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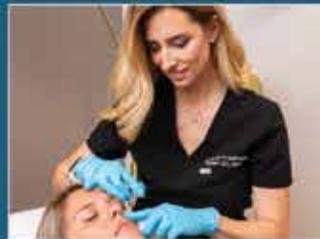
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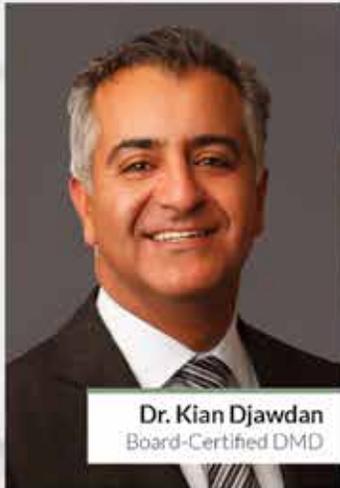
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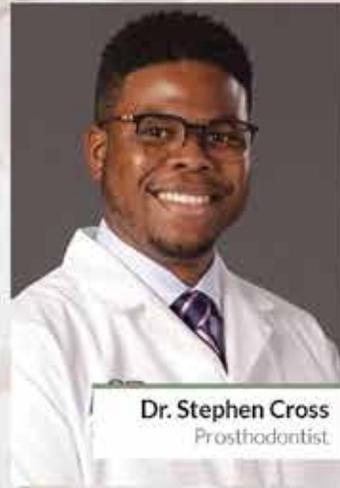
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Left to right: Lisa McGrath, Destinee Blackstone, Kevin McCracken, Lisa Barton, Annie Eaton, Emerson O'Neill, Becky Wibberley

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180 Main St #202	Annapolis	Emerson O'Neill	Rented	\$1,950/m
1906 Roberta Dr	Chester	Annie Eaton	Sale	\$395,000
490 Eleanor Ln	Arnold	Annie Eaton	Sold	\$640,000
1412 Harwick Ct	Crofton	Annie Eaton	Sold	\$287,000
301 Cove Creek Rd	Stevensville	DeeDee McCracken	Sold	\$1,200,000
301 Cove Creek Rd	Stevensville	Emerson O'Neill	Sale	\$1,200,000
1809 Stevens Dr	Chester	Annie Eaton	Sold	\$400,000
1004 Oyster Cove Dr	Grasonville	Annie Eaton	Sale	\$599,900
517 Stockbridge Ct	Severna Park	Annie Eaton	Rented	\$3,200/m
116 Walnut St	Ridgely	Annie Eaton	Sale	\$212,000
29670 Janets Way	Easton	Becky Wibberley	Sale	\$470,000
55 E Queen Caroline Ct	Chester	DeeDee McCracken	Sold	\$285,000
321 Shipyard Dr #69	Cambridge	Annie Eaton	Listed&Rented	\$1,900/m
1624 Seward Rd	Chester	Kevin McCracken	Sold	\$435,000
1624 Seward Rd	Chester	Lisa Barton	Sale	\$435,000
414 Oyster Cove Dr	Grasonville	DeeDee McCracken	Listed&Sold	\$455,000
125 Tanners Point Dr	Stevensville	DeeDee McCracken	Sold	\$1,950,000
306 Carriage Run Rd	Annapolis	Lisa Barton	Sold	\$720,000
1041 Green Hill Farm Rd	Reistertown	Emerson O'Neill	Sale	\$425,000
323 S. Lake Dr	Stevensville	DeeDee McCracken	Sold	\$920,000
5727 Sweetwind Pl	Columbia	Becky Wibberley	Sale	\$400,000
4000 Herons Nest Way #21	Chester	DeeDee McCracken	Sold	\$650,000
302 Queens Colony High Rd	Stevensville	DeeDee McCracken	Sold	\$526,500
2501 Hermosa Ave	Baltimore	Destinee Blackstone	Sale	\$330,000
228 Wintergull Ln	Annapolis	Kevin McCracken	Sale	\$520,000
1917 Eamons Way	Annapolis	Lisa Barton	Sale	\$915,000
1970 Scotts Crossing Way #303	Annapolis	Annie Eaton	Sold	\$341,000
218 Camelot Dr	Chestertown	DeeDee McCracken	Sale	\$460,000
1313 Old Pine Ct	Annapolis	Lisa Barton	Sale	\$330,000
4915 Old Court Rd	Randallstown	Emerson O'Neill	Sold	\$485,000
12110 Lerner Pl	Bowie	DeeDee McCracken	Sold	\$581,000
3004 Bennett Point Rd	Queenstown	Kevin McCracken	Sale	\$1,320,000
2102 Chesapeake Harbour Dr E #202	Annapolis	Emerson O'Neill	Sold	\$670,000
511 Dewey Dr	Annapolis	Destinee Blackstone	Sold	\$630,000
404 Maple Ave	Ridgely	Annie Eaton	Sold	\$344,500
108 Claiborne St	Chester	Lisa Barton	Sale	\$650,000
914 Sportsman Neck Rd	Queenstown	DeeDee McCracken	Sold	\$1,050,000
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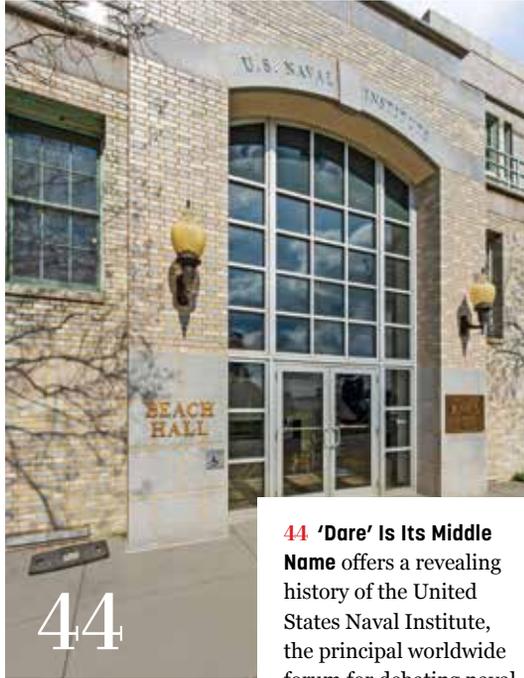
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On the Cover: 1933 Goudey Baseball Card of baseball super slugger and Eastern Shore native Jimmie Foxx. Design by August Schwartz. Contact *What's Up? Eastern Shore* online at whatsupmag.com Please recycle this magazine.

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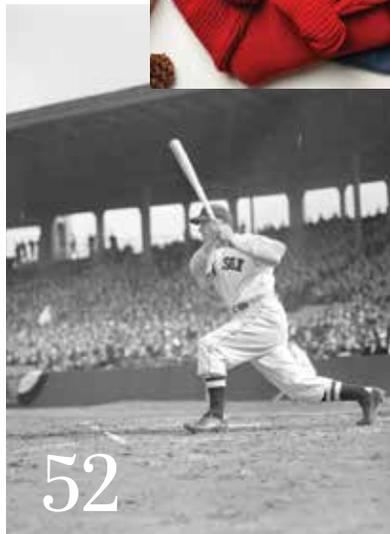
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Find new recipes here:



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editor *From the*



Fall's a coming,

AND IT FEELS LIKE A FRESH START.

Ambition is in the air. Easy to catch this vibe if you have kids or grandkids returning to school. Doubly so when the weather starts to turn. But have you noticed the exciting season that the young Baltimore Orioles are having? Talk about reviving some '83 magic forty years later on the baseball diamond. Fingers crossed, the team will be playing deep into October and beyond. Or how about the fact that for the first time in 24 years, Washington's NFL team will have new ownership when football kicks off this month. And hey...both Navy Football and the Washington Capitals have first-year head coaches and high hopes. Lots of fodder and chitchat worthy topics for when we gather with friends and family over Labor Day weekend.

This issue of *What's Up? Eastern Shore* also offers more than a few nuggets worth chewing on. Along these lines, we interviewed rookie wide receiver for the Baltimore Ravens, Zay Flowers, about his journey turning pro and how he'll fit into the team's offense under new coordinator Todd Monken. We also catch up with Navy Vice Admiral (Ret.) Peter H. Daly to talk about what's exciting at the U.S. Naval Institute, which is celebrating its 150th anniversary. The state-of-the-art Jack C. Taylor Conference

Center is an extraordinary addition to the campus. And in the cover story, "Baseball's 'Forgotten' Super Slugger," the exceptional tale of a Sudlersville farm boy turned MLB home run hero, Jimmie Foxx, is told with fresh perspective.

We also profile Andrew Rich, our Towne Athlete this month, who recently graduated from Gunston School and heads to Florida State University this fall, where he'll compete as a Division I swimmer. My own kiddos are still in elementary school, but when we consider their higher education, we'll have this issue's "Top Class" guide to navigating school and college visitations in our back pocket. It's chock full of particulars for doing so, along with many private schools' open house dates and policies for those embarking on visits this autumn.

For some everyday excitement, there's no shortage of stellar and brand-new events throughout the month. The Baygrass Music Festival to benefit Chesapeake conservation efforts launches at Sandy Point State Park with a top-shelf bluegrass and jam-themed lineup (trust me, each band is dynamite on the live stage); Maryland Renaissance Festival enters prime-time; the Annapolis Songwriters Festival brings the likes of Blondie and LeAnn Rimes to our state capital; and the Maryland Folk Festival—one of the most ambitious of its kind—takes over Salisbury. "Out on the Towne" briefs you on these highlights and more.

So, I say embrace it all...the season, the fun, the hopes for a successful academic year for each student and athletic season for every home team. Fall in the Chesapeake Bay region means crabs are at their fullest, sports and events are most plentiful, and cerebral pursuits are kickstarting at some of the nation's finest schools. The Land of Pleasant Living is getting fired up when autumn cools down. Enjoy!

James Houck,
Editorial Director

A handwritten signature in black ink, appearing to read "James", written over a large, stylized, loopy flourish that extends downwards and to the left.

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16th Annual St. Michaels Concours d'Elegance

The 16th Annual St. Michaels Concours d'Elegance on the Chesapeake Bay is headed to Kent Island Yacht Club's lawn and docks on September 22nd through 24th. The weekend will be full of Chesapeake Bay yachting and motoring while guests enjoy locally-sourced cuisine, craft libations, vendor tents, live music, and more. Find a full calendar of events at smcde.org.



Photo credit George Soss

↑ Charity Boat Auction

The Chesapeake Bay Maritime Museum in St. Michaels hosts its annual Charity Boat Auction on Saturday, September 2nd. During this rain-or-shine event, donated boats and watercraft, ranging in size and performance from cabin cruisers to sailing dinghies and everything in between, will be auctioned off to the highest bidders, beginning at 11 a.m. This is an absolute auction with no reserves or minimums—everything must go! There's also a flea market-style tag sale, starting at 8 a.m., featuring a variety of used boating gear. Visit cbmm.org/CharityBoatAuction for more information.

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The 2023 Chesapeake Film Festival will be live this year on September 30th and October 1st at the Avalon Theatre and Ebenezer Theatre in Easton. The festival will feature screenings and discussions that transport attendees to the glory days of theatre. The festival will also go virtual October 2nd through 8th where you will have another week to enjoy outstanding films at your own convenience. Find more information at chesapeakefilmfestival.com.





Shaw Bay Raft-Up Concert

ShoreRiver's Shaw Bay Raft-Up Concert is the perfect time to relax with music and scenery on September 9th from 3 to 6 p.m. Grab your raft, dinghy, paddle board, kayak, or sailboat to Shaw Bay along the Wye River for a free concert. The Eastport Oyster Boys will be performing for the 20th time with ShoreRivers and the Wye River Band will be performing for the fourth time. This concert is held each year to raise funds and awareness for clean water efforts on Maryland's Eastern Shore. Find more information at shorerivers.org.

RIDE FOR CLEAN RIVERS ↓

September 17th will be the 19th Ride for Clean Rivers at Chesapeake College. Ride the beautiful back roads of Talbot and Queen Anne's counties to support ShoreRivers work for clean waterways. Bring summer to a close with a great cause. The 62-mile ride will start at 8 a.m. and the 35- and 20-mile rides will start at 9 a.m. Register today and find more information at shorerivers.org.



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Across the Bridge



ANNAPOLIS BAYGRASS MUSIC FESTIVAL ↓

Every jam saves the bay at Annapolis Baygrass Music Festival. The festival will take place on September 30th and October 1st at Sandy Point State Park. The Annapolis Baygrass Music Festival is a conservation-focused musical event where just by having fun you are helping the Chesapeake Bay. Enjoy music from Yonder Mountain String Band, Railroad Earth, Keller & The Keels, Melvin Sales & JGB, and so many more bands. Baygrass blends the finest progressive bluegrass music with a gorgeous beachfront venue and a core mission to protect and restore the bay. Buy tickets today at baygrassfestival.com.



↑ Boatyard Beach Bash

The 18th Annual Boatyard Beach Bash to benefit the Annapolis Maritime Museum is back in Annapolis on September 9th from 4:30 to 10 p.m. Soak in the sounds of Key West with Coral Reefer band members Peter Mayer, Doyle Grisham, Eric Darken, Scott Kirby, John Frinzi, and more musicians. Radio Margaritaville host JD Spradlin will be the emcee of this year's night of music. Order your tickets at amaritime.org.



Annapolis Song Writers Festival

The Annapolis Song Writers Festival, molded after the Key West Songwriters Festival, the largest festival of its kind in the world, will be September 15th through 17th throughout Downtown Annapolis. Among the dozens of festival performances, Blondie will headline the 15th and LeAnn Rimes on the 17th, both at the City Dock stage at Susan Campbell Park. Other venues will include Rams Head On Stage, MC3 Annapolis, and Maryland Hall. Find a full lineup and get tickets to the festival at annapolissongwritersfestival.com.

↑ 25TH ANNIVERSARY ARTS ALIVE!

Maryland Hall is having their 25th Anniversary Arts Alive! party on September 8th from 6 to 10 p.m. Get ready to celebrate with nearly 500 community leaders, business executives, and arts patrons, raffles, a silent auction, food and beverages from local restaurants, live entertainment from The Nightlife Bands, and more! Get tickets and more information at marylandhall.org.



EXPERT OF THE MONTH



LORA DAVIS, CPFA®

Vice President, LPL Financial Advisor | Wye Financial Partners



Lora Davis is an Eastern Shore Native, who grew up in Queen Anne's County. After graduation from Salisbury University, she began her career as a Financial Advisor with Wye Trust Services, now known as Wye Financial Partners. Lora went on to pursue her Master of Business Administration (MBA) and has acquired other designations as well, including the Certified Fiduciary Plan Advisor. She has a passion for helping her clients navigate their financial lives, and especially enjoys helping individuals plan for and move into retirement.

I think it's time to start planning for retirement. Where do I begin?

Although most of us recognize the importance of sound retirement planning, few of us embrace the nitty-gritty work involved. With thousands of investment possibilities, complex rules governing retirement plans, and so on, most people don't even know where to begin.

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How do I know what my expenses will look like?

You'll need to account for basic living expenses, from food to utilities to transportation. And don't forget that you may still be paying off your mortgage or funding a child's education well into retirement. You will also need to figure out how you will pay for health insurance until at least age 65, when you will be eligible for Medicare. Finally, be realistic about how many years of retirement you'll have to fund as many people are living longer.

How do I know what to expect my income to be after retirement?

Identify the sources of income you'll have during retirement, and the yearly amount you can expect to receive from each source. Common sources of retirement income include Social Security benefits, pension payments, distributions from retirement plans [e.g., IRAs and 401(k)s], and dividends and interest from investments. If you find that your retirement income will probably meet or exceed your retirement expenses, you're in good shape. If not, you need to take steps to bridge the gap. Consider delaying retirement, saving more money, or taking more investment risk.

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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



September 1

Easton's First Friday Gallery Walk in Downtown Easton; 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.

Maryland State Fair at the Maryland State Fairgrounds in Timonium; through September 10th; marylandstatefair.com; The 142nd Maryland State Fair, open for three long weekends this summer.

September 2

Maryland Renaissance Festival at the Anne Arundel County Fairgrounds in Crownsville; rennfest.com;

The Maryland Renaissance Festival is open every weekend through October. There will be plenty of entertainment including sword swallowing, STREETspare, jousting, and so much more.

September 3

First Sunday Arts Festival on West Street in Annapolis, 11 a.m. to 5 p.m.; 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.

September 7

September Sunsets Concert Series at Annapolis

olis Maritime Museum in Annapolis, 6-8 p.m.; Thursdays in September; amaritime.org; The Tides & Tunes Summer Concert Series continues the fun of the summer with 4 weeks of great music—from rock to funk to hip-hop—with the incomparable backdrop of our Park Campus. Concerts are free.

September 8

Jacob Sloan Memorial Golf Tournament at Queenstown Harbor Golf Course in Queenstown, 8 a.m.; thejacobsloanfoundation@gmail.com; Come out and join us for 18 holes on beautiful Queenstown Harbor, raffle prizes, door prizes, an air cannon, and more. Jacob Sloan foundation pledges to make a difference by providing financial support to children and families in need, the arts, athletics, and communities that need assistance.

September 9

Chestertown Jazz Festival at Wilmer Park in Chestertown, 12 to 6 p.m.; garfieldcenter.org; 'Take Five.' It could mean a five-minute break from a busy schedule, but often we think of the musical wonder that is the 'Dave Brubeck's Quartet' famous jazz standard.

Bushels & Brews at the Hummingbird Inn in Easton, 5 to 8 p.m.; discovereaston.com; A traditional Eastern Shore style crab feast featuring the best Maryland blue crabs, local sweet corn, and roasted red potatoes expertly steamed and prepared by LNT Seafood.

September 10

1st Annual Kent Island Classic Pickleball Tournament - Crabby Pickleball Club at Mowbray Park in

Stevensville; September 9th and 10th; pickleball-den.com; A level and age-bracketed tournament sponsored by Queen Anne's County Parks and Recreation and Joola. Venues will be held at Mowbray Park. This tournament is part of the ESPA 2024 season.

September 13

Deeohgee at the Stoltz Listening Room at Avalon Foundation in Easton, 8 p.m.; avalonfoundation.org; Formerly touring under the name "Blackfoot Gypsies", DeeOhGee have dropped the old name but kept the same spirit. Now comprised of Matthew Paige, Zack Murphy, and Dylan Whitlow, the band covers a huge spectrum of instruments—everything from timpani to pianos and banjos to harmoniums.

September 14

2023 Claws for a Cause benefitting UM Shore Energy Center at Queenstown at the Fisherman's Crab Deck in Grasonville, 5:30 to 9 p.m.; ummhospfoundation.org; Claws for a Cause an old-fashioned Eastern Shore crab feast to benefit the UM Shore Emergency Center at Queenstown.

Eastport Yacht Club Foundation Virtual Auction virtual event; charityauction.bid/EYCFoundation; Join Eastport Yacht Club Foundation's Virtual Auction for its once-a-year fundraising effort. Choose from dozens of fabulous items: cruises, getaways, dining experiences, local art, jewelry and more.

September 15

Food Truck Night at Crumpton Volunteer Fire Department, 5 to 8 p.m.; visitqueenannes.com; Join Crumpton Volunteer Fire Department for its

Food Truck Night. Lots of delicious food to choose from.

Outdoor Movie Night at Thompson Park in Easton, 8 p.m.; tourtalbot.org; Bring a chair and a blanket for cinema under the stars! Movie nights are free events for all ages. There will also be a free inclusive craft activity at 7 p.m. for the early birds!

September 16

31st Annual Native American Festival at Ball Field in Vienna, 10 a.m. to 6 p.m.; turtletracks.org.

Chestertown A&E Fall Art Walk in Downtown Chestertown, 10 a.m. to 3 p.m.; kentcounty.com; Come to the Chestertown Arts & Entertainment District's ART WALK. Dozens of artists and artisans will be selling works at galleries, storefronts, restaurants and around town. Live music throughout town.

Turtle Paddle at Sultana Education Foundation in Chestertown, 10 a.m.; sultanaeducation.org; Be prepared to view dozens of Eastern Painted Turtles and Red-Bellied Turtles as you explore wild Tuckahoe Creek, a major tributary of the Choptank River. Sultana Education Foundation's public paddles are a great way to explore the shallow creeks, streams, and rivers that flow to our nation's largest estuary.

