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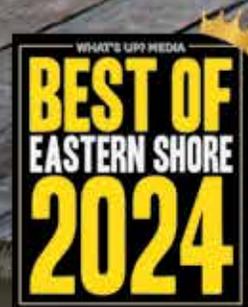


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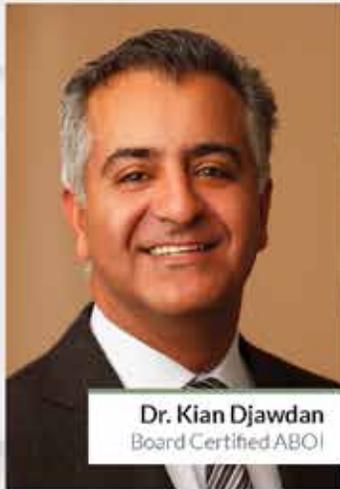
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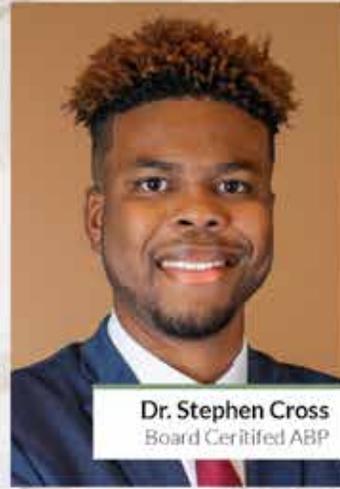
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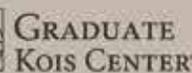
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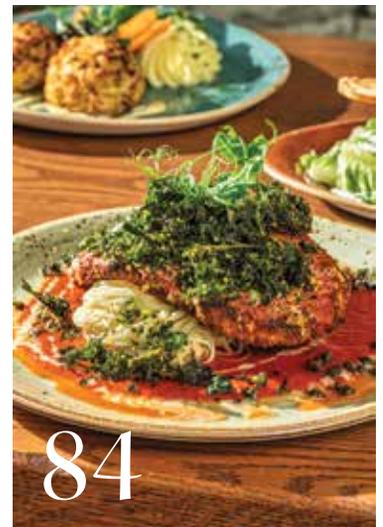


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eastern shore

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What's Up? Eastern Shore is published by What's Up? Media

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BEST OF EASTERN SHORE 2024

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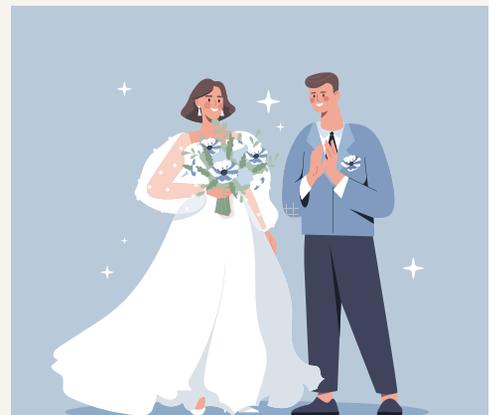


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WHAT'S UP? MEDIA'S 2024

EXCELLENCE IN NURSING

The Excellence in Nursing Campaign continues this month! A peer-survey project that celebrates exemplary nurses practicing in the Greater Chesapeake Bay Region. We are calling for licensed nurses and medical professionals to nominate your fellow nurses in several fields of practice. The results will be tabulated, vetted, and become Excellence in Nursing 2024. Voting will close at the end of June (6/30). Those earning Excellence in Nursing honors will be notified in early fall and the results will be published in the November issues of *What's Up? Annapolis*, *What's Up? Eastern Shore*, and *What's Up? Central Maryland*, in addition to the online platform and social media channels of What's Up? Media. Visit whatsupmag.com/2024nurses to nominate a nurse.



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or call 443-481-5800.**



This year's Best Of Party takes place on June 11th on the rooftop-floor of the Doordan Institute at Luminis Health Anne Arundel Medical Center in Annapolis. We will be celebrating the hundreds of Best of Annapolis, Best of Eastern Shore, and Best of Central Maryland winning businesses. All the makings of another incredible party are in the works (plus a few surprises!). I personally love being able to drift between the party inside and the refreshing outdoor overlook with a city view one normally doesn't get to see. It's neat. It's one of the best.

