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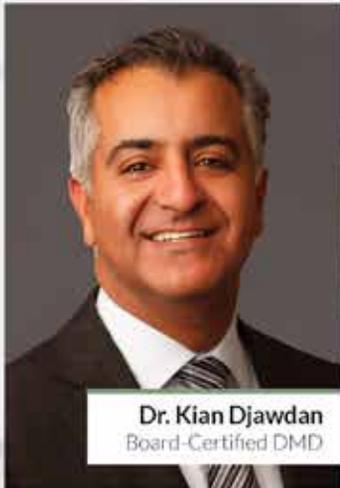
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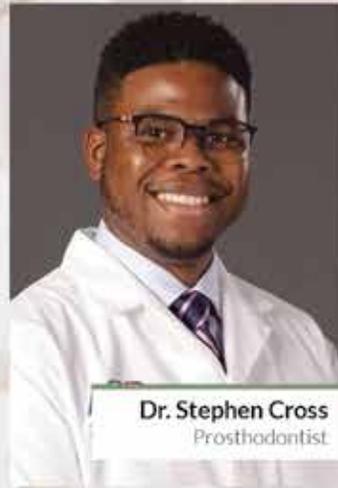
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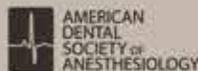
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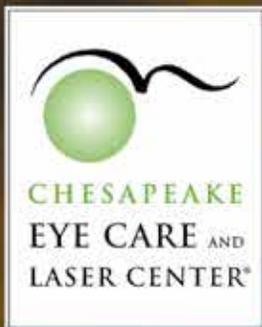
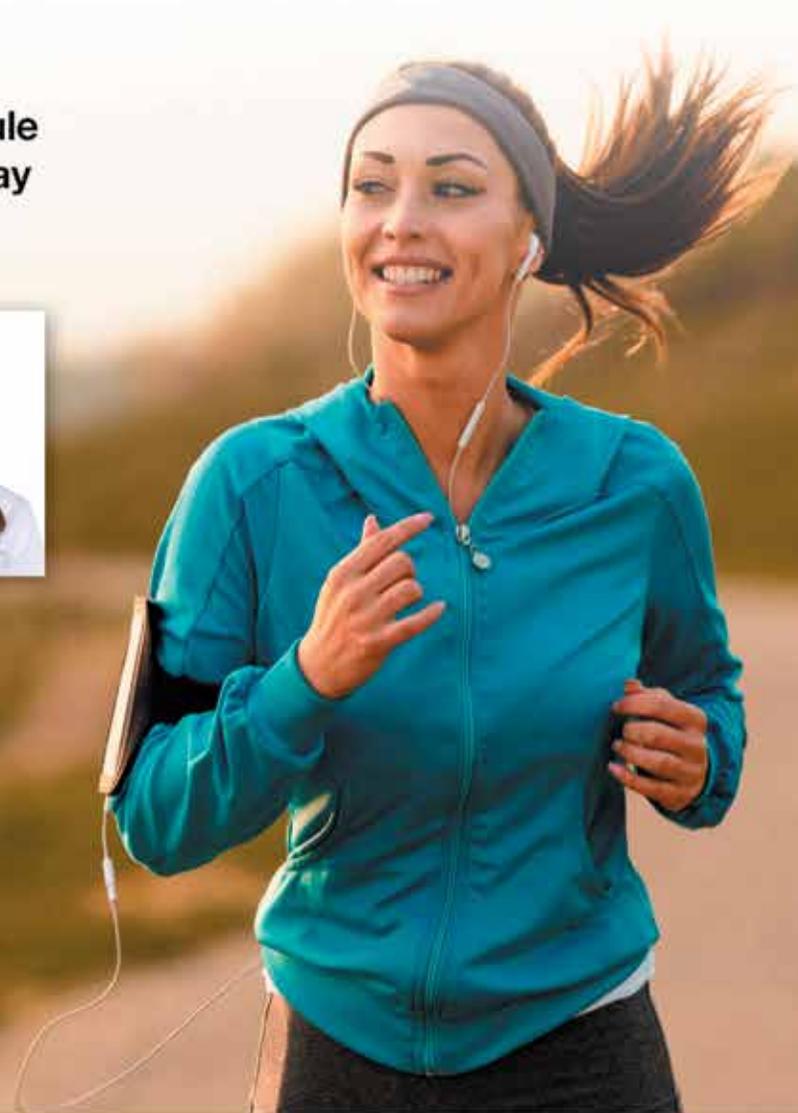
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**On the Cover:** We visit several local environmental nonprofits to learn about their youth programs. Design by August Schwartz. Contact *What's Up?* Eastern Shore online at [whatsupmag.com](http://whatsupmag.com). ♻️ Please recycle this magazine.

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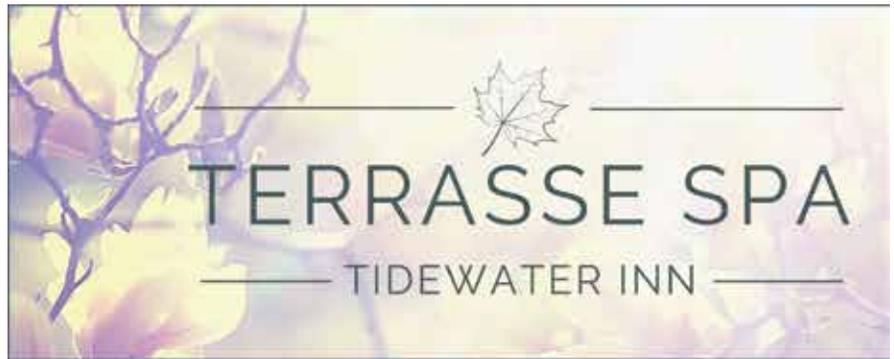
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## Dr. Robert Howard

A graduate of the Naval Academy with a distinguished 27-year career of service, he began his medical training in Maryland at the Uniformed Services University of the Health Sciences. He did his residency training at the Naval Medical Center in San Diego, California and at Emory University Hospital in Atlanta, Georgia.

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# editor *From the*

Whether you fly fish the humble streams of the Middle Patuxent, stack commercial crab pots for a living on the Chesapeake, or go waterskiing on weekends in the Chester River, you likely agree these resources are worth protecting. In this month's feature article "Teach Your Children Well" you'll learn about several local, environmental organizations committed to improving the Bay watershed by means of varying and dynamic education programs. (Coincidentally—okay, maybe a bit by design—if you'd like to learn the history, culture, and geography of the Chester River, the next installment in "Our Scenic & Historic Rivers" article series offers this overview.)

**T**rudging waist-deep through Indian Creek, near the headwaters of the Severn River, with 15 or so other students—all of us straining the water with a seine net—yielded some interesting lifeforms when the net surfaced to reveal the catch. An abundance of tiny baitfish, a perch, small crabs, grass shrimp, a few clams, and strands of vegetation, if my memory recalls correctly. The revelation of *all this life* just below the water's surface was exhilarating.

The exercise was one of many during an outdoors retreat I enjoyed nearly 35 years ago. Back then—and as many programs do today—the activity focused on the environment that surrounds us. Its purpose to reveal and educate. In Chesapeake Bay country, you don't need to go far to experience aquatic life and its connection to our everyday existence. It's everywhere. And it's important.

Now, I'm pleased to see even more opportunities for our children and young adults to learn about and experience, firsthand, the ecology of the Bay and its feeder tributaries from the Piedmont plateau of Central Maryland to the low-lying plains of the Eastern Shore. Education is so vital to our youth—to inspire the next generation of advocates, scientists, and professional leaders with the willpower to restore, protect, and preserve our natural resources, so that, yes, we *all* can enjoy them.

Equally pleasing is how our regional private schools and colleges have integrated environmental studies into their curriculums. If you're considering private school for your children, Fall is a wonderful season to visit campuses, do your homework, and begin the application process for next semester or year. Our private school open house and visitation guide, "Top Class," offers timely information and upcoming dates to circle on the calendar for many of the area's exemplary schools.

There's much more to read, learn about, and enjoy in this month's issue. Our "Towne Athlete" profile showcases a real student-athlete making a difference on the field and in the community. Likewise, we applaud a local volunteer in our "Towne Salute" column. We also examine the impact the Baby Boomer generation is having on post-retirement endeavors such as philanthropy, social activities, and the economy in Part II of the "Chesapeake Retirement Guide." Of course, the number of events from Western Shore to Eastern picks up in the Summer and seems to peak in the Fall. September is chock full of them, and "Out on the Towne" highlights many excellent event recommendations. Beyond all of this, I'm willing to bet you'll pick up a thing or two along the way as you cover the magazine from first page to last. Thank you for reading!

**James Houck,**  
Editorial Director



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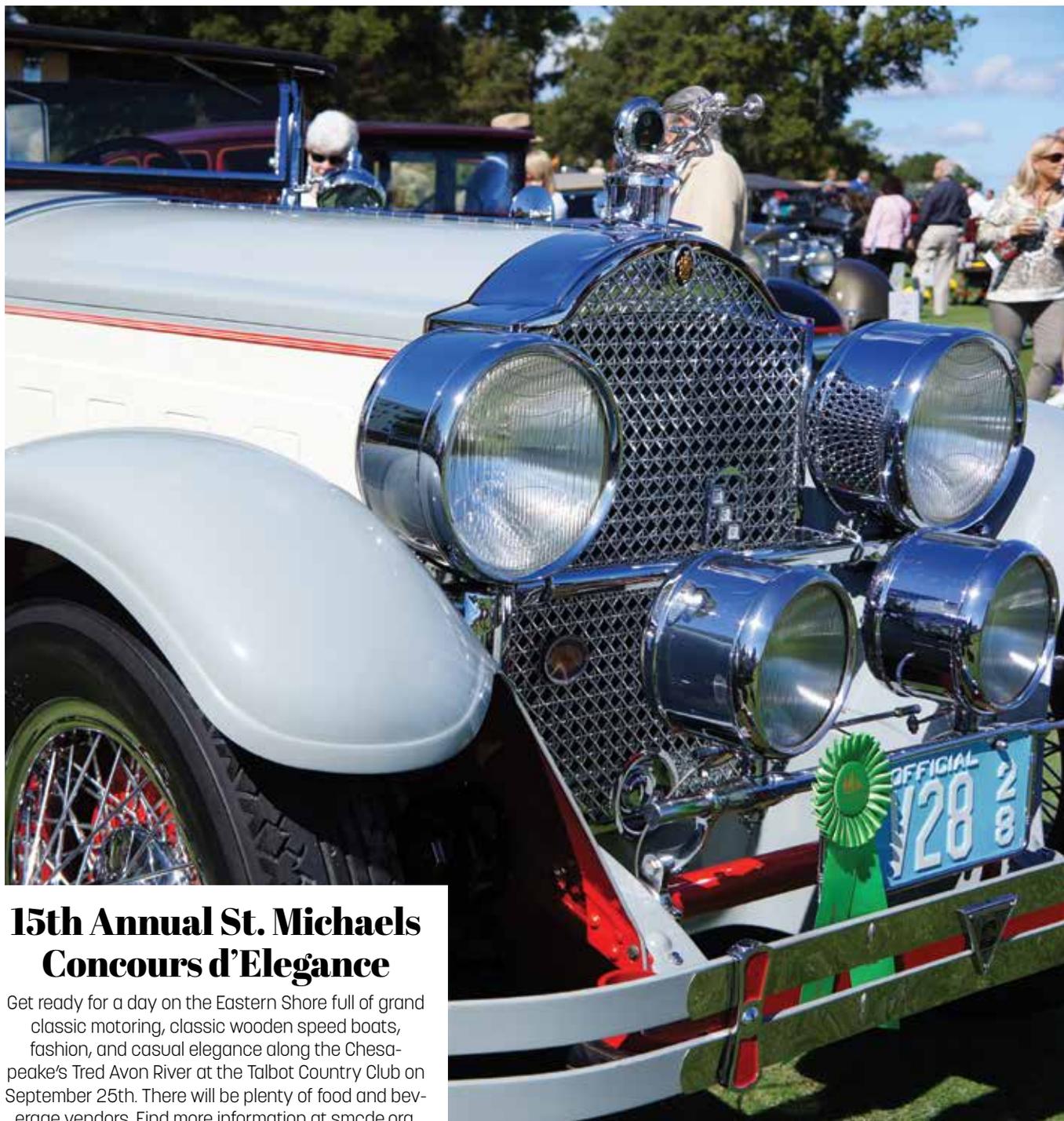
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# *Out on the* **Towne**

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## **15th Annual St. Michaels Concours d'Elegance**

Get ready for a day on the Eastern Shore full of grand classic motoring, classic wooden speed boats, fashion, and casual elegance along the Chesapeake's Tred Avon River at the Talbot Country Club on September 25th. There will be plenty of food and beverage vendors. Find more information at [smcde.org](http://smcde.org).



## SHAW BAY RAFT-UP CONCERT ↓

Bring your rafts, dinghy, paddle board, kayak, or sailboat to Shaw Bay along the Wye River for a relaxing day with music and a view on September 10th from 2 to 6 p.m. This free concert is held each year to raise funds and awareness for clean water efforts on the Eastern Shore of Maryland. For more information, visit shorerivers.org or email Freya Farley at [ffarley@shorerivers.org](mailto:ffarley@shorerivers.org).

## Paddling with the President

On September 21st, join Chesapeake Bay Maritime Museum President and avid paddler Kristen Greenaway in an evening of paddling along the Miles River and up Long Haul Creek. From 5:30 to 7:30 p.m., participants will have a chance to learn how to paddle and experience the beauty of our local waters. Register online at [cbmm.org](http://cbmm.org).



## ← Ride for Clean Rivers

September 18th will be the 17th ShoreRivers Ride for Clean Rivers. Cycle the beautiful back roads of Talbot and Queen Anne's counties in support for ShoreRivers' work for clean waterways. The ride will start at Chesapeake College and is a perfect way to finish the summer season. All proceeds go toward ShoreRivers' science-based education, restoration, and water quality monitoring programs. For more information, visit [shorerivers.org](http://shorerivers.org).



## CHESAPEAKE FILM FESTIVAL

Celebrate the 15th Anniversary of the Chesapeake Film Festival with a weekend of provocative, insightful, and innovative films. There will be a live festival starting September 30th at the Eastern Shore Conservation Center followed by a week-long festival. Evenings of films will continue through October 2nd at Easton's Avalon Theatre with outstanding films and conversations with the filmmakers. Plus, a virtual festival will go from October 3rd through 9th. Find more information at [chesapeakefilmfestival.com](http://chesapeakefilmfestival.com).

