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# eastern shore

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WHAT'S UP? MEDIA APRIL 2024

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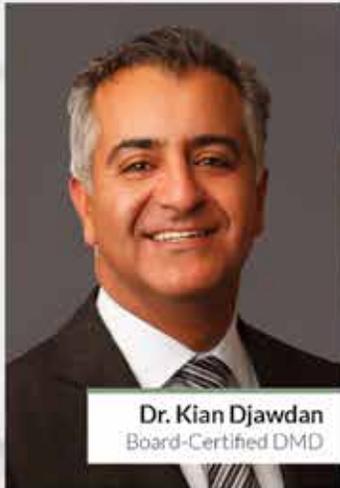
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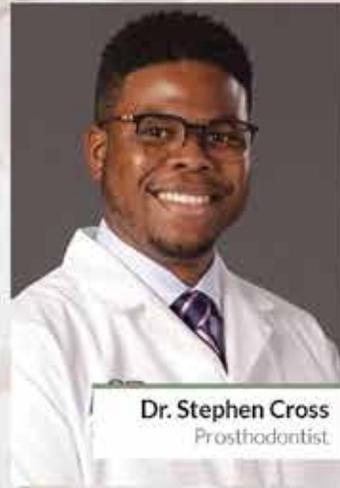
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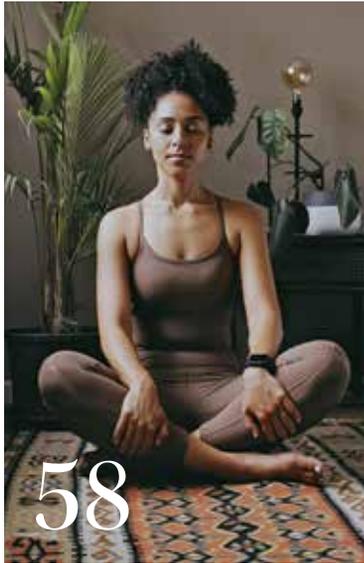
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◀ **On the Cover:** A selection of dishes at Libbey's Coastal Kitchen & Cocktails. Photograph by Stephen Buchanan. Design by August Schwartz. Contact *What's Up? Eastern Shore* online at [whatsupmag.com](http://whatsupmag.com). ♻️ Please recycle this magazine.



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WHAT'S UP?  
**eastern shore**

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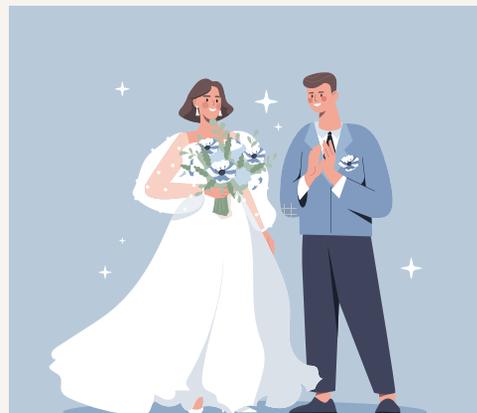
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The 2024 What's Up? Top Dentists survey starts this month! A peer-survey project celebrating exemplary dentists in the Greater Chesapeake Bay Region. Dentists are encouraged to nominate their peers on the survey form found online. Voting will start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





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C

hances are...if the sun is bright and the calendar free on any given spring day, I'll be on the trail, any trail, that takes me and my family on a little adventure into the woods, by a babbling brook, a fishing hole, or to some ancient ruins—sometimes all in a single trip. Like many of you, in our neck of the woods, I don't have to go too far to find some nature... green trees and moss, brown earth, blue skies, and whatever pastels Mother Nature throws at us this time of year.

There's a great number of parks and trails around the Severn watershed, where I live, just like every other tributary we're blessed with in this region. We've certainly discovered a lot of neat places over the years: the Valentine and Bacon Ridge trail systems in Crownsville; meandering old woods along the Middle Patuxent; mill ruins at Savage; wonderful Watkins Regional Park; the Cross Island Trail on Kent Island; Unicorn Lake in Millington; the list goes on and on. Everything is starting to bloom in Chesapeake country and by the time the dogwoods show, I know it'll be time to hit another trail and fish the shad run in the Choptank.

These opportunities and lands are precious. And I'd like to see us keep it this way. Natural. Unfettered. Undeveloped. Left to grow. In this issue of *What's Up? Annapolis* we profile several groups challenged and privileged to do exactly this—land conservation. In a new article series we're rolling out this year, *Chesapeake Heroes*, we

begin with the feature "Green Acres," highlighting what it takes to save our streams, farmland, and woods from development of any kind. It's serious business hinging on public and private partnerships that begin with handshakes and end with conservation easements. This work benefits us all.

If you want to experience and learn more from experts firsthand, come out of the woodwork and into the woods on April 27th (rain date, April 28) for Scenic Rivers Land Trust's annual Walk for the Woods event in the Bacon Ridge Natural Area. We've taken our kids each year since they could walk and it's always a hoot. Read more about the group in the article and online at [srft.org](http://srft.org).

At the other end of the outdoors spectrum...

If huge stadiums, big crowds, and root, root, rooting for the home team is also on your must-do list, well...we have you covered with our "Good Sports" guide to the professional and semi-pro teams playing this spring. From food options to parking and players to promotions, we pack in the latest information to make your outing the best possible (provided the home team wins, of course). I'm looking forward to chowing down a Yard Dog (hot dog topped with crab dip, yes please!) and watching Orioles phenom Jackson Holliday crush a homer this season.

There's quite a lot to enjoy this month and plenty of ideas within this issue; orchestra performances (several!), boat shows (at least two!), a film festival, nods to interior

design trends, plus beauty and fitness. And we showcase some of the best local restaurants ready to win you over.

Have a stellar spring!

**James Houck,**  
Editorial Director

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DOGWOODS SHOW,  
I KNOW IT'LL BE TIME  
TO HIT ANOTHER TRAIL**

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WHAT'S UP? MEDIA

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WHAT'S UP? **MEDIA**  
DIGITAL MAGAZINES EVENTS



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**Paint  
the Town**

**PG. 16**





### **BAY BRIDGE BOAT SHOW**

The Bay Bridge Boat Show is taking over the Bay Bridge Marina in Stevensville on April 12th through 14th. The bridge gives a beautiful backdrop to the powerboat show that marks the beginning of boating season. Come aboard a wide array of powerboats of every style and size, whether it's a fishing boat, trawler, pontoon, or luxury cruiser. The campus will also have food and beer, plus live entertainment. Find more information and buy tickets at [annapolisboatshows.com](http://annapolisboatshows.com).



Photo by CBMM

### **Ukulele Orchestra of Great Britain**

On April 2nd, the Ukulele Orchestra of Great Britain will be performing at Avalon Theatre in Easton. The current ensemble has been playing together for over 20 years and has become a national institution in their homeland. The Ukulele Orchestra has performed thousands of sold-out concerts across the world. Their music has been featured in films, plays, and commercials, and they are ready to play for us on the Eastern Shore! Get tickets to the 7 p.m. show at [avalonfoundation.org](http://avalonfoundation.org).



Photo by Ukulele Orchestra of Great Britain

### **EASTERN SHORE SEA GLASS & COASTAL ARTS FESTIVAL**

Since 2010, the Eastern Shore Sea Glass and Coastal Arts Festival has been a highlight of artisans and craftspeople from near and far. This year, the festival will be on April 20th and 21st at the Chesapeake Bay Maritime Museum in St. Michaels, exhibiting and selling coastal and sea-glass related jewelry, home décor, art, and more. The Spring edition will showcase more than 90 exhibitors from around the country. Find more information and get tickets at [cbmm.org](http://cbmm.org) or [ophiuroidea.com](http://ophiuroidea.com).

# Two Shows, Two Shores, Power or Sail!

## BAY BRIDGE BOAT SHOW

APRIL 12-14

Bay Bridge Marina, Stevensville, MD



## ANNAPOLIS SPRING SAILBOAT SHOW

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## PAINT THE TOWN

Chestertown RiverArts invites artists to Paint the Town April 25th through 28th. Paint the Town is a plein air event, and the cityscape of Chestertown offers a great variety of scenes to paint. The streets of Historic Chestertown as well as the 18th and 19th century homes make Chestertown a great destination, and a beautiful muse for your blank canvas. Find more information at [chestertownriverarts.com](http://chestertownriverarts.com).



## The 15th Annual Kent County Poetry Festival

On April 5th through 7th, Kent County's Poetry Festival will be held at Kent Cultural Alliance in Chestertown. Naomi Shihab Nye will be the featured poet. Nye was named Poetry Foundation's "Young People's Poet" of 2019–2021. There will be plenty of events through the weekend, including readings by Nye, an interview with NPR's Maureen Corrigan, an open mic poetry at Ortiz Studios, and more. Find more information at [kentculture.org](http://kentculture.org).

## WINEFEST 2024

WineFest 2024 in St. Michaels will be hosted at The Old Brick Inn on April 27th and 28th. The exclusive wine-tasting weekend will feature small-production wines from popular producers worldwide. The tasting will be in a wine tour format with wines from Italy, Bordeaux, Burgundy, Spain, California, Oregon, and South Africa. Surprise guests will also be in attendance to offer their expertise in guiding you through varietal grapes and wines. Find more information and get tickets at [winefestatstmichaels.com](http://winefestatstmichaels.com).





## Chestertown Earth Day

The 14th Annual Chestertown Earth Day Festival will be in Downtown Chestertown on April 20th. The day will be dedicated to celebrating our planet. From 9 a.m. to 1 p.m. there will be a community trash/recycle walk at Fountain Park, enjoy free paper shredding and recycling of household batteries and fluorescent bulbs, exhibitors of solar energy and other alternative energy contractors, energy auditors, and more. This day is also the perfect time to display your electric vehicles, both car and bike. There will also be an electric boat race on the Chester River with live music throughout the afternoon. Find more information at [townofchestertown.com](http://townofchestertown.com).

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# Towne Calendar



A collection of community events taking place this month across the Chesapeake Bay region. Scan code for full online calendar.

## Tuesday, April 2

**Open Mic** at Dorchester Center for the Arts, 6 to 9 p.m.; dorchesterarts.org; Tuesday night favorite kicks off January 9, and happens every Tuesday night through April 23. Bring your voice and instrument and join the lineup, or just come to enjoy! Free, all are welcome. Refreshments available for purchase.

## Thursday, April 4

**Brencore Entertainment Presents: Jazz at the Black Box Theater** at Bowie Center for the Performing Arts in Bowie; bowiecenter.org; featuring National Recording Artist Saxophonist Kevin Levi performing jazz hits.

## Friday, April 5

**Maryland Black Bears vs. Johnstown Tomahawks** at Piney Orchard Ice Arena in Odenton, 7 p.m.; tickets.maryland-blackbears.com

**Star Wars: The Force Awakens in Concert** at the Strathmore in North Bethesda, 7:30 p.m.; my.bsomusic.org

## Saturday, April 6

**Historic Stevensville Art Market** in Historic Stevensville Arts & Entertainment District in Stevensville; stevensvilleartsandentertainment.org; The HSAE Art Market is a vibrant and diverse marketplace where you can explore a world of art, culture, crafts, and more.

## Sunday, April 7

**The Kennedy Center Chamber Players: Spring Concert** at The Kennedy Center in Washington, D.C., 2 p.m.; kennedy-center.org; Composed of titled musicians of the National Symphony Orchestra, this acclaimed ensemble presents classics from three centuries of chamber music.

## Tuesday, April 9

**Books & Beer – Cult Classic Book Club** at Cult Classic Brewing Company in Stevensville, 6 to 7:30 p.m.; cultclassicbrewing.com.

## Wednesday, April 10

**Colonial Crafternoon** at Historic Annapolis Museum in Annapolis, noon; annapolis.org; Explore the Museum on a scavenger hunt and create special craft projects inspired by the objects and artifacts found in the collection.

**MacBeth** at Shakespeare Theatre Company in Annapolis, through May 5th; shakespearetheatre.org.

## Thursday, April 11

**Baltimore Speaker Series: Celine Cousteau** at Joseph Meyerhoff Symphony Hall in Baltimore, 8 p.m.; baltimorespeakers.org; Following in the footsteps of her iconic family, Cousteau is an environmental advocate and storyteller committed to ocean conservation.

## Friday, April 12

**Annapolis Symphony Orchestra: Masterworks V** at Maryland Hall in Annapolis, 7:30 p.m.; annapolissymphony.org; selections by Sohn, Beethoven, and Respighi.

## Saturday, April 13

**Arts All Day Open House** at Chesapeake Arts Center in Brooklyn Park, 10 a.m. to 2 p.m.; chesapeakearts.org; Come experience what CAC has to offer.

**Maryland Concert Series Presents The “Original” Moonlighters Motown Revue** at Hammonds Lane Theatre in Brooklyn Park, 7:30 p.m.; chesapeakearts.org.

**D.C. United Home Game vs. Orlando** at Audi Field in Washington D.C., 7:30 p.m.; dcunited.com.

## Sunday, April 14

**Red Shoe Shuffle 2024 5K Run and Walk** at The Ronald McDonald House in Baltimore, 8:30 a.m. to 11 a.m.; redshoesuffle.org.

## Thursday, April 18

**Wellness on the Water Launch Party** at Eastport Yacht Club in Annapolis, 6 p.m.; annapoliswellnesshouse.org; The Wellness on the Water Launch Party is a fundraiser that helps those in the community with a cancer diagnosis experience this program.

**Baltimore Symphony Orchestra: Beethoven Symphony No. 2** at Joseph Meyerhoff Symphony Hall in Baltimore, 7:30 p.m.; my.bsomusic.org.



**Arts On Stage Presents Shakespeare’s A Midsummer Night’s Dream** at Hammonds Lane Theatre in Brooklyn Park, 10 a.m.; chesapeakearts.org.

## Saturday, April 20

**Chestertown A&E Spring Art Walk** in Downtown Chestertown, 10 a.m. to 3 p.m.; townofchestertown.com; Come to the Chestertown Arts & Entertainment District’s ART WALK. Dozens of artists and artisans will be selling works at galleries, storefronts, at a Pop-Up Gallery. Live music will also be performed throughout town.

**The Dale Skinner Boys2Men Sporting Clay Shoot** at The Point at Pintail in Queenstown; discovereaston.com; support the Boys-2Men Bootcamp designed for middle and high school boys who are in need of mentoring.

## Sunday, April 21

**Culinary Herb Garden Workshop** at William Paca House and Garden in Annapolis, 2 p.m.; annapolis.org; presented in partnership with our friends at Homestead Gardens.

## Friday, April 26

**Ballet Theatre of Maryland: Sleeping Beauty** at Maryland Hall in Annapolis, 7:30 p.m.; marylandhall.org.

**Local by Design’s Annapolis Artisans Market** at Local by Design in Annapolis, through April 28th; localbydesignannapolis.com.

## Saturday, April 27

**Walk for the Woods 2024** at Bacon Ridge Natural Area in Crownsville, 7 a.m. to 3 p.m.; srlt.org; Enjoy a day of guided hikes exploring the heart of the conserved Bacon Ridge Natural Area in Crownsville.

**The Amish Outlaws** at Rams Head On Stage in Annapolis, 8 p.m.; ramsheadonstage.com.

## Sunday, April 28

**25th Annual Putnam County Spelling Bee Final Performance** at Compass Rose Theater in Annapolis; compassrosetheater.org.

**The Music Man Final Performance** at Compass Rose Theater in Annapolis; compassrosetheater.org.

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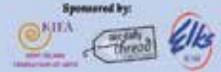
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## Chester River Auxiliary Elects New Board

The UM Chester River Hospital Center Auxiliary held its annual meeting and luncheon at Uncle Charlie's Bistro in Chestertown on January 15th in honor of Martin Luther King, Jr. Day and in celebration of volunteerism. The event marked the Auxiliary's 89th year of service in support of UM Shore Medical Center at Chestertown. The hospital is part of the University of Maryland Shore Regional Health (UM SRH), which is a member organization of the University of Maryland Medical System. During the meeting, the Auxiliary's 2024 board of directors and officers were elected. The new executive committee includes Sue Edson, Nan Voorhees and Lea Wilson, co-presidents; Meredith Acton, vice president; Carol Droge, corresponding secretary; Susan Clark, recording secretary; Susan Conaghan, treasurer; and Lea Wilson, parliamentarian. For more information about volunteering at the hospital or its upscale thrift store, The Nearly New Shop in downtown Chestertown, please contact Edson at 410-348-2159.



## FORMER EASTON MAYOR BOB WILLEY HONORED

This past January, the Town of Easton held a surprise retirement party to honor former Mayor Bob Willey for his 32 years of service to the Town. Held at the Easton Volunteer Fire Department banquet hall, the party had 200 attendees and featured several award presentations, speeches, and the sharing of fond memories. Willey served as an Easton Town Council member for six years before serving as mayor for 20 (1993–2023). Former Mayor Willey received recognition from numerous local leaders and dignitaries. His awards included a proclamation from the Talbot County Council, a proclamation and 'Shadowbox' from the Town of Easton, a framed plaque of recognition from Easton Utilities, and citations from Delegate Chris Adams and Senator Johnny Mautz. Easton Volunteer Fire Department commended former Mayor Willey by dedicating their new fire engine, Engine 63, to the Mayor; including a plaque in his honor affixed to the side of the engine. Additionally, the Town of Easton unveiled a concept for an engraved plaque inlaid on a large boulder to be placed along a stretch of Rails to Trails. "It means a lot," Willey said. "It's more than I ever could've hoped for. I'm really glad to see everyone out here enjoying themselves and having a good time...It really was a surprise." Learn more about the Town of Easton at [eastonmd.gov](http://eastonmd.gov).

## KENT COUNTY CHAMBER'S COMMUNITY EXCELLENCE AWARDS



The Kent County Chamber of Commerce honored the recipients of the 2024 Community Excellence Awards at a ceremony held in January at the Chester River Yacht and Country Club in Chestertown. The awards honor outstanding

contributions to the community through commitment, innovation, and leadership in three distinct categories. Eastern Shore Urgent Care was named the 2024 Business of the Year; Horizons of Kent and Queen Anne's was awarded the 2024 Organization of the Year; and Deeann Jones was recognized as the 2024 Individual of the Year. "The recipients of this year's awards have showcased unwavering dedication, commitment, and service, leaving a positive impact on Kent County by actively contributing to our community's prosperity and economic advancement," remarked Sarah King, Executive Director of the Chamber of Commerce (pictured left, with awardee Deeann Jones). Learn more at [kentchamber.org](http://kentchamber.org).



## St. Michaels Concours Receives Award

The St. Michaels Concours on Chesapeake Bay has received the highest award in motoring excellence as the recipient of the Concours Achievement of the Year Award. The award is part of the inaugural The Concours Year Awards, by Hothouse Media, recognizing the achievements of the entrants and the organizers of leading events. The 16th Annual St. Michaels Concours d'Elegance on Chesapeake Bay—held during the torrential rains and winds of Tropical Storm Ophelia on September 22–24, 2023 at the Kent Island Yacht Club—was recognized for its special endeavors in 2023. Pictured: Comber McHugh and the Hon. John C. North II don foul-weather gear at last year's St. Michaels Concours d'Elegance on Chesapeake Bay. "This international recognition means a great deal to our Board members and all our volunteers," says St. Michaels Concours on Chesapeake Bay Chairman Luke L. Phipps. "We share a commitment to excellence in all we do—everything from attracting incredibly supportive sponsors to our event and drawing motoring entrants from around the world—we're dedicated to delivering the best experiences for our attendees and entrants alike." The 17th Annual St. Michaels Concours d'Elegance on Chesapeake Bay is set for September 27–29 along the docks and waterfront lawn of the Kent Island Yacht Club. Learn more at [smcde.org](http://smcde.org).

# Maggie Hubbard

**NORTH DORCHESTER  
HIGH SCHOOL  
SOFTBALL, VOLLEYBALL**

By Tom Worgo

**N**orth Dorchester High School Head Softball and Volleyball Coach Carol Hubbard says her daughter Maggie's favorite sport is the one she's playing at any given time.