2nd Annual Birds and Brews Run at Chesapeake Bay Environmental Center in Grasonville, Noon; bayrestoration.org; A fun one-mile run/walk along CBEC trails with 4 stops to sample beers from Maryland Breweries. Each runner registration is \$35 (must be 21 years or older to participate).



There's a slew of charity golf tournaments this month taking place at local and regional courses.

September 17

Vance Gilbert at the Stoltz Listening Room at Avalon Foundation in Easton, 8 p.m.; avalonfoundation.org; 30 years into his career, Vance Gilbert's influence can be felt all over the contemporary folk and americana realm as he has helped pave the way for many of the BIPOC artists who have followed.

Women, Wine, & Wisdom at Federal House Bar and Grille in Annapolis, 7 to 9 p.m.; covingtonalsina.com; Half an hour of social time, networking, wine, and appetizers is followed by an open, round-table discussion of a topic that is important to women. This month's topic will be Buying vs. Leasing a Car, and the speaker will be Billy Sadtler of Annapolis Subaru.

September 21

"Give Purpose to Your Game" Golf Tournament at Compass Pointe Golf Course in Pasadena, 7:30 a.m.; members.annearundelchamber.org; This is an incredible opportunity to raise needed funds that will help make a difference in the lives of many children and families in our communities.

September 22

Haven Ministries Golf Tournament at Queenstown Harbor Golf Course in Queenstown; haven-ministries.org; Enjoy a great day of golf while supporting Haven Ministries.

September 23

Rev 3 Mighty Matapeake at Matapeake Beach in Stevensville, 8 a.m.; runsignup.com; Come experience the Matapeake Beach area with a 1/2 mile swim in the Chesapeake Bay, a 12 mile out-and-back bike ride along the straight and flat Route 8 (Romancoke Road) corridor, and then it's back out for an out-and-back 3.1 mile run on the South Island Trail.

The 58th Annual Atlantic Coast Gem Mineral Jewelry and Fossil Show at the Howard County Fairgrounds in West Friendship, 10 a.m. to 6 p.m.; through September 24th; gemcuttersguild.com; Award-winning displays of jewelry, gems, minerals, fossils and lapidary art will be offered.

Talbot Hospice's Gala at the Historic Wye House in Easton, 6 p.m.; talbothospice.org; The Talbot Hospice Fall Gala is back at the Wye House this September.

September 28

Hospice of the Chesapeake's 20th Annual Golf Tournament at Queenstown Harbor in Queenstown, 10 a.m.; hospice-chesapeake.org; The day includes a full breakfast by Main & Market; lunch at the turn by Buddy's Grill with RaR craft beer, Puss-er's Painkillers, a Bourbon Bar, and hand-rolled Cigars from The Cigar Box; an awards banquet by Two Rivers Steak & Fish House; beverages on the course; range time; greens fees; golf cart; and goodie bag.

World is Your Oyster Fest at B&O Railroad Museum in Baltimore, 5 to 10 p.m.; oysterrecovery.com; World is Your Oyster Fest will showcase local oyster farms and the regional delicacies that have earned ORP's annual event the reputation as best seafood and raw bar event in Baltimore!

September 30

9th Annual Arts in the Park Festival at Chesapeake Arts Center in Brooklyn Park; chesapeakearts.org.

Festival on the Green at Crofton Country Club in Crofton, 10 a.m. to 4 p.m.; croftonchamber.com; Support the Crofton Chamber of Commerce at the Crofton Country club with music, vendors, entertainment and more.

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For All Seasons' Bella Notte

For All Seasons Behavioral Health and Rape Crisis Center recently hosted Bella Notte, an event supporting community mental health on the Eastern Shore. Donors and community members gathered at Scossa Restaurant & Lounge in Easton for an authentic taste of Italy. Supporters learned about the agency's work providing 50,000 mental health services per year and donated to ensure that all community members have access to mental health services, regardless of their ability to pay. Learn more at forallseasonsinc.org.

Photography courtesy For All Seasons.

1. Peggy Ford, Dorie McGuinness, Jeff McGuinness, and Karen Kaludis **2.** Dr. Michael Fisher, Karen Fisher, Sally Heckman, and Tom Mitchell **3.** Brian and Shelly Gearhart **4.** Singer Mike Sousa and Shelby Swann **5.** Chuck and Stephanie Lennon



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↑ Shore United Bank Donates to St. Michaels Community Center

Shore United Bank recently invested \$10,000 supporting the St. Michaels Community Center's capital campaign to renovate its aged building at 103 Railroad Avenue. The renovations began in late 2022 and are on schedule to be completed by the end of 2023.

"Investing in the St. Michaels Community Center's renovations and giving back in this way can make a lasting impression on someone's life and throughout our entire community,"

SAID SHORE UNITED BANK VICE PRESIDENT, BRANCH MANAGER PARKER SPURRY.

The funding supports the Community Center's total renovation of its World War II-era building that originally was a lumber warehouse. The renovated structure will include modern, well-equipped classrooms for after-school programs, summer camps, and adult education, along with a Technology Center to provide online classes offered by Chesapeake College and a home for a retail entrepreneurship training program. Learn more at stmichaelscc.org/homestretch.



Flags for Cancer Raises Awareness & Funds

The Tidewater Rotary Club presented the 4th edition of Flags for Cancer, an event that raises awareness and funds for cancer research and support. Throughout the month of August, Easton was adorned with vibrant flags, each color symbolizing a different type of cancer and honoring those who have faced the disease. Supported by generous individuals and businesses, Flags for Cancer's primary goal is to keep cancer at the forefront of public consciousness while providing essential fundraising for local organizations dedicated to helping individuals in need. The money raised from the event directly benefits groups in the Delmarva region including the Mike Menzies Fund, The Richard Slaughter Fund, Maryland Shore Pancreatic Cancer Foundation, and patients in need of funding at the Cancer Center. In addition, a portion of the proceeds will benefit Tidewater Rotary Club's continuing support of the many efforts within Talbot County. Learn more about Flags for Cancer at TidewaterRotary.org/Flags.



↑ UPPER SHORE AGING RECEIVES \$33,000 TMOBILE HOMETOWN GRANT

Upper Shore Aging was recently awarded a \$33,000 T-Mobile Hometown Grant to update the Talbot County Senior Center's technology at the Brookletts Place computer lab, including 20 computer stations to provide the senior community with access to connectivity, classes, and hands-on learning opportunities. Brookletts Place is part of Upper Shore Aging, Inc., a nonprofit organization that is the designated Area Agency on Aging (USA) for Talbot, Caroline, and Kent counties. T-Mobile has been investing in rural towns for over five years and to date, has distributed \$9 million among 42 states for grant projects. "I want to thank everyone for coming to this celebration and I want to thank T-Mobile for selecting us," stated Childlene Brooks, Manager of the Talbot County Senior Center at Brookletts Place. "The Center is one of 25 grantees in the nation that received an award. We are blessed." Learn more at uppershoreaging.org.

Bountiful Home Raises Funds for Chase Brexton Health Care ↓

Interior designer and retailer, Jamie Merida, demonstrated support for the LGBTQ+ community this summer by donating nearly \$1K to Chase Brexton Health Care after the success of the first Bountiful Home in-store fundraiser during Easton Pride Weekend, when 20 percent of sales were donated toward this important cause. The city-wide Easton Pride Weekend attracted a diverse and enthusiastic crowd, including community members, local influencers, and supporters of equality. "I am grateful to our customers that we are able to contribute to a deserving organization like Chase Brexton," Merida said. Learn more at jamiemerida.com.



THIRD ANNUAL VETERANS BBQ A SUCCESS

Local U.S. Armed Services veterans were honored by Eglseider Wealth Management Group during their 3rd Annual Veterans BBQ held this past Flag Day at Eglseider Wealth's offices in Easton. Eglseider Wealth Management Group hosts this client event every June to celebrate and honor veterans and their families. Represented at the event included veterans from the U.S. Air Force, Army, Coast Guard, Marines, National Guard, and Navy. "This old-fashioned BBQ is one of our favorite events to host each year," said Group President Scott Eglseider. "We are very happy to show, even in this small way, how much we value and appreciate those amongst us who have sacrificed for our country." More information is available at eglseiderwealth.com.

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

Andrew Rich

Gunston School Swimming

By Tom Worgo

Gunston School has produced its share of great athletes over the past two decades, and then there's Andrew Rich.

Rich, a recent graduate of the school, has regularly competed in national swimming events up and down the East Coast, including the International Swim Coaches Association Nationals as recently as March. Rich developed his skills competing for the Naval Academy Aquatic Club, and he holds a bunch of records there.

"He will definitely be an Olympic Trial qualifier," Naval Academy Aquatic Club Head Coach Hilary Yager says. "He will be in that category, which is pretty unique and elite."

All of that success landed him a spot on the Florida State University Swim team. Rich signed a National Letter of Intent in January.

"He is probably one of the most talented and decorated athletes to ever come through Gunston," Athletic Director Josh Breto says. "We have maybe one or two Division I athletes a year. It's one of the more high-caliber colleges we have ever sent an athlete to."

Two things greatly appealed to Rich about Florida State long-time Head Swimming Coach Neal Studd and the attention and respect the Seminoles' program receives. Studd was named his conference's Coach of the Year six times and he also coached the 2012 Olympic team.

Studd's men's team finished ranked 22nd in the country in the 2023 College Swimming & Diving Coaches Association of America final poll.

"They have a much better coach," Rich says, comparing him to other college coaches. "The swimming team shares all the training facilities

“ HE IS PROBABLY ONE OF THE MOST TALENTED AND DECORATED ATHLETES TO EVER COME THROUGH GUNSTON ”

and the nutritionists with the football team. They have really great training equipment, which benefits the swimmers there."

To prepare for the upcoming season that starts in mid-September, the 6-foot, 172-pound Rich went down to Tallahassee, Florida, in mid-June for grueling weight-training workouts and swimming practices. That means eight or nine sessions across seven days.

Rich, who specializes in the freestyle, feels the practices will be very beneficial for him and help him get his swimming times down.

"I want to grow as a swimmer and see if I can get closer to making The Olympic trials," Rich says. "I want to do it to get the feel of the atmosphere and my teammates. I want to work out with the other athletes lifting weights, too."

It was inevitable that Rich would swim in college. The website Swimcloud.com ranked him 2023's No. 4 recruit in Maryland and No. 109 nationally.

The 19-year-old Rich, who was named a USA Swimming Scholastic All-American last year, just didn't expect it to be at such a big-name school.

"I wasn't sure I could go there," Rich says. "When I started looking at colleges, I was considering Division I mid-major and smaller schools. When I started dropping my swimming times, I looked at bigger schools. When I visited, I loved the school and asked coach Studd, 'What do I have to do to go here?'"

Rich has been swimming for 13 years, starting at the Naval Academy Aquatic Club at age six. He cherishes what he accomplished with the program. Rich broke seven club records. They came in the 100- and 200-meter backstroke, the 100 butterfly, and the 50, 100, and 200 freestyle. Rich also swam a leg on nine different relay teams that broke records.

"For years, I tried to lead the guys to a championship," Rich says. "We were close and took second this year (among 35 teams). I wanted to make the biggest impact I could. Breaking all the records gives younger swimmers goals. Anytime I was swimming, I wanted to go as fast as I could so I could get those records."

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

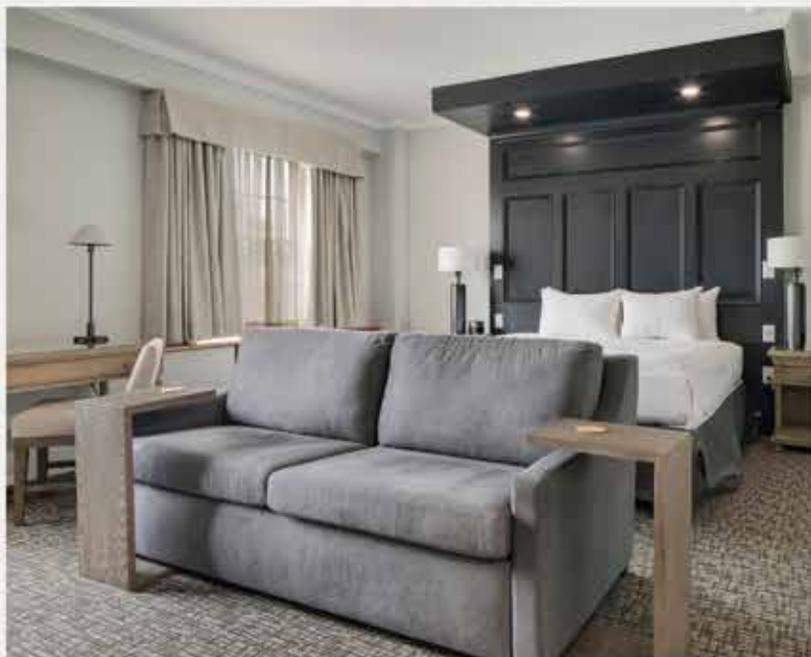
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Zay Flowers

Baltimore Ravens Rookie
Wide Receiver

By Tom Worgo | Photograph courtesy Baltimore Ravens

The Baltimore Ravens' 2023 first-round pick, Zay Flowers, could be a difference-maker at the wide receiver position—something the team has longed for over many years. He was considered more pro-ready than many of his predecessors at the position. The 5-foot-10, 185-pound Flowers radiates confidence, possesses great speed that allows him to get deep for touchdowns and he can gain big chunks with his after-the-catch ability.

"I can do everything," Flowers says. "Short throws, intermediate routes, and going deep. I absolutely can make an impact."

Ravens' first-year Offensive Coordinator Todd Monken says he wants to "get creative" by moving Flowers around a lot so defenses will have a hard time containing him.

Flowers, whom Baltimore picked 22nd overall out of Boston College, will have a great mentor in wide receiver Odell Beckham, Jr., a Super Bowl winner and three-time Pro Bowler. The team signed Beckham in the offseason.

Flowers will also be catching passes from former NFL MVP and quarterback Lamar Jackson, who signed a \$260 million contract in May.

What's Up? recently talked to Flowers about the relationships with Jackson and Beckham, what he likes about the team's offense, and what it was like growing up with 13 siblings.

What do you like about the Ravens' new offense?

I like everything about it. I think it really fits my playing style. I think I will be able to make an impact, that is moving around a lot. I have the speed and will be able to benefit at every level with this offense: deep balls, intermediate routes, and short balls. It will all just come together.

It must be pretty exciting being able to play with former league MVP and quarterback Lamar Jackson. He's great at running and passing the ball. Do you look at it as a great situation playing with him?

It's been great working with him. Learning how he sees the game and how he throws the ball. He is so confident. It is like a chill type of confidence. It makes you relax because you don't want anybody back there that is thinking a lot. He just plays the game the right way and he complements me really well. When he talks, you really listen. He just knows how to win. It's just going to push me more to help the team win.

What have your interactions been like with Odell Beckham, Jr., or as they call him OBJ? Do you feel you can learn a lot from him?

We have chilled a lot together. He has been watching me and giving me tips here and there. We have broken down a lot of routes and he has shown me what I can do better. He has given me a better feel for the game. I used to watch him when I was young, and I admire how he played the game. Our games are similar in a way. We can both run well after the catch.

Can you tell me what your draft experience was like?

It was really great. I just tried to enjoy every moment of it. It was a dream

come true. I know how much work I put in just to get to that point. So, I enjoyed it with my brothers and sisters and everyone else in my family.

You received so much media attention like you were one of the first few picks in the draft. What is it like being in the spotlight every day? Did you enjoy that?

Honestly, I really didn't pay attention to it. I just had one goal and that was to get drafted. I paid more attention to my goal than the people around me and what they were saying on Twitter and Instagram. I think it was positive because I was really able to get my name out there and my story. It helped me build my brand.

How did you end up at Boston College since you lived in Florida? Were you that highly recruited and what other schools were you considering?

I didn't have many offers coming out of high school. Boston College was one of the only ones that wanted me. I wanted to go somewhere where I would get a great opportunity to reach my goals. North Carolina State was the only other school that really wanted me.

What was it like growing up as one of 13 siblings? Was there sibling rivalry and did it help you in life?

I think it was amazing when I look back. I appreciate everything I went through with them and just being with them. Everything was a competition. We would see who is

the fastest, who is better at basketball and football. I think it helped me as I got older. My siblings will be my friends for the rest of my life. It was a struggle because there were so many of us and my dad was by himself [Flowers' mother died in 2005]. He made it work.

One of the first things you did when you turned pro was buy a new car for your father. He had to be a big influence on you.

He was the biggest influence on my life. He taught me how to work. He was there for us mentally, and physically, and did the best to his ability that he could. I really appreciated that. I bought him a Mercedes and he was super happy. He picked me up for the next three days and took me to practice.

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For parents and students, researching and visiting schools or colleges can be life-changing experiences. Gaining first-person perspective, on-site optics, and meeting the administrations of potential schools are instrumental to making one of life's most important decisions—choosing the right school. This guide provides tips for navigating your school search, as well as a comprehensive list of regional schools, colleges, and learning centers offering open house, campus tours, virtual seminars, and programs for all ages.

If you're considering school visitations this fall, or in the near future, here are several tips and considerations when planning.

1 MAKE A LIST AND MAP THE SCHOOLS OUT. Before the application process begins, curate a list of all potential schools, research them, and narrow them down. Once you have reduced your list to the top contenders, it's time to start planning your campus visits. Ideally, you'll want to visit every school you are strongly considering, so map out each school and plan accordingly.

2 ORDER MATTERS. Try to visit your top school(s) last. As you visit more campuses, you'll start to get a better idea of your likes and dislikes. Throughout the process, you will gain a better sense of questions to ask and places on campus you want to see and you will know what to look for by then.

3 TIMING IS CRUCIAL. Plan your visit while school is, hopefully, in session. Observing student life will give you an authentic view of the school and will (hopefully) help you envision yourself as a student there.

4 EXPLORE ON YOUR OWN. The official campus tour will highlight the school's best features, so make sure to spend extra time exploring parts of campus that weren't shown on your tour. This will be the best time to observe students, check out any departments you're interested in, or sit in on a class or lecture.

5 TALK TO CURRENT STUDENTS. It's your tour guide's job to give the best impression possible of their school, making them a biased source. While the information your guide gives you is crucial, you may want to secure a more candid impression by talking to current students. Ask students anything that wasn't covered on the tour: What is student life like? Is it easy to meet and make friends? Is there a lot of diversity on campus? Is it difficult to adjust?

6 DOCUMENT EVERY VISIT. If you plan to visit several schools, make sure to document each visit. Take pictures, jot down some notes, or record a voice memo to highlight your favorite—or least favorite—aspects of each school. Going on several tours within a short period of time can be chaotic, so this will help you separate and compare each visit.

7 KEEP AN OPEN MIND. Your priorities during your initial school search may completely shift once you start touring, so remain openminded. Walk onto every campus with a positive attitude and save your judgments until the end of the tour.

The following list of regional schools, colleges, and learning centers advertise within the What's Up? Media family of publications. Please consider calling them directly to confirm open house dates, visitation guidance, and program availability. Schools are listed alphabetically.



PRIVATE SCHOOLS

Annapolis Area Christian School

- Lower Annapolis Campus – 710 Ridgeley Avenue, Annapolis; Severn Campus – 61 Gambrells Road, Severn; 410-846-3504; 410-846-3505; aacsonline.org; AACIS is an accredited K-12 private, co-ed, school with four campuses in AA County. We provide an excellent, distinctively Christian education. Lower school parent preview days from 9 to 10:30 a.m. on September 27th, October 20th, and November 16th at the Severn location and October 3rd, November 2nd, and December 1st at the Annapolis location.

Annapolis Area Christian School - Middle

716 Bestgate Road, Annapolis; 410-846-3506; aacsonline.org; AACIS is an accredited K-12 private, co-ed, school with four campuses in AA County. We provide an excellent, distinctively Christian education. Discover AACIS is on January 30th, 2024 from 7 to 8 p.m. Visit days are on October 12th and December 7th from 9 a.m. to noon.

Annapolis Area Christian School

- Upper 109 Burns Crossing Road, Severn; 410-846-3507; aacsonline.org; AACIS is an accredited K-12 private, co-ed, school

with four campuses in AA County. We provide an excellent, distinctively Christian education. Discover AACIS is on October 17th, 7 to 8 p.m. Visit days on October 23rd, December 4th, and January 24th from 9 a.m. to noon.

Archbishop Spalding High School

8080 New Cut Road, Severn; 410-969-9105; archbishop-spalding.org; Spalding is a coed, college preparatory school that serves students in the greater Annapolis and Baltimore areas. It is a Diocesan school of the Archdiocese of Baltimore. Open House set for October 29th from 12 to 2 p.m. Students can register online to schedule Shadow Days.

