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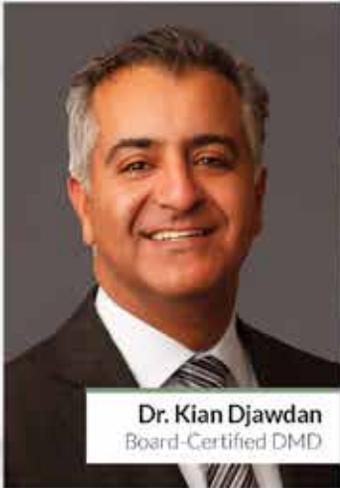
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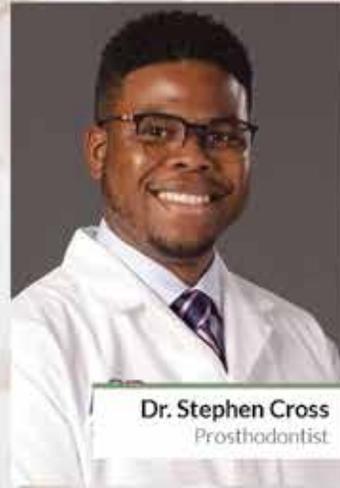
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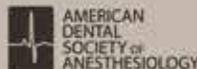
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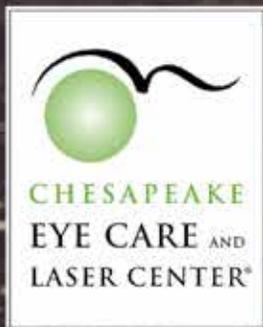
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On the Cover: Making your home look and function its best is critical to building property value. Design by August Schwartz. Contact *What's Up? Eastern Shore* online at whatsupmag.com. Please recycle this magazine.

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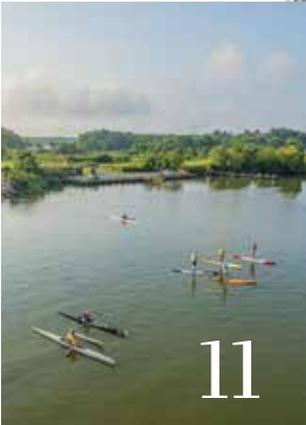
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Take a Trip Along Chester River

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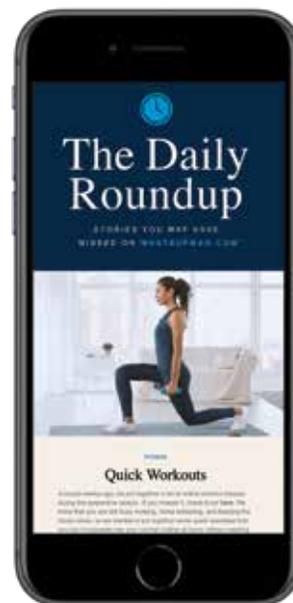
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EXPERT OF THE MONTH

JULIA COLLINS

YOGA INSTRUCTOR & STUDIO FOUNDER

Meet Julia Collins, founder of Soul Society Yoga. In our conversation, she shares insights about her passion for yoga, mission and goals for her studio, and how both seasoned yoga practitioners and beginners can find a home at Soul Society.

Julia, please tell us about yourself and what led you to found Soul Society Yoga.

Throughout my 20-year career as a yoga instructor, I have witnessed that consistent yoga practice can make you stronger, leaner, and more energized because it benefits every system of the body. It can improve your mood and even help get you through the toughest of times. It can decrease stress and increase joy. At Soul Society, our mission is to put self-compassion and self-care at the forefront of our clients' practice through teaching the traditional and historical paths of yoga. Our goal is to create a community that values kindness, and that kindness starts with being kind to ourselves. My hope from the beginning has been to provide a space that nurtures self-care and develop a community of more patient, understanding, and tolerant people. In turn, we can make the world—or at least our corner of it—a better, safer, more loving place.

What separates you from other yoga studios/centers?

The space is bright, clean, calming, new, and on-trend with high ceilings and abundant natural light. We have men's and women's showers and dressing rooms. Additionally, we provide amenities such as complimentary bath towels and well-stocked toiletries for showering after class. Our state-of-the-art yoga room cycles in fresh air to keep the room smelling fresh and maintain proper ventilation. The heat source for our hot classes is energy-efficient, radiant heat panels. Our sustainably-sourced cork floor is ideal for yoga practice—not as hard as hardwood or cement, yet not too soft to put unnecessary pressure on joints.

We provide complimentary props, including blocks, bolsters, straps, bands, and blankets. All props are maintained, cleaned, and organized. And our retail shop includes lululemon clothing and equipment, top-rated B Yoga mats, professional-grade Manduka mats and blocks, and other equipment and accessories.

What excites you about your profession?

One of my greatest joys has been watching new clients start their yoga journey, then start coming consistently, then make friends with their fellow yogis and get together outside the studio. We have all ages, men and women, different backgrounds, and seeing them make connections here has been incredibly fulfilling. It's like I'm watching my mission unfold before my eyes.

If I'm completely new to yoga, how do you suggest I begin and develop a fitness/yoga routine?

We have a Beginner pathway, which is how most newcomers get started. It includes three weeks of unlimited yoga classes and one private lesson with me. During that private lesson, you learn the main foundational postures, two breathing techniques, how to use props, and modifications for your body. You can then attend almost any yoga class and feel comfortable.

If I've been practicing yoga for many years, what experiences at Soul Society would be appropriate for me?

Those looking for an athletic challenge will enjoy our Vinyasa, Barkan Method Vinyasa, and Yoga Sculpt classes. Our most popular class regardless of ability level is YinYin. Vinyasa classes are heated, and each movement connects to the next through the breath. Yin is a series of long-held floor poses targeting deep connective tissues.

Julia Collins
Soul Society Yoga

2119 DiDonato Drive, Chester
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SOUL SOCIETY
YOGA STUDIO



From the editor



IN A HOT FLASH, August has arrived.

Where 'o where has our summer gone? The season is quickly moving along. And it's these dog days that offer, perhaps, the most plentiful schedule of festivals, concerts, fairs, and outdoor recreation—all before Labor Day puts a bowtie on summer and the kiddos return to school. I have many memories of hot August days and nights. I'm sure you do too.

Thinking back to 1995 or '96, I'm laughing as I type this memory out. I haven't thought of this in the years since, so it returned to me as a pleasant surprise when I was proofreading this issue. We have a feature article in this magazine about local musician/entertainer Kelly Bell, who, in my estimation, has achieved notoriety as one of Maryland's all-time greats—a designation that puts him in good company. His "phat-blues" band has played venues big and small throughout the Mid-Atlantic, including their annual summer concert at Quiet Waters Park in Annapolis (August 27th for those taking note).

But it was a memorable performance in the mid-'90s that hooked me; an absolutely wild appearance by the Kelly Bell Band at a local rock festival held at the Anne Arundel County Fairgrounds. Our group of high school hooligans went to the festival to check out headliner Jimmie's Chicken Shack, another local notable who, at the time, was making mild waves on MTV. It was still daylight as I recall, when a mid-bill act began taking the stage: a drummer, bassist, two guitarists, and another couple folks lined up on stage. A steady drumbeat began and as each instrument joined in, a tight, funk-riff developed into a cohesive jam. And then...

This larger-than-life behemoth of a man, dressed in denim overalls, whose face and arms were painted entirely in blue, hopped from stage right to center with his dreadlocks flinging and flying about, grabbed the lead microphone with gusto, and began belting out tunes!

What the...?!

My friends and I turned to each other in bewilderment. "Who is this guy? What is this band?" We didn't know, we didn't care. We liked the sound, the groove, the energy. They were great. They brought the x-factor to the stage. And I laugh because here I am thinking who else, but Kelly Bell, would paint himself blue and jump around onstage hollering, singing, and swooning funk-rock-blues? Only Kelly.

So that was my introduction to Kelly Bell and his band—a great summer memory from many years ago. I hope our article on Bell inspires you to catch a concert of his, or maybe venture to some of the festivals in your neck of the woods where you never know who or what you'll experience. You might just encounter a memory of a lifetime.

We pack a lot into this issue. Real estate is a big theme and why not? Seems the market is on everyone's mind as we navigate economic turbulence—but there's plenty of good news to cling to and many of our local professionals answer your questions within. We also introduce the first of three installments of the Chesapeake Retirement Guide—handy for those entering this new chapter of their lives. We also turn up the heat on the controversy surrounding recreational water access in the Bay region—private versus public property rights. And hey, it's almost football season, so we checked in with Navy Football Head Coach Ken Niumatalolo to get his take on all-things pigskin.

Lots to soak in before summer slips away. Thankfully, it's a very full August of events, activities, entertainment, and this magazine's worth of ideas and inspirations. Please enjoy!

James Houck,
Editorial Director

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



**AUG
27**

CBMM Charity Boat Auction

The Chesapeake Bay Maritime Museum will host its annual Charity Boat Auction on Saturday, Aug. 27. More than 60 donated boats and watercraft—from cruising boats to dinghies—will be in the water and on land to be auctioned off to the highest bidders. Visit cbmm.org/boatauction for details.

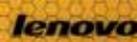
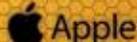
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Out on the **TownE**

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Wicomico County Fair

From August 19th to 21st, the Wicomico County Fair will be at WinterPlace Park in Salisbury. This is the 86th year of the fair tradition. The event will feature livestock exhibits, competitions, home arts, auctions, the five-foot fry pan, music and local vendors. Find more information at wicomicofair.com



THE NATIONAL FOLK FESTIVAL

Stop by the Eastern Shore for the 81st Annual National Folk Festival, one of America's largest, most prestigious and longest-running celebrations of arts, culture, and heritage. This event is three days long at Salisbury City Park from August 26th through August 28th. This festival celebrates the roots, richness, and variety of American culture. There will be over 250 of the nation's finest traditional musicians, dancers, craftspeople, and other keepers of culture in performances, workshops, demonstrations and more. Find more information at nationalfolkfestival.com



Photo by Steve Atkinson - ShoreToBeFun Photography

Pirates & Wenches Weekend

Come by land or sea to the isle of Delmarva for a town-wide pirate theme party August 12th through 14th. Pirates & Wenches Weekend is back in downtown Rock Hall taking over Main Street with pirate performers, live entertainment, kid's games and activities, a pirate scavenger hunt, and, most importantly: Mermaids. Dress up in your best pirate costume to win the best dressed contest! Find more information at rockhallpirates.com



BUSHELS AND BREWS

Bushels and Brews, Maryland's two favorite things. Stop by Hummingbird Inn on August 13th from 5-8 p.m. for all you can eat crabs, local corn, red skin potatoes, and a cash bar featuring beer, sangria, and orange crushes. There will be live music by Jayme D and 50 percent of the proceeds will benefit Delmarva Pride Center and Talbot Interfaith Shelter. Can't make it in August? There is another Bushels & Brews on September 10th. Call 410-822-0605 to make your reservations.

↑ Sudlersville Peach Festival

Godfrey's Farm and the Sudlersville Volunteer Fire Company are coming together for the Annual Sudlersville Peach Festival. The festival is August 5th from 6 p.m. to the fireworks at the end of the night and then 10 a.m. to 4 p.m. on August 6th at Godfrey's Farm. The festival will have the best local bands and community non-profit groups serving homemade food from pit beef to peach cobbler. Bring your whole family! Find more information at godfreysfarm.com



↑ CHESAPEAKE BAY PADDLE

The epic, multi-day, staged paddle race to protect the Chesapeake Bay is back from August 27th through 31st starting in Rock Hall and ending in Cape Charles, Virginia. The race is 5 days long covering 150+ miles, or, you can opt to do the Bay Paddle 45, which is 2 days, 45 miles, starting in Rock Hall and ending in Cambridge. The Paddle is working with Oyster Recovery Partnership to plant more oysters and with Chesapeake Conservancy to support their efforts to designate the Bay as a National Park. Come support our home. Register, donate, and find more information at baypaddle.org

ANNUAL CHESAPEAKE BAY BALLOON FESTIVAL

Triple Creek Winery in Cordova is bringing back the Annual Chesapeake Bay Balloon Festival on August 5th through 7th. Get ready to see some of your favorite hot air balloons up close. There will be tethered balloon rides and flights available in the picturesque country setting. Each day of this beautiful festival will close with a balloon glow where the hot air balloons will light up the evening sky. Enjoy live entertainment, expanded kid's zone, and handmade crafts and boutique vendors and food trucks. Find more information at chesapeakebayballoon-festival.com



↑ The Jazz Alive 2022 Summer Concert Series

Jazz Alive is back at the Waterfowl Building in Easton. The final show of the series will be on August 27th from 7 to 9 p.m. This final show features a powerhouse trio of guitarist Shawn Purcell, organist Pat Bianchi, and drummer Jason Tiemann. Buy tickets today to get a seat with a great view of the stage, enjoy a beverage and a light snack. Find more information at jazz-alive.org

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Across the Bridge



BOOKS! THE MAGIC IS REAL!

Looking for something to do to entertain the little ones? Magician Joe Romano is returning to Anne Arundel County Public Libraries on August 3rd from 2 to 3 p.m. at the Broadneck Community Library's meeting room. Romano uses jaw-dropping magic tricks to highlight the plots and characters of famous children's books. Magician Joe Ramano will also be at the Crofton Library on August 1st, and online on August 5th. Find more information on aacpl.net

↑ Rotary Crab Feast

The 77th Annual Crab Feast for the Rotary Club of Annapolis will be held on August 5th at Navy-Marine Corps Stadium in Annapolis from 5 to 8 p.m. This event has been held since 1946 and is one of the longest-running summertime traditions in Annapolis. The Rotary Club of Annapolis directs 100 percent of proceeds from the event to the local community and cultural nonprofit organizations. They also work with Annapolis Green to keep the feast zero-waste. The roughly 20,000 pounds of crab shells, corn cobs, watermelon rinds, plates, cups, cutlery, and napkins will be turned into Christmas Crab Compost that is sold to the public each December. Find more information at annapolisrotary.org



↑ Harry Potter in Concert

Calling all Harry Potter fans out there! Baltimore Symphony Orchestra is allowing audiences to relive the magic of Harry's first year at Hogwarts, set to the music of a live symphony orchestra. There will be two concerts this August: the first on August 12th at 8 p.m. at Joseph Meyerhoff Symphony Hall in Baltimore, and the second on August 14th at 8 p.m. at Merriweather Post Pavilion in Columbia. Find more information and buy your tickets at bsomusic.org

CRAB CUP

Get ready for the party of the summer at Eastport Yacht Club on August 20th. Chesapeake Region Accessible Boating is hosting their CRAB Cup for Accessible Boating Race and Poker Pursuit starting at noon followed by the Shore Party from 4 p.m. to 9 p.m. There will be live music by the Caiso Steel Drum Band and Misspent Youth, plus an awards ceremony and live auction. Find more information at crabsailing.org



↑ Annapolis Art Walk

Annapolis Gallery Association is introducing the 30th Annual Annapolis Art Walk on August 20th from 5 to 9 p.m. There will be new paintings, new exhibits, and artist demonstrations that cannot be missed. There will be plenty of galleries in Downtown Annapolis that will be open for the walk so you can take a scenic stroll Downtown and hit the best spots. Keep an eye on artinannapolis.com for the most up to date information and the map for the art walk.

MARYLAND STATE FAIR

The 141st Maryland State Fair is just around the corner! The fair will be open for three long weekends starting August 25th through August 28th and then September 1st through 5th and September 8th through 11th. The Maryland State Fair is an educational destination for the whole family. At the Maryland State Fairgrounds in Timonium, there will be daily home arts, farm and garden, livestock, horse competitions and exhibits and more! Find more information at Marylandstatefair.com



↑ CRAB FEAST ON THE WATER

The Raven yacht is hitting the water with delicious steamed crabs, gourmet music, and an open bar on August 14th from 3-6 p.m. leaving from the Docks in Downtown Annapolis. The Raven is an elegant and spacious yacht and the perfect place to pick crabs and enjoy the exquisite views of the Chesapeake Bay. Find more information on Borden Transportation's EventBrite entry for Crab Feast on the Water.



Photo by CBMT Creative

Annapolis 10 Mile Run

Get training! The 47th Annapolis 10 Mile Run is starting at the Navy-Marine Corps Memorial Stadium on August 28th at 7 a.m. This race is organized by Annapolis Striders, a non-profit 501 (c)(3) organization which promotes physical fitness and mental well-being through distance running in Annapolis. Runner's World Magazine has listed this run as one of the top ten 10-mile races in the country. Register for the run today at annapolisstriders.org

The Jazz Alive 2022 Summer Concert Series
SERIES FINALE
Guitarist Shawn Purcell | Organist Pat Bianchi
Drummer Jason Tiemann
August 27 at 7 p.m.
Easton's Historic Waterfowl Building

40 S. Harrison Street
Tickets and Info: www.jazz-alive.org
Telephone: (202) 999-8687

There's always something going on around town



Find out online at

whatsupmag.com/calendar



1



2



3



4

TOWNE SOCIAL

Help, Hope, Healing Jazz Benefit

For All Seasons recently hosted a magical evening of jazz music in a 150-year-old historic barn on Gross Creek near Easton. The “Help, Hope, Healing Jazz Benefit” featured cocktails, hors d’oeuvres, and dinner, as well as a silent auction in a space transformed by twinkling lights and the soft sounds of jazz. The proceeds raised by this benefit supported the life-saving mental health work of For All Seasons, a community behavioral health and rape crisis center in Easton.

Photography courtesy For All Seasons

1. Beth Anne Langrell, CEO, For All Seasons 2. For All Seasons Board Members Michael Flaherty, PhD, and Gary Goldstein, MD 3. Pictured is the exterior view of the 150-year-old barn on Gross Creek near Easton 4. Jennifer Stanley and For All Seasons Board Member Shavonte Lewis

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BEST OF EASTERN SHORE 2022

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Broker- Owner- Designer
Best Waterfront Realtor:
2022, 2020, 2019

Chaney Homes

'Best Residential Real Estate Brokerage'
2022, 2021, 2020, 2019, 2018, 2017
-What's Up? Eastern Shore magazine



BEST OF EASTERN SHORE 2022

Tricia Wilson, GRI
Realtor
Best Residential
Realtor: 2022



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TOWNE SALUTE

Cat Colloquium

Creating Purr-fect Community Partners

By Lisa J. Gotto

Visitors are quickly aware of what they are about to get themselves into when they approach the glass panel door upon arrival to the second-floor landing of 215 High Street in Chestertown. We certainly did when we arrived first thing one rainy Tuesday morning to meet with the executive director of this special place with the even more special name, Cat Colloquium.

That executive director, Laura Johnstone Wilson, says this is the typical scene for her when she approaches the door, as every one of the 11 cats that call the Colloquium home, are already vying for her attention as they prance, attempt to climb the glass, and generally pace around in a circle, with tails in full-on swish mode.

Once everyone is fed and happy, a mid-morning self-grooming and recreational period begins for the furry residents of this space, which was clearly designed *for* cats, but accommodates people, as well. We are then able to sit and chat about the incredible space we find ourselves in and about the why and how of its humble beginnings.

Cat Colloquium is a 501(c)(3) nonprofit that operates as a meeting space to discuss, engage, and to advocate for animals, children, and the Chestertown community in the company of cats. “Our vision is to create a physical space where the community can come together, in the company of well-supported cats, to engage in opportunities that support animals and children,” states the mission of the Colloquium. “That might mean working together on a fundraiser for a local children’s group, hosting meetings in our space where our cats roam free, attending a workshop on how to educate children about animals, creating a think tank for animal advocacy, or feeding treats to our Citizen Cats.”

Johnstone Wilson quickly dispels any notion that any of this is of her doing, explaining that the vision for this

collective and the environment that we are sitting in is solely the brainchild of a long-time friend of hers, a woman who never wishes to be recognized for the community service-oriented work and contributions that she regularly makes to help create a thriving Chestertown.

“She had a childhood dream of having a place where people could just go and enjoy cats,” says Johnstone Wilson of the Colloquium’s founder. “And when she saw this building come on the market, she said, ‘That’s it. That’s my cat place.’”

That was 2019 and the building itself had a well-known address and a history dating back to the 19-century as the town pharmacy, and the locally famous Stam’s luncheonette. Stam’s was the quintessential soda fountain back in the day where the town’s people gathered regularly to socialize over a root beer float or banana split.

