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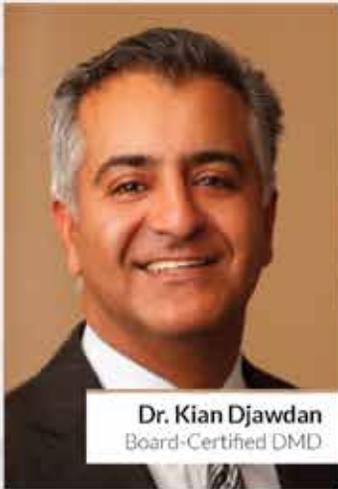
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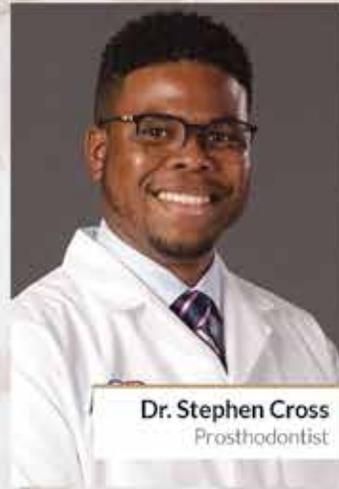
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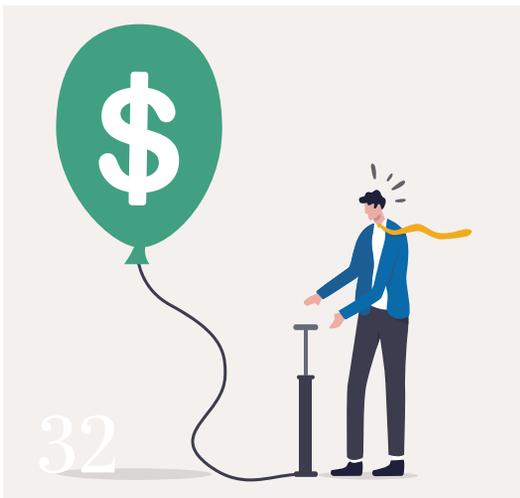
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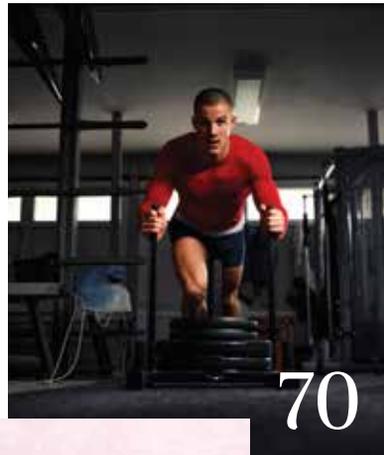
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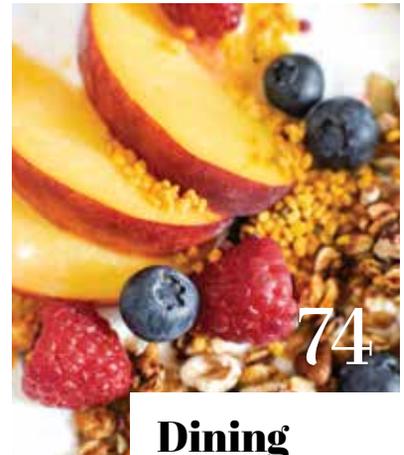
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23,888 copies with an estimated readership of 78,830.

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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.

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editor *From the*



If you've ever felt the weight of the world on your shoulders, then this issue's imaginative cover—designed by August Schwartz—could offer a touch of comic relief. Money, indeed, moves us—hopefully for better, not worse—and with sound financial planning this year, providing life's staples and luxuries won't weigh us down...could even be fun. Maybe we'll be lucky enough to feel uplifted and inspired to get creative with our culinary, career, home, and health pursuits. That's the take I'm offering for the cover design—your interpretation may vary.

In a more direct sense, the cover refers to our article "Plan for the Worst, Hope for the Best," which offers fiduciary advice for the year ahead—how to navigate emerging economic pressures and opportunities to buffer and build your portfolio, to hit short- and long-term financial goals. What are your fiscal ambitions for 2022? This article could help steer some decisions.

February, by our editorial design, has traditionally leaned on a financial/business theme and this year isn't overly different. But we do have much more inside. Articles that also inspire daydreaming of

vacation escapes, perseverance and success, planning for summer adventures, building community, and even some romance. And there's a reason for this—quite simply, this is a perfect month for planning the year ahead.

I'm writing down these thoughts as our region experiences this winter's first blast of snow. Looking out my home's back frame of windows, I see inches upon inches of powder rise on the deck, the Leyland cypresses bending heavily in thick white blankets, and wisps of flakes dancing in the morning sunlight. I think I'll hunker down for a bit, pour another cup of coffee, open a few tabs in the browser, and start making plans for the warmer and brighter days ahead.

I may be snowed in for a spell under the weight of winter, but my head is in the clouds hoping that the best days are yet to come.

*Cheers to planning
the year ahead!*

James Houck,
Editorial Director

A stylized, handwritten signature in black ink, appearing to read "James Houck". The signature is fluid and cursive, with a large loop at the end.

Out on the **TownE**

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Daddy-Daughter Valentine Ice Skate

Valentine's Day is a day to celebrate our relationships, including the relationships of Fathers and Daughters. On February 9th and 10th from 6 to 8 p.m. at the Talbot County Community Center, attend the 5th Annual Daddy-Daughter Valentine Ice Skate. Make it a yearly tradition! The night will be full of fun, excitement, food, music from a live DJ, door prizes, and more. Register ahead of time online at talbotparks.org.



Hot Chocolate 5K

Looking for a perfect ending to a brisk February run? How does hot chocolate sound? The 2022 Hot Chocolate 5K will start at 9 a.m. at Kent Island Elementary School on the Eastern Shore. The event is dog- and family-friendly and the course will take you along the scenic Cross Island Trail. Sign up and start training today at runsignup.com/race/md/stevensville/hotchocolate5k.



↑ CHESAPEAKE FIRE & ICE FESTIVAL

There is no other way to celebrate President's Day weekend than visiting Downtown Easton for the coolest event in town: the Chesapeake Fire & Ice Festival. Fire & Ice is a perfect cure for the winter blues on February 18th through 20th. It is free for all and packed to the brim with live ice sculpting, musical performances, and entertainment for the entire family. Find more information at discovereaston.com.



2022 STEWS & BREWS FESTIVAL

The Easton Beer Fest has become the destination for great beer and an even better time. This year, warm up and break the cabin fever blues with Stews & Brews. This festival will be on February 19th from noon to 4 p.m. at the Easton Volunteer Fire Department. The event will feature 25 craft breweries, wineries, and distillers, all with unlimited tastings. Ten restaurants will offer sampling of stews for festival goers and general admission will also include a tasting glass. Find more information and register ahead of time at Facebook.com/EastonBeerFest.

OUT ON THE TOWNE

FALL IN LOVE WITH ST. MICHAELS

February is the time to celebrate your love, so why not explore a new love: St. Michaels! Enjoy a romantic weekend get-away in the beautiful town of St. Michaels. It is the perfect combination of quiet escapes, calming activities and quaint places to wine and dine. Various participating bed-and-breakfasts, hotels, and inns are having Valentine's Day weekend specials, so hurry and reserve your extended weekend getaway at your favorite lodge. Find more information at stmichaelsmd.gov.



Ocean City Seaside Boat Show

The Ocean City Seaside Boat Show is ready for its 39th year come February 18th through 20th at the Ocean City Convention Center. The show will start at 10 a.m. each day and end at 7 p.m. on Friday, 6 p.m. on Saturday, and 4 p.m. on Sunday. Admission is only \$10 to see the No. 1 indoor boat show on the Eastern Shore. The show will feature around 350 boats, over 140 exhibitors, bass boats, and accessory show specials, and plenty more. Find more information at ocboatshow.com.



Celebrate African American History Month

Officially dating back to 1926, African American History Month (also known as Black History Month) is celebrated annually during February. It's a time to reflect upon and learn about our nation's African American heritage and culture. In our region, this rich history is acknowledged and celebrated at several museums and historic sites. The following list presents a few of our favorites to visit this month.

Banneker-Douglass Museum

84 Franklin Street, Annapolis; 410-216-6180; bdmuseum.maryland.gov Maryland's official museum of African American heritage serves to document, to interpret, and to promote African American history and culture (particularly in Maryland) through exhibitions, programs, and projects. Open Tuesday–Saturday, 10 a.m.–4 p.m.

↑ Harriet Tubman Underground Railroad Visitor Center

4068 Golden Hill Road, Church Creek; 410-221-2290; nps.gov/hatu An orientation center and gateway to the larger Harriet Tubman Underground Railroad Scenic Byway. The visitor center offers exhibits, a film, restrooms, picnic facilities, and staff to offer further information and guidance to visit other sites along the byway. Open Tuesday–Sunday, 10 a.m.–4 p.m.

National Museum of African American History and Culture

1400 Constitution Avenue, NW, Washington, D.C.; nmaahc.si.edu The National Museum of African American History and Culture is a place where all Americans can learn about the richness and diversity of the African American experience, what it means to their lives, and how it helped us shape this nation. Open Wednesday–Sunday, 10 a.m.–5:30 p.m.

Reginald F. Lewis Museum

830 East Pratt Street, Baltimore; 410-333-1138; lewismuseum.org Located in the heart of Downtown Baltimore, the Reginald F. Lewis Museum of Maryland African American History & Culture is the premier experience and best resource for information and inspiration about the lives of African American Marylanders. Open Mondays and Thursday–Saturday, 10 a.m.–5 p.m.; open Sunday, 12–5 p.m. Closed Monday–Tuesday.

Across the Bridge

ANNAPOLIS OPERA: SONGS OF LOVE ↓

Looking for something to do to kick off Valentine's Day? Annapolis Opera is coming to Ashbury United Methodist Church in Annapolis at 3 p.m. on February 13th. Life is a song and love is the music. Songs of Love will celebrate music of the heart, featuring soprano Leah Edwards and tenor Dimitri Pittas. Find more information at marylandhall.org or annapolisopera.org.



↑ Spring Annapolis Home Owners Expo

Looking to renovate? Meet with home improvement and enhancement companies at the Spring Annapolis Home Owners Expo at the Byzantium Banquet Center in Annapolis. Professionals will be there to help with all aspects of your house from the driveway to the roof to the bathroom. Find more information at thehomeownersexpo.com.



Credit by American Craft Council

↑ THE AMERICAN CRAFT COUNCIL'S AMERICAN CRAFT MADE MARKETPLACE

Visit the Baltimore Convention Center from February 11th through 13th for the American Craft Council's American Craft Made Marketplace. The American Craft Council is a national nonprofit dedicated to supporting craft and its artists and they are returning to Baltimore for a three-day marketplace where they will celebrate all things handmade.

The show will feature ceramics, glass, jewelry, clothing, furniture, basketry, and more with more than 350 contemporary craft artists. Find more information and register for this free event at craftcouncil.org.

Disney on Ice

Disney will come to life on the ice rink at Royal Farms Arena in Baltimore this February. Disney On Ice's Let's Celebrate will be performed February 9th through 13th and audiences will be a part of the magic as 50 beloved characters take the ice. See Minnie Mouse, Donald Duck, Cinderella, Rapunzel, Snow White, Anna, Elsa, and so many more of our favorites live and in person. Order tickets today for a show that you will remember for a lifetime at royalfarmsarena.com.



LIVE ARTS MARYLAND: BROADWAY IN ANNAPOLIS

On February 5th at 8 p.m., come to Maryland Hall for Broadway in Annapolis. It will be an evening of fun in the theater, that you will love.

New York musical theater artists along with the best of our own regional talent join a full chorus and orchestra—the Chorale and Chamber Orchestra—for an unforgettable evening of music. Find more information and order tickets online at marylandhall.org.



TOWNE SOCIAL

Nutcracker Tea

This past holiday season, on December 12, families flocked to the Graduate Hotel in Annapolis for the return of the annual tradition, the Nutcracker Tea. One of What’s Up? Media’s most treasured events saw the return of Santa and Mrs. Claus, ballet performances, a buffet, and storytelling—all socially-safe for the health of guests. Families, especially the children, enjoyed this past year’s sold-out event. To keep an eye on 2022 dates and information, visit whatsupmag.com.

Photography by Stephen Buchanan.





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"He and his family were really struggling," says the 77-year-old Persels, who now gives consultations and law clinics for Mid-Shore Pro Bono. "We helped him and his family through the process and it ended up coming out good. It was very rewarding.

"Volunteering keeps me busy, and I still enjoy it," he adds.

The police officer's story is just the kind of positive outcome the organization always strives for as it helps hundreds of clients in the eight counties across the Eastern Shore. The mission of the 17-year-old nonprofit is to provide free or reduced-fee legal assistance and counsel to individuals and families who otherwise couldn't afford these services.

The organization provides about \$2 million in legal assistance services to more than 3,000 individuals and families each year. Mid-Shore Pro Bono is largely funded through county, state, and private grants, and individual donations.

"I think there is a huge need for people to get legal representation," says Meredith Lathbury Girard, the organization's new executive director and former managing attorney for three years. "It costs a lot of money to hire an attorney. The average rate is 250 dollars an hour. You usually need a nice chunk of change upfront to get an attorney."

Mid-Shore Pro Bono deals with cases that involve nearly everything, including housing, divorce, child custody, consumer debt, and elder law. These cases are handled by a network of about 200 volunteer attorneys.

"They are absolutely amazing," Lathbury Girard says of the volunteers. "They do incredible work. They make our clients feel they have been seen and heard. Their services create access to a legal system that often creates a lot of barriers to keep them out."

Fortunately, former longtime Executive Director Sandy Brown and Lathbury Girard have helped assemble the organization's extensive network of lawyers who are willing to donate their time and expertise.

"We do have 25 lawyers that give us more than 100 hours of service," Brown says. "It's almost two million dollars of free legal service that we are providing to the community."

Brown left the organization in December after serving 13 years as executive director. During that time, she was instrumental in the organization's dramatic expansion. Mid-Shore Pro Bono only had an office in Centreville when Brown started with the organization in 2008. Today, it has locations in Chestertown, Easton, Salisbury, and a fourth location planned for Cambridge.

TOWNE SALUTE

Mid-Shore Pro Bono

By Tom Worgo

Lawyer Jimmy Persels has prevailed in dozens of cases for Mid-Shore Pro Bono. But one especially stands out. It was one of Persels' first cases he took on after he started volunteering for the organization in 2009.

A disabled police officer who lived in Caroline County was having trouble getting benefits that were due to him and faced losing his house. It took some time, but Persels, a Centreville resident, eventually saved him from foreclosure while restoring his benefits.

“Sandy has really built up this organization from the ground up,” Lathbury Girard says. “It’s an extraordinary opportunity for me. It’s not often you get to walk in as executive director with a really professional staff and excellent programs already built.”

From the beginning of Brown’s term, one of her biggest challenges was letting the public know about the availability of the organization’s pro-bono services. They cover the entire Eastern Shore of Maryland.

“It can be a hard message to spread,” Brown says. “Law services are not in the mind of most people. It’s not like Habitat for Humanity that’s built houses, where there is something physical to show. We have a full-time outreach coordinator who does one-on-one outreach. She goes to nonprofits that service similar clients. We do mailings to low-income households. We also communicate with social services agencies and counties.”

What it all comes back to is helping the clients. Lathbury Girard helped a woman in Caroline County whose boyfriend had been murdered. It left her with a near hopeless situation because the woman wasn’t working, had health issues, and has three kids, including an infant. But Lathbury Girard restored her hope.

“It turned into a very positive situation,” Lathbury Girard said. “We were able to prevent eviction and work together with the local rental agency to get money for past rent and future rent for the client to get back on her feet. It’s a privilege to help her this way and make such a concrete difference in her life.”

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



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For All Seasons New Board Members

For All Seasons has welcomed six new members to its Board of Directors: Kamari A. Collins of Easton; Aimee Dietsch, DHSc, of Easton; Gary Goldstein, MD, of St. Michaels; Leonard Wolf, CPA, RIA, of Easton; Michael T. Flaherty, Ph.D., of Tilghman; and Elizabeth Spurry, CFP, CTFA, of Trappe. "These new board members bring a depth of experience in their diverse fields of business and their years of community service. We are thrilled to have them serve on our Board and support our organization through an important growth period in our history," comments Beth Anne Langrell, CEO of For All Seasons.



REALTORS CONTRIBUTE TO ST. MICHAELS COMMUNITY CENTER ↓

Mid-Shore Board of REALTORS® recently provided a \$1K contribution to the St. Michaels Community Center to help address food security in our local communities. The funds were raised through a crab feast raffle sponsored by the organization over the summer and will be used to help the St. Michaels Community Center provide pantry bags and meals to Bay Hundred families and individuals in need. "The St. Michaels Community Center is fulfilling an important role in our community in making sure no one in the Bay Hundred area goes hungry," said SMCC Executive Director Patrick Rofe. "So this kind of support from the Mid-Shore Board of REALTORS® and all our donors is critical in helping us to fulfill our mission of serving, empowering, and connecting our community."

↑ CBMM AWARDED GRANT FROM RURAL MARYLAND COUNCIL

The Chesapeake Bay Maritime Museum has been awarded more than \$30,000 in grant funds from the Rural Maryland Council (RMC) to support its Shipwright Apprentice Program. CBMM has been operating a successful Shipwright Apprentice Program for more than 20 years, graduating more than 50 apprentices. In 2018, CBMM began offering a formal four-year apprentice certification, developed in line with U.S. Department of Labor Employment Training Administration Standards and registered with the Maryland Apprenticeship and Training Program, a division of Maryland Department of Labor, Licensing & Regulation's Workforce Development and Adult Learning. "We believe strongly that we need to improve our local economies and we do that through educational attainment and skill development, so we are a big supporter of apprenticeship programs across the State," said Charlotte Davis, Executive Director of the Rural Maryland Council.

