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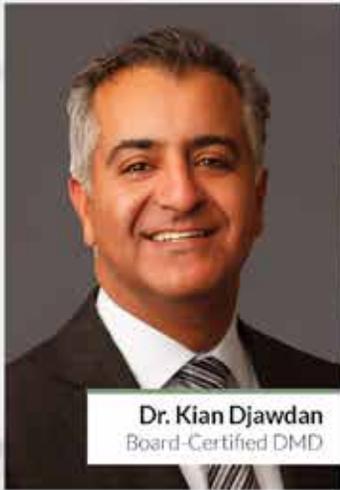
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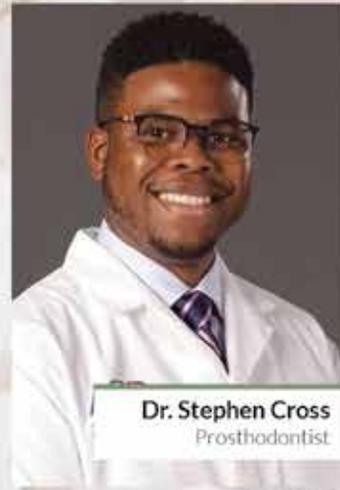
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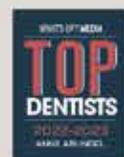
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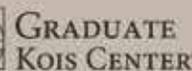
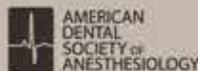
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323 South Lake Dr., Stevensville | \$900,000.00

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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4915 Old Court Rd | Randallstown | \$550,000

This picturesque and charming gabled farm home, circa 1776, comes complete with 2.45 acres, is conveniently located in Randallstown, and zoned "D5.5". The interior boasts hardwood floors, custom built-ins, chandeliers, high ceilings and numerous modern upgrades. The grounds have mature trees, perennials, extensive lawn, and perfect for outdoor entertaining.



Under Contract
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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306 Carriage Run Rd., Annapolis | \$715,000

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On the Cover: Photograph courtesy Annapolis Junior Rowing. Design by August Schwartz. Contact *What's Up? Eastern Shore* online at whatsupmag.com. Please recycle this magazine.

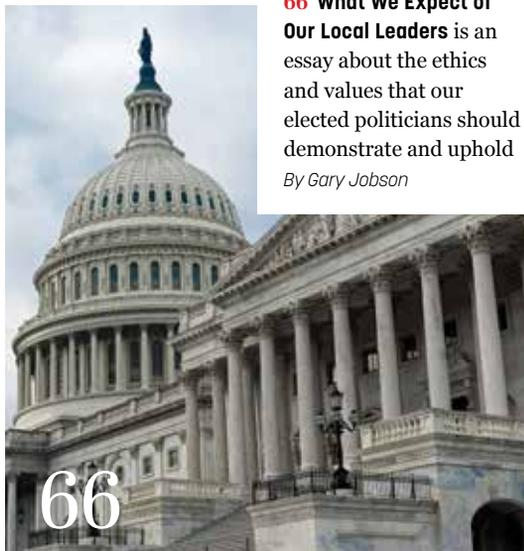
May contents



Features

28 Rowing the Chesapeake explores the sport and adjacent activities, like stand-up paddleboarding *By Kat Spitzer*

44 Up & Coming Lawyers Class of 2023 profiles more than 50 dynamic, young professionals making a mark in their legal careers



52 Save the Date: 2023 Philanthropic Calendar features listings of upcoming charity galas and fundraisers for a variety of organizations and causes

61 Water for the People is the next article in our "Maryland Firsts" series; this piece explores the development of drinking water systems and their sanitization *By Ellen Moyer*

66 What We Expect of Our Local Leaders is an essay about the ethics and values that our elected politicians should demonstrate and uphold *By Gary Jobson*

Home & Design

72 A Collegial Stewardship reveals the history and architecture of the Hynson-Ringgold House in Chestertown, which serves as the home to Washington College's president and wife *By Lisa J. Gatto*

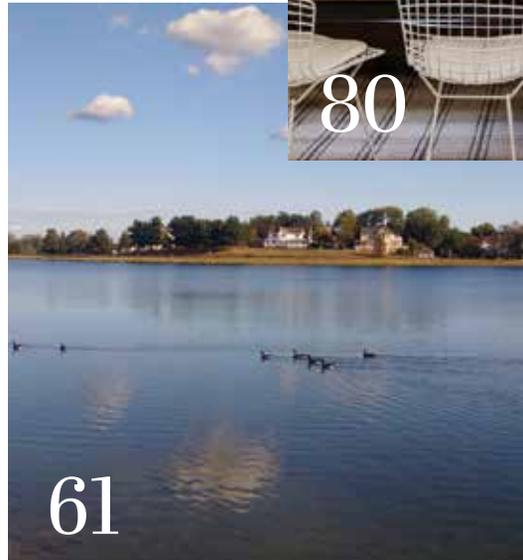
80 Home Interior: Bring It On! reveals five rules for 21st-century cottage living *By Lisa J. Gatto*

84 Home Garden: Tips & Tricks Revisited delivers more than 15 gardening hacks you can use right now *By Janice F. Booth*

89 Cherished Chesapeake Escape showcases an immaculate waterfront condo in St. Michaels *By Lisa J. Gatto*

92 Tricked Out Traditional offers an inside peek into a Tred Avon riverfront home *By Lisa J. Gatto*

95 Everything in Edgewater features a 4200-square foot Cape Cod-style waterfront home *By Lisa J. Gatto*



Dining

106 Dine During Mother Nature's Daily Show is our dining review of Libbey's Coastal Kitchen + Cocktails in Stevensville *By Rita Calvert*

108 Savor the Chesapeake spotlights restaurant news and culinary trends from the Chesapeake Bay region *By Megan Kotelchuck*

110 Dining Guide: Mother's Day Breakfast & Brunch is this month's theme of restaurant listings for your consideration.

Health & Beauty

By Dylan Roche

98 Fresh Take: Cherries

100 Fitness Tips: Movement Snacks

101 Adult-Onset ADHD

102 Four-Day Work Weeks

103 Indulgent Foot Care



WHAT'S UP?
eastern shore

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Best of Eastern Shore Winners!
Indigenous Americans of the Shore
Chill Out! Awesome Indoor Recreation
Gardening with Kids
Summer Fashion

May contents

In Every Issue

12 From the Editor shares James' thoughts on this month's issue

15 Out on the Towne highlights special celebrations and activities to enjoy this month *By Megan Kotelchuck*



20 Towne Calendar is our expanded list of daily events and entertainment options!

22 Towne Spotlight features local business and community news *By James Houck*

24 Towne Athlete profiles Sam Mason of Easton High School *By Tom Wargo*

26 Towne Interview with Annapolis Blues' Head Coach Colin Herriot and Team Owner Michael Hitchcock *By Tom Wargo*

112 Where's Wilma? Find the What's Up? Media mascot and win

e-contents

Best Of Party!

Tuesday, June 13, 2023 from 6-9 p.m at the Doordan Institute at Anne Arundel Medical Center in Annapolis

Enjoy a great party with tastings from winning restaurants, cash bar, dancing, photo booths, beauty and wellness services, and much more entertainment! What's Up? Media's Best Of Party celebrates the best of the area's restaurants, shops, services, entertainment, and businesses all rolled up into one fantastic fundraising event that will benefit GiGi's Playhouse of Annapolis and Talbot Hospice. At the party, "Best Of" restaurant winners, and only winners, serve samples of their winning dishes. This is an amazing community event that always sells out, so be sure to secure your tickets while they last! The Best of Winners are selected by our annual reader's poll and will be featured in the upcoming issues of *What's Up? Annapolis*, *What's Up? Eastern Shore* and *What's Up? Central Maryland*. Get tickets now at whatsupmag.com/bestofparty.



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editor *From the*



May is the kickoff month for living and loving the Chesapeake Bay region lifestyle. It's prelude to prime summertime and all things nautical, outdoors, wholesome, and wily that make the "Land of Pleasant Living" unique. We're an exceptional collection of people, places, and events. I, like many Marylanders, take great pride in this, and I love the traditions we celebrate this time of year—the harbingers of spring that hint at summer's arrival.

Take the Naval Academy's Commissioning Week with the Blue Angels whirligging through the skies above. Or Derby Day and Preakness parties, opening day of rockfishing, arts and cultural festivals, baseball games, barbecues with friends, and the first proper crab picking of the season. Opportunities abound for *our* kind of fun.

Fondly, I recall enjoying many of these activities as a child with my parents, grandparents, aunts, uncles...and later as a young adult, with siblings, friends, coworkers, girlfriend. In time, girlfriend became wife, and now we're filling the family calendar with these very events to enjoy with our children. Good times aplenty.

From Western Shore to Eastern, we showcase this and so much more. Rest assured we have the dates for the Blue Angels. But we're also hyping the Annapolis Blues—our state capital's first professional soccer team! Read what the team's owner and head coach have to say about the inaugural season kicking off this month (page 26).

In addition to hitting the water to fish for striped bass (and partying your way to the podium—read what that means on page 18), we offer extra inspiration for how to enjoy getting on the Bay and rivers with the feature article "Rowing the Chesapeake." May also sees an abundance of outdoor charity events planned—from 5Ks to marathons, golf tournaments to cycling circuits, and street fests to foodie frolics. Our "Save the Date: 2023 Philanthropic Calendar" is top-heavy with these events *and* includes many more for the entire year.

Of course, it takes forward-thinking leadership to achieve much of this—to make our communities their very best. Cue the example of how Baltimore leaders of 100 years ago established national standards for our drinking water systems in Ellen Moyer's "Water for the People" on page 61. And though, today, we often differ in opinion about who our leaders should be and how they govern, I ask you to give Gary Jobson's essay, "What We Expect of Our Elected Leaders," a read on page 66. He offers the fundamental characteristics and values that *all* politicians should practice. We hope you'll agree.

To uphold the legal values established by our legislators, we often turn to lawyers. And on the following pages we introduce you to many of the brightest legal minds in the Chesapeake Bay region. Between "Up & Coming Lawyers: Class of 2023" and "Leading Legal Professionals," you'll meet some of the very best local lawyers.

All of this is but a fraction of what's in this magazine (there's even a gift guide, recipes, and where to make reservations for Mother's Day brunch!). Like May flowers blooming in abundance, this issue offers proof that summer's 'round the bend. Enjoy!

James Houck,
Editorial Director

A handwritten signature in black ink, appearing to read "James Houck". The signature is written in a cursive, flowing style with a large loop at the end.

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Happy Mother's Day 



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ALEXIS HERRING, DDS, MSD

Bay Endodontics

Dr. Alexis Herring attributes her passion for dentistry to her personal experience with orthodontic treatment in junior high school. After wearing braces for three years, she realized that her self-esteem and confidence had improved. The experience ultimately inspired her to pursue dentistry as a career. Her goal was to become an orthodontist. However, she later shifted her focus and decided to become an endodontist. She takes pride in her ability to provide treatment that improves her patients' quality of life.

Dr. Herring shares her passion for endodontics, her dedication to a patient-centric approach, and her excitement about technological advancements in the field.

What excites you most about your profession?

Dispelling the myths associated with root canal procedures and providing a painless experience for my patients excites me the most. Many patients are fearful due to unpleasant previous experiences and misconceptions. By the end of their visit, they are surprised at how painless the procedure was and leave with a new outlook. It's so rewarding to provide treatment that makes my patients happy. Root canal therapy saves a tooth from being extracted, which is better in the long run.

What makes Bay Endodontics stand out from other practices in the area?

We pride ourselves on providing a patient-focused experience. In many instances, concerns about lack of control and the unknown cause anxiety and fear. To reduce fear, we educate our patients by thoroughly explaining each step of the procedure. They are then given the opportunity to ask any questions. Before starting the procedure, we confirm through repeated diagnostic testing that they are completely numb. This further resolves any fear and anxiety about the procedure. Our mission is to always put the patient first.

What technological advancements/innovations are you seeing in the field of endodontics?

During the last 30 years, the field of endodontics has transformed tremendously. Advancements in the field include the introduction of activated irrigation protocols, advanced radiographic techniques, magnification and illumination, new instrumentation protocols, and new materials. A technological advancement that we use in our office almost daily is the Cone-Beam Computed Tomography (CBCT) scanner, which allows clinicians to identify additional anatomy and anomalies, strategically plan surgical procedures, and allow for guided stents to be fabricated for calcified and challenging cases. This enables most patients to be treated within one to two hours in a single visit.

Dr. Alexis Herring Bay Endodontics

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Out on the **TownE**

15 EVENT PICKS | 20 CALENDAR | 22 SPOTLIGHT
24 ATHLETE | 26 INTERVIEW



Chestertown Tea Party

Spend Memorial Day Weekend in Chestertown at the Chestertown Tea Party. When British Parliament closed the port of Boston in May 1774, citizens of Chestertown set 'Resolves' for-bidding importing, selling, or consuming tea in Chestertown. According to local legend, residents came together, marched down High Street, and tossed the cargo of tea on Geddes overboard. The Tea Party will have a parade and reenactment of the events that happened in 1774 and so much more to offer. Find more information at chestertownteaparty.org.



MARYLAND HOUSE AND GARDEN PILGRIMAGE TOUR ↓

The Maryland House and Garden Pilgrimage tour will be visiting Queen Anne's County on May 13th from 10 a.m. to 5 p.m. This tour highlights our architectural and cultural history and shares Maryland's unique and diverse heritage. Proceeds will benefit the restoration of the Tucker House, built in 1797, in Centreville. The tour will begin at Queenstown Town Hall and will hit Queenstown Colonial Court House, Bowlingly (pictured), White Banks, Strothe Farm, Wright's Chance, The James Croney House, Tucker House and Gardens, The Kennard School, Lansdowne, and The Church Hill Theater. Get tickets at mhgp.org.

↑ Derby Day at Talisman Therapeutic

Talisman Therapeutic Riding in Grasonville is hosting their annual Talisman Derby Day signature fundraising event on May 6th. The festivities of the day include a traditional mint julep and bourbon tasting, meet and greet the herd and special riders, delicious appetizers, dinner, and dessert, live and silent auctions, and so much more. Find more information at talismantherapeuticriding.org.



Photo by Ser Anuntio di Nicolao



ST. MICHAELS RUNNING FEST

One of just two Maryland events recognized in the Top 100 Half Marathons in the USA will kick off at St. Michaels High School on May 20th. The race will take you through downtown St. Michaels, then through waterfront communities and country lanes back toward Fremont Street to the finish line celebration. This is the flattest and fastest half marathon in the mid-Atlantic! Register today at runstm.com.

CASA Royale ↓

Think Bond, James Bond at CASA of the Mid-Shore's spring event: CASA Royale. The event will be held 6:30 to 10 p.m. on May 20th at Trident Aircraft Hangar at Easton Airport and will feature casino games, music, themed cuisine, and cocktails (shaken, not stirred), prepared by Gourmet by the Bay. This is CASA's first in-person fundraiser since 2019 so grab your 007 or Bond Girl attire and get ready for a hand of poker. Get tickets at casamidshore.org.



Tricia Wilson



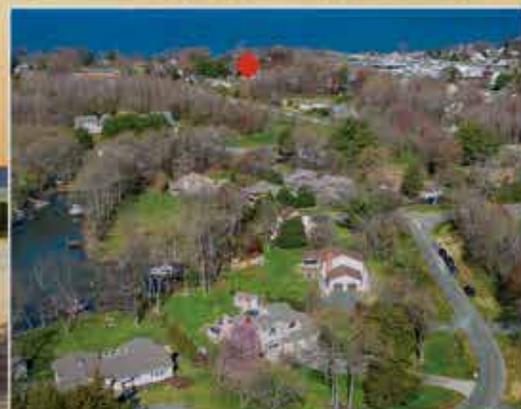
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Across the Bridge



↑ Blue Angels

One way we know summer is kicking off is when the Blue Angels visit Annapolis for USNA's Commissioning Week. The Navy's Blue Angels have the U.S. Naval Academy Air Show on May 24th. Grab your blanket to lay at a local park or run your boat to the Annapolis Harbor to see the Blue Angels perform over the mouth of the Severn River. Find more information about the show and Commissioning Week at visitannapolis.org.

Photo by Emily Kritis



Feeding Hope

Anne Arundel County Food Bank's Feeding Hope event will be held on May 18th at Homestead Gardens in Davidsonville. Last year's sold out event raised over \$75,000 for our food-insecure neighbors to have access to free, nutritious food. Check out local businesses coming together for our community for the second Feeding Hope Anne Arundel County. Find more information at aafoodbank.org.

RACE DAY FOR HOPE

The 26th Annual Race for Hope DC community will come together on May 7th for a 5K walk/run to raise awareness and funds to support the needs of brain tumor patients and their families. The race will start at 9 a.m. at Freedom Plaza in Washington, D.C., followed by a kid's fun run at 10 a.m., and a closing ceremony at 10:30 a.m. Register now at braintumor.org.

FIRST SUNDAY ARTS FESTIVAL

Inner West Street Association hosts the First Sunday Arts Festival on the first Sunday of every month from May through November every year. The first festival this year will be on May 7th from 11 a.m. to 5 p.m. on West Street in downtown historic Annapolis. Maryland's premier art festival will feature live entertainment, pottery, wood carving, painting, metalwork, watercolor, jewelry, glass, textile, soaps, garden sculptures, and so much more. Check out the website for a full list of vendors and performers at innerweststreetannapolis.com.



Photo by Joe Heimback

20TH ANNUAL BOATYARD BAR & GRILL SPRING FISHING TOURNAMENT ↓

One of the most popular Chesapeake Bay fishing tournaments heralding the spring trophy season for striped bass takes place May 6th throughout the mid-Bay and on shore! Anglers and captains (about 100 boats in all) will wet their lines in the early morning, vying for the longest striper in this strictly catch-photo-release tournament. Then the fun begins with the shore party at the grounds of the Boatyard in Eastport for the weigh-in and awards ceremony, complete with live music, food, and drinks. All for charity, benefitting Coastal Conservation Assoc. Maryland, Chesapeake Bay Foundation, and Annapolis Police Dept.'s youth programs. For full details, visit boatyardbarandgrill.com.





Annapolis Irish Festival

ABC Events presents the Annapolis Irish Festival on May 6th from 11 a.m. to 10 p.m. at Anne Arundel County Fairgrounds in Crownsville. The day will include plenty of Irish food and drink, live music, Irish Dancers, Caledonian Pipes and Drums, the Bastard Bearded Irishmen, Gaelic Mishap, Best Leg men in kilts contest, and so much more. For more information and to get tickets, visit abceventsinc.com.



DERBY DAY AT MTR

Watch the Kentucky Derby in good company this year. On May 6th at 5 p.m., Maryland Therapeutic Riding in Crownsville hosts its Derby Day celebration. The 14th Annual Derby Day will include dinner, drinks, live and silent auctions, bourbon tastings, a hat contest, mint juleps, and a live viewing of the Derby! Find more information at horsethatheal.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



May 1

May Day 2023 in Downton Annapolis at 10 a.m. to 5 p.m.; visitannapolis.org; The Garden Club of Old Annapolis is inviting residents and business owners in the Historic District and parts of Murray Hill to join in the 68th annual May Day celebration by displaying colorful baskets of flowers in front of their houses or business.

WineFest in St Michaels at The Old Brick Inn in St Michaels; winefestatst-michaels.com; WineFest at St. Michaels and The Old Brick Inn host exclusive wine-tasting weekends featuring small-production wines from popular producers in Europe and the U.S. The tastings focus on wines that are in high demand, but not easily found either online or in area retail stores.

Santa Maria Cup: A Women's Match Racing Regatta at Eastport Yacht Club in Annapolis, May 1st through May 3rd; santamariacup.org; Eastport Yacht Club will again host the Santa Maria Cup regatta in May 2023. We are proud to resurrect hosting this regatta.

Tee Up for a Child 2023 at Crofton Country Club in Crofton; aacasa.org; Save the date for our 22nd Annual Tee Up for Child Golf Tournament, at Crofton Country Club.

May 4

Welcome to the Theater - Beginning Acting for Middle Schoolers at Compass Rose Theater at Maryland Hall in Annapolis at 5:30 p.m.; compassrosetheater.org; In this introductory class, middle school-aged students will explore character creation and storytelling, which is at the heart of acting for the stage. They will experience a wide variety of activities focused on introducing basic theater concepts such as ensemble, actor's tools, sharing the stage, dialogue, and action!

May 5

ASO: Saint-Saens Organ Symphony at Maryland Hall in Annapolis at 8 p.m.; annapolissymphony.org; Annapolis Symphony Orchestra's Masterworks VI performances will be May 5th and 6th at 8 p.m. Korngold's Violin Concerto is the late work of a prodigy that defies any suggestion that its composer lost his flair once his brilliant childhood was past.

Life of Joy Day; lifeofjoy-foundation.org; Associated with our annual Spring #LOJRIseup Campaign, Life of Joy Day is a community wellness day when we all come together to spread awareness for holistic mental health and suicide prevention. This FREE fun, family-friendly event showcases our LOJ programs and resources, and features activities for all ages to build joy in mind, body and spirit.

May 6

1st Annual Community Matters 5K Run, Walk, Roll & Stroll at Chesapeake Heritage and Visitor Center in Chester at 9 a.m.; visitqueenannes.com; To support National Mobility Month join in on the 1st Annual 5K Run, Walk, Roll & Stroll. Head to QACrun.org or call 410-417-7187 for more information.

Community Wellness Day at the Outpatient Care Center at UM BWMC in Glen Burnie, at 11 a.m.; umbwmc.org/wellnessday; Join the University of Maryland Baltimore Washington Medical Center and Chase Brexton Health Care for a Free Spring health and wellness fair with health screenings, skin checks, CPR demonstrations, kids activities, and more.

Six Pillars Century at Gerry Boyle Parks at Great Marsh in Cambridge, at 6 a.m.; bikesignup.com; Cycle the Scenic back roads of picturesque Blackwater Wildlife Refuge in Dorchester County, MD. Choice of three FLAT routes: 37 miles, the famous 56 - mile Ironman Eagleman course, or our beautiful 100 - mile century course that takes you through quaint townships along the Chesapeake Bay and back through serene woodlands.

Academy Art Museum's Spring Event at Academy Art Museum in Easton; academyartmuseum.org; The Board of Trustees and staff of the Academy Art Museum cordially invite you to a celebration of AAM's visionary accomplishments and partnership with our community. Our Spring Event is an exciting evening filled with delicious food and drink and extraordinary art. Proceeds from the event provide vital funding for the Museum's exhibitions and educational programming.

Fairy House Festival and Tea Party at Quiet Waters Park in Annapolis, 2-4 p.m.; Quiet Waters Park and the Friends of Quiet Waters Park Sculpture Program present a Fairy House Festival May 6-30, 2023. The Festival will open on May 6th at 2 p.m. with a Fairy Tea Party, featuring Katherine Haas our local master storyteller. Costumes are welcome!

Old Wye Mill Opening Day at Old Wye Mill Gist, Wye Mills, 10 a.m. to 3 p.m.; oldwyemill.org Celebrating more than 340 years of transforming wheat into flour using 140-year old grindstones at Old Wye Mill. There will be corn grinding demonstrations and children's activities. Purchase stone ground wheat flour, Einkorn flour, cornmeal, grits, and more in the gift shop.

May 10

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

May 11

Inspire MD at Baltimore Museum of Industry in Baltimore at 5 p.m.; mdchamber.org; Make meaningful connections, honor exceptional Maryland business leaders and celebrate the impact and achievements of Maryland's incredibly unique business community at Inspire MD.

May 12

Total '80s Bash at the Westin Annapolis Hotel at 6:30 p.m.; annapolisywca.org; Support the Annapolis YWCA with a night of dinner, auctions, photo booth, entertainment, games and more!

May 13

ASO: Family Concert at Maryland Hall in Annapolis at 11 a.m.; annapolissymphony.org; Annapolis Symphony Orchestra is performing their morning, family concert with Tubby the Tuba, and soloist Jake Fewx.

Severn Center Grand Opening at the Severn Center in Severn, 11 a.m.; doad_events@aacounty.org; Join us for a ribbon cutting ceremony to mark the grand opening of the New Severn Center and an intergenerational celebration of Older Americans month.

Sultana Education Foundation Annual Gala at Clovelly Farm in Chestertown; SultanaGala.org; The Sultana Education Foundation's Annual Gala is a party with a mission-raising \$100K each year to underwrite scholarship programs and support specific capital initiatives. You can look forward to world-class entertainment, a crowd of 400, fantastic food, an open bar, and an unparalleled waterfront venue.

Born to Swing Jazz Musical at Bowie Center for the Performing Arts in Bowie at 6:30 p.m.; experienceprincegeorges.com; The musical BORN TO SWING tells the story of the 85-year career of renowned concert pianist, composer/arranger, entertainer and philanthropist Lillette Harris (later known as Lillette Jenkins).

Little Big Boat Festival at Conquest Beach in Centerville; cloboats.com; Join us for a one-day small boat rendezvous at Conquest Beach on the beautiful Chester River. This is an excellent chance to try our range of boats on the river. Boatbuilding seminars will be held under the pavilion.

19th Chili Fiesta Fly-In at Massey Aerodrome in Massey; masseyaero.org; General Public Invited! No Admission or Parking charge. If weather permits, a large contingent of interesting airplanes will fly in. Festivities begin around 10 a.m. and go until 2 p.m. The Airport, Air Museum & hangars are open. Go inside the DC-3 and An-2, sit in the cockpit.

