

WHAT'S UP?

# eastern shore

HOME GROWN  
LOCALLY OWNED  
CENTRAL MARYLAND • WHEATINGS • WHAT'S UP? MEDIA • ANNAPOLIS  
EASTERN SHORE

## DAIRY

COMMUNITIES, COMPANIES, FARMERS,  
AND CONSERVATIONISTS RECOGNIZE THAT  
SUSTAINABLE DAIRY IS GOOD FOR BUSINESS

# SAVES

# THE

# BAY



### 2022 Home Resource Guide

The region's reputable home and garden professionals

### Garden Sanctuaries

Finding beauty in unexpected places

\$4.95

04>



WHAT'S UP? MEDIA, APRIL 2022



Kelly O'Donnell, MD



Laura Ruppel, L.E. | Eden Flynn, BSN, RN | Ali Weiss, Aesthetic NP

**O'Donnell Vein and Laser** is a comprehensive medical facility established for the treatment of varicose veins, spider veins and venous disorders. For every patient, our objective is the elimination of lower extremity symptoms associated with venous disease. With over 24 years of combined experience; Dr. O'Donnell is highly regarded as one of the top Vein Specialists in her field in both the state of Maryland and Delmarva Peninsula.

**O'Donnell Medical Aesthetics** is a full-service medical aesthetics center offering the latest in laser skin rejuvenation, laser hair removal, cosmetic injectables, microblading, hair restoration, aesthetician skincare services, and most recently - RF Microneedling! O'Donnell experienced unprecedented growth in 2021 and in an effort to better serve the needs of our patients; we have committed to the continued expansion of the cosmetic side of our practice - Be sure to keep a look out for major announcements and additions taking place in 2022!

**▶ SEE WHAT'S NEW IN 2022 AT OMA!**

**RF Microneedling**



- The only Radiofrequency Microneedling safe for all skin types and treatments all year-round
- Tighten skin and erase wrinkles on face, neck, and body
- Perfect for acne scars and surgical/traumatic scar revision

**Year-Round Laser Skin Rejuvenation**



- Laser resurfacing for skin tone and textural improvements - Zero downtime
- Safe on all skin types and safe to be used all year-round
- Safely and effectively manage melasma

**Hair Restoration**



- Improve thinning hair, boost volume, and restore a more youthful hairline
- Effective, safe, and painless for all sexes and skin/hair types
- Fastest treatment time on the market (10 minutes) with zero downtime!

Contact us today at 410-224-3390 to schedule your evaluation!

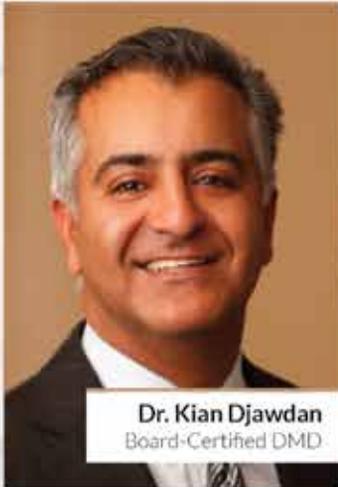
All active and retired military members receive a 10% discount on cosmetic services when you show a valid military ID

Easton 499 Idlewild Ave, Easton, MD 21601  
 Annapolis 166 Defense Hwy, Suite 101, Annapolis, MD 21401  
 www.odonnellveinandlaser.com | 410.224.3390



# WE SOLVE COMPLEX DENTAL PROBLEMS

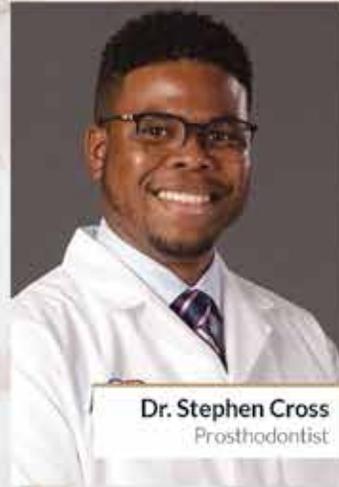
We have created a unique dental center that focuses on helping adult patients with complex dental problems. If you are considering dental implants and/or restorative dentistry, it is important you choose an expert; a dentist with the advanced training to utilize state-of-the-art techniques and procedures for treating complex dental conditions and restoring optimum function and esthetics predictably and efficiently.



Dr. Kian Djawdan  
Board-Certified DMD



Dr. Kian Djawdan is Board Certified by the American Board of Implantology/Implant Dentistry and considered an Expert in implant dentistry. Dr. Djawdan is specially trained and licensed to administer IV sedation for any surgical or restorative dental procedure.



Dr. Stephen Cross  
Prosthodontist



American Board  
of Prosthodontics

Dr. Stephen Cross is a Prosthodontist and considered a specialist. His specialty training makes him uniquely positioned to diagnose, create treatment plans and execute treatment of patients with highly complex prosthetic and implant needs.

## REQUEST YOUR JUDGEMENT FREE CONSULTATION

by calling **410-266-7645** or online at [www.smileannapolis.com](http://www.smileannapolis.com)

### OUR THREE UNIQUES

-  **In-Office Dental Lab**  
State of the art 3D Design  
CAD/CAM and printing
-  **Dental Implants**  
Extractions, immediate placement  
implants and restoring dental implants
-  **Sedation Dentistry**  
For any dental procedure

### Djawdan Center for Implant and Restorative Dentistry

Restoring Hope & Confidence

133 Defense Hwy, Suite e 210  
Annapolis, Maryland 21401

**410.266.7645**

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





Easton | Annapolis | Boca Raton

*Maryland's Bankruptcy Counsel*

**ARE YOU OVERWHELMED BY BILLS?  
PAST-DUE RENT, CREDIT CARDS  
or MORTGAGE DUE?**

Has the Pandemic put you under water?  
RLC can offer you a Lifeboat for  
your Financial Future.

**Call us now!**

Let's talk about the Right Time to  
Get Out Of Debt.

Don't Pay Credit Card Debt Forever.

Don't refinance or use a credit-line  
payment that will leave you more in Debt.  
Get effective Debt Relief.

RLC's Bankruptcy and Restructuring  
practice is experienced, respected and  
focused on Debt Relief to give you  
the Protections of Bankruptcy so  
YOU can regain your Financial Future.

**BUSINESS  
ASSET ACQUISITION  
DEBT REDUCTION  
BANKRUPTCY**

**410-505-4150**

**RLCFirm.com**

8737 Brooks Dr. Suite 107, Easton, MD 20601  
301 4th Street, Suite A-2, Annapolis, MD 21403

We are a qualified debt relief agency. This is Attorney advertising. The information on this Ad is for general information purposes only. Nothing on this Ad should be taken as legal advice for any individual case or situation. This information is not intended to create, and receipt or viewing does not constitute, an attorney client relationship. We are a qualified debt relief agency. We help people file for bankruptcy relief under the U.S. Bankruptcy Code. This is Attorney Advertising for RLC P.A., RLC Lawyers & Consultants LLC.





# Luminis Health Plastic Surgery

*Build your confidence with the team you trust*

At Luminis Health Plastic Surgery, you can meet with experienced, board-certified providers including Dr. Derek Masden and Dr. Tripp Holton, who can help you meet your goals through a variety of surgical and non-surgical services, including:

- Reconstructive and cosmetic breast surgery, including 3D nipple tattooing
- Body contouring after weight loss
- Minimally invasive cosmetic procedures

Please visit [Luminis.Health/PlasticSurgery](https://www.luminishealth.com/PlasticSurgery) or call **443-481-3400** to make an appointment.

Choose from two convenient locations:

- Luminis Health Doctors Community Medical Center
- Luminis Health Anne Arundel Medical Center

# Are you ready to enjoy life without glasses and contacts?

# LASIK. SMILE. PRK.

Now is the perfect time to invest in yourself and your vision! A laser vision correction procedure like LASIK, SMILE (*the latest in vision correction!*) or PRK, at Chesapeake Eye Care and Laser Center can reduce or eliminate your dependency on glasses or contact lenses with minimal discomfort and quick visual recovery. Dr. Olivia Dryjski, Dr. Maria Scott and our highly trained technical staff are dedicated to providing our patients with the most advanced medical and surgical eye care available. These life changing procedures take just a few minutes and are performed in our world-class facilities in Annapolis.

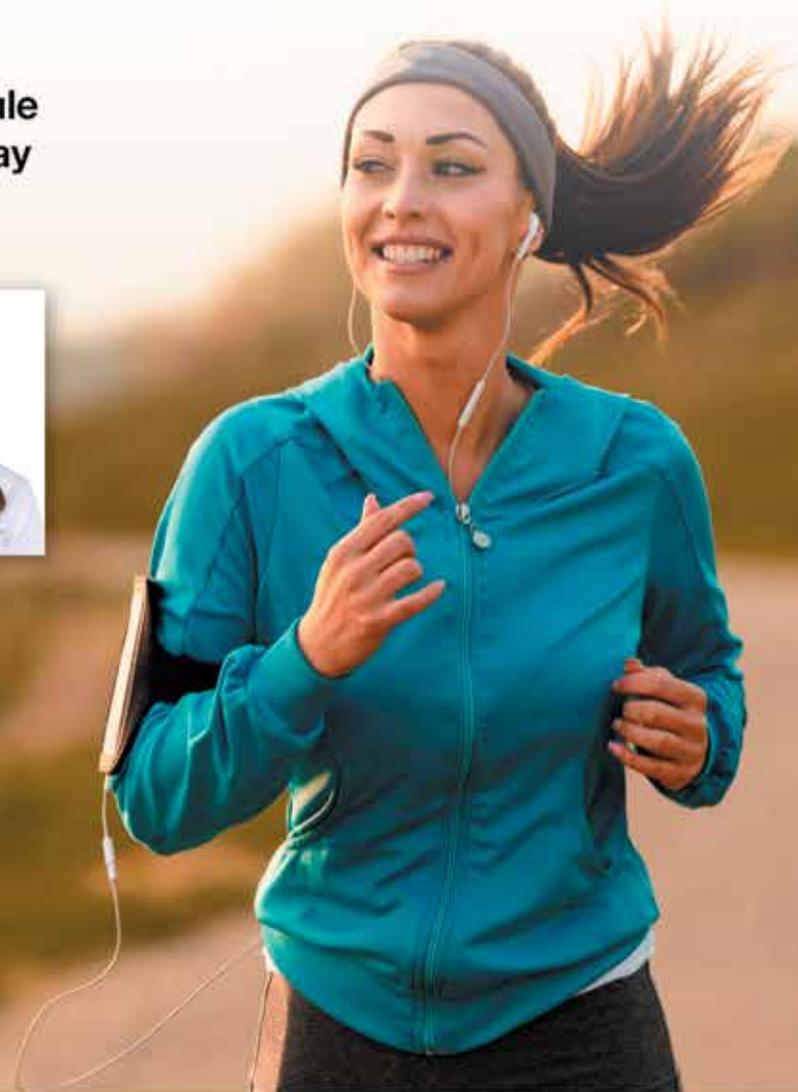
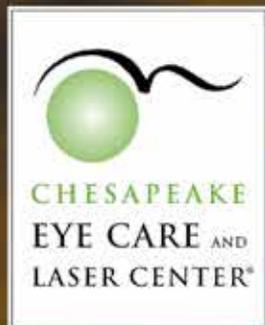
The best way to know if you  
are a candidate is to schedule  
your **FREE** consultation today  
by calling **877-DR4-2020**.



Olivia Dryjski, MD



Maria Scott, MD



100% ★★★★★ 5-STAR REVIEWS

MARYLAND'S

#1

WATERFRONT  
REALTOR

No one invests more to sell  
your home for **TOP DOLLAR.**

Brad combines his local  
expertise with best-in-class  
digital marketing to ensure  
your property is exposed  
to highly qualified  
global clientele.

Call Brad today and take  
advantage of the  
current record-breaking  
Seller's Market!



Visit [BradKappel.com](http://BradKappel.com)  
to Make *Your Move!*



**Brad Kappel**  
Senior Vice President

m +1 410 279 9476

o +1 410 280 5600

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

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

Annapolis Brokerage 209 Main Street, Annapolis, MD

TTR | **Sotheby's**  
INTERNATIONAL REALTY



©2022 Sotheby's International Realty Affiliates LLC. All Rights Reserved. Sotheby's International Realty® is a licensed trademark to Sotheby's International Realty Affiliates LLC. Each Office is Independently Owned And Operated. SIRI

**On the Cover:** We go to dairy farms in Pennsylvania to learn how they're helping save the bay. Design by August Schwartz. Contact *What's Up?* Eastern Shore online at [whatsupmag.com](http://whatsupmag.com). ♻️ Please recycle this magazine.

# April contents



## Features

**27 Spruce Up!** If you're looking for the best, local home professionals to help you get your home in tip-top shape, or if you're looking for a new home altogether, our **2022 Home Resource Guide** has the answers

**39 Garden Sanctuaries in Chesapeake Country** Take a "walk" through five fabulous gardens, each designed and maintained by local gardeners who share their passion and knowledge *By Janice F. Booth*

**46 Hershey's Kisses, Cows & Clean Water** How an unexpected partnership between industry dairy farmers and the Alliance for the Chesapeake Bay came to fruition and what it means for the watershed's health *By Rita Calvert*



39



46

## Home & Design

**55 Resort with Import** How a couple aspired to relocate and completely rebuild in Davidsonville farm country *By Lisa J. Gotto*

**62 Home Garden: You Ought'a Be in Pictures** Keeping your garden in focus through a camera's eye *By Janice F. Booth*

**64 On the Water's Edge in Talbot County** This waterfront cottage sold for \$1.75 million *By Lisa J. Gotto*

**66 Precious Piece of History** This 115-acre property and residence recently sold for \$4.2 million *By Lisa J. Gotto*



55



72



78

## Health & Beauty

*By Dylan Roche*

- 70 Fresh Take: Garlic**
- 71 Protein Supplements: Yes or No?**
- 72 Fitness Tips: Mini Sessions**
- 74 Every Kid Healthy Week**
- 75 Hearing Health**

## Dining

**77 Readers Review Contest** Your dining reviews can win you free dinners!

**78 Savor the Chesapeake** Restaurant news and culinary trends from the Chesapeake Bay region *By James Hauck*

WHAT'S UP?  
**eastern shore**

**Publisher & President**

Veronica Tovey (x1102)

**Editorial Director**

James Houck (x1104)

**Chief Operating Officer**

Ashley Lyons (x1115)

**Entertainment Editor**

Megan Kotelchuck (x1129)

**Contributing Editors**

Lisa J. Gotto, Dylan Roche

**Contributing Writers**

Janice Booth, Rita Calvert,  
Tom Wargo

**Staff Photographer**

Steve Buchanan

**Contributing Photographers**

VRX Media, Peak Visuals

**Art Director**

August Schwartz (x1119)

**Graphic Designers**

Matt D'Adamo (x1117), Lauren Ropel (x1123)

**Web Content Specialist**

Arden Haley (x1116)

**Production Manager**

Nicholas Gullotti (x1101)

**Senior Account Executive**

Kathy Sauve (x1107)

**Account Executives**

Debbie Carta (x1110), Beth Kuhl (x1112),  
Nina Peake (x1106), Michelle Roe (x1113)

**Finance Manager**

Deneen Mercer (x1105)

**Bookkeeper**

Heather Teat (x1109)

**Administrative Assistant**

Kristen Awad (x1126)

**WHATSUPMAG.COM**



Proud Partner



Proud Partner

**What's Up? Eastern Shore** is published by **What's Up? Media**

201 Defense Highway, Suite 203, Annapolis, MD 21401,  
410-266-6287, Fax: 410-224-4308. No part of this  
magazine may be reproduced in any form without  
express written consent of the publisher. Publisher  
disclaims any and all responsibility for omissions and  
errors. All rights reserved. Total printed circulation is  
23,888 copies with an estimated readership of 78,830.

©2022 **What's Up? Media**



# TIDEWATER INN

*A picturesque downtown destination  
on Maryland's Eastern Shore*

HISTORIC INN | HUNTERS' TAVERN  
WEDDINGS & EVENTS | TERRASSE SPA

101 East Dover Street | Easton, MD | 410.822.1300 | tidewaterinn.com



# April contents

COMING UP IN  
**MAY 2022**  
Leading Lawyers Honored  
The Power of Philanthropy  
Aviation Program Takes Flight

## In Every Issue

**8 E-Contents & Promotions** A snapshot of what's online, promotions, and exclusive content



20



22



13

**10 From the Editor** James shares his thoughts

**13 Out on the Towne** Special celebrations and activities to enjoy this month *By Megan Kotelchuck*

**16 Towne Salute** Meet Larry Paz with the Oxford Community Center *By Tom Worgo*

**20 Towne Spotlight** Local business and community news *By James Hauck*

**22 Towne Athlete** Meet Matthew Burnside of Kent Island High School *By Tom Worgo*

**80 Where's Wilma?** Find the What's Up? Media mascot and win

## e-contents



## Sponsored Instagram Posts

Share your Instagrammable moments and inspire our 4,000+ followers.

Through sponsored Instagram posts, you can leverage our social presence and get in front of highly desired followers. Partner with our account through a single post or tap into our Instagram stories for even more creative content and distribution opportunities. Email [mquinn@whatsupmag.com](mailto:mquinn@whatsupmag.com) for more details!



## Inbox Updates

[whatsupmag.com/subscribe](https://whatsupmag.com/subscribe)

Our daily newsletters deliver local news updates, the week's best entertainment, recipes, and much more! Be sure you're signed up.

## Connect

@whatsupmag  
@whatsupmags



# GO LOCAL, STAY LOCAL!

Experience is on your side with DeeDee McCracken



A Real Estate Agent will on **average\*** earn you 15% more money by selling your home.

Experience and negotiation skills are on your side. Avoid all the pitfalls by selling your home with **DeeDee!**

\*US National Average



**COLDWELL BANKER**  
REALTY

## DeeDee McCracken, Realtor®

Global Luxury Specialist, CRS, GRI

170 Jennifer Rd., Suite 102 | Annapolis MD 21401

O: 410-224-2200 | C: 410-739-7571

[dmccracken@cbmove.com](mailto:dmccracken@cbmove.com)



# editor *From the*



And because of this renewed enthusiasm to spruce up our homes and properties, we enjoy presenting topics that have homeowner appeal. In this issue, we hope you'll find inspiration in Janice Booth's feature article "Garden Sanctuaries in Chesapeake Country" profiling five homeowners and the remarkable gardens they've cultivated. We also showcase a fantastic custom-built country home in Davidsonville that has amenities dreams are made of—definitely eye-candy for the real estate buff in each of us. And if you'd like to find your own forever home or get your current property in tip-top shape, our annual "Home Resource Guide" lists many professionals ready to help you realize those dreams.

This sprucing up extends to the environment, so to speak. After all, if we're spending our time and money making our homesteads look and function their best, we ought to help our surrounding environments "feel" their best. More than a few dairy farmers north of the Mason-Dixon got this memo. Read about the dynamic partnership between the Alliance for the Chesapeake Bay, Hershey's, Land O'Lakes, and dairy suppliers in Rita Calvert's feature article "Hershey's Kisses, Cows & Clean Water." It's good news for the entire Chesapeake watershed.

Looking back on those landscaping years, I remember how the crew and I used to get through the long, very hot days by drinking more water than a mule, but also by chuckling to ourselves that "We're making the world look a little bit nicer; a bit greener." Words I still find myself uttering each spring as I steady a shovel to edge a bed. And it's nice to know a lot of folks feel the same.

*Happy spring and happy  
sprucing up the homestead!*

**James Houck,**  
Editorial Director

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

Tufts of fresh grass have poked through the soil, infant buds and blossoms abound on the tulip poplars and hydrangeas, and the Leyland cypresses have gained another inch or several. I'm looking over my property this spring—over all that it is, while remembering all that it was.

When we bought our home nearly 15 years ago, those cypresses were just a foot or so taller than me. Now they reach more than 40 feet high—unfortunately, I've lost three of them to snowstorms (they lean heavy in wet snow). The hydrangeas were relocated when I made landscaping adjustments and installed several garden beds around the property's perimeter shortly after we moved in. It's the landscaper in me that saw beyond the basics. (Yes, I was a hands-on landscaper for several summers during my college years; might have even worked on your property!) I still enjoy some landscaping each season—tweaking the property a bit here and there.

The tulip poplars—two 80-foot towers on my property alone, and several others adjacent—darn near frighten me every time a windstorm blows through. Most have remained well rooted; one did tumble over from three properties down the road—it took out 160-plus feet of my backyard's fencing. Thankfully nobody was harmed, and home insurance helped with the new fence. As for growing grass in our shaded lot, let's just say it's a perpetual work-in-progress.