Calvert Hall 8102 La Salle Road, Baltimore; 410-825-4266; calverthall.com; Calvert Hall is an independent, all-boys Lasallian Catholic college preparatory high school attracting students from more than 100 zip codes. Calvert Hall's Open House will take place on Saturday, November 11th. Registration is required. Cardinal for a Day visits begin September 28th and run through December.

Divine Mercy Academy 8513 St. Jane Drive, Pasadena; 410-705-0778; divinemeracy.md; Divine Mercy Academy is an independent private

day school in the Catholic tradition for children in Kindergarten through 8th grade. Shadow days available. Open House is scheduled for November 16th at 6:30 p.m.

Elizabeth Seton High School

537 Emerson Street, Bladensburg; 301-864-4532; setonhs.org; At Seton, our students take center stage and occupy every role. An all-girls school provides an environment where female students can express themselves freely, and develop higher cognitive skills, increased self-confidence, and broader interests. Open House is set for November 5th, Roadrunner for a day is on September 13th & 28th, October 12th & 25th, and Coffee & Conversation is on September 18th and October 16th.

Glenelg Country School

12793 Folly Quarter Road, Ellicott City; 410-531-8600; glenelg.org; Glenelg Country School cultivates a community that stimulates students to realize their highest potential. Outstanding academic and enrichment opportunities nurture a passion for lifelong learning, personal integrity, and respect for others. Discovery Days scheduled for October 20th, November 7th, December 6th, January 9th, February 21st,

and April 11th. Upper School event on November 1st. Private family tours and virtual introductions are also available.

Holy Trinity: An Episcopal School

13106 Annapolis Road, Bowie (Primary School); 11902 Daisy Lane, Glenn Dale (Daisy Lane School & High School Prep); 301-262-5355 or 301-464-3215; htrinity.org; Holy Trinity features the Primary School campus for grades 1-4, while The Daisy Lane School and High School Prep campus houses preschool and kindergarten and grades 5-8. Open House is set for October 20th from 9:30 to 11:30 a.m. and February 9th from 9:30 to 11:30 a.m.

Indian Creek School

1130 Anne Chambers Way, Crownsville; 410-849-5151; indiancreekschool.org; Indian Creek is a co-educational, college preparatory independent school located on a 114-acre campus in Crownsville. Students in Pre-K3 through grade 12 receive a vibrant educational experience based on excellent academics steeped in strong student-teacher connections. Open House dates: October 10th (Middle & Upper school students admission tours begin), October 16th (Shadow visits begin), November 2nd and December 14th from

6 to 7:30 p.m. for the Upper School, November 9th from 9 to 10:30 a.m. for the Lower School, and November 14th from 9 to 10:30 a.m. for the Middle School.

Kent School 6788 Wilkins Lane, Chesertown; 410-778-4100; kentschool.org; Kent School is a regional, independent day school serving students from Pre-Kindergarten through 8th grade. Contact the school directly for your individual tour.

Key School 534 Hillsmere Drive, Annapolis; 410-263-9231; keyschool.org; Key School is a coeducational, progressive, college-preparatory day school with a picturesque 15-acre campus located in Hillsmere Shores and a 70-acre athletic park located in Annapolis Roads. Information Sessions are scheduled for October 16th from 9:00 to 9:45 with an optional tour from 9:45 to 10:30 a.m. for the lower school and October 24th from 6:30 to 7:30 p.m. for the upper school. The first school open house is November 4th from 9 to 10:30 a.m. and the middle school open house will be the same day from 10 a.m. to noon.

Maryvale Preparatory School 11300 Falls Road, Lutherville; 410-252-3366; maryvale.com; As a school, we are

steadfast in our goal to prepare girls to be the next generation of leaders for a new world. Our size, resources, commitment to innovation and highly personalized partnership with each student and parent in the Maryvale community allow us to continue to deliver on this goal now and in the future. Meet Maryvale on October 19th and November 9th from 9 a.m. to 10:30 a.m.

McDonogh School

8600 McDonogh Road, Owings Mills; 410-363-0600; mcdonogh.org; Embracing diversity of background, culture, and thought, the school builds upon its founder's original mission to provide life-altering opportunities and to develop in students the will "to do the greatest possible amount of good." Weekday admissions tours beginning in September. Please check mcdonogh.org for dates and times.

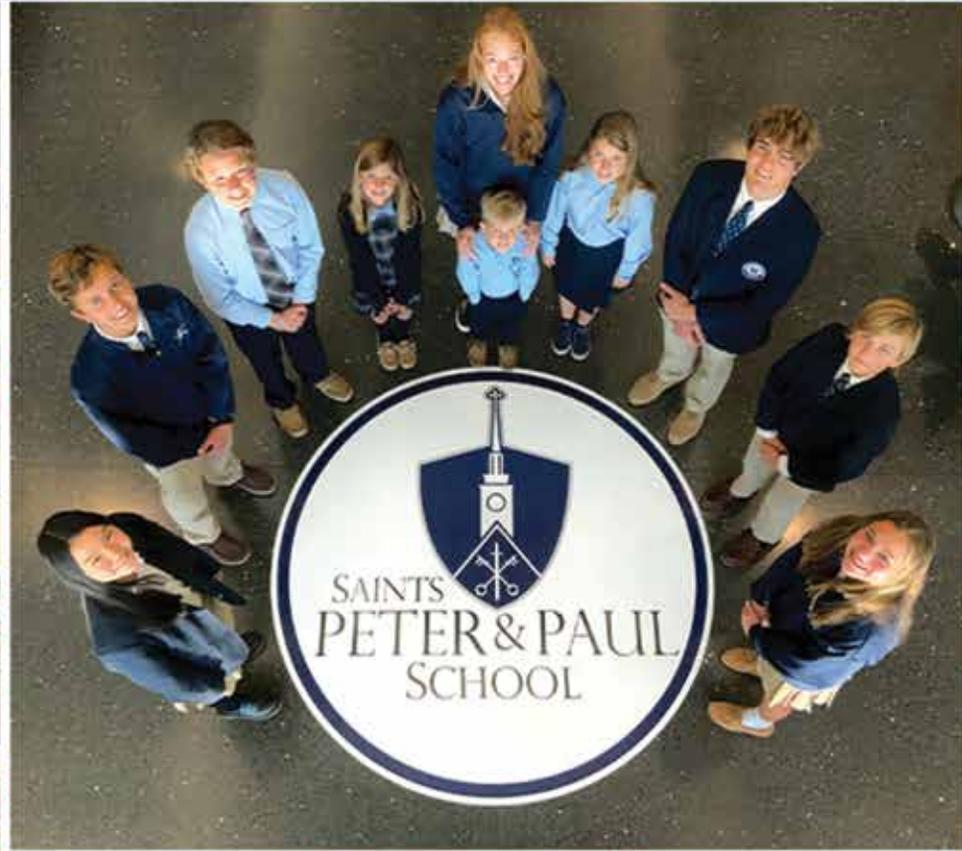
Monsignor Slade Catholic School

120 Dorsey Road, Glen Burnie; 410-766-7130; msladeschool.com; Monsignor Slade is part of the Archdiocese of Baltimore and located in northern Anne Arundel County on a 10.5-acre campus. Open Houses scheduled for November 10th from 8:30 to 10:30 a.m. and January 28th, 2024 from 11 a.m. to 1 p.m.



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410.758.2922 www.wyriverupperschool.org Centreville, MD

Montessori International Children's House

1641 N. Winchester Road, Annapolis; 410-757-7789; montessori-international.org; Recognized by the Association Montessori International, Montessori International Children's House educates students ages 18 months through 6th grade. Extended Day Available. Please contact the school directly for information on tours and observations.

Naval Academy Primary School

74 Greenbury Point Road, Annapolis; 410-757-3090; napschool.org; Naval Academy Primary School is an independent, co-educational school with ties to the U.S. Naval Academy, serving civilian and military families alike. Open House will be on November 5th and January 28th, 2024 from 1 to 3 p.m.

Odenton Christian School

8410 Piney Orchard Parkway, Odenton; 410-305-2380; ocs.odenton-baptist.org; Odenton Christian School follows the A Beka curriculum. In addition, OCS offers many real-world electives. Contact school directly for guidance on visitations, tours, etc.

Radcliffe Creek School

201 Talbot Boulevard, Chestertown; 410-778-8150; radcliffecreekschool.org; Radcliffe Creek

School focuses its curriculum on multi-sensory learning. It serves students from Kent, Queen Anne's, Talbot, Dorchester, Cecil, Caroline, and Anne Arundel counties. Open House events are scheduled for October 24th at 9am and January 25th at 9am. Please contact the school directly for more immediate guidance on visitations, tours, etc.

Rockbridge Academy

680 Evergreen Road, Crownsville; 410-923-1171; rockbridge.org; A K-12 classical Christian school based on the centrality of Christ in all things, including the education of children. "Using the trivium, an age-old proven classical methodology, outcomes speak for themselves. Root them in love; surround them in truth; ready them for the world. Come, join our loving, supportive community." Open Houses on October 9th and February 5th, 2024. Preview Night will be November 10, 2023. Shadow days offered to prospective applicants in grades 4 and higher for half or full days. Parents can reach out to admissions@rockbridge.org to schedule a date after October 1st.

Roland Park Country School

5204 Roland Avenue Baltimore; 410-323-5500; rpcs.org; RPCS is an independent school for girls in Grades

K-12, with a coed preschool (Little Reds) for children 6 weeks through 5 years. Open house is scheduled for September 30th from 10 a.m. to 12 p.m.

St. Andrew's Day School

4B Wallace Manor Road, Edgewater; 410-266-0952; school.standrewsum.org; Saint Andrew's is an independent school located on a 20-acre campus and offers engaging After School Enrichment Programs. Open House scheduled for October 26th from 9 to 11 a.m.

St. Anne's School of Annapolis

3112 Arundel on the Bay Road, Annapolis; 410-263-8650; st.anneschool.org; St. Anne's invests in the intellectual and spiritual promise of each student in a community that celebrates diversity and upholds the dignity of every human being. A virtual middle school (Fifth through Eighth Grade) Open House is on Wednesday, October 18th at 7:00 p.m. In-person Open House dates are set for Wednesday, October 25th at 8:30 a.m. for middle school (Fifth through Eighth Grade) and Thursday, October 26th at 8:30 a.m. for lower school (Kindergarten through Fourth Grade). Program for Young Children (Twos through Prekindergarten) open house set for Thursday, November 9th at





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St. John the Evangelist School

St. John the Evangelist School, 669 Ritchie Highway, Severna Park; 410-647-2283; stjohnspschool.org; Located on over thirty acres, St. John the Evangelist School offers rigorous academics in a nurturing environment for students in Pre-K through 8th grade. Open Houses will be held on Tuesday, October 3rd and Tuesday, January 30th. Advance registration is required to attend both either event. Contact Lynne Fish at LFish@stjohnsp.org for guidance.

St. Margaret's Day School

1605 Pleasant Plains Road, Annapolis; 410-757-2333; stmargaretsdayschool.org; St. Margaret's Day School is located on the Broadneck peninsula on the historic campus of St. Margaret's Church. The school is accredited by the National Association of the Education of Young Children. Fall Open House date is October 18th from 9:15 to 11:15 a.m.

St. Martin's-in-the-Field Episcopal School 375-A Benfield Road, Severna Park; 410-647-7055;

smartinsmd.org; St. Martin's combines aspects of the humanities, mathematics, arts, technology, and the sciences from, encouraging students to discover their potential while learning with confidence, compassion, and character.

Open house scheduled for October 18th from 10 a.m. to 2 p.m.

St. Mary's High School

113 Duke of Gloucester Street, Annapolis; 410-263-3294; stmarysannapolis.org; As a Roman Catholic, parish high school, St. Mary's is committed to honoring the dignity of each individual as a person created in the likeness of God. Open House Dates: Elementary School (Pre-K through Grade 8): Friday, November 3, 9 am; High School (Grades 9 through 12): Sunday, November 5, 2 pm

St. Timothy's School

8400 Greenspring Avenue, Stevenson; 410-486-7401; stt.org; An all-girls, episcopal boarding and day school for grades 9-12, offering the globally respected IB curriculum "in a community of inquiry, creativity, and kindness." Contact school directly for guidance on visitations, tours, etc.

St. Vincent Pallotti High School 113 St. Mary's Place, Laurel; 301-725-3228; pallottihs.org; St. Vincent

Pallotti High School is a college preparatory school in the Archdiocese of Washington, and serves students from Anne Arundel, Howard, Montgomery, and Prince George's counties. Contact school directly for guidance on visitations, tours, etc.

Ss. Constantine & Helen Preschool

2747 Riva Road, Annapolis; 410-573-2078; ssschschool.org; SSCH provides comprehensive, hands-on curriculums that inspire curiosity and exploration. Contact school directly for guidance on visitations, tours, etc.

Ss. Peter & Paul Elementary School

900 High Street, Easton; 410-822-2251; ssspeaston.org; Sts. Peter & Paul School is a college preparatory school, and is the only Catholic, PreK-12th grade school on the Eastern Shore. Open house events to be determined. Call school for details.

Ss. Peter & Paul High School

1212 S. Washington Street, Easton; 410-822-2275; ssspeaston.org; Sts. Peter & Paul School is a college preparatory school, and is the only Catholic, PreK-12th grade school on the Eastern Shore. Open house events to be determined. Call school for details.

School of the Incarnation 2601

Symphony Lane, Gambrills; 410-519-2285; schooloftheincarnation.org; Located on a 26-acre campus in central Anne Arundel County, School of the Incarnation is a coeducational school and operates under the Archdiocese of Baltimore. Open house is set for January 27th, from 8:30 a.m. to 11:00 a.m.

Severn School - Chesapeake Campus (Lower)

1185 Baltimore Annapolis Boulevard, Arnold; 410-647-7700; severnschool.com; Severn School is a college preparatory school. The 4-acre lower campus offers an outdoor science learning center and learning pavilion. Open House scheduled for October 4th from 9 to 11 a.m.

Severn School - Teel Campus (Middle/Upper)

201 Water Street, Severna Park; 410-647-7700; severnschool.com; Severn School's upper campus is situated on 19 acres, and offers the Stine Environmental Center, which is located along the Severn River. Open House scheduled for October 19th from 7 to 9 p.m.

The Boys' Latin School of Maryland

822 West Lake Avenue, Baltimore; 410-377-5192; boyslatinmd.com; Founded in 1844, Boys' Latin School of Maryland is an all-boys indepen-

dent school serving boys in grades K-12. Open house set for October 8th at 10 a.m. Register for Open House at boyslatinmd.com/admissions/openhouse

The Calverton School

300 Calverton School Road, Huntingtown; 410-535-0216; calverton-school.org; Founded in 1967, The Calverton School is an independent college preparatory school serving students from Pre-K3 through Grade 12. Calverton's Open House is set for October 14th, from 10 a.m. to noon.

The Country School

716 Goldsborough Street, Easton; 410-822-1935; countryschool.org; The Country School is an independent, 501(c)(3) nonprofit school located near downtown Easton. Discovery days, campus tours, and open house events to be scheduled. Contact school directly for guidance on visitations, tours, etc.

The Gunston School

911 Gunston Road, Centreville; 410-758-0620; gunston.org; The Gunston School offers an intellectually rigorous, highly personalized, and nurturing college preparatory educational experience. Open House dates are set for October 15th, November 5th, January 21st, and April 28th. Virtual information sessions

for the Chesapeake Watershed Semester will be hosted at 7 p.m. on October 19th and November 16th. Interested persons should contact Chesapeake Watershed Semester Director, Ronnie Vesnaver at rvesnaver@gunston.org for event details and meeting link.

The Summit School

664 E. Central Avenue, Edgewater; 410-798-0005; thesummitschool.org; Summit empowers bright students with dyslexia and other learning differences in grades 1-8. "Summit lays the foundation for success and students graduate from high school well above national averages. Find out what makes Summit's program exceptional for students who learn differently." This fall's Open House dates are October 17th from 9 to 10:30 a.m. in person, and October 24th and November 14th from 6 to 7:30 p.m. virtually.

Wye River Upper School

316 S. Commerce Street, Centreville; 410-758-2922; wyeriverupperschool.org; Wye River is a 501(c)(3) nonprofit school that serves students with dyslexia, ADHD, ADD, and other learning differences at their Centreville campus. Fall Open House dates are October 19th, 2023, January 11th, 2023, and March 14th, 2024.

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101 College Parkway, Arnold; 410-777-2222; aacc.edu; At Anne Arundel Community College (AACC), we believe you have the chance to redefine yourself at any age and at any point in your life. That's why there's something for everyone. Open house scheduled for October 18th at 5 p.m.

Chesapeake Col- lege

1000 College Circle, Wye Mills; 410-822-5400; chesapeake.edu; Chesapeake College is a comprehensive public two-year regional community college serving the educational needs of the residents of Caroline, Dorchester, Kent, Queen Anne's, and Talbot counties on Maryland's Eastern Shore. Contact admissions@chesapeake.edu to schedule a tour or for more information.

Salisbury Univer- sity

1101 Camden Avenue, Salisbury; 410-543-6000; salisbury.edu; We strive every day to create an environment that welcomes and supports all students – making them feel seen, heard, honored, included, challenged and celebrated. SU provides opportunities to collaborate, get inspired and find the true you. Contact school directly for guidance on visitations, tours, etc.

Washington College

300 Washington Ave., Chestertown; 410-778-2800; washcoll.edu; Washington College is Maryland's premier small college and one of America's best liberal arts colleges. Challenging academic programs with remarkable faculty and an array of experiential opportunities prepare students for successful careers and lives after graduation. Learn more about the value of a Washington education during the Fall Open House is on November 11.

LEARNING CENTERS

Johns Hopkins Pea- body Preparatory

1 East Mount Vernon Place, Baltimore; 667-208-6500; Peabody.jhu.edu; Whether you're an advanced musician or dancer or you're hoping to pick up an instrument for the first time, Peabody Preparatory is the perfect place for you! College Fair in the Peabody Library on Sunday, September 24th.

Maryland Hall

801 Chase Street, Annapolis; 410-263-5544; marylandhall.org; Dedicated to Art for All, Maryland Hall is the region's cultural core, convening and engaging all people in arts experiences that strengthen community. We welcome, connect, and enrich all with inspiring arts experiences. Classes, performances, exhibits, and more available. Visit website for full schedule.