## HAVEN MINISTRIES GOLF TOURNAMENT

Visit Queenstown Harbor Golf Course for Haven Ministries' Golf Tournament on September 23rd to help benefit the homeless resource shelter. Enjoy a great day of golf while supporting Haven Ministries. There will be a shotgun start at 9:30 a.m. Register now or find more information at [haven-ministries.org](http://haven-ministries.org).

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## Maryland Renaissance Festival

Get ready to go back in time to 1536 at the 2022 Maryland Renaissance Festival in Crownsville. As always, there is plenty of entertainment, jousting, turkey legs, and of course, outfits. Visit the website for special promotions, events, and full calendar. The festival will go on from 10 a.m. to 7 p.m. on September 3rd through 5th, 10th and 11th, 17th and 18th, and 24th and 25th, as well as weekends in October. Find more information at [rennfest.com](http://rennfest.com)



## MARYLAND SEAFOOD FESTIVAL

ABC Events is hosting the Maryland Seafood Festival on September 24th and 25th at Sandy Point State Park in Annapolis. This rain or shine event will host loads of seafood vendors, local shopping and vendor options, a fantastic beverage selection with lots of local craft beer, and tons of kids activities, all along the beautiful shores of the scenic Chesapeake Bay. Because of the limited availability of crabs and crab meat, be sure to pre-order crabs by September 15th. Find more information and pre-order crabs at [abceventsinc.com](http://abceventsinc.com).

## Bay Bridge Paddle

September 25th is the Bay Bridge Paddle at Sandy Point State Park in Annapolis. Water enthusiasts of all ages and expertise are invited to the Paddle in the Chesapeake Bay. This race will bring together all levels of paddlers with multiple races available to support the Foundation for Community Betterment. Each race will present a different experience or challenge based on the bay's shifting conditions. Find more information and sign up at [abceventsinc.com](http://abceventsinc.com).

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TOWNE SALUTE

# Lisa Krentel

## Dorchester Center for the Arts

By Lisa A. Lewis

**L**isa Krentel developed a passion for the arts at a very young age—an enthusiasm that would carry over into adulthood and ultimately influence her career path. A graduate of Moore College of Art & Design in Philadelphia with a double major in painting and photography, she held positions as a professional photographer, a teacher, and a graphic artist. Inspired by the creativity of the artistic process, Krentel decided to explore volunteer opportunities that would enable her to continue to pursue her love of the arts. A member of the Dorchester Center for the Arts (DCA), she learned about an opening to hang and light the monthly art exhibits, which piqued her interest. She accepted the position and has been a dedicated volunteer for several years.



**IT'S TRULY GRATIFYING TO SEE THE END RESULT. BUT THE MOST REWARDING PART IS SEEING THE REACTION OF VISITORS AND THE DIFFERENT WAYS IN WHICH THEY REACT AND INTERPRET THE EXHIBIT."**

"I have a talent for arranging artwork and bringing order to chaos," Krentel says. "When I start working on a new exhibit, there is a bit of uncertainty. I sort through the artwork and try to think of the best way to display it and make it beautiful. I only have three days each month to hang and light the exhibits, so the work definitely keeps me on my toes. But I don't find it overwhelming. It's a meditative process, and I enjoy the solitude of the work and the opportunity to express my creativity."

A nonprofit organization located on Historic High Street in Cambridge, DCA is "dedicated to enriching Maryland's Eastern Shore community through high-quality, engaging programming in the visual, literary, and performing arts...[and] is committed to increasing access to the arts for all members of [the] community by supporting extensive outreach and educational opportunities in the arts." The facility offers gallery exhibitions, art classes, music, and theatre performances.

Krentel's eye for detail and her creative spirit enable her to hang and light art exhibits that are

aesthetically pleasing and immediately capture the interest of visitors.

"When everything comes together, and the exhibit is finished, it's such a great feeling," Krentel says. "It's truly gratifying to see the end result. But the most rewarding part is seeing the reaction of visitors and the different ways in which they react and interpret the exhibit."

Although Krentel receives and readily welcomes input from DCA staff and other volunteers, she primarily works alone. But she is never lonely. She quickly becomes absorbed in the work and enjoys the entire process. It's a great opportunity for her to contribute her creative vision to DCA, and she takes pride in her ability to help showcase the work of talented artists.

"Lisa is a dedicated, hard-working volunteer who works quietly behind the scenes," says Barb Seese, executive director of DCA. "She brings years of experience and boundless enthusiasm to each and every exhibit at DCA—not stopping until the artwork is hung perfectly and the lighting is just right. Her high

standards elevate the presentation in every gallery. Plus, she's warm and funny, and it's a joy to work with her. We couldn't do what we do without her!"

Hanging and lighting the art exhibits at DCA is only one way in which Krentel immerses herself in the arts. She is an avid painter and also a member of the Main Street Gallery artist collective in Cambridge. A retiree, she devotes much of her time to painting, which offers her a great deal of joy.

Krentel, who relocated to Cambridge from Sedona, Arizona, in 2007 to be closer to her family, lives with her partner, Paul, who works in publishing. The couple loves the area and its proximity to the Chesapeake Bay. Their passions include camping, biking, and exploring.

"Having an appreciation for the arts is so important," Krentel says. "Art has a transformative impact on our lives and communicates concepts other than facts, such as emotions, thoughts, and philosophies. It's an intangible quality that taps into our emotions and touches our souls—offering not only creativity but also humanity."

For more information about Dorchester Center for the Arts, visit [dorchesterarts.org](http://dorchesterarts.org).

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



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## ↑ Mid-Shore Pro Bono New Board Members

Mid-Shore Pro Bono recently announced its new Board of Directors. Newly elected are Directors Hillary Lindeman, Clinton Pettus, Ph.D., Rosemary Ramsey Granillo, and Anthony Rodriguez, Esq. Officers continuing to serve on the Board are President Timothy Abeska, Esq., Vice President James McComb, Treasurer Michael Starling, Esq., and Secretary Holland Brownley, Esq. Other continuing Board members are Sarah Dahl, Esq., Tawes Harper, Judith Showalter, Esq., Ruth Thomas, Rebecca Burner, Doncella Wilson, and Samantha Bowers Welte.



## MOBILE WELLNESS TEAM LAUNCHES GRANT-FUNDED COMMUNITY GARDEN PROJECT

The University of Maryland Shore Medical Center at Chestertown's Mobile Wellness Team is one of 18 organizations in Caroline, Dorchester, and Kent counties awarded \$5,000 grants in April 2022 by the Mid Shore Health Improvement Coalition. The Mobile Wellness Team requested the grant funds to create produce gardens at local schools, churches, residential care communities, YMCAs and senior centers, and at organizations serving persons with disabilities and those in recovery from substance abuse. The Chestertown Mobile Wellness Team then worked with community partners and volunteers to establish raised-bed gardens in four Kent County locations: Chesapeake Villa in Rock Hall, D's Place and My Abode in Worton, and Hope Community Alliance at Rock Hall Church of God in Edesville. The gardens will be tended by local residents and other volunteers. Learn more at [umms.org/shore](http://umms.org/shore).

## Fleece Blankets Donated to For All Seasons →

One local family gave warmth from their hearts by making tied fleece blankets for local charities. Christine and Charles Streaker and their children Gabriella and Braden of Easton recently donated 20 of their blankets to For All Seasons Rape Crisis Center. Christine Streaker comments, "We had done this last year for Talbot Interfaith Shelter and I knew about For All Seasons and suggested we consider helping them this spring. The kids agreed and we shopped for fabric, selecting fleece patterns that could comfort boys and girls as well as adults. Our family enjoys helping where we can and we really enjoy making the blankets together." For All Seasons Rape Crisis Center offers certified sexual assault victim advocates, counseling and support groups, free and confidential services in English and Spanish, support in the hospital, police department, and court, and referrals to social and legal services. For more information, visit [forallseasonsinc.org](http://forallseasonsinc.org).





**↑ MID-ATLANTIC SYMPHONY APPOINTS NEW MUSIC DIRECTOR & CONDUCTOR**

Michael Repper—an internationally-recognized conductor, pianist, and recording artist whose mission is to use music as a tool for uniting and inspiring communities—has been appointed music director and conductor of the Mid-Atlantic Symphony Orchestra. Repper, 31, currently is music director of the New York Youth Symphony at Carnegie Hall. He also serves as music director of the Northern Neck Orchestra in Kilmarnock, VA, and the Ashland Symphony Orchestra in Ohio, and as principal conductor of the Central Ensembles of Sinfonía por el Perú in Lima, one of the world’s most versatile social impact music organizations. “We are delighted to welcome Michael Repper to the Mid-Atlantic Symphony Orchestra, and are confident he will continue to build its reputation as an exceptional regional orchestra as he inspires and engages both our audiences and the communities we serve,” said Jeffrey Parker, board president. Learn more at [midatlanticsymphony.org](http://midatlanticsymphony.org).

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

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# HANDLING GRIEF AS A MAN

**AND FINDING ONE'S  
WAY AFTER THE DEATH  
OF A SPOUSE**

*By Sheila Feldman Buckmaster*

**T**he bereavement support group has wound down after about an hour and a half, with folks talking in small groups or milling around the table with homemade cookies and muffins, provided by the participants. Jack baked the bran walnut raisin muffins just the way he did when his wife was alive. The top of the muffins have been abundantly sprinkled with sugar. Jack would slice the top off for his wife, Diane, who liked the sweetness; he would eat the bottom half. Jack shares a muffin in this fashion with one of the women.

The only male member of the day's 12-person-strong support group, Jack also participates in a weekly men's-only meeting, where he is part of a very special brotherhood. I want to talk to Jack about this, but first, he tells me, he wants to talk with some of the women in the group that just broke up. The men in his support group, I have come to learn, encourage female company. The idea is that the companionship that's been lost should

be replaced, even at a much more casual level. It is a start. Ten minutes later, Jack and I are talking about the men's group.

"We are like soldiers who have been in a foxhole. We have developed a love that is hard to explain," Jack says, cutting to the chase. He credits the men's group with aiming him toward light at the end of the tunnel when he couldn't, he says, even see the tunnel.

After Diane died suddenly of a heart attack, Jack was lost. After days in a haze of sadness

justing. Yes, I'd had 54 years with my wife, and then she was gone." The book reinforced that the loved one who is gone is honored when the one left behind resolves to take care of himself or herself. Jack has marked up the margins of the book with his comments and, here and there, a smiley face. Serving as the book's bookmark: a photograph of his wife.

"We are more than classmates," Jack offers. "We have developed nearly brother-like relationships while we help each other recover from loss." They encourage each other to take

## "GRIEF EXPOSES PEOPLE TO A DIFFERENT STATE OF BEING AND VULNERABILITY."

and inactivity, he found himself looking for help. A friend suggested a Hospice-led bereavement support group—even though Diane hadn't died while under Hospice care. (Bereavement support is available to anyone who would like it in Talbot County regardless of whether they died on Talbot Hospices Services.) Jack called the number he was given and got to speak to Lindy Barton, Talbot Hospice bereavement coordinator and social worker. She leads support groups at the Talbot Hospice office in Easton. Her wisdom and kindness are profoundly healing.

"Grief exposes people to a different state of being and vulnerability," says Lindy. In the group, the participants deeply support each other. "They are in a place of feeling safe to share concerns, emotions, and thoughts. They learn that it is okay to give themselves permission to grieve and that each of them will grieve in his own way, in his own time frame."

"We five guys share our souls," Jack says. Lindy also shares book recommendations with the group. "The green book, *Understanding Your Grief* by Alan D. Wolfelt, PH.D., she suggested was the eighth I'd read that touched on the subject of grieving," he tells me. Finally, a chord was struck. Lindy had hit a home run.

"What I learned in the very first sentence," Jack continues, "is that grief is a process of ad-

action—to fill their time with things that will gratify, such as spending time with family.

"The group participants learn that if the grief process is delayed, it is more difficult to discover hope and joy again," Lindy adds. "I have appreciated watching participants come to the understanding that it is okay to accept that life will never be as they once knew. We talk a lot about reconciliation and transitioning." Lindy underscores, "The grief never fully goes away but it can be changed." However, she says, "As long as you can mourn, then you can dance again."

Jack shares that the men's group has moments of lightheartedness interlaced with the sadness that comes with devastating loss. The darkness certainly can overwhelm. Jack tells of learning that one of his cohorts was in such a black place that he was contemplating suicide. Jack listened. He asked questions. He gave support, love, and the assurance that he was there for him. His friend pulled through.

In the end, as Lindy explains, the men's bereavement group is a collection of individuals moving toward a new normal. "Their communication with each other is heartwarmingly realistic as they express their concerns, hopes, dreams, and fears while learning that what they are going through is sometimes normal during periods of sorrow.



Weaving throughout many of the men's discussions is the concept of mindfulness—"of being in the moment," as Lindy explains it, offering that the best way to be in the moment is to "be kind, patient, trusting, accepting." Certainly a good way to move through the healing process.

For more information about Talbot Hospice's various bereavement support groups, call Lindy Barton or Jody Gunn at 410-822-6681 (116).



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**TOWNE** ATHLETE

# Sarah Van Ornum

Kent Island High School  
Cross Country, Indoor Track,  
Track & Field

By Tom Worgo

**K**ent Island High senior Sarah Van Ornum’s running career is just starting to blossom—bigtime. Van Ornum proved over and over she’s a championship-caliber runner. She’s captured a whopping 15 individual Bayside Conference, regional, and state championships since October in cross country, indoor track, and track and field.

Picking the highlights is easy. Van Ornum captured a Class 2A state title in the 3,200 meters in March, and three months later, won another state title in the same event. Now, she’s sharply focused on adding a third state

crown, a championship in cross country this fall.

This state title competition will be the most challenging yet. Hereford High in North Baltimore County will host the state meet in November, and its 3.1-mile course might be the toughest in the state because of the hilly terrain. Runners typically post about a minute slower time compared to flatter courses.

“I think it (state cross country title) is possible,” says Van Ornum, who carries a weighted 3.76 grade-point average and wants to major in engineering in college. “To win a state meet will take a lot of hard work and training.”

It’s clear the 5-foot-5 Van Ornum, who is being recruited by Division I and II schools, is putting in the work. She is bent on achieving that lofty goal because she designed her summer workouts with the Hereford course in mind, and to a lesser degree, a few others.

