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Understanding  
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WHAT'S UP? MEDIA JANUARY 2022

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## Happy Holidays from the O'Donnell Team

From Left to Right: Laura Ruppel, L.E. | Ali Weiss, Aesthetic NP | Kelly O'Donnell, MD | Eden Flynn, BSN, RN

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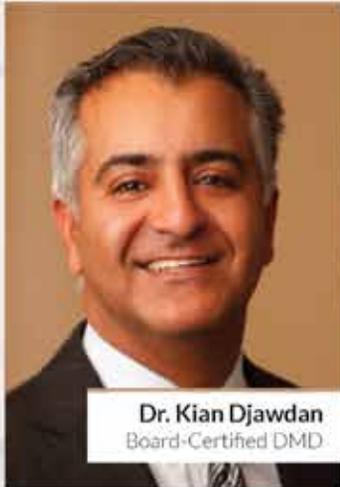
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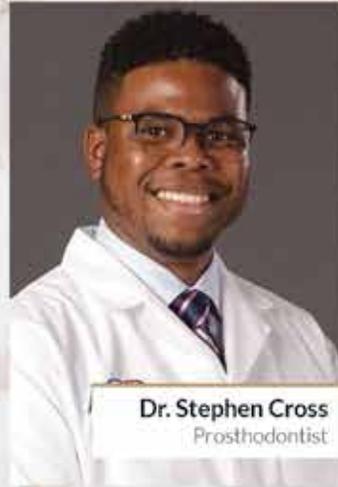
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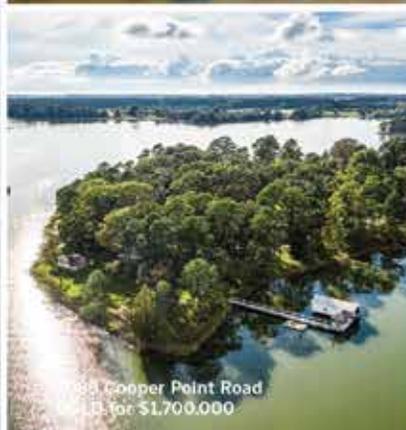
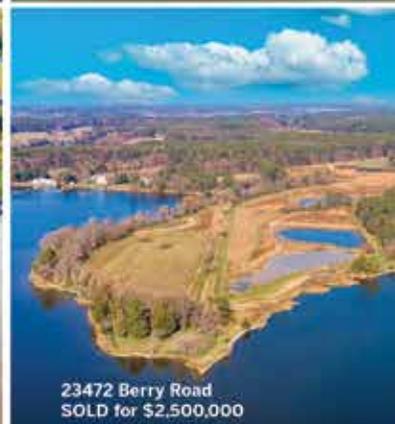
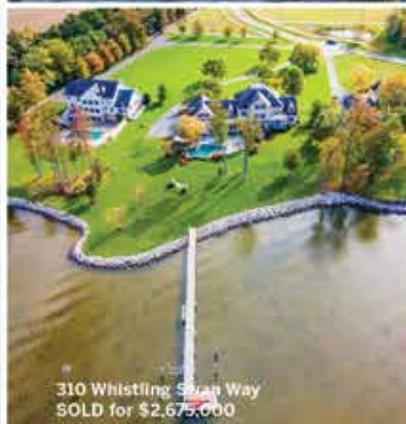
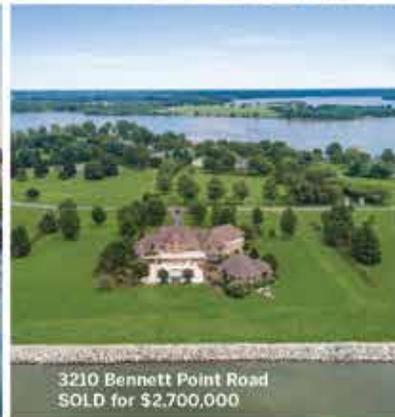
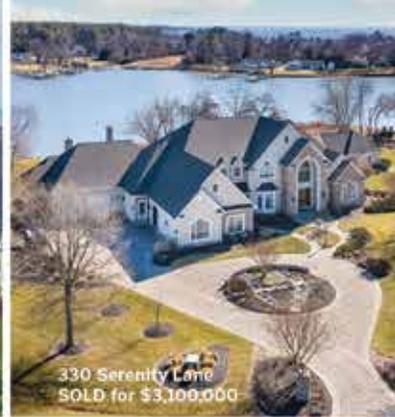
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**On the Cover:** Learn something new, insightful, or critical in our annual Education Issue. Design by August Schwartz. Contact *What's Up? Eastern Shore* online at [whatsupmag.com](http://whatsupmag.com) ♻️ Please recycle this magazine.

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23,888 copies with an estimated readership of 78,830.

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# Laughing Out Loud Is Contagious; Let's Catch It!



After this past year, Londonderry on the Tred Avon residents know how to play it safe. Wearing masks, washing hands, and standing six feet apart have kept us safe. And there's another thing we've continued to share: laughing out loud! As the area's only 62+ independent living cooperative, Londonderry residents have kept their sense of humor throughout the past few months. Residents have been able to safely enjoy our clubhouse, community center, and outdoor gathering areas. With plenty of space on Londonderry's 29 acres of waterfront property, residents can gather to share stories, enjoy activities, and share laughs.

**After all, life is better when you're laughing out loud!**

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2022 Summer Camp Guide  
Spring Break Family Getaways  
Eating Disorder Awareness &  
Success Stories

# January contents

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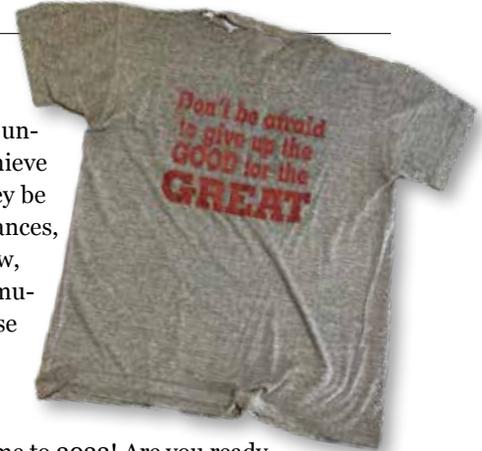
©2022 The Container Store Inc. Photos of Jessica Chinyelu and the closet by Rita Garcia. Lifestyle 5/1/22



Scan to read more of Jessica's story.

 [jessicachinyelu](https://www.instagram.com/jessicachinyelu)

# From the editor



me. They ingrained an understanding that to achieve our goals—whether they be weight-loss, strong finances, learning something new, or improving our communities—we must exercise dedication, discipline, and, yes, risk taking.

This is all to say, welcome to 2022! Are you ready to be great? We see this year being one in which we and our publications will be taking a few risks, constantly learning, and working hard to not only create a better product...but to foster community building. Over the course of the year, we'll examine some of the controversial issues affecting us (this month, see "Unpacking the Mystery of Critical Race Theory"); we'll offer insights and service pieces to help you make critical decisions (see "The Perfect Fit" and "Your Financial Checklist for 2022"); we'll have enlightening pieces about our natural surroundings and influence (see "Our Scenic & Historic Rivers: A Nature, History, and Culture Article Series"); and we'll always include the many events, entertainers, businesses, and personalities that are integral to our communities.

You'll see a lot packed into this issue. And it's my hope that it does, indeed, reflect your interests and what's important to the community—and if the content within elicits praise or concern, please reach out to me directly by email. You can find contact information for myself, and our entire staff, at: [Whatsupmag.com/meetthestaff](https://whatsupmag.com/meetthestaff). We look forward to hearing your thoughts.

*Cheers to a new year, new endeavors, and great ambitions!*

James Houck,  
Editorial Director

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

**T**wenty-four years ago, I was a freshman in college playing Division III lacrosse. And in early January, when students returned to campus from our holiday break, the student-athletes would jump right back into training and preparations for the spring seasons ahead. For me, that meant two-a-day practices, seven days a week. Mornings we'd wake at 6:30 a.m., meet at the track by 7 a.m. (you better not be late), and start every sunrise with a three-mile jog into town followed by another hour of sprint work back at the track. Afternoons were dedicated to field work, sticks in hand. Coach gave each player our practice attire; shirts, shorts, and such. And the shirts we received featured an inspirational quote of sorts that if nothing else, we'd see repeatedly as we jogged in-step and in-line, day in and day out. Those quotes were intended to inspire us, and I think in some way they did their job.

Today, in the depths of my dresser, at the very bottom of a stack of ragged t-shirts that I've held onto way too long (and now serve as my yard work attire), lies *the* shirt from spring semester 1998. It bears the quote:

"Don't be afraid to give up the good for the great."

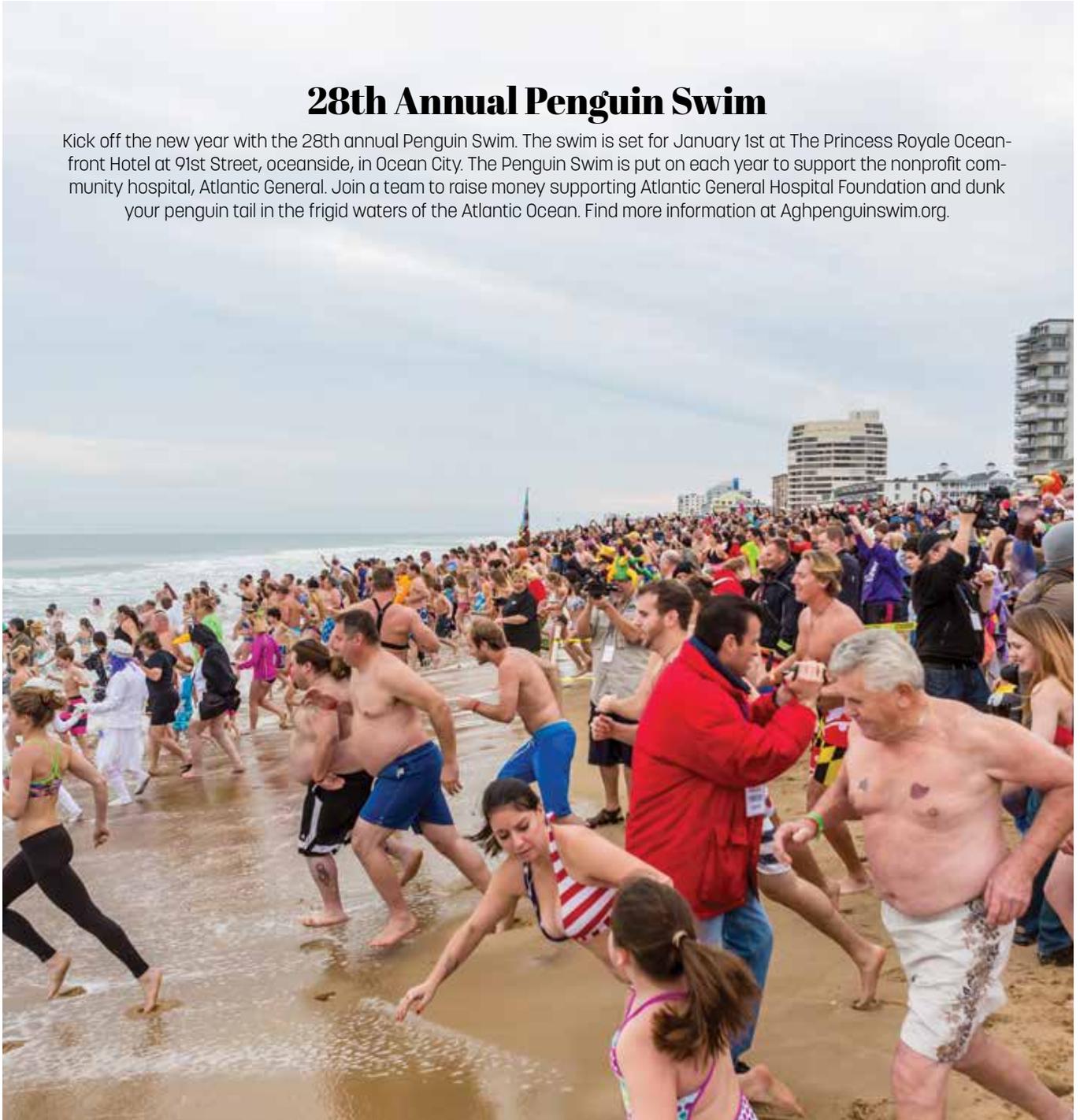
Perhaps I'm reminded of this because as the calendar turns to a new year, my waistline tells me that it's time to whip myself back into shape—the holiday break is over bud. And those two-a-days—especially the frigid January mornings running to complete exhaustion—are memories that, in some twist of masochism, actually inspire

# *Out on the* **TownE**

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## **28th Annual Penguin Swim**

Kick off the new year with the 28th annual Penguin Swim. The swim is set for January 1st at The Princess Royale Oceanfront Hotel at 91st Street, oceanside, in Ocean City. The Penguin Swim is put on each year to support the nonprofit community hospital, Atlantic General. Join a team to raise money supporting Atlantic General Hospital Foundation and dunk your penguin tail in the frigid waters of the Atlantic Ocean. Find more information at [Aghpenguinswim.org](http://Aghpenguinswim.org).



## KEB' MO' →

Keb' Mo' performs at Avalon Theatre in Easton on January 23rd at 7 p.m. with a "Beautiful Music" meet and greet experience. Right after his Grammy-winning release "Oklahoma," Mo' will perform with special guests, The Brother Brothers. Mo' has consistently made music reflecting his own passions and interests for over a quarter century and is a five-time Grammy Award-winner. Buy tickets at [Tickets.avalontheatre.com](https://tickets.avalontheatre.com).

## CBMM's Winter Lecture Series

As a part of Chesapeake Bay Maritime Museum's Winter Lecture Series, virtually join Founder and CEO of Route One Apparel Ali Von Paris. Von Paris started Route One Apparel in her dorm room at University of Maryland in 2010 and has built a brand that reflects regional identity through iconic, trendy design. Ali will share her journey as an entrepreneur who was inspired by her local community. This Winter Lecture Series event will be held January 26th at 5 p.m. Register for the session at [Cbmm.org](https://cbmm.org).

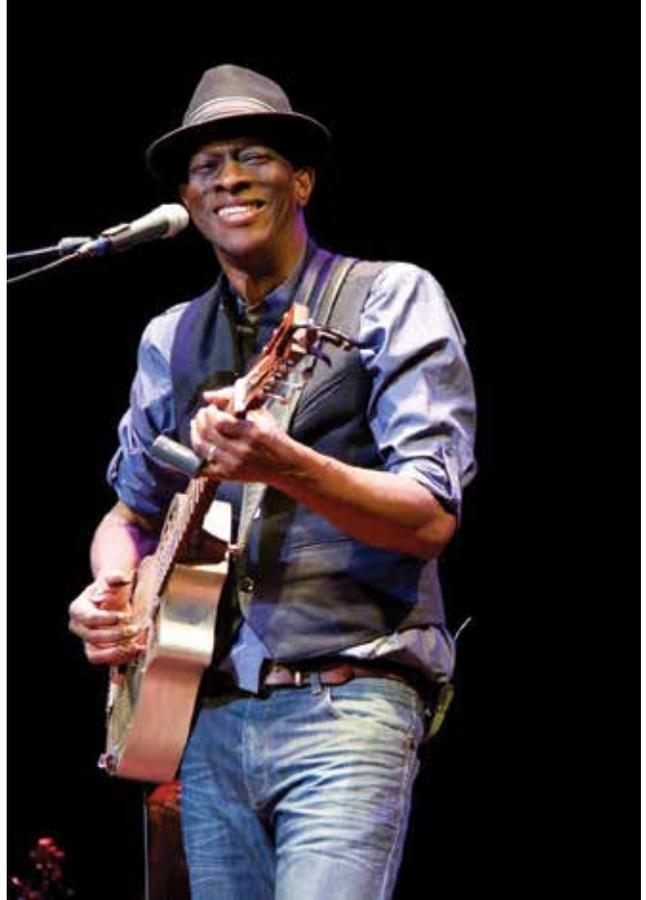
## 25TH ANNUAL LONE STAR CHAMPIONSHIP RODEO

Cheerwine presents the 25th Annual Lone Star Championship Rodeo on January 21st and 22nd at Wicomico Civic Center in Salisbury. The weekend event will feature bareback bronc riding, saddle bronc riding, calf roping, steer wrestling, cowgirls breakaway roping, team roping, cowgirls barrel racing, and brahma bull riding. The weekend will also include special attractions including Greek Ellick, Jr. The Rodeo Clown, fancy trick roper and gunslinger Lindsey Wentworth, and a best dressed cowboy and cowgirl contest. Get your tickets at [Wicomicociviccenter.org](https://wicomicociviccenter.org).



## Cambridge Art Walk

Stroll through the art galleries of downtown Cambridge on January 8th from 5 to 8:30 p.m. The art walk will feature a range of artwork, refreshments, and a free reception open to all. The galleries will feature art created by local, regional, national, and international artists. Be sure to visit Dorchester Center for the Arts, Main Street Gallery, and Downtown Frame of Mine before visiting restaurants and independently owned shops and museums in town. Go to [Visitdorchester.org](https://visitdorchester.org) for more information.



## 47TH EAST COAST COMMERCIAL FISHERMEN'S & AQUACULTURE TRADE EXPOSITION ↓

On January 14th, Maryland Watermen's Association Cocktail Party & Auction will kick off the 2022 East Coast Commercial Fishermen's & Aquaculture Trade Expo at the Roland E. Powell Convention Center in Ocean City. The Expo will be a weekend of seminars, a Waterman of the Year Competition, a truck raffle, meetings, and more. The Maryland Watermen's Association is a nonprofit organization representing the interests of commercial fishermen, seafood processors, wholesalers, and ancillary businesses in the seafood industry throughout the state of Maryland since 1973. Find more information and a full schedule of the weekend at [Marylandwatermen.com](https://Marylandwatermen.com).



Photo by Tony Lewis Jr.

# Across the Bridge



## ↑ What's Up? Media Bridal Expo

Get everything checked off your wedding to-do list at our one-stop shop from 1 to 4 p.m. on January 23rd at Soaring Timbers in Annapolis. From cake tastings to beauty makeovers, we will have plenty of options for you to plan your perfect wedding and brides will also receive a complimentary swag bag! Sample delicious desserts while visiting with wedding pros, get inspired at the fashion show, have fun in the photo booth, and enjoy live demos and exclusive wedding savings. Find more information and tickets at [Whatsupmag.com](http://Whatsupmag.com).



## ↑ 2022 SUPER PLUNGE

The Polar Bear Plunge benefitting Special Olympics Maryland is coming back this February and to kick the festivities off, the Super Plunge begins at 9 a.m. on January 28th at Sandy Point State Park in Annapolis (and virtually). During the duration of this event, participants will take the plunge into the Chesapeake Bay once per hour for 24 straight hours. Can you brave 24 chilly dips in 24 hours? Complete event details at [Plungemd.com](http://Plungemd.com).

## LONDONTOWNE SYMPHONY ORCHESTRA: A SALUTE TO OUR VETERANS ↓

The Londontowne Symphony Orchestra, directed by Music Director/Conductor Dr. Anna Binneweg, will perform a patriotic concert to honor members of our Armed Forces. LSO is made up of professional, military, amateur, and student musicians who create high quality classical and light classical music. This performance will take place on January 15th at 7:30 p.m. at Maryland Hall for the Creative Arts in Annapolis. Find more information at [Marylandhall.org](http://Marylandhall.org).



## WILD & SCENIC FILM FESTIVAL

The Alliance for the Chesapeake Bay's 4th Annual Wild & Scenic Film Festival will be taking place on January 13th virtually. By hosting this event the last three years, the Alliance has brought together communities in Maryland, Pennsylvania, Virginia, and Washington, D.C. These film selections inform, inspire, and ignite solutions and possibilities to restore the earth and human communities while creating a positive future for the next generation.

Find more information at [Allianceforthebay.org](http://Allianceforthebay.org).

## Annapolis Opera: La bohème

They say love is all you need, but what if love is all you have? Annapolis Opera will be at Maryland Hall on January 27th at 7:30 p.m. and January 29th at 3 p.m. to answer that exact question in *La bohème*. Puccini's beloved opera will let you witness the spark of love that brings light to darkness, when four struggling artists share an unexpected good fortune in Paris. When Rodolfo is left behind from the celebration, his life is changed by meeting a seamstress seeking candlelight and instead receives love at first sight. Buy tickets at [Marylandhall.org](http://Marylandhall.org).

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## On Exhibit

Now that we are in the grip of cold weather season, what are you doing to keep your days full and exciting? It is never too late to learn something new. We are beyond lucky to live in a region dotted with beautiful towns, and near Washington, D.C., Baltimore, and the Eastern Shore, all of which are filled with museums showcasing everything from bay life to art to African American heritage to city culture itself. Spend this January taking day trips to your favorite local museums and adventure off to some new ones to see temporary exhibits ongoing now. Be sure to check the museum's website before visiting, for the most up-to-date visitor and COVID-related information.

### Banneker-Douglass Museum, Annapolis

***Freedom Bound: Runaways of the Chesapeake - Open Through March 1st, 2022***

This powerful exhibit tells nine stories of resistance to bondage and servitude in the Chesapeake Region from the Colonial Period to the American Civil War (1728–1864). The Banneker-Douglass Museum invites visitors to consider what resistance and freedom look like in the present day.

### Mitchell Gallery, St. John's College, Annapolis

***Floating Beauty: Women in the Art of Ukiyo-E - Through February 25th, 2022***

This exhibition of 25 woodblock prints in the ukiyo-e style examines historical perspectives on women and their depiction in art during Japan's Edo period (1615–1858).

### Annapolis Maritime Museum, Annapolis

↑ ***McNasby's Oyster Company: An Eastport Landmark - Virtual Exhibit***

Founded in 1886 by William McNasby Sr., the McNasby Oyster Company began as a single storefront on Compromise Street. The business continued to grow until it became necessary to expand to a packing plant on 723 Second Street in the community of Eastport, the same historic structure where the Annapolis Maritime Museum stands today. The McNasby Oyster Co. left a lasting impression upon Eastport, and a legacy that the Annapolis Maritime Museum continues to uphold in telling the stories of the local watermen.

***Arnie Gay: The Father of Annapolis' Modern Sailing Industry - Virtual Exhibit***

Discover how Arnie Gay, a hardworking dedicated sailor, transformed the Annapolis waterfront into the Sailing Capital of America. Follow Gay's story from sailing into Annapolis harbor aboard *Delilah* through his work with the Annapolis Yacht Club and the many changes Gay inspired in our modern waterfront.

### Ward Museum of Waterfowl Art, Salisbury

***Pivot! - Through February 13th, 2022*** During the COVID-19 pandemic new methods of teaching, shopping, dating, and creating art became the byproducts of necessity. The world was forced to adapt. Artists, along with the rest of the world, had to pivot. *Pivot!*—a new exhibit in the Ward Museum's Welcome Gallery—will feature the work of established local artists whose subject matter and media were approached through the lens of a “new normal,” since the pandemic began.