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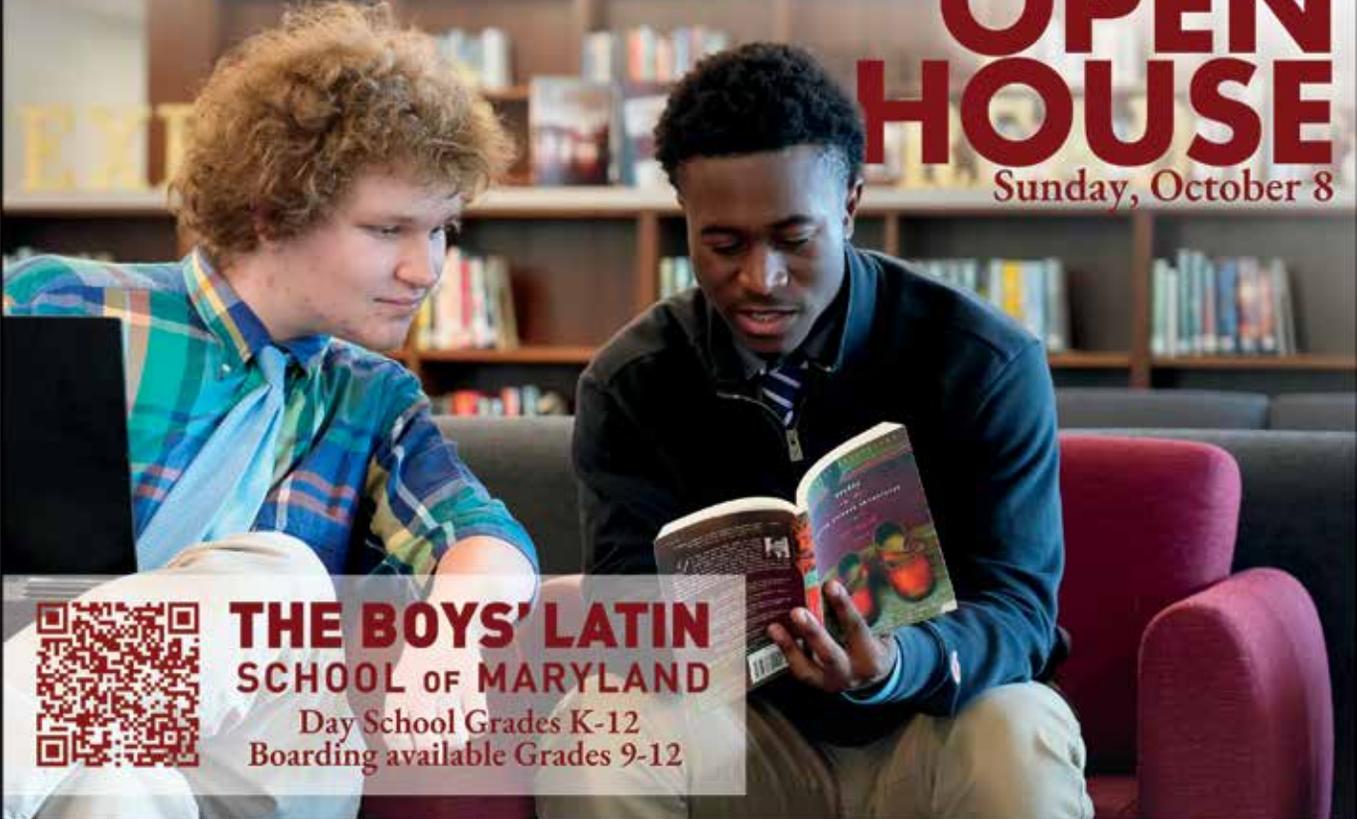
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‘DARE’ IS ITS MIDDLE NAME

The principal worldwide forum for debating naval and maritime issues and ideas, the U.S. Naval Institute celebrates its 150th anniversary this year

BY FREDERICK SCHULTZ

Excerpted from a 1765 dissertation, the words of American Founding Father John Adams—“Let us dare to read, think, speak, and write”—have been and still are at the heart of a local institution commemorating its sesquicentennial on October 9. If you’ve never heard of it, you’re in good company, even though it’s the premier conduit for the most influential naval and maritime literature in the world. The Naval Institute features a sword in its logo, overlaid by a quill, making it clear that it subscribes to “the pen” being “mightier than the sword.”





The Naval Institute's headquarters complex features a new state-of-the-art, 400-seat conference center, named for Jack C. Taylor, founder of Enterprise rental cars (which he named after the ship from which he flew in World War II). The current CEO, retired Navy Vice Admiral Peter H. Daly, considers the center, funded entirely through charitable gifts, as the Naval Institute's long-sought "home field." And it's right here in Annapolis.

The late National Book Award- and Pulitzer Prize-winning historian David McCullough had for years politely declined invitations to speak at a Naval Institute event. Having once uttered the words, "You don't know history if you don't know naval history," the historian decided the time was right to appear at the Institute's Annual Meeting in spring 2001. The occasion would coincide with the impending release of his second presidential biography, the first being titled *Truman*. His new bio was destined not only to win—again—the world's highest literary honors for the avuncular former host of the PBS series, "The American Experience," but *John Adams* was also adapted for an HBO miniseries by the same title. And Adams was, the author knew, the veritable patron saint of the Naval Institute.

When It All Began

The loosely conceived organization convened its first meeting in the U.S. Naval Academy's Department of Physics and Chemistry building on an early October day—eight years after the end of the Civil War. And it came in the midst of a national economic crisis, "The Panic of 1873," which temporarily closed the New York Stock Exchange as U.S. bank reserves plummeted from \$50 million to \$17 million between September and October that year. Economists would later suggest it rivaled the gravity of the Great Depression in the 20th century.

Since its inception, the Naval Institute has prided itself on its open forum to those who choose the profession of arms as a career and seek a vehi-

The 24th Secretary of Defense, General James Mattis, speaks at the 22nd Annual McCain Conference (named for John McCain), held recently at the U.S. Naval Institute. Photograph by U.S. Naval Institute, creative commons license.

cle for making their voices heard and thus their profession better. Setting a course for the organization as an outlet for the latest scholarship in naval history, Commodore Foxhall Parker read his rendition of the 1571 Battle of Lepanto at that first meeting. Those 15 original “members”—led by Lieutenant Charles Belknap, himself a Civil War veteran—consisted of a Navy rear admiral, commanders, lieutenant commanders, lieutenants, a Marine Corps captain, a chief engineer, a medical director, and a pay inspector.

To this day—after two world wars, Korea, Vietnam, and various interventions in the Middle East, including Operation Desert Storm, the wars in Afghanistan and Iraq, and the ongoing global war on terrorism—no one is restricted from participating in its discussions. The organization’s principal contributors and patrons are serving or retired professionals in the Sea Services: the U.S. Navy, Marine Corps, and Coast Guard. They are presumed to know, first-hand, whence they speak. And even in this politically charged era, the Naval Institute remains staunchly non-partisan. One testament to the organization’s function is the popularity and heft of its monthly *Proceedings* magazine’s consistently lengthy “Comment and Discussion” section.

The Naval Institute’s Board of Directors and Editorial Board advise on but do not censor new material that will appear in *Proceedings*, the topics proposed to be published by its book arm, the Naval Institute Press, and the subjects to be discussed at its internationally known annual series of conferences. Speaking “truth to power” often has been hazardous to those courageous enough to question professional conventions. But the very existence of the Naval Institute depends on such unfettered discussion.

Attention from the National Media and Hollywood

While some readers of this story may believe that Tom Clancy’s first novel, *The Hunt for Red October* (soon to celebrate, incidentally, its 40th anniversary in 2024) represents the only time filmmakers and general news media have paid attention to stories that have emanated from the Naval Institute, they should think again.

The earliest such interest stemmed from “The Post-War Petty Officer: A Closer Look,” winner of the Institute’s 1948 Enlisted Prize Essay Contest. It was an account of life in China on board a Yangtze Patrol gunboat in 1926 and written by Navy Chief Machinist’s Mate Richard McKenna. From that evolved the 1962 novel, *The Sand Pebbles*, which spawned the 1966 movie of the same title, starring Steve McQueen and Candice Bergen.

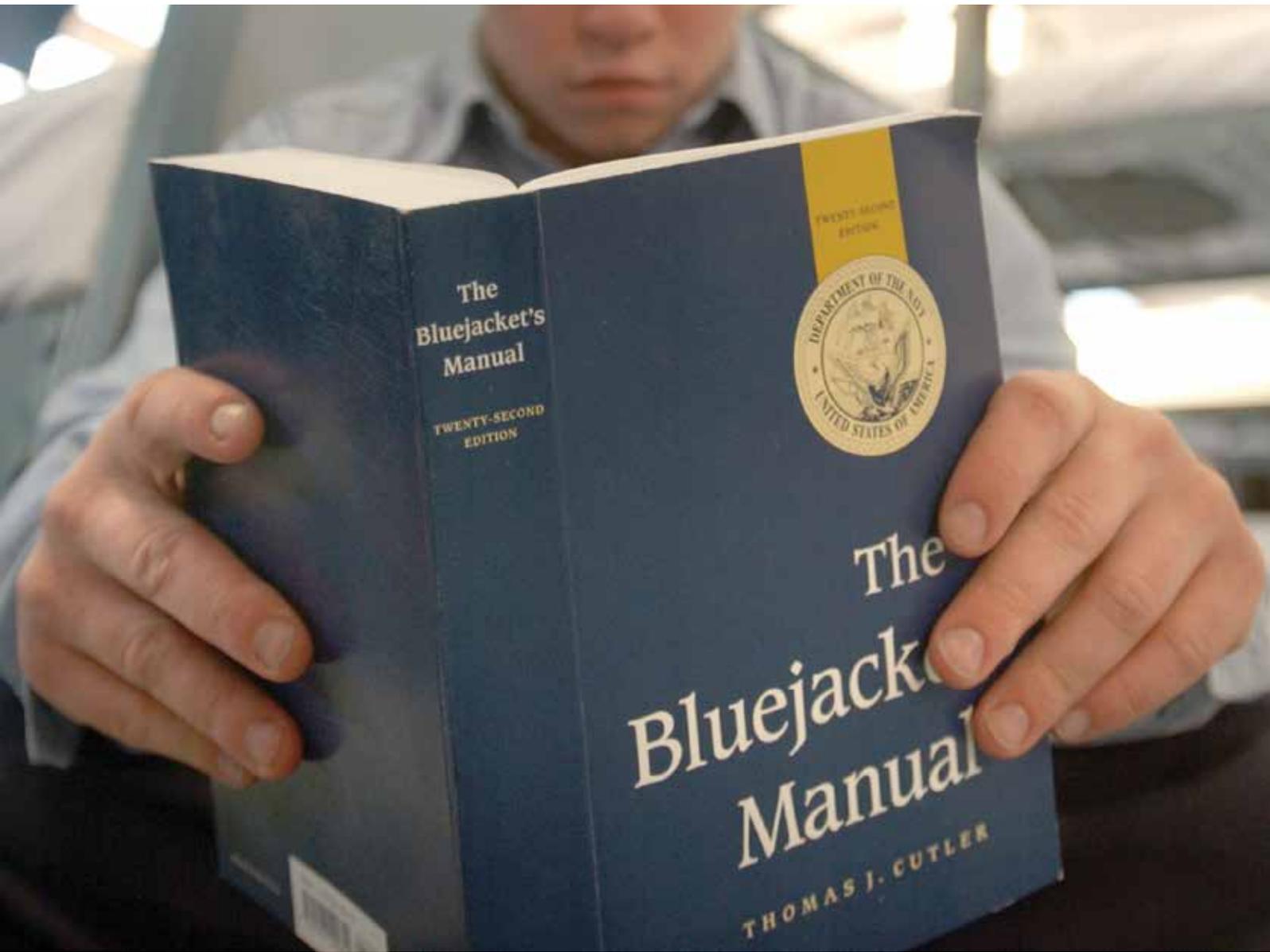
Following *The Hunt for Red October* came Stephen Coonts’ naval-aviation novel *Flight of the Intruder*, which led to a 1991 film starring Willem Dafoe and Roseanna Arquette. Novels aside, the best-selling Naval Institute Press book continues to be *The Bluejacket’s Manual*, a prominent part of every Navy sailor’s seabag.

The Naval Institute Press series “Classics of Naval Literature” presented opportunities to highlight contributors to such an august collective, including *Proceedings* author Captain Edward “Ned” Beach, whose most well-known book-length work was *Run Silent, Run Deep*, the basis for the submarine movie by the same title starring Burt Lancaster and Clark Gable. In fact, the Naval Institute’s headquarters, Beach Hall, is named for father and son, both Sr. and Jr. Edward Beaches, in what was once part of the Naval Academy hospital on a hill overlooking the academy’s classroom buildings across College Creek.

On re-release of his book, *The Caine Mutiny*, novelist Herman Wouk made a surprise appearance at the 1995 Annual Meeting to sign copies of the new “Classic,” which itself was the basis of a movie by the same name, starring Humphrey Bogart as the principal character, Captain Queeg. A moving component of his visit was the address he delivered before attendees at that year’s event.

When the Naval Institute Makes News

Along with the articles published in the magazines *Proceedings* and *Naval History*, the Institute has drawn attention for the interviews it’s conducted, which have included movie stars (Oscar-winner Gene Hackman was a Marine; and Douglas Fairbanks, Jr. was a decorated World War II naval



officer in Europe, whose widow donated his medals and memorabilia to the Naval Institute for display), filmmakers (Academy Award-winner James Cameron—in a satellite interview just after breaking Navy veteran Captain Don Walsh’s world record for the deepest ocean dive ever achieved), prominent media members such as Ben Bradlee and Bob Woodward (both long-time fixtures at *The Washington Post*—and themselves Navy veterans), stalwart TV newsmen Walter Cronkite and Tom Brokaw, as well as CNN’s chief international correspondent Christiane Amanpour (whose interview devolved into a lesson in journalistic ethics to all involved, but that’s a story for another time), and Secretary of Homeland Security Janet Napolitano. The Naval Institute’s support of and reporting on deep-diving expeditions on sunken ships requires its own story, which is too long and complicated to include here.

A Navy recruit studies a copy of the *Bluejacket’s Manual*, which is required reading making it the best-selling Naval Institute Press book. The manual first appeared in 1902 and provided the first handbook of practical information for new recruits. U.S. Navy photo by Journalist 1st Class Preston Keres.

In this same vein, the relatively new “USNI News” continues to draw envious international attention from other media for its connections and exclusive online reporting presence. And not to be overlooked, the Naval Institute’s oral history collection is an unparalleled array of primary-source material, much of it still unmined.





Funded entirely with private donations, the Jack C. Taylor Conference Center is a unique, high-tech venue that features a 406-seat auditorium, reception spaces, an indoor/outdoor rooftop terrace, five unique meeting rooms, and a broadcast studio. The Center was built to meet Leadership in Energy and Environmental Design (LEED) certification and Department of Defense force protection standards. Photography by Stephen Buchanan.

A Picture Is Worth...

One of the Naval Institute's "go-to" services continues to be "the largest naval and maritime photo archive in the world." Because the "bread and butter" of the Naval Institute Press is its publication of nonfiction, all those books require historically significant photos and illustrations, often found in the Institute's archive, which has been perused by researchers world-wide.

Whether you're looking for that rare photo of the destroyer your father or grandfather served on in World War II or "pop-singer" Cher performing in the 1980s on board the battleship *Missouri*, it's there in the archive.

For an organization 150 years old, the Naval Institute has enthusiastically embraced technology at every turn, including the digitization of the photo archive, every issue of *Proceedings*, and electronic preservation of the oral history program.

Not necessarily surprising has been the popularity of discussions regarding some of the most burning and controversial topics, not in current affairs, but in naval history. Those presentations, on occasion integral parts of the Naval Institute's Annual Meeting each spring, have included the great debate on whether the USS *Maine*'s sinking (which presumably led to the Spanish-American War) was caused by intentional Spanish espionage, or was the result of an accidental explosion. The gist of "What Really Sank the *Maine*?" was a comparison of the unstable characteristics of brown gunpowder as opposed to black powder. Even though Admiral Hyman Rickover (who had become known as the "Father of the Nuclear Navy") ordered an earlier study of the ship's demise, the discussion before the Naval Institute, based on existing evidence, proved essentially inconclusive.

Equally "shadowy" (so to speak) and sometimes incendiary was the panel exchange between proponents of Rear Admiral Robert E. Peary's "discovery" of the North Pole. The minutiae (orchestrated beforehand in 1989 by the National Geographic Society) included presentations that employed "photogrammetry" to analyze the shadows in the photos claimed to have been taken in 1909 of Peary staking his North-Pole-discovery

claim. The 1990 Annual Meeting exchange, which included members of the Peary family, was so inflammatory, in fact, that the session reconvened later in the day in a Naval Academy classroom, with a substantial monetary bet on the table. Reportedly, the discussion ended in a draw, and no cash ever changed hands.

To celebrate and commemorate the 500th anniversary of Christopher Columbus' "discovery" of America, the Naval Institute assembled a panel discussion in April 1992 that pitted proponents of exactly which island Columbus must have landed on in "the New World." The moderator of the discussion, William F. Buckley, was well-known for his own sailing prowess and more so for being the founding editor of the ultra-conservative periodical, *The National Review* and for his televised debates with the nation's "most famous democrat," Gore Vidal. The Columbus exchange, while entertaining and compelling, was also declared inconclusive.

The featured luncheon speaker that day was General Colin L. Powell, at the time the Chairman of the Joint Chiefs of Staff. General Powell was a long-time life member of the Naval Institute and had been a rare Army officer who wrote for *Proceedings*. As the story goes, he called the editorial offices one day, distraught that he had lost the commemorative pen he received for having been a *Proceedings* author. Assured he would receive a replacement pen, he accepted an invitation to speak at the Annual Meeting lunch in 1992. At the middle of the head table was General Powell, flanked by the moderators (neither having been known as moderate) of the morning and afternoon panels.

As a testament to the independence of the Naval Institute, the irony of the seating was not lost on General Powell, who summed up the essence of what it's all about. To his right (naturally) was Buckley and on his left (equally naturally) was afternoon panel moderator and then-*Washington Post* reporter Bob Woodward. General Powell began his speech with words that reinforced what the organization represents—an open forum of ideas, political and otherwise: "Where else but the Naval Institute," General Powell began, "would the Chairman of the Joint Chiefs find himself seated at lunch between Bob Woodward and Bill Buckley?"

AN INTERVIEW WITH
RETIRED NAVY
VICE ADMIRAL
PETER H. DALY,
CURRENT NAVAL
INSTITUTE CEO



VADM Peter H. Daly, USN (Ret.), pictured at right speaking to a Midshipman, serves as CEO and Publisher of USNI. Photograph by U.S. Naval Institute, creative commons license.

How did you get interested in naval affairs?

I was influenced very heavily by my father, who had served in the Navy in World War II on a destroyer escort. When the war ended, he left active duty and stayed on as a reservist. For as long as I can remember, I grew up in a house with bookshelves full of Naval Institute books and copies of the monthly *Proceedings* magazine, the big member benefit...I basically learned to read with the magazine and those books.

So that inspired you to join the Navy?

I went through NROTC and was commissioned at the College of the Holy Cross in Massachusetts. Very shortly after that, I was commissioned and given a six-month trial membership in the U.S. Naval Institute. I joined in 1978 and have been a member ever since.

What did you tell your crew members to make them want to be members?

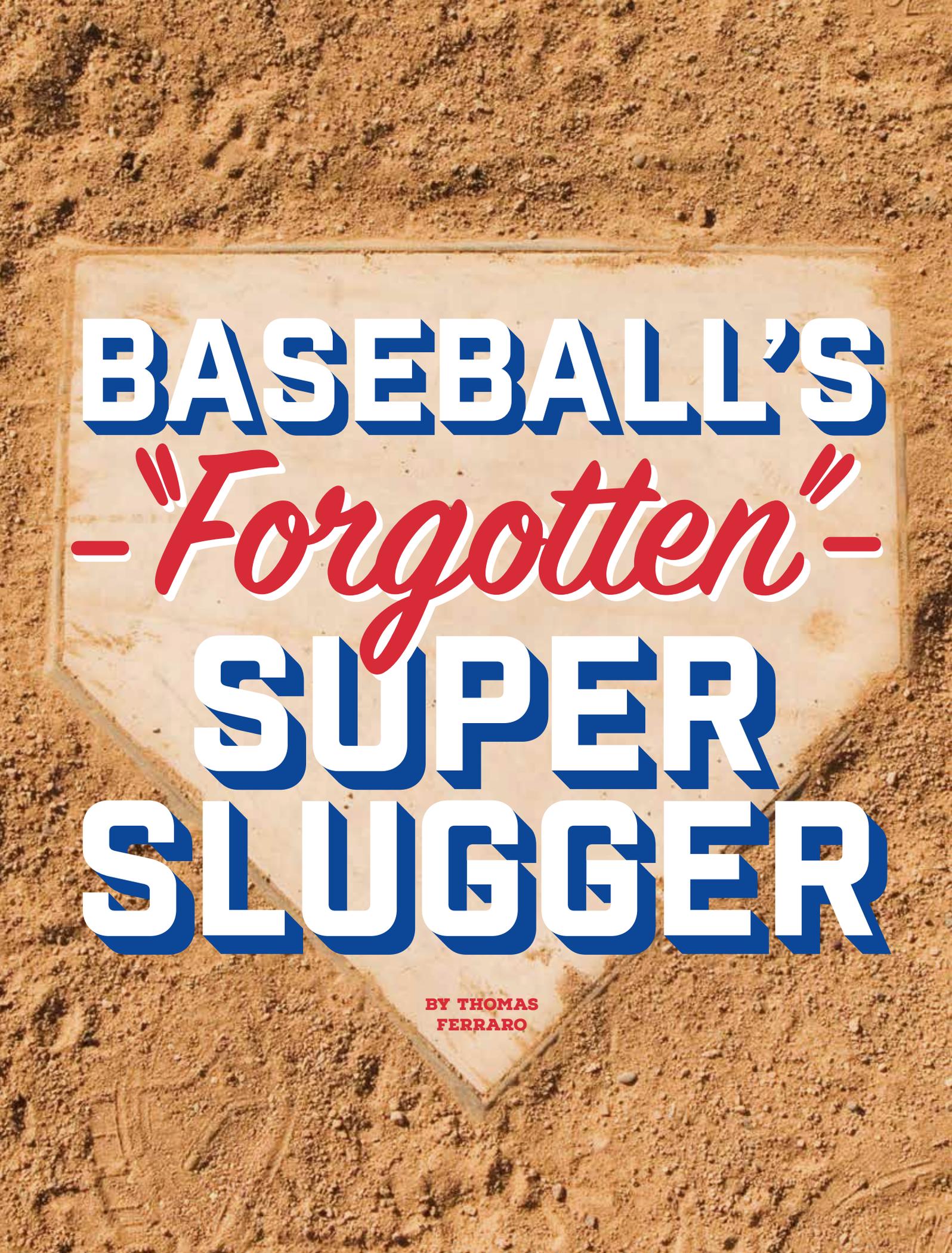
I stressed to them that the exchange of ideas is extremely important in *any* organization. The Naval Institute was founded based on those exchanges, up and down the chain of command.