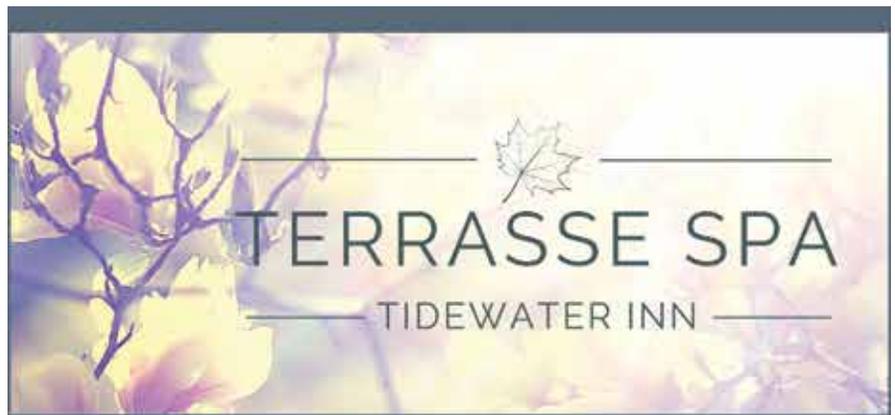




St. Michaels Middle High Receives STEM Grant

St. Michaels Middle High School (SMMHS) has received a grant in the amount of \$4,000 from AFCEA Central Maryland Chapter to purchase two 3-D printers for the school's Biomedical Science Program. Mrs. Lauren Greer, SMMHS Science Teacher and Talbot County Teacher of the Year, along with students from the school's chapter of the Biomedical Engineering Society, submitted a Science, Technology, Engineering, and Math (STEM) Kickstarter grant proposal to the organization. "During our meetings last year with different graduate and medical students, my students in the Biomedical Engineering Society (BMES) identified the importance of coding, software, and 3-D printer capabilities," Mrs. Greer explained. "Our goal was to apply for a few grants to see if we could start to gain that experience. JT Lizewski, President of BMES, was the primary writer of the grant." David Fries, Vice President of Scientific Education, presented the check at the school last month. The AFCEA Central Maryland supports the education of future leaders in Science, Technology, Engineering and Mathematics (STEM) through direct scholarships, endowments, and grants.

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



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I THINK SOCCER CONSUMES HER LIFE IN THE BEST WAY POSSIBLE. SHE LIVES FOR IT. IT'S HER PASSION, HOBBY, AND STRESS RELIEF. SOCCER IS EVERYTHING TO HER."

Wildt, a defender, has received soccer honors throughout high school.

"It's such a big passion of mine," Wildt says. "I would want my kids to play soccer. It's a time where I can be myself and get stuff off my mind. I just couldn't see myself not playing soccer. I don't have time to slow down when it comes to soccer. Life would be so boring without it."

The Greensboro resident started coaching last year, helping out as an assistant for a Shore Football Club U-12 team. It's something she wants to do more of when she finishes her playing career. "I definitely want to coach soccer when I get out of college," Wildt says. "I want to be the head coach at North Carolina High school. It's pretty important to me."

The 18-year-old enjoys working with kids away from soccer, as well. She is doing an internship at Greensboro Elementary as part of a program through Chesapeake College, where she'll be taking classes in the spring semester. "I want to work as a teacher at a local elementary school," says Wildt, who will major in elementary education in college.

When it comes to soccer, Shore Football Club Coach Mike Leach says Wildt's tremendous work ethic has made her the kind of player that colleges covet. "She has really worked hard to make herself someone who can play in college now," says Leach, who also works as assistant soccer coach at nearby Easton High. "She is more focused on soccer, where other girls play different sports than she does."

Wildt has wanted to play college soccer since the seventh grade. Coastal Carolina, Virginia Wesleyan, Salisbury, and the University of Tampa top her list.

"She knows what she has to do to be successful at the next level," Leach says. "With her determination, she will be very focused on being the best player she can be." Leach points out that the growth he's seen in Wildt during her five years with the Shore Football Club has been tremendous. SFC plays against the best players in the Mid-Atlantic region.

"She became an All-Conference player (in 2021) by her hard work and determination," Leach says. "She was nominated for an All-State team."

Wildt started for four years at North Carolina, and the Bayside Conference named her an honorable mention selection as both a sophomore and junior. This past fall, she earned First-Team honors while serving as co-captain of North Carolina.

Wildt is 5-foot-3, but she plays much bigger than her size. "You just don't get past her," North Carolina Girls Soccer Coach Jenna Riordan says. "She is very feisty and strong. She is one tough player."

Riordan says Wildt will stay involved with soccer for a long time after college. Her interest in the sport is off the charts. "I think soccer consumes her life in the best way possible," Riordan explains. "She lives for it. It's her passion, hobby, and stress relief. Soccer is everything to her."

TOWNE ATHLETE

Ashley Wildt

North Carolina High School Soccer

By Tom Worgo

North Carolina High senior Ashley Wildt is soccer crazy. She'll do as many activities with the sport as possible. Between high school and the Shore Football Club, she plays the sport year-round. She is especially busy with soccer in the winter.

Wildt plays on three different teams outside of high school: Shore Football Club, a Caroline County Recreation Indoor team, and a pickup team at the Crown Facility in Fruitland. On top of that, she referees young players in a Caroline County Recreation league.

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



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TOWNE INTERVIEW

Cathy Reese

Head Women's Lacrosse Coach
at University of Maryland

By Megan Kotelchuck

Photography courtesy University of Maryland Athletics

February is here and for many Marylanders that means lacrosse season is in full swing. Since 2004, lacrosse has been the official team sport of Maryland, and University of Maryland Women's Lacrosse Coach Cathy Reese helps prove why. Reese is one of the most decorated coaches at the collegiate level. She was a standout player at Maryland from 1995 to 1998, and since originally arriving in College Park as a student athlete, she has only spent three seasons outside of Terp Territory. She has been named IWLCNA National Coach of the



I THINK SOME OF OUR GREATEST MOMENTS, FOR BOTH MY HUSBAND AND I, WERE THROUGH ATHLETICS WITH UNIVERSITY OF MARYLAND. AND SO, IT'S REALLY FUN FOR US TO BE BACK HERE AND TO CONTINUE TO BE ABLE TO WORK WITH THE PROGRAM THAT MEANT SO MUCH TO US AND CONTINUE TO REPRESENT MARYLAND."

Year four times, stands as the all-time winningest coach in Maryland women's lacrosse history, has led the Terps to five National Championships, 11 Final Fours, and 20 Conference Championships. She stands eighth all-time among women's lacrosse head coaches with 312 wins and was the fastest ever to hit 200, 250, and 300 wins. Coach Reese has a hard resume to beat.

We were able to catch up with Reese prior to the start of the highly anticipated 2022 season to talk about expectations, 2021 fall ball, how COVID has affected recruiting, changes to the rules, and more.

You played for Maryland and have been the head coach there for 13 years. You're the winningest coach in Maryland's women's lacrosse history. What is keeping you at Maryland? Why do you want to stay in College Park?

So, I played there from 1995 to 1998, and my husband played there, too. I stayed on as an assistant for five years afterwards for Cindy Timchal. Then I went to Denver for three (years), and I came back in the fall of 2006. So, I've actually been here a little longer than 13 years. But having played in Maryland and having been a part of the program I'm so passionate about, I love the university. I love our lacrosse program. I love what we stand for. I think some of our greatest moments, for both my husband and I, were through athletics with University of Maryland. And so, it's really fun for us to be back here and to continue to be able to work with the program that meant so much to us and continue to represent Maryland.

You have won more than one championship as a player and as a coach. Is there a single championship or season that stands out to you as the most memorable?

No. Every year is so different because your people are different. As a player, your teammates are different, your competitors are different, the environment is different. Then as a coach, your teams are different, and each team has a personality of its own. Every year has been so special for a variety of reasons. At the end of the day, no matter what, you just want to be able to look back and say, "We gave it all we had and what a memorable season it was." To be able to end the season and win a championship is something really, really, really special. So, I think each one has a mind of its own and has been something memorable no matter what.

How did fall ball go? How do you see 2022 coming together?

Fall was great. Now, last year (2020) we didn't have a fall ball, so we really missed out for our team and for our younger players to just have that time, to compete, to learn about ourselves, to really focus on our chemistry and to see what everyone has. Not having that last year hurt us a little bit, because our team was so young. We've got 36 players who all did a fantastic job this fall. We got to learn a lot about ourselves. We have five transfers and a group of nine freshmen so it's nice to see how they all fit into the mix. And, a lot of our sophomores, who didn't get to play much last year and then didn't have fall ball were able to really gain that experience too. I think we grew a lot this fall and I'm really looking forward to the spring season.



Over the summer, the NCAA announced a new rule with the clock. Instead of two 30-minute halves, teams will play four 15-minute quarters and the clock will remain running. Did you use this rule in Fall Ball?

We did not. And this will be interesting. We are going to scrimmage a couple times before we start in the spring, but we haven't played with that clock because typically, in fall ball, you play multiple games in a day. So, we would play three different teams in a little tournament format and we would do running time halves but I am excited about it. I'm excited to see what it looks like, what it feels like, and I am sure it is going to take some getting used to.

The intent is to keep our game moving and to keep it moving faster. There's are times when it gets really drawn out and slow, whether it is at the setup of the center draw or the amount of time it takes after goals for people to set up. I think the intent will help us keep things moving faster, give us more opportunity to get gains in certain time slots.

The rules committee implemented freedom of movement on the whistle in 2017. This is a big change to how the game is played. Do you like the way the game is evolving?

Isn't it crazy to look back on the differences? It's hard to remember. Back when I played, we didn't have boundaries. We didn't have restraining lines, so you could have 11 people on offense. And it's funny—I try to explain that to our teams sometimes, and they're looking at me like I have ten heads. It sounds so silly, that you forget how the game has evolved, but I think you look at the level of athletes we have playing this game and it's so fun to watch and so fun to play. The athletes are just getting faster and stronger. The game is evolving to be at such a fast pace.

I think the decisions that we have made as a sport—to go to a shot clock even—have been really positive changes for our sport as a whole. I am sure the rules committee has really thought through this and felt their way through it along with all the

people that they lean on for (input). This will be something new that, hopefully, will continue to propel our sport forward.

How did COVID affect the recruiting process? Is it still affecting the process?

I think the biggest struggle right now across the board is the fact that the NCAA granted athletes an extra year of eligibility, so rosters are kind of all over the place. There are some conferences that didn't let kids take a fifth year; others did. Some schools have more kids in each year that want to take a fifth year. It just makes your roster sizes a little more difficult to manage. I think you see less spots for people in certain years and more in others, but we are almost through that time. We have been recruiting 2023s all this season. When the '23s are freshman, it will be the last year that we will be affected by that fifth year of eligibility.

It is hard because we didn't know what the right thing to do was—we were shut down and

lost that whole year. We want everybody to get the most out of their experience, and so we try to find ways to make it work and, hopefully, everybody can get what they want out of their college time.

How do you enjoy your off season? Do you get a break from lacrosse?

I have four kids of my own, so I am running around all the time, everywhere, all day, every day. I have a lot of responsibilities at home, but I love being able to watch my own kids play their sports. My oldest is a senior in high school, and he is signed to play men's lacrosse for John Tillman at Maryland, so I am really excited for him. My second is a ninth grader, and he plays lacrosse as well. My daughter plays everything: field hockey, basketball, soccer, lacrosse. And then my nine-year-old plays soccer, basketball, and lacrosse. They are into all sorts of things; it is a lot of fun. We want them to experience all of it before they narrow their focus down and pick something, but they do all love lacrosse.



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SUMMER CAMPS

YOU SHOULD KNOW

At What's Up? Media we know that advance planning is the key to a successful publication and that same logic applies to summer preparations—especially when considering when and where to send the kiddos for summer camp. So, welcome to this year's summer camp guide, featuring a healthy list of regional options and a broad range of interests, including sports, art, maritime, environment, STEM, studies, and more. Plan now and get ready to enjoy summer!

There are private schools and organizations not listed herein due to the covid pandemic and adjusted policies that have limited the scope of their offerings this summer.



ANNAPOLIS MARITIME MUSEUM

LOCATION: Back Creek Nature Park Campus, 7300 Edgewood Road, Annapolis **CONTACT:** Gail Hutchinson, program@amaritime.org, 410-295-0104 x27; Amaratime.org/education/camps **DATES/TIMES:** June 27th through September 2nd, Monday through Friday 9 a.m.-3:30 p.m.; extended care available for additional fees **AGES:** K-6th Grade; Volunteer and internship opportunities for older students **COST:** Museum members, \$295; non-members, \$335. Prices varies for specialty sessions, including half-day camp for our youngest explorers and Teen Travel Camp.

Campers will get wet and muddy while exploring our Park campus with wooded trails, secluded coves, and marsh habitats along Back Creek. Come play in the woods and water, discover our maritime heritage, and become environmental stewards! Activities are designed specifically for each age group. Our youngest campers will enjoy animal investigations, water play, crafts, and stories, while older campers are challenged with additional adventures including kayaking and boating excursions, standup paddle boarding, and fishing.

ANNAPOLIS AREA CHRISTIAN SCHOOL SUMMER PROGRAMS

LOCATION: 109 Burns Crossing Road, Severn **CONTACT:** 410-257-3923; aacsonline.org/summer-programs. Brian Dennstaedt, Summer Programs Director, summer@aacsonline.org **AGES:** 3.5-18 years **DATES/TIMES:** June 20th-August 5th **COST:** \$195-355/week

7 weeks of fun for kids and convenience for parents! AACs summer programs are faith-based camps in a safe environment that foster fun and learning, and allow kids to make life-long memories and friendships. Dozens of options are available, including full and half day in the following categories: traditional day camp, sports, academic, creative arts, STEM, and more!

ARCHBISHOP SPALDING SUMMER CAMPS

LOCATION: 8080 New Cut Road, Severn **CONTACT:** 410-969-9105; archbishopspalding.org/camps

Spalding offers a wide variety of summer programs, including academic and athletic camps. For more information, including dates, times, ages, and pricing for each camp, please visit the website or call the number above.

BALLET THEATRE OF MARYLAND

LOCATION: Ballet Theatre of Maryland, 1981 Moreland Parkway, Building 4A Bay 4, Annapolis **CONTACT:** Emily Brennan, ebrennan@balletmaryland.org, 410-224-5644 **DATES/TIMES:** June 20-24, 2021 (One Week Program) June 27-July 30 (Five or Three Week Programs) 9 a.m.-4 p.m. Monday-Friday **AGES:** 8-18 **COST:** \$400-2500 depending on program length

The Summer Intensive is a unique opportunity for students ages 8 to 18 interested in a focused, comprehensive training program to make technical progress in classical ballet and contemporary dance forms, and repertoire. Classes, led by Ballet Theatre of Maryland's faculty and guest instructors, feature technique courses, acting seminars, choreography, and mini workshops. The goal of the Summer Intensive is to further students' dance technique and artistry, creating well-rounded dancers and individuals.

BOYS' LATIN SUMMER LACROSSE CAMPS

LOCATION: The Boy's Latin School of Maryland, 822 W. Lake Avenue Baltimore **CONTACT:** boyslatinmd.com/blsummer or Brian Farrell bfarrell@boyslatinmd.com **DATES/TIMES:** June 12 - June 16th, 5:30 p.m.-8:30 p.m. (Grades PreK-5), June 13th through 16th, 9:30 a.m.-12 p.m. (Grades 6-8) **COST:** \$290

Boys' Latin is thrilled to offer two lacrosse camps this summer run by our Head Varsity Lacrosse Coach, Brian Farrell. Our Laker Lacrosse Camp is designed for boys in grades Pre-K - 5 who are just getting into the game or are looking to have some fun and improve. Each day will be filled with the teaching fundamentals as well as competitive drills and games! Our ten-star lacrosse camp will focus on experienced middle school players who want

to improve their games. The camp features high-quality coaching from some of the best players in the game and some of Boys' Latin's finest alumni. Each day will concentrate on individual skill development and feature competitive "Free Play" sessions.

BCA ELITE GIRLS LACROSSE CAMP

LOCATION: Whitmarsh Park, Bowie **CONTACT:** Collin Meerholz collin@bcaelite.com; www.bcaelite.com/summer-camp **DATES:** June 27-30, 9 a.m. - 3 p.m., thursday 9 a.m. - noon **AGES:** 9-16 **COST:** \$335 early bird / \$360 after March 15

BCA Elite is a Player Development Camp for the serious player looking to take their game to the next level. BCA's unique training model and camp structure will provide players with daily fast-paced small group skills sessions and 7v7 competitive play allowing players to maximize their touches of the ball. If you want to be an elite player, this is the camp for you!

CAMPS AT CALVERTON SCHOOL

LOCATION: The Calverton School, 300 Calverton School Road, Huntingtown **CONTACT:** Haleigh Vance, hvance@calvertonschool.org **DATES/TIMES:** June 20th-August 5th, Monday-Friday, 8 a.m.-4 p.m. **AGES:** 3.5 years old through 8th grade **COST:** varies

Brief Description: The Calverton School offers fun and educational day camps starting as young as 3 1/2 and as old as 8th grade. We offer a variety of themed camps, as well as specialty and sports camps. Registration opens in February.

CAPITAL SUP GROM CAMP

LOCATION: 7314 Edgewood Road, Annapolis **CONTACT:** capitalsup.com, Kevin@capitalsup.com
DATES/TIMES: Monday through Thursday; 1-4 p.m. (half day) or 9 a.m. - 4 p.m. (full day session) June 27th through September 29th **AGES:** 7-14 **COST:** \$339 (half day) \$605 (full day) See pre-season specials online

Our four day "Grom Camp" will be filled with learning sessions, water safety, how to SUP from the most knowledgeable instructors in Maryland, SUP Yoga, SUP Fitness, SUP Games, fishing & crabbing, and most importantly learning to appreciate and love the outdoors!

