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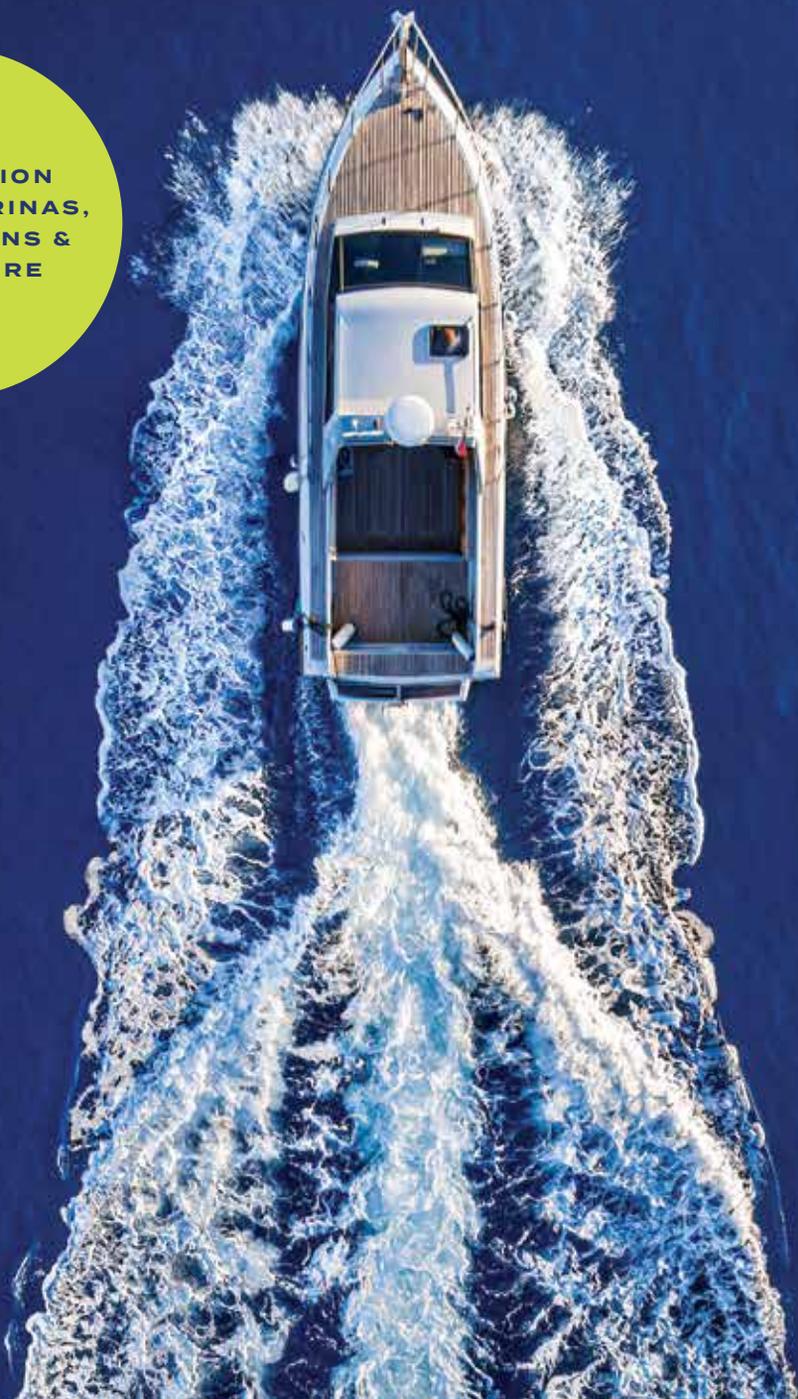
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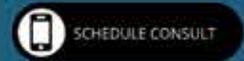


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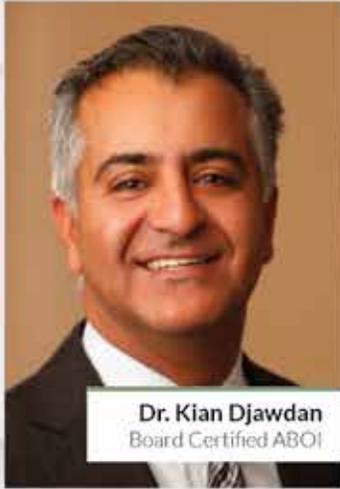
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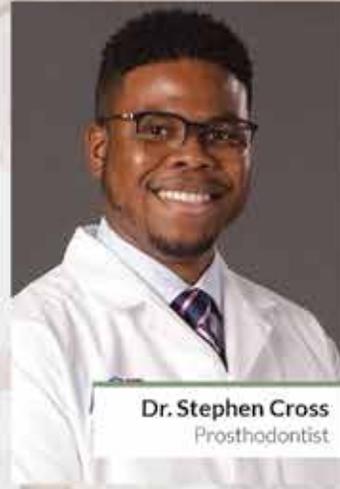
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**On the Cover:** Our Chesapeake Maritime Guide features many destination-worthy towns on the Chesapeake Bay. Design by August Schwartz. Contact *What's Up? Eastern Shore* online at [whatsupmag.com](http://whatsupmag.com). Please recycle this magazine.

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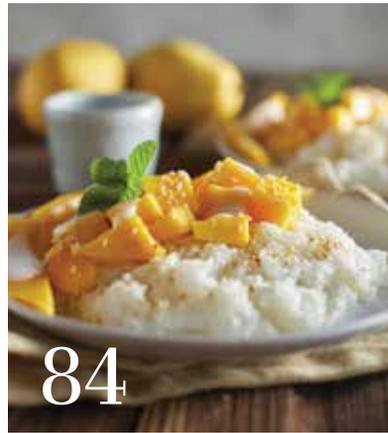
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**eastern shore**

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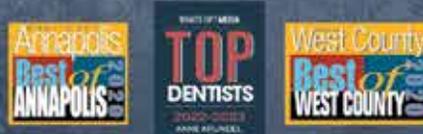
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# editor *From the*

reach of Havre de Grace to the southern waters in and around Crisfield, and many points between, the towns featured have excellent anchorage, marinas, promenades, coastal dining, artisans, history, and spectacular sunsets—or sunrises depending on which dock of the Bay you’re sitting on. Most of these towns also have charter boats offering water tours, fishing, and the like, so even if you aren’t arriving to town by your own boat, you can still enjoy getting on the water...for that unique, nautical vista.

If you’re a foodie and enjoy traveling near and far for the very best regional cuisine, our “Summer, Waterfront & Al Fresco Dining Guide” is for you. This guide drills down the numerous restaurants in the region that are perfect for seasonal culinary experiences. And please hang onto this issue because these restaurants are dynamite *all four seasons*.

The sum of these towns, restaurants, and attributes make living and playing here a worthy lifelong pursuit, which is why we’re pleased to have renowned sailor, lecturer, and writer Gary Jobson offer the essay, “Your Retirement Lifestyle.” Jobson reflects on the significance of transitioning to one’s golden years, how ambitions adjust, and that we’re blessed with opportunities aplenty to stay active. As an avid sailor himself, Jobson lives the words he writes. He also occasionally instructs Midshipmen of the U.S. Naval Academy’s Offshore Sailing Team, so buckle up because Jobson also has “Into the Blue” published this month, which deep dives into this unique program.

Summer is when we’re, perhaps, most seeking weekend activities and ideas to fill the days between vacations. I hope our guides help you do so. With the Chesapeake Bay in peak maritime glory surrounding us, it’s pretty easy to feel like we’re on vacation every day. Lucky us. Have a safe and enjoyable season!

**James Houck,**  
Editorial Director

**T**he Chesapeake Bay region is renowned for its numerous ports. So many cities, large and small, call the Bay and its tributaries home. And those of us lucky enough to live here are, well...lucky indeed. Whether you’re a lifer or newly relocated to the area, it’s probable that you’ve come to know the town you live in quite well. The landmarks, the waterfront, the dining, shopping, and local attractions.

There’s a visual that comes to mind when I think of Annapolis, for example. A vibrant City Dock in summer with soaring masts, strollers strolling along, ice cream cones, sunglasses, happy dogs, crabcakes, cocktails by dock bar or by boat. *The Harbor Queen*. And I fondly recall my first visit to another historic town, St. Michaels on the Miles River. Walking the cozy streets with tucked-away boutiques, sundries, B&Bs, a craft brewery, several cafes. The Chesapeake Bay Maritime Museum. Each town is unique, vibrant, and fun to visit *every* time. And there are so many more to discover along the Chesapeake’s shorelines.

What’s especially neat is to experience the geography and skylines of our towns from the nautical perspective—to observe the landscape when arriving by boat. What a fantastic way to get an entirely different appreciation of the region. In this month’s “Chesapeake Maritime Guide” we offer snapshots of several destination waterfront towns. From the northern



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# *Out on the* **TownE**

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## **Plein Air Easton**

Get ready for the largest and most prestigious juried plein air painting competition in the United States. Plein Air Easton will be celebrating its 19th year July 14th through 23rd at throughout town, with culminating events at the Avalon Foundation in Easton. Fifty-eight artists will be juried in the competition. During last year's Plein Air Easton, the event topped \$462,000 raised, with 403 paintings sold during the course of the week. Find more information at [pleinaireaston.com](http://pleinaireaston.com).

Photo by Ted Mueller

## CHESAPEAKE BAY PADDLE

Gear up for the 2023 Chesapeake Bay Paddle on July 22nd. The race will benefit Chesapeake Conservancy's efforts to designate the Chesapeake Bay as a National Park, WaterKeepers Chesapeake to help keep the waters and rivers of the Bay healthy, and Oyster Recovery Partnership's work to plant 10 billion oysters in the Bay. The paddle will consist of two races: a 33-mile solo and team race for surfskis, stand-up paddleboards, kayaks, and canoes from Kent Island to Haven Harbor South in Rock Hall; and a second 12-mile solo race for surfskis, stand up paddleboards, kayaks and canoes. Find more information at visit baypaddle.org.



## ↑ Big Band Night

In celebration of Independence Day, the Chesapeake Bay Maritime Museum in St. Michaels will host Big Band Night on July 1st, inviting guests to bring lawn chairs and picnic blankets for an evening of music, dancing, and fireworks along the Miles River. The Shades of Blue Orchestra brings its signature sound starting at 7 p.m., and CBMM's waterfront campus offers a great vantage point to enjoy the St. Michaels fireworks, which will begin at dusk that evening. The rain date for the concert and fireworks is July 2nd. Tickets are on sale now at cbmm.org.

## Howard County Whispering Winds Pow-Wow ↓

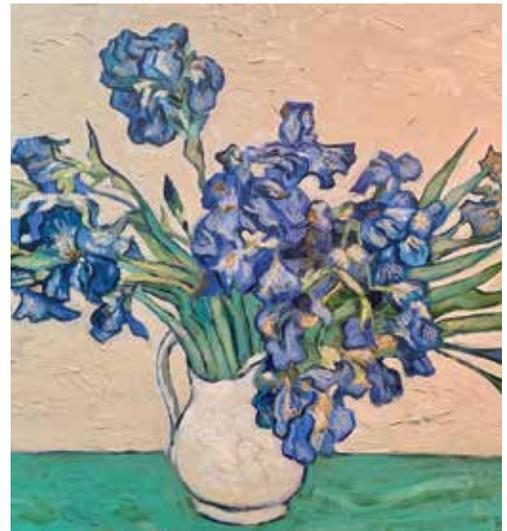
The 30th Annual Howard County Whispering Winds Pow-Wow and Show is scheduled for July 15-16 at the Howard County Fairgrounds. Pow-Wow, an American Indian owned and operated company will sponsor the event featuring American Indian dancers, singers, drummers, artists, and craft persons. The event will kick off with a parade of nations at noon and Native American Dancers in regalia will dance and drum throughout the day. For more information call 252-532-0821.



## HEART OF THE CHESAPEAKE BIKE TOUR

Join the Robbins Family YMCA's Heart of the Chesapeake Tour on July 22nd. This 32-mile race will start at the YMCA in Cambridge to Ragged Point and back, all in memory of Bob Brannock, a member of the Y since it opened in 1985.

Funds raised will go towards supporting the Robbins Family YMCA to ensure everyone, regardless of age, income, or background, has the opportunity to learn, grow, and thrive. Sign up at [bikesignup.com](http://bikesignup.com).



## FABULOUS FORGERIES

"Fabulous Forgeries" opens July 7th at Troika Gallery and features select gallery artists exhibiting "copies" of their favorite Old Master paintings. Dr. Weiss, Past President & CEO of The Metropolitan Museum of Art is the judge. This unique and educational show runs concurrent with Plein Air Easton and offers the opportunity to appreciate the historical context and creativity of the masterworks. Photos of the original master painting hang next to the "forgery" as a reference. Awards will be given for Most Believable, Most Creative, People's Choice, and Judges Choice. For more info visit [troikagallery.com](http://troikagallery.com).

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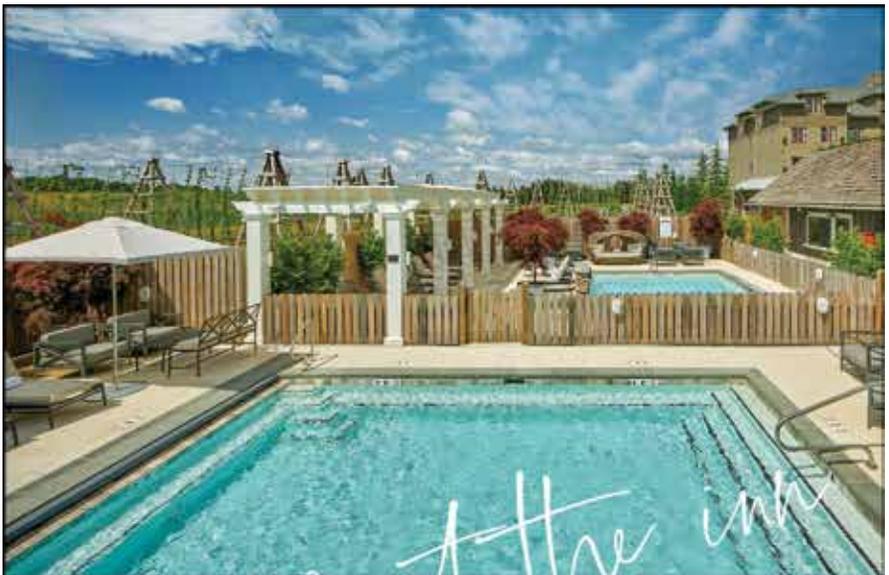


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Photo by Scot Henderson



### ↑ Annapolis Fourth of July

Take the day to celebrate Independence in Annapolis. On July 4th, the annual parade and fireworks will be taking place Downtown. The parade begins at 6:30 p.m. with the best patriotic salute to our nation, including marching bands, fire engines old and new, cars and vans, service clubs, scouts, dancers, and more. The fireworks will start at 8 p.m. and launch from a barge in the Annapolis Harbor. Gather around City Dock, along the Naval Academy Bridge, and any of the street end parks facing Spa Creek for the best view. Find more information at [visitannapolis.org](http://visitannapolis.org) and [annapolis.gov](http://annapolis.gov).



### Speak Your Truth

The 7th Annual Speak Your Truth will be held on July 8th at ArtFarm in Annapolis. This is an emotional night to speak, listen, and be motivated through words and art. Since 2017, this night has been a way to talk about mental health in a way that is both entertaining and engaging. The evening will feature poetry, visual art, dancing, clothing design, and more. Find more information and get tickets at [tylercalabrese.wixsite.com](http://tylercalabrese.wixsite.com).



### ↑ LAKE ARBOR JAZZ FESTIVAL

Prince George's Cultural Arts Foundation's biggest fundraising event is July 13th through 15th at Lake Arbor Community Center in Mitchellville.

Lake Arbor Jazz Festival attracts more than 10,000 jazz lovers from across the region. The festival showcases nationally recognized jazz artists and some of the top jazz and R&B musicians from the greater Washington, D.C., and Baltimore region. Proceeds from the festival support the Prince George's Cultural Arts Foundation's Scholarship Fund which provides scholarships for books, tuition, room, and board, to deserving college-bound students seeking to continue their education at a four-year college or university. Find more information at [lakearborjazz.com](http://lakearborjazz.com).



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# Summer Concert Series

The amount of Summer Concert Series in the Chesapeake region is amazing! There is a free concert going on almost every evening, and they deserve to be enjoyed by the whole community. Below you will find a list of summer concert series locations, times, and a few of their performers this July!

## Allen Pond Park (Bowie)

Every Sunday through September 3rd; 7-8 p.m.; cityof-bowie.org *July performers: Smooth Gruv, Priceless Advice, Rise Band & Show, U.S. Air Force Max Impact, Purple Flo*

**Annapolis City Dock** Select Fridays & Sundays through September 14th; 6 p.m.; annapolis.gov *July performers: H2G Summer Bash, City Dock Tango, City Dock Fiesta*

**Annapolis Maritime Museum** Every Thursday through August 17th; 7-9 p.m.; amaritime.org *July performers: Weird Science, One Night Only, Kevin Walker and the Jazz Chronicles, John Frase Project*

**Annapolis Town Center** Every Friday through August 25th; 5-8 p.m.; Annapolistowncenter.com *July performers: Under the Covers, Vertigo Red, Loose Ties, Crushing Day*

**Centennial Park (Ellicott City)** Every Wednesday through August 2nd; 7 p.m.; howardcountymd.gov *July performers: Reverend Smackmaster and the Congregation of Funk, Columbia Big Band, Damon Foreman & Blue Funk*



Annapolis Maritime Museum



Muskrat Park, St. Michaels



Quiet Waters Park

**Summer Concerts in the Park (Muskrat Park, St. Michaels)** Every Thursday through August 31st; 6-7:30 p.m.; stmichaels-md.org *July performers: Blues Deville, Ampersand, Down the Road, Three Penny Opera*

**Queen Anne's County Arts Council** Every Thursday through September 7th; 7 p.m., Various locations; queenannescountyarts.com *July performers: David Chappell & Friends, Jason Morton & The Chesapeake Sons, Wheelhouse*

**Quiet Waters Park (Annapolis)** Every Saturday through September 3rd; Times Vary; aacounty.org *July performers: U.S. Naval Academy Blues and Gold, Kelly Bell Band*

**Waugh Chapel Towne Centre (Gambrills)** Wednesdays through August 16th; 6:30-8 p.m.; visitwaughchapel.com *July performers: Technicolor Motor Home, Eric Scott, Diamond Alley, Josh Christina*

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# Towne Calendar

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



## July 1

**Annapolis Blues FC vs Northern Virginia United** at Navy-Marine Corps Memorial Stadium in Annapolis, 7 p.m.; [annapolisblues.com](http://annapolisblues.com); Show up to support your home team in Annapolis with their second to last game of their inaugural season.

## July 2

**First Sunday Arts Festival** on West Street in Annapolis, 11 a.m. to 5 p.m.; [innerweststreetannapolis.com](http://innerweststreetannapolis.com); Inner West Street Association is the proud sponsor of Maryland's premier art festival. From May through November, thousands of visitors enjoy shopping along beautiful West Street in downtown historic Annapolis.

## July 4

**Chestertown's Fourth of July Fireworks** in Downtown Chestertown; [riverpacket.square.site](http://riverpacket.square.site); Chestertown's Fourth of July Fireworks are back! Join the River Packet for an evening sail and river view of the show. Tickets are limited; reservations are required - click the link for more information and to secure your tickets!

## July 7

**Easton's First Friday Gallery Walk** in Downtown Easton; [tourtalbot.org](http://tourtalbot.org); On First Friday the art galleries of downtown Easton extend their hours and invite you on a tour of artistic adventure! View new art exhibits, meet the artists, and discover sales and great deals!

**The Iron Giant - Outdoor Movie Night** at Moton Park, Easton; 8 p.m.; Bring a chair and a blanket for cinema under the stars! Our movie nights will be a free event for all ages. There will also be a free inclusive craft activity at 7 p.m. for the early birds!

**Talent Machine Presents "High School Musical"** at Pascal Center for Performing Arts in Arnold, 7 p.m.; Our cast includes a highly talented group of 42 kids between the ages of 7 to 14, who will amaze you with their talent and the Company's signature energy.

## July 8

**A Primitive, Primal, & Personal Journey... Ceramic Artwork by Greg Holmes** in Downtown Ellicott City, 3-6 p.m.; [artistsgalleryec.com](http://artistsgalleryec.com); Greg Holmes combines clay, metal, and wood with fine craftsmanship in ways that complement each other. Whether they are wheel-thrown symmetrical vessels or assembled convex/concave vessels, the addition of copper, silver, and wood accents to these wood-fired forms has become his signature approach to ceramics.

## July 9

**Annapolis Blues FC vs Alexandria Reds** at Navy-Marine Corps Memorial Stadium in Annapolis, 5 p.m.; [annapolisblues.com](http://annapolisblues.com); Support the Annapolis Blues at their last game of the season in Annapolis!

## July 12

**Sad Summer Fest** at Pier Six Pavilion in Baltimore; [sadsummerfest.com](http://sadsummerfest.com); Sad Summer Festival 2023 will feature Taking Back Sunday, The Maine, Pvriss, Hot Mulligan & Mom Jeans.

## July 13

**Celebrity Golf Outing** at Oak Creek Golf Club in Upper Marlboro. [LakeArborJazzFestival.com](http://LakeArborJazzFestival.com); Hosted by golf enthusiasts and jazz saxophonists Elan Trotman and Mike Phillips, we are excited to add the Annual Lake Arbor Jazz Celebrity Golf Outing to the festival lineup of events.

## July 15

**Free Compost Bin for County Residents** at Quiet Waters Park in Annapolis; [qwpcomposting@hotmail.com](mailto:qwpcomposting@hotmail.com); The Anne Arundel County Master Gardeners teach how to make compost using yard waste and kitchen scraps. Attend a one hour compost demonstration at the compost

site on the Wildwood Trail at Quiet Waters Park. Anne Arundel County residents will receive a FREE compost bin.

**Renegade Monster Truck Tour** at Anne Arundel County Fairgrounds in Crownsville; [aaccountyfair.org](http://aaccountyfair.org); For the first time ever! Monster Trucks blast into the Anne Arundel County fairgrounds here in Crownsville. July 15 & 16 for 2 huge shows featuring Monster Trucks, Freestyle Motocross, and more!

## July 18

**Music and Movement on the Green with Busch Library** at Annapolis Town Center, 9:30 a.m. [annapolistowncenter.com](http://annapolistowncenter.com); Bring a chair or blanket to join Busch Library for some musical fun with the whole family! This educational program will give the kids plenty to do while they learn and explore different patterns, rhythms, and chants!

## July 20

**Tide and Tunes Summer Concert Series** at Annapolis Maritime Museum, 7 p.m.; [amaritime.org](http://amaritime.org); The Tides & Tunes Summer Concert Series offers 10 weeks of popular music - from rock to folk to blues - with the incomparable backdrop of the Chesapeake Bay.