### Chesapeake Bay Maritime Museum, St. Michaels

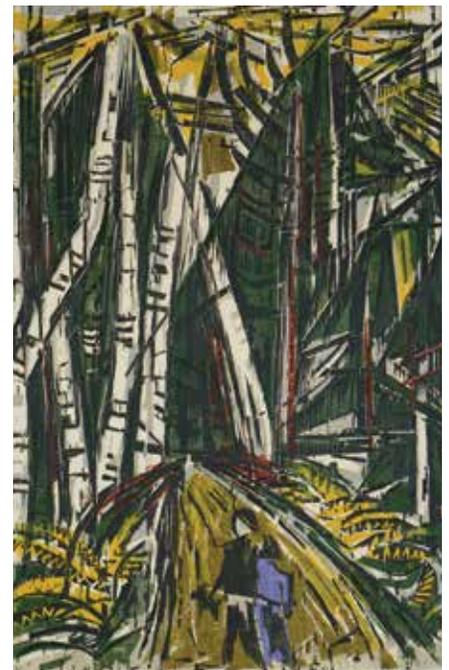
***18th National Exhibition of the American Society of Marine Arts - Through February 27th, 2022***

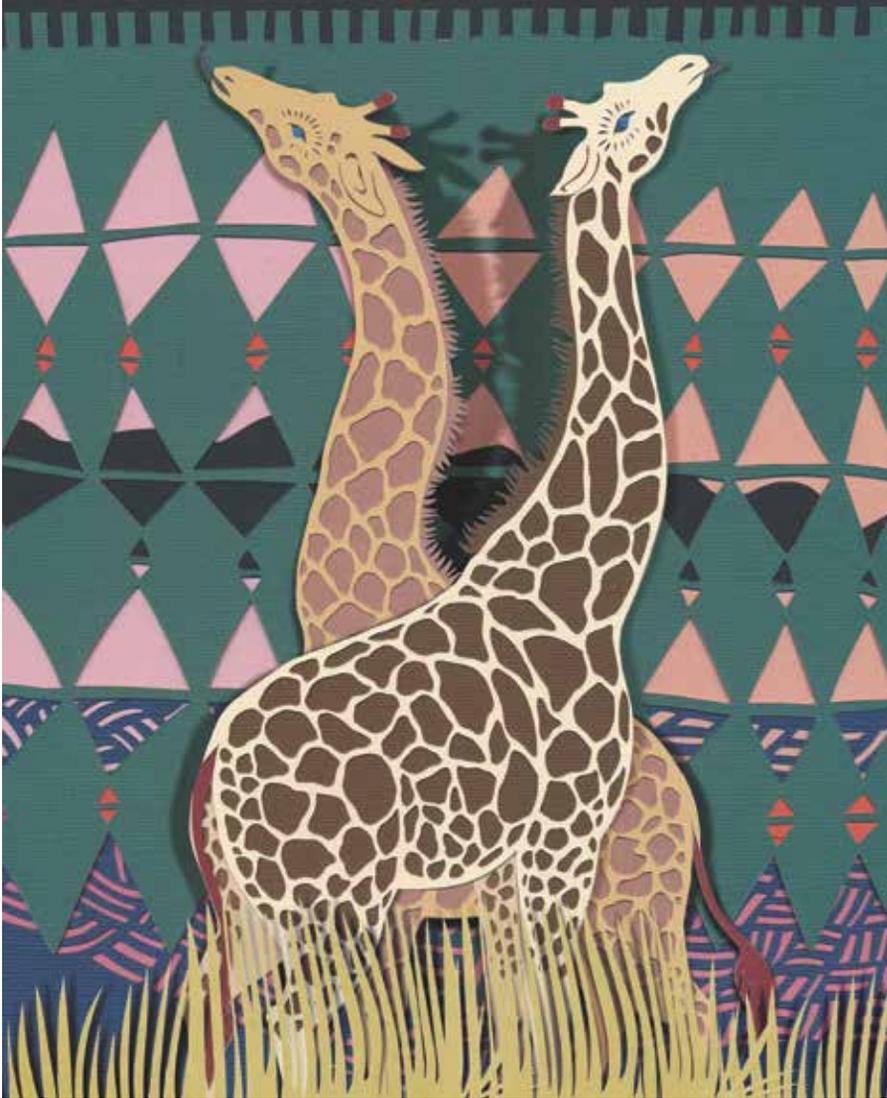
On the heels of the American Society of Marine Artists' 40th anniversary, the ASMA biennial exhibition is a juried selection of paintings, drawings, sculptures, scrimshaw, and hand-pulled prints submitted by members. The ASMA 18th National Exhibition will include work by many of the most prominent contemporary marine artists working in the nation today.

### Academy Art Museum, Easton

↓ ***Werner Drewes Retrospective - Through March 2nd, 2022***

Werner Drewes (American, born Germany, 1899–1985) was a painter and printmaker who helped shape the role of abstraction in printmaking. The exhibition charts Drewes' career from the Bauhaus to the United States around World War II, as well as his diverse artistic interests: ubiquitous American landscapes, such as skyscrapers and wheat processing plants; intimate self-portraits as the artist battles cancer and later recovers; and close studies of colorful abstract forms illustrate the rich creative world of a pivotal artist in American modernism.





↑ **Zoe Friedman: *Sentient Forest* - Through August 31st, 2022** Drawing on her recent experience of becoming a mother, artist Zoe Friedman has created an immersive and layered universe of flora and fauna that explores the exuberant yet mysterious forces of life. Combining drawing, illustration, hand-cut paper, digital illustration and bespoke lighting elements, Friedman’s process mirrors the simultaneous joy and complexity of existence and invites the viewer to reflect on birth and growth.

### American Visionary Art Museum, Baltimore

**A Visionary Spirit for Invention - Through May 23rd, 2022** “A Visionary Spirit for Invention” is a bespoke art exhibition selected from works within the permanent collection of The American Visionary Art Museum (AVAM) and assembled out of a great shared respect and affection between the State of Maryland and the EU, bolstered from a tour of AVAM by all twenty-seven EU Ambassadors to the US, that occurred in December 2019.

### Baltimore Museum of Art, Baltimore

**The Rembrandt Effect - Through April 10th, 2022** Rembrandt van Rijn (1606–1669, Netherlands) is universally acknowledged as one of history’s greatest etchers, uniquely manipulating the etching needle and ink to create contemplative and affecting prints that have engaged viewers across centuries. His influence on the history of Western printmaking is foundational. This exhibition debuts in the new Nancy Dorman and Stanley Mazaroff Center for the Study of Prints, Drawings and Photographs, connecting extraordinary works by the Dutch master and European and American graphic artists of the 19th and 20th centuries in their potential to convey the interior and exterior worlds through print. ➔

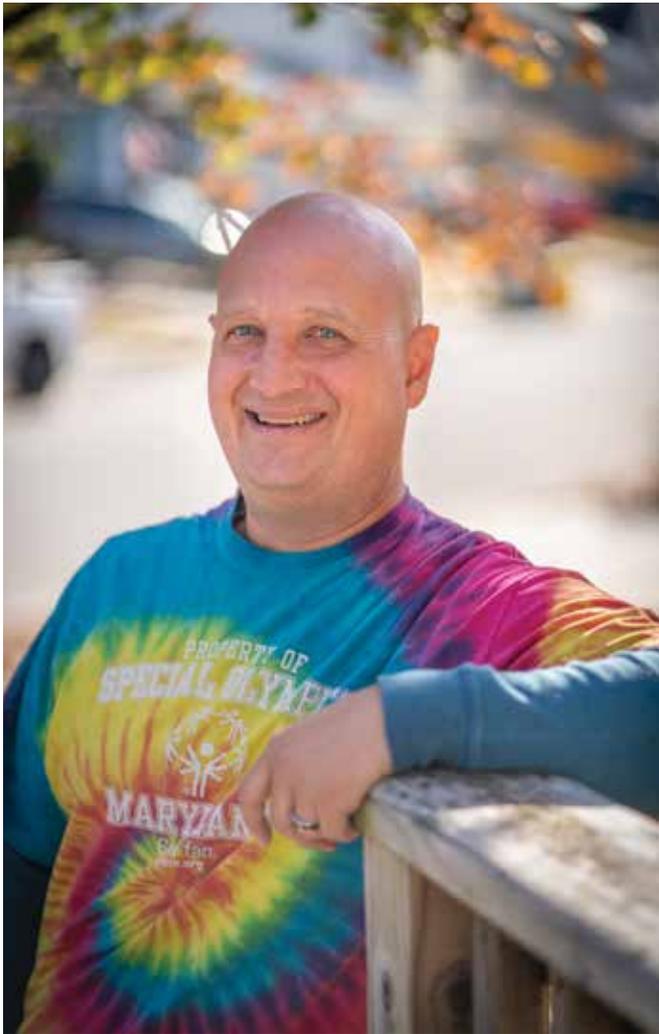
### Smithsonian National Museum of Natural History, Washington, D.C.

**Genome: *Unlocking Life’s Code* - Through Summer 2022** Discover how our expanding knowledge of genomes informs everything from personalized medicine to how we think about our human ancestors. This exhibit was developed by the Smithsonian National Museum of Natural History in partnership with the National Human Genome Research Institute, part of the National Institutes of Health.

### Smithsonian National Portrait Gallery, Washington, D.C.

**One Life: *Will Rogers - Virtual Exhibit*** The humorist and entertainer Will Rogers (1879–1935) was born to a prominent Cherokee family on a ranch in Indian Territory, near present-day Oologah, Oklahoma. A prolific political commentator whose comedic wit crossed social divides, his career spanned vaudeville, silent films, “talkies,” radio, and newspaper. Rogers was also a great intellect, who authored six books, appeared in seventy-one films, wrote four thousand syndicated newspaper columns, and hosted a popular Sunday evening radio program. The precursor to Mickey Rooney, or today’s Stephen Colbert, Rogers voiced a perspective with broad appeal to the masses in the first half of the twentieth century.





TOWNE SALUTE

# Jonathan Fosdal

## Special Olympics Maryland

By Tom Worgo

In September 2021, when Jonathan Fosdal was volunteering at a Special Olympics Maryland golf event in Queenstown, he broke down in tears. It happened as he watched a young athlete with Down Syndrome compete.

“It just hit me,” Fosdal recalls. “I got really, really emotional. I had to step back and take a few deep breaths.”

The connection he made was both beautiful and very painful. It reminded him why he’s been such a devoted volunteer to Special Olympics Maryland over the past decade. Eleven years ago, his youngest daughter, Leah, who also had Down Syndrome, passed away at 10 months old.



**HELPING THE ATHLETES IS MEANINGFUL TO ME IN SO MANY WAYS. IT HELPS ME DEAL WITH THE PAIN. IT GIVES ME A PURPOSE KNOWING THAT I AM HAVING A POSITIVE IMPACT ON OTHER PEOPLE’S LIVES.”**

“She was turning out to be an amazing little girl, full of giggles and just fun to be around,” Fosdal says. “Even before she passed away, I was envisioning getting her involved in various sports and how great it would be to spend that time with her and watch her grow. I still hold onto the memories of what Special Olympics would have meant to her.”

The 46-year-old Fosdal, seems to volunteer for nearly every sporting event that Special Olympics Maryland organizes. He thoroughly enjoys spending time with the athletes, and he says it also does him a world of good.

“Being around these athletes is therapeutic,” the Pasadena resident explains. “It helps me feel connected to my daughter even though she is gone. It helps me remember her and keep her memory alive. Helping the athletes is meaningful to me in so many ways. It helps me deal with the pain. It gives me a purpose knowing that I am having a positive impact on other people’s lives.”

Special Olympics Maryland officials certainly appreciate the time and dedication he’s given to the organization. Fosdal will do whatever is asked. “Jonathan is what we look for in a volunteer,” says Special Olympics Maryland Director of Volunteers Sam Boyd. “He brings a lot of positive energy. If Jonathan is at an event, I know it’s going to happen. He is very excited to talk to other volunteers and athletes.”

Special Olympics Maryland Director of Media Kira Northrop says Fosdal’s dedication is above and beyond. He’s participated in the Polar Bear Plunge and skiing events in Western Maryland. “He will travel all over the state for competitions or events,” she says. “It’s not only a chance to support his daughter, but to

support all the athletes.”

Special Olympics Maryland holds a kayaking event at Washington College in Chestertown. He has attended it five times and it’s his favorite event since he himself is an avid kayaker. The organization relies on his kayaking expertise in a hands-on way, since safety is paramount.

“We are out there to provide a safety net in case someone tips over and starts freaking out,” Fosdal says. “I have been able to be there a couple of times when that’s happened. It’s one thing to be there and be helping out, but when you can have an effect and an impact on that athlete, it’s something else entirely.”

Fosdal also has an affinity for Special Olympics Maryland’s annual Polar Bear Plunge (this year’s Plungefest takes place February 3rd–5th at Sandy Point State Park). He’s worked as a volunteer and has taken the plunge about a dozen times. He enjoys handling any number of tasks.

“I have sold tickets for the drinks,” he says. “I’ve spearheaded the management of the beach access for when they are doing the plunges. I just end up wherever they put me.”

It was only a couple of months after his daughter’s death, late in 2019, that he took his first plunge. “He brings the memory of his daughter to every event, whether he steps onto a field or is on the water,” Boyd says. “He lives life through that.”

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



## ↑ Community Greening Projects Activated

ShoreRivers has activated volunteers to increase tree canopy and implement restoration projects in their communities through two recent federal funding awards. The Envision the Choptank partnership, including ShoreRivers, will work with three underrepresented communities in the watershed to create green stormwater infrastructure projects. These projects will reduce nutrient pollution and make backyards and community spaces livable and beautiful. And in partnership with the Alliance for the Chesapeake Bay, ShoreRivers will train Tree Stewards to plant hundreds of native trees in public spaces across our watersheds. These projects are funded by two collaborative National Fish and Wildlife Foundation grants that support clean water and strong communities on Maryland's Eastern Shore. To learn more, visit shorerivers.org.



### 2022 MARYLAND SUPERINTENDENT OF THE YEAR

The Public School Superintendents' Association of Maryland (PSSAM) named Talbot County Public Schools Superintendent, Kelly L. Griffith, Ed.D. the Maryland Superintendent of the Year at the Maryland Negotiating Service Conference. A committee of her

peers selected Dr. Griffith, and she will now go on to represent Maryland in the 2022 National Superintendents of the Year Program. "I am very honored to be chosen by my fellow Maryland Superintendents to represent our state at the national level," said Dr. Griffith. "Together we have navigated an unimaginable situation and faced daunting challenges during this past year by working collaboratively as a team. I am also thrilled to be able to celebrate what we have accomplished in Talbot County during my time as Superintendent, none of which would have been possible without the steadfast commitment, creativity, and initiative of our team of educators."

## CHARITY FASHION SHOW

Compass' Estate Treasures recently hosted its 25th Fashion Show at Prospect Bay Country Club, raising more than \$14,500 for hospice care and grief support services in Queen Anne's, Kent, and Caroline counties. More than 160 women and men came out in support of Compass Hospice, to experience the fun and fashion offered by Estate Treasures. A pop-up boutique was arranged with some of their upscale offerings, as well as the themed pieces worn by the models available for purchase after the show. For more information, visit [compassregionalhospice.org](http://compassregionalhospice.org).



## Easton High School's New Track ↓

Last fall, members of the Easton High School Cross Country Team were thrilled to be the first athletes to train on the school's much anticipated new track. After many years of deterioration of the prior track surface, and a lack of available capital funds to repair or replace it, the old track was condemned during the 2019-2020 school year, leaving the teams unable to host home competitions. Elizabeth Heinsohn, Head Coach of Cross Country and Indoor Track and Assistant Coach for Outdoor Track said, "I am excited for our kids to have a new track to run on. I am looking forward to holding home meets and having good quality equipment for the kids to use to train. It's going to be exciting to see how much they improve!"



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



TOWNE ATHLETE

# Ella Pinder

Queen Anne's County High School  
Lacrosse, Soccer, Basketball

By Tom Worgo

**Q**ueen Anne's County High School senior Ella Pinder has been one of Kelsey Fitzgerald's favorite lacrosse players since she first coached her in the fourth grade. Fitzgerald also admires Pinder for her all-out-efforts on the field during her time with the high school team and the Lady Blue Crabs club team.

That's why the coach has been calling her a "workhorse" for just about as long as she's known her. Fitzgerald has urged her on with that nickname countless times. "She just never stops," Fitzgerald explains. "She brings the intensity even when I know she is tired of being tired. She never gives up. I usually drive it home during practice. I make it a point to say it in front of her teammates, so everybody hears it and pays attention to what Ella is doing during drills."



**SHE BRINGS THE INTENSITY EVEN WHEN I KNOW SHE IS TIRED OF BEING TIRED. SHE NEVER GIVES UP."**

Pinder, a standout three-sport athlete, loves the nickname. She says it gives her plenty of confidence and makes her work extra hard in practice and games. "She says it all the time," says Pinder, who will play lacrosse at Flagler College in Florida on a scholarship in 2023. "She says it to give me recognition. She will tell me that I am the one that will never give up on the field even if we are losing (by a lot). I will always end the game strong. I will step up to the challenge.

"Every time I step on the field, I am very intense," she adds. "People like that."

Fitzgerald offers an example of Pinder's devotion. On Queen Anne's run to a Class 2A state championship last spring, the 17-year-old Pinder played in a regional final on a Friday, drove down to North Carolina right after the game for four contests in two days and then returned to play in a state semifinal for Queen Anne's on Monday.

"She has a small roster for her club team and was playing midfield running all over the field for four games," Fitzgerald says. "Then, she never came out of the semifinal game."

Pinder, who carries a 4.0 grade-point average, committed to Division II Flagler in February and signed a letter of intent in November. She chose the Saints over an offer from Wingate University in North Carolina. She will major in criminology.

"Their coach (Grant Kelam) is very competitive and he told different ways I can improve," Pinder says. "He pushes you to the max. That's what I look for in a coach. This will be the program's first year. And helping build that program will be a huge honor. It's very exciting."

So was Pinder's junior season at Queen Anne's. She helped the team to a state title—what she called the highlight of her high

school career—while ranking second on the team in assists (17) and third in draws won (24).

Pinder, who plays midfield and defense, often guard's the other team's leading scorer. "I am a very aggressive player," Pinder says. "I pressure the girls more, which gets us a lot of ground balls and turnovers."

Pinder also served as co-captain while earning All-Bayside Conference First-Team honors. She was named second-team as a freshman. "We had 10 seniors so I wasn't really expecting it," Pinder recalls. "I was a freshman, but I wasn't afraid to tell the other seniors what needs to happen."

Pinder played the sport year-round competing for the Blue Crabs. She traveled to tournaments in Florida, the Carolinas, and Massachusetts. "We play all the top clubs from all over the United States," Pinder says. "It's made me a much better player."

Before her high school lacrosse season starts in the spring, Pinder will be playing varsity basketball for the first time. The pandemic wiped out last season. She served as co-captain of the jayvee during her sophomore year.

Pinder is probably better at soccer than basketball. The midfielder is a three-year starter and was named All-Bayside Conference as a freshman and second-team last year. She has played the same three sports since 2014.

"She has the size and uses it to her advantage," Queen Anne's Athletic Director Dan Miller says. "She is quick and so athletic. And she never stops hustling."

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

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TOWNE INTERVIEW

# Montrezl Harrell

Star Center for the Washington Wizards

By Tom Worgo

Photography courtesy Washington Wizards

**W**ashington Wizards center Montrezl Harrell has so many tennis shoes that if he wore a different pair every day, it would take eight to 14 years to wear them all. Harrell estimates he has an astounding 3,000 to 5,000 pairs. Some of those were made from his own custom designs. He uses as many as 200 during a season and was thrilled when the NBA changed its rules for the 2018–19 season, allowing players to wear any color shoes.



**I THINK I HAVE CHANGED THE CULTURE SOME. IT'S THE WAY I APPROACH THE GAME AND COME IN AND PLAY. I NEVER TAKE PLAYS OFF. I COME IN OFF THE BENCH WITH A LOT OF ENERGY. I JUST COME IN AND WORK MY TAIL OFF AND LEAVE IT ALL ON THE FLOOR. THOSE ARE THE THINGS THAT PEOPLE RESPECT THE MOST ABOUT ME."**

Seven years ago, shoes weren't the biggest concern for Harrell. He just wanted to make the NBA, coming out of the University of Louisville, where he won an NCAA championship. Harrell, who is in his seventh season, had a bit of an uphill battle to make it. The Houston Rockets drafted him in the second round in 2015 and he spent time in the NBA's development league before settling in with Houston.

Two years later, the 6-foot-7, 240-pound Harrell's career started to take off when he was traded to the Los Angeles Clippers, where he played for three seasons. His highlight with the Clippers came in 2020 when the NBA named him its Sixth Man of the Year, an award given since to the league's best performing player for his team coming off the bench as a substitute.

He spent the following season with the Lakers before being traded to Washington this past summer in a four-player blockbuster deal that included future Hall of Famer Russell Westbrook.

Harrell has made \$35.5 million in his career, including 9.7 million this season.

We talked to Harrell about his vast shoe collection, the way

he plays the game, Wizards' rookie coach Wes Unseld, Jr., and winning a NCAA national championship.

**Can you talk about your shoe collection and when it started?**

I started it during my freshman year of college. I love it, and I am blessed to be in this game and be able to call it a job. It's a luxury. It's a real passion of mine. I have fun with it, and it has brought me a lot of joy. It's not something I do for the fame or outside limelight. I am in the process of opening my own sneaker store in North Carolina.

**Why do you collect all those shoes?**

The reason I collect them is that everything goes into the shoes. Your craft, jump shot, and footwork. I like the challenge of going to find them, authenticate them, making sure they are real, and the story behind the shoes. I like the people I meet throughout the process of finding the shoes. That's all the things I love about it.

**Do you collect the shoes of famous players?**

As far as signatures on shoes, I have a pair of Dwyane Wade shoes from his last year in the league that he did sign for me. It's one of my biggest memorabilia pieces. I have

older retro shoes from Gary Payton, Shawn Kemp, and Shaq. I am a true collector.

**You create your own shoe styles. Where do you get your ideas?**

It's whatever I am feeling. I don't really start with any concepts as far style. It's more about what I feel and what feels good to me. I feel that way about styles in general. I don't really go after what somebody else has on. I am my own person. It's more of a feel thing and how it looks on *you*.

**Do you have other businesses you are involved in?**

Basketball is going to end sometime. I am involved in real estate. I have a daycare center. I am thinking about getting a chain of daycares as well. I am in the process of doing a management company with my agent to help guys who come out of high school and want to play basketball overseas or guys who are going into the NBA and are not used to the lifestyle. I am also in the process of opening a rec center as well.

You could train there for basketball or football and it will have a turf field.

**You have been traded three times. Has that been difficult?**

Not really. I understand the business. I knew what it was like after my first trade. Being traded to Washington was one of the best things for me. I'm able to play a lot and be on the floor. Last year was tough for the Lakers. We had a lot of centers—my position.

**How would you describe your style of play?**

I think I have changed the culture some. It's the way I approach the game and come in and play. I never take plays off. I come in off the bench with a lot of energy. I just come in and work my tail off and leave it all on the floor. Those are the things that people respect the most about me.

**The NBA's Sixth Man of The Year is something you are well known for. What did it mean to you?**

It was a huge honor and a surprise. It was something I talked about with my grandmother before she passed. I think it filled the void for the things we talked about because she wasn't able to see me play. I thought it was a blessing and a special award.

**Do the Wizards have the potential to make the playoffs on a yearly basis?**

We are headed in that direction and trying to change the culture in Washington. We haven't done anything yet. They have had a lot of teams and years where they have been bad. That's the past. We are trying to get

Washington back to a place where it's respected and commonly thought of as a good team. I am glad to be part of this process.

**Can you talk about the impact rookie head coach Wes Unseld, Jr., has made on the team?**

His dad was the staple of the Washington franchise. Wes Jr. is homegrown and got his start with the Wizards. He is really making things work and we clearly know our roles. He understands what it will take for us to be successful. Hats off to him. It's his first year as a head coach and he is doing an exceptional job. He really listens to feedback from the players. He is definitely not one of these coaches that says, "It's my way or the highway."

**How would you describe your relationship with him?**

I have a great relationship with him. I am looked at as one of those older guys, a leader in the locker room. He is a very open coach to me. You can go in and talk to him about anything, whether it's about basketball or something else. It's not just about your basketball relationship. It's also a relationship away from the game. You can't ask for a better coach than that.

**Tell us what it felt like winning the national championship at Louisville under Rick Pitino?**

The feeling is indescribable. It will always be sentimental to me. I'm pursuing that feeling in the NBA. It was a special year and a special run for us. It was such a special time in my athletic career. It will be a memory I always cherish, and I still talk to a lot of the guys from that team.