Maggie, a North Dorchester senior, is very passionate about softball *and* volleyball. That's why Maggie had to make the difficult choice that few athletes are privileged or talented enough to decide: whether or not to play two sports in college. Hubbard, a Reliance resident, ended up electing to play softball at Delaware Technical Community College on an athletic scholarship.

"It was something I had gone back and forth with for a long time," Hubbard says of not playing two sports at Delaware Tech. "I still think about playing college volleyball today. My high school career is over, but I think about what could have been."

The 5-foot-8 athlete picked Delaware Tech because the school offers her major: Diagnostic Medical Sonography.

Hubbard wants to be an ultrasound technician and will take classes at the college's Georgetown campus. To get a head start on college, she's driving nearly an hour each way this semester to Chesapeake College in Wye Mills to take classes in human anatomy, statistics, and English.



**"SHE IS A REALLY,  
REALLY HARD  
WORKER AND SUCH A  
COACHABLE PLAYER."**

"I have always been interested in the medical field," Hubbard says. "I just love everything about it. I did a lot of medical programs in high school."

Hubbard carries a 4.28 weighted grade-point average at North Dorchester, where she also completed the "Project Lead the Way" biomedical program there.

Hubbard, a standout offensive and defensive player, has been playing softball for 12 years, including a decade for club teams. Her stints came with the Bayside Breeze, Diamond State Swoop, and most recently the Delaware Tribe (plays catcher and outfield). She says she stores her softball gear in a big bag in her car all the time.

"Club softball has opened up a lot more opportunities for me," Hubbard explains. "We go to a lot of tournaments where we get to see college coaches and they get to see us. It definitely has helped me become the player I am because of the coaching."

The 17-year-old Hubbard also developed her skills playing on the North Dorchester team for the past three years. This spring

will mark her second year as a team co-captain. Hubbard plays catcher for the Eagles and ranked among the team leaders in batting average (.493), on-base percentage (.567), RBIs (33), and runs scored (25).

Her biggest accomplishment in high school, to date, came during the 2023 season. Hubbard drove in the winning run against Patterson Mill in the bottom of the sixth inning to send North Dorchester to the Class 1A state final. The Eagles then beat Catoctin in the state championship game, 1-0.

Hubbard also makes an impact with her defensive play. She neutralizes the other team's running game with an outstanding arm and only allowed one passed ball during the entire 2023 season.

"She plays with so much grit that she doesn't want to get beat by anyone," North Dorchester Assistant Coach Wade Hopkins says. "She is a really, really hard worker and such a coachable player."

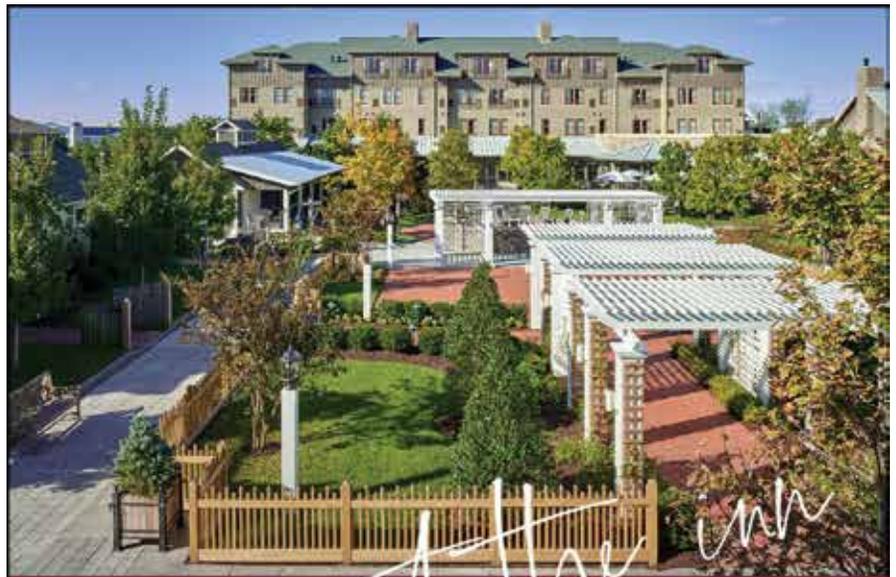
"No player wanted to steal on her because she has such a strong arm," he adds. "She puts that fear in players."

Hubbard also shined on the volleyball court, earning the Eagles' MVP honors four years in a row while being named an All-Bayside Conference First-Team selection in 2022 and 2023.

"She was getting interest from colleges during her freshman year, for volleyball," Carol Hubbard says. "But she really loves both sports."



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# Ryan O'Hearn

**BALTIMORE ORIOLES'  
OUTFIELDER/FIRST  
BASEMAN**

By Tom Worgo

**B**

altimore Oriole Ryan O'Hearn says the time period from January 2023 to this past February has easily been the best time of his life.

After the Kansas City Royals traded O'Hearn, a first baseman/outfielder, to Baltimore for cash considerations early last year, he had a breakout 2023 season.

This past February, he signed a one-year deal for \$3.5 million with a \$7.5 club option for 2025. The year's salary more than doubles what the 6-foot-3, 230-pound O'Hearn made in 2022 (\$1.3 million) and 2023 (\$1.4 million).

O'Hearn's 2023 success can't be talked about without mentioning Orioles' hitting coaches Cody Asche, Matt Borgschulte, and Ryan Fuller. They revamped O'Hearn's swing, which led to numbers he never produced before.

"As soon as I got here, the Orioles' hitting coaches had a list of things for me to work on," O'Hearn says. "Now, there are all these tools in my toolbox that I hadn't had in the past."

The 30-year-old O'Hearn batted .289 with a .801 OPS, 14 home runs, and 60 RBIs in 346 at-bats, often batting cleanup.

"I wouldn't say it was a magical one-day process," Asche says of O'Hearn's hitting mechanics. "It was an adjustment here, an adjustment there. His mentality was, 'I am just going to get better every day. It made our job easy.'"

In Kansas City, O'Hearn reached the Big Leagues in July 2018 and hit a home run in his debut. He finished with 12 home runs that season and clubbed 14 the following season. But from 2020 to 2022, his playing time dwindled.

To learn more about his time with the Royals and Orioles, we recently talked to O'Hearn.

**How will you have another strong season in 2024?** For me, I have to focus on being that competitor, that dog on the field. Doing exactly what I did last year. I think as a player you have to buy into



**"AS SOON AS I GOT HERE, THE ORIOLES' HITTING COACHES HAD A LIST OF THINGS FOR ME TO WORK ON. NOW, THERE ARE ALL THESE TOOLS IN MY TOOLBOX THAT I HADN'T HAD IN THE PAST."**

the mentality of one day at a time. I feel good with where I am right now. My body feels good. My swing feels good. If the team is playing well, scoring runs, and I am hitting in the middle of the lineup, the numbers will be there. I will have a great year. The effort will be there. I will be locked in ready to go.

**Talk about the hitting adjustments that led to your breakthrough.** There were some mechanical things I had not been focusing on in the past. It was clicking in spring training. I was hitting balls all over the yard and hitting less ground balls. I finally learned how to hit a breaking ball the right way. It was mainly two things. One was posture. I simplified everything. When I landed with my feet after swinging, I had a habit of hunching over, so I was hitting balls away and down really well. But I was getting exposed to pitches up high. Now, I was

landing with good posture. The other thing was to use my legs properly and keep the center mass of gravity where it needed to be. It allowed me to adjust to see a breaking ball the right way or hit a changeup in the strike zone. I seized the opportunity.

**What kind of training do you do? Has it changed over the years?**

As you get older, you pick more volume with cardio and less heavy, heavy lifting. I still do deadlifts, curls, and squats. I am not maxing out on squats. I want to be more mobile. I am working on mobility, agility work, running, and functional movement. The past few years, I have also really tried to challenge myself on the hitting machine. It's huge to have a guy (Evan Mistich) throw batting practice and breaking balls and change-ups. Hitting different speeds and locations. You are trying to simulate game at bats as much as possible.

**The Orioles' hitting coaches were instrumental in you blossoming.**

**How would you describe your relationship with them?** We have three of them and they have been amazing. All three have helped me out tremendously. I owe a lot of credit to them. I couldn't have a better relationship with all three of them. They are a cohesive unit. It's not like you are hearing one thing from one guy or something else from another. They are on the same page with different drills and things that can help improve each guy in their own individual way.

**Tell me about the Orioles great 2023 season of winning the American League East and making the playoffs.** It was really wild. We had this mojo as a team. I don't think anybody could have predicted a 101-win season. It was definitely the most fun I've ever had playing baseball. There's nothing like showing up at the ballpark and expecting to win every day. For me personally, the season couldn't have gone any better. I got designated for assignment and that meant I would be playing somewhere else, or Japan. I still felt I could play in the big leagues and have success as a middle-of-the-order type of bat. With the Orioles, everything seemed to click. The coaches, the atmosphere. I re-fell in love with the game.

**Can the Orioles take the next step, win a playoff series, or go on a deep postseason run?** Our goal is the World Series. If it's not, I don't know what we are doing. We won 101 games last year, but the front office added some major pieces with Craig Kimbrel and Corbin Burnes.



And I think the young stars, Adley Rutschman and Gunner Henderson have another year under their belts. I think the sky is the limit. I feel very confident in our team. It's a privilege to be on a team like this and have those expectations.

**What were you thinking when you were designated for assignment and as a result got traded to the Orioles?** I needed to improve if I wanted to continue to be a Major League player. It's not easy to overcome the things this game will throw at you. But I have a family and support system. You can't do it alone. Just being around the Orioles hitting coaches and a great environment helped. I had Major League experience, so I knew what to expect. It was a culmination of a lot of learning from what hadn't worked in the past and trying to get better over the years. Everything came together with the Orioles.

**How do you look back at your time in Kansas City?** I feel like I grew up there. I had so many mentors. A lot of coaches and players I still have relationships with. When I debuted in 2018, I played really well. Then in 2019, maybe I wasn't mentally ready to be an everyday player and have success. I thought, "In 2018, I had 950 OPS, 12 home runs, and I was just killing it for two months." But my batting mechanics had a long way to go. Twenty-twenty was the Covid season and in 2021, I was just a role player. So, I had to buy into that limited role to stay in the Big Leagues. As tough as those years were, I learned a lot. It ultimately helped when I got a chance to play a regular role with the Orioles.

**You recently got married to Hannah Moreland in Florida. How did you meet your wife?** I met her on Instagram. I talked to her and went on a date a few days later. I knew early on this was the person I wanted to marry. I dated her for about four years. She's the best support system I can ask for. We had a beautiful wedding, but a short honeymoon in Saint Lucia. It was a really great time. This year, I think she will be spending time in Baltimore with me.

# Mackenzie Gore

## WASHINGTON NATIONALS' PITCHER

By Tom Worgo

**M**ajor League Baseball teams covet top-of-the-rotation starting pitchers. The Washington Nationals had two in Stephen Strasburg and Max Scherzer in recent years. And they did big things. Scherzer won two Cy Young Awards in 2016 and 2017 and the duo helped the Nationals to the 2019 World Series championship. Now, Scherzer plays for The Mets, and injuries have derailed Strasburg's career.

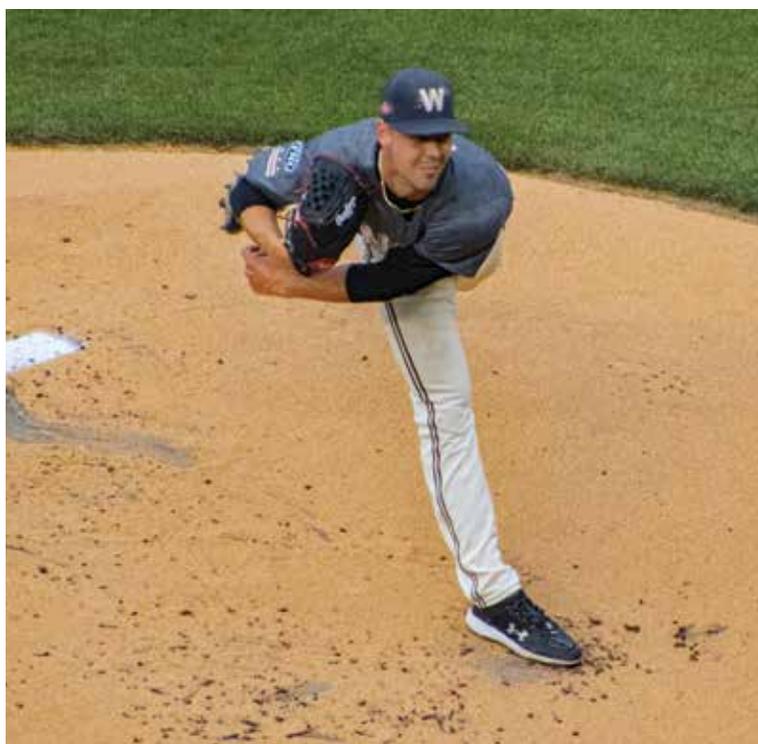
Left-handed pitcher MacKenzie Gore, a native of North Carolina, is the Nationals' best hope for another dominating pitcher.

Gore was hyped as one of baseball's top prospects for years. San Diego drafted him 3rd overall in the 2017 MLB draft. He made his major league debut with the Padres in April of 2022, going 4-4 that season with 66 hits allowed in 70 innings while striking out 72 and posting a 4.50 ERA.

The Washington Nationals thought so much of Gore, who is 6-foot-2 and 192 pounds, that he headlined the seven-player blockbuster trade in July of 2022 that sent him and four prospects to D.C. for sluggers Josh Bell and Juan Soto.

Gore pitched a full season with Washington in 2023, going 7-10 overall, but lowering his ERA to 4.42. Expectations are high for the 2024 season.

"He is going to be really, really good," says Nationals manager Dave Martinez, who is in his seventh season with the club. "He is so talented. His stuff is electric."



Gore reaches 95 miles-per-hour with his fastball, has a curveball that sinks to the dirt, a swing-and-miss change-up, and a devastating slider. "He has four unbelievable pitches," Martinez says.

We spoke with Gore about his trade from San Diego, the pressure of being a high draft pick, how he uses veteran Nationals' lefty Patrick Corbin as a mentor, and his relationship with Martinez.

**What is the difference between playing on the West Coast versus the East Coast?** When you are on the West Coast, it can be a little more difficult for your family to watch games. Being here, you can communicate with them a little more. They get to drive five hours up from North

Carolina and watch me play.

It's great to be closer to home. I went to Whiteville High School in North Carolina. It's cool for the family. They didn't get to see me pitch much in the minors because I was on the West Coast. They get to see me a lot now.

**Can you talk about your relationship with Nationals' pitcher Patrick Corbin?** He has been great to me. He took me under his wing when I got here. It's really been great to watch a guy like him pitch. He's been one of the best left-handers in the game. In spring training, he let me stay in his guest house. We became really good friends. We talk a lot about baseball. The starters spend a lot of time together. I learned from watching him and how he goes about

**"HE IS GOING TO BE REALLY, REALLY GOOD. HE IS SO TALENTED. HIS STUFF IS ELECTRIC."**

his business every day. Being able to watch his routine has been cool.

**How would you describe your relationship with Dave Martinez? And is Jim Hickey, a longtime MLB pitcher and pitching coach, a good resource?** Dave really has trusted me, which is nice. He let me go out there and pitch a lot of innings. We talk about what I need to do to pitch well and be consistent. Hickey has been around a long time and has seen a lot of really good pitchers. We have been building a relationship and it has been great.

**Martinez says you have a great four-pitch mix, which is uncommon for starters. Tell me about your pitches.** I am still trying to figure out when to use them at the right time. I have been working on the change-up and want to use it more. Perfecting it is going to be the next step. I have used it more in the minors than up here. My best pitch is my fastball. I also use the curveball and slider a lot.

**Why do you wear No. 1. Only six pitchers in major history have done that. Is there some superstition involved?** I wore it in high school and [San Diego General Manager] AJ Preller saw me play in high school and asked me, "Do you want number one?" I said, "Sure." I wore it as a freshman, and we won a state championship. I didn't want to change numbers. I have stuck with it.

**Looking back, being the third overall pick must have been pretty exciting. Did you get a lot of media attention? Did you enjoy it?** It was a great time for me, and also for everyone that helped me get to that point. That was amazing. I got a lot of press in San Diego. It's part of the job. We have to do interviews. I don't mind being in the spotlight, and it's something I don't get too caught up in.

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# A Peachy Outlook

## Other Notes from the Design Files

**if** you're in any way seeking style inspiration for your spring home interiors right now, you are in luck because this is the issue in which we do our deep dive into what makes a house a home. Over the last year we have taken notes on the trends we have seen develop in the homes we have featured, sought the advice of experts in-the-

know, and even got the skinny on the goings-on at the most recent High Point Market showcase.

And, oh, the sumptuous, substantial style we have seen in everything from lighting, furniture groupings and décor pieces, to the clever and mindful adaptations of floorplans that build on wellness, purpose, and intentional themes.





# On Point. And on Purpose

Home industry experts agree they are seeing a shift of intention among consumers when it comes to their floorplans and room schemes. As we continue to progress through the post pandemic era, consumers are taking a second look at the changes many homeowners felt they needed to make to their homes and whether they remain relevant.

In fact, the emphasis on dedicated home offices and cozy personal nooks, has decidedly been replaced by a focus on previously under-imagined areas of the home, with everything from laundry rooms to butler's pantries, to even hallways getting a second look—and not just in terms of function. Trends point toward interiors that promote socialization with re-booted gathering spaces and a re-introduction to the world outside with aspects that evoke nature. Consider it this way: If the watchwords for the pandemic era were “cocooning” and

TRENDS POINT TOWARD INTERIORS THAT PROMOTE  
SOCIALIZATION WITH RE-BOOTED GATHERING  
SPACES AND A RE-INTRODUCTION TO THE WORLD  
OUTSIDE WITH ASPECTS THAT EVOKE NATURE.

“refuge,” the terms homeowners now want to identify with and express through their interiors are “hopeful” and “social.”

For example, rooms traditionally located just off the kitchen, have typically been seen as “unseen” rooms with utilitarian tendencies. This mindset is changing, however.

We had a chance to experience this first-hand as we interviewed several homeowners with new builds recently. What did they want when they had the chance to start anew? No matter how much square footage they had to work with, they wanted the opportunity to skip the arbitrary and opt for enhanced personalization.

One couple, recent empty nesters, turned their traditional butler's pantry space into the place to be for the cocktail hour by enhancing the upper cabinets with glass panels and used it to store glassware and heirloom place settings. Mesh inlays in the glass added a touch of glamour, as did their choice of overhead lighting, backsplash treatment, and the deep aquamarine color they chose for the cabinetry. And it wouldn't be a true butler's pantry without a sink. These homeowners opted for a refined hammered copper insert in keeping with the cocktail hour, or “social,” vibe of the room.

Lower-level cabinets still provided space for those cumber-





these materials has developed in unexpected ways, as well. Bamboo, for instance, isn't just for your three-season room. Clean, modern, and even sculpted looks using this material is now making it an increasingly popular choice for the more design and environmentally conscious.

And, in the "everything old is new again" category, experts indicate that aspects of Victorian-era details and eclectic and vintage-based design elements are becoming the most 'searched for' terms when consumers are Googling within the home interiors zeitgeist. Items with these features and details play more prominent roles when mixed in with more traditional pieces to achieve an overall room vibe. We especially like the effect that antiqued mirrors can lend to almost any room. Skilled designers are even using them in groupings to create feature walls.



some appliances, serve ware, and typical pantry goods, but the room was also required to be a low-key office space and, as such, was outfitted with custom cabinetry to house a printer and other office supplies. A cut-out was made along the bottom cabinetry line to provide space so a chair could be tucked in underneath and counter space above could function as a desk, creating one amazing room for the multi-tasker.

