to do," O'Conner says. "He blocks with the best of them, can make any catch, and run any route. He is a quarterback's best friend."

The Easton coaching staff loved the athleticism Copper showed as a freshman, so they inserted him into the starting lineup at cornerback. That surprised him, but he went onto to start three seasons at the position before moving to free safety as a senior.

Copper's best season came in 2019 when he intercepted a team-high four passes. This season, he had a sack and forced fumble against Kent Island.

"I never played corner before, but as soon I got into high school, I was starting," Copper says. "It took some getting used to. I decided to move to safety because some college coaches wanted to see me there. I had a good season, and it wasn't too hard to pick up." Copper also started for two years on the varsity basketball team at center, and he could easily dunk a basketball.

"I have coached for 18 years and I put him in the top-five of the most athletic kids I've had," McGlinchey says. "He was actually a quarterback for many years prior to coming to high school. He really could play any position."

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

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TOWNE INTERVIEW

Adley Rutschman

Bowie Baysox Star Catcher

By Tom Worgo
Photography by Bill Vaughan

Every chance catcher Adley Rutschman gets, he watches Orioles' games in the clubhouse of the Bowie Baysox. That's as close he can get for the time being. Rutschman, ranked the No. 2 prospect in baseball by MLB.com, might be in line for a September call-up to the big leagues or a regular spot in the lineup in 2022 if he looks ready.

"That's where you want to be, playing on TV every night with the big-league team," Rutschman explains. "That's the ultimate goal and motivation for me every day."

The expectations for the 6-foot-4, 220-pound Rutschman are huge. The Orioles drafted him No. 1 overall out of Oregon State University in the 2019 Major League Baseball draft and they

gave him a record \$8.1 million signing bonus. The 23-year-old Rutschman is considered an All-Star caliber talent, a switch hitter with power, and great defensive skills with a knack for handling pitchers.

He started his professional career in 2019 at Single-A Aberdeen, hitting .320 in 20 games to earn a promotion to Delmarva, where he ended the season. In 2020, he worked out at the Orioles' minor league complex in Sarasota because of the pandemic, then started this season at Bowie.

What's Up? Media talked to Rutschman about a pending promotion to Baltimore, his development, the positive influence his family has had on him, and where he likes to eat in Annapolis when he stayed in a hotel there while playing for Bowie.

The media has labeled you the future face of the franchise. How do you respond?

I think it's an extreme honor to have that label put on you. For me, it's always going to be one of those things I am going to be appreciative of. It doesn't mean a lot about how I go about my daily business. I am going to do everything the same way. My goals and

expectations are going to be extremely high for myself. My mindset is to make the most of every single day and take nothing for granted.

This is your second season in the minors. What are the improvements that are helping you get closer to the big leagues?

It comes down to elevating things mentally. I'm refining parts of my swing and from a defensive standpoint, being able to call a good game and understanding what the pitchers want to do. It's a huge part of it.

Since there was no minor league baseball season last year. Did you make as much progress in your development?

It's a different body of work. The sheer number of at-bats and games you get while playing a full minor league season; I wasn't able to get that during the Covid year at the alternate site. But I was able to make the most out of the opportunities I was given.

You have any superstitions?

I do get into different habits. If I am batting left-handed, I have to put my lead glove or my right-handed glove on first. If I am batting





“IT COMES DOWN TO ELEVATING THINGS MENTALLY. I’M REFINING PARTS OF MY SWING AND FROM A DEFENSIVE STANDPOINT, BEING ABLE TO CALL A GOOD GAME AND UNDERSTANDING WHAT THE PITCHERS WANT TO DO. IT’S A HUGE PART OF IT.

right-handed, I got to put my left-handed glove on first. If I am wearing a certain belt or pair of socks and do good, I will wear them until I don’t do good.

What is your go-to pregame meal?

I like to keep it light and it depends on what time I get to the field. I am a big breakfast person so I will get an omelet from somewhere. First Watch (in Bowie) is a good spot. Sometimes, I will get a sandwich from Chick-fil-A. In college, I would go to Jersey Mike’s a lot. Chipotle is another one

Since you were staying in an Annapolis hotel for a bit, what food places did you frequent in town?

There’s a couple good breakfast spots. Iron Rooster is one of them. Double-T Diner is another. I also like Mission Barbeque and Whole Foods. Whole Foods is so much fun. You can just walk around and explore it.

What do you do for fun when not playing baseball?

I love hiking and golfing and I love exploring trying to find new food places.

Your younger sister Josie made you a TikTok celebrity last year. Was it fun being a social media sensation?

My sister introduced me to the app and we had a good time with it. There wasn’t a lot of stuff to do during the quarantine time. So, we just hung around and made it a fun thing to do. Social media is not really my world. I am a baseball player.

Can you talk about the role of your parents in helping get to this point?

My parents are the most influential people in my life. They have taught me to work extremely hard from a young age. I have just tried to walk in their footsteps. Having role models like them has really helped me out.

What was the first thing you bought when you got your signing bonus?

One thing I wanted to do is improve my training in the offseason. I didn’t want to skip on training equipment during Covid. We built a weight room in our garage, and this offseason I got a cold tub and a sauna. I also wanted to spend it on memories and getting better quality time with people. I flew a couple of buddies out to Las Vegas for a comedy concert. We also went for a week in Cabo San Lucas, Mexico.

You were a kicker on the Oregon State football team as a freshman. What was that experience like?

It was a crazy experience. I was going to Oregon State for baseball, but in July (2016) I got a call from the special teams coach asking me if I wanted to try out for the team for kickoffs. When I was in high school, they came to see a guy on my team, David Morris, a stud. That’s when they saw my leg. At Oregon State, I won the kickoff job and did it for a year. Once I started playing baseball, I gave it up.



Celebrating 50 Years of Exceptional Childcare

With a legacy that spans four generations and reaches far and wide within the Eastern Shore community, Critchlow Adkins Children's Centers (CACC) is celebrating its 50th year of providing quality, affordable, educational childcare in Talbot County.

Named after its founders, Happy Critchlow and Janice Adkins, the nonprofit organization has grown from its humble beginnings of a handful of classrooms to include five sites throughout Talbot County. CACC provides preschool, before- and after-school care, and summer camp for children ranging in age from 2 – 12 years old.

Critchlow Adkins is a licensed and accredited program that follows Maryland Department of Education curriculum to ensure that children acquire the skills they need to enter school ready to learn. In addition, CACC goes beyond the basics to provide a variety of enriched programming. Their creative and caring teachers promote critical thinking and problem solving through their literature-based STEAM (Science, Technology, Engineering, Art, and Math) lessons that are geared to each grade level. These hands-on activities provide students with fun learning experiences that spark their imaginations. This summer, campers learned about sharks, designed their own dorsal fins, and raced through an ocean obstacle course they created. Another week, after reading *Ada Twist, Scientist*, children enjoyed creating color-changing iced tea and light sensitive slime as they learned about density and how light affects colors.



At Critchlow Adkins, the success of the family is just as important as that of the child. It is CACC's goal to ensure that families at every income level in Talbot County have access to great childcare. Each year, CACC uses its Friends Fund, which is supported by generous donors from throughout the community, to provide tuition assistance to qualifying families. Knowing that their children are receiving nurturing, safe, quality care, parents can concentrate on working and excelling in their own right.

As she reflects on reaching this exciting milestone, Executive Director Cristy Morrell says, "From top to bottom, CACC is an amazing organization. From our Board of Directors and leadership to our site directors and teachers, and of course our incredible donors and volunteers, there is so much love and care for the children of this community. We want to see the community thrive, and we know that goal starts with ensuring that our children have everything they need to be successful."

In honor of their 50th Anniversary, Critchlow Adkins is hosting a celebration on September 30th which includes a Legacy Award presentation, an auction, and more! To enroll your child in one of CACC's programs, learn more about Critchlow Adkins Children's Centers and how you can help, or to join in on their 50th Anniversary celebration, visit cacckids.org or call 410-822-8061.

"I have nothing but fond memories of when I went to CACC as a child, and it fills me with joy and confidence knowing that our Teddy is now in your care. Seeing him safe, happy, loved, and learning every day is the greatest gift." - Kelly, CACC Parent

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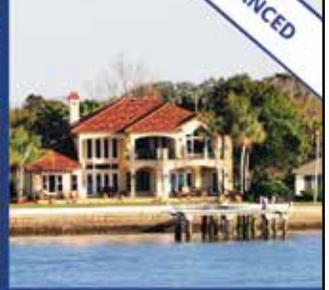


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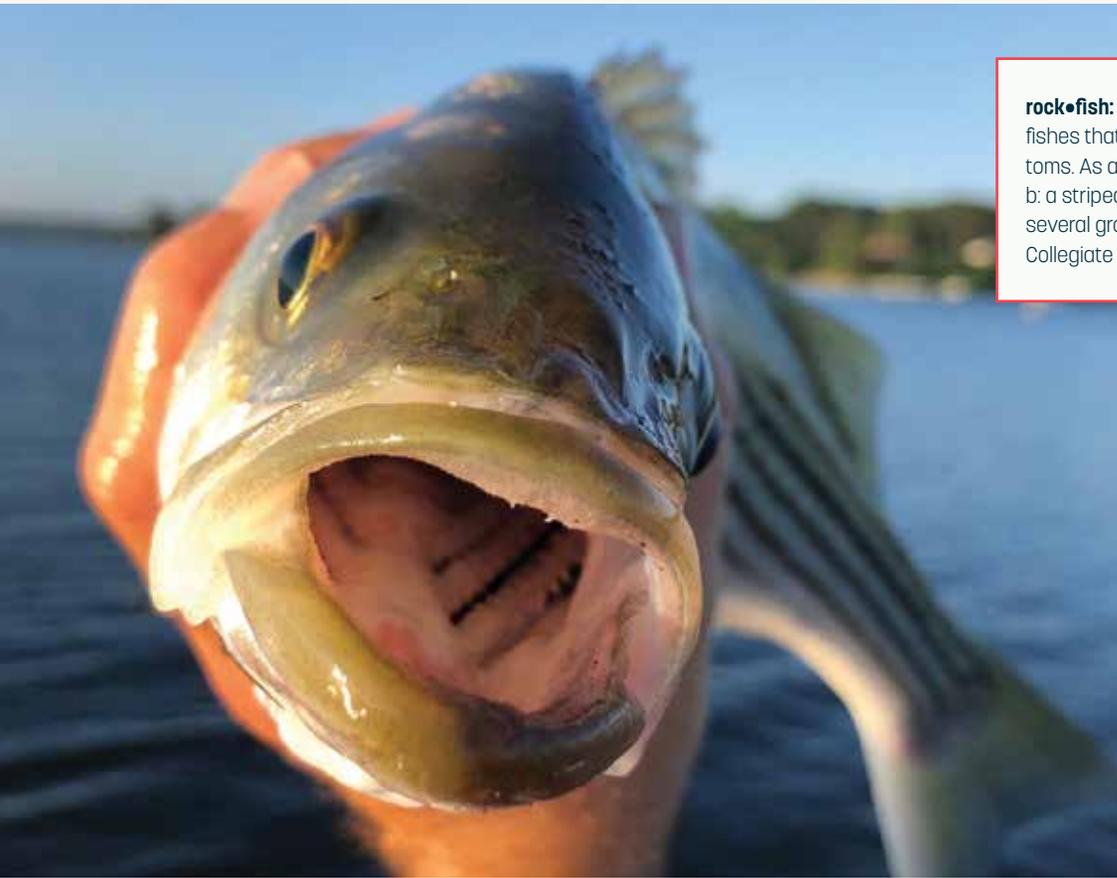
BETWEEN

ROCKFISH
& A HARD
PLACE

In 1965, it was named the State Fish of Maryland. This signature product of the Chesapeake Bay has a checkered history of over-fishing and what some saw consequently as over-regulation. Alarms are sounding once again about the recurrent decline of the rockfish population in the bay. Is anyone listening?

By Frederick Schultz





rock•fish: any of various important market fishes that live among rocks or on rocky bottoms. As a: any of several scorpaenid fishes, b: a striped bass (*Morone saxatilis*) c: any of several groupers d: GREENLING. (Webster's New Collegiate Dictionary, [G&C Merriam Co., 1974])*.

According to several sources, “the change” here refers to the catch, in pounds, between recreational and commercial fishing, which has been dramatic.

The trouble with such “action” taken by the commission—formed by the 15 Atlantic coastal states in 1942 “for the promotion and protection of coastal fishery resources”—is the glacial rate at which the organization actually works—or not. “While we are not at the point we were in 1984,” Keliher reports, “the downward trend of this [rock-fish] stock is evident.”

Anglers who’ve enjoyed the fight that ensues when they’ve hooked one, or those who simply enjoy a main-course filet or diving into the whole thing stuffed with crabmeat, have been loving one of our fish species to death for decades. And we may, again, be in for some choppy waters ahead.

According to the Chesapeake Bay Program, under the auspices of the U.S. Environmental Protection Agency, the bay’s commercial striped bass fishery saw a steep decline from 14.7 million pounds in 1973 to 1.7 million pounds in 1983. This led to passage in 1984 of the Atlantic Striped Bass Conservation Act and a moratorium declared from January 1985 to the Fall of 1990 in Maryland and Delaware, and a 1989 one-year harvest ban in Virginia. Whether the situation is currently on the brink of such extremis now depends on whom you ask.

In 2018, *Bay Weekly* reported that “commercial catches reached a low of 361,000 pounds in 1983 and rose to a high of 2,267,000 in 2009.” Between 2010 and 2018, the commercial harvest “dropped below two million pounds but has remained relatively stable from 2015 to 2018 at above 1.4 million pounds.” The recreational keep “soared from a low of 2,000 pounds in 1982 to almost 11 million pounds in 2016.” Each year thereafter, however, the numbers “dropped by about three million pounds per year for each following year.”

Atlantic States Marine Fisheries Commission (ASMFC) Chair Patrick Keliher (who serves simultaneously as commissioner of the Maine Department of Marine Resources) refers to the fish in a May 7th press release as the Atlantic States organization’s “flagship species” and notes that “the change is happening too fast, and action needs to be taken.”



THE COASTAL CONSERVATION ASSOCIATION: *Our Local Conduit to the ASMFC*

A strong connection to the work being done by Eastern Seaboard striped bass managers in the organization is the Maryland Chapter of the Coastal Conservation Association, which participated in May’s spring meeting of the ASMFC. During the proceedings, CCA Maryland Executive Director David Sikorsky reported that he was “pleased to see that the majority of Board members recognize the value in not lowering our expectations of the fishery.”

The CCA’s Atlantic Coast Fisheries Director, Richen Brame, announced that anglers and CCA leaders have sounded the on-water alarm for years that striped bass stocks have been de-

clining, having suffered through a decade or more years of mostly below-average recruitment. Now is the time,” Brame stresses, “for decisive action to properly constrain fishing mortality to meet the goals of a more abundant and healthier fishery.”

As reported by the conservation group, the ASMFC board focused on changes to four key management categories in the May spring meeting to be developed: recreational release mortality, conservation equivalency, management triggers, and actions “to protect the 2015-year class, a cohort that is estimated to be the last decade’s second-most abundant year.” For further information on the Coastal Conservation Association’s work in Maryland, visit ccamd.org/stripped-bass.

IS IT 1984 ALL OVER AGAIN?

In the spirit of his accomplishments 37 years ago, former state Delegate and Senator Gerald Winegrad is back to stirring the environmental (and political) pot. One of the most outspoken critics of the handling of the current rockfish crisis in the bay, Winegrad had introduced sweeping legislation in 1984 that still stands as one of the boldest fisheries-management pieces of legislation in Maryland state history.

The term introduced back then was “moratorium,” which, Winegrad says today, may still be the only effective means of turning around the depleted rockfish population in the bay. The law, in the face of short-sighted commercial interests that strongly opposed any restrictions on the imperiled rockfish, forbid their harvest or even the possession of them until it could be proved that such a drastic policy actually had turned the dire situation around.

While Winegrad is perhaps best-known these days for his regular columns in the Annapolis



Capital Gazette, he brings an impressive resume to the table regarding an array of other environmental efforts. Under Governor Harry Hughes, he served as a member of the fledgling Chesapeake Bay Commission. An early champion of environmentally friendly waste disposal, he served on the Governor's Advisory Council on Recycling and also advocated for clean water and the possibilities of solar energy.

Senator Winegrad recently agreed to discuss the plight of rockfish for this report, and he didn't pull any punches in the wide-ranging discussion. Our talk centered around how to avoid a collapse of the rockfish population similar to, or worse than, the exigencies that brought on the 1984 moratorium. And he's angry with what he calls the "so-called experts" who appear not to be as concerned as he is, for a number of reasons.

According to Winegrad, everyone, from Governor Larry Hogan to the Chesapeake Bay Foundation (CBF), favor the commercial side of the bay fishery, including but not limited to rockfish. "All the burden is on recreational fishing," Winegrad told us, "because the governor, in particular, will do nothing to upset the rural side of his political base. And the CBF certainly won't turn its back on the millions of dollars it receives, essentially from refraining to support regulation that would in any way affect commercial catch limits."

