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Design Outlook

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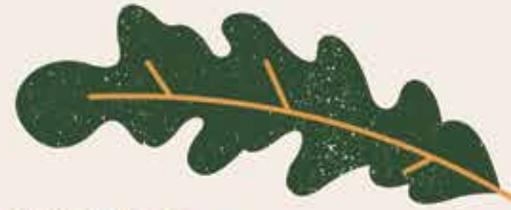


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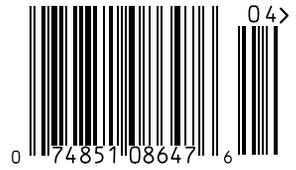
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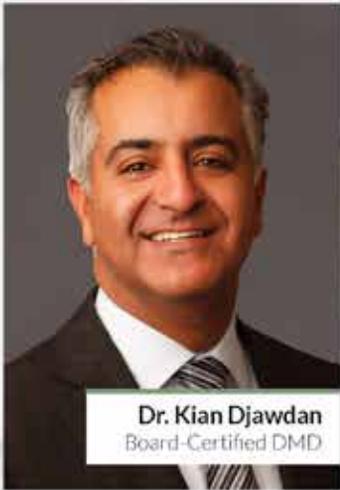
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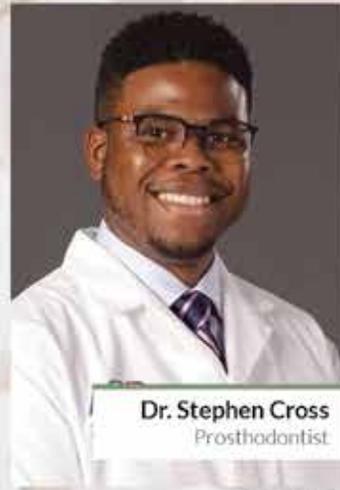
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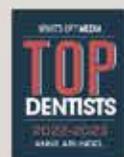
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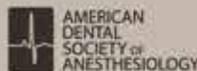
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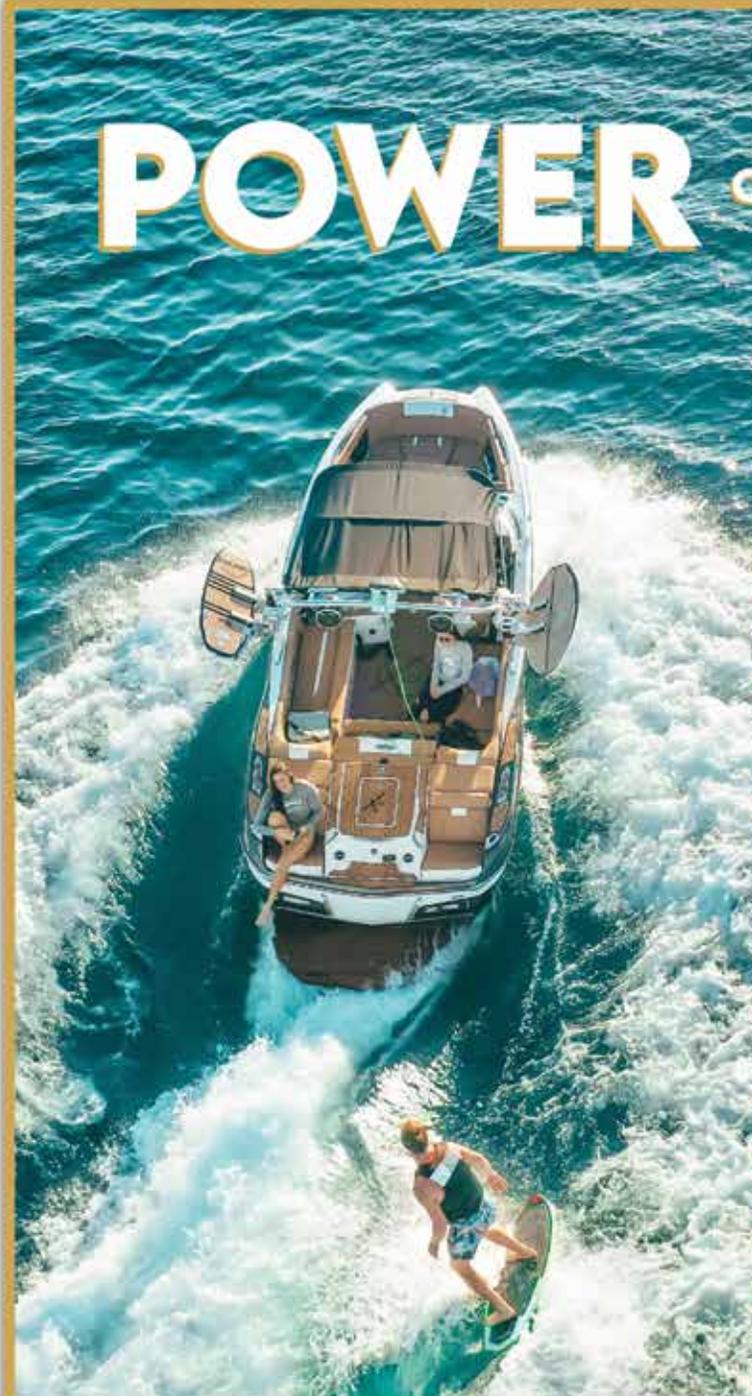


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914 Sportsman Neck Rd., Queenstown | \$1,100,000

This is your opportunity to own Wye River Waterfront! A west facing, charming Cape Cod located on 2.58 acres. This home features a large, updated kitchen with a spacious breakfast area, a gorgeous, screened porch, family room, all providing beautiful water views. The main level also includes a primary en suite, bedroom #2, a full bath, dedicated laundry, a dining area, and expansive foyer. Some of the charm and character of this property is a result of the rustic finishes including solid wood plank ceilings, a wood stove, and wood floors in much of the home. The outside of the home is equally impressive, offering 6 ft. +/- MLW with U-shaped dock w/ 30-amp electric including current 6000 lb. lift and dual jet ski lift. Whether you choose to be outside on the water, or inside enjoying the fire, you will love all this home has to offer.



323 South Lake Dr., Stevensville | \$900,000.00

Meticulously maintained, Northwest Creek waterfront home on .99-acre property is ready to impress you. This property is truly a special home that delivers the Shore dream in big ways, and all on one level. Upon entry, you are greeted by beautiful hardwood floors, fresh paint, and a bright and open floor plan. The entry seamlessly connects to the living room and through the kitchen you will be struck by the gorgeous views outside and the beautiful finishes inside. In short order you will want to step out onto the deck and enjoy the large backyard, expansive water views, Gunite pool and so much more. The newer sunroom creates a great space to sit and watch the wildlife on the creek. This Northwest Creek home sits in a highly desirable location just minutes to the bay bridge.

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1624 Seward Rd., Chester | \$400,000

Marling Farms Rancher on a beautiful .65-acre private lot, and a short walk to watch the sunset. Features a spacious living room with hardwoods which is connected to a large family room with a wood burning stove. The kitchen and dining room have limited water views from the dining room. Three BR and two BA are on one side of the house. Plus, an unfinished full basement well maintained. A short walk to one of 4 community beaches/boat launch and play areas with views of Crab Alley Bay.



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

If you are seeking a picture-perfect home, positioned beautifully on the water's edge, delivering the kind of peace and relaxation that only the dreamiest vacation could deliver? Look no further. This 2.56-acre waterfront respite was built with great care, thought and detail. Views of the water abound. A private pier, heated Gunite saltwater pool & spa plus hardscape and the surrounding landscape makes it nice for entertaining. Inside are 5 BR's, 4.5 baths and an amazing main level primary en suite. Do not miss this property!



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55 E Queen Caroline Ct., Chester | \$300,000

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

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On the Cover: Learn how to "Plant a Pizza Garden" this month. Design by August Schwartz. Contact *What's Up? Eastern Shore* online at whatsupmag.com. Please recycle this magazine.

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eastern shore

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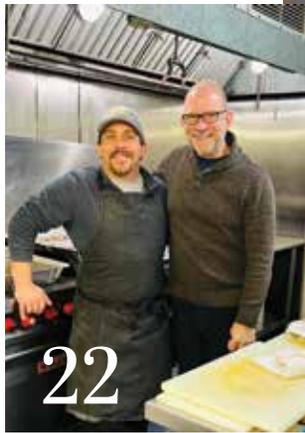
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2023 TOP DOCS

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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3107 Bennett Point Rd - Sold for \$4,700,000

CLIENT TESTIMONIAL "Biana knows the Eastern Shore better than anyone we have come across. She has deep insights into the people, the homes, and what makes it such a special place. Having lived and raised children there, she has a deep connection to the land and the community. This serves her well and serves her clients even better. She fiercely advocates for her clients and does so with class, humor, and an honest approach that makes everyone feel like they are dealing with someone they can trust. We strongly recommend her to anyone thinking about relocating to this beautiful part of the world." -Tom & Elissa



107 Edge Knol Ln - Sold for \$1,295,000

CLIENT TESTIMONIAL "Biana is one of the most incredible realtors I have ever worked with. There is just something about her, a knowing and understanding of not only the market, but of people as well. While she has deep experience in the marketplace and the industry, she is very open and curious about what is important to her clients. From the hiring process all the way thru closing, Biana didn't miss a detail. She handled everything that came her way. The experience we had with Biana was just amazing!" -Ron

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From the editor



few selfcare trends you may or may not have heard of, or adjacently with pieces that explore the war on cancer and forever chemicals (“Diamonds Are Forever But Chemicals Shouldn’t Be!”) and our “Health & Beauty” department. There’s a good number of wellness topics that may pique your interest. (Fava beans are the superfood rage right now. Go figure.)

I like to think that all of the topics in this particular magazine create a readable whole that has a lot to offer. And that includes the fun festivals, events, restaurants, and places you can explore (see “Tour Historic Hancock’s Resolution”) and, even, the robust home content (“The Look for 2023” showcases interior design trends; home is where the heart is, after all).

With Spring’s arrival, it’s as good a time as any to dust off the figurative fog of winter, mind ourselves, practice some selfcare, tackle projects, clean house, explore the neighborhood, get the heart pumping, and feel as good as good can be. That is, if the pollen index isn’t astronomical.

Have a healthy and enjoyable April.

Like many folks, I teeter between routine fitness and taking a restful break from it all...and often consider how workouts, mindfulness, and relaxation all fit together in the puzzle of wellness and selfcare. I thought about this as I geared up for a brisk jog through the neighborhood on a very blustery March afternoon. Sometimes—but especially when the stress of putting together every bit and piece of this magazine (and it’s two siblings) hits hard—getting outside, putting good tunes on the earbuds, and working up a good sweat is all it takes to reset and refocus.

Downtime is equally important. We lead very busy lives—doubly so if you’re a parent of very active kiddos (or adults for that matter). Taking time for oneself and with each other to enjoy peaceful activities is paramount to our mental and physical repair. The holistic work *and* rest we schedule into our lives will often enhance our internal well-being *and* extracurricular endeavors. Simply put, when we look and feel our best, we are generally the best versions of ourselves.

In case you’re wondering where I’m going with this... there is a point. We explore the theme of wellness throughout this issue. Either directly with the feature article “Holistic Specific!” which covers a

James Houck,
Editorial Director

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

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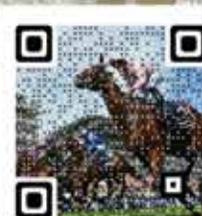
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Out on the **TownE**

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Bay Bridge Boat Show

One of the largest in-water shows north of Florida marks the beginning of the boating season on the Chesapeake Bay: The Bay Bridge Boat Show. The show will be April 14th through 16th in Stevensville. Attendees can enjoy the views of the Chesapeake Bay Bridge as they climb aboard a wide array of powerboats from fishing boats to pontoons and luxury cruisers. There will be food and beer stations and promised fun. Find more information at annapolisboatshows.com





LandJam

Eastern Shore Land Conservancy will be hosting LandJam on April 29th from 1 to 4 p.m. This event is the organization's annual family-friendly gathering to celebrate the land of our beautiful, bountiful Eastern Shore. LandJam will be held at the Wye Island National Resource Management Area where attendees will be treated to live music by Justin Singleton and the Shorebillies, as well as local Eastern Shore food, drink, and crafts. There will also be plenty of activities like guided trails, bird walks, and wildlife displays. Find more information at eslc.org.

↑ CHESTERTOWN AGE SPRING ART WALK

Chestertown Arts and Entertainment District is presenting the year's first Art Walk on April 15th from 10 a.m. to 3 p.m. throughout Downtown Chestertown. Dozens of artists and artisans will be selling work at galleries, storefronts, restaurants, and around town venues. There will also be plenty of live music. The year's next Art Walk events will be September 16th and December 16th so be sure to make it to this Spring's event. Find more information at kentcounty.com or email hester@kentculture.org.



Eastern Shore Sea Glass and Coastal Arts Festival

The 12th Annual Eastern Shore Sea Glass and Coastal Arts Festival is April 22nd and 23rd at Chesapeake Bay Maritime Museum in St. Michaels. The popular festival features artisans from around the country showcasing coastal and sea-glass related jewelry, home décor, art, and more. The festival will also have live music, access to all of the exhibitions and historic structures on the campus of CBMM and more. Find more information and a full list of artisans at seaglassfestival.com.



↑ TRI-COUNTY CLASSIC

The biggest cycling event on the Eastern Shore this month will be held April 29th. Chesapeake Cycling Club's Tri-County Classic will start and end at Talbot County Community Center in Easton. Riders may choose a 100-, 65.7-, 39.2-, or 23-mile course through the towns of Ridgely, Easton, and Oxford. Sign up today at ridec3.org.

EXPERT OF THE MONTH

CORNELIA C. HECKENBACH

Associate Broker | Long & Foster Real Estate

An award-winning real estate agent, Cornelia C. Heckenbach has more than 30 years of international expertise, and her achievements extend from farmland to new construction, starter homes to stunning multimillion dollar waterfront estates. Originally from Germany, she relocated to Talbot County in 1990 after falling in love with St. Michaels and the Chesapeake Bay. A leading agent, Heckenbach utilizes her extensive experience to achieve top-dollar results for sellers and help buyers find the home of their dreams.

Heckenbach shares her passion for real estate, her insight on current market trends, and her experience working with clients and helping them make informed decisions.

What do you find most rewarding about your career as a real estate agent?

The days when I realize that I really made a difference in someone's life by assisting them are the most rewarding.

What market trends are you seeing in the real estate industry in 2023?

If the inventory remains low and a property is priced correctly, it will move fairly quickly. But the property really has to be represented at its very best. Buyers look for move-in ready homes.

How does your career experience help clients navigate the fluctuations we experience in the real estate market?

I have experienced decades of the market's ups and downs and have guided my clients to make sure that they are ahead of a changing market. Having extensive knowledge of the market trends enables me to prepare their property for sale. By being connected to a network of professionals who contribute to successful transactions, I can facilitate seamless outcomes. But most of all, I have learned to listen carefully to my clients to ensure that I understand their needs.

I take pride in providing the highest quality service and utilizing my knowledge to help my clients navigate the market. Above all, I create partnerships with honesty, loyalty, and integrity. I want each individual to feel at ease, knowing their unique journey is being guided with care, hard work, and phenomenal customer service.

What advice would you offer a client who is on the fence about selling their property to help with the decision-making process?

Put your trust in a very experienced real estate agent with a proven track record. And don't be in a rush to choose the one who suggests the highest sales price.

Cornelia C. Heckenbach
Associate Broker | Luxury Specialist

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Across the Bridge

Annapolis Spring Sailboat Show

The Spring Sailboat Show that everyone has been waiting for is coming back to City Dock in Downtown Annapolis April 28th through 30th. The Spring kick-off event has become a tradition that sailing enthusiasts from the Mid-Atlantic look forward to. This in-water show will showcase the sailing industry's latest boats, gear, and tech. Find more information at annapolisboatshows.com.



ANNAPOLIS OPERA VOCAL COMPETITION →

The 35th Annual Annapolis Opera Vocal Competition is the best way to hear the most talented rising stars in the classical vocal world. The competition will be held at Maryland Hall in Annapolis on April 16th, starting at 3 p.m. This event is free to the public and showcases singers selected by a panel of renowned judges from hundreds of outstanding applicants across the nation. Find more information at annapolisopera.org.



ANNAPOLIS BOOK FESTIVAL

Now in its 20th year, the Annapolis Book Festival brings nationally and internationally renowned authors for panel discussions and book signings. Interactive, multi-generational, and free of charge, the festival has something for book lovers of all ages. Combining compelling author panels with live entertainment, children's activities, huge new and used book sales, and food trucks, the festival attracts more than 3,000 attendees each year. The festival takes place on Saturday, April 29th from 10 a.m. to 5 p.m. on the campus of Key School in Annapolis. Learn more at keyschool.org/annapolisbookfestival.



↑ Fly Fishing Film Tour

The 17th annual Fly Fishing Film Tour (F3T) presented by Costa, Yeti, and Simms is coming to the Chesapeake Bay area. At 5:30 p.m. on April 27th, the doors open to the Annapolis Maritime Museum in Annapolis for great food, local beer, and fly fishing films showcasing locations including Patagonia, Mexico, Australia, Alaska, Wyoming, the Deep South, Massachusetts, and more. The viewing party will begin at 7 p.m. and feature top-notch short films that are sure to get you fired up for the season ahead. The F3T is the original and largest fly fishing film event of its kind. Get your tickets at flyfilmtour.com.



↑ ARTFEST

A day of creativity is back at Maryland Hall in Annapolis. ArtFest, part of Chesapeake Crossroads Heritage Area Maryland Day Celebration activities, will be on April 2nd from 1 to 4 p.m. This free event is for all ages and showcases the arts at Maryland Hall with art and dance demonstrations, live entertainment, art sales, hands-on art activities, and much more. Find more information at marylandhall.org.

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Towne Calendar

A taste of community events taking place this month across the Chesapeake Bay region. For this month's full calendar, scan the QR code



April 1

St. Margaret's Church Spring Bazaar at St Margaret's Church in Annapolis, 9 a.m. to 2 p.m.; st-margarets.org; Featuring a variety of local crafters and vendors, including jewelry, baskets, home decorative items, photography, hand-painted glassware, knitted items, and much more!

Annapolis Symphony Orchestra: Two Romantics - Brahms & Prokofiev at Maryland Hall in Annapolis, 8 p.m.; annapolis-symphony.org; The biblical story of Esther, who uses bravery and cunning to save the Jews of Persia, is the inspiration for this piece by Behzad Ranjbaran exploring the connections between music and mysticism of the Persian mythology of his native Iran.

