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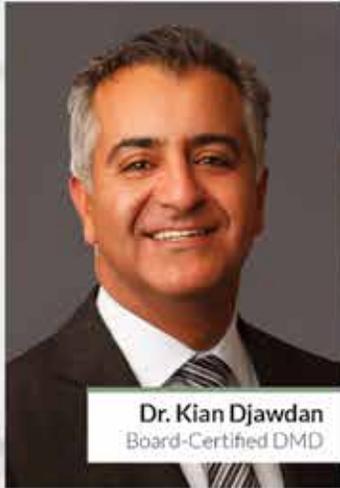
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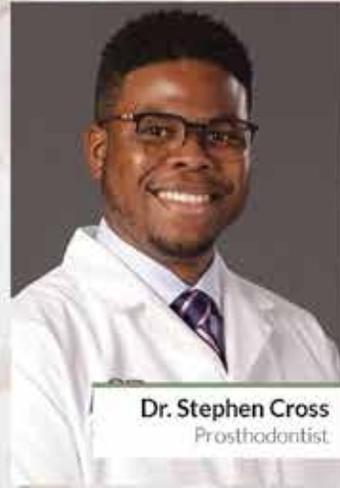
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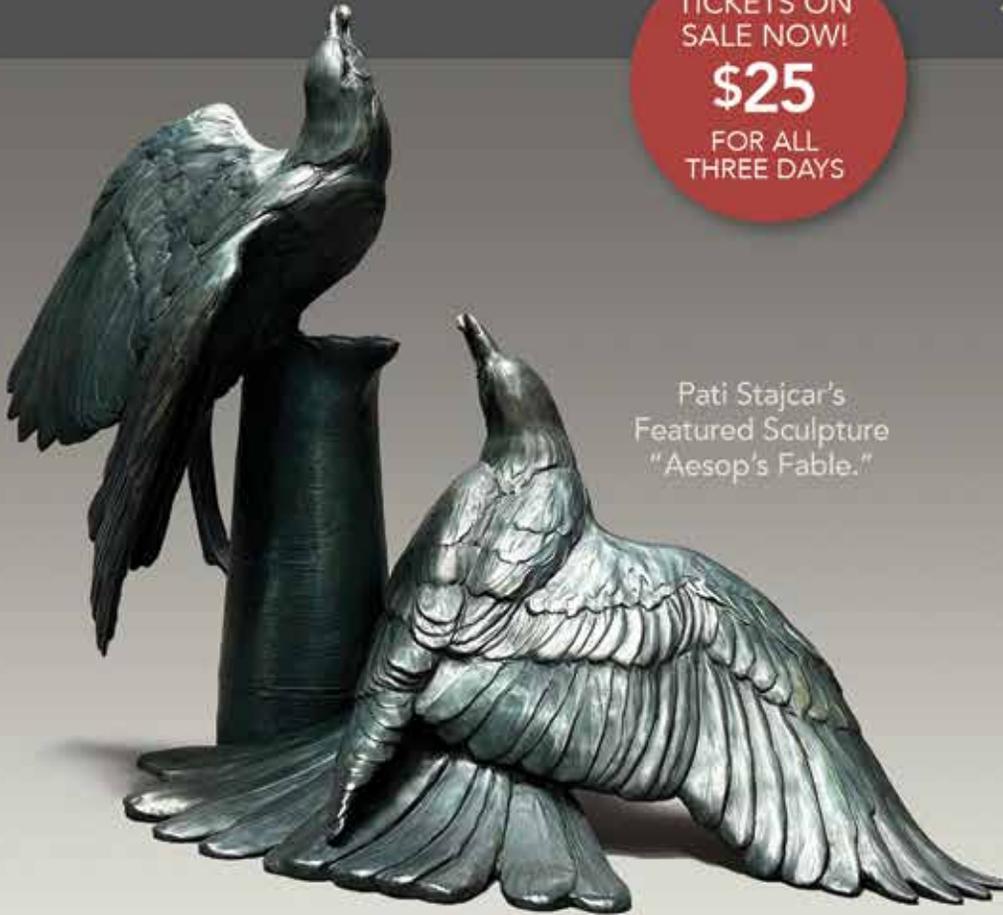
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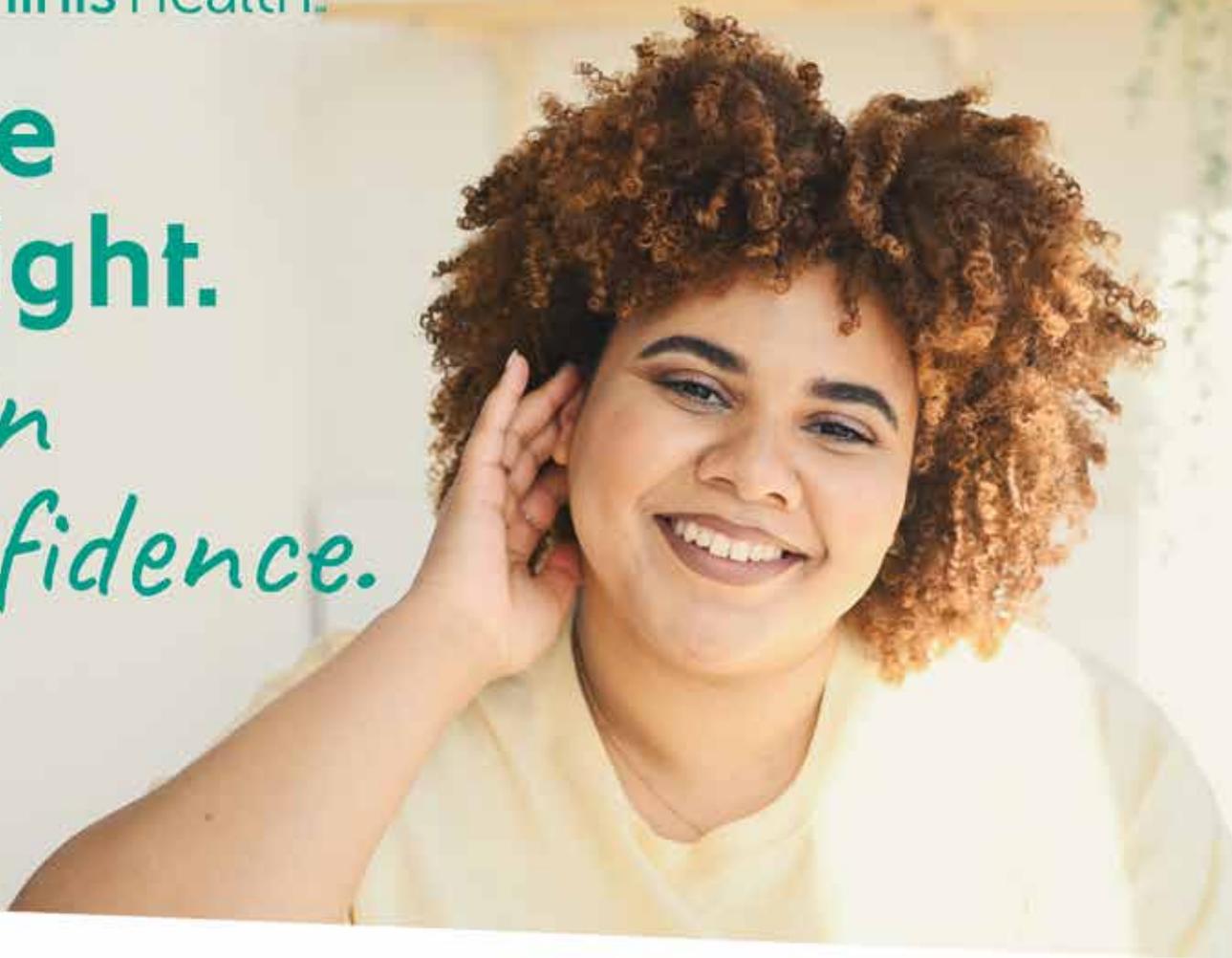
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On the Cover: Hunting on Maryland's Eastern Shore is a pastime and privilege that is not without responsibility. Design by August Schwartz. Contact *What's Up? Eastern Shore* online at whatsupmag.com. Please recycle this magazine.

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WHAT'S UP?
eastern shore

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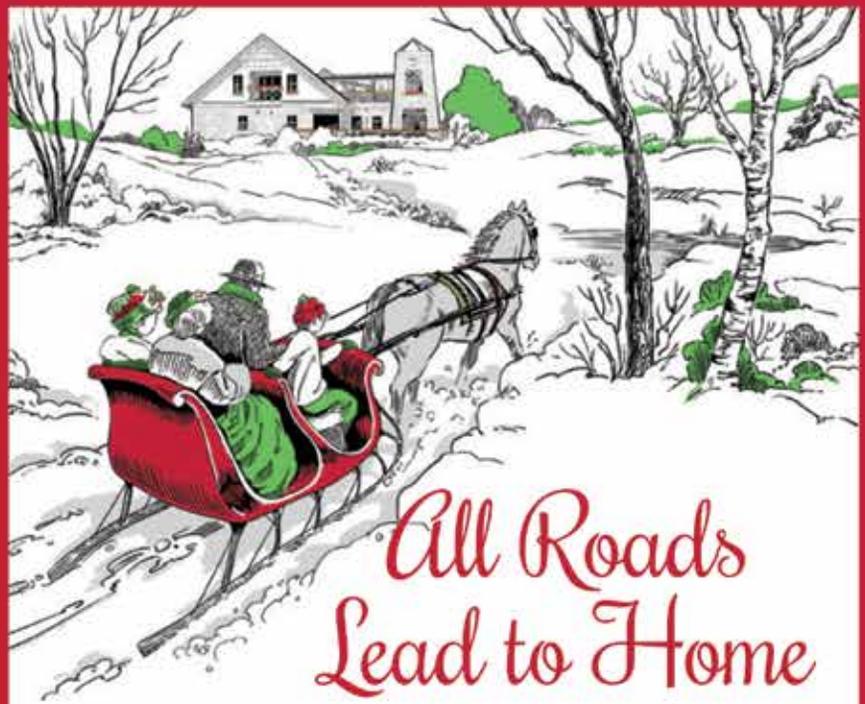
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COMING UP IN
DECEMBER 2023
 Faces of the Chesapeake
 Holiday Gift Picks
 Tea Time!
 Historic Narratives Reworked

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WHAT'S UP? MEDIA'S 2ND ANNUAL
HOME EXCELLENCE AWARDS



What's Up? Media's home awards program will honor elite home builders, architects, designers, and professionals serving the greater Chesapeake Bay region.

Home industry professionals and firms may submit their completed projects for evaluation and vetting in 13 award categories. Entries—consisting of a project description and accompanying photographs—will be accepted through the November 30th deadline. Visit whatsupmag.com/homeexcellenceawards to learn more.

WHAT'S UP? MEDIA

LEADING LAWYERS

The nomination period for the 2024–2025 Class of Leading Lawyers officially opens November 1st to all legal professionals in the Chesapeake Bay region. Lawyers (and judges) currently practicing law are encouraged to nominate their legal peers in more than 40 legal specialties for this distinguished honor that recognizes the best local lawyers. This is your opportunity to nominate which lawyers should be acknowledged as leaders in their various areas of practice. We thank you in advance for participating in this valuable service. Nominations will close in January 2024. Results will be published in our May 2024 issues. whatsupmag.com/2024lawyerssurvey

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Out on the **TownE**

13 EVENT PICKS | 18 CALENDAR | 20 SPOTLIGHT | 22 ATHLETE

Waterfowl Festival

The annual Waterfowl Festival is back for three days November 10th through 12th. Between 18,000 and 20,000 visitors will enjoy the best of local wildlife, nature, art, heritage, food, and fun throughout the streets of Easton. Events and activities will be all over town, from the elementary and high schools to Easton Elks Lodge, The Avalon Theatre, and many more locations. Buses will be in transit each day to different locations so you can experience it all! Find more information at waterfowlfestival.org.



CAROLS BY CANDLELIGHT ↓

The free, magical event in Talbot County (part of Festival of Trees) is back on November 25th at Harrison Street in Downtown Easton. Choral groups, bell ringers, and musicians will perform while spectators enjoy hot cocoa, holiday treats, sing-alongs, and a festival holiday marketplace. Find more information at festival-of-trees.org.



38th Annual Festival of Trees

The 2023 Festival of Trees will be held from November 25th to November 28th in The Gold Room of the Tidewater Inn in Easton. The theme this year is “Caroling, Caroling Through the Town.” In the magical holiday setting, 50 beautifully decorated trees sponsored by individuals and businesses will be on display while another 50 decorated trees will be on sale. Find more information at festival-of-trees.org.



↑ Eastern Shore Sea Glass & Coastal Arts Festival

The Annual Eastern Shore Sea Glass and Coastal Arts Festival is back for its Holiday Edition on November 18th from 10 a.m. to 4 p.m. at the Chesapeake Bay Maritime Museum in St. Michaels. All of your favorite crafts from the spring show are back in a holiday theme for the arts festival of the season! Find more information at ophiuoidea.com.

38TH ANNUAL TURKEY TROT

The 38th Annual Turkey Trot all-ages fun run, walk, or jog will be on November 18th from Denton Elementary School to Martinak State Park and back, including free gifts to the first 75 registrants—and everyone is entered into the free turkey raffle. Registration check-in begins at 8 a.m. and the race starts at 9 a.m. For more information, call Recreation & Parks at 410-479-8120.



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Across the Bridge



Lights on the Bay

The annual tradition of Lights on the Bay is back at Sandy Point State Park beginning November 19th. The holiday light show is a two-mile scenic drive along the Chesapeake Bay with about 70 animated and stationary displays illuminating the roadway. The display is heavily influenced by our very own historic Annapolis. Once again, proceeds from the show will support the SPCA of Anne Arundel County. Lights on the Bay will be set up through January 1st, 2024. Find more information and buy tickets at lightsonthebay.org.



↑ PERIOD FASHION SHOW

Textile collector Heather Hook will be hosting a lecture while she shares samples of Empire and Regency Period men's and women's clothing. The Period Fashion Show will be on November 19th at 2 p.m. at Hammond Harwood House in Annapolis. Pieces of her collection will include the risqué Jane Austen Grecian style 'barely there' dresses, along with fashionable classical profiles in men's breeches and broad-shouldered coats, all from the 1750s to 1980s. Find more information at hammondharwoodhouse.org.

GRAND ILLUMINATION ↓

Gather near the Market House in Downtown Annapolis on the Sunday after Thanksgiving (November 26th) at 4 p.m. for the annual tree lighting. The night will have dancing and carols by local groups, hot cocoa, crafts for kids, candy canes, and don't forget Santa, Mrs. Claus, and Elfie. This year's tree decorations are designed by local artist Comacell Spitfire Brown, Jr. With the help of local kids from Box of Rain and the after-school program at Maryland Hall. Find more information at downtownannapolispartnership.org.



Fish For a Cure

Fish for a Cure is back on November 4th based out at the South Annapolis Yacht Centre. This fishing tournament and fundraising challenge has been making waves in cancer care in our community for years. The tournament will be followed by a Shore Party and all funds will benefit the Cancer Survivorship Program at Luminis Health Anne Arundel Medical Center's Geaton and JoAnn DeCesaris Cancer Institute. Find more information and register today at fishforcure.org



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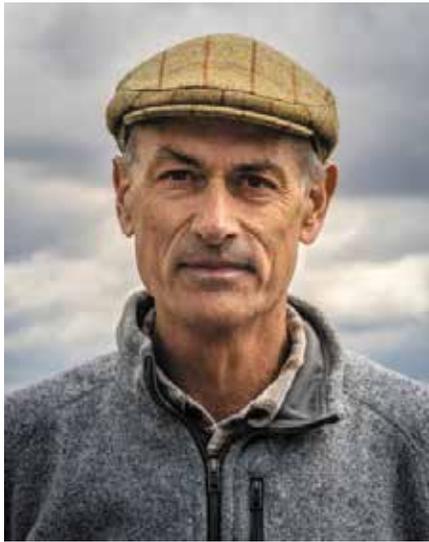
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Towne Calendar



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



WEDNESDAY, November 1st

↑ Spy Nights: A Writers Series with Neil King, Jr. at The Avalon Foundation in Easton, 6 p.m.; avalonfoundation.org; In his latest book, "American Ramble: A Walk of Memory and Renewal," Neil chronicles his introspective 330-mile journey from Washington, D.C., to New York City, serving as a reflective lens into America's tapestry.

THURSDAY, November 2nd

Homeschool Day at Hogshead in Annapolis, 12 p.m.; annapolis.org; Step back in time at Hogshead, a unique dwelling

on historic Pinkney Street, and learn how working-class people lived in Annapolis during the Revolutionary era. Throughout this interactive experience, students will be led by guides in colonial attire and have the opportunity to see and touch reproduction artifacts as they try their hand at skills of the past.

FRIDAY, November 3rd

Annapolis Jazz and Roots Festival at various locations in Annapolis, through November 12th; annapolisjazzandroots-festival.com; The goal of the Annapolis Jazz & Roots Festival is to foster an appreciation

for cultural diversity and artistic excellence in a cordial and inviting atmosphere. Our inspiring, educational, and fun activities entertain participants of many interests, ages and backgrounds.

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!

SATURDAY, November 4th

The Tug in Downtown Annapolis, 12 p.m.; themre.org; Billed as the longest International Tug of War over water in the world, The Tug of War was originally conceived by the residents of Eastport in 1997 when the City of Annapolis used the excuse of a "public works project" to close the Spa Creek bridge that leads to Eastport from Annapolis.

Comic for Critters at Perry's Restaurant in Odenton, 7 p.m.; Facebook; Get ready to laugh at "Comics for Critters"—a comedy event to benefit the SPCA of Anne Arundel County on Saturday, November 4th! The feature comic for the evening will be Alexx Starr from Starr Struck Comedy, and other performers include Kevin Johnson, Keenan Frady, Grace Jane White, and more!