With this issue in your hands, together we wrap up the 20th year of all-things Best Of. A couple months ago, readers voted for their favorites in so many industries—restaurant, real estate, retail...you name it. Y'all broke records. The number of ballots shattered the previous year's mark by thousands, which itself crushed all years prior. Collectively among our three flagship magazines, more than 57,000 ballots were entered. Holy cannoli!

stood in the lobby of Graduate Annapolis hotel (formerly Loews) in awe of what had just transpired—of what was still feverishly active, yet wrapping up in a spectacular finale that, quite simply, had more than 700 hundred partygoers buzzing with happiness. After three-plus hours of divine dining, imbibing, dancing, games, promotions, silent auction, a speech or several, doling out awards, and camaraderie with all the wonderful folks in attendance, I proclaimed that the inaugural Best Of Party was more than a hit—it established itself as one of the parties of the year! It was a hoot.

Since that very first Best Of Party in 2004, the magnitude of the entire endeavor sure leaves me immensely appreciative of the dynamite personnel that pull together the campaign, promotion, party, and fundraising for charity, each and every year. From our readers, who choose the Best Of winners, to our sponsors and clients, who support the operation with their insights, man-hours, and services, and the event staff and volunteers of What's Up? Media, the operation is vast. The coverage is expansive. The attention to detail precise. And the day-of organization—nothing short of impressive.

**I PROCLAIMED THAT
THE INAUGURAL
BEST OF PARTY WAS
MORE THAN A HIT—
IT ESTABLISHED
ITSELF AS ONE OF THE
PARTIES OF THE YEAR!**

On page 26, the winners are revealed. I think the whole package is a fun way to kick-off our summer issues and get the ball rolling on good times, great dining, finishing projects, taking care of ourselves, and checking all the boxes on to-do lists. These winners are qualified pros at what they do. And it comes down to delivering excellent

experiences and services to you. Please check them out. After all, you chose them.

Welcome to summer, cheers to the very Best, and I hope to see you on June 11th!

James Houck,
Editorial Director

Knoxie's Table | The Market | The Spa | The Inn



The Inn

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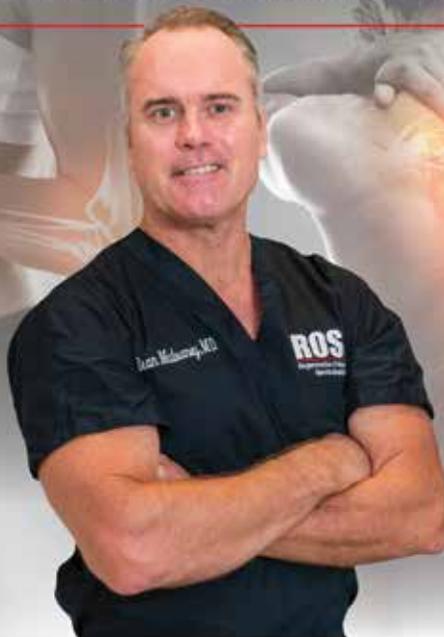


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Best Of Party

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CASEY CARES ROCKFISH TOURNAMENT

Casey Cares Foundation will host its 7th Annual Casey Cares Rockfish Tournament on June 14th. Boats will leave the Bay Bridge Marina at 5 a.m. and fish until 2 p.m. The celebration continues from 5:30 to 9:30 p.m. at The Inn at the Chesapeake Bay Beach Club. Enjoy cocktails, dinner, music, auctions, and more. Companies are encouraged to register their boat for entry. The event will raise much-needed funding for the Casey Cares Foundation, which provides ongoing and uplifting programs for families with critically ill kids. Find more information at caseycares.org.



Photo by Missy

TOUR DE TALBOT

Support Talbot Thrive with Tour de Talbot, which will start and end at Easton Fire Hall on June 8th. Ride the scenic roads of Talbot County with a 30-, 40-, or 62.5-mile ride through the flat farmland, water views, wooden bridges, and more on the Eastern Shore! Find more information and sign up at tourdetalbot.org.