2nd Annual 'Many Hats We Wear Luncheon' Mother's Day Tea at Maryland Hall in Annapolis, 1 p.m.; marylandhall.org; Join us as we celebrate the 2nd Annual 'Many Hats We Wear Luncheon' Tea. Wear your favorite hat and a beautiful dress for a tea party you'll never forget!

Jazz at the Mural with Sharon Clark at the Harriet Tubman Museum and Educational Center in Cambridge, 6 to 8 p.m.; harriettubmanmuseumcenter.org; Join us for an evening with Sharon Clark. Ms. Clark has brought festival and concert audiences to their feet across the globe. This concert is the opening season of our music series for the Harriet Tubman Museum and Educational Center.

May 14

Historic Annapolis Plant Sale at William Paca House and Garden in Annapolis, Noon to 4 p.m.; annapolis.org; Enjoy over 8,000 plants hand-raised by expert volunteers. This is day two of the event, which started May 13th, and will move to an online sale May 22nd through 25th.

Mother's Day Bubbly Boat Brunch- Wilma Lee Specialty Cruise at Annapolis Maritime Museum in Annapolis, 10:30 a.m.; amaritime.org; Welcome aboard the historic skipjack, Wilma Lee for a spectacular Mother's Day Bubbly Boat Brunch. Includes a boxed lunch from Bread and Butter.

May 18

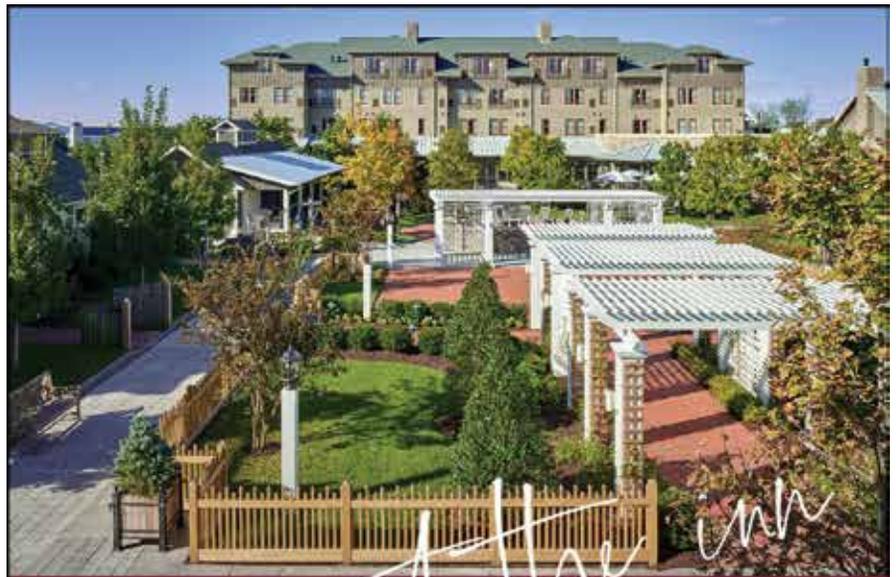
Bike to Work Day Pit Stop at Susan B Campbell Park, Annapolis at 7 a.m. to 9 a.m.; biketoworkmd.com; Celebrate Bike to Work Day with special guests County Executive Stuart Pittman and Annapolis Mayor Gavin Buckley and receive a free event t-shirt.

May 20

Monthly Clean Up: Plastic Free QAC at Kent Narrows Bridge in Kent Narrows at 9 a.m.; visitqueenannes.com; Monthly clean-up of parts of Queen Anne's County get scheduled by Plastic Free QAC. On May 20th they will meet at the end of the east end of the Kent Narrows Bridge at 9 am. Please join in.

May 29

Memorial Day Parade in Downtown Annapolis; visitannapolis.org; Annapolis holds one of the largest Memorial Day Parades in Maryland. It starts at Amos Garrett Boulevard and West St., then goes down West Street to Church Circle and down Main Street to City Dock. After the parade, there is the Memorial Day Ceremony at Susan Campbell Park.



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Community Excellence Awardees Honored

The Kent County Chamber of Commerce presented one business, one organization, and one individual with Community Excellence Awards at its annual meeting on February 8th at the Chester River Yacht and Country Club. Modern Stone Age Kitchen was awarded the Business of the Year, Open Doors Partners in Education was awarded the Organization of the Year, and Richard Keaveney received Individual of the Year. "Kent County is fortunate to have many wonderful businesses, organizations, and individuals supporting the community and our economic growth," said Sarah King, Executive Director of the Chamber of Commerce. "This year's awardees have demonstrated their dedication, commitment, and service to Kent County and beyond. We thank them for their hard work and offer our sincere thanks!" Learn more about the chamber at kentchamber.org. Photography by Steve Atkinson, ShoreToBeFun Photography.



↑ Regenerative Orthopedics Opens in Easton

Regenerative Orthopedics and Sports Medicine has opened a new location in Easton! A grand opening event was held on April 18th for the state-of-the-art musculoskeletal and spinal care center located at 499 Idlewild Avenue, Suite 103. Led by Doctors Sean Mulvaney and James Lynch, ROSM offers a variety of innovative treatments, including regenerative orthopedics and orthobiologics to treat sports injuries, osteoarthritis, joint pain, back pain, PTSD, or tendinopathy. Learn more at rosm.org.

RECORD-BREAKING DONATION MADE ↓

Winter Festival's series of fundraising events, through a collaboration of Friends of Hospice and Talbot Hospice, raised a record-breaking amount in support of patients and families. Winter Festival, with its marquee event, the 37th annual Festival of Trees, plus Pump It Up for Hospice, Santa 5K Fun Run, Carols by Candlelight, and Holiday House Tours, collectively raised \$169,000. Since its creation in 1986, Friends of Hospice has raised more than \$3 million for Talbot Hospice. It's the largest ever raised by the annual events. Learn more at talbothospice.org.





NEW EXEC AT SHORE REGIONAL HEALTH

LuAnn Brady, MSPH, has joined University of Maryland Shore Regional Health (UM SRH) as its Senior Vice President and Chief Operating Officer. An accomplished senior health care industry executive, Brady will be responsible for hospital operations as well as the operations of the health care system's outpatient facilities throughout the five-county region served by UM SRH. In addition to direct oversight of UM SRH non-nursing clinical and support departments,

Brady will also be responsible for managing construction of UM SRH's planned new regional medical center in Talbot County, which is slated to occupy more than 230 acres off Longwoods Road adjacent to the Talbot County Community Center. The new regional medical center will replace the hospital on Washington Street in downtown Easton. Learn more about UM SRH at umms.org/shore.

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

Sam Mason

Easton High School Volleyball, Softball

By Tom Worgo

Two-sport Easton High standout Samantha “Sam” Mason had passionately wanted to play sports in college. Mason is certainly good enough at volleyball and softball to merit a serious look by any number of college programs. However, she’s decided to focus on preparing for a career as a film producer. And next fall, she’ll major in film production—another passion of hers—at Savannah College of Art and Design in Georgia.

For years, Mason assumed she would be playing volleyball in college. She was accepted to New York’s Division II Pace University, where she would have played volleyball had she picked the college. Mason developed into one of the better players on the Eastern Shore, earning Bayside Conference Co-Volleyball Player of the Year honors last fall as a senior.

Even so, it wasn’t an easy decision when she elected not to pursue college volleyball in January. “A (Pace) coach had a personal connection to one of our assistant volleyball coaches (Janes

Foo),” Mason explains. “I love sports, but I don’t want to make it a career. I would have probably been overwhelmed. I wouldn’t have been able to focus on academics.”

Mason hopes to produce feature films as a profession. To prepare for this type of job, she’s getting certified at Easton High in Adobe Video Editing.

“I love the way films are put together,” Mason says. “It’s like a big puzzle. I would have a foot in the piece of the puzzle. I love thinking about camera angles. But I also love seeing what the actors do to make it work. With producing, I would have a taste of everything.”

Mason is most impressed with the chances she will have with hands-on experience in film at college. “Savannah has a lot of intern opportunities,” Mason says.

This spring, Mason eschewed softball to focus on academics and acting in school productions for the second straight year. This year, she’ll have a lead role in the play *Chicago*. Last year, she had a supporting role in *Legally Blonde*.

Easton Volleyball and Softball Coach Jen Powell admires Mason for her work ethic and time-management skills. Powell says Mason had all the skills needed to play college softball.

“Any coach would like to have an athlete like her whether it’s her performance on or off the field, or court,” Powell says. “She is always giving 110 percent and is

there for her teammates. She is also very focused on her grades. A 4.1 grade-point average is tremendous for a two-sport athlete.”

Mason took six advanced placement classes at Easton and spent three to four hours daily at theater rehearsals every week. The hard work led to her recent induction in the National Honor Society.

“Academics has always been first for me,” Mason says. “I would miss a practice or be late to practice if I had to study for something. Or if not, I would be up to 2 a.m. studying for a test.”

The 5-foot-3 Mason, a libero, put in a lot of hours developing her volleyball skills. She started at the YMCA in Easton in eighth grade, then played club for four years and a couple more at Easton. She started three years for her high school team. The 17-year-old led the team with 132 digs in 2022.

On the softball field, Mason started for three years at Easton, playing catcher, shortstop, first base, and in the outfield. She hit .375 as a junior and had a .450 on-base percentage.

“I will be disappointed I won’t get to see her at the next level because I knew for sure she could play at the next level,” Powell says. “She is just an all-around athlete.” And certainly an exceptional student.

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

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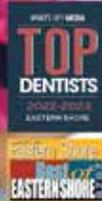
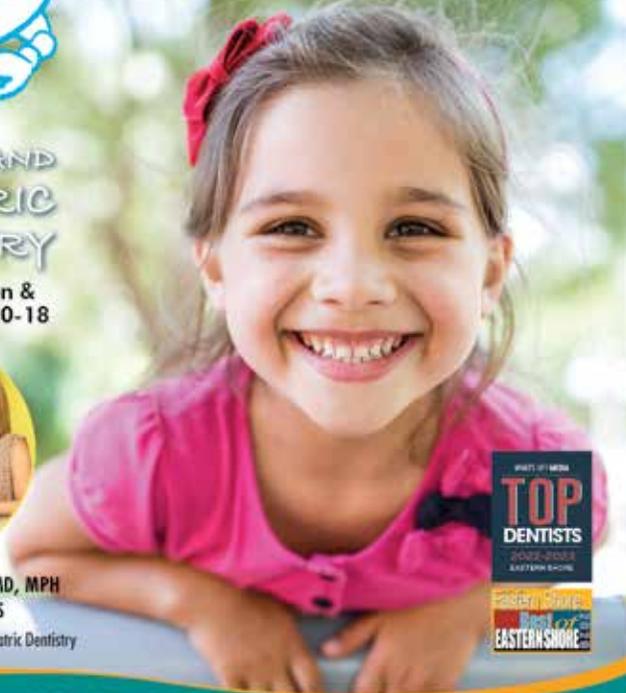
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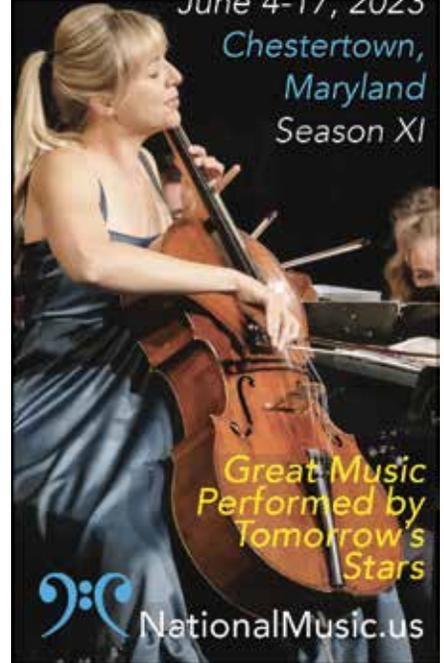


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Annapolis Blues Ready to Strike

We talk with Coach Colin Herriot and Owner Michael Hitchcock about Annapolis' new professional soccer team

By Tom Worgo

Get excited area soccer fans. There's a new professional sports franchise in town: the Annapolis Blues Football Club semi-pro soccer team. It has already sparked a lot of enthusiasm in the community.

Last summer, close to 1,400 fans voted for the nickname of the team, which has already sold about 2,400 season tickets. The Blues will play their home games at Navy-Marine Corps Memorial Stadium starting in mid-May. The season runs through July, with playoffs beginning afterwards for the National Premier Soccer League title.

Michael Hitchcock, Kyle Beckerman, and Alex Yi co-own the Blues. Beckerman, a Crofton native, played on the U.S. Men's National Team that competed in the 2014 World Cup. Hitchcock co-owns 14 sports franchises around the world and worked as a sales executive with D.C. United. He also was part of the LA Galaxy management team that attracted superstar David Beckham to its franchise.

"My wife is from Maryland and I have spent a lot of time in Annapolis," says Hitchcock, a Texas resident who serves as managing partner of the Blues. "I think it's a dynamic city and I know how supportive Annapolis is of things that are cool and local. I think the area is a sleeping giant for soccer.

"It's my business to identify great markets, build a meaningful connection with the community, and build something pretty special with the world's most popular game." The Blues will be coached by Scotland native Colin Herriot. The 40-year-old played soccer professionally in his native country, then at College of Southern Maryland before working as an assistant coach there.



Colin Herriot will coach the Annapolis Blues FC during the club's inaugural season. Photograph by Steve Buchanan.

He also has coached nationally-rated high-school-aged club teams and served as Maryland United FC Boys Director of Coaching for a decade.

"He checks all the boxes of what we are looking for in a great coach," Hitchcock says. "He is going to build a quality team and he really understands how we are trying to grow the sport in Annapolis."

We recently talked to Coach Herriot and owner Hitchcock about starting the franchise, fan support, the players, and community involvement.

Coach Herriot, what can you tell us about the players you will be coaching? The nucleus of the team is from the DMV. We have guys that have played Division I college soccer, are looking to have professional careers, and play at the highest possible level. We also have a couple of guys who have

played in New Zealand, Brazil, Poland, and Romania.

Soccer was drilled into you in Scotland from an early age. How has that translated to your coaching abilities?

It has given me such a passion for the game. It has given me a unique insight into how important soccer is to people in their daily lives. I have been around the game for as long as I can remember. I would like to think that I have gained some great knowledge about the game. I have seen what soccer can do for people. It can change their lives. I never want to take it for granted. It's important to develop players as a coach. What is just as important is that we want to develop people as well.

At what point did you realize you would be transitioning from playing to coaching?

Coaching has always been a part of my makeup. Even

as a player, I was always viewed as a coach. I would always ask questions. I was always intrigued. As a player, I thought I would make the transition into coaching.

What brought you to the U.S.?

I came here on a soccer scholarship. I just wanted a new cultural experience on and off the field. The opportunity presented itself and I took it. It presented a new challenge. I didn't know one person. Looking back on it, it was one of the best decisions I made.

How do you feel about playing in Navy's football stadium?

It's a fantastic facility and a great venue for soccer. The facilities are first class. It's a modern stadium. I took a tour and was really impressed with the facility as a whole. I think our players are in for a real treat. Anything attached to the Naval Academy makes it special. It checks all the boxes. I would be really surprised if there was a better venue in the league.

How hard do you have to work off the field to raise awareness about the Blues?

I think the responsibility is just as equal as preparing for on the field. It isn't just about the product on the field. I just want to see as many youth players as possible in the community come and support the team, so they see role models that they relate to. It's going to create a great atmosphere and environment. We will put a great team on the field that people will be proud of.

What have you been doing in the community to spread the word? Getting involved with youth clubs and organizations. We want to put on clinics and be involved with coaches. We have an open-door policy if coaches want to come and watch training. In terms of giving back, there are many things. There is a food drive benefitting food banks. There are charities we want to get involved with.

How do you compare Maryland for soccer versus other areas of the country?

Maryland has been a hotbed for youth soccer. It has produced a lot of talent over the years. There are many strong youth clubs here. There are many strong university programs. You look at what the University of Maryland has done over the years. There's good soccer in the state, so for us, it's just about continuing to attract the fans. I would put Maryland soccer up there against any other state in the country.

Michael, can you tell me about your soccer background?

I have been in the soccer business for 27 years, including soccer management. I started working for D.C. United in ticket sales and was an executive there. I ended up having a pretty good Major League Soccer career and later was executive vice president of the Los Angeles Galaxy and president of FC Dallas.

How did you get into soccer ownership?

I left Major League Soccer and started a soccer investment and man-

agement company 13 years ago. I have a lot of resources in my company. I think Annapolis is an incredible market. I knew soccer was going to hit this massive growth stage. I knew some markets that would support a soccer team and build something meaningful for the community. We can bring our playbook in and partner with great local companies and bring in great local investors. We introduced the team name and logo in August. It has caught fire ever since. The team will be run at a very high level and professionally. Our fans are going to still be D.C. United supporters, but this is in their front yard or backyard. It has that community feel and that kind of vibe.

Is being active in the community going to be vital to your success?

We take a community-first marketing approach. A lot of

grassroots stuff. Through today's social media platforms, it's called virtual grassroots to really connect with the community. You have to give to the community before you expect them to return that favor and support you. A connection to the community is absolutely critical in all different steps and areas of the community. You always want to build a brand and DNA from the club that is meaningful. You need everyone from city leaders to community leadership to business leaders to buy into the philosophy of the club. When you do those things right, you see great results. There is always a secondary market for people who visit Annapolis or went to the Naval Academy. Or call Annapolis their second home. And people who support you out of the immediate area. We have seen a lot of that.



Annapolis Blues co-owner Michael Hitchcock (left) with Eva Longoria during a charity event in San Antonio.

ROWING IN THE Chesapeake

**HOW THIS COMPETITIVE SPORT AND
ITS MANY ADJACENT WATER ACTIVITIES
ARE GROWING IN POPULARITY**

BY KAT SPITZER

1. PHOTOGRAPHS COURTESY ANNAPOLIS JUNIOR ROWING 2. PHOTOGRAPHS
COURTESY CAPITAL SUP 3. PHOTOGRAPHS COURTESY GUNSTON SCHOOL





Annapolis and the surrounding region are largely considered by many to be the sailing capital of the U.S., and arguably one of the sailing capitals of the world. With an ideal location on the Chesapeake Bay and several gorgeous rivers and inlets all around, there is little wonder at how the city has earned this title. But sailing on these waters is only part of the equation of how we enjoy our natural resources. You don't have to have a luxurious sailboat or power boat to take to the waters in Annapolis. Other adventures provide an even closer connection to the water and offer excitement, competition, and conservation.

COMPETITION & CAMARADERIE

Rowing is an engaging and energetic way to commune with water and form strong bonds with a team. Annapolis Junior Rowing (AJR) offers youth, ages 8th through 12th grade, the chance to learn a sport they can enjoy for a lifetime. "There is no other sport that offers this level of social and emotional growth in such a short period of time," says Lee Rumpf, Men's Team Head Coach for AJR. "These kids come to us sometimes nervous and unsure since they are new to the sport, and very quickly turn into different people full of drive, leadership, and strength. This is one of the only sports in this area where you don't have to be doing it since you were little. You can start in high school and succeed."

The benefits of rowing are both physical and emotional. "Rowing builds my body and makes me stronger," says Bella Saros, AJR rower. "Even though it's tiring, it's always something I look forward to. All my teammates are supportive and very friendly." Varsity rower, Lex Lauer, concurs. "Rowing gives me a mental escape from the day-to-day and helps me stay healthy."



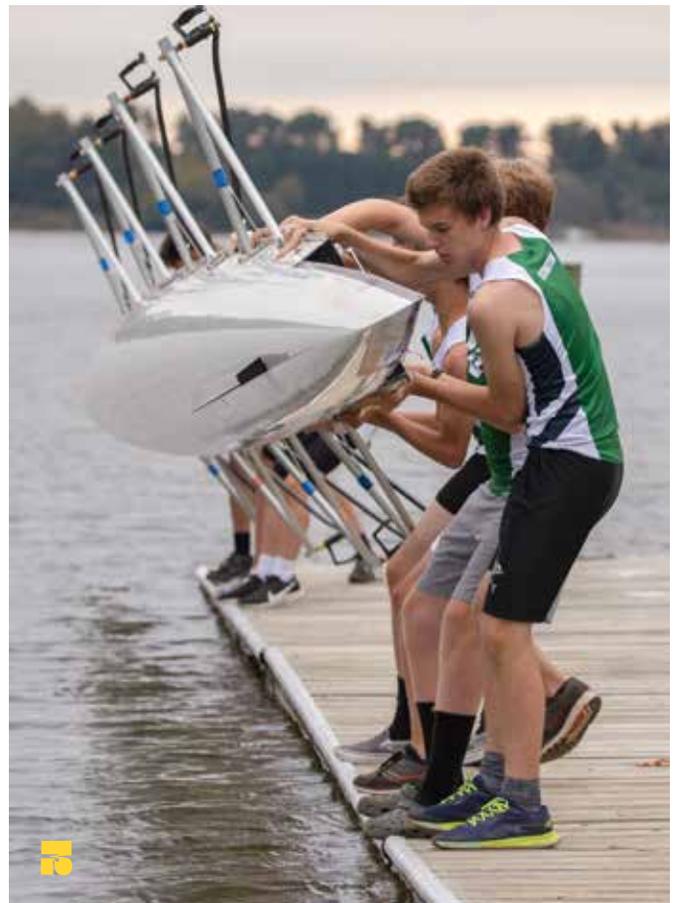


Each person contributes to the success of the whole boat's performance, making rowing a great team sport for students looking to compete in college. "Hard work really pays off, and we've seen our rowers get into amazing schools and service academies with rowing scholarships," says Bridget Fitzpatrick, Director of Rowing for AJR. "Rowing can be particularly empowering for women. There are tons of scholarship opportunities, less overall cattiness than in other sports, and confidence and self esteem skyrocket. I see our women rowers standing taller and walking with shoulders wide. Since there are no MVP's or superstars, there is so much support. Teammates row for each other and hold each other to high standards. It's beautiful to see."



AJR is the only youth rowing program in Anne Arundel County and attracts students from a variety of area public and private schools. There are some schools in Baltimore and the Eastern Shore offering rowing programs and while AJR is a private club, they do compete against schools and other private clubs. The Gunston School, on the Eastern Shore, is one of the schools offering rowing.

While zero rowing experience is required to join AJR, there must be a willingness to commit. Practices are each weekday evening from 4:30 to 7 p.m. in the fall and spring. In the winter, the team moves practices to a local gym for erging (the rowing simulation exercise machine) and cross training each day. With about four regattas each season on the water, and a chance at nationals in the early summer, the schedule can feel full but rewarding. "These kids learn so much body awareness. They often start like baby giraffes and can turn into an Olympian in a decade or less," Rumpf says. In the summer, rowers can take part in rowing camps, or learn-to-row programs. "This is the ultimate team sport," Rumpf says. "When you have a boat of four or eight rowers, if one person is late, the whole boat starts and stays late. You develop deep relationships with your teammates and coaches because it's not all about you."



Gunston's rowing program launched in 2006 and has continued to grow in popularity and momentum since its inception. Currently, the team is made up of about 40 student athletes who compete as four- or eight-member teams. This year 50 percent of the seniors on the team have committed to collegiate rowing programs, ranging from DI to DIII. "As a coach, I weigh my athletes' experience on the team higher than their wins or losses," says Natalie Reading, Head Rowing Coach at The Gunston School. "Once I have created a supportive team environment, I am able to teach the techniques needed in order to have a winning season. For me, rowing is a unique sport where everyone in the boat must work together as a team in order to move forward and succeed."

Liam Dickey '24, Men's Rowing Captain at The Gunston School says, "Rowing is not just an after-school sports activity for me, it's a place where I get to connect with others on my team and help them through thick and thin. It's a place where people give 110 percent, where people can have a strong support group, where people can forget about the rest of the world for a little while, and most importantly, have fun doing something we love."



A NEW EXPERIENCE

For adults interested in rowing, they can head over to the Annapolis Rowing Club (ARC) to learn, compete, and otherwise enjoy the pleasures of rowing. All levels are welcome at this nonprofit organization. "ARC is also extremely proud of its adaptive rowing program for adults with physical and cognitive disabilities," says Amelia Heffernan, the Program Coordinator for ARC's adaptive rowing program. "We began this volunteer-based program in 2016 and have worked with an amazing group of people with a variety of disabilities including blindness, cerebral palsy, autism, traumatic brain injury, and limb loss. As needed, we modify the equipment, rowing technique, or instruction format to enable them to row. No experience is ever needed. All practices are run by experienced coaches and volunteers, and we are always looking for new adaptive rowers to join us on the water in a fun and supportive team environment."

Another exciting way to take to local waters is through kayaking and stand up paddleboarding. Capital SUP is now in its tenth season of providing opportunities for locals and tourists to enjoy our area waterways. “I started the business because I grew up in Arnold, love this area, and wanted to create a gym on the water experience,” says Kevin Haigis, owner of Capital SUP. “Not everyone has easy access to expensive boats. I had friends who had them, but I never did. I wanted to give people of all backgrounds and experiences a chance to enjoy our beautiful waterways.” Capital SUP has stand up paddle boards, single and double kayaks, canoes, and peddle boats. They offer classes like paddle board yoga, special events that combine land and water activities, opportunities for birthday parties that incorporate party barges, and special team training for people who want to take it to the next level.

“We offer a three-month training program for stand-up paddle boarding to prepare people for various area races, along with the Bay Bridge Paddle that happens during the seafood festival,” Haigis says. With a new move to Quiet Waters Park, Capital SUP will offer weekly kids’ camps all summer long. It is also exciting to take part in their community staples such as the July 4th Paddle, Blue Angels Paddle, and various gorgeous sunrise and sunset tours. For an extra special day trip, visitors can take part in ecotours that pair adventures on the water with a visit to a local winery. “We are trying to make this tenth year a year full of celebration,” Haigis says.