While the pharmacy officially closed in 2016, the luncheonette endured and it remains the community hub for lunches, fountain sodas, and, of course, ice cream on the first floor of the building. Patrons to Stam’s sometimes spy a Colloquium resident through one of the two façade display windows of the luncheonette. The cats have access to the first-floor window via a stairwell where there’s plenty of room for them to play and grab the attention of passersby. Patrons can get to know the cats from the poster that features a photo of each cat and its name that is always visible in the window.



SHE HAD A CHILDHOOD DREAM OF HAVING A PLACE WHERE PEOPLE COULD JUST GO AND ENJOY CATS. AND WHEN SHE SAW THIS BUILDING COME ON THE MARKET, SHE SAID, 'THAT'S IT. THAT'S MY CAT PLACE.'"

While this is the most obvious way the Colloquium and the community work together, there are many less obvious but mutually beneficial ways this happens daily upstairs.

"In the beginning, what we wanted to do was adopt cats that we knew we un-adoptable. We knew that our mission was to give back to the community—with an educational twist," explains Johnstone Wilson. "How that would happen, we

weren't 100-percent sure, we just would start and let it free form. And I have to say it has been beautiful watching it develop."

What has developed is a one-of-a-kind experience for all who interact here. The facility has been optimized in every imaginable way for cats, including a remarkable, life-size, man-made tree; its trunk fitted with a heavy-gauge rope. Its huge branches soar upward breaking

through an opening to the building's third floor; many of the branches hold suspended metal baskets perfect for cat naps.

Because cats adore natural light, the space was also designed with a huge atrium above so there's plenty of room below to just bask in the sun. And there's other neat features, like the climbing wall, where local artists have volunteered their time and talent to create unique feline-centric works to enhance the space.

Since officially opening in 2020, despite the pandemic, the Colloquium scheduled 4,000 appointments/visits in their first year. The Colloquium is also grateful for the 1,600 hours of volunteer involvement they received that year, and for the continued support the center has received from its volunteer base that ranges from high school and college-age young adults to retirees.

Initially, the volunteers worked primarily in house-keeping roles because of the pandemic, but now their volunteers can wear many hats, including those in mentoring roles, and working with individuals with special needs like autism and ADHD. There are also small classes of local elementary school kids that visit once a month for help with language arts and grammar, and wellness partnerships with practitioners who teach yoga and meditation.

In addition to the education work the Colloquium does, and the roles it plays to help augment the work of the local humane society, like pre-

paring young people for pet adoption, the center is most proud of the healing through human/feline connection that regularly takes place under their roof.

Johnstone Wilson explains that they had one particular young adult visitor with special needs and an inability to speak. For her, the experience consisted of one simple activity with one sweet cat, George. "This young woman came and just placed her head on the cat for 15 minutes; just listening to him purr. Neither the cat nor the woman moved for 15 minutes," she says, adding that she recalls the event as one of the most emotional experiences she witnessed at the Colloquium.

Whether it's providing volunteers with knowledge or purpose, visitors with some time to decompress, or offering solace and sanctuary for special felines, the Colloquium's mission to create community in a warm, friendly, and inquisitive way, is certainly being accomplished.

The Cat Colloquium is open free of charge to the public. Hours of operation are Sunday & Monday, 11 a.m.–2 p.m., and Wednesday–Saturday, 11 a.m.–4 p.m. Closed Tuesdays. Private appointments are available at catcolloquium.org, or call 410-778-6369. Donations are always appreciated.



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



MUELLER HOMES CELEBRATES 30TH ANNIVERSARY ↓

In 1992, Mueller Homes Inc. was formed as a construction company in Maryland by Paul Mueller, Sr. Today, Mueller Homes is led by his son, Paul Mueller, Jr. (both men are pictured) and the company serves a growing clientele as a luxury custom home builder in Maryland. “We would like to thank the many clients, employees, suppliers, and sub-contractors who have been beside us for this journey,” states the company. To learn the entire story of Mueller Homes, visit muellerhomes.com/mueller-homes-celebrates-30-year-anniversary.



↑ Haven Ministries Opens Homes of Hope in Stevensville

Haven Ministries is addressing the urgent need for affordable housing in Queen Anne’s County 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,” says Krista Pettit, Executive Director of Haven Ministries. “People like Jim Moran, owner of Increte of Maryland, Inc. and Brad Lundberg, President of Lundberg Builders and 314 Design Studio, helped to coordinate the supplier donations on the project. We wouldn’t be where we are today without the giving these two men solicited.” Learn more at haven-ministries.org.

Dual Medical Accreditation Achieved

The Continenence Center, Andrew M. Shapiro Center of Excellence, Chesapeake Urology recently achieved dual accreditation as a Center of Excellence in Continence Care for Women, recognized for providing the highest quality of care and patient safety by Surgical Review Corporation and the National Association for Continence. Status as an accredited facility means that The Continenence Center, Chesapeake Urology has met nationally recognized standards. Not all hospitals and surgeons seek accreditation and not all that undergo the rigorous requirements and inspection process are granted accreditation. Learn more at chesapeakeurology.com.



BLACKWATER NATIONAL WILDLIFE REFUGE VOLUNTEERS HONORED

The U.S. Fish & Wildlife Service recently recognized volunteers of Blackwater National Wildlife Refuge (NWR) for the outstanding contributions they have made to the refuge during 2021. The Friends of Blackwater sponsored the awards dinner held at the pavilion at the Harriet Tubman Underground Railroad Visitor Center. During 2021, 111 volunteers contributed 6,124 hours of their time to the refuge. Every year, Blackwater NWR honors and distinguishes a volunteer for their exemplary performance throughout the year. This year, two volunteers were honored for their long-term commitment to the refuge and their willingness to share their expertise in refuge bird life with others. Terry Allen of Easton, Maryland, and Harry Armistead of Philadelphia, Pennsylvania, received the 2021 Volunteer of the Year Award for their dedicated service to the refuge. Both Allen and Armistead have been leading bird walks on the refuge for 38 years, introducing the joy of birding to generations of refuge visitors. Special recognition was also given to volunteers reaching key milestones in their service to Blackwater NWR. For more information, visit fws.gov/refuge/blackwater.

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

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Photography by Steve Buchanan

Josh Sambrano

Sts. Peter & Paul High School
Sailing, Swimming

By Tom Worgo

Growing up, recent Saints Peter and Paul High School graduate Josh Sambrano enjoyed competing in football, but the sport took a toll on his body. Sambrano sought an athletic endeavor that would challenge mind over body. So, he took up sailing in the seventh grade. He fell in love with it and decided to put as much time into sailing as possible. That means jumping in nine months a year, working as a skipper and crew in two-man boats.



I DEFINITELY FELT MORE CONNECTED TO SAILING THAN THE OTHER SPORTS. IT'S JUST MY CONNECTION TO THE WATER. IT'S NOT AS INTENSE PHYSICALLY. IT CHALLENGES YOU MORE MENTALLY AND INTELLECTUALLY—ESPECIALLY DURING THE RACES."

He participated on the junior varsity squad in seventh grade, in the fall and spring, and in youth programs at the Cambridge Yacht Club and Tred Avon Yacht Club in Oxford. Sambrano, an Easton resident, picked up sailing quicker than expected. And Saints Peter and Paul promoted him to varsity as an eighth-grader. He went on to a stellar high school career, serving as team captain in his final years. He capped his career with five first-place finishes in regattas and another 12 top-three placings.

Sambrano's dedication has paid off. He will be sailing in the fall at the University of Maryland, where he plans to major in aerospace engineering on an academic scholarship.

"I definitely felt more connected to sailing than the other sports," explains Sambrano, who carried a weighted 4.9 grade-point average. "It's just my connection to the water. It's not as intense physically. It challenges you more mentally and intellectually—especially during the races."

The 5-foot-7 Sambrano had some appealing choices when it came to sailing in college. He got accepted to Virginia Tech, Penn State, Georgia Tech, and Michigan, eyeing both the sailing teams and engineering programs.

"I got the best (scholarship) package from Maryland, and I wanted to stay close to my family," Sambrano says. "They are always very supportive of me."

While Sambrano has won his share of regattas, he might be just as valuable to the Sabres' program for his leadership skills. He taught his young teammates and family members how to master sailing.

The 18-year-old Sambrano was the oldest member of the Sabres' sailing team. It also included six underclassmen and a combined four eighth- and seventh-graders. He relishes leading them.

"I see myself as a mentor," he says. "Most of my teammates are just starting out. You are teaching them the ropes, how to strategize, and what to do in a race. I also want to teach them the strategy of motivation because sailing can be a grueling sport. The mental exhaustion can last all day."

Sambrano proved he can win races even under the most difficult circumstances. There's one race that jumped out of the 80 he participated in over six years. In the fall of his sophomore year, Sambrano was part of two-man team that won the last race of the Maryland Interscholastic Sailing Association

championship on the Tred Avon River. The winds blew 30 to 40 miles an hour and it was pouring rain.

“He never complains about anything,” Saints Peter and Paul Sailing Coach Robin Cooper says. “He never missed a practice, and he gets something out of every practice. He is so passionate about sailing. I think he will thrive in college.”

In the winter, Sambrano swam on his school’s varsity team, specializing in the 50- and 100-yard freestyle. He also belonged to the Spanish Honor Society, National Honor Society, and perform-

ing arts club, was a student government officer, and received a large number of academic awards.

“He almost won every academic award,” Saints Peter and Paul Athletic Director Pat Tracy says. “Watching him develop as a young man and athlete—he is very determined, very hard-working, and a great teammate. I am excited about what he will be doing after graduation.”

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

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TOWNE INTERVIEW

Ken Niumatalolo

Head Coach, Navy Football

By Tom Worgo | Photography courtesy Navy Athletics

For the Naval Academy's Ken Niumatalolo, football and faith consume him. Niumatalolo is a long-time member of the Church of Latter-Day Saints. He is one of the six people featured in the 2014 documentary *Meet the Mormons*. He has been a Spanish missionary, a counselor, and now serves as stake president of The Church of LDS Annapolis.

It's no surprise that he cares so much about the spiritual and emotional well-being of his players. "It's more to me than just football," Niumatalolo says. "I want them to succeed in life."



IT'S MORE THAN WINS AND LOSSES FOR ME. I WANT TO SEE THEM DO WELL. I HOPE I CAN HAVE AN IMPACT ON THEIR LIVES. I THINK THAT'S PART OF IT. BECAUSE OF MY PERSONAL BELIEFS, IT'S JUST A JOB. I AM GRATEFUL FOR THE JOB. I BELIEVE YOU HAVE A CHANCE TO IMPACT PEOPLE'S LIVES."

Niumatalolo, a native of Hawaii, is Navy's all-time winningest head coach, compiling a 105-75 record in 15 seasons. Navy won the Commander-in-Chief trophy three times and made bowl appearances nine times while winning six of them, including the Texas, Liberty, and two Military bowls. Niumatalolo also worked as a Navy assistant football coach for eight years.

We spoke with the 57-year-old Niumatalolo about his faith, whether he will retire as Navy's coach, and the thrill of watching his two sons play football at Broadneck High School and in college at Utah and Brigham Young.

What are your on-the-field highlights? Beating Army consistently or one of the 11-2 seasons in which Navy won a bowl game?

Definitely beating Army 10 times. It never gets old, and you are always grateful to beat them. Winning the Commander-in-Chief trophy six times. We beat Notre Dame three times, too. Those are definitely highlights.

Are there any other highlights?

With all that said, the highlight for me as a coach here is seeing my players come back. Seeing where they are as

men, fathers, and husbands. The lives they live and all the success they've had. To me, that's the highlight of coaching at the Naval Academy.

You are so involved with your players? Is it because faith is a big part of your life?

I think it is. I am an emotional person. I joke with the guys one moment, could cry the next, and then another moment I might yell. Maybe a lot of it is my spiritual background. It's more than wins and losses for me. I want to see them do well. I hope I can have an impact on their lives. I think that's part of it. Because of my personal beliefs, it's just a job. I am grateful for the job. I believe you have a chance to impact people's lives. Maybe that's why I am emotionally involved. It's who I am. I am a simple person. Family-oriented. Faith-oriented.

Does your experience as a counselor and missionary help you get through football's tough times?

I believe it does. I feel like my faith gives me perspective. I feel it gives me a different lens to look at the players. They are not guys who I teach to block and tackle. They are somebody's son or brother. I feel like



my faith in my relationships gives me a holistic view of my job. This job is very consuming. It's a ruthless profession. There is a lot of money involved. There is prestige involved and sometimes you get caught up in all that stuff. I think my internal perspective on things keeps my principles in line. Don't sacrifice winning for things of internal perspective, and things that have long-term consequences.

You coached as an assistant at UNLV and Hawaii. What is the difference between those schools and a service academy?

At those schools, you are just trying to keep players eligible. Not all the schools, but the majority of schools. It's the bare minimum. You take the courses the players are going to pass. At the Naval Academy, you have a full workload, and you have to go to class every day because they are small. You are not going to a

major university, where there are lecture halls and nobody knows if you are in class. We have direct communication with professors. At other places, it's taboo. We are all trying to help the Midshipmen succeed. A professor may say to me, "Hey coach. So and so hasn't turned in his assignments and missed a few classes." At other schools, it's all about football. Here at the Academy, you are a normal Midshipman. You do what everybody else does. Take the same courses. It's hard to be a Midshipmen and play Division I. You combine the two. I'm amazed at how they do it."

Who were the most influential people in your life? Was it a football coach?

I have to say my parents [Simi, Lamala]. In football, I have led our program because of the principles my parents taught me and my spiritual foundation. I have tried to create a culture

that is based on family and love. That's what I have learned from my parents. Schematically, there is stuff I learned from Paul Johnson [Navy's previous head coach]. Culturally, a part of what I learned is from [former LA Rams coach] John Robinson at UNLV. But my parents had the biggest impact on me.

You have two sons, Va'a and Ali'i, that played at Broadneck High and in college. Is it hard just being a fan when you are a coach?

I loved it. I am grateful Broadneck is so close. Both of my sons played more on special teams in college. It was awesome to watch them play. I saw some of their games on bye weeks. My daughter, Alexcia, plays lacrosse at Maryland. My kids loved playing sports and being part of that is great. At Broadneck games, I would try to sit at the 50-yard line with my wife Barbara, and other parents. It's hard sitting there. You hear the things that

people are probably yelling at me when I coach. Parents say to me, "What do you think of that coach? We shouldn't have done that? Right?" I say, "I am here to watch the game. Not critique the coach." I normally stand behind the end zone.

You have considered Arizona and BYU for coaching positions. Would you like to retire at the Academy?

I would. Because of the success of our program, I have had opportunities to look at other schools. The money in college football is very lucrative. The Power 5 schools are very enticing. I have talked to quite a few schools over the years. I have gone, then come back and realize that I have a great job. I love Annapolis. I have raised my family here. This is home. I have been here 25 years. I love what the Naval Academy stands for. I love their mission. I feel it fits with my personality. I feel I give back. I definitely don't see myself going anywhere.



Backyard Birds 2 The branch, from left to right: Fish Crow, Rufous Towhee, Wood Thrush, Whippoorwill, Pine Warbler, Worm-eating Warbler, and Red-headed Woodpecker. The Audubon Soc. lists all of these bird species as at risk of extinction due to climate change.



Ephemeral BEAUTIES

*A must-see exhibit of botanical
drawings by Anna Harding*

Story by **JANICE F. BOOTH**

Images courtesy **ANNA HARDING**

*Anna Harding's exhibition is titled
Wake Up: We Need Everybody
and currently showing at Adkins
Arboretum. The show opened July
3rd and remains open until the end
of August. For more information,
visit adkinsarboretum.org.*



Wake Up This eponymous piece, with the supine figure of a human at the top, measures 17" x 42." The drawing includes plants, birds, dragonflies, salamanders, fish, butterflies, and beetles with evocative names like Curly-heads, Rattlesnake-master, Lark Sparrow, Roseate Tern, Skillet Clubtail Dragonfly, Common Mudpuppy, Dusky Azure, and Schwarz Diving Beetle. (What's not to love?)

Do you remember coming upon a Bog Turtle trundling across your path when you were a child? Or the sound of a Barking Tree Frog as you lay on the grass looking up at the stars? Carolina Buttercups and Purple Milkweed once dotted local meadows. And there was excitement when coming upon a Yellow-fringed Orchid or Wood Lilies when wandering along shady trails. These and many other lovely creatures and plants need our protection and help if they are to regain and retain their places in Maryland's natural world, waiting to be admired by future generations as they too wander the wild places in our state.

"I am hoping to educate people on the shocking reality [of rapidly disappearing flora and fauna.] We can still do something [to rescue these beauties] if we try," says botanical artist Anna Harding. She has spent the last two-plus years creating beautiful and eloquent drawings of the animals, insects, amphibians, and plants that are disappearing from Maryland's woods, meadows, waterways, and shorelines. And now, these works of art are on exhibit at Adkins Arboretum in Ridgely, Maryland.

The 25 drawings in the exhibit, executed in graphite and colored pencil, are all of living things that shared our world but are now endangered, threatened, or extinct according to Maryland's Department of Natural Resources (DNR). Maryland's DNR website is a valuable, if disheartening, resource that lists plants and animals of the state that need conservation efforts. Those lists became a useful resource as Harding prepared for and executed her drawings.



Harding is a member of the Working Artists Forum in Talbot County. She founded the Botanical Art League of the Eastern Shore and teaches a monthly class at Adkins Arboretum. Reflecting on her work and the creatures she has come to know so intimately through her art, Harding observes, "I am hoping the viewer will realize that all creatures exist with a role to play that is part of the bigger picture indicating the health of the environment here on the Eastern Shore, our home."

Where Have All These Flowers Gone? The wooden planter contains Carolina Buttercup, Racemed Milkwort, Yellow-fringed Orchid, Sessile-fruited Arrowhead, Bog Jacob's Ladder, Allegheny Plum, Carolina Milkvine, Blunt-lobed Grape Fern, Marsh Fleabane, Camphorweed, and Seneca Snakeroot. All of these flowers are endangered or threatened.

Ephemeral Beauty These butterflies and their host and/or nectar plants include: In the air: Northern Metalmark, Appalachian Blue, Gray Comma, Early Hairstreak, and Edward's Hairstreak butterflies. Settled on plants: Delaware Skipper, Golden-banded Skipper, Edward's Hairstreak, Silver-bordered Fritillary, Early Hairstreak, Gray Comma, Harris's Checkerspot, Pink-edged Sulphur.





THE MONEY POT

YOUR HOME IS AN INVESTMENT; BUILD AND LEVERAGE ITS VALUE | BY JAMES HOUCK

The end of the rainbow might not be as far, far away as we perceive. In fact, the pot of gold may be at your feet—assuming you're standing or sitting within your own home. In the last three years, the Chesapeake Bay real estate market (and the entire nation's) experienced quite a boom—so much so, in fact, that homes have been selling like hotcakes. Those sitting on desirable properties saw their home values soar to levels not seen since the early 2000s—and the opportunity to cash in, bigtime, convinced more than a few to sell.

Low inventory coupled with low interest rates created both a sellers' and competitive buyers' market, so to speak. Home prices soared during the pandemic as fewer homes were on the market. Yet, buyers were plentiful, as they could borrow great sums of money at some of the lowest interest rates in history. Bidding wars ensued. Available properties sold in a flash. Some of them resold for even higher prices. And the expectation of a flood of foreclosures coming to market in the aftermath of the pandemic hasn't come to fruition...yet. Low supply and high demand remain.

But—and there's always a “but”—how long will this market continue? After all, we saw similar activity up until 2008 when the subprime mortgage market crashed, triggering the Great Recession. Are we due for another market correction? The Federal Reserve thinks so, effectively raising interest rates by a half-point in early May and another three-quarters of a point in June—moves intended to curb excessive borrowing by making it more expensive, thus softening consumer spending and helping

mitigate additional variables that trigger recession. In fact, 30-year fixed interest rates subsequently climbed to the 5 percent rate—the first time we've seen this in more than a decade.

Economist Anirban Basu states the effect on the housing industry bluntly: “When interest rates rise, the quantity demanded of homes goes down. That also drags down sales prices. But let's keep things in perspective. The average price of a new home is up 48 percent since February 2020 (they increased just 35 percent over the preceding decade).”