Thanksgiving: A History Through Food at William Paca House in Annapolis, 2 p.m.; Discover how Thanksgiving has transformed over time from the celebration of Harvest Home, as it was called in 1621 at Plimoth Plantation. You'll find that not only have the reasons we celebrate Thanksgiving changed over the years... but so has the food!

Free Compost Bin for County Residents at Quiet Waters Park; contact qwpcomposting@hotmail.com; The Anne Arundel County Master Gardeners teach how to make compost using yard waste and kitchen scraps. Attend a one-hour compost demonstration at the compost site on the Wildwood Trail at Quiet Waters Park. Anne Arundel County residents will receive a FREE compost bin.

2023 Cult BBQ Classic at Cult Classic Brewing Company in Stevensville, 12 to 3 p.m.; cultclassic-brewing.com; No one knows BBQ better than you. Bring your tastebuds down to Cult Classic and enter the People's Choice judging competition to select the best BBQ on Kent Island.

Fashion Show and Luncheon at Saints Peter and Paul Church in Easton, 12 p.m.; tourtalbot.org; Fashion pieces for this show are provided by Easton's all volunteer St. Vincent de Paul Society Thrift Store and Boutique. All proceeds will support their food pantry

which provides food for over 1300 people a month, 51% of whom are children.

SUNDAY, November 5th

First Sunday Arts Festival on West Street in Downtown 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.

The Maryland Corn Maze Closing Day in Gambrills; mdcorn-maze.com; For more than 100 years, the Dairy Farm supplied milk to the Naval Academy midshipmen right here at the farm. Since 2006, our farmers have been growing the corn maze and caring for the farm's grass-fed beef cattle and dairy calves for organic milk production.

FRIDAY, November 10th

The Beach Boys at Live! Casino & Hotel in Hanover, 8 p.m.; maryland.livecasino-hotel.com; As The Beach Boys mark more than a half century of making music, the group continues to ride the crest of a wave unequalled in America's musical history.

Veteran's Day in Galena in the Town of Galena; kentcounty.com; Join us in Galena for Veteran's Day, every year we honor a Veteran and this will be the first time we will be honoring

a female Veteran, Yoemanette, Emma D. Masten (Darlington).

SATURDAY, November 11th

Choral(e) Favorites at Maryland Hall in Annapolis, 8 p.m.; app.arts-people.com; It's our 50th Anniversary and to celebrate we asked the Chorale and our audience what music they've enjoyed most and what composers they'd like to hear from again! Find out which pieces were at the top of everyone's list in this program!

Navy Football Home Game at Navy Marine Corps Memorial Stadium in Annapolis, 3:30 p.m.; navysports.com; Our Navy Football team is taking on University of Alabama at Birmingham right here in Annapolis!

Thursday, November 16th

Colonial Cocktails: Negus & Hot Buttered Rum at Historic London Town and Gardens in Edgewater, 6:30 p.m.; historiclondontown.org; From punches to bounces, syllabubs to juleps, colonists imbibed a wide variety of alcoholic beverages. At Colonial Cocktails, you'll get to make and enjoy two historical drinks and learn about colonial tavern culture.

FRIDAY, November 17th

Artist Talk with Sebastian Martorana at The Academy Art Museum in Easton, 5:30 p.m.; academyartmuseum.org; Sebastian Martorana creates masterful sculptural vignettes

of public and private life out of the timeless medium of marble.

**SATURDAY,
November 18th**

Wizards World Family Experience at Eco Adventures in Millersville, 6 to 7:30 p.m.; ecoadventures.org; Attention Witches, Wizards and Muggles: You are cordially invited to join Hogwarts School of Wizardry for an evening of fun! We will be bringing the world of Wizarding to Eco Adventures and transforming our rainforest into the Hogwarts Great Hall.

Johns Hopkins Medicine: A Woman's Journey at Baltimore Marriott Waterfront Hotel in Baltimore, 8 a.m.; hopkins-medicine.org; Since 1995, Johns Hopkins Medicine's annual women's health program "A Woman's Journey" provides new and compelling information about important issues affecting women's health.

**SUNDAY,
November 19th**

Lights on the Bay Opening Night at Sandy Point State Park, Annapolis, through January 1st; lightsonthebay.org; Driving through "Lights on the Bay" at Sandy Point State Park has become a tradition for many families for the past decade. Benefits SPCA.

Backyard Brews with Benefits 2 at Kent Island Resort in Stevensville, 11 a.m. to 4 p.m.; cultclassicbrewing.com; Organized by the Queen Anne's County Brewer's Coalition.

**FRIDAY,
November 24th**

Kennedy Krieger Institute's 34th Annual Festival of Trees at the Maryland State Fairgrounds in Timonium, 10 a.m. to 4 p.m., through November 26th; kennedykrieger.org; The much-anticipated Festival of Trees returns to the Maryland State Fairgrounds during Thanksgiving weekend, Nov. 24-26.

**SATURDAY,
November 25th**

Shop Small Saturday in Downtown Easton; discovereaston.com; Get prepared for the holiday season with our annual merchant event downtown!

**THURSDAY,
November 30th**

Annual Lights of Kindness at Homestead Gardens in Davidsonville, through December 3rd; rotarylightsofkindness.org; The Rotary Club of South Anne Arundel County will celebrate the 10th anniversary of its highly successful Annual Lights of Kindness charity event, a Christmas tree decorating contest.

John Mulaney at Live! Casino & Hotel in Hanover, 9 p.m.; maryland.livecasinohotel.com; John Mulaney is coming to The HALL at Live! Casino & Hotel Maryland.

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Choptank Health Breaks Ground on New Health Center

Choptank Community Health System brought together elected officials, community leaders, staff, partners, and residents in July for a groundbreaking ceremony to celebrate the start of construction of its new health center at 320 Hargraves Drive. The new Federalsburg Health Center will be replacing Choptank Health's current location on Bloomingdale Avenue.

Remarks were given by Choptank Health Board of Directors Chair Sara Visintainer and Member Wayne Cole, followed by Choptank Health President and CEO Sara Rich, who thanked Visintainer and Cole for their remarks and welcomed local, county, state, and federal elected officials along with staff to the event.

“Community is our middle name for a reason—because it takes the strong support of our community, our partners, and our funders to help make this state-of-art new health center possible,”

Rich said. “When construction is complete, the people of Federalsburg and the surrounding areas will have one of the most modern healthcare facilities in the region.”

Anticipated to open in the summer of 2024, the new Federalsburg Health Center includes more than 21,000 square feet of space. The new center will include five dedicated wings to deliver medical, dental, and behavioral health services, giving Choptank Health the space needed to meet the healthcare needs of more patients. Learn more at choptankhealth.org.

FIRST HOOPERS ISLAND MIGRANT RESOURCE FAIR DRAWS LARGE CROWD

In July, For All Seasons sponsored its first Hoopers Island Migrant Resource Fair at the Volunteer Fire House on Hoopers Island in Fishing Creek, Maryland. The event, which drew over 140 participants, was the dream of Ivy Garcia, Director of Latino Outreach and Education at For All Seasons.

“We have struggled with how to reach out to this very isolated community which has needs in its Latino community during the months between April and November when the migrant workers are here on work permits working in the crab-picking houses,” Garcia explains.

Because the crab-picking houses are very separate from each other in Dorchester County, Garcia decided she needed to do an event where she could reach all of the workers at one time to provide information on a variety of community services. Among the vendors at the Migrant Resource Fair were Mid-Shore Council on Family Violence, Dorchester County Health Department, Choptank Community Health, Mid Shore Behavioral Health, Inc., Maryland Food Bank, Aetna Better Health of Maryland, Chesapeake Multicultural Resource Center, University of Maryland Clark Comprehensive Breast Center, The Salvation Army of the Mid-Shore, Harriett’s House, and Talbot Humane. Vendors provided important resources including information on how to access medical and dental care, mental health services, health insurance, food, and clothing.

“We had a great turnout with both men and women attending,” Garcia said of the event’s success. “We were thrilled to be a part of it and to see the positive response from those who attended.” For more information, visit forallseasonsinc.org.





Academy Art Museum Welcomes New Board Members

The Academy Art Museum recently announced nine new trustees who have been appointed to the Board. They are Christina Acosta, Sue Bredekamp, Sandford Cardin, Robert Fogarty, Joanne Lukens, Patricia Parkhurst, Jazmine Paxon, Daniel Weiss, and Donald Wooters. Board Chair Nanny Trippe has left the board after serving six years as a board member and two as Chair. Donna Alpi became the new Board Chair beginning this September.

"It has been hugely gratifying to be the Chair of the Museum's board—a wonderful, diverse group of people who are invested in the present as well as the future of the institution," Trippe stated. "I am excited for the transition to Donna. Her enthusiasm, experience, and critical thinking are coming at a wonderful time for the Museum and she's going to be terrific." For more information, visit academyartmuseum.org.

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

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Photography by Steve Buchanan

TOWNE ATHLETE

Daniel Hesson

Colonel Richardson High School
Baseball

By Tom Worgo

Colonel Richardson High senior Daniel Hesson plays baseball nonstop. After the high school season ends, Hesson competes for the Salisbury-based East Coast Titans—an elite club team—in the summer and fall. Weightlifting with Titans’ teammates and baseball practices indoors are consistent in the offseason.

Hesson even throws off a mound year-round in his backyard to his father Brandon, a former baseball player. And the time he spent at college camps over the past two summers has been equally valuable to his development.

It was Hesson’s dream to play college baseball ever since middle school. So, the easiest way to get noticed and perhaps get offers is to impress college coaches at camps.

Hesson, a dominating left-handed pitcher, participated at camps at George Mason, Coppin State, Salisbury, and McDaniel in 2022. This past summer, he attended more camps at Towson University, Mount St. Mary’s, Salisbury again, and Marymount.

The hard work, time, and travel paid off for the 5-foot-10, 175-pound Hesson. Marymount University in Northern Virginia offered him a spot on its team and Hesson expects more offers to come. He’d like to play Division I baseball, but Division II or Division III would suit him just fine.

“It’s all about being seen by the colleges,” says Hesson, who carries a 4.0 grade-point average and will have taken eight advanced placement classes by the time he graduates. “Colleges can’t offer guys they haven’t seen a lot of. They

want to see benchmarks out of you like the velocity of your pitches.”

The camps make Hesson, a Cambridge resident, a better player by sharpening his skills. He refined some of his pitching mechanics. “I picked up a lot of experience and tips from college coaches that I wouldn’t be able to get from other coaches,” says Hesson, who expects to commit to a college this winter. “I come away as a better pitcher.”

Hesson has been clocked as high as 84 miles per hour. Colonel Richardson Baseball Coach Ryan Blanchfield feels Hesson could add a few more miles per hour to his impressive four-pitch repertoire. That would even make him more attractive to colleges.

“If he works hard this winter, he could get bigger, stronger, and throw harder,” Blanchfield explains.

Hesson worked as Colonel Richardson’s ace pitcher the past two seasons, helping the Colonels to the Class 1A state championship games both years.

He spent his freshman year on the junior varsity squad, and part of his sophomore season on the same team before being called up to the varsity team early in the season. He boasts an 8-1 record in his first two years on varsity.

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Blanchfield didn't think Hesson would be as good so quickly since he became the team's ace in 2002. He pitched to a 1.46 ERA and gave up only 18 hits in 33 innings while striking out 35 batters. Pitching four scoreless innings in a state final loss to Clear Spring of Washington County highlighted his season.

"He is fearless," Blanchfield says. "He just wants to be the guy and he thinks he will outsmart you and his stuff will beat you. You prepare for everything, but it is not easy pitching in the state championship. He went in and shut down a very good Clear Spring team."

Hesson was even better as a junior. He fanned 91 batters in 60 innings, yielding 40 hits and posting a sparkling 1.26 ERA. Hesson shined again in the state championship game in May, giving up only two earned runs across six-plus innings and striking out four in a close 3-2 loss.

"He was a bloop single away from pitching a shutout," Blanchfield says of this year's state final. "He is the guy every coach wants. I haven't many high school pitchers with four pitches. We had a pitcher draft in 2018 and threw three pitches."

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



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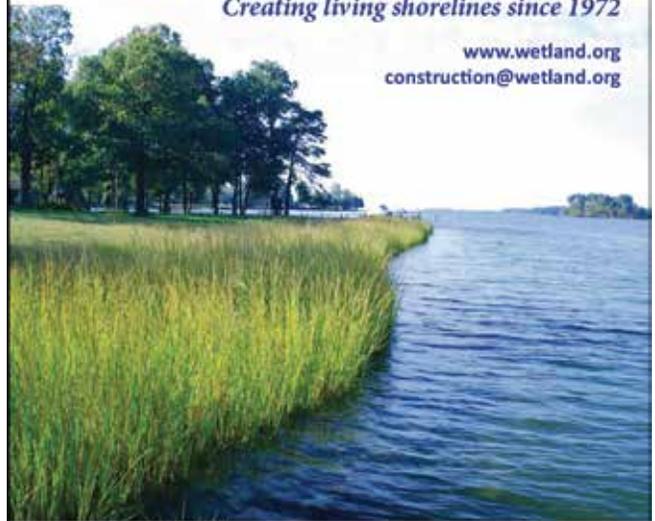
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Nonprofits You Should Know

COMPILED BY MEGAN KOTELCHUCK

A REFERENCE GUIDE OF THE SHORE'S MANY NOTABLE CHARITIES AND ORGANIZATIONS

This month, we have made it easy for you to map out your charitable giving agenda. We present some of the many nonprofit organizations based in Caroline, Dorchester, Kent, Queen Anne's, and Talbot counties. Although we can't list them all, here are more than a few nonprofits you should know. For a list of those on the Western Shore, visit whatsupmag.com.



Caroline County

Adkins Arboretum

Ridgely; 410-634-2847; adkinsarboretum.org; Promotes the conservation and restoration of the Chesapeake Bay region's native landscapes.

Benedictine Foundation

Ridgely; 410-634-2112; benschool.org; Assists individuals with disabilities in becoming as independent or semi-independent as possible.

Caroline County Human Services Council

Denton; 410-479-4446; carolinemd.org/; Expands and manages the implementation of a local, interagency, community-based human service delivery system for children and families, and develops new and innovative services.

Corsica River Mental Health Services, Inc.

Federalsburg; 401-758-2211; crmhsinc.com; Corsica River is a non-profit mental health and SUD clinic, providing highly accessible treatment to Maryland's Eastern Shore.

Martin's House & Barn

Ridgely; 410-634-2537; martinshouseandbarn.org; Helps meet basic human needs of impoverished people while respecting and affirming their dignity, and addressing root problems that

perpetuate the cycle of poverty.

Dorchester County

Baywater Animal Rescue

Cambridge; 410-228-3090; baywateranimalrescue.org; Provides and encourages humane treatment of animals.

City of Cambridge

Cambridge; 410-228-4020; choosecambridge.com; The perfect town that has so much to offer, come visit... you'll never want to leave!

Delmarva Community Services

Cambridge; 410-221-1900; dcsdct.org; Helps senior citizens and persons with developmental disabilities maintain an independent lifestyle within the community.

Dorchester Center for the Arts

Cambridge; 410-228-7782; dorchesterarts.org; Enriches Maryland's Eastern Shore through quality, engaging programming in the visual, literary, musical, and performing arts.

Dorchester Chamber of Commerce

Cambridge; 410-228-3575; dorchesterchamber.org; To Advance Dorchester County through educating, promoting, and growing a strong business community.

Dorchester County Economic and Development

Cambridge; 410-228-0155; ChooseDorchester.org; Dorchester Counter is committed to building a strong infrastructure for business and entrepreneurs to thrive.

Dorchester County Tourism

Cambridge; 410-228-1000; visitdorchester.org; Welcome and enhance the traveler's vacation experience in Dorchester County.

Dorchester General Hospital Foundation, Inc.

Cambridge; umms.org; Works to raise funds to benefit programs and services and University of Maryland Shore Medical Center at Dorchester.

Downtown Cambridge—A Main Street Organization

Cambridge; 443-477-0843; downtowncambridge.org; Preserves, enhances, and promotes the Main Street District of Cambridge.

Eastern Shore Area Health Education Center

Cambridge; 410-221-2600; esahec.org; Recruits and retains health care professionals and builds healthy communities through educational opportunities and collaborative partnerships.



Friends of Blackwater

Cambridge; friendsofblackwater.org; Assists Blackwater National Wildlife Refuge, Martin National Wildlife Refuge, and Eastern Neck National Wildlife Refuge in carrying out their educational, interpretive, and public-use missions.

Nanticoke Watershed Alliance

Vienna; nanticoke-river.org; Seeks to conserve the natural, cultural, and recreational resources of the Nanticoke River watershed.

Nanticoke Historic Preservation Alliance—Restore Handsell

Cambridge; 410-228-7458; restorehandsell.org; Supports the restoration of Handsell, an 18th-century ivy-covered, red brick building located in the middle of what is known as “Indiantown.”

Richardson Maritime Museum

Cambridge; 410-221-1871; richardsonmuseum.org; Preserves and promotes the boat-building heritage of Dorchester County and the Chesapeake Bay.

Kent County

Animal Care Shelter for Kent County

Chestertown; 410-778-3648; acskc.org; The Humane Society of Kent County has

provided animal control services, worked to prevent animal cruelty and provide homes for unwanted animals.

Bayside H.O.Y.A.S

Chestertown; 410-778-3148; baysidehoyas.org; The mission is to promote academic excellence, positive character development, and civic responsibility among secondary school age youth and young adults in Kent and Queen Anne’s counties through mentoring, community activities, leadership seminars, sports, and activism.

Chester River Health Foundation

Chestertown; 410-810-5661; umchrhf.org; Raises funds that steward and enhance healthcare excellence for the people who live in or visit the communities served by UM Shore Medical Center at Chestertown and Chester River Home Care.

