

O'DONNELL

vein & laser | medical aesthetics

Meet The O'Donnell Medical Aesthetics Team!



Jeet Bahra

Permanent Make Up/
Powder Brows Specialist



Brittany Krautheim

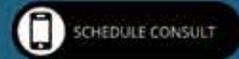
WHNP, MSN, Aesthetic NP



Melissa Golladay

Aesthetician

Use the following QR code to schedule a complimentary consult with one of our medical aesthetic providers!



You asked, we delivered!

NOW OPEN SATURDAYS

AT OUR EASTON LOCATION

Available for Saturday scheduling on the following dates, from 8 AM-3PM

June 10th | July 22nd
August 26th

SUMMER HOURS

Monday..... Easton
TuesdayAnnapolis
WednesdayAnnapolis
Thursday.....Annapolis
Friday Easton

8 AM to 4 PM every day

LATE-NIGHT HOURS

From 12PM - 8PM

Available at our Annapolis location on the first Wednesday of every month.

Revised summer hours, extended/late hours, and Saturday hours are for O'Donnell Medical Aesthetics only.

Contact us today at 410-224-3390 to schedule your evaluation!

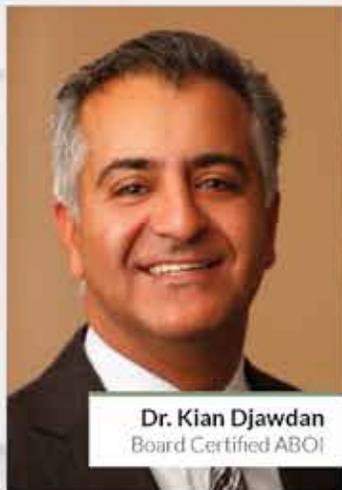
All active and retired military members receive a 10% discount on cosmetic services when you show a valid military ID

Easton 499 Idlewild Ave, Easton, MD 21601
Annapolis 166 Defense Hwy, Suite 101, Annapolis, MD 21401
www.odonnellveinandlaser.com | 410.224.3390



If you are considering dental implants and/or restorative dentistry,

it is important you choose an **expert**; a dentist with the advanced training to utilize state-of-the-art techniques and procedures for treating complex dental conditions and restoring optimum function and esthetics predictably and efficiently.



Dr. Kian Djawdan
Board Certified ABOI



Dr. Kian Djawdan is Board Certified by the American Board of Implantology/Implant Dentistry and considered an expert in implant dentistry. Dr. Djawdan is specially trained and licensed to administer IV sedation for any surgical or restorative dental procedure.



Dr. Stephen Cross
Prosthodontist



American Board
of Prosthodontics

Dr. Stephen Cross is a Prosthodontist and considered a specialist. His specialty training makes him uniquely positioned to diagnose, create treatment plans and execute treatment of patients with highly complex prosthetic and implant needs.

Call or Text 410-266-7645 Now to Schedule Your Judgement Free (No Fee) Consultation

Our Three Uniques

-  ***In-Office Dental Lab***
State of the art 3D Design
CAD/CAM and printing
-  ***Dental Implants***
Extractions, immediate placement
implants and restoring dental implants
-  ***Sedation Dentistry***
For any dental procedure

Djawdan Center for Implant and Restorative Dentistry

Restoring Hope & Confidence

133 Defense Hwy, Suite 210
Annapolis, Maryland 21401

410.266.7645

www.smileannapolis.com



Wye Trust is honored to be recognized as the “Best Financial Advisor” by clients, friends and our neighbors on the Eastern Shore of Maryland.

Wye Trust offers wealth management and corporate trustee services in all 50 states through Shore United Bank N.A. with a professional approach personalized to each client’s individual needs.



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



WyeTrust.com | 410.763.8542

Contact us today to see how we can help you, your family and your business.

Wealth Management and Trust services are offered through Wye Trust, a division of Shore United Bank N.A.

Wye Trust and Shore United Bank N.A. are not registered broker-dealers.

Not FDIC Insured	No Bank Guarantee	May Go Down In Value	Not a Deposit	Not insured by any Federal Government Agency
------------------	-------------------	----------------------	---------------	--



To our cancer survivors— we honor you

Luminis Health wants survivors to know that we are cheering for you. We recognize that fighting cancer is not an easy road, and we want you to know that we are here to support you through the art of healing.

The Science to Heal, The Spirit to Care



Learn more at
Luminis.Health/CancerCare



**SOAR
ABOVE**

**AND
BEYOND**

Find a fulfilling education at a Top 20 HBCU. Ever since we opened our doors 137 years ago, University of Maryland Eastern Shore has been welcoming students to a community that nurtures aspirations, develops potential and celebrates everyone's passions.



UMES.edu

**UNIVERSITY OF MARYLAND
EASTERN SHORE**

#HawkPride



200 MAGDEE LANE, STEVENSVILLE, MD | OFFERED AT \$6,500,000



SOLD in 8 days

Now is the time to achieve Top Dollar for your home



Maryland's #1 Waterfront Realtor

MAKE YOUR MOVE WITH BRAD KAPPEL

Brad Kappel 410 279 9476 . Brad.Kappel@sothebysrealty.com . BradKappel.com
Annapolis Brokerage 209 Main Street, Annapolis, MD . 410 280 5600



On the Cover: The best local businesses are celebrated in the annual Best of Eastern Shore awards. Design by August Schwartz. Contact *What's Up? Eastern Shore* online at whatsupmag.com. Please recycle this magazine.

June contents



Features

26 Best of Eastern Shore 2023 reveals winners of the annual readers' poll of your favorite restaurants, cuisine, salons, spa, realtors, shops, professional services, and oh-so-much more!

50 Native Perspectives Woven Together examines a new, collaborative project that gathers wisdom from the Indigenous Peoples of Maryland's Eastern Shore *By Janice F. Booth*

56 Against All Odds shares the real stories of several local couples who overcame pregnancy obstacles to start their families *By Kelsey Casselbury*



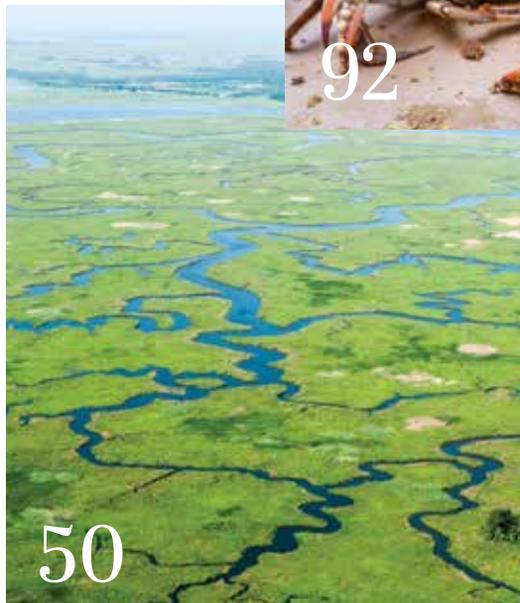
Home & Design

64 More Than Meets the Eye deep-dives into the architecture, construction, and interior design of an exquisite Cape Cod-style, residence overlooking the Chester River *By Lisa J. Gotto*

74 Home Garden: Earthly Delights muses on the joys of gardening with children and young adults and how to encourage the next generation of green thumbs *By Janice F. Booth*

78 All Season Sanctuary reveals the amenities of a Queenstown estate that recently sold for \$1.775 million *By Lisa J. Gotto*

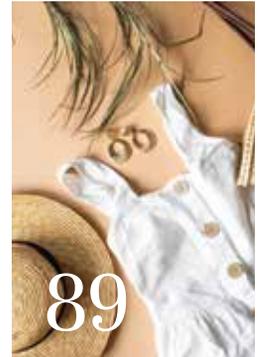
81 Hidden Gem in Rock Hall tours the renowned "Wings & Whitetail Farm" estate on the banks of the Chesapeake Bay *By Lisa J. Gotto*



Health & Beauty

By Dylan Roche

- 86 Fresh Take: Chia Seeds**
- 87 Fitness Tips: Building Strong Shoulders**
- 89 Styling White All Summer Long**



Dining

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

93 Dining Guide: Crabs, Crabs, Crabs! is this month's theme of restaurant listings for your consideration.

WHAT'S UP?
eastern shore

Publisher & President

Veronica Tovey (x1102)

Editorial Director

James Houck (x1104)

COO & Director of Advertising

Ashley Lyons (x1115)

Entertainment Editor

Megan Kotelchuck (x1129)

Contributing Editors

Lisa J. Gatto, Dylan Roche

Contributing Writers

Janice Booth, Kelsey Casselbury,
 Frederick Schultz, Tom Worgo

Staff Photographer

Steve Buchanan

Contributing Photographers

Durston Saylor

Art Director

August Schwartz (x1119)

Graphic Designers

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

Web Content Specialist

Arden Haley (x1116)

Production Manager

Nicholas Gullotti (x1101)

Digital Production Assistant

Kelsey Sweetman

Senior Account Executive

Kathy Sauve (x1107)

Account Executives

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

Junior Account Executives

Riley Hoaglin, Jason Watkins

Finance Manager

Deneen Mercer (x1105)

Bookkeeper

Heather Teat (x1109)

WHATSUPMAG.COM



Proud Partner



Proud Partner

What's Up? Eastern Shore is published by What's Up? Media
 201 Defense Highway, Suite 203, Annapolis, MD 21401,
 410-266-6287, Fax: 410-224-4308. No part of this magazine may
 be reproduced in any form without express written consent of
 the publisher. Publisher disclaims any and all responsibility for
 omissions and errors. All rights reserved. Total printed circulation
 is 23,888 copies with an estimated readership of 78,830.

@2023 What's Up? Media

Experience the Exceptional at Londonderry!



**At Londonderry on the Tred Avon, the Eastern Shore's
 only 62+ independent living waterfront community, our
 residents enjoy exceptional experiences daily.**

Our Building & Grounds team is just a phone call away, day or night. They not only take care of all the landscaping around campus, but they handle all the repairs inside and outside our residences. Need a light bulb changed? No problem! Looking to grab a box from your attic? We've got it! Have an emergency issue with an appliance? We are there!

The Londonderry on the Tred Avon Buildings and Grounds team is another one of the reasons that life at Londonderry is full of exceptional experiences. Every member of our team is dedicated to going above and beyond, and always with a smile and a wave.

This is retirement living at its absolute best. Londonderry residents aren't busy with day-to-day commitments of homeownership or meal preparation. Instead, they are enjoying strolls around our waterfront campus, lunch with neighbors, bird watching or taking part in one of the many activities we offer.

**Stop by the sales and marketing office today, let us
 show you how we deliver the exceptional!**

Please contact the sales and marketing team at **(410) 820-8732**.



700 Port Street, Suite 148
 Easton, MD 21601 • 410-820-8732
www.LondonderryTredAvon.com



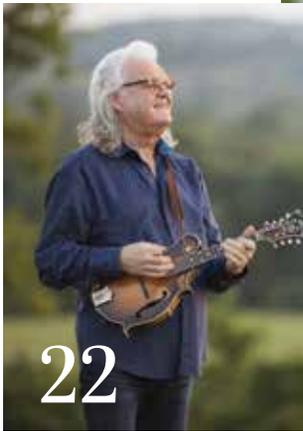
**COMING UP IN
JULY 2023**
Summer Dining Guide
Chesapeake Maritime Guide
Navy's Offshore Sailing Team
Retirement Bliss

June contents

In Every Issue

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

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



22



18



16

16 Towne Spotlight features local business and community news *By James Hauck*

18 Towne Athlete profiles Anna Hopkins of North Dorchester High School *By Tom Worgo*

20 Towne Interview: New Bird in Town talks baseball with Orioles pitcher Kyle Gibson *By Tom Worgo*

22 Towne Interview: Songs to Fill the Air features bluegrass legend Ricky Skaggs *By Frederick Schultz*

96 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 Luminis Health Anne Arundel Medical Center

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.



Show Off Your Win

Celebrate your award the right way, with a high-quality plaque! Ships to you ready to hang, no framing necessary. The brilliant printing will make your image pop off the wall, and the custom mounting is completely eco-friendly. Choose from your choice of four edge colors to complete your award keepsake and start displaying your accomplishments today! Articles, Covers, and additional custom plaques available upon request. Place your order at whatsupmag.com/plaques.

From the editor



Welcome to the Best of Eastern Shore issue!

You're holding the result of six months of campaigning, vetting, and production to deliver the names of winning restaurants, retailers, and service pros in a variety of essential, compelling, and creative industries. Whew!

In January and February, we called on readers to vote for their favorite places to dine and shop. And who you favor for services ranging from spa treatments and eye exams to real estate and auto repairs—really, the whole gamut of community business categories. More than 10,600 of you voted!

During March, our inhouse staff was busy tabulating the surveys, reviewing top vote getters, and verifying the results. In the midst of this frenzy, I received a call from my mother to set up a lunch date with the family. The two of us usually bounce ideas off each other for an ideal spot in town, bantering and figuring it out. Sometimes we choose an old favorite; other times, a new restaurant creating buzz in town. Regardless, we generally opt for a restaurant with spotless silverware.

On this call, however, she already had a place picked out and it had me second-guessing her sanity. I won't name names (you'll figure it out) but suffice to say it was a neighborhood joint best known for its list of tap beers, watching sports... and chicken wings. Okay then.

Later, it clicked with me. "Hey, this restaurant has won for Best Wings in the past; I wonder who won this year?" With the highly-classified 2023 winners list in hand, I checked. Sure enough, they're the winner. And sure enough, we traipsed in on a Saturday for lunch, ordered a batch of wings, and, dang (!), if they weren't the best darn wings I've had in a long, long time. Large, plump; perfectly crisp skin; and tossed in a Buffalo sauce that kissed heat but didn't kill with it. The wings made my day. I couldn't stop talking about them. It was a great and *qualified* lunch.

By April, and later May, all Best of Eastern Shore winners had been checked over for accuracy and informed of their upcoming wins. With this June issue, the word is officially out. And now the fun begins!

Like that lunch this past March, try giving these winners a visit. Make a game of it by checking this magazine for who won "such and such." Then try them out. You might be surprised in a very good way! See if you agree with the 10,600 readers who cast their votes. And if not, please let us know and be sure to cast your vote in next year's Best of Eastern Shore campaign.

Until then, we hope you'll keep this issue handy all summer long and into the fall as a reference for enjoying some of the best businesses in the best towns of the best state! Cheers.

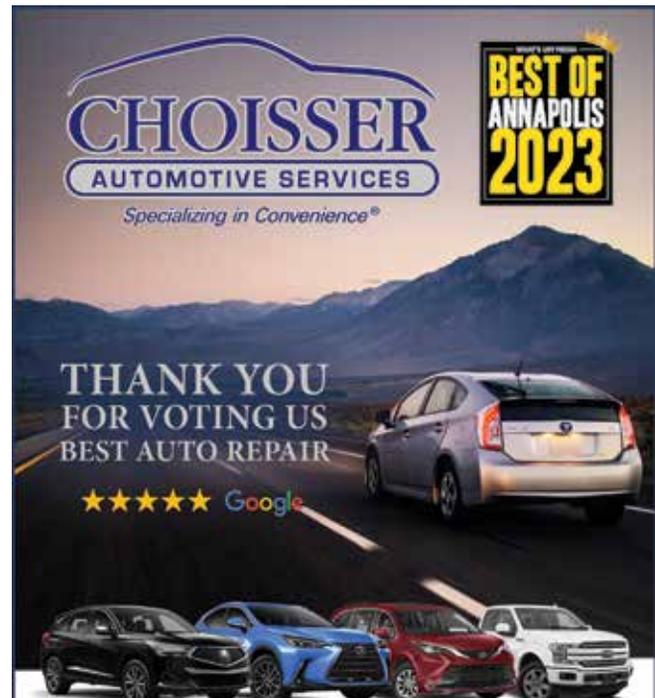
James Houck,
Editorial Director

A stylized, handwritten signature in black ink, appearing to read 'James Houck', written over the printed name and title.



KEVIN FITZGERALD
Points of Departure
 Opens Friday, June 2 - Meet the Artist

9 South Harrison Street • Easton
 410-770-9190
 Mon, Thurs, Fri & Sat 11 - 6
 & by appointment
troikagallery.com

CHOISSER
 AUTOMOTIVE SERVICES
Specializing in Convenience®

BEST OF ANNAPOLIS 2023

THANK YOU FOR VOTING US BEST AUTO REPAIR
 ★★★★★ Google

Call us today to schedule your free Enduring Confidence® Evaluation
 410-267-4251 or contact us online at choisserautorepair.com

Davidsonville
 551A W Central Ave,
 Davidsonville, MD 21035

Coming Soon to Easton
 230 N. Washington St.
 Easton, MD 21601



SAVE THE DATE!



MAKE WAVES
 in cancer care for patients and their families.



COMPETE
 for the most dollars raised.



CELEBRATE
 a great day on the Bay at an in-person Shore Party.



GET HOOKED
 on our awesome swag from your favorite local businesses.

SATURDAY, NOVEMBER 4, 2023

Fish For A Cure (F4AC) is a fishing and fundraising competition that benefits cancer patients and their families in our community. Over the last 16 years, F4AC has raised more than \$4.5 million to support the Cancer Survivorship program at Luminis Health Anne Arundel Medical Center's Geaton and JoAnn DeCesaris Cancer Institute. The 17th Annual Fish For A Cure Tournament, Paul C. Dettor Captain's Challenge, and Shore Party will be taking place on Saturday, November 4, 2023 at the South Annapolis Yacht Centre. Registration for the 2023 tournament will open in late spring 2023.



For more information, visit us at www.fishforacure.org.

Join us in 2023 as we celebrate continued commitment to making a splash in cancer care for our community.

Out on the **TownE**

+

11 EVENT PICKS | **16** SPOTLIGHT | **18** ATHLETE
20 NEW BIRD IN TOWN | **22** SONGS TO FILL THE AIR



National Music Festival

The National Music Festival will be in Chestertown for two weeks this June. From June 4th through 17th, the musicians will perform, with over 35 concerts ranging from solo recitals to large symphony orchestra performances with a chorus. Find more information on concerts and locations at nationalmusic.us.



CASEY CARES ROCKFISH TOURNAMENT ↓

Support Casey Cares with their 6th Annual Casey Cares Rockfish Tournament based at The Bay Bridge Marina in Stevensville on June 2nd. This all-day event features fishing, fundraising, and celebrating! There will be a post-tournament Captain's Party at the Inn at the Chesapeake Bay Beach Club. Find more information at caseycares.org.

↑ Maryland Maritime Heritage Festival

The 2nd Annual Maryland Maritime Heritage Festival will be held on June 3rd in Downtown Chestertown. This nonprofit hosts the annual boat festival on the beautiful waterfront in Chestertown to showcase the legacy of traditional Chesapeake Bay Working, Sailing, Racing, and Recreational boats. Gather with others who share the love for the Bay. Find more information at mdmhf.org.



Casey Cares Rockfish Credit: Sigourney Frazier



Chesapeake Bay Motoring Festival

The 7th Annual Chesapeake Bay Motoring Festival is back at Kent Island Yacht Club for two full days! One June 10th and 11th, view classic cars and boats on the majestic waterfront lawn. There will be plenty of unique antique, classic, hot rods, and sports cars surrounded by classic speed boats, yachts, and more. There will also be live music, local seafood, food trucks, libations, vendor tents, and more. Find more information at chesapeakebaymotoringfestival.org.



SOLSTICE CELEBRATION

ShoreRivers is hosting their Summer Solstice Celebration on the banks of the Chesapeake Bay on June 24th from 6 to 10 p.m. Visit Wilmer Park in Chestertown for this signature summer event with live music and dancing along the Chester River, refreshing cocktails, delicious food, good company, and live auction. Find more information and buy tickets at shorerivers.org.



↑ CHESAPEAKE BAY ANTIQUE & CLASSIC BOAT FESTIVAL

Celebrate Father's Day weekend with what Dad really wants: at the Chesapeake Bay Antique & Classic Boat Festival. The 35th annual festival will be held on the grounds of the Chesapeake Bay Maritime Museum in St. Michaels on June 16th through 18th. This festival will be a time for visitors to meet, share experiences, exchange information, and expand their knowledge of historic, antique, and classic boats. Find more information at chesapeakebayacbs.org.

Tour de Talbot ↓

Tour de Fance a little too far to travel? Make it to the Eastern Shore for Tour de Talbot! On June 10th, start at the Easton Fire Hall and ride the scenic roads of Talbot County. Choose 30-, 40-, or 62.5-mile courses winding through the flat farmland and along water views, and bridges. Sign up and find more information at tourdetalbot.org.



pantry project

making baltimore, annapolis, and the eastern shore brighter
help fight food insecurity by making food donations in your area

june 3rd • 9am- 11am

Todd Performing Arts Center at Chesapeake College
1000 College Circle, Wye Mills, MD 21679



june 27th • 11am - 1pm

ACME Markets
210 W Marlboro Avenue, Easton, MD 21601



shopping list

- pancake mixes
- pasta sides
- peanut butter
- potato sides
- mashed potatoes
- rice sides
- canned chicken soup
- canned meats (corned beef, ham)
- granola bars
- canned fruit
- canned corn
- canned meals (stews, chili)
- tomato products (diced, paste)
- bathroom essentials
- laundry detergent

supported by



Across the Bridge



SECRET GARDEN TOUR ↓

Join the Secret Garden Tour beginning at Hammond Harwood House on June 10th and 11th from noon to 5 p.m. This tour will allow you to wander private gardens in Annapolis' Historic District along Prince George Street, King George Street, Maryland Avenue, Hanover Street, and surrounding locations. These areas have beautiful collections of homes built in various period and architectural styles, including some of the great colonial mansions. All proceeds will benefit the 1774 Hammond-Harwood House. Find more information at hammondharwoodhouse.org.

↑ Let's Go! Music Festival

Let's Go! Music Festival is back for Maryland music lovers! The festival will be June 2nd through 4th at the Anne Arundel County Fairgrounds in Crownsville and will include Chris Young, Collective Soul, Kip Moore, Priscilla Block, Larry Fleet, and many more in the lineup. The weekend will be full of games, food, and music! Get your tickets at letsstofest.com.



BANDS IN THE SAND ↓

Get ready for a night of entertainment on June 10th at Philip Merrill Environmental Center in Annapolis. Each summer 1,600 guests gather on the beach, dance the night away, and raise a drink to Save the Bay. This party of the year is vital to the Chesapeake Bay Foundation's mission. Find more information at cbf.org.



Photo by Abigail Coale

Annapolis Pride Parade

Pride month is here and since June 2019, Annapolis Pride has hosted a parade and festival on West Street in Annapolis. This year's parade will be held on June 3rd to celebrate the LGBTQ+ community and embrace diversity in Annapolis. The theme will be *Express Yourself: Protecting LGBTQ+ Youth* and will travel from Amos Garret Boulevard to West Street, ending at Calvert Street. The festival will be held on the portion of West Street from Calvert Street to Church Circle. Find more information on annapolispride.com.