The interest rate increases also indicate we may have learned enough lessons from 2008 to forge ahead, promote market stability, and help create growing property value over the long term. The consensus among economists and realtors is that we won't fall off the cliff a la '08, but that, yes, the real estate market will start cooling off sooner than hoped. However, there remains plenty of upside. After all, inflation is temporary.

“We were addicted to low interest rates and massive stimulus,” Basu says. “And now we're about to go through withdrawal. The sweating and cramping has begun. The sooner it starts, the sooner it ends.”

So, let's dive into how current homeowners can develop property value in the short-term, with a keen eye on long-term growth beyond a potential recession. Plus, we offer strategic advice for bringing a property to market.

EASY MONEY (SO TO SPEAK)

Perhaps the best way to build immediate value in your property is by investing your own cash into it—renovations, additions, major interior and exterior upgrades, updating appliances, and systems’ efficiency top the list of improvements homeowners can make right now to add value. Since borrowing money costs more today than has in recent years, project your real cash flow, cost out projects on your wish list, and plan those you can afford, accordingly.

Of all the rooms and spaces in your home, there are three that traditionally have been the most attractive and desirable when it comes to upgrading, enjoying, and even selling your home. The kitchen, baths, and flooring. In every annual poll of local real estate agents and brokers that What’s Up? Media has conducted over the past decade, kitchen, bath, and floor renovations were consistently mentioned as top amenities that build value and help sell a home.

And *Remodeling Magazine* confirms that kitchen remodels retain the most return on investment. According to the industry publication’s data, both minor- and major-kitchen remodels rank in the top four of their home improvement return on investment list. The most popular remodels and their average returns include:

HOME IMPROVEMENT RETURN ON INVESTMENT

PROJECT	AVERAGE COST	AVERAGE RESALE VALUE ONE YEAR LATER	% RETURN
MINOR KITCHEN REMODEL	\$14,773	\$13,039.00	87%
TWO-STORY ADDITION	\$67,743	\$56,770.00	83%
BATHROOM ADDITION	\$14,216	\$11,704.00	81%
MAJOR KITCHEN REMODEL	\$38,769	\$31,344.00	80%
FAMILY-ROOM ADDITION	\$46,738	\$37,217.00	78%
DECK	\$5,865	\$4,498.00	75%
MASTER SUITE	\$63,275	\$47,699.00	74%
ATTIC BEDROOM	\$31,366	\$23,232.00	73%
HOME OFFICE	\$10,526	\$5,723.00	54%

Figures are national averages Source:
Remodeling Magazine (www.remodeling.hw.net)



In the Chesapeake Bay region—noted for prime waterfront properties and at least 8–9 months of temperate-to-tolerable weather during which the outdoors and related amenities are enjoyed—the real estate and hardscaping industries have experienced an extreme uptick in the building of *and* appreciation for outdoor living spaces. Elaborate porches and patios, outdoor kitchens, stone fireplaces and firepits, pergolas, gazebos, and related accoutrements (think overhead fans and misters for hot summers, heaters for winter, digital audio systems, etc.) have become hot ticket items for consumers. Homeowners and buyers in all price ranges are seeking these spaces, perhaps more so in the aftermath of the Covid-19 pandemic, as home living has taken on new meaning.

Additionally, consider upgrading the “extra” spaces in your home if you’re looking to add value. That un-used bedroom or an unfinished basement can be remodeled into a very functional or fun space. Nicely finished basements have been gaining in popularity over the past 10 years, offering a good return on investment for home offices, theaters, game rooms, built-in bars, and au pair suites. If home is where the heart is, it can pay short- and long-term to make it the most lovable space in your life.

Ultimately, when considering these updates, upgrades, and additions, keep in the back of your mind that one day, you’ll likely be selling your property. Consider how the discriminate home buyer would perceive your parcel. It may make sense to consult a real estate agent prior to contracting any major changes to your property. Knowledge could be your best investment.

THE LONG GAME

Beyond the immediate satisfaction of, say, a gourmet kitchen remodel and you endeavoring to become Julia Child, the long-term value of one's property is what excites savvy homeowners who count on their home to grow the value of their overall financial portfolio. And the data agrees.

According to the U.S. Census Bureau, "Median home values adjusted for inflation nearly quadrupled over the 60-year period since the first housing census in 1940. The median value of single-family homes in the United States rose from \$30,600 in 1940 to \$119,600 in 2000, after adjusting for inflation. Median home value increased in each decade of this 60-year period, rising fastest (43 percent) in the 1970s and slowest (8.2 percent) in the 1980s."

Federal Reserve Economic Data (FRED) confirms that real estate prices continued to rise indefinitely up until the financial crisis of 2008 when the housing bubble burst. Though the market crashed, it did begin to rebound by Q3 of 2011 with home sales prices resuming an upward climb—a trend that has continued into 2022, despite bumps along the way (Covid-19). Some markets, particularly the Mid-Atlantic and Northeast, experienced unprecedented increases in average sale prices as the country began to emerge from the pandemic.

Overall, the average sales price of new homes in the United States climbed from \$39,500 in 1975 to \$420,900 by 2021. FRED offers cautious optimism: "A home is a good investment only if you can afford it...You are unlikely to see any profits that you can spend if you plan to live in the same house all your life. But if you buy with an exit strategy in mind, there is a much better chance of realizing a cash profit...From a practical standpoint, even if your primary residence doubles in value, your real estate taxes have gone up. The gains you experience are on paper until you sell the property. Of course, for many homeowners, that's alright. A home that doubles in value is a nice asset to pass on to the kids and grandchildren."



THE EXIT STRATEGY

Preparing your home for sale can feel daunting, overwhelming, and without guarantee that you'll actualize the long-term value and investment of the property. The market is king. But there are more than a few best practices to consider and employ when putting up the "For Sale" sign.

We recommend consulting with a real estate agent well-versed in the local market, who knows the historic values, seasonal pricing fluctuations, inventory, most-desired amenities, buyer demographics, and has deep contacts in multiple home industries that can help prepare a home for sale. Preparation can include minor-to-major home repairs, cosmetic enhancements, decluttering, interior staging, landscaping, and property inspections.

You hear it time and again because it's true—curb appeal is crucial to selling a home. Power wash the exterior, get your windows professionally cleaned, and spruce up your garden. Take out furniture—the home shows best when two-thirds furnished, as buyers need to envision their belongings. Think about space, light, flow, and function. Clean and declutter. It can take quite a while to prepare a property for the market and any homeowner who doesn't take the time to prepare is making a mistake. "Most buyers in our busy world don't have time and/or vision to work on serious structural updates to their new purchase (kitchen, master bath, etc.)," stated one realtor in our annual survey. "The 'options' that help to sell a home are for the seller to offer clean, de-cluttered rooms in a setting that looks well-maintained."

Of course, all the timing, preparation, and organization ultimately comes down to one thing...pricing. "The single most important factor in selling any home is to price it properly," states another local realtor. "Introducing a home at an inflated price is almost always going to slow down your sale and result in settling for a price lower than you would have received if the house had been listed at the appropriate price going in." This is a sentiment shared by every realtor we have surveyed over the years.

Homeowners must take the emotion out of selling their home and realize the minute the house goes on the market, they are in a business transaction and should pay attention to the expert they have hired to help them sell. It is critically important to work with an agent who can assess the activity accurately for a home like yours or yours-to-be.



LEADING REAL ESTATE & HOME PROFESSIONALS

The following individuals are the people who can lead you through the complex world of all things home related. They are not only experts in the field, but they are your neighbors...people who support the community you care about. In short, these are professionals you should know.



Chuck Mangold Jr.

A leading agent in all price ranges for over 20 years, Chuck joined Benson & Mangold in 2001. He prides himself on being in all things Eastern Shore Real Estate, including inland, waterfront & commercial properties in Talbot, Queen Anne's, Caroline & Dorchester Counties. He brings unmatched knowledge, experience and customer service to the table for every client's need in a seamless purchase or sale. No matter what stage of the homebuying or selling process you are in, Chuck and his team have the resources and expertise to assist. Armed with a dedicated, full-time staff, he is free to market your home or find you your dream home.

Chuck Mangold Jr. Associate Broker

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Benson & Mangold is the Mid-Shore's #1 Real Estate firm and has been serving the area for nearly 60 years. When considering a local firm, choose the company that has been reliably leading the Shore for generations and is committed to serving our clients well into the future.



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\$999,900



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Easton
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The DDMcCracken Home Team, is interested in being your Real Estate team for Life! We are inspired and have an intimate Knowledge of the Bay Region to provide top of the line services to all of our clients. The team thrives on providing tailored, custom services, for each client because each client's needs and circumstances are different.

Whether you are selling or buying each client is provided with the utmost professionalism and integrity. Along with our in-depth knowledge of the area, you will have the best resources and technology provide for selling and buying, including staging services, individual website, professional photography, Market Analysis and a whole lot more.



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Tricia Wilson

Tricia Wilson, top producing agent for Chaney Homes, serves five eastern shore counties (Queen Anne, Caroline, Kent, Dorchester & Talbot) and Anne Arundel with excellence. Every transaction is a journey, and Tricia navigates her clients with an empathetic hand throughout what can be an overwhelming process. Tricia makes it a point to walk along side her clients from the initial meeting to the settlement table offering sound advise, personalized attention and extensive market knowledge.

Tricia credits her more than 20 years of marketing experience as powerful tool in her arsenal giving her—and ultimately her clients—a competitive edge in the marketplace. Coupled with that is her ability to offer superior staging services provided to all her clients by her groundbreaking brokerage, Chaney Homes, the first local brokerage to offer full staging exclusively to their clientele. It's a powerful punch that delivers results.

Based on beautiful Kent Island where she also lives with her husband of 20 years, her twin boys and her 3 dogs, when not selling the 'Shore Life' she's living it. Tricia enjoys every opportunity she gets to hop on the boat with her 'triplets' (referring to her husband and twin boys) who are avid outdoorsmen always searching for their next adventure. Whether it's fishing, crabbing or hunting, Tricia will join them, cherishing every memory they make as a family.

Tricia Wilson, GRI, Realtor®

410-404-2033
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Chaney Homes

206 Old Love Point Rd,
Stevensville, MD 21666

▶ RECENTLY SOLD PROPERTIES



1721 Harbor Drive | Chester
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200 Wye Harbor Dr | Queenstown
SOLD \$1,550,000



127 Congressional Drive | Stevensville
SOLD \$1,100,000



2609 Cecil Drive | Chester
SOLD \$1,195,000



450 Seascape Lane | Stevensville
SOLD \$4,600,000



240 Eareckson Lane | Stevensville
SOLD \$2,100,000



Fiona Newell Weeks

Dwelling & Design

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

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

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

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



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www.dwellinganddesign.com



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Londonderry on the Tred Avon

You can have it all in retirement. We promise.

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

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

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

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

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

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



700 Port Street, Suite 148
Easton, MD 21601
410-820-8732
www.londonderrytredavon.com





Cliff Meredith

Meredith Fine Properties

Cliff Meredith has been a real estate broker for over 35 years and is currently Broker/President of Meredith Fine Properties specializing in Eastern Shore of Maryland waterfront homes, estates, and farms. He is also the Owner of Oxford Commercial LLC, a local company involved in the sale and lease of commercial properties.

Meredith has a professional realty GRI designation, is a private pilot, and has a 100-ton Merchant Marine Masters license. He served in the U.S. Army Reserve and the U.S. Air Force Reserve before attending Chesapeake College and more recently graduated in 2021 with a Bachelor of Ministry from Christian World College of Theology.

Cliff has sold over 1.6 Billion dollars in sales of waterfront estates, and was recently voted #1 realtor on Maryland's Eastern Shore, and #2 realtor in the State of Maryland by Real Trends + Tom Ferry America's Best Real Estate Professionals.



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7751 Rollyston Drive | St. Michaels
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26490 Presquile Drive | Easton
\$4,400,000



8831 Quailsar Road | Easton
\$4,200,000



5826 Oxford Road | Oxford
\$3,525,000



5782 Widgeon Point Lane | Oxford
\$2,795,000



7653 Tred Avon Circle | Easton
\$2,495,000



Solar Energy Services, Inc.

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

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

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

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

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

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

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



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Chesapeake Crawl Space Solutions

Are you looking for ways to improve the energy efficiency of your home and protect it from moisture and mold damage?

Consider a crawl space encapsulation for a healthier and mold free home.

- High humidity and moisture levels are the breeding grounds for harmful bacteria and mold.
- Pooling water may cause unstable ground conditions that result in failing foundations, rotting support beams, and sagging floors.
- Avoid rotting support beams as seen here:

The Benefits to a conditioned crawl space are:

- Ensures clean air inside the living space of your home.
- Maintains structural integrity of your homes foundation by keeping wood support beams and floor joist dry.
- Allows for the control of humidity levels in the crawlspace. Mold does not grow at or below 55% relative humidity in the air.
- Can provide for increase storage in the home.
- Reduces insect intrusion that are attracted to wet and damp living conditions.

Restore your damaged crawl space and clear your home of standing water, wet and moldy insulation to create a safe and energy efficient home. Call for your free estimate and inspection: 1-844-992-7295 or e-mail: celso@chesapeakecrawlspaces.com We finance up to 10 years with very reasonable rates.



Broken floor joist - BEFORE



Broken floor joist - AFTER



Rotting floor joist - BEFORE



Rotting floor joist - AFTER



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

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Q&A

WITH THE EXPERTS



Q: Are you seeing a big impact in the market from the recent and sudden change in mortgage interest rates?

A: We are certainly seeing some changes in both supply and demand. Rising rates have caused the average mortgage payment for new purchase loans to rise a whopping 30%-40% this year! While it is easy to imagine, and understand this would take

some buyers out of the market, it also has a significant impact on supply. Many "potential" buyers that have decided to stay put are doing so because they had refinanced their existing loans for nearly half the current interest rate to buy a new home, it is a situation that is hard to walk away from as mortgages are not portable. This, of course, effects supply as less homes will come to market as potential sellers stay put. It is also important that the underlying economy remains healthy; jobless rates are still very low, and people have lots of equity in their homes. While everyone has a different opinion, I don't believe we will see much duress in this cycle. Lenders have been lending responsibly since the great recession and mortgage defaults are still very low. In the case of the market I work in on the Eastern Shore, I believe our prices will be stable going forward.

Chuck Mangold Jr.
Benson & Mangold Real Estate



Q: What do people forget to budget for when designing a kitchen or bath?

A: Countertops! They seem like a standard item incorporated into the overall cost; however, most budgets only include base pricing with very limited options. Quartz is the most popular material, but base pricing typically only covers stock

granite options. In addition, since it is typically the last item to be installed, the price tag after templating can shock a client.

Julie Cooke
Designer
314 Design Studio, LLC



Q: Is it true that my rooftop solar system shuts down if the electric grid goes down?

A: It depends. Until a few years ago, just about all grid-tied solar systems would deenergize during a grid outage. The reason for this has to do with electrical code and the requirement for "islanding". If you are not islanded

during an outage, your solar energy could feed back to the grid and put the utility workers at risk of injury.

Today it is easy to achieve "islanding" by incorporating a battery (energy storage) into your solar project. If you incorporate a battery into your solar energy system, you can operate your own little, independent microgrid during an electric grid outage.

Rick Peters
Solar Energy Services, Inc. | www.solarsaves.net



Q: What's the first thing you should consider when designing your home?

A: One of the most important things to consider is how each space will be used. Work with an interior designer to help you identify areas which will have the most traffic, where you will entertain, which spots will serve

double duties and where you will relax. Then select the best furniture and placement throughout your home, appropriate fabrics and other materials, and develop color schemes. And don't forget to enjoy the process!

Fiona Newell Weeks
Dwelling & Design



Q: What are some questions that may improve my odds of survival in this market?

A: 1.) Have you spoken to a lender? You need absolute clarity on your lending scenario so that you can act fast, and with certainty! The market is moving quickly and you need to too!

2.) Have you had a hard talk with yourself about WANTS vs NEEDS? You can change the paint, counters, and carpet, but you cannot change the location!

3.) Have you considered the next zip code, or neighborhood? Explore a little, familiarity is great, but maybe the adventure will be worth it!

Lisa Barton
The DD McCracken Home Team, Coldwell Banker Realty
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Q: What is the best time of year to put our home on the market?

A: Even before the market uptick in 2020 there was a sea change to this over the past years. Years ago we were busier in the spring than we were in the winter. I believe that time has shown this had more to do with more folks wanting to wait until the green

of spring came to have their home shown than it had to do with buyer demand. In more recent years the seasonality has flattened and sellers are listing when they need or want more often. While the year end holidays and kids ingress and egress to the school year always cause some pause, business is pretty consistent throughout the year.

Chuck Mangold Jr.
Benson & Mangold Real Estate



Q: Is the Real Estate Market going to Burst?

A: As the housing market trends to its highest level despite a tightening economy, whispers are circulating, "will there be a burst in the housing market?" Most experts agree that a repeat of the artificially created bubble of 2007-11, is unlikely because, the current market conditions are organically created by true supply & demand.

With mortgage rates increasing, the housing supply will also increase. This slows both home prices & consumer demand ultimately pointing to a healthier home market. Over the last two years, homes sold in hours, receiving multiple offers. In the current market homes are sitting for several days waiting for an offer. This movement suggests that we're headed towards a "normal market." Currently, the U.S. has about a two-month supply of homes for sale, compared to the standard five-month stockpile.

Dee Dee McCracken
The DD McCracken Home Team, Coldwell Banker Realty
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Q: How do you foresee today's 'shifting market' comparing to the housing crisis of late 2008?

A: Both then and now, the commonality of buyers' frenzied purchases combined with sharp rises in housing prices. 'Then' - teaser interest rates were utilized by borrowers who would not have qualified through fully amortized loans. Owners' overzealous sights upon perpetual growth fell short to

over-leveraged loans and sharp drops in home prices. 'Now' - rising interest rates have created buyer apprehension. Sellers will begin to adjust pricing in order to entice faster contracts.

Unlike the crisis of late 2008, buyers are leveraging their purchases through more traditional loan programs, with less risky underwriting. Today's 'correcting market' stems from buyers' reduced borrowing ability with rising interest rates and corrective market pricing. As compared with the crisis of 2008, when teaser interest rates fully amortized against devastatingly depleted market values.

Jennifer Chaney, CSP, GRI, MBA
Chaney Homes



Q: It's clear the market is shifting. What tips do you have for sellers?

A: First, whether you are selling or buying don't panic. This is not a market crash but rather a market correction. It's pulling back and normalizing and that is actually a good thing.

Inventory is picking up and therefore buyers are getting more discerning. While size and condition are always the two biggest indicators of value, sellers need to focus on their overall image... top notch photography and/or videography, staging and marketing which together shapes a sellers' online presence. Stand out from the crowd. As a Chaney Homes Agent, that's my specialty: Superior staging and masterful marketing that delivers results.

Tricia Wilson
Chaney Homes



Q: What are the benefits of living in a Retirement Cooperative Community like Londonderry?

A: Londonderry's cooperative community structure is unique and offers the financial benefits of owning real estate without the burden of home and property maintenance. Membership in the corporation is achieved through

the issue of a stock certificate and resident owners have a large impact on how the community is managed and operated. As a shareholder in a cooperative community, residents may recoup all their initial investment, plus appreciation, dependent on the real estate market's performance. With the help of a on-site leadership team, residents enjoy working together to create an exceptional and vibrant senior living community.

Rachel Smith
Londonderry on the Tred Avon



Q: What would you say is the most important factor to consider when selling a waterfront property?

A: In order to generate the sizzle when you first list your home you need to price it right, make sure your home is polished up so it shines and don't

forget high quality aerial photos. That said, the key factor is to make sure you hire a brokerage that effectively targets the Washington D.C. / Metro market. Recent sales data indicates that most premier waterfront properties are sold to buyers who are migrating this way to experience the Annapolitan lifestyle.

Brad Kappel
TTR | Sotheby's International Realty

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CHESAPEAKE Retirement Guide



Congratulations! You made it! Welcome to retirement and to our new Chesapeake Retirement Guide, a series of short articles, useful information, and resource listings to help you begin and enjoy your retirement journey. Over the next several issues of *What's Up? Annapolis*, we'll offer relatable content alongside a special advertising section of vendors that provide this booming generation a myriad of select, retirement services and lifestyle opportunities.