How do you spread the word, nationally and internationally, in today's constantly evolving electronic environment?

As you know, the current trend is to measure one's "reach"—the number of times contacts were made on the internet—how many times a particular article was "clicked on" or not. It's not a static measure, it's "impressions." We now generate more impressions in a day than we did in an entire year a decade ago.

We're also reaching more people with our events, such as the annual WEST conference in San Diego with our partner, the Armed Forces Communications and Electronics Association (AFCEA). We had more than 10,000 people signed up for 2023.

About eight years ago, one of our trustees suggested that we bring in junior to mid-grade participants and ask them to brainstorm a couple of questions posed by one of the Sea Service chiefs. Every year, we rotate the questions among the Navy, Marine Corps, and Coast Guard. Each service chief poses two questions to the group. The junior officers then debrief the service chiefs with their answers—a "truth to power" direct communication unlike any other. We call it DARE.



BASEBALL'S
- "Forgotten" -
SUPER
SLUGGER

**BY THOMAS
FERRARO**

FORMER EASTERN SHORE FARM BOY, JIMMIE FOXX, RIVALED MLB'S VERY BEST

Long before Aaron Judge broke the single-season home run records last year of fellow New York Yankees Roger Maris and Babe Ruth, a young man from a small farm on the Maryland Eastern Shore was on pace to hit more four-baggers than any of them.

His name was Jimmie Foxx, nicknamed “The Beast” for his superhuman strength and monstrous blasts. And in 1932, at age 24, he waged an epic assault on one of the most coveted records in sports, the 60 homers hit five years earlier by Ruth, The Sultan of Swat.

If Foxx had topped Ruth and remained on track to hit more dingers than Maris and Judge did in their record seasons, he would still be the American League home run king and reign as one of the nation’s most famous athletes. Instead, he ended up a few homers short and, after a bittersweet 20-year career that put him in the Baseball Hall of Fame, faded away, becoming one of the game’s least-remembered greatest players.

“If you asked the average American baseball fan if they ever heard of him, you’d get a lot more no’s than yes’,” says John Bennett of the Society for American Baseball Research.

“He was one of the all-time greats,” says John Odell, curator of history and research at the Baseball Hall of Fame. “You would think more people would know him. People just don’t.”

“Foxx is the forgotten man among baseball’s all-time super sluggers,” Major League Baseball historian John Thorn wrote in his 1998 book, *Treasures of the Baseball Hall of Fame*. Thorn added, “Double X (Foxx) was poison to pitchers, the first man to challenge Ruth as the home run king.”



Jimmie Foxx, first baseman with the Boston Red Sox during a game at Fenway Park, circa 1936–37.

Why haven’t more people heard of The Beast, a gentle one, whose achievements included: being the first player after Ruth to hit 500 career homers, having 30 or more homers in a then-record 12 straight seasons, and winning a then-record three Most Valuable Player Awards?

A chief reason is that Foxx played in the shadow of the charismatic Ruth, who performed on center stage, in New York City, the world’s media capital that helped make The Great Bambino an international icon.

An all-star with both the Philadelphia Athletics and Boston Red Sox, Foxx was also often overshadowed by Ruth’s fabled teammate, Lou Gehrig, a fellow first baseman. In the inaugural 1933 All-Star game, Gehrig played the entire contest with Foxx, the American League’s reigning MVP, on the bench.

In 1998, after many fans had long forgotten or never heard of Foxx, *The Sporting News*, known as “The Bible of Baseball,” ranked The Beast as the 15th greatest player ever, with Gehrig as No. 6 and Ruth as No. 1.

Foxx’s best years were during The Great Depression, 1929 to 1939, when people were more interested in finding work than attending ball games. He retired



in 1945 and soon watched baseball begin to regularly televise its games, making many of his successors well-paid household names while he struggled financially and eventually filed for bankruptcy. If he had played another season, he would have been eligible for a new MLB pension.

“You made only one mistake, Jimmie,” Yankee great Joe DiMaggio told Foxx, “You were born 25 years too soon.”

Born on October 22, 1907, in Sudlersville, Maryland, Foxx signed his first pro baseball contract at 16, played a year in the old Eastern Shore (minor) League, and then, without graduating high school, made his Big-League debut on May 1, 1925, with a pinch-hit single. He was 17.

Four years later, on July 29, 1929, Foxx appeared on the cover of *Time* magazine as the young face of the powerhouse Philadelphia A’s, then headed to their first of three consecutive World Series, winning two.

“I worked on a farm and I’m glad of it,” Foxx told *Time*. “Farmer boys are stronger than city boys...I never realized then it was helping me train for The Big Leagues.”

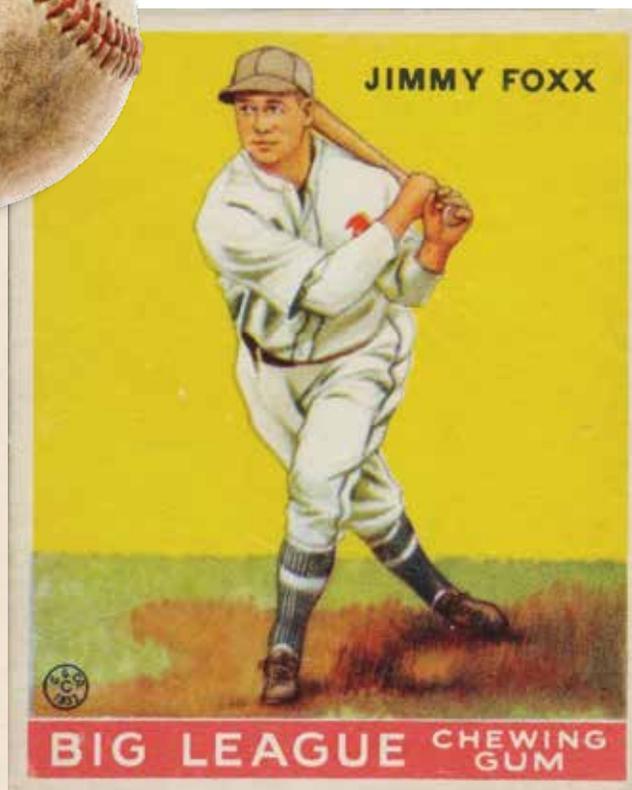


"I WORKED ON A FARM AND I'M GLAD OF IT. FARMER BOYS ARE STRONGER THAN CITY BOYS...I NEVER REALIZED THEN IT WAS HELPING ME TRAIN FOR THE BIG LEAGUES."



Ruth’s record of 60 home runs was initially seen as “unbreakable” by anyone other than the 6-foot-2, 215-pound Babe since he alone hit more dingers in 1927 than most teams. But in 1932, the 6-foot, 195-pound Foxx, with the sculpted physique of a Greek god, rose to the challenge.

By the end of June, nearing the season’s halfway mark, Foxx had 29 homers and then got even hotter,



1933 Goudey Baseball Card of Jimmy Foxx of the Philadelphia Athletics #29. Note the alternate spelling of his first name.

walloping another 12 in the next 29 games. That put him on track in late July to finish with 63—three more than Ruth, two more than Maris had in 1961, and one more than Judge had in 2022. (Maris and Judge set their records after the season was extended in 1961 to 162 from 154 games.)

Foxx then hurt his wrist and thumb and cooled off in August before going on a final rampage. In the last five games of the season, Foxx stroked five home runs to finish with 58, just two short of Ruth.

“Well,” Dell Foxx, Foxx’s nephew, quoted his uncle as telling reporters after the game, “I gave her a ride to the finish boys.”

Ruth, 12 years older than Foxx, was born and raised in Baltimore, across the Chesapeake Bay from the Eastern Shore. Rival and mutual admirers, they hit the longest homers in the game and prompted sports-writers to call Foxx “The Right-Handed Babe Ruth.”

After the 1932 season, *The Brooklyn Daily Eagle* newspaper asked players and managers a question many wondered and debated: who hit the ball



harder, Foxx or Ruth? Cleveland Indians Manager Roger Peckinpaugh sought to end the dispute, asking: "Why make a choice between the two? Just give the crown of the left-handed hitters to Ruth and concede that Foxx hits the ball harder than any other right-handed batsman."

In 1940, at 32, Foxx hit his 500th career homer, putting him on pace to top The Babe's record of 714. "I'll bet he does it," said Boston Red Sox teammate Ted Williams. But Foxx again came up short, this time when injuries and alcohol slowed him down and forced him to retire five years later after hitting just 34 more homers.

After leaving the game, Foxx had a series of short-term jobs, including ones as a sporting goods salesman, sports announcer, and manager in 1952 of the Ft. Wayne Daisies of the All-American Girls Professional Baseball League, immortalized by the 1992 movie, *A League of Their Own*.

Actor Tom Hanks played Jimmy Dugan, portrayed as a former baseball player turned loud, profane, and falling-down drunk manager. The character was based largely on Foxx. Former Daisies disputed

the movie's depiction of him. They said Foxx drank, but he was no Jimmy Dugan. "He was always a gentleman," said ex-Daisy Katie Horstman.

Once Foxx retired and did not move back to the Eastern Shore, Sudlersville began to see its long-time hometown hero as a broken-down has-been with a drinking problem and difficulty holding a job.

"Sudlersville had pretty much disowned Daddy," said his stepdaughter, Nanci Foxx Canaday. "I really don't know why. But I knew Daddy could handle it. Daddy taught us if someone is mean to us, kill them with kindness. That's what Daddy always did."

Baltimore native Gil Dunn opened a pharmacy on the Eastern Shore. Saddened by the lack of interest in Foxx, Dunn erected a small museum of the Hall of Famer in his store and wrote him, asking if he would like to contribute. In the summer of 1966, Foxx drove to Dunn's pharmacy unannounced with a trunk full of memorabilia. "Here you might as well have all this," Dunn quoted Foxx. "No one else is interested."

Years after Foxx died in 1967 at 59—he choked on food while having dinner with his younger brother,

On September 24, 1940, Jimmie Foxx hit his 500th career home run as the Red Sox beat the Athletics 16-8.





Baseball players (left to right) Jimmie Foxx with the Philadelphia Athletics, Babe Ruth and Lou Gehrig with the New York Yankees, and teammate Al Simmons, circa between 1925 and 1932.

Sam—nephew Dell Foxx delivered a speech about his uncle to The Sudlersville Lions Club. “This man never attracted the attention or salary of Babe Ruth,” Dell Foxx said. “He was an amazing hitter, but he was no showman on or off the field. When others complained that he didn’t receive his share of attention, he would smile and say, ‘It’s alright. It’s a lot of fun anyway.’”

In 1987, the Sudlersville Betterment Club, a civic group, posthumously reembraced Foxx by erecting a stone memorial in his honor. In 1997, it dedicated a life-size bronze statue of The Beast, swinging a hefty bat.

At the dedication, Maryland Gov. Harry Hughes, who played a season in the Eastern Shore League as a 22-year-old pitcher, said: “Great baseball players are an inspiration to their community and baseball fans everywhere...We recall Jimmie Foxx as an example for all youth who would play the game.”

In 2007, baseball historian Bill Jenkinson helped Sudlersville celebrate the 100th anniversary of Foxx’s birth and make amends. “History has not been fair to Jimmie,” Jenkinson wrote in a tribute. “What do we do?...Tell the truth...Foxx was a marvel.”

As a young man, Dell Foxx looked like his barrel-chested, square-jawed, and ruggedly handsome uncle, so much so he was the model for his statue.

In the mid-1950s, Dell Foxx played high school baseball on the Eastern Shore, looking little like his uncle. “I remember being at bat while a bunch of old men sat behind the screen, muttering, ‘He sure doesn’t hit like his uncle.’ I remember thinking, ‘Not many people hit like my Uncle Jim.’”

Foxx might have broken Ruth’s home run record in 1932, except for the late-season wrist injury that temporarily slowed him down and newly raised outfield barriers that made it tougher to homer in a few parks. The weather may also have been a factor, given reports that he lost two homers to rainouts.

Regardless of what might have been, The Babe was impressed.

“Foxx is the greatest batsman in Major League Baseball today,” Ruth, then 37 and near the end of his career, declared after the season. “He’s such a nice kid, I was kind of sorry for him when he came so close to the record and missed.”

Foxx said, “If I had broken Ruth’s record, it wouldn’t have made any difference. Oh, it might have put a few more dollars in my pocket, but there was only one Ruth.”

In the end, the long-underappreciated Foxx may have underappreciated himself. “If Foxx had busted Ruth’s record in ’32, his career and place in history would be a whole other story,” said Bob Schaefer of the Society for American Baseball Research.

“Foxx would have owned the new home run gold standard for decades, one that future sluggers would have all chased.”

In 1997, The Eastern Shore Baseball Hall of Fame Museum opened at the Arthur W. Perdue Stadium in Salisbury, home of the Delmarva Shorebirds, a minor league team. The regional shrine honors hundreds of pro and amateur players. A long-slighted former farm boy, Jimmie Foxx, is the biggest draw.





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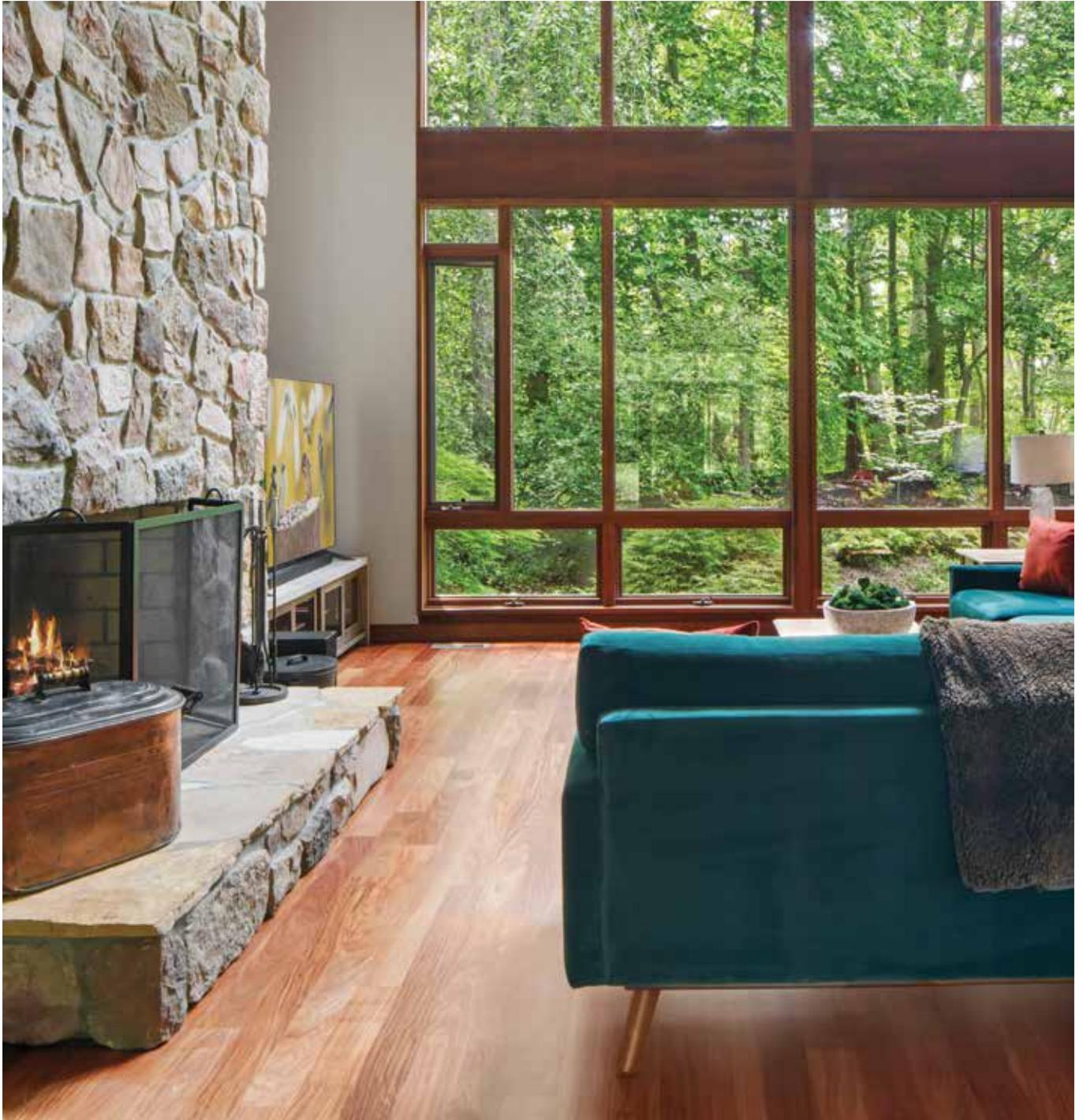
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O P E N T O

New
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A Classic Deckhouse Revival

If you have ever been in the position of getting something you didn't even know you wanted until you got it, the story of this month's feature home may just *hit home* for you. Its accompanying subplot of the small village it took to revive the home as a

residence of intention and inspiration may strike you as relatable, as well. What we can say for certain is that the one-time mid-westerners who purchased the property in March of 2022 certainly now know what they have and can't imagine being anywhere else.



Rare Find

While greater Annapolis is known for its exceptional waterfront properties and the people who love them, it is also home to properties nestled into its scenic wooded areas. This 6,300-square-foot residence plays the role of a wonderfully worthy counterpart with its rustic, Alpine aspect, and a flourishing forest backdrop.

Upon purchase of the 20-year-old property, the homeowner says, she had already put together a virtual village of service providers and craftspeople who would bring the home and its surroundings back to life. So, as soon as the home closed escrow, her team was ready to get started that day.

She remarks that one member of the team quickly called her attention to some signature characteristics of the home, such as its post-and-beam construction, tongue and groove decking, and its wealth of all-natural materials. This wasn't just any house; this was a rarer find.



“The very first person that came to help out said, ‘Hey, you have a deck house.’ And I’m like, ‘What is that?’” The homeowner was thrilled to learn more about what that actually meant and then had the good fortune to find what she calls, “...a hidden gem in my closet,” which were the actual plans to the home. “So, I started doing my research.”

Sometimes nostalgically referred to as “...the next generation of modern housing”, an iteration of the first deck house initially came to fruition in 1947. It was the brainchild of American architect and Harvard grad, Carl Koch, who is noted for his association with the prefabricated packaged house movement.

Partnering with architect and engineer John Bemis, the aforementioned collaboration was known as the “Acorn House,” a structure based on a central core with rooms that “unfolded” around it. It would become the prototype for what would be known later as a deck house.

“The Acorn Deck Company is a very well-known company that does these homes with tongue and groove decking and post and beam (construction),” says the homeowner. “It’s a functional layout, and they look at everything about your house.” The homeowner learned that everything from the business plan to the sustainability of the house, is of the utmost importance with a deck house plan.

“It had to have the right foundation and the right orientation (for sunlight),” says the homeowner. “Everything about this home was done specifically for this area—the windows, the double panes, the heating, the cooling.”

What Gives a Deckhouse Its Signature Aesthetic?

Post and beam construction * wood panel ceilings * mahogany trim * window casements * walls of glazing * open floorplan * sloping roof rafters extending beyond the walls * tongue and groove decking * use of sustainable materials





Interior Curation

Because of that, the homeowner, who is not unfamiliar with renovation projects, says she needed a little time to pause and practice some mindfulness, before making any interior updates.

“[This home] is more of an art piece. It’s more of a, ‘...You can’t do anything to this house because everything is done intentionally, for a reason.’ And I had to take 20 steps back, not just 10, but 20, and slow everybody’s pace down a little bit and say, ‘Okay, what do we have? What’s different about this home? What makes it unique?’ And I had to learn about the home for a little bit.”

