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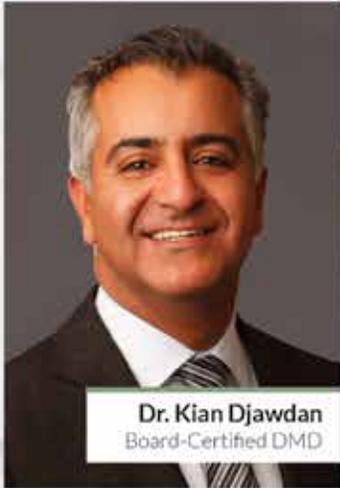
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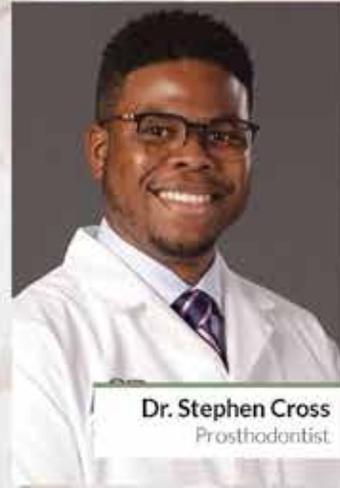
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EXPERT OF THE MONTH



CINDY LINDGREN

Senior Director of Behavioral Health The Arc Central Chesapeake Region

Cindy Lindgren has more than 30 years of experience in the field of intellectual and developmental disabilities and is an experienced senior director in both the private and government administration sectors. Her primary focus is leading behavioral health development and quality enhancement systems. She has also led the Developmental Disabilities Administration statewide Quality Enhancement department and consulted with families and organizations to support people's mental health through a trauma-informed lens.

To commemorate Developmental Disabilities Awareness Month, Lindgren shares her insight.

What inspired you to pursue a career working with people with intellectual and developmental disabilities?

During graduate school, I became involved with young adults with intellectual and developmental disabilities. I was so impressed with all they were doing, but I was concerned that they had very little opportunity to talk with a counselor about their thoughts and concerns. Everyone should have that opportunity.

How does The Arc's unique behavioral health program help people address their needs and achieve better quality of life?

Behavioral health for people with intellectual and developmental disabilities frequently only provides assistance via traditional behavioral supports. At The Arc, we take a different approach. We look at the whole person—their experiences, relationships, hopes, dreams, and fears. We focus on the mind, body, and spirit and provide traditional therapy as well as behavioral support from a trauma-informed care perspective. This means that we understand how a person's previous experiences influence how they feel or act in the moment. The mental health of people with intellectual and developmental disabilities is often discounted and overlooked. We believe that starting with mental health first offers people the support they need to achieve the quality of life they desire.

What is the most rewarding aspect of your work?

It's so rewarding when someone tells me that they feel supported by one of our clinicians—that they really listen to them and help them find ways to cope with life. When someone feels supported, they are not alone. They know there are techniques to get them through the difficult times and celebrate the good things in life. It's also gratifying when a clinician tells me that they have found where they belong, where they truly make a difference.

Cindy Lindgren

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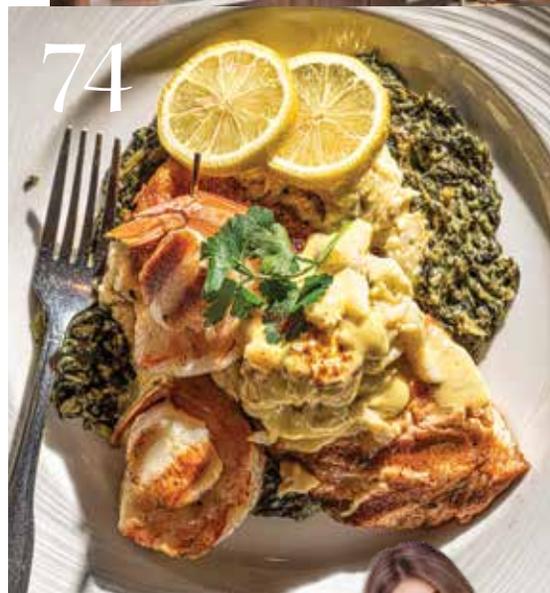
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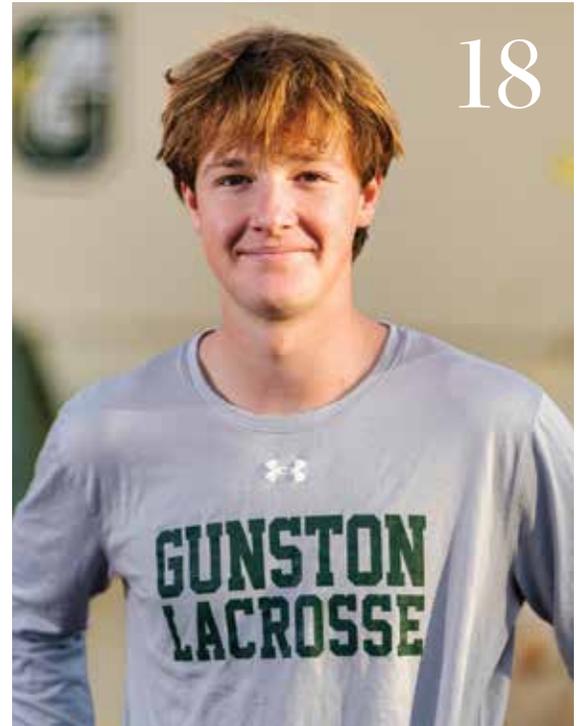
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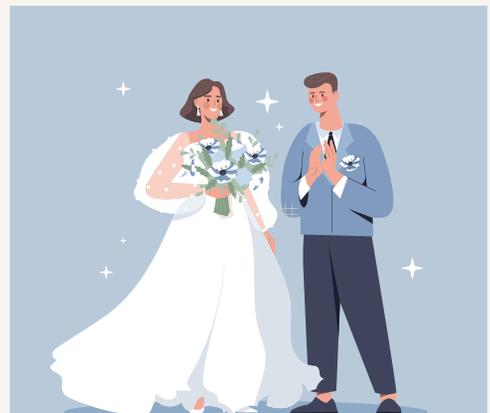
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The 2024 What's Up? Top Dentists survey starts this month! A peer-survey project celebrating exemplary dentists in the Greater Chesapeake Bay Region. Dentists are encouraged to nominate their peers on the survey form found online. Voting will start on March 1st and close on April 30th. Visit whatsupmag.com/topdentists2024.



2024 **TOP Dentists** 



Planning your big day and looking for vendors? Visit our wedding vendor guide at whatsupmag.com/weddings/wedding-vendors





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Government House—the official home to our state’s governor, first lady, and family in Annapolis—dates back to 1870. It’s an exquisite and, I must say, pretty darn cool place. History permeates its walls, but the architectural ins and outs, plus furnishings, are what draw eyes and conversations.

My first visit was during the elementary years when groups of schoolkids would routinely be given whirlwind tours of town by guides in colonial garb. A stop in front of Government House with a few minutes of lecture was memorable, if not wholly remarkable. It wasn’t until many years later—probably 30 to be honest—during an annual Governor’s Buy Local Cookout held on site, that I explored and fully came to appreciate this property. Boasting a mix of Victorian and Georgian styles, Government House is unique and its gardens immaculate. It’s impressive. Should you take the opportunity to visit (during a holiday open house, for example), Government House will surely inspire your own great...home...expectations.

Maryland First Lady Dawn Moore certainly is inspired. Entering year two in Government House, Moore has taken to the property, but more so to the town and state that she and husband, Governor Wes Moore, serve. In our engaging time with the First Lady—from interview to photo shoot—she revealed her charm, wit, strength, courage, and dedication to causes dear to her heart, and to her family. Her character should serve Marylanders well, as you’ll read in author Lisa Hillman’s feature piece, “At Home In Annapolis.”

**FEELING AT HOME CAN
BE BOTH A STRUCTURAL
COMFORT AND A SENSE OF
BELONGING WITHIN THE
GREATER COMMUNITY.**

Feeling *at home* can be both a structural comfort *and* a sense of belonging within the greater community. If you’re feeling both—as our First Lady does—then you know how special home truly can be.

Carrying the home theme, this issue of *What’s Up? Eastern Shore* offers some ways and means to help you achieve great expectations of your own home and feel community pride. Throughout this magazine, you’ll meet home professionals—some of the very best locally—that have helped thousands of clients (perhaps, your neighbors) with their real estate, architectural, construction, interior design, plumbing, electric, HVAC, you name it...wants and needs. And our 2024 Home Resource Guide lists them all neatly for reference.

We also visit the National Association of Home Builders’ annual showcase home, the *New American Home*, featuring amazing tech and design in multiple home disciplines. This floor-to-ceiling project is built for the industry’s annual conference in Las Vegas and is, yeah, pretty darn cool.

And maybe you’re feeling lucky (hey, it’s March, St. Patrick’s, the equinox, and all that). We’re feeling it, too! In the greater Chesapeake Bay region, as spring unfolds, we start to see a bit more of each other at exciting events—from sports to festivals to sock bonfires (yep!)—and opportunities to explore the great outdoors blossom (check out “Search Party!” about fossil/arrowhead/sea glass hunting on page 26).

We cover all this local fun and action in our monthly entertainment, dining, and wellness departments. More is happening. It feels good...here, now, together.

And I think that’s pretty darn cool.

James Houck,
Editorial Director

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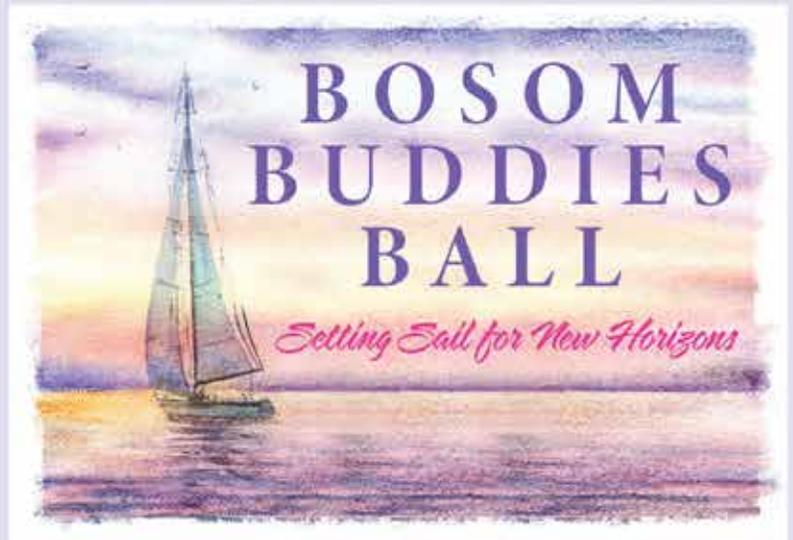
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St. Patrick's Day Parade

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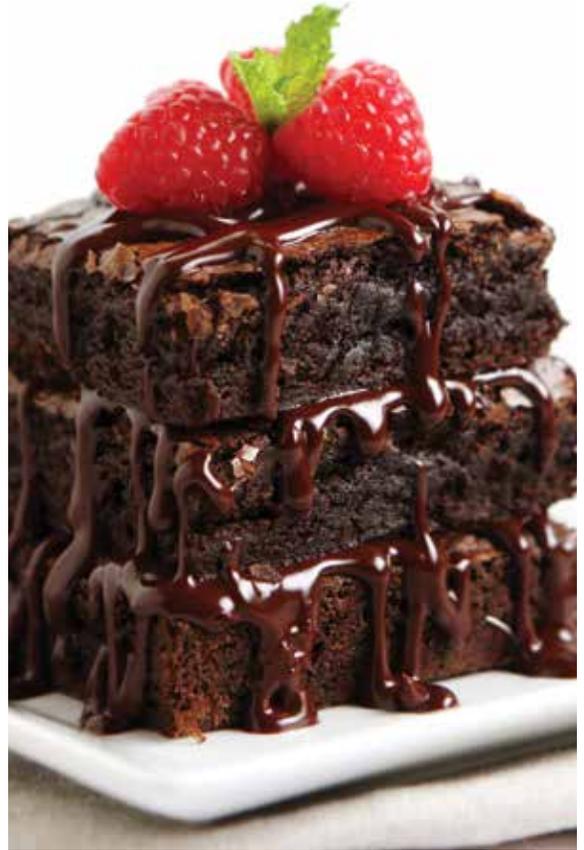


The Urban Oyster: Building an Open-Minded Approach to Oysters

Gather at Van Lennep Auditorium at Chesapeake Bay Maritime Museum on March 26th at 5:30 p.m. for “The Urban Oyster: Building an Open-Minded Approach to Oysters” lecture. Baltimore-based Chef Jasmine Norton (The Urban Oyster/The Urban Burger) turned her love of seafood into a culinary movement focused on making a regional staple food accessible to new audiences. Norton’s menu features chargrilled and fried oysters in creative combinations. During this lecture, Chef Norton will share her innovative culinary perspective on building new audiences for an essential Chesapeake food tradition. Find more information at cbmm.org.

ST. MICHAELS CHOCOLATE FESTIVAL

The 6th Annual St. Michaels ChocolateFest will be held March 2nd and will feature local chefs/restaurants creating amazing, delectable chocolate-inspired dishes and desserts. The Chocolate Crawl will take place from 11 a.m. to 4 p.m. until sold out throughout the Town of St. Michaels at participating businesses and restaurants. Chocolate lovers will enjoy shopping throughout town and sampling amazing artisan chocolates, desserts, wine, beer, and spirits. More details at stmichaelsmd.org/chocolatefest.



ST. PATRICK'S DAY PARADE

On March 17th, head to the charming downtown of Easton for the annual St. Patrick's Day Parade followed by the crowd favorite, St. Patrick's Day Potato Race. The potato race is a relay in which racers carry hard potatoes on wooden spoons to the finish line! The fun tradition brings the town together each year. The parade will begin at 5:30 p.m. Find more information at discovereaston.com.



Chesapeake Music Interlude Concert: ensemble 132

An American collective of soloists and chamber musicians of the highest caliber, ensemble 132 reimagines the chamber music landscape. On March 10th, ensemble 132 will perform at The Ebenezer Theater in Easton. The group consists of violist Luther Warren, pianist Sahun Hong, cellist Zackary Mowitz, violinist Abi Fayette, and violinist Stephanie Zyak creating and premiering new standards in the chamber music repertoire with its artist-crafted arrangements. Find more information at pragerarts.com.



CHEFS FOR HABITAT GALA

The 13th Annual Chefs for Habitat Gourmet Gala is set for March 2nd at 7 p.m. at the Wicomico Civic Center in Salisbury. This year's gala is a Mardi Gras Masquerade themed celebration, fundraising for Habitat for Humanity.

Twenty-two chefs from local restaurants and catering companies will cook incredible small dishes for the gala guests. The night will have musical entertainment by Lou Wright, dancing, a silent auction, and a celebrity fundraiser competition. All proceeds will go towards the mission of ensuring everyone has access to safe, decent, affordable homes. Find more information at chefsforhabitat.org.



ANNUAL EASTER EGG HUNT

The Annual Easter Egg Hunt at Talbot County Courthouse grounds will be held March 31st. Thousands of eggs will be spread across the grounds for kids to collect. The family event will have free face painting and an appearance by the Easter Bunny himself on a fire truck at 10 a.m. The egg hunt will start at 10:15 a.m. for infants through age 4, and 10:30 a.m. for ages 5 through 10. Find more information at discovereaston.com/easter.