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		DESCRIPTION	YEAR FOUNDED	RELIGIOUS AFFILIATION	PRINCIPAL/HEAD OF SCHOOL	GRADE LEVELS	ENROLLMENT	AVG. CLASS SIZE
CAROLINE COUNTY	<p><b>THE BENEDICTINE SCHOOL</b> 14299 Benedictine Lane, Ridgely 410-634-2112; <a href="http://benschool.org">benschool.org</a></p>	The Benedictine School is an approved day and residential school, serving students with intellectual disabilities, autism, or multiple disabilities.	1959	Non-Sectarian	Julie Hickey	Ages 5–21	66	5–7
DORCHESTER COUNTY	<p><b>COUNTRYSIDE CHRISTIAN SCHOOL*</b> 5333 Austin Road, Cambridge 410-228-0574</p>	Countryside Christian School is located off of Route 50, and is part of Maryland's BOOST program (Broadening Options and Opportunities for Students Today).	1974	Christian	Beverly Stephens Herbst	PreK–8	40	5
KENT COUNTY	<p><b>CHESTERTOWN CHRISTIAN ACADEMY</b> 401 Morgneq Road, Chestertown 410-778-5855; <a href="http://chestertownchristian.org">chestertownchristian.org</a></p>	Chestertown Christian Academy serves students from Kent, Queen Anne's, and Cecil counties, as well as New Castle County in Delaware.	1979	Baptist	Thomas Hudson	K4–12	200	12
	<p><b>KENT SCHOOL</b> 6788 Wilkins Lane, Chestertown 410-778-4100; <a href="http://kentschool.org">kentschool.org</a></p>	Kent School is an independent day school located along the bank of the Chester River. The school incorporates Chesapeake Bay studies into their curriculum.	1967	Non-Sectarian	Nancy Mugele	PreK–8	155	12
	<p><b>RADCLIFFE CREEK SCHOOL*</b> 201 Talbot Boulevard, Chestertown 410-778-8150; <a href="http://radcliffecreekschool.org">radcliffecreekschool.org</a></p>	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.	1996	Non-Sectarian	Meg Bamford	K–8	73	5
QUEEN ANNE'S COUNTY	<p><b>THE GUNSTON SCHOOL</b> 911 Gunston Road, Centreville 410-758-0620; <a href="http://gunston.org">gunston.org</a></p>	The Gunston School offers an intellectually rigorous, highly personalized, and nurturing college preparatory educational experience.	1911	Non-Sectarian	John A. Lewis, IV	9–12	234	10–12
	<p><b>LIGHTHOUSE CHRISTIAN ACADEMY</b> 931 Love Point Road, Stevensville 410-643-3034; <a href="http://lcaacademy.org">lcaacademy.org</a></p>	Lighthouse Christian Academy serves students on the Eastern Shore from three counties, and focuses on a Classical Christian education curriculum.	2001	Christian	Kathleen Guerra	PreK–8	103	10
	<p><b>SWEET BAY MAGNOLIA ACADEMY AT THE MCARDLE CENTER*</b> 201 Love Point Road, Stevensville 443-249-3368; <a href="http://sweetbayki.com">sweetbayki.com</a></p>	Sweet Bay Magnolia Academy focuses on an individualized way of teaching for children diagnosed with ASD, offering science, technology, engineering, art, and math (STEAM).	2015	Non-Sectarian	Brian Tyler	K–3rd; home instruction 1st–9th grade co-op	10	5
	<p><b>WYE RIVER UPPER SCHOOL</b> 316 South Commerce Street, Centreville 410-758-2922; <a href="http://wyeriverupperschool.org">wyeriverupperschool.org</a></p>	Wye River is an independent school that serves students with learning differences in a small, inclusive environment. Transportation is available at seven locations east and west of the Bay Bridge.	2002	Non-Sectarian	Stephanie Borges Folarin	9–12	50	7–8
TALBOT COUNTY	<p><b>CHESAPEAKE CHRISTIAN SCHOOL</b> 1009 N. Washington Street, Easton 410-822-7600; <a href="http://chesapeakechristian.org">chesapeakechristian.org</a></p>	Chesapeake Christian School is conveniently located near Route 50, and offers a traditional classroom setting with Christian values.	1999	Christian	Deanna Phillips	K4–12	140	15
	<p><b>THE COUNTRY SCHOOL</b> 716 Goldsborough Street, Easton 410-822-1935; <a href="http://countryschool.org">countryschool.org</a></p>	The Country School is an independent, 501(c)(3) nonprofit school located near downtown Easton.	1934	Non-Sectarian	Jean Brune	PreK–8	278	15
	<p><b>SAINTS PETER AND PAUL SCHOOL*</b> 900 High Street, Easton (ES); 1212 S. Washington Street, Easton (HS); 410-822-2251 (ES); 410-822-2275 (HS); <a href="http://sspeaston.org">sspeaston.org</a></p>	Saints Peter and Paul School is a college preparatory school, and is the only Catholic, PreK–12th grade school on the Eastern Shore.	1955	Catholic	Sherrie Connolly (elementary school); James Nemeth (high school)	PreK3–12	322 (ES); 152 (HS)	14 (ES); 13 (HS)
GREATER ANNAPOLIS	<p><b>ANNAPOLIS AREA CHRISTIAN SCHOOL—LOWER (Severn)</b> 61 Gambrills Road, Severn (Annapolis) 710 Ridgely Avenue, Annapolis 410-519-5300; <a href="http://aacsonline.org">aacsonline.org</a></p>	AACS is an accredited K – 12 private, co-ed, school with four campuses in AA county. We provide an excellent, distinctively Christian education.	1971	Christian	Heather Schulte	K–5	241	10-15
	<p><b>ANNAPOLIS AREA CHRISTIAN SCHOOL—MIDDLE</b> 716 Bestgate Road, Annapolis 410-846-3505; <a href="http://aacsonline.org">aacsonline.org</a></p>	AACS is an accredited K – 12 private, co-ed, school with four campuses in AA county. We provide an excellent, distinctively Christian education.	1971	Christian	Mary Jane Murphy and Heather Schulte	6–8	219	10-15
	<p><b>ANNAPOLIS AREA CHRISTIAN SCHOOL—UPPER</b> 109 Burns Crossing Road, Severn 410-846-3507; <a href="http://aacsonline.org">aacsonline.org</a></p>	AACS is an accredited K – 12 private, co-ed, school with four campuses in AA county. We provide an excellent, distinctively Christian education.	1971	Christian	Dr. Cheryl Washington	9-12	377	18-25

	RATIO	TUITION PER YEAR	OPEN HOUSE DATES	EDUCATIONAL ENVIRONMENT	ENTRANCE EXAMS	UNIFORMS	% MINORITY	FINANCIAL ASSISTANCE	AP COURSES	IB COURSES	LANGUAGES TAUGHT	PERFORMANCE/ CREATIVE ARTS OFFERINGS	EXTRACURRICULAR CLUBS	INTERSCHOLASTIC SPORTS	SERVICE/ VOLUNTEER REQUIREMENT
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	3:1	Varies depending on services required	Call for information	Coed	No	Yes	N/A	Yes	0	0	N/A	N/A	Multiple	0	N/A
	5:1	\$4,400/year	Call for information	Coed	No	Yes	N/A	Yes	0	0	Spanish, ASL	Musical and drama programs	N/A	0	N/A
	12:1	\$3,990 (K4-6th); \$4,990 (7th-12th)	Individual Tours provided daily	Coed	Yes (grades 3-12)	Yes	6%	Yes	Yes	Dual enrollment is available	Spanish	3	Varies year to year	Basketball, Volleyball, Soccer, Cheerleading.	10 hours per academic year (grades 9-12)
	7:1	\$7,000/year (PreK 3 and 4); \$16,200/year (K-grade 4); \$17,375/year (grades 5-8)	Call for Information	Coed	Evaluation	Dress code	14%	Yes	0	0	Spanish	3	1	9	N/A
	Ranges from 1:1 to 7:1; (typically 4:1)	\$28,700	Call for Information	Coed	No	Yes	N/A	Yes	0	0	N/A	8 (changes yearly)	6	2	N/A
	9:1	\$26,795/year	January 23rd, April 23rd, November and October Dates TBD	Coed	Yes	Dress code	18%	Yes	21+	0	Spanish	16	18	18	45 hours
	6:1	\$4,200-8,800/year	Call for Information	Coed	Yes	Yes	10%	Yes	0	0	Latin	2	4	2	N/A
	3:1	\$5,000-20,000/year (based on program)	Call for Information	Coed	Yes	No	N/A	Yes	0	0	N/A	0	0	0	N/A
	5:1	\$31,500/year	January 20th, 2022 April 21st, 2022 - 6:00-7:00 p.m.	Coed	No	Dress Code	10%	Yes	0	0	Spanish	8	4	6	70 hours
	15:1	\$5,000/year	Call for Information	Coed	Yes	Yes	20%	No	0	0	Spanish	4	0	6	100 hours
	9:1	PK \$10,275; K \$15,860; 1-8 \$18,390	Check Website	Coed	Yes	Yes	20%	Yes	0	0	Spanish	4	5	6	Not required, but part of curriculum
	13:1 (ES); 7:1 (HS)	\$6,500-\$8,805/year (PreK3-grade 8); \$15,750/year (grades 9-12)	Call for Information	Coed	Yes (HSPT)	Yes	7% (ES); 10% (HS)	Yes	11	0	Spanish, Latin	Art, Music, Choir, Band, Theatre	13 (ES); 32+ (HS)	8 (ES); 15 (HS)	80 hours over four years (grades 9-12)
	11:1	\$13,470 (K5) and 14,220 (1st-5th)/year	Call for Information	Coed	Yes	Yes	35%	Yes	0	0	Spanish	4	2	0	N/A
	11:1	\$16,740/year	Call for Information	Coed	Yes	Yes	35%	Yes	0	0	Spanish, ASL	6	4	5	N/A
	10:1	\$21,270/year	Call for Information	Coed	Yes	Yes	40%	Yes	11	0	Chinese, French, German, Latin, Spanish, ASL, ESL	21	20	15	8 hours per year (encouraged, not required)

# PRIVATE SCHOOL

\*Most recent statistics provided

	DESCRIPTION	YEAR FOUNDED	RELIGIOUS AFFILIATION	PRINCIPAL/HEAD OF SCHOOL	GRADE LEVELS	ENROLLMENT	AVG. CLASS SIZE
<p><b>BOOK OF LIFE ACADEMY*</b> 913 Cedar Park Road, Annapolis 410-263-2600; <a href="http://bookoflifeacademy.com">bookoflifeacademy.com</a></p>	Located in Annapolis, Book of Life offers a Christian education through various daily enrichment programs.	1982	Christian	Rebecca Lemus	K2-5	115	12
<p><b>CALVARY CENTER SCHOOL</b> 301 Rowe Boulevard, Annapolis 410-268-3812; <a href="http://calumc.org/ccs-about">calumc.org/ccs-about</a></p>	Calvary Center School is a preschool for children ages 3 and 4, and also offers extended care options.	1986	Methodist	Claire Zarrilli	PreK	75	12-15
<p><b>CHESAPEAKE MONTESSORI SCHOOL</b> 30 Old Mill Bottom Road North, Annapolis 410-757-4740; <a href="http://chesapeake-montessori.com">chesapeake-montessori.com</a></p>	Chesapeake Montessori is recognized by the Association Montessori Internationale, and focuses on indoor and outdoor learning environments on their 7-acre campus.	1977	Non-Sectarian	Robert Wirts	18 months-8	135	24
<p><b>CHESTERTON ACADEMY OF ANNAPOLIS</b> 31 Rowe Blvd, Annapolis 410-855-3216; <a href="http://chestertonacademyofannapolis.org">chestertonacademyofannapolis.org</a></p>	Chesterton Academy of Annapolis is raising up joyful leaders and saints, educated in the classical tradition and the truths of the Catholic faith. Our rigorous, integrated curriculum unlocks student's potential and prepares them to succeed in college and professional life, and to excel in service of family, of country, and of Christ our Lord.	2018	Non-Sectarian	Lisa Williams	9th-12th	29	10
<p><b>THE HARBOUR SCHOOL AT ANNAPOLIS</b> 1277 Green Holly Drive, Annapolis 410-974-4248; <a href="http://harbourschool.org">harbourschool.org</a></p>	The Harbour School, located in Cape St. Claire, has an individualized way of teaching, and adapts to the students' way of learning.	1982	Non-Sectarian	Linda J. Jacobs	1-12	189	8-10
<p><b>INDIAN CREEK SCHOOL</b> 1130 Anne Chambers Way, Crownsville 410-849-5151; <a href="http://indiancreekschool.org">indiancreekschool.org</a></p>	Indian Creek School is a co-educational college-preparatory school for students in grades Pre-K3 through grade 12, located on a beautiful 114-acre wooded campus, just minutes north of Annapolis. Indian Creek School provides a challenging academic education, with priorities on creating a sense of belonging for all students and opportunities to excel both in and out of the classroom.	1973	Non-Sectarian	Booth Kyle	PreK 3-Grade 12	526	16
<p><b>THE KEY SCHOOL</b> 534 Hillsmere Drive, Annapolis 410-263-9231; <a href="http://keyschool.org">keyschool.org</a></p>	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.	1958	Non-Sectarian	Matthew Nespole	Key-Wee (2.5 years)-12	660	16-18
<p><b>MONTESSORI INTERNATIONAL CHILDREN'S HOUSE</b> 1641 North Winchester Road, Annapolis 410-757-7789; <a href="http://montessorinternational.org">montessorinternational.org</a></p>	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.	1985	Non-Sectarian	Elizabeth Whitaker	18 months-6th grade	150	12-25
<p><b>NAVAL ACADEMY PRIMARY SCHOOL</b> 74 Greenbury Point Road, Annapolis 410-757-3090; <a href="http://napschool.org">napschool.org</a></p>	Naval Academy Primary School is an independent, co-educational school with ties to the U.S. Naval Academy, serving civilian and military families alike.	1949	Non-Sectarian	Robyn M. Green	PreK-5	250	15
<p><b>ROCKBRIDGE ACADEMY</b> 680 Evergreen Road, Crownsville (K-12) 410-923-1171; <a href="http://rockbridge.org">rockbridge.org</a></p>	Celebrating over 25 years as a classical Christian school, Rockbridge Academy is ready to welcome K-12 students into a transformative learning community, where children grow to be the compassionate, thinking leaders of the next generation. Come tour our new campus!	1995	Christian	Roy Griffith	K-12	359	13
<p><b>ST. ANNE'S SCHOOL OF ANNAPOLIS</b> 3112 Arundel on the Bay Road, Annapolis 410-263-8650; <a href="http://stannesschool.org">stannesschool.org</a></p>	Our progressive curriculum is grounded research. We are committed to a holistic education that celebrates each child's uniqueness in an authentic diverse and inclusive community of students. Our families share our vision of delivering a challenging, high-quality academic, social, and emotional program.	1992	Episcopal	Andrea Weiss	Twos-8th grade	320	14
<p><b>SAINTS CONSTANTINE AND HELEN PRESCHOOL</b> 2747 Riva Road, Annapolis 410-573-2078; <a href="http://sschs.school.org">sschs.school.org</a></p>	Our mission is to provide a safe and loving Christian environment where children can grow and develop while being introduced to the Hellenic culture and tradition.	2015	Greek Orthodox	Emily Soeffing	Preschool	37 per day	12-Oct
<p><b>ST. MARTIN'S LUTHERAN SCHOOL OF ANNAPOLIS</b> 1120 Spa Road, Annapolis 410-269-1955; <a href="http://stmartinsonline.org">stmartinsonline.org</a></p>	Saint Martin's Lutheran School provides private, Christian education in a safe, secure and inclusive environment with a focus on small class sizes.	1963	Lutheran	Patrick Kiley	PreK 3-8	140	13
<p><b>ST. MARGARET'S DAY SCHOOL</b> 1605 Pleasant Plains Road, Annapolis 410-757-2333; <a href="http://stmargaretsdayschool.org">stmargaretsdayschool.org</a></p>	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 and is Green Certified through MAEOE	1995	Episcopal	Tricia McVeigh	2 years-K	130	12-20
<p><b>ST. MARY'S ELEMENTARY SCHOOL*</b> 111 Duke of Gloucester Street, Annapolis 410-263-2869; <a href="http://stmarysannapolis.org">stmarysannapolis.org</a></p>	Located in downtown Annapolis, St. Mary's Elementary offers a broad educational curriculum with Christian values to its students.	1862	Catholic	Rebecca Zimmerman	PreK-8	800	28

	RATIO	TUITION PER YEAR	OPEN HOUSE DATES	EDUCATIONAL ENVIRONMENT	ENTRANCE EXAMS	UNIFORMS	% MINORITY	FINANCIAL ASSISTANCE	AP COURSES	IB COURSES	LANGUAGES TAUGHT	PERFORMANCE/ CREATIVE ARTS OFFERINGS	EXTRACURRICULAR CLUBS	INTERSCHOLASTIC SPORTS	SERVICE/ VOLUNTEER REQUIREMENT
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	6:1	\$5,000–6,000/year	Call for Information	Coed	No	Yes	N/A	Yes	0	0	Spanish	Music and Fine Arts	Multiple	0	N/A
	6:1	\$240–600/month	Call for Information	Coed	No	No	N/A	No	0	0	N/A	Music	N/A	0	N/A
	Varies	\$19,960	January 23rd, 2022	Coed	No	No	N/A	Yes	0	0	Spanish	Art and music	Multiple	0	72 hours per year (grades 7 and 8)
	6:1	\$9,900/year	Call for Information	Coed	Yes	Yes	9%	Yes	0	0	Latin and Spanish	Art, Choir, Drama, Debate	Ballroom Dance and Pro Life	Soccer, Track and Field, Ultimate Frisbee	N/A
	2:1	\$41,726/year	Call for Information	Coed	No	Dress code	27%	No	0	0	N/A	Studio art and performing arts	5	4	75 hours for seniors
	7:1	\$15,200–\$28,300/year	February 8th and daily tours by appointment	Coed	Yes	Yes	26%	Yes	21	0	Spanish, Latin, Arabic, Japanese	27+	20+	14	75 hours community service
	6:1	\$9,085–\$31,050/year	Call for Information	Coed	Yes	No	37%	Yes	6 AP; 14 Ad- vanced	0	Arabic, French, Latin, Spanish	24	45	40	N/A
	Varies; 4:1 to 15:1	\$10,000–12,500/year	Call for Information	Coed	No	No	25%	Yes	0	0	Spanish	Music	Varies by year	0	N/A
	9:1 (PreK); 16:1 (K–5th)	\$5,100–11,340/year	Call for Appointment	Coed	No	Yes	12%	Yes	0	0	French	Music and Fine Arts	16	0	N/A
	6:1	\$7,100–16,380/year	January 21st, 7 p.m. and February 21st, 9 a.m.	Coed	Yes	Yes	29%	Yes	Honors level (Upper)	0	Latin, Spanish	25	23	6	Daily service duties and mentoring opportunities
	9:1	\$4,080–22,100/year	Call for Information	Coed	Yes	Yes	33%	Yes (Pre-school–grade 8)	0	0	Spanish	7	11	6	10 hours (grade 8)
	10:1	Half day program \$175–\$390 a week (2-5 days); Full day program \$320–\$765 a week (2-5 days)	Call for Information	Coed	No	Yes	N/A	No	0	0	Greek	Music Classes on Tuesdays	No	No	No
	10:1	\$6,150–13,400/year	January 21st, March 25th	Coed	No	Yes	23%	Yes	0	0	Spanish	4	6	5	Yes (8th Grade)
	5:1	\$2,400–8,100/year	TBA	Coed	No	Optional	5%	Yes	0	0	Spanish	Music Together, ballet, Jump bunch	3–4	Soccer, Bas-ketball, Cheer	N/A
	6:1 (PreK–K); 12:1 (grades 1–3); 15:1 (grades 4–5)	\$8,880/year (Catholic); \$10,206/year (Non-Catholic)	Call for Information	Coed	Kindergarten and middle school math	Yes	N/A	Yes	0	0	Spanish	5	Multiple	4 (MS)	Weekly service projects, community outreach, Saints in action

# PRIVATE SCHOOL

\*Most recent statistics provided

## DESCRIPTION

SEVERNA PARK/PASADENA

### ST. MARY'S HIGH SCHOOL\*

113 Duke of Gloucester Street, Annapolis  
410-263-3294; stmarysadmissions.org

Located next to the elementary school, St. Mary's High is a college preparatory day school that focuses on the traditions of the School Sisters of Notre Dame.

YEAR FOUNDED

RELIGIOUS AFFILIATION

PRINCIPAL/HEAD OF SCHOOL

GRADE LEVELS

ENROLLMENT

AVG. CLASS SIZE

1946

Catholic

Mindi Imes

9-12

507

20

### DIVINE MERCY ACADEMY

8513 St Jane Drive, Pasadena  
410-705-0778; divinemeracy.md

Divine Mercy Academy is an independent private day school in the Catholic tradition for children in Kingergarten through Eighth Grade.

2019

Catholic

Ali Ghaffari

K-8

90

15

### SEVERN SHOOOL-CHESAPEAKE CAMPUS (LOWER)

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

At Severn School, we believe that there are many ways to lead and that every student has the potential to be exceptional. Every day, our teachers model what it means for students to lean into academic challenges, step into personal growth opportunities, and have the tough conversations needed to enact social change. Because when we define leadership by the positive impact we have on others, we become the empathetic, dynamic individuals on which our world depends.

1914

Non-Sectarian

Douglas Lagarde

Pre-school-5

253

14

### SEVERN SCHOOL-TEEL CAMPUS (UPPER)

201 Water Street, Severna Park  
410-647-7700; severnschool.org

At Severn School, we believe that there are many ways to lead and that every student has the potential to be exceptional. Every day, our teachers model what it means for students to lean into academic challenges, step into personal growth opportunities, and have the tough conversations needed to enact social change. Because when we define leadership by the positive impact we have on others, we become the empathetic, dynamic individuals on which our world depends.

1914

Non-Sectarian

Douglas Lagarde

6-12

628

14

### ST. JOHN THE EVANGELIST 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.

1959

Catholic

Casey Buckstaff

PreK-8

520

25

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

375-A Benfield Road, Severna Park  
410-647-7055; stmartinsmd.org

St. Martin's is an independent school with a STEAM-based curriculum, encouraging students to discover their potential while learning with confidence, compassion and character. The school is located on an 8-acre campus, and offers three high school level courses as well as a wide variety of extracurricular programs for all ages.

1957

Episcopal

Charlie Sachs, Interim

Preschool 3s-8

293

16

EDGEWATER

### ST. ANDREW'S DAY SCHOOL

4B Wallace Manor Road, Edgewater  
410-266-0952; standrewsum.org

Saint Andrew's is an independent school located on a 20-acre campus, and offers engaging After School Enrichment Programs.

1985

United Methodist

Mark Wagner

PreK-8

216

15

### THE SUMMIT SCHOOL

664 East Central Avenue, Edgewater  
410-798-0005; thesummitschool.org

The Summit School serves students with dyslexia and other learning differences by employing a multi-sensory teaching approach.

1989

Non-Sectarian

Dr. Joan Mele-McCarthy

1-8

105

Varies

GAMBRILLS/ODENTON

### 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.

1977

Baptist

Pastor John Lacombe

K3-12

181

14

### 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.

2000

Catholic

Nancy Baker

PreK4-8

775

26

SEVERN/GLEN BURNIE/MILLERSVILLE

### ELVATON CHRISTIAN ACADEMY

8422 Elvaton Road, Millersville  
410-647-3224; elvatonacademy.com

Elvaton Christian Academy is a coeducational school located in Millersville.

1995

Christian

Pastor Dallas Bumgarner

PreK2-8

74

12

### ARCHBISHOP SPALDING HIGH SCHOOL

8080 New Cut Road, Severn  
410-969-9105; archbishopspalding.org

Spalding High School was founded by the Archdiocese of Baltimore. It is a college preparatory school that serves students in the greater Annapolis and Baltimore areas.

1966

Catholic

Kathleen K. Mahar

9-12

1,300

24

### CALVARY BAPTIST CHURCH ACADEMY

407 Marley Station Road, Glen Burnie  
410-768-5306 cbcaknights.org

Calvary Baptist Church Academy is a Christian school that has a good balance between teaching Christian principles and having a strong educational base (our students test 1-2 grades higher than national average)

1973

Christian

George Kirychuk, Administrator

K3 & K4 (Pre-school) K5 (Kindergarten) through 12th grade

366

15-18

### GRANITE BAPTIST SCHOOL\*

7823 Oakwood Road, Glen Burnie  
410-761-1118; granitebaptistschool.org

Granite Baptist School was founded as a ministry of Granite Baptist Church, and is located near Route 100 and Route 2.

1975

Baptist

Lou Rossi, Jr.