Spring Break on the Farm at Dominic's Farm in Queenstown, through April 7th; dominicsfarm.com; Join in on April 3rd- 7th for Spring break at the farm. Lots of fun including animal activities, games, crafts, snacks, and lots of outdoor activities.

April 3

Busch Annapolis Library Spring Film Series: Classic Films by Women Directors at Michael E. Busch Annapolis Library, 6 p.m.; aacpl.net; Since the beginning of the motion picture industry, women directors have created some of the most memorable movies ever made. In this series, we'll look at four of the best, from a gritty film noir to an offbeat comic gem.

Create a Play at Compass Rose Theatre at Maryland Hall in Annapolis, 4-5 p.m.; compassrosetheater.org; Wear theatrical hats in this Compass Rose favorite! Students ages 6-12 dive into the creative process as they act as playwrights, collaborators, actors, designers, and developers of their own original play. They work as an ensemble to develop the story, perform dynamic characters, make design choices, and perform the final product for a live audience!

April 14

Maryland Black Bears Ice Hockey at Piney Orchard Ice Arena in Odenton, 7 p.m.; marylandblackbears.com; The Maryland Black Bears Ice Hockey team has their last two home games of the season on April 14th and 15th against the Danbury Jr. Hat Tricks.

April 15

10th Annual Spring Classic Bike Tour at Easton High School, 8 a.m.; positivestridescenter.org; Positive Strides Therapeutic Riding Center invites cyclists to its 10th Annual Spring Classic Bike Tour on April 15, 2023, in support of its mission to build confidence, self-esteem and a sense of accomplishment for children and adults with physical, cognitive, and emotional challenges.

Healthy Forests Program: Invasive Plant Removal Workday at Bacon Ridge Natural Area in Crownsville, 10 a.m. to Noon; sforce.co; Protect the health of your local forest. Join Scenic Rivers Land Trust at Bacon Ridge Natural Area in Crownsville to spend

a morning removing vines, such as Oriental Bittersweet and English Ivy, from trees along the trails!

Maryland Wine Experience at the Graduate Hotel in Annapolis, 11 a.m. to 7 p.m.; Winemakers, winery owners, and expert winery staff will be on hand to talk about their wines and offer a sneak peek into why they're so passionate about what they do. Focused on exploration and education, you are invited to attend all three parts of A Maryland Wine Experience.

English Country Dance at Annapolis Friends Meeting House in Annapolis, 6:30 to 9:30 p.m.; Facebook; English Country Dance to delightful live music, intro lesson at 6:30 and the dance at 7p.m. Register online.

Annapolis Opera's Next Voices of Our Times at Maryland Hall in Annapolis, 7:30 p.m.; annapolis-symphony.org; Join us for a thrilling concert featuring Marion Anderson Award winner, NBC's *The Voice* finalist, and Metropolitan Opera performer, John Holiday!

The Reasons Why Stage Play at Bowie Center for the Performing Arts in Bowie, 7:30 p.m.; bowiecenter.org; Back by popular demand - again! A conversation piece... long after the curtains close. (Mature content. Recommended for ages 18+)

April 19

Arts on Stage Presents: Macbeth at Hammonds Lane Theatre in Brooklyn Park, 10 a.m.; chesapeakearts.org; Four centuries later, Shakespeare's brilliant psychological drama remains one of the world's most iconic studies of the corrosive effect and mesmerizing allure of power. This intense peek into the dark part of the human psyche is both riveting and chilling.

April 20

Chesapeake Multicultural Resource Center 10th Anniversary Celebration at The Waterfowl Building in Easton,

10 a.m.; discovereaston.com; The Chesapeake Multicultural Resource Center will be presenting a three-day exhibit to the community showcasing the immigrant families in our community, the work of ChesMRC, and the events that have shaped migration of the Eastern Shore over the past decade!

April 22

Baltimore Symphony Orchestra Music Box: Celebrate Springtime at AMP by Strathmore in North Bethesda; strathmore.org; Maria Broom hosts these 30 minute, highly engaging and interactive concerts featuring an ensemble of BSO musicians performing light-hearted classical and children's songs to develop your child's musicality, creativity, coordination, and literacy.

Used Book and Media Sale at Prince of Peace Church in Crofton, 8 a.m. to 4 p.m.; popchurch.org; Shop thousands of books at bargain prices! Most books \$1 or less. Wide variety of categories. Shop on 4/22 or 4/29! Different categories of books each week. Rain or shine! All proceeds support church mission projects.

Caring for Life Gala at Live! Casino & Hotel in Hanover, 6 p.m.; hospicechesapeake.org; Join Hospice of the Chesapeake for an elegant, fun-filled evening of drinks, dinner, auction, and dancing to support their vital programs.

April 25

Corks, Forks, and Flowers at Temple B'nai Israel in Easton; talbotcountycg.org; Talbot County Garden Club's biennial Symposium promises to be a wonderful event with engaging speakers, wine tastings, a cooking demonstration, and of course, flowers and fresh entertaining ideas - all on the Garden-to-Table theme.

April 26

Leadership Anne Arundel New Leaders Celebration at Carrol's Creek in Annapolis,

8 a.m. to 9:30 a.m.; leadershipaa.org; Join the Leadership Anne Arundel community as we celebrate individuals who have begun new leadership roles over the last year. Enjoy breakfast with a view courtesy of Carrol's Creek Cafe and meet key new leaders in our community.

April 29

Stroll & Roll at Camden Yards in Baltimore, 8 a.m.; erinlevitas.org/stroll; Join the Erin Levitas Foundation (ELF) for the 4th annual Erin Levitas Foundation Stroll & Roll. Friends, families, businesses, and individual supporters will walk, run, dance, stroll or roll to raise awareness about body safety and boundaries to stop sexual harm before it happens. Participants can join in-person in Baltimore or virtually from anywhere around the world.

Pirate's Parlay of the Chesapeake at the Anne Arundel County Fairgrounds in Crownsville, Noon to 9 p.m.; Help support the Anne Arundel County SPCA with two days of Pirate Adventure with pirate encampments, live Mermaids, Magic, Music and Mayhem!

Los Angeles Guitar Quartet at Harold J Kaplan Concert Hall at Towson University, 8 p.m.; The Grammy Award-winning LAGQ is one of the most multifaceted groups in any genre. The LAGQ is comprised of four uniquely accomplished musicians bringing a new energy to the concert stage with programs ranging from Bluegrass to Bach.

April 30

Art Scrap Annapolis supply collections at Wimsey Cove Framing & Fine Art Printing and Gallery 57 West in Annapolis; annapolis-arts-alliance.com; Clear out your supplies and give a beginner a head start through the first ArtScrapAnnapolis. The Annapolis Arts Alliance is collecting good quality new/used art supplies to be donated and sold!



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↑ Culinary Programs Get Boost from Local Experts

The St. Michaels Community Center's current renovations are about more than just a building because the new Community Center will be home to new programs, including culinary and hospitality workforce training. A new Culinary & Hospitality Advisory Team is helping the St. Michaels Community Center plan and execute these new workforce training programs, with advisory members including: Chesapeake College Workforce Programs Dean Jason Mullen; Maryland 2022 Chef of the Year and The Inn at Perry Cabin Executive Chef Gregory James; Ava's Pizzeria & Theo's Steakhouse Executive Chef Derek Dille; Gina's Café Owner and Executive Chef Gina Werner; Perdue Farms Culinary Team Corporate Executive Chef Chris Moyer; and Hambleton House Events & Catering Owners Executive Chef Jordan Lloyd and Alice Lloyd.

"The St. Michaels Community Center has a three-point mission that includes connecting people to resources," SMCC Executive Director Patrick Rofe says. "And now we have connected an incredibly talented group of culinary professionals to help build our future programs. We are extremely grateful for the insights and guidance from these advisory team members." Learn more at stmichaelscc.org.



GUNSTON STUDENT ATHLETES SIGN LETTERS OF INTENT ↓

The Gunston School recently announced that six members of the class of 2023 signed their letters of intent to play sports at the college level. At a signing ceremony, students and their families, along with coaches and faculty, gathered in the Alice R. Ryan Family Library to celebrate their accomplishments. Damian René of Easton will be swimming for Swarthmore College. Andrew Rich of Annapolis will be swimming for Florida State University. McKinsey Brown of Centreville will be playing lacrosse for Savannah College of Art and Design (SCAD). Kelby Booth of Denton will be rowing for Bryn Mawr College. Autumn Watson of Centreville will be rowing for Rutgers University. And Isabelle Wagner of Chestertown will be rowing for Washington College. Congratulations to all, and to learn more visit gunston.org.



Local Schools Earn STEM and Career Learning Distinction

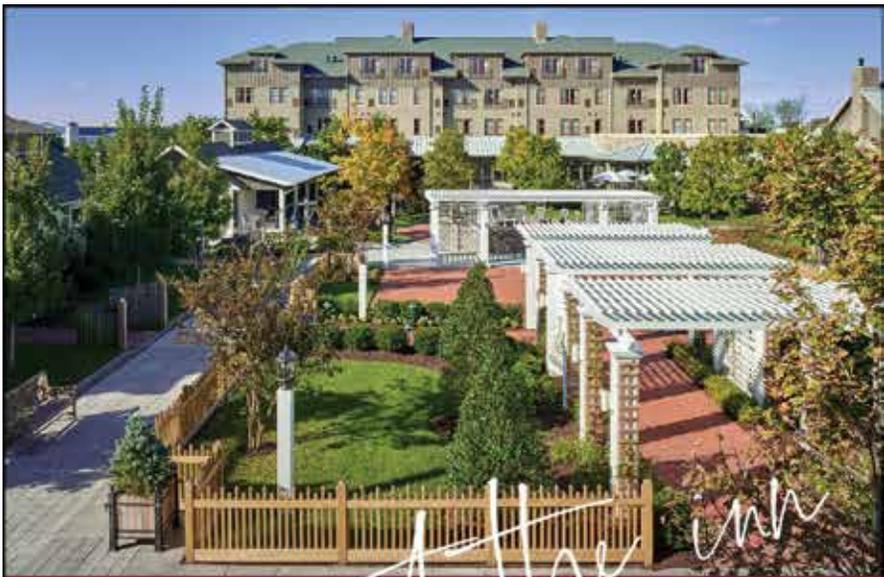
Easton High School and St. Michaels Middle High School have been recognized as 2021-22 Project Lead The Way (PLTW) Distinguished Schools. They are two of just 191 schools across the U.S. to receive this honor, for providing broad access to transformative learning opportunities for students through PLTW. This includes courses such as Computer Science, Biomedical Science, and Engineering. The PLTW Distinguished School recognition honors schools committed to increasing student access, engagement, and achievement in their PLTW programs. Learn more at pltw.org.



UM SHORE MEDICAL CENTER RECEIVES HONOR

University of Maryland Shore Medical Center at Easton has been recognized for the second time as High Performing in Maternity Care (Uncomplicated Pregnancy) by *U.S. News & World Report's* "Best Hospitals for Maternity Care." Among nearly 650 hospitals providing labor and delivery services nationwide, fewer than half received the "high performing" designation; in Maryland, UM Shore Medical Center at Easton was one of only five hospitals so designated. "It was such an honor to receive this designation for the second time," said Angie Wicks, DNP, RNC-OB, Nurse Manager at The Birthing Center at UM Shore Medical Center at Easton. "It's a reflection of the dedication our obstetrics providers, nurses and techs maintain as they provide quality patient care." Pictured from left are Angie Wicks, DNP, RNC-OB, Nurse Manager at The Birthing Center at UM Shore Medical Center at Easton; Jenny Bowie, Senior Vice President, Patient Care Services, and Chief Nursing Officer; Javier Cajina, MD, Medical Director for UM Shore Medical Group-Women's Health and The Birthing Center at UM Shore Medical Center at Easton; and Ken Kozel, President and Chief Executive Officer, UM Shore Regional Health. Learn more at umms.org.

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



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TOWNE ATHLETE

Evelyn Murphy

Ss. Peter & Paul High School
Lacrosse, Basketball, Field Hockey

By Tom Worgo

Evelyn Murphy learned the family business from the ground up. Her father Brian started an online bakery, and Murphy has learned every facet of the business working in his company since her freshman year at Saints Peter & Paul High School.

Among her main duties has been running the social media channels of the company. Watching the business grow has made her want to have one of her own. Murphy, now a senior and a three-sport standout athlete, wants to be a businesswoman and the company she wants to start will have something to do with food. To prepare, she's interested in majoring in economics.

"We cook and bake and have so much fun doing it," Murphy says of the family business. "I want to share that with people. I want to teach others to navigate their kitchen to reap the fun, healthy, wholesome benefits that homemade meals can offer, all in a convenient and budget-friendly process."

Her first business idea involves designing an energy snack for athletes, which will contribute to their performance. The second idea focuses on helping people cook and prepare healthy wholesome food, much like her father's company.

"I want to be an entrepreneur like my parents," explains Murphy, an Easton resident. Considering how hard she works at her academics—she carries a 4.83 weighted grade-point average—she will probably thrive as a business owner.

Murphy also serves as president of her school's student government association, tutors classmates, and mentors new students and transfers. Her objective is to help them to acclimate to Saints Peter & Paul. She also plays lacrosse, basketball, and field hockey while serving as a team co-captain for each.

"She does it all and does it well," Saints Peter & Paul Field Hockey Coach Debbie McQuaid says. "She's smart, she's athletic, and a leader. It doesn't get

any better than her. She is really good with time management because she is involved in everything."

Murphy's favorite and best sport is lacrosse. She said she's been recruited by about 30 schools, starting in September of 2021. The top recruiters include Amherst College, American University, and the University of Oregon. She even received a scholarship offer from UMBC.

But she says, "Those schools for lacrosse weren't the right fit for me as a student and athlete for various reasons." Murphy puts academics over athletes. She's applied to the University of Virginia, the University of Southern California, Penn State, and Dartmouth University.

"I can see the schools I applied to being a very good fit for four years," Murphy says.

The 17-year-old Murphy could walk on for lacrosse or field hockey for the schools that now are on her list. "I'd like to play lacrosse or field hockey," she says. "I am naturally fast so I would consider track and field as well." McQuaid adds, "She is the fastest girl I have ever coached, and I have coached for more than 25 years."

The 5-foot-4 Murphy started for years on the varsity field hockey team and made Eastern Shore Independent Athletic Confer-

ence (ESIAC) honors three years in a row. The Maryland State Field Hockey Association named her to its first team as a senior.

She was great at lacrosse as well. Murphy started at midfield for four years and earned ESIAC First-Team honors three times.

“Her lacrosse I.Q and athleticism separates her from other players,” Saints Peter & Paul Girls’ Lacrosse Coach Alison Beyer says.

Beyer wasn’t kidding. Murphy was also an All-Conference pick in basketball.

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

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THE LOOK FOR

*BREAKING DOWN
THIS YEAR'S
MOST-DESIRED
INTERIOR TRENDS*

BY LISA J. GOTTO

2023



Much like the fashion industry, every year you can expect to see an array of home-based concepts and ideas presented by interior insiders that define what the best-dressed homes will look like this year. Even if you are happy with your home's current design and look, these detailed and colorful presentations can provide a source of inspiration and an overall view of how the home zeitgeist is changing over time.

We're breaking down home interiors into 5 key areas: Furnishings, Color, Materials, Texture & Pattern, and Accessories for a larger look at the trends. Central themes that carry across all five key areas are a prevailing sense of the natural world and the increasing importance of sustainability.



FURNISHINGS

WATCH WORD

MULTI-PURPOSE



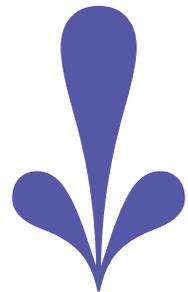
As predicted, many of the necessities created from pandemic-era living are carrying over into our present living scenarios and experts agree that its resulting trends such as modular and multipurpose furnishings are proving useful over the long-term. More specifically, we will see the influence of soft, curvy, even tube-like organic shapes applied to items such as couches, chairs, and anything that supports a reclining or relaxing mode. The practice of rounding corners and smoothing lines provides optimal functionality and conveys a simplification and ease in design that hopefully mimics life.

Seminal design expos such as High Point Market still had plenty of mid-century modern inspiration being seen in furnishings. But some experts are just beginning to feel a fatigue associated with the look, which they backed up with the appearance of some “sexier” mid-century modern pieces from Brazilian designers on the showroom floors.

These looks are marked by extremely low-profile silhouettes, dark woods with red undertones, elements of hand-crafted details, and next-level, rich, sumptuous leathers.

1

Other new looks include updated iterations of tailored furniture designs including columns and arches. These pieces are fresh-looking and are intended on being new approaches to classic design rather than re-introduced reproductions of antique furnishings.



2

PHOTO CREDITS: **1.** Mello swivel chairs by eichholtz **2.** Accent Table by Baker Furniture **3.** Sofa by Travolini Briccola **4.** Millie Accent Chair Courtesy of Grandinroad.com **5.** Ottoman by Leathercraft **6.** Traditional Look by Woodbridge Furniture



The Italian design house Gorini was well represented at High Point and did much to combine the aspects of warm wood, multifunctional design, and curved lines with their amazing sectional lifestyle sofa from the *Tavolini Briccola Collection*.



HOW TO USE IT IN YOUR SPACE

For some consumers (there's still plenty of traditionalists out there), the tube-like pieces can't just be plunked down and expected to blend in, but there are a few exceptions when it comes to the curvy furnishings. We do see some of this influence from the mainstream marketplace such as Grandin-road with their *Millie* accent chair that offers a subtle take on the curve that can work in more traditional design scenarios.



Sumptuous leather and splashes of leather detailing combine in this multi-purpose ottoman by Leathercraft.

The good news for traditionalists and antique lovers is that these genres of furnishings were very well represented on the floors of High Point, as well.

COLOR

WATCH WORD

WARMTH

All the major paint manufacturers annually announce their “Color of the Year” and then create a sub palette of hues that complement that color. Pantone, the color industry expert, does this as well. Rarely, do these color profiles mirror images of each other, but there is some overlap. Pantone announced a splashy, fun color, *Viva Magenta, 18-1750*, as this year’s must-use hue. While Sherwin-Williams is all-in with *Redend Point, SW 908*, a much dustier, earthier version of red, trending toward the pinkish, mauve side.



