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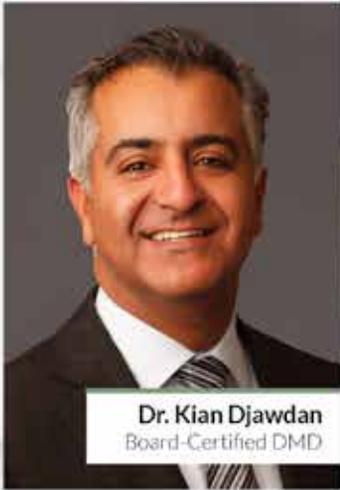
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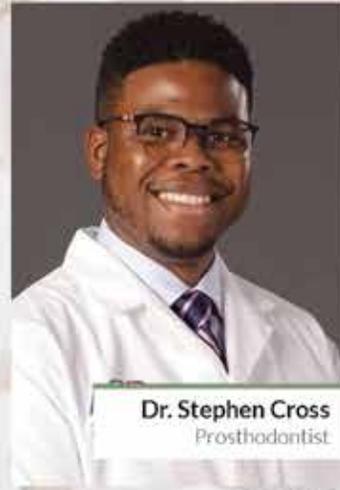
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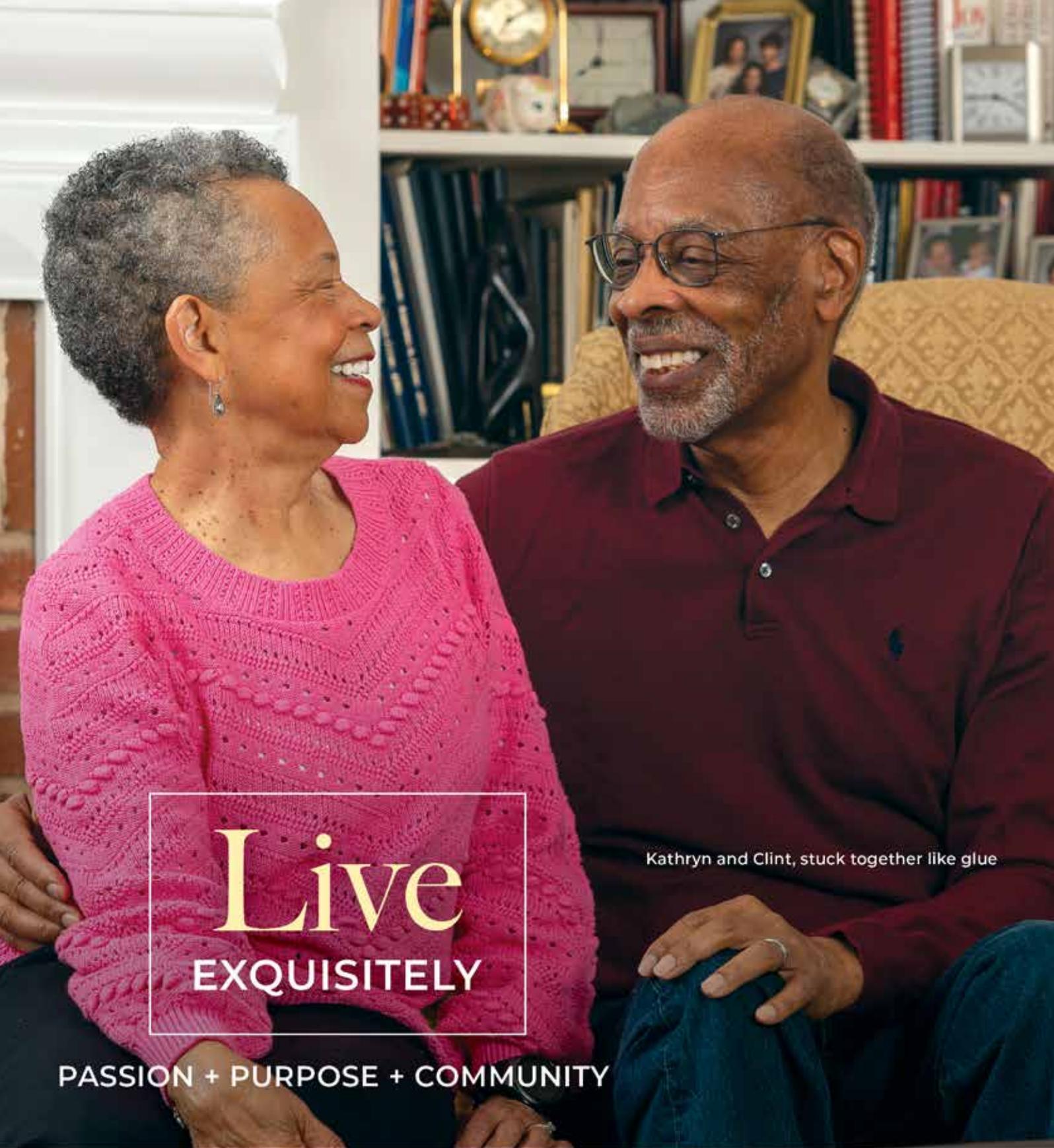
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On the Cover: Our Spring home issue! Design by August Schwartz and Lauren Ropel. Contact *What's Up? Eastern Shore* online at whatsupmag.com. Please recycle this magazine.

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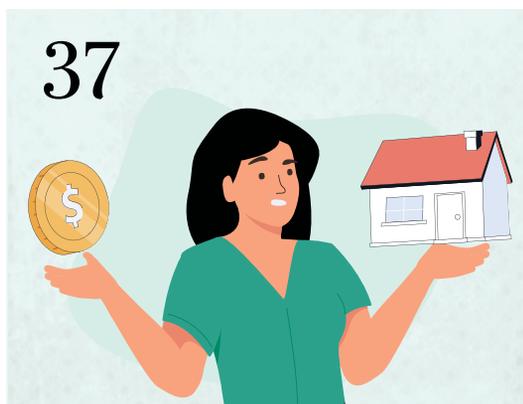
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eastern shore

Publisher & President

Veronica Tovey (x1102)

Editorial Director

James Houck (x1104)

COO & Director of Advertising

Ashley Lyons (x1115)

Entertainment Editor

Megan Kotelchuck (x1129)

Contributing Editors

Lisa J. Gatto, Dylan Roche

Contributing Writers

Janice Booth, Ellen Moyer,
Tom Worgo

Staff Photographer

Steve Buchanan

Contributing Photographers

Home Visit

Art Director

August Schwartz (x1119)

Graphic Designers

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

Web Content Specialist

Arden Haley (x1116)

Production Manager

Nicholas Gullotti (x1101)

Digital Production Assistant

Kelsey Sweetman

Senior Account Executive

Kathy Sauve (x1107)

Account Executives

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

Junior Account Executives

Riley Hoaglin, Jason Watkins

Finance Manager

Deneen Mercer (x1105)

Bookkeeper

Heather Teat (x1109)

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2023 TOP DOCS

The 2023 What's Up? Top Docs survey is here! A peer-survey project celebrating exemplary medical professionals in the Greater Chesapeake Bay Region. Your nominations of fellow doctors in more than 40 fields of practice will be tabulated and vetted. One survey per doctor may be completed. Voting will close at the end of April (4/30). Results will be published in our October issues.
whatsupmag.com/topdocs2023



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editor *From the*

Indoors played out similarly. We upgraded the flooring throughout, added a suite of new kitchen appliances, primed and painted the house room by room, new fixtures here, repaired windows there, and replaced vital organs when due (water heater, for example).

When time allows, your mind can drift with wondrous ambition, dreaming up home improvements. During the winter months, a lot of pondering and planning occurs in this regard. Come spring we're ready to tackle the projects. And these days, I find myself leaning more and more on professional help to get the job done.

In this issue, many home professionals introduce themselves and are ready to service your home, whether that's for a needed repair, major renovation, new look, or, perhaps, purchasing a dream home altogether! The annual Home Resource Guide, along with the special Leading Real Estate Professionals section, should help guide your decision making.

Of course, beyond home, there's a world to explore. Our world, the Chesapeake world. And with the equinox approaching, this world awakens. Our communities liven up. There's plenty of excellent events, beloved traditions, and seasonal activities to enjoy. There are smiles to share, singing in the air, and the birds and bees...well, you know.

In just a couple weeks, when I prep my backyard deck for yet another five-year stain, the original Leyland cypresses, that now tower 40-plus feet above it, will remind me of just how much I, too, have grown—along with family, friends, colleagues, and community—in this place I love to call home. Welcome to Spring, a season of growth and opportunity!

James Houck,
Editorial Director



Fifteen years ago, the Leyland cypresses in the backyard of my newly-purchased home rose a mere 6–7 feet from the sloping ground in which they had been planted. Other than these 10 evergreens, landscaping was nonexistent. The surrounding fence outlined the yard well enough and though it had a few weak spots, it kept our dogs bottled up. Bought in 2008, the property that my wife and I settled in was, and remains, modest—a no-frills home that's perfectly average. But over the years we've added to its character, outdoors and in, enjoying the process of making it uniquely our own.

I was like a painter with a blank canvas when surveying our lot all those years ago. I was only a few summers removed from being a landscaper myself, and my wheels started turning quickly about the untapped landscaping potential.

“A stone pathway here. Hydrangeas there...and there,” I thought. “Native grasses along a slope to keep erosion in check. We'll set a tool shed in the back, near the tulip poplar. Veggie gardens can go here. We'll shape new flower beds there. A butterfly tree in the corner. And the deck needs to be stained.”

This was just for starters. In the time since, we accomplished all of this and then some. Eventually the entire fence was replaced. Gardens expanded. And there are new plantings each spring.

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Winter Waterfowl Walk

On March 4th at 8 a.m., the final Winter Waterfowl Walk of the season at Eastern Neck National Wildlife Refuge in Rock Hall takes place. Walk the refuge to see seasonal flora and local wildlife. These specific walks are conducted in areas of Eastern Neck National Wildlife Refuge that are usually closed to the public, and guided by local refuge and birding experts. Find more information and register at kentcounty.com.



St. Patrick's Day in Easton

Celebrate Irish heritage during the St. Patrick's Day festivities and parade in Easton on March 17th. The parade begins at 5:30 p.m. and will feature over 40 floats, bands, classic cars, and local businesses. Be sure to stick around for the Annual Potato Races immediately following the parade in downtown Easton. Find more information at discovereaston.com.



↑ CELEBRATE SPRING AT PICKERING CREEK

There are plenty of signs in nature that say hello to Spring and Pickering Creek Audubon Center in Easton is a great place to see them. On March 11th, from 7 a.m. to 8:30 a.m. join Pickering Creek naturalists on a short walk into the wetlands for their Waterfowl Migration walk. Keep an eye out for ducks, swans, and geese before they are gone until the fall. Later in the month, on March 31st, Pickering Creek naturalists will search for signs of spring with a walk around the meadows and forest. They will be looking for the first fiddleheads of the season and march through a meadow of mayapples. Find more information and register for these events at pickeringcreek.org.

TIM KERN MEMORIAL CLAY SHOOT ↓

Starting at 9 a.m. on March 25th is the 17th annual Tim Kern Memorial Clay Shoot at Hopkins Hunting and Sporting Clays in Kennedyville. After the shooting, enjoy a party with food, 50/50 raffles, and more. All proceeds benefit Tim Kern Memorial Fund, which donates a scholarship every year to a local graduating high school student who has participated in sports and is furthering their education/career. For more information, visit facebook.com/timothykernmemorialfund.



Food Truck Night

On Friday, March 24th, from 5 to 7 p.m., the Queenstown Volunteer Fire Department Auxiliary is hosting its first ever food truck night. There will be various vendors and trucks available to choose from for dinner and desserts. You can take your food to go or enjoy it with others! The food trucks will be at Queenstown Town Square. Find more information at visitqueenannes.com.



↑ GET PUMPED FOR PETS

Get Pumped for Pets is hosting their 13th annual 5K, 10K, and 15K races along the Cross-Island Trail on Kent Island. The race will be on March 26th raising money for shelter animals on Maryland's Eastern Shore. The race will start in Terrapin Nature Park in Stevensville at 9 a.m. Find more information at getpumpedforpets.org.





↑ Women's History Month Speaker

The Oxford Community Center is hosting Muralist Bridget Cimino to speak for Women's History Month on March 30th at 5:30 p.m. Bridget was born and raised in the Baltimore studied fine art at The Maryland Institute College of Art. Since then, she has worked as an artist creating decorative paintings, historical restoration, illustration, murals, and fine art. Find more information at oxfordcc.org.



ELEGANCE WITH AN EDGE GALA & AWARDS

To celebrate their 10-year anniversary, Giving The Edge Foundation is hosting a gala/awards party (Elegance With An Edge) on March 4th at the Kent Island Resort from 6 to 10 p.m. Join the organization for an elegant evening to support opportunities for youth to engage in community service projects, character development, and scholastic achievement activities. The mission is to help young people to grow into successful, caring, responsible, and productive adults by building partnerships and community support. Find more information at theedge360.net.

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Towne Calendar

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

March 1

Vanessa Carlton with Daphne Eckman at Rams Head On Stage in Annapolis, 8 p.m.; rams-headonstage.com; See Vanessa Carlton, singer of "A Thousand Miles" and "Ordinary Day" perform in Annapolis!

March 2

Annapolis Maritime Museum Winter Lecture Series: Sea Turtles and Their Hunters in the Caribbean at Annapolis Maritime Museum, 7 p.m.; amaritime.org.

March 3

Easton Night Out in Downtown Easton, 5 p.m.; tourtalbot.org; Come out for a fun night in Downtown Easton every first Friday. The streets will be filled with music and excitement.

Annapolis Symphony Orchestra: Doomed: Mahler's 6th at Maryland Hall in Annapolis, 8 p.m.; annapolisssymphony.org.

March 4

BSO Music Box: In the Treetops at the AMP by Strathmore in North Bethesda, 10 a.m.; strathmore.org; an ensemble of Baltimore Symphony Or-

chestra musicians perform light-hearted classical and children's songs.

50+ Resource Fair at Calvary United Methodist Church in Annapolis, 10 a.m. to 2 p.m.; resourcefair.wintergrace.org; meet resource providers and expert speakers all passionate about making our later years the best years.

Brian Curry Family Show at Children's Theatre of Annapolis in Annapolis, 2 p.m.; childrenstheatreofannapolis.org; Back by popular demand, Brian Curry will read your thoughts, predict your future and blow your mind!

Maryland Spring Home and Garden Show at Maryland State Fairgrounds in Timonium, through March 12th; mdhomeandgarden.com; 400 exhibitors showcase the latest trends for home and yard.

Miss HBCU Teen Pageant at Bowie Center for Performing Arts in Bowie; misshbcuteen.com; 30 talented high school students compete to earn over \$6,000 in scholarships to pursue higher education.

March 5

Sunday Runday in Severna Park, 3 p.m. Braveheart-kids.com; Brave Heart Kids' new program meets

on Sundays in Severna Park from 3-4 p.m. and is designed to coach your kids to feel and become stronger, faster, and more agile. Each Sunday through March.

March 8

Bus Trip to the Philadelphia Flower Show leaving at 10 a.m. from Maryland Hall in Annapolis, returning at 8 p.m. Tawesgarden.org; tickets include luxury motor coach transportation, admission to the show, snacks, and beverages.

