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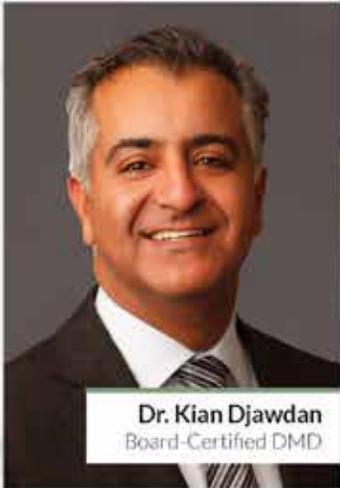
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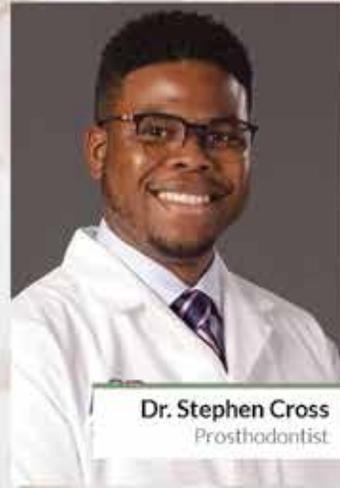
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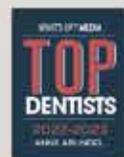
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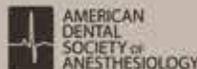
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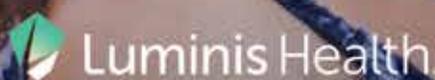
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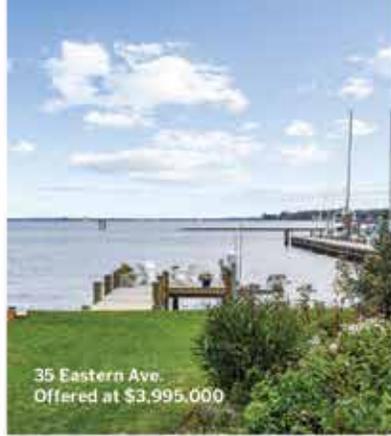
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Results will be published in our June 2023 issues. What's Up? Publishing reserves the right to eliminate the least-voted categories, as needed, in the final published results.



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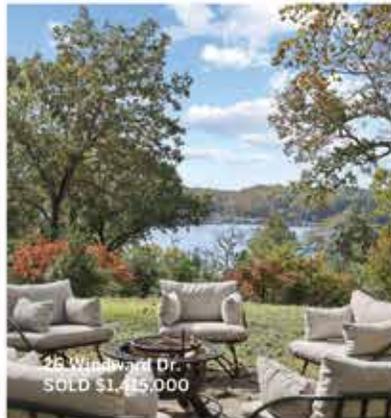
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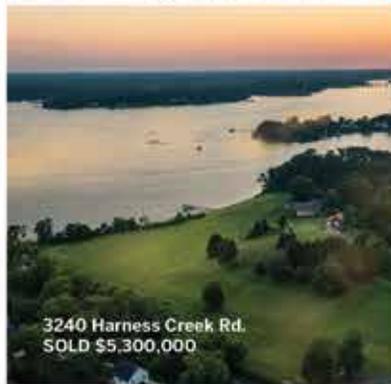
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WHAT'S UP?
eastern shore

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 Farmhouse Chic

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Vote for The Best!

2023 Best Of Voting Begins January 1st. This is your reminder that the return of Best Of voting will go live New Year's Day and continue

through the end of February. We know you can't wait to vote for your favorite restaurants, shops, and services, so put this on your calendar!



Vote for your favorites here:
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 - How long will it take to sell my home?
 - What should the list price of my home be?
- Why is my home's assessed value different from the market value?
 - When is the best time to sell my home?
- Should I buy a new home before selling my current one?
 - What are the steps for buying a home?
 - How can I reduce my interest rate?

(Not everyone has the answers)

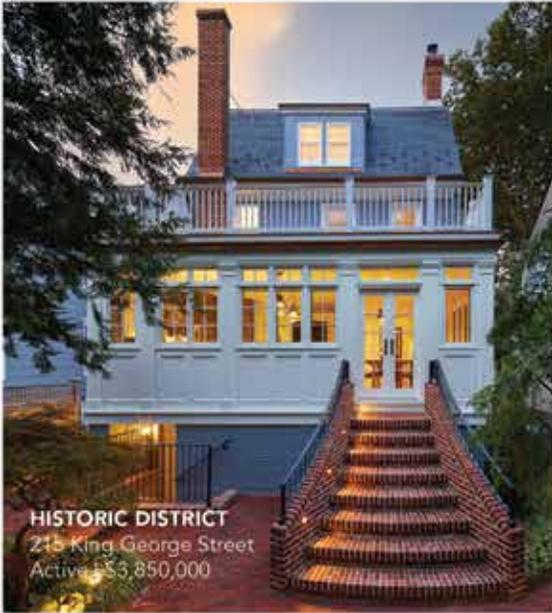
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Out on the **TownE**

11 EVENT PICKS | 16 CALENDAR | 18 SALUTE | 22 SPOTLIGHT | 24 ATHLETE



Chesapeake Fire & Ice Festival

The two-day, spectacular, family-friendly, ice carving festival is back on February 17th and 18th throughout Downtown Easton. The festival features larger-than-life sculptures made of solid ice, music, and a free outdoor skating rink. Many restaurants are also getting involved with tastings. There will also be children's activities and live ice carving demonstrations. The festival will be open 5-9 p.m. on Friday and noon to 9 p.m. on Saturday. New this year is a Fire Trail map, featuring tasting spots for festival-themed food and spirits, as well as a Snow Trail treasure hunt. Find more information at discovereaston.com/fireandice.

Photo by Michael Roe



OC Seaside Boat Show

The OC Seaside Boat Show is returning for its 40th annual show. The weekend show will be held February 17th through 19th at the Ocean City Convention Center starting at 10 a.m. and ending at 6 p.m. (4 p.m. on Sunday). You'll see 350 boats on display, more than 140 exhibitors, bass boats, accessory specials, and so much more. Find more information at ocboatshow.com.



↑ FROM THE GROUND UP: AN ARCHAEOLOGIST'S PERSPECTIVE ON NATIVE CHESAPEAKE FOODS

Join local archaeologist and food historian Henry Ward for a culinary exploration of recipes that celebrate indigenous foods and native cuisine of the Chesapeake Bay region. This speaker series event will be held February 1st at 3 p.m. at the Chesapeake Bay Maritime Museum in St. Michaels. Ward will share his unique perspective on this cuisine and how his archaeological investigation inspired the development and preparation of these recipes. Find more information and register for this event at cbmm.org.



CHESAPEAKE MUSIC CONCERT ↓

Chesapeake Music presents "Stars of the Next Generation" interlude concert at Ebenezer Theatre in Easton on February 5th at 2 p.m. Violinist Randall Goosby, violist Natalie Loughran, and pianist Zhu Wang will perform varied works, ranging from Mozart's iconic *Sinfonia Concertante for Violin and Viola* to Florence Price's recently rediscovered *Two Fantasies for violin and piano*. Order your tickets at chesapeakemusic.org.



Stews & Brews

Your cure for the winter blues is here. The 3rd Annual Stews & Brews at Easton Volunteer Fire Department will be on February 18th from noon to 4 p.m. Stews & Brews is a can't-miss beer festival featuring 30-plus craft brewers, wineries, and distillers, as well as unlimited tastings from 10 restaurants and caterers who will be offering samples of their stews. Find more information on Easton Beer Fest's website, eastonbeerfest.com.



MOTHER/SON & DADDY/DAUGHTER VALENTINE ICE SKATING

Tradition continues! Talbot County Community Center will host the annual Mother/Son Valentine Ice Skate (February 6th), as well as the Daddy/Daughter Valentine Ice Skate (February 8th and 9th). All events start at 6 p.m. The tradition will include refreshments, ice games, door prizes, photos, and more. Register at talbotparks.org.



↑ Fall in Love with St. Michaels

Valentine's Day comes quickly and if you don't have plans or a gift to give your significant other yet, perhaps plan to Fall in Love with St. Michaels with this promotional getaway. On February 12th through 14th, you can plan a romantic getaway to a bed and breakfast or hotel in St. Michaels. Local boutiques and restaurants will also make your stay memorable. Find more information about promotions and options at tourtalbot.org.

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Across the Bridge



↑ Annapolis Symphony Orchestra Performs Beethoven

Annapolis Symphony Orchestra's Masterworks series continues this February with Beethoven's *Emperor Concerto*. The performances will be held on February 3rd and 4th at 8 p.m. at Maryland Hall in Annapolis, as well as on February 5th at 3 p.m. at The Music Center at Strathmore in North Bethesda. The show will be a powerful evening of music that speaks of war and peace, slavery and freedom, and courage and heroism. Get tickets today at annapolisymphony.org.



POLAR BEAR PLUNGE

The Maryland State Police Polar Bear Plunge & Plungefest will be February 2nd through 4th beginning at 9 a.m. each day. Held at Sandy Point State Park in Annapolis, the event raises money for Special Olympics Maryland. Just as last year, plungers will have the option to plunge virtually or in-person this year. Bear the cold and join the fun, with live music, entertainment, and the big plunges into the Chesapeake Bay. Register for the 27th Annual Plunge at plungemd.com.



↑ SOUPER BOWL LUNCH FOR THE LIGHT HOUSE

The 17th Annual SOUPER Bowl Lunch for the Light House will be in-person for the first time in two years! The much-anticipated event will be February 12th from 11:30 a.m. to 1:30 p.m. at Heritage Baptist Church in Annapolis. Representatives from the Light House Best Culinary Arts job training program will ladle soups prepared by locally renowned Chef Zachary Pope. Since 2007, this has been a treasured tradition to raise money for the Light House Homeless Prevention Center in Annapolis. Admission is free, but donations are requested to benefit the Light House and can be made online at heritageloves.com/onlinegiving and selecting "SOUPER Bowl" when prompted.



Photo courtesy of Wendy Hlokk Photography

Peter and the Starcatcher

The Children's Theatre of Annapolis will be performing *Peter and the Starcatcher* this February. Performances will be held at: 7 p.m. on Fridays (February 3, 10, and 17); 11 a.m. and 4 p.m. on Saturdays (February 4, 11, and 18); and at 2 p.m. on Sundays (February 5, 12, and 19). *Peter and the Starcatcher* tells the story of how an orphan comes to be "The Boy Who Would Never Grow Up," or who we know as Peter Pan. Be sure to get your tickets now at childrenstheatreofannapolis.org.

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February 9

Adult Book Club: The Vanishing Half by Brit Bennett at Crofton Library in Crofton, 2 p.m.; aacpl.net. Join Crofton Library staff as we discuss Brit Bennett's *The Vanishing Half*.

February 10

Fire and Ice at Annapolis Town Center, 4 to 8 p.m. Continues through February 11th; More information on Facebook. What's your love story? Join ATC the weekend before Valentine's Day, Friday 2/10 and Saturday 2/11, to celebrate love with Fire & Ice!

2023 Timonium Motorcycle Show

at the Maryland Fairgrounds in Timonium, 10 a.m. Continues through February 12th; More information on Facebook. The country's most complete motorcycle show is back with 100s of bikes, vintage, custom, and antique, as well as stunts, music, beer, and more.

Maryland Black Bears Ice Hockey

at Piney Orchard Arena in Odenton, 7:30 p.m.; marylandblackbears.com. The Black Bears play the Maine Nordiques. They also play the Nordiques on February 11th at 7:30 p.m.

Towne Calendar

A collection of noteworthy community events taking place this month across the Chesapeake Bay region

February 1

Captain Avery Museum Winter Lecture Series at Captain Avery Museum in Shady Side, 11:30 a.m.; captainaverymuseum.org. Join Jim Toomey, the film maker and syndicated cartoonist of Sherman's Lagoon, discussing two years sailing the world with two kids and two captains.

February 2

Annapolis Maritime Museum Winter Lecture Series: Annapolis 1942 at Annapolis Maritime Museum in Annapolis; amaritime.org. The first full year of World War II brings a rush of productivity to the previously sleepy Annapolis waterfront.

February 3

Navy Men's Lacrosse vs Mount St Mary's at Navy-Marine Corps Memorial Stadium in Annapolis, 5 p.m.; navysports.com. Route on our home team heroes while they take on the Mount.

February 4

Cambridge Reading Social at Cambridge Library in Cambridge, 10 a.m.; visit-dorchester.org. The Reading Social is a monthly event that encourages reading for young birth to 12, the social focus' on improving literacy and building home libraries for children.

Winter Waterfowl Walks

at Eastern Neck National Wildlife Refuge, 11 a.m.; eventbrite.com. Walk the refuge to see seasonal flora and fauna. Expect to observe wintering waterfowl and local wildlife.

February 8

↓ **Macy Gray** at Rams Head on Stage in Annapolis, 8 p.m.; ramsheadonstage.com. Grammy Award winner Macy Gray takes the stage in Annapolis. Gray has sold over 25 million albums globally and is a hit in pop culture all over the world.





Black History in Motion at Publick Playhouse in Ch- everly, 10:30 a.m. to Noon; pgparks.com. Celebrate Black History Month with seniors from throughout Prince George's County and beyond with a histor- ical journey highlighting the contributions of Afri- can Americans through musical performance.

February 13

Classic Theatre of Maryland Cabaret Series at Classic Theatre of Mary- land in Annapolis; clas- sictheatremaryland.org. These popular 90-minute costumed and choreo- graphed productions fea- ture resident singers and special Broadway guest performers, accompanied by the popular Unified Jazz Ensemble.

February 16

Mitchell Tenpenny at Rams Head Live! In Baltimore, 8 p.m.; ram- sheadlive.com. Mitchell Tenpenny doesn't believe

singing is a hobby; it is his job to get people to love and believe in his songs. See if you can believe it with his performance at Rams Head Live!

Washington College Film Series: *Before the Flood* at Washington College's Norman James Theatre in Chestertown, 7 p.m.; kent- county.com. The Communi- cation and Media Studies Program invites you to this month's screening in the Film Series.

February 17

Naptown Brass Band at Rams Head on Stage in Annapolis, 8 p.m.; rams- headonstage.com. The Nap- town Brass Band is a New Orleans style street band that is taking Annapolis. Baltimore and Washington by storm with their riotous renderings of old favorites and modern hits.

February 18

Rotary Youth Leadership Academy at Camp Letts

in Edgewater, Continues through February 20th; More information on Facebook. Over two and a half days, students will participate in outdoor and indoor team challenges and recreational activities, expand personal devel- opment by learning more about problem solving, and communication, leadership, risk-taking and teamwork.

Frederick Douglass 205th Birthday Celebration at Avalon Theatre in Easton, 6 p.m.; avalontheatre.com. This fundraiser event will include performances by Phil Darius Wallace and Millicent Sparks followed by the unveiling of an 8-foot-tall portrait of Fred- erick Douglass.

February 19

Hot Chocolate 5K at Kent Island Elementary School in Stevensville, 9 a.m.; runsignup.com. This event is a family and dog friend- ly race run during the doldrums of winter. We get

you off the couch and out of the house for this fun run through the scenic Cross Island Trail.

February 22

Navy Women's Basketball vs American Universi- ty at Navy Alumni Hall in Annapolis, 7 p.m.; navysports.com. Cheer on the Naval Academy's women's basketball team as they take on American University.

February 23

Black History Month Art Reception at Deale Library in Deale, 6:30 p.m.; aacpl. net. Celebrate art and creativity as you view art inspired by African American artist created by members of the Deale Library Community

February 24

Music Under the Dome: The Beatles at the Maryland Science Center in Baltimore, 7 p.m.; mdsci.org. Relax and float

downstream on a musical journey through the universe. Experience The Beatles like never before as you take in the music under the 360-degree dome planetarium.

Ballet Theatre of Mary- land: Momentum at Mary- land Hall in Annapolis, 7:30 p.m.; marylandhall. org. Ballet Theatre of Maryland showcases the versatility of their dynamic dancers with newly commissioned and existing classical and contemporary works.

February 25

↑ **Build Your Own Classic Sea Chest** at Chesapeake Bay Maritime Museum in St. Michaels, through February 26th, and again March 4-5; cbmm.org. In this four-day workshop, participants will have the opportunity to hone their woodworking skills through constructing their very own 19th cen- tury sea chest.



TOWNE SALUTE

Beth Spurry

For All Seasons

By Lisa A. Lewis

A longtime volunteer, Beth Spurry has always been active in the community, and she enjoys devoting her time to worthy causes. So, when her close friend, Alice Ryan, who was the chair of the board of directors of For All Seasons, reached out to her with an opportunity to become involved with the organization, Spurry wanted to lend her expertise and support. Sadly, the executive director, Dick Goldstein, had passed away in 2013 after a brief illness. His sudden passing was tragic, and the leadership team was determined to continue his work.



FOR ALL SEASONS TOUCHES SO MANY LIVES. THEY FULFILL AN ESSENTIAL MISSION, AND I BELIEVE PASSIONATELY IN THAT MISSION. THE ISSUES OF MENTAL HEALTH, TRAUMA, AND CRISIS ARE CRITICAL, AND FOR ALL SEASONS MAKES A PROFOUND IMPACT IN THE LIVES OF THOSE AFFECTED BY THESE CHALLENGES."

"I started serving on the finance committee shortly after Dick passed away," Spurry says. "I was familiar with For All Seasons, but once I became involved with the organization, I was surprised and impressed by their reach and the profound impact they have in the community."

For All Seasons is the only nonprofit behavioral health and rape crisis center serving the five counties of Maryland's Mid-Shore. The mission of the organization is "to provide therapy, advocacy, education, and psychiatric care in a safe environment that nurtures wellness."

Although Spurry's primary responsibility is serving on the finance committee, she also served on the board of directors for two years, and she was a part of the strategic planning committee in 2016. At that time, the board of directors and the leadership team looked at the organization with fresh eyes, so they could redefine their needs and create a new vision. In addition, Spurry is a loyal business spon-

sor for the organization's events, and she plays a major role in connecting with community resources. Indeed, Spurry absolutely loves being involved with For All Seasons and sharing its story throughout the community.

"Beth has served on our finance committee and on our board of directors for nearly 10 years," says Beth Anne Dorman (Langrell), chief executive officer, For All Seasons. "She has also served as our board treasurer and as an investment expert. Whenever and wherever we need her, the answer is 'yes!' She exemplifies what it means to serve for a greater good. Beth sees a need and fills it. Her spirit and her belief in the work that we do truly make her a part of our team. She is a gem!"

Spurry is proud to be a part of the history of For All Seasons. When she began her volunteer experience, there were only 22 employees. The organization is now the leading behavioral health agency in the region and employs nearly 90 staff members.

Spurry values the time she spends serving the organization, and she has enjoyed witnessing its remarkable transformation.

“Beth Anne and her team have great synergy,” Spurry says. “The interaction between the team, the board, the volunteers, and the community is collaborative in nature with everyone working together to fulfill the organization’s mission.”

A native of Talbot County, Spurry is the founder and CEO of Tred Avon Family Wealth, a boutique wealth management, financial planning, and family office business in Easton. She lives in Trappe with her husband, Charles Capute, and her daughter, Olivia. In addition to her volunteer work with For All Seasons, she also serves on the board of the Academy Art Museum, the Board of Regents of the Mercersburg Academy, and the board of the Women & Girls Fund.

“For All Seasons touches so many lives,” Spurry says. “They fulfill an essential mission, and I believe passionately in that mission. The issues of mental health, trauma, and crisis are critical, and For All Seasons makes a profound impact in the lives of those affected by these challenges. The organization is a great resource, and I hope more people take the time to learn about it and all it has to offer.”

For more information about For All Seasons, visit forallseasonsinc.org.

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

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TOWN WATCH AWARD ↓

Maryann Ruehrmund, Executive Director of the Chester River Health Foundation, was recently honored by the Mid-Shore Community Foundation (MSCF) as recipient of the organization's Town Watch award at a luncheon at the Tidewater Inn in Easton. The Town Watch Award is named in honor of a militia of local citizens that protected the Town of Easton during the War of 1812 and is presented to individuals who have demonstrated extraordinary leadership and service in the Mid-Shore region. "Maryann's outstanding leadership and commitment to community health care are very commendable," said Buck Duncan, MSCF president. Ruehrmund was nominated for the award by Chester River Health Foundation Board Member Charles Lerner, who also serves on the MSCF Board. Learn more about MSCF at mscf.org.