PHOTO CREDITS: **1.** Redend Point color by Sherwin Williams **2.** Redent Point, SW908 by Sherwin Williams **3.** Deep blue bath by Tempaper and Co **4.** Deep green kitchen by Tempaper and Co **5.** Black veins wallpaper by Tempaper **6.** Black wallpaper by Tempaper **7.** Pillows by Pantone x Spoonflower



Making the scene on the color wheel at High Point Market for spring 2023, were shades of black, blue, and green. Retreating from seasons of minimalist whites and grays, experts are definitely seeing a push toward more color, overall. Natural greens remain extremely popular with warm, mossy greens, pistachio hues, and blue-greens taking center stage.



6

HOW TO USE IT IN YOUR SPACE

While the bold may use an intense color like Viva Magenta on an accent wall, it can also play a special role used more subtly in fabrics and wall coverings. Spoonflower's collab with Pantone this year brings this concept to life by using Viva Magenta as the basis for a pattern, such as on this pillow cover, or even just a splash or pop to a whimsical wall covering.



In softer furnishings, the colors are especially warm with shades of the spice rack evoking rustic tones of cumin, rich reds, burgundy, and mustardy golds.

WATCHWORDS

WATCH WORD

SUSTAIN-
ABILITY



DARK WOODS



Bespoke, *Horo* design lighting treatment made by Masiero, a company known for its sustainable manufacturing practices.



What experts are seeing when it comes to materials, focuses on how they are created and then how they are used with more of an emphasis on old-school practices such as handcrafting, opting not to use synthetic dyes or chemicals, and sourcing materials locally whenever possible. Material manufacturers are also being more mindful of their footprint, not just by using recyclable materials but surpassing that standard by incorporating circular production processes and upcycling their waste materials.

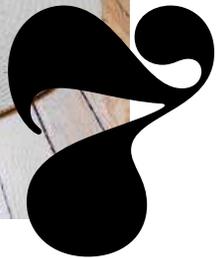
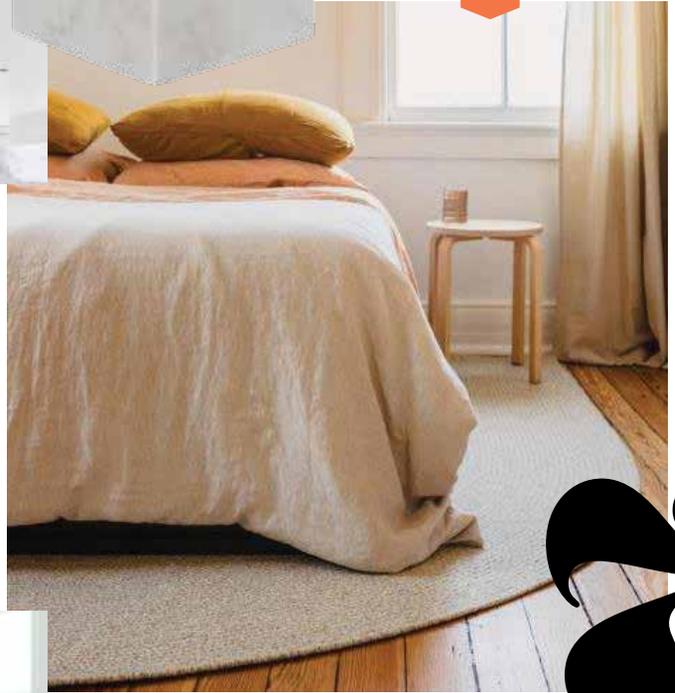


5



6

No toxic dyes or chemicals in this bedroom area rug by CICIL.



STONE

Few materials are more sustainable than stone, and over the last few years natural stone has played a larger role in the homes of discerning consumers, most prominently with the use of cool-toned Carrara marble. This year, style spotters found marble and travertine variations with bold veins of cream, black, and even some brighter colors on display in High Point showrooms.

8



HOW TO USE IT IN YOUR SPACE

Even brighter, lighter interior schemes can benefit from that punch of rich, dark wood; here counterbalanced with supple upholstery and brilliant blue furnishings and accents.

PHOTO CREDITS: 1. Horo design lighting by Masiero 2. Side tables by Verellen 3. Coffee table by Ethnicraft 4. Live edge chair by Noir 5. Pink stone by Calla Stone Boutique 6. Marble pedestal table by Noir 7. Rug by CICIL 8. Dining set by MAVIN.

& TEXTURE

PATTERN

WATCH WORD

NATURAL

1



2



3

Few things make home interiors look more pulled together than texture. Whether your space is large or small you will do well by making the conscious effort to balance the look by layering it accordingly. For instance, a sleek, living room of supple leather furnishings, and glass and chrome accents can always benefit from a fun, faux fur accent rug and a super soft, fluffy, and fiber-y throw on the couch.

ELEMENTS OF CANING



At Market this year, many show-rooms were filled with built-in textures, such as panels of caning on furnishings, and even touches of caning or a woven-like accents on lighting fixtures.



MASCULINE SENSIBILITIES

Next-level performance fabrics that are created with less impact on the environment were popular, as were fabrics that featured channel-stitched or quilted detailing. Also seen, was a masculine aspect to fabric, with upholstery dressed in patterns of pinstriping, tweeds, and plaid.

HOW TO USE IT IN YOUR SPACE

The great thing about texture is, there are so many easy-to-apply treatments. It can be as subtle as a woven wall hanging on a textured wall.



PHOTO CREDITS: **1.** Towels by Native Spun **2.** Tweeds by Native Spun **3.** Textured accents by Calisto Home **4.** Accent chest by Heckman Furniture **5.** Plaid upholstered chairs by Gorini **6.** Furnishings and accents by Eccentrics Homes

ACCESSORIES

WATCH WORD

CAPITAL
F-U-N,
FUN!



With so many elements of the natural world still demanding prominence in interior design, it should be super easy and super fun to incorporate elements seen right in this year's exhibitors' showrooms into our local design schemes.



PHOTO CREDITS: **1.** Planter by D & W Silks **2.** Painting by Christina Sodano Art **3.** Pillows by dvkap.com **4.** Cabaret fringe chandelier by Regina Andrew **5.** Starfish lamp by Forty West Designs **6.** Onyx bowl by B.S. Trading Co. **7. & 8.** Vases by EurDeco



Splashy colors of the sea, wavy glass vessels, and accent pieces that pick up where the beach's natural beauty leaves off, are making this year's interior statements.



HOW TO USE IT IN YOUR SPACE



5



Rise and shine! Rise to the occasion and allow yourself to add at least one truly fun element that just makes your place shine.

6



8

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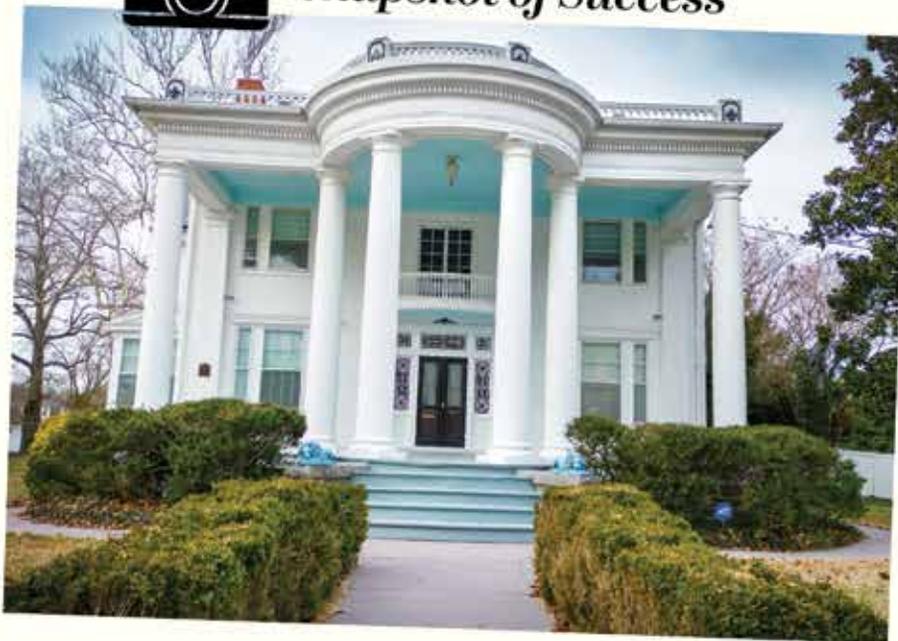


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Before



After



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Best of
EASTERN SHORE
2021

Fiona Newell Weeks

Dwelling & Design

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

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

In the stunning showroom, Weeks recognizes the importance of seeing products in person. Fully stocked with unique pieces, the store has lighting, tableware, upholstered furniture, artwork, side tables, and more - all available to purchase right off the floor. Working with vendors like Lee, Chaddock, Matouk, Hickory Chair and Juliska, Weeks maintains a high sense of quality on the range of products she has available for fellow interior enthusiasts like herself.



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Tour Historic
Hancock's
Resolution

story by **DIANA LOVE** photography by **HARRY SMITH**

The House

How this circa-1700s property has survived the test of time to tell its story today



Stephen Hancock, Jr., was the youngest son of Stephen Hancock, Sr., and one of the third generation of Hancocks—immigrants who arrived in America as indentured servants. In 1775, he inherited 400 acres of land from his father on the shores of Bodkin Creek near Pasadena. The often-studied and best-researched property on Bodkin Creek, Stephen Hancock Jr.'s Long Meadows is historically and archaeologically important as a county treasure.

Today, just 26.5 acres remain of the original 409.5 acres that comprised Long Meadows, now known as Hancock's Resolution. On that small parcel are a graveyard, kitchen garden, several recently constructed outbuildings, and the original home. An inventory of Stephen Jr.'s estate, mandated at his death in 1809, summarized his life's work as a farmer, trader, militiaman, and colonial settler on the Bay.

Hancock's material wealth is a historically significant reflection of his priorities as a middle-class farmer in the post-Revolutionary War years. The inventory document reflects how Hancock fed, clothed, and housed himself, his family, his workers, and his eight slaves. It tells what he grew and how he maintained his land. That the stone house was in "tolerable" good repair is particularly important because future generations of Hancocks occupied it until Harry Hancock's death in 1962.

Stephen, Jr. built the house around 1785, just after the Revolutionary War in which some of his family members served. Measuring 24 by 22 feet, it was constructed of large blocks of native ferruginous sandstone, locally referred to as "ironstone." The roughly coursed exterior walls are dotted with galleting—small stone bits or pebbles pushed into the mortar joints. Architectural design experts and historians note that this construction method is structural as well as decorative, and that this example is one of just a few in the county. The use of galleting makes the home somewhat fancier than a typical board-and-batten or wood-sided house, and at the time caused it to stand out as well-made and worthy of a prominent farmer and community officer. At Hancock's Resolution, galleting was used in the main house and the original milk house.

The house was constructed in what was referred to as "Dutch style" with a gambrel roof, which is typically symmetrical and two-sided, with two slopes on each side. The upper slope is positioned at a shallow angle, while the lower slope is steep. This design provides the advantages of a sloped roof (namely, snow and rain can roll off the roof) while maximizing headroom inside the building's upper level. The roof made the best use of the 24-square-foot second story for Hancock's family to use as sleeping quarters with standing room and space for storage.





The front elevation of the house—the side of the house facing the large kitchen garden and waterfront—is characterized by a wide and long porch covered by a sloped shed roof. From the perch of two metal and wooden benches that currently frame either side of the front door, a visitor can sit on that porch on a humid summer day and easily imagine how time might pass for a colonial farmer.

The lower level, or first floor, of the house consists of one small but open room. Two doors with original hinges and locks lead to a breezeway and

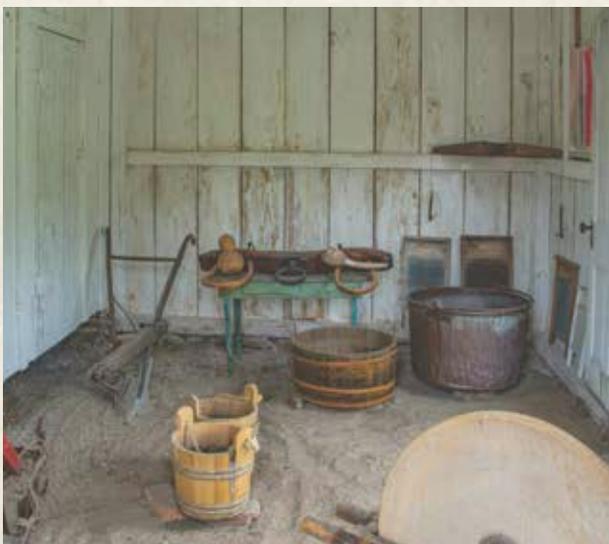
kitchen beyond. Opposite the doors is a fireplace with a Federal period mantelpiece composed of a crosseted fireplace surround, frieze panel, and an elaborate molding, which supports the mantel shelf. Two raised panel doors are located to the right of the fireplace, while a beautiful hutch sits to the left. The first paneled door provides access to a closet with a trapdoor and ladder that led to the cellar below. The others open up to a staircase that leads to the second floor. The walls of the main living area are plaster over hand-split (riven) lath. Decorated with Federal period trim, the walls are characterized by hand-hewn baseboards, window and door surrounds, and chair rail.



A short hyphen built around 1900 extends from the north end of the home, connecting a 1½ story board-and-batten frame wing, covered with a gable roof, built around 1855. This wing housed the family kitchen. At the time the home was built, it was typical to construct a small, dirt floor kitchen or cooking area separate from the main house. Not only did this keep the heat and smell of cooking away from common living areas, but it also helped protect a family's treasures (furniture, clothing, art, books, beds, blankets, family heirlooms, weapons, and the like) from fire.

Past the kitchen, separate from the main house, is a small outbuilding, also built of ironstone with the same galleting technique as the house. This building initially functioned as a milk house, or dairy. It was later used as a small grocery from which the Hancocks traded dry goods and their own produce with other families and merchants along the Bay. Behind the store is a log corn house dated to the 1700s that was moved to the property in the 1960s.

The property inventory of 1809 lists several structures that no longer survive. What does survive is a gorgeous representation of a colonial kitchen garden. Historical records note that this garden, cultivated by generations of Hancocks, provides a rare opportunity to study continuous use of a large tract of occupied land.



Colonial-era farms typically included a dooryard garden near the house and a larger kitchen garden beyond. At Hancock's Resolution, the dooryard garden—what modern landscapers might think of as the front yard in this case—probably featured both practical and edible plants that could be readily accessed and easily protected while also providing an aesthetically attractive approach to the property from Bayside Beach Road. Now, as then, the dooryard garden is enclosed with a wooden fence that protects these plants from deer, rabbits, and other wildlife.

The kitchen garden occupies a gently sloping area southeast of the house facing Old House Cove. Here, vegetables and orchard fruits were raised for the family table and trade. The garden has been replanted and is seasonally maintained by volunteers who keep a close eye out for seedlings that might be the ancestors of plants originally grown here.

Beyond the main house, to the right of the property as visitors enter from Bayside Beach Road, lies a family graveyard. Generations of Hancocks rest here; archeologists have identified at least 175 head and foot stones. Many of the tombstone inscriptions have been worn away by time and weather. The earliest readable stone is that of Anne Hancock, third wife of Stephen. Simply marked A. H. 1809, it rests five headstones away from her husband. In between lie the graves of what are thought to be Stephen's first two wives and several children.



Descendants & Caretakers

When Stephen Hancock, Jr., died in 1809, just a few years short of the War of 1812, he left the property to his eldest son Francis. A farmer as was his father, and subsequent generations of Hancocks, Francis and his family survived by investing in the purchase of nearby farms, selling parcels of his own land, timbering from his acreage, fishing, and transporting agricultural goods to Baltimore via the family's market boat. In 1863, Henry and Matilda Hancock conveyed 196 acres to Benjamin Osborn, married to Francis' niece. Part of that conveyance is now the community of Bayside Beach.

John "Harry" Hancock and his sister Mary Adeline "Mamie" Hancock were the last of several generations to live in the home, never modernizing with electricity or plumbing. Harry Hancock was the last inhabitant, surviving his sister by eight years. Before his death in 1962, he sold off much of the last remaining acreage of the farm, but willed the stone house, remaining outbuildings, and 14 acres to "an appropriate and responsible historical society to be determined by his executors." In 1964, Historic Annapolis Foundation, Inc. (HAF) took formal title to the property.

Over the years, the property fell into neglect. The gardens were overgrown, the exterior covered in vegetation. Raccoons took up residence in the first-floor ceiling. But it was not forgotten. In 1975, Hancock's Resolution was registered with the Department of the Interior National Parks Service "National Register of Historic Places." And in 1989, Donna Ware, a prominent county historian, helped coordinate a 25-year lease of the property by the county that would help ensure it remained undeveloped.

Enter local Jim Morrison. When he retired in 1987, Morrison became determined to bring Hancock's Resolution back to its former state as an excellent example of a middle-class, working farm on the Chesapeake. It's taken him decades to do it.