Van Ornum says training on different areas of Kent Island wouldn’t work because the terrain is too flat, so has been making the trip across the Bay Bridge to train at the Naval Academy, where there’s a hill the Kent Island runner calls “Big Bertha” that meets her workout requirements.

In fact, she calls it the perfect place to work

out. When she discusses her training, it’s with an abundance of enthusiasm. “I am running six days a week to build up my mileage for cross country, but also trying to maintain speed work,” she explains. “That’s what I have been trying to do—improve my speed work and it has helped a lot. I have the endurance. I’m building up my speed work, running a lot—35 to 40 miles.”

Van Ornum put together a solid 2021 cross country season. The 17-year-old won the Bayside Conference championship, the Class 2A East Region title, and The Spiked Shoe Invitational. The Spiked Shoe featured 87 runners and she ran it in 19:44. In the state championship, she placed 10th, while suffering from a severe cold. She still ran the course in 20:42.

Van Ornum says with the way she’s training this summer, she should be able to run under 20 minutes at states in November. Kent Island Cross Country Coach Kristin Park agrees.

“I will say this: no one is going to outwork her,” Park explains. “I tell these kids, ‘The championships are won in the summer months.’ She really wants it (a state title). It’s now or never. Top three in the state is realistic for her. Last year, she got that cold at the last minute, and it really tore her down.”

Once the cross country season is over, Van Ornum plans to compete in the Northeast Region of the Foot Locker National Cross Country Championships in New York City in November. Then comes the 2023 indoor track and track and field seasons.

Kent Island has boasted its share of elite track athletes. Fiona Mulligan (pole vault) and Kyra Schulties (middle distance runner) won a few state titles.

“But she’s obtained (state titles) at a younger age,” Kent Island Indoor Track Coach Justin Holland says of Van Ornum. “What she

has accomplished is close to what the others have accomplished, and they did it in four years. They didn’t have (canceled) Covid season. She has done it in three years and one of those years was Covid, so she’s only really had two years.”

Holland adds, “She already has two state championships. She could potentially win six more—four individuals and two relays.”

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

## Mid-Atlantic Small Craft Festival XXXVIII

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### **What attracted to you adding medical aesthetics to your practice in addition to vein care?**

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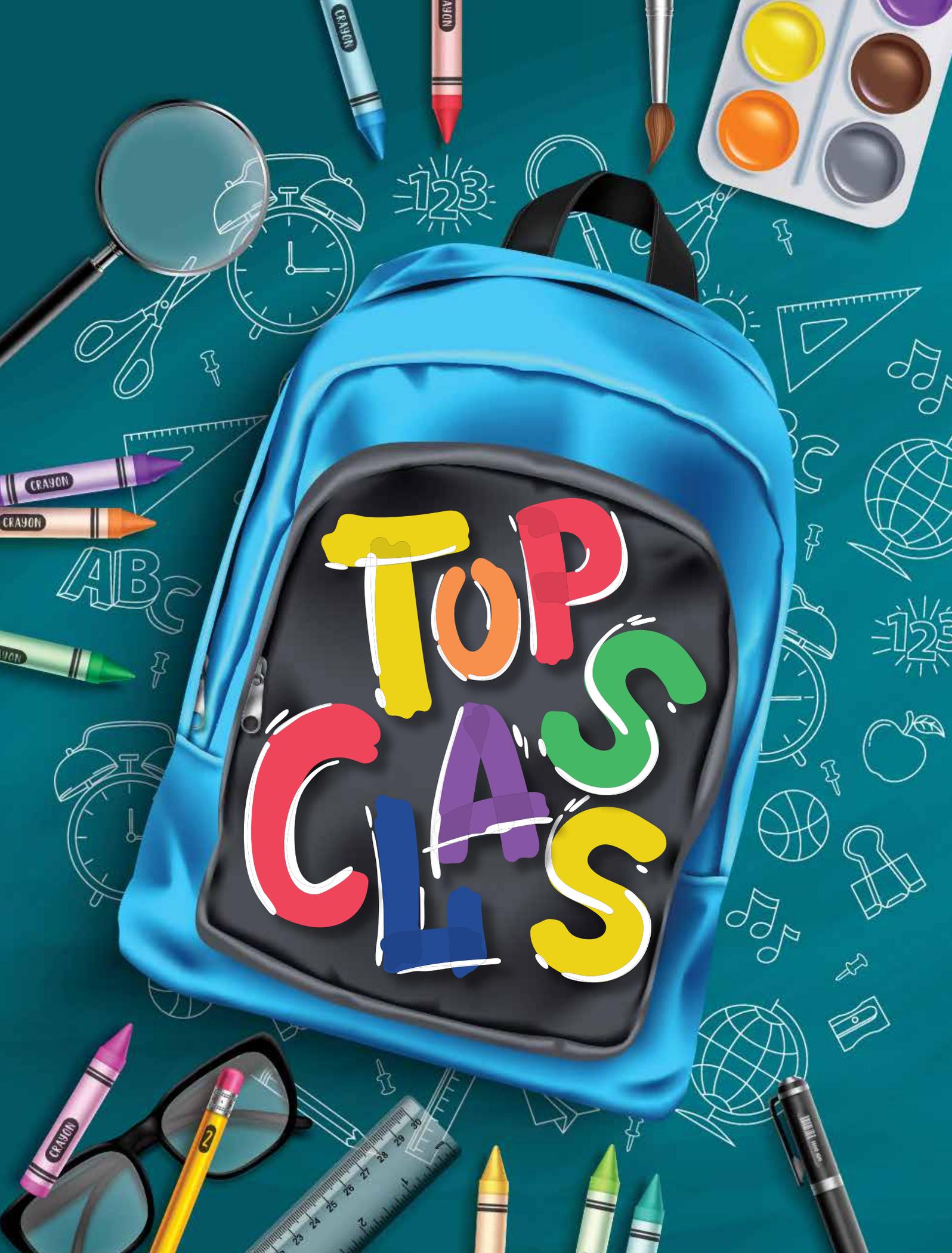
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# Fall 2022 Guide to navigating school and college visitations, plus extracurricular learning centers and programs

For parents and students, researching and visiting schools or colleges can be life-changing experiences. Gaining first-person perspective, on-site optics, and meeting the administrations of potential schools are instrumental to making one of life's most important decisions—choosing the right school.

This guide provides tips for navigating your school search, as well as a comprehensive list of regional schools, colleges, and learning centers offering open house, campus tours, virtual seminars, and programs for all ages.

If you're considering school visitations this fall, or in the near future, here are several tips and considerations when planning. →

The following list of regional schools, colleges, and learning centers advertise within the What's Up? Media family of publications. Please consider calling them directly to confirm open house dates, visitation guidance, and program availability. Schools are listed alphabetically.



**MAKE A LIST AND MAP THE SCHOOLS OUT** Before the application process begins, curate a list of all potential schools, research them, and narrow them down. Once you have reduced your list to the top contenders, it's time to start planning your campus visits. Ideally, you'll want to visit every school you are strongly considering, so map out each school and plan accordingly.



**ORDER MATTERS.** Try to visit your top school(s) last. As you visit more campuses, you'll start to get a better idea of your likes and dislikes. Throughout the process, you will gain a better sense of questions to ask and places on campus you want to see and you will know what to look for by then.



**TIMING IS CRUCIAL.** Plan your visit while school is, hopefully, in session. Observing student life will give you an authentic view of the school and will (hopefully) help you envision yourself as a student there.



**EXPLORE ON YOUR OWN.** The official campus tour will highlight the school's best features, so make sure to spend extra time exploring parts of campus that weren't shown on your tour. This will be the best time to observe students, check out any departments you're interested in, or sit in on a class or lecture.



**TALK TO CURRENT STUDENTS** It's your tour guide's job to give the best impression possible of their school, making them a biased source. While the information your guide gives you is crucial, you may want to secure a more candid impression by talking to current students. Ask students anything that wasn't covered on the tour: What is student life like? Is it easy to meet and make friends? Is there a lot of diversity on campus? Is it difficult to adjust?



**DOCUMENT EVERY VISIT** If you plan to visit several schools, make sure to document each visit. Take pictures, jot down some notes, or record a voice memo to highlight your favorite—or least favorite—aspects of each school. Going on several tours within a short period of time can be chaotic, so this will help you separate and compare each visit.



**KEEP AN OPEN MIND** Your priorities during your initial school search may completely shift once you start touring, so remain openminded. Walk onto every campus with a positive attitude and save your judgments until the end of the tour.

## PRIVATE SCHOOLS

### Annapolis Area Christian School—Lower

Annapolis Campus—710 Ridgely Avenue, Annapolis; Severn Campus—61 Gambrills Road, Severn; 410-846-3504; 410-846-3505; aacsonline.org; AACCS is an accredited K–12 private, co-ed, school with four campuses in AA County. We provide an excellent, distinctively Christian education. Private tours available by appointment.

### Annapolis Area Christian School—Middle

716 Bestgate Road, Annapolis; 410-846-3506; aacsonline.org; AACCS is an accredited K–12 private, co-ed, school with four campuses in AA County. We provide an excellent, distinctively Christian education. Campus visits available by appointment.

### Annapolis Area Christian School—Upper

109 Burns Crossing Road, Severn; 410-846-3507; aacsonline.org; AACCS is an accredited K–12 private, co-ed, school with four campuses in AA County. We provide an excellent, distinctively Christian education. Private tours available by appointment. Shadow Days are scheduled starting in the month of October, through April during the school year.

### Archbishop Spalding High School

8080 New Cut Road, Severn; 410-969-9105; archbishopspalding.org; Spalding is a coed, college preparatory school that serves students in the greater Annapolis and Baltimore areas. It is a Diocesan school of the Archdiocese of Baltimore. Private tours and Shadow Days available by appointment and registering online.

### Calvert Hall

8102 La Salle Road, Baltimore; 410-825-4266; calverthall.com; Calvert Hall is an independent, all-boys Lasallian Catholic college preparatory high school attracting students from more than 100 zip codes. “Cardinal for a Day” experiences open to 8th graders. Campus tours also available by registering online and appointment.

### Divine Mercy Academy

8513 St. Jane Drive, Pasadena; 410-705-0778; divinemeracy.md; Divine Mercy Academy is an independent private day school in the Catholic tradition for children in Kindergarten through 8th grade. Shadow days available. Contact school directly for guidance on visitations, tours, etc. Open house dates 10/24 and 1/26.

### Glenelg Country School

12793 Folly Quarter Road, Ellicott City; 410-531-8600; glenelg.org; Glenelg Country School cultivates a community that stimulates students to realize their highest potential. Outstanding academic and enrichment opportunities nurture a passion for lifelong learning, personal integrity, and respect for others. Discovery Days scheduled for 10/21, 11/8, 12/7, 1/5, 2/22, and 3/30. Private family tours and virtual introductions are also available.

### Holy Trinity: An Episcopal School

13106 Annapolis Road, Bowie (Primary School); 11902 Daisy Lane, Glenn Dale (Daisy Lane School & High School Prep); 301-262-5355 or 301-464-3215; htrinity.org; Holy Trinity features the Primary School campus for grades 1–4, while The Daisy Lane School and High School Prep campus houses preschool and kindergarten and grades 5–8. Virtual Open House events and weekly

Virtual Drop-In Wednesdays available. Fall open house to be scheduled.

### Indian Creek School

1130 Anne Chambers Way, Crownsville; 410-849-5151; indiancreekschool.org; Indian Creek is a co-educational, college preparatory independent school located on a 114-acre campus in Crownsville. Students in Pre-K3 through grade 12 receive a vibrant educational experience based on excellent academics steeped in strong student-teacher connections. Open house dates: 10/15 (Middle & Upper school students), 11/3 (Lower), 11/17 (Middle), and 12/13 (Upper). Personalized information sessions and tours also available.

### Kent School

6788 Wilkins Lane, Chestertown; 410-778-4100; kentschool.org; Kent School is a regional, independent day school serving students from Pre-Kindergarten through 8th grade. Virtual campus tours available by appointment.

### Key School

534 Hillsmere Drive, Annapolis; 410-263-9231; keyschool.org; Key School is a coeducational, progressive, college-preparatory day school with a picturesque 15-acre campus located in Hillsmere Shores and a 70-acre athletic park located in Annapolis Roads. In-person and virtual campus tours available. Fall Shadow Days, Open House dates, and Information Sessions to be determined.

### McDonogh School

8600 McDonogh Road, Owings Mills; 410-363-0600; mcdonogh.org; Embracing diversity of background, culture, and thought, the school builds upon its founder’s original mission to provide life-altering opportunities and to develop in students the will “to do the greatest possible amount of good.” Virtual

open houses, fall tours, and recordings available.

### Monsignor Slade Catholic School

120 Dorsey Road, Glen Burnie; 410-766-7130; msladeschool.com; Monsignor Slade is part of the Archdiocese of Baltimore and located in northern Anne Arundel County on a 10.5-acre campus. Open Houses for prospective families to be scheduled. Virtual Welcome Wednesdays available by appointment. Additional information sessions available.

### Montessori International Children’s House

1641 N. Winchester Road, Annapolis; 410-757-7789; montessorinternational.org; Recognized by the Association Montessori Internationale, Montessori International Children’s House caters to students ages 18 months to 12 years on their 4.5-acre campus. Wednesday Morning tours available by reservation. Open houses might be scheduled this fall.

### Naval Academy Primary School

74 Greenbury Point Road, Annapolis; 410-757-3090; napschool.org; Naval Academy Primary School is an independent, co-educational school with ties to the U.S. Naval Academy, serving civilian and military families alike.

### Odenton Christian School

8410 Piney Orchard Parkway, Odenton; 410-305-2380; ocs.odentonbaptist.org; Odenton Christian School follows the A Beka curriculum. In addition, OCS offers many real-world electives. Virtual Tour available online. Open house events to be determined.

### Oldfields School

1500 Glencoe Road, Sparks Glencoe; 410-472-4800; oldfieldsschool.org; Old-

fields is an all-girls boarding school located on 140 acres of Maryland’s horse country. Open houses, personalized virtual visits, and in-person visits available.

### Radcliffe Creek School

201 Talbot Boulevard, Chestertown; 410-778-8150; radcliffecreekschool.org; Radcliffe Creek School focuses its curriculum on multi-sensory learning. It serves students from Kent, Queen Anne’s, Talbot, Dorchester, Cecil, Caroline, and Anne Arundel counties. Virtual tours and private visitations available by appointment.