Thank you for voting me
BEST LUXURY REALTOR 2023

SellingMarylandSunsets.com



Bennett Point | Queenstown | Sold for \$4,700,000



Blue Bay | Kent Island | Sold for \$3,150,000



Bennett Point | Queenstown | Sold for \$2,550,000



*Best Luxury
Realtor*



**COLDWELL
BANKER**

BIANA ARENTZ

Global Luxury Specialist

Top 2% of Coldwell Banker Agents Worldwide

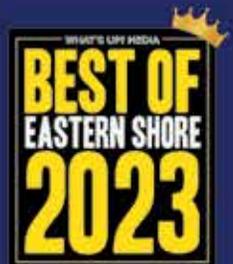
M. 410.490.0332 | Biana.Arentz@cbmove.com



@BianaArentz



Biana Arentz REALTOR



3 Church Circle Annapolis, MD 21401 | O. 410.263.8686





↑ New Board Officers for St. Michaels Community Center

The St. Michaels Community Center recently announced five new members have joined its Board of Directors, with this year's officers also named. Board officers are Chair Langley Shook, Vice Chair Lori Morris, Secretary Karen Footner, and Treasurer Parker Spurry. Newly elected to a two-year Board term are Directors Pam Bernstein, Chris Moyer, Lisa Sweetney-Swint, Susan Thomas, and Joan Wetmore. "We count our Board of Directors among the volunteers who serve at the core of everything we do," said St. Michaels Community Center Executive Director Patrick Rofe. "We're grateful for our Board's leadership, direction, and fundraising to help ensure local children and families have the resources they need." Learn more at stmichaelscc.org.



CONGRATULATIONS TO GUNSTON SCHOOL SWIM TEAM ↓

The Gunston School sent 18 swimmers to the inaugural Eastern Shore Independent Athletic Conference (ESIAC) Swim Invitational at the YMCA in Cambridge, held this past February. Competing in 20 events against five other ESIAC schools, including Delmarva Christian (48), Worcester Prep (141), Salisbury School (86), and Saints Peter & Paul (52), Gunston's Boys team finished in first place with a score of 206. The girls' team narrowly missed the top spot but provided arguably the highlight of the meet in their come-from-behind win in the 400 freestyle relay. Swimming will likely now be permanently added to Gunston's athletic offerings that also includes crew, sailing, cross country, triathlon, field hockey, golf, tennis, futsal, soccer, lacrosse, basketball, pickleball, and volleyball. Learn more at gunston.org.



TCPS STUDENTS EARN CNA CREDENTIALS

A cohort of 14 high school juniors and seniors have officially earned Certified Nursing Assistant (CNA) credentials. The students completed 100 theory hours, 40 clinical hours, and an exam as required by the Maryland Board of Nursing with a 100 percent pass rate. Talbot County Public Schools implemented the CNA program in 2021 through funding from the Maryland Career and Technology Education Innovation grant. The program is offered at Easton High, and is also open to students from St. Michaels Middle High through cross campus transportation. The students who successfully completed the program are: Torian Copper, Emily Dickinson, Makenzie Ewing, Karlee Holly, Jazaiyah Jackson, Peyton Jones, Ka'Niya Joseph, Katelyn Martin, Abigail Meadows, Ava Moore, Nai'ema Pierce, Ty'Mira Pinkett, Reagan Saia, and Gizelle San. Learn more at talbotschools.org. Congratulations to all!



↑ OSS Welcomes New Doctor

Oral Surgery Specialists recently welcomed the addition of Kenneth Kufta, DMD, MD to the practice, which serves residents in the greater Annapolis and Chesapeake Bay region. Dr. Kufta graduated Cum Laude from the Harvard School of Dental Medicine, where he obtained his Doctor of Dental Medicine (DMD) degree. He completed his oral and maxillofacial surgery training at the Hospital of the University of Pennsylvania, where he also obtained his Doctor of Medicine (MD) degree at the Perelman School of Medicine at the University of Pennsylvania, graduating at the top of his medical school class. He became certified by the American Board of Oral and Maxillofacial Surgery in 2023. Learn more at annapolisoss.com.

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

Is your home affected by mold from a damp or wet crawl space?

Chesapeake Crawl Space Solutions is a local owned company based in Easton, MD. We specialize in crawl space restoration to include mold remediation, vapor barrier removal and replacement, drain systems, sump pumps and dehumidifiers. Wet and damp crawl spaces can lead to unhealthy living space as well as create structural problems that allow drywall cracks, uneven floors, failing floor joist and heightened asthma and allergy symptoms.

We also provide services for insulation improvements for attics to include air sealing, blown insulation and attic encapsulation. Restore your damaged crawl space and clear your home of standing water, wet and moldy insulation to create a safe and energy efficient home. Call for your free estimate and inspection: 1-844-992-7295 or e-mail: celso@chesapeakecrawlinspace.com.

We finance up to 10 years with very reasonable rates.

Chesapeake CRAWL SPACE SOLUTIONS
ENCAPSULATION | WATERPROOFING | FOUNDATION

6408 LANDING NECK RD. EASTON, MD 21601 | MHIC # 146062



TOWNE ATHLETE

Anna Hopkins

North Dorchester High School
Softball, Volleyball

By Tom Worgo

North Dorchester High School senior Anna Hopkins acquired the nickname “The Rocket” for her booming serve on the volleyball court. “I heard one of the players say, ‘It’s like a rocket,’” North Dorchester Volleyball and Softball Coach Carol Hubbard recalls, “and it just has kind of stuck.”

The nickname is even more fitting for the 5-foot-1 Hopkins on the softball diamond. The shortstop possesses blazing speed and puts up eye-catching stolen base numbers. She can also easily turn a single into a double.

Hubbard calls Hopkins the fastest player she’s coached in a decade on the job. “Kent Island High has a center fielder who is an indoor track state champion,” the coach says, referring to Rilyn Heyliger in the 500 meters. “On the bases, running short distances, I would put Anna up against her any day.”

Hopkins is so talented at softball that she’ll play at Salisbury University next year, which has been ranked the No. 1 Division III program in the country in the National Federation Coaches Association poll. That may come as somewhat of a surprise, considering her height. But she compensates with hustle, grit, quickness, and a winning attitude.

“I compete against girls that are 5-10, 5-11,” Hopkins says. “There are always girls that are bigger than me. I’ve had to prove that I am just as good as they are. I think it is pretty challenging being my height. Coaches usually go for taller or bigger-built athletes. You won’t see a 5-foot-1 girl play at a Division I college level.”

The 18-year-old Hopkins considered playing softball at Virginia Wesleyan University and Delaware Technical Community College. She chose Salisbury because she wanted to be close to home. Hopkins, who carries a 4.22 grade-point average, plans to major in nursing.

“I want to be able to have my parents come watch me play,” she explains. “My dad has coached me my entire life. He has dedicated a lot of time to me, so I look forward to having him see me play.”

Salisbury University Softball Coach Lacey Lord is excited to have a determined athlete coming into her program. “She probably carries a chip on her shoulder because she wants to prove people wrong that assume she can’t do all the things that someone who is 5-8 can do,” Lord says. “We are generally known for bigger, larger players. But at the end of the day, we are looking for players with a skill set.”

Hopkins, a team co-captain, also gets high marks for her leadership skills. She’s good at keeping the underclassmen focused. “One of her great assets as a captain is her ability to talk to the other players,” Hubbard says. “She does a really good job of addressing issues in a positive way and getting the kids to work together.”

To improve her skills, Hopkins joined the Delmarva Freedom Softball Club in Delaware. She says the club—which also uses her as an outfielder—plays up and down the East Coast and paid for her to attend several camps, including ones at Salisbury, Virginia Wesleyan, and elsewhere.

“That has really gotten me seen by college coaches,” says Hopkins, who has played softball for 10 years and plays outstanding defense. “It gave me the exposure I needed.”

Hopkins has gotten plenty of attention playing for North Dorchester. She is a three-year starter at shortstop who earned Bayside First-Team All-Conference honors in 2022 after hitting .417 with 27 stolen bases and 45 runs scored for the 17-4 Eagles.

“She is really good at sneaking the bunt in at the last minute so she can catch the defense off guard,” Hubbard says. “And she can usually outrun them.”

Hopkins got off to a torrid start this spring, helping North Dorchester to a 6-0 record by batting .449 with 12 RBIs, five stolen bases, and 16 runs scored.

“When I am up to bat, some coaches from the other team pull their girls in from the outfield to a shorter distance because they don’t feel I can hit it as far,” Hopkins says. “They don’t think I have as much power as I do. So, I hit it over their head a lot.”

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

Dentistry that kids love and parents trust!

KENTISLAND PEDIATRIC DENTISTRY

Treating Children & Adolescents Ages 0-18

Margaret C. McGrath, DMD, MPH
Megan Golio, DDS
Diplomates, American Board of Pediatric Dentistry

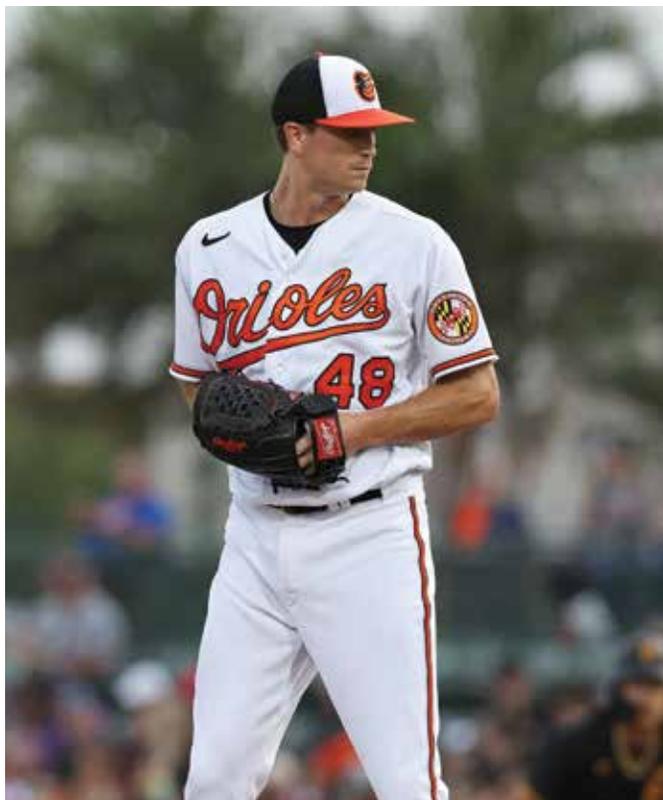
Part of the **TOP DENTISTS** 2022-2023 Eastern Shore

(410) 604-2211 • 160 Sallitt Dr., Ste. 106 • Stevensville, MD 21666
KIPediatricDentistry.com

The Talbot County Free Library Presents
THE EIGHTH ANNUAL CHESAPEAKE CHILDREN'S BOOK FESTIVAL

All Together Now!

Sat., June 24, 2023 10am - 2pm
ChesapeakeChildrensBookFestival.org



New Bird in Town

The Baltimore Orioles' ace pitcher, Kyle Gibson, offers insights on his first season in Birdland

By Tom Worgo | Photographs courtesy Baltimore Orioles

No one can say that Baltimore Orioles pitcher Kyle Gibson hasn't had his share of challenges during his 11-year major league career. He dealt with a shoulder injury, underwent Tommy John surgery, and battled ulcerative colitis, which he picked up on a mission trip to the Dominican Republic after getting an E. coli infection.

Regardless, the Orioles are glad to have the savvy pitcher with his starting experience. The 6-foot-6, 215-pound Gibson has won more than 10 games per season six times, playing for Minnesota, Texas, and Philadelphia. He also played in a World Series with the Phillies in November.

With Baltimore, the Orioles feel all of Gibson's experience will be valuable to a team loaded with young pitchers. And they can use the innings he is capable of pitching since Jordan Lyles, who threw 179 innings last year, is gone. No other Baltimore pitcher threw more than 125 innings in 2022.

That's where Gibson, who signed a one-year \$10 million contract in the offseason, comes in. He has thrown 160 innings six times, including more than 190 twice. We recently talked to Gibson about coming to Baltimore, working with the Orioles pitchers, and his battle with ulcerative colitis.

Why did you sign with the Orioles? What appealed to you about the franchise?

I've always enjoyed playing in Camden Yards. That's part of it. It's one of those places where there is a lot of history. I love the aesthetics of the park. I heard from the Orioles' staff on how they competed last year and how the organization is trending in a certain direction. They are ready to go for it and use these young guys to win for the next five to seven years. They were the best team in the second half (of last season). There was really a lot to like, and it seemed like a really good fit for how I pitch and where I am at in my career. I have pitched there basically once a year.

I like parts of downtown, being over in Little Italy. There are a couple of Italian restaurants my wife and I really like. One of my favorite ice cream places in the entire league is there—Vacaro's. There are a couple of sushi places I like around the Inner Harbor.

You have been able to pitch for 11 years in the majors? Are you glad you have been able to stay in the game for so long?

I have been very fortunate. I had an organization in Minnesota that invested a lot of time in me. They gave me chances after my Tommy John surgery and when I battled a shoulder issue. They gave me chances in 2019 when I had a stomach issue and lost a lot of weight, and wasn't throwing well. It's been a really fun journey. I think everybody goes into this thinking, "Oh, I am going to have this 10-to-13-year career? You have all these high hopes. My wife and I were recently in Texas and thinking, "Would we ever envision this 10 years ago when I was in the minor leagues?"



Why do you think you have been able to stay in the majors for so long?

Being able to make adjustments. I think you have to be realistic with yourself when you are struggling. You have to humble yourself and take advice from the coaches when you are struggling. I struggled in 2016 and 2017 with my identity on the mound and remembering what kind of pitcher I am. I had to maximize my strengths and stick to them and find areas on the fringes of my game, where I could get better like adding a cutter in 2021. At the end of last year in Philly, I was open to adjusting my slider. If you have a chance to make it better, why not do it?

The Orioles have a very young pitching staff. Will you help mentor or teach the pitchers who have been in the majors for one or two years?

I am excited to offer a veteran presence and leadership to the pitchers. That's something I really enjoy doing. In Texas in 2021, the goal was to develop the pitchers. So, I was involved in the conversations about what our goal was as a pitching staff and what we are trying to teach these guys. They asked me if I would be up for it. Would I be a leader? Would I try to walk these guys through some things? I am super fortunate that a lot of guys in Minnesota that were



around a long time walked me through a lot of things. I am very appreciative of how Mike Pelfrey took me under his wings and knew that I was probably one of the young starters that were going to cause him to no longer be a Twin. He didn't care about that. I loved talking about pitching. I love watching guys throw bullpen sessions. I want to be a sounding board for anyone that has any questions and is trying to get better. I had guys doing that for me.

What did you think of the Orioles trading for Oakland starting pitcher Cole Irvin? He could be at the front of the team's starting staff after throwing 180 innings last year.

Anytime you can add a pitcher like Cole to the starting rotation, it's going to make a difference. I

always thought starting pitching brings consistency. If he pitched that many innings for the struggling A's, that means he put up a lot of zeros and kept his team in games. You are not going to run a guy out there who averages six innings a start on a team that's struggling unless you are putting up good numbers. The experience he has can go a long way.

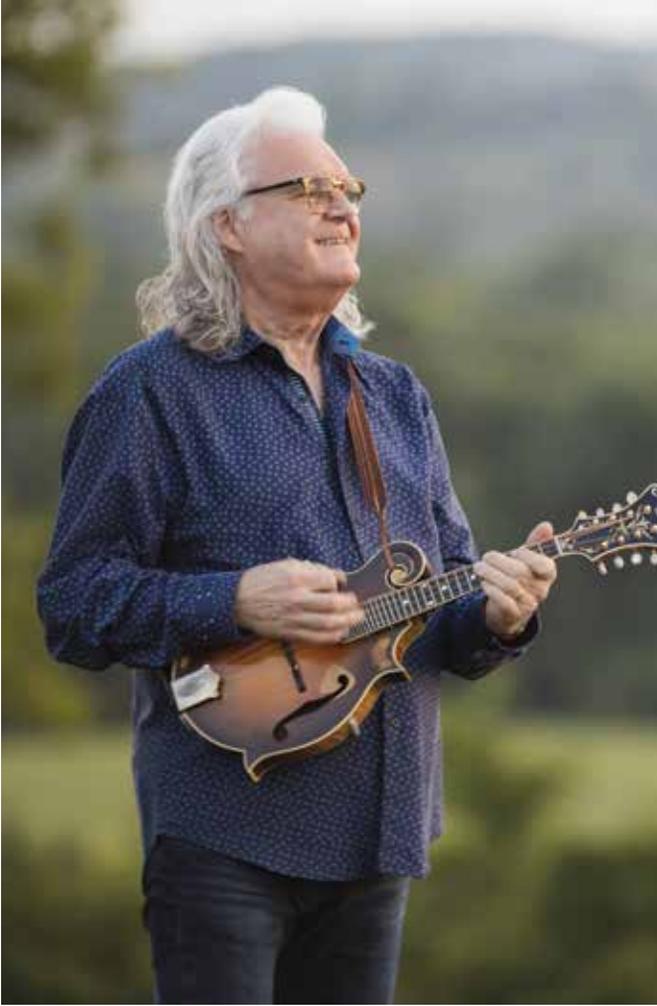
What was the feeling like of playing in a World Series?

Being in the World Series is how you envision it as a kid. You play those scenarios out in your head. What's it going to look like? What's it going to feel like? How am I going to react? It was cool to be out on the mound and pitch in a game at the highest level. Pitching in a game we won, having the fans on their feet, and hearing the crowd

roar, there's nothing like it. I talked to a lot of people in baseball about the experience. They would ask, "What is the plan to get back to the World Series?" I said, "I just got there and it's something I want to do again." It was great to be there. I can only imagine what it was like being the team celebrating.

Talk about how you overcame the intestinal disorder.

It was probably one of the harder things I had to deal with in sports. Mentally and physically. I still have ulcerative colitis. Thankfully I am not in what they would call a flare-up or irritated. I got some medicine to get it under control. I had lost quite a bit of weight and got it back, and felt really good during the season. I had to radically change my diet for a year and a half to two years.



Songs to Fill the Air

Ricky Skaggs heads Crisfield Bluegrass & Sunset Festival, set for June 17th

By Frederick Schultz

Just more than three years ago, this magazine published an article titled “Searching for That High Lonesome Sound,” a nod to the region as “a hotbed for old-time, acoustic Americana music.” Setting out to satisfy that yearning, coastal bluegrass lovers will converge June 17th on Maryland’s Eastern Shore at Somers Cove Marina for the Crisfield Bluegrass & Sunset Festival.

The production is the vision of accomplished local musicians Tim and Savannah Finch (appearing on the show’s bill with the Eastman String Band). The idea for this now much-anticipated event began as far back as 2020, when the musical duo fell in love with Crisfield during a visit by boat. They had a vision and enlisted their friends, Glenn and Gretchen Tampion, to help bring it to life. And now, the festival finally comes to fruition with none other than Ricky Skaggs as the event’s headliner.

What follows are highlights from our lengthy phone conversation with the Country Music Hall-of-Famer, detailing how he got started in the business, which led to appearances with the greatest names in country and bluegrass history.

We spoke in advance of his appearance at the festival with his band, Kentucky Thunder, as the show’s headline act.

Bluegrass Music A Family Affair

“The recordings of Bill Monroe [considered ‘the Father of Bluegrass’] was the music of my childhood. I learned to play the mandolin at age five. My dad, a welder by trade, was in Lima, Ohio, one of the several places where he boarded to be closer to finding work. He never liked being away from the family, but

it was good money at that time, and we needed it.” Once, on a return home, Ricky’s dad gave the boy an old mandolin “he had bought in a pawn shop somewhere” and laid it in his son’s bed. “I woke up and put my hands around it and just plucked away at the strings. I just loved the way it sounded, and it really resonated in my heart.”

Ricky continued, “My mama always had the radio tuned to the music of Bill Monroe, Carter and Ralph Stanley, (Lester) Flatt and (Earl) Scruggs, as well as George Jones, Patsy Cline, and Hank Williams, to name a few. She came from a family who played music together for their own fun. The year after my dad gave me that mandolin, he and I played some together. He played guitar and I strummed on the mandolin. After I’d been playing at places like the fronts of the grocery store and the post office, we went to see Bill Monroe at a little high school in Kentucky. We just went to watch, but some of my neighbors in the crowd started shouting, ‘Let little Ricky Skaggs sing a song!’ After a couple of those outbursts, Mr. Monroe finally said, ‘Get on up here,’ very matter-of-factly—not knowing how little I really was—and pulled me up about four feet onto the stage. He asked me what I played, and I told him the mandolin. He took his off and put it around my neck, and we played and sang

'Ruby, Are You Mad at Your Man,' a popular Osborne Brothers song. Everybody knew it, and thank God the band knew it, too. So, the crowd was happy."

Grand Ole Opry-Bound

"When I was seven," Ricky recalls, "Dad moved us to Paradise, Kentucky, just outside Nashville, mostly because he wanted me to get on the Grand Ole Opry." Eventually, he got his wish. "Earl Scruggs was backstage at the old Opry House, the Ryman. He had seen me play and asked my dad to move me to Nashville to appear with him and Lester Flatt on Earl's television show. Well, there I was, seven years old, and doing two songs with Flatt and Scruggs."

Unexpected Opportunities

"After that, door after door started to open. We had moved back to Kentucky, when I got to meet the Stanley Brothers. Carter Stanley called me up to do a song on their show. After Carter passed away, I connected with Ralph again when Keith Whitley and I were singing together. We went to meet up with Ralph and play with him at some beer joint, but his bus had a flat tire, and he was late. I don't know how the owner found out, but he knew we played music, and after my dad drove us there, the man asked us to play a few

songs until Ralph arrived. So, we did. We were singing Stanley Brothers songs when, 20 minutes later, Ralph walked in. We became the best of friends, and he hired us to go with the band, and we stayed with him for about two years. We didn't want to go back and finish high school. At least I didn't. It was a great time in my life, and I learned so much from Ralph Stanley. You can't make up this stuff, but that's how it happened."

Behind-the-Scenes Backstage at the Ryman Auditorium

One of Ricky's most vivid memories from his professional life came, once again, at the Grand Ole Opry. He had been asked to assemble a bluegrass show, and "To my knowledge," he

revealed to me, "no one has heard this story before."

"Among the folks I had enlisted were Earl Scruggs, Benny Martin, and Bill Monroe. Roy Huskie, Jr. was there, too, and was a big help, and I was playing Lester Flatt's part on the guitar to accompany Earl's banjo. Backstage in the dressing room where we were to rehearse before the show, Monroe was asleep, Earl's hands were shaking, and Bennie was talking strangely, not making much sense after having had some sort of surgery. I had no idea how this was going to turn out. Just before we went onstage, I thought, 'This can't be happening.'"

Well, when we went onstage, Mr. Monroe was dancing, Bennie was talking just fine, and Earl's hands were steady as a rock.

And the show went on without a hitch. Again, you just can't make up this stuff."

See you all at the festival!

CRISFIELD BLUEGRASS & SUNSET FESTIVAL

WHEN: Saturday, June 17, noon to 10 p.m.

WHERE: Somers Cove Marina / Jersey Island at Crisfield, Maryland

LINEUP: Ricky Skaggs & Kentucky Thunder, Tribute to Doc Watson, Seldom Scene, Danny Paisley & Southern Grass, Eastman String Band, and more **TICKETS:** starting at \$45

Additionally, there will be food, beverage, music, and craft vendors on site. For full details and to purchase tickets, visit crisfieldbluegrass.com.