↑ New Wellness Program for Schoolchildren Announced

Choptank Community Health System has partnered with Building African American Minds as a participant in BAAM's "Your Wellness Matters" program to help address students' physical and mental health needs through monthly educational sessions. The program was recently announced by BAAM Director of Instruction, Academic Support and Community Wellness Dr. James Bell, and is a component of BAAM's after-school programs and activities for Easton Elementary School students. The wellness program receives grant funding through the Talbot County Health Department and Talbot Family Network. "Each child's education doesn't end when the last school bell rings," Dr. Bell said. "Our after-school programs bring enrichment and education to further each student's knowledge and understanding of the world. Choptank Health is a great partner to have in our after-school programs, and as well with their School-Based Health Centers throughout the Mid-Shore." Learn more about the program at baaminc.org or choptankhealth.org.



A GIFT TO CHESTERTOWN

After a long relocation from its popular 111 South Cross Street address, a good part of Chestertown turned out on the weekend of October 7, for a "Renovation Reveal" to show off the new interiors of Twigs & Teacups, in its sturdy brick building rich in history. Built in 1921, this address has been the site of many cherished businesses, including an ice cream and dairy business, a furniture store, and its latest iteration, as a gift store. "Our goal was to reveal the beautiful historic features of the original building, and our designers and contractors did a phenomenal job integrating the roof trusses, wood floors, brick walls, original sash windows, and more," says store owner, Paul Heckles. "The result exceeded our expectations, and we could not be happier!" Heckles adds that it was great to see everyone's reaction at the Renovation Reveal Open House. "[Customers] just love the feel of the space. Many said they'd like to live there. Which is fitting, since we feel Twigs has been a cherished home-away-from-home to generations of shoppers. We're thrilled to be back in business in this amazing building and excited to be part of the growth and vitality of Downtown Chestertown."

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



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TOWNE ATHLETE

Julia McClary

Gunston School
Basketball, Field Hockey,
Lacrosse, Gymnastics

By Tom Worgo

Growing up, it seemed like Julia McClary wanted to play every sport that exists. McClary, now a senior at Gunston School, ultimately limited herself to four. She played basketball, field hockey, and lacrosse, and competed in club gymnastics. When she started attending high school, she didn't slow down and continued with the same four sports.

On top of her athletic endeavors, McClary was a member of her school's Diversity Leaders, Mental Health, GIVE, and Environmental clubs. She also took five honors and



"IT DOES GET A LITTLE DIFFICULT BALANCING EVERYTHING. BUT THE LEADING THING IS BEING ORGANIZED. THE KEY THING IS THAT I KEEP A PLANNER AND CALENDAR, SO I AM NEVER BEHIND ON MY SCHOOLWORK."

three advanced placement classes while maintaining a 3.85 grade-point average.

She may be the busiest student at Gunston, and her time management skills are top-notch. "It does get a little difficult balancing everything," McClary says. "But the leading thing is being organized. The key thing is that I keep a planner and calendar, so I am never behind on my schoolwork. And I always leave time after practice to get my homework done."

The 5-foot-4 McClary is not just a sports participant: she's a standout with plenty of accomplishments over four years. The Eastern Shore Independent Athletic Conference (ESIAC) named her a First-Team selection in both basketball and field hockey.

Her achievements in gymnastics are even more impressive. She won a Maryland state individual championship in the all-around competition and was part of a Delaware state team championship.

But the 17-year-old decided to give up gymnastics last year to concentrate

on the three Gunston sports and her academics, which she says are more demanding this school year. "It was a little overwhelming playing four sports," McClary says. "I came to terms that I was spreading myself too thin. The Mental Health Club made me realize I needed to drop something. Giving up gymnastics wasn't a bad thing—even though I loved it so much. It helped my mental and physical health."

Basketball is McClary's favorite sport, and she's been playing it for eight years. As a junior, she led the team in scoring (15 points per game), steals (4.3), and three-point percentage (42 percent) to earn the team's most valuable player award. McClary scored a season-high 31 points in a win over Salisbury Christian on the road that season.

This winter, she's a team co-captain in her third year as a starter. She has been a consistent player for the Herons since her freshman year when she was named an ESIAC Honorable Mention selection.

McClary decided not to pursue college basketball

and is interested in pursuing the sport at the club level instead. "Basketball comes easy for her," Gunston Girls Basketball Brian Aiken says. "She communicates very well. She's a coach on the court and tells everybody where they need to be. She can finish around the basket despite her size. She could play at the Division II or III level."

In field hockey, the ESAC picked McClary for its All-Conference team as both a sophomore and senior. She started at midfield for three years.

"She's an amazing athlete," Gunston Field Hockey Coach Yvonne Gazelle says. "She probably reads the field well in every sport she plays. She is a natural. She is humble. She just does her job and doesn't care if she gets the accolades or not."

When McClary wasn't playing sports, she focused sharply on finding the right colleges. She applied to Bucknell, Elon, Lehigh, Lafayette, and UNC Wilmington. "Her dream is to go to a big school," Aiken says. "Academics is where her mind is."

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



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125 Tanners Point Dr. Stevensville | \$2,000,000

Coming back on the market Feb. 1st Appraisal in hand. A picture-perfect waterfront home delivering peace and relaxation that only the dreamiest vacation could deliver. This 2.56 acre waterfront respite was built with great care, thought and detail from the ground up. Views of the water abound. The in-ceiling sound system is throughout the entire home. Take a walk to your pier for a quick jet ski jaunt or a family trip in the boat. Take a walk around your gorgeous hard scape pool surround, surrounding landscape, and heated gunite saltwater pool with attached spa. Inside are 5 generously sized bedrooms and 4 1/2 bathrooms. The main level primary is an amazing suite, with a sunroom sitting area, walk in closets, heated floors in the bath, quartz counters, & custom shower. A custom pool & spa, fire pit and grill for amazing outdoor entertaining in this great backyard. Carefully designed, masterfully built, do not miss this property!



301 Cove Creek Rd., Stevensville | \$1,200,000

Coming back on the market Feb. 1st. Appraisal in hand. Bring your lifestyle to this active waterfront community, a private setting, plantation style home sits on 1.87 acres on Hidden Creek. Tranquil water views, of Hidden Creek and of Eastern Bay, this house is ideal for entertaining, either pool side or indoors. Dock your boat up to 44 feet in the marina & golf all day. So much natural light on the water side with oversized walls of windows in each room. This home has large rooms with hardwoods, 2 fireplaces, sunroom, oversized kitchen & large pantry private apartment over the three-car garage.

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Remodeled Queens Landing townhome on the Chester River with clubhouse, fitness center, tennis courts, outdoor pool, marina & walking trails. Upgrades include new roof, windows, sunroom doors and exterior stucco. Newly remodeled primary bath, and LVP flooring on the second floor. Newer SS appliances.



1412 Harwick Ct., Crofton | \$280,000



Montgomery Rd., Stevensville | \$15,000

A charming condo in Crofton Mews boasts first floor kitchen, open living/dining space, wood burning fireplace, and a half bath. Upstairs has 2 enormous bedrooms, full bath that Jack and Jill's to the primary suite, and spacious closets. The lower level hosts the washer/dryer and access to your fenced in landscaped no maintenance backyard. Fresh paint and flooring, simply move in and enjoy! The condo association amenities include 2 tot lots/playgrounds and jogging/walking paths.

Beautiful wooded with sunlight on the south end of Rt. 8 right side after Margaret drive on, right, no street to access. Currently property is not scheduled for SKI program for public sewer. Buyer would need to perc to see if it is buildable.

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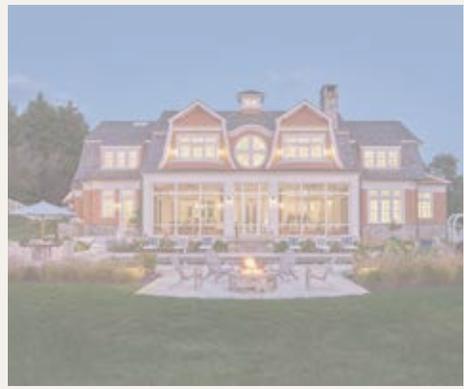
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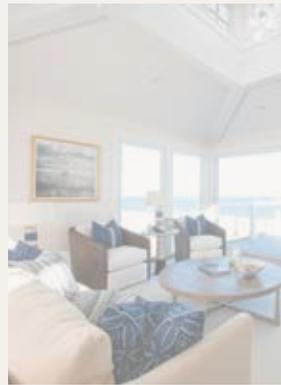
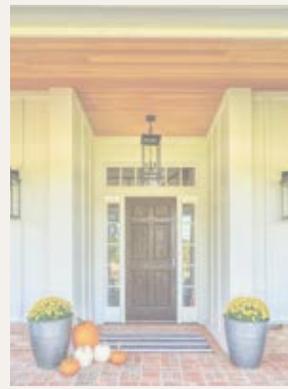
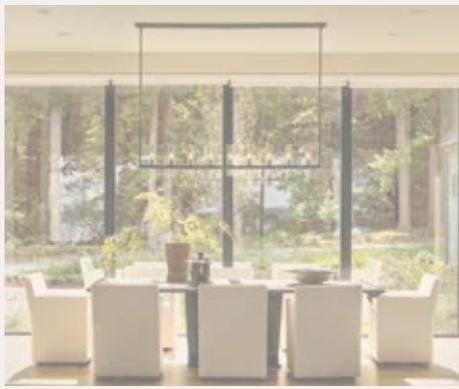


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hat's Up? Media has developed an exemplary awards program to honor elite home builders, architects, designers, and professionals serving the greater Chesapeake Bay region.

For two months, we solicited project entries in 13 award categories inclusive of residential interior design, architecture, construction, and renovation. Entries consisted of a written description introducing the project to our judging panel, including structural/aesthetic intent, design/build concepts, materials used, special features, permitting, and overall thoughts. We requested each entry include a minimum of four photographs (maximum 10), of the highest resolution/quality possible, showcasing the project.

The following list of winners represents *the elite projects* that earned accolades from members of our judging panel, which consisted of: (1) American Institute of Architects Chesapeake Bay Chapter Board Member and Senior Associate Architect Matthew J. Ormsby, AIA, LEED AP; (2) What's Up? Media's Home & Design Editor Lisa J. Gotto; and (3) What's Up? Media's Editorial Director James S. Houck.

Of note: Interior Design was the most entered category and, as such, features the most winners by category. Other categories have several winners. And a few have only one winner. We offer descriptions of each project from the contractors themselves, as well as judges' notes. All photographs submitted courtesy by each company represented.



To view full photo galleries of each project, visit www.whatsupmag.com/homeexcellenceawards

Congratulations to the following companies and their award-winning projects!



Interior Design

“Severn River Overlook” by Details & Design

(DETAILSANDDESIGN.COM)

“Our clients came to us in the final stages of a full house renovation. They were pleased with their progress but were feeling challenged to finish the final piece of the kitchen renovation. With their growing family, they needed the space to not only be functional for this stage of life, but also evolve with them into the future. With this project we were able to create a timeless, highly functional design that flowed perfectly between the two dining spaces and into the living spaces beyond.”

The judges said: “High marks for warmth, depth, texture, and layout/flow. This is exactly what you do with a mid-century home remodel.”



Interior Design

“New England Shaker-Style Home” by Divina Lourdes Interior Design

(DIVINALOURDESDESIGNS.COM)

“The project scope was twofold; it was essential the home meet the family’s functional needs while also keeping the sophisticated aesthetic of the couple’s style. Once furniture plans were constructed, focus shifted to curating the furnishings, fixtures, and accessories that fit perfectly within the overall design aesthetic.”

The judges said: “Crisp, clean style throughout. Flawless and classic design with upscale touches. Thoughtful use of materials, and a pleasing palette.”



Interior Design

“Beach House” by Dwelling & Design

(DWELLINGANDDESIGN.COM)

“This beach house was built from the ground up. The clients wanted an easy-care home with fabrics that would withstand teenagers, family functions, and the intense sunshine. Fun lighting was



a must! The homeowners also had a pair of vintage shutters that they wanted to incorporate somewhere in the design. We used them to create a built-in surrounding a bed in the blue and white bedroom.”

The judges said: “What a fun, bright, use of fabric and natural light! I sense this home really reflects the personality of the homeowners. It seems like a very happy place even on a gloomy day.”



Interior Design

“Bold Blue European Bathroom” by Lynn Madyson with LMD Designs and Noble Builders

(NOBLEKITCHENS.COM)

The new bathroom is designed as a European wet bathroom, both the shower and the bathtub are together in an open space with separate shower and bathing systems. Wet room bathrooms are a perfect solution for smaller bathrooms when you don't have the space for a deep soaker tub and a separate shower. This is a high-end luxurious spa hotel look with streamlined, modern plumbing fixtures.”

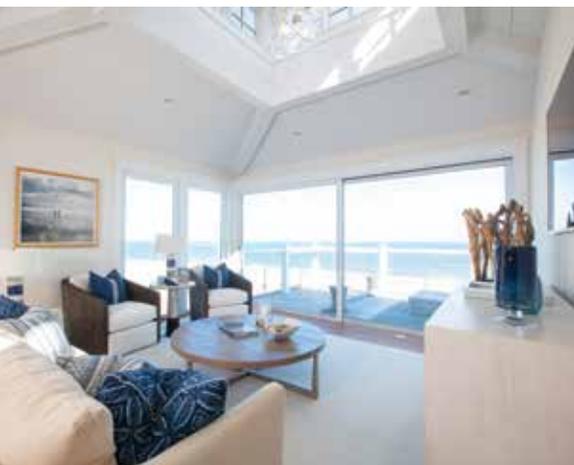
The judges said: “Incorporating the customary European model of the wet bathroom was smart because it works well here as there is a defined area outside of it for the commode. Exceptional tile and finish choices.



Interior Design

“Bethany Beach” by Karen Renee Interior Design

(KARENRENEEINTERIORS.COM)



“The client wanted to incorporate different shades of blue which work well with the setting. I selected natural linens, and textures, in a palette of various shades of blue, from navy to accents of aqua. I sourced furniture with a relaxed coastal vibe and a focus on comfort. I sourced artwork with a coastal vibe, and accessories to complement the design.”

The judges said: “This is a beautiful home and there is a sense of tranquility.”

Interior Design

“New in Easton” by Amanda Friend Interiors



(AMANDAFRIENDDESIGN.COM)

“Since the homeowners were open and excited about taking design chances, we were able to make bold statements where needed while also creating a classic atmosphere. The use of textured wallcoverings made from unconventional materials like cork and bamboo elevate the style of this interior. The use of elegant fabrics and furnishings show a sense of refinement. The interior of this home reflects its owners: stylish, sophisticated, elegant, and interesting.”

The judges said: “This is a lovely home in terms of architectural scale and matching interior treatments to that scale. The palette tones are soothing, welcoming, and friendly. There’s opulence here, but it’s not unapproachable.”



Interior Design

“Delaware Beach House” by Jamie Merida Interiors

(JAMIEMERIDA.COM)

“We tackled the top-to-bottom redesign of this Delaware beach house with two goals in mind: create an elegant, comfortable retreat and maximize the stunning water views. We used a classic coastal color palette of blue, white, and sand. The wood floors and accent pieces bring warmth to the space. The finished result is a beautiful home in harmony with its beachfront setting.”

The judges said: “Its interior elements are spot-on for the type of home that it is. They are well pulled together and give a cohesive look to the home. There is a great meld of texture, color, and pattern.”



HOME DESIGN

Interior Design

“Multi-Use Spaces” by Sew Beautiful



(SEWBEAUTIFULWINDOWS.COM)

“The owners of this Nantucket-style carriage house tasked Sew Beautiful with the challenge of designing versatile, well-appointed, and comfortable rooms. Natural elements bring together multipurpose design pieces. Most of the furnishings and artwork are locally sourced.”

The judges said: “Clean and approachable aesthetic with a layout that complements the home’s architecture and maximizes the functionality of its spaces.”



Waterfront/Critical Area Architecture

“Sahlin Farms Modern” by Purple Cherry Architects

(PURPLECHERRY.COM)



“Perched on the edge of a waterfront cliff in Annapolis, Maryland, this new modern residence utilizes architecture as a backdrop for an artwork collection that tells the story of years of extensive travel. The homeowners also desired a residence where they could truly feel isolated as if they were in their own utopia and where they could display and enjoy their cherished artwork.”

The judges said: “Proves a home does not have to be huge to be impressive. It is a live-in work of art that moonlights as an art gallery. Fabrics, materials, angles, layout, utility, use of natural light, positioning on the lot—all spot on.”



Architecture

“Eastern Shore Grandeur” by Purple Cherry Architects

(PURPLECHERRY.COM)



“Born a lifelong dream for an incomparable waterfront retreat, this estate combines quiet sophistication and unapologetic romanticism. The residence, located on Maryland’s idyllic Eastern Shore, encompasses 44,000 square feet of luxury—the epitome of grandeur in the form of a private sanctuary.”

The judges said: “It is outstanding from every vantage point. This residence is everything the description says and more. It’s warm despite its stately nature.”



Architecture

“Shingle Style Elegance” by Purple Cherry Architects

(PURPLECHERRY.COM)

“Nestled on the waterfront of Annapolis’ South River, this 7,300-square-foot, classical shingle-style

residence provides two well-balanced traditional elevations. Gambrel roofs, swooping capped oval windows, and a curved dormer deliver true custom touches to the waterfront home.”

The judges said: “The exterior lines of design, from top to bottom, are pleasing to the eye and hint at even greater spatial use and surprising details indoors.”

HOME BUILD

Interior Renovation

“Modern Historic Annapolis” by Adrian Development

(ADR-DEV.COM)

“The Modern Historic Annapolis project features a completely restored 1875 façade coupled with a completely new structure built behind with a contemporary style. All the exterior architectural elements had to be approved by the Annapolis Historic Preservation Commission. The interior was an open slate for our contemporary architectural style.”

The judges said: “There is a lot of complexity here and much value was added overall for the high level of utility this home provides. Exceptional materials choices throughout and creative use of space.”



Interior Renovation

“Annapolis Kitchen Remodel” by Lynn Madysen with LMD Designs and Noble Builders

(NOBLEKITCHENS.COM)

“Our clients needed a complete kitchen remodel to have a more contemporary, functional, and bright kitchen to better fit with their lifestyle and taste. The material selections were a white shaker style cabinetry with quartz countertop in a marble pattern, a large farmhouse style sink, and hardware with champagne finishes.”

The judges said: “This new kitchen gets high marks all-around for stylish upgrades that fit the way the family lives today. The previous kitchen offered a good deal of storage, but the reno exceeds that and customizes it. The aesthetic enhancements, most notably, relocating the cooktop and range hood, was a real game changer for this room.”

Interior Renovation

“Coastal Oasis Bathroom” by The Kingston Home

(THEKINGSTONHOME.COM)

“We turned this contractor grade bathroom into a coastal oasis with new cabinet fronts, a stenciled wall, upgraded vanity top and fixtures, and lighted mirrors for the superstars in our lives!”

The judges said: “Exceptional palette, paper, and finish choices. Upgrading with the ‘superstar’ mirrors was a brilliant choice. The ultimate facelift.”



Exterior Renovation

“Lothian Farmhouse Exterior Remodel” by Fichtner Home Exteriors

(FICHTNERSERVICES.COM)

“Complete exterior remodel. Re-framed roof line to delete hips, re-framed front entryway, built new front porch, and other window and door overhangs with fir ceilings. New shingle and standing seam steel roofs. Removed front brick façade. Installed James Hardie siding and trim to entire house and new gutters. Built outdoor shower.”

The judges said: “The home with the Hardie siding now seems better equipped to deal with the elements. Really charming details on this façade as well. One hundred percent improvement.”



Exterior Renovation

“Covered Patio with Fireplace” by Taylor Hart Design

(TAYLORHARTDESIGN.COM)

The judges said: “This is a lovely home upgrade. The utility of extending the living space outdoors wins this project points. Nice blend of textures with the use of stone, beam treatment, mantel, and bead board ceiling treatment. Choice of fan is perfect for the space (large enough) and pulls the whole space together.”

Exterior Renovation

“Modern Beach Look in St. Michaels” by Hometown Exteriors, Inc.