### Rockbridge Academy

680 Evergreen Road, Crownsville; 410-923-1171; rockbridge.org; A K–12 classical Christian school based on the centrality of Christ in all things, including the education of children. “Using the trivium, an age-old proven classical methodology, outcomes speak for themselves. Root them in love; surround them in truth; ready them for the world. Come, join our loving, supportive community.” Tour the new K–12 campus. Open houses one 10/10 and 11/14.

### Roland Park Country School

5204 Roland Avenue Baltimore; 410-323-5500; rpcs.org; RPCS is an independent school for girls in Grades K–12, with a coed preschool (Little Reds) for children 6 weeks through 5 years. Upper school open house 10/13; middle school 10/20; lower school open house 11/3. Register online.

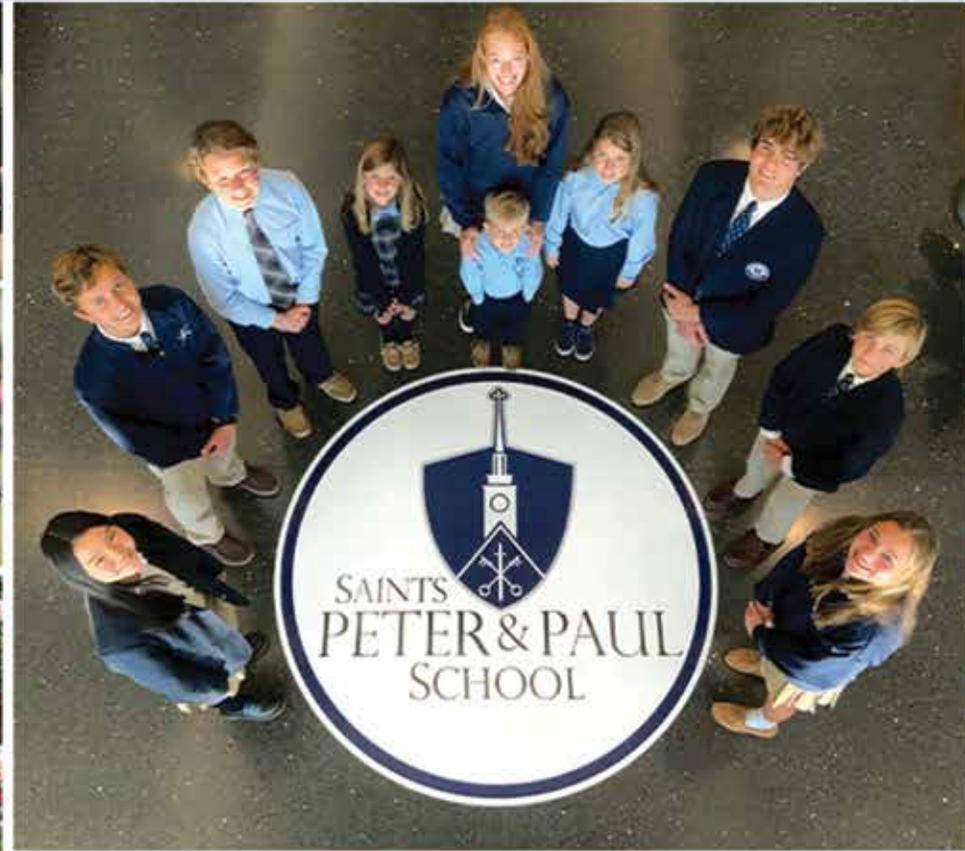
### St. Andrew’s Day School

4B Wallace Manor Road, Edgewater; 410-266-0952; school.standrewsum.org; Saint Andrew’s is an independent school located on a 20-acre campus and offers engaging After School Enrichment Programs. Open House scheduled for 11/5.



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### **St. Anne's School of Annapolis**

3112 Arundel on the Bay Road, Annapolis; 410-263-8650; st.annesschool.org; St. Anne's invests in the intellectual and spiritual promise of each student in a community that celebrates diversity and upholds the dignity of every human being. Hosts several open houses annually. Private tours available by appointment.

### **St. John the Evangelist School**

669 Ritchie Highway, Severna Park; 410-647-2283; stjohnspschool.org; Located on over thirty acres, St. John the Evangelist School offers rigorous academics in a nurturing environment for students in Pre-K through 8th grade. Virtual and in-person tours available by appointment. Open Houses may be scheduled.

### **St. Margaret's Day School**

1605 Pleasant Plains Road, Annapolis; 410-757-2333; stmargaretsdayschool.org; St. Margaret's Day School is located on the Broadneck peninsula on the historic campus of St. Margaret's Church. The school is accredited by the National Association of the Education of Young Children.

### **St. Martin's-in-the-Field Episcopal School**

St. Martin's combines aspects of the humanities, mathematics, arts, technology, and the sciences from encouraging students to discover their potential while learning with confidence, compassion, and character. Open House dates 11/3 and 1/25. Private tours may be scheduled on school days.

### **St. Mary's High School**

113 Duke of Gloucester Street, Annapolis; 410-263-3294; stmarysannapolis.org; As a Roman Catholic, parish high school, St. Mary's is committed to honoring the dignity of each individual as

a person created in the likeness of God. Single-family tours by appointment only.

### **St. Timothy's School**

8400 Greenspring Avenue, Stevenson; 410-486-7401; An all-girls, episcopal boarding and day school for grades 9-12, offering the globally respected IB curriculum "in a community of inquiry, creativity, and kindness." In person and virtual visits available.

### **St. Vincent Pallotti High School**

113 St. Mary's Place, Laurel; 301-725-3228; pallottihs.org; St. Vincent Pallotti High School is a college preparatory school in the Archdiocese of Washington, and serves students from Anne Arundel, Howard, Montgomery, and Prince George's counties. Fall open house date to be scheduled. Panther for a Day Shadow Visits (8th graders only) available by appointment, as are in-person tours.

### **Ss. Constantine & Helen Preschool**

2747 Riva Road, Annapolis; 410-573-2078; sschschoo.org; SSCH provides comprehensive, hands-on curriculums that inspire curiosity and exploration. Live virtual tours offered every Tuesday.

### **Ss. Peter & Paul Elementary School**

900 High Street, Easton; 410-822-2251; sspeaston.org; Sts. Peter & Paul School is a college preparatory school, and is the only Catholic, PreK-12th grade school on the Eastern Shore. Shadow days, personal tours, appointments, and open houses available.

### **Ss. Peter & Paul High School**

1212 S. Washington Street, Easton; 410-822-2275; sspeaston.org; Sts. Peter & Paul School is a college preparatory school, and is the only Catholic, PreK-12th grade school on the Eastern

Shore. Shadow days, personal tours, appointments, and open houses available.

### **School of the Incarnation**

2601 Symphony Lane, Gambrills; 410-519-2285; schooloftheincarnation.org; Located on a 26-acre campus in central Anne Arundel County, School of the Incarnation is a coeducational school and operates under the Archdiocese of Baltimore. Open Houses scheduled throughout the year. Private tours available by appointment.

### **Severn School-Chesapeake Campus (Lower)**

1185 Baltimore Annapolis Boulevard, Arnold; 410-647-7700; severnschool.com; Severn School is a college preparatory school. The 4-acre lower campus offers an outdoor science learning center and learning pavilion. Chesapeake Campus tours are scheduled every weekday beginning at 9 a.m.

### **Severn School-Teel Campus (Middle/Upper)**

201 Water Street, Severna Park; 410-647-7700; severnschool.com; Severn School's upper campus is situated on 19 acres, and offers the Stine Environmental Center, which is located along the Severn River. Teel Campus tours are scheduled every morning at 8:15 a.m. and 2 p.m. with Student Diplomats beginning in September.

### **The Boys' Latin School of Maryland**

822 West Lake Avenue, Baltimore; 410-377-5192; boyslatinmd.com; Founded in 1844, Boys' Latin School of Maryland is an all-boys independent school serving boys in grades K-12. Open House scheduled for 10/16 at 10 a.m.; register online. Private tours available by appointment.

### **The Calverton School**

300 Calverton School Road, Huntingtown; 410-535-0216; calvertonschool.org; Founded in 1967, The Calverton School is an independent college preparatory school serving students from Pre-K3 through Grade 12. Private/virtual tours available by appointment.

### **The Country School**

716 Goldsborough Street, Easton; 410-822-1935; countryschool.org; The Country School is an independent, 501(c)(3) nonprofit school located near downtown Easton. Discovery days, campus tours, and open house events to be scheduled.

### **The Gunston School**

911 Gunston Road, Centreville; 410-758-0620; gunston.org; The Gunston School offers an intellectually rigorous, highly personalized, and nurturing college preparatory educational experience. Open house dates are: 10/16, 11/13, 1/22, and 4/23.

### **The Summit School**

664 E. Central Avenue, Edgewater; 410-798-0005; thesummitschool.org; Summit empowers bright students with dyslexia and other learning differences in grades 1-8. "Summit lays the foundation for success and students graduate from high school well above national averages. Find out what makes Summit's program exceptional for students who learn differently."

### **Wye River Upper School**

316 S. Commerce Street, Centreville; 410-758-2922; wyeriverupperschool.org; Wye River is a 501(c)(3) nonprofit school that serves students with dyslexia, ADHD, ADD, and other learning differences at their Centreville campus. Private campus tours available by appointment.

## **COLLEGE/ADVANCED DEGREE**

### **Chesapeake College**

1000 College Circle, Wye Mills; 410-822-5400; chesapeake.edu; Chesapeake College is a comprehensive public two-year regional community college serving the educational needs of the residents of Caroline, Dorchester, Kent, Queen Anne's, and Talbot counties on Maryland's Eastern Shore. Guided Tours available year-round to groups and individuals.

### **Washington College**

300 Washington Avenue, Chestertown; 410-778-2800; washcoll.edu; Washington College is a liberal arts college founded in 1782 and was the first college chartered in the sovereign United States. Campus Visits available morning and afternoons by appointment. Virtual Counselor Interviews, Campus Tours, Information Sessions, and Resource Meetings available.

## **LEARNING CENTERS**

### **Anne Arundel County Public Library**

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### **Maryland Hall**

801 Chase Street, Annapolis; 410-263-5544; marylandhall.org; Dedicated to Art for All, Maryland Hall is the region's cultural core, convening and engaging all people in arts experiences that strengthen community. We welcome, connect, and enrich all with inspiring arts experiences. Classes, performances, exhibits, and more available.





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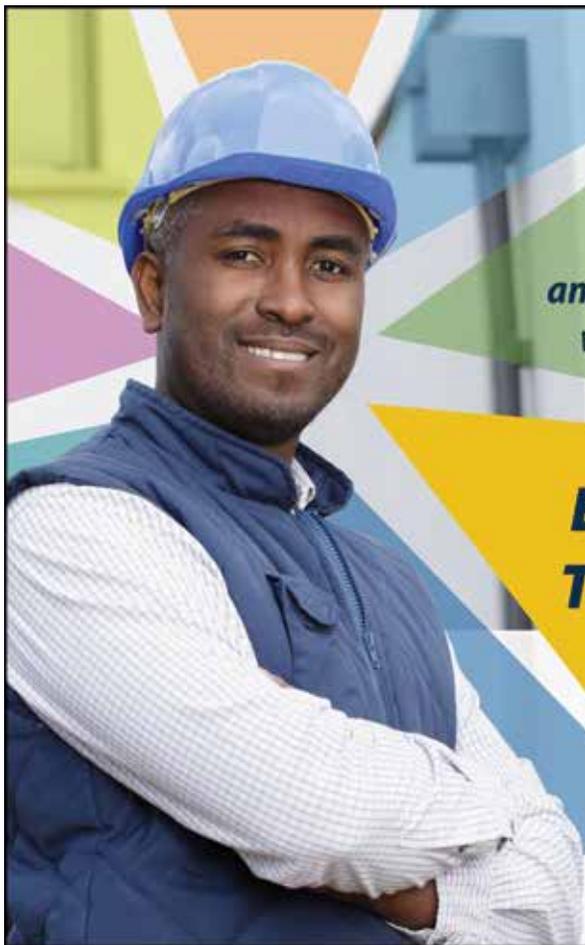
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# SOARING SUCCESS

• BY JONATHAN YATES •



How the Aviation Sciences Program at a quaint Eastern Shore university prepares the next generation of world-wide aeronautics professionals



Maryland has a little-known treasure on the Eastern Shore. It's not a buried pirate's chest along the coast. Nor is it an unannounced buffet special at a local seafood restaurant. Rather, it is the Aviation Sciences Program at the University of Maryland-Eastern Shore (UMES), located in Princess Anne. It is the only program of its kind in the state *and* a global leader in aeronautics.

Just as all the children of Garrison Keillor's mythical Lake Wobegon are above average, all students and academic programs at UMES are special to its president, Dr. Heidi Anderson. But the students in the Aviation Sciences Program set themselves apart from the others at UMES, as she has observed. "The students in Aviation Sciences, especially those in the professional pilot track are not typical undergraduate students," Dr. Anderson says. "These students value service to others early in their education. They know they have to be more serious learners because they realize that flying means that they will have people's lives in their hands."

UMES' Aviation Sciences Program was founded in 1989 as part of the Airway Science initiative of the Federal Aviation Administration. There are now four concentrations leading to a Bachelor of Science degree: Aviation Management, Maintenance Management, Professional Pilot, and Software Engineer. Presently, the Professional Pilot concentration is the most popular. But the times are changing. Dr. Chris Hartman, head of the Aviation Sciences Program, points out that, "The Professional Pilot program remains the most in-demand historically, with over 80 percent of incoming students pursuing this program. In the last few years, however, we have seen more interest in the Aviation Management concentration from both transfers and first-time students."

Of those whose dreams come true through the Aviation Sciences Program, Hartman notes that, "Students who are successful in the program are serious academically and have a passion for aviation."

Iziah Brown certainly represents these qualities as an undergraduate in the program. From Curley High School in Baltimore, he just finished his freshman year at UMES; and is already a licensed pilot. This is hardly a surprise to Matt Hahn, director of Next One Up, a nonprofit with the mission of "transforming the lives of young men in Baltimore City by supporting and advancing their academic, athletic, and social development." Hahn has known Brown since junior high and describes him as, "A scrappy kid from East Baltimore who applied to Next One Up in 7th grade. He never stopped showing up. A kid that had never been to the airport told us he wanted to be a pilot...never complained, never missed a day, and does what he says he will do."