Winegrad laments that all fishery decisions require legislation. "How many legislators have the fishery management experience required to intelligently pass a law on rockfish?" One specific issue is something called "circle hooks," which political appointee William Anderson, the state's Assistant Secretary of Aquatic Resources at the Department of Natural Resources (DNR), declared Maryland to have been the first state to adopt them in catching rockfish, and which Winegrad says is untrue. The hooks are meant to decrease the mortality rate of caught fish and thus keep more of them alive for release back into the water.

WINEGRAD VERSUS THE DNR

What seems to irk Winegrad the most is that his April retort of an earlier email written by Anderson went unanswered. The spirit of the concern expressed in Winegrad's message to Anderson gets to the heart of what the former senator sees as a shortfall in what the DNR should do. Following is the essence of the former state senator's concerns:

- The fisheries commission needs to reduce the commercial harvest quotas allocated to the states by at least 20 percent, especially in the Chesapeake, where at least 70 percent of rockfish breed.
- The DNR has refused to reduce the commercial catch despite cracking down on the recreational fishery. Commercial rockfish harvest will be down for 2020 but this is not due to DNR actions. It is caused by a decline in the market due to Covid-19.
- Maryland's commercial quota exceeds any other state's by more than 40 percent. The fisheries commission cut quotas in the past, and DNR acted, but we need to further cut commercial landings, and now.
- The commission has not applied its mandated 18 percent reduction to this commercial quota, the surest way to reduce rockfish mortality.
- A 20 percent reduction would assure a better chance of recovery...No new restrictions, perhaps until 2023, may be too late. The commercial harvest quotas in the Atlantic fishery (90,727 pounds) also should be cut by at least 20 percent. The fisheries commission wisely rejected attempts by Maryland and Virginia in 2017 to liberalize rockfish harvest because of "economic hardship."
- The recreational 19-inch minimum size limits also should apply to commercial landings, and the latter part of the rockfish harvest season for both commercial and recreational harvests should be shortened to further reduce mortality.
- DNR needs to name a director of fisheries with fishery-management experience and a conservation ethic. It has been more than two years since the last director left.
- DNR should work more closely with recreational fishery leaders like the Maryland Coastal Conservation Association to foster trust and cooperation in assuring conservation goals are accepted and met.
- While increased fishing restrictions to reduce killing rockfish are painful for both commercial and recreational fishers, the pain must be shared to prevent another collapse in our iconic state fish.

After contacting Secretary Anderson to provide a chance to respond, we received the following from Gregg Bortz, Media Relations Manager, Department of Natural Resources ➔



Photo by Maryland Dept. of Natural Resources

“Maryland’s striped bass management program is developed by our expert fishery managers to protect this iconic species based on best available science and significant observation and data, and is vetted and approved by the Atlantic States Marine Fisheries Commission. The department’s regulations for the 2021 season include an April non-targeting closure during spawning season, and a mid-summer closure of the recreational fishery—specifically designed to protect the spawning process and address discard mortality, the two major issues our scientists and fishery managers have identified in Maryland’s portion of the Bay.”

THE BALLAD OF SHIRLEY & DICK (or, How Rockfish Nearly Vanished from the Chesapeake)

There was a time when regulations on the number and size of caught rockfish were, at best, loosely enforced. It reached the point that, at its worst and least sustainable, rules and regulations were practically nonexistent. Therein lay the problem that persists today. And the story of Shirley and Dick is a case in point.

The husband-and-wife team were law-abiding sportspeople who liked nothing more than to ply the waters of the bay for all the bounty it promised. They always followed Maryland state regulations, such as they were at the time, and embarked on many a fishing trip to the bay’s immediate Western Shore, more than a two-hour drive in the 1960s and ’70s, years before Interstate 97 shaved off drive time significantly. In those days, they had little choice for accommodations, sparse as they were on that side of the bridge along Route 50. Among them were a few cinder-block “motor courts” that dotted the landscape between whatever eateries occupied the windmill that is today’s Red Hot & Blue restaurant and of course, Angler’s, the sportsperson’s hangout that currently touts itself as “serving the Annapolis area since 1961.”

Several particular outings are vivid memories for relatives taken along many times on rockfish excursions. Dick’s preferred fishing spots were the giant concrete piers in the middle of the bay that supported the bridge itself. The “rock,” as everyone called them, would seek out the sturdy bridge supports to feed and to deposit eggs for hatching. These spots were especially treacherous, because the bay currents converged there and made a sort of swirly effect in the water.

Shirley and Dick never came back empty-handed and shared the bounty with friends and family back home. As the fishing trips became more frequent and the anglers became more adept at their sport, the lures they used, and all the other makings of a successful trip, the fish were getting bigger, too. One time, the catch was so prodigious that all the coolers brought along that had been filled with food and beverage were being earmarked to bring home the catch.

And what a catch it was. In fact, one of the rock was so large that it didn’t fit into any of the large coolers on hand, so, the bathtub came into play, as the largest fish of the catch was folded and iced down inside. That one never made it to the table. Dick had the old boy stuffed and mounted and hung the trophy over his fireplace mantelpiece. Alas, those experiences became fewer as time went on, and the 1984 moratorium on rockfish spearheaded by Senator Winegrad sounded the alarm. Now, with the fish in crisis again, (along with shad, crabs, and oysters), maybe we’ll remember the moral of this story.

“IT’S PRETTY SIMPLE, REALLY”



“Pong” Tamrongyouth, a native of Thailand who’s been fishing in the Annapolis area for more than 20 years, agreed to talk to us for this report about the fishing in this area. To anyone in his neighborhood, it’s obvious that fishing is in his family’s blood. Several years ago, when the city was replacing worn sidewalks with fresh concrete, he etched “The Fishing Team” into the wet pavement, and he uses “Badfish” as one of his online usernames. This day, he stands next to his modest Key West 186 Sportsman center-console boat to answer a few questions.

Unlike commercial fishermen in this area, most people do it for fun. He points out that he does it for both fun and food. “Recently, the regulations have been stricter,” he acknowledges, “because the striper population has been dropping in the Chesapeake Bay. We’ve all been overfishing the big ones that swim up the bay to spawn.” And Pong knows full well that this is the reason fishing was closed in April for the preseason this year and last year. “The reason is, people want the big ones—30, 40, and 50 inches long—to come back and spawn all the way to the Susquehanna (River) and leave before we can catch them.”

He’s been doing this for over 20 years now in the Annapolis area and longer in other locales nearby. “For me, back in the 1980s, the fishing was still good. Ever since 2000, it’s gotten slower. Part of it is over-fishing. I think the small ones are still plentiful, but they’re undersized—14 to 16 inches. Nineteen to 25 inches are the good size to bring home,” Pong says. He’s heard that contractors at the Maryland-Virginia line are taking the baitfish and processing them for Omega III oils. “It’s the bait that attracts stripers, but they net them for fish oil,” Pong says nodding. (A note here on Omega III oil: While it has been touted as helping the human body to manage damaging stress, on May 16th of this year, the Cleveland Clinic issued a report that Omega III fatty acid “offered no benefit to patients at high risk for cardiovascular events.”)

We asked Pong how he rates the government efforts in regulating the rockfish. “I would say for the first part of the season they do a good job. But the second part, from May 16 until they close, I think they should allow two per person, not just one. Right now, you can keep just one fish per person per time out [19 inches minimum]. That’s not much for all the gas, money, and time.”

He does see a silver lining, however, in some of the regulatory efforts. “The first season, the trophy season, when they close in April and open later in May, that’s a good thing to do to allow the bigger fish to come up the bay and spawn. Sometime in July, they shut it down for two weeks, too, due to the higher temperature and the oxygen in the water being lower. Every time we catch fish, they will die, because they lack oxygen. It’s pretty simple, really.”

RESCHEDULED!

2022 DATE TO BE DETERMINED

What's Up? Media has made the decision to further delay our Eastern Shore Best of Party previously set for October 25, 2021. As did everyone, our team was very hopeful that Covid would have been over by now. We had plans to celebrate our winners from 2020 and 2021 together at this event. It is very unfortunate that our Covid cases are on the rise again and this new variant is increasing transmission in our community. Our Best of Parties are indoor events of over 600 guests. Therefore, wearing masks and tasting foods together we know that social distancing would not be possible. We made this difficult decision to protect our community, our readership and restaurant employees. This year we hoped our event would bring the community together and lift up the Best of Winners after the rough year and a half they have had. We ask that you please take time to visit our winners and help to keep their doors open.

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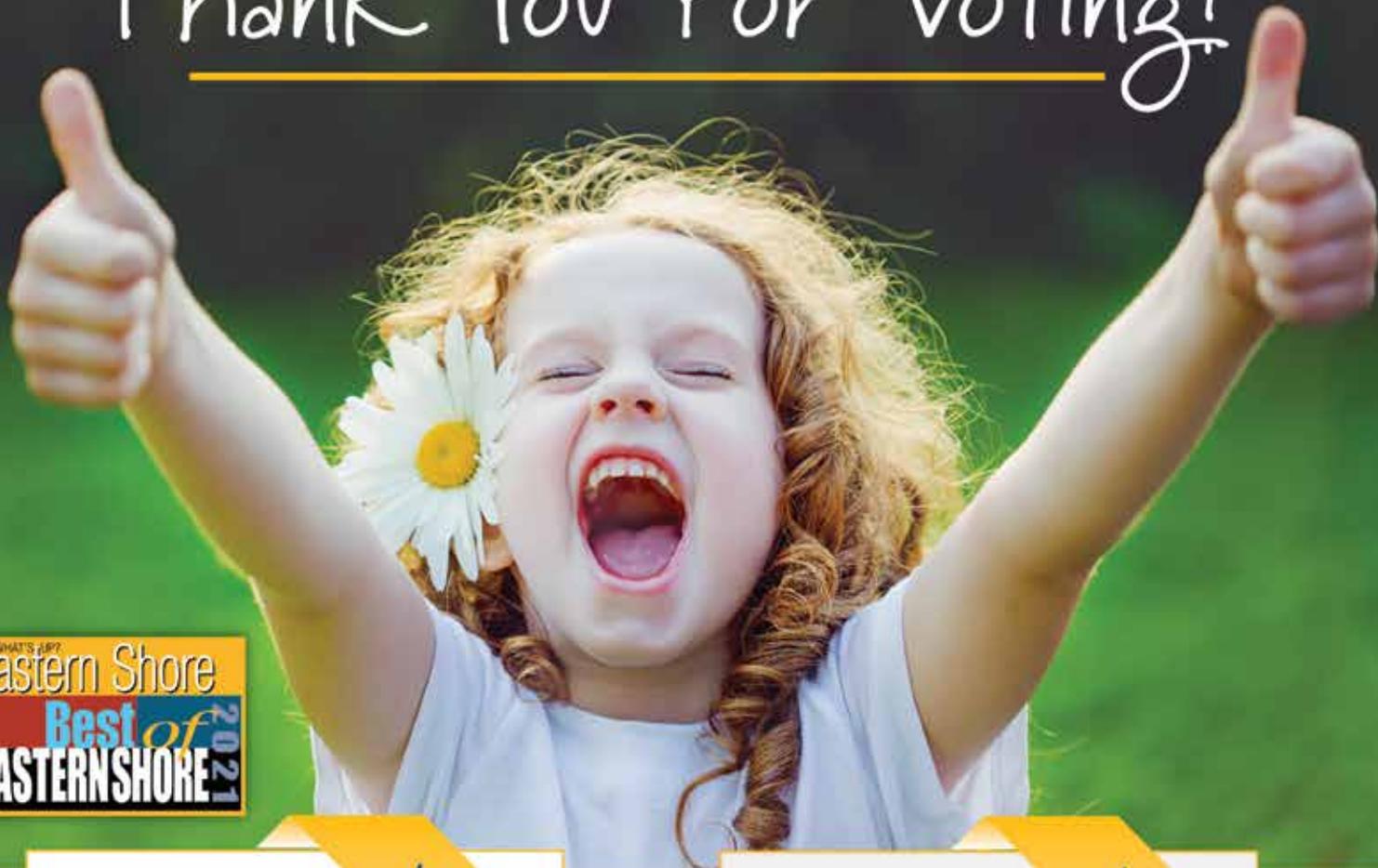
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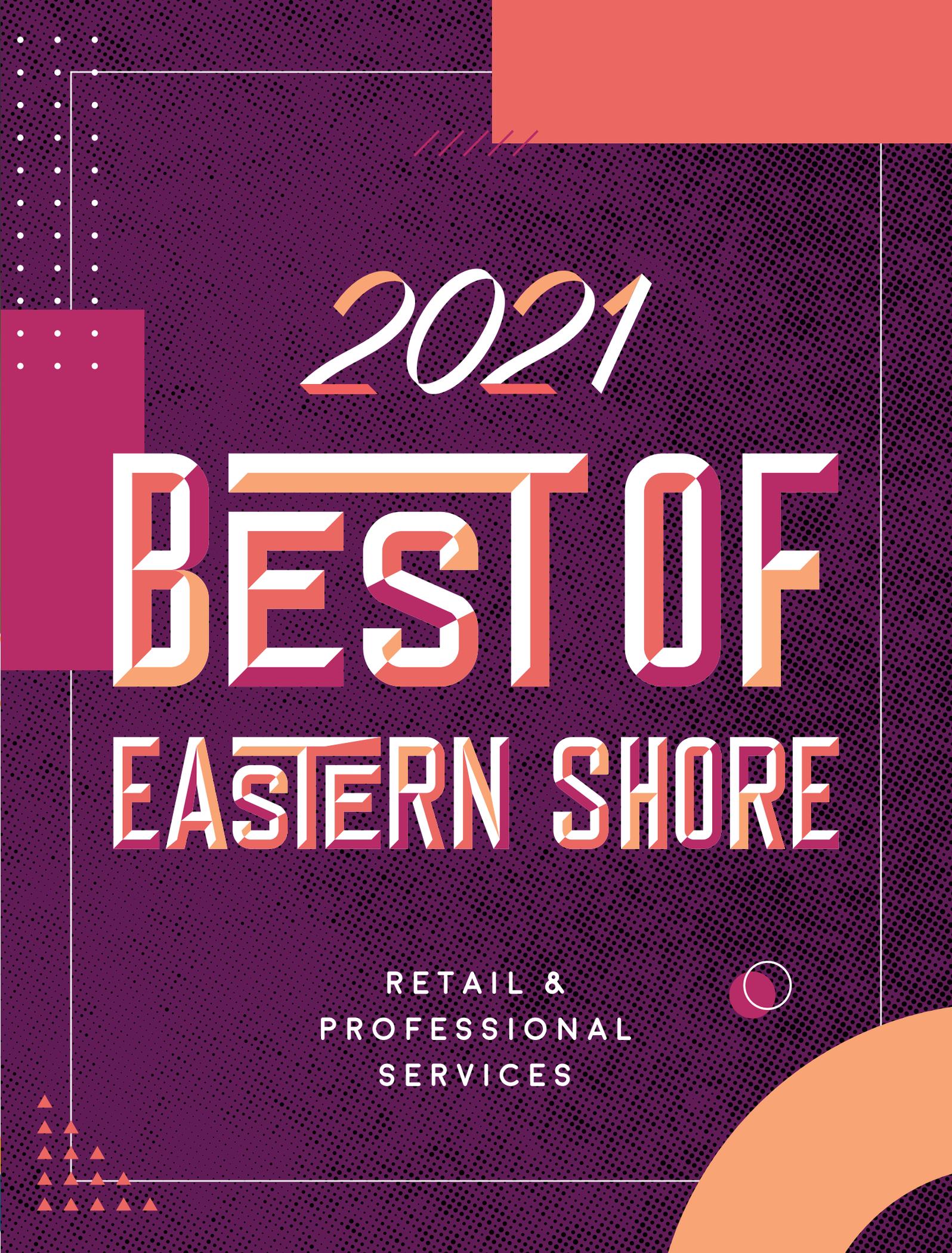
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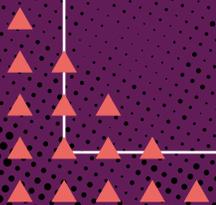
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Pet Boarding & Daycare

Dogwood Acres Pet Retreat

1220 Sonny Schulz Boulevard, Stevensville; 410-604-9700; dogwoodacres.com

Pet Grooming

Bev's Grooming & Pet Supplies

2010 Marion Quimby Drive, Ste. 100, Stevensville; 410-643-8058; bevsgrooming.com

Pet Services

Canine Country Club

915 Bennett Point Road, Queenstown; 410-827-4245; caninecountryclub.net

Pet Store

St. Michaels Pet Supplies

112 N. Talbot Street, St. Michaels; 410-745-5257; stmichaelspetsupplies.com

PPP Loan Advisor

Shore United Bank

Locations throughout the Mid-Shore; 877-758-1600; shoreunitedbank.com

Purses/Handbags

The Hickory Stick

21326 E. Sharp Street, Rock Hall; 410-639-7980; thehickorystick.com

Retail Beer Selection

The Winery

116 S. Piney Road, Ste. 104, Chester; 410-643-9466; thewineryki.com

Retail Wine Selection

The Winery

116 S. Piney Road, Ste. 104, Chester; 410-643-9466; thewineryki.com

Retail Whiskey Selection

Town & Country Wine, Liquor, etc.