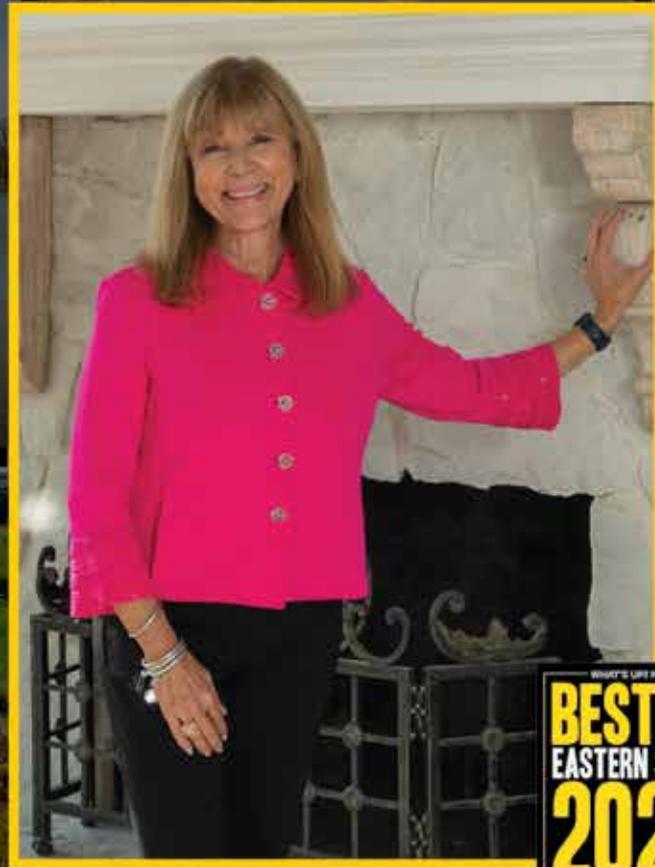
Paint Stevensville

The Kent Island Federation of Arts hosts the 8th Annual Paint Stevensville in Historic Stevensville on June 1st. Join or watch artists from all over the region draw and paint the marshes, coves, fields, nature trails, boatyards, marinas, restaurants, store fronts, and historic sites from sunrise to nightfall. Find more information at stevensvilleartsandentertainment.org.

Thank you for voting Biana

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CHAMBER MUSIC FESTIVAL

The 39th Annual Chesapeake Chamber Music Festival will have six captivating and diverse concerts between June 7th through 15th at the Ebenezer Theater in Easton. Start the festival off with the Opening Extravaganza on June 7th at 7:30 p.m. with acclaimed musicians performing Richard Stauss' lush Sextet for Strings and more selections. Find more information and get tickets to individual concerts at chesapeakemusic.org.

ANTIQUE & CLASSIC BOAT FESTIVAL AND COASTAL ARTS FAIR

On June 14th through 16th, the Chesapeake Bay Maritime Museum hosts one of the largest classic boat shows in the Mid-Atlantic region when it welcomes the 36th Antique and Classic Boat Festival and Coastal Arts Fair to its waterfront campus in St. Michaels. This Father's Day Weekend tradition will showcase wooden and fiberglass classics, vintage racers, and other antique boats. The festival is accompanied by a juried Coastal Arts Fair showcasing vendors whose products, services, and art represent boats, the water, and coastal life. Tickets are on sale now at cbmm.org.



Best Of Party

What's Up? Media's Best Of Party celebrates the very best restaurants, shops, services, entertainment, and businesses of the region all rolled into one fantastic fundraising event on June 11th at Doordan Institute at Luminis Health Anne Arundel Medical Center in Annapolis. At the party, "Best Of" restaurant winners, and only winners, serve samples of their winning dishes and drinks. This is an amazing community event that always sells out, so be sure to secure your tickets while they last at: whatsupmag.ticketspice.com/best-of-party-2024. The winners are selected by our annual reader's poll and are featured in this month's issues!



**CHESAPEAKE BAY
MOTORING FESTIVAL**

On June 8th and 9th, stop by The Kent Island Yacht Club for the 8th Annual Chesapeake Bay Motoring Festival to celebrate motoring excellence on the Eastern Shore. Go back in time with antique and classic cars enhanced by classic yachts and antique speed boats overlooking the Chesapeake Bay. Find more information and purchase tickets at chesapeakebaymotoringfestival.org.