March 11

Women of Achievement at Lawyers Mall Maryland State House in Annapolis, 1-3 p.m.; watermarkjourney.com; learn women's roles in society through the centuries and how they laid the groundwork for future women.

Annapolis Betterment Bash at Annapolis Market House in Annapolis, 7 p.m.; communitybetterment.org; Save the date for Community Betterment's annual night of light food, drinks, and live music.

March 14

Arts on Stage Presents: Super Scientific Circus at Hammonds Lane Theatre in Brooklyn Park, 10:15 a.m. and Noon; chesapeakearts.org; students will learn about friction, inertia, centrifugal force, and more.

March 15

Smores and Stories at Wonder Wild Outdoor School in Stevensville, 6:30 p.m.; wonderwildoutdoorschool.org; seasonal craft and hands-on environmental education activity. Then gather around the fire to hear a story and roast s'mores.

March 17

The Marriage of Figaro at Maryland Hall in Annapolis, 7:30 p.m.; annapolisopera.org; Annapolis Opera is bringing Mozart's beloved opera to the stage. Also March 19th at 3 p.m.

Maryland Black Bears Ice Hockey at Piney Orchard Ice Arena in Odenton, 7 p.m.; marylandblackbears.com; vs. Johnstown Tomahawks on March 17, 18, and 19.

March 18

International Anime Music Festival at the Gaylord National Resort & Convention Center at the National Harbor, 8 p.m.; nationalharbor.com.

Friends of Annapolis Symphony Orchestra Mardi Gras in March at Live Arts Studio in the Annapolis Mall, 6 p.m.; annapolisssymphony.org; Join Friends of Annapolis Symphony Orchestra for an evening to celebrate Mardi Gras.

March 21

Arts on Stage Presents: Wilma Jean Worry Machine at Hammonds Lane Theatre in Brooklyn Park, 10:15 a.m.; chesapeakearts.org; fun and humorous musical adaptation offers creative strategies for parents and teachers to use that can lessen the severity of anxiety.

March 23

Annual Annapolis Film Festival in various locations in Annapolis. Continues through March 26th; annapolisfilmfestival.com.

March 25

Rowan's Run 5K at Eastern Shore Performance Center in Stevensville, 9 a.m.;

Facebook; This 5th annual run/walk will be conducted locally, as well it is a Virtual Walk/Run for those that wish to participate but are not on the Eastern Shore.

23rd Annual Casey Cares Hollywood Gala at American Visionary Art Museum in Baltimore, 6:30 p.m.; caseycares.org.

Blossom Kite Festival at the Washington Monument in Washington D.C.; 10 a.m. to 4:30 p.m.; nationalcher-ryblossomfestival.org.

Annapolis Runs for Love 5K at Annapolis High School, 8 a.m.; This is a community event hosted by the One Love Club of Annapolis High School to benefit the One Love Foundation and the YWCA of Annapolis and Anne Arundel County.

March 29

Talbot County Country Club Winter Lecture Series: The Pollinator Victory Garden: Wine the War on Pollinator Decline at Talbot County Free Library in Easton, 11 a.m.; talbotcountyygc@gmail.com.

March 31

Maryland Day Weekend 2023 at sites throughout Maryland, through April 2nd; marylandday.org; Events highlight the area's unique heritage, culture, history and environment.

Navy Men's Lacrosse at Navy-Marine Corps Memorial Stadium in Annapolis, 7:30 p.m.; navysports.com; vs. Boston University.

Annapolis Symphony Orchestra: Two Romantics at Maryland Hall in Annapolis, 8 p.m.; annapolisssymphony.org.



EXPERT OF THE MONTH

JONATHON RONDEAU

President & CEO | The Arc Central Chesapeake Region

Jonathon Rondeau joined The Arc in 2017, bringing nearly 20 years of experience in providing leadership across diverse organizations to create opportunities for self-sufficiency and independence for people with disabilities and those traditionally underserved. As President and CEO, he partners with the board of directors to establish the strategic vision of the organization and make an impact on people with intellectual and developmental disabilities across Anne Arundel County and Maryland's Eastern Shore.

To commemorate Developmental Disabilities Awareness Month, which is observed in March, Rondeau shares his passion for serving people with intellectual and developmental disabilities, his pride in his team's holistic approach, and his insights on how to support a loved one.

What inspired you to pursue a career working with people with intellectual and developmental disabilities?

When I was 15, I had the opportunity to be a junior counselor for a camp for kids and adults with disabilities. That experience changed my life and put me on the path towards a career that allowed me to create opportunities for people with disabilities that would enable them to work, live, and connect with their community.

What makes The Arc Central Chesapeake Region stand out from other organizations in the area?

Our services are truly individualized to the needs and desires of people with intellectual and developmental disabilities. We incorporate a holistic approach—looking at the whole person, including their personal life, work and community life, and spiritual life—to provide the necessary support and resources.

Our staff consists of a dedicated team of experts. From our direct support professionals to our support team to our senior leadership, everyone is committed to our mission and facilitates a culture of equity, belonging, and collaboration.

What is the most rewarding aspect of the work you do?

It's truly rewarding to see the people who we serve grow, gain independence, and achieve a life goal.

How can I help a loved one with intellectual and developmental disabilities?

Raising and/or supporting a person with an intellectual and developmental disability can be challenging, and every family needs community support and resources to thrive.

Connecting families who have children with disabilities to the necessary resources, such as The Arc's Family Navigator, advocating for full inclusion of everyone, and ensuring accessibility in public settings is critical.

Jonathon Rondeau

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Fish For A Cure

The 16th annual Fish For A Cure tournament, Paul C. Dettor Captain's Challenge, and Shore Party was held at the South Annapolis Yacht Centre on November 5th. The catch-and-release fishing tournament raised over \$575,000 to support the Cancer Survivorship program at Luminis Health Anne Arundel Medical Center's Geaton and JoAnn DeCesaris Cancer Institute. Team Reel Counsel won the Captain's Challenge fundraising competition with a fundraising record of over \$144,000. And Team PYY Fishing captured first place for the three-rockfish stringer award. Visit fishforcure.org to learn more about supporting cancer care in our community.

Photography courtesy Anne Arundel Medical Center Foundation.

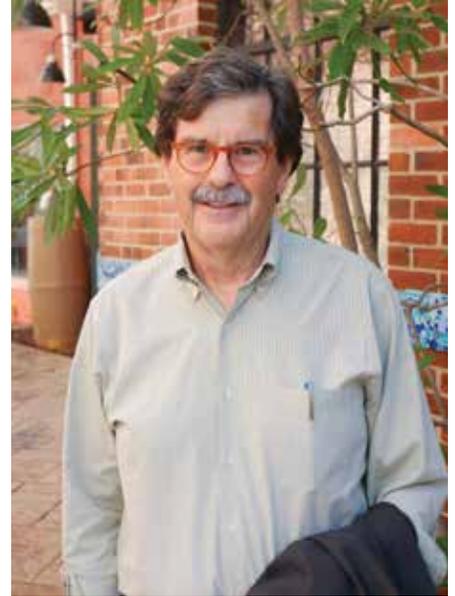




Bruce Abel



Maura Bollinger



Ron Rothman

↑ ShoreRivers Welcomes New Board Members

ShoreRivers is pleased to announce three new members of its Governing Board: Bruce Abel, Maura Bollinger, and Ron Rothman. As a grassroots nonprofit organization, the hard work and support of board members is imperative to the organization’s efforts for healthier rivers on the Eastern Shore. These three voices will bring a wealth of expertise to ShoreRivers, strengthening the organization’s robust science-based advocacy, restoration, and education efforts. Learn more about ShoreRivers at shorerivers.org.



NEW CHESAPEAKE BAY COMMISSION DIRECTOR CHOSEN

Chesapeake Bay Commission members recently selected Anna M. Killius as the Commission’s new Executive Director. She will follow Ann Swanson who retired from the Commission in November. “As the Chair of the Commission and as a member of the search committee, it is a privilege to select Anna Killius for this

role,” said Maryland Senator Sarah Elfreth (District 30). “Anna’s breadth of experience at the state and federal level working with policymakers to find commonsense, bipartisan solutions for protecting the Bay, combined with a keen vision for the future of this work, will continue the legacy of accomplishment that has defined CBC.” The Chesapeake Bay Commission is a tri-state legislative commission advising the general assemblies of Maryland, Virginia, and Pennsylvania on matters of Bay-wide concern. Learn more at chesbay.us.



WREATHS ACROSS AMERICA DONATION

Last holiday season, Lockheed Martin made a \$240,000 donation to sponsor 16,000 veterans’ wreaths for placement at local and national veterans cemeteries during National Wreaths Across America Day, held on December 17th. “Lockheed Martin has proudly supported Wreaths Across America for five years and its mission to remember, honor, and teach,” said Tiffany King, Manager of Social Impact at Lockheed Martin. “About one in five Lockheed Martin employees has served in uniform, and as a military spouse, I know that this partnership is personal to many of our colleagues. We are grateful for this solemn opportunity to honor all those who have served. Learn more at wreathscrossamerica.org.



TOWNE ATHLETE

Jai Roy

Queen Anne's County High School Football

By Tom Worgo

As a young boy, Queen Anne's County High School junior Jai Roy figured his chances of playing college football were a long shot at best. But that didn't stop him from thinking big.

"When I was younger, I just thought it was a dream," says Roy, who started playing football six years ago for the Queen Anne's Upper youth program. "I didn't think it would happen."

“

WHEN I WAS YOUNGER, I JUST THOUGHT IT WAS A DREAM. I DIDN'T THINK IT WOULD HAPPEN.”

That all changed for Roy early in high school when he dominated playing linebacker by using his size (6-foot-2, 230 pounds) and speed that colleges covet for his position. Both the University of Toledo, and Akron, offered Roy, who also is a standout basketball player, a scholarship during his sophomore year.

"I hope to get more offers over this winter," Roy says. "I would like to play in a power five conference."

The interest in the 16-year-old Roy continues to grow. He's been recruited by Duke, Penn State, Towson, and Temple. He visited Duke and Towson in the fall. "It's all coming true and nice to see," Roy says of his prospects of playing in college. "It's exciting just watching all the big teams playing on TV and believing I can be there one day."

Queen Anne's Football Coach Al Waters says Duke is showing the most interest in Roy, who carries a 3.75 grade-point average. The school also tops Roy's list. "He is really on their radar," Waters says. "They text him a lot. I think he can play at Duke. He is really quick. Just watch his tape."

Roy attended the Big East Combine in Virginia Beach this past December for college football prospects. He put on a show. "He destroyed every kid he went one-on-one with," Waters recalls. "The kids couldn't block him inside or outside."

Roy is doing everything possible to make himself a better player. Working out has become a passion of his. He weighed 205 pounds as a sophomore and hit 220 this past fall during football season. Since the season ended in November, Roy has added another 10 pounds. He is also working with a nutritionist.

"He works out at least two hours every day," Waters says. "Even during basketball season, he still works out full-time. That's before and after practice. On the weekends. He is not making any excuses to not work out."

All of Roy's hard work is showing up on the field. He led the Lions in sacks (8.5) and tackles for loss (16), while racking up 48 total tackles. That earned him First-Team All-Bayside Conference honors. Roy's performance in one game jumped out. He finished with two sacks, two

tackles for loss, and two passes batted down at the line of scrimmage during a 35-28 victory over Wicomico in late October.

Roy, who also plays tight end, totaled seven sacks and 11 tackles for a loss as a sophomore. "You always see teams double-team him or running away from him," Waters says. "Teams know where he is at all times. He's got good football awareness and knows where the play is going."

On the basketball court, Roy is enjoying a breakthrough season. He is averaging 13 points a game

from his forward position. "I think I'm one of the team's best defenders," Roy says. "I usually guard one of the other team's best players. With my size, I focus on rebounding and score when needed."

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

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HOME RESOURCE GUIDE

2023

If you've been hibernating indoors this winter, chances are you eyeballed more than a few details throughout your home that need fixing, freshening up, or a complete overhaul altogether. Spring is here and now is the time to source home services and schedule your projects. Our Home Resource Guide offers a comprehensive list of the region's most dependable, knowledgeable, and reputable professionals and realtors. The services listed are provided by advertisers appearing in recent What's Up? Media publications. They are dedicated to serving our readership. Please consider their expertise for your home projects and needs.

Architecture | Design

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

Purple Cherry Architects – 1 Melvin Avenue, Annapolis, MD 21401; 410-990-1700; purplecherry.com

Art/Décor | Framing

Annapolis Arts Alliance/Gallery 57 West
– 57 West Street, Annapolis, MD 21401; 443-333-8906; annapolis-arts-alliance.com

Annapolis Marine Art Gallery – 110 Dock Street, Annapolis, MD 21401; 410-263-4100; annapolismarineart.com

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

Trippe Gallery – 23 N. Harrison Street, Easton, MD 21601; 410-310-8727; the-rippagegallery.com

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

Whimsey Cove Framing & Fine Art Printing – 209 Chinquapin Round Road, Ste. 101, Annapolis, MD 21401; 410-956-7278; marylandframing.com

Audio | Video

Maddox AV – 301-377-2651; maddoxav.com

Closet | Organization

One Day Doors & Closets of Baltimore
– 980 Mercantile Drive, Ste. K, Hanover, MD 21076; 240-693-3700; onedaybaltimore.com

Fence | Deck Installation

Long Fence – Locations in Maryland, Virginia, and Pennsylvania; 1-800-917-5664; longfence.com

Flooring

National Carpet & Flooring – 2431 Crofton Lane, Crofton, MD 21114; 410-721-4747; nationalcarpetcrofton.com

Home Appraisal | Finance | Titling

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Matt Nader Group | First Home Mortgage
– 900 Bestgate Road, Ste. 310, Annapolis, MD 21401; 410-571-2020; firsthome.com/loan-officers/matt-nader

Watershed Title (A Cooch, Bowers & Schuller and Progressive Title Corporation) – 1460 Ritchie Highway, Arnold, MD 21012; 410-974-0670; progtitle.com

Home Construction | Materials

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

Gary Smith Builders – 410-827-7901; garysmithbuilders.com

Lundberg Builders, Inc. – 314 Main Street, Stevensville, MD 21666; 410-643-3334; lundbergbuilders.com

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

Nielsen Development Group – 2976 Solomons Island Rd, Edgewater, MD 21037; 833-634-6683; ndg.solutions

Paquin Design/Build – 500-A Saddler Road, Grasonville, MD 21638; 410-643-7811; paquindesignbuild.com

Home Efficiency

Chesapeake Crawl Space Solutions – 6408 Landing Neck Road, Easton, MD 21601; 844-992-7295; mycrawlspacesolutions.com

Total Home Performance – 8625 Brooks Drive, Easton, MD 21601; 410-469-1310; totalhomeperformance.com

Interior Design | Furnishings

Design Solutions – 420 Chinquapin Round Road, Ste. 1-C, Annapolis, MD 21401; 410-757-6100; dsikitchens.com

Dwelling & Design – 13 Goldsborough Street, Easton, MD 21601; 410-822-2211; dwellinganddesign.com

Higgins & Spencer – 902 S. Talbot Street, St. Michaels, MD 21663; 410-745-5192; higginsandspencer.com