In the meantime, it was decided that it would be wise to proceed with the landscaping. So, the team at Fieldstone Nursery came in and began that stage of the updating, which would take the already stunning wooded backdrop and make it an outdoor oasis by adding in some colorful plantings and rare tree species such as dancing peacock Japanese maples and



Snowboy dogwoods. Like the interiors would later reflect, the home and its surroundings would have a mid-century modern, with-a-splash-of-European/Asian flair, vibe to it, the homeowner explains.

The interiors, she says, did not require any type of gut job renovation, to be sure, but they were lacking love and luster. Fresh paint with more thoughtful colors for the homeowner, and a thorough cleaning of the hardwoods took place during the months of March, April, and May of 2022.

“We knew we had to do the floors no matter what, because before you ever move around this large space, you would want to do the floor. And that’s

where Roland from Royal Oaks Flooring comes in. He is an incredible antique wood guy that I've used in the past. He knows all about wood floors and his team is incredible."

The homeowner adds that he was quick to identify the floors as Brazilian cherry. While very pretty they were obviously dulled from years of waxing and general wear and tear. So, the flooring team proceeded to strip them, and the homeowners once again tapped their REALTOR who assisted in purchasing the home, Diane Mallare of Taylor Properties, to find them a rental.

"And then my team just got busy doing things. I wanted to do a very mid-century, modern Frank Lloyd touch, so to speak. Everything changed to mid-century modern. We got rid of all our old furniture, and I started looking around town, and started buying pieces that people were getting rid of that was mid-century, that fit my home perfectly, and I started redoing furniture."



Nature's Wallpaper

The overall result is a *mélange* of art and architecture—from the home's exterior approach with its reflective façade of glass, stacked stone, and cedar—to an interior where one truly dwells.

The home's show-stopping millwork starts with a prairie-style front door and seemingly never ends as it winds throughout all three levels of the residence. Just inside the door, the eye is caught by an architecturally stunning curved wall that beckons the visitor along into the dramatic two-story great room of post and beam construction. The home's gorgeous all-mahogany den is tucked just to the right of the entry and is made even more private since visitors will no doubt be distracted by the wall of windows to the wooded wonderland unfolding straight ahead of them.

The living space uses an earthy combination of mahogany and western red cedar and then adds what appears to be endless panels of glass to create the primary focal point of the home that amazes the eye and feeds the soul as it blends so effortlessly with nature. A lush, green velvet sectional acts like an exclamation point to the well-written sentence of this space. It's one of the few statement pieces the homeowner purchased new for the home.

"It fits the home. I didn't choose the couch. The home chose the couch," muses the homeowner.

From this vantage point, she attests to regularly seeing deer, fox, and all manner of woodland crea-



Just off the kitchen there is a breakfast nook overlooking the side yard and adjacent to that, there's a screened-in patio accessible through the formal dining space. It also overlooks the tranquil and lush environs of the side and backyard, with its koi pond and Zen Garden. The home is especially well-situated among the woods, so it is secluded with no other homes in their community visible. The hardscape is thoughtful and is dotted with places for contemplation and others for gathering. The dipping pool provides the perfect water-based element to the well-designed scheme.



tures meandering about the landscape. A stone-front fireplace soars to the great room ceiling, as does one of the home's staircases of mahogany with a uniquely detailed prairie-style railing that leads to a loft that the family uses as a home office. Its views are picturesque to say the least, almost tree-house-like, revealing the exterior's natural wallpaper that provides the ultimate in visual breaks.

Downstairs, as the space unfolds it leads to a formal dining area and a kitchen designed for the chef, as well as the entertainer. The homeowner remarks that her blended family, including eight grown children, and now their families, make exceptionally good use of this space, especially during the holidays.

"We have a cookie station, we have a bread station, we have a turkey station, we have everything," explains the homeowner. "And that butler's pantry is to die for!"





Gathering on the home’s themed lower level is also a special experience, as the homeowner points out that each family member was given the opportunity to conceive a space of their own design. The theme chosen for the lower level was “speakeasy.” So, there are cozy areas for movie streaming, board game playing, or just sitting fire-side. The ambiance is enhanced with more of the homeowner’s local garage and estate sale finds, which includes an antique, western, wall-mounted telephone and a vintage saloon-like settee.

Given the homeowner’s apparent appreciation for value and for making what is old new again, the speakeasy theme, much like the house itself was a no-brainer.

“I took something that was very old, and just turned it back into what it used to be, because this house is beautiful. It’s beautiful on its own. The wood is beautiful. The glass is beautiful. The trim is beautiful. It didn’t need much, but it needed love; it needed attention,” says the homeowner.

“So, it’s all about that, turning something old into something new, and this home is just that.”



RESOURCE SIDE BAR

The homeowner recognizes and appreciates everyone who helped revive her family’s classic deck house. “This team of people—we couldn’t have done it without them. I’m not joking; they were just amazing!”

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Making Your Home Your Climate Castle

By Lisa J. Gotto

While it may not be the most stylish or glamorous of home interiors concepts, we certainly can relate to wanting to make our abodes as comfortable as they possibly can be. And that means they are cozy and warm in the winter and temperately cool in the summer. That is something we count on our HVAC systems for, and probably something we don't think about all that much unless there is a problem.

As home climate control options evolve away from the sticker shock of fossil fuel-generated systems and into smarter, more resourceful options, we'd like to explore one of the most popular alternative of them on the home energy market, geothermal.

Like most emerging technologies, consumers who are considering making a wholesale switch tend to have a lot of questions associated with the new tech's application, efficiency, and cost. Not to mention the unique talking points around the new technology. Remember, not so long ago when the buzz words were "solar," "green," and "sustainability?" Just like those terms, geothermal heating and cooling will no doubt have its own nomenclature, but rest assured, those will become —and pardon the pun— second nature, as well.

So, what is geothermal heating and cooling and how can you make it work in your household?

Primarily, consumers access the heat generated at the Earth's core using *ground source heat pumps* or *direct-use geothermal technologies*. There is a third technology referred to as a *deep and enhanced geothermal system*, which is larger-in-scale process developed for industrial, commercial, and agricultural use.

A ground source heat pump, also referred to as a *geoexchange system*, utilizes a series of underground pipes either buried in horizontal trenches just below the ground surface or as a series of



vertically drilled boreholes in which the pipes are extended several hundred feet below the ground. Exploiting the naturally occurring temperature difference between above-ground air and the sub-surface soil, the system moves heat via the pipes for end-use in either the form of space heating or space cooling. It can also be used to heat water.

The heat pump circulates a heat-conveying fluid or water through the pipes that moves the heat that it has absorbed from warmer rock, soil, or ground water around it, and moves it from point to point. A heat exchanger then transfers it into a structure's existing air handling, distribution, and ventilation system. A desuperheater can also be added to heat water for domestic use.

A potent means of renewable energy, once the heat transfer to the structure is completed, it returns at a lower temperature to the ground loop where it is heated again, and the process repeats itself.

According to the Environmental Protection Agency, (EPA), if the ground temperature is warmer than the ambient air temperature, the heat pump can move heat from the ground to the building. It can also work in reverse mode to move the ambient air in a building into the ground, which then cools the building. These types of pumps will require a nominal amount of electricity to drive the ensuing cooling or heating process.

The benefit here, however, remains significant, as for every unit of electricity used to operate the system, the heat pump can deliver as much as five times the energy from the ground, resulting in a net energy benefit.

If the system is in cooling mode, water or another fluid absorbs the heat from the air inside through the heat exchanger, much in the same way an air conditioning unit works.

What does my upfront investment look like?

The bulk of the cost of installation involves prepping your property for the delivery of this method which requires either digging the trenches for the pipes which are laid horizontally or drilling to place pipes vertically into the ground several hundred feet below the surface.

We spoke to Eastern Shore resident, Jim Bogden, who has gone through the process of converting an oil-based heating system to geothermal via a ground source heat pump and is extremely pleased with his decision.

“So, my \$23,000 system effectively cost me \$14,000 up-front to eliminate the need for oil,” says Bogden. “Combined with upgraded insulation and rooftop solar energy, my net energy cost averaged over the [course of a] year is essentially zero.”

The process, he says, involved drilling three, 300-foot wells, where loops of plastic pipe were then connected and buried.

“The pipes route through the crawlspace of the house into a small basement,” explains Bogden. “There, a noiseless, desk-sized unit sits, protected from the weather and keeping the house comfortable and cozy year-round.”

The installer even removed what he calls a “dinosaur” of an oil furnace and storage tank at no cost.

Bogden, who is retired and has an extensive background in education, says he has been concerned about the environmental impact of the continued use of fossil fuels, so he made the switch.

“Every step to reduce fossil fuels helps the environment in the long run,” he adds.

What incentives are available to help assuage the cost?

While it is estimated that an effective geothermal system can save up to 70 percent on your home’s heating, cooling, and hot water costs year-over-year, the upfront cost and temporary inconvenience of having the system installed is off-putting for some and just a non-starter for those with lower or moderate-income levels.

However, like electric vehicles and solar panel installation, government on both the Federal and State level does offer some persuading incentives.

There has been some confusing information surrounding the Federal incentive program in recent years as the percentage deduction has fluctuated from 30 percent at the tax credit’s inception in 2005, down to 22 percent over the last six-year period. The recent passing of the Inflation Reduction Act in 2022, however, re-instates the 30 percent deduction through 2032, with a step-down plan in place through 2034. So, if you are considering making the switch now is the time to start researching if this is a good option for you.

On the State level, Maryland offered a \$3,000 credit for the installation of a geothermal heat and cooling system in 2023. State funds for the fiscal year under the Clean Energy Rebate Program, which also provides incentives for solar-based technologies, did run out in mid-2023. The Maryland Energy Association (MEA) cited a high volume of applications for these programs.

According to the MEA website, applications for participation in the fiscal 2024 program began on July 1, 2023. So, while this may not be stylish or glamorous subject matter, if history is any indicator, this will be another year for high volume as interest in these technologies trends only continues to increase.



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Orchids Delight

GROWING ORCHIDS IN YOUR INDOOR GARDEN

By Janice F. Booth

The orchid grows where others cannot, enduring the hardships of hunger and thirst, and is loosely tied to the things that support it. And, even with all the difficulty of its life, the orchid graces the world with beautiful colour and rare fragrance.—Confucius, from a translation by Jonathan Steffen

Perhaps you've received a lovely spray of orchids as a gift or picked up a tiny, potted orchid on the sale table in the grocery store. Well, if you did, I hope you had more luck than I at keeping that lovely plant alive and blooming. But if you've found growing orchids difficult, or if you are simply toying with the idea of adding orchids to your houseplant collection, this article may be of help.

I interviewed Carol Allen, the Orchid Lady, a regional authority on growing orchids (orchidlady.net). Allen teaches, lectures, records videos, and does clinics where gardeners bring their ailing orchids for diagnoses and treatments. She is funny and wise, and truly enjoys plants and people of all varieties.

The Orchid Lady assures me that growing orchids is easy. The pointers below will apply to most orchids, but Allen suggests gardeners just getting started try Moth Orchids (phalaenopsis). They're pretty and forgiving if their growing needs are not always perfectly met. There are three basic requirements. If you get these right, your orchids will delight you for years to come; they can live to be 100.



Okay, you're still with me on this? Let's move on to selecting a healthy orchid specimen to buy.

There are 3 types of orchids that are relatively easy to care for:



Moth Orchids (phalaenopsis)—habits similar to African Violets.



Corsage Orchids (cattleya)—they're more forgiving of very sunny locations.



Dancing Lady Orchids (oncidium)—lovely blooms and comfortable with temperatures below 80° F.

1. LIGHT:

In our mid-Atlantic region, two to three hours of fairly direct sunlight through a window should keep your orchids happy. If your windows are the new UVA or UVB high-efficiency light-filtering glass, longer sunlight exposure may be necessary.

2. WATER:

If we remember that orchids are bromeliads, we can follow the same schedule and use the same techniques. Water thoroughly and let the plant drain. Do not allow the roots to sit in standing water. Water again when the plant's soil feels dry. If the leaves are dusty, gently wipe them with a damp cloth. If your home is dry, create a shallow evaporation dish; let the orchid's pot sit on the gravel or stones above the water.

3. POTTING:

Although there is some controversy on this topic, Allen urges plastic pots for orchids. The plastic pot holds the dampness. The clay pot dries out quickly—perhaps too quickly for the orchids. Do not allow mineral salts to build up in the soil. If you see chalky powder collecting, remove the plant from its pot, clean the pot and replace contaminated soil. Carol recommends a peat-based potting soil, for example Premix or ExPona. The planting medium should be light, allowing air to get to the roots.

Watch for these qualities when choosing a specific plant:

Choose a plant with many buds and only a few open flowers. You'll have the pleasure of watching these closed buds unfold.

Check for firm, bright green leaves; be sure there are no dried or squishy leaves near the soil. Also, check that the visible roots are not brown or shriveled.



Unless you can move your plants in-and-out every day, orchids do not work as outdoor plants in the mid-Atlantic region. Avoid leaving an orchid in a hot or cold car, even for a short time. The plant is extremely sensitive to temperature and can be damaged or killed.

Since water is such a vital part of caring for orchids, there are differences of opinion on technique.

I spoke about the plastic vs. clay pot debate - which best controls the moisture level in the planting medium. Plastic pots allow the water to evaporate more gradually. But, clay pots allow for better aeration of the growing medium.

There's a watering debate around ice cubes. For a 7-8 inch pot, there is a consensus that three ice cubes per week will provide sufficient water. Just lay the cubes under the leaves, on the soil or stag moss. You can check moisture level by observing the roots. If the roots are silver, the orchid needs water. If the roots are green-ish, the plant is fully hydrated.



You will want to repot your orchid annually. Remove the pot and gently clear the soil from among the roots. Look for any softening or rot among the roots. Also check that there is no salt buildup, those chalky particles I mentioned previously. Use a pot that is just big enough to give the roots room to spread; do not overdo it on the size. Make sure the drainage holes are open and clear, then add growing medium and the orchid.

Don't worry. This may all sound like a lot of work, but once you've begun to enjoy the lovely blossoms on your orchid's stem, all the work and worry will fade. Orchids really are quite hardy. They'll be content with very little attention, once you have the right windowsill and a watering routine.

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Quiet & Convenient

By Lisa J. Gotto | Photography Kevin Maher

This 4,500-square-foot coastal contemporary home is conveniently located just minutes from the Bay Bridge, yet feels like it's worlds away from life's everyday hub-bub.

A sturdy brick and timber exterior and lush landscaped frontage provides the look of a rustic getaway to visitors upon approach to this three-story waterfront retreat along the Wye River.

"Grason Vista is located in one of my favorite communities on the Eastern Shore," says Listing Agent, Biana Arentz. "This home was a pleasure to list since it was meticulously maintained with tons of upgrades. The new owners will love it and love the area."

Just past the gracious front porch with its in-laid wood ceiling detail, the home flows into a dream of an open floorplan for entertaining. Rich, hardwood floors extend throughout the space that features a spacious, formal dining area and then into the heart of the home, a huge kitchen and family room with a gorgeous, stacked stone, wood-burning fireplace, the first of four on the property.



Listing Agent: Biana Arentz; Coldwell Banker Realty; 3 Church Circle, Annapolis; m. 410-490-0332; o. 410-263-8686; biana.arentz@cbrealty.com; coldwellbanker.com **Buyers' Agent:** Brooke Heiberger; Long & Foster One Bethesda; 7373 Wisconsin Avenue, Bethesda; m. 301-252-8202; o. 240-497-1700; brooke.heiberger@longandfoster.com; longandfoster.com

The chef in the family will adore the large center island with gas cooktop and breakfast bar seating for three. This room offers stellar river views from a large, bay window over the sink. Gobs of luxe granite grace the countertops offering extraordinary prep and serving space. Custom, integrated cabinetry in brushed maple marvelously complements an extended subway tile backsplash. This room also offers an informal dining space as it transitions into the family room with its own glorious view of the water provided through extended-panel, glass sliding doors.

Those doors lead to the property's spacious multi-level paver patio which offers tons of room for outdoor dining, waterfront lounging, and a relaxing hot tub. The pavers extend all the way to the property's private pier with a dual floating jet ski dock built in 2019, and to 215 feet of shoreline with four feet of mean low water.



Primary Structure Built: 1981
Sold For: \$1,550,000
Original List Price: \$1,649,000
Bedrooms: 5
Baths: 5 Full, 1 Half
Living Space: 4,524 Sq. Ft.
Lot Size: 1.46 acres



Back inside, the main level of the home also offers a convenient guest bedroom with *en suite* bath and a huge waterfront office space with those great back-of-the house views.

The home's primary suite is located on the upper level. It features its own cozy fireplace, hardwood floors, water views, and an *en suite* bath with dual vanity, garden tub, and a huge, glass and tile shower. There are three additional bedrooms on this floor, each with its own bath.

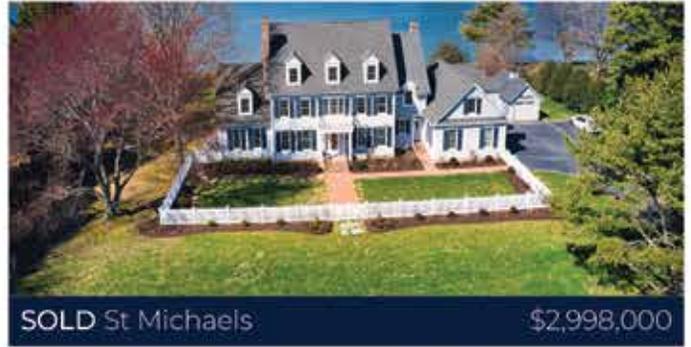
The property's additional in-law/*au pair* suite, which is also located on the upper level, has a private entrance, living room, fireplace, kitchen, bedroom, and a full bath.

So, whether they're jet skiing out, entertaining in, or choosing to patronize the various businesses along nearby Route 50, these new homeowners can live a life of quiet and convenience.

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The Heart of Cambridge

By Lisa J. Gotto

Step back in time but enjoy the view ahead as you walk into this remarkably preserved historical home right in the heart of Cambridge. This 3,300-square-foot residence with adjacent, free-standing cottage, is located just blocks from Long Wharf Park and the Cambridge Yacht Club on the Choptank River.

Built in 1796, this home's great bones are evident from the entry with its beautifully restored hardwood floors in the formal center hall foyer with architectural staircase and antique period lighting fixtures.

To the right of the entry, a formal living room with Federal-style fireplace receives abundant light from three, large casement windows. This spacious room opens directly into an informal sitting room/library with another wood-burning fireplace, and a gor-



Listing Agent & Buyers'

Agent: Mary Losty; Compass Real Estate; 1 Park Place, Annapolis; m. 215-920-3595; a. 410-429-7425; mary.losty@compass.com; compass.com

geous transom-like window detail visually connecting the two rooms. Like the rest of the main floor, the sitting room features rich woodworking and trim treatments, and offers a wall of large casement windows and attractive, period-centric built-ins.

Primary Structure Built: 1796
Sold For: \$760,000
Original List Price: \$777,000
Bedrooms: 4
Baths: 2 Full
Living Space: 3,392 Sq. Ft.
Lot Size: .41 acres

A fine, evening supper was most likely served in the dining room to the left of the entry. This room also has a gorgeous fireplace and a stately, arch-shaped, glass-front built-in for convenient dish and stemware storage.

A sweet, in-eat kitchen with a large, sunny window and wood cabinetry affords all the basics for meal-prepping and awaits the new homeowners' re-imaginings of a space that will blend Old World charm with contemporary style and efficiency. The main floor also features one of the home's two full baths.



Upstairs, there is a plethora of lovely bedrooms to choose from. Each with those gorgeous hardwood floors, period sconces, and several with fireplaces. (There are six fireplaces in total in the residence.) One bedroom offers the charm of a sleeping porch with beadboard ceiling and two walls of windows. This level also has a full bath with vintage claw-foot tub.



Historically, this home was the one-time residence of Josiah Bayly, a prominent lawyer, and the appointed Maryland Attorney General of Maryland from 1831 to 1846. During his time as a lawyer, he was hired to handle the divorce of Elizabeth Patterson Bonaparte, sister-in-law to the French Emperor Napoleon Bonaparte.

Outside, the residence is well landscaped with lush English boxwoods, a giant fig bush, and other mature trees including magnolias, ginkgo, pear, cedar, and some 100-year-old sycamores. The two-room cottage on the grounds was once the office of the Cambridge-based barrister.