Another trend interior experts expect to see is an expanded use of alternative materials, such as bamboo, cork, and recycled glass, as demand for sustainable interior elements grows. The use of

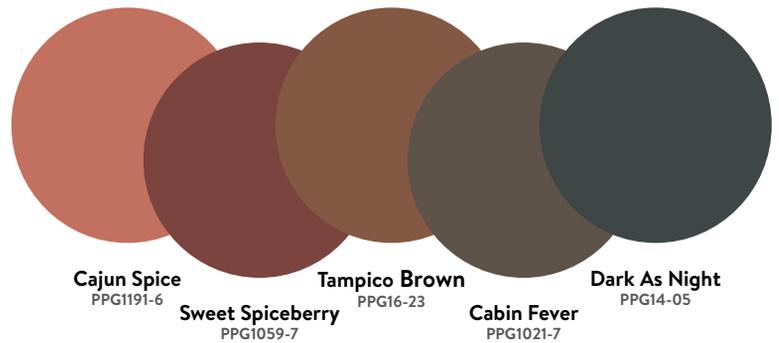
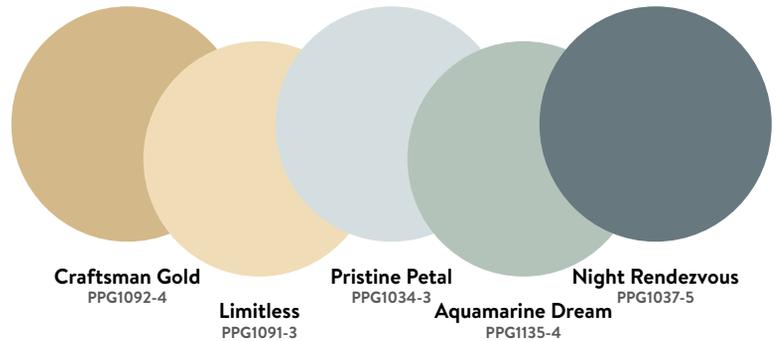
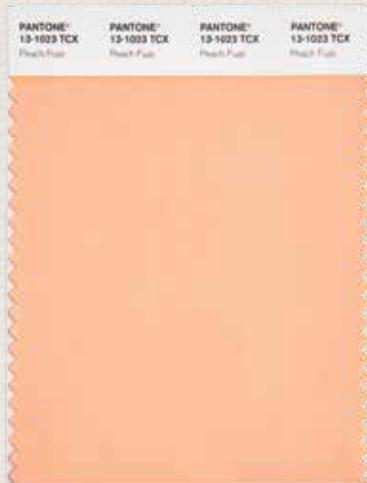




# Profiles in Color

Late last year Pantone spun its color wheel once again and revealed that the delicate, uplifting shade of Peach Fuzz (PANTONE 13-1023) would reign supreme as Color of the Year for 2024. Pantone describes its choice as a “warm and cozy shade highlighting our desire for togetherness with others and the feeling of sanctuary this creates.”

Around the same time annually, our major paint manufacturers introduce their own “Color of the



Year,” as well. A tonal palette designed to coordinate with that particular shade is also developed. While Pantone sets a tone for manufacturers of every kind and stripe with their choice, paint manufacturers are more keenly targeting consumers with an eye toward interiors enhancement. Both entities take broader design trends, cultural influences, and societal shifts into account when making their annual decision.





BECAUSE AN APPRECIATION FOR ALL THAT IS  
EARTHY REMAINS WIDELY POPULAR IN THE  
MILLENNIAL HOME AND IS REPRESENTED NOT JUST  
IN COLOR BUT IN TEXTURE, AS WELL, IT IS EASY TO  
FIND SOME LOVE FOR PEACH FUZZ IN JUST ABOUT  
ANY ROOM, WITHOUT HAVING TO GO ALL OUT.



This feeling of sanctuary as described in the Pantone color profile is echoed, for instance, with Pittsburgh Paints' Color of the Year known as "Limitless" and its companion color palette of 15 complementary shades, all warm and subtly muted. One of the shades, Blush Beige, bears a striking resemblance to "Peach Fuzz." Coincidence? We think not.

The palette does evoke a sense of warmth and coziness, however, and allows for those who aren't just peachy with the Pantone Color of the Year, to adapt with a range of other stylishly relevant tones. Because an appreciation for all that is earthy remains widely popular in the millennial home and is represented not just in color but in texture, as well, it is easy to find some love for Peach Fuzz in just about any room, without having to go all out. This can be easily accomplished by adding a small area rug where the shade is conveyed with texture.



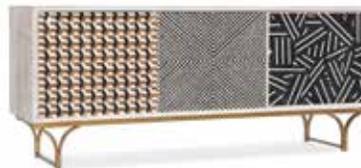
# High Point Market Notes

If you're a lover of style, design, and fine furnishings you can appreciate the resources that High Point Market offers to the industry professionals who help us curate and create our cherished indoor environments. Occurring every spring and fall in High Point, North Carolina, this must-attend event for interiors experts represents a dizzying array of options in every furnishing category and is the unrivaled trend indicator in the home interiors industry.

This year several themes and showrooms stood out. Most noticeable was a resurgence in furnishings inspired by the Art Deco period of design. Indicators of this stylish mode are pieces designed with curved features and arches, rich, inlaid details, and the use of burl wood finishes. Some experts define Art Deco as the fusion of simplicity with opulence.



Comfy, large sofas with curves and upholstered in rich-textured boucle fabric were predominately on display. (Boucle maintains its popularity as a high-end, on-trend upholstery fabric this year). These settings were enhanced with, what else, but a thoroughly modern curved chair design that looks even more striking from the back. Several brands had versions of this chair, but our fave was the Ares swivel chair by Bernhardt Furniture, always one of the most showstopping showrooms at High Point.



Substantial and statement-making credenzas and entertainment cases were the icing on the cakes in several showrooms including Bernhardt and Hooker Furniture. This is where the rich woods, curves, and eye-catching inlays of the Art Deco Renaissance truly were on display creating alternate works of art and sculpture in furnishings. Hooker Furniture's Tara credenza is a great example of combining rich wood and an attention-getting inlay treatment.

One of the advantages that viewing these showrooms provides is the extent to which one gets a sense for how to integrate statement, vintage, and heirloom pieces, (because we all have them and want to display them). The Hancock and Moore showroom does an excellent job of combining a sense for how we live with and combine elements of a historical patina with today's most contemporary schemes. And if you haven't secured that one great vintage find you're longing for, you can check out their line of "burnished" furnishings for pieces with authentic pre-weathering.



ONE OF THE ADVANTAGES THAT VIEWING THESE SHOWROOMS PROVIDES IS THE EXTENT TO WHICH ONE GETS A SENSE FOR HOW TO INTEGRATE STATEMENT, VINTAGE, AND HEIRLOOM PIECES.

And finally, the brightest, most buzz-worthy showroom at High Point was Hudson Valley Lighting where utility takes on the most exquisite forms. Known for its imaginative and progressive use of materials in lighting design, the showroom this year curated its newest biophilic design fixtures for all areas of the home and displayed its own version of designing on the curve with luxe, arched, and bell-shaped etched domes of glass in discerning pendant styles.

Definitely, a bright and optimistic note on which to end our stylish tour of interiors for 2024. ■

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# LEADING HOME DESIGN PROFESSIONALS



**Q:**

**Can I live at home during my remodel?**

**A:**

The short answer is yes, you can. When planning a home remodel, you might have some concerns about living in your home while construction takes place. What if it's too loud, or you can't use certain parts of your home due to the renovations? While these are certainly legitimate, it's usually possible to live at home during a remodel with the proper

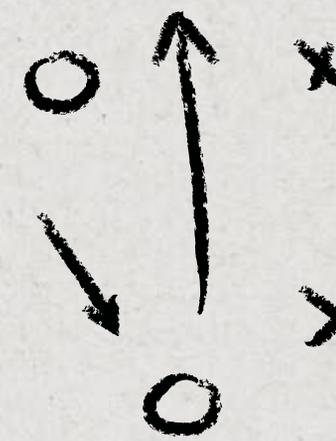
planning and mindset. However, projects that take up a significant part of the home can be especially disruptive to your lifestyle if you stay in the home. You could break it up into phases, but the most stress-free option is to not live in the home during construction.

**Matthew Bishop**

Project Consultant | Lundberg Builders, Inc.



Photo by Chris Fincham



## **Spring and summer professional and semi-pro sports teams and stadium guide**

If you're looking to take the family out to the old ball game or just need a little something fun to put on the spring/summer calendar, look no further. Our stadium guide details the home stadiums, players, and promotions of various professional and semi-professional sports teams in the area.



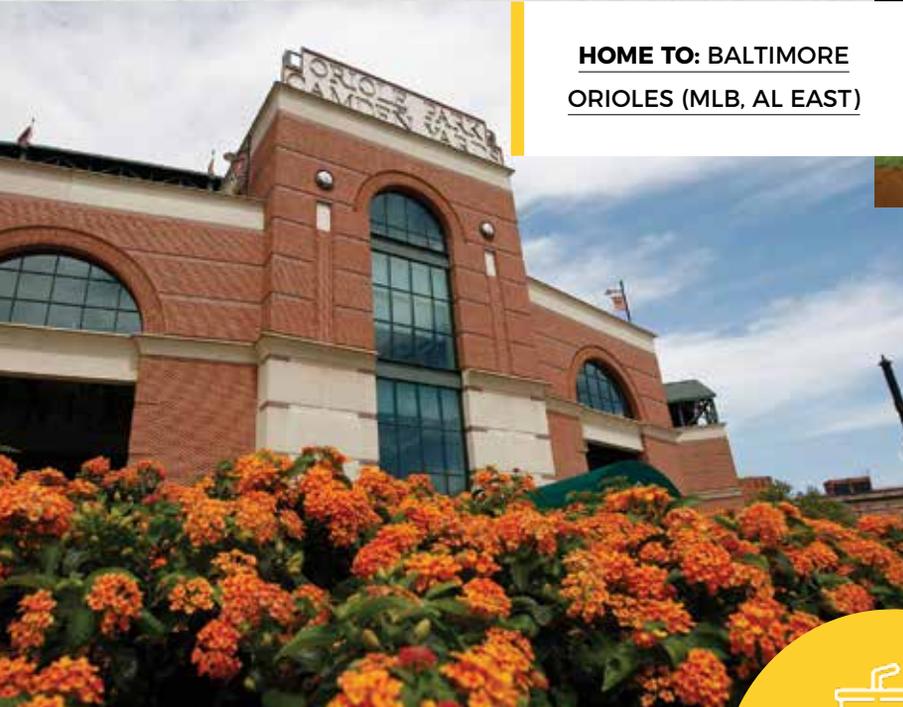
# 01

## Oriole Park at Camden Yards



Photo by Joe Noyes

**HOME TO: BALTIMORE**  
**ORIOLES (MLB, AL EAST)**



**Notable Personnel:** Off the back of an outstanding 2023 season, American League All-Star catcher Adley Rutschman will look to continue his success. Jackson Holliday (pictured above), the number one pick in the 2022 draft, will hope to get the call up to the majors after exceeding expectations in the MiLB last season.

**New features:** For the first time in Orioles history, the Birds will start all Saturday home games at 4:05 p.m., with the exception of 7:15 p.m. first pitch against the Texas Ranger on June 29th. Upper deck seated that was closed off for the 2023 season will be removed and replaced by social spaces, food/drink areas, and an expansion to the already loved kids' zone.

**Parking:** Right outside of the ballpark you will find several parking lot options. Lots A, B, C, K and L are closest to the stadium, with additional parking in lots D, E, F, G and H, all of which are located in walking distance just outside of nearby M&T bank Stadium, used for the Baltimore Ravens.



### FOOD:

Whether you're looking for a classic ballpark dog at Camden Franks or a sophisticated crab cake at Harris Creek Oyster and Lobster Hut, Camden Yards has several food options. Stop by Harbor Crisps for the "gravy fry chipper," kettle cut chips loaded with mozzarella and topped with a hefty serving of gravy. Vida Taco Bar offers a simplistic take on tacos and nachos, and serves margaritas.

**Tickets:** Prices vary, with several promotional opportunities throughout the season.

**Extras:** In December of 2023, the Orioles and the state signed a new lease agreement, set for a minimum of 15 years and a maximum of 30 years before renewal again. The "Kids' Corner" offers several activities for the kids who can't quite contain all that energy until the 7th inning stretch; from jungle gyms to skee-ball to a moon bounce, the Kids' Corner has plenty of fun things for the kiddos.

# 02

## Nationals Park



### EXTRAS:

A common staple amongst baseball stadiums, Nationals Park features a kids' zone with a photo station, PlayStation center, playground, and batting cage. If you need to get moving before the 7th inning stretch, Nationals Park offers views of various D.C. landmarks such as the Washington Monument.

**HOME TO:** WASHINGTON  
**NATIONALS (MLB, NL EAST)**



**Notable Personnel:** 23-year-old CJ Abrams will look to bounce back after a mediocre second season in the league. Hitting stride in the second half of the season that ultimately ended short and fell into a slump, Abrams gave Nats fans a bit of hope for what's in store in 2024. Danny Haas, the new scouting director hired in 2023, will take charge of the Nationals rebuild. The 2024 season will allow for Haas' freedom and flexibility to find the right players.

**New features:** Showing the dedication to Nationals Park, Events DC has invested \$20 to \$22 million for a new scoreboard that will debut in the 2024 season.

**Food:** Nationals Park features over 20 locally-run restaurants, giving you a five star taste while enjoying a nine inning game. Hard Time's Café and Ben's Chili Bowl offer hearty dishes of chili, nachos, and high-level hotdog variations. Swizzler takes the classic burger and elevates it, using grass-fed beef and combines it with a locally made potato bun. Looking for plant-based option? Melissa's Field of Greens offers a menu completely free of meat.

**Parking:** The main two garages, Garage C and GEICO Garage, open two hours and fifteen minutes prior to the first pitch. Aside from these options, there are various local lots within walking distance for fans that come on a first come, first-serve basis. Metro in to the stadium to avoid parking altogether (Navy Yard station is closest).

**Tickets:** Prices vary, with several promotional opportunities throughout the season.

# 03 Audi Field

**HOME TO:** D.C. UNITED (MLS, WESTERN CONFERENCE), WASHINGTON SPIRIT (NWSL)

**Notable Personnel:** Both soccer teams based in the nation's capital have hired new managers for the 2024 season. Taking over D.C. United will be Troy Lesesne, the former New York Red Bulls interim head coach during the 2023 season. Lesesne started his coaching career in 2005 at the College of Charleston, before moving into the professional ranks as an assistant coach at the USL level in 2014, and ultimately breaking into the MLS as an assistant coach in 2022. On the women's side, the Spirit have hired head coach Jonatan Giráldez. Having spent three years as the head coach of F.C. Barcelona Women's, Giráldez brings a winning track record to Audi Field. Giráldez led the women to three consecutive Spanish league titles in his three-year tenure, along with winning the 2023 UEFA Champions League. Having had a couple poor seasons in the last three years, both teams have a lot to prove in 2024.

**Food:** Similar to Nationals Park, Audi Field ensures you will have options to experience the local D.C. food scene while at sports game. Arepa Zone is a fan favorite for Southern and Latin American cuisine. The pupusas found in various loca-



## NEW FEATURES:

Having opened in 2018, Audi Field was designed as a soccer-specific stadium (that has hosted lacrosse and football games as well) filled with premium spaces and modern design. Given its recent opening and attention to upkeep, Audi Field will not be in the need for any major renovations, upgrades, or updates in the near future.

tions through the stadium are always a crowd favorite, and of course you can't forget some delicious desserts from the Sweet Carousel.

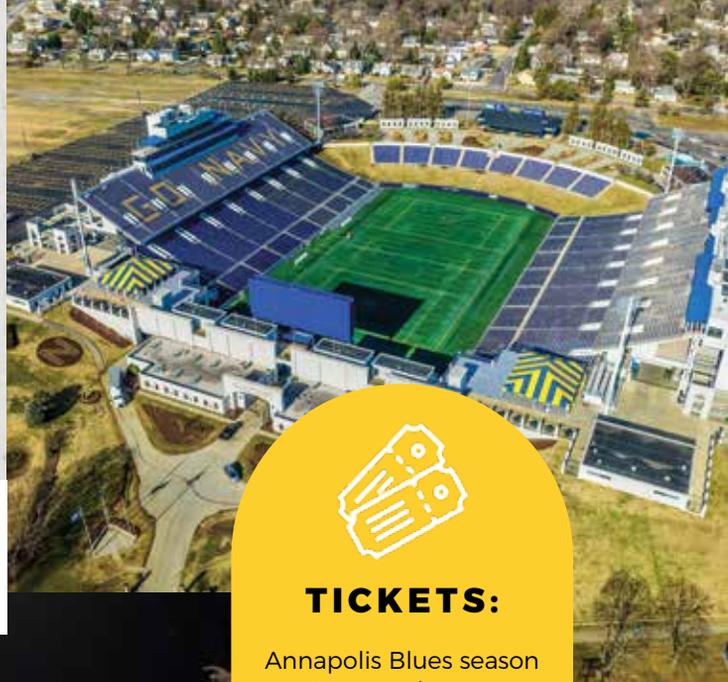
**Parking:** Geico Garage at Nationals Park opens two hours prior to kickoff for a majority of D.C. United and Washington Spirit games. There are several small lots located around the stadium, most of which can be accessed by paying in person or pre-purchasing parking on the Audi Field SpotHero Parking Page, which can save you up to 50 percent off.

**Tickets:** Ticket prices vary, with options for: single game tickets, full- and partial-season tickets, group tickets, premium suites, and premium memberships.

**Extras:** The Chico Stand, sections 136 and 137, is where the D.C. United supporters stand, cheer, and sing all game long. "Play on the Pitch" allows youth teams to play on Audi Field during one selected night (teams must fill a minimum 40 ticket purchase). The Washington Spirit offer several promotional nights and are very active in community service/engagement with several ways for fans to get involved each season.

# 04 Navy-Marine Corp Memorial Stadium

**HOME TO:** ANNAPOLIS BLUES (NPSL, MID ATLANTIC CONFERENCE), NAVY ATHLETICS (NCAA D1)



## TICKETS:

Annapolis Blues season tickets are \$120 per adult (ages 13-plus), and \$96 for youth (12 and younger). Season tickets come with a large amount of promotion such as free scarf, various VIP event access, and other season ticket member exclusives. Single game ticket prices for the Blues forthcoming. Navy lacrosse games are \$10 per adult and \$5 per youth (12 and under); there is an additional discount for group tickets which require a minimum of 20 tickets purchased.



Photo by Daniel Djukic.

**Notable Personnel:** Jacob Murrell, Blues 2023 leading goal scorer, was selected by D.C United in first round (7th pick) of the 2024 MLS draft and signed his first contract with the club on January 12, 2024. The 2024 season will see the return of head coach Colin Herriot, who will aim to take top talent from the Annapolis area on a deep run toward the NPSL National Championship. Navy women's lacrosse will host 10 home games, looking for another stellar season from sophomore Ava Yovino, who was named to the 2024 D1 Women's Preseason All-America list after leading the midshipmen with 92 points (42 goals and 50 assists) in the 2023 season. The men will host eight home games, looking to improve upon last season's 8-8 record. Jackson Bonitz, Jackson Peters, and Max Hewitt have all been named to the 2024 USA Lacrosse Preseason All-America teams.

**New Features:** Since it originally opened in 1959, the stadium has gone through a few renovations, starting in 2004. The first change made was an expansion of the west-side press box, followed by new club level seating and lounges. In that same year, the stadium also saw the playing field lowered to allow for more an increased seating

capacity of 34,000, along with improvements to ADA accessible facilities.

**Food:** Food trucks are a staple of Annapolis Blues games found in the parking lot and tailgate areas. With its emphasis on local, the Blues make sure to have as many local restaurants as possible and food trucks on site. Once inside the stadium you will find several classic stadium offerings, along with restaurants such as Chick-Fil-A.