(HOMETOWNEXTERIORSMD.COM)



“The client wanted both to feel more like a modern beach home rather than a sleep away camp. We replaced an old architectural shingle with seamless standing seam metal roofing, cedar shiplap siding around the entryway, and some other accent areas around the home. We also hand painted over 100,000 square feet of existing cedar siding to provide the look of a true modern waterfront property.”

The judges said: “Great choice to pair the black hard surfaces with the warm knotty wood. A real game changer for this property.”



Property Addition

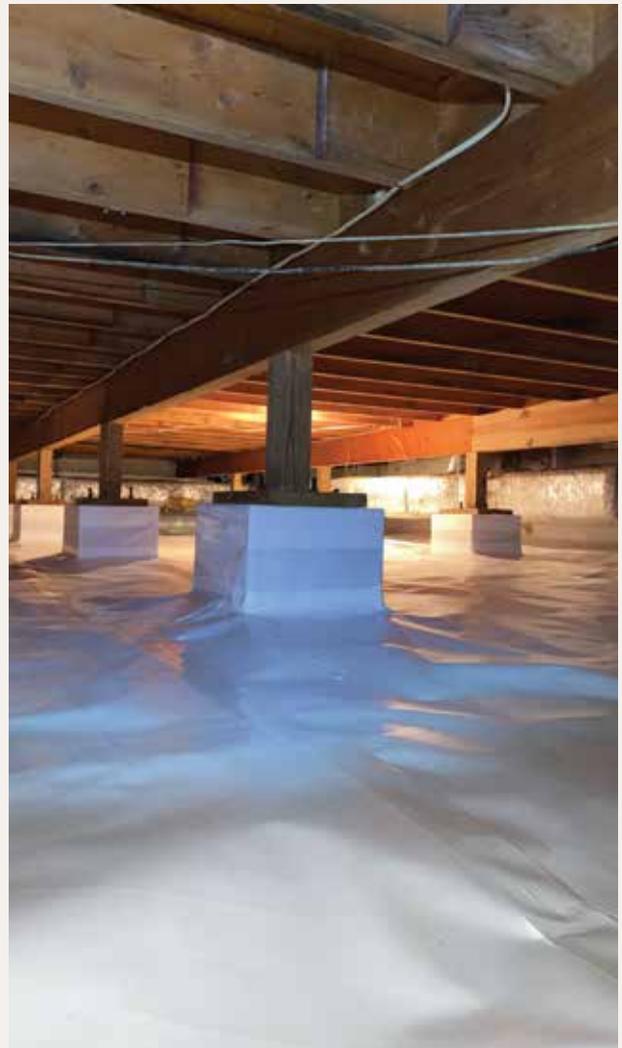
“Second-Story Addition & Three-Car Garage” by Adrian Development

(ADR-DEV.COM)



“This project involved the transformation of a 1960s ranch house into a graceful shingle-style home. The client wished to create a new 2nd story above the existing 1-story house and have a large 3-car detached garage constructed.”

The judges said: “Architecturally inviting inside and out. Function gets an extra ‘star’ for complexity of the remodel, accomplishing much in a small space and an advantageous upgrade to the home’s footprint.”



Green/LEED Construction

“Crawl Space Encapsulation” by Total Home Performance

(TOTALHOMEPERFORMANCE.COM)

“This crawl space underwent a total encapsulation. After removing all existing mold, we were able to install a 16-mil high performance vapor barrier to prevent moisture migration into the now conditioned space, the foundation will have no issues with allergens, mold, and mildew. Equipped with a French Drain, Sump Pump, Custom Access Door, and a Dehumidifier, this customer is happy to know their homes healthy, safe, and energy efficient.”

The judges said: “A smart, efficient way to keep out the unintentional water that happens here on the Chesapeake.”



Waterfront/Critical Area Construction

“Waterfront Teardown on Wye East River” by Mueller Homes

(MUELLERHOMES.COM)



“Complete waterfront teardown and rebuild of a home on the Wye East River in Queenstown. The only thing that was preserved from the original home was the kidney shaped pool. The homeowners desired a space that would accommodate them and their extended family. The waterfront and critical area construction requirements were integrated seamlessly.”

The judges said: “The space in this home is utilized well. There are many great ideas executed here. And I am a big fan of this home’s exterior aesthetic choices.”

Waterfront/Critical Area Construction

“New Waterfront Construction in St. Michaels” by Paquin Design/Build

(PAQUINDESIGNBUILD.COM)



“Touches of vintage design were added into the architecture and the finishings within the home: large, oversized banisters greet you as you pass through the glass paned and wooden front door; floors in barn wood and brick; coffered, planked, and tin ceilings; and antique furniture were weaved into the kitchen and bathroom spaces

throughout the home creating the feel of an old cottage on the shore.”

The judges said: “Blending texture and tone, and creating warmth, are very well executed. The interior flow and the functional aspects of the material choices and furnishings are hallmarks of its exceptional design.”

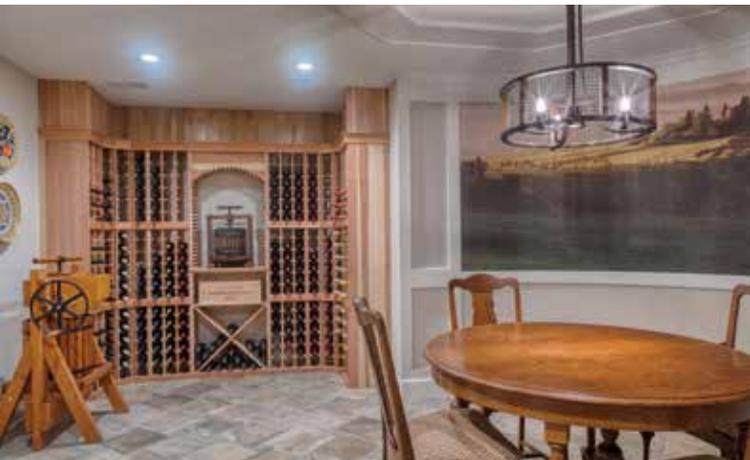
New Construction

“Dividing Creek Forever Home” by Gary Smith Builders

(GARYSMITHBUILDERS.COM)

“We truly feel blessed to be a part of making this owner’s dream home a reality. Walking through the home, you see monumental moments throughout their lives reflected, as well as the beauty in everyday living. From the architect to the interior designer to the landscape architect, the owner personally handpicked the team they knew would look out for their best interest and truly make their dream home a reality.

The judges said: “Exceptional craftsmanship within a challenging footprint along a steep-sloping riverbank makes this an impressive build—outside and within.”



New Construction

“New Waterfront Construction in Arnold” by Paquin Design/Build

(PAQUINDESIGNBUILD.COM)

“An ambitious list of wants and needs had to be met in the design of this multi-generational waterfront home in Arnold. Job one was to maximize water views from every level of the home and incorporate living quarters for the couple, their two children, and parents who would need an apartment within the home. All of this had to be achieved without exceeding the building envelope available on this tapered waterfront lot.”

The judges said: “Clever use of space and the home is so perfectly de-



signed for entertaining on the water. The back stair step down out to the water is an architectural statement maker. This home needed to accommodate many people and needs and does so beautifully.”

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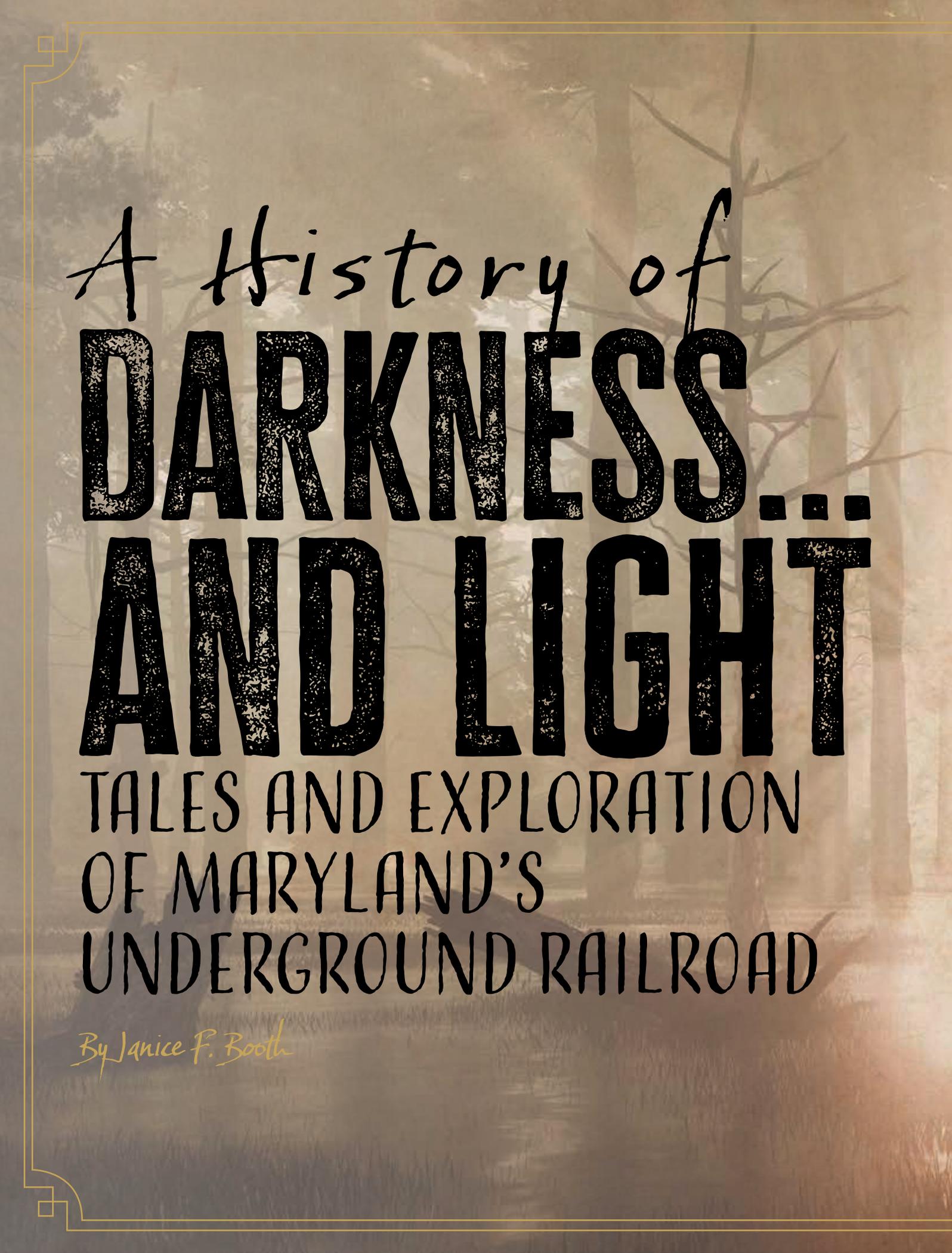
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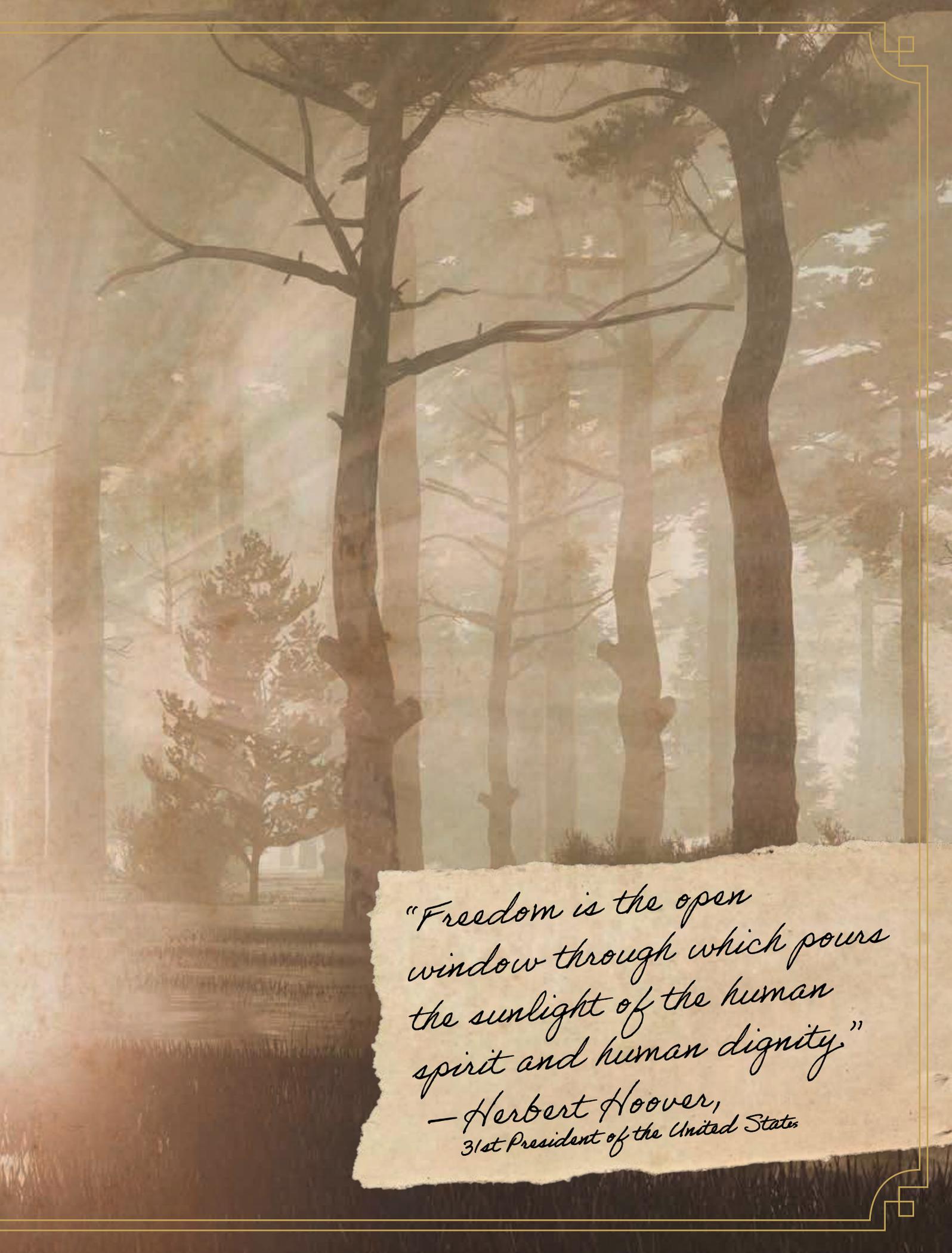




A History of
**DARKNESS...
AND LIGHT**

TALES AND EXPLORATION
OF MARYLAND'S
UNDERGROUND RAILROAD

By Janice F. Booth

A misty forest scene with tall trees and a small evergreen in the foreground. The scene is rendered in a soft, painterly style with a warm, golden-brown color palette. The trees are tall and slender, with some bare branches and some evergreen foliage. The ground is covered in grass, and the overall atmosphere is serene and quiet.

*"Freedom is the open
window through which pours
the sunlight of the human
spirit and human dignity."*

*— Herbert Hoover,
31st President of the United States*



Samuel Green

Wood etching of Samuel Green from William Still's 1872 book *The Underground Railroad*.

COURAGE: Changing the world for the better begins with each small act of courage. Samuel Green had that courage. He was born into slavery in 1802 on Maryland's Eastern Shore. Green learned to read and write and trained as a blacksmith. In his early thirties, he bought his freedom and freedom for his wife, Kitty, from Dr. James Muse, acknowledged in Maryland as owner of human beings. Muse refused to permit Green to purchase the freedom of their two children. Both son and daughter remained enslaved, ensuring that Samuel and Kitty would continue to work for Dr. Muse's profit.

Samuel Green turned his grief and frustration to action. He became a minister in the African Methodist Episcopal Church, building a congregation of blacks both free and enslaved. He and Kitty also began assisting those seeking freedom, including Harriet Tubman. Under Green's guidance, the little clapboard church became an early station along what became known as the Underground Railroad (UGRR). Via this road to freedom, Green's son escaped to Canada in his early twenties. In retribution, Dr. Muse sold their daughter, Susan, and her two children into the Deep South; they were never heard from again.

Because Muse and others suspected the Green Family was involved with escaping slaves, Rev. Green was threatened and persecuted. On unsubstantiated evidence, Rev. Green was imprisoned for 10 years for having in his possession a copy of Harriet Beecher Stowe's *Uncle Tom's Cabin*, which was illegal for any black person, enslaved or free. But Samuel and Kitty Green's legacy prevailed. Today, Faith Community United Methodist Church in East New Market, Maryland, continues as a viable congregation, as established by Rev. Green and is an honored site in the *National Underground Railroad Network*.

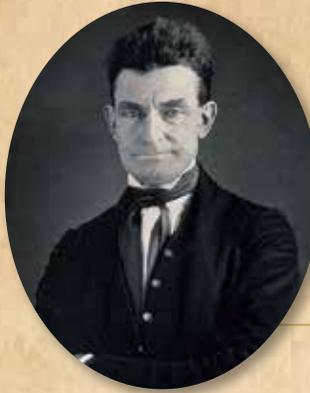
Samuel Green's church is one of 90 sites recognized and honored as part of Maryland's Underground Railroad. *The National Underground Railroad Network to Freedom* was established in 1998, as a coalition of national, state, and local organizations working to recover, preserve, and honor the history of slavery and freedom seekers throughout the United States.

There are more than 900 sites nationwide recognized and honored as associated with the UGRR. No other state has as many sites as Maryland.

The Network to Freedom Underground Railroad Guide describes the courageous, secret escape network this way:

The Underground Railroad was a system of support for freedom seekers that got its start in the 1700s, providing resources for the enslaved to reach freedom. It was a system of secrets and whispers. It was hidden spaces carved out by free and enslaved African Americans and by sympathetic whites... There were people who acted as guides (The most famous was Harriet Tubman), people who arranged for safe houses, people who hid freedom seekers on their property, and those who transported them in wagons or ships or paid for their travel...Vigilance committees in northern cities coordinated the elaborate communication and relief networks that served fleeing slaves.

INTEGRITY: Maryland was the birthplace (and/or the home) of five of the most famous figures in the Underground Railroad, helping freedom seekers or self-liberators reach states that welcomed them. ➔

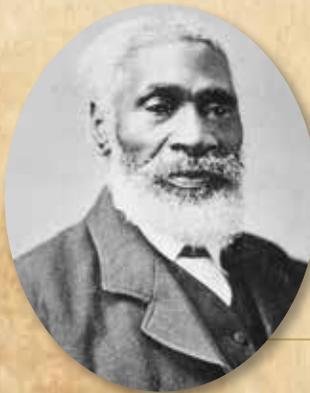
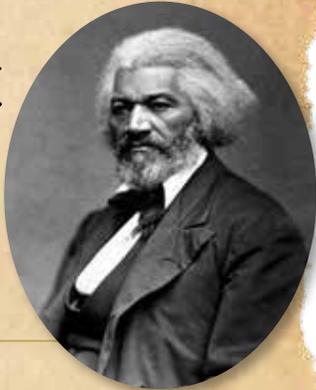


John Brown

white abolitionist, devised a plan to overthrow slavery by arming freedom seekers at Harpers Ferry

Frederick Douglass

(b. Frederick Bailey) abolitionist, orator, diplomat, author



Josiah Henson

minister, author, abolitionist. Harriet Beecher Stowe's *Uncle Tom's Cabin* was based on Henson's memoir.

William Still

businessman/doctor, abolitionist, conductor on the UGRR, writer



Harriet Tubman

abolitionist, an original conductor on the UGRR, the "Moses of Her People"

DETERMINATION: Maryland's population of enslaved people grew rapidly. The first 13 kidnapped and enslaved Africans grew to 25,000 blacks by 1700, and 130,000 by 1750. According to statistics from the Maryland Department of Commerce, Office of Tourism, "There were more successful self-liberators from Maryland than any other state." In addition to the incredible courage, determination, and skill of these conductors and freedom seekers, Maryland's terrain offered advantages to the establishment of this road to freedom. As a border state on the Mason-Dixon Line, self-liberators need not travel far to find safe havens in Pennsylvania, New York, and New Jersey. The journeys could be made along woodland trails, via creeks, rivers, and the Chesapeake Bay. Additionally, Maryland's labor requirements provided opportunities for enslaved people to learn trades and to read and write. In 1860, prior to the Civil War, 49 percent of blacks in Maryland were free. Ships, wagons, and railroads traversed the state. Free men and women of color often moved independently from town to town, "hired out" by the slave owners.