CMBB Opens New Welcome Center

The Chesapeake Bay Maritime Museum celebrated the Grand Opening of its new Welcome Center with a free community event that offered authentic Chesapeake experiences and family fun on Saturday, December 2nd. Guests attended a formal ribbon-cutting ceremony for the transformational, new building, followed by a festival-style celebration that highlighted “Winter on the Chesapeake” with demonstrations, hands-on activities, campus tours, and live music. The 12,000-square-foot facility is fully ADA-accessible, overlooks Fogg’s Cove, and was designed to provide guests with a warm welcome to campus with three exhibition spaces, reception area, restrooms, and the new Museum Store. Learn more at cbmm.org.

QA COUNTY WINS MARYLAND TOURISM & TRAVEL SUMMIT AWARD

Queen Anne’s County Economic and Tourism Development was the recipient of the Best Digital Campaign award at the Maryland Tourism & Travel Summit for their “Crabs n’ Crushes” campaign. The award was announced at the awards banquet on November 9th in Owings Mills. The campaign ran from spring through the fall of 2023 and highlighted destinations in Queen Anne’s County that serve up crabs and orange crushes, a drink that originated in Maryland and is a signature summer drink of the region. It included the development of a website, crabsn-crushes.com, along with digital ad placements, a social media campaign, print advertising, interactive billboards, video, a branded trade show display, merchandise, postcards, and giveaways. Congratulations!

SHORE LEGAL ACCESS HONORS VOLUNTEER ATTORNEYS

Shore Legal Access recognized the contributions of the nonprofit’s volunteer attorneys with an annual awards ceremony and reception held on October 26th at the Ivy Café in Easton. Shore Legal Access relies on volunteers to represent people with limited means in court, prepare documents, and provide legal counseling and advice.

“Not all heroes wear capes,” remarked Shore Legal Access Executive Director Meredith Lathbury Girard, Esq. at the event. “Truly every single volunteer attorney is a hero for the people we serve.”

Volunteer Attorney of the Year awards were presented at the event to Criminal Record Expungement recipient Kristin Gilbert, Esq. of Gilber Law, LLC in Salisbury, Maryland, Family Law recipient Stephanie Hambleton, Esq. of Hambleton Law, LLC in St. Michaels, Maryland, Housing recipient Cathleen Massey, Esq. of Oxford, Maryland, and Life Planning recipient Judith Showalter, Esq. of Easton, Maryland.

The Hon. Karen Murphy Jensen Award for Pro Bono Service and Mentorship was presented to Donna McElroy, Esq., of the Law Office of Donna B. McElroy in Berlin, Maryland. The award was created to honor a member of the legal community who demonstrates a commitment to pro bono service in addition to mentoring those who are new to the profession or seeking to increase their skills in service to the community. Learn more at shorelegal.org.



Arc Promotion Applauded

The Arc Central Chesapeake Region (The Arc) recently announced the promotion of Megan Lyle to Senior Vice President of Administration & General Counsel. In this new role, Lyle will lead all aspects of enterprise-wide compliance, legal strategy and operations, information technology, and corporate governance. “Megan not only has a comprehensive knowledge of laws, regulations, policies and procedures, she has a strategic outlook and passion for the work we do throughout the community,” said Jonathon Rondeau, President & CEO. Megan came to The Arc in April 2023 as an accomplished Attorney Advisor with over ten years of experience. As the Vice President of Corporate Compliance & Legal Counsel, she immediately provided valuable guidance and resources with a wide range of legal advice and leadership to The Arc and its subsidiaries. This promotion comes after just ten months with The Arc. To learn more, visit thearcccr.org.



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Jonah Smith

**GUNSTON SCHOOL
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SOCCER**

By Tom Worgo

Lacrosse means tradition in the Smith family. Seven close family members of Jonah's have college lacrosse on their resume. His father Jeff Smith played at the University of Maryland, while his uncle, Jason, suited up for the University of Maryland, Baltimore County.

Jason's sons Jamie (Christopher Newport) and Jack (Randolph-Macon) took up the sport in college, too.

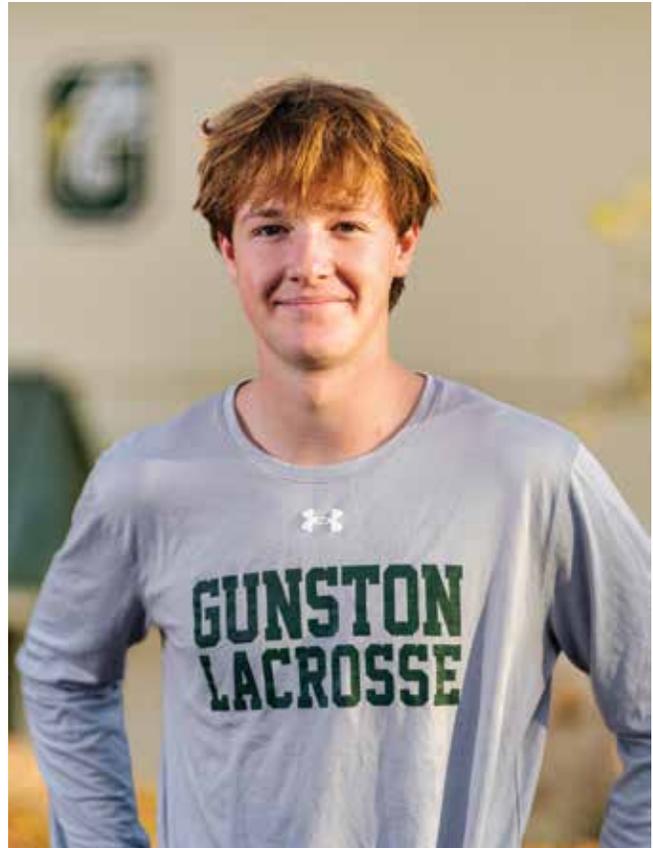
Jeff's oldest son Jude plays at High Point, while daughter Joey at Saint Vincent. So, it's not surprising that Jeff's youngest son, Jonah, a senior and three-sport athlete at Gunston School, has also fallen in love with lacrosse.

Jonah, a Kent Island resident, will play at Flagler University in Florida next season on an academic and athletic scholarship. He carries a 3.8 grade-point average.

"I was raised into it," Smith says. "I knew I was going to play in college. It was just a matter of where I would play. Just being in a lacrosse family helped me love the game. I have learned so much from them."

The 6-foot-1, 165-pound Smith wanted to be like his older brother Jude, currently a sophomore goalie at the North Carolina school High Point. So, he decided to play between the pipes at a young age after a couple of years of participating in Kent Island's Chesapeake Storm.

At Gunston, the brothers alternated between goalie and field positions in both 2021 and 2022. "We have a little bit of a rivalry," says Smith, who also plays for Brotherly Love Lacrosse Club in



**"I WAS RAISED INTO IT.
I KNEW I WAS GOING
TO PLAY IN COLLEGE. IT
WAS JUST A MATTER OF
WHERE I WOULD PLAY."**

Delaware. "And we appreciate each other's game."

Smith appreciated earning New Balance All-America honors last year, playing on a Baltimore team called The Burn. The process of making the team started in June with tryouts involving hundreds

of players. Smith made the team in July and played in a tournament the same month against teams from across the country.

A lot of kids [on the team] were from big-name schools like Calvert Hall and St. Mary's," Smith says. "I thought it was really cool to make it, being from Gunston—which isn't a big-name high school team."

Gunston Boys Lacrosse Coach Millicent Sheets was thrilled for Smith to receive All-America honors.

"He is probably one of the most impressive athletes that I have coached in more than 20 years," Sheets says. "It was amazing for him to make the team. There were 50 goalies from our region and two were selected. He beat out all other MIAA teams' goalies."

Soon, Smith's focus will be on college lacrosse. He signed a National Letter of Intent in November for Flagler. He plans to major in finance.

It's ironic that Flagler Men's Lacrosse Coach Brian Duncan played with Smith's uncle Jason at UMBC. Duncan is excited to coach him.

“He just has an ‘it’ factor,” Duncan says. “He is such a student of the game and is just a really good player. He made the New Balance All-America team, which used to be the Under Armour team. That’s pretty prestigious.”

This spring’s lacrosse season marks Smith’s third year as a starter. The Eastern Shore Independent Athletic Conference named him to its All-League team as a sophomore and junior. The two-time co-captain recorded 200 saves last year in 14 games and produced some excellent performances. Smith was especially stellar against Salisbury School, making 20 and 21 saves in two different games.

“He is the complete package,” Sheets says. “He has a really high lacrosse IQ and does an outstanding job commanding the defense. He is an incredibly positive leader. And has such a commitment to be the best he can be.”

Smith also plays attack in a specialized role—man-advantage situations when the opponent gets a penalty. And good with the extra man, scoring eight goals last year.

“He is one of our best shooters,” Sheets says.

Smith is a standout in basketball and soccer, too. He started in soccer for three years and two in basketball. The two-time basketball captain and point guard averaged 13 points and eight assists per game last season.

Obviously, his future is in lacrosse. Sheets got a glimpse of Smith’s potential as a freshman against Delaware’s Lake Forest High. Smith’s brother Jude got a four-minute penalty and went to the penalty box. So, Smith replaced him in goal.

“Size-wise, Jonah was much smaller than now,” Sheets says. “He walked out to the goal. Lake Forest is going wild. Look at this tiny goalie. They really came at him, but he stopped five shots in a row. Lake Forest’s players were dumbfounded. Silent. I thought, ‘Holy cow, this is him as a freshman. I can’t wait to see him mature.’”



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Maryland's First Lady
DAWN MOORE
discusses the rigors and
ambitions of life in
the Government House

AT

HOME ANNAPOLIS

IN

By **LISA HILLMAN**
Photography by **TONY LEWIS, JR.**

Maryland's First Family is now beginning its second year in Annapolis as full-time residents of Government House. In this interview, First Lady Dawn Moore shares her early impressions of the town, her new home, and her top initiatives.



SHE SMILES AT THE MEMORY.

It was Inauguration Day, January 18, 2023. The evening's celebratory events in Baltimore were over. The family of four—brand new to Annapolis—came home past midnight, ready for bed.

She remembers seeing her young daughter, just 11, starting up the long staircase still in her party gown, when, suddenly, from deep within the halls of their 18th century residence, an ancient clock began to chime. Startled, the girl raced up the stairs, the train of her dress trailing behind her.

It was an auspicious beginning for Maryland's First Lady whose aim of keeping her family safe drives her thinking every day. No day is typical.

But on any day, time spent with Dawn Moore is precious, indeed. Much in demand for her personal style and accomplished background, she is both sanguine and grounded about her current role and what she wants to accomplish. Neither the Governor, nor her children, are ever far from her thoughts. As she speaks, the word "safe" pops up repeatedly, as does her soft reference to "my husband."

Poised, professional, and personable, Dawn Flythe Moore—like her husband—exudes a certain charm that makes her easy to like and eager to follow.

Born in Queens, New York City, she grew up the daughter of two working parents. From her father, a union member and crane operator and her mom, a music teacher in New York City public schools, she learned the importance of public service. Little did she know that acceptance to the University of Maryland at College Park would lead to a career in Maryland state government.

After graduating with a degree in government and politics, she worked for Secretary of State John Willis, for Lt. Governor Kathleen Kennedy Townsend as a

senior policy officer, and for Lt. Governor Anthony Brown as his Chief of Staff. She also earned plenty of hands-on campaign experience, first as a field director for Townsend's 2002 gubernatorial campaign and later as a deputy campaign manager for Martin O'Malley's 2006 campaign.

A blind date—arranged by aunts and family friends—brought her together with a tall, handsome Johns Hopkins University graduate and Rhodes Scholar, a man destined for the exceptional. Their chemistry was immediate. The couple married just before Wes deployed to Afghanistan with the 82nd Airborne. This July 6th, Governor and Mrs. Moore will celebrate 17 years of marriage.

GOVERNMENT HOUSE

Moore's interest in her new home and in public service—and her ever-watchful eye on her family—frame how she views her role as First Lady.

"I consider myself an extension of my husband's work. Everything I do represents him," Moore says. "And that's not hard for me because I believe in him so much." She also understands that the role of First Lady is changing. Moore feels empowered to pursue issues of importance—and Government House offers the place to do it.

"It's such a privilege to live here. Every governor and his family have lived in this home. My husband and I truly see this as the people's house. We are temporary residents, stewards of this place. It is incumbent upon us to share it."

In her first year alone, she opened the house to a variety of groups, including cultural, religious, and educational organizations, many for the first time, such as PRIDE and the LG-BQT community. A recent favorite was an evening dedicated to the cast of "The Wiz" on its return to Baltimore along with students from the Baltimore School for the Arts. She has invited rising, talented young people from Annapolis and Anne Arundel County so "they can see artists who look like them, who serve as a source of inspiration, so they know everything and anything is possible."

"We've hosted so many people who say, 'I've never been here.' What I am hearing is, thank you for including us. We want them to know they are welcome here."

Government House—and putting her family's mark on it—is one of her primary initiatives.

"As the first African American family here, it is important to us that this house represents all Marylanders, and that all are welcome. Not only in the events we host, but in the arts we display."

Toward that end she is working with the Government House Trust and the Maryland State Archives to modernize the home in "how people perceive Maryland's history." Partnering with the Baltimore Museum of Art as well as the Banneker Douglass Museum in Annapolis, she wants the public to "see this home as

"MY HUSBAND AND I TRULY SEE THIS AS THE PEOPLE'S HOUSE. WE ARE TEMPORARY RESIDENTS, STEWARDS OF THIS PLACE. IT IS INCUMBENT UPON US TO SHARE IT."



an extension of their institutions.” She envisions special exhibits and displays that highlight Maryland history heretofore unseen, such as the lives of black and indigenous people. Nearby, the portrait of abolitionist Frederick Douglass graces the entry hall.

But Government House is more than a show place. For Moore it is the backdrop for tackling one of society’s most serious issues.

CHILDREN’S MENTAL HEALTH

“Government House is a place where we can connect, gather, elevate the issues,” Moore tells us. “This is very important to me and to my husband’s administration. It’s a place where people can be heard and seen.”

Nowhere does the First Lady feel more passionate than in the area of children’s mental health. For the past year she has been speaking to many different stakeholders, including

the medical community, providers, advocates for young people, and parents about the state of children's mental health. Raising two children, Mia, now age 12, and James, age 10, the topic is very personal: "As a mom I know the struggles we all face every day."

One of her top concerns is the impact of social media.

"I am pretty strict about social media. It's a bit hard to ban it totally, but I do not let my children have Facebook, Instagram, or Tik Tok."

Do they balk at that?

"Of course they do, like every other kid in America. But I try to explain to my children the science. I tell them that they are too young and there's a time I will let them."

And when is that?

"My daughter asks me that every other day. I tell her, I cannot make a promise to you because if I make a promise and I change my mind, then you will say I didn't keep my promise. But I explain to her that I will continue to follow the science."

Moore admits she's not the expert, but her status affords her access to those who are. This past year she heard the Surgeon General address the National Governor's Association about the crisis in children's mental health. He called out social media for giving young people a "false sense of community."

"That really resonated with me.

I want people to understand we have to create *real* community, especially with young people because they have grown up in social media, so they have a different perception of what community is."

Still listening, still learning, Moore—like her husband—is still formulating the specifics of how to attack the problem. There are state funds to back her. For FY 2024 the Moore Administration has committed \$1.3 billion in direct state support for various mental health and substance use services and initiatives.