JUNETEENTH CELEBRATION

Saturday, June 17
Noon-3 pm

Performances, Art, Food & Crafts

With special guests Munit and Z Lovebugs
and The Sagacious Traveler



ACADEMY
ART MUSEUM
106 South St.
Easton, MD

Lead Sponsor: **Morgan Stanley**
LISA HUNTER & SHANE HATFIELD
AT MORGAN STANLEY

Special thanks to our sponsors
Bay Imprint, Maryland Public
Television and Talbot Arts
academyartmuseum.org

Too precious
not to protect
from mosquitoes & ticks.



MOSQUITO
SQUAD



Event Treatment • Natural Treatment
21 Day Barrier Program

Call *The Squad* for a Free Estimate

443-282-1164

easternshore@mosquitosquad.com

or visit MosquitoSquad.com

**LOCALLY
OWNED
& Operated**

Mention this ad and
get a **FREE TRIAL**
treatment up to a 1/2 acre

100%
Satisfaction
Guaranteed.

America's original and guaranteed mosquito and
tick control since 2005.

The body is capable of self-repair,
but sometimes it needs a little help.



We listen. We make time for you.

-Dr. Sean Mulvaney and Dr. James Lynch

**Nationally recognized
experts in
musculoskeletal
and sports medicine.**

We take an innovative approach
to get you active again by
providing targeted injection
therapies under real-time
ultrasound guidance without
the need for surgery.

ROSM

REGENERATIVE ORTHOPEDICS & SPORTS MEDICINE

**NEW
LOCATION**

499 Idlewild Ave.
Suite 103
Easton, MD, 21601
443-470-6899

116 Defense Hwy., Ste. 203
Annapolis, MD 21401
410-505-0530 • www.ROSM.org



We are accepting new clients!

Reach out to learn how you can get started with our mental health services.

410.822.1018 | forallseasonsinc.org

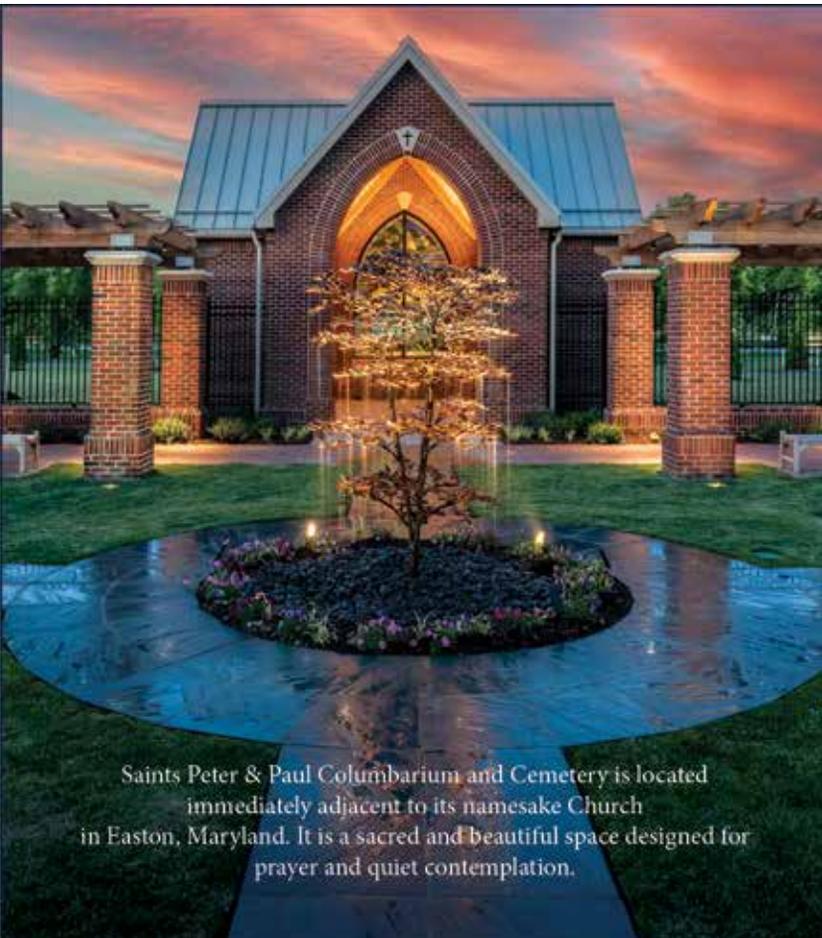


OUR SERVICES

- Individual, and Family Therapy
- Child & Adult Psychiatry
- Victim and Crisis Support
- Education and Outreach



In-person and telehealth services available. All insurances accepted.



Saints Peter & Paul Columbarium and Cemetery is located immediately adjacent to its namesake Church in Easton, Maryland. It is a sacred and beautiful space designed for prayer and quiet contemplation.

ALL FAITHS WELCOME



SAINTS PETER & PAUL
COLUMBARIUM & CEMETERY

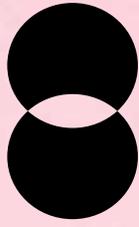
www.ssppcemetry.com

(410) 822-2344

**BEST OF
BEST OF
SILVER
SILVER
2023**

**READERS HAVE
CHOSEN THEIR
FAVORITE
BUSINESSES OF
THE REGION!**

More than 10,600 ballots have been tallied in this year's Best of Eastern Shore campaign! And now...drum roll please...we announce the winners! There are approximately 149 awards doled out in the group categories of Food & Dining, Health & Beauty, Home & Design, and Retail & Professional Services. It's an amazing turnout *and* class of winners! What's Up? Media thanks you for providing your opinions of who provides the very BEST customer experiences of the region.



ENJOY AND HOPEFULLY MANY OF YOUR PERSONAL FAVORITES MADE THE FOLLOWING LIST!





FOOD & DINING

Bakery

Fields of Heather Bakery, 1553 Postal Road, Chester, MD 21619; 410-643-3987; fieldsofheatherbakery.com

Barbeque

Rude BBQ; 216 E. Dover Road, Easton, MD 21601; 410-690-3641; rudefoodco.com

Bloody Mary

The Galley Restaurant, 305 S. Talbot Street, St. Michaels, MD 21663; 410-200-8572; thegalley-saintmichaels.com

Breakfast

The Galley Restaurant, 305 S. Talbot Street, St. Michaels, MD 21663; 410-200-8572; thegalley-saintmichaels.com

Brewery

Cult Classic Brewing; 1169 Shopping Center Road, Stevensville, MD 21666; 410-980-8097; cultclassicbrewing.com

Caterer

Royal Oak Catering Company; 25876 Royal Oak Road, Royal Oak, MD 21662; 410-490-5123; royaloakcatering-company.com

Charcuterie

Knoxie's Table; 180 Pier One Road, Stevensville, MD 21666; 443-249-5777; baybeachclub.com/food-drink/knoxies-table



THE GALLEY

Chef
Bistro St. Michaels / Doug Stewart: 403 S. Talbot Street, St. Michaels, MD 21663; 410-745-9111; bistrostmichaels.com

Cocktails
Knoxie's Table: 180 Pier One Road, Stevensville, MD 21666; 443-249-5777; baybeachclub.com/food-drink/knoxies-table

Coffee Shop
Rise Up Coffee Roasters: Locations in Easton, St. Michaels, Cambridge, Salisbury & more; 410-822-1353 (Easton); riseupcoffee.com

Crabcake
Fisherman's Inn: 3116 Main Street, Grasonville, MD 21638; 410-827-8807; fishermansinn.com

Cream of Crab Soup
The Narrows Restaurant: 3023 Kent Narrows Way S., Grasonville, MD 21638; 410-827-8113; thenarrows-restaurant.com

Cupcakes
Ruby's Cake Shoppe and Pastries: 415 B East Dover Road, Easton, MD 21601; 443-205-3979; rubyscakeshoppe.com

TALBOT INTERFAITH SHELTER
 SHELTER • STABILITY • SUPPORT • SUCCESS

More than a shelter...

Talbot Interfaith Shelter's **S4 Program** provides **Shelter, Stability, Support,** and a path to **Success** for local families and individuals in need.

Guests receive rigorous case management, life skills classes, and an opportunity to move into transitional housing as they work to move from homelessness to self-sufficiency.

Learn about our mission and how YOU can help at **TALBOTINTERFAITHSHELTER.ORG**

BEST OF EASTERN SHORE 2023

WINNER for Best Pizza (Local)
 Honorable Mention Best Wine Selection & Best Family-Friendly Restaurant

Oven Burning 7 Days a Week
 409 S. Talbot St. - St. Michaels
 543 Poplar St. - Cambridge
 29 Baltimore Ave. - Rehoboth Beach, DE
 www.avaspizzeria.com

BEST OF EASTERN SHORE 2023

WINNER for Best Steakhouse

Grill Fired For Dinner & Special Events
 407 S. Talbot St. - St. Michaels
 44 Baltimore Ave. - Rehoboth Beach, DE
 www.theossteakhouse.com



*Healthy
Restaurant*

Eat Sprout; 335 N. Aurora Street, Easton, MD 21601; 443-223-0642; eatsprout.com

Ice Cream

Sugar Doodles Sweet Shop; Locations in Centreville, Chester, and Kent Narrows Boatel; 443-262-8090 (Centreville); sugardoodlessweetshop.com

Indian Restaurant

Bombay Tadka; 508 Idlewild Avenue, Easton, MD 21601; 443-746-2135; bombaytadkamd.com

*Japanese
Restaurant*

InJapan; 101 Marlboro Avenue, Easton, MD 21601; 410-443-0681; injapansushi.com

*Maryland Crab
Soup*

Fisherman's Inn; 3116 Main Street, Grasonville, MD 21638; 410-827-8807; fisherman-sinn.com

*Mexican
Restaurant*

El Jefe Mexican Kitchen / Tequila Bar; 1235 Shopping Center Road, Stevensville, MD 21666; 410-604-1234; eljefemexicankitchentequila-bar.com

*Neighborhood
Restaurant*

Corah's Corner; 105 N. Talbot Street, St. Michaels, MD 21663; 410-745-8008; corahs.com

New Restaurant

Libbey's Coastal Kitchen & Cocktails; 357 Pier 1 Road, Stevensville, MD 21666; 410-604-0999; libbey-scoastalkitchen.com

*Outdoor Dining
Bridges on Kent*

Narrows; 321 Wells Cove Road, Grasonville, MD 21638; 410-827-0282; bridges-restaurant.net

Pizza (Chain)

Ledo Pizza; 110 Kent Landing, Stevensville, MD 21666; 410-643-7979; ledopizza.com

Deli

Love Point Deli, Wine & Spirits;

109 Main Street, Stevensville, MD 21666; 410-604-2447; lovepointdeli.com

Dessert

Scottish Highland Creamery;

314 Tilghman Street, Oxford, MD 21654; 410-924-6298; scottish-highlandcreamery.com

*Family Friendly
Restaurant*

Fisherman's

Crab Deck; 3032 Kent Narrows Way S., Grasonville, MD 21638; 410-827-6666; crabdeck.com

German

Restaurant

Bay Wolf

Restaurant; 21270 Rock Hall Avenue, Rock Hall, MD 21661; 410-639-2000; baywolfrestaurant.com

Greek Restaurant

Sam's Pizza & Restaurant;

1110 S Talbot Street, Unit 1, St. Michaels, MD 21663; 410-745-5955; sam-spizzastmichaels.com

Happy Hour

Fisherman's

Crab Deck; 3032 Kent Narrows Way S., Grasonville, MD 21638; 410-827-6666; crabdeck.com

LIBBEY'S COASTAL
KITCHEN & COCKTAILS





Steamed Crabs

Fisherman's Crab Deck; 3032 Kent Narrows Way S., Grasonville, MD 21638; 410-827-6666; crabdeck.com

Sushi

Café Sado; 205 Tackle Circle, Chester, MD 21619; 410-604-1688; cafesado.com

Thai Restaurant

ThaiTalian Infusion Cuisine; 300B Washington Street, Cambridge, MD 21613; 443-225-6615; thaitalianinfusioncuisine.com

Vegetarian Menu

Eat Sprout; 335 N. Aurora Street, Easton, MD 21601; 443-223-0642; eatsprout.com

Whiskey Selection

The Retriever Bar & The Decoy Bottle Shop; 337 1/2 High Street, #339, Chestertown, MD 21620; 410-934-7242; theretrieverbar.com

Wine Selection

Limoncello Italian Restaurant & Wine Bar; 200 S. Talbot Street, St. Michaels, MD 21663; 410-745-3111; limoncellostmichaels.com

Wings

Big Bats Café; 216 St. Claire Place, Stevensville, MD 21666; 410-604-1120; bigbats.com

Waterfront Restaurant

Bridges on Kent Narrows; 321 Wells Cove Road, Grasonville, MD 21638; 410-827-0282; bridges-restaurant.net

Sports Bar

Big Bats Café; 216 St. Claire Place, Stevensville, MD 21666; 410-604-1120; bigbats.com

Steakhouse

Theo's Steaks, Sides & Spirits; 407 S. Talbot Street, St. Michaels, MD 21663; 410-745-2106; theossteakhouse.com

Pizza (Local)

Ava's Pizzeria & Wine Bar; 409 S. Talbot Street, St. Michaels, MD 21663; 410-745-3081; avaspizzeria.com

Raw Bar / Oysters

Ruse; 209 N. Talbot Street, St. Michaels, MD 21663; 410-745-8011; ruserestaurant.com

Romantic Restaurant

Bas Rouge; 19 Federal Street, Easton, MD 21601; 410-822-1637; basrougeeaston.com

Seafood Restaurant

Fisherman's Inn; 3116 Main Street, Grasonville, MD 21638; 410-827-8807; fisherman-sinn.com

Smoothies/Juice Shop

Yo Java Bowl; 800B Abruzzi Drive, Chester, MD 21619; 410-604-0000; yojavabowl.wixsite.com

Southern Restaurant

Rude BBQ; 216 E. Dover Road, Easton, MD 21601; 410-690-3641; rudefoodco.com



THE GALLEY SAINT MICHAELS

**BEST OF
EASTERN SHORE
2023**

Voted Best Breakfast
AND Best Bloody Mary

Bottomless Mimosas
EVERY SUNDAY 8AM-2PM

FAMILY

Owned & Operated
est. 2017

305 S. Talbot St | Saint Michaels, MD
410-200-8572



ADVERTISE WITH US TODAY!

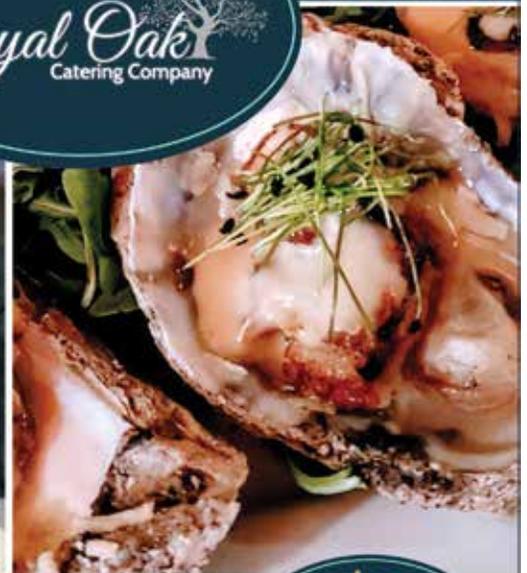


CONTACT:

ashley@whatsupmag.com

Thank you for voting us Best Of Eastern Shore 2023!

Royal Oak
Catering Company



**BEST OF
EASTERN SHORE
2023**

403 South Talbot Street
Saint Michaels, MD
410-745-9111 • bistrostmichaels.com



HEALTH & BEAUTY

Acupuncture
Fox Acupuncture and Wellness: 133 Log Canoe Circle, Ste. C, Stevensville, MD 21666; 410-855-4466; foxacu.com

Addiction Counseling
For All Seasons: 300 Talbot Street, Easton, MD 21601; 410-822-1018; forallseasonsinc.org

Barre Class
Core Collective: 1567 Postal Road, Chester, MD 21619; 301-332-7867; corecollectiveki.com

Bridal Haircut & Styling
Swan Cove Spa & Salon: 100 Piney Narrows Road, Ste. 1, Chester, MD 21619; 410-604-1500; swancoverspa.com

Cannabis Dispensary
Sunburst Pharm: 603 Meteor Avenue, Cambridge, MD 21613; 443-972-5501; sunburst-pharm.com

Children's Fitness Class
Tardigrade Obstacle Course Racing and Fitness Facility: 11315 Old Cordova Road, Cordova, MD 21625; 410-829-6608; ocrtar-digradetough.com

Chiropractor
Kovach Chiropractic & Wellness Center: 2108R Didonato Drive, Chester, MD 21619; 410-697-3566; kovachchiropractic.com

Cosmetic Injections
Noude Aesthetics: 2112 Didonato Drive, Chester, MD 21619; 443-286-9829; noude-aesthetics.com

Dance Studio
Step 1 Dance 2 Academy: 1557 Postal Road, Chester, MD 21619; 443-758-3249; step1dance2.com

Day Spa
The Inn at the Chesapeake Bay Beach Club: 180 Pier 1 Road, Stevensville, MD 21666; 410-604-5900; baybeachclub.com/the-inn

Dental Hygienists
Eastern Shore Dental Care: 22 Kent Towne Market, Chester, MD 21619; 410-643-5500; eastern-shoredentalcare.com

Eyebrow Care
LK Aesthetics: 232 Shopping Center Road, Stevensville, MD 21666; 443-988-2622; lkaestheticsmd.square-space.com

Eyesh Extensions
Swan Cove Spa & Salon: 100 Piney Narrows Road, Ste. 1, Chester, MD 21619; 410-604-1500; swancoverspa.com

Facial
LK Aesthetics: 232 Shopping Center Road, Stevensville, MD 21666; 443-988-2622; lkaestheticsmd.square-space.com

Gym
Club One Fit: 210 Country Day Road, Chester, MD 21619; 410-643-3488; clubonefit.com



KENT ISLAND
ORTHODONTICS

DR. ROBERT LARAWAY

BOARD-CERTIFIED ORTHODONTIST



WHAT WE OFFER:

- Brand new office
- Cutting edge technology
- Complimentary consultations and x-rays
- Personalized treatment plans
- 0% interest financing options
- Braces and clear aligners for kids and adults

206 DUKE STREET • STEVENSVILLE • (410) 855-4430 • KIORTHO.COM

Eastern Shore Dental Care



Dr. Scott H. Billings



Dr. Chris K. Murphy



Dr. Jennifer Brotz



Dr. Alyssa Wolfe



Dr. Eric Fooksman



Dr. Megan Dixon



Dr. Erin Golueke



Dr. Heather Foster

Dr. Scott H. Billings, a graduate of the University of Maryland School of Dentistry, founded his dental practice in 1981. Dr. Christopher K. Murphy, also a graduate of the University of Maryland School of Dentistry, partnered with Dr. Billings in 1986. 41 years later, they are the largest dental care provider on the eastern shore.

In 2017, they renovated, expanded and renamed their Kent Island office. Now known as Eastern Shore Dental Care, their 7,000 sq. ft. dental practice employs 8 dentists, 50 staff members, offers 20 treatment rooms and serves over 20,000 patients.

Eastern Shore Dental Care is committed to delivering the best dental care and most successful treatment options available. We offer a variety of services in our spa-like setting with state-of-the-art technology. We aim to increase patient comfort and the efficiency of every appointment, while achieving the most successful outcome.

If you are interested in learning more about our practice or to schedule a consultation, please do not hesitate to call us at 410-643-5500 or visit our website www.easternshoredentalcare.com to request an appointment.

SERVICES WE OFFER:

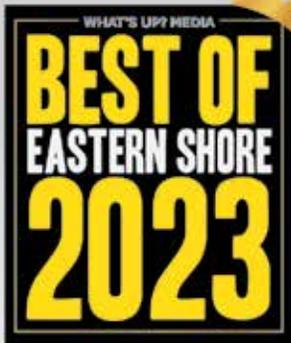
- Cosmetic Dentistry • Dental Implants • Dentures • Root Canal Therapy
- Oral Cancer Screenings • Pediatric Dentistry • Periodontics
- Restorative Dentistry • Sedation Dentistry • Implants • Temporomandibular Disorder



410.643.5500

22 Kent Towne Market
EasternShoreDentalCare.com

THANK YOU FOR VOTING US
BEST CHIROPRACTOR



410-697-3566 · KOVACHCHIROPRACTIC.COM

EASTON DERMATOLOGY ASSOCIATES
General & Cosmetic Dermatology

NOW ACCEPTING PATIENTS IN OUR KENT ISLAND OFFICE



Donald Stranahan Jr., MD, FAAD

Michael Del Torto, MD, FAAD



Fellow
American Academy of Dermatology
Excellence in Dermatology™

403 Marvel Court, Easton, MD 21601
106 Milford Street - Suite 501B, Salisbury, MD 21804
411 Thompson Creek - Road Bay 1, Stevensville, MD 21666
410-819-8867 | www.eastondermatology.com

bright^{FM}



95.1



music that
lifts you up

103.1

Hospice Care
Talbot Hospice; 586 Cynwood Drive, Easton, MD 21601; 410-822-6681; talbothospice.org

Laser Hair Removal
O'Donnell Vein & Laser; 499 Idlewild Avenue, Ste. 101, Easton, MD 21601; 877-461-1564; odonnell-veinandlaser.com

Laser Skin Treatment
O'Donnell Vein & Laser; 499 Idlewild Avenue, Ste. 101, Easton, MD 21601; 877-461-1564; odonnell-veinandlaser.com

Manicure / Pedicure
Swan Cove Spa & Salon; 100 Piney Narrows Road, Ste. 1, Chester, MD 21619; 410-604-1500; swanovespa.com

Massage
Massage by Jess; 109 Country Day Road, Chester, MD 21619; 410-200-5892; massagebyjess.com

Medi-Spa
Bella Rose Medical Aesthetics; 2 Chester Plaza, Chester, MD 21619; 443-249-3232; bellarosemedical-aesthetics.com

Men's Haircut & Styling
Levity Hair Studio; 204 Duke Street, Stevensville, MD 21666; 443-249-3220; levityhairstudio.com

Mental Health Services
For All Seasons; 300 Talbot Street, Easton, MD 21601; 410-822-1018; forallseasonsinc.org

Permanent Makeup
The Beauty Base; 109 Country Day Road, Chester, MD 21619; 443-261-5872; bombrowsco.com

Personal Trainer
Core Collective / Elizabeth Maniago; 1567 Postal Road, Chester, MD 21619; 301-332-7867; corecollectiveki.com

Physical Therapy
Shore Elite Physical Therapy; 112 Log Canoe Circle, Stevensville, MD 21666; 443-569-9267; shoreelitept.com

Pilates Class
Core Collective; 1567 Postal Road, Chester, MD 21619; 301-332-7867; corecollectiveki.com

Resort with Spa
The Inn at the Chesapeake Bay Beach Club; 180 Pier 1 Road, Stevensville, MD 21666; 410-604-5900; baybeachclub.com/the-inn

Tanning
Luxe Tan & Spa; 609 Dutchmans Lane, Ste. B, Easton, MD 21601; 410-690-8579; luxetanandspa.com

Teeth Aligner Specialist
Kent Island Orthodontics; 206 Duke Street, Stevensville, MD 21666; 410-855-4430; kiortho.com

Waxing
Bella Rose Medical Aesthetics; 2 Chester Plaza, Chester, MD 21619; 443-249-3232; bellarosemedical-aesthetics.com

Weight-Loss Program
Bella Rose Medical Aesthetics; 2 Chester Plaza, Chester, MD 21619; 443-249-3232; bellarosemedical-aesthetics.com

Women's Haircut & Styling
Levity Hair Studio; 204 Duke Street, Stevensville, MD 21666; 443-249-3220; levityhairstudio.com

Yoga Studio
Soul Society Yoga Studio; 2110 Didonato Drive, Chester, MD 21619; 410-708-4542; soulsocietystudio.com

PASSIONATELY INSPIRED FITNESS

Personal Training. Boot Camp Classes. Small Group Workouts. Nutritional Consulting.