Men and women of conscience, both black and white, struggled to end slavery and lessen the suffering of the men, women, and children held in this barbarous servitude. In a small, tidy house behind a white picket fence, Quakers Hannah and Jacob Leverton sheltered escaping freedom seekers. The Levertons provided food, fresh clothing, and safe rest. One slave owner seeking the "return of his property" sued Leverton. Forced to pay a huge fine, Jacob's health failed, and he died; his widow, Hannah, and her children maintained their home as part of the UGRR. The Leverton cottage in Preston, Maryland, is privately owned today, but is honored as one of the historic sites of the UGRR.



A copy of Harriet Beecher Stowe's novel *Uncle Tom's Cabin*, circa 1800s. When the book was published in 1852, it was illegal for any black person, enslaved or free, to possess. Courtesy Boston Public Library.



Located in Preston, Maryland, the Leverton family home was a “main stopping place,” along the Underground Railroad. Quakers Jacob and Hannah Leverton aided escapees moving under cover to freedom in the North. It is a designated site of the National Underground Railroad Network to Freedom Program. Image courtesy Caroline County Office of Tourism.

Recognizing that the cruelty of slavery and the injustice suffered by so many must be acknowledged, there have been funded initiatives to preserve places where slavery has cast its dark shadow and where freedom seekers have journeyed to freedom. In 2019, September was designated as the annual International Underground Railroad Month. In Maryland, private and public agencies, and organizations, including *Preservation Maryland*, *Maryland’s Office of Tourism Development*, *Maryland’s Commission of African American History and Culture*, and the *National Underground Railroad Network to Freedom* regularly provide research grants and fellowships.

The *400 Years of African American History Commission* oversees many projects. Recently, it collaborated with Adkins Arboretum in Ridgely, Maryland, to develop a program entitled “Rooted Wisdom: Nature’s Role in the Underground Railroad.” The program includes a series of five short videos, narrated by renowned author and historian,

Anthony Cohen. In the videos, Cohen shows and explains the experience of being a freedom seeker traveling along the Underground Railroad.

Another of the UGGR projects includes the designation of Annapolis as one of Maryland’s five “Sites of Memory,” a “slave port” or place of arrival for captured, kidnapped, and enslaved Africans who had survived the “Middle Passage,” that unbearably brutal sea voyage by which 12 million men, women, and children were brought to America to become human property.

HEALING: From ports like Annapolis and St. Mary’s City, Africans were sold into slavery and transported to plantations, farms, and towns throughout Maryland and beyond. One such destination was a tobacco farm in southern Maryland, the Sotterley Plantation, which is now one of the designated sites on the Underground Railroad. For 300 years, enslaved men, women, and children planted, tended, and harvest-

ed tobacco there. In the 1950s, the main house and what remained of the plantation were designated a museum, and visitors toured the home and grounds.

In the 1960s, Agnes Cane Callum discovered that her ancestors had been enslaved on Sotterley Plantation. She brought family and friends to tour the property, and found the decaying slave quarters that still stood on the plantation. Eventually, Agnes Callum met John Briscoe, a descendent of the original family owners of Sotterley. Together, Callum and Briscoe worked together to have Sotterley plantation designated a National Historic Landmark. Since then, the slave cabin has been restored, and a registry established to collect the names of all the men and women, enslaved and free, who spent their lives working the land of Sotterley.

TEAMWORK was the key to the success of the Underground Railroad in the 19th century. In addition to the conductors who led individual and groups of “self-liberators” to safe havens in the north, there was also an *Under-Underground Railroad* composed of people, black and white, who passed information and messages between and among the enslaved people and their friends and relatives in Free states and Canada. Vigilance Committees also arose, locally organized, to support conductors and those escaping enslavement. Both the “Under-Underground” and the Vigilance Committees provided food, shelter, and even transportation as well as conveying important messages.



Renowned historian Anthony Cohen explains the experience of being a freedom seeker traveling along the Underground Railroad in a video series produced for “Rooted Wisdom: Nature’s Role in the Underground Railroad” project. Image screenshot from “The Importance of Language in Understanding the History of the Underground Railroad.”

DEEP ROOTS: It is, perhaps, the saga of the Still family that best encapsulates the struggles and triumphs transported by the Underground Railroad in Maryland and beyond. Levin and Charity Still were enslaved in adjacent plantations on the Eastern Shore. Levin purchased his freedom and moved to New Jersey. Charity’s owner would not “sell” or free her, so she attempted escape and was captured along with her two sons. Desperate, she fled again, this time leaving behind her two sons, who were also enslaved. Via the Underground Railroad she reached her husband in New Jersey, however, she was wracked with grief for her two lost sons. The Stills had 14 more children.

Their son James Still became a successful doctor of herbal medicine and a key conductor in the Underground Railroad, where he eventually met his long-lost brother, Peter. Peter Still had been enslaved for 40 years before escaping on the UGGR and eventually reuniting with his family. Charity and Levin Still’s first son, however, died in slavery.

To discover these harrowing stories for yourself and your family, plan your own exploration of Maryland’s historic Underground Railroad and paths to freedom. Begin your journey by learning more at the following online resources:



EXPLORE MARYLAND’S
UNDERGROUND RAILROAD

ULTIMATE GUIDE TO
UNDERGROUND RAILROAD
SITES IN MARYLAND



ROOTED WISDOM:
NATURE’S ROLE IN THE
UNDERGROUND RAILROAD

LEADING BUSINESS & FINANCIAL PROFESSIONALS



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**Lori Smith, Talli Oxnam, Chris Parks; (seated)
Neil Zurowski, Lora Davis, Tammie Schnable,
Tom Saxon (standing)**

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2023

MARYLAND BUSINESS FORECAST

A roundtable with local chamber and economic leaders, plus our State's new Comptroller, provides a revealing forecast for conducting business in the year ahead

By Dylan Roche



Between a pandemic and a bumpy economy, there's no denying that many businesses have had their struggles over the past few years. But with challenges come opportunities—and many business leaders see reason to be optimistic here in Maryland, particularly looking to the year ahead.

For specific insight about the 2023 business forecast in our state, we posed a series of questions to a panel of business leaders comprising chamber heads, development corporation directors, and even our state's new comptroller. They include →



Kristi Simon, president and CEO of the Central Maryland Chamber of Commerce, which formed in 2017 as a merger of the Baltimore Washington Corridor Chamber and the West Anne Arundel County Chamber.

As the Central Maryland area experiences exponential growth, particularly around Fort Meade, the chamber seeks to be a resource for businesses by providing networking and growth opportunities, as well as advocacy and support.



Mark Kleinschmidt, president and CEO of the Anne Arundel Chamber of Commerce, which, like the CMCC, seeks to support and advocate the interests of its business membership in the Anne Arundel County community. Kleinschmidt has been with the chamber since 2018, bringing with him extensive experience in business counseling, economic development, and government relations.

.....



Liz League, CEO of Greater Severna Park and Arnold Chamber of Commerce,

which has promoted the interests of the business community since 1957. League—with her background in sales, marketing communications, and management, as well as community service—stepped into the role of CEO in 2018.



Holly DeKarske, executive director of Easton Economic Development Corporation, which has, in its own words, sought to “drive economic vitality, smart redevelopment, and business creation” in historic Easton since 2013. DeKarske's background in marketing, nonprofit management, and downtown redevelopment serves her as she oversees the organization's mission of organizing events and providing business resources.

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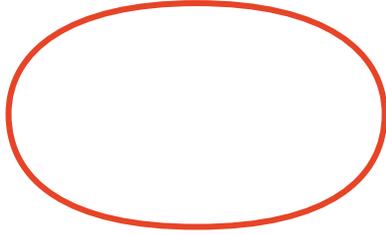
Jill Seamon, interim CEO of Anne Arundel Economic Development Corporation,

which seeks to promote business interests by offering investment and technical assistance and seeking to address workforce development needs. Seamon, who has been with the corporation for its 30-year history and previously stepped in as interim CEO once before in 2020, primarily serves as administrative officer.



Brooke Lierman, newly elected comptroller of Maryland, previously served as a state delegate from Baltimore City, and now takes office as the state's chief accountant. Lierman ran on a platform of creating greater opportunity for small businesses, particularly minority-owned businesses.

.....



verall, many expressed similar sentiments. Primarily, businesses continue to have better prospects as society pushes its way through the end of the COVID pandemic, which forced many entrepreneurs to be innovative and think outside the box in ways they never had before. Diversity and inclusion continue to be a big priority for many businesses and the organizations that support them, with chambers of commerce and development corporations forming committees to support women and minorities as they break through glass ceilings in the business world. And when it comes to the politics of conducting business, they want to make sure legislation will make Maryland a business-friendly state. They also discuss many of the resources available to business owners for everything from loans and grants to networking and professional learning.

The questions and answers you'll read are a fraction of the conversations we had with these leaders. To read the full transcript with additional topics, please visit whatsupmag.com.

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How would you generally describe the state of conducting business in (and the economic landscape of) the Chesapeake Bay region?

.....

SIMON: Most businesses I speak to are still struggling with things like workforce and supply chain issues. While many parts of the country are dealing with similar issues, Maryland has a very high cost of living, and the business climate is not as friendly as other states on fees and taxes.

KLEINSCHMIDT: Many businesses in the Chesapeake Bay region had to rethink their customer retention and customer attractions strategies.

The pandemic caused a great deal of disruption and changed consumer attitudes considerably. Using technology, such as improved website email contacts and social media, Chesapeake Bay businesses are finding ways to constantly communicate with customers. This is a trend that is happening throughout the United States. It is a little bit more challenging for folks here in our region—tourism is such a large part of the economy.

LEAGUE: Aside from issues with permitting, businesses have been fairly unimpeded in operations. However, legislation will be going into effect in 2023 that will raise taxes significantly and potentially cause hardship. This includes new climate change legislation and the family medical leave legislation. Businesses are still struggling to make up for their losses during the pandemic, and this is not the time for new taxes and mandates. Other states are much more business friendly.

DEKARSKE: We do everything we can to retain and expand existing business and attract new business. In Easton, we have taken advantage of several programs, such as established enterprise zones, opportunity zones, an Arts & Entertainment District, and a robust Main Street program. We've also been working on various zoning modifications to allow certain business and construction applications into areas that previously we were not able to. We compare quite favorably to other regions in the mid-Atlantic. Our proximity to Washington, D.C., Baltimore, Philadelphia, and New York makes Easton an ideal landing spot for people and companies looking to diversify away from these urban centers—and that's exactly what we have seen over the last several years.

SEAMON: The state of conducting business in our region is strong. More than 60,000 businesses call Anne Arundel County home. Our area is so fortunate to be strategically located near Washington, D.C., and Baltimore and have major assets and economic drivers, such as BWI Thurgood Marshall Airport, Fort George G. Meade, the City of Annapolis, which is Maryland's state capital and a popular tourist destination, and the Maryland Live!/Arundel Mills shopping and entertainment district. We're fortunate to have a highly trained workforce in which more than 43 percent can demonstrate having a bachelor's degree or higher.

LIERMAN: It's been a really tough few years for many of our small businesses, especially our retailers and our restaurants. We are facing a time of both some apprehension (about a coming recession) and real opportunity—both because of the lessons learned through the pandemic and because of the amount of federal money that is going to be coming into Maryland over the coming years.

It is now up to our state government leaders to really ensure the money coming from the Inflation Reduction Act, the bipartisan Infrastructure Act, and the CHIPS Act all make their way to our Maryland communities and small businesses in a transparent and accountable way. I'm excited about the coming years because I believe we are really on the cusp of great opportunities for the small business community in Maryland. We have opportunities to create a more diverse business ownership base, to make sure we're supporting our women-owned, Black-owned, and immigrant-owned businesses in Maryland, so they can grow and thrive. State government is really at the crux of ensuring that can happen.

.....

What public and/or private programs do you believe are most essential to business growth in our region?

.....

SIMON: Additional support for apprenticeship and training programs will be essential in the coming year, which will both help with businesses workforce issues and help members of our community improve their skills and hopefully secure better-paying jobs. Controlling the fees and taxes on business will be a huge deciding factor for many large businesses considering relocation or expansion in our state.

KLEINSCHMIDT: The General Assembly and County Council must have a better understanding of the impact that some legislation might have on the operation of a small business. Small business makes up a vast majority of all employers in Maryland; however, sometimes the regulations implemented by the General Assembly and local governments prove to be onerous and cumbersome, and make it more difficult for the business.

LEAGUE: Economic Development offices are a tremendous resource to local counties. The Anne Arundel Economic Development Center is an incredible resource that can help struggling businesses find financial support, counseling, business planning, and more. They work closely with the Small Business Development Center, which provides expert analysis to businesses that are looking to scale, grow, launch, or revamp. They are hyper-local with the goal of keeping businesses in business.

DEKARSKE: Business growth and expansion is often fueled by a combination of tax incentives and financing programs. It would be great to see additional programs that touch on both these areas. Workforce programs and funding are key for everyone post-pandemic. Our businesses are still struggling to find staff. We obviously compete with many other towns across the state and region, so marketing and promotion continues to be a top priority for us.

SEAMON: Many businesses are challenged with having enough capital to sustain operations and to expand when the opportunity presents itself. In our current climate of low unemployment, businesses face another challenge in terms of recruiting and retaining talent. So as an economic development organization, our task is to provide resources to help them address such challenges. We have an array of loan programs to help many kinds of businesses from small, minority-, women- and veteran-owned businesses to technology government contractors to innovative startups. We are able to provide financing to qualified businesses, so they have operating capital to get through seasonal and contract cycle fluctuations or be able to undergo an expansion and buildout. Our workforce training grant program can cover 50 percent up to \$1,000 per employee for on-the-job training, classroom or offsite training, purchasing training software, and train-the-trainer scenarios.



LIERMAN: There are a number of programs through the Department of Commerce that are working to reach small business owners and to support their efforts. There's more we can do from the comptroller's office to make sure that businessowners understand how to interact with the state and how to secure state contracts, whether it's for a catering contract or a fuel contract or building highways or selling busses. There are so many opportunities.

I'm excited, as the next comptroller, to ensure that it's easier to do business in the state and to interact with our state government so that questions are answered quickly, and so that businesses can spend more time concentrating on growing their businesses and less time worrying about bureaucratic barriers.

.....

What industries are the most exciting to you in terms of potential and growth in our region and counties?

.....

SIMON: Continued growth in the government contracting sector to support our government partners and military installations, data centers, transportation alternatives, and (hopefully) an increase in manufacturing within our region.

KLEINSCHMIDT: Tourism. Electric vehicles. Software as a service.

LEAGUE: The agriculture industry is such an overlooked but important aspect of our local economy. Farming is alive and well, and younger people and women are going into the field (no pun intended). During the pandemic, the local farmers' markets remained opened, and people regained an appreciation of Maryland-grown food and seafood, plants, handmade items, and local vineyards. We are seeing more of the farm-to-table approach with restaurants, which is a great reminder to people that we have a strong agriculture industry. I believe that Maryland agriculture will surge in popularity in the coming years because it meets food demands while focusing on conservation. And this is in line with supporting local businesses, which are the backbone of our economy.



DEKARSKE: Given the inherent beauty of the Eastern Shore, and all that has happened over the past few years, tourism has continued to be important to us. We are fortunate to have our own utility service, which provides the town and surrounding area with the most up-to-date services available. That makes Easton an ideal place for businesses that are information dense and rely on a robust IT infrastructure.

SEAMON: Warehousing and distribution continue to be a very active sector for our area economy, as demonstrated by several transactions announced this year. Window Nation signed a lease for 23,000 square feet in the Cromwell Business Park off I-97 to consolidate their showroom and warehouse. Scannell Properties closed on four parcels on Ridge Road in Hanover, where it hopes to build a 130,000-square foot-warehouse. Other developers, such as Trammell Crow, Prologis, TA Realty, and Atapco Properties, also have warehouse projects in various locations in northern Anne Arundel County.

LIERMAN: I can't pick one. Maryland is blessed to have incredible assets in a number of different areas. And part of that is because of our strong educational base. So, to ensure that we can continue to grow and be leaders in different industrial areas, we need to ensure that we fully implement the blueprint for Maryland's future and strengthen our public-school systems around the state. We need to make sure that we're always building on strengths and working to create a ready and able workforce.



.....

By the time this goes to print, the Maryland General Assembly will be in session. What legislation and business interests will you be lobbying for or against?

.....

SIMON: Adjustments to the family paid leave bills that were passed last year to clarify language and specific program details. We'll also be fighting for lower taxes and fees, infrastructure improvements and support, creating reasonable and attainable environmental policies, and other issues we will watch for as we head into the new year.

KLEINSCHMIDT: The rules and regulations for the new pay roll tax passed last session to establish a paid leave fund.

LEAGUE: I will lobby for all business-favorable legislation and against business-unfriendly legislation. However, bills have already been passed that will go into effect in 2023 that will negatively impact small businesses. And there is no longer a balance of power with a one-party rule, so bills can pass easily without objection or critical review.

DEKARSKE: No lobbying from our economic development corporation. Our state representatives have been open when it comes to hearing what we have to say. The state has been very good at distributing community development funds, and to the extent that can continue, as the budget allows, I

would encourage that funding to continue, maybe with a special carve-out for rural communities.

SEAMON: AAEDC doesn't lobby on a particular piece of legislation or business interest. When we are called upon to provide guidance on legislation, we can provide data and other information to help county leaders and legislators understand the impact of legislation on particular sectors and business constituencies.

LIERMAN: As a two-term state delegate, I have so much respect for the Maryland General Assembly and the important work that my colleagues engage in and the work that they do in their communities and in Annapolis. I'm thrilled and excited to be able to work with them to ensure that the policies we're passing are evidence-based and will grow our economy in a way that's equitable and benefiting all of our communities.

.....

Please finish this sentence: "2023 will be the year of..."

.....

SIMON: ...innovation and creativity within the business community.

KLEINSCHMIDT: ...the next normal.

LEAGUE: ...cautious optimism.

DEKARSKE: ...coming together to work together. We have an amazing group of individuals from government to private sector to nonprofits serving our area, and the more we come together to work together, the more we can do.

SEAMON: ...cautious optimism. Our county's business community will still be impacted by larger, global issues, such as inflation and supply chain and public health challenges. But as AAEDC works to increase a more diverse community of small businesses and as we continue to see low unemployment and the expansion of our warehouse and data center industries, we are bullish that 2023 will be a year of slow but steady growth.

LIERMAN: ...bold ideas.

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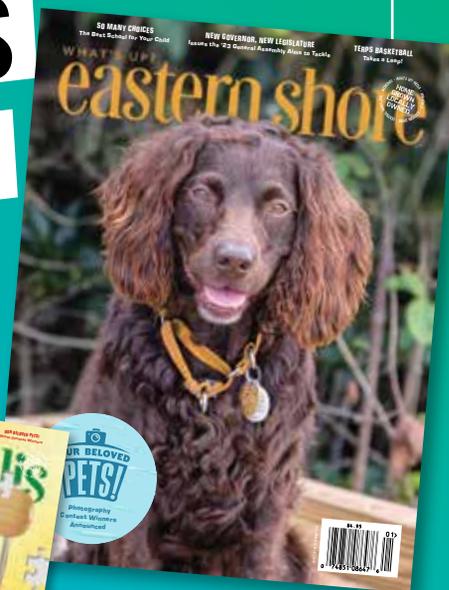


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WHAT'S UP? MEDIA'S 2023

SUMMER CAMPS

YOU SHOULD KNOW

Our staff at What's Up? Media works hard months ahead of time to get quality magazines out each month for our readers. Parents plan ahead similarly, for their kids. For this reason, each February we put together our summer camp guide. This guide has plenty of options for both educational and athletic camps in our area. Check them out to help plan your summer!

Annapolis Area Christian School Summer Programs;

Location: 109 Burns Crossing Road, Severn; Contact: 410-519-5300 x3150; summer@aacsonline.org, aacsonline.org/summer; Ages: 3.5-18 years; Dates/Times: June 20th-August 4th; 9 a.m. to 4 p.m.; Cost: \$335-370 for full day, full week programs (see website for partial week or half day pricing); A full summer of fun and learning with 6 weeks of Eagles Explorations day camp, or choose from a variety of full or half day Specialty Camps: Sports/Academic/STEM/Creative & Fine Arts. Registration opens Jan. 23, Early Bird discount applied through end of March! Lunch included; extended care available.