In addition to providing entertainment, these small vessel activities can tie participants closer to their communities and help the environment. One of the initiatives that grew out of Capital SUP was the Live-Water Foundation. “We spend so much time on the water and take people out on the water, so we want the water to be as clean and safe as possible,” Haigis explains. “We want to connect people to the water in their community.” The foundation funds regular water monitoring and will actually close shop if the water is not clean enough. They also do regular cleanups, help kids in the community learn to paddle, and sponsor some kids for paddling camps, and work with Wounded Warriors and patients from Walter Reed to help people with disabilities enjoy the water. “We love the concept of engaging the community in a healthy way and working towards good for the environment,” Haigis says.

This area enjoys an abundance of beauty in its waterways. No matter how you get out on the water, you are sure to find adventure, an engaged community, and healthy recreation. Take it easy to enjoy a sunset or embrace your competitive spirit and join a team. You can’t lose either way.

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LEADING LEGAL PROFESSIONALS

It is difficult to imagine a more important decision than selecting an attorney. In these complicated times, the right strategy can be critical. The following pages contain just the sort of information you will need to help guide your selection process. Some of the Chesapeake Region's leading attorneys are introduced here—including details about the services they provide and their particular areas of expertise. Reading the in-depth profiles and the instructive question-and-answer section is a perfect place to begin your search for the ideal legal representation you are seeking.





FRANKE BECKETT LLC

An estates and trusts law firm

For more than 35 years we have focused exclusively on the law of estates and trusts and the law of fiduciaries. Within this practice niche, we handle it all:

- Estate and Closely Held Business Planning. We prepare wills, various types of trusts, powers of attorney, health care directives, and other estate planning documents. The documents can be simple or complex depending on specific family concerns and/or on tax and asset protection considerations. Our firm represents clients with family businesses in entity selection, creation, and succession planning. In every representation, we discuss various ways of approaching our clients' goals, then tailor the documents to address their objectives.



- Estate and Trust Litigation. We handle a broad range of will, trust, and other fiduciary litigation. This litigation includes disputes on the meaning of estate planning documents, arguments involving estate or trust administration, challenges based on lack of capacity or undue influence, and breaches of fiduciary duty within trusts or closely held businesses.
- Estate and Trust Administration. We help clients with the process of winding up a decedent's financial affairs by implementing the individual's estate plan or in accordance with state law if the person has no valid planning documents. We prepare all estate and income tax returns in-house so we can offer seamless administration services from beginning to end.

Our Firm Culture and Why It Is Important to Clients:

There are four defining attributes imbedded in the DNA of our firm: (1) We are an estates and trusts firm. The law of estates and trusts is largely a world unto itself with its own rules and practices. It requires a concentrated focus. (2) We keep a broad perspective while practicing in a defined practice niche. We “do it all” within that niche – estate and business planning, estate/trust administration, and fiduciary litigation. This means that each lawyer constantly sees issues from various perspectives which gives a

continuing education courses on estates/trusts topics. These activities give back to the profession and deepen and extend the firm’s collective understanding of the law of estates and trusts.

We serve clients located various distances from our physical office in Annapolis: from the Eastern Shore, the Southern counties, and those counties surrounding Baltimore and Washington. The remote service options that we first developed in response to the pandemic continue to provide our more distant clients ease and convenience without sacrificing the quality of our services.

For more information about our firm and how we approach representing our clients, visit our website at www.frankebeckett.com.

“We consistently were surprised and delighted by the way your law office was thinking on our behalf and was coming up with solutions for problems we didn’t even think about.”



unique depth to the lawyer’s advice. (3) We work as a team. We do not just give lip-service to intra-firm collaboration, but we follow a business model to achieve it and make it a habit. Clients are clients of the whole firm – not just of one lawyer in the firm. (4) Our culture fosters a deep understanding of our practice focus. The practice of law, like medicine, engineering, and other professions, is a learned profession. Our lawyers regularly write and teach courses for lawyers and judges. These activities keep the firm at the forefront of legal developments.

The firm consists of four partners: Fred Franke, Jack Beckett, Deb Howe, and Jon Lasley; and three associates, Hannah Coffin, Regan Caton, and Sam Cuomo. Both Fred and Jon are Fellows of the American College of Trust and Estate Counsel, and both are past chairs of the Estate and Trust Section Council of the Maryland State Bar Association. All partners have written articles for law reviews or other legal publications and they routinely present

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JOHN LEO WALTER, ESQUIRE

Eastern Shore Legal®

John Leo Walter has been a litigation attorney since 1996—his practice focuses primarily on personal injury and criminal defense. Prior to law school, Mr. Walter obtained his Bachelor of Arts degree in History from the University of Baltimore; thereafter, he received a Masters in Government and Public Administration from the University of Baltimore. In 1995, Mr. Walter earned his Juris Doctor from the Thomas M. Cooley Law School in Lansing, Michigan. He was awarded the American Jurisprudence Award in Scholarly Writing and served with distinction as a Senior Associate Editor of the Thomas M. Cooley Law Review. Mr. Walter was honored to have Rutgers Law School use his Law Review Case Note as a supplemental reading for its first year law students.

Although Mr. Walter has thousands of hours of litigation experience, he continues to review and analyze the most recent

case law on a weekly basis. Whether it's a jury trial or a bench trial—District Court or Circuit Court—Mr. Walter is comfortable and confident in the courtroom.

Mr. Walter's law firm, EASTERN SHORE LEGAL®, has a reputation for being strong and aggressive while defending criminal & traffic cases—while being methodically prepared and steadfast pursuing civil tort cases. Mr. Walter is proud to say that he has been called "the go-to lawyer on the Eastern Shore." No matter the type of case, Mr. Walter always has the same goal... to win.

When asked what he would advise someone looking to hire a lawyer, Walter says: "if you need a lawyer, get a local lawyer—a local lawyer is familiar with the characteristics and makeup of the local community and is better able to advise a client about important decisions such as selecting a jury trial rather than a bench

trial or vice-versa; it's also important to hire a lawyer that you're comfortable with—for most, going to Court is an intimidating experience—if you are confident with your attorney you will undoubtedly be happy with the result."

John Leo Walter is on call 24/7 and can be reached at 410-758-2662 or the firm website, www.EasternShoreLegal.com. Mr. Walter encourages you to call anytime—all initial consultations are free (offices in Easton and Centreville).

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Toll Free: 1-833-ESL-2662
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www.JohnLeoWalter.com



MCALLISTER, DETAR, SHOWALTER & WALKER, LLC

MDSW is comprised of experienced attorneys whose collective focus is the efficient delivery of legal services in a wide variety of practice areas. Our attorneys have spent decades representing a diverse group of clients, including individuals, families, Fortune 500 companies, private equity firms, hospital systems, banks, closely-held businesses, municipalities, and school systems. Our practice is focused on sophisticated and complex business, finance, civil litigation, real estate, agricultural, and zoning matters.

MDSW's attorneys work collaboratively so that our clients benefit from our respective abilities and expertise. In addition, our attorneys have a deep commitment to the Eastern Shore. Some of our attorneys were born and raised here; others have relocated because of the many attributes this region offers; but all of our attorneys and their families are deeply involved in and integral to the fabric of this community.

This February, the firm had the pleasure of expanding its efforts with the opening of Tidemark Title Company. Previously based in our Easton office, Tidemark Title is now located across the street at 101 N. W. Street. Managed by Veronica G. Wainwright and staffed by a knowledgeable team of settlement coordinators and support members, the company has extensive local knowledge on real estate matters on the Eastern Shore, the greater Maryland market, and the state of Delaware.

Further, in October of 2022, accomplished attorney Melanie Jacobs Barney became the most recent addition to the firm's Easton office. A lifelong Marylander, Melanie began her career in law by earning her J.D. from the University of Baltimore School of Law. She has since spent almost three decades practicing trial and appellate litigation. Now, Melanie's published decisions and litigation experience support her successful transactional practice.

Our long presence on the Eastern Shore enables our attorneys to have a unique understanding of the challenges our clients often face in this distinct market. When you live and work here, you view client relationships as a privilege and responsibility, and serve them and our community with stewardship and purpose. The depth, caliber, and efficiency of our attorneys allows MDSW to provide the exceptional services expected at a large law firm while ensuring affordable rates and personalized attention for all of our clients.

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PARKER COUNTS



Willard "Burry" Parker, Partner: Real estate, zoning and land use, corporations, business acquisition, estate planning, and estate administration.

Ann Karwacki Goodman, Partner: Estate planning, tax, estate and trust administration, and elder law.

Jesse B. Hammock, Partner: Trial and appellate litigation including: planning and zoning, estates and trusts, employment, and corporate matters.

C. Lee Gordon, Partner: Estate planning, estate and trust administration, tax, elder law, real estate, and business transactions.

Peter R. Cotter, Associate: General civil litigation, family law, divorce and custody, landlord-tenant, traffic, real estate, and zoning.

Lynn Dymond, Associate Counsel (Cambridge based): Estate planning, estate and trust administration, real estate, tax, and elder law.

Martha M. Effinger, Associate: Business formation and planning, real estate and business transactions, estate planning, and estate and trust administration.



129 N. Washington Street
Easton, MD 21601
410-822-1122

411 Muse Street, Suite 2
Cambridge, MD 21613
410-822-1122



Q: I would like to give my residence to my children. What are the tax implications?

A: A lifetime gift of your residence may not be the best option if your residence has increased in value since you purchased it. If you make a gift, the recipient takes your basis in the property and

will have to pay taxes on the gain if they sell in the future. If, however, you own your residence at your death (or have a life estate in your residence), your estate will receive a stepped up in basis to the fair market value. Because of this, the tax liability associated with the increase in value during your lifetime disappears.

Deborah F. Howe
Franke Beckett LLC



Q: What is premises liability?

A: Generally, premises liability is when someone is injured as the result of a property owner's negligence. Premises liability arises out of multiple situations; dog bites, lead paint, drowning, negligent security, as well as

slips, trips or falls. A property owner's responsibility to pay for personal injury damages depends largely on the type of property owner it is – i.e., commercial or private. The laws governing premises liability are complicated. If you have been injured on someone's property you should contact an attorney immediately – evidence is often fleeting, and time is of the essence.

John Leo Walter, Esquire
Eastern Shore Legal®



Q: If I file a bankruptcy case, can I keep my house and car?

A: The quick answer is almost always. Bankruptcy Laws provide honest Bankruptcy filers with a Fresh Start. Most folks would not have much of a fresh start if the bankruptcy

process resulted in the loss of the most important assets like the place to live and the way to get back and forth to work. Filing in Chapter 7, 11, 12, or 13 of the Bankruptcy Code, provisions allow almost every person to keep assets that are most important to them. It is true that every case is different, and not every home or car can be retained, but the law can provide nearly every family/person some way to keep these assets in a bankruptcy case. We are happy to evaluate your case free of charge. Just give us a call.

George R. Roles
RLC Lawyers & Consultants



Q: What should I expect from my lawyer in litigation?

A: Litigation results after a lawsuit has been filed. While litigation can often be avoided, there are instances where the court has to be utilized. Competent legal counsel should advise you throughout the process. In advising you, your lawyer should

not be a cheerleader; he/she should clearly communicate the pros and cons of the factual and legal landscape of your case. Litigation is unpredictable, but your lawyer should be able to advise you of the approximate costs and benefits in pursuing certain strategies in litigation.

Jeffrey P. Bowman
Bowman Jarashow Law LLC



Q: Will my bankruptcy appear in my credit report and how will it affect me?

A: In most cases, Bankruptcy will typically discharge all your debt liability, leaving you a much better Credit Score and out-of-debt after your discharge. When you then make timely

payments, you can usually receive new credit at good rates within 10 months and obtain a Mortgage after two years. While the Bankruptcy will be listed on your Credit Report, Lenders make loans based on Debt Ratio, Income & credit worthiness. There are exceptions, but you will probably have little difficulty in re-establishing credit.

Cami Russack
RLC Lawyers & Consultants



Q: I may buy a house on or near the Chesapeake Bay. Do I need an attorney?

A: In 1984, Maryland adopted a set of regulations called the Critical Area Law ("CAL"), which regulates everything within 1000' of mean high water or tidal wetlands. The CAL restricts types

of development and activities that could occur elsewhere. A good attorney will be able to answer questions and quickly determine if legal assistance is needed (at no charge). If you are considering buying a property in the Critical Area or have already done so and plan to work on your property, reach out to a qualified attorney for more information to make sure you know what your limitations are.

Brendan Mullaney
McAllister, DeTar, Showalter & Walker, LLC



Q: What issues arise in planning for transferring a family legacy property or closely held business to the next generation?

A: Whether preserving legacy property, such as a farm or vacation home, or transferring a family business, the governance provisions are of equal or greater importance than other considerations. Such planning

is a mix of tax, legal, and family considerations. Although each situation is different, a primary concern is control and governance: how will the decision-making power be handled, and what rights will minority members have if they disagree? To do it right, a successful plan needs to establish a governance plan that balances the legitimate concerns of all stakeholders. Franke Beckett LLC brings both planning and litigation experience to the table in helping families implement effective succession planning.

Jack K. Beckett
Franke Beckett LLC

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Class of 2023

Meet this year's class of dynamic, young lawyers nominated by their firm because they demonstrate diligence, passion, and professionalism in their respective area of legal practice. Each lawyer is about 40 years old or younger. Their zenith awaits them. Read on to meet the Up & Coming Lawyers Class of 2023.

*Lawyers are listed
alphabetically by last name.*



Kaya Abukassis

STEVENS PALMER, LLC
114 W. Water Street, Centreville;
410-758-4600; spp-law.com

Education: University of Baltimore **Legal Specialty(s):** Family Law, Mediation, Criminal Law

The firm said: "Ms. Abukassis is a new attorney in our office and has already shown great promise as an advocate and counselor. She is attentive, bright, and is a wonderful addition to the legal community on the Eastern Shore."



Corinne D. Adams

YVS LAW, LLC (F/K/A YUMKAS, VIDMAR, SWEENEY & MULRENIN, LLC)

185 Admiral Cochrane Drive, Ste. 130, Annapolis; 410-571-2780; yvslaw.com

Education: St. John's University School of Law **Legal**

Specialty(s): Insolvency, Bankruptcy **The firm said:** "Corinne is known internally as the 'Receivership Queen' for her intricate knowledge of the Maryland Commercial Receivership Act. I know of no other lawyer her age as well-practiced in this niche area. Corinne's leadership roles include IWIRC and Inn of Court board positions."



David Baines

LAW OFFICES EWING, DIETZ, FOUNTAIN & KALUDIS
16 South Washington Street, Easton;
410-822-1988; ewingdietz.com

Education: University of Baltimore School of Law **Legal Specialty(s):** Civil, Personal Injury **The firm said:** "David is a litigator who shines in the courtroom and handles many of our highly contentious matters. His background in personal injury litigation is extremely beneficial to his clients and allows for him to navigate the most difficult of cases. His comfort and proficiency in the courtroom makes him a rising star."



Erin K. Benson

YVS LAW, LLC (F/K/A YUMKAS, VIDMAR, SWEENEY & MULRENIN, LLC)

185 Admiral Cochrane Drive, Ste. 130, Annapolis; 410-571-2780; yvslaw.com

Education: University of Baltimore School of Law **Legal Specialty(s):** Environmental, Real Estate, Land Use **The firm said:** "Erin helps clients secure project permits and approvals, and with document drafting, due diligence analysis, and title review to facilitate successful transactions. Erin is passionate about the work she does at the firm and is a zealous and creative problem solver."



Magaly Bittner

JIMENO & GRAY
7310 Ritchie Highway,
Ste. 900, Glen Burnie;
443-249-8683; jimenogray.com

Education: U of Mary-
land Law School **Legal**
Specialty(s): Family Law
The firm said: "Up and
coming lawyer with great
potential. Empathetic and
knowledgeable."



Meagan C. Borgerson

KAGAN STERN
MARINELLO & BEARD LLC
238 West Street, Annapolis;
410-216-7900; kaganstern.com

Education: University of Mary-
land Francis King Carey School
of Law **Legal Specialty(s):** Civil
Litigation, Business Law **The**
firm said: "Meagan has estab-
lished herself as a go-to attorney
for complex business, employ-
ment, and other civil litigation,
and has steadfastly demon-
strated the ability to handle the
firm's most complex matters.
She epitomizes the type of reli-
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attorney our clients need."



Sarah Brown

HILLMAN, BROWN &
DARROW, P.A.
221 Duke of Gloucester Street,
Annapolis; 410-263-3131; hbdlaw.com

Education: American University
Washington College of Law **Legal**
Specialty(s): Family Law, Protective
Order, Adoptions **The firm said:**
"Sarah recently made partner at
Hillman, Brown & Darrow, P.A.
Sarah strongly advocates for her
clients and develops a relation-
ship with her clients to make them
feel comfortable during a stressful
process. She represents many cli-
ents going through complex divor-
ces and custody disputes. Outside
of her practice, she is the President
of the Board of Managers for GiGi's
Playhouse Annapolis and is active
in the Annapolis community."



Beth Burgee

SINCLAIR PROSSER GASIOR
900 Bestgate Road, Ste. 103,
Annapolis; 410-573-4818;
spgasior.com

Education: University of
Maryland **Legal Special-**
ty(s): Estate Administration,
Probate **The firm said:**
"Beth is committed to
helping people preserve
their estate and protect their
legacy. Beth sees the attor-
ney-client relationship as an
important cornerstone in her
practice and strives to work
together with her clients in
order to sail as smoothly as
possible through an other-
wise difficult time."



Brian Burkett

COUNCIL BARADEL
125 West Street, 4th Floor, Annapolis'
410-268-6600; councilbaradel.com

Education: University of Maryland
School of Law (J.D.); Purdue Uni-
versity (B.S.) **Legal Specialty(s):**
Litigation, Real Estate **The firm**
said: "Brian focuses his practice
on general civil litigation, real
property litigation, and commer-
cial and business law. Brian ad-
vices clients throughout the litigation
process, and regularly advises
businesses and individuals on
business organization, commer-
cial transactions and real estate
settlements. Brian has acquired
high-level exposure to executive
decision-making, mergers, and
real-world business training."



Andrew Burnett

POTTER BURNETT LAW
16701 Melford Boulevard, Ste.
421, Bowie; 301-804-6784;
potterburnettlaw.com

Education: University Of
Baltimore School of Law **Legal**
Specialty(s): Medical Malprac-
tice **The firm said:** "Andrew
has built a thriving medical
malpractice department at his
firm. He zealously represents
victims of abuse, neglect, and
malpractice. He handles his
cases with compassion, kind-
ness, and skill. He has tried
many cases and negotiated
several million dollar plus set-
tlements, in addition to count-
less six figure settlements."



Kelly Callahan

LIFF, WALSH & SIMMONS
181 Harry S. Truman Parkway, Ste. 200,
Annapolis; 410-266-9500; liffwalsh.com

Education: The University of
Maryland Francis King Carey
School of Law (J.D.); Syracuse
University (B.A., Public Relations,
Spanish) **Legal Specialty(s):**
Business Law, Commercial
Finance, Real Estate **The firm**
said: "Kelly consistently applies
creative problem solving, helping
to overcome unforeseen chal-
lenges while finding solutions to
unconventional problems. She is
extremely reliable and advocates
passionately for her clients. She
has a tremendous depth of law
knowledge making her a huge
asset to the team."



Regan T. Caton

FRANKE BECKETT, LLC
131 West Street, Ste. 301, Annapolis;
410-263-4876; fredfranke.com

Education: University of
Maryland School of Law **Le-**
gal Specialty(s): Estates and
Trusts **The firm said:** "Regan
focuses exclusively on the law
of estates and trusts. Within
that practice, she meets with
clients and prepares estate
planning documents tailored to
the clients' specific needs.
She also has assisted in con-
tested fiduciary litigation cas-
es and in the administration
of decedents' estates. Regan
brings this broad experience
to every client engagement."



Patrice Clarke

**ILIFF, MEREDITH,
WILDBERGER &
BRENNAN, P.C.**

8055 Ritchie Highway, Ste. 201,
Pasadena; 410-685-1166;
ilimer.com

Education: University of Baltimore **Legal Specialty(s):** Medical Malpractice **The firm said:** "Patrice is a very talented lawyer, and her skills encompass many areas of practice. Patrice is a fine trial lawyer, and she is also proficient as a researcher and writer. Patrice is a passionate and zealous advocate for her clients, and she has helped many people through her practice of law."



Hannah M. Coffin

FRANKE BECKETT, LLC
131 West Street, Ste. 301, Annapolis;
410-263-4876; fredfranke.com

Education: University of Maryland School of Law **Legal Specialty(s):** Estates and Trusts **The firm said:** "At the firm, Hannah focuses on the law of estates and trusts. By handling every aspect within the practice area, Hannah has a broad perspective of the law of estates and trusts. This broad range of experience within a concentrated law practice creates a synergy that strengthens Hannah's handling of each client matter."



Brent Conrad

**MCALLISTER, DETAR,
SHOWALTER & WALKER LLC**
706 Giddings Avenue, Ste. 305,
Annapolis; 410-934-3900;
mdswlaw.com

Education: University of Baltimore School of Law **Legal Specialty(s):** Employment, Business, and Commercial Law **The firm said:** "A dedicated and driven attorney, Brent goes above and beyond to provide his clients with exceptional legal service. Brent's remarkable legal knowledge and work ethic have made him an accomplished member of the MDSW Annapolis team."



Kayla Coursey

**BRADEN, THOMPSON,
POLTRACK, MUNDT &
MCQUEENEY, LLP**
102 St. Claire Place, Ste. 2,
Stevensville; 410-643-4110;
bt-lawyer.com

Education: University of Baltimore School of Law **Legal Specialty(s):** General Law **The firm said:** "Kayla's practice focuses primarily on domestic matters, business matters, and estate planning and administration. Kayla also enjoys assisting her clients in the areas of real estate, civil litigation, and minor and serious traffic violations."



Laura Curry

SINCLAIR PROSSER GASIOR
900 Bestgate Road, Ste. 103, Annapolis;
410-573-4818; spgasior.com

Education: College of the Holy Cross **Legal Specialty(s):** Estate Planning, Elder Law **The firm said:** "Laura devotes her practice to meeting with clients to create or update their estate planning documents throughout the transitions of life. She also provides caring support to family members when a loved one is experiencing incapacity issues or crisis planning for Medicaid in the event of a long term care stay. Laura is dedicated to educating the public on the estate planning choices they can make to provide both financial and emotional security for their families."



Katie D'Entremont

**HILLMAN, BROWN &
DARROW, P.A.**
221 Duke of Gloucester Street,
Annapolis; 410-263-3131; hbdlaw.com

Education: American University Washington College of Law **Legal Specialty(s):** Domestic Violence **The firm said:** "Katie's practice has focused on representing individuals that cannot always advocate for themselves. At the beginning of her career, Katie focused her work on the nuanced area of Domestic Violence Law where she represented and advised hundreds of victims of intimate partner violence at the House of Ruth Maryland. She recently joined Hillman Brown and Darrow, PA and expects to broaden her practice."



Patrick W. Daley

**KAGAN STERN MARINELLO &
BEARD LLC**
238 West Street, Annapolis;
410-216-7900; kaganstern.com

Education: Regent University School of Law **Legal Specialty(s):** Civil Litigation, Business Law **The firm said:** "In the seven years since joining Kagan Stern, Patrick has rapidly advanced into the type of litigator the firm's clients expect. Focusing on complex business and commercial litigation, Patrick is particularly experienced in construction, property, and fiduciary disputes and has earned and firmly established a reputation as an exceptionally competent, trustworthy, and successful advocate."



Gary Damico

EVANS LAW
113 Cathedral Street, Annapolis;
410-431-2599; msevanslaw.com

Education: University of Baltimore School of Law **Legal Specialty(s):** Real Estate **The firm said:** "Gary has quickly ascended to become a partner and has helped to develop and grow our real estate transactions department, which he now leads. He routinely handles multi-million dollar transactions for both buyers and sellers of real estate. Gary also has been responsible for upgrading and modernizing all of the law firm systems, and is currently focusing on marketing and growing the practice."



Patrick Gardiner

HENDERSON LAW, LLC
2127 Espey Court, Ste. 204,
Crofton; 410-721-1979;
hendersonlawllc.com

Education: University of Maryland School of Law
Legal Specialty(s): Legal Malpractice, Personal Injury
The firm said: "Mr. Gardiner has received the honor and distinction of being named a Rising Star by *Super Lawyers* for years 2020 and 2021. Having personally known Mr. Gardiner his entire career as an attorney, I have found him to have incredible integrity, intellect, and work ethic."



Robert Greenberg

GREENBERG LEGAL GROUP LLC
1910 Towne Centre Boulevard, Ste. 250, Annapolis; 410-673-4888;
greenberglegallgroup.com

Education: University of Maryland School of Law
Legal Specialty(s): Family Law
The firm said: "Robert provides exceptional service to his clients in a wide range of family law matters. He practices in courts across the State and has developed a reputation as a balanced yet aggressive litigator who tailors his approach to each case based on each client's individual needs."



Brittney Grizzanti

BAGLEY & RHODY, P.C.
1788 Forest Drive, Annapolis;
410-573-1626; bagleyrhody.com

Education: University of Baltimore School of Law
Legal Specialty(s): Estate Planning
The firm said: "Brittany is the head of estate planning for Bagley & Rhody, P.C., responsible for developing and implementing customized strategies to meet the needs of our individual estate planning clients, including the preparation of estate planning documents, estate and gift tax planning, disability planning and charitable planning."