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

Kitchen | Bath | Stone | Tile

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84 Lumber/Kitchen & Bath Design Studio – 1690 Baltimore Annapolis Boulevard, Arnold, MD 21012; 410-757-4684; 84lumber.com

Absolute Design Studio – 740 Generals Highway, Millersville, MD 21108; 410-697-3396; absolutedesignstudio.net

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

Friel Kitchen & Bath Design – Locations in Chester and Easton; 410-827-8811; friel-lumber.com

Landscaping | Hardscaping

BJ & Son Property Management – Trappe, MD 21673; 410-463-1671; bjand-son.com

Ciminelli's Landscape Services – 18301 Central Avenue, Bowie, MD 20716; 410-741-9683; ciminellislandscape.com

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

On the Green, Inc. – 777 Annapolis Road, Gambrills, MD 21054; 410-695-0444; onthegreeninc.com

Painting | Surface Services

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

Maryland Paint & Decorating – 209 Chinquapin Round Road, Annapolis, MD 21401; 410-280-2225; mdpaint.com

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

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W.L. Staton – 410-405-7129; wlstaton.com

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Real Estate

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Berkshire Hathaway HomeServices Home-sale Realty (Janice Hariadi, Manager) – 91-93 Main Street, Ste. 200, Annapolis, MD 21401; 410-505-9700; homesale.com/annapolis

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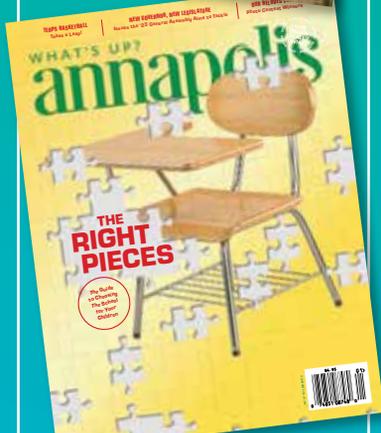
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Cornelia Heckenbach | Long & Foster Real Estate – 109 S. Talbot Street, St. Michaels, MD 21663; 410-310-1229; stmichaelsm-dwaterfront.com

David Orso | Berkshire Hathaway HomeServices PenFed Realty – 8 Evergreen Road, Severna Park, MD 21146; 443-372-7171; davidorso.com

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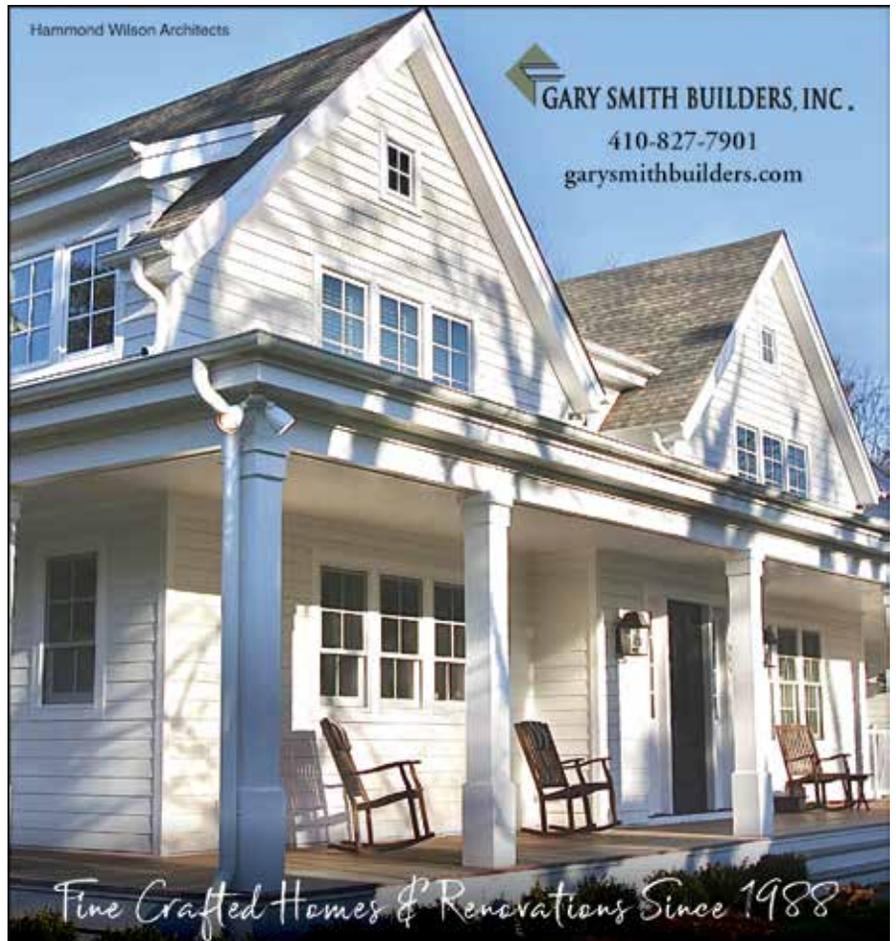
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An aerial photograph of a suburban neighborhood. The houses are arranged in a grid-like pattern with streets and green lawns. Several houses have solar panels installed on their roofs. The text "LEADING REAL ESTATE & HOME PROFESSIONALS" is overlaid in white, bold, sans-serif font on the left side of the image.

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Becky Wibberley

Realtor®

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Destinee Blackstone

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Joanna Dalton

REALTOR® of Coldwell Banker Realty

Joanna has quickly grown in the ranks as a multi-million dollar sales agent at Coldwell Banker Church Circle, the #1 office in the Mid-Atlantic & Baltimore/Metro Region. Joanna's work ethic, grit, determination, local market knowledge, and personal connections allow her clients to succeed in every aspect of the home buying & selling process. Global Luxury Certified, Joanna has been consecutively awarded numerous awards amongst top agents in the industry.

Joanna earned her BA degree from Loyola University of Maryland where she excelled as a student athlete and served as Captain of the Women's Division I Lacrosse program. Her knowledge, ability to listen, lead, execute, inspire, and communicate is what makes her so successful off the field - as a real estate agent and in anything that she sets out to do, including; buying & selling homes in the now high paced and advancing Real Estate Market. She is an astute, tech savvy, financially literate REALTOR® who displays outstanding service & commitment to her clients.

Her premier and professional experience, knowledge, and networking tools help to successfully complete the process from the first consultation to the sale of their home. Creative, and energetic Joanna goes above and beyond the norm for her clients. She states, "Everyone is important - I love working for people! Buying and selling a home is a major life decision and I want to be there to support my clients every step of the way."

Joanna Dalton

REALTOR®

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Tricia Wilson

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

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

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



Tricia Wilson, GRI, Realtor®

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216 Shipping Creek Drive | Stevensville
SOLD \$1,240,000



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



400 Queen Anne Club Drive | Stevensville
SOLD \$1,211,000



121 Governors Way S | Queenstown
SOLD \$1,650,000



127 Cedar Road | Chester
SOLD \$690,000



1721 Harbor Drive | Chester
SOLD \$1,005,000



Cornelia C. Heckenbach

Long & Foster Real Estate
Forbes Global Properties Specialist

Originally from Germany, Cornelia moved to Talbot County with her family and quickly became one of Talbot County's leading agents.

Sophisticated, warm, and accomplished, her real estate successes range from starter homes to stunning multimillion-dollar waterfront estates, farmland and new construction.

Motivated to understand her client's needs, she expertly pairs a natural listening ear with 30+ years of unparalleled international expertise. With award-winning results and passion for the beauty of the Eastern Shore, her clients quickly come to know Cornelia's integrity, leading-edge marketing talent, persuasive advocacy, and exceptional skill at the negotiation table.

Cornelia trains her champion Labrador Retrievers, bred from European lines and competes nationally. She enjoys spending time with family on her waterfront farm and cooking farm to table meals.

With dedication and business savvy, Cornelia leads sellers to top-dollar results, and buyers to the home of their dreams.

Cornelia C. Heckenbach

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Brad Kappel

Brad Kappel, Executive Vice President with TTR Sotheby's International Realty is the #1 Waterfront Real Estate Agent in Maryland. Brad has been serving residents of Anne Arundel County and the Eastern Shore for over fifteen years in real estate, home construction, and renovation. Brad's unique experience allows him to offer authentic insight into each property's current condition, value, and potential. Brad is grateful for the clients, colleagues, friends, and family who supported his success throughout his career and contributed to his record-breaking year in 2022 with sales totaling over \$209 million! Brad adheres to the philosophy that "clients deserve nothing short of excellence." From the initial meeting, to navigating important decisions and the final settlement transaction, Brad works diligently to ensure 100% customer satisfaction. Brad doesn't just sell the waterfront lifestyle—he lives it! The Kappel family has called Annapolis their home town for three generations. When he's not pursuing his passion in real estate, he is exploring the waterways of the Chesapeake Bay by boat or paddle board or spending time with his wife and two children at their home on the Severn River.



Brad Kappel

410-279-9476 (c)
 410-280-5600 (o)
 brad.kappel@sothebysrealty.com
 BradKappel.com



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INTERNATIONAL REALTY

Annapolis Brokerage
 209 Main Street Annapolis, MD

RECENTLY SOLD PROPERTIES



3235 Harness Creek Road
 SOLD \$12,000,000



2701 Willow Hill Road
 SOLD \$7,750,000



964 Melvin Road
 SOLD \$7,000,000



225 Wardour Drive
 SOLD \$6,480,000



107 Bay Drive
 SOLD \$5,350,000



1310 Saint Pauls Way
 SOLD \$5,200,000



Laura Carney

Laura Carney is a Senior Vice President with TTR Sotheby's International Realty. Her extensive knowledge of the Eastern Shore real estate market is second to none. A native of Talbot County, her family goes back generations and many of her ancestors are long associated with the early settlement of Maryland's Eastern Shore region. Having witnessed the many changes over the last several decades, her insight and in-depth understanding are critical in guiding both buyers and sellers.

For over thirty years, Laura has worked not only on the shore but also in the fast-paced markets of the DC metropolitan area. That experience and her long-term agent relationships have proven invaluable. With more than \$250 million in sales, Laura's professionalism, unmatched ethical approach, and unwavering dedication to her client's success are what make her one of the leading agents in Talbot County. Combining her local knowledge with TTR Sotheby's International Realty's global network and reach brings a certain dynamic to the Eastern Shore. She now shares this beautiful area with clients around the world through the amazing online platforms offered and the incredible network of Sotheby's agents.

Laura attended Garrison Forest School, University of Vermont, and graduated from the University of Maryland with a B.S. in Economics. Her travels have taken her around the world and have included a three-month Semester-at-Sea, a trans-Atlantic voyage from Norway to Halifax, and the Newport-Bermuda Race. It is truly second nature to be on the water and she loves to tour waterfront properties by boat as it gives her clients a completely different perspective.

Laura Carney

Senior Vice President

M: 1-410-310-3307

O: 1-410-673-3344

17 Goldsborough St, Easton, MD

laura.carney@sothebysrealty.com

TTR **Sotheby's**
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An active member of her community, Laura is perhaps most proud of her service as past President of Talbot Humane. She is also a member of the Talbot Country Club, Miles River Yacht Club, and the Talbot County Garden Club. Additionally, Laura enjoys photography, gardening, golf, and cherishes her husband, three children, and treasured pets.



5826 Oxford Road
Sold - \$2,850,000



7049 Thomas Lane
Sold - \$950,000



8533 Deep Cove Road
Sold - \$3,295,000



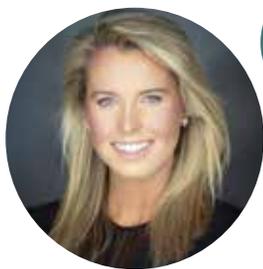
27936 Peach Orchard Road
Sold - \$1,375,000



28836 Jasper Lane
Sold - \$795,000



28527 Oakmont Drive
Pending - \$363,000



Q: In a competitive market, why is selecting the right realtor important to you?

A: In a highly competitive market, it is important to choose your realtor wisely. Consider their market knowledge and if they are well-connected with local buyers and sellers. Do

they know the area well? Knowing the local market, laws, and industry standards sets apart the successful realtor. A realtor's ability to network, communicate, be strategic, and establish relationships with other top realtors, lenders, home improvement providers and other industry contacts is critical. Ultimately, your choice of a KNOWLEDGEABLE, SAVVY, WELL-CONNECTED realtor will provide you with the confidence and a successful real estate experience.

Joanna Dalton
of Coldwell Banker Realty



Q: Should I invest in a Waterfront Property?

A: Since waterfront property is highly sought after for investment and rentals, you are likely to enjoy a high vacation rental occupancy rate & rental price. Owning a waterfront can also save cash by using it for your own vacation time. In addition, high demand for 2nd homes with closer proximity than the beach & primary residence continues.

High appreciation rate – Due to the high demand, limited supply, waterfront property rarely depreciates in value. Whenever you decide to sell, you are likely to enjoy a good return on your investment. If you mind your due diligence, buying a waterfront home could be a great addition to your real estate & Investment portfolio.

DeeDee McCracken
of The DD McCracken Home Team of Coldwell Banker Realty
O: 410-224-2200 | C: 410-739-7571

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

A: In order to generate the sizzle when you first list your home you need to price it right, make sure your home is polished

up so it shines and don't forget high quality aerial photos. That said, the key factor is to make sure you hire a brokerage that effectively targets the Washington D.C. / Metro market. Recent sales data indicates that most premier waterfront properties are sold to buyers who are migrating this way to experience the Annapolitan lifestyle.

Brad Kappel
TTR | Sotheby's International Realty



Q: The real estate market in 2023 is returning to more normal levels than the past 3 years. What are the most important factors a seller should consider when putting their home on the market now?

A: **Price:** Buyers are very savvy and it is critical not to overprice. Review the comparables provided by your agent and understand that you'll actually

attract more interest if buyers feel the value is justified. If so, there are still a large pool of buyers in the market and you may end up with multiple offers.

Staging & Photography: I can't stress the importance of having your home show its best when it is first put on the market. Declutter, organize, and stage appropriately is the key! Hiring a professional stager when necessary can make all the difference, especially when a house is vacant. The same goes for a photographer/videographer; remember the first impression is often the difference between the potential buyer wanting to see a property or not.

Laura Carney
TTR | Sotheby's International Realty



Q: What are Real Estates' hottest topics in 2023?

A: Mortgage Interest Rates!!!
1. What are the current rates? In the 6's (depending on credit scores, loan type and terms+)
2. Will rates go back to the 2's? Don't hold your breath. Projections are for the 5's in 2023.

3. The FED raised rates in February, I'm under contract, will that change my current lender rate? If you are locked, then no. If unsure, call your lender!

4. I don't want to sell because my mortgage is less than 3%! Don't let this steal your dream! There are strategies to buy down interest rates!

Lisa Barton
of The DD McCracken Home Team of Coldwell Banker Realty
O: 410-224-2200 | C: 410-829-2051



Q: Now that we are in a different market than a year ago, what tips do you have for sellers?

A: Sellers need to be real. What I mean by that is two things: 1- They need to realize 'Covid pricing' is gone and not reach too high for a price and 2- They need to go back to

doing the little things necessary before they hit the market. Even though inventory is still low which favors the seller, the increased interest rates mean that buyers are much more discerning. You may need to do some sprucing first.