While that hardly sounds like the popularized characterization of a typical Gen-Zer, it does describe what it takes to be a successful pilot coming out of a demanding program like that at UMES. Pilots are basically engineers. You can see that in many of the courses they must complete that, seemingly, have nothing to do with flying a plane. As a result, the course requirements are not for those looking to party throughout college. There are heavy math requirements, depending on the concentration. Anything having to do with actual flight requires physics and engineering courses. The core requirements for all students are 34 credits in aviation-related courses such as Aviation Law, Meteorology, and Environmental Issues. While demanding, there are meaningful career advantages for the UMES graduates who are pilots.



Flight instruction typically involves single prop planes.

Hartman reports that, “Graduates of the Professional Pilot program have the ability to work as a flight instructor or commercial pilot, to build time to become an Airline or Corporate Pilot. Our graduates have the advantage of being able to join an airline with only 1,000 hours of total flight time, in comparison to the required 1,500 hours for someone without the degree.”

For program graduates, opportunities and economic trends are bullish as commercial flight careers now go the moon and beyond, literally. Two decades before the program was first created, Neil Armstrong and Buzz Aldrin landed on the moon. Armstrong took “One giant leap for mankind” in 1969. Now, one generation later, it is just another career option for a teenager. As with so many other sectors of the economy, Amazon and Tesla have revolutionized the aviation industry in countless ways that are undoubtedly just beginning to take off. Jeff Bezos, founder of Amazon, and Elon Musk, founder of Tesla, are two of the richest and smartest businessmen in history. It is little wonder they employ great emphasis upon air travel and space commercialization. Opportunities in this sector are likely to increase in the future as air taxis and driverless craft of all types are mainstreamed, along with developments that—although currently are far from commercially viable—are destined to become profitable with further innovation.

It is of little surprise that there is “Lots of excitement over space in the program now,” Dr. Hartman says. What was once remarkable is now just another hot major for aviation students.

To stay ahead so its graduates remain in demand, UMES is also moving forward to meet the rising need for drone professionals. Last fall, a certification program was offered for the first time. “The impact

is still small but most of the potential is still on the horizon,” Dr. Hartman advises. “For the foreseeable future, pilots are necessary for both manned and unmanned aviation. Over the next 10 to 15 years, the real impact will be felt [when it comes to drones].”

To legally operate a drone, “A Part 107 certification is all that is necessary and that does not require a degree or pilot certifications,” Dr. Hartman explains. “However, most drone pilot jobs require other pilot certifications and the pilots in our program have served in those roles.” Will a drone major become part of the curriculum at UMES? Hartman predicts “It will likely remain an elective for the foreseeable future. Drone courses,” he further notes, “are strongly recommended for Aviation Management students and those in other degree programs across UMES.” As the needs increase for drone courses, Hartman expects to expand offerings.”

Although there is nothing in the genesis of UMES to indicate it would become an aviation leader, in many ways it was inevitable that it would be the center for aviation sciences programs in Maryland.

Opening in 1886 to educate clergy, UMES evolved to become a R2-rated (meaning “high research activity”) doctorate-granting institution as the times changed and societal situations warranted—both in Maryland and the United States. Where the campus is situated is also ideal. Hardly impartial as the head of the program and the proud holder of two degrees from UMES, Dr. Hartman points out, “We have a great location for flight training with uncongested airspace and flat terrain. The weather can be an issue in flight training, but overall, this is a great location.”

Dr. Mike Heil, a retired Air Force Colonel who graduated from the Air Force Academy after growing up in Crofton and served as a commander of vital military facilities, heartily concurs with what UMES has to offer in educating future leaders in aviation. As only a 30-year career Air Force officer can detail, Col. Heil says, “UMES has much going for itself as Maryland’s only aviation program. It is an excellent school with an ideal location. The area around it is flat, away from urban sprawl yet close to major military sites such as Joint Base Andrews and the United States Naval Academy.”

There is also a proud heritage of African American achievement in aviation in Maryland. According to



Drone aviation is a new branch of instruction gaining popularity.

Delegate Darryl Barnes, Chair of the Maryland Legislative Black Caucus, the first African-American owned airfield and first African-American Civil Air Patrol were both located in Maryland. This success serves as a legacy for graduates of the Aviation Sciences Program. For now, the bulk of UMES graduates head into the private sector. Only about five percent go into the military. As a result, there's an increased demand for UMES graduates among employers because the program's culture leans toward the private sector.

Brown understands why there is a demand for program graduates. "The Aviation Program motivates and pushes all aviation students physically and mentally because we all have the drive in us," he says. "UMES does a great job bringing out everyone's drive."

For Dr. Anderson and Dr. Hartman, and all of UMES for that matter, there is no higher praise than that of a student. But for those who contend that imitation is the sincerest form of flattery, then Dr. Anderson knows she has a winner in the Aviation Sciences Program when she meets with her education peers.

Dr. Anderson shares how she has spoken to other presidents about the program and, "In fact, one of our sister-institutions in Delaware has a similar program and we have spoken about how to work together for the benefit of both programs and all of our students." It is understandable that other

university leaders want to follow the footsteps of the successful UMES Aviation Sciences Program. "Soon we will be at the point where we need more planes and more flight instructors because of the number of students, but this is a good thing!" Dr. Anderson remarks. And Brown reports that many in the Next One Up Program are interested in pursuing his chosen educational and career path at UMES.

With more and more visible success, the Aviation Sciences Program at UMES will no longer be an unknown gem on the Eastern Shore of Maryland, but, rather, a crown jewel for the aeronautics industry around the world; and above.



Students discuss the flight program with a UMES instructor.



TEACH YOUR

# Children

# Well

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Story by **DYLAN ROCHE**



## HOW LOCAL NONPROFITS ARE NURTURING THE NEXT GENERATION OF ENVIRONMENTAL LEADERS

“It’s hard to understand something you’ve never seen, and you can’t love something you don’t know.” This is why Mairin Corasaniti, education and outreach coordinator for ShoreRivers, says it’s so important for young people to learn about the environment—particularly in a hands-on way.

“I think it’s one thing to hear about something like severe erosion, or the excitement of catching a fish, or algal blooms, or dipping your oar in the water for the first time—but words can’t always capture reality the way experience can,” she explains. “Getting hands-on experience makes our environment, how much we depend upon it, and all of the stresses our ecosystems are facing so much more real and far more urgent.”

ShoreRivers is a nonprofit based on Maryland’s Eastern Shore that seeks to restore local waterways through science-based advocacy, restoration, and—of course—education. It’s one of several organizations throughout the area that recognizes the importance of getting young people involved in the effort for a greener, cleaner tomorrow.

By including children and teenagers in their mission, these nonprofits are not only setting up the next generation of environmental advocates but also giving these young people valuable skills they’ll be able to use throughout their lives.

Talk to any of the education specialists within these organizations, and most of them will note that the first step is getting young people to appreciate nature, to create what Noelle Chao, director of education and equity initiatives for the Watershed

“Connecting kids directly to these tributaries is the first step in encouraging them to care about local environmental issues that impact the Chesapeake.”



Stewards Academy, calls “positive, meaningful, hands-on experiences in the outdoors.” Similarly, Erin Howard Valentine, communications coordinator for Scenic Rivers Land Trust, talks about helping people make “a meaningful connection with the natural world when you are young.”

The big challenge here? Some of these kids just don’t have many other opportunities to be outside. Although Jessica Hammond, a student with ShoreRivers, says, “I have always preferred to be outside with dirty hands than inside,” her experience isn’t universal.

Chris Cerino, vice president of the Sultana Education Foundation, says some of the 10,000 students his organization works with annually aren’t connected to the local tributaries. “Many of our local youth here on the Eastern Shore do not have access to the water, despite the fact that they often live right down the street from a navigable stream or river,” he says.

Therefore, Sultana Education Foundation offers hands-on experiences aboard its namesake schooner as well as a fleet of canoes and kayaks. “Connecting kids directly to these tributaries is the first step in encouraging them to care about local environmental issues that impact the Chesapeake,” he says.

Through the programming these nonprofits offer, youth have in-person interaction with native plants and animals. They’ll see how native plants can slowdown stormwater runoff that brings pollution into the waterways they’ve just explored by boat, or they might get to hold a fish or a crab that calls that tributary home.

That means more time in nature and less time at home in front of a screen. “Competing with screen time is tough,” Chao says. “And it’s always important to recognize that not everyone thinks being outdoors is fun. In fact, for those who have spent a limited amount of time in green spaces with dense tree canopy, being in a forested environment might feel overwhelming; for folks with allergies or sensory sensitivities, the outdoors can feel very unsafe.” To overcome this challenge, Chao says Watershed Stewards Academy focuses on making sure its environmental educators check their own biases and remember that their programming needs to appeal to young people who might not think nature is amazing from the very beginning, instead building that enthusiasm about (and emotional connection to) nature in a strategic way.

Some youths are even outright scared of nature at first. Karen McDonald, education specialist with the Smithsonian Environmental Research Center, refers to this as biophobia. “Oftentimes when we do get students and teachers to our site, we have to spend a lot of time just allowing them to get comfortable outside, feeling sand, waves, and water, hearing insects, and feeling secure in nature,” she says. “Often the need to build security and comfort outside can overtake curriculum content or academic learning.”

Despite these challenges, many of the youth are responsive to the lessons. In the case of Hammond with ShoreRivers, who prefers the outdoors to the indoors, she’s eager to share her experience with others. “The more people who learn about the environment, the more likely they are to make changes and impact the people around them to also make changes,” she says.

Hammond refers not only to her peers but also to adults—including elected officials. “Youths should join the fight because the more of us there are, the more powerful we can become as we force adults and the government to hear and actually listen to us, which could lead to changes,” she says.

This points to another important aspect of these nonprofit missions: developing leadership and other life skills. Corasaniti says that problem solving is a major skill she sees youth with ShoreRivers pick up. “Science education encourages all of us to think critically and to act on our desires to make things better in the world around us, and that helps us grow from students to stewards,” she explains.

Chao agrees with this notion, saying children want to do the right thing, and environmental education empowers them in that way. “They understand—perhaps better than many adults do—that people need to be part of the solution, and they are eager to get involved and adopt best practices for a healthier environment,” she says.

But learning about environmental stewardship isn’t just for youth. These organizations depend on adults to take on volunteer positions and mentorship roles so that these opportunities for kids continue to exist. “Mentoring is also super important, because we need adults to help students see themselves in STEM careers such as science, mathematics, engineering, and research,” McDonald says. “This is especially true for students in underserved communities, girls, and women.”

And while adult involvement is important primarily because these organizations are dependent on it, adults shouldn’t lose sight of the fact that they’ll feel gratified that they’re paying it forward. The adults involved now are the ones who learned when they were young.

“Everyone on our team had pivotal experiences with nature as a child,” Valentine says. “Those experiences are wide ranging—fishing and crabbing our local waterways, going camping with friends and family, attending outdoor school, visiting state and national parks—and they are part of the reason that we do the work that we do.”

“Science education encourages all of us to think critically and to act on our desires to make things better in the world around us.”



To learn more about these and other environmental nonprofits in the area, visit them online and reach out about educational opportunities for young people:

**Sultana Education Foundation;** [sultanaeducation.org](http://sultanaeducation.org)

**Smithsonian Environmental Research Center;** [serc.si.edu](http://serc.si.edu)

**Chesapeake Bay Environmental Center;** [bayrestoration.org](http://bayrestoration.org)

**Watershed Stewards Academy;** [aawsa.org](http://aawsa.org)

**Scenic Rivers Land Trust;** [srlt.org](http://srlt.org)

**ShoreRivers;** [shorerivers.org](http://shorerivers.org)

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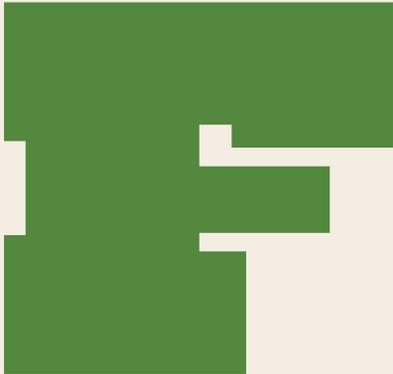
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The Chester River  
harbors colonial  
history, quaint towns,  
natural resources,  
and recreational  
opportunities

BY ELLEN MOYER



Forty-two rivers crisscross Maryland. The Chester River on our state's Eastern Shore is one of them. For 43 miles, it flows through Kent and Queen Anne's counties' prosperous farmland, beginning near the town of Millington and widening to three miles at its confluence with the Chesapeake Bay. It is a river rich with fish, wild game, and, at one time, oysters, which attracted Native Americans to the region for thousands of years. Signs of their villages can be seen in oyster middens emerging from ancient shorelines. Thankfully 2,300 acres of the ecosystem on the river's southern end are untouched and protected as the Eastern Neck National Wildlife Refuge sanctuary for migratory birds.

In 1670, however, along Grays Inn Creek on Eastern Neck, one of 30 creeks that feed into the Chester, two colonists, James Ringgold and Samuel Tovey, laid out the first planned town in the New World. A courthouse and other public buildings became New Yarmouth, but tobacco harvests from surrounding farmland demanded better river access and encouraged a new town to be built along the Chester.



The new town would be founded in 1706 as Chestertown, a Royal Port of Entry, and government seat of Kent County. The town grew quickly as four years of tax freedom was promised to skilled artisans. A center for planter merchants and a harbor busy with sloops and schooners fueled a wealthy populous, who built magnificent homes along the waterfront. These homes are visible today in one of the best-preserved colonial seaports.

Prior to the American Revolutionary War, Chestertown also staged a tea party revolt. The town was also an important gathering place for national leaders from Virginia and Maryland moving by ferry from Annapolis across the Chesapeake Bay to Rock Hall, en route to Continental Congress meetings in Philadelphia. It was the route followed by Tench Tilghman to announce Cornwall's surrender in the 1781 Battle of Yorktown. A replica of a Royal Navy 1768 schooner, *The Sultana*, that patrolled the river coastline during the war years, sits in the harbor today; a center for storytelling and educating 5,000 students annually on the years of struggle for a new

**LEFT PHOTO:**

The Chester River flows through Queen Anne's County. Photo by Will Parson/Chesapeake Bay Program with aerial support by LightHawk.

**ABOVE PHOTO:**

A rower scoots along the still waters of the Chester River at dawn.

nation. In 1789, Washington College was founded by and named for America's new president.