In this month's guide, we discuss why choosing to retire in Maryland is a good move. And we explore what Living Well can and should mean, in terms of your health, including an overview of the special wellness workshops that Anne Arundel and Talbot County health departments offer to its citizens. Enjoy!

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LAND OF Pleasant Retirement

SPENDING YOUR GOLDEN YEARS IN MARYLAND MAY BE TODAY'S BEST BET

By James Houck

If you're reading this publication, there's a strong chance that you've settled in Maryland and enjoy the Land of Pleasant Living. Whether your roots run deep in this state or are freshly sprouted, extending your stay in Maryland well into your retirement years has likely crossed your mind. And while there are reasons to look elsewhere when considering where to spend the "4th Quarter" of life, Maryland is stacked with selling points to make it your ultimate choice.

From world-class hospitals to unlimited recreation, and housing options to fit any want or need, Maryland has an attractive infrastructure and lifestyle accessibility. And though the general perception is that Maryland has *not* been friendly to the retiree in terms of taxation and estate planning, the truth holds optimism. According to a recent *Kiplinger* report, "State by State Guide to Taxes on Retirees," Maryland ranked in the middle of pack as a "Mixed Tax Picture;" meaning, yes, there are considerable taxes but, no, they won't break the bank and, in fact, there are legal adjustments on the horizon that retirees will likely...like.



All Boom, No Bust

Maryland is a state in which the Baby Boomer population is growing at a rapid pace. The U.S. Census Bureau reported that the 65-plus population has been growing at a faster rate than the 20–64 population. In Maryland, 25 percent of the population reached over 55 years of age by 2020. But that doesn't necessarily add up to more retirees in the traditional sense. According to The American Association of Retired People, 79 percent of Boomers plan to work in some capacity during their retirement years. Upon hitting age 65, many will not leave the workforce and will continue to work full-time. Others will opt to work part-time or seek a second, entirely different career. Enter education options. Through the state university system, local community colleges (Anne Arundel Community College and Chesapeake College, among others), and county-run Senior Activity Centers, there are many professional programs (credit and non) suited for students of all ages and that includes Boomers. Want to study the culinary arts and launch a catering business? Check. Become a paramedic? Check. Learn guitar and start a band? The stage is yours.

Many of the Boomers who choose a traditional retirement will plan to remain active in volunteer work and community service. Fortunately, Maryland is a state ripe with service and philanthropic opportunities. In a recent report, *WalletHub* ranked all 50 states from most charitable to least using 13 metrics, including "volunteer rate" and "percentage of income donated;" Maryland came in 4th nationally (Utah ranked first).

But there's a particularly sticky wicket for many of the most successful of this generation, which may be a telltale sign of why they are also so giving...taxes. Dreaded taxes; from property to estate and inheritance, the list seems never ending. And how to offset one's reported income? Donate to charity, of course. Philanthropy pinpoints the services and programs you want your dollars to fund.

And while the State of Maryland is keen on taxing your income, estate, and inheritance pots, there's fairly good news, especially for end-of-life considerations. Maryland collects an inheritance tax, but property passing to a spouse, child, spouse of a child, or



other lineal descendant, parent, grandparent, or sibling is only taxed at 0.9 percent on the clear value. Property passing to other individuals is subject to a 10 percent tax.

If you're sold on staying in state and comfortable with how your estate will parlay beyond the grave, then your physical comfort and living situation is probably front-and-center. If you own your home outright, congratulations...your housing options are plentiful: sell/move, contract a reverse mortgage to supplement retirement income, or simply sit and stay. For the movers, there's a wealth of plus-55 communities to currently choose from and new developments on the rise locally. Additionally, and depending upon your medical needs, there are many assisted living and nursing home programs.

Gen X, Millennials, and Beyond

Although retirement may be 10 years, 20, 30, or many more into the future of each generation following the Baby Boomers—or much sooner depending on their entrepreneurial savvy—developing an investment portfolio and shaping one's life goals, which could include where you see yourself actually living out the years ahead, should be on one's list of priorities.

Today, online, we're swimming in a sea of listicles, so it's no surprise that one of the more popular pop-news sites, *Thrillist.com*, would take a stab at ranking all 50 United States from worst to first, "based on everything. More specifically, their contributions to America, so think inventions, food/drink, somewhat productive famous people, unique physical beauty, etc." Though it's tongue in cheek and written in the spirit of Internet debate, it offers an opinionated snapshot of each state. Maryland ranked 20th, a pleasant accolade in the eyes of the two Gen X editors that compiled the piece (for the record, Michigan ranked #1 and Florida dead last at #50).

If that nugget doesn't thrill you, perhaps some real-world analysis and public incentives will; the overall economy of Maryland ranked 16th best of all 50 states in the most recent analysis published by *Wallethub* this past June (including 6th in "Innovation Potential"). In a similar comparison of state economies made by *U.S. News &*

World Report, Maryland ranked #17 overall (and as high as 6th in "Health Care"). It's confirmation that the Land of Pleasant Living is also the Land of Opportunity (after all, our state's other famous moniker is "America in Miniature"). The top industries/job sectors in Maryland are rather diverse as well: Aerospace & Defense; Fishing & Aquaculture; Life Sciences; Manufacturing; and Cybersecurity, for which Maryland is considered the nation's hub.

Maryland is a state that understands the value of, not only, attracting a dynamic workforce, but also retaining it. And in the age of transient Millennials that tend to job hop before settling into a career, the state passed legislation that would help workers, particularly at small businesses, set up retirement accounts (such as 401(k)s) that follow them wherever they're employed. Currently, this makes Maryland one of a handful of states in the country to have legislated this trending need. Known as the Maryland Small Business Retirement Savings Program, it's intended to relax some regulations (waiving certain fees) and will establish a state-appointed retirement plan administration.

Enjoyment for All

What can be written about Maryland in terms of recreation, entertainment, sports, the outdoors, and vacation options that hasn't already? It turns out, quite a lot. Although the big picture includes the Appalachian Mountains of Western Maryland, the beaches along the Atlantic Coast, and cities steeped in history tied to our nation's founding (remember Maryland is one of the 13 original colonies), every month and day holds engaging options to experience something new locally. Have you canoed the Blackwater National Wildlife Refuge, located just south of Cambridge? Gone camping at Assateague Island National Seashore? Taken in a play at the Annapolis Summer Garden Theatre or experienced a rock concert at Baltimore's Pier Six Pavilion?

Scratch under the surface of Maryland's lifestyle landscape and you'll find dynamic options befitting any soul. Visit whatsupmag.com for the most complete list of events, activities, and entertainment options...from Maryland's Western Shore to Eastern, and all points in between.

WHAT'S IN YOUR TOOLBOX FOR

Living Well!

Living well while aging, a desired state of being we all wish for. Yet, living well requires a commitment to healthy lifestyle choices many of us push to the side. "I'll do that tomorrow" or "I don't have control over the outcome, it's in my genes" are statements heard fairly frequently.

This type of thinking will never yield the desired results.

Much of how we age is based on what we have inherited from our parents. This is our genetic makeup. And while we can't change this (yet), we can take an active role by making healthy choices. Committing to this daily process will put you on the road to success, thus creating healthy habits.

Healthy habits can be thought of as tools. These tools are "go to resources" when needing to refine our state of wellbeing. Whether it's a tool used for physical, emotional, or mental needs, this tool is "the right tool for the job." For example, the "tool" of physical activity can help in many ways. It's a tool that has many functions. Physical activity can help alleviate stress, manage blood sugar, strengthen muscles, balance, and help with flexibility. You can use it to connect with others or use it during a time when you may want to be alone and gather your thoughts quietly. The tool of managing emotions can help with stress management and tactics for effective communication. It can also reduce fatigue.

The **Anne Arundel County Department of Aging and Disability** offers workshops called the Living Well Series. These workshops focus on chronic conditions like heart disease, arthritis, depression, and fibromyalgia. There is also a specific workshop which focuses on diabetes. These are called self-management programs, designed to help participants find the tools they need to help manage the symptoms of their condition. Finding the tools for self-management is important for avoiding or delaying complications related to the disease process.



WOULDN'T IT BE A *good feeling to know what* YOUR TOOLS WERE *for living well?*

Has the pandemic left you overwhelmed and unsure about how to get back to that state of wellbeing? Maybe it motivated you to want to learn more about your health conditions. There is no question about it, there has never been a better time to take the first step forward and learn what you can do to help yourself live well.

Living well doesn't need to be an unreachable vision. Taking an evidence-based program and creating your toolbox will bring you closer to making that vision a reality.

WORKSHOPS CURRENTLY BEING OFFERED IN ANNE ARUNDEL COUNTY INCLUDE:

- Living Well with Chronic Conditions
- Living Well with Diabetes
- Living Well with Chronic Pain
- Living Well with Hypertension
- Walk with Ease
- Tai Ji Quan: Movement for Better Balance
- Powerful Tools for Caregivers

To register for a class, visit the Living Well page: aacounty.org/departments/aging-and-disabilities/forms-publications/living-well-series/index.htm. Or call Penny Tilghman at 410-222-0268 to find out when our next workshop begins.

Similarly, the **Talbot County Health Department** offers free evidence-based classes. Evidence-based living well programs empower older adults to take control of their health by maintaining a healthy lifestyle through self-efficacy and self-management. The Talbot County Health Department, in partnership with the Maryland Living Well Center of Excellence (mdlivewell.org) provides the following evidence-based programs:



DIABETES SELF-MANAGEMENT:

Diabetes is associated with an increased risk for a number of serious, even life-threatening, complications, as well as being the sixth leading cause of death in Maryland. Good diabetes control can help reduce the risk of complications. Topics include nutrition, exercise, stress management, working with health providers, and more. This course is available one-on-one or in a group setting.

CHRONIC DISEASE SELF-MANAGEMENT:

Chronic disease, such as heart disease, stroke, cancer, and arthritis are leading causes of disability in the U.S. Participants will learn to cope with the fatigue, frustration, and pain that accompany chronic disease, and exercises for improving strength and endurance, all which have been shown to improve health and decrease hospital stays.

POWERFUL TOOLS FOR CAREGIVERS:

Supports caregivers in taking care of yourself while caring for someone else. By taking care of your own health and well-being, you become a better caregiver. Six classes held virtually once a week are led by experienced class leaders and one extra class addressing Dementia/Alzheimer's is given. Class participants are given The Caregiver Helpbook to accompany the class and provided with additional caregiver resources. Respite funds are available for class participants.

CHRONIC PAIN SELF-MANAGEMENT:

Chronic pain can be debilitating and may lead to isolation and depression. Better management of chronic pain can help participants feel better, move better, and improve quality of life.

PEARLS: There are many losses associated with aging—loss of health, loved ones, and independence—and these losses can lead to feelings of loneliness, frustration, anxiousness, and restlessness. Left unattended, these feelings can lead to depression, and affect quality of life. PEARLS (Program to Encourage Active Rewarding Lives) is a one-on-one flexible coaching program designed to help those age 60 and older learn how to manage these feelings and improve their quality of life.

For more information or to register for a class visit talbothealth.org/wellness or contact Stacy Ewing at 410-819-5694 and stacy.ewing@maryland.gov.

LIVING WELL WITH HYPERTENSION:

Untreated hypertension is the leading cause of kidney disease and failure and can lead to stroke and heart attacks. Participants will learn blood pressure management strategies.

The article "What's in Your Toolbox for Living Well?" has been adapted from the article of the same name appearing in the 2022–2023 edition of The Directory, a publication produced by What's Up? Media in partnership with the Anne Arundel County Dept. of Aging & Disabilities and Senior Provider Group.

**WATER,
WATER.**

Everywhere

BUT...



Access to the Chesapeake Bay's waterfront and recreational opportunities is becoming an increasingly heated debate of public versus private rights

Story by **JOANNA DAEMMRICH** Photography by **STEPHEN BUCHANAN**

Many a summer's afternoon, Ingrid Sandy passes Hillsmere's beach, glancing wistfully at the picnickers, boaters, and children splashing in the calm waters. Yet tempting as it seems, so peaceful and close, Sandy knows she isn't welcome there.

Hillsmere used to be more casual but, like other increasingly affluent Annapolis-area waterfront communities, has now closed off its shore. So, on sunny weekends, Sandy, a 35-year-old house cleaner, packs up towels and her five kids to hunt for public beaches, as far as an hour away.

"You want to enjoy a bit of sun and the water, but not have to drive so much," says Sandy, who gave up trying to visit Hillsmere's South River beach, barely a mile from her home, when a gatekeeper began checking residential stickers.

Water can be glimpsed all around Anne Arundel and many Maryland counties, but it's often tantalizingly out of reach. Even though nearly 80 beaches stretch along 533 miles of shoreline in Anne Arundel County alone, by far the most in Maryland, all but a handful are privately owned. In an area defined by the Chesapeake Bay, amid rivers dotted with sleek sailboats and secluded coves, it's easier to find a dog beach.

Over a half-century of neighborhood resistance and racial divisions have left few public places to swim, fish, or sunbathe. Piers are often overcrowded, as is Sandy Point, the state's biggest beach on the Bay. Meanwhile, the county owns over a thousand acres of little-used shorefront parkland but has been slow to open new outlets. A proposed Navy golf course expansion threatens access to a popular conservation area overlooking Whitehall Bay and the Chesapeake. And in our State Capital, Annapolis' main park had to ban water sports because of an electric current.

"Here we are in a waterfront city, known for our sailing, but it's not really available for everyone,"

says Annapolis Del. Shaneka Henson, who has fielded multiple summers' of complaints over water access, including from her Dad, an avid fisherman.

In coastal areas from California to North Carolina, similar struggles are intensifying as population growth, wealth, and outdoor sports pit people's love of the water against private property rights. Even in laid-back Puerto Rico, well-to-do retirees are fencing off beach trails.

Maryland is now a deeply suburban state of 6.15 million residents, up 15 percent in the past two decades. Cleaner water, thanks to "Save the Bay" activism, is inspiring more people to paddle, wind-surf, or swim long distances. Yet much of Maryland's 4,100 miles along the Bay and surrounding tributaries has long been developed. Conservationists fear the fraction of shoreline open to the public is only modestly better than the 2 percent estimated years ago. And as luxury homes replace the last cottages and working docks, informal access points continue to disappear.

Over the past three summers, as crowds of covid-weary people escaped outside, the difficulties in finding a little sand and solitude became glaringly obvious. As enterprising beachgoers stuck in Bay Bridge traffic went searching for alternatives in Anne Arundel and Queen Anne's counties, besieged waterfront communities posted "Private" signs and hired security guards. Kayakers risked tickets to park by coves. In Eastport, neighbors looked up land records and talked to lawyers. And at the height of the pandemic, a young Black Annapolis alderman and three friends strolled down to a dock, only to be stopped by a cop.

"Injustice, discrimination, malpractice. I think it's been decades, if not generations, in the making," says Mike Lofton, who helped found a citizens group in 2009 to lobby Anne Arundel County to open more waterfront parkland.



Anne Arundel County Director of Recreation & Parks Jessica Leys discusses water access issues with Mike Lofton, who found a citizens group in 2009 to lobby the county to open more waterfront parkland.

UNTAPPED POTENTIAL OR SANDY POINT 2.0?

On a sun-drenched June day in 2001, Maryland’s lieutenant governor and other dignitaries turned over a spectacular beachfront property, acquired through a \$9 million federal and state investment, to the Chesapeake Bay Foundation. Charlie Stek, then a U.S. Senate aide, marveled at the three miles of sand he had only seen from the Bay Bridge.

Holly Beach Farm once was a sprawling plantation hugging the Bay, along with an adjacent property that became Sandy Point State Park. In his speech, Stek planned to celebrate how ordinary people, like wildlife and the Bay itself, would benefit. But other officials quickly warned him not to — for fear of upsetting neighbors, since there was no plan for recreational use.

Two decades later, cars snake for miles around Sandy Point, Maryland’s best-known beach outside Ocean City. Sandy Point draws over a million visitors a year—and repeatedly overran capacity during the pandemic’s first year as state parks recorded a staggering 21.5 million visitors. Among them was Ingrid Sandy’s family, who found the beach so packed with anglers, paddlers, picnickers, and tanners that they retreated to play football on the grass.

As the few small local beaches also turned people away, Sandy began her elusive search for “a place that’s affordable, where the water is clean, and there are some amenities.” Having grown up wading in the waves of Veracruz, Mexico, Sandy, who graduated from Annapolis High, could find nothing similar here: Sandy Point was overwhelmed and ocean beaches a 234-mile roundtrip. Eventually, she drove an hour south and paid out-of-county fees at a Calvert County beach.

All the while, across the busy highway from Sandy Point, the 300 acres of pristine woods and shore at Holly Beach remain empty, roped off to all except the occasional school group.

“Quite honestly, there’s been very little activity at the property ever since,” says Stek, a sailor and founding member of the Chesapeake Conservancy, who retired near Sandy Point, only to find himself frequently blocked in by beach traffic.

Long forgotten, Holly Beach is now being debated as a possible focal point for a new National Parks area centered on the Bay. Civic leaders and conservationists like Stek want the land opened, arguing public use was a condition of its purchase. The nonprofit Bay Foundation, however, has said little besides noting it technically runs “public” education programs there. And people living nearby already fear a potential “traffic nightmare” and becoming “Sandy Point 2.0.”

Meanwhile, the pandemic crush has prompted a new sense of urgency about the scarcity of public outlets. The state legislature voted this year to spend millions on upgrading shorefront parks. A surviving fragment of Annapolis' historic Black beaches is now being preserved. Annapolis is conducting a water-access equity study, and the mayor wants to dredge a silted cove, refurbish several creekside parks, and pilot an electric ferry between Eastport and City Dock.

But water-access activists worry it's too little—and may be too late. Locals accustomed to jogging, fishing, and bird-watching at Greenbury Point quickly organized on Facebook after discovering the Naval Academy Golf Association wants to build a second members-only course on the 230-acre nature preserve. Leading environmental groups also sounded alarm. And in Eastport, angry residents complain they're losing favorite spots to launch their kayaks.

"We should be able to have both—big, beautiful houses on the water but also public access to the water," says Jessica Pachler, who is fighting to keep an easement on Spa Creek, so families like hers can look for crabs or catch a water taxi.

PAST PATTERNS ECHO IN THE PRESENT

Hiking around local parks with his wife over a decade ago, Lofton was astonished to find beautiful stretches of beachfront "hiding in plain sight." Over time, he blamed a recurring pattern:

When a waterfront property appears close to development, panicked neighbors often beg the county, or state, to preserve it. But buying environmentally sensitive land for a public park is just the start. Underfunded agencies then have to figure out staffing, parking, testing the water, and installing toilets. Until recently, liability worries also made the county reluctant to permit people to swim at their own risk—though it's typical at private beaches. It's a major reason why people can only enjoy the view, while dogs are allowed to cool off, at Quiet Waters and Downs parks.

As time passes, those living near out-of-the-way waterfront come to treasure the seclusion as their own. In biking the county's back roads, Walter Reiter, a 58-year-old sailor and canoer, frequently finds grassy points by rivers, which "folks have just taken over as their yard." Often, Reiter's first clue is a "No Parking" sign. "It's not from 'dawn to dusk,'" he says. "It's *No Parking. Ever.*"

Perhaps the most striking example is two long-deserted beaches along the South River's merging with the Bay. Once catering to "whites-only" and

"No Jews" during the heyday of Chesapeake Bay resorts, Mayo Beach and Beverly Triton closed after the Supreme Court forced beaches to desegregate in 1955. But while Annapolis' Black resorts were sold for condos, the mostly white Mayo community forestalled similar development by pushing the county to acquire both beaches in the late 1970s and early '80s.