Andre Habib

LIFF, WALSH & SIMMONS
181 Harry S. Truman Parkway, Ste. 200, Annapolis; 410-266-9500;
liffwalsh.com

Education: Widener University Delaware School of Law (J.D.); University of North Carolina Wilmington
Legal Specialty(s): Business Law, Civil Litigation, Commercial Finance, Real Estate
The firm said: "A team player with a tremendous work ethic, Andre applies creative thinking skills to find new ways to resolve complex problems. He is diligent in all of his work, resulting in excellent attention to detail."



Sean Hatley

BOWMAN JARASHOW LAW LLC
162 West Street, Annapolis;
410-267-9545; bowmanjarashow.com

Education: St. Mary's College of Maryland; University of Baltimore School of Law
Legal Specialty(s): Business Transactions, Litigation
The firm said: "Sean has quickly risen the ranks in the Maryland legal community, developing a sophisticated transactional and litigation practice. Business leaders and fellow professionals trust him to deliver practical, actionable advice on various issues. As a result, he has developed a 'general counsel' relationship with his clients and assists in navigating the day-to-day complexities of running and growing their businesses."



Justin Hoyt

STEVENS PALMER, LLC
3114 W. Water Street, Centreville;
410-758-4600; spp-law.com

Education: American University Washington College of Law
Legal Specialty(s): Family Law, Civil Litigation, Criminal Defense
The firm said: "Mr. Hoyt is detail-oriented and committed to being a zealous advocate for his clients, no matter the legal issue. His experience as a prosecutor has prepared him to be a well-rounded attorney in and out of court and he is able to provide decisive, assertive, and compassionate representation."



David Jaklitsch

JAKLITSCH LAW GROUP
14350 Old Marlboro Pike, Upper Marlboro; 866-586-6079;
jaklitschlawgroup.com

Education: University of Maryland Francis King Carey School of Law
Legal Specialty(s): Personal Injury
The firm said: "In less than one year with the Jaklitsch Law Group, David has already generated multiple six and seven figure cases, appears in trial on at least a weekly basis, but has yet to lose a trial. He provides impeccable client service, is a skilled writer, and is loved by his clients and support staff."



Tony Kupersmith

MCALLISTER, DETAR, SHOWALTER & WALKER LLC
706 Giddings Avenue, Ste. 305, Annapolis; 410-934-3900;
mdswlaw.com

Education: William & Mary Law School
Legal Specialty(s): Real Estate, Land Use, Zoning Law
The firm said: "Tony's multi-faceted practice produces consistently positive outcomes for his clients. While Tony's practice primarily focuses on real estate, land use, and zoning law, as a former County Attorney, Tony can leverage his broader government background to help clients with a range of issues."



Kelly Kyllis

MCNAMEE HOSEA, P.A.
888 Bestgate Road, Ste. 402,
Annapolis; 410-266-9909;
mhlawyers.com

Education: The Catholic University of America; Columbus School of Law **Legal Specialty(s):** Litigation, Personal Injury **The firm said:** "Dedicated, compassionate, and reasonable, Kelly's goal is to solve her clients' legal issues in the most effective, efficient, and positive manner possible. In addition to vigorously representing her clients in court, she is creative and responsive to her clients' needs and pursues all available opportunities for dispute resolution to ensure efficient and conscientious results."



Frank Lozupone

BOWMAN JARASHOW LAW LLC
162 West Street, Annapolis;
410-267-9545; bowmanjarashow.com

Education: St. Francis University; University of Baltimore School of Law **Legal Specialty(s):** Real Estate, Fiduciary Litigation **The firm said:** "Frank is a young and growing lawyer, rooting his practice in civil litigation and business matters in Anne Arundel County. Not all litigation and legal dilemmas are created equal, and Mr. Lozupone provides creative and effective solutions for his clients. His perseverance and work ethic combined with his legal skill set make him an effective and affable lawyer for all clients."



Genevieve Macfarlane

STEVENS PALMER, LLC
114 W. Water Street, Centreville;
410-758-4600; spp-law.com

Education: Washington College, BA; University of Maryland, JD **Legal Specialty(s):** Real Estate, Land Use **The firm said:** "Ms. Macfarlane is committed to excellence in her practice areas. She offers sophisticated representation to a variety of clients for all aspects of both commercial and residential transactions. Ms. Macfarlane also serves as the president of the Queen Anne's County Bar Association."



Brendan Madden

REINSTEIN GLACKIN & HERRIOTT, LLC
185 Admiral Cochrane Drive, Ste. 115, Annapolis; 301-850-7349;
rghlawyers.com

Education: University of Maryland, BA; University of Maryland, JD **Legal Specialty(s):** Family Law **The firm said:** "Brendan is truly a rising star in the firm, who has rapidly developed an expertise in our appellate practice that is unsurpassed. His writing skills are exemplary, as are his intellectual insights in complicated areas of legal practice and procedure. I recommend Brendan without reservation."



Nicholas Mastracci

THE LAW OFFICES OF STACEY B. RICE, LLC
79 Franklin Street, Annapolis;
410-709-8971; staceyrice.com

Education: University of Baltimore School of Law **Legal Specialty(s):** Family Law **The firm said:** "Nick brings a unique perspective in child custody and access cases as a child of separation and divorce to help clients understand the importance of their children's best interests and needs. Nick strongly advocates for his clients and was selected as a *Super Lawyers* Rising Star for 2023."



Benjamin Meredith

ILIFF, MEREDITH, WILDBERGER & BRENNAN, P.C.
8055 Ritchie Highway, Ste. 201,
Pasadena; 410-685-1166; ilimer.com

Education: University of Baltimore **Legal Specialty(s):** Medical Malpractice **The firm said:** "Ben is a fine attorney. Ben is a skilled trial lawyer, and he also excels in motions practice. Ben is a steadfast and resolute advocate for his clients, and he has helped many people through his legal representation. Ben is active in the legal community through the Maryland State Bar Association, Anne Arundel Bar Association, and Maryland Association for Justice."



Alexander Pagnotta

SINCLAIR PROSSER GASIOR
900 Bestgate Road, Ste. 103,
Annapolis; 410-573-4818;
spgasior.com

Education: University of Maryland **Legal Specialty(s):** Estate Administration & Probate **The firm said:** "Alex focuses his practice on the areas of estate administration and probate. He understands that handling the estate of a deceased loved one is a sensitive and difficult subject matter and provides caring guidance throughout the process. His attention to detail during the complex process of estate administration ensures his success in exceeding client expectations."



Ryan Perna

STAPLES LAW GROUP
116 Cathedral Street, Ste. D,
Annapolis; 410-268-0703;
stapleslawgroup.com

Education: University of Baltimore Law School **Legal Specialty(s):** Personal Injury **The firm said:** "Ryan is an excellent litigator with a great courtroom presence and demonstrates topnotch legal skills. He also has superb client control and is quick on his feet. He has both Circuit and District Court experience. He became a partner at Staples Law Group in 2022."



Carla Poole

HILLMAN, BROWN & DARROW, P.A.

221 Duke of Gloucester Street, Annapolis; 410-263-3131; hbdlaw.com

Education: University of Baltimore School of Law **Legal Specialty(s):** Domestic law **The firm said:** "Carla brings the perfect combination of tenacity and benevolence to handle tough cases and clients both in and out of the courtroom. She readily greets challenges and works best in high-stress situations, both characteristics largely being attributed to a combination of her prior career in law enforcement, being a mom of five children, and her volunteerism with local clubs and organizations in Anne Arundel County."



Samantha Posner

THE LAW OFFICES OF STACEY B. RICE, LLC

79 Franklin Street, Annapolis; 410-709-8971; staceyricelaw.com

Education: University of Baltimore School of Law; University of Maryland undergrad **Legal Specialty(s):** Family Law **The firm said:** "Though Samantha strives to promote peaceful and amicable resolutions for her clients, she is also a fierce trial attorney and has successfully litigated several complex multi-day trials. Samantha is a tenacious, zealous advocate for her clients."



Coryn Rosenstock

ALTMAN & ASSOCIATES, A DIVISION OF FROST LAW

11300 Rockville Pike, Ste. 708, Rockville; 301-468-3220; altmanassociates.net

Education: The George Washington University Law School **Legal Specialty(s):** Estate Planning **The firm said:** "Coryn loves estate planning and is a passionate advocate, especially when working with young couples starting their lives together. Her proficiency in estate planning has led to Coryn being asked to present at multiple events and webinars on a variety of estate planning topics. Her constant teaching reinforces her knowledge of estate law which, in turn, helps her with clients."



Ishar Singh

COUNCIL BARADEL

125 West Street, 4th Floor, Annapolis; 410-268-6600; councilbaradel.com

Education: University of Baltimore School of Law (J.D.); University of Maryland, Baltimore County (B.A.) **Legal Specialty(s):** Litigation **The firm said:** "Ishar's areas of practice include civil litigation, business/corporate litigation, insurance defense, and real estate litigation. Prior to joining private practice, Ishar represented individuals in criminal matters in Anne Arundel County as an Assistant Public Defender for two years."



Zoha Sohail

FROST LAW

839 Bestgate Road, Ste. 400, Annapolis; 410-291-1136; askfrost.com

Education: University of San Diego School of Law **Legal Specialty(s):** Tax Law **The firm said:** "Zoha is versatile and works across a vast range of tax controversy matters, including international compliance cases, federal and state examinations, innocent spouse relief claims. She also represents clients before the IRS and state in collection matters, penalty abatement claims, employment taxes, sales tax matters and trust fund recovery penalty cases. Clients praise Zoha for her professionalism, insight, compassion, and high level of confidence throughout the process."



Renee Sullivan

BAGLEY & RHODY, P.C.

1788 Forest Drive, Annapolis; 410-573-1626; bagleyrhody.com

Education: Tulane University School of Law **Legal Specialty(s):** Estate and Trust Administration **The firm said:** "Senior associate in the Estate and Trust Administration Department for Bagley & Rhody, P.C. advising fiduciaries and beneficiaries on all matters related to the administration of estates and trusts."



Joshua C. Sussex

SG LEGAL GROUP, LLC

40 W. Chesapeake Avenue, Ste. 515, Towson; 410-344-7100; sglegalgroup.com

Education: University of Baltimore School of Law **Legal Specialty(s):** Personal Injury **The firm said:** "Extremely dedicated. Completed undergrad and law school in 4.5 years instead of the traditional 7 years. Represents and is from Maryland's Eastern Shore. Cares about clients, always does right by the client, genuinely cares about getting injured clients the most possible compensation."



Lauren Torggler

HILLMAN, BROWN & DARROW, P.A.

221 Duke of Gloucester Street, Annapolis; 410-263-3131; hbdlaw.com

Education: Catholic University Columbus School of Law; University of Miami (undergrad) **Legal Specialty(s):** Family Law **The firm said:** "Lauren began working with us 15 years ago as a file clerk and worked her way up to attorney after law school. Along with her strong research and writing skills, she is the firm's primary discovery attorney and is an invaluable part of the firm. She also enjoys volunteering and has acted as a mentor for incoming first-year students at her former law school."



Paul Tracy

FROST LAW
839 Bestgate Road, Ste. 400,
Annapolis; 410-291-1136;
askfrost.com

Education: University of California, Davis, School of Law
Legal Specialty(s): Tax, Business Law
The firm said: "Paul is only a third-year lawyer, licensed in three states, California, the District of Columbia, and Maryland. He leverages his background as a combat pilot in the United States Air Force to lead positive outcomes on matters through all stages. Paul helps with an array of legal matters including litigation and tax-focused business and estate planning."



James Tuomey

MCNAMEE HOSEA, P.A.
888 Bestgate Road, Ste. 402,
Annapolis; 410-266-9909;
mhlawyers.com

Education: Brooklyn Law School
Legal Specialty(s): Litigation, Criminal Defense, Business
The firm said: "James Tuomey is a seasoned trial attorney with experience practicing as both a state and federal prosecutor, he understands how to build the strongest possible cases for his clients. Diligent, prepared, and unflappable, Mr. Tuomey brings sound counsel and representation to all the matters he handles, making sure to communicate with, and understand the specific needs of each client."



Lucas Van Deusen

**BOWMAN JARASHOW
LAW LLC**
162 West Street, Annapolis;
410-267-9545;
bowmanjarashow.com

Education: University of Maryland, College Park; University of Baltimore School of Law
Legal Specialty(s): Complex Civil Litigation
The firm said: "Lucas' aptitude and work ethic have immediately earned the trust and confidence of the firm's clients. Whether it be a complex legal issue that requires expeditious briefing or preparing for a multi-week jury trial, Lucas has steadfastly demonstrated that he is up for any challenge."



Nathan Volke

**THE LAW OFFICES OF
STACEY B. RICE, LLC**
79 Franklin Street, Annapolis;
410-709-8971; staceyricelaw.com

Education: University of Baltimore School of Law; UMBC
Legal Specialty(s): Family Law
The firm said: "Nathan has been successfully litigating complex family law matters for more than a decade. Whether leading cases through trial or negotiating settlement agreements, Nathan's clients appreciate that he is thorough, detail oriented, and a champion for their interests."



Alexander Ward

MCNAMEE HOSEA, P.A.
888 Bestgate Road, Ste. 402,
Annapolis; 410-266-9909;
mhlawyers.com

Education: University of Maryland School of Law
Legal Specialty(s): Commercial Real Estate Transactions, Business, Contracts
The firm said: "Analytical and hardworking, Alex effectively assists his clients in understanding the details of transactions that may otherwise be overlooked. He uses his knowledge, experience, and resources to help people navigate problems they may not understand. Alex brings knowledge and intuition to the firm and helps local business owners reach their goals."



Jon Watson

BAGLEY & RHODY, P.C.
1788 Forest Drive, Annapolis;
410-573-1626; bagleyrhody.com

Education: University of Maryland School of Law
Legal Specialty(s): Corporate Law
The firm said: "Jon heads the corporate department for Bagley & Rhody, P.C., handling all business matters including formation, operation, mergers and acquisition, and succession planning."



Josh Welborn

LIFF, WALSH & SIMMONS
181 Harry S. Truman Parkway, Ste. 200,
Annapolis; 410-266-9500; liffwalsh.com

Education: Florida Coastal School of Law (J.D.); University of Maryland Baltimore County (B.S., Biochemistry and Molecular Biology)
Legal Specialty(s): Business Law, Business Litigation, Employment Law
The firm said: "Josh focuses his legal practice on assisting clients in resolving their business disputes. Josh assesses each individual client's unique goals and situation and applies a practical outlook to each matter he handles. He consistently displays high-quality skills, including tenacious research, collaboration, and persuasive writing."



Shelby Whale

**REINSTEIN GLACKIN &
HERRIOTT, LLC**
185 Admiral Cochrane Drive, Ste. 115,
Annapolis; 301-850-7349;
rghlawyers.com

Education: University of Detroit Mercy, BA; Michigan State University, JD
Legal Specialty(s): Family Law
The firm said: "Shelby is an excellent young attorney who brings great skills, intelligence, and insight to our firm. In the three years that she has worked with us since graduating from law school, she has shown a willingness to work hard and advocate passionately for our clients, and she has become a crucial addition to our family law practice. I highly recommend her."



Bosom Buddies Charities wishes to thank all those who helped make the 2023 Ball a “soaring” success!

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WHAT'S UP? MEDIA



2023

PHILANTHROPIC CALENDAR

Compiled by Megan Kotelchuck

We love to make planning easy for you! We recently brought our calendar back to the print magazine and we continue to highlight big events in the Out on the Towne section. So, why not have a calendar specific to philanthropic events? Everyone has a busy schedule going into the summer, but there is always time to do a little giving. Find a cause that resonates with you and make fundraising fun!

Editor's note: *There are a few to-be-determined (TBD) events listed within the months they typically have been held in past years. For all events listed, always call ahead to confirm date and information, as changes have been known to occur.*

MAY

Monday, May 1st

20th Annual Tee Up for a Child Golf Tournament at Crofton Country Club, Crofton. Benefits Anne Arundel County CASA (Court Appointed Special Advocates). Acasa.org

Thursday, May 4th

Treasure the Chesapeake at Chesapeake Bay Trust, Annapolis. Benefits Chesapeake Bay Trust. Cbtrust.org

Saturday, May 6th

20th Annual Boatyard Bar & Grill Spring Fishing Tournament on the Chesapeake Bay and at Boatyard Bar & Grill. Benefits Coastal Conservation Assoc. Maryland, Chesapeake Bay Foundation, and Annapolis Police Dept.'s youth programs. Boatyardbarandgrill.com

Annual Derby Day Benefit Party at Talisman Farm, Grasonville. Benefits Talisman Therapeutic Riding. Talismantherapeuticriding.org

Derby Day at Maryland Therapeutic Riding, Crownsville. Benefits Maryland Therapeutic Riding. Horsesthatheal.org

1st Annual Community Matters 5K Run, Walk, Roll & Stroll at Chesapeake Heritage and Visitor Center, Chester. Benefits The ChesterWye Center. Tentative Date. Visitqueenannes.com

A Day at The Derby at Perigeaux Vineyards and Winery, St. Leonard. Benefits The Arc Southern Maryland. Arcsomd.org

Six Pillars Century Cycling Fundraiser at Gerry Boyle Park at Great Marsh, Cambridge. Benefits Six Pillars Century. 6pillar-scentury.org

Academy Art Museum Spring Event at the Academy Art Museum in Easton. Benefits the Academy Art Museum. Academyartmuseum.org

An Evening at Casablanca at Trident Aircraft Hangar, Easton. Benefits the Benedictine School. Benschool.org

Sunday, May 7th

Race for Hope D.C. at Freedom Plaza, Washington, D.C. Benefits National Brain Tumor Society. Curebraintumors.org

Monday, May 8th

Tea it Up for The Arc Golf Tournament at Queenstown Harbor, Queenstown. Benefits The Arc Central Chesapeake Region. Thearcccr.org

Compass Golf Tournament at Prospect Bay, Grasonville. Benefits Compass Regional Hospice. Compass-regionalhospice.org

Friday, May 12th

Total '80s Bash at Westin Annapolis Hotel, Annapolis. Benefits YWCA Annapolis. Annapolisywca.org

GiGi's Playhouse Spread Your Wings Gala at Annapolis Waterfront Hotel, Annapolis. Benefits GiGi's Playhouse Annapolis. Gigisplayhouse.org

Saturday, May 13th

Sultana Education Foundation's Annual Gala at Clovelly Farms, Chestertown. Benefits Sultana Education Foundation. Sultanagala.org

Friends & Family Fun Day at Mayo Beach, Edgewater. Benefits Providence Center. Visit their Facebook.

Arundel on the Half Shell at Camp Letts, Edgewater. Benefits Arundel Rivers. Arundelrivers.org

**Monday,
May 15th**

Bo's Effort Golf Tournament at Queenstown Harbor Golf Course, Queenstown. Benefits Bo's Effort. Boseffort.org

**Wednesday,
May 17th**

Chesapeake Arts Center's 10th Annual Chip in for the Arts Golf Tournament at Compass Pointe Golf Course, Pasadena. Benefits Chesapeake Arts Center. Chesapeakearts.org

**Thursday,
May 18th**

Feeding Hope 2023 at Homestead Gardens, Davidsonville. Benefits Anne Arundel County Food Bank. Aafoodbank.org

Friends for Friends at Annapolis Marriott Waterfront, Annapolis. Benefits Friends of The Light House. Friendslhs.ejoinme.org

**Saturday,
May 20th**

Casa Royale at Trident Aircraft Hanger, Easton Airport. Benefits Casa Mid Shore. Casamidshore.org

**Sunday,
May 21st**

Walk for the Animals at Quiet Waters Park in Annapolis to benefit The SPCA of Anne Arundel County; 9 a.m. to Noon; aacspcawalkfortheanimals.com

JUNE

Friday, June 2nd

6th Annual Casey Cares Rockfish Tournament at The Inn at the Chesapeake Bay Beach Club, Stevensville. Benefits Casey Cares. Caseycares.org

28th Annual Golf Fundraiser at Chester River Yacht & Country Club, Chestertown. Benefits University of Maryland Chester River Health Foundation of Shore Regional Health. Umcrhf.org

**Saturday,
June 3rd**

Great Strides Walk at Navy-Marine Corps Memorial Stadium, Annapolis. Benefits Cystic Fibrosis Foundation. Fightcf.cff.org

**Monday,
June 5th**

Providence's 30th Anniversary Moran Golf Classic at Queenstown Harbor, Queenstown. Benefits Providence Center. Visit their Facebook.

**Thursday,
June 8th**

Friends of the Light House Golf Tournament at Renditions Golf Club, Davidsonville. Benefits Friends of the Light House. Friendslhs.ejoinme.org

Fashion for a Cause at Porsche Annapolis, Annapolis. Benefits Hospice of the Chesapeake. Hospicechesapeake.org

**Saturday,
June 10th**

Every Step Counts at Anne Arundel Community College, Arnold. Benefits Bello Machre. Bellomachre.org
Bands in the Sand at Philip Merrill Environmental Center, Annapolis. Benefits Chesapeake Bay Foundation. Cbf.org

7th Annual Pints 4 Paws Homebrewing and Craft Beer Festival at Navy Marine Corps Stadium in Annapolis. Benefits SPCA of Anne Arundel County. Visit EventBrite.

**Saturday,
June 10th through Sunday,
June 11th**

20th Annual Secret Garden Tour throughout the Historic District, Annapolis. Benefits Hammond-Harwood House Association. Hammondharwoodhouse.org

**Monday,
June 12th**

DC/Baltimore Area Charity Golf Tournament at the Country Club at Woodmore, Mitchellville. Benefits the Benedictine School. Benschool.org

**Saturday,
June 17th**

Blueberry Boogie 5K at Godfrey's Farm, Sudlersville. Benefits Benedictine School. Benschool.org

**Saturday,
June 17th through Sunday,
June 18th**

Bike MS: Chesapeake Challenge at Talbot County Community Center, Easton. Benefits National Multiple Sclerosis Society. Nationalmssociety.org

**Monday,
June 19th**

Casey Cares Golf Tournament at Baltimore Country Club, Baltimore. Benefits Casey Cares. Caseycares.org

**Thursday,
June 22nd**

2020 Tribute to Community Leadership & Graduation at The Grand Ballroom at Live! Casino and Hotel, Hanover. Benefits Leadership Anne Arundel. Leadershi-paa.org

**Saturday,
June 24th**

Summer Solstice Celebration at Wilmer Park, Chestertown. Benefits ShoreRivers. Shore-rivers.org

HM2 Buck for Hope Foundation Benefit Gala at The Byzantium St. Constantine and Helen Event Venue, Annapolis. Benefits HM2 Buck for Hope Foundation. Hm2buckforhope.com

JULY

**Saturday,
July 1st**

Big Band Night & Fireworks at Chesapeake Bay Maritime Museum, St. Michaels. Benefits Chesapeake Bay Maritime Museum. Cbmm.org

**Friday, July 14th through Sunday,
July 23rd**

16th Annual Plein Air Easton Competition & Arts Festival throughout Talbot County. Benefits the Avalon Foundation. Plein-aireaston.com

**Saturday,
July 22nd through Sunday,
July 23rd**

Bay Paddle from Kent Island to Rock Hall. Benefits Oyster Recovery Partnership. Bay-paddle.com

**Sunday,
July 30th**

19th Annual Benedictine Chrome City Ride at the Benedictine Campus, Ridgely. Benefits the Benedictine Foundation. Benschool.org

AUG

**Friday,
August 4th**

Rotary Club of Annapolis' Crab Feast at Navy Marine Corps Stadium, Annapolis. Benefits local charities. Annapolisrotary.org

**Saturday,
August 5th**

Casey Cares 5K Run/Walk at The Maryland Zoo, Baltimore. Benefits Casey Cares. Caseycares.org

**Sunday,
August 13th**

Annual Watermen's Appreciation Day at Chesapeake Bay Maritime Museum, St. Michaels. Benefits CBMM and Talbot County Watermen's Association. Cbmm.org

**Saturday,
August 19th**

2023 CRAB Cup Regatta at Eastport Yacht Club, Annapolis. Benefits Chesapeake Region Accessible Boating (CRAB). Crabsailing.com



**Monday,
August 28th**

UM Shore Regional Golf Tournament location TBD. Benefits University of Maryland Memorial Hospital Foundation. ummhosp-foundation.org

SEP

**Friday,
September 8th**

Arts Alive! Gala at Maryland Hall for the Creative Arts, Annapolis. Benefits Maryland Hall for the Creative Arts. Marylandhall.org

**Saturday,
September 9th**

17th Annual Boatyard Beach Bash at Annapolis Maritime Museum, Eastport. Benefits Annapolis Maritime Museum. Boatyardbarandgrill.com

Boating Party Fundraising Gala at Chesapeake Bay Maritime Museum, St. Michaels. Benefits Chesapeake Bay Maritime Museum. Cbmm.org

Shaw Bay Raft Up Concert on Shaw Bay, Wye Mills. Benefits ShoreRivers. Shorerivers.org

**Wednesday,
September 13th**

Annual Bello Machre Golf Tournament at Queenstown Harbor Golf Course, Queenstown. Benefits Bello Machre. Bello-machre.org

**Sunday,
September 17th**

Annapolis Run for the Light House at Quiet Waters Park, Annapolis. Benefits The Friends of the Light House. Friendslhs.org

Ride for Clean Rivers at Chesapeake College, Wye Mills. Benefits ShoreRivers. Shorerivers.org

**Thursday,
September 22nd**

Chamber Challenge Golf Tournament at Hyatt Regency Chesapeake Bay Resort and Spa, Cambridge. Benefits Dorchester Chamber of Commerce. Dorchester-chamber.org

Taste of Generosity Greater DC-MD benefits National Multiple Sclerosis Society at Graduate Annapolis, 6-10 p.m.; nationalMS-society.org/tog-md

**Thursday,
September 22nd through
Saturday,
September 24th**

St. Michaels Concours d' Elegance: Gala Welcome Home Reception with Dinner at The Kent Island Yacht Club, St. Michaels. Smcde.org

**Friday,
September 23rd**

Bay Bridge Paddle at Sandy Point State Park, Annapolis. Benefits Foundation for Community Betterment. Abceventsinc.com

Haven Ministries Golf Tournament at Queenstown Harbor Golf, Queenstown. Benefits Haven Ministries. Haven-ministries.org

**Wednesday,
September 28th**

Golf Tournament at Queenstown Harbor, Queenstown. Benefits Hospice of the Chesapeake. Hospicechesapeake.org

**Thursday,
September 29th**

5th Annual Casey Cares Sporting Clay Tournament at The Point at Pintail, Queenstown. Benefits Casey Cares. Caseycares.org

**Thursday,
September 30th through Sunday,
October 8th**

13th Annual Chesapeake Film Festival at the Avalon Theatre, Easton, and various locations in St. Michaels. Benefits Chesapeake Film Festival. Chesapeakefilmfestival.com

OCT

**Sunday,
October 1st**

Lifeline 100 at Kinder Farm Park, Millersville. Benefits Anne Arundel County Crisis Response System, Recreation Deeds for Special Needs, and Bicycle Advocates for Annapolis and Anne Arundel County Bike Safety Programs. Lifeline100.com

**Monday,
October 2nd**

Birdies for Benedictine at The Talbot Country Club, Easton. Benefits The Benedictine School. Benschool.org

**Thursday,
October 5th**

GiGi's Golf Outing at Queenstown Harbor, Queenstown. Benefits GiGi's Playhouse. Gigisplayhouse.org

**Monday,
October 9th**

Providence Center's 9th Annual Harvest Bash at Providence's Greenhouse and Gardens, Arnold. Benefits the Providence Center. Check out their Facebook.