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Benedictine's Bourbon Street Masquerade

Benedictine's Spring Gala, dubbed "Bourbon Street Masquerade," was held at the Trident Aircraft Hangar at Easton Airport on Saturday, April 27th. The Spring Gala is Benedictine's hallmark fundraising event and has taken place since 1978. Members of the Benedictine community applauded the people that make Benedictine special—the children and adults served, their families, the community, and supporters—while raising vital funds to the nonprofit's mission. Learn more at benschool.org.



1. Lidia Stevenson and April Frankton 2. Maggie & Steve Curry with James Ingraham 3. Patti Leavitt and Candi Chiaruttini 4. Jennifer & Scott Evans 5. Carl & Whitney Caricofe 6. Casey Townsend and Jay Ortiz 7. Travis & Gretchen Bowman and Mary Ruth & Gene Higgs 8. Jennifer Shoemaker and Sydney Tronn



WINNERS OF CHESAPEAKE INTERNATIONAL CHAMBER MUSIC COMPETITION ANNOUNCED

Finalists from across the U.S. representing distinguished schools and conservatories recently competed at Chesapeake Music’s 11th Biennial Chesapeake International Chamber Music Competition for Young Professionals, held at the Ebenezer Theater in Easton, Maryland. The Lerman Gold (\$10,000) Prize was awarded to The Amara Trio of New York, New York (pictured, photo by Cal Jackson). The Silver (\$5,000) Prize was shared by The Hesper Quartet of New York, New York, and the PULSE Quartet of East Lansing, Michigan at Michigan State University. The Audience Choice Award (\$1000) was also awarded to the PULSE quartet. Honorarium Awards (\$1000 each) were awarded to the Kodak Quartet of New York, New York, and Trio Menil of Houston, Texas. “The level of this competition was phenomenal! All five of the ensembles performed at an astounding level. It was a huge pleasure to hear all of the ensembles and making our decision was extremely difficult,” said Marcy Rosen, Co-Artistic Director of the Chesapeake Chamber Music Festival and Head Competition Judge. Learn more at chesapeakemusic.org.

2024 COMMUNITY IMPACT AWARD WINNERS

Talbot County business leaders gathered on Thursday, May 2nd in the Tidewater Inn’s Gold Ballroom for the 17th Talbot County Business Appreciation Summit and presentation of the 2024 Community Impact Awards. The event included a keynote address from former acting administrator and general legal counsel for the U.S. Small Business Administration, Chris Pilkerton (pictured with Talbot County Economic Development and Tourism Director Cassandra Vanhooser and his wife Amanda Cook). Following Pilkerton’s address, the awards were announced, which included: Chesapeake Bay Maritime Museum’s Welcome Center; Willow Construction; Tilghman Island Seafood; The Oxford Mews project; and Easton Utilities President and CEO Hugh Grunden. “Our goal is to connect the business community with resources that will help them succeed and grow, and to tell the stories of business leaders who are doing extraordinary things,” says Cassandra Vanhooser, director of Talbot County’s Department of Economic Development and Tourism. Learn more at talbotworks.org.



Easton Student Earns Inaugural Award

The Maryland Business Roundtable for Education (MBRT) recently announced Mia Mazzeo from Easton High School in Talbot County as one of the winners of “The 24: Maryland’s Emerging Scholars” award, which recognizes high school students for their outstanding achievements in compassion initiatives, leadership, and academic success. The awardees were selected from a competitive pool of candidates based on their remarkable contributions to their communities, exemplary leadership within their schools, and exceptional academic performance. For more information, please visit mbrt.org.

Sharon Markley Schreiber (left), Executive Director at the Maryland Business Roundtable for Education, with Mia Mazzeo and Suzanne Fischer-Huettner, Managing Director at BridgeTower Media.

Zymear Smith

NORTH CAROLINE HIGH SCHOOL FOOTBALL

By Tom Worgo



Id Dominion University Running Backs Coach Tony Lucas wants elite prospects for his program. So, Lucas told the North Carolina High School coaching staff if they had any such players, he'd be interested. He knew about the school's past college players.

Current junior Zymear Smith, a dynamic offensive and defensive player, was exactly the type of player Lucas sought.

"He liked the tape of Zymear and offered him a scholarship," North Carolina Football Coach Nic McMorris recalls. "If you are the fastest guy on the field, coaches are going to want you."

The scholarship offer was a revelation. Smith, who eventually committed to the University of Alabama, realized he could go somewhere with football. "I really started working out harder in the weight room," Smith says of his three-hour off-season training sessions at school.