Annapolis Sailing School;

Location: 7001 Bembe Beach Rd at Annapolis Sailing School; Contact: annapolissailing.com/youth-sailing/ or 410-267-7205; Dates/Times: Weeklong sessions Starting June 19; Ages: 5-15; Cost: \$350-645; Kidship teaches kids to sail through fun practical experience over week-long sessions. Beginners have instructors in the boats with them while they build their confidence and skills giving them the freedom to really enjoy themselves and make friends. With a variety of boats at the school campers will be able to get new experiences as they grow. The relationship with Annapolis Sailing School further provides ways for

parents to get out on the water with their newly minted sailors whether they are sailors themselves.

Archbishop Spalding

Summer Camps; Location: Archbishop Spalding High School, 8080 New Cut Road Severn; Contact: communications@spaldinghs.org; archbishopspalding.org/campus-life/summer-camps; Ages: Will vary depending on the camp; Dates/Times: Will vary depending on the camp; Cost: Will vary depending on the camp; Archbishop Spalding High School offers a variety of summer camps from June through August. Our summer camps' focus areas are academics and athletics and will vary in dates/times, pricing, and age range. We offer academic camps in SAT/ACT Prep, Robotics/Engineering, and Skills for Success Class, which helps prepare students for what they will face in high school and beyond. We have 30 athletic teams at Spalding

and will offer summer camps in most programs.

Ballet Theatre of Maryland;

Location: Ballet Theatre of Maryland, 1981 Moreland Parkway, Building 4A Bay 4, Annapolis; Contact: Emily Carey, btmschool@balletmaryland.org; Dates/Times: 3/5 weeks: June 26 through July 29, 9 a.m. to 4 p.m., may be attended in 3-week increments; 1 week: July 31 through August 4, 9 a.m. to 4 p.m.; Ages: 12-plus (3-5 weeks), 8-11 (1 week); Cost: \$2,650 for 5 weeks of \$2,000 for 3 weeks, \$425 for one week; At Ballet Theatre of Maryland's Summer Intensive, dance students will be immersed in dance with classes in a range of styles to further their technique and artistry including ballet, pointe (if applicable), variations, modern, contemporary/improvisation, jazz, acting, character, Pilates, and more! At the end of each session, dancers will have the opportunity to perform

in our end of summer performance. Audition and other general information can be found at balletmaryland.org/summer-intensive. Day camps will be offered at our Grasonville location.

BCA Elite Lacrosse Camps

(Boys); Location: Moose Athletic Center; Contact: Collin Meerholz, colin@bcaelite.com; bcaelite.com; bcaelite.com/summer-camp; Instagram @bcaelitelax; Dates/Times: July 11 through 14, 9 a.m. to 2 p.m.; Ages: High School Graduating Classes 2033–2028 (2nd through 7th grades); Cost: \$395, \$375 Early Bird before March 15; Daily small group skill sessions and competitive sixes play with position-specific instruction (incl. goalie and face-off). BCA Elite camp is a player development camp with tournament-style competitive play each day capped off with the camp championships on the final day. Campers will be coached by top local coaches and current college players, and guest speakers will join us daily to discuss relevant topics for today's male athlete. Campers will receive a BCA reversible jersey, swag giveaways, and more.

BCA Elite Lacrosse Camps

(Girls); Location: Allen Pond Park; Contact: Collin Meerholz, colin@bcaelite.com; bcaelite.com; bcaelite.com/summer-camp; Instagram @bcaelitelax; Dates/Times: June 27 through 30, 9 a.m. to 2 p.m.; Ages: High School Graduating Classes 2032 through 2027 (3rd through 8th grades); Cost:



\$395, \$375 Early Bird before March 15; Daily small group skill sessions plus competitive sixes play with position-specific instruction (incl. goalie and draw play). BCA Elite camp is a player development camp with tournament-style competitive play each day capped off with the camp championships on the final day. Campers will be coached by top local coaches and current college players, and guest speakers will join us daily to discuss relevant topics for today's female athlete. Campers will receive a BCA reversible jersey, swag giveaways, and more.

City of Annapolis Recreation and Parks Summer Camps

Location: Various Locations, primarily "Pip" Moyer Recreation Center; Contact: LaKeisha Simmons, lmsimmons@annapolis.gov, 410-263-7958; aacounty.org/recparcs; Dates/Times: June 20

through August 25; Ages: 4–17; Cost: Varies by camp; Anne Arundel Recreation and Parks is the destination for camps and programs for all ages. There are many day camp opportunities including: Summer Day Camps, Summer Fun Centers, Art Camps, Science and Engineering Camps, Theatre Performance and Dance Camps, Sports Camps, Summer Aquatics Camps, Nature Exploration Camps, Teens on the Go, and Adaptive Day Camps for all abilities.

Indian Creek School Summer Program

Location: Indian Creek School, 1130 Anne Chambers Way, Crownsville; Contact: Phae Mills (Summer Program Director), indiancreekschool.org/summer; Ages: 3–16; Dates/Times: June 20–July 28, camp hours are 9 a.m. to 3 p.m. with before and after camp care available; Cost: varies, based

on camp; Indian Creek's Summer Program offers immersive adventures and memorable experiences. Offerings include sports, performing arts, and traditional day camps, academic courses, and more. The program takes place on our beautiful 114-acre wooded campus just minutes north of Annapolis, where campers have access to Indian Creek's wooded trails, performing arts spaces, classrooms, labs, and the Eagles Athletics Complex, including turf fields, the dome, courts, gym, and fitness center. Daily lunches with delicious and healthy options are included in camp tuition.

Johns Hopkins Peabody Institute Camps

Location: Downtown Baltimore Campus, 21 East Mount Vernon Place; Contact: Peabody Preparatory, 667-208-6640; peabodyprep@jhu.edu or peabody.jhu.edu/preparatory; Dates/Times:

See Website for dates and times; Ages: All ages, see calendar for specific camps and classes; Cost: Varies; A wide variety of specialty programs, group classes, and private lessons offer opportunities for students of all ages to continue, or begin, your music and dance training through the summer.

Sports, Arts, and Theatre Camps at Maryvale Preparatory School;

Location: Maryvale Preparatory School; Contact: maryvale.com; Ages: Rising 4th–12th grades; Dates/Times: June 5–July 14; Cost: Varies; Maryvale is excited to offer a number of summer camps for sports (lacrosse, volleyball, track & field, basketball, middle soccer, and soccer high school prep), arts, and theatre. For more information about dates, pricing, and availability go to maryvale.com/summer-camp.

Musical Theatre Summer Camp;

Location: The Key School, 534 Hillsmere Drive, Annapolis (7/24–8/4); Mercy High School, 1300 E

Northern Pkwy, Baltimore (7/10–21); Contact: Lauren Engler, 443-422-2605; Ages: 6–15; Dates/Times: July 24 to August 4, 9 a.m.–4:30 p.m.; July 10–21, 9 a.m.–4:30 p.m.; Cost: \$495; An inclusive experience of all aspects of this great American art form, activities include singing, dancing, acting, costumes, and stagecraft, taught by a staff of musical theater professionals. Campers are organized into small groups by age and guided by experienced counselors, giving every child constant attention, personal assistance, and advice. The emphasis is on having fun, making friends, and working together toward presenting their final public performance.

Naptown Sings;

Location: Naptown Sings and Plays! 141 Gibraltar Ave, Annapolis; Contact: info@naptownsings.com; Dates/Times: June 19 to August 25 (students may sign up for one or multiple weeks). Camp Time: 10 a.m. to 3 p.m. Before Care: 7:30–10

a.m., After Care: 3–5:30 p.m.; Ages: 3–11; Cost: \$330, Before Care: \$60 per week After Care: \$60 per week; Our Summer Music Camps are jam-packed with music, more music, and fun! Students of all levels and abilities, will have the opportunity to learn to sing in our pop glee clubs, drum their hearts out in world drumming class, play various instruments, and participate in fun musical activities!

2023 Navy Athletic Summer Camps;

Location: U.S. Naval Academy, Annapolis; Contact: 410-293-5845; navysports.com. (click on “Camps” tab); Dates/Times: June–August; Ages: Varies by camp and program; Cost: Varies by camp and program; Please visit website for information.

Radcliffe Creek Summer Tutoring Program;

Location: Radcliffe Creek School, Chestertown; Contact: info@radcliffecreekschool.org; Dates/Times: Contact the school for details; Ages: Grades 1–8; Cost: Hourly rate available based on tutor and pupil schedules; Radcliffe Creek’s Summer Tutoring Program offers individualized and small group instruction tailored to the needs of the student, providing engaging, multi-sensory instruction that accelerates student strengths, and helps remediate weaknesses. Parents/guardians can identify a specific area (reading, math, writing, study skills, or all) for our specialized tutors to focus on, and they will take it from there. Guardians

may request the best dates and times for their family’s schedule, and our clearinghouse will help to find a good match amongst our talented team.

St. Margaret’s Day School;

Location: St. Margaret’s Day School, Annapolis; Contact: Taylor Paziienza, stmargarets1605@outlook.com; Dates/Times: Please check website, stmargaretsday-school.org/summer-camps.html for additional information. Camps run from 9 a.m.–3 p.m., Mon.–Fri. the weeks of June 19, July 10, July 17, July 24, July 31, and August 7. ; Ages: 3–10; Cost: See website for additional information. \$75–275 depending on sessions/week/age; Please join us at SMDS for a summer of fun! We have created six different themes for this summer, one for each week! Before and aftercare is available, extending the day if needed from 7:30 a.m. to 5:30 p.m. St. Margaret’s provides a loving and safe environment for children to explore and have fun together, with ample outside time.

St. Vincent Pallotti High School;

Location: St. Vincent Pallotti High School, Laurel; Contact: Aneisha Felton, afelton@pallottihs.org; Dates/Times: July 10 through August 4, Monday through Friday, 9 a.m. to 3 p.m. with 3–5 p.m. aftercare option; Ages: Various Ages; Cost: Day camps are \$200 a week, aftercare option (\$25 per week) and optional lunch (\$30 per week), Evening camps are \$100 a week; With four weeks of camps for various ages, skill





levels, and sport/subject, we have something for everyone. Day Camps include Boys Basketball, Cheer, Girls Volleyball, Boys and Girls Soccer, SAT Prep, English, Baseball, and more! Evening camps include Boys & Girls Lacrosse, Girls Basketball, Cheer and Girls Volleyball.

Summer at KEY; Location: 534 Hillsmere Drive, Annapolis; Contact: Jane Flanagan, jflanagan@key-school.org; Dates/Times: Week long camps beginning on June 20 and running through August 4. Full-day camps are 9 a.m. to 3:30 p.m., morning camps are 9 a.m. to noon, and afternoon camps are 12:30 to 3:30 p.m.; Ages: 3.5 years and up; Cost: Varies by program; Summer at KEY has many fun and enriching camp programs. There is something for everyone from past favorites such as Circus Camp Stars, Canoe-

ing and Crabbing, Tennis, Emergency Vet, Bulls & Bears, Fashion & Machine Sewing, Nerf & Dodgeball, and our Traditional Camp to new programs including Soapbox Derby, My First Piggy Bank, Drone Racing Grand Prix, and SuperHero Training Camp, to name just a few. Visit our keyschool.org for more information or contact summer@key-school.org.

Summer at Saint Andrew's; Location: 4B Wallace Manor Road, Edgewater; Contact: 410-216-2660; summer.standrewsum.org; Dates/Times: June 20 through August 11, 8:30 a.m.–3:30 p.m. or 8:30 a.m. to 12:30 for half-day; Ages: 3–14 years; Cost: Varies by program; Continue the joy of learning, playing, and discovering this summer at Saint Andrew's. Our summer programs offer campers of

all ages opportunities to explore and grow in a fun and exciting environment. From time traveling on prehistoric adventures to venturing to space and beyond, your camper is in for an unforgettable summer of fun!

Summer at Severn School; Location: Severn School Teel and Chesapeake Campus (Severna Park and Arnold); Contact: severn-school.com; Dates/Times: Varies; Ages: Preschool through 12th grade; Cost: Varies; Whatever your passions, we've got a summer camp that's just right for you. For campers entering preschool–5th grade, Chesapeake Camps are a magical mixture of creativity and fun. For campers entering 5th–12th grade, Teel Camps are where you'll find your summer spark. Ages for sports camps vary, check out the lineup to find your spot on the team.

Summer at Summit School; Location: The Summit School, 664 E Central Avenue, Edgewater; Contact: camp@thesummitschool.org; Dates/Times: Camp Summit July 5–28; Specialty Camps July 17–28; Ages: Camp Summit Grades 1–8; Specialty Camps Grades 6–9; Cost: Varies by program; Summer at Summit offers academic enrichment programming to mitigate summer learning loss. Camp Summit features morning classes in reading, writing, and math followed by afternoon recreation. Specialty Camps include EmPOWER™ for building strong expository writing skills and Executive Functions to help students learn to plan and organize.

Whoof on the Wharf; Location: Whoof on the Wharf, Pier 7 Marina, Edgewater; Contact: Bonnie McLeod, whoof@whoofonthewharf.com; Ages: 8–14; Dates/Times: Five separate weeks of day camp (starting 6/26, 7/10, 7/17, 7/31 and 8/7), 9 a.m.–4 p.m. (before and aftercare available); Cost: \$400–445 (not counting cost of before and/or after care); Pier 7 is a gated marina with multiple beaches at the intersection of the South River and Warehouse Creek. We have a clubhouse in the marina building right on the water. This camp will involve a combination of activities from kayaking, paddle boarding, swimming, fishing, arts and crafts, basic dog obedience skills, and learning about our local environment on the Chesapeake Bay.



Life Saver

DR. JOHN MARTIN SPEARHEADS THE DARE TO C.A.R.E. CAMPAIGN TO SAVE MARYLANDERS' LIVES

Story by James Houck

Photography by Stephen Buchanan

John D. Martin, MD, FACS, could be considered a renaissance man within the medical community. With a career spanning almost four decades since his medical schooling and residency in Dallas, Texas, Martin has amassed an impressive resume that leans heavily on his entrepreneurial spirit, sharp intellect, medical acumen, and persuasive charm. He was corpsman and surgeon in the U.S. Air Force. Thirty years ago, he founded a medical software company (and wrote the code for software still in use today!). Today, he co-develops life-saving medical imaging devices with a global tech company. He teaches. He talks—speaking at

international conferences and delivering presentations for TEDMed.

Closer to home—which is just outside Annapolis for Martin and wife Kelly Brown, president of SPCA of Anne Arundel County—the clinical setting is where most of his work is done. Martin is a vascular surgeon within the University of Maryland Medical System and serves as Clinical Assistant Professor with the University of Maryland School of Medicine.

Martin is also the President and Founder of Heart Health Foundation/Dare to C.A.R.E. In 2000, he, along with Louise Hanson, CRNP, founded the Dare to C.A.R.E. program that reaches out to the citizens of the community and literally saves lives by offering free cardiovascular disease screenings

The C.A.R.E. acronym stands for:

- Carotid Artery Disease:** the primary source of preventable strokes.
- Abdominal Aortic Aneurysms:** the 10th leading cause of death in men.
- Renal Artery Stenosis:** responsible for at least 20 percent of patients on dialysis.
- Extremity Artery Disease:** a disease which has a mortality rate significantly higher than breast cancer and affects 12 million Americans.

With February being American Heart Month, the foundation and program are especially driven to reach the community. Through the efforts of volunteers and the use of lectures, educational materials, free ultrasound testing and meetings with cardiovascular specialists, and special events, the program will bring the important message to the public that complications of cardiovascular disease can be prevented. In our interview with Martin, he explains what makes this program especially vital to the health of our community.

John, please explain your inspiration for and the genesis of the Dare to C.A.R.E. campaign, and what it is overall. Twenty-two years ago, I was called into the emergency room to see a patient with a ruptured aneurysm. Unfortunately, he passed before we could do anything. Before leaving the ER, I was asked to see a patient with a devastating stroke from carotid disease—a dreaded complication that could have been prevented if found earlier. And before I made it out the door, a patient came in cardiac arrest. Two lives ended and one changed forever. The frustration was overwhelming. Disease found too late. I committed to do something about it and the Dare to C.A.R.E. program was born. The next day, we began this journey of free cardiovascular screening and education for those at risk with the goal of finding disease before it found us. A 15-minute visit comprised of a risk questionnaire, blood pressure, and ultrasound of the carotid arteries, aorta, and legs...and free.

How has the campaign grown over the years and helped the community? Can you go into some of the particulars about its goals, benchmarks, and successes? We began with quarterly evening programs and held to three core principles: it would be free, include education, and all results back to the primary care doctor. Our early success led to creating a nonprofit foundation and continuous daily screening. From there we grew and now nearly 70,000 have attended the program locally alone. With partners, we grew nationally and internationally. Disease is detected in 48 percent, and two-thirds of that group could benefit from medication changes. Up to 4 percent have serious findings that require intervention. In 2013, we knocked cardiovascu-

lar disease off the top of leading causes of death in our county, but it has climbed back to the top and our goal is knock it back down permanently across the entire state.

What are some memorable campaign moments over the years that are personal to you? The celebrity football games with Roger Staubach, Doug Williams, Joe Theismann, and others must have been highlights?

The football games with those guys were very special. Those that participated have memories for a lifetime. From evening galas with prestigious speakers, to celebrity server events in restaurants, to the mall walk with the SPCA, we have strived to have different events that bring attention to our cause. As wonderful as all have been, none compare to the memories I have of the people whose lives were saved by coming to this program. A husband and wife, both with critical carotid disease, a gentleman with a huge aneurysm that would not have been found otherwise, and our current Director, who was so moved by her life saving experience that she joined our efforts to ensure others had the same opportunity.

Ramping up for this year's campaign, what's in the works and how can our readers become involved?

One of the unexpected consequences of COVID has been a lack of attention to cardiovascular disease and multiple factors led to a tremendous spike in mortality. We need to refocus everyone as this is far and away our greatest health risk. Political, business, spiritual, and community leaders are joining forces with us to ensure our biggest campaign yet. A statewide screening day, sermons in churches, lectures in schools, benefit concerts, and an important evening program

addressing disparities in heart disease care and outcomes in communities of color are just a few of the events planned. See hearthealthy-maryland.com for more campaign information and to participate in our efforts in many ways.

What are some of the partnerships with public, private, and nonprofit organizations that make this campaign successful?

Any campaign this ambitious requires the participation of a wide variety of partners. The great thing is everyone has a stake in this success. We have enjoyed support from large public companies like Boston Scientific, WL Gore, health systems like University of Maryland, Meritus, and Calvert Health; political leaders like Senator Elfreth and Mayor Buckley; business entities like Chesapeake Imaging, Westfield Mall, Merrill Lynch; and symbiotic nonprofits like the SPCA. There are many more joining daily as we rally together, lead by example, and engage each

other to address our greatest health challenge. I truly believe we can knock cardiovascular disease off the top as the leading cause of death in this state and pave the way for a healthier tomorrow for all.

Does Dare to C.A.R.E. extend beyond the February campaign and where can readers go for more information?

We are proud of what we have accomplished in the past 22 years, but we are just getting started. The Dare to C.A.R.E. about Heart Healthy Maryland program signals an expanded focus on the entire state and achieving our goal of a dramatic improvement in cardiovascular awareness and health as well as a determined effort to close the gap in disparities in communities of color. We will be expanding screening efforts in volume, geographic reach, and venues within the state with new partners and with greater visibility, so no one can miss the opportunity for better health. Follow our progress at hearthealthfoundation.org.





MARYLAND FIRSTS

An article series exploring our state's contributions to American industry

Chiseled Into History Books

Maryland's quarries provided the literal building blocks of our growing nation

By Ellen Moyer

From 1797 to 1861, Baltimore, Maryland, was a fast-growing port city and the largest city in the American south. Its mill industry dominated the flour trade. In the wake of the War of 1812, it was called the “Rome of the U.S.” and a leading cultural commercial center. The city was rich with printers, publishers, and booksellers. The Delphian literary club was founded and published 48 books on history and travel, nine books of poetry, one play, and 19 speeches. So vibrant was Baltimore on the Patapsco, that it became natural for this city to create several firsts that impacted the new nation. It is, however, amazing how many of Maryland's contributions are overlooked.