Chestertown RiverArts

Chestertown; 410-778-6300; chestertownriverarts.com; RiverArts hosts exciting programs including monthly exhibits, salon discussions, photography club and more.

Eastern Shore Rabbit Rescue and Education Center

Rock Hall; 410-639-7535; esrrec.org; The Eastern Shore Rabbit Rescue and Education Center (ESRREC), is

based in Rock Hall, Maryland. ESRREC ensures the health, safety and emotional well-being of abandoned pet rabbits on Maryland’s Eastern Shore through shelter and care, with guidance to the families who adopt them as companion animals.

Echo Hill Outdoor School, Inc.

Worton; 410-348-5880; ehos.org; Works to create a climate of freedom and growth that bolsters a safe, fun, and educational experience in the outdoors.

Garfield Center for the Arts at the Prince Theatre

Chestertown; 410-810-2060; garfieldcenter.org; Chestertown’s Garfield Center produces the area’s best plays and musicals, outstanding youth theatre camps and local and national music artists.

Greater Rock Hall Business Association

Rock Hall; welcometorockhall.org; The Greater Rock Hall Business Association is a non-profit, member-based organization dedicated to promoting business in the Rock Hall area. We advertise, educate and serve as an advocate for our member businesses, and we support community events that contribute to the success of our membership.

Kent Family Center

Chestertown; 410-

810-3790; kentfamilycenter.org; Provides free, comprehensive services to expecting parents and families of children birth to three in Kent County.

Rebuilding Together

Chestertown; 410-708-9936; rebuildingtogether.org; Provides free services to Caroline County homeowners who are elderly or disabled, or households with children that face necessary but unaffordable dwelling repairs.

Sultana Education Foundation

Chestertown; 410-778-5954; sultanaprojects.org; Connects people to the Chesapeake Bay’s history, ecology, and culture, and inspires them to join in preserving and restoring America’s largest estuary.

United Way of Kent County

Chestertown; 410-778-3195; unitedwayofkentcounty.org; United Way of Kent County works with local non profits and agencies to identify and prioritize community needs. United Way Kent County raises funds, allocates these funds, and focuses resources towards area prioritized by the Board of Directors.

Upper Shore Aging

Chestertown; 410-778-6000; uppershoreaging.org; Helps older community members maintain a good quality of life

in familiar surroundings, as opposed to long-term-care institutionalization.

Women in Need, Inc.

Chestertown; 410-778-5999; win-foundation.org; Meets the immediate needs of local women while working toward helping them achieve permanent self-sufficiency through providing emergency assistance, transitional housing, agency referrals, and mentoring.

Queen Anne’s County

Anne Arundel Counseling

Centreville and Stevensville; 410-768-5988; annearundelcounseling.com; Counseling and therapeutic professionals dedicated to providing comprehensive treatment to children, adolescents, and adults through individual, family and group counseling.

Bosom Buddies Charities

Stevensville; bosombuddiescharities.com; Promotes breast cancer awareness, research and prevention, and benefits diagnostic mammography, treatment methodology, and healing.

Chesapeake Bay Environmental Center

Grasonville; 410-827-6694; bayrestoration.org; Promotes stewardship and sustainability through

environmental education and habitat restoration.

Chesapeake Charities

Stevensville; 410-643-4020; chesapeakecharities.org; Enables people like you to establish charitable funds or donate to a cause you support.

Chesterwye Center

Grasonville; 410-827-7048; chesterwye.org; Provides a variety of services and support to adults with developmental disabilities, including residential, vocational, recreational, medical, and transportation assistance.

Church Hill Theatre

Church Hill; 410-556-6003; churchhilltheatre.org; Creates and presents quality performances and educational opportunities for members of our diverse community.

Compass Regional

Centreville; 443-262-4100; compassregionalhospice.org; Provides comprehensive, professional, and compassionate end-of-life care and bereavement support.

Crossroads Community, Inc.

Centreville; 410-758-3050; ccinonline.com; Offers recovery-focused behavioral health care services—day, residential, and community—for children and adults.



Harry R. Hughes Center for Agro-Ecology, Inc.

Queenstown; 410-827-6202; agnr.umd.edu; Funds research, policy initiatives, and outreach programs designed to help Maryland's farmers and foresters maintain profitable and environmentally sustainable working landscapes.

Haven Ministries

Chester; 410-827-7194; haven-ministries.org; Haven Ministries provides food, shelter, clothing, and critical support to under-resourced individuals residing in Queen Anne's County.

Horizons Kent and Queen Anne's

Chestertown; 410-778-9903; horizon-skentqueenannes.org; Horizons of Kent and Queen Anne's is a 501(c)(3) independent organization that provides summer learning programs designed to provide academic support and meaningful enrichment to under-resourced elementary and middle school children.

Kinera Foundation

Stevensville; 443-249-3126; kinera.org; Committed to ensuring that families raising children with special needs have equitable access to therapies and treatments within the Eastern Shore.

LEAD Maryland Foundation

Queenstown; 410-827-8056; extension.umd.edu/lead-maryland; Providing opportunities to

expand leadership abilities and resources to people interested in the future of Maryland agriculture.

Plastic Free QAC

Grasonville; 301-275-2966; Plasticfreeqac.com; Committed to educating, raising awareness, and bringing clarity to the choices each individual can take to improve our environment.

Project Chesapeake

Centreville; 443-262-0425; projectchesapeake.com; Strengthens communities through innovative, recovery-focused strategies and connects individuals seeking alcohol or drug abuse and addiction counseling services with the best treatment opportunities to promote long-term recovery and sustained success.

Queen Anne's Conservation Association, Inc.

Centreville; qaca.org; A conservation and land use advocacy organization that works to promote good planning policy and good government in Queen Anne's County.

Queen Anne's County Arts Council

Centreville; 410-758-2520; queenanne-countyarts.com; Works to promote, expand, and sustain the arts in Queen Anne's County.

Talisman Therapeutic Riding

Grasonville; 443-239-9400; talismantherapeuticriding.org; We empower personal growth and healing through equine-assisted activities and learning. Our beautiful 30-acre farm provides a peaceful setting to serve people of all ages with cognitive, physical, emotional, and social challenges, disabilities, and diagnoses.

Talbot County

Academy Art Museum

Easton; 410-822-2787; academyart-

museum.org; AAM offers visitors of all ages opportunities to look closely at art, experiment in making it, and get inspired by talks, tours, and performances.

Avalon Foundation, Inc.

Easton; 410-822-7299; theavalon-foundation.com; Provides diversified arts and education programs on the Eastern Shore.

CASA of the Mid Shore

Easton; 410-822-2866; casamidshore.org; Advocates for the best interests of children who are under the protection of the court system because of abuse,

neglect, or abandonment.

Channel Marker, Inc.

Easton; 410-822-4619; channelmarker.org; Offers prevention programs and psychiatric rehabilitation services to youth and adults.

Chase Brexton

Easton; 410-837-2050; chasebrexton.org; Provides a range of clinical services from primary medical care and behavioral health services to dental and pharmacy, among others, and welcomes more than 40,000 patients annually.

Chesapeake Bay Maritime Museum

St. Michaels; 410-745-2916; cbmm.org; Inspires an understanding of, and appreciation for, the rich maritime heritage of the Chesapeake Bay and its tidal reaches, together with the artifacts, cultures, and connections between this place and its people.

Chesapeake Music, Inc.

Easton; 410-819-0380; chesapeakemusic.org; Brings world-class chamber music to a growing audience of young and old on Maryland's Eastern Shore.

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410-827-7194
Haven-ministries.org

Facebook: havenministriesshelter
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Chesapeake College Foundation

Wye Mills; 410-822-5400; chesapeake.edu/chesapeake-college-foundation; Helps students become successful individuals through scholarship support, funds for technology, rewarding teaching innovation, and other initiatives.

Chesapeake Voyagers, Inc.

Easton; 410-822-1601; chesapeake-voyagers.org; Promotes wellness and recovery by empowering individuals with mental health needs to reach their full potential.

Critchlow Adkins Children's Centers

Easton; 410-822-8061; cacckids.org; Uses age-appropriate curriculum to engage and nurture children ages 2 to 4 in preschool and pre-kindergarten, and children in kindergarten to sixth grade in before- and after-school programs.

Dixon House

Easton; 410-822-6661; dixonhouse.org; Provides quality and affordable care to seniors in a comfortable home-like setting.

Eastern Shore Land Conservancy

Easton; 410-690-4603; eslc.org; Conserves the lands that will best preserve the Eastern Shore's farms, forests, fisheries, and rich rural heritage for the benefit of future generations.

Environmental Concern Inc.

Easton; 410-745-9620; wetland.org; EC is committed to improving water quality and creating, restoring, and conserving wetlands, living shorelines and other natural habitats through education and outreach.

Environmental Concern, Inc.

St. Michaels; 410-745-9620; wetland.org; Promotes public understanding and stewardship of wetlands through outreach and education; native species horticulture; and restoration, creation, and enhancement initiatives.

Evergreen Cove Holistic Learning Center

Easton; 410-819-3395; evergreeneaston.org; Offers classes, workshops, and retreats focused on the areas of maximum health, stress reduction, and self-discovery.

For All Seasons, Inc.

Easton; 410-822-1018; forallseasonsinc.org; Recognizes and responds to community needs in regards to mental health and sexual assault.

Freedom Rowers

Easton; freedomrowers.org; Boosts self-esteem and discipline, and opens doors for scholastic, community and personal achievement through the sport of rowing.

Friends of Wye Mill

Wye Mills; 410-827-3850; oldwyemill.org; Owns and operates the Wye Grist Mill, established in 1682.

Habitat for Humanity Choptank

Trappe; 410-476-3204; habitatchoptank.org; Builds simple, decent houses with volunteer labor, donated capital, and income from monthly mortgage payments for residents of the area who would otherwise be unable to purchase a home.

Historical Society of Talbot County

Easton; 410-822-0773; talbothistory.org; Preserves, communicates, and celebrates the heritage of Talbot County by educating residents and visitors.

Leadership Maryland

Easton; 410-841-2101; leadershipmd.org; A uniquely talented network of informed leaders representing business, nonprofits, government, unions, and education to be a catalyst for positive change in Maryland.

Memorial Hospital Foundation

Easton; 410-822-1000; ummhospfoundation.org; Supports and encourages quality health care and medical services in the Talbot County community through University of Maryland Memorial Hospital at Easton.

Mid-Shore Community Mediation Center

Easton; 410-820-5553; midshoremediation.org; Builds stronger communities by facilitating fair, free, and prompt resolution of disputes.

Mid-Shore Community Foundation

Easton; 410-820-8175; mscf.org; Connects private resources with public needs to enhance the quality of life for the citizens of Caroline, Dorchester, Kent, Queen Anne's, and Talbot counties.

Mid-Shore Council on Family Violence

Easton; 410-690-3222; mscfv.org; Seeks to break the cycle of domestic violence through intervention and prevention, providing shelter, counseling, services, and advocacy for victims and abusers.

Neighborhood Service Center

Easton; 410-822-5015; nsctalbotmd.org; Seeks to improve the quality of life, both socially and economically, for low-income residents of Talbot County.

Oxford Community Center, Inc.

Oxford; 410-226-5904; oxfordcc.org; Provides a welcoming place where area residents and visitors of all ages can participate in programs and activities that enrich community life.

Pickering Creek Audubon Center

Easton; 410-822-4903; pickeringcreek.org; Provides environmental and science education programs to students from eight Maryland counties and the District of Columbia.

Phillips Wharf Environmental Center, Inc.

Tilghman; 410-886-9200; phillipswharf.org; Seeks to educate and create an understanding of, and appreciation for, the ecosystems of the Chesapeake Bay and the heritage and life of the Chesapeake Bay watermen.

Positive Strides

Easton/Preston; 443-239-4953; positivestridescenter.org; Provides therapy for physically, mentally, and emotionally challenged individuals through therapeutic horseback riding.

Shore Legal Access (formerly Mid-Shore Pro Bono)

Easton; 410-690-8128; shorelegal.org; Provides access to free or reduced-fee legal services throughout the Mid-Shore to qualified litigants in civil matters.

Shore Rivers

Easton; 443-385-0511; shorerivers.org; A clean water voice for Maryland's Eastern Shore and home to the Chester, Choptank, Miles-Wye, and Sassafras Riverkeepers.

St. Michaels Community Center

St. Michaels; 410-745-6073; stmichaelscc.org; Promotes and provides quality activities and services that will contribute to the physical, emotional, and social well-being of the community.

Talbot Community Connections

Easton; 410-770-5908; talbotcommunityconnections.org; Raises and distributes funds, services, and supplies to answer unmet needs fundamental to the safety, security, health, and well-being of Talbot County's children and adults.

Talbot County Arts Council

Easton; 410-245-5195; talbotarts.org; Provides funding and other assistance for arts programs, arts organization, and arts education in Talbot County.

Talbot Hospice Foundation

Easton; 410-822-6681; talbothospice.org; Offers hope, compassionate support, and services to all members of the community facing end-of-life issues, including patient/family care, community education, and advocacy.

Talbot Humane

Easton; 410-822-0107; talbothumane.org; Rescues animals from neglect, places companion animals into loving homes, reunites lost pets with their owners,



and reduces pet overpopulation through aggressive spay and neuter programs.

Talbot Interfaith Shelter

Easton; 410-690-3120; talbotinterfaithshelter.org; Talbot Interfaith Shelter is dedicated to ending homelessness on Maryland's Mid-Shore by providing Shelter, Stability Support and a path to Success for families and individuals in need.

Talbot Mentors

Easton; 410-770-5999; talbotmentors.org; Provides mentors to Talbot County children to support them in the challenges and opportunities of adolescence through friendship, guidance, and education.

Tilghman Island Volunteer Fire Company

Tilghman Island; 410-886-2101; tilghmanvfc.com; Proudly serving our community since 1925, neighbors helping neighbors.

Tilghman Watermen's Museum

Tilghman; 410-886-1025; tilghmanmuseum.org; Celebrates the culture and heritage of Tilghman Island's watermen and their families through an ever-growing collection of historical artifacts and boat models.

United Fund of Talbot County

Easton; 410-822-1957; unitedfund.org; Raises funds

to meet the under-funded human service needs of the Talbot County community, benefiting member educational, recreational, health, character-building, and human services organizations.

Waterfowl Festival, Inc.

Easton; 410-822-4567; waterfowlfestival.org; Dedicated to creating, restoring and conserving waterfowl habitat throughout the Chesapeake Bay watershed and nearby coastal bays.

Women & Girls Fund of the Mid-Shore

Easton; 410-770-8347; womenand-girlsfund.org; Targets and funds local programs that address crucial and underserved issues impacting the region's women and girls.

YMCA of the Chesapeake

Easton; 410-822-1515; ymchasesapeake.org; Multiple locations in Easton and throughout the Eastern Shore; youth, adult, and family fitness facilities, programs, camps, childcare, and community events.

To have your organization added to this list (online) and future publications, please email editor@whatsupmag.com.



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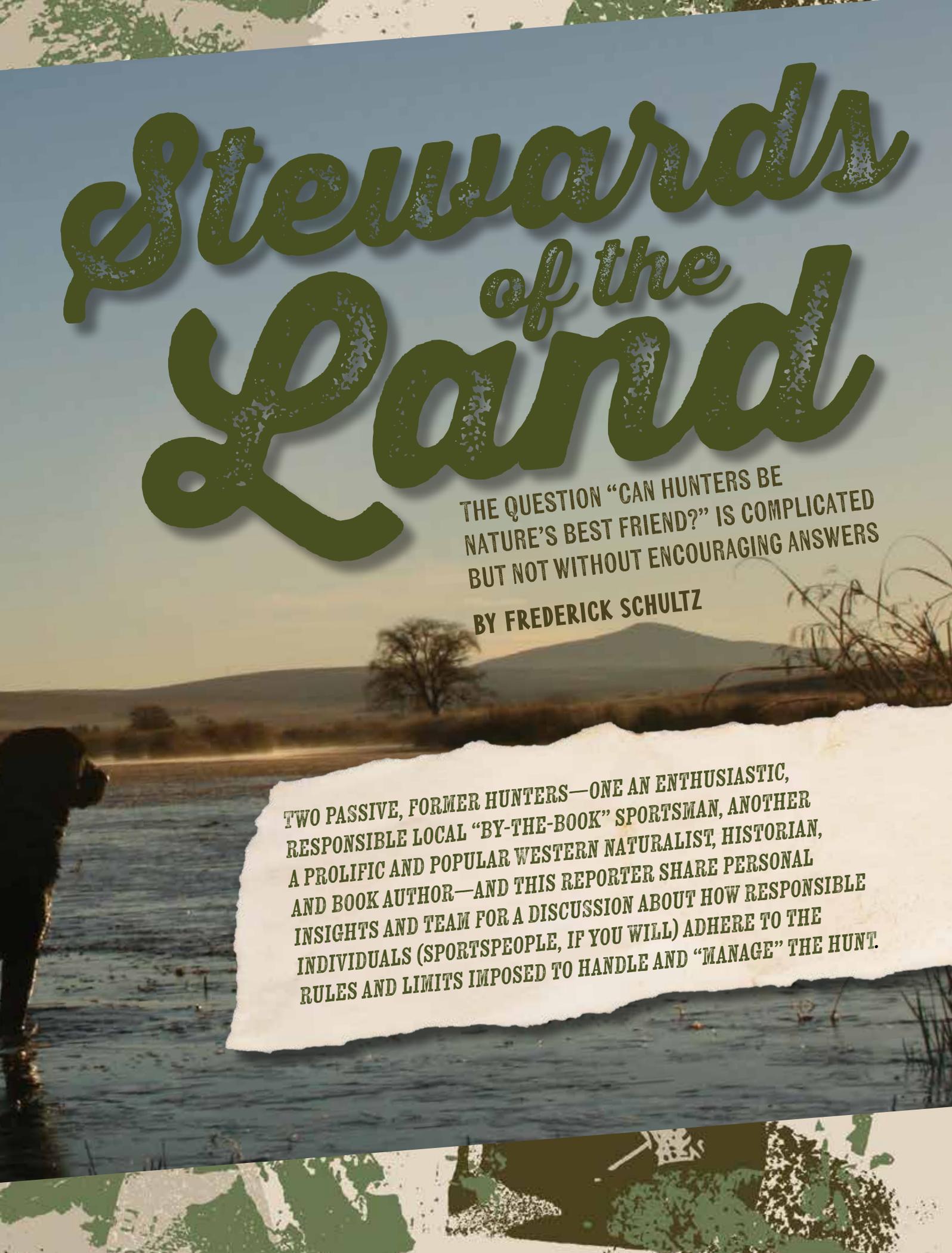
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The background of the page is a photograph of a savanna landscape. In the foreground on the left, the back of a dark-colored dog is visible as it looks out over a body of water. The middle ground shows a grassy plain with a few trees and a large, rounded hill in the distance under a clear sky. The overall color palette is warm, with greens, browns, and blues.