28248 St. Michaels Road, Easton; 410-822-1433; tandcwines.com

Sailing School

Rock Hall Yacht Club Sailing School

P.O. Box 405, Rock Hall; 410-775-8225; sites.google.com/site/rhycss

Senior Living Facility

Londonderry on the Tred Avon

700 Port Street, Ste. 148, Easton; 410-820-8732; londonderrytredavon.com

Summer Camp

Camp Wright

400 Camp Wright Lane, Stevensville; 410-643-4171; campwright.com

Unique Gifts

Spa Angels Boutique & Spa

306 Park Row, Chestertown; 443-924-9478; spaangelsboutiqueandspa.com

Watch Jeweler

Kent Island Jewelry

204 Island Plaza Court, Stevensville; 410-643-7766; kentislandjewelry.com

Wedding/Event Planner

Your Saving Grace

443-786-4265

Wedding Venue

Magnolia Manor

768 Port Street, Easton; 410-443-1444; magnolia-manordm.com

Women's Clothing Store

Charisma Clothing Boutique

114 S. Talbot Street, Easton; 410-745-0352



Photo by Arden Haley





**WE WILL,
WE WILL...
ROCK YOU!**

Exploring the appeal, allegiance, and fandom of local, collegiate, and professional sports teams and rivalries



By Gary Jobson

I was sitting in the front row of the hockey rink. The year is 1959 and I am eight years old watching Princeton play Cornell. A player broke his stick and handed me the blade as he skated past. The blade still hangs in my garage 61 years later. It was my first in-person sporting event. The excitement from that moment is still in my head. It is easy to understand why people like to attend sporting events. It's the thrill and passion of "being there." For me, I've been to many events ranging from Super Bowls, to baseball, basketball, and hockey championships, the America's Cup, the Olympic Games, and countless high school and college games to watch my daughters compete. The most fun of all is watching long standing rivalries. The players seem to step up their efforts a notch, and interest by the fans is always elevated. There are many rivalries here in Maryland and around the USA. Sometimes passionate fans are as much fun to watch as the games. It makes me wonder why someone cheers for the Washington Nationals or the Baltimore Orioles, the Washington Football Team (nee Redskins) or the Baltimore Ravens, Georgetown Hoyas or Maryland Terrapins, Army or Navy, or the St. Mary's Saints or the Severn Admirals?

Just how does a team earn fan loyalty? It's understandable that a graduate of a college will have a lifelong affection for their teams. If you served in the Navy one assumes you will be pulling for the Midshipmen any time they play Army. Sports rivalries go back decades, even centuries. The most important game is the one you are about to watch. No matter how favored one team might be the outcome is never certain and that's why sports are so fascinating. This fact reminds me of the 2018 NCAA Men's Basketball Tournament when Annapolis resident and University of Maryland Baltimore County basketball coach, Ryan Odom, guided his team to an inspiring upset over the Number 1 seed, University of Virginia. It was the first time in tournament history that a Number 16 seed defeated a Number 1 seed. As that game progressed, the 16,000 fans in the arena cheered on the underdogs. The noise and encouragement helped the UMBC Retrievers take down Virginia. That victory reminded me why we watch sports. You just never know the outcome.

Fan interest probably starts at a young age. For my 10th birthday in 1960, my father took me to see a new baseball team named the Mets at the Polo Grounds in New York City. I've held a special place in my heart for the Mets ever since. In fact, 19 years later during my college years, the "Amazing Mets" won the World Series. One year later, the NY Knicks won the NBA Championship in a Game 7 showdown over the Los Angeles Lakers. I was lucky to have a seat behind the Knicks' bench for that historic victory. I doubt Madison Square Garden has ever been louder than the moment the Knicks' star center, Willis Reed, walked out on to the court after missing two games with an injury. That moment still brings tears to my eyes. The Knicks won one more championship three years later, but sadly, it has been a sorry story ever since. Maybe ownership and management makes a difference in performance and fan interest. The Knicks were perpetually at the bottom of the standings since their glory days in the early 1970s. This past season, they compete in the playoffs.



But take the Washington Football Team as another example. When Jack Kent Cooke, and his son John, owned the team they seemed to make the playoffs every year. I was a passionate fan and can proudly report I attended each of their Super Bowl victories. The team's new stadium in Landover filled up with 92,000 people on Sunday afternoons and then a new owner came along...and the team's performance and fan interest declined. The Cleveland Browns arrived in Baltimore in a dubious way created by a sickening void when the Colts left town. The Browns departed Cleveland and renamed their team the Ravens. The whole sequence of events felt untidy. Then the Ravens started winning and people started to care. The Ravens eventually won the Super Bowl a couple times and are now hometown favorites. The Football Team and Ravens will have played each other in the preseason in Landover by the time you read this article. In recent years, I would have bet there would be more Ravens fans in attendance. But Washington's modest success last season could be a boon for attendance. It will be a telling moment as the loyalties in our area are revealed during that game.

Visiting teams seem to attract their hometown fans to attend games when they play in our region. There, many people from all corners of the USA who are based in the Washington, D.C. area and will support their home teams when they play here. This might take away a little of the home town advantage. When LeBron James plays the Wizards it seems he gets more cheers than the home team. Superstars have a way of attracting fans.

Geography often plays a role in fan interest. The famous rivalry between the New York Yankees and Boston Red Sox has been particularly intense. There is

a distinct border in Eastern Connecticut that separates Yankee fans from Red Sox fans. Here in our area, the gray area between stadiums is probably too great to define fan interest by geography. Therefore, I believe, it is the culture of the team, the team's identity, or perhaps the "cool factor" of attending at a particular stadium that earns a fan's loyalty. The steadfast support that the Maryland Terrapin's basketball team receives is surely one of the keys to their dominance at the Xfinity Center. A couple season's ago, the Terps frequently fell behind early in their games only to come charging back. The fans never quit cheering the team on and the Terps responded. It was an exciting season that could have resulted in a deep NCAA Tournament run. Unfortunately, we will never know how it would have turned out due to the canceled season caused by the Coronavirus. (In my dreams I think the Terps won it all). This past season was equally exciting, if only until the end, when a promising late-season run was lost in the second round of the tournament. There's always next season.

One of the most watched football games every year is Army vs. Navy. No matter successful one team has been all season you can count on the game being exciting. This is one of the greatest of American sporting events. Presidents will sit on one side for a half and the other side for the second half. Every player is headed for military service and the viewers appreciate their dedication to America. It feels like the final score doesn't really matter after such a thrilling spectacle.

Sports teams and their managers work hard to project a positive image with inspiring uniforms, unique team colors, slick logos, fun mascots, fan club rallies, half time shows, a

clean experience at stadiums, food and drinks, and most importantly, a good time. Team clothing sales are big business. Fans love showing their support by wearing the team's gear. Based on my very unofficial survey, the percentage of fans wearing Washington Capitals team jerseys tops every other team in the area. Getting tickets to games has become a lot easier thanks to internet services that help ticket holders sell to people without season tickets. The whole system in sports works well when fans are engaged. Sponsors recognize these trends and eagerly sign on when there is overwhelming fan support.

There are times when a team's fan base actually follows an individual player as much as a team. Names that come to mind in our area include: Cal Ripken, Jr., Alex Ovechkin, Darrell Green, Ray Lewis, Earl Monroe, Johnny Unitas, Roger Staubach, Patrick Ewing, and Juan Dixon. Recently, ESPN broadcast a 10-part series on Michael Jordan and the Chicago Bulls. The series sparked considerable debate about who is the greatest professional basketball player of all time. Was it Michael Jordan or LeBron James, or even Bill Russell? Since they never actually played against each other we will never know for sure, but it does generate a lot

of debate. It's one of the reasons so many sporting fans study statistics of the games. Some of the passionate and endless arguments in sports is usually regarding a player's or team's greatness. The routine is just part of the intrigue and surely the reason sports talk on the radio attracts so many listeners.

Often, I tune into a game, for which I have no allegiance with either team, just to watch the rivalry play out. Some games you just don't want to miss include the Yankees vs. Red Sox, or the Green Bay Packers vs. the Chicago Bears, or, many moons ago, the brutal battles between Mohammad Ali and Joe Frazier. Closer to home there is always excitement around town when the Dallas Cowboys face Washington or when the Ravens take on the Pittsburgh Steelers... even when the Orioles host the dreaded Yankees. During the pandemic, I missed our sports rivalries. It was so sad to not have the Masters, NBA playoffs, hockey, Olympics, college sports, high school sports, or even any sailboat racing. Thank goodness we've begun our return to normal. And while we await the next great rivalry play out, what's a sports fan to do? My suggestion is to get outdoors and do your own sport: hiking, golf, day-sailing, tennis, jogging, and fishing come to mind.

Top left: Midshipmen celebrate a Navy score during a recent game versus Army. (Photo by U.S. Navy 1st Class James G. Pinsky). Middle left: When the Washington Capitals won the franchise's first Stanley Cup championship in 2018, fans filled the National Mall in D.C. for the celebratory parade. (Screenshot via WUSA9). Bottom left: Army versus Navy football is one of the most storied and respected rivalries in American sports history, dating back to 1890. This year's game will be played on December 11th. (Photo by U.S. Army Spc. Philip Diab). Top right: The Baltimore Ravens and Pittsburgh Steelers maintain one of the most compelling rivalries in the NFL today, as each team annually competes for division supremacy. (Creative Commons License). Middle right: The Baltimore Orioles and New York Yankees draw full crowds of loyal fans for both teams to Camden Yards in Baltimore each summer. (Creative Commons License). Bottom right: Despite a name change from the Washington Redskins to Washington Football Team, the franchise retains loyal fans who recall the "glory days" of the late-1970s through early-'90s when the team reached five championships during the Super Bowl era, winning three. (Photo by Keith Allison)





SMOOTH

How Marylanders are striving to create a more bicycle-friendly culture

RIDING

BY DYLAN
ROCHE

Not all aspects of social distancing were completely bad.

Prior to the COVID pandemic, bicycling had already been gaining in interest among all age groups throughout the Chesapeake region for several years. But then 2020 rolled around, and it suddenly became very clear that with a little extra time in the day and a desire to get out of the house, people were inclined to get on their bikes much more often.

This was observed by Tanya Asman, bicycle and pedestrian planner for the Anne Arundel County Office of Transportation. “The commuter park-and-ride lots are empty due to teleworking, and trail use is up due to COVID,” she says.

It was also observed across the Chesapeake Bay Bridge on the Eastern Shore by Paul Lombardo, chairman of the Queen Anne’s County Parks and Recreation Advisory Board and managing member of Bike Doctor of Kent Island. “The county has two excellent bike trails, and at the height of the pandemic, they were just covered with people,” he recalls.

Now the big question—is that interest sustainable?

If you ask Jon Korin, president and founder of Bicycle Advocates for Annapolis and Anne Arundel County (better known as BikeAAA for short) and chair of the Anne Arundel County Bicycle Advisory Commission, who has spent the past few years striving to ensure the area is much more accessible to all cyclists, the answer is yes. But it will take work.

“We hope everyone who started biking, who dusted off their old, beat-up bikes during COVID, or bought out every bit of supply the bike shops had during COVID...we hope for a lot of those folks, they’ll transition from biking for recreation to doing some biking for transportation,” Korin says. “But we know they won’t do it unless we make it safe.”

Since 2013, Korin and his fellow volunteers with BikeAAA have advocated ways to make bicycling a more viable choice for transportation, recreation, and fitness. “For me, it’s not so much about bikes—it’s for all the benefits that are derived by getting more people biking and walking,” Korin says. “Health of people. Health of the environment. Reduced traffic.”

Those reasons aren’t lost on local governments, which are now making bicycling a priority. Asman explains her office was formed



in 2017 under the direction of Ramond Robinson—before that, transportation was a division of the Department of Planning and Zoning—and today, the Office of Transportation works with the Department of Public Works on infrastructure projects. “We are much more involved with DPW in identifying what projects we want, and where, and the prioritization,” Asman says. It requires, as she puts it, “designing the roadway for the safe use of all road users,” including cyclists and pedestrians.

Specifically, this means adopting legislation like Complete Streets, as well as the county’s Transportation Functional Master Plan, titled *Move Anne Arundel*. Complete Streets will advance the design and operation of entire right-of-ways to prioritize safer, slower speeds for all people who use the roads. “This means every transportation project will make the street network better and safer for people walking, biking, driving, riding transit, and moving actively with assistive devices—making our county a better place to live,” Asman says.

Similarly, she explains, *Move Anne Arundel* prioritizes the installation of comfortable infrastructure such as shared-use paths and bicycle lanes separated from vehicles by a vertical barrier as a means of building out the low-stress, safe network. The Office of Transportation is also leading the charge on adopting and developing a Vision Zero action plan, a safety initiative to eliminate death and serious injury due to crashes.

To be effective in reaching the goals laid out by these policies and plans, however, Asman notes that all county agencies and the private sector need “to be dedicated to working in concert with each other to create safe, comfortable, bicycling, walking and transit infrastructure, with a mindset that active transportation is equally important as vehicular.”

In many cases, this means providing bicycle routes to as many places of interest as possible. One of the major projects BikeAAA has undertaken is providing guidance on the Anne Arundel Trail Network (annearundeltrailnetwork.org), an in-development connection of trails throughout the Annapolis-Baltimore-D.C. region that gives access to residential communities, places of employment and education, recre-

ation, shopping, culture, natural areas, and much more. This includes major existing trails like the Baltimore & Annapolis Trail and the BWI Trail, as well as ongoing projects like the Broadneck Trail and the South Shore Trail. Future projects will even form connections to the City of Baltimore, Prince Georges County, and D.C.

The Queen Anne’s County Department of Parks and Recreation has a similar vision for its trails, although its two main trails—the Cross Island Trail and the Kent Island South Trail—don’t connect to destination points the way Anne Arundel County trails do.

“Ours are used more as recreational trails,” explains Steve Chandlee, director of Parks and Recreation. “That’s mainly because we don’t have the urban areas close by—big urban areas to connect a lot of the workforce like you would in a Prince George’s County or a Montgomery County or an Annapolis area. Especially as you move farther up north, it’s a more rural area, so you’re definitely not going to find bicycles used as transportation to work.”

However, even for recreational use, Queen Anne’s County aims to bring the trails together. “The long-term plan has always been to connect up to Tuckahoe State Park,” Chandlee adds. “That’s always been the long-term vision. It’s just now a matter of acquiring the easements, getting money to build the trails, and moving forward.”

In order to turn the vision for a bicycle-friendly community into a reality, however, there are financial costs. Asman notes that much of this burden has been alleviated thanks to grants.

“Since 2017, the Office of Transportation has been awarded every grant request for which we applied,” she says, listing three Kim Lamphier Bikeways grants and one Transportation Alternative Programs for a Safe Routes to Schools grant, as well as grants that other agencies—such as Recreation and Parks and the City of Annapolis—have received. “When combined together, the county and the city have been awarded over \$10 million from transportation state and federal grants in the last three years or so, for both design and construction,” she adds.



“SOME PEOPLE HAVE A CHOICE—DO I DRIVE OR DO I BIKE? FOR OTHERS, THEY HAVE NO CHOICE. A CAR IS NOT AFFORDABLE, OR A SECOND CAR IS NOT AFFORDABLE, OR PEOPLE CAN’T DRIVE BECAUSE THEY HAVE A DUI OR NO LICENSE. WE NEED TO MAKE TRANSPORTATION OPTIONS THAT ARE EQUITABLE.”

Queen Anne’s County has turned to funding through Program Open Space—which is administered through the Maryland Department of Natural Resources to assist in the planning, acquisition, and development of land—to supplement county funding and grant money for work on its trail system.

But there’s another challenge to consider, particularly for the Eastern Shore, in creating a bicycle-friendly community: Route 50. It’s one of the reasons Lombardo says biking for transportation isn’t practical. “We don’t have the infrastructure to make it work,” he states simply.

That’s not to suggest cyclists like Lombardo have given up hope; on the contrary, having more of Kent Island accessible by bike would be a great thing, he explains, mainly because it would get more cars off the road. “We all know how bad traffic gets in the summertime here,” he says. “When you can’t get around by car at all, firetrucks can barely get by, people leave their neighborhoods and they can’t get back. If we had infrastructure so you could ride north, south, east, or west on Kent Island, you could go to the store or restaurants by bicycle, or just walk for that matter.”

Making bicycling a feasible transportation option does much more than reduce traffic—though it does do that, and in a far more efficient and cost-effective way than expanding the roads, Korin says. It also provides a boost to the local economy. “Somebody whizzing by in a car doesn’t stop to spend money,” Korin explains. “Somebody walking by a shop is more likely to stop and spend some money. It’s good for the economy. It’s good for tourism.”

Bicycling is also an important part of transportation equity, making it possible for all people, regardless of income or other resources, to get where they need to go. “Some people have a choice—do I drive or do I bike?” Korin says. “For others, they have no choice. A car is not affordable, or a second car is not affordable, or people can’t drive because they have a DUI or no license. We need to make transportation options that are equitable.”

As part of this cause, BikeAAA partners with Anne Arundel Food Bank, Anne Arundel Medical Center/Luminis, Anne Arundel County Police Department Bike Patrol, and Bike Doctor of Crofton for the Wheels of Hope program (bikeaaa.org/wheels-of-hope-refurbished-bikes), which collects used bikes that are then refurbished by volunteers and given (along with new helmets) to those in need. “There has been significant demand for people in recovery and others in need of affordable transportation,” Korin says.