Fast forward to the 2023 football season. Smith's speed proved to be real. A North Carolina coach clocked him at 4.38 seconds (an uncommon time for a high school player) in the 40-yard dash. So, more tape on Smith was sent out to college coaches to evaluate.

McMorris hoped for another offer, particularly from regional schools that recruited the Eastern Shore like Towson University, or the University of Maryland. But interest in the 6-foot, 175-pound Smith picked up bigtime in November—more than anyone expected. Smith, named a 4-star recruit by a few national college football websites, garnered interest from two storied programs: Penn State University and the University of Tennessee.

"I was surprised by the offers," Smith says. "I really didn't expect to get them from that level



of schools. Everybody was calling me, texting me. But I didn't let it go to my head. I stayed focused."

Some schools wanted Smith—ranked by ESPN.com as the 109th best player in the class of 2025—to play cornerback, while others saw him as a running back or wide receiver.

"In a span of two weeks, he had nine offers," McMorris explains.

More scholarship offers came his way after the season. Smith, a Ridgely resident, received 20 in all. The big eye opener was Alabama in February. Smith visited Alabama in early March and verbally committed then. He chose the Crimson Tide over Penn State, Texas, and Tennessee. He'll arrive at Tuscaloosa as a cornerback.

A 30-minute conversation with first-year Alabama Football Coach Kalen DeBoer helped convince Smith the Crimson Tide would be an outstanding fit. DeBoer replaced legendary coach Nick Saban (who won six national championships at Alabama) after his previous team, the University of Washington, lost to Michigan in the national championship game in January.

"Love everything about him (DeBoer)," says Smith, who also is enamored with the school's winning tradition. "His record is like 104 and 12. I think the expectations are going to be the same as they were for Nick Saban."

North Carolina's season ended in December, but the 18-year-old Smith has stayed busy with football. He participated in the Rivals.

"WITH HIS ATHLETIC ABILITY, HE CAN DO SO MANY THINGS. HE CAN MAKE A PLAY RUNNING THE BALL, MAKING A GREAT CATCH, OR ON DEFENSE."

com (Charlotte, North Carolina) and the Under Armour All-America (Baltimore) camps in April.

He competed in a series of drills against the best football recruits in the country at both camps. "I never back down from the competition," Smith says. "I say, 'Bring it on.' It was such an honor."

The North Carolina coaching staff appreciated having Smith on the varsity team. Smith ran for eight touchdowns and more than 900 yards as sophomore while catching 12 passes for 147 yards. He had more of an impact as a wide receiver during the 2023 campaign, hauling in 12 passes for 427 yards and four touchdowns. That's a whopping 35 yards per reception. Smith also rushed for 670 yards and eight touchdowns on 90 attempts for a 9-2 team. On defense, he recorded three interceptions and made 22 tackles.

Smith had two games that were memorable. He rushed for five touchdowns and 175 yards in a 41-14 playoff win over Easton in 2022.

In 2023, Smith rushed for an 86-yard touchdown, caught an 80-yard touchdown, and returned an interception 45 yards for a score in a 21-14 win over Kent Island.

"With his athletic ability, he can do so many things," rival Head Coach of Easton Matt Griffith says. "He can make a play running the ball, making a great catch, or on defense. He received all those offers, and he is going to Alabama. It's a great opportunity for him. That's for sure."



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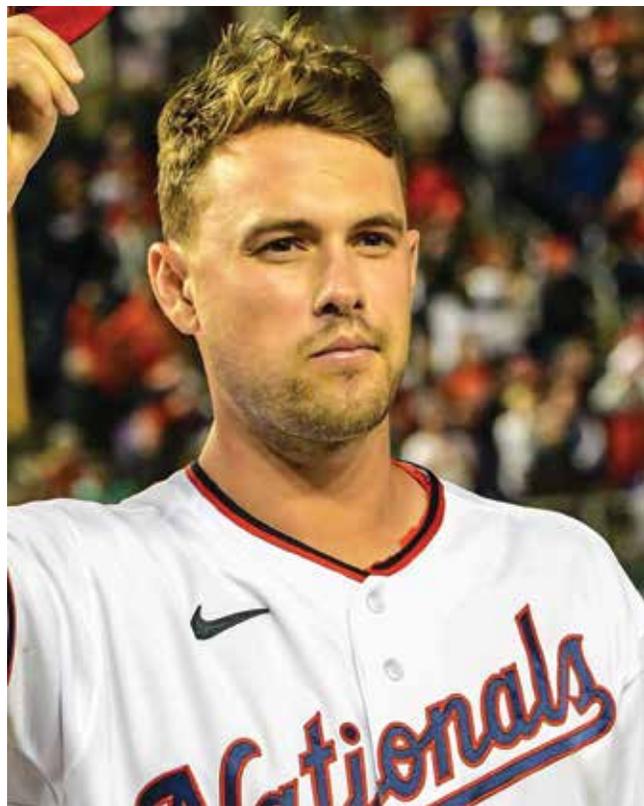
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Lane Thomas