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

Tricia Wilson
Chaney Homes

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Q: Do you expect the Seller's Market conditions that we have seen for the last couple years will continue for the remainder of 2023?

A: We have never experienced a time when there were less homes listed for sale. This

unprecedented lack of supply coupled with high demand has continued to propel our local market. There are a plethora of cash Buyers currently searching for their waterfront escape. If you want to sell your home for Top Dollar, don't wait, sell now and catch this hot seller's market.

Brad Kappel
TTR | Sotheby's International Realty



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Property Forecast

2023



Story by **DYLAN ROCHE**

Despite a challenging economy, experts offer a cautiously optimistic outlook for the residential construction and real estate industries



The biggest investment you'll make in your life—that's how most homeowners think of real estate. And for the average person, it's an accurate description. But in an ever-surprising economy fraught with increasing interest rates, the possibility of inflation, supply chain disruptions, labor shortages, and many other challenges, this big investment becomes an even bigger challenge than it normally has been. Buyers looking to invest in a brand-new construction or build their dream home, or homeowners who want to boost their property's value with a renovation or addition, have more to consider than they did even as recently as one year ago.

In short, new home construction is going through a period of dramatic change. But insight from local economic experts, along with professionals in the home building industry, see reason to be cautiously optimistic.

At the time of this writing (mid-January), the national economy was (is) teetering between rebound and

recession. Several indicators—decreased consumer spending, a robust job market, declining home sales, and easing inflation—seem conflicting and are giving the Federal Reserve fits in deducing its approach to 2023 policy to combat recession.

On industry frontlines, however, the reality is that challenges—many brought about by the Covid pandemic—still exist. In the world of residential construction and real estate, financing and ownership became more difficult within the past year, and that has translated to less homes being built. “The average 30-year fixed mortgage rate has increased from 3.22 percent at the start of 2022 to well above 6 percent at the start of 2023,” says Zachary Fritz, COO of Sage Policy Group in Baltimore, the renowned economic advisory firm. “That's had a severe impact on home buying activity, which is beginning to have a negative effect on residential construction activity.” He adds that authorizations for new residential construction peaked in December 2021 but are down 28.7 percent and now back to pre-pandemic levels. “The same is true of housing starts [a housing start is counted as soon as groundbreaking begins, and each unit in a multi-family housing project is treated as a separate housing start], which are down 20.9 percent from the April 2021 peak,” he says.

New construction could remain stalled until the economy fully rebounds. Jason R. Pearce, AIA, CDT, LEED AP, senior associate and architect with Becker Morgan Group Inc., says he doesn't want to predict a recession for 2023, “But the fear of one certainly exists and continues to loom over anyone in the construction business,” as he puts it. Fewer people are buying and building single-family real estate because interest rates



are high, but he sees the multifamily residential sector remaining strong. “If we do enter a recession this year, it will be more problematic for housing in 2024 and 2025,” he says. “We were fortunate enough to still experience a ‘post-pandemic’ surge in housing, but this has resulted in an overstock of completed homes in comparison

“One of the things I always tell clients is it gets worse before it gets better.”

—MELANIE HARTWIG-DAVIS

to new projects,” he says. “This along with rising interest and inflation most likely translates to less housing starts.”

Fritz agrees and expects these dynamics to remain in place in the early part of 2023. But he believes circumstances could get better later in the year, when supply chains normalize, and demand starts to rise.

On the other hand, some homeowners are finally getting around to realizing their renovation and construction dreams, according to Melanie Hartwig-Davis, principal and CEO of HD Squared Architects. “People are still coming forward with projects they’ve been putting off for years,” she says. “One of the things I always tell clients is it gets worse before it gets better.”

It’s hard to say exactly how many people are opting to renovate their existing homes as an alternative to buying a new home. Fritz points out that higher borrowing costs likely mean many current homeowners are choosing, instead of buying new, to renovate the home they’re currently in. However, the assertion isn’t exact because most construction data doesn’t distinguish new home construction from renovation projects.

And because the economy is ever-changing and adjusting, the construction and housing markets correspondingly contract or expand. Most Americans are aware of supply chain disruptions and labor shortages, which make project scheduling and exact cost estimates more difficult. This means everyone

“...By the latter parts of the year...borrowing costs may subside and inventory levels are likely to improve.”

—ZACHARY FRITZ

involved in the process—including the homeowners themselves—have had to be adaptable and open-minded, according to Hartwig-Davis, who explains that availability from suppliers can often affect the way the initial design is carried out.

“We have all had to be much more flexible and deal with longer construction times,” she says. “Contractors don’t know when they’re going to get X, Y, and Z. We’ve had families who have had to move into their homes without, say, kitchen cabinets.”

One of the big challenges this year, as far as supply goes, will be cement and concrete, according to Pearce, whereas last year’s shortages were in lumber, plywood, and steel. “The price increase for raw material and transportation continue to drive up material costs and lead times

continue to present challenges for contractors,” he explains.

Aside from these challenges, home design and functional trends in 2023 will continue to evolve for the better. Today’s homes look very different from how they were even as recently as five years ago. More homeowners are interested in smart technology—and they’re willing to invest in it. They want lights, appliances, HVAC systems, home safety systems, and other aspects of their home to be sync-able and accessible from apps on their devices.

Today’s homeowners also have a different approach to space than they did in the recent past. Open floor plans are becoming less trendy as people favor separate spaces, something families realized they needed during the pan-



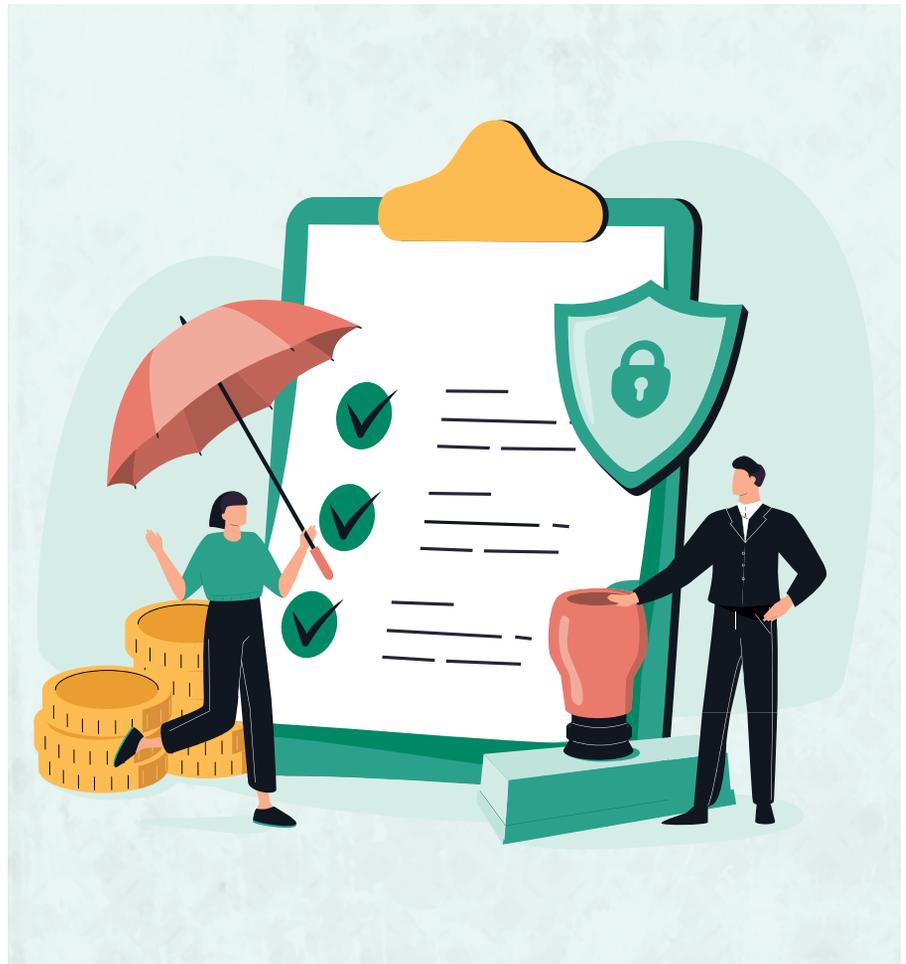
demographic when many adults were setting up remote offices and children were doing virtual school. “Also, we’ve seen an increase in home gyms and theaters,” Hartwig-Davis highlights. “And there’s certainly been an increase in screened porches, pools, and amenities for people to escape the day-to-day stresses of the pandemic and all that it’s brought.”

She also notes that people are thinking in terms of safety as climate change brings more extreme weather every year. People want their homes to have a place where they can shelter from a tornado or hurricane if the need arises, for example.

Furthermore, people want their homes to be eco-friendlier and more efficient. Hartwig-Davis has seen increased interest in electric over natural gas, a fossil fuel, as well as the removal of oil tanks, commonly seen in older homes. “It’s become more known that heat pumps are a better choice for air quality, efficiency, and, overall, for the environment,” Hartwig-Davis says.

So, for those planning to buy or sell a home in 2023, what should they expect? Fritz says the beginning of the year is likely to continue having low inventory levels, high prices, and lofty borrowing costs. “That may very well change by the latter parts of the year, as borrowing costs may subside and inventory levels are likely to improve,” he says. Sellers can still expect to gain healthy returns on their property investments, though they may not approach the astronomical highs from a couple years ago.

And if somebody is set on building a new home, or having their current home undergo construction? Pearce suggests homeowners can



expect premium costs for material and construction, and potentially long lead times. The good news is that, by now, many contractors and homeowners have learned to buy and store materials in advance to alleviate worry over potential cost hikes. “Until we see both inflation and COVID-19 under control, the housing industry will continue to experience swings in lead times and construction costs,” Pearce says.

No single person can say for certain what’s going to happen in 2023. But no matter what happens, whether circumstances improve or continue to present challenges, many experts agree that consumers have a lot to consider when it comes to their biggest investment—their home—and whether they want to buy, sell, build, or renovate.

“Until we see both inflation and COVID-19 under control, the housing industry will continue to experience swings in lead times and construction costs”

—JASON R. PEARCE

The Chesapeake's Father of Modern Sailing

Story by **ELLEN MOYER**

Photography courtesy **ANNAPOLIS MARITIME MUSEUM**

Reflections of the ascension of legendary mariner, Arnie Gay, and his influence on the sport

Arnold Channing Gay, champion yachtsman, steered into Annapolis Harbor in his wooden schooner *Delilah* in 1946 with \$1.26 in his pocket. An experienced ocean sailboat racer who had grown up in famous Massachusetts boatyards since age four, Gay had taken a year off after World War II to sail the East Coast before planning to go into the boat-crafting business.

As fate would have it, he ended his journey with near-empty pockets in Chesapeake Bay waters. Gay landed in Oxford, Maryland, for a short while before obtaining a job building Indian Landing 20s (boats) in the Severn River.



Delilah under full sail—the boat that brought Arnie Gay to Annapolis for the first time, in 1946.



“Originally when I came here, you had a guy tonging for oysters in the winter, and in the summertime would paint bottoms on boats.” —**ARNIE GAY**

“I knew how to run a boat yard and when space became available on Spa Creek in Eastport, I used my GI loan to buy it,” Gay once recounted in an interview. “When the bank president asked what I had as collateral, I said, ‘I’ve got a lot of sandpaper.’ And we shook hands. That was 1946 and times were different then.”

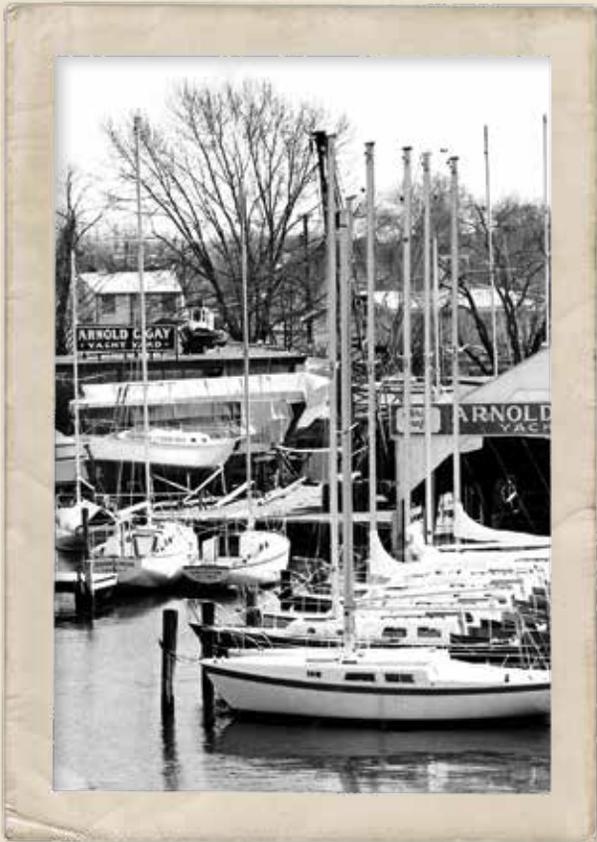
Maritime sailing competition was non-existent in Annapolis at the time. It was a town of rotting, workingman’s docks. Spa Creek, in particular, was described as a ratty location...quite literally. From Gay’s new boat yard, one could shoot rats all day. It was a dump of a site with beat-up, old buildings. And Eastport was a tough place with rough guys who would “just as soon haul off and whack you.”

Gay was not a quiet guy or one to be intimidated—a risk taker, he was once reported to have flown under a bridge in Cape Cod while on submarine surveillance. He gave back as good as he got and earned the respect of Eastport rough necks.

In quick order, Gay stabilized his new boat yard, upgraded the facilities, and hired good carpenters, cabinet makers, and painters. To maintain payroll in the early years, Gay painted houses, repaired station wagons, and built up the ocean racing clientele by harnessing the Newport to Annapolis Race.

And the boat business started to grow just as Gay felt it would. A natural leader, within 10 years Gay would find himself Chair of the Annapolis Chamber of Commerce testifying before Congress on boat safety. The reason for which, was ominous.

1954 and '55 were bad weather years on the Chesapeake Bay. Hurricane Hazel had dumped rain and sustained high winds and flooding that destroyed boats and marinas in its path. But it was Hurricane Connie, in August '55, that grabbed the attention of U.S. Congress. Connie’s destructive impact across multiple states and into Canada resulted in 77 deaths. So catastrophic, its name was retired from future use.



The Arnold C. Gay Yacht Yard was an Annapolis mainstay along the banks of Spa Creek during the 1960s and '70s.

In Maryland, the capsizing of the vacation schooner *Levin J Marvel* just off North Beach during Connie resulted in 14 deaths of its 27 passengers. As a result, local Congressman Dick Lankford introduced federal legislation to require safety inspections of any vessel with six or more passengers. Gay testified in quasi-support of the legislation, urging an amendment of three passengers instead of six. Gay's amendment request, which could have impacted small fishing boat charters, failed but Congress did pass the legislation authorizing the Coast Guard to inspect any boat carrying six or more passengers.

Gay remained committed to building up the maritime industry in and around Annapolis. Early on he challenged the United States Naval Academy to change the sea wall that was deflecting waves back across Spa Creek and damaging boats anchored in the harbor. After a tough struggle, but with the help of Congressman Lankford, funds were secured to build the rock jetty we see today to absorb the wave action. And by Gay's account, having mooring anchorage driven into the harbor's riverbed, which prevented moored boats from

dragging anchors and crashing into each other, was his longest fought battle. Twenty-five years until successful, stable mooring prevailed.