Most homeowners can probably relate to the changes that we, and our properties, experience over the years—hopefully for the better. And it's with this informed experience that we put together this April issue. Each spring, there's an obvious focus on home and design, both indoors and out.

THE EASTERN SHORE'S  
**EXPERIENCED**

PLASTIC SURGERY & COSMETIC TEAM



**Dr. Christopher Spittler**

Patients on Maryland's Eastern Shore have trusted Dr. Spittler of Plastic Surgery Specialists for over 20 years. Schedule your complimentary cosmetic consult with him today.

**Melissa Corbin, PA-C**

Melissa Corbin is a Board-Certified Physician Assistant & Cosmetic Specialist and is available in our Easton office for Filler and Botox appointments. Call to book your time today!

**June Mitchell**

June Mitchell is a licensed medical esthetician and staffs our Easton and Annapolis offices. She is a member of Society of Plastic Surgical Skin Care Specialists.

*Mention this advertisement to receive a  
FREE Cosmetic Consult.*



PLASTICSURGERYSPEC.COM  
**800-570-7600**



**JASON'S**  
COMPUTER SERVICES

**CALL US TODAY**  
**410.820.9467**

**YOUR EASTERN SHORE HIGH-END**

# computer

**LAPTOP DEALER and CUSTOM BUILDER**



**NEW  
COMPUTERS**



**REMOTE  
SERVICE**



**COMPUTER  
SERVICE**



**TOTAL HOME  
WiFi  
SYSTEMS**

**JCSCOMP.NET | 9231 CENTREVILLE ROAD • EASTON, MD**



**APRIL  
2-3**

**Eastern Shore  
Sea Glass & Coastal  
Arts Festival**  
cbmm.org



**Your Chesapeake adventure begins here!**

**CHESAPEAKE BAY MARITIME MUSEUM**

213 N. Talbot St., St. Michaels, MD | 410-745-2916 | cbmm.org



# *Out on the* **TownE**

13 EVENT PICKS | 16 SALUTE | 20 SPOTLIGHT | 22 ATHLETE



## **Eastern Shore Sea Glass and Coastal Arts Festival**

The Eastern Shore Sea Glass Festival is back for another year and will feature more than 90 artisans with coastal and sea-glass related jewelry, home décor, art, and more. The two-day festival ticket includes entrance to the festival, educational lectures, live music, and all of the exhibitions and historic structures on the campus of the Chesapeake Bay Maritime Museum. The festival will be held on April 2nd from 10 a.m. to 5 p.m. and April 3rd from 10 a.m. to 4 p.m. Find more information at [seaglassfestival.com](http://seaglassfestival.com).



## ↑ WARD WORLD CHAMPIONSHIP WILDFOWL CARVING COMPETITION & ART FESTIVAL

The Ward Foundation, the nonprofit that operates the Ward Museum of Wildfowl Art and hosts the historic Ward World Championship Wildfowl Carving Competition & Art Festival, has made the decision to hold a modified, three-day event April 22 to 24. In lieu of the regular in-person event at the Roland E. Powell Convention Center in Ocean City, a virtual modification of the competition will resemble the 2021 virtual event, with several exciting new components and competition categories, in addition to the return of live-streamed portions of judging. More information at [wardmuseum.org](http://wardmuseum.org).



## Chesapeake International Chamber Music Competition

Visit Ebenezer Theatre in Easton on April 2nd and 3rd for the 10th Biennial Chesapeake International Chamber Music Competition for Young Professionals. The performances will also be live streamed all day, each day. This exciting celebration of chamber music will feature five of the most distinguished young ensembles competing for the Lerman Gold and Silver Prizes. This year's finalists come not only from the U.S. but also from Austria and Switzerland and have studied and prepared at distinguished schools and conservatories. For more information, visit [chesapeakekmusic.org](http://chesapeakekmusic.org).

## ↓ Taste of St. Michaels

Taste of St. Michaels will be April 30th in St. Michaels. Taste of St. Michaels includes a tasting crawl from 11 a.m. to 4 p.m., which allows participants to taste their way around St. Michaels at award-winning restaurants. In addition to the tasting crawl, there will be restaurant specials all weekend. Find more information and get tickets to the event at [stmichaels.org](http://stmichaels.org).



## JOAN OSBORNE

Seven-time Grammy nominee Joan Osborne is performing on April 1st at 7 p.m. at the Avalon Theatre in Easton. Osborne went multi-platinum with "Relish" 25 years ago and has put out music in pop rock, soul, R&B, blues, roots rock, gospel, funk, and country genres. The doors will open at 6:30 p.m. and tickets are \$50. Tickets can be found at [tickets.avalontheatre.com](http://tickets.avalontheatre.com).





## SHORERIVERS @ TROIKA GALLERY

The opening reception of the ShoreRivers @ Troika Gallery exhibit is on April 22nd at 5 p.m. What do art and environmental stewardship have in common? They are both powerful ways that we work in and for our communities, express shared values, and help build the future we want to inhabit. These art pieces are inspired by our local rivers and they deserve to be celebrated. The exhibit will continue through May 22nd. Find more information at [shorerivers.org/event/troika](http://shorerivers.org/event/troika).

## Earth Day Extravaganza

Academy Art Museum in Easton is welcoming children and their caregivers to explore and create art together and save the planet. On April 23rd at 10 a.m., come to the eARTH Arts Day Extravaganza and make some great projects to take back home. For more information, or to RSVP, email Constance Del Nero at [cdelnero@academyartmuseum.org](mailto:cdelnero@academyartmuseum.org).

**RR** Range & Reef

*A unique al fresco live-fire grilling experience by Chef Holderbaum.*

Providing live-fire grilling and specialty cooking services year round  
 (240) 476-7291  
[www.rangeandreef.com](http://www.rangeandreef.com) f @

ARTS DAY  
 EAST ANNAPOLIS

*Dentistry That Kids Love & Parents Trust!*

KENT ISLAND PEDIATRIC DENTISTRY

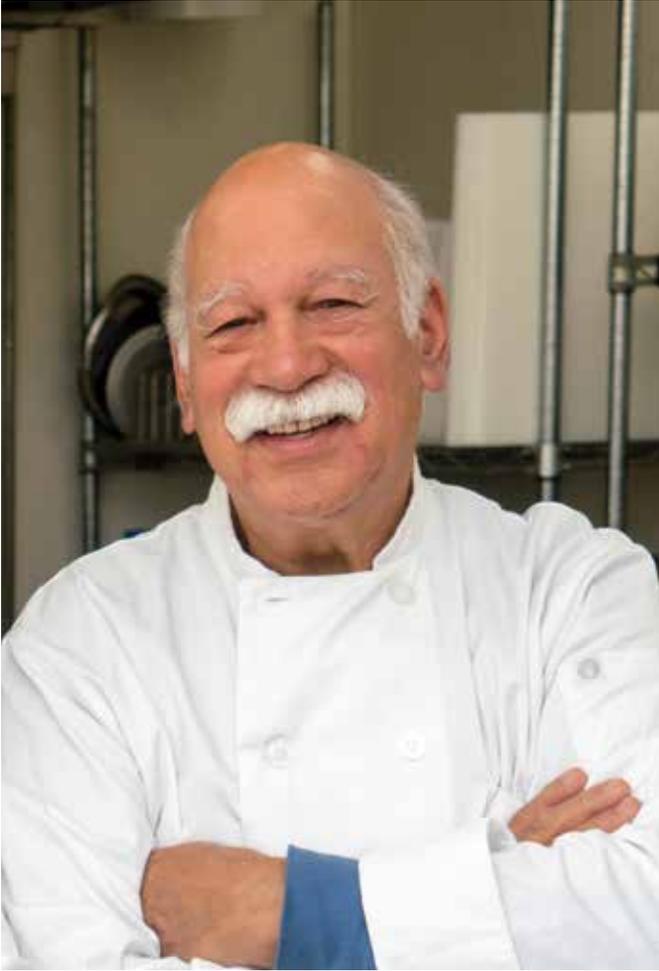
Treating Children & Adolescents Ages 0-18

410-604-2211  
 160 Sallitt Drive, Suite 106 • Stevensville, MD 21666  
[www.KIPediatricDentistry.com](http://www.KIPediatricDentistry.com)

Margaret C. McGrath DMD, MPH  
 Megan Golia, DDS

Diplomate, American Board of Pediatric Dentistry

TOP DENTISTS  
 EASTERN SHORE



TOWNE SALUTE

# Larry Paz

## Oxford Community Center

By Tom Worgo

**T**he pandemic has caused a great deal of isolation for people, especially among senior citizens. Stuck alone at home, the days can seem endless. There can be some joy, however. Larry Paz comes knocking on the door to cheer you up. He loves people and loves to talk. His reputation centers on being the chef of the Oxford Community Center and the Holy Trinity Church who cooks delicious food for people and posts entertaining videos.

Paz goes above and beyond that for the community center. On top of the once-a-month cooking day for area residents that also serves as a fundraiser, he comes in additional days to prepare and deliver meals to those who can't make it to the facility or are in need.



**HE BRINGS MORE THAN THE FOOD. HE BRINGS A HILARIOUS STORY OR JOKE. HE CAN TALK TO ANYBODY. HE IS KNOWN FOR HIS SMILE AND LAUGH. IT'S REALLY CONTAGIOUS. HE IS MEMORABLE AND FANTASTIC."**

"He brings more than the food," Oxford Community Center Executive Director Liza Ledford says. "He brings a hilarious story or joke. He can talk to anybody. He is known for his smile and laugh. It's really contagious. He is memorable and fantastic. When you see his face, he has a real distinguishing mustache."

The 73-year-old Paz leads a team of volunteers that cooks meals and dishes at both the center and church. Customers can pick the food up at the center, while Paz and his helpers make deliveries for the Holy Trinity Church to homes in Oxford and Trappe through its outreach program. Paz cooks dishes like shrimp and grits, pasta, and paella, and they are made once a month for 40 to 60 people.

Paz and volunteers, including Robert Hyberg, James Foster, Lee Walker, and Dennis Rob-

erts, also have made special items for a St. Patrick's Day celebration with about 200 people snatching up the food quickly. He has been cooking for the community center for nine years.

"I used to be vice president of the center for a year," Paz says. "We used to farm out all the food preparation. Back then, I told the president, 'We could do this ourselves. He said, 'Do you really think so?' I said, 'Yeah.'"

Paz has always loved to cook and actually attended the French Culinary Institute in Manhattan for six months. In the following years, he continued to develop his culinary skills during get-togethers with other institute students.

One thing Paz really enjoys at the center and church is that he gets to use his imagination. "He will make up a menu and



cook whatever he wants,” Ledford says. “It’s not like there is a fixed menu every month. He comes up with some fun menus and he puts it out on the internet. People order them and we will deliver them around.”

Ledford calls Paz, an Oxford resident, a local celebrity. For five years, the center has been shooting videos of his cooking classes and putting them on its website and Facebook and Instagram.

“Everybody knows me,” says Paz, a Manhattan native who owned an elevator company for 30 years and moved to Oxford 15 years ago before retiring. “Between the church and the Oxford Community Center, those are two big organizations.

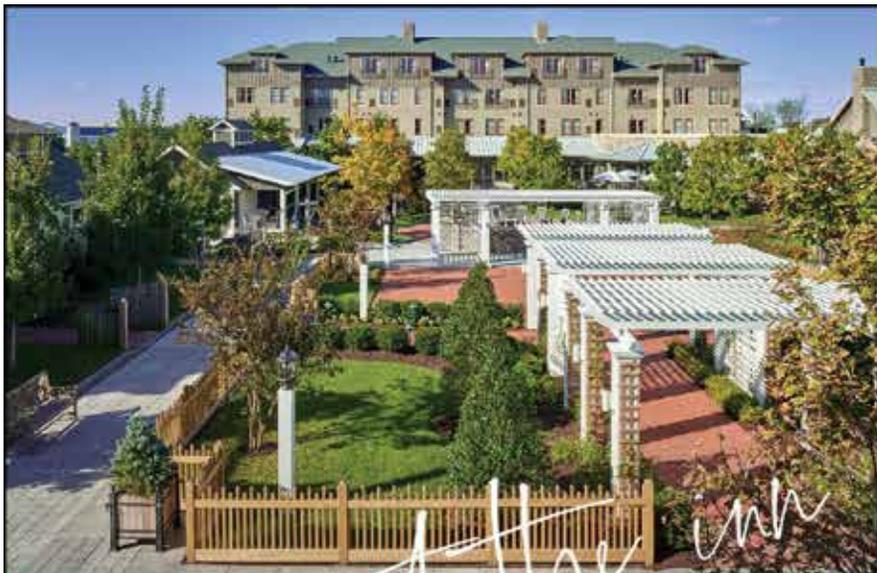
“There is a guy who writes a Saturday newsletter,” he adds with a chuckle. “He will say internationally renowned Chef Larry Paz.”

It was his involvement with the community center that led to his cooking at the church. For the Trinity church, Paz and his helpers cook full meals with a protein, vegetable, fruit, and dessert.

“A lady at the church asked me if I would help her husband, who at the time was making soup,” Paz says. “He was an attorney and he got sick. I took over and I have been doing it ever since.” One of the reasons Paz may continue to cook for the church and community center is all the positive feedback he gets.

“He is fantastic,” Ledford says. “Everybody loves everything he makes. We have never had a complaint. I always make sure I am on his food list. I get to bring home extras and be his taste tester.”

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



## spring at the inn

# KNOXIE'S TABLE & THE MARKET

DINING, TAKE OUT & SHOPPING

## LOCAL GETAWAYS

HOTEL PACKAGES & SPECIALS

## EXPERIENCE THE SPA

LUXURIOUS SPA & SALON SERVICES

## WEDDING OPEN HOUSE

SATURDAYS  
9A-11A



# THE INN

Chesapeake Bay Beach Club

Stevensville, MD | 410.604.5900 | baybeachclub.com



# DD McCRACKEN HOME TEAM

*“Big or Small - We Sell Them All!”*

170 Jennifer Rd. Suite 102, Annapolis, MD 21401 - Office 410-224-2200

*“Ninety percent of all  
through ownin*

*-Andrew*

IN SEARCH OF SELLERS -

*Your Real Estate Team for Life*



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



**Lisa Barton**  
COO & Realtor®  
Lisa.Barton@cbmove.com  
410-829-2051



**Annie Eaton**  
Real Estate Sales  
Annie.Eaton@cbmove.com  
410-739-4260



**Destinee Blackstone**  
Real Estate Sales  
Destinee.Blackstone@cbmove.com  
410-693-9291



**Kevin McCracken**  
Realtor®, Real Estate Sales  
kevin.mccracken@cbmove.com  
443-838-1417



**Lisa McGrath**  
Licensed Assistant  
DMcCracken@cbmove.com  
410-320-1971



**COLDWELL BANKER  
REALTY**



www.DDMcCrackenHomeTeam.com | Direct: 410-849-9181



*millionaires become so  
ng real estate.”*

*Carnegie*

**BUYERS & INVESTORS**

*Our Team is Here to Serve You!*

The DDMcCracken Home Team, is interested in being your Real Estate team for Life! Customizing a plan to meet your goals is our priority! We marry expert knowledge of the Bay region, with a full suite of services tailored specifically to you.



**Professional, trustworthy and experienced!**





## ↑ Playseum Opens in Easton

Be With Me: The Children's Playseum has opened in Easton, providing an experiential venue to parents, grandparents, and caretakers to enjoy quality time with their child or children. The new location is a large, multi-roomed building on Ocean Gateway with themed play areas for role-playing like the local grocery store, a taco hut, a dentist's office, barbershop, farm room, and more. Playseum founder and owner Gina Seebachan says, "Children need to interact with other-aged children—and we are always conquering and dividing with school activities, sports, lessons, etc. I envisioned a place where we could all do things together, to be present in the moment as a family." Learn more at [playseum.com/eastonplayseum](http://playseum.com/eastonplayseum).

## TALBOT COUNTY CHAMBER PRESIDENT ACHIEVES DISTINCTION



The Institute for Organization Management, the professional development program of the U.S. Chamber of Commerce Foundation, recently announced that Amy Kreiner, IOM, President/CEO of the Talbot County Chamber of Commerce, graduated from the program and has received the recognition of IOM. Awarded to all graduates of the Institute program, the IOM Graduate Recognition signifies the individual's completion of 96 hours of course instruction in nonprofit management.

In addition, participants can earn credit hours toward the Certified Chamber Executive (CCE) or Certified Association Executive (CAE) certifications. Nearly 1,000 individuals attend Institute annually. Congratulations Amy!

## LOCALS WIN MARYLAND TRADITIONS HERITAGE AWARDS ↓

Maryland Traditions, the traditional arts program of the Maryland State Arts Council, announced the winners of its 2022 Heritage Awards, which recognize long-term achievement in the traditional arts. Heritage Award nominations are accepted in three categories: Person or People, Place, and Tradition. Three awards, each featuring a \$5,000 grant, are given annually. This year's winners are: **Person or People:** Husband and wife duo Meki and JoAnn Toalepai of Anne Arundel County, who are entertainers, event producers, and cultural ambassadors for Pacific Islander (PI) culture. The pair created spaces in which PI people and others continue to learn about and participate in traditional PI music and dance. These spaces include the multigenerational, family-run ensemble Meki's Tamure Polynesian Arts Group, founded in 1969, and the Pacific Fun Day Festival, founded in 1985; **Tradition:** The Waterfowl Festival of Talbot County, an annual cultural event in Easton that celebrates and educates the public about waterfowling culture and conservation traditions on the Eastern Shore. Founded in 1971, the Festival is among the oldest and largest continuous events of its type, featuring decoy carving, sporting art, and the World Waterfowl Calling Contest; **Person or People:** Shelley Ensor of Baltimore County, a singer, musician, and choral director revered within the central Maryland gospel music tradition. Part of a long family lineage in this worship-based tradition, Shelley has sung, performed, and directed gospel music regionally for churches and other institutions in Carroll and Baltimore counties, Baltimore City, and internationally. For more information about Maryland Traditions, visit [msac.org/programs/maryland-traditions](http://msac.org/programs/maryland-traditions).





## Easton's New Chief of Police

In February, Alan W. Lowrey took the oath of office to become Easton's Chief of Police, replacing Chief David Spencer, who retired in January. Chief Lowrey has an impressive history in the law enforcement field, as an associate attorney at the international litigation firm of Crowell & Moring LLP, in Washington, D.C., and was even a first responder to the Pentagon on September 11, 2001. Chief Lowrey has served teams in the Patrol Section, Community Policing, Training Unit, Office of Professional Responsibility, and the Homicide/Robbery Unit. In 2011, Chief Lowrey, his wife, Michelle, and their four children, moved to the Town of Easton. Easton's Mayor Bob Willey congratulated Chief Lowrey, "I am pleased to welcome Alan as the next Police Chief for the Town of Easton. He scored very high on each of the selection committee's surveys, and his experience and history in the legal field were all benefits for his new position. It was evident that he also was highly regarded by the local police community. Alan's background provides the experience and teaching abilities needed in today's law enforcement world."

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

## NANCY HAMMOND EDITIONS



BLUE HERON, BLUE WATER BY NANCY HAMMOND

S/N LTD ED GICLEE, 26 1/2" x 37"  
SIGNED ARTIST PROOF, 32" x 48"

OPEN DAILY · 192 WEST STREET, ANNAPOLIS MD · 410-295-6612 · [NANCYHAMMONDEDITIONS.COM](http://NANCYHAMMONDEDITIONS.COM)



**TOWNE ATHLETE**

# Matthew Burnside

Kent Island High School  
Lacrosse, Football, Basketball

By Tom Worgo

It takes the fingers of both hands to count the different sports Matthew Burnside played growing up. By the time he reached Kent Island High, Burnside had honed it down to three. The 6-foot-2, 180-pound Burnside, now a senior, isn't just winning participation trophies. He's playing on championship-caliber teams and earning his share of accolades.

"The three sports I love are lacrosse, basketball, and football," he explains. "Along the way, there was never a time when I wanted to quit any of them. I always stuck with them. I have always loved them."



**THE THREE SPORTS I LOVE ARE LACROSSE, BASKETBALL, AND FOOTBALL. ALONG THE WAY, THERE WAS NEVER A TIME WHEN I WANTED TO QUIT ANY OF THEM. I ALWAYS STUCK WITH THEM. I HAVE ALWAYS LOVED THEM."**

Burnside, a Grasonville resident, has proven to be a difference-maker in all three sports. He started at quarterback for four years in football, registered two 20-point games in basketball this winter, and helped the lacrosse team to the Class 2A championship game last spring. Lacrosse is his best sport. He'll be attending Mercer University in Georgia on an athletic scholarship. Burnside served as co-captain of the football and basketball teams this school year.