The story of the Washington Monument is a case in point. Think of the monument, and your mind may go to the 555-foot obelisk on the National Mall in Washington, D.C., which was completed in 1895. The first Washington Monument, however, was erected in Balti-

more as the leading symbol of pride and gratitude toward our founding father. Construction began in 1815 and was completed by 1829. It was constructed of white marble supplied by the quarries of Baltimore County.

Marble is a metamorphic rock formed from limestone—the sedimentary rock that lined the seashore of our very ancient continent 550 million years ago. Sometime during Ordovician geologic period, the Appalachian Mountains grew, and the heat and pressure placed upon the shallow sea transformed its sand and limestone into marble. Baltimore County is underlain by this complex rock, which sits adjacent to another ancient rock—1.1-billion-year-old gneiss beneath Towson.

Driving today's roads through the bucolic rolling hills and open spaces of agriculture and horse country, who would think that this area contributed building blocks for our nation's monuments and major buildings—their architectural beauty symbols of the aspirations of the





The Washington Monument (left), designed by Robert Mills, was installed at the intersection of Mt. Vernon Place and Washington Place on November 25, 1829. The Lafayette Monument (right), sculpted by Andrew O'Connor, Jr., was dedicated in the shadow of the Washington Monument on September 6, 1924. Creative commons license.



MARYLAND FIRSTS

new Republic? For Benjamin Latrobe, who was tasked with rebuilding D.C. after the War of 1812, white, shiny, beautiful, hard marble was the preferred building material. And marble was close by, throughout the Piedmont Plateau.

Conversations about a memorial to George Washington, though, had begun much earlier—soon after 1783. But the fledgling D.C. capital was slow to act, so Baltimore, a fast-growing, up and coming city, formed a committee in 1807 to plan the funding and construction of the first monument to George Washington. The state was also invested in this effort to outdo Washington, D.C., and authorized a lottery to fund the endeavor in 1810. The design by Robert Mills—the first native-born American with architect training—of a colossal Doric column 178-feet tall, to be made of white marble, was chosen in 1814. Col. John Eager Howard, a Revolutionary War hero and leader of the Maryland Line regiment, donated land from his Belvedere estate north of downtown for the monument site. Land

also included space for a plaza that became the city's historic Mt. Vernon Square, which is surrounded, today, by the Peabody Institute, Walters Art Gallery, Enoch Pratt Free Library, and Maryland Historic Society within the Pratt Mansion.

Marble was contributed by Charles Ridgely from his quarry near the historic Hampton mansion near Goucher college in Towson, but the largest contribution came from Mrs. Frances D.T. Taylor, who owned Beaver Dam Quarry in Cockeysville. Her trustee, Josh Cockey, praised her for the patriotic gift without charge. The Taylor's home near Cockeysville was in a company mill town named Warren, which would eventually be flooded to "quench the thirst of Baltimore" in 1922.

Mining marble was not an easy task in 1815. All work had to be done by hand with chisels, hammers, and picks. Most of the work was done by Irish immigrants who formed a small town, named Texas, on the road to Beaver Dam Quarry. Settled in 1805, today the town is a rapidly disappearing village. Its

Beaver Dam Quarry in Cockeysville, Baltimore County, photographed in 1898 for the Maryland Geological Survey Volume Two.



landmark tavern “Don’t Worry About It” was owned by James B. McDermott (who is in the State Boxing Hall of Fame) and closed in 1991 to make way for the central Light Rail line.

The chiseled-out marble was moved by oxen into the city. Beaver Dam Quarry was not connected to a railroad and steam-driven transportation until 1866, well after Baltimore’s Washington Monument was completed and dedicated. Baltimore celebrated its monument in a great ceremony on July 4, 1815, with the cornerstone laid. From its beginning, it was a destination and active memorial. Throughout its construction, it was visited by President James Monroe.

The monument is crowned with a statue of George Washington resigning his commission from the Continental Army that occurred on December 23, 1783, in the Annapolis State Capital, which solidified civil government “of, by, and for the people” in the new nation. Enrico Causici, who was employed carving reliefs in the U.S. Capitol building, carved the statue from a 36-ton piece of Beaver Dam marble at the site. It was raised in 1829 and tradition recalls a shooting star dashed across the sky. Herman Melville wrote in *Moby Dick*, “George Washington stands high aloft on his towering mast in Baltimore and like one of Hercules pillars, his column marks that point of human grandeur beyond which few mortals will go.”

The brilliant white marble of Beaver Dam Quarry is found in 108 columns within the wings of the U.S. Capitol. The first 152 feet of D.C.’s Washington Monument is Beaver Dam marble. It’s also in the Maryland State House and government building facades in Detroit, Baltimore, New York City, and many other metropolises.

Baltimore County, a beautiful place to visit, is the best rock hounding spot for quartz and marble formed many millions of years ago. It’s a county dotted with small lakes formed by multiple quarries mined in the 1800s and closed by 1930.



Beaver Dam Quarry workers photographed in 1890. Many of the workers were Irish immigrants who formed the small town Texas, Maryland.



The Washington Monument and Mount Vernon Place in Baltimore, photographed in January, 1912.

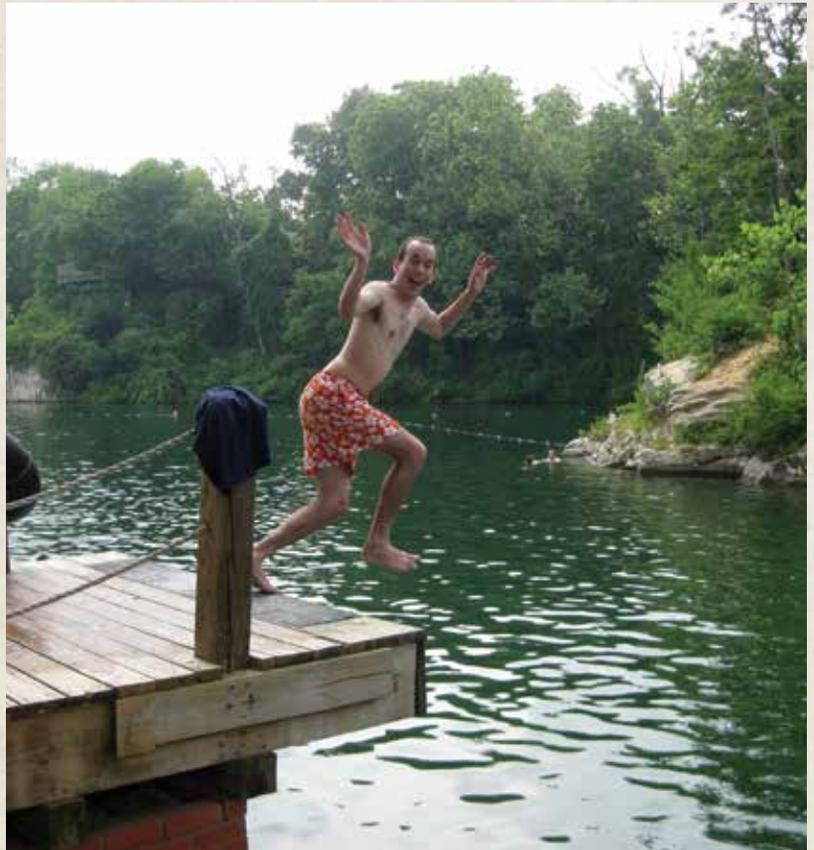


The wings of the U.S. Capitol Building in Washington, D.C., feature 108 columns made of marble mined from the Beaver Dam Quarry. Photograph by Ken Lund.

Beaver Dam, once a clanging industrial quarry, is now fully submerged in water. It was flooded in 1934 and has been a privately-owned swimming center ever since. Forty feet deep, its clear water is a thrill to swim. A swinging rope, the “Tarzan Swing,” is a main attraction. If the quarry depth is scary, there are pools on site to also swim.

Next door to Beaver Dam was a smaller swimming center quarry called Beaver Springs. Once surrounded by country landscape, the area is now overtaken by urban buildings. Beaver Springs was sold by Josh Cockey in 1991 to a hotel chain and has disappeared, as have most of the small quarries in Baltimore County. Nearby Oregon Ridge in Cockeysville remains as a county park and swimming center quarry—it once mined iron ore.

Beaver Dam Quarry, though surrounded by commercial buildings, also prevails. It is enjoyed by thousands that may not know the stories of the once-noisy clanging hammers and chisels of the Irish immigrants—those that hand-mined the 440-million-year-old marble that built the memorials, monuments, and great buildings of our nation.



Today, Beaver Dam Swimming Club operates the filled-in quarry as a summertime day-resort, where swimming and recreation are the main draw. Creative commons license.

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Home & Design

72 FROM TOP TO BOTTOM | 76 GARDENS, THE ORIGINAL RECYCLERS
78 REAL ESTATE



Photo courtesy of kincaidfurniture.com



From Top to Bottom

MASTERING THE ART OF THE HIGH/LOW MIX

By Lisa J. Gotto

What are interior designers doing regularly that you can practice in your home? The experts are masters at breaking down a project, first, into smaller parts and, eventually, pulling them together to create a cohesive, fabulous sensory experience in an interior space.

They do so by defining a style and, in many cases, a budget. This is closely followed by identifying needs and assessing existing resources. Most likely, an expert's best asset is knowing when to splurge and when to save, because not every single item in the room needs to be expensive to work. Below is a consensus guide to advantageous high/low interior element mixing.

The Over-Looked, Overhead

For our purposes, we'll start at the top and work our way down, beginning with an often-neglected aspect of room design, overhead lighting. This is an area where it makes sense to splurge because it sets the tone for each room, and with thoughtful selection, the impact will be statement-making and long-lasting. Just be mindful of the utility required within the room when making your thoughtful selection.



Photo courtesy of rockfordwholesale.com

Whether you choose a luxe perennial collection of pendants over your kitchen island, a tasteful, eye-catching chandelier over your dining room table, or entry, it is worth the investment made when you consider that this aspect can endure for the life of your home.

Once you have established your overhead requirements, less pricey, but still lovely, options may be chosen for floor and table lamps that complement your overall scheme. And keep in mind that they need not all match, as it is more interesting to add in eclectic options to build visual interest.

Balancing the Blank Canvas

Every home comes equipped with its own blank canvas, its walls. Few homeowners, however, have the requisite art collections to pull off the semblance of a gallery. That doesn't mean your wall schemes can't look sophisticated and work with your room's other furnishings and accessories. The key with walls is more about managing "white space"—even if your wall is azure blue.

Photo courtesy of huntingtonhouse.com



This room is an excellent example of blending a collection on the wall that includes photography, which can be your own image taken from your amazing cell phone camera, combined with framed abstracts and prints that pull together a unifying look. The adjacent walls are beautifully unadorned for balance, i.e., white space. And don't be afraid to include a pricy work of art in this collection, as it's all about the blend of complementary subject matter.

If any room in the house demands a true wall splurge, it would be the kitchen. More specifically, your backsplash. These smaller, cut-out spaces and crannies will be the focal point in this room for years to come and should be appointed accordingly.

Photo courtesy of decorilla.com



Look to "thrifting it" when it comes to other elements, such as shelving, where you can get creative with thrift store finds, warm woods with live edges, and even glass to make a statement and add interest.

The No-Skimp Zone

Your bed, your sofa, your dining table, and other primary pieces such as buffet, dresser, or armoire should never be shortchanged when it comes to quality. Find the best version of each in durable materials with finishes that best suit your style. Then experiment by working in a special statement piece, which can be either high- or moderate-level, and layer the room with those tasteful touches and creature comforts that turned your head at your local home goods store, or better yet, your favorite consignment shop.



Photo courtesy of rockfordwholesale.com

Photo courtesy of hp antique & design



To keep your home from looking like a furniture showroom or too museum-y, a good rule of thumb is to factor sentimentality into your room schemes by personalizing with those existing resources you assessed prior to starting your interiors project. Perhaps you have been collecting vintage plates, books, or even smaller furnishings over the years. Now is the time to fill in your room's gaps with that one intricately carved chair that spoke to you at the flea market.

perhaps you have been collecting vintage plates, books, or even smaller furnishings over the years. Now is the time to fill in your room's gaps with that one intricately carved chair that spoke to you at the flea market.

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Toss Pillows & Toss Ups

While your room's fabrics and textures are very important to its overall vibe, you need not spend a small fortune on all your soft goods. With some things like pillows and throws you can certainly spend less and still maintain a high-end look. (That said, for some, the feel of cashmere, silk, and velvet is a prerequisite. It certainly is a very personal decision, as these items can come in regular contact with the body.) What always makes a poor impression, however, are shabby window treatments. Budget blinds, curtains, and drapery are décor deal-breakers, so invest in these items without guilt.



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Wall-to-Wall

The walkable surface between the walls is clearly a category for debate, more recently because of the advances in quality engineered flooring options, and quite frankly, because it's the element that gets the most wear and tear. Because it's not something that's easy or inexpensive to replace, flooring is worth significant investment. But certainly, do your

research when it comes to utility, especially if you are looking into some of the more innovative materials like cork or bamboo. And if you have pets, you will have different considerations.

Meanwhile, in the mudroom or laundry room, you can scale back and choose a complementary, less expensive tile or engineered hardwood without sacrificing style. And speaking of the laundry room, designers are weighing in on the new washable and practical options in area rugs—and the word is generally good. They get high marks for being the perfect options under dining room tables, for their non-slip grip on hard surfaces, for the ease in which they can be spot cleaned, and for their ability to fit in an average-size washing machine. They are, however, pricy considering these are not plush rugs and don't have elements like fringe detailing.

Because they do come in some impressively stylish patterns, they will blend well with many interior schemes—even those in design experts' homes, where it's all about creating that advantageous high/low mix.

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Gardens, the Original Recyclers

8 FREE, USEFUL GARDEN RESOURCES

By Janice F. Booth

Gardeners are known to conserve and recycle. As gardeners we are particularly tuned to the power and beauty of refresh, renew, reuse—seeds to plants to mulch. What about those free gardening catalogs that come to us, and we pass along to friends or add to our recycle bins?

Maybe, like me, you also pick up tempting pamphlets at fairs and farmers markets—pamphlets on all things related to gardening. I have the best intentions, but seldom study them. They pile up on my desk or tumble out of folders labeled “Projects for next year” or “Read these first.”

With this in mind, I decided to take these catalogs and pamphlets in hand. Now I’m ready to share with you, recycle if you will, eight ways to acquire free and recycled items and resources for your garden.

Since there’s little else to do about the garden in February, here’s a way to keep your gardening juices flowing.

1. POLLINATORS—Why not plant some Milkweed seeds and lure Monarch butterflies to your garden? Visit livemonarch.com/free-milkweed-seeds, the site of the Live Monarch 2023 Seed Campaign. For six years they’ve been sending out into the world milkweed seeds and seeds of other plants that attract Monarch butterflies. The project often engages with schools and provides seeds and information for entire classes. The site has excellent photos of Monarch-friendly plants for identification purposes.

2. PLANTS—Who wouldn’t like to acquire healthy plants for free? Whether you use a gardening service or do your own planting, after winter passes, there’s always a bare spot or two that needs some new plants. Alternatively, spring may find you preparing to lop off or dig up some of those “volunteers” that threaten to overtake portions of your carefully planned flower bed. Try the website gardeningetc.com/advice/how-to-get-free-plants. This site reviews the easiest plants, shrubs, and trees to propagate, coaxing new plants from old. The site explains: • Dividing clumps of perennials. • Collecting seeds. • Using cuttings (rooting, dividing, transplanting.) • Reduced-price plant sales.

3. SEED EXCHANGE—Winter is not the time to put this in practice, but now is a good time to organize a Seed Exchange among your neighbors, relatives, and friends. Send out an invitation with a list of the types of seeds easily harvested and shared. Plan to send reminders to participants as harvest time approaches. It will be fun seeing what is shared. There’s no cost and very little work gathering, drying, and distributing seeds. The only caution, be sure participants label the seeds. Not everyone wants a flower bed filled with surprises.





4. SPROUTING—Vegetable gardening is satisfying and valuable. Additionally, you can plant a healthy vegetable and herb garden from cuttings you have sprouted in your own home.

- Carrot tops in shallow water
- Potato sections with “eyes” sprout in shallow water
- Onion and garlic cloves produce healthy sprouts
- Tomato, chili, pumpkin, and squash seeds are plentiful (dry on paper towels, plant seeds in moist soil in a sunny window.)

5. CRAIG’S LIST AND FACEBOOK MARKETPLACE offer free garden items – tools, soil, plants, and decorative accessories. You can post things you’re offering and find useful items you may not have known you need.

6. “SORT OUT”—We all have sheds or closets or basement cubbies, or several of these, where we keep our gardening supplies—the extra clay pots, potting soil, tools, flowerbed diagrams, and plaster statues. Apply the same ruthless energy that you expend on closet cleaning to your gardening stash. Get rid of what you don’t really need. Someone in your neighborhood may need a smiling gnome statue. If you can talk friends into doing a clean out too, you may end up replacing your unwanted items with a few lovely old bricks or iron bunny from someone else’s garden stash. You can also post your items on the “Free Cycle” web site, freecycle.org.

7. DESIGN TEMPLATES – Whether you work with a professional gardening service, a personal gardener, or do the gardening yourself, you need a *plan*. Your gardener will ask you to describe what you are looking for. You may already be working out your spring garden design on those sheets of graph paper on your desk. Well, here’s some good news. Online you can find free:

- Building plans for: greenhouses, garden sheds, potting sheds, and potting benches.
- Templates to help place fences, sprinkler systems, hedges, and walls.
- Lists of supplies needed to complete a particular design (valuable for budgeting.)

Free Planners and Templates:

“Plan-a-Garden” from *Better Homes & Gardens*: provides 3-D images and drag-and-drop design. Welcome to Plan-A-Garden! (bhg.com)

“Online Kitchen Garden Planner” at Pre-Planned Gardens (gardeners.com). You can print out your plan and how-to information on executing that plan.

The site also provides prepared plans if you’d rather not do it yourself.

“Garden Visualiser” is a British offering from Marshalls Garden (marshalls.co.uk/garden-visualiser). It works something like a 3-D videogame, allowing you to specify sizes and themes for the garden’s design.

8. FINALLY, since free advice is either useless or invaluable, here’s a wonderful site to tuck into your gardener’s diary! The Lady Bird Johnson Wildflower Center (wildflower.org/plants). The site is maintained by the University of Texas at Austin. It provides a fascinating plant-finder that allows you to identify plants based on a wide variety of characteristics, including location, lifespan, bloom, leaf characteristics, average size, and more! Your fellow gardeners will be impressed with the extent of your knowledge.





Classic Style, Smart Design

By Lisa J. Gotto | Photography by VRX Media

This like-new, three-story colonial home offers a superior floorplan, best-quality finishes, and plenty of room for the family and extended family. Located in Chester within the community of Gibson's Grant, this home has an abundance of curb appeal, five bedrooms, and gorgeous outdoor living space.

Welcome home to a sunny and classically-styled front porch fashioned with red brick stairs and accents. A lovely front door of mahogany features six glass accent panels, side lights, and a transom creating a homey vintage vibe.

Just inside the foyer, guests will immediately notice the beauty of striking dark oak hardwood floors and a large entry flooded with natural light and the view ahead to an architecturally-stunning staircase. Refined elements of crown molding and other wood trim work throughout the home upscale the residence in a warm and inviting manner.

To the left of the entry there's a large, sunny formal living room with a large bay window. This room flows into a large home office study with gorgeous built-ins and another big bay window. Across the entry from the living room is a formal dining room; again, the



Primary Structure Built: 2010
Sold For: \$810,000
Original List Price: \$815,000
Bedrooms: 5
Baths: 4 Full, 1 Half
Living Space: 3,475 Sq. Ft.
Lot Size: .14 acres



light in this room is fantastic with one bay window and two large front-facing windows. One can access the gourmet kitchen via this room or the center hall.



Those who love to entertain will adore this smartly-designed space with tons of granite-topped counter prep space, all-white custom cabinetry, and glass-front accent cabinetry. There's a gas range for the chef in the family, as well as a complete stainless-steel appliance package. This room flows effortlessly into a sunny, eat-in breakfast area, as well as the home's oh-so-comfy family room with its rustic stacked stone fireplace and access to the home's beautiful and huge paver patio. This area features plenty of room for gracious outdoor gatherings with a separate grilling and dining area, and attractive fencing and stone feature wall.