The First Lady hopes parents will find strength and a partner in her advocacy work. She wants young people to say, "she helped us to be seen and we know she is our partner." She wants their parents to stand strong for their children—especially around social media—because "If Dawn can do it, maybe I can, too."

But being heard is not just about mental health, as her own story reveals.



HEALTH EQUITY

She is very public about it. In fact, it is one of her top initiatives. When Moore was 26, she was diagnosed with multiple sclerosis (MS), a potentially disabling disease that attacks the nervous system. It causes many different symptoms, most common being fatigue, vision loss, and impaired coordination.

Moore had these plus others: double vision, her "gait was off" and she experienced loss of taste. Despite this, she was repeatedly misdiagnosed. Worse, reflecting on that time, she feels she was ignored.

A recent survey corroborates her experience. Conducted by the health research organization KFF (formerly known as The Kaiser Family Foundation), researchers polled a nationally representative sample of nearly 6,300 adults. Black Americans reported facing discrimination in the doctor's office and needing to "change the way they dress and mentally brace themselves for potential mistreatment when

they visit the doctor.” (as reported on NPR’s Morning Edition, December 5, 2023)

“What I went through to get my diagnosis is very typical of what women of color go through,” Moore explains. “Constant misdiagnoses, not being heard. Black women are constantly being ignored or misdiagnosed because MS was not seen as a black woman’s disease.”

At one point she was even told she was having a nervous breakdown. Like many times in her life, her mother became her greatest partner. She was unrelenting in trying to get her daughter to the right doctors.

But the hero of this story was Wes, “my boyfriend at the time,” she says, smiling. “He was extraordinarily helpful.”

She credits her then-future husband with introducing her to Dr. Carolyn Britton, a neurologist with Columbia Presbyterian Medical Center in New York, who ultimately confirmed her diagnosis and got her on the right regimen. There were many medications and therapies, but what she remembers most was “her way of speaking to me; she made me feel empowered. She made me feel safe.”

Moore knows she is fortunate. Her course with the illness was relatively benign. But there is no cure for MS and it requires vigilance. She has added holistic methods like nutrition, exercise, and methods to minimize stress, like Yoga. Always physically active, during COVID she took up tennis because it allowed for social distancing.

She also understands how important it is to find time just for herself. “You have to be intentional and carve it out. I have to schedule everything.”

“THE LOCAL LADY”

Moore claims there is no “typical day.” But like any mother of young children, her life dictates a certain routine. Most mornings she rides with Mia and James to their school in Baltimore just as she did when they lived there. The family has dinner together often. Their lives focus on the children’s activities. Mia is a dancer, pursuing both ballet and jazz. James loves sports and plays flag football. Occasionally on a weekend he’ll toss a football with his dad in the front yard.

Keeping her family safe is a recurrent theme. It’s the reason she’s kept her children in their same school, a place where they know their teachers and friends, especially given the upheaval of this past year. They still maintain friends and activities in Baltimore, where the children were born and the Moores have spent so much of their lives. But already Annapolis, and all it has to offer, delights her.

“Annapolis is such a walkable town,” she says, “My daughter and I love looking in all the shops. We always find something we like.”

She isn’t shy about sharing her favorites. That includes

ice cream. The owners of Annapolis Ice Cream know James’ favorite flavor—cookie dough. For Mia and her father, it’s anything with peanut butter. For giant milk shakes, it is Chic and Ruth’s. Dinner might be The Choptank, pizza from Fox’s Den, or a quiet evening at Harry Browne’s. Alone with her son, it’s sometimes Vida Taco Bar.

“They call me the ‘Local Lady,’” she says, “because I love to be local. I love to shop and walk the dog here.”

The dog, Tucker, is the family’s two-year-old Shih tzu-poodle mix often seen—and heard—greeting passers-by. He was a promise to Mia and James after the election.

A favorite stop is the Welcome Home store across from the State House. Owner Jennifer Baker is always thrilled to

see her. “Throughout Covid everything was so hard,” Baker says. “But from the day of Governor Moore’s inauguration, people were on the streets so proud and so excited. Part of it was having our first black family, but it was also having a young family in the Governor’s Mansion. Now we have children and a puppy. Governor Moore and his family have become a visible part of downtown. I regularly see them eating in our restaurants and shopping. And I love how the First Lady often stops

in, sometimes in sweats wearing a cap, just like a regular person, out to do some shopping.”

Living in Annapolis affords the First Lady another family advantage.

“The beautiful thing about this is that the kids can walk across the street and go see Daddy. Wes tells them all the time, ‘you can come over here any time.’ They’ve been able to do that and that hasn’t changed.”

What has changed for her recently has been the national attention. Governor Moore, unquestionably charismatic with exceptional credentials in public service, has quickly drawn the attention of the national spotlight. It’s not every elected official who attracts a multi-page spread in *Vogue* magazine, complete with photographs by renowned portrait photographer Annie Leibovitz (July 18, 2023).

“It is flattering,” says his wife. “But I hope it just means he is doing a good job. The most important thing is that he continues to focus on his work here. Service is in his blood. There’s nothing he’d rather be doing.”

Moore looks forward to her second year in Annapolis with her own focus, once again, on Government House, a symbol of all she hopes to accomplish.

“I’m excited for year two in this home to be even more inclusive than our first. When you come into this house, I want it to feel joyous and cheerful.”

As for what local people can do to support her.

“It’s already happening. Continue to invite us in. If you see me, say hello. I am your neighbor.” ■

**“I’M EXCITED FOR YEAR
TWO IN THIS HOME TO BE
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Search Party!

Hunting for fossils, arrowheads, and sea glass is a great way to explore nature, learn regional history, and make unique discoveries

By Tyler Lewin

Artifact hunting is a captivating pursuit that allows individuals to unearth pieces of history, offering glimpses into the lives of those who came before us. Among the diverse array of artifacts, three categories stand out for both their historical significance and the thrill they provide to collectors: fossils, arrowheads, and sea glass.

Fossil hunting is a journey through time, as enthusiasts traverse landscapes in search of preserved remnants of ancient life. Fossils are like nature's time capsules, offering a window into the Earth's rich history. Whether it's the imprint of a prehistoric leaf or the skeletal remains of a long-extinct creature, each fossil tells a unique story about the evolution of our planet. It's a journey that combines scientific curiosity with a sense of adventure, as each discovery adds a piece to the puzzle of our planet's history.

Maryland's geological diversity makes it an ideal destination for fossil hunters. James Stedman of the Maryland Geological Society expresses how fossil discovery can vary from one side of the state to the other. "I have collected in [multiple] regions...and the methods of collecting in each are very different. Western Maryland fossil hunting can involve searching roadcuts and quarries, breaking rocks, etc. In contrast, many of the fossils found in the Atlantic Coastal Plain are through exploring bay, river, and creek shorelines."

◆
Ecphora gardenerae
is Maryland's
state fossil shell.

One particularly renowned area for fossil hunting is the Calvert Cliffs along the western shore of the Chesapeake Bay. These cliffs, composed of sedimentary rocks from the Miocene epoch, hold a wealth of marine fossils dating back 10 to 20 million years. The Calvert Cliffs attract paleontology enthusiasts eager to explore the ancient seabed preserved in the rock layers. Fossil hunters gather daily at Calvert Cliffs, often discovering sharks and ray teeth, shells, and even the remains of marine mammals. The thrill of finding a fossilized remnant from the Miocene era is complemented by the stunning coastal scenery, making the hunt both educational and visually rewarding. Home to several amateur fossil hunting groups, the nearby Calvert Marine Museum in Solomon, Maryland, is a fantastic place to learn more about fossil hunting origins in Maryland and view specimens of *Echophora gardenerae*, Maryland's state fossil shell. Several galleries and exhibits feature fossils throughout the ages, a massive, 35-foot megalodon skeleton replica, and an overview of how our state's climate and environment has evolved through millennia.

To make your own fossil discovery in Maryland, consider using several essential tools, including a sturdy rock hammer for breaking apart sedimentary rock, a chisel for delicate excavation, and a soft brush for cleaning and revealing fossilized specimens without causing damage.

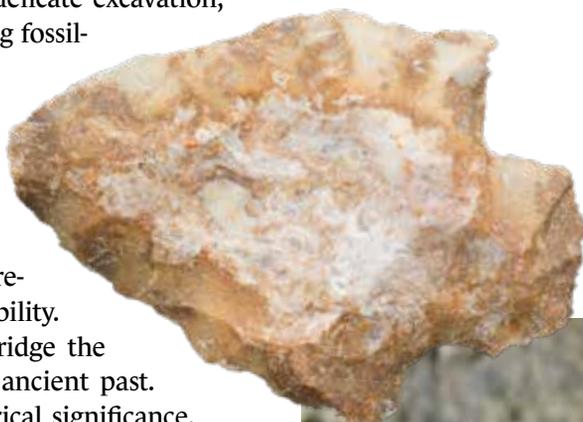
Arrowhead hunting is a pursuit deeply rooted in human history, linking modern-day enthusiasts with the skills and tools of ancient civilizations. These small, pointed artifacts served as crucial tools and weapons for Native Americans, reflecting their resourcefulness and adaptability. Today, arrowhead hunting is a way to bridge the gap between contemporary life and the ancient past. Hunters often search in areas with historical significance, such as former Native American settlements or battlegrounds. The thrill of uncovering an arrowhead lies not just in the physical artifact, but also the story it may impart about the people who crafted and used it. Each find is a tangible connection to the daily lives, hunting practices, and cultural traditions of those who lived centuries ago.

Pig Point in Anne Arundel County, located at the southern end of the Parris N. Glendening Nature Preserve's walking trails, should be on everyone's must-visit list. From 2009 to 2014, archeologists led by Dr. Al Luckenbach excavated prehistoric sites that had been noted as potentially significant; what they discovered would be deemed as one of the most important pre-contact Native American historical sites in Maryland. Overlooking the Patuxent River, Pig Point was home to over five ceremonial pits, bones from which date back over 10,000 years. It is believed that the inhabitants of the time thought Pig Point had a magical sense of place and, thus, they practiced various rituals and ceremonies there.

Although hikers and visitors to Pig Point should not disturb these once-sacred grounds, searching the adjacent shorelines and woods is permitted. Arrowhead hunting demands a keen eye and simple tools. Enthusiasts may use a small trowel for poking into soil and a fine-mesh sieve to help sift through sediment and uncover small artifacts.

If you're interested in joining like-minded enthusiasts for a group hunt, consider the Natural History Society of Maryland, located in Baltimore. The Society hosts Fossil Club meetings on the first Wednesday of every month, Archaeology Club meetings every third Wednesday of the month, and offers various field trips throughout the year to find fossils or artifacts.

Sea glass gathering offers a unique twist to artifact hunting, taking enthusiasts to coastal shores in search of weathered and tumbled glass fragments or historic shards. The hunt combines



Arrowheads are exciting finds when searching areas once inhabited by Native Americans, such as Pig Point in southern Anne Arundel County and many shoreline mittens on Maryland's Eastern Shore.





torical maritime activity of the region has contributed diverse glass, China, and metallic pieces awaiting discovery.

Collectors even create unique jewelry or decorative art from their finds. To this end, the Eastern Shore Sea Glass and Coastal Arts Festival may be right up your alley. Taking place on April 20th and 21st on the grounds of the Chesapeake Bay Maritime Museum in St. Michaels, this festival will host many crafters who display various sea glass works of art, all available for purchase. In addition to the vendors, the museum will feature live music, food, drinks, and historic exhibitions.

With so many options available for making your first discovery, whether it's sea glass, arrowheads, or fossils, you may wonder where to start. "In my opinion, the richest source of fossils in Maryland is the Calvert Cliffs that line the western edge of the Chesapeake Bay," Stedman suggests.

Now...one question remains; What will you find next? ■

◆
Collecting sea glass is especially popular along Maryland's many accessible Chesapeake shorelines and Atlantic beaches.

the allure of the beach with the excitement of discovering hidden treasures washed ashore. What begins as discarded glass transforms over time into smooth, frosted gems, polished by the relentless motion of the sea. Each piece of sea glass tells a tale of human activity, as it originates from broken bottles, jars, or other glass items lost or discarded in nearby waters or the vast ocean. Collectors are drawn to the vibrant colors and smooth textures of sea glass. Sea glass hunting along Maryland's coast necessitates a slightly different toolkit. Protective footwear, as well as light gloves, are helpful when scouring beaches. A mesh bag or pouch is useful for collecting sea glass, which allows sand and water to filter out. Some hunters also use a sifter or small shovel for digging in the sand, as sea glass is often partially buried.

Maryland's extensive shoreline along the Chesapeake Bay and coastline along the Atlantic Ocean provide endless opportunities to search for sea glass. Beachcombers can explore popular spots like Ocean City or tucked-away beaches of the Eastern Shore. The Chesapeake Bay's tidal cycles and the Atlantic's constant wave action contribute to the weathering and smoothing of glass fragments, transforming them into colorful treasures. Even beaches near Annapolis, such as Sandy Point State Park, are known for yielding sea glass treasures. The his-

◆
A collection of small, fossilized sharks and ray teeth gathered from the beachfront at Calvert Cliffs State Park.

◆
As the Calvert Cliffs in southern Calvert County, Maryland, weather and erode, fossilized remains of many prehistoric species may become exposed.



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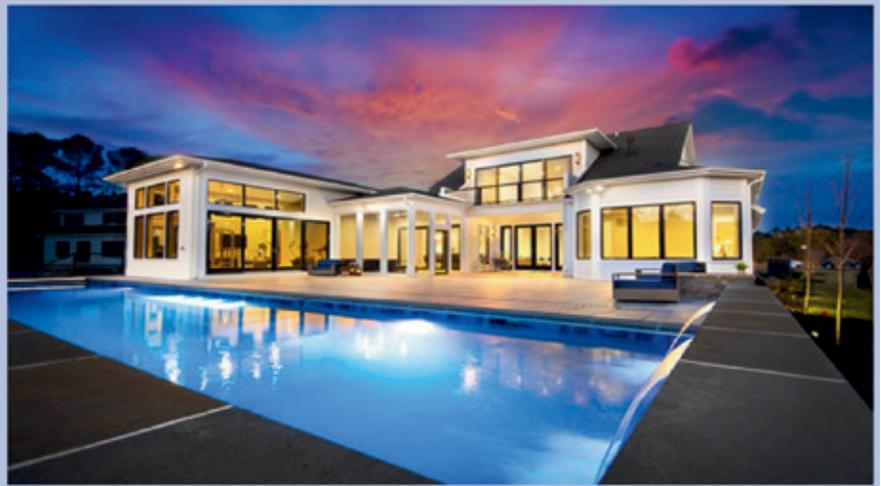
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Hello,

**The National Association
of Home Builders' New
American Home for 2024**

We're Home.

**By
Lisa J. Gotto**

**Photography by
Levy Ellyson/501 Studios,
courtesy of Pro Builder Media**



Think about it. If you were tasked with building the optimal, totally state-of-the-art home with every conceivable design advantage, stellar, best-in-class materials, an exceptional team of industry professionals working from foundation to roof, and a directive to dream big, what might that home look like?

While this is surely a fun, escapist exercise for us, this task represents a solid, nuts and bolts endeavor for the National Association of Home Builders which has been rising to the challenge to build all the above and more into what they refer to as the *New American Home* every year for the last 40 years. The end result of this visionary project, which is unveiled annually at the NAHB International Builders' Show in Las Vegas, is a compilation based on the execution of two primary project goals: maximizing housing performance and energy efficiency.