Chestertown Fireworks



Crumpton Food Truck Night

peake Bay. Concerts are free; however, donations are gratefully accepted. Food and spirits are available for purchase.

**Concerts in the Park** at Muskrat Park in St. Michaels, 6 p.m. to 7:30 p.m.; tourtalbot.org; The St. Michaels Community Center's free, waterfront Summer Concert Series is on Thursdays continuing through Aug. 31.

## July 26

**Arundel Grown - A Farm to Table Tasting** at Great Frogs Winery in Annapolis; Visit Arundel Ag's Facebook Page; We're excited to announce that Arundel Ag and AAEDC will be celebrating Anne Arundel County's farmers and producers at "Arundel Grown - A Farm To Table Tasting" on Wednesday, July 26. Held during Maryland Buy Local Week, the event will include a tasting menu made with 100 percent local ingredients, two glasses of wine per guest, live music, and goodie bags filled with a wide variety of local producers' products - all amidst the beautiful backdrop of Great Frogs Winery.

## July 27

**The Mind Noodler - Matt Donnelly** at Cult Classic Brewing Company in Stevensville, 7 to 11 p.m.; cultclassicbrewing.com; The Las Vegas Review Journal recently named Matt Donnelly, "Las Vegas's Best Up and Coming Comedy Magician." His act, The Mind Noodler has been dazzling audiences across the North

America with his unique and hilarious brand of magic and one of a kind story.

## July 28

**TGIF Cookout at the Chamber** at Greater Severna Park and Arnold Chamber of Commerce in Severna Park, 12-1:30 p.m.; You are cordially invited to kick off the weekend with us at our first TGIF Networking Cookout of the year. Free to Chamber Members, \$15 for non-members.

**Food Truck Night** at Crumpton Volunteer Fire Department in Crumpton, 5-8 p.m.; visitqueenannes.com; We invite you to join us at Crumpton Volunteer Fire Department for Our Food Truck Night.... Lots of delicious food to choose from. Hope to see you there. Spanky's Soul Food and BBQ, Falling off the Bone Bar Be Que, BBQ Bueno, Belly Bustin Grill, Walker Family Fried, Seafood, Isiah Ice Cream Delights, Carrie Sue's Cupcakery.

## July 31

**Adult Mental Health First Aid** at The Community Foundation of Anne Arundel County in Annapolis, 9 a.m.; cfaac.com; Did you know that nearly one in five U.S. adults live with a mental illness? Mental Health First Aid training will teach you how to identify, understand, and respond to signs of mental illness and substance abuse disorders.

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# An Evening in Casablanca

The Benedictine Foundation held its annual Spring Gala fundraiser, themed “An Evening in Casablanca,” on Saturday, May 6th for the first time at the Trident Aircraft Hangar in Easton. The new location will allow Benedictine to grow its fundraiser and expand its outreach into the Easton Community. The “Dignity of Work” video was premiered and community awards were presented at the celebratory gathering of Benedictine’s supporters, families, friends and community members. This important fundraiser benefits the children and adults living with developmental disabilities and autism that Benedictine supports. Learn more at [benschool.org](http://benschool.org).

Photography courtesy Benedictine School.

1. Charley Mills presents Spud Blake with the Cornerstone Award
2. Jeffrey Jackson and Barbara Oxnam
3. Dale, Judi Cornette, and Skip
4. Sheryl Southwick, Kate LaMotte, John Farwell, and Ann Farwell
5. An Evening in Casablanca Spring Gala
6. Allison Lynch with Sammie and Chris Mooney



# August 28, 2023

Boats Leave from The Crab Deck on Kent Narrows

## TALISMAN THERAPEUTIC RIDING ROCKFISH RODEO FISHING TOURNAMENT



Join the fun! The Rockfish Rodeo is a fishing tournament to benefit Talisman Therapeutic Riding and the community we serve. **\$1,000 Top Prize** - The winning rockfish is based on longest length, as reported by the captain and confirmed by tournament officials.

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<https://talisman.schoolauction.net/rockfishrodeo2023/?>



**TOWNE SOCIAL**

## Golfing Fore Gunston

The Golfing Fore Gunston IV fundraiser was held on May 1st at the Prospect Bay Country Club in Grasonville. The event welcomed 101 golfers including Gunston alumni, parents, past parents, and community supporters. A 9 a.m. shotgun start began the day, with teams competing for prizes while enjoying food, drinks and fun giveaways. Visit [gunston.org](http://gunston.org) for more information.

*Photography courtesy Gunston School.*

**1.** Guests also enjoyed the opportunity to play pickleball. **2.** George Subioni, pictured with Head of School John Lewis, was the winner of Men's Longest Drive. **3.** Mary Ways, P'18, Jen Batchelder, Dane Ways, P'18 and Chuck Batchelder were the Women's First Place/Mixed winners with a score of -10 pictured here with Head of School John Lewis (center). **4.** Vicki Dean, pictured with Head of School John Lewis, was the winner of Women's Longest Drive. **5.** Chesley Nonemaker, P'27 was the winner of Women's Closest to the Pin. **6.** This year's last place winners included Chip Compton, Tyler King, Michelle Compton and Sean Matthews. **7.** The Fleetwood Insurance Group, (l-r) Brian Bowser, Barton Shaw, Creg Fleetwood, and Casey Grieves earned Men's First Place. Creg Fleetwood also won Men's Longest Drive.





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## ↑ NURSE OF THE YEAR AWARDED

Shannon Hart, RN, clinical nurse coordinator on the 2 East Multi-specialty Unit at University of Maryland Shore Regional Health, has been named SRH's Nurse of the Year. Hart (pictured second from left, receiving her award) was chosen by the SRH Nurse Excellence Awards Committee from over 30 nominations. The annual award recognizes nursing excellence achieved through leadership, professionalism, commitment to others and commitment to patient experience. "I am genuinely honored," said Hart. "I've only ever wanted to be a nurse. This means so much to me."

"Shannon is a resilient, flexible and dedicated nurse," wrote fellow team member Ashley Burl, RN, in her nomination. "No matter what the assignment, she strives to interact and build rapport with patients and families in every encounter. Shannon is a hero to all."

**Ten additional nurses received awards in eight categories. Hart won the "Art of Caring" award and was then chosen from among the following category winners for the title of Nurse of the Year:**

- Art of Caring – Shannon Hart, BSN, RN, 2 East Multispecialty Unit
- Contagious Positive Attitude – Jakisha Downing, MSN, RN, Emergency Department, Easton
- Education/Professional Development – Lori Geisler, MSN, RN, Population Health
- Excellence in Core Values (Excellence) – Harli Arcieri, RN, Emergency Department, Easton
- Excellence in Core Values (Compassion) – Kelly Vogt, RN, 2 East Multispecialty Unit, Easton
- Excellence in Core Values (Integrity) - Rachel Wright, BSN, RN, Emergency Department, Easton
- Excellence in Leadership – Mary Collins, BSN, RN, 2 East Multi-specialty Unit, Easton
- Excellence in Leadership - Stacy Dion, BSN, RN, Same Day Surgery, Easton
- Excellence in Professional Nursing Practice – Alexa Blazejak, RN, 2 East Multispecialty Unit, Easton
- Personifies Professionalism – Eden Kinser, BSN, RN, Emergency Department, Chestertown
- Precepting/Mentoring – Rebecca Hutchinson, BSN, RN, CMSRN, 2 East Multispecialty Unit, Easton

*Congratulations to all and to learn more, visit [umms.org/shore](http://umms.org/shore).*

## Gunston Athletic Hall of Fall Induction

The Gunston School recently inducted Joe Cusimano '12 to the Athletic Hall of Fame for his exceptional performances in soccer, basketball, and lacrosse during his time at the school. He is the boys lacrosse record-holder for career scoring with 205 goals and 75 assists. In a single season, he holds the number one record with 79 goals and 23 assists during the 2011 season. In 2010, 2011, and 2012 he was named Gunston's MVP. During his senior season, he was selected as the Varsity Lacrosse Captain and as the winner of the Bob Scott Award, given to a lacrosse player who exemplifies teamwork, sportsmanship, and citizenship.

*"Earning this award means a lot to me,"*

Cusimano said at the ceremony. "I can truly say I wouldn't be where I am today without Gunston and sports and the people that enjoyed them with me during the four years I was here."

After graduating from Gunston, Cusimano went on to play lacrosse at Auburn University where he was named Men's Collegiate Lacrosse Association (MCLA) Honorable Mention All-Conference Attack, SouthEastern Lacrosse Conference (SELC) Player of the Year, and SELC Rookie of the Year all in 2013.

Joe graduated from Auburn University in 2016. Visit [gunston.org](http://gunston.org) for more information.





**↑ FIRST FEMALE  
NOMINATED  
TO LEAD USNA**

Rear Adm. Yvette Davids was nominated for appointment to the rank of vice admiral, and then assignment by President Joe Biden as the next superintendent of the U.S. Naval Academy.

Davids, a 1989 graduate of the Naval Academy, is a career surface warfare officer and is currently serving as Director, Learning to Action Drive Team.

Davids has an extensive operational background to include commanding USS Curts (FFG 38), USS Bunker Hill (CG 52), and Carrier Strike Group 11.

Though the transfer of command is tentatively scheduled for this summer, the exact timing of Davids' confirmation is an open question (as of press time). According to U.S. Naval Institute reporting, "Defense Department civilian and military nominations are on hold by Sen. Tommy Tuberville (R-Ala.) over objections to a series of Pentagon policies that allow service members to take out-of-state leave for reproductive healthcare, including abortions. More than 100 DoD nominations are stalled due to the hold." Learn more at usna.edu and news.usni.org.

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

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TOWNE ATHLETE

# Sierra Lester

Queen Anne's County High School  
Basketball, Soccer

By Tom Worgo

**S**ierra Lester has the ideal size and skills for a basketball player. Lester, a recent Queen Anne's County High School graduate, is 6 feet tall, has a nice touch around the basket, and played tenacious defense to earn a starting role in her final season this past winter.

On the soccer field, the Church Hill resident's size is a little uncommon. But she uses that height advantage as a defender to dominate and sometimes even intimidate opponents.

"I am pretty good at going up in the air for a ball," Lester explains. "I win them a majority of the time. My height is the main factor. Some players don't go after a ball and say, 'She is tall. Let her have it.'"

Lester's array of skills—quickness, toughness, athletic ability, ball skills, and grit—will enable her to play college soccer next season as a defender. She's going to suit up for Division III Neumann University in Southeast Pennsylvania. The 18-year-old will major in cyber security after carrying a 3.5 grade-point average in high school.

"They valued my academics more than any other school," Lester says. "I like that they are expanding their cyber security program. Athletically, I really like the coach (Rosie Kays) and all the players on the team. They really welcomed me when I went for my overnight visit. They made me feel part of their team already."

Above all, Lester's size appealed to Kays—especially how Lester used it so effectively. It's clear the coach is very excited to have Lester join her program.

"She is six feet tall but athletically gifted," Kays says. "She really knows how to utilize those physical gifts. She is a smart player who is calm and composed. Those are really important things to have as a center back. And she's shown to be a threat to score on set pieces."

Playing club soccer for the past 10 years also helped put Lester in a position to play college soccer. Her skills improved consistently, and she earned a starting position for the Queen Anne's County High School soccer team. She received Bayside All-Conference honors for her standout play.

The club teams she played for included Bayshore, Maryland Rush, and most recently, the well-respected Shore Football Club.

"I have known her for quite a few years," Shore Football Coach Mike Leach says. "She always came when we had college coaches come in to train our girls. She always stood out from a very young age. I like her versatility in playing different positions. That's what attracted us to her."

Lester started four years on the Queen Anne's varsity team and was named a Second-Team All-Conference selection as a junior, then First-Team All-Conference as a senior. As co-captain last

fall, she has proved to be more than just the leader of the defense. She had a key goal on a penalty kick in a 3-2 overtime win over Kent Island. Lester also scored a header in a 4-0 rout of North Caroline.

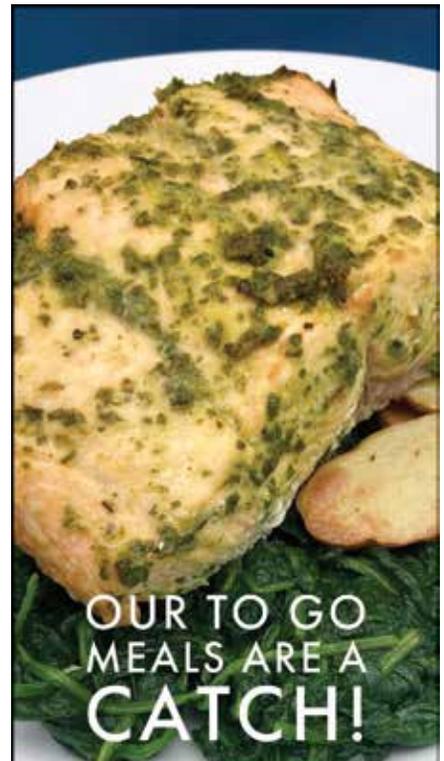
“As she got to her junior and senior years, she controlled the ball better and became more of an asset on the offensive end,” Queen Anne’s Girls Soccer Coach Mike Kern says. “She had a nose for the ball.”

Kern, who doubled as the school’s girls basketball coach, enjoyed her contributions as a first-year varsity player for the 2023 season. She averaged eight points and 10 rebounds a game.

“She never really played basketball until her senior year,” Kern says. “She ended up starting for us and doing well. It was a big surprise.”

Obviously, Lester’s future is in soccer. “I remember playing North Caroline during her freshman year,” Kern explains. “One of our older players got knocked down and she went over to the opposing player and gave a good nudge. I knew right then and there, she was going to be a leader for us. She is strong and physical. It’s her demeanor out there. She intimidates the other players.

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



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2023

# Summer, Waterfront & Al Fresco *Dining Guide*

What is better than outdoor dining and being right by the water? Outdoor dining and being right by the water in the Chesapeake Bay region! Looking for a new go-to place for a great crabcake and cocktail? We have pulled together restaurants from across the Mid-Shore, our state capital of Annapolis, and the reaches of Central Maryland that spoil us with outdoor seating, walking distance from public boat docks/marinas, and/or a waterfront view. Let this guide lead you through your summer dining by the Chesapeake and its many tributaries. (We also think this is a handy dining guide to hold onto for the entire year.)

## REQUIREMENTS FOR INCLUSION

*To be included, the restaurant must meet at least one of the following criteria:* • Outdoor seating for at least 30 people • Within a one-mile walk from public boat docking/marina • Waterfront view

## SYMBOLS KEY

-  Dock & Walk
-  Water View
-  Outdoor Dining

## PRICING KEY (average price of entrees)

\$ 0-15    \$\$ 15-30    \$\$\$ 30 and above

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*And now, the Guide...*

## QUEEN ANNE'S COUNTY

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☀️ **Where:** 401 Love Point Road, Stevensville **When:** Brunch, Lunch, dinner **Cost:** \$\$ **Call:** 443-249-3426 **Click:** amalficoastki.com **Happy Hour:** Monday through Friday 3:30 - 6:30 p.m. **Pace Yourself:** Even though it is hard to limit yourself on Amalfi's delicious pasta, do your best to save room for dessert! Amalfi offers many desserts and dessert cocktails that will take your night to the next level. **Can't Miss Cocktail:** Limoncello Martini - House-made Limoncello, Stol Vodka, house-made lemon foam, fresh lemon zest

### BIG BATS CAFÉ

☀️ **Where:** 216 Saint Claire Place, Stevensville **When:** breakfast, lunch, dinner, late-night **Cost:** \$ **Call:** 410-604-1120 **Click:** bigbats.com **The Scoop:** Route for any team you want at this baseball-themed bar who doesn't pledge loyalty to any particular team. **Happy Hour:** Wednesday through Friday, 3-6 p.m.

### THE BIG OWL TIKI BAR

🌿 ⚡️ ☀️ **Where:** 3015 Kent Narrow Way South, Grasonville **When:** lunch, dinner, late-night **Cost:** \$ **Call:** 410-827-6523 **Click:** thebigowl.com **Live Music:** Visit the website for a full list of live performers for the summer

### BRIDGES RESTAURANT

🌿 ⚡️ ☀️ **Where:** 321 Wells Cove Road, Grasonville **When:** lunch,

dinner **Cost:** \$\$ **Call:** 410-827-0282 **Click:** bridgesrestaurant.net **Can't Miss Dish:** White Sausage pizza **Parking Situation:** Bridges offers first come first serve complimentary slips for free for boats up to 65' in length, 20' in width, and 6' draft. Overnight slips are available for \$25.

### DOC'S RIVERSIDE GRILLE

☀️ **Where:** 511 Chesterfield Avenue, Centreville **When:** lunch, dinner, late-night **Cost:** \$ **Call:** 410-758-1707 **Click:** docsriversidegrille.com **Live Music:** Doc's offers live music all summer! Be sure to check their website for a full schedule **Happy Hour:** 3:30 p.m. - 6:30 p.m. Monday through Friday

### DOCK HOUSE RESTAURANT

🌿 ⚡️ ☀️ **Where:** 110 Piney Narrows Road, Chester **When:** lunch, dinner **Cost:** \$\$\$ **Call:** 443-446-4477 **Click:** dockhouserestaurant.com **Dock and Dine:** Enjoy a traffic free trip to Dock House with front row parking by taking the boat to dinner! Dock House offers complimentary docking with great views of Kent Narrows while you enjoy a meal or beverage at the bar.

### FISHERMAN'S CRAB DECK / FISHERMAN'S INN

🌿 ⚡️ ☀️ **Where:** 3116 Main Street, Grasonville **When:** lunch, dinner **Cost:** \$\$ **Call:** 410-827-6666 (Crab Deck); 410-827-8807 (Inn) **Click:** crabdeck.com; fishermansinn.com **The Scoop:** The Crab Deck is exactly



Fisherman's Crab Deck

that; an expansive outdoor deck where crab picking is the calling card. Meanwhile the indoor Inn is finer dining in an upscale atmosphere. **Can't Miss Drink:** Nauti Mermaid **Seafood Market:** When visiting Fisherman's Crab Deck visit the seafood market open daily from 9 a.m.-6 p.m. and 9 a.m.-5 p.m. on Sundays.

### HARRIS CRAB HOUSE & SEAFOOD RESTAURANT

🌿 ⚡️ ☀️ **Where:** 433 Kent Narrow Way North, Grasonville **When:** lunch, dinner **Cost:** \$\$ **Call:** 410-827-9500 **Click:** harris crabhouse.com **Community Contributor:** Harris Crab House is an admirably eco-friendly restaurant by working with Oyster Recovery Partnership, a non-profit dedicated to restoring oysters in the Chesapeake Bay.

### THE JETTY

🌿 ⚡️ ☀️ **Where:** 201 Wells Cove Road, Grasonville **When:** breakfast, lunch,

dinner, late-night **Cost:** \$\$ **Call:** 410-827-4959 **Click:** jettdockbar.com **The Scoop:** Jump in the Jetty Bus which travels to and from Stevensville, Chester, Grasonville, Romancoke, and parts of Queenstown to join trivia night, karaoke, or any other of The Jetty's events. With a packed calendar, the Jetty is always the place to kick back with your Orange Crush **Happy Hour:** 3 p.m.-7 p.m. Monday through Fridays

### LIBBEY'S COASTAL KITCHEN + COCKTAILS

🌿 ⚡️ ☀️ **Where:** 357 Pier One Road, Stevensville **When:** lunch, dinner **Cost:** \$\$ **Call:** 410-604-0999 **Click:** libbeyscoastalkitchen.com **Locals Night:** Enjoy locals night every Wednesday with a 2-course prix fixe dinner for \$25 **Can't Miss Dish:** Corn & Crab dip

### KNOXIE'S TABLE AT THE INN

🌿 ⚡️ ☀️ **Where:** 180 Pier One Road, Stevensville **When:**

dinner, weekend brunch **Cost:** \$\$ **Call:** 443-249-5777 **Click:** baybeachclub.com **The Scoop:** Located off the lobby of The Inn at Chesapeake Bay Beach Club is the warm, rustic farm to table, Knoxie's Table. The ingredients are from local farmers and watermen to make up classic dishes with a Chesapeake twist.

### THE NARROWS

🌿 ⚡️ ☀️ **Where:** 3023 Kent Narrow Way South, Grasonville **When:** lunch, dinner, Sunday brunch **Cost:** \$\$ **Call:** 410-827-8113 **Click:** thenarrows-restaurant.com **The Scoop:** Customers go crazy for The Narrows' award-winning crab cakes and cream of crab soup. If you can't make it to Grasonville, the restaurant will satisfy you craving by shipping both of them, along with their vegetable crab soup, overnight to anywhere in the U.S. **Happy Hour:** Sunday through Thursday, 3-6 p.m.

### RED EYE'S DOCK BAR

🌿 ⚡️ ☀️ **Where:** 428 Kent Narrow Way North, Grasonville **When:** lunch, dinner, late-night **Cost:** \$\$ **Call:** 410-827-3937 **Click:** redehydb.com **The Scoop:** If you're looking for some live music, chill atmosphere, and somewhere to bring your best furry friend, look no further! Red Eye's has all of that, and then some. Choose from their large food and drink menu, sit back, and relax.

### THE SANDBAR AT ROLPHS WHARF MARINA

🌿 ⚡️ ☀️ **Where:** 1008 Rolphs Wharf Road, Chester-town **When:** lunch, dinner **Cost:** \$ **Call:** 410-778-6347 **Click:** rolphswharfmarina.com/the-sandbar **The Scoop:** The outdoor beach bar at Rolphs offers the opportunity to take your shoes off and feel the sand between your toes while drinking a cold beer or frozen margarita. And that view of the Chester River isn't too shabby either.