Maxed Out Fitness is an elite boutique training studio in Annapolis, Maryland that lovingly caters to each individual and their specific needs. We passionately inspire each person with hope, vision, and power to crush their fitness goals.

BEST OF ANNAPOLIS 2023

Voted Best Trainer, Boot Camp, AND Gym!

MAXED OUT FITNESS

Start your fitness journey today! (443) 871-2486
1833 George Ave, Suite 2 • Annapolis, MD 21401 • maxedoutfitness.com



DD McCracken Home Team

“Big or Small - We Sell Them All!”

www.DDMcCrackenHomeTeam.com | Direct: 410-849-9181



403 Eagle Manor Dr. | Church Hill

- Newly constructed home in 2022
- One floor living
- 4 Bedroom, 3 Baths
- \$100K in Upgrades
- Gas Fireplace
- Open Floor Plan



404 Maple Ave. | Ridgely

- Completely Renovated
- High End Finishes
- Open Living Concept
- 3 Bedroom, 2 Baths
- Cathedral Ceilings
- New Roof, Heat Pump

Your Real Estate Team for Life



DeeDee McCracken
CEO & Realtor®
DMcCracken@cbmove.com
410-739-7571



Lisa Barton
COO & Realtor®
Lisa.Barton@cbmove.com
410-829-2051



Annie Eaton
Realtor®, Real Estate Sales
Annie.Eaton@cbmove.com
410-739-4260



Destinee Blackstone
Realtor®, Real Estate Sales
Destinee.Blackstone@cbmove.com
410-693-9291



Lisa McGrath
Realtor®, Licensed Assistant
lisa.mcgrath@cbrealty.com
410-320-1971



Kevin McCracken
Realtor®, Real Estate Sales
kevin.mccracken@cbmove.com
443-838-1417



Becky Wibberley
Realtor®
becky.wibberley@cbmove.com
443-416-7939



Emerson O'Neill
Realtor®
emerson.oneill@cbrealty.com
443-758-8716



COLDWELL BANKER REALTY



170 Jennifer Rd. Suite 102, Annapolis, MD 21401 • Office 410-224-2200



4915 Old Court Rd | Randallstown

- Gable Farmhouse Circa 1776
- 2.45 Acres
- Zoned D5.5
- Hardwood Floors
- Mature Trees
- Perfect for Outdoor Entertaining



302 Queens Colony High Rd. | Stevensville

- Custom Built Home
- Renovated Kitchen and Baths
- Private Back Yard
- Open Floor Plan
- First Floor Bedroom & Bath
- Screened Porch



502 Admiral Dr., Annapolis

- Heart of Annapolis
- Coveted zip code 21401
- Buildable space 3,410-9,000 sq ft
- 1.75 Acres
- Build a New Home
- Buy Lot & Bring your own Builder or use ours!



4000 Herons Nest Way #21 | Chester

- 55+ Community / Waterfront
- Spacious 2600 sq. ft.
- Perfect for Entertaining
- Open Floor Plan / 9' Ceilings
- Primary En suite
- Active Adult Community / 23,000 sq ft Clubhouse

**Inventory is low! If you're thinking of selling, now is a great time!
Please give us a call today.**

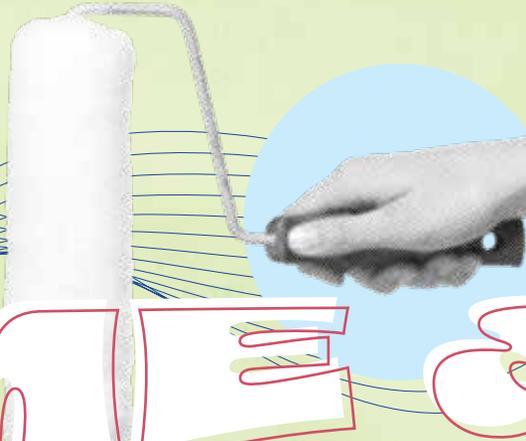
We are committed to serving as your Real Estate Team for LIFE!

Customizing a plan to meet your goals, is our priority! We marry expert knowledge of the Bay region, with a full suite of services tailored specifically to you.

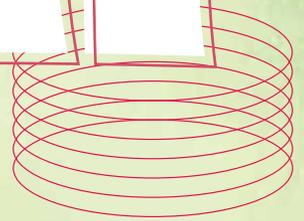
Professional, trustworthy, and experienced!



All affiliated real estate agents are independent contractor sales associates, not employees. ©2022 Coldwell Banker. All Rights Reserved. Coldwell Banker and the Coldwell Banker logos are trademarks of Coldwell Banker Real Estate LLC. The Coldwell Banker® System is comprised of company owned offices which are owned by a subsidiary of Realty Brokerage Group LLC and franchise offices which are independently owned and operated. The Coldwell Banker System fully supports the principles of the Fair Housing Act and the Equal Opportunity Act.



HOME & DESIGN



CHOOSE THE BEST

- Lifetime Structural Warranty
- Incredible Financing Offers
- Award Winning Customer Service



www.FenceAndDeckConnection.com

FOR A FREE DESIGN CONSULTATION
CALL 410-757-5511



Architect

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

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

Electrician Chesapeake Electric; 117 Gibraltar Avenue, Annapolis, MD 21401; 410-941-3573; cheselectric.com

Fence / Deck Contractor Fence & Deck Connection; 1544 Whitehall Road, Annapolis, MD 21401; 410-757-5511; fenceanddeck-connection.com

Flooring & Carpet Contractor Abbey Carpet & Floor; 106 Marlboro Avenue, Easton, MD 21601; 410-346-5877; abbeyflooreasternshore.com

Gutter & Siding Contractor Mid-Shore Exteriors; 29349 W. Maple Avenue, Trappe, MD 21673; 410-673-7939; midshoreexteriors.com

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

Indoor Cleaning Services Absolute House Cleaning; Serving Maryland's Eastern Shore & Delaware; 410-650-2333; absolutehouse-cleaning.com

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

Landscaper BJ & Son Property Management; 29414 Howell Point Road, Trappe, MD 21673; 410-463-1671; bjandson.com

Lawn Services & Treatments Absolute Lawn Care; Serving Maryland's Eastern Shore & Delaware; 410-463-1083; facebook.com/absolutelawn-care02

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

Anything but ordinary.



314 Design Studio
KITCHEN AND BATH SPECIALISTS

314 MAIN STREET | STEVENSVILLE | 410.643.4040 | 314DESIGNSTUDIO.COM



Thank You

**FOR VOTING
CHANEY HOMES**

'Best Residential
Real Estate Brokerage'
7th year running
(2017-2023)



Stylish Staging. Masterful Marketing.
ALL INCLUDED with EVERY listing.

Chaney Homes

443-249-SOLD
www.ChaneyHomes.com

**Luxury Home
Realtor**
**Biana Arentz /
Coldwell Banker,**
200 Wye Road,
Queenstown, MD
21658; 410-263-
8686; bianaarentz.
com

Mortgage Lender
**Shore United
Bank;** Locations
throughout Mary-
land, Delaware,
and Virginia; 877-
758-1600; shore-
unitedbank.com

**Painting
Contractor**
**Godwin's Paint-
ing Service;** 6
Petinot Court,
Stevensville, MD
21666; 443-867-
0461; godwin-
spaintingservices.
com

Pest Control
**ReCon Pest
Control, LLC;** 955
S. Talbot Street,
St. Michaels, MD
21663; 410-714-
9355; reconpest.
com

Plumber
**Palmer's Plumb-
ing;** 7100 Main
Street, Unit 27,
Queenstown, MD
21658; 410-827-
4546; palmer-
splumbing.com

Pool Design / Build
Aqua Pools; 8801
Mistletoe Drive,
Easton, MD 21601;
410-822-7000;
aqua74.com

Pool Maintenance
Cal Pools; Serving
Queen Anne's,
Kent, Cecil, Anne
Arundel Counties &
more; 877-766-5777;
calpools.com

H&S

Higgins & Spencer

*Thank you for voting us
Best Furniture Store and Best Window Treatments*

Serving the Eastern Shore since 1942, Higgins and Spencer offers a comprehensive range of home products and services that are sure to fit your personal style and budget. From furniture & home accents; to flooring, window treatments, and home appliances – we ensure our vast selection of quality home products derive from the industry's top designers, creators and brands.

In addition to our retail products, we also provide coordinating services to enhance your retail experience, to include: Complementary Interior Design; Appliance Sales & Installation; Flooring Sales & Installation; Custom Upholstery; Textiles and Hardware; and Hunter Douglas Window Treatments.

The Higgins and Spencer family of talented and experienced specialists, work together to provide a customer-oriented, full-service team. With the latest in interior design, quality products, specialized home services, and an unmatched buying experience – Higgins & Spencer has so much to offer you. Visit us at our showroom located on Talbot Street in St. Michaels, or shop with us online.

902. S. Talbot Street | St. Michaels, MD 21663
www.higginsandspencer.com | 410-745-5192



Real Estate Team / Brokerage

Chaney Homes; 206 Old Love Point Road, Stevensville, MD 21666; 443-249-7653; chaney-homes.com

Residential Realtor

Tricia Wilson / Chaney Homes; 206 Old Love Point Road, Stevensville, MD 21666; 443-249-7653; chaney-homes.com

Roofing Contractor

Mid-Shore Exteriors; 29349 W. Maple Avenue, Trappe, MD 21673; 410-673-7939; midshoreexterior.com

Title Company

Tidemark Title Company; 101 N. West Street, Easton, MD 21601; 410-820-0258; tidemarktitle.com

Tree Service

Bartlett Tree Experts; 8625 Commerce Drive, Easton, MD 21601; 410-745-5100; bartlett.com

Water Treatment Service

e Water Company; 2203 Main Street, #1, Chester, MD 21619; 410-604-1130; ewater-company.com

Waterfront Real Estate Team

Benson & Mangold Real Estate; 27999 Oxford Road, Oxford, MD 21654; 410-822-1415; bensonandmangold.com

Waterfront Realtor

DeeDee McCracken / Coldwell Banker; 170 Jennifer Road, Suite 102, Annapolis, MD 21401; 410-739-7571; ddmccrackenhometeam.com

Window & Door Contractor

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

Window Treatments

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

PETITBON ALARM CO.
Defense - A Family Tradition
www.petitbon.com
1-800-284-CRIME
301-858-0820

BEST OF ANNAPOLIS 2023

Thank you for voting us the Best for Home Security & Alarm Systems!
(301) 858-0820
petitbon.com

TURN YOUR IDEAS INTO REALITY TODAY!

BEST OF EASTERN SHORE 2023

Mulching
Sodding
Stone Driveways
Transformations

BJ AND SON PROPERTY MANAGEMENT

CALL FOR AN ESTIMATE
410-463-1671
www.bjandson.com

PALMER'S PLUMBING, LLC

Our Award Winning Plumbing & Gas Fitting Services Include:

- Custom Kitchen & Bath Upgrades
- Tankless Water Heaters
- Plumbing & Gas System Repairs
- New Home Construction
- Back Flow Testing & Repairs
- Propane & Natural Gas Systems
- Marina & Pier Water Piping

VOTED BEST PLUMBING

BEST OF EASTERN SHORE 2023

Customer Satisfaction Guaranteed
410-827-4546
443-786-5337
www.palmerplumbing.com
MD Master Plumber & Gas Fitter 65518

Shore United Bank is honored to be recognized as the "Best Bank" for both the Eastern Shore and Annapolis.

As a community bank, we deliver innovative and convenient banking services with the personal touch you deserve.



**Thank You For
Your Votes!**



BEST Bank & Mortgage Lender



BEST Bank

Crystal Gazic, Business Banking Relationship Manager; Chris Honeman, Business Banking Relationship Manager; Heather Bacher, Business Banking Segment Manager; Eric Buono, Business Banking Relationship Manager; Kelly Stevenson, Business Banking Relationship Manager

ShoreUnitedBank.com | 877.758.1600 | 30+ Locations MD • DE • VA



Tricia Wilson

GRI, REALTOR®

410-404-2033 - For VIP Service



Chaney Homes
443-249-SOLD - Press 6

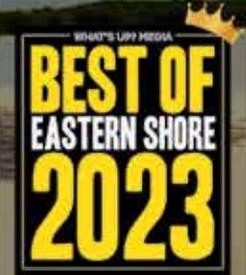


Thank you

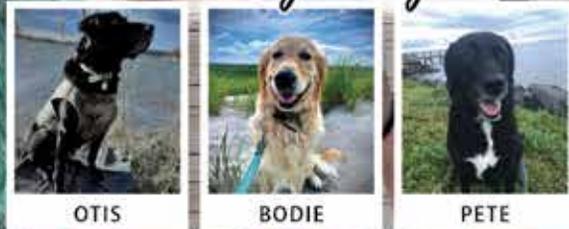
for voting me *again...*

Best

Residential Realtor 2023



Kent Island's Dog Loving Realtor



OTIS

BODIE

PETE

For all your real estate needs - buying or selling:
Get The Daisy. Get Results. Get Tricia

TOP PRODUCING AGENT FOR **Chaney Homes**

Top Producing Solo Agent in Queen Annes County, Again

2023 Best Residential Realtor of the Eastern Shore for the second year in a row and

Bay Area Association of Realtor's Top Producing Sales Associate 2022



RETAIL & PROFESSIONAL SERVICES



Auto Body Shop
Mullikin's Auto Body, Inc.: 9277 Ocean Gateway, Easton, MD 21601; 410-820-8676; mullikinsautobody.com

Auto Dealership
Fred Frederick Chrysler, Dodge, Jeep & RAM: 8562 Ocean Gateway, Easton, MD 21601; 410-612-3576; fredfrederickchryslereaston.com

Bank
Shore United Bank: Locations throughout Maryland, Delaware, and Virginia; 877-758-1600; shoreunitedbank.com

Beer, Wine & Liquor Store
The Winery: 116 S. Piney Road, Ste. 104, Chester, MD 21619; 410-643-9466; thewineryki.com

Bicycle Shop
Easton Cycle & Sport: 723 Goldsborough Street, Easton, MD 21601; 410-822-7433; ecs.bike

Car Wash
Autobell Car Wash: 119 S. Piney Road, Chester, MD 21619; 410-609-8119; autobell.com

Charter Boat Company
Blue Crab Chesapeake Charters: 21055 W Sharp Street, Rock Hall, MD 21661; 410-708-1803; blue-crabcharters.com

Computer Services
Jason's Computer Services: 9231 Centreville Road, Easton, MD 21601; 410-820-9467; jcscomp.net

Dog Training
Genesis K9 Training: Serving Kent Island and surrounding areas; 410-310-7519; genesisk9training.com

Driving School
Shane's Driving School: 8133 Elliott Road, Ste. 201, Easton, MD 21601; 443-786-9095; shanesdriving-school.net

Emergency Pet Care
Veterinary Medical Center: 28966 Information Lane, Easton, MD 21601; 410-822-8505; vmceaston.com

Financial Advisor
Wye Financial Partners: 16 N. Washington Street, Easton, MD 21601; 410-763-8543; shoreunitedbank.com/investments

Florist
Robin's Nest Floral & Garden Center: 9399 Ocean Gateway, Easton, MD 21601; 410-822-8700; robinsnestfloral.com

Frame Shop
The Finishing Touch: 311 High Street, Chestertown, MD 21620; 410-778-5292; finishingtouchshop.com

Furniture Store
Higgins & Spencer: 902 S. Talbot Street, St. Michaels, MD 21663; 410-745-5192; higginsand-spencer.com

Garden Center
Garden Treasures: 29350 Matthewstown Road, Easton, MD 21601; 410-822-1604; gardentreasuresmd.com

Insurance Agent / Company
Richard Phillips / State Farm: 9707 Ocean Gateway, P.O. Box 3118, Easton, MD 21601; 410-822-9560; richardphillipsagency.com

Jeweler
DBS Fine Jewelers: 308 S. Talbot Street, St. Michaels, MD 21663; 410-745-2626; dbsjewelers.com



JASON'S COMPUTER SERVICES

NOW OFFERING



TOTAL HOME



SYSTEMS

YOUR EASTERN SHORE COMPUTER REPAIR & SALES SPECIALIST



NEW COMPUTERS



REMOTE SERVICE



COMPUTER SERVICE



WHAT'S UP? MEDIA

BEST OF EASTERN SHORE 2023

CALL TODAY
410.820.9467

9231 CENTREVILLE ROAD
EASTON, MD



SCAN THE QR CODE TO GO STRAIGHT TO OUR SITE - JCSCOMP.NET

Fred Frederick

CHRYSLER • JEEP • DODGE • RAM

The Frederick family has been operating their dealerships on a day to day basis with the same philosophy that started over 60 years ago-treat people the way you would like to be treated. You will not see tricky advertising or sales gimmicks, just friendly car buying made easy.



Rt. 50 Easton
410.670.5186 | 410.822.2100
www.fredfrederick.com



THE WINERY

-Thank You-
to our wonderful customers for voting us
**BEST BEER, WINE &
LIQUOR STORE - 2023!**



**Kent Island's Premier Fine Wine,
Craft Beer, Liquor & Cigar Store!**

Kent Island, Exit 40A, Behind PNC Bank, 116 South Piney Rd, Chester

410.643.9466
www.thewineryKI.com



We love our Half Full family so much and are so grateful for you!



Mention this ad for 10% off your purchase

480 Main Street, Suite 100, Stevensville, MD • (443) 249-3008
www.HalfFullShop.com

Law Firm

McAllister, De-tar, Showalter & Walker. Offices in Easton, Cambridge, Ocean City & Annapolis; 410-820-0222; mdswwlaw.com

**Local Band/
Musician**

Wheelhouse Rock Band; wheelhouse.ocks

**Local Music
Venue**

Avalon Theatre; 40 E. Dover Street, Easton, MD 21601; 410-822-0345; avalonfoundation.org

Lodging

The Inn at Perry Cabin; 308 Watkins Lane, St. Michaels, MD 21663; 410-745-2200; innatperrycabin.com

Marina

Gratitude Marina at Osprey Point Inn; 20786 Rock Hall Avenue, Rock Hall, MD 21661; 410-639-7011; ospreypoint.com

**Men's Clothing
Store**

Berrier Limited; 1 N. Harrison Street, Easton, MD 21601; 410-819-0657; berrierlimited.com

**Nonprofit
Fundraising
Event**

Christmas in St. Michaels; St. Michaels, Maryland; 410-745-0745; christmasinstmichaels.org

**Nonprofit
Organization**

Benedictine Programs and Services; 14299 Benedictine Lane, Ridgely, MD 21660; 410-634-2112; benschool.org

Optician

An Optical Galleria; Locations in Centreville, Easton & Ocean City; 443-746-0040 (Easton); eyesandart.net

Paint Store

Sherwin-Williams Paint Store; 210 Marlboro Avenue, Ste. 33, Easton, MD 21601; 410-822-3285; sherwin-williams.com

Party Vendor

Eastern Shore Tents & Events; 25452 Commerce Lane, Chestertown, MD 21620; 410-810-0686; estents.com

**Pet Boarding &
Daycare**

Dogwood Acres Pet Retreat; 1220 Sonny Schulz Boulevard, Stevensville, MD 21666; 410-604-9700; dogwoodacres.com

**Pet Grooming &
Services**

Canine Country Club; 915 Bennett Point Road, Queenstown, MD 21658; 410-827-4245; caninecountryclub.net

**Purses &
Handbags**

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

Retail Art Gallery

The Trippe Gallery; 23 N. Harrison Street, Easton, MD 21601; 410-310-8727; thetrippegallery.com

**Retirement
Community**

Londonderry on the Tred Avon; 700 Port Street, Unit 148, Easton, MD 21601; 410-820-8732; londonderrytredavon.com

Sailing School

Rock Hall Yacht Club Sailing School; P.O. Box 405, Rock Hall, MD 21661; 410-775-8225; sites.google.com/site/rhycss

**Senior Living
Facility**

Integracare Queenstown Landing; 120 Shoreway Drive, Queenstown, MD 21658; 410-304-2005; integracare.com/queenstown-landing

Specialty Grocer

Piazza Italian Mart; 218 N. Washington Street, Ste. 23, Easton, MD 21601; 410-820-8281; piazzaitalianmarket.com

Summer Camp

Camp Wright; 400 Camp Wright Lane, Stevensville, MD 21666; 410-643-4171; campwright.com

Unique Gifts

Half Full Gift Boutique; 480 Main Street, Ste. 100, Stevensville, MD 21666; 443-249-3008; halffullshop.com

Veterinarian

Chesapeake Veterinary Hospital; 102 Country Day Road, Chester, MD 21619; 410-643-3101; chesvethosp.com

**Women's
Clothing Store**

Dragonfly Boutique; 21 Goldsborough Street, Easton, MD 21601; 410-763-9262; facebook.com/dragonflyboutiquemd

**THANK YOU FOR VOTING US
BEST WOMEN'S CLOTHING STORE**

dragonfly

An upscale women's boutique, featuring classic, designer apparel - shown here, the League Shirt from Claridge & King.

BEST OF EASTERN SHORE 2023

21 Goldsborough St. Easton, MD 410-763-9262





**NATIVE
PERSPECTIVES**

*Woven
Together*

BY JANICE F. BOOTH

A NEW, COLLABORATIVE PROJECT
GATHERS WISDOM FROM THE
INDIGENOUS PEOPLES OF
MARYLAND'S EASTERN SHORE



Tidewater, Nanticoke, Algonquin, Powhatan. Do these names sound familiar? Perhaps a restaurant or creek come to mind. But originally these were familiar names in the Algonquin language and lives of the Indigenous People of our region. The *Nanticoke Nation* was referred to as the Tidewater people of the Eastern Shore; they spoke *Algonquin* and were allied with the Powhatan Confederacy of what became Virginia. The Nanticoke leaders, referred to as warriors, generously welcomed Captain John Smith in 1608 as he led an expedition into the lands and rivers where the Nanticoke resided, the Delmarva Peninsula.

When the Europeans began to explore the East Coast of North America, there were and still are five indigenous nations or tribes. Until the late-17th century these tribes lived in established villages, farming and hunting the Delmarva Peninsula, as they had been doing for over 2,000 years, from 1000 BCE to 1608 CE. These five tribes are the *Wicomiss*, *Choptanks*, *Nanticoke*s, *Pocomokes*, and *Assateagues*.

So, let's get the tough truths out of the way: In the early part of the 17th century (before being deci-

mated by plagues and attacks), the five indigenous nations greeted and aided colonists. However, it was not until 1879 that the United States Federal Government granted the Indigenous People "personhood." In 1921, the Nanticoke Nation formed a legal organization to provide a united voice to defend their rights. Finally, in 1924, the Indigenous People were granted U.S. citizenship.

Today, Marylanders living on the Eastern Shore are exploring, acknowledging, and honoring the Delmarva's often painful and complex history—slavery, the Underground Railroad, and the Indigenous Peoples are major components of that history. Among the Eastern Shore's projects to honor what had been repressed are the Harriet Tubman Museum, the Self-Guided Underground Railroad Tour, the Frederick Douglass Driving Tour, and the rebuilt Nanticoke village, Chicone at Handsell, Maryland.