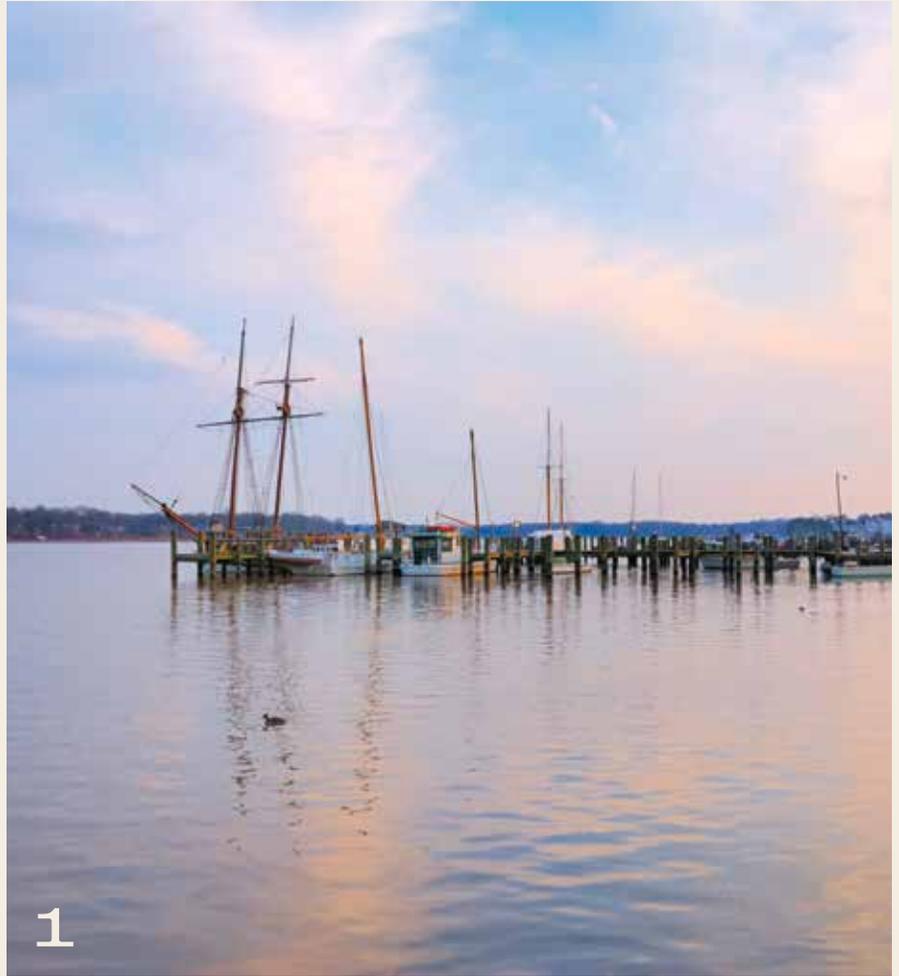
Upriver from Chestertown is the town of Crumpton. It too was a port town and a mill town serving the grain farmers. Here, Henry Callister, an indentured servant, ran a ferry across the narrowing river in 1753. Later, the steamboats, including *Dreamland*, known as the fastest boat on the Bay, would carry passengers to Crumpton, a center for peach harvests. But when the peaches developed a fungus and died, steamboats stopped running to the town, and by 1923, Crumpton slowed down its wild ways. Then, famously, Crumpton began its open-air antique markets and auctions, which replaced the peach or-

chards. Though the covid pandemic recently shut down the energized bidding on antiques, this year there has been 25 auctions scheduled—a welcome return for patrons.

Further upriver, Millington is as far as one can navigate the Chester. A village of 549 souls (just 200 more than its 1860 population) houses the John Embert farm, identified as a historic site built in 1800 and described as an “exceedingly rare and almost pristine example of a small-scale Tidewater house.”

That the Chester is home to many historic structures is not surprising. It enters the Chesapeake Bay on the northern boundary of Kent Island—the 31-square-mile island is the largest in the Bay. Settled in 1631, it is the original colonies’ third oldest permanent settlement, after Plymouth, Massachusetts, and Jamestown, Virginia. Captain John Smith, who charted 3,000 miles of waters around the Chesapeake Bay, noted Eastern Bay and the mouth of the Chester. Today, the Capt. John Smith Chesapeake National Water Trail, under the direction of the National Park System, follows his journey of discovery.

Kayakers and canoers can explore 100 miles of water trails along the Chester from its mouth at Love Point (once a hotel jumping off point for a train to Ocean City), up its many creeks or toward the Corsica River at Centreville. Interested water trail buffs can book guided water tours or put in at sites identified in maps





**1:** Chestertown dock at dusk with boats, including the *Schooner Sultana*. **2:** Historic estates of Chestertown, some of which date back to the colonial period, line the waterfront. **3:** Fanel Branch, a tributary of the Chester River, is bordered by a mature riparian forest buffer separating the water from surrounding farmland in Kent County. Photo by Will Parson/Chesapeake Bay Program with aerial support by LightHawk. **4:** The Chester River wraps around Eastern Neck National Wildlife Refuge in Kent County, Maryland. Photo by Will Parson/Chesapeake Bay Program. **5:** Birdwatching is a popular activity at Eastern Neck National Wildlife Refuge.

by the Maryland Department of Natural Resources. Walking trails also parallel the river. The Wayne Gilchrist Trail, named in honor of the local congressman and environmentalist, follows an old railway through Chestertown to Washington College. And the Eastern Neck preserve includes a

10-mile circumference water trail, as well as walking boardwalks to view the wildlife it protects.

In nearby Rock Hall, watermen focus on plentiful fish and crabs, supplying many of the local restaurants that offer the bounty of the bay and the river for all to enjoy.

The diversity of ecosystems that Native Americans enjoyed is still in place along the historic Chester River. It is a river enjoyed for leisure and for those who make their living on the water. It is a river with many stories to tell about the people that settled along its shoreline. It is a river to be enjoyed.

# CHESAPEAKE Retirement



## Guide

Welcome to the second of three installments of the new Chesapeake Retirement Guide, a series of short articles, useful information, and resource listings to help you begin and enjoy your retirement journey. Enjoy!

# The Big Boom

AS THE BABY BOOMER GENERATION AGES INTO RETIREMENT, THERE ARE OPTIONS APLENTY TO LIVE AN ACTIVE, CIVIC, AND VIBRANT LIFE IN MARYLAND

By Lisa Nolan

Baby Boomers, the generation that has been credited with changing the cultural landscape, is also shifting what growing older—and retiring—is all about. The baby boomers are considered the healthiest, best educated, and most affluent generation ever. Their impact on society has been huge—and now, they are taking that influence with them as they move into their retirement years.

It's clear that keeping baby boomers in Maryland is important. In fact, recent studies show that Maryland's 1.4 million baby boomers represent 24 percent of the state's population, according to census numbers. In 2023, the oldest boomers will be turning 77 and the youngest will be 59. For everything from housing to healthcare to entertainment and beyond, the baby boomer generation represents a tremendous economic asset to the state.





So, what is Maryland doing to keep them here? “Options, choices, and opportunities for living and aging well in our communities and the State of Maryland are what it’s all about,” says Maureen Cavaiola, who served as chair of Maryland’s Baby Boomer Initiative Council from 2010–2015. The Council was initially established 2007 to focus on building public-private partnerships geared towards developing a statewide strategic plan for Maryland’s baby boomer population.

“We looked at creating strategies not only to meet the needs of boomers, but also to capitalize on the group’s talents, skills, and energy to benefit the state’s economic and civic development,” Cavaiola notes.

One of the Council’s key areas of focus was workforce development efforts to allow workers to continue to contribute. During Cavaiola’s tenure, “Half of Maryland’s workforce became eligible to retire, creating a significant [employment] ‘drain.’ We looked at options to keep those people engaged and productive.”

Ideas include allowing older people who no longer can—or want—to be employed full-time to work at their own pace by, for example, offering part-time or teleworking opportunities. Other possibilities include mentorship programs, in which individuals are involved in training the next generation of workers. “It takes looking at things differently, so you keep retirees here and interested,” Cavaiola says. Bottom line: enabling baby boomers to remain active in the workforce can benefit both employers and older employees.

Civic engagement is another key area of interest for the Council and represents a significant economic driver for the state. A recent report released by the Corporation for National and Community Service found that 29.4 percent of Marylanders volunteer each year, totaling nearly 200 million hours of service, with a value of \$4.2 billion to local citizens and communities.

“When you are talking about baby boomers, we have all of this education and ambition—it’s essential to who we are,” Cavaiola says. “We may not want to focus on our career anymore, but we still want to contribute to things that are important to us. Those activities can be full-time jobs, even though they are not paid.”

Livable communities are also part of the Council’s focus. The American Association of Retired People (AARP) describes a livable community as having affordable and appropriate housing, supportive community features and services, and adequate transportation options. They combine personal independence with the ability for residents to maintain a strong civic and social life.

“With baby boomers, we are often looking at people who can retire anywhere, so in Maryland, we need to look at housing, transportation, and infrastructure because as people age, those things will be critically important for them to be able to stay,” Cavaiola suggests.

Ideas include modifying housing and rental laws that reflect boomers’ desire to stay in their own homes but perhaps rent to others and transportation options that enable older people to continue to get around easily and economically.

The Council also looked at health as a major factor in baby boomers’ ability to continue working or being involved in civic activities. “It’s in the State’s best interest to encourage boomers to maintain healthy lifestyles,” Cavaiola says, who sites her own choices of going to the gym and eating right as an important part of her desire to remain healthy and independent.

Medical care, at-home care, and healthcare facilities, as well as other services that people will need as they retire, are all critically important to keeping older residents in the state. The healthcare aspect and options of retirement are huge for baby boomers. (Note: For retirees and seniors considering aging-in-place options, please refer to the accompanying article “10 Things to Know About Assisted Living.”)

While the Council focused on improvements in these key areas, “When it comes to retiring and staying in Maryland, it really comes down to the quality-of-life factors that brought you here in the first place,” Cavaiola says. “Still, wouldn’t it be wonderful for Maryland to be a national leader in creating opportunities for boomers? What if younger people saw lifelong options for baby boomers and knew those options would be here for them when they retire? That would be great for the state and for Maryland’s baby boomers.”

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# Home & Design

54 BESPOKE GOALS | 58 A FEW EXOTIC SUGGESTIONS FOR YOUR GARDEN  
61 SUCH A SECLUDED BEAUTY! | 65 LIFE ON THE WYE



# Bespoke Goals

DESIGNING THE ULTIMATE PERSONALIZED KITCHEN

By Lisa J. Gotto

Photo courtesy of Abimtis.com



*Save that cookie cutter for the holidays because your kitchen can be like no one else's when you choose to go bespoke.*

Bespoke. It's an interesting term. Used to define the design and creation of tailored wardrobe items for a specific individual, the term has been used in recent years to define specified design within the home, as well. In no other space has this become more applicable than the kitchen.

And while you may already have a kitchen with customized aspects like cabinetry, design experts caution that the terms "custom" and "bespoke" are not necessarily interchangeable.

## Fueled by Imagination

Bespoke denotes a level a specificity that goes beyond customization, however. While a customized kitchen designer will optimize your workspace and use exceptional materials to accomplish that end, bespoke designers take things to the next level. For instance, did you know that stainless steel can be painted and look remarkably luxurious? Bespoke designers can offer many more options to their clients because they don't just work within ranges of high-quality options.

Another great example would be consumer options for countertop heights. In the mainstream marketplace, countertop heights are standardized. In the customized market, consumers can choose within a range. In the bespoke market, your countertop height can be the exact height you require; down to one-sixteenth of an inch, if need be.

Accordingly, if you are working with a space or room that has less than standardized configurations, you also won't become frustrated having to work with an appliance that just "sort of" fits into a tricky corner or inadequate working space under a slanted ceiling. Which leads us to an added bonus of going bespoke—your kitchen can be ergonomically optimized just for you.

So, if you can and are willing to pay the considerable up-charge for this service, your only limitation is your imagination. But for many with means, the ends justify the means.



Photo courtesy of Abimtis.com

Before proceeding, however, you will want to create a wish list. Now, before heading to your favorite online inspiration board, experts recommend that you start by considering the kitchen you are currently using and even those you have worked with in the past. What shortfalls did they have? In what specific areas did they not meet your expectations? What problems did they cause? This is your opportunity to address everything that wasn't just as it should be. Recall the times you moved into an existing home and had to make do with the kitchen as it was for whatever reason.

Once you have nailed down those detailed logistics, you can consider what your style must-haves will be. Again, online inspiration boards are great for this if you are not already certain, but experts caution that in the bespoke world they could actually restrict you. Bespoke designers create within the realm of the limitless, so bring your imagination, as well as photo examples, to your bespoke consultations.



in-depth look at what they can offer to consumers who have a new-found understanding how their home's interiors can affect mood and productivity. Samsung, for example, who has introduced an entire bespoke movement for the home, is currently offering consumers their version of the personalized kitchen with their Bespoke Design Studio.

This line seeks to address both style sensibilities and function with its Kitchen Suite of Bespoke options. Skirting the true definition of "bespoke" this high-end options package offers a range of appliances, including three- and four-door French Door refrigerators with interchangeable glass color panels. Going for a sleek, two-toned or even three-toned look? For \$2,500 you can "design" your French fridge to have clementine-colored upper carriage doors, a white center freezer compartment, and an emerald-green bottom freezer door, if that suits your aesthetic. And from the looks of things, consumers continue to opt for customization when offered.

## Understated by Design

Perhaps the most remarkable kitchen industry trend we've seen that seems perfectly suited to bespoke design because it is so unlike anything else, is the non-kitchen, kitchen. While most of us are completely comfortable with a room that is clearly defined with elements that evoke the true culinary utility of the space, there are some consumers who wish to re-think what this part of the home should look like entirely. And that said, they aren't totally averse to functionality, they just want a more seamless meld with their adjacent living area. The result is a space that can be understated as well as dramatic. A bespoke designer is uniquely qualified to find your sweet spot between style and substance.



Photo courtesy of Alimtis.com

"We're thrilled with the response to Bespoke appliances since their introduction to American families last year," says Shane Higby, Head of Home Appliance Business, Samsung Electronics America. "Bespoke brings a new level of personalization and choice that wasn't offered in home appliances before, and we're excited to see how people express their unique style with our new products this year."

The manufacturer is offering 12 color options for their glass panels that provide an aesthetic range from bright contrast, to warm tones, to a more traditional look. The panels are also available for their Bespoke line of range and dishwasher options, as well.