Unhappy with residential opposition to the boating industry, particularly Ward One's, Gay paid his employees with \$2 bills to illustrate the economic impact of the then-growing industry. Journalist Frank Young reflected on the value of the industry. If the shopping center in Parole closed, he opined, you would notice it. The maritime industry, he asserted, had just as many employees. If it failed, you would notice the diminished quality of life. In time and thanks to Gay's commitment, the maritime industry became one of the City's most lucrative...and, in large part, responsible for Annapolis' government funding.

Gay also found ways to mix fun with work. The Newport Bermuda Race was the premier "World Series" of sailing races. Except for 1978, Gay never missed a race. Winning the race and the prestigious St. David's Lighthouse Trophy with his wooden boat *Babe*—long after boat building had shifted to sleek fiber glass—was his greatest thrill.

As a boat builder, he understood the change fiberglass would bring to the industry—radically altering the skilled carpentry workman into slap and dash painters. Gay, however, held a long fondness for the ambiance, grace, and comfort of classic wooden boats. His Shipwright Street boatyard, a site that had been a boatyard since 1695 and the only wooden one remaining on the Western Shore of Spa Creek, reflected his interest in history.

Always willing to give back to the city that had given so much to him, Gay volunteered his time on numerous boards and commissions. He chaired the City Clean and Beautiful committee, bringing flower planters to Main Street, chaired the city liquor board, and the elections board. He coached the USNA offshore racing team, and gifted boats to the St. John's College boating program. As Commodore of the Annapolis Yacht Club, he helped open the doors for Jewish and African American members. He fostered a sailing program for disadvantaged youth. He advised the leadership of the Whitbread Around the World Race and Maryland's entry *Chessie*. Sadly, he would not see the impact this race would have on the City of Annapolis, the Chesapeake Bay region, and the State Treasury. Having devoted so much to the industry, he would have been pleased when our



state capital was designated as the site for the National Sailing Hall of Fame and equally devastated when it departed to Newport, Rhode Island—a city that grew to honor its ocean racing roots.

The sailing industry honored Gay in a big surprise February 14th birthday bash, attended by fellow sailors from around the country and abroad when it became obvious that his racing years were over. On January 26, 1994, Arnold Channing Gay, championship winning yachtsman and industry leader, died at age 74 from complications of the rare arthritic disease Scleroderma.

Through his advocacy, leadership, risk-taking, volunteerism, self-confidence, and the vision of what a ratty waterfront could become, Gay built an industry and became “the father” of the Annapolis and Chesapeake maritime industry.

Above: Arnie Gay in his beloved wooden racing sailboat, *Babe*, in which he won the 1978 Newport Bermuda Race and with it the coveted St. David’s Lighthouse Trophy. **Right:** A lifelong sailor, yachtsman, and ship builder, Arnie Gay helped usher the Annapolis and Chesapeake maritime industry into the modern era.

A plaque at Waterfront Park on Fourth Street and Spa Creek describes him as one of the city’s visionaries that brought a new quality of life to Annapolis:

“A New England native, born on February 14, 1919, sailor Arnie Gay steered into Annapolis Harbor in 1945 with a few dollars in his pocket and an enthusiasm to bring a sailing empire to the City’s neglected and abandoned waterfront...Through his leadership, the ‘father of our maritime industry’ paved the way for Annapolis to become the Sailing Capital City that is so much a part of our Annapolis Quality of Life.”





An Artist for All

ONE YEAR AGO, JACKIE COLEMAN WAS APPOINTED AS THE NEW EXECUTIVE DIRECTOR OF MARYLAND HALL; THIS IS HER STORY

Story by **Ellen Moyer** Photography courtesy **Maryland Hall**

At age three, like many precocious children, Jackie Coleman would dance around her living room. Most would move on to other things, but not young Jackie. Early on, she liked performing, even if it was just for her parents. By seven years old, she performed as a “Bon Bon Candy” in *The Nutcracker*. And...she knew that acting was for her, forever and ever.

Coleman’s father believed one should never ignore their passion and he recognized hers. So, acting class was next and a role as a monkey in *The Wizard of Oz*. During her formative high school years, she attended a performing arts school in Massachusetts. When her father took her to see *Cats*, an opportunity was presented to some members of the audience to come on stage and view the sets up close. Coleman says she viewed the audience from center stage and felt at home.

Her developing passion took her to the University of Connecticut to major in Theater. From there, she

took a giant leap to New York City, where, she proudly says, she did get paid for her acting efforts. Most fun for her, however, was a nearly-five-month stint at the Lake George Dinner Theatre, performing the lead role in *Jest A Second!*, the sequel to the hit play *Beau Jest*.

But after 10 years, Coleman felt, intuitively, she had to do something else...still in theater, of course. That notion landed her at the University of South Carolina in pursuit of a Master of Fine Arts. Here, she caught the teaching bug and was selected for an intern program to work with 4th grade students. She was inspired by the way acting opened and cultivated their minds. She felt passionate again and teaching became the right fit for her.

In 2003, she landed in Hartford, Connecticut, as director of education for Hartford Stage. And then, as a founding executive director of Hartford Performs, a program for Hartford public schools. She also became an arts education consultant for the Connecticut Department of Education.

The performing arts, as an industry, exists on the ability to raise dollars. So, Coleman stepped her foot into public giving—a bit different than the acting she once thought she would do forever and ever. Along



Left to right, April Nyman, president & CEO of the Arts Council of Anne Arundel County, Kristen Pironis, executive director of Visit Annapolis & Anne Arundel County, and Jackie Coleman, executive director of Maryland Hall, at Visit Annapolis’ recent 2023 kickoff celebration.



Jackie Coleman offers a tour of Maryland Hall to new Anne Arundel County Schools Superintendent Dr. Mark T. Bedell.

the way she became enamored with the National Coalition for Arts Standards organization and its values, and describes herself as an expert in identifying these core values. The values in dance, music, theater, and the visual arts are the artistic processes “that guide educators in providing a unified quality arts education for students in Pre-K through high school.” Common values for all art are balance, harmony, movement, pattern, repetition, rhythm, unity, and variety. Harmony may be the most important. By teaching students to think like artists, they learn to think creatively and develop problem solving skills .

Coleman brings this vision to Maryland Hall, as it restores itself after the years of Covid lockdown. Maryland Hall faces challenges in

funding, outreach, and a diminished staff. Coleman has engaged her board and staff by creating a new vision for the arts institution that she calls, “re-imagine, re-build, reach beyond.” You can bet the NCAS values will be integrated in the mission as Maryland Hall moves forward through the next decade.

Maryland Hall was founded in 1979 as an organization and space dedicated to the performing and visual arts. Today, five thousand students of all ages are actively engaged in arts education classes annually, and 20,000 students attend school performances in the 725 seat auditorium. Over 100,000 visitors pass through Maryland Hall each year. The Annapolis Symphony Orchestra, Annapolis Opera, Annapolis Chorus, and Ballet Theatre of Maryland

are resident companies. Thirty artists exhibit in its three visual arts galleries. The Peabody Preparatory is a partner. Volunteers provide 3,000 hours of service. Its \$27 million operating budget is supported by the government, individuals, corporations, and foundations.

Jackie Coleman, with a background in the performing arts and who always knew when things felt just right, experienced this feeling when she stepped into Maryland Hall. Her leadership for the Hall's future has just begun, and the hope is that—like so many endeavors in her life—it will be a *magna cum laude* performance.

Ellen Moyer is the former mayor of Annapolis and the last living founder and incorporator of Maryland Hall.

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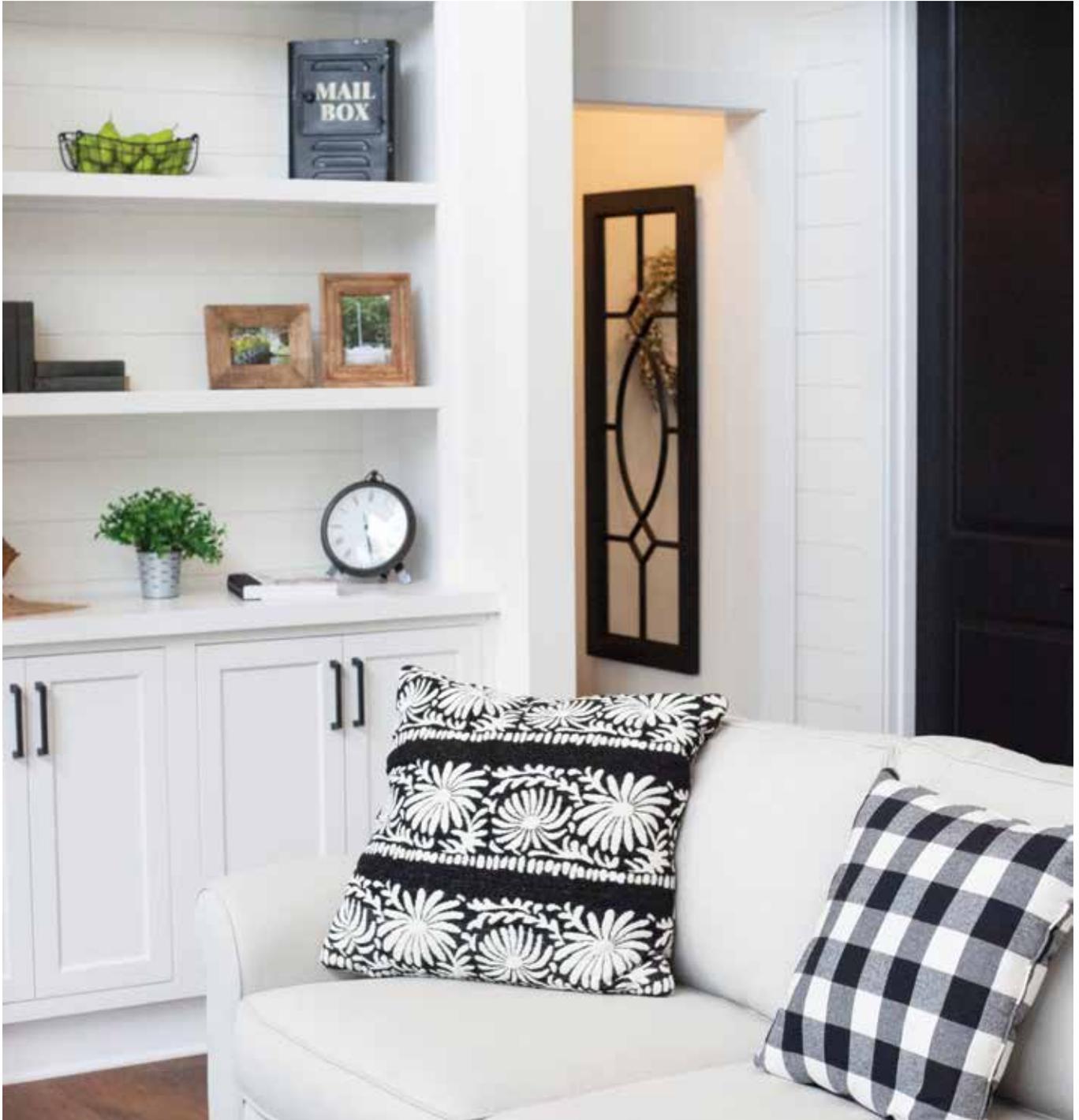
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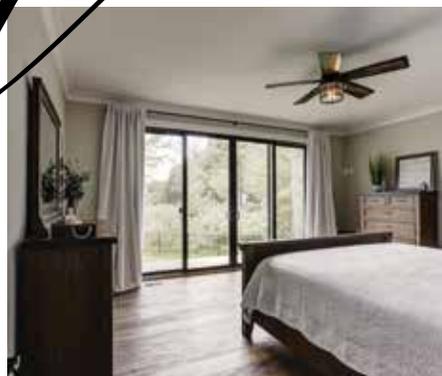
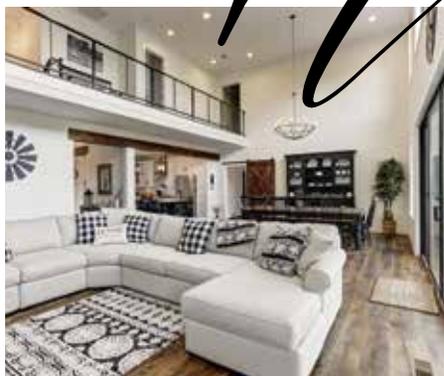




Watermarks



OF THE *Heart*



From farmland to farmhouse modern in St. Michaels

Story by **LISA J. GOTTO** Photography by **HOME VISIT**

A

classic Chesapeake lifestyle would not be complete without a few annual road trips to the many, varied towns that dot the shoreline of the Bay and beyond, including the bigger destinations of Ocean City and Rehoboth.

Staci and Erick Lang can certainly attest to embracing such a lifestyle and racking up those miles along the way while raising their twins Megan and Jordan.

“After we married, we lived in Rockville, but we would come to the Eastern Shore to visit the towns and do some touring, but we also went to the beaches over there quite a bit,” Erick explains.



The Backstory

Each of these trips left watermarks on the family’s collective heart, fostering their life-long love of the water and instilling that in their kids. And over the years, the couple would develop a framework and wish list for what their lives might look like once those kids had grown, and their own careers in education no longer rooted them to the bustling Rockville suburb.

Years later, their excursions brought the couple to Chestertown after their daughter, Megan, expressed interest in attending Washington College. That trip would go down in their travel journals as a complete success as Megan was soon sold on the college and the couple was totally enamored by the quaint cobblestones and river vibes of the town. The trip provided the inspiration to explore further, because they were now convinced that if they were to plant some new roots any place else, that place would have to provide a tranquil water view and unlimited access.

Having a daughter in school on the Eastern Shore provided them with the opportunities over several years to conduct thorough research. So, with every trip, they covered a bit more Eastern Shore territory, heading east and then a tad south.

“We started out looking in the Grasonville-Stevensville area, but we kind of kept working our way south,” Staci says.

And by the time their daughter was ready to graduate from Washington College, they were ready to take the plunge into their next adventure in home ownership, having discovered a new, small subdivision planned on the periphery of St. Michaels.

The Location

The development would come to be known as San Domingo Cove and a person they met there helped them put the modern farmhouse spin on the new home of their dreams that would, indeed, have the much-anticipated view of the water they'd been hoping for.

"I like the idea of the small town St. Michaels, but yet 15 minutes away, you can get pretty much anything you need [in Easton]," Staci adds.

The day the Langs stopped to check out the model home on the 109-acre subdivision, they were surprised to learn, and then even meet, the owner of the

home next to the model, who happened to be the builder of many of the San Domingo Cove properties, Brent Paquin of Paquin Design Build in Stevensville. The Langs would not only see the model that day, they also received a personal tour of Paquin's own home.

"He came right over to us—and this was on a Sunday, too, not even a workday," Staci says of the impromptu tour. "He was very open and fun to talk to; explaining that he had some design features in his own home he would like us to see."

The meeting had the Langs walking away with one of the 16, two-acre lots and much confidence in their new builder, who obviously thought enough of the location to want to build his own home there.