Stewards of the Land

THE QUESTION "CAN HUNTERS BE NATURE'S BEST FRIEND?" IS COMPLICATED BUT NOT WITHOUT ENCOURAGING ANSWERS

BY FREDERICK SCHULTZ

TWO PASSIVE, FORMER HUNTERS—ONE AN ENTHUSIASTIC, RESPONSIBLE LOCAL "BY-THE-BOOK" SPORTSMAN, ANOTHER A PROLIFIC AND POPULAR WESTERN NATURALIST, HISTORIAN, AND BOOK AUTHOR—AND THIS REPORTER SHARE PERSONAL INSIGHTS AND TEAM FOR A DISCUSSION ABOUT HOW RESPONSIBLE INDIVIDUALS (SPORTSPEOPLE, IF YOU WILL) ADHERE TO THE RULES AND LIMITS IMPOSED TO HANDLE AND "MANAGE" THE HUNT.

There's something primal about taking to the woods and wetlands in search of elusive game. Setting aside for a moment the Second Amendment to the U.S. Constitution, many people choose to hunt wildlife to keep intrusive species in check and the freezer full. Answers to the questions posed here are as varied and variable as licensed state-government seasons, trespassing rules, and bag limits across the nation. The hunt can be quite a responsibility, and the subject itself in this context is wrought with all sorts of opinions and complicated definitions of exactly what a sportsman or sportswoman really is. Some hunters define the pursuit as sound stewardship of the land and a deep appreciation of nature. This reporter was at one time a hunter and can testify to the enormous obligation it is to follow the rules and laws. In short, why do people hunt?

My own hunting experience was a checkered one. Early on, I hunted (and was expected to do so) with my dad in the fields and fencerows around my house

about a half-hour from the Mason-Dixon Line. The quarry in small-game season was mostly rabbits and pheasants (the latter regrettably now depleted by field chemicals and over-hunting). My father could see the pheasants and rabbits sitting on the ground, continuing to urge me to "aim for their noses." Which would have been sound advice if only I could have seen the animals myself. We usually bagged our "limit." For some reason, my father never, to my knowledge, hunted for anything larger than the "small game" we pursued together, with our state-issued licenses also giving us the opportunity to hunt for deer, which we never did together.

When I married after college, I went for larger game (no correlation intended). We referred to the first day of male deer (buck) season as "World War III," with the hunters descending on presumably private property or state game preserves. I had a perfect promontory behind my in-laws' house, giving me the luxury of a ready-made hunting spot in the woods. In the morning of my first day of deer hunting, I mistakenly shot a doe, a female white-tail deer. Being



German short hair bird dog with pheasant.



A Sika buck does the classic deer response by stopping and looking back to find out what just made the strange sound.

the responsible hunter I thought I was, I immediately “field dressed” the deer and called the local Game Commission office, which sent a warden. “Well, it looks like you shot the wrong kind,” he said, as he wrote me a citation. He then took the female (or antlerless deer, which has its own season) heaved it into the back of his truck. So, not only had I been issued a citation (and hefty fine), but I wasn’t allowed to keep the deer for my own consumption. I was told later that in such situations, “wrong-kind” kills were routinely donated to needy known families or anonymous food banks. I later ultimately decided on what deer hunting meant to me. More on that later.

FOR SPORT, HARVEST... BOTH

Also contributing to this story were Steve Flynn from Edgewater (who has rechanneled pretty much altogether his taste for killing wildlife, owing in part to his own health issues) and Tom Barnes of Dorchester on the Eastern Shore, a 30-year member of Ducks Unlimited who still fires weapons for sport but no longer hunts avidly. This is the point at which Barnes introduced me to the term “marsh ghosts” when referring to Maryland’s Sika “deer,” which aren’t deer after all, but wily miniature versions of elk.

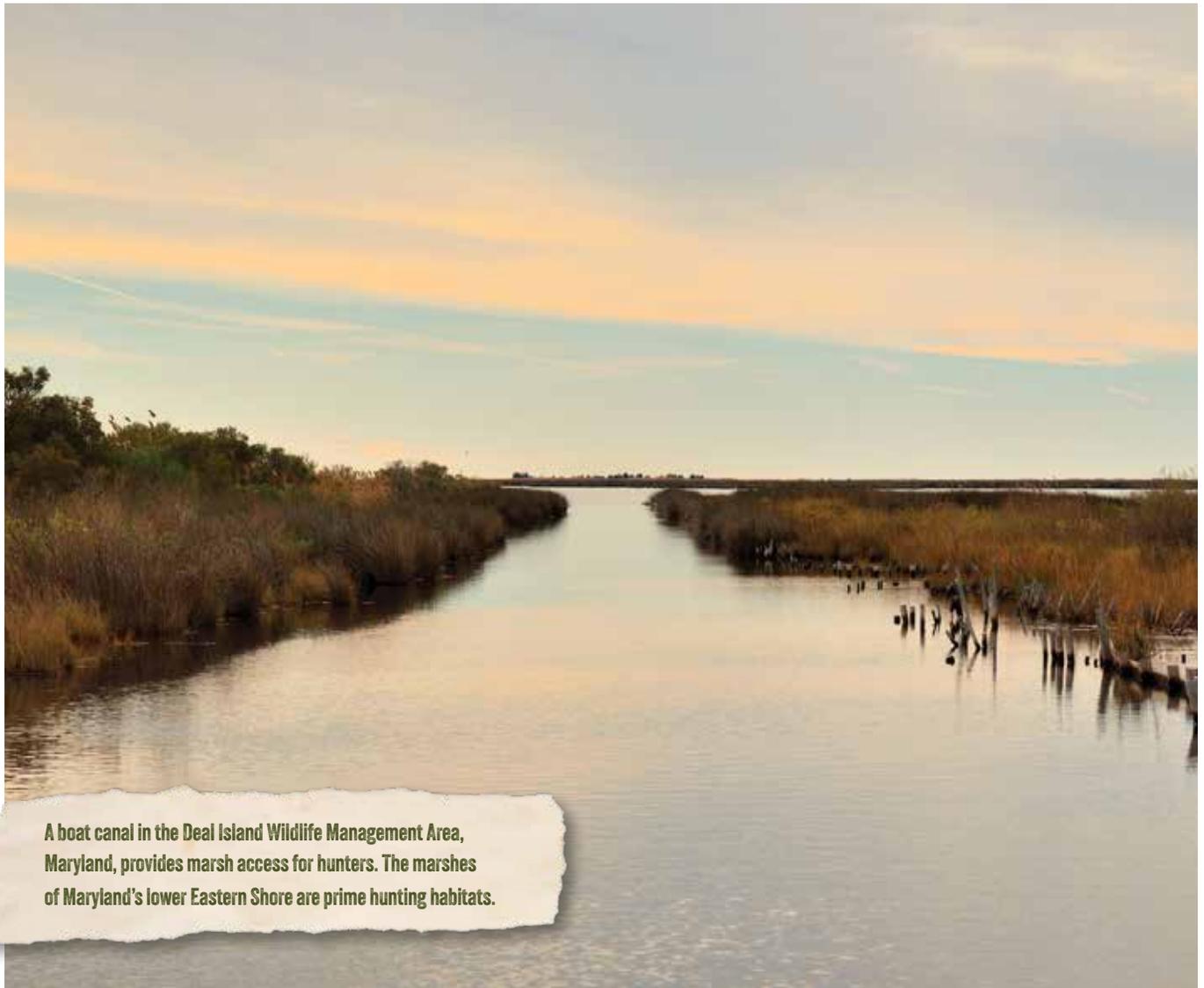
“Steve and I started leasing a farm near St. Michaels around 2004 or 2005 with two other guys,” Barnes tells us. “Every year, I contact the owner of the land to make sure everything is still all set for us for the upcoming season. He usually says, ‘I really appreciate you guys. I’ve had parties on that property who go in, kill a deer, chop off the head, and leave the carcass behind.’ He said the same thing happens with geese.”

Neither Flynn nor Barnes hunts as much these days in the traditional sense anymore, attributing their decision to waning interest in the prospect altogether—almost. We also spoke to Rob Ranes, who seemingly lives to hunt and thus also hunts to live, if his packed freezer is any indication. Ranes reflected for this story, “I follow all laws and limits, and it’s a lot to take in. The state of Maryland has many regulations in two different zones for deer and turkey. I hunt in both the western and eastern parts of the state, so I have to be up on regulations for both.

“I hunt with bow, rifle, and shotgun, and I never hunt out of season. All the guys who hunt with me go by the book. But I live by the call-in honor system Maryland has for deer. Some people will call in deer that they haven’t harvested just so they can shoot two bucks. Maryland has a law that if a hunter shoots a buck, he must shoot two doe in order to qualify for harvesting a second buck. It’s very hard to pass up a big buck when you’ve already harvested one. Believe me, I’ve been there,” Ranes laments.

“Hunting deer helps both farmers and the deer,” he says, “and a host of diseases also kill deer that spread to populated areas. The deer must be thinned out to survive. My hunting group once found seven deer dead because of water-borne bacteria.

“I hunt ducks and geese with a shotgun. One of the funniest things that’s happened to me was when I shot a drake wood duck and then a hen, which fell into the blind and landed on my friend. We still joke about that all the time. I’ve hunted Blackwater



A boat canal in the Deal Island Wildlife Management Area, Maryland, provides marsh access for hunters. The marshes of Maryland's lower Eastern Shore are prime hunting habitats.

Bay and Fishing Bay for Sika deer, but the best places are the tiny islands in Dorchester County. It's definitely the hardest hunt because of the flies and mosquitos. In most places, you need to wear chest waders. It's a real challenge."

What *about* sika deer? we asked rhetorically. "I love sika deer," Raney told us. "You can pass by a sika and not even know it, if they will hold tight in thick cover—not like a whitetail. You can walk right past a sika."

A TRUE GOOD FRIEND OF NATURE

For this story, we also went straight to one of the foremost thinkers about it all, acclaimed author and sportsman Paul Schullery, self-described as "someone who's devoted much of my professional career (the lion's share of it in Yellowstone National Park) to the big questions of how we relate to nature," he recalls.

Schullery contends that sportsmen "have had an enormous and continuing influence for good in both nature appreciation and the conservation movement." He adds that "among large portions of the public they (hunters) are still not given sufficient credit for their contributions."

There is a huge and almost venerable body of literature, both popular and scholarly, on differing approaches to "appreciating" or "loving" or "being the best friend" of nature (Schullery told us he called his history of Yellowstone Park, *Searching for Yellowstone*, because we keep reconsidering what nature even is and how we should come to terms with it). In the realm of historical perspectives on where hunting fits in modern human relationships with nature, Schullery mentioned two books that he thinks set a framework for thinking about the debate. He offers them only as "examples of the state-of-the-discussion in modern times."

First, a milestone and still controversial scholarly book, historian John Reiger's *American Sportsmen and the Origins of Conservation*, originally published in 1976 and now in its third or fourth revised edition, is a primary landmark in modern discussions of this issue. It laid out much of the frankly irrefutable historical evidence that late-19th-century sportsmen were a significant leading political and social force in the rise of a conservation movement.

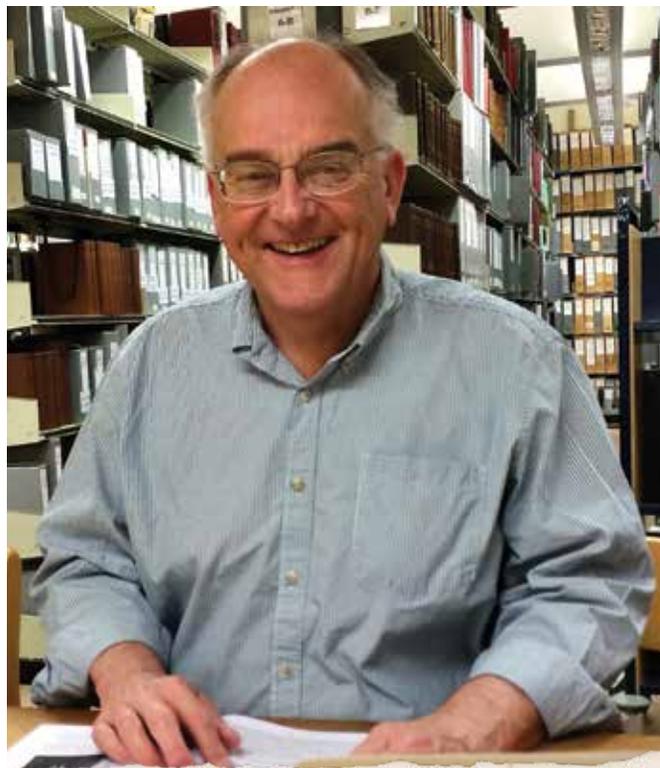
Second, Daniel Herman's *Hunting and the American Imagination* (2001), a much broader and necessarily more nuanced study, established among other things that over the course of the 19th century and into the early 20th century, leading thinkers of the American hunting culture slowly redefined themselves, going from "kill-'em-all" slaughterers to forward-thinking conservationists who made use of the best available science in their approaches to nature."

But it's important for perspective, Schullery warns, "to keep in mind that though sportsmen love to invoke those leaders, the great names—Theodore Roosevelt, George Bird Grinnell, Aldo Leopold, and so on—they often do so to the exclusion of paying enough attention to the other less heroic or savory opinions and behavior in the ranks. Just the fact that state and federal management agencies must employ battalions of wardens and rangers, and that poaching is still such a huge problem everywhere, is all the proof needed that hunters aren't all mindfully united, which is the biggest reason that sweeping generalizations about how wonderful hunters are simply won't serve the discussion here."

IT'S A PERSONAL DECISION

Getting back to this reporter's own "big-game" hunting experience, one incident has served to eliminate altogether the thought of hunting as a "sport." The principal and personal reasons for hunting are as varied as the personalities of those who pull the trigger. My last hunting experience was a deeply personal incident that even affected any thoughts of occupying a duck blind waiting for the birds to fly directly into the shooters' line of sight. For me, that just wasn't hunting. It was more an exercise of waiting. Somehow, it just wasn't real for me.

My final deer-hunting experience was so disturbing to me that, despite the good that hunters do in being good stewards and nature's best friend, it turned



Paul Schullery is the author, co-author, or editor of more than 40 books and numerous articles with titles including *The Bears of Yellowstone*, *The Grand Canyon*, *American Bears*, *Mountain Time*, *Searching for Yellowstone*, *America's National Parks*, *Real Alaska*, *Lewis and Clark Among the Grizzlies*, and *This High, Wild Country*.

out to be my last reckoning with the shooting sports. On that outing, I was standing on a dead tree stump at the aforementioned spot in the woods behind my in-laws' house, when a deer walked just past me, and I took a shot. As I jumped off the stump, the deer had slumped to the ground, then taken off running down the hill. I then soon heard a second shot, hoping another hunter had put the poor thing out of its misery. I tracked blood spots on the fallen leaves for about a quarter-mile, but never came upon a wounded deer, nor a hunter. I had hoped that the shot I heard had put it down, but I had no evidence of it, and I had visions of the creature bleeding to death in the woods. It was my final deer hunt.

All this is meant in the spirit in which it was written. Hunting is a personal thing, and for the most part, hunters are, indeed, in their own ways, "stewards of the land" and often also simultaneously, "nature's best friend," this latter assertion being a principal reason that most people hunt, anyway.



**MARYLAND
FIRSTS**

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



Firm in Their Investments

How an Irish immigrant and his sons established the nation's first and longest-running investment company

By Ellen Moyer

in the early 1800s, Americans were the most optimistic people on earth. Self-assured, independent, and egalitarian in perspective, they believed in American exceptionalism. With great faith in the future, they welcomed immigrants and innovation to harness a wealth of natural resources. Indeed, the presidential era that began with James Monroe and included John Quincy Adams was called the “era of good feelings.”

In 1807, Robert Fulton revolutionized transportation, essential to economic wellbeing, with his invention of the steamboat that ploughed the Hudson River, the Mississippi, and a network of river highways. By 1845, the tone was set for President James Polk to open the country from the Atlantic to the Pacific. By 1849, he had increased U.S. territory by one-third, adding Texas, the southwest territory, California, and the Oregon territory...our nation’s Manifest Destiny complete.

Americans, most living on farms, were generally cash short but their enthusiasm for the future was strong. Poet Walt Whitman’s collection *Leaves of Grass* celebrated America with the poem “I Hear America Singing.”

“The varied carols I hear...the hard-working mechanics and carpenters and boatman and mothers...each singing what belongs to him or her and to none else.”

Despite the hardships, hard work, and risks, there was an enthusiasm for America as “heaven on earth.” This enthusiasm was evident in Baltimore. A young, growing city with a superior harbor, Baltimore became the United States’ second largest city by



1850. And it was during this age of optimism when a businessman from Ireland emigrated to Baltimore.

Alex Brown, a linen merchant with his own ships, set up shop in a cash-starved new nation as an investment firm. The private corporation would dominate Baltimore for 200 years. It was the first investment bank in the United States and became the nation’s oldest. It would be several decades before JP Morgan and other European investment firms would set up shop in the new United States.