**Parking:** Parking is available onsite and is composed of two large lots with six gate entrances for general admission and two gates for VIP/ADA access. Parking prices vary based on the team, league and sport being held on that day.

**Extras:** The Annapolis Blues have already sold over 4,300 season tickets for the

2024 season. The Blues offer various promotional events throughout the season, such as: youth teams playing on the field before games/at half time, honoring a military member for their service before every game, halftime games for prizes, and much more. The Blues are very active in the community, offering several meet and greets, free clinics, and various other community engagement opportunities.

# 05 Prince George's Stadium



**HOME TO: BOWIE BAYSOX**  
(MILB EASTERN LEAGUE,  
ORIOLES DOUBLE-A AFFILIATE)

**Notable Personnel:** Coby Mayo, third baseman and 2023 Eastern League MVP is one of the top five prospects in the Orioles system. Finishing with 55 RBIs in 62 games, Mayo's hot streak continuing in the 2024 season will be pivotal to the Baysox success. Catcher Samuel Basallo has caught the attention of a few scouts. Basallo will be a standout player for the Baysox this season, coming into the higher MiLB ranks through the 2023 season after a standout half season with the Delmarva Shorebirds. With the 19-year-old on a fast rise, the only question is how long until he moves onto the MLB?

**Food:** Having several of the common baseball concessions, Prince George's Stadium's standout favorite among fans is the gyro stand. Offering a Greek twist on classic American food, this is one you cannot miss. It's not a baseball game without the Dippin Dots, which are offered at several locations throughout the stadium.



## NEW FEATURES:

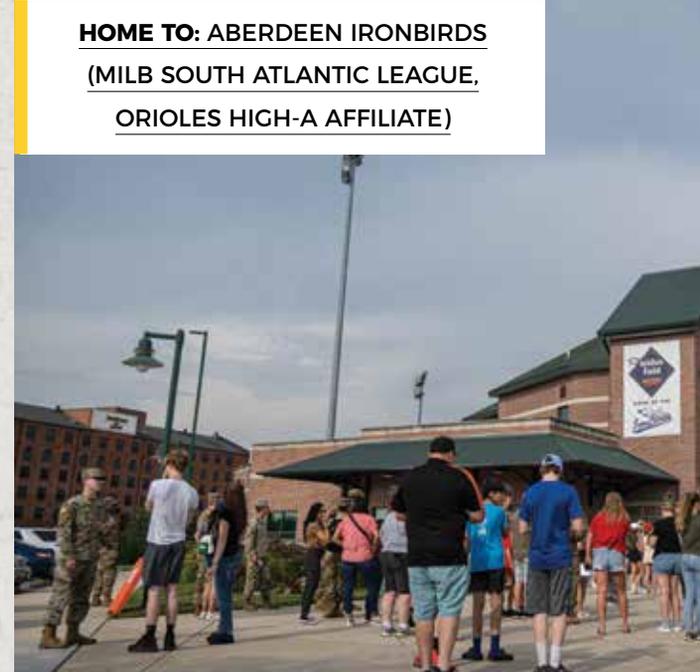
Since opening in 1994, Prince George's Stadium has not undergone any major renovations or additions. The Baysox will host the first game of the season, having been on the road three times in the last five seasons for opening day.

**Parking:** Parking is easily accessible in two locations, a main lot and an auxiliary lot. All parking is free, however you can pay an additional \$8 for preferred parking, which will guarantee you a spot in the main parking lot.

**Tickets:** Ticket prices vary, however the Baysox offer several promotional offers and discounts on a near-nightly basis.

**Extras:** Kids aged 3-12 are invited onto the field to run around the bases after every Friday and Saturday home game. Those 60-years and older can join the Silver Sox Club, a free of charge membership club that offers in season promotions, luxury suite events, and much more. Additionally, there are firework shows presented after several home games!

# 06 Leidos Field at Ripken Stadium



**HOME TO: ABERDEEN IRONBIRDS**  
(MILB SOUTH ATLANTIC LEAGUE,  
ORIOLES HIGH-A AFFILIATE)

**Notable Personnel:** Pitcher Kyle Virbitsky finished off last season with a 6-1 record and will look to continue his streak that was just starting at the tail end of the 2023 year. At only 21 years old, Frederick Bencosme has been a hopeful for many Ironbird fans over the last couple years. Seeing a slight drop last season in his OBP from 2022, Bencosme will need to have a standout year if he wants to see a path to the majors.

**New Features:** Opening in 2002, Leidos Field was designed with top-level facilities and quality design. The stadium has seen minor updates and renovations to what is an already state of the art facility, with no major changes set to take place in the foreseeable future.

**Food:** Seafood is a staple of Maryland cuisine, so you cannot miss the Richard's Crab Deck pop up, offered during select games throughout the season. Located along the first base concourse you will find some of the best BBQ in the MiLB. After your main course, finish it off on the



## TICKETS:

The Ironbirds offer various ticketing options, such as: Single games, 5-game flex packs, season tickets, and several promotional offerings.

# 07 Arthur W. Perdue Stadium

## HOME TO: DELMARVA SHOREBIRDS

(MILB CAROLINA LEAGUE,  
ORIOLES SINGLE-A AFFILIATE)



## FOOD:

Renowned as a crowd favorite, the Bird's Eye Café on the upper level is the one stop you have to make. From shrimp salad to crab dip and, even, a Delaware favorite, scrapple, the Café is a staple in the diet of Shorebird's fans.



third base concourse with ice cream and frozen treats from the South Mountain Creamery.

**Parking:** Located on site and just outside of the stadium entrance, the easily accessible parking lot with over 1,600 spaces is free for all visitors at home games.

**Extras:** Leidos Field plays host to various events outside of baseball. "Brews and Boos" will be back for its fifth year. Leidos Field will be filled with a spooky spectacular, plus contests, food, beverage, and various other events. "Bend it at the Ballpark" allows guests to partake in a Saturday morning yoga session, offered a few times throughout the summer.

**Notable Personnel:** After losing Samuel Basallo to the Bowie Baysox, the Shorebirds will rely on a few of their catchers to fill in the big cleats left by Basallo. Pitchers Deivy Cruz and Moisés Chace will need to build a solid rapport with the catchers to continue on their success from the 2023 season.

**New Features:** 1996 marked the year Arthur W. Perdue Stadium opened. Since then, the only major upgrades were made in 2007, coming via a new scoreboard, 360-degree wrap around deck, and new seats. Given that the Shorebirds are the only professional sports team on the Eastern Shore, the stadium is used sparingly outside of the MiLB season. However, there was recently a new lease agreement signed with Wicomico County that will allow for funding and visions of several improvements to take place in the near future.

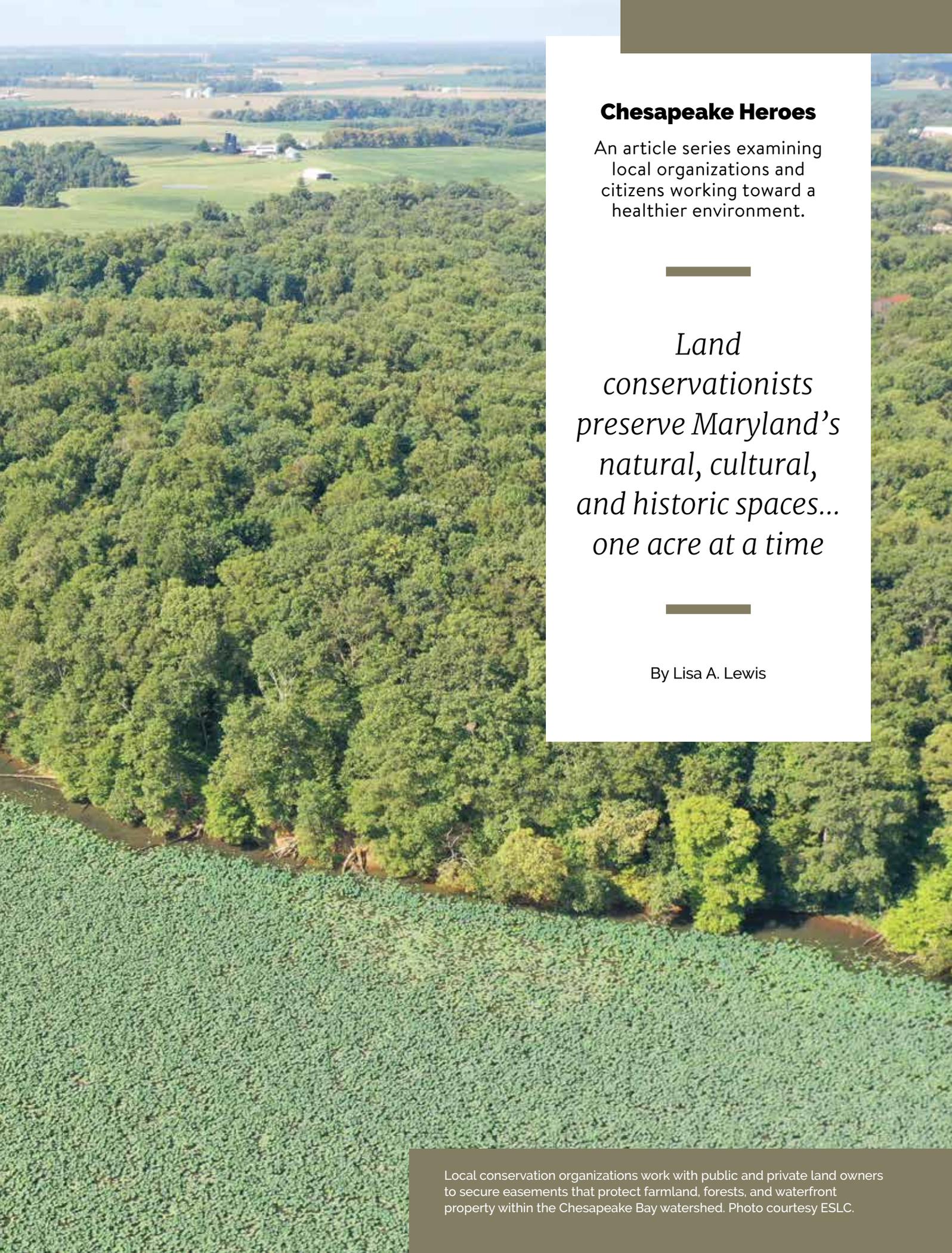
**Parking:** There is one parking lot on site for all fans, costing \$5 per car and \$10 per bus unless a pre-sold pass has already been purchased.

**Tickets:** Whether you want to pop out to the park for one game or never miss a single at-bat, the Shorebirds have several ticket offerings: Single game, full- and half-season ticket packages, mini plans, and promotional nights.

**Extras:** Kids 14-and-under are invited to run the bases like their favorite Shorebird after every Sunday home game.

# GREEN ACRES





## Chesapeake Heroes

An article series examining local organizations and citizens working toward a healthier environment.

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*Land conservationists preserve Maryland's natural, cultural, and historic spaces... one acre at a time*

---

By Lisa A. Lewis

Local conservation organizations work with public and private land owners to secure easements that protect farmland, forests, and waterfront property within the Chesapeake Bay watershed. Photo courtesy ESLC.

# W

hen the City of Annapolis, the State of Maryland, Chesapeake Conservancy, and Blacks of the Chesapeake Foundation (BOCF)

entered into an agreement with The Conservation Fund in 2022 to acquire a parcel of land, they knew that they were establishing an enduring legacy. Known as Elktonia Beach, the five-acre waterfront parcel on the Chesapeake Bay is the last remnant of the original 180-acre property purchased by Fred Carr in 1902.

During the era of Jim Crow segregation, Carr's and Sparrow's Beaches, owned and operated by Carr's daughters, Elizabeth Carr Smith and Florence Carr Sparrow, served as a beacon to the African American community—offering opportunities for leisure and recreation. Called “The Beaches,” they were a popular destination known for hosting concerts featuring legendary performers. Over time, most of the property was developed into housing or industrial projects. But Elktonia Beach, which had remained undisturbed, was finally ready to tell its story.

The acquisition of Elktonia Beach represents the culmination of efforts of several partners and elected officials working together not only to conserve a parcel of land but also to preserve its historical and cultural significance. The property, which was transferred to the City of Annapolis, will be transformed into a city waterfront park—allowing the community to learn more about African American heritage on the Chesapeake Bay.

“This is a dream come true,” says Vince Leggett, founder and president of BOCF. “African American leisure sites are not usually accessible, or they no longer exist. They are merely a push pin or a dot on a map. But Elktonia Beach is more than that; it's the actual land. The preservation of Elktonia Beach as a city waterfront park will serve as a space to interpret the rich heritage of African Americans who sought recreation, leisure, entertainment, and a sense of community during the time of segregation.”

Success stories such as Elktonia Beach shine a light on land conservation—underscoring the importance of protecting open spaces and securing Maryland's status as a leader in this critical effort. Comprised of a cadre of organizations, the



From left to right: Blacks of the Chesapeake President & Founder Vince Leggett, Maryland State Director Bill Crouch and Chesapeake Conservancy President & CEO Joel Dunn. Photo by J.T. Dean/Chesapeake Conservancy.



The August 2022 event celebrating the acquisition of Elktonia-Carr's Beach. From left to right: Anne Arundel County Executive Stuart Pittman, Maryland Lt. Gov Boyd K. Rutherford, Blacks of the Chesapeake President and Founder Vincent Leggett, Chesapeake Conservancy President & CEO Joel Dunn, and Annapolis Mayor Gavin Buckley. Photo by Anne Delano Weathersby/Play Back Shots.

mission of land conservation is to protect land from unnecessary development, preserve its natural, cultural, or historic significance, create greenspaces, such as pocket parks, community gardens, trails, and community woodlands, and promote the overall quality of life. Conserving land not only protects the health of the environment (climate mitigation, Bay restoration) but also promotes economic well-being within communities.

“Within the state of Maryland, there are many conservation organizations operating at different geographic scales, including watershed-wide, statewide, and local,” says Joel Dunn, president and CEO of Chesapeake Conservancy, a nonprofit Chesapeake Bay watershed-wide organization based in Annapolis and a co-convenor of the Chesapeake Conservation Partnership. “All of these organizations dedicate their efforts to various segments of the broader landscape. They are generally focused on one or more complementary elements within that landscape, such as working lands, cultural resources, biodiversity, equity, or climate resilience. Collectively, they protect key parts of the landscape that provide core ecological functions.”

## Importance of Land Conservation

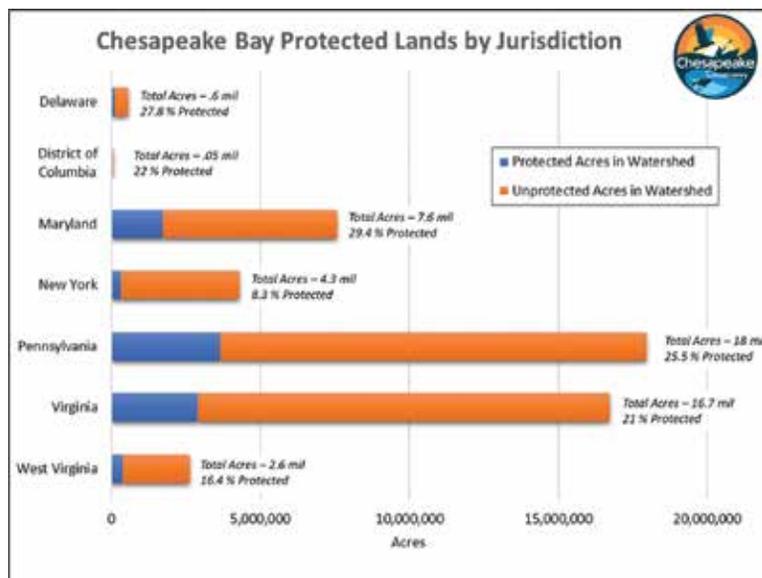
Land conservation is critical to ensuring healthy, thriving communities. Organizations work together to identify innovative ideas and solutions, match conservation goals with community needs, and strike a balance between open spaces and development. Protecting land from unnecessary development manages storm-water runoff, filters water, maintains water quality, cleans the air, protects wildlife habitat, and provides open spaces, such as parks and trails, for recreation.

“We have a responsibility to prioritize our natural resources and wildlife habitat,” says Steve Kline, president of Eastern Shore Land Conservancy (ESLC), Maryland’s largest private regional land trust, which serves a primarily rural/agricultural area spanning six counties on the Eastern Shore. “Otherwise, we risk the loss of essential resources. It’s a humbling experience to play a role in this effort and protect open spaces for the next generation.”

In addition to providing basic human necessities, such as crops for food and clean water, open spaces also improve mental well-being. Taking a walk in the woods, walking along the shoreline, and observing wildlife in its natural habitat are peaceful activities that allow people to enjoy the beauty of nature. Preserving historic parcels of land, such as Elktonia Beach, is also important because these properties teach valuable lessons about the past.

## Recent Environmental Wins

The passage of three bills by the Maryland General Assembly in 2023 further energized the land conservation effort throughout the state. These environmental wins not only represent significant progress but also demonstrate Maryland’s commitment to protecting its land.



The Maryland the Beautiful Act will establish a statewide goal for Maryland to conserve 30 percent of its lands by 2030 and 40 percent by 2040 through voluntary conservation efforts. This legislation will also authorize a Maryland Environmental Trust (MET) grant program, the “40 x 40 Land Conservation Implementation Grant Program,” which will provide funding for capacity building for land trusts in Maryland.

Gary and Janet Garman with Sarah Knebel celebrating the recent conservation easement. Photo courtesy SRLT.

The creation of a new grant program, the Greenspace Equity Program, will fund projects that will protect new lands for greenspace and improve existing greenspace for public use in underserved or overburdened communities.

The Forest Preservation and Retention Act, which amends the Forest Conservation Act (Maryland’s statewide forest conservation law), will modify the state’s current goals regarding forest preservation to protect priority forests and reduce fragmentation of forests.

“The passage of these bills is so exciting and really helps propel our mission,” says Sarah Knebel, executive director of Scenic Rivers Land Trust, a nationally accredited land trust and private non-profit organization based in Annapolis that is dedicated to protecting forests, wetlands, farmlands, and other open spaces in Anne Arundel County. “I believe that the public is starting to realize the importance of land conservation. This legislation will help us work toward our land conservation goals of 30 by ’30 and 40 by ’40, create and improve greenspace, and protect forests. There is a renewed momentum to our mission and a sense of urgency that spurs us to act.”



Aerial image of the Garman property that abuts the still-operable sawmill. Photo by Evann Magee, courtesy SRLT.

These legislative wins are not the only sign of progress. According to a press release issued by the Chesapeake Bay Program on October 31, 2023, land conservation organizations are making significant gains. Based on current data, the program is on target to achieve its Protected Land Outcome, which protects land in the Chesapeake Bay watershed from development, by 2025. Data collected through 2022 indicates that nearly 1.64 million acres have been protected since 2010, achieving 82 percent of the Protected Land Outcome and bringing the total amount of protected land to 9.1 million acres.

## Challenges of Land Conservation

The scope of land conservation is extensive, and organizations face major global challenges, including climate change, sea level rise, biodiversity loss, nutrient pollution, runoff, deforestation, invasive species, and other issues that impact the environment. In addition, land conservation organizations must also address challenges related to specific projects.

“No matter how big or small the geographic focus of a conservation organization, all projects are ultimately local and involve work at the individual parcel scale,” Dunn says. “Every acre protected is hard-earned. Sometimes a one-acre project can be just as difficult as a 1,000-acre project. Although the scale may differ, you need a willing seller, the parcel needs to be appraised, the purchase needs to be negotiated, the funding needs to be secured, and the transaction needs to be conducted. Also, in my experience, more urban projects tend to cost quite a bit more money per acre but also provide more benefits to more people.”

Challenges that land conservation organizations face vary, depending on where the land is located. Since Scenic Rivers operates in Anne Arundel County, a primarily suburban/urban area, land is very expensive. And due to the county’s close proximity to Baltimore and Washington, D.C., there is a lot of pressure to develop.