**Friday,
October 20th**

2023 Bountiful Harvest at The Atreem at Soaring Timbers, Annapolis. Benefits The Light House. Friendslhs.org

**Saturday,
October 21st**

UM Shore Regional Health Sporting Clays Classic at the Point at Pintails, Queenstown. Benefits University of Maryland Memorial Hospital Foundation. Ummhosp-foundation.org

Rock 'n' Roll Bash at Rams Head Live, Baltimore. Benefits Casey Cares. Caseycares.org

**Saturday,
October 28th**

OysterFest at Chesapeake Bay Maritime Museum, St. Michaels. Benefits CBMM. Cbmm.org

NOV

**Saturday,
November 4th**

Beef Bonfires & Cigars location TBD. Benefits Haven Ministries. Haven-ministries.org

CASAblanca Gala at The Westin Annapolis to benefit the Anne Arundel CASA; aacasa.org

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Please let us know about your organization's charity event by emailing [Entertainment Editor Megan Kotelchuck at \[megan@whatsupmag.com\]\(mailto:megan@whatsupmag.com\)](mailto:EntertainmentEditorMeganKotelchuck@whatsupmag.com). You can also add your event to our online calendar by visiting www.whatsupmag.com.

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▶ To support our efforts, visit cbmm.org/donate.

Situated along the beautiful Miles River and St. Michaels Harbor, the Chesapeake Bay Maritime Museum's waterfront campus includes historic structures, purpose-built exhibition galleries, a floating fleet of historic vessels, and its own working Shipyard, plus a new Welcome Center slated to open later this year. Photo by Shore Studios.

Enhancing the watershed

Chesapeake Bay Maritime Museum works to improve the lives of guests, community members

The Chesapeake Bay Maritime Museum preserves and explores the history, environment, and culture of the entire Chesapeake Bay region, and makes this resource accessible to all.

How does one organization tackle such aspirational goals while also hosting nearly 100,000 annual guests? CBMM's approach to realizing this vision has led to its recognition as both a world-class institution and a leader in its local community.

Engaging Guest Experiences

A visit to CBMM in St. Michaels, Md., is an experience like no other. CBMM's waterfront campus includes historic structures, purpose-built exhibition galleries, a floating fleet of historic vessels, and its own working Shipyard, plus a new Welcome Center slated to open later this year. Guests can try something different on every visit, from taking in the views from the 1879 Hooper Strait Lighthouse, to watching the careful construction, maintenance, and preservation of traditional Bay watercraft, to cruising the Miles River with volunteer docents.

Transformative Educational Programming

First and foremost, CBMM is an educational organization. Its collection boasts more than 80,000 objects and its year-round programming is designed to inspire and educate current and future stewards of the Bay, and to share its heritage, ecology, and culture.

Children and adults alike are invited to explore the Bay with CBMM through virtual learning, specialized tours, hands-on programs, on-the-water experiences, and corresponding curriculum units.

CBMM has also sought to address inequities through Rising Tide, a free after-school program for local youth, and a bus scholarship program to benefit PK-12 student field trips. In its Shipyard, CBMM's shipwrights are engaged in the transference of traditional skills through a certified Shipwright Apprentice Program.

A Vital Community Partner

With the goal of being a valuable resource for the community, CBMM is dedicated to working closely with its neighbors to have a positive and lasting impact on the economy, public schools, larger community, and the Chesapeake watershed.

CBMM is a recognized driver to the local and state economies as a tourism destination for both local residents and those from outside the area, and large-scale projects like its Master Plan campus upgrades and Maryland Dove build in the Shipyard have proven a boon to the area with much of the spending in wages and benefits to locally based team members.

Beyond economics, CBMM is part of 140 local partnerships that help improve business and community and supports more than 90 nonprofits through donations and fundraising. In addition, its employees are involved with more than 100 community organizations through public service or volunteering.

<<
**nonprofits and
 charities** you
 should know



Denise Dassaro, Volunteer Coordinator Haven Ministries

You can change lives by volunteering

Haven Ministries provides HOPE to those in need in Queen Anne's County by supplying shelter, clothing, food and support. As precious as Gold, Haven Ministries needs volunteers to run their programs and provide the maximum amount of HOPE to those in need. "We are fortunate to have such a giving community of people to help run our programs", comments Peter Grim Executive Director of Haven Ministries. Haven Ministries' programs continue to expand and they are again appealing to the community to increase the volunteer base.

Denise Dassaro, has recently joined Haven Ministries as the Volunteer Coordinator. She understood the importance of Volunteerism in her early twenties by teaching English as a second language to a newly arrived young woman from Turkey. During her employment for large insurance corporations in New York City, Denise organized food donations to homeless shelters and Christmas toy drives. In 2006, she began volunteering as a babysitter at Baby Basics NYC, an organization that worked with financially stressed families of New York's Upper West Side. She believes in these words to live by:

**"Do a little bit of good where you are;
it's those little bits of good put together
that overwhelm the world"** - *Desmond Tutu*

You can make a difference in the lives of your neighbors by volunteering your time. Opportunities are needed at all of the ministries and fundraising committees. Volunteers at the (2) Food Pantries assist in organizing and distributing food as well as assisting clients. Food pantries are set up like a store where clients choose the food they need. The food pantry truck is a store on wheels. Volunteers at the Emergency Shelter can cook and serve dinner, or assist with fellowship, play games and relax. Volunteers at Hope Warehouse assist with donations of furniture, appliances, building supplies and assist customers. Volunteers at Our Daily Thread Thrift Store assist with donations of household items, clothing, shoes, toys, and assist customers. Haven Ministries has created (2) Signature Events to raise funds; The Annual Golf Tournament and Beef, Bonfires & Cigars. They rely on committees to help with event coordination, auction donations, sponsorships, entertainment, registration and check-out.

Love shapes the ministry, love transforms people, and hope prevails at Haven Ministries. Haven Ministries operates a seasonal Homeless Shelter, a Resource Center and Food Pantry in Queenstown, Our Daily Thread Thrift Store in Chester, Hope Warehouse in Queenstown, and a Food Pantry Truck in Sudlersville.

For further information about volunteering, visit Haven-Ministries.org, contact Denise Dassaro at 410-827-7194 or email Denise@haven-ministries.com



**nonprofits and
charities** you
should know



Human Trafficking is in Your Community

Open Your Eyes & Get Informed

It's hard to imagine the global crime of human trafficking is happening across the state of Maryland and throughout the Eastern Shore. Human trafficking involves the use of force, fraud, or threats to obtain some type of labor or commercial sex act against his/her will. Three major airports, inexpensive bus transportation, train service along the East Coast, large sporting events, a seaport, truck stops, seasonal work, poverty, wealth, drug use, casinos, conventions, disposable income, and an overall lack of community awareness makes Maryland an attractive destination for traffickers. For All Seasons Behavioral Health and Rape Crisis Center is raising public awareness about this issue's impact locally.

For All Seasons campaign, ***Open Your Eyes. Get Informed.*** provides information and resources to help victims of human trafficking know how to get support, as well as help community members to recognize the signs of human trafficking, report possible cases, and know where to send someone for help. **The agency wants people to know that human trafficking occurs regardless of class, gender, or education and also occurs in rural, suburban, and urban communities.** Human traffickers can be relatives, friends, individuals operating alone, or those affiliated with gangs or transnational criminal organizations. In 2021, the National Human Trafficking Hotline reported 279 contacts regarding human trafficking

with 173 victims involved. Each year, as many as 100,000–300,000 American children are at risk of being trafficked for commercial sex in the United States.

Red flags of a human trafficking situation can be:

- Withdrawal from family, friends, and community organizations
- Dramatic change in behavior or signs of mental or physical abuse
- Unable to go in public alone or speak for oneself
- Appearing fearful, submissive, nervous, paranoid
- Sudden and unexplained access to expensive objects or money
- A juvenile with a new or unusual relationship with an adult

Today, the Maryland State Police remind parents to be aware of online scams involving the sexual extortion of minors. Investigators find online predators often give the impression they are younger and romantically interested in the minor being targeted to gain their trust to gain illicit photographs of the minor. **Parents and caregivers are encouraged to talk to their children regularly about the risks of sexual exploitation and to monitor their children's use of all digital devices including laptops, tablets, desktop computers, gaming consoles, and smartphones.** Traffickers tend to target marginalized and vulnerable individuals who may have experienced trauma or abuse, but any child can be at risk of being groomed by a predator.

Any victim who calls For All Seasons' hotline gets help with understanding their options and resources. **For crisis support, contact For All Seasons' 24-Hour Hotlines: 410.820.5600 for English or 410.829.6143 for Spanish or text in English and Spanish. The National Human Trafficking Hotline is 1-888-373-7888.**

> For All Seasons provides the highest quality mental health and victim services to children, adults, and families regardless of their ability to pay. To learn more - 410-822-1018 | ForAllSeasonsInc.org.

Talbot Interfaith Shelter

The Journey Home

The word home rarely stands out when most people think about a homeless shelter. But at Talbot Interfaith Shelter (TIS), *home* is the goal from the first moment a guest sets foot into one of their shelter facilities, to their move into TIS' transitional housing, and finally, when they can move on and live independently.

Talbot Interfaith Shelter was formed in 2008 by a group of concerned members of various Talbot County faith communities, led by founder Evelyn Sedlack. They first began serving the community in January of 2009 as a cold-weather shelter, rotating between churches and the local synagogue and serving only five people at one time.

In 2014, the organization received its permit to operate its first shelter at Easton's Promise, a former bed and breakfast located in the heart of historic downtown Easton. Guests responded very positively to living in what was essentially a home. They were afforded privacy, dignity, and respect, shared "family dinner" around a dining room table every night, performed chores, and were able to do their own laundry. Their sense of comfort and safety was reflected almost immediately in their self-worth and confidence. Shelter leadership began implementing the beginning stages of what would become known as the innovative S4 Program. S4 stands for *Shelter, Stability, Support, Success*.

In the intervening years, TIS has greatly expanded its operations and now has two shelter facilities – Easton's Promise for families and Evelyn's Place for single men and women – and fifteen off-site transitional apartments. They currently have the capacity to serve 50 or more men, women, and children at once.

S4 is designed to guide guests step-by-step from homelessness to self-sufficiency. Once they are invited into one of the shelters, guests



Grateful guests at Evelyn's Place, TIS' new shelter for single men and women

work with a case manager to develop a personalized plan of action. Case managers connect them with necessary services, and they attend life skills training, including parenting, money management, character counts, anger management, and a class on poverty called "Getting Ahead in a Just Gettin' By World," among others. When they have achieved certain financial milestones, guests are invited to move into transitional housing. They begin by paying a portion of the rent, while TIS subsidizes the rest. Over the course of approximately two years, their portion of the rent increases until they can take over their full expenses. When they can sustain this for 6 months or more,

they are ready to graduate into their housing.

What does TIS mean to its guests?

One mother, whose family is thriving and close to graduating from the S4 Program, shares, "If TIS was not here, I don't know where I would be. They have offered me so much in the time that I have been here... The whole program is just – it's a literal blessing."

**Learn more about
Talbot Interfaith Shelter
and how you can help
at talbotinterfaithshelter.org.**

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MARYLAND FIRSTS

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

Lake Montebello in Baltimore officially opened as a source of public drinking water in 1881. Today, the lake holds up to 606 million gallons and features recreational opportunities, including a walking trail. Photo by James G. Howes.



Water FOR THE People

By Ellen Moyer

The year was 1854 and Baltimoreans were getting thirsty. Surrounded by water, community cups dangled from every spring source and buckets lifted water through wells and private yards. But it wasn't enough. In the 50 years prior, the village of Baltimore had grown into the second largest city in the new nation and its 169,000 residents needed more water.

Baltimore's forefathers set the national precedent for safe drinking water and the needed infrastructure to quench a region's thirst



Abel Wolman (1892–1989) was Baltimore’s Director of Public Works and revolutionized public water system sanitization.

To supply the demand, the local Water Board identified Herring Run as a source for drinking water that could be captured in a reservoir just north of the core city. It would be 27 years, however, before Lake Montebello waters—an Italian name meaning “beautiful mountain”—would cover the non-mountainous estate of General Sam Smith (1752–1839). On September 29, 1881, Montebello, holding 410 million gallons of water, opened as a source of drinking water for Baltimoreans. By this time, it was planned to join another reservoir by tunnel, that was under construction in Baltimore County, created from the running waters of the Gunpowder River.

Another 35 years later, in 1915, when the president of the Water Board, Robert Clements, cut the ribbon for the nation’s second largest fast filtration plant using chlorine to provide safe drinking water for citizens, he said “today is the biggest and most important undertaking in the history of this city.” Progressive Baltimore would go on to set nationwide standards that everyone should have safe drinking water.

Baltimore’s Public Works Director Abel Wolman (1892–1989), a graduate of City and Johns Hopkins Universities, would become a world-famous engineer and expert in the science of public water systems safety and sewage treatment. The Clean Water Act of 1972 and Safe Drinking Water Act of 1974 embodied Baltimore’s standards and established the principle that everyone has the right to safe water—an idea first expressed 150 years earlier.

The Dutch biologist Antonie van Leeuwenhoek (1632–1723) was the first to observe microorganisms in water and water pipes, but it was the 1854 epidemic of cholera, during which water was discovered as a source of spreading widespread disease. Seeing that sewage water contaminated drinking water, British doctor John Snow used chorine and sand to filter water and destroy harmful bacteria.

By 1920, Baltimore’s population had grown to more than 730,000. Lake Montebello needed help to continue supplying safe drinking water. And that help came from northern Baltimore County and a new, larger reservoir. Called Loch Raven and fueled by the Gunpowder Falls, the reservoir was (and is) 10.7 miles long by 3.75 miles wide. It holds 23 billion gallons of water, which completely sunk a town to quench the thirst of Baltimore.

East of Cockeysville, Maryland, the company mill town Warren had served the region for 100 years. On the Gunpowder River, it produced cotton and silk from the mulberry trees on hillsides surrounding it. In the 1820s, Warren held the distinction of being the only place in America that could take cotton from bolt to bolt of printed calico. And then there were all the ships in Baltimore harbor that needed cotton duck for their sails. After a workers strike in 1854 to reduce working hours, Warren was seen as an industrial Camelot, a model city. It had no taverns, three churches, a library, hospital, school with sports team and band, and one of the area’s first Boy Scout troops. It celebrated Christmas with a huge, decorated tree and a visit from Santa with candy for everyone. Nine hundred people lived in Warren and life was good. It seemed like the mill would go on forever. But in February 1922, the five-story mill spun its last thread. The company town had been sold for \$350,000 to Baltimore City. Its demise was swift.

To prevent wood from clogging drains, the town was stripped. Beams from the mill were salvaged and used in new retail buildings along York Road. Machinery was cut apart and used for scrap. Within nine months, everything was gone except the flagpole that stood in front of the school. Once there was a thriving model town and then there wasn't. The flagpole lasted for 25 years before it crumbled under water. Only Warren Road, built in 1923, is a reminder of the now-forgotten town.

Today, Loch Raven is also a premier recreation site, one of the most pristine outdoor locations in the metropolitan region. It is a haven for wildlife and features 20 miles of trails for hikers, equestrians, and mountain bikers. Largemouth bass and, even, brown trout thrive in its waters. The road that winds its way through this outdoor paradise passes rock ledges millions of years old, and over historic bridges. On

October 26, 1958, two men crossing one of the bridges saw a large, flat, oval shaped object "hovering" over the bridge. They felt a burning sensation on their skin. Fearful, they went to a local hospital proclaiming they had seen a UFO. The case was investigated by Project Blue Book. And it remains unexplained.

In 1933, a third reservoir named Pretty Boy opened, named for a horse that lost its life in a nearby creek. It covers 79.7 square miles. Owned by Baltimore City, it, too, is a forested drinking-water watershed. Under the long-range plan for drinking water, these reservoirs are protected open space eschewing development.

With foresight, Baltimore's leadership led the way in securing safe drinking water for its residents. Standards for filtering and treating water were established (that are nationally recognized) and miles of open space for wildlife and recreation were created.



Loch Raven Dam impounds the Loch Raven Reservoir and provides drinking water for the City of Baltimore and most of Baltimore County, Maryland. Photo by James G. Howes.



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WHAT WE

Expect of Our Elected Leaders

AN ESSAY ON THE ETHICS AND STANDARDS CONSTITUENTS SHOULD EXPECT OF POLITICIANS

STORY BY GARY JOBSON

Once the euphoria of victory fades the hard work of governing takes hold. Our elections in the State of Maryland are over for the next few years. The ubiquitous street signs are gone, the endless requests for donations have dropped away, and there are no more robotic telephone calls. Now it's time for citizens to watch our leaders in action, ask good questions at appropriate times, offer ideas, and try to stay engaged. With these thoughts in mind what should we expect from our elected leaders?

I am heartened that our region has a relatively young, diverse corps of elected officials. The veteran leaders need to provide guidance to the newest electees on how to craft, propose, and enact legislation. Executive managers like the Mayor, the County Executive, and Governor must set their priorities, which will move forward based on available budgets, political

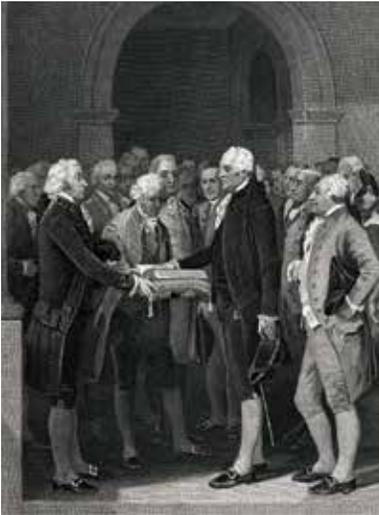
will, and prioritizing the most pressing needs. Everyone in office collaborates with staff members, consultants, lobbyists, and the public at-large. Political leaders rely on receiving helpful input from their constituents. People react well to thoughtful suggestions and ideas. In the past decade, the Tea Party movement and, more recently, the overzealous voices (happily rare in Maryland) have drowned out many people who want to be helpful. Screaming at meetings, belligerent outbursts, and rude behavior shut down meaningful discussions. Polite behavior and waiting for the proper time to speak is a far more effective protocol than acting out.

We expect our leaders to listen carefully to every side of an issue. They should take time to read all the materials on proposed legislation. Once the leader understands the pros and cons of any proposal, then it is

T

he effort our elected leaders put into getting into office is impressive and mindboggling. Everyone who has the courage to stand for election deserves credit for trying to serve the public. Only one candidate prevails in an election. The process looks difficult, expensive, and I am sure is an emotional roller coaster ride for the participants. The winners look mighty happy when the results are confirmed. For losing candidates, it surely is a bitter pill to swallow, but the disappointed candidates earn high marks for being gracious in defeat.





Winning only takes place in football and basketball games. That is not how it works in politics. It is all about how you work in the grey areas.”

time for them to consult with citizens about their thoughts. Town hall type meetings are important forums to discuss initiatives. Many new ideas have been tried in the past. Veteran leaders should provide the background of why something either failed or moved forward years earlier. Leaders need to communicate with each other. Committee hearings are held to dig deeply into the details of proposed legislation. This is the time to modify bills. Keeping the press fully informed helps the public understand what is at stake. Open dialog and regular communications help move legislation forward. When things become secret people get confused and emotional.

Several of our local elected officials publish weekly reports about issues and the progress being made. For those who are interested in the reports, elected officials will gladly add people to their email list. The best internet newsletters are easy to read and include compelling images

and helpful graphics. Political leaders attend many public events. Their presence automatically enhances the importance of an event. Recognizing a leader's attendance at an event is a sign of respect. Speaking of attendance, one of the highest priorities of any elected official is to be present for every legislative session and vote. Leaders who are persistently absent for scheduled meetings are not serving their constituents very well. Good attendance is essential and a fundamental part of the job.

Many years ago, I was lucky to sail in a series of regattas with one of America's most productive United States Senators, Edward Kennedy. He was an excellent sailor and worked hard to win races. One afternoon after racing I was sitting in the cockpit of a vintage 12 Meter the Senator had chartered. I took the opportunity to ask how things worked in Congress. He squared his shoulders and went right to his political philosophy. Senator Kennedy

told me, "Winning only takes place in football and basketball games. That is not how it works in politics. It is all about how you work in the grey areas." I asked him if he could give me an example. He was passionate as he spoke, "I talk with my colleagues across the aisle and ask what is important and how can I help. A senator from the South will tell me he needs help getting funding to renovate a bridge or assistance getting a product exported from his district. I tell them I will help





the best policy is to just keep trying to do the right thing for the people that elected you to serve.”

and then take the opportunity to advance some of my own priorities.” At the time there was a tunnel being built under the City of Boston to improve traffic flow. “I simply ask for support for our big dig project in Boston,” he explained. “We work in the grey areas. You don’t get everything. We compromise and try to get an appropriation for our own legislation.”

In our current political environment, there seems to be little compromise these days. The methods used by Senator Kennedy would work today if elected leaders decided to solve problems.

I am always amazed how good things happen when you say nice things about other people. Offering to help the other person sets an example that is appreciated.

Take time to attend a city or county council or even a state legislative session. As you watch the proceeding think about how you might deal with a piece of legislation being discussed if you were sitting in the elected official’s seat. It is easy to throw darts from the shadows but hard to sit in a seat of power and cast a vote. You can never make everyone happy on any issue, but Senator Kennedy explained the best

policy is to just keep trying to do the right thing for the people that elected you to serve. That sounds like a good philosophy.

During a time of crisis, it is important that all of us support our elected officials. A few recent local events that come to mind are the Covid-19 pandemic, the shootings at the *Capital-Gazette* newspaper in 2018, the flooding after Hurricane Isabel in 2003, the tornado that spun a destructive path through Annapolis in 2021. Our leaders were on the scene for each of these tragedies. Support is a two-way street. We expect leaders to be in-charge and make good decisions. Everyone should return the favor and be helpful.

Being a political leader is hard work. It’s a demanding and never-ending task. It can also be immensely rewarding when initiatives become reality. Future generations rarely understand how roads they drive on were built, how airports were improved, or the environment was cleaned up. It is the work by our leaders that get things like this accomplished. Elected leaders are often out of office by the time many important projects are completed. But there is a quiet satisfaction that leaders enjoy knowing they played a part in making something good happen.

Gary Jobson is a world-class sailor, television commentator, author, lecturer, and pre-eminent ambassador for sailing of the United States. He either serves on or has served on the boards of Chesapeake Bay Trust, Visit Annapolis & Anne Arundel County, Luminis Health, US Sailing, Olympic Sailing Committee, Leukemia Cup Regatta Series, Annapolis Yacht Club, and National Sailing Hall of Fame, among many others.





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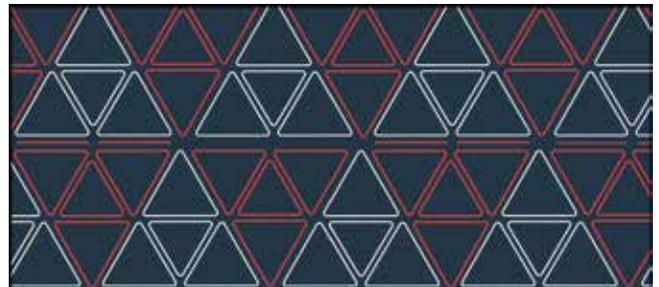


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A COLLEGIAL *Stewardship*



LIVING IN *AND WITH* A HOME'S SIGNIFICANT HISTORY

It's not every day you find yourself being entertained in the very same room where our nation's first president, enjoyed an evening of fine company, cocktails, and dancing. That is, however, where I did recently find myself as the guest of the President of Washington College in his residence at Hynson-Ringgold House in Chestertown. And, yes, I did say George was dancing.