Health & Beauty

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87 FALLING FOR AUTUMNAL COLORS *plus more!*





Plum-Stuffed Chicken Breast

INGREDIENTS:

2 boneless, skinless chicken breasts
2 ripe plums
1/4 cup feta cheese
2 tablespoons fresh basil
1 tablespoon olive oil
1 garlic clove
Toothpicks or kitchen twine for securing

Preheat oven to 375F. Carefully pit and chop the plums into small pieces. Mince the garlic and chop the basil. In a large bowl, stir together the plums, garlic, basil, feta cheese, and olive oil. Set aside and allow to sit for about 5-10 minutes. Take each chicken breast and cut a horizontal slice along the side to create a pocket for stuffing. Fill the pocket with the plum mixture. Secure the openings of the chicken breasts with two toothpicks each, then tie the breasts with kitchen twine to keep the stuffing inside the pocket. Heat a nonstick skillet over medium heat. Add each chicken breast and allow to sear for approximately 2 minutes each side. The outside of the chicken breast should reach a golden-brown color. Remove the chicken breasts from the skillet and lay on a baking sheet. Transfer to the oven and allow to bake for about 20-30 minutes. Remove the chicken from the oven and allow to rest for 2-5 minutes. Carefully remove the toothpicks and twine, then transfer to a plate. Serve immediately.

HEALTH & BEAUTY NUTRITION

Fresh Take

PLUMS

By Dylan Roche

It could be easily forgiven if you're underestimating the taste and nutrient profile of plums—after all, they're fairly small, and although their jewel-toned purple skin is distinctive, their color isn't as bright as

some other fruits, such as berries or citrus. But there's a good reason these little fruits have been celebrated in cultures across the world for thousands of years. They're sweet and juicy, with many health-boosting properties, so much so that people in ancient China considered them to be symbols of good luck and prosperity.

With summer coming to an end and so many of us aiming to get back into a balanced routine, plums might be the prosperity charm you need to add to your grocery list, whether you're using it as a convenient grab-and-go snack option or finding an impressive way to prepare it for a savory dinner with a hint of sweetness.

Most prominent among a plum's health benefits is its high concentration of antioxidants, including phenolic compounds, flavonoids, and anthocyanins, all of which help your body fight the free radical damage and inflammation that can cause disease. The antioxidants in plums have also been shown to promote healthy skin by promoting collagen synthesis, which improves your skin's elasticity and prevents the signs of aging.



If you're feeling dehydrated, plums might be an ideal snack option. Not only do plums have a high water content but they are also rich in potassium, an electrolyte mineral that helps your body maintain proper fluid balance.

The potassium in plums is also good for your bones, as it prevents loss of calcium. Magnesium and vitamin K, two other nutrients that play a role in bone strength and density, are found abundantly in plums.

Plus, like many other fruits, plums are rich in dietary fiber, which helps your body regulate blood sugar for more consistent energy levels throughout the day, maintain healthy blood lipid levels and lower cholesterol, and have healthier digestion.

Most plums grown in the United States come from either California or Washington, but during warm months—May through September—it's not unusual to find them grown locally on the East Coast. If you're trying to find the freshest, best-tasting plums possible, look for ones that are dark in color (avoid any with a tinge of green to the skin) and a gentle firmness that yields

slightly when squeezed. Plums that feel overly soft or mushy may be overripe or have suffered bruising.

Remember that plums can continue to ripen after purchase, so if you choose slightly firmer ones, you can let them ripen at room temperature until they reach your desired level of ripeness. Once ripe, refrigerate them to maintain freshness for a few more days. Plums have very delicate skins that can be easily bruised and punctured, so handle them delicately and quickly separate any damaged plums from others in your batch to avoid any spread of spoilage. While plums should be washed before eating, do not wash them before putting them in storage, as this can cause excess moisture that will allow mold to thrive.

One of the nicest aspects of plums is their versatility—they make a great addition to any recipe, whether sweet or savory. Here are a few suggestions with plums at the centerpiece of each dish:

FOR A BONUS PLUM COBBLER RECIPE, VISIT [WHATSUPMAG.COM](https://www.whatsupmag.com)

Plum Salad

INGREDIENTS:

- 4 ripe plums
- 6 cups mixed greens
- 1/2 cup goat cheese
- 1/2 cup walnuts
- 1/4 cup red onion
- 1/4 cup dried cranberries
- 2 tablespoons fresh mint leaves
- 2 tablespoons balsamic vinegar
- 2 tablespoons olive oil
- 1 tablespoon honey

In a small bowl, whisk together balsamic vinegar, olive oil, and honey. Chop the mint leaves and stir into the vinaigrette. Allow to sit for 30-minutes for flavors to combine. Whisk again if oil and vinegar have separated. Chop the walnuts and spread evenly on a baking sheet. Toast at 400F until fragrant (about 10 minutes). Set aside and allow to cool. Pit the plums and slice thinly. Chop the onion into fine pieces and crumble the goat cheese. Toss the greens, plums, onions, goat cheese, walnuts, and cranberries in a large salad bowl. Drizzle with dressing and serve.





Fitness Tips

VARIATIONS ON THE PUSHUP

By Dylan Roche

Fitness trends come and go, but a few exercises have stood the test of time over generations of fitness enthusiasts, and chief among them is the humble pushup. There's a good reason this bodyweight exercise has maintained its popularity in pretty much every workout repertoire—it sculpts a strong, chiseled upper body, enhances your core stability, and promotes overall functional fitness.

In fact, there might be only one drawback to the pushup: For all its benefits, it's only one exercise. It can get repetitive. After a while, a basic pushup might even get too easy. So, how can you still reap the benefits, stay challenged, never get bored, but still take advantage of the hassle-free simplicity of this exercise? The answer is to mix it up with variations.

WHY PUSHUPS?

If you're not doing pushups as part of your workout, it's time to start! Pushups have a ton of health benefits, targeting major muscle groups across your upper body. Doing a pushup will work your chest, shoulders, arms, back, and abdominals, helping you build strength and improve muscle definition. Pushups are also among a group of moves referred to as "compound exercises," meaning they work multiple muscle groups at the same time. This is good for your functional fitness, helping you perform everyday activities with lessened fatigue.

One of the most attractive aspects of pushups though is the fact that they can be done pretty much anywhere. You don't need any equipment to do a basic pushup—just a horizontal surface large enough for you to lie down on. Plus, because you're moving your own bodyweight, there is less risk of injury that you might face when doing other strength-training activities.

VARYING YOUR PUSHUPS

Once you've mastered the basic pushup, it's time to start mixing it up and doing the move in different ways. This will keep your workout interesting not simply because you're avoiding the same exercise the same way over and over again, but also it provides you with new challenges that will help you grow stronger or even target different muscles. Note that some of these variations will require some basic equipment, but you'll find most of them are still accessible and easily done from anywhere.

WIDE GRIP PUSHUPS: The easiest way to vary a pushup? Just spread your arms and place your hands a little wider on the floor in front of you. Going beyond the basic shoulder width helps you target and challenge your chest muscles to a greater extent.

CLOSE GRIP PUSHUPS: On the other hand, you can also try bringing your hands closer together, which will put most emphasis on your triceps. See whether you can bring your hands together so close that your thumbs touch, forming a diamond shape with your index fingers, and perform the pushup while still keeping good form.

DECLINE PUSHUP: For this one, all you will need is a slightly elevated surface, such as a bench or stairs. Balance your toes on the higher level while keeping your hands on the ground—this will increase the challenge, as it shifts more of your weight onto your upper body. The higher the elevation of your feet, the greater the challenge, so once you've mastered having your feet on one step, see whether you can go up a second step. (You can also reverse yourself and perform an incline pushup, where your upper body is elevated on your steps/bench and your feet are on the floor—this move is easier than a traditional pushup and a great option if you're a beginner.)

PLYOMETRIC PUSHUPS: You might dread the thought of these, but they're a great exercise for building explosive power. Also known as clap pushups, the plyometric variation requires you to push yourself up off the ground so that your hands leave the floor for only a second. Quickly clap, then catch yourself by planting your hands back in their starting position before you can fall.

ONE-ARMED PUSHUP: Just what it sounds like—see whether you can balance yourself successfully on one arm instead of both, then lower yourself to the floor and back up again. Using only one arm improves your sense of balance and provides a much greater challenge to the one side of your body. Once you've worked one side to fatigue, switch and do pushups from the other arm.

SPIDERMANS: In this variation, you're going to move your legs like a spider climbing a wall. As you lower your body to the ground, draw one leg forward, bringing your knee as close to your elbow as you can. Return your leg to the starting position as you push your arms back up, then repeat using your other leg.

ARCHERS: Assume a basic pushup position but place one hand farther in front of you and the other hand slightly closer to your waist. Perform a pushup, shifting your weight as necessary to stay balanced. Switch the positions of your hands and repeat.



The Idea of a “Superfood” Might Be a Super Myth

By Dylan Roche

Superfoods—like superpowers or superheroes—sound great in theory. Who doesn't like the idea of a single food that can improve your health and protect you against disease all by itself? It certainly would make healthy eating a lot easier. But unfortunately, this idea is just as fictional as superpowers and superheroes. The reality is that a healthy diet means variety. It isn't about any one food.

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That's not to say there aren't nutrient-dense foods out there that pack a real punch when it comes to health benefits. There certainly are! For some people, this might be their definition of superfoods.

But because the term "superfood" is not a scientific or regulated classification, you should be wary when you hear it. The word exploded in popularity among health and wellness circles during the past 20 years, but there's no set definition to it—it's a word that could mean something completely different to you than it does to somebody else. Any diet plan or food packaging touting the idea of a food being "super" might simply be engaging in some clever marketing.

That's not to say that many foods with a reputation of being superfoods are bad for you. Far from it! Most foods earn this designation because they have high levels of vitamins, minerals, fiber, and antioxidants, all of which reduce the risk of chronic disease, support heart health, boost immunity, aid in weight management, improve cognitive function, and reduce inflammation.

FOODS YOU MIGHT HAVE HEARD REFERRED TO AS SUPERFOODS

BEFORE MIGHT INCLUDE:



Berries, such as blueberries and acai



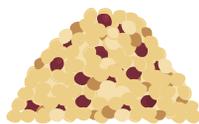
Leafy greens, such as kale and spinach



Fatty fish, such as salmon or mackerel



Cruciferous vegetables, such as broccoli and Brussels sprouts



Whole grains, such as quinoa or barley



Green tea



Spices, including turmeric and ginger

All of these foods contain nutrients and antioxidants that improve your health. But any one of them on their own is not enough to give your body everything it needs. Every food contains its own unique nutritional profile, and it's only by eating a varied diet that you can get everything you need. By eating only one kind of food, or a limited variety of food, you will be getting a limited variety of nutrients. If you ate nothing but spinach all day, you'd be getting plenty of vitamins A, C, and K, but you would be deficient in fat, protein, and overall calories. By contrast, meat or poultry will have plenty of protein but none of the many antioxidants you get from fruits and vegetables.

And don't forget that variety is important because it stops you from getting bored with your healthy food choices. Even if you love blueberries and kale, you would get bored having these two foods for every meal!

If you want a healthy, balanced, nutritionally complete diet, it's best to listen to the advice consistently promoted by the experts at the National Fruit and Vegetable Alliance, Academy of Nutrition and Dietetics, and Department of Health and Human Services: Don't follow trends, and instead build your diet around fruits and vegetables, whole grains, lean protein, and minimally processed foods.





Falling for Autumnal Colors

GET STYLISH WITH THESE SEASONAL SHADES FOR SEPTEMBER AND BEYOND

By Dylan Roche

Hard as it may be to believe, fall is hovering just on the horizon—and the change in seasons calls for a change in wardrobe. Autumnal celebrations give you plenty of opportunity to make bold fashion statements, whether you're going casual or aiming to dress it up a little. But if you're looking for inspiration, here are some ideas that will get you excited for fall style.

Let's start by talking about how warm, earthy colors are always a go-to in the fall. It makes sense: The leaves around us are starting to change to shades of red, orange, yellow, and brown, which creates a warm, inviting ambiance we can't help but want to recreate with our own fashion. Putting together an outfit with warm colors lets you embrace this natural color palette and match your surroundings.

If it sometimes feels like there's something deeper going on here with the appeal of warm colors in the fall, you're not wrong. Warm colors have a psychological effect, making us think of coziness and comfort. Wearing those colors can make us—and those around us—just feel a little bit warmer in this cooler fall weather, even if we aren't.

Go for clothing pieces in colors like...

BURNT ORANGE. Is it an obvious choice? Maybe. But there's a reason people opt for orange in the fall—it's the color of the season, reminiscent of leaves and bonfires and pumpkins.

VARYING SHADES OF BROWN, like caramel and chestnut. These colors evoke a cozy, rustic feel that's perfect for autumn. A light brown, such as camel, pairs well with olive green for a timelessly classic look. You can also wear brown with orange for the perfect combination of fall colors.

DARK SHADES OF RED, such as burgundy or wine. These will give your outfit a touch of sophistication (without feeling too summery or too Christmassy—two times of the year when you'll likely be wearing brighter, flashier shades of red). A brownish shade of red is another great choice for fall that will bring depth and dimension to your outfit. Try pairing rust with cream or off-white for a subtle but sophisticated look, or burgundy with navy for something bolder.

DARK YELLOW, such as mustard or flax, will exude warmth without being overly bright. Pairing mustard yellow with a cooler neutral gray will create a striking contrast that will make a big impression.



Of course, there's something to be said for cool colors, too. Don't rule them out completely in the fall. Blues, greens, and purples can be great options, depending on the shade and how you incorporate them into your outfit. They will bring a refreshing and balanced touch to your wardrobe, especially when you use them to complement some of the warmer colors you'll likely be wearing. Remember that fall fashion often involves layering and incorporating different textures, so cool colors can serve as a base or a contrasting element when you're working with so many elements, even if it is something as simple as a blue denim jacket or a pine green cardigan.

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Great cool color options include...

OLIVE GREEN, which comes across as earthy and outdoorsy without being overly bold. Try pairing green with another neutral, such as tan or cream, or with a pop of another cool color, such as blue or purple.

NAVY BLUE, even though it seems like a color suited for the summertime, works well year-round. It serves as a great base for a layered outfit, especially if you have contrasting fall tones in lighter shades.

DARK PURPLE, such as eggplant or plum, are elegant and versatile. Pair them with a dark yellow like mustard for a more casual look, but go for gold accents if you want to dress it up for a special occasion.

Finally, don't forget about fabrics—these can make or break the appearance of the colors you're choosing and the appropriate fall vibe they give off. **Wool** and **cashmere** are both known for their warmth, making them go-to fabrics for fall. **Flannel** is perfect for casual occasions, especially when paired with the ribbed texture of heavy **corduroy**. If you want durability and texture that will work well for fall, especially when you're trying to achieve a more classic aesthetic, go for **tweed**. On the other hand, **denim** and **leather** look trendier, and you can either dress them up or dress them down depending on the occasion.

So, pour yourself a glass of cider and raise a toast to looking stylish this fall!



Take Care When You Color Your Hair

By Dylan Roche

There's an element of excitement to being adventurous about your look from time to time. You want to try something different and show off a new side of yourself. Changing your hair color is a great choice in this regard, but proceed with caution. While coloring your hair with a home kit seems simple, there's a lot to consider—everything from the color you want to the type of dye that's right for your hair. Plus, you need to take certain precautions if you want to maintain good hair health throughout the process.

If you're thinking of shifting the shade of your hairstyle and don't know where to start, here's what you should consider—and when you should leave the job to a professional.

Choose Your Color

Browsing through a magazine and looking at some of your favorite celebrities and models is great for inspiration, but what looks good on one person might not necessarily look good on you. When

you're choosing the color you want to achieve, it's important to think about your own skin tone, natural hair color, and personal style. Inspiration photos are a great starting point, but assess them with a critical eye: Will that color of hair complement your skin tone? Will it bring out the color of your eyes?

For example, if you have warm undertones to your complexion, you will do well with warmer hair colors—everything from a golden blonde to a coppery red. These warm hair colors will also make brown or hazel eyes stand out. On the other hand, if you have cool undertones, or a pinkish, rosy tone to your skin, then it's best to try an ashy blonde or a cool brown, both of which will complement blue or green eyes.

Dying your hair doesn't have to be a drastic change. You could easily choose a subtle variation on your natural hair color, which will make it easier to ensure you're complementing your natural skin tone and eye color while minimizing the amount of work you're going to have to do to maintain the color in the weeks or months to come.

It's also important to remember your personal sense of style. If you tend to be bold and outgoing, then a dark brown with undertones of burgundy will be easier to pull off than if you tend to be more traditional. Vibrant dye jobs will be harder to maintain, so if you're not looking to spend a lot of time keeping up your hair color, it might be better to go with a subtler color closer to your natural hair.

Find the Right Dye

Not all over-the-counter dyes are created equal. Some products are of overall higher quality, and some products are formulated for specific types of hair or specific goals. You'll want to start by determining what sort of look you want to achieve—whether that's all-over color, highlights, balayage, or ombre—as well as whether you want your dye job to be temporary, permanent, or semi-permanent.

Another important factor to consider is the current condition of your hair. If it's dry or damaged, you're best off seeking dye with a conditioning agent that will be gentle on your hair. If your hair is going gray, you may find that the gray is resistant to coloring and you need a product that promises long-lasting full coverage.

Finally, the ingredient list is important. Dye made with ammonia can be harsh on your hair, so it's best to seek products that are either ammonia free or low ammonia. For boosted hair health, you can find dyes that are fortified with natural oils, vitamins, and antioxidants, all of which will leave your hair healthier as well as a new color.

Follow Directions

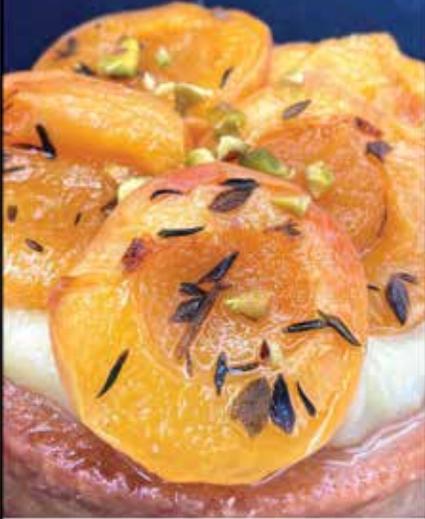
Observe the instructions on your dye carefully—being precise about mixing ratios, application techniques, and processing times will ensure you will get the best finished result. Safety precautions, when properly observed, will prevent damaged hair or scalp. And remember, it's always best to test your dye on a small patch of your hair first to make sure it reacts well and you like the way the color looks.

When to Let the Professionals Do It

Although a new hair color is a great style statement, it can be a big commitment—you don't want to end up with a color you decide looks bad, or doing something to damage your hair. If your hair is sensitive, or if you're considering a drastic change (such as going from dark to light), your best option is to visit a professional stylist who can offer you advice, assess your hair, and help you achieve the desired result.



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What neuroscience says about why print magazine ads work

Paper readers remember more.

- more focused attention, less distraction
- higher comprehension and recall
- stimulates emotions and desires
- preferred by majority (even millennials)
- drives sensory involvement which contributes to reader impact
- slower reading speeds

Source: "What Can Neuroscience Tell Us About Why Print Magazine Advertising Works?" A White Paper from MPA-The Association of Magazine Media, Scott McDonald, Ph.D. Nomos Research, October 2015

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Savor the Chesapeake

Restaurant news and culinary trends throughout the Chesapeake Bay region

By Megan Kotelchuck

The kids are back in school and schedules are getting busy, but you can still treat yourself. We have cuisine, cookies, and more in our area, plus restaurants to look forward to. How are you going to treat yourself next: a fine meal, crumbly cookies, a sweet cocktail?

On the Dining Scene...

Hyatt Regency Chesapeake Bay Golf Resort, Spa and Marina in Cambridge has reopened its popular eatery **Blue Point Provision Company**. Along with the reopening, they have brought on a new chef de cuisine, Nicholas Aspenleiter. This restaurant has served as an event venue as well as a full-service lunch and dinner dining room, and will continue to do so seven days a week. In addition, this summer season Blue Point Provision Company brought back deck parties for guests to enjoy drinks, food, and the view. Find more information and make reservations at hyattregencychesapeakebay.com.