Then there are the environmental benefits of getting more people out of cars and onto bikes. Asman explains that studies on the air quality of Anne Arundel County and Maryland show markedly better air during

the pandemic, when fewer cars were on the road. “Notably, nitrogen oxide, which is a vehicle emission and a large contributor to ozone gases, was above the allowable limits only three days at three separate locations out of the entire testing timeframe, April to September, in all of Maryland,” she says. “This is the lowest in 40 years of monitoring!”

Bicycling also provides an opportunity for camaraderie and community, as BikeAAA can attest. Not only is the organization connected to multiple cycling clubs all over the region, but they also host events like the Anne Arundel County Lifeline 100 (lifeline100.com), the area’s premier bike riding event, held in collaboration with Anne Arundel County Recreation and Parks and Anne Arundel County Police.

The all-ages, all-abilities tradition—now in its seventh year and set for Sunday, October 3—typically sees about 800 participants and has raised more than \$200,000 for local nonprofit organizations, many of which send cyclists to do the ride themselves. A range of distances—including 100- and 65-mile scenic tours and 30- and 15-mile flat, paved trail rides, and a children’s bike rodeo—make it possible for anyone to be part of the event. “Bike events are usually for the serious” says Korin. “Lifeline 100 is an event for every age and every ability, including people with special needs.”

Lifeline 100 is the biggest event for BikeAAA, but it’s not the only one. The organization also partnered with Future History Now to create the county’s first Bike Safety Playground for young children at Lindale Middle School in Linthicum Heights.

There’s no indication that Maryland bicyclists are slowing down in their advocacy and their interest any time soon. Instead, they are setting their sights on even more growth in the months and years to come. Notably, Asman says her office is about to embark on an update to the Pedestrian and Bicycle Master Plan. “I am very excited to begin this work as the plan will be action oriented and identify a short-, mid-, and long-term plan for building out the transportation network for bicycling and walking to our destinations,” she says.

If nothing else, bicycling gives people a better appreciation of the area where they live. “I’d like to think people stick with it,” Chandlee says of bicycling. “It’s a good way to get around, it’s a good way to spend time, it’s a good way to see farm fields, marshy areas, and wildlife as you’re going through on different trails. You get a nice view with a little bit of everything the area has to offer.”

Need Ideas for Places to Ride?

BikeAAA offers plenty of ideas, whether you’re looking for park loops, paved trails, road routes, or even options for mountain biking. Find info at bikeaaa.org/resources/places-to-ride

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Fall 2021
Guide to
navigating
school and
college visi-
tations, plus
extracurric-
ular learning
centers and
programs

SCHOOLS OF THOUGHT!

For parents and students, researching and visiting schools or colleges can be life-changing experiences. Gaining first-person perspective, on-site optics, and meeting the administrations of potential schools are instrumental to making one of life's most important decisions—choosing the right school. This guide provides tips for navigating your school search, as well as a comprehensive list of regional schools, colleges, and learning centers offering open house, campus tours, virtual seminars, and programs for all ages.

If you're considering school visitations this fall, or in the near future, here are several tips and considerations when planning. ►

- 1 MAKE A LIST AND MAP THE SCHOOLS OUT.** Before the application process begins, curate a list of all potential schools, research them, and narrow them down. Once you have reduced your list to the top contenders, it's time to start planning your campus visits. Ideally, you'll want to visit every school you are strongly considering, so map out each school and plan accordingly.
- 2 ORDER MATTERS.** Try to visit your top school(s) last. As you visit more campuses, you'll start to get a better idea of your likes and dislikes. Throughout the process, you will gain a better sense of questions to ask and places on campus you want to see and you will know what to look for by then.
- 3 TIMING IS CRUCIAL.** Plan your visit while school is, hopefully, in session. Observing student life will give you an authentic view of the school and will (hopefully) help you envision yourself as a student there.
- 4 EXPLORE ON YOUR OWN.** The official campus tour will highlight the school's best features, so make sure to spend extra time exploring parts of campus that weren't shown on your tour. This will be the best time to observe students, check out any departments you're interested in, or sit in on a class or lecture.
- 5 TALK TO CURRENT STUDENTS.** It's your tour guide's job to give the best impression possible of their school, making them a biased source. While the information your guide gives you is crucial, you may want to secure a more candid impression by talking to current students. Ask students anything that wasn't covered on the tour: What is student life like? Is it easy to meet and make friends? Is there a lot of diversity on campus? Is it difficult to adjust?
- 6 DOCUMENT EVERY VISIT.** If you plan to visit several schools, make sure to document each visit. Take pictures, jot down some notes, or record a voice memo to highlight your favorite—or least favorite—aspects of each school. Going on several tours within a short period of time can be chaotic, so this will help you separate and compare each visit.
- 7 KEEP AN OPEN MIND.** Your priorities during your initial school search may completely shift once you start touring, so remain openminded. Walk onto every campus with a positive attitude and save your judgments until the end of the tour.



The following list of regional schools, colleges, and learning centers advertise within the What's Up? Media family of publications. Please consider calling them directly to confirm open house dates, visitation guidance, and program availability. Schools are listed alphabetically.

PRIVATE SCHOOLS

ANNAPOLIS AREA CHRISTIAN SCHOOL—LOWER

Annapolis Campus—710 Ridgely Avenue, Annapolis; Severn Campus—61 Gambrills Road, Severn; 410-519-5300; aacsonline.org; AACs is an accredited K–12 private, co-ed, school with four campuses in AA County. We provide an excellent, distinctively Christian education. Open Houses scheduled for 11/10 (Severn Campus) and 11/18 (Annapolis Campus). Register online. Private tours available by appointment.

ANNAPOLIS AREA CHRISTIAN SCHOOL—MIDDLE

716 Bestgate Road, Annapolis; 410-846-3505; aacsonline.org; AACs is an accredited K–12 private, co-ed, school with four campuses in AA County. We provide an excellent, distinctively Christian education. Open House scheduled for 11/4. Register online. Private tours available by appointment.

ANNAPOLIS AREA CHRISTIAN SCHOOL—UPPER

109 Burns Crossing Road, Severn; 410-846-3507; aacsonline.org;

AACS is an accredited K–12 private, co-ed, school with four campuses in AA County. We provide an excellent, distinctively Christian education. Upper School Showcase scheduled for 10/15. Register online. Private tours available by appointment.

ARCHBISHOP SPALDING HIGH SCHOOL

8080 New Cut Road, Severn; 410-969-9105; archbishopspalding.org; Spalding is a coed, college preparatory school that serves students in the greater Annapolis and Baltimore areas. It is a Diocesan school of the Archdiocese of Baltimore. Private tours and Shadow Days available by appointment and registering online.

CALVERT HALL COLLEGE HIGH SCHOOL

8102 La Salle Road, Baltimore; 410-825-4266; calverthall.com; Calvert Hall College High School is an independent, all-boys Lasallian Catholic college preparatory school attracting students from more than 100 zip codes. Cardinal Campus Experience Tours and Virtual “Cardinal for a Class” sessions available by registering online and appointment.

CHESTERTOWN CHRISTIAN ACADEMY

401 Morgnec Road, Chestertown; 410-778-5855; chestertownchristian.org; Chestertown Christian Academy serves students from Kent, Queen Anne’s, and Cecil counties, as well as New Castle County in Delaware. Tours are provided daily. Please contact CCA’s Admissions Director, Amanda Tuttle-Smith, at ccapatriots.admissions@gmail.com or call the school.

DIVINE MERCY ACADEMY

8513 St. Jane Drive, Pasadena; 410-705-0778; divinemercury.md; Divine Mercy Academy is an independent private day school in the Catholic tradition for children in Kindergarten through 8th grade. Contact school directly for guidance on visitations, tours, etc.

GLENELG COUNTRY SCHOOL

12793 Folly Quarter Road, Ellicott City; 410-531-8600; glenelg.org; Glenelg Country School cultivates a community that stimulates students to realize their highest potential. Outstanding academic and enrichment opportunities nurture a passion for life-long learning, personal integrity, and respect for others. Discovery Days scheduled for 10/15, 11/2, 12/1, 1/6, 2/23, and 4/5. Private family tours and virtual introductions are also available.

HOLY TRINITY: AN EPISCOPAL SCHOOL

13106 Annapolis Road, Bowie (Primary School); 11902 Daisy Lane, Glenn Dale (Daisy Lane School & High School Prep); 301-262-5355 or 301-464-3215; htrinity.org; Holy Trinity features the Primary School campus for grades 1-4, while The Daisy Lane School and High School Prep campus houses preschool and kindergarten and grades 5–8. Virtual Open House events and weekly Virtual Drop-In Wednesdays available. Register online.

INDIAN CREEK SCHOOL—LOWER

680 Evergreen Road, Crownsville; 410-923-3660; indiancreekschool.org; Indian Creek School is a college-preparatory school with two Crown-

ville campuses: Lower (17.1 acres) and Upper (114 acres). Personalized information sessions, virtual tours, and campus tours are available by appointment.

INDIAN CREEK SCHOOL—UPPER

1130 Anne Chambers Way, Crownsville; 410-849-5151; indiancreekschool.org; Indian Creek School is a college-preparatory school with two Crownsville campuses: Lower (17.1 acres) and Upper (114 acres). Personalized information sessions, virtual tours, and campus tours are available by appointment.

MCDONOGH SCHOOL

8600 McDonogh Road, Owings Mills; 410-363-0600; mcdonogh.org; Embracing diversity of background, culture, and thought, the school builds upon its founder’s original mission to provide life-altering opportunities and to develop in students the will “to do the greatest possible amount of good.” Virtual open houses, tours, and recordings available. Contact school for details.

MONSIGNOR SLADE CATHOLIC SCHOOL

120 Dorsey Road, Glen Burnie; 410-766-7130; msladeschool.com; Monsignor Slade is part of the Archdiocese of Baltimore and is located in northern Anne Arundel County on a 10.5-acre campus. Open Houses for Prospective Families scheduled for 11/11 and 1/30. Private tours and shadow days may also be scheduled by appointment.

MONTESORI INTERNATIONAL CHILDREN’S HOUSE

1641 North Winchester Road, Annapolis; 410-757-7789; montes-

soriinternational.org; Recognized by the Association Montessori Internationale, Montessori International Children’s House caters to students ages 18 months to 12 years on their 4.5-acre campus. Wednesday Morning Tours available by reservation. Open houses might be scheduled this fall. Contact school directly for guidance.

NAVAL ACADEMY PRIMARY SCHOOL

74 Greenbury Point Road, Annapolis; 410-757-3090; napschool.org; Naval Academy Primary School is an independent, co-educational school with ties to the U.S. Naval Academy, serving civilian and military families alike. Contact school directly for guidance on visitations, tours, etc.

ODENTON CHRISTIAN SCHOOL

8410 Piney Orchard Parkway, Odenton; 410-305-2380; ocs.odentonbaptist.org; Odenton Christian School follows the A Beka curriculum. In addition, OCS offers many real-world electives. Open House scheduled for 11/16. Virtual Tour available online.

OLDFIELDS SCHOOL

1500 Glencoe Road, Sparks Glencoe; 410-472-4800; oldfieldsschool.org; Oldfields is an all-girls boarding school located on 140 acres of Maryland’s horse country. Virtual Open Houses, Personalized Virtual Visits, and In-Person Visits available. Contact school directly for guidance.

RADCLIFFE CREEK SCHOOL

201 Talbot Boulevard, Chestertown; 410-778-8150; radcliffecreekschool.org; Radcliffe Creek School

focuses its curriculum on multi-sensory learning. It serves students from Kent, Queen Anne’s, Talbot, Dorchester, Cecil, Caroline, and Anne Arundel counties. Virtual Tour available online. Private visitations by appointment.

ROCKBRIDGE ACADEMY

680 Evergreen Road, Crownsville; 410-923-1171; rockbridge.org; A K–12 classical Christian school, now in its 25th year. Fall open houses scheduled for 10/11 and 11/12. Contact school directly for guidance on private visitations, tours, etc.

ST. ANDREW’S UNITED METHODIST DAY SCHOOL

4B Wallace Manor Road, Edgewater; 410-266-0952; school.standrewsum.org; Saint Andrew’s is an independent school located on a 20-acre campus, and offers engaging After School Enrichment Programs. Open House tentatively scheduled in November. Contact school directly for guidance on visitations, tours, etc.

ST. JOHN THE EVANGELIST CATHOLIC SCHOOL

669 Ritchie Highway, Severna Park; 410-647-2283; stjohnspschool.org; Located on over thirty acres, St. John the Evangelist School offers rigorous academics in a nurturing environment for students in Pre-K through 8th grade. Virtual and In-Person Tours available by appointment. Open Houses may be scheduled. Contact school directly for guidance.

SS. PETER & PAUL ELEMENTARY SCHOOL

900 High Street, Easton; 410-822-2251; es.ssppeaston.org; SS. Peter & Paul is



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Open Houses & Shadow Day Visits

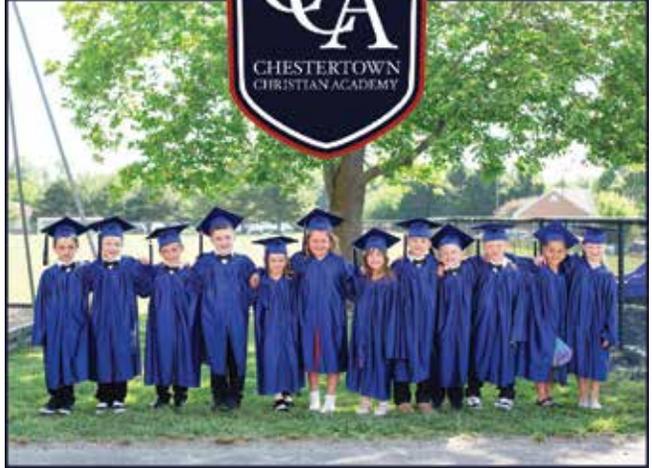
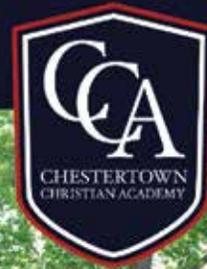
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SS. PETER & PAUL HIGH SCHOOL

1212 S. Washington Street, Easton; 410-822-2275; hs.sspeaston.org; SS. Peter & Paul is the premier, coed, college preparatory high school serving Maryland's Eastern Shore. Rigorous academics, diverse student life, and faith formation empower young people to grow in mind, body, and spirit. For information, or to schedule a Sabre Day or personal tour of campus, please contact the school.

ST. MARTIN'S-IN-THE-FIELD EPISCOPAL SCHOOL

375-A Benfield Road, Severna Park; 410-647-7055; stmartinsmd.org; St. Martin's combines aspects of the humanities, mathematics, arts, technology, and the sciences from, encouraging students to discover their potential while learning with confidence, compassion, and character. Thirty-minute In-Person Tours available by appointment. Virtual Tours also available.

ST. ANNE'S SCHOOL OF ANNAPOLIS

3112 Arundel on the Bay Road, Annapolis; 410-263-8650; st.annes-school.org; St. Anne's invests in the intellectual and spiritual promise of each student in a community that celebrates diversity and upholds the dignity of every human being. Hosts several Open Houses annually.

Private Tours available by appointment. Contact school directly for guidance.

ST. MARGARET'S DAY SCHOOL

1605 Pleasant Plains Road, Annapolis; 410-757-2333, stmargaretsdayschool.org; St. Margaret's Day School is located on the Broadneck peninsula on the historic campus of St. Margaret's Church. The school is accredited by the National Association of the Education of Young Children. Contact school directly for guidance on visitations, tours, etc.

ST. VINCENT PALLOTTI HIGH SCHOOL

113 St. Mary's Place, Laurel; 301-725-3228; pallottihs.org; St. Vincent Pallotti High School is a college preparatory school in the Archdiocese of Washington, and serves students from Anne Arundel, Howard, Montgomery, and Prince George's counties. Open House scheduled for 11/7. Panther for a Day Shadow Visits (8th graders only) available by appointment, as are in-person tours.

SCHOOL OF THE INCARNATION

2601 Symphony Lane, Gambrills; 410-519-2285; schooloftheincarnation.org; Located on a 26-acre campus in central Anne Arundel County, School of the Incarnation is a coeducational school and operates under the Archdiocese of Baltimore. Open Houses scheduled throughout the year. Private tours available by appointment. Contact school directly for guidance.

SEVERN SHOOL—CHESAPEAKE CAMPUS (LOWER)

1185 Baltimore Annapolis Boulevard, Arnold; 410-647-7700; severnschool.

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www.mcdonogh.org | Owings Mills, Maryland

com; Severn School is a college preparatory school. The 4-acre lower campus offers an outdoor science learning center and learning pavilion. In Person Tours available Mon.–Fri. after 4 p.m. by appointment. Virtual tours and information sessions available online.

SEVERN SCHOOL—TEEL CAMPUS (MIDDLE/UPPER)

201 Water Street, Severna Park; 410-647-7700; severnschool.com; Severn School's upper campus is situated on 19 acres, and offers the Stine Environmental Center, which is located along the Severn River. In Person Tours (3-person max) available Mon., Tues., and Thurs. at 3:30 p.m. by appointment. Virtual tours and information sessions available online.