K3-12

273

Varies

### 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.

1954

Catholic

Alexa L. Cox

Pre-K2-8

475

25

	RATIO	TUITION PER YEAR	OPEN HOUSE DATES	EDUCATIONAL ENVIRONMENT	ENTRANCE EXAMS	UNIFORMS	% MINORITY	FINANCIAL ASSISTANCE	AP COURSES	IB COURSES	LANGUAGES TAUGHT	PERFORMANCE/ CREATIVE ARTS OFFERINGS	EXTRACURRICULAR CLUBS	INTERSCHOLASTIC SPORTS	SERVICE/ VOLUNTEER REQUIREMENT
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	14:1	\$15,306/year (Catholic); \$17,136/year (non-Catholic)	Call for Information	Coed	Yes	Yes	15%	Yes	16	0	Spanish, French, Latin	15	30	19	75 hours
	5:1	\$7,500/year	Call for Information	Coed	N/A	Yes	N/A	Yes	0	0	Latin	Art and Music	Dance and Self Defense	0	25 hours
	10:1	\$22,685/year; PS-K varies	Call for Information	Coed	Yes	Yes	20%	Yes	0	0	Spanish	Multiple	Multiple	0	N/A
	10:1	\$29,260/year	Call for Information	Coed	Yes	Yes	17%	Yes	20	0	French, Spanish, Latin	35+	45+	46 teams	10 hours per year (grades 9-12)
	14:1	\$8,480/year	Call for Information	Coed	No	Yes	11%	Yes	0	0	Spanish	10	26	6	N/A
	9:1	\$3,500-13,500/year	Call for Appointment	Coed	No	Yes	12%	Yes	0	0	Spanish	6	20	5	Yearly class service
	6:1	\$9,395-\$13,675/year	Call for Information on Virtual Open Houses	Coed	No	Yes	N/A	Yes	0	0	Spanish	Music and art	Multiple (After School Enrichment Program)	4	N/A
	4:1	\$33,220/year	Visit our Website	Coed	No	Yes	25%	Yes	0	0	N/A	4	8	6	Yes
	9:1	\$6,695/year	Call for Information	Coed	Yes	Yes	N/A	No	0	0	Spanish	Multiple	Multiple	3	N/A
	16:1	\$8,200/year (Catholic); \$8,950/year (other faiths)	January 29th, 2022	Coed	Yes	Yes	24%	Yes	0	0	Spanish	Music	35+	9	15 hours (grade 8)
	12:1	\$1,575-6,000/year	Call for Information	Coed	Yes	Yes (K-8th)	40%	Limited	0	0	Spanish	Multiple	Multiple	0	N/A
	15:1	\$17,950/year	Call for Information	Coed	Yes	Yes	N/A	Yes	26	IB Diploma School	Spanish, French, Latin	Music, Theatre, Visual Arts	30+	30+	60 hours of community service
	10:1 (Preschool), 15:1 (average K5-12th)	\$6,295 (K5-12th); \$175/week K3&K4	Call for Private Tours	Coed	Yes	Yes	50%	No	0	N/A	Spanish & American Sign Language	Drama, Speech, Arts classes	0	5	N/A
	Varies	\$4,860 - \$6,112/year	Call for Information	Coed	Yes	Yes	N/A	No	0	0	N/A	Multiple	N/A	12; Little Braves (K5-6th)	N/A
	Varies	Pre-K4-8 \$17,900/year (Catholic); \$8,638/year (Non-Catholic); Full-day Pre-K2: \$10,322; Full-day Pre-K3: \$8,962; Half-day Pre-K3: \$3,440; Half-day Pre-K4: \$3,970	Call for Information	Coed	Yes	Yes	37%	Yes	0	0	Spanish (grade 4-8)	10	14	5	12 hours

# PRIVATE SCHOOL

\*Most recent statistics provided

PRINCE GEORGE'S, HOWARD COUNTIES & BEYOND

	DESCRIPTION	YEAR FOUNDED	RELIGIOUS AFFILIATION	PRINCIPAL/HEAD OF SCHOOL	GRADE LEVELS	ENROLLMENT	AVG. CLASS SIZE
<b>ST. PAUL'S LUTHERAN SCHOOL</b> 308 Oak Manor Drive, Glen Burnie 410-766-5790; stpaulsgb.org	Located near Route 100, St. Paul's Lutheran School focuses on a Christian-based curriculum.	1950	Lutheran	John Maxwell	P2-8	325	17
<b>THE BOYS' LATIN SCHOOL OF MARYLAND</b> 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 with boarding available for students in grades 9-12. At Boys' Latin, each and every one of our students is known—for who he is today, and all he will be tomorrow.	1844	Non-Sectarian	Christopher J. Post	K-12	639	13
<b>CALVERT HALL COLLEGE HIGH SCHOOL</b> 8102 LaSalle 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.	1845	Catholic	Charles S. Stembler	9-12	1,170	17
<b>THE CALVERTON SCHOOL*</b> 300 Calverton School Road, Huntingtown 410-535-0216; calvertonschool.org	The Calverton School is an independent school that serves Pre-K3 to 12th-grade day students, as well as 9th-12th grade boarding students. Boarding is available for 5 and 7 days a week. Calverton offers the prestigious International Baccalaureate Diploma Program.	1967	Non-Sectarian	Jamey Hein and Heidi Merryman	Pre-school-12	324	14
<b>DEMATHA CATHOLIC HIGH SCHOOL*</b> 4313 Madison Street, Hyattsville 240-764-2200; dematha.org	DeMatha High School is a college preparatory school for boys that focuses on educating them in the Trinitarian tradition and offers co-curricular programs.	1946	Catholic	Dr. Daniel J. McMahon	9-12	814	19
<b>ELIZABETH SETON HIGH SCHOOL</b> 5715 Emerson Street, Bladensburg 301-864-4532; setonhs.org	Elizabeth Seton High School is an all-girls, college preparatory school, and is affiliated with the Archdiocese of Washington.	1959	Catholic	Dr. Lisa Grillo	9-12	587	19
<b>HOLY TRINITY EPISCOPAL DAY SCHOOL*</b> Primary School—13106 Annapolis Road, Bowie; 301-262-5355; htrinity.org The Daisy Lane School and High School Prep—1902 Daisy Lane, Glenn Dale 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 kindergarden and grades 5-8.	1963	Episcopal	Michael S. Mullin	PreK-8	460+	15 (Pre); 20 (K-grade 4); 21 (grades 5-8)
<b>GLENELG COUNTRY SCHOOL</b> 12793 Folly Quarter Road, Ellicott City 410-531-8600; glenelg.org	No matter when students start their journey at Glenelg Country School, they discover an abiding sense of self, a deep appreciation for community, and a shared understanding of purpose. Small classes, passionate teachers, and opportunities for growth keep our students engaged from age 2 through grade 12.	1954	Non-Sectarian	Matt Walsh	Ages 2 through Grade 12	800	13
<b>MOUNT DE SALES ACADEMY</b> 700 Academy Road, Catonsville 410-744-8498; mountdesalesacademy.org	Mount de Sales Academy forms young women through a Catholic college preparatory education that nurtures the whole person and promotes academic excellence, lifelong learning, moral responsibility, service to others, and the dignity of the human person.	1852	Catholic	Sister Mary Raymond Thye, O.P.	9th-12th	483	16
<b>MOUNT ST. JOSEPH HIGH SCHOOL</b> 4403 Frederick Avenue, Baltimore 410-644-3300; msjnet.edu	Mount Saint Joseph High School is a Catholic college preparatory school for boys sponsored by the Xaverian Brothers.	1876	Catholic	Francisco Espinosa	9th-12th	854	20
<b>NOTRE DAME PREPARATORY SCHOOL</b> 815 Hampton Lane, Towson 410-825-6202; notredameprep.com	Notre Dame Prep was founded by the School Sisters of Notre Dame. It is a college preparatory school for girls, located in Towson.	1873	Catholic	Sister Patricia McCarron, SSND, PhD	6-12	800	19
<b>ST. AUGUSTINE SCHOOL*</b> 5990 Old Washington Road, Elkridge 410-796-3040; staug-md.org	St. Augustine School is affiliated with the School Sisters of Notre Dame, and is located on the edge of Howard and Anne Arundel counties.	1857	Catholic	Joseph Miller	PreK3-8	265	25
<b>ST. PHILIP NERI SCHOOL</b> 6401 S. Orchard Road, Linthicum Heights 410-859-1212; st.philip-neri.org	St. Philip Neri School is part of the Archdiocese of Baltimore, and is located on a 15-acre campus in northern Anne Arundel County.	1965	Catholic	Kate Daley	PreK-8	460	22
<b>ST. VINCENT PALLOTTI HIGH SCHOOL</b> 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.	1921	Catholic	Jeffrey Palumbo	9-12	450	17
<b>OLDFIELDS SCHOOL*</b> 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	1867	Non-Sectarian	David G Perfield	8-12	100	8

	RATIO	TUITION PER YEAR	OPEN HOUSE DATES	EDUCATIONAL ENVIRONMENT	ENTRANCE EXAMS	UNIFORMS	% MINORITY	FINANCIAL ASSISTANCE	AP COURSES	IB COURSES	LANGUAGES TAUGHT	PERFORMANCE/ CREATIVE ARTS OFFERINGS	EXTRACURRICULAR CLUBS	INTERSCHOLASTIC SPORTS	SERVICE/ VOLUNTEER REQUIREMENT
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	20:1	\$2,139–8,782/year	Call for Tour	Coed	Yes	Yes	25%	Yes	0	0	Spanish	4	5	5	N/A
	7:1	\$22,800–\$32,800/year, boarding \$48,500	Visit <a href="http://boystlatinmd.com/visit">boystlatinmd.com/visit</a>	Boys	Yes	Dress code	30%	Yes	15	0	Latin, Spanish, French	15	35+	14	40 hours
	11:1	\$17,575	Call for Information	Boys	Yes (HSPT)	Yes (9–12)	20%	Yes	27	0	Latin, French, German, Spanish	32	60+	40	Varies
	7:1	\$7,000–35,000/year	Call for Information	Coed	Yes	Yes	41%	Yes	0	14	French, Spanish, German	Multiple	Multiple	10	Yes
	12:1	\$19,750/year	Call for Information	Boys	Yes (HSPT)	Yes	N/A	Yes	22	0	French, Spanish, Latin, German, Mandarin Chinese	30	28	14	55 hours
	14:1	\$16,750/year	Visit Our Website	Girls	Yes (HSPT)	Yes	81%	Yes	15	0	Spanish, French, Latin, ASL	17	31	23	Varies per year
	Varies	\$11,525 (364 yrs old) \$12,725 (K) \$11,975 (Grades 1–4) \$13,705 (Grades 5–8)	Call for Personal Tours	Coed	Yes	Yes	N/A	Yes	0	0	Spanish	Multiple	Multiple	6 (Grades 5–8)	15 hours/year (7.5 hours for single-parent families)
	7:1	\$11,735–\$31,330	Call for information	Coed	Yes	Yes	52%	Yes	22	N/A	Chinese, French, Latin, Spanish	Yes	36	22	25 hours per year (grades 9–12)
	10:4	\$15,850	November 6th, 2022	Girls	Yes	Yes	25%	Yes	13	0	Spanish, French, Latin	20	27	21	12–23 hours
	10:1	\$16,750	Call for information	Boys	Yes	Yes	31%	Yes	20	0	Spanish, French, Italian, Latin	20	50+	17	60 hours
	9:1	\$21,250/year	Call for information	Girls	Yes; ISEE (MS), HSPT (HS)	Yes	21%	Yes	24	0	Spanish, French, Chinese	Fine & digital art, chorus, orchestra, band, drama, digital media, and more	50+ (UP); 12+ (ML)	5	20 hours a year starting sophomore year
	13:1	\$7,300/year K–8th; \$4,380 Preschool 3 day Program; \$7,300 Preschool 5 day program	Call for information	Coed	Yes	Yes	N/A	Yes	0	0	Spanish	Multiple	Multiple	4	N/A
	24:3 (PreK); 22:1 (K–grade 8)	\$6,500/year	Call for information	Coed	Yes	Yes	30%	Yes	0	0	Spanish, Latin	school chorus, drama club Jr., school musical	10	2	20 hours per family
	12:1	\$16,975–18,000/year	Call for information	Coed	Yes (HSPT)	Yes	N/A	Yes	20+	0	Spanish, French, Mandarin	20+	20+	20+	80 hours over 4 years
	5:1	\$33,800	Call for information	Girls	Yes	No	32%	Yes	13	0	French, Mandarin, Spanish	20+	20+	12	80 hours required



# LEADERS IN EDUCATION



## CAMPUS NOTES

**Number of  
Academic Classes:** 7

**Classroom Size:**  
64,000 square miles

**Length:** 15 weeks

**Field Study:**  
5 weeks

**Grades:** 11 and 12

**Tuition:** \$18,898  
(semi-residential)

# CHESAPEAKE WATERSHED SEMESTER

911 Gunston Road | Centreville, MD 21617 | 410.758.0620 | [www.chesapeakewatershedsemester.org](http://www.chesapeakewatershedsemester.org)

Established in 2015, the Chesapeake Watershed Semester at the Gunston School is a single-semester, place-based academic program for high school juniors and seniors. The 15-week experience takes students across the Chesapeake Bay watershed to complete real-world research, discover solutions to environmental problems, and network with national leaders. Their interactions with lawmakers, scientists, farmers, and fishermen give them a 360-degree understanding of emerging issues in a changing world.

Students leave the Chesapeake Watershed Semester with a better understanding of their role in society, their place in the environment, and the path forward in their education and careers. As 2018 alum Katie Schiwy said, "The most important thing I've learned this semester is something I can take with me

wherever I go - 'I can do it' ... I kept that mindset with me, through every assignment, through every expedition, and at the end of it all, a semester later, I know I can do it, whatever it will be, from here on out."

Enrollment at the Gunston School is not a requirement of the program and all interested rising juniors and seniors are invited to apply.



**13**  
Average  
Class Size

**1:6**  
Faculty to  
student ratio





## CAMPUS NOTES

**Year Founded:** 1911

**Religious Affiliation:**  
Non-Sectarian

**Head of School:**  
John A. Lewis, IV

**Grades:** 9-12

**2021 - 2022**

**Enrollment:** 234

**2021-2022 Tuition:**  
\$26,795

**Educational Environment:**  
Co-ed

**Entrance Exams:** No

**Uniforms:** Dress Code

**% Minority:** 18%

**Financial Assistance:**  
Yes

**Interscholastic Sports:**  
18

**Languages Taught:**  
Spanish

**Performance/Creative Arts Offerings:** 16

**Extracurricular Activities:** 18

**In-Person Open Houses**

January 23 2022,  
April 23, 2022, October  
& November dates TBD

# THE GUNSTON SCHOOL

911 Gunston Road | PO Box 200 | Centreville, MD 21617 | [gunston.org](http://gunston.org)  
Instagram & Facebook @gunstonschool | 410-758-0620

The Gunston School offers an intellectually rigorous, highly personalized, and nurturing college preparatory educational experience.



Established in 1911, the Gunston School is uniquely situated on 35 acres along the Corsica River and provides students with a personalized and rigorous academic experience, a strong sense of community, a focus on the balanced development of mind, body, and spirit, and an innovative curricular emphasis on global and environmental leadership. Gunston draws its student population from eight Maryland and Delaware counties as well as internationally from at least four countries.

Programs of note include Gunston's nationally-recognized environmental programs including Bay Studies and the study of climate science (a graduation requirement), and the fully accredited Chesapeake Watershed Semester (CWS), a single-semester, place-based academic program that cultivates students leaders who can promote regional and global environmental sustainability through their understanding of scientific, social, cultural, and political systems. The program is open to any juniors and seniors from any school.

Other programs include a nationally competitive robotics and rocketry team, and a popular arts program that features a pottery studio, wood sculpture, performing arts, and more. Additionally, various student leadership programs begin from day one at orientation and continue through all four years.

Gunston offers 18 sports teams including sailing, crew, cross country, golf, volleyball, and triathlon, among others. The school day ends at 4:30 p.m. which includes athletics, so no late bus is needed. Gunston offers transportation from Annapolis, Severna Park, Chestertown, Church Hill, Easton, Galena, Grasonville & Kent Island; Dover & Middletown (DE).

Personal tours and shadow days are available by appointment with in-person open houses held annual in January, April, October and November.



During Gunston's embarkation ceremony, students and faculty line the hill leading to the waterfront to greet newcomers to the community, who arrive by boat.



Evie Hagan '23 during Chesapeake Watershed Semester.



Autumn Watson '23 and Damian Rene '23 in computer science.



**10-12**

Average  
Class Size

**9:1**

Student to  
teacher ratio

**100%**

of graduates  
accepted to college

**21+**

Advanced Placement  
classes available



## CAMPUS NOTES

**Year Founded:** 1844

**Religious Affiliation:**  
Non-sectarian

**Headmaster:**  
Chris Post

**Grades:**  
K-12, Boarding 9-12

**2021 - 2022**  
**Enrollment:** 635

**2021 - 2022 Day**  
**School Tuition:**  
\$22,800 - \$32,800

**2021-2022**  
**Boarding Tuition:**  
\$48,500

# THE BOYS' LATIN SCHOOL OF MARYLAND

822 W Lake Ave, Baltimore, MD 21210 | 410.377.5192 | boyslatinmd.com

**F**ounded in 1844, The Boys' Latin School of Maryland is an all-boys independent school serving boys in grades K-12, with boarding available in grades 9-12. At Boys' Latin, each and every one of our students is known -- for who he is today, and all he will be tomorrow. Our K-12 family is small by design because nearly two centuries of all-boys education has taught us that a close community builds a foundation of confidence. Of compassion. Of curiosity. And of character.

During the past eighteen months, we learned something big: The true power of our small School. When the world changed, we were ready. We adapted and remained flexible to ensure that our boys were receiving a top-notch education and remained connected. Today, our boys engage in hands-on learning, participate in extracurricular activities, perform in shows, play musical instruments, compete in athletics, and so much more. Because even through the most complex of times, we always put the

needs of our students first -- ensuring they continue to learn, grow and thrive.

This year, we welcomed our inaugural boarding class to Boys' Latin. Designed from the ground up, our boarding curriculum incorporates the latest innovations in both residential and all-boys education and mirrors our day program - small and exceptional. We have witnessed how quickly our boarding students have integrated into our community, and we can't wait to watch this program continue to grow. Go to [boyslatinmd.com/boarding](http://boyslatinmd.com/boarding) to learn more.



**13**  
Average  
Class Size

**7:1**  
Student to  
teacher ratio



## CAMPUS NOTES

**Grades:**  
PreK-8

**2021-2022 Tuition:**

**Pre-K**  
\$10,275

**Kindergarten**  
\$15,860

**Grades 1-8**  
\$18,390

**2021-2022**  
**Enrollment:** 294

# THE COUNTRY SCHOOL

716 Goldsborough St, Easton, MD 21601 | 410.822.1935 | countryschool.org

**W**hat makes The Country School what it is lies in our ethos: **Do your best always.**

From citizenship to academics, we expect this mantra to inform everything our students do. They are held to the high standard of our 9 Core Values (honesty, respect, responsibility, compassion, generosity, commitment, cooperation, kindness, and moral courage) and, with an average class size of 14, our teachers know every one of their students well and differentiate instruction strategically to bring out the best in them.

Country School students are part of a small, nurturing, tight-knit community where they feel "seen" and rise to meet the expectations set before them. When our students see our teachers doing their best always, they simply follow suit.

Learn more about us at [countryschool.org](http://countryschool.org) and schedule a tour with our Admissions Director: Annie Hasselgren, [ahasselgren@countryschool.org](mailto:ahasselgren@countryschool.org), 410-822-1935 x130. Carnival for PK and K students 4/9.



**16**  
Average  
Class Size

**9:1**  
Student to  
Teacher Ratio





## CAMPUS NOTES

### Grades:

Kindergarten – 8

### 2021-2022 Tuition:

\$28,700

### 2021-2022

**Enrollment:** 70 students

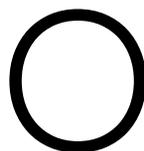
### Tuition Assistance

awarded to over 60% of families!

**Discover.  
Create.  
Thrive.**

# RADCLIFFE CREEK SCHOOL

201 Talbot Blvd Suite A, Chestertown, MD 21620 | 410-778-8150 | radcliffecreekschool.org



**Overview:** Radcliffe Creek School is a co-ed independent school for non-traditional learners. With small class sizes and customized learning plans in a caring, connected environment, every child who attends Radcliffe thrives. Students identified with learning differences like dyslexia, ADHD, and anxiety blossom in our school. Radcliffe Creek School is located in Chestertown, MD and serves students from Talbot, Kent, Queen Anne's, Anne Arundel, Prince George's, and Caroline Counties in Maryland, as well as areas of Delaware thanks to a robust busing service.

**Mission:** Radcliffe Creek School's mission is to empower children in a dynamic environment that utilizes a strength-based approach and celebrates unique learning. The school creates an environment where learning goes hand-in-hand with academic success and improved self-awareness. Radcliffe Creek School believes that as each student develops a positive belief about oneself, he or she is able to engage in the learning process and therefore become an independent learner.



**100%**

attend their first high school choice!

**5:1**

Student to Teacher Ratio based on individual student need, speech and language services available



## CAMPUS NOTES

### Religious Affiliation:

Catholic

### Grades:

PreK-12

### 2021-2022 Tuition:

#### High School

\$15,750

#### Elementary School

\$8,805

PreK: \$6,500

# SAINTS PETER & PAUL ELEMENTARY AND HIGH SCHOOL

ES - 900 High Street, Easton MD 21601 | 410.822.2251 | es.ssppeaston.org

HS - 1212 S. Washington Street, Easton MD 21601 | 410.822.2275 | hs.ssppeaston.org

## TWO CAMPUSES - ONE SCHOOL - ONE MISSION!

**F**rom PreK3 through Grade 12, Saints Peter & Paul educates the mind, strengthens the body, and nurtures the spirit in a faith-based environment rich in the Catholic tradition, transforming students into young adults who think critically, creatively, and globally.

The elementary program includes individualized learning, integrated STEM, music, and Spanish. Our college preparatory high school offers 100+ courses, including an Honors Program, Advanced Placement, and global learning. Emphasizing critical thinking, independent and collaborative learning, Saints Peter & Paul students are well prepared for the challenges of higher education.

There are student life opportunities for every grade level, a robust athletic program that includes cross country, sailing, and ice hockey. With over 30 clubs and leadership activities, Sabre students have opportunities to get involved, participate, and make a difference.

Rooted in the Catholic tradition, Saints Peter & Paul encourages students of all denominations to grow in their faith through prayer, retreats, and service. Small class sizes, a dedicated and caring faculty, rigorous academics, diversity of student life, and a commitment to service are the hallmarks of a Saints Peter & Paul education.



**\$136,252**

Average Scholarships  
Per Graduate

**14 (HS)  
16 (ES)**

Average  
Class Size



*Ad Astra Per Aspera - To The Stars From The Ashes*



Offices in Queenstown, MD and Annapolis, MD  
Larissa Costello and Mark Youngs  
costello@adastrawealth.com  
(410) 903-9455  
www.adastrawealth.com

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READERS'  
PHOTO CONTEST



## SUMMER FLASHBACK



Calling all shutterbugs! What's Up? Media wants to showcase your photography skills in an upcoming magazine. It might be winter, but we're already reminiscing and looking forward to summer! Now's the perfect time to scroll through your photos and send us your best summer shots from summers past. We're looking for fun in the sun, nature, kids, family, outdoor adventures, dining; whatever shouts summer to you!

Please submit your photo(s)  
at the online form found at:  
[Whatsupmag.com/photocontest](https://Whatsupmag.com/photocontest)

Entries will be accepted through **February 28th** and posted to an online gallery where you can vote for your favorites. Winners and chosen favorites (by you and our staff) will be showcased in the July 2022 issues of *What's Up? Annapolis*, *What's Up? Eastern Shore*, and *What's Up? Central Maryland*. And maybe even on the cover!





# Your Financial Checklist for 2022

Spending, saving, investing, and tax tips for the year ahead

What a strange, stressful, unpredictable past couple of years we've had. Just as many people are adopting wellness habits that will continue to keep them feeling their best in a post-pandemic world, many people are also adopting healthier financial habits that will help them make the most of their money, avoid debt, and live prosperously no matter what surprises they face.

Whether you're a seasoned investor or you're just starting to set money aside in a savings account, there's always going to be that element of *what if*? What if the market takes a downward turn? What if I find myself in an expensive emergency? What if my income is a comfortable amount for the first time in memory?

Coming up with a savings and investing plan isn't a one-size-fits-all practice—instead, you need to create one that's uniquely suited to your resources and your goals. But there are certain parameters you should keep in mind if you're resolving to make the year ahead your most lucrative yet.

## New Year, New Habits

If you're committed to making a money-related new year's resolution, let it be a combination of setting aside savings and paying down your debt. These two actions are crucial to good financial well-being, but far too few individuals adhere to them.

"Saving is critical," says Ann Alsina with CovingtonAlsina. "The average American can't meet an unexpected \$400 expense. Having savings on hand is both offense and defense. When life happens, your savings keeps things running."

But savings are about more than simply having money on hand to handle unexpected problems life throws your way. Having a little bit extra set aside will mean you have discretionary money you can put into financial opportunities that arise—thus, you're making better use of your money.

“Financial planning makes a big switch when you shift from accumulation to distribution—going from saving to spending,” Alsina says. “The way we invest is completely different. Our insurance needs change as well. When you’re younger, disability and life insurance play a big role. As we age, long-term care insurance and umbrella policies to protect our assets become a priority.”

How much should the average person have set aside? Leaders in the industry recommend having enough to cover three months’ of living expenses at the very least, though as much as six months’ worth is preferable. These savings can be cash in the bank, investments, or some combination thereof.

The other important move is to pay down your debt, particularly credit card debt. Because debt incurs interest, you are losing more money over the time you take to pay it off. Credit card debt is especially bad because, unlike assets that appreciate over time, such as your home or your car, this kind of debt doesn’t actually hold any value to you.

Once you’ve tackled saving money and paying off debt, you have a good start, according to Larissa Costello with Ad Astra Wealth Management. “Beyond that, always start with a financial plan,” she says. “Review the plan periodically. Do not lose sight of your goals.”

## What to Expect from 2022

You wouldn’t be wrong to be a little pessimistic about the market in 2022. After all, effects from the COVID-19 pandemic continue to linger in nearly every industry, and the economy has been slow to recover.

You might have noticed that the prices of many goods increased over the course of the pandemic. With so many countries going into lockdown, along with any businesses based in them, output decreased and products became in short supply.

Unfortunately, demand for those products stayed the same—or, in some cases, increased. With smaller supply and greater demand, prices increase. And when there’s more money going after fewer goods, inflation results.

“People will pay a premium to get something now, rather than wait,” Alsina says. “We’re also starting to see wages increase as people have been reluctant to return to work after the shutdown.”

Although grocery stores are fully stocked with toilet paper and bread again, the effects of shutdowns continue. “Almost two years later, we are still dealing with the short supply and difficulty finding workers to fill the needs,” Costello explains. “History has taught us that prices rise much faster than they come down.”

These higher prices aren’t felt the same by everyone. Consumers with fixed incomes, such as retirees, or those with lower incomes feel the burden of expense much more than people with a greater discretionary spending budget. Somebody without a financial plan or without the ability to wait for a market rebound might have gotten rid of their assets early in the pandemic and lost money; however, others who kept their assets saw, as Costello puts it, “a serious increase in their investments in nearly every market.”

Despite this, experts see reason for optimism, even if it’s impossible to say for certain. Alsina notes that some economists are predicting a positive year for the market—a bit of a surprise given the rising concern of looming inflation.

The more important thing to consider is what you can afford to do in the longer term. If you invest in assets you can hold onto for long enough for them to appreciate, you’ll come out on top whether any one year is a bull market or a bear.

“Experience has taught us that, short term, the market will rise and fall,” Costello says. “Often without any real explanation. No matter how smart the analyst is, being able to predict with any consistency what the indexes will do short term is a fool’s game.”