"He is obviously a Division I lacrosse player," Kent Island Athletic Director Dan Harding says. "He could play Division II or III in basketball and football easily. He was our starting quarterback during his freshman year and that helped him develop into a leader for the other sports as well. He just has this confidence about him."

The 18-year-old Burnside chose Mercer over offers from UMBC, Mount St. Mary's, and Christopher Newport. He signed a National Letter of Intent in October. "I went down there on a visit and fell in love with the school," says Burnside, who carries a 3.78 grade-point average and plans to major in business and sports marketing. "I liked the fact that the coach can really relate to me, and players have the same goal: trying to win as many games as possible."

Burnside, a long-stick midfielder, was a key performer on Kent Island's 10-1 boys lacrosse team last year. The Bayside Conference named him an All-Conference player three years in a row, including First-Team in 2021. The Maryland State Lacrosse Coaches Association also named Burnside a Public School First-Team All-State selection.

"He is a dual-threat," Kent Island Boys Lacrosse Coach Bobby Wooley says. "He can make plays all over the field offensively and defensively. He is always playing a step ahead with body position and forcing the players into where he wants them to be so he can get a takeaway or negate them as a threat."

On the gridiron, Burnside led Kent Island to an undefeated regular season (10-0) and two playoff victories last fall. He threw for three touchdowns in a 28-14 postseason triumph over North Carolina in November. Burnside finished with 14 touchdowns passes and four interceptions while completing 61 percent of passes. He also rushed for six touchdowns.

"I threw four interceptions in the first four games," Burnside says. "For the rest of the season, I made smarter plays and either ran the ball or threw it away."

Burnside is pretty good in basketball, too. The combo guard and two-year starter got off to a solid start this winter, totaling 24 points and eight rebounds against Stephen Decatur. He finished with 22 points and six rebounds in a conquest over Bennett in the Buccaneers' first five games.

"You can see his outstanding athleticism," Mercer Men's Lacrosse Coach Chad Suman says. "In lacrosse, you can see the physicality from football. You can see his leadership, too. He is constantly talking and commanding his teammates. The basketball background is noticeable when he is covering guys one-on-one. His feet are really good."

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

# EASTON DERMATOLOGY ASSOCIATES

▶ ACCEPTING NEW PATIENTS

Providing medical treatment for:

- Skin Cancer (Screening, Surgery, MOHS Surgery)
- Acne
- Psoriasis
- Rosacea
- Eczema
- Hair loss
- Nail diseases

Our cosmetic services include:

- Botox injections
- Dermal fillers
- Laser hair removal
- Laser wrinkle reduction
- TempSure Rejuvenation®
- Sclerotherapy

Thank you for voting us Best Cosmetic Injections

**DONALD STRANAHAN JR., MD, FAAD**  
**MICHAEL DEL TORTO, MD, FAAD**

403 Marvel Court  
Easton, MD  
410-819-8867  
www.eastondermatology.com

AAD Fellow  
American Academy of Dermatology  
Excellence in Dermatology™



## WE BELIEVE YOU

*For All Seasons provides therapy, psychiatry, and victim advocacy to English and Spanish speaking individuals regardless of one's ability to pay.*

forallseasonsinc.org  
410.822.1018

Serving Maryland's Eastern Shore

Sexual assault happens in all communities. For All Seasons is here for survivors.

**FOR ALL SEASONS**  
Behavioral Health & Rape Crisis Center  
— help • hope • healing —

**Our Team Provides:**

- 24/7 crisis HOTLINES:  
English 410-820-5600 | Spanish 410-829-6143
- support & advocacy as the survivor chooses next steps
- hospital, law enforcement, & court accompaniment
- mental health & counseling services

# How Talbot Hospice allowed me to be my mother's daughter again

By Kelly Walsh

I wish we had known Talbot Hospice before we needed them. If we had, I am confident that my mother would have either lived longer, or had a higher quality of life during her final months.

I'm speaking from our very personal experience with Talbot Hospice, even more specifically, The Eleanor A. Koons Hospice House, and their 12-bed residential care facility where my mother

spent her final ten days. If it hadn't been for Talbot Hospice, I am sure she wouldn't have been lovingly, respectfully, and tenderly cared for as she passed over from this life to the next.

Since January 28, 2021, my sister and I had been doing our best for our mother on our own regarding her care. On January 28, I walked into my mother's home at 7:45 am, as I had every day since moving to St. Michaels 10 months prior, solely to care for and help her with appointments and errands during COVID-19. She was 77. I walked into her room, expecting to see her light up as she did every morning. She would say, "There you are; I look so forward to our time together; you're like a ray of sunshine, honey!" But instead, I walked in to find her lying half on the bed, staring blankly ahead. I said, "Mom, what happened?! Are you ok?!" I freaked out a little. Her response was, "I don't know what's happening."

I got her up, situated, and comfortable on the bed, putting her oxygen back in her nose so she could breathe. I opened the blinds to let the light in. She wasn't the same. The life was gone from her eyes. I called my sister Kim, who came over right away from Annapolis. We debated whether or not to call an ambulance, and we finally did. The ambulance took her away to the hospital at 4:33 pm, and our lives changed instantly and would never be the same again.

Over the next six weeks, my mother would be transferred from one hospital to the next, to a rehabilitation center, her home, and yet another hospital. She had shrunk to 72 pounds. We felt as if we didn't have any control. We couldn't stand it anymore and demanded that she be released back to her house. At least she'd have us, her dog and some semblance of life, with us, her girls. We decided that we would bring in a nurse to care for her health and medical needs once she was home. On February 21st, we all met mom's nurse and instantly loved her. She was gentle and kind and would start the next day.

That evening, my mother took a turn for the worst, and we again called an ambulance, which took her to the hospital, where we were informed that she would probably die overnight or in the next 24 hours. Our mom didn't die, and the hospital administrator came to us and suggested we use hospice.



We wish we knew six weeks before that when you feel that your loved one is ready for hospice, you just have to pick up the phone, and they will come up right away and help you navigate whether your loved one is ready for hospice.

At this point, Kim and I were completely drained and defeated. We had watched our mom be shuffled all over Maryland, poked, prodded, tested, and medicated for six weeks. It was agony, as was the constant expression on her face. Our hearts hurt for her, and we just wanted her to be comfortable and at rest. Had we only known, only reached out to Talbot Hospice weeks sooner, I think the ending to her life would have been a much happier story.

The second we spoke to the Talbot Hospice intake team, we felt relief. It was as though we were talking to family. Our mom was admitted that day and the next day, Kim and I brought her things to her. Although we were only permitted to visit one at a time due to COVID precautions, we immediately felt we had her in the right place.



Ernest Beasley, CNA with author Kelly Walsh and her sister Kim

We brought her personal items from home, hung pictures, played music, and turned her bed to face the sweet little pond outside her window. We knew her mind was going, but she was physically and emotionally in a peaceful place. Everyone from the volunteers to the billing department was wonderful. But the most extraordinary presence of all was Ernest, my mother's certified nursing aide. There was the most

remarkable and sweet bond between them. When Ernest walked in the room, my mother would light up, and somehow she would gain just enough presence and alertness to tell him, "You are my angel, thank you. Ernest would reply, "No, it is you who is the angel." He would clean her face and, ever so gently, turn her from one side to the other to ensure she was moved and didn't have any bedsores. Ernest would then comb her hair back away from her face. **He was kind and respectful of her, giving her back some dignity in the process, helping her feel pretty, if only for a few moments. He did this in front of us with quiet, humble, and graceful confidence.**

I would watch in awe of the care in which he handled our mother. This was what dying should be; this is what we should plan for; grace, humility, dignity, and people who truly care for our loved ones. **When someone we love and care for is getting older and needs to plan for the final chapter of their lives, hospice shouldn't be something we need when we've exhausted everything else. Hospice should be part of the plan.**

It's funny, we pick out gravesites and headstones before we die, but we rarely say, "Let's look into hospice and understand what they are about, and why I should know about them before I will need them? They are so much more than a place you go to die in the last few days of your life. They offer Palliative Care services for people seeking curative services (which my mother could have used.)



Ten days after arriving at Talbot Hospice, my mother passed peacefully holding my hand. She took her last breath as two big Canada geese came out of nowhere and landed in the little pond outside her window. As I sat with her afterward, I thought how special it was to know she died in such an incredible and loving place. I called the aides to let them know. They came into the room to check for vitals and record the time. Then, not surprisingly at all, they said, "Stay with her as long as you need to."

I just sat there with my mother thinking, "God, I wish she would've known all these incredible people before she needed them. She would've loved it here. She probably would've even volunteered. This is such a special place.

I will never forget those special last ten days of her life and the people from Talbot Hospice.

Please learn from our experience. Take the time to attend one of their seminars. Get to know Talbot Hospice by volunteering, if you have the time. They are one of the best resources we have in our community, and we are fortunate that they have people like Ernest Beasley, who so lovingly "walked my mother home."

Take the time to know Talbot Hospice before you need them. You won't regret it.

**Talbot Hospice**  
*Know Us Before You Need Us*  
 Hospice • Palliative Care • Pathways • Bereavement

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

# Tricia Wilson

GRI, REALTOR®

410-404-2033 - Call/Text



Chaney Homes  
443-249-SOLD - Press 6

## Queen Annes County's Top Producing SOLO Agent

\$22.6M in sales in 2021

- ▶ **Personalized Service**  
Get Tricia and get hands-on, personal attention throughout the transaction; from listing appointment to the settlement table.
- ▶ **Superior Staging**  
Nail your first impression! Our numbers prove it - Staged homes sell faster and stronger! No one does it better than the Chaney Homes Staging Crew.
- ▶ **Masterful Marketing**  
Craft A Top-Notch Online Presence! Proactive and comprehensive marketing campaigns designed to bring buyers to you. Get the attention your home deserves & get results.



TOP PRODUCING AGENT FOR **Chaney Homes**



## Appliances

### Bray & Scarff Appliance and Kitchen Specialists

2087 West Street, Annapolis, MD 21401; 443-808-2971; brayandscarff.com

## Architecture/Design

### Adrian Development

121 East Bay View Drive, Annapolis, MD 21403; 301-852-7748; adr-dev.com

### HD Squared Architects

86 Maryland Avenue, Annapolis, MD 21401; 443-898-9480; hd2architects.com

### Purple Cherry Architects

1 Melvin Avenue, Annapolis, MD 21401; 410-990-1700; purplecherry.com

## Art/Décor/Framing

### Annapolis Arts Alliance/Gallery 57 West

57 West Street, Annapolis, MD 21401; 443-333-8906; annapolis-arts-alliance.com

### Annapolis Pillow Company

annapolispillowco.com

### Massoni Art

203 High Street, Chestertown, MD 21620; 410-778-7330; massoniart.com

### Nancy Hammond Editions

192 West Street, Annapolis, MD 21401; 410-295-6612; nancyhammond-editions.com

### The Artists' Gallery

239 High Street, Chestertown, MD 21620; 410-778-2425; theartistsgallery-c-town.com

### Trippe Gallery

23 N. Harrison Street, Easton, MD 21601; 410-310-8727; thetrippegallery.com

### Troika Gallery

9 S. Harrison Street, Easton, MD 21601; 410-770-9190; troikagallery.com

### Whimsey Cove Framing & Fine Art Printing

209 Chinquapin Round Road, Ste. 101, Annapolis, MD 21401; 410-956-7278; marylandframing.com

## Carpentry

### Warren's Wood Works, Inc.

8708 Brooks Drive, Easton, MD 21601; 410-820-8984; warrenwoodworks.com

## Cleaning Services

### Cleaning Maid Easy

5851 Deale Churchton Road, #1, Deale, MD 20751; 410-867-7773; cmeofmd.com

### Molly Maid of Central Anne Arundel County

1517 Ritchie Highway, Ste. 102, Arnold, MD 21012 410-593-1840; mollymaid.com/central-anne-arundel-county

## Closet/Organization

### ShelfGenie of Annapolis

866-914-9004; shelfgenie.com/locations/annapolis

### The Container Store

2280 Annapolis Mall, Annapolis, MD 21401; 443-699-7100; containerstore.com

## Driveways/Asphalt

### Accurate Asphalt

410-697-3167; accurate-asphalt.com

## Electrician

### Chesapeake Electric

117 Gibraltar Avenue, Annapolis, MD 21401; 410-541-1859; cheselectric.com

## Fence/Deck Installation

### Fence & Deck

#### Connection

Locations in Annapolis and Millersville; 410-757-5511; fenceanddeckconnection.com

### Long Fence

Locations in Maryland, Virginia, and Pennsylvania; 1-800-917-5664; long-fence.com

## Fireplace/Hearth Products

### Bay Stoves

3157 Solomons Island Road, Edgewater, MD 21037; 410-956-7101; bay-stoves.com

## Handyman

### Mr. Handyman of Anne Arundel and North PG

8229 Cloverleaf Drive, Ste. 435, Millersville, MD 21108; 410-593-1456; mrhandyman.com/anne-arundel-ne-pg

## Home Appraisal/Finance/Titling

### Arundel Federal Savings Bank

Locations in Annapolis, Severna Park, Gambrills, Pasadena, and more; 410-768-7800; arundelfederal.com

### Atlantic Prime Mortgage

77 West Street, Ste. 310, Annapolis, MD 21401; 800-204-1283; atlanticprimemortgage.com

### Bay Capital Mortgage Corporation

801 Compass Way, Ste. 208, Annapolis, MD 21401; 410-974-6044; baycapital-mortgage.com

### Church Circle Title & Escrow

23 West Street, 2nd Floor, Annapolis, MD 21401; 410-269-6488; cctitle.net

### Eastern Shore Title Company

114 N. West Street, Easton, MD 21601; 410-820-4426; easternshoretitle.com

### Essex Bank

Locations in Annapolis, Edgewater, Crofton, Bowie, and more; 1-800-443-5524; essexbank.com

### Matt Nader Group/First Home Mortgage

900 Bestgate Road, Ste. 310, Annapolis, MD 21401; 410-571-2020; firsthome.com/loan-officers/matt-nader

### Mid-Maryland Title Company, Inc.

200 Westgate Circle, Ste. 102, Annapolis, MD 21401; 410-573-0017; midmdtitle.com

### Severn Bank (see Shore United Bank)

### Shore United Bank

Locations throughout Maryland, Delaware, and Virginia; 877-758-1600; shoreunitedbank.com

### Velocity Title

2200 Defense Highway, Ste. 309, Crofton, MD 21114; 410-451-7100; velocitytitle.com

### United Bank

800-327-9862; bank-withunited.com

## Home Construction/Materials

### Friel Lumber Company

100 Friel Place, Queenstown, MD 21658; 410-827-8811; friellumber.com

### Gary Smith Builders

410-827-7901; garysmith-builders.com

### Lundberg Builders, Inc.

314 Main Street, Stevensville, MD 21666; 410-643-3334; lundbergbuilders.com

### McKee Builders

215-791-6948; mckeebuilders.com

### Mueller Homes

202 Legion Avenue, Ste. 4, Annapolis, MD 21401; 410-549-4444; muellerhomes.com

### Nielsen Development Group

165 Conduit Street, Annapolis, MD 21401; 833-634-6683; ndg.solutions

### Paquin Design/Build

500-A Saddler Road, Grasonville, MD 21638; 410-643-7811; paquindesign-build.com

### The J.F. Johnson Lumber Company

Locations in Millersville and Edgewater; 410-987-5200; johnsonlumber.biz

### Three Rivers Builders

8338 Veterans Highways, Ste. 204A, Millersville, MD 21108; 410-936-5946; threeriversbuilders.com

### Timberlake Design/Build

304 Harry S Truman Parkway, Ste. M, Annapolis, MD 21401; 443-618-2643; timberlakedb.com

## Home Insurance

### Fleetwood Insurance Group

100 Talbot Boulevard, Chestertown, MD 21620; 410-778-2260; fleetwoodinsurancegroup.com

### Tammy Counts/State Farm

1416 Annapolis Road, Ste. C, Odenton, MD 21113; 410-647-8756; tammycounts.net

## Home Shows

### The Home Owners Expo

(formerly Mid-Atlantic Home Show); thehomeownersexpo.com

## HVAC Services

### Constellation Home

844-823-HOME; constellationhome.com

### Tidewater Heating & Cooling

P. O. Box 298, Easton, MD 21601; 410-943-1250; tidewaterhvac.com

## Interior Design/Furnishings

### Details and Design

413 Fourth Street, Annapolis, MD 21403; 410-567-7837; detailsanddesign.com

### Dwelling & Design

13 Goldsborough Street, Easton, MD 21601; 410-822-2211; dwellinganddesign.com

### Grace Home Furnishings & Design

219 Marlboro Avenue, #53, Easton, MD 21601; 410-822-4663; graceineaston.com

### Higgins & Spencer

902 S. Talbot Street, Ste. Michaels, MD 21663; 410-745-5192; higginsandspencer.com

### Kate McKay Designs

301-848-0624; katemckaydesigns.com

### Lauren Hurlbrink Interiors

10829 Falls Road, Lutherville-Timonium, MD 21093; 410-701-9070; laurenhurlbrink.com

### Taylor Hart Design

410-507-1602; taylorhartdesign.com

### The Hickory Stick

21326 E. Sharp Street, Rock Hall, MD 21661; 410-639-7980; thehickorystick.com

## Kitchen/Bath/Stone/Tile

### 314 Design Studio/Lundberg Builders, Inc.

314 Main Street, Stevensville, MD 21666; 410-643-4040; 314designstudio.com

### 84 Lumber/Kitchen & Bath Design Studio

1690 Baltimore Annapolis Boulevard, Arnold, MD 21012; 410-757-4684; 84lumber.com

### Absolute Design Studio

740 Generals Highway, Millersville, MD 21108; 410-697-3396; absolutedesignstudio.net

### Cabinet Discounters

910-A Bestgate Road, Annapolis, MD 21401; 410-266-9195; cabinetdiscounters.com

### Compass Stone & Tile Studio

302 Harry S Truman Parkway, Annapolis, MD 21401; 410-224-0700; cst-studio.com

### Teknika Kitchens & Baths

103 S. Cross Street, 2nd Floor, Chestertown, MD 21620; 410-778-2036; teknikakitchensandbaths.com

## Landscaping/Hardscaping

### BJ & Son Property Management

Trappe, MD 21673; 410-463-1671; bjandson.com

### Ciminelli's Landscape Services

18301 Central Avenue, Bowie, MD 20716; 410-741-9683; ciminellislandscape.com

### Gibson Grounds Property Services

200 Wheels Rolling Farm Lane, Church Hill, MD 21623; 443-282-5912; gibsongrounds.com

### Homestead Gardens

Locations in Davidsonville, Severna Park, and Smyrna; 410-798-5000 (Davidsonville Main); homesteadgardens.com

### On the Green, Inc.

777 Annapolis Road, Gambrills, MD 21054; 410-695-0444; onthegreeninc.com

## Painting/Surface Services

### Annapolis Painting Services

2561 Housley Road, Annapolis, MD 21401; 410-974-6768; annapolispainting.com

### Godwin's Painting Services

443-867-0461; godwinpaintingservices.com

### Maryland Paint & Decorating

209 Chinquapin Round Road, Annapolis, MD 21401; 410-280-2225; mdpaint.com

### Regal Paint Centers

Locations in Annapolis, Crofton, and throughout Maryland; 410-266-5072 (Annapolis); regalpaintcenters.com

## Pest Control

### Mosquito Squad of Annapolis

410-609-5609; mosquitosquad.com/annapolis

## Pool & Spa Design/Service

### Aqua Pools

8801 Mistletoe Drive, Easton, MD 21601; 410-822-7000; aqua74.com

## Pressure Washing

### Adwell Services

410-990-0991; adwellservices.com

### Blue Heron Property Services

410-279-6320; blueheronpropertyservicesllc.com

## Real Estate

### Academy Realty

801 Compass Way, Ste. 7, Annapolis, MD 21401; 410-263-9105; academyrealty.com

### Berkshire Hathaway HomeServices Homesale Realty (Janice Hariadi, Manager)

91-93 Main Street, Ste. 200, Annapolis, MD 21401; 410-505-9700; homesale.com/annapolis