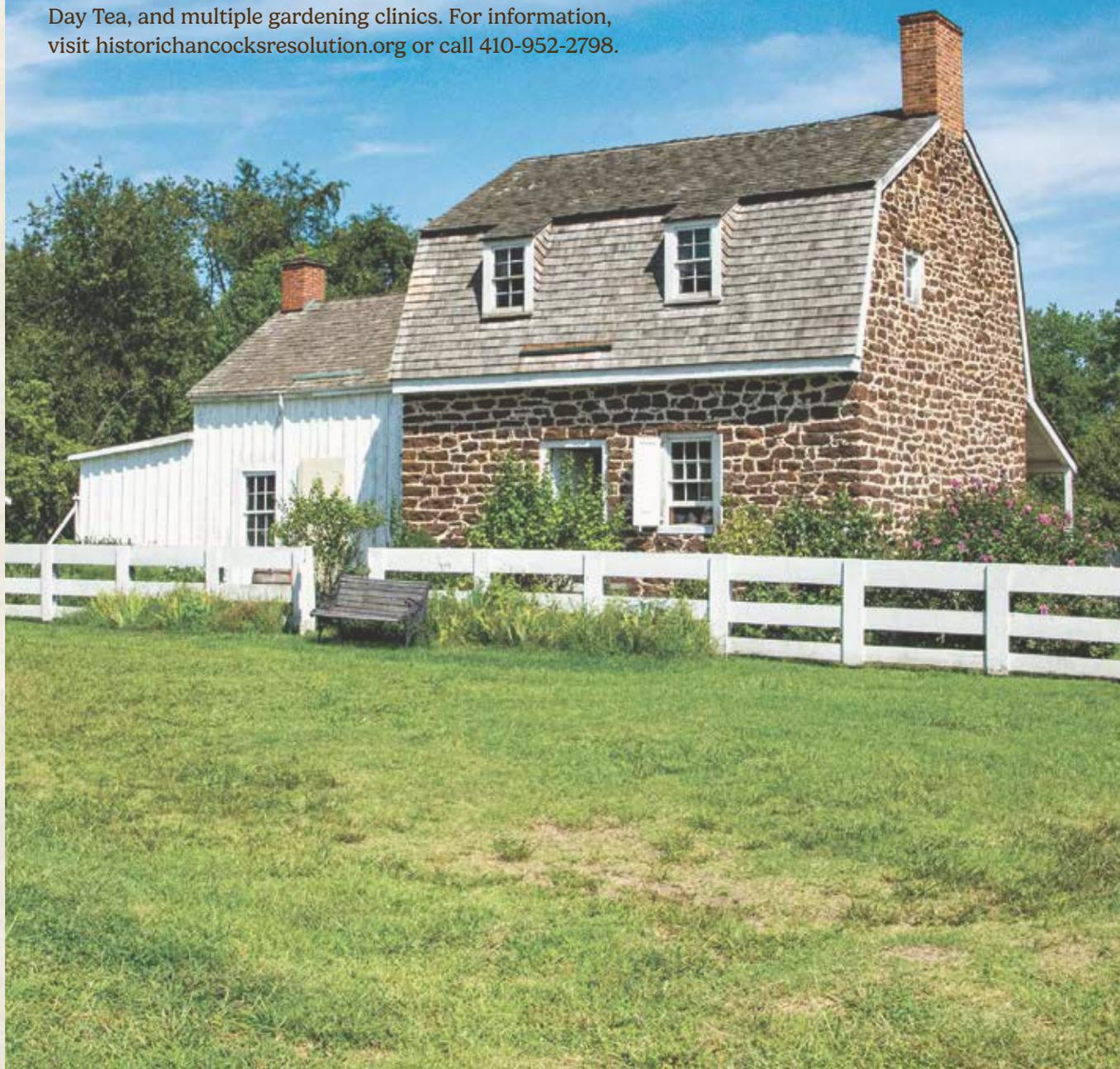
Under Morrison's leadership, The Friends of Hancock's Resolution (FOHR) was incorporated in 1997 with the intent to preserve, protect, and promote the unique historical heritage of Hancock's Resolution. About \$200,000 in grant money was secured to rehabilitate the home and grounds. The county added acreage, so the farm could claim waterfront land along Bodkin Creek once again. In 1999, the farm was open to the public for the first time in 30 years. In 2005, the county took ownership of the title held by Historic Annapolis Foundation. Hancock's Resolution is now owned by Anne Arundel County Parks and Recreation, managed by The Friends of Hancock's Resolution, and welcomes the visiting public.

If you love architecture that tells a generations- and centuries-long story, if you want to imagine how a colonist survived hot Chesapeake summers and cold winters without insulation, heat, mobile phones, or tablets, or if you just want to sit on a shaded porch, listening to birds, smelling the lavender and lilacs, then a visit to Hancock's Resolution is well worth the effort.



Visit Hancock's Resolution

Hancock's Resolution is located at 2795 Bayside Beach Road, Pasadena. Except for Easter Sunday, the park is open Sundays, 1 to 4 p.m., April through October. It will offer extended hours for some special events. Admission is free for most events. The farm hosts multiple special events during the season; many are not to be missed like replicas of Smith's landing, a Spring Farm Festival, Musket demonstrations, War of 1812 remembrances, a Mother's Day Tea, and multiple gardening clinics. For information, visit historichancocksresolution.org or call 410-952-2798.



TALBOT PALLIATIVE CARE

by Denise Longo-Schoeberlein

Pete and Joan live in a beautiful house on pastoral farmland bordering a quiet creek in Talbot County. Pete built the house in 2004 as the couple's retirement home. They celebrated their 60th wedding anniversary last year.

In 2017 Pete began to experience tremors in his right hand, initially diagnosed as essential tremors. The couple sought another opinion with Dr. Detrich, and Pete was diagnosed with Parkinson's disease. At that time, Pete had mild symptoms that did not interfere with his days. However, about a year after the diagnosis Pete began to struggle with his balance when walking. Joan remembers distinctly the day she found her husband sitting on the lawnmower, "He was not able to move, I helped him to get off the mower and into the house to rest and then I put the mower away." Joan took over driving around that time because she was "worried about Pete's judgment."

In 2019 Pete began to have more weakness in his legs, which resulted in multiple falls. Joan had to call

911 several times to get Pete up from the floor. Joan shares, "Pete started to have trouble with his speech around that time too. We couldn't always understand what he was saying and that really frustrated him." The progression of Parkinson's disease symptoms were beginning to impact Pete's daily life.

According to the CDC, six in ten adults in the United States have a serious chronic illness; as we age, four in ten adults have multiple chronic illnesses. A chronic illness is defined as a serious condition lasting more than one year that requires ongoing medical treatment. Examples of serious illnesses are heart disease, stroke, cancer, lung, kidney disease and neurologic diseases, including ALS, dementia or Parkinson's disease.

A diagnosis of a serious life-limiting illness can be scary, and it can cause tremendous uncertainty. You are bombarded with medical information that is overwhelming to process. You may have to consider medical treatments. How will it make me feel? Will I have severe symptoms? Will I be in pain? Will I lose my independence?

Pete and Joan were referred to palliative care by Dr. Denton and Dr. Detrich in late 2019. Palliative care is a relatively new specialty area in medicine, recognized by the American Medical Association in 2006. Palliative care evolved as an adjunct to hospice care, available to patients and families at any time in the course of an illness, from diagnosis through ongoing treatment. Palliative care can be provided in hospitals, community clinics, nursing facilities and in patient's homes.

The goal of palliative care is to improve quality of life for patients and families by providing an extra layer of support so that patients can live as comfortably as possible, with the least symptoms. Palliative providers help to address patient and families' medical questions about the disease process, prognosis, and warning signs for progression of the illness.

Palliative care providers do not have an agenda. They focus on meeting patients and families where they are in their health journey. They strive to promote communication between the families and their other medical providers, and they support families that must make difficult treatment decisions. Palliative care should be offered to anyone living with a serious illness.

Pete and Joan had a palliative care consultation in their home in November of 2019 to review Pete's medical history and to discuss Pete's goals for his medical care. While Pete wanted to continue in medical follow up, the couple was very clear that they wanted to minimize trips to the doctors, avoid unnecessary hospitalizations and focus on staying safely at home. Also, Joan shares she, "had never heard of palliative care before Dr. Detrich recommended it."

Pete's illness progressed and by early 2020 he was no longer able to walk.

Joan uses a Hoyer lift, which is a hydraulic assistance device, to move Pete twice daily from bed to his favorite recliner and then back to bed again. Pete is unable to feed himself and has lost the ability to speak.

Joan manages all of Pete's daily care needs. She is an exemplary caregiver.

Joan runs errands infrequently. She plans her errands and appointments for



when Pete is sleeping, and she tries to be out of the home no longer than 60 minutes. Her son set up a Nest camera so that she can "keep an eye on Pete" from an app on her phone. Remarkably Pete has not had a hospital visit since August of 2021. A palliative care provider visits Pete and Joan every 4 weeks and the palliative care nurse coordinator maintains touch with Joan by phone for anything that may come up between visits. The palliative care provider shares detailed notes of Pete's monthly home visits with Dr. Detrich, Pete's neurologist, and Dr. Denton, Pete's primary care physician. Pete and Joan have been supported by Talbot palliative care for the past three years.

The palliative care program can provide a referral to a home health agency for homebound patients to receive physical therapy, occupational therapy, or skilled nursing in their homes. Palliative care patients can also access Talbot Hospice Pathways program, which offers dedicated non-medical volunteers to assist patients and families with brief respite, socialization, transportation, and help with errands.

Palliative care offers support, validation, resources, and tools for caregivers as they navigate their challenging roles in providing care to their loved ones. Caregiving may include lifting, bathing, preparing meals, organizing and managing all health care appointments, transportation, handling difficult behaviors, managing medications, and witnessing pain or distress. Caregivers may also be juggling jobs, the care of other family members and their own health issues.

Joan says, "I think palliative care helps a lot. I look forward to their visits to see Pete, to check him out, and tell me he is doing okay, so I don't have to worry so much. Especially out here with no one close by. Any questions I have I can just call for an answer."

References used for article:
Int J. Environ. Res. Public Health 2018, 15,431: doi:10.3390/ijerph15030431
CDC.org, CAPC.org, Getpalliative-care.org Interview with Joan Clarke on 2.21.2023

To learn more about Talbot Palliative Care, please call 410.822.2040.





PLANT A pizza garden

**A STEP-BY-STEP GUIDE
TO GET GROWING WITH
DELICIOUS PLANTINGS!**



STORY AND PHOTOGRAPHY BY RITA CALVERT



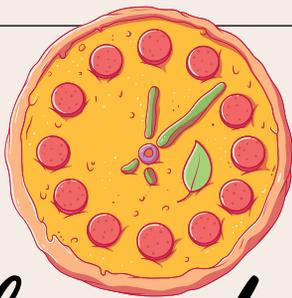
This spring let's try a new garden concept—planting a circular garden plot to grow pizza toppings! We'll all love it. Adults and kids have great fun being part of the process together. In the spring it's time to plan, make lists, and collect materials. And then it's on to making it happen! Prepping the soil, planting, watering, weeding, harvesting, and maybe even building the pizza for the party at the end of the season!

The theme for this garden can lend itself to many incarnations—maybe a salsa garden with varieties of spicy chilis and assorted bell peppers, or possibly a tea garden with lavender and other herbs, perhaps even chamomile.

Some educational farms may have a pizza garden. I was inspired by the charming pizza garden I saw at Clagett Farm in Upper Marlboro, Maryland, and organized by the Capital Area Food Bank. Here's another example of the pizza garden making basics.



PLAN ahead



Aim to plant your garden by the end of April. Start by selecting a well-draining location that gets at least six hours of direct sun daily. It should be near a water source. Last year, the environmentally focused nonprofit Annapolis Green received a grant from First Christian Community Church to have kids garden during their summer camp. The church grounds had a wide expanse of level lawn adjacent to an outdoor spigot. The plan was to plant a large demo garden and invite the public to participate.

This pizza garden's diameter was large, at 16 feet, but you may want to start smaller at home. It's easy to start with a 5' or 6' diameter and then divide the space into six "pizza slices." With a smaller garden, it then becomes easier to reach in to harvest from all sides. For the larger demo garden, stepping-stones were added to avoid compacting the soil with foot traffic.

Divided into slices, a pizza garden can incorporate tomatoes, basil, oregano, green onions, and peppers—easy growers that come in bright colors and kid-friendly sizes. Herbs add enticing flavors, scents, and shapes, especially if you pick multiple varieties.



PREPARE & SHAPE THE "DOUGH"

(SOIL)

Veggies grow best in nutrient-rich soil that's a balanced mix of sand, silt, and clay. This takes a bit of explaining. The soil should drain very well and *not* be compact; it needs to act like a sponge.

That's why you don't want people walking on it. Various options are listed for the soil in the materials list below. Then, form the pizza's outer circle using inexpensive sisal rope, bricks, rocks, or flexible landscape edging. These same materials can also outline the slices.



CHOOSE THE PLANT TOPPINGS

We recommend buying seedlings at your farmers' market. Farmers seem to be selling more and more plants in the spring these days. It's great to support them, and the plants will be healthier than a store that has had them shipped in. Here's a list of plantings to get your garden started:

4  Sungold tomato plants; small hands can easily pluck these sweeties from the vine. And this variety is fuss-free.

2  Pear tomato plants or other tiny tomatoes; they're available in a range of colors.

6  plants with medium-size tomatoes; we use Celebrity.

3 **BASIL PLANTS**

3 **OREGANO PLANTS**

4  scallion plants; they are fast growing and simple.

3  mini bell pepper plants; these snack-sized jewels might even charm those who think they don't like bell peppers.

 **EGGPLANT & ZUCCHINI, IF REQUESTED**

40  marigold plants; farmers' markets may sell them by the flat; they look sprightly and colorful outlining our pizza.

.....you'll also need

○ Lots of natural brown cardboard (shipping cartons were perfect) with their labels and tape removed, then flattened.

○ Compost: We recommend "Annapolis Green's Secret Sauce Compost" from Veterans Compost (veterancompost.com) or their original compost since they have expanded to a few varieties. Their website has a list of retailers who carry it. You may need to call around for it, but it's well worth the effort. Compost should never contain trash, such as bits of plastic. It should look like dark, rich fluffy soil. There are many raised-bed garden soils to choose from; or it is recommended to use 50 percent Maryland Leafgro mixed with 50 percent garden soil.

○ Biotone starter fertilizer.

○ Round steppingstones.

○ Tomato cages or stakes to support tomatoes.

○ Water, of course!

○ Materials for a pizza garden sign.

○ Drill with an auger attachment, if the garden is large and the cardboard (plus under-grass) becomes difficult to dig through by hand.



CHOOSE A “LEADER” OR COACH

This was very important to the Annapolis Green team. If you want to do this with a group, the team leader should be good at motivating a group and with little ones, to keep the plan in order. It helps that the leader has a voice that carries. We also used a cowbell to call everyone to attention.

PREPARE THE *garden plot*

The demo project had a large mature lawn to deal with for the new pizza garden. Rather than digging up the grass, the “lasagna” layering technique was chosen (lots of fun to get everyone involved). It’s an easy way to naturally plant above ground with low maintenance. And there’s no need to dig anything up first. Here’s how: Build up thick layers of cardboard, newspaper, or even compost within the circumference of your garden to block the light from reaching the weeds and grass underneath. Water the cardboard to keep it in place and to start the moisture process. Then spread compost at least six inches deep to cover all the cardboard.



DIG IN



Plant the edibles following the instructions on the plant tags. Add some Biotone (package directions) to each hole. Place the plant in the hole. Gently press the soil down around the roots, then water thoroughly.

TEND CAREFULLY

Check moisture levels often. Stick a finger about an inch into the dirt. If it feels dry, water well. Weed and watch for pest damage.



personalize

YOUR PIZZA GARDEN

Get creative when designing your garden! Here, find a few fun ideas to get you started.

.....

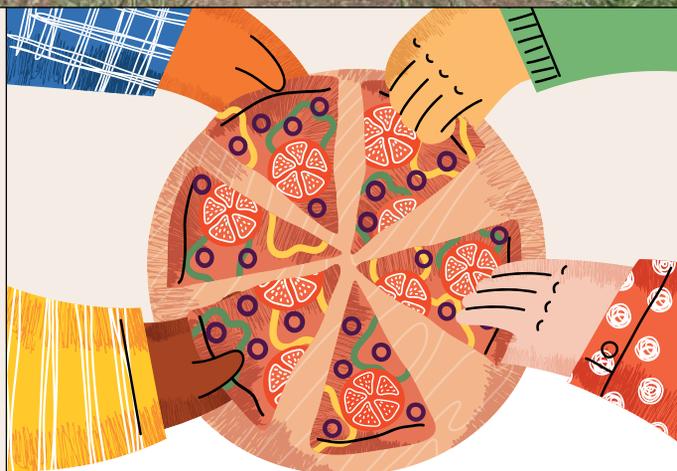
Ring the pizza's outer circle with a pretty "crust" of marigolds, known for deterring pests from edible plants.

.....

Nestle round stepping stones into the slices—they're your "pepperoni."

.....

If you don't have room for an in-ground garden, plant your ingredients in pots instead. The tomatoes will each need five-gallon containers, the peppers three-gallon containers, and the herbs one gallon.



THROW A PIZZA PARTY

The Annapolis Green group considered quite a few different options: make its own pizza and bake on a grill (a store-bought or homemade crust loaded with ingredients such as marinara sauce, cheese, tomatoes, peppers, and herbs is extra tasty when grilled outdoors); have a pizza food truck come to the party; or simply order pizza takeout and have fresh garden toppings available as extras. Because it was a large group and the celebration at dusk, takeout pizza with garden toppings was the choice. As a dessert treat, ice cream cups were enjoyed.

If you want, make your own red sauce by sautéing chopped fresh tomatoes, onions or scallions, and herbs in olive.

The demo pizza garden grew beautifully without any major pest disturbance and everyone had a blast! The kids learned how to prepare a fun garden, then harvest the herbs and vegetables. Everyone that participates in your pizza garden will likely enjoy the effort as much as the result!

HOLISTIC SPECIFIC!

BY JAMES HOUCK

The well of physical and mental panaceas, therapies, and services runs very deep; let's dive into several wellness trends that boast holistic claims and maybe some truth (or not) behind them

Health and wellness trends have been touted and tried for millennia; revealed in ancient texts, glorified in modern magazines, and advertised across the digital media realm. Some trends become everlasting principles; others fade as fads do. Over centuries, how we approach and treat our healthcare and selfcare split into hemispherical factions—Western and Eastern medicine. But now, the phenomenon of embracing multiple health and wellness disciplines is growing. Yin meets yang these days...kind of like the yoga hut in a shopping mall.

Yes, we're eyeballing the big picture—a holistic wellness vision that crosses cultures. But where to start your own journey toward a healthier you? Let's outline several current wellness trends and figure out when and where to give them a try*.



SOBER-CURIOUS LIFESTYLES

It's no secret that during the Covid-19 pandemic, alcohol sales increased significantly as more adults drank heavier than they had previously. And now, it seems, the rebound effect is taking place as more and more adults are exploring sober-curious lifestyles by either eliminating or significantly reducing their alcohol intake. The health benefits of teetotaling are well documented, which include improved organ health (brain, heart, liver, etc.), clearer skin, better sleep, reduced anxiety or depression, and lower risk for several diseases. And now, the best restaurants and bars are on board, offering mocktail menus specifically to accommodate those hopping on this trendy wagon. Gone is the day when declining an alcoholic beverage was considered a social faux pas.



OXYGEN THERAPY/BARS

Yes, just like the name implies, an oxygen bar is where eager patrons can saddle up and suck down some good, ole element O—concentrated and, even, scented oxygen. Like wine bars of the past decade, oxygen bars are popping up in every major city and trendsetting scene. What's the claim? Proponents say that breathing concentrated oxygen (at about 40 percent saturation versus the 21 percent air we normally breathe) boosts energy levels, increases endurance, and helps with physical recovery. But the medical community generally disagrees, citing the healthiest of us are already at 100 percent oxygen saturation in our blood when breathing normally. Though doctors see no medical benefit, the medical community may be missing the most obvious benefit of all—folks simply enjoy it, and that be the only reason one needs to give it a try.