Longer term, those who can wait out the volatility find they win. Hence the need for financial plans and emergency funds.”

For anyone looking to plan investments in 2022, Costello recommends they create a mix of assets that are appropriate for their unique needs. These will be determined by factors like age, risk tolerance, time frame, and liquidity needs.

“Trying to find that one investment that is going to blow the doors off is the surest way to lose money,” Costello says. The “meme stock” craze of 2021, ignited by the Reddit forum “r/wallstreetbets” and fueled by speculation around several select stocks, most notably GameStop and AMC, is a perfect example of high risk/reward that, ultimately, lost money for a large percentage of new investors. “Remember no one brags about the 10 investments that lost money, only the one that went up.”

## Changes You Should Know About

If you’ve had some trouble following the tax changes and other legislation throughout 2020 and 2021, you’re not alone. But as you’re preparing your taxes for the April 15, 2022, deadline, there are still a few important notes you should keep in mind.

Most notably, there are still some taxpayers who are entitled to the third stimulus payment, which was issued in March 2021, but did not receive it. Michelle Crislip of Integrity Tax and Small Business Solutions explains that this is a 2021 stimulus payment and can be requested on your 2021 tax return. Additionally, business meals are 100 percent tax deductible this year, as opposed to years past when they were only 50 percent deductible.

Then there’s the child tax credit. “Taxpayers who are receiving the monthly advance on the child tax credit need to be aware that it is an advance of their 2021 child tax credit,” Crislip says.

“Anyone who has received the monthly payments will need to know the amount received when preparing their 2021 tax return. This is an advance of their child tax credit and will therefore reduce the amount still owed to them with the filing of their tax return. This may result in a smaller refund since they already received some of the credit.”

## Making Your Checklist

*If this info makes you feel more confident about your finances as you head into 2022 — great! Now the only thing left is to put together your to-do list. And while your to-do list won’t be exactly the same as somebody else’s, here are a few important items you should consider including:*



**REVIEW YOUR 2021 BANK STATEMENTS:** This will help you assess where you’re losing money unnecessarily, such as overdraft charges, withdrawal fees, late payment charges, or interest. Evaluate how you can avoid certain fees—some charges might even be able to be waived by your bank.



**REVIEW YOUR 2021 EXPENDITURES:** In other words, where are you spending your money? When you take a critical look at your past expenditures, it can help you assess how much useless spending you’re engaging in and how you can apply that toward savings or investing so it can help you reach your financial goals in the long term.



**PLAN YOUR 2022 EXPENDITURES:** Saving is easier when you have a budget, and the first step to creating an annual budget is to figure out exactly what big spending you have to do. Additionally, this will help you figure out which of your expenditures have long-term value.



**ANALYZE YOUR SAVINGS OPPORTUNITIES:** If reviewing or planning your expenditures helps you realize you potentially have excess money to set aside, figure out which options are best for your needs. Some of it can go aside in a savings account, but you might want to put other dollars towards stocks, bonds, or mutual funds.



**CONSIDER FUND DIVERSIFICATION:** You know the expression “Don’t put all your eggs in one basket”? That applies here. When you have a diverse portfolio of investments, you minimize your risk of loss. If one investment turns out to be bad, you still have money in other investments (and you can afford to wait patiently to see whether the depreciated investment improves).



**CONSULT THE RIGHT PROFESSIONALS:** Not all financial professionals do the same thing, and you should see out the one that best fits your needs. A CPA, or certified personal accountant, works to help you minimize your tax liability. They are not the same as a financial planner, who helps provide guidance and advice on investment strategy.



UNPACKING

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THE MYSTERY OF

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# Critical Race Theory

What exactly are the tenets of this social  
theory and how has or hasn't it been  
incorporated into our education systems?

BY YVETTE N. A. PAPPOE

In the last several months, critical race theory—a 40-something-year old academic theory that was once obscure and exclusive to legal academia—has made rounds on national news shows, school board and community meetings, and even around dinner tables across the country.

*In a November 2021 survey of this publication's readership, we specifically asked three questions:*

- Do you know what critical race theory is and if so, please explain?
- Do you believe it is being taught in our public-school systems?
- Do you agree, or not, with the basic tenets of the theory?

The responses were telling about the general public's perception of critical race theory. The range of responses can be found in the sidebar across from this page. →

## THIS BEGS THE QUESTION: WHAT EXACTLY IS CRITICAL RACE THEORY?

Critical race theory (CRT) is an academic theoretical approach to studying law. It examines the relationship between law, race, and racism. Specifically, it is a practice or approach that provides language and a lens for examining racism at institutional and structural levels.

Underlying this is the premise that racism is endemic to American society and that racial supremacist ideals (particularly white supremacy) and practices should be dismantled. The theory was born after the Civil Rights Movement and began in legal studies in the 1970s, spearheaded by the late Derrick Bell, Harvard University's first Black tenured law professor, to address what he saw as shortcomings in understanding how discrimination and inequity are perpetuated in the law.



# “IT IS NOT A STUDY OF INHERENT QUALITIES OF RACE. IT IS NOT SAYING THAT PEOPLE ARE RACIST BY NATURE OF THEIR GENETICS.”

Following Bell's lead, a group of legal scholars—Mari Matsuda, Charles R. Lawrence III, Richard Delgado, and Kimberlé Crenshaw—published a ground-breaking book on the theory, *Words That Wound: Critical Race Theory, Assaultive Speech, and the First Amendment*, in 1993, further cementing the concept.

CRT grew from Critical Legal Studies (CLS), which itself argued that the law was not objective or apolitical. CLS' objective is to understand the ways that law makes racial discrimination appear to be inevitable; that makes racial disparities appear *just to be there* rather than the product of policies, practices, of structures. CRT looks at the way in which law facilitates racism, the way in which racism is embedded in the law itself, and proposes solutions for eradicating racism in our society while acknowledging and challenging the law's role in creating both race and racism.

Foundational questions that underlie CRT and the law include: how does the law construct race?; how has the law protected racism and upheld racial hierarchies?; how does the law reproduce racial inequality?; and how can the law be used to dismantle race, racism, and racial inequality?

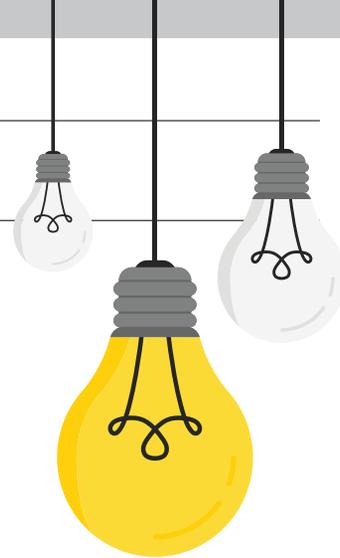
What CRT is *not*, is the idea that all white people are racist. CRT does not attribute racism to white people as individuals or even to entire groups of people. “It is not a study of inherent qualities of race. It is not saying that people are racist by nature of their genetics. It is not saying that there is even race by nature of genetics,” says one of the leading CRT scholars Kimberlé Crenshaw.

A July 2021 national opinion survey conducted by Reuters found that 57 percent of adults said they were not familiar with the term critical race theory. Those who said they were familiar with it answered follow-up questions that revealed otherwise. For instance, 22 percent of those who said they were familiar with critical race theory also think it is taught in most public high schools. It is *not*. Thirty-three percent believe it “says that white people are inherently bad or evil” or that “discriminating against white people is the only way to achieve equality.” It does *not*. Rather, CRT simply assumes racial supremacy is bad in all forms, regardless of how and where it appears, or who is exercising it. In other words, teaching young people about race and racism is not synonymous with teaching them critical race theory.

## WHAT'S ALL THE FUSS ABOUT?

With that backdrop, it is difficult to conceptualize how this could possibly have become so controversial. To be sure, resistance to critical race theory is not novel. However, it has taken over headlines in recent times in the wake of the national protests and social justice movement that began in mid-2020. After the

# Critical Race Theory, In Your Words



In a recent edition of our weekly Feedback Friday reader survey, we asked: (1) Do you know of Critical Race Theory?; (2) Do you believe it is being taught in our public-school systems?; and (3) Do you agree, or not, with the basic tenets of the theory?

## Here's what you said:

The names of many of these movements and talking points are not clear. BLM, Defund, critical race theory. They leave much to the imagination and are not clear on exactly what they stand for. We need some simple slogans and wording so that people can understand what is fundamentally behind them. And I'm not completely clear in what any of them mean; and I've even researched. —**Lee Norwood, Severna Park**

Don't know who is teaching it, but certainly every American needs to be provided the data showing that one piece of racism and our failure to achieve social justice lies in the area on inequality under the very law that purports to be blind to appearance. The idea is right, but the application of blind justice is nonexistent. —**Carol Chisholm, St. Michaels**

Critical race theory is being taught, but I guess the educators don't want to call it that. For them, it is all about equity where the government wants to determine the outcome for selective "oppressed" groups, rather than equality where everyone has an equal opportunity to achieve success. In addition to their teachings about race, our students are asked to sexually identify as something and what pronoun they want to be used to describe them and to question their sexual identity. No wonder kids are confused. —**Julia Jones, Edgewater**

Personally, I believe objections to Critical Race Theory (CRT) is a continuation of beliefs by many that America's identity is eroding. What is puzzling is that any state's action to ban its teaching can only apply to public sector schools. Private schools may choose to include the theory in its curriculum. Moderate religious groups may discuss the theory. What do anti-CRT people think will happen when a private school student talks about CRT with a friend who attends public school? —**Michael Alexander, Annapolis**

CRT is an analytic concept taught in higher education, college, and graduate schools. It is not part of any public-school curriculum. The concept of CRT is that race has always played a part in the development of the American nation. From the obvious evils of slavery to Jim Crow and other overt policies to less visible things like restricting loans to non-white peoples and businesses, red-lining in urban and suburban development, and the restriction of voting rights and access across the country.

As a former university and public school history teacher, I made it a point to challenge the minds of my students to see issues and events in context but also to see the short and long term effects of said issues and events. Historically, there are many things that have more than one viewpoint, as when the U.S. Constitution states, "We the People," what does "people" mean?

Racial discrimination is not an issue of the past. The success of the Civil Rights movement was a major step towards equality but not the end. One need only look at recent events in streets all over the country to conclude that America is a work in progress, and we have a long way to

go. Discussing Critical Race Theory is a vital part of that process. —**John Ebley, Arnold**

As usual, a fairly straightforward exploratory subject has been blown out of proportion so far that the issue has become unrecognizable. What is, in my opinion, a legitimate effort to develop critical thinking skills regarding the state of race in this country is now a political cruise missile. I know from experience as a teacher that kids are eager to think deeply, but I also know from experience that parents do not generally want kids with critical thinking skills. Further, I know from social and personal experience that, simply put, the deck is stacked against my black friends and neighbors. It is only deniable if you don't spend reflective time with black people, and then get all your information about this issue from dumbed-down media, social or otherwise. —**Lawrence Wood, Williamsburg**

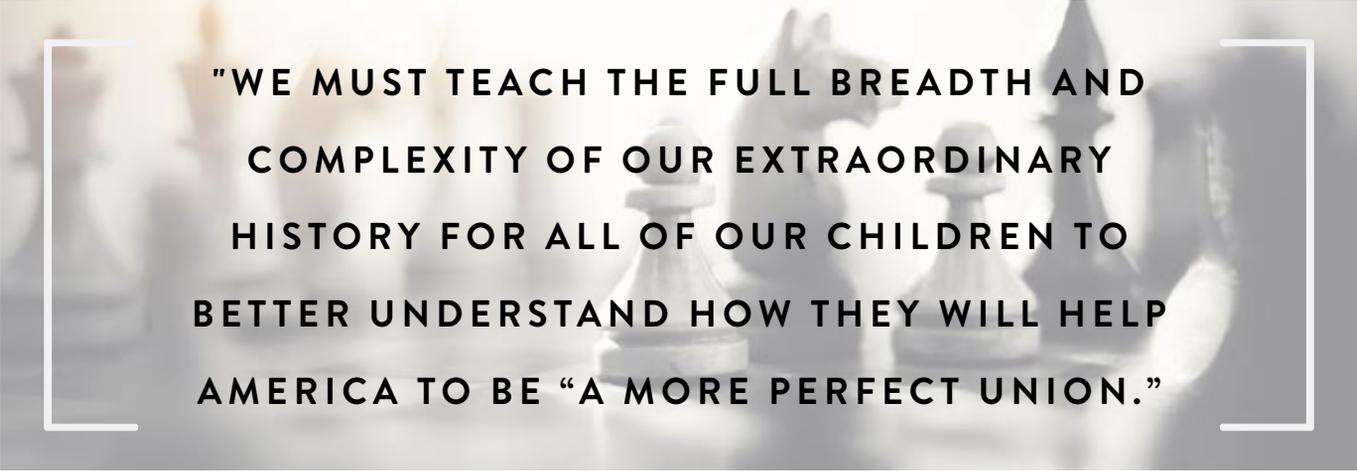
I do not know what Critical Race Theory teaches but I do believe it's important for students at the high school level to understand the background of race as a part of American history. —**Leslie Price, Annapolis**

The central tenet of CRT is that race was embedded into American society from the very beginning and that's it's still an issue today. I don't think it's being taught, but I think it should be—hey, the early settlers enslaved both indigenous persons as well as black Africans (but not whites), and even as recently as the 1930s redlining, a federal policy, kept blacks from becoming homeowners. Today, we see the voting rights of non-whites being threatened in a broad swath of states. Institutionalized racism has certainly contributed to the private individual racism

that we see and that the black, Latino, and Asian communities experience. Ignoring racism is no way to address the problems of racism. Just as kids can be taught at an early age to be racist, they can be taught not to be racist. —**Marc Knapp, Annapolis**

I don't believe I have heard of this and I'm kind of shocked because I do watch the 5 a.m. news to 7 a.m. and, again, I watch the 5 p.m. news until 6:30 p.m. I do not have a child in school and the last time my son was in school it was in 2008. Maybe that's why I haven't heard of it. I like to know things, know enough to make an educated decision on whether I support it or not. —**Lisa Linthicum, Brandywine**

My understanding is that CRT is a theory about the complicated origins and current remnants of institutional racism in this country. CRT seems to be a topic in some graduate and law school classes. Having taught in K-12 public schools for 30 years, I can say that CRT never came up and is not on any curriculum I ever saw. It is not taught. I think, given that laws discriminating against large segments of our population were on the books until the Civil Rights Era, it would be surprising if there weren't lingering issues with race in our country and that CRT seems a good way of trying to trace and study where/how it operates. —**Susan Buckingham, Chester**



**"WE MUST TEACH THE FULL BREADTH AND COMPLEXITY OF OUR EXTRAORDINARY HISTORY FOR ALL OF OUR CHILDREN TO BETTER UNDERSTAND HOW THEY WILL HELP AMERICA TO BE "A MORE PERFECT UNION."**

height of the protests, news outlets, particularly on television, began airing segments featuring conservative and liberal pundits that demonstrated a potent mix of opinion, hyperbole, and, in many cases misinformation, about critical race theory. Suddenly, critical race theory was being used as a blanket term to describe a very broad range of cultural constructs. Manhattan Institute senior fellow Christopher F. Rufo summarized the intent of the backlash against CRT in a tweet: "The goal is to have the public read something crazy in the newspaper and immediately think 'critical race theory.' We have decodified the term and will recodify it to annex the entire range of cultural constructions that are unpopular with Americans."

Suddenly, Americans on both sides of the political aisle were examining the intricacies of critical race theory and debating whether its tenets were weaving their way into the lexicon of public and private policy, government, and, of course, education systems.

The criticism of CRT was crystallized on September 22, 2020, when an Executive Order was enacted on Combating Race and Sex Stereotyping banned "divisive" and "un-American" workplace training that is "rooted in the pernicious and false belief that America is an irredeemably racist and sexist country." The order was said to have "abolished critical race theory from the federal government, the military, and all federal contractors."

## RECENT CALLS TO "BAN" CRT IN CLASSROOMS

The September 22nd executive order has since been revoked. But that did not put the controversy surrounding CRT to rest. Indeed, quite the opposite occurred. In addition to CRT being the talk of the town, it has now become the subject of several legislative acts across the country. Per an analysis by Education Week, 27 states have proposed legislation to ban CRT in schools, and eight states have effectively "banned" CRT and related topics from being discussed in schools. As of August 2021, twelve states have passed legislation or enacted policies to "outlaw" CRT in schools. The legislations mostly ban the discussion, training, and/or orientation that the U.S. is inherently racist as well as any discussions about conscious and unconscious bias, privilege, discrimination, and oppression. These parameters also extend beyond race to include gender lectures and discussions.

This is not just happening on the state level. In the past few months, several members of Congress have introduced legislation that would: 1) reduce federal funding for schools that teach lessons based on the *New York Times'* controversial 1619 Project; 2) ban D.C. schools from teaching critical race theory; and 3) prohibit the teaching of CRT in military schools.

In Maryland, an Anne Arundel County councilman sought to introduce a similar anti-critical race theory bill, which failed in a 3-4 vote on October 18, 2021. Councilman Nathan Volke (R-Pasadena), author of the bill, believed the County must clearly define "discrimination" by law and cited critical race theory as an example of discrimination. "At times, ideas associated with critical race theory can be discriminatory and are not positive for the future of our county," Volke said when asked about the bill.

The language in the bill specifically characterized critical race theory as exacerbating and inflaming "divisions on the basis of sex, race, ethnicity, religion, color, national origin, or other criteria in ways contrary to the unity of the nation and the well-being of our citizens." Volke defended his position that the bill is not an 'anti-critical race theory bill' but rather a "non-discrimination measure" and sought to amend the bill to remove the phrase on the evening of the debate.

In addition to its definition of discrimination, the bill sought to restrict the use of county funds for discrimination as defined. Anne Arundel County Public Schools (AACPS) has said that critical race theory is not part of their curriculum. However, in March 2021, AACPS launched AACPS Unites, a reading initiative "that diversifies student literary experiences by reflecting and celebrating the diversity of the AACPS community." Had Volke's bill passed, AACPS Unites would violate the law, resulting in the school board losing funding.

## WHERE IS CRT TAUGHT?

Whether CRT is being taught is the subject of contention that lies at the heart of the current national debate. The truth is, despite all the efforts to ban the teaching of CRT in K-12 education, critical race theory is *not* being taught in K-12 schools. Talbot County Superintendent Kelly L. Griffith put it plainly, "...critical race theory is not a curriculum, rather [it is] an academic umbrella of reflections and writings developed in higher education (colleges, universities, law schools, and graduate schools) since the mid-1970s."

Even though CRT is not a topic in most K-12 curricula, some legislators, elected officials, and their supporters, have referenced it in connection with any lesson or training that acknowledges racially oppressive practices. Randi Weingarten, the head of the American Federation of Teachers (AFT) called the movement against critical race theory a "culture campaign" that attempts to suppress the truth, "limit learning, and stoke fears about our public schools" at the July 6, 2021 AFT conference. Weingarten believes "culture warriors are labeling any discussion of race, racism, or discrimination as CRT to try to make it toxic."

“As a curriculum subject, critical race theory is largely within the purview of university law schools and *some* graduate programs. It’s a method of examination taught in law school and college that helps analyze whether systemic racism exists—and, in particular, whether it has an effect on law and public policy,” Weingarten says. For instance, a cursory search of the course catalogs of the 12 institutions within the University System of Maryland (USM) reveals that only one school (the university of Maryland school of law) offers a course entitled “Critical Race Theory.” The University of Baltimore offers a critical legal theory course as part of its pre-law program partnership with its law school (UB law school) and UMCP offers a course through its women’s studies program focused on feminist, queer, and critical theories.

### SHOULD CRT BE TAUGHT EVERYWHERE?

Most, if not all, of the discussion centered on CRT boils down to a single question: should CRT be taught in classrooms? Talbot County Superintendent Griffith believes that “...while critical race theory is not a curriculum taught in Talbot County classrooms, students need to learn about race and racism. We cannot ignore race or racism in our teaching. We must teach the full breadth and complexity of our extraordinary history for all of our children to better understand how they will help America to be “a more perfect union” and to improve itself for the rights and benefit of all of its citizens.”

## “CULTURE WARRIORS WANT TO DEPRIVE STUDENTS OF A ROBUST UNDERSTANDING OF OUR COMMON HISTORY.”

Weingarten believes the restrictions on teaching sought by this movement against critical race theory would harm students. “These culture warriors want to deprive students of a robust understanding of our common history...This will put students at a disadvantage in life by knocking a big hole in their understanding of our country and the world.”

The answer to the overall question depends on whether one believes K–12 students need “to know our [country’s] history and to consider its layers, its contradictions, and its complexities,” as Griffith does.

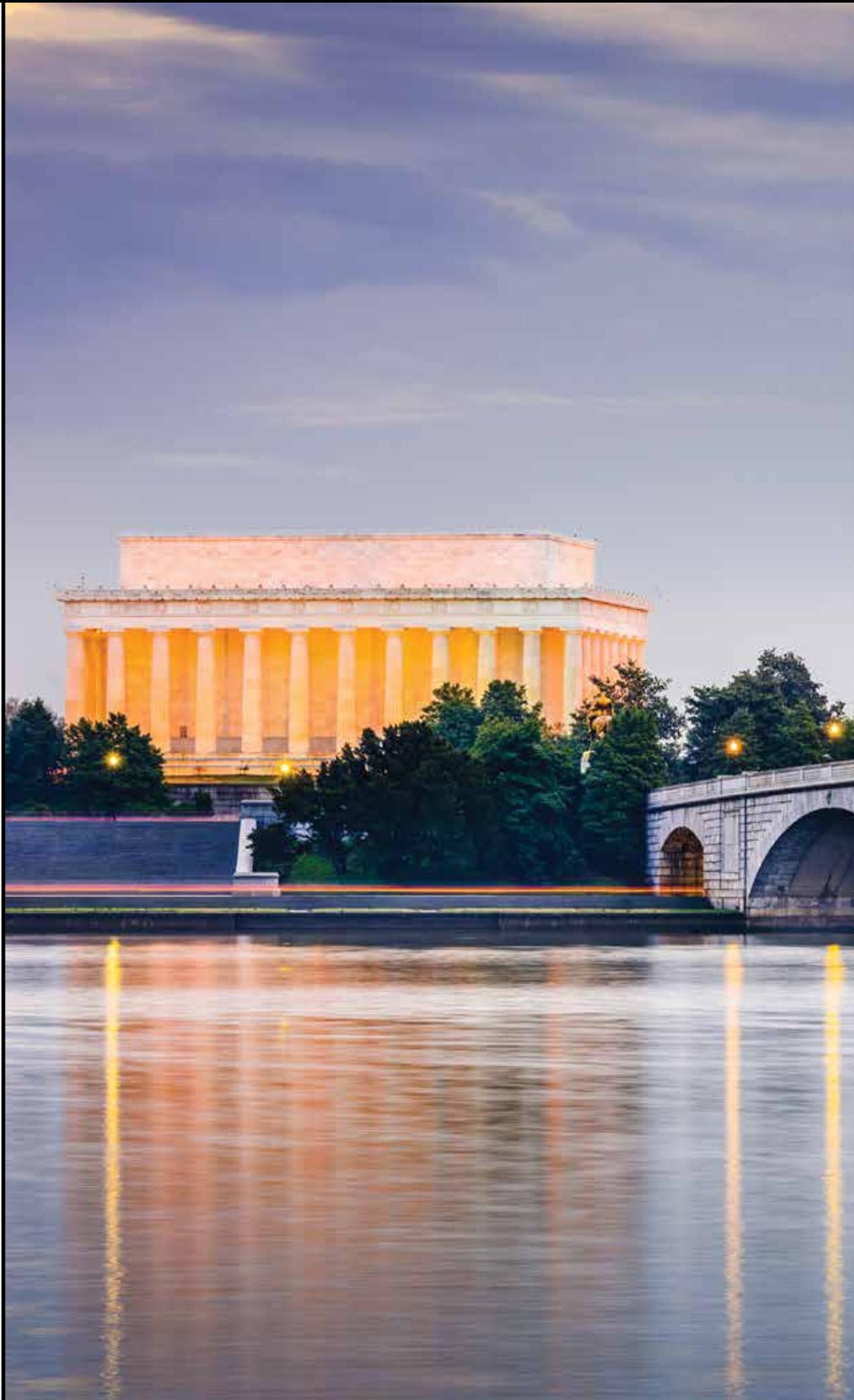


*Yvette N. A. Pappoe is Visiting Assistant Professor of Law at the University of Maryland Francis King Carey School of Law and teaches a Spring semester course on Critical Race Theory—the first of its kind in the 205-year history of the school.*

*Editor’s Note: Multiple requests for general commentary on the subject to more than 20 members serving on the Anne Arundel, Queen Anne’s, and Talbot County school boards went unanswered for this article.*

# POTOMAC, OUR NATION'S RIVER

BY ELLEN MOYER



SKYLINE ON THE POTOMAC  
RIVER IN D.C. WITH THE  
LINCOLN MEMORIAL,  
WASHINGTON MONUMENT,  
AND ARLINGTON  
MEMORIAL BRIDGE.