### Brad Kappel/TTR

### Sotheby's International Realty

209 Main Street, Annapolis, MD 21401; 410-280-5600; bradkappel.com

### Chesapeake Bay Properties

102 N. Harrison Street, Easton, MD 21601; 410-820-8008; chesapeakebayproperty.com

### Christy Bishop/Berkshire Hathaway HomeServices PenFed Realty

565 Benfield Road, Ste. 100, Severna Park, MD 21146; 443-994-3405; christybishop.penfedrealty.com

### Chuck Mangold/Benson & Mangold Real Estate

31 Goldsborough Street, Easton, MD 21601; 844-567-7299; chuckmangold.com

### Coard Benson/Benson & Mangold Real Estate

24 N. Washington Street, Easton, MD 21601; 410-770-9255; coardbenson.com

### Coldwell Banker Annapolis Church Circle

3 Church Circle, Annapolis, MD 21401; 410-263-8686; coldwellbankerhomes.com

### CR Realty

335 N. Liberty Street, Centreville, MD 21617; 443-988-0114; chrisrosendale.com

### David Orso/Berkshire Hathaway HomeServices PenFed Realty

8 Evergreen Road, Severna Park, MD 21146; 443-372-7171; davidorso.com

**DeeDee McCracken/  
Coldwell Banker Realty**  
170 Jennifer Road, Suite  
102, Annapolis, MD 21401;  
410-739-7571; deedeemc-  
crackenhomes.com

**Diane & Crew of Taylor  
Properties**  
175 Admiral Cochrane  
Drive, Ste. 112, Annapolis,  
MD 21401; 410-279-3868 or  
800-913-4326; dianeand-  
crew.com

**Elizabeth Dooner/  
Coldwell Banker Realty**  
3 Church Circle, Annapolis,  
MD 21401; 410-263-8686;  
edooner.cbintouch.com

**Engel & Volkers**  
138 West Street,  
Annapolis, MD 21401;  
443-292-6767; annapolis.  
evrealstate.com

**Erica Baker/TTR  
Sotheby's International  
Realty**  
209 Main Street,  
Annapolis, MD 21401;  
410-919-7019; ericabaker.  
ttrsir.com

**Jennifer Chaney/Chaney  
Homes**  
206 Old Love Point Road,  
Stevensville, MD 21666;  
443-249-7653; chaney-  
homes.com

**Jennifer Chino/Stahley  
Thompson Homes of TTR  
Sotheby's International  
Realty**  
209 Main Street, Annapo-  
lis, MD 21401; 410-941-  
7009; stahleythompson-  
homes.com

**Jennifer Schaub/Long &  
Foster Real Estate**  
320 Sixth Street, Annapo-  
lis, MD 21403; 720-244-  
5945; jenschaubgetsyou-  
moving.com

**Laura Carney/TTR  
Sotheby's International  
Realty**  
17 Goldsborough Street,  
Easton, MD 21601; 410-310-  
3307; lauracarney.com

**Liddy Campbell/TTR  
Sotheby's International  
Realty**  
17 Goldsborough Street,  
Easton, MD 21601; 410-  
673-3344; sothebysrealty.  
com

**Lona Sue Todd/Taylor  
Properties**  
175 Admiral Cochrane  
Drive, Stes. 111-112, Annapo-  
lis, MD 21401; 410-310-  
0222; taylorproperties.co

**Long & Foster Annapolis  
Fine Homes**  
145 Main Street,  
Annapolis, MD 21401;  
410-263-3400; longand-  
foster.com/annapo-  
lis-md-fine-homes-realty

**Long & Foster Bowie  
Tri-County Crofton  
(Dominic Catalupo,  
Office Leadership)**  
2191 Defense Highway,  
Crofton, MD 21114; 410-721-  
1500; longandfoster.com/  
crofton-md-realty

**Malina Koerschner/  
Coldwell Banker Realty**  
3 Church Circle, Annapolis,  
MD 21401; 410-263-8686;  
greatannapolishomes.  
com

**May Team Homes/RE/  
MAX Leading Edge**  
1166 MD Route 3 South,  
Ste. 106, Gambrills, MD  
21054; 410-721-9600; may-  
teamhomes.com

**Meredith Fine  
Properties**  
101 N. West Street, Easton,  
MD 21601; 410-822-2001;  
meredithfineproperties.  
com

**Mia Anderson/Berkshire  
Hathaway HomeServices  
Homesale Realty**  
91 Main Street, Annapolis,  
MD 21401; 410-693-3354;  
miamovesyou.com

**Michael J. Rutledge/The  
Rutledge Team**  
Serving Maryland and  
Florida; 410-804-2144;  
therutledge.com

**Mr. Waterfront Team of  
Long & Foster Real Estate**  
320 Sixth Street, Annapo-  
lis, MD 21403; 410-266-  
6880; waterfronthomes.  
org

**Nancy Almgren/  
Berkshire Hathaway  
HomeServices Homesale  
Realty**  
91-93 Main Street, Ste.  
200, Annapolis, MD 21401;  
410-533-8610; homesale.  
com/annapolis

**Northrop Realty, A Long  
& Foster Company**  
900 Bestgate Road, Ste.  
100, Annapolis, MD 21401;  
410-295-6579; northrop-  
team.com

**Rock Hall Properties  
Real Estate**  
5820 Main Street, Rock  
Hall, MD 21661; 410-639-  
4003; rockhallproperties.  
com

**Sarah Greenlee  
Morse/TTR Sotheby's  
International Realty**  
209 Main Street,  
Annapolis, MD 21401; 410-  
280-5600; sothebysrealty.  
com

**Scott Schuetter/  
Berkshire Hathaway  
HomeServices PenFed  
Realty**  
1997 Annapolis Exchange  
Parkway, Ste. 101, Annapo-  
lis, MD 21401; 410-266-  
0600; scottschuetter.com

**The Christina Janosik  
Palmer Group/Kelly  
Williams Realty, Inc.**  
231 Najoles Road, Ste. 100,  
Millersville, MD 21108;  
410-729-7700; cjpgroup.  
kw.com

**The Jess Young Real  
Estate Team/RE/MAX  
Executive**  
8432 Veterans Highway,  
Millersville, MD 21108;  
443-274-1938; jessyoung-  
realestate.com

**The Masters Club/Anne  
Arundel County**  
themastersclub.org

**The Shane Hall Group/  
Compass Real Estate**  
1 Park Place, Ste. 12,  
Annapolis, MD 21401; 410-  
991-1382; shanehallre.com

**Travis Gray/Engel &  
Volkers**  
138 West Street,  
Annapolis, MD 21401;  
443-292-6767; travisgray.  
evrealstate.com

**Trey Rider/TTR  
Sotheby's International  
Realty**  
17 Goldsborough Street,  
Easton, MD 21601; 443-  
786-0235; treyrider.com

**Tricia Wilson/Chaney  
Homes**  
206 Old Love Point Road,  
Stevensville, MD 21666;  
443-249-7653; chaney-  
homes.com

**TTR Sotheby's  
International Realty**  
209 Main Street,  
Annapolis, MD 21401; 410-  
280-5600; ttrsir.com

**W Home Group of Next  
Step Realty**  
2200 Somerville Road, Ste.  
200, Annapolis, MD 21401;  
443-901-2200; thewhome-  
group.com

**Willow Oaks Realty, LLC**  
2200 Defense Highway,  
Ste. 309, Crofton, MD 21114;  
443-960-8220; willowoaks-  
realty.com

## Retirement Communities

**Bay Village Assisted Liv-  
ing & Memory Care**  
979 Bay Village Drive,  
Annapolis, MD 21403;  
888-687-5440; integracare.  
com/bay-village

**Baywoods of Annapolis**  
7101 Bay Front Drive,  
Annapolis, MD 21403; 410-  
268-9222; baywoodsofan-  
napolis.com

**The Gardens of Annapolis**  
931 Edgewood Road,  
Annapolis, MD  
21403; 410-995-9383;  
gardensofannapolis.com

## Roofing/Siding

**Bowie Siding & Roofing**  
13109 14th Street, Bowie,  
MD 20715; 301-262-7855;  
bowiesidingroofingand-  
windows.net

**Fichtner Services**  
1872 Betson Avenue,  
Odenton, MD 21113; 410-  
519-1900; fichtnerservices.  
com

## Solar Energy Systems

**Solar Energy Services,  
Inc.**  
1514 Jabez Run, Millersville,  
MD 21108; 410-923-6090;  
solarsaves.net

## Water Treatment

**Hague Quality Water of  
Maryland**  
814 East College Parkway,  
Annapolis, MD 21409;  
410-757-2992; haguewater-  
ofmd.com

# grace

HOME FURNISHINGS & DESIGN



A refreshing blend of style and affordability. We feature a full-service design center and showroom with a wide variety of upscale furnishings, accessories, window treatments and more. Design services are always complimentary.

*You can find us in the former Pier 1 Imports building*

219 Marlboro Ave. #53 • Easton, MD 21601 • 410.822.HOME | Open Tue - Sat 10-5, Closed Sun/Mon | [graceineaston.com](http://graceineaston.com)



 **GARY SMITH BUILDERS, INC.**

**BUILD | REMODEL**

[garysmithbuilders.com](http://garysmithbuilders.com) | PH: 410-827-7901

**FINE CRAFTED HOMES & RENOVATIONS SINCE 1988**

Dedicated to traditional craftsmanship and superior service, we take pride in helping our clients craft legacy homes to hand down to the next generation.

# #1 IN LUXURY PROPERTY SALES IN ANNAPOLIS\*



**COLDWELL BANKER  
REALTY**

212 Wye Road | Queenstown, MD  
Represented by Moe Farley | 410.271.4839



*Our Annapolis Church Circle and Annapolis Plaza offices deliver remarkable service and exceptional results for luxury properties. Coldwell Banker Realty is #1 in \$1 million+ sales in Annapolis\*, and our Church Circle office is #1 among the 28 Coldwell Banker Realty offices in the Mid-Atlantic. Luxury lives here.*

**Annapolis Church Circle** | 3 Church Circle | 410.263.8686  
**Annapolis Plaza** | 170 Jennifer Road, Suite 102 | 410.224.2200

**COLDWELLBANKERLUXURY.COM**

\*Based on closed sales volume and total number of units closed information from Bright MLS, Inc. for the ZIP codes 21401, 21403, 21409 for properties priced \$1 million or more as reported on Feb. 8, 2022 for the period of Jan. 1 (Dec. 31, 2021). Sales volume calculated by multiplying the number of buyer and/or seller sides by sales price. One unit equals one side of a transaction (buyer or seller). Source data is deemed reliable but not guaranteed. The property information herein is derived from various sources that may include, but not be limited to, county records and the Multiple Listing Service, and it may include approximations. Although the information is believed to be accurate, it is not warranted and you should not rely upon it without personal verification. Affiliated real estate agents are independent contractor sales associates, not employees. ©2022 Coldwell Banker. All Rights Reserved. Coldwell Banker and the Coldwell Banker logo are trademarks of Coldwell Banker Real Estate LLC. The Coldwell Banker® System is composed of company owned offices which are owned by a subsidiary of Realty Brokerage Group LLC and franchised offices which are independently owned and operated. The Coldwell Banker System fully supports the principles of the Fair Housing Act and the Equal Opportunity Act. DKG 22AC3W\_MA\_3/22

# Leading Home Professionals



Leading  
Home  
Professionals



# Gibson Grounds

## Property Services

**G**ibson Grounds is a Church Hill based landscaping and property services company servicing the greater Eastern Shore. We provide traditional landscaping services such as landscape design & installation, maintenance, tree trimming, sod installation and seasonal cleanups as well as lawn care including mowing, weed control, and free property checks. In addition, we provide hardscaping design and installation such as firepits, patios, walkways, retaining walls, seat walls and more. We also provide specialty services such as drainage solutions including french drains, dry wells and dry creek beds, as well as excavation/land clearing services, and snow removal/de-icing.

Looking to complete a project yourself? No problem - we also offer options for the do-it-yourselfers and contractors through our landscape material sales. Materials include mulch, stone, gravel, sand, rock, dirt, soil, and firewood and are available via pick-up or delivery.

We've also expanded into plant sales with our new tropicals division. Let us help you turn your outdoor space into your own personal oasis with tropical plants and palm trees. Plants and palms are also available for pickup or delivery starting the second week of May through the summer months.

*"Top notch service, great pricing, and professional."* - 5 Star Client Review



200 Wheels Rolling Farm Lane  
Church Hill, MD 21623  
443-282-5912 | GibsonGrounds.com  
MHIC #117533



# Fiona Newell Weeks

## Dwelling & Design

**W**ith a quick Google search, “pink”, when in the form of a noun, produces two definitions. The first: pink color, material, or pigment. Such as, “Fiona looks good in pink.” The second: the best condition or degree. In a sentence, “Dwelling and Design is in the pink of business.” At Dwelling’s downtown location in Easton, MD, you’ll find that both of those statements are true and that color – especially pink – is abound!

Owned by Fiona Weeks, she has curated the store (featuring two showrooms and a private design studio) using over 30 years of design experience. Hailing from Washington D.C. originally, Fiona moved to the Eastern Shore 17 years ago and has been making her mark ever since, one interior at a time. Her style? Just as vivacious as her storefront. Pops of color, bold patterns, saturated hues, and textures of all kinds are major keys used in her creative repertoire, whether for a custom design or store inventory.

In the stunning showroom, Weeks recognizes the importance of seeing products in person. Fully stocked with unique pieces, the store has lighting, tableware, upholstered furniture, artwork, side tables, and more - all available to purchase right off the floor. Working with vendors like Lee, Chaddock, Matouk, and Juliska, Weeks maintains a high sense of quality on the range of products she has available for fellow interior enthusiasts like herself. From floor to ceiling, you can’t help but rest your eye on one-of-a-kind pieces that will bring zest and fun into your home!

As strong as Weeks is with her style, she loves a challenge and strives in adapting to suit every situation. While based on the Shore, her portfolio covers custom clients spanning Washington D.C., Virginia, Cape Cod, Charleston, Chicago, Costa Rica, Virgin Islands, and Palm Beach. Beyond the showroom, Weeks’s design knowledge runs the gamut. From paint colors to fabric, rugs and runners, lighting, drapes, tile, spatial design, upholstery, wallpapers, and more, she has proven she can assist in any step of your custom interior design process. Whether your style is pops of pink, bursts of blue, or glints of green, Dwelling and Design can surely meet your every need!



13 Goldsborough St  
Easton, MD 21601  
410-822-2211  
[www.dwellinganddesign.com](http://www.dwellinganddesign.com)



Leading  
Home  
Professionals



# Londonderry on the Tred Avon

You can have it all in retirement. We promise.

“Having it all” isn’t a buzz-phrase at Londonderry, it’s what the team delivers to our residents. Downsizing or selling can be a hard decision to make, but after helping hundreds of residents through the transition, we can tell you without a doubt that it’s worth it. In fact, the most common thing we hear from our residents is, “I wish I hadn’t waited so long.”

As the Eastern Shore’s only 62+ waterfront cooperative living community, our residents enjoy all the benefits of homeownership, without the demands of maintenance and unexpected bills like appliance repair and/or replacement, cleaning gutters, mowing the lawn and housecleaning.

Our residents enjoy resort-style living on our peaceful, 29-acre campus along the Tred Avon River in Easton. Amenities include the community center, Tred Avon Tavern, clubhouse, pool and walking trails, to name a few. Londonderry offers daily farm-to-table meals, fitness classes and a wide variety of activities and events on and off-campus. We will soon offer our very own Londonderry Market, where residents can purchase soups, snacks, desserts and in-season fruits and vegetables.

While the location and amenities are huge benefits, what makes Londonderry so special is the residents. Londonderry residents play a large role in creating the strong sense of community on campus. From serving on the resident board to being part of the ambassadors and welcoming new neighbors, our residents have a strong voice in how their community is managed.

The Residents and team work together to make sure everyone is enjoying life at Londonderry to the fullest. We are invested in creating a community where there is positive energy, and everyone feels that they belong.

Londonderry offers everything you need to enjoy retirement and have it all in a beautiful, secure setting.



700 Port Street, Suite 148  
Easton, MD 21601  
410-820-8732  
[www.londonderrytredavon.com](http://www.londonderrytredavon.com)





# Solar Energy Services, Inc.

We spoke to SES President, Rick Peters about the growth of solar energy in our region.

**Residential Solar Energy seems to be booming these days. Is this mostly due to cost declines?**

Reduced cost has made solar available to a wider audience, but the two biggest drivers of recent demand growth are 1) a desire to freeze energy inflation and 2) a desire to embrace the energy transition, including a trend towards more electrification.

**I understand how a solar system can freeze your energy inflation, because you are essentially buying 25-30 years of energy at a steep discount to traditional energy. But how is the energy transition driving this?**

Solar inverter manufacturers like SolarEdge are driving the future of home electrification with solar inverters that can act as the home's "energy hub". The Energy Hub Inverter does more than convert solar energy into household energy, it also accommodates battery backup, so you can have power when the sun and the grid are down. The Energy Hub can accommodate a car charger accessory, so you can charge an EV faster with the sun (and the grid)! The Energy Hub also offers individual solar panel monitoring of your solar production as well as consumption monitoring, so you and your family can see how you are generating and consuming electricity.

**Wow, that seems like an exciting trend. Are there still incentives for these investments?**

Absolutely. The federal tax credit of 26% can be applied to solar as well as energy storage. There are several Maryland state incentives for solar as well as a significant \$5000 state tax credit for residential energy storage. Anne Arundel has a property tax credit to add to your savings!



**Solar Energy Services, Inc.**

Over 40 Years

*Sunshine's a Wastin'!*

Call Now!

Local established firm with thousands of satisfied customers and the longest running Service Dept in the region.

410-923-6090 | [www.solarsaves.net](http://www.solarsaves.net)

Leading  
Home  
Professionals



Annapolis & Millersville  
410-757-5511 MHIC #45780  
[www.FenceAndDeckConnection.com](http://www.FenceAndDeckConnection.com)

# Fence & Deck Connection

Fence & Deck Connection was founded in 1991 and since day one, our mission has been clear: “Building Lifelong Clients Through Our Commitment To Excellence.” From residential fences and decks to multi-family high rise balcony railing installations, our portfolio speaks unparalleled quality without compromise.

With over three decades under our tool belts, we can confidently say that we live and breathe our mission statement — customer satisfaction is our #1 priority. We pride ourselves in our commitment to each and every customer, from the first interaction to long after we lay the final board. We stand by our lifetime structural warranty and our repeat business rate is second to none. As leaders in the Maryland market, our thousands of 5-star reviews provide a true testament to our exceptional customer service, thorough project process, and exceptional craftsmanship.

Over the last few challenging years, it’s become even more clear that our backyards truly become our sanctuaries — a place to relax, a place to escape, a place to gather, and a place to make memories with our closest friends and family. Visit our Annapolis or Millersville locations and showrooms to see how we can help bring your outdoor dream space to life.



# Higgins and Spencer

Serving the Eastern Shore since 1942, Higgins and Spencer offers a comprehensive range of home products and services that are sure to fit your personal style and budget. From furniture & home accents; to flooring, window treatments, and home appliances – we ensure our vast selection of quality home products derive from the industry’s top designers, creators and brands.

In addition to our retail products, we also provide coordinating services to enhance your retail experience, to include: Complementary Interior Design; Appliance Sales & Installation; Flooring Sales & Installation; Custom Upholstery; Textiles and Hardware; and Hunter Douglas Window Treatments.

The Higgins and Spencer family of talented and experienced specialists, work together to provide a customer-oriented, full-service team.

With the latest in interior design, quality products, specialized home services, and an unmatched buying experience – Higgins & Spencer has so much to offer you. Visit us at our showroom located on Talbot Street in St. Michaels, or shop with us online.

  
Higgins & Spencer

902. S. Talbot Street  
St. Michaels, MD 21663  
[www.higginsandspencer.com](http://www.higginsandspencer.com)  
410-745-5192

# GARDEN

## Sanctuaries

IN CHESAPEAKE COUNTRY

---

*How several gardeners*

---

*have created beauty*

---

*in unexpected places*

---

STORY BY **JANICE F. BOOTH**

PHOTOGRAPHY BY **STEPHEN BUCHANAN**

AND **JANICE F. BOOTH**

---

Two years we've had to re-establish our relationship with Nature and the beauty and serenity of the out-of-doors. If there is a silver-lining to this pandemic, it must be our rediscovering the joys of walking in the woods and meadows, kayaking or canoeing downstream, and simply finding time for flights of fancy while swinging in the backyard hammock or lingering over lunch at a restaurant's table beneath a cheery umbrella. Some of us may release our pent-up energy while sprucing up the house or grooming the lawn and garden. And that's where I pick-up the tale of five patient, diligent folk who turned their pandemic energy to coaxing beauty out of unexpected and overlooked places—hidden gardens right under our noses. Part of the beauty of these gardens is that they flourish in unexpected places—a condominium, an 18th century residence, a planned community, or a mature woodland.