New signage denotes the Garman’s Crownsville property as protected. Photo courtesy SRLT.

Knebel says that invasive plants are also a serious threat to Anne Arundel County forest ecosystems. Scenic Rivers' Healthy Forests Program hosts public workdays for volunteers to remove invasive plants along the trails of Bacon Ridge Natural Area. To date, dozens of volunteers have helped remove nearly 3,000 pounds of invasive vines, shrubs, and grasses across 15 acres.

In contrast, agriculture, which is the largest commercial industry in Maryland, represents the lifeblood of the Eastern Shore. Preventing unnecessary development on big tracts of open space and farmland is critical to preserving the rural character of life.

The siting of commercial-scale solar projects on Eastern Shore farmland is a particularly urgent issue. As the General Assembly prepares for the 2024 legislative session, solar siting policy is a high priority as Maryland seeks to meet renewable energy goals, while continuing to advance land conservation. In fact, Kline recently referred to solar siting as "the Eastern Shore's most urgent conservation need in 2024" in his president's letter on ESLC's website.

"Ground-mounted solar projects can run from a few dozen acres to several hundred," says Kline. "The Eastern Shore has acres of generally flat agricultural land that is perfectly suited for solar energy generation. ESLC encourages state lawmakers to proceed with caution,

and we advocate priority policies related to solar siting, including a solar mitigation fee per acre and policies to ensure that Eastern Shore counties aren't expected to bear a disproportionate burden of solar development in the coming years."

In addition to solar siting, increasing infrastructure is also a major concern on the Eastern Shore. To address this issue, ESLC recently partnered with a firm to determine the return on investment (ROI) of development proposals. The goal of the project, which is called the "Value per Acre" mapping model, is to identify the most sustainable development projects.

## Approaches to Land Conservation

Land conservation takes many forms, including high-level partnerships with organizations at the local, state, and federal level as well as private foundations and corporations, the utilization of groundbreaking data and technology, the secur-



Volunteers with Scenic Rivers Land Trust remove invasive plant species, pick up trash, and maintain trails at the preserved Bacon Ridge Natural Area within Crownsville.

ing of financial resources, and the completion of individual conservation projects. Established in 2013, the Chesapeake Conservancy's Chesapeake Innovation Center (CIC) is a leader in conservation technology and "uses cutting-edge technology to empower data-driven conservation and restoration." Innovations, such as geographic information systems (GIS), artificial intelligence (AI), high-resolution datasets, geospatial analysis, tree canopy change analysis, prioritization tools, and web applications, allow organizations to accelerate the pace of land conservation.

"Land conservation organizations harness the power of data and technology to make informed decisions," Dunn explains. "We work closely with other organizations to leverage GIS to analyze the landscape, and we utilize data produced by AI to prioritize our efforts and monitor progress. The CIC explores cutting-edge methods and applications that provide actionable insights for conservation organizations."



***"I believe that the public is starting to realize the importance of land conservation...There is a renewed momentum to our mission and a sense of urgency that spurs us to act."***

—Sarah Knebel, executive director of Scenic Rivers Land Trust



Private landowners also play a role in land conservation. They can choose to conserve their property by working with a land trust to set up a conservation easement, a voluntary legal agreement that limits future development on the property in an effort to protect its environmental features. The easement specifies how the property will be managed and is a permanent agreement that passes to the landowners' heirs.

Bohemia River State Park includes 225 acres of upland and hydric forest, 60 acres set aside for planned conservation, and 29 acres for planned habitat restoration. Photo courtesy ESLC.

Shoreline, woodlands, farmland, wetlands, beaches, and ponds are appropriate for protection through a conservation easement. A good option for landowners who qualify, Scenic Rivers cites conservation easements as "the most cost-effective way to protect private property rights and preserve land." Landowners can either donate the conservation easement, which usually qualifies as a charitable contribution, or sell it to the land trust. Property visits to ensure that the landowners are upholding the terms of the agreement are conducted once a year.

"ESLC [also] has a strong record of working with landowners to set up conservation easements," Kline says. "Our easements are monitored every year with drone technology, including video and photography, which dramatically improves our view of the landscape. Conservation easements protect the property forever, so we also work with the next generation of landowners."

"Scenic Rivers secured its first conservation easement in 1989," Knebel says. "As we celebrate the 35th anniversary of this achievement, we want to come together as a land trust community and continue to serve landowners in Anne Arundel County."

To date, Scenic Rivers holds 78 conservation easements across Anne Arundel County, totaling more than 3,700 acres; ESLC holds more than 300 individual easements on more than 56,000 acres on the Eastern Shore.

## Noteworthy Conservation Easements

The decision of landowners Gary and Janet Garman to protect their 130-acre property in Crownsville is an ideal example of the benefits of conservation easements. Through a partnership with Scenic Rivers and the Maryland Department of Natural Resources (DNR) in 2023, the Garmans set up an easement to conserve their land, which includes forest, farm, and the last remaining sawmill in Anne Arundel County.

“Through the years, developers have asked about buying our property, but we weren’t interested,” Gary says. “It’s been in my family since 1917, and I am the third-generation landowner. We love the woods, and it’s a haven for wildlife. The sawmill also has great historic value. Setting up the conservation easement was a smooth process, and I encourage others to look into this option.”

The Garman property is number eight on Scenic Rivers’ list of the Top 100 most important properties in need of conservation in Anne Arundel County. The land trust partnered with the CIC to develop a parcel prioritization tool to visualize data, which helped with the compilation of the list. One of Scenic Rivers’ major goals is to conserve all of the properties on the list within the next decade.

Another notable property, Wye House, a historic residence (circa 1790) located in Talbot County—and the former plantation where Frederick Douglass was enslaved as a young child—was preserved through three easements. Currently owned by 12th-generation landowner Richard Tilghman, the land was originally acquired by Edward Lloyd circa 1659. A historic easement on the family cemetery was granted to Preservation Maryland by Tilghman’s great-aunt (1950s) and extended to cover the 18th-century orangery (mid-1980s). Two conservation easements, one covering 164 acres in 1986 and one covering 146 acres in 1993 via his great-aunt’s will, were granted by ESLC and MET.

“Wye House is one of the most intact plantations in Maryland,” Tilghman says. “The property, which is about 1,200 acres, is primarily unchanged and features several outbuildings that are no



The Wye House is a historic residence (circa 1790) located in Talbot County preserved through three easements. A historic easement on the family cemetery was granted to Preservation Maryland by Tilghman’s great-aunt (1950s) and extended to cover the 18th-century orangery (mid-1980s). Two conservation easements, one covering 164 acres in 1986 and one covering 146 acres in 1993 via his great-aunt’s will, were granted by ESLC and MET. Photo courtesy ESLC.

longer in use. My great-aunt believed that it was important to preserve the character of this historic property in perpetuity.”

Whether land conservation organizations are protecting a parcel of land by utilizing cutting-edge technology or working with a private landowner to set up an easement, they are excited about the future. They are proud of the progress they have made and look forward to achieving their long-term goals. Land conservation is a top priority in Maryland, and although the journey won’t be easy, land conservation organizations are united in this critical effort and embrace their mission with a spirit of enthusiasm.

“Maryland is a leader in land conservation, and we want to continue to serve as an example in the Chesapeake Bay watershed and the nation,” Dunn says. “I have two daughters, and I want them to enjoy the Bay as much as I did when I was a kid. I want them to chase butterflies, run along the beach, and simply enjoy the wonder of nature. I’m proud to be part of this effort, and I know we can succeed.” ■



**“Conservation easements protect the property forever, so we also work with the next generation of landowners.”**

—Steve Kline, president of Eastern Shore Land Conservancy

**Special thanks to Jody Couser, senior vice president, Chesapeake Conservancy, and Erin Valentine, development and communications officer, Scenic Rivers Land Trust.**

 ASK THE DOC


**James H. Lynch, MD, FACS**

Sports Medicine Physician  
Regenerative Orthopedics & Sports Medicine

**Q:** What treatment can help my *anxiety*, in addition to medications and psychotherapy?

**A:** Stellate Ganglion Block (SGB) has been shown to dramatically reduce anxiety symptoms by 50%. SGB is an injection of local anesthetic around a nerve in the neck that controls the sympathetic nervous system—the “fight-or-flight” system—which can be inappropriately elevated in many people with anxiety. SGB is not new. This safe, simple injection has been used to treat pain since the 1920s and has been used increasingly to treat posttraumatic stress disorder (PTSD). Recently, though, SGB was also discovered to provide significant relief of anxiety symptoms. SGB takes less than 15 minutes to perform, and benefits are seen in as little as 30 minutes.

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 ASK THE DOC


**Jesselina Curry, MD**

Luminis Health

**Q:** My child told me they are bullied at school, what should I do to help?

**A:** If your child tells you they are being bullied, the first thing you should do is listen carefully as they share their experience. Reassure them that you are going to support them and help them through this challenge. Once you know the details, reach out to your child’s school and make them aware of the situation. A teacher or school counselor may be able to discuss strategies to put a stop to the bullying. You should also consider seeking professional help for your child, as a specialist will be able to build your child’s self-confidence during their school years. At Luminis Health, we have several counselors that work with young adults to help them through bullying and other stressful situations.

Learn more: [Luminis.Health/BehavioralHealth](http://Luminis.Health/BehavioralHealth) | 410-573-9000

 ASK THE DOC


**Dr. Jeanine Werner**

Maryland Oncology Hematology

**Q:** What tests can be done to look for cancer in healthy people?

**A:** Scientific studies show the major benefit of cancer screenings is early detection; they can detect cancer before it has started or when it’s early. Recommended screening tests include mammograms for women 40 and over; colonoscopies or Cologuard for everyone 45 and older; low dose chest CT scans for those with a 20-pack year smoking history, ages 50-80; regular pap smears in women; and testicular self-exams in young men. In individuals with a family history of breast or colon cancer, screening tests would start at a younger age. HPV vaccination is already saving lives. Insurers often cover screening tests. Get screened!

Learn more: [marylandoncology.com](http://marylandoncology.com) | 410-897-6200

# ASK THE DOC



**Meredith Todd, DDS**  
Harbor Dental Center

## Q: Do veneers always look fake?

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# Aesthetic & Wellness Trends We Love

By Staff

**S**pring is in full bloom. The sun is (hopefully) shining! We are renewed and anticipating the seasons ahead. We've emerged from winter denning. Our minds and bodies are ready to take on the world, so to speak. So, let's give a little love to ourselves with some of our favorite aesthetic and wellness trends. We've culled treatments, activities, exercises, and concepts from our recent Health & Beauty coverage that we find intriguing. We hope you do, too!

## SKIN FASTING/CYCLING

Skincare routines involve multiple steps and a variety of products, all with the goal of making your skin look smooth, healthy, and ageless. With so much involved, it's hard to tell what's working, what's not, and what might actually be making your skin worse. That's why skin fasting and skin cycling have become increasingly popular trends. In the case of skin fasting, you are taking a break from your skin care routine completely. For a week or more, you cleanse your skin with only water and avoid products like moisturizers, serums, or masks. When you're skin cycling, you do a different step in your skincare routine each day, giving it a chance to have its full effect, instead of doing all steps at the same time every day. By taking a break from your skincare routine, or only doing one part of it a day, you're giving your body a chance to readjust its natural oil production or pH. Remember, your skin is unique, so what works for a friend isn't necessarily going to work for you. Your dermatologist will be able to give you specific advice on what steps you should take to maintain good skin health.

## Intuitive Eating

There's growing push-back to what's often referred to as "diet culture," the normalization of always watching what you eat and categorizing foods as good or bad. Instead, people are choosing the route of intuitive eating—an approach that encourages listening to your body's natural hunger and fullness cues, as well as how foods make you feel physically, so you can have a positive relationship with food. As the Cleveland Clinic puts it, it's about unlearning everything we've learned about food from dieting over the years. So, what does that mean? At its most basic, intuitive eating comes down to three factors: (1) eat only when you're hungry; (2) no foods are off limits; and (3) get rid of the emotion. It's about approaching food in a way that doesn't involve stress or anxiety, and learning to make healthy choices because you want to, not because you feel as if you must.



## MOVEMENT SNACKS

Dreading the hour-long workout after a full day of work? Try movement snacks! Small "snack-sized" bouts of exercise (as opposed to a whole "meal" of a workout) that add up to sufficient physical activity throughout the day. The concept has been around for a while, but it's only in the past two or three years—since the Covid-19 pandemic up-ended most schedules—that people have started to popularly implement it. Overall, it's about shifting your mindset to embrace regular activity as part of your routine. Wondering what a sample day of movement snacks might look like.

### CONSIDER THIS:

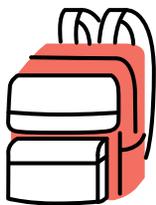
- 5 minutes of yoga when you wake up in the morning
- 10 minutes of walking before you start work
- 5 minutes of light calisthenics midmorning
- 10 minutes of walking break to pick up lunch
- 5 minutes of light calisthenics mid afternoon
- 10 minutes of walking around the block when you get home
- 5 minutes of stretching while you watch TV in the evening

When it's broken down like that, getting a sufficient amount of exercise no longer seems like an overwhelming item on your to-do list—it's suddenly easy to make it part of your day.



## Infra-Red Heat Therapy

If you've ever enjoyed a brief sit inside a sauna and left feeling refreshed and invigorated, there's some science behind that—the short period of high heat is actually good for you, leading to improved circulation and muscle recovery. And there's been a growing trend in how that heat gets applied to your body. Infra-red saunas, which use electromagnetic lamps to deliver warmth directly to the skin. This can warm up your body without warming up the entire room. The benefit to this is that it's much more comfortable—the temps usually hit somewhere between 110- and 130-degrees Fahrenheit, versus the nearly 190 degrees Fahrenheit you might sit in with a traditional sauna—while still offering the therapy people look to get from heat.



## RUCKING

But if you're in the mood for an endurance challenge, that carries more weight (literally and figuratively) than the lighter movement snacks of your day-to-day routine, try rucking. It's simple. Rucking is walking or hiking wearing a backpack (rucksack) full of extra weight, which makes the chosen activity a more challenging workout. Rucking builds muscle, especially in the lower body, strengthens your core, improves endurance, and is said to help with back pain. It's become a popular pick-me-up activity among weekend warriors who love to day-hike—there are even specialty weighted rucking backpacks on the market.

## MICRONEEDLING... YOUR BODY

You've probably heard of microneedling as a facial treatment to address acne and enlarged pores, mild scarring, wrinkles, stretch marks, and uneven skin tone. But did you know that the procedure—which involves ultra-thin needles pricking tiny, shallow holes that, although they won't draw blood, will be enough to stimulate healing, prompting your body to produce collagen and elastin—can be applied to other parts of your body, including the neck, back, arms, and legs. This trend grew in dermatology offices in the past year and continues to be an effective treatment.

## IPL THERAPY

Technology is a beautiful thing—medical advances mean more and more noninvasive options for improving your health with impressive results, and the latest development in cosmetic procedures is a treatment called Intense Pulsed Light therapy, often called IPL for short. You might've heard of IPL referred to as photorejuvenation or photofacial. High-intensity pulses of light are administered quickly via a handheld device onto targeted areas of skin. Your skin's chromophores—the part of your skin molecules that give your skin its color—absorb this light energy, generating heat and selectively damaging the targeted problem cells or structures while leaving surrounding tissue unharmed. The result is evened skin tone and improved texture, as well as reduced appearance of any blemishes or marks. As with other noninvasive cosmetic procedures, the success you have could vary—IPL won't eliminate acne or rosacea, but it will provide significant aesthetic improvements.



## COLD THERAPY

At the other end of the thermometer is cold therapy for body/muscle recovery. While ice-packs or an ice-bath may be the most time-tested treatments for athletes recovering from intense workouts or injury, advancements in delivery of cold therapy now include what's known as *cryotherapy*. The most accessible and popular form today involves visiting a clinic/spa at which you'll sit in a cryotherapy booth, immersed in sub-freezing temperatures for about three to five minutes per session. Preliminary studies suggest that cryotherapy could help with pain relief and muscle recovery, reduce inflammation, assist weight loss, reduce anxiety, and potentially help treat several conditions including migraines, eczema, dementia, and even cancer.

\*Healthcare Disclaimer: This is for educational and informational purposes only and does not constitute providing medical advice or professional services. The information provided should not be used for diagnosing or treating a health problem or disease, and those seeking personal medical advice should consult with a licensed physician.



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Nestled in the esteemed Links at Perry Cabin, this residence seamlessly blends Contemporary Coastal flair with the laid-back charm of Eastern Shore living. Ready for immediate occupancy, the home boasts three generously sized bedrooms, each with ensuite baths. Revel in the beauty of the stunning open floorplan that seamlessly integrates a dreamy kitchen, a spacious dining area, and a comfortable living space. Take in the scenic views and refreshing breezes of the Miles River, all without the burden of home maintenance. Plus, a coveted boat slip is included for an added touch of waterfront luxury.



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# Home & Garden

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# A Place Most Peaceful

By Lisa J. Gotto

**P**robably one of the most unique aspects of living on Maryland's Eastern Shore is its topography and how you can be motoring past acres of unfolding farmland and yet be minutes from the nearest sandy beach along a scenic waterway.

That beachy, bucolic vibe is what this month's feature home is all about. Located in Trappe, this spacious coastal farmhouse-style residence affords access to the open waters of the Choptank River and is the fruition of a dream for a pair of empty nesters.

**"IT WAS VERY IMPORTANT TO BUILD A COASTAL-SLASH-FARMHOUSE LOOK [THAT WAS] SOFT, AND NOT TOO WOODSY, HUNTSMAN, OR CABIN-LOOKING"**

We had a chance to talk to the builder of this special residence, Wes Schuman, owner of Red Oak Properties, to get the details on how the dream was achieved.

"It was very important to build a coastal-slash-farmhouse look [that was] soft, and not too woodsy, huntsman, or cabin-looking," Schuman says.

The three-bedroom, three-and-a-half-bath result clearly refined all those aspects, which reflect upon the homeowners' interests, while offering an upscale, homey dwelling with a resort lifestyle feel to it.



## FIRST IMPRESSIONS

Part of this home's allure is undoubtedly connected to its aforementioned topography with its knolly, lush green-scape and its amazing view to the Choptank River and out beyond to the Chesapeake Bay; a sanctuary of seven acres and a structure that faces west to catch sunsets over the water.

This is the impressive situation upon driving up to the residence—and then its scale and detail sink in. The two-story structure has a unique footprint with one-third of its square footage located on a 90-degree angle to the rest of the structure. The exterior wows with its multi-pitch roof line and attractive dual-tone Hardie plank siding; a cedar shake style in a misty gray on the uppers and a balanced beige on the lower boards.

The exterior presentation is further enhanced with attractive wood and stacked stone pillars, and a signature element that is replicated inside the home in a big way.





Prepare for a dramatic entry to this home with its inviting glass-front double doors with side lights, arch-shaped transom window package, and an expansive foyer that opens to the soaring ceiling in the great room. That jaw-dropping signature element is a series of rustic timber trusses that span the length of the entry through to the opposite end of the great room. Underfoot, the wide plank, engineered white oak floors instantly warm and unify the large space.

The effect is breathtaking as you take in the clear sightlines across the great room to the gorgeous river beyond. In between the trusses constructed of fir timber, the ceiling is fitted with what Schuman referred to as “miles of” custom cedar shiplap. Western cedar, sourced from Georgia, was also used throughout the home for the larger columns and beams.

## **UNDER THE TRUSSES**

Moving within the great room is effortless because the 10-inch-wide plank floors are seamless throughout and it is easy to see from this vantage point how this will be the ultimate home for entertaining guests.

A massive fireplace of Eldorado’s Nantucket-style stacked stone provides another striking (and functional) visual element to the room. It is countered on either side by substantial custom built-ins making it the prime feature wall in the large living space. A series of four, floor-to-ceiling windows are joined by two large French doors in the center to create a wall of windows to the water and grand patio and pool space created at the back of the property.