Expanding that examination and honoring what had been suppressed in the past, Washington College's Food Initiative program (WCFI) collaborated with Adkins Arboretum and the Botanical Art League of the Eastern Shore on a project studying tribal life and focusing on 21 of Maryland's native plants prized and used as food and medicine by Indigenous People.



A view of the Nanticoke River looking southwest shows wetlands in the foreground, which remain much as they were several hundred years ago. Photo by Matt Rath/Chesapeake Bay Program.



A wetland with cattails and a raised walkway is seen at Adkins Arboretum in Caroline County on Maryland's Eastern Shore. The natural, native landscape harkens to an earlier time of indigenous Americans. Photo by Chesapeake Bay Program.



An interpretive sign explaining a forested floodplain is seen at Adkins Arboretum. Photo by Chesapeake Bay Program.

According to Adkins Arboretum, there were approximately 20,000 Choptank living on the Eastern Shore prior to 1600 CE. Adkins Arboretum is situated on land once inhabited by the Choptank People. Daniel “Firehawk” Abbott, a member of the Nanticoke Nation and respected historian of Indigenous Peoples, consulted on the project and vetted the material on the project’s web pages. “WCFI shares a passion for healthy food that honors our cultural, ecological, and ancestral heritage” observed Washington College Program Director Shane Brill in an interview with Amelia Blades Steward.

From the three entities’ collaborative research, came the Adkins Arboretum’s interactive and informative website named, Indigenous Peoples’ Perspective Project, which offers a “field trip” into the world of the native populations of the Eastern Shore. The site discusses the tribal nations, including historical perspective, interactive maps, the plants favored by Indigenous People and their uses, as well as three videos.

The Arboretum explains: “The project seeks to encourage a paradigm shift from land as capital to land as sacred teacher, healer, and sustainer... Through the Indigenous Peoples’ Perspective Project, the Arboretum and the WCFI strive to honor the wisdom of native peoples and their unique relationship with nature by sharing their ecological perspectives, history, and traditions.

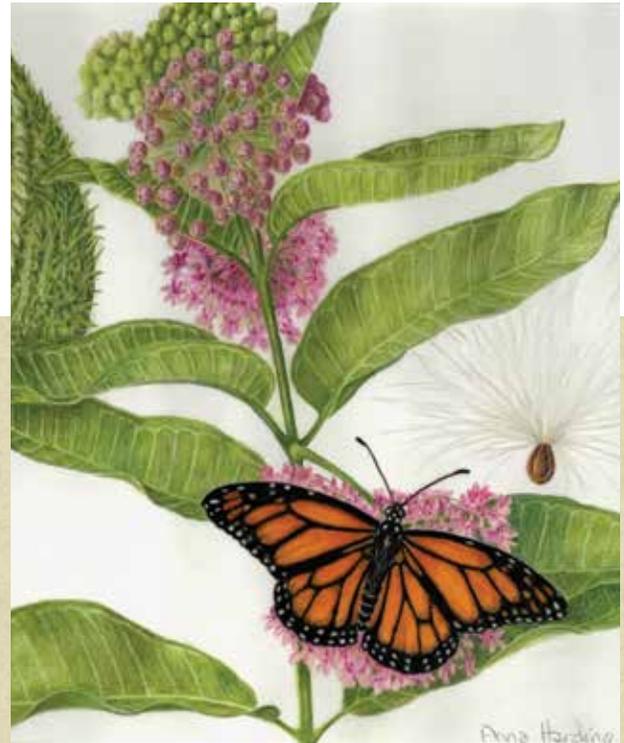
The website and a native-plants art exhibit, held earlier this year (in January and February), bring to life what might have otherwise been dry research. The 21 native plants that were studied for the Indigenous Peoples’ Perspective Project were captured gracefully in botanical illustrations—many by renowned artist Anna Grace Harding—using graphite, watercolor, and colored pencils. Washington College, Adkins Arboretum, and the Botanical Arts League’s Indigenous Peoples’ Perspective Project’s website and art exhibit were funded with a grant from the Maryland Historic Trust along with support from the National Endowment for the Humanities and private funds.



SCAN HERE
to Visit Adkins Arboretum’s Indigenous Peoples’ Perspective Project



GROUND NUT
also known as potato-bean



MILKWEED

Bring up the Adkins Arboretum link on your smartphone; you'll find a self-guided walking tour through meadows, forests, and marshlands. Each stop on the tour includes a brief history of the Indigenous People who inhabited the natural space. The page has illustrations of the people and the plants found in the area. For example, on the meadow page, *Sumac* is one of the plants showcased. The Choptank people ate the red berries like candy, dried berries were smoked, and a paste made from the plant was used to treat blisters and rashes. (Caution: Green or White Sumac berries are poisonous.) The meadow page also talks about deer tracks and the significance of the deer to the native people. The site's information will capture the imagination of young people as well as interest adults.

The forest page includes illustrations and explanations of the shelters—wigwams and long houses built by the Choptanks. The forest page also introduces pawpaw fruit and the tree that produces it.

The page notes that the pawpaw is a tropical plant that was brought north by the droppings from long extinct, migrating animals. The pawpaw is such a versatile and useful fruit that native Americans cultivated the trees. Pawpaw could be eaten raw, made into custard, and dried to become flour for cakes. The tree's bark was woven into rope or string.

The *Elderberry* plants discussed on the marshland page capture the imagination of children by referring to Harry Potter's "Elderwand," which was made from elderberry wood. Children are even encouraged to try weaving a mat of cattail reeds. We're told the various uses for the cedar tree's feathery branches and cones that resemble blue berries. All three of the self-guided tour web pages suggest small projects for children to attempt.

Three beautifully produced videos show the various plants, berries, and seeds with a voice-over explaining the uses of each variety. And, if you haven't time for the videos, the site has a list of the 21 plants.



SLIPPERY ELM

Click on the names and you'll go to a page that explains how the plant was used by the people who lived on the land. Among these interesting plants is the *Shagbark Hickory*. Indigenous People found uses for the entire tree—leaves, nuts, bark, fruit, wood, and sap. The nuts were prized for food and drinks. The bark provided an astringent prized as a salve to stop bleeding and cleanse wounds. The hickory wood could be fashioned into useful tools, and the bark woven into baskets.

The *Ground Nut*, commonly called a potato-bean, is more than a pretty face, with its pink or lavender blossoms. Like other tubers, the Ground Nut's fibrous roots were harvested year-round and cooked into tasty, nutritious dishes. The softened tubers were also used as a compress on wounds and skin abrasions.

Another common tree that was prized as useful to Indigenous People was the *Slippery Elm*. It was a veritable medicine bag! Chewing the soft, inner bark (thus the name "slippery") calmed stomachs,



SHAGBARK
HICKORY

relaxed bowels, cured heartburn, and soothed sore throats. The same inner bark was made into a poultice or paste and applied to burns, wounds, and other skin irritations, even being used on the eye.

And let's consider the mighty *Milkweed*. Not only loved by butterflies and bees, Milkweed was prized and used by resourceful Choptank natives—cooked and eaten like asparagus, added to soups, and mixed with animal fat to create chewing gum. The stalks give off a milky juice that was made into glue, and the soft seeds from the pods were used to stuff pillows. Medicinally, Milkweed was used to treat rheumatism, backaches, and urinary problems.

There are 17 more plants showcased and explained, along with interactive maps and videos within the Adkins Arboretum's Indigenous Peoples' Perspective Project website. The research, creation of the website, and art exhibit showcase our region's native history and offer perspective about the life and times of Indigenous Americans.



Against All Odds

If a pregnancy doesn't go as planned the toll can be both traumatic and isolating—but sympathy, hope, and modern medicine can create positive outcomes

From the time that a woman decides to try to conceive a baby to the moment that baby is placed in her arms, pregnancy is portrayed in society as being one of the most joyful, exciting, and glorious times of her life. But what if it's not?

Putting aside the fact that not all pregnancies are considered, planned, or even wanted, there are three stark realities that are not often discussed: 1) Some women who desperately want to conceive a child aren't able to; 2) Some women who become pregnant spend weeks and months in misery or fear; and 3) Some women don't have a happy ending to their pregnancy.

"Fertility issues are becoming more of an open conversation, but there is such a stigma around miscarriages and other fertility problems that people keep most of it a secret," says Annapolis resident Lauren Heier, who has struggled with infertility and

miscarriages through much of her adult life. In doing so, the emotional turmoil surrounding fertility, pregnancy, and babies can take a significant toll on a person's mental health.

Although the idea of complications in conceiving, carrying a pregnancy, or delivering a baby is scary, an open discussion about fertility and childbirth challenges isn't meant to frighten would-be or soon-to-be parents. After all, most pregnancies progress without incident, with just eight percent involving complications that could, if left untreated, harm the mother or baby, says Johns Hopkins Medicine. However, women (and, in many cases, men) who experience the heartbreak of infertility, the physical pain of pregnancy-related medical conditions, or a gut-wrenching loss should know that they're not alone and it's not their fault. Here, three local women share their stories.

THE HEARTBREAK OF INFERTILITY

Heier experienced her first miscarriage in 2008 at age 24 when she was seven weeks pregnant. "They called it a spontaneous miscarriage," she recalls, naming the term for loss of a pregnancy before the 20th week. It's much more common than many realize—early loss occurs in 10 percent of all pregnancies, according to the American College of Obstetrics and Gynecology (ACOG). However, the true number of miscarriages may be much higher, as they can happen so early that a woman may not even know that she's pregnant.

In so many cases, there's nothing a woman can do to cause or prevent a miscarriage. Around half occur simply because of fetal chromosomal abnormalities, which is a genetic condition that happens by chance, though it is more common in older women. A woman's age is significant when it

comes to fertility and pregnancy complications, says Mary Johnson, MD, the director of Anne Arundel Medical Group's Center for Maternal and Fetal Medicine. "[The risks] increase every year; it's not something that magically gets terrible at age 35," she says, though she is quick to note that some women up into their 50s can safely carry a pregnancy to term.

Age wasn't a factor for Heier, who since 2008 has had a total of 13 miscarriages. After marrying her husband, John, in 2011, she sought medical help and eventually ended up as a patient at a local fertility center. While Heier had proof that she could get pregnant without assistance, it was clear that it wasn't something that happened easily. Strangely, though, all her tests came back normal, as did her husband's. She didn't have answers for her fertility problems—yet.

There are treatments for infertility, which is clinically defined as the inability to get pregnant after one year or longer of unprotected intercourse (or six months for women over age 35) and affects approximately 12 percent of women in the United States. Heier started with a common medication, clomiphene citrate, or Clomid, that's used to stimulate egg production. When that didn't work, they moved on to intrauterine insemination (IUI), a procedure in which sperm are inserted into the woman's uterus. Again, no baby.

The next step would be some form of assisted reproductive technology (ART), the most common of which is in vitro fertilization (IVF). It's an expensive process; nationally, the average cost of one IVF cycle falls between \$10,000 and \$15,000, according to the Society for Assisted Reproductive Technology (SART). "We would have had to take out a loan," Heier says.



In Maryland, an insurance mandate requires policies to cover IVF costs to some extent, but there are criteria that the patient must meet.

Then, the unexpected occurred. In 2014, the Heiers won a raffle for a \$10,000 grant for infertility treatment through 501(c)3 nonprofit Tinina Q. Cade Foundation after they registered—and encouraged their friends to register—for the organization's annual Race for the Family 5K, with each registration coming with one raffle entry. Despite their incredible luck in winning, Heier wasn't optimistic. "I didn't think it was going to work," she recalls. Because they had the money available, they decided to try IVF once. If it didn't work, they probably wouldn't try again.

In March 2015, the Heiers conceived. Against all odds, she stayed pregnant. "By 12 weeks, I was excited. At 24 weeks, I was like, this is happening," she says. In November 2015, their daughter, Chelsea, was born.

Ironically, it was only after Chelsea's birth that Heier finally discovered what was causing her struggle to conceive and stay pregnant. She had a

unicornuate uterus, a genetic condition that causes only half of the uterus to form and only one fallopian tube to develop. Somehow, the doctors had missed it previously. Additionally, "come to find out, I don't have the highest-quality of eggs, either, which really doesn't help," Heier notes.

Although the Heiers were thrilled with finally having a child, they didn't feel like their family was complete. They moved forward in the attempt to have another baby but consistently had their hearts broken. They did a second round of IVF that didn't result in pregnancy. An embryo adoption, in which a donated embryo from another couple's IVF procedures was inserted into Heier, didn't succeed either. They turned to adoption and, in 2018, were matched with a birth mother in Florida. However, after the baby was born and the Heiers had traveled south to meet their potential daughter, the birth mother chose not to sign the adoption papers. "In a sense, it was worse than a miscarriage—we saw her, we touched her, we talked to her," Heier remembers. "It was a lot of heavy emotions—not that a miscarriage isn't, but this was more taxing."

Throughout all of this, Heier continued to experience miscarriages, one of which didn't occur until the 11th week of pregnancy. "It's heartbreaking," she says. "You think you're having a kid. You're like what's wrong with me? Why does this keep happening?"

In February 2019, the Heiers got another call from the adoption agency. They had been matched with a birth mother, this time in Louisiana. The paperwork went through, and the couple brought home a little girl, Kyleigh. When she was three months old, Heier's husband had a vasectomy—a difficult but necessary choice for Heier's health. Their family was complete.

THE PAIN OF PREGNANCY AND CHILDBIRTH

Even if conceiving isn't difficult, sometimes actually being pregnant isn't always all sunshine and roses. Even women who deliver a healthy, full-term baby can point to times during gestation that were distressing.

Take, for example, the common experience of nausea and vomiting during early pregnancy. Colloquially called "morning sickness," most pregnant women know that it most certainly doesn't occur just in the morning. In most cases, though, the nausea and vomiting go away by the 14th week of pregnancy. Up to three percent of pregnancies, however, experience hyperemesis gravidarum, a rare disorder caused by rapidly rising hormone levels that cause severe nausea and vomiting, which can last throughout the entire pregnancy. You may have heard about it in the global media when Duchess of Cambridge Kate Middleton was pregnant, as she suffered from a debilitating condition during all three of her pregnancies.

Other medical complications can pop up during pregnancy, too, with some of the most common issues including:

- Iron-deficiency anemia
- High blood pressure (hypertension) and related disorders, including pre-eclampsia and eclampsia
- Gestational diabetes
- Infections, including sexually transmitted infections (STIs)
- Preterm labor, which begins before 37 weeks and increases the risk for health problems in the infant

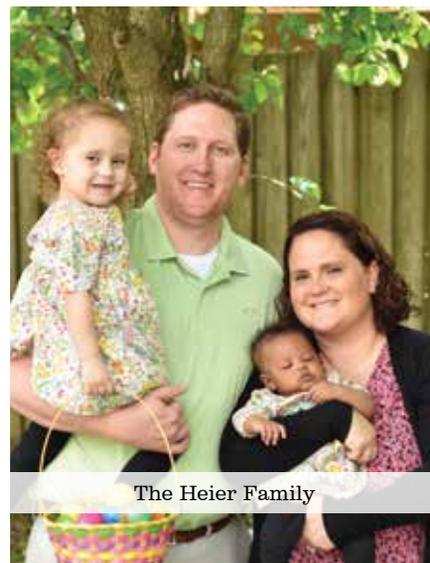
Beyond these pregnancy complications that affect the health of a mother, some parents also face potential abnormalities with the developing fetus. Even if there's no physical pain for the mother, there can be extreme emotional trauma in learning that your growing baby is at risk.

Sometimes, pregnancy complications arise out of nowhere, Johnson says, and like with miscarriages, there's nothing that could have been done to prevent it. There are known risk factors, though, which a woman can take steps to mitigate prior to conceiving. "If she has medical problems, get everything in good order before she gets pregnant," Johnson says, though, of course, not all pregnancies are planned. "For example, a patient with diabetes is going to have a much better outcome if her diabetes is controlled."

Other measures that can be taken including losing weight if a woman is overweight or obese, quitting smoking, alcohol, and drugs, and supplementing with folic acid, a B vitamin that reduces the risk of birth defects.



The Schall Family



The Heier Family



Leigh's family

If you are planning a pregnancy, the Center for Maternal and Fetal Medicine offers preconception visits in which the physician and the woman, or couple, go over medical history to identify “red flags” and make a plan.

For Annapolis resident Tiffany Schall, her first pregnancy in 2014 didn't seem to be at risk for any abnormalities and the first six months of the pregnancy were smooth sailing. Then, through a blood test, Schall was diagnosed with thrombocytopenia, a condition when the platelets, or thrombocytes, that form clots to stop or prevent bleeding drop below a certain level. It occurs in about eight percent of pregnancies, but it's typically benign and, thankfully, doesn't normally have any consequences for the mother or fetus. However, it did mean that Schall wouldn't be able to have an epidural for pain management during birth or a subarachnoid block, or spinal block, if a caesarean section was necessary.

Around her due date in March 2015, Schall experienced another complication when she went to the hospital with a persistent headache.

Her blood pressure was far too high. Schall was immediately diagnosed with pre-eclampsia and admitted to labor and delivery. At first, she was given the option to induce labor but knew she wouldn't have an epidural to minimize the pain. Eventually, fearing the safety of her baby, she says she felt pressured to have a c-section under general anesthesia, and her husband, Jim, wasn't allowed to be in the room to hold her hand. The recovery process, including a magnesium drip to treat pre-eclampsia, hindered bonding with her healthy baby boy, Ethan, which she believes factored into her later struggle with postpartum depression.

Three years later, Schall gave birth to another healthy baby boy, Noah, but that process of labor and delivery was traumatic, too—and, in fact, could have been much worse. Though she was considered high-risk due to her history of thrombocytopenia and pre-eclampsia, Schall was determined to have a VBAC, or vaginal birth after caesarean. “I did a lot of research and was able to increase my platelets to healthy levels with a healthy diet,” she says. “I was deemed a perfect candidate for a VBAC.”

During labor, Schall experienced a uterine rupture, a rare and life-threatening complication. Affecting less than one percent of pregnancies and almost always in women with uterine scar from previous c-sections, ruptures cause a mother's uterus to tear, so her baby slips into her abdomen and can potentially suffocate from profuse bleeding.

Thankfully, both Schall and Noah survived with no lasting physical health concerns. Shortly thereafter, Schall and her husband made the decision that they wouldn't have any more children.

THE DEVASTATION OF LATE-TERM LOSS

When a woman takes a pregnancy test, there's almost no doubt in her mind that in 40ish weeks, she'll be coming home with a baby. Tragically, that's not always the case.

Stillbirth, or fetal death, is deemed as such when the loss occurs after the 20th week of pregnancy. Astonishingly, this occurs far more frequently than anyone could possibly imagine—1 in 160 deliveries in the United States. There are risk factors, including advanced maternal age, obesity, pre-existing diabetes, chronic hypertension, smoking, and alcohol use, as well as known causes such as infections in the mother or baby, problems with the placenta or umbilical cord, and birth defects or genetic conditions. However, a significant proportion of stillbirths remain unexplained.

Crofton resident Leigh, who prefers not to share her last name, and her husband, who serves in



the Navy, conceived a baby in 2014 while they were stationed in San Diego, California. Her pregnancy was fairly uneventful, though she developed gestational hypertension around 24 weeks that was successfully controlled. With that diagnosis, though, Leigh was considered high-risk, so she had an ultrasound at 37 weeks. It was then that they discovered that her levels of amniotic fluid, which surrounds the baby in the uterus, were dangerously low. The doctor told her to go home but to call if she had any problems. “The next night, I experienced horrible cramping and vomiting,” Leigh recalls. “The nurse said it’s just labor pains and to wait until my contractions were closer together to come in. This was my first pregnancy, so I believed the nurse and we waited.”

The cramping worsened, so they decided to head back to the hospital—but Leigh didn’t feel like the doctors were listening to what she was saying. “My son, Jaxon Von, was born still,” she says. “He was beautiful. He was also small for being 37 weeks along, which means the doctors didn’t catch earlier warning signs of something going on. He should have been delivered sooner.”

Leigh suffered a placental abruption, which occurs when the placenta detaches from the uterus too early. The March of Dimes estimates that 1 in 100 women experience a placental abruption, which causes the baby to not get enough oxygen or nutrients. Later, Leigh found out that the baby had stopped growing at 28 weeks, even though she had biweekly growth scans.

Leigh and her husband ended up pursuing legal action against



the hospital, and they won their lawsuit. However, “The only time I ever heard some sort of admittance was when a doctor came in the day after and said, ‘I’m sorry we failed you,’” Leigh notes.

The couple has gone on to have three healthy sons, but the stillbirth took a significant toll on their lives. “I honestly wanted to die,” Leigh says. “I couldn’t eat, sleep, or really function for weeks.” Recently, her husband was diagnosed with post-traumatic stress disorder. “I have not been diagnosed by a therapist, but I know I have it, too. For months afterwards, I had horrible nightmares. I could hear babies crying in the middle of the night.”

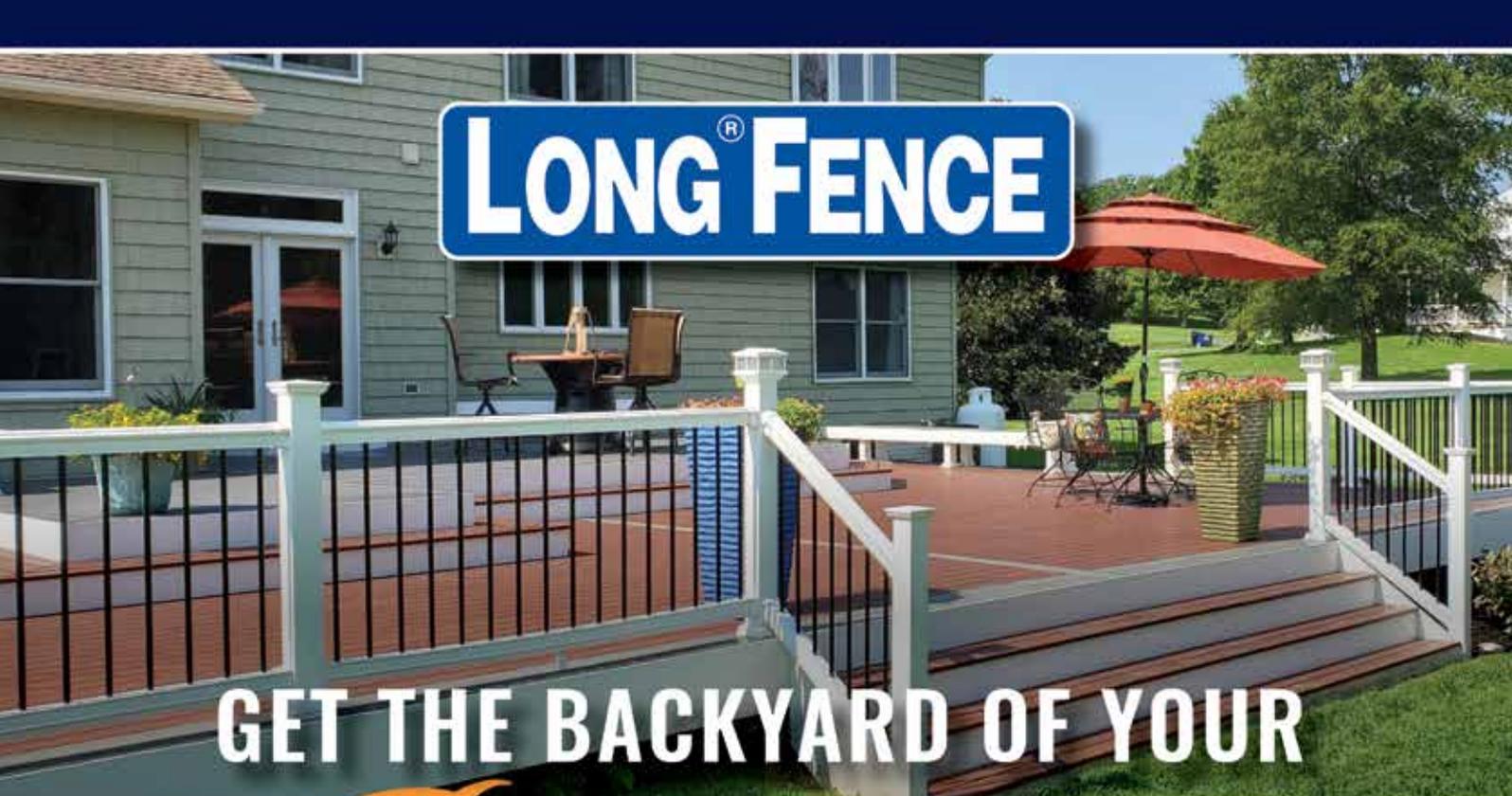
Johnson says there’s a movement to have all mothers deliver by 39 weeks, and ACOG says it can reduce the risk of certain health problems in some cases. (Babies delivered before 39 weeks are more likely to have health problems both at birth and later in life.) However, there are logistical problems. “It’s a much longer process and more expensive,” Johnson says. “We just don’t have the capacity in our delivery rooms.”