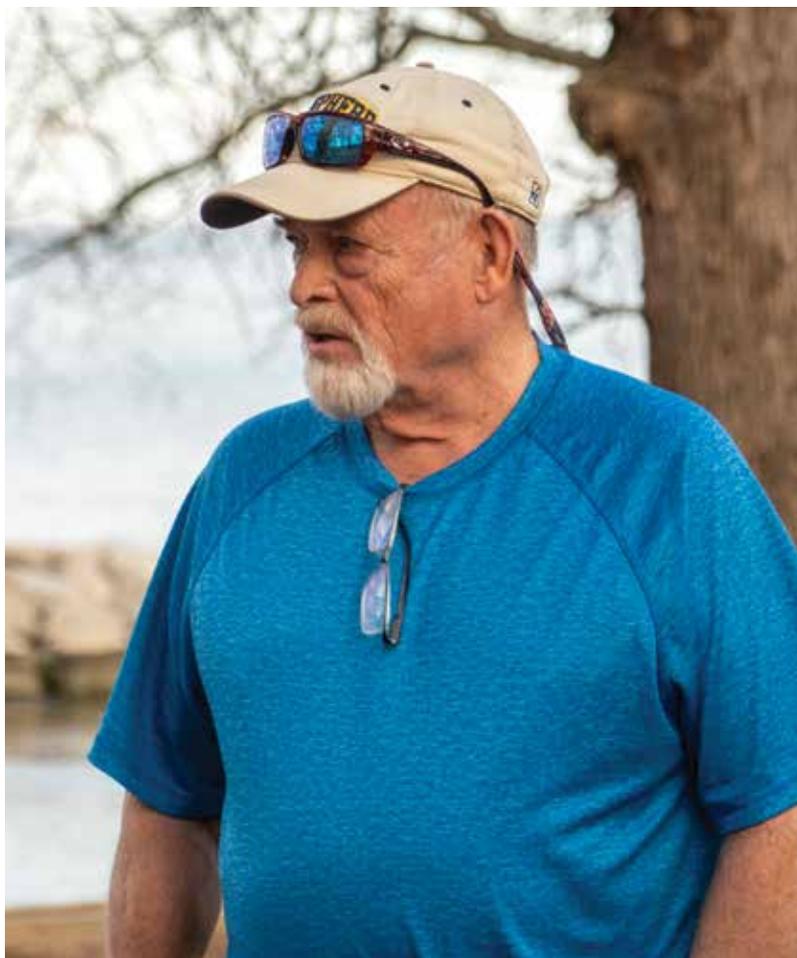
Extremely limited parking, neighbors patrolling the waterfront, and a peculiar requirement that beach permits be bought on-site, in cash, discouraged visitors. Until the end of 2019, Beverly Triton's surrounding homeowners also quietly leased a third of the beach for their own use—for a dollar a year. Meanwhile, Mayo Beach had limited hours and was frequently rented for weddings or company picnics, including the Saturday of last Labor Day weekend.

Parks officials insist all that's in the past. Pasadena's Fort Smallwood Beach, which first permitted swimming in 2016, is newly refurbished and open daily. Beverly Triton will reopen in November after \$5.2 million in improvements. (The county has also rescinded the controversial lease.) And Mayo Beach is adding weekday hours in mid-August, after six weeks of summer camps.



Privileged folks need to endure a little discomfort, because other folks are also paying the bills."

—Mike Lofton





Free online reservations, begun last year, help prevent long lines of backed-up cars that used to spill into adjacent neighborhoods. Still, on busy weekends, the fewer than 100 parking spaces at each Mayo-area beach are quickly snapped up.

“Demand has grown tremendously,” concedes Jessica Leys, the county parks director, “but our resources have not.”

A blunt-spoken retiree, Lofton argues the county has listened too long to NIMBY homeowners. Parks are supported by all taxpayers, he notes, and the county still has little-used shorefront to open more boat ramps and picnic areas at 10 other “opportunity parks.” “Privileged folks need to endure a little discomfort, because other folks are also paying the bills,” he declares.

Others worry that the poorest of the county’s 590,000 residents are disproportionately deprived. Many Black children, and now also Latinos, grow up with fewer chances to learn to swim, sail, or simply explore a sandy coastline, says Thornell Jones, an 84-year-old sailor in Annapolis.

“I’m upset that this town and this county, with all this water and all this wealth, aren’t getting Black kids on the water on a regular basis,” says Jones, who is working with Eastport Yacht Club to teach more children the sport he loves. “Some young people here don’t even realize they live on the water.”

RIGHTS VS. PRIVILEGE

Standing on a narrow footbridge overlooking the end of Spa Creek, Keanuú Smith-Brown surveys knee-high weeds where he filmed a campaign video a year ago.

Annapolis’ signature creek, lined elsewhere with expensive condos and yacht clubs, slows to little more than a trickle here. Despite losing his 2021 bid for City Council, Smith-Brown is eager to clean up the shore, plant trees, and install a few benches. After all, he points out, “It’s one of the only green spaces in my ward that has some water in it.”

Smith-Brown, 26, came of age long after Maryland’s once-sleepy capital transformed into a moneyed sailing and tourist center. In the last 40 years, an influx of mostly Washington-area professionals, boaters, retirees (and now investors) snapped up real-estate, leaving waterfront neighborhoods more racially and economically segregated than ever.

Nowhere is this more evident than in Eastport, a peninsula full of lively bars, where tensions over water access are rising as fast as multimillion-dollar homes.

One fraught encounter occurred just after the peak of covid lockdowns. Late one summer afternoon in 2020, Smith-Brown went with Alderman DaJuan Gay and two friends to kick back and discuss the nation's social-justice protests at one of the condo docks on Spa Creek. But in no time, a police officer pulled up, called to investigate a report of "juveniles trespassing."

Though the officer left once Gay identified himself, Smith-Brown is still disheartened by a moment he believes reflects deeper inequalities. As Annapolis embarks on an ambitious plan to make its main tourist destination at City Dock greener, he wonders: "What about the rest of us?"

In a town of exclusive boating clubs, Eastport once was a low-key enclave where anyone could fish or set sail. Until the 1980s, Eastport remained racially mixed and working-class, home to teachers, carpenters, Naval Academy employees, and watermen who sold crabs from their boats. Today, few such families still live there, and little waterfront is undeveloped. Meanwhile, an electric current forced Truxtun Park, the closest public alternative, to close its small shore.

Even current residents of Eastport complain they're finding it harder to get on the water.

Pachler is so disturbed she took the city to court. As a young mother, Pachler liked to take her four kids seining along Spa Creek, especially at Wells Cove. But such expeditions became harder in recent years after one neighboring condo owner installed a floating dock, while another landscaped part of the property she assumed was protected by a city easement.

"It's frustrating. The water access is here, and it should be acceptable to everyone, including those fortunate enough to live on the water," says Pachler, 46, who joined a neighbor in hiring a lawyer, and looking up old land records, in hopes of preserving access at Wells Cove.

Others feel betrayed by a developer putting up fencing and electronic gates around a marina with custom homes near the Spa Creek Bridge. The elegant townhomes, selling for as much as \$4.5 million, are going up on the former Sarles and Petrini boatyards, once known for their old-fashioned building and repair of boats by hand—and their laissez-faire attitude.

On a sultry July day, visitors crowd the beach at Sandy Point State Park in Anne Arundel County. In 2001, the adjacent property known Holly Beach Farm was purchased by the county with the potential to become another waterfront park for all the enjoy. More than two decades later, the property remains closed to the public, although park development discussions have recently resumed. Photography by Steve Droter/Chesapeake Bay Program.





Local swimming enthusiasts (left to right) Jen Buchanan, Allison Wynn, Jerry Frentsos, Kara Permisohn, and Anna Miller gather at Frentsos waterfront Annapolis home weekly for swim sessions in Duvall Creek in Hillsmere. Interest in swimming local waterways grew during the pandemic. “When the world closed down, I opened up my front yard,” Frentsos says.

No one objected when locals used to cut across to launch paddleboards or hail a water taxi. But after initially showing plans with a public promenade, the builder has said only that’s a long-term “goal,” and in the meantime, the property needs to be secured.

“It’s a perfect example of how the 1 percenters are pushing out the rest of the 99 percent,” says Bill Borwegen, 66, who moved from Silver Spring to Eastport to enjoy a slower way of life, only to find himself in a fierce battle with the builder.

Borwegen, a board member of the Eastport Civic Association, has spent the past months firing off emails and scathing op-eds about the fence—initially denied by the city, then approved by a little-known appeals board. He’s also tracking other entry points, including one at a dead-end alley, worried by “a constant erosion of water access.”

Mayor Gavin Buckley argues the opposite is true. While he alone can’t stop private development, Buckley says, he will insist that the condo gate remain open during water-taxi hours. Moreover, Buckley believes he’s “done more for water access than any mayor” in the past 20 years. He has a long list of ideas, including the electric ferry, dredging another Eastport cove for a “world-class park,” and adding non-motorized boat launches. (The new kayak launches have, in turn, aggravated some downtown residents worried about parking.)

The mayor, an affable restaurateur who bikes to work, has his own questions about water access. Annapolitans put up with tourists parking on their

narrow historic streets, he points out. So why, he wonders, can’t Bay Ridge, Arundel-on-the-Bay, Sherwood Forest, and other nearby waterfront communities allow similar two-hour parking so people can visit their beaches?

“I didn’t privatize all this land. I come from a country where we don’t privatize the waterfront,” says Buckley, who grew up in Australia. “All that happened before I got here.”

BE A GOOD NEIGHBOR

A bitter wind is whipping across Duvall Creek as Allison Wynn tugs on her swim cap and wades into the 35-degree water. Behind her, ten men and women follow, some in wetsuits, others shivering in Speedos, determined to get in their morning exercise.

Wynn has been swimming since she was little. Her summers were spent with relatives at Carr’s and Sparrow’s Beach, once-bustling Black resorts that attracted performers like Billie Holiday, Little Richard, and Stevie Wonder. Now 60, Wynn lives near the former beaches, mostly developed into condos. A five-acre remnant was suddenly saved for a park this spring, however, thanks to 15 years of efforts by the Chesapeake Conservancy and Blacks of the Chesapeake Foundation.

At the start of the pandemic, as pools shuttered, Wynn “missed swimming” so much she joined a die-hard tribe practicing in the Hillsmere creek. Jerry Frentsos, a 56-year-old Masters Swimmer

and coach, lives across from the dock and wanted to offer others a place to continue their laps. He likes to joke, “When the world closed down, I opened up my front yard.”

Frentsos’ swim group practices year-round, pushing past dead cicadas and icy spots, focused on an intense workout. But in summertime, they’re far from alone, as more people discover endurance sports like triathlons and marathon swimming—and water that’s markedly less polluted.

Even lifelong swimmer Frentsos is surprised. When he moved to Hillsmere in 2001, Frentsos recalls: “Nobody had any confidence in the water quality. You couldn’t see five inches down.”

Nowadays, the success of Bay cleanup efforts can be seen in the growing number of waterways safe for swimming. At Duvall Creek, harmful bacteria levels have dropped, and the water is often so clear that Frentsos can spot oyster shells amid leaves on the bottom.

Yet as interest in active recreation surges, so have prices of the waterfront homes along Maryland’s shoreline—doubling and even tripling in recent years. In Bay Ridge, once an unpretentious summer colony, one of the original cottages, updated with an addition and pool house, recently went on the market for \$5.7 million. Hillsmere still has middle-class homes away from the water. But almost all its modest 1950s homes along Duvall Creek and the South River have been expensively rebuilt.

Locals fret about such “Hamptonization,” saying wealthy newcomers don’t always share previous generations’ more relaxed sensibilities about water access. Bay Ridge, for instance, once welcomed out-of-town beachgoers with lifeguards and tiki huts. Today, parking is prohibited, and even on the hottest days, the white-sand shore can be deserted. (The neighboring beach, at the Bay Foundation headquarters, is also gated off except when rented for weddings.)

In theory, anyone can wade in Maryland waterways up to the high-tide point. Practically, though, that only works for boaters who can splash ashore. Getting to the water is much harder for families like Sandy’s, as she discovered once Hillsmere hired a gate guard for its beach parking lot. Other waterfront communities call the police to ticket those who dare linger.

Anne Mackechnie, a neighbor of Frentsos, understands the friction. Growing up in Eastport, she loved the ease of summer days splashing in the Bay. Yet living in Hillsmere, she sympathizes with homeowners near the beach, who tired of the traffic and litter left behind by non-residents. She pays

\$274 in annual homeowner fees and want to see the fragile shore protected. “We just had a lot of people coming,” she says, “and it became a nuisance.”

Some of Frentsos’ neighbors complained when as many as 20 swimmers began pulling up two years ago. But as time passed, his act of pandemic solidarity has inspired something lost at times amid arguments over every sliver of shoreline: simple neighborliness.

On this wintry Saturday, one neighbor after another stops to chat as Frentsos builds a fire, critical for the swimmers to warm up after their frigid exercise. Dog walkers wave. Mackechnie commiserates about the wind chill. And an elderly man lingers at the dock, watching in awe.

For now, with no summer kayak or even a lone osprey in sight, the swimmers have the muddy-green water to themselves. Their splashes fade around the bend. And the creek settles into stillness, once more undisturbed.

Keanuú Smith-Brown, who recently ran for Annapolis City Council, stands at a narrow footbridge overlooking the end of Spa Creek where he shot a campaign video. “It’s one of the only green spaces in my ward that has some water in it,” he says.





**‘But Who’ll
Teach the
Children
About Bo
Diddley?’**

KELLY BELL WILL!

In January 1995, a local blues vocalist decided to set out on his own and form a band. Its first record, *Phat Blues Music*, is still one of the best-selling local debut albums ever, and the bluesman is showing no signs of slowing down.

By Frederick Schultz | Photography courtesy Kelly Bell

The Kelly Bell Band owes much of its early success to a Baltimore club owner, who introduced Bell (formerly of the band Fat Tuesday) and his new namesake troupe to a rock-and-roll legend...Bo Diddley. The elder took them on as his “house band” for nearby gigs, which led to Bell’s encounters with a star-studded list of more legends, all of whom liked what they heard. Whew!

So, *what about* Bo Diddley, anyway? The quote serving as the title of this story comes from an old TV sitcom. In “An Explosive Affair,” a 1981 episode of the CBS series “WKRP in Cincinnati,” irreverent radio disc jockey “Dr. Johnny Fever” (played by the late Howard Hesseman) reacts to a terrorist bomb plot called in against the station. Such a reckoning led him to pose this rhetorical question.

Kelly Bell has been directly and indirectly a willing ambassador of blues roots music in these parts for decades now. He recently gave us his perspective—on his career, his music, those legends he’s met along the way, and his other life pursuits, some of which may surprise you.

The first of those history-making entertainers just happened to be Elias McDaniel, better known to the world as Bo Diddley. Recognized belatedly for his influence on the birth of what was to become rock-and-roll, McDaniel’s most-covered song was “Who Do You Love?” (1956). The song scored a long string of hits for other bands, several of them live performances. Among the latter were psychedelic rockers, the Doors, in their 1970 *Absolutely Live* album; Ronnie Hawkins and The Band in 1976’s *The Last Waltz* album and film; and collaborations featuring Diddley himself joining the likes of George Thorogood and the Rolling Stones’ Ronnie Wood.

According to music critics, each of those musicians and a host of others played “a variant of the ‘Bo Diddley Beat,’” an innovative, syncopated rhythm with common roots in parts of the African continent. This influence was certainly not lost on Bell. Quite the opposite.

THE KELLY BELL BAND IS BORN

Over the course of our conversation, Bell told us that the notion of the current iteration of his band started at a Cross Street Baltimore nightclub. “In 1994, Giles Cooke, the owner of the old version of the 8x10 Club,” Bell recalls, “came to me knowing I was trying to get a gig for a new band.” Bell stresses that he wasn’t even a lead singer at the time—“Just a guy who played congas and would step out and sing maybe three or four songs to give a lead singer breaks when he needed them.”

In the end, what became known as the Kelly Bell Band got a big break. Knowing Bell was more a fixture in a party band than a feature band, Cooke pointedly told him, “I don’t have a gig for you, but I do have Bo Diddley coming to town, and I need a band to back him up.”

According to Bell, the pioneer of rock-and-roll didn’t travel with his own back-up at that point. “He came with a bag of clothes in one arm and a cigar-box guitar in the other,” Bell recalls.

“That’s how he showed up at the airport. He booked two shows, one in Baltimore (which was responsible for booking his flights), and one in D.C. (which was responsible for his lodging).” The 8x10’s Cooke told Bell, “He gets five grand a night—he gets two hours. You can get two hours together, or you can break it up into two one-hour shows.”

A HOT TIP FROM ‘AUTOMATIC SLIM’

With his new band, Bell decided to break up the act into two one-hour shows. He had met someone earlier who turned out to be a shrewd businessman, an innovative musician himself, and eventually a great friend. Dave Carreon, who called himself “Automatic Slim.”

For the time being, Bell had been trying to assemble a new band without, as yet, a new name. This is when Slim intervened. “He said, ‘Look, man,’” Bell recalls, “‘go ahead and take the gig. I’ll find you the musicians.’” A fixture on the local music scene for 30 years, Slim got the rhythm section from The Persuaders, and he was already in the Rev-Tones at the time. “With those bands on board, I wanted us to be the “Baltimore Blues All Stars,” Bell says.

But Slim then offered Bell even more relevant advice that would change the trajectory of his career, a ride he continues to relish to this day. “Slim said, ‘No way, man. Go under your own name. You never know if you’ll want to do this again.’” Bell told him that he wasn’t a lead singer and that “I don’t even know an hour’s worth of songs!”

Slim replied, “You’re going to come over to my house and I’m going to teach you!” And so, the band did its first performance with Bo Diddley on January 20, 1995 as “The Kelly Bell Band, featuring Automatic Slim.”

The rest is history. “When you’re the lead singer, and it’s your name in lights,” Bell emphasizes, “people are definitely going to expect you to be there.” And he’s “been there” ever since. “Bo loved us,” Bell remembers, “and that became an every-time East-Coast thing, regardless of what club it was at that point. That was pretty cool, and it went on for about four years. As the Kelly Bell Band thing erupted, Bo Diddley gave us the nod and said, ‘You guys need to go out, get on your thing, and do you.’ And so, we did us, and we played with other people, too.”

A partial list would go something like this:

Big Jack Johnson
(2003 Acoustic Blues
Album of the Year winner)

Robert Lighthouse
(former Washington,
D.C., street perform-
er-turned-blues master)

Deanna Bogart
(creator of The Musical
Genre-Free Zone)

James Cotton (Muddy
Waters’ harmonica player)

Son Seals
(Blues Hall of Famer)

Bobby Parker
(known for his 1961 hit
song “Watch Your Step”)

Mark Wenner (front
man for the Nighthawks)

G Love (from G Love and
Special Sauce, a genre-defy-
ing band from Philadelphia
that composed two songs
on the first Kelly Bell album)

THE BIG MAN MEETS THE BIG MAN, ‘ONE CRAZY NIGHT’

Aside from his stint with Bo Diddley, we asked Kelly Bell whether there have been any points in his career when he had to pinch himself to make certain he wasn’t dreaming. “Actually, yes,” Bell says. It all happened at The Jetty, a dock bar just across the Chesapeake Bay Bridge on the Eastern Shore. “The owners knew me from being in Fat Tuesday, so when they heard that I had my own band, they sought me out. We had just played the first of three sets there, and the crowd was buzzing.”

At that point, the owners asked Bell to come over to the bar area because they had somebody they wanted him to meet. “As I was walking over to the bar,” Bell recalls, “this big dude spun around on his bar stool, wearing shorts and sandals. All I could say was, ‘You’re Clarence Clemons!’”

Knowing well that this was a key member of Bruce Springsteen’s E-Street Band, immortalized as “The Big Man” in the song “Tenth Avenue Freeze Out” from the



THE ESSENCE OF THE BLUES, KELLY BELL-STYLE

You can't go anywhere in the world without hearing the Blues influence: Be it a commercial, be it the music playing at the doctor's office, or something that's the background of a movie. "We've never felt like Blues music was supposed to be background music, and we don't treat it that way," Bell says "I mean, we're the Blues' best-kept secret. But sometimes we're the Blues' bastard child, too, because we call it Phat Blues music and it's a collaboration of a lot of different influences."





WHAT MAKES THE BLUES P-H-A-T?

"If people ask us what Phat Blues music is," Kelly explains, "we tell them that if you could imagine Muddy Waters wearing a Bob Marley t-shirt riding on a Black Sabbath tour bus, on the way to a Funkadelic concert, listening to a James Brown eight-track tape, singing a Run DMC song with a Night-hawks ball cap on...All in the glory of Bo Diddley, with just a hint of B.B. King and a smidge of Aretha Franklin—that would be nearly close to what we do." Kelly Bell Band is available to listen to on all streaming platforms. To learn more as well as upcoming concert dates, visit kellybellband.com.