## Exotic and Familiar

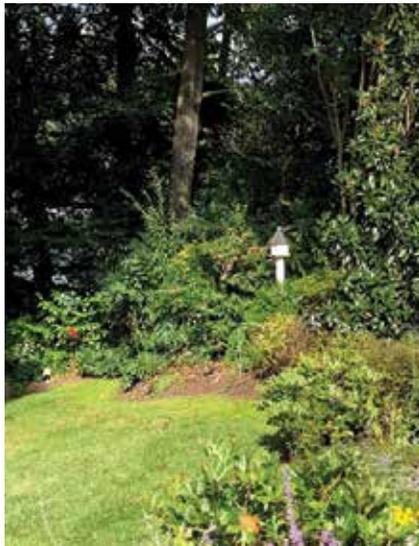
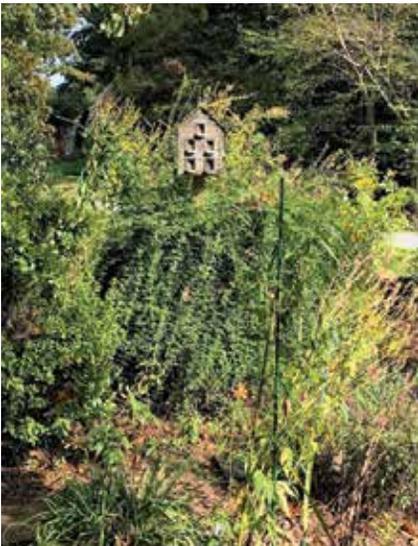
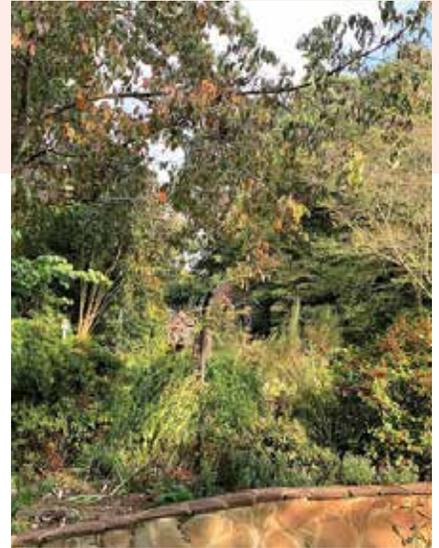
Elaine Lahn's gardens are hidden in plain sight. The owner of a cozy house in Crofton, Lahn has transformed a few patches of green sod into a luxurious and exotic landscape. "I started with a few plants here-and-there and, before long, I was really fascinated by what I could grow in my garden," Lahn muses. Chinese Dunce Caps, an Italian Spice Bush, Blue Iris, and Veronica—the exotic and the comfortingly familiar—Lahn has them all. Since 1986, she has coaxed and prodded tiny succulent and giant sycamore. "Some of these plants are a third or fourth try. I don't always get things to grow where I want them. Sometimes I move them around until I find where they're really happy." And, to most observers, Lahn's garden appears full of very happy plants. Instead of a lawn mower, her garage houses a handy garden bench and tools. Wrought iron table and chairs invite the wanderer to sit and watch the birds, squirrels, and chipmunks scamper among the trees and shrubs. A path meanders from her front driveway through the small, luxuriant front garden and along the side of the house, terminating at the small patio where a galvanized watering tub beneath a cluster of trees holds Water Hyacinth and a friendly frog or two. Lahn's current project is securing the precipitous gully that is the back of her property and borders a stream that becomes a torrent during heavy rains. She's planting shrubs and encouraging ferns and groundcover to hold the soil and keep the back of her property from sliding down into the watery bog. Lahn is an active member of the Crofton Village Garden Club. She's delighted that her passion for gardening has sparked an interest on her son's part. He's helping her with various projects, including the replanting of the hillside at the back of the house.



# In the Family

As the wife of a Naval Officer, Mary Gatanas has lived all over the world and cultivated gardens in diverse soils. When she and her family were able to settle into their own nest, Annapolis, specifically Crownsville, was their choice. For two decades Gatanas has transformed a simply landscaped lawn into a very personal reflection of her travels and her family. Perhaps her most prized flowerbed is her “Grandson’s Garden.” Her grandson, Tristan, created a rain garden beneath his grandparents’ living room window as a Scouting project. He planted graceful, white Penstemon and vivid, red Cardinal Flowers for contrast. And Grandmother Mary proudly notes that Tristan earned an “A” for his efforts. From her grandson’s rain garden, she points to several distinctive birdhouses among the Hollies and Climbing Hydrangeas—another bit of family lore. One large birdhouse, over 50 years old, dates to Gatanas’ New England girlhood. Her father gave her the birdhouse which has moved with Gatanas to her

Maryland garden, a beautiful reminder of her childhood home. “I try to think about what passers-by can see from the road. I want everyone to enjoy the garden,” she says. Throughout the garden, Gatanas blends exotics with the comfortably familiar native plants—Tree Peonies, Mullion, Lavender, Japanese Primrose, and Siberian Iris. Tiny Ground Orchids peak out from among the Astilbe, Monks Hood, Phlox, and Toad Lilies. A striking Black Winecraft Bush with dark, shiny leaves stands out against the green. Korean Lilac, Blue Plumbago, and twice-blooming Azalea provide an endless color palette to dazzle the eye. “This is the only garden where we’ve stayed long enough for me to watch my vision grow and flourish. Many times, I’ve had to leave gardens behind when we moved.” Gatanas draws my attention to an area near the house where she’s coaxing French roses to grow. “They don’t need a lot of sun and their fragrance is heavenly.” There’s always a new project in the Gatanas garden.



# Therapeutic Restoration

As a young bride, Barbara Cooper and her husband, Orlando Ridout V, took on the restoration of his family home in Annapolis. Her husband was a renowned author and scholar of architectural history and preservation, and together the couple undertook the very personal restoration of one of the Ridout family homes, built in 1774 and occupied since then by family members. They dedicated their spare time to rescuing their magnificent but tired architectural treasure. As work on the house neared completion and they took up residence, Orlando was diagnosed with cancer. Cooper turned all her energy to caring for her husband. "Working to restore the house's garden became my therapy, my way of resting and healing during that difficult time." After her husband's death in 2013, Cooper focused on restoring and expanding the garden which is close to an acre in size. While there were fine, old Magnolia, Holly, Willow Oak, and Boxwood, most of the flowerbeds had become overgrown. What might have been lawn was mud and weeds. A former patio was only hard-packed earth. From the porch that extends along the back of the house, Cooper could sip her morning coffee and see the garden's potential. Her mission became creating a garden that complements the elegant and welcoming house she and her husband had lovingly restored. Among the projects she undertook was using antique bricks to define the meandering flowerbeds along the perimeter of the property. Cooper also restored the patio with bricks salvaged from the house restoration. She enlisted the aid of James Moser, "Gramps" to Cooper's daughters. He has become Cooper's right-hand-man. He's just completing the restoration of the home's garage, built in the early 20th century, which had fallen into near-ruin. Cooper and Gramps Moser have also added a new flowerbed across the lawn where plants requiring more sun can flourish. Now a sun-dappled patio and walkway greet visitors entering through the distinctive, arched, red door set in the wall attached to the front of the house. When next you walk past St. Mary's church, look for the grand, old home with red doors, and think of the lovely garden flourishing there.

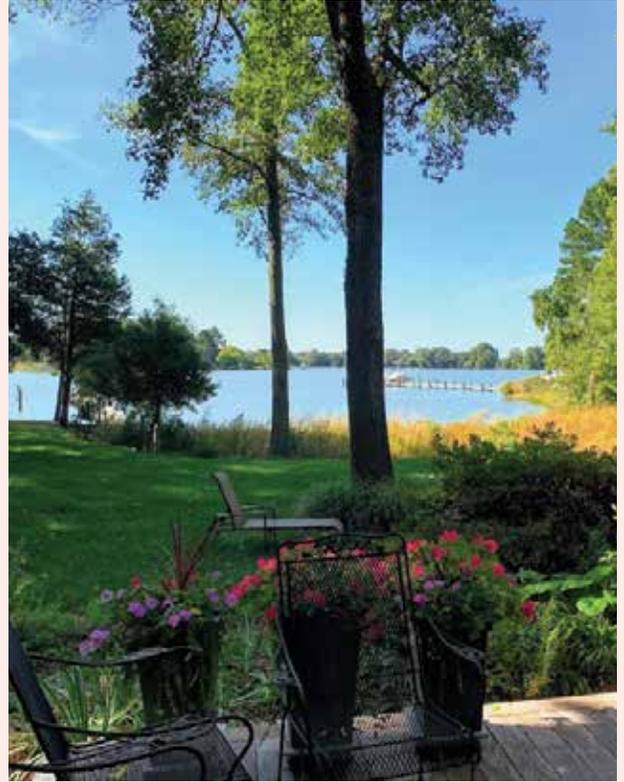




## Big Things in Small Spaces

Sonny Kalis might also be called “Sunny.” Her love of gardens and their care is apparent from her involvement with the Annapolis Garden Club and the gardens she lovingly tends. For those of us who live in townhouses and condominiums, tending a garden seems a lost pleasure. But, ask Kalis; she’ll show you how to enjoy the pleasures of gardening, as she does in her townhouse community. With the approval of her community’s Board, 16 years ago Kalis took on a small flowerbed near her townhouse. To the traditional tidy bed, she added some perennials and annuals for color, and trimmed the shrubs a bit to allow room for the flowers to flourish. She spoke with the landscapers who regularly tend the community property, and suggested ways to handle tree limbs that needed trimming and shrubs that were languishing. As time went on, Kalis took on more of the flowerbeds along the fence-line. These flowerbeds flourished and grew colorful with Snowcap and Montauk Daisies, ornamental grasses, Camellias, and even an assortment of herbs. Lovely Birches and a Mimosa tree flourished under her thoughtful care. Residents of the community came to wander among Kalis’ flowerbeds and chatted with her about her plants. “Sometimes, gifts appeared, and I’m always delighted when neighbors stop to talk with me about the plants.” She’s always looking ahead, and one goal is to have a truly four-season garden. No doubt, she’ll achieve her goal; the condominium community is enriched by Kalis’ efforts.





# Along the Creek

Follow a winding road 'til you come to a narrow lane. Make your way through the woods and come to a clearing. What meets the eye will be the beautiful home and gardens of Catherine Alspach and her husband. Situated on the banks of Island Creek off the Choptank River in Caroline County, Catherine's vision for her gardens is romantic and free. "Things do what they want to do," she observes. And what Alspach does is respect her plants' inclinations. With a background as a landscape architect, she understands which flowers, grasses, shrubs, and trees will do well in the various sun and shade areas of her extensive grounds, approximately two-and-a-half acres of gardens on their 20-acre property. Near the front entrance of the house, she has a dramatic bed of Hakonechloa grasses; like moving sculptures these grasses seem to flow like water with the breezes that come from the creek. Cherry Laurel and mature Elizabeth Magnolia trees add their special color and grandeur to the gardens. Alspach has created a brick walk that curves gracefully among the flowerbeds. From the walkway, a path leads across a charming footbridge to Alspach's studio, where she works on design projects. A recent project has been securing the soil along a rivulet that meanders through the garden and empties into Island Creek. "We noticed there was some erosion of the banks, so I'm trying to encourage plants to grow and secure the soil." Because the Alspach property is deeply wooded, Catherine relies on flowerpots and urns of colorful annuals around the patio and entrance. The total effect of Alspach's garden is a magical place—a dwelling in an enchanted forest.



# The majority of magazine readers who notice print advertising take action

Actions taken as a result of seeing print advertising\*

any action taken	68%
have a more favorable opinion about the advertiser	20%
looked for more information about the product/service	20%
visited their website	18%
recommended the product or service	17%
visited a social media site/app	14%
cut out or saved the ad	9%

\*Among those who noted an ad  
 Note: includes all ads, size/color and cover positions  
 Source: MRB Simmons, Starb Advertising Research, January - December 2020

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

## ShoreRivers @ Troika Gallery

*A Collaborative Show Celebrating the Waterways of the Eastern Shore*

**Opens April 22**

*A portion of sales supports ShoreRivers*

**TROIKA GALLERY**  
 FINE ART STUDIO  
 troikagallery.com

9 S. Harrison Street  
 Easton • 410-770-9190

**SHORE RIVERS**  
 shorerivers.org



# We are Homestead.

We carry the area's best selection of high quality annuals, perennials, pollinators, trees, and shrubs. Our associates are Proven Winners certified professionals, ready to help you achieve gardening success. We offer classes, author visits, trunk shows, and garden club events to help you learn more and grow better!



*Because Life Should Be Beautiful.*

DAVIDSONVILLE, MD | SEVERNA PARK, MD | SMYRNA, DE  
 Find event information, specials, and inspiration at [www.HomesteadGardens.com](http://www.HomesteadGardens.com)



# HERSHEY'S KISSES, COWS & CLEAN WATER

*How an unlikely  
alliance for a better  
bay came to fruition*





---

Story by **RITA CALVERT** Photography Courtesy **ALLIANCE FOR THE CHESAPEAKE BAY**

## “WHO DOESN'T LIKE CHOCOLATE AND CLEAN WATER?”

asks Kate Fritz, CEO of Alliance for the Chesapeake Bay, in reference to the new environmental collaboration with The Hershey Company, makers of the famous chocolate, and another well-known brand Land O'Lakes. Called Sustainable Dairy PA, this initiative expands the Alliance's work for a more climate-friendly dairy supply chain in the Chesapeake Bay watershed. “The Alliance's program is extremely innovative because these companies are stepping up and taking *voluntary action* before regulations are put in place,” Fritz says. “They have an opportunity to green their businesses in a way that makes sense for them prior to regulations.”

Fritz continues, “The Alliance is so excited about our mission to bring together communities, companies, farmers, and conservationists to restore land and waters of the Chesapeake, and this is a good example of businesses stepping to the table in a leadership role and changing how they operate with the idea of having positive local impact.”

Let's meet the players in this promising collaboration between the Alliance and corporate partners, who recognize that sustainable dairy is good for business. Supporting farmers' initiatives is good for everyone. Kate Fritz and Jenna Mitchell Beckett, Pennsylvania State Director and Agriculture Program Director at the Alliance for the Chesapeake Bay, were part of the following conversation. It's a very important topic for those who live downstream from the 86,000 miles of Pennsylvania waterways, to learn more about dairy farming's best agricultural management practices—chiefly, riparian buffers and manure management.

### Alliance for the Chesapeake Bay

Headquartered in Annapolis, the Alliance for the Chesapeake Bay celebrated its 50th anniversary in 2021. Since 1971, the Alliance has dedicated efforts to restoring the Chesapeake Bay's rivers and streams, all within the Chesapeake watershed, through partnerships, and individual and community stewardship.

Mitchell explained how a major activity for the Alliance is the Annual Watershed Forum and the Sustainable Business Summit. The forum has a subdivision—Small Business Plus Events—dedicated just to business. These have produced prodigious results.

“Our first wildly successful Sustainable Business Summit resulted in the 2016 Turkey Hill (Dairy) Clean Water Partnership, which has won awards from Innovation for U.S. Dairy for excellence in supply chain management,” Mitchell says. “To date, we've raised close to \$10 million for that project.”

The Hershey Company and Land O'Lakes formed a new partnership with the Alliance after the Fall 2019 forum—Sustainable Dairy



PA. Since that partnership began, there has been excitement to work with the private sector to inspire more action and gain access to farmers throughout the Chesapeake watershed. Initial funding for Sustainable Dairy PA came from The Hershey Company's \$300,000 commitment to support the Alliance for the Chesapeake Bay and Land O'Lakes in helping install agricultural conservation practices on Land O'Lakes' member dairy farms. The partnership, at this time, includes 119 Land O'Lakes member-owners in Central Pennsylvania that ship 50 percent or more of their milk supply to Hershey. A goal is to include all 400 dairy farms in this region.

Fritz explains, “There is a huge disconnect between the general public and the farming community, but this is such a win-win with corporate dollars going for farm and public good. This is a case of high-profile companies working with farmers in a microcosm here, to prove it in the Chesapeake, for the rest of the world.”

### The Hershey Company

Milton Hershey established The Hershey Chocolate Company in 1894 in Hershey, Pennsylvania, when he incorporated his Lancaster Caramel company. His love of candy making actually started with caramels, which he learned to make with fresh milk and first sold from a pushcart. Hershey's Milk Chocolate bars were not launched until 1900 and Hershey's Kisses in 1904. Always believing in education and philanthropy, Milton and his wife, Catherine Hershey, founded the Milton Hershey School in 1909 with money they earned from the chocolate company. Milton Hershey School is a cost-free, private school for boys and girls, once exclusively for orphaned children. Then and now, the school focuses on





**Top Left:** Volunteers plant riparian buffers in November 2021 at a Pennsylvania dairy farm that supplies milk to the Hershey and Land O' Lakes companies volunteer. **Top Right:** Brittany Smith, Pennsylvania Agriculture Projects Manager, plants a riparian buffer at a dairy farm. **Bottom Left & Next Page:** Cows at the Red Knob Dairy Farm in Peach Bottom, Pennsylvania, don't know it, but they're part of an environmental/agricultural partnership for a healthier Chesapeake Bay watershed.



*“To meet the conservation goals that we as a community have and need for the future, it's not going to be any one farm or any one organization...it takes the collaboration of everyone.”*

*— Andy Young*  
farmer Red Knob Dairy Farm

agricultural and vocational training in Hershey. Milton Hershey's legacy is built on compassion, persistence, spirit, selflessness, and purpose which are perpetuated by the company to this day.

The company is committed to honoring Milton's values including its environmental stewardship in the company's support for the Alliance for the Chesapeake Bay. The Alliance will utilize Hershey's grant funds to obtain additional grants for implementing conservation plans and innovative on-farm environmental practices.

Internally, Hershey created a division for Global Sustainability and Social Impact headed by Jeff King, Senior Director. In making a significant commitment toward reducing their environmental footprint, Hershey recently announced a new set of goals outlining one of the company's top priorities: sourcing milk from within 100 miles of its Hershey, PA, chocolate manufacturing plant. And they do use *a lot* of milk, as one of the few candy companies that still uses liquid milk in its products—currently, most chocolate companies use powdered milk.

There are also new initiatives on dairy sustainability to provide a unified sustainability approach for use in commercial relationships between corporate dairy buyers, like Hershey, and their suppliers. It is a collaborative effort that includes sustainability requirements that must be met by dairy processors and supply-

ing farms as well as an assurance model including third-party verification and progress reporting. They have shown transparency by informing consumers, shareholders, partners, and other stakeholders on progress toward their sustainability goals by publishing sustainability reports since 2010. Fritz comments, "The Hershey Company is thoughtful in their scientific approach and are committed to meeting their science-based targets."

## Land O'Lakes

Land O'Lakes, Inc. is an American member-owned agricultural cooperative. This national co-op is based in Arden Hills, just outside of Minneapolis-St. Paul, Minnesota, which started as farm country. In the early 1900s, 320 dairy farmers met in St. Paul to form the Minnesota Cooperative Creameries Association—in other words, "by farmers, for farmers." The cooperative naturally focuses on all the things dairy that we love: ice cream, cheese, butter, and, of course, milk. Its sustainability motto is, "Feeding people plus supporting farmer livelihoods while safeguarding natural resources."

Nationally, Land O'Lakes has been doing great work in setting goals about how they can work with their farmers to help them manage their land for the good of the environment. It has created a division—Conservation Dairy Team—to help farmers learn about sustainability in their practice.



Sustainable Dairy PA spreads the word about the importance of dairy farmers improving water quality and mitigating climate change. Many of the Land O'Lakes dairy farmers have wanted to make the switch to sustainable practices but couldn't afford to do so. At Red Knob Dairy, one of the Land O'Lakes members in this program, third generation farmer Andy Young states, "It is going to take a collaboration, all of us working together to accomplish those goals."

## Best Agricultural Management Practices

So, what are best agricultural dairy management practices? In and of itself, manure storage can cost \$100,000 annually and is a very complex process involving collection, processing, storage, and then land application as fertilizer. Beckett explains some of the priorities today. "There is a big focus on manure storage, heavy use areas, and stabilized barnyards. A 'stabilized barnyard' has a concrete floor, rather than the traditional dirt floor, where manure can easily be scraped and disposed of, rather than running off into fields."

There is also a major emphasis on riparian buffers, (vegetated "buffer-strips" near a stream, which help shade and partially protect the stream from the impact of adjacent urban, industrial, or agricultural land use), with a minimum of 35 feet width and solar fences to keep cows from these buffers. The plantings reduce stream bank erosion and improve habitat. Solar fences are like electric fences which give a shock to prevent passage. However, a small solar photovoltaic (PV) panel simply collects and converts sunlight into energy that is stored in a battery. Reducing the amount of nutrients and sediment flowing from farms into local waterways not only improves stream health locally, it also helps restore the health of the Susquehanna River as it flows to the Chesapeake Bay.