THE COUNTRY SCHOOL SUMMER CAMPS

LOCATION: The Country School, 716 Goldsborough Street, Easton
CONTACT: countryschool.org
AGES: PreK through 8th grade

The Country School is excited to offer a great lineup of summer camp offerings for students coming into PK through 8th grades. Have fun with Explosive Science! Hone your art skills with weaving and ceramics. Sweat it out in a lacrosse or soccer clinic.

CITY OF ANNAPOLIS RECREATION AND PARKS SUMMER CAMPS

LOCATION: Varies by camp **CONTACT:** 410-263-7958; annapolis.gov/recreation. Katy Owings, Recreation Division Chief, KAOWings@annapolis.gov **DATES/TIMES:** TBA **AGES:** 4-15 **COST:** Varies by camp

Annapolis Recreation and Parks offers a variety of day camps from traditional ones that include field trips to special interest camps that include sports, STEAM, stand-up paddleboarding (SUP) and more. Last year we introduced virtual camps! Please visit www.annapolis.gov/354/Camp-Information. Follow us on Facebook and Twitter to stay up to date on camp announcements!

ELITE STARR ATHLETIC ACADEMY

LOCATION: Anne Arundel County
CONTACT: elitestarrad@hotmail.com; elitestarr.com **DATES:** April-October **AGES:** 5-18 **COST:** Varies

Description: Improve your game at camp! Our goal at Elite Starr Athletic Academy is to provide a great camp experience that will help improve athletic skills at camp. We have created a safe environment where athletes can interact while improving their athletic skills. This is accomplished through

positive reinforcement coaching and skill level training given by highly skilled coaches. Our camp programs are designed to make athletes skill level better, promote a deeper love for their sport and most importantly have fun.

GLENELG COUNTRY SCHOOL

LOCATION: 12793 Folly Quarter Road, Ellicott City **CONTACT:** summerprograms@glenelg.org, 410-531-8600 x2157 **DATES/TIMES:** June 20-July 29 **AGES:** Pre-K to Grade 12 **COST:** Half-day program from \$265, Full day program from \$315

Glenelg Country School has been offering quality summer programs for over 30 years. Located in central Howard County and situated on an idyllic 90-acre wooded campus, our summer programs provide children with a fun and educational experience in a relaxed and safe environment. Our camps offer a variety of activities and make use of our outdoor swimming pool, tennis courts, playing fields, shaded pathways, air-conditioned classrooms, computer labs, athletic center, and pond. The success of our camp program is greatly facilitated by a camper-to-staff ratio of less than 10 to 1.

MARYLAND HALL SUMMER CAMPS

LOCATION: Maryland Hall, 801 Chase Street, Annapolis **CONTACT:** marylandhall.org, 410-263-5544

Discover your cultural core with summer camps in art, dance, and music. Find more information by visiting Marylandhall.org

MARYLAND THERAPEUTIC RIDING SUMMER CELEBRATION WEEK

LOCATION: Maryland Therapeutic Riding, Crownsville **CONTACT:** Linsey Erar, linsey@mtrinc.org
DATES/TIMES: Week 1 - June 27th

through July 1st, Week 2 - August 1st through August 5th; 9 a.m.-2 p.m. **COST:** \$575

Therapeutic Riding and Riding for Wellness—these are mounted lessons with a certified instructor in which the goal is learning how to ride the horse. This is more recreational in nature however there are certain inherent therapeutic benefits that come with riding such as increased confidence, problem solving, physical awareness and strength and increased mobility in the joints. These programs are open to those with physical, cognitive and emotional disabilities, as well as those with no diagnosis, who are looking to improve their overall wellness through mounted horseback riding activity.

2022 NAVY ATHLETIC SUMMER CAMPS

LOCATION: U.S. Naval Academy, Annapolis **CONTACT:** 410-293-5845; Navysports.com. (click on "Camps" tab) **DATES/TIMES:** June-August **AGES:** Varies by camp and program **COST:** Varies by camp and program

Please visit website for information.

SAFE HARBOR ANNAPOLIS SUMMER CAMP

LOCATION: Safe Harbor Annapolis, 519 Chester Ave. Annapolis, MD 21403 **CONTACT:** Marina Office at 410.268.8282 or annapolis@shmarinas.com **DATES/TIMES:** Weekly Summer Camp begins 6/20, 9:30-12:00 **AGES:** 4 and up **COST:** Members- \$205, Non-Members- \$255

Summer camp includes 90 minutes of tennis instruction, games, and one hour of swimming. Campers should bring or wear tennis shoes, swim suits, towel, hats, rackets, water, sunscreen, snack and PFD if child a non-swimmer. For information on spring camp offerings, please contact us.



SUMMER AT THE CREEK

LOCATION: Indian Creek School: 1130 Anne Chambers Way, Crownsville **CONTACT:** Lindsey Seynhaeve **DATES/TIMES:** June 20–July 29 (programs run from 9 a.m.–3 p.m., with options for before/after care for an additional fee) **AGES:** 3.5–rising seniors **COST:** ranges from \$300–375 a week

Indian Creek School is excited to announce the return of its incredible summer camp program! This summer, Indian Creek will offer a wide variety of fun and engaging campus, centered around themes from STEM to music, art to outdoor adventures, and much, much, more! Our renowned performing arts camps will give those destined for the stage a chance to shine, and our sports camps will provide athletes with state-of-the-art skills training and tons of fun! Camps will take place on Indian Creek's beautiful, 114-acre campus, just minutes north of Annapolis. We can't wait to welcome you to Summer at The Creek!

SUMMER AT KEY

LOCATION: 534 Hillsmere Drive, Annapolis **CONTACT:** 443-321-2575; Keyschool.org/summer. Jane Flanagan, Director of Summer Programs, jflanagan@keyschool.org **DATES/TIMES:** June 21–August 5, 9 a.m.–3:30 p.m. Aftercare available until 5:30 p.m. **AGES:** 3.5 years–grade 12 **COST:** Varies by program

With a variety of fun and enriching in-person camp programs planned, Summer at KEY has something for everyone in 2022. From themed traditional camps for the youngest campers to specialty STEM, cooking, art, and athletic camps, we are committed to creating a memorable summer experience for all of our campers.

SASA CARE AT ST. ANNE'S SCHOOL OF ANNAPOLIS

LOCATION: 3112 Arundel on the Bay Road, Annapolis **CONTACT:** 410-263-8650; stannesschool.org/Summer **DATES/TIMES:** Weekly, running mid-June to mid-August. 9 a.m.–3 p.m. with Before and After Care available **AGES:** 2–5 years **COST:** \$350/week

SASA Care, our summer program for children ages two- through five-years-old, is designed to provoke discovery, socialization, fun, and deep thinking in a safe and engaging environment. Students will enjoy an array of activities and adventures in a hands-on experiential, Reggio Emilia-inspired program. Space is limited! Registration opening soon.

ST. MARGARET'S DAY CAMP

LOCATION: St. Margaret's Day School, 1605 Pleasant Plains Road, Annapolis **CONTACT:** stmargaretsdayschool.org/summer-camps **DATES/TIMES:** 4 sessions: June 13th through 24th, July 11th–22nd, July 25th–August 5th, August 8th–12th **AGES:** 2–10 years old

Science, art, exploration and theme based fun for ages 2–10! Camp days run from 9 am–3 pm. Before care is available beginning at 7:30 am and aftercare is available until 5:30 pm. Themes include Under the Sea, SMDS Summer Scientists, Build it, Design it, Lego camp, and Ahoy, St. Margaret's Pirates.

SUMMER AT SAINT ANDREW'S

LOCATION: 4B Wallace Manor Road, Edgewater **CONTACT:** 410-216-2660; summer.standrewsum.org. summer@standrewsum.org **DATES/TIMES:** June 21st through August 12th, 8:30 a.m.–3:30 p.m. **AGES:** 3–14 years **COST:** Varies by program

Summer at Saint Andrew's offers an unforgettable summer of fun.



Get ready to discover, create, and play as we travel through time, build exciting worlds, become pirates, train to be superheroes, and more!

SUMMER TUTORING AT DIVINE MERCY

LOCATION: St. Jane Frances de Chantal School Building; 8513 St. Jane Drive, Pasadena **CONTACT:** Claire Harvath; administrator@divinemercury.md **DATES/TIMES:** Varied dates and times throughout the summer **AGES:** K–8th grade **COST:** Varied Costs

1 on 1 and small group tutoring in a variety of subjects to include math, reading, Latin, Spanish, spelling, music and more.

WEBER'S BULLDOG BASKETBALL CAMP

LOCATION: Annapolis Area Christian Middle School, 716 Bestgate Road, Annapolis **CONTACT:** 410-519-5300 ext. 3150; webersbulldogbasketball.com. William Weber, Coach@webersbulldogbasketball.com **DATES/TIMES:** 3 sessions: July 11th through 15th, July 18th through 22nd, July 25th through 29th **AGES:** 6–15 years old

Weber's Bulldog Basketball Camp is proudly owned and operated by experienced coaches and former athletes. Program open to boys and girls ages 6–15 years old with players' skill levels ranging from beginners to avid players. Campers are taught basic

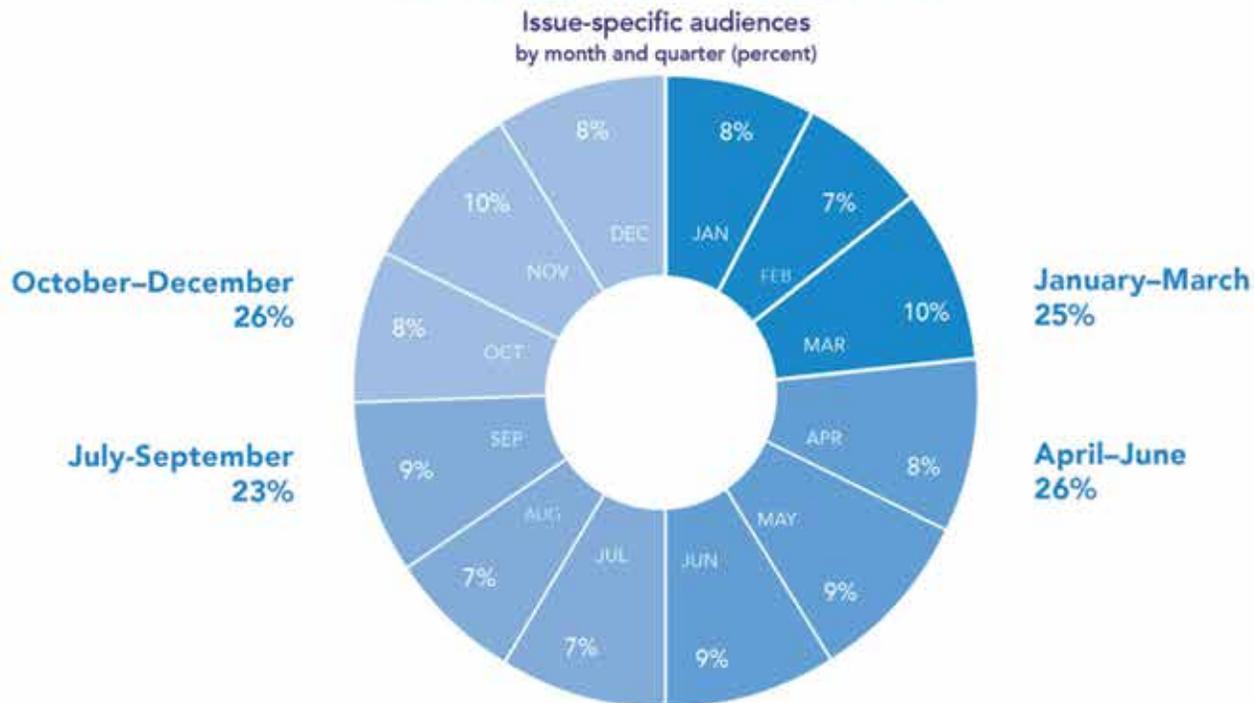
fundamentals during structured, competitive settings in weeklong sessions and focus is on enjoying the game. This award-winning camp has been a trusted favorite for Annapolis parents for over two decades. This is a peanut-free program.

WHOOF ON THE WHARF CAMPS

LOCATION: Whoof on the Wharf, 48 S River Road, Suite 100, Edgewater **CONTACT:** 667-777-2275 **DATES/TIMES:** Three weeks full day camps that run from 9 a.m.–4 p.m., June 20th through 24th, July 11th through July 15th, and August 1st through 5th; the rest of the weeks of the summer (with the exception of July 4th week) will be split into morning kayak skills classes and afternoon art workshops. They are all listed on Eventbrite under Whoof on the Wharf and also on our website whoofkidscamp.com **AGES:** 8–14 **COST:** Depends on whether full day camp or a skills session; cost also depends on when you register. Currently there is an early bird discount in effect.

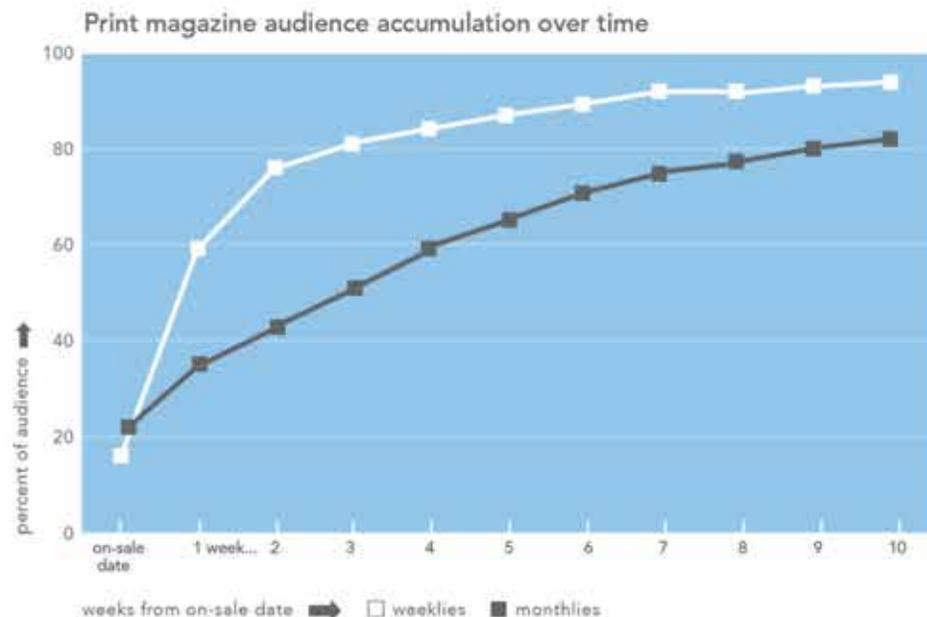
Kayak paddling skills sessions will involve learning basic kayaking skills, group excursions around the marina and games including relay races and scavenger hunts. Art workshops will involve different arts and crafts, including paint and clay projects. The full day camps will also include an introduction to basic dog training skills.

Magazines maintain strong readership throughout the year



Note: Includes all publications measured in MRI-Simmons Issue Specific Study
Source: MRI-Simmons, Issue Specific Study, January-December 2020

Magazine readership continues to grow long after publication date



Note: The on-sale date is the actual date the print magazine appears on the newsstand or is likely to arrive in subscriber households. The on-sale date generally precedes the cover date.
Source: GfK MRI 2000, Accumulation Study, MRI-Simmons, Fall 2019.



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PLAN FOR THE **WORST**, HOPE FOR THE **BEST**

BY DYLAN ROCHE

Inflation. Supply chain holdups. Labor shortage. Great markets. Bad markets.

Do you get the feeling that 2022 is going to be another strange, stressful year as far as your wealth is concerned? When you hear people talking about inflation, or when you hear them talking about bull markets versus bear, it might make you nervous. But it's important to remember that inflation doesn't always equate to a bad market. That's because inflation and a down market are two separate problems—although they do affect each other to some degree.

As Ray Hobson, CFP, with HF Advisory Group puts it, "The biggest risk that is caused by inflation is a reduction in purchasing power of the dollar. So, keeping investment growth higher than inflation is an important factor to consider when choosing the most appropriate investments."

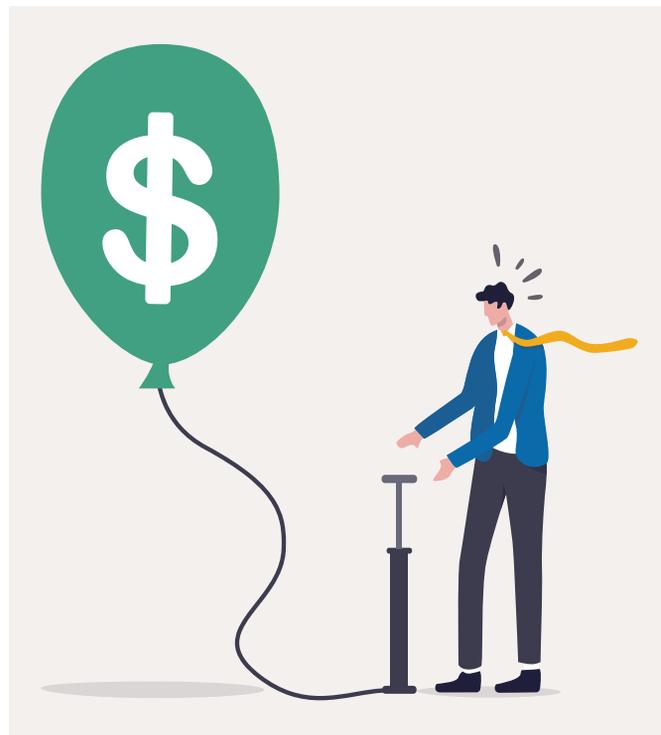
HOW TO CREATE A FINANCIAL PLAN FOR AN UNPREDICTABLE 2022

INFLATION VS. A BAD MARKET

Inflation is a problem directly caused by supply and demand. Most people already understand that when there's a limited supply of goods but demand remains steady or even increases, the cost of those goods will inevitably increase. That explains why so many price tags are reflecting higher numbers. Shutdowns caused by the COVID-19 pandemic throughout 2020 and some of 2021, as well as workforce labor shortage, have meant that many companies aren't able to produce as much as they normally would. As restrictions have been lifted and more consumers start to buy again the way they did before the pandemic, those consumers need to be prepared to pay more for those products that are harder to get. As an example, U.S. Bank cites that fewer new cars are available on the market today than in years past; at the same time, more people are buying used cars. Because of this, the cost of both new and used cars has gone up.