Takeaways from last month's annual unveiling are not only beautiful to look at, but they also represent practices and innovations that you may soon be seeing in that re-build down the street from you, or perhaps even in your very own American home. So, let's break it down and take a better look!



The Design-Build Custom Process

The NAHB awarded the design keys to a proven leader and forward thinker in the custom design/build category, Sun West Custom Homes. The home is located in Nevada and its prevailing objective was to bring the aspect of resort living to everyday living. A keen consideration of the natural environment surrounding the home was the key inspiration for its interior design. One clear indication of that is the prominent interior feature walls that utilize a unique stone application that matches the custom stone found on the home's exterior, creating that all-important connection from indoors to outdoors.

The home is one-story, with 7,722 feet of living space that includes five bedrooms, five and one-half bathrooms, a state-of-the-art outdoor kitchen, a pool courtyard, and a menu of energy-efficient features.

The architectural vibe of the home is definitely ultra-modern with its striking, angled slabs of multi-





tiered roof sections, its façade of warm stone, and generous amounts of glass to take advantage of its perched location looking out and beyond the famous Las Vegas strip.

The glass starts at the front door with the innovative choice of an atypically wide, weighty glass panel door from Western Window Systems that pivots with the ability to swing in or out. The eye is immediately drawn straight ahead and toward a dramatic great room. A series of fixed-system floor-to-ceiling windows take the place of traditional walls enabling the already spacious entry to inspire the intentional feel of being at a resort.

The great room acts as the core of this one-story residence with all the other areas of the home spinning off around it. Along the way to the great room, you can't help but notice the eye-catching, lighted, clear column of wine bottles. This glass-enclosed Helix wine rack serves as both chiller and visual thriller in a space that is so inviting and well-suited for entertaining.

How This Home Performs

Four walls are just that unless, and until, you see each as an opportunity to be cozier, safer, and just plain happier within them. That is what home performance is all about, and as they say, "When you know better, you do better." Year over year, the New American Home project is a testament to everything the building industry has learned when it comes to impact, efficiency, and aesthetics. Every nook and cranny of this 7,722 square-foot build was scrutinized with those aspects in mind. As a result, this home offers a plethora of wow factors in the area of performance.

Here are the highlights:

- To meet and/or exceed current energy efficiency standards, low-e coating windows with argon gas fill were installed throughout, which will help limit solar gain and optimize air tightness.
- A unique water-proofing system and floor-heating products were installed to help balance the home's humidity levels, control mold growth, and offset the costs associated with HVAC use.
- The home's attic is unvented, air-sealed, and lined with polyurethane spray-foam insulation.
- The exterior walls are sheathed with insulation board, sprayed with open-cell polyurethane spray-foam insulation, and R-values are maximized with the addition of reflective wall and ceiling insulation.
- The home's solar array of 84, 400-watt solar panels are enhanced with double-insulated microinverters.
- To improve energy efficiency and provide a more economical renewable energy option, the entire home was sealed with an atomized sealing process designed to plug up even the smallest of holes that cause drafts and inefficiencies.
- All household utility systems including HVAC, water heaters, and electrical fixtures are optimized to exceed certification specifications for Emerald level of the National Green Building Standard.
- A whole-building ventilation system approach was configured to allow optimal fresh air flow into the home.

The wine wall is an extension of the formal dining room where we get to see more of the interior's palette influenced by organic design, one of three major trends that the NAHB notes will remain popular in 2024. This room, with its staggered collection of hanging rattan lighting, and two textured walls of dark, rich wood, (one being the "fifth wall" or ceiling), also speaks to personalization trends showcasing warmer tones and the incorporation of grainy woods.

This tonal and tactile aesthetic continues to unfold all around you. Up above, the entire ceiling in this space is fitted with dark woods and peppered throughout with recessed lighting. The light, bisque-colored floor is accented with a texture-rich area rug in the great room. Its earthen brown hue and the sand-colored sectional sofa completes a visually stimulating yet relaxing space with open plan sightlines to the state-of-the-art kitchen.

Design and form truly rule in this space, which will be a topic of conversation all on its own. A wall of dark wood built-ins with vertical orientations is located to the left of the room as you enter. These intentional units fitted with storage cabinets below will provide ample display spaces for the homeowners collected and heirloom treasures. Consistent with the trend, the kitchen boasts two islands, both gorgeous and functional in their own way. The more traditional of the two does the lion's share when it comes to utility, housing appliances, and tons of drawers and cabinets in its wood base for kitchen essentials. It's topped with a concrete mineral countertop from Caesarstone's Metropolitan Collection.

The other island is a counterbalanced work of art in the form of a monolithic-like slab that mimics structural features on the exterior of the home. The piece, with its obvious visual impact will no doubt be the gathering spot for pre-dinner festivities and perhaps a bottled

Design and form truly rule in this space, which will be a topic of conversation all on its own.



vintage from the nearby wine wall. Another point of interest is the ceiling treatment in this room with its collection of cross-hatched, triangular wooden panels of various tones and textures—another bold take on the personalized trend in design.

The kitchen flows on one side to its exterior counterpart and introduces dinner guests to what outdoor resort-style living is all about. This space with its *al fresco* cooking and dining area, pool,



and modern, fire pit with conversational seating is totally opened to the inside with the home's integrated system of moving glass walls; clearly setting the standard in its class for optimal integration of indoor and outdoor spaces.

At day's end, this home's inhabitants will retreat to their primary suite which conveniently faces the pool and the incredible view of the city of Las Vegas in the distance, in a home that is a world-away from the everyday. ■

Find the complete tour of the New American Home online at tnah.com.



The NAHB on the Trends

While our showcase house may be located in Nevada, trend experts at the NAHB, say the following design trends will have staying power no matter your location:

BOLD PERSONALIZATION:

With resale value no longer a major concern, many homeowners want to make their homes uniquely personal. Long gone are the days of the stark white and gray color palette throughout the home. Colors are now shifting to warmer tones and textures, such as shades of blue and green and wood grain.

NOSTALGIC NOTES:

Mixing and matching design styles to better integrate homeowners' treasured keepsakes into a redesign is becoming more popular. There's also a shift away from modern design elements (think: clean lines) to incorporating more traditional features such as curved archways.

ORGANIC DESIGN:

Bringing the outdoors inside is another way homeowners are using remodeling to personalize their living spaces. This can be done by using woven materials such as cane and rattan throughout the home or by installing skylights allowing for more natural sunlight to flow through common areas.

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BRAD KAPPEL

Brad Kappel, Executive Vice President with TTR Sotheby's International Realty is the #1 Waterfront Real Estate Agent in Maryland. Brad has been serving residents of Anne Arundel County and the Eastern Shore for over fifteen years in real estate, home construction, and renovation. Brad's unique experience allows him to offer authentic insight into each property's current condition, value, and potential. Brad is grateful for the clients, colleagues, friends, and family who supported him throughout his career and contributed to his continuing success in 2023 with sales totaling over \$200 million. Brad adheres to the philosophy that "clients deserve nothing short of excellence." From the initial meeting, to navigating important decisions and the final settlement transaction, Brad works diligently to ensure 100% customer satisfaction. Brad doesn't just sell the waterfront lifestyle—he lives it! The Kappel family has called Annapolis their home town for three generations. When he's not pursuing his passion in real estate, he is exploring the waterways of the Chesapeake Bay by boat or spending time with his wife, two children and golden retriever at their home on the Severn River.

Brad Kappel

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Biana Arentz stands as a distinguished leader in luxury real estate, expertly navigating the waterfront properties of Maryland’s Eastern Shore and Annapolis. Awarded Best Luxury Realtor by *What’s Up? Magazine* and the *Shore Update* in 2023, she embodies selling the luxury lifestyle across all price points. With over two decades in real estate and a passion for community involvement, Biana is well known on both sides of the Bridge. Her rise from Hemingway’s Restaurant to a real estate luminary is powered by gratitude towards her supportive network and her continuous support of her community - especially through her sixteen years with Bosom Buddies Charities and more recently Luminis Health’s Fish For a Cure. Merging in-depth local knowledge with unwavering dedication, she loves what she does as a REALTOR, guiding her clients in one of the biggest financial decisions of their life.

Biana’s husband and fellow REALTOR Steve Arentz, their children, Steven and Elizabeth, and their family dog Harley, are her “why”. Everything she does is to make them proud! Elizabeth, following Biana’s path, began working alongside Biana in 2023. Biana’s proficiency and local understanding effectively turn real estate dreams into reality, a journey now shared with her daughter.



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LONG & FOSTER REAL ESTATE
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Originally from Germany, Cornelia moved to Talbot County in 1989 with her family and quickly became one of Talbot County's leading agents. Sophisticated, warm, and accomplished, her real estate successes range from starter homes to stunning multimillion-dollar waterfront estates, farmland and new construction. Motivated to understand her client's needs, she expertly pairs a natural listening ear with 30+ years of unparalleled international expertise. She successfully leverages Long & Foster's exclusive connection with Forbes Global Properties and Luxury Portfolio International, a division of Leading Real Estate Companies of the World. This powerful alliance enables her to deliver unparalleled service to discerning buyers/sellers and her hands-on attitude drives her to be the best! Find confidence in the fact that her fundamental goal is to cultivate enduring client relationships that will last for years to come. With award-winning results and passion for the beauty of the Eastern Shore, her clients quickly come to know Cornelia's integrity, leading-edge marketing talent, persuasive advocacy, and exceptional skill at the negotiation table. Cornelia trains her champion Labrador Retrievers, bred from European lines and competes nationally. She enjoys spending time with family on her waterfront farm and cooking farm to table meals. With dedication and business savvy instincts, Cornelia leads sellers to top-dollar results and buyers to the home of their dreams.

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Nestled on the Eastern Shore lies Lakeside at Trappe, a community that redefines resort-style living. With its impressive selection of new homes for sale or lease, this idyllic community offers a lifestyle that exceeds most. Here, every day feels like an escape to a personal retreat amidst the backdrop of scenic nature and thoughtfully designed homes.

The single-family homes, priced from the \$300's or for lease from the \$2,000's per month, boast a diverse array of designs, from traditional to main-level living. With up to 2 to 6 bedrooms, 2 to 4.5 bathrooms, and spacious floorplans ranging from 1,300 to 4,300+ square feet, there's a perfect match for every family and lifestyle. This resort-style community also offers townhomes for purchase from the \$300's, featuring three generous levels, a 2-car garage, and layouts that include 3 to 4 bedrooms, 2.5 to 3.5 bathrooms, and over 2,200 square feet of living space.

But what truly sets Lakeside at Trappe apart is not just its spacious new home designs, but the lifestyle it promotes. With amenities like a swimming pool, bathhouse, playground, and sports court set to open this summer, the community is designed for enjoyment and relaxation.



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Q&A

QUESTIONS & ANSWERS WITH THE EXPERTS



Q: In 2023 you were voted Best Luxury Realtor on the Eastern Shore. What does Luxury mean to you?

A: Multimillion-dollar properties aren't the only ones that I would describe as "luxury". Luxury can be the quality of the build, a desirable location, or features like wine cellars (a favorite), pools, or landscaping. It's anything that adds pleasure, comfort, or enjoyment to a space beyond what is essential. The beauty of luxury is that it is different for everyone. I love working with clients to identify what luxury means to them, regardless of price point. As we enter 2024, my focus is to continue helping my clients buy and sell their dream homes; whether it's a townhome on Kent Island or a waterfront estate on the Wye River!

Biana Arentz
of Coldwell Banker Realty



Q: What is the biggest mistake a seller can make when interviewing agents?

A: Focusing solely on price. Agents can toss out any number they want but what is behind it is more important. Sellers should be wary of 'the highest bidder' and instead

seek substance. Most importantly, everything starts with IMAGE. High quality professional photography/videography and professional staging are crucial in crafting an overall image that draws buyers in. Buyers create their short list of properties by what is online. Your agent also has to understand your target audience and how to market to it. Any agent can stick a sign in your yard but not every agent understands all the many intricate layers. Make sure you ask the tough questions.

Tricia Wilson
Chaney Homes



Q: Do you expect the Seller's Market conditions that we have seen for the last couple years will continue throughout 2024?

A: We have never experienced a time when there were less homes listed for sale. This unprecedented lack of supply

coupled with high demand has continued to propel our local market. There are a plethora of cash buyers currently searching for their waterfront escape. If you want to sell your home for top dollar, don't wait, sell now and catch this hot seller's market.

Brad Kappel
TTR | Sotheby's International Realty



Q: What would you say is the most important factor to consider when selling a waterfront property?

A: In order to generate the sizzle when you first list your home you need to price it right, make sure your home is polished up

so it shines and don't forget high quality aerial photos. That said, the key factor is to make sure you hire a brokerage that effectively targets the Washington D.C. / Metro market. Recent sales data indicates that most premier waterfront properties are sold to buyers who are migrating this way to experience the Annapolitan lifestyle.

Brad Kappel
TTR | Sotheby's International Realty



Q: Should I order a home inspection prior to listing?

A: Absolutely! Ordering a home inspection before listing is a strategic move. Since no home is perfect, it allows you to identify and address potential issues upfront, preventing

surprises during negotiations. A pre-listing inspection also boosts buyer confidence, showcasing transparency and maintaining trust. This proactive approach not only streamlines the selling process but often leads to smoother transactions and can even justify a higher asking price. In the competitive real estate market, a well-inspected home stands out, making it extraordinarily enticing for prospective buyers. Take properties on the Eastern Shore for example – many times crawlspaces can be a big problem and is why I always suggest having them inspected and remediated prior to listing. Ultimately, investing in a pre-listing inspection is a wise decision to maximize your property's market appeal and minimize post-offer hiccups.

Cornelia C. Heckenbach
Long & Foster Real Estate | Forbes Global Properties Specialist



Q: The real estate market in 2024 is returning to more normal levels than the past 3 years. What are the most important factors a seller should consider when putting their home on the market now?

A: Price: Buyers are very savvy and it is critical not to overprice. Review the comparables provided by your agent and understand that you'll

actually attract more interest if buyers feel the value is justified. If so, there are still a large pool of buyers in the market and you may end up with multiple offers.

Staging & Photography: I can't stress the importance of having your home show its best when it is first put on the market. Declutter, organize, and stage appropriately is the key! Hiring a professional stager when necessary can make all the difference, especially when a house is vacant. The same goes for a photographer/videographer; remember the first impression is often the difference between the potential buyer wanting to see a property or not.

Laura Carney

TTR | Sotheby's International Realty



Q: How do you anticipate the upcoming Presidential election will effect the local real estate market?

A: Regardless of which way the political pendulum swings, history shows that the stock market typically sees an uptick

after the election passes and consumers also feel a sense of relief which in the past has led to robust real estate market conditions and increases buyer demand.

Brad Kappel

TTR | Sotheby's International Realty



Q: What are the three most common features that buyers look for in a top tier waterfront property?

A: Privacy is paramount, many of the buyers coming to the Annapolis area in search of a retreat to relax and escape from

the hectic city life. Waterview is also extremely important. Unobstructed panoramic views always fetch a premium in this market and the most coveted feature is the waterfront pool. The local critical area laws are very restrictive and having a pool on the waterside can be a challenge to have permitted, so an existing waterside pool is a major value add.

Brad Kappel

TTR | Sotheby's International Realty



Q: How is Lakeside at Trappe unique from other Eastern Shore communities?