There are four bedrooms on the second level of the home including a spacious owner suite with *en suite* bath that includes a large, dual vanity, glass shower, and relaxing garden tub. There are three additional, large bedrooms on this floor; one with an *en suite* bath, and an additional bath shared by the other two bedrooms. A large, fifth bedroom is located on the upper floor, along with a bath and a spacious bonus/sitting room.

Along with this attractive residence comes all the benefits of the community of Gibson's Grant, including a convenient club house, swimming pool, pier, children's playground, and pavilion.

Listing Agent: Carol Tinnen; RE/MAX Leading Edge; 2049 West Street, Annapolis ; m. 410-808-1838; o. 410-224-3200; ctin-nin2003@yahoo.com; annapolishomesforsale.com **Buyers' Agent:** Lori Hill; Coldwell Banker Realty; 3 Church Circle, Annapolis; m. 410-218-0048; o. 410-263-8686; lori@lorihillrealty.com; lorihillrealty.com

Upscaled, Upgraded Victorian

By Lisa J. Gotto

Vibes of the Victorian era abound in this registered historic charmer in the picturesque town of St. Michaels. This meticulously maintained and wonderfully updated home beckons one to sit a spell on its precious front porch with privacy trellis laced with roses. It has been adored with paint colors characteristic of the era and is framed with a quaint, spindle railing.

Just inside the front door you enter the formal living room with its wood-burning fireplace with period mantel and andirons. The home's original built-ins grace either side, and a series of lovely large windows frame the space, and are treated with charming shutters for the full Victorian affect.

This room flows into an open-plan dining area with another large window and a gorgeous carved entry door that leads into the lovely kitchen with all-white cabinetry, stainless-steel appliances, and granite countertops. This is where the home really opens, as the cheery kitchen passes through to a large great room addition, which is flooded with the light of two stories of large windows and French doors that lead to the dwelling's sunny, screened-in porch. From there, the space flows to a brick patio area and enchanting backyard garden. This room is perfect for entertaining with its architecturally vaulted ceiling and its sightlines to a second-floor loft that extends from the home's second bedroom through another set of French doors. Currently





Primary Structure Built: 1880
Sold For: \$815,000
Original List Price: \$719,000
Bedrooms: 2
Baths: 2
Living Space: 2,024 Sq. Ft.
Lot Size: .08 acres

a creative space for a good game of backgammon, this could be the home office of someone's dreams. This secondary bedroom is large but charming with exposed beams overhead, and enough space for two queen beds, if needed.

A gorgeous, period staircase will convey the new homeowners to their exceptional primary suite with its own series of exposed beams, three large windows with that charming shutter treatment, a separate dressing and seating area, and walk-in closet. The upstairs bath comes complete with an authentic claw-foot tub and cozy wainscoted walls.

Back outside, a short stroll down the garden path leads you to a lovely, large out building with charming farmhouse exterior details that is currently used as a storage facility, but can become practically anything the homeowners may want to create (office and extended living space, perhaps).

This sweet property is truly a charming and authentic walk back in time and yet it is a short distance from present-day downtown St. Michaels and all this historic Eastern Shore town has to offer.

Listing Agent: Leslie Stevenson; Long & Foster Real Estate; 109 S. Talbot St., St. Michaels; m. 410-253-7293; o. 410-745-0283; leslie.stevenson@longandfoster.com; longandfoster.com **Buyers' Agent:** Charlotte Savoy; Keller Williams Real Estate; 3290 N. Ridge Rd., Ellicott City; m. 443-858-2723; o. 443-300-3238; charlotte@thesavoyteam.com; thesavoyteam.com



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A Floor-to-Ceiling Stunner

By Lisa J. Gotto

A private paradise awaits the new homeowners of this nearly 3,000-square-foot coastal residence in Tilghman. Nestled on a point of land facing Harris Creek and surrounded by mature trees, this home is uniquely situated for privacy, but close to life's most prized amenities.

"The sellers of this property are just beautiful people; just as beautiful as the home I sold," said Listing Agent, Cheri Bruce-Phipps of TTR | Sotheby's International Realty.

That beautiful home starts with its contemporary entry into the expansive great room and its stunning wall of windows and access to the spacious paver patio via a series of French doors. From here it's just water, water, water, as far as the eye can see.



Listing Agent: Cheri Bruce-Phipps; TTR | Sotheby's International Realty; 17 Goldsborough Street, Easton; m. 443-994-2164; o. 410-673-3344; cbrucephippstttr.com; ttrsir.com **Buyers' Agent:** Ginny Daus; Coldwell Banker Waterman Realty; 109 Country Day Road, Chester; m. 301-651-4818; o. 410-643-5005; virginia.dausescoldwellbankerrealstate.com; coldwellbankerrealstate.com

Primary Structure Built: 2003
Sold For: \$1,270,000
Original List Price: \$1,250,000
Bedrooms: 4
Baths: 3 Full, 1 Half
Living Space: 2,796 Sq. Ft.
Lot Size: .58

Inside, the space is warmed with gorgeous, honey-toned hardwoods throughout. An awesome area for entertaining is highlighted with a sleek, electric fireplace, a Frame TV, and accompanying Sonos speaker system.

An adjacent dining area is highlighted by an eye-catching, first-to-second-floor, brick fireplace wall. This space flows into the home's gorgeous, all-white kitchen with sea-blue glass tile backsplash. A subtle nautical theme prevails with all-white stone countertops and a center prep island with sink and breakfast seating for three. This kitchen stays clutter-free with the help of a handy pantry to house appliances, provide tons of cold wine storage, and laundry facilities.



The main floor is also the location of a spacious den with water views, wood floors, fireplace, and an additional Frame TV. The owner's suite is conveniently located on this level and offers tranquil water views along with its spacious bath with dual vanity and walk-in wardrobe.



Three additional spacious bedrooms and two baths are located on the home's upper level, as is an open loft area that has plenty of space to be the new homeowners' home gym or serve as their work-from-home space.

The property's superb location in the community of Tilghman-on-Chesapeake also provides prized amenities, such as a club house, marina and marina club, a dedicated party space, picnic area, pool, and the community's pier and dock.

Health & Beauty

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Fresh Take

PEARS

By Dylan Roche

When the poet Homer described pears in his epic poem *The Odyssey*, he called them “gifts from the gods.” In the millennia since, humankind’s love of this fruit hasn’t wavered. These crisp, crunchy, juicy fruits were, actually, cultivated into more than 3,000 varieties by the ancient Greeks and Romans, who took them beyond southeastern Europe and spread them across the continent.

Today in America, most pears are grown in Washington, Oregon, and California. But because pear trees require so much water to thrive, they became prominent with the development of modern irrigation systems in the latter half of the 20th century. Primarily harvested in the fall and winter, they have a sweet juiciness that works well when paired with contrasting flavors and textures like cheese, nuts, and greens, making them a nice addition to wintertime entertaining menus.

You’ll get a nice health boost when you eat pears, mainly from their abundance fiber content—nearly 6 grams each, more than you would get from a 1-cup serving of leafy greens. Not only does fiber improve your digestion but also it improves your blood sugar and lowers your cholesterol. Pears are high in potassium, which is important for fluid balance and offsetting the intake of excess sodium. Pears provide more than 10 percent of your daily needed vitamin C, a powerful antioxidant that fights disease, repairs cells, and supports immunity.

HERE’S WHAT YOU CAN EXPECT WHEN YOU BITE INTO DIFFERENT TYPES OF PEARS:

ANJOU: This variety, along with Barlett, is what you think of when you think of a pear. It’s green in color with a sweet, juicy taste and slight citrus flavor. **BARLETT:** They’re slightly juicier and more aromatic than Anjou pears.

BOSC: These pears are longer with a warm brownish color to them. They have a crisp texture and a slight woody flavor with hints of honey. **COMICE:**

While Bosc pears are longer, Comice pears are shorter and rounder. They have an especially sweet taste with a slight buttery flavor. **CONCORDE:** These pears are longer in shape like Bosc, but with the distinctive green color of Anjou and Barlett pears. They’re especially crunchy, and you’ll detect notes of vanilla in their taste. **FORELLE:**

These pears are distinctive for being smaller with a crisp texture and tangy taste. **SECKEL:** This variety is even smaller than Forelles—able to be eaten in just a few bites. They’re very crunchy and sweet.



However, it’s important to note that even though pears provide health benefits for most people, anyone with digestive issues should be careful about introducing pears into their diet. Because pears are high in fermentable oligo-, di-, monosaccharides, and polyols (commonly abbreviated as FODMAPS), they can trigger symptoms in people with irritable bowel syndrome and Crohn’s disease.

You’d have a tough time accounting for the thousands of pear varieties cultivated by the Romans and Greeks in ancient times. But there are still many pears you’ll find at the grocery store or farmers’ market. All pears will have the same nutritional profile, although they’ll have different taste and textures.

You might notice that the pears you find at the grocery store aren’t fully ripe. This is because pears don’t ripen when they’re on the tree and must come to ripeness in the days or weeks after they’re picked. With this in mind, don’t focus on finding ripe pears. Instead, look for pears that have a vibrant color and are free from blemishes on their skin. Keep the pears at room temperature until they are soft to the touch, indicating they are ripe. To prevent overripening, keep them in the fridge once they’ve reached a desirable softness.

Pear Bread with Gorgonzola & Walnuts

INGREDIENTS

3 medium-sized pears
1/4 cup lemon juice
1/2 cup crumbled gorgonzola
1 cup ricotta
1 cup walnuts, chopped
2 cups whole-grain wheat flour
15 grams active-rising yeast (1 packet)
1 tablespoon honey
1 tablespoon brown sugar
3/4 cup milk
3 egg yolks
1 teaspoon salt
1 tablespoon olive oil

Core and peel the pears, then chop into quarter-inch cubes. Toss with lemon juice. In a large bowl, combine yeast, honey, and sugar. Stir in milk, eggs, and salt. Slowly add in the flour until it forms a firm dough. Roll into a ball. Coat a bowl

with olive oil and place ball of dough inside. Cover with a dish towel and allow to rise for 30 minutes. Combine gorgonzola, ricotta, and walnuts in a small bowl. When the dough is finished rising, transfer to a floured surface, and divide into four parts. Roll each part out to quarter-inch thickness. Spread the cheese mixture on each piece of rolled dough and top with chopped pears. Roll the dough up with the cheese and pears inside, then transfer to a greased baking dish, stacking the rolls one by one. Preheat the oven to 350F and allow the dough to continue rising for another 30 minutes. Bake for approximately 40 minutes. Serve warm.



FOR MORE UNIQUE RECIPES WITH PEARS, VISIT WHATSUPMAG.COM.

Shrink Those Pores

By Dylan Roche

Let's start with the message that many people need to hear: There's nothing wrong with having pores. Even big ones. Pores are natural—and they serve an important purpose. These little holes in your skin are like little vents from which sweat and oil can escape. They're also where your hair follicles grow. It's thanks to pores that you're able to keep cool and your skin can stay strong and supple. On some complexions, pores can sometimes become large and noticeable.

If this makes you feel self-conscious, there are easy DIY methods you can undertake in your own bathroom at home to make your pores less prominent:

- Start by keeping your skin clean. Wash your face twice a day—once in the morning, and once in the evening. Avoid washing your face more frequently, as this can irritate your skin and cause greater oil production, thus making your pores even bigger.
- When choosing skin products, including face wash and makeup, look for those that are recommended by the American Academy of Dermatology. Avoid alcohol- and oil-based cleansers, and instead choose cleansers that are water-based.
- Exfoliate at least once a week. This process removes dead skin cells and other debris that build up on your skin and block skin cleansers and moisturizers from penetrating. Although exfoli-



ating scrubs are available on the market, you can make an easy all-natural exfoliating scrub with plain table sugar. Mix 1 tablespoon of sugar with 1 tablespoon of water and 1 tablespoon of lemon juice. Apply to your face and gently massage in a circular motion. Rinse thoroughly.

- If your pores are large and dark, it could be that your skin is producing too much of an oily substance called sebum, which, in moderate amounts, keeps your skin moisturized. Apply a clay mask once a week to dry out the excess sebum. The mask will also give your skin a deep-down cleanse because impurities stick to the clay and will be drawn out when it's rinsed off.
- Cold temperatures are good for tightening your skin and closing your pores. After completing your cleansing and moisturizing routine, apply an ice cube and rub it gently over your face. As a bonus, ice will increase the circulation to your skin, giving you a more vivacious appearance.

If these DIY methods are not sufficient, you could seek professional help. A chemical peel with hyaluronic acid could prevent your skin from overproducing sebum. Additionally, laser surgery is available to reduce the size of your pores. Consult with a dermatologist to determine which course of treatment is the best option for you.

Fitness Tips

DYNAMIC STRETCHING VS. STATIC STRETCHING

By Dylan Roche

It's time for a workout! But before you go through your routine with full force, you're going to do some stretching to start. The only question is what kind of stretching are you doing? Static stretching, or dynamic stretching?

For many years, what's described today as static stretching was the go-to move for exercisers who wanted limber muscles. But now researchers are saying that dynamic stretching is more beneficial, at least before a workout. That's not to suggest static stretching doesn't have its place in your workout—it's an ideal cooldown activity.

As their names imply, static stretching is stationary, whereas dynamic stretching involves movement.

Static stretching requires holding a position for a designated period of time, usually about 30 seconds to 1 minute. You might be standing, sitting, or lying down while doing it, but the important aspect is that you're moving a muscle as far as it can go without experiencing pain.

This is great for increasing flexibility (and flexibility is a key part of avoiding injuries during physical activity), but research shows that doing it before a workout could hinder your performance by leaving you feeling relaxed and thus not as strong and as powerful as you normally could be.

Instead, fitness experts point to **dynamic stretching**, which involves controlled movements you can go through that will loosen up your muscles and ligaments. These movements will take your joints through their full range of motion and decrease muscle stiffness, so you're able to be faster and more agile during the main part of your workout. You can then save your static stretches for the end of your workout when you're relaxing from the activity and trying to prevent your muscles from tightening up.

Need some ideas for the best static and dynamic moves you can do? Here are three of each you can try:

DYNAMIC STRETCH - LUNGE:

Start with your feet shoulder width apart and your arms down by your sides. Brace your core to keep your back from arching as you step forward, lowering your back knee close to the floor while bending your front leg at a right angle. Bring your back knee as close to the floor as possible without touching the floor. Push yourself back up to a standing position and lunge forward using your opposite leg. You should feel this stretch in your glutes and hamstrings.

DYNAMIC STRETCH - LEG

SWING: Stand with legs shoulder width apart. Keeping your leg straight, raise one foot about an inch off the ground in front of you. Using a slow, steady, controlled motion, swing your leg from side to side in front of you. Brace your core to stop yourself from arching your back. Swing your leg from side to side behind you. Repeat this move five times in front and five times in the back. Return your leg to your standing position and perform the stretch with your other leg. You should feel this stretch in your hip flexors.

DYNAMIC STRETCH - TWISTS:

Stand with feet shoulder width apart and your arms out in front of you. Twist your torso to your left, keeping your feet and legs steady. You should be looking straight ahead to your left at the end of the move.



Twist back around and do the same move to your right. Repeat 15-20 times.

STATIC STRETCH - QUADS: Lift one foot behind you, bending at the knee, and reach back with your corresponding hand.

Grip your ankle and hold this pose for 30 seconds to one minute. You should feel this stretch in your quadriceps.

STATIC STRETCH - HAMSTRING:

Place one foot on a bench or stair about 2-3 feet off the ground. Keep your leg straight and your core braced as you lean forward and reach with your arms as low as you can. Hold for 30 seconds to one minute. You should feel this stretch in your hamstrings.

STATIC STRETCH - SHOULDERS:

Reach one arm horizontally across your chest. Keeping that arm straight, bend your other arm up and use it to pull your stretched arm as close to your chest as possible. Hold for 30 seconds to one minute. You should feel this stretch in your shoulders.

What is Shadow Work?

By Dylan Roche

If you've ever imagined that you have an evil twin or a "dark side" to you...well, you actually might be onto something. It's not necessarily a Dr. Jekyll and Mr. Hyde kind of thing, but from a mental health perspective, you do have what's commonly known as your "shadow," a part of your psyche that you subconsciously reject.

But is rejecting this part of yourself really the best practice? Mental health experts say it isn't—which explains why shadow work is becoming increasingly popular, teaching people how to explore the worse parts of their psyche so they can work toward self-improvement.

We All Have a Shadow

The idea of our mental shadow goes back to renowned psychologist Carl Jung, who talked about the idea that everyone had an "inner shadow" and "shadow self." This dark emotional part of your psyche is often the result of negative experiences that have made you work against yourself. For example, maybe as a child, you were scolded for needing extra attention. This caused you to internalize a sense of shame around being dependent, so you have subconsciously trained yourself to be hyper-independent. Similarly, if you're forthright but perceived too often as bossy, it might give you a complex where you dislike that aspect of yourself.

A shadow is often the result of much negative self-talk. It can lead to feelings of anxiety and depression, and it can often be a hindrance in personal and professional relationships.

Why Acknowledge Your Shadow?

The good news is that acknowledging your shadow and seeking to understand it can help make you a stronger person, mentally and emotionally. This is part of your psyche and continuing to suppress it could make your problem even worse, particularly if you start projecting your dislike of this quality onto others.

Think back to the example of your shadow as your dislike of dependence. When you see somebody has a need for support or affirmation, it can make you angry or resentful. By addressing the reason, you dislike these qualities, you can develop not only a better sense of self but also more empathetic feelings toward others.

Shadow Work

There are plenty of reasons to do shadow work. You'll gain more confidence, improve your self-esteem, and enjoy more mental clarity. It will also make you more compassionate and better equipped to relate to people. All these mental, emotional, and social benefits will likely improve your physical health as well.

Some people tackle shadow work with the help of a licensed therapist who can help them explore these parts of their psyche. But if you're not ready for professional assistance, or you just want to take some small steps on your own, there are exercises you can try:

- Start by thinking of somebody who annoys or upsets you. Ask yourself what you don't like about that person. Get specific. Now ask yourself whether you perceive yourself as having any of those traits, or how you would feel about yourself if you did have those traits. This exercise might be difficult the first time you try it, but your sense of self-awareness will improve with time.
- Draw an extensive family tree, including everyone from your family that you would describe yourself as having a personal relationship with. Include parents, grandparents, aunts, uncles, and cousins. List one positive quality and one negative quality about each person in your family. Ask yourself whether those traits, both positive and negative, exist in you. If those traits do exist, how do you feel about them when you know it's you who has them?
- When you are feeling negative emotions, such as fear or anger, pay attention to what triggered you. Write it down as a simple cause and effect: For example, somebody made a rude comment about your appearance, and it made you sad. Keep a list of causes and effects every time you are feeling negative emotions, and watch for patterns from day to day or from week to week. Pay attention to what negative emotions you deal with most frequently, and what is likely to trigger those emotions.



Cheers to Good Health!

CHOOSING SMARTER OPTIONS AT THE BAR

By Dylan Roche

New year, new you, right? And that means making healthy choices wherever you go—even if you're somewhere you normally wouldn't be making the healthiest of choices, such as the bar. Health experts emphasize that drinking can be part of a healthy lifestyle if it's done in moderation.

Moderation, of course, being the keyword. That means no more than one drink per day for women and no more than two drinks per day for men. While your drink of choice—whether you prefer wine, beer, or liquor—may offer some marginal health benefits, those are offset by health risks when consumed in excess. In the short term, excess drinking leads to dangers like impaired judgment and coordination, while long-term heavy drinking causes health problems like cirrhosis, high blood pressure, malnutrition, and even cancer.

However, the healthiest option of all is likely to be abstaining. And more businesses are recognizing the interest in alcohol-free outings by designing options for people who aren't drinking. In recent years, sober bars (that is, bars that don't serve alcohol) have become popular, providing the social atmosphere you would get from a bar along with an extensive drink menu of specialty choices designed to be enjoyed without alcohol.

Even if you can't find a sober bar near you, or if you're going out with friends who want to drink, ask the bartender what kind of mocktail they can make. The bartender might surprise you with something great! And if not, a club soda with lemon is an easy option—nobody even needs to know it's alcohol-free if you don't want to tell them.