But if it seems as if the inflated prices you're seeing are especially bad, you're not wrong. In fact, MarketWatch reported that at the end of 2021, inflation was at the highest it had ever been in 31 years.

That doesn't necessarily mean investors need to worry about the market going bad. Your cash might not be as valuable—in other words, each dollar you have is able to buy less than it would before prices were inflated—but investments will actually become more valuable. U.S. Bank explains that over the past 30 years, when inflation accelerates, the price of stock tends to go up as well. Companies are bringing in more revenue, so shares of those companies become more valuable.



YOU CAN'T ALWAYS PREDICT THE MARKET

Currently, the market is moving like a bull. But not everyone is optimistic. In November 2021, CNBC reported on a survey from Morgan Stanley's E-Trade Financial that showed millionaire investors were very concerned about stock market holdings—as concerned as they were in the second quarter of 2020, right after the pandemic shut down the economy.

But bull markets aren't always something that can be predicted, despite what some analysts claim. In fall 2021, MarketWatch columnist Mark Hulbert argued in an opinion piece "Why you won't know it when a bear market starts" that it's only in hindsight people can really recognize a bull market top. In October 2007, the stock market was at its highest before the financial crisis that led to the great recession, but despite the signs, Hulbert says, few recognized what was coming.

Hobson agrees with the notion of unpredictability. "There are many factors that affect the stock market," he says. "Trying to predict a downturn in stock prices is extremely difficult to do. I always recom-

mend investors to choose their investments based on two factors: their risk tolerance and the time frame for when they want to use the money, i.e. short term versus long term investment."

Hypothetically speaking, if 2022 were to see a turn toward a bear market, the biggest risk would be the availability or liquidity, or cash, when it's needed. "You don't want to be in a situation where you have to sell a position because you 'need' the cash," Hobson says. "Time frame for when investments will be needed is crucial when deciding what investments to choose."

Will all investments perform the same way when the market changes? No, Hobson says. "When the stock market is underperforming based on historical returns, investors sometimes will 'short' the market meaning that they will benefit if stock prices drop," he explains. "Others will resort to traditionally safe investments such as cash or gold. But it is not a one size fits all approach; there are many factors that determine where to invest, the biggest ones being risk tolerance and time frame."

Another risk that investors face is the panic they feel when the market starts to take a turn downward—they get scared and make a knee-jerk decision to sell many of their assets before they depreciate in value. Those who have the time to wait out a bad market will benefit from holding onto their assets until the market improves. Unfortunately, people who are living off their portfolio won't necessarily have the same luxury of patience.

If you want to take advantage of accelerating inflation, there are several investments you could consider. The Balance says that stocks are a good investment because many companies are seeing increased revenue when prices are inflated. Investopedia emphasizes that stocks are overall more volatile when the economy sees inflation, but value stocks (that is, stock in companies with stronger cash flows that tend to eventually slow down) tend to do better when compared with growth stocks (that is, stock in companies without cash flow but gradually increase in value), which tend to be better investments when inflation is low.

WHEN THE MARKET IS DOWN, AND WHEN THE MARKET IS UP

The way you react to the market is going to be different based on your goals and your situation. Young investors who have plenty of time to let their investments appreciate aren't going to have to make the same moves as seniors who are retired and often depending on their investments for income. A young investor could take advantage of a downturn by investing in the stock market or by investing in bonds or CDs.

An investor with less time and flexibility won't have that luxury. One option that Kiplinger suggests is selling investments at a loss so you have the option of writing them off on your taxes (part of a strategy known as "tax loss harvesting"). While this doesn't necessarily bring you cash, it does lessen your tax burden.

BankRate predicts there could still be problems in the economy throughout 2022 even though the stock market has continued to stay high since 2020. One of the best moves for cruising along in a volatile market is putting together a portfolio with less risk, such as savings bonds, CDs, and U.S. Treasury bills. These investments come with less risk, so there will be less reward—but such investments could allow you to preserve what you have instead of losing it.

As for when the market starts to get better? Well, just as it's difficult to predict when the market is going to take a turn for the worst, it's also difficult to determine when the market is going to get better. But investors keeping a finger to the pulse of the market always strive to buy stocks early once the market starts to improve, as this will allow them to make more money once the value starts to increase.



THE LEAST YOU SHOULD CONSIDER

"What's important to remember is what the goal of the investing is," Hobson says. "Is the investment designed to supplement retirement income or is it for college funding, maybe it's for a future home purchase? How many years away will I need to access these investments? The actual purpose for the investment is a bigger factor in determining when to invest than the movement of the market because that can be unpredictable."

If you're going to plan for the worst but hope for the best, you can't make any move until you've figured out what your own personal goals are. Once you've done that, it's best to seek assistance and guidance from a professional, such as a Certified Financial Planner, who can provide specific insight into how the market works and how you can create a portfolio that's best for your specific needs.



V A L E N T I N E S D A Y

Gift Guide



1.



2.

3.



4.

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ON THE ROAD AGAIN: SEASONAL TRAVEL ARTICLE SERIES

— SMALL TOWN —

SPRING BREAK

RETURN TO ROAD TRIPS THIS SPRING AND
EXPLORE THE BEAUTY AND ADVENTURE
THAT THE MID-ATLANTIC REGION HAS TO
OFFER **BY KELSEY CASSELBURY**

We have a sneaking suspicion you haven't traveled much in the past year or two. However, with increasing vaccination rates—including vaccines for your kids—it might be time to dig out your suitcase, venture out of your neck of the woods and take that trip you've been longing for. You don't have to go far, however, to enjoy yourself. The states surrounding Maryland (and Maryland itself!) are teeming with small towns that are full of outdoor adventures. Gas up, friends—it's time to return to the open road.

Berkeley Springs,

WEST VIRGINIA

If you're the type to indulge in a spa day, experience the original in Berkeley Springs, West Virginia. Located in the tippy-top part of the state that juts into Maryland, Berkeley Springs is about a two-hour drive from Annapolis. Considered America's first spa, the town's main attraction—as the name implies—is **Berkeley Springs State Park** (wvstateparks.com/park/berkeley-springs-state-park), situated in the center of the historic town, where warm mineral waters flow at a constant 74.3F. George Washington himself was a fan of the Springs, and you can follow in his footsteps at the Berkeley Springs State Park Bathhouse Spa, where you can luxuriate in the Old Roman Bathhouse or relax with a massage. In mid-March, the town hosts the annual George Washington's Bathtub Celebration, which honors Washington's first visit in 1748. Yes, his stone bathtub is still prominently on display.



Cacapon Resort State Park Lodge. Photo by Molly Wolff/West Virginia Tourism Office.



WHERE TO STAY Just down Route 522 is **Cacapon Resort State Park** (wvstateparks.com/park/cacapon-resort-state-park), where you can stay in the recently renovated lodge. The 78-room property, which also offers rustic cabins and campsites, reopened in May 2020 after a \$25 million makeover, complete with its own spa and a golf course. As a bonus, it's surrounded by the picturesque beauty of the 6,000-square-foot state park that offers plenty of hiking, biking, and other outdoor activities. If you'd rather stay in town, check out **The Country Inn of Berkeley Springs** (thecountryinnwv.com), a historic property that opened in 1933.

WHERE TO EAT Enjoy the history of Berkeley Springs with a meal at **Lot 12 Public House** (lot12.com), a property built on the town's original Lot #12, originally purchased in 1777. Headed by Chef Damian Heath and his wife, Betsy, Lot 12 focuses on fresh, seasonal cuisine, featuring as much locally-procured food as possible. If you want to check out the local brewery scene, you have two to choose from: **Cacapon Mountain Brewing Co.** (cacaponbrewing.com), located right in town, or **Berkeley Springs Brewing Co.** (berkeleyspringsbrewing-company.com), about five miles south toward the state park.

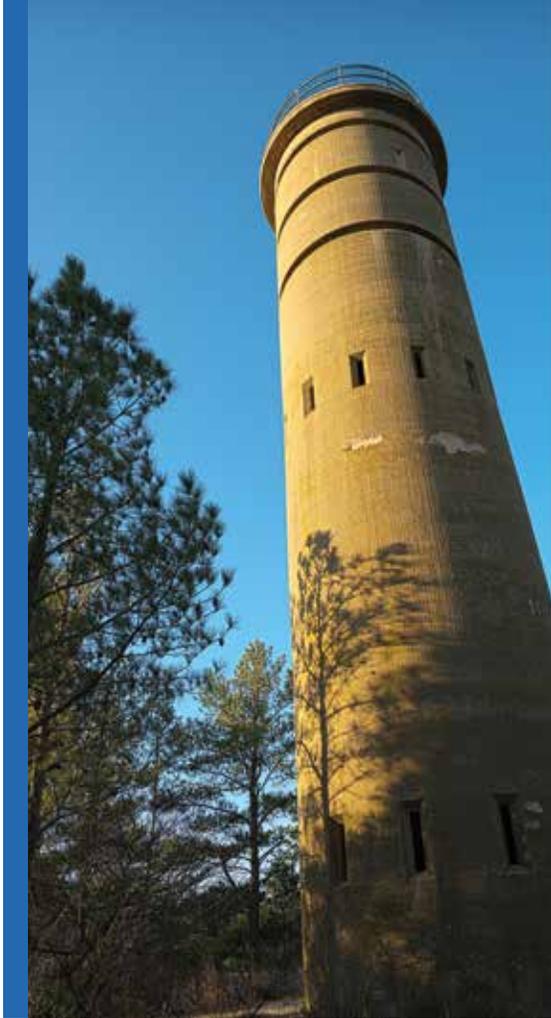


Lewes,

DELAWARE

When it comes to places that contend to be the “first,” the lower Delaware town of Lewes has a legitimate claim. Most people know that Delaware is considered “the first state” because on December 7, 1787, it was the first to ratify the U.S. Constitution. Well, Lewes is proud to claim that it’s the first town in the first state because it was the site of the first European settlement in Delaware, founded by Dutch settlers in 1631.

Most Marylanders probably think of Lewes as a beach town, suitable only for the summer months, but there’s an argument for visiting in the spring when the crowds are next to nothing. You’ll want to spend time at **Cape Henlopen State Park** (destateparks.com/beaches/capehenlopen), where you can: • Explore the **Fort Miles Museum**, which boasts a wealth of history for WWII buffs, including an observation tower that showcases panoramic views of the entire park. • Visit the **Seaside Nature Center**, which has a 495-gallon, two-level touch tank that kids will go crazy for. • Borrow a bike (for free, thanks to the Friends of Cape Henlopen!) and ride the loop trail.



WHERE TO STAY Lower Delaware is known for **Dogfish Head** beer (dogfishhead.com)—the brewery is about 20 minutes west in Milton; the brewpub is just down the road in Rehoboth Beach. Did you know that there’s also a **Dogfish Inn**? This quirky, retro 16-room property offers an Off-Center Gear Shed, with a collection of gear (like beach cruiser bicycles, running headlamps, and hammocks) and outdoor games (such as spikeball or cornhole) for guests to borrow.

WHERE TO EAT Foodies should make reservations at **Heirloom** (heirloomdelaware.com), which was nominated in 2019 and 2020 for a James Beard Mid-Atlantic Award and offers a farm- and garden-to-table approach to its menu. For mornings, try **Nectar Cafe & Juice Bar** (cafenectar.com), with its fresh-pressed juices and all-day breakfast menu. Looking for something to sip on? Delaware’s first winery, **Nassau Valley Vineyards** (nassauvalley.com) has free self-guided tours and \$10-per-person tastings.



Crisfield,

MARYLAND

Located on the lower Eastern Shore, Crisfield might be in the same state as Annapolis, Baltimore, and other larger Maryland cities, but it offers a completely different way of life. The Somerset County town was built around the waters of Tangier Sound and the crabs, oysters, and other seafood that went with it.

Crisfield is also the starting point for visiting **Tangier** and **Smith Islands**, both small fishing villages that bring you back in time (especially Tangier, where residents still speak with remnants of an Elizabethan accent). To get to these islands, you must take ferries, though the number of boats running depends on the season. They typically run once a day, departing from Crisfield's City Dock at 12:30 p.m.

Quite a bit closer to town, you'll find **Janes Island State Park** (tinyurl.com/janesislandstatepark). Although it's also an island, there's no need for a ferry to get here. The park has more than 100 campsites (as well as backcountry campsites that require a permit), plus more than 30 miles of water trails and opportunities for fishing and crabbing. You can try handline crabbing on the bulkhead along Daugherty Creek canal without a license, but you have to obtain a free Maryland Saltwater Angler registration.

WHERE TO STAY There isn't a plethora of traditional hotels in Crisfield, but if state park camping doesn't appeal to you, consider a B&B such as **Lady Grace Bed and Breakfast** (myfairladybandb.com) or, about eight miles up the road in Marion Station, the waterfront **Kingsbay Mansion** (kingsbaymansion.com).

WHERE TO EAT It might not be crab season yet, but you're going to want to get some seafood while in Crisfield. Right outside of town, **Linton's Seafood** (lintonseafood.com) has sit-down service at its crab house, but also offers carry-out, while Fisherman's Grille (facebook.com/fishermansgrille) serves up food right on the water. Of course, don't forget about a slice of layered Smith Island Cake! **Smith Island Baking Company** (smithislandcake.com) was born on the Island itself, but moved to Crisfield a few years ago.



Photo by Maryland Office of Tourism



Photo by Wendy Robertson



Photo by Somerset County Recreation, Parks & Tourism



Photo by Maryland Office of Tourism



Photo by Virginia Tourism Corporation

Sandbridge Beach,

VIRGINIA

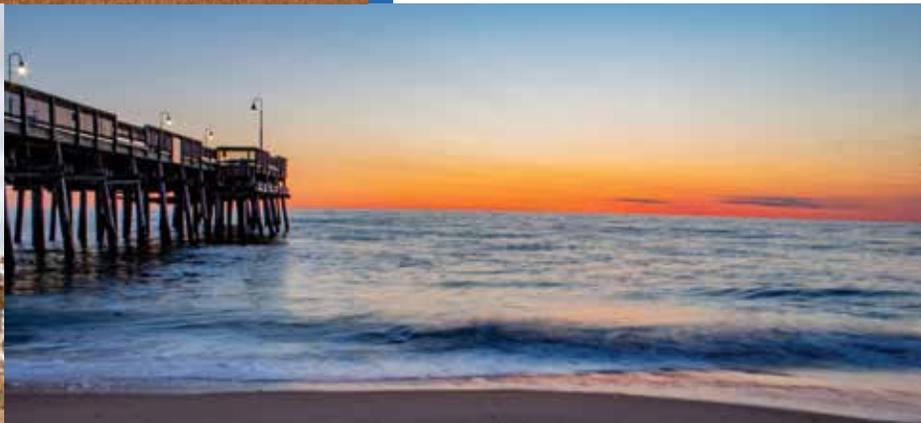
You're probably familiar with Virginia Beach, but one of its southern neighborhoods, Sandbridge Beach, might be the place to go if you're looking for something a bit quieter than a busy boardwalk. The community is adjacent to a national wildlife refuge and an isolated state park, meaning that immersing yourself in nature is one of the main draws here.

First, make a stop at **Surf & Adventure** (surfandadventure.com) to pick up a couple of rentals, whether bikes, kayaks, or paddle boards. Next, head down into **Back Bay Wildlife Refuge** (fws.gov/refuge/back_bay) to use that gear (or your hiking shoes) to catch a glimpse of one of the approximately 300 species that call this refuge home. If you want to get deeper into nature, hike, bike, or paddle down to **False Cape State Park** (dcr.virginia.gov/state-parks/false-cape), but forget the car—they aren't allowed. However, check with staff before you go because the trails aren't open year-round.

If you'd rather someone else handle all the logistics, look into a prearranged tour. Surf & Adventure offers two-hour kayak and paddle board tours of Back Bay, as well as False Cape Bike Tours. If you'd rather be on the water, **Rudee Tours** (rudeetours.com) offers dolphin-watching boat tours and fishing trips.



Photo by Virginia Tourism Corporation



WHERE TO STAY Like many other East Coast beach towns, home rentals are the most popular form of accommodations. However, those who are feeling awfully adventurous can apply for a reservation for primitive camping (read: no cabins, no facilities) at False Cape State Park, which are available year-round. There are no traditional hotels in Sandbridge Beach, though there are two RV parks: Indian Cove Resort (indian-cove.com) and Surfside at Sandbridge (surfsidesandbridge.com).

WHERE TO EAT Sandbridge Island Restaurant (sandbridgeislandrestaurant.com) is a neighborhood staple, serving casual dinners on most weekdays, plus lunch on the weekend. Down near the wildlife refuge, **Baja Restaurant** (bajasandbridge.com) offers surf and turf, while you can pick up coffee and breakfast at its coffee shop, **Baja Coffee Company**. (It's open seasonally, so you'll want to verify its status before visiting.) If you're interested in trying out local beers, take a short drive up to **Tapped Crafthouse** (tappedcrafthouse.com), which has a variety of Virginia brews on draft, as well as a full menu.