Strapped for cash, the U.S. banking system couldn’t keep up with the industrialization demands of a rapidly growing nation. Economic, social, and cultural history cannot be easily separated—they meld together like a horse and carriage. And Alex Brown was in the right place at the right time.

An 1827 engraving of Alexander Brown by John Wesley Jarvis.



The Alex. Brown & Sons Building was added to the National Register of Historic Places in 1982 and photographed by Joseph Umbaugh. The building was constructed in 1901 and is a two-story brick building with granite and marble ornament, designed in the Georgian Revival style by the Baltimore architectural firm of Parker and Thomas.

During its beginning in the early-1800s as the first investment banking firm in the U.S., Alex Brown organized the first public offering (IPO) supporting what would become a public utility, the Baltimore Water Company—a business to provide clean and safe water to Baltimore residents. (The concept of IPO offerings dates to the Roman Republic, with stock shares sold near the Forum and the Temple of Castor and Pollux by publicani. This action was discontinued in the Roman Empire.)

In 1810, Brown was joined by his sons and the company was named Alex. Brown & Sons. His sons would establish firms in Philadelphia, Pennsylvania, and Liverpool, England, and were served by a fleet of ships that transported tobacco and cotton. By 1828, the company would play a leading finance role in founding America's first railroad, the Baltimore and Ohio. Brown's son George was a pioneer in the railroad industry, which would push westward to the Ohio River and become an economic salvation for the port city of Baltimore. The line continued service through the Civil War and transported commodities and people west across the states until 1987.

By 1834, Alex. Brown & Sons was proclaimed "America's foremost international banking enterprise in the 19th century." That same year, Brown died but by then had become one of the nation's first millionaires. His sons continued with the firm.

In 1852, "Uncle Toms Cabin" by Harriett Beecher Stowe, heralded things to come in the decades of crisis over slavery. The Civil War would break the bubble of the "feel good times." Inflation moved \$6.17 in groceries to \$68.72 in just a few short years and took the starch out of the populous in the latter part of the 19th century.

But the investment company remained successful and became a leading innovator by rebuilding businesses in the South after

the Civil War. Years later, in 1933, it joined the New York Stock Exchange. The company continued its pioneering efforts by focusing on healthcare investment and helping launch IPOs for Microsoft, Oracle, and Starbucks, among many others. Its headquarters is an architectural gem of a building built from local Beaver Dam marble that survived the Great Baltimore Fire of 1904.

For the next 100 years, Baltimoreans considered Alex. Brown & Sons a symbol of strength, as its go-to, trusted investment firm. Over the years, the company would adjust and adapt as culture changed until it was acquired by Deutsche Bank in 1999, and eventually became a division of the Raymond James financial empire.

In 2000, Alex. Brown & Sons celebrated its 200th anniversary to Baltimoreans' applause and memories of good will. In the years since, social and economic networks and international culture have changed, but Alex. Brown & Sons identity as Baltimore's special investment firm remains in place.

The Alex. Brown & Sons Building still stands today (though it is closed to the public)—a testament to the family legacy of finance and building an industry of wealth.

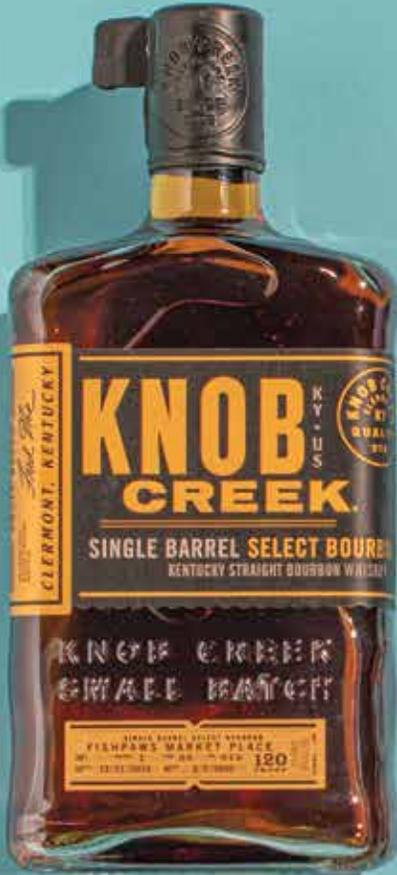


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2. Sonja Holleman, Jade, Pearls and Rubies Necklace, \$150

3. Annapolis Collector's Ornaments, hand-painted in Ukraine, \$39.99, Homestead Gardens, Davidsonville & Severna Park, 410-798-5000, homesteadgardens.com

4. Julie Heath, Mixed Media Oyster, \$15, Gallery 57 West, 57 West St., Annapolis, 410-263-1300



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2.



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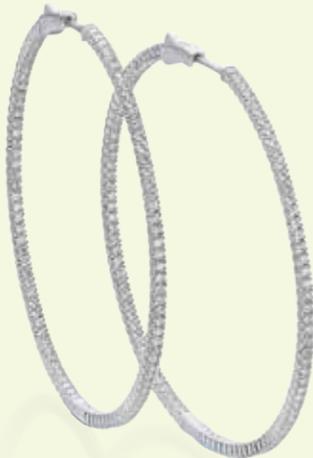
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By Gary Jobson

College Primer:

Make the Grade to Get In

COLLEGE ADMISSIONS ADVICE AND KNOW-
HOW FOR BOTH PARENTS AND STUDENTS

The process of applying to and being accepted to attend a college is an exciting, emotionally charged experience for high school students and their parents. Our three grown daughters each now have both undergraduate and master's degrees. My wife and I feel great satisfaction that they were all able to attend their first college of choice on their respective lists. For me, the months spent with each daughter, looking through brochures, attending college fairs, meeting with guidance counselors, and visiting colleges were some of the most rewarding days of parenting. Along the way there were equal amounts of hope and anxiety.

Let there be no doubt that it is hard to get into many colleges. Adding to the complexity the trend today is for high school students to apply to multiple institutions. This puts a strain on admissions staffs because of the large number of applicants compared with the number of students who eventually attend. My advice is to focus on three to five possible colleges, and then work hard to provide a compelling application to encourage acceptance for admission.

With so many colleges being "very selective," every piece of information is important if you hope to stand out among other students from around

the country. Customizing your essay and application specifically for each college will be noticed by the admissions board. Every part of the application should be filled out accurately and on time.

There are many criteria for selecting the best college for you. These include academic offerings, size of the campus, available sports, geographic location, student life, religious affiliation, reputation of the institution, tuition fees and other costs (more on this in a moment), scholarships, quality of housing, and the ability to get a good job, or acceptance to post-graduate program following



graduation. For a high school student it easy to be influenced by a single factor like a big time football team, or a great location. I believe every factor has value, but using the college experience for your ultimate career should be the highest priority.

The cost of attending college today is astronomical. This became shockingly apparent to me when I calculated the cost to send all three of my daughters to college, using a four percent inflation factor. At that moment, I stepped up the pace of my career and started saving. I gave up on the idea of having a big house on the water. College funds became my focus. We set up 529 accounts and additional savings plans. Today, all three have their own families and careers, and no college loans to pay off. I have told them that, they too, should be saving now so that when their children head off to college they will be ready to pay for it.

While the campus visit is not required by many colleges, I believe it is absolutely essential. If you do visit a campus, take the time to sign up and do an interview with an admissions officer. This is an important time to sell yourself to someone who makes the decision of who attends. Be sure to dress appropriately for the occasion. Yes, good grooming still counts in this age of casual living. Have a list of questions ready to ask, even if you already know the answers. When the interviewer speaks, listen carefully and follow up with additional questions that might come to mind. A back and forth exchange is appreciated and noted by the admissions official. Learning to ask good questions is an important attribute in any career.

Colleges are academic institutions, therefore good grades and high test

scores are important. To prepare for college boards, an online prep program may be a good idea (like that offered by Kahn Academy). Individual tutors can also be helpful. Taking Honors courses in high school, as well as taking Advanced Placement exams, is also helpful. But take caution—a course load that is too much will not be in your best interest. Remember you are more than just the grade in a class, and a balance between your extra-curricular undertakings and academic life must be struck.

Being a skilled athlete can help gain entrance. Coaches often have the ability to give an admissions office a short list of names of highly motivated athletes that will represent the college well in competition. Sailing helped me get into my college many years ago. I was also the editor of my high school newspaper, and later became the editor of my college newspaper. Little did I know that a career in journalism as a television producer and writer would become my calling. The seeds of a career are sewn early in life, even if you don't recognize that fact at the time.

Learning about a college from alumni can be a valuable resource. I was influenced by two All American sailors who attended the State University of Maritime College ahead of me. I was inspired by their stories about how they improved their sailing skills, and how it helped them with their careers in the maritime industry. Alumni can be helpful by writing letters of recommendation. Before someone writes a letter on your behalf take the time to talk about your strengths and aspirations. See if you and the writer can come up with a narrative that sets you apart from other applicants.

Most applications require at least one essay. Take these seriously and make

sure your work is absolutely original. A famous writer once told me that the trick to good writing is "re-writing." Anytime you can cut 10 words down to four you are making progress. The essay topic can be almost anything, as long as it is creative and well written.

As a senior nears graduation there is a tendency to slack off in the final months. Colleges review grades at the end of high school. If they see a sudden downfall an acceptance letter can be rescinded. Most colleges have a long waiting list and will gladly accept someone who continued working hard. For younger students preparing for college, working to earn good grades needs to start early. Sometimes young people don't realize the power they have to set themselves up for productive careers when they are young.

Social media is also popular with young people today, especially as they share word of their collegiate aspirations. But a word of caution—students should be careful about what they post on the Internet. Unflattering pictures and inappropriate comments are easy to find and can be the reason for disqualification from college admissions. Behavior is something colleges care deeply about because it reflects how you potentially might act as a student.

Once the application process is over, and hopefully a student has been accepted to two or more colleges, it is time for the big decision. The final decision should ultimately come down to where you will receive the best preparation for your future: academically, socially, or spiritually. You want to have the chance to fulfill as many interests as possible, and be challenged to explore new opportunities. Your college choice must prepare you for the next chapter of your life.

Widgeon Point – Jewel on Trippe Creek | \$9,850,000



Near the Tred Avon River, along Trippe Creek shores, this Oxford Jewel blends refined luxury with laid-back coastal charm. Accessible from beyond twenty high-elevation acres and a stately gas-lamp flanked gate, covered walkways, cobblestone paths, ornamental trees, scenic gardens, and a panoramic point of land views enchant. Widgeon Point's original 1938 construction has been reimagined by skilled artisans echoing a River House of timeless elegance. Sun filled ceilings highlight intricate millwork, artfully laid hardwoods, heated Tennessee stone floors, and fireplaces of fine craftsmanship. In the kitchen, professional-grade appliances, handmade copper farmhouse sink, and granite-topped-counters assist with best-loved meals. The bar-hosted enclosed gazebo and endless outdoor patios allow for large parties overlooking yachts and memorable sunsets. Retreat to four bedrooms; each with access to the grounds, Tour the two bedroom guest house, a fully independent over-garage apartment, caretaker cottage, boathouse, three car garage and 2 barns.



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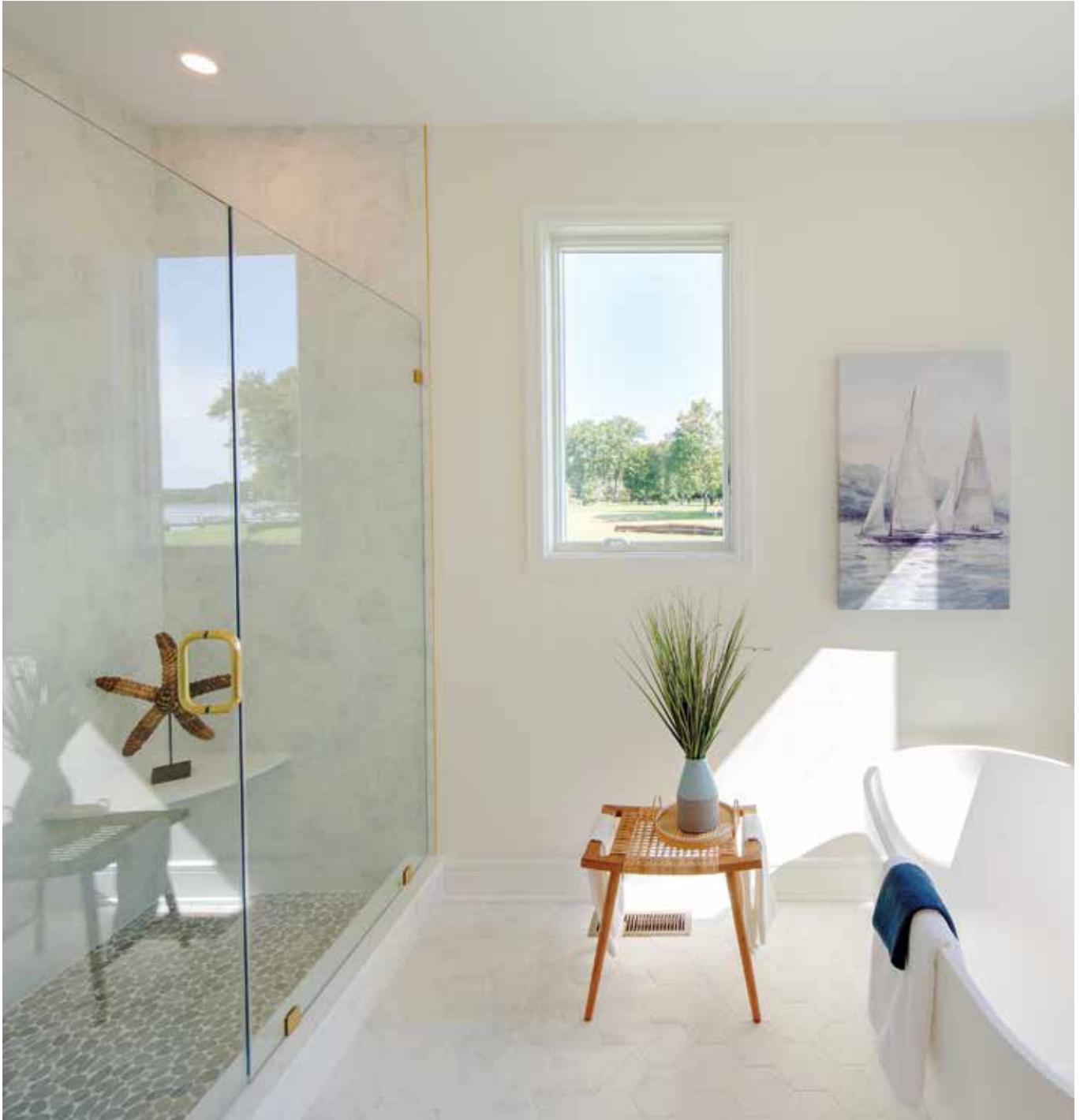
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Inside



Story

From builder's blueprint to a no worries empty-nest

By Lisa J. Gotto

Photography by Chris Petrini of a Digital Mind

We recently had the rare opportunity to walk the job site with award-winning custom home builder, Brent Paquin of Paquin Design/Build of Grasonville, as his team prepares to put the finishing touches on the forever home of a Pennsylvania couple ready to retire to the quiet environs of Maryland's Eastern Shore.

No stranger to meeting and exceeding client needs, Paquin says the plan of this home, which is one of several new residences taking shape on a rural peninsula in the village of Bellevue, is designed with quality family time in mind. The style of the home is contemporary coastal, or as Paquin notes, "I called it a modern coastal, a...modern coastal home with a Charleston-like side porch inspiration."

Unlike many of the new home builds Paquin designs, he was not certain which family would be residing there at the time, but he made several astute and intentional choices with this floorplan that he felt would provide flexibility and address many of the wish list items requested by today's savvy homeowners.

"We built what we believed to be a good layout to be utilized by many different types of couples or families," Paquin explains. "For example, it has a first-floor primary bedroom, and then there's also a second-floor primary bedroom. There are also two secondary bedrooms on the second floor, and both of those have attached baths."

Paquin says this would provide the ultimate option for whomever would move in there to choose where they would like their primary suite to be, knowing that guests would have first-class accommodations, as well.

"With these homes that we build here on the Eastern Shore, even a majority of the empty nesters want to be certain that friends and family feel comfortable when they come to visit. So, we made sure that those bedrooms had bathrooms attached, so that they could feel comfortable in their own little space."

And all that space comes with a premium feature.

"All the bedrooms have really good water views," Paquin adds.





That Location, Location, Location

The 10-acre parcel of land that affords those views across the Tred Avon River to Oxford, is a historical and important part the community of Bellevue and the greater area. It was once home to Valliant Farm and the former W.H. Valliant Packing Company, a seafood and vegetable cannery first established in 1899.

Woven into the significant cloth and African American legacy of the Eastern Shore, the plant, later known as the Bellevue Seafood Company, was the successful enterprise of William H. Valliant. He helped establish the surrounding community by being its sole employer until an additional facility, the W.A. Turner & Sons Packing Company was established in 1946.

According to the village's official website, *Bellevuemd.com*, the W.A. Turner and Bellevue Seafood companies operated in the area from 1945 to 1996, and 1964 to 1998, respectively. The two seafood processing facilities represented the only two African American owned businesses on the Eastern Shore during that era.

This community is also well-known for being the home of the Oxford-Bellevue Ferry. Established in 1683, it is known as the nation's oldest privately-owned Ferry Service. So, the new home's owners will also have the ease of conveyance to historic Oxford and St. Michaels via a celebrated ferry route.

Another benefit of its location, explains Paquin, is its exemption from more modern-day building prerequisites like the standard, 100-foot buffer zone from the waterfront.