SILENCE NO MORE

Living with infertility or experiencing pregnancy or childbirth complications is not only traumatic, but it can be incredibly isolating. “You become numb, if that makes sense, because it is so emotionally taxing,” Heier comments. “You can’t go to baby showers without crying before or after. When your friends have babies, you want to be happy for them, but you’re jealous. You have no control over it. There’s no good fix.”

Not everyone will want to talk about their experiences, but others find it therapeutic to talk about what happened, even in the worst-case scenarios. Those coping with infertility may seek solace in finding others with the same struggle. Parents who have lost a pregnancy—at any stage—may want people to acknowledge that their child existed and mattered. They need support, not for their reality to be swept under the rug.

“If it’s your friend, just talk to them. Ask them questions. Just be there for support,” Heier advises. “The most important thing is to feel like you’re supported throughout the entire process.”



LONG[®] FENCE

GET THE BACKYARD OF YOUR

Dreams

Wood Fencing • Privacy Fencing • Chain Link • Aluminum & Vinyl Fencing • Ornamental Iron Fencing
Wood Decks • Composite & Vinyl Decks • Screened Porches • Sunrooms • Gazebos
Handrails • Security & Storm Doors • Automated Gate Systems • Patios & Pavers
Awnings • Pergolas & Trellises • Tennis Courts • And Much More!

**SUMMER
SAVINGS!**

20%^{OFF} DECKS & PAVERS^{*}
Expires: 7/30/23

*Example retail purchase price of \$5,975 would be \$4,780 a savings of \$1,195 on LONG[®] DECKS. Residential installed sales only.
Not valid on previous orders or in combination with other offers or discounts. Some exclusions and surcharges may apply.

INSTALLATION • REPAIR • MAINTENANCE • LICENSED/BONDED/INSURED • FREE ESTIMATES • MAJOR CREDIT CARDS ACCEPTED

1-888-460-5664 | LONGFENCE.COM

MHIC#9615 / WVR013002 / CICHIC#013490A / DC#2116 / PAR070063 LONG[®] FENCE ©2023.

Home & Design

64 MORE THAN MEETS THE EYE | 74 EARTHLY DELIGHTS
78 ALL-SEASON SANCTUARY | 81 HIDDEN GEM IN ROCK HALL



Styling provided by **HELEN CROWTHER**

Photography by **DURSTON SAYLOR**

Story by **LISA J. GOTTO**

More Than Meets



The Eye

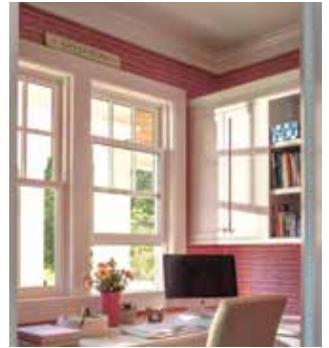
Touring an unassuming waterfront Cape Cod





When you consider how much of our lives evolve within the walls of our homes, it only stands to reason that our homes would need to evolve as we do over time, while still honoring who we are and how we best live. The story of our Chester River waterfront feature home speaks of this evolving theme as it provides an accommodation of space and an abundance of style.

“The clients, recent empty nesters, desired a waterfront retreat that was comfortable for just the two of them and at the same time was designed with entertaining in mind. Their vision was a beautiful sprawling Cape Cod home reflective of the New England style of architecture,” explains Cathy Purple Cherry of Purple Cherry Architects (PCA) in Annapolis.



Characteristics of a Classic

While the clients’ choice of a Cape Cod may seem like a routine request for Purple Cherry, there were other factors, such as their desired square footage, the ability to age in place, and the way they wished the home to be viewed from its approach elevation, that would make the project more thought-provoking.

“They wanted a home that did not look large or over-powering to the property in general,” says Purple Cherry.

Yet this property afforded stellar waterfront views, so the scope of the home would need to play a significant role in taking advantage of that, and still deliver on the charm expected with a Cape Cod-style home.

So, upon approach to the residence, one sees a traditional, crisp white-on-white home (white exterior, and windows with white trim), a roofline with the Cape Cod’s characteristic eaves, a cozy, covered front porch with a warm, mahogany ceiling inlay, and an enduring cedar shake roof.

As classically beautiful as the front of the home is, the back that faces the water, is where the team at PCA’s skills really shine.



Shifts in Style & Design

When coming up with the game plan for how the interior spaces would work and flow to accommodate the clients' request for a 5,000 square-foot home that maximized water views and minimized the home's upper level, PCA took inspiration from the variety of images the clients provided and took special note of a wish list that would need to evolve with the project.

Top of mind on that list was something that needed to be considered from the bottom up, something that Purple Cherry says she is seeing as a trend in new-build floor plans—traditional lower-level, basement entertaining spaces are going away.

Why? Simply put, various factors, including technology and the pandemic, are causing an evolution in where we are spending our money, as well as where we are now spending our time indoors. Case in point, Purple Cherry explains that a finished basement was a no-brainer in the '70s through the early 2000s because once the concrete was poured it seemed sensible to finish the space off by en-

“It was that front Cape Cod façade that set the character for the whole thing,” says Alan Cook, Associate Architect at PCA. “And then due to the expansive nature of the backside, and opening it up to the view, we had to figure out what was an appropriate way of elaborating on it. Because the front façade is so simple and so white, the back side had to be more elaborate, but within the same character. So many of these design decisions with the certain classical columns and the Chippendale railing (on the rear upper deck) and the trim work, was done as an elaboration of that very classic front side.



A Marble Gray Carrara vanity top with 4-inch backsplash tile and a polished Bianco Gioia tile floor add glamour to the primary bath.

hancing it for gathering. So, homeowners ordered pool tables, and crafted bars and viewing spaces for gathering around a big screen.

Fast forward to the 2020s and we have a very different paradigm. Young people now have all the entertainment they want in the palm of their hands, so Purple Cherry says that time at home is now spent around the kitchen island or even more often in their bedrooms.

And since the pandemic, the cost of concrete has risen and may never go back to pre-pandemic rates, so homeowners are re-thinking the practicality of finishing a lower-level space where no wants to be. Purple Cherry says the basic trend of using lower levels for storage only, is the priority with revised versions of basements that do not require standard



HVAC systems, but that do have what the industry refers to as “walkable, deep crawl spaces” that are well-conditioned and constructed. Homeowners, especially more mature homeowners, are said to be more comfortable with using these spaces for storage than they are with attic storage.

Interestingly, these factors are setting off a chain reaction of sorts throughout new builds which include some tweaks to the floor plan of this home.

A Sense of Connection & Comfort

Remember, the kitchen island conversation we touched on earlier? This gorgeous, all-white traditional kitchen with twists features two center islands, one that combines a sink with a ton of functional storage beneath, and another with the capacity for seated gathering all-around, as opposed to just side-by-side seating for three or four. Its design not only provides better connections for communications during meals, but it also offers even more storage space below without compromising the comfort of those seated above.

Part of the open plan living area of the home, the kitchen flows on one side into the family room with its custom white built-ins and central gas fireplace, and to another side into an elegant formal dining room trimmed with a series of windows. The entire area connects effortlessly via white oak-stained floors to a gracious back porch with pavers, all with eyes to the Chester River waterfront.

“To create an entertaining space that is easy to move through and gather in, we placed the dining room immediately adjacent and open to the kitchen and family room,” says Purple Cherry. “The space is projected forward of the home’s rear façade, which allows it to connect to a large, covered brick porch with a beautiful mahogany ceiling. Ideal for outdoor entertaining, the perimeter of the covered porch includes recessed motorized screens hidden into the trim work that effortlessly create a screened-in porch in the warmer months.”

The play of detail, pattern, and texture culminate to unify these spaces within the framework of a traditional coastal home that hits its marks for performance and comfort, whether the clients are hosting a gathering, or are just two for dinner.



A new escape in floorplan design is the winter room concept. Designed to be a cozier alternative to the open-plan family room, this additional sitting room is highlighted with a vaulted ceiling and a lofty waterfront view.

Sparkling in white, this transitional style kitchen offers a streamlined elegance with its 3- by 6-inch Calacatta honed back-splash tiles and Calacatta Borghinio countertops.



The dining room uses a combination of blue fabrics to reinforce the stunning water views while a delightful lime green patterned chair was employed to bring in a whimsical pop of color inspired by the clients, Purple Cherry says.

“The rug and silverware are vintage, family heirlooms that were lovingly passed down through generations. Our team is always happy to work with existing furniture pieces or accessories that clients bring to every project. We do our best to honor those important elements. In addition, the room’s coffered ceiling is detailed with a center medallion and utilizes stepped crown molding for an elegant, traditional, and emotional feeling.”

According to Purple Cherry, another interesting thing happens when basements go away—the central open plan living area can, at times, end up feeling a tad too open and not as cozy as one might like. This phenomenon, she explains, gave rise within the last five years for a new escape within the home, and the answer is now known as the “winter room”.

Purple Cherry believes these are a type of derivative of what was once the smaller formal living room in traditional, smaller-scale homes. These secondary “family rooms” are great for mature couples when they desire to have personal space to watch something different on television than their spouse and have a cozier, quainter nook-like experience within the home.



Many times, she says, these rooms are painted a rich, deep color to set them off with a different vibe from the rest of the house. In this case, her clients chose a unique ceiling detail to distinguish the room in the form of a vaulted ceiling with contrasting white oak wood panels in a custom stain.

Additional details, such as the home's trim work and moldings, flow throughout the home and are also refined without looking atypical of the Cape Cod aesthetic. Throughout the main level, there are numerous opportunities where the homeowners' personalities and nods to their interests are thoughtfully integrated, such as her cheerful office space located behind the back kitchen and a mudroom designed beautifully for her, and yet totally functional for him and his keen interest in the outdoor sporting life so prized on the Eastern Shore. With separate "his and her" entries, this room provides all the gear storage he requires and smart access from the garage, so muddy shoes are never an issue for her.

"The wife loved the idea of incorporating playful, colorful moments or small vignettes of bold stances throughout the home. Examples include the fantastic pink and coral bohemian Thibaut wallpaper in her office, as well as the playful dragon Thibaut wallpaper and blue lacquered vanity in the powder room," adds Purple Cherry.



At the End of the Day

Checking the box for aging in place was expertly accomplished in this home's primary suite located on the main level on the opposite side of the open living area from the busier kitchen, office, and mudroom areas. More sightlines to the tranquil river and the property's luscious back landscaping with its mature trees create a peaceful sleep tonic for the soul.

Thinking ahead and with guests in mind (the couples' grown children fortunately live in the area, as well), the clients planned for an exceptional and flexible space on the upper level, that not only provides two complete guest suites with baths, but these rooms are also joined in the middle by a transitional living space that opens to a large, second-level deck overlooking the water.

While some homes' second-level decks go unused, the clients envisioned better utility with the layout of a separate, second floor living area that would provide a unique opportunity for their guests to have an optimal level of privacy that includes an indoor/outdoor living space.

And back outside, the addition of a charming side porch with sightlines to the property's inground swimming pool, and outdoor entertaining area, leave little doubt the clients will be alone in their home more than these recent empty nesters wish to be.



13 Goldsborough St
 Easton, MD 21601
 410-822-2211
 www.dwellinganddesign.com



PERFECTION

THE BEST MATERIALS WITH EXCEPTIONAL CUSTOMER SERVICE ALL AT A FAIR PRICE



NEW CHESTER LOCATION NOW OPEN

★ CHESTER ★

101 Chester Station Lane
 Chester, MD 21619

OR

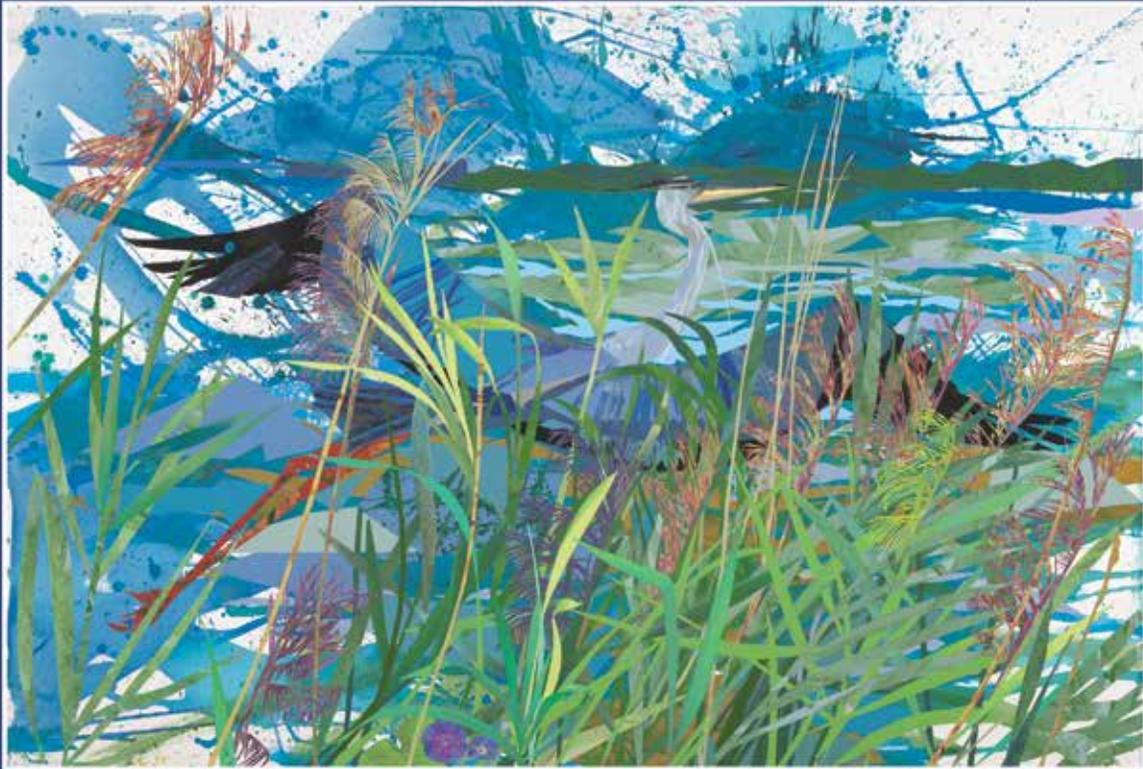
EASTON

28659-B Mary's Court
 Easton, MD 21601



410-827-8811 • www.friellumber.com • www.frielkitchens.com

NANCY HAMMOND EDITIONS



COVE FLIGHT BY NANCY HAMMOND
OFFERED AT INTRODUCTORY PRICING

SIGNED AND NUMBERED LIMITED EDITION GICLÉE, 32" X 48"
SIGNED ARTIST PROOF, 40" X 60"

ANNAPOLIS, MD · 410-295-6612 · WWW.NANCYHAMMONDEDITIONS.COM

W.L. Staton Wins Best Plumber & Best HVAC in 2023! We Thank the Readers for Voting!



W.L. STATON
PLUMBING | HEATING | COOLING

Call for Same Day Service, 7 Days a Week! 443-333-2275



Earthly Delights

GARDENING WITH CHILDREN

By Janice F. Booth

If you love gardens and children, let me offer a few suggestions for planting a love of gardens in the hearts of the children in your life. School is finishing and summer plans are gelling. Spirits are rising, along with the early hellebore, peony, and iris. Maybe you'll be looking after your grandchildren, niece, or nephew for a week or two. Or your neighbor's toddlers are finding your garden and puppy irresistible and spending lots of time visiting you as you work in your garden.

Whatever the reason, let's consider (1) the advantages of encouraging a love of gardens and gardening. (2) Local and regional public gardens you can enjoy with your young friends. (3) Hints and equipment for gardening with children. (Keep in mind that children may only find gardens and gardening interesting for a few days or a few weeks. That's okay.)

Advantages & Skills Acquired While Gardening. Pediatricians and Child Psychologists agree on the skills and attributes developed by children involved in gardening ⇒

Children Ages 2-10

Communication skills:

giving and following directions, describing a process, asking questions, predicting outcomes, drawing conclusions

Interpersonal skills:

team building, sharing responsibilities, listening to others

Setting and achieving goals:

recognizing time constraints, appreciating appropriate goals, developing adaptability when problems arise

Exercise:

the usual with fresh air, sunshine, and motor skills

Adolescents Ages 11-16

Exercise: (for those teens who prefer the computer to the soccer field) fresh air and sunshine. Tip: Sometimes, you might need to use the tried-and-true ploy, "Could you give me a hand with this? I can't seem to be able to..."

Knowledge:

I can imagine a science fair project in the offing. You might encourage your teen to take some time-lapse photos and measurements. The information can be set aside, and dusted off in the fall, when the school's science fair is announced. It may be a relief for everyone if half the work is already completed and only a poster board and some glue are needed to display the experiment on photosynthesis or companion planting.

Interpersonal skills:

"Helping" you trim the forsythia or plant marigolds

and petunias may be a rare opportunity to listen to your teen. A few casual questions on a sunny afternoon in the garden can become a precious experience for you both. Working together to accomplish a task may be a rare experience for our often-isolated adolescents. "Responsibility" may be another skill developed while gardening. Watering, weeding, protecting young plants from bugs and bunnies; all opportunities to assume responsibilities that are achieved in real time.

Stress reduction:

Teens are old enough to face lots of stress and need opportunities to deal with that stress. Gardening can prove a healthy alternative to zoning out on video games or sleeping. Depression can sometimes be eased with sunshine and Nature's many charms, including fresh air and songbirds.



Kid-Friendly Public Gardens.

Perhaps you've tried introducing your child to gardening in the past without success. A trip to a public garden that has child-friendly areas and programs might provide a fresh start to encouraging children to get involved with gardening:

Adkins Arboretum, Ridgely, MD: On the Eastern Shore with lots of trails for children to explore

American Horticultural Society Children's Garden, Alexandria, VA: Includes a "Little House On the Prairie" garden

Brookside Gardens, Wheaton, MD: Includes a live caterpillar and butterfly exhibit

Lewis Ginter Botanical Garden, Richmond, VA: Includes a "water play area" and Klaus Family Tree House"

Longwood Gardens, Kennett Square, PA: Includes an indoor children's garden and "Nature's Castle Treehouse"

Miller Branch Library, Ellicott City, MD: An "Enchanted Garden"

U.S. Arboretum and Botanical Gardens, District of Columbia: Includes gardens planted by children

Winterthur Gardens, Wilmington, DL: Includes "The Enchanted Woods"

Suggestions & Tips for Adult-Child Gardening:

Following are a few suggestions that might help make your foray into gardening with children less daunting:

Plan Ahead: If you're working with several children or only one:

- Decide and mark the area each child will have for her/his own garden. If you have room, spreading out the patches may avoid comparisons and competition.
- Be sure each plot has sufficient sunlight.
- Gather a few gardener's catalogues. Each child will be able to see what the various plants will look like as they begin to mature. You can even make picture plant stakes to help the child remember what is planted and where.
- Gather enough tools for each child: sharing may come eventually, but start each child with his/her trowel, watering can, and work gloves.





Top Crops: Here's a list of almost-foolproof plants children enjoy:

Bush beans • Carrots (fun example of tasty roots) • Cherry tomatoes (tasty treat for a tired gardener) • Lambs Ear (fool-proof, fuzzy, and cute plant) • Lettuce (nice because children can often get several harvests) • Nasturtiums (great for a conversation on edible flowers) • Potatoes (another tasty root) • Pumpkin (a big favorite, if you have room enough for the sturdy vines to spread) • Snow peas (fun to eat fresh off the vine) • Sunflowers (talk about photosynthesis and watch those heads turn!)



Miscellaneous Tips:

- Be prepared to “cheat”: If a bunny has devoured your young gardener’s lettuce plants, go ahead and replace them with a few fresh plants. Pull a few of those weeds choking her snow peas. Also, if you’re watering, sprinkle a bit around the children’s patches. It’s more important that they enjoy the gardening and the garden than that they do everything perfectly themselves.

- You may have an old sandbox in the garage or gardening shed. Fill it with soil and make that a child’s garden.
- Take lots of pictures of gardener and plants. Keep an on-line or paper scrapbook, even if the whole project lasts only a few days or a week. It will be fun to look back at the project as your young gardener matures and, hopefully, takes on more responsibilities and projects in the garden.
- Suggest a *theme* garden, perhaps like one they saw at a public garden. Paint rocks to place in the garden. Use twigs and shells to decorate the soil.
- If all else fails and the kids are getting cranky, *build a scarecrow*. Grab a leaky pair of boots or old sneakers, some socks, worn-out jeans, a long-sleeve shirt, garden gloves, a beach ball or big balloon, and a hat. Get that left-over straw from the spring or lots of newspaper and rags. Stuff those clothes; tie them together with gardening twine. Draw features on that balloon or ball, and bingo! You’ve got a scarecrow. (It can be a reclining scarecrow if the construction seems precarious.)

Whatever happens, have fun. Take pictures. Take your time. Savor those hours or days shared with children. You may get tired, frustrated, even annoyed, but you’ll look back on the days in the children’s gardens with appreciation and delight. Truly!





Prime Location in the Heart of Historic Annapolis



1945 Orchard Point Road
Pasadena, MD \$1,699,000



3414 Glebe Drive
Edgewater, MD \$729,900



Tilghman Island, MD
Waterfront Lot \$360,000



2912 S Lake Drive, Davidsonville - \$1,025,000



743 Annapolis Neck Road, Annapolis, MD - \$598,000

JOANNA DALTON REALTOR®

410.980.8443
JOANNA.DALTON@CBMOVE.COM

*A Real Estate Professional Serving
Anne Arundel County and
the Eastern Shore.*

Multi-Million in Sales • Coldwell Banker International President's Circle
Global Luxury Certified

Coldwell Banker Realty 3 Church Circle, Annapolis, MD 21401 410.263.8686

©2021 Coldwell Banker® Realty. All Rights Reserved. Coldwell Banker® Realty fully supports the principles of the Fair Housing Act and the Equal Opportunity Act. Content by a subsidiary of Realogy Broker Group LLC. Coldwell Banker the Coldwell Banker logo, Coldwell Banker Global Luxury and the Coldwell Banker Global Luxury logo are registered service marks owned by Coldwell Banker Real Estate LLC.