## TALBOT COUNTY

### AVA'S PIZZERIA & WINE BAR

☀ **Where:** 409 S. Talbot Street, St. Michaels **When:** lunch, dinner **Cost:** \$\$ **Call:** 410-745-3081 **Click:** avaspizzeria.com **Where to go:** There are three locations. The St. Michaels location is a short walk from the docks, but there is also a location in Cambridge and in Rehoboth Beach, Delaware. **Can't Miss Dish:** Ma's Meatball Sliders

### BISTRO ST. MICHAELS

☀ **Where:** 403 S. Talbot Street, St. Michaels **When:** lunch, dinner **Cost:** \$\$ **Call:**

410-745-9111 **Click:** bistrostmichaels.com **The Scoop:** High quality, local ingredients make up traditional and modern culinary masterpieces at Bistro St. Michaels. Local seafood and free-range eggs are just a few of the fresh ingredients they put into their food. **Can't Miss Dish:** Chicken Roulade **Happy Hour:** 4:30 p.m.-6:30 p.m. Daily

### BLU MILES SEAFOOD AND GRILL

🌊☀ **Where:** 305 Mulberry Street, St. Michaels **When:** lunch, dinner **Cost:** \$\$ **Call:** 410-745-8079 **Click:** theblumiles-restaurant.com **Can't Miss Dish:** Ahi Tuna Steak

### CAPSIZE OXMD

🌊🌊☀ **Where:** 314 Tilghman Street, Oxford **When:** lunch, dinner **Cost:** \$\$ **Call:** 410-226-5900 **Click:** capsizexmd.com **The Scoop:** Take in the Calm Waters of Town Creek at the relaxed and casual Capsize. Dine in the waterside dining room or grab a drink on the deck overlooking the Creek. Bring your dog for the 4-legged sailors' menu. **Can't Miss Dish:** Honey Lavender Glazed Salmon

### CARPENTER STREET SALOON

🌊 **Where:** 113 S. Talbot Street, St. Michaels **When:** breakfast, lunch, dinner, late-night **Cost:** \$\$ **Call:** 410-745-5111 **Click:**

carpenterstreetsaloon.com **Night Life:** This casual restaurant offers live music throughout the week, pool tables, and other fun nightlife events throughout the year. Enjoy their diverse menu as you catch up with your buddies at this friendly pub. **The Scoop:** Carpenter Street Saloon is located in the center of St. Michaels, Maryland and has served as the cornerstone gathering spot for residents, boaters and tourists for many years. C-Street, as it's called, is open year-round opening Monday & Tuesday at 3:00 p.m. and breakfast, lunch and dinner Wednesday - Sunday at 8:00 a.m.

Our upstairs features pool tables and other nightlife throughout the year. We hope to see you, serve you and enjoy your company.

### CHARACTERS BRIDGE RESTAURANT

🌊🌊☀ **Where:** 6136 Tilghman Island Road, Tilghman Island **When:** lunch, dinner **Cost:** \$\$ **Call:** 410-886-1060 **Click:** charactersbridgerestaurant.com **The Scoop:** With Shore classics, seafood, beef, and chicken dishes, Characters offers a robust menu and fine drinks. Guests can relax indoors or on the outside deck, and enjoy views of Knapps Narrows.

### CORAH'S CORNER

☀ **Where:** 105 N Talbot Street, St. Michaels **When:** Lunch, Dinner **Cost:** \$\$ **Call:** 410-745-8008 **Click:** corahs.com **Can't Miss Dish:** Harissa Chicken Zoodle Bowl - Fresh zoodles with spinach, artichoke, tomato, pickled red cabbage, cucumbers, feta, yogurt dressing

### THE CRAB CLAW

🌊🌊☀ **Where:** 304 Burns Street, St. Michaels **When:** lunch, dinner **Cost:** \$\$ **Call:** 410-745-2900 **Click:** thecrabclaw.com **The Scoop:** Once a clam and oyster shucking house for local catches, The Crab Claw is known for having great drinks and even better seafood. And



Red Eye's Dock Bar

## Ava's Pizzeria & Wine Bar



because of its position on the water, you can sometimes catch a glimpse of watermen pulling up with the day's catches. The restaurant is still owned and operated by the original 1965 owners Bill and Sylvia Jones.

### DOC'S DOWNTOWN GRILLE

📍🌟 **Where:** 14 N Washington Street, Easton **When:** lunch, dinner **Cost:** \$\$ **Call:** 410-822-7700 **Click:** docsdowntowngrille.com **Happy Hour:** Monday through Friday, 3-7 p.m. **Can't Miss Dish:** Grilled Shrimp BLT

### DOC'S SUNSET GRILLE

📍🌟 **Where:** 104 West Pier Street, Oxford **When:** lunch, dinner **Cost:** \$ **Call:** 410-226-5550 **Click:** docsunsetgrille.com **Can't Miss Dish:** Crabby Chicken Sandwich **The Scoop:** Located

right on the Tred Avon River and facing West, Doc's Sunset Grille in Oxford, MD, is an amazing place to be for sunset. Being on the water also makes Doc's a great place to be, every day of the year. The view is always changing with the days and seasons.

### FOXY'S HARBOR GRILLE

📍🌟 **Where:** 125 Mulberry Street, St. Michaels **When:** lunch, dinner, late-night **Cost:** \$\$ **Call:** 410-745-4340 **Click:** foxysharborgrille.com **Can't Miss Dish:** Crab Pretzel **Can't Miss Cocktail:** Watermelon Lemon Crush **Happy Hour:** 4:30 p.m.-6:30 p.m. Monday through Friday

### THE GALLEY

📍🌟 **Where:** 305 S. Talbot Street, St. Michaels **When:** breakfast, lunch,

Friday dinner **Cost:** \$ **Call:** 410-200-8572 **Click:** thegalley-saintmichaels.com **Chicken Pot Pies:** The Galley's Chicken Pot Pies are so popular that you can order them fresh every day for dine in, carry out, or catering! Check out their website for to order your chicken pot pies! **The Scoop:** Located in the heart of historic downtown St. Michaels, The Galley is known for the best breakfast in the area made with fresh, delicious and high-quality ingredients. Check them out on Friday evenings, as they offer dinner and live music—a nice way to start your weekend.

### GINA'S CAFE

📍🌟 **Where:** 601 S. Talbot Street, St. Michaels **When:** lunch, dinner **Cost:** \$\$ **Call:** 410-745-6400 **Click:** Ginascafemd.com

**Dips:** Gina's Café has a full list of homemade dips that you can't miss! From hummus to salsa, try them all with corn and flour chips **The Scoop:** A southwest restaurant/ bar in the heart of St. Michaels, Gina's is the place to go for Mexican cuisine.

### HARRISON'S HARBOUR LIGHTS

📍🌟 **Where:** 101 N. Harbor Road, St. Michaels **When:** breakfast, lunch, dinner **Cost:** \$\$ **Call:** 410-745-9001 **Click:** harbourinn.com **The Scoop:** In season, enjoy the bay breezes on one of our outdoor decks. The Port Deck located on our ground floor next to our outdoor pool features a full bar, stone fireplace, heat lamps, fans, and a relaxing atmosphere for any occasion. Come upstairs to enjoy the

River Deck—a completely open-air sun deck with the best views overlooking the historic harbor.

### HUNTER'S TAVERN AT TIDEWATER INN

🌟 **Where:** 101 East Dover Street, Easton **When:** breakfast, lunch, dinner, week-end brunch **Cost:** \$\$ **Call:** 410-822-4034 **Click:** tidewaterinn.com/hunters-tavern **Decanter Room:** Hunter's Tavern has a beautiful room with a long wooden table that seats up to 26 guests with extensive wine storage, dome ceiling, and an elegant chandelier. Enjoy private dining in the Decanter Room with groups of friends, coworkers, or family.

### LIMONCELLO ITALIAN RESTAURANT & WINE BAR

📍🌟 **Where:** 200 South Talbot Street, St. Michaels **When:** lunch, dinner **Cost:** \$\$ **Call:** 410-745-3111 **Click:** limoncellostmichaels.com **Half Price Wines:** On Mondays and Tuesdays, enjoy half price bottles of wine **Happy Hour:** Daily 3-7 p.m.

### LOWES WHARF BAYSIDE GRILL & TIKI BAR

📍🌟 **Where:** 21651 Lowes Wharf Road, Sherwood **When:** lunch, dinner **Cost:** \$\$ **Call:** 410-745-6684 **Click:** loweswharf.com **The Scoop:** The epitome of a hidden gem, Lowes Wharf is one of those places that's off the beaten path, but so worth the drive. Beautiful views, a sandy beach, fun activities, and a full bar and restaurant—you might just want to stay the

night in the accompanying inn.

### MARKER FIVE

📍🌟 **Where:** 6178 Tilghman Island Road, Tilghman **When:** lunch, dinner **Cost:** \$\$ **Call:** 410-886-1122 **Click:** markerfive.com **Can't Miss Cocktail:** Black Plum Fennel Gimlet **The Scoop:** Local seafood and house smoked meats are on the table at Marker Five in Tilghman/ This casual, waterfront restaurant makes everything from scratch and has over 30 beers on tap.

### POPE'S TAVERN

📍🌟 **Where:** 504 S. Morris Street, Oxford **When:** dinner **Cost:** \$\$ **Call:** 410-226-5220 **Click:** oxfordinn.net **The Scoop:** At Pope's Tavern, indulge in the American bistro experience with seafood flair. Sit back and relax, and choose from a wide variety of spirits, wine, and beer for the ultimate dining experience. **Can't Miss Dish:** Nanny's Homemade Meatballs with ricotta and hot peppers.

### THE PURSER'S PUB AT THE INN AT PERRY CABIN

📍🌟 **Where:** 308 Watkins Lane, St. Michaels **When:** lunch, dinner, late-night **Cost:** \$\$ **Call:** 410-745-2200 **Click:** innatperrycabin.com **The Scoop:** Enjoy a warm summer evening in the garden courtyard as you sip on a cocktail and indulge in some tasty Eastern Shore fare.

### THE ROBERT MORRIS INN

📍🌟 **Where:** 314 N. Morris Street, Oxford **When:**

breakfast, lunch, dinner, weekend brunch **Cost:** \$\$ **Call:** 410-226-5111 **Click:** robertmorrisinn.com **The Scoop:** Located in one of the Eastern Shore's most historic towns, the Inn itself has an impressive history, dating back to 1710. Come visit this storied establishment and choose from fine dining, a casual tavern, a lazy weekend brunch, or afternoon tea, all developed by award-winning chef Mark Salter. **Can't Miss Dish:** Spinach and Walnut Pesto crusted Seared Scottish Salmon **Happy Hour:** Monday through Friday, 3:30 through 7 p.m.

**SCOSSA RESTAURANT AND LOUNGE**

☀ **Where:** 8 North Washington Street, Easton **When:** Dinner, Weekend Brunch and Lunch **Cost:** \$\$ **Call:** 410-822-2202 **Click:** scossarestaurant.com **Can't Miss Dish:** Risotto with butternut squash and sauteed scallops

**THEO'S STEAK, SIDES, AND SPIRITS**

☀ **Where:** 407 South Talbot Street, St Michaels **When:** Dinner **Cost:** \$\$ **Call:** 410-745-2106 **Click:** theossteakhouse.com **The Scoop:** Welcome to the original Theo's Steakhouse, located on Talbot Street in charming St. Michaels,

Maryland. We serve hand-carved steaks, craft cocktails, local seafood, upscale appetizers and all-American classics. Add flair to your meal and book a champagne sabering; extend your dinner party and finish with dessert and a port tonging. **Happy Hour:** 4-6 p.m. Tuesday through Sunday

**TICKLER'S CRAB SHACK AND RESTAURANT**

⚓ ☀ **Where:** 21551 Chesapeake Houe Drive, Tilghman in the Wylder Hotel **When:** Dinner, Weekend Lunch **Cost:** \$\$ **Call:** 410-886-2121 **Click:** wylderhotels.com **The Scoop:** Take a seat

for creative, seasonal fare at Wylder Hotel Tilghman Island. With menus built to highlight the freshest local products - from our on-site kitchen garden and orchard to daily seafood fresh from Tilghman Island's fishing docks - our chef creates dining experiences at Tickler's Crab Shack and Bar Mumbo that range from relaxed elegance to finger-lickin' family style.

**TIGER LILY**

☀ **Where:** 206 N Washington Street, Easton **When:** Lunch, Dinner, Late Night **Cost:** \$\$ **Call:** 410-690-4602 **Click:** tigerlilyeaston.com

**Live Music:** Tiger Lily's mission is to bring live music back into the heart of downtown Easton. We aim for good weather, and even better music. Find a time to stop on by! Check out their website for a full list of upcoming performers **Can't Miss App:** Birria Fries

**TILGHMAN DINING AT THE TILGHMAN ISLAND INN**

⚓ ⚓ ☀ **Where:** 21384 Coopertown Road, Tilghman Island **When:** Dinner **Cost:** \$\$\$ **Call:** 410-886-1170 **Click:** tilghmandining.com **The Scoop:** The Tilghman Island Inn features a casual, contemporary restaurant and water-side seating with

menus influenced by the seasons that take advantage of the wonderful local produce, seafood, and premium dry-aged beef of the Eastern Shore. The restaurant also features produce from our own greenhouse and garden.

**TWO IF BY SEA**

☀ **Where:** 5776 Tilghman Island Road, Tilghman **When:** Breakfast, Lunch **Cost:** \$ **Call:** 410-886-2447 **Click:** twoifbysearestaurant.net **The Scoop:** Two If By Sea's menu is composed of modern American comfort food although Chef Henry has added his own twists to many



Osprey Point

of the menu items, he has kept the classics intact. Homemade jams, pastries, and muffins are available for purchase and if you come in on a rainy day, you might be surprised to see Chef Henry making his jams and other treats. They want to give our customers the feeling of a home cooked meal without having to deal with the mess at home. Most of all, wanting our customers to feel like they are family and are stopping by for a visit. **Cooking Classes:** Check out their website for cooking classes throughout the year.

## KENT COUNTY

### BAY WOLF RESTAURANT

★ **Where:** 21270 Rock Hall Avenue, Rock Hall **When:** lunch, dinner **Cost:** \$\$ **Call:** 410-639-2000 **Click:** baywolfrrestaurant.com **The Scoop:** Austrian food meets the Eastern Shore at Bay Wolf Restaurant in Rock Hall. The restaurant, just a short walk from the local marina, serves Wiener Schnitzel, Chicken Marsala, fried Shrimp Almondine, and crab cakes. Be aware!! Make sure to save room for the Austrian Apple Strudel served with vanilla ice cream for dessert. **Can't Miss App:** French Onion Soup

### BLUE HERON OYSTER HOUSE AND INN

★ **Where:** 20658 Wilkins Avenue, Rock Hall **When:** dinner **Cost:** \$\$ **Call:** 410-639-4374 **Click:** blueheronoysterhouseandinn.com **The**

**Scoop:** The vision and dream of Blue Heron was long ago thought about by friends who had worked together in the industry back in their high school days. The goal is to bring to the community a place where people feel welcome, where they want to come and enjoy a nice meal, or to simply just come relax at the tiki bar after a long day filled with fun and sun.

### DEEP BLUE AT KITTY KNIGHT

▲ 🌊 ☀️ **Where:** 14028 Augustine Herman Highway, Georgetown **When:** lunch, dinner, weekend Brunch **Cost:** \$\$ **Call:** 410-648-5200 **Click:** deepbluerestaurant.com **Happy Hour:** 3-6 p.m. Monday through Friday **Can't Miss Dish:** Kurubuta Tomahawk

### FISH WHISTLE

▲ 🌊 ☀️ **Where:** 100 George Street, Georgetown **When:** lunch, dinner **Cost:** \$\$ **Call:** 410-275-1603 **Click:** fishandwhistle.com **The Scoop:** At Fish Whistle it's all about the food and the stunning scenery! There are plenty of fresh fish and seafood options to enjoy at our pet-friendly restaurant. Fish Whistle at the Granary gives you beautiful views of the Sassafras River. Sit on our outdoor deck and enjoy nice summer breezes and when the chill comes back in the air, come inside and sit by one of our warm fireplaces. You will enjoy a wide variety of delicious food selections a full-service bar and live entertainment on

the lower deck every weekend during the summer.

### HARBOR SHACK

▲ 🌊 ☀️ **Where:** 20895 Bayside Avenue, Rock Hall **When:** lunch, dinner **Cost:** \$ **Call:** 410-639-9996 **Click:** harborshack.net **The Scoop:** Relax this weekend at the waterfront Harbor Shack with live entertainment, food and drink specials, and a fun, casual, atmosphere with a view of Rock Hall Harbor.

### THE KITCHEN AT THE IMPERIAL

★ **Where:** 208 High Street, Chestertown **When:** lunch, dinner, Sunday brunch **Cost:** \$\$ **Call:** 410-778-5000 **Click:** imperialchestertown.com **The Scoop:** Casual fine dining with award winning crab cakes, wine tastings, and a great cocktail menu in Chestertown. On Sundays, join the Bloody Mary Brunch starters and entrees **Weekly Wine:** The Kitchen at The Imperial offers weekly wine tastings. The tastings start at 6 p.m. with small bites, and is a perfect way to start your dinner!

### OSPREY POINT RESTAURANT

▲ 🌊 ☀️ **Where:** 20786 Rock Hall Avenue, Rock Hall **When:** dinner **Cost:** \$\$ **Call:** 410-639-2194 **Click:** ospreypoint.com **The Scoop:** For all occasions, Osprey Point Restaurant can be the elegant waterfront dining you are looking for. Everything you are looking for is in one place, calamari, soups, salads, burger, and classic broiled crab cakes.

### THE SHANTY BEACH BAR AT TOLCHESTER MARINA

▲ 🌊 ☀️ **Where:** 21085 Tolchester Beach Road, Chestertown **When:** lunch, dinner **Cost:** \$ **Call:** 410-778-1400 **Click:** tolchestermarina.com **The Scoop:** Offering respite from a day on the water, this beachy Bay-front bar has cold drinks, sandy shoreline, and live music throughout the summer season. **Live Entertainment:** The Shanty Beach Bar offers live music every Friday, Saturday, and Sunday for guests to dance, sing-along, enjoy the views and some brews!

### WATERMAN'S CRAB HOUSE RESTAURANT & DOCK BAR

▲ 🌊 ☀️ **Where:** 21055 W. Sharp Street, Rock Hall **When:** lunch, dinner **Cost:** \$\$ **Call:** 410-639-2261 **Click:** watermanscrabhouse.com **The Scoop:** Waterman's is a seafood market turned restaurant and dock bar serving the freshest blue crabs, rockfish, oysters, and other Chesapeake Bay delicacies in Rock Hall.

## DORCHESTER COUNTY

### AVA'S PIZZERIA & WINE BAR

★ **Where:** 543 Poplar Street, Cambridge **When:** Lunch, Dinner **Cost:** \$ **Call:** 443-205-4350 **Click:** avaspizzeria.com **Giving Back:** Ava's Hospitality Group supports our community in so many ways. Visit [avashg.com](http://avashg.com) to see all of the organizations they help as well as how you can help!

### BLUE RUIN

★ **Where:** 400 Race Street, Cambridge **When:** dinner, Sunday Brunch **Cost:** \$\$ **Call:** 410-995-7559 **Click:** blueruinbar.com **Weekly Activities:** Each week, Blue Ruin hosts Trivia on Tuesdays at 7 p.m. and Karaoke right after at 9 p.m.!

### CARMELA'S CUCINA

★ **Where:** 400 Academy Street, Cambridge **When:** lunch, dinner **Cost:** \$\$ **Call:** 410-221-8082 **The Scoop:** Taste a little bit of Italy in the heart of the Chesapeake Bay. Carmela's offers authentic Italian cuisine, often paired perfectly with a glass of wine or beer. **Don't Miss Out:** Make sure to keep checking their Facebook page for daily specials. Get there before they sell out!

### OCEAN ODYSSEY AND CRAB HOUSE

★ **Where:** 316 Sunburst Highway, Cambridge **When:** Lunch, dinner **Cost:** \$\$ **Call:** 410-228-8633 **Click:** toddseafood.com **Crab Pickin' Room:** For over 3 decades, founder Roy Todd ran a blue crab processing operation in this room. Upon his retirement, Ocean Odyssey has decided to pay homage to their crab-picking heritage by renovating and opening this room to their guests. The room features our original stainless steel pickin' tables that have been custom shaped by an Ocean Odyssey alumni crewmember who now works in her family welding business and a custom bar with 10 rotating

taps, fun cocktails and wine.

### PORTSIDE SEAFOOD RESTAURANT

▲ 🌊 ☀️ **Where:** 201 Trenton Street, Cambridge **When:** lunch, dinner **Cost:** \$\$ **Call:** 410-228-9007 **Click:** portside-maryland.com **The Scoop:** An expansive upper deck overlooks Cambridge Creek, while diners indulge on a seafood-heavy menu. This warm, homey restaurant includes a wait staff that has been with the restaurant since the beginning. **Weekly Specials:** Burger Tuesdays, Shrimp Day Thursdays, Nacho Day Friday

### RAR BREWING

★ **Where:** 508 Poplar Street, Cambridge **When:** lunch, dinner **Cost:** \$ **Call:** 443-225-5664 **Click:** rarbrewing.com **The Scoop:** Based in Cambridge, on the shores of the Chesapeake Bay, local boys brewing local beers. RAR built their brewery in an 80-year-old former pool hall and bowling alley with the goal of maintaining the building's history while producing well-balanced American brews 10 barrels at a time. Proudly brewing since the summer of 2013 with no intentions of slowing down, striving to continuously produce products that our community can take pride in.

### SNAPPERS

#### WATERFRONT CAFÉ

▲ 🌊 ☀️ **Where:** 112 Commerce Street, Cambridge **When:** lunch, dinner, Sunday brunch **Cost:** \$\$ **Call:** 410-228-0112

**Click:** snapperswaterfrontcafe.com **The Scoop:** If you didn't make your Caribbean vacation this year, just visit Snappers. This tiki bar was made to bring together both locals and tourists on the Eastern Shore. **Can't Miss Dish:** Syd's Grilled Cheese - Texas Toast, 3 cheeses, crab dip, bacon and jalapenos

### SUICIDE BRIDGE RESTAURANT

**Where:** 6304 Suicide Bridge Road, Hurlock **When:** lunch, dinner **Cost:** \$\$ **Call:** 410-943-4689 **Click:** suicide-bridge-restaurant.com **The Scoop:** Look over Cabin Creek while you enjoy crab balls to stuffed flounder or hand cut steaks and Prime Rib. Grab a special drink from their cocktail menu to watch the wildlife of the Creek while you enjoy your meal. **Can't Miss Cocktail:** Blueberry Lemonade, or the 'blue drink' as locals have dubbed it

## CAROLINE COUNTY

### MARKET STREET PUBLIC HOUSE

**Where:** 200 Market Street, Denton **When:** lunch, dinner **Cost:** \$\$ **Call:** 410-479-4720 **Click:** marketstreet.pub **The Scoop:** The Market Street Public House is a comfortable gathering place for family and friends to share a delicious meal and enjoy their drink in a friendly atmosphere. **Can't Miss Dish:** Portabella and Walnut Salad

## DOWNTOWN ANNAPOLIS

### 49 WEST COFFEEHOUSE, WINEBAR & GALLERY

**Where:** 49 West Street, Annapolis **When:** breakfast, lunch, dinner, late-night **Cost:** \$ **Call:** 410-626-9796 **Click:** 49westcoffeehouse.com **The Scoop:** Art, music, coffee, and wine all come together in this coffeehouse on West Street. You cannot skip local, live jazz, folk, or bluegrass in "Annapolis's Living Room" with a Chai Latte or glass of pinot in hand.

### 1771 G & T

**Where:** 26 Market Street, Annapolis **When:** lunch, dinner **Cost:** \$\$ **Call:** 410-280-8686 **Click:** 1771gnt.com **Happy Hour:** Wednesday 5-6 p.m., Thursday 3-6 p.m., Friday 3-6 p.m. **G&T?:** Looking for a 'new', refreshing cocktail this summer? Go with a classic! 1771 G & T has a full Gin and Tonic menu!