WASHINGTON NATIONALS' OUTFIELDER

By Tom Worgo



For some professional athletes, one moment or day can define a career. That's especially true for Washington Nationals' outfielder Lane Thomas.

After playing inconsistently with the St. Louis Cardinals across three seasons—which included batting .172 in 122 plate appearances—Thomas got the break he needed when he was traded to the Nationals on July 30, 2021.

“I definitely got more playing time with Washington,” Thomas explains.

Thomas made the most of it. He established himself as a player the Nationals could count on. In 2021, he batted .270 with seven home runs and 27 RBIs in 178 plate appearances across 45 games.

The 6-foot, 190-pound Thomas put up respectable numbers the following year: a .241 batting average, 17 homers, 52 RBIs, and a .364 on-base percentage.

Things only got better in 2023 when he played at an All-Star level. Thomas hit 28 home runs, stole 20 bases, and produced 86 RBIs.

“He has been our quiet leader,” Nationals' Manager Dave Martinez says. “It's been easy to write his name in the lineup and know what I am going

to get from him. He has improved his defense and has a really great arm. And offensively, he hit so many home runs last year.”

The 28-year-old Thomas, who will earn \$2.2 million this year and is signed through next year, appreciates his opportunity with the Nationals.

We recently talked to Thomas about his development, success with the Nationals, and how spending so much time with his father Mike at National Hot Rod Association races helped him in baseball—especially off the field.

What was the key to having your best season in 2023? I was just more consistent. I think it was just getting a chance to play every day with the Nationals. After I got traded, I definitely got more playing time. With the Cardinals, I didn't get a chance to play that much. I didn't swing the bat that well off the bench. I was getting one at bat every four days compared to getting four at bats every day or other day. The more at bats you get, the more comfortable

you get. You get into more of a groove, and that really helped me out. You look up at the end of the season and you realize you had a pretty good one. It's been really nice to get that chance. It's hard to come by. A lot of guys don't get that opportunity.

How do you build off that level of success? You just try to get back to what got you those numbers. You try to build off the things you didn't do as well. The hard part about the big leagues is that

“IT'S BEEN EASY TO WRITE HIS NAME IN THE LINEUP AND KNOW WHAT I AM GOING TO GET FROM HIM. HE HAS IMPROVED HIS DEFENSE AND HAS A REALLY GREAT ARM. AND OFFENSIVELY, HE HIT SO MANY HOME RUNS LAST YEAR.”

you have some success, and you want to stick to it, but to make sure you make strides in other parts of your game. You have to make sure you stay in top shape and prep your body for 160-plus games.

How has your game progressed or developed as a hitter since you came to Washington? We have a great group of coaches here and they have helped me in a lot of different ways. With hitting and base running, you have to keep polishing those tools, or you fall behind. You set goals for yourself. It's baby steps. I just want to keep getting a little better.

With the Nationals in a rebuilding mode the past few seasons, the team has made a number of trades. Would you like to be here when the team is good again and long-term? I have been here through hard times. After the club won the World Series (in 2019), I feel a lot of those guys aren't here. We have had to start with a lot of those guys we got back in those trades, including myself. I got to see a lot of those guys grow and see myself grow. It would be cool to see it through.

You have learned a lot by watching your dad drag racing. How has that helped you? My dad is the most confident person I know. He instilled the confidence in me to believe you are one of the best players on the field. You can at least put yourself in that conversation. I think that's important to do because a lot of guys in this league are pretty good. To stay here, you have to be pretty good for a long time. If you don't believe in yourself, that's a hard thing to do.