A: Lakeside at Trappe sets itself apart from other communities with its diverse selection of living options, including spacious new townhomes and single-family homes, some

featuring convenient main-level living, that are available to either purchase or lease. The community offers a rich lifestyle with onsite resort-style amenities including a swimming pool, bathhouse, playground, and sports court opening this summer, along with a planned lake, dog park and green space. Located just 8 miles from Easton and a short drive to Annapolis and Maryland's beautiful beaches, this unique combination of home variety, financial flexibility, on-site amenities, and ideal location makes Lakeside at Trappe a standout choice for those seeking a vibrant lifestyle on the Eastern Shore.

Diane Dougherty

New Home Counselor, Brookfield Residential at Lakeside at Trappe

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Managing
Waterflow
+ Run-off in
our Gardens

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Valued Added?

DESIGN NO-NOS THAT DE-VALUE YOUR HOME

By Lisa J. Gotto

So, you're finally settled into what's hopefully going to be your dream home once you've updated it, and you're considering what you need to do to make it your own. There are a few things you should consider before you begin to make those changes, especially if this purchase could go to market in the years ahead.

Real estate experts agree that there is a point when the improvements made to your home will not translate into equity down the road and may even end up de-valuing your home. So, what is the secret sauce to prudent and forward-thinking design that only enhances the home's value?

Since this is a highly subjective question for some, we narrowed the scope to identify 7 things you should definitely *avoid* when upgrading.

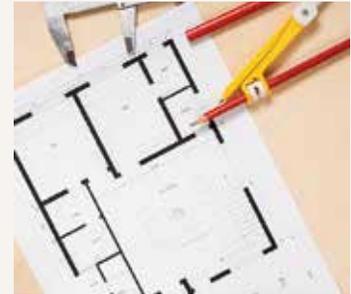


1 Across the board re-designing of a bathroom that *removes* a tub to create just a shower is a major no-no. No matter how much more room or storage space you think you will gain in your bathroom's footprint, it cannot go dollar-to-dollar against what a potential buyer may see as the cost of adding a tub back in.



2 Ditch the wall kitsch! It's harder for someone new to envision being in your home if it looks like it's outer space. So, think twice about installing that highly personalized patterned wallpaper or applying that less-than-neutral paint choice, lest you swap it back out when you decide to move on.

4 Variety isn't necessarily the spice of life if it means that your home has an identity crisis going on between its indoor and outdoor personalities. That said, curb appeal may get prospective buyers into the house, but they may be off put if they arrive to your modern farmhouse façade only to find a bunch of mid-century modern details inside. Having one cohesive feel and flow throughout the home is the path to, "Sold!"



3 There was a time during our hectic pandemic era when homeowners wondered what it was that they liked about the open concept floorplan. Let us assure you, that was only a temporary anomaly, as a majority of homeowners still prize the flexibility that open plan living provides. Not to mention, no one really enjoys having to take a sledgehammer to dry wall; that only looks like fun on the home shows. The moral of this story; don't add walls back in.



5 Customization is clearly still one of the most enduring trends in home design, and by all means when you're in your forever home you will be at a fine time in life to do just that. However, customization especially in the two rooms of the home that are the costliest to upgrade, the kitchen and the bathroom, should be carefully weighed. Case in point, the customizable kitchen trend allows you to choose deep, rich, or unique color palettes for appliance packages. These appliances are super-hot right now, but so are their prices. You could end up spending thousands more on one range that you, more than likely, won't re-coup upon re-sale.



6 Don't under-think your material choices. These are elements like countertops that live within your home year-after-year, and unless you are doing your "value for money" research, they could end up failing you. Keep in mind that while many materials have similar looks, they rarely have the same shelf life. (Total pun intended.) Talk to the experts about how you will use the space they are in and your expectations for their performance over time. Also, note that spending more doesn't always get you more. A great example here; solid marble countertops can seem like the *crème de la crème* of countertop options, but they require diligent care to look their best over time, as they are more susceptible to staining and scratching than some man-made materials.



7 Warning: Choppy floor treatments from room-to-room often have potential buyers looking down—and eventually out! As does wall-to-wall carpeting that is frumpy and bumpy, and past its prime. In other words, stay clear of quirky flooring choices. Options today are limitless and vary widely from a quality standpoint, so choose wisely. A majority of homeowners are selecting engineered hardwood for a reason; it wears well and is something that can be installed to provide a visually consistent look throughout the home.

Preparing for Spring's Showers

MANAGING WATERFLOW AND RUN-OFF IN OUR GARDENS

By Janice F. Booth

Maryland's weather seems to grow more volatile, with more frequent heavy storms of wind and rain. Periods of drought also prevailed here in early 2023. Thus, it is a wise precaution to prepare our lawns and gardens for both heavy rain and drought during 2024, as the two conditions can wreak havoc. Even the *average* annual rainfall in Maryland is about 50 inches.

The preparations you may want to make to protect your lawns and gardens from erosion will be part of what has come to be known as “hardscape” rather than landscape. Hardscaping refers to man-made elements of landscaping that use wood, brick, gravel, and other material to change the *lay* of the land, often to protect that land from wind and water erosion. Usually, it's best to have a professional service do your hardscape...because it is *hard*, perhaps even backbreaking work.

But, if you've got some muscle-builders in the family willing to help, they can assist your lawn and garden hardscaping for potentially extreme weather ahead.



LET'S CONSIDER TWO APPROACHES:

1. Repairing and redeveloping lawn and garden areas that are already prone to erosion.
2. Redesigning the land's configuration to avoid future water runoff and drought conditions.

Since it's March and the rainy season is fast approaching, if it comes at all, let's begin with repairs to areas you already know may be problematic.

COMMON TYPES OF EROSION

You might make a visual survey, a walk-about to look for telltale signs of problems. Here are some common forms of erosion you might observe:

Splash: raindrops hit unprotected soil and splash up, taking the topsoil and leaving stains on walls and walkways. **Sheet wash:** flowing water from a natural or manmade source washes away topsoil. **Tunnel erosion:** falling water's impact on unprotected soil drills into the ground, allowing more water to drill deeper, eventually causing an erosion tunnel and then a collapsed run. **Deflation:** rainwater erodes soil exposing rocks and tree roots. **Accumulation:** soil moved by wind and water creates dunes and berms and chokes up streams.

STEPS TO IDENTIFY EROSION

Look over your lawn and garden for noticeable slopes; more than a 33 percent slope is likely to cause erosion. You can go to YouTube or any handy gardeners web site to learn how to measure for yourself the slopes in your land, or you can call in a surveyor to give you that information. An experienced hardscape service should provide that information, too. **Survey** your lawn and gardens for ruts and crevices, areas that are beginning to collapse along hillsides and steep slopes. **Stake these problem areas** so you can see if there's a pattern, a clear direction of erosion. Do the ruts begin near the downspouts and flow down a slope in the lawn? Are there animals digging or burrowing that form ruts that may be shallow but have potential for collapsing? Are the stakes marking spots where you've lost shrubs and/or trees in the last year or two? **Draw a map** of your lawn and gardens; try to make it to scale. In a bright color, mark the areas where the erosion has occurred. **Identify and note** the cause of each area of erosion if you can.



DEVISE A WORK PLAN FOR THE PROBLEM AREAS

Here are some of the methods available to repair areas where the earth has been or is being eroded:

For general “wash away” of lawn or flower beds, an **erosion control blanket** is a useful option. In a woven “cloth” of straw, coconut, or jute, and seeds are imbedded. Spread this net or blanket over exposed soil. The imbedded seeds will soon germinate, take root, and the mat or cloth, which protected the seeds from birds foraging and heavy rain, will disintegrate. We’re all familiar with good, old-fashioned **ground covers** such as periwinkle, ivy, and pachysandra. They’ll eventually fill in and protect the soil. (Do not plant ajuga or mondo grass; they’re sneaky little guys and will soon pop up in all the wrong places, plus you’ll never get them out.) **Baffles** can sometimes solve the rut problem. Use gravel or river-rocks in the rut, being careful to partially bury them so they don’t just wash away. Wood ties can also serve as baffles, laid across the slope and buried sufficiently to prevent their being washed away too. **Terracing** is a bit more drastic, requiring a careful plan for flattening areas down the slope. This is usually reserved for severe slopes.



PROACTIVE REDESIGNING

Once repairs have been completed and your lawn and gardens are restored, it may be wise to consider a few ways to prevent erosion and ensure conservancy of precious water during periods of drought.

Re-examine **Sloping**. You or your professional have identified any sloping terrain and the percentage of that slope. But what do you do with that information? Generally, if the slope is:

33% or less, application of mulch or planting of ground cover will suffice to protect the soil from erosion.

33–50%, drip irrigation, an erosion control blanket, deep-root vegetation can help.

Steeper than 50%, terracing, retaining walls, and riprap may be necessary.

Rain barrels at the base of all downspouts not only controls water flow but provide a means to conserve and use captured rainwater during times of drought or for general lawn and garden maintenance. **Rain gardens** offer an interesting visual component in your garden. Bowl shaped and shallow, they're usually lined with pebbles and hardy ground cover. When heavy rains occur, properly located rain gardens serve as catchments for excess water which can then be slowly released into the earth. A word of caution: be sure the rain garden is not situated too near any building's foundation, or a home's septic system or well. **Trees & shrubs:** Don't overlook the practical protection the roots of trees and shrubs offer, holding together hillsides and capturing topsoil. We all know the many advantages and delights that accompany the cultivation of magnolias, crape myrtle, maples, and oaks. **Mulching** lays down a protective layer over precious topsoil. Mulch holds moisture, releasing the moisture gradually to nourish plants and trees.

With a little help from Mother Nature, your work restoring and protecting your lawns and gardens from wind and water damage will be well worth the investments in time and resources when March winds and April showers come our way.



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Easton, Maryland**

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Wye Cliff, one of the most beautiful properties overlooking the Wye River! The main property sits on 13.5 acres with a renovated guest cottage, new pier with 6' MLW, gunite pool, and large barns with caretaker's apartment. Cleared site for new main house on the point; completed plans available. Also included are two adjacent waterfront lots totaling 100+ acres.

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Ready for a Re-Imagining

By Lisa J. Gotto

While this 2,000-square-foot home is currently all about its location, location, location, it's easy to see the value of choosing such a venue along Greenwood Creek in Queenstown. Built in 1972, this split-level contemporary home offers an advantageous floorplan for entertaining starting with a gracious, entry hall, then a large, light-filled living room with gas fireplace, custom built-ins, and lovely views out to the creek.

Ascend a few steps and you've arrived at the third of four levels in the residence, which is another wonderfully bright space with the

Primary Structure
Built: 1972

Sold For:
\$1,275,000

Original List Price:
\$1,500,000

Bedrooms:
3

Baths: 3

Living Space:
2,064
Sq. Ft.

Lot Size:
1.27 acres

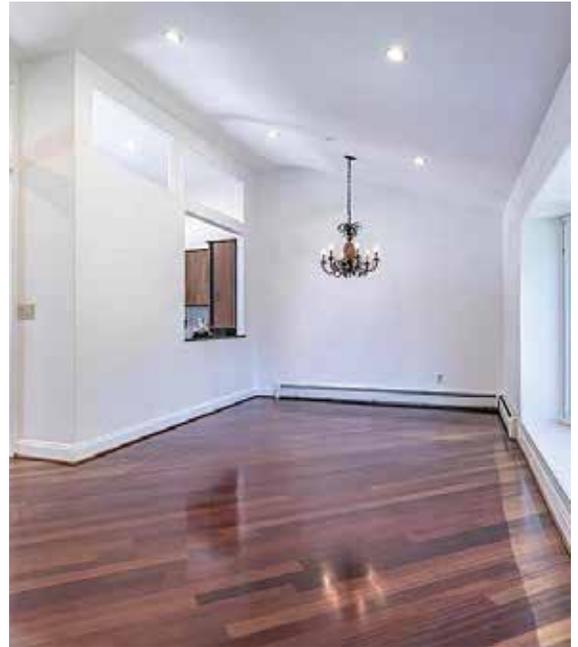
dining room, its expansive bay window, clean architectural lines, and gleaming, dark hardwood floors set on the diagonal that flow throughout. This room flows easily into an amazing gourmet kitchen with many upgrades, including a Viking range with double ovens and a six-burner gas stove with griddle feature. All custom-made cabinetry is highlighted with an enviable Sub-Zero integrated fridge. A light-enhancing skylight above a convenient center island that seats four for breakfast creates an interesting visual focal point. However, it does little to compete with the views out the waterfront.

The fourth level of the residence is home to three bedrooms and two baths. The attractive primary suite boasts its own bath, lovely, light hardwood floors, beadboard ceiling detail with skylights, and an incredible, private, all-season porch with wood stove and many generous windows revealing views of the outdoor patio and pool area, and extended views to the creek. The two additional bedrooms on this floor share a full bath.



On the home's lower level, the new homeowners can take advantage of a large, completely finished space with tile flooring and plenty of room to envision a full family room and recreation zone.

Just a few steps from the newly landscaped in-ground pool and patio area, is the property's private 200-foot dock with its new, 8,000-pound boat lift creating the perfect location, location, location to drift out to the Wye River for an idyllic day on the water.



Listing Agent: Tammy Rosendale, Rosendale Realty, 104 N. Commerce Street, Centreville, m. 410-310-4148, o. 410-758- 0333, tammy@rosendalerealty.com, rosendalerealty.com **Buyers' Agent:** Carson Arnold, Blue Star Real Estate, 3604 Eastern Avenue, Baltimore, m. 410-693-1188, o. 410-276-7827, carson@arnoldhomes.net, arnoldhomes.net



Town Creek Views

By Lisa J. Gotto

A sense of whimsy and a fine eye for detail surely inspired the vibe of this 3,500-square-foot traditional home with its most advantageous location on Town Creek in scenic Oxford. The charm of an heirloom quality property emanates from this three-bedroom home. The vibe starts with a gracious front porch with structural column detail. The perfect place for rocking chairs and a cup or two of morning coffee.

A sunny foyer conveys visitors along dark hardwood floors to an exquisite formal dining room on the right. Those dark floors provide the perfect balance to the abundance of light

Primary Structure
Built: 2007

Sold For:
\$2,950,000

Original List Price:
\$3,000,000

Bedrooms:
3

Baths: 3
Full, 1 Half

Living Space:
3,547
Sq. Ft.

Lot Size:
.46 acres

found throughout, resulting from its mindful design that incorporates many windows.

“What I love about this house is that it was designed to truly take advantage of the water views from both inside and out,” says Listing Agent, Debbie Lipscomb. “You have beautiful vistas from the kitchen, living room, and primary suite. The rear screened porch, as well as front and side porches give you extra living space in the summer months to enjoy the interaction with Town Creek. There are thoughtful touches throughout, such as a breakfast bar in one of the guest rooms and *en suite* bedrooms that make it ideal for gracious entertaining. The double lot allows for added privacy, which is rare in Historic Oxford.”

Other highlights of its modern construction include a gourmet kitchen with a precious eat-in area overlooking the water. The all-white and bright custom cabinetry is offset with a contrasting center island of muted periwinkle and seating for four. The room’s upscale, glass-front refrigerator, apron sink, and white quartz



countertops denote a special experience in the most common of rooms.

This level of the home offers a generous living room with a gorgeous fireplace and access to the beautifully manicured grounds and waterfront, and a family room with plenty of space for a dedicated workstation.