All-Season Sanctuary

By Lisa J. Gotto

This 6,000-square-foot home is better defined with the term “sanctuary” than it is with “house.” Situated just steps from the banks of the Quarter Creek off the Wye River in Queenstown, this property has one of the most enviable locations in all of the Eastern Shore.

The simple, white exterior presents itself as a stately, yet charming expanded colonial on 5.2 acres of wooded, natural beauty enhanced by expert landscaping and a hardscape that provides various patio and gathering areas for a sublime outdoor living experience.



Listing Agent: Jody Baker; Cross Street Realtors; 201 S. Cross Street, Chestertown; m. 410-708-3536; o. 410-778-3779; jody@crsrealtors.com; crsrealtors.com **Buyers' Agent:** Jennifer Norton; Coldwell Banker Waterman Realty; 109 Country Day Road, Chester; m. 443-695-3172; o. 410-643-5005; jennifer@watermanrealty.com; coldwellbanker.com

Primary Structure Built: 1988
Sold For: \$1,775,000
Original List Price: \$1,895,000
Bedrooms: 4
Baths: 5 Full, 1 Half
Living Space: 6,159 Sq. Ft.
Lot Size: 5.2 acres

Inside, the home's main level flows along rich, chestnut-colored hardwood floors and features gorgeous archways accented with impressive trim work and crown molding. A huge, formal sunny living room with fireplace is located to the right of the entry, and a roomy, formal dining room is located to the left.

A spacious, gourmet, custom-crafted kitchen offers a granite-topped, center prep island and seating for three at its peninsula-based breakfast bar. Its stainless-steel appliance package includes a six-burner gas range with grill top and an impressive, stainless-steel hood treatment. Glass-front cabinets and a bay-windowed breakfast nook overlooking the home's outdoor living area provide a tranquil start to any day.

In addition to a main level family room, this home offers a gorgeous second kitchen with a family gathering area located on the home's lower level. Rustic, terra cotta tile flooring combines with custom wood cabinetry, an expanded flat top grill/range with gorgeous copper exhaust hood, and a huge, L-shaped



countertop with bar seating for six. Overhead, there's a coffered ceiling with white wood beams and a contrasting stained bead board base. This room offers an attractive indoor respite from the summer sun with its large seating area and a series of French doors providing access to the property's impressive pool and patio area.

All four bedrooms are located on the home's upper level, including its attractive and large owners' suite with wide-planked, knotty wood floors, a large, bay window with built-in bench seating, and a separate, walk-in closet and changing area. The *en suite* bath features a dual vanity, enormous garden tub, and a dual-head, walk-in shower.

In addition, to the property's outstanding landscaping, the home's new owners will have the convenience of their own private pier with two boats lifts and five feet of mean low water. A true, Queenstown dream come true!

WHAT'S UP? MEDIA

BEST OF *party*

June 13, 2023 • 6-9 P.M.

at the Doordan Institute at Luminis Health Anne Arundel Medical Center

PRESENTED BY



ENJOY A GREAT PARTY WITH TASTINGS FROM WINNING RESTAURANTS, CASH BAR, DANCING, PHOTO BOOTHS, BEAUTY & WELLNESS SERVICES & MUCH MORE ENTERTAINMENT!

A portion of our Best of Party proceeds will benefit



Wear your best Caribbean chic attire

TICKETS ON SALE NOW AT
WHATSUPMAG.COM/BESTOFPARTY





Hidden Gem in Rock Hall

By Lisa J. Gotto | Photography by Stephen Buchanan

Outdoor enthusiasts, historians, and hunters alike will all find something to love about this iconic piece of property encompassing 191 acres in scenic Rock Hall. With its original home base dating back to 1757, this amazing waterfront estate has been meticulously updated to reflect the best the modern world has to offer while respecting the vibe of a bygone era.

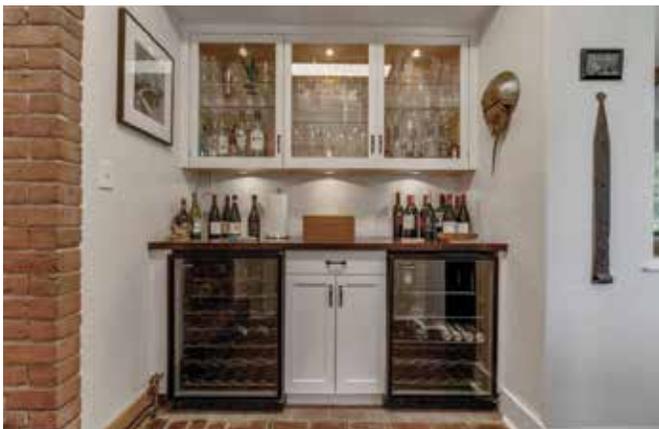
Known locally as Wings and Whitetail Farm, the home itself is what today's modern farmhouse aesthetic is all about, with the added bonus of the original farmhouse bones to boot! Walking into the expanded, white-washed brick colonial, you are first



impressed by its beautifully restored wood floors, and gorgeous refurbished 18th-century staircase preserved to showcase the natural wood. The entry foyer flows straight ahead to the back of the house where a stunning set of custom double doors in the arch style open to majestic views of Bungay Creek.

Along the way, the entry turns to the living room on the right with its rustic, wide-planked hardwoods, an entire feature wall of rich restored woods with fireplace, and gorgeous wood trim accents featured throughout. This room leads past a built-in wet bar area with wine fridge and into the home's light and bright family room with its rustic, terra cotta floors, beamed ceiling, and an accent wall with built-ins, a workstation, and shiplap detail. A gorgeous, all red brick fireplace with rustic wood trim offers the feel of a winter cabin retreat.

The home's dining and kitchen quarters are located to the left of the entry, and the dining room boasts yet another atmospheric wood-burning fireplace and 18th-century paneling. The large, eat-in kitchen will certainly be a fam-



Listing Agent: Courtney Chipouras; Benson & Mangold Real Estate; 31 Goldsborough Street, Easton; m. 410-200-1224; o. 410-822-6665; courtney@mychesapeakehome.com; bensonandmangold.com **Buyers' Agent:** Ray Johnson; Berkshire Hathaway; 3500 Boston Street, Canton, m. 410-491-9384; o. 410-814-2400; raysellsmd@gmail.com; bhhs.com

Primary Structure Built: 1757

Sold For: \$4,700,000

Original List Price:

\$4,995,000

Bedrooms: 5

Baths: 4 Full, 2 Half

Living Space: 5,619 Sq. Ft.

Lot Size: 191 acres

ily hang-out with its wood-burning stove and brick hearth, an impressive all stainless-steel appliance package, and countless country touches throughout.

The second level boasts the home's spacious primary suite, which is rustically romantic, and like the rest of the home, boasts its original doors with vintage knob with hardware treatments. It also features a grand fireplace, and a large *en suite* bath with oversized, walk-in shower, soaking tub, and a custom wood- and brick-trimmed vanity with white stone countertops.

There is an additional guest suite on this floor with a full bath, and the third floor offers lodging opportunities a-plenty with another full bath and its two large bedrooms fitted with multiple beds with bunks for multiple kids.

Outside, the grounds are peppered with outbuildings including a caretaker's cottage, horse barn, a charming, newly restored 18th-century smokehouse, and 90 tillable acres.

With its impressive location off the West Fork of Langford Creek and easy access to the Chester River and Bay, the property's remodeled boathouse, boat lifts, and boat ramps, will no doubt come in handy for this real-deal farmhouse's new owners.

Your Healthy Home, Energy Efficiency, and Crawl Space Specialists



✓ Crawl Space Encapsulation

- ✓ Indoor Air Quality Services
- ✓ Blown In & Spray Foam Insulation
- ✓ Basement Waterproofing
- ✓ Structural Repair
- ✓ Energy Audits
- ✓ French Drain Systems

Call today for your free evaluation: 410-822-1390

Rebates up to \$7,500!



410-822-1390

8625 Brooks Drive, Easton, MD 21601

TotalHomePerformance.com

LUXURY
REAL ESTATE
L&F

EXCEPTIONAL SERVICE.
GLOBAL NETWORK.
LUXURY AUTHORITY.

WIDGEON POINT \$12M Jewel on Trippe Creek

Oxford, Maryland. 4 BR | 4 FBA, 1 HBA | 9,027 SqFt | 20.27 Acres

Near the Tred Avon River, along Trippe Creek shores, this Oxford jewel blends refined luxury with laid-back coastal charm. Accessible from beyond twenty high-elevation acres and a stately gas-lamp flanked gate, covered walkways, cobblestone paths, ornamental trees, scenic gardens, and panoramic point of land views enchant. Widgeon Point's original 1938 construction has been reimagined by skilled artisans echoing a River House of timeless elegance. Sun-filled ceilings highlight intricate millwork, artfully laid hardwoods, heated Tennessee stone

floors, and fireplaces of fine craftsmanship. In the kitchen, professional-grade appliances, farmhouse sink, and granite-topped counters assist with best-loved meals. The bar-hosted enclosed gazebo and endless outdoor patios allow for large parties overlooking yachts and memorable sunsets. Retreat to four bedrooms; each with access to the grounds, privacy, and bathrooms of hand selected stone. Tour the two bedroom guest house, a fully independent over-garage apartment, caretaker cottage, boathouse, three car garage, and two barns.



Cornelia C. Heckenbach
The #1 Coastal Top Producer
410.310.1229
info@corneliaheckenbach.com
Easton/St Michaels Office 410.770.3600

LONG & FOSTER
REAL ESTATE

Forbes
GLOBAL PROPERTIES



Health & Beauty

86 FRESH TAKE | 87 FITNESS TIPS | 89 STYLING WHITE ALL SUMMER LONG



Fresh Take

CHIA SEEDS

By Dylan Roche

Before chia seeds made a surge in popularity within health circles during the past few years, many Americans might have been familiar with chia only as a type of sprout grown to resemble hair on a terracotta sculpture. (Remember those?)

But chia as a health-boosting food far precedes even the Chia Pet craze of the '80s and '90s. Chia's culinary history actually dates back thousands of years to pre-Columbian times in Central and South America. Chia seeds were a dietary staple among the ancient Aztecs and Mayans, who drank what was known as *chia fresca*—chia seeds steeped in water and sweetened with lemon and lime juice. Chia seeds were also used to make bread and to thicken soups and stews.

Today, we are more understanding of why chia—which draw their name from the Mayan word for “strength”—were so well regarded in these cultures. They're dense in nutrients the body needs to perform at its best, which explains why Aztec warriors relied on them as an energy source during their intense training regimens.



Meatless Meatballs

INGREDIENTS

2 cups cooked chickpeas
2.5 tablespoons chia seeds
1/2 cup oats
2 tablespoons tomato paste
2 cloves garlic, minced
3 tablespoons fresh basil, chopped
1 tablespoon oregano, chopped
1 teaspoon fennel seeds
1/4 teaspoon red pepper flakes
1/2 teaspoon salt
1/2 teaspoon pepper
1/4 cup water

Now, consumers eat chia seeds in all kinds of ways. While you might be inclined to use chia seeds around the kitchen at home, including them in smoothies or baked goods, you'll also find them added to a variety of products at the grocery store, such as breakfast cereals and energy bars. Making chia pudding by soaking chia seeds in equal parts water overnight is another popular option—vanilla extract, nut butters, and fresh fruit can deliver plenty of flavor without a lot of added sugar.

Chia seeds are a good source of protein, delivering about five grams per one-ounce serving. Like other plant sources of protein, they do not contain a full range of essential amino acids your body needs, so they are best when paired with sources of the amino acids threonine, lysine, and leucine. Sources of these amino acids include lima beans and spirulina, a type of algae.

Preheat oven to 425F. Line a baking sheet with parchment paper. In a small bowl, combine chia seeds and water. Set aside and allow to thicken. In a large bowl, mash the chickpeas until smooth. Stir in oats, followed by the thickened chia seeds, tomato paste, basil, oregano, garlic, fennel, salt, and pepper. Roll into approximately 1 dozen large meatballs and line on the baking sheet. Bake for 20 minutes, turning once halfway through. Serve hot with spaghetti and your favorite sauce.



Fitness Tips

BUILDING STRONG SHOULDERS

By Dylan Roche

There's a reason for the expression "You're carrying a lot on your shoulders." Because when you must carry a heavy load for an extended period, your shoulders are the part of your body that's best up to the challenge. (Not that anyone ever *wants* to carry a heavy load for an extended period—but it's good to know you're capable if you have to!)

Strong shoulders are important for all kinds of daily activities, not only for lifting and carrying but also when you have to reach or pull. You use your shoulders in pretty much any athletic pursuit as well, particularly if you're a swimmer, basketball player, or volleyball player, as all three of these sports require extensive, fast arm movement. Your shoulder joints can be prone to injury as you get older, but building and maintaining muscle around these joints will help prevent injury.

Shoulders also serve an important function in the way you carry your body throughout your day. Without strong shoulders, you'll have trouble standing up straight with good posture. Weak shoulders, and the poor posture associated with them, can lead to back or neck pain and can even set you up for injury.

Moreover, having strong shoulders and good posture just makes you look better—and when you look better, you have more confidence in everything you do.

continue on page 88 

Whole-Wheat Chia Seed Bread

INGREDIENTS

1/2 cup chia seeds
2.5 cups whole wheat flour
3 teaspoons baking powder
1 teaspoon salt
2 tablespoons honey
1/4 cup applesauce
cups milk (dairy, oat, almond—your choice!)

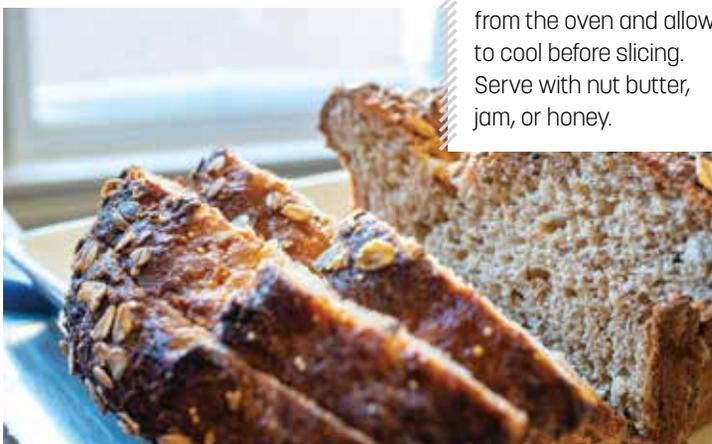
Preheat oven to 350F and line a bread loaf pan with parchment paper. Separate out 1 cup milk and combine with chia seeds. Stir well and allow to sit for 30 minutes or until the mixture has thickened. Whisk together flour, baking soda, and salt before combining with applesauce, honey, and the remaining milk. Add the thickened chia seeds and stir until the dough is thick and sticky. Transfer the dough to the bread pan and smooth evenly. Bake for approximately 75 minutes. Remove from the oven and allow to cool before slicing. Serve with nut butter, jam, or honey.

Chia seeds are also rich in calcium for strong bones and magnesium for proper fluid balance in your body. Calcium and magnesium are two electrolytes that your body loses through heavy sweating, so chia seeds are a great choice for athletes who are recovering after an intense workout.

The other prominent nutrient in chia seeds is fiber. With 10 grams of this digestion-supporting carbohydrate in every serving of chia seeds, you'll not only be improving your satiety between meals but also lowering your LDL cholesterol (aka your bad cholesterol) and improving your regulation of blood sugar for more stable energy levels throughout the day.

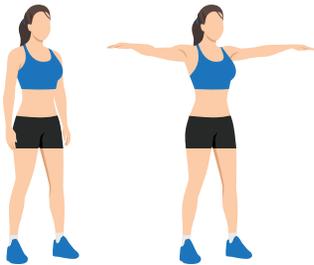
Like many other seeds, chia is rich in fat—specifically, omega-3 fatty acids, a type of unsaturated fat often hailed for its ability to reduce inflammation caused by an overworked immune system. Salmon and mackerel serve as go-to sources of omega-3s, so chia makes a reliable plant-based option for people who are vegetarian or don't eat seafood.

If simple smoothies or puddings aren't your thing, you can step up your game in the kitchen with a couple of creative recipes starring chia seeds, including whole-wheat chia seed bread and even meatless meatballs.





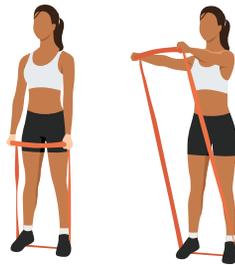
READY TO BUILD STRONGER SHOULDERS?
HERE ARE THE BEST EXERCISES TO TARGET THESE MUSCLES:



OVERHEAD PRESS

This compound exercise (meaning it targets more than one muscle group) not only works your shoulders but also works your triceps and upper back.

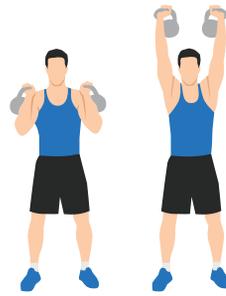
1. Using dumbbells, a barbell, or kettlebells, hold the weight at shoulder level with your palms facing outward and your feet shoulder width apart. 2. Press the weight overhead until your arms are fully extended. As you lift, keep your core and glutes engaged to stabilize your body. 3. Lower the weight back down to your starting position.



LATERAL RAISES

Also known as side raises, lateral raises target the side of the shoulders.

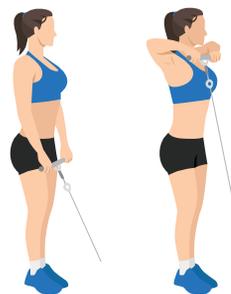
1. Using dumbbells or a resistance band, begin with your arms down by your sides and palms facing inward. Your feet should be shoulder width apart. 2. Lift your arms up at your sides until both arms are parallel to the floor. You should keep your elbows bent slightly to avoid straining your shoulder. 3. Lower your arms back to the starting position.



FRONT RAISES

Like lateral raises, front raises can be done with dumbbells or resistance bands. They target the front of your shoulders as opposed to the sides.

1. Begin with your arms down by your sides and palms facing your body while you hold the dumbbells or resistance band. Your feet should be shoulder width apart. 2. Raise your arms forward in front of you until your arms are parallel to the ground. Be sure you keep your arms straight and your wrist neutral. 3. Lower your arms back to starting position. You can do both arms at once or focus on one arm at a time.



UPRIGHT ROWS

The upright row targets your shoulders as well as your upper back and traps. While you might prefer to perform a row with a cable machine, it's even more efficient to perform it with a barbell or dumbbells.

1. Start with your arms down and gripping the

weight with your palms facing inward. Your feet should be planted slightly closer than shoulder width apart. 2. Draw the weight up toward your chin, keeping your elbows pointed out as you lift. Focus on using strength in your shoulders, not momentum, to perform the movement. 3. Lower the weight back down to the starting position.



PUSH-UPS

This classic calisthenic is a compound exercise targeting the chest, triceps, and shoulders. If it's been a while since you've done a push-up, focus on good form. If you need to, you can modify by bringing your hands closer together or resting on your knees instead of your feet.

1. Begin in a plank position with your hands planted on the floor, shoulder width apart. 2. Keep your spine neutral as you bend your elbows and lower your body to the floor. Avoid letting your elbows flare out to the side—instead, your elbows should be at a 45-degree angle parallel to your body. 3. Once you've lowered your body as close to the floor as possible, push yourself back up to the starting position.



Styling White All Summer Long

By Dylan Roche

With Memorial Day behind us and the summer season practically here, it's time to start thinking about the fashion statements you'll make for barbecues, beach trips, vacation outings, and long days of warm sunshine. While trends come and go every year, there's one color that's always a reliable summertime favorite: white. But white can be a trickier color to pull off than you might expect, and even trickier to care for if you want to keep it looking its brightest and cleanest.

You might have even heard the fashion "rule" (though, truthfully, it would be more accurate to consider it a tradition) that you should wear white only between Memorial Day and Labor Day. Wearing white in the fall or winter would be a faux pas. But this tradition has roots that hint at elitism—it began at the turn of the 20th century when wealthy Americans would spend their summers in resort areas and wanted to distinguish themselves from

the working class, who would have had trouble maintaining perfectly clean, white clothing.

It likely goes without saying that this style choice had its practical purposes, too. While summering in these resort towns, the wealthy vacationers usually opted for clothing that was light not only in color but often in weight—linen and cotton were the norm, while heavier clothing (along with darker colors) would have been reserved only for cooler months.

Over the years, the elitist notions behind this tradition faded away, and wearing white during the summer became just another tradition, like fireworks on Fourth of July. Today, very few people strictly adhere to the notion that white should be reserved for the months between Memorial Day and Labor Day, but that doesn't mean you shouldn't opt for white if you like the way it looks and feels on a hot summer day.

continue on page 90



HOW TO PULL OFF WHITE

Wearing white makes you look stylish if done right; however, it can make you look awkward or boring if done wrong. Here are the best ways to make sure you're doing it right:

Choose high-quality fabrics, ideally something like cotton, linen, or denim, which are sturdy and durable. Although you don't want your fabric to be too heavy in the summer, you want to avoid fabric that is so light it will be see-through.

If you want to pull off an all-white outfit without having it appear boring, mix and match textures to add a layer of interest.

Add a pop of color to a white outfit by incorporating bright, bold accessories. A colorful bag, shoes, or statement jewelry will stand out nicely.

Recognize that white comes in different shades, and you shouldn't be afraid to incorporate different shades into the same outfit. For example, you could pair a crisp white shirt with a pair of off-white pants.

Another way to give your look some variety is to vary your proportions. A loose, flowy top will look great with a pair of slim-fit pants, or a closely tailored shirt can be worn with wide-legged pants.

When in doubt, just keep it simple. A plain white T-shirt with white jeans, or a white dress, can look classy and effortless.



WHAT LOOKS BEST WITH WHITE?

Sure, white on white always looks great and gives off a nice summer vibe. But what if you want to pair your white with a little bit of color? Here are five color options to try:

Navy blue: Combining white and navy is always timeless and classy. It also gives off a nautical vibe that is perfect for summer.

Black: Is white with black accents simple? Maybe. But the contrast still manages to make a statement. Better still, a black-and-white ensemble is easy enough to pull off in casual and formal settings alike.

Pastels: White looks soft and ethereal when you pair it with pastels like light pink, baby blue, and mint green.

Brights: On the other hand, if you don't want the softness of pastels, you could opt for bright colors that will look playful and fun for summer, such as hot pink, electric blue, lime green, and sunshine yellow.

Earth tones: You can never go wrong with pairing a natural, earthy color like tan or moss with white. It's subtle and lends itself well to summer or to pretty much any season.

TAKE CARE OF THOSE WHITE CLOTHES!

As good as white can look, it can be a nightmare to keep clean. So, if you're going to be styling yourself in white all summer long, it's best to brush up on these laundry tips to ensure your whites stay crisp and bright.

Start by sorting your whites from black and colored clothing, as these can bleed with every wash. Even if it's not noticeable at a casual glance, this can dull your white fabric over time.

Wash white clothing in hot water to remove dirt and lift stains. Hot water doesn't lend itself to every type of fabric, so always defer to the laundering instructions written on the tag.