Zz Z MOUTH TAPING

Remember the nasal strips that we placed across our noses, to open the air passages allowing for easier breathing during sleep? Well, mouth taping is a similar concept, yet a different approach, to improve overnight rest. Mouth taping involves closing your mouth shut with skin-safe tape during sleep, forcing you to breathe only through your nose. The idea is that this lowers blood pressure, filters allergens, regulates the temperature of your breath, humidifies the air you breathe and moisturizes your throat, and decreases anxiety. At least, that's the claim of proponents, who also say mouth taping avoids dry mouth, bad breath, and sore throat. But according to the Cleveland Clinic, "studies done so far appear inconclusive and the jury's still out on whether or not mouth taping is beneficial." Don't put away your nasal strips just yet.

WAVES OF SMOOTHER SKIN

Brow showing a new furrow? Is there a little crow beginning to perch near the corner of your eye? If you're beginning to see the early signs of aging and are interested in non-invasive options to roll back your profile picture a year or two or five, there's good news. Today, ultrasound and radiofrequency skin therapies are becoming common in our local dermatology practices. Though laser therapies remain a popular choice, more and more patients are entering the smoother skin game by choosing the less invasive wave therapies. These therapies, with brand names such as Sofwave and TempSure Envi, send high-frequency (even ultrasound) energy into mid-dermal tissue, heating it, and stimulating the rejuvenation of collagen. This, in turn, reduces wrinkles and offers patients the potential for a more youthful appearance.



YOGA

Though chances are you've heard of Vinyasa, Hatha, Ashtanga, or Bikram yoga—and even tried them at some point (maybe you take classes)—there's an endless amount of yoga types and experiences in this ever-growing body of physical and spiritual practices. "Goat Yoga" was all the rage five years ago. "Cat Yoga" seems to be popular now. And yes, both involve striking your poses with the animals balanced on you...somehow. Outdoor yoga sessions have become increasingly popular—"SUP Yoga" is a hit in our waterfront region, even "SnowGa" is appearing at ski resorts. Specialty sessions at unique locations—e.g., several local breweries offer weekly events—and yoga retreats are, now, omnipresent. In short, there's no shortage of options to pursue this healthy activity or find an entirely new way to experience yoga.



SHROOMIN'

No, we aren't talking about memories of your first or fiftieth Phish concert. Mushrooms—the culinary kind, that is—have been gaining traction in the health and food industries for their unique properties. They offer a combo of health-boosting vitamins, minerals, and antioxidants, which provide immunity support, the potential to lower blood pressure, and help with weight loss. Plus, their umami flavor tastes great prepared in a variety of cuisines and dishes. Check out the Mushroom Council (mushroomcouncil.org)—yes, that's a thing—for more information and ideas about how to incorporate them in your diet.



FLOAT THERAPY

Itching to get back to an embryonic feeling void of time, space, and circumstance? Maybe you're looking to treat anxiety, stress, or depression. Float therapy could help both body and mind achieve a full-bliss state. It's an escape from all distractions—light, sound, and, even, gravity. Sometimes called sensory deprivation tanks, the enclosed float spa is filled with warm water saturated with Epsom salt, which allows the body to achieve full buoyancy. The zero-gravity, completely dark, and soundproof environment has been well researched. Studies have shown that one-hour to 90-minute sessions can offer stress relief, reduce anxiety or depression, relieve headaches, reduce blood pressure, and help improve sleep, among other benefits. Float spas are becoming more prevalent in our local cities and towns. The practice may be worth trying before committing to more conventional or medicinal treatments (as always, consult your physician).

**Healthcare Disclaimer: The article "Holistic Specific!" is for educational and informational purposes only and does not constitute providing medical advice or professional services. The information provided should not be used for diagnosing or treating a health problem or disease, and those seeking personal medical advice should consult with a licensed physician.*

CANNABIDIOL (CBD)

You've likely heard "CBD" a lot lately, and for good reason. Beside the often whimsical takes in the media as a marijuana derivative that can "help you feel better, man," the truth is...well, that is the truth. Cannabidiol is a prevalent, active ingredient in marijuana, but is derived for our everyday use from Mary Jane's cousin, the hemp plant (or created in the lab). The subject of many studies, CBD has demonstrated medical uses (notably as an antiseizure treatment) and the potential to help with anxiety, insomnia, chronic pain, and even addictive cravings. Today, all 50 states have laws legalizing CBD with varying degrees of restriction. In Maryland, you can find CBD oils, extracts, capsules, patches, and topical preparations for use on skin readily available at dispensaries, pharmacies, health stores, and, even, the supermarket.

 ASK THE DOC

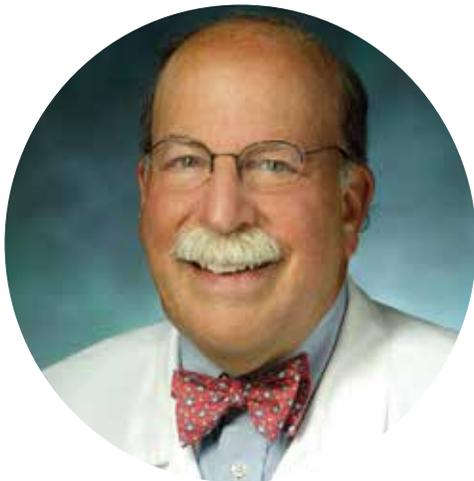

Jilian Nicholas, DO

Luminis Health Weight Loss
and Metabolic Surgery

Q: I've struggled with my weight for years, and I think weight loss surgery could help. But how will I know if I am a candidate?

A: Weight loss and metabolic surgery is worth considering if you have a BMI of 40 or more, or if you have a BMI of at least 35 and a related health problem such as type 2 diabetes, heart disease, high blood pressure or sleep apnea. If you meet these guidelines, please visit Luminis. Health/WeightLossSurgery or call 443-481-6699 to sign up for a webinar or schedule a consultation. From your first consultation to keeping the weight off after surgery, our multidisciplinary team will support you.

443-481-6699 | Luminis.Health/WeightLossSurgery

 ASK THE DOC


Dr. Stuart Selonick

Maryland Oncology
Hematology

Q: What are the most exciting recent advancements in the treatment of cancer?

A: Targeted therapies have become a mainstay in the treatment of many cancers. By analyzing a patient's cancer, we can determine if the cancer has a mutation that would allow us to use a drug targeting that mutation as opposed to standard chemotherapy. This allows for an increased response rate with fewer side effects. In addition, we are using immunotherapy to treat many cancers by stimulating the patient's own immune system to fight the cancer cells.

MarylandOncology.com

 ASK THE DOC


Ashley Love, BVMS

Mid Atlantic Cat Hospital

Q: What does being a fear-free practice mean and why is it important to consider one for my cat?

A: A fear-free practice has a mission to prevent and alleviate fear, anxiety and stress in their pet patients. We know that every cat is an individual and therefore every cat deserves to have a place to receive their veterinary care in an environment tailored to their unique needs. Through tools such as treats, pheromone technology, anxiety medications, and gentle handling, each of our patients discover that veterinary care does not have to be stressful. Imagine having dental work done while sitting in a cold, hard metal chair next to a yelling person. Now imagine stepping into a room with your favorite smell and laying on a warm blanket with the sun shining on your face to have your dental work done. That is the difference between having an exam done in a room next to a barking dog versus coming to Mid Atlantic Cat Hospital where our caring, cat adoring team cater to every one of your cat's needs. If you have not tried a fear-free practice for your loved one, consider it.

410-827-7788 • www.MidAtlanticCatHospital.com

 ASK THE DOC


James H. Lynch, MD

ROSM Annapolis

Q: Besides surgery, what can I do for my musculoskeletal pain or injury?

A: For many musculoskeletal conditions, several options exist instead of steroid injections and anti-inflammatory medications to treat pain and restore function. Your body has the ability to repair itself! Sometimes, you just need a little help from a Sports Medicine physician to harness your healing abilities and precisely direct them to the injured area.

An evidence-based example of restorative treatments is platelet rich plasma (PRP). PRP is created by drawing your blood and concentrating it in a special centrifuge. We then inject your own platelets into your damaged tissue using precise ultrasound guidance. This procedure optimizes your body's own ability to heal without surgery and is performed in conjunction with physical therapy.

410-505-0530 • www.ROSM.org



EASTON DERMATOLOGY

Dr. Donald Stranahan and Dr. Michael Del Torto

Easton Dermatology Associates is a state-of-the-art dermatology practice with offices located in Easton, Salisbury and Kent Island, Maryland. Since 2003, the providers at Easton Dermatology Associates have delivered exceptional skin care for patients of all ages who live on the Delmarva Peninsula.

Led by board certified dermatologists Dr. Michael Del Torto and Dr. Donald Stranahan, the team at Easton Dermatology Associates specializes in diagnosing skin disorders and providing the best treatments available to improve the health and appearance of your skin. They strive to stay on the cutting edge, using the most advanced technology and techniques to treat the medical, surgical, and cosmetic needs of your

skin, hair, and nails. Dr. Del Torto and Dr. Stranahan have assembled a first-rate staff of dermatologists, certified physician assistants, nurse practitioners and medical and surgical assistants, all of whom strive to deliver the best possible care to their patients. This ranges from helping to improve chronic skin conditions like acne, to developing customized skin rejuvenation programs and skillfully treating advanced skin cancer with Mohs micrographic surgery.

Easton Dermatology providers treat skin conditions including: Skin Cancer (Screening, Surgery, MOHS Surgery), Acne, Psoriasis, Rosacea, Eczema, Hair loss, Nail diseases.

Our cosmetic services include: Botox injections, Dermal fillers, TempSure

Skin Rejuvenation®, Laser hair removal, Laser wrinkle reduction, Sclerotherapy, Microneedling.

Easton Dermatology is accepting new patients. Contact us today to schedule your appointment.

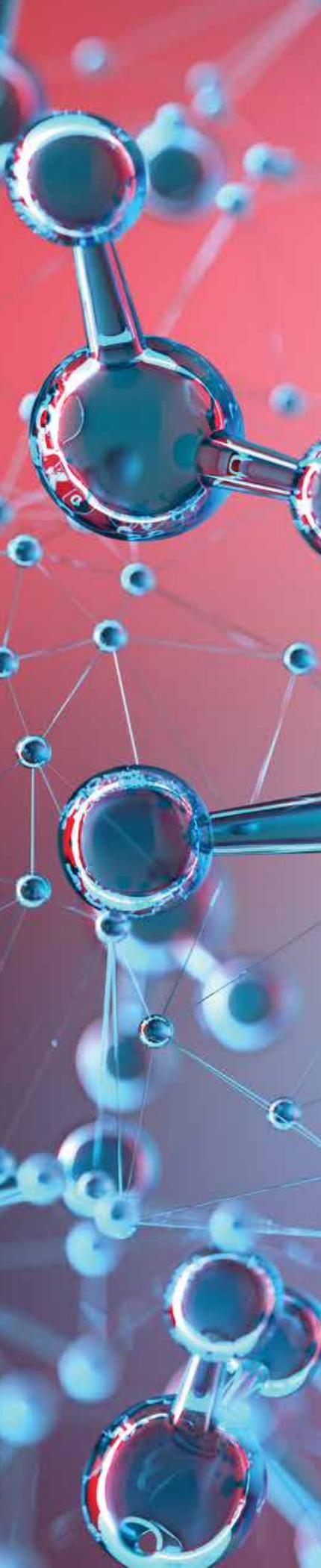
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DIAMONDS
ARE FOREVER

But Chemicals Shouldn't Be!

A NEW DIRECTION IN THE WAR ON CANCER

By Mark Croatti

It may disappoint a lot of people, but diamonds actually don't last forever—they will eventually degrade to graphite. Sadly, one thing that does seem to have been around forever is cancer. By the time the “War on Cancer” was declared with the passing of the National Cancer Act of 1971—itsself a follow-up to 1944's Public Service Act—cancer had become the second leading cause of death, after heart disease, since 1900.

This “before and after” year of measurement traces the rise of several of today's leading crises from the conclusion of the Industrial Revolution and subsequent rise of modern chemistry. This modernization is symbolized by the mass proliferation of mechanized, factory-produced commodities within: the transportation sector, such as automobiles and energy; in food processing associated with agriculture (including tobacco and cigarettes), meat production, and chemical

additives in an increasing number of canned and boxed goods on supermarket shelves; and the manufacturing of commercial products and materials used to build housing and everything that people put in them, from furnishings to routine household purchases.

According to the Centers for Disease Control and Prevention (CDC), the leading causes of death in 1900 were viral, bacterial, and fungi-related illnesses, especially pneumonia, tuberculosis, and diarrhea (and had been for many years). Heart disease was fourth and cancer was eighth, just above senility and right below “accidents.” However, as the 20th century progressed, and with it the consumption of fossil fuels, tobacco, and processed foods, global warming began to rise, cancers skyrocketed, and diabetes—which first made the CDC's “Top Ten” list (at No. 10) in 1932—joined heart disease and cancer as a leading cause of death; by 1971, it was seventh.

An Update on the War

Half a century after the National Cancer Act, the War on Cancer has had decidedly mixed results. Heart disease remains the number one cause of death, with cancer still second and diabetes holding at seventh. The overall cancer death rate has declined more than 25 percent while the five-year survival rate has increased 36 percent; however, cancer is now responsible for the most deaths between the ages of 60 and 80, according to the American Association of Retired Persons (AARP).

Because cancer is “understood to be primarily a disease of aging,” the AARP argues that higher cancer survival rates and a longer life expectancy provides more time for either an initial diagnosis or a reoccurrence of a previously treated malignancy; for example, female breast cancer returns 25 percent of the time and is often much more aggressive when it does. The risk of developing invasive cancer is now a staggering 1 in 2 for men and 1 in for 3 women; collectively, almost 40 percent of the population will be diagnosed with cancer at some point in their lives. Furthermore, many individual cancers are on the rise, specifically female breast cancer, male prostate cancer, and cancers of the lung, colon, and rectum for both sexes, which are projected by the CDC to both increase and remain the leading causes of death from cancer by 2050.

Up to Half of All Cancers Remain Individually Preventable

The highest contributory factors for cancer in general remain consumption of carcinogens in food, alcohol, and tobacco; exposure to carcinogens at home, at work, and in the community; and individual genetics, which factor into a person’s ability to prevent carcinogens from causing cells to abnormally grow and multiply into tumors that can spread

to surrounding tissues and other parts of the body. The focus since 1971 has been to fight the war on three fronts.

First, there have been an encouraging number of scientific and medical breakthroughs, including the invention of early detection strategies designed to find tumors as early as possible; the proliferation of anticancer therapy options; the development of cancer genomics, including genome sequencing; and the explosion of cancer drugs, although many turn out to either not be effective or to not significantly extend life.

The second approach is based on preventative measures, centered around efforts to discourage the consumption of tobacco, alcohol, and processed food and to avoid overexposure to the sun. According to the National Cancer Institute (NCI), while smoking rates have declined, obesity, with its proven track record of cause (eating processed foods) and effect (higher risks for cancer), has increased, and skin cancer has become the most common type of cancer. The AARP continues to argue that nearly half of all cancer cases and deaths could be eliminated by not smoking, drinking less, avoiding the sun, and achieving a healthy body weight, even though many Americans find it difficult to follow that advice.

Promoting new discoveries in the laboratory and changing personal habits for the better can only go so far. The third front has been to identify carcinogens (and other harmful chemicals) that have been allowed to enter the soil, water, and air and then mobilize political strategies to regulate or even ban their use in the workplace, the environment, and anything else associated with public health.

The Other Half is the Battleground

Devra Davis is the founding director of the Center for Environmental Oncology at the University of Pittsburgh Cancer Center (now the UPMC Hillman Cancer Center).



“THE TOBACCO INDUSTRY AND THE CHEMICAL INDUSTRY...WERE HEAVILY INVOLVED IN RUNNING THE BEGINNING OF THE WAR ON CANCER... OF COURSE THEY WEREN'T TOO INTERESTED IN FIGURING OUT HOW TO CONTROL ASBESTOS OR BENZENE”

—Devra Davis

In her book, *The Secret History of the War on Cancer*, she chronicles the long, frustrating process of targeting known carcinogens for elimination from industrial and commercial use, only to be circumvented by the chemical industry, elected officials, and government regulatory agencies. Opposing scientific viewpoints are challenged, criticized, watered down, delayed for release, or even taken to court, resulting in a meager number of chemical carcinogen bans and thus the continuation of the status quo. “The tobacco industry and the chemical industry...were heavily involved in running the beginning of the war on cancer...Of course they weren’t too interested in figuring out how to control asbestos or benzene,” Davis said in an interview with the *Pittsburgh City Paper*.

Since the 1976 Toxic Substances Control Act (TSCA), only a few hundred of the more than 80,000 chemicals in the TSCA inventory have been tested and only five banned—*asbestos, chlorofluorocarbons, dioxin, hexavalent chromium, and polychlorinated biphenyls (PCBs)*—with the asbestos ban being overturned by the Supreme Court to allow for some continued uses, although new uses remain prohibited.

According to the Environmental Protection Agency (EPA), “Anyone who intends to manufacture (including import) a new chemical substance for a non-exempt commercial purpose is required to submit a pre-manufacture notice (PMN) at least 90 days prior to the manufacture of the chemical.” But prior toxicity testing is not required by the TSCA, and the EPA only has 90 days after a PMN is submitted to take action; otherwise, the new chemical can be introduced into the marketplace for public consumption through commercial use.

A Renewed Focus on an Old Problem

What was generally missing from the conversation has been a spotlight on another category of dangerous chemicals

called “perfluorinated or polyfluorinated substances” (PFAS). These carcinogens and toxic compounds enter the bodies of humans and animals and stay there, without fully degrading, lasting “millennia” according to Professor Joseph Allen of Harvard University’s School of Public Health, who named them “Forever Chemicals” in a 2018 article in *The Washington Post*. “We know enough [about PFASs] that we should be very concerned,” Professor Allen has stated.

They are defined by the National Institutes of Health (NIH) as “a large, complex, and ever-expanding group of manufactured chemicals” used to make an array of items for everyday use. The EPA has identified them in stain and water-repellant cookware, carpets, and furniture; manufacturing facilities that make fire extinguishing foam, chrome plating, electronics, paper, and textiles; the soil at or near waste sites; public and private sources of drinking water; dairy products made from PFAS-exposed livestock and fish caught in PFAS-contaminated water; food packaging using grease-resistant coatings such as microwave popcorn bags, pizza boxes, and candy wrappers; person-



“WE KNOW ENOUGH [ABOUT PFASs] THAT WE SHOULD BE VERY CONCERNED.”