"What's notable about this room is that George Washington recorded in his diary that he stayed here and that he danced at a party in this room," explains Dr. Michael J. Sosulski. "And he was known to be a terrific athlete, and a great dancer."

There's something that happens to a person when you find out someone so notable inhabited the very space where you are sitting. The eyes widen, the posture straightens, and imagination alights. I had

never heard about Washington's prowess on the dance floor before, but I could certainly see him there lightly skimming the original, wide-plank hardwoods as his dashing coat fleetingly catches the air under his woolen tails.

Calibrating back to the life of a modern-day visitor, I continue the enlightening tour of the residence that Sosulski and his wife, Dr. Cori Crane, have called home on Water Street since the latter half of 2021, when he became president of Washington's namesake college, founded in 1782.

The Washington Room, to the left of the main entry hall, has all the 18th century details and historical bones befitting a residence of import with those enduring wood floors, tall, sash windows with weighty inner and outer shutters, and deep, built-in window seats so indicative of the period.

Namesakes

Across the hall from the Washington Room is the Ringgold Room with its ornate plaster work, wainscoting, and a set of unique doors that were expertly painted by a craftsman of the era to mimic the look of mahogany. This technique was used in many fine homes, Sosulski explains, as the Colonies were still under strict control by the Crown, who was imposing an embargo on the import of mahogany at that time. The treatment of the base wood and tone of pigment was so spot-on, Sosulski says, many guests are surprised to learn that such a practice, and the talent to pull it off, even existed.

Remarkably, the ornate plaster work is also a talent-driven creation, actually a reproduction of what was originally conceived in the room when the home was built. Over the years, one of the homeowners was reported to have come upon hard times and was forced to sell off such embellishments piecemeal to make ends meet.



Upon further examination of the room, we pass a glass-front, antique cabinet that contains a collection of writings from our Founding Father. Then, along the fireplace wall, there is a set of double doors, that when opened, reveal a stellar Colonial period detail: a gorgeous concaved built-in with a serving surface. Sosulski tells me this probably functioned as a bar during that very evening when Washington took a turn on the floor, and reportedly was very graciously entertained in this residence.

“This is an original part of the house,” Sosulski says. “They used this during the Colonial period as a bar...and we know this from contemporary accounts from townspeople who walked up and down Cannon Street and noted that they would often see redcoats drinking at the bar.”

As we exit this lovely, sunny room, we pause to admire a framed work of embroidered art on the wall that Sosulski has been told is original to the Colonial period. Dating back to the 18th century, the “mourning picture” was highly representative of a practice of the era when artists would mark the death of a prominent person by honoring their life through art. There were several iterations of these works created at the time of Washington’s passing, many that depicted plinth and urn-like forms, as well as representations of angels and trees amidst an ethereal, garden-like backdrop.





Before the home became a property of Washington College in 1944, it was a private residence originally built in 1743 for a Chestertown physician who bought the land years earlier from its original owner, Nathaniel Hynson. The Ringgold Room was named for the father and son, Thomas Ringgold, IV, and Thomas Ringgold, V. The latter resided there, and began expanding its footprint after the senior Ringgold purchased the property for him in 1770.

One of the first improvements made to the home was extending it beyond the two rooms and center hall at the front of the house. A staircase was most likely removed from the center hall, and a new one, a remarkably well-crafted “antler” staircase, was placed within the new floorplan. This statement staircase has two sets of stairs, which are joined in the center on the lower level by a gracious mantel and hearth.

These stairs, says Sosulski, have provided the grist for the ghost story mill that often comes with living in a much older home. Apparently, some residents

and guests of the home have recorded a female presence on these stairs that has been experienced enough times to be referred to as the “stair monitor.”

The presence seems to be directing or even slightly nudging those guests who do not traverse the stairs in the manner that she feels is proper, which, according to legend, is ascending the stairs on the right and descending the stairs on the left side.

Sosulski says that he tends to always follow the monitor’s protocol, but that his wife, Cori, does not; ascending and descending in any order she pleases. “She says she has not run into the ghost—*yet*,” he muses.

The other areas that are treated as public spaces for entertaining are the home’s meticulous grounds, a gracious patio, a formal dining room which is home to a precious Chippendale buffet that Sosulski remarks is an original dating back to the Colonial period, and a portrait of the first woman to have graduated from Washington College in 1895.



Other Ghosts

Like so many of the historical properties of the time, the backstory of this home reveals a narrative of a complicated past deserving of recognition, reflection, and respect. As noted on the College website, many of the homeowners, prior to Washington College's affiliation with the property were slave owners, a fact that carries much weight for Sosulski, an 18th-century studies scholar.

"It's something we think about often with reverence; that this is not an uncomplicated legacy that we are stewarding at this point," Sosulski says. "Not just the College, but most likely this house was constructed with enslaved labor, so that gives us an obligation to be honest and truthful about history, and to revere those people—not just the people who owned the home...this is a very important thing to be honest about, the history."

This home's history, as well as the greater and overriding reality of the role that enslaved labor played in the establishment of the College is now being addressed in an essential and ongoing project it sponsors as part of the Washington College History Project, known as the Asterisk Initiative. Like the symbol asterisk, which denotes an absence or omission of information, the Initiative seeks to identify the spaces and symbols throughout the College's network and campus that are associated with the institution's historic and systemic connections to slaveholders.



Whether it be a campus statue, or a building such as the Hynson-Ringgold residence, (the Ringolds were well-known slaveowners; with the elder Ringgold operating a slave-trading enterprise out of Water Street's Customs House) these structures have been identified with a marking that denotes their greater history and provides a QR code to the viewer that works in conjunction with the College's website to provide that information.

Indeed, one only needs to visit George Washington's page on the site, to see all the backstory on the man that is best known for being our Founding Father, but who is least-known as an 18th-century slaveowner.

For his part, Sosulski is resolved to helping tell the College's greater story, asterisk and all.

"It's super important and it's way overdue.

Making a House a Home

Helping him in his stewardship of the residence, his wife Cori, is a respected educator in her own right, as an Assistant Professor of German and Director of the German Language Program at The University of Alabama.

The couple is currently successfully navigating the long-distance relationship scenario that is relatively common when both parties in a relationship are ascending as career academics. Crane says she was very excited about and supportive of her husband's new role, and found the town of Chestertown and the residence they would be sharing very charming and intriguing.

"It was very humbling to walk in and realize that there was a lot of history in the house before us," Crane says. "We really view our role as being stewards."

The couple is also navigating the unique aspects of inhabiting a historic home in terms of everyday living, and as playing hosts to the greater Washington College community. Crane says there is definitely an art to balancing a private life in a semi-public space, but that their previous experience at Wofford College in South Carolina when her husband was Provost, helped prepare them.





“The house is so large, I think we’re actually quite used to the fact that the first floor for the most part is considered public or is used by the College.”

Since moving into the home, the couple has hosted several college-related functions including a reception for the College’s Board of Visitors and Governors, a holiday party for the 1782 Society, and several events to show their appreciation for the College’s essential support teams.

“We recognize that the house is for the community and for the neighborhood,” Crane says. “There are a lot of people who we understand have already developed relationships with the space and that’s part of our orientation in stewarding the space and making it available for people of different communities in Chestertown to enjoy.”

Personal space for the couple, who are empty nesters and parents to two grown boys, is also gracious. The home’s private space includes a kitchen, additional informal living space off the kitchen, the entire second floor that features a large study with floor-to-ceiling bookshelves, and a gorgeous private parlor at the top of the double staircase.

Living within history as they are, when asked for their favorite space in the house, both replied that it is the Washington Room. He enjoys reading the morning paper there, and she loves the working fireplace and those cozy, deep window seats. Both cited the great natural light and the amount of space the room provides.

Enough room, indeed, for the Founding Father who took a memorable turn on the dance floor, coattails a-twirl in his aspect.

Michael J. Sosulski, Ph.D.

THE OPTIMIST ACADEMIC

The first thing Dr. Sosulski says to you when you meet him is, “Call me, Mike.” This month, Mike will be handing out diplomas to graduates at Washington College’s 240th Commencement, the Class of 2023, and while doing so, he will be just as excited about their future as they will be.

Since taking on the role as the College’s 31st President in 2021, Sosulski, a genuine and affable man, has been upbeat and passionate about his school community and the future of the institution, despite a bleak, years-long societal narrative about higher education, its costs, and the future of Liberal Arts educations, in general.

“What’s so interesting in assuming this position in this place right now—this is a terrific college. I think the rumors about its untimely demise were greatly exaggerated, to quote Samuel Clemens,” explains Sosulski.

He says that while colleges overall did hit a “rough patch” due to declining enrollments and demographic shifts with not as many high school graduates opting to continue their education beyond that point, he is encouraged by what he has seen thus far in terms of financials at Washington College.

“Despite our enrollment challenges in the last several years, ironically, our balance sheets have never looked better. And that’s because of our endowment, and because of the really shrewd fiscal management of our CFO,” he says.

Sosulski cites The Hodson Trust, of which Washington College has been beneficiary since 1928.

“[The Trust] continues to support us in the seven-figure range every year.”

He did add, that while the Trust is nearing its legal conclusion, the College will be receiving a sizable final distribution that he feels confident will help them attain the greater goals of: continuing to hire the best educators and staff, providing for investment in cam-



Michael Sosulski and Corinne Crane

Photograph by Tamzin B. Smith

pus infrastructure, strengthening their diversity initiatives, and expanding their communications platforms.

Sosulski carries the background of a seasoned leader in change management from his position as Provost at Wofford College and, prior to that, as Associate Provost at Kalamazoo College.

“When I started [here], the College’s audited financials were showing about a \$12 million annual operating deficit. But, by next year, we will have worked that down to about \$3.4 million...so we are making great progress.”

Which makes Mike optimistic.

“I think I can really help here, and I just believe so deeply in the liberal arts as an educational model. I think that’s the best model out there.”

Bring on the wood

Many of these original-type structures have aspects such as ceiling beams already baked into their traditional design. If you don't have them and don't wish to add them, you can introduce wood in other ways such as kitchen butcher block countertops, which really set the tone for a room. Or, you can add base trim work around windows and doors, or add a simple style crown molding where your walls meet the ceiling. You can also add an accent wall of wood to really kick up the character of either a farmhouse or more modern vibe.

Photo by Emily Gilbert via istdlbs.com



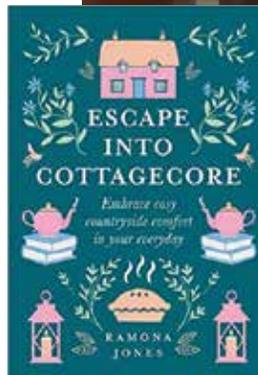
Bring It On!

5 RULES FOR 21ST CENTURY COTTAGE LIVING

By Lisa J. Gotto

Whether you're using it as a getaway retreat or have creatively downsized into something smaller and cozier, modern-era cottage living is all about beautifully personalizing a smaller space. Our Chesapeake region is home to tons of these tiny gems that prove you don't have to live big to live well.

If one of those gems is yours, or you're just considering living a simple and stylish life, here are five rules to inspire and define.



RECOMMENDED RELATABLE READ:

ESCAPE INTO COTTAGE CORE

Yearnings for simpler days and times continue to pepper our social channels with nostalgia. But do we even know

how to just "be" simple anymore? Ramona Jones addresses this concept in her book, *Escape into Cottage Core*. Using experiential practices in areas such as mindfulness, journaling, and even herbology, Jones relays how to bring a bit of the simple life into your life—even if you don't have a cottage.

Photo by Michael J. Lee for 1stflrbs.com



Bring on the light

This is a must since we are looking at small rooms and spaces. Find ways to maximize natural light by adding a skylight, turning a window into a larger glass door, or enlarging smaller windows, if possible. Also keep paint color options white or light, or bright. Resist the urge to go with dense or moody colors on large walls, or you will run the risk of turning your cottage into a cave. If you're a lover of rich, thick color, use splashes in your décor accents instead.



Photo courtesy of benjaminmoore.com

Bring on the charm

This is where the fun really starts! Having a cottage means having the ability to get a little quirky and think outside of the box. Keep in mind that charm can come in many forms such as vintage finds, décor themes based on collections, such as books or artworks, or even inspired by one specific item, like a prized piece of stained glass. It can also mean the unexpected use of an ordinary furnishing in a less-than-ordinary place. This practice is especially helpful if you are downsizing and have a furnishing you would still like to use but that you don't have the traditional space for. While we might never think that putting a sofa in a kitchen is a good idea, in this cottage scenario, it's charming and works exceptionally well.



Photo courtesy of mainecottage.com

Bring on the utility

Now remember—we said charm, not clutter. As smaller dwellings, every inch of space is at a premium, so it shouldn't be jammed with furnishings that are too large of scale, or appointed with every piece of sentimental bric-a-brac that you have not been able part with yet. When furnishing, consult an expert who can steer you to furnishings and online purveyors of this particular aesthetic that can make the most of space, and have it look its best. For example, a scaled down classic sofa by-day, provides added utility when it becomes an extra bed in the evening.

Photo by decoholic.com



THE COTTAGE DEFINED

The lineage of the “cottage” dates to the Middle Ages in England, when these structures were the traditionally humble, if not scant, countryside abodes or farmers. Back then, dirt floors and thatched roofs were the materials of the day, furnishings were minimal, and space along the interior roof line was utilized as sleeping quarters. Today, these small dwellings comprise the more historically popular and highly desirable of tiny living scenarios.

Bring on the detail

This is where texture and pattern can play a large role in your interior scheme. And this does not mean that everything must be puffy and upholstered. Some of today’s coolest cottages are contemporary dwellings with more than just a splash of modern panache brought out through the feel and visual impact of fabric and other materials. From the texture in the beadboard and beamed ceiling to the pattern of the chair backs and pillow coverings, this cottage is chock full of custom details.



Photo by Birmingham Museums Trust on unsplash



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There are some clever ways to maximize other garden and household supplies, making your gardening tasks easier. Try the following:

The thought of hanging pots can cause me to bolt upright in the middle of a summer's nap; "You haven't watered me in 24 hours!" Oops. There's a remedy for that. Cut up **bio-degradable disposable diapers**. Place a piece of diaper in the bottom of a hanging pot; sprinkle some fertilizer on the diaper, then add soil and the plant. Like the sponge, the diaper will absorb and release moisture evenly over several days, usually. The fertilizer just adds a little boost. Your hanging pots will look lush and happy, with the added bonus of not dripping down onto your patio or porch floor leaving an ugly water mark.

Save the **hair clippings** when you cut your children's hair or trim your mate's. Sprinkle the hair around the garden. The scent will discourage all the wild critters: deer, rabbits, raccoons from hanging around. (Sadly, squirrels are not intimidated by the scent of humans.)

And speaking of odors. Hang bars of **Irish Spring soap** from tree limbs or stake them to fence posts. Deer do not like the scent and will stay away—usually.



Fleas and ticks hate the smell of cedar chips; you and your pets will love them in your flowerbeds.



Having trouble keeping track of your small garden tools? Find an interesting **mailbox**—perhaps something dented and rusty or maybe a shiny, red beauty. Use it as your toolbox. It can sit along the garden path or in a flower bed and look pretty, while you can avoid running around looking for that favorite trowel or your gardening gloves.

Paint the handles of your favorite tools a bright color so you can find them when you drop them in the flowerbeds. The bright handles will help friends or neighbors remember which tools are yours.

Small clay pots can be useful as hose-guides, or to cover fragile seedlings when frosts or windstorms threaten. Put that ball of garden twine in a small pot with the free end running out the drain hole. Easy to keep the twine tidy and measure out the amount you want.

Speaking of measuring, I'm always running around looking for my tape measure or yardstick. Gather up your **long-handled garden tools**. Measure off and mark with permanent ink, a foot in inches and a yard in feet. You won't have to look far to find a reliable measuring tool.

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You may want to see the potential of your **hot car** in late summer, when you need to dry those lovely garden herbs. Lay out paper towels or newsprint on your car's seats and floorboards. When you're leaving the car alone for 5-6 hours, spread your herbs on the paper; close the doors and windows of your car, and leave. When you return the next day, the car will smell divine, and the herbs will be beautifully dried in their natural formations.

Planning a garden party but wondering where you'll place drinks and plates? Hose off those **large flowerpots and unused saucers** in the potting shed. Turn them upside down; set a clean pot-saucer on top, and you have a chair side-table that will be just the right height and hold a glass of lemonade and a plate of sandwiches.

One final tip that doesn't really involve household material: An easy and budget-friendly way to keep your garden borders bright and beautiful, is to plant **self-seeding flowers** like Marigolds, Cosmos, Sweet Alyssum, Candytuft, and Larkspur. (Just writing their names brings lovely images of lush, colorful blooms along the walkways of our gardens.) Hopefully, some of these tips will make your work in the garden easier.

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Cherished Chesapeake Escape

By Lisa J. Gotto

Sleek and chic best describe the overall vibe of this immaculate condo home on the water in St. Michaels. So close to the action and so well designed and maintained, this 2,000-plus, square-foot residence has it all for the those who love care-free living.

To the right of the entry there is a home office/den with plenty of space for a desk and chill zone, and large windows that bring in great light while offering inspiring views of the Miles River. Spacious and bright, this room can also be used as a bedroom.



Just a short walk down the hall, the space widens to an open-plan living area with a contemporary, all-white gourmet kitchen with many upgrades including gorgeous trim work, sleek, black granite countertops, and a sumptuous, shiplap ceiling detail with contrasting gray paint—an unexpected, statement-making treatment. Just adjacent, a formal dining area with sunny hardwood floors leads into a lovely, living room bright with natural light from a series of sliding doors that offer serene views to the gorgeous patio and river beyond.

On the upper level there's a huge, primary suite with a spacious separate seating area worthy of a studio apartment, so there's plenty of room for lounging and tons of natural light from a series of large windows, plus a large sliding door to the room's private balcony over-looking the water. Just a great room to add a desk—or two!—and feel inspired to work from home. Gorgeous trim work, built-in bookcases, and



Primary Structure Built: 1990
Sold For: \$879,000
Original List Price: \$839,000
Bedrooms: 3
Baths: 3 Full
Living Space: 2,213 Sq. Ft.
Lot Size: .22 acres



Seller's Agent: Cornelia C. Heckenbach; 109 S. Talbot Street, St. Michaels; m. 410-310-1229; o. 410-745-0283; info@corneliaheckenbach.com; stmichaelsmdwaterfront.com **Buyers' Agent:** Dawn Lednum; Chesapeake Bay Real Estate; 108 N. Talbot Street, St. Michaels; m. 410-829-3603; o. 410-745-6702; dawnlednum@gmail.com; cbreplus.com



a spacious, bright, primary bath with soaking tub, create the ultimate owner's retreat.

This floor also offers a cheery guest bedroom with a lovely *en suite* bath with marble vanity, a huge, walk-in shower with white subway tiles, and a charming wall of nautical shiplap.

Outside, you're just steps from the waterfront and mere minutes from spa and dining opportunities at the Inn at Perry Cabin, and then dinner, and even shopping on Main Street in St. Michaels; making for the perfect day, and life, by the Bay.

The Art of the Garden

featuring paintings by Georganna Lenssen



Courtesy: 2018, 2021 by Georganna Lenssen

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Tricked-Out Traditional

By Lisa J. Gotto | Photography by Eve Fishell of Chesapeake Pro Photo

This is the perfect summer home you'll want to live in all year long. Ideally located between St. Michaels and Easton, this property provides the ultimate in views courtesy of the Tred Avon River.

With nearly 5,000 square-feet, this traditional home makes entertaining and hosting guests a breeze, and it starts with its bright and breezy entrance. Like walking onto Planet Sunshine, this home has an ideal layout and many architectural elements that make the most of the natural light.

Guests are greeted by light, pecan-colored hardwoods throughout the first level. An architecturally appealing stairwell with an attractive wall molding treatment and sightlines to the living room straight ahead follows, as does the lovely view to the right of the entry of the home's formal dining space.

A set of charming vintage entry doors lead to the home's clean and crisp kitchen with its all-white custom cabinetry, sparkling white quartz countertops, white subway tile backsplash, and a striking bespoke gas range hood lacquered in navy blue. A separate, sunny transitional space offers a great place for a kitchen table and chairs to complement the breakfast bar seating at the peninsula.

The kitchen flows into a spacious family room framed with large windows all around, built-ins, and anchored with a simply styled brick fireplace. The views from this area to the property's outdoor living and patio space are abundant and peaceful.

The family room adjoins the formal living room on one side with its statement-making fireplace wall consisting of a white brick, floor-to-ceiling chimney framed on either side with slant-angled





Primary Structure Built: 2001
Sold For: \$2,600,000
Original List Price: \$2,800,000
Bedrooms: 5
Baths: 4 Full, 1 Half
Living Space: 4,816 Sq. Ft.
Lot Size: 2.89 acres



shiplap painted a rich blue. Three beautiful sets of French doors lead to the home’s sunroom with its tranquil water views. This extra living or recreation space can moonlight as a home office or even a place to gaze at the stars.

The main level of this home offers a convenient owners’ retreat with a large, water-facing bedroom, and a handsome primary bath with large soaking tub, quartz countertops, a dual vanity, and spacious walk-in closet. There’s also a cozy bedroom space with a window to the water that makes a perfect work-from-home nook.

The home’s floorplan provides three additional bedrooms on its upper level, along with two baths, and an office/playroom space, as well as another guest suite over its two-car garage.

Outside, the back yard is a recreational oasis with a gunite, saltwater pool, spa, and firepit space all within eyeshot to the property’s private pier and some amazing southwesterly views to the water.

Listing Agent: Meg Moran; Long & Foster Real Estate; 28380 St. Michaels Road, Easton; m. 410-310-2209; o. 410-770-3600; meg.moran@Inf.com; longandfoster.com **Buyers’ Agent:** Christie Bishop; Benson and Mangold Real Estate; 24 N. Washington Street, Easton; m. 410-829-7281; o. 410-770-9255; info@cbishoprealtor.com; bensonandmangold.com

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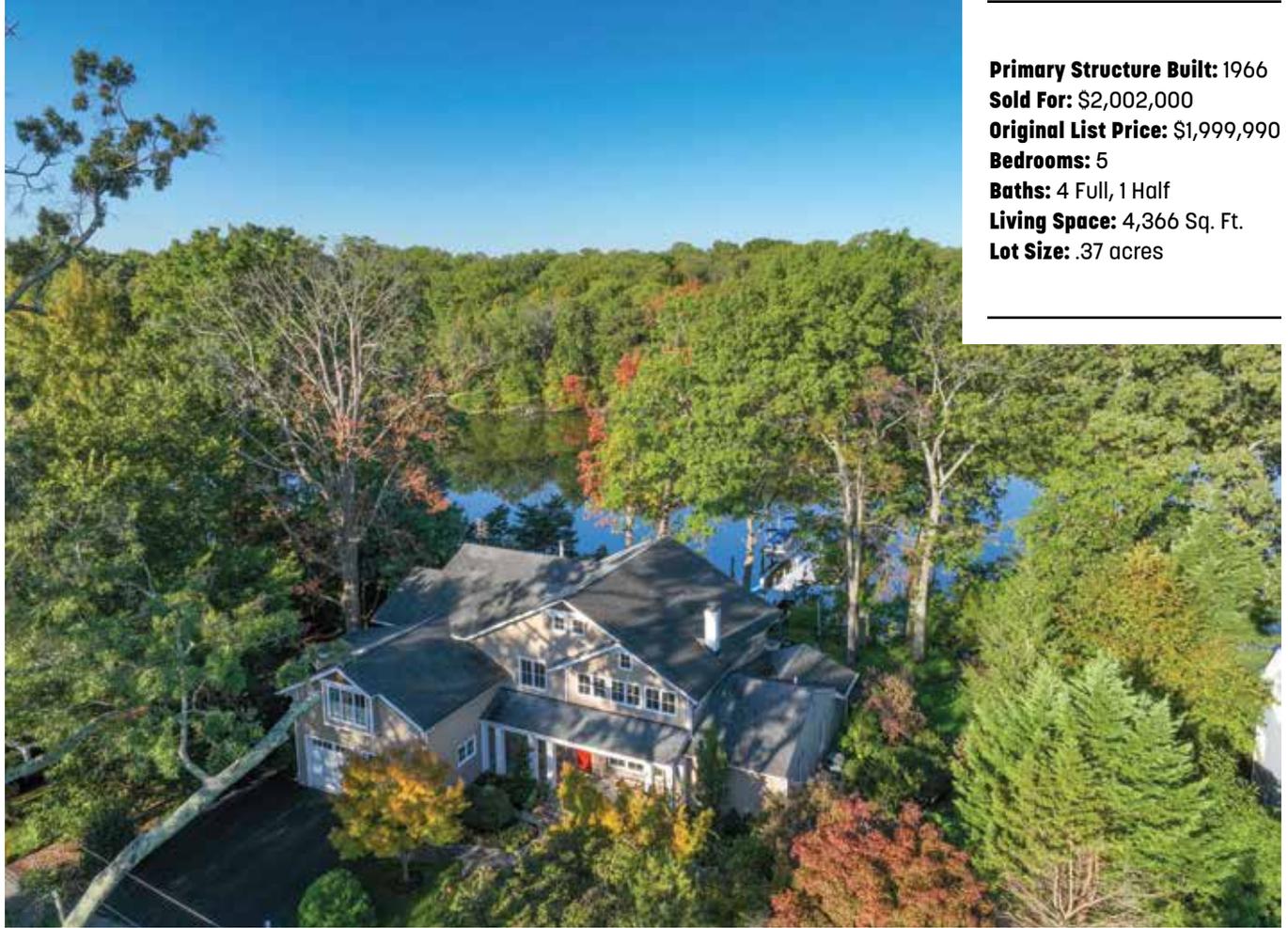


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PO Box 231 St Michaels MD 21663





Primary Structure Built: 1966
Sold For: \$2,002,000
Original List Price: \$1,999,990
Bedrooms: 5
Baths: 4 Full, 1 Half
Living Space: 4,366 Sq. Ft.
Lot Size: .37 acres

Everything in Edgewater

By Lisa J. Gotto | Photography by Jeff Jackson

This expansive and extended 4,300-square-foot, Cape Cod-style home was renovated top to bottom in 2011 by a prominent Annapolis architectural and design firm.