"WHEN YOU'RE THE LEAD SINGER, AND IT'S YOUR NAME IN LIGHTS, PEOPLE ARE DEFINITELY GOING TO EXPECT YOU TO BE THERE."

Born to Run album, Bell says, "Every once in a while, I actually did have to pinch myself, reminding me that I'm sitting there having a conversation with Clarence Clemons, like a normal person who happened to be in one of the greatest rock bands of all time."

As the Kelly Bell Band prepared for the second set, Bell asked, "Hey Clarence, did you bring your ax (saxophone)?" Clemons never hesitated and said, "Man, I was just waiting for you to ask." He got his saxophone out of the trunk and came back and played the rest of the night, sets number two and three with us—one crazy night."

FLOWERS, CHAMPAGNE, AND 'THE GODFATHER OF SOUL'

Seemingly deep in thought about another "crazy night," Bell chimed in, "James Brown was an idol of mine, another guy I met and opened for." He said he was "flabbergasted." As he spoke with the star just before he opened the show at the 9:30 Club in D.C., all Bell could think was, "How great is my life that I get to sit here with James Brown and have a talk with him before we go on the same stage?"

The consummate entertainer, dubbed "The Godfather of Soul," had a 23-piece band, including dancers. During rehearsal, which was exhausting even to watch, Bell recalls that Brown played four different instruments, and he was "rehearsing this band like they weren't the guys who traveled with him every night. But they were." Bell recalls a six-hour sound-check prior to a show that lasted three hours. "And James was 67 at the time," Bell points out.

At the behest of the headliner "and the girl who books the acts at the 9:30," Kelly Bell's mother was in the audience and was a huge James Brown fan. "They put her in the front row balcony, where they had actually cleared out a whole section and put a bouncer up there with ropes and all," Bell told us, "so no one else could get around her. They also had a bottle of champagne and flowers, and stools for her and two guests. They treated her like a queen."

After his band finished its set, Bell paid a visit to the balcony. "I said, 'Hey Mom, you cool? How are you feeling?' Her reply was, 'I just saw my baby child open up for the man whose music I've loved for it seems like my whole life! How do you think I feel?'"

LIVE, FROM QUIET WATERS

Assuming the Covid pandemic subsides, Annapolis-area residents can still look forward to an annual Kelly Bell Band appearance at the Quiet Waters Park Amphitheater off Hillsmere Drive. "We play Quiet Waters every year," Bell says, when asked whether the annual event would resume. "We did a recording from there in 2016, a big-band show still available as a two-CD set."

By "big band," Bell refers to what he describes as an orchestra playing all original Kelly Bell songs, done in a big-band style for a two-CD set titled *Live from Quiet Waters*. According to Bell, "we also had a nine-piece horn section and four guitars, with one guy playing acoustic the whole time. It's just a lot of really cool stuff. That's one of my favorite albums right there. We're always trying to do something new and expand the sound. I know any time somebody says my name, then it's part of the brand. That's why I got into professional wrestling and why now I'm on the radio, four nights a week on National Public Radio WTMD 89.7."

THE 'OTHER' KELLY BELL

Let's roll that last sentence again. Professional wrestling? On the radio every night? Did we miss something? "Well, yes and no," says Bell. "I also work in mental health. That's what my degrees are in. I spend a lot of time working with kids with emotional difficulties."

What about professional wrestling? "It's been awesome," Bell says. "I've been a professional wrestler for 14 years and I actually came back four months ago and wrestled one last match. I've also embraced the life philosophy of Nelson Mandela. I'm just super-appreciative, and I understand my platform. I get to make music that I love, with people I love, for people who love it. It's the greatest job in the world. We've been in about 32 countries in the last nine years, visiting U.S. military bases where we've spent a lot of time entertaining troops. We're also soon going to premier a benefit documentary on the floods that devastated downtown Ellicott City, Maryland, between 2016 and 2020."

We ended by asking him about the radio show. "That's me at WTMD, Monday through Thursday, from 7 to 10 p.m. I never really thought about it, but they called and wanted it to be a "Phat Blues" show. So, we're going to call it "The Phat Blues Cafe." Sounds like Kelly Bell has taken cue from Dr. Johnny Fever after all and will continue teaching the kids about Bo Diddley."



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Home & Design

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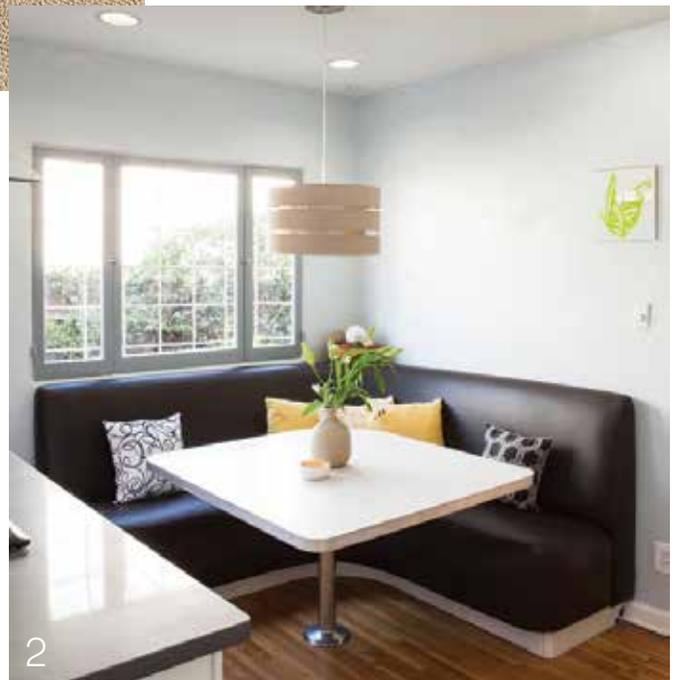
72 CONSIDERATIONS FOR YOUR GARDEN'S PATHS | 74 REAL ESTATE





1. Easy Does It

If this is an element that is not already in your kitchen, it may be easy to create if you have some existing wall space or space you can clear. If this area happens to be in the corner of the room, all the better, but it doesn't have to be for your scheme to work. This can be a really fun project, too, even if you are a creative DIYer. Once you have chosen which wall you'd like to work with, you will want to choose a stylish and functional bench with a backrest. The bench needs to be comfortable and can even be upholstered, but we would recommend that it be fitted with a performance fabric such as Crypton, since breakfast spills happen. Once you have chosen a bench that fits with your room's vibe and fits in the space you have chosen, you will want to add a table (preferably round for that cozy, kitchen nook feel, and then two to three chairs—depending on the size of chair and the remaining space you are working with. Think about using elements that complement each other rather than match exactly here. Consider alternating texture and tone with each piece—and when adding in your creature comforts, such as area rugs and cushions.



HOME INTERIOR

The Most Important Room in the Morning

THE BREAKFAST NOOK

By Lisa J. Gotto

That first cup of coffee is one little thing that helps ease you into your morning—and having a special, comforting space to enjoy it in, can make those precious moments some of the best parts of your day. For many homeowners, that special space is their kitchen's breakfast nook. And if your kitchen wasn't born with one, creating one can be a fun remodel project.

2. The Banquette

This usually sleek, curved, and comfy built-in bench can be as formal as dining in a refined French restaurant or as informal as "Mel's Diner," and can help make the most out of a smaller, corner dining space. If you're stuck for a concept, think about the banquettes you've admired in your favorite restaurants or coffee shops for inspiration. And whether you're going corner-to-corner, or wall-to-wall with your concept, don't be surprised if your banquette breakfast nook becomes the most eye-catching aspect of your kitchen.



3. The Built-in

When it comes to style and substance, you just can't beat the look and utility of the built-in breakfast nook with bench storage. Not only will you have the fun of choosing your color, materials, and textures here, but you'll feel really good about the practical application that storage within the bench will provide for stowing napkin rings, placemats, table linens, and seasonal tabletop décor. That's a kitchen win-win if there ever was one!

4. The Mix & Match

Don't be afraid to go all-out cozy with your space by turning up the textural appeal of your nook. This charming, coffee house-esque nook blends the look of supple leather with patterned and textured pillows, and the warmth of a chunky wood table. The earthy textures of nearby linen window treatments and woody décor overhead creates a vibe that you'll want to live and work in all day; not just in the morning.



5. Small & Smart

One of the best things a breakfast nook does is help maximize your small space using a broad concept that is big on creativity. This sweet nook takes advantage of what otherwise might be wasted space between two room entries, and it does so smartly and simply. Clearly, what this space lacks in drama, is made up for in the application of clean design.

PHOTO CREDITS: **1.** Photo courtesy of ballardesigns.com **2.** Photo courtesy of HGTV.com **3.** Photo courtesy of bhg.com **4.** Photo by Lisa J. Gotto **5.** Photo courtesy of HGTV.com



Considerations for Your Garden's Paths

By Janice F. Booth

We gardeners are notorious for never being quite satisfied with our gardens. We love to tinker, get our hands into that rich soil, and move or remove our plants. Working in our gardens is fun and frees us, for just a while, from of the complications of daily life.

As you look over your summer garden, you might notice that your dogs have beaten their own path to the gate for their walks leaving a muddy trail through the ferns. Elsewhere, you may notice that the lovely array of petunias and zinnia are hardly noticed, off in their lost corner of the garden. They're *off the beaten path*, you might say. So, if you want a fun project that you can work on gradually, why not redo your garden's paths?

Here are some questions to ask yourself as you plan this garden project:

Where are the natural access points? A gate is an easy pick, but perhaps there's a lot of traffic from the deck to the garage, or from the tree swing to the patio table.

Based on your answers to the first question, **what purpose will the path serve?** Is it going to a guided tour of your garden? Or will it simply bow to the exigencies of family and pet traffic? (Why fight it? If that's where the children head when they are leaving the garden, then that is where a path might avoid the frustration of trampled plants.)

Will there be issues with how your path is used? Might it be difficult for an elderly or disabled person to use an uneven path? Will the path be used by bare feet? How about the width? Is that of importance to its use? Think about rises and hollows in the garden and how the path might maximize these topographical characteristics.

How can your path add a bit of interest in the garden? Could it add texture? Color? Visual variety—curves, zig-zags? Can it draw the wanderer into areas of the garden that might otherwise be overlooked?

Do you need to budget for this project? If you use a landscape architect or garden designer that you trust, they might suggest a few options with varying prices.

Are there a few warts in your garden that could be disguised by the design or layout of your new paths? Is there a boggy area that building up the path could overcome? How about that place where the tree root makes it impossible to grow plants; could the path disguise or use that bump as part of the design? Why not get an extra benefit from your project?



Once you've considered these critical questions, let the fun begin! There are a variety of materials that make attractive **path surfaces**. You may already have a path and want this new path to match in style and surface material. But, you may want to redo the old path as you add the new.



Mulch: a familiar and reliable surface. It has the advantages of being easy to refresh, inexpensive, and soft on bare feet. Its disadvantages are that it easily wanders away from the path into flowerbeds and driveways.



Gravel or Pea Rock: another traditional surface. The varieties of textures and colors are advantages. It tends to stay in place, unless a torrential rain floats everything away.



River Stone: Like gravel, river stones add texture and some subtle color to the paths. It has the added advantage of being easier on sandaled or bare feet—no sharp edges.



Pavers: These midsize, flat stones are popular surfaces for paths. Closely placed, they make a firm, smooth surface for wheeled vehicles—a child's tricycle or a baby carriage. Pavers are also pretty if spread apart with grass or moss planted between the stones, giving the path an aged look.



Wooden slats: Flat, uniform slats of wood placed over an under layer of weed-suppressing mesh or plastic, provides a handsome, natural look to your path. Devising a method of securing the slats can be tricky, and perhaps this is a task for a professional. You can buy slats that are tied together and rolled up; you simply unroll them along your path. They're pretty and almost effortless to install, but it will be more difficult to use the slats for a curve or bend.

Once you've decided on a surface material, you may want to add an **edging** to give the path a finished look and corral the stray pebbles or wood chips. There are lots of edging options in plastic or metal. Wooden dowels can be attractive, but they're tedious to install—pounding those little dowels into the earth side-by-side. If you're a wine lover, you can use a glass cutter to remove the wine bottle bottoms. Pound the rough edge into the soil along both sides of the path. The beautiful colors of the glass will add to your garden's charm.

Finally, a few special touches you might want to add along your path:

How about a little bridge over a stream or a rock garden?

Add little surprises along the path: a miniature garden, sculpture, or statue.

Create a living archway over the path with willow bows or a wooden trellis with climbing vines. You can buy willow bows at a garden store. Place them a foot apart along each side of the path, then gently tie together the tops, forming an arch over the path. Before long you'll see the willow branches sprouting. You may want to trim off most of the lower sprouts, but let the upper portion begin to spread overhead. Eventually, the two sides will grow together, and you'll have a natural arch under which to wander. Very pretty!

Whatever you decide, have fun entertaining ideas for changes in your garden. Some you may implement, some not, but it will be fun exploring your garden from a new point of view.



Village Living, Bay Views

By Lisa J. Gotto

This precious center hall colonial home is located just four miles from St. Michaels in the charming village of Claiborne. The 2,300-square-foot residence has a pedigree that dates back to the earliest days of the 20th century, but has been thoughtfully updated throughout to address the way we live today.

While the front of the home retains its traditional colonial façade with four standard windows and a gorgeous welcoming entry with sidelights and portico treatment above, the rear of the home has been upgraded with large picture windows to take advantage of home's prime positioning and southwesterly sightlines out to the Eastern and Chesapeake Bays. Sunsets here are a feast for the eyes—and soul.



Listing Agent: Cornelia C. Heckenbach; Long & Foster | Christie's International Real Estate; 109 S. Talbot Street, St. Michaels; m. 410-310-1229; o. 410-745-0283; info@corneliaheckenbach.com; stmichaelsmdwaterfront.com **Buyer's Agent:** Judy Moore; Benson & Mangold Real Estate; 27999 Oxford Road, Oxford; m. 410-463-1730; o. 410-822-1415; jmoore@bensonandmangold.com; bensonandmangold.com

Primary Structure Built: 1900
Sold For: \$1,215,000
Original List Price: \$1,250,000
Bedrooms: 4
Baths: 2
Living Space: 2,304 Sq. Ft.
Lot Size: 1.95 acres



Once inside, one immediately notices the impact those new picture windows have on the amount of natural light that flows through the main level, which has been opened to create ease of flow between the kitchen, and the dining and living area on the main level.

Gorgeous, reclaimed wood flooring leads down the center hall along the staircase line to the main living area, and to the right of the entry, guests are welcomed into the all-white, farmhouse-style kitchen with its rustic center island of contrasting, dark distressed wood. This light and bright space offers an all stainless-steel appliance package including a gas range, a four-seat breakfast peninsula, gleaming granite countertops, and incredible views out to the Bay.

A lovely dining area flows easily from the kitchen and toward those large windows for a lovely, waterside dining experience that the new owners can experience every day. The dining space then opens to the living area with its equally great views and its central stone front gas fireplace with rustic wood mantel.

Upstairs, the home offers three roomy bedrooms including the primary and secondary bedrooms with their tranquil water views, and the home's second full bath.

Outdoors, the front of the home is surrounded by lovely, landscaped plantings, and out back there's a generous yard and a charming screened-in porch off the kitchen for meals al fresco and fab views of the property's rip rap shoreline, private boat dock, and miles of Bay waterway.

Local Expertise. Global Connections.



5171 Feather Ln , Tilghman, MD

Incredibly private waterfront home on nearly 6 acres (3 in wetlands) with spectacular views of Harris Creek. Located off a wonderful cove (all rip-rapped), this meticulously maintained 4 BR home built in 2002 offers an open floor plan and great living space. The cathedral ceilinged living room with gas fireplace is accessible to the waterside screened porch as well as the country kitchen and dining area. The primary suite is very private and has a vaulted ceiling, stunning water views, walk-in closet and large bath. Two other bedrooms share a hall bath on the main floor and the 4th bedroom (currently used as an office) is located above the 2-car garage. \$939,000



26020 Marengo Rd, Easton, MD

"Knightly" is one of the most iconic properties on Maryland's Eastern Shore and is an 81 acre waterfront estate built in the 1820s. The 4 BR, federal-style brick residence is beautiful with its high ceilings, generously sized rooms, and 7 fireplaces. Meaningful upgrades with modern amenities and features have been made throughout while still protecting and preserving the structure. The farm consists of gorgeous formal gardens, a rebuilt gunite pool, tillable acres, fenced pastures, a horse stable, and several outbuildings, including a caretaker cottage and farm office. There is 1,200 feet of shoreline along Leeds Creek (off the Miles River), two ponds, and a protected pier with 6 feet of water at low tide. The entire property is in pristine shape and located just minutes from Easton. \$4,995,000



4190 Evergreen Rd. Oxford, MD

Welcome to "Evergreen", truly one of the most beautiful waterfront farms in Talbot County. Sited on 121 acres in Oxford Md, this property has over 2000' of shoreline (most rip-rapped) bordering the Choptank River and Island Creek, and a large tidal pond which offers incredible views and is an extraordinary habitat for wildlife. Spectacular sunrises and sunsets can be seen from this property, which is one of the few remaining large parcels offering complete privacy yet just minutes to Oxford. The meandering lane leads through the fields and up to the gorgeous point with panoramic vistas. The 6BR/5BA house was built in 1962, remodeled in the mid 1980's, and boasts amazing water views from nearly every room. Adjacent is the large gunite pool and the protected pier is located in the cove and offers 3.5' MLW. \$5,495,000

Laura Carney

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A Thoughtful Re-Creation

By Lisa J. Gotto

A cool-toned slate paver path leads guests to the entrance of this re-imagined contemporary home on the water in St. Michaels.

Peaceful, Porter's Creek provides a watercolor-like backdrop for this 3,300-square-foot home, which has been thoughtfully modified to provide an exquisite main level open floorplan. A series of sliding glass doors running the length of the dining and living space and the addition of skylights above, bathe the entire space in natural light.

This generous living space provides ample room for formal dining, as well, as informal entertaining. The living room features an attractive, white brick fireplace wall that meets the ceiling and is enhanced with complementary shelving on either



Primary Structure Built: 1986
Sold For: \$1,700,000
Original List Price: \$1,795,000
Bedrooms: 4
Baths: 3
Living Space: 3,370 Sq. Ft.
Lot Size: 1.53 acres

side. Gleaming, honey-colored hardwoods flow throughout, and follow into the family room adjacent to the home's charming, all-white country kitchen. Stainless steel appliances, a butcher block-topped prep island, and convenient peninsula seating make this a great space for cooking and conversation.

Three of the home's four bedrooms are located on this level, as well, including the primary suite with its light and bright *en suite* bath with dual vanity and large glass and tile shower. A fourth bedroom and full bath offers accommodations on the home's upper level.



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The grounds surrounding this home offer a woody sense of enchantment with their tall timbers, beautifully landscaped pond with cascading waterfall feature, and of course, the peaceful view of the creek and its vista across the water. A private dock within its picturesque frame beckons the taking up of oars for a late afternoon float.

“Market activity on the Shore continues with confidence,” remarks Buyers Agent Coard Benson. “Waterfront listings command an audience and sellers need to be ready. It is a pleasure to see homes as well-maintained as this waterfront cottage outside of St. Michaels.”

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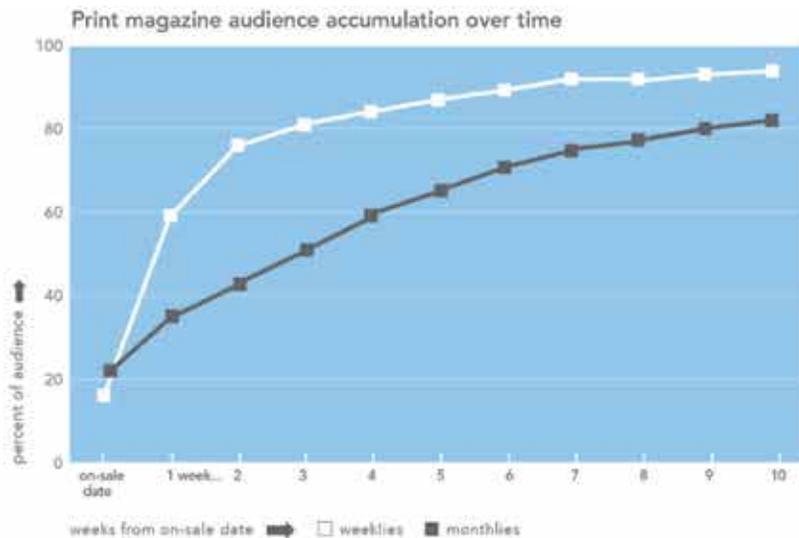


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Fresh Take

DRAGON FRUIT

By Dylan Roche



It sounds like (and looks like!) something out of a fairy tale—dragon fruit, a lesser-known but wildly nutritious fruit with a thick pink skin covered in sharp spikes like the mythical beast it's named after. Formally known as pitahaya, this unusual fruit is related botanically to cacti and hails from its native regions of Mexico and Central America; however, it's most commonly grown today in India and other southeast parts of Asia, as well as the Caribbean, Australia, and other warm climates.