—Professor Joseph Allen

Photo by Rose Lincoln and courtesy Harvard



al care merchandise and cosmetics; building materials like paints, varnishes and sealants; and fabrics used for everything from curtains to clothes. Even the dust that accumulates on these objects and is then inhaled can be tainted with PFAS.

Because children consume more food, water, and air per pound of body weight than adults, they are especially vulnerable; the EPA therefore cautions against kids crawling on the floor and putting things in their mouths that have touched PSAF-exposed surfaces including hardwood floor tiles, carpets, and toys and warns that mothers can pass on PFAS to infants through their breast milk.

PFAS appear in the blood of people worldwide (over 98 percent in the U.S.) and contribute to a long list of cancers, especially of the prostate, testicular, and kidney, and thus, a new front in the War on Cancer has been opened by an emerging coalition of activists and legislators at all levels of government.

One coalition in Maryland crossed party lines in 2022 to pass the George “Walter” Taylor Act, named after a fireman who died of cancer at the age of 46 after many years wearing protective gear and using firefighter foam made with PFAS.

The Taylor Act comprised two bills cross-filed in the State Senate (SBo273) and the House of Delegates (HBo275) sponsored by Democrats Heather Bagnall, Pam Beidle, Brian Crosby, Sarah Elfreth, Terri Hill, Carl Jackson, Marc Korman, Clarence Lam, Mary Lehman, Robbyn Lewis, Sara Love and Mike Rogers along with Republicans Jack Bailey (representing Taylor’s district) and Jerry Clark.

“I care deeply about this issue for a variety of reasons,” Elfreth says, “not the least of which is the fact that in my Annapolis district, issues connected to the environment poll the highest in terms of public importance.”

Elfreth has a history of tackling big problems, first as a Towson University student representative on the University System of Maryland’s Board of Regents; then as an employee of the Johns Hopkins University’s Office of Government and Community Affairs while earning a public policy master’s degree; and now as a legislator who has passed laws and held committee assignments related to everything from cleaning up the Chesapeake Bay and investing in state parks to ending homelessness, increasing rape victim services, and improving pensions.

In her first legislative session (2019), she led all newcomers with an 80 percent bill-to-law efficiency. In her second (2020), she and two Democratic members of the House of Delegates, Sara Love and Pat Young, succeeded in banning the use of PFAS-laden firefighting foam during training after documented incidents of drinking water contamination. In her third (2021), after Maryland passed a ban on cosmetics that contain specific chemicals, including thirteen known PSAS—similar to what California has done—Elfreth reported that the Maryland Department of the Environment would collect 1,000 drinking water samples and oysters in order to evaluate the presence of PFAS. Elfreth’s goal in co-sponsoring the Taylor Act was to implement a comprehensive strategy to ban over 9,000 PFAS connected to as many products containing these chemicals as possible.

Other states have also taken action; since 2020, seventeen states have passed close to thirty laws regulating PFAS including Alaska, California, Colorado, Connecticut, Indiana, Maine, Maryland, Massachusetts, Michigan, Minnesota, New Hampshire, New Jersey, New York, Ohio, Vermont, Washington, and Wisconsin, with Rhode Island and Virginia getting ready to join them.

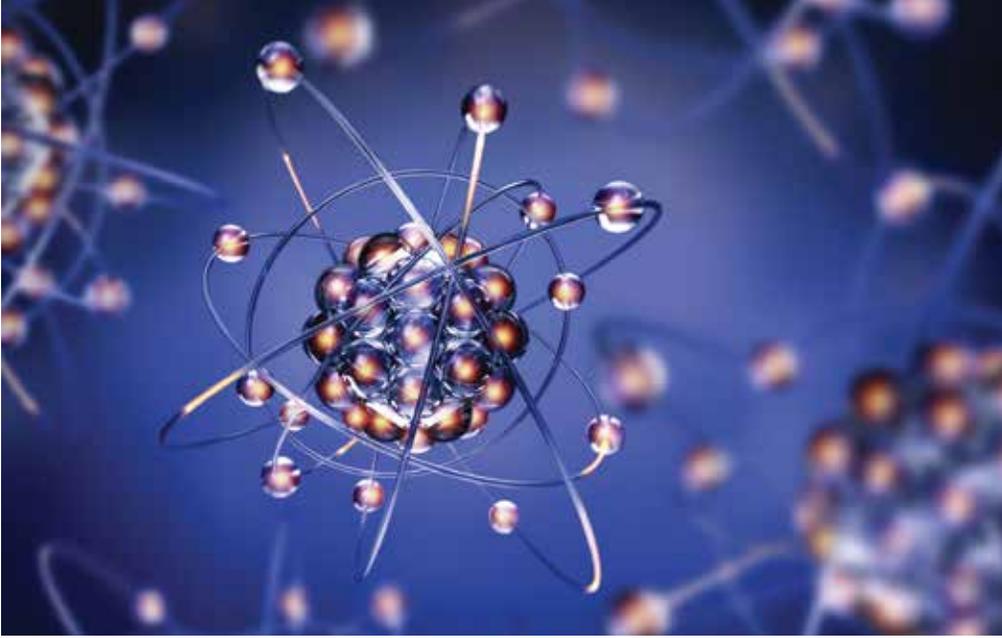
At the federal level, last October, the administration of President Joe Biden announced an intention to confront



“I CARE DEEPLY ABOUT THIS ISSUE FOR A VARIETY OF REASONS. NOT THE LEAST OF WHICH IS THE FACT THAT IN MY ANNAPOLIS DISTRICT, ISSUES CONNECTED TO THE ENVIRONMENT POLL THE HIGHEST IN TERMS OF PUBLIC IMPORTANCE.”

—Sarah Elfreth

Photo courtesy Sen. Sarah Elfreth



PFAS. In addition to the eight federal agencies already involved, such as the EPA and their “PFAS Strategic Roadmap,” a three-year action plan to “research, restrict, and remediate” their prior, present, and future use, Biden’s “Environmental Justice Plan” mentions setting “enforceable limits for PFAS” under the 1974 Safe Water Drinking Act. Although the ability of the federal government to effectively regulate PFAS remains uncertain.

An Unknowable Future

There have been some notable victories, most famously lawsuits against the chemical giant DuPont from 1998 to 2017 related to PFAS used to produce Teflon. DuPont has spent hundreds of millions of dollars to settle thousands of cases brought by farmers, corporate employees, and the general public. These lawsuits brought to light that DuPont knew as far back as 1961 that a particular PFAS—perfluorooctanoic acid (PFOA)—had been discovered in the local water supply and in the dust pouring out of factory chimneys (since 2013, DuPont no longer makes Teflon with this PFOA).

The DuPont litigation demonstrated how long it can take for specific actions to take

effect. Vermont, for example, won’t see full implementation of its PFAS laws until this year, the same year the European Union’s ban on over 200 PFAS subgroups (like PFOA) takes effect. The Food and Drug Administration’s voluntary phasing out of PFAS from food packaging won’t happen until 2024. California’s legislation won’t kick in completely until 2025.

In the meantime, new PFAS are on the way; according to Professor Allen at Harvard in his *Post* article, “It may get even worse. In every chemical with a carbon-hydrogen bond (the fundamental unit of organic chemistry), you can theoretically replace the ‘H’ with an ‘F,’ creating a Forever Chemical. Thus, the number of Forever Chemicals that can be made is close to infinite. Scientists could study these indefinitely and not make any progress. It’s job security that I don’t want.”

Thankfully, Senator Sarah Elfreth does, and so do an increasing number of political leaders and activists in a growing number of states and countries. Diamonds may not last forever, but if the War on Cancer is ever going to end, the industrial and commercial use of all carcinogens and toxic substances, including Forever Chemicals, must stop as soon as possible.

Mark Croatti, who teaches courses on Public Policy and Comparative Politics at the University of Maryland, the United States Naval Academy, and The George Washington University, has covered state and local politics since 2004. Prior to teaching, after serving as the consultant to the International Program at the Howard Hughes Medical Institute, he worked at the journal Science.



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Home & Design

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Personalizing Your Space with Mosaics

A CURIOUS MIX OF TEXTURE, CREATIVITY, AND CRAFTSMANSHIP

By Lisa J. Gotto | Photos Courtesy of Mozaico

Few aspects lend more visual interest to today's kitchens than a stylish backsplash. Savvy homeowners have been known to spend a good deal of time working with sample swatches to ensure that their choice is not only beautiful, but that it is enduring and functional, as well.

Why? Because this is a prime area in the home where the homeowners' personalities can really shine through. The practices of customization and personalization remain a top priority to homeowners who wish to avoid any semblance of "cookie-cutter" thinking in home design.

What is the Difference Between Regular Tiles and Mosaic Tiles?

Regular tiles have standardized sizes and is a clay-based product made of ceramic or porcelain. Mosaics are crafted pieces of natural stone of varying sizes sometimes combined with colored glass pieces to create a predetermined artwork or style that is oftentimes hand-crafted.

One way that creative homeowners are stepping up the personalization factor is through the application of customized mosaic tile designs in their homes—and backsplashes are just the beginning.



Experts in this area of home design are predicting this will be a year of bold choices, which we see reflected in the Pantone Color of the Year, Viva Magenta.

"We see more and more customers choosing handcrafted mosaics for their kitchen backsplash, featuring vibrant colors and more complex designs," says Chady Tawil, CEO of Mozaico, a company that specializes in handcrafting mosaic tiles. "Overall, it's clear that the customers are slowly distancing themselves from a 'greige' color palette while reconsidering their home spaces; the kitchen becoming one of the most expressive rooms in the house."



The wall space just over the range has always been the hot spot when it comes to personalizing a kitchen, so it's not surprising that the home's newest "wow" features are being created there, where people can gather around a one-of-a-kind conversation piece, much like an artwork. While rolling pastoral scenes and "still-life" that depicts ripe fruit or other foods are popular choices here, homeowners also like to pay homage to their local area or their favorite artist and are having fun with abstraction and oblique forms in design, as well.

Fortunately for the creative homeowner, there are many other locations within the home that can benefit from the textural and toney appeal that mosaics can provide. Creating a tasteful feature wall in a bathroom to highlight a premier fixture such as an architecturally-appealing soaking tub offers a mindful, spa-like escape for the bather in search of some contemplative "me" time.

Other bathroom embellishments may include border framed vanity mirrors, vanity top insets, expressive treatments on shower walls, and, even, insets into bathroom floors.

Another popular application is applying a mosaic border to lend interest to a laundry room. Known in the art world as a mosaic *listello* or *frieze* border, these clever treatments add a layer of detail and depth to a space that is often overlooked.

"When decorating such spaces as bathrooms or laundry rooms, where the walls and the floor will interact with water, soap, and cleaning chemicals quite often, it's crucial to choose materials that can withstand the harsh conditions," Tawil says. "Mosaics made from durable materials such as stone





There's Beauty in Durability

And you may be surprised to learn just how durable mosaics are. Even in high traffic areas, Tawil says, they score high marks for endurance.

“One of the most important advantages of mosaic flooring is the materials it is made from. Assembled from hand-cut marble, mosaic art can withstand decades, or even centuries of wear and tear, which makes it the perfect fit for spaces that have the heaviest foot traffic, whether in homes, hotels, or commercial spaces.”

These materials also score points with environmentally-conscious homeowners due to how responsibly they can be sourced. The use of natural stone, for example, or upcycling scrap material are becoming increasingly popular choices.

and mosaic glass, can be easily adapted to any size of room, and will last a lifetime. For laundry room decoration, we recommend such pieces as smaller mosaic rugs; these will instantly bring more life to the space and will be easy to maintain.”

In the main living area of the home, hand-crafted specialty designs are being requested by homeowners who wish to personalize their first-impression areas, like their foyer. Especially popular designs among the nautical set here are those that mimic a compass or the home's exact location using degrees of longitude and latitude.

Another beautiful aspect of mosaics is you can start small by choosing from a catalog of designs or submit your own design, and then specify you wish to use it as wall art. This specific tile treatment lends itself to framing, as well, so you can live with the mosaic anywhere you choose to place it in your home and move it whenever you wish.

Ah, flexibility. It's what helps make a home anything but cookie-cutter.

How Do I Get My Mosaic Installed?

Installing a special-order mosaic design is a simple, self-install process when the right tools and instructions are used. It is designed on a mesh underlay and protected with a plastic backing that is removed just before installation using a thin-set mortar, notched trowel, and grout float. Extra instructions are included for mosaics that will be installed in areas where there will be moisture or when it will be applied vertically to a surface. Your manufacturer will provide detailed installation instructions.





Please Don't Eat the Daisies

PART 2: THEY MAY BE TOXIC

By Janice F. Booth

Last month I wrote about some of the tastier plants we can grow in our own gardens—plants offering us both beauty and benefits. This month, I want to warn you about some of the plants that may be lovely to look at, or not, but can cause you, your child, or your pet to get a tummy ache, a rash, a racing heartbeat, or worse.

I'll begin with a review of some of the most common poisonous plants, and some less common toxic ones. I'll note plants that are dangerous for pets too. Then, I'll give you a few rules-of-thumb for identifying dangerous plants. And finally, some first aid options that might help you avoid a trip to the clinic or ER.

When it comes to health and poisonous plants the best idea is to familiarize ourselves with the appearance of the most common and prolific plants that can cause pain or a rash. There are lots of sites, including Pinterest and the CDC, that have charts we can print out and thumbtack to our garden shed or backdoor as handy reminders of the most common poisonous plants. (Remember: some of us are more sensitive to toxins than the general population. If you have a sensitive tummy or delicate skin, you want to really study this list.

COMMON PLANTS POISONOUS/TOXIC TO HUMANS



POISON IVY: clusters of three leaves, each pointed, green, and glossy with white berries in autumn. The vines can be tricky, snaking among leaves and plants and popping up "suddenly" anywhere. You might pull out a pop-up cluster, only to find the vine goes on-and-on through your flower bed and up a tree. Stay alert! Do not work to remove the leaves or vines without first protecting your hands, arms, and legs with washable coverings. (Even if you have previously touched poison ivy with no ill effects, your body loses resistance, and next time you may develop a nasty reaction.)



POISON OAK: prevalent in wooded areas; shiny, lobed leaves—rounder than poison ivy. Three-leaf clusters cause rashes and respiratory complications. Both stems and leaves are poisonous.



OLEANDER: tall, bushy, dramatic shrubs with slender leaves and blousy blossoms of tiny, clustered flowers in gorgeous pinks, rose, and white. Oleanders are evergreen. Both the stems and leaves are poisonous, even when dead and fallen among dry leaves in autumn. So, be careful when raking if you have beautiful oleanders in your flowerbeds.



POISON SUMAC: large shrubs with fuzzy green stems and leaves and bunches of green berries that just beg to be used in a pretty arrangement in your house. Don't fall for it! The berry clusters and leaves are likely to cause a rash or worse. (Sumac with red berries are not poisonous.)

COMMON PLANT SEEDS POISONOUS/TOXIC

Less dangerous seeds of some plants are still poisonous. We probably won't pop a few unidentified seeds into our salads or our trail mix, but, just in case, here are some of our favorite garden flowers whose seeds are going to make you sick if you ingest them:

FOUR O'CLOCKS: With trumpet-like red or yellow flowers. They grow to be 1-4 feet tall.

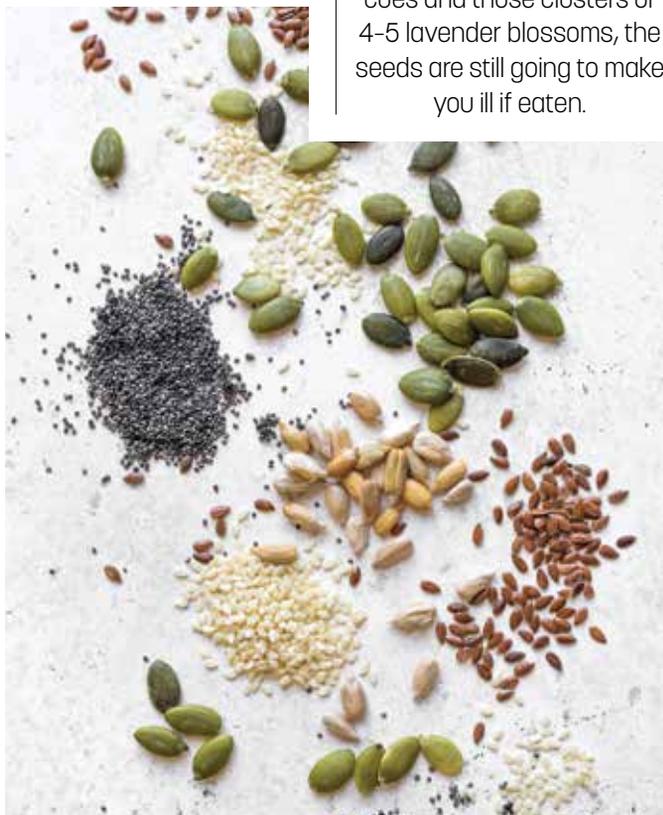
FOXGLOVE: Tall, elegant plants with bell-shaped flowers clustered around the top of the stalk. Every part of the foxglove is poisonous!

JACK-IN-THE-PULPIT: Yes, those old-fashioned darlings with creamy pitcher-shaped flowers produce toxic seeds.

LILY-OF-THE-VALLEY: Our fragrant, little flowers that fill in beneath the oaks and maple trees, produce small orange seeds in late summer. Leave them alone.

MORNING GLORY: Another old-fashioned favorite, vining around our fences and porches, with blue and purple blooms peeking out at every turn. Those black seeds are toxic.

SWEET PEAS: With the prettiest slender vines and curlycues and those clusters of 4-5 lavender blossoms, the seeds are still going to make you ill if eaten.



MILDLY TOXIC PLANTS TO PETS

We know our furry friends often let their curiosity get them into trouble, and they rub against almost anything, eating and chewing on everything they encounter. So, beware. (Check out the American Kennel Club's web site for helpful advice on keeping your dogs safe.)