While the true definition of bespoke is indeed being stretched in this regard, Samsung's approach is an opportunity for more consumers to get creative in the kitchen.

Should you decide, however, that your personalized desires require the full-room approach, do your homework and consult with an expert, because an investment in true bespoke means you will want for nothing after that last precious piece of tile is set.



Photo courtesy of Future.com

## Enhanced by Necessity

The ever-increasing interiors trend toward customization fueled by the pandemic and millennial sensibilities even has manufacturers of appliances and technology taking an



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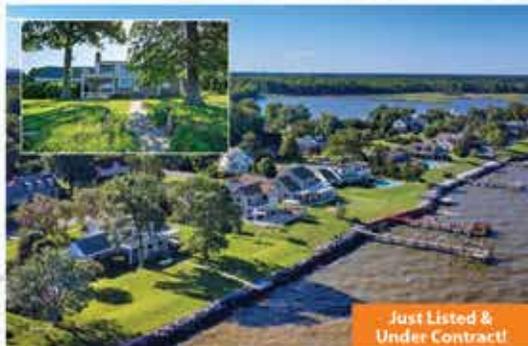
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# A Few Exotic Suggestions for Your Garden

By Janice F. Booth

Looking back over the summer's rich bounty in my garden, it occurred to me that I've relied almost exclusively on plants and shrubs that are "sure things." I know the habits and requirements of these old friends, and they're pretty happy in their places in my garden. Perhaps, it will be fun to shake things up a bit—visually. Why not add a few surprises to my lovely, familiar ferns and asters?

So, if you're ready to take a few chances, make a few changes, here are some suggestions for unusual and exotic beauties to delight the eye and pique the curiosity of admirers.



*Let me begin with a few cautionary suggestions.*

**Potting:** Since you and your exotics will be getting to know one another's requirements, I recommend you pot the new plants. Handsome or pretty pots give you the flexibility to move your new plants if they seem unhappy and need to a change from less to more sun, from breezy to protected spots. Additionally, keeping your exotics in pots allows you to bring them indoors when cold weather arrives—into your sheltered garage or your family room, where they can be admired and looked after.

**Records:** Since exotics are sometimes rather finicky, keep a simple diary or notebook. Record the names and where and when you received these plants. Note any recommendations concerning the plant's care: sunlight, watering, fertilizing, pruning, tolerance of heat and cold. As time goes on, you can update your records and take a few pictures along the way. If, heaven forbid, your exotic begins to droop, you can take your diary and photos to a botanist or master gardener for some advice.

That said, let's look at some types of exotics you may want to adopt. Think of them as **House Plants**, visiting indoors until spring. Since autumn is roaring down upon us, you may want to choose an exotic plant that will fit into your décor—perhaps a sleek palm or plump cactus for a modern look, or a lush fern in a more traditional room.



**Hanging Plants:** Here's where it gets fun! If you can identify a low tree limb or a ceiling hook, indoors, there are some lovely plants that trail and vine beautifully.



**String of Pearls and String of Bananas:** These two succulents are easy to grow, unusual, and pretty, either hanging or situated on a surface where there's room for the "strings" to trail. The plant keeps its lovely green color and responds well to pruning. When spring comes, hang them outdoors, after all danger of frost has passed.



**Variegated Spider Plant:** We've probably all been given spider plants at some point. They seem to grow without any need for assistance and produce pretty stems that cascade down with tiny, new spider plants dangling from each stem. You can find some exotic varieties with variegated colors—green edged with crème or pink. And, when they're set outdoors, hanging from the branch of your dogwood, they grow lush and full, readying themselves for another indoor winter.



**Dramatic Plants:** For that low flowerbed with its pretty creeping phlox and petunias, you might want to introduce a vertical, dramatic plant, something that will lift the eye and add a bit of pizzazz.

These are just some of the dramatic or exotic plants you might want to introduce to your garden and your home. Gardening is an art as well as a craft. Experimentation is part of the fun.



**Palms:** An obvious choice for a bit of razzle-dazzle is a palm. There are lots of varieties. Usually, they are sold potted, so you need only drop the pot into a temporary hole in the ground or a handsome pot, and you're set. Fan and Majesty Palms are the most familiar types, with fronds emerging from the base. Parlor Palms resemble miniature bamboo, with clusters of stems each topped with fronds. Ponytail Palms are fun, looking like an overly curled hairdo. They require a bit more room to show off properly.



**Yucca:** These very dramatic and less familiar beauties do require floor space and room in the garden. The Color-Guard and Variegated Yuccas produce firm, sharp leaves that burst out of the plant's core. They will discourage animals from getting too close, if you're trying to get Rover to stop running through the flowerbeds. Indoors, the yucca will be handsome in a broad, open area where it can be admired from a distance.



**Bromeliads:** Bursting with drama—leaves and blossoms or the Bromeliad can be pink, purple, gold, or orange. While these exotics are slow to bloom—up to three years before they mature—they are undemanding plants and the colorful leaves alone make them noteworthy additions to your home and garden. The only cautions I'd give you for these beauties; be careful to fertilize them during the nine months of growing season, and don't overwater.



**Orchids:** Finally, we come to those gorgeous and most exotic of flowering plants, the orchid. There are countless articles and books explaining how to grow orchids, so I won't even attempt to advise you. The Moth Orchid or Phalaenopsis is the most cooperative variety with its pretty "face" and undemanding temperament. The Lady Slipper Orchid or Paphiopedilum is almost as easy to grow as any other houseplant. And of course, there are lots of other varieties, as well as orchid growers' clubs and competitions to win prizes for your orchid.



# Rob Lacaze

Realtor® | Luxury Specialist



Rob Lacaze, a native New Yorker, has lived in Talbot County for over 30 years. A 1987 graduate of the University of Richmond's E. Claiborne Robins School of Business, Rob worked on Wall Street before meeting his wife Stephanie (a Chestertown native) and relocating to Maryland's Eastern Shore. Rob and Stephanie are the proud parents of three sons, Turner, a graduate of Auburn University, currently resides in Charleston, South Carolina. Alex (a graduate of Towson University) and Cole (a graduate of Flagler College) currently reside in St. Augustine, Florida.

Rob is known for his expertise in real estate and business. He successfully founded and sold a real estate appraisal firm and a real estate brokerage firm. In 2006 the real estate brokerage company was sold to Long & Foster, with Rob serving as President of Lacaze Meredith Real Estate, a Long & Foster Company for 7 years. Rob has also shared his real estate and business expertise as a guest speaker for the Maryland Association of Realtors and at the National Appraisal Conference. Recognized as an industry

expert in the areas of marketing, evaluating, and negotiating, Rob has listed and sold some of Talbot County's most expensive waterfront estates. His real estate knowledge, exceptional customer service, keen business acumen, and strong work ethic allow him to stand out from other agents.

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# Such a Secluded Beauty!

By Lisa J. Gotto

Situated on a lovely acre-and-a-half of land and serenely tucked in amongst mature trees and framed by meticulous and creative landscaping, this Talbot County abode offers scenic Edge Creek views.

This coastal style home, built in 1950, has been thoughtfully updated over the years to provide a wealth of modern amenities and a well-executed floorplan that takes advantage of the home's perfect positioning along Edge Creek.

The main level features a spacious living room with gleaming hardwood floors and expansive views to the creek from

an extended series of sliding glass doors. Making the most of the home's advantageous location, the living room then flows into a lovely, tiled waterside sunroom.

A cheery, sunny, and spacious kitchen boasts a series of horizontal window panels overlooking the water, and a terrific stainless-steel appliance package that includes a handy in-drawer microwave. All-white custom cabinetry with farmhouse pull hardware and a island topped with gleaming granite takes center stage. Outfitted with a prep sink and breakfast bar seating for four, the island also has an attractive overhead hood feature for its six-burner gas cooktop. Miles of countertop and attractive glass-front accent cabinets lend the room substance and style.






---

**Primary Structure Built:** 1950  
**Sold For:** \$1,750,000  
**Original List Price:** \$1,750,000  
**Bedrooms:** 4  
**Baths:** 3  
**Living Space:** 2,874 Sq. Ft.  
**Lot Size:** 1.51 acres

---



A formal dining space is located next to the kitchen, as is an additional sitting area providing plenty of room for gathering on those special occasions.

The main level also offers a primary bedroom suite with gorgeous water views and a spa-like bathroom. Two additional bedrooms with a shared full bath are located on this level, as well.

The added second level features extra family room space, and the home's fourth bedroom with an en suite. This, along with the property's separate waterfront studio living space with loft, provides plenty of opportunities for multigenerational living.

Outside, this home offers a spacious waterside deck, a screened-in porch facing the water, a patio, a private dock with two slips and two floating docks, and a beautiful, living/rip-rap shoreline. Just grab your oars and go!

**Listing Agent:** Trey Rider; TTR Sotheby's International Realty; 17 Goldsborough St., Easton; m. 443-786-0235; treyrider@gmail.com; treyrider.com **Buyer's Agent:** Coard Benson; Benson & Mangold Real Estate; 24 N. Washington St., Easton; m. 410-310-4909; o. 410-770-9255; coard@coardbenson.com; coardbenson.com

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# Life on the Wye

By Lisa J. Gotto | Photos by Janelle Stroup

This attractive 2,800-square-foot home may have been built in the 20th century, but everything about it conveys the ease of 21st century waterfront living.

Located along the bank of the Wye River in Queenstown, this totally updated Williamsburg Cape Cod-style home, features a main level, open-plan living space well-suited for everything from an intimate family celebration to a largescale, “the gang’s all here” gathering.

This home’s wonderfully updated modern kitchen is located just down the entry hall from the front door with its access to the home’s formal living room to the left of the entry, and from the open-plan space. Crisp, white subway tiles, contemporary white cabinetry, and all stain-



**Listing Agent:** M.J. Stevens, Long & Foster Kent Island, 202 Thompson Creek Mall, Stevensville, m: 410-703-6048, o: 410-643-2244, mj.stevens@inf.com, longandfoster.com **Buyers’ Agent:** Michelle Triolo, Long & Foster Annapolis Fine Homes, 145 Main St., Annapolis, m: 410-982-8222, o: 410-263-3400, michelle@michelletriolo.com, longandfoster.com

less-steel appliances give the room a sleek appearance; while warm wood shelving, beams overhead, and rustic, random-width wood flooring balances the space with inviting tones. A convenient prep island with breakfast seating for two, upgraded countertops, and a lovely farmhouse sink round out the room's amenities.

This space flows into the home's roomy informal dining space and charming family room with wood stove and white brick fireplace surround with wood mantel. Cozy chair railing and knotty pine beams overhead, make the room relaxing and comfortable. This entire space is flooded with natural light from a big bay window and a large threshold to the home's amazing sunroom with a unique a-framed wall of windows. Rustic brick floors beneath and soothing views to the home's wooded grounds and attractive outdoor patio area, make this a great room to enjoy one's morning coffee provided by its in-room wet bar and mini fridge.

This level of the home also features a formal dining space which the sellers used as a den, a laundry room, and powder room.

The home's primary bedroom with its *en-suite* bath featuring dual, granite-topped vanities and large, glass-enclosed shower is located on the home's upper level, along with two spacious guest rooms, and an expressive bonus room with outside entrance over the home's two-car garage.

And with its private dock and proximity to the Wye River, this property's new owners will enjoy years of warm weather pursuits like kayaking, canoeing, fishing, and crabbing all within steps of their own home.

---

**Primary Structure Built:** 1978  
**Sold For:** \$750,000  
**Original List Price:** \$730,000  
**Bedrooms:** 4  
**Baths:** 2 Full, 1 Half  
**Living Space:** 2,820 Sq. Ft.  
**Lot Size:** 2.33 acres

---





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# Health & Beauty

70 FITNESS TIPS | 71 SCLEROTHERAPY  
72 ARE OMEGA-3S STILL A NUTRITIONAL ALPHA?



# Fitness Tips

## START A CYCLING ROUTINE

By Dylan Roche

*You've got a bike—now what?*

Getting into cycling is probably a lot easier than you think. And that's good news for people who have been out of the habit of physical activity for a while, because cycling provides all the benefits of aerobic exercise while still being familiar, relatively low risk, and lots of fun. If you learned how to ride a bike as a kid, there aren't any new skills you need to develop. You just need to brush up on your cycling safety rules, invest in the right gear, and develop a plan.

What makes cycling a great workout is that it's something you can do solo (no need to sign up for a class or wait for a facility to open) but it's also something that can be made social if you need the accountability.

When you're cycling, you're able to control the intensity of your workout by going at your own preferred pace. An advanced cyclist can push themselves to a vigorous speed to get their heart racing, but even a moderate pace constitutes aerobic activity and offers the health benefits you're looking to get from exercise, such as increased energy, reduced risk of disease, better weight maintenance, and improved stress levels.



### PRE-CYCLING

### CHECKLIST

If you're getting serious about cycling, there are several tips you should keep in mind to ensure your ride is the safest and most rewarding it can be:

For starters, keep your tires pumped up. This will make it easier to ride and reduces the risk that a tire can deflate midway through a workout. Carry a puncture repair kit with you in case you hit a nail or a piece of glass somewhere along your route.

Always wear not only a helmet but also proper eyewear. It's also smart to bring fuel and hydration with you if you are going on a long ride. If you will be out for 90 minutes or more, you'll want light snacks to keep your energy levels up.

Take your bike to a repair shop at least once every six months to make sure everything is working properly. You may need to replace your brake pads, tires, or chain, and it's easier to be proactive about replacing these instead of waiting until you're in trouble.

Unlike other methods of aerobic exercise, such as running, cycling is much lower impact, so it's easier on your joints. This makes it ideal for people who have arthritis, back pain, or similar conditions. Some health experts even say low-impact activities can *improve* joint health. Cycling works all the major muscle groups in your lower body, strengthening your glutes, hamstrings, quads, and calves. Cycling also requires balance, and it will engage your core while you're riding. However, cycling doesn't work your upper-body muscles to the extent that it works your lower, so it's best to cross-train with resistance exercise to maintain or build strength.

Finally, cycling is an activity that is easy to keep fresh and exciting. You can always explore different roads and trails, so you're more likely to stick with this routine instead of abandoning it because of boredom. And because riding your bike doubles as a transportation method, whether it's as a way of getting to work or just doing errands around town, there are more opportunities to get your exercise in beyond your designated workout time.