Did he help shape your career? Absolutely. I learned to take it day by day. Some days just don't go well in this league. Having the confidence to bounce back after a bad game is important.

How do you manage your down time during road trips? What do you do? What are your favorite cities and why? I try to wake up early and get a good breakfast or walk around and check out a city. I really want to enjoy the off-the-field stuff. My favorites are the big cities—Chicago and New York. My wife, Chase, usually likes going on those road trips. It's great to go out, walk around, check out the cool stuff in the city, and go to some restaurants if we have an off day.

What charities or causes do you devote your time to?

I do some baseball stuff in my hometown of Knoxville, Tennessee, with kids and the local high school. One of the guys I played against in high school, his dad had a facility. So, he would call a bunch of the pro baseball players in Tennessee that work out together. They would do some camps for kids, and I would go help them out. Also, I like going to children's hospitals and I have gone a few times. It's really cool. You bring smiles to their faces, or at least the parents. The kids know what is going on. You can really see the distress on the families' faces. We have some hospital visits planned. I will keep doing those for sure.



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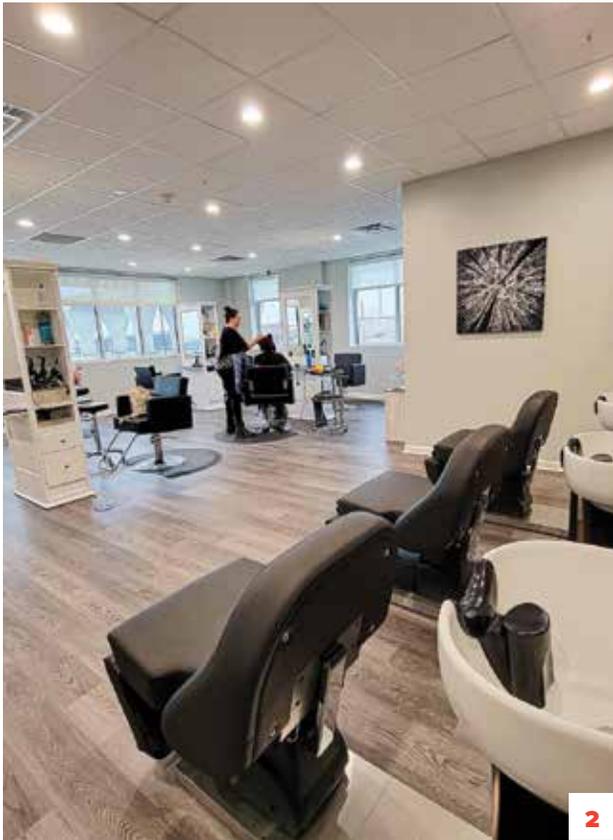
THIS YEAR, MORE THAN 13,000 EASTERN SHORE BALLOTS WERE ENTERED ONLINE DURING THE MONTHS OF JANUARY AND FEBRUARY. IN MARCH, THE EDITORIAL TEAM TALLIED THE RESULTS AND ARRIVED AT THIS YEAR'S BEST OF EASTERN SHORE WINNERS!

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Enjoy perusing this year's list and, hopefully, many of your personal favorites have won!

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1. Fisherman's Inn (Best Seafood Restaurant and other wins) first won honors in 2008 2. Swan Cove Spa (Best Day Spa) was an original Class of 2008 winner 3. The Narrows (Best Cream of Crab Soup) was an original Best of Eastern Shore winner in 2008 4. Cafe Sado (Best Sushi) is also an original 2008 Best of Eastern Shore winner





FOOD & DINING

Appetizers / Small Plates

Knoxie's Table – 180 Pier One Road, Stevensville, MD 21666; 443-249-5777; bay-beachclub.com/food-drink/knoxies-table

Bakery

Fields of Heather Bakery – 1553 Postal Road, Chester, MD 21619; 410-643-3987; fieldsofheatherbakery.com

Barbeque

Rude BBQ – 216 E. Dover Street #401, Easton, MD 21601; 833-HOW-RUDE; rudefoodco.com

Beer Selection

The Fool's Lantern Wine & Tap Room – 310 S. Talbot Street, St. Michaels, MD 21663; 410-888-7379; thefoolslantern.com