THE BOYS' LATIN SCHOOL OF MARYLAND

822 West Lake Avenue, Baltimore; 410-377-5192; boyslatinmd.com; Founded in 1844, Boys' Latin School of Maryland is an all-boys independent school serving boys in grades K-12. Open House scheduled for 10/24; register online. Private tours available by appointment.

THE COUNTRY SCHOOL

716 Goldsborough Street, Easton; 410-822-1935; countryschool.org; The Country School is an independent, 501(c)(3) nonprofit school located near downtown Easton. Virtual meetings and campus tours available by appointment. Contact school directly for guidance.

THE GUNSTON SCHOOL

911 Gunston Road, Centreville; 410-758-0620; gunston.org; The

Gunston School offers an intellectually rigorous, highly personalized, and nurturing college preparatory educational experience. In-person Open Houses scheduled for 10/17, 11/14, 1/23, and 4/24; register online. Personal Tours and Shadow Day Visits also available by appointment.

THE KEY SCHOOL

534 Hillsmere Drive, Annapolis; 410-263-9231; keyschool.org; Key School is a coeducational, progressive, college-preparatory day school with a picturesque 15-acre campus located in Hillsmere Shores and a 70-acre athletic park located in Annapolis Roads. Open Houses scheduled for 11/6 (Middle/Upper Schools) and 11/13 (First/Lower School). Private Tours available by appointment.

WYE RIVER UPPER SCHOOL

316 South Commerce Street, Centreville; 410-758-2922; wyeriverupperschool.org; Wye River is a 501(c)(3) nonprofit school that serves students with dyslexia, ADHD, ADD, and other learning differences at their Centreville campus. Private campus tours available by appointment. Contact school directly for guidance.

COLLEGE/ADVANCED DEGREE

ANNE ARUNDEL COMMUNITY COLLEGE

101 College Parkway, Arnold; 410-777-2222; aacc.edu; Nationally recognized, public, two-year institution accredited by Middle States Commission

on Higher Education and the largest single-campus community college in Maryland. Enrollment, Admissions, and Program-Specific Information Sessions available. Contact school directly for guidance on visitations, tours, etc.

CHESAPEAKE COLLEGE

1000 College Circle, Wye Mills; 410-822-5400; chesapeake.edu; Chesapeake College is a comprehensive public two-year regional community college serving the educational needs of the residents of Caroline, Dorchester, Kent, Queen Anne's, and Talbot counties on Maryland's Eastern Shore. Guided Tours available year-round to groups and individuals. Contact school directly for guidance.

EASTERN SHORE HIGHER EDUCATION CENTER

1000 College Circle, Wye Mills; 410-827-5761; info.chesapeake.edu/eshec; Located on the Chesapeake College Wye Mills campus, ESHEC provides access to area residents to baccalaureate and graduate degrees from partnering four-year institutions. Contact school directly for guidance on visitations, tours, etc.

WASHINGTON COLLEGE

300 Washington Avenue, Chestertown; 410-778-2800; washcoll.edu; Washington College is a liberal arts college founded in 1782 and was the first college chartered in the sovereign United States. Campus Visits available morning and afternoons by appointment. Virtual Counselor Interviews, Campus Tours, Information Sessions, and Resource Meetings available.

LEARNING CENTERS

ANNE ARUNDEL COUNTY PUBLIC LIBRARY

16 locations throughout Anne Arundel County; 410-222-7371; aacpl.net; Public library system with a multitude of media collections, technology, community programs, and educational resources. Locations open daily to the public. Please visit website for specific location hours, contacts, and program/resources availability.

CODE NINJAS

145 Mitchell's Chance Road, Edgewater; 443-203-8415; codeninjas.com; At Code Ninjas centers, kids learn to code while building their own video games. They gain problem solving,

critical thinking, and STEM skills in a fun, safe, and inspiring environment. Contact center directly for visitation and program availability.

CRITCHLOW ADKINS CHILDREN'S CENTERS

Locations in Easton, St. Michaels, White Marsh/Trappe, and Cordova; 410-822-8061; cackids.org; Critchlow Adkins Children's Centers teachers engage and nurture children ages two, three, and four in year-round Preschool and Pre-Kindergarten programs as well as children in Kindergarten through sixth grade in before-and after-School programs. Contact center directly for visitation and program availability.

GIGI'S PLAYHOUSE

129 Lubrano Drive, Ste. L104, Annapolis; 410-517-

7474; gigisplayhouse.org; Down Syndrome Achievement Center that offers free therapeutic, educational, and tutoring programs that support all ages, from families with a prenatal diagnosis through adult individuals with Down syndrome. Contact center directly for visitation and program availability.

PONGOS LEARNING LAB

2141 Priest Bridge Drive, Ste. 8, Crofton; 301-789-1815; pongoslearninglab.com; Center for all things science, technology, engineering, arts, and math (STEAM). Offers clubs, camps, classes, birthday parties, and enrichment programs in grades Pre-K through 8. Contact center directly for visitation and program availability.

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66 BYE-BYE BORING... | 70 FOUR REASONS IT'S FUN TO KEEP A GARDEN JOURNAL
74 EASTERN SHORE EASY | 78 TRUE TO TRADITION

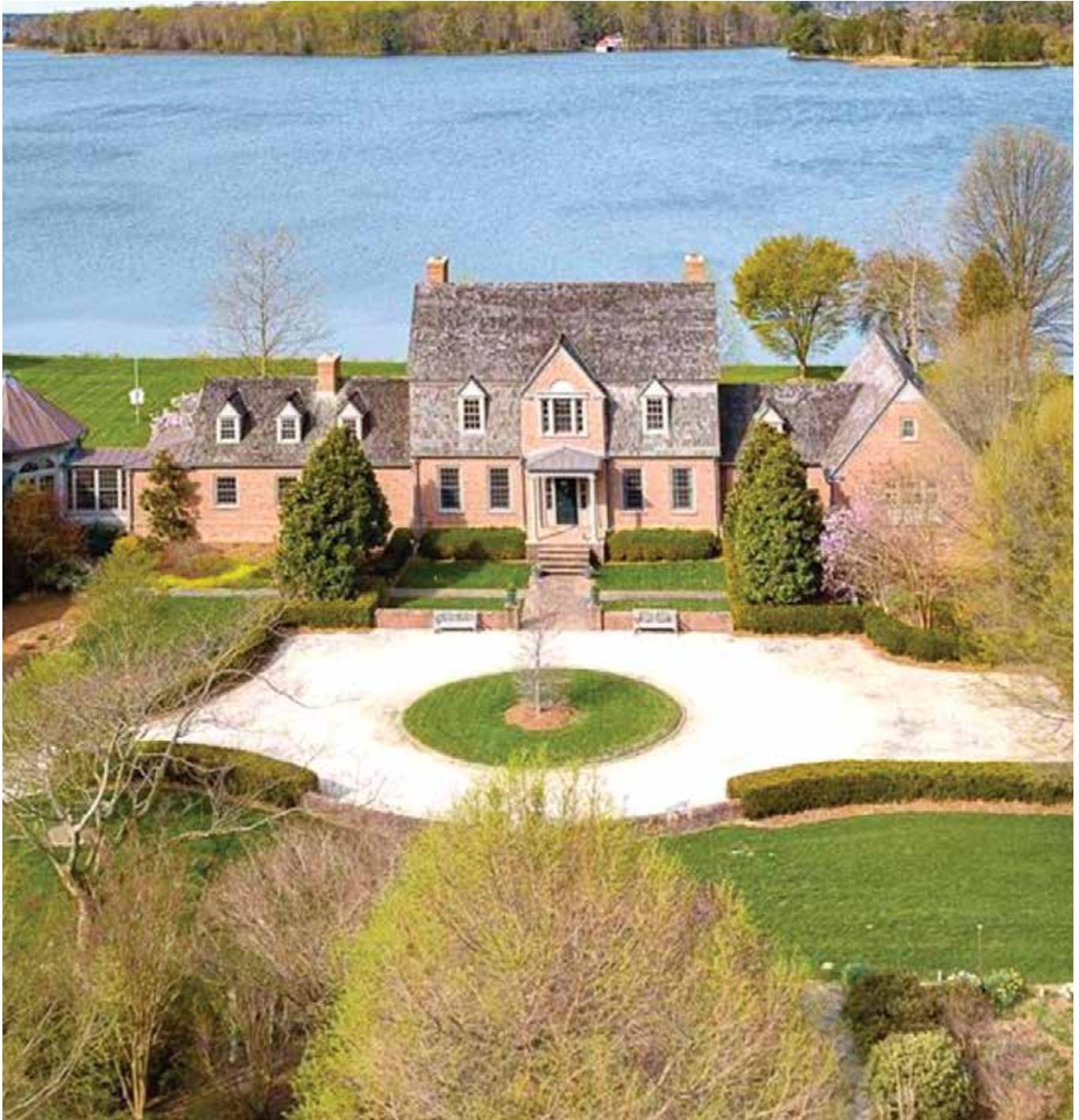




Photo courtesy of IMPERIAL STONE

When Size Matters

Oversized ceramic tiles are, for lack of a better word, “huge” right now in dramatic interior design. Considered a “simplifying” choice because they are low maintenance, this once again feeds a wellness narrative by keeping things simple; less stressful. Larger format tile sizes range from 18 by 35 inches, up to 5-foot slabs and larger, with thicknesses ranging from .14 inches to nearly three-quarters of an inch. Trending applications of large tiles include cutting them into hexagonal shapes to lend greater visual interest, and tilting the placement so alignment is on the horizontal creating an almost literal cutting-edge look. **Large format tiles** aren’t just being applied underfoot, either. They also have a role to play in creating statement-making accent walls, wet bars, and islands.



Photo by Artemest.com

Bye-Bye Boring...

3 TILE STYLE STORIES

By Lisa J. Gotto

From floors to walls, to backsplashes, and more, tile can complement our homes in so many ways. It is a durable material that delivers not only practical function, it provides a means of self-expression and personality in our homes that is both tactile and tangible.

As a result, the design industry around this resource is continually evolving. Here is look at what consumers are finding in showrooms now, and then practically applying in their homes.

Real World & Retro

We would be remiss in telling this tile tale without mentioning an anecdote from a recent local homeowner, who was gracious enough to let us tour her new home. Upon entering her laundry room, which had an eye-catching, cool pattern of tiles in various shades of blue balanced by gray and white, she then said, “And this is my fun room,” remarking that she thought outside her standard box of neutral tone thinking for this room. Such was the effect this one design choice had that it turned a conventionally mundane room into a “fun” room. This is typical of what is going on in the design realm of tile. It becomes a safe way for those who are more traditionally inclined décor-wise to safely explore something a bit more creative. The “fun” tile that the homeowner had chosen is among a current trend in tile, **retro concrete**. Known for being a low maintenance option, retro concrete uses playful, random patterns to make a style statement. “Personalizing” a room in this way is also part of an overarching wellness trend that has endured post-pandemic. Expect to see more of these types of tile applications well into 2022.

Photo courtesy of Tile of Spain



Biophilia & Beyond

The aspects of the aforementioned wellness trend are also evident in the **biophilic approach** to design we are seeing across this spectrum. “Biophilia,” which is the practice of incorporating nature and natural elements into constructed environments, is tangibly seen in the home in ceramic tile styles that mimic natural and even untreated wood looks. Contemporary, versatile, and easy to maintain, this biophilic approach effortlessly applies more earthy feeling to modern looks warming harsh edges and further enhancing the looks of those with more rustic or farmhouse design sensibilities. A trend within in this application is carrying the look seamlessly from indoors to outdoors creating a design narrative that is holistic with stunning open sightlines.

Updates on Classics

The latest iterations on tile classics range from changes in tone to placement gone rogue. Could one of these new approaches spark an update in your home?

1. The spa bath concept has always been popular for the way it calms and soothes the senses, taking inspiration primarily from the element of water. An updated version of the spa classic, however, looks to the earth in its texture and tone to provide a sense of peace and tranquility to the beholder.

2. Subway tiles earned their classic status through their simplicity and basic uniformity. Today’s subways are going places with new looks that go from spotted and accessorized, to a high-gloss sheen that takes the look from basic to bling-worthy.

3. Pattern play takes these already colorful tiles and allows them to mingle in less than obvious ways creating a more rare, random, and interesting take on the traditional.



Photo courtesy of Tile of Spain



Photo courtesy of Tile Club





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SOLD

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DeeDee McCracken



SOLD

8413 Cunningham Dr
Berwyn Heights | \$500,000

Lisa Barton



SOLD

817 Dixon Drive
Stevensville | \$375,000

DeeDee McCracken



SOLD

115 Congressional Dr
Stevensville | \$940,000

DeeDee McCracken



SALE

3000 Heron's Nest Way #42
Chester | \$499,000

Lisa Barton



SOLD

112 King Store Rd
Grasonville | \$320,000

Lisa Barton



SOLD

1804 Harbor Drive
Chester | \$305,000

Annie Eaton



SALE

1473 Falcon Nest Ct
Arnold | \$79,000

Destinee Blackstone



SALE

768 Harness Creek View Dr
Annapolis | \$695,000

Amanda Stromberg



SOLD

408 Wallman Way
Stevensville | \$800,000

Lisa Barton



SALE

1/4 Dixon Ct
Stevensville | \$480,000

DeeDee McCracken



SALE

515 Captain John Brice Way
Annapolis | \$465,000

Amanda Stromberg



SOLD

500 Goodhand Creek Farm La
Chester | \$1,850,000

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SOLD

410 Calvert Rd
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**UNDER CONTRACT
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111 Carlson Ln
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A haven of tranquility, located on Eastern Bay! A fluid living space with seemingly endless destinations. The heart of the home features a large stone fireplace & vaulted ceilings, topped off with sliding doors and big views of Eastern Bay. An additional family room was added to the original home, creating a large gathering area. Panoramic views to start your day.



206 Beachside Dr.
Stevensville | \$1,275,000

It's the lifestyle you deserve in this beautiful Chesapeake Bay waterfront! Walk into the front foyer and instantly see spectacular views of the Chesapeake Bay through the wall of windows. Inviting home with 4 BR, 3.5 BA, two master suites waterside, formal dining room with vaulted ceiling, Beazilium Cherry hardwoods & Carrara marble floors, 3,800 finished square feet. A well-built 150-foot pier, professional landscaped and landscaped yard.



UNDER CONTRACT
201 Brown Rd
Chester | \$1,075,000

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



UNDER CONTRACT
1310 Love Point Rd.
Stevensville | \$750,000

If you enjoy peace & quiet, come see this custom-built home! Whether you are looking to have a barn with animals or land to roam, you will enjoy this unique opportunity. A rustic, stone-fireplace or the beautiful pool will set the tone to build many memories in this special setting. Most rooms are either oversized or provide some versatility to use as needed.



REDUCED PRICE
914 Song Sparrow Ct.
Arnold | \$685,000

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



411 Calvert Rd
Stevensville | \$525,000

A picture-perfect home that presents many impressive additions & up-grades! The kitchen itself is a dream come true! Well maintained 3 BR 2 BA home. The exterior delivers a perfectly landscaped and manicured yard and beautiful retreat. A two-car detached garage borders the back of the property for privacy.



Lot 2 North Lake Dr.
Stevensville | \$525,000 w/this Caruso Home

\$200,000 for Lot Only. Unique opportunity to build on this Waterfront lot! This floor plan is the Puccini II, by Caruso homes designed for the current price point. You can pick your house plan design and build with Caruso builder or bring your own plan & builder. Lot to be purchased separately. Beautiful peaceful waterfront with a farm across waterway. Approx. 75 feet of lake like waterfront. Crab or go Kayaking on carter creek.



911 Langdon Cr
Annapolis | \$450,000

Live the Annapolis lifestyle in this gorgeous light filled contemporary style home in the sought-after community of Ambridge. This 3 BR, 2.5 BA home offers two spacious living rooms. The open concept floor plan with vaulted ceilings makes for an outstanding entertaining space. Plus, large storage shed, koi pond, and fully fenced in backyard.



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

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



UNDER CONTRACT
635 Chester River Beach Rd
Grasonville | \$328,000

This water view rancher in Chester River Beach is updated and ready for its new owners! Enjoy your wraparound porch facing the Chester River, new vinyl plank flooring, new heat pump, and more! Generous sized rooms, charming coastal comfort designs, and a huge backyard. Welcome Home!



UNDER CONTRACT
110 Kent Rd
Glen Burnie | \$315,000

This charming Cape Cod is ready for it's new owner! Enjoy 4 bedrooms, 2 full baths, hardwood flooring, multiple porches, a newly finished basement w/ bar and home gym. It's an entertainers delight! Back fence opens to your own private driveway. Roof is new, carpet is new! Convenient to 97, BWI, shopping and restaurants. Hurry up and schedule your showing. This one won't last long!



Montgomery Road
Stevensville | \$15,000

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

Our Team is Here to Serve You!

The 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 Buying or Selling, you will work specifically with the agent of your choice backed by the entire team! 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.