HOUSE PLANTS:

Aloe (ironically, what is healing to our skin makes cats and dogs ill, if ingested) • Corn plant • Dieffenbachia • Fichus • Peace Lily • Poinsettia • Snake plant

OUTDOOR PLANTS:

Keep your dog from digging up and gnawing on your bulbs; they'll give him/her a tummy ache! Most of the flowers we rely on to bring color to our gardens, if eaten, will make dogs and pussy cats sick! For example:

Begonia • Chrysanthemums • Daffodils • Foxglove • Geranium • Hyacinth • Iris • Lily • Lily of the Valley • Tulips

And if your dog is a chewer, ready to gnaw on any branch that he or she can reach, be aware of these toxic shrubs:

Azalea • Holly • Hydrangea • Ivy • Oleander • Peony • Rhododendron • Sago palm

MODERATELY TOXIC PLANTS TO PETS:

Azalea • Holly • Ivy • Norfolk pine • Rhododendron

EXTREMELY TOXIC PLANTS TO PETS:

Calla lily (actually, most types of lilies) • Hydrangea • Mistletoe • Oleander • Sago palm • Skunk cabbage

TO PREVENT THE ADVERSE EFFECTS

**(RASH, NAUSEA, VERTIGO,
OR MORE SEVERE):**

1. Familiarize yourself with the appearance of common toxic plants. 2. When working in areas of the garden that may contain toxic plants, wear clothing that covers exposed skin and is washable. 3. Wash clothing and any contaminated skin if you suspect exposure. 4. Avoid petting until you have washed the fur of any pet that may have been in contact with toxic plants. 5. Do not burn toxic plants or parts of toxic plants; the smoke will still be poisonous.

Quick first aid—if the suspected contamination is to a person whose health is already compromised, go immediately to a medical provider for care. For less vulnerable exposures:

1. Remove any contaminated clothing. 2. Wash contaminated skin, fur, clothing, and equipment with soap and water. Tecnu soap is noted for its effectiveness. For mild exposure, rubbing alcohol can be used to cleanse skin. 3. For a mild rash, cold compresses and antihistamines and/or Calamine lotion may work.

Now that we're all eager to get out there and dig in the dirt, I hope we can avoid an unpleasant bout of nausea or itchy rash to start the gardening season.



The Trippe Gallery *Stephen Haynes: Modern Impressionist*



Photo: Courtesy of Stephen Haynes

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Open Plan Paradise

By Lisa J. Gotto | Photography by Chris Mitchell of CM Photography | Exterior Photos by Chris Petrini of A Digital Mind

This nearly-3,000-square-foot, open-plan paradise offers a prime location and superb natural surroundings. Located to provide exquisite views of Long Creek in Stevensville, this home is ready to be adored and newly adorned by its new homeowners.

The residence's rambling ranch style combined with the placement of numerous large windows throughout the primary living space make this home open and airy, and flow very well from the front door to the waterfront-facing back patio.

"I first started talking to these sellers more than two years ago," says Sellers' Agent Trisha Wilson. "I told them then that the location alone will sell their beautiful home. It's what I like to call 'Kent Island Gold.' It has mean low water (MLW) of 6 feet and over 200 feet of water frontage, plus it faces westward offering spectacular sunsets daily."



Just steps from the entryway, the home's modern kitchen is full of character and charm with its wood-burning, brick front hearth, hardwood floors, and spacious eat-in dining area. Warm wood cabinetry, granite countertops, and a center island with cooktop and breakfast seating for four provide a wealth of utility. A sweet, built-in beverage center is located next to the hearth and provides plenty of cold and room-temperature storage for the wine connoisseur.

The kitchen flows from its eat-in-seating area to a delightful, sunroom with impressive landscape and water views, creating a scenically grand area for family gatherings. To the opposite end of the kitchen, the floorplan offers a large and bright family room for cozy and casual get-togethers.

Listing Agent: Tricia Wilson; Chaney Homes; 206 Love Point Road, Stevensville; m. 410-404-2033; o. 443-249-7653; tricia@chaney-homes; chaneyhomes.com **Buyers' Agent:** Tracy Ege; The Ege | Closing Team; Cummings & Co. Realtors; 1515 LaBelle Avenue, Ruxton; m. 443-745-5778; o. 410-823-0033; cummingsrealtors.com

Primary Structure Built: 1977
Sold For: \$1,240,000
Original List Price: \$1,350,000
Bedrooms: 4
Baths: 3
Living Space: 2,875 Sq. Ft.
Lot Size: 2 acres



All the home's four bedrooms are on one level, including the spacious primary bedroom with relaxing water views and an *en suite* bath. Warm wood tones, handsome tiling throughout, a huge, walk-in shower, and a granite-topped dual vanity amp up this room's utility and style.

This property scores its biggest points for its stunning outdoor living scenario that has been thoughtfully planned and landscaped to provide an exceptional quality of life while enjoying the outdoors. There are several points of access to this space which includes a large, covered lounge area with sun-sail detail overhead and a handy, architectural-appealing wrap-around bench that separates this area from the fenced-in, in-ground pool area. At the opposite end of the lounge area, the space includes a separate area with a relaxing hot tub, and, once more, those gorgeous views across the lush backyard out to the water.

This private oasis includes a private pier with six feet of Mean Low Water, so the new homeowners can easily set off on excursions to Annapolis, Oxford, St. Michaels, and beyond!

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Pre-War Perfection in Oxford

By Lisa J. Gotto

In the grand style of a pre-War classic Eastern Shore property, this 3,700-square-foot home certainly has all the charm, character, and grace a homeowner could ask for. Located in historic Oxford, this property offers prime water access to the Tred Avon River, the Choptank River, and the Chesapeake Bay.

Serenely nestled on a quiet street with sightlines to the water, you can't make a better land-to-sea transition than this iconic property offers. A white picket fence and light cedar shake exterior greets visitors to the two-story colonial that dates to 1900. Mature trees and gorgeous brick paver walkways lead you in and about this special place that has been tastefully added to and upgraded over the years.



Primary Structure Built: 1900
Sold For: \$2,200,000
Original List Price: \$2,500,000
Bedrooms: 3
Baths: 2 Full, 1 Half
Living Space: 3,715 Sq. Ft.
Lot Size: .30 acres

The illustrious old bones of this home are evident the moment one steps inside to see a sizable foyer with handsome Herringbone hardwood floors and sightlines to an architecturally stunning curved staircase. The entry leads to a gorgeous formal dining room with dual corner cupboard detail and sliding glass door views to the waterfront and access to a large, relaxing sunroom.



The huge, all-modern kitchen offers warm, honey-colored hardwoods and fine wood cabinetry throughout. There's a large center island that seats four on either side, all stainless-steel appliances including a six-burner gas range, and an expanded gathering area with a wall of custom built-ins on top of a rustic, red brick tile floor.

There's a show-stopping family room with cathedral ceiling with rustic wood beam treatment, and huge picture windows to the waterfront, as well as a handsome study/sitting room with a stately Federal-style fireplace on this floor.

A roomy and romantic primary suite has its own wing with fabulous, custom walk-in closets and over-sized sliding glass door views to the water. The *en suite* bath is like a dream with its own picture postcard view of the water, a luxurious bathtub, dual vanities, and separate shower. There are two additional roomy bedrooms, both offering access to a second level balcony and gorgeous hardwood floors on the upper level.

From the home's scenic back patio, you are mere steps from the property's deep-water dock and 18,000-pound boat lift; a sure way to enjoy summer on Maryland's iconic Eastern Shore.

Listing Agent: Henry Hale; Benson & Mangold Real Estate; 27999 Oxford Road, Oxford; m. 410-829-3777; o. 410-882-1415; henryshale@gmail.com; bensonandmangold.com

Buyers' Agent: Erik Brubaker; Keller Williams Realty; 2300 N. Salisbury Boulevard, Salisbury; m. 602-684-6849; o. 302-846-7893; kw.com



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2023 TOP DOCS

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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.



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Health & Beauty

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Fresh Take

FAVA BEANS

By Dylan Roche

Did you know fava beans are one of the oldest crops known to humankind? Archeologists have found remains of fava beans in the Israeli region of Galilee that date back about 10,000 years. And in all the millennia since, fava beans have hardly declined in popularity. In modern times, they're most commonly enjoyed during their spring harvest season, when these hearty legumes—hailing from the same botanical family as peas and lentils—are at their largest and most flavorful. Like other legumes, they're packed with protein and fiber, along with many necessary vitamins and minerals, and they feature prominently in many world cuisines, most notably Mediterranean, Middle Eastern, and Indian.

Fava beans are sometimes referred to as broad beans or horse beans. Whatever they're called, they're hailed for having a soft, creamy texture when cooked, and a flavor that's a little bit nutty, a little bit earthy, and even a little bit sweet. This makes them versatile from a culinary perspective, particularly in salads, pastas, and soups, where they serve to make an otherwise light dish more satisfying and substantial (without adding a lot of calories).

A one-cup serving of fava beans provides fewer than 200 calories, but you'll still get about 13 grams of protein. You'll also get about one-third of your daily needed fiber for optimal digestive health and reduced cholesterol levels.

If you find yourself lagging on energy, fava beans could be an ideal addition to your diet. They're a good source of iron, which is necessary for forming healthy blood cells to transport oxygen to every cell in your body. However, because fava beans are a source of plant-based iron (often known as non-heme iron, compared with the more easily absorbed heme iron from animal sources),



Ful Medames

INGREDIENTS:

2 cups dried fava beans
4 garlic cloves
1 medium-sized onion
1 medium-sized tomato
2 tablespoons olive oil
2 tablespoons lemon juice
1/4 teaspoon cumin
1/4 teaspoon salt
1/4 teaspoon black pepper

Allow fava beans to soak in water overnight (10 hours). Mince the garlic and chop the tomatoes and onion into small pieces. Add soaked beans to a large pot with equal parts water and cover. Bring to a full boil and then reduce to a simmer. Add garlic, tomato, and onion to the pot and allow to soften. Use a potato masher to smash and mix the ingredients. Add olive oil, lemon juice, cumin, salt, and pepper. Continue cooking until thick, stirring if necessary. Serve warm.





Lemon-Herb Pasta with Fava Beans

INGREDIENTS

2 cups shelled and blanched fava beans
 1 cup whole-wheat penne pasta
 5 tablespoons olive oil
 1 lemon, juiced
 1 teaspoon honey
 1 clove garlic, minced
 1/4 cup fresh mint, chopped
 1/4 cup fresh parsley, chopped
 1 bunch scallions, chopped
 1 cup crumbled feta cheese
 1 teaspoon salt
 1 teaspoon black pepper

Bring a large pot of water to boil and add the pasta. Cook pasta according to the directions, reserving about 1/2 cup of cooking water before draining. In a large skillet, heat 3 tablespoons of olive oil, lemon juice, honey, garlic, mint, parsley, and scallions over medium heat. Cook for approximately 2 minutes until scallions are soft. Pour in the reserved pasta water. Add the fava beans to the skillet and cook for approximately 10 minutes or until fava beans are softened. Stir in the pasta and add in remaining 2 tablespoons olive oil, along with salt and pepper (add more to taste). Stir to combine. Toss with feta cheese and serve warm.

it's best to eat them with a source of vitamin C, which boosts the iron's viability in your body. Tomatoes, bell peppers, and white potatoes are all excellent sources of vitamin C that are in season around the same time as fava beans and pair nicely with it in dishes.

The other energy-boosting nutrient you'll get from fava beans is folate, a B vitamin that's vital for converting food to energy and, like iron, for forming red blood cells. Diets that are full of folate are associated with a lowered risk of many health concerns, both physical and mental, including heart disease and depression.

Although you can buy frozen and canned fava beans, the flavor you get from fresh fava beans is worth the effort it takes to prepare them. You'll start with fresh pods, which you should select based on both their firmness and fullness—the pod should be strong without being hard and should have bumps indicating hearty-sized beans from one end of the pod to the

other. You also want to select pods that are a vibrant green color, avoiding any pods with yellowish or whitish patches. You can store fresh pods in your fridge for up to one week before preparing them.

Start by cutting the pods open lengthwise with a knife and carefully removing the beans. Blanch the beans in boiling water for about a minute or two before straining out the boiling water and rinsing them in cold water to stop the cooking. Once the beans have cooled, the skins will be loose, and you will easily be able to remove them with just your fingers. The beans will not be fully cooked at this point, so return them to the heat, whether that's a sauté pan or another pot of boiling water. Cook until soft but not mushy.

While you can dress up fava beans with a little bit of olive oil and fresh herbs for an easy side, they make a great starting point for some standout recipes. Consider making this popular Indian dish, ful medames, or use fava beans in a lemon-herb pasta dish.



Fitness Tips

CAN SMART TECHNOLOGY IMPROVE YOUR WORKOUT?

By Dylan Roche

It's time to start training smarter, not harder. As in, it's time to start training with the assistance of SMART technology. Although you might think of SMART tech getting its name from the way non-sentient objects interact with us and guide our behavior, it's actually an acronym for self-monitoring, analysis, and reporting technology. And having the ability to monitor, analyze, and report the way your body responds to physical activity means you have a better ability to maximize every workout you do.

SMART fitness tools take many forms. It could be as simple as an app on your phone—such as a pedometer app, which tracks your steps and miles walked. On the more complex side, you have fitness equipment that can guide your workout and assess your progress. Although SMART fitness had been gaining in popularity for several years before 2020, the onset of the Covid-19 pandemic—when many people were isolated at home and couldn't get to the gym—brought an explosion of interest in SMART fitness capabilities.

Think of Peloton, the SMART stationary bike that had 4.4 million users by the end of 2020. These bikes guided people through home workouts, helping them challenge themselves in new ways by automating the amount of resistance behind the pedals and measuring their progress. Similarly, Bowflex SMART dumbbells and JaxJox SMART kettlebells allowed strength trainers to adjust the weight of their equipment with just the push of a button—no more need to store tons of weights at home, where most people do not have as much dedicated workout space as they would at the gym.

Even now that many gyms have opened their doors back up, fitness enthusiasts like the convenience and efficiency they are able to get right from their own homes with SMART equipment.



SO, WHY DOES SMART FITNESS CONTINUE TO BE SO POPULAR IN 2023?

HERE ARE THE MAJOR REASONS:

It's easier to track your workout. SMART equipment comes with motion sensors that measure things like the steps you've taken or the reps you've lifted. There's no need to count when you have tools that will do it for you.

You can monitor your heartrate with devices like a smartwatch, of which Apple Watches continue to be the most popular. Heartrate monitoring gives you an idea of how hard your body is working so you can push yourself while still ensuring you don't overexert yourself. This is especially important if you have a heart condition or similar health concern.

It's easier to store your data with your SMART devices and track your

progress over weeks or months. No more need to write everything down on paper and try to do the math in your head. You can even download your data to your phone or computer if they are synced up to your SMART devices.

SMART technology can adapt to your schedule and provide reminders to you when it's time to work out—and that's some accountability that many people can use. After all, you might be less inclined to skip your Monday morning workout if you get a notification telling you it's time to get moving.

There's a sense of community behind SMART fitness. Most equipment syncs with guided programs where you can be shown what to do by professional trainers. You can even get an on-demand class 24/7. And because some equipment gives you the option of sharing your most recent workout stats to social media, you might find yourself more motivated to earn bragging rights among your peers who do that same SMART workout.

While some SMART fitness is expensive (SMART bikes and treadmills sometimes cost thousands of dollars, regardless of the brand), many users find that it's a worthwhile investment.

So, no matter what your fitness goals are, you might consider jumping on the bandwagon and finding ways you can take advantage of the latest technology. After all, it's about working smarter, not harder.

Heat Therapy... But with Less Heat

INFRA-RED SAUNAS ARE GAINING POPULARITY; HERE'S WHY

By Dylan Roche

If you've ever enjoyed a brief sit inside a sauna and left feeling refreshed and invigorated, there's some science behind that—the short period of high heat is actually good for you. But now there's a growing trend in how that heat gets applied to your body. Infra-red saunas have become increasingly popular.

Unlike traditional saunas, infra-red saunas don't use steam or flame to heat up an entire enclosed space. Instead, these new types of saunas use electromagnetic lamps to deliver warmth directly to the skin, which can warm up your body without warming up the entire room. The benefit to this is that it's much more comfortable—the temps usually hit somewhere between 110 and 130 degrees Fahrenheit, versus the nearly 190 degrees Fahrenheit you might sit in with a traditional sauna—while still offering the therapy people look to get from heat.

What might that therapy look like? For starters, high heat stimulates a response from the body similar to exercise: As the body works to cool itself, the heart rate increases, and blood vessels open up to drive blood flow to your skin. This improved circulation is good for recovery after intense exercise because it sends more blood (and more oxygen) to your muscles. People undergoing regular heat therapy will often see better heart health, lower blood pressure, and less chronic pain.

But there are mental and emotional benefits as well. Warmth is good for

helping your body relax, so people who use infra-red saunas are less likely to experience bouts of depression and anxiety, and they may even enjoy improved sleep.

While scientific research supports the use of heat therapy in these regards, it's important to note that there are some misconceptions about heat therapy that don't have as much research to back them up. Don't fall for the notion that the heavy sweating you experience in a sauna is necessary for removing toxins from the body—your body does a sufficient job of detoxifying itself without excessive perspiration. In fact, this is one reason it's important to be moderate in your use of heat therapy. Monitor your hydration to replace any water you lose from sweating, as you don't want to become dehydrated. Additionally, never stay in a sauna for longer than 30 minutes, and don't use the sauna more than three or four times per week. Even with the reduced heat you experience in an infra-red sauna, it's important to remember the body is still being exposed to high temperatures and caution should be exercised.



Multipurpose Beauty Miracle

WHY ARGAN OIL IS GROWING IN POPULARITY FOR HAIR AND SKINCARE

By Dylan Roche

No matter what the season, your hair and skin can suffer some damage from the elements. Whether it's from the dry air throughout the winter or the harsh sun during the summer, hair gets frizzy, scalps get itchy, faces get dull, and even your fingernails can get brittle.

While you could fill your bathroom shelves with all kinds of specialty products, there's one simple oil that can offer nourishing hydration without being heavy or greasy: Argan oil, a multipurpose product that's been hailed by people for its cosmetic purposes for thousands of years. The oil is made from nuts of argan trees that flourish in the semi-desert climate of Morocco. Because the trees have evolved to hold up to Morocco's heat and dryness, its nuts yield an oil with a unique nutritive profile and texture. Argan oil contains essential fatty acids, specifically linoleic and oleic acids, antioxidants, and vitamin E, all of which are good for maintaining healthy hair and skin.

FOR YOUR HAIR...

Argan oil works to restore shininess and silkiness to dried-out or frizzy hair, making it smooth and pliable without any greasy residue or heaviness that would weigh it down. The vitamin E content in the oil stops flakes and dandruff from forming along the scalp. Although argan oil won't get rid of split ends, it will sleeken them to reduce their appearance.

To get the maximum effect from argan oil, comb it through freshly cleaned wet hair and give it about 20 to 30 minutes for the oil to fully absorb into the follicle. If necessary, you can tuck your hair under a shower cap to encourage absorption. After 20 to 30 minutes, rinse it out and style hair as you normally would.



FOR YOUR SKIN...