## SET A SCHEDULE

If you're not an avid cyclist but you want to get into distance cycling, don't be afraid to start small. A few short rides a week can help you build aerobic endurance very quickly. Here's an eight-week sample plan to help you go from a newbie to someone who is going for hour-long rides three times a week:

**Week 1-2:** 15-minute cycle twice a week, 30-minute cycle on the weekend

**Week 3:** Cycle 30 minutes once a week, cycle 1 hour on the weekend

**Week 4-5:** Cycle 30 minutes twice a week, cycle 1 hour on the weekend

**Week 6:** Cycle 45 minutes once a week, cycle 1 hour on the weekend

**Week 7:** Cycle 45 minutes twice a week, cycle 1 hour on the weekend

**Week 8:** Cycle 1 hour three times a week

If you want to cycle more frequently, go for it! Aim to increase your time or mileage by 10 percent each week, allowing yourself 1–2 rest days throughout the week. Remember, if you need accountability or just want to make your workout more social, seek out a weekly group ride with a cycling club in your area.



# Sclerotherapy

## WHAT TO KNOW ABOUT SPIDER VEIN REMOVAL

By Dylan Roche

If you're looking to clear away the spider veins that have been troubling you for years, your doctor may recommend sclerotherapy, the most common treatment option for this condition. Although spider veins don't pose a particularly high risk, their appearance can put a damper on a person's confidence.

Nicknamed such because they can sometimes look like extensive purple spiderwebs across a person's leg, spider veins are formally known as varicose veins. They develop when the walls of your blood vessels weaken and blood collects in them, causing these veins to enlarge and become prominent.

For some people with varicose veins, or spider veins, the cause could be hereditary. They could also be caused by hormonal fluctuations, such as those you would experience during pregnancy or menopause, or they could develop from long hours of standing, which is required in professions like nursing and teaching.

Complications associated with varicose veins include discomfort as well as risk of blood clots.

Doctors have used sclerotherapy for close to 100 years, so its success is well established. The procedure entails injecting a chemical solution into the vein via a needle. When this solution enters the vein, the veins close up and the blood is then redirected to other, healthier veins. The closed-up vein is then absorbed into any body tissue surrounding it.

The procedure is minimally invasive and usually takes less than an hour—sometimes as little as 15 minutes. While some varicose veins might require repeated administration, many can be treated with just one injection. The most complicated part of recovery could be minor discomfort immediately following, and in the weeks afterward, your doctor could instruct you to wear compression socks, as these will help with swelling and overall healing.



# Are Omega-3s Still a Nutritional Alpha?

By Dylan Roche

One of the biggest nutritional crazes of the past 20 years, omega-3 fatty acids were hailed as being able to do everything from boosting brain power to protecting your skin from ultraviolet rays. It wasn't enough to just eat foods rich in omega-3s either—supplement brands started making omega-3 pills so consumers could get as much omega-3 as they could.

Is the hype still around today? Not so much—it's given way to other health trends. But just because omega-3 fatty acids aren't being hailed as miracle workers in 2022 the way they were in the past, doesn't mean they don't have health benefits. And yes, you *should* be including them in your diet.

It's important to note that omega-3s aren't the cure-all people used to think of them as. They won't cure any disease, and they won't magically make you healthy despite other foods in your diet. (Take note—whenever anything is hailed as a “superfood” or a miracle cure, it probably isn't.) Omega-3 fatty acids are a specific strain of polyunsaturated fats, which lower your blood cholesterol levels, ulti-

mately reducing your risk of heart disease. Omega-3s also play a role in the membranes of cells all over your body, making your cells receptive to extracellular molecules.

There's growing evidence to support the idea that omega-3s can help fight inflammation. And although they cannot cure any disease, some research indicates that certain types of omega-3s will boost the effectiveness of chemotherapy in fighting cancer. They're good for mental health too, as they are able to boost mood and alleviate symptoms of clinical depression.

What makes consuming omega-3 fats especially important is that your body is not able to make them on its own. You need to get them from your diet. Food sources of omega-3s include fatty fish, such as salmon, sardines, and tuna, as well as nuts and seeds, such as walnuts, flaxseeds, and chia seeds. While there's nothing wrong with supplemental pills, your body will absorb omega-3s more readily from food sources. If you do decide to go with a pill, consult your doctor first.

# Dining

74 DINING REVIEW | 76 DINING GUIDE

Seared Ahi  
Tuna starter at  
Knoxie's Table



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# Food With Friends

By Rita Calvert | Photography by Stephen Buchanan

**S**haring is what it's all about at Knoxie's Table within The Inn at Chesapeake Bay Beach Club in Stevensville. Of course, there are food and drinks to share, but don't miss a walkabout through the Bay-conscious landscaped grounds or the Queen Anne Garden with produce for the restaurant and herbs for exotic cocktails.

Indoor dining has a subtle ambiance with tawny monochrome colors while the adjoining bar area pops with brightly colored blue chairs and a lively pitch. We were delighted to sit at a choice outdoor table—a fabulous setting for our samplings from Knoxie's menu section named “Food with Friends.” We were seated under an umbrella with the huge stone fireplace on view along with immense planters filled with rosemary, sage, parsley, and brightly overflowing nasturtiums.



Server Bobby had many local anecdotes about The Inn, which kept us entertained. When I asked if the gardens still provided herbs for the signature cocktails, he said not only for the cocktails, but the food as well.

And about libations, Knoxie's Table has a massive collection of whiskey, bourbon, rye, Scotch whisky, and Irish whiskey. My post-review call to chat with restaurant manager, Bill Redmond, explained why such a huge whiskey menu! The beverage buyer, John Michael Fromart, works closely with distributors to obtain bottles no one else will be carrying. And yes, those bottles do sell. With a wedding celebration or special event, the party could burn through bottles in a weekend. In addition, Whiskey Wednesdays feature special whiskeys from around the world.

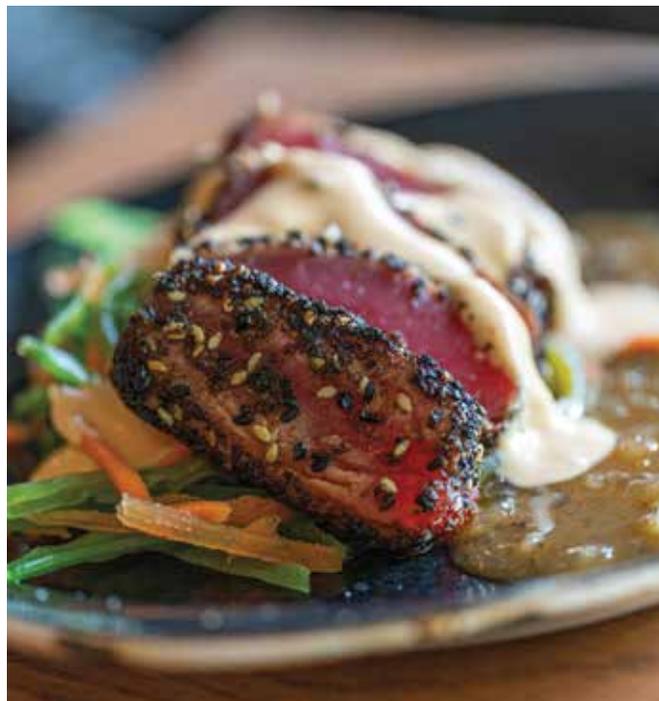
There are eight creative signature cocktails, and every ingredient is edible including flowers from the garden. Sixteen draft beers are offered including the Ballroom Blitz, which is brewed with hops grown at The Inn. It was a hot night, and we knew we'd opt for seafood, so we took a close look at the eight champagne/sparkling options (including two by the glass) and the five rose options. The Hayes Ranch rose was a good choice, balancing crisp strawberry, peach, and citrus notes without losing the dry character we had hoped for. It's a blend from several California vineyards' grapes including Grenache and Mourvèdre, aged in steel. The vintner's wit is apparent in calling it “dangerously drinkable.” Not surprisingly, the domestic and global white and red options were more extensive, and offered several each in popular categories like Cabernet, Pinot Noir, Chardonnay, Sauvignon Blanc, and Pinot Grigio. Plus, single offerings of Petit Syrah, Moscato, Riesling, and several blends.

**KNOXIE'S TABLE**  
THE INN AT CHESAPEAKE BAY BEACH CLUB

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And the food? Chef Paul Shiley has been overseeing The Inn since opening six years ago after serving a long period at The Tidewater Inn. He keeps the offerings fresh with Spring/Summer and Fall/Winter menus. Bobby mentioned that Chef Shiley keeps his creative recipes under wraps, and that he will *never* share his crab cake recipe, which some folks drive two hours to eat. Or the secret to the creaminess of his house-made Champagne Vinaigrette on the Roasted Beet Salad.

Knoxie's Table offers a hefty menu of starters, including three soups, three salads, and at least ten "Food with Friends" options sized to share, so it's not easy to decide. In addition to the evening's regular menu, there were specials like fresh oysters on the half-shell and local rockfish. Think you'll narrow it down by skipping the calamari because it's served at so many places? Think twice. This inventive version is a refreshing update! A huge portion of not-overly breaded calamari had a pleasing, crisp crunch with sweet balsamic glaze, along with delightful bits of tempura-fried zucchini and deconstructed caponata—pepperoncini, roasted cherry tomato, and bright green olives—all nestled on a bed of shredded lettuce. Even the creamy, lemony champagne vinaigrette dressing was perfect enough to inquire about its ingredients, but, alas, it's one of chef's secrets.



Roasted Beet Salad was an old favorite, and this was nicely done. Simple beet batons top arugula with quality goat cheese and toasted pepitas (pumpkin seeds). The same delicious dressing appeared here, and we were glad our server quickly retrieved extra for us. The star of this dish, however, was the crabcake that we splurged to add when it was listed as an optional add-on, along with three other choices: seared salmon, grilled shrimp, or chicken. It was entirely lump meat with no noticeable filler—we can't even guess how it held together. Fear not about ordering the crabcake here; it's worth every pretty penny to savor this outstanding "done right" recipe.

Ocean-fresh scallops are a favorite and we were delighted with the Seared Scallops. Three large golden crusted scallops sat atop creamy yellow grits, which tasted very corn-like, as if they had been prepared with a corn broth. A corn salad dotted with red and green bell peppers was sprinkled around the scallops and pooled with Cajun Cream. Micro greens perched on top.

The Sesame Crusted Tuna may sound like another "common" offering, but it too had a nice

surprise—exceptionally bright, crunchy wakame seaweed salad, with sweet red pepper and carrot slivers for a pretty pop of color. The five unusually large sesame crusted tuna slices made for a generous dish to share, and the coral colored Sriracha aioli had a nice kick to it. Just know the tuna is more "medium" than the customary rare.

As a side dish, we decided to try Roasted Exotic Mushrooms yielding a large portion of baby bellas, oyster, shiitake, and maitake. This would perfectly complement the steak on the entree menu.

For dessert, the Smith Island Coconut Cake. All of the Smith Island cakes are delivered daily to The Inn. Years ago, I had gifted this coconut cake to a couple and that entire cake was devoured in a weekend! The nine-layer cake sandwiched coconut filling between each, while the frosting on the top was a half-inch thick... dense, delicious, and perfect to share forkfuls with friends!

---

Rita Calvert has close to three decades in the food, media production, marketing, and public relations fields. She has created myriad programs, events, cooking sessions on national television for corporations, the stage for cookbooks, and founded the original Annapolis School of Cooking.

# Dining Guide

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### 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; Charactersbridge-restaurant.com \$\$ ┆ 🎵 🍷 ★

### Chesapeake Landing

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

### The Coffee Trappe

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

### The Crab Claw Restaurant

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

### Crepes By The Bay

413 S. Talbot St., St. Michaels; 410-745-8429; Breakfast, lunch ┆ 🎵 🍷 ★

**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; Docssunsetgrille.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-sea.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 \$ 🍴 🍷 🍷 \*

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**Lyon Distilling Company**

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

**Marker Five**

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

**Momma Maria's**

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

**Old Brick Inn**

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

**Osteria Alfredo**

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

**Out of the Fire Café & Wine Bar**

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

**Piazza Italian Market**

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

**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 \$\$ ☎ 🍷 🍴

**Sniffers Crafts Beer and Wine Bistro**

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

**Stars at Inn at Perry Cabin**

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

**St. Michaels Crab & Steakhouse**

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

**Sugar Buns Airport Café & Bakery**

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

**Sunflowers & Greens**

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

**T at the General Store**

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

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

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

**Two if by Sea**

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

**U Sushi**

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

**Washington Street Pub & Oyster Bar**

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

**Kent County**

**98 Cannon Riverfront Grille**

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

**Bayside Market**

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

**Bay Wolf Restaurant**

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

**Beverly's Family Restaurant**

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

**Café Sado**

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

**China House**

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

**Evergrain Bread Company**

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

**Figg's Ordinary**

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

**Harbor Shack**

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

**Java Rock**

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

**The Kitchen at the Imperial**

208 High Street Chestertown, MD. 21630; 410-778-5000; Imperialchestertown.com; Small Plates Tavern & Casual Fine 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; Rockhallpasta-plus.com; American, Italian; breakfast, lunch, dinner \$ 🍷

**Procolino Pizza**

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

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

337 1/2 High Street, #339, Chestertown

**Uncle Charlie's Bistro**

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

**Waterman's Crab House**

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

**Dorchester County**

**Bay County Bakery and Café**

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

**Black Water Bakery and Coffee House**

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

**Blue Ruin**

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

**Bombay Social**

413 Muir Street; Cambridge, MD 21613; 443-515-0853; bombaysocialmd.com; Indian; lunch, dinner

**Bombay Tadka**

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

**Lil' Bitta Bull BBQ**

520 Race St, Cambridge; 443-205-2219

**Ocean Odyssey**

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

**Paul's Deli on the Creek**

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

**RAR Brewing**

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

**Snapper's Waterfront Café**

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

**Suicide Bridge Restaurant**

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

**ThaiTalian Infusion Cuisine**

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

**Caroline County**

**Market Street Public House**

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

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# Where's Wilma?

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It's high-flying time for summer's last hurrah! Our fearless aviator mascot, Wilma, is taking to the skies, zipping from town to town, and visiting select services, shops, and restaurants...all before the sizzling season comes to a close. Where will she land next?

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

**Congratulations** to **Patricia** of Grasonville, who won a \$50 gift certificate to a local business.

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



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Entries must be received by September 30, 2022. Winner will receive a gift certificate to a local establishment and their name will appear in an upcoming issue of What's Up? Eastern Shore.

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