The Plans

At that time, the development was just beginning to take shape, but Paquin had some exciting, existing home plans that he told the Langs he could tweak to meet whatever the homeowners' hearts desired. The one that most closely aligned with their new-home goals was the "Hatton" plan, named for Hatton Garden Farms, the originator of the 109-acre tract of land.

The tweaks would provide the Langs with 3,500 square-feet of heated living space, according to Paquin, and would address the following goals: Advantageous views of the water along San Domingo Creek; a judicious, open floorplan for entertaining (something their home in Rockville lacked); two, open-air porches; a modern, classic farmhouse feel throughout; and four bedrooms, each with its own *en suite* bath, including two primary suites with one located on the main floor.



San Domingo Cove is now home to 16 distinctive private homes and a 60-acre environmental conservation area rich in wildlife and opportunities like walking trails to enjoy its unique natural resources.



The Finished Product: Inside & Out

“The big goal with all the homes in that community, was to maximize the water views,” Paquin explains. “So, we stacked the waterfront side of the home with as much glass as we could get in there.”

To accomplish this, the Langs chose the plan option that removed some bedrooms from the second-story layout. This enabled the ceiling-to-the-sky effect in the great room. The homeowners are absolutely thrilled with the visual impact this area provides, as you wouldn’t necessarily expect it from the inviting, yet unassuming entry.

“You are fooled when you come in and see the one-story entry, and then all of a sudden, you’re in this huge two-story area, and it all connects—living, dining room, and kitchen,” Erick says.



The discriminating black and white décor scheme throughout the home begins at the entry, where not only first glimpses of San Domingo Creek can be seen through the glass front door panel, but also of the home’s enhanced architectural aspects of design. This includes its black and stainless cable rail system staircase that leads to a stunning overlook effect from the residence’s second floor.

“When you’re up there, there’s a door for each bedroom. So, essentially when you walk out of each bedroom, you look out to those windows for a high-level view down the creek,” Erick says.

Other areas of the home that the Langs take particular pride in, include their custom-designed kitchen with rustic wood beams, first-floor powder room with water-pump style faucet, three guest bedrooms, each with its own bath, and the home’s cherished front and back porches.

“We love to have guests come to stay, and we felt it very important that each one feels they have their own personal space when they’re staying with us,” Staci says of their accommodations.

And despite the many options for outdoor living these days, the Langs chose to keep these spaces simple and accommodating, as well.

PAQUIN'S PERSPECTIVE ON DESIGN > NEXT-LEVEL FARMHOUSE VIBES

While getting the nuts and bolts of what made the Lang's home design such a winner, we also posed some forward-looking design industry questions to Brent Paquin about what he is seeing and hearing from clients about their most recent wish lists.

Based on that information, he says farmhouse style remains extremely popular, but clients are asking for the design to be streamlined.

"A little bit of a younger generation is coming into a financial place [in their lives] where they feel comfortable designing and building their homes, and I think, a lot of that is bringing a little more of the modern aspects in," Paquin explains.

"What happens with this creeping further into the modern is [an emphasis on the] less decorative and more of an easy, straight-lined, less-is-more-approach to design."



"We did not want the porches screened in; we preferred them to have an open-air effect, and we use them and the pool a lot—even when we don't have guests over," Staci says.

Erick adds that the patio area surrounding the pool was specifically designed to provide an unobstructed view of the water from the inside out. "When you're looking out to the water, you don't have patio furniture in the way of the view."

Each living space is detailed to reflect every aspect of how the family lives and what they enjoy, right down to the essential mudroom that the family also uses often when returning from their waterfront adventures in paddleboarding, boating, and kayaking.

For a brief period after the home was finished in 2018, the Langs were content to use it primarily as a weekend and vacation retreat, but that situation did not last long. Erick confirms that they have wrestled away those last suburban roots from the ground in Rockville.

"And now we feel like we're on *vacation* all of the time."



The Details

Impeccable interiors make this house a home. Here are some of homeowner, Staci's notes on the subject.



IN THE DINING ROOM: Our dining set was custom-made by a craftsman in Thurmont, Maryland. This was one of the cases where we did lots of looking before we made a decision. Interestingly, he took the front porch spindles/columns from an old house that had been torn down and used them for the legs. The top is made from walnut. We wanted the bench on one side and the chairs on the other. We met with him and described the (farmhouse) style that we wanted, the length, etc., and he delivered!

ON THE FLOOR: The floors are from Castle Combe Artisans and the color is Rookwood. They are oak. We were looking for something rustic and it took us months of searching to find these floors. (Which we actually did during a trip to South Carolina). Ultimately, we found them locally at Chesapeake Family Flooring in Chestertown.

SUSPENDED FROM THE CEILING: The chandelier is Elk Lighting's 8-Light, 1-Tier Chandelier from The Natural Rope Collection, Model:63043-8. The lantern pendants over the kitchen island, in the hall, and in the stairway are Generation Lighting's, "Labette" 3-Light, 10" Wide Pendant from the Sea Gull Collection, Model:5140603-12.

ON THE COUNTERTOPS: To personalize the home, Staci says she added final touches of tobacco baskets with barn-cured leaves from her family's farm in Smith Mountain Lake, Virginia, to countertops and shelves. The kitchen countertops were crafted of Calacatta Laza Quartz.

ON THE WALL: The barn door, purchased at 84 Lumber is made of Knotty Pine Alder Wood. Style: KA-181, V-Groove.



“”

Every time we went on vacation, or anywhere we visited—we went to college in Barnville, Virginia (they have a furniture market down there), or Myrtle Beach, Hilton Head—we gathered ideas from each. Many of them are coastal areas, so we were able to get ideas for how to decorate on the water.

—Staci Long

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Smart...& Smarter

PEACEFULLY CO-EXISTING WITH YOUR HOME'S TECH

By Lisa J. Gotto

Unless you're professionally tech savvy, the concept of creating an entirely "smart" home can have you frantically searching Amazon for the latest version of *Home Automation for Dummies*. While many consumers have been comfortably adjusting to new in-home features like programmable thermostats and door cams on a piecemeal basis, the thought of an entirely wired home remains a far-off prospect for a great many others.

We are getting there, however. According to Statista's *Digital Market Outlook*, it is anticipated that by 2025, 77.1 million households in the U.S. will carry the designation of a "smart home." If those statistics surprise you, or even instill in you a pang of FOMO, remember, even the longest destinations begin with one step.

Perhaps, if we strategically divided the primary aspects of the concept into more easily digestible parts, we can co-exist with your home's world of tech more comfortably. Because that's really what's it's all about; isn't it? Being more comfortable and secure in your home, and adding a layer of convenience that makes life at home easier—an overall better quality of life.

So, let's break this down into several smart categories: Security solutions, comfort control, appliances and accessories, the kitchen, and device integration.

Security Solutions

This sector has become increasingly important to homeowners, and for many, it's more than just safeguarding the home against break-ins. Security includes video surveillance to see who's at the door and when, alerts if the home has been compromised by fire, or if poisonous gases have been detected. Security systems also monitor a home's access control system; these systems have specifically been predicted by a global 2022 *Research and Markets* report, to be the fastest-growing solutions-based aspect of home automation. The report, which forecast global market trends in tech for the period of 2022 through 2030, also indicates that the Do-It-Yourself (DIY) category will experience the fastest growth in terms of installation of systems.

If you're a trailblazing DIY'er, not all systems are created equal, and you will have a plethora of providers to choose from, each drilling down to a menu

of security and surveillance option packages. For those looking for the “Best of” aspect in this category, *This Old House*, recently rated them as follows: SimpliSafe, Best for Easy Installation; Blue by ADT, Best for No Contract; Abode, Best for Customization; Alder, Best for Medical Alerts; Cove Security, Best for DIY Value; and Ooma, Best for Self-Monitoring. *This Old House* also weighed in that when it comes to pets and security systems, ADT gets high marks because its sensors do the best job at detecting the difference between a pet and an intruder.

Choosing to self-monitor your home’s security system is a great way to cut costs, but there are so many plans and options available per plan, that costs here are normally manageable with a monthly service fee, some starting as low as less than \$30 per month. This option provides for the expedient notification of a breach to the homeowner and to local law enforcement, which for many consumers has immeasurable value. Your plan cost will also increase as you add video surveillance cameras to the equation. Cameras have proven time and again to be a worthy addition, as they not only identify individuals in the home that shouldn’t be there, they also provide a timestamp as to when people who should be there, got home. Hashtag, parenting!

After a slight dip in 2020, sales of programmable thermostats in the U.S. have rebounded and are surpassing pre-pandemic levels according *Fortune Business Insights*. And the market is forecast to grow from the 1.1-million-dollar mark in 2021 to 3.2 million in 2028. These devices, which are easy to install, use Artificial Intelligence to detect patterns in use and personal preferences, which help conserve energy over time resulting in lower utility bills. For this utility, consumers are turning most often to Google’s Nest, the Honeywell Home Wi-Fi Thermostat, and Ecobee. The average cost of installing one programmable thermostat is \$300—a small price that will easily pay for itself.



Photo by moritz-kindler for Unsplash



Comfort Control

This aspect of the Smart Home is beginning to look like the biggest no-brainer going. Why pay for something you do not immediately need? The truth is, there is absolutely no reason to waste money overly heating or cooling a home that is not being actively lived in. Whether it’s a second home, a multi-zone home, or just a weekend away, it makes sense to adjust your usage requirement accordingly—and remotely via application.

Appliances & Accessories

This is perhaps where most of us have some experience with Smart Home applications. If you just got done streaming the latest docu-series on Harry & Meghan then you have, most likely, already purchased a **Smart TV**, and you are considerably likely to have more than one of them in your home, as consumers continue to cut the cable cord for good.

The advent of the **virtual voice assistant** has not been without its detractors. As it was initially so cool to ask a willing Siri or Alexa to play your favorite song, it became something else altogether when we realized that not only were these techno gals listening when we needed them to, they were “listening” all the time. Since those early days, consumers have had to become smarter about how much convenience is too much convenience. *Caveat emptor!* The conscientious Echo Dot owner now knows the ins and outs of connectivity and is personally tasked via the device’s menus and options with making sure they are “available” on pre-determined basis only.

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Probably the easiest way to start making your home “smarter” is to introduce your outlets to a **Smart plug**. Simply plug this device into your outlet, add the device application to your phone, and *viola!*—once your appliance is plugged into the upgraded outlet, you will be to control any appliance plugged into that outlet via your Smart phone. So, you won’t be able to duck out of that seminar because you left your flat iron on anymore, but you will be able to turn off the duck you’re roasting in the oven from the tub when the timer goes off. Pick up a Smart plug for about \$25 and start taking longer soaks today!

A **Smart bulb** works a lot like the outlet. Replace a standard bulb with a Smart bulb, and you can control the lighting in your home via app, even if you aren’t in your home. This is another money-saved-over-time scenario. With the average cost of a Smart bulb coming in at \$15 per bulb, you will need more time to see the savings.



Photo courtesy of blackanddecker.com

The Smart Kitchen

Not only is there a myriad of smaller kitchen appliances that have revolutionized the way we fry chicken, or mix a cocktail (we’re looking at you, *bev*, Black and Decker’s answer to pod-produced java), entire lines of Smart major appliances are in-demand by conscientious and time-strapped consumers everywhere. To answer the demand, manufacturers like LG are already on their second and third generations of Smart high-end major appliances like their

Smart ThinQ refrigerator that works with proprietary apps that help track food freshness, manage healthy eating strategies, and even create a grocery shopping list. Their Smart Pro-Bake convection range is wi-fi enabled, and offers air-frying and *sous vide* cooking modes in one unit.

As consumer expectation around technology continues to grow, manufacturers are definitely thinking outside the “big box” to provide experiences that take some of guess work out of managing a home, and provide next-level tools that were inconceivable even a decade ago.



Photo by R. Architecture for Unsplash

Smart Device Integration Services

So, what if you would prefer the option to “swipe left” on all this installation and subsequent tweaking, but still want the benefit of the technology? No worries, not everyone has the time or mindset for tech. Fortunately, there are **device integration services** that will create a customizable plan if you’re starting from ground zero or have an older home that now needs it all, and you’re ready for the ultimate home tech upgrade. These premium services will work with you to customize your automated home profile, so it is convenient, reliable, and unlike Alexa, requires little to no continual tweaking.

Come to think of it, shouldn’t we be able to just ask Alexa to explain this whole home automation thing to us?

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Please Don't Eat the Daisies

DINING ON YOUR GARDEN'S FLOWERS

By Janice F. Booth

“You are what you eat” is a familiar adage. If that viewpoint makes sense to you, why not add flowers to your diet? Flowers are serene and lovely and we all can use a bit more serenity and beauty in our lives. Let's also consider our gardens' beautiful blooms for their flavor and health benefits.

There are two basic groups of edible flowers, those that are **nutritious** adding proteins, vitamins and/or minerals, and those recognized as **herbs** adding flavor and aroma. Both types of edible flowers provide specific **taste enhancements** and many offer potential **health benefits**. Since herbs are more familiar, I'll save them for last, and begin with the nutritious flowers.

NUTRITIOUS BLOOMERS



BORAGE: also known as Starflower, has a slightly sweet flavor, a cross between honey and cucumber, if you can imagine that. Both its flowers and leaves can be eaten to treat coughing and sore throat. Borage can be used in salads, or in soup.



CHAMOMILE: a pretty, daisy-like flower with fern-like foliage, has a mildly sweet and earthy flavor that makes a popular tea or smoothie. It can also enhance baked goods and other desserts. For centuries, chamomile has been used to treat fever and cure all sorts of conditions, including anxiety, stress, and insomnia.



DANDELIONS: those ubiquitous beauties get a pretty bad rap. Every part of the dandelion is edible—roots, stems, leaves, and flowers. Their flavor is honey-like, and they provide antioxidants that help protect us from heart disease, cancer, and other illnesses.



DAYLILIES: are hardy and prolific; you'll have no trouble gathering unopened buds. Fry or stir-fry the buds. The result will be a sweet, crunchy fritter that provides a healthy dose of protein and vitamin C. Daylily fritters treat constipation as well as colds and swelling/edema.



HIBISCUS: those colorful, blousy beauties taste sweet and slightly acidic, and can be brewed as tea, and added to salad or cocktails for beauty and taste. Hibiscus can help lower blood pressure and cholesterol levels.



HONEYSUCKLE: is a bit tricky. As the name suggests, the flower has a sweet taste, which makes excellent tea or lemonade. The blossoms can even be used as a sugar substitute. But a caution: Do Not Eat the berries, leaves, or stems which are toxic!



HOSTAS: our grow-anywhere darling of low-maintenance flower beds is more than just a pretty puff of variegated green. Their leaves and the mid-season flowers are tasty, rather sweet. In addition to being a great source of minerals, hostas' leaves reduce inflammation and pain. Caution: While hostas leaves are good for people, they are toxic to dogs and cats, causing vomiting and diarrhea.



MARIGOLDS: are those easy-to-grow, little fuzzy-headed blossoms. Not only do they repel mosquitoes and other insects, but they can be made into ointments for abrasions, burns, and wounds, and as extracts they help with fever and ulcers. Their scent and flavor are citrusy, and, get this, the petals can be ground and used as a substitute for saffron (which you may not keep on hand.)