Four Reasons It's Fun to Keep a Garden Journal

By Janice F. Booth

Have you, like me, wandered through your garden and paused over a lovely plant, blooming courageously in the summer sun, and wondered what it could possibly be? It has a name; it's vaguely familiar, but what is it called? Have you, like me, visited a friend's garden, admired his glorious flora, jotted down names on the back of your grocery receipt, gotten home, and found you'd lost that wrinkled paper? Have you leafed through a magazine or nursery catalog and come upon the absolutely perfect flower or shrub for that problem corner of the garden—then misplaced the magazine or lost the catalogue page you'd torn out? I have!

Well, dear Reader, I have a solution to these perennial problems—keep a *Garden Journal*. They can be as simple or as elaborate as you wish. There's no need to feel stressed about writing in it with any specific consistency. You can use it when and where you choose, and it will last as long as the pages hold out—then you can begin Volume Two. Perhaps you've seen copies of the Victorian Ladies' Garden Journals. They are charming collections of poems about gardens and

weather (some copied and some original to the lady) and sweet watercolors of the flowers, birds, and fountains. They sometimes hold dried specimens—pressed flowers and leaves. Friends' comments and quotes. They're quite original and fun.

You may find it useful and satisfying to begin your own journal about gardening in general and your own garden specifically. You have very little to do to get started. Select a type of blank book that has sturdy covers and fairly roomy pages. You'll want paper that is not too flimsy—you can expect the odd glob of mud and rain drop on the pages. You could design some type of cover that pleases you—a collage of pictures from your garden or a simple label with your journal's title and date.

There are lots of uses to which you can put this sturdy book. You needn't limit your journal to one focus only. Think of the journal as your companion in gardening. Whether you do most of the work yourself or supervise the gardener or gardeners, there are lots of details and even broad concepts to keep track of. Let me talk about just some of them.

1. PRACTICAL PAGES

Some portions of your Garden Journal may be committed to such useful information as:

- The season's budget, with cost of labor, weed treatments and fertilizers, prices for plants and seeds, new and replacement equipment.
- Glue an envelope onto one page and slip your bills and receipts inside. No need to calculate them. You'll know where to find them, should the need arise to look back over past charges or disputed invoices.
- A "Wish List" of items you want for your garden: art work, a fountain, fencing are some examples. If you know the prices, you can jot them down for future reference.
- Glue an envelope on another page to hold business cards and business addresses you've cut out of the paper or a magazine ad.
- Keep a list of pest infestations and remedies that work! Very handy. Even if you haven't been visited by those pesky aphids, write down the remedy. You may need it at some time in the future.



2. HISTORY

See your Garden Journal as a record of what has transpired in your garden:

- Take photos of your garden in all its glory during each of the seasons. Glue them onto pages and add a brief caption with date and any important information you might think useful, for example "This picture was taken before we lost the big Sycamore near the back of the garden."
- Draw or take pictures of some of your favorite blooms and plants. I've found it helpful to do a series of pictures of those special plants—when the plant first emerges from the earth, when it's beginning to grow among its neighboring plants, when it's in its full glory, and as it fades back into the greenery surrounding it. This "time lapse" helps me keep track of those special plants so my gardener or my own over-zealous gardening doesn't pull out these special favorites as weeds or nuisances!
- Keep a few pages each year as a weather journal. No need to get too carried away, but keep a few notes on significant storms, when the first frost comes, and when the last frost is past. Note particular dry spells and rainy seasons. This may sound rather dull, but over time you may be interested in looking back on the terrible wind storm" or (I hate to write it) the hurricane.

3. CREATIVE PAGES

Your Garden Journal can be a repository for ideas, those flashes of creativity when you think of all the things you'd like to try in your own garden.

- When you've toured a garden—your friend's or a public garden, you have probably taken a few photos, maybe you've sketched a particularly lovely area. Why not print out those photos and glue them into your Garden Journal? Add a caption with date and whatever you can remember about the garden; its name (if it has one), location, time of year. You might simply cut out pictures from the garden's brochure or buy a few postcards in their gift shop and tape them into your journal. We're so fortunate to have the superb U.S. Botanical Gardens and the Hillwood Gardens in the District of Columbia as well as the London Town and Paca and other public gardens right here in Annapolis.
- Flipping through those garden catalogues, tear out the pages with those glorious images of waterfalls and fountains, ponds and patios. Glue them into your Garden Journal for inspiration.
- If you're a collector, you might want to add blooms from your own flowers and press them for your Garden Journal. Pressed flowers and leaves are beautiful and sweet reminders of the joys your garden has given you.
- There might be a place in your Garden Journal for poems and quotes—yours, those of friends, and those you come upon in your reading.



4. CHARTING PAGES

There is real value in devising charts or maps of your garden.

- Start with photos of each of your flowerbeds or areas of your lawn and garden. If there might be confusion, note the season, time of day, and location for each photo.
- From those photos you have a couple options. One, you can glue a photo per page and then write a caption in identifying the trees, shrubs, and plants that are visible. Preferably, include the age of the flora if you know. These will be intriguing records for future planning. It will be fun too to see over time how the trees, shrubs, and flowers grow and mature.
- Another use for these photos is to develop a chart or map, perhaps using graph paper, for a bird's eye view of the area in each photo. Put the photo and the map adjacent in your Garden Journal. We've all seen those simple, tidily mapped flower beds

in catalogues and public gardens' brochures. Try creating your own. (I must confess, my attempts look more like wild bird nests than maps of flower beds, but I'm sure you can do a better job.)

- Another useful purpose for this section may be the recording of applications of fertilizers and natural herbicides. Keep track of applications on your maps. Over time you'll see what is helping and what is doing nothing or hindering your garden.

It's likely you'll think of other sections to add to your Garden Journal. That's great—maybe a section for photos of parties and picnics in your garden. There is no way you can get this “wrong;” it's your Garden Journal and your pleasure and interest. One day, you may happen upon one of your early volumes and smile as you see the changes your garden has undergone. You might even pass along your Garden Journal as a record of your house when you move, helping to protect the lovely plants you've nurtured and loved. Such a gift to new owners might be a real boon. Have fun.

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Eastern Shore Easy

By Lisa J. Gotto

Maryland's Eastern Shore, no doubt, has one of today's hottest real estate markets. This gorgeous 10,000-square-foot home is the perfect example of just how robust it is: It sold so quickly, there was no time to take images of its interiors.

"This is what I call a complete waterfront package," says Brad Kappel of TTR Sotheby's International Real Estate, of the property's expansive and secluded flat lot with mature landscaping, its deep-water pier, waterside pool, and five-car garage. "This type of property rarely comes to market and it's no wonder that it sold the first day...for over list price!"

Rest assured, this striking waterfront estate nailed it when it came to the superior quality of its interior finishes. Upon first step inside the home, guests are greeted with a soaring, two-story foyer that is bright and sunny, and provides a focal point of a grand and gracious architectural staircase.

Specifically designed for entertaining both indoors and out, the home's main level offers a brand-new chef's kitchen loaded with Wolf and Sub-Zero appliances, a main level master suite with fireplace, and a 600-square-foot main level in-law suite. This property boasts five additional bedrooms and the baths to go with each. Downstairs, there's a fully-equipped family entertainment zone with a seven-seat theatre room with 88-inch screen.

As far as views go, it just doesn't get any better than this. Exquisitely located on the banks of Crab Alley Bay in Serenity Farms, this 2.6-acre property features 383 feet of water frontage offering the opportunity for breathtaking sunrises. These views can be enjoyed from the home's expansive, waterside screened-in porch or the property's exclusive private beach.



Primary Structure Built: 2005
Sold For: \$3,100,000
Original List Price: \$2,999,000
Bedrooms: 7
Baths: 7 Full, 2 Half
Living Space: 9,974 Sq. Ft.
Lot Size: 2.58 Acres

Outside, the new homeowners will also enjoy the benefits of a saltwater, heated pool, pool house, and hot tub. Its private deep-water pier with eight-feet of water depth is a boat enthusiast's dream as it is equipped with a 24,000- and a 10,000-pound boat lift, floating jet ski lifts, and 100-amp shore power pedestal.

"My clients were looking for a home which could accommodate them, their children, and grandchildren as a gathering place for the family," says buyers' agent, Laurie Dellane of Chesapeake Real Estate Associates. "With the gorgeous water views, deep water pier, pool, theater room, multiple bedrooms with en suite baths and so many other amenities, it was the perfect fit. They are now enjoying making lasting memories and all the Chesapeake Bay area has to offer."



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True to Tradition

By Lisa J. Gotto

This exceptionally well-designed Dutch manor-style estate exemplifies what living gracefully is all about. No detail was spared to create a home rich in traditional finishes and surroundings. The front entrance welcomes guests in a grand manner with its inviting views straight ahead to the home's position on the Leed's Creek waterfront. This property's views also extend across the Miles River and over to St. Michaels.

The main level proceeds along rich, chestnut-colored hardwood floors to the home's formal living room on the right. While this room is stately and elegant with its flourishes of crown molding, it is still warm and cozy with its central fireplace with marble surround. Great water views are featured through its floor-to-ceiling windows and access to the outdoors is provided through a set of French doors.

The large formal dining room, that easily seats 10, is located across the center hall from the living room and features a matching fireplace with marble surround and refined gold and crystal chandelier. The charming kitchen in the home offers warm, knotty pine floors and custom sage-colored cabinetry. Granite countertops, a classic, white tile backsplash, and a large center island with breakfast seating for three, make this room highly functional and fashionable.

A gorgeous hearth, water views, and the natural light from inset windows streaming down from the vaulted ceiling above, make the family room off the kitchen the home's prime indoor gathering spot. From here guests can exit to the prime outdoor gathering spot on the large screened in porch overlooking the water.

The master suite is located in a separate part of the home, which is accessed through a transverse hallway on the main level. Spacious and offering relaxing and broad views to the river, this room will be the new homeowners' true retreat. Two additional and lovely bedrooms with gorgeous fireplaces and en suite baths are located on the home's upper level.

Located on 44 acres, the property also offers a separate in-law suite/apartment above its three-car garage, lovely mature gardens, a dock with more than seven feet of water at mean low tide, a green house, and a stately tree-lined drive.



Primary Structure Built: 2007
Sold For: \$4,750,000
Original List Price: \$5,125,000
Bedrooms: 4
Baths: 4 Full, 2 Half
Living Space: 8,370 Sq. Ft.
Lot Size: 44.40 acres



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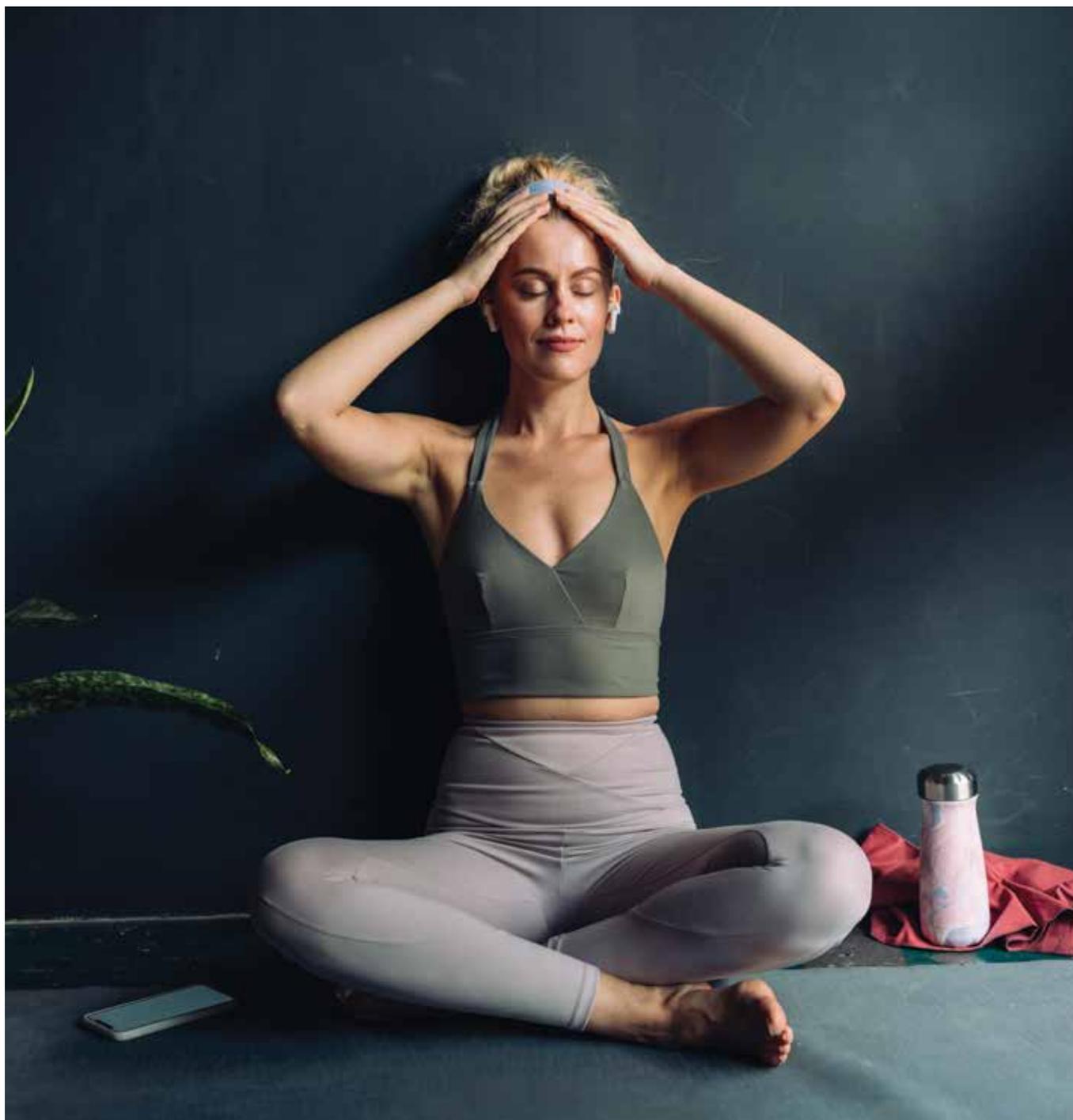
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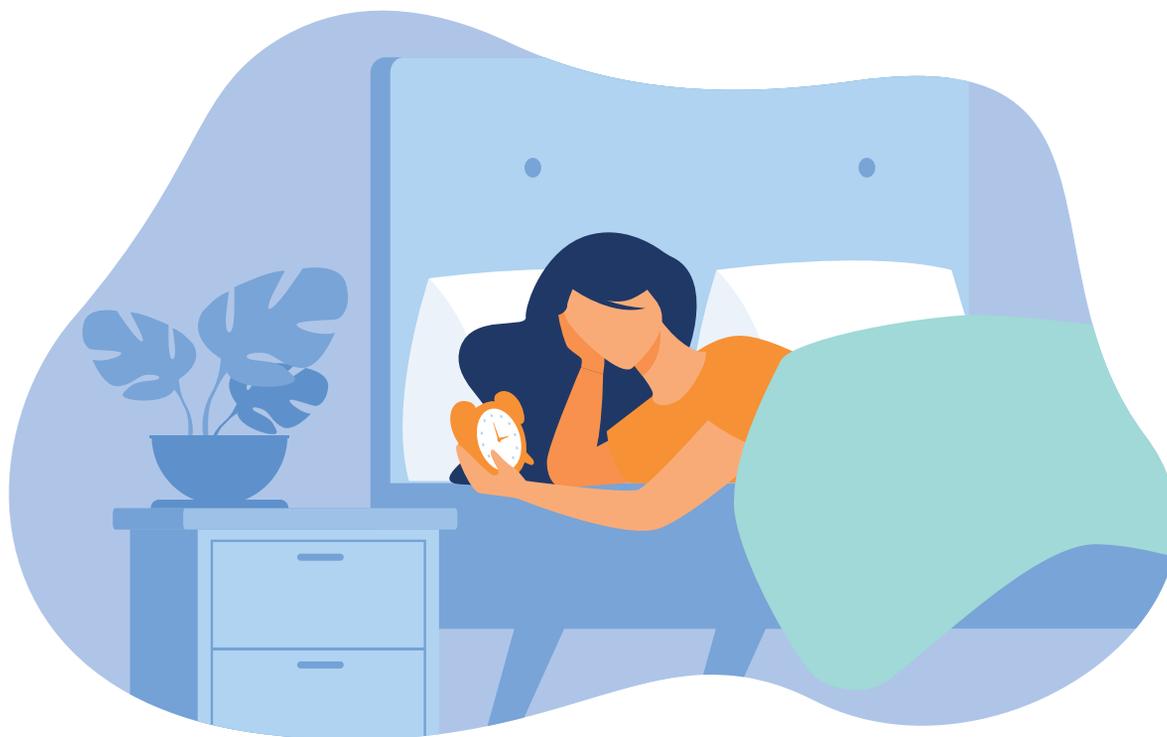
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Supplemental Melatonin

IS IT THE SOLUTION TO YOUR SLEEP WOES?

By Dylan Roche

Maybe you've always had some problems with achieving sufficient sleep, or maybe your sleep schedule has just been thrown off by a summer of vacations and unkept routines. You don't want to go reaching for sleeping pills, but there comes a point where you just can't let yourself lie in bed and stare at the ceiling for another restless night.

Then a friend recommends a melatonin supplement. It's not a sleeping pill exactly...even though it comes in the form of a pill, and it's supposed to help you sleep. So, what is it?