↑ **Crumb! Cookies** opened their newest location in the Harbor Center in Annapolis on June 30th. The menu each week contains six of the 275-plus weekly rotating cookie flavors, including milk chocolate chip, cornbread, cookies and cream, s'mores, key lime pie, peppermint bark, butter-milk pancake, and so many more. We're still awaiting Crumb! on the Shore—no word yet if a franchise is planned for this side of the bridge. Find out what flavors they are serving this week at crumb!cookies.com.

This May, **Cracker Barrel** signed a long-term ground lease to build a new restaurant over in Annapolis. What once was Fudduckers by the mall will become a 9,100-square foot Cracker Barrel with a 1,300-square foot patio. Currently, the home-style country restaurant is working on permits with Anne Arundel County and plans to open in late 2024. The classic restaurant also includes an authentic old country store, old family recipes, a porch of rocking chairs, and more.

And we're sad to learn that an icon in our state capital has closed its doors for good. **Canton Restaurant** in Annapolis permanently closed on June 30th. The restaurant has been run by Lisa Wong for over 60 years. Lisa is the daughter of Charles, an Army World War II veteran who opened The Canton in 1960. At the time, this was the city's only Chinese restaurant. The family run business had a sizeable menu of Chinese cuisine, some American eats, and a lunch buffet.

Drink Up...

School is back in session, football games have resumed, and so another fall season has begun. We also call it... bonfire season! Below are a couple great beverages to sip on while enjoying your backyard bonfire.

Bonfire

INGREDIENTS

- 2 ounces mescal
- 3/4 ounce lemon juice
- 3/4 ounce simple syrup
- 1 egg white
- Ground cinnamon for garnish
- Ground nutmeg for garnish

INSTRUCTIONS

Put the mescal, lemon juice, simple syrup, and egg white in a cocktail shaker and dry-shake (without ice) until frothy. Add ice to the shaker and vigorously shake. Strain into a chilled double-rocks glass. Garnish with ground cinnamon and nutmeg.

Photo and recipe courtesy of foodnetwork.com



Boozy Dark Delight

INGREDIENTS

- 3/4 ounce orange liqueur
- 3/4 ounce whisky
- 6 ounces stout
- Chocolate orange shavings to garnish, optional

INSTRUCTIONS

Drop a few ice cubes, if using, into a short glass and pour over the orange liqueur and whisky. Top up the drink with the stout, then garnish with the chocolate orange shavings, if you like.

Photo and recipe courtesy of bbc-goodfood.com



Gone Fishing!

We've enjoyed crab pickings and dinners at restaurants with beautiful views, and now we'd like enjoy delicious fish dishes. We have many local establishments that showcase fish boards, fish and chips, fish sandwiches, and oh-so-much more. Let's see how many different renditions of classic, delicate favorites we can find.

Average entrée price

\$ 0-14

\$\$ 15-30

\$\$\$ 31 and over

📞 Reservations

🍷 Full bar

👨‍👩‍👧 Family Friendly

🌊 Water View

☀️ Outdoor Seating

🎵 Live Music

📍 Locally Sourced

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Amalfi Coast Italian & Wine Bar

401 Love Point Road, Stevensville; 443-249-3426; amalficoastki.com \$\$, carpaccio di tonno, Norwegian salmon, branzino 📞 🍷 ☀️

Big Bats Café

216 St Claire Place, Stevensville; 410-604-1120; bigbats.com \$\$, blackened ahi tuna, big fish sandwich, fish and chips, tuna steak 🍷 📞

The Big Owl Tiki Bar and Grill

3015 Kent Narrow Way S, Grasonville; 410-829-9546; thebigowl.com \$\$, smoked fish spread, fish sandwich, fish tacos 🍷 📞 🌊 ☀️ 🎵

Bridges Restaurant

321 Wells Cove Road, Grasonville; 410-827-0282; bridgesrestaurant.net \$\$\$, ahi tuna sashimi, fish tacos, rockfish, glazed salmon 📞 🍷 🌊 ☀️ 🎵

Café Sado

205 Tackle Circle, Chester; 410-604-1688; cafesado.com \$\$, sado-chirashi sashimi, tuna tartar, seafood and herb crusted roast cod, variety of sushi rolls, roasted salmon, roasted sea bass 🍷 📞

Doc's Riverside Grille

511 Chesterfield Ave, Centreville; 410-758-1707; docsriversidegrille.com \$\$, tuna sashimi, beer battered rockfish tenders, fish and chips, rockfish wrap, fresh ocean catch 🍷 📞 ☀️ 🎵

Dock House Restaurant

110 Piney Narrows Road, Chester; 443-446-4477; dockhouserestaurant.com \$\$\$, halibut tacos, blackened salmon caesar, fish and chips, citrus glazed salmon, Chesapeake rockfish 🍷 📞 ☀️

Fisherman's Crab Deck

3032 Kent Narrows Way S, Grasonville; 410-827-6666; crabdeck.com \$\$, Seasonal, tuna sashimi, Atlantic salmon, Atlantic mahi mahi, flounder fillets, imperial stuffed flounder 🍷 📞 🌊 ☀️

Fisherman's Inn

3116 Main Street, Grasonville; 410-827-8807; fishermansinn.com \$\$\$, black pepper seared rare tataki tuna, 5 choice Chesapeake Bay rockfish, plank roasted salmon, Atlantic salmon fillet, flounder fillet 🍷 📞 🌊 ☀️

Harris Crab House and Seafood Restaurant

433 Kent Narrow Way N, Grasonville; 410-827-9500; harriscrabhouse.com \$\$, tuna avocado tower, rockfish bites, rockfish tacos, rockfish sandwich, flounder sandwich, beer battered cod, grilled salmon, North Atlantic flounder, rockfish, 36 seasoned stuffed rockfish 🍷 📞 🌊 ☀️

The Jetty Dock Bar and Restaurant

201 Wells Cove Road, Grasonville; 410-827-4959; jetydockbar.com \$\$, seared ahi tuna, rockfish tenders, fish and chips, blackened salmon blt, grouper po boy, crispy rockfish wrap, asian tuna wrap, Hawaiian grouper tacos 🍷 📞 🌊 ☀️ 🎵

Libbey's Coastal Kitchen and Bar

357 Pier One Road, Stevensville; 410-604-0999; libbey-scoastalkitchen.com \$\$, sashimi tuna tower, fish and chips, rockfish reuben, seared mahi tacos 📞 🍷 📞 🌊 ☀️

Knoxie's Table

180 Pier One Road, Stevensville; 443-249-5777; baybeachclub.com \$\$, sesame crusted tuna, pistachio crusted salmon, bacon wrapped halibut, yellowfin tuna 📞 🍷 🌊 ☀️

Mamma Mia Italian Bistro and Sports Bar

219 E Water Street, Centreville; 410-758-2222; mamma-miacentreville.com \$\$, mahi linguine, salmon siciliana, salmone limoncello, ahi tuna, salmon blt wrap 🍷 📞

The Market Gourmet Cafe

180 Pier One Road, Stevensville; 410-604-5900; baybeachclub.com \$, bagel and lox, blackened tuna naan wrap, blackened salmon blt 📍

The Narrows Restaurant

3023 Kent Narrows Way, Grasonville; 410-827-8113; thenarrowsrestaurant.com \$\$\$, seared rare ahi tuna, baked salmon filet, grilled rainbow trout, Cajun pecan crusted catfish 📞 🍷 📞 🌊 ☀️

Phat Daddy's BBQ

205 Spring Avenue, Chestertown; 443-282-0028; phatdaddybbq.com \$, fried fish sandwich, fish and chips

Pour House Pub

205 Tackle Circle, Chester; 443-249-3242; pourhouseki.com \$, ahi tuna, ahi tuna tacos, fish and chips, pan seared salmon 🍷 📞 🎵

Rams Head Shore House

800 Main Street, Stevensville; 410-643-2466; rams-headshorehouse.com \$\$, ahi tuna, rockfish bites, fish tacos, salmon blt, Chesapeake rockfish, simple salmon, fish and chips 📞 🍷 📞 🎵

Red Eye's Dock Bar

428 Kent Narrow Way N, Grasonville; 410-304-2072; redehyesdb.com \$\$, Seasonal, ahi tuna, ahi tuna nachos, rockfish bowl, ahi tuna bowl, rockfish street tacos, fish and chips, sesame salmon 🍷 📞 🌊 ☀️ 🎵

Stevensville Crab Shack

116 Pier One Road, Stevensville; 410-604-2722; stevensvillecrabshack.com \$\$, fresh fish sandwich, beer battered cod sandwich

Talbot County

Bas Rouge

19 Federal Street, Easton; 410-822-1637; basrougeeaston.com \$\$\$, crudo, halibut, rockfish-posciutto roulade 📞 🍷

Blu Miles Seafood and Grill

305 Mulberry Street, St Michaels; 410-745-8079; theblumilesrestaurant.com \$\$, stuffed fish of the day, salmon, ahi tuna steak, ahi tuna sandwich, fish tacos, salmon blt, fish and chips 📞 🍷 📞 🌊 ☀️

Capsize

314 Tilghman Street, Oxford; 410-226-5900; capsizexmd.com \$\$, fish and chips, blackened ahi tuna tacos, rockfish tacos, pistachio encrusted salmon, rockfish imperial, sesame encrusted ahi tuna 📞 🍷 📞 🌊 ☀️

Carpenter Street Saloon

113 S Talbot Street, St Michaels; 410-745-511; carpenter-streetsaloon.com \$, fish and chips, catch of the day, blackened tuna salad 🍷 🍴

Corah's Corner

105 N Talbot Street, St Michaels; 410-745-8008; corahs.com \$\$, salmon/tuna poke bowl, Chesapeake smokehouse smoked salmon dip, spicy fish sandwich, tuna gyro, salmon blt, fish and chips 🍷 🍴 🌞

Crab Claw Restaurant

304 Burns Street, St Michaels; 410-745-2900; thecrabclaw.com \$\$, grilled tuna with seaweed and salad, fried flounder sandwich, salmon avocado blt, tuna steak sandwich, rockfish and chips, fish tacos 🍷 🍴 🌞

Doc's Downtown Grille

14 N Washington Street, Easton; 410-822-7700; docsdowntowngrille.com \$\$, tuna poke nachos, rockfish tenders, fish tacos, rockfish wrap, fish and chips, blackened tuna blt, blackened salmon blt, tuna steak, seared salmon 🍷 🍴 🌞

Doc's Sunset Grille

104 W Pier St, Oxford; 410-226-5550; docssunsetgrille.com \$\$, tuna sashimi, rockfish tenders, fish tacos, seared tuna sandwich, rockfish wrap, fish and chips, teriyaki rice bowl 🍷 🍴 🌞

Foxy's Harbor Grille

125 Mulberry Street, St Michaels; 410-745-4340; foxysharborgrille.com \$\$, Key West fish dip, poke bowl, mahi ceviche, catch of the day, fish tacos, ahi tuna sandwich, seared Atlantic salmon, mahi 🍷 🍴 🌞

The Galley

305 South Talbot Street, St Michaels; 410-200-8572; thegalleysaintmichaels.com \$\$, ahi poke salad, sushi roll, seared ahi tuna 🍷 🍴 🌞

Gina's Café

601 Talbot Street, St Michaels; 410-745-6400; ginascafemd.com \$\$, blackened sesame tuna tacos, blackened salmon quesadilla 🍷 🍴

Hammy's Hideout

209 S Talbot Street, St. Michaels; 410-745-4044; hammyburgers.com \$, rockfish sandwich 🍷 🍴

Hunter's Tavern

101 East Dover Street, Easton; Tidewaterinn.com; 410-822-4034 \$\$, 🍷 🍴

Limoncello Italian Restaurant & Wine Bar

200 South Talbot Street, St Michaels; 410-745-3111; limoncellostmichaels.com \$\$, carpaccio di tonno, tonno alla senape, salmone alla mugniana, branzino con escarole 🍷 🍴

Lowe's Wharf

21651 Lowes Wharf Road, Sherwood; 410-745-6684; loweswharf.com/restaurant \$\$, rockfish bites, seared tuna, house breaded rockfish sandwich, grilled yellowfin tuna sandwich, fish tacos 🍷 🍴 🌞 🎵

Marker Five

6178 Tilghman Island Road, Tilghman; 410-886-1122; markerfive.com \$\$, tuna poke bowl, local melon smoked salmon salad, fish and chips, mahi ruben 🍷 🍴 🌞

Osteria Alfredo

210 Marlboro Street, Easton; 410-822-9088; osteriaalfredo.com \$\$, salmone alla borghese, cernia alla amalfitana, filetto di branzino gratinato 🍷 🍴

Out of the Fire

111 South Washington Street, Easton; 410-205-2519; outoffire.com \$\$, fire roasted trout, grilled swordfish 🍷 🍴

Ruse

209 N Talbot Street, St Michaels at the Wildset Hotel; 410-745-8011; ruser-restaurant.com \$\$\$, golden tilefish 🍷 🍴

Scossa Restaurant and Lounge

8 North Washington Street, Easton; 410-822-2202; scossar-restaurant.com \$\$, saffron fish soup, catch of the day with lemon and capers, sauteed slamon with olives and cherry tomatoes 🍷 🍴 🌞

Sunflowers and Greens

11 Federal Street, Easton; 410-822-7972; sunflower-sandgreens.com \$\$, Asian tuna salad, grilled salmon, blackened ahi tuna

T at the General Store

25942 Royal Oak Road, Easton; 410-745-8402; tatthegeneralstore.com \$\$, seared ahi tuna, tuna tartare, fish of the day 🍷 🍴

Theo's Steak, Sides, and Spirits

407 South Talbot Street, St Michaels; 410-745-2106; theosteakhouse.com \$\$, tuna tartare, wild caught salmon, sesame crusted ahi tuna 🍷 🍴 🌞

Tiger Lily

206 N Washington Street, Easton; 410-690-4602; tigerlily-easton.com \$\$, baja fish tacos, flounder tacos, tuna ceviche 🍷 🍴

Tilghman Dining at The Tilghman Island Inn

21384 Coopertown Road, Tilghman Island; 410-886-1170; tilghmandining.com \$\$\$, grilled Atlantic salmon 🍷 🍴 🌞

Two if by Sea

5776 Tilghman Island Road, Tilghman; 410-886-2447; twoifbysearestaurant.net \$, fried rockfish sandwich 🍷 🍴

Kent County**Bay Wolf Restaurant**

21270 Rock Hall Avenue, Rock Hall; 410-639-2000; bay-wolfrestaurant.com \$\$, catch of the day, fish and chips 🍷 🍴 🌞 🎵

Blue Heron Oyster House and Inn

20658 Wilkins Avenue, Rock Hall; 410-639-4374; blueheronoysterhouseandinn.com \$\$, sesame seared tuna nachos, Asian tuna salad, blackened grouper blt, pan seared grouper 🍷 🍴 🌞

Café Sado

870 High St, Chestertown; 410-778-6688; cafesado.com \$\$, tuna tartar, seafood and herb crusted roast cod, variety of sushi rolls 🍷 🍴

Deep Blue at Kitty Knight

14028 Augustine Herman Highway, Georgetown; 410-648-5200; deepbluerestaurant.com \$\$, salmon, rockfish, smoked salmon deviled eggs, whole bronzino, grilled salmon sandwich 🍷 🍴 🌞

Fish Whistle

100 George Street, Georgetown; 410-275-1603; fishandwhistle.com \$\$, fish and chips, fried catfish fingers, sesame ginger tuna tartare, pan seared petite salmon, sesame crusted ahi tuna, house smoked rockfish dip, smoked salmon, catch of the day with lemon butter 🍷 🍴 🌞 🎵

Harbor Shack

20895 Bayside Avenue, Rock Hall; 410-639-9996; harborshack.net \$\$, saku yellowfin tuna, fish sandwich, fish tacos, grilld ahi tuna, fish and chips 🍷 🍴 🌞 🎵

The Jefas Mexican Grill

100 West Cross Street, Galena; 410-648-7182; the-jefas-mexican-grill.business.site \$, fish tacos, mojarra frita 🍷 🍴

The Kitchen at the Imperial

208 High Street, Chestertown; 410-778-5000; imperi- alchestertown.com \$\$\$, bacon wrapped stuffed brook trout, seared rockfish with sweet corn, cherry tomato and jump lumb crab salsa, seared halibut 🍷 🍴 🌞

Osprey Point

20786 Rock Hall Ave, Rock Hall; 410-639-2194; osprey-point.com \$\$\$, pan seared salmon 🍷 🍴 🌞

The Shanty Bar

21085 Tolchester Beach Road, Chestertown; 410-778-1400; tolchesterma- rina.com \$, rockfish bites, blackened fish sandwich 🍷 🍴 🌞 🎵

Uncle Charlie's Bistro

834 High Street, Chestertown; 410-778-3663; unclecharliesbistro.com \$\$, seared ahi salad, grilled salmon 🍷 🍴

Watershed Alley
337 High Street,
Chestertown; 443-
282-9797; thewater-
shedalley.com \$\$\$,
roasted swordfish
loin 🍷 🌿

Dorchester County

Blackwater Bakery
429 Race Street,
Cambridge; 443-
225-5948; Black-wa-
ter-bakery.com \$,
seared salmon blt
🌿 🍷

Blue Point Provision Company
100 Heron Boule-
vard, Cambridge;
410-901-1234; hyat-
tregencychesapeake-
bay.com \$\$\$, Fresh
catch of the day \$,
fish en papillote, chef's
ceviche, smoked fish
dip 🌿 🍷 🌟

Blue Ruin
400 Race Street,
Cambridge; 410-
995-7559; blueruin-
bar.com \$\$, smoked
salmon club 🌿 🌟

Bombay Social
413 Muir Street,
Cambridge; 443-515-
0853; bombayso-
cialmd.com \$\$, fish
molee, salmon tikka
kebab 🌿

High Spot Fine Dining
305 High Street,
Cambridge; 410-
264-1295; avashg.
com/high-spot
\$\$, blackened ahi
tuna caesar, fish fry
sandwich, blackened
redfish, fish and
chips, seared ahi
tuna 🍷 🌿

Ocean Odyssey and Crab House
316 Sunburst
Highway, Cam-
bridge; 410-228-
8633; toddseafood.
com \$\$, fish tacos,
grouper fish cake
sandwich, fried
flounder sandwich,
pan seared mahi
mahi sandwich, pan
roasted fish of the
day 🌿 🍷 🌟

Old Salty's
2560 Hoopers
Island Road, Fishing
Creek; 410-397-
3752; oldsaltys.com
\$\$, fish bites, fish
and chips, catch of
the day, flounder,
salmon 🍷 🌿

Portside Seafood Restaurant
201 Trenton Street,
Cambridge; 410-
228-9007; portside-
maryland.com \$\$,
rockfish bites, tuna
bites, tuna tacos, fish
and chips, grilled
fresh tuna, salmon
blt, fresh tuna steak,
salmon fillet 🌿 🍷 🌟

River View at the Point
1A Sunburst High-
way, Cambridge;
410-228-0870;
riverviewatthepoin-
trestaurant.com
\$\$, fish and chips
🍷 🌿 🍷

Snappers Waterfront Cafe
112 Commerce
Street, Cambridge;
410-228-0112; snap-
perswaterfrontcafe.
com \$\$, ahi tuna let-
tuce wraps, snapper
fingers, tuna caesar
salad, tuna spinach
salad, snapper
sandwich, ahi tuna
sandwich, fish and
chips, snapper tacos,
ahi tuna fish tacos,
ahi tuna steak 🍷 🌿
🍷 🌿 🌟

Suicide Bridge Restaurant
6304 Suicide Bridge
Road, Hurlock;
410-943-4689; sui-
cide-bridge-restau-
rant.com \$\$, Asian
tuna, fish fingers,
fish sandwich, salm-
on blt, blackened
rockfish or ahi tuna
tacos, fresh catch
of the day, flounder
francaise, ahi tuna
salad 🌿 🍷 🌿 🌟

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Where's Wilma?

FIND WILMA AND WIN!

With September comes the start of the school year, the arrival of autumn, and all things pumpkin spice. Our favorite flying mascot Wilma is excitedly zipping through the crisp Chesapeake skies in search of back-to-school specials, fall deals, and delicious dining. Where will she land next?

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

Congratulations to **Susan R.** of East New Market, who won a \$50 gift certificate to a local business.

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



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

Entries must be received by September 30, 2023. Winner will receive a gift certificate to a local establishment and their name will appear in an upcoming issue of What's Up? Eastern Shore.

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