Although chlorine bleach does a great job of removing tough stains, it can also be harsh on the fibers of your fabric. Use bleach very sparingly—only if you must.

Drying your white clothes for too long can turn them yellow and dingy. If you have the option, let your whites hang dry.

Finally, launder your white clothing after each wear even if it doesn't look or smell dirty. Elements like dust, oil from your skin, or even sweat can build up over time. This buildup isn't easy to see on dark clothing, but it can create set-in stains on your whites.

Dining

92 SAVOR THE CHESAPEAKE | 93 CRABS, CRABS, CRABS!

Cafe Sado won Best of Eastern Shore honors for "Best Sushi."



WHAT'S UP? READERS
RESTAURANT
REVIEW

Calling All Food Critics!

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

Savor the Chesapeake

Restaurant news and culinary trends throughout the Chesapeake Bay region

By Megan Kotelchuck

The weather is beautiful and there are so many great ways to get out and enjoy it, and many involve food and drink! Culinary events, like St. Michaels BrewFest, are heating up, and we offer a couple cocktail recipes, perfect for a summer day/evening. Here's a sampling of what you can enjoy this month.

On the Dining Scene...

Longtime crab picking paradise, **Kentmorr Restaurant**, closed for the season in early October. Then longtime owners Dave and Tammy Harper decided to retire. But this May, Kentmorr Restaurant reopened as **Kentmorr Restaurant, an Atlas Brew Works Outpost**. The new brewery/restaurant spot is at Kentmorr Restaurant's original location at the marina. Find more information about the updated concept at atlas-kentmorr.com. ↓

And if you're visiting our state capital this summer, you'll likely see a new vessel cruising downtown waters this summer, and it's much more than a boat. **Naptown Tiki Club** is the first and only tiki boat bar in town. You and 15 of your best friends can enjoy this floating, private BYOB tiki bar in Maryland's capital city. The boat embarks and disembarks from Nautilus Point Marina, and cruises for about an hour and a half for a private boat tour. You will glide through Back Creek and into the Annapolis Harbor and Naval Academy. This is hyper-local way to celebrate birthdays, bachelorettes, Navy sports pregame, or a pleasant day on the water! Find more information at seasuitecruises.com.



Something Brewing...

↑ **St. Michael's Brew Festival** will be back on June 3rd. The day will offer a spectrum of regionally-crafted and national beers including hefeweizens, pilsners, IPAs, complex porters, and more. The brewfest will take place in the historic waterfront of St. Michaels and attendees can casually stroll between three different pouring venues between noon and 4 p.m. for beer and entertainment. There is also plenty else to do, like taking a tour of the Chesapeake Maritime Museum, grabbing some ice cream, and watching the boats from Muskrat Park. Get tickets online at stmichaelsbrewfest.com.

Drink Up...

June calls for a light, crisp, and delicious cocktail! P.S. Something fruity always tastes better in the sunshine!



June Bug

INGREDIENTS

- 3/4 ounce melon liqueur
- 3/4 ounce peach schnapps
- 3/4 ounce crème de banana
- Fill to top of equal parts cranberry juice and pineapple juice

INSTRUCTIONS

Pour all ingredients as listed, in order, into a pint glass, stir, and enjoy.

Photo and recipe courtesy of haved-cocktail.com



Blueberry Basil Lemonade

INGREDIENTS

- 1.5 ounces vodka or gin
- 1/4 ounce limoncello
- 1 ounce freshly squeezed lemon juice
- 3 basil leaves
- 1 ounce simple syrup
- 10 blueberries
- 3 ounces club soda or sparkling water

INSTRUCTIONS

Muddle the blueberries, basil leaves, and simple syrup

together in a shaker. Add lemon juice, gin, limoncello and some ice. Shake to mix. Strain and pour over ice in a rocks glass or highball. Add club soda or sparkling water. Garnish with extra blueberries, basil leaves or a lemon slice.

Photo and recipe courtesy of gastronomblog.com.

Crabs, Crabs, Crabs!

What do foodies crave and come to the Eastern Shore for? Everything blue crab. Steamed crabs, crab dip, imperial, cakes, and soups are on menus all over the state. Here are few locally-renowned restaurants with great crab dishes (see dishes listed!)

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

Queen Anne's County

Bay Shore Steam Pot
 111 E. Water Street, Centreville; 410-758-3933; bayshoresteampot.com \$\$, Crab Cakes, Crab Balls, Cream of Crab Soup, MD Crab Soup, Steamed Crabs, Steamed Snow Crab Legs 🍷

The Big Owl Tiki Bar and Grill
 3015 Kent Narrow Way S, Grasonville; 410-829-9546; thebigowl.com \$\$, Soft Shell BLT, Crab Cake Sandwich, Crab Balls 🍷 🌊 ☀️ 🎵

Bridges Restaurant
 321 Wells Cove Road, Grasonville; 410-827-0282; bridgesrestaurant.net \$\$\$, Cream of Crab Soup, MD Crab Soup, Crab Dip, Crab Pesto Flatbread, Crab Cakes, Crab Imperial Stuffed Shrimp 🍷 🍷 🌊 🎵

Doc's Riverside Grille
 511 Chesterfield Ave, Centreville; 410-758-1707; docsriversidegrille.com \$\$, Seafood Nachos, Crab Dip, Seafood Quesadilla, Cream of Crab Soup, MD Crab Soup, Half & Half, Crabby Chicken, Crabby Burger, Surf and Turf Burger, Crab Cakes 🍷 🍷 🌊 🎵

Dock House Restaurant
 110 Piney Narrows Road, Chester; 443-446-4477; dockhouserestaurant.com \$\$\$, Crab Dip, Crab Bisque, Crab Pretzel, Seafood Flatbread, Crabby Chicken, Crab Cakes 🍷 🌊 ☀️

Fisherman's Inn/ Crab Deck
 Kent Narrows; 410-827-8807; fishermansinn.com; crabdeck.com \$\$\$, MD Crab Soup, Cream of Crab Soup, Half & Half, Crab Dip, Crab Balls, Crab Pretzel, Seafood Alfredo, Crab Imperial, Crab Cakes, Surf and Turf, Crab Stuffed Flounder, Chicken Chesapeake 🍷 🍷 🌊 ☀️

Harris Crab House and Seafood Restaurant
 433 Kent Narrow Way N, Grasonville; 410-827-9500; harriscrabhouse.com \$\$, Crab Pretzel, Steamed Crabs, MD Crab Soup, Cream of Crab Soup, Half & Half, Crab Dip, Crab Imperial Stuffed Oysters, Soft Shell Sandwich, Crabby Burger, Soft Shell Po Boy, Crab Imperial, Crab Cakes 🍷 🌊 ☀️

The Jetty Dock Bar and Restaurant
 201 Wells Cove Road, Grasonville; 410-827-4959; jettydockbar.com \$\$, Cream of Crab Soup, MD Crab Soup, Half & Half, Crab Dip, Seafood Nachos, Crabby Tots, Crabby Pizza, Crab Cakes, Chicken Chesapeake Club 🍷 🌊 ☀️ 🎵

Knoxie's Table
 180 Pier One Road, Stevensville; 443-249-5777; baybeachclub.com \$\$, Cream of Crab Soup, MD Crab Soup, Crab Dip, Crab Cakes 🍷 🍷 🌊 ☀️

Libbey's Coastal Kitchen and Bar
 357 Pier One Road, Stevensville; 410-604-0999; libbey-scoastalkitchen.com \$\$, Crab Dip, Seafood Nachos, Crab Mac and Cheese, Cream of Crab, Bayside Cobb, Crab Cakes, Surf and Turf, Chicken Chesapeake 🍷 🍷 🌊 ☀️

Mr. B's Seafood Market
 114 State Street, Stevensville; 410-643-5536; mrsseafood.com \$\$, Steamed Crabs, Crab Cakes 🍷

The Narrows Restaurant
 3023 Kent Narrows Way, Grasonville; 410-827-8113; thenarrowsrestaurant.com \$\$\$, Crab Cakes, Crab Tart, Crab and Artichoke Dip, MD Crab Soup, Cream of Crab Soup, Crab Imperial, Crab Omelet 🍷 🍷 🌊 ☀️

Rams Head Shore House
 800 Main Street, Stevensville; 410-643-2466; rams-headshorehouse.com \$\$, Crab Dip, Crab Cakes, Seafood Nachos, Crabby Tots, Crab Pizza, Crabby Burger 🍷 🍷 🌊 🎵

Red Eye's Dock Bar
 428 Kent Narrow Way N, Grasonville; 410-304-2072; redehyesdb.com \$\$, Crab Cakes, Crab Dip, Crabby Fries, Shrimp & Crab Mac and Cheese, Steamed Snow Crabs 🍷 🌊 🎵 🎵

Stevensville Crab Shack
 116 Pier One Road, Stevensville; 410-604-2722; stevensvillecrabshack.com \$\$, Crab Cakes, MD Crab Soup, King Crab Legs, Snow Crab Legs, Soft Shell Crab Sandwich, Crab Dip 🍷

Talbot County

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

Blu Miles Seafood and Grill
 305 Mulberry Street, St Michaels; 410-745-8079; theblumilesrestaurant.com \$\$, Crab Balls, Crab Dip, Cream of Crab Soup, MD Crab Soup, Crab Cakes, Chicken Chesapeake, Soft Shell Sandwich, Steamed Crabs 🍷 🌊 ☀️

The Blue Crab
 102 S Fremont St, St Michaels; 410-745-4155; the-blue-crab-shop.square.site \$, Crab Cake Bagel 🍷 🎵

Carpenter Street Saloon
 113 S Talbot Street, St Michaels; 410-745-5111; carpenterstreetsaloon.com \$, Crab Dip, Crab Balls, MD Crab Soup, Crab Cakes 🍷 🍷

Crab Claw Restaurant
 304 Burns Street, St Michaels; 410-745-2900; thecrabclaw.com \$\$, Crab Balls, Crab Cocktail, Crab Dip, Cream of Crab Soup, MD Crab Soup, Half & Half Soup, Crab Cakes, Steamed Crabs, Soft Shell Sandwich 🍷 🍷 🌊 ☀️

Doc's Downtown Grille
 14 N Washington Street, Easton; 410-822-7700; docsdowntowngrille.com \$\$, Cream of Crab Soup, MD Crab Soup, Seafood Nachos, Crab Balls, Crab Dip, Seafood Quesadilla, Crab Cakes, Soft Shell BLT, Seafood Mac and Cheese 🍷 🍷 🌊 ☀️

Doc's Sunset Grille
 104 W Pier St, Oxford; 410-226-5550; docssunsetgrille.com \$\$, Seafood Nachos, Crab Balls, Crab Dip, Cream of Crab Soup, MD Crab Soup, Soft Shell Tacos, Surf and Turf Burger, Crabby Chicken, Crab Cakes 🍷 🍷 🌊 ☀️

Foxy's Harbor Grille
 125 Mulberry Street, St Michaels; 410-745-4340; foxysharborgrille.com \$\$, Crab Dip, Crab Pretzel 🍷 🌊 ☀️

The Galley
 305 South Talbot Street, St Michaels; 410-200-8572; thegalleysaintmichaels.com \$\$, Cream of Crab Soup, Crab Dip, Crab Cakes, Crab Melt 🍷 🍷 🌊 ☀️

Hunter's Tavern
 101 East Dover Street, Easton; Tide-waterinn.com; 410-822-4034 \$\$, Cream of Crab Soup, Crab and Artichoke Dip, Crab Cakes 🍷 🍷

Lowe's Wharf

21651 Lowes Wharf Road, Sherwood; 410-745-6684; loweswharf.com/restaurant \$\$\$, Crab Dip, Crab Balls, Crab Skins, Crab Cake Sandwich 🍷 🌊 🌟 🎵

Tilghman Dining at The Tilghman Island Inn

21384 Coopertown Road, Tilghman Island; 410-886-1170; tilghmandining.com \$\$\$, Crab Cakes 🍷 🌊 🌟

Two if by Sea

5776 Tilghman Island Road, Tilghman; 410-886-2447; twoifbysearestaurant.net \$, Crab Cake Sandwich, Crab Omelets, Crab Melt, Crab Imperial Grilled Cheese 🍷 🍴

Kent County

Blue Heron Oyster House and Inn

20658 Wilkins Avenue, Rock Hall; 410-639-4374; blueheronoysterhouseandinn.com \$\$\$, MD Crab Soup, Cream of Crab Soup, Half & Half Soup, Crab Cakes 🍷 🍴 🌟

Deep Blue at Kitty Knight

14028 Augustine Herman Highway, Georgetown; 410-648-5200; deepbluerestaurant.com \$\$\$, Crab Dip, Crab Cakes, MD Crab Soup, Crab and Shrimp Ceasar Salad 🍷 🍴 🌊 🌟

Fish Whistle

100 George Street, Georgetown; 410-275-1603; fishandwhistle.com \$\$\$, Crab Guacamole, Crab Dip, Crab Cakes, Crab Skins, Crab Cake Salad, Cream of Crab Soup, MD Crab Soup, Crabby Cobb, Surf and Turf 🍷 🍴 🌊 🌟

The Kitchen at the Imperial

208 High Street, Chestertown; 410-778-5000; imperialchestertown.com \$\$\$, Crab Dip, Kitchen Crab Soup, Crab Cakes, Surf and Turf 🍷 🌟

Osprey Point

20786 Rock Hall Ave, Rock Hall; 410-639-2194; ospreypoint.com \$\$\$, Crab Imperial Stuffed Mushroom Caps, Cream of Crab Soup, Soft Shell Crab Sandwich, Crab Cakes 🍷 🍴 🌊 🌟

Uncle Charlie's Bistro

834 High Street, Chestertown; 410-778-3663; unclecharliesbistro.com \$\$\$, Crab Mac, Smoked Crab and Spinach Dip, MD Crab Soup, Crab Cake Sandwich, Crabby Burger, Pasta and Crab 🍷 🍴

Dorchester County

Ocean Odyssey and Crab House

316 Sunburst Highway, Cambridge; 410-228-8633; toddseafood.com \$\$\$, Steamed Crabs, Crab Dip, Crab Cakes 🍷 🍴 🌟

Portside Seafood Restaurant

201 Trenton Street, Cambridge; 410-228-9007; portside-maryland.com \$\$\$, Crab Dip, Crab Balls, Crab Wontons, Crab, Crab Nachos, Cream of Crab Soup, MD Crab Soup, Half & Half Soup, Crabby Burger, Crab Cake, Chicken Chesapeake, Crab Melt, Crab Imperial Stuffed Shrimp 🍷 🍴 🌟

River View at the Point

1A Sunburst Highway, Cambridge; 410-228-0870; riverviewatthepointrestaurant.com \$\$\$, Crab Omelet, Crab Dip, Crab Pretzel, Crab Balls, Cream of Crab Soup, Crab Cakes, Chicken Chesapeake, Flounder with Crab Imperial, Crab Imperial Stuffed Shrimp 🍷 🍴

Snappers Waterfront Cafe

112 Commerce Street, Cambridge; 410-228-0112; snapperswaterfrontcafe.com \$\$\$, Crab Dip, Crab Balls, Crab Cocktail, Crabby Nachos, MD Crab Soup, Cream of Crab Soup, Chesapeake Burger, Crab Cakes, Crab Roll, Crabby Grilled Cheese, Snapper Stuffed with Crab Imperial 🍷 🍴 🌊 🌟

Suicide Bridge Restaurant

6304 Suicide Bridge Road, Hurlock; 410-943-4689; suicide-bridge-restaurant.com \$\$\$, Steamed Crabs All You Can Eat or by the Dozen 🍷 🍴 🌊 🌟

Shop Local. Buy Local.

RESERVE YOUR SPACE TODAY

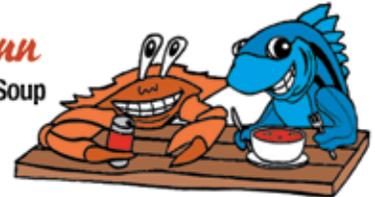
Contact Ashley Lyons at 410-266-6287 x1115 or ashley@whatsupmag.com

Fisherman's Inn and CRAB DECK RESTAURANTS



Fisherman's CRAB DECK
 BEST Happy Hour
 BEST Family Friendly Restaurant
 BEST Steamed Crabs

Fisherman's Inn
 BEST Maryland Crab Soup
 BEST Best Crabcake
 BEST Best Seafood Restaurant



Get Cracking! Crab Deck open for waterfront dining and drinks!

www.FishermansInn.com www.CrabDeck.com
 410-827-8807 410-827-6666

US Rt. 50/301 East, 6 mi east of Bay Bridge, Exit 42/Kent Narrows, right at stop sign



CORAH'S CORNER
CRAFT FOOD AND CARRY OUT

Fresh, locally sourced,
craft food & cocktails

105 N Talbot Street
Saint Michaels, MD
(410) 745-8008

[f](#) [i](#) [t](#) [s](#)

Thank you for voting us **BEST OF EASTERN SHORE 2023**






THANK YOU for voting us Best of the Eastern Shore for the 5th year in a row!

GODWIN'S PAINTING SERVICES **BEST OF EASTERN SHORE 2023**

SERVICES OFFERED:
Interior/Exterior, Residential & Commercial Painting,
Staining & Sealing, Decks, Carpentry & Drywall

443-867-0461
Be sure to visit us online at
www.godwinspaintingservices.com

TANGLED
www.tangledballoons.com



Balloons & Backdrops for Brazen Bashes

BEST OF ANNE ARUNDEL 2023

HOPE For All

*Lifting up our community,
one family at a time.*

BEST OF CENTRAL MARYLAND 2023

www.hopeforall.us



Your vision, We Make it Happen.



BEST OF EASTERN SHORE 2023

FACIALS • MASSAGES • MANICURE/PEDICURE • FULL SERVICE SALON

Ask about our FREE Wedding Consultation and our "Dry of the Wedding" packages."





Swan @ve
SPA & SALON

Our goal is to help you relax, rejuvenate, and find a sense of health and well-being before your most important day. All of our services, from the latest cuts and styles to body wraps, are intended to relieve stress and help you feel renewed.

(410) 604-1500 | www.swanovespa.com

100 Piney Narrows Rd., Suite I
Chester, MD 21619

[f](#) [i](#) [t](#) [s](#)

Perfect Pet RESORT

Happy Pets Make Happy People.

**Lodging • Daycare
Spa • Training**

410-741-0000
perfectpetresort.com

840 West Bay Front Rd.
Lothian, Maryland 20711



BEST OF ANNAPOLIS 2023





Where's Wilma?

FIND WILMA AND WIN!

It's summertime...and our intrepid, flying mascot Wilma can't wait to touch down in towns near and far to sample the very best restaurants, shops, and services of the Chesapeake Bay region. She's even planning to land in Annapolis on June 13th for the big return of the annual Best Of Party! See details on page 80 on how you can join her. Then, she zips off into the sunset, once again, on her journey to find elite experiences. 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 **Connie W.** of Cambridge, 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 June 30, 2023. Winner will receive a gift certificate to a local establishment and their name will appear in an upcoming issue of What's Up? Eastern Shore.

Academy Art Museum of Easton.....	24
Anne Arundel Medical Center–Fish For A Cure.....	10
Aqua Pools.....	BC
Ava's Pizzeria and Wine Bar.....	29
Bistro Saint Michaels Restaurant–Stewart's Food Service LLC.....	33
BJ and Son Property Management.....	43
Brighter Media Group.....	13, 36
Chaney Homes–Jennifer Chaney.....	42
Chaney Homes–Tricia Wilson.....	45
Chesapeake Crawl Space Solutions.....	17
Choisser Automotive Services.....	10
Corah's Corner.....	95
Dee Dee McCracken–Coldwell Banker.....	38
Djawdan Center for Implant and Restorative Dentistry.....	1
Dragonfly Boutique.....	49
Dwelling and Design.....	72
Eastern Shore Dental Care.....	35
Eastern Shore Mosquito Squad.....	24
Easton Dermatology Associates, LLC.....	36
Fence and Deck Connection, Inc.....	40
Fisherman's Crab Deck/Fisherman's Inn.....	94
For All Seasons, Inc.....	25
Fred Frederick Chrysler Jeep Dodge–Easton.....	48
Friel Kitchen & Bath Design/Friel Lumber Company.....	72
Godwin's Painting Services.....	95
Half Full Gift Boutique.....	48
Haven Ministries.....	17
Higgins & Spencer Inc.....	42
HOPE For All.....	95
Jason's Computer Services.....	47
Joanna Dalton–Coldwell Banker.....	77
Kent Island Orthodontics.....	35
Kent Island Pediatric Dentistry.....	19
Kovach Chiropractic and Wellness Center.....	36
Londonderry On The Tred Avon.....	7
Long and Foster Real Estate–Cornelia Heckenbach.....	84
Long Fence.....	62
Luminis Health AAMC.....	3
Lundberg Builders and 314 Design Studio.....	
Maxed Out Fitness.....	37
Nancy Hammond Editions.....	73
O'Donnell Vein and Laser.....	IFC
Palmer's Plumbing, LLC.....	43
Perfect Pet Resort.....	95
Petitbon Alarm Company.....	43
ROSM Regenerative Orthopedic Sports Medicine.....	24
Saints Peter and Paul Columbarium & Cemetery.....	25
Selling Maryland Sunsets LLC Biana Arentz.....	15
Shore United Bank.....	44
Swan Cove Spa & Salon.....	95
Talbot County Free Library, Chesapeake Children's Book Festival.....	19
Talbot Interfaith Shelter.....	29
Tangled Balloons LLC & Alpha-Lit Annapolis.....	95
The Galley Restaurant and Bar.....	33
The Winery.....	48
Theo's Steaks, Sides & Spirits.....	29
Total Home Performance.....	83
Troika Gallery.....	10
TTR Sotheby's Annapolis–Brad Kappel.....	5
University of Maryland Eastern Shore.....	4
University of Maryland Shore Regional Health.....	IBC
W.L. Staton.....	73
Wye Financial Partners / Wye Trust.....	2



**SOAR
ABOVE**

**AND
BEYOND**

Find a fulfilling education at a Top 20 HBCU. Ever since we opened our doors 137 years ago, University of Maryland Eastern Shore has been welcoming students to a community that nurtures aspirations, develops potential and celebrates everyone's passions.



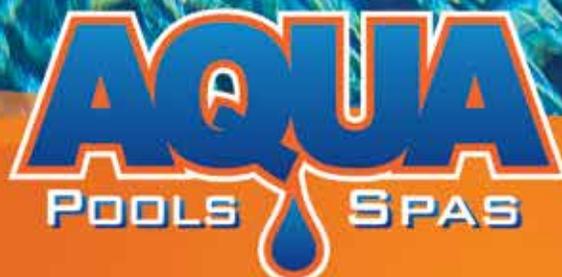
UMES.edu

**UNIVERSITY OF MARYLAND
EASTERN SHORE**

#HawkPride

WHERE SWIMMING BECOMES AN EXPERIENCE

The Mineral Springs® Pool Care System featuring SilkGuard® Technology transforms your pool into an extraordinary mineral bathing environment. Luxuriate in soft, gentle, sparkling water with a more natural alternative that's easier on you and your pool. Visit us today and learn more about Mineral Springs for the perfect combination of nature and technology.



guarding more than your pool

© BioGuard is a registered trademark of BioLab, Inc.

bioguard.com

8801 Mistletoe Drive, Easton, MD 21601
aqua74.com 410.822.7000