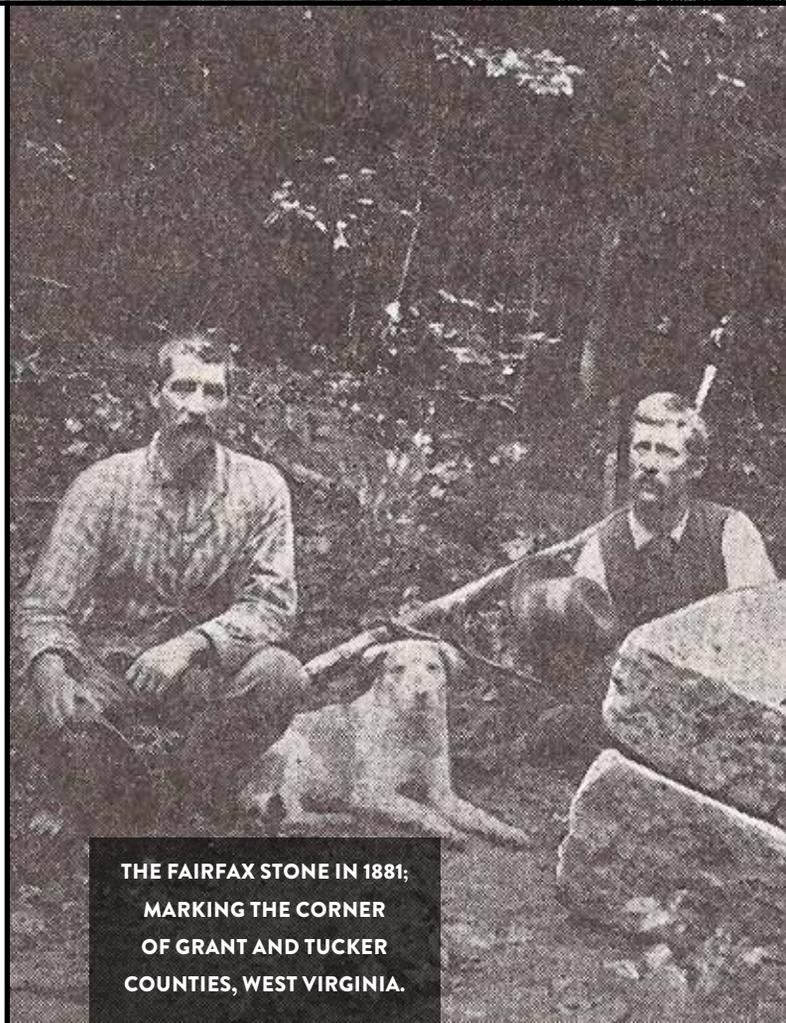
**N**icknamed Our Nation’s River, the Potomac is the richest of all rivers in the legends and history of America. Along its banks, the leaders of a new nation were raised. Stirred by cries to “go west young man, go west,” the river was the waterway to answer that calling. It was also a major obstacle to be crossed and journeyed to meet the conflicts that shaped the founding of our new nation. The French and Indian War, Brown’s War, the Civil War, the Oyster Wars, the War of 1812, the pathway west, and the pathway east carrying the resources of a rich land... indeed, the Potomac River is steeped and unparalleled in American history. It has stories to tell.

Surveyed by Peter Jefferson, father of Thomas, to settle a boundary dispute by Lord Fairfax in 1746, the discovered source of the Potomac arises from a spring in West Virginia near the Maryland state line. Its source is marked by a boundary marker called the Fairfax Stone and is now a park. Rising from underground, the tiny spring moves across the Appalachian Mountains and the Piedmont Plateau 405 miles to finally meet the Chesapeake Bay in a mouth 11 miles wide near Point Lookout in Maryland.

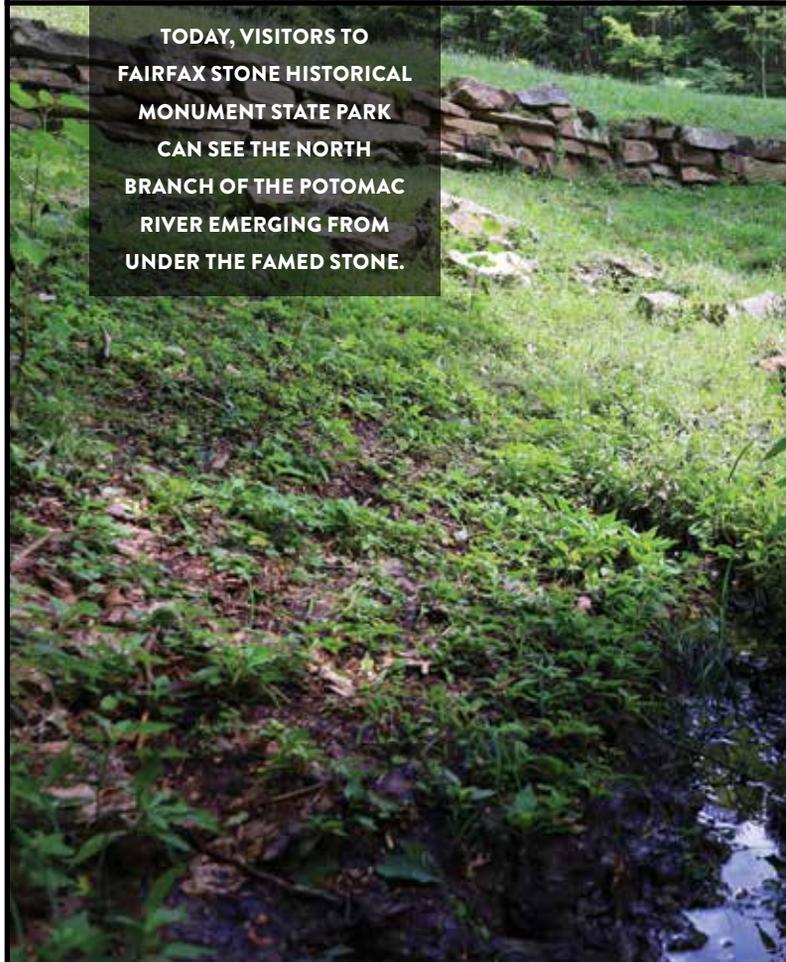
It is Maryland’s second longest river (Susquehanna is first) and the Nation’s 21st largest in terms of drainage area at 14,700 square miles. It is probably 3.5 million years old, carving its way through the mountains and depositing sand into the Atlantic Ocean shelf. Today, five million people live within its watershed.

The Algonquin and Piscataway Indians fished it, hunted it, and lived along the river long before Captain John Smith famously explored it in 1608 looking for the way west to the Pacific Ocean. Smith went 115 miles up the river until he was blocked by the force of falling water tumbling over rock debris—the last glacial remnants we now call Great Falls. He went no farther and neither did anyone else for 100 years.

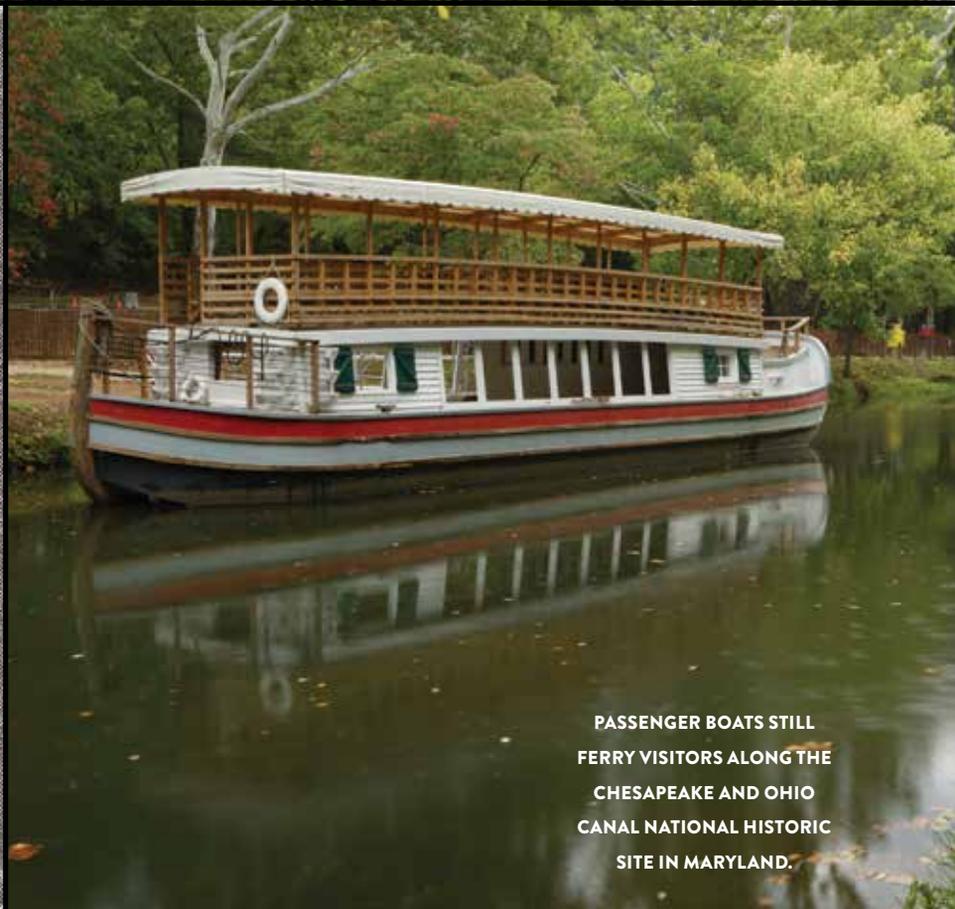
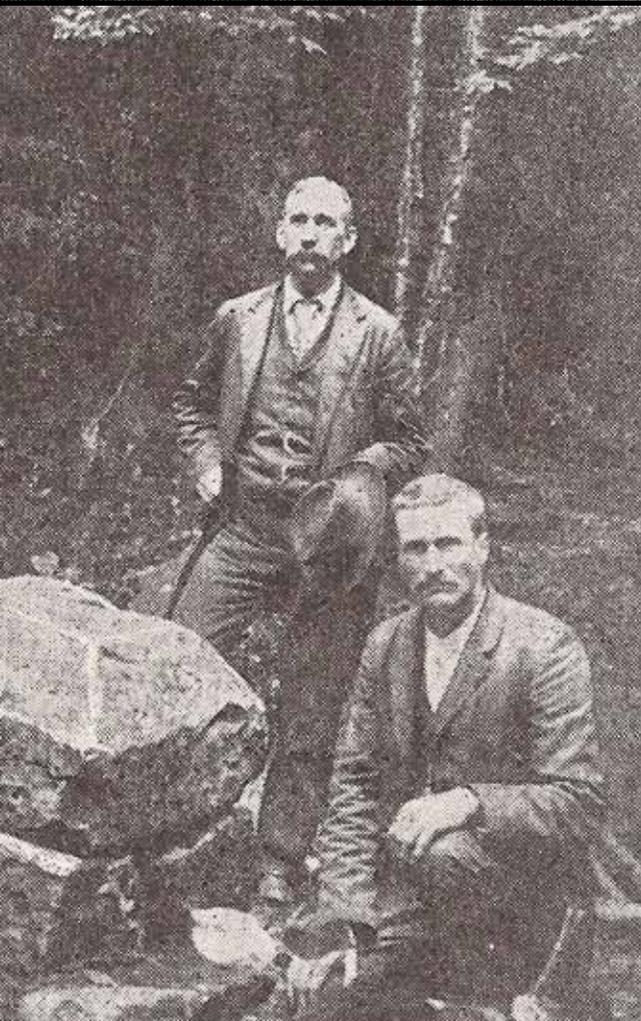
Separating the colonies of Virginia and Maryland, the tidewater area became the center for grand tobacco plantations that enriched England. All along the Potomac—from Virginia’s northern neck to Maryland at St. Mary’s City—the Washington, Lee, Carter, Monroe, Fitzhugh, Mason, Taylor, Calvert, and Brent families prospered. Never in all of America has one place fostered so many leaders, lawyers, philosophers, heroes, and presidents as the tidewater area of the Potomac. It is the cradle of our republic, raising men and women skilled with horse and agriculture, men and women of strength, courage, and wisdom, and sociability in learning the political ways of rational and respectful relationships. Survival depended on it. The Hatfields and McCoys didn’t belong in tidewater Potomac.



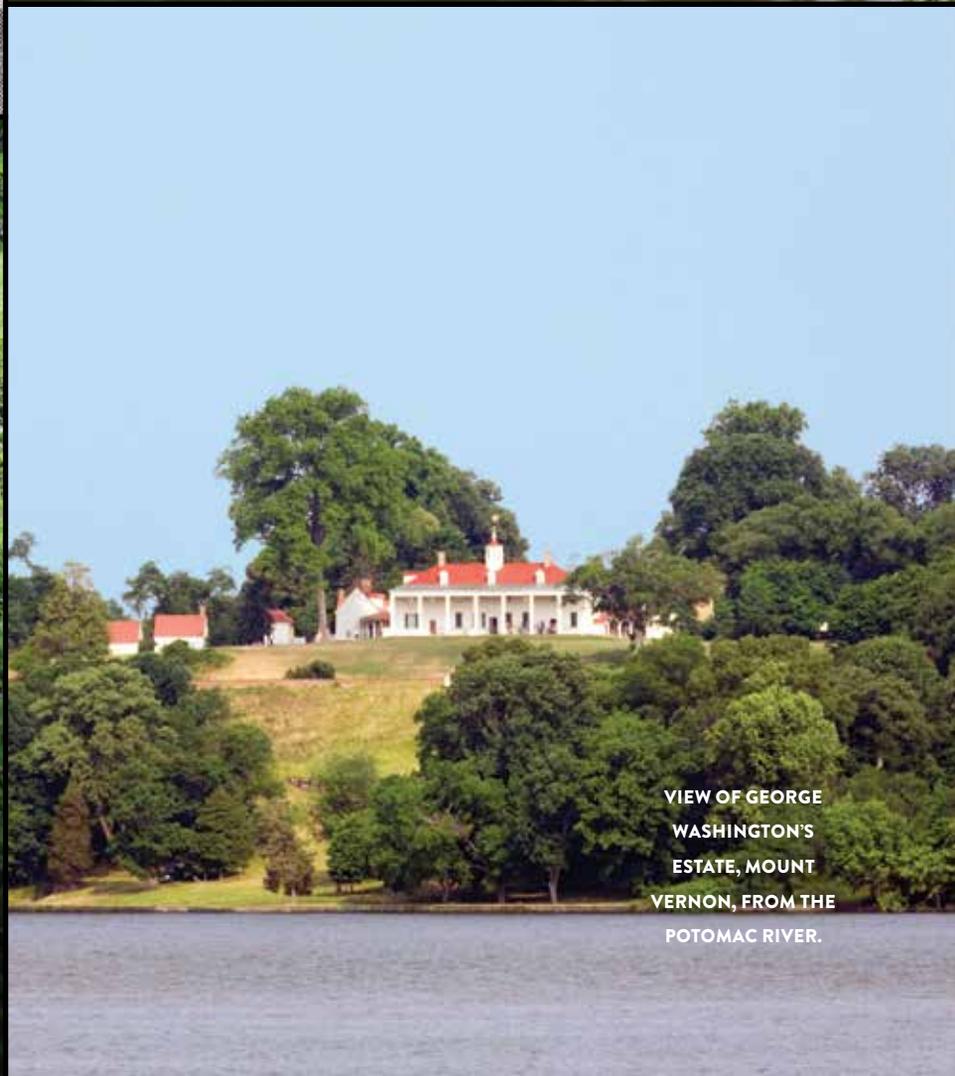
**THE FAIRFAX STONE IN 1881; MARKING THE CORNER OF GRANT AND TUCKER COUNTIES, WEST VIRGINIA.**



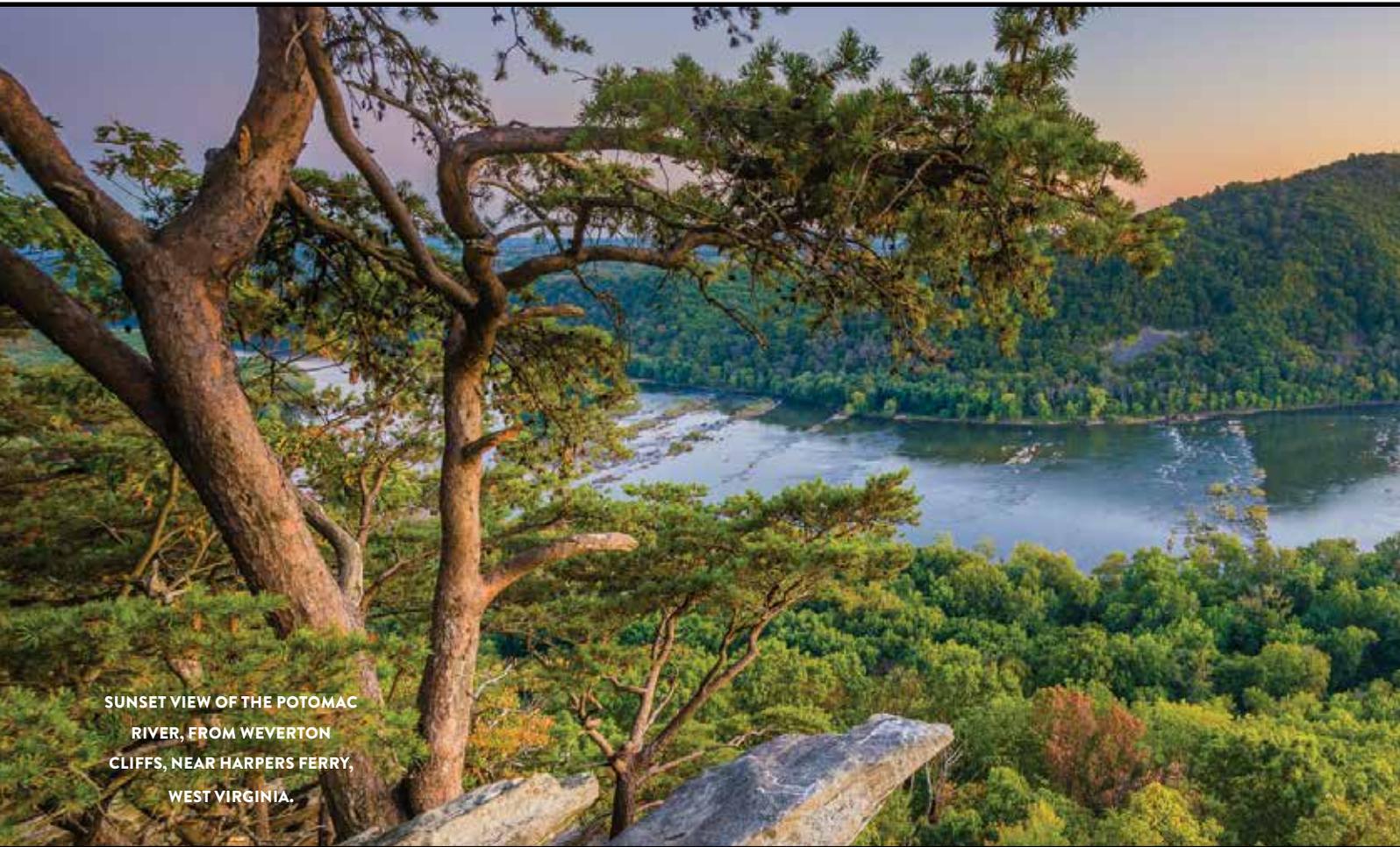
**TODAY, VISITORS TO FAIRFAX STONE HISTORICAL MONUMENT STATE PARK CAN SEE THE NORTH BRANCH OF THE POTOMAC RIVER EMERGING FROM UNDER THE FAMED STONE.**



PASSENGER BOATS STILL  
FERRY VISITORS ALONG THE  
CHESAPEAKE AND OHIO  
CANAL NATIONAL HISTORIC  
SITE IN MARYLAND.



VIEW OF GEORGE  
WASHINGTON'S  
ESTATE, MOUNT  
VERNON, FROM THE  
POTOMAC RIVER.



SUNSET VIEW OF THE POTOMAC RIVER, FROM WEVERTON CLIFFS, NEAR HARPERS FERRY, WEST VIRGINIA.



THE GREAT FALLS OF THE POTOMAC ARE GLACIAL REMNANTS THAT CREATE A DRAMATIC BARRIER TO UP-RIVER TRAVEL.



As the land became exhausted, because tobacco was not kind to the soil, the acquisition of more land for farms and plantations ensured the continuation of wealth. Eventually, eyes turned to the land behind the falls. George Washington was one of the first to venture west. He marveled at the land and saw the river as the highway to the Ohio River and even further west. Washington never gave up his vision and pushed for a canal around the falls toward Cumberland that began in 1787.

Above the falls the land was different. Thomas Jefferson—when viewing its vastness at Harpers Ferry—would write “the passage of the Potomac through the Blue Ridge is perhaps one of the most stupendous scenes in nature.” Traveling west to Berkeley Springs as he often did with his brother Lawrence, George Washington would describe the river below him from the ridge (along present-day Route 9) as a wild wilderness of beauty.

Though the C&O Canal would follow along the river, with barge traffic heading west and east, the river still maintained spaces of rugged quietude. Today, the canal is a 180-mile National Park and pathway for hiking, biking, and horse riding. The view described by Washington has hardly changed in 200 years.

West of the falls, the land of valleys and ridges was crisscrossed by streams and rivers (now kayak routes for weekend leisure excursions) that joined the Potomac waterway on its journey south and east. Wheat and corn would be grown in the fertile valleys by new German immigrants sponsored by families of the tidewater. Streams provided waterpower for grist mills to grind the flour that made biscuits for new pubs and restaurants in the new farming town centers, such as Hagerstown, Frederick, and the booming new port city of Baltimore.

It was in this area where the ravages of the Civil War took the lives of so many sons of the south and north. Today, visitors can explore the battlefields of the many skirmishes that mark the farmlands, from Shepherdstown through Antietam, and feel the tragedy of lives lost.

The heart of the Potomac is not the tidewater or the farmlands of wheat or the rocky quarry areas and coal mines farther west. They are all parts of America in Miniature. The river’s soul is the Nation’s capital city Washington, D.C. It is not an industrial city. It is as Senator Justin Morrill exhorted it to be in 1866, “a seat of government. In design it must be worthy of our nation.”

Tidal basins and cherry trees. Monuments, museums, architectural delights. The Capital Dome, the Mall, leisure boating centers, and visitors from across the globe look out upon the very river that flows past Mt. Vernon, George Washington’s home—reminding us that the Potomac region was and continues to be unequalled as a school for leadership.



Beverley Martin (right) with her mother and little brother

# Simple acts of love and the peace they can bring

By Megan Miller

"Death is just the end of one chapter of our souls' growth," shares Talbot Hospice Volunteer, Beverley Martin.

It is this belief that guides her work as a hospice volunteer. However, it was a long journey that brought her to a place where she is at peace with death and can provide comfort and strength to patients, as well as their families, in their final days, hours and moments.

"I lost my brother and only sibling to brain cancer when he was only 23. He was in a coma for over two months. It was excruciating watching him fade away."

"It was the same when I was losing my mother, I was terrified."

"When you go through pain, it opens you up in different ways. The grief lasted for ten years, and there is still a longing to have known what I know now."

Beverley's grieving process led her to explore and research the nature of death through extensive reading about life after death. Her research coincided with her attendance at a seminar with her colleagues from the holistic practice where she worked in

Washington D.C.

The speakers were English nuns who were part of the global hospice movement that began in the United Kingdom with the establishment of St. Christopher's Hospice, the world's first modern hospice, in South London by Dame Cicely Saunders in 1967.

"When I heard their story I knew, this was my calling."

"After retiring and moving to Annapolis, it was time to listen to my heart. I became a hospice volunteer, and later, when I moved to Easton, I became part of the Talbot Hospice Family."

When completing the volunteer training at Talbot Hospice, she was given the book, *Final Gifts*, a beloved resource for hospice volunteers that shares the experiences and stories from hospice nurses in their work with patients in their final part of this life.

In the book, Beverley learned that "breathing" with someone who is dying is a way to connect with them and communicate that you're with them.

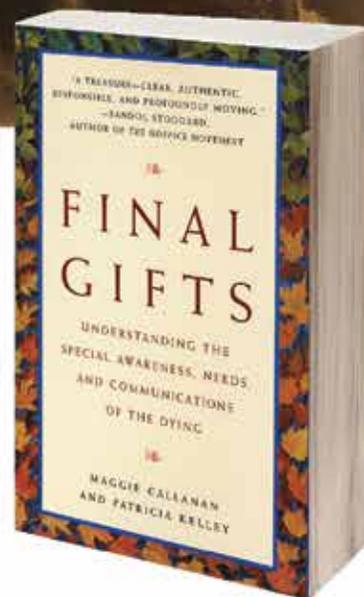
"If I'm with someone who is actively dying, I can just hold their hand and breathe with them. I know I am doing something by being totally present for them."

"If only I had known then what I know now, I would have done the same for my mother and my brother. I am now doing for others what I was not able to do for my loved ones."

"It's so small, but so important."

It's the realization that the smallest actions in the moment can have a profound impact on patients and their families that has been the most unexpected, yet rewarding, gift of being a hospice volunteer.