Because it's so light, argan oil works for most skin types, ranging from dry to oily. Applying argan oil regularly improves the skin's natural barrier to the elements and even improves its elasticity, which can reduce the appearance of wrinkles and fine lines. Argan oil absorbs into the skin easily, so there's none of the shininess you would get from thicker, heavier moisturizers. Finally, thanks to argan oil's anti-inflammatory properties, it can reduce pain when applied to scratched or injured skin.

WHAT TO LOOK FOR

Interested in giving argan oil a try? Check the label to make sure it's pure argan oil, which indicates it is not made with artificial additives or fragrances, which could be irritating to your skin and hair. A high-quality argan oil will come in a dark glass bottle to protect it from light damage. As with any cosmetic product, test a small dab on your skin or hair to check for a reaction before you apply generously.

Give the Gift of Life

APRIL IS NATIONAL
DONATE LIFE MONTH

By Dylan Roche

An estimated 100,000 people in the United States are waiting—right now—for an organ transplant that could save their life

according to the Mayo Clinic. Every nine minutes, a new name is added to that list. And every day, as many as 20 people across the country pass away in need of an organ.

While these numbers sound distressing, there's good news. Most people, whether they're young or old, whether they're in ideal health or feeling a little wear and tear, are eligible to donate organs and tissue that could change these situations and these lives. For some people, that donation might be one they make while they're still alive (a choice that's available for a surprising number of organs and tissues). For others, they might agree to donate after they pass away. A single organ donor might be able to save up to eight lives, and a tissue donor can save up to 75!

To spread awareness of these hopeful numbers, and to encourage more people to register as donors, the organization Donate Life America deemed April to be Donate Life Month in 2003, and in the 20 years since, it has grown to be a poignant annual observance in the conversation surrounding organ and tissue transplantation.



Believe it or not, anyone can register as an organ and tissue donor, encompassing people of all ages, races, ethnicities, genders, and religious backgrounds. Organs that can be transplanted include kidneys, hearts, lungs, livers, pancreases, and intestines. Body tissue can be donated, as well as tendons, skin, bones, corneas, arteries, and heart valves. While some of these organs will be transplanted from a person after they die (as the donor cannot survive without them), you might be surprised by how much you can donate when you're still alive and healthy—without much significant impact on your life.

Most notably, living people can donate one of their two kidneys, as one healthy kidney is able to sufficiently remove waste from the body by itself. (Thus, a kidney is the most donated organ.) Living donors can also give part of their liver, lungs, pancreas, and intestines. Liver cells will regenerate, allowing a liver that was partially donated to grow back to its previous size. While the lungs, pancreas, and intestines don't regenerate in this way, you can still survive just fine without the full tissue.

Some donors make a point of donating blood and bone marrow on a regular basis, and if they've had surgery, they have the option of donating any removed tissue, such as skin removed during a cosmetic procedure or bone that was removed during a hip/knee replacement.

And for anyone feeling a little queasy about the idea of donating organs and

tissues, the Cleveland Clinic notes that most transplants are able to be done without any visible scarring, and most people are able to return to their normal daily lives within a month.

It's also important to dispel many of the pervasive myths and misconceptions that make people unsure of donating. The Mayo Clinic emphasizes that the family of a deceased person will never be charged extra fees for donating their organs, and organ donation does not cause funeral delays or imply a funeral cannot be done with an open casket. Additionally, there is no such thing as a doctor "letting a patient die" because they want to use their organs for a transplant. A doctor's priority will always be to save the life of the sick or injured person, regardless of whether they are a donor or not.

Although organ and tissue transplants have such significant power to save and transform lives, less than half of Americans are registered to be organ donors after they die. You have the option of listing yourself as an organ donor when you get your driver's license, but it's also important to talk to your loved ones about what you wish to have happen to your body if you die.

To sign up with the Health Resources & Services Administration's official registry—and to read up on personal stories of people who received organ transplants, or to find information about upcoming official National Donation Awareness events—visit organdonor.gov.

Magazines maintain strong readership throughout the year

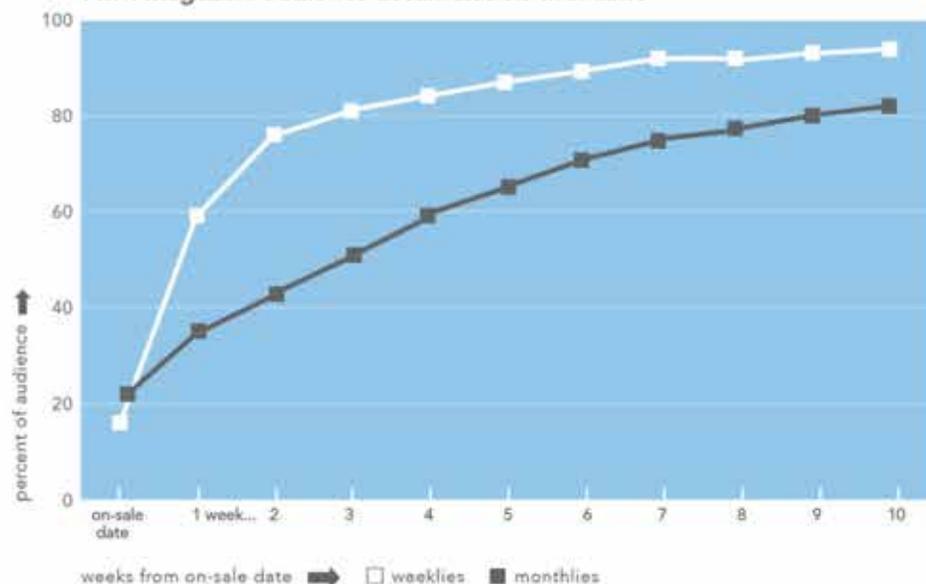
Issue-specific audiences by month and quarter (percent)



Note: Includes all publications measured in MRI-Simmons Issue Specific Study
Source: MRI-Simmons, Issue Specific Study, January-December 2020

Magazine readership continues to grow long after publication date

Print magazine audience accumulation over time



Note: The on-sale date is the actual date the print magazine appears on the newsstand or is likely to arrive in subscriber households. The on-sale date generally precedes the cover date.
Source: GfK MRI 2000, Accumulation Study, MRI-Simmons, Fall 2019.

Dining

92 SAVOR THE CHESAPEAKE | 94 RESTAURANT GUIDE

Crabbie Eggs
Benedict at **Two If
By Sea Restaurant**
on Tilghman Island



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Savor the Chesapeake

Restaurant news and culinary trends throughout the Chesapeake Bay region

By Megan Kotelchuck

We are in the thick of Spring now. Our adjacent Dining Guide highlights many restaurants that offer farm-to-table, locally sourced, and clean eating options. Here we have a list of restaurants opening, closing, and how our amazing local businesses and organizations are contributing goodwill to our communities.

On the Dining Scene...

The Rotary Club of Easton, along with co-sponsors Easton High Interact Club, St. John's Foundation, and Holy Trinity Church, gathered more than one hundred volunteers to pack thousands of meals for the organization's 2023 Rise Against Hunger event. The event, which was held on January 21st in Downtown Easton, provided 20,000 meals to send overseas for those facing hunger. This brings the event's grand total to 70,000 meals packed since it was established locally in 2018. Rotary's goal is to pack 100,000 meals by 2025. Learn more about the event and how you can help next time at eastonrotary.org and riseagainsthunger.org.

The **St. Michaels Community Center** paired with the **Talbot County Health Department** to host two, 6-week classes promoting healthier living that were free to the public. These small group classes held at St. Michaels Community Center included cooking demonstrations to prepare healthy meals from ingredients in the pantry and provided dinner to the class. The first class, which started March 2nd, focused on chronic disease self-management while the second class, on March 22nd, focused on Diabetes self-management. For upcoming programs and classes, like these, visit stmichaelscc.org.

After 18 years in Cambridge, **Katie's at the Airport** closed on January 31st. The mother-daughter team, Kay and Katie, were sad to see their family-friendly restaurant close. Katie posted on their Facebook page on January 16th that their last day would be at the end of the month and many patrons enjoyed their favorite meals for the last time. Katie's at the Airport was located at 5263 Bucktown Road in Cambridge.

Nando's Peri-Peri located in the Westfield Annapolis Mall, across from Chipotle, closed its doors on December 23rd. This said, it's not too late to enjoy their delicious, 24-hour marinated chicken and assortment of sauces. Nando's still has 13 other locations in Maryland, including two in Anne Arundel County: one at Waugh Chapel and the other in Hanover at the Arundel Mills Mall. Find more information at nandosperiperi.com.

Chesapeake Materials has been making annual donations of turkeys, hams, chickens, and other holiday fixings to the Anne Arundel County Food Bank for those in need within our community. This past November, Chesapeake Materials donated 78 turkeys, 78 hams, and 18 whole chickens along with holiday sides, and brought another round in December. And when they came back in December, they brought the support of their partners: Fidelity First Financial and CFG Bank. Together, the businesses donated \$12,050, which allowed the food bank to purchase 648 turkeys! See what you can donate at afoodbank.org/donate.

Lots of love was shown to our county food bank during the holidays. **Medieval Times Dinner & Tournament** in Arundel Mills, Hanover, donated \$10,000 in December to the Anne Arundel County Food Bank. This was a part of a \$100,000 nationwide donation effort within the 10 communities the company operates. The performance restaurant showcases medieval role play in an arena-like setting. For more information, visit medievaltimes.com/baltimore.

Clean eating can still taste amazing, and **Fresh Green** is proving that! Fresh Green believes that clean eating should be accessible, adventurous, and downright delicious. After being founded in 2018 and opening the first location in Laurel, the brand opened locations in Upper Marlboro and Bowie. And now, there will be a Crofton location coming this year! Fresh Green will open the fourth location in Waugh Chapel, as well as locations in Capital Heights and Brandywine. Find more information and a menu at freshgreensalads.com.

Father-son team Fredy and Harry Salmoran opened another location of **Senor's Chile Café**. The new Severna Park location is the fourth in the family's growing portfolio of restaurants. The grand opening was on January 13th at 594 Benfield Road. The family has been expanding over Anne Arundel County over the past few years, starting with their first location, Mi Lindo Cancun Grill in Annapolis over five years ago, followed by Senors Chile in Edgewater in January of 2020, which they expanded in 2021, before opening their third location, Maryland Senor Chile Cantina in Arnold. Find Senor's Chile's menu at senorschile.com. ↓



Drink Up...

Heard of Starbucks' Pink Drink? Well, the National Cherry Blossom Festival in D.C. is upon us, which gives good reason to showcase another pink concoction! Try out these delicious pink cocktails to enjoy in honor of the cherry blossoms blooming!

Spring Fever

Ingredients

- 6 medium strawberries, quartered
- 3/4 ounce elderflower syrup
- 3/4 ounce lemon juice
- 4 dashes rhubarb bitters
- 3 ounces sparkling rose wine, chilled

INSTRUCTIONS

Add the strawberries, elderflower syrup, lemon juice, and bitters into a shaker with ice and shake until well chilled. Strain into a wine glass over fresh ice. Top with sparkling rose wine. Garnish with a lemon wheel.

Photo and recipe courtesy of liquor.com



Smokey Mezcal Paloma

Ingredients For Jalapeno Simple Syrup:

- 1/4 cup sugar
- 1/4 cup water
- 1 halved jalapeno

For the Rim:

- Smoked salt
- Chipotle powder

For Paloma:

- Ice
- 1.5 ounce mezcal
- 2 ounces fresh squeezed grapefruit juice
- 1 ounce fresh squeezed lime juice
- 1/2 ounce jalapeno simple syrup
- Splash club soda or sparkling water

INSTRUCTIONS

Make the jalapeno simple syrup. In a small saucepan, combine the water, sugar, and jalapeno. Bring to a simmer, stirring occasionally, until the sugar is dissolved. Turn off the heat, cover and let cool to room temperature. Once cool, strain into a glass jar and refrigerate until ready to use. Make the smoked salt rim. On a small plate, mix a small amount of smoked salt and a couple pinches of chipotle powder. Wet the rim of a glass with a lime wedge. Roll in the salt mixture. Fill the glass with ice. Add mezcal, grapefruit juice, lime juice, and simple syrup to the glass. Top with soda and give it a little stir. Garnish with jalapeno and lime slices.

Photo and recipe courtesy of livelytable.com

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

Fresh, Local & Sustainable

This month, we highlight a selection of restaurants that feature farm-to-table and locally sourced items/menus, plus “Our Favorites” collection of What’s Up? Media advertisers.

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

📞 Reservations

🍹 Full bar

👨‍👩‍👧 Family Friendly

🌊 Water View

☀️ Outdoor Seating

🌿 Farm-to-Table

📍 Local Sourced

🦞 Local Sourced
Seafood

🍺 Beer and Wine

🌿 Healthy Pick

🍷 Grab & Go

Queen Anne’s County

Dock House Restaurant

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

The Market

180 Pier One Road, Stevensville; 410-604-5900; baybeachclub.com \$, 📍 🍷

Yo Java Bowl Café

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

Talbot County Bas Rouge

19 Federal Street, Easton; 410-822-1637; basrougee-aston.com \$\$\$, 🍷 📍

Bistro St. Michaels

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

Carpenter Street Saloon

113 S Talbot Street, St Michaels; 410-745-5111; carpenterstreetsaloon.com \$, 🍷 📍

T at the General Store

25942 Royal Oak Road, Easton; 410-745-8402; tatthegeneralstore.com \$\$, 🍷 📍

Theo’s Steak, Sides, and Spirits

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

Kent County

Figg’s Ordinary

207 S Cross Street, Chestertown; 443-282-0061; figgsordinary.com \$, 📍 🍷

Dorchester County

Old Salty’s

2560 Hoopers Island Road, Fishing Creek; 410-397-3752; oldsaltys.com \$\$, 🍷 📍

Caroline County

Caroline’s

406 Market Street, Denton; 410-490-4495; carolinesindenton.com \$\$, 🌿 ☀️ 🦞



Shore Gourmet

512 Franklin Street, Denton; 410-479-2452; carolineculinaryarts.org \$, 🍷 📍

Downtown Annapolis

Evelyn’s Annapolis

26 Annapolis Street, Annapolis; 410-263-4794; evelynsannapolis.com \$\$, 🍷 🌿

Flamant

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

McGarvey’s Saloon

8 Market Space, Annapolis; 410-263-5700; mcgarveysannapolis.com \$\$, 📍 🦞

Preserve

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

Vida Taco

200 Main Street; 443-837-6521; vidatacobar.com \$\$, 🍷 🌿

Greater Annapolis

Eat Sprout

150 Jennifer Road Suite K, Annapolis; 443-223-0642; eatsprout.com \$, 🍷 📍 🌿

Fresh Annapolis

1419 Forest Drive, Annapolis; 410-775-5372; freshannapolis.com \$, 🌿 🍷

Grapes Wine Bar

1410 Forest Drive, Annapolis; 410-571-5378; grapeswinebarannapolis.com 🍷 📍 ☀️ 📍

Level A Small Plates Lounge

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

Main & Market

914 Bay Ridge Road, Annapolis; 410-626-0388; mainandmarket.com \$\$, 🍷 📍 🌿

True Kitchen
1906 Town Centre Blvd Suite 110, Annapolis; 443-775-5179; truefoodkitchen.com \$\$\$, 🍷 🍴 🌱 🍷

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

Eastport

Blackwall Hitch
400 Sixth Street, Eastport; 410-263-3454; theblackwallhitchannapolis.com \$\$\$, 🍷 🍴 🌱 🍷

Boatyard Bar & Grill
400 Fourth Street, Eastport; 410-216-6206; Boatyardbarandgrill.com \$\$\$, 🍷 🍴 🍷

Bread and Butter Kitchen
303 Second Street, Suite A, Annapolis; 410-202-8680; breadandbutterkitchen.com \$\$\$, 🍷 🍴 🍷

Eastport Kitchen
923 Chesapeake Avenue, Annapolis; 410-990-0000; eastportkitchen.com \$, 🍷 🍴 🍷

Anne Arundel County

Blackwall Barn and Lodge
329 Gambrills Road, Gambrills; 410-317-2276; barnandlodge.com \$\$\$, 🍷 🍴 🍷 🌱 🍷

Founder's Tavern & Grill
8125 Ritchie Highway, Pasadena; 410-544-0076; founderstavernandgrille.com \$\$\$, 🍷 🍴 🍷 🌱 🍷

Garten
849 Baltimore Annapolis Blvd, Severna Park; 443-261-3905; garten-eats.com \$\$\$, 🍷 🍴 🍷 🌱 🍷

Pirate's Cove Restaurant and Dock Bar
4817 Riverside Drive, Galesville; 410-867-2300; piratescovemd.com \$\$\$, 🍷 🍴 🍷 🌱 🍷

OUR FAVORITES

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

Boatyard Bar & Grill
400 Fourth Street, Eastport; 410-216-6206; boatyardbarandgrill.com \$\$\$, 🍷 🍴 🍷

Carpaccio Tuscan Kitchen & Wine Bar
1 Park Place Suite 10, Annapolis; 410-268-6569; carpacci-otuscankitchen.com \$\$\$, 🍷 🍴 🍷 🌱 🍷

Carroll's Creek Café
410 Severn Avenue, Eastport; 410-263-8102; carrolscreek.com \$\$\$, 🍷 🍴 🍷 🌱 🍷

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

Hunan L'Rose
1131 Annapolis Road, Odenton; 410-672-2928 \$, 🍷

Hunter's Tavern
101 East Dover Street, Easton; tidewaterinn.com; 410-822-4034 \$\$\$, 🍷 🍴

Knoxie's Table
180 Pier One Road, Stevensville; 443-249-5777; baybeachclub.com \$\$\$, 🍷 🍴 🍷

Galliano Italian Restaurant
2630 Chapel Lake Drive; 410-721-5522; gallianoitalianrestaurant.com \$\$\$, 🍷 🍴

Lewnes' Steakhouse
401 Fourth Street, Eastport; 410-263-1617; lewnessteakhouse.com \$\$\$, 🍷 🍴 🍷

Lime & Salt
8395 Piney Orchard Parkway, Odenton; 410-874-6277; Facebook \$\$\$, 🍷 🍴

Mamma Roma
8743 Piney Orchard Parkway, Odenton; 410-695-0247; mammaromas.com \$, 🍷

Mi Lindo Cancun Grill
2134 Forest Drive, Annapolis; 410-571-0500; lindocancungrill.com \$\$\$, 🍷 🍴 🍷

Rodizio Grill
1079 Annapolis Mall Road, Annapolis; 410-849-4444; rodiziogrill.com \$\$\$, 🍷 🍴

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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 **Erin G.** 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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Entries must be received by April 30, 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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