NASTURTIUM: once known as Indian Cress, have colorful autumnal blossoms of yellow, orange, and gold. They taste peppery and

spicy when garnishing a salad. Indigenous people recognized the nasturtium's antibiotic properties as well as its ability to stave off scurvy. (Just in case you haven't kept up with your vitamin C.)



PANSY: these tough, little cuties are more than just a pretty face. They add a minty zing to fruit salad or cocktails. You might try mixing them with a soft cheese for a delicious spread. Pansies provide antioxidants and anti-inflammatory benefits.



ROSES: Rose petals can add a floral flavor and fruity scent to jam, tea, soup, and even popsicles. You may find you're a bit less stressed and even losing some of those unwanted pounds...okay, ounces perhaps.

That list is not exhaustive, but it does cover quite a few flowering plants that are easy to grow as well as attractive in flowerbeds. But, let me offer just a few of the herbs that are attractive in the garden as well as in the soup or on the roast.

BLOOMING HERBS



CHICORY: has a long and honorable resume as a filler with or replacement for coffee beans. During both World Wars, chicory was the only "coffee" available to folks at home, while the real stuff was kept for the soldiers and sailors. Chicory leaves can be brewed as tea, and the delicate, blue flowers are a pretty addition to salads. Medicinally, chicory can calm an upset stomach and cure constipation, among other uses.



FENNEL: has a rather bulbous base with feathery greens, and every bit of the plant is edible. It tastes something like licorice. It's an antioxidant to keep us young. Fennel seeds can be chewed to aid digestion.



LAVENDER: lovely in our gardens, it can be equally endearing in our kitchens. With a citrusy flavor, lavender is recognized for its capacity to ease anxiety and help with sleep or depression. Serve it as tea or add to baked goods and sorbet. Beautiful for the eye and good for the body.



SAGE: is sweet and savory. Crushed it can be sprinkled on almost any dish, and it's particularly tasty on eggs. Sage is noted to reduce blood sugar levels, sharpen memory and brain health, lower cholesterol levels, and provide antioxidants to keep us feeling younger.

*Finally, I feel I must add a quick warning about eight flowers you definitely **SHOULD NOT EAT**; they're **toxic**:*

- Azalea • Daffodil • Dogbane • Hyacinth
- Hydrangea • Oleander • Wisteria

While I trust that the information in this article is accurate, if you or others for whom you might prepare food have any likelihood of an allergic reaction, do not use flowers or plants in your food preparation. It is possible that ingesting any plant or plant product could cause illness.



Chic Contemporary on the Creek

By Lisa J. Gotto

Fourteen-hundred feet of superb Eastern Shore waterfront await the new residents of this spectacular, 5,000-square-foot contemporary home.

The exceptionally well-designed and well-situated home on Greenwood Creek is a stunner upon approach with a truly one-of-a-kind, glass-front entry with an entire front door of glass. Through this vantage point, the owners have views of a meticulously curated landscape. A sleek, light-colored hardwood floor entry steps down into a custom contemporary interior oasis with another wall of glass with water views located directly opposite the entry. Additional custom-cut windows along

the pitched ceiling line, provide even more natural light, and a modern linear gas fireplace lends warmth to this amazing gathering space.

Those lovely hardwoods continue to the left of the entry and down the hall to another wing of the home and its amazing gathering space, the family room. Carrying on the ultra-contemporary architectural vibe, this room is also a marvel of design with a custom wall of windows and a central built-in entertainment center, which serves as a natural divider to the dining room beyond. Access flows around either side to this area with yet another wall of windows to the outdoor living space and the waterfront beyond.

A magnificent, sleek kitchen with a waterfall-edge island that seats three takes center stage and is just steps from access to the home's luxurious outdoor living and dining spaces via accordion glass door. The multi-functional island includes a huge cooktop, lots of space for food prep, and a prep sink feature. A shiny gray, subway tile backsplash balances the look of luxe lacquered cabinetry and a professional-grade stainless-steel appliance package.

The first of five bedrooms is located down a private wing that is accessed through a light-filled, tunneled walkway of glass. This modern-day sanctuary includes a spacious and bright home office and the primary bedroom; both provide access to the outdoors, the office offering a private porch. The *en suite* bath is a testament to good taste with a nest-like, oblong soaking tub, a dual vanity with vessel sinks, and a huge, walk-in shower with built-in tile bench.



Primary Structure Built: 2013

Sold For: \$3,995,000

Original List Price:

\$3,995,000

Bedrooms: 5

Baths: 4 Full, 1 Half

Living Space: 5,000 Sq. Ft.

Lot Size: 17.98 acres



Downstairs is the ultimate indoor fun zone with its high-end sports bar vibe, with wet bar, glass shelving, and several beverage-chilling refrigerators and wine fridge. There's plenty of space for café style seating, a home theater with family room seating, a billiard table, dedicated workout area, and an inviting children's play area.

Outside, the solar-heated pool is creek-facing and offers a sun deck for lounge chairs and umbrellas; the perfect vista from which to take in the view of the property's private pier with its 14,000-pound boat lift and space for two additional boats. With St. Michaels or Kent Narrows just a 20-minute jaunt away, this architectural marvel is a true dream home on the creek!

Listing Agent: Brad Kappel—TTR Sotheby's International Realty; 209 Main St., Annapolis; m. 410-279-9476; o. 410-280-5600; brad.kappel@sothebysrealty.com; ttrsir.com **Buyers' Agent:** Courtney Chipouras—Benson & Mangold Real Estate; 700B Abruzzi Dr., Chester; m. 410-200-1224; o. 410-7709255; courtney@mychesapeakehome.com; mychesapeakehome.com



Prime Waterfront Lifestyle

By Lisa J. Gotto

A sign on the wall of the home office in this amazing residence in Stevensville proudly proclaims, “Our Happy Place.” Anyone who has walked through this home would quickly attest to how much of an understatement that sentiment is.

This home is a “wow-a-minute” from the foyer onward as guests are greeted to a panorama of Eastern Bay views upon entry. A gorgeous, light-colored stacked stone feature wall pulls guests to the views of the great room with its soaring, two-story ceiling. The sleek, tiled entry floor transitions along to gleaming,



Primary Structure Built: 1981
Sold For: \$2,500,000
Original List Price: \$2,500,000
Bedrooms: 4
Baths: 3 Full, 3 Half
Living Space: 4,500 Sq. Ft.
Lot Size: .83 acres

two-toned hardwoods running the length of the great room, which is highlighted with a floor-to-ceiling fireplace and a series of oversized glass patio doors to the home's resort-like outdoor living space.

To the left of the great room sits a huge, enviable kitchen outfitted with only the best-named stainless-steel appliances, including a six-burner gas range and oversized, side-by-side refrigerator. The cabinets are custom-designed of warm teak wood, as is the huge, granite-topped center island with breakfast seating for four, in addition to a large, informal, eat-in area that overlooks the water.



This seating area flows into a four-season/family room with three walls of windows to the water and patio/pool area. A mini-kitchen in itself, this room offers a unique wet bar and counter feature with stools for casual drinks and dining, and a flat-top grill with range hood. This area steps down into an outdoor barbecue grilling and entertaining area.

This home's main level also offers a huge home office with a stacked stone fireplace wall and more gorgeous water views, in addition to a walk-in pantry and wine storage room. There's also a handsome primary bedroom retreat with a spa-grade *en suite* bath. This room offers two separate granite-topped vanities with vessel sinks and an incredible, circular, teak-paneled soaking tub. Large, glass sliders provide access to a private waterfront balcony off the bedroom. There is also a main floor guest suite with bath, and two additional bedrooms and a bath on the upper level, which can be accessed via stairs or the home's convenient entry elevator.

Outside, the property provides a private playground from which great adventures on the Bay can begin with its numerous water-facing seating areas and a main patio and pool with spa located off the great room. The property also boasts its own pier with two boat lifts, two jet ski lifts, and a lower extension to launch kayaks or for future crabbing and all-day fishing ventures. A true "happy place," indeed.



Listing Agent: Dee Dee McCracken—Coldwell Banker Realty; 170 Jennifer Rd., Annapolis; m. 410-739-7571; o. 410-224-2200; dmccracken@cbmove.com; coldwellbankerhomes.com **Buyers' Agent:** Kevin McCracken—Coldwell Banker Realty; 170 Jennifer Rd., Annapolis; m. 443-838-1417; o. 410-224-2200; kevin.mccracken@cbmove.com; coldwellbankerhomes.com

2023 TOP DOCS

CALLING ALL
DOCTORS
NOMINATIONS
OPEN NOW!

WHAT'S UP? MEDIA
DIGITAL MAGAZINES EVENTS

The 2023 What's Up? Top Docs survey is here! A peer-survey project celebrating exemplary medical professionals in the Greater Chesapeake Bay Region.

Licensed medical doctors are integral to this nomination process and the forthcoming honors of your peers. These are your awards. Your nominations of fellow doctors in more than 40 fields of practice will be tabulated and vetted. The results will become Top Docs 2023–2024 and will honor those doctors most recognized by their peers. This is truly professionals nominating professionals. One survey per doctor may be completed. Voting will close at the end of April (4/30).

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



STARTING MARCH
1ST, TO NOMINATE
A DOCTOR SCAN QR
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OR VISIT THE
WEBSITE BELOW.

If you have any questions about the process, please contact our Editorial Director at james@whatsupmag.com or Chief Operating Officer at ashley@whatsupmag.com.

WHATSUPMAG.COM/TOPDOCS2023

Health & Beauty

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74 FITNESS TIPS | **76** FLOWER UP YOUR FASHION *plus more!*



Fresh Take

AVOCADO

By Dylan Roche

You might have heard of them referred to as alligator pear or butter fruit, but the most common name for these creamy, green, rough-skinned fruits is avocado. Botanically, they're a type of berry, but don't let that classification fool you. Instead of the ultra-sweet juiciness you enjoy with a strawberry or blueberry, avocados have a mellow, slightly sweet, subtly savory buttery-ness that make them incredibly versatile in all your favorite dishes.

Initially cultivated thousands of years ago in South and Central America, avocados were central to Mesoamerican tribes that prized them for what they believed were strength-giving properties. Today, avocados are primarily grown in Mexico and California, where they thrive easily in the warm climate, and are available in most supermarkets year-round. (And based on their nutritional profile, modern consumers might expect to gain divine strength by eating them just as the Mesoamerican tribes did.)

Avocados are known primarily as being rich in monounsaturated fat, often referred to as "good fat" for its ability to lower your cholesterol. This dietary fat is also important for absorbing certain nutrients, such as vitamins A, D, K, and E, as well as supporting healthy skin and hair.

They are also full of fiber for good digestion. Along with the monounsaturated fat, this fiber improves your satiety, meaning it helps you feel full and keeps you full between meals, which can help you maintain a healthy weight.

From a vitamin and mineral perspective, avocados deliver significant amounts of vitamin K for strong bones, vitamin E for good



cognitive health, vitamin C for immunity, and potassium for fluid balance.

When you're picking out avocado at the grocery store, you'll notice there is slight variety among their shapes—some are ovular or pear-shaped whereas others are rounder. Their bumpy skin will range from light green to dark green or brown. This skin color indicates their ripeness, with unripe avocado having a lighter color than ripe ones (overripe avocado will start turning black). Another indicator of ripeness is the fruit's softness—it should have a slight give without being squishy.

Bear in mind that avocados are what's known as a climacteric fruit, meaning they will continue to ripen after harvesting. So, if you find an avocado that is completely firm with a light green skin, don't worry—it'll be fully ripe in a few days of sitting at room temperature on your counter or in your pantry.

Once you cut the skin open, an avocado's green flesh will brown quickly because of air exposure. Although this appearance is less than ideal, the avocado is still safe to eat and will still taste fine. You can avoid the browning by coating the avocado flesh in oil, lemon juice, or tight plastic wrap. Be sure to place a cut avocado in the fridge to avoid spoilage.

Avocados don't require much preparation and can often be enjoyed as they are. Mash them up and use them as a sandwich spread (their creaminess makes them a great substitute for mayonnaise), or you can stir



Ranch-Style Avocado Dressing

INGREDIENTS

- 1 cup plain Greek yogurt
- 1 medium avocado
- 1 tablespoon lemon juice
- 1 clove garlic
- 2 teaspoons dried parsley
- 1 teaspoon dill
- 2 teaspoons chives
- 1 teaspoon onion powder
- 1 teaspoon salt
- 1 teaspoon black pepper
- 3 tablespoons milk
- 3 tablespoons olive oil

Peel and core the avocado. Add all ingredients to a food processor or high-powered blender, reserving milk and olive oil for last. Process until smooth, and transfer to an airtight container. Chill before serving.

them into your oatmeal for a nice buttery flavor with lots of added nutrients. You can also make an easy guacamole by mixing it with a pinch of lime juice, cilantro, salt, diced onion, minced garlic, and cayenne pepper to taste.

Ready for more ideas? Here are some easy but impressive ways to incorporate avocado into your next menu:



Avocado Brownies

INGREDIENTS

1 avocado
 1/2 cup cocoa powder
 2 eggs
 1/2 cup brown sugar
 1/2 cup granulated sugar
 1/4 cup nut butter (peanut, almond, or cashew)
 1 teaspoon baking powder
 1 teaspoon vanilla extract
 1/4 teaspoon salt
 3/4 cup chocolate chips

Preheat the oven to 325F and line a 9-inch square glass baking dish with parchment paper. Remove the peel and pit from the avocado and mash until smooth. Use a food processor if necessary. In a medium-sized mixing bowl, combine eggs, vanilla, brown sugar, granulated sugar, and nut butter. Slowly add in the pureed avocado. In a small bowl, combine cocoa powder, baking powder, and salt. Stir into the wet ingredients. Add the chocolate chips last. Spread the batter into the pan and bake for 45-50 minutes. Allow the brownies to cool completely before serving. (The avocado flavor will be distinct when the brownies are still warm from the oven, but it will subside as the brownies cool.)

Why Do I Get Headaches When the Weather Changes?

By Dylan Roche

Ever notice that fluctuating temperatures during springtime (not to mention the frequent rain) make your head pound? You're not alone. Many people report having weather-related headaches—sometimes as part of a migraine. And there's a scientific explanation behind it.

One major part of weather that you can't see is barometric pressure. This refers to the pressure in the air, which is measured in pounds per square inch and affects everything from the temperature to precipitation. Rising temperatures usually mean rising air pressure—until cool air and rain come through, and the air pressure starts to drop.

But even though you can't see changing air pressure, you can definitely feel it. Your sinuses are full of air, and when the pressure changes in the air around your head, it also changes the air inside you. Hence, you start to feel it in the form of a headache.

At least, that's the thinking. But the American Migraine Foundation explains that although many people experience this, the scientific research is mixed. Still, many health experts—including those with the Mayo Clinic and the Cleveland Clinic—say weather changes can trigger or worsen headaches, both for people who are prone to migraines and those who are not.

The Cleveland Clinic notes that it's important to distinguish between



migraines and headaches, as they are not the same thing. A migraine is a neurological condition, of which a severe headache is a symptom, along with sensitivity to light, nausea, dizziness, and fatigue.

Although you can't control the weather, there are steps you can take to minimize its effects as spring weather brings rain showers and fluctuating temperatures.