Beverley was kind enough to share several of these stories with us.



## Evelyn

I arrived at Hospice House for my usual Thursday afternoon shift and was asked by the lead nurse to sit with Evelyn who was in her final hours. The nurse also told me that Evelyn's husband would be visiting, but he was only emotionally able to come in for minutes at a time.

I sat down next to Evelyn and began to breathe with her. A few minutes later, her husband came in. I introduced myself and told him that I was a volunteer and that I was holding her hand and breathing with her and doing my best to let her know she was loved. I then asked, "Maybe instead of me doing it, you would like to?"

He paused and said, "Evelyn doesn't like me to hold her hands, because of her arthritis."

Sensing that he wanted to but was uncertain how, I asked if he would be comfortable with me resting her hand in his.

He agreed, and I placed her hand in his. He was only able to stay that way for a minute or two before leaving, but he did it.

A few hours later, I felt that Evelyn would not make it much longer, so when her husband came back in, I said, "Evelyn is close to leaving us, perhaps she might want to hear that you love her."

He responded, and said, "She knows I love her." I asked him if he thought Evelyn might appreciate hearing 'I love you' from him, one last time.

He then asked me how he should do it, and I helped him come close to her ear and whisper, "I love you."

It was so touching!

I stayed with Evelyn that afternoon until she took her last breath, and then went home feeling honored and humbled to have spent those last precious moments with her.

But Evelyn's story and the impact it made on me didn't end there.

A few days later, when I saw the hospice nurse, she shared that Evelyn's husband had spoken with his children and was proud and happy that he was able to hold his wife's hand and tell her he loved her one last time, and that it was all possible because of this wonderful volunteer named Beverley.

I was stunned. I didn't think what I had done was exceptional, but those gentle nudges helped him say the goodbye he needed to say to his wife, and hopefully helped him, and their family, begin the grieving process from a good place.

## Ann

I was asked to sit with Ann during one of my afternoons at Hospice House. The nurses told me that since arriving, she hadn't uttered a word and didn't like to be touched.

I walked in, introduced myself and sat next to her. After a moment or two, I leaned over and said, "I just had an idea, what would you think if I did some feather touches on your arms?"

Ann didn't object, so I did some light feather touches on her arms, neck and around her head. I did this for about 15 minutes, and then stopped. I looked down to see her looking up at me and heard her say, "thank you."

Talk about a gift!

I walked away that afternoon knowing that the small act of connection through those feather touches had provided some comfort to Ann in her final days at Hospice House. It left me with a deep sense of gratitude and peace.

## Georgia

Georgia and her family helped me understand that you can never know what a person, or family, has lived through, and all you can do is offer them love and meet them where they are.

I met Georgia one of the rare times I've been asked to work with a patient in Talbot



Beverley Martin

Hospice's home hospice program. When I met her, she was living with her daughter and son-in-law.

During the weeks of being with her, I realized that I had walked into a complicated family dynamic that I did not completely understand. Later when I sat with Georgia, I was overcome with the need to give her a hug, so I asked permission, and then I did.

After a moment or two, Georgia began to sob, and I just held her until she had released all of the emotion and tension. Georgia was then able to rest, and I sat with her for the next few hours. Before I left, she shared with me that it was the first hug she'd had in years. I gave her another hug and told her I loved her.

A few days later, she moved into Hospice House, and her children came for regular visits filled with light and laughter until she passed away several weeks later.

When I attended her memorial service, her children approached me and thanked me for that incredible hug and advocating for their mother to move to Hospice House.

They also shared that their mother had never really been shown love, and in turn, struggled to show love to her children. Turns out, the hug I was compelled to share with Georgia helped her know she was loved and broke down decades of walls and allowed her to share and receive love with her family in her final days.

One hug made all the difference.

If you ask Beverley how she knew just what to do in each of these moments, she would tell you that it was a form of divine guidance that helped guide her to give what those patients and families needed most, and that it was traveling her own journey of grief that allowed her to understand what she could DO when someone is dying.

Simple things shared in a moment by hospice volunteers - like a hug, a gentle touch and helping a husband hold his wife's hand and tell her he loves her - set off ripples of positive energy and love that give patients peace and families comfort as they say their final goodbyes.

Hospice Volunteers like Beverley participate in a comprehensive 16-hour training which addresses a variety of end-of-life issues, including bereavement, the dying process, hands-on patient care and advance directives. Additional topics covered are hospice philosophy, attitudes and fears about death, spirituality, listening skills, setting boundaries, family dynamics, and cultural diversity. In addition to providing companionship to patients, there are also many other roles that support Talbot Hospice. To learn more, visit,

[www.talbothospice.org/volunteer](http://www.talbothospice.org/volunteer).



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

# Tricia Wilson

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# Home & Design

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# The Inside Story

## 2022 INTERIORS TREND REPORT

By Lisa J. Gotto

Now that 2021 is in the review mirror and we have a fresh slate of 12 months on the horizon, it's a good time for an at-home lifestyle check. Does your home-base aesthetic inspire and drive you? Do its functional aspects help create synergistic convenience and a sense of organic flow? If not, and you're considering an interior re-boot, here is the latest expert advice when it comes to fresh colors, furnishings, aspects that inspire, such as pattern and texture, use of the space that you have, and the special touches that make a house a home.



## Color

In the fall of every year, color experts associated with paint manufacturers using data derived from Pantone Color Institute research and other influences including the fashion industry, determine which colors they feel will have the most influence in the home for the year to come.

Each manufacturer will announce a color of the year and a palette of additional colors developed to coordinate with it. This year, for instance, Sherwin-Williams touts Evergreen Fog as the color of the year. Described as a versatile and calming hue, Evergreen Fog is said to combine green with gray and just a hint of blue to create a chameleon-like shade that works so well across the décor spectrum.

Behr's interior color of the year is also a pleasing calming green called Breezeway. It, however, has substantially more white in its base creating a much creamier tone.

All manufacturers are still pulling inspiration from earthy, natural aspects of our world that play into a soothing narrative, one of comfort and tranquility.

Shades of gray that have been very popular as a solid base color over the last few seasons, will begin to take a less prominent role in the palettes going forward, according to industry experts. Perhaps, a somewhat subliminal nod that our "gray days" are now behind us?



Photo courtesy of Behr

## Shape ➡

In particular, when we are discussing shape as it relates to home furnishings—here we go, round and round! This smoother, curvier look in furnishings actually started taking "shape" several seasons ago and has now reached macro-trend status. There is a softness and femininity seen in this trend, as well, that counterbalances strict lines in layout and design by using furnishings sans corners.

Rounding of the corners is specifically seen in large-scale pieces like sofas, but has also extended to tables, chairs, coffee tables, and smaller décor elements such as vases and candlesticks.



Photo courtesy of elledecor.com

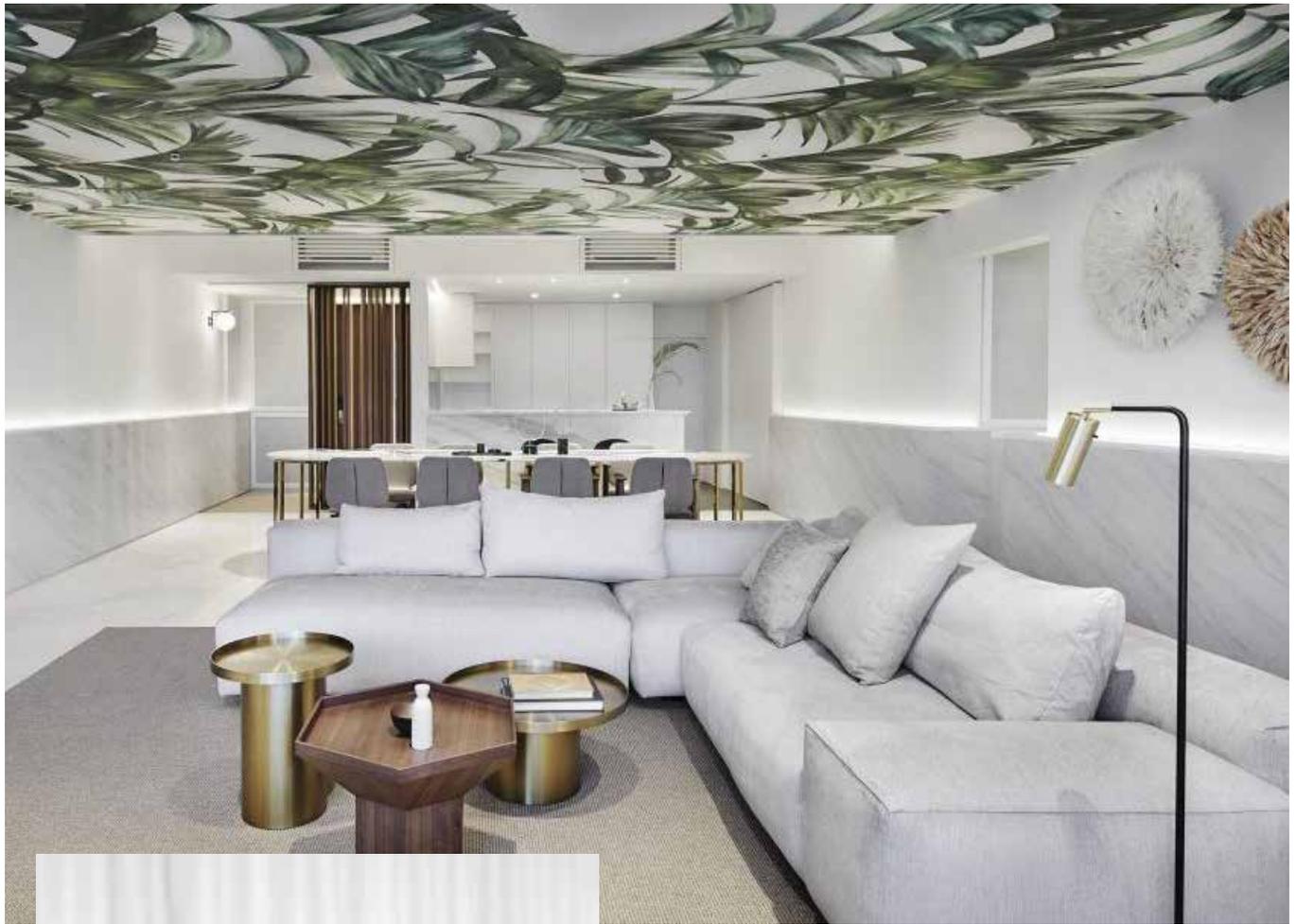


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## Inspirational Aspects

What remains of our days living through a pandemic, is the recognition and attention given to our immediate surroundings. Themes related to sustainability have us looking at our belongings critically to determine how purposeful they are and if they can remain so. The aspect of “re-sourcing” and investing in elements and objects that not only endure but that serve multiple purposes addresses environmental concerns, provides inspiration, and has consumers appreciating the ability to consume less without compromising quality of life. The concept of “mindful shopping” which avoids waste and limits impulse purchases, has consumers looking for more sustainable materials for their interior goods, as well. Materials such as cork, bamboo, and reclaimed wood will serve the dual purpose of looking stylish and retaining aesthetic value over time.

On the design side of things, much attention is turning to pattern again and the practice of mixing and matching several patterns toward achieving a desired effect. Pattern in wall coverings and fabrics within the living space has traditionally been a conservative discussion in the past, but experts agree conversations with clients have shifted from the discriminating use of small floral prints as an enhancement to bolder approaches with much larger floral constructs and other patterns that mimic elements occurring in nature.

The bolder use of geometrics and splashes of intense color will also be a part of those discussions this year, as will exactly where patterns within a room should be placed. In other words, you may not have ever thought of a ceiling as a canvas for a pattern, but designers are proving it's not all about the wall anymore.



Photo courtesy of deacillie.com

Photo courtesy of Indecortrends.com

## Use of Space

It's still a thing. Our practice of working-from-home is one aspect of pandemic living that will endure and one that has taught us much about the four walls within which we reside. Both architects and interiors experts continue to be challenged by clients who want their living and even their less-communal spaces to do more than they have ever done before.

From carving out creative independent spaces within larger spaces, to creating spaces that flow from a utilitarian business day approach to evening entertainment area, pencils and imaginations have been sharpened and the results in living rooms, bedrooms, and ancillary spaces have been as visually interesting as they are practical.

In-home workspaces can be expected to be taken to the next level this year, as last year was more about addressing immediate needs by carving out extra space. This year that extra space gets elevated in terms of materials, textures, and enhanced functionality.

Homeowners who have recognized the staying power of this trend are ditching their room dividers and integrating better woods within their improvised spaces, more durable furnishings, and are ramping up aesthetics like windows and their associated views to provide more daily sources of inspiration within work areas.

This year, bedrooms will also reflect the need for multi-functionality while balancing the restorative aspects of the room. From rooms that serve as pseudo studio apartments to others that are capitalizing on the trending aspect of exploiting our spaces vertically, new approaches to our less than communal rooms will continue to take shape throughout 2022.



Photo by Tom Dixon

## Decorative Elements

Smooth, shiny, and statement-making best describes the finishing and special touches that will adorn the walls, ceilings, and bookcases of our abodes in the year 2022. Those same curvy, rounded features that we'll see in the larger furnishings will spill over into the home's decorative elements.

Taking the shape of spheres, orbs, and globes, light fixtures will make bright statements. Large cylindrical vases will frame doorways and entry points, and even smaller elements like serving trays with more subtle, rounded corners will be appearing on everything from every-day coffee tables to table-tops in more formal scenarios, perhaps even providing the conveyance for those bubbly flutes of champagne that helped ring in the New Year! Cheers!



# “You’re Not Welcome Here”

## RIDDING THE GARDEN OF INVASIVE SPECIES

By Janice F. Booth

With a new year before us, you may be organizing, clearing out the detritus that collects in closets, desk drawers, and cupboards. Let me suggest that while you’re in this frame of mind, it’s a good time to plan for some spring cleaning of unwanted and unnecessary stealthy invaders of your garden.

Look over your garden notes, your photos, and memories of last year’s garden. Where were the trouble spots? What got out-of-hand? Let me review with you some of the unwelcome or troublesome **invasive plants** that you’ll want to keep an eye on or eliminate all-together if they show up in your garden.

*Here’s a review of the characteristics, the types, and the most familiar of these sneaky invaders. →*



# Characteristics

Invasive plants can damage, even eliminate the healthy growth of other plants in your garden.

*Here's how to identify them:*

Rapid growth and maturation  
Prolific seed production  
Successful seed dispersal, germination, and colonization. (I know; this sounds like something out of a low-budget Sci-Fi movie.)

Rampant vegetative spread. (That's right; they are hardy plants and eager to spread-out in your flowerbeds...and beyond!)  
Out-compete native plants, syphoning off the moisture, nutrients, and sunlight from nearby plants.

This troublesome vegetation sneaks into your garden as seed, root, runner, or rhizome (sturdy stems that travel just below the surface, from which new shoots spring up) and proceeds to have its way with your garden.



# Types

Maryland's Department of Natural Resources (DNR) has come up with a WANTED List. You can print out your copy at [Dnr.maryland.gov/wildlife/documents/invasive-plants](http://Dnr.maryland.gov/wildlife/documents/invasive-plants).

*The DNR identifies two designations of invasive plants:*

**TIER ONE:** These are plants which may not be sold and should be eradicated. (Bamboo and amur honeysuckle are examples). **TIER TWO:** Plants that may be sold but only with clear warnings to the buyers. They're likely to grow out of control at the first opportunity. (Japanese wisteria and Scotch broom are examples).



## Familiar invaders

The DNR identifies familiar plants that we often see here in Maryland in open meadows, along stream banks, and even—dare I say it—in our own gardens. If you're harboring some of these in your garden...BEWARE. Note: invasive plants have evolved to survive, no matter what. One sneaky adaptation they have is to start slow, and over time pick up speed! For example, you may have a lovely clump of silver grass along a path for years, and then, one spring you look in amazement as that pretty clump emerges as a huge, indestructible mound of silver grass.



**BAMBOO:** great for privacy and fishing poles, but its rhizomes (sneaky horizontal roots) travel everywhere, and bamboo shoots will pop up from the rhizomes anywhere they please! Once they emerge, the new plants will send out their own rhizomes, and the bamboo becomes very difficult to control or eradicate.

**GARLIC MUSTARD:** this plant is toxic to butterfly larvae. Its delicate-looking leaves and tiny white flowers harbor roots that change the soil's chemistry, making it inhospitable for other plants for years and even permanently.

**CHINESE SILVER GRASS:** as I mentioned previously, this plant is seductive; it wants to be admired

with its slender leaves striped in pink and silver and its graceful, feathered stalks that bend and nod in the breeze. Before too long, its root mound will grow like the Blob in that sci-fi movie.

**FIG BUTTERCUP OR LESSER CELANDINE:** these shiny, heart-shaped leaves and bright yellow flowers might show up along your stream bank or boggy area. They're sweet, pretty plants, but their roots mat, and before long they choke out surrounding vegetation.

**PALE YELLOW IRIS:** you may have these delicate-looking iris in or near your pond. Beware: as you may already have learned, their sap can be irritating to your skin. (So, wear

long gloves if you pull them out.) In addition, they'll sicken any animal that tries to eat them.

**AUTUMN OLIVE:** this sneaky shrub can be any size and produces pretty, creamy-yellow flowers from February to June. (Tempting, I know, for those early months in the garden.) And the Autumn Olive gets its name for its pretty, red berries in fall. But, if you try thinning out the plants, you find there are thorns along the branches. It does not want to be disturbed!

**JAPANESE BARBERRY:** this shrub's thorny branches are a delicacy for birds, believe it or not. Birds eat this barberry's late-summer, red berries and its thorns. The barberry's small

leaves turn purple in the fall, making them a tempting addition to gardens. But, beware. They'll take over.

**BRADFORD PEARS:** yes, I know, at one time the State planted them along roadways. They're noted for their profuse, white spring blossoms and red leaves in the fall. But these soft-wood trees propagate seemingly by magic and will appear anywhere they like.

There are other, equally enticing and sneaky plants that may win your heart at first, but give you nightmares over time. If they're pretty and they seem to grow effortlessly, there's probably a reason. Invasive plants have evolved and adapted to stay alive in the garden or wild, with or without your permission.

# Attention to Architectural Detail

By Lisa J. Gotto | Photography by Janelle Stroup, Thru the Lens

**G**orgeous living awaits the new owners of this gorgeous and beautifully updated colonial in St. Michaels. This is evident upon first entry as the home's unique and architecturally inviting central staircase feature is a visual stunner with its distinctive and exquisite cherry wood bannister.

This central staircase element allows for ease of flow throughout the first floor and is intelligently designed to provide plenty of storage options within its base. A true work of craftsmanship, character, and creativity.

The beauty of the entry does not stop there as the formal living room to the left with the home's vintage fireplace façade takes pride of place there, providing a focal point and historical reference to the home's build date of 1890. These subtle details restored and enhanced can be seen in various points throughout the home with its original built-ins, crown moldings, and additional period-style upgrading.



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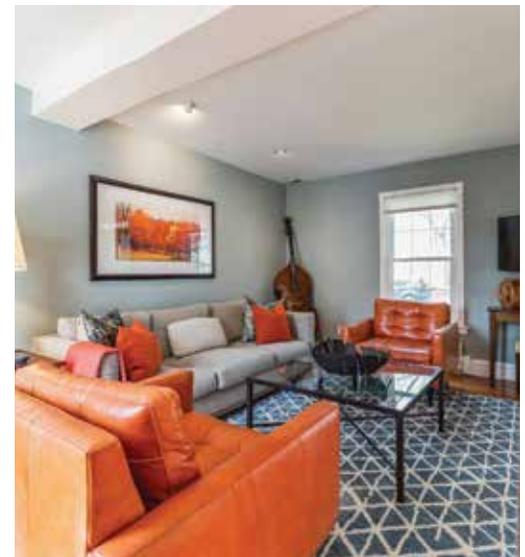
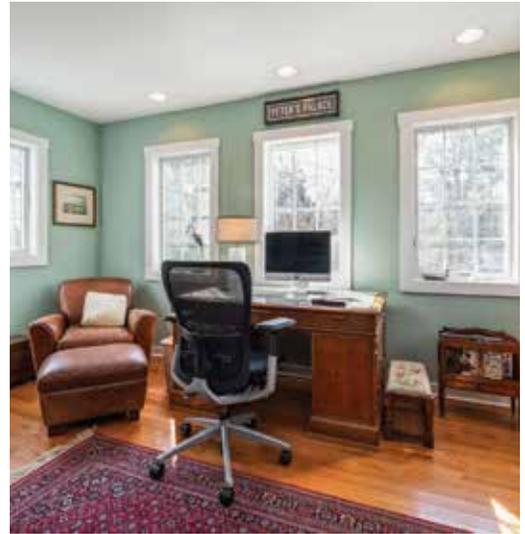
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**Primary Structure Built:** 1890  
**Sold For:** \$1,100,000  
**Original List Price:** \$1,100,000  
**Bedrooms:** 3  
**Baths:** 2 full, 1 half (main house)  
**Living Space:** 2,940 Sq. Ft.  
**Lot Size:** 0.19 acre

---



A less formal, family-oriented gathering space is located on the opposite side of the staircase, and a spacious formal dining room flows from the open living room space. This dining space is connected to an upgraded and roomy eat-in kitchen with all stainless-steel appliances. Amazing natural light floods in from a skylight above. A combination of original and new caramel-colored hardwoods are installed throughout the home.

Upstairs on the property's main home there's a gorgeous primary bedroom with a huge walk-in closet, and *en suite* bath featuring vintage décor touches such as wainscoting. This floor also offers an additional bedroom, bath, and sitting room.

A home office, a large recreation room, home gym, and another full bath are located on the second level of this property's detached two-car garage and spacious workshop area. This extra space is perfect for working from home in a lovely yet separate environment from the main house, and provides an additional option for guest quarters.

And this home's location, location, location does not fail to impress either as it is situated just one block from the Domingo Creek dock and kayak launch, a bike path, and St. Michaels Waterfront Park—a great spot to sit by the water, cycle, and fish either by kayak or from the shore.



# A Fine Find & Additional Land

By Lisa J. Gotto | Photography by Janelle Stroup

**T**his home in Easton is the epitome of the pretty, sunny, happy home built near the turn of the 20th century and well upgraded for today's present-day living scenarios.

Built in the farmhouse style, this home offers a feeling of downhome comfort from its generous wrap-around porch to its gracious patio and pool area out back. Upon entry you'll notice the quality of warm hardwood floors combined with the history of the home's original doors and other vintage touches like the entryway staircase with period-style balustrade.

To the left of the stairway, you'll enter the home's spacious living room through a set of antique French doors. As is the standard in all the home's rooms, this space is filled with abundant natural light from its many large windows. It also offers some charming built-in bookcases and provides entry into the home's classic study/family room with a traditional red brick fireplace with white wood mantle and surround. This room also offers a series of built-ins and a great space to gather for family movie night. Large sliding glass doors provide the perfect focal point to the beautifully landscaped backyard hardscape with charming paver stone seating areas and a large, in-ground gunite swimming pool.



This room also offers a step-up entry in a large dining room that opens both to the back patio and a lovely, two-toned farmhouse kitchen. Expertly upgraded, this room offers darker, black custom cabinetry on the bottom and bright and white cabinets above counter level. The space is large enough to add a center island, and offers an in-room pantry and open, built-in shelving. Granite countertops, a gray subway tile backsplash, and stainless-steel gas range add all the smart finishing touches.

Upstairs the home offers three lovely bedrooms with those gorgeous large windows. The generous primary suite offers a separate primary dressing room and a pretty, white *en suite* bath with wainscoting and a marble top vanity.

This floor also offers a generous, light-filled sitting room with plenty of space for a sectional sofa and a work-from-home station. This room opens to a multi-purpose office or study space with a wall of built-ins for resource material storage and additional closet space. Another full bath on this level is shared by the second and third bedroom.

Should the new homeowners require even more space, this property also comes with an additional buildable lot so there's lots of room to grow.



---

**Primary Structure Built:** 1910  
**Sold For:** \$850,000  
**Original List Price:** \$875,000  
**Bedrooms:** 3  
**Baths:** 2 Full, 1 Half  
**Living Space:** 2,520 Sq. Ft.  
**Lot Size:** 0.41 acre

---

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**Buyer's Agent:** Derek Blazer; Cummings & Co. Realtors; 1686 Armistice Way, Mariottsville; o. 410-499-5404; derekblazer@gmail.com; cummingsrealtors.com



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# Health & Beauty

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# Fresh Take

## ROOT VEGETABLES

By Dylan Roche

If you need an example of how amazing nature is, just take a look at root vegetables. This botanical category—which includes food like carrots, parsnips, beets, jicama, radishes, turnips, and potatoes—technically shouldn't be described as roots at all. They're actually bulbous growths that store nutrients for their plants during cold months. And they do well in cooler temperatures, so while many fruits and vegetables wither and die throughout winter, root vegetables continue to thrive.

Because they store nutrients the way they do, that means they're a great source of vitamins and minerals. Once they're harvested and taken out of the ground, they will still last for a long time thanks to their low water content—you can expect them to last up to three weeks when they're stored in a cool, dry place.