BREAKING THE SILENCE



Ending the stigma of eating disorders is the first step toward treatment and recovery; meet several survivors who share their stories

BY DIANA LOVE

Meredith Dales sits across from me, her tall, willowy form sitting straight, her long arms folded in her lap. Tattoos trace a path down her neck, sheathing her arm and snaking along her wrist to her fingers, where artful birds seem to flutter in flight each time she shifts her hands to better emphasize her thoughts.

Dales is still and ostensibly serene. A closer look uncovers a study in quiet, subtle, but meaningful motion. Thoughts and feelings drift across her face, altering her posture and intensity. She agreed to meet me in a crowded restaurant in Annapolis to tell me the scary and intimate details of her personal experience with an eating disorder. A happy, academically- and athletically-gifted child from a loving family, Dales in her teen years suffered deeply from anorexia, at times turning to drugs and alcohol to ease the pain. As Dales grew into a young woman, her battle with anorexia exploded, impacting her family, her only child, and her friendships, eventually rendering her homeless. At fourteen years old, Dales, who is 5'9, weighed 72 pounds. By the age of 23, she was at times addicted to drugs or alcohol, had attempted suicide, or was homeless.

Dales' singular goal for opening up to a complete stranger about her painful past is to eliminate the stigma that surrounds eating disorders and to offer a glimpse of hope for an optimistic future to the families—adults and children alike—who suffer from this grave disease.

A Very Real Affliction

Eating disorders are one of those diseases people might stare at, or shamefacedly look away from, but not want to talk about. In fact, I was inspired to accept the assignment to write about eating disorders after the shocking death of my friend Ginger Doyle, a much-loved woman and writer from Annapolis who died from complications of her eating disorder two summers ago, much too young, at just 39 years old.

What I've learned through talking with Dales and others plagued by eating disorders, as well as in interviews with doctors and therapists, is that this disease is infinitely complex and deeply connected to mental health. It impacts strong children, financially successful adults, and tough athletes. It is intricately linked to how body shape is defined, dictated, and distorted by social trends and cultural norms. At their most trite, eating disorders blur the thin, gray line between "being in shape" and being "too skinny." At its most complex, the disease is an intentional—though to the suffering, seemingly unavoidable and even empowering—form of self-harm.

Eating disorders are pervasive, appearing across all ages, ethnicities, and nationalities. While girls and young women are more likely to be afflicted and seek treatment, boys, young men, and even older adults of both genders suffer from the disease. A 2007 study asked 9,282 English-speaking Americans about a variety of mental health conditions, including eating disorders. The results, published in *Biological Psychiatry*, found that nearly 10 percent of women and three percent of men had anorexia during their lifetime. A 2012 study in the *International Journal of Eating Disorders* found that 13 percent of women over age 50 engage in eating disorder behaviors.

Eating disorders are more than an unhealthy obsession with nutrition: they are deadly. Statistics show that every 62 minutes, someone dies as a direct result of an eating disorder. But what exactly is an eating disorder? What causes it? How can you detect it? And what can you do to help a loved one? These are the questions Dales discusses with me at length, revealing piece by piece how she went from healthy to frail and back again, and of how modern medicine offered her a path to management of the disease.

Social and Medical History of the Disease

There was a time, not too long ago, when eating disorders were, in the eye of the public, known mostly as "anorexia," a sickness thought to be caused simply by refusing to eat. We now know that most of this statement is not true.

History tells us that eating disorders have always been present in the human condition. Researcher Robert Vaughn wrote, "whether the mental illness known as Anorexia Nervosa is a true disease of modernity or a manifestation of an illness that has existed throughout human history is indeed ambiguous. What is certain however, is that volitional self-starvation...is nothing new at all."

In the 12th and 13th centuries, ascetic nuns admired for their abstinence from earthly pleasure and their refusal to eat earned their way into sainthood. Saint Catherine of Siena was just one of the faithful who routinely starved themselves for weeks or months at a time in a belief that they could better understand and appreciate the suffering of Jesus. For them, fasting wasn't necessarily a way to get thin—though this would be a physical manifestation of suffering—but rather an expression of devotion to God.



Doctors label this eating behavior *anorexia mirabilis* (mirabilis meaning “miracle”), and many are quick to distinguish it from *anorexia nervosa*. The difference, in laymen’s terms, being that *anorexia mirabilis* is a choice not to eat in pursuit of *spiritual* perfection, while *anorexia nervosa* is a mental illness untreatable without therapy and often associated with self-destruction in the pursuit of *physical* perfection.

Incidence of eating disorders began to show up more often in medical literature by the mid-1800s and can be correlated to an increasing fascination and romantic view of thinness. Queen Elizabeth of Austria, revered to this day throughout Europe for her beauty, independence, and personal discipline, was known to fast and exercise to emaciation during her time on the throne. Interestingly, Sisi, as she was known, was assassinated on the shores of Lake Geneva, where a wispy statue, still there today, shows just how incredibly thin she was.

In 1859, a French doctor, Louis-Victor Marcel, diagnosed patients found to have “obstinate refusal of food” and a “hypocondrial delirium,” which he noted had high risk of relapse after treatment and a poor outcome. In 1874, an English doctor, William Tuthey Gull, described patients with peculiar restlessness, amenorrhea, and emaciation. He diagnosed them with what he termed *anorexia nervosa*, or “a nervous loss of appetite.” The term remains in use today and reflects the physical and mental components that combine as powerful symptoms of the disease.

Eating Disorders Today

Cases of *anorexia* became markedly more apparent after 1960, and eating disorders became a major area of study after that time. There is some discussion amongst specialists about the root cause for the distinct rise in cases of *anorexia* in the past 50 years, with some pointing to affluent, Western diets laden with fats and sugars that make maintaining a healthy weight via balanced eating difficult. Others point to social norms, to an infatuation with celebrity and to media that glorifies thin, sometimes emaciated, body types.

Dr. Lisa Hill, Psy.D., practices in Annapolis and specializes in eating disorders. She studied meta-analysis on if media exposure alone increases body image dissatisfaction, one of the leading

motivations for food deprivation, though not it’s root cause. “What I found was that we can’t pinpoint one source: body dissatisfaction comes from moms talking about their own weight, from peers at school, from teachers talking about how they’ve lost body fat. Dissatisfaction and dysmorphia starts as young as age four.”

Dr. Hill notes that social comparisons are only worsened by instantaneous delivery of visual images through social media. “Even as a healthy, secure adult we look at people on our social media accounts, which set us up for an upward social comparison. When you compare yourself to someone else that you think is better than you, there is no way to recover or come out on top.”

Dr. Marla Sanzone, PhD, MP practices psychology out of her cheery offices in the loft-like second floor of a bungalow in West Annapolis. Dr. Sanzone has focused on eating disorders for much of her 30-year career.

In our conversations, Dr. Sanzone confirmed the correlation between modern social pressures that drive extreme views of physical perfection and the rise in cases of life-threatening disordered eating, especially among young women. “Our children see and hear about other young people having plastic surgery in the tween and teen years,” she says. “They might hear their moms complaining about how they are unhappy with their aging bodies. That’s very confusing for kids at a time when it’s hard enough just trying to fit in.”

What is an Eating Disorder?

Today, doctors and therapists know that eating disorders are a form of mental disease. Many people tend to think that *anorexia* is the only or most severe form of an eating disorder. *Anorexia* is inappropriately painted as the poster child for eating disorders, but with good reason. For females between age 15 and 24 years who suffer from *anorexia nervosa*, the mortality rate associated with the illness is 12 times higher than the death rate of all other causes of death.

In fact, though, there are a plethora of eating disorders. All are characterized by an unhealthy, imbalanced regard for food and nutrition. People who have an eating disorder focus on food as a maladaptive way to cope with emotional stress or trauma.



The symptoms of eating disorders (namely depression, anxiety, and mental health issues) may be genetic. “It’s important to know that there is not one factor that causes an eating disorder,” Dr. Sanzone says. “We know we are born with genetic predisposition to particular diseases, many of which we will never know we are carrying, because we aren’t triggered by a particular trauma. It’s the same with this disease.”

With the rise of identified cases of eating disorders since the mid-20th century (especially since the 1970s), and more attention on the epidemic, multiple studies have identified a cluster of conditions shared by sufferers. “There are common temperamental or constitutional personality traits,” Dr. Sanzone says. These traits may include compulsive behaviors, all or nothing thinking, an intrinsic sense of not being good enough, a need to be noticed and highly regarded, emotional sensitivity, and being highly perceptive.

Eating disorders are more likely to develop in cases where there is a family history of anxiety, depression, or any kind of addictive behaviors. “Often times, the personalities able to implement the extreme discipline required of an eating disorder are very capable. They are often strong leaders and high achievers,” Dr. Sanzone says. “But most, especially the children, don’t have the emotional maturity or life experience yet to balance all the incoming data from the broad emotional range they experience. They can’t contextualize it, so they internalize it.”

Personal Stories

Meredith Dales takes a deep sigh as she dives into her story. “I felt like I wasn’t good at anything, I couldn’t succeed at anything. I had all these adult voices floating inside my head—my coach who preached about food and how to eat right, and my grandmother who’s so proper and has this idea of perfect beauty, and my dad who was critical and unemotional,” she explains. “I thought...I don’t want to feel this way, and no one is helping me, so I just turned it inward.”

Dales has come to the other side of her journey through years of inpatient and outpatient therapy, but looks back at her darkest moments with a clear view of the journey. “I thought to myself my body is the only thing that’s really mine. My low moments turned to self-loathing. I thought, instead of loathing, I could empower myself. I explored my capability of mastering things, and I thought I was very successful. And because of my anorexia, I truly thought I had a personality and a physicality I could respect. In fact, I was very successful doing things that were very destructive.”

Dales’ story began in a deep, dark well of emotional pain and trauma that impacted her mental health. Others begin with discipline. For example, eating disorders are prevalent in the military, especially among women. Research suggests female service members are four percent more likely to develop an eating disorder than females not in the service.

One woman I interviewed, a graduate of a service academy who asked not to be named, described her extreme weight loss during her years in the military, couching it in terms that exactly match Rice and Sanzone’s description of people whose core personality traits might make them more susceptible to the disease. “I was highly disciplined, geared to achieve, and forced to perform at the highest level. Between sports, academics, and trying to function in this highly competitive environment, I was exposed to all the triggers for my eating disorder. I thought I could be the best, and be regarded as the best, if I showed that I was disciplined.”

A review of records obtained over eight years (1998–2006) by the Defense Medical Epidemiology Database indicated that 0.3 percent of all military members were diagnosed with an eating disorder during that time. Eating disorders were diagnosed more in 2006 (0.41 percent) compared to 1998 (0.23 percent), suggesting eating disorders among service members doubled, mostly in the Marines. The National Eating Disorders Association notes on their website that studies on incidents of eating disorders among women in the military are nearly epidemic. A survey of 3,000 women in the military found that over 60 percent of respondents had an eating disorder, and in the Marine Corps alone, 97.5 percent met the criteria for an eating disorder.



BECAUSE OF MY ANOREXIA, I TRULY THOUGHT I HAD A PERSONALITY AND A PHYSICALITY I COULD RESPECT. IN FACT, I WAS VERY SUCCESSFUL DOING THINGS THAT WERE VERY DESTRUCTIVE.”

Neither the military, nor this woman’s family acknowledged her illness, which they might have considered a sign of mental or physical weakness. It was her friends who intervened, and her own desire to be healthy and balanced, that finally helped her move beyond anorexia.

This was the case too for Christine Feldmann of Annapolis. Feldmann, who works in marketing, appears to be a self-confident, successful professional and dedicated mother who is somehow managing to juggle more than her fair share. But there was a time when she didn’t feel so strong.

Feldmann described for me a lifetime of struggle with her body image, self-assurance, and self-acceptance. When she was in elementary school, she says, she looked up to her sister, a petit and pretty teen, as an ideal physical shape that as a lanky girl she could never achieve. Throughout her teens she would occasionally binge, often being restrictive, but not drastic enough for others to notice. In college, she became much more obsessive, thinking that she wasn’t pretty enough, not smart enough. By the time she was out of college and working her way into a career, she was fully exposed to the triggers that would send her deep into her disease. She relied on laxatives to purge, sometimes taking up to a dozen each day. “I thought maybe if I lose some weight my boyfriend won’t leave me, and I will be worthy. If I can just lose some weight, this will all be better,” she explains.

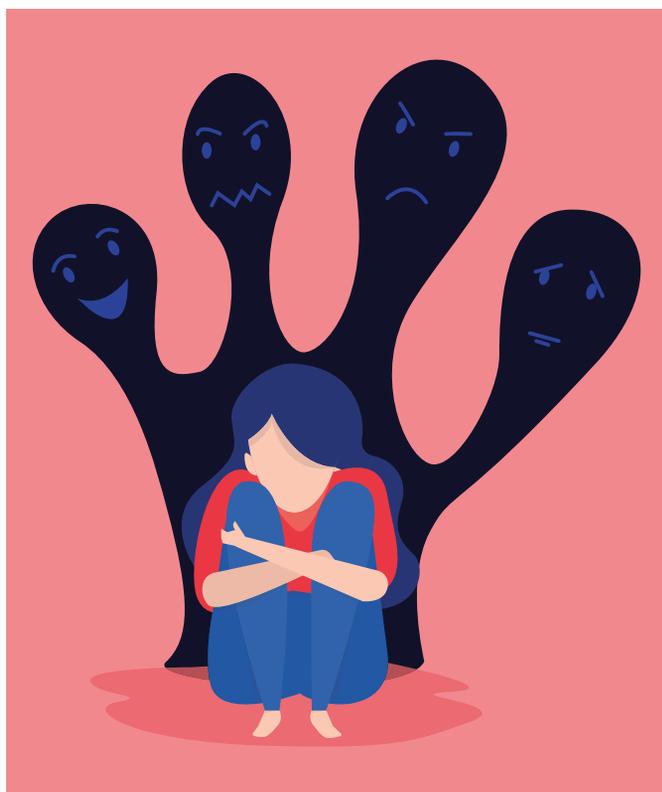
It wasn't until Feldmann went to the Shepperd Pratt Center for Eating Disorders in Towson, Maryland, for inpatient care that she finally decided to break her addiction to purging and survive her disease. "I was 23 years old and was in with people who were 40 and 50 years old; I thought to myself, 'Do I really want to spend my entire life being consumed with this? Do I want food, and what I eat and how I get rid of it to be the only things I think about every day?' I decided I just couldn't do it."

Family Awareness at Home

When I asked Dr. Sanzone the one thing she would like parents to know about how to prevent or identify an eating disorder for their children, she didn't hesitate for a second. "As parents we create the factors that come together into the petri dish of social pressures the child lives in, which create the perfect storm for these kinds of disorders," she says. "Parents need to know that they play a significant role in their child's mental health. Certain attitudes and behaviors they model can factor into a child's propensity for developing an eating disorder."

Dr. Sanzone suggests parents should look inward, asking themselves if they are mirroring the values or the life they want their child or loved one to emulate. "If you are emitting or modeling anxious, self-conscious, never good enough, competitive, or a push, push, push for the future orientation, you are setting [your children] up to internalize these traits."

Dr. Sanzone says that the self-centered and ego-driven values of western cultures drive people to think they must excel more than the next person, to have what she calls a competitive attitude with an adversarial edge. "By this I mean, we might feign admiration for a neighbor's new car or promotion, and want to be happy for them, but inside our ego asks what did I do wrong or what can I do to surpass them. When ego takes over our true inner self and surpasses who we are, it prevents contentment."



She says parents should pause to reflect on the question: how much of yourself are you putting into your kids, instead of letting them develop their own sense of self? For people with a predilection for mental health issues, parents striving for perfection could instead be driving their children toward a deadly disease.

She also wants parents to know that an eating disorder is indeed, a deadly disease. "Take it seriously, patients can't just get over this disease on their own, it needs treatment. Check in with your general practitioner, see a specialist, seek a mental health professional, do not try to do it on your own."

Treatment Options

Modern treatment for eating disorders has seen much progress. Treatment is more holistic, evidence and data based, and better grounded in the science of mental health. Dr. Terry Griffith, Psy.D. is Clinical Coordinator for the Intensive Outpatient Programs at the Center for Eating Disorders at Sheppard Pratt. She says that eating disorders are among the most difficult mental diseases to treat due to their complexity and the havoc they wreak on patients' emotional and physical health. "People think you can just heal from this illness. We don't use the word 'cure,' instead we help patients discover ways to treat and manage the symptoms of the disease so they can sustain and maintain without bingeing, purging, or restricting."

Treatment options at various treatment facilities can range from 24/7 inpatient care, to partial hospitalization (seven days each week, 12 hours each day, 7 a.m.–7 p.m.), and intensive outpatient care (four days each week, for four hours each day). Patients might also participate in residential programs. All patients at Sheppard Pratt, for example, also receive cognitive behavioral therapy. "Our goal is to replace maladaptive coping with adaptive ways of coping. We help and empower patients to use the proper tools to manage their eating disorder and we rely on a team to help people not be triggered by their difficulties," Dr. Griffith says.

Sara Heilman is a Certified Personal Trainer, Health Coach, and Fitness Nutrition Specialist with a survival story of her own. "Growing up, my family would talk about losing weight and being healthier, but there was something missing and as a bigger girl, I found comfort in food." From age 14 to 21, Heilman engaged in active disordered eating as a bulimic and binge eater. Depressed and anxious, she decided to take a semester off from college to change her life. In therapy, Heilman was able to address her family, and to reveal the secret pain she carried. "I was in therapy for two years and was able to learn how to process my emotions and live in a balanced way."

Today, Heilman uses her expertise in exercise to help teens and young women with severe disorders, often in conjunction with a medical team, to move from obsessively using exercise and food as tool to manage weight toward relying on them as modalities for maintaining mental and physical health. She often works with doctors and patient treatment centers.