When you cut through the thick rind of dragon fruit, you'll find the inside flesh is either red or white with tiny black seeds. This inner fruit has a sweet, refreshing taste with a little bit of crunch, similar to that of a pear. Because of its high water content and its sweetness, dragon fruit has earned status as a popular addition to drinks and smoothies—but there are plenty of other ways to enjoy it, particularly as an addition to salads.

Its vibrant color indicates dragon fruit has plenty of nutrients, including antioxidants to fight free radicals in your body and stave off disease and aging. The two most prominent antioxidants are carotenoids, which may reduce your cancer risk, and lycopene, which is good for a healthy heart. Dragon fruit is also high in electrolytes like potassium, calcium, and magnesium, all of which can help you maintain proper fluid balance on hot summer days when you're sweating a lot.



↑ Dragon Fruit Smoothie

1 large dragon fruit, peeled and chopped
1/2 cup frozen strawberries
1 large overripe banana, peeled and frozen
1/2 cup almond milk
2 teaspoons honey
Vanilla-flavored protein powder (if desired)

In a high-powered blender, add dragon fruit, frozen strawberries, banana, almond milk, and honey. Process until smooth, adding more almond milk or water if necessary. Add protein powder last, then blend for a few more minutes to combine well. Serve with chopped nuts or granola crumbles on top.

Shrimp Salad with Dragon Fruit

2 medium-large dragon fruits
2 dozen large shrimp, boiled and chilled, diced
2 avocados, diced
1/2 cup olive oil
2 tablespoons lime juice
1 teaspoon honey
2 tablespoons apple cider vinegar
1 teaspoon salt
1 teaspoon black pepper
1/4 cup shredded mint

Remove the peel from the dragon fruit with a knife and chop into half-inch cubes. Combine olive oil, honey, apple cider vinegar, mint, salt, and pepper in a small bowl. Whisk until smooth. In a large bowl, combine the diced avocado, the shrimp, and the dragon fruit. Drizzle with dressing. Serve on toast or in small cups as an appetizer.

Finally, you can count on dragon fruit to be a healthy source of prebiotics, which are necessary for maintaining good bacterial balance in your digestive tract and improving digestion.

Because dragon fruit starts to spoil very quickly as soon as it is cut open, you ideally don't want to prep it until you're ready to eat it. However, if you do cut into dragon fruit and have a lot left over, you can always put it into an airtight container and store it in your crisper drawer between 45 and 50 degrees for up to three days. If you wish to keep dragon fruit for longer, you can transfer it to your freezer for up to three months.

While dragon fruit will always be most popular as an addition to fruit salads or as part of a yogurt parfait (try it drizzled with honey), you can also get creative in the ways you use dragon fruit in your kitchen. Here are some ideas:

Grilled Dragon Fruit and Pineapple Rice

2 cups brown or wild rice
1 large pineapple
2 large dragon fruit
1 can (13.5 ounces) unsweetened coconut milk
1/2 cup sweetened coconut flakes
1 teaspoon red chili powder
2 tablespoons olive oil
2 teaspoons garlic
1 teaspoon fresh ginger, minced
2 tablespoons lime juice

Cut pineapple and dragon fruit into 1-inch cubes and toss with olive oil. Sprinkle with red chili powder and grill for about 10 minutes, turning halfway through. Set coconut milk in a saucepan over medium heat. Bring to a boil, then reduce to low heat. Add the rice and cover, allowing to cook for approximately 45 minutes. Remove lid from saucepan and stir in garlic, ginger, lime juice, and coconut flakes. Serve rice topped with grilled dragon fruit and pineapple. Add extra coconut flakes on top if desired.

What Is Float Spa Therapy?

By Dylan Roche

Did you know an estimated 90 percent of your brain's workload is spent trying to process stimuli around you, including basic things like light, sound, and even the pull of gravity?



But if you could escape all of that for a little while...

That's the idea behind float spa therapy, a practice that has existed in some form since the 1950s but is gaining prominence in recent years as more people seek to prioritize their mental-emotional health.

Reducing the Connection Between Body and Mind

Formally known as restricted environmental stimulation therapy (or REST for short), float spa therapy gives patients a chance to remove themselves from all stimulus and float in heavily salted water to induce a meditative, dreamlike state known as theta, in which your brain's deepest mental processes happen. Benefits are both physical and mental: reduced stress, alleviated pain, better blood flow, improved sleep, and increased production of the feel-good hormone dopamine and endorphins.

"The relaxation of the body transforms into relaxing the mind," explains Denise Pearson, owner of Paradise Float Spa in Annapolis, who has been administering this form of therapy for five years.

When a person undergoes float spa therapy, Pearson says, they reduce the connection between emotion and memory. This lets

them evaluate their experiences without emotion attached to them, thus helping them with their anxiety.

Pearson also sees float spa therapy as helpful for people who suffer sensory overload, such as a patient with Asperger's syndrome. "For them to be able to take a break from sensory overload and not have to deal with sensory overload is a pleasure," she says.

Another group of people who benefit from float spa therapy are professional athletes, who will not only see improved muscle recovery, Pearson says, but also sharper mental focus.

Physical + Mental Benefits

Inside a float spa therapy tank, there's no light or sound. The water is heated to body temperature and mixed with so much Epsom salt that a person is able to float without any effort—the sensation is similar to floating on air.

When the brain enters a relaxed state, many of the mental benefits end up leading to physical benefits. For example, the therapy helps manage conditions associated with high stress, such as hypertension and ulcers. The improved blood flow from this relaxed state of being has even been shown to help repair damaged muscle tissue and improve recovery for people dealing with injuries or chronic pain.

Pearson says a patient's first float is usually a "discovery float," or a chance for them to get used to the sensation. It takes a few floats before a patient can truly enter a meditative state.

Looking to the Future

Having more therapeutic options, particularly ones supported by clinical trials, such as float spa therapy, is becoming increasingly important, Pearson says. A growing awareness of mental health and traumatic world events mean more people are struggling with anxiety and PTSD. "It's a good way to address those things," she says. "I think after COVID, the number of anxiety disorders is skyrocketing."

Some people may be so used to anxiety that they don't even recognize it. "If you're always on edge, that could be your normal," Pearson says. "People will say, 'I thought I was relaxed before I came in.' Sometimes you don't even recognize it."

Fitness Tips

JUST ADD WATER

By Dylan Roche

Ever notice how it's more difficult to move when you're in the water versus in the open air on land? That's because of two factors—it's because of the lack of gravity as well as the resistance you face from the weight of the water around you. And because it's not as easy to move, you're challenging your body to a harder workout, all while reducing the impact on your muscular and skeletal system. Is it any wonder why water workouts are so popular, especially for people undergoing physical rehab?

It's not just injured people or seniors who are doing water workouts—anyone training at any level can enjoy the benefits of a water workout and become a much stronger person because of them. Plus, as summer gets hotter, it's a refreshing change to put your workout in a pool. Interested in giving it a try this summer? Here's what you should know:

ENJOY A LOW-IMPACT WORKOUT

All this benefit to water workouts can be traced back to buoyancy. Our bodies naturally float to some degree—which reduces your bodyweight by about 90 percent. That means a 200-pound person is really going to be moving about 20 pounds of their own bodyweight when they take steps underwater. That's a lot less stress on your joints, and that means a greatly reduced risk of injury. If you are recovering from an injury, or if you have a condition such as arthritis, your physical therapist might recommend water jogging or water aerobics as an exercise you should try.

PUSH THROUGH NATURAL RESISTANCE

While the impact on your joints and muscles is lower, the resistance is higher—all that water around you naturally adds drag. So, you have to make a much greater effort to move through the water than you would



if you were doing an exercise outside of the water. Greater effort means expending much more energy, burning up to 150 percent of the calories they would if they were doing the exercise on land. When you ultimately return to moving on land—for example, if you're a runner who is using water jogging as part of your training plan—the movement will become much easier.

IMPROVE YOUR FORM

You'll also be learning better form. When you have to push yourself through the water, the way you carry yourself matters. If you're doing a water jog or water aerobics, you engage your core to hold yourself upright. You have to take steps and pump your arms in a precise way. You'll find that water exercises improve your posture and sense of balance, which is better for overall performance and reduced risk of injury when you return to exercising on land.

SWITCH IT UP

You're used to exercising on land, so don't be discouraged if you're surprised by how hard water workouts are. Push yourself as hard as you can and don't be afraid to switch it up. If you can run for an hour on land, you might find yourself completely exhausted after 15 minutes of running through the water—and that's a good thing! Give yourself a short break to do something else (such as treading water) before running for another 15

minutes. You could also try several sets of running in the water for two minutes, then walking in the water for five minutes. Water workouts are a natural test of your endurance.

DEEP VERSUS SHALLOW

The depth of the water will determine the kind of water workout you're getting. When you're in shallower water, much of your body is out of the water, so you're still carrying a lot of your own weight—but jogging through knee deep water will still challenge your endurance and your balance, even if it is slightly higher impact than running in chest-deep water.

For an extremely challenging low-impact workout, try running along the bottom of a pool where you're completely submerged. You'll have to come up for air occasionally, but you'll be seriously working your quads, glutes, calves, and even your core.

REMEMBER TO STAY HYDRATED

The pool can be refreshing, especially as an alternative to exercising in summer heat. That doesn't mean, however, that you aren't sweating. Be sure to consume plenty of water before, during, and after your workout. You should also avoid any water that's too warm—90 degrees or warmer is usually considered too high for exercising.

Linen Is In

10 TIPS FOR MAKING A SUMMER STYLE STATEMENT

By Dylan Roche



When you're trying to look your best on a hot summer day, there's no better fabric than linen—in fact, cultures around the world have been relying on this time-tested fabric for centuries because its ultra-light weight makes it highly breathable and comfortable even in the hottest of weather.

But even if it's comfortable, that doesn't mean everyone is eager to wear it—linen can be an intimidating fashion option! It wrinkles easily, which makes some people think it unacceptable for formal occasions. And it's so difficult to launder, so why would you wear it casually?

But both misconceptions are just that: misconceptions. The “wrinkleness” of linen is part of its charm, and you don't have to rely exclusively on dry-cleaning your linen pieces.

MAKE LINEN A PART OF YOUR SUMMER STYLE BY OBSERVING THESE 10 TIPS EVERYONE SHOULD KNOW ABOUT THIS CROSS-CULTURAL CLOTHING STAPLE:

1. While you should avoid any linen pieces that look as if you just pulled them out of a hamper, linen isn't meant to be especially rigid either. Let linen develop soft wrinkles throughout the day. You can always blast linen with a steamer to get rid of heavy wrinkles, but starching and pressing is unnecessary and actually goes against the way the fabric is supposed to look. Embrace the outdoorsy, free-spirited casualness of linen.
2. Just because linen tends to be more casual doesn't mean you can't get away with wearing it on dressier occasions, as long as a relaxed summer look would not be out of place. Strictly formal events held inside in the air-conditioning at night don't require distinctly summertime fabrics. However, if you're attending an outdoor wedding, going out on a boat, or dining al fresco, linen is entirely appropriate.



3. Mix and match your linen with other summertime fabrics, such as seersucker, cotton, or chambray. Pairing linen with heavy fabrics more appropriate for the fall or winter, such as wool, will take away from its aesthetic (not to mention defeat your purpose of staying cool).

4. If you're still intimidated by the idea of how easily linen wrinkles, you can create a contrast by pairing a linen piece with a crisply ironed cotton piece, such as a linen jacket with a cotton shirt.

5. Color matters when it comes to linen. Focus on pastel colors, which will create visual lightness that matches the fabric's light weight. If you prefer darker colors, stick to earthy tones like browns and greens, which will emphasize linen's naturalness.

6. Although you will find some linen pieces that are tailored and structured, many linen pieces are created to be looser, giving you more breathability. The downside to this is that it can sometimes look boxy, especially for women who are wearing linen dresses or linen blouses. Give your outfit a more defined silhouette by cinching these pieces with a belt.

7. Complete a linen outfit by pairing it with nature-inspired accessories. Think beachy jewelry or large earth-tone buttons. This same style rule can apply to men as well—opt for a wood tie pin, for example, or a woven belt.

8. This might feel like cheating, but nobody will know: Blended fabrics won't wrinkle as easily and are easier to clean. Some brands have taken note that very few people have the confidence to pull off an easily wrinkled linen suit. A linen-cotton blend will hold its structure much better while maintaining a similar texture and breathability.

9. Unlike some material, such as leather, where it's easy to determine quality by looking at it closely, linen is a bit of a guessing game. New linen tends to be stiff before it's properly broken in, so you don't always know how it's going to age. Therefore, you should rely on reputable brands, even if this means paying a little bit extra. Because of linen's long history in Italy, you can assume most well-known Italian brands are producing quality linen pieces—Gucci, Giorgio Armani, and Versace, for example.

10. Linen is easy enough to wash by hand at home. Add a drop of detergent to a bucket of cold water and let dissolve. Then let the linen piece soak for a few minutes. Do not wring or scrub. Rinse thoroughly and allow the fabric to air dry.



Shut-Eye for Success

BACK-TO-SCHOOL SEASON MEANS STARTING A HEALTHY SLEEP ROUTINE

By Dylan Roche

If summer vacation has meant a lot of staying up late at night, sleeping late in the morning, irregular naptimes, or other bad rest habits, then it sounds as if back-to-school season for your family will entail reestablishing a good sleep routine.

That's important because sleep delivers physical and mental benefits that growing children need. Children operating on insufficient sleep will often be inattentive or even hyperactive, causing them to struggle with classwork or homework, engage in poor behavior, or just be overall cranky and irritable. Poorly rested children are also prone to falling asleep during the day, even during school or other activities when they should be awake. Furthermore, sleep is the time when young bodies produce the hormones they need for growth and development.

By the time most children are entering grade school (age 6), they will no longer need naps—however, they still require plenty of sleep at night. Children ages 6 to 13 need

about nine to 12 hours of sleep every night. A teenager needs about eight to 10 hours of sleep every night. Bear in mind, however, that some children may be inclined to nap well into age 6 and beyond. Some studies even show that children as old as middle school can enjoy such benefits as better success in school and better overall behavior if they nap regularly. If your child still prefers to nap but napping isn't practical because of the school day, see whether you can allot a short period of quiet time after school for rest. Be careful though—a long nap after 4 p.m. could mean trouble falling asleep at night.

Don't let bad habits from summer vacation carry over into the school year. Start establishing healthy sleep by...



Creating a comfortable sleeping space. Bedrooms should be quiet, cool, and free from any stimulation like bright lights (a soft nightlight is acceptable).



Establishing a regular bedtime. Bedtime should be determined by what time your child needs to wake up. If your 6-year-old has to get up at 7 a.m., a bedtime of 7 p.m. might be entirely appropriate. Older children and teenagers may wish to set their own bedtimes, but they should be encouraged to make responsible choices that will allow them to get the full number of hours they need.



Going through a calming nighttime ritual. A warm bath, a book, or even quiet music can all help calm a child down from even the most eventful evening and encourage them to fall asleep easily.



Avoiding sugar or caffeine in the evening or afternoon. These can easily stimulate your child instead of calming them down.



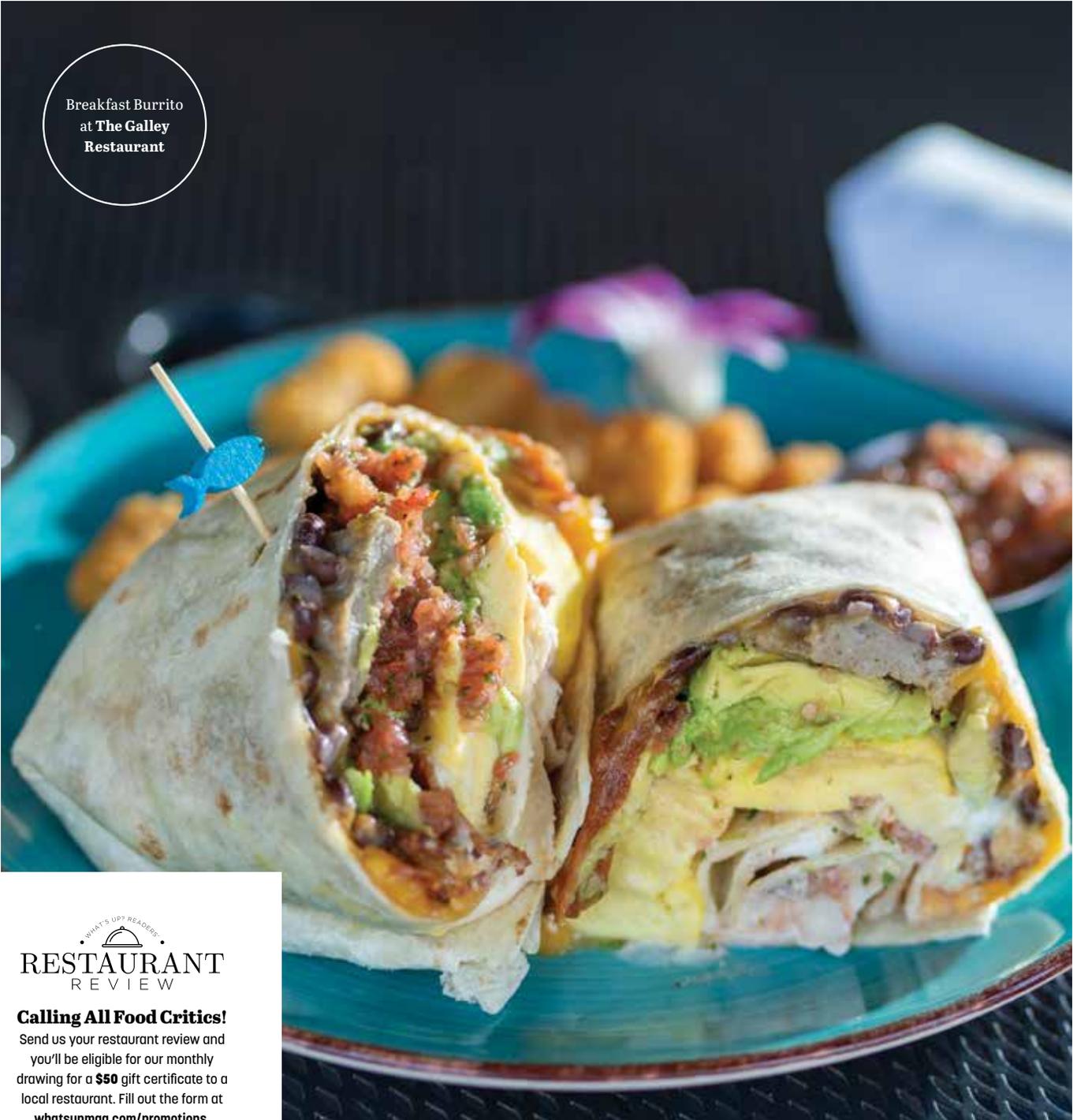
Removing all screens. Light from screens can disrupt sleeping patterns. Put away all phones, tablets, computers, and TVs at least an hour before bedtime. Your family might even consider a rule of maintaining screen-free bedrooms.

If your child is still having trouble with a healthy bedtime routine, it's worth discussing with your pediatrician to rule out any health problems or to gain further insight. Never administer any medicinal sleep aids without your pediatrician's instruction.

Dining

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Breakfast Burrito
at The Galley
Restaurant



WHAT'S UP? READERS
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Passion for Food, Family & Fun

By Tom Worgo

Photography by Stephen Buchanan

Jennifer and Matt Smith are avid sailors, spending most of their lives on the water. For the first 10 years of their marriage, the California natives sailed about three months a year to places like Hawaii, Mexico, and Fiji.