The great room was designed to include a spacious formal dining room, a cozy living room, and a separate breakfast area all done in breezy, coastal furnishings and accents. Each of these spaces is designated by and framed off with rustic cedar beams and pillars.

This warm, tonal palette continues into the 21- by 28-foot modern farmhouse kitchen with cathedral ceiling. Schuman says special care was given to provide that room with one of the largest, water-facing picture windows in the home that they located over the primary sink. (All of the home's windows were accented with prairie grills for maximum style and sightlines.)

This kitchen is a custom-designed dream come true for the chef, featuring tons of rich, white oak cabinets in two complementary tones: white and woodgrain stained. An enormous custom island with a luxe quartzite countertop and a feature wall of the contrasting woods, houses a top-of-the-line gas range and hood creating a pair of eye-catching focal points.



Extra storage is provided in the adjacent pantry that looks like an homage to the good old general store with its down-home, glass-front cabinets, rustic shelving, and shiplap walls.

Just off the dining area is a set of French doors that lead to a water-facing home office that will make the owner never wish to commute again with its tranquil views and its handsome coffered ceiling.

Two guest bedroom suites are situated on the main level of floorplan to the right of the entry to provide accommodations for the empty nesters' grandchildren, and plenty of space was allotted on the home's second level for an open-plan recreation area and family room. A respite of a different sort is also located upstairs in the form of a separate room that is accessed through a set of sliding barn doors. Inside there's an impressive, stacked stone wet bar with counter seating for six. Its optimal water views make this a relaxing gathering space for adults on the second level.



## **THE GRAND RETREATS**

No forever home would be complete without an exceptionally well-designed owners' suite. Schuman says there were several specifics that made this suite among the best his team has ever built. Location to exploit water views was key, as was convenience in the design and wow factor. To accomplish this, the bedroom was located to the left of the entry and encompassed the entire footprint of that side of the home from front to back. That would help check the box for water views and create its own wing of the home.

"We put 24-foot ceilings in there," Schuman explains. While that certainly addresses wow factor, this room was designed with a few other perks, including a 16- by 15-foot walk-in closet with a quartzite-topped center island and additional countertop for folding and organization. This space was also outfitted with a stackable washer and dryer combo and warm, wood custom cabinetry—all fitted with doors to conceal the wardrobe within, keeping the room tidy at all times.





This one-of-kind retreat can also be accessed through the great room doors, which immediately transport you to an outdoor oasis unlike any other. The large, soaring covered porch is also outfitted with timber trusses tying the whole vibe of the property from its approach, through the interior, and out into an entertainer's paradise, together. A generous lounge and dining area is located beneath the covered porch.

Out here, woody timbers are accompanied by a floor of travertine tile as far as the eye can see. And while the urge may overtake you to head right out the home's private pier to experience the river firsthand, the exquisite inground infinity edge pool and spa designed and executed by Aqua Pools & Spas of Easton, will surely stop you in your tracks. The outdoor grilling area designed with Nantucket stacked stone, the fire pits, and a private sandy shoreline complete the resort-like lifestyle effect of this water-side residence.

**"THEY CALL THIS AREA PEACE CLIFF, AND IT'S AS PEACEFUL AS IT GETS BEING THERE."**

Amenities aside, it's the location of the property along the Choptank that won over the hearts of its owners long before the house was even built.

"They call this area Peace Cliff," Schuman says. "And it's as peaceful as it gets being there."

A generous, separate exercise room next door helps the couple keep in shape, and when they're done, the ultimate bathroom and shower experience awaits them. This luxe, spa-quality bath is uniquely outfitted with a separate 15- by 7-foot bath and shower area with a wide, gracious entry that is framed by a half wall with glass above. A palette of grays works its way into the tile choices for the floors and walls, and a freestanding concrete soaking tub in slate gray is a stylish standout and a welcoming post-exercise incentive.

A large, center island provides extra storage, as does the extended his and her vanity with quartzite countertops. Warm wood custom cabinets and wood vanity accent shelving adds a special charm and personality to the space. The bedroom offers incredible out-to-the-Bay views and private access to the enormous pool and patio area.



# Know Better, Do Better

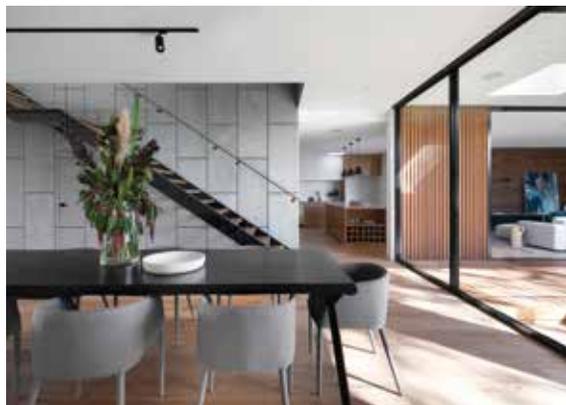
## ADVICE FROM THE ENVIRO-DESIGN EXPERTS

By Lisa J. Gotto

**W**hen was the last time you took a good long look around your home's interiors and assessed it in terms of environmental impact? If you mentally checked the, "I don't believe I've ever done that" box, you're not alone. As homeowners, there's just so much to do. Even if you have hired help, this isn't something they typically attend to either. The truth is most homeowners would not even know where to begin.

To that end, we've created (with the advice of experts in the burgeoning field of environmental design) a checklist for your home to help you get started when it comes to sustainability and efficiency. Keep in mind, Rome wasn't LEED-certified in day, so taking small steps to implement your bigger plan is always recommended.

### HERE ARE THE 5 FUNDAMENTAL AREAS TO CONSIDER FOR ASSESSING ENVIRONMENTALLY SOUND AND STYLISH INTERIORS.



**1 Materials Check:** What are your soft goods and associated furnishings made of? What you might wish to consider the next time you are contemplating a purchase, is whether the item is made from sustainable materials, such as re-claimed wood, bamboo, cork, or recycled materials. When assessing, determine whether your goods' finishes are healthy and sustainable. Are they non-toxic and eco-friendly to reduce indoor air pollution? Remember, it's not about just trashing everything you have that doesn't meet the sustainability standard, it's about creating awareness going forward so future purchases can be more mindfully made.



**2 Energy-Efficiency:** There are some ways small ways to get started in this regard. Have you completed the switch over to LED lighting wherever possible to reduce energy consumption? While this upgrade is pricier, LED bulbs do last much longer than the old standard bearer incandescent bulbs, and they have evolved over the last decade, so they appear much more like their older counterpart in shape and ambient qualities. Next up, check windows and doors

to see if they are doing their best in keeping your home at a comfortable temperature without leaks no matter how hot or cold it is outside. See which local installation providers offer complementary assessments and then have two or three completed to compare their findings. Research the latest in Smart home tech to see how you can best utilize and optimize the overall efficiency of your home. Innovations in this area are evolving regularly, and once your initial needs and requirements are assessed, your home could be set and then monitored for ultimate efficiency that you can easily control whether you're home or not through an application on your mobile phone.



**3 Indoor Air Quality Check:** Let's face it; this is usually the last thing we think about when we're relaxing with a book in front of the fire. The fact is, irritants within the home exist and can come in the form of VOC's or Volatile Organic Compounds found as material finishes that "off-gas" or produce emissions. They're also found in the ordinary everyday products we use to regularly maintain our homes. Common suspects include paints, varnishes, vinyl flooring, carpeting, composite woods, upholstery, cleaning products, and fuel oils. Common practices that produce VOC's include wood burning, cooking, and smoking. Investing in an indoor air quality monitor to detect when VOC levels and even mold growth and allergen levels are too high, is a way that some conscientious homeowners are addressing this issue.



**4 Natural Light & Ventilation Check:** Having an adequate, or even abundant amount of natural light in the home, has been proven to induce good health, and enhance mood and productivity, so finding ways such as using light-colored curtains or blinds to maximize natural light. Natural ventilation is always encouraged, as well, whenever seasonably possible, and certainly helps in terms of efficiency when it comes to HVAC use. Speaking of which, if you're not on a regular maintenance schedule with your provider, don't neglect your home's air filters. These should be replaced every six months at minimum, and every three months if you have pets.



**5 Space Planning:** Designing a space that flows well and provides opportunities to optimize the sustainable furnishings you have chosen goes hand-in-hand toward creating interiors that are mindful and deliver on those quality-of-life aspects that we have come to prize in our homes.

Designing a space that flows well and provides opportunities to optimize the sustainable furnishings you have chosen goes hand-in-hand toward creating interiors that are mindful and deliver on those quality-of-life aspects that we have come to prize in our homes.

To that end, an approach known as "biophilic design" is becoming increasingly important when it comes to sustainable floor plans. This aspect of design works in various ways to add elements of sustainability, such as green spaces, right into the plan. Small ideas like integrated planters on stairs, to larger concepts, such as urban rooftop gardens, and adding structures that mimic natural forms, like arches, vaults, and domes into a floorplan, have builders, architects, and interior experts working closely with clients to ensure dwellings are more intentional, healthier, and sustainable.

This approach also speaks to the aspects of social sustainability that should be incorporated into a floorplan. These are design aspects that promote social interaction and support individual well-being, such as open, multi-use spaces, meditation rooms, and library rooms. The ease with which you move from space to space within the home is also integral to biophilic design.

While these concepts were more so on the periphery of the construction and design industries just a decade ago, more firms and businesses associated with home construction and design have these resources available for homeowners who wish to do better, now that we know so much more about how to make that happen.

# Useful & Fun Tools for Gardeners

By Janice F. Booth

**D**uring the Pandemic, approximately 18 million people took up gardening. Now, more than half of American families are involved, to some degree, with their gardens. It's estimated that last year we spent \$48 billion on equipment for our gardens and lawns.

Whether we're do-it-ourselves gardeners, or we rely on the strong arms and backs of professional gardeners, we need to keep a few tools on hand for our personal use. Additionally, we sometimes covet the handy-dandy gadgets we see friends using or those advertised in our favorite gardening magazines. Or, maybe we're looking for the perfect gift for a friend who loves gardening.

So, let me review the basic gardening tools you may have or need. Also, I'll introduce you to a few tools that you may want to add to your gardening equipment just for the fun of it.



**FIRST, THE BASICS:** There are tools that even the occasional gardener wants to have on hand. Whether you're looking after pretty tomatoes and geraniums in colorful pots on your deck or keeping up with flower beds of daisies, roses, and forsythia, you will need:



**1 Gardening gloves:** canvas or leather. Try to find a pair with reinforced fingertips and thumbs. Also, choose gloves that come up over the wrists—protection from thorns and twigs. If you're buying them as a gift, gardening gloves are usually designated as "small," "medium," or "large." If you're buying canvas, go a bit large. For leather, you'll want to choose a pair that fit fairly snugly; otherwise, leather gloves can interfere with dexterity.



**3 Bypass pruners,** also called *secateurs*: Short bladed clippers that are handy for trimming among flowers and shrubs. Hardened steel is used for the best secateurs; they're easier to sharpen and hold their edge. Usually, you can buy right or left-handed versions.

**2 Hand trowel:** A trowel is a small, narrow shovel-like tool. The narrow version, with a 1–2" wide blade, is great for planting bulbs; the wider trowel, 3–4," is handy for general digging and planting in the flower beds. In either case, choose steel with a rubber-coated handle designed for steady gripping.



**4 Watering can:** Choose a 1–2-gallon watering can unless you've been really faithful at your gym workouts! One gallon of water weighs over eight pounds! Heavy plastic or galvanized steel will give you a can that lasts through one season, at least. Be sure the watering can you choose has a detachable "rose." That's the piece you can add to the spout that allows the water to spray rather than pour out.



**5** **Spray bottle**, also called a *mister*: Usually of plastic, choose a mister that is clear so it's easy to see how much and what type of water (fertilized or unfertilized) you're using.



**6** **Anvil pruners** are another type of *secateur*: Moving up from the bypass pruners that work like scissors, this tool is for cutting off small branches and makes a clean slice, similar to a knife blade. Look for a sturdy pair with replaceable or easily sharpened blades. Anvil pruners can be bought for right or left hands.

**7** **Loppers**: These long handled (18–24") pruners can trim off 1–2" diameter branches. The length of the handles provides the strength of the cutting blades.



**8** **Shovel**: Rather than buy a spade, with a rectangular blade, I prefer a shovel's curved blade that comes to a point making it easier to penetrate hard-packed soil. A sturdy shovel will have a blade of forged steel with 44–48" handle of fiberglass or wood.



**9** **Cultivator**: You've probably seen these spikey tools—long handles with 6–8 barbed wheels that move independent of each other. Here again, be sure to choose a tool that's got a sturdy handle and securely attached spikey blades. Remember, you're going to run this thing over the hard-packed ground to break it up and allow air and water to get below the surface.

**10** **Wheelbarrow**: Old or new, big or small, a wheelbarrow is a cherished companion to a happy gardener. You'll choose the size and character (and there are many types, indeed) based on your requirements. Narrow paths? Small open spaces? No space to store your wheelbarrow? Whatever characteristics matter most, your 3-wheeled companion will be the first thing you'll drag out in the spring, and the last thing you'll put away in the fall.

**AND NOW, FOR A BIT OF THE FUN STUFF:** Here are some tools, aka “toys,” that you may want to consider purchasing.



**1 Automatic lawn mower:** Even if you have a lawn service, there are those scraggly areas that seem to reassert themselves the moment the mowers drive away! These automatic mowers are similar to automatic vacuums. They'll wander around the lawn, clipping down overgrown areas. There's even a model available that looks like a sexy, little, Italian sports car!

**2 Plant moisture alarm:** Something a bit less grand but equally handy is a gadget you can stick in the pots of your favorite plants. It will indicate the moisture content of the soil and let you know if it's time to water. There's one called “Flowering App” that lets you put a device in each pot, then notifies you on your cell phone when a particular plant needs a drink. (“Ficus calling!”)



**3 Low-glow, HD outdoor camera:** Here's a gadget I certainly covet. It's a camera activated by movement, that can capture in the dark images of the wild things that visit your garden—deer, raccoons, cats, and dogs.

**Whichever tools you find indispensable in your garden, I'm sure you're oiling, sharpening, and organizing them now for the busy spring gardening season about to get underway. Let the fun begin!**



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**Primary Structure  
Built:** 1770

**Sold For:**  
\$1,250,000

**Original List Price:**  
\$1,750,000

**Bedrooms:**  
3

**Baths:** 2

**Living Space:**  
3,570 Sq. Ft.

**Lot Size:**  
18.01 acres



# Idyllic. Bucolic. Historic.

By Lisa J. Gotto

**A**t the heart of this tranquil, 18-acre property is the amazing restoration of its rustic, 18th century farmhouse. This quintessential Eastern Shore estate, owned by just one family since 1963, has been lovingly maintained and expertly updated over decades to create a vibe that is ultra-homey and farm rich.

Located in the quiet community of Still Pond in Kent County, known for its multi-acre residences and its peaceful aspect, this home

fits right in with its lush, green inner perimeter surrounding the home, that expands out to feature two ponds and its considerable, fertile farmland.

A charming portico and an all-brick facade greet visitors to the three-story, three-bed, two-bath home with an addition. The foyer is inviting with its floor-to-ceiling, rich wood paneling painted a creamy white, and its original, honey-colored hardwood floors. This part of the home features a welcoming seating area, abundant natural light, and a gorgeous period staircase.

An exquisite formal living room is located just to the right of the entry. This room is spacious and boasts large windows, crown molding, and extensive but understated wood treatments that speak to its historic

integrity. A central, wood-burning fireplace with brick surround helps create a most-welcoming place to receive guests.

This space provides access to an even lighter, brighter room; the large, formal dining room with another period-perfect fireplace and wide-paneled wood wall treatment in a bisque white. An additional fireplace in this room is smartly tucked in under the stairwell further enhancing its ambient qualities.

There's also a spacious family room on this floor with a vaulted and beamed ceiling that leads to an airy, window-trimmed sunroom with terra cotta tiled floors.

Come through to the spacious kitchen and find an incredible environment in which to cook and gather. Overhead, original rustic beams, and a bead board ceiling

pull the eye upward, while below the wood floors and the custom cabinetry painted in a rich, Federal blue, speak to the care and detail placed in this room's restoration. Exquisite, soapstone countertops highlight the work surfaces including a central, L-shaped island with farm sink and dishwasher. A contrasting wood hearth painted a deep red takes center stage in front of the cozy, in-room breakfast area.

An atmospheric back stair ascends along the side of the fireplace that leads to all the home's bedrooms on the second and third floors which include a generous primary bedroom featuring a wood-burning stove with brick surround and wood mantle. A large, central bathroom sports handsome wainscoting and a clawfoot soaking tub.

A large, second bedroom is located in a loft area above the family room, and the third bedroom is equally large with enough space for several beds.

The surrounding property also features outbuildings outfitted with an additional family room, recreational space, and a generous screened-in porch with peaceful pond views.



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# True Charmer on the Choptank

By Lisa J. Gotto

**C**

heck out this perfect getaway or everyday home in a woody, private paradise that also offers amazing waterfront views of the Choptank

River. Located in the Royal Oak/Bellevue vicinity, this two-bedroom, two-bathroom cottage property also provides the convenience of a separate, one-bedroom guest house and a detached garage with a bonus space that would make a great studio/gallery space.

**Primary Structure Built:** 1976

**Sold For:** \$1,720,000

**Original List Price:** \$1,750,000

**Bedrooms:** 2

**Baths:** 2

**Living Space:** 2,216 Sq. Ft.

**Lot Size:** 4.17 acres

Quality of life is high in this tranquil wooded setting on just over four acres. Upon entry the eye is torn between forward-facing views to the water and the visual of a gorgeous timbered ceiling above with beams and knotty wood inlays. Rich, warm hardwood floors flow through this entire great room space that connects the kitchen with the home's primary living and dining areas. The architectural effect of this space is simply stunning, and the amount of natural light coming in from a series of feature and custom windows is abundant.

The living area is spacious and is highlighted by a large, central fireplace with marble surround. Easy sightlines to the kitchen are provided via a large pass-through with half wall that keeps those views out to the water open when the chef is in there cooking. The custom kitchen is crafted of rich wood cabinetry and there's generous countertop prep space topped with white tile. A gas cooktop, integrated wall ovens, and a sunny herb window, provide the room utility and personality.



The adjacent dining area is roomy and bright, benefiting from the addition of a large, window-fitted bump out.

This unique, one-story home also offers a cozy family room with another timber and beam ceiling and large sliding doors overlooking the deck and water. One-story also means this home is great for aging in place and offers a convenient primary suite also with water views and a timber and beam ceiling. There is one additional bedroom in this home, and guests are well accommodated in the fully functioning guest house with its own kitchen and wood-burning stove.

Outside a wonderfully scenic, wraparound deck that faces the water and the property's private pier is perfect for planning and then the fruition of lazy afternoons of boating on the Choptank.



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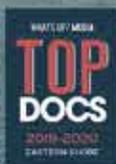
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# Health & Beauty

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**The Many  
Uses for  
Botox**  
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# Fresh Take

## FENNEL

By Dylan Roche

**T**here's something special about the vegetable fennel—you can use pretty much every part of it for some culinary purpose. But this unique strength is also what makes fennel so intimidating for even the most distinguished food and nutrition enthusiasts. Just *what* are you supposed to do with this vegetable? Although fennel might not be as well-known as its botanical cousins carrots and parsnips, it could be slightly more versatile. It has a crunchy bulb that can be eaten raw, pickled, or cooked. It has a strong flavor reminiscent of licorice that can add a kick to salads but mellows out when roasted or braised. The stalk of the fennel plant can be a noteworthy alternative to

celery—something you serve as crudité or added to simmer in a soup. The fronds of the fennel plant work well as a garnish or an herb, and the seeds can give a bit of a dimension to sweet foods like baked goods.

For as many uses as you can find for fennel in the kitchen, this vegetable can offer just as many nutritional benefits to your body. Fennel has long been regarded for its health-boosting properties—as far back as Ancient

Egypt, it has been used medicinally to soothe digestive stress and minimize the symptoms of menstruation—and there's even demand on the market today for fennel seed oil as a health supplement.