Upstairs, the home offers a sunny primary suite with separate seating area overlooking the water and a fabulous private bath. There are two additional bedrooms on this floor, each with the convenience of an *en suite* bath.

Early evenings are the perfect time to enjoy the Oxford lifestyle from an abundantly charming screened-in back porch. Just switch out the morning's coffee for an evening's aperitif and take in the great views to the property's deep-water private pier with multiple slips.



Listing Agent: Debbie Mangold Lipscomb, Benson & Mangold Real Estate, 31 Goldsborough Street, Easton, m. 410-310-2830, o. 410-822-6665, dlipscomb@bensonandmangold.com, bensonandmangold.com
Buyers' Agent: Jane McCarthy, Benson & Mangold Real Estate, 27999 Oxford Road, Oxford, m. 410-310-6692, o. 410-822-1415, janemccarthy310@gmail.com, marylandeasternshorehomes.com

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2024 TOP Dentists



The 2024 What's Up? Top Dentists survey starts this month! A peer-survey project celebrating exemplary dentists in the Greater Chesapeake Bay Region. Top Dentists lets readers know what our area experts think and helps guide them toward the best possible choices for their dental care.

Dentists are encouraged to nominate their peers on the survey form found online. Voting will close at the end of April (4/30).

Those earning Top Dentist honors will be notified in early fall and the results will be published in the October issues of *What's Up? Annapolis*, *What's Up? Eastern Shore*, and *What's Up? Central Maryland*, in addition to the online platform and social media channels of What's Up? Media.



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Health & Beauty

66 FRESH TAKE

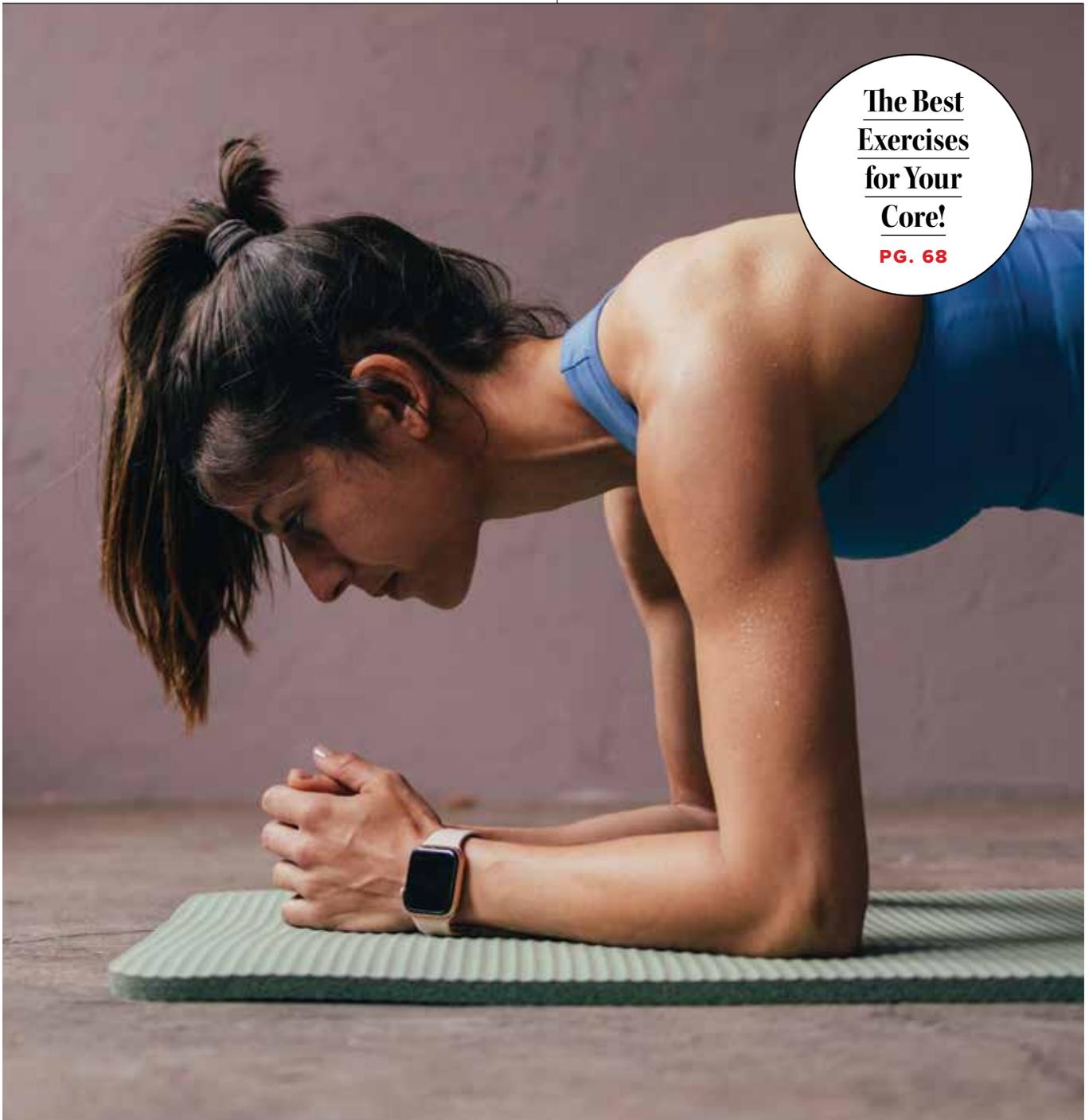
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The Best
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Fresh Take

SUNFLOWER SEEDS

By Dylan Roche

Sunflower seeds have the distinction of being a truly all-American food, you might say. These seeds come from the bright yellow sunflower—known formally as the *Helianthus annuus*—which natively grows in North America. Indigenous peoples were using the seeds as a food source as far back as 3000 BCE, according to the National Sunflower Association, which notes that some archeologists believe sunflower seeds are an older food source than corn! Many Indigenous Americans would have used ground sunflower seeds as flour to bake bread and the rich oil from the seeds as fat for cooking.

When you consider their nutritional profile, it's clear why these small but mighty seeds would be valued as a dietary staple. They're good for your heart health, bone health, and energy levels. The fat content in sunflower seeds is made of polyunsaturated and monounsaturated fatty acids, which improve your cardiac health by lowering bad cholesterol levels and raising good cholesterol levels. The polyunsaturated fats also include omega-6s, which support brain function.

BECAUSE OF THEIR FIBER CONTENT AND FAT CONTENT, SUNFLOWER SEEDS DIGEST SLOWLY, WHICH MEANS YOU'LL FEEL SATISFIED FOR LONGER

Most notably among the vitamins and minerals in sunflower seeds is magnesium, a mineral crucial for building and maintaining strong bones, as well as supporting muscle function and nerve function. A mere 2-tablespoon serving of sunflower seed kernels—about 100 calories total—delivers more than 20mg of magnesium. That same serving size also has more than 6mg of vitamin E (almost one-third of your daily need), an antioxidant necessary for healthy skin.

Like other nuts and seeds, sunflower seeds are energy dense, yielding many calories for a relatively small serving size. Because of their fiber content and fat content, sunflower seeds digest slowly, which means you'll feel satisfied for longer than would when eating a larger-portioned snack of simple carbohydrates, such as crackers. This not only provides you with a steady stream of energy throughout the day but also help with weight management efforts.

Finally, consider this: Sunflower seeds might be a feel-good snack. The amino acid tryptophan found in sunflower seeds aids in your body's production of serotonin, according to a study published by *Frontiers in Nutrition* in July 2022. Serotonin is a chemical your body produces to help regulate your mood, and high levels have been shown to help fight depression.

Although sunflower seeds have been part of the human diet for millennia, and have been a popular snack food in modern American culture since the mid-20th century, they have been gaining more prominence in recent years thanks to their versatility. Sunflower seed butter—a protein-dense sandwich spread made from ground roasted sunflower seeds—has been embraced by many pediatric dietitians as a good alternative to peanut butter for children who have peanut allergies or other allergies, as it has a similar kid-approved taste and a similar healthy nutritional profile.

Most people enjoy sunflower seeds as part of a trail mix or as an add-in to a salad. Once they're hulled and roasted, there are all kinds of creative options, and here are just a few ways you can try them out: ➤

SOBA NOODLE SALAD WITH SUNFLOWER SEEDS

Ingredients

1 cup sunflower seed kernels
3 tablespoons soy sauce
2 tablespoons rice vinegar
1 tablespoon sesame oil
1 tablespoon honey
1 teaspoon grated fresh ginger
1 clove garlic, minced
8-ounce package of soba noodles
1 cup broccoli florets
1 medium carrot
1 red bell pepper
2 green onions
2 tablespoons toasted sesame seeds

Bring a pot of water to a rolling boil and immerse the soba noodles. Give the water a quick stir to prevent the noodles from sticking together and allow to cook for 4–5 minutes. Remove from the heat and drain. Rinse with cold water and set aside. In a food processor or blender, process the sunflower seed kernels until they form a smooth butter. Add some of the sesame oil to achieve proper smoothness if necessary. Once the kernels are processed, add soy sauce, rice vinegar, and honey and blend until combined. Stir in garlic and ginger. Chop the broccoli florets and blanch over boiling water (approximately 2–3 minutes). Julienne the carrots and bell pepper, and slice the onion into small strips. Toss the vegetables with the soba noodles, then coat well with the sauce. Sprinkle with toasted sesame seeds. This salad can be served warm or chilled.



WHOLE-WHEAT SUNFLOWER SEED BREAD

Ingredients

1 1/2 cups warm water
2 tablespoons honey
2 1/4 teaspoons active dry yeast (1 packet)
4 1/2 cups whole-wheat flour (plus extra for kneading)
1/2 cup sunflower seeds
1/4 cup milled flaxseeds
1/4 cup rolled oats
2 tablespoons olive oil
1 1/2 teaspoons salt

Begin by combining the honey and warm water, then sprinkling with the active dry yeast. Allow to stand for approximately 10 minutes, letting the water froth. Set aside. In a large bowl, whisk together the flour, oats, flaxseed, salt, and sunflower seeds. Form a well in center of the dry ingredients and add the yeast water, followed by the olive oil. Stir until well combined and a soft dough forms. Flour a work surface and begin kneading the dough. Work it for approximately 10 minutes, adding more flour if it becomes too sticky. After 10 minutes, the dough should be smooth and elastic. Move the dough to a greased bowl and cover it with a dish towel. Let the dough sit for 1–2 hours until it has doubled in size. Preheat the oven to 350F. Transfer the dough to a greased loaf pan. Brush the top with any remaining olive oil and sprinkle with remaining sunflower seeds if desired. Bake for approximately 45 minutes. Bread should be golden brown and fragrant. Allow the bread to cool completely before removing from the pan and slicing. This bread works well for toast or for savory sandwiches.

Fitness Tips

CORE WORK

By Dylan Roche

For some fitness enthusiasts, an intense strength training routine might be all about the arms, the shoulders, the chest, the legs, the glutes—but there's one central part of the body that's missing out on the training. Emphasis on the word *central*, or what might even be more appropriately described as a *core* part of the body.

THE IMPORTANCE OF CORE STRENGTH

Unfortunately, many people underestimate the critical importance of a strong core in overall performance and physical fitness. Your core—generally regarded as the muscles of your abs and back, which support your spine and pelvis—may not be muscles that are as visible as your biceps or pectorals, but your core is what gives you the ability to generate overall power and maintain stability. In other words, a strong core means a strong overall body.

Even if you aren't an athlete or avid strength trainer, your core is important because it holds you up during everyday activities. Strong core muscles ensure your spine is properly supported and contribute to overall better posture, which not only improves your overall appearance but also prevents musculoskeletal problems as you age. Supporting and stabilizing your spine also means less strain on your back, so you're less likely to experience back pain.

When you have a strong core, you have overall better balance and coordination. For athletes, this sets you up to move quickly, powerfully, and efficiently with less exertion. For the general population, this could mean simply having an easier time with everyday tasks—hauling in the groceries, lifting a moving box, or reaching up to access a top shelf. In elderly populations, core strength means there's less risk of falling over and injuring yourself.

THE BEST EXERCISES FOR YOUR CORE

Don't fall for the idea that endless sit-ups or crunches will give you a strong core. Although athletes of decades past might have defaulted to these exercises, they are hardly the most effective, according to the American Council on Exercise. Crunches target only a limited range of your core muscles, and they can even put a strain on your spine. Instead, if you want a strong core, try these exercises instead:



PLANK

Assume a plank position by lowering yourself to the floor, face down, supporting your bodyweight on your forearms and your toes. Keep your elbows beneath your shoulders and your entire body straight from head to heels. Use your core muscles to hold yourself in this position without breaking the straight line of your body—keep your hips level so they are neither sagging nor pushed up at an angle. Hold the plank for one minute or longer.



MOUNTAIN CLIMBERS

Begin in the plank position and slowly bring your left knee in toward your chest while keeping your right leg firmly in position. Use your core muscles to support your weight. Return your left leg to its original position while bringing your right knee forward. Switch your legs as quickly as you can while maintaining good form for 30 seconds to one minute.



DEAD BUGS

Begin by lying on your back with your arms extended up above you toward the ceiling. Raise your legs with your knees bent at a 90-degree angle. Bring your right arm down to be parallel with your body as you extend your left leg out in front of you. As you perform this move, keep your lower back pressed close to the floor. Return to the starting position and repeat with your left arm and right leg. Repeat this motion in rapid succession while maintaining good form.



BICYCLE CRUNCHES

Lie on your back and bring your hands up behind your head with your elbows bent out to the side. Lift your legs off the ground and bend your knees at a 90-degree angle. Bring your left knee toward your chest and twist your torso to bring your right elbow as close to your knee as possible. Return to the starting position and repeat with your right knee and left elbow. Repeat this motion in rapid succession while maintaining good form for 30 seconds to one minute.

WOODCHOPPERS

Begin by standing with your feet shoulder width apart and a dumbbell or medicine ball held out in front of you with both hands. Rotate your torso as you lower the weight to about knee level on the left side of your body. Raise the weight diagonally across your body and lift it above your right shoulder. Repeat this move for 30 seconds before switching sides, lowering the weight to your right side and raising it over your left shoulder.

Alerting Americans About the Silent Killer

By Dylan Roche

The name “silent killer” sounds ominous, but it’s an unfortunately accurate description of a chronic disease—diabetes—on the rise among Americans, many of whom aren’t even aware they have it. That’s the primary reason diabetes awareness has become a hot topic for health care professionals and researchers. On the fourth Tuesday of March, many will be observing American Diabetes Awareness Day, sometimes referred to as Diabetes Alert Day, to spread the word that 1 in 5 U.S. adults have diabetes and don’t even know they have it.

That equates to about 8.5 million people, according to the Centers for Disease Control and Prevention—and those are just the people who are estimated to be living with it undiagnosed. Another 29.7 million people have been diagnosed, totaling 38.4 million all together, or 11.6 percent of adults in the United States.

One of the reasons health experts want to raise awareness is because those numbers are increasing significantly—the number of people with diabetes has more than doubled in the past 20 years. Most cases of diabetes—between 90 and 95 percent, depending on estimates—are type 2 diabetes, which often develops later in life.

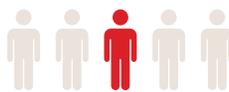
All cases of diabetes involve an insufficient amount of insulin to deliver glucose in the blood to the body’s cells. With type 1 diabetes, which was previously known as juvenile diabetes because it’s often diagnosed in childhood, the pancreas does not produce enough insulin. With type 2 diabetes, the body is unable to produce enough insulin to effectively manage glucose levels in the blood. Risk of type 2 diabetes increases with age and weight, and most who are diagnosed are over the age of 45, have obesity, or have a family history of diabetes.