Melatonin is actually a naturally occurring hormone in your body. It's referred to as the "sleep hormone" because, well, it's what helps you achieve shuteye every night. Your pineal gland starts producing melatonin shortly after it gets dark, releasing it into your bloodstream to make you tired. When morning rolls around, and it gets light outside, your body stops producing melatonin to keep you alert throughout the day. This production cycle, with increased amounts of the sleep hormone at night and decreased amounts of it during the day, helps with the regulation of your circadian rhythm.

But when your body's natural production of melatonin seems to be insufficient, supplementing it is a viable option. The type of melatonin you buy in pills and teas is referred to as exogenous melatonin, meaning it was created externally in a lab.

As a dietary supplement, it has become increasingly popular over the past 10 years—the National Institutes of Health reports it's one of

the most commonly used supplements among both adults and children. It can be especially useful among people who are suffering jet lag or who do shift work. Melatonin supplements can also be good for people who have Delayed Sleep-Wake Phase Disorder, such as teenagers, who are biologically inclined to stay up late at night and sleep in during the morning, a schedule that's not conducive to their school demands. In fact, the American Academy of Pediatrics cites that melatonin works well as a short-term tool to help children get on a good sleep schedule while they are trying to establish new routines or break bad nighttime habits.

But don't be so fast to depend on melatonin supplements. Some users report side effects such as headaches or dizziness, and although studies show that it's safe to take melatonin for up to three months, there's little research that demonstrates its safety or efficacy for long-term use after that. The Mayo Clinic recommends stopping the use of it if you find you have a diminished response after repeated use.

Bear in mind that melatonin is not regulated by the Food & Drug Administration, so there's no set officially recommended dosage. Stick with taking 1 to 3 milligrams two hours before bed, and strive to increase your body's melatonin levels in natural ways if you have the opportunity: dim the lights in your environment and avoid looking at screens within several hours of bedtime, and expose yourself to plenty of light during the day. It's also helpful to maintain a regular sleep schedule once you've established one—yes, even on weekends!

Fresh Take

APPLES

By Dylan Roche

The saying goes “An apple a day keeps the doctor away.” But why? What is it about the apple that’s supposed to be so key to wellness?

While most nutrition experts will tell you there’s no one single food that’s going to improve your health by itself, you’d be hard-pressed to find a food that deserves this kind of reputation better than an apple. They’re filling, sweet, full of complex carbohydrates, packed with vitamins and minerals, and a great source of antioxidants. What’s not to love?

Apples might even be considered a Maryland food in some respects, as the Old Line State plays a special role in the spread of this popular fruit across the United States. Although apples are native to Asia, they eventually made their way to Europe before being brought to North America by English settlers. In the 17th century, Lord Baltimore specifically requested kernels of pears and apples “for making thereafter of cider,” according to a decree he put forth, and within a decade, nearly every Maryland farm had an apple orchard.

Today, you’ll find variety upon variety of apples on the market. According to the Cleveland Clinic, there’s not much difference between the many types when it comes to nutrition, so you should feel comfortable picking apples based on taste. (Need help deciding? The Cleveland Clinic recommends cutting up different types into bite-sized pieces and having an apple sampling with your family or friends.)

What is it about apples that make them such a healthy choice? Apples are a convenient snack, being approximately 100 calories and easy to carry around without any need for special storage, peeling, or preparation. They’re a great source of a type of fiber called pectin, which



Cinnamon Apple Muffins

INGREDIENTS:

4 large apples
1 cup canola oil
2 large eggs
1 tablespoon milled flax seed
2/3 cup milk
3 cups whole-wheat flour
1 cup white sugar
1 cup brown sugar
3 teaspoon ground cinnamon
1 teaspoon salt
2 teaspoons baking powder
2 teaspoons baking soda
2 tablespoons butter, melted

Preheat oven to 400F and line a standard 12-muffin tray with liners. Chop apples into half-inch cubes. Set aside 1/4 cup brown sugar, 1/4 cup white sugar, and 1 teaspoon cinnamon. Combine in a small bowl. Mix in melted butter. Set aside but keep warm. In a large mixing bowl, combine the remaining white sugar and brown sugar, flour, baking soda, baking powder, salt and remaining cinnamon. In a small mixing bowl, combine canola oil, eggs, milk, and flax seed. Slowly stir into the dry mixture. Fold in apple chunks, then spoon the batter into the muffin tray. Take the cinnamon-sugar-butter mixture and add a small spoonful on top of each muffin. Bake for 20-25 minutes until golden brown.



helps lower cholesterol, and keeps you feeling satiated for a long period of time—something that can be beneficial for people who are trying to lose weight. They are also a low-glycemic food, so they’ll provide sustained energy for a long time after eating them.

For people who are trying to stay hydrated, apples make a great choice because they’re full of water, plus they’re a good source of potassium, an electrolyte mineral necessary for proper fluid balance in our cells.

Now for that science behind that whole line about keeping the doctor away—apples are a great source of phytochemicals like polyphenols, antioxidants, and flavonoids that reduce your risk of chronic disease. Students have even shown that these compounds in apples are linked to better lung health, stronger bones, and reduced risk of cancer, diabetes, and heart disease.

Apples are in peak season in the fall, and those who have access to locally grown apples should try to buy them this way whenever possible. This ensures the apples are freshly picked, so they’ll be at their tastiest and their most nutritionally dense.

Waldorf Salad

INGREDIENTS:

2 large apples
3/4 cup walnuts
1/2 cup chopped celery
1/2 cup raisins or dried cranberries
3/4 cup plain Greek yogurt
1 teaspoon lemon juice
1/4 teaspoon black pepper
1/4 teaspoon salt

DIRECTIONS:

Chop the apples into small half-inch chunks. Combine with walnuts, celery, and raisins in a large bowl. In a small bowl, combine yogurt, lemon juice, salt, and pepper, then use to dress the salad.



When you’re shopping for apples, look for those that have a strong aroma and bright coloring, plus a firm feel with no bruises or blemishes on their skin. While any apple can be eaten raw, most people find they like apples with a juicy, sweet taste to them are best for snacking—apples like Galas, Fujis, and McIntoshes. Apples that are on the tarter side (and tend to have firmer, crisper flesh that holds up well in high temperatures) are a good choice for baking—Braeburns, Honeycrisps, Cortlands, and Jonagolds.

Store your apples at room temperature, and enjoy them with their skins when you’re snacking on them, as the skin is the fruit’s greatest source of fiber and nutrients.

But if you’re looking to do more than simply snack on a plain apple, there are plenty of ways you can turn this popular fruit into an impressive dish. Here are two delicious sides and a healthy dessert that will make you love apples in a whole new way.

Apple Hash

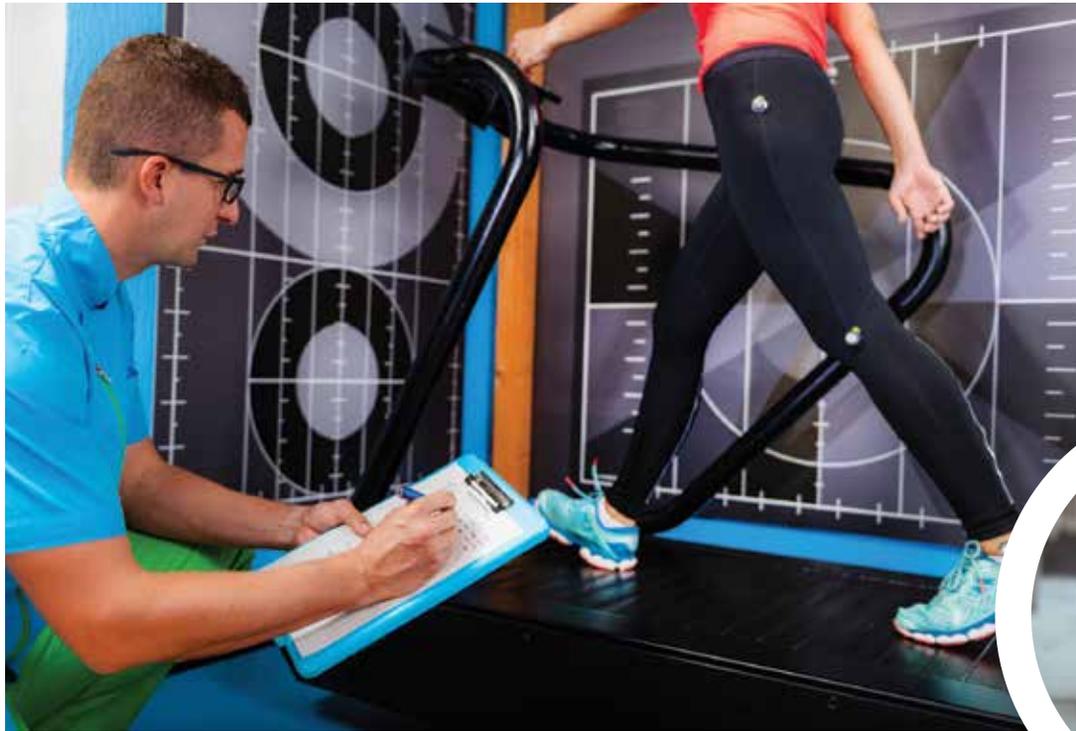
with Brussels Sprouts and Pumpkin

INGREDIENTS:

2 large apples
2 cups chopped pumpkin
2 cups Brussels sprouts, quartered
1/2 cup dried cranberries
1/2 cup roasted sunflower seeds
1/4 cup olive oil
2 tablespoons balsamic vinegar
1 tablespoon sage
1 tablespoon nutmeg

DIRECTIONS:

Heat a large skillet with the olive oil over medium heat. Add Brussels sprouts and pumpkin, stirring to ensure they’re well coated. Allow to cook for 15 minutes or until softened and slightly browned. Add the sage and nutmeg, then allow to continue cooking for another 2 minutes. Add the apples, cranberries, and sunflower seeds. Stir well and allow to cook together for 5 minutes. Remove from the heat and transfer to a serving dish. Toss with balsamic vinegar.



**THE ANALYSIS
OF YOUR STEP
WILL FALL
INTO ONE
OF THREE
CATEGORIES:**



HEALTH & BEAUTY FITNESS

Fitness Tips

A GAIT ANALYSIS

By Dylan Roche

Maybe September's cooler temperatures will be just the motivation you've been waiting for to get outside and start a walking or running routine. But if this is your first time sliding on a pair of athletic shoes to get some serious steps in, you might want to start with a gait analysis.

Available at most local running shops (sometimes for a reasonable fee, though some shops offer them as a complimentary service), a gait analysis helps you understand exactly how your foot hits the ground when you walk—and what kind of shoes you should be wearing.

Everyone has a unique gait. It's affected by the shape of your feet—specifically, the arch of your foot—as well as a few other factors, some of which are within your control.

Understanding your gait, and correcting it where possible, will help you avoid injury, gain speed,

and prevent long-term muscular or skeletal problems. While an imbalanced or imperfect gait isn't a huge problem for the regular walking you do for your day-to-day activities, doing it at the intensity of a run or a powerwalk sets you up for trouble.

A gait analysis is usually done on a treadmill. You'll run for a minute or two while your feet are videorecorded. Then the person doing the analysis—ideally, a certified expert like a physical therapist or exercise physiologist—takes a close look at a slow-motion replay of the video. They will then observe exactly how your foot is hitting the ground and how you're distributing your weight with each step.

If you want a less reliable home method to understanding your gait, take a look at your wet footprint on a level surface. The shape of your footprint will reveal how high your arches are—if the middle part of your foot between your ball and heel is thin, you have high arches; if the middle part is wide, you have low arches.

Another option—for dedicated runners or walkers who have never had a gait analysis done—is to look at an old pair of shoes and examine where they are being worn down. Do you see most of the wear appearing on the outer edge? That's from supination. Is it along the inner edge? That's from overpronation.

By understanding your gait and listening to the advice of an expert, you can find shoes that are best suited for your needs, keeping you free from injury and poised to go faster and farther.

Overpronation: The most common type of step, in which your foot rolls inward excessively when you land on it. This puts your weight on the inner edge of your foot instead of keeping it fixed on the ball of your foot. People who overpronate typically do so because they have low foot arches (they're sometimes referred to as flat footed).

Neutral: This is the ideal gait, in which you land your step on the outer edge of your foot and roll your step inward in a controlled manner. This allows all of your weight to be distributed evenly across your foot and the shock of the impact to be minimized. People with a neutral gait tend to have medium foot arches.

Supination: This type of gait is sometimes called underpronation. When your foot strikes the ground, you're striking with the outer edge of your feet and there's very little rolling of your foot inward. Runners who supinate tend to have high arches in their feet.



HEALTH & BEAUTY HEALTH

Do You Really Need a Cleanse?

DEBUNKING THE IDEA BEHIND THIS SOMETIMES DANGEROUS HEALTH TREND

By Dylan Roche

Starting anew. Getting back to routine. Feeling as if things are “normal” again.

However they want to describe it—and whether it’s following on the heels of hectic summers, indulgent vacations, or just a year and a half of quarantine life—many people are eager to leave unhealthy practices in the past and start feeling better in the latter half of 2021.

For some of them, that might mean a cleanse or a detox. The claim? That these short-term practices can help your body purge itself of toxins and leave you feeling refreshed, de-bloated, and energized.

But there’s a problem: Your body already has a natural way of detoxifying itself, and some of these extreme measures can actually cause more harm than good.

WHAT IS A DETOX OR CLEANSE?

There’s really no formal definition of a detox or cleanse. As Harvard Medical School points out, the idea of detoxing within the medical community usually refers to the process of letting dangerous substances such as alcohol or drugs work their way out of a patient’s system. It was part of a patient’s recovery and rehabilitation from addiction. Then the idea of “detoxification” was co-opted as a health fad, and people jumped on the idea.

In these cases, a detox or cleanse involves restrictive diets (often liquid diets), fasting, and even products that have a laxative effect. Take for example one crash diet known as the Master Cleanse, which dates back to the 1940s but rose in popularity again in the mid-2000s. Those doing the Master Cleanse drink a combination of water, lemon juice, maple syrup, and cayenne pepper with the intention of flushing toxins from the body and losing a large amount of weight in a short period of time.

No medical research exists to support the efficacy of the Master Cleanse. But numerous studies have shown this kind of diet isn’t safe or sustainable—extremely low-calorie diets can lower your body’s metabolic rate as it tries to conserve energy. Furthermore, extremely restrictive diets lack essential nutrients necessary for good health—fats, proteins, carbohydrates, vitamins, and minerals. As for eliminating toxins, experts such as those at Harvard Medical School, the Cleveland Clinic, and the Mayo Clinic encourage us to count on our liver and kidneys to flush out impurities via urine and sweat.

ARE THERE ANY BENEFITS?

Some people will report they feel better after doing a detox or cleanse. They might even lose weight. But losing significant pounds over the course of a few days is usually the result of losing water—that is, dehydration—rather than burning fat.

But there might be a reason some people feel better after a cleanse. The Mayo Clinic explains that if a person has eliminated high-processed foods for several days, especially if they are replacing them with juices made from fruits and vegetables, they will see positive effects.

However, it’s important to get sufficient calories from a balance of carbohydrates, protein, and fat for long-term health. Solid foods are actually good—not bad!—for your digestive system, and getting fiber from whole foods will aid in nutrient absorption.

Fasting on fruits and vegetables can even help identify food sensitivities because you have cut out likely culprits for several days before re-introducing them into your diet. Usually referred to as an elimination diet, this plan should be done only with the approval and guidance of your doctor.

WHAT’S THE FINAL WORD?

Save yourself the trouble of doing any extreme diet—the best way to get back to feeling your best is to stick with a nutrient-dense diet based around whole, unprocessed foods like vegetables, fruit, whole grains, and lean protein. Don’t forget to include plenty of exercise and rest, and in general, avoid any over-the-counter products that advertise fast fixes for weight loss, energy boosts, or body cleansing.



Best Practices for Safe Blackhead Removal

By Dylan Roche

When you get a close look at your face, you might observe several big and dark looking pores. But as tempting as it might be to pick at these blackheads...don't! These specific types of pimples—which form when debris like dirt and oil collect inside your pores and oxidize with the air to turn a brownish or blackish color—will only worsen with your fingers all over them. Instead, it's best to rely on expert-recommended skincare practices for mild cases and turn to professional help for especially bad cases.

“WAIT,” YOU MIGHT BE THINKING, “WHY CAN'T I POP MY BLACKHEADS MYSELF?”

Unfortunately, even when your hands are clean, they're still covered with bacteria and oil that you can transfer to your skin when you pick at blackheads. The American Academy of Dermatology explains that this can worsen your skin problems by increasing inflammation or even causing infections and scarring.

If your blackheads are mild, daily cleansing will suffice. Dermatologists recommend washing your face twice a day with warm water and gentle facial cleansers containing alpha or beta hydroxy acid, compounds known for benefitting the skin. Any other products you use, such as lotions or moisturizers, should be described as

noncomedogenic on the label—this is sometimes advertised as “oil free” or “won't clog pores.”

There are a few at-home products you can skip. Specifically, don't fall for the marketing play of over-the-counter masks and blackhead strips. Although these might lift the congestion out of the pore, and can therefore make your skin look and feel better temporarily, they don't treat the underlying problem of what's causing your blackheads.