Another modality for treatment is occupational therapy, which can range from art classes that seek to correct body dysmorphia, to equine therapy that helps with depression and anxiety. In art therapy, an artist outlines the patient's body. Then the patient draws what they think their body looks like. Together, the therapist and the patient compare the images and talk about how to manage distortions. Wearing clothes that are too big to hide having to look at their bodies is a commonality amongst patients. Demonizing one food or food group over another is another com-



monality. Occupational therapists can take patients shopping for clothes and for food. They can show them how to accept their bodies and how to have balanced meals. “The goal of healthy body image is to not have them love or admire their body but to accept and tolerate this body. It’s not realistic for some patients to love their body, but we can teach them to accept it enough that you don’t abuse it,” Dr. Griffith explains.

In many residential and hospital treatment centers, patients participate in groups that support difficulties. A self-esteem group will use cognitive behavioral therapy to help patients learn self-worth and self-efficacy. Another group might address substance abuse or trauma, and how these things impact an eating disorder. Still others might help rigid thinkers or perfectionists to address a cognitive deficit that impacts their disorder.

Recovery is Possible

Dales was homeless and alcoholic, wandering in and out of alleys and byways until she stumbled into the Lighthouse Shelter one cold and rainy night. In order to get a bed, she had to be and stay sober. It was in the moment when the woman at the front desk said “Come in, I know you can do this,” that Dales felt for the first time in a long time, that she was meant for more than the streets.

These days, Dales is the proud owner of a skincare and Reiki clinic in Annapolis. Instead of restricting, Dales balances and enjoys. Instead of indulging, she maintains a healthy lifestyle with exercise, mental health therapy, and spiritual practice. Dales’ journey with an eating disorder is one of too few that end well. If you think you have an eating disorder, or even that your eating might simply be disordered, put aside the stigma, reach out for help, and give yourself the assistance you deserve.

TYPES OF EATING DISORDERS

ANOREXIA NERVOSA is characterized by extreme weight loss, an intense fear of weight gain, food restriction, inappropriate or unbalanced eating habits, and obsessing over a thin figure. People suffering experience body dysmorphia, or a distorted body image. As the person becomes more emaciated, the mental symptoms of the disease spirals downward, and their image of themselves becomes more distorted.

BULIMIA NERVOSA is characterized by episodes of consuming an excessive amount of calories in a restricted period of time then undoing the binge by purging. Most common is self-induced vomiting, meanwhile others are overdosing on laxatives and excessive exercise. Bulimia is often associated with secretive behaviors due to shame and fear.

BINGE EATING describes consuming an abnormally large amount of food in a short period of time. During the binge, the person feels out of control, and can’t stop eating. Binge eaters don’t purge. Afterwards binging, they feel shame and guilt, though these negative emotions become coping mechanisms that hide deeper mental health issues like depression and anxiety.

ARSID is characterized by a refusal to eat specific foods or refusal to eat any type of food due to a negative response from certain colors, texture, or smell. Often associated with children, this is a problem for adults as well. ARSID prevents access, ingestion, and absorption of key nutrients.

HELPFUL RESOURCES

If you think you might need to reach out to a mental health professional about an eating disorder, seek education.

Visit the Center for Eating Disorders at Sheppard Pratt’s website to learn more about the definitions and complexities of eating disorders. www.sheppardpratt.org/the-center-for-eating-disorders-at-sheppard-pratt

Visit the National Eating Disorders Association website. This organization exists to support families and individuals impacted by eating disorders. www.nationaleatingdisorders.org

Considering joining Eating Disorders Anonymous, a Twelve-Step fellowship of individuals who share their experience, strength, and hope with each other that they may solve their common problems and help others to recover from their eating disorders. To find an online or in person meeting near you, visit www.eatingdisordersanonymous.org

Visit your insurance company’s website to find psychologists, psychiatrists, and therapists who are trained in treating eating disorders in your area.

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Home & Design

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TRANSITIONAL LUXE ON

Mill Creek

story by **Lisa J. Gotto** photography by **David Burroughs**



Newer Annapolis residents and homeowners Tammy and Rob did a good deal of home *work* prior to having their 5,000-square-foot transitional style residence built on a prized lot along Mill Creek. Their study of location and careful evaluation of what's important to them now has already provided rewards of the familial and convivial kind in this new city they proudly call home.

ZEROING IN ON A ZIP CODE

A native of the state of Maine, Rob says he and Tammy had some reference points as to where they might want to live after retiring. "We love the historic, protected peninsula towns of New England," notes Rob, who also cited Charleston, South Carolina, as an area they were looking into when they thought of retiring. They also thought they would want their new address to act like a magnet that would draw friends and family to visit since they would initially be strangers there.

Recent retirees from busy careers in communications and long-time Westchester County, New York, residents, the couple was intent on finding just the right dwelling within a reasonable distance to both of their grown children; a son and daughter-in-law living in Arlington, and a daughter in Princeton.





“We asked people in our business lives, ‘Where’s the place you want to live on the water near Washington, D.C.?’ – and they *all* said, ‘Annapolis.’”

After taking six months to do some online real estate scouting, the couple made a plan and packed a few bags for their first visit to Naptown in 2018. The plan included booking a realtor and hitting the ground running to look at existing homes for sale.

“After that first day and the morning of the second day, we were finding that very big houses on small lots were common,” Rob says.

They also found many elements in the homes they toured that they didn’t want or need, which prompted their realtor to say, “You guys don’t know it yet, but what you want is to have a house built for you.”

Another home-build was not anything the couple felt they were up for at the time, but then they learned their realtor had the inside track on an outstanding piece of creek-side property that was to go on the market the following Monday of their visit.

While it took a considerable amount of imagination to see beyond the property’s substantial overgrowth and existing structures, a certain amount of love at first sight occurred when they were on site and able to take in the lay of the land.

“I said, ‘This is sweet,’” Tammy explains. “There were three things that really appealed to us about the property: It had a 180-degree view of the water, it had a very long driveway, so we’d be set back from the road, and it had the ability to achieve an infinity edge-effect look out to the water (from the front of the home).”



Another bonus of the exceptional site was its size and the existing boat house that was located discreetly to the right of the back of the property—something extremely hard to come by these days in Annapolis.

“We liked that it was on one-and-a-quarter acres which is kind of rare for a waterfront property,” Rob adds. “We feel very fortunate to have a boat house. That was not originally on our list.”

DEFINING TRANSITIONAL STYLE

There wouldn't be any turning back from that point, but there certainly would be much to consider going forward. Once they had wrapped their heads around the whole home-build scenario, they recalled the name of an architect mentioned in a number of those online home listings they scoured: Cathy Purple Cherry of Purple Cherry Architects, (PCA).

As is the case with many of the properties in and around Chesapeake Bay inlets, this particular property would require some tear-down before build-up, some specific work-arounds for majestic, 100-year-old-plus trees, and ensuring strong visual connections to the water were not only maintained, but enhanced.

Two talented architects, Kellen August and Alan Cook, would work with Cathy on the design that would present a bit of a departure for the former New York state residents.

“The homeowners wanted a more youthful setting,” Cathy says, noting the couples' most recent dwellings: A traditional primary residence and a more, rustic Adirondack-based vacation home.

This, she says, is indicative of a larger movement she is seeing with new retirees.

“There's certainly a trend that I would say [happening among] many successful retiring couples desiring to modernize their environments,” Cathy says. “And that's coming through to me in material selections, furnishings, storage components, and light fixtures.”

To get all the wish-list elements the couple wanted, including a through-view to the creek upon approach from the front door, the team, which included Luxury Custom Home Builder, Mueller Homes of Annapolis, set out to design and execute a floorplan for a “one-room deep” house.

This, explains Cathy, is where the traditional home of the 1980s with a formal living and dining room to the left and right of the front entry has transitioned into the more modern appeal of a spacious great room at the back of the home, helping define that transitional style.

To accomplish that “through-view” from the front door, the new home was elevated off the ground to a height of 23.5 feet, which also made sense in terms of possible future weather impacts.

“When you walk in [the front door], it's like you're on a ship, all you see is water; you don't see any land,” Rob explains.

And what a gracious front entrance it is. To attain the ultimate in form and function, the couple chose a Weather Shield custom glass door with four sidelights for sublime views and a three-point locking system to provide the utmost in security and protection from the elements. The front entrance is framed on either side by a mix of Old World Stone Veneer's Copper Canyon and Silver Bay Rustic Ashlar stone. Reflecting the transitional trend, two tiers of stylish standing-seem metal roofing accents the area above the eaves on the front façade. These accents are painted bronze to match the home's window casings.



Once inside, more of the character of the home begins to reveal itself with the warmth of pre-engineered white oak hardwood floors flowing to the gallery hall that expands to the left and right of the entry, and then straight ahead to that blissful infinity edge creek view as you enter the great room along a wide, unobstructed path.

An effortless flow has been created in the design here, and while the room is expansive it is also welcoming with an abundance of natural light and the linear symmetry of rich wood beams above. Here transitional style takes center stage with a sleek Mexican Oak dining table with seating for eight. The couple's custom kitchen, designed by Kitchen Encounters, is full of wish list items that will help them maintain an optimal quality of life moving forward. Two of those items chosen with ease of use in mind are the French carriage door wall oven from the GE Café Series, and tandem dishwashing drawers from Fisher & Paykel. No more bending to load the holiday bird or the dinner dishes.



Additional highlights of this highly-functional workspace are its three-foot sink with galley wash, prep, and entertaining station—perfect for the couple who likes nothing more than to host large groups—and the conversationally convenient center island. Both the cabinets in Winter White and island in Atlantic Blue were manufactured by Seville. The island is topped with a thick and beautifully veined quartz. Hanging above are a trio of Visual Comfort Prestwick pendant lights. The marble backsplash with its touch of pearlescent finish completes the contemporary kitchen look.

ANYTHING BUT RETIRING

Tammy had a very clear vision of what she wanted in the home aesthetically, and also tapped the services of Annie Kersey, an in-house architectural and interior designer at PCA for input for most of the home's first floor furnishings. Annie's services included a trip to North Carolina's famous High Point Market where the couple was able to immerse in options that were pre-curated by Annie to their particular taste. Their builder also offered a client concierge service that the couple found particularly valuable.



“She personally went with us to the kitchen cabinet place, the tile places, to pick out hardware, and we worked together on making those selections,” Tammy says, of their Mueller Homes’ concierge Kalyn Henderson. “It was very helpful to have her there because she knew what lines fit with our allowance.”

Balancing out the great room, opposite the kitchen, the main living area offers easy sophistication for pleasant conversation with a modern accent wall that combines floating wood shelves to either side of a sleek gas fireplace feature with limestone surround and large flat screen TV placed above. A gorgeous, contemporary ring light feature suspends from the coffered ceiling above adding a crowning effect to the room. All these elements turn up the volume for a lively primary living space that is anything but retiring.

“The other thing that you see happening [in home design], if you think about the 20th century, I think that to our parents, growing old was getting old and acting old, and it’s the exact opposite now,” Cathy says, of the clean and sleek environments that many of her new retiree clients are requesting.

Another highlight of this home’s first floor is a luscious primary suite accented by a vaulted ceiling with painted beams, softened throughout with hints of subtle blue and gray tones. Above the bed, is a masterpiece of a chandelier with its cascading grouping of small glass globes that alternate between clear and frosted glass. Sourced from their trip to High Point Market, each small droplet of light evokes the tranquility of water.

An amazing architectural staircase that qualifies as a work of art itself, is set off by a series of suspended pendants, 18 in all, custom crafted by Shakuff Bespoke Lighting Solutions. Globes of clear and amber spun glass meld to create the look of cocoons dropping from leaves.

Off the great room, the couple enjoys creek vistas from another structural must-have. “We wanted a screened-in porch, which we have never had, but wish we had done 30 years ago,” Rob says.

A SECOND STORY

Upstairs, the couple took full advantage of the aspect of a fresh home-build by planning for everything they felt the future would be about for them: Grandchildren (they are expecting their first in January 2022), artistic endeavor, and playing host to a coterie of friends.

These plans included designing a large arts and crafts room upstairs, a second-story lounge area that opens to a top deck overlooking the water, and two additional bedrooms, one with a whimsical approach to lodging for children.

The home’s bunk room sleeps six and pays homage to the couple’s New England roots with its nostalgic outhouse entrance to the bathroom. Complete with a half-moon carved in the door, the structure was built two-and-a-half feet out from the wall, so it looks like you are realistically entering an old outhouse in the woods.

“We had scrapbooked what we wanted in the house before meeting with Cathy and we arrived at three adjectives we wanted the home to embody,” Rob explains. “We want it to be a destination, a sanctuary, and a fortress.”

With the idyllic view and location, the bonus of a recently remodeled boathouse, and now growing possibilities to play host, we would have to stay that the couple’s scrapbook narrative has been fully manifested.





↩ The Visual

Conjuring an environment that inspires romance is a cerebral experience that employs the use of our senses. Visually the room should look comforting enough that you feel you can relax there. Trends in home décor and even in the types of rooms and spaces we create are reflecting that staid rooms, such as rarely-used dining rooms and formal, status living rooms are no longer practical and probably were never that inspiring.

Mindful homeowners that have already converted or designed these rooms to be more communal are ahead of the game when it comes to creating a relaxing visual appeal. Adding in decorative elements of art that speak to you and personal treasures, can take a space to the next level visually. We connect and feel comfortable with what is attractive and familiar to us.

One visual aspect some homeowners overlook is that of lighting. When layered in thoughtfully, your communal, living, and sleeping spaces should be convertible and easily switched from task lighting to mood lighting via dimmer switches, and/or programmable lighting that can be accessed remotely. Let's face it, walking into a room with stark, overhead lighting can be a mood deflater, so having the option to tone it down with a flip of a switch or swipe of a screen prompt, is highly recommended for a warm sensory experience. Beyond the technology, simple accent lamps and pillar candles, whether they are wicked or battery-operated add that welcoming glow. And the battery-operated varieties provide you with a set-it-and-forget option.

When it comes to larger furnishings, some looks, like today's more modern rounded corners on sofas, chairs, and tables, lend themselves more toward that relaxing, visual aesthetic than the still very popular minimalistic approach. That said, because minimalism embraces the concept of creating more meaning with less actual goods, these spaces lend a special significance to their owners creating that sense of warmth. So, rule of thumb, go for pieces that not only appeal to you visually, but ones that envelop you practically.

After all, having the latest trend is meaningless if no one feels inspired to dwell within the vibe that is created.

Color and tone choices are certainly visual elements that will set the mood for a room. While there are a variety of standard color palettes (think mid-tone purples and pinks) that seem like the perfect facilitators of romance, they may not be colors you will want to look at in your common areas over an extended period of time. For these spaces, experts like timeless, neutrals. Colors like Benjamin Moore's Gray Cashmere conjure romance even in a dining area.

More obvious romantic colors can be layered in with accent pieces and soft goods that add dimension and visual interest.

HOME INTERIOR

Love-Nesting

ROOMS THAT INSPIRE ROMANCE

By Lisa J. Gotto



It's that wonderful, wood-burning, cozy time of year when we're doing more inside and enjoying the environment that we created with our home interiors. But beyond the basics of furnishing a home and enabling its efficiency for every-day living, there's a sweet spot to home decorating. And appointments that help create spaces that warm the heart and mind, also encourage a sense of comfort and closeness.

Just saying the word "nest" conjures feelings of being encircled and surrounded, much like the sensation one gets when being hugged. Whether you have a new home and feel it's not "there yet" in terms of nesting, or if your established address seems stale and unromantic, there are some *sense-ible* approaches you can take to inspire romance.



↑ The Sound

Texture and good design architecture also play a role in a home's pleasing sound quality. A space that is well-appointed with soft goods like plush area rugs, carpeting, drapery, and even wall tapestries, can help absorb harsh sound. The judicious choosing of hard goods at the point of design, like triple-pane glass windows, will keep unwanted sounds from coming in to distract your mood, as well.

And technology, again, can deal a hand that's all hearts for a night of romance with an in-home wireless home sound system that you can cue from your phone just prior to stepping in your front door from dinner. Just load in your most passionate playlist and leave the rest to the ambiance of your nest.

Photo courtesy of sonos.com



Photo courtesy of Frontgate.com

↑ The Tactile

What touches the skin inspires from within, so think carefully about your upholstery choices in common spaces. Never underestimate the effect texture can have on your aesthetic. Because with furnishings this is a larger investment, you will want to factor carefully between want and need.

Should you not have small children and pets to consider, plusher fabrics like today's micro velvets or a rich velour are yummy, comfy options. These fabrics, which tend to wear over time much like a patina does to metal, can make them even more enduring with everyday use.

If you have small children and pets, there are combo performance fabrics, like Crypton, that blend style with touch-ability.

Fortunately, it's not all about the bigger furnishings when it comes to texture. With texture you can introduce many soft goods, such as drapery, textile wall hangings and papers, and throws and pillows to create comfy moods that inspire romance. These items are also easily interchangeable with the seasons so the mood is not only inspiring, it can also be fresh and new.



Photo courtesy of grandinroad.com

↑ The Scent

This could be considered the "secret sauce" in our recipe for mood-enhancing interiors. Besides coming home to a crockpot filled with a mouth-watering entrée, the home goods space is chock full of options including the aforementioned candles that rouse the senses in positive ways. Again, set-it-and-forget options, like room atomizers are always there to ensure a stray pair of basketball sneakers won't ruin the mood. Plug-in units, scented wax warmers, and even Bluetooth scent machines that allow you to program your scent profile from your phone, are great options and you'll never need worry your home smells like teen spirit.



A Bit of Indoor Gardening

4 TASKS TO KEEP YOUR HOUSEPLANTS LOOKING GREAT

By Janice F. Booth

Winter is well and truly ensconced, and, if you're lucky, you may be packing up for some days in a warmer clime. But, before you leave, or if you're settling in for a cozy month with a fire in the fireplace and lots of books to read...consider taking a few minutes to spruce up your indoor garden. All those pretty plants that add warmth and color to your rooms may be in need of a bit of extra TLC right now.