“I sold this home in 2010 for \$870,000 and the family (my seventh transaction with them) completed an amazing renovation with the assistance of Cathy Purple Cherry, says Sellers’ Agent, Lori Gough. “It is truly a beautiful waterfront property, and a gorgeous home!

Life on the water at this location is tranquil and private with 125 feet of water frontage providing panoramic views of Camp Letts, an area that will always be scenic as it can never be developed.



Upon approach, visitors will notice this home's visually appealing, three-pitch roof line, charming windows, and exterior treatments of Hardie plank siding and stone, which provide first-class curb appeal.

Inside, the main level living area flows from a cozy family room with stone-front accent wall and wood stove, to an oh-so-gracious great room for entertaining, with a wall of windows that floods the space with natural light and panoramic waterfront views. Gleaming, honey-colored hardwood floors flow throughout.

To the left of the entry is one of the home's large and sunny home offices and this floor also offers the convenience of a main or guest bedroom suite with full bath. The home's huge, eat-in gourmet kitchen effortlessly flows from the great room to a large, integrated wet bar area with handsome granite countertops. Gorgeous, custom wood cabinetry is accented with a classic, white subway tile backsplash. A large



contrasting center island provides plenty of prep space and breakfast seating for four. The room is finished with top-of-the-line stainless steel appliances including a six-burner gas range and double ovens. A separate dining room with two walls of windows provides that extra space to entertain guests for dinner.

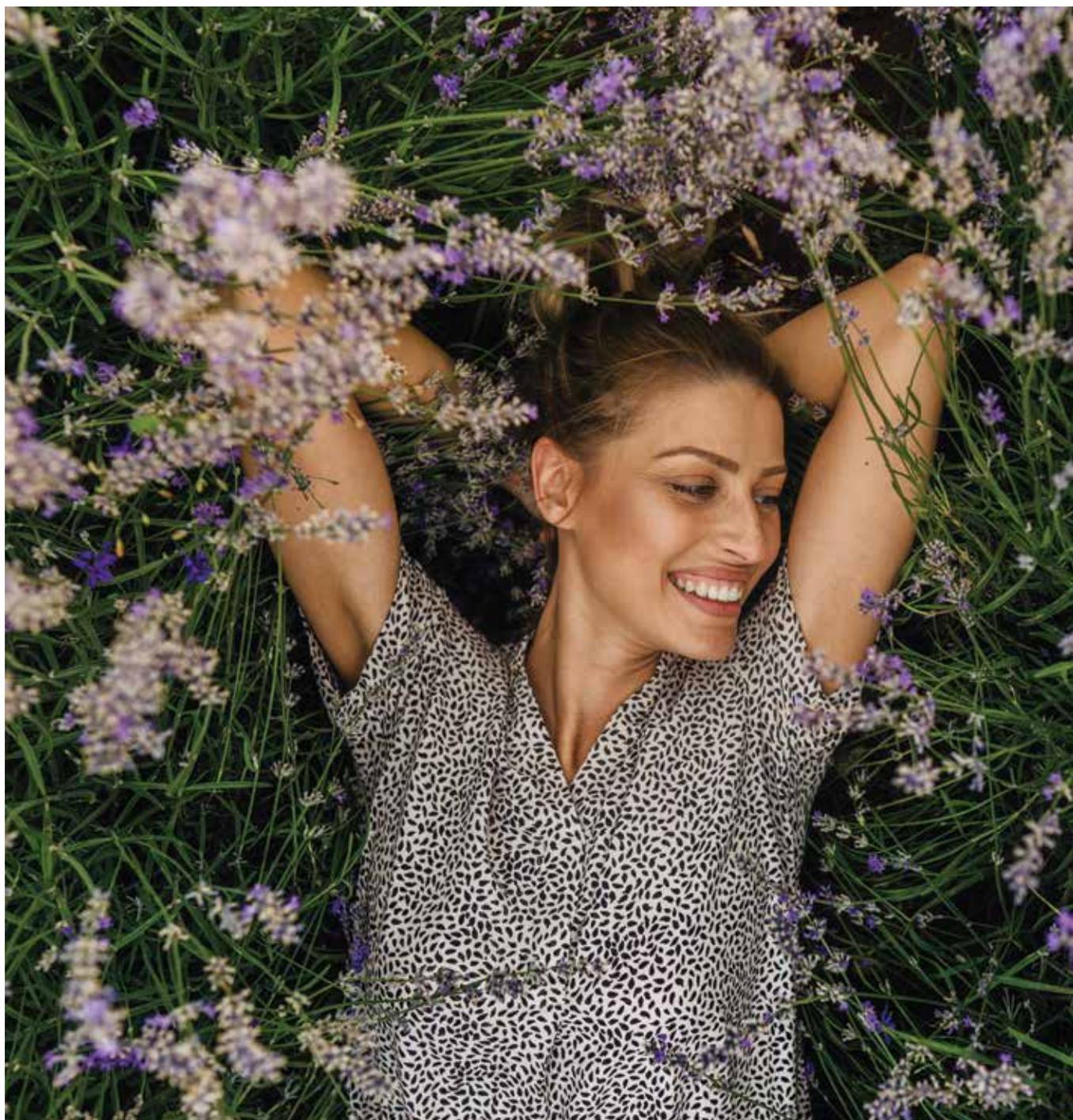
A contemporary wood and cable stairway ascends from the great room to the second story loft that features awesome views and plenty of flex space for a chill zone. A spacious owner's suite is located on this floor and offers relaxing waterside views, a soaking tub, dual vanity, and a huge, walk-in shower with gorgeous tile treatment. This home offers four bedrooms with the possibility of a fifth.

Outdoors, professional landscaping with curvy paver walkways, colorful perennials, and a sprawling back patio, gives sightlines to the property's 90-foot private pier with six feet of mean low water, a 12,000-pound boat lift, three jet ski lifts, and a floating dock. Everything a family needs for fun in their private Edgewater paradise.

Listing Agent: Lori Gough; Long & Foster Annapolis Bestgate; 711 Bestgate Road, Annapolis; m. 410-320-0851; o. 410-224-0624; lori.gough@lnf.com; lnf.com **Buyers' Agent:** Patricia Kafka; m. 757-470-4811; patrickakafkarealestate@gmail.com; patrickakafkarealestate.com

Health & Beauty

98 FRESH TAKE | 100 FITNESS TIPS | 101 THE MYSTERY OF ADULT-ONSET ADHD
102 4-DAY WORK WEEKS = BETTER HEALTH? | 103 INDULGE IN FOOT CARE



Fresh Take

CHERRIES

By Dylan Roche

Maybe the myth about how young George Washington chopped down a cherry tree (and later confessed to it because he couldn't tell a lie) isn't a true story—there's no historical record of this happening in his childhood. But it wouldn't be a lie to say cherries are a powerful source of antioxidants. With their balance of sweet and tart taste, they are one of nature's candies that deliver surprising health benefits.

Most cherries grown in the United States come from California or Washington, though they also thrive in the Midwest region between April and June—in fact, the first tart cherry orchard in the country originated in Michigan in the late 19th century, and today the state is home to the National Cherry Festival held every July.

When you think of cherries, you likely think first and foremost of their bright red color, which they get from their rich antioxidant content, primarily anthocyanins, known for preventing cellular damage. Some studies have even found evidence that the antioxidant content in cherries can help your body recover from exercise more effectively by reducing soreness in your muscles.

Another antioxidant commonly found in cherries is vitamin C, often hailed for improving your immune system. A lesser known purpose of vitamin C is encouraging your body's production of collagen, a compound that gives your skin its firmness and elasticity. Cherries even prompt your body to produce serotonin, often known as the “happy hormone” for the way it boosts mood, as well as tryptophan and melatonin for good sleep.

From a health perspective, it's worth noting that cherries are one fruit where fresh is practically always better than preserved of any kind, as preservation usually uses added sugar. Check the labels of any frozen, canned, jarred, or dried cherries, and you'll likely see they've been heavily sweetened.



Cherry Chicken

6 large chicken breasts
1/4 cup balsamic vinegar
2 tablespoons agave syrup or honey
1/2 cup olive oil
2 large shallots
1/4 cup fresh rosemary
2 cups tart cherries
1 teaspoon lemon juice
2 tablespoons salt
1 tablespoon black pepper

Combine balsamic vinegar, olive oil, lemon juice, agave syrup, salt, and pepper, whisking together well. Chop the shallots and rosemary. Add to the marinade mixture. Pat the chicken breasts dry and set them aside in a container with the marinade for approximately 30 minutes. Preheat the oven to 400F. Remove the pits from the cherries and chop into quarters. Arrange the chicken breasts on a baking sheet and top each with a generous amount of chopped cherries. Spoon any remaining marinade on top. Bake for approximately 25-30 minutes. Check the internal temperature to ensure it reaches 170F. Serve immediately.





Cherry Brus- chetta

2 cups fresh cherries
1 tablespoon butter
1/4 white onion
1/2 cup almonds
1/4 cup red wine vinegar
2 tablespoons brown sugar
1/2 teaspoon minced fresh thyme
1/2 teaspoon minced fresh rosemary
1/2 teaspoon salt
1/2 teaspoon black pepper
1 cup fresh goat cheese
1 large baguette

Begin by pitting the cherries and slicing them in half. Chop the almonds and white onion into fine pieces. In a large skillet over medium heat, melt the butter. Add the onion and allow to soften. Add cherries, pecans, thyme, rosemary, salt, and pepper. Reduce the heat and allow to simmer until the cherries have softened. Add red wine, vinegar, and sugar. Allow to cook down until the mixture has thickened to the consistency of syrup. Remove from the heat and allow to cool. Slice the baguette into thick pieces and toast. Spread each slice generously with goat cheese and top with cherry bruschetta.

As with other fruits like apples or oranges, you have plenty of variety when it comes to selecting a favorite breed of cherry. Some, such as the Bing cherry, are sweet, whereas others, such as the Montmorency cherry, are tart. Cherries tend to be extremely difficult to grow and harvest, as it takes about six years before a cherry tree is mature enough to yield any fruit, and because they are so sensitive to rain, a particularly wet season could mean a more modest harvest.

When you're selecting cherries at the grocery store or farmers market, look for cherries with the brightest shade of red you can find and a distinct firmness. Be careful when handling them, as cherries bruise extremely easily. Keep them unwashed until you're ready to use them because moisture can accelerate their spoilage. You can expect them to last for about three days on your counter or up to a week in the fridge. If you wish to keep them longer, wash them and remove their pits before freezing them for up to a year.

While cherries are often hailed as a flavorful addition to fruit salads or as garnish for a fancy dessert, there are many more creative ways to use cherries in the kitchen. Let cherries be the star of a three-course meal—appetizer, entrée, and dessert—with these recipes for cherry bruschetta, cherry chicken, and cherry pie.

Cherry Pie

3 cups all-purpose flour
1 cup + 2 tablespoons sugar (granulated)
1/2 teaspoon salt
1 cup butter
1/2 cup ice water
10 cups fresh cherries
1/4 cup corn starch
2 tablespoons lemon juice
1 teaspoon vanilla extract

To prepare the crust, combine flour, 2 tablespoons of sugar, and salt in a large mixing bowl. Cut in the butter until thoroughly combined. Slowly add water and stir until a consistent dough forms. Separate into two pieces and refrigerate for 1-2 hours. Pit and halve the cherries, then combine with 1 cup sugar, lemon juice, and

vanilla extract in a pot on the stovetop over medium heat. Allow the cherries to soften (approximately 20 minutes). Remove from the heat. Preheat oven to 425. Remove the dough from the fridge and roll out over a floured surface until each piece is approximately 12 inches in diameter. Transfer one to a 9-inch pie dish and press into place. Spoon in the filling until it is evenly distributed. Lay the other rolled-out piece of pie crust on top, pinching the sides together with the bottom crust. Prick the top with a knife for ventilation. Bake for approximately 20 minutes, then reduce the heat to 375F. Allow the pie to continue baking for up to 1 hour or until the crust is golden brown. Allow pie to cool before serving.





Fitness Tips

MOVEMENT SNACKS

By Dylan Roche

Have you heard people talking about “movement snacks” lately? Despite what it might sound like, movement snacks have nothing to do with food snacks—instead, it’s the current trend of doing small, “snack-sized” bouts of exercise (as opposed to a whole “meal” of a workout) that add up to sufficient physical activity throughout the day. The concept has been around for a while, but it’s only in the past two or three years—since the Covid-19 pandemic up-ended most schedules—that people have started to popularly implement it.

There’s no denying the benefits of exercise: It can help reduce stress, prevent disease, improve mood, and increase longevity. Staying active is essential for maintaining a healthy weight and for staying strong, flexible, and mobile well into old age. Unfortunately, the Centers for Disease Control and Prevention notes that about one-quarter of Americans don’t get sufficient exercise.

While motivation is always a factor, most people will say that time is the biggest obstacle for them. They don’t have a spare hour (or even a half-hour) to do a full workout. But

research has shown that short periods of exercise, when added up, are just as effective. It’s all about total time spent being active, not about how it’s broken up.

What does that mean in practical terms? The Physical Activity Guidelines for Americans laid out by the U.S. Department of Health and Human Services encourages at least 150 minutes of moderate-intensity exercise per week (or 75 minutes of vigorous exercise per week) to maintain good health. While some people might opt to do a 30-minute workout five times per week to achieve that goal, others might opt to do 10 minutes of exercise three times a day for those five days.

Those 10 minutes could be spent walking the dog around the block or riding your bike to pick up a take-out lunch order. Simple tasks like taking the stairs instead of the elevator or parking your car in the back of the parking lot can add up. Calisthenics—such as squats, lunges, planks, burpees, and dips—are good for building strength, and they can be done from pretty much anywhere in just a minute or two.

Most smartphones come preloaded with an app to track your steps throughout the day, easily letting you monitor your progress. If you need a reminder, you can even use your phone to set alerts throughout the morning and afternoon, so you know when you’re due to get up and move.

Overall, it’s about shifting your mindset to embrace regular activity as part of your routine. Wondering what a sample day of movement snacks might look like. Consider this:



5 minutes of yoga when you wake up in the morning



10 minutes of walking before you start work



5 minutes of light calisthenics midmorning



10 minutes of walking break to pick up lunch



5 minutes of light calisthenics mid afternoon



10 minutes of walking around the block when you get home



5 minutes of stretching while you watch TV in the evening

When it’s broken down like that, getting a sufficient amount of exercise no longer seems like an overwhelming item on your to-do list—it’s suddenly easy to make it part of your day.

The Mystery of Adult-Onset ADHD

By Dylan Roche

Ever feel as if you have trouble paying attention, or that you're impulsive in a way you can't control? If you were a kid, a doctor might say it's ADHD. But you're not a kid...

The reality is that ADHD isn't something that always develops (or gets diagnosed) in childhood. And though understanding of adult-onset ADHD is evolving, the National Institutes of Health estimates that about 4.4 percent of adults struggle with the condition.

FIRST, WHAT IS ADHD?

ADHD is a common abbreviation for attention-deficit hyperactivity disorder, a neurodevelopmental disorder commonly seen in children. It's characterized by, as its name suggests, difficulty paying attention and hyperactivity. Although ADHD can be managed with medication and psychotherapy, adults with this disorder might not realize they have it if they were not diagnosed in childhood.

That's because in adults, the symptoms look slightly different. Adults with ADHD will often be less hyperactive, but they'll still struggle with lack of focus and impulsiveness. When they miss a deadline or forget about an important appointment, they might think themselves irresponsible. If their impulsiveness manifests itself in road rage or low frustration tolerance, they might think they have difficulty managing their anger. Ultimately, adults with ADHD don't end up getting the help they need.

SO, DO ADULTS DEVELOP ADHD?

It's still not clear. In 2021, *Psychiatric Times* reported studies looking at test subjects from childhood through adulthood. Some adults developed symptoms after age 12, the designated cut-off age for ADHD according to the Diagnostic and Statistical Manual of Mental Disorders (Fifth Edition).

In some of those cases, symptoms presented themselves in teen years. But the Attention Deficit Disorder Association explains that there are other cases when the symptoms were



present in childhood but were not so severe that they warranted a diagnosis, or else they went undiagnosed because parents and teachers dismissed the symptoms as simply bad behavior. There's also a chance that the symptoms were attributed to another condition, such as anxiety.

There are a few rare exceptions when people develop symptoms well into adulthood, but these are usually because of noteworthy incidences, such as brain trauma, which could change thought patterns and, in turn, affect behavior, according to the Mayo Clinic.

WHAT SHOULD ADULTS DO IF THEY HAVE SYMPTOMS OF ADHD?

The only person who can diagnose ADHD is a primary care provider or a mental health expert, such as a psychiatrist or psychologist. If you think your inability to focus or your impulsiveness goes beyond what's typical, it could be beneficial to get insight from a professional. The good news is that adults are typically better equipped—emotionally, mentally, and socially—to manage their symptoms than children often are. While medication and therapy can be an option, many adults find they do just fine by practicing time management skills, meditating, doing concentration exercises, and making time for distraction-free (no phones) socializing.

4-Day Work Weeks = Better Health?

SOME WORKERS ARE ENJOYING BETTER PHYSICAL AND MENTAL WELL-BEING

By Dylan Roche

Nearly 100 years ago, the economist John Maynard Keynes published an essay titled “Economic Possibilities for Our Grandchildren,” in which he predicted the typical workweek would go down to 15 hours per week by 2030 because of the numerous industry innovations that were making many jobs easier to complete.

How wrong Keynes was! If anything, many people are working longer hours than they were a century ago. And their health is suffering for it.

But what if people did cut back on the amount of time they spent working? What if we could spend four days at the office instead of five, and enjoy a three-day weekend (or an extra day off in the middle of the week)?

The idea is that people could enjoy a better work-life balance, achieve better mental and physical health, and ultimately be more productive in the reduced time they spend working. And experts say this is sound thinking—the International Labour Organization put out a statement in 2018 saying that long hours often hurt productivity and increase fatigue.

When people are working fewer hours, they are likely to have:

More time to exercise • More time to sleep • More time to enjoy nutritious meals • More time to focus on families and hobbies, which can boost their mood

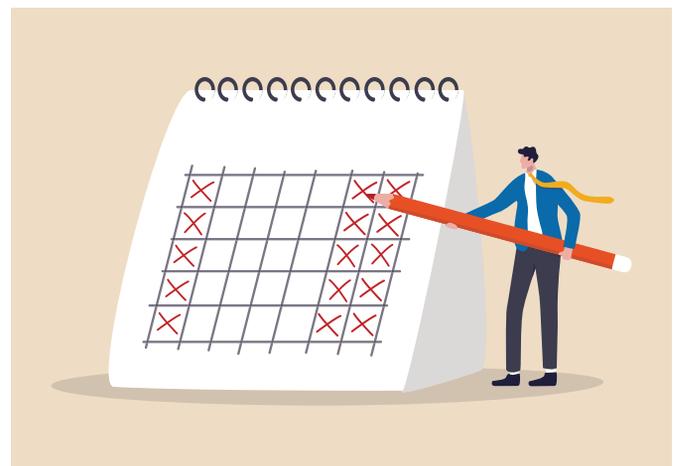
It’s a concept that is growing in popularity worldwide. The nonprofit organization 4-Day Week Global released a study at the end of 2022 looking at data from 33 countries that adopted a four-day workweek for six months. The study described these programs as a “resounding success” and said companies were “extremely pleased with their performance, productivity, and overall experience.”

Specifically, the companies that participated saw:

- Sick days and absenteeism decreased
- Employees reported feeling less burnout
- Overall revenue for the companies increased by 8 percent

But the idea of working fewer days isn’t necessarily embraced by everyone, particularly if the number of overall hours worked remains the same. In Belgium, a legal measure passed that switched businesses to operating on 10-hour workdays for four days instead of eight-hour workdays over five days. Many people reported that this kind of schedule was much more stressful.

But if people have more energy from their improved physical health and better focus thanks to their improved mental health, they might be able to accomplish everything in 32 hours a week instead of 40. And at a time when many businesses are striving to attract talent with perks like office lunches or commuter benefits, it’s worth looking at the real perk the average American wants: more flexibility and time to take care of themselves.



Indulge In Foot Care

By Dylan Roche

Our feet can take a beating when we're walking on them all day. And even though professional pedicures can keep feet looking and feeling their best, it can be a challenge to schedule regular visits to the salon. A little bit of home care can make a big difference in your foot and toenail health between pedicures—and you either already have most of what you need around the house or can pick it up on a simple trip to the pharmacy or grocery store.

Ready to get started? Here's what your foot care routine should look like...

Begin with a foot soak

Care begins with a good soak in a foot bath, which will not only reduce swelling and promote good blood flow, but also help control bacteria and odor that often plague feet kept inside sweaty socks and shoes all day. Create a mix of equal parts baking soda, Epsom salt, and table salt, then dissolve in a tub of warm water large enough to hold both feet. If you want to, you can add marbles to the bottom of the tub to massage the bottoms of your feet while you let them soak. You can also add a few drops of essential oil to perfume your feet. Doing two foot baths per week should be enough to keep your feet clean and hygienic, though soaking them more often could lead to irritation or dryness.

Remove dead or calloused skin

After a 20- to 30-minute soak, your skin should be soft and prime for removing dead skin and calluses. Dry your feet thoroughly and use a pumice stone to gently rub away any calloused parts of your feet. Take note, however: Don't use a razor to cut away dead skin. Although you may have seen your pedicurist do this, it's not a safe practice for home use. This is also the point in your foot care when you can trim your nails. Finish off by exfoliating your feet with a homemade scrub. Combine one cup brown sugar, half-cup honey, half-cup oatmeal, and one tablespoon olive oil. Lather the scrub on your feet and massage gently. Rinse off with warm water.



Moisturize and deodorize

Your feet are prone to dryness, particularly during the winter. After soaking and washing them, generously lather them with coconut oil or a medicated foot cream. Soak a towel in hot water and use it to wrap your moisturized feet. Keep the towel on your feet for 10 minutes or until the towel has cooled. While this process is ideal after your twice-a-week foot soak, you should keep your feet moisturized throughout the week. Every time you get out of the shower, lather up with foot cream or balm. You should also use deodorant powder on your feet every morning or more frequently if necessary (especially on sweaty days).

Take care with sensitive skin or wounds

Although properly caring for your feet in this way will keep them in good condition, you may need to take extra care if you have sensitive skin or any kind of wound, like a cut or irritated skin. Consult a doctor before you soak a wound in any kind of foot bath, as this could lead to infection. Additionally, you should make sure you're not allergic to any essential oils you're adding to the bath. Redness or swelling could be a sign that your toenails are infected. You should also watch out for ingrown toenails, which will be painful and often show themselves with redness and swelling. If your toenails get thick and take on a yellowish or blackish color, this could be a sign of toenail fungus. Any of these conditions warrants a visit to your doctor for examination.

And finally, schedule that pedicure

No amount of DIY care is a replacement for that of a professional. Pedicures keep your feet healthy by reducing the risk of developing fungus or infection, and by promoting stronger, healthier nails. Removing dead skin from your feet will encourage new skin growth, and the improved circulation from the warm soak and massage will lead to healthier muscles in your feet, so there's less risk of arthritis and varicose veins.

WHAT'S UP? MEDIA

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Dining

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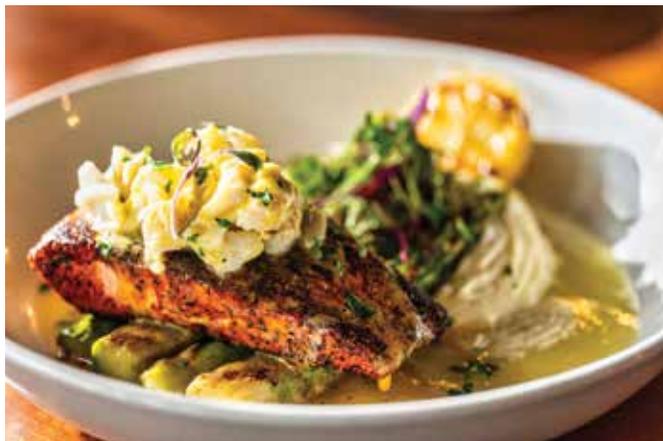
Dine During Mother Nature's Daily Show

By Rita Calvert | Photography by Stephen Buchanan

Facing westward, Libbey's boasts the best views of the Chesapeake Bay and its landmark bridge. Sunsets are spectacular from the upstairs or downstairs dining areas...inside or out! The restaurant calls early evenings one of "Mother Nature's daily shows!" This spot, where Maryland's Eastern Shore begins, has been a hospitality leader for forty years says Manny Lopez, Director of Operations.

With the July 2021 acquisition of the Bay Bridge Marina and former Hemingway's Restaurant, new owners Petrie Ventures and McGrath Development opened Libbey's Coastal Kitchen + Cocktails. After completing substantial renovations, the team introduced a revamped dining concept with seafood and coastal influence.