Is it any wonder that root vegetables were a dietary staple among humankind's early ancestors, who relied on root vegetables to sustain them throughout the winter when other vegetation was not available? The National Gardening Association says that root vegetables have been eaten by early civilizations on nearly every continent.

Root vegetables also make a great dietary staple because they're full of complex carbohydrates, which your body uses for sustained energy. Although some people, such as those with diabetes, may be watching their carbohydrate intake, root vegetables are usually a good choice because of their high fiber content, which will slow down their digestion. The Produce for a Better Health Foundation refers to them as "nutrition powerhouses" because of their fiber content and rich source of nutrients.



*Consider what some of these roots have to offer:*

**Potatoes** are full of potassium, which helps your body maintain fluid balance. Bananas may get a lot of credit for being full of potassium, but potatoes actually have twice as much. **Parsnips** have vitamin K, which is important for blood clotting. **Carrots** are renowned for being full of vitamin A, necessary for good eye health and a strong immune system. **Beets** deliver the antioxidant betaine for heart benefits, as well as iron, which you need to transport oxygen to all the cells in your body.

When you're selecting root vegetables, check for any bruising or any wrinkled, damaged spots on their skin. Ideally, their color should be bright and bold, which indicates a higher concentration of nutrients—so be sure to select carrots that are a deep orange or beets that are a vibrant purple.

Another important tip to keep in mind about root vegetables: By themselves, they are healthy, but common culinary practice is to prepare them in ways that lower their nutritive value by adding heavy creams, butter, sugar, and salt. (Think about turning a plain healthy potato into mashed potatoes or French fries.) Instead, if you need healthier options, here are a few creative suggestions for using root vegetables in your home cooking:



### Carrot Pie

#### INGREDIENTS:

1 graham cracker pie crust (approximately 9 inches)  
5 large carrots, peeled and chopped  
2 tablespoons softened butter  
1/2 cup sugar  
1/2 cup brown sugar  
2 tablespoons milled flax seeds  
2 teaspoons cinnamon  
1 teaspoon nutmeg  
1/4 teaspoon allspice  
1/4 teaspoon cloves  
1/4 teaspoon ginger  
1 teaspoon vanilla extract  
1/2 teaspoon salt  
1/2 cup half-and-half  
1/2 cup vanilla almond milk  
2 tablespoons flour

Preheat the oven to 350F. In a large saucepan, boil the carrot until soft and tender (approximately 30 minutes). Drain the carrots and return to the saucepan. Set the saucepan over low heat and allow the carrots to steam for five minutes, stirring continuously, to remove any excess moisture. Puree the carrots with the butter and almond milk in a food processor or blender. Empty the puree into a large mixing bowl. Combine flaxseed, half-and-half, spices, salt, vanilla, and flour. Pour the batter into the pie crust and bake for approximately 60 minutes. Remove from the heat and allow to cool. Chill in the fridge for approximately 1 hour before serving.



### Beet Latkes

#### INGREDIENTS:

4 medium-sized beets, peeled and grated  
2 large eggs  
2 tablespoons whole-wheat flour  
1 teaspoon salt  
1 teaspoon black pepper  
1/4 cup fresh chives  
1/2 cup chopped dill  
1/2 cup olive oil  
1/2 cup sour cream or plain Greek yogurt  
2 tablespoons grated horseradish  
1 teaspoon lemon juice

Begin by beating the eggs and slowly adding in shredded beets. Stir in flour, salt, pepper, chives, and dill. Add the oil to a frying pan and bring to medium heat. Drop the beet mixture into the frying pan in small clumps (approximately 2 tablespoons). Allow to fry for 2 minutes, then flip and cook for another 2 minutes. Remove latkes from the heat and allow to drain on a paper towel. In a small bowl, combine sour cream, horseradish, and lemon juice. Serve alongside the warm latkes.

## Root Vegetable Lasagna

### INGREDIENTS:

1/2 cup diced carrots  
 1/2 cup diced parsnips  
 1/2 cup diced beets  
 1/2 cup diced turnips  
 1 large sweet potato  
 2 cups chopped spinach  
 1 teaspoon fresh rosemary, minced  
 1/2 teaspoon dried oregano  
 2 garlic cloves, minced  
 1/2 cup olive oil  
 1/2 lemon, zested and juiced  
 1 cup loosely packed basil  
 2 cups ricotta cheese  
 2 cup cream cheese  
 1/2 cup grated parmesan  
 1/2 cup shredded mozzarella  
 1 cup breadcrumbs  
 Nonstick cooking spray

Preheat oven to 375F. Toss parsnips, carrots, beets, and turnips with rosemary, garlic, and olive oil. Season with salt and pepper to taste. Bake for 30 minutes. Remove the vegetables, but leave the oven heated. In a large bowl, combine ricotta cheese, cream cheese, parmesan cheese, and mozzarella with lemon juice, basil, shredded spinach, and breadcrumbs. Slice the sweet potato longways into about 12-15 ultra-thin pieces. Coat a casserole pan with nonstick cooking spray and place about half the sweet potato slices along the bottom of the pan. Spread half the cheese mixture across the top of the sweet potato slices. Top the cheese with half the roasted root vegetables. Add another layer of each. Finish off with a sprinkle of extra parmesan and breadcrumbs if desired. Cover the casserole dish and bake for 55 minutes. Remove the cover and continue to bake for another 15-20 minutes or until the top has browned.



# Think Sharp

## THE BEST MENTAL EXERCISES FOR KEEPING A STRONG MIND

By Dylan Roche

First, the good news—the rate of dementia cases in the United States is down by 24 percent, according to the National Aging in Place Council. The bad news? There is still no cure for Alzheimer's Disease—the most common form of dementia—and it's expected to affect another 84 million Americans by 2050.

The Alzheimer's Association recommends treating your brain the way you would other parts of your body. If you want to keep it strong as you advance into old age, you have to give it proper use. Keeping an active mind means your brain is constantly forming new connections—in other words, forming new synapses between the neurons in your brain—and building new brain cells.

*Looking to give your brain a daily workout? That's great! Here are some activities that are effective in challenging your mind and protecting your cognitive health:*

**Crossword puzzles:** It turns out these grids of blank squares that you have to fill in with answers from provided clues work your brain in multiple ways. When you know the answers to the clues, you're using your ability to recall information. When the clues have you stumped, but you're able to look at the letters you've filled in from other clues, you're using your skills of problem solving and deductive reasoning.

**Sudoku:** Sudoku gained prominence in the late '00s, and for good reason—this puzzle tests your problem-solving abilities. Sudoku involves a grid of nine boxes by nine boxes, encompassing nine

smaller three-by-three box grids. The challenge is in placing the numbers 1 through 9 in each row, column, and smaller three-by-three grid without repeating any of the numbers or leaving one out. Finishing a sudoku puzzle requires you to form a strategy and concentrate on following through with it.

**Logic word problems:** Logic word problems present a scenario with multiple factors involved—for example, maybe you have three puppies, three differently colored collars, and three favorite dog treats. Your challenge is then to figure out which puppy wears which colored collar and prefers which treat. You're given just enough clues to solve the

outcome using deductive reasoning and process of elimination.

**Other activities:** Even if you don't have a book of puzzles on hand, there are plenty of mental exercises you can engage in. Try doing math in your head or using a pencil and paper (just don't rely on a calculator). You can also make up a list of related items and see whether you can remember what was on the list an hour later. Even activities that require you to learn new facts and take in new information are great for you—read, listen to podcasts, visit museums, or play a board game that requires some element of skill, such as Scrabble or Monopoly.



HEALTH & BEAUTY FITNESS

# Fitness Tips

FITNESS TERMS DECODED

By Dylan Roche

Do you ever feel as if fitness enthusiasts just have their own language? You've made a new year's resolution to get in shape, but every time you bring up the topic of exercise, you feel as if people start referring to concepts and controversies you struggle to follow without context.

Don't worry—you're not alone. A 2019 study by market researcher OnePoll found that more than half of all Americans feel intimidated at the gym. That's not to say that "gym-timidation" is necessarily the reason so many people abandon their new year's resolutions. But knowing what the heck people are talking about can definitely give you a slight boost toward feeling more comfortable and confident the next time you plan a workout (or even figure out your long-term fitness goals).

*Here are a few of the more common fitness terms you might have questions about →*

**Cardio:** Short for cardiorespiratory or cardiovascular exercise, this refers to any exercise that elevates your heart rate as your body tries to deliver oxygen to all the working muscles in your body. Think running, cycling, elliptical, swimming, Zumba—you get the idea. It's also sometimes called aerobic exercise. The Physical Activity Guidelines for Americans put out by the U.S. Department of Health recommends at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity per week to reap the health benefits of this type of exercise.

**High-Intensity Interval Training (HIIT):** This fitness trend has gained momentum over the years because of how quickly it can burn fat in a short amount of time. Exercisers doing HIIT go at their maximum intensity for short bursts (about 1 to 2 minutes) and intersperse this with periods of moderate intensity. This way of approaching a workout is extremely effective at burning calories but it can be stressful on the body and shouldn't be done more than two or three times a week with sufficient rest periods in between.

**Bulking and cutting:** People trying to build muscle will often go through cycles where they bulk up with as much mass as possible (including muscle as well as fat) through a combination of strength training and nutrition, then lose (or cut) fat from their physique while maintaining muscle. Any kind of weight gain requires a dietary caloric excess, but fitness experts at the American Council on Exercise emphasize that you don't necessarily need to gain fat in order to gain muscle. However, gaining muscle while maintaining or losing fat will be a much slower, more drawn-out process.

**Toning:** The National Academy of Sports Medicine differentiates between bulking (increasing muscle mass) and toning (achieving a defined look to muscles). Toned muscles mean your body looks firmer and leaner without necessarily looking bigger.

**Reps and sets:** Reps refers to repetitions, the number of times you do an exercise consecutively, and sets refer to a group of reps interspersed by short breaks. If you lift a weight 10 times, that's 10 reps; after a short break, you lift 10 more times—that's two sets of 10 reps. Lifting a heavier weight for fewer reps is ideal for building larger muscles, whereas lifting a lighter weight for a greater number of reps is good for building endurance.

**Isolation exercise:** An isolation exercise is one that works a single muscle, such as a biceps curl to work your biceps, a triceps rope pulldown to work your triceps, or crunches to work your abdomen. Isolation exercises are good for focusing on that one single muscle to make it stronger and larger.

**Compound exercise:** In contrast to isolation exercise, there's compound exercise. A compound exercise requires more than one muscle and sometimes an entire muscle group. These exercises are often more difficult to perform because they require engagement from your entire body. Pullups, deadlifts, and squats are all compound exercises.

**Circuit training:** Aerobic exercise doesn't have to be limited to activities like running and cycling. With circuit training, you undertake different exercises requiring different muscle groups in quick succession to raise your heart rate and achieve cardiovascular benefits. If you move from one strength training exercise to another so fast that you're out of breath and breaking a sweat, that's circuit training.

**Mind-body training:** Mind-body training encompasses exercises that require mental concentration in addition to your physical exertion. This practice teaches your mind to be in tune with your body. Most exercises require some level of focus—weightlifting, for example, demands proper form—but mind-body training puts as much emphasis on the mental aspect as it does on the physical. Popular mind-body workouts include yoga and Pilates.

**Heartrate training:** Sometimes it's hard to know whether you're really pushing yourself as hard as you possibly can without putting yourself at risk. That's why some endurance athletes rely on heartrate training. With heartrate training, you look at your beats per minute as a percentage of your maximum heartrate. To find your maximum heartrate, subtract your age from 220. The next time you exercise, measure your heartrate. If your beats per minute are at about 70 to 80 percent of your maximum heartrate, you are exercising vigorously, per the advice of the American Heart Association.



# Could mRNA Be Used to Fight Cancer?

By Dylan Roche

The development of the COVID-19 vaccine was a game-changer and a lifesaver in this pandemic—and it turns out that its influence might extend to other diseases as well. That's because the COVID-19 vaccines by Pfizer and Moderna are the first widespread use of mRNA technology, which has been studied for decades in the field of oncology. Now that scientists have found a way to use mRNA to prevent the disease caused by the novel coronavirus SARS-CoV-2, studies are underway at places like Penn Medicine and Harvard Medical School to examine whether mRNA technology is effective and safe at treating conditions like melanoma, lung cancer, breast cancer, ovarian cancer, multiple sclerosis, and AIDS.

## How do mRNA vaccines work and how are they different from traditional vaccines?

With a traditional vaccine, a small portion of a virus known as an antigen is shot into your body. There's not enough of the virus to actually make you sick—it's just enough to trigger your immune system to create the antibodies you need to prevent sickness. That way, if you're ever actually exposed to the real virus, your immune system knows what to do.

On the other hand, mRNA technology relies on what's known as messenger ribonucleic acid, or mRNA for

short. Think of mRNA as a genetic guidebook for all of your body's cells—it's what tells your body how to make the proteins necessary for functions like growth, energy production, and defense against disease.

For an mRNA vaccine, scientists create a strand of mRNA in a lab that can tell your cells how to create spike proteins that look like the coronavirus. Your immune system responds appropriately and now knows how to fend off a COVID-19 infection.

## What does this mean for treating other diseases like cancer?

Good question. Scientists have spent years trying to develop other treatment options as an alternative to chemotherapy, which often makes patients nauseous and can harm other body cells in addition to the cancer cells it targets.

The hope now is that mRNA technology can be tailored to certain diseases so that the body knows how to fight them. However, these would be slightly different from mRNA vaccines for COVID-19, which are prophylactic—in other words, they're intended to prevent a disease, not treat it. In the case of mRNA to treat cancer, mRNA would be an intervention—a treatment for patients who are already sick. Currently, scientists are recruiting participants for phase 1 and phase 2 clinical trials to assess the efficacy and safety of therapeutic mRNA vaccines.

# Breathe Healthy

CLEANING UP YOUR INDOOR AIR QUALITY THIS WINTER

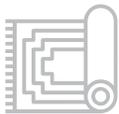
By Dylan Roche

Ever feel as if you're cooped up inside for way too many hours a day during the winter? It's not just the sense of cabin fever that's bad for you—you also might be breathing in poor-quality air.

Multiple factors can contribute to less-than-ideal breathing conditions inside—your home probably has debris embedded in the carpet, lingering vapors from household cleaners, mildew in out-of-sight damp places, and even pet dander lingering in the air. That's bad because, as the American Lung Association notes, you could be putting yourself at risk for infection and sickness when you're breathing in poor air quality. This is especially true for people who already have respiratory complications, such as asthma or lung cancer.

During months of the year when temps are mild, it would be easy enough to spend more time outside or to open up your windows to get fresh air. During the winter, you might be less inclined to do that—but there are still ways you can make your indoor air a little fresher.

*First, consider some of the common causes of poor indoor air quality:*



**Carpet debris:** Think of everything that has the potential to get trapped in your carpet, from dust to mold spores. This debris then gets sent up into the air by foot traffic or other daily life activities.



**Household cleaners:** The vapors and fumes from chemicals in common household cleaners—yes, even ones with a pleasant citrus or pine scent—can linger in the air of your home for hours after use.



**Mildew:** Any damp or moist place in your home can become a breeding ground for mold and mildew—even textiles in high-traffic areas of your home can become mildewy if the humidity levels are too high. This can trigger respiratory problems in people with allergies or asthma.



**Pet dander:** In other words, the flecks of dead skin your dog or cat sheds. Even though these are microscopic to the eye, they'll still trigger an allergic reaction to anyone who is sensitive.



*So, what should you do to freshen up the air? Here are some easy steps you can take:*

Clean regularly. Dust all surfaces at least once a week, and cut back on clutter that will give dust places to accumulate.

Change your HVAC filters once every three months. These will trap any debris or allergens in your home instead of recirculating them throughout your house.

If you can, swap out the wall-to-wall carpeting for easy-to-clean hard-surface flooring. Any area rugs should be vacuumed regularly with a high-filter vacuum cleaner once a week and steam-cleaned once a year.

Choose household cleaning products without dangerous chemicals like ammonia, bleach, volatile organic compounds, and flammable ingredients. Instead of air fresheners, use natural oil diffusers or fresh flowers to scent the air.

Control moisture indoors by running a fan or a dehumidifier. If any textiles start to smell musty, give them a good cleaning with high-temp steam heat.

Brush, bathe, and groom your dog regularly to keep any shedding to a minimum. Ideally, keep your dog out of the bedrooms of any household members with allergies or asthma.

Consider using an air purifier. These products won't catch everything, but they do capture some of the more common elements in your air that could be triggering reactions from sensitive household members or guests.

Don't be afraid to air your home out occasionally. Even if the weather outside is cold, give yourself the chance to turn off the heat and open up all the windows for about an hour each week to let fresh air inside. Will you have to wear an extra sweater while you do it? Probably. But will the air in your home be a lot cleaner afterward? Yes, it will!

# Dining

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Mini  
crabcakes atop  
fried green  
tomatoes at  
98 Cannon  
Riverfront  
Grille



WHAT'S HOT READERS  
  
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REVIEW

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# Savor the Chesapeake

A culinary compendium of restaurant, food, and beverage news and trends from the Chesapeake region

By **Kelsey Casselbury**

## Hellos and Goodbyes

There are big changes on the Eastern Shore. Along with the closing of Annie's at the end of December, Hemingway's also closed at the end of the year and will transition into a new restaurant, Libbey's Coastal Kitchen and Cocktails. The establishment, along with the Bay Bridge Marina, was acquired last summer by new owners, who have plans to open Libbey's this spring. The new restaurant, which will be operated by Chesapeake Bay Beach Club, will focus on high-quality service, food, and beverage with a local, seasonal approach to the menu. **357 Pier One Road, Stevensville | libbeyscoastalkitchen.com**

On the Western side of the bridge, The Village at Waugh Chapel shopping center is welcoming two new eateries. **Eggspectation** is opening in the storefront left vacant by last year's closure of M&M Restaurant. The restaurant, which also has locations in Ellicott City and Owings Mills, offers luxe all-day breakfast (think French crepes and short ribs benedict), as well as an expansive lunch menu. **2402 Brandermill Boulevard, Gambrills | eggsspectation.com**

**Mod Pizza** is also coming to Waugh Chapel. This fast-casual restaurant, which also has spots in Annapolis and Bowie, offers pizzas and salads made to order. **2612 Main Chapel Way, Gambrills | modpizza.com**

## On Your Plate: 2022 Food Trends

When you think back on 2021, perhaps you remember all the marvelous culinary concoctions that social media app TikTok brought us. Baked feta pasta! Pancake cereal! Sushi rice! Who knows what sort of new gastronomic creations this year will bring us, but the experts at Whole Foods Market have their guesses.

*Here's what they say you can expect to see in 2022:*



**All About Yuzu.** Tangerines are so last year. Yuzu, a similarly sized citrus fruit cultivated mostly in Asia, has started trending, with its tart flavor appearing in hard seltzers, salad dressings, and more.



**Reducetarianism.** You don't have to totally give up meat, dairy, and eggs to make an environmental impact. Plant-curious eaters are just reducing their consumption of animal products and, when they do eat them, making it count by choosing grass-fed meat and pasture-raised eggs.



**Hi to Hibiscus.** Often used in teas, the sweet, tart flavor of hibiscus flowers (and its hot-pink hue) is making a debut in yogurts, fruit spreads, and flavored waters.



**Here Comes the Sunflower.** Sunflower seeds certainly aren't new, but they're coming to the forefront this year. You might see these protein-packed seeds in crackers, ice creams, and even creamy cheeses.



**Functional Fizz.** Sparkling water now has a lot more than just carbonation in it. People are looking for bubbly beverages that pull double-duty by offering up pre- and probiotics, vitamins and minerals, and more.



SCOSSA RESTAURANT AND LOUNGE

"Came for the craft cocktails and stayed for the decadent dessert!" —Ashley Jones

**El Dorado Bar & Grill**

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

**Foxy's Harbor Grille (closed January & February)**

125 Mulberry St., St. Michaels; 410-745-4340; Foxysharborgrille.com; Seafood, American; lunch, dinner \$ 🍴 🍷 🍺 🍻 🍸 🍹

**The Galley St. Michaels**

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

**Gina's Cafe**

601 S Talbot Street, St. Michaels; 410-745-6400; ginascafemd.com; Southwestern, Vegetarian; lunch, dinner \$\$

**Gluten Free Bakery Girl**

116 N Talbot St; St Michaels; 410-693-1153; glutenfreebakerygirl.com \$ 🍷

**Gourmet by the Bay**

415 S. Talbot Street, St. Michaels; 410-745-6260; gourmetbythebay.net 🍷

**Harrison's Harbour Lights**

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

**Hong Kong Kitchens**

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

**Hot off The Coals BBQ**

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

**Hunters' Tavern at the Tidewater Inn**

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

**In Japan**

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

**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; lyonrum.com 🍷

**Marker Five**

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

**Momma Maria's Mediterranean Bistro**

4021 Main Street, Trappe; 410-476-6266; mommariasbistro.com; Mediterranean; dinner \$\$ 🍴 🍷 🍺 🍻 🍸 🍹

**Old Brick Inn**

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

**Osteria Alfredo**

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

**Out of the Fire Café & Wine Bar**

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

**Piazza Italian Market**

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

**Plaza Jalisco**

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

**Pope's Tavern**

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

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

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

**Robert Morris Inn**

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

**Sakura Sushi Restaurant**

8475 Ocean Gateway, Easton; 410-690-4773; Japanese, Sushi; lunch, dinner \$--\$\$

**Sam's Pizza & Restaurant**

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

**Scossa Restaurant & Lounge**

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

**Snifters Crafts Beer and Wine Bistro**

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

**Stars at Inn at Perry Cabin**

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

**St. Michaels Crab & Steakhouse**

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

**Sugar Buns Airport Café & Bakery**

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

**Sunflowers & Greens**

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

**T at the General Store**

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

**Theo's Steaks, Sides & Spirits**

407 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.net; 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 \$\$, \$\$\$ 🍴 🍷 🍺 🍻 \*

**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; 410-390-9921; 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 \$--\$\$ 🍴 🍷 🍺 🍻 🍸 🍹

**Java Rock**

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

MARKET STREET PUBLIC HOUSE

**"Perfect place to stop, don't miss out on the Asian Chicken Salad!" —Adrienne Terry**

**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; Rockhallpastaplus.com; American, Italian; breakfast, lunch, dinner \$ 🍷

**Procolino Pizza**

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

**The Retriever Bar & The Decoy Bottle Shop**

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

**Two Tree Restaurant**

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

**Uncle Charlie's Bistro**

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

**Waterman's Crab House**

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

**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 Ruin**

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

**Bombay Tadka**

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

**Kay's at the Airport**

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

**Lil' Bitta Bull BBQ**

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

**Ocean Odyssey**

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

**RAR Brewing**

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

**Snapper's Waterfront Café**

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

**Suicide Bridge Restaurant**

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

**ThaiTalian Infusion Cuisine**

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

**Caroline County**

**Market Street Public House**

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

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RESTAURANT REVIEW

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Would you like to sign up for our weekly eNewsletters?

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# Where's Wilma?

## FIND WILMA AND WIN!

With Jack Frost nipping at our mascot Wilma's toes, she's decided to take high to the skies and soar to the best spas and salons to get warm, get cozy, and pamper herself. She's also enjoying fine dining, shopping, and select services throughout the region. Where will she land next?

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

**Congratulations to Dorothy Wilson** of Easton, 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](http://whatsupmag.com/promotions)



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

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Phone \_\_\_\_\_

Address \_\_\_\_\_

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

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

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

Entries must be received by January 31, 2022. 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.

Ad Astra Wealth Management .....	36
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Anne Arundel Medical Center—Fish For A Cure .....	BC
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Djawdan Center for Implant and Restorative Dentistry .....	1
Dwelling and Design .....	63
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Kent Island Pediatric Dentistry .....	19
Londonderry On The Tred Avon .....	5
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O'Donnell Vein and Laser .....	IFC
Radcliffe Creek School .....	LIE
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University of Maryland Shore Regional Health .....	IFC

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Understanding the unique health needs of our community is our business. At University of Maryland Shore Regional Health, we make sure that the health care you need is right here, close to home. Our network of physicians and providers work side-by-side with University of Maryland School of Medicine specialists to bring a higher level of expertise to the communities we serve across the Eastern Shore. You don't need to travel far for advanced care with a personal touch. It's here in your own backyard, just as it has been for more than a century. Better treatments and better outcomes.

That's a better state of care.

Learn more at [umshoreregional.org](http://umshoreregional.org).



UNIVERSITY of MARYLAND  
SHORE REGIONAL HEALTH

Dr. Gina Exantus-Bernard,  
*UM Shore Medical Group - Pediatrics*

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FISH FOR A CURE



We're grateful for the generous support of our captains, anglers, volunteers, and community partners for making the 2021 Fish For A Cure Tournament, Paul C. Dettor Captain's Challenge, and Weigh-In Party a success! Thanks to you, we have raised more than \$4 million over the past 15 years to support the Cancer Survivorship Program at Luminis Health Anne Arundel Medical Center's Geaton and JoAnn DeCesaris Cancer Institute.

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**JOIN US IN 2022 AS WE CELEBRATE CONTINUED COMMITMENT TO MAKING A SPLASH  
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