## Accountability

Climate change is now front and center in our world. According to a report released in August 2021, the United Nations called current conditions, a "code red for humanity." Sustainable Dairy PA is an example to mitigate and lower those conditions. Accountability for the efficacy of this grant money is facilitated by on-site visits to Land O'Lakes farmers of Sustainable Dairy PA who are committed to meeting sustainability goals. There are benefits to them and the environment.

## Alliance Hopes and Dreams

When asked what the Alliance's hopes and dreams are, Fritz responds, "This is a model right here in our back yard for the rest of the world. In addition to working with the initial 119 farms, the initiative has the potential to reach more than 400 Land O'Lakes member farms in South Central PA supplying milk to Hershey, as funding and support grows. Our hopes and dreams are to receive more grants to facilitate all the member farms supplying milk to Hershey within this region. We can work with hundreds of farmers rather than just one-by-one."

Beckett says, "Our hopes and dreams are that Hershey and Land O'Lakes continue to grow in their excitement for sus-



tainability. We hope Hershey creates peer pressure to other businesses to understand where their farmers stand and make sure these sustainable practices become standard operating procedure, by bearing the weight of the work if needed, not just from the farmers, but throughout the supply chain. Once companies learn what it's like on the ground and what's needed, they want to jump in and do everything they can."

Fritz continues, "Although Hershey has done a remarkable job in its sourcing to address agricultural, environmental, and labor issues with cocoa worldwide, they are hoping to lead the way on dairy nationally while first looking in their own backyard. The world is being driven by consumers and this pressure is real. In the Chesapeake Bay, consumers are demanding more information on where their food comes from, and they want accountability. Customers now want to know that brands stand for something and not just stand in the crowd. Companies are trying to do the right thing, which makes sense for their climate change goals *and* their bottom line.

"We hope to inform and change an agricultural system that is feeding the Chesapeake Bay and our biggest hope along with these commitments is to reduce the pollutant load. This is such a great opportunity because it is attacking a problem at a systemic level, not just a piece of a problem. There is a moment in time where this is happening, a moment to tackle the biggest pollutant sources of the Chesapeake Bay, a moment to bring in our corporate partners who work and employ in our region and to fundamentally change the system of how dairy is produced. There is a ton of dairy in the Shenandoah Valley of Maryland and Virginia, and we are assessing what dairy needs to look like in these two states. We are looking at what work needs to look like in western Maryland. This project in PA is only one piece of a supply chain story. I personally believe this is a transformational opportunity for the Chesapeake Bay."

You can feel good the next time you bite into a Hershey's chocolate bar or smear a dab of Land O'Lakes butter on your toast. You know you're supporting companies that care for the planet.



GET THE BACKYARD OF YOUR

# Dreams

Wood Fencing • Privacy Fencing • Chain Link • Aluminum & Vinyl Fencing • Ornamental Iron Fencing  
Wood Decks • Composite & Vinyl Decks • Screened Porches • Sunrooms • Gazebos  
Handrails • Security & Storm Doors • Automated Gate Systems • Patios & Pavers  
Awnings • Pergolas & Trellises • Tennis Courts • And Much More!

**20%<sup>OFF</sup> DECKS & PAVERS\***  
Expires: 4/30/22

\*Example retail purchase price of \$5,975 would be \$4,780 a savings of \$1,195 on LONG® DECKS. Residential installed sales only.  
Not valid on previous orders or in combination with other offers or discounts. Some exclusions and surcharges may apply.

INSTALLATION • REPAIR • MAINTENANCE • LICENSED/BONDED/INSURED • FREE ESTIMATES • MAJOR CREDIT CARDS ACCEPTED

1-888-460-5664 | LONGFENCE.COM

# Home & Design

55 RESORT WITH IMPORT | 62 YOU OUGHT'A BE IN PICTURES  
64 ON THE WATER'S EDGE IN TALBOT COUNTY | 66 PRECIOUS PIECE OF HISTORY





**PAQUIN Design/Build**  
DREAM... DESIGN... BUILD.



**CUSTOM HOME DESIGN/BUILD ON MARYLAND'S EASTERN SHORE**  
Grasonville, MD | (410) 643-7811  
[PaquinDesignBuild.com](http://PaquinDesignBuild.com)



**BEACON  POINTE**  
HOMES

*A Paquin Design Build Company*

Semi-Custom Home Designs | We Build On Your Lot  
Grasonville, MD | (410) 604-2696

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



**Coming Soon!**  
*Waterfront Homes On The Tred Avon*

**NORTH  OF OXFORD**

*A Paquin Design Build Community*

Custom, Waterfront, Single Family Homes  
Available Spring 2022 | (410) 643-7811

[PaquinDesignBuild.com/NorthOfOxford](http://PaquinDesignBuild.com/NorthOfOxford)

*Desert with*  
**IMPORT**



ASPIRATIONAL LIVING IN DAVIDSONVILLE

STORY BY **LISA J. GOTTO**  
PHOTOGRAPHY BY **PEAK VISUALS**

Every city or town has at least one—one great stretch of road that provides the gateway to an aspirational community—a sought-after community known for its prime location and for the signature properties within it.

Such was the objective of this month's feature homeowners, who not only relocated from one of our lovely waterfront neighborhoods in 2018 to such a community, but also upsized their lifestyle when most couples are thinking of doing the opposite.

"This is the neighborhood that when you drive down the road, everybody says, 'Man, I wonder what it would be like to live in a neighborhood like that,'" the homeowner says. "We did that for a long time."

That said, giving up living on the water was going to need to provide some pretty significant upsides, if they were going to take the plunge. And in a sense, that is just what they are able to do now that they have relocated to a property with an envious in-ground pool, a glorious fenced-in yard, three-times the garage space, and a total of 11,000 square-feet to spread out and host family and friends.

While they were able to trade up from their 3,600-square-foot waterfront residence to a two-acre property that also provided the degree of privacy they required, the home, built in 2004, would not be a turn-key endeavor.



[The home] had good potential," the homeowner says. "But certain things were outdated and some things were not super functional. The kitchen was smaller and had this angle-shaped island that wasn't really functional because only one person could stand at it at a time."

The kitchen would become a significant part of the greater renovation plan, as was the home's lower level, the primary bath suite, and literally wiring the place for sound—and every smart home function the couple could imagine.

While assessing what it would take to elevate their new home to the next level of desired efficiency, they knew just who they would call upon to help apply their goals to a floorplan—an architect the husband had known for some time after working in the same office building together.

"When we saw the house, we saw it had a lot of potential," the homeowner says. "But we knew there were a number of things we wanted to change. We decided to take the plunge and do it all as soon as we could. So as soon as our old house went under contract, we called Melanie and said, 'Okay, we're ready to get started,'" referring to Melanie Hartwig-Davis of HD Squared Architects of Annapolis.

The homeowners relayed that they knew HD Squared Architects had an exceptional work ethic especially when it came to super detailed projects, had a solid staff, and would bring in just the right resources when it came to the actual construction of the vision they would create together. The homeowners greatly respected Hartwig-Davis' choice of Victor Daccarett of Annapolis Green Construction when it came to sustainable strategies and depth of experience with custom builds.

## AN EYE ON THE ENVIRONMENT:

The homeowners are very conscious of their impact and addressed energy usage by installing an extensive system of solar panels on the roof of the home soon after they moved in.



As to the homeowners' wish list, Hartwig-Davis' says their primary desire was to elevate the experience of the home so it was personalized to them, and spoke to their family's lifestyle, which includes their constant companions, their dogs, two Boxers and two Yorkies.

"They wanted to spread out horizontally," says Hartwig-Davis. "They wanted to make it feel comfortable. They're very social people, so they talked a lot about providing that retreat for their family and friends. They also wanted it to be a multigenerational dwelling when needed."

So, with their specific target areas identified, HD Squared defined the plan, and the integrated team got to work on executing it.

### TARGET AREA 1: THE KITCHEN

"The home had really not been updated since 2004," explains Hartwig-Davis. "The kitchen had dark wood cabinets, that just pulled the light out of the space."

With their former home being on the water, they were used to a room bathed in natural light, so it was assessed that this kitchen would need a serious window upgrade. The window above the sink would be expanded and an additional side panel window would be added.

The room was also diminished by the amount of space dedicated to the pantry. So a scheme to relocate the pantry to an adjacent laundry area and expand the kitchen into that space ensued. A new, expanded laundry would be re-located to the lower level and an additional laundry area would be added near the primary suite on the upper level.

More room and utility for the couple to entertain in the kitchen was provided by accessing space under a back staircase formerly used as a closet to create an elegant wet bar area.

"The wet bar worked out really well and it's functional because it pulls people out of the prep zone into the more social space on the other side of the island where there's ample space for standing and seating," Hartwig-Davis says.

In essence, the entire kitchen was gutted and re-worked to provide an upscale and ultimate gourmet chef's kitchen from appliances to countertop workspaces.

"We have a chef now, but I like to cook, too, so having a nice kitchen was critical," the homeowner said.

To accomplish a high-end look without sacrificing utility, the homeowners requested a company located in Pennsylvania well-known for its hand-made custom cabinetry, quality materials, and white glove delivery. The team at HD Squared drafted highly-detailed drawings depicting their design for the well-appointed kitchen and bar.

The end result is a kitchen with infinite smart storage options, glossy, luxe granite countertops, sumptuous Tennis White beaded inset cabinets lightly coated with a warming gray glaze, and amazing top-shelf appliances. The awkward island was replaced with a rectangular island tricked out with charging ports for electronics, seating on two sides, prep sink, and microwave and warming drawers. This combination creates an inviting and fully functioning space that their prestigious home chef remarks as the best-conceived home kitchen she has ever had the pleasure of working in.





## TARGET AREA 2: THE PRIMARY BATH

While there weren't any size or structural concerns with the home's primary bath, there was one fundamental element that benefitted from some heavy work with a sledgehammer: the primary bathtub. Inset and sunk into a corner of the room, the garden style tub was the main thing to go.

Hartwig-Davis says there was also an overload of generic white tile and neutrality about the room that made it less than inviting. The upscale, spa-like scheme would involve a faucet upgrade, a dual vanity redux that included going bold with a misty blue hue on the cabinets; topping them with classic marble, and replacing the early 2000s status tub with a gorgeous free-standing soaking tub. The new fixture was uniquely situated to take center stage in the room at the apex of the two vanities; a statement-making tray ceiling and opulent chandelier hanging from above. (The couple credits the experts at In-Home Stone in Annapolis with helping them navigate the dizzying world of tile options to help them find just what worked for the space.)

A state-of-the-art shower/steam room was added to be the answer to a day's worth of Zoom meetings and To-Do lists with its tranquil

color palette and high-tech integrated sound system. The room's large, existing linen closet was converted to accommodate both linens and a conveniently stacked washer and dryer combo, creating a place for everything—and everything looking great in its place.

## TARGET AREA 3: THE LOWER LEVEL

Taking what was a mere blank canvas of concrete and creating a dual-purpose, multi-functioning, multi-generational living space in the home's lower level would prove to be the most ambitious of the couple's objectives for the home.

As Hartwig-Davis explains, the overall plan would need to ensure a thoughtful transition and flow from the indoors to the property's lovely exterior patio and pool area. Before they could get to any of the "fun stuff", however, some pesky, but essential storm water management issues needed to be addressed.

"We could see dampness on the concrete block," Hartwig-Davis says. A multi-pronged plan to address run-off issues that had water overflowing the pool and patio area and seeping into lower-level interior areas, included extensive basement waterproofing, upgrading downspouts, and re-grading the landscape to cre-

ate swales to allow the water to run off more easily and percolate into the soil, rather than having it run off and cause erosion.

“With the rains we are having, storm water management is definitely a check-list item,” Hartwig-Davis adds.

With the major wet elephant in the room taken care of, Hartwig-Davis and the team could get to work on their grand plan to have the lower-level flow from the bottom of the stairs to an attractive hallway that has two distinct paths.

“The lower level has a public and private wing,” she says. That aspect of the lower-level build was essential if the homeowner’s dream of constructing an authentic home theater experience was going to happen.

The home theater, which took nearly a year to complete, would be part of the public wing, which would also have a large recreation area, a bathroom, and ease of access to the pool area and hot tub. And when the homeowner says, “authentic” he means it, as no detail or element was too small or overlooked, right down to nostalgically realistic concession stand with its theater-box sized Snowcaps, Raisinets, and movie-theater grade popcorn machine.

One of the less-than-sexy details about the room is also one of the things that most home theaters owners are hard-pressed to mitigate, and that’s the booming sound that theaters create. As adept at tech as the homeowner is (the home boasts a robust sound system and hardwired Internet/WiFi access backed up by the best generator on the market), he reached out to a local expert at Household Installs in Annapolis to help him achieve the ultimate level of soundproofing throughout the home.

For the plush, lush, and softer goods associated with a theater, including the leather padded and tufted swinging entry doors, the homeowner says, he sought the help of a father and son team out of Baltimore who have had their hands in building commercial theaters for decades. The result is an incredible home theater experience that ensures built-in quality family time.

And when friends and family want to stay over, the private wing of the lower-level functions as an in-law suite with a bedroom, full bath, and an attractive kitchenette outfitted with re-vamped cabinetry from the home’s previous kitchen.

As if all that isn’t enough, this wing also offers homeowners and guests alike access to an essential in-home gym constructed with glass doors for the advantageous balance of light from the basement windows, and a roomy, resort-worthy sauna with an adjacent dressing room.

## FINAL THOUGHTS

Looking back on the project, Hartwig-Davis says what she’ll remember most is the depth and diligence the homeowners brought to their comprehensive plan of creating a retreat. “They said they wanted to build their own little resort, and they really feel like we achieved that.” But perhaps the homeowner explained it best: “I’ll tell you it’s hard to travel because you don’t get these kinds of accommodations anywhere else.”





# CHUCK MANGOLD

EXCEEDING EXPECTATIONS



[www.BackfinPoint.com](http://www.BackfinPoint.com) | St. Michaels, MD | \$6,750,000

Make no compromises with this exquisite waterfront compound situated on an extremely private 17.5+/- acre tract of land less than 2 miles to historic Downtown St Michaels. This estate checks all boxes: dramatic tree-lined entrance, large pool, sauna, tennis court, multiple detached guest accommodations, privacy, deep water, expansive storage facility, detailed high-end construction, proximity to town, and stunning views.



[www.27211BaileysNeckRoad.com](http://www.27211BaileysNeckRoad.com)  
Easton | \$2,495,000

Snug Harbor waterfront compound consisting of 5+ acres with spacious one-level main house surrounded by breezy waterside patios and decks, roomy two bedroom guest cottage, deep water dock with three lifts and refreshing saltwater pool. By car, this property is just off Oxford Road on Bailey's Neck. By boat, a short cruise to Easton and Oxford on the Tred Avon River - an ideal location. The main residence is finished with hardwood and tile floor in the main gathering areas and a private primary wing/suite with stunning waterside views. All bedrooms, sunroom, living room and study have views of, and direct access to, the large waterside pool. The kitchen area includes a comfortable breakfast room and is also situated close to the formal dining room. The laundry and adjacent craft room are conveniently located just across the hall from the kitchen and have direct outside access to the beautiful side yard and gardens. A huge waterfront screened porch off the primary suite and sunroom sits poolside, creating a perfect spot for entertaining.

## Recently Sold Properties



26341 Arcadia Shores Lane | Easton  
Sold for \$2,050,000



5004 Hels Half Acre Road | Oxford  
Sold for \$1,900,000



23050 Colonel Leonard Rd | Rock Hall, MD  
Sold for \$2,100,000



3681 Poplar Neck Rd | Preston, MD  
Sold for \$1,095,000



### Chuck Mangold, Jr.

P: 1-410-924-8832 | D: 1-410-822-6665 | T: 877-243-7378

[chuck@chuckmangold.com](mailto:chuck@chuckmangold.com)

31 Goldsborough Street | Easton, MD 21601

[www.chuckmangold.com](http://www.chuckmangold.com) | [www.bensonandmangold.com](http://www.bensonandmangold.com)





# You Ought'a Be In Pictures

KEEPING YOUR GARDEN IN FOCUS THROUGH A CAMERA'S EYE

By Janice F. Booth

If you're like me, your smart phone is filled with pictures of the dog with her new toy, the kids at the beach, and so much more. But, if you look back over the last year, or even two or three years, how many pictures do you have of your garden in its varied splendor? The splash of daffodils along the side fence? Those crazy petunias that kept blooming for months? Your spindly oak sapling that's getting bigger and lovelier each year?

With these objectives and probably many others that you can think of, here are some handy tips for making your garden's photographs particularly lovely and useful.

First, let me share a few photographer's tips that help get the best photo in the moment. "Good lighting" for outdoor photography is not bright sunlight. Overcast skies or early morning and late afternoon are better for pictures. The muted, softer light produces a better image. Hint: If you plan ahead, take a sheet of tin foil with you. You may be able to set it up as a reflector onto particular blooms for dramatic effect.

## GARDEN PHOTOS CAN SERVE MANY PURPOSES. AMONG THEM ARE:

- A fresh viewpoint on your garden—both the familiar and the overlooked beauty there.
- A record of the growth and expansion of particular plants and trees—throughout the year and over the years.
- A reminder of plants that need to be moved or trimmed or receive first aid at some later date.
- A source of beauty to use as notecards, greeting cards, and other original creations.

Frame your picture. Choose a particular plant or bloom as your focal point. Hold your finger on the screen for just a few seconds, and your phone's camera will focus for you. Think about textures in a photograph. Try to show the fuzziness of a stem, the rough bark or feathery leaf. Look at the structure of plants as well as the form. Perhaps the unusual angle of a stem or branch, or the contrast of a vining plant with a lush one will make a more interesting photo.

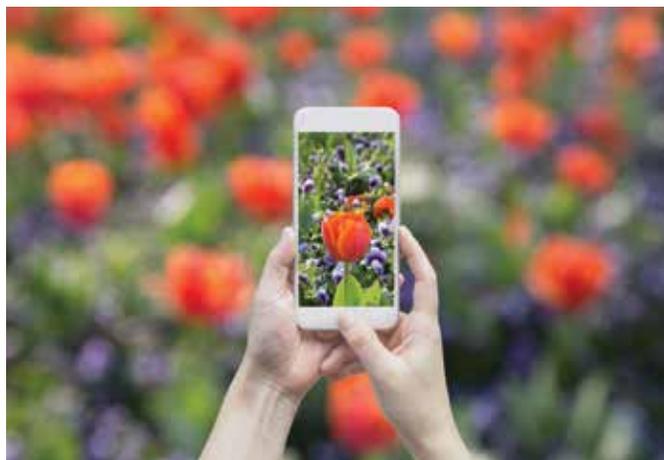
Here are some tips for artistic pictures to be used later for cards and collages. Plan to take a lot of pictures; don't limit yourself to one or two shots. You can later discard the images that don't meet your expectations. Take pictures from different angles: can you go to an upper story or balcony and shoot down into your garden? How about a different bird's eye view; lie down and shoot pictures up among the rose bushes or through the lavender plants?

Next, using your photographs as a record to help you record changes and areas. Consider a telescoping series of photos. Begin with a

close-up of one plant, then move the lens focus to include those plants that surround the one plant. Then, capture the flower bed or portion of the garden. And finally, take a more panoramic photo that sets that single plant and its neighboring plants in the larger context of the garden.

Create a seasonal collage. Choose some key plants—perhaps even draw a little map so you remember where you are focusing each set of pictures—perhaps one series from the deck looking out, another series from the garden gate looking in. Then, take a few pictures from each vantage point during each season; you might even decide to take the pictures once-a-month. Next winter, as you shoot your last series, you can arrange all the photos from each vantage point, and note the particular beauty of that season or month.

You may use your photos to monitor a new plant you've just added to your garden. Initially, take pictures of the plant at different times of day so you can understand how light hits the plant. Then, take photos week-by-week or month-by-month as it flourishes in your garden. And, if it doesn't flourish, you'll have the images to share with a fellow gardener or master gardener who can help you figure out how to treat the plant.



Finally, your garden photographs provide a handy reminder or to-do list. Jotting down a note-to-self on a scrap of paper, a seed packet, or even a diary you carry with you, may not work out well. I have often searched through my little note pad trying to find my note about moving that Japonica or when I'd fertilized that lovely Bleeding Heart near the front door. Using pictures as reminders may work better.

Make folders on your smart phone photo application labeled with "Reminders for Spring," "Reminders for Summer," etc. Then, when you see that pink azalea needs to be moved after it stops blooming, or the mums will have to be pruned in early June for a better shape in September, take pictures and drop them into the "Summer" folder. If you're like me, you always have your phone in your jeans' pocket, so you can grab it for a photograph. A quick snap of the camera is much easier than pen and paper in the garden.