### ACME BAR AND GRILL

**Where:** 163 Main Street, Annapolis **When:** lunch, dinner, late-night, weekend brunch **Cost:** \$\$ **Call:** 410-280-6486 **Click:** acmegrill.com **Can't Miss Dish:** Wings, Wings, Wings! 20 flavors to choose from; have been voted Best Wings in Annapolis and Best Bartender in recent past! **Happy Hour:** 4 p.m. - 7 p.m. Monday through Friday

### ACQUA AL 2

**Where:** 236 Main Street, Annapolis **When:** dinner **Cost:** \$\$\$ **Call:** 410-304-



Osteria 177

3424 **Click:** acquaal2.com **Shiny and New:** Acqua Al 2 just opened this year and deserves praise! Make your reservation for the next date night at Acqua

### ANNAPOLIS ICE CREAM

**Where:** 196 Main Street, Annapolis **When:** Afternoon, Night **Cost:** \$ **Call:** 443-714-8674 **Click:** annapolisicecream.com **Funky Flavors:** Annapolis Ice Cream has fun flavors like fruity pebbles, penguin tracks, key lime pie, cookie monster and more, even a special flavor for the Blue Angels!

### ANNAPOLIS MARKET HOUSE

**Where:** 25 Market Space, Annapolis **When:** lunch, dinner **Cost:** \$\$ **Call:** 443-949-0024 **Click:** annapolismarkethouse.com **Refreshments:** Annapolis Market House just started offering a full bar! The new best place for a classic crush

### ARMADILLO'S BAR AND GRILL

**Where:** 132 Dock Street, Annapolis **When:** dinner, late-night **Cost:** \$ **Call:** 410-280-0028 **Click:** Facebook **Can't Miss Dish:** Fat Boy Fried Chicken

### BUDDY'S CRABS & RIBS

**Where:** 100 Main Street, Annapolis **When:** lunch, dinner, Sunday brunch **Cost:** \$\$ **Call:** 410-626-1100 **Click:** buddysonline.com **Family Meal Deals:** Enjoy these family meals for two including ribs and crabcakes, snow crab legs and sides, or crabs, shrimp and more!

### CAFÉ NORMANDIE

**Where:** 185 Main Street, Annapolis **When:** lunch, dinner, weekend brunch **Cost:** \$\$ **Call:** 410-263-3382 **Click:** cafenormandie.com **Can't Miss**

**Dish:** Trout Almondine **Go Green:** The Annapolis Leader in Sustainability and Eco-Friendly, Green Practice's including recycled vegetable oil, composting, and bio-degradable materials.

### CASTLEBAY IRISH PUB

**Where:** 193A Main Street, Annapolis **When:** lunch, dinner, Sunday brunch, late-night **Cost:** \$\$ **Call:** 410-626-0165 **Click:** castlebayirishpub.com **Extra Excitement:** Check their Facebook page for live music throughout the summer. **Happy Hour:** Monday through Friday 4-7 p.m.



**Boatyard Bar & Grill**

**CHICK & RUTH'S**

▲ 🍷 🌞 **Where:** 165 Main Street, Annapolis **When:** breakfast, lunch, dinner **Cost:** \$\$ **Call:** 410-269-6737 **Click:** chickandruths.com **The Challenge:** Step up to the plate with these four challenges: Man v. Food Challenge: 6lb Shake and 1.5lb sandwich; 6lb milkshake; 3lb sandwich; 3lb cheeseburger. **Start of your Day:** Every morning, recite the Pledge to the Flag at 8:30 a.m. Monday through Friday and at 9:30 a.m. on Saturday and Sunday.

**THE CHOPTANK**

▲ 🍷 🌞 **Where:** 110 Compromise Street, Annapolis **When:** lunch, dinner, late night **Cost:** \$\$\$ **Call:** 443-808-1992

**Click:** thechoptank-restaurant.com **On the Water Entertainment:** Check out The Choptank's website for their calendar of live music this summer. **Happy Hour:** Monday, 4-6 p.m., Tuesday through Friday, 3-6 p.m.

**CURATE ANNAPOLIS**

▲ **Where:** 141 West Street, Annapolis **When:** breakfast, lunch **Cost:** \$\$ **Call:** 410-907-0968 **Click:** curateannapolis.com **Events:** Not only is Curate a bakery and coffee shop, Curate is also a wine bar who offers many wine and special tasting events

**DOCK STREET BAR AND GRILL**

▲ 🍷 🌞 **Where:** 136 Dock Street, Annapolis

**When:** lunch, dinner, late-night **Cost:** \$ **Call:** 410-268-7278 **Click:** Dockstreetbar.net **Can't Miss Dish:** Crab Cake Dinner

**DRY 85**

▲ **Where:** 193B Main Street, Annapolis **When:** lunch, dinner, late-night, Sunday brunch **Cost:** \$ **Call:** 443-214-5171 **Click:** dry85.com **Weekly Special:** Bacon Brunch - Because everything is better with bacon. **Sunday Hour:** 10 a.m. - 2 p.m. **Happy Hour:** 3 p.m.-6 p.m. Monday through Friday

**THE FEDERAL HOUSE BAR & GRILL**

▲ 🍷 🌞 **Where:** 22 Market Space, Annapolis **When:** lunch, dinner, late-night **Cost:** \$ **Call:**

410-268-2576 **Click:** federalhouserestaurant.com **The Scoop:** Award-winning cream of crab soup and plenty of beer to try! Not only is there a human menu, but there is also a menu for your four-legged friend to get five-star treatment. **National Celebration:** Are you into National Bourbon Day? How about National Martini Day? Odds are, Federal House is celebrating them!

**FOX'S DEN**

▲ **Where:** 179B Main Street, Annapolis **When:** dinner **Cost:** \$\$ **Call:** 443-808-8991 **Click:** foxsden.com **Can't Miss Drink:** For Fox Sake **Happy Hour:** 5-6 p.m. Monday through Friday

**GALWAY BAY**

▲ 🍷 **Where:** 63 Maryland Avenue, Annapolis **When:** lunch, dinner, late night, Sunday brunch **Cost:** \$\$ **Call:** 410-263-8333 **Click:** galwaybaymd.com **The Scoop:** 20+ years of award-winning Irish hospitality, even visited by Food Network's Guy Fieri for an episode of Diners, Drive-Ins, and Dives. **What Are We Drinking?:** Besides a full bar, Galway Bay has a large collection of Irish Whiskey with over 80 displayed Irish Whiskeys. This is the largest array in the state. **Happy Hour:** Monday through Friday, 3:30-6:30 p.m.

**GAME ON BAR + ARCADE**

▲ **Where:** 114 West Street, Annapolis **When:** dinner, late night **Cost:** \$\$ **Call:** 410-885-4589 **Click:** gameonbar.com **The Scoop:** Grab a 21+ Capri Sun or slushie and play your favorite classic video games, skeeball, sing karaoke, and find your inner child with pinball!

**HAROLD BLACK**

▲ **Where:** 236 Main Street, Annapolis **When:** light fare, late night **Cost:** \$\$ **Call:** 410-304-3353 **Click:** haroldblack.com **The Scoop:** Harold Black is the perfect place to grab a cocktail and cheese plate for a nice light dinner.

**HARRY BROWNE'S**

▲ **Where:** 66 State Circle, Annapolis **When:** lunch, dinner, Sunday brunch, late-night lounge **Cost:** \$\$ **Call:** 410-263-4332

**Click:** harrybrownes.com **The Scoop:** Fine dining with a beautiful view of Annapolis and the State Circle landmark. Harry Browne's has a beautiful dining room as well as a laid-back bar lounge. **Wine Cellar Membership:** Join Harry Browne's wine membership for discounts on wine, wine cellar private dining room access, and more! **Can't Miss Dish:** Blue Angel Artisan Pizza

**IRON ROOSTER**

▲ 🍷 **Where:** 12 Market Space, Annapolis **When:** breakfast, lunch, dinner **Cost:** \$ **Call:** 410-990-1600 **Click:** ironroosterallday.com **Can't Miss Dessert:** Homemade Pop Tarts

**JOSS CAFÉ & SUSHI BAR**

▲ **Where:** 195 Main Street, Annapolis **When:** lunch, dinner **Cost:** \$\$ **Call:** 410-263-4688 **Click:** jossushi.com **Can't Miss Dish:** Crunchy Ebi Roll

**LATITUDE 38**

▲ 🍷 🌞 **Where:** 12 Dock Street, Annapolis **When:** Lunch, Dinner **Cost:** \$\$ **Call:** 667-204-2282 **Click:** latitude38waterfront.com **Brunch Bonus:** Latitude 38 hosts a Sunday Brunch on from 10 a.m. - 2 p.m. on Sunday mornings. Be sure not to miss the Macadamia Crusted French Toast or the Crab and Shrimp Omelet! **Club 38:** Receive a free bottle of wine a month, a monthly wine tasting, discounts on drinks, and more when you become a Club 38 member! **Happy Hour:** Daily 3-6 p.m.

### LEMONGRASS

📍☀️ **Where:** 167 West Street, Annapolis  
**When:** dinner **Cost:** \$  
**Call:** 410-280-0086  
**Click:** lemongrassannapolis.com **Can't Miss Dish:** Chesapeake Pad Thai

### LEVEL-A SMALL PLATES LOUNGE

📍☀️ **Where:** 69 West Street, Annapolis  
**When:** dinner **Cost:** \$  
**Call:** 410-268-0003  
**Click:** levelannapolis.com **Can't Miss (Small) Dish:** Tuna Tartare **Sustainability:** Level is the first restaurant in Annapolis to source local and regional ingredients on such a large scale. Visit their website for a full list of the farms they use on a daily basis. **Happy Hour:** Monday through Friday, 4-6 p.m.

### LIGHT HOUSE BISTRO

📍☀️ **Where:** 202 West Street, Annapolis

**When:** breakfast, lunch, dinner, weekend brunch **Cost:** \$  
**Call:** 410-424-0922; 443-221-6207 **Click:** lighthousebistro.org **Community Contributor:** Light House Bistro is not just running a business, here, giving people new lives. The Bistro gives people with employment barriers jobs as well as help developing resumes through the Light House Homeless Prevention Support Center's Building Employment Success Training Program. **Boxed Lunches:** Next time your office is getting together for lunch, think about ordering boxed lunches from Light House Bistro!

### LUNA BLU

📍☀️ **Where:** 36 West Street, Annapolis  
**When:** lunch, dinner **Cost:** \$\$ **Call:** 410-267-9950 **Click:** lun-

bluofannapolis.com **Can't Miss Dish:** Crab Bruschetta **Pizza and Wine:** Each Tuesday and Thursday, Luna Blu offers a pizza and wine pairing menu for you to check out!

### MASON'S FAMOUS LOBSTER ROLLS

📍🌊 **Where:** 188 Main Street, Annapolis  
**When:** lunch, dinner **Cost:** \$ **Call:** 410-280-2254 **Click:** mason-slobster.com **The Scoop:** A Maryland twist on a Maine classic, Mason's serves perfectly combined lobster rolls of all kind.

### MCGARVEY'S SALOON & OYSTER BAR

📍🌊☀️ **Where:** 8 Market Space, Annapolis  
**When:** lunch, dinner, late-night, Sunday brunch **Cost:** \$\$ **Call:** 410-263-5700 **Click:** mcgarveysannapolis.com **Aviator Helmets:** McGarvey's has some unique decorating if

you look up. Aviator helmets have been donated to the bar over the years and McGarvey's has announced a long-term project that will tell the stories behind each of the helmets that lives at the bar.

### METROPOLITAN KITCHEN & LOUNGE

📍🌊☀️ **Where:** 175 West Street, Annapolis  
**When:** breakfast, lunch, dinner, late-night **Cost:** \$ **Call:** 410-280-5160 **Click:** metropolitanannapolis.com **The Scoop:** Dine under the stars on the roof-top bar and enjoy a lamb burger or the fig and goat cheese flatbread for a perfect evening. **Happy Hour:** Tuesday all evening, Wednesday through Friday 4-6 p.m.

### MIDDLETON TAVERN

📍🌊☀️ **Where:** 2 Market Space, Annapolis

**When:** lunch, dinner, brunch, late-night **Cost:** \$\$ **Call:** 410-263-3323 **Click:** middletontavern.com **History:** Middleton Tavern opened in 1750 making it a host to the most revered leaders during the period following the American Revolution. George Washington, Thomas Jefferson, and Benjamin Franklin were all patrons of the bar. **Annapolis Unplugged:** Rediscover your roots on Wednesday nights at Middleton Tavern for "Annapolis Unplugged." The homegrown music series features the area's best talent. **Happy Hour:** 3 p.m. - 7 p.m. Monday through Friday

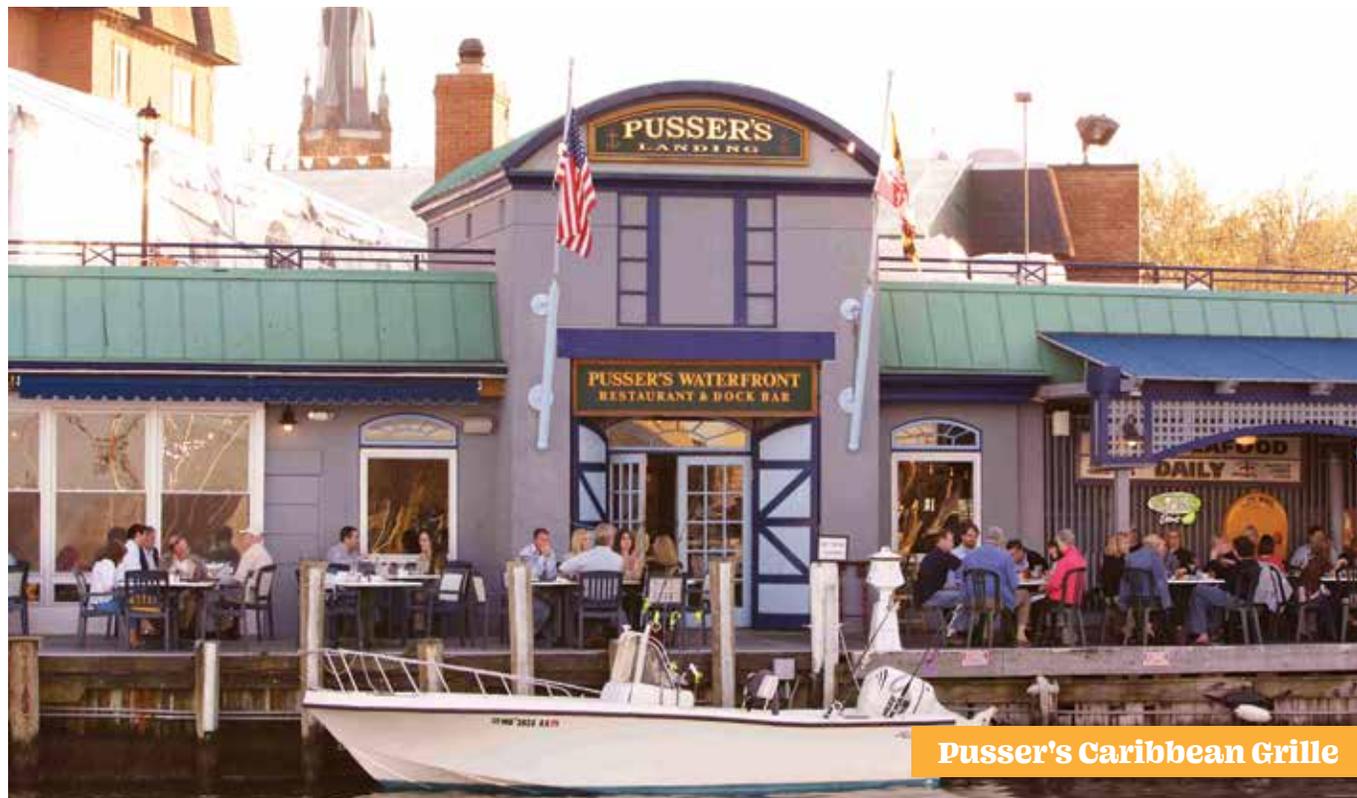
### O'BRIEN'S OYSTER BAR & SEAFOOD TAVERN

📍🌊☀️ **Where:** 113 Main Street, Annapolis

**When:** lunch, dinner, late-night, Sunday brunch **Cost:** \$\$ **Call:** 410-268-6288 **Click:** obriensoysterbar.com **Added Bonus:** If O'Brien's oyster bar isn't enough of a reason to come, visit to say hello to the ghosts who have been lingering in the building since 1774. **Poker Night:** Every Monday night starting at 6:30 and 8:30 p.m., try your hand at Poker Night **Happy Hour:** 3 p.m. - 7 p.m. Monday through Friday

### OSTERIA 177

📍 **Where:** 177 Main Street, Annapolis  
**When:** lunch on Fridays, dinner **Cost:** \$\$ **Call:** 410-267-7700 **Click:** osteria177.com **The Scoop:** Italian coastal specialties brought to Annapolis along with a wine list that will leave you craving more. **Now**



Pusser's Caribbean Grille

## Carrol's Creek Cafe



**Online!:** Order fresh pasta or jarred sauce from Osteria 177 to go online.

### PICANTE COCINA MEXICANA

📍 **Where:** 48 West Street, Annapolis  
**When:** lunch, dinner, weekend brunch  
**Cost:** \$ **Call:** 443-775-5957 **Click:** picanteannapolis.com **Catering:** Picante Cocina Mexicana offers build your own taco bars, a bar menu and more to make your next event the talk of the town.

### PRESERVE

📍 **Where:** 164 Main Street, Annapolis  
**When:** lunch, dinner, weekend brunch  
**Cost:** \$\$ **Call:** 443-598-6920 **Click:** preserve-eats.com **The Scoop:** Farm-to-table, casual restaurant, Preserve brings American-Euro dishes to Annapolis which they pickle and ferment themselves. Along with their restaurant, Preserve also has a line of ferments available for purchase.

### PUSSER'S CARIBBEAN GRILLE

📍 **Where:** 80 Compromise Street, Annapolis  
**When:** breakfast, lunch, dinner, Sunday buffet  
**Cost:** \$\$ **Call:** 410-626-0004 **Click:** pussersannapolis.com **Can't Miss Drink:** Pusser's Painkiller **Happy Hour:** Sunday through Thursday, 3-6 p.m.

### RAMS HEAD TAVERN

📍 **Where:** 33 West Street, Annapolis  
**When:** lunch, dinner, late-night, Sunday brunch  
**Cost:** \$\$ **Call:**

410-268-4545 **Click:** ramsheadtavern.com **The Scoop:** Rams Head has beer, sammies, and lobster rolls to be enjoyed by all as well as plenty of live music to be enjoyed any time of year! **Happy Hour:** Monday through Friday 3-6 p.m.

### RED RED WINE BAR

📍 **Where:** 189B Main Street, Annapolis  
**When:** lunch, dinner, late-night, Sunday brunch  
**Cost:** \$\$ **Call:** 410-990-1144 **Click:** redredwinebar.com **The Scoop:** Wine,

cheese, and pizza oh my! Red Red Wine bar has plenty to choose from including preset wine flights in order for guests to find your new favorite wine.

**Happy Hour:** 3 p.m.-6 p.m. Monday through Friday

### REYNOLDS TAVERN

📍 **Where:** 7 Church Circle, Annapolis  
**When:** lunch, tea, dinner  
**Cost:** \$\$ **Call:** 410-295-9555 **Click:** reynoldstavern.org **The Scoop:** As one of the oldest taverns in Annapolis, Reynolds Tavern offers the classic tea and finger sandwiches or you can head out to the Beer Garden which features an everchanging draft list. Stay the night in a suite style room and wake up in the heart of Downtown Annapolis.

### SOFI'S CRÊPES

📍 **Where:** 1 Craig Street, Annapolis  
**When:** breakfast, lunch, dinner  
**Cost:** \$ **Call:** 410-990-0929 **Click:** sofiscrepes.com **Can't Miss Dish:** The Kevin Bacon Crepe - Turkey, bacon, cheese, and tomatoes with thousand island sauce **The More the Merrier:** Can't make it into town for one of Sofi's Crepes? There is another location in Severna Park and the newest location in Baltimore!

### STAN AND JOE'S SALOON

📍 **Where:** 37 West Street, Annapolis  
**When:** lunch, dinner, late-night, Sunday brunch  
**Cost:** \$ **Call:** 410-263-1993 **Click:** stanandjoessaloon.com **The Lounge:** Reserve The Lounge for special events and more. It is easy to

enjoy a cocktail and some easy conversation in the quiet and slightly upscale lounge **Happy Hour:** 3 p.m.-7 p.m. Monday through Thursday

### TROPHY ROOM

📍 **Where:** 126 West Street, Annapolis  
**When:** brunch, lunch, dinner, late-night  
**Cost:** \$\$ **Call:** 410-263-7777 **Click:** graduatehotels.com/annapolis/restaurant/trophy-room **The Scoop:** Located within Graduate Annapolis, Trophy Room offers nostalgia in American dishes with a youthful spin. For example, the Adult Capri Sun cocktail.

### TSUNAMI

📍 **Where:** 51 West Street, Annapolis  
**When:** dinner, late-night  
**Cost:** \$\$ **Call:** 410-990-9868 **Click:** tsunamiannapolis.com **The Scoop:** This unique menu has an extravagant sushi menu as well as guilty pleasures like sriracha mac-n-cheese.

### VIDA TACO BAR

📍 **Where:** 200 Main Street, Annapolis  
**When:** weekend lunch, dinner  
**Cost:** \$ **Call:** 443-837-6521 **Click:** vidatacobar.com **The Scoop:** Plenty of tacos and quesadillas for everyone to enjoy. Pair with an amazing margarita or special Purple Drank which is a 50/50 mix of sangria and margarita.

**For even more summer restaurants, including those in Greater Annapolis and Central Maryland, visit Whatsupmag.com.**

## OUR FAVORITES

*A list of destination-worthy restaurants that advertise on the pages of What's Up? Eastern Shore, What's Up? Annapolis, or What's Up? Central Maryland.*

### BELLA ITALIA

**Where:** 609 Taylor Ave, Annapolis **When:** lunch, dinner **Cost:** \$ **Call:** 410-216-6072 **Click:** bellaitalia.com **Complete Family Meals:** Bella Italia offers a carry-out option of complete family meals for 2, 4, or 6 people including a pasta dish of your choosing, house salad, and bread

### BOATYARD BAR & GRILL

📍🌊☀️ **Where:** 400 Fourth Street, Annapolis **When:** breakfast, lunch, dinner, weekend brunch **Cost:** \$\$ **Call:** 410-216-6206 **Click:** boatyardbarandgrill.com **Can't Miss Drink:** Cucumber Cooler Near and Far: Everyone knows how great Boatyard's Crabcakes are, so be sure to spread the love. Ship crabcakes to your family all over the country to show off what they do best. **Happy Hour:** Monday through Thursday 3-6 p.m.