But if you're safely sticking to just one drink, here's what you can order at the bar and still feel as if you're making a healthy choice:



RED WINE: You've probably heard before that red wine is a good source of antioxidants. This is true, but don't get excited too fast—no doctors are recommending that you take up drinking wine to get the antioxidants. You're better off just eating grapes, the skin of which contains the antioxidant known as resveratrol, which can help maintain healthy blood pressure and prevent type 2 diabetes, heart disease, and cancer. When these grapes are crushed and fermented, the resulting wine has this resveratrol, too. Wine also contains polyphenols, which support the growth of beneficial gut bacteria and improve your digestive health. *(Avoid: White wine if you're expecting to get antioxidants. Because white wine is fermented from just the grapes without their skin and stems, it doesn't contain any plant compounds like the resveratrol found in red wine.)*



LIGHT BEER: Like wine, beer contains antioxidants, specifically in the form of flavonoids that come from the barley and hops used to make it. Beer also contains trace amounts of some nutrients, including vitamin B, iron, and calcium. Light beers tend to be lower in calories—sometimes less than 100 calories per drink. *(Avoid: Craft beers, even if you like the adventurousness of trying new flavors. Craft beers often contain a much higher alcohol content compared with other beers, so it's difficult to drink in moderation. One craft beer could have the alcohol equivalent of three or four light beers, and it might contain somewhere between 300 and 500 calories, too.)*



A SIMPLE VODKA COCKTAIL: Cocktail drinker? Try to keep it simple. The more ingredients added to a cocktail, the harder it is to taste the alcohol (and thus the harder it is to moderate your consumption). The sugar and calories can also add up. But vodka, the lowest in calories of all the liquors, has been shown to temper blood sugar levels and even improve sleep quality and improve oral health. A cosmopolitan, which is made simply from vodka, lime juice, and a splash of cranberry, will set you back only about 100 calories per drink. *(Avoid: Any cocktails from pre-made mixers, which frequently contain large amounts of sugar—margaritas, daquiris, and other ultra-sweetened fruity drinks are the worst offenders.)*

Dining

92 SAVOR THE CHESAPEAKE | 94 RESTAURANT GUIDE

Dessert selection
at **Bistro St.
Michaels**



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Savor the Chesapeake

Restaurant news and culinary trends throughout the Chesapeake Bay region

By Megan Kotelchuck

The season of love is here, well at least the month of love. Halfway through February we celebrate and spoil the people we love, whether that is our significant others, children, parents, siblings, or friends. Show them how much you love them by taking them to some of the new restaurants and microbreweries in our area!

On the Dining Scene...

The Eastern Shore is well known for its local microbreweries, and now your options are growing. Many new brewing companies are opening on the Eastern Shore for you to check out including:

Cypress Roots Brewing Co. in Pocomoke City - This is the first brewery in Pocomoke City and is opening in 2023.

The Other One Brewing Co. in Ocean City - The Other One announced a summer 2022 opening, which was pushed back to winter 2022. We can't wait to try it out soon!

O.C. Beer Works in Berlin - Plan to enjoy your St. Patrick's Day 2024 at O.C. Beer Works' grand opening in West Ocean City.

Across the bridge in Annapolis, there's a new live music venue to enjoy, **Vibe**. Vibe opened this past November in the Annapolis Town Center where Union Jacks used to reside. It features two bars and a menu with sharable appetizers, tacos, flatbreads, and sliders. Vibe was founded by Fivestar Restaurant Development & Consulting who also own several Italian restaurants throughout the state. There will be live band performances at 7 p.m. every Thursday through Saturday, and Latin Night on Sundays. Find a full menu and list of shows at vibeannapolis.com.

We always want to bring our furry friends everywhere we go, and now we can add one more place to the list of where we can take them. **Bark Social** is opening a new location in Downtown Columbia. This bar and dog park will move into a 5,000 square-foot location across the street from Merriweather Post Pavilion. Bark Social is a 'clean, monitored, and gated dog park that serves coffee and breakfast items in the morning and beer, wine, and other alcoholic and non-alcoholic beverages and lunch items in the afternoon and evening. They also have doggy ice cream, pupsicles, and more. Check out Bark Social's other locations in Bethesda and Canton.

Looking for a new fast-casual restaurant? **Honeygrow** is opening a dozen new locations in Maryland in 2023. Honeygrow offers stir-fry, salads, and more made with high quality ingredients. The first location to open will be in early 2023 in Hanover, followed by Owings Mills, Columbia, Annapolis, and Timonium. Keep an eye out for when these new locations will open.

Shipley Do-Nuts is opening their first Maryland location in Odenton. The business will be located at 1099 Annapolis Road and will serve more than 60 flavors of breakfast pastries made fresh daily. The bakery will include classic donuts as well as new creations like the “white iced with coconut.” Renovations are underway with plans to open soon.



A Reminder...

The holidays are over, but it is always the season of giving. As we have all noticed, prices of everything have gone up, including food. Because of this, local food banks were not receiving the same level of donations they normally do during this holiday season. For example, this past Thanksgiving, **Anne Arundel County Food Bank** requested 4,000 frozen turkeys or chicken items, but only received 2,000. We know times are hard for everyone, but remember your local food banks this spring too, including the **Maryland Food Bank-Eastern Shore Branch**.

Drink Up...

Plan a date night at home with some of these sweet and romantic martinis. Play some music, enjoy a nice, home cooked dinner, and enjoy a drink this Valentine's Day!



Queen of Hearts

INGREDIENTS

1.5 oz. gin
3/4 oz. hibiscus syrup
3/4 oz. lemon juice
2 oz. sparkling wine
Optional: edible flower

INSTRUCTIONS

Shake gin, hibiscus syrup, and lemon juice. Pour into a wine glass and top with sparkling wine.

Photo and recipe courtesy of gayot.com

Raspberry Chocolate Martini

INGREDIENTS

1.5 oz. raspberry liqueur
1.5 oz. RumChata
1 oz. heavy cream
Dark chocolate shavings
Fresh raspberries

INSTRUCTIONS

Combine all ingredients except the chocolate and raspberries into a shaker with ice. Shake well and strain into a martini glass. Sprinkle dark chocolate shavings and add raspberries to garnish.



Photo and recipe courtesy of crateandbabble.com

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

Romantic Dining

The most famous date night is coming up: February 14th. Grab that bunch of roses and make a reservation early to get dinner at one of your favorite date night restaurants this Valentine's Day. To help narrow down the choice, we have culled some of the area's reputable romantic dining experiences, plus the What's Up? Media family of restaurants, "Our Favorites."

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

📞 Reservations

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Queen Anne's County

Amalfi Coast Italian & Wine Bar

401 Love Point Road, Stevensville; 443-249-3426; amalficoastki.com \$\$\$, 📞 🍷 ☀️

Bridges Restaurant

321 Wells Cove Road, Grasonville; 410-827-0282; bridgesrestaurant.com \$\$\$, 📞 🍷 🌊 ☀️

Dock House Restaurant

110 Piney Narrows Road, Chester; 443-446-4477; dockhouserestaurant.com \$\$\$, 🍷 🌊 ☀️

The Narrows Restaurant

3023 Kent Narrows Way, Grasonville; 410-827-8113; thenarrowsrestaurant.com \$\$\$, 📞 🍷 🌊 ☀️

Talbot County

Bas Rouge

19 Federal Street, Easton; 410-822-1637; basrougeeaston.com \$\$\$, 📞 🍷

Bistro St. Michaels

403 South Talbot Street, St Michaels; 410-745-9111; bistrostmichaels.com \$\$\$, 📞 🍷

Limoncello Italian Restaurant & Wine Bar

200 South Talbot Street, St Michaels; 410-745-3111; limoncellostmichaels.com \$\$\$, 📞 🍷

Osteria Alfredo

210 Marlboro Street, Easton; 410-822-9088; osteriaalfredo.com \$\$\$, 📞 🍷

Scossa Restaurant and Lounge

8 North Washington Street, Easton; 410-822-2202; scossarestaurant.com \$\$\$, 📞 🍷 ☀️

Theo's Steak, Sides, and Spirits

407 South Talbot Street, St Michaels; 410-745-2106; theosteakhouse.com \$\$\$, 📞 🍷 ☀️

Kent County

Blue Heron Oyster House and Inn

20658 Wilkins Avenue, Rock Hall; 410-639-4374; blueheronoysterhouseandinn.com \$\$\$, 🍷 ☀️

The Kitchen at the Imperial

208 High Street, Chestertown; 410-778-5000; imperialchestertown.com \$\$\$, 🍷 ☀️

Osprey Point

20786 Rock Hall Ave, Rock Hall; 410-639-2194; ospreypoint.com \$\$\$, 📞 🍷 🌊 ☀️

Dorchester County

Suicide Bridge Restaurant

6304 Suicide Bridge Road, Hurlock; 410-943-4689; suicide-bridge-restaurant.com \$\$\$, 🍷 🍷 🌊 ☀️

Downtown Annapolis

Dry 85

193B Main Street, Annapolis; 443-214-5171; Dry85.com \$\$\$, 🍷

Flamant

17 Annapolis Street, Annapolis; 410-267-0274; flamantmd.com \$\$\$, 📞 🍷

Harry Brownes

66 State Circle, Annapolis; 410-263-4332; harrybrownes.com \$\$\$, 🍷

Latitude 38

12 Dock Street, Annapolis; 667-204-2282; latitude-38waterfront.com \$\$\$, 📞 🌊 ☀️

Osteria 177

177 Main Street, Annapolis; 410-267-7700; osteria177.com \$\$\$, 📞 🍷 ☀️

Preserve

164 Main Street, Annapolis; 443-598-6920; preserve-eats.com \$\$\$, 🍷 🍷 ☀️

Red Red Wine Bar

189B Main Street, Annapolis; 410-990-1144; redredwine.com \$\$\$, 🍷

Greater Annapolis

Upper Annapolis

Level, A Small Plates Lounge

69 West Street, Annapolis; 410-268-0003; levelannapolis.com \$\$\$, 📞 🍷

Luna Blu Ristorante Italiano

36 West Street, Annapolis; 410-267-9950; lunablufannapolis.com \$\$\$, 📞 🍷 🍷

Metropolitan Kitchen and Lounge

169 West Street, Annapolis; 410-280-5160; metropolitanannapolis.com \$\$\$, 📞 🍷 ☀️

Tsunami

51 West Street, Annapolis; 410-990-9869; tsunamiannapolis.com \$\$\$, 🍷

Cooper's Hawk Winery and Restaurant

1906 Town Centre Blvd, Annapolis; 443-837-9989; chwinery.com \$\$\$, 📞 🍷 ☀️

OUR FAVORITES

Severn Inn

1993 Baltimore Annapolis Boulevard, Annapolis; 410-349-4000; severninn.com \$\$\$, 🍷 🍷 🌟

Smashing Grapes

177 Jennifer Road, Annapolis; 410-266-7474; smashinggrapes.com \$\$\$, 🍷 🍷 🌟

Eastport

Blackwall Hitch

400 Sixth Street, Eastport; 410-263-3454; theblackwallhitch.com \$\$\$, 🍷 🍷 🌟

Chart House

300 2nd Street, Eastport; 410-268-7166; chart-house.com \$\$\$, 🍷 🍷 🍷 🌟

O'Leary's Seafood Restaurant

310 3rd Street, Eastport; 410-263-0884; olearysseafood.com \$\$\$, 🍷 🍷 🍷 🌟

Ruth's Chris Steak House

301 Severn Ave, Eastport; 410-990-0033; ruthschris.com \$\$\$, 🍷 🍷 🌟

Vin 909

909 Bay Ridge Ave, Eastport; 410-990-1846 \$\$\$, 🍷 🍷 🌟

Gambrills

Blackwall Barn and Lodge

329 Gambrills Road, Gambrills; 410-317-2276; barnandlodge.com \$\$\$, 🍷 🍷 🍷 🌟

Smashing Grapes

2383 Brandermill Boulevard, Gambrills; 410-451-7544; smashinggrapes.com \$\$\$, 🍷 🍷 🌟

Bella Italia

609 Taylor Ave, Annapolis; 410-216-6072; bellaitaliamd.com \$, 🍷 🍷

Boatyard Bar & Grill

400 Fourth Street, Eastport; 410-216-6206; Boatyardbarandgrill.com \$\$\$, 🍷 🍷 🍷 🌟

Carpaccio Tuscan Kitchen & Wine Bar

1 Park Place Suite 10, Annapolis; 410-268-6569; carpacciotuscankitchen.com \$\$\$, 🍷 🍷 🍷 🌟

Carrol's Creek Café

410 Severn Avenue, Eastport; 410-263-8102; carrolscreek.com \$\$\$, 🍷 🍷 🍷 🌟

Harvest Thyme Tavern

1251 West Central Ave, Davidsonville; 443-203-6846; harvestthymetavern.com \$\$\$, 🍷 🍷

Hunan L'Rose

1131 Annapolis Road, Odenton; 410-672-2928 \$, 🍷 🍷

Knoxie's Table

180 Pier One Road, Stevensville; 443-249-5777; baybeachclub.com \$\$\$, 🍷 🍷 🍷 🌟

Galliano Italian Restaurant

2630 Chapel Lake Drive; 410-721-5522; Gallianoitalianrestaurant.com \$\$\$, 🍷 🍷 🌟

Libbey's Coastal Kitchen and Bar

357 Pier One Road, Stevensville; 410-604-0999; libbey-scoastalkitchen.com \$\$\$, 🍷 🍷 🍷 🍷 🌟

Lewnes' Steakhouse

401 Fourth Street, Eastport; 410-263-1617; lewnessteakhouse.com \$\$\$, 🍷 🍷 🍷 🌟

Lime & Salt

8395 Piney Orchard Parkway, Odenton; 410-874-6277; Facebook \$\$\$, 🍷 🍷 🌟

Mamma Roma

8743 Piney Orchard Parkway, Odenton; 410-695-0247 \$, 🍷 🍷

Mi Lindo Cancun Grill

2134 Forest Drive, Annapolis; 410-571-0500; lindocancungrill.com \$\$\$, 🍷 🍷 🍷 🌟

Miss Shirley's Café

1 Park Place, Annapolis; 410-268-5171; Missshirleys.com \$\$\$, 🍷 🍷 🍷 🌟

Rodizio Grill

1079 Annapolis Mall Road, Annapolis; 410-849-4444; rodiziogrill.co

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Where's Wilma?

FIND WILMA AND WIN!

Love is in the air! And so is our famous, flying mascot Wilma. She's soaring and diving through the Chesapeake skyline, to and from her favorite romantic restaurants, beauty salons, jewelers, and lovely locations searching for the perfect Valentine's gift. Where will she land next?

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

Congratulations to **Linda B.** of Queenstown, who won a \$50 gift certificate to a local business.

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



Please Print Legibly

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

Name _____

Phone _____

Address _____

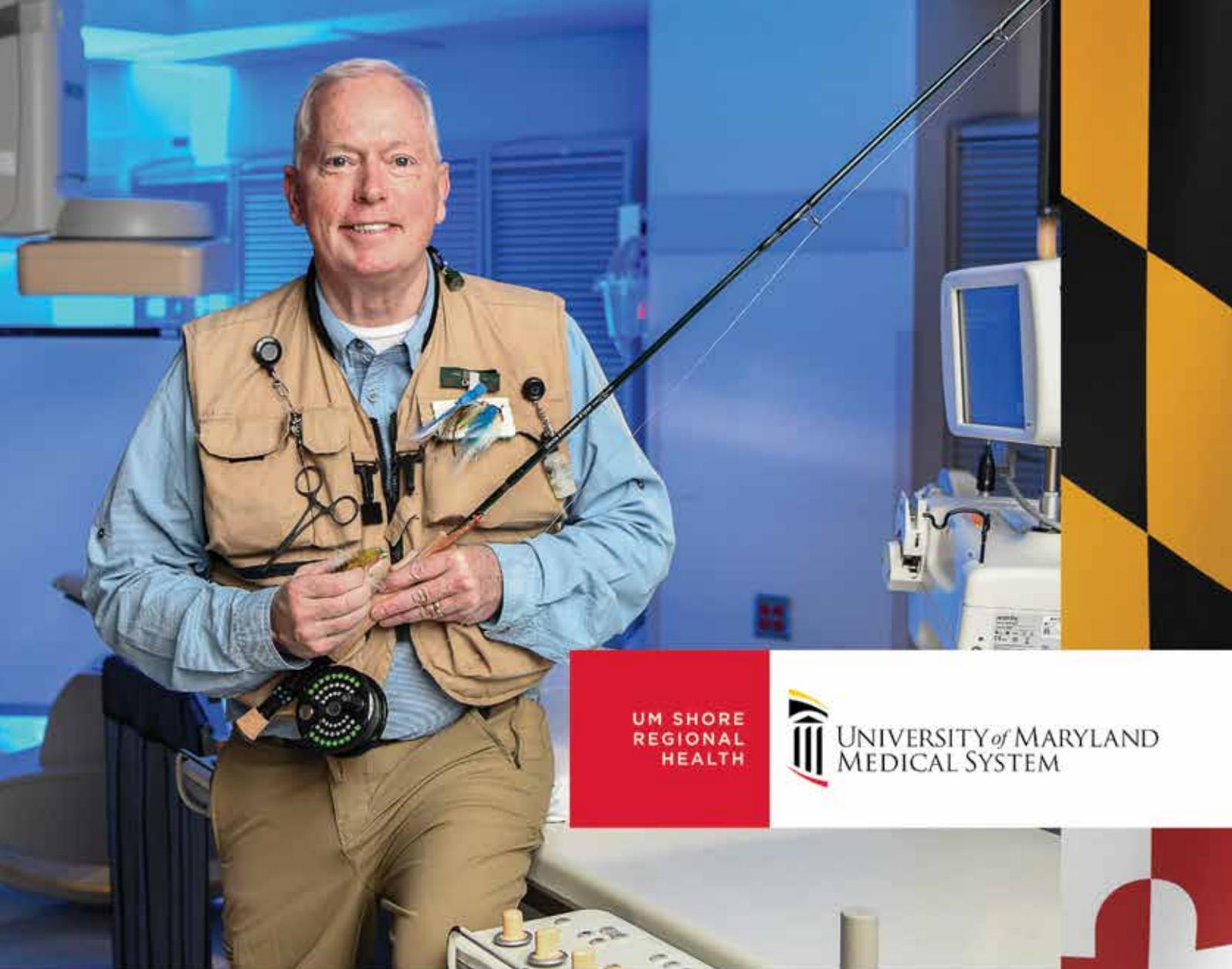
E-mail address _____

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

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

Entries must be received by February 28, 2023. 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.

Bella Rose Medical Aesthetics.....	GG
Chaney Homes—Tricia Wilson.....	70
Chesapeake Bay Beach Club.....	25
Chesapeake Crawl Space Solutions.....	74
Dee Dee McCracken—Coldwell Banker.....	9, 26
Djawdan Center for Implant and Restorative Dentistry.....	1
Dwelling and Design.....	43, GG
Easton Economic Development Corporation.....	2
For All Seasons, Inc.....	23
Gary Smith Builders.....	74
Haven Ministries.....	19
Jason's Computer Services.....	23
Joanna Dalton—Coldwell Banker.....	10
Kent Island Pediatric Dentistry.....	19
Londonderry On The Tred Avon.....	13
Long and Foster Real Estate—Cornelia Heckenbach & Rob Lacaze.....	82
Luminis Health AAMC.....	3
Lundberg Builders and 314 Design Studio.....	BC
Nancy Hammond Editions.....	57
O'Donnell Vein and Laser.....	IFC, GG
Paquin Design/Build.....	42
Plastic Surgery Specialists.....	15
Queen Annes County Tourism & Economic Development.....	20
Radcliffe Creek School.....	57
Sadona Salon + Spa.....	GG
Swan Cove Spa & Salon.....	GG
Tidewater Inn.....	7
TTR Sotheby's—Laura Carney.....	75
TTR Sotheby's Annapolis—Brad Kappel.....	5
University of Maryland Shore Regional Health.....	IBC
Wye Financial Partners/Wye Trust.....	LB&FP



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HEALTH

 UNIVERSITY of MARYLAND
MEDICAL SYSTEM

Tackling heart disease on the Eastern Shore.

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

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