You might also create a folder titled "Inspiration." Here's where you'll put those photos you took at a public garden of a cluster of Coreopsis and Cornflowers or the pretty Hibiscus you pass on your morning walk. The phone-camera will even date the pictures, so when you go into your inspiration folder, you can see exactly when you captured these lovelies at their best.

As always, you'll come up with more ideas that suit your needs as you begin to think of your smart phone's camera as another essential gardening tool.



# On the Water's Edge in Talbot County

By Lisa J. Gotto | Photography by VRX Media

**T**his extended style craftsman home has all the allure and charm of a cottage, plus room to roam with a waterfront view.

Located in Talbot County on a picturesque five-acre parcel of land nestled among mature trees and skirting the edges of Edge Creek, this custom-built home exudes a character all its own.

Lovely landscaping and lush grounds lead you to the residence's front entry with its gorgeous craftsman-style door with side panels and stained-glass inserts. Once inside you are transported to a grand open-plan living area with glorious timber beams above and views to the waterfront ahead.

To the right a formal dining area flows forward to the living room with its cozy wood stove and open-plan entry to the kitchen on the left. A huge, floor-to-ceiling window system acts as a see-through wall to the property's 1,700 feet of prime water frontage and private dock with boat slip.





---

**Primary Structure Built:** 1950

**Sold For:** \$1,750,000

**Original List Price:**

\$1,645,000

**Bedrooms:** 3

**Baths:** 4 Full

**Living Space:** 3,030 Sq. Ft.

**Lot Size:** 5.11 acres

---



The custom kitchen, with all granite countertops and stainless-steel appliances, is large enough for more than one cook and flows around a center island for food prep and buffet/ serving space. Off the kitchen, there's a sunny breakfast seating area and a family entertainment area for watching TV.

A separate sitting room is located to the right of the main living area and is accessed through a wide doorway with pocket door feature. This part of the home extends to a dedicated office space and the residence's primary bedroom suite, which could make a great in-law or guest suite also. It offers access to the home's wraparound patio, a wood-burning fireplace, and an in-room jetted tub. The primary bath offers a stand-alone shower and dual vanity with marble countertops. Throughout this level there is an abundance of unobstructed natural light emanating from all the home's large picture windows.



An architectural wooden staircase leads to the home's three additional bedrooms, one of which offers a step-out balcony with a water view. This floor offers various skylights to keep the natural light flowing in. Unique window styles give each room its own distinct personality.



Outside, there's a second structure on the property providing additional square footage and a large in-ground swimming pool with adjacent jacuzzi offering serene sightlines to the property's excellent Edge Creek views.

"This was a unique home surrounded by water and a true paradise," said Listing Agent, Brandon Hoffman. "When meeting the sellers, we walked the property where I learned about their goals and then recommended a game plan to help them achieve it. This was an exciting transaction to be a part of!"

**Listing Agent:** Brandon Hoffman; Redfin Corp.; m. 410-458-3227; brandon.hoffman@redfin.com; redfin.com **Buyer's Agent:** Linda Wilson; Long & Foster Real Estate; 109 S. Talbot St., St. Michaels; o. 410-745-0283; longandfoster.com



# Precious Piece of History

By Lisa J. Gotto

**T**his historical property with its main house that dates back to 1800, has belonged to one Maryland family since the 1930s. In many ways you can see history play out as you tour the property with its rustic barns, mature grounds, and the home's original kitchen, parts of which date back to the 17th century.

Located in Trappe, the 115-acre lot exudes Chesapeake Bay splendor and sits on a point along the waters of the Choptank River providing a wealth of privacy and 360-degree vistas for its owners. Indeed, magnificent sunrises and sunsets come with the bucolic vibe so prized on the Eastern Shore.

Along with the property's 2.3 miles of shoreline, the grounds also offer two waterside cottages, one with two bedrooms and two baths, and the other with two bedrooms and one bath. A two-bedroom, one-bath caretaker's cottage and a three-bedroom waterside tenant house provide ample extra-income-bearing opportunities.



**Listing Agent:** Laura Carney; TTR Sotheby's International Realty; 17 Goldsborough St., Easton; m. 410-310-3307; o. 410-673-3344; lcarney@ttrsir.com; sothebysrealty.com **Buyer's Agent:** Cornelia C. Heckenbach; 109 S. Talbot St., St. Michaels; m. 410-310-1229; o. 410-745-0283; info@corneliaheckenbach.com; stmichaelsmdwaterfront.com

**Primary Structure Built:** 1800  
**Sold For:** \$4,200,000  
**Original List Price:** \$4,750,000  
**Bedrooms:** 4  
**Baths:** 3 Full, 1 Half  
**Living Space:** 7,182 Sq. Ft.  
**Lot Size:** 115 acres

Back at the main house, the new homeowners will enjoy casual interiors with aspects of elegance sprinkled throughout. A formal entry with two-toned staircase introduces guests to the home's lovely hardwood floors and high ceilings. The kitchen is located in the oldest part of the home and retains its original wood ceiling and a large hearth. A convenient mudroom, private office, and an elegant, formal dining room are also located in this section of the home.

Well-maintained, large-plank hardwoods connect the dining room to a gracious living room with wood-burning fireplace and built-in bookcases on either side. This home offers the gentility of two lovely screened-in porches both offering tranquil water views and charming beadboard ceilings and wooden spindle railings.

All the bedrooms in the main house are located on the upper level; all offer water views and are well appointed. In addition to three baths on this level, it also offers the second story screened-in porch; the perfect spot to relax with a tranquil breeze and a good book.

Outside, there's a large in-ground pool with brick patio area which is just steps from the property's private 60-foot pier with two boat slips and 3.5 feet of mean low water from which you can launch a summer's day adventure.



## The Trippe Gallery



Photographs Paintings Sculpture

23 N Harrison Street Easton

410-310-8727 [thetrippegallery.com](http://thetrippegallery.com)

## THANK YOU

for voting us Best Title Company



EASTERN SHORE  
TITLE COMPANY

114 N. West Street | Easton, MD 21601  
 410-820-4426 | [easternshoretitle.com](http://easternshoretitle.com)

Settle with  
Certainty.



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! Drivers & Diamonds is a two-day invitational golf extravaganza in Queenstown, bridging together a golf and entertainment event to support mental health and addiction services across our area. This fantastic sponsorship opportunity is the perfect way to entertain friends, clients, and cultivate new business – all while supporting a great cause!

Many mental health services are not reimbursed by insurance, making community support vital to providing comprehensive mental health and addiction care to all. That's why in June 2022, Luminis Health Anne Arundel Medical Center (AAMC) and Doctors Community Medical Center (DCMC) will pair up to support mental health and addiction services on both sides of the Chesapeake Bay Bridge through the first Drivers & Diamonds golf tournament. All proceeds will benefit mental health and addiction care services at both Luminis Health AAMC and DCMC.

For more information, please visit:

**[driversanddiamonds.org](http://driversanddiamonds.org)**

## Join Our Growing List of Sponsors

### PRESENTING SPONSOR

The Brick Companies

### DRIVER SPONSORS

NAI The Michael Companies, Inc.

### DIAMOND SPONSORS

Aerotek

Anderson Fire Protection, Inc.

Annapolis Radiology Associates

Bank of America

Biana and Steve Arentz/Coldwell Banker Realty

Bo's Effort

Eagle Title

Liff, Walsh & Simmons

Long Roofing

Wealthspire Advisors

What's Up? Media

### FAIRWAY SPONSOR

CAM Wealth Management

### SOCIAL SPONSORS

Chaney Enterprises

Facility Services

John and Cathy Belcher

TRACE International

WRNR

# Health & Beauty

**70** FRESH TAKE | **71** PROTEIN SUPPLEMENTS—YES OR NO?  
**72** FITNESS TIPS | **74** WHAT IS EVERY KID HEALTHY WEEK? *plus more!*



# Fresh Take

## GARLIC

By Dylan Roche

**Warning:** It might make your breath stink. But hey, that's just about the only drawback when it comes to garlic—this bulbous little vegetable packs a punch of flavor that can elevate just about any recipe, and it's full of health benefits. The best part? A little bit goes a long way. One bulb is enough to flavor multiple dishes for a whole crowd of people.

Although you might think of garlic as a seasoning or an herb, it's actually a vegetable. Each bulb of garlic is encased in a thin, brittle skin that, when peeled back, reveals several cloves that make up the whole. A single clove has fewer than five calories, but it delivers more than a half-gram of fiber as well as 2 percent of your daily needed B6, 2 percent of your daily needed manganese, and 1 percent of your daily needed vitamin C. That's pretty impressive for something you're probably just using for flavor!

In fact, its use as a flavor agent is part of what makes garlic so beneficial. The Produce for a Better Health Foundation explains that when you use garlic to level-up the taste of your food, you're able to use less salt, thus lowering your sodium intake. Raw garlic tends to be much more pungent with a little bite to it, but cooking will mellow its taste. Shorter cook times over high heat yield a rich, savory flavor, while a long time over lower heat will bring out a hint of sweetness.

As far back as antiquity, people seemed to be aware of garlic's health benefits. The Greek physician Hippocrates had a reputation for recommending garlic as a way of treating all kinds of medical conditions. Although nobody would encourage you to use garlic

### Garlic Herb Dip

1 large clove garlic  
1/4 cup fresh basil, chopped  
1/4 cup fresh rosemary, chopped  
2 cups cooked cannellini beans  
1/2 cup olive oil  
2 tablespoons lemon juice  
1 teaspoon salt

Peel the garlic and smash each clove. Heat the olive oil in a skillet over low heat. Add the garlic and allow to brown. Remove from the



heat and transfer to food processor. Add basil, rosemary, beans, salt, and lemon juice to the food processor and blend until smooth and creamy. Serve with crudité and toasted bread.



### Lemon Garlic Chicken

Ingredients:

2 pounds boneless chicken breasts (about 4 breasts)  
5 cloves garlic  
1/4 cup olive oil (divided in half)  
1 shallot  
2 tablespoons whole-wheat flour  
1 cup low-fat milk  
1/2 cup chicken broth  
2 lemons  
2 tablespoons parsley  
2 tablespoons rosemary  
1 teaspoon salt  
1 teaspoon pepper

Pound the chicken to half-inch thickness and dry with paper towels. Sprinkle with salt and pepper. Heat half the olive oil in a large skillet over high heat. When the oil begins to simmer, set the chicken in the skillet and allow it to sear approximately 5 to 7 minutes on each side. When the chicken is nicely browned, remove it from the oil and set aside. Mince the garlic and finely chop the shallots. Add the rest of the oil to the skillet and reduce the heat to medium. Add the shallots and garlic, allowing them to soften. Stir in the flour, allowing the oil to thicken slightly. Add the milk and broth, whisking until you achieve a smooth consistency with no lumps. Add parsley and rosemary. Slice one of the lemons and juice the other (it should yield about 1/4 cup juice). Add the lemon juice to the sauce and set aside the lemon slices. Return to the chicken to the skillet and allow it to simmer for approximately 3 to 5 minutes on each side. Remove the chicken from the skillet and set in a serving dish. Spoon the sauce over top and garnish with lemon slices. Serve warm.

as a replacement for modern medicine today, there does seem to be some science to support the good that garlic does for your body.

Garlic has antibacterial qualities that could boost your immune system and help you fight off colds, sore throats, and sinus problems. Some studies have shown that it prevents your blood platelets from forming clots, thus reducing your risk of stroke, and might potentially expand your blood vessels, thus improving your blood pressure.

The Academy of Nutrition and Dietetics says garlic's phytochemical content can help reduce the risk of cancer (most notably stomach cancer and colorectal cancer) and the Arthritis Foundation recommends garlic for staving off the cartilage damage you might sustain from arthritis.

Of course, be careful about adding too much garlic to your diet too quickly—excess amounts of garlic can cause an upset stomach, bloating, and diarrhea. Plus, there's the aforementioned bad breath and body odor.

When you buy a bulb of garlic, or several bulbs if you plan to use a lot, look for ones that are firm with a tight skin casing and no sign of molding or sprouting. Ideally, the bulb should feel heavy for its size. Bring the bulbs home and store them by hanging them in a cool, dry place. Garlic will last about a week at room temperature or two weeks in the refrigerator.

When it comes time to prepare the garlic, give the individual bulb a quick crack by pressing it with the flat part of a knife. Pull the skin casing away and remove the individual cloves. These cloves can be minced or added whole depending on what your recipe calls for.

And if you love garlic but can't make use of a whole clove quickly enough, don't worry. You can seek out jars of minced garlic or dried garlic powder. These offer all the same benefits as fresh garlic but are often much more convenient.

MORE RECIPES AT  
[WHATSUPMAG.COM](http://WHATSUPMAG.COM)

# Protein Supplements— Yes or No?

(AND IF YES, THEN WHAT SHOULD YOU KNOW?)

By Dylan Roche



Here's a bit of health wisdom that might come as a surprise: You don't need as much protein as you probably think you do. Really. The Mayo Clinic states most adults need somewhere between 46 and 56 grams of protein every day. And excess amounts of protein can be hard on your kidneys.

So, what's the deal with protein supplements like shakes, powders, and bars? These products still offer a lot of benefit to those who need them, but it's important to be judicious in choosing which one you'll use and how you'll use it.

Protein is a nutrient that your body needs to build and sustain all its elements—your blood, your bones, and, yes, your muscles. Protein is important if you're trying to improve sports performance or build muscle mass, and if you're an especially active individual, such as an athlete or a bodybuilder, you're going to have needs that are greater than the 46–56 grams recommended for most people. The Academy of Nutrition and Dietetics and the American College of Sports Medicine encourage people who undertake rigorous physical activity to get about 1.2 to 2 grams of protein per kilogram of body weight every day. That means if you're a 150-pound person (68 kilograms), you would need about 81 to 136 grams of protein. A 200-pound person (91 kilograms) would need 109 to 182 grams of protein.

That's where protein supplements come in handy: These products can help you get more protein in your diet, although supplemental protein isn't as good as the protein you're getting from whole foods, which contain vitamins and minerals your body needs to flourish.

Note that your body can't use more than 30 grams of protein at a time, so consuming a protein shake with 50 grams of protein won't provide quite the benefit you expect it will. And after an intense workout, when your body has depleted all its glycogen stores, getting plenty of carbohydrates is just as important as getting plenty of protein. Aim for a 3:1 ratio of calories from carbohydrates to calories from protein—this might be a few crackers with nut butter or some Greek yogurt with fruit. This replenishment should come within an hour of finishing your workout.

When these protein-rich snacks aren't sufficient or convenient, seek a protein supplement. Look for products that have less than 200 calories per serving, 20–30 grams of protein, and less than 5 grams of sugar.

*It's also helpful to pay attention to the different types of supplemental protein available on the market and choose the one that best fits your needs or goals:*

**WHEY PROTEIN:** This is the one that's most prominent on the market, and it's a great pick if you're somebody who does dairy. Whey protein contains all the essential amino acids your body needs, and it's easily digestible. Because whey is so efficiently broken down and used by your body, it's great for people who are trying to build muscle.

**SOY PROTEIN:** Soy protein isn't as efficiently used by the body as whey protein is, but for people who don't do dairy, it's a great pick because it also contains all essential amino acids. Soy foods have also been shown to help reduce high cholesterol and build strong bones.

**BROWN RICE OR PEA PROTEINS:** These are other plant-based proteins, and they are hypoallergenic, so they are good for anyone who doesn't tolerate soy well. Although brown rice protein and pea protein are incomplete protein sources individually, they provide all nine essential amino acids when consumed together. Look for a protein supplement that contains both if possible.

**HEMP PROTEIN:** Hemp protein is often made from milled hemp seed, so it is less processed than other protein powders on the market; however, it tends to be lower in protein per calorie compared with other supplements. It's also full of fiber and omega-3 fatty acids for additional nutritional benefit.

**REMEMBER:** If your goal is to lose weight, then you should be careful about not using a supplement with lots of added sugar. A protein supplement, whether high in sugar or low in sugar, will still be a source of additional calories, so consume with discretion. Mix your protein powder with low-fat or fat-free milk, almond milk, oat milk, or water instead of any high-sugar, high-fat beverages.

# Fitness Tips

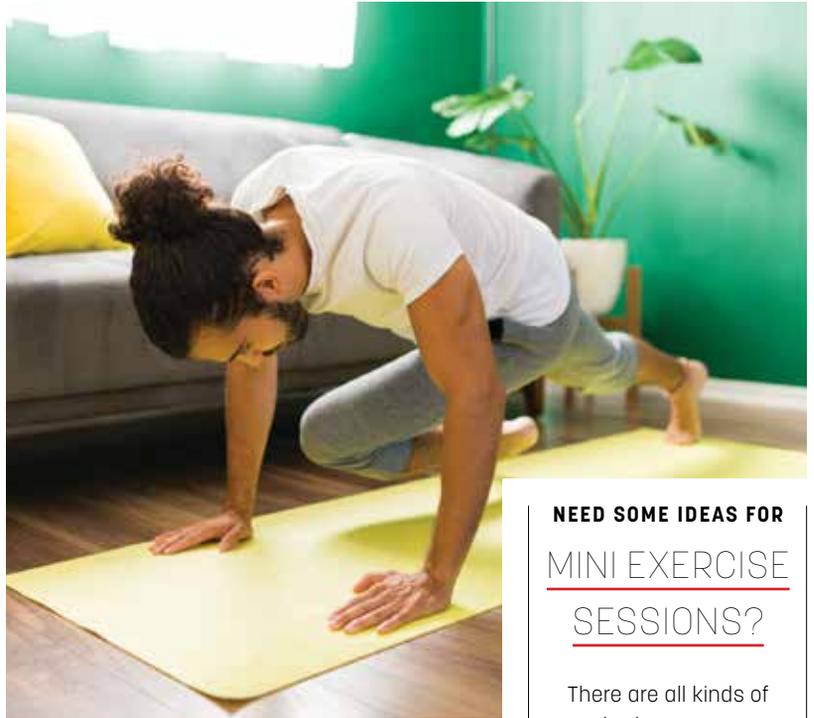
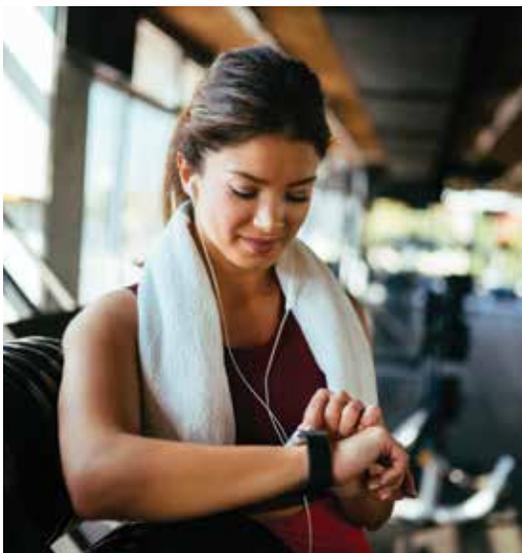
## MINI SESSIONS

By Dylan Roche

“I’ll work out tomorrow.” How many times have you told yourself that after a long, busy day? But then tomorrow comes, and it’s another packed schedule. There just isn’t a spare hour for getting in a workout—or is there?

The reality is that getting sufficient exercise doesn’t mean you have to undertake an hour-long bout of physical activity. If you have 10 minutes here and 15 minutes there, you can still sneak in shorter sessions throughout the day that will add up to give you the same benefits you would get from a long workout. In fact, depending on your fitness level and your goals, this approach might be even better.

Look at it this way: You should be getting 150 minutes of moderate aerobic exercise or 75 minutes of vigorous aerobic exercise every week. This is the guidance put forth by the American Council on Exercise, the American College of Sports Medicine, the American Heart Association, and the Surgeon General. That’s all the exercise you need to see such benefits as increased energy, better mood, reduced risk of disease, weight management, stronger bones, and better cardiovascular health. (Bear in mind that if you have more ambitious goals, such as losing a significant amount of weight or participating in a competitive athletic event, you likely will need more exercise.)



### NEED SOME IDEAS FOR MINI EXERCISE SESSIONS?

There are all kinds of methods you can try. None of these seem all that overwhelming on their own, but they’ll add up to offer you significant health advantages:

Take a walk around the block in the morning, afternoon, and evening.

Park in the farthest parking spot so you have a greater distance to walk when you’re doing errands.

Take the stairs instead of the elevator.

Get up and pace the room when you are on the phone or waiting for an appointment.

Do 10 minutes of calisthenics when you first wake up in the morning: pushups, crunches, lunges, and squats. These exercises require no equipment, and when you perform them vigorously in rapid succession, they’ll get your heart pounding.

How you decide to break up those 150 weekly minutes (or 75 weekly minutes, depending on your intensity) is up to you. If you’ve got 30 minutes to exercise five times a week, go for it. But if it’s easier to do 10 minutes three times a day, that’s fine too! Those short bouts of exercise add up.

For those are trying to adopt better physical activity habits, these shorter sessions can be helpful because they feel less daunting. In other words, an hour at the gym might sound like torture, but a 10-minute power walk doesn’t seem quite so bad. According to the American Council on Exercise, it’s more important that you find a routine you like and can adhere to in the long term than try to force yourself to do something you dislike.

You also have the potential to make the most of your time and push yourself to your limits, thus burning more calories overall. Going for just 10 minutes? Make them the hardest 10 minutes you can. This is what’s known as high-intensity interval training (HIIT). Research shows that going at high intensity for a short period of time can burn more calories (up to 30 percent more) and offer greater cardiovascular benefits than low- or moderate-intensity exercise for a longer amount of time.

So, if you’re going for 10 minutes, push yourself as hard as you can during those 10 minutes. Even three minutes of high-intensity exercise is enough to boost your circulation and raise your physical and mental energy. Do three minutes of high intensity followed by two minutes of low intensity. Repeat twice during each session, and aim for three sessions a day. *Bam*—you’ve done 30 minutes of HIIT today.

CALLING ALL MEDICAL PROFESSIONALS **Nominations Open Now!**



WHAT'S UP? MEDIA'S 2022

# EXCELLENCE IN N RNSING

The Excellence in Nursing Campaign starts this month! A peer-survey project that celebrates exemplary nurses practicing in the Greater Chesapeake Bay Region. We are calling for licensed nurses and medical professionals to nominate your fellow nurses in several fields of practice. The results will be tabulated, vetted, and become Excellence in Nursing 2022.

Voting will close at the end of April (4/30). Those earning Excellence in Nursing honors will be notified in early fall and the results will be published in the November issues of *What's Up? Annapolis*, *What's Up? Eastern Shore*, and *What's Up? Central Maryland*, in addition to the online platform and social media channels of What's Up? Media.



**STARTING MARCH 1ST,  
TO NOMINATE A NURSE  
SCAN QR CODE WITH YOUR  
PHONE CAMERA OR VISIT  
THE WEBSITE BELOW.**

If you have any questions about the process, please contact our Editorial Director at [editor@whatsupmag.com](mailto:editor@whatsupmag.com) or Chief Operating Officer at [alyons@whatsupmag.com](mailto:alyons@whatsupmag.com).

**WHATSUPMAG.COM/2022NURSES**

# What is Every Kid Healthy Week?

By Dylan Roche

Healthy habits start in childhood. What's more, the Centers for Disease Control and Prevention cites that healthy children tend to be better learners and have fewer behavioral problems.

But good health is a broad concept—it's not just about cutting back on candy or getting plenty of exercise outside (though those are two important healthy habits that kids can learn). Good health encompasses proper mental, emotional, and social well-being too. It's a lot to learn. And it's one of the reasons that the nationwide nonprofit Action for Healthy Kids tries to make it easy for teachers and parents to promote all aspects of good health during Healthy Kids Week, an annual observance since 2013 that takes place during the last full week of April.

This year, from April 25 through 29, participating classrooms across the nation will use designated days of the week to teach about a different component of good health and associated good habits that kids can easily learn.

*If you're an educator at a school that's participating, or even a parent who wants to implement the lessons at home, here are some great ways you can observe Every Kid Healthy Week:*



## MINDFUL MONDAY

***Mindful Monday is all about learning good social-emotional health. Kids learn how to manage their emotions and be considerate in the way they interact with others. To teach children to be mindful, you can...*** Encourage them to write a journal entry about their day. Consider how they felt when something good or bad happened, and how their actions might have made others feel. They can also write about what they might have done differently if they were to relive the day over again. • Learn breathing exercises for better emotional regulation. Inhaling and exhaling deeply for 10 seconds can help them regain control of themselves so they don't act impulsively. • Create a calm-down corner where they can go when they are angry or sad. Their calm-down corner should be a safe space where they can be separated from whatever triggered their negative emotions.

## TASTY TUESDAY

***Tasty Tuesday lets children explore all aspects of good nutrition. They learn how food affects their bodies and why it's good to eat a variety of nutritious foods while being moderate in their consumption of food with less nutritional value. Kids can get excited about healthy eating by doing the following...***

Cook a healthy meal together as a family or pack lunches together for the next day. Aim to include foods in a variety of colors, such as red (apples, strawberries, bell peppers), orange (carrots, pumpkin, oranges), yellow (bananas, lemons, squash), green (broccoli, kiwi, avocado), and blue/purple (grapes, eggplant, beets). • Plant a garden—kids will be much more excited about new foods if they grow it themselves, plus this will increase their appreciation of where food comes from. If a garden isn't a practical option, take them to a farmer's market or produce stand. Pick a fruit or vegetable they've never tried before and take it home to find a recipe you can use it in. • Hold a taste testing as a family or group of friends where you try new foods. Be sure to include healthy dips like hummus, guacamole, or mustard to make the new foods more exciting. • Create a sugar visualization so kids can see how much sugar is in certain snack foods (particularly beverages like soda). Read the nutritional label to see how many grams of added sugar are in the product. Measure out 1 teaspoon of granulated sugar for every 4 grams of added sugar—that's how much sugar is in that packaged product. Talk about how sugary snacks are okay as long as they're enjoyed in moderation.

## WELLNESS WEDNESDAY

**Wellness Wednesday is all about overall enjoyment of the world around them. In pursuing overall wellness, kids might seek a better relationship with nature and try to create a healthier planet. It's about appreciating the outdoors and fresh air instead of being inside looking at a screen all day. Kids can improve their wellness in one of the following ways...** Do a lesson or their homework outside if the weather permits. Bring a pitcher of water for drinking, some bug spray, and all their school supplies so you can create a homework station at a picnic bench in the backyard or at the park. • Organize a trash pickup at a public place where there is lots of litter. Discuss how cleaning up trash not only makes a place look prettier but also makes it a healthier place for animals to live and people to play. • Go for a walk outside, ideally through a natural area if one is accessible. Count how many wild animals you see or collect different types of leaves you find on the ground. • Adopt environmentally friendly practices around your house or classroom such as recycling, turning off the lights when you leave the room, and turning off the water when you aren't using it.

## THOUGHTFUL THURSDAY

**Thoughtful Thursday is all about using the brain, both academically and creatively. Kids love to think, be creative, and use their imaginations. But sometimes, it can be hard when they are distracted by chores or screens. Encourage kids to be thoughtful, resourceful, and empathetic when you...** Provide clay, putty, or play dough to children while having a conversation about their day. Having something to occupy their hands will help distract them so they feel more comfortable opening up. • Draw self-portraits and encourage using colors that match the mood they are feeling. Have a conversation about why they associate certain colors with certain emotions. • Play problem-solving games that involve concentration and strategy. • Memorize a favorite poem. • Design motivational posters with uplifting phrases and pictures that will help cheer them up when they are down (or will cheer up a friend or sibling who needs it). • Read a book or watch a movie and discuss the emotions that characters go through. Encourage the kids to focus on whether they've ever felt similarly, and whether they acted on their emotions in the same way as the characters.

## FITNESS FRIDAY

**Fitness Friday focuses on getting kids up and moving around. Even if kids get plenty of physical activity from sports practices, recess, or gym class, it can help to find different modes of exercise they enjoy. Ways your class or family can be more active include...** Build an obstacle course using items you have around the house. See who can complete the obstacle course the fastest, or challenge individual children to beat their best time by attempting the course over and over again. • Walk or ride bikes if a destination is close enough and there is safe infrastructure like sidewalks or trails. • Remember to emphasize the importance of proper rest and recovery. After a competitive game or a lot of time outside, make sure children get a little downtime and a good night's rest.



# Hearing Your Way to Better Health

By Dylan Roche

Ever notice how music can affect your mood? There's a growing trend of people who are using this to their advantage. Sound therapy—sometimes known as psychoacoustics—is a holistic technique where gentle music, white noise, or other sounds are used to improve mood, relieve stress, stave off depression or anxiety, and even boost mental capacity. Although research is limited, the practice grew in prominence during the pandemic, when many people were struggling with their mental health but had limited access to traditional therapy methods.

Is listening to music a replacement for counseling or psychotherapy? Not at all. But as the American Music Therapy Association explains, vibrations from sound can affect your body in a subtle way similar to how a massage can. Different frequencies can have different outcomes—for example, upbeat music can enhance focus while a slow melody is good for relaxing and de-stressing.

Sound therapy will differ based on a person's needs and how a practitioner approaches it. A person can lie down in the dark and listen to music or a guided meditation, or they could move with the music by doing yoga or dance. The sounds might be from a recording or played live on instruments.

Music helps people reach a meditative state and can even prompt your body to release the feel-good hormone serotonin. Some people use music to help them achieve sleep or stay focused on tasks. Although sound therapy is still a fringe practice without extensive studies to support its use, the practice is noninvasive and affordable. In other words, there's no harm in listening to music if it makes you feel good!

The American Music Therapy Association is a great resource for anyone looking to connect with a music therapist or sound therapist—visit [musictherapy.org](http://musictherapy.org).

CALLING ALL DENTISTS **Nominations Open Now!**

---

# 2022 TOP Dentists

The 2022 What's Up? Top Dentists survey starts this month! A peer-survey project celebrating exemplary dentists in the Greater Chesapeake Bay Region. Top Dentists lets readers know what our area experts think and helps guide them toward the best possible choices for their dental care.

Dentists are encouraged to nominate their peers on the survey form found online. Voting will close at the end of April (4/30).

Those earning Top Dentist honors will be notified in early fall and the results will be published in the October issues of *What's Up? Annapolis*, *What's Up? Eastern Shore*, and *What's Up? Central Maryland*, in addition to the online platform and social media channels of What's Up? Media.



**STARTING MARCH 1ST, TO NOMINATE A DENTIST SCAN QR CODE WITH YOUR PHONE CAMERA OR VISIT THE WEBSITE BELOW.**

If you have any questions about the process, please contact our Editorial Director at [editor@whatsupmag.com](mailto:editor@whatsupmag.com) or Chief Operating Officer at [alyons@whatsupmag.com](mailto:alyons@whatsupmag.com).

---

**WHATSUPMAG.COM/TOPDENTISTS2022**

# Dining

78 SAVOR THE CHESAPEAKE



Crispy Pierogis  
at Hunters'  
Tavern in  
Easton

WHAT'S UP? READERS  
  
RESTAURANT  
REVIEW

**Calling All Food Critics!**

Send us your restaurant review and you'll be eligible for our monthly drawing for a **\$50** gift certificate to a local restaurant. Fill out the form at [whatsupmag.com/promotions](http://whatsupmag.com/promotions).



# Savor the Chesapeake

Restaurant news and culinary trends  
from the Chesapeake Bay region

By James Houck

It's no mystery that as soon as the calendar flips from winter to spring, we see an uptick in everyday activity—and this certainly includes dining and enjoying the culinary delights of our region. This month, we have plenty of feel-good restaurant news to share, announcements, and a couple cocktail recipes to welcome the season.

## On the Restaurant Scene...

There's a healthy number of recent and planned openings on both sides of the Bay Bridge. In the Kent Narrows vicinity, the highly-anticipated **Dock House Restaurant** is moving ever-closer to its intended May opening. The 6,000-square-foot, water-front establishment adjacent to the Kent Narrows Boatel is the brainchild of local restaurateurs Jody Schulz (Fisherman's Inn and Fisherman's Crab Deck) and Justin Kiernan and Ron Kirstien (The Jetty Restaurant & Dock Bar). The group took a step forward when it was recently granted a commercial property tax credit by the Queen Anne's County Commissioners, which incentivizes capital investment and job creation in the county. Learn more at [dockhouserestaurant.com](http://dockhouserestaurant.com).

Further down the eastern side of the Bay, the Dorchester County Chamber of Commerce celebrated the county's newest year-round seafood store—**Hooper's Island Seafood Market**—with a ribbon cutting event on March 23rd. Hoopers Island Seafood

Market—a division of the Hoopers Island Oyster Co.—is open six days a week in Cambridge. The market features fresh, shucked, and shelled oysters from their farm in Fishing Creek, as well as fresh seasonal specialties including clams, mussels, crab, shrimp, scallops, and finfish. An extensive line of seasonings, sides, and shucking gear, plus condiments made by local entrepreneurs are also available. Learn more at [hoopersisland.com](http://hoopersisland.com).

The big news—at least for locals—coming out of nearby Taylor's Island, is the closing of the famed floating **Palm Beach Willie's Barge**. Because the 1960s-era barge was sadly, and at long last, taking on water and sinking, the owners of Palm Beach Willie's needed to retire the barge. But don't fret yet. The owners are relocating the big bar and its relics from the barge to the adjacent Victorian-era property on land, which also hosts the seasonal tiki bar. The full summer season is still on! Learn more at [pbwti.com](http://pbwti.com).

And the *New York Times* reports that the city's (as in New York's) renowned baker Melissa Weller—known for her bagels and sourdough breads—has joined Easton, Maryland's **Bluepoint Hospitality** as Master Baker. The restaurant group owns and operates a fleet of upscale establishments in the Mid-Shore, including Bas Rouge, Bumble Bee Juice, Sunflowers & Greens, The Wardroom, The Stewart, and several more. For more information, visit [bluepointhospitality.com](http://bluepointhospitality.com).

In Annapolis, **Tuscan Prime Italian Chophouse & Dolce Bar** hosted its grand opening celebration in March at its Annapolis Town Center location. Tuscan Prime softly opened in early February and is the newest concept by Annapolis-based Monte Restaurant Development Group. Tuscan Prime's mission is "to consistently serve award winning modern Italian cuisine, steaks, and chops, paired with a masterfully crafted wine list, and craft cocktails, delivering superior service in an upscale yet inviting atmosphere, making it a natural extension of the Monte family of restaurants," the company states. Learn more at [tuscanprime.com](http://tuscanprime.com).

Fans of the locally-inspired and popular sports bar brand, **The Green Turtle**, can do a happy dance. The restaurant returned to the Gambrills/Crofton region at the start of the year, filling in the former Houlihan's location at the Waugh Chapel Towne Centre. Previously, the Gambrills location of The Green Turtle was a franchise-owned operation, which closed doors during the pandemic. The new establishment is corporate-owned and will feature the "latest menu, which has evolved significantly over the past two years, coupled with a modern design and state-of-the-art audio-visual technology that will enhance the guests' experience while they root for their favorite teams," says the company. More information at [thegreenturtle.com](http://thegreenturtle.com).

And just a skip away, in Odenton, we give a shoutout to **Perry's Restaurant & Cocktail Lounge**, which celebrated its 50th anniversary in March. A testament to its popularity among locals and visitors alike, Perry's has long provided daily food and drink specials, Greek cuisine, and live entertainment. Check them out at [perrysrestaurant.com](http://perrysrestaurant.com).

Lastly, if you love dill pickles and want to share that love with the world, then good news for you! **The Big Dill World's Largest Pickle Party** recently announced its return to Maryland in September 2022. Learn more at [bigdill.com/pages/2022bigdillfestival](http://bigdill.com/pages/2022bigdillfestival).



## Giving Back

Very good news! The **16th Annual SOUPer Bowl Fundraiser** raised four times its goal for the Light House Homeless Prevention Center in Annapolis. Organizers of this year's virtual event set a modest \$2,000 goal based on the pandemic's challenging financial circumstances and the need to hold the event online for the second consecutive year. But the tally from the week-long campaign came in at \$8,700. "The community really stepped up for the Light House," said Scott Shelton, pastor at Heritage Baptist, an affiliate congregational partner of the Light House. "The in-person SOUPer Bowl lunch normally brings in between three to four thousand dollars. As we watched the online donations tally up over the week, we were thrilled and tremendously thankful." The 2022 SOUPer Bowl ran from February 6th to 13th online at [heritageloves.com](http://heritageloves.com). To entice donations, nine community leaders from business, public service, and the food industry shared their favorite soup recipes on the website.

## Floral Cocktails

With the famed cherry blossoms in nearby Washington, D.C., coming into bloom this month—indeed most of spring's blossoms will soon show—we thought it fitting to highlight a couple seasonal cocktails, each with a floral theme. Try these advanced mixings when you're in the mood for a unique departure from your normal cocktail go-tos.

### Honey Rose Margarita

#### Ingredients

1 oz Cointreau  
2 oz blanco tequila  
1 oz fresh lemon juice  
.5 oz honey water  
2 dashes rose water

#### Instructions

Add all ingredients to shaker with ice. Shake and strain into a rocks glass over fresh ice. Garnish with rose petals (fresh or dried).

*Courtesy of Cointreau*



### Cherry Blossom

#### Ingredients

1.25 oz 1800 Silver Tequila  
1 oz lime juice  
1 oz grapefruit juice  
.25 oz grenadine  
Grapefruit slice or maraschino cherry for garnish  
Salt as needed

#### Instructions

Pour all ingredients into shaker and shake well. Strain into a salt rimmed martini glass or serve over ice. Garnish with a grapefruit slice or cherry.

*Courtesy Hilton Garden Inn*

**Have culinary news to share?** Send an email to the editors at [editor@whatsumag.com](mailto:editor@whatsumag.com)



# Where's Wilma?

## FIND WILMA AND WIN!

Blossoms are blooming and our high-flying mascot, Wilma, is discovering the wonders of nature. As she does, Wilma is making pit-stops throughout the region to fuel up, dine, shop, and enjoy the best services. Where will she land next?

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

**Congratulations to Patrick Allen** of Rock Hall, who won a \$50 gift certificate to a local business.

**Mail entries to:** Where's Wilma? Eastern Shore, 201 Defense Hwy., Ste. 203, Annapolis, MD 21401 or fill out the form at [whatsupmag.com/promotions](http://whatsupmag.com/promotions)



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 April 30, 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.

Anne Arundel Medical Center–AAMC Foundation.....	68
Benson and Mangold Real Estate Chuck Mangold.....	60
Chaney Homes–Tricia Wilson.....	26
Chesapeake Bay Beach Club.....	17
Chesapeake Bay Maritime Museum.....	12
Chesapeake Eye Care Management PC.....	4
Coldwell Banker Church Circle.....	32
Dee Dee McCracken–Coldwell Banker.....	9, 18
Djawdan Center for Implant and Restorative Dentistry.....	1
Dwelling and Design.....	LHP
Eastern Shore Title Company.....	67
Easton Dermatology Associates LLC.....	23
Fence and Deck Connection Inc.....	LHP
For All Seasons Inc.....	23
Gary Smith Builders.....	31
Gibson Grounds LLC.....	LHP
Grace Home Furnishings and Design.....	31
Higgins & Spencer Inc.....	LHP
Homestead Gardens.....	45
Jason's Computer Services.....	12
Kent Island Pediatric Dentistry.....	15
Londonderry On The Tred Avon.....	LHP
Long Fence.....	52
Luminis Health AAMC.....	3
Lundberg Builders/314 Design Studio.....	BC
Nancy Hammond Editions.....	21
O'Donnell Vein and Laser.....	IFC
Paquin Design/Build.....	54
Plastic Surgery Specialists.....	11
Range & Reef.....	15
RLC Lawyers and Consultants LLC.....	2
Solar Energy Services Inc.....	LHP
Talbot Hospice.....	24
Tidewater Inn.....	7
Trippe Gallery.....	67
Troika Gallery.....	45
TTR Sotheby's Annapolis–Brad Kappel.....	5
University of Maryland Shore Regional Health.....	IBC



UNIVERSITY of MARYLAND  
SHORE REGIONAL HEALTH

# Where the health of the Eastern Shore comes first.

Our multidisciplinary, personalized approach to women's health follows you at all ages and stages - from pregnancy through menopause. Our award-winning Birthing Center with 24/7 on-site OB care has a reputation for providing excellent care to soon-to-be moms, newborns and families. Our Women's Health office specializes in:

- Comprehensive obstetrics, including midwifery care
- Traditional and robotic gynecological surgery
- Well-woman screenings
- Treatment and education

**UM Shore Medical Group - Women's Health is offering priority scheduling for new obstetrical patients. Call: 410-820-4888**

**Our mission has always been and will continue to be, caring for Maryland's Eastern Shore.**



[umshoreregional.org/women](http://umshoreregional.org/women)

**A better state of care.**

University of Maryland Shore Medical Group is a proud partner of University of Maryland Shore Regional Health



# Spring

IS CALLING



## 314 Design Studio

KITCHEN AND BATH SPECIALISTS



314 MAIN STREET | STEVENSVILLE | 410.643.4040 | 314DESIGNSTUDIO.COM