### CARPACCIO TUSCAN KITCHEN

📍🌊☀️ **Where:** 1 Park Place, Suite 10, Annapolis **When:** lunch, dinner **Cost:** \$\$ **Call:** 410-268-6569 **Click:** carpaccio-tuskitchen.com **Can't Miss Dish:** Vitello Annapolis **The Scoop:** Comfortable, yet sophisticated. Carpaccio Tuscan Kitchen & Wine Bar offers more than just

a menu of authentic Italian specialties. Revel in our uptown ambiance indoors or alfresco while you savor the perfectly portioned and exquisitely flavored pastas, pizzas, meats and seafood dishes.

### CARROL'S CREEK CAFÉ

📍🌊☀️ **Where:** 410 Severn Avenue, Annapolis **When:** lunch, dinner, Sunday brunch **Cost:** \$\$ **Call:** 410-263-8102 **Click:** carrolscreek.com **Can't Miss Dish:** Herb Encrusted Rockfish Fillet **Allergy Friendly:** Carrol's Creek Café is fine dining for everyone, even if you have a nut allergy. Carrol's Creek's kitchen is completely peanut and tree nut free.

### CRAFTY CRAB

**Where:** 6800 Race Track Road, Bowie **When:** lunch, dinner **Cost:** \$\$ **Call:** 240-245-3715 **Click:** craftyorabrestaurant.com **Seafood Boil:** Build your own boil at Crafty Crab! Add your own spices, fix your spice level, and pick your proteins!

### GALLIANO ITALIAN RESTAURANT

**Where:** 2630 Chapel Lake Drive, Gambrills **When:** Dinner **Cost:** \$\$ **Click:** gallianoitalian-restaurant.com **Call:** 410-721-5522 **Brick Oven Pizza:** Galliano has an extensive list of brick oven pizzas: meat lovers, wild mushroom, grandma, and so many more!

### HARVEST THYME TAVERN

**Where:** 1251 West Central Ave, Davidsonville **When:** Dinner **Cost:** \$\$ **Call:** 443-203-6846 **Click:** harvestthymetavern.

com **Happy Hour:** Tuesday through Friday, 4-7 p.m.; All day Sunday **Can't Miss App:** B.A.M. Meatball for 2

### HUNAN L'ROSE

**Where:** 1131 Annapolis Road, Odenton **When:** lunch, dinner **Cost:** \$ **Call:** 410-672-2928 **Can't Miss Dish:** Sesame Chicken

### LEWNES' STEAKHOUSE

📍🌊☀️ **Where:** 401 Fourth Street, Annapolis **When:** dinner **Cost:** \$\$\$ **Call:** 410-263-1617 **Click:** lewnessteakhouse.com **The Vino:** Lewnes' Steakhouse has won 12 years straight as Best of Award of Excellence for their wine list by the Wine Spectator (2011-2022)

### LIME & SALT

**Where:** 8395 Piney Orchard Parkway, Odenton **When:** lunch, dinner **Cost:** \$\$ **Click:** Facebook **Call:** 410-874-6277 **Salsas:** All of Lime & Salt's salsas are made from fresh ingredients in house. Be sure to check it out on your tacos, chips, quesadillas and more!

### MAMMA ROMA

**Where:** 8743 Piney Orchard Parkway, Odenton **When:** lunch, dinner **Cost:** \$ **Click:** mammaromas.com **Call:** 410-695-0247 **The Scoop:** Our roots and recipes go back to the 1950's, when our family started a chain of restaurants, Mamma Lucia. Come in and join us for a meal at Mamma Roma, where we bring together our combined knowledge to provide you an unforgettable experience. Incredible food and

unparalleled service from our family to yours, Mamma Roma.

### MI LINDO CANCUN GRILL

**Where:** 2134 Forest Drive, Annapolis **When:** breakfast, lunch, dinner **Cost:** \$\$ **Click:** lindocancun-grill.com **Call:** 410-571-0500 **Happy Hour:** Monday through Thursday, 2-7 p.m. **Margarita Menu:** Looking for a crazy margarita menu? Get your tequila fix with one of Mi Lindo's 15+ margarita options. Ever wanted to try a berry margarita? Or pineapple marg?

### RODIZIO GRILL

**Where:** 1079 Annapolis Mall Road, Annapolis **When:** dinner daily, and lunch on Saturdays **Cost:** \$\$\$ **Click:** rodiziogrill.com **Call:** 410-849-4444 **The Scoop:** Experience the authenticity of America's First

Brazilian Steakhouse restaurant. As Ambassadors of Brazil, we welcome you to our home and invite you to celebrate the warmth, alegria, and abundance of Rodizio Grill's authentic Brazilian dining experience.

### SENIOR'S CHILE

**Where:** 105 Mayo Road, Edgewater **When:** lunch, dinner **Cost:** \$\$ **Click:** senorschile.com **Call:** 410-216-2687 **The Scoop:** It's not just about food. It's about a satisfying meal prepared with only the freshest of ingredients, prepared by expert hands and served by charismatic people. That's a true authentic Mexican experience.

### SENIOR'S CHILE CAFÉ

**Where:** 594 Benfield Road, Severna Park **When:** lunch, dinner **Cost:** \$\$ **Click:** senorschile.com **Call:**

410-431-3000 **Something Sweet:** Stick around for dessert! Senior's Chile offers delicious churros to satisfy your sweet tooth, as well as other delectable sweets!

### SENIOR'S CHILE CANTINA

**Where:** 1264 Bay Dale Drive, Arnold **When:** lunch, dinner **Cost:** \$\$ **Click:** senorschile.com **Call:** 410-421-1010 **Catering:** Looking for a taco truck for your next event? Senior's Chile Cantina offers taco truck and fajita bars available for catering!

### TUSCAN PRIME

📍🌊☀️ **Where:** 1905 Town Centre Blvd, Suite 100 **When:** lunch, dinner, weekend brunch **Cost:** \$\$ **Call:** 443-672-4677 **Click:** tuscanprime.com **Happy Hour:** Sunday through Thursday, 4-7 p.m.



Harvest Thyme

# A NEW APPROACH TO COMPOSTING

## Novel Composting Process Saves Shore Environment



The U.S. Environmental Protection Agency reports that Americans waste about 14 million tons of food every year. That's about 106 pounds per person! All that food waste doesn't need to take up room in our landfills. By composting, you can reduce the amount of waste and the resulting organic matter becomes useful for farmers, gardeners, landscapers, and anyone else who appreciates nutrient-rich soil. When we founded Shore Soils, we pledged to donate 50% of what we produce back to soil sustainment on the Eastern Shore.

### How does Shore Soils work?

We take a new approach to traditional composting by providing residential service users with a combination of two different containers. One is a smaller collection bin you'll keep in your kitchen, and the other is a larger, 5-gallon overflow bucket with a screw top lid that you'll keep outside. You can dispose of your food scraps in your indoor bucket, which is designed to allow moisture to escape so there is no smell associated! When that kitchen bin gets full, you deposit its contents into your outside bucket.

Once a week, leave your outside bucket out at the end of your driveway for us to collect and leave you with a clean bucket for the following week. All the compost we collect is either used for animal feed or allowed to decompose into a rich soil amendment. The composted material can then be delivered back to you for your gardening needs. You can participate individually, or you can get your entire community involved by participating as an HOA or similar association.

### What foods can be composted?

We can take pretty much all food scraps—fruits, vegetables, meat, fish, bones, shells, dairy, and even coffee grounds. The only things we can't take are greases or oils.

### Is your service just for residential customers?

Not at all! We offer food waste solutions for offices, schools, grocery stores, and restaurants. Plus, if you're hosting an event, we can help you make it a zero-waste affair with a one-time collection. We offer training to help you integrate composting into your operations, making it easy for your employees to want to help reduce food waste.

### Where can people go for more information or to sign up?

Visit our website at [shoresoils.com](http://shoresoils.com).





C H E S A P E A K E

# MARITIME

# Guide

A travel companion of nautical destination towns, sites, marina amenities, and navigation know-how for the best Bay experience this summer!

*By James Houck*

There's a saying that "if you are fortunate to be on the water, you're fortunate enough." With the riches of the Chesapeake Bay watershed surrounding us, and seemingly endless options to enjoy them, this notion holds meaning and truth. We're quite blessed in this region with access to the creeks, rivers, and bay at our fingertips. And we have a history of maritime industry, culture, and recreation to support this way of life—the Chesapeake way of living off the water and enjoying all it provides.

On the following pages, we'll explore several destination towns that dot the bay shoreline, from north to south and western to eastern shores. These are special places that exemplify the waterfront lifestyle, have a myriad of cultural/historic sites, and marina amenities—perfect for the weekend escape by boat. We begin with...

# St. Michaels/Tilghman Island

It's the town with a refined charm that hints of Martha's Vineyard. Though locals might be shy to draw this comparison, the smalltown waterfront vibe, bucolic layout, mom and pop shops, hip eateries, upscale lodging, and elite shopping can't be denied and make St. Michaels, and by extension Tilghman Island, a pleasure-cruiser's paradise.

The St. Michaels harbor offers the more protected anchorage of the duo-destination, located just inside the Miles River, off Eastern Bay. If you're visiting for the day or maybe an overnight, dropping anchor in the



Photo by R. Roberts



**North or South Anchorage** in the river or within the adjacent coves may be the easiest bet. From your vessel, you can hail the **water taxi on VHF channel 71** to visit the town. There's plenty of slips available, too, for longer stays. Between the **Chesapeake Bay Maritime Museum** and several marinas, there's no shortage of docking amenities.

You'll find plenty to enjoy when on land. Walk the streets surrounding the harbor and duck into **art galleries and ateliers, fashion-forward clothiers, wine bars, craft breweries, and refined restaurants**. For history buffs, you'll find the Chesapeake Bay Maritime Museum's floating fleet of vessels, expansive maritime exhibitions, working shipyard, and the 1879 Hooper Straight Lighthouse a delight.

Between the Inn at Perry Cabin and the St. Michaels Harbour Inn, Marina & Spa there are pampering services

and fine dining—even golf, so bring your clubs. On most weekends during summer and fall seasons, there could be a culinary festival, outdoor concert, farmers' market, ghost tours, sailing races, and more events. The **St. Michaels Maryland Business Association** ([stmichaelsmd.org](http://stmichaelsmd.org)) has the full rundown how to get the most out of your visit.

To the south, Tilghman Island sits at the mouth of the Choptank River. The best spot to settle in is, perhaps, within **Knapps Narrows**—the slice of channel that creates the island proper. Private and public docks line both its sides, and there are a couple larger marinas at either end. Harris Creek is protected, also popular, and features the renowned **Wylder Hotel** on its waterfront. For your town excursion, we recommend hopping on your stowaway/folding bicycle to navigate between the island's charming B&Bs, cozy restaurants, and tucked-away parks and nature sites.



Photo by Bernadette Bowman

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## Rock Hall

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So called the “Pearl of the Chesapeake,” Rock Hall has the reputation of being a world away but with world-class amenities. True, if you were to drive by car to this mid-peninsula town, it may take quite a while to reach depending on your point of origin. But navigating by boat? Much more accessible from western shore ports-of-call—and many eastern—than by driving (just 17 nautical miles from Annapolis versus 68 by car).

On the south side of town, **Rock Hall Harbor** is a cove protected by massive rock jetties, and is ringed by marinas and docking, as well as several fine waterfront restaurants. The town’s north facing anchorage, multiple marinas, and restaurants in and around **Swan Creek/The Haven** are also protected and offer access to **Rock Hall Avenue**, the main throughfare. Further into town, you’ll find quaint markets, gift shops, antiques, and sundries. It’s also easy to find the party in town, as Rock Hall is known for lively events and festivals, especially on summer weekends. **The Mainstay** is the main draw, hosting concerts and special events regularly. But perhaps

the most renowned weekend of them all is the annual **Pirates & Wench Week**—held August 11–13th—when the town transforms into a fantastical escape to the golden age of piracy and debauchery (all in good fun, mind you). For more events and all town intel, visit [rockhallmd.com](http://rockhallmd.com).

Rock Hall also serves as the “welcoming center” to the **Chester River**, which is a nature lover’s passage. To the town’s south is **Eastern Neck Wildlife Refuge**, “a 2,285-acre island providing habitat for thousands of wintering waterfowl, including the tundra swan,” states the U.S. Fish & Wildlife Service. “Eastern Neck refuge supports a wide variety of habitats including brackish marsh, natural ponds, upland forest, and grasslands. The refuge holds the designation of Important Bird Areas by the Audubon Society. Over 240 bird species visit the refuge along with small mammals and many other wildlife species.” If you have small kayaks with you, this is *the place* to drop them in and tour the waters around the island, go fishing, and soak in the sites.

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# Annapolis

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What more can be written about “America’s Sailing Capital,” our state seat of government where Colonial America took shape, the U.S. Naval Academy sits, and, today, a bustling mix of waterfront restaurants, hotels, and boutique shops draw millions of visitors annually? Quite a lot.

Navigating to Annapolis by boat can be a trick, especially during peak summer season, when hundreds of vessels are cruising the mouth of the Severn River, Spa Creek, and Ego Al-

ley at any given hour. Your first point of contact should be the **Annapolis Harbormaster** (hail on VHF 17 or call 410-263-7973) to get a read on conditions, the crowd, and information on dock reservations, mooring options, anchorages, pump-out services, and navigating city waters the day-of. Check [annapolis.gov/165/Harbormaster](https://annapolis.gov/165/Harbormaster) in advance of departure for the latest information.

There are also dozens of **private marinas, yacht clubs, and boatyards**





throughout the Annapolis harbor, Eastport, and Back Creek with varying degrees of slip availability, rates, and amenities. Many offer complimentary wi-fi, shore power hookups, freshwater hookups, cable tv hookups, pump-out, and even boat lifts for maintenance needs.

Once docked, the town is yours to explore. Perhaps the most fascinating development in downtown Annapolis is the emergence of a **refined and quite contemporary culinary scene**. Niche restaurants, gastropubs, and specialty cocktail bars have cropped up recently. If you haven't visited Annapolis in some time, you'll happily discover new names alongside familiar favorites. There's no shortage of delicious table fare and nightlife entertainment.



The cultural highs of Naptown are many and have long focused on its **renowned colonial and maritime history**. The Maryland State House, Annapolis Maritime Museum, U.S. Naval Academy Museum, Banneker-Douglass Museum, and Historic Annapolis properties offer the most comprehensive reviews. But a renewed interest in the arts has woven visual nods to historic figures, iconic imagery, and fanciful interests in the form of **large-scale architectural murals** throughout the city. These colorful paintings have blossomed on buildings in town and can be found in conspicuous and obscure places—the fun is finding them and deciphering their meaning. There are at least a dozen fine art galleries, several performing arts venues, and many whimsical-to-fashionable shops in the walkable vicinity too, making Annapolis much more than a sailing town. Perfect for a long weekend or, even, a week's stay or more!



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## Havre de Grace

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At the mouth of one of America's most storied rivers, the Susquehanna, sits the wharf town Havre de Grace. Inspired by Revolutionary War hero General Lafayette, who commented that the small waterfront hamlet reminded him of the French seaport "Le Havre," the townspeople incorporated in 1785 and adopted the name Havre de Grace. In the two-and-a-quarter centuries since, Havre de Grace has developed into an epicurean and recreational hub for all visitors to the northern Chesapeake Bay, with access to nearby state parks (Susquehanna and Elk Neck State Parks) and all manner of nature and wildlife.

Navigating to any of the marinas that line its waterfront may challenge even seasoned captains, as you'll be crossing what's known as the **Susquehanna Flats**—basically the shallower delta of the Susquehanna River with one- to four-foot depths. There are

several channels up to 20 feet deep that run north to town and into the river itself. Nevertheless, the Flats are renowned for **striped bass fishing** early-spring through fall. Be mindful when boating this region.

Catering to transient boaters/anglers is the **City Yacht Basin** with more than 100 slips available, fuel, pump-out, boat ramp, angler amenities, and a restaurant (The Promenade Grille). It's also the entry point to **Millard Tydings Memorial Park** and the **boardwalk promenade**, which meanders along the town's southern waterfront. There are several other large marinas in Havre de Grace, ensuring options for almost every visiting vessel.

The charm of Havre de Grace is anchored to its waterfront parks, historic sites, dining, and shopping. The fully-restored **Concord Point Lighthouse** is a popular attraction.

It's the second oldest lighthouse in Maryland, built in 1827 and decommissioned in 1975. Within footsteps of the lighthouse is the **Havre de Grace Maritime Museum** and the **Havre de Grace Decoy Museum**, recalling the golden age of waterfowl hunting the town and region became known for in the 1800s onward. Today, boating, angling, golf, vineyards, breweries, and creameries attract visitors to town and the surrounding countryside.

At the end of a long day, respite can be found at **waterfront restaurants and taprooms**. St. John Street at the town's northern end boasts a concentrated number of such places, along with shopping, supplies, and antiques. And you'll find even more dining variety and whimsical shops just a couple blocks inland, all walkable and all within the unique, historic charm of Havre de Grace. For a complete picture of all this town offers visitors, go to [explorehavredegrace.com](http://explorehavredegrace.com).

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# National Harbor

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Prime real estate along the Potomac River waterfront with mile-long views to the heart of D.C. and its many sites—notably the Washington Monument—made Oxon Hill attractive and ripe for mixed-use development, which began in earnest during the mid-2000s. The opening of the exquisite **Gaylord National Resort & Convention Center** in 2008 ushered a construction wave of high-end residential and commercial properties, which in turn attracted an esteemed clientele of retail, dining, and entertainment tenants. Today, National Harbor is a luxurious townie escape, quite walkable, and boasts a waterfront replete with amenities for visiting by boat.

If you're planning to navigate from the Chesapeake Bay proper and upriver to the harbor, several days may be required—it's roughly 100 miles from the Potomac's mouth to National Harbor. But good news—a world-class marina awaits. The **Na-**

**tional Harbor Marina** offers weekly and long-term rates. If you're boating from a closer Potomac-area marina, there are dock-and-dine daily rates as well. In addition to fuel, electricity, and pump-out services, the marina offers dockside delivery of provisions, private shower/restroom/laundry facilities, complimentary Wi-Fi/cable/water, and more amenities. All behind a secured gate with pin-code entrance to the docks.

Just footsteps from the marina within National Harbor's **Waterfront District** are attractions aplenty. There's a sculptural playground on the riverbank, the 180-foot high **Capital Wheel**, **Spirit Park Carousel**, and about 10 city blocks worth of high-end shops, eclectic restaurants, novelty grocers, and premium services. The entire townscape is handsomely laid out with a riverfront walkway that's perfect for strolling the evening as the sun dips below the western bank of the Potomac.

You're welcome to relax and stay on your vessel, but if you're in the mood for pampering and elite service, there are several five-star resorts at National Harbor: the aforementioned Gaylord, the grandiose **MGM National Harbor**, the waterfront **Westin**, and the European-inspired **AC Hotel**. Among them, the MGM offers a premiere gaming floor, world-class performance theater, and its own fleet of restaurants.

While the MGM attracts big-name performers, there is year-round entertainment in one form or another throughout the National Harbor and its many properties. The Gaylord, for example, features seasonal theme-attractions, perhaps most notably **ICE!** during the winter. But during the summer months and into fall, it would be hard to miss the sweltering sounds of the outdoor **Rock'n Raftup Concert Series**, featuring live music performances on the riverfront, Friday nights from July 28th through September 8th. For a full schedule of National Harbor events, complete business listings, where to stay, and more information, visit [nationalharbor.com](http://nationalharbor.com).



Photo courtesy National Harbor



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# Solomons

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The heritage of working watermen is captured and on display at the Calvert Marine Museum and Drum Point Lighthouse—along with a stellar fossil exhibition—at the heart of Solomons near the mouth of the Patuxent River. But the real deal lives on. Solomons remains a hub for working captains of all sorts and is renowned as a charter fishing destination. The waterfront has several large-scale marinas, more than a half-dozen seafood restaurants, and a boardwalk. More information about this Calvert County destination can be found at [calvertcountymd.gov](http://calvertcountymd.gov).

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# Kent Narrows

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It's possibly the most active recreational stretch of water in the entire Chesapeake Bay, located in and around the channel that divides Kent Island from the Eastern Shore mainland. The Chester River flanks the northern shore, and Prospect Bay/Eastern Bay are on the southern side. With a dozen-plus marinas, boatels, fishing charters, and restaurants for crab-picking, sunset drinks, tiki-tunes, and live music, the Narrows is the Jimmy Buffett lifestyle close to home. Visit [kent-narrowsmd.com](http://kent-narrowsmd.com) for all the details about this 955-acre waterfront area.





# Crisfield

Located on a small spit of land tucked behind Tangier Sound near the Maryland/Virginia bay border, Crisfield is becoming increasingly known as destination worthy. Its laid-back charm, authentic seafood restaurants (jumbo blue crabs!), unique festivals (Crab Derby, Crab & Clam Bake, Oyster & Bull Roast, and Bluegrass Festival) are drawing more and more transient visitors each summer. The town’s City Dock is an extension of its Main Street, which along with Somers Cove, account for the most activity in town. Nearby is Janes Island State Park, famous for its water trails that are perfect for exploring nature by kayak. Learn more at [cityofcrisfield-md.gov](http://cityofcrisfield-md.gov).

# North Beach/Chesapeake Beach

They’re the Chesapeake’s own “Twin Cities,” so to speak, joined at the hip by a one-mile stretch of Bayside Road. Both towns have dining, shops, boardwalks, bayfront parks, and attractions (a public beach north, a water park south). Docking is exclusively in Chesapeake Beach though, so bring your stowaway bicycles for the short ride to North Beach. Visit [north-beachmd.org](http://north-beachmd.org) and [chesapeakebeachmd.gov](http://chesapeakebeachmd.gov) for each town’s intel.



# THE CHANGING CHESAPEAKE

A COMMUNITY RESPONSE EXHIBITION



The Chesapeake Bay Maritime Museum invites guest to explore its first community-response exhibition, *The Changing Chesapeake*, in the Changing Exhibitions Gallery through February 2024.

For this special exhibition, artists were asked to reflect on how climate change and the impact of humans on the environment shapes their Chesapeake community, how the way they identify with and are inspired by the Chesapeake has evolved, what they would want someone 100 years from now to know about life and community traditions in the Chesapeake, and their vision for the future of life in the region.

CBMM's wide-ranging, year-long call for submissions ensured *The Changing Chesapeake* is a showcase of artists from across Maryland and the surrounding areas with varied levels of experience and unique perspectives on Bay life.

A community panelist review process was used to select the 75+ featured works, which include traditional media such as photography and painting, as well as stop-motion animation, found-object art, quilting, original songwriting, embroidery, poetry, and sculpture.