"Because the rest of the homes, as you go north of the waterfront here, were all built a long time ago and at that time had a 50-foot buffer, they extended that line through this property, as well."

This rare situation with waterfront real estate was one that enabled Paquin's team to get creative with this home's footprint and its sublime positioning along the water.

Strikingly Clean Design

To execute the exterior of this modern coastal home, Paquin Design/Build, started up top with clean, standing seam metal on the lower hip roof portions, and chose horizontal lap plank siding by James Hardie in Light Mist as the primary exterior material accompanied by board and batten vertical siding accent panels in Light Mist.

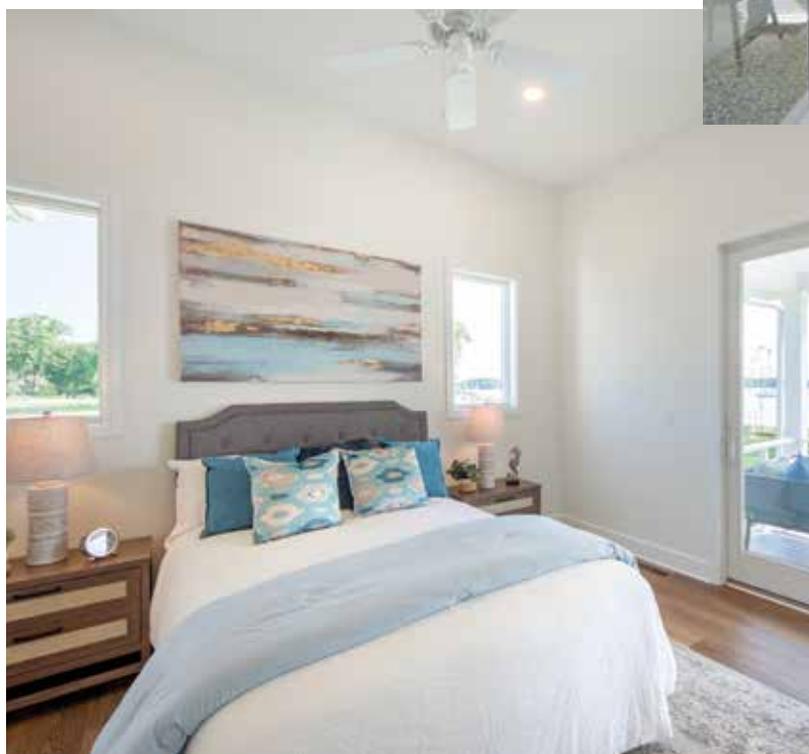
Upon entry into the main level foyer and open great room plan, the striking waterfront view unfolds with every step toward a series of large casement windows and sliding glass doors that open to that Charleston-style porch that measures 60 feet long, spanning the entire back or waterside of the home. These tranquil sightlines out to the waterfront and the hardscaping around a luxurious, saltwater swimming pool are balanced on the interior with calming, neu-



tral Iron Ore wall paint throughout the great room. Durability in the form of cumin-colored luxury vinyl plank flooring runs through the space as you progress from the entry to the spacious living room to the left with its crisp, white mantle and gas fireplace with built-in cabinetry and accent shelving on either side.

This space transitions into a custom kitchen with a large center island and two-tone wood cabinetry by Shiloh in the Lancaster style with natural white Oak stain and a rich, aquamarine hue for the island and remaining cabinets—outfitted with toney modern hardware. Spacious counters and the island, that seats four, are topped with a creamy, white quartz.

A pearlescent Stack Bond style backsplash of white Carrara marble, a complete GE Monogram appliance package including a six-burner gas range, and a spacious adjacent formal dining area, help complete a style and substance-based checklist in this space for the new homeowners. As does the incredible water view they'll have from the entire great room.





Ultimate Coastal Retreat

With two primary suites the new owners will never feel the need to compromise when it comes to hosting friends and family. Should they choose to, they can opt for the main level retreat which was furnished with some first-class amenities including its private entry to the porch and waterfront, and *en suite* bath that rivals any spa experience.

This retreat, with its custom dual vanity by River Run, luxurious glass shower with White Matte tiles by Verona, and its sumptuous soaking tub perfectly positioned to overlook the waterfront, is one of the many reasons this home went from spec to sold in record time.

In addition to the primary suite on the second floor, there are two more guest bedrooms with baths that benefit from that waterfront-facing floorplan. Each bedroom flows out to a spacious second-level landing that can double as a bonus family room, sitting room, or common office space.

Our guess, though, is that the new owners will most likely be sitting in their awaiting Adirondack chairs that face the private pier of their personal paradise in Bellevue, relaxed in the knowledge that their home is brand spanking new and guaranteed by their builder to be worry-free for the foreseeable future.

“It always makes life easier to have a brand-new home,” Paquin says. We’re relatively sure those new owners already agree.

Home Staging & Interior Design by Andrea Moragues & Sonia Alignani of Muralzeit Interiors.



Image courtesy of Miele

Keep Your Cool

WHY IT JUST MIGHT BE TIME TO REPLACE THAT FRUSTRATING REFRIGERATOR

By Lisa J. Gotto

Every year, at this time, we ready our homes for the holidays. We clean. We upgrade. We prep. We decorate. We welcome guests. We cook. We stress.

And at the end of another big holiday meal, the last thing we want to do is clear all the leftover food from the table only to find a frustrating lack of storage space in the refrigerator.

This is such a common occurrence among consumers, it has led many to purchase a second refrigerator for the butler's pantry or garage—after which they then learn how

much more it's going to cost to run that second refrigerator.

But what if it didn't have to be this way? What if our refrigerators were more ingenious in design, function, and efficiency? That's why we're taking a pre-holiday deep dive into refrigerators to see which models get the most points for storage capacity, overall function, and energy savings.

Here are a few of the latest and greatest models that are designed with enhanced storage features, better efficiency, and features that keep even fancy foods fresher longer.



Cool from Top to Bottom

This amazing looking appliance was released to the consumer market just last summer. **KitchenAid's 36-Inch, Counter-Depth, 4-Door Refrigerator with PrintShield Finish** is their first French-style design with four doors. The top level allows for ultimate viewing and storage flexibility and is combined with a side-by-side lower-level freezer which addresses the visibility and stacking issues associated with a traditional bottom-mount freezer setup. It offers a total of 19.4 cubic feet of cold storage space.



↑
Push
Op from
Bosch

The **Bosch 800 Series 36-Inch French Door Bottom Mount Refrigerator**

solves many of your holiday cold food storage issues. Bring on those large buffet trays, or even your holiday sugar cutout cookies for a little pre-bake chill. (Makes them so much easier to transfer to the oven for baking!) This series of refrigerators offers innovative FarmFresh technology rated to keep foods fresh three times longer than standard models.

FEATURES WE LOVE:

- Comes with a full-width chiller drawer to store oversized platters with ease until they are ready to serve
- Wide, gallon-sized door bins on both sets of doors
- Two-tiered freezer drawers that allow for extra storage to keep frozen foods better organized
- FlexBar feature creates extra space in the refrigerator and is completely adaptable to changing needs
- Its UltraClarityPro water filter removes an astonishing 99.9 percent of sediments
- It's an ENERGY STAR-certified appliance, which offers dual compressors and dual evaporators for efficient and precise cooling and humidity control, while also limiting odor transfer between the refrigerator and freezer
- Users can control temperature, adjust lighting, and receive notifications for their Bosch refrigerator from a smartphone, tablet, or smartwatch via the HomeConnect application



FEATURES WE LOVE:

- Custom Freeze Zone, located to the right side of the freezer section, sets temperatures to 0, 10, or 19°F. This feature helps keep specialty items such as compound butters, gelato, or shaved ice at the perfect serving temperature
- Full-width, sliding storage refrigerator trays, included in both the refrigerator and freezer compartments, slide out for easy access—especially helpful large platters and ingredient storage. An additional tray can be found in the Custom Freeze Zone and is perfect for chilling and prepping. All trays are moisture and stain-resistant
- A unique feature called the ExtendFresh Temperature Management System senses and adjusts temperatures in the refrigerator and freezer to help keep ingredients fresh by monitoring the airflow between them



A Perfect Kind of Cool

Miele's PerfectCool Model KFN 7795 D Refrigerator keeps food fresh up to five times longer than a standard refrigerator with its PerfectFresh Active humidification system which converts water droplets into vapor and releases it in the form of a waterfall, which is clearly visible in the veggie drawer. This function is activated automatically every 90 minutes, but also every time the appliance door is opened.



FEATURES WE LOVE:

- Individually adjustable glass shelf lighting with its FlexiLight 2.0 feature
- The NoFrost system means no more "ice fuzz" on your frozen goods
- This model offers a FlexiTray feature that turns the glass shelf into a turntable (pivoting 180 degrees to the front and rear), giving users easier access to all the food items stored on it
- This appliance is networked conveniently and securely with Miele@home via a home Wi-Fi router and the Miele Cloud. Operation is simple—whether you use the Miele app, voice control, or integration into existing smart-home solutions



What Smart Looks Like

LG's Smart Mirror InstaView Counter-Depth MAX French Door Refrigerator is one of the industry's largest capacity counter-depth fridges with 26

cubic feet capacity, perfect for storing all those holiday meals and goodies. The Mirror InstaView window has a frameless edge-to-edge design so that you can see inside of the refrigerator with two quick knocks on the glass panel before it reverts to an ultra-sleek mirror finish which enables the user to quickly check on the food within the fridge without having to open the door to let the cool air out.



FEATURES WE LOVE:

- Equipped with three, LG-exclusive innovative cooling technologies that work together to extend the life of fruit and vegetables while keeping all foods fresh and flavorful
- Has dual ice makers and a SlimSpacePlus ice system that offers easy access to ice while freeing up shelf space and provides extra door bin storage and the refrigerator with four types of ice: Cubed, crushed, mini-cubed, and LG's exclusive, slow-melting, round Craft Ice to perfectly complement any drink or cocktail
- This tech-smart refrigerator also works with the ThinQ app to set up fresh food and freezer temperatures, turn IcePlus on and off, or get "door open" alerts

Undercover Under Counter Versatility

The future is calling and has much to say! Check out this innovative refrigerator/freezer storage option. **LG's Signature Kitchen Suite 24-inch Undercounter Convertible Refrigerator/Freezer Drawer** features dual refrigerator/freezer drawers that operate independently with Multi-Temp temperature settings that can be adjusted based on your ever-evolving needs.

Designed to be flexible, you'll love that this drawer feature allows you to select from six temperature zones: Pantry, Fridge, Bar, Seafood, Meat, or you can drop the temperature all the way down to make it a freezer. With incomparable versatility and the option to be installed with custom cabinet panels or a stainless-steel finish, this 24-inch unit can easily fit into various areas of the home outside of the main kitchen, including your primary suite, home office, bar, theater room, or gym.



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A Gardener's Winter's Tale

HYDROPONIC GARDENING SATISFIES THE GREEN THUMB DURING THE COLDEST SPELLS

By Janice F. Booth

Another season's garden put to bed? It's November; those last roses have shriveled; the mums have dropped their petals; your trowel and gardening gloves are cleaned and stored 'til spring.

But wait! You *can* still garden this winter. A *hydroponic garden* lets you grow fresh vegetables, herbs, and flowers indoors any time of the year. You can set up a hydroponic garden to share with children or grandchildren. Someone with limited mobility might enjoy caring for plants growing indoors on a table or counter during the long winter months.

Hydroponic gardening is growing plants without using soil—yup, no dirt involved! All you'll need are seeds, light, water, and nutrients.

Before you decide to try hydroponic gardening, I'll give you an idea of what you're getting into:

- | | |
|--------------|------------------|
| 1. EQUIPMENT | 3. MAINTENANCE |
| 2. SETUP | 4. PROS AND CONS |

EQUIPMENT:

There are a variety of systems to choose from if you're setting this up yourself rather than buying a kit. The types of systems include: Nutrient Film Technique (NFT); Deep Water Culture (DWC); Wick Hydroponics; Flood & Drain System; Drip System; Kratky Method; and the *AeroGarden Hydroponic* (a popular ready-to-go system). All the equipment can be purchased as kits from various distributors. You'll need:

1. Watertight tank
2. Tank lid, in which holes can be made to hold plant growing medium
3. Submersible water pump and tubing
4. LED grow lights
5. Growing medium (a popular type is Hydroton Expanded Clay Pebbles)
6. Hydroponic nutrients and supplements (types and amounts based on the specific plants)
7. pH testing meter (you can purchase a liquid kit or test strips instead, but the meter is most reliable)
8. Liquid pH Up and pH Down in small quantities for corrections
9. Seeds (easy, popular choices include leaf lettuce, cherry tomatoes, peppers, herbs, strawberries)



SETUP:

If you buy a kit, you won't need to follow all these steps:

1. Set the seeds in the growth medium. Rooting cubes containing seeds can be set on a heat mat before being immersed in the hydroponic system.
2. Setup your watertight tank:
a. Avoid placement near bright sunlight windows. **b.** Avoid areas that are too warm, too cool, or drafty. **c.** Be sure there's enough room for the plants to grow up. (usually 12-15 inches) **d.** Keep in mind that water may splash out of your tank. Be sure to protect any vulnerable surface, such as wood or fabric.
3. Install an LED grow light, full spectrum. Be sure the light's coverage area matches the tank's surface area.
4. Mix nutrients and supplements with water:
a. Wait 15 minutes after mixing, then test for pH level. **b.** Adjust solution for a balanced pH level (Important to know your plant's pH requirements)
5. Set grow light on a timer (usually 15 hours of light per day)
6. Test your system for leaks.



You'll usually see sprouting within one to three weeks.



MAINTENANCE:

Once the seeds begin to sprout, your work commences in earnest. This is not a project that allows you to go away for two weeks and come back to a happy garden tank. Nope. Rather, there's a daily routine while your hydroponic garden is flourishing:

1. Check that the grow light is set for the appropriate number of hours and working. (LED bulbs can last 5 years, so you'll probably not have a problem.)
2. Check the water level in the tank. Is there sufficient water for the pump to work effectively?
3. Add nutrients and supplements needed by your plants' roots. Usually, the seed packet will give you this information.
4. Check the pH level of the water after the nutrients are in. Add pH Up or pH Down, as needed.
5. As the plants grow and leaf out, you may need to trim or harvest leaves around the outside of the plants to allow growing room, and open up the place where you add water and nutrients.
6. Harvest! Enjoy those sweet, little cherry tomatoes on a bed of red and green leaf lettuce. Perhaps you can even sprinkle the salad with basil or oregano. All from your own tiny garden.

PROS AND CONS:

THE GOOD NEWS:

- Hydroponic gardening is fun, particularly if you're sharing the hobby or project with someone else. You're cheering on the little sprouts and plucking the ripe fruit or veggie together.
- If you really enjoy hydroponic gardening, you can try more exotic plants like peppers, cucumbers, eggplant, and celery. And, you can keep your indoor garden going all year long.

THE NOT-SO-GOOD NEWS:

- Hydroponic gardening can be expensive. You'll take several grow cycles to make up the equipment costs on the vegetables you consume.
- Plants live an average of 3-4 months before they're done producing. (Sometimes less.)
- Your indoor garden needs attention every day, if only to confirm that it has enough water and nutrients. There's no going away for a few weeks and leaving the lettuce to fend for itself. As the plants grow larger, they require more and more water and supplements.
- Finally, just like in your outdoor garden, your indoor garden may attract bugs. I have never figured out how those annoying fruit flies appear; so, I don't know where the bugs might come from, but they do... sometimes.

If you decide to try your hand at hydroponic gardening, you'll have some interesting experiences, no doubt. Take some pictures along the way; include a little card saying how many days old and what type of veggie. It'll be fun, maybe even a little photo collage of your new hobby and its successes.





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Treat on the Tred Avon

By Lisa J. Gotto | Photography by James McKee of Broadview Interactive

This 1,500-square-foot residence offers an abundance of cottage charm and the opportunity to expand in one great piece of property just steps from the Tred Avon River!

Located between Easton and Oxford, this home sits on nearly four acres and presents a great getaway opportunity or starter dwelling packed with upgrades and upscale interiors.



Listing Agent: Laura Carney; TTR Sotheby's International Realty; 17 Goldsborough Street, Easton; m. 410-310-3307; o. 410-673-3344; lcarney@ttrsir.com; sothebysrealty.com **Buyers' Agent:** James Robinson; Benson & Mangold Real Estate; 700 Abruzzi Drive, Chester; m. 410-490-2218; o. 410-643-3033; jrobinson@bensonandmangold.com; bensonandmangold.com



Primary Structure Built: 1995
Sold For: \$1,400,000
Original List Price: \$1,495,000
Bedrooms: 3
Baths: 2 Full
Living Space: 1,557 Sq. Ft.
Lot Size: 3.82 acres



From its quaint, partially screened-in, wraparound porch, guests will enter an open-plan layout that makes great use of the existing space. A lovely, floor-to-ceiling brick fireplace and warm hardwood floors catch the eye upon entry to the living room. This space for gathering benefits from a wealth of natural light created by the extension of the living space into a well-proportioned eat-in kitchen with easy sightlines to the water.

The all-white kitchen is light and bright, and flows around a center island well designed to provide work, storage, and seating space. Larger meals are handled in the sunny dining area that looks out across the Tred Avon through a sliding glass door leading to the home's main level deck.

This main floor offers two generous guest bedrooms, one with water views, that share a full, main level bathroom. The upstairs is reserved for the primary bedroom suite with its vaulted ceiling, hardwood floors, and wall of water-facing windows off a separate



sitting room. The water-facing wall also provides access to this room's private deck via a set of French doors—a truly, restorative retreat all its own. A lovely *en suite* bath with white wainscoting treatment, dual-sink vanity, and skylight complete the private retreat experience.

Outside, there's plenty of space for adventures along the riverside and the large lot allows for expansion with its 100 feet of building setback. Elevation here also allows for the possibility of an in-ground pool and extended patio space.