When the Smiths were sailing, they managed to satisfy their appetite for great food by cooking in the confinements of their boat's galley. They traveled, at various times, on a 62-foot catamaran, a 38-foot sailboat, and a 62-foot powerboat.

"We were always very creative in coming up with meals and food to eat on a boat," Jennifer says. "We were working in a small kitchen."

The Smith's passion for food eventually inspired them to open a restaurant. In 2017, after relocating to Maryland's Eastern Shore, they started a venture that they named, of course, The Galley, in historic St. Michaels.

It began as a small, café-style eatery and after expanding its space dramatically, The Galley has become a full-service restaurant and locals' hotspot. A 40-table, wrap-around deck along with a delectable breakfast menu, and their coveted dinner and lunch item, chicken pot pie, makes the restaurant stand out.

"We have also won multiple awards for our breakfast," Jennifer says. "People try to copy us."

We talked to Jennifer about her customers' favorites, how the restaurant began mostly as a breakfast place, where The Galley sources its food, and special events The Galley hosts.



THE GALLEY RESTAURANT | 305 S. Talbot Street, St. Michaels
410-200-8572 | thegalleysaintmichaels.com

Why start a restaurant?

I always wanted to open a breakfast place. When I was in college, I waited on tables and did the books for a small place. It was on my bucket list. If there was ever an opportunity to open a breakfast place, I wanted to do that. So, this opportunity became available. We started with a small portion of the building, a very small breakfast menu, and a lunch menu with a couple of salads and sandwiches. My husband and I have been here every day for the last five years. It has grown so much, and we eventually expanded to dinner. We have live music on Saturday nights. We have a lounge upstairs and there is a rooftop patio, too.

How would you describe your restaurant?

I think we have taken things from everywhere we have traveled. We spent a lot of time in Hawaii and Mexico, and the Caribbean. We take a flavor from everywhere we have visited and incorporate it into the menu. But I would say it is American food with Mexican here and there, and Hawaiian.

What keeps customers coming back?

With our customers and employees, we have a really high retention. We live in St. Michaels, and we are part of the community. For the past five years, we have been here every day. We get to know all the customers and locals, and all the part-time second-home-owners. And the quality of the food—that's a really big factor. It's fresh. We get deliveries every day. Everything we get, we go through. All our produce and seafood are local—that has a lot to do with it.

Where do you source your food from?

All our produce and dairy we get from a local supplier, Teddy Bear Fresh Produce, in Easton. Our seafood comes from right down the road at Wittman Wharf Seafood. We get all fresh seafood from there. Those are the two local places that we get stuff from every day. We get our smoked salmon from Chesapeake Smokehouse in Annapolis.

Were you known as a breakfast restaurant starting out?

Yes. Breakfast and lunch. We are like the main breakfast place in town. We really made a name for ourselves. All our baked goods are made inhouse. Everything is from scratch. We have Belgian waffles, crabcakes, eggs benedict. A lot of the breakfast items are dishes we had in Mexico or California. We have breakfast burritos and tacos. We have incredible biscuits and gravy. People tell us, "These are the best we ever had."

What is your bestselling item?

Our biscuits and gravy. It's two jumbo biscuits. They are cut in half with a sausage on each biscuit. It's like two sausage biscuit breakfast sandwiches. It's smothered in sausage gravy. It comes with scrambled eggs, cheddar cheese, and tater tots. It's amazing. Nobody else makes it like that.

Beside breakfast, what else is popular?

Our chicken pot pie for dinner. It is homemade. We make the pies in advance because we'll run out otherwise. It's a thick-cut pot pie. It's huge and has a crust on the bottom and top. It's amazing. It's a flaky crust.

Inside, we have grilled chicken, potatoes, corn, and carrots, and the sauce is just outstanding.

What else separates your place from others?

I think the ambiance, the food, and our strong staff. They all started here when they were seniors in high school, and they have gone off to college and come back to work in the summer. It's the same group of girls. And then their younger brothers and sisters who work here. It's just like a family. We respect and take care of each other. That carries over to our customers. Everybody feels they are part of this family.

Do you feel your restaurant's location is a big attraction for customers?

It's in the heart of the town. It's pretty busy on the weekends. The building is historic. It's part of the historic district and one of the original homes. I think it was built in 1806.

Is the wrap-around deck important to your business? Does it set your restaurant apart?

For sure. There are only a few restaurants on the main street that have a patio like that. We have the biggest. It makes our



Breakfast Burrito

Makes 1

- 1 1/4" flour tortilla
- 1 oz black beans
- 1 oz salsa
- 1 oz sour cream
- 6 tater tots
- 2 piece bacon
- 3 eggs
- 1 oz shredded cheddar cheese
- 1/4 avocado

Scramble eggs over low heat. Warm tortilla in a pan or microwave for 30 seconds. Place tortilla on a plate, add cheese to the center of the tortilla. Place scrambled eggs on top of cheese. Place bacon on top of eggs. Layer remaining ingredients on top of bacon. Carefully fold the right and left sides of the tortilla in towards the middle and then roll the tortilla away from you until you reach the end.

restaurant. You get a front-row view of the entire town passing by. It's a place to go to see and be seen by others. Outside is always packed.

Do you have any events to highlight?

Every year (in March), there's a chocolate festival and we have made our pie-eating contest a tradition. It's open to anybody who wants to participate. We have two age groups: kids up to 12 years old, and a 12-and-over. We have it in our parking lot. We give everyone a chocolate cream pie. We see who eats it the fastest. It's really fun to watch. Someone ate one in 90 seconds. The winner gets bragging rights and gift cards to the restaurant. In the fall, around Halloween, we also have a pumpkin pie eating contest, a pumpkin carving contest, and a scarecrow contest. It's a real fun time to be in St. Michaels.



Savor the Chesapeake

Restaurant news and culinary trends throughout the Chesapeake Bay region

By Megan Kotelchuck

We are very lucky to live in this region. We truly are a community when it comes to giving back and to food. We have new restaurants opening, a local's favorite that needs a helping hand, and a full calendar of foodie events. We are blessed. Join the food fun and get involved in our vibrant community!

On the Restaurant Scene...

A new restaurant recently opened in Rock Hall: **Blue Heron Oyster House & Inn**. Blue Heron is owned by friends who worked together in the industry in high school, and they were finally able to bring their vision to life. The restaurant has a raw bar and offers small plates, big plates, sandwiches, and even has a Hawaiian shaved ice stand available with fresh squeezed lemonade. Find more information and a full menu at blueheronoysterhouseandinn.com.

After plans to open in July, **The Choptank** has officially made its way to Annapolis. This classic fish and crab house has been warmly welcomed to Ego Alley after being a staple in Fells Point for so many years. Pull up a seat with an amazing waterfront view and enjoy Maryland's famous cuisine alongside a cocktail, crush, or one of 20 draft beer selections. Find their full menu on their website and see what you can enjoy on the rooftop or waterfront

patio on your next visit to Annapolis! The Choptank is part of Atlas Restaurant Group who has donated a \$10,000 grant to the Housing Authority of the City of Annapolis so that the community pool at Harbour House can open and be operational for families this summer. Learn more at thechoptankrestaurant.com/Annapolis.

A fire significantly damaged a well-known Annapolis restaurant on June 8. **Sailor Oyster Bar** on West Street suffered catastrophic damage when a fire broke out in the rear of the two-story building. However, there were no injuries in the fire. Investigators determined that the cause was "accidental due to improperly discarded smoking materials." Repairs are predicted to take 12-15 months. Sailor Oyster Bar has created a GoFundMe to raise money for repairs and for the Sailor staff. Visit sailoroysterbar.com for details.

Queen Anne's County Public Schools, Chesapeake College, Queen Anne's County Economic and Tourism Development, and eleven local eateries are collaborating to make a **New Culinary Program** connecting Queen Anne's County public school students with local restaurant leaders to launch students out of high school with hundreds of hours of professional kitchen experience. This program is a great way for high school students to gain experience as well as making connections with local businesses to start off their career. The Upper Shore Regional Council donated uniforms and aprons and the Children's Home Foundation donated course fees. This is a two-year program open to 11th grade students that will offer 150 hours of instruction at Chesapeake College. To learn more about the culinary course, email Jason Mullen at jumullen@chesapeake.edu.

Prince George's County has a new addition, **Milk & Honey Market and Pancake Factory**. This combo eatery, event space, and market will feature small businesses and women-led enterprises and is located at 4531 Telfair Boulevard in Suitland. This addition is owned by Monique Rose, who prioritizes supporting other entrepreneurs in the area, specifically women and women of color like herself. This restaurant will offer an upscale, dine-in experience with 75 seats inside and 50 seats outside. Find more information on their website therealmilkandhoneydmv.com.



Experience Local...

August has plenty of can't-miss food and drink events. It's fun to have something to look forward to, right? Let's get some crabs, beers, peaches, and more!

The annual **Rotary Club of Annapolis Crab Feast** is back at Navy-Marine Corps Stadium for their 77th year on August 5, from 5 to 8 p.m. This feast is one of the longest-running and most popular summertime traditions in Annapolis since its start in 1946. All proceeds from this event are going to local community and cultural nonprofit organizations through grants of up to \$4,000 each. The night will have Maryland's famous blue crabs, Maryland vegetable crab soup, corn on the cob, beef barbecue, and much more. Find more information at annapolisrotary.org.

Hummingbird Inn presents **Bushels & Brews** on August 13. This all-you-can-eat crab feast will take place at Hummingbird Inn in Easton and will include Maryland steamed crabs, local corn, red skin potatoes, and a cash bar with beer, sangria, orange crushed, and soft drinks. The August 13th date will feature live music by Jayme D, and if you miss this event, come back for another Bushels & Brews on September 10. Fifty percent of the proceeds will benefit Delmarva Pride Center and Talbot Interfaith Shelter. Make your reservations at 410-822-0605.

Meat is back on the table! Bring your tastebuds down to Cult Classic for the **Cult BBQ Classic** in Stevensville on August 6. Be sure to enter the People's Choice judging competition to select the best BBQ on Kent Island. Tickets are \$10 and include unlimited samples. Judging will take place at noon and people's choice unlimited tasting will continue from 12:30 to 2 p.m. Buy your tickets now at simpletix.com.

Godfrey's Farm and the Sudlersville Volunteer Fire Company are coming together for the annual **Sudlersville Peach Festival** at Godfrey's Farm, August 5-6. The best local bands will be providing live music, community nonprofit groups will serve homemade food including pit beef and peach cobbler, local vendors will sell hand-made crafts, and, of course, there will be plenty of family activities. Find more information at godfreysfarm.com.

Drink Up...

August is the hottest month of the year, so let's enjoy the coldest drinks. Frozen cocktails fit the bill this time of year. Blend your favorite cocktail recipes with ice to make them a frozen delight. Or just pull out the blenders, grab some fruit from the fridge, and open up those liquor cabinets to create a cocktail on the fly. Here are a couple recipes to inspire you!

Frozen Pineapple Daiquiri

Ingredients

- 3 ounces Light Rum
- 3 ounces Pineapple Juice
- 1 ounce Simple Syrup
- .5 ounce Lime Juice
- 2 cups Frozen Pineapple Chunks
- 1 cup Ice
- Pinch Salt

Instructions

Combine all ingredients in a high-speed blender. Blend until smooth and serve in two chilled glasses.

Photo and recipe courtesy of cupofzest.com



Red Rooster Frozen Vodka Cocktail

Ingredients

- 6 cups Cranberry Juice Cocktail
- 6 ounces frozen Orange Juice Concentrate, defrosted
- Juice of 1 Lime
- 2 cups Vodka

Instructions

Pour all ingredients into a 9x13 inch glass baking dish and stir. Cover well and freeze overnight. When ready to serve, use a fork to scrape into a slushie-like consistency. This will be easy since vodka doesn't completely freeze. Scoop into glasses and serve. It's great frozen but also as it melts.

Photo and recipe courtesy of umamigirl.com



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

Dining Guide

Advertisers Listed in Red

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

☎ Reservations

┆ Full bar

👨 Family Friendly

🌊 Water View

☀ Outdoor Seating

🎵 Live Music

🐕 Dog Friendly

👑 Best of 2022 Winner

Queen Anne's County

Adam's Taphouse and Grille

100 Abruzzi Drive, Chester; 410-643-5050; Adamsgillkentisland.com; Barbecue; lunch, dinner \$\$ ☎ ┆ 🌊 🎵

Amalfi Coast Italian & Wine Bar

401 Love Point Road, Stevensville; 443-249-3226; amalficoastki.com; Lunch, Dinner \$\$\$ ┆ 🌊 🎵 *

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 \$ ┆ 🌊 🎵

Bridges Restaurant

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

Café Sado

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

Capriotti's

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

Carmine's New York Pizza

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

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 \$ ┆ 🌊 🎵 🌊

El Jefe Mexican Kitchen & Tequila Bar

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

Fisherman's Inn & Crab Deck

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

Frix's Fire Grill

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

Harris Crab House

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

Historic Kent Manor Inn

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

The Jetty Restaurant & Dock Bar

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

Kentmorr Restaurant

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

Knoxie's Table

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

Ledo Pizza

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

Libbey's Coastal Kitchen

357 Pier 1 Road, Stevensville; 410-604-0999; libbeyscoastalkitchen.com; American, seafood; 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 \$\$\$ ┆ 🌊 🌊

The Narrows Restaurant

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

Oh My Chocolate

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

O'Shucks Irish Pub

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

Rams Head Shorehouse

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

Red Eye's Dock Bar

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

SandBar at Rolph's Wharf

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

Yo Java Bowl

800 B Abruzzi Drive, Chester; 41 0-604-0000; yojavabowl.com; Breakfast, Brunch \$ 🌊

Talbot County

208 Talbot

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

Ava's Pizzeria & Wine Bar

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

Awful Arthur's Seafood Company

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

The BBQ Joint

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

Banning's Tavern

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

Bas Rouge

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

Bistro St. Michaels

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

Capriotti's

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

Capsize (Seasonal)

314 Tilghman Street, Oxford; 410-226-5900; Capsizeoxmd.com; American; lunch, dinner \$-\$ ☎ ┆ 🌊 🌊 *

Captain's Ketch

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

Carpenter Street Saloon

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

Characters Bridge Restaurant

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

Chesapeake Landing

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

The Coffee Trappe

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

The Crab Claw Restaurant

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

LIBBEY'S COASTAL KITCHEN

"What a great addition to the shore! Don't forget to order the Honey Old Bay Wings." —John Ceal

Crepes By The Bay

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

Corah's Corner

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

Doc's Downtown Grille

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

Doc's Sunset Grille

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

Eat Sprout

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

El Dorado Bar & Grill

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

Foxy's Harbor Grille (Closed January & February)

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

The Galley St. Michaels

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

Gina's Cafe

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

Gluten Free Bakery Girl

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

Gourmet by the Bay

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

Harrison's Harbour Lights

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

Hong Kong Kitchens

210 Marlboro Avenue, Easton; 410-822-7688; Hongkongkitchen-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; American, seafood; lunch, dinner, Sunday brunch \$\$ 🍷 🍴 🍷

Ledo Pizza

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

Limoncello Italian Restaurant

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

Lowes Wharf

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

Lyon Distilling Company

605 S. Talbot Street, #6, St. Michaels; 443-333-9181; lyonrum.com

Marker Five

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

Momma Maria's Mediterranean Bistro

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

Old Brick Inn

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

Osteria Alfredo

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

Out of the Fire Café & Wine Bar

22 Goldsborough Street, Easton; 410-770-4777; Outoffire.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; Samspizzastmichaels.com; Italian, American, Greek cuisine; lunch, dinner \$ 🍷 🍴 🍷

Scossa Restaurant & Lounge

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

Snifters Crafts Beer and Wine Bistro

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

Stars at Inn at Perry Cabin

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

EAT

REVIEW

WIN



RESTAURANT REVIEW

EAT. REVIEW. WIN.

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

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

Restaurant Name _____

Restaurant Location _____

Your Review _____

Name _____

Phone _____

Email _____

Address _____

City _____

Zip _____

Would you like to sign up for our weekly eNewsletters?

_____ Yes please! _____ No thanks



DINING GUIDE

EAT SPROUT

"Always my go-to place for a quick and delicious meal or snack. I love this option" —Gemma S.

St. Michaels Crab & Steakhouse

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

Sugar Buns Airport Café & Bakery

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

Sunflowers & Greens

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

T at the General Store

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

Theo's Steaks, Sides & Spirits

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

Two if by Sea

5776 Tilghman Island Road, Tilghman; 410-886-2447; twoifbysear-restaurant.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; baywolfrrestaurant.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; figgsordinary.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 Dining Restaurant, Sunday Brunch \$\$\$ 🍷 🍴 🍷 🍴 🍷 🍴

Luisa's Cucina Italiana

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

Marzella's By The Bay

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

Osprey Point

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

Pasta Plus

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

Procolino Pizza

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

The Retriever Bar & The Decoy Bottle Shop

337 1/2 High Street, #339, Chestertown

BOMBAY SOCIAL

"The food is always amazing BUT I am going for the cocktails. Havnt had a bad one yet and I've almost tried them all!" —Jackson Miller

Two Tree Restaurant
401 Cypress Street, Mil-
lington; 410-928-5887;
Twotreerestaurant.
com; Farm-to-table;
lunch, dinner \$\$ 🍷 🌿

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

Waterman's Crab House
21055 Sharp Street,
Rock Hall; 410-639-
2261; Watermanscrab-
house.com; Seafood;
lunch, dinner \$\$ 🍷 🌿
🍷 🍷 🍷 🍷

Dorchester County

Bay County Bakery and Café
2951 Ocean Gateway,
Cambridge; 410-228-
9111; Baycountybakery.
com; Sandwiches, pas-
tries; breakfast, lunch \$

Black Water Bakery and Coffee House
429 Race Street, Cam-
bridge; 443-225-5948;
Black-water-bakery.
com; Artisan breads,
soups, sandwiches,
desserts \$ 🍷

Blue Ruin
400 Race Street, Cam-
bridge; 410-995-7559;
blueruinbar.com

Bombay Social
413 Muir Street; Cam-
bridge, MD 21613; 443-
515-0853; bombayso-
cialmd.com; Indian;
lunch, dinner

Bombay Tadka
1721 Race Street, Cam-
bridge; 443-515-0853;
Bombaytadkamd.com;
Indian; lunch, dinner
\$\$

Lil' Bitta Bull BBQ
520 Race St, Cam-
bridge; 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, Cam-
bridge; Deli, lunch, din-
ner, \$, 🍷

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; Snapperswa-
terfrontcafe.com;
American, seafood;
lunch, dinner, Sunday
breakfast \$ 🌿 🍷 🍷 🍷

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

ThaiTalian Infusion Cuisine
300B Washington
Street, Cambridge; 443-
225-6615; thaitalianin-
fusioncuisine.com 🍷

Caroline County

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

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or alyons@whatsupmag.com



EASTERN SHORE
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info@estents.com | 410-810-068

Excellence is in the details





Where's Wilma?

FIND WILMA AND WIN!

Hot dog! Hot potato! Hot tamale! Hot August! It's the most sizzling time of summer and our faithful mascot Wilma is flying all over the map to find the coolest spots in the region to shop, dine, and pamper herself. 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 **Sheila** of Stevensville, who won a \$50 gift certificate to a local business.

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



Please Print Legibly

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

Name _____

Phone _____

Address _____

E-mail address _____

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

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

Entries must be received by August 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–Fish For A Cure.....	IBC
Benson and Mangold Real Estate Chuck Mangold.....	LREHP
BJ and Son Property Management.....	47
Brampton Bed and Breakfast Inn.....	93
Chaney Homes–Jennifer Chaney.....	17, LREHP
Chaney Homes–Tricia Wilson.....	LREHP
Chesapeake Bay Maritime Museum.....	10
Chesapeake Crawl Space Solutions (Robert.....	LREHP
Chesapeake Eye Care Management PC.....	2
Dee Dee McCracken–Coldwell Banker.....	7, LREHP
Djawdan Center for Implant and Restorative Dentistry.....	1
Dragonfly Boutique.....	47
Drs. Walzer Sullivan & Hlousek P.A.....	5
Dwelling and Design.....	LREHP
Eastern Shore Tents And Events.....	95
Eastern Shore Title Company.....	79
Gary Smith Builders.....	47
Gibson Grounds Property Services.....	79
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