If you're prone to weather-related headaches, you can try:

- Avoiding other common headache triggers, such as caffeine or alcohol.
- Talk to your doctor about medication you can take to alleviate your headache.
- Manage any stress you're experiencing through meditation, relaxation, deep breathing, and exercise.
- Drink water to stay hydrated and maintain good fluid balance.

Fitness Tips

BURPEES

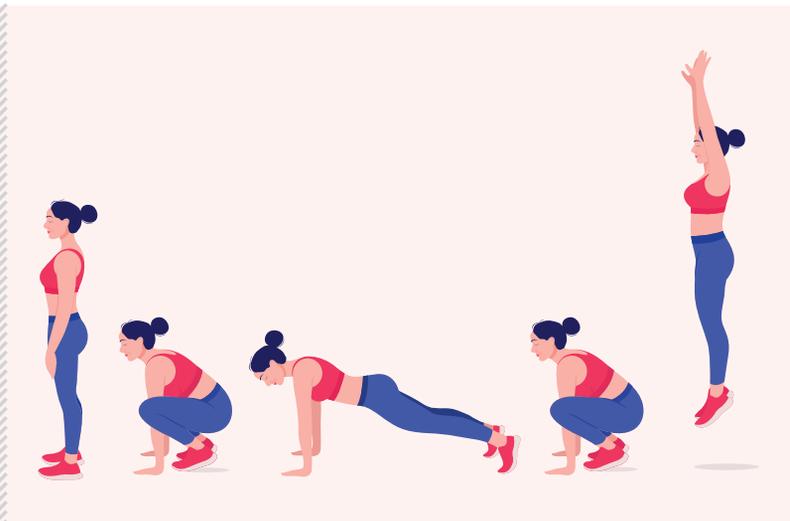
By Dylan Roche

Pushups and squats feeling a little boring or repetitive lately? Then maybe it's time to combine them. That's the idea behind burpees, which target all your major muscle groups by combining the movements of a pushup, a squat, and a jump, all in rapid succession.

Categorically, burpees are considered a plyometric exercise, meaning they entail bursts of intense, powerful movement—just like skipping rope or doing box jumps. Burpees use your whole bodyweight for resistance, so you build strength while burning energy and improving your speed and endurance from the rapid movement. When you do burpees, you'll be engaging (and in turn, strengthening) your glutes, quads, calves, core, shoulders, chest, and triceps. Burpees also improve your mobility, posture, and balance.

You might even be surprised by just how effective burpees are, from a cardio perspective. A 2019 study published in the *Journal of Science and Medicine in Sports* looked at how burpees compare with sprinting as a form of high-intensity interval training (sometimes referred to as HIIT). Test subjects did an intense workout of sprinting and burpees a week apart from each other, and researchers found that burpees caused more fatigue than sprinting did.

But maybe the best thing about burpees is that you don't need any special equipment or facility to do them. You can do them outside or inside, even in the smallest of rooms (just make sure you have enough overhead space and won't hit the ceiling when you jump). Burpees might even be more convenient than sprinting because you can do them barefoot.



HOW TO DO A PROPER BURPEE

If it helps, you can think of a burpee as going from a squat to a plank to a pushup to a plank to a squat to a jump. But that can be a lot to process, so consider each step of the movement individually before you put them together:

Start standing with your feet shoulder-width apart and your hands down by your sides. Drop into a squat, bending your knees and lowering your hips down as far as you can go while remaining stable.

Drop forward and place your hands on the floor in front of you, shoulder-width apart, assuming a pushup pose. Kick your legs out behind you so your bodyweight is resting on your hands and toes. Lower your chest to the ground and perform one pushup; then return to your planking position.

Bend your knees and kick your feet forward to move back into squat position, ideally in one fluid motion.

Jump as high as you can, using your quads and glutes to push yourself off the ground. Raise your arms above your head and reach.

Land with your feet shoulder-width apart and begin the rotation of movements again. Repeat quickly and without rest until fatigued.

Get the most out of your burpee workout by setting a repetition goal (for example, you're going to do 10 burpees, or maybe even 25 burpees!) or set a timer and see how many burpees you can do in one minute. Remember to prioritize form—a few well-done burpees are better than many sloppy burpees, as these are most efficient at building strength while avoiding injury.



Microneedling Your Body's Natural Healing

By Dylan Roche

Predicted to be a growing cosmetic trend throughout 2023, microneedling entails sticking your skin with tiny needles to prompt your body's natural healing response. Also known as collagen induction therapy, it's minimally invasive but can yield great effectiveness in improving your skin's appearance.

According to the Cleveland Clinic, the idea behind microneedling is that when the thin needles touch walthough they won't draw blood, will be enough to stimulate healing, prompting your body to produce collagen and elastin that can reduce the appearance of:

- Acne and enlarged pores
- Wrinkles
- Uneven skin tone
- Mild scarring
- Stretch marks

And it's not just on your face that microneedling is effective. Dermatologists have used it to great success on patients' neck, back, arms, and legs.

It's important to distinguish microneedling from microdermabrasion, which entails exfoliating the skin using a device with a rough surface rather than piercing the skin with small needles. Although microderm-

abrasion can remove dead skin cells and other debris collecting on your skin's surface, it does not penetrate as deeply as microneedling and won't prompt your body's natural healing process.

The American Academy of Dermatology emphasizes that you shouldn't rely on at-home microneedling devices, which are available on the market but are not effective enough to get results. Microneedling should be performed by a board-certified dermatologist or other trained physician.

When you undergo microneedling, the procedure will start with anesthetic cream to limit any discomfort. Then your physician will select the appropriate device with needles long enough for your specific skin goals, and roll it over your skin. Expect the entire process to take about a half-hour, with some minor redness and irritation lasting for one to three subsequent days. Depending on what you want to accomplish with your skin, you may need follow-up appointments.

If you're thinking about trying microneedling, start with a consultation with your health care provider. To find a physician certified by the American Academy of Dermatology, visit aad.org.

Flower Up Your Fashion

By Dylan Roche

With spring just around the corner, flowers will soon be in full bloom. But don't let Mother Nature be the only one dressing up with bright colors and unique patterns this season. Spring gives you the perfect excuse to start incorporating florals into your fashion, whether you want to achieve a look that's subtly sophisticated or impressively bold. But even though florals are always bound to make a statement, there are a few guidelines you want to observe to save yourself from looking like a flowery fiasco. With that in mind, here are eight tips for dressing up with floral patterns this spring.

DON'T DO TOO MUCH. Look, floral prints are pretty. But they look best when there's only one print at play. Pairing two or more floral prints in the same outfit will clash and create an overall way-too-busy appearance. If you have a floral blouse, don't wear it with floral pants or a floral skirt. In fact, to play it safe, let your floral pieces be the focus of your outfit by keeping it subdued with simple patterns on your other pieces—nothing more complicated than small stripes or checks. However, solids are always your safest bet. And on that note...

KEEP OTHER ELEMENTS SIMPLE, INCLUDING ACCESSORIES. Let the floral print be the statement piece of your outfit. Adding too many other flashy or eye-catching pieces will just make your outfit too busy. That includes jewelry and accessories. A large necklace or a sparkly handbag will work better when you're not wearing florals. Keep jewelry understated and accessories less ostentatious than usual.

REMEMBER THAT FLORALS DRAW ATTENTION. Wherever you have the floral prints in your outfit, that's where eyes will be drawn. So, if there's a part of your body that is a point of insecurity or that you don't want to draw too much attention to, it's best to avoid wearing floral patterns on that part of your body. This can be especially true when it comes to large prints, which will

make those parts of your body wearing them look larger than they would if you were wearing a much smaller floral print.

PAIRING WITH NEUTRAL

IS ALWAYS SAFE. If you're choosing to pair florals with solids, you might be inclined to go with a bright color found in the print—maybe you have a skirt in the same shade of pink as the flowers on your favorite scarf. That's a great choice to make! But if you're unsure, or if you don't have anything in the right color, pairing a floral print with neutrals is always safe. Go for shades of brown or gray to make that colorful floral pattern stand out.



FIND A JUXTAPOSING ELEMENT FOR A MORE DARING LOOK.

Florals can be ultra-feminine, but you can always give your outfit a little bit of extra interest by pairing them with something that is slightly edgier. A sleek leather jacket or a pair of distressed jeans will juxtapose the florals nicely without being distracting or overwhelming.

KEEP EVERYTHING FITTED—DON'T HANG LOOSE.

Unless you're going for a hippie flowerchild look, it's best to avoid anything that drapes, flows, or hangs. Oversized garments with floral patterns might have been all the rage in the '60s and '70s, but wearing them in the 21st century will make you look outdated and out of place. Instead, make sure all your floral clothing is fitted and well-tailored.

FLORALS WORK WELL FOR MEN, TOO.

Men shouldn't be afraid of incorporating floral prints into their outfits. But don't go for large, bold prints you would typically see on a Hawaiian camp shirt. Instead, choose smaller, subtler floral patterns, even in traditionally feminine shades like pink or lilac (though masculine colors like blue or green also work well). Choose accessories like neckties, pocket squares, or socks with floral patterns, or find a jacket with a floral-patterned lining. For safest pairing, always wear these with a white or light blue shirt.

DON'T BE AFRAID TO WEAR FLORALS YEAR-ROUND.

Yes, let's hype up florals for spring. It's the time of year when everyone wants to see flowers everywhere they look. But that doesn't mean you should be afraid of wearing florals all year-round. Wear them through the summer, and even in the fall and winter—people might even be more appreciative of seeing bright flowers in November!

Dining

78 SAVOR THE CHESAPEAKE

Smith Island
Coconut Cake at
Knoxie's Table



WHAT'S UP? READERS
RESTAURANT
REVIEW

Calling All Food Critics!

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

Photo by Stephen Buchanan



Savor the Chesapeake

Restaurant news and culinary trends throughout the Chesapeake Bay region

By Megan Kotelchuck

We are very lucky to live in a region with so many delicious dining options. We also have new places for cocktails and light fare opening, old favorites reopening, contest winners announced, culinary events, and more. Take a look!

On the Dining Scene...

↑ **O'Shucks Irish Pub** in Centreville closed a couple days before this past Christmas. Owners Jennifer and Michael Brown have decided to take a step back so that they are able to spend more time on their newer endeavor: **Sugar Doodles Sweet Shop**. This sweet shop has two locations; one in Chester and another in Centreville. Since the closing of O'Shuck's, Chef Joseph Zagami has opened his own Gastro Pub in that location.

Across the bridge, a new 1920s themed cocktail bar opened in Downtown Annapolis in November: **Parley Room**. Parley Room is a sophisticated, 30-seat cocktail bar located on the ground level of the Capital Hotel (formally State House Inn) and can be entered at 25 State Circle in Annapolis. Enjoy one of their many signature cocktails, build your own charcuterie board, or enjoy their light fare. Find more information on their Facebook page.

In September 2021, beloved **Chris's Charcoal Pit** in Annapolis closed its doors because of the damage caused by a tornado in the area. But this past December, the Greek, American, and Italian restaurant announced that they will be reopening in a new location! Chris's will be opening at 3283 Solomons Island Road within the Market South River Colony Shopping Center in Edgewater. Find more information on the website, chrischarcoalpit.com.

Titan Hospitality is drawing out the blueprints to expand their restaurant group to Downtown Columbia. Titan Hospitality currently consists of Blackwall Barn & Lodge (Gambrills), Smashing Grapes (Annapolis and Gambrills), and Blackwall Hitch (Annapolis and Alexandria, Virginia). The Founder and CEO of Titan Hospitality, James King, said that they are planning on opening a second Blackwall Barn & Lodge location, which is both a restaurant and event space, as well as a third location of Smashing Grapes, their wine-forward restaurant. Plans are for both restaurants to open later this year.

Last holiday season, The Irish Restaurant Company hosted its first-ever **Galway Bay Irish Eggnog Cocktail Recipe Contest** and have just announced their winner! The contest asked aspiring bartenders and eggnog enthusiasts to create a unique cocktail featuring Galway Bay Authentic Irish Eggnog. After 32 entries were received and tasted by expert bartenders at each of The Irish Restaurant Company's locations (Killarney House in Davidsonville, Galway Bay Irish Pub & Whiskey Bar in Annapolis, Brian Boru Irish Pub in Severna Park, and Pirates Cove Restaurant and Dock Bar in Galesville), Nancy Solem's Chocolate Mint Nog was announced the winner. Solem, of Glen Burnie, used Galway Bay Eggnog, chocolate mint liqueur, dark rum, and shaved chocolate in her recipe to claim the title. Susan Canter of Davidsonville earned second place honors with the Banana-nana Nog (Eggnog, banana liqueur, and chocolate syrup).



Eat, Drink, and Be Entertained...

St. Michaels ChocolateFest: St. Michaels is hosting the town's 5th Annual ChocolateFest on March 4th throughout downtown. Restaurant chefs will put together delectable menus to showcase chocolate inspired dishes and desserts. The Chocolate Crawl will be from 11 a.m. to 4 p.m. until sold out throughout the town. Chocolate lovers can also enjoy shopping while sampling chocolates, desserts, locally crafted wines, beers, and spirits. Find more information at stmichaelsmd.org.



Annapolis Restaurant Week: Annapolis' Restaurant Week began February 25th, but continues through March 5th. Grab your family and friends and enjoy prix fixe menus for breakfast, lunch, and dinner at more than 40 participating restaurants in Annapolis. This year, select locations will also offer carry-out deals to enjoy at home! Find more information and participating restaurants at downtownannapolispartnership.org.

Drink Up...

Looking for a little luck this St Patrick's Day? Well, let's see if these recipes help.



The Lucky Irish Girl Cocktail

INGREDIENTS

1 ounce Baileys
 1/2 ounce Kahlua
 1/2 ounce Frangelico
 2 ounces Milk of choice
 Green Food Coloring

INSTRUCTIONS

Mix all ingredients in a cocktail shaker with a little ice. Shake, strain, pour, and bottoms up!

Photo and recipe courtesy of fitnessista.com



Shamrock Sour

INGREDIENTS

2 tablespoons Lime Juice
 1/2 tablespoon Lemon Juice
 1/2 cup Simply Syrup
 2 ounces Irish Whiskey
 1 tiny drop of
 Green Food coloring
 Lime Wedges for garnish

INSTRUCTIONS

Combine ingredients and shake well. Strain over ice. Garnish with a lime wedge and a shamrock stirrer.

Photo and recipe courtesy of pizzazzerie.com

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



Where's Wilma?

FIND WILMA AND WIN!

The What's Up? Media mascot, Wilma, is catching those whipping March winds as she flies from Chesapeake town to town in search of the best shops and restaurants! She's feeling lucky that she'll find a "pot of gold"—that perfect place where she can land and visit the area's finest establishments and services. But 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 **Sharon R.** of Stevensville, who won a \$50 gift certificate to a local business.

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



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

Entries must be received by March 31, 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.

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Bosom Buddies Charities..... 10

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Chesapeake Crawl Space Solutions..... 63

Dee Dee McCracken—Coldwell Banker LREHP, BC

Djawdan Center for Implant and Restorative Dentistry 1

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TTR Sotheby's Annapolis—Brad Kappel LREHP

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O: 410-224-2200 | C: 410-739-7571
dmccracken@cbmove.com



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