Doctors recommend a healthy lifestyle not only to reduce risk of developing diabetes but also to help control diabetes after diagnosis. A healthy diet low in refined carbohydrates, which break down into glucose faster than complex carbohydrates, and plenty of physical activity can help manage blood sugar levels.

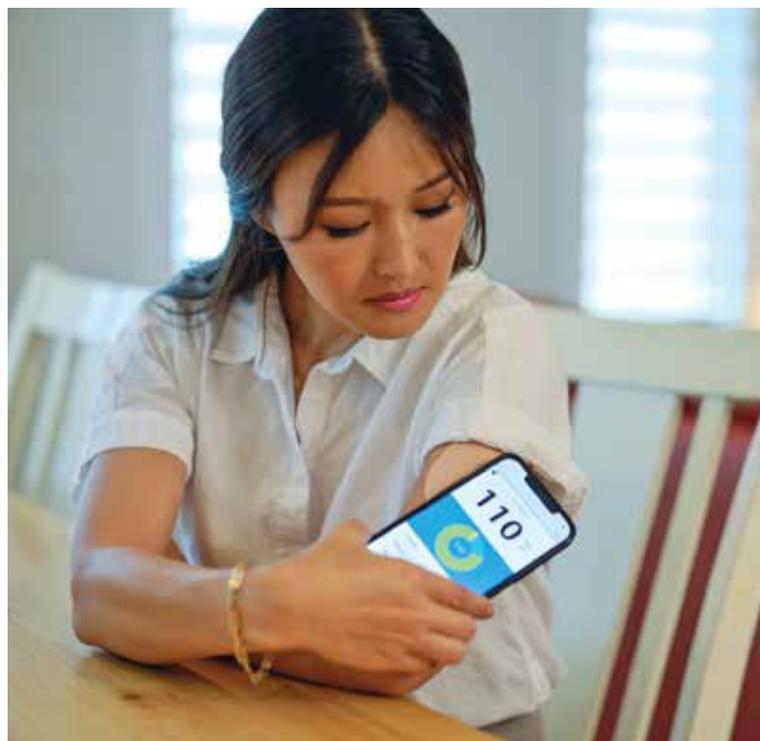
Symptoms of diabetes to watch out for include frequent urination, unexplained hunger, or thirst despite eating and drinking normally, blurry vision, unexplained sudden weight loss, and tingling or numbness in hands or feet. Although diagnoses have been on the rise in recent decades, organizations such as the American Diabetes Association (ADA) remain optimistic that by spreading awareness it’s possible to not only reduce risk in populations but also make medical breakthroughs that can treat diabetes. Some researchers are looking to the advancement of artificial pancreas systems (also known as a bionic pancreas) or the use of stem cell therapy to regenerate insulin-producing beta cells in a pancreas that doesn’t produce insulin.

Continuous glucose monitoring (CGM) systems continue to improve, as do insulin pumps for more accurate and effective delivery of insulin. PBS even reports that research is underway for a type 1 diabetes vaccine that would target the autoantibodies damaging cells in the pancreas.

If Diabetes Alert Day has you feeling more aware, you can learn more about research, advocacy, and resources available through the American Diabetes Association at diabetes.org.



1 in 5 U.S. adults have diabetes and don't even know they have it.





Spruce Up Your Spring Fashion with Pastels

By Dylan Roche

Bright, sunny spring days call for fashion to match—which is why spring is always a perfect time for pastels, those softer, more delicate shades of all your favorite colors. Pastels add a lot of fun and personality to your attire, but it's easy to overdo it. Combining too many pastels or combining a pastel shade with the wrong dark color, could end up ruining the overall effect. Your safest bet to combining pastels? Look for pastel shades of complementary colors. Warm tones like red, yellow, and orange complement cool tones like blue, green, and purple. When you combine a pastel shade of a warm color with the pastel shade of a cool color, they're more likely to bring out the best in each other. Some combinations you might want to try include:

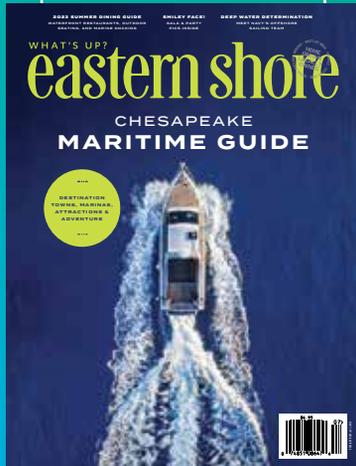
- 
BLUSH + MINT
 A delicate shade of pink will look cheery next to this refreshing shade of green. This combination might even call to mind the color palette of a rosy garden. Instead of blush, you could also try peach, another shade of pink with hints of orange to it.
- 
LAVENDER + BUTTER
 A calming, elegant shade of purple pairs well with a warm, creamy shade of yellow, giving your outfit a balance of sophistication and fun. You can also try lilac, which has cooler undertones than lavender, paired with a brighter shade of yellow, such as lemon.
- 
CORAL + POWDER BLUE
 These muted shades of orange (with pink undertones) and blue (with a hint of gray) pair well together because they are like a combination of energy and tranquility, perfect for days outside in the fresh air.
- 
SEAFOAM + SALMON
 Based on their name alone, you might expect these colors to look well for a day out by the water. Soft green with a touch of blue will complement the subdued pinkish orange for a vibrant, eye-catching look.



You can also create depth by pairing pastels with a well-coordinated neutral, such as beige, gray, or white. Avoid anything overly vibrant or neon because these could end up clashing with the pastel shades, as could dark colors like black, charcoal, or navy. Although metallic accessories can work well with the brightness of the pastels, adding a touch of sophistication to the outfit, keep these pieces small and understated. Large accessories with a metallic sheen to them will be overwhelming and make your outfit look too cluttered.

*** Above all, don't forget that style is subjective—so if you feel compelled to wear pastels in a way that goes against the rules, do it with confidence. You might be setting the trend of the spring season.**

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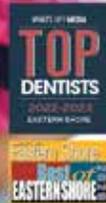


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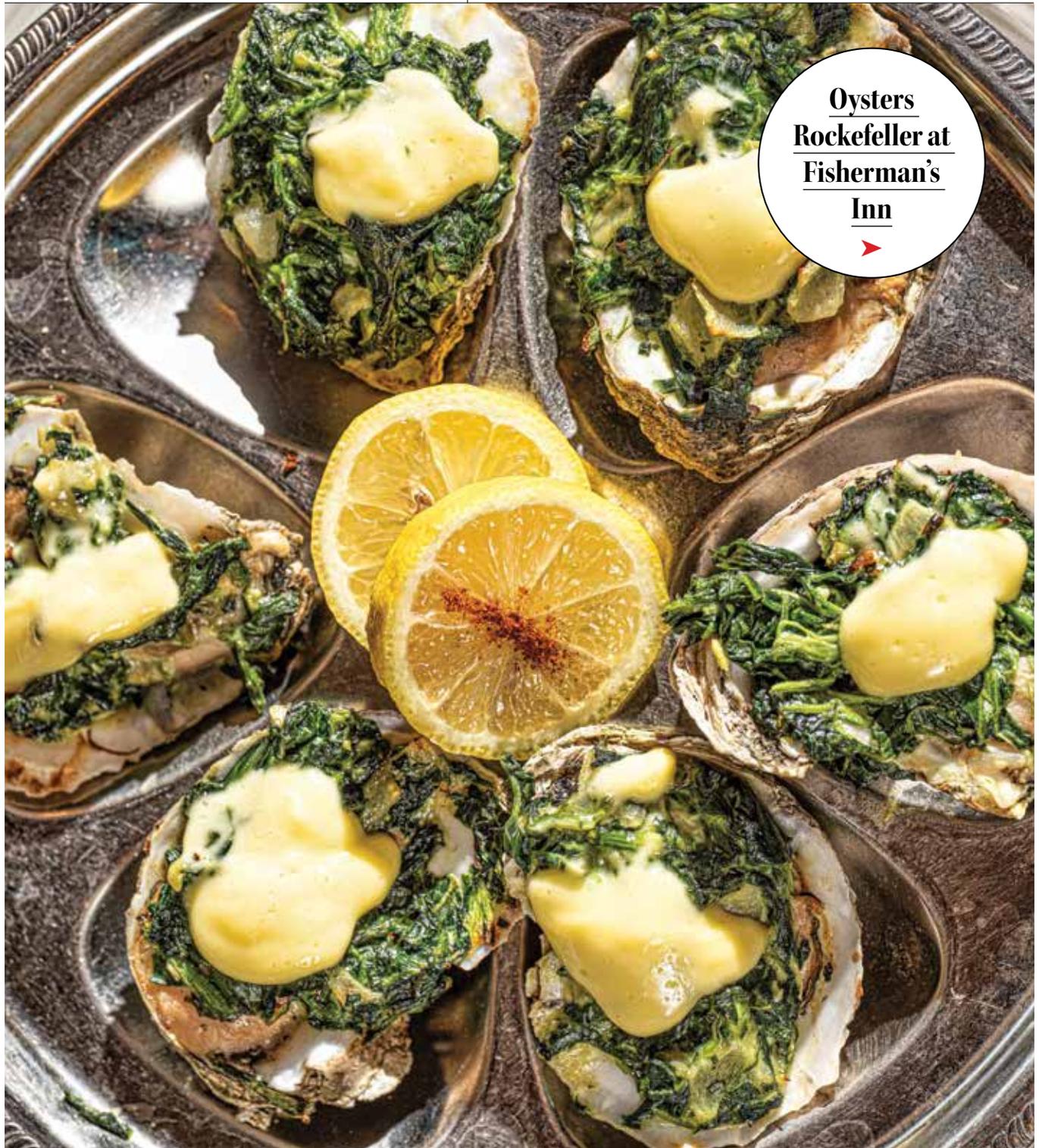
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Food & Dining

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Oysters
Rockefeller at
Fisherman's
Inn



Sea Worthy & So Much More

By Sharon Harrington

If the name Fisherman's Inn conjures up a vision of a salt-air-weathered shack draped in fish net you will be pleasantly surprised and charmed by reality. Colorful Crayola hues and clean geometric shapes are the dominant theme in the decor of Fisherman's Village, where the Inn is the heart of an enterprise that started some 80-plus years ago. From Captain Alex Thomas and his wife Mae's original 30-seat eatery and grocery store, the Inn has morphed into a marine enclave that includes a crab deck, a fresh seafood store, and most recently Hyatt Place. To study the history of the Inn is to observe a lesson in resilience. Through fires and economic challenges, the Inn has prospered to become both a local favorite and destination dining. Even those travelers making their annual beach trek stop here to indulge in some authentic Eastern Shore eating.

The restaurant's good vibe continues on the inside with two spacious dining rooms and the Nauti Mermaid bar. The nautical theme is subtle; big round circles suggest port holes on an ocean liner, the carpet design undulates with wave-like motion, a giant copper and silver rockfish presides over happy diners. Vintage oyster cans interspersed with pictures of watermen at work pay homage to local seafood industry history.

Two unusual aspects of the eclectic decor are the elevated train, from the collection of the late owner Sonny Schulz, and the oyster plates from late owner Betty Schultz. I would encourage you to do as I did and take an unobtrusive stroll to see the oyster plates. Even if you are not a fan of "dishes" you cannot help admiring the beauty and artistry of these bygone elements of fine dining.

Now on to the food. The first challenge to be met was choosing from the abundant mouth-watering selections on the menu. Sometimes I will ask the server

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what dish they think reflects the best efforts of the kitchen. When I asked the question of our server Corey (who was great by the way), I expected him to answer with an S word; shrimp, scallops, or salmon. He surprised me by saying the most popular item was coconut cream pie!

After much dithering we settled on Oysters Rockefeller for an appetizer, seafood Alfredo, and a French dip sandwich. The Oysters Rockefeller (invented by Antoinette's restaurant in New Orleans and so named for the green spinach resemblance to the color of money) arrived picture perfect. The brine of the Nanticoke-sourced oysters was enhanced by a lemony forward Hollandaise. We were off to a good start. The seafood Alfredo was a generous serving of seafood-loaded pasta in a decadent sauce accompanied by garlic toast. My French dip sandwich was a feast of tender beef, and the dipping sauce was just right (I think some restaurants default to a beef bouillon cube which makes for a very salty dip). My order was accompanied by a side of delicious tangy and sweet cole slaw. I was pleased to note my slaw was served in a cold dish, helping to preserve its crispness—it's the little touches that make a difference.

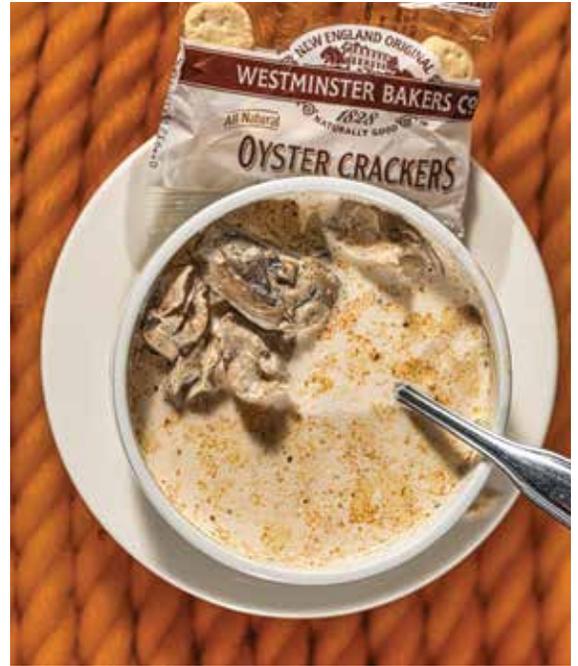
My second visit to the restaurant was for a Friday night dinner. Despite the early-hour and a grim weather forecast, the restaurant was bustling. I asked and was granted a table near the fireplace and adjacent to the large picture windows, which in daylight offer views of Kent Narrows. We started with a shared cup of oyster stew. The broth was creamy, rich, and so chockfull of oysters we were tempted to count them. It was a cut above the usual butter, cream, celery, Old Bay rendition. I chose prime rib for my entree. If this seems a strange choice in a seafood centric restaurant, it's my way of noting how the kitchen addresses the appetites of those who may be vegetarian or



not eat seafood. The prime cut was cooked to perfection, pink and tender. I added a baked potato and green beans which had a definite Eastern Shore flair with their bits of onion and bacon. My spouse chose Salmon Sunset, a salmon fillet draped over spinach and risotto. A skewer of shrimp crowned the dish in a very pretty presentation. Having been advised about the popularity of the coconut cream pie, I couldn't leave without giving it a try. The pie slice is a mile high (or so it seemed) and escorted by a mountain of whipped cream. It was heavenly, feather light with just the right amount of sweetness and coconut crunch.

We did not sample any of the clever cocktails, deciding to save that treat for another day. The craft beer list is as commodious as the food menu, so you should have no problem grabbing your favorite brew.

I had two lovely meals at Fisherman's Inn. If I had to analyze why this restaurant has survived and flourished, I would credit the family vision and commitment to providing diners with pleasant surroundings, friendly staff, and good Eastern Shore food.