"Our concept for *The Changing Chesapeake* was to break down barriers and encourage



A photo-artistic montage featured in CBMM's upcoming exhibition *The Changing Chesapeake*, Tom Payne's "Tangier Abandoned" presents a fantastical depiction of Tangier Island underwater, which may become Tangier's eventual fate.

artists of all types and experience levels to find their voice, share their personal histories, passions, fears, and hopes, and convey how the Chesapeake shapes and is shaped by individual and community identities," said CBMM's Director of Curatorial Affairs & Exhibitions Jen Dolde. "These artworks document how cultural traditions are evolving and transforming in an era of dynamic change. They are a human response to environmental, economic, and internal and external factors that often seem beyond our control."

*The Changing Chesapeake* is funded through CBMM's Regional Folklife Center under the Maryland Traditions program of the Maryland State Arts Council. Viewing this exhibition is included with general CBMM



CBMM's *The Changing Chesapeake* brings together varied perspectives on the Bay's past, present, and future, including nic galloro's reclaimed plastic and foam sculpture "Foamberg Fish."

admission and free for CBMM members. Visit [cbmm.org](http://cbmm.org) to learn more.

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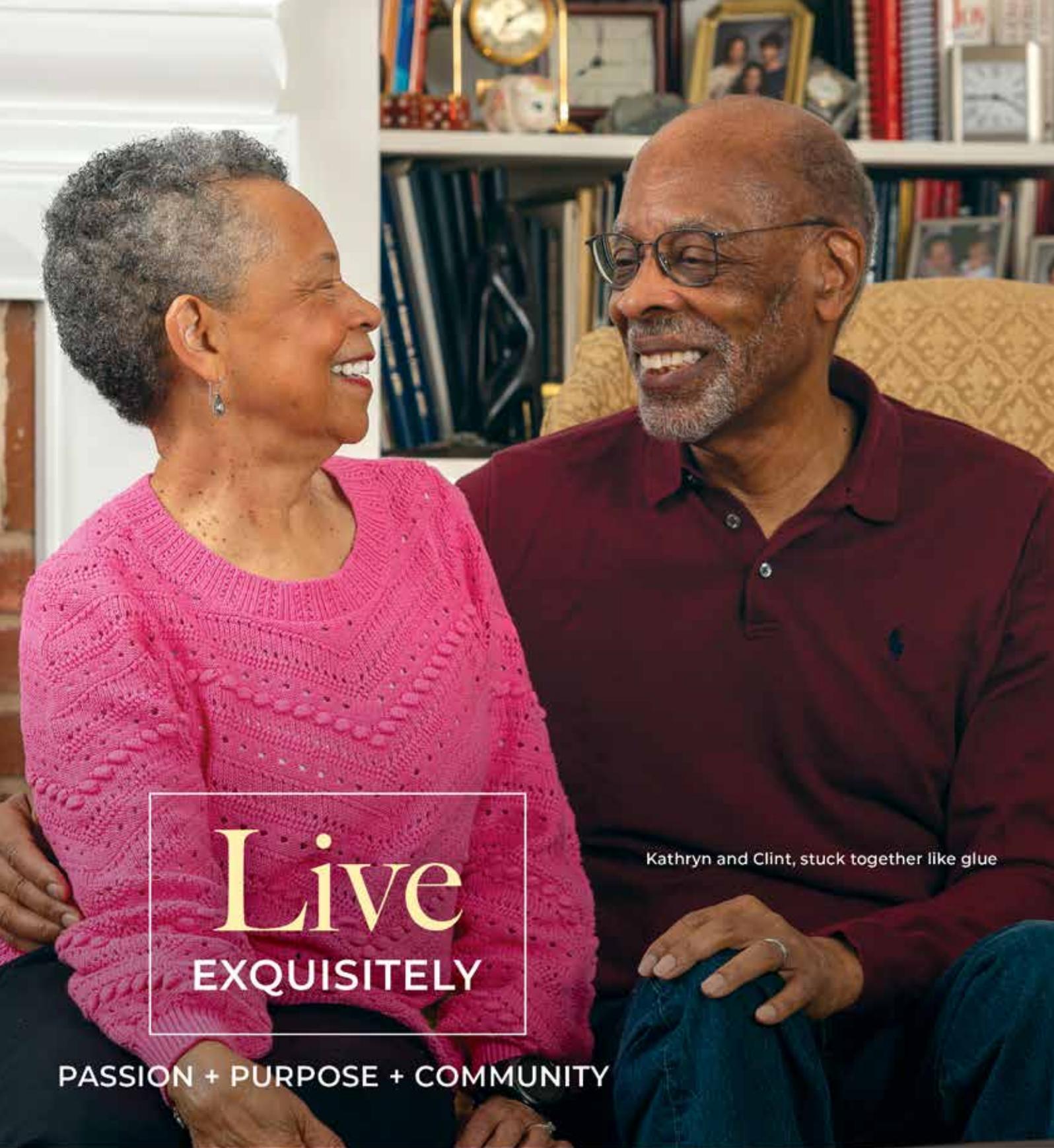
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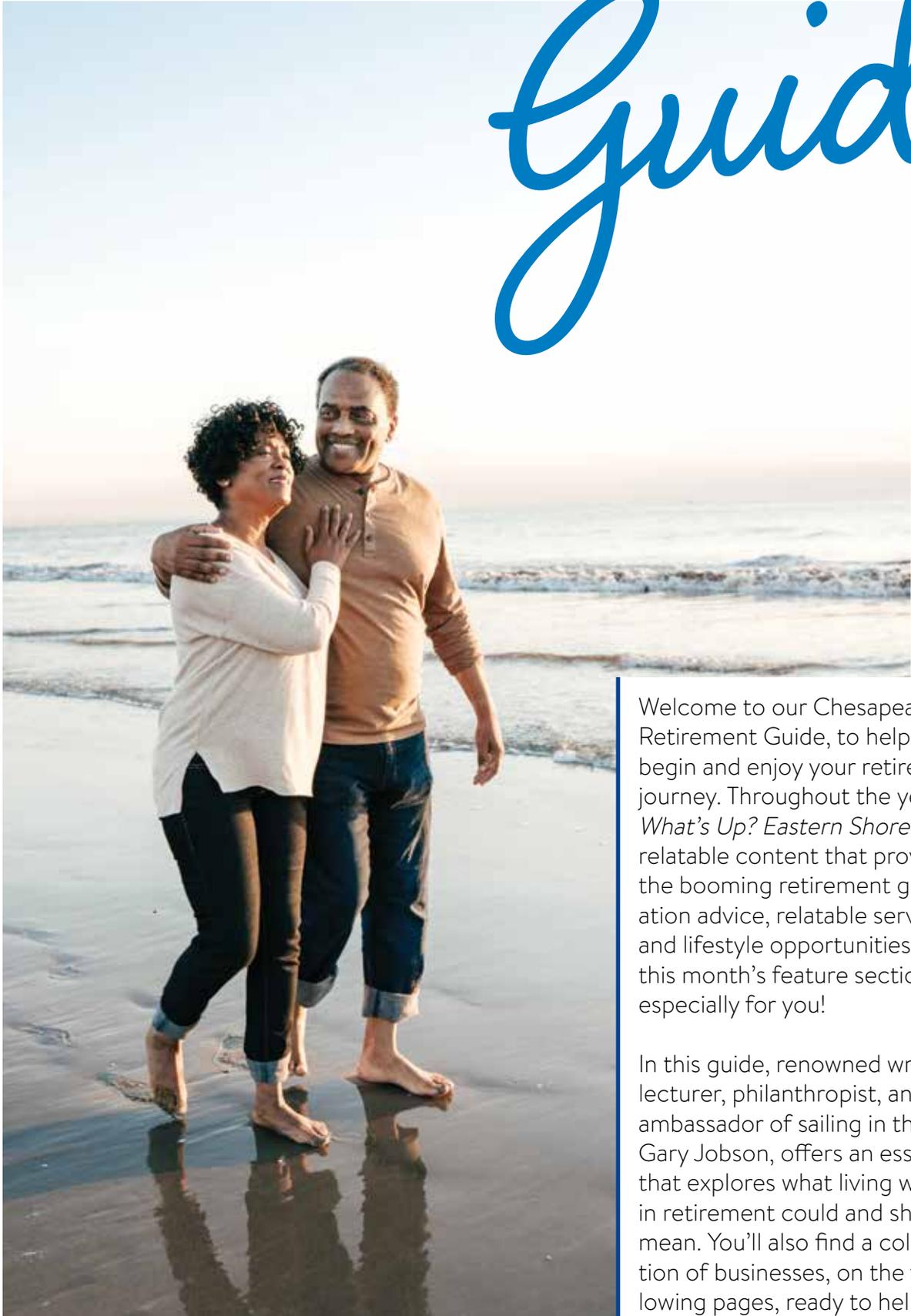
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# Guide



Welcome to our Chesapeake Retirement Guide, to help you begin and enjoy your retirement journey. Throughout the year, *What's Up? Eastern Shore* offers relatable content that provides the booming retirement generation advice, relatable services, and lifestyle opportunities. But this month's feature section is especially for you!

In this guide, renowned writer, lecturer, philanthropist, and the ambassador of sailing in the U.S., Gary Jobson, offers an essay that explores what living well in retirement could and should mean. You'll also find a collection of businesses, on the following pages, ready to help you enjoy these golden years. Enjoy!



# Your Retirement *Lifestyle*

By Gary Jobson

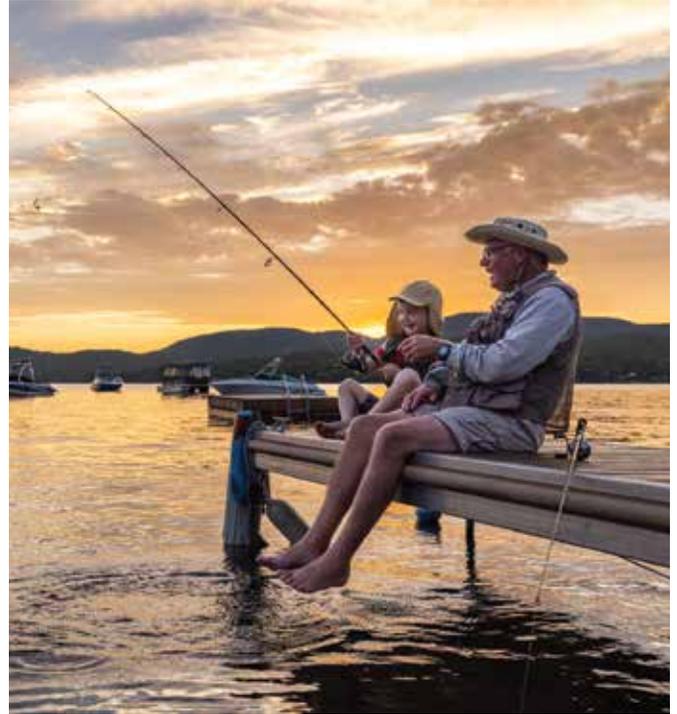
FINISHED UP OR TRANSITIONING? REFLECTIONS ON WHAT THE GOLDEN YEARS IMPLY

I AM GOING TO START OFF BY SAYING,

## I don't like the word "retirement."

IT SOUNDS LIKE THE END OF THE ROAD.

Conversely, I have witnessed that "post-career living" (better term) is an energizing time. Sure, there is a shift in one's schedule from punching a clock and working non-stop to meet deadlines, agree to deals, or provide services and products. The exhilarating transition away from full time employment is being able choose activities that are fun and intellectually stimulating. And best of all, you can do things at your own pace.



My own career, after graduating from college 50 years ago included: producing an average of 40 television programs per year, writing a book every other year, giving 100 presentations annually, consulting for many companies, serving on for-profit Boards and managing to spend about 80 days per year racing sailboats. In hindsight, it is hard to believe it all happened. These days I still stay busy helping a variety of different groups as a volunteer, continuously write, give presentations about once per week, and, of course, I'm still sailing.

There are many people (baby boomers like me born between 1946 and 1964) who are transitioning to post-career living and trying to figure out, what's next? I've asked many how they spend their time and have received some heart-warming answers. The priority is to make a serious plan. Laissez-faire living doesn't just happen. Being organized is important. There are many questions to answer such as: should we downsize the house, what special places should we visit, should we move to a different area, and what should we include on our bucket list?

There are two fundamental factors to consider—health and finances. Every person around my age (73) and older has some kind of health issue. No one is immune to having a medical-related problem. Augmenting Medicare with adequate insurance is a sound investment. As we age, conversations progress from little kids talking about toys and ice cream to high school and college students focusing on sports and dating. Young adults are into weddings and careers. Middle-aged adults talk about families, houses, investments, and outdoor activities. After a certain age, health discussions are inevitable. This is simply the cycle of life. The question I ask is not how much time we have left, but how much quality time do we have? Staying physically fit and getting regular medical check-ups is important. Early detection of any health problem makes it easier to address rather than waiting too long.

When someone stops working, income is reduced. A living budget needs to be adjusted to the reality of available resources. A word of caution, be careful



getting a reverse mortgage, buying life insurance policies, or agreeing to other questionable financial offers. Proper financial planning is essential.

Many people book lots of travel after they stop working full time. For me, I have reversed my years of continuous travel by spending more time in Annapolis. We are lucky to live in an area where there are so many activities to enjoy in our own backyard. There are endless concerts, fairs, parades, sporting events, museums, adult classes, lectures, and outdoor activities (sailing, hiking, and fly fishing are on my list). It's a good time to fix things around the house, and declutter basements, garages, attics, closets,





and drawers. I find this to be a cleansing activity. If you haven't used something in three years, it is best to just let it go. Donate your time by joining a nonprofit board, help raise funds for a worthy cause, or volunteer your time. The interaction with other people and the progress made toward an important goal provides a satisfying feeling of accomplishment. Take the time to learn something new like speaking another language, playing a musical instrument, learning to cook better, how to work with your hands, join a singing group, or work in your garden.

My wife, Janice, spent 10 years as a nurse, 14 years as a full-time mother, and 15 years as a teacher. She made it clear that her working days would end when grandchildren arrived. We now have five grandchildren who provide endless fun. Playing a game with three generations takes place with unbridled enthusiasm. The old expression, "If we knew how good grandchildren are, we would have had them first" is somewhat accurate. It is fascinating to watch your own children deal with their children. I'm amazed how fast children grow up and even more amazed how quickly time passes. For this reason, we need to make the most of our time.

One of the more critical things to do as we age is to reduce stress. This is one of the keys to good health. Pick activities that have little stress involved. One of my most relaxing activities is reading and walking. Early in the morning, I take at least 30 minutes to read the newspapers. The exercise gets my brain going. On weekends I carve out some time to read magazines and books. Someone once advised me that if I was having a stress filled day to just go for a walk, and if I am still feeling stressed to go for another walk. Good advice.

One of my favorite activities is to take one or two people for a long sail of at least three or more hours. I have a 32-foot sloop that sails beautifully. Conversations on the water are open and enlightening. When sailing on the Chesapeake Bay one connects with nature. Every few minutes the view changes. I keep my boat at the ready all year long and head out any time the weather is reasonable. Life is always good after a long sail.

Take the time to make lists. What do you want to achieve? Another wise sage once told me that it is okay to take the time to "smell the roses." I never quite understood what that meant because I was always pushing forward at flank speed. These days I understand the phrase. It is okay to take a moment to study the sky, think about life, watch the birds, and maybe, best of all, just dream.



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

# YOGA CAN HELP HEAL AFTER A LOSS

by Leslie Orndoff

**S**oft murmurs and the shuffling of chairs greet newcomers to a group of people brought together by loss. People find their seats and slip off their shoes. Light music begins to drift over them as their eyes close and

contorting their bodies into pretzel-like shapes and donning Lululemon yoga apparel are common. But there are two sides to every coin. There are indeed twenty-somethings pushing their bodies in a hot yoga class, but there are also people with



their breathing slows. A feeling of calm floats over the room and settles as men and women move in unison, calming their minds and releasing themselves—however briefly—from their pain.

It is a pain felt by those who have lost a loved one. And those gathered are there to seek respite from their grief. They are part of Talbot Hospice's Bereavement Yoga support group. Yoga itself is often misunderstood. Images of young women

limited mobility reaping the benefits of yoga all while seated in a chair.

And the benefits of yoga are many. Regular practice can increase flexibility, tone and strengthen muscles, improve respiration, increase energy, maintain a balanced metabolism, improve cardiovascular health, and protect from injury.

While yoga sounds like a magic pill for anything that ails

you physically, it also has enormous mental health benefits. According to an article published by Harvard Medical School, "... [Yoga] can affect mood by elevating levels of a brain chemical called gamma-aminobutyric acid (GABA), which is associated with better mood and decreased anxiety."

This increase in GABA can aid in the healing from losing a loved one. Author of the book *Yoga for Grief and Loss*, Karla Helbert, stated: "...the practice of yoga addresses self-care, helps to integrate the experience of loss and supports feelings of connection and relationship with loved ones who have died."

Those who have been attending Hospice's Bereavement Yoga have found not only relief but a sense of community. "I've been attending bereavement yoga since late 2019," said Karen Kaludis. "I enjoy the breathing exercises, meditation, the camaraderie, and the relief that the practice engenders."

That sense of camaraderie is a sentiment felt by other participants. After losing a loved one, the feeling that others can relate to what you're going through is a comfort. When the pandemic hit, and the option for in-person meetings was no longer available, the group moved to online sessions. But we are now back to in-person each week.

"This yoga class helps connect me with others weekly, so I don't feel so alone," explained Peggy Ford. "I have something to look forward to every week."

As a yoga teacher, I see the benefits of yoga for the bereaved in real time. When someone has gone through the trauma of loss, you can feel the pain emanating from them. After they have spent some time getting used to the breathing techniques and lose a bit of the self-consciousness that comes with joining a new group, their body softens, and a sense of serenity washes over their face.

**"This yoga class helps connect me with others weekly, so I don't feel so alone."**

In the Bereavement group, we chat and check in before we start. I ask if anything needs particular attention, which inevitably it does, and we all work on that together. There is a real sense of community among the participants, and they are there to support each other as much as to find a bit of peace in their day.

Peggy Ford puts it quite succinctly, "They are my people. We share our grieving process together—all we have lost during the pandemic and the fear we carry every day. This class provides an outlet and offers a process to cope with the stress."

Sharing yoga with the Bereavement group has been a wonderful experience for me as a yoga teacher. I benefit from the experience as much as the participants do. I look forward to meeting with them every week.

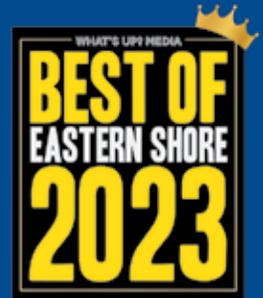
It is nice to have that constant in my life. Knowing I'll get to see them and we can find peace together for that hour is something I truly cherish.

Leslie Orndoff is a mother of three, a writer, and a Pilates Instructor. She found yoga eight years ago, and soon realized how much it enhanced her already strict fitness regime. She also felt its profound effect on not only her physical but mental well-being. Because of its deep effect on her, she sought to obtain her 200-hour certification to help people improve and enhance their lives through yoga.

For more information on Talbot Hospice's services and other programs, you can contact the office at 410-822-6681 or go to the website: [talbothospice.org](http://talbothospice.org).

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# INTO THE BLUE

THE U.S. NAVAL ACADEMY OFFSHORE  
SAILING TEAM IS A SHIP-SHAPE  
PROGRAM TEACHING YOUNG OFFICERS-  
IN-TRAINING VALUABLE LESSONS

Story By **GARY JOBSON**

Photographs courtesy  
**WILL KEYWORTH AND KOBE NGUYEN**





The head offshore sailing coach, Jahn Tihansky, has been at the Academy for 18 years. I was curious if the academy has any formal professional development that connects the midshipmen's sailing experience to their duties as a naval officer. Tihansky explained, "The professional development piece comes naturally. We are a varsity sports team. We work through the (Naval Academy) Athletic Association. A good training program is to control the environment to allow mistakes to be made for people to learn from. People will tell you it's the most effective and, ultimately, the most efficient learning process. I am a big proponent of it."

The assistant offshore coach, Erin Sprague, was the Director of Sailing and Recreational Boating at the California Maritime Academy prior to coming to Annapolis two years ago. She adds, "We receive guidance on professional development through the Stockdale Center for Ethical Leadership, where there is a program called 'Influence the Influencer.' The program is also available to faculty, staff, civilian, and military across the board."



It's a cold, but beautiful day on the Chesapeake Bay just off Annapolis. The only boats on the water are three fleets of dinghies sailing out of the Naval Academy, Annapolis Yacht Club, and the Severn Sailing Association, plus seven larger yachts with Midshipmen crew who are training for offshore sailing races during the summer recess. Unlike the academy's highly competitive intercollegiate dinghy team, a majority of the varsity and junior varsity offshore sailing teams are relatively new to the sport.

The practice and racing schedule is a regular part of a midshipman's grueling day. Every member of the team arrives for practice at the Robert Crown Sailing Center prior to 3:45 p.m. If anyone is late, some push-ups are required. Hence, being tardy is rare. For the past several years I have rotated as one of several volunteer coaches and have watched as the midshipmen become competent offshore sailors. Thanks to their time sailing in the ocean and long distances, the team members are well prepared for their future service in the United States Navy.





30 years and adds his years of expertise from grand prix yacht racing to daily practices. Tihansky is aided by local sailor Frieda Wildey, who coordinates the volunteer coaching schedule and spends every afternoon on the water monitoring practices. The Naval Academy Sailing Foundation also employs John Wright as the Vanderstar Chair. HeeHHe has the responsibility of setting safety and training guidelines. Wright was an Intercollegiate Sailor of the Year at the U.S. Merchant Marine Academy and was inducted into the America's Cup Hall of Fame in recognition of his three Cup victories. Wright also spends considerable time as an offshore team coach.

Sprague is completing a master's degree in leadership at the McDonough School of Business at Georgetown University. She ties her studies to her coaching approach. "I feel a responsibility to take an academic approach to facilitating the learning that's happening. We want to compete. We want to win. We really want to create good humans that are exceptional officers. As coaches we make sure that we're giving them the right experiences to figure out the right lessons that we are intending for them to learn while they are here."

In addition to Tihansky and Sprague, the Academy employs offshore coaches Peter Carrico, Nancy Haberland, and Nick Fineucan. Fineucan, who joined the staff last year, focuses on the technical and maintenance side of the program. Haberland runs the offshore junior varsity team. Carrico has been a key member of the maintenance staff for over





The midshipman skippers and executive officers (XO) of the boats listen to a 20-minute lecture about the lessons of the day by Tihansky before joining the rest of their crews who have been preparing the boats for sailing. It is a fine-tuned system that works with great efficiency. Any military commander would appreciate the competency of the routine.