Additionally, steer clear of pore vacuums, handheld tools that are touted as being able to suck the oil and debris out of your face. Because these vacuums will only remove oil and debris that's already loosened, they're not any more effective than washing your face. Used improperly, they can even do harm by causing bruising and irritation.

For severe cases, a manual extraction by a dermatologist is your best solution. A manual extraction should not be a first option because they can be time intensive and expensive. However, if at-home skincare with cleansers proves to be unsuccessful, a dermatologist can use sterile instruments to clean out the pores and get rid of blackheads. Sometimes, this procedure must follow a professional exfoliation, such as microdermabrasion. After the extraction, you'll have to continue following a diligent skincare routine to prevent the blackheads from returning.

Lessons from Legos Is No Longer Child's Play

By Dylan Roche

Cheryl Talley of Lanham loves creating and tinkering with Legos®. Talley, a 56-year-old IT professional for a large health insurance company, enjoys the art of imagining, designing, and creating objects out of these colorful pieces of plastic. She finds it especially rewarding to flex her creativity while utilizing one of her most important character traits: patience.

"I am a patient person by nature. I like to take my time to make sure I know what I am doing, whether it is in my work or when I am building my latest creation," Talley says. Her patience and perseverance have resulted in miniature structures of model homes and sports cars—each containing several hundred Lego blocks and days of careful construction.

Be Your Own Best Advocate

While Talley demonstrates patience in most aspects of her life, her personal health is a different story. Tenacity, perseverance, attention to detail, and a clear understanding of what is needed to get the best results are all critical qualities Talley has learned from her pursuit to become a Lego master artist. These qualities became vital as she faced a difficult and challenging medical condition.

"I recently went through menopause, but still had irregular bleeding," she says. "At first, I thought it was just part of the aging process, but the unusual cycles didn't stop and I knew I needed to do something."

Talley's first call was to her Board Certified Gynecologist, Dr. Susan Peeler.

Armed with a list of questions, Talley headed to her GYN appointment at THE NEIL B. ROSENSHEIN, M.D., Institute for Gynecologic Care at Annapolis. "Dr. Peeler answered every question, walked me through the testing she needed to schedule and explained the best possible treatment plans for my condition," Talley offers. "Dr. Peeler made me feel like I was her only patient."

Trust Your Intuition

After undergoing several tests for postmenopausal bleeding, Dr. Peeler diagnosed Talley with uterine fibroids and endometrial hyperplasia.

Talley's bleeding turned out to be a warning sign for uterine fibroids and endometrial hyperplasia, an abnormal thickening of the uterine lining. Fibroids are commonly found in women of all ethnicities, but occur more frequently in African American women. Most fibroids are non-cancerous but they are often quite painful and bothersome. Endometrial hyperplasia, for some women, can lead to a cancer diagnosis and an involved surgical treatment plan.

Talley's condition was caught early and she did not have cancer, though her condition required an outpatient minimally invasive procedure. Talley has no long-term complications and Dr. Peeler doesn't see that changing thanks to Talley's proactive approach to her healthcare.



"I credit Cheryl for trusting her intuition and seeking treatment," Dr. Peeler says. "Together, we agreed the best course of treatment was to perform a minimally invasive, laparoscopic partial hysterectomy. What that means is that I was able to spare Cheryl's ovaries and that gives her a decided advantage. By keeping her ovaries, Cheryl's body will naturally protect against heart disease and osteoporosis."

Dr. Peeler performed Talley's outpatient procedure at Mercy Medical Center and Talley returned home to begin her recovery the same day.

"I was happy I was able to go home the same day as my surgery," Talley says. "It was nice to be able to recover in my own bed."

A Positive Outlook Leads to Inspired Imagination

"I am very thankful I had an amazing recovery," Talley says. "I wished I didn't have to have surgery, but it was the right decision for me. Dr. Peeler and her staff assured me every step of the way and that made the whole experience so much easier on me. Having peace of mind and the confidence that I was getting the best possible care were among the reasons I think my recovery went so well."

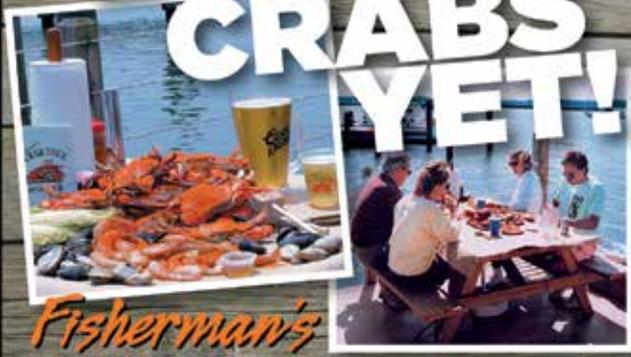
With a clean bill of health and a positive outlook on the future, Talley is excited to resume her life and build new Lego creations.

"I'm excited to construct something grand! Perhaps a mansion, an airplane, or some other large, distinctive object—wherever my imagination takes me, I can't wait!" says Talley with a smile.

"Now I'm onto the next build!"

"Lessons from Legos Is No Longer Child's Play" provided by Mercy Medical Center.

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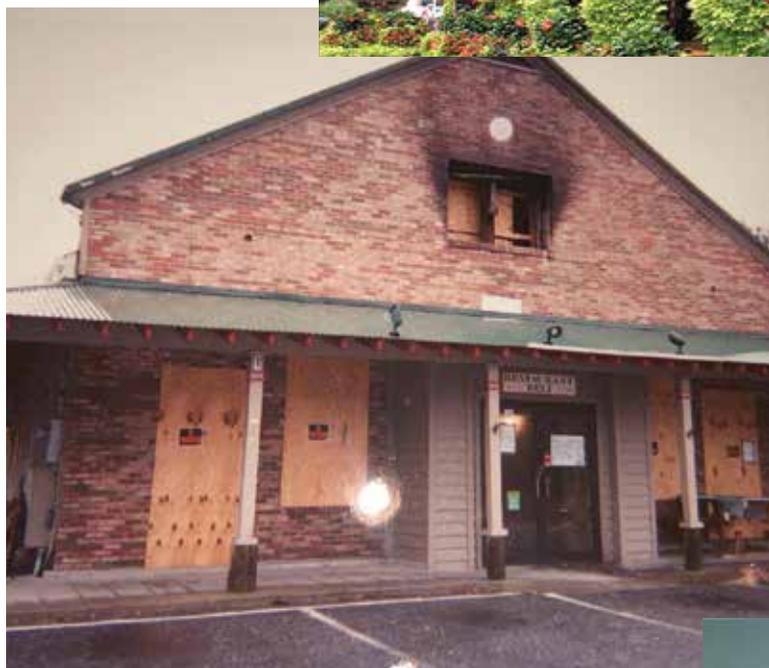


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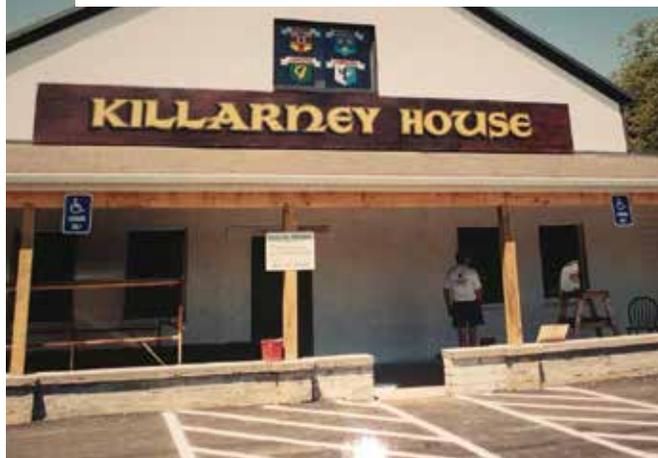
Photograph by Tony Lewis, Jr.



Kudos!

Any kind of anniversary is special, but making it 20 years in the restaurant biz is no small feat. This month, **Killarney House** is celebrating two decades of Irish craic (that means “fun” in Gaelic) in Davidsonville. Co-owners Michael Galway and Anthony Clarke took the old, burned-out building of Spring House Restaurant & Deli on Central Avenue and turned it into a community favorite. “We appreciate the unending support our customers and neighbors have shown us, not just through our twenty years here in South County, but especially throughout the strain of the pandemic,” said Galway in a press release. Killarney House will celebrate all month long with live music, special menus, giveaways, charity fundraisers, and more. Slainte! **584 W Central Ave, Davidsonville | killarneyhousepub.com**

More accolades are in order, this time to a trio of Easton restaurants: **Bas Rouge**, **The Stewart**, and **The Wardroom**, all under the umbrella of Bluepoint Hospitality, were awarded a 2021 Wine Spectator Award of Excellence. According to Wine Spectator, the Award of Excellence is given to restaurants with thoughtfully chosen selections appropriate for the cuisine and representative of a range of regions and styles. **basrougeeaston.com; thestewart.com; thewardroom.com**



Savor the Chesapeake

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

By Kelsey Casselbury

Send Out the Welcome Wagon

Who doesn't love a good sandwich? **Full On Craft Eats & Drinks** plans to open later this fall in Annapolis Harbour Center (in the former location of Baja Fresh), offering a full menu of not only sandwiches, but also snacks, soups, and salads. This is the second location for Full On, which also operates in Rockville. The owners plan to offer a full bar and, hopefully in the future, an outdoor beer garden. According to the Full On's website, the restaurant's wings have been rated best in Maryland by Delish.com and BuzzFeed. Sounds like a taste-test is in order! **2478A Solomons Island Road, Annapolis | fulloncraft.com**

We're always on the lookout for a good margarita, so it's welcome news that **Agave Mexican Restaurant and Tequila Bar** plans to open in West Annapolis. The restaurant, which has long been a favorite for those vacationing at the Delaware beaches, will anchor MRE Properties' redevelopment project, opening on the bottom floor of the 15,000-square-foot mixed-use building. Sadly, however, Annapolis has to wait a few minutes before giving Agave a shot (of tequila), as it's not slated to open until fall 2022. **106 Annapolis Street, Annapolis | agavelewes.com**

Speaking of West Annapolis, here's one new place you don't have to wait for—**Always Ice Cream Co.** recently opened in the neighborhood. It's the second scoop shop for the owners, who also founded Main Street's Annapolis Ice Cream Co., serving up both dairy-based and vegan ice cream in all the flavors you might expect—and some you might not. More locations are in the works, with planned shops in Edgewater and Severna Park. **116 Annapolis Street, Annapolis | alwaysicecreamcompany.com**

If you mourned the loss of Anne Arundel's **Greene Turtle** locations

last year, here's some good news: The sports bar will return to the Waugh Chapel Towne Center this fall, reopening in the former location of Houlihan's Restaurant and Bar, which closed in December 2020. Greene Turtle's prior locations, now Smashing Grapes Kitchen + Wine Bar, were franchises, but the Waugh Chapel location was reportedly one of the chain's highest-volume restaurants. This iteration will be owned by Greene Turtle itself; it will also accommodate the ghost kitchens for two delivery-only businesses, MrBeast Burger and George Lopez Tacos. **1407 S. Main Chapel Way, Gambrills | thegreenturtle.com**



Bottoms Up!

Flying Dog, Maryland's largest brewery, is always doing something new and fabulous, and that's just the case with its Victress Cranberry Lime Kettle Sour, now with expanded distribution. The beer, brewed in collaboration with the Pink Boots Society (created to assist, inspire, and encourage women in the brewing industry to advance their careers through education), is a fusion of sweet and tart flavors. Plus, proceeds from the beer are donated back to the Society to support educational scholarship and programming for its members. If you're not much of a drinker, Flying Dog has a beverage for you, too. The cleverly named Deepfake is the brewery's first non-alcoholic release, and it mimics the aroma and taste of a masterfully crafted IPA. "Choosing a non-alcoholic beer shouldn't mean suffering through a tasteless, watery imposter," said James Maravetz, VP of Marketing at Flying Dog Brewery, in a news release.

There's nothing like a good literary-inspired beer, and thankfully, **RavenBeer**—named after Baltimore's own Edgar Allan Poe—is back in business. The 20-plus-year-old brewery paused production and put plans for a brewpub on hold in February 2020, but they recently signed a deal with **Oliver Brewing Co.** to take over brewing operations, distribution, and marketing. Using the original recipes, Oliver has reintroduced Raven Lager, Tell Tale IPA, and Annabel Lee white ale.

BTW, **Guinness Open Gate Brewery** up in Halethorpe celebrated its three-year anniversary last month. If you have yet to make your way up to Baltimore County, what are you waiting for? It's worth the drive.

Calling all Type As! If you're one to plan and track everything in your life, you're going to *love* the new MD Craft Beverages app from Grow & Fortify, which represents the Brewers Association of Maryland, the Maryland Distillers Guild, and the Maryland Wineries Association. The smartphone app (available for iOS and Android devices) features an up-to-date listing of the state's distilleries, breweries and wineries, upcoming events, deals and discounts, and virtual passports that allow users to track the businesses they've visited.

From Day to Night: **Coffee**

Even if you don't have students returning to school, September seems to be the time to buckle down and get your life back in order after the laziness of the summer—and how would that be possible without the help of our old friend, coffee? More than 60 percent of Americans drink a cup every day, and there's no reason to feel guilty about it. Unlike other vices, coffee and its right-hand man, caffeine, offer up a bevy of benefits ranging from protection from heart disease to neurocognitive perks.

Ideally, you'd have time to start each day with a high-quality brew, whether it's a pour-over or even just a French press. Sadly, that's not always feasible, so drip coffee it is. If you're not loving what's coming out of the coffeemaker, though, try out some of these pointers to improve your morning java.

Have you cleaned your coffee machine lately? If you're like most people, probably not—and a dirty machine can really destroy the flavor. Clean it out once a month by running a mixture of 1 part vinegar to 2 parts water twice, then follow it up with water.

Buy whole-bean coffee (it doesn't have to be ultra-premium, pricey stuff, we swear) and grind it yourself. Some people say you really need to have a burr grinder, some say blade is best, but what really matters is that you grind just before you brew.

Turn that auto-warmer off. Coffee is best when it's fresh, so if your second (and third) cup isn't quite as good, it's probably because the quality degrades the longer it sits. Look at how long it takes you to work your way through the pot, and consider brewing smaller batches independently of each other.

Once the day is done, you can still turn to coffee for moral support—coffee-flavored spirits, that is. Try this one out:

Grant Brulot Black Manhattan

Serves 1

- 1 oz. Grand Brulot (coffee-flavored cognac)
- 1 oz. bourbon
- 1 oz. sweet vermouth
- 3 dashes orange bitters

In a mixing glass, stir all ingredients together. Strain into a chilled cocktail glass with ice or serve up. Garnish with an orange twist and two cocktail cherries.

*Recipe and photo courtesy of Grand Brulot (www.grandbrulot.com)



Have culinary news to share?

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

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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.com; Seafood; lunch, dinner \$\$ † 🍷 🌊 ☀ 🎵

Frix's Fire Grill

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

Harris Crab House

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

Hemingway's Restaurant

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

Historic Kent Manor Inn

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

The Jetty Restaurant & Dock Bar

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

Kentmorr Restaurant

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

Knoxie's Table

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

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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 \$ † 🍷 ☀ 🎵

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1008 Rolph's Wharf Road, Chestertown; 410-778-6389; Sandbar.com; lunch, dinner \$ † 🍷 ☀ 🎵

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The BBQ Joint

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

Banning's Tavern

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

Bas Rouge

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

Bistro St. Michaels

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

Capriotti's

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

Capsize (Seasonal)

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

Captain's Ketch

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

Carpenter Street Saloon

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

Characters Bridge Restaurant

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

Chesapeake Landing

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

The Coffee Trappe

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

The Crab Claw Restaurant

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

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Doc's Downtown Grille

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

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104 W Pier St., Oxford; 410-226-5550; Docsunsetgrille.com; American; lunch, dinner \$ ☎ 🍷 🌊 ☀

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

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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-seaton.com; Chinese; lunch, dinner \$

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

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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 🍷

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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 \$\$ ☎ 🍷 🍷 🍷 🍷 🍷

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

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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

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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 \$\$ ☎ 🍷 🍷

Sniffers Crafts Beer and Wine Bistro

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Stars at Inn at Perry Cabin

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

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

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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 \$-\$\$ 🍷 🍷 🍷 🍷 *

WHAT'S UP? MEDIA

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Java Rock

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

The Kitchen at the Imperial

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

Luisa's Cucina Italiana

849 Washington Ave, Chestertown; 410-778-5360; 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; Ospreypoint.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!

Our faithful, flying mascot Wilma is super stoked this month. Her favorite sports teams from Washington to Baltimore and Annapolis to Salisbury are in action, and give her the chance to root for the home teams. Wilma is flying all over the region and dropping into towns to catch a game, dine, shop, and stay at her fave spots. 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 for another opportunity to win a prize.

Congratulations to Elizabeth Morris of St. Michaels, who won a \$50 gift certificate to a local 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



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

Entries must be received by September 30, 2021. Winner will receive a gift certificate to a local establishment and their name will appear in an upcoming issue of What's Up? Eastern Shore.

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