The bright red signage that announces the restaurant is personal for new owner Walt Petrie, who has honored his wife and two daughters by combining their names to create Libbey's (Lisa + Lindsay + Abbey). Libbey's menu features creative dishes curated from fresh, local ingredients with a nod toward southern style. A huge plus for service is the fact that Libbey's is managed by the team of Chesapeake Bay Beach Club.



Of all the dining areas, the focal point is undoubtedly that which overlooks the Bay, with soaring window views from a remodeled contemporary interior. The decor is clean throughout, in a quiet nautical way with subdued tones of blue and gray. Jay Fleming's breathtaking photographs hang on the walls, adding even more local Bay character. The spring season will find Libbey's launching its sailcloth sunshades for outdoor dining. The lower level seating is covered with an awning, providing an oasis from Maryland's heat.

We were seated upstairs in one of the two dining rooms attached to each side of the bar room. Since we planned our visit at sunset, our server was skilled at lowering shades which provided relief from the sun's glare, then raising them for the twilight glow.

Creative cocktails are a big sell at Libbey's with "Upstairs Cocktails" crafted with artisan liquors, fresh juices, unique syrups, and herbal sprigs. Cocktails



served on the lower level lean toward tropical frozen drinks, crushes, and juicy island concoctions. Freshness is the rule of the bar. The bartenders also get creative with special cocktails for holidays. Wines categorized as Whites, Blush, and Sparkling have a global range including New Zealand, Italy, France, and of course, California. Those labeled Reds + Blends are mostly Californian with a smattering of French and Argentinian. A big draw on Tuesdays is half-priced bottles of wine.

The dining menu covers lunch and dinner, so there is a range of choices from casual to more eloquent fare. The "Handhelds" section covers casual burgers, sandwiches, tacos, and

wraps. Gluten-free bread is available and there is a designation for gluten-free menu items. The “Oyster Bar” has three offerings: raw on the half-shell, and prepared Imperial or Rockefeller. “From the Garden” features three salad choices: Classic Caesar, Bayside Cobb, and Harvest. Protein may be added.

For the “Shared Plates,” Libbey’s Executive Chef “Mo” takes creative license with the popular Chesapeake Crab Dip, which boasts spinach, artichoke, and blended cheeses in a bread bowl with wonton chips and naan for dipping. The most popular appetizer, however, is the Sashimi Tuna Tower. It has height and is layered with green and red seafood salad, tuna, avocado, cilantro, ponzu, and wasabi cream. Those crisp wontons serve as chips. For our starters, we indulged in the Country Scallops, which rested on a flavorful bed of cauliflower puree sprinkled generously with small crisp cubes of grilled pancetta. The flavors married superbly, and the large scallops were perfectly tender, melt-in-the-mouth, and golden with flecks of green herbs on the plate. We savored every glorious bite slowly of the three bivalves.

From “Main Plates,” we considered the tempting Seafood Trinity, consisting of broiled crab cake, scallops, shrimp, chives, citrus bay butter, Old Bay mashed potatoes, and a seasonal vegetable. There are several land and sea options. A New York Strip steak is offered, as are two versions of poultry: fried chicken or Chesapeake Chicken. Of the two pasta dishes on the menu, Cajun Pasta is sure winner, we were told.

Since we had tasted the scallops, I opted to try a dinner special, Salmon Oscar. Arriving in a large, flat bowl, the layered affair began with a bed of mashed potatoes. Plump, tender asparagus were next up. A six-ounce salm-



on filet floated on top with garnishes of lump crab and micro greens. A light, herb-speckled Hollandaise sauce was pooled around the entire dish. I added a squeeze of fresh lemon, which sparked the flavors.

We heard the crabcakes were notable, so my companion ordered the dinner entrée. It proved to be almost all lump crab, gently seasoned, and lightly broiled with a pattering of butter. Large, tender, glistening asparagus spears were the vegetable for the night, along with seasoned mashed potatoes. Our server kindly substituted potatoes at request for flavorful mashed cauliflower. Because the six-ounce crabcake was a showcase of meat and not filler, we recommend this special taste of the Bay!

We wanted to try Libbey’s version of the beloved American dessert, Strawberry Shortcake—traditionally a hard *and* soft, moist *and* dry, and sweet *and* tart dish. The chef’s lofty interpretation featured hard

biscuits as the vehicle to support a scoop of vanilla ice cream. Hard biscuits, also known as “shortcakes,” have been used as a base for strawberry shortcake since the mid-1800s. Strawberries were situated atop the ice cream, with two whipped cream dollops and a strawberry syrup drizzle adjacent to the stack.

Some of the special dining experiences we plan to revisit the restaurant for include “Lite Lunch” (offered Monday through Thursday featuring soup and slider or soup and chopped salad for \$18) and Wednesday’s “Locals Night” (a two-course prix fixe menu at \$25 per person). Equally intriguing is the flight of mimosas available for Sunday Brunch.

Come by land or sea (docking available for two hours) and certainly check Libbey’s website for specials, events, and more—the restaurant has action! Reservations for indoor dining are suggested, while outside is first-come, first-serve.



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



Savor the Chesapeake

Restaurant news and culinary trends throughout the Chesapeake Bay region

By Megan Kotelchuck

Summer is almost here and with it, some of our fave culinary traditions and feel-good activity. There's ice cream, outdoor dining, visits to vineyards, and so much more. Let the traditions continue!

On the Dining Scene...

↑ Since the 1900s, the Crow family has been farming dairy, wheat, corn, and soy on 365 acres of pastureland, but ten years ago, Judy and Roy Crow decided to start growing a vineyard. And now, Crow **Vineyards and Winery** in Kennedyville has opened with its hay barn converted into a building with a catering kitchen, which is available for small events and wine tastings, as well as beautiful views of the farm. The hay barn also includes a wine store and other farm products for sale including grass-fed Angus beef from their farm. Find more information at crowvineyardandwinery.com.

At the end of March, **The Scottish Highland Creamery** in Oxford moved across the street to the Oxford Mews. The creamery moved to 103 S. Morris Street across from

the Town Park, but still have big plans for the window space on Tilghman Street next to Capsize! Find more information and flavors at scottishhighlandcreamery.com.

And make sure to bring your **reusable bags** to the grocery stores and retailers in Easton! The town has been gradually implementing a ban on single-use plastic bags. A second wave of retailers are no longer allowed to distribute the bags (as of April 2nd), as the long-anticipated ban goes into effect. This ordinance was passed in September to minimize environmental impact, reduce production and disposal costs, and protect the local waterways.

Across the Bay Bridge, outdoor dining always gets turned up a notch this time with **Dinner Under the Stars**. The first block of Annapolis' historic West Street will be shut down on Wednesdays and Saturdays from May 20th through September 23rd for dining, relaxing, dancing, and live music. Some restaurants participating include Luna Blu Ristorante, Tsunami Sushi Bar and Lounge, 49 West Coffeehouse Winebar & Gallery, Stand

and Joe's Saloon, Rams Head Tavern, Picante Annapolis, and Level. Be sure to make reservations since outdoor space is limited. Find more information at innerweststreetannapolis.com. ↓

The 2023 James Beard Awards Restaurant and Chef Semifinalists have been announced, and four nominations go to Maryland restaurants and chefs. Kareem Queeman from Mr. Bake in Riverdale was nominated for Outstanding Pastry Chef or Baker; Chris Amendola from Foraged and Steve Chu from Ekiben, both in Baltimore, were both nominated for Best Chef-Mid Atlantic; and Charleston in Baltimore was nominated for Outstanding Hospitality. The winners will be announced on June 5th in Chicago

Harper's Waterfront Restaurant is opening at Turkey Point Marina & Yacht Club in Edgewater. This new steakhouse and seafood eatery will have a picturesque view of the Edgewater shoreline. Harper's Waterfront, owned by Todd Harper, will have a classy, upscale menu that even features Wagyu beef steak that comes from a Montana ranch owned by Harper's cousin. The new nautical eatery has a full, double-sided bar, indoor and outdoor dining. Find more information at harperswaterfront.com.



Photo courtesy Inner West Street Association

Drink Up...

May is here and since we start the month with Cinco de Mayo, it only seems right to continue the month with a little extra tequila. What's your favorite flavor of margarita?



Hawaiian Margarita

INGREDIENTS

2 ounces tequila
1 ounce triple sec Cointreau
3 ounces pineapple juice
2 ounces coconut water
1/2 ounce lime juice
Pineapple, lime, cherries for garnish

INSTRUCTIONS

Add all ingredients to a glass and enjoy!

Photo and recipe courtesy of crazyforcrust.com



Strawberry Margarita Punch

8 servings

INGREDIENTS

15 ounces frozen strawberries
24 ounces lemon lime soda
1 can frozen limeade concentrate (12 ounce can)
2 cups orange juice, no pulp
1/2 cup Blanco tequila
1 bottle dry champagne
Fresh limes and strawberries

INSTRUCTIONS

In a high-powered blender, blend together the frozen strawberries and lemon lime soda on high until fully combined and smooth. Pour strawberry mixture into a very large pitcher or punch bowl and stir in the limeade concentrate. Pour in the orange juice and stir to combine. Give it a taste. If you find it too tart, add 1-2 cups water. Stir in the tequila and champagne and garnish with fresh lime and strawberry slices. Serve immediately as the frozen strawberries and limeade concentrate will keep things cold.

Photo and recipe courtesy of thecookierookie.com

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

Mother's Day Breakfast & Brunch!

May is here and we are starting to get that itch for summer weekends. Mother's Day is quickly approaching and what screams Mother's Day more than brunch?

Many of the restaurants in our region offer weekend brunches, giving you a taste of breakfast and lunch, *and* a mimosa on the side. Where should we celebrate Sunday Funday this weekend? Let's take a look at breakfast and brunch spots on both sides of the Bay Bridge.

- Average entrée price
 \$ 0-14
 \$\$ 15-30
 \$\$\$ 31 and over
- 📞 Reservations
 - 🍷 Full bar
 - 👨‍👩‍👧 Family Friendly
 - 🌊 Water View
 - ☀️ Outdoor Seating
 - 🍺 Beer and Wine
 - 🍽️ Grab & Go

Queen Anne's County

Amalfi Coast Italian & Wine Bar

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

Dock House Restaurant

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

Knoxie's Table

180 Pier One Road, Stevensville; 443-249-5777; baybeachclub.com \$\$, Sunday Breakfast Buffet 🍷 ☀️

The Narrows Restaurant

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

Rams Head Shore House

800 Main Street, Stevensville; 410-643-2466; ramsheadshorehouse.com \$\$, Daily Breakfast 🍷 🍷

Yo Java Bowl Café

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

Talbot County

Carpenter Street Saloon

113 S Talbot Street, St Michaels; 410-745-511; carpenterstreetsaloon.com \$, Breakfast Wednesday through Sunday 🍷 🍷

The Gallery

305 South Talbot Street, St Michaels; 410-200-8572; thegalley saintmichaels.com \$\$, Breakfast Wednesday through Monday 🍷 🍷 ☀️

Scossa Restaurant and Lounge

8 North Washington Street, Easton; 410-822-2202; scossarestaurant.com \$\$, Brunch Thursday through Sunday 🍷 ☀️

Sugar Buns Cafe

29137 Newnam Road, Easton; 410-820-4220; sugar-buns.com \$, 🍷 🍷

T at the General Store

25942 Royal Oak Road, Easton; 410-745-8402; tatthegeneralstore.com \$\$, Saturday & Sunday Brunch 🍷 🍷

Two if by Sea

5776 Tilghman Island Road, Tilghman; 410-886-2447; twoifbysearestaurant.net \$, Daily Breakfast 🍷 🍷

Kent County

Beverly's Family Restaurant

11 Washington Square, Chestertown; 410-778-1995; Facebook \$, Daily Breakfast 🍷 🍷

Figg's Ordinary

207 S Cross Street, Chestertown; 443-282-0061; figgsordinary.com \$, Friday & Saturday Breakfast 🍷

Java Rock

21309 E Sharp Street, Rock Hall; 410-639-9909; Facebook \$, Coffee & Breakfast 🍷

The Kitchen at the Imperial

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

Dorchester County

Blackwater Bakery

429 Race Street, Cambridge; 443-225-5948; blackwaterbakery.com \$, Daily Breakfast 🍷 🍷

Downtown Annapolis

Bean Rush Café

112A Annapolis Street, Annapolis; 410-263-2534; beanrushcafe.com \$, Daily Breakfast, 🍷

Buddy's Crabs & Ribs

100 Main Street, Annapolis; 410-626-1100; buddysonline.com \$\$, Sunday Brunch buffet style 🍷

Café Normandie

185 Main Street, Annapolis; 410-263-3382; cafenormandie.com \$\$, Saturday & Sunday Brunch 🍷

Chick & Ruth's

165 Main Street, Annapolis; 410-269-6737; chickandruths.com \$\$, Breakfast all day everyday 🍷 🍷

Dry 85

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

Federal House

24 Market Space, Annapolis; 410-268-2576; federalhouse.com \$\$, Saturday & Sunday Brunch 🍷

Galway Bay Irish Restaurant and Pub

63 Maryland Avenue, Annapolis; 410-263-8333; galwaybaymd.com \$\$, Sunday Brunch 🍷 🍷

Iron Rooster

12 Market Space, Annapolis; 410-990-1600; iron-rooster.com \$\$, Breakfast all day everyday 🍷 🍷 🍷

O'Brien's Oyster Bar & Seafood Tavern

113 Main Street, Annapolis; 410-268-6288; obriensoysterbar.com \$\$, Saturday and Sunday Brunch 🍷 🍷 🍷

Pusser's Caribbean Grille

80 Compromise Street, Annapolis; 410-626-0004; pussersannapolis.com \$\$, Daily Breakfast 🍷 🍷

Red Red Wine Bar

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

Sofis's Crepes

1 Craig Street, Annapolis; 410-990-0929; sofiscrepes.com \$, 🍷 🍷

Greater Annapolis

49 West Coffeehouse, Wine Bar, and Galley

49 West Street, Annapolis; 410-626-9796; 49westcoffeehouse.com \$, Daily Breakfast 🍷

Azure

100 Westgate Circle, Annapolis; 410-972-4365; azureannapolis.com \$\$, Daily Breakfast 🍷 🍷

Eat Sprout

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

Eggcellence Brunchery

2625 Housley Road, Annapolis; 410-573-9503; eggcellencebrunchery.com \$, Daily Breakfast 🍷

Evelyn's Annapolis
26 Annapolis Street,
Annapolis; 410-263-
4794; evelynsannap-
olis.com \$\$, Daily
Breakfast 🍳

InGrano Bakery
302 Harry S Truman
Parkway; 410-919-
0776; ingranobak-
ery.com \$\$, Daily
Breakfast 🍳

Lighthouse Bistro
202 West Street,
Annapolis; 410-
242-0922 \$, Brunch
Wednesday through
Sunday 🍳 ☕ 🌞

Lures Bar and Grille
1397 Generals
Highway, Crownsville;
410-923-1606; luresbarandgrille.
com \$\$, Sunday
Brunch ☕ 🌞

Metropolitan Kitchen
169 West Street,
Annapolis; 410-280-
5160; metropoli-
tanannapolis.com
\$\$, Saturday and
Sunday Brunch 🍳 ☕

Sandy Pony Donuts
2444 Solomons
Island Road, Annap-
olis; 410-873-3272;
sandyponydonuts.
com \$, Daily Break-
fast 🍳 🍩

Severn Inn
1993 Baltimore An-
napolis Boulevard,
Annapolis; 410-349-
4000; severninn.
com \$\$, Sunday
Buffet Style Brunch
🍳 ☕ 🌞

Smashing Grapes
177 Jennifer Road,
Annapolis; 410-
266-7474; smash-
inggrapes.com \$\$,
Sunday Buffet Style
Brunch 🍳 ☕ 🌞

Eastport/ Bay Ridge

Bakers & Co
618 Chesapeake
Avenue, Annapo-
lis; 410-280-1119;
bakersandco.com
\$, Breakfast &
Baked Goods Friday
through Sunday 🍳

Blackwall Hitch
400 Sixth Street,
Eastport; 410-263-
3454; theblackwall-
hitch.com \$\$, Sun-
day Brunch 🍳 ☕ 🌞

**Bread and Butter
Kitchen**
303 Second Street,
Suite A, Annapolis;
410-202-8680;
breadnandbutter-
kitchen.com \$\$, All
Day Daily Break-
fast 🍳

Eastport Kitchen
923 Chesapeake
Avenue, Annapolis;
410-990-0000; east-
portkitchen.com \$,
Daily Breakfast 🍳 🍩

Grumps Cafe
117 Hillsmere Drive,
Annapolis; 410-267-
0229; grumpscfe.
com \$, All Day
Breakfast 🍳

Main & Market
914 Bay Ridge Road,
Annapolis; 410-
626-0388; main-
andmarket.com \$\$,
Saturday and Sunday
Breakfast 🍳 ☕

Edgewater/ South County

**Broadneck Grill and
Cantina**
74 Central Avenue
West, Edgewater;
410-956-3366;
broadneckgrill.com
\$\$, Saturday and
Sunday Brunch ☕ 🍳

**Dockside Restaurant
& Sports Bar**
421 Deale Road,
Tracy's Landing;
410-867-1138;
docksiderestaurant-
md.com \$\$, Sunday
Breakfast 🍳 ☕ 🌞

**Pirate's Cove
Restaurant and
Dock Bar**
4817 Riverside
Drive, Galesville;
410-867-2300;
piratescovemd.com
\$\$, Sunday Brunch
🍳 ☕ 🌞

Sandy Pony Donuts
620 East Bayfront
Road, Deale, 301-
325-8783; sandypo-
nydonuts.com \$,
Daily Breakfast 🍳 🍩

South County Café
5960 Deale Church-
ton Road, Deale;
410-867-6450;
southcountycfe.
com \$, Daily Break-
fast 🍳

**Yellowfin Steak &
Fishhouse**
2840 Solomons Is-
land Road, Edgewa-
ter; 410-573-1333;
yellowfinedgewater.
com \$\$, Sunday
Brunch 🍳 ☕ 🌞

Arnold/ Severna Park/ Pasadena & Beyond

Bean Rush Café
1015 Generals
Highway, Crownsville;
410-923-1546;
beanrushcafe.com \$,
Daily Breakfast, 🍳

The Big Bean
558 B&A Boulevard,
Severna Park; 410-
384-7744; thebig-
bean.com \$, Daily
Breakfast 🍳 🍩

**Blackwall Barn and
Lodge**
329 Gambrills Road,
Gambrills; 410-317-
2276; barnandlodge.
com \$\$, Saturday
Menu Brunch and
Sunday Buffet Style
Brunch 🍳 ☕ 🌞

Blue Rooster Café
1372 Cape St Claire
Road, Annapolis;
410-757-5232;
gotoroosters.com \$,
Daily Breakfast ☕ 🌞

**Brian Boru
Restaurant and Pub**
489 Ritchie High-
way, Severna Park;
410-975-2678;
brianborupub.com
\$\$, Sunday Brunch
Buffet 🍳 ☕ 🌞

**Broadneck Grill and
Cantina**
1364 Cape St Claire
Road, Annapolis;
410-757-0002;
broadneckgrill.com
\$\$, Saturday & Sun-
day Breakfast ☕ 🌞

Eggspectation
2402 Brandermill
Blvd, Gambrills;
443-292-4181;
eggspectation.com
\$\$, Daily Breakfast
& Brunch ☕ 🌞

**Founder's Tavern &
Grill**
8125 Ritchie High-
way, Pasadena; 410-
544-0076; found-
erstavernandgrille.
com \$\$, Sunday
Brunch ☕ 🌞

**Galliano Italian
Restaurant**
2630 Chapel Lake
Drive; 410-721-5522;
Gallianoitalian-
restaurant.com \$\$,
Saturday & Sunday
Brunch 🍳 ☕

Grumps Cafe
2299 Johns Hopkins
Road, Crofton; 443-
292-4397; grump-
scfe.com \$, All-Day
Breakfast 🍳

Sofi's Crepes
560 Baltimore
Annapolis Boule-
vard, Severna Park;
410-647-6300; sofis-
crepes.com \$, 🍳 🍩

Smashing Grapes
2383 Brander-
mill Boulevard,
Gambrills; 410-
451-7544; smash-
inggrapes.com \$\$,
Sunday Buffet Style
Brunch 🍳 ☕ 🌞

OUR FAVORITES

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

Boatyard Bar & Grill
400 Fourth Street,
Eastport; 410-216-
6206; boatyardba-
randgrill.com \$\$,
☕ 🍳 🌞

**Carpaccio Tuscan
Kitchen & Wine Bar**
1 Park Place Suite
10, Annapolis; 410-
268-6569; carpacci-
otuscankitchen.com
\$\$, 🍳 ☕ 🌞

Carrol's Creek Café
410 Severn Avenue,
Eastport; 410-263-
8102; carrolscreek.
com \$\$\$, 🍳 ☕ 🌞

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

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

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

Knoxie's Table
180 Pier One Road,
Stevensville; 443-
249-5777; baybeach-
club.com \$\$, 🍳 ☕ 🌞

**Galliano Italian
Restaurant**
2630 Chapel Lake
Drive; 410-721-
5522; gallianoital-
ianrestaurant.com
\$\$, 🍳 ☕

Lewnes' Steakhouse
401 Fourth Street,
Eastport; 410-263-
1617; lewnessteak-
house.com \$\$\$, ☕ 🌞

**Libbey's Coastal
Kitchen and Bar**
357 Pier One Road,
Stevensville; 410-
604-0999; libbey-
scoastalkitchen.com
\$\$, 🍳 ☕ 🌞

Lime & Salt
8395 Piney Orchard
Parkway, Odenton;
410-874-6277; Face-
book \$\$, ☕ 🍳

Mamma Roma
8743 Piney Orchard
Parkway, Odenton;
410-695-0247; mam-
maromas.com \$, 🍳

Mi Lindo Cancun Grill
2134 Forest Drive,
Annapolis; 410-571-
0500; lindocancun-
grill.com \$\$, ☕ 🌞

Miss Shirley's Café
1 Park Place, Annap-
olis; 410-268-5171;
Missshirleys.com
\$\$, ☕ ☕ 🌞

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

**Tuscan Prime
Italian Chophouse
& Dolce Bar**
1905 Towne Centre
Blvd #100, Annap-
olis; 443-572-4677;
tuscanprime.com
\$\$\$\$, 🍳 ☕



Where's Wilma?

FIND WILMA AND WIN!

Hey, hey, it's May! Oh me, oh my, our faithful mascot Wilma flies the skies. This month, Wilma is excitedly soaring from town to town throughout the Bay region getting ready for the summer season. She's dropping into the coolest shops, restaurants, and more. Where will she land next?

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

Congratulations to **Doris R.** of Easton, who won a \$50 gift certificate to a local business.

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



Please Print Legibly

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

Name _____

Phone _____

Address _____

E-mail address _____

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

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

Entries must be received by May 31, 2023. Winner will receive a gift certificate to a local establishment and their name will appear in an upcoming issue of What's Up? Eastern Shore.

Academy Art Museum of Easton.....	69
Anne Arundel Medical Center–Fish For A Cure.....	4
Aqua Pools.....	BC
Bay Endodontics.....	14
Bosom Buddies Charities.....	51
Bowman Jarashow Law LLC.....	36, LLP
Chaney Homes–Tricia Wilson.....	17
Chesapeake Bay Beach Club.....	21
Chesapeake Bay Maritime Museum.....	N&C
Chesapeake Crawl Space Solutions.....	91
Dee Dee McCracken–Coldwell Banker.....	6
Djawdan Center for Implant and Restorative Dentistry.....	1
Drs. Walzer, Sullivan & Hlousek, PA.....	9
Duke Law, LLC.....	LLP
Dwelling and Design.....	69, 82
For All Seasons, Inc.....	N&C
Franke Beckett LLC.....	LLP
Friel Lumber Company/Friel Kitchen & Bath Design.....	87
Frost & Associates, LLC.....	65
Gary Smith Builders.....	87
Haven Ministries.....	N&C
Jason's Computer Services.....	69
Joanna Dalton Coldwell Banker.....	88
Kent Island Pediatric Dentistry.....	25
Law Office of John Leo Walters LLC.....	LLP
Let's Go! Music Festival.....	2
Londonderry On The Tred Avon.....	19
Long and Foster Real Estate Cornelia Heckenbach.....	94
Long Fence.....	70
Luminis Health AAMC.....	3
Lundberg Builders and 314 Design Studio.....	83
McAllister, DeTar, Showalter and Walker LLC.....	LLP
Nancy Hammond Editions.....	83
National Music Festival.....	25
O'Donnell Vein and Laser.....	IFC
Parker Counts.....	LLP
Plastic Surgery Specialists.....	11
RLC Lawyers and Consultants LLC.....	34, LLP
ROSM Regenerative Orthopedic Sports Medicine.....	25
Selling Maryland Sunsets LLC Biana Arentz.....	13
Shore United Bank.....	64
Talbot Interfaith Shelter.....	N&C
The Arc Central Chesapeake Region.....	60
Tidewater Inn.....	23
Total Home Performance.....	86
Trippe Gallery.....	91
TTR Sotheby's Annapolis–Brad Kappel.....	5
University of Maryland Shore Regional Health.....	IBC



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UM Shore Medical Group – Primary Care delivers continuing and comprehensive health care for you and your family, here where the health of the Eastern Shore comes first.

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- Health counseling
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Denton



Kathryn Wilson, CRNP
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Melissa Wood, CRNP
Easton

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410-820-4880
Easton
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UM Shore Medical Group – Primary Care at Denton | 1140 Blades Farm Rd, Suite 101

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