So, here are four suggestions for small tasks that will help keep your houseplants healthy and attractive. Maintaining plants indoors is similar to those tasks your outdoor plants require, only smaller in scope and time.

WATERING: As you've probably noticed, indoor plants need less water, in general. They're in pots and jars and bowls that are usually less porous and sometimes have no drainage hole at all. Be careful, if the drainage is poor, consistently wet roots may rot.

Water less but maintain humidity; you've probably been giving your plants water only once a week or so. But now, with furnace and fireplace going, you may want to moisten your houseplant by misting the leaves and even adding a humidifier—good for your skin as well as your plants.'





Humidify: If you don't have a humidifier, try some shallow dishes or bowls layered with tiny pebbles or glass drops. Add water to cover the rocks, and cluster some of your plants in this pretty, moist climate bowl.

Avoid fertilizing your plants now. Give them time to go dormant. They'll be gathering in the spring sunlight soon enough.

REPOTTING: Now may be a good time to move some of your plants into fresh soil and larger containers. If a particular plant has been in the same pretty pot for several years, or even one year where it has flourished, the roots of that plant may be a bit cramped. Gently coax the plant out of its original pot and try to loosen and free the roots from the tired soil. Then, situate the plant in a larger pot and fresh potting soil and give the plant enough water to moisten both soil and roots. Note: Watch for tiny pests that may have hitched a ride on plants brought in from outdoors. Here's your chance to get rid of them.

CLEANING TASKS: While you're doing plant-maintenance, look around at the leaves of your houseplants. The leaves collect all that lovely sunlight; they need to be clean to do that.

Leaf Shower: Using regular tap water or some milk, sponge off the leaf surfaces with gentle strokes; hold one hand beneath each leaf for support as you remove the dust and grime that may have settled on those leaves. If the leaves are very small, try using a paintbrush instead of a sponge.

Debugging: Here's another opportunity to watch for any pests—spider mites are notorious for hanging out under the leaves of plants. Mites can usually be gotten rid of with a simple spray of water and dish soap. You may have to spray the undersides of the leaves more than once to be sure you've gotten all the mites.

Priming & pruning: Remove any scraggly or dead leaves that may be clinging to the plant. If you're courageous, you can take a sharp scissors to some of the gangly stems that may be marring the symmetry of your plant. I call it gardener's "tough love."

LIGHTING: Your plants need approximately eight hours of light each day. Since late winter tends to be rather dark and light comes from such an oblique angle, you might want to give your plants a bit of extra help with their photosynthesis now by checking that the windows are clean and/or providing some artificial light. Plants need light that provides red and blue wavelengths. The red waves encourage leaf production and growth. Blue waves affect the plant's response to light and photosynthesis. You have two options that will provide both the red and blue waves, grow lights or LED lights.

Grow Lights: Grow light bulbs are usually installed in stands that focus the light down onto the plants below. Some provide a balanced light spectrum while others give only red or blue waves. Be sure you have a full-spectrum grow light bulb, such as a fluorescent tube, a High-Intensity Discharge bulb (HD), or High-Pressure Sodium bulb (HPS). Grow lights give off heat—the good news, they'll help keep plants warm if you have a chilly house. The bad news is they can burn plant leaves if the plant grows too near the bulb.

LED Lights: LED lights are more expensive to purchase, but they require less energy to use (and you may need them on up to eight hours/day), and the bulbs last longer. LED lights are very efficient, converting 80 percent of the energy they use into light. They burn cool, so they won't burn your plants.

After completing these four tasks, your houseplants will thank you by continuing to splash color and freshness throughout your winter rooms.



Cottage Living in St. Michaels

By Lisa J. Gotto

Extraordinary sunset views are this property's claim to fame—that and its prime St. Michaels waterfront location. This well-built, well-maintained cottage-style home on more than two acres offers an idyllic setting to launch an afternoon of boating from the property's 200 feet of protected shoreline and 100-foot dock with boat lift.

Inside, a light and airy dining area with tray ceiling treatment overlooks the water and a large, knotty pine kitchen with tons of counter space, ceiling beams, and ceramic tile floors flows well into the adjacent dining and living spaces. A peninsula with inset range and breakfast bar affords great sightlines to the main living/entertainment area, as well as overlooks the home's scenic waterside deck and outdoor seating area.



Listing Agent: Chuck Mangold; Benson & Mangold Real Estate; 31 Goldsborough St., Easton; m. 844-567-7044; o. 844-567-7299; chuck@bensonandmangold.com; bensonandmangold.com **Buyer's Agent:** Eddie Matthews; Benson & Mangold Real Estate; 27999 Oxford Rd., Oxford; m. 410-310-4957; o. 410-822-1415; ematthews@bensonandmangold.com; bensonandmangold.com

Primary Structure Built: 1984
Sold For: \$1,495,000
Original List Price: \$1,495,000
Bedrooms: 3
Baths: 2 Full
Living Space: 2,520 Sq. Ft.
Lot Size: 2.44 acres



This area is highlighted by a dramatic vaulted ceiling treatment, an adjacent bar area, and a central, brick, wood-burning fireplace; views of Broad Creek are provided by a series of nearly floor-to-ceiling picture windows. A large, light, and bright family room at the front of the home offers the same picture windows highlighting this side of the home's lovely wooded views.

The home's large primary bedroom features tranquil water views, a walk-in closet, and a spacious *en suite* bath with dual vanity, a sunken bathtub, and stand-alone shower. This one-story home also offers two guest bedrooms with a shared bath.

With this property's lovely mature trees, surrounding professional landscaping, and proximity to all the wonderful shopping and dining options on Talbot Street in St. Michaels, its new owners will quickly realize their Eastern Shore dream.



Broad Creek Views & Vibes

By Lisa J. Gotto

A true Eastern Shore estate awaits the new homeowners of this sweeping property with its westerly Broad Creek views. Situated on nearly nine acres, this open-plan farmhouse-style home with its accompanying eight-stall horse barn, is an equestrian's dream residence.

The property, appropriately known as Escape Farm, is just that—a world away from the stressors of everyday life with its large and welcoming front porch, perfect for rocking chairs and morning coffee, and its stunning surrounding pastoral beauty.

Inside, the home, which was totally updated with every conceivable amenity in 2020, offers expansive creek views from nearly every room. Using an appropriate mix of high-end, modern-day finishes with a rustic farmhouse aesthetic makes the home inviting and stylish. The open-floor plan makes this the perfect home for entertaining.



Tricia Wilson

GRI, REALTOR®

410-404-2033 - Call/Text



Chaney Homes

443-249-SOLD - Press 6

Snapshot of Success

240 Eareckson Lane • Stevensville

Just as the real estate market is often unpredictable, no two transactions are the same. That's why Market Knowledge and Experience is KEY to YOUR success. Case In Point: 240 Eareckson Lane, Stevensville. After purchasing this amazing property in Dec of 2020 for \$1,775M, the owners made the tough decision to re-list after realizing the area was not going to work for their family dynamic. They turned to me, Tricia Wilson of Chaney Homes.

6500 Sq Ft
5 Bed/5 Full Baths
5 Waterfront Acres



- **December 2020 - Purchased of \$1,775,000**
- Sept 11-15, 2021 - Agent Market Prep
Drone Videography & Photography
Fully Staged by Chaney Homes
Listed as Coming Soon - Marketing Began
- **Sept 17th - Active - Listed at \$1,950,000**
- Sept 19th - Open House with 22 groups
- Sept 21st - Under Contract - 8 offers including 1 backup offer
- **Dec 10th - SOLD \$2,100,000**

TOP PRODUCING AGENT FOR **Chaney Homes**

Primary Structure Built: 1995
Sold For: \$2,710,000
Original List Price: \$2,695,000
Bedrooms: 6
Baths: 6 Full, 1 Half
Living Space: 4,280 Sq. Ft.
Lot Size: 8.99 acres

The kitchen, like the rest of the first floor, features honey-colored hardwoods underfoot. Dramatic, rustic black cabinetry blend beautifully with the room's sleek stainless-steel appliances including a six-burner gas range. Charming, integrated pull-out basket storage, breakfast seating for eight, and a contrasting chestnut-colored island with granite countertop and seating for two, make the room fun and highly functional.

This kitchen area spills over into a formal dining room with fireplace and built-ins on one side and to an expansive great room with two distinct seating areas; one with fireside seating and the other with expansive water-facing views.

The home offers three main level bedrooms and three primary suites in total. Three additional bedrooms are located on the second floor, as well as a large, lovely lounge area with sliders that open onto the home's expansive second floor balcony overlooking the creek.

The outdoors blend wonderfully well with the home's interior space via a spacious screened-in patio overlooking the expansive backyard and out to Broad Creek. A water-side in-ground pool, and private pier combined with this property's 2,700 square-foot horse barn with tack room, washroom, hayloft, and secluded backdrop, make it a great family escape indeed.



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Luminis Health

DRIVERS & DIAMONDS

Presented by The Brick Companies

Friday, June 3 & Saturday, June 4, 2022

Queenstown Harbor Golf Course

A Masters-like Golf Experience comes to our region! The Drivers & Diamonds is a two-day, invitational golf extravaganza, bringing together a golf and entertainment experience like no other in this region. Enjoy time with great friends, or entertain and cultivate your best clients, customers, and prospects, with this two-day "happening" that they will talk about for months.

Under our new health system name, Luminis Health, Anne Arundel Medical Center (LH AAMC) and Doctors Community Medical Center (LH DCMC) are committed to increasing access to high-quality care across the community. Many mental health services are not reimbursed by insurance, making community support vital to providing comprehensive mental health and addiction care to all who need it. In June 2022, we will come together to support mental health and addiction services on both sides of the Chesapeake Bay Bridge, through the first Drivers & Diamonds golf tournament. All proceeds benefit mental health and addiction care services at both Luminis Health AAMC and DCMC.

For more information, please visit:

driversanddiamonds.org

 Luminis Health.



Health & Beauty

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Fresh Take

KALE

By Dylan Roche

Even though kale goes back thousands of years in human history, it hasn't always been as popular as it has been lately. In fact, before the kale craze that kicked off in 2013, the biggest consumer of kale in the United States was allegedly a certain chain pizza restaurant that would use the leaves to garnish its salad bar—in other words, it wasn't even serving kale as a food.

But then health enthusiasts wised up to how much good kale can do for the body, and for nearly a decade, kale has been lauded as a “superfood” in some dietary circles because of its rich concentration of vitamins, minerals, and antioxidants.

Although kale looks like a leaf, it's botanically considered a cruciferous vegetable, putting it in the same category as Brussels sprouts and broccoli. Because it is resistant to frost, it's a popular choice in winter cooking. It will also retain its texture well when it's cooked, so kale can be served steamed or roasted just as well as it can be served raw and as the base of a salad. Its distinctive taste works well when it's combined with savory or salty flavors, but it benefits from a hint of sweetness, which is why kale will sometimes be paired with berries in a salad or blended into a fruit smoothie.

A 1-cup serving of kale has fewer than 50 calories, but it's dense with nutrients, most notably vitamin A for healthy vision and immune system and vitamin K for blood clotting. Kale is also known for being a source of calcium for strong bones, potassium for fluid balance, and vitamin B16 for brain and nerve health. And of course, as you might expect from cruciferous vegetables, it's full of fiber, which is great for lowering cholesterol, improving digestion, and helping you maintain a healthy weight.



Kale Pizza

1 pound prepared pizza dough
2 cups low-moisture, part-skim mozzarella
5 cups kale, washed and de-stemmed
3/4 cup olive oil (divided into 1/2 cup and 1/4 cup)
1 cup sunflower seeds
2 tablespoons lemon juice
2 cloves garlic, minced
1 teaspoon salt
1 teaspoon pepper
1 tablespoon red pepper flakes

Prepare a kale pesto by using a high-power blender to combine 1 cup of kale with sunflower seeds, 1/4 cup olive oil, lemon juice, garlic, salt, and pepper. Process until smooth. Preheat oven to 500 degrees F. Roll the pizza dough out along a parchment-lined baking sheet to about a 1/4-inch thickness. Spread the top with the kale pesto and sprinkle generously with mozzarella cheese. In a medium-sized bowl, combine the kale with 3/4 cup olive oil and stir so the leaves are evenly coated. Spread the kale over the top of the pizza and finish off with a red pepper flakes. Bake for approximately 10 minutes or until the cheese has melted and turned bubbly. Remove from the oven and allow to cool slightly before serving.

If you're shopping for kale at the grocery store or farmers' market, you'll likely encounter several different varieties. Curly kale is marked by its ruffles, and it has a strong peppery flavor. Russian kale, on the other hand, has a slightly sweeter taste and is marked by its reddish-purple color. If you want a kale that has very little bitterness but a firm texture, go for dinosaur kale, which gets its name from the way the texture of its leaves look like dinosaur hide.

No matter what type of kale you're going for, you should take care to avoid any wilted or brown pieces, as well as any leaves that have yellowing. Kale should always be firm and dry rather than wilted or mushy. When you get the kale home, hold off on washing it until you're ready to use it. Keep it in the fridge in a loosely wrapped container for up to a week.

If you're ready to go above and beyond using kale as a salad base, the easiest (and maybe tastiest) prep method you can try is making kale chips. But after that, feel free to get creative with some kale dishes that will truly impress your dinner guests this winter:

Kale Chips

About 5 cups of kale, washed and de-stemmed
1/4 cup olive oil
1 tablespoon salt

Toss the kale with olive oil and sprinkle with salt. On a

foil-lined baking sheet, spread the oiled kale out so that it's even and not overlapping. Preheat oven to 300 degrees F. Bake for approximately 20 minutes or until the kale is nice and crisp. Remove the baking sheet from the oven and allow the kale to cool completely before serving.



Kale and Butternut Squash Casserole

About 5 cups of kale, washed, de-stemmed, and shredded
 1 butternut squash, peeled and cut into 1/4-inch cubes
 1/4 cup olive oil
 1/4 cup butter
 1 onion, diced
 4 cloves garlic, minced
 1 cup heavy cream
 1/2 cup goat cheese
 1/2 cup freshly grated parmesan cheese
 3 tablespoons fresh parsley, chopped
 1/4 teaspoon nutmeg
 1/4 teaspoon salt
 1/4 teaspoon pepper
 1 cup breadcrumbs

Preheat oven to 400 F. Heat olive oil in a frying pan over medium heat and slowly add kale, tossing to coat evenly. Allow to cook approximately 5-7 minutes until tender. Remove from the heat and allow to cool. In a large pot, bring water to a rolling boil and add butternut squash. Boil for approximately 3-5 minutes or until soft. Remove from the heat and drain. Return the pot to medium heat and melt the butter. Add garlic, onion, salt, and pepper, followed by the kale, squash, heavy cream, and goat cheese. Stir to combine; then stir in nutmeg, salt, pepper, and parsley. Reduce heat to medium and allow to cook until mixture thickens. Transfer the mixture to a 9-inch square casserole dish and top with breadcrumbs and parmesan. Bake for 20-25 minutes until a golden-brown crust forms over the top of the casserole. Serve immediately.



What Exactly are Dermal Fillers?

By Dylan Roche

Not every cosmetic procedure has to be invasive—plenty of specialists are able to help patients achieve a more youthful appearance (and in turn, greater confidence) through simple noninvasive methods. One such example is dermal fillers.

The American Society for Plastic Surgeons explains that wrinkles form across the face because our tissue thins with age, but by injecting a gel-like substance under the skin, this procedure can compensate for the lost volume and smooth out the lines. Although dermal fillers won't achieve the same effects as more complicated procedures like a facelift, they are a short-term solution that many patients find to be more affordable and more comfortable.

Each dermal fill will look slightly different based on what substance the dermatologist or cosmetic surgeon is injecting. The American Board of Cosmetic Surgery explains that different fillers are best suited for specific purposes. Take hyaluronic acid as an example. This is the most commonly used filler, and

it's actually a naturally occurring substance in your own skin. Hyaluronic acid can be used for filling in acne scars, smoothing over the cheeks, or reducing lines around the eyes and mouth.

Another common injection option is the patient's own body fat. In the case of fat injections, the surgeon will remove fat from a person's abdomen or buttocks and then inject the fat into the person's face. This option does pose some small risk, as it could produce discomfort in the area where the fat is sourced (commonly called the donor area).

If you're considering dermal fillers, Harvard Medical School recommends seeking out an experienced, board-certified professional who can offer you guidance as to what type of filler you need to achieve your personal goals, as well as what you can expect in terms of results afterward. To find a professional who is certified by the American Board of Cosmetic Surgery, visit americanboardcosmeticsurgery.org/find-a-cosmetic-surgeon-near-you.

Fitness Tips

HOW TO PROPERLY USE THE SLED PUSH

By Dylan Roche

Don't worry—the sled push at your local fitness center only *looks* intimidating. But once you've mastered your proper form and learned all the ways you can use this piece of equipment, you'll quickly realize that it's a great tool for a full-body workout, one that's great for overall conditioning, building speed, and developing strength. Plus, it takes a lot of energy, so it's great for fat burning.

The sled push, also known as a prowler press, helps you develop what's often called **functional fitness**, the type of physical prowess you need in everyday life when you're trying to push, pull, lift, squat, or bend. For anyone who is trying to break through a fitness plateau, functional exercises like the sled push can help you challenge your body in new ways.

You don't have to be in great shape to start with a sled push—it's easily adaptable to any fitness level. You'll find that the movement of pushing it works your quads and glutes just as much as it does your abs, chest, and arms, and once you get comfortable with moving an unweighted sled, you can mix it up. Adding more weight for greater resistance will help you develop strength. On the other hand, a lighter load that you push faster will help you focus on gaining speed.

*Ready to master the push?
Here's what you should do:*

THE BASIC PUSH

Approach the sled push and take a sprinting stance, one foot in front of the other, extending your arms out in front so you can lean into the weight.

Grip the handles and press forward on the balls of your feet.