A private, sandy beach area already awaits the recreation lover, as does six feet of mean low water and a brand-new pier with electric, water, and a boat lift.

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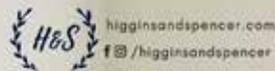
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Bright Future, Historic Past

By Lisa J. Gotto | Photography by Janelle Stroup at Thru the Lens

Situated in an idyllic neighborhood near the Chester River in Chestertown, this amazing historic home offers the most in desirable conveniences including quaint guest quarters and a quick walk to town.

This nearly 2,500-square-foot property offers a gorgeous main house and an adorable garden guest house. The original part of the main home was built in 1900 and was totally renovated in 2008 to create an upscale townhome with a bright future and floorplan, with many nods to its historic past, including a bespoke stained-glass window commissioned by the owners specifically for the renovation and crafted by Franklin Art Glass.



“The use of natural light in this home was my favorite feature,” says Seller’s Agent, Beth Ostrander. “The design achieved sunny privacy with creative choices like the stained glass in the hall, square clerestory windows throughout for ambient light, and the inverted bay in the dining area, which took a historic brick wall that had darkened the space and made it a focal point outside the window. Brilliant!” Ostrander continues, “The homeowners, my long-time neighbors, made beautiful design choices and lovingly improved the house and garden over the years. I was pleased they trusted me to represent them, but I will miss our garden talks over the fence!”

The home’s large, formal living room boasts original, restored hardwood floors and elegant molding and trim work throughout. A sunny hallway leads past the first-floor powder room to an amazing gourmet kitchen with custom cherry wood cabinetry, a center prep island, and a professional grade, multi-burner gas range with matching stainless steel hood vent. The prep space and all counters are topped with gleaming granite.



This open plan space flows easily into a roomy dining area that, like the kitchen, benefits from a series of large, vertical casement windows. An equally spacious family room awaits beyond the dining area and is a feast for the eye with its custom feature wall sporting a wood-burning fireplace insert with its intricate, arched-style, tempered glass doors.

From here, the home alights to a stunning brick patio with a gorgeous garden of perennials at your footsteps. Stroll the walkway back to the home’s separate guest quarters, housed above a charming garden shed. The perfect way to welcome and host guests that will no doubt visit for the town’s well-known events. Below the guest quarters is a convenient multi-purpose workspace outfitted with electrical and double-sinks, which could serve as a man-cave, studio, or dedicated work shop.

Listing Agent: Beth Ostrander; Doug Ashley REALTORS, LLC.; 227 1/2 High Street, Chestertown; m. 410-256-3704; o. 410-810-0010; bethohomes@gmail.com; doughashleyrealtors.com **Buyers’ Agent:** Liddy Campbell; TTR | Sotheby’s International Realty; 17 Goldsborough Street, Easton; m. 410-708-5433; o. 410-673-3344; liddycampbell@gmail.com; sothebysrealty.com

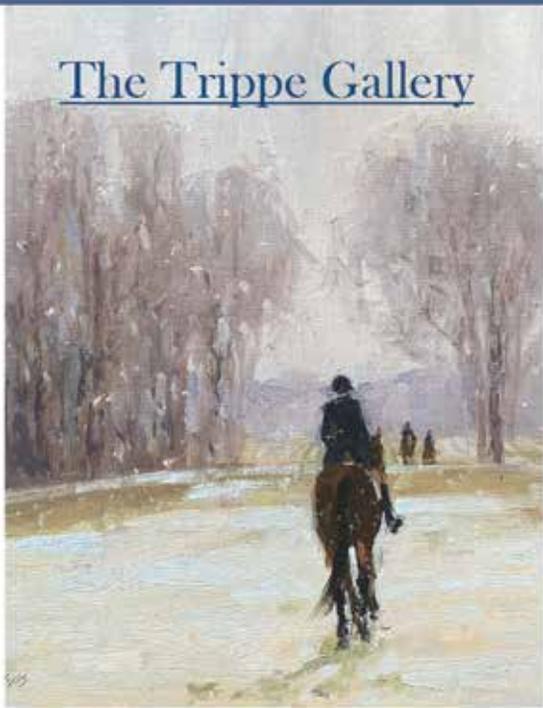


Primary Structure Built: 1900
Sold For: \$760,000
Original List Price: \$760,000
Bedrooms: 4
Baths: 3 Full, 1 Half
Living Space: 2,496 Sq. Ft.
Lot Size: 3,752 Sq. Ft.

At the top of the stairs of the main house there are also two additional bedrooms that share a bath, and a bit further down the hallway is the home's primary suite. This large room is light and bright, and not only offers a beautiful, all-white *en suite* bathroom with dual vanities, marble countertops, soaking tub, and walk-in closet, it opens to a screened-in upper porch via a set of French doors. A true retreat that overlooks the lush garden below.

“My clients had been looking for the quintessential Downtown Chestertown home, and this home hits all the marks: walking distance to the waterfront, the marina, incredible restaurants, shops, and the Farmer’s Market,” says Buyers’ Agent, Liddy Campbell. “The buyers especially loved the thoughtful renovation blending its historic features with modern upgrades. I was ecstatic to help them secure the home in a multiple offer scenario!”

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Health & Beauty

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73 UNDERSTANDING PROBIOTICS & PREBIOTICS



Fresh Take

PECANS

By Dylan Roche

The hearty, toasty taste of nuts lends beautifully to the fall season, and what would a Thanksgiving holiday be without pecans? These nuts—native to North America—have a rich, buttery flavor with a crunchy texture that many of us associate with sugary desserts, but you're greatly limiting yourself if you're using pecans only in pies or shortbread cookies. Pecans add surprising dimension to salads and stuffings, or they can be used as crusting for baked meats and vegetables.

The best part? Like other nuts, they're full of nutrients like protein and heart-healthy fats. In fact, despite being energy dense (a quarter-cup serving has about 200 calories), pecans can aid efforts in weight management because their fat and protein content keeps you feeling satisfied. The fat in pecans, specifically the monounsaturated fats, are good for lowering your LDL (aka bad) cholesterol and raising your HDL (good) cholesterol, an important factor in the prevention of heart disease.



Pecan-Crusted Sweet Potatoes with Yogurt Dip

INGREDIENTS

2 large sweet potatoes, peeled and sliced into quarter-inch rounds
 2 tablespoons olive oil
 1 cup pecans, finely chopped
 1/2 cup breadcrumbs
 1/2 teaspoon dried thyme
 1/2 teaspoon paprika
 1/4 teaspoon garlic powder
 1/2 cup plain Greek yogurt
 1 tablespoon honey
 1 teaspoon Dijon mustard

Preheat oven to 400F. In a large bowl, toss sweet potato slices with olive oil until well coated. In a separate, medium-sized bowl, combine chopped pecans, breadcrumbs, thyme, paprika, and garlic. Drop each oiled sweet potato round into the pecan mixture and toss to coat thoroughly. Gently press to adhere the coating to the sweet potato if necessary. Spread a baking sheet with parchment paper and line with crusted sweet potato rounds. Baked for approximately 20–25 minutes. Sweet potatoes should be soft and the crust should have a crunchy appearance with an aromatic smell. Keep the sweet potatoes warm while you prepare the yogurt dip. In a small bowl, combine yogurt, honey, and mustard. Whisk until smooth. Serve the sweet potatoes with a bowl of the yogurt mixture for dipping, or drizzle on top for presentation.

Pecans are also full of antioxidants that help your body ward off chronic illness. One such antioxidant is vitamin E, which can promote healthy skin by keeping it elastic and supple. Some studies have even shown that vitamin E supports good brain health, and getting plenty of this antioxidant can prevent cognitive decline.

Another part of your body strengthened by pecans? Your bones. Pecans deliver magnesium, phosphorus, and zinc, three necessary minerals needed for maintaining bone density and overall bone strength.

While pecans tend to be a very shelf-stable food—another great reason past generations prized them during colder months—you do need to take some element of care to prevent their fat content from going rancid and giving them a sour taste. Always keep pecans in an airtight container, which will prevent them from absorbing

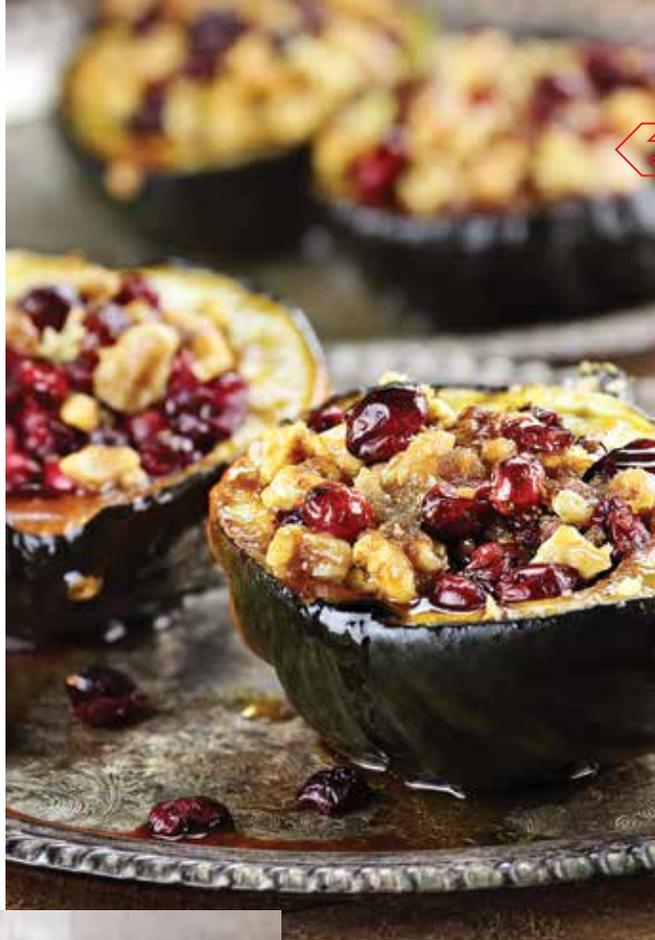
moisture, and store them in a cool, dry place.

You'll find that pecans are incredibly versatile when it comes to their culinary uses, but they're also great for keeping around the house for simple, straightforward snacking. The only question is whether you want them raw or toasted, as either option has its own unique flavor and texture. Raw pecans tend to be slightly sweeter and have a softer, almost creamy texture to them, whereas toasted pecans have a deeper, richer flavor thanks to the reduced water content, and, of course, a much crunchier texture.

Many food manufacturers sell pre-toasted pecans (or even candied pecans), but if you want to buy raw and toast them on your own at home, you'll find the process is surprisingly simple. Preheat your oven to 350F and spread your raw pecans in an even layer across a baking sheet. Set them in the oven for about

10 minutes, tossing them occasionally as needed and keeping a close eye on them to make sure they don't burn. If the oven isn't available, you can toast them on the stovetop with a dry skillet over medium heat. Let them sit in the skillet for a few minutes until they're brown and give off a pleasant aroma. Give them a stir occasionally to let all sides toast evenly.

Now it's time to start planning what pecan-centric dish you'll prepare for Thanksgiving or another autumnal gathering...



Pecan And Wild Rice Stuffed Acorn Squash

INGREDIENTS

2 acorn squashes
1 cup cooked wild rice
1 tablespoon olive oil
1 small onion, finely chopped
2 cloves garlic, minced
1 cup mushrooms, chopped
1/2 cup chopped pecans
1/2 cup dried cranberries
1 teaspoon dried thyme
3 tablespoons maple syrup
2 tablespoons olive oil
1 teaspoon Dijon mustard

Preheat oven to 400F. Line a baking sheet with parchment paper. Cut the acorn squashes in half and remove the seeds. Place them cut side down on the baking sheet. Bake acorn squashes for approximately 30 minutes or until the squash is tender and easily pierced with a fork. In a large skillet over medium heat, warm the olive oil before adding onion, garlic, and mushrooms. Cook until soft and aromatic. Slowly add the wild rice, chopped pecans, dried cranberries, and thyme to the skillet, stirring to coat thoroughly in oil. Allow to cook for several minutes so the flavors can meld together. Reduce the heat to low. In a small bowl, combine maple syrup, olive oil, and mustard. Whisk until smooth. Using a pastry brush, coat the inside of the baked acorn squash halves with this glaze. Reserve a small amount. Fill the acorn squash halves with even amounts of the rice-pecan mixture, gently packing if necessary. Brush the tops with the remaining glaze. Return the squash to the oven and continue to bake for approximately 10-15 minutes or until the glazed tops become crispy. Remove from the oven and serve warm.



Pecan Bars

INGREDIENTS

1 cup all-purpose flour
1/4 cup + 1/2 cup granulated sugar
1/2 cup + 1/2 cup unsalted butter
1 cup chopped pecans
1/2 cup packed brown sugar
1/2 cup light corn syrup
2 large eggs
1 teaspoon vanilla extract
1 teaspoon + 1 teaspoon salt

Preheat oven to 350F. Line an 8x8-inch baking pan with parchment paper. In a large mixing bowl, combine flour, 1 teaspoon salt, and 1/4 cup granulated sugar. Chop 1/2 cup butter into small pieces and cut into the dry mixture until it becomes consistently course. Press this dough into the bottom of the baking pan. Transfer baking pan to preheated oven and bake for approximately 15 minutes. While the crust is

baking, heat a large saucepan over medium heat. Melt 1/2 cup butter and stir in 1/2 cup granulated sugar, brown sugar, and corn syrup. Stir until the mixture is smooth and comes to a boil. In a large bowl, beat the eggs. Slowly add the eggs into the butter-sugar mix on the stovetop, whisking as you do to prevent the eggs from curdling. Keep the mixture warm and allow to thicken, stirring occasionally. Add vanilla extract, chopped pecans, and 1 teaspoon salt. Stir until combined and remove from the heat. Spread the pecan-butter-sugar mixture across the top of the crust in an even layer. Return the baking pan to the oven for another 20-30 minutes, allowing the filling to set and become golden brown. Remove from the oven. Allow to cool completely before serving.



Fitness Tips

ACTIVE RECOVERY

By Dylan Roche

Recovery—it's an important part of any fitness routine. Without giving your body a chance to recover, whether it's from an injury or just an intense workout, you're denying your body the opportunity to get stronger and healthier.

The only problem is that being inactive can be tough if you're used to being, well, *active*. When you take too much time off, even if you know it's for the sake of recovery, you can start to feel restless.

Don't worry though. Recovery doesn't have to imply being sedentary. Quite the opposite! Doing light exercise, especially activity that works body parts other than the ones you have injured or strenuously worked, aids your body by improving blood flow, removing waste, and promoting overall healing.

THE ROLE OF RECOVERY

After an intense workout, you probably feel pretty sore. That's because working muscles actually causes little micro-tears in your muscle fibers that your body needs to repair. When fully repaired, however, the muscles

grow bigger and stronger than before. Without giving your body a chance to recover, those muscles don't ever get the chance to grow. You could put yourself at greater risk for injury, and you could hinder your performance from improving.

While your doctor or personal trainer can give you the best guidance on what's right for your personal situation and goals, many people participate in activities while they're in recovery mode. Low-intensity exercise promotes blood circulation, which can help deliver greatly needed oxygen and nutrients all over your body. Movement also prevents your muscles and joints from getting stiff and tight. And because exercise stimulates your lymphatic system, which removes waste from your body and reduces inflammation, you might be looking at a faster, more productive recovery period.

All of that is just the physical benefit. There's also the mental side of active recovery. By staying active, you continue to enjoy such benefits of exercise as stress relief and improved sleep.

THE BEST RECOVERY ACTIVITIES

Both the intensity of your activity, as well as what type of activity you're doing, should be something that's specifically geared toward your goal—are you just trying to give a certain set of muscles a break, or are you actually trying to heal from an injury? Your doctor or trainer will be the best person to give you advice for your specific situation, but some of the workouts you might consider include: →

Variety will ensure that you don't lose interest or overwork any set of muscles, so don't be afraid to mix it up a little bit by doing yoga one day and then taking a walk the next.

Finally, don't forget that sometimes a day of complete rest can be the most appropriate option. Listen to a trusted expert, pay attention to your body, and take good care of yourself.

 **Walking:** Go at a leisurely pace—enough to raise your heart rate, but not so much that you're out of breath. Go for a distance that lets you feel energized instead of depleted.

 **Light cycling:** A gentle spin around the neighborhood or along a scenic route will put minimal stress on your body.

 **Free swimming:** Not necessarily laps—simply treading water or pulling yourself through the water at a relaxed pace can give you a full-body workout that is easy on your joints.

 **Yoga:** Opt for a gentler variety of yoga that will let you relax while improving your flexibility and mobility without straining yourself.

 **Stretching and foam rolling:** Relieve muscle tension and improve your range of motion with either of these activities, which will likely leave you feeling refreshed.

 **Light calisthenics:** If you want a worry-free strength training exercise, try pushups or squats to work your muscles without forcing them to the brink.

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Say No to Dry Skin

By Dylan Roche

Fall's cool, crisp weather might feel refreshing after sweltering summer temps, but your skin could be begging to differ, especially as winter approaches. So, it's time to show your skin a little bit of extra attention!

Just as you switch your wardrobe out with the change of seasons, it's also important to change your skincare routine, allowing your skin to stay healthy and protected throughout the cold-weather months ahead.

The biggest reason your skin might feel drier and more irritated these days is because there's less humidity. Dry air, though generally more comfortable, tends to strip our skin of its natural moisture. This is exacerbated by further dryness created by indoor heating—and if you're taking long hot showers to warm up after being out in the cold, the hot water can deplete your skin of its oils that act as a natural barrier to the elements.

With all of these factors at play, some of the skincare you do throughout the summer could end up being too harsh on your skin in the winter. Your moisturizing practice, on the other hand, might not be enough.