But the best way to get the most nutrients from fennel is by consuming this vegetable fresh, whether you're preparing and eating the bulbs, stalk, seeds, or fronds. Fennel is full of antioxidant flavonoids and phytonutrients which can reduce the risk of chronic diseases and slow the signs of aging.

Fennel is also a great source of electrolyte minerals, including potassium, magnesium, and calcium. Your body uses potassium to maintain fluid balance in its cells and offset the negative effects of too much sodium. Magnesium helps your muscles contract and relax



properly so that you don't suffer cramps, and calcium maintains strong bones and teeth.

But most notable is fennel's vitamin C content. A single 1-cup serving of fennel has about 17 percent of your daily needed vitamin C, much more than citrus fruits, which are often hailed as go-to sources. Vitamin C is best known for its role in boosting immunity, and it's also important for repairing damaged tissue and reducing the risk of conditions like osteoarthritis and rheumatoid arthritis.

When you're selecting fennel at the grocery store, you'll want to go for the fennel with firm, white bulbs. Although some green markings on the bulb are normal, you'll want to avoid any bulbs that are yellowing or have brownish spots—these can indicate spoilage, as can any shriveling or sponginess. When you examine the fronds, look for ones that are spry with vibrant coloring. You want to avoid any fennel with brownish or wilted fronds.

Bring the fennel home and store it unwashed and uncut in your fridge for up to two weeks. When it's time to prepare, start by washing it and trimming the roots from the bottom of the bulb. Then you can separate the bulb, stalk, and fronds to use each piece accordingly.

Want a few recipe ideas to get you started? Here are a few simple side dishes or light meals that will help you explore all the possibilities of fennel: ►

**FENNEL IS FULL OF ANTIOXIDANT FLAVONOIDS AND PHYTONUTRIENTS WHICH CAN REDUCE THE RISK OF CHRONIC DISEASES AND SLOW THE SIGNS OF AGING**

## **SQUASH SOUP WITH FENNEL**

### **Ingredients**

1 butternut squash  
1 fennel bulb  
1 large carrot  
1 large parsnip  
1 red onion  
1 bay leaf  
2 cups chicken or vegetable broth  
2 tablespoons olive oil  
1/2 tablespoon butter

Preheat oven to 375F. Peel the butternut squash and cut into 2-inch cubes. Set aside. Core the fennel bulb and chop finely, followed by finely chopping the onion. Cut the carrot and parsnip into quarter-inch pieces. Toss the vegetables (except for the butternut squash) with olive oil and spread out on a foil-lined baking sheet. Bake for approximately 30 minutes or until the vegetables are tender. While the vegetables are roasting, warm the broth in a pot over high heat. Toss in the bay leaf. Add the butternut squash and allow to soften (approximately 20 minutes). When the vegetables are done roasting, stir in with the broth and squash. Add to the food processor in small batches and puree until smooth. Transfer the pureed soup back to a pot to keep warm. Stir in butter and season with salt and pepper if desired. Serve hot.



## **SAUTEED FENNEL, LEEKS, AND MUSHROOMS**

### **Ingredients**

1 large fennel bulb  
2 large leeks  
2 large portabella mushrooms  
1 tablespoon olive oil  
1 tablespoon white wine vinegar  
2 tablespoons fresh parsley, minced  
2 cloves garlic, minced  
1/4 cup toasted almonds

Quarter and slice the fennel bulb. Select the white and pale green parts of the leek and chop into quarter-inch pieces. Slice the mushrooms. Toss the vegetables together and set aside. In a large pan over medium heat, combine the oil and vinegar. Add the garlic and brown until it becomes fragrant. Add the cut vegetables and sauté for approximately 10 minutes. The fennel should be tender and the leeks should be wilted. Add more vinegar and oil if necessary. Remove from the heat and toss with parsley. Crush the almonds and sprinkle on top. Serve warm.

## **BRAISED FENNEL AND BEANS**

### **Ingredients**

1 fennel bulb  
1 red onion  
2 clove garlic  
1 cup white beans, cooked  
1 cup chicken broth  
2 tablespoons, plus 1 tablespoon olive oil  
2 tablespoons red wine vinegar  
tablespoon dried oregano

Core the fennel and chop into quarter-inch pieces. Chop the red onion and mince the garlic. In a large pan, warm 2 tablespoons olive oil over medium heat. Add the garlic, onions, and fennel. Allow the vegetables to brown and soften for about 10 minutes. Add the chicken broth and stir in the beans and the oregano. Allow to cook for 10 minutes, stirring occasionally, until the liquid has reduced by half. Add the remaining 1 tablespoon olive oil and the vinegar. Serve warm.

# Fitness Tips

## WHY DEADLIFTS ARE SO POPULAR

By Dylan Roche

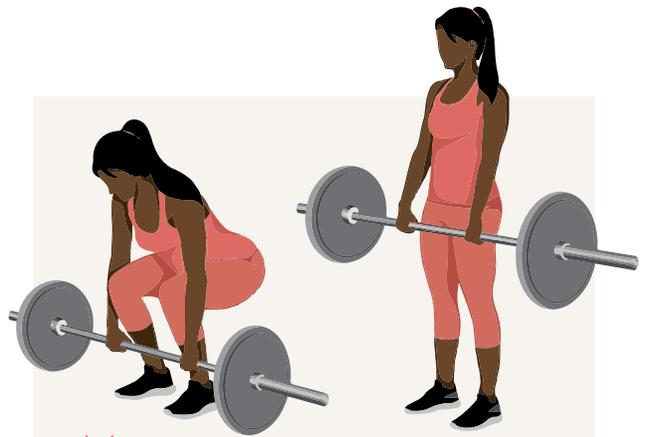
**T**alk to a group of weightlifters about their favorite exercise, and there's one you'll likely hear mentioned frequently: the dead lift. This simple move isn't overly complicated—and though it's traditionally done with a barbell, you could easily adapt it to use some other form of weight. But for all its simplicity, it isn't easy. It requires strength and helps build more strength, targeting many muscles throughout your body.

The deadlift is what's known as a compound exercise, a move that uses more than one major muscle group to perform. This makes it a great option for developing overall body strength, sculpting an aesthetic physique, and maintaining your mobility as you age. Deadlifts can also improve overall athleticism by giving you more power behind jumping and running.

Deadlifts primarily target what are known as your hip extensors, the muscle group comprising your glutes and your hamstrings. In fact, although you might think of squats as the chief exercise for your glutes, deadlifts provide them with a greater challenge—and thus a greater opportunity for growth.

In addition to your glutes, deadlifts require secondary support from your quads and your calves. Your lower back, core, and shoulders will stabilize you as you draw the weight up off the ground. In this way, you end up using and maximizing strength throughout your entire body. Building this kind of muscle will even benefit your weight management efforts, as muscle mass boosts your metabolism and burns more calories.

Another bonus? Deadlifts pose less risk for injury than you might expect. Be sure to work with weight you're safely able to handle while maintaining proper posture and technique throughout the move. Performing deadlifts will help build up your back strength so you're much less likely to experience back pain on a daily basis.



### GETTING IT RIGHT

**What does a proper deadlift look like? Here's how to perform the exercise correctly, according to the National Academy of Sports Medicine:**

- ◆ Stand with your feet shoulder width apart and toes pointed forward. The barbell should be lying in front of you, perpendicular to your feet
- ◆ Bend your knees slightly and hinge yourself at the hips so you can reach down to grab the barbell, palms down, hands planted about shoulder width apart
- ◆ Keep your back straight as you lift the barbell, maintaining the angle of your head and torso until you've brought the barbell to the height of your knees. Straighten your legs to stand up straight. Hold this position steady.
- ◆ Return the barbell to the ground by moving your body the same way—hinge your hips and bend your knees to lower the weight slowly and steadily.
- ◆ Repeat as many times as you can until fatigued while still maintaining proper form. Avoiding rounding your spine or shoulders, keep your head straight, and do not bend your knees too far.
- ◆ Although a deadlift is traditionally performed with a barbell, you can substitute a dumbbell or kettlebell in each hand, or you can use a sandbag with handles.

# The Many Uses of Botox

By Dylan Roche

**W**hen you hear the word “Botox,” your mind might immediately go to cosmetic treatments. That makes sense—doctors around the world administer millions of Botox procedures for cosmetic purposes every year. But Botox has many uses beyond cosmetics, many of which are approved as safe and effective by the Food and Drug Administration. Botox involves an injection of a type of bacterium known as *Clostridium botulinum*. Although this bacterium is toxic in large doses, small doses are just enough to block nerve signals from sending out acetylcholine, a neurotransmitter that causes your muscles to contract. When this happens, your muscles can become temporarily paralyzed or weakened. This muscle paralysis is what smooths out the skin to diminish those fine lines and wrinkles when Botox is administered for cosmetic purposes. But doctors also use this muscle paralysis to treat: ▶

These are only four of many ways Botox can be used to improve your health and quality of life, but it’s important to note that no matter how Botox is being used, its effects are only temporary. Many patients will have to receive Botox injections every three to six months to maintain their effect. Do your research and find a licensed health practitioner who will safely administer Botox using proper procedure in a safe environment.



**Muscle Spasms:** Spasms happen when your muscles contract in an uncontrolled way. Botox can relax these muscles and prevent the uncontrolled contractions, which is especially helpful for patients with cerebral palsy and other conditions of the nervous system.

**Lazy or Crossed Eyes:** This was the original intended use of Botox before research showed that this process of relaxing muscles could be beneficial in other ways. A lazy eye happens when the muscles controlling your eye movement is imbalanced. By weakening specific muscles that control eye movements, Botox can bring your eye movement back into alignment.

**Migraines:** These severe headaches happen when the nerves that send pain signals to your brain become overstimulated. But Botox can prevent these transmitters from reaching your brain, thus reducing the pain you experience. Botox can be an option for patients who suffer from chronic migraines—that is, somebody who experiences 15 headaches per month, with eight or more of them being migraines.

**Sweating:** If you suffer from a condition called hyperhidrosis, your sweat gland can be overstimulated and might produce sweat even when you aren’t overheated or exerting yourself. Botox blocks the nerve signals that stimulate your sweat glands, thus reducing the amount you sweat. This can be administered not only in your underarms but also on the palms of your hands, the soles of your feet, or other parts of your body that are prone to sweat.

# Preparing for Therapy?

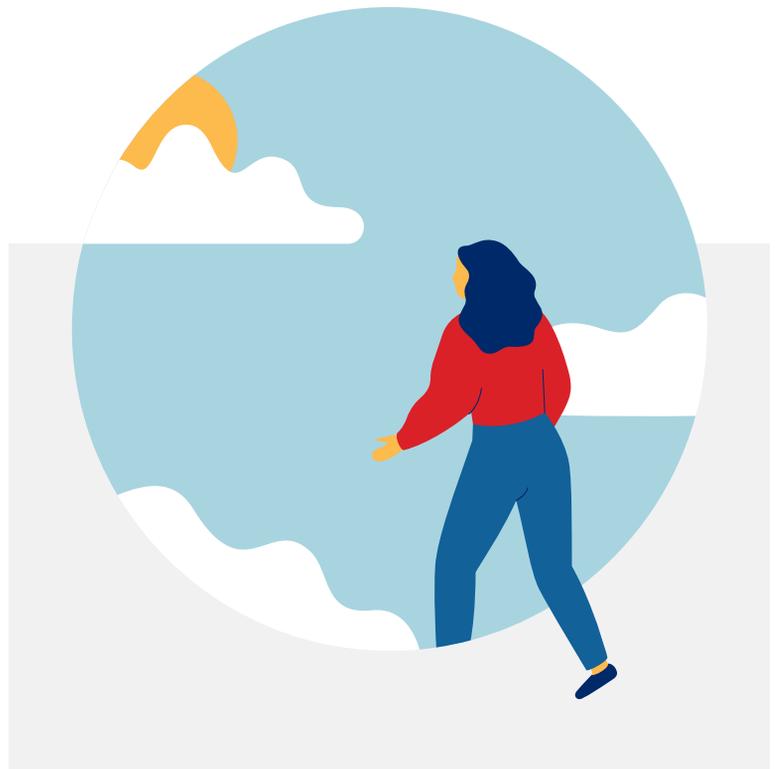
## CONSIDER THESE QUESTIONS

By Dylan Roche

**M**anaging your emotions and understanding your own thought processes and behaviors isn't something you can always do on your own—sometimes you need a trained professional to help you manage your mental-emotional health the same way you need professional guidance on your physical health. But even as society's perception on mental health changes, and stigmas surrounding therapy go away, it can still be difficult to determine what specific type of therapy is the right option for your specific needs. Therapy refers to a broad range of treatment options provided by different types of professionals distinguished by their educational backgrounds and approaches to treatment. A **PSYCHOLOGIST** is a doctor who is trained in clinical psychology and often trained in specific types of therapy.

Because of this, a psychologist can lead you in talk therapy to help you manage and understand your thoughts and behaviors. A psychologist is different from a **PSYCHIATRIST**, a licensed medical doctor who has completed psychiatric training and who can prescribe medication in addition to providing therapy. Somebody who has endured trauma or is dealing with mental health challenges could benefit from working with a psychologist, whereas somebody who needs medication for their mental health disorder—such as somebody with severe depression or bipolar disorder—would be a better fit for a psychiatrist.

A **SOCIAL WORKER** is somebody who, as the name suggests, focuses on the social influences behind mental health, such as domestic abuse. A **COUNSELOR** can evaluate a patient's mental health and provide guidance in ther-



apeutic techniques often surrounding a specific issue, such as substance use or grief. If you're looking to start therapy and considering one or more of these types of therapists, it may help to ask questions, such as:

### QUESTIONS TO ASK YOURSELF BEFORE THERAPY:

What are my goals for therapy?

What do I want in a therapist?

What practical constraints am I working under?

Many people don't know what goals they have for therapy in the beginning—they just know they have a problem and they need help fixing it. That's okay! Your therapist will be able to help you set goals, but having an idea of your needs will help you narrow down the search and find the right type of professional.

You might have preferences about your therapist themselves. For example, some patients feel more comfortable working with a therapist who is of their same gender. They might want somebody who shares their racial or ethnic background. Or they might even prefer somebody who is down-to-earth and friendly versus somebody who is formal and by-the-book.

Finally, although therapy is a priority, you may need to take into consideration your flexibility when it comes to cost and time. If a therapist does not maintain office hours at the times you're available or does not accept your insurance, that may very well rule out that therapist.

**QUESTIONS TO ASK A THERAPIST YOU'RE THINKING OF WORKING WITH:**

What is your style of therapy?

What type of clients do you work with, and what issues can you address?

How do you handle emergencies?

Every therapist's approach is going to be unique in big and small ways. Some therapists might be more personable and casual, which could either put you at ease or make you feel more anxious because you prefer a formal clinical environment. Some therapists may specialize in or be more experienced dealing with specific mental health struggles. It's also good to know how you'll be able to contact your therapist outside of office hours in the event of an emergency.

**QUESTIONS TO ASK YOURSELF DURING THERAPY:**

Do I feel comfortable speaking to my therapist, and do they answer my questions?

Do I feel comfortable with the goals we have set for my therapy?

Do I feel as if I'm making progress or have the potential to make progress?

It's important to remember that therapy often isn't a quick solution to your mental health challenges. It could take years, or it could even be a lifelong experience. But taking stock of your expectations and your feelings about your progress can help you determine whether the work you're doing with your therapist is the best fit for your needs. In some cases, you may find that you and your therapist are not a good fit for each other, and this is impeding you from making progress. Switching therapists or re-evaluating your expectations could be the difference between a negative, unproductive experience with therapy and a positive, successful one.

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# Healing Those Heels

By Dylan Roche

**C**aring for your feet often means giving a lot of attention to your toes and toenails—but what about the back end of your foot? After a winter season of cold weather and cramping your feet into heavy closed-toe shoes, those heels of yours might need a little bit of TLC. A little bit of healing for your heels, you might say. Your heels, like your toes and the balls of your feet, are susceptible to developing calluses, those thick, hardened parts of the skin that form in places where your foot experiences a lot of friction. Although calluses aren't unhealthy or dangerous, you might be self-conscious about the way they look. Another problem you might have with your heels are thick cracks, or fissures, running through your hardened skin. Cracked heels pose slightly more risk than simple calluses, as the Mayo Clinic points out they can get infected or lead to other health problems if you leave them untreated for a long time.

**There's still time to spruce up those feet before sandal season is fully here. These are some steps you can take that experts say will help heal those heels of yours:**



Consider **SOAKING YOUR FEET** based on which issue is worse. Soaking your feet in warm water can soften your calluses and make them easy to remove, but the extended water exposure can dry cracked skin out and make it worse. If you decide to soak your feet but are worried about your cracks, be sure to moisturize within a few minutes of removing your feet from the water.



**RUB YOUR CALLUS** with a pumice stone in a circular motion to remove the dead skin, but don't overdo it. Rubbing too hard or for too long can end up causing bleeding.



When it's time to **MOISTURIZE YOUR FEET**, the American Academy of Dermatology Association recommends using lotion or cream containing salicylic acid, ammonium lactate, or urea, which are formulated to soften calluses. Urea and salicylic acid are also good choices for cracked skin, according to the Mayo Clinic, as these will lock in moisture and soften your skin. Be prepared for some slight stinging or irritation at first. Once your feet are moisturized, you can put on petroleum jelly to add a protective layer.



**USE PADDING AND BANDAGES** to protect your feet throughout the day. A liquid bandage spread over cracks can not only prevent infection but also speed up the healing process. Two small pieces of moleskin placed over a callus can reduce friction that could exacerbate it.



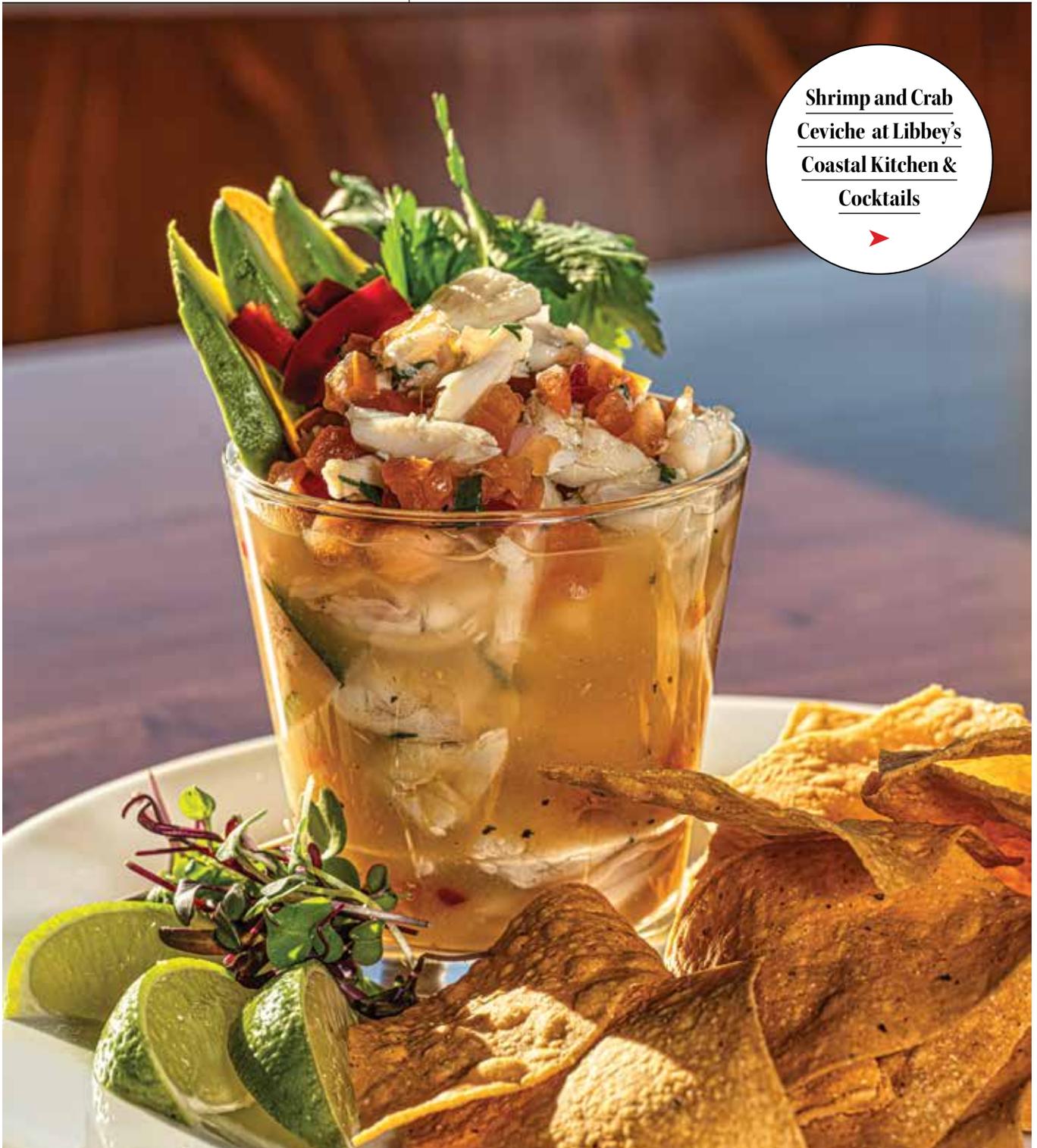
Finally, remember to **WEAR THE RIGHT SHOES**. Poorly fitting shoes can be a common cause of the friction that causes these calluses to develop. And although you might be eager to enjoy sandals as early in the season as possible, the Mayo Clinic recommends waiting until your cracked skin has completely healed before doing so, as too much exposure to the elements could irritate the skin further.