Sharon Harrington is a retired social worker by profession and passionate gourmand/chef in practice, having trained with reputable culinary personalities and institutions, notably: Chef Francois Dinot; L'Académie de Cuisine; the Culinary Institute of America in Hyde Park; and Le Cordon Bleu in Paris. She currently resides on the Eastern Shore.

Readers' Dining Guide



Welcome to your regional dining guide. We include many restaurants for many tastes and experiences. Don't see your favorite on the list? Email mkotelchuck@whatsupmag.com or editor@whatsupmag.com and let us know! And for the full guide, visit whatsupmag.com.



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Amalfi Coast Italian & Wine Bar

401 Love Point Road, Stevensville; 443-249-3426; amalficoastki.com \$\$ ●●●

Bark Barbecue Café

371 Log Canoe Circle, Stevensville; 443-618-3676; barkbarbecue.com \$ ●

Bay Shore Steam Pot

111 E. Water Street, Centreville; 410-758-3933; bayshoresteampot.com \$\$ ● Seafood

Big Bats Café

216 St Claire Place, Stevensville; 410-604-1120; bigbats.com \$\$ ●●

The Big Owl Tiki Bar and Grill

3015 Kent Narrow Way S, Grasonville; 410-829-9546; thebigowl.com \$\$ ●●●● Seasonal

Bridges Restaurant

321 Wells Cove Road, Grasonville; 410-827-0282; bridgesrestaurant.net \$\$\$ ●●●●

Café Sado

205 Tackle Circle, Chester; 410-604-1688; cafesado.com \$\$ ●●

Cult Classic Brewing

1169 Shopping Center Road, Stevensville; 410-980-8097; cultclassicbrewing.com \$\$ ● Events, Beer

Doc's Riverside Grille

511 Chesterfield Ave, Centreville; 410-758-1707; docsriversidegrille.com \$\$ ●●●●

Dock House Restaurant

110 Piney Narrows Road, Chester; 443-446-4477; dockhouserestaurant.com \$\$\$ ●●●

Fisherman's Crab Deck

3032 Kent Narrows Way S, Grasonville; 410-827-6666; crabdeck.com \$\$ ●●● Seasonal

Fisherman's Inn

3116 Main Street, Grasonville; 410-827-8807; fishermansinn.com \$\$\$ ●●●●

Frix's Fire Grill

1533 Postal Road, Chester; 410-604-2525; frixsfiregrill.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 \$\$ ●●●●

Libbey's Coastal Kitchen and Bar

357 Pier One Road, Stevensville; 410-604-0999; libbeyescoastalkitchen.com \$\$ ●●●●●

Love Point Deli

109 Main Street, Stevensville; 410-604-2447; lovepointdeli.com \$ ●

Kent Point Marina, Bait House and Seafood

107 Short Road, Stevensville; 410-753-2330; kent-point-marina.square.site \$\$ ● Seafood

Kentmorr Restaurant & Crab House

910 Kentmorr Road, Stevensville; 410-643-2263; kentmorr.com \$\$ ●●●● Seasonal

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; mammamia-centreville.com \$\$ ●●

The Market**Gourmet Cafe**

180 Pier One Road, Stevensville; 410-604-5900; baybeachclub.com \$, Locally Sourced

Mr. B's Seafood Market

114 State Street, Stevensville; 410-643-5536; mrbsseafood.com \$\$ ● Seafood

The Narrows Restaurant

3023 Kent Narrows Way, Grasonville; 410-827-8113; thenarrowsrestaurant.com \$\$\$ ●●●●

Phat Daddy's BBQ

205 Spring Avenue, Chestertown; 443-282-0028; phatdaddybbq.com \$ ●

Pour House Pub

205 Tackle Circle, Chester; 443-249-3242; pourhouseki.com \$ ●●

Rams Head Shore House

800 Main Street, Stevensville; 410-643-2466; rams-headshorehouse.com \$\$ ●●●

Red Eye's Dock Bar

428 Kent Narrow Way N, Grasonville; 410-304-2072; redehyesdb.com \$\$ ●●●● Seasonal

Rolph's Wharf: The Sandbar

1008 Rolph's Wharf Road, Chestertown; 410-778-6347; rolphswharfmarina.com \$\$ ●●●● Light Fare

Stevensville**Crab Shack**

116 Pier One Road, Stevensville; 410-604-2722; stevensvillecrabshack.com \$\$ ● Seafood

Yo Java Bowl Café

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

Talbot County**Ava's Pizzeria & Wine Bar**

409 Talbot Street, St. Michaels; 410-745-3081; avaspizzeria.com \$ ●●●

Bas Rouge

19 Federal Street, Easton; 410-822-1637; basrougeeaston.com \$\$\$ ●●

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403 South Talbot Street, St Michaels; 410-745-9111; bistrostmichaels.com \$\$\$ ●●

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The Blue Crab

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Bombay Tadka

508 Idlewild Ave, Easton; 410-746-2135; bombaytadkamd.com \$\$ ●●

Café 401

401 S Talbot Street, St Michaels; 410-745-3323; thecafe401.com \$\$ ●●

Capsize

314 Tilghman Street, Oxford; 410-226-5900; capsizexmd.com \$\$ ●●●● Seasonal

Carpenter Street Saloon

113 S Talbot Street, St Michaels; 410-745-511; carpenterstreet-saloon.com \$ ●●

The Coffee Trappe

4016 Trappe Street, Trappe; 410-476-6164; coffeetrappe.com \$\$ ● Daily Breakfast

Corah's Corner

105 N Talbot Street, St Michaels; 410-745-8008; corahs.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; docsdowntowngrille.com \$\$ ●●●●

Doc's Sunset Grille

104 W Pier St, Oxford; 410-226-5550; docssunsetgrille.com \$\$ ●●●●

Foxy's Harbor Grille

125 Mulberry Street, St Michaels; 410-745-4340; foxysharbor-grille.com \$\$ ●●●● Seasonal

The Galley

305 South Talbot Street, St Michaels; 410-200-8572; thegalleystmichaels.com \$\$ ●●●●

Gina's Café

601 Talbot Street, St Michaels; 410-745-6400; ginascafemd.com \$\$ ●●

Hammy's Hideout

209 S Talbot Street, St. Michaels; 410-745-4044; hammy-burgers.com \$ ●●

Hot Off the**Coals BBQ**

8356 Ocean Gateway, Easton; 410-820-8500; hotoffthecoals.com \$ ●●

Hunter's Tavern

101 East Dover Street, Easton; Tidewaterinn.com; 410-822-4034 \$\$ ●● Daily Breakfast

Limoncello Italian Restaurant & Wine Bar

200 South Talbot Street, St Michaels; 410-745-3111; limoncellostmichaels.com \$\$ ●●

Lowe's Wharf

21651 Lowes Wharf Road, Sherwood; 410-745-6684; loweswharf.com/restaurant \$\$ ●●●● Seasonal

Marker Five

6178 Tilghman Island Road, Tilghman; 410-886-1122; markerfive.com \$\$ ●●●● Seasonal

Momma Maria's Mediterranean Bistro and Bar

4021 Trappe Street, Trappe; 410-476-6266; mommariasbistro.com \$\$ ● Daily Breakfast

Osteria Alfredo

210 Marlboro Street, Easton; 410-822-9088; osteriaalfredo.com \$\$ ●●

Out of the Fire

111 South Washington Street, Easton; 410-205-2519; outofthefire.com \$\$ ●●

Ruse

209 N Talbot Street, St Michaels at the Wildset Hotel; 410-745-8011; ruserestaurant.com \$\$\$ ●●

Scossa Restaurant and Lounge

8 North Washington Street, Easton; 410-822-2202; scossarestaurant.com \$\$ ●●●

Sugar Buns Cafe

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

Sunflowers and Greens

11 Federal Street, Easton; 410-822-7972; sunflower-sandgreens.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 \$\$ ●●●

Tickler's Crab Shack and Restaurant

21551 Chesapeake Houe Drive, Tilghman in the Wylder Hotel; 410-886-2121; wylderhotels.com \$\$ ●●●

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206 N Washington Street, Easton; 410-690-4602; tigerlily-easton.com \$\$ ●●

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21384 Coopertown Road, Tilghman Island; 410-886-1170; tilghmandining.com \$\$\$ ●●●● Seasonal

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5776 Tilghman Island Road, Tilghman; 410-886-2447; twoifbysearestaurant.net \$ ●●

Kent County**Bay Wolf Restaurant**

21270 Rock Hall Avenue, Rock Hall; 410-639-2000; bay-wolfrestaurant.com \$\$ ●

Blue Bird Tavern

512 Washington Avenue, Chester-town; 410-778-2885; Facebook \$ ●●

Blue Heron Oyster House and Inn

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

Café Sado

870 High St, Ches-tertown; 410-778-6688; cafesado.com \$\$ ●●

Chester River Seafood

4954 Ashley Road, Rock Hall; 410-639-7018; chesterri-ver-seafood.com \$\$ ● Seafood

Deep Blue at Kitty Knight

14028 Augustine Herman Highway, Georgetown; 410-648-5200; deepblue-restaurant.com \$\$ ●●●●



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Dockside Café on Rock Hall Harbor
21906 Chesapeake Avenue, Rock Hall; 410-639-2478; thebl-lackduckinn.com \$, Seasonal

Fish Whistle
100 George Street, Georgetown; 410-275-1603; fish-handwhistle.com \$\$ ●●●●●

Ford's Seafood Inc
21459 Rock Hall Ave, Rock Hall; 410-639-2032; fordssea-foodrockhall.com \$ ●

Happy Chicken Bakery
215 Scheeler Road, Chestertown; 443-988-3955; happy-chickenbakery.com \$ ●

Harbor Shack
20895 Bayside Avenue, Rock Hall; 410-639-9996; harborshack.net \$\$ ●●●●●

Java Rock
21309 E Sharp Street, Rock Hall; 410-639-9909; Facebook \$ ● Coffee and Breakfast

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; 410-778-778-5000; imperi-alchestertown.com \$\$\$ ●●

Luisa's Cucina Italiana
849 Washington Avenue, Chestertown; 410-778-5360; luisarestaurant.com \$\$ ●●

Modern Stone Age Kitchen
236 Cannon Street, Chestertown; 410-996-4776; modern-stoneagekitchen.com \$\$ ●

Muskat Alley Café
5877 Coleman Road, Rock Hall; 410-708-0057; carriage-housemd.com \$ ● Breakfast

Osprey Point
20786 Rock Hall Ave, Rock Hall; 410-639-2194; os-preypoint.com \$\$\$ ●●●●●

Paul's Deli On the Creek
106 Market Square, Cambridge; 443-477-6630; Facebook \$ ●●

The Retriever Bar and Oysters
337 ½ High Street, Chestertown; theretrieverbar.com \$\$ ●●

Rock City Cafe
21356 Rock Hall Avenue, Rock Hall; 410-639-7916; Facebook \$\$ ●

The Shanty Bar
21085 Tolchester Beach Road, Chestertown; 410-778-1400; tolchesterma-ri-na.com \$ ●●●●●

Uncle Charlie's Bistro
834 High Street, Chestertown; 410-778-3663; unclerchar-liesbistro.com \$\$ ●●

Watershed Alley
337 High Street, Chestertown; 443-282-9797; thewater-shedalley.com \$\$\$ ●●

Dorchester County

Ava's Pizzeria & Wine Bar
543 Poplar Street, Cambridge; 443-205-4350; avaspiz-zeria.com \$ ●●

Bay Country Bakery
2951 Ocean Gate-way, Cambridge; 410-228-9111; bay-countrybakery.com \$ ● Daily Breakfast

Blackwater Bakery
429 Race Street, Cambridge; 443-225-5948; Black-wa-ter-bakery.com \$ ●●

Blue Point Provision Company
100 Heron Boule-vard, Cambridge; 410-901-1234; hyattregencychesa-peakebay.com \$\$\$ ●●●

Blue Ruin
400 Race Street, Cambridge; 410-995-7559; bluereinbar.com \$\$ ●●

Bombay Social
413 Muir Street, Cambridge; 443-515-0853; bombayso-cialmd.com \$\$ ●

Carol's Kitchen
1504 Glasgow St, Cambridge; 443-225-5889; Facebook \$\$ ●

Emily's Produce
2214 Church Creek Road, Cambridge; 443-521-0789; emilysproduce.com \$ ● Market and Lunch, Beer, Wine and Mead

Lil' Bitta Bull
520 Race Street, Cambridge; 443-205-2219; Facebook \$\$ ●●

The Neck District Grill
1042 Hudson Road, Cambridge; 410-228-3052; Facebook \$ ●

Ocean Odyssey and Crab House
316 Sunburst High-way, Cambridge; 410-228-8633; toddseafood.com \$ \$ ●●● Seasonal

Old Salty's
2560 Hoopers Island Road, Fishing Creek; 410-397-3752; oldsaltys.com \$ \$ ● Locally Sourced

Paul's Pub
1200 Goodwill Ave, Cambridge; 410-901-1212; choptankbowl-ing.com \$ ●●

Portside Seafood Restaurant
201 Trenton Street, Cambridge; 410-228-9007; portsidemary-land.com \$ \$ ●●●

RAR Brewing
508 Poplar Street, Cambridge; 443-225-5664; rarbrew-ing.com \$ \$ ● Beer

River View at the Point
1A Sunburst High-way, Cambridge; 410-228-0870; riverviewatthepoin-trestaurant.com \$ \$ ●●● Daily Breakfast

Snappers Water-front Cafe
112 Commerce Street, Cambridge; 410-228-0112; snap-perswaterfrontcafe.com \$ \$ ●●●●●

Suicide Bridge Restaurant
6304 Suicide Bridge Road, Hurlock; 410-943-4689; sui-cide-bridge-restau-rant.com \$ \$ ●●●●●

Vintage 414
414 Race Street, Cambridge; 410-228-4042; vintage414.com \$ \$ ● Light Fare

Caroline County

Bullock's Deli, Grill, and Ice Cream
422 N 6th Street, Denton; 410-479-0270; bullocksdeli.com \$ ●

Caroline's
406 Market Street, Denton; 410-490-4495; carolinesin-denton.com \$ \$ ●● Seasonal

Craft Bakery and Café
12 S 3rd Street, Den-ton; 410-934-7519; Facebook \$ ●

Denton Diner
42 Denton Plaza, Denton; 443-448-7258; dentondiner.com \$ \$ ● Daily Breakfast

Earth Tones Café
5 N 3rd Street, Den-ton; 443-448-4355; earthtonescafe.com \$ \$ ● Beer and Wine

Market Street Public House
200 Market Street, Denton; 410-479-4720; marketstreet.pub \$ \$ ●●●

Ridgely Pizza and Pasta
204 6th Street; Rid-gely; 410-634-9600; ridgelypizza.com \$ ●

Shore Gourmet
512 Franklin Street, Denton; 410-479-2452; carolinecu-linaryarts.org \$ ● Locally Sourced

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Where's Wilma?

FIND WILMA AND WIN!

Spring incoming! And so is our faithful, flying mascot, Wilma, who's zipping through the friendly skies in her single prop plane. She's busy getting ready for warmer weather by visiting the best shops, services, and restaurants in towns throughout the Chesapeake region. Where will she land next? Here's how the contest works: Wilma appears next to three different ads in this magazine. When you spot her, write the names of the ads and their page numbers on the entry form online or mail in the form below and you'll be eligible to win. Only one entry per family. Good luck and don't forget to submit your restaurant review online at whatsupmag.com/promotions for another opportunity to win a prize.

Congratulations to Jeane H. of Stevensville, who won a \$50 gift certificate to a local business.

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