Bloody Mary

The Galley Restaurant – 305 S. Talbot Street, St. Michaels, MD 21663; 410-200-8572; the-galleysaintmichaels.com

Breakfast

The Galley Restaurant – 305 S. Talbot Street, St. Michaels, MD 21663; 410-200-8572; the-galleysaintmichaels.com

Brewery

Cult Classic Brewing – 1169 Shopping Center Road, Stevensville, MD 21666; 410-980-8097; cultclassic-brewing.com

Brunch

Two If By Sea Restaurant – 5776 Tilghman Island Road, Tilghman, MD 21671; 410-886-2447; twoifbysearestaurant.net

Burger

Rude Burger – 4 S. Aurora Street, Easton, MD 21601; 833-HOW-RUDE; rudefoodco.com

Caterer

Royal Oak Catering Company – 25876 Royal Oak Road, Royal Oak, MD 21662; 410-490-5123; royaloakcatering-company.com

Charcuterie

Knoxie's Table – 180 Pier One Road, Stevensville, MD 21666; 443-249-5777; bay-beachclub.com/food-drink/knoxies-table

Chef

Knoxie's Table / Matt Robbins – 180 Pier One Road, Stevensville, MD 21666; 443-249-5777; bay-beachclub.com/food-drink/knoxies-table

Chinese Restaurant

Hong Kong Kitchens – 210 Marlboro Avenue #39, Easton, MD 21601; 410-822-7688; hongkongkitchen-season.com

Cocktails

Libbey's Coastal Kitchen & Cocktails – 357 Pier 1 Road, Stevensville, MD 21666; 410-604-0999; libbeyscoastalkitchen.com

Coffee Shop

Blue Heron Coffee – 500 S. Talbot Street, St. Michaels, MD 21663; 720-841-9065; blueheroncoffee.com

Crabcake

Fisherman's Inn – 3116 Main Street, Grasonville, MD 21638; 410-827-8807; fishermansinn.com

Cream of Crab Soup

The Narrows Restaurant – 3023 Kent Narrows Way S., Grasonville, MD 21638; 410-827-8113; thenarrowsrestaurant.com

Cupcakes

Ruby's Cake Shoppe and Pastries – 415 B East Dover Road, Easton, MD 21601; 443-205-3979; rubyscakeshoppe.com

Deli

Love Point Deli, Wine & Spirits – 109 Main Street, Stevensville, MD 21666; 410-604-2447; lovepointdeli.com

Dessert

Dessert First Dockside Coffee & Dessert Bar – 433 Kent Narrows Way N., Grasonville, MD 21638; 410-490-8101; dessertfirsthch.com

Ethnic Fusion

4 Sisters Kabob & Curry – Locations in Easton and Stevensville; 410-443-0769 (Easton); 4sisterskabobandcurry.com

Family Friendly Restaurant

Fisherman's Crab Deck – 3032 Kent Narrows Way S., Grasonville, MD 21638; 410-827-6666; crab-deck.com

Farm-to-Table

Out of the Fire – 111 S. Washington Street, Easton, MD 21601; 410-770-4777; outofthefire.com

Fast-Casual

Ava's Pizzeria & Wine Bar – Locations in St. Michaels, Cambridge, and Rehoboth Beach; 410-745-3081 (St. Michaels); avaspizzeria.com

French Restaurant

Bistro St. Michaels – 403 S. Talbot Street, St. Michaels, MD 21663; 410-745-9111; bistrostmichaels.com

Gluten-Free

Eat Sprout – Locations in Easton, St. Michaels, and Annapolis; 443-223-0642 (General); eatsprout.com

Grab & Go

Eat Sprout – Locations in Easton, St. Michaels, and Annapolis; 443-223-0642 (General); eatsprout.com

Greek Restaurant

Sam's Pizza & Restaurant – 1110 S Talbot Street, Unit 1, St. Michaels, MD 21663; 410-745-5955; samspizzastmichaels.com

Happy Hour

Fisherman's Crab Deck – 3032 Kent Narrows Way S., Grasonville, MD 21638; 410-827-6666; crab-deck.com

Ice Cream

Sugar Doodles Sweet Shop – Locations in Centreville, Chester, and Chesertown; 443-262-8090 (Centreville); sugardoodlesweetshop.com

Indian Restaