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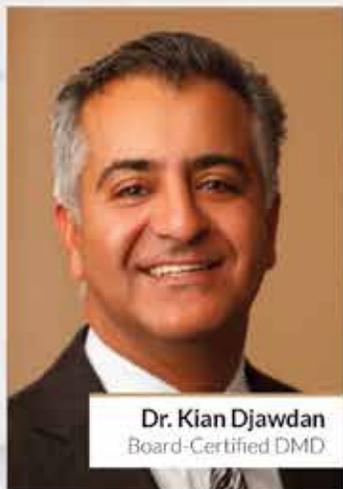
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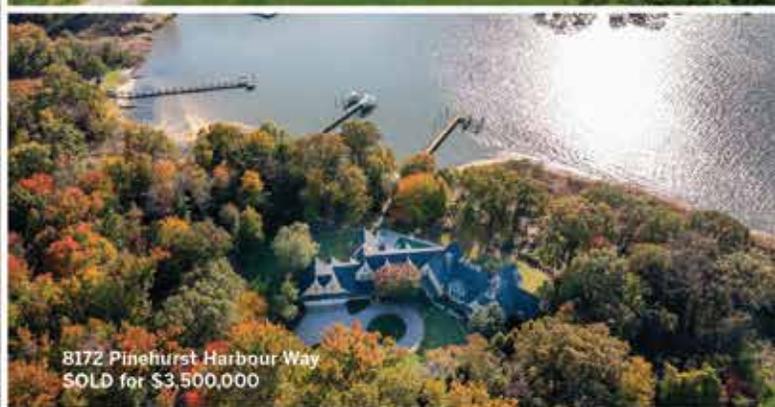
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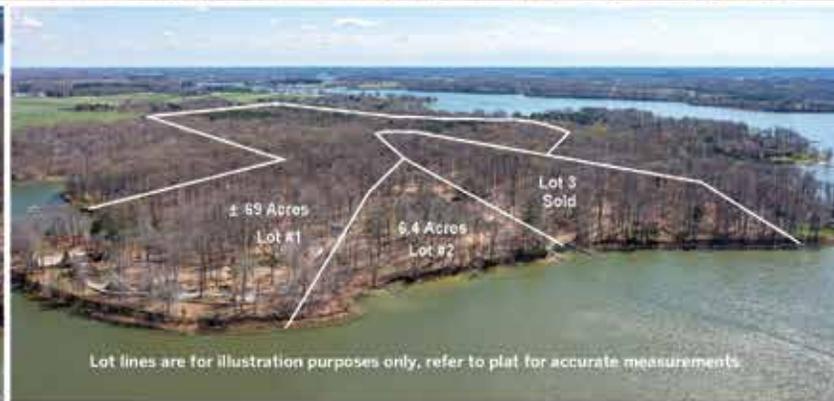
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On the Cover: Explore the principles of philanthropy in this month's issue. Design by August Schwartz. Contact *What's Up?* Eastern Shore online at whatsupmag.com. Please recycle this magazine.

May contents



39

Features

23 Gift Guide A special advertiser collection of Mother's Day gifts

25 Leading Lawyers 2022-2023 After months of professional surveying and vetting, this year's class of Leading Lawyers is revealed

29 Leading Legal Professionals A special advertorial section introducing readers to exceptional firms and attorneys practicing in the region

39 Making Our World a Better Place A discussion of the importance of philanthropy within our communities and best practices to fulfill charitable missions *By Gary Jobson*

47 Maryland's First Famed Horses As the Preakness Stakes approach, we offer a historical account of our state's founding fathers of thoroughbred racing and their legendary horses *By Ellen Moyer*



47



58



73

Home & Design

56 Home Garden: Decisions, Decisions How to organize your outdoor spaces for guests *By Janice F. Booth*

61 Country Cottage Classic Inside a turn-of-the-century Fishing Creek masterpiece *By Lisa J. Gatto*

Dining

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

74 Savor the Chesapeake Restaurant news and culinary trends from the Chesapeake Bay region *By Megan Kotelchuck*

76 Readers Restaurant Guide More than 125 regional restaurants listed

Health & Beauty

By Dylan Roche

- 66 Fresh Take: Tomatoes**
- 67 Lashes for Days**
- 68 Fitness Tips: Leg Day**
- 69 Summer Style**
- 70 Office Affects Health**



68

WHAT'S UP?
eastern shore

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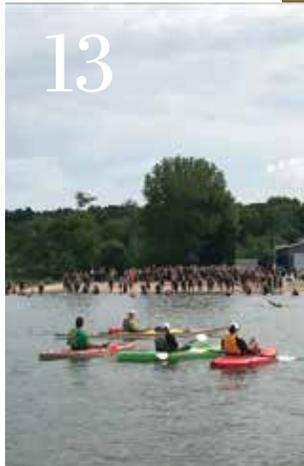
COMING UP IN
JUNE 2022

Best of Eastern Shore 2022
Summer & Waterfront Dining Guide
Next Generation of Environmental Leaders
Primary Election Preview

May contents

In Every Issue

10 From the Publisher
Veronica Tovey shares her thoughts on What's Up? Media's 25th anniversary



18

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

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

20 Towne Athlete Meet Kevin O'Connor of Easton High School *By Tom Worgo*

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

e-contents



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From the publisher



Even after all these years,

YOU CAN TELL FROM THIS

new picture of me

THAT I STILL LOVE BEING PART OF

What's Up? Media!

I've aged a little over 25 years, but then, who hasn't? I don't feel any older than in 1997 and my belief is that being so closely connected with our wonderful communities has kept me feeling younger.

People often ask why I started What's Up? I moved here in 1990 and became involved with different organizations, but what I didn't find was a complete sense of community that encompassed all our best parts. I hoped I could create a publication that spoke to all of us and included everyone in what was going on around us...that's where our name came from, *What's Up?*

Throughout the years, the world and our communities certainly have changed, yet our mission stays the same. Gathering our communities together through our publications. We hope you see us as a unifying force and a good place to find out about great events as well as important issues requiring our understanding and input.

Another question often asked is, how do we find enough to write about month after month and year after year? To that I answer—the absolutely wonderful people who have helped us throughout the years! Our readers are quite active in giving us their thoughts. And without your input we wouldn't know as many stories. Also, our employees, writers, and photographers are local and so every person has their own special information and interests. Without you, our readers, we would not have succeeded and that extends to our excellent advertisers. Together, everyone becomes a team.

For the next 25 years (at least), What's Up? Media will strive to continue informing and encouraging what's good in our communities and for us, individually, I hope we all grow and prosper in health, happiness, and wellbeing. Most importantly—that we may live in peace!

Veronica Tovey,
President + Publisher

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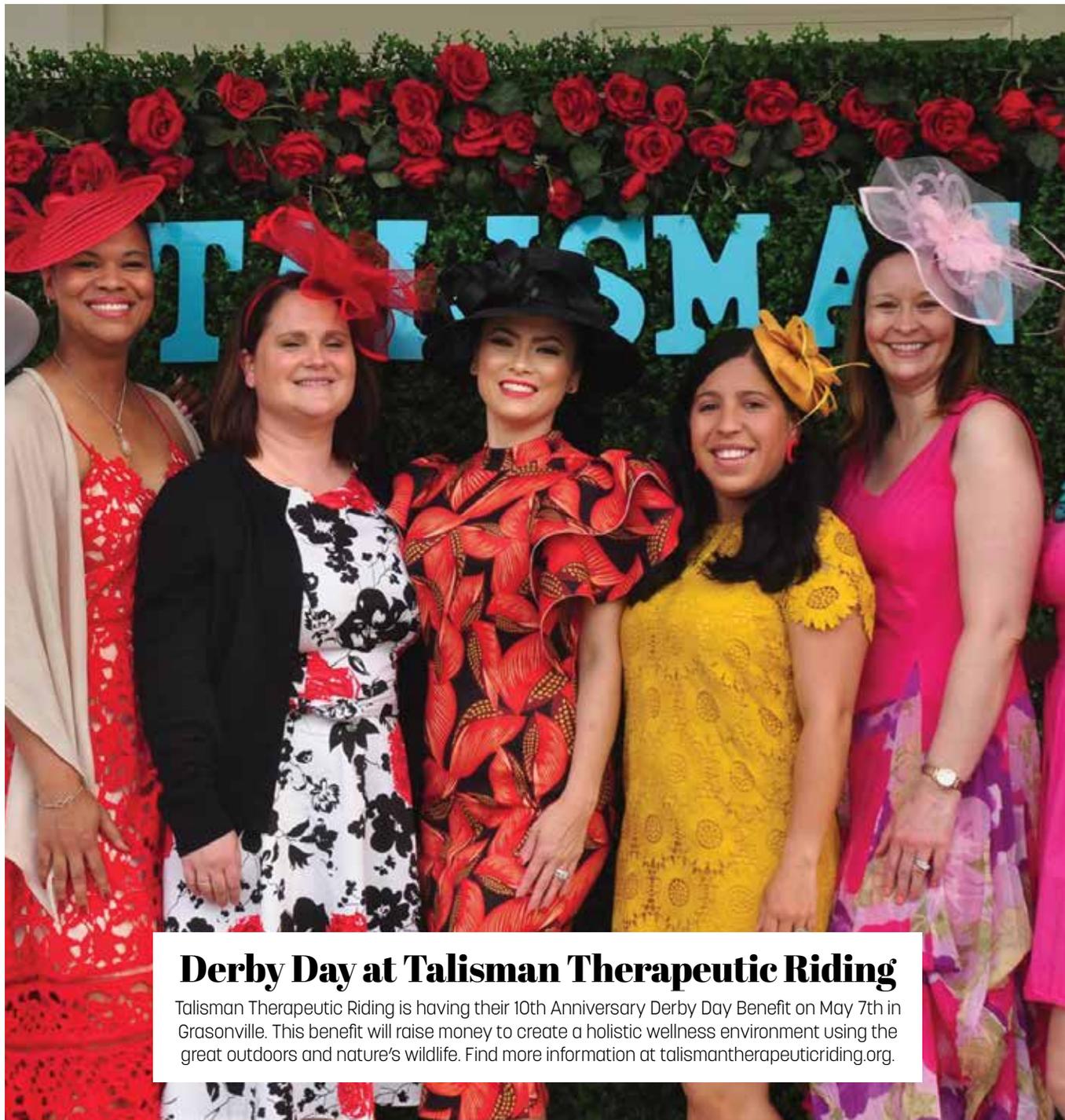


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Out on the **TownE**

13 EVENT PICKS | 18 SPOTLIGHT | 20 ATHLETE



Derby Day at Talisman Therapeutic Riding

Talisman Therapeutic Riding is having their 10th Anniversary Derby Day Benefit on May 7th in Grasonville. This benefit will raise money to create a holistic wellness environment using the great outdoors and nature's wildlife. Find more information at talismantherapeuticriding.org.



↓ C3 TRI-COUNTY CLASSIC

Chesapeake Cycling Club's Spring Cycling Event on the Eastern Shore on May 14th at 8 a.m. starting and finishing at Talbot County Community Center in Easton. Proceeds from these 66.2- and 37.3-mile courses go to ALYN Pediatric and Adolescent Rehabilitation Hospital, Moveable Feast, and Operation Second Chance. Find more information at ridec3.org.

↑ Chestertown Tea Party Festival

Memorial Day weekend is back and that means so is the Chestertown Tea Party Festival in Downtown Chestertown. The festival will run May 27th through May 29th and marks the anniversary of one of the area's most legendary historic events, when the citizens of Chestertown—in an act to show resistance to British rule—tossed a ship's cargo of tea overboard into the Chester River in 1774. The celebration will include a Friday night block party, Saturday morning 5K and 10-mile race, craft beer and local wine samples, craft vendors, a parade and more. Find more information at chestertownteaparty.org.



Six Pillars Century Blackwater Tour Fundraiser

Six Pillars Century is back for the 15th year. The routes will be the same as last year and show exactly what Dorchester County has to offer. The Bike Tour will be on May 7th along the backroads of picturesque Blackwater Wildlife Refuge and will include three flat routes: 37-, 56-, or 100-miles. To sign up, visit bikesignup.com/race/md/cambridge/sixpillarscentury.

↑ ACADEMY ART MUSEUM ANNUAL SPRING EVENT

May 14th is an exciting evening at Academy Art Museum in Easton. The Annual Spring Event will be filled with delicious food and drinks as well as extraordinary art. Proceeds from the event provide vital funding for the Museum's exhibitions and educational programming. Find tickets and the most up to date information at academyartmuseum.org.



MARYLAND FREEDOM SWIM

Join ShoreRivers on May 15th from 7 a.m. to 11 a.m. for the Maryland Free Swim. Learn to navigate the Choptank River in Cambridge between the bridges from the Talbot County side to the Sailwinds Park beach access point on the Dorchester County side. This is a 2-mile trip across the Choptank River, which will be supported by paddle craft, motor craft, and the U.S. Coast Guard. Find more information at shorerivers.org.



↑ Ride for the Feast

This is the 20th year of Moveable Feast's largest annual fundraising event. The ride will be May 21st and start and end at the Talbot County Community Center in Easton. Moveable Feast raises money to support their mission to serve people who live at the intersection of serious illness and food insecurity by preparing and delivering medically tailored meals and providing nutrition education, all at no cost to the client. Riders will have the option to ride a 101-, 69-, or 42-mile ride along Maryland's iconic Eastern Shore. Virtual riders are also able to register and set their own goals and challenges. Find more information at rideforthe Feast.org.

OXFORD FINE ARTS SHOW

Visit the Oxford Community Center May 20th through 22nd for the three-day annual Fine Arts Show. The prestigious juried exhibit draws a wide selection of regional collectors as well as from major cities along the Eastern Seaboard. The show is well-known throughout the region and is celebrated as the season's "kick-off" for art lovers. There will be a preview party on Friday where attendees will have the chance to meet the artists, view the exhibit, and buy art. The exhibit will be open Saturday and Sunday from 10 a.m. to 4 p.m. Find more information at oxfordcc.org.



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320 Wye Harbor Dr • Queenstown | \$1,375,000



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Under Contract

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Beautiful Cape Cod with first floor primary suite, home office (or 4th BR), living room, kitchen and sunroom, with storage, laundry, and pellet stove. Situated on 1.22 acres! An expansive dock wraps around the entire back of the house.



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924 Cloverfields Dr
Stevensville | \$350,000

Charming Cloverfields rancher sits on a generous .35 acre lot and faces west, capturing lovely sunset. This home has fresh paint, a large kitchen w/ granite counter tops, new carpet in bedrooms & large laundry space. Entertain on the spacious deck out back, huge fenced yard, and fire pit! Plus, huge double bay garage/workshop. Community amenities include, boat ramp, beach, playground, community pool & more!



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318 Creekside Commons Ct
Stevensville | \$297,400



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↑ Swan Cove Spa & Salon Has Relocated

Established in 2005 and having quickly become locally popular, Swan Cove Spa & Salon has announced their move from the Stevensville area to nearby Chester; specifically to the Kent Narrows Boatel/Piney Narrows property, which has been adding to its fleet of services and providers (including a soon-to-be-opened restaurant). Swan Cove provides hairstyling, hair treatment, hair color, hair removal, nail treatment, skin treatment, facial, massage therapy, and acupuncture services. “We are now a waterfront spa and salon with medical esthetics at Piney Narrows,” states owner Kelli Connaughton. “The new location is beautiful!”



ARC CENTRAL CHESAPEAKE PROMOTES FROM WITHIN

The Arc Central Chesapeake (The Arc) recently announced the promotion of Catie Comer to Vice President of Development.

In this new role, Catie will lead the fundraising strategy for The Arc and its subsidiaries by partnering with stakeholders and communities to raise awareness of the transformational work The Arc does and foster partnerships to generate resources to support our continued growth. “Over the last seven years, Catie has been instrumental in the expansion of The Arc’s development programs from expanding our Family Fund through annual giving to raising over \$100,000 for our last two annual golf tournaments,” says Jonathon Rondeau, President & CEO of The Arc. “Catie will also use her experience and knowledge to launch and manage our upcoming \$8 million capital campaign, Expanding What’s Possible.”