# Food & Dining

88 TASTE

91 READERS' DINING GUIDE

Shrimp and Crab  
Ceviche at Libbey's  
Coastal Kitchen &  
Cocktails



# Fresh, Local & Fun!

By Tom Worgo

It's easy to spot Libbey's Coastal Kitchen & Cocktails when driving over the East-bound span of the Chesapeake Bay Bridge. The restaurant is just a quick right turn at the end of the bridge and its outdoor seating is situated only a few feet from the edge of the Bay.

Customers crowd Libbey's, located adjacent to Bay Bridge Marina, in the warm weather for its scenic view and high-quality food. It's popular and convenient for restaurant goers to dock their boats.

"The view is second to none," General Manager Bill Redmond says. "You are right there for the best sunsets unobstructed. This is the place if you are going to watch the sunset."

Libbey's—located on site of the old Hemingway's Restaurant—celebrated its two-year anniversary in April. Customers crave favorites such as delicious crab cakes, eye-catching oysters, fresh mussels, and a number of tasty fish dishes.

In some sense, it's also two restaurants in one. It features two menus with the main one being seafood-centric. "We have casual, fine dining upstairs," Red-



## LIBBEY'S COASTAL KITCHEN & COCKTAILS

357 Pier 1 Rd, Stevensville • 410-604-0999 • libbeyscoastalkitchen.com

mond says. "But the downstairs area we call 'below deck.' It's more water-front oriented, outdoor dining. Not every restaurant has this opportunity."

To learn more, we sat down with Redmond, an Easton resident, and Executive Chef Todd MacSorley of Kent Island to discuss.

**Bill, there are a lot of good restaurants on the Eastern Shore. What separates Libbey's Coastal Kitchen from the others?** The dynamic we are looking to bring this coming season. We

want to put our own identity on some Eastern Shore classics. Chef Todd will offer some new things. You are on the Bay. Everyone is going to offer crab cakes and rockfish. We feel our recipes are styles take a step above everybody else. It's all about the quality of ingredients and quality of care.

**What impresses you about Chef Todd?** When we hired Todd, the biggest thing I took away from him is, not only his culinary experience, but that part of his career was in education. So, when it comes time to train the staff and do so in his style, he brings more to the table than a lot of chefs I have worked with in the past. I also love his passion for food. He does a fantastic job. Every ingredient he sources himself to make sure the best possible plate is going out all the time.



**How is he with the customers?** He has such a passion for the customer. I have worked with a lot of chefs that try to be the face of the restaurant. When he is in the dining room, he is just trying to get genuine feedback from the customers: what is working, what is not? What do I need to tweak if anything? His personality and organizational skills are his other strong suits. He is very regimented in what he does. When the product comes out of the kitchen, we know it is right.

**Todd, tell me about your background as a chef. Where did you work previously?** I have been working in a kitchen since I was 15. That's 36 years overall and 25 as a chef. I went to New

England Culinary School. I started at Northwoods, went to Harry Browne's, and then worked as the opening chef at Woodfire in Severna Park. Now, it's Park Tavern. Working at the Hotel Culinary Arts & Tourism Institute at Anne Arundel Community College followed. It's a culinary program there. I managed the facilities for four years as the purchaser of food, the scheduler, and an adjunct professor. That ended with covid. I opened 1820 at the Kent Island Resort and then came to Libbey's in June.

**Who has had the biggest influence on you?** Anthony Bourdain. He is the one who wrote the book *Kitchen Confidential*. He has the same outlook on culture and food that I do.





That food is a unifying thing when it's done right. Anybody can sit at any table. It's one of those universal joys.

**What is your top-selling dish?** Oh boy, crab cakes. We use very little filler and simple ingredients. I use a little bit of imperial sauce, a little bit of egg, a little bit of mayonnaise, and Old Bay of course. We let the crab cake speak for itself. They are juicy, buttery, and delicious. The customers love them. In the summer, we will go through 80 pounds of crab meat per day.

**What else is popular?** Short rib ragu. It's very popular. It's short ribs that are seared and simmered with vegetables, tomatoes, and stock. It's very tender. Then we toss it with Pappardelle pasta and finish it with some orange and lemon zest and fresh parmigiano Reggiano.

**What are your favorite ingredients to cook with?** It's kind of like asking what your favorite song is. It depends on the day and the food you are

cooking. I love making stocks—veal, chicken, and fish. It starts with absolutely raw ingredients. You have complete control over the end result and engineer it to whatever you need it to be. I also like using roasted mushrooms and roasted garlic. It gives you a real depth of flavor. It takes time and patience to get it where I like it. I think people appreciate that. I also like going slow, like cooking barbeque. I have multiple smokers at home.

**Do you source your seafood locally? How about your meats?** We have a local seafood distributor on Kent Island, BSA Seafood. I get local oysters, crabmeat, and rockfish. Whatever is seasonal we will get from them like blue catfish. I like invasive species. So, more people are fishing for them. It kind of helps the Bay out. I get my meats from Fells Point Meats. They carry stuff from local small farms. It's a craft product. My favorite thing we get from them is Roseda Farm's [in Monkton, Maryland] striploin steak.



## SHRIMP AND CRAB CEVICHE

### Ingredients

12 ounces raw medium shrimp, peeled and deveined  
 6 ounces Jumbo Lump crab  
 3/4 cup fresh lime juice (about 8 limes)  
 1/2 cup fresh lemon juice (about 3 lemons), plus zest of 1 lemon  
 4 tablespoons orange juice (about 1/2 orange)  
 2 tablespoons shallots, finely chopped  
 1 Jalapeno, diced  
 2 Roma tomatoes, seeded and diced  
 1 Avocado, chopped  
 2 ounces finely chopped cilantro leaves  
 Salt and pepper to taste  
 Tortilla chips

### Directions

Chop the shrimp into small pieces and place in a glass or non-reactive bowl. Add the lime juice, lemon juice, orange juice, and shallots. Make sure the shrimp are covered well with the citrus juice. Cover the bowl and set in the fridge until the shrimp is fully pink with no gray or raw parts, 30 minutes to two hours depending on your preference. Once the shrimp is ready, add the jumbo lump crabmeat, jalapeno, tomatoes, avocado, and cilantro. Season with salt and pepper. Mix. Transfer the ceviche to a serving bowl. Serve immediately with your favorite tortilla chips.

# 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](mailto:mkotelchuck@whatsupmag.com) or [editor@whatsupmag.com](mailto:editor@whatsupmag.com) and let us know! And for the full guide, visit [whatsupmag.com](http://whatsupmag.com).

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- Reservations
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- Outdoor Seating
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- Grab and Go

## Queen Anne's County

**Amalfi Coast Italian & Wine Bar**

401 Love Point Road, Stevensville; 443-249-3426; [amalfi-coastki.com](http://amalfi-coastki.com) \$\$ ●●●

**Bark Barbecue Café**

371 Log Canoe Circle, Stevensville; 443-618-3676; [bark-barbecue.com](http://bark-barbecue.com) \$ ●

**Bay Shore Steam Pot**

111 E. Water Street, Centreville; 410-758-3933; [bayshoresteam-pot.com](http://bayshoresteam-pot.com) \$\$\$ ● Seafood

**Big Bats Café**

216 St Claire Place, Stevensville; 410-604-1120; [bigbats.com](http://bigbats.com) \$\$ ●●

**The Big Owl Tiki Bar and Grill**

3015 Kent Narrow Way S, Grasonville; 410-829-9546; [thebigowl.com](http://thebigowl.com) \$\$ ●●●● Seasonal

**Bridges Restaurant**

321 Wells Cove Road, Grasonville; 410-827-0282; [bridgesrestaurant.net](http://bridgesrestaurant.net) \$\$\$\$ ●●●●●

**Café Sado**

205 Tackle Circle, Chester; 410-604-1688; [cafesado.com](http://cafesado.com) \$\$ ●●



**Cult Classic Brewing**

1169 Shopping Center Road, Stevensville; 410-980-8097; [cultclassicbrewing.com](http://cultclassicbrewing.com) \$\$\$ ● Events, Beer

**Doc's Riverside Grille**

511 Chesterfield Ave, Centreville; 410-758-1707; [docsriverside-grille.com](http://docsriverside-grille.com) \$\$\$ ●●●●●

**Dock House Restaurant**

110 Piney Narrows Road, Chester; 443-446-4477; [dockhouserestaurant.com](http://dockhouserestaurant.com) \$\$\$\$ ●●●

**Fisherman's Crab Deck**

3032 Kent Narrows Way S, Grasonville; 410-827-6666; [crab-deck.com](http://crab-deck.com) \$\$\$ ●●●● Seasonal

**Fisherman's Inn**

3116 Main Street, Grasonville; 410-827-8807; [fishermansinn.com](http://fishermansinn.com) \$\$\$\$ ●●●●●

**Frix's Fire Grill**

1533 Postal Road, Chester; 410-604-2525; [frixsfiregrill.com](http://frixsfiregrill.com) \$ ●●

**Harris Crab House and Seafood Restaurant**

433 Kent Narrow Way N, Grasonville; 410-827-9500; [harriscrabhouse.com](http://harriscrabhouse.com) \$\$\$ ●●●

**The Jetty Dock Bar and Restaurant**

201 Wells Cove Road, Grasonville; 410-827-4959; [jettydockbar.com](http://jettydockbar.com) \$\$\$ ●●●●●

**Libbey's Coastal Kitchen and Bar**

357 Pier One Road, Stevensville; 410-604-0999; [libbey-scoastalkitchen.com](http://libbey-scoastalkitchen.com) \$\$\$ ●●●●●

**Love Point Deli**

109 Main Street, Stevensville; 410-604-2447; [lovepointdeli.com](http://lovepointdeli.com) \$ ●

**Kent Point Marina, Bait House and Seafood**

107 Short Road, Stevensville; 410-753-2330; [kent-point-marina.square.site](http://kent-point-marina.square.site) \$\$\$ ● Seafood

**Kentmorr Restaurant & Crab House**

910 Kentmorr Road, Stevensville; 410-643-2263; [kentmorr.com](http://kentmorr.com) \$\$\$ ●●●● Seasonal

**Knoxie's Table**

180 Pier One Road, Stevensville; 443-249-5777; [baybeachclub.com](http://baybeachclub.com) \$\$\$ ●●●●

**Mamma Mia Italian Bistro and Sports Bar**

219 E Water Street, Centreville; 410-758-2222; [mammamia-centreville.com](http://mammamia-centreville.com) \$\$\$ ●●

**The Market Gourmet Cafe**

180 Pier One Road, Stevensville; 410-604-5900; [bay-beachclub.com](http://bay-beachclub.com) \$, Locally Sourced

**Mr. B's Seafood Market**

114 State Street, Stevensville; 410-643-5536; [mrbseafood.com](http://mrbseafood.com) \$\$\$ ● Seafood

**The Narrows Restaurant**

3023 Kent Narrows Way, Grasonville; 410-827-8113; [thenarrowsrestaurant.com](http://thenarrowsrestaurant.com) \$\$\$\$ ●●●●●

**Phat Daddy's BBQ**  
 205 Spring Avenue, Chestertown; 443-282-0028; [phatdaddy-sbbq.com](http://phatdaddy-sbbq.com) \$ ●

**Pour House Pub**  
 205 Tackle Circle, Chester; 443-249-3242; [pourhouseki.com](http://pourhouseki.com) \$ ●●

**Rams Head Shore House**  
 800 Main Street, Stevensville; 410-643-2466; [rams-headshorehouse.com](http://rams-headshorehouse.com) \$\$\$ ●●●

**Red Eye's Dock Bar**  
 428 Kent Narrow Way N, Grasonville; 410-304-2072; [redeyesdb.com](http://redeyesdb.com) \$\$\$ ●●●● Seasonal

**Rolph's Wharf: The Sandbar**  
 1008 Rolph's Wharf Road, Chestertown; 410-778-6347; [rolphswharfmarina.com](http://rolphswharfmarina.com) \$\$\$ ●●●●● Light Fare

**Stevensville Crab Shack**  
 116 Pier One Road, Stevensville; 410-604-2722; [stevensvillecrabshack.com](http://stevensvillecrabshack.com) \$\$\$ ● Seafood

**Yo Java Bowl Café**  
 800B Abruzzi Drive, Chester; 410-604-0000; [yojavabowl.com](http://yojavabowl.com) \$ ●

## Talbot County

**Ava's Pizzeria & Wine Bar**  
 409 Talbot Street, St. Michaels; 410-745-3081; [avaspizzeria.com](http://avaspizzeria.com) \$ ●●●

**Bas Rouge**  
 19 Federal Street, Easton; 410-822-1637; [basrouge-easton.com](http://basrouge-easton.com) \$\$\$\$ ●●

**Bistro St. Michaels**

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

**Blu Miles Seafood and Grill**

305 Mulberry Street, St Michaels; 410-745-8079; theblumiles-restaurant.com \$\$ ●●●●

**The Blue Crab**

102 S Fremont St, St Michaels; 410-745-4155; the-blue-crab-shop.square.site \$ ●●● Daily Breakfast

**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; capsizexomd.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; docs-downtowngrille.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; the-galleysaintmichaels.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; hotoffthe-coals.com \$ ●●

**Hunter's Tavern**

101 East Dover Street, Easton; 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 \$\$ ●●

**Piazza Italian Market**

218 North Washington Street Suite 23, Easton; 410-820-8281; \$\$ ● Beer and Wine

**Ruse**

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

**San Miguels**

100 S Talbot Street, St Michaels; \$\$ ●●

**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; tatthe-generalstore.com \$\$ ●●

**Theo's Steak, Sides, and Spirits**

407 South Talbot Street, St Michaels; 410-745-2106; theosteakhouse.com \$\$ ●●●

**Tickler's Crab Shack and Restaurant**

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

**Tiger Lily**

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

**Tilghman Dining at The Tilghman Island Inn**

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

**Two if by Sea**

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

**Kent County****Blue Bird Tavern**

512 Washington Avenue, Chestertown; 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, Chestertown; 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 \$\$ ●●●●

**Dockside Café on Rock Hall Harbor**

21906 Chesapeake Avenue, Rock Hall; 410-639-2478; the-lackduckinn.com \$, Seasonal

**Fish Whistle**

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

**Flying Decoy Bar + Grill**

21270 Rock Hall Ave, Rock Hall; 410-639-2000; flyingdecoy24.com \$\$ ●

**Ford's Seafood Inc**

21459 Rock Hall Ave, Rock Hall; 410-639-2032; fordsseafoodrockhall.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; 410-778-5000; imperialchestertown.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; modernstoneagekitchen.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; ospreypoint.com \$\$\$ ●●●●

**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; tolchestermarina.com \$ ●●●●●

**Uncle Charlie's Bistro**

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

**Watershed Alley**

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

**Dorchester County**

**Ava's Pizzeria & Wine Bar**

543 Poplar Street, Cambridge; 443-205-4350; avaspizzeria.com \$ ●●

**Bay Country Bakery**

2951 Ocean Gateway, Cambridge; 410-228-9111; baycountrybakery.com \$ ● Daily Breakfast

**Blackwater Bakery**

429 Race Street, Cambridge; 443-225-5948; Blackwaterbakery.com \$ ●●

**Blue Point Provision Company**

100 Heron Boulevard, Cambridge; 410-901-1234; hyattregencychesapeakebay.com \$\$\$ ●●●

**Blue Ruin**

400 Race Street, Cambridge; 410-995-7559; blueruinbar.com \$\$ ●●

**Bombay Social**

413 Muir Street, Cambridge; 443-515-0853; bombaysocialmd.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 Highway, 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 Deli On the Creek**

106 Market Square, Cambridge; 443-477-6630; Facebook \$ ●●

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**Portside Seafood Restaurant**

201 Trenton Street, Cambridge; 410-228-9007; portsidemaryland.com \$\$\$ ●●●

**RAR Brewing**

508 Poplar Street, Cambridge; 443-225-5664; rarbrewing.com \$\$ ● Beer

**River View at the Point**

1A Sunburst Highway, Cambridge; 410-228-0870; riverviewatthepointrestaurant.com \$\$ ●●● Daily Breakfast

**Snappers Waterfront Cafe**

112 Commerce Street, Cambridge; 410-228-0112; snapperswaterfrontcafe.com \$\$ ●●●●●

**Suicide Bridge Restaurant**

6304 Suicide Bridge Road, Hurlock; 410-943-4689; suicide-bridge-restaurant.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; carolinesindenton.com \$\$ ●● Seasonal

**Craft Bakery and Café**

12 S 3rd Street, Denton; 410-934-7519; Facebook \$ ●

**Denton Diner**

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

**Earth Tones Café**

5 N 3rd Street, Denton; 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**

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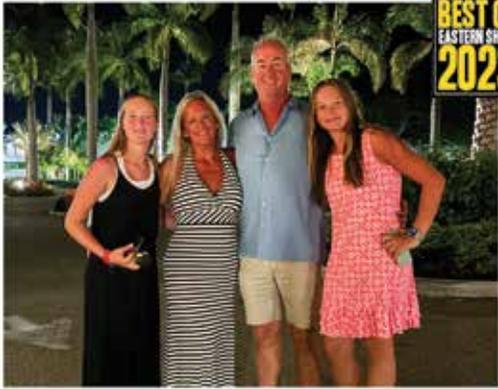
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136 Dock Street, Annapolis; 410-268-7278; dockstreetbar.net \$ ●●

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

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

**Osteria 177**

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7 Church Circle, Annapolis; 410-295-9555; reynold-stavern.com \$\$ ●●

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# Where's Wilma?

**FIND WILMA AND WIN!**

Wilma is flying through the April skies, showering her presence at the best, local restaurants, shops, services, and attractions. She's having a great time preparing for the warmer weather ahead. But where 'o 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](http://whatsupmag.com/promotions) for another opportunity to win a prize.

**Congratulations to Joan S. of Grasonville,** who won a \$50 gift certificate to a local business.

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Entries must be received by April 30, 2024. Winner will receive a gift certificate to a local establishment and their name will appear in an upcoming issue of What's Up? Eastern Shore. **Mail entries to:** Where's Wilma? Eastern Shore, 201 Defense Hwy., Ste. 203, Annapolis, MD 21401 or fill out the form at [whatsupmag.com/promotions](http://whatsupmag.com/promotions).

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