The daily practice routine includes short races, sail handling drills, man overboard rescues, maneuvering exercises, navigation, and a long list of maintenance items to fix. Every midshipman is in constant motion during practice. The skipper and XO hold a brief crew meeting before leaving the dock and a comprehensive review at the end of the day. The coaches provide advice throughout the session. I find that the midshipmen are anxious to learn and listen carefully. The practices are conducted five days per week. There is a steep learning curve and in a few months the crews are ready to head

offshore. About 30 percent of the academy's enrollment are women and the same ratio of women are on the offshore sailing team. I make a point of asking each crew member where they grew up. It is heartwarming to meet these aspiring naval officers from across America. The sailors are ethnically diverse, which bodes well for the future of the sport of sailing. I find that all the midshipmen are enthusiastic learners. It makes coaching a joy.

This summer the schedule calls for the seven midshipmen crews to compete in the Annapolis to Newport Race, the New York Yacht Club Annual Regatta, and the Marion (Massachusetts) to Bermuda Race before returning to Annapolis. The schedule of races will take about 30 days. The team competes in two important intercollegiate big boat races during the fall: The Kennedy Cup and The McMillen Cup. The McMillen Cup started in 1930. In 1936, future President John F. Kennedy and his older brother Patrick

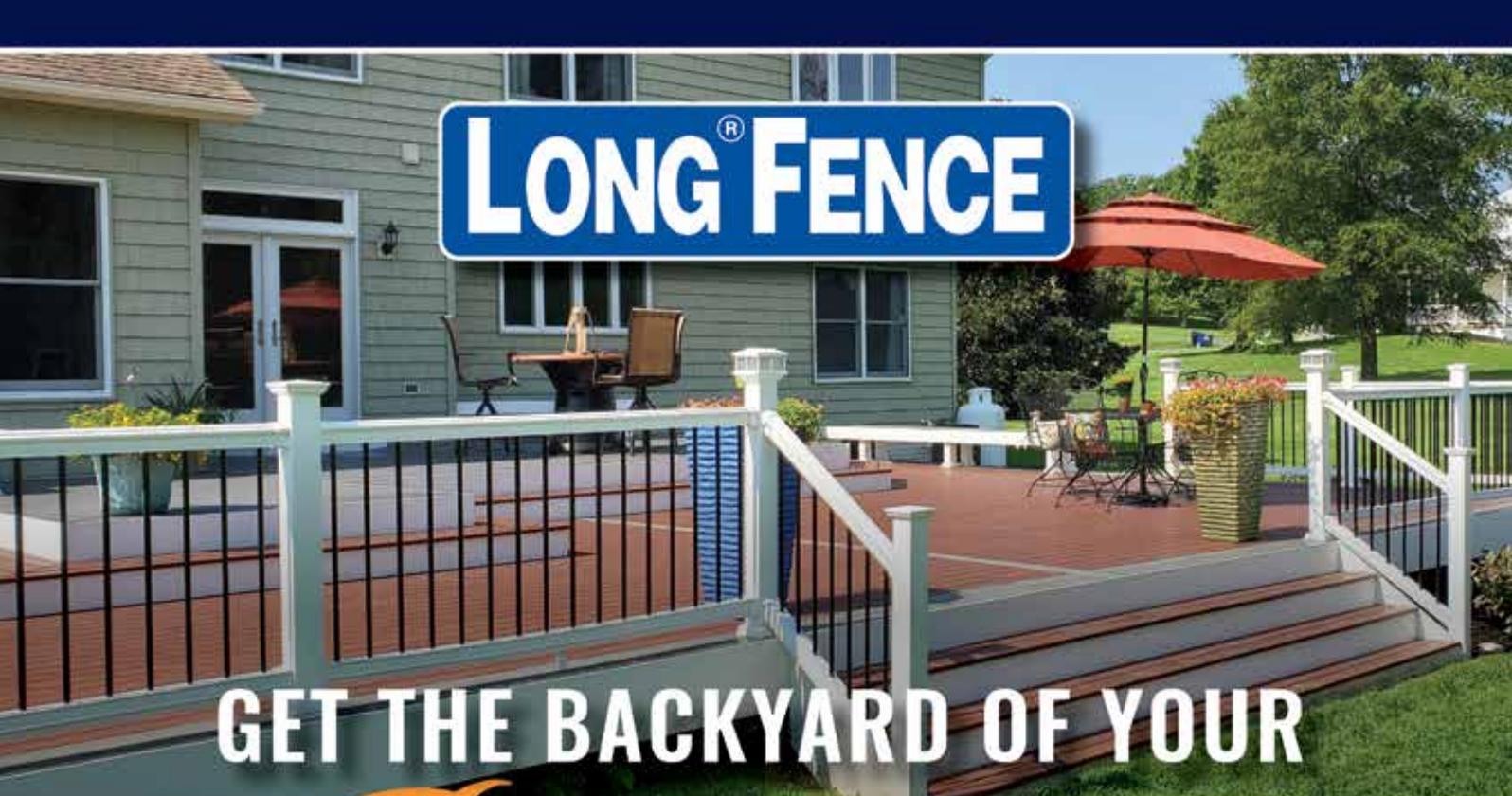
were on the winning McMillen Cup crew for Harvard College (the undergraduate program of Harvard University). The Kennedy Cup was created in 1965 in honor of President Kennedy. Both events are raced with the academy's fleet of 16 Navy 44s. The Navy 44s are sturdy offshore sloops that accommodate eight to 10 midshipmen on long distance races for cruises. The Naval Academy has won the McMillen Cup 23 times and the Kennedy Cup 15 times.

I asked Coach Tihansky if he ever heard from graduates who participated on the offshore team years after graduation. With pride the coach mentioned a few, "Astronauts Jim Lovell and Tom Stafford (Class of 1953) were in the offshore program. Mr. Lovell was new to sailing but became a skipper before graduating. I got to talk with both men, and they told me how sailing contributed to who they were as naval officers, pilots, and leaders." Tihansky continued, "One of the most gratifying parts of the job is to hear about graduates' outcomes. One member of the Class of 2006, my first year here, is now a commanding officer of an attack submarine. He speaks effusively of his experience on the team and how it still contributes to how he develops his team on the submarine. Another graduate became a pilot and an F35 instructor. He said he applies the things he learned skippering a boat to Bermuda on a regular basis in his current job. Being on a boat in the ocean can be an unforgiving environment. It really allows them to test themselves and to develop confidence in a real-world environment."



Several of the Navy 44s are used for summer training sessions outside of the varsity offshore team. The training program is run by veteran offshore racing sailor, Rene Mehl. The program is known as the Offshore Sail Training Squadron (OSTS). Midshipmen sail to destinations on the East Coast in four-week time blocks. Mehl says about 250 midshipmen participate in the program each summer.

Ten years ago, there were questions about the value of using sail training to prepare future naval officers. Based on the successful careers of many naval officers who have participated in offshore sailing, the lessons learned on the sea have proven to be invaluable in building effective leaders.



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# Home & Design

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Photo courtesy of decorilla.com



# Ultimate Utility

GETTING THE MOST OF YOUR MUDROOM/LAUNDRY COMBO

By Lisa J. Gotto

As homeowners, we ask a lot of our homes, and rightly so; it's our biggest investment. From the practicality of our kitchens to the convenience of our main level primary suites, our homes, in a way, help us cope with the frenetic world outside by being the best "nests" inside that they can be.

To that end, every space needs to fit the bill for utility right down to our home's utility rooms. The essential spaces being the laundry room and the mudroom. While you may already have two separate rooms for these, many homeowners are actually finding life becomes a bit more convenient when the two are combined.

Not sure if this is the right option for you? Here are some of the finer points to consider as you work toward achieving ultimate utility.

## Let's go to the mood board!

This is the crucial first step to efficient design because it provides a detailed jumping off point for your ideas, your must-haves, and even your style. Once you have spent some time online curating the look and logistics of your dream space, you will have something to show to your interior design professional or take to the home store when it's time to get the goods.



Photo courtesy of thissourcebliss.com

## Let's get organized

When you consider that one of the most common complaints homeowners have about their laundry rooms is wasted space, it may make sense to combine these two important, hardworking areas (and sometimes three, if you need to include your secondary entry in your plan for the home).

A smart way to determine a floorplan and the amount and types of storage that you need, is to account for who will be using this combined space. If you have young children at home, including practical lower-level storage space in the form of open cubes or easy-to-pull drawers accomplishes much and helps keep you from being a space waster. It also helps foster a sense of responsibility and independence with young children who will be able access more of what they need on their own and establish a pride of place for their things. Hooks that can be easily reached may make more sense for their outdoor apparel which often ends in a heap on the floor when placed in a standard closet.

What about your partner? Does he or she have outdoor hobbies and pastimes with equipment that will make their way into the mudroom/laundry room? Lucky you if these hobbies and pastimes include removing dirty clothing because in this scenario your washing machine is located conveniently nearby.

Here's where you will need and want to add standard closets to store any wearables associated with the sporting enthusiast in your life. If space allows, tall, locker-like cabinets can be employed to store grab-and-go equipment that you would prefer not to stow in the garage. Balls, netting, baseball gloves, etc., can all find a comfortable home inside the No. 1 essential for your combo space, comfortable bench seating.

And much like your kitchen, a certain amount of countertop space should be available to you for spot-treating clothing, and retractable rack space is essential for the hanging and steaming of clothing.

Of course, a combination of open and cabinet-enclosed shelving will be needed for all the products you use for your laundry, pets, and accessories that will call this room home. Try using clever, stylish decanters for some of the products on the open shelves to provide a cohesive, uncluttered look. Adding in a live plant here and there on the shelves creates a clean, curated look. Your utility sink—your No. 2 essential for the space—will help keep those plants happily watered.



Photo courtesy of moynog.com

If your list of must-haves is getting long and you haven't even accounted for where the washer and dryer will fit yet, you can always opt for a space-saving, stack-able washer and dryer. These units economize on space and have definitely improved in functionality over the years. They also offer an advantage, as they can be tucked inside a recessed wall with a closing door, so if your space is also a home entry, a washer and dryer isn't the first thing people see when they access that entry.

Finally, don't forget about your fur babies! This is the most practical place to store your pup and cat stuff and provide a quiet corner for the napping they all seem to adore. Many homeowners are indeed considering pets when designing or upgrading these utility spaces by including built-in features like dog beds and feeding and bathing stations right into the design.



Photo courtesy of practicalperfection.com



## What Is My Interior Design Style?

Take our free interior design style quiz to determine your unique decorating style



## Online Design Inspiration Found!

Do you have a home interior project you keep putting off because you just don't know where to start? There are some great resources available online that can point you in the right direction, such as decorilla.com and its free Interior Design Style Quiz. Take the quiz and find the designer that exists within!

## Let's get creative

By no means skimp on the style factor just because this is a utility room. Savvy homeowners are finding value in using this space to reinforce the personal style they have already envisioned in other areas of their homes.

This no-limits approach to design, employs stylish fixtures, elements of decorative lighting, and even integrates softer elements of wallpaper and window coverings in the space so it looks less like an afterthought and more like the rest of your home.

Fortunately, there are many smart material options that consumers can choose from that provide for the hard use this room requires without sacrificing style. These include integrated, easy-care furnishings, wall treatments like wainscoting, and durable matte cement floor tiles.

By all means, personalize your space with performance fabrics that are beautiful, but also resist stains. This is especially true if you are using an upholstered storage bench. This is a great opportunity to show some flair and complement what you might have going on in adjacent rooms.



photo by kim cornelison

Photo courtesy of thecreatedhome.com



Planning to have a window in this room if you're in the design stage is also a bonus if you're looking to soften the vibe of a utility room. Adding unexpected elements such as a decorative mirror, sconces, or even pendant lighting will also enhance the look of a room that we tend to spend more time in than we think.

And while this room may produce a bit of humidity at times—we're looking at you, fabric steamer—don't let that deter you from adding a layer of chic paper to your walls. Just choose a waterproof wallpaper that works with modern adhesive compounds that create a barrier to protect the paper should it get wet.

Fortunately, these papers come in so many patterns and colors, you may have a hard time choosing between traditional or even whimsical themes, which tend to work very well in a mudroom/laundry room combo.

Perhaps, even a pattern with cozy birds' nests on it will set just the right mood for your next missing sock search?

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# Pots That Pop

By Janice F. Booth

My neighbor's hanging baskets and flower-pots are the envy of the neighborhood. She's talented florist and decorator, Rhonda Sears. Recently, I asked her the secret of her always unique and beautiful floral containers and pots. Her answer, "One word, *surprise*. Find something unique and build your arrangement around that." Ah, the artist's eye.

Let me break down into five steps the process of creating beautiful and unique planters: (1) What is the purpose of the planter? (2) Where is the pot to be located? (3) What effect are you going for? (4) How is a healthy potting environment created? (5) What are the steps in maintaining the pot? We'll also keep in mind Sears' *element of surprise*.

# PURPOSE:

**There are lots of reasons to add potted flowers and window boxes to our gardens.**

**Masking a flaw:** There may be that one area of one flower bed where your sweet pet enjoys soaking up the sun. Nothing gets a chance to grow there. A pretty pot of geraniums or begonias might discourage puppy and solve that problem. Or, that area beneath the old magnolia where sun seldom reaches; a large, dramatic pot of ferns and caladium could surprise the wandering eye.

**Adding pizzazz:** Does that flowerbed near the driveway need a bit of punch? How about an unusual pot that will liven up the area? Keep the planting simple with an unusual cluster of twigs or an antique garden tool as the focus. Perhaps the “pop” will come from the clustering of pots—vary the size or color, but stick to some unifying plants to retain the grouping effect.

**Outdoor vacation for houseplants:** I like to set out my sweet house plants once the warm weather truly sets in. They’ve kept us company all winter, and now they deserve a bit of natural light, not to mention some repotting, root freshening, and fertilizer. I find a spot with filtered light and protection from the wind and set out the dears for their summer vacation.



# LOCATION:

**Just as with the transplanting of any plant, shrub, or tree, consider three basic issues when deciding on the setting for your pots and containers:**

**Sun and shade:** After all your planning and efforts, you’ll want your lovely arrangements to thrive. For that to happen, the plants must get the amount of sunlight and shade they require—with very little deviation. That means choosing plants that share the same preferences and being sure you’ve carefully evaluated the locations you’re using. Additionally, it’s helpful to think about each location’s vulnerability to wind. Many plants can be affected by constant winds, even if it seems mild to us.

**Size:** I’ve found myself very disappointed after spending hours planting a pot of varied plants, only to find the whole effect looks positively puny in the location I had in mind. What may seem BIG in your potting shed, may look much smaller set near the towering, elegant Foxglove or Delphinium. Play around a bit with the pots you plan to use. Group them, arrange them, take pictures of a particular pot in several locations—before you load it with soil and plants.

**Watering:** When you finish creating your flowerpots, they’ll be heavy. You’re not going to want to move them very often. So, consider how you will water each pot. Will the hose reach? Must you bring a sprinkling can for the daily watering...will you do that?





## PLANTING AND MAINTAINING:

**You may already know the process of grouping plants in pots or containers, but I'll do a quick review, in case there's something I can offer that you may not have considered.**

**Prepare the pots:** If the pots are *new*, remove any labels or potentially toxic substances stuck to the pot. Check for at least one good size drainage hole. If the new pot is glazed inside, line the pot with gardener's cloth (a porous, usually black fabric) that will help maintain the proper pH balance in the soil and roots. If the pot has been used before, rinse it down. Be sure the drain hole(s) is clear.

## EFFECT:

**All the thought you've put into your pot-plans will pay off now. What are you really going for with these additions to your garden? As my florist neighbor, Sears says, "You want a *thriller*, a *filler*, and a *spiller*." Something tall and unusual (the *thriller*), with lower and lush begonias or annuals to *fill* the planter, and some ivy or Creeping Jenny to *spill* over the pots' edge, softening the effect.**

**Drama:** My front porch is small and simple. I might want to add a tall pot with a few shade-tolerant plants for a memorable "welcome." Or perhaps your patio needs some "zing." A cluster of red and orange pots of varying sizes, filled with bright marigolds and stately yucca might be just the ticket.

**Lushness:** There always seems to be an uncooperative place in the garden that refuses to nurture the plants placed there, no matter how you look after them. By adding a few containers of varying sizes and material, you can disguise this "dead zone" as a lush and welcoming spot.





**Filling the pots:** You'll need potting soil—loose soil that will allow water to drain. There is a debate among gardeners as to putting pebbles in the bottom of the pot to aid in drainage. If the pot is quite large, some gardeners advise filling the bottom third of the pot with packing peanuts to lighten the pot. (I've done this and found no ill effects—pot and plants did well.)

**Watering and fertilizing:** Depending on the amount of sunshine the pot receives, water often enough so the plant's roots are never too wet or too dry. Fertilize each time you water.

**Deadheading:** To encourage those pretty blooms, deadhead the plants—that is remove the dead blossoms. Avoid dropping the dead blossoms around the pot.

Whatever you decide to do with your planters and the plants that fill them, have fun. You'll surprise yourself with the original ideas you'll come up with.



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# History of Grandeur

By Lisa J. Gotto | Interior Photography by A Digital Mind

This historic home was built at the turn of the 20th century and from all accounts has been a property of significance and distinction in the picturesque town of Denton ever since.

The home's new owners will fortunately get a glimpse of what living at that time felt like, as most of the home's finer enhancements and details have been lovingly maintained well over a hundred years.



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Striking and statesman-like can best describe the exterior of this Greek Revival-style home that sits on nearly an acre-and-a-half of land. Upon approach, guests will note an elegant front porch highlighted with six soaring, majestic white columns and other stellar architectural details that clearly set it apart, some reminiscent of details found on America's White House.

A set of stately wood doors made of cypress with upper glass panel inserts are warmly welcoming, and transport guests into a grand center hall entry that features the initial glimpses of the entirety of the home's original hardwood floors. Dramatic 12-foot ceilings lend to the air of elegance, as do elements of the entry's leaded glass transom and sidelights, chair railing, and period chandeliers and other lighting. Dual seating parlors are situated on either side of the foyer, each with its own antique style fireplace.



---

**Primary Structure Built:** 1900  
**Sold For:** \$908,000  
**Original List Price:** \$925,000  
**Bedrooms:** 6  
**Baths:** 4 Full, 1 Half  
**Living Space:** 6,747 Sq. Ft.  
**Lot Size:** 1.44 acres

---

The remainder of the home's six bedrooms are located on the upper levels accessed via a vintage period staircase. Upon arrival to this floor, guests are greeted to the beauty of a series of lead paned windows with stained glass inserts that may even portray the likenesses and family crests of this property's original owners.



On this level, guests will find another open foyer set on either side with two spacious bedrooms, and the home's second primary suite that stretches the length of the back of the house. This room includes a sunny sitting room or office space, and a private bath. French doors open to a small, second-level balcony that peeks out from under the impressive covered front porch.

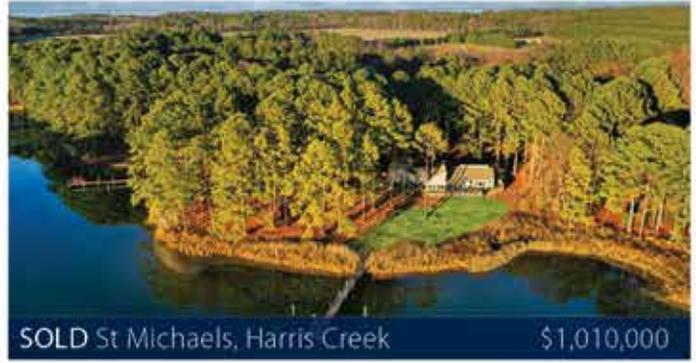
The home's third level boasts two additional large living spaces perfect for a playroom, additional family room, office, or exercise room helping to make this special property a home of unmatched style and substance.

A spacious, formal dining room stuns with its gorgeous hardwoods, two, built-in corner cupboards, and another uniquely detailed wood-burning fireplace. The adjacent kitchen has been updated with its major appliances, fixtures, and an added center island, but retains its Old-World charm with its cabinetry and original doors. A morning room, sunroom, and butler's pantry with sink and prep area are located just steps from the main kitchen.

The new homeowners will have the convenience of a large, main level primary suite with a private bath that has updated with a modern vanity and large shower.



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# Turn-Key Dream

By Lisa J. Gotto

**W**hen it's time to sit back and start loving life again, this is the type of property that makes every day, turn-key easy.

Located in the desirable community of Cove Creek Club on the south-eastern side of Kent Island, this light and bright, 4,000-square-foot home offers every amenity and leaves no stone unturned when it comes to style!

This home's new owners will arrive via circular driveway to their waterfront living experience and a strategically well landscaped property with many mature trees and plantings to provide privacy while not obscuring their tranquil water views.



---

**Primary Structure Built:** 1992  
**Sold For:** \$1,200,000  
**Original List Price:**  
**Bedrooms:** 4  
**Baths:** 3 Full, 2 Half  
**Living Space:** 4,396 Sq. Ft.  
**Lot Size:** 1.87 acres

---



The entrance features a two-story foyer, and guests will have access to a roomy bedroom, walk-in closet, and powder room on this level, before stepping up into the home's expansive floor plan that opens to reveal gleaming, honey-colored hardwood floors and a gracious, formal dining and living area with an attractive contemporary fireplace. This space offers many large windows and entries to the gorgeous, terra cotta-tiled family room with its soaring ceiling and three walls of floor-to-ceiling windows that look out to a landscape of water features, including the home's in-ground swimming pool with surrounding slate patio, ornamental ponds, and views to the Eastern Bay.



The new homeowners will have access to a glamorous and fully-equipped kitchen via the open plan dining and living space, and family room. Gleaming, contemporary cabinetry highlight this huge, bright space with center island cooktop, double ovens, and sunny breakfast nook area. A built-in desk, and copious cabinets, some with glass fronts, make this room as functional as it is fashionable.



This level of the home conveniently divides into a north and south wing, each with its own primary bedroom suite. The north wing suite features its own den with a cozy fireplace, built-in bookshelves, a large bedroom with exceptional easterly views, his and her bathrooms, multiple built-in wardrobes, and a spacious dressing room. The south wing suite offers lovely au pair or guest suite accommodations with private bath and roomy sleeping and living areas offering sweet views of the Eastern Bay.

**Listing Agent:** DeeDee McCracken; Coldwell Banker Realty; 170 Jennifer Road, Annapolis; m. 410-739-7571; o. 410-224-2200; dmccracken@cbmove.com; coldwellbankerrealty.com **Buyers' Agent:** Emerson O'Neill; Coldwell Banker Realty; 170 Jennifer Road, Annapolis; m. 443-758-8716; o. 410-224-2200; emerson.oneill@cbrealty.com; coldwellbankerrealty.com

Additionally, this residence not only offers a third level with yet another primary suite, and plenty of storage space, it provides prized community-based amenities, such as a private golf course, tennis court, beach, marina, and club house facilities.

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# Fresh Take

## MANGO

By Dylan Roche

Does summer have you craving something with tropical flavor? The fruit you're looking for might be mango. This ultra-sweet, juicy fruit works nicely in salads and salsas that are perfect for light meals when it feels too hot outside to heat up the kitchen, and thanks to its versatile flavor that even works well in savory or spicy dishes, you're not going to get bored of mango very quickly.

Oval-shaped with a tough outer skin that comes in shades of red and orange, mango has a soft flesh inside that delivers a slightly tangy burst of sweetness. Although it thrives today in many tropical regions, it's believed to have originated in Southeast Asia, possibly at the foothills of the Himalayas, where it has been embraced in Indian culture for millennia. In fact, ancient Sanskrit texts refer to it as symbolic of both love and prosperity. From Asia, it was spread throughout the world by Portuguese explorers in the 15th century, and today it is one of the most widely cultivated fruits globally.



## Mango Salsa

### INGREDIENTS

2 ripe mangoes  
1/2 red onion, diced  
1 jalapeno pepper, seeded and minced  
1/4 cup chopped fresh cilantro  
2 tablespoons fresh lime juice  
1 teaspoon salt

Peel and dice the mango, then combine in a small bowl with red onion, jalapeno pepper, and cilantro. Sprinkle in lime juice and salt, stirring well to combine. Cover and set aside in the refrigerator for approximately one hour, giving the flavors time to come together. Serve chilled as a dip with tortilla chips (try chips seasoned with a hint of lime flavor) or as a topping for your favorite grilled meat.

Although mango's sweet taste and smooth texture might make it feel like a decadent dessert, this fruit packs a definite punch of nutrition—it's rich in vitamin C, vitamin A, folate, potassium, and fiber. Just one cup of sliced mango has all the vitamin C you need in a day, which helps keep your immune system strong and fends off sickness. The vitamin A content is good for your eye health, potentially preventing age-related macular degeneration and other eye disorders. Together, vitamins A and C are good for improving your skin health and reducing signs of aging.

The high fiber content in mangoes is good not only for improving digestive health but also for lowering cholesterol levels and reducing your risk of heart disease. And the antioxidants in mango are vital for fighting free radical damage in your cells and staving off cancer.

There's also an element of excitement to mango, which could make it more appealing to picky eaters compared with other fruits. Despite its widespread cultivation, mango isn't commonly found in some cuisines, making it unique and exotic, which you might find piques your curiosity and makes you feel more adventurous about trying new things.

# Mango Sticky Rice

## INGREDIENTS

1 cup sticky rice  
1.5 cups coconut milk  
1/4 cup granulated sugar  
1/4 cup brown sugar  
1/4 teaspoon salt  
2 ripe mangoes  
1/4 cup toasted sesame seeds  
1/4 cup shredded coconut

Rinse the rice in cold water and allow to soak for approximately one to four hours. Drain and transfer to a steamer basket lined with cheesecloth. Set the steamer basket over boiling water and cook for approximately 20 minutes. The cooked rice should be soft and sticky. Set aside. In a saucepan over medium heat, combine coconut milk with the granulated sugar, brown sugar, and salt. Stir until the sugar



and salt dissolve. Remove from the heat. Combine the sticky rice and hot sweetened coconut milk in a large mixing bowl. Stir until the rice is thoroughly coated. Peel and dice the mango and stir into the rice. Sprinkle with toasted sesame seeds and shredded coconut. Serve immediately.



# Mango Curry

## INGREDIENTS

2 tablespoons vegetable oil  
1 onion, diced  
2 cloves garlic, minced  
1 tablespoon grated ginger  
1 tablespoon curry powder  
1 teaspoon ground cumin  
1/2 teaspoon ground coriander  
cup coconut milk  
2 ripe mangoes, peeled and diced  
1 red bell pepper, diced  
1 cup green peas

Coat a large skillet with oil and set over medium heat. Add garlic and onion, allowing to brown and become fragrant. Stir in bell pepper and green peas and heat until softened. Add the ginger, curry powder, cumin, and coriander, stirring so the spices coat the vegetables completely. Pour in coconut milk and bring to a simmer. Cook for approximately 10 minutes or until the mixture has thickened. Add the mango and stir to coat thoroughly with the coconut milk and mix with the vegetables. Allow to simmer for approximately 10 more minutes or until the flavors have set together. Serve warm over rice or naan bread.

Because it does best in tropical climates, you likely won't find fresh mango at the farmers' market, but you will be able to shop for it at the grocery store. When selecting mango, seek fruit that's firm but slightly soft to the touch, as this indicates ripeness. If it's too soft, that means it's overripe.

Mangoes come in a range of colors, depending on the variety. Most are reddish orange, but there are some with green skin. Look for mangoes that have a bright, vibrant color and avoid those that are dull or discolored.

Maybe the best way of telling if a mango is good (and this might seem a little strange to do in the grocery store!) is to smell the stem. The stem end of a ripe mango should have a sweet, fruity aroma. If there is no scent, the mango may not be ripe yet.

Be sure to handle your mangoes with care, as their softness makes them easily bruised or damaged. Bring them home and store them at room temperature in a cool, dry place. If they reach ripeness before you're ready to use them, you can store them in the fridge to prolong their shelf life.

Now it's time to consider all the adventurous ways you can use mango in your kitchen, whether you're looking for an enticing appetizer (salsa), a light dessert (sticky rice), or a tantalizing entrée (curry).

# Fitness Tips

## MAKING USE OF THE MEDICINE BALL

By Dylan Roche

Don't be fooled by the name medicine ball—it's not something you pick up at the pharmacy. These weighted balls, which are often made from leather or rubber material, and can weigh anywhere from just a few to hundreds of pounds, give you a heck of a strength and conditioning workout. The medicinal name actually harks back to its use in rehabilitation therapy, where patients would use these balls to improve their strength as they recovered from injury.

But fitness enthusiasts took notice, and medicine balls became increasingly popular during the 20th century for improving core strength and coordination. They have the same weight as dumbbells or kettlebells, but because of their round shape, they're good for throwing, catching, and slamming movements—plus, their lack of a handle makes them more cumbersome, which can increase the difficulty of moves typically performed with a kettlebell, for example. Athletes such as LeBron James, Serena Williams, Cristiano Ronaldo, and Michael Phelps all use medicine balls as part of their training routine.



**SO, SPECIFICALLY SPEAKING, WHAT BENEFITS CAN YOU EXPECT FROM TRAINING WITH A MEDICINE BALL? HERE'S WHY SO MANY TRAINERS SWEAR BY THEM:**

**Good for strength training:** This one is a given—their weight makes them good for adding resistance to movements, thereby building upper body and core strength.

**Boosting power:** It takes a lot of force to throw or slam a medicine ball, so athletes will gain explosive power by moving it quickly.

**Better coordination:** When you're moving a medicine ball, it requires a great deal of balance and coordination to keep your body stable. This is especially important for preventing injury!

**Versatility:** Resistance training with weights can get boring after a while. Medicine balls vary it up, offering you a chance to try something new that challenges your body.



**IF YOU'VE GOT A MEDICINE BALL AND YOU'RE NOT SURE WHAT TO DO WITH IT, HERE ARE SOME GO-TO EXERCISES TO GET YOU STARTED:**

**MEDICINE BALL SLAM:** Begin with your feet shoulder width apart and the medicine ball held in both hands out in front of you. Extend both arms as you lift the ball up over your head, keeping your core engaged as you lift. Using as much force as you can, slam the ball from overhead down onto the ground. Keep your arms fully extended through the whole motion. Drop to a squat and take the ball in both hands. Return to the starting position. Repeat until fatigued. Remember to keep your posture straight and generate force using your entire body as you slam the ball and lift it back up again.

**MEDICINE BALL TWIST:** Begin in a seated position on the ground with your legs out in front of you. Hold the medicine ball in front of your chest with your arms fully extended. Engage your core and keep your arms straight as you twist to move the ball 90 degrees to your left. Pause briefly, then twist 180 degrees to your right. Keep your movements smooth and controlled. Repeat until fatigued. If you start to break form or get jerky, take a moment to rest or choose

a lighter ball. Do this exercise solo or find a partner to sit back to back with you. Pass the medicine ball between you two—as you twist to your right to hand the ball off, your partner twists to their left to receive the ball. Then you twist to your left and take the ball back as your partner passes it from their right.

**MEDICINE BALL PUSH-UP:** Begin in a high (extended arm) plank position with a medicine ball on the floor beneath your chest and your hands resting on the ball. Keep your core engaged and your wrists in alignment to balance your weight. Bend your elbows and lower your body toward the ground. Allow your chest to come within approximately a half-inch of the ball and push yourself back up. Remember to keep your body straight through the entire movement, breathing in as you lower yourself and breathing out as you go back up. Repeat until fatigued.

**MEDICINE BALL SQUAT:** Stand with your feet shoulder width apart and the medicine ball held in both hands. Extend your arms to hold the medicine ball out in front of your chest. Bend your knees and lower your hips as far as you can, as if you're sitting in a chair. You should keep your core engaged, your chest up, and your knees aligned over your toes throughout the entire movement. Hold the squat for two seconds, then raise yourself back up to the starting position. Repeat until fatigued. Top of Form



# Skincare? Skin Fasting? Skin Cycling?

By Dylan Roche

A generation ago, the idea of skincare was pretty simple—you washed with soap and water, maybe a medicated cleanser if you had a particular problem, and then moisturized with face lotion. But skincare routines of today involve multiple steps and a variety of products, all with the goal of making your skin look smooth, healthy, and ageless. With so much involved, it's hard to tell what's working, what's not, and what might actually be making your skin worse.

That's why skin fasting and skin cycling have become increasingly popular trends for people who are starting to second-guess their own skincare routines. But if you're just now hearing of these trends, you might have some questions...

continue on page 88



## Skin fasting? Skin cycling? What does that mean?

There's some overlap between the two concepts. In the case of skin fasting, you are taking a break from your skin care routine completely. For a week or more, you cleanse your skin with only water and avoid products like moisturizers, serums, or masks.

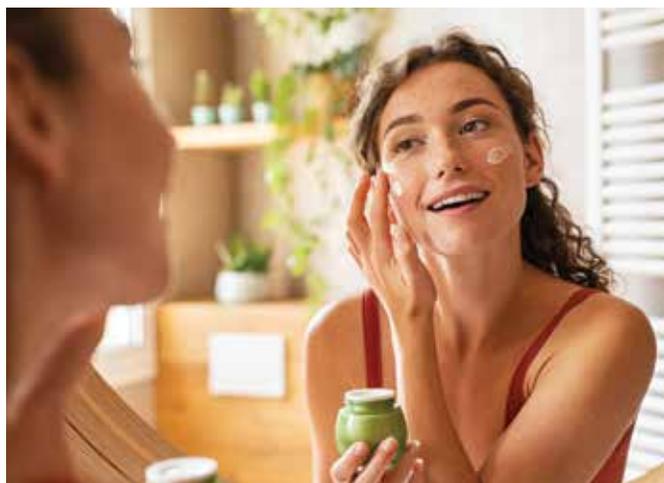
On the other hand, there's skin cycling. When you're skin cycling, you do a different step in your skincare routine each day, giving it a chance to have its full effect, instead of doing all steps at the same time every day.

## But why? Won't that make my skin unhealthy?

Your skin has a natural ability to regulate its own oil production and pH levels. However, when overloaded with external products, your body adapts. Over-washing your face or using a harsh cleanser can leave your skin stripped of its natural oils, triggering your sebaceous glands to produce more and overcompensate, especially if you're not using a good moisturizer. This leaves you with oily skin and clogged pores.

Similarly, your skin has a slightly acidic pH between 4.5 and 5.5, as maintained by a thin layer on your skin's surface known as the acid mantle, which helps protect your skin from irritants. If harsh cleansers are disrupting your skin's acid mantle, it can make your skin more acidic or more basic than it should be.

By taking a break from your skincare routine, or only doing one part of it a day, you're giving your body a chance to readjust its natural oil production or pH.



## What steps in my skincare routine should I be cycling?

If you decide to try skin cycling, which steps you do will depend on the complexity of your current routine. However, it's likely that your routine has some type of cleanser, toner, serum, and moisturizer that you can rotate.

*Additionally, consider taking one or two rest days from all products at least once a week:*



**Cleansing:** This is the first step in any skincare routine. It involves removing dirt, makeup, and other impurities from your skin. You can use a cleanser that is suitable for your skin type and follow the instructions on the label.



**Toning:** Toner removes any remaining traces of dirt or debris and reduces the size of your pores, leaving your skin refreshed and hydrated.



**Serum:** A serum is a lightweight, fast-absorbing liquid that targets specific skin concerns, such as fine lines, wrinkles, or dark spots.



**Moisturizing:** Moisturizing is essential for keeping your skin hydrated and healthy. You can use a moisturizer that suits your skin type, whether it's dry, oily, or sensitive.

## Will skin cycling or skin fasting work for everyone?

Not always. Your skin is unique, so what works for a friend isn't necessarily going to work for you. Although there's no harm in taking a few days off from your skincare routine to see how you look and feel, your dermatologist will be able to give you specific advice on what steps you should take to maintain good skin health.

# Brrrrr! There's Some Benefit to That Ice Bath

By Dylan Roche

If the idea of slipping into a cold bath after an intense workout in the summer heat sounds refreshing, there's some good news you need to hear—an ice bath is great for exercise recovery and research shows it can reduce soreness and inflammation caused by an intense workout. That means you're not only cooling off but also priming your body to return to training sooner rather than later.

Also known as cold water immersion, ice baths as a practice are pretty much exactly what they sound like: You slip into a bath chilled with ice and keep yourself in the cold for a few minutes to reap the benefits. Temperature and duration will vary depending on your comfort level (see "How to Take an Ice Bath"), but even a few minutes in mildly cold water can still offer benefits like reduced muscle soreness, boosted immune function, and even an improved metabolism.

Studies have shown that because the coldness constricts your blood vessels, this will slow down your blood flow but increase your heart rate, ultimately improving your circulation and getting much-needed oxygen to your cells while your body is trying to recover—hence, faster recovery time.

However, even though research supports the idea of ice baths, there's still no conclusive agreement among health experts about how long you should stay in an ice bath, how cold it should be, and what risks or side effects you could face. Plus, ice baths can be uncomfortable for those who aren't acclimated to the cold water. As with any other kind of therapy, you should check with your doctor before starting.



## HOW TO TAKE AN ICE BATH

Interested in trying out an ice bath to see what the hype is about? Although how you do an ice bath mostly will be a matter of preference (do you want it very cold, or just a little bit cold?), here are a few guidelines to get you started—feel free to adjust as you wish or per your doctor's direction:

1. Start by filling your bathtub with cold water and add ice. Check the temperature to ensure it is between 50 and 59 Fahrenheit. Water that is too cold could pose hypothermia or other health risks.
2. Enter the water feet first and slowly lower yourself in, completely submerging yourself up to your shoulders. Avoid putting your head or neck under.
3. Relax in the water for approximately 10 minutes, but do not exceed 15 minutes, as too much time can lead to prolonged vasoconstriction or other negative side effects.
4. Step out of the bath and dry off. Put on warm clothes to return your body to normal temperature. If it helps, you can take a hot shower or drink a hot beverage to warm yourself up.
5. Listen to your body. Although ice baths can be uncomfortable while you're acclimating, they should never be painful. It's okay to get out of the bath early or to let the water be slightly warmer. Always consult with your doctor, especially if you have a medical condition such as heart disease or high blood pressure.



# Tearing Down Barriers

WHY MINORITY MENTAL HEALTH MATTERS

By Dylan Roche

“Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare.” These words by poet and civil rights activist Audre Lorde carry special significance in the month of July, when the U.S. Department of Health and Human Services observes Minority Mental Health Month, drawing special attention to the unique challenges faced by marginalized groups in America.

Historically, minorities have been underserved and underrepresented in mental health care. In addition to the stigma surrounding mental illness, minority groups often face barriers like a lack of culturally sensitive resources—for example, they might not be able to find a therapist who speaks their language. In other cases, mental health care providers who are not familiar with cultural differences fail to recognize or properly diagnose mental health issues in minority patients.

Then there are the economic and geographic barriers. Marginalized groups are more likely to experience poverty and might not have insurance that covers the cost of care, or they live in an area where care is not within a realistic commute.

These barriers are particularly unfortunate because marginalized groups tend to have the most exposure to adversity that can take a toll on their mental

health. They may face discrimination in school or the workplace, or they may have experiences with racial violence or police brutality. In some cases, microaggressions (an act of indirect or unintended discrimination) can be enough, when built up over-time, to make an individual feel dehumanized.

Throughout the month, the Department of Health and Human Services’ Office of Minority Health (OMH) will promote tools and resources via its website ([minorityhealth.hhs.gov](http://minorityhealth.hhs.gov)) and social media platforms. For all people, July can be a month to share stories, encourage support, and demand change.



**NOT SURE WHERE TO START?**  
HERE ARE SOME  
SMALL BUT  
EFFECTIVE STEPS  
YOU CAN TAKE:

**Educate yourself:** Take time to learn about mental health, what affects it, and what care options are available. Majority groups can gain perspective and develop empathy by learning about the experiences of others by reading books, watching documentaries, or even attending events that focus on minority issues.

**Start a conversation:** Talk to your family, friends, neighbors, and even your co-workers (if you're comfortable) about mental health and the importance of care. Encourage others to share their perspectives, and consider how their experiences affect their day-to-day well-being.

**Advocate change:** Contact your elected officials and recommend policies and funding that can support minority mental health, such as initiatives that improve access to care.

**Get involved in community events:** Attend community events that focus on mental health, including support groups and workshops, if appropriate. Your participation can build awareness, promote education, and foster a better sense of community.

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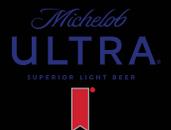
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# Dining

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This will be the last season to enjoy dining at the Crab Claw in St. Michaels



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# Savor the Chesapeake

Restaurant news and culinary trends throughout the Chesapeake Bay region

By Megan Kotelchuck

One of the most anticipated holidays, the Fourth of July, is finally here and we have plenty of ways to celebrate. Beside parades and fireworks, we can enjoy delicious food, iconic eateries, baked goods, live music, local gatherings, and so much more to revel in our American independence. And let's try some themed cocktails/mocktails to amp up this summer season.

## On the Dining Scene...

↑ Visit **The Crab Claw** in St. Michaels this summer for their final season. After the 2023 season, the Chesapeake Bay Maritime Museum will take ownership of the property. Crab Claw's history dates to the 19th century when the land was known as Navy Point. It was a watermen's job and dining site for those who called St. Michaels home. The Eastern Shore Clam Company was housed in the spot from the 1950s to 1965 when Bill Jones, a co-owner of the clam company, and his wife Sylvia decided to open a crab house. Coincidentally, this was the same year the maritime museum opened. The museum has yet to announce what they will do with the property, which is an iconic part of the St. Michael's waterfront. Learn more at [cbmm.org](http://cbmm.org) and [thecrabclaw.com](http://thecrabclaw.com). *Historic photo of the Crab Claw courtesy Chesapeake Bay Maritime Museum.*

Tony Russo of **Tony's Pizza** in Ocean City passed away last month. On June 5th, the Tony's Pizza team posted on Facebook that he had passed away in his home surrounded by family and friends. Tony's Pizza opened on Ocean City's boardwalk in 1962 and remains a popular staple in the resort town. Learn more at [tonyspizzaoceancitymd.com](http://tonyspizzaoceancitymd.com).

Across the bridge in our state capital, the original Chart House Annapolis has been rebranded into **Chart House Prime**. The restaurant has an updated look, expanded wine cellar, fresh sushi, as well as refined tablescape elements, which altogether create a contemporary ambiance with amazing views of the harbor. The revamped menu will have fresh fish, prime steaks, shellfish, and sushi, as well as some other familiar favorites. Signature cocktails are also touted. Make reservations for this weekend's dinner at [charthouse.com](http://charthouse.com). ↓

And a new restaurant, **The Goat**, opened at the beginning of May in Downtown Annapolis. At 137 Prince George Street, The Goat will offer tostadas, carne asada, chicken tinga wontons, corn ribs, and so much more. The Goat also has a great list of signature cocktails, wines, and draft beers. Visit for dinner anytime throughout the week, but keep in mind that they are closed on Wednesdays. Lunch hours will be coming soon! Find more information on their Instagram or at [thegoatannapolis.com](http://thegoatannapolis.com).

**Firebirds Wood Fired Grill** will be opening alongside **Mighty Quinn's BBQ**, **Cold Stone Creamery**, **Eggspectation**, and **Jersey Mikes** in the new mixed use development, Beacon Square. This large project is located along Riva Road and is owned by SJC Ventures and AvalonBay Communities, Inc. The plan is for Beacon Square to also have a grocery anchor tenant. More information about the project can be found at [sjcventures.com/active-projects](http://sjcventures.com/active-projects).





## Food Truck Nights...

Eastern Shore Fire Departments are the places to go for food truck nights. **Queenstown Volunteer Fire Department Auxiliary** has local food trucks and vendors once a month during the summer. Join them starting at 4 p.m. on July 21<sup>st</sup> (and August 18<sup>th</sup>) and skip a night of cooking!

**Crumpton Volunteer Fire Department** is also hosting food truck nights with plenty of delicious food to choose from. Starting at 5 p.m. on July 28<sup>th</sup> be sure to come out and support! Crumpton will also have food trucks on August 25<sup>th</sup>, September 15<sup>th</sup>, and October 6<sup>th</sup>.

## Drink Up...

Let's make this Independence Day a little red, white, and boozy with some themed cocktails! A bit of blue curacao and grenadine are a couple ingredients that can transform a boring vodka soda into a layered, beautiful, celebratory toast. Or, try these couple of fun drinks:

### Frozen Strawberry Lemonade



Photo and recipe courtesy of [sugarandcharm.com](http://sugarandcharm.com)

Serves two

#### INGREDIENTS

- 1/2 cup Lemonade
- 6 Frozen Strawberries
- 1/4 cup Vodka
- 2 tablespoons Honey
- 1 cup Ice if needed

#### INSTRUCTIONS

Add all ingredients to a blender and blend until smooth. Pour into glasses and enjoy!



### Fourth of July Mocktail

#### INGREDIENTS

- 2 ounces Pina Colada Mix
- 3 ounces Cherry 7-Up
- 1 ounce Grenadine
- 2-3 ounces Blue Berry Kool-aid
- Ice for Glass
- Optional: Whipped Cream and sprinkles

Photo and recipe courtesy of [sugarmaplefarmhouse.com](http://sugarmaplefarmhouse.com)

#### INSTRUCTIONS

Fill up a tall glass with ice. In a separate glass, combine Cherry 7-Up and grenadine. Pour your Pina Colada mix over the ice. Fill a little less than 1/3 of the glass. Slowly add your Cherry 7-Up to the glass. Pour close to the ice to avoid excessive fizzing. Fill about 1/3 of the glass. Once your fizz has settled, slowly add the blue Kool-Aid to the glass. Pour close to the ice to avoid excess mixing with your red layer. Top with whipped cream and red and blue sprinkles and enjoy!

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



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