Left: Alicia Myers Right: Cheryl Lee

↑ MID-SHORE PRO BONO STAFFING UPDATES

Mid-Shore Pro Bono has recently announced Alicia Myers of Queen Anne has been promoted from Community Outreach Coordinator to Elder Law Case Manager, and Cheryl Lee of Preston has been hired as the nonprofit’s new Administrative Director. Both are working out of Mid-Shore Pro Bono’s Easton offices. “We love to support the career advancements of our growing team,” says Mid-Shore Pro Bono Executive Director Meredith Lathbury Girard, Esq. “Alicia serves our clients well with her approachable personality and expertise in managing elder law cases, and Cheryl is a topflight administrator with extensive non-profit experience, keeping many of us on mission while she handles the details of running our offices.”

Choptank Community Health Receives Grant

Choptank Community Health System was recently awarded a \$25K grant through the School-Based Health Center (SBHC) Food Access Learning Network and Share Our Strength’s No Kid Hungry Campaign. The funding will be used to provide what Choptank Health is calling “produce prescriptions” to students along with health education on topics including the importance of a healthy diet and physical activity. Beginning this spring and continuing over the summer, Choptank Health will be teaming up with local produce stands, farmer’s markets, and more to help ensure no child goes hungry along the Mid-Shore. “This is a great example of how collaboration with other organizations can help our community,” says Choptank Health CEO Sara Rich. “We’re excited to bring locally sourced produce to more Mid-Shore families.” To learn more, visit choptankhealth.org.



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



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THE EMPLOYEE RETENTION CREDIT (ERC)

Similar to PPP, the Employee Retention Credit is a form of Covid relief that was passed to help businesses and keep workers employed. We have noticed that many companies who qualify do not know they qualify. The credit comes in the form of a cash refund and is in the amount of up to \$26,000 per employee. Businesses can qualify by passing either test: 1. partial suspension of operations during 2020 and 2021 (capacity restrictions, spacing restrictions and other government restrictions allow businesses to qualify) or 2. a revenue decline test for 2020 and 2021.

Did you know you can still claim the Employee Retention Credit (ERC), going all the way back to Q1 2020? Even if you got a PPP Loan!?

The business community has been painfully impacted by the pandemic, and businesses in Virginia, and beyond, have been able to claim the ERC to help maintain their payrolls and navigate the uncertainty. Even if your revenue didn't drop, you may have experienced a partial suspension in operations that would make you eligible. Join our speakers to discuss ERC and eligibility for the credit, and how businesses frequently meet the criteria.

PANELISTS



Rebecca Sheppard, Esq., Director, Frost Law

Rebecca provides tax solutions for individuals and businesses including limited liability companies, partnerships, and corporations. She is well versed in the intricacies of individual and corporate income tax, motor fuel tax, business license revocation, tax relief and collection issues, appeals, and state and local tax matters.



J. Peter Haukebo, Esq., Director, Frost Law

Peter's practice focuses on the areas of tax controversy and planning and business transaction matters. He's been representing individuals and businesses including corporations, partnerships, and limited liability companies since 2012. Peter's background includes licensing, mergers and acquisitions, wills and trusts, estate planning, corporate governance, and settling/resolving tax disputes between clients and collections agencies such as the IRS.

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TOWNE ATHLETE

Kevin O'Connor

Easton High School Football

By Tom Worgo

Coaches had what you might call the perfect plan for the Easton High football team's quarterback position. Ryan O'Connor, a senior at the time, would start at the position during the 2020 season and his brother Kevin, a sophomore, was slated to serve as the backup in his first year on the varsity. Both had great size, strong arms, and could run for big chunks of yards. Kevin was to replace Ryan after he graduated last year and moved onto the University of Delaware with a football scholarship in hand.

The plan changed somewhat, however, during the pre-season: Kevin became the starter at linebacker. It was the last thing he expected to happen. "They just threw me in on defense during training camp in August," Kevin says. "I thought I was going to be strictly a quarterback in high school."

Former Easton Football Coach Pat McGlinchey felt he had to play Kevin at linebacker since he possessed all the physical skills of a future college player. "He just shined," McGlinchey says of the signs he saw early in the season. "Kevin is an exceptional athlete. He could play anywhere on the football field."

Playing defense turned out to be the best thing that ever happened to Kevin—at least in terms of football. The 6-foot-4, 215-pound outside linebacker led Easton in sacks (7.5), tackles for loss (15), and hurries (6) by a large margin playing 100 percent of the snaps.

More importantly, what happened 10 months later shocked even Kevin himself. The University of Virginia offered him a scholarship. Offers also followed from Towson and Old Dominion universities. Kevin, who carries a 4.1 grade-point, also got strong interest from Harvard University.

"When I first got that text from the Virginia coach," Kevin says. "I was like 'What the heck! This is crazy.'"

One of Easton's assistant coaches, Jacob Fowler, sent game film to a friend, Virginia outside linebackers coach Kel-

**“
KEVIN IS AN
EXCEPTIONAL ATHLETE.
HE COULD PLAY
ANYWHERE ON THE
FOOTBALL FIELD.”**

ly Poppinga. It's clear he must have liked it. "When they saw his film, they were blown away by it," says McGlinchey, who served as head coach from 2018 to 2021. "It was essentially a perfect storm that happened. They were looking for a certain body type and Kevin fit that body type."

Virginia tops O'Connor's list. He also likes Virginia Tech and visited both schools in January. "I really like Virginia a lot," he says. "I like their academics. I am really looking for what I can do for a career after football. It's all going to come to an end at some point."

Before O'Connor goes off to college, he still has a senior year to play and dominate again. The 17-year-old O'Connor made the Bayside Conference First-Team defense for both of his seasons on the varsity. This past fall, he led Easton in sacks (4), tackles for loss (11), and forced fumbles (2). He played about 20 percent fewer snaps that season than the previous one.

"He is fast, can move sideline-to-sideline and chase anyone down," McGlinchey says of a player who runs a 40-yard dash in 4.6 seconds. "He likes physical contact."

O'Connor made an impact at quarterback, too. Last fall, in his first year as a starter, he threw for 17 touchdowns

and 1,869 yards while rushing for 654 yards and six more scores. The Bayside Conference named him a Second-Team selection.

New Easton Football Coach Matt Griffith believes O'Connor could take a big step forward this fall. "He can take over a game on either side of the ball," says Griffith, who had previous stints as Easton's head football coach and offensive coordinator. "He has a chance to be the conference player of the year on offense or defense."

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

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2022



2023

LEADING LAWYERS

Eastern Shore

Last fall, we conducted our biennial **Leading Lawyers Peer Review Survey**, inviting all attorneys and judges who practice law throughout the Eastern Shore, Anne Arundel County, and Central Maryland to participate. We would like to thank the many area attorneys who took the time and effort to fill out the official ballot online.

A true peer review survey is a rarity today—most publications don't take the time and energy to conduct the survey and balloting inhouse, which makes these results all the more meaningful. These are not "editors' picks" or the result of limitless ballots from the general public. **These honors only come directly from other**

attorneys and judges—people who really know what it takes to be a good lawyer right here in Maryland. We are especially gratified because we believe this biennial poll provides **an invaluable service to our readers**.

The following names, in 24 categories, represent the individuals who clearly received the most substantial amount of votes, not everyone who was nominated. **No attorney paid to be on this list.** Some categories list more names than others. This is as a result of the especially active voting in those categories. Congratulations to all Leading Lawyers named herein!—*James Houck, Editorial Director*

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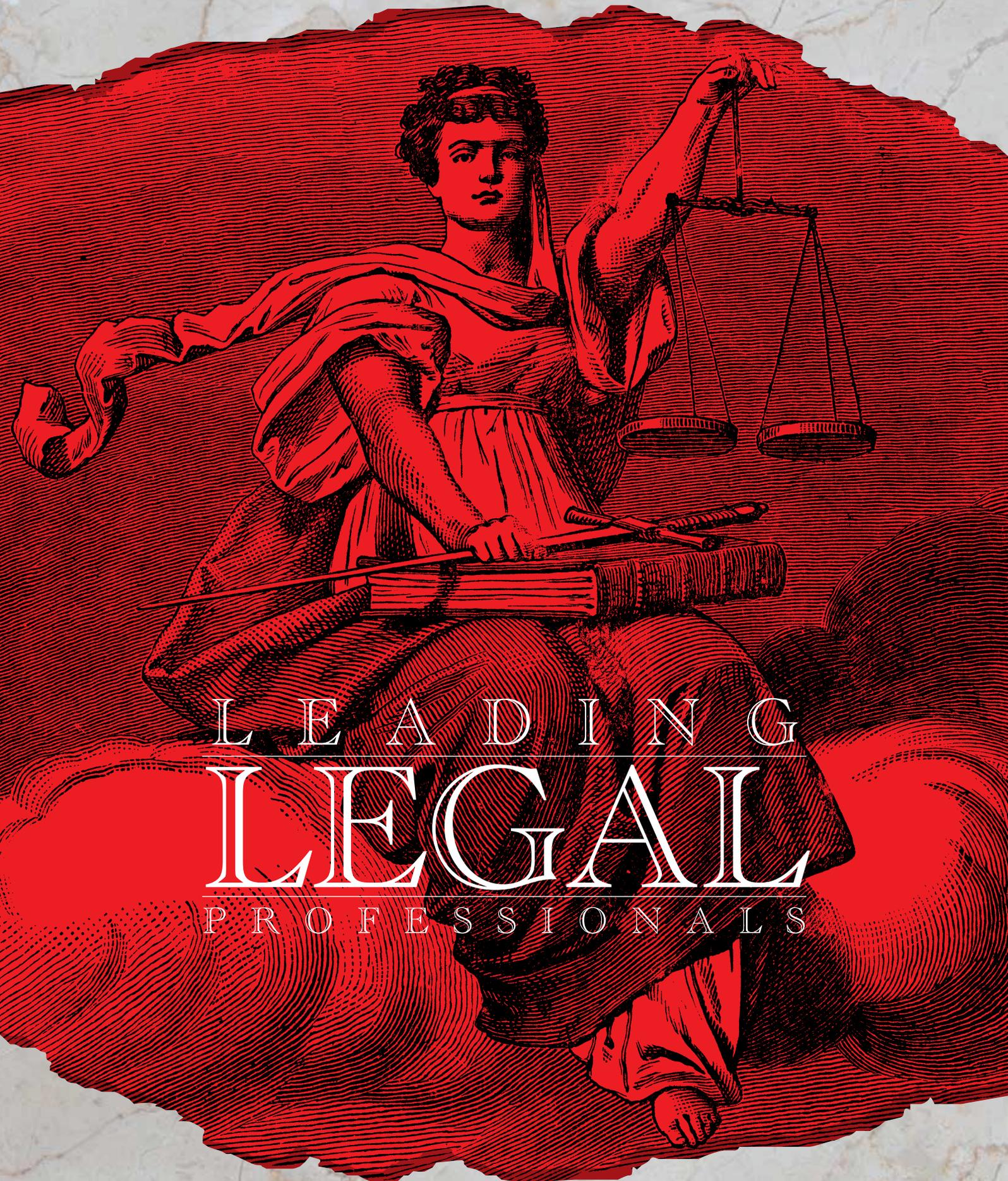
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Kagan Stern's business law practice includes corporate formation and organization, drafting contracts and business agreements, mergers and acquisitions, and financing and security transactions. In addition, our attorneys draft and review intellectual property and related licensing agreements and handle other general counsel needs of our business clients. The firm also participates in real estate matters, including drafting and negotiation of leases and purchase contracts, and conducting real estate settlements through its title company affiliate, Title Nation.

The firm's employment law practice involves advising businesses and individuals on nearly all aspects of the employment relationship. The firm's attorneys draft and review employment agreements, nonsolicitation and noncompetition agreements, confidentiality and nondisclosure agreements, severance agreements, employee handbooks, and employment policies. They also advise on matters such as wage and hour compliance, trade secret protection, discrimination and leave laws, and privacy issues. Kagan Stern's lawyers are trained and experienced in conducting confidential internal investigations for businesses regarding potential violations of employment laws and other sensitive business matters.

When litigation arises or becomes necessary, the firm's experienced trial attorneys handle a wide variety of complex civil cases in trial and appellate courts, as well as in arbitration and before governmental agencies or boards. The litigation attorneys at Kagan Stern are experienced in handling cases involving business, employment,

trusts and estates, real estate, and various other types of disputes.

The combination of business, transactional, and trial experience makes the attorneys at Kagan Stern an ideal choice to represent companies as outside general counsel to work with management on a regular basis to address the particular legal needs of the business.



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John Leo Walter, Esquire

Mr. Walter – how does it feel to be voted an outstanding litigator on the Eastern Shore?

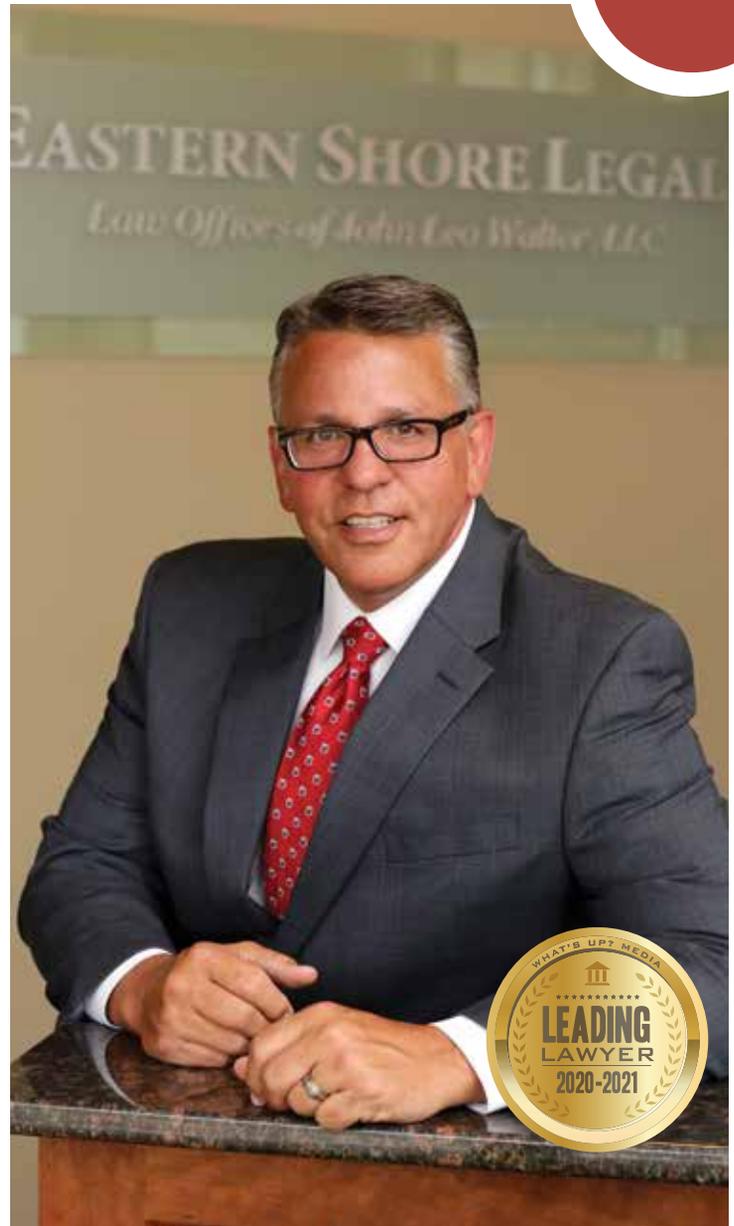
I am grateful, honored and proud to practice law here on Maryland's Eastern Shore. I have been a trial lawyer for over 25 years. I have a deep respect for the law, the judiciary and the attorneys that I practice with on a day-to-day basis. I am honored to be recognized as an outstanding lawyer and will endeavor to work as hard as possible to be the best.

Can you explain to the readers what a litigation attorney is?

Yes. A litigation attorney is a lawyer that focuses primarily on courtroom trial work. A litigation attorney defends and represents Plaintiffs and Defendants in the Maryland Court system. Under the category of litigation, there are sort-of subcategories, so to speak, lawyers that focus on certain areas of the law. For instance, some lawyers do family law; some do real estate. My firm focuses mostly on criminal and traffic defense—as well as personal injury cases (serious auto accidents, medical malpractice, premises liability, etc.) and breach of contracts.

What is the best way to find a good lawyer?