So, to protect your skin when the weather turns cool, there are a few changes you can consider making:

Cleanse Gently

You want a cleanser that is formulated to cleanse your skin without stripping away too much natural oil, ideally one made with glycerin or hyaluronic acid, which make for mild, creamy cleansers that maintain moisture in your skin.

Exfoliate Less

Exfoliation improves skin health by removing dead skin cells and other debris, but it can exacerbate dryness if you're doing it too frequently or if you're



using a physical exfoliant (products that are usually marketed as some kind of “scrub”). Instead, choose a chemical exfoliant, and stick to using it only two to three times per week.

Use a Richer Moisturizer

You likely already think of moisturizing as the go-to practice for maintaining healthy skin, and for the colder months, you want something that is heavier and richer than what you use in the summertime. Look for any products that contain hyaluronic acid, glycerin, ceramides, and natural oils, as these ingredients work to strengthen your skin's barrier and improve its ability to retain moisture.

Stay Hydrated

Your body needs fluids! Don't cut back on hydration just because summer is over. Remember that staying hydrated by drinking water (and avoiding too many caffeinated beverages) will go a long way in preventing dryness. Also, while you're taking care with the fluids you put in your body, see whether you can also improve the moisture levels of the air around you—a humidifier can help you maintain indoor humidity levels between 40 and 60 percent, ideal for your skin health.

Be proactive with your skin—if you make the switch as soon as the weather starts to change, you can avoid any dryness and maintain a healthy epidermis as autumn makes its way into winter.



Understanding Probiotics & Prebiotics

TWO ELEMENTS IMPORTANT FOR A HEALTHY GUT BIOME

By Dylan Roche

Bacteria in your digestive tract? Well, of course! But it's good bacteria, and it helps your body digest food, absorb nutrients, and maintain good overall health. Having a balance of different bacteria and yeasts in your digestive tract is often referred to as having a good microbiome, and to achieve this ecosystem inside you, it's important to focus on both **probiotics** and **prebiotics**. The names might sound similar, but these play distinct roles in maintaining your gut health.

Probiotics are the actual live microorganisms themselves, found in fermented foods and dietary supplements. If the microbiome in your digestive tract is off balance—for example, because you recently took an antibiotic—then ingesting helpful bacteria can help restore this balance.

Probiotics develop naturally in fermented foods, including yogurt, sauerkraut, kimchi, kombucha, kefir, and tempeh. You can also take a probiotic supplement, but be careful—because probiotics are supplements, they are not regulated the same way medications are. A gastroenterologist can advise you as to which supplement will be most effective in providing the strains of bacteria you need.

Prebiotics, on the other hand, are non-digestible fibers found in food that provide nourishment for these beneficial bacteria. Getting plenty of prebiotic-rich foods will encourage the bacteria in your digestive system to multiply, leading to a diverse, balanced microbiome that will improve digestion, boost your immunity, and reduce inflammation.

Prebiotics can also be consumed via supplementation or through dietary choices, including garlic, onions, leeks, asparagus, bananas, whole grains, and legumes, all of which will encourage bacteria in your gut to thrive. You can even look for supplementary products known as symbiotic, which include both prebiotic and probiotics for maximum effect.

Science remains uncertain about the effectiveness of supplemental probiotics and prebiotics, as there is inconclusive evidence about whether you can actually repopulate the bacteria in your digestive tract and, if so, which strains of bacteria would serve you best. In some cases, bacteria might not be live and active in over-the-counter products. To play it safest, stick with the whole-food sources listed above and always consult with your doctor before making any major dietary changes or taking any kind of supplement.

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WHAT'S UP? MEDIA

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The nomination period for the 2024-2025 Class of Leading Lawyers officially opens **November 1st** to all legal professionals in the Chesapeake Bay region. Lawyers (and judges) currently practicing law are encouraged to nominate their legal peers in more than 40 legal specialties for this distinguished honor that recognizes the best local lawyers. This is your opportunity to nominate which lawyers should be acknowledged as leaders in their various areas of practice. We thank you in advance for participating in this valuable service. Nominations will close in **January 2024**. Results will be published in our May 2024 issues.

whatsupmag.com/2024lawyerssurvey

Dining

76 SAVOR THE CHESAPEAKE | 77 WELL DONE!

“Daniel’s
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WHAT'S UP? READERS
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Savor the Chesapeake

Restaurant news and culinary trends throughout the Chesapeake Bay region

By Megan Kotelchuck

We have many reasons to celebrate this month, with several food-related events, some of which benefit community organizations. And, we make a toast with the espresso martini—our new fave cocktail!

Eat Around Town...

↑ Raise money for Haven Ministries at the 6th Annual **Beef, Bonfire, and Cigars** signature event on November 4th at Kent Island Resort in Stevensville. The evening will include live grilling, outdoor fires, hand rolled cigars, music, and a cocktail hour. Get tickets and find more information at event.auctria.com.

The Queen Anne's County Brewer's Coalition is teaming up for the localist beer festival on November 19th: **Backyard Brews Benefits 2**. Enjoy food, music, and plenty of beer from breweries like Big Truck, Bull & Goat, Cult Classic, Patriot Acres, and Ten Eyck at Kent Island Resort in Stevensville. Food trucks from Queen Anne's County will be there, as well as a cornhole tournament, all to benefit QAC Charities. Find a full list of charities and more information at visitqueenannes.com/event/backyard-brews-with-benefits-2.

Pick your favorite chili at the **Stars, Stripes and Chow Chili Cookoff** at Camden Yards in Baltimore on Saturday, November 4th. This family-friendly cook-off is a fundraiser to support homeless veterans. One hundred percent of the proceeds will support veterans in The Baltimore Station program. Vote for your favorite chili and the best themed booth, enjoy music from Soundcheck Rock Academy, and so much more. Find more information at fundraise.givesmart.com.

Drink Up...

To get through the workday, many people turn to coffee, espresso, or whatever form of caffeine they can get. On the weekends, restaurants have been spicing up the caffeine intake by adding vodka and perfecting the espresso martini. The best of both worlds, right? Bartenders all over have their own takes on the cocktail that quickly moved up the ranks. What is your favorite rendition? Here are two takes that we enjoy:

Classic Espresso Martini

INGREDIENTS

2 ounces Vodka
1/2 ounce Coffee Liqueur
1 ounce Espresso
1/2 ounce Simple Syrup
Garnish: Three Coffee Beans

INSTRUCTIONS

Brew the coffee and let it cool completely. Add ice to a cocktail shaker then add the cooled coffee, simple syrup, coffee liqueur, and vodka. Shake very hard so the foam is formed, then strain it quickly into a martini glass. Top with coffee beans, serve.

Photo and recipe courtesy of preppykitchen.com



Chocolate Orange Espresso Martini

INGREDIENTS

1.5 ounces Ketel One Oranje Vodka
1/2 ounce Dark Crème de Cacao Liqueur
1/2 ounce Galliano Espresso Coffee Liqueur
1 ounce Espresso Coffee
2 drops Saline Solution

INSTRUCTIONS

Shake all ingredients with ice and fine strain into a chilled glass. Garnish with quarter orange wheel, or float dehydrated orange wheel slice.

Recipe courtesy of diffordguide.com

Starliner Martini

INGREDIENTS

1 ounce Café Patron XO Tequila
1 ounce Mozart Dark Chocolate Liqueur
2 ounces Fresh Espresso Shot
1/2 ounce Giffard Vanilla Syrup

INSTRUCTIONS

Mix all ingredients into a shaker and double strain into a martini glass. Decorate with dark chocolate shavings for garnish.



Photo and recipe courtesy of vipbottles.co.uk

Have culinary news to share?

Send an email to the editor at editor@whatsupmag.com.

Well Done!

The fall breeze is truly here and there is no better time for the perfect steak. Though we are in one of the best places for seafood, we also have some amazing options for steak in our area. Below is a list of local restaurants with beef options on the menu. Many also cater to alternative diets, including vegetarian.



Average entrée price
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Queen Anne's County

Amalfi Coast Italian & Wine Bar
 401 Love Point Road, Stevensville; 443-249-3426; amalficoastki.com
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Bridges Restaurant
 321 Wells Cove Road, Grasonville; 410-827-0282; bridgesrestaurant.net
 \$\$\$, 📞 🍷 🌊 🎵

Café Sado
 205 Tackle Circle, Chester; 410-604-1688; cafesado.com
 \$\$, 🍷 🌊

Doc's Riverside Grille
 511 Chesterfield Ave, Centreville; 410-758-1707; docsriversidegrille.com
 \$\$\$, 🍷 🌊 🎵

Fisherman's Inn
 3116 Main Street, Grasonville; 410-827-8807; fishermansinn.com
 \$\$\$, 🍷 🌊 ☀️

Harris Crab House and Seafood Restaurant
 433 Kent Narrow Way N, Grasonville; 410-827-9500; harriscrabhouse.com
 \$\$, 🍷 🌊 ☀️

The Jetty Dock Bar and Restaurant
 201 Wells Cove Road, Grasonville; 410-827-4959; jettydockbar.com
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Libbey's Coastal Kitchen and Bar
 357 Pier One Road, Stevensville; 410-604-0999; libbey-coastalkitchen.com
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Knoxie's Table
 180 Pier One Road, Stevensville; 443-249-5777; baybeachclub.com
 \$\$\$, 📞 🍷 🌊 ☀️

Mamma Mia Italian Bistro and Sports Bar
 219 E Water Street, Centreville; 410-758-2222; mammamiacentreville.com
 \$\$, 🍷 🌊

The Narrows Restaurant
 3023 Kent Narrows Way, Grasonville; 410-827-8113; thenarrowsrestaurant.com
 \$\$\$, 📞 🍷 🌊 ☀️

Pour House Pub
 205 Tackle Circle, Chester; 443-249-3242; pourhouseki.com
 \$, 🍷 🎵

Rams Head Shore House
 800 Main Street, Stevensville; 410-643-2466; ramsheadshorehouse.com
 \$\$, 📞 🍷 🎵

Talbot County

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

Blu Miles Seafood and Grill
 305 Mulberry Street, St Michaels; 410-745-8079; theblumilesrestaurant.com
 \$\$, 📞 🍷 🌊 ☀️

Capsize
 314 Tilghman Street, Oxford; 410-226-5900; capsizexmd.com
 \$\$, 📞 🍷 🌊 ☀️

Crab Claw Restaurant
 304 Burns Street, St Michaels; 410-745-2900; thecrabclaw.com
 \$\$, 📞 🍷 🌊 ☀️

Doc's Downtown Grille
 14 N Washington Street, Easton; 410-822-7700; docs-downtowngrille.com
 \$\$\$, 🍷 🌊 ☀️

The Galley
 305 South Talbot Street, St Michaels; 410-200-8572; thegalleystmichaels.com
 \$\$, 🍷 🌊 ☀️

Hunters' 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
 \$\$, 📞 🍷

Momma Maria's Mediterranean Bistro and Bar
 4021 Trappe Street, Trappe; 410-476-6266; mommariasbistro.com
 \$\$\$, 🍷

Osteria Alfredo
 210 Marlboro Street, Easton; 410-822-9088; osteriaalfredo.com
 \$\$\$, 📞 🍷

Out of the Fire
 111 South Washington Street, Easton; 410-205-2519; outoffthefire.com
 \$\$\$, 📞 🍷

Scossa Restaurant and Lounge
 8 North Washington Street, Easton; 410-822-2202; scossarestaurant.com
 \$\$\$, 📞 🍷 ☀️

T at the General Store
 25942 Royal Oak Road, Easton; 410-745-8402; tatthegeneralstore.com
 \$\$, 📞 🍷

Theo's Steak, Sides, and Spirits
 407 South Talbot Street, St Michaels; 410-745-2106; theossteakhouse.com
 \$\$\$, 📞 🍷 ☀️

Tiger Lily
 206 N Washington Street, Easton; 410-690-4602; tigerlily-easton.com
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Tilghman Dining at The Tilghman Island Inn

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

Kent County**Bay Wolf Restaurant**

21270 Rock Hall Avenue, Rock Hall; 410-639-2000; baywolfrestaurant.com \$\$\$, 🍷

Blue Heron Oyster House and Inn

20658 Wilkins Avenue, Rock Hall; 410-639-4374; blueheronoysterhouseandinn.com \$\$\$, 🍷 🍴 🌞

Café Sado

870 High St, Chestertown; 410-778-6688; cafesado.com \$\$\$, 🍷 🍴

Deep Blue at Kitty Knight

14028 Augustine Herman Highway, Georgetown; 410-648-5200; deepbluerestaurant.com \$\$\$, 🍷 🍴 🍴 🌞

Fish Whistle

100 George Street, Georgetown; 410-275-1603; fishhandwhistle.com \$\$\$, 🍷 🍴 🍴 🌞

Harbor Shack

20895 Bayside Avenue, Rock Hall; 410-639-9996; harborshack.net \$\$\$, 🍷 🍴 🌞

The Jefas Mexican Grill

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

The Kitchen at the Imperial

208 High Street, Chestertown; 410-778-5000; imperialchestertown.com \$\$\$, 🍷 🌞

Osprey Point

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

Uncle Charlie's Bistro

834 High Street, Chestertown; 410-778-3663; unclecharliesbistro.com \$\$\$, 🍷 🍴

Watershed Alley

337 High Street, Chestertown; 443-282-9797; thewatershedalley.com \$\$\$, 🍷 🍴

Dorchester County**Blue Point Provision Company**

100 Heron Boulevard, Cambridge; 410-901-1234; hyattregencychesapeakebay.com \$\$\$, 🍷 🍴 🌞

Blue Ruin

400 Race Street, Cambridge; 410-995-7559; blueruin-bar.com \$\$\$, 🍷 🌞

Lil' Bitta Bull

520 Race Street, Cambridge; 443-205-2219; Facebook \$\$\$, 🍷 🍴

Old Salty's

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

Portside Seafood Restaurant

201 Trenton Street, Cambridge; 410-228-9007; portside-maryland.com \$\$\$, 🍷 🍴 🌞

River View at the Point

1A Sunburst Highway, Cambridge; 410-228-0870; riverviewatthepoint-restaurant.com \$\$\$, 🍷 🍴 🍴

Snappers Waterfront Cafe

112 Commerce Street, Cambridge; 410-228-0112; snapperswaterfront-cafe.com \$\$\$, 🍷 🍴 🍴 🌞

Suicide Bridge Restaurant

6304 Suicide Bridge Road, Hurlock; 410-943-4689; suicide-bridge-restaurant.com \$\$\$, 🍷 🍴 🍴 🌞

Caroline County**Denton Diner**

42 Denton Plaza, Denton; 443-448-7258; dentondiner.com \$\$\$, 🍴

Downtown Annapolis**Acqua Al 2**

236 Main Street, Annapolis; 410-304-3424; acquaal2.com \$\$\$, 🍷 🍴

Café Normandie

185 Main Street, Annapolis; 410-263-3382; cafenor-mandie.com \$\$\$, 🍷 🍴

The Choptank

110 Compromise Street; 443-808-1992; thechoptank-restaurant.com \$\$\$, 🍷 🍴 🍴 🌞

Dry 85

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

Federal House

24 Market Space, Annapolis; 410-268-2576; federalhouse.com \$\$\$, 🍷 🌞

The Goat

137 Prince George Street; thegoatannapolis.com \$\$\$, 🍷 🍴 🌞

Harry Brownes

66 State Circle, Annapolis; 410-263-4332; harrybrownes.com \$\$\$, 🍷 🍴

Latitude 38

12 Dock Street, Annapolis; 667-204-2282; Latitude-38waterfront.com \$\$\$, 🍷 🍴 🍴 🌞

Lemongrass

167 West Street, Annapolis; 410-280-0086; lemongrass-annapolis.com \$\$\$, 🍷 🍴 🌞

Levels A Small Plates Lounge

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

Luna Blu Ristorante Italiano

36 West Street, Annapolis; 410-267-9950; lunablufannapolis.com \$\$\$, 🍷 🍴

McGarvey's Saloon

8 Market Space, Annapolis; 410-263-5700; mcgarveysannapolis.com \$\$\$, 🍷 🍴 🌞

Middleton Tavern

2 Market Space, Annapolis; 410-263-3323; middleton-tavern.com \$\$\$, 🍷 🍴

O'Brien's Oyster Bar & Seafood Tavern

113 Main Street, Annapolis; 410-268-6288; obriensoyster-bar.com \$\$\$, 🍷 🍴 🍴

Osteria 177

177 Main Street, Annapolis; 410-267-7700; osteria177.com \$\$\$, 🍷 🍴 🌞

Preserve

164 Main Street, Annapolis; 443-598-6920; preserve-eats.com \$\$\$, 🍷 🍴 🍴 🌞

Pusser's Caribbean Grille

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

Ram's Head Tavern

33 West Street, Annapolis; 410-268-4545; ramshead-tavern.com \$\$\$, 🍷 🍴 🌞

Red Red Wine Bar

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

Reynolds Tavern

7 Church Circle, Annapolis; 410-295-9555; reynoldstavern.com \$\$\$, 🍷 🍴

Tsunami

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

Eastport**Blackwall Hitch**

400 Sixth Street, Eastport; 410-263-3454; blackwall-hitchannapolis.com \$\$\$, 🍷 🍴 🌞

Boatyard Bar & Grill

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

Carroll's Creek Café

410 Severn Avenue, Eastport; 410-263-8102; carrollscreek.com \$\$\$, 🍷 🍴 🍴 🌞

Chart House

300 2nd Street, Eastport; 410-268-7166; chart-house.com \$\$\$, 🍷 🍴 🍴

Lewnes' Steakhouse

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

O'Leary's Seafood Restaurant

310 3rd Street, Eastport; 410-263-0884; olearysseafood.com \$\$\$, 🍷 🍴 🍴

Ruth's Chris Steak House

301 Severn Ave, Eastport; 410-990-0033; ruthschris.com \$\$\$, 🍷 🍴

Vin 909

909 Bay Ridge Ave, Eastport; 410-990-1846; vin909wine.com \$\$\$, 🌞

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

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

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