As you move the sled forward, be sure to keep your back straight and engage your entire posterior chain, which encompasses your glutes, hamstrings, calves, lats, and rear shoulder muscles).

Note: Keep your upper body at a 45-degree angle leaning downward toward the handles. The lower the handles are to the ground, the easier it will be for you to push. As you gain strength, you can raise the handles and hold your body at a 90-degree angle, giving you a greater challenge.

TO PUSH FOR STRENGTH: Determine your maximum load by adding weight to the sled. Your maximum should fully fatigue you within 10 yards. Use your own weight as a starting point and adjust accordingly. Use three-quarters your maximum weight and push for 10 yards, followed by 1 minute of rest. Repeat 4 times.

TO PUSH FOR SPEED: Load the sled with one-quarter your maximum load and push for 20 yards as fast as you can. Rest for 1 minute and repeat 4 times.

TO REALLY TEST YOURSELF: Set a timer for five minutes. Begin by pushing an unweighted sled for approximately 20 yards and back. Add weight to the sled and repeat. Keep running the full 20 yards and adding more weight until time is up or you reach fatigue. Starting with a lower weight and gradually increasing will help you develop endurance, strength, and hypertrophy with the same workout. As you progress, you can perform this routine with a greater starting weight.



Is Breakfast *Really* The Most Important Meal of the Day?

By Dylan Roche

"It's the most important meal of the day!"

How many of us have heard this adage about breakfast? Generations have hailed a morning meal as a great way to start your day, ensuring that you face whatever life throws at you with plenty of sustained energy.

But how much science is there to actually support this notion? As it turns out, there *are* good reasons to eat breakfast—and you *should* make a point of doing it. But if you're still adamant about waiting a few hours to eat, it likely won't be the end of the world.

Why You Need Breakfast

Think of the word *breakfast*: It refers to the fact that you're breaking the fast you've been sustaining since the night before, whether the last thing you ate was dinner or a late-evening snack. It's likely

been anywhere from eight to 12 hours since you ate, and during that time of fasting, you've depleted the glucose your body has made from digested carbohydrates and prefers to use for energy. Your liver has likely broken down any glucose stored in the form of glycogen. You need to replenish your stores if you're going to have energy—especially mental energy, as your brain relies exclusively on glucose to power itself. Lack of glucose affects your ability to focus, concentrate, and even remember simple facts. This explains why children and adolescents who eat a healthy breakfast tend to do better in school.

Breakfast for Weight Management

If you're trying to lose weight, you might see cutting out breakfast as an easy way to cut back on your energy intake. After all, if your body isn't able to fuel itself with glucose, it will start burning fat stores, you think.

But studies show this isn't a successful method for weight management. Instead, skipping breakfast could have the opposite effect. Large fluctuations in your glucose levels actually inhibit your appetite control, so even though you take in fewer calories in the morning, you could overcompensate later in the day. Additionally, breakfast eaters might consume more calories early in the morning, but they also tend to burn more calories overall because they have the energy to be active.

Making Breakfast an Easier Option

The Cleveland Clinic reports that about one-fourth of Americans skip breakfast. For some, it's because they aren't hungry first thing in the morning. In this case, listening to your hunger cues will serve you better than trying to force food on yourself when you don't want it. Breakfast might still be the ideal option, but not everyone is the same—it's more important to eat well over the course of the day.

However, many people skip breakfast not because of their appetite but because they're lacking time. In this case, choose something small and dense in nutrients that you can eat on the go. Skip the breakfast pastries and other sugary convenience foods. Instead, you want a balance of carbohydrates, protein, and healthy fat that will keep you sustained.

Need some suggestions? Dietitians recommend a piece of whole-grain toast, a cup of low-fat yogurt, a handful of nuts, or a piece of fruit as great on-the-go options that will put some fuel in your body until you can find a more substantial meal.



Worth Your Salt?

DRAWBACKS OF HIGH-SODIUM DIETS

By Dylan Roche

Fun fact: In ancient times, salt was highly-prized because it was so difficult to source and so useful in preserving foods. Hence the saying that somebody is “worth their salt.”

But today, salt is a pretty cheap commodity. It’s still prevalently used in preserving and flavoring many processed foods on the market, however. And that’s a problem, as most Americans are getting way too much of it. So much, that it’s taking a toll on their health.

It almost gives different meaning to that age-old expression. Are the drawbacks of high-sodium diets really worth all the salt that manufacturers are using in our foods?

GROWING AWARENESS OF TOO MUCH SALT

In fall 2021, the Food and Drug Administration released new sodium guidelines with the hopes of getting Americans to cut the average sodium consumption 12 percent by the year 2024. That’s because Americans consume about 3,400 milligrams of sodium a day, much higher than the maximum recommended 2,300 milligrams. This excess of sodium leads to hypertension, heart disease, and kidney damage.

But these guidelines released by the FDA aren’t for individual consumers as much as they are for the manufacturers. That’s because, as the FDA points out, about 70 percent of the sodium that Americans consume is coming from packaged and prepared foods. In other words, people aren’t consuming too much sodium because they’re overusing the salt shaker—it’s because much of what they’re buying in the grocery store is too high in salt.

The worst offenders? According to the Centers for Disease Control and Prevention, the foods with the highest sodium content include deli meats, pizza, canned soups, burgers, egg dishes, poultry, pasta mixed dishes, and savory snacks like chips and crackers. But don’t use taste alone as an indicator: there are plenty of foods on the market that don’t taste salty at all, but they still have high levels of sodium. Breakfast cereal tends to be a noteworthy culprit in this regard. A one-cup serving of Frosted Flakes has about 191 milligrams of sodium, and a one-cup serving of Lucky Charms has 233 milligrams.

According to the FDA, this is why the new regulations are putting the pressure on food manufacturers. People can only make so many adjustments to their behavior. Until food manufacturers start reducing the sodium content of their foods, Americans will likely continue to have high-sodium diets.

IS THERE ANY BENEFIT TO SODIUM?

Of course, sodium isn’t all bad. Your body needs it to contract and relax your muscles. This is why athletes will sometimes suffer cramps if they’ve lost too much salt through heavy sweating. Sodium is also important for conducting nerve impulses.



However, most people need only about 500 milligrams of sodium a day. The American Heart Association states it’s very unlikely that anyone will be sodium deficient, especially because healthy kidneys retain much of the sodium that your body needs. The only people who likely need to be diligent about getting enough sodium are those who lose too much of it through heavy sweating—competitive athletes or laborers exposed to high-heat working conditions, for example.

HOW EXCESS SODIUM HURTS US

Sodium is important for fluid in your body because sodium attracts water. So, when too much water gets drawn into your bloodstream, it increases your blood pressure. When your blood pressure is higher in the long term, this leads to hypertension, also known as high blood pressure. The enormous force of the increased blood volume in your veins forces your heart to work harder to pump it around the body, thus increasing your risk of a heart attack or a stroke.

BALANCING YOUR DIET

Until food manufacturers start adapting their recipes to a more sodium-conscious world, it’s up to consumers to be diligent in making good choices. Read the nutrition facts on all packaged foods to see how high the sodium content is.

It’s also important to remember that although salt is a prominent source of sodium, they are not the same thing. Sodium is a mineral, whereas salt is a compound that’s taken from nature, such as from a salt mine or from the sea.

In addition to salt, sodium can be found in other food additives, such as MSG, baking soda, or sodium nitrate. Conversely, salt might contain other minerals besides sodium—some salt varieties might have zinc or iron, though the amount will be too negligible to really be considered a nutritional benefit.

Although sea salt has gained a reputation for being healthier, it’s not any better or worse for you than traditional salt; however, the larger salt granules you get with flaky sea salt might provide a more vivid burst of flavor, so you’ll be inclined to use less of it.

The better dietary adjustment to make, aside from decreasing your intake of processed food, is to increase your intake of potassium. Because potassium is a mineral that helps relax blood vessels (and in turn, decreases blood pressure) and excrete sodium from your system, it has the potential to offset the negative effects of a high-sodium diet. Unfortunately, too many American diets lack the proper amount of potassium. Bananas get all the glory when people think of potassium sources, but plenty of other foods have potassium as well—oranges, cantaloupe, sweet potatoes, apricots, leafy greens (like spinach), dried fruit (like raisins and dates), pumpkin, and mushrooms.

Dining

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Pizza at
Momma
Maria's
Bistro in
Trappe



WHAT'S UP? READERS
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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

New and Improved

Yo Java Bowl Cafe in Chester has transitioned from an express food truck to a full cafe, where Bada Bean Coffee Shop was previously. The restaurant, which is open daily from 7 a.m. to 5 p.m., offers sandwiches, salads, soups, breakfast items, coffee (from Rise Up) and smoothies. **800-B Abruzzi Drive, Chester | yojavabowl.wixsite.com/website**

Over in Anne Arundel County, **Always Ice Cream** has opened a new location in Edgewater (to join their Main Street Annapolis and West Annapolis parlors). The store, located in South River Colony, is open daily at noon. The flavors change regularly, but you might see options such as Cinnamon Toast Crunch, Rise Up Coffee, or Peanut Butter Oreo. **129 Mitchells Chance Road, Edgewater | alwayssicecreamcompany.com**

If you haven't been to **Flamant** in Annapolis recently, it might seem a little different next time you pop by. In mid-January, the restaurant closed for a refresh, reopening as **Flamant Bistro** with an expanded menu and lower price points. With its new focus, the restaurant offers "a very accessible restaurant for families, and not just for

special occasions anymore," Chef Frederik De Pue told Baltimore Business Journal. **17 Annapolis Street, Annapolis | flamantmd.com**

Do you want to play a game? **GameOn Bar + Arcade** is scheduled to open early this month on West Street in Annapolis in the former location of Chesapeake Brewing Company, which closed in 2020. The space will feature classic arcade games, plus basketball, skee-ball, and pinball machines, along with a full bar and a menu showcasing food truck-inspired dishes. It will be a new life for the brick building, which was built in 1908 and once was home to a fire station. **114 West Street, Annapolis | gameonbararcade.com**

The End of an Era

If you, like so many Marylanders, grew up vacationing in Ocean City, you might feel a little nostalgic with this next news: **Phillips Crab House** has closed its Philadelphia Avenue restaurant for good. The eatery welcomed visitors for more than 65 years, but the property will be sold, the Phillips family announced on social media. Phillips has one traditional full-service location left, located on East Pratt Street in Power Plant Live in Baltimore, as well as a spot at BWI Airport.



Don't Forget

Stews & Brews, otherwise known as the Easton Beer Fest, is planned for February 19 at the Easton Volunteer Fire Department. The festival has become the season's destination for great beer and a great time. Stews & Brews will feature 25 craft brewers, wineries, and distillers, with unlimited tastings. Ten restaurant/caterers will offer samplings of stews to festival goers. A tasting glass and stew sampling is included with your ticket.

Food only (non-drinking) tickets are also available. Restaurants/caterers will have small plates for sale as well. [facebook.com/EastonBeerFest](https://www.facebook.com/EastonBeerFest)

Annapolis Restaurant Week is scheduled for February 26–March 2, 2022. Although participating restaurants hadn't been published as of press time, there's bound to be some fabulous deals on prix fixe two-course breakfasts and lunches and three-course dinners. [downtoannapolispartnership.org/annapolis-restaurant-week](https://www.downtoannapolispartnership.org/annapolis-restaurant-week)

From the Bar: *Feel the Heat*

The average temperature in February in Maryland doesn't even hit 45F (it's 44.8F, in case you're wondering), which generally means we're finding ways to stay warm. Enter the hot toddy, a surefire way to ward off a chill.

This hot beverage originated centuries ago in India, but as the British Empire was wont to do, they took the drink and claimed it as their own. Hot toddies are purported to be a remedy for the common cold, but that might just be wishful thinking (though it's never a bad idea to sip on hot fluids when you're feeling under the weather).

Varieties abound, but hot toddies typically consist of hot water, some form of whiskey, honey and lemon, with some warming spices such as ginger and cinnamon in for good measure. Some people like to substitute hot tea for water—whatever sounds good to you sounds good to us. If you want to really mix things up, try out this version that uses Fishers Island Lemonade as a base.



Hot Lemon Toddy

Serves 1

- 6 ounces Fishers Island Lemonade Original
- 1 ounce whiskey
- 2 cinnamon sticks
- Lemon slice

Simmer the lemonade and cinnamon in a saucepan. Remove the cinnamon stick and pour into glass. Add a 1-ounce floater of whiskey. Garnish with a cinnamon stick and lemon wheel.

Recipe and photo courtesy of Fisher's Island Lemonade, filemonade.com.

Have culinary news to share? Send an email to Kelsey Casselbury at kcasselbury@whatsupmag.com.

Dining Guide

Advertisers Listed in Red

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

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🌊 Water View

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🎵 Live Music

🐾 Dog Friendly

👑 Best of 2021 Winner

Queen Anne's County

Adam's Taphouse and Grille

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

Barbecue Bueno

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

Big Bats Café

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

Bridges Restaurant

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

Café Sado

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

Capriotti's

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

Carmine's New York Pizza

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

Doc's Riverside Grille

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

El Jefe Mexican Kitchen & Tequila Bar

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

Fisherman's Inn & Crab Deck

3116 Main Street, Grasonville; 410-827-8807; fishermansinn.com; Seafood; lunch, dinner \$\$ 🍷 🍷 🍷 🍷 🍷 🍷 🍷

Frix's Fire Grill

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

Harris Crab House

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

Historic Kent Manor Inn

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

The Jetty Restaurant & Dock Bar

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

Kentmorr Restaurant

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

Knoxie's Table

180 Pier 1 Rd, Stevensville; 410-604-5900; Baybeachclub.com; American; dinner, weekend brunch ☎ 🍷 🍷 🍷

Ledo Pizza

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

Love Point Deli

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

The Narrows Restaurant

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

Oh My Chocolate

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

O'Shucks Irish Pub

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

Rams Head Shorehouse

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

Red Eye's Dock Bar

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

SandBar at Rolph's Wharf

1008 Rolph's Wharf Road, Chestertown; 410-778-6347; Seafood; lunch, dinner \$ 🍷 🍷 🍷 🍷 🍷 🍷

Talbot County

208 Talbot

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

Ava's Pizzeria & Wine Bar

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

BANNING'S TAVERN

"Great menu! I got beef and Guinness stew while my husband enjoyed the po boy and everyone was so happy!" —Ashley S

Awful Arthur's Seafood Company

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

The BBQ Joint

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

Banning's Tavern

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

Bas Rouge

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

Bistro St. Michaels

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

Capriotti's

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

Capsize (Seasonal)

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

Captain's Ketch

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

Carpenter Street Saloon

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

Characters Bridge Restaurant

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

Chesapeake Landing

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

The Coffee Trappe

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

The Crab Claw Restaurant

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

Crepes By The Bay

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

Doc's Downtown Grille

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

Doc's Sunset Grille

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

SAM'S PIZZA AND RESTAURANT

"Classic pizza, I always order from here" —Jon Wright

Eat Sprout

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

El Dorado Bar & Grill

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

Foxy's Harbor Grille (Closed January & February)

125 Mulberry St., St. Michaels; 410-745-4340; Foxysharbor-grille.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; gourmetbythe-bay.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; mommamariasbistro.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; Theossteakhouse.com; Steakhouse; dinner \$\$\$ 🍷 🍷 🍷

Two if by Sea

5776 Tilghman Island Road, Tilghman; 410-886-2447; twoifby-searestaurant.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 \$ 🍷 🍷 🍷

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

Luisa's Cucina Italiana

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

Marzella's By The Bay

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

Osprey Point

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

Pasta Plus

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

Procolino Pizza

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

The Retriever Bar & The Decoy Bottle Shop

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

Two Tree Restaurant

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

Uncle Charlie's Bistro

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

Waterman's Crab House

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

Dorchester County

Bay County Bakery and Café

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

Bistro Poplar

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

Black Water Bakery and Coffee House

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

Blue 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 \$ 🍷 🍷

EAT

REVIEW

WIN

WHAT'S UP? READERS'

RESTAURANT REVIEW

EAT. REVIEW. WIN.

Visit whatsupmag.com/promotions or fill out the form below:

Have you dined at a delicious new spot or want to rave about your favorite restaurant? We want you for your restaurant review! Winners will win a \$50 gift certificate to a local eatery. Plus, the winner's review will be printed in a future Readers' Restaurant Guide in What's Up? Magazine.

Restaurant Name _____

Restaurant Location _____

Your Review _____

Name _____

Phone _____

Email _____

Address _____

City _____

Zip _____

Would you like to sign up for our weekly eNewsletters?

_____ Yes please! _____ No thanks





Where's Wilma?

FIND WILMA AND WIN!

Shiver me timbers! It's frigid February and our fearless flying mascot Wilma is somehow, somehow still taking to the skies to fly region-wide. Wilma still will be landing at her favorite hot spots for a warm bite to eat, indoor fun, and super services. Here's how the contest works...

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

Congratulations to Natalee Benfield of Queenstown, 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



Please Print Legibly

I FOUND _____ Advertiser _____
WILMA _____ Advertiser _____
ON PG. _____ Advertiser _____

Name _____

Phone _____

Address _____

E-mail address _____

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

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

Entries must be received by February 28, 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.

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SHORE REGIONAL HEALTH

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

CAROLINE | DORCHESTER | KENT | QUEEN ANNE'S | TALBOT

CHESAPEAKE

FIRE



ICE

February 18-20

Located in historic downtown Easton, the event features dozens of artfully crafted ice sculptures, music, and family-friendly activities.



This year's event kicks off on Friday, February 18th with the Friday Night Block Party. Ice Lab and their team of ice artists will be here doing live carvings. The festivities continue all weekend with opportunities to tour the ice sculptures and see additional live carvings on Saturday. Events will include Stews & Brews on Saturday, February 19th, family fun events, entertainment, seasonal sales and shopping, restaurant specials, and more.



Presented by:



www.eastonedc.com/chesapeake-fire-ice