Hiring a lawyer is a big decision. Depending on the reason you need a lawyer, it might be one of the biggest decisions you ever make. I am a big believer in asking friends and family for a referral – if friends and family had a good experience with a lawyer, chances are you will too. However, sometimes you do not want to tell friends/family that you need a lawyer or you're not local and don't know any lawyers – in that case, it is best to (1) get a local lawyer (a local lawyer will be familiar with the judiciary and is easily accessible unlike a big out-of-town law firm) and (2) interview at least 2-3 lawyers before making your decision to hire one. I believe people get the best legal representation when they are comfortable with the lawyer they hire. When you interview the lawyer, make sure you ask tough questions – how long have you been practicing law? How many cases have you handled like mine? Can you give me some examples of the cases you have litigated? How often do you go to Court? A good lawyer will be happy to answer all of your questions and will encourage you to interview with other lawyers.



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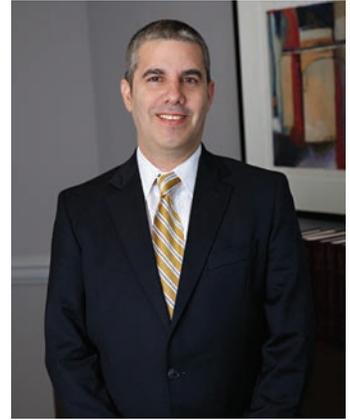
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McNamee Hosea, P.A. is a trusted full-service law firm serving clients in Maryland, DC and Virginia. Our attorneys advise entrepreneurs, businesses and individuals on a wide range of law services including, business law, estates and trust, family law, tax, litigation, bankruptcy, employment, real estate, land use and zoning, construction law and criminal defense. Our attorneys are passionate about providing our clients with exceptional, valuable and effective client service through zealous advocacy and creative strategies that will make a difference. We love what we do!

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McAllister, DeTar, Showalter & Walker LLC Expands on the Eastern Shore

MDSW is comprised of experienced lawyers whose collective focus is the efficient delivery of legal services in a wide variety of practice areas. Our lawyers have spent decades representing a diverse group of clients, including individuals, families, Fortune 500 companies, private equity firms, hospital systems, banks, closely-held businesses, municipalities, and school systems. Our practice is focused on sophisticated and complex business, finance, civil litigation, real estate, agricultural and zoning matters.

MDSW's attorneys work collaboratively so that our clients benefit from our respective experience and expertise. In addition, MDSW lawyers have a deep commitment to the Eastern Shore. Some of our lawyers were born and raised here; some have relocated because of the many attributes of this region; but all of our lawyers and their families are deeply involved in and integral to the fabric of this community.

After years of deliberate and strategic growth, MDSW further continues to expand. In 2021, John Costello joined the firm. An avid boater, John began his career as a naval architect. After earning his J.D. at the University of Maryland School of Law, he served as Managing Counsel of Intellectual Property and Technology for Laureate Education, Inc. and Walden University, LLC. John has previously served as counsel for large public corporations and privately-held companies.

Charlie Capute, a well-respected and experienced Estates & Trusts attorney, is the most recent addition to the firm's Easton office. Charlie adds significant depth to an existing area of strength at MDSW: estate planning and administration. Charlie has enjoyed a lengthy career advising clients throughout the region. "We are fortunate to partner with such a prominent and experienced member of the bar. Charlie has been a friend, colleague, and referral source to many of the lawyers at MDSW, and the addition of Charlie and his exceptional paralegal staff is a perfect fit for this firm," said Douglas Walker, Managing Partner of MDSW.

With the long presence on the Eastern Shore of MDSW lawyers, we appreciate the challenges our clients often face in this unique market. When you live and work here, you view client relationships as a privilege and responsibility, and serve them and our community with stewardship and purpose. The resources and caliber of MDSW lawyers enable us to provide the level of legal services expected at a large firm but with affordable rates and personalized attention.

McAllister, DeTar, Showalter & Walker

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Evans Law

Established in 2011, Evans Law has grown from a staff of three in 2020 to eight at the beginning of 2022. Our three partners- Matt Evans, Gary Damico, and Jonathon Scruggs- underline the firm's three exclusive practice areas: real estate, construction, and land use. Senior Associate Angela Tonello headlines our formidable litigation practice along with Senior Paralegal Jessica Chandler. Together, our staff holds a combined six decades of legal experience.

Just what do we handle? If it involves real property, it's probably us! Residential and commercial sales, acquisitions, and leasing. Property line disputes. Unruly neighbors. Fences. Sheds. Zoning. Easements. Development. Land sales. Investors' general counsel. Landlord-tenant conflict. HOA and condominium governance. Construction agreements. Non-payment. Non-performance. Substandard construction. Latent defects. Complex non-arms-length deed conveyances.

We genuinely enjoy these exciting and ever-evolving topics. Please reach out to discuss any of your needs!

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Law Office of Marla Zide, LLC

At the Law Office of Marla Zide, LLC, we assist individuals and families across Maryland to confront and resolve family law, adoption, bankruptcy, and criminal matters.

Marla Zide represents clients in matters of family law and adoption. As an advocate for children, Zide has been appointed as a children's Best Interest Attorney by the court. Since 2014, Zide has been recognized to the Super Lawyers Top 50 Women and the Super Lawyers Top 100 since 2015. Robert Siegel joined the firm as a partner in 2019 bringing decades of experience in bankruptcy, DUI, and criminal law. Siegel has represented clients in every County Courthouse across the State. Siegel expanded his practice to assist clients in family law matters when he joined the firm in 2019. Joshua Tabor was named partner in the firm in 2021 and has been an associate with the firm for over 6 years. Tabor handles all matters related to family law and represents clients in protective order cases, civil District Court matters and certain criminal matters. Since 2020, Tabor has been recognized as a Super Lawyers Rising Star. Lisa Windsor concentrates exclusively in family law matters and has done so for over 10 years. Also, an advocate for children, Windsor has been appointed as a children's Best Interest Attorney and serves as a Family Law Mediator for the Circuit Court for Anne Arundel County. Since 2017, Windsor has been recognized as a Super Lawyers Rising Star. W. Ryan Parry joined the firm in 2020 after a Judicial Clerkship with the Honorable Ruth Jakubowski. Parry concentrates his practice in both family law and District Court criminal matters.

With nearly five decades of combined experience, you can rely on our compassionate and dedicated guidance to address and ultimately accomplish your goals.



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Parker Counts

Operating in the same location in beautiful downtown Easton since 1958, Parker Counts is traditionally a general practice law firm with strong focus on all facets of real estate and estate planning. Our attorneys offer advice and representation on legal matters to individual clients and businesses on the Mid-Shore and beyond from offices in Easton and Cambridge. Caring and focused, these trusted advisors are efficient problem solvers, but strong and effective advocates when required. They have a long history of community involvement and service.

Willard "Burry" Parker, Partner: Real estate, zoning and land use, civil litigation, appeals, corporations, business acquisition, personal injury, and estate planning.

Ann Karwacki Goodman, Partner: Estate planning, tax, estate and trust administration, and elder law.

Jesse B. Hammock, Partner: Civil litigation, land use and environmental litigation, employment law, real estate, and estate and guardianship litigation.

C. Lee Gordon, Partner: Estate planning, estate and trust administration, tax, elder law, real estate, and business transactions.

Peter R. Cotter, Associate: General civil litigation, family law, divorce and custody, landlord-tenant, traffic, real estate, and zoning.

Lynn Dymond, Associate Counsel (Cambridge based): Estate planning, estate and trust administration, real estate, tax, and elder law.

Martha M. Effinger, Associate: Business formation and planning, real estate and business transactions, estate planning, and estate and trust administration.



129 N. Washington Street
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Andie Ross, Esq.

Bankruptcy attorney Andie Ross has dedicated her practice to providing tailored solutions to individuals and businesses throughout the region. As a full-time resident of the Shore, she wants to see her community thrive and wholeheartedly believes that everyone deserves a second chance. "We are living through extraordinary times, which none of us could have predicted and most people are simply overwhelmed. Now is the time to take control of your financial situation – you've got options!" she says. The people who come to her to start a new financial life are more than just clients – they are her neighbors, who deserve her personal attention every step of the way. Ms. Ross welcomes all inquiries and provides a free and confidential consultation to review all Debt Consolidation, Debt Settlement, and Bankruptcy options. The Law Office of Andrea Ross remains open for business during the current Coronavirus crisis and will continue to file new cases. It is important to stay calm and understand that there are solutions available for people facing financial difficulty.

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At Duke Law, LLC, we put the people of the Eastern Shore first. Our attorneys practice in the following areas: divorce, custody, DUI/DWI, criminal law, wills, estates, property and riparian law, maritime and equine law.

With nearly a decade of experience handling Upper Eastern Shore real estate transactions, Duke Law is ready and able to handle all aspects of your next real estate closing. When you choose our firm, you will receive friendly, flexible and competent legal assistance.

Whether you are facing a divorce or custody dispute or criminal charges, we understand how difficult and stressful this can be. Regardless of the type of case we handle for you, our focus is always on fighting for your best interest and helping you prepare for the future.

Pamela L. Duke, Esquire, Principal
Bridget M. Mahoney, Esquire, Associate Attorney
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Joyce & Associates, LLC

Joyce & Associates, LLC has been serving clients throughout Maryland, but with emphasis on the mid-shore region, since 2009. The Firm has a particular focus on divorce and custody litigation, but also handles many diverse matters including business representation, estate planning, criminal defense, and personal injury. We solve problems for our clients, and that starts and ends with your goals being the most important focus. No two cases are the same and we work with each client individually to formulate a plan to address each client's goals and needs individually and with compassion. Many of our litigation clients meet with us at some of the darkest points in their life and we pride ourselves in helping clients get through those moments with long term solutions – and in a manner our clients can afford. Call today to at 410-643-3647 to schedule a consultation with Kevin or Christine to discuss solutions to achieve your goals, or visit our website at www.annapolisbarrister.com.



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Q: Will my bankruptcy appear in my credit report and how will it affect me?

A: In most cases, Bankruptcy will typically discharge all your debt liability, leaving you a much better Credit Score and out-of-debt after your discharge. When you then make timely payments, you can usually

receive new credit at good rates within 10 months and obtain a Mortgage after two years. While the Bankruptcy will be listed on your Credit Report, Lenders make loans based on Debt Ratio, Income & credit worthiness. There are exceptions, but you will probably have little difficulty in re-establishing credit.

Cami Russack

RLC Lawyers & Consultants



Q: What should I do if I get into a car accident?

A: If you are involved in an auto accident it is very important to (i) call the police; (ii) exchange information with the at-fault driver getting insurance information, driver's license

number and tag number (with the advent of smart phones — it is super easy to simply take pictures of all of these things); (iii) take a picture of the property damage and the location of the accident; (iv) seek medical treatment, and (v) contact a lawyer.

John Leo Walter, Esquire

Eastern Shore Legal®



Q: Can my spouse gain access to detailed financial information regarding my business during our divorce?

A: Discovery rules are quite broad and permissive in family law cases. Even when a business was established prior to the marriage, if it was owned by a spouse during the marriage, certain books and records of the business will likely be discoverable during a divorce case, including but not limited to corporate tax returns, profit and loss statements, corporate

formation documents, depreciation schedules, partner distributions and employee wage and salary data. The stock of the business may be subject to valuation, which can be an expensive and intrusive process. It is important to work with a legal team equipped to navigate the added challenges associated with business ownership and other complex assets in the context of divorce.

Janine Evans Wolford

MDSW



Q: What sort of estate planning issues arise from transferring a family business to the next generation?

A: Each situation is different, but a primary concern is control and governance: who will inherit voting power, and what rights will minority members have if they want to sell? These matters can typically

be addressed through a shareholder or partnership agreement. A well-crafted estate plan will give minority owners the ability to exit the business without creating undue litigation risk or the threat of a forced sale. Income and estate tax concerns must also be addressed in the succession plan. Franke Beckett LLC brings both planning and litigation experience to the table in assisting business owners with their estate planning.

Jack K. Beckett

Franke Beckett LLC



Q: Are you unemployed? Behind on your rent, mortgage, or car payment? Do you have mounting medical or credit card debt? Did the Coronavirus pull the rug out from under you?

A: You've Got Options! There are major differences between debt consolidation, debt settlement, and bankruptcy. Bankruptcy is a legal proceeding for those that cannot afford to pay their

debts. It enables a business or person to become debt-free by allowing them to get a fresh start. There is no greater time than now to get a free & confidential consultation to learn about your options. We can discuss debt consolidation, debt settlement, and bankruptcy. The Law Office of Andrea Ross remains open for business during the current Coronavirus crisis and will continue to file new cases. It is important to stay calm and understand there are solutions available for people facing financial difficulty.

Andie Ross, Esq.

The Law Office of Andrea Ross, (800) 758-9265



Q: My partner and I are not married, but we share a primary residence. Is there a way that we can leave our primary residence to each other without having to pay Maryland's 10% inheritance tax?

A: Yes! If you and your partner are "domestic partners" as defined by Maryland law (at least 18, not related, not married to anyone else, and in a relationship of mutual

interdependence), there is a way to structure that inheritance so that it is exempted from the 10% inheritance tax. In addition to meeting the definition you must complete an affidavit with accompanying documentation.

Deborah F. Howe

Franke Beckett LLC



Q: What should I expect from my lawyer in litigation?

A: Litigation results after a lawsuit has been filed. While litigation can often be avoided, there are instances where the court has to be utilized. Competent legal counsel should advise you throughout

the process. In advising you, your lawyer should not be a cheerleader; he/she should clearly communicate the pros and cons of the factual and legal landscape of your case. Litigation is unpredictable, but your lawyer should be able to advise you of the approximate costs and benefits in pursuing certain strategies in litigation.

Jeffrey P. Bowman
Bowman Jarashow Law LLC



Q: What does McNamee Hosea offer its clients that separates it from other law firms?

A: McNamee Hosea attorneys always provide their clients with consistent and clear communication to solve whatever legal problem needs to be solved. Whether your legal problem involves a business dispute, an estates and trust issue, litigation,

employment, zoning, contract, criminal defense, bankruptcy, or anything in between, you can trust that McNamee Hosea attorneys will be understanding and empathetic. For more than forty years, our skilled trial attorneys and advisors have provided creative solutions to complex legal issues. Because of our diverse practice experience, we can handle all of your legal needs within our Firm, resolving them effectively and efficiently.

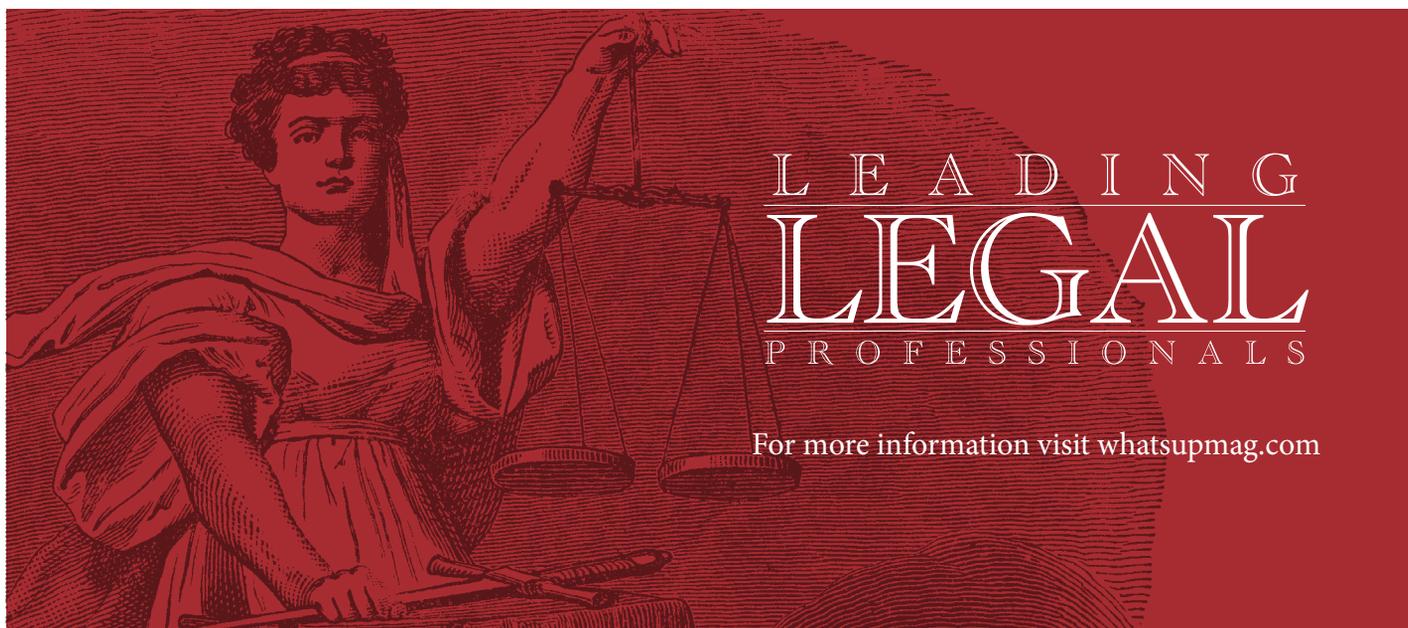
Jennifer M. Alexander
McNamee Hosea



Q: What duties do at-will employees owe to their employers?

A: Employees, regardless of whether they are at will or under contract, owe their employers a duty of loyalty, whereby employees must act solely for the benefit of their employers in all matters within the scope of employment, avoiding all conflicts between their duties to the employers and their own self-interests. This would include refraining from actively and directly competing against employers while still employed. Further, employees must safeguard their employers' confidential information and they have no right to disclose such information without the employers' consent. All employers should review and update their employee handbooks and policies so employees clearly understand all such duties.

Jonathan P. Kagan, Esquire
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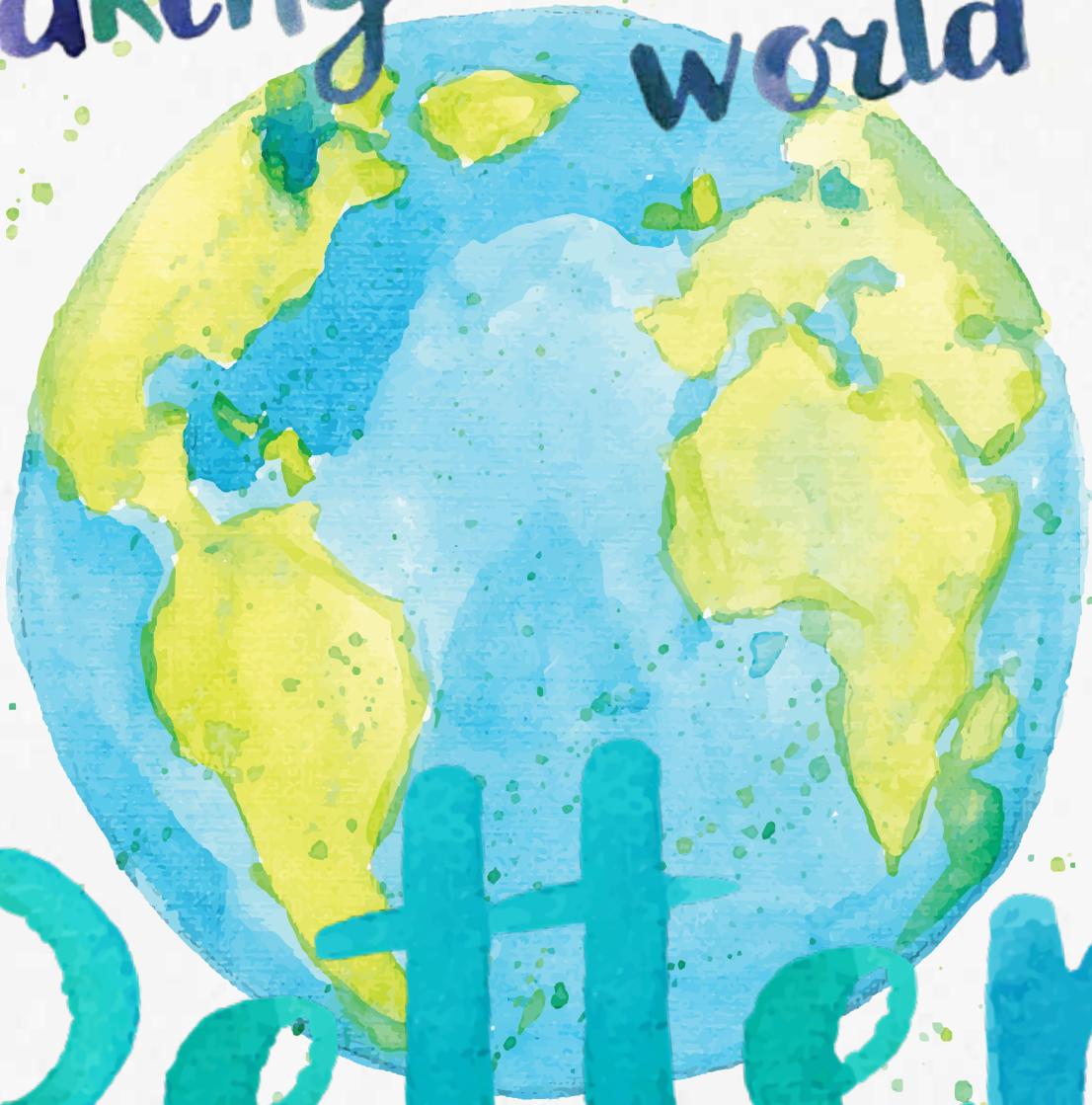
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Better
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by Gary Jobson

the importance of philanthropy in our communities and best practices to fulfilling the mission

The term “philanthropy” is defined as “the desire to promote welfare of others, expressed especially by the generous donation of money to good causes, time, and other forms of altruism.” In our region there are hundreds, if not thousands, of charities that rely on support from gifts. Americans tend to be open to donating to worthy causes. American tax laws generally allow for a deduction for donations, which helps motivate giving. Nonprofit organizations have been essential in raising funds to support a long list of causes including faith groups, healthcare, education, welfare, sports, environment, and historic museums. The most thriving charities focus on their core mission and are successful by making a compelling case to potential donors. While it might be too strong to say that everyone has a duty to help others, there is a reward and a good feeling for lending a hand to people in need or who are working to make our world a better place.

I have been involved with several nonprofit organizations over the years and have learned some of the techniques that are effective. There are many sad stories of charities who start out with good intentions but fail when most of the money gathered is used to, in turn, raise more money. An organization named “Charity Navigator” rates the efficiency of nearly 200,000 charities. It is a good resource to study before sending a contribution. I advise checking the financial information of a charity’s Internal Revenue Service 990 form. These forms are easily found on the internet. The information will give you confidence that your funds will be used appropriately.

One nonprofit museum I am involved with needed a hefty dose of funding to completely renovate a historic building and add modern interactive displays. The facility was closed for the work and there was no revenue other than donations. The Board of Directors was charged with raising the funds. It was going slowly. A development committee was activated but that group also struggled to raise the necessary funding. The next step the Board took provides a helpful lesson on how to raise funds. The Board asked five members to serve on an ad-hoc committee to work on the project. The new group was given six months to raise \$5 million. It looked to be a daunting task. I was one of the five committee members. Our first act was to hire a skilled manager to help us make our case.



Our committee met every Monday morning. I quickly learned that you did not want to be on the call and not have raised something over the previous week. We drew up lists of potential donors and assigned one or two members to make the calls. The manager would follow up with a package of materials that included a brochure, a personalized letter, a link to a few videos, and relevant financial information. Each week we would compare notes and fine tune our pitch. Our project got off to an encouraging start when we received several donations.

We invited prospective donors to the facility to get a first-hand look at the construction progress and learn about our vision to attract visitors. Our manager did research on the capacity of the potential donors. At these receptions, the committee members took turns talking with the guests. We limited the attendance to 25 people. Drinks and snacks were provided but the guests spent most of the time listening to our formal pitch and touring the facility. It was a good sign that the guests were more engaged with the program than the snacks. The first reception netted \$600,000. We were inspired and pressed forward. At the end of six months, we had exceeded our goal and the museum had the funds to complete the project, open debt free, and be able to operate for two years as revenue sources were put into action.

For additional perspective on the importance of philanthropy to organizations and, indeed, the entire community, I spoke to five managers employed by local nonprofits. Each person was passionate about their mission. (For the record, I have served on the Boards of four of the organizations I spoke with).

Jan Wood is the president of the Luminis Health Anne Arundel Medical Center Foundation and has been working in healthcare fundraising for fifteen years. She makes a strong case: "Hospitals touch every family at every stage of life. To meet our growing needs, we must have investment of philanthropic dollars." Wood says the hospital's needs have changed due to the Covid pandemic. "It forced us away from event fundraising and face-to-face contact with donors. We've had to find new ways to connect and maintain the quality and closeness of those relationships."

Suzanne Armstrong is the Vice President of Development of the Chesapeake Bay Trust and explains what donors look for: "Some are motivated by quantitative data and what their gift will accomplish, and others love a story that demonstrates human contact. Many will have a personal tie to the mission. Stories are memorable and storytelling has been a powerful tool to build connections." Armstrong suggests that the "ask" needs to be tailored to the individual donor. And, most importantly she adds, "People give to people."

Storytelling has been a powerful tool to build connections.



Alice Estrada is the President/CEO of the Annapolis Maritime Museum. She explains how her organization makes asks. "We take every opportunity to spotlight our accomplishments like our restoration of the skipjack *Wilma Lee*,

We believe it is important to provide a personal touch that welcomes donors at all levels to give again.

...serving underprivileged kids, and our exciting, state-of-the-art exhibits. We emphasize that their contribution provides a great return on investment in terms of impact in the community."

The open campus of St. John's College has been an iconic institution in downtown Annapolis since its founding in 1696. Kelly Brown is the Vice President of Development and uses a straight-forward approach to fundraising. "I start with understanding what is most important to them. We match the donor's passion with our need. It is individualized to each person. Scholarship support goes directly to students to keep tuition low and access to St. John's for all. This message resonates with many, many donors."

Historic Annapolis' President and CEO, Robert Clark, points out that his organization has been in operation 70 years and works to, "Maintain, interpret, and conserve 13 historic buildings of the rich history of Annapolis. We have impacted the quality of life for residents. We welcome all gifts, even the smallest

We emphasize that their contribution provides a great return on investment in terms of impact in the community.

of donations are critical to sustaining an organization. We believe it is important to provide a personal touch that welcomes donors at all levels to give again. Larger gifts are typically restricted toward a particular project or program."



One important lesson I learned from these five leaders is that education is an essential ingredient of their respective missions. The Chesapeake Bay Trust works with over 80,000 school children on environmental projects each year. The Trust believes that young people will be good stewards of our world if they learn to appreciate the environment at a young age. Estrada reports that education is the cornerstone of the Annapolis Maritime Museum. “We had a banner year with 12,000 youth participating in our various environmental education programs,” she says. “Last year we hosted 85,000 visitors.” She points out that the museum’s logo is proudly displayed on the *Wilma Lee*, which had a total of 2,800 passengers sail on her in 2021.

St John’s offers courses and lectures to the public each year. Brown notes that during Covid, “We learned how to offer content online, which we’ve never thought to do before. So, there are some silver linings in this pandemic. We had to learn to do things out of our comfort zone.”

Covid has dramatically changed things. It has created an urgency for giving to help us to maintain high-quality care.

Wood says, “Covid has dramatically changed things. It has created an urgency for giving to help us to maintain high-quality care.”

Clark says a nonprofit has to be nimble and willing to adapt. “The pandemic has required us to streamline and

be more creative in our programming and revenue sources. Virtual lecture series are increasingly popular.”

Armstrong says the fundraising and philanthropy sectors in 2014 sought to learn from the popular “Ice Bucket Challenge.” “We studied the techniques they used to convert ice bucket participants into long-term donors and educate them about ALS disease.” Everyone I spoke with says they work with other nonprofits and compare notes on how to be effective. While the missions of each organization are different the quest to secure adequate support is universal.

At the end of every year, I receive dozens of requests for donations. The mailings create quite a large stack of letters and convenient envelopes. It can be confusing deciding which organizations to support. As a practice I like to spread out donations throughout the course of a year. I usually focus on specific projects that seem important. My priorities change over time. Most of us have limited funds, but I have learned that every gift is appreciated and with a little research you can choose charities that are working on a mission that is important to you.



Gary Jobson is a world-class sailor, television commentator, author, longtime resident of Annapolis, and pre-eminent ambassador for sailing of the United States. He either serves on or has served on the boards of Operation Sail, US Sailing, Olympic Sailing Committee, Leukemia Cup Regatta Series, Annapolis Yacht Club, National Sailing Hall of Fame, Chesapeake Bay Trust Board of Directors, and Visit Annapolis, among many others.

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- And many individual donors

www.Haven-Ministries.org



Representatives of the area business who donated materials and services to building Homes of Hope in Queen Anne's County include left to right Brad Lundberg with Lundberg Builders and 314 Design Studio; Krista Pettit, Executive Director of Haven Ministries; Jack Wilson with Absolute Fire Protection, JTW Building Services LLC, C2 Foam Insulation, and a Queen Anne's County Commissioner; and Jim Moran with Increte and a Queen Anne's County Commissioner.

HAVEN MINISTRIES OPENS HOMES OF HOPE

Haven Ministries is addressing the urgent need for affordable housing in Queen Anne's County this spring with the opening of two new single-family homes located in Stevensville. What has been 20 years in the making, the "Homes of Hope" will provide real hope to those participating in Haven Ministries Housing Assistance Program.

Built in the middle of the pandemic, these two 1700-square-foot single-family homes were completed because of generous donations from local businesses of materials and services totaling over \$150,000.

"Even though we were living in uncertain times, people in our community stepped up to donate so

that someone less fortunate could have shelter – one of our basic human needs," comments Krista Pettit, Executive Director of Haven Ministries.

Through the *Homes of Hope*, Haven Ministries will be able to provide clients with affordable housing while leading them to a permanent housing solution. While participating in the Housing Assistance Program, participants will work closely with a Haven Ministries case manager to ensure that they are positioned for success to secure safe and stable long-term housing once their respective program period is over, usually within two years.

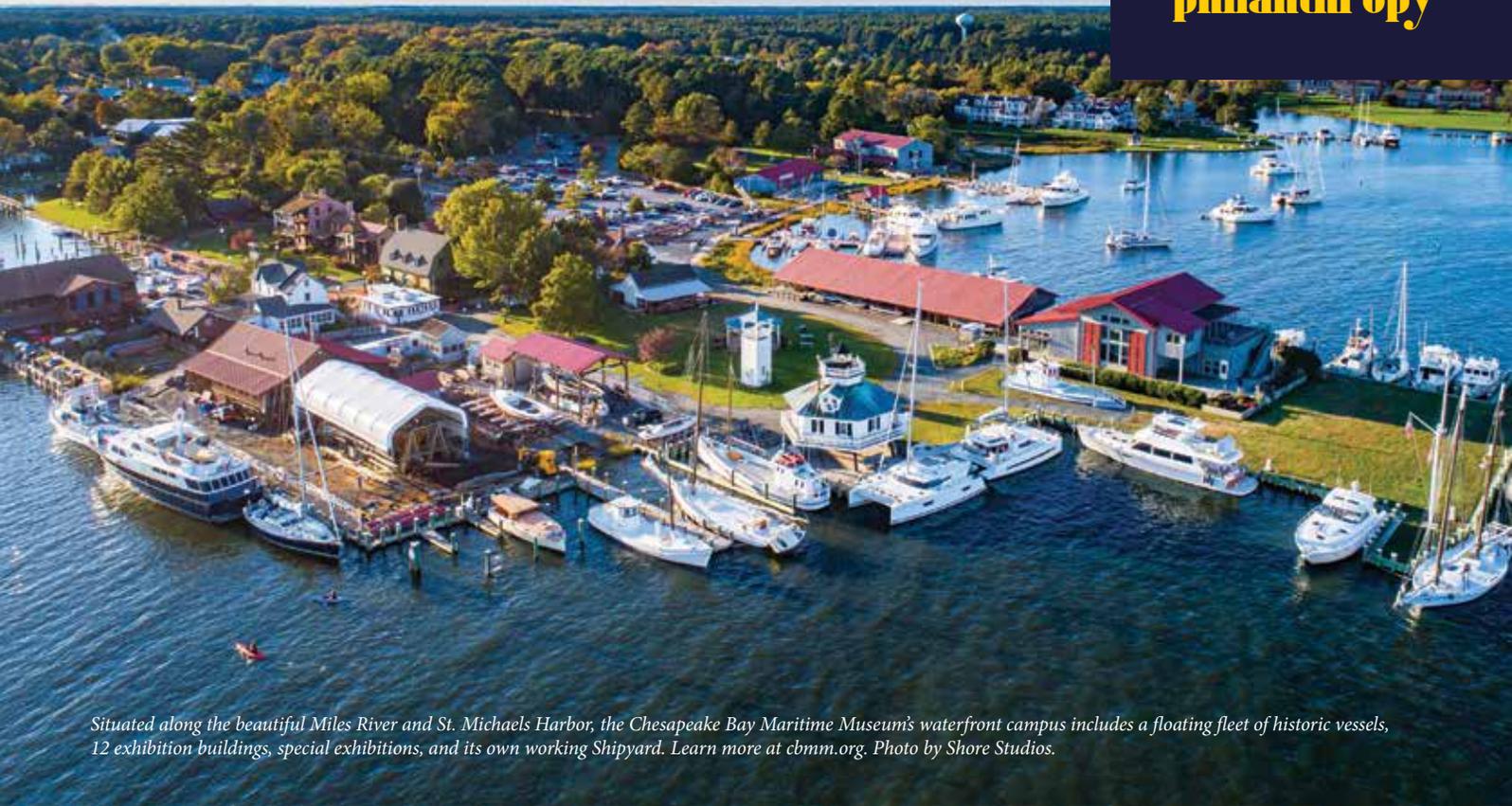
Individuals and families who live in Queen Anne's County can apply for the program, must pass the background checks, pay a program fee, and voluntarily agree to work with a case manager. Haven Ministries will connect participants to area resources such as education, jobs, and job training, allowing individuals and families to stabilize, build up their resources, and successfully move on toward safe and affordable housing.

Housing instability can include trouble paying rent or a mortgage, moving frequently due to the lack of affordable housing, or spending a majority of household income on housing. The construction for *Homes of Hope* and the Housing Assistance Program are being funded by private donations and grants, including those from foundations made

directly to Haven Ministries, and through major fundraising activities. A program fee will also be collected from the Housing Assistance Program clients approved for the program.

Haven Ministries will continue to operate its seasonal shelter at Kent Island Methodist Church in Stevensville to offer emergency overnight safe and warm accommodations for individuals and families that do not have a dedicated location in which to sleep. Although both of these programs are important programs, they each serve a different population of community members with different needs. For further information about donating to this important project, visit haven-ministries.org or call Krista Pettit at 410-739-4363.

Love shapes the ministry, love transforms people, and hope prevails at Haven Ministries. Haven Ministries operates a seasonal Homeless Shelter, a Resource Center and Food Pantry in Queenstown, Our Daily Thread Thrift Store in Chester, Hope Warehouse in Queenstown, and a Food Pantry Truck in Sudlersville.



Situated along the beautiful Miles River and St. Michaels Harbor, the Chesapeake Bay Maritime Museum's waterfront campus includes a floating fleet of historic vessels, 12 exhibition buildings, special exhibitions, and its own working Shipyard. Learn more at cbmm.org. Photo by Shore Studios.

ENHANCING THE WATERSHED

Chesapeake Bay Maritime Museum works to improve the lives of guests, community members

The Chesapeake Bay Maritime Museum is dedicated to preserving and exploring the history, environment, and culture of the entire Chesapeake Bay region, and making this resource available to all.

How does one organization tackle such aspirational goals while also hosting more than 80,000 annual guests? CBMM's approach to realizing this vision has led to its recognition as both a world-class institution and a leader in its local community.

Engaging Guest Experiences

With a waterfront campus in St. Michaels, Md., a visit to CBMM is an experience like no other. CBMM's campus includes a floating fleet of historic vessels, 12 exhibition buildings, special exhibitions, and its own working Shipyard. Guests can try something different on every visit, from taking in the views from the 1879 Hooper Strait Lighthouse, to watching the construction of tall ships and traditional Bay watercraft, to cruising the Miles River with volunteer docents.

These experiences aren't limited to on-campus guests. CBMM also offers digital access to all the best parts of the CBMM experience through a full slate of virtual programming and an online portal offering its members access to pre-recorded content on-demand.

Transformative Educational Programming

First and foremost, CBMM is an educational organization. Its collection boasts more than 70,000 objects and its year-round programming is designed to inspire and educate current and future stewards of the Bay, and to share its heritage, ecology, and culture.

Children and adults alike are invited to explore the Bay with CBMM through virtual learning, specialized tours, hands-on programs, on-the-water experiences, and corresponding curriculum units. CBMM has also sought to address inequities through Rising Tide, a free after-school program for local youth, and a bus scholarship program to benefit PK-12 student field trips. In its Shipyard, CBMM's shipwrights are engaged in the transfer of traditional skills through a certified Shipwright Apprentice Program, another way of keeping the area's heritage alive and thriving.

A Vital Community Partner

With the goal of being a valuable resource for the community, CBMM works closely with its neighbors daily, and seeks to be a leader in economic growth for the region.

An economic impact study completed last year showed just how much of a contributor CBMM is to the area. In 2019, visitors traveling to visit CBMM from more than 50 miles generated \$11.6 million in visitor spending for Talbot County – \$11 million of which was spent in St. Michaels on travel-related goods and services. The study also showed that spending by out-of-state visitors who traveled to St. Michaels to visit CBMM generated \$6.5 million in net economic impact for Maryland.

Beyond economics, CBMM's employees are involved with more than 100 community organizations through public service or volunteering, all to enhance the watershed where they, and its guests, live, work and play.

To support these efforts, please consider donating to CBMM's Annual Fund today at cbmm.org/donate.

With a vision of providing engaging guest experiences and transformative educational programming, and of being a vital community partner, the Chesapeake Bay Maritime Museum in St. Michael, Md., is working hard to enhance the watershed where its guests live, work and play. To support these efforts, visit cbmm.org/donate.



TALISMAN THERAPEUTIC RIDING

Talisman Therapeutic Riding, Inc. (Talisman) is celebrating Ten Years in Service to the Community!

Founded in 2012, Talisman is a 501(c)(3) non-profit organization that serves people of all ages with cognitive, physical, emotional, and social challenges and disabilities. Talisman has transformed thousands of lives by empowering personal growth and healing with equine-assisted activities and learning.

The Talisman 30-acre farm in Grasonville, Maryland, provides a peaceful environment to help heal and rehabilitate individuals with diagnoses such as cerebral palsy, multiple sclerosis, severe brain trauma, Post Traumatic Stress Disorder, Attention Deficient Hyperactive Disorder, anxiety, depression, autism, stroke, obesity, dementia, and more.

Talisman is a certified Professional Association of Therapeutic Horsemanship International (PATH) center. It employs PATH Certified Therapeutic Riding Instructors to provide unique equine experiences



through careful instruction and delivery of therapeutic activities. The instructors also partner with licensed therapists, psychiatrists, psychologists, and social service workers to create individualized plans and lessons for clients.

Talisman measures its successes one step and one word at a time – literally. Clients with neuromotor disorders gain core strength, improved motor functions, enhanced coordination, and increased balance through the rhythmic gate of a horse. Clients have the freedom of natural movement astride a horse and a feeling of control over their bodies. Communication skills improve because a rider must develop an effective working partnership with the horse at a verbal and non-verbal level. Additionally, clients gently learn to appropriately interact and communicate with the instructor and volunteers associated with the activities.

Immeasurable benefits are derived from experiential opportunities in Talisman's serene and secure environment, including reduction of anxiety and aid in recovery from traumatic events. Talisman knows its unique, multi-focused programs further the healing of individuals and realizes the wellness of communities can be fostered through integrated participation in its learning opportunities. The connection between humans, horses, and nature builds confidence, enhances skills, creates awareness, forges new friendships, nurtures transformation, and promotes healthy fun.

2022 Talisman Fundraising and Community Events:

April 16 - Kids BINGO
Bay Country Moose/Queenstown Moose Lodge

May 7 - Derby Day
Talisman Therapeutic Riding

May 14 - Adult BINGO
Bay Country Moose/Queenstown Moose Lodge

June 11 - Talisman Open House
Talisman Therapeutic Riding

August 29- Rider Golf Tournament
Queenstown Harbor

October 8 - Harvest Moon Ball
Talisman Therapeutic Riding

December 11 - Holiday Open House
Talisman Therapeutic Riding

For more information on Talisman programs and events, please visit our website: www.TalismanTherapeuticRiding.org.

MARYLAND'S First Famed Horses

Story by **ELLEN MOYER** Paintings by **WILLIAM WILSON**



It *All Began Here in Annapolis* painted by William Wilson shows Maryland Governor Samuel Ogle observing the unloading of the first pair of imported British thoroughbreds—Queen Mab and Spark—at the Annapolis City Dock in June 1747.

The colonial cradle of thoroughbred racing produced the sport's earliest racehorse heroes

It was 1719 and Ben Tasker, Mayor of Annapolis, was leading the City Council to a decision on horse racing in the city. A city described as “more British than British,” Annapolis was following the example of a deceased Queen Anne who had invigorated the new thoroughbred racing industry in England. Through her leadership, municipal economies became prosperous by establishing horse racing venues in towns throughout England.

The Annapolis City Council supported the clearing of a track beyond the city gate off West Street for horse racing. Pubs were organized to help finance the venture. Silversmith Cesar Ghiselin, one of the earliest well-regarded craftsmen in the colonies, was commissioned to design 12 silver spoons to be given as prizes to the winners of the races.

History doesn't record the winners of this inaugural happening. Nor does it describe the race as a straight track dual between two horses racing down West Street or a four-mile course race over an oval track. This early action, however, set Annapolis and Maryland on its own course to be “the cradle of thoroughbred racing.” ➔

First Studs

Only the wealthy could afford to import the new breed of thoroughbreds to America. Annapolis was a wealthy city growing in cultural sophistication year after year. Tasker, a keen horseman, and Sam Ogle, provincial Governor, were among the early importers of thoroughbreds. In 1743, two thoroughbreds—Spark, a fast-paced first pedigree stallion, and Queen Mab—were gifted to Ogle from the King’s stables. With this pair shipped into Annapolis, Ogle founded The Belair Stud in 1747. His mansion Belair—in today’s Bowie—became a center for race training and breeding for 200 years.

Wealthy, cosmopolitan, and sophisticated Annapolis became the highlight of the social season with a full week of racing, theater, and parties each Fall and Spring. In 1743, another silversmith, John Inch, was commissioned to make a trophy, the Annapolis Subscription Plate, for the first formal race of the Maryland Jockey Club. The trophy, now at the Baltimore Museum of Art, is the second oldest horse



Colonial Race Day sets the scene of a typical racing day at the Annapolis courses



Racing in the Colonies depicts Benjamin Tasker admiring his mare Selima capturing a win at the racecourse in Gloucester, Virginia.



Selima at Belair Mansion by William Wilson. Imported by Benjamin Tasker in 1750, Selima, a daughter of the Godolphin Arabian, was queen of the colonial American turf, beating all male and female opponents soundly.

racing trophy in the United States. The Maryland Jockey Club, itself, is the second oldest such club in the country. George Steuart’s (ancestor of County Executive Steuart Pittman) horse, Dungannon, defeated Charles Carroll’s horse at the May 4, 1743, Annapolis Subscription Plate Race.

The Race That Won Marylanders’ Hearts

Maryland’s first renowned champion was purchased by Ben Tasker, Jr.—a little mare sired by the great Godolphin Arabian and named Selima. John Eisenberg, writing in *Smithsonian* magazine said of her that “no thoroughbred before the American Revolution did more for racing’s growing popularity than a plucky mare named Selima.”

By 1750, horses had become a status symbol for the wealthy and gambling English. In Virginia, William Byrd, III, who presided over a vast estate on the James River, had also become hooked on gambling. Hoping to show off his wealth and make a gambling score, he offered 500 Spanish pistoles (at the time, the currency of trans-Atlantic trade) for any horse willing to race against his new import, Tryal, and win. Three other Virginia horses accepted the challenge and invested 500 pistoles to enter. This was an outrageous sum of money; 500 being enough to furnish a mansion.

Back in Maryland, Ben Tasker, Jr. heard of the challenge and accepted, with plans to run Selima. His mare had won a race in Annapolis earlier, where her speed and heart unveiled what famed equine historian John Hervey described as “one of those majestic matriarchs, where greatness is monumental.” Tasker knew good horse flesh and he also knew was that Tryal was 10 years old and had never won a race in England. It was worth the risk to accept the challenge.

The race was to be held on December 5, 1752, and was shaping up to be the most important race of the colonial era. Being held in Gloucester, Virginia, 150 miles away meant Selima had to walk that distance to participate. She did and on that December day, she raced four miles over hill and dale to beat Tryal and the other Virginia horses. The winner-take-all 2,500 pistoles was hers.

Byrd's race became the first historically significant horse race in America. Selima and Ben Tasker were welcomed home as heroes. The thoroughly mad Virginia horsemen, seeing their wealth move north, declared Maryland horses would no longer be allowed to race in that state.

Generations of Winners

Selima didn't race again but she did deliver 10 foals. The most famous was Selim who never lost a race until he was nine years old. Seldom defeated, he raced until he was 13. Selim was as popular in his era as Man o' War was in the 1900s.

Selima's bloodline would influence the thoroughbred industry for years. She became the first of America's "blue hen," a term that describes a female horse that births generations of thoroughbred champions. Direct descendants of Selima include Lexington, the greatest American sire of the 19th century, and Hanover, winner of 17 straight races including the 1887 Belmont Stakes. The first Triple Crown winner, Sir Barton, descended from Hanover.

The Belair Stud continued. In its most productive years, 1920–1945, it was led by William Woodward, the 20th owner of Belair mansion. Working with Hall of Fame trainer James "Sonny" Fitzsimmons, the Woodward's estate would contribute five Maryland horses to the National Horse Racing Hall of Fame. Gallant Fox would be the second Triple Crown winner and the sire of the third Triple Crown winner, Omaha, who won in 1935. Famed horses Nashua, Granville, and Johnstown also represented the same Belair Stud founded by Sam Ogle 200 years earlier.

For those 200 years, the memory of Selima lived on. Woodward thought so much of the brood mare and undefeated racehorse, that he had a special plaque engraved for her at Belair. He also initiated an effort to create the Selima Stakes at Laurel Park in 1927.

Though foaled in Kentucky, Man o' War had a Selima bloodline connection. He also spent years on Maryland's Eastern Shore at the stables and racing center of Glen Riddle. When departing for races, he would have to walk five miles to the train depot that carried him to racing events in Maryland, New Jersey, and New York.

In the ensuing years, members of the Vanderbilt and DuPont families continued the Maryland tradition of producing Hall of Fame horses, including Native Dancer and Northern Dancer. Jay Trump—a horse, not a person—was a steeple chase champion in the 1960s and became a Hall of Famer.

Maryland's contribution to national horse racing and the Horse Racing Hall of Fame is enormous. It all began with the earliest thoroughbreds imported from England, Queen Mab and Spark (known for his speed); and three horsemen, Ben Tasker, Ben Tasker, Jr., and Sam Ogle, of Annapolis. It continued with the special bloodline of Selima and Godolphin Arabian. Wealthy Annapolis, the sophisticated cultural center of the colonies with its golden age of race week in the 1770s, was at the center of this glory. Indeed, the actions of the city's colonial-era Mayor Ben Tasker and the council proved pivotal in establishing the horse racing industry in the City of Annapolis, the State of Maryland, and the great United States.



Famed steeplechase racer Jay Trump is pictured being schooled by his jockey Crumpton "Tommy" Smith, Jr.



William Wilson on Exhibit

See more of William Wilson's collection of equine and horse racing paintings, such as *Seabiscuit vs. War Admiral 1938* pictured here, all month long at the gallery of 49 West in Annapolis. For more information, visit marylandracingart.com.



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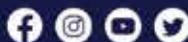
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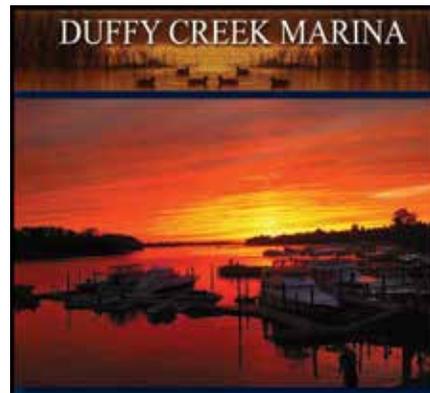
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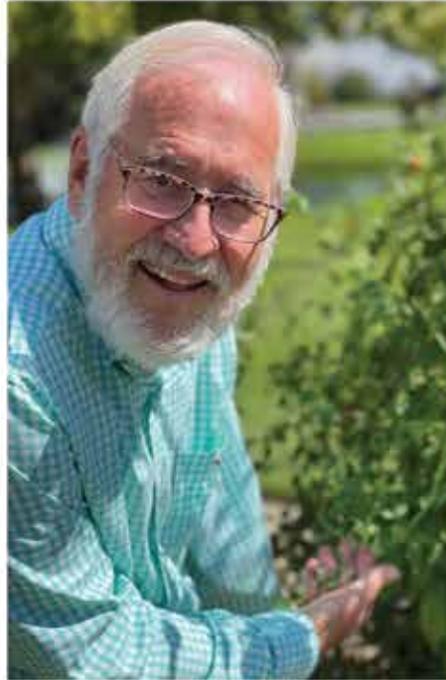
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ORGANIZING YOUR OUTDOOR LIVING SPACES

By Janice F. Booth

We've had two years to adapt to living more of our lives out-of-doors. Perhaps it's time to reexamine our garden's living spaces. Is there room for expansion? Can a few changes make outdoor living at home more comfortable and inviting?



First Option: **Expansion**

Can you and do you want to expand your outdoor space? Here are several questions to consider.

1. Is there a portion of your property that could be transformed into a patio? (Be sure to check any legal issues—covenants and building codes.) 2. Is this area easy to reach from the house? If the area is remote or just difficult to get to while carrying a laptop or tray of drinks, your lovely, new patio may languish unused. 3. Will you need to include a walkway to the new area? How about privacy? Will you feel comfortable carrying on a phone conversation or just chatting with family in this new area? Perhaps a privacy fence or shrubbery can be installed as part of the construction. Will electricity be available? Almost a must for outdoor living today.

These issues can best be resolved by consulting a landscape architect or builder who has lots of experience with outdoor areas. They will advise you about permits, potential problems with light and drainage, and how to meet your family's requirements for an outdoor living space.

Second option: **Revamping**

Since you've already spent quite a bit of time in your existing outdoor area—patio, deck, or garden glade—you have a clear picture of how you and your family enjoy being at home, outdoors. You're also aware of the drawbacks and annoyances of your current outdoor space layout. As you look, now, with fresh eyes there are four points to consider: **Comfort, Durability, Flexibility, and Design.**



⇐ COMFORT

- Do you need an awning or more sun umbrellas for the late afternoon?
- Is there equipment, game boards, etc., that need a place to wait for the next Monopoly or Badminton game?
- Lighting may have become more important. Even though summer evenings come on slowly, if you like reading after the kids go to bed, maybe outlets for reading lamps should be added.
- You probably know if insects are a problem. You may want to add a few pedestal fans to blow away mosquitoes, or maybe net curtains to keep the flies and mosquitoes out.

DURABILITY ⇒

Our summer winds, strong sunshine, and occasional downpours make it important to choose furnishings and accessories that can survive and look great after being drenched in sunlight and rain as well as being tossed about by winds.

SUNSHADES: Whether you add a second sun umbrella or invest in an awning, be sure the design can handle wind and rain as well as sun. Weighted bases on umbrella stands and wind-vents on awnings are features to look for. Also check the ease of handling. Having an awning that takes two strong people to crank open or close may mean you don't bother using it. An umbrella that requires you climb on a table to push it up and open is not a smart solution.

LIGHTING: Particularly important when it comes to electricity, be sure the lights, lamps, and decorative lighting will not short out in a heavy rain or break if tapped by a few flailing branches on a windy night. Here's where an experienced electrician will be worth employing. She/he can help



you devise a simple or elaborate lighting system that is safe.

FURNISHINGS: You may have already discovered that the elegant glass table and streamlined chairs you loved when you bought them, have not worked out for your lived-in patio or deck. You

may need to choose more comfortable and sturdy chairs that can hold a teenager's sprawling limbs and still support Grandpa's sore back. Finally, will the furnishings you select need covers or will they be able to remain comfortable and reasonably clean without the necessity of nightly coverings?



↓ DESIGN

Here is another place where bringing in a professional or a friend with really good taste may be an advantage. Invite someone with experience in outdoor furnishings to assist and advise you.

SEATING: Consider whether there is enough space for separate areas of your patio or deck to be furnished for dining, quiet reading or working, and entertaining.

FLOORING: will it be practical to use indoor-outdoor area rugs to designate areas of your patio or simply for added comfort under bare feet?

LIGHTING: You may want your lighting to avoid disturbing neighbors and the nocturnal creatures with fur or feathers. How can that be accomplished?

You may be able to make these next six months more comfortable and less stress-filled with your newly redecorated, comfortable deck or patio.

↑ FLEXIBILITY

You may already realize that your chairs, tables, and other furnishings on the deck must serve many purposes—for kids, as a workspace, for dining, entertaining, and just a few hours respite.

TABLES: Consider a selection of smaller tables—end tables and coffee tables, rather than one large table for the deck. Small tables can be moved around to accommodate seating arrangements and uses. In a pinch, a well-built end table can be used for seating.

SEATING: Depending on who uses your deck and its size, you may want to select chairs that are both comfortable for lounging and dining—so, not too far into the recliner style or too severely erect and formal. Rather than upholstery, cushions may be more useful—easier to maintain and able to serve as floor seating if the need arises.

LIGHTING: A flexible lamp may be useful for an all-purpose patio. Perhaps a few floor lamps with multiple heads that can be directed, like spotlights, where the action is.



Tricia Wilson

GRI, REALTOR®

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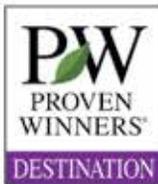


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Country Cottage Classic

By Lisa J. Gotto | Photography by Jim McKee of Broadview Interactive

The tranquility of a long country lane transports you to this special home that sits on six acres of waterfront property along Fishing Creek near Cambridge. The original structure, built in 1900, has been lovingly maintained and enhanced over the years to offer the best of waterfront living with all of today's modern amenities.

Upon first glance, visitors will appreciate the gracious and spacious front porch with brick-accented wood columns and a cozy beadboard ceiling that looks out upon the property's circular driveway and up the tree-lined entry path. A nostalgic, architectural staircase greets guests at the entry, as does the threshold to the living and formal dining room on the right. Gorgeous, honey-colored



Primary Structure Built: 1900
Sold For: \$1,340,000
Original List Price: \$1,175,000
Bedrooms: 4
Baths: 3 Full, 1 Half
Living Space: 3,396 Sq. Ft.
Lot Size: 6 acres



hardwood floors run throughout this space, which is highlighted with a Federal-style, wood-burning fireplace with beautiful, original built-ins to one side.

Entering the dining room, the eye is drawn to the wealth of natural light streaming in through the French doors with side window panels that are flanked on either side with more original built-in cabinetry.

The traditional farmhouse kitchen with the same honey-colored hardwoods can be accessed down the main hall or through the living room. This room has gorgeous, large windows for wonderful waterfront views and classic, all-white cabinetry, some with glass fronts. The room is large enough to add a center island and all the work surfaces are topped with granite. An eat-in breakfast room with entry into the family room is featured to the one side of the kitchen, and a lovely bricked-tiled screened-in porch is featured to the right. This room offers stunning views to the water and the property's private pier.



Ascend the central staircase, and visitors will find the huge primary bedroom with en suite bath to the right. The primary suite has maintained its enchanting double window seat and well-crafted, built-in cabinetry. The large second bedroom also offers an en suite bath and a roomy, gracious balcony for star-gazing. There are two additional bedrooms on this floor that share a full bath. All the home's bathrooms were updated with elements of restorative detail, such as wainscoting, chair rail, and attractive wood trim in 2006.

Outdoors, the property features a large, gunite, in-ground pool, a two-stable barn, and a 150-foot pier and boat lift. The sprawling backyard facing the water is the perfect place to pull up the Adirondack chairs and wait for the kids to come in for supper.



Listing Agents: Coard Benson; Benson & Mangold Real Estate ; 24 N. Washington St., Easton; m. 410-310-4909; o. 410-770-9255; coard@coardbenson.com; coardbenson.com; Michael Dillon; Benson & Mangold Real Estate; 24 N. Washington St., Easton; m. 443-786-1058; o. 410-770-9255; mdillon@bensonandmangold.com; shorehomesmd.com **Buyer's Agent:** Darlene Wheatly; Benson & Mangold Real Estate; 24 N. Washington St., Easton; m. 410-829-6533; o. 410-770-9255; dwheatley@bensonandmangold.com; darlenewheatley.bensonandmangold.com

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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.

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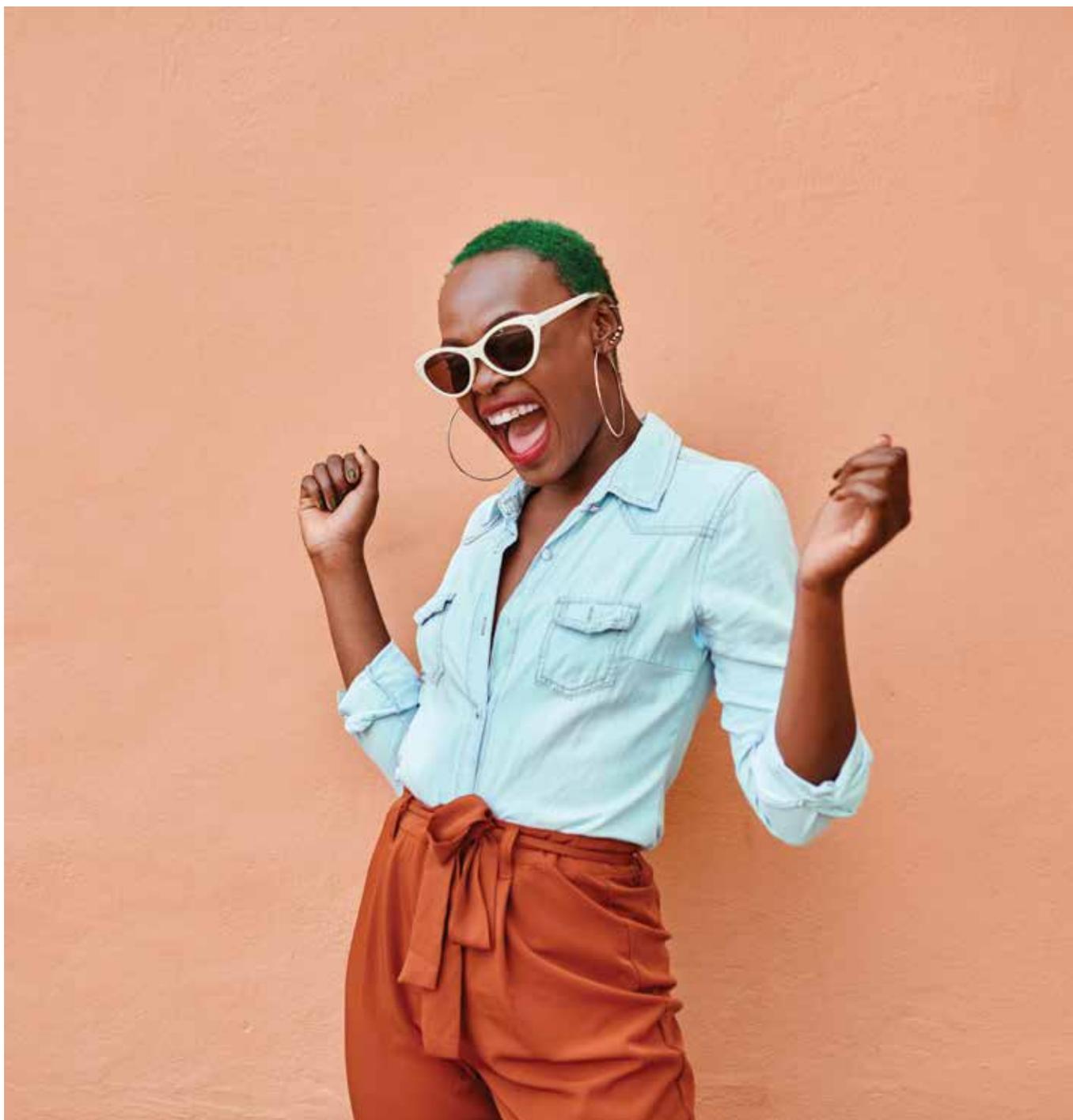
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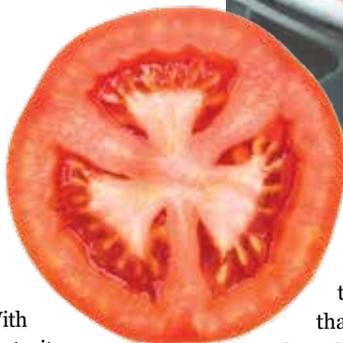


Fresh Take

TOMATOES

By Dylan Roche

Are tomatoes a fruit or a vegetable? When it comes to trick questions, this one always seems to be a favorite. Yes, tomatoes contain seeds, so they are considered a fruit if you're thinking botanically—but from a culinary perspective, this fruit (along with bell peppers, cucumbers, pumpkins, and okra) is prepared and eaten as a vegetable. With its acidic, savory, but slightly sweet taste, it works equally well whether it's raw or cooked.



sleek, without any wrinkles, bruises, cracks, blemishes, or dark spots. When a tomato is heavy for its size, this indicates that it's juicy—when you hold it, there should be only just enough softness that it responds to your touch without feeling mushy.

In fact, tomatoes are one of the more common vegetables in the modern American diet—even prepared tomato products like tomato sauce deliver many of the health benefits associated with tomatoes. But despite the convenience of canned or jarred tomato products on the market, tomatoes always have the strongest flavor when they're enjoyed fresh and in season.

Native to South and Central America, tomatoes come in a variety of shapes and sizes. Large ones known as **beefsteak tomatoes** are great for thick slices on a sandwich, whereas small **grape tomatoes or cherry tomatoes** are ideal for adding to a salad. Ovarular-shaped **plum tomatoes** are grown for cooking and work well when you're making sauces or baking tomatoes in a dish. Last, but definitely not least, there's the **globe tomato**—your standard, medium-sized tomato that's versatile enough to be used pretty much any way you need it.

When it comes to their health benefits, tomatoes might be best known for the antioxidant known as lycopene, which helps the body reduce inflammation and ward off cancer, particularly prostate cancer. Lycopene is fat soluble, so enjoying tomatoes with a serving of olive oil or avocado—both of which are rich in heart-healthy unsaturated fats—will improve your body's absorption of lycopene. Additionally, because lycopene is released from plant cells via heating, cooked tomatoes will deliver more lycopene than the same serving size of raw tomato. Tomatoes are also a great source of vitamin A for eye health, vitamin C for a strong immune system, and potassium for fluid balance.

When you're shopping for tomatoes, keep an eye out for ones with brightly colored skin somewhere between orange and dark red. The skin should look tight and

Although some people like tomatoes chilled, refrigeration is bad for their taste and texture. Storing a tomato in your fridge will dry them out and diminish the rich flavor. Instead, store them at room temperature. Keep their stems down to protect them from absorbing any excess moisture.



↑ Roasted Tomato Caprese

INGREDIENTS:

1 pound grape tomatoes
2 tablespoons balsamic vinegar
1/2 cup olive oil + 1 tablespoon olive oil
1 tablespoon honey
1 teaspoon dried oregano
1/2 teaspoon salt
1/2 teaspoon cracked black pepper
20–30 leaves of fresh basil
1 pound fresh mozzarella

Ready to get creative with tomatoes in the kitchen? Here are a couple of interesting twists on culinary crowd-pleasers, as well as a special baked good you won't want to resist trying:

Preheat oven to 325 F. Slice tomatoes in half and combine in a medium bowl with balsamic vinegar, 1 tablespoon olive oil, honey, oregano, salt, and pepper. Line a baking sheet with parchment paper and spread the tomatoes out evenly. Drizzle with any remaining marinade. Roast for approximately 45 minutes. The edges of the tomatoes will start to pucker and take on a lightly charred look. Slice basil leaves in half and combine with the roasted tomatoes. Set in the refrigerator to chill overnight. Slice the mozzarella into quarter-inch slices and arrange on a plate. Scatter roasted tomatoes across the fresh mozzarella slice and drizzle with remaining olive oil.

↑ Ratatouille

INGREDIENTS:

3 globe tomatoes
3 plum tomatoes
4 tablespoons olive oil (divided into 2 tablespoons, 1 tablespoon, 1 tablespoon)
3 cloves garlic minced
1 small onion, chopped
1/4 cup shredded carrot
1/4 cup diced red bell pepper
1 teaspoon dried basil
1/4 teaspoon dried thyme
2 teaspoons dried parsley
1 small eggplant
1 large zucchini
1/2 teaspoon salt
1/2 teaspoon black pepper

Preheat the oven to 375 F. Score the bottom of each globe tomato and boil in a pot of water for approximately 1 minute. When the skin starts to pull away, transfer the tomatoes to an ice bath and allow to cool. Peel the tomatoes and crush with a potato masher. Heat 2 tablespoons olive oil over medium heat on the stovetop. Add onion, garlic, carrot, and bell pepper. Allow to simmer for approximately 5 minutes or until soft. Add the crushed tomato along with the basil, thyme, parsley, salt, and pepper. Simmer for approximately 15 minutes. Slice the plum tomatoes, eggplant, and zucchini to 1/8-inch thickness. Rub a circular 2-quart baking dish with 1 tablespoon olive oil and spread the tomato sauce across the bottom. Arrange the vegetable slices so they're standing up in the sauce. Drizzle with remaining oil. Cover the baking dish and bake for 30 minutes. Remove the cover and allow to bake for 10 more minutes. Serve warm.

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Lashes for Days

By Dylan Roche

Don't underestimate your eyelashes—these little hairs make a mighty difference when it comes to your appearance and confidence. A set of thick, dark, healthy eyelashes makes your eyes stand out, giving you a rejuvenated, brighter, more energized look, even on days when you're feeling a little tired.

But eyelashes are more than just about looks. Eyelashes serve a practical purpose by protecting the eye from any debris or dust that's in the air. So even if you're not looking to give your eyelashes some added oomph for beauty's sake, you still need to take care of them.

Before you bat another eye, here are seven ways you can achieve the lashes of your dreams:



Use an eyelash comb once a day. The purpose here is twofold: For one thing, you'll remove debris and unclog your hair follicles, which will lead to overall healthier, stronger eyelash hairs. Combing your eyelashes will also give them a little bit of added length.



Before you apply mascara, dust your eyes lightly with baby powder (be careful not to get baby powder in your eyes). The baby powder will make your lashes look thicker once the mascara goes on. When removing your eye makeup at the end of the day, use a cotton pad and gently dab versus rubbing, which can weaken your hairs.



After using an eyelash comb, you can apply a little curl with an eyelash curler. Start by clamping the curler over your lashes as close to your eyelids as possible, hold, then release and move farther along the lashes to the end. You can heat your curler with a blow dryer before using it to give your hair a more dramatic curl. Between uses, be sure to clean your curler with alcohol to avoid bacterial buildup.



If you need a quick fix, you can always opt for fake eyelash, which are available in the makeup section of most grocery stores and pharmacies. Measure your eyelid length carefully and cut the fake eyelashes accordingly. Then apply a thin layer of special eyelash glue along the end of your eyelids. Wait a minute for the glue to become tacky before gently pressing the lashes into place. At the end of the day, you can easily remove the lashes by pulling them off.



Just like the hair on top of your head, your eyelashes can get dry and brittle. Be sure to condition your eyelashes by applying a little bit of castor oil or coconut oil once a week. These oils will hydrate your hairs, making them fuller and shinier. Dab a little bit on with a cotton swab, then dab again with a dry swab to remove any excess oil.



If you want a longer-term alternative to fake eyelashes, you can have extensions applied by a professional at a salon. Eyelash extensions are available in a range of materials, which will give you different lash colors, length, thickness, and curliness options. Once you've chosen extensions that fit your individual style, a professional will apply them for you. The process takes about two hours, and you'll need to have the extensions touched up every couple of weeks. Unfortunately, these extensions will not last forever and will ultimately fall out with your natural lash after eight or nine weeks. However, the good thing about eyelash extensions is that you now have ideal lashes—no more combing, curling, or applying mascara for you!



Consider your diet. Good nutrition is important for nice hair. Protein and healthy fats are important for healthy hair growth. You should also make sure you're getting plenty of biotin, a B vitamin found in eggs, legumes, nuts, and seeds.



Fitness Tips

FOR ANYONE SKIPPING LEG DAY...

By Dylan Roche

If you're sticking with a workout routine and regularly hitting your biceps, triceps, chest, shoulders, and core... well, you're still working only half your body. Neglecting to train your lower half—or, as the saying goes among fitness enthusiasts, “skipping leg day”—poses a much bigger problem than just an unevenly top-heavy physique. Your overall athletic performance will suffer because practically every sport requires use of your legs in some way, whether you're sprinting, crouching, jumping, or kicking.

A weak lower body also means you're more susceptible to injury. Your legs serve as your body's base, and without the stability that comes from strong calves, quads, hamstrings, and glutes, you won't have the same mobility and range of motion.

Building lower-body strength is also important for anyone who is trying to maintain a healthy weight. This is because your leg muscles are some of the largest in your body—giving them a good workout require a lot of effort on your part! Plus, once you've built up strong leg muscles, they'll require a substantial amount of energy, so you'll burn more calories and ultimately increase your metabolism.

“Okay, so maybe I shouldn't be skipping leg day,” you're finally thinking. “But where do I even start?” You don't need a lot of equipment to get a great lower-body workout.

Here are four moves using only a few dumbbells, a box, and your bodyweight to give you a killer leg-day routine:

SQUAT—to work your quads and glutes 1. Start with your feet shoulder width apart and a dumbbell gripped vertically between both of your hands in front of you. Keep the dumbbell close to your body, only about an inch away from your chest. 2. Bend your knees and lower your body downward, moving your hips back while keeping your torso straight. Dip yourself down as low as you can. Hold for three seconds. 3. Raise yourself back up to the starting position. Repeat 10-20 times or until fatigued.

DEADLIFT—to work your glutes, hamstrings, and calves 1. Use a dumbbell in each hand or a single barbell. Stand with your feet shoulder width apart, back straight, and face forward, and hands holding the weight in front of you with your arms straight. 2. Bend forward at the hips and lower the weight, bending your knees slightly so you feel the stretch in your hamstrings as you move the weight down the line of your legs to the ground. 3. Pause momentarily with the weight just above the ground. 4. Thrust yourself back up to your starting position. You should be using the strength of your glutes to move yourself upward. 5. Repeat 10-20 times or until fatigued.

LUNGE—to work your quads, hamstrings, and glutes 1. Begin with your feet close together and your arms by your side. To make the exercise more challenging, you could hold a light-weight dumbbell in each hand. 2. Step forward with your right leg, bending your left leg to touch your knee to the ground. Keep your chest open and your gaze fixed straight ahead of you. When your left knee touches the ground, your right thigh should be parallel to the floor with your right knee at a 90-degree angle. 3. Raise yourself back up, drawing your right foot back to be even with your left foot. Repeat the move by lunging with your left foot forward and your right knee going down to touch the floor. 4. Repeat this exercise 10-20 times with each leg or until fatigued.

BOX JUMP—to work your calves and glutes 1. Select a box that's an appropriate height. If you're 5'5" or shorter, choose a box that's 14 to 16 inches high. If you're taller than that, choose a box that's 16 to 20 inches high. 2. Stand with your toes facing the box, approximately 1 foot away. Lower yourself slightly by bending your knees and lowering your hips. You should be about halfway into a squat. Push your arms behind you. 3. Use your glutes to push yourself upward and forward, jumping onto the box. Use your arms for momentum by swinging them in front of you. You should land on the box with both feet about shoulder width apart. Allow your knees to bend slightly when you land. 4. Jump backward to land on the ground in your starting position. 5. Repeat this move 10-20 times or until fatigued.

5 Colors to Elevate Your Summer Style

By Dylan Roche



Summer is almost here, and whether you've got a start-of-season barbecue or some other special occasion where you want to make an impression, you can elevate your look with these five colors. They're perfect for sunny days, coastal atmospheres, and relaxed vibes.

↑ PINK

When it comes to summer colors, pink is always a favorite. And it's one that looks good on women and men alike. If you want a tropical look, opt for a bright shade of fuchsia or flamingo. But even subtler shades with hints of orange, such as coral and salmon, look appropriately summery and may be a better choice for anyone who doesn't want to commit to pink as a fashion choice. Pink is great as the most prominent color in your outfit, but it works well as an accent color too.



↔ BLUE

Here's what's special about blue—pretty much any shade of blue is going to be a great pick for summer. A dark navy looks appropriately nautical (especially if paired with accents of white and red) while shades of cobalt and royal blue just look fun and casual, ideal for your favorite outdoor activity. If you're feeling adventurous, try a lighter shade of blue like cerulean or sky blue, both of which are perfect for warmer months.



↑ WHITE

This one's the most obvious choice for summer. Traditionally, people kept the white in their wardrobe for occasions between Memorial Day and Labor Day, and it's a style rule that makes sense—after all, white is great for staying cool under the hot summer sun. White looks good whether you're pairing it with other white clothes or with pops of color. Choose lightweight fabrics like cotton or linen. Both men and women can easily show off a solid white top with pants or shorts in a darker, bolder color.



↑ YELLOW

Nothing warms up a summer outfit quite like yellow. Although it's sometimes difficult to pull off bright colors, trust yellow to look cheery and uplifting when you wear it for summer occasions. Like white, it's light enough that you're not going to feel overheated when wearing yellow on a sunny day. If you're adventurous, you can go with a bright shade like canary yellow or lemon yellow. However, even a more subdued shade like daffodil will brighten up an outfit without looking too ostentatious.

SAGE GREEN

Although many colors look great in their brightest shade for summer outfits, green might be the exception. Don't worry—lime and chartreuse aren't bad choices by any means, and they'll give your outfit a nice tropical look. But subtler greens like sage and seafoam make a perfect neutral color for summer outfits. They're still plain enough that you can pair them with pretty much anything, while colorful enough that your summer outfit won't look boring.





How Is the Office Affecting Your Health?

By Dylan Roche

More and more Americans are returning to the office after nearly two years of remote work, and while some workers might be excited about the notion of escaping the cabin fever they endured throughout the pandemic, others might have their reservations. They have good reason—even without the risks of a pandemic, offices can be fairly unhealthy places, both physically and mentally.

And yes, most people are aware of this on some level. Back in 2019, before anyone had even heard of COVID-19, *Forbes* reported that 87 percent of office workers wanted healthier work-space options, including fitness benefits, healthier lunch choices, ergonomic chairs, and sit-stand options for their desks.

But let's get specific: What are some of the ways your office could be negatively affecting your health, and are there any steps you can take to mitigate those effects without needing a major office overhaul? Here's what you should consider...

AIR QUALITY Most offices have notoriously poor air quality, so much so that the Environmental Protection Agency has a term for it: Sick Building Syndrome. When you're working in an office, you're

exposed to many pollutants, from the unhealthy aerosols given off by cleaning supplies to any airborne viruses spread by co-workers. If you have the luxury of a window, and the weather is agreeable, keep that open. It also might help to have an air purifier or even a fan set up by your desk to keep the air moving. And if you can, encourage your employer to switch any custodial team's supplies to nontoxic cleaning products and to change the HVAC vents regularly.

LIGHT The problem with the light in your office is twofold: You're probably not getting a lot of natural light, and instead you're getting a lot of artificial light (including a lot of light from screens). A lack of natural light is bad for your body's internal clock. A recent study from the *Journal of Clinical Sleep Medicine* showed that people working in offices where they don't get exposure to natural light end up sleeping 46 fewer minutes per night on average compared with those who have windows and sun exposure. Light from computers is often what's known as blue light, which potentially does harm to your vision. If you can, take frequent breaks from staring at your screen and step outside for a little bit of sunshine instead.

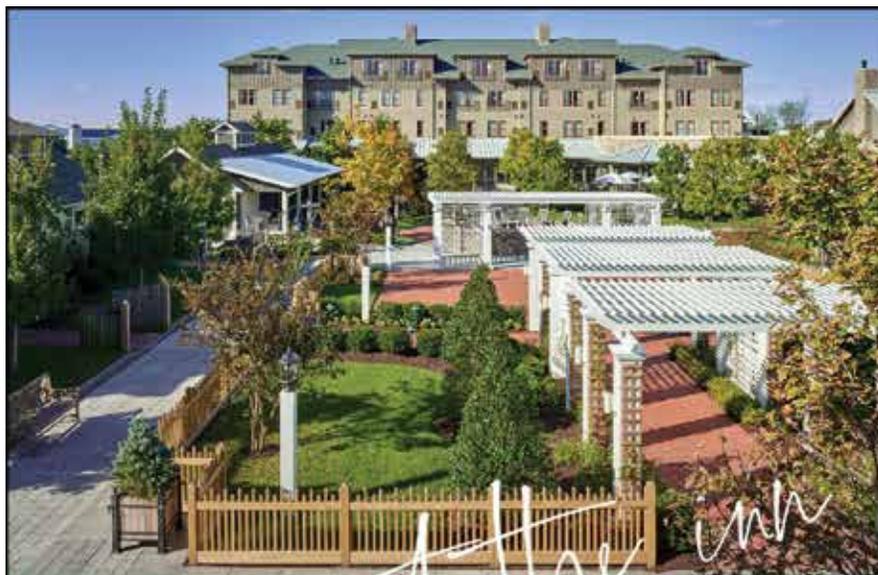
If you're especially sensitive to blue light, you can try wearing special glasses made for filtering out blue light.

PHYSICAL ACTIVITY Are you sitting at a desk all day at work? That's not good. According to an analysis of 13 studies by the Mayo Clinic, sitting for a collective eight hours or more every day is just as bad for you as smoking or obesity. Some deskbound workers opt to use a standing desk, but if that's not a comfortable way for you to work, you could simply set an alarm to go off every half-hour as a reminder you need to get up and move around. Take a brisk walk around your building or parking lot to stretch your legs and get your blood flowing.

POOR POSTURE Along the same lines as sitting too long is the problem of poor posture. While hours of sitting can cause a problem, there are other culprits that drive you to hunch over. Your computer screen and keyboard might be too low, forcing you to lean down. Change up your workspace by raising your screen or the surface where your keyboard rests. You should be staring straight ahead at your screen and your keyboard should be even with your forearms when your elbows are bent at a 45-degree angle.

MENTAL FATIGUE When you worked remotely throughout the pandemic, you might have had the flexibility of setting your schedule and breaking up your hours when you're most productive. When you're working in an office, it's very likely you have no option but to work the 9-to-5 business hours. These long periods of concentration can be a drain on you mentally, particularly if it's exacerbated by stress, sensory distractions, or workplace drama. If you can, take frequent breaks, even if it's only for five minutes. Disengage from work when you leave the office and get plenty of sleep at night so you can approach each day feeling refreshed.

NUTRITION Unless you take the time to pack your lunch every day, your options for food are usually limited to takeout from the nearest restaurant or deli. Depending on what you order, you could end up with a meal that has double the calories, fat, and sugar of something you would bring from home. If you're looking to improve your diet when you're at the office, the best thing you can do is take 10 minutes to pack a lunch every day (leftovers from last night's dinner work great). If that's not an option, at least keep your desk stocked with plenty of healthy snacks like nuts, fruit, and whole-grain crackers.



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Savor the Chesapeake

Restaurant news and culinary trends throughout the Chesapeake Bay region

By Megan Kotelchuck

Now that April showers are gone and the May flowers in full bloom, we can enjoy this last month before school is out and summer begins. Big things are happening around the region: new restaurant openings, seasonal restaurant openings, the Kentucky Derby and Preakness Stakes celebrations, and, of course, Cinco de Mayo.

On the Restaurant Scene...

Get ready to applaud **Executive Chef Gregory James** next time you visit The Inn at Perry Cabin. Chef James won the statewide contest put on by the Restaurant Association of Maryland declaring the Maryland Chef of the Year. The winner was announced on March 27th at a gala dinner as Chef James of Stars Restaurant/Inn at Perry Cabin. Chef James was nominated by someone in the public and, out of the hundreds of applicants, he was selected to be one of the six finalists. In 2019, Chef James took over the kitchen at The Inn at Perry Cabin in St. Michaels. He is a graduate of the Culinary Institute of America and has worked in fine dining restaurants in Chicago, Minneapolis, San Francisco, and at Aquavit, a two Michelin star restaurant in New York City. Chef James has hand-picked his current team and is always learning with them and continues to change his menu daily. Visit The Inn at Perry Cabin, innatperrycabin.com, to congratulate Chef yourself someday soon!



It was recently announced that **Talbot County Empty Bowls** is beginning to plan their in-person community gathering for 2023. Empty Bowls was founded in Michigan in 1990 and has since become an international organization where people can come together as a community to help everyone obtain the nutritious foods they need every day. Ten percent of the population in Talbot County is food insecure and unsure of where they are going to get their next meal. Talbot County Empty Bowls has distributed over \$235,000 to Talbot County food organizations to stop hunger since their inception in 2008 and has been on hiatus due to COVID. The next fundraiser is scheduled for February 2023 where local students and organizers will spend the spring raising awareness and funds with a table at the Easton Farmer's Market. For more information, or to get involved, email talbotcountyemptybowls@gmail.com.

A new bill in the Maryland General Assembly may be able to help businesses in Wicomico County obtain a **liquor license** more easily. When Revival, a live performance venue in Salisbury, tried to obtain their liquor license in August 2021, there wasn't an accurate category for them to apply for liquor license in. They ended up getting a liquor license as a restaurant but the process was more complicated than they anticipated. This new bill will make the process easier to get a liquor license for dinner theaters and similar businesses in Wicomico County. More often than not, ticket sales for these venues benefit the performers, not the theater. Passing this bill will help the venue, especially in light of this pandemic, make money on alcohol sales. The Senate has already passed this bill with unanimous support.

Happy Holiday Cocktails...

We have a reason to eat, drink, and be merry for several holidays this month; well, for one officially recognized holiday and another couple not as much, but we will count them. Of course, May 5th is Cinco de Mayo, and then you have 48 hours to recover before the horses load the starting gate for the Kentucky Derby; followed a couple weeks later by Maryland's own Preakness Stakes. The races are as much a holiday as the Super-bowl is right? Margaritas are a great drink choice for Cinco de Mayo, while Mint Juleps are perfect for the Kentucky Derby, but let's try something a bit different this year. What do you think?

Porch Swing

- 1.5 ounces Straight Bourbon Whiskey
- 3/4 ounce Lemon Juice
- 1/2 ounce Honey
- 6 ounces Peach Tea

Combine ingredients in a tall glass and stir. Garnish with a peach slice or lemon wheel.
Recipe and Picture courtesy of Woodford Reserve



Have culinary news to share? Send an email to the editor at editor@whatsupmag.com.

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¹All advertised offers, terms and conditions are subject to change at any time without notice. One entry per person. ²The "#MyBackyardBank" Giveaway is open to legal residents of the 50 United States (including D.C.) who are 18 years or age or older as of the date of participation. Entries are available to everyone and you do not have to be a customer to win. No purchase or payment of any kind is necessary to enter or win. A purchase does not increase chance of winning. Void where prohibited. By participating you agree to be bound by the Official Rules ("Rules") available at shoreunitedbank.com. Giveaway begins May 1, 2022, at 9:00 a.m. EST through July 31, 2022, at 4:00 p.m. EST. Void where prohibited.

Dining Guide

Advertisers Listed in Red

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

☎ Reservations

Y Full bar

👨 Family Friendly

🌊 Water View

★ Outdoor Seating

🎵 Live Music

🐕 Dog Friendly

👑 Best of 2021 Winner

Queen Anne's County

Adam's Taphouse and Grille

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

Amalfi Coast Italian & Wine Bar

401 Love Point Road, Stevensville; 443-249-3226; amalficoastki.com; Lunch, Dinner \$\$\$ Y 🍷 ★

Avanti Pizzeria, Trattoria & Market

419 Thompson Creek Road, Stevensville; 443-249-3649; avanti-ki.com; Lunch, Dinner \$\$\$ 🍷

Barbecue Bueno

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

Big Bats Café

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

Bridges Restaurant

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

Café Sado

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

Capriotti's

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

Carmine's New York Pizza

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

Commerce Street Creamery Cafe Bistro

110 N Commerce Street, Centreville; 410-758-6779; creamerycafe-bistro.com; Breakfast, Lunch \$; Closed Mondays 🍷

Doc's Riverside Grille

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

El Jefe Mexican Kitchen & Tequila Bar

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

Fisherman's Inn & Crab Deck

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

Frix's Fire Grill

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

Harris Crab House

433 Kent Narrows Way N., Grasonville; 410-827-9500; Harris-crab-house.com; Seafood, crabs; lunch, dinner \$\$ ☎ Y 🍷 🍷 🎵 🍷

Historic Kent Manor Inn

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

The Jetty Restaurant & Dock Bar

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

Kentmorr Restaurant

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

Knoxie's Table

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

Ledo Pizza

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

Love Point Deli

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

Mamma Mia Italian Bistro & Sports Bar

219 E Water Street, Centreville 410-758-2222; Lunch, Dinner \$\$ Y 🍷

The Narrows Restaurant

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

Oh My Chocolate

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

O'Shucks Irish Pub

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

Rams Head Shorehouse

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

Red Eye's Dock Bar

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

SandBar at Rolph's Wharf

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

Yo Java Bowl

800 B Abruzzi Drive, Chester; 410-604-0000; yojavabowl.com; Breakfast, Brunch \$ 🍷

Talbot County

208 Talbot

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

Ava's Pizzeria & Wine Bar

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

Awful Arthur's Seafood Company

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

The BBQ Joint

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

Banning's Tavern

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

Bas Rouge

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

Bistro St. Michaels

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

Capriotti's

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

Capsize (Seasonal)

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

Captain's Ketch

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

Carpenter Street Saloon

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

Characters Bridge Restaurant

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

Chesapeake Landing

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

The Coffee Trappe

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

The Crab Claw Restaurant

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

Crepes By The Bay

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

Corah's Corner

105 N Talbot Street, St Michaels; 410-745-8008; Corahs.com; Seafood; Seasonal, \$\$, Y 🍷 🍷

DINING GUIDE

Doc's Downtown Grille
14 N Washington St.,
Easton; 410-822-7700;
Docsdowntowngrille.
com; American, seafood;
lunch, dinner \$\$ 🍴 🌿

Doc's Sunset Grille
104 W Pier St., Ox-
ford; 410-226-5550;
Docssunsetgrille.com;
American; lunch, din-
ner \$ 🍴 🌿 🌿 🌿

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

El Dorado Bar & Grill
201-C Marlboro Ave-
nue, Easton; 410-820-
4002; Mexican; lunch,
dinner \$\$ 🍴 🌿

Foxy's Harbor Grille
(closed January &
February)

125 Mulberry St., St.
Michaels; 410-745-
4340; Foxysharbor-
grille.com; Seafood,
American; lunch,
dinner \$ 🌿 🌿 🌿 🌿

The Galley St. Michaels
305 S. Talbot Street, St.
Michaels; 410-200-
8572; Thegalleyssaintmi-
chaels.com; Breakfast,
lunch \$ 🍴 🌿 *

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

Gluten Free Bakery Girl
116 N Talbot St; St Mi-
chaels; 410-693-1153;
glutenfreebakerygirl.
com \$ 🍴

Gourmet by the Bay
415 S. Talbot Street, St.
Michaels; 410-745-
6260; gourmetbythe-
bay.net 🍴

**Harrison's Harbour
Lights**
101 N. Harbor Road, St.
Michaels; 410-745-
9001; Harbourinn.com;
American, seafood;
lunch, dinner \$\$ 🍴 🌿
🌿 🌿 *

Hong Kong Kitchens
210 Marlboro Avenue,
Easton; 410-822-7688;
Hongkongkitchen-
season.com; Chinese;
lunch, dinner \$

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

**Hunters' Tavern at
the Tidewater Inn**
101 E. Dover Street,
Easton; 410-822-4034;
Tidewaterinn.com;
American; breakfast,
lunch, dinner, Sunday
brunch \$\$ 🌿 🍴 🌿
* 🍴

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

**Latitude 38 Bistro &
Spirits**
26342 Oxford Road,
Oxford; 410-226-5303;
Latitude38.biz; Amer-
ican, seafood; lunch,
dinner, Sunday brunch
\$\$ 🍴 🌿 🍴

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

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

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

**Lyon Distilling
Company**
605 S. Talbot Street,
#6, St. Michaels; 443-
333-9181; lyonrum.
com 🍴

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alyons@whatsupmag.com

Marker Five

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

Momma Maria's Mediterranean Bistro

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

Old Brick Inn

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

Osteria Alfredo

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

Out of the Fire Café & Wine Bar

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

Piazza Italian Market

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

Plaza Jalisco

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

Purser's Pub at Inn at Perry Cabin

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

Robert Morris Inn

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

Sakura Sushi Restaurant

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

Sam's Pizza & Restaurant

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

Scossa Restaurant & Lounge

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

Sniffers Crafts Beer and Wine Bistro

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

Stars at Inn at Perry Cabin

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

St. Michaels Crab & Steakhouse

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

Sugar Buns Airport Café & Bakery

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

Sunflowers & Greens

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

T at the General Store

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

Theo's Steaks, Sides & Spirits

407 S. talbot Street, St. Michaels; 410-745-2106; Theossteakhouse.com; Steakhouse; dinner \$\$\$ 🍷 🍴 🍷

Two if by Sea

5776 Tilghman Island Road, Tilghman; 410-886-2447; twoifbysearestaurant.net; American; breakfast, lunch, Sunday brunch \$ 🍷 🍴 🍷

U Sushi

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

Washington Street Pub & Oyster Bar

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

Kent County

98 Cannon Riverfront Grille

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

Bayside Foods

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

Bay Wolf Restaurant

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

Beverly's Family Restaurant

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

Café Sado

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

China House

711 Washington Ave, Chestertown; 410-778-3939; Chinese; lunch, dinner \$

Evergrain Bread Company

201-203 High Street, Chestertown; 410-778-3333; Evergrainbreadco.com; Bakery; breakfast, lunch \$ 🍷

Figg's Ordinary

207 S. Cross Street #102, Chestertown; 443-282-0061; Figg-sordinary.com; Café and Bakery; Breakfast, Lunch, Gluten and refined sugar free \$ * 🍷

Harbor Shack

20895 Bayside Ave, Rock Hall; 410-639-9996; Harborshack.net; American, seafood; lunch, dinner \$-\$ \$ 🍴 🌿 🌊 * 🍷

Java Rock

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

The Kitchen at the Imperial

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

Luisa's Cucina Italiana

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

Marzella's By The Bay

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

Osprey Point

20786 Rock Hall Avenue, Rock Hall; 410-639-2194; Osprey-point.com; American, Seafood; dinner, \$\$\$ 🍷 🍴 🌿 🍷

Pasta Plus

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

Procolino Pizza

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

The Retriever Bar & The Decoy Bottle Shop

337 1/2 High Street, #339, Chestertown 🍷
Two Tree Restaurant
401 Cypress Street, Millington; 410-928-5887; Twotreerestaurant.com; Farm-to-table; lunch, dinner \$\$ 🍷 🍴

Uncle Charlie's Bistro

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

Waterman's Crab House

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

Dorchester County

Bay County Bakery and Café

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

Black Water Bakery and Coffee House

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

Blue Ruin

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

Bombay Tadka

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

Lil' Bitta Bull BBQ

520 Race St, Cambridge; 443-205-2219 🍷

Ocean Odyssey

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

Paul's Deli on the Creek

443-477-6630; 106 Market Square, Cambridge; Deli, lunch, dinner, \$, 🍷

RAR Brewing

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

Snapper's Waterfront Café

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

Suicide Bridge Restaurant

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

ThaiTalian Infusion Cuisine

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

Caroline County

Market Street Public House

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



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Where's Wilma?

FIND WILMA AND WIN!

It's May, it's spring, it's time to have fun! Wilma is off and running—or flying—all over the region this month, racing to and fro, in search of the best dining, shopping, and services she can find. Where will she land next?

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

Congratulations to Anna Chroniger of Royal Oak, who won a \$50 gift certificate to a local business.

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



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

Entries must be received by May 31, 2022. Winner will receive a gift certificate to a local establishment and their name will appear in an upcoming issue of What's Up? Eastern Shore.

| | |
|---|-------------|
| Anne Arundel Medical Center–AAMC Foundation..... | 64 |
| Anne Arundel Medical Center–Fish For A Cure..... | 72 |
| Aqua Pools..... | BC |
| Arrae Fine Gifts..... | GG |
| Arundel Lodge Inc..... | 43 |
| Brampton Bed and Breakfast Inn..... | Kent County |
| Chaney Homes–Tricia Wilson..... | 59 |
| Chesapeake Bay Beach Club..... | 71 |
| Chesapeake Bay Maritime Museum..... | 45 |
| Chesapeake Cycles..... | GG |
| Chesapeake Eye Care Management PC..... | 22 |
| Coldwell Banker Church Circle..... | 2 |
| County Commissioners of Kent County..... | Kent County |
| Dee Dee McCracken–Coldwell Banker..... | 9, 16 |
| Djawdan Center for Implant and Restorative Dentistry..... | 1 |
| Drs. Walzer Sullivan & Hlosek P.A..... | 7 |
| Duffy Creek Marina..... | Kent County |
| Duke Law LLC..... | LLP |
| Dwelling and Design..... | 63 |
| Eastern Shore Tents And Events..... | Kent County |
| Evans Law..... | LLP |
| For All Seasons Inc..... | 79 |
| Franke Beckett LLC..... | LLP |
| Gibson Grounds Property Services..... | GG |
| Haven Ministries..... | 43, 44 |
| Homestead Gardens..... | 60 |
| Jason's Computer Services..... | 79 |
| Joyce & Associates LLC Attorneys at Law..... | LLP |
| Kagan Stern Marinello & Beard LLC..... | LLP |
| Kent School..... | Kent County |
| Kitty Knight LLC..... | Kent County |
| Law Office of John Leo Walters LLC..... | LLP |
| Law Office of Marla Zide LLC..... | LLP |
| Let's Go! Music Festival..... | 12 |
| Liddy Campbell TTR Sotheby's International Realty..... | Kent County |
| Londonderry On The Tred Avon..... | 53 |
| Long Fence..... | 54 |
| Luminis Health AAMC..... | 3 |
| Lundberg Builders/314 Design Studio..... | 63 |
| McNamee Hosea Attorneys & Advisors..... | LLP |
| MDSW McAllister DeTar Showalter and Walker LLC..... | LLP |
| Nancy Hammond Editions..... | 60 |
| National Music Festival..... | Kent County |
| O'Donnell Vein and Laser..... | IFC, GG |
| Osprey Point Inn and Gratitude Marina..... | Kent County |
| Parker Counts..... | LLP |
| Plastic Surgery Specialists..... | 11 |
| Radcliffe Creek School..... | Kent County |
| Range & Reef..... | 77 |
| RLC Lawyers and Consultants LLC..... | 24 |
| ROSM Regenerative Orthopedic Sports Medicine..... | 21 |
| Shore United Bank..... | 75 |
| Soul Society Yoga Studio..... | GG |
| Talisman Therapeutic Riding..... | 46 |
| The Arc Central Chesapeake Region..... | 38 |
| The Greater Rock Hall Business Association..... | Kent County |
| The Hickory Stick..... | Kent County |
| The Law Office of Andrea Ross..... | LLP |
| Tidewater Inn..... | 15 |
| TTR Sotheby's Annapolis–Brad Kappel..... | 4 |
| University of Maryland Shore Regional Health..... | IBC |



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Tackling heart disease on the Eastern Shore.

A Talbot County native, Dr. Jeffrey Etherton knows the creeks and tributaries of the Chesapeake Bay like he knows the arteries and vessels of the heart. As a cardiologist with UM Shore Regional Health, he works in the very place where his mother was a nurse, and he is fighting the very disease that took his father's life. You better believe this is personal. He's out to catch heart disease in this community. Because ultimately, it's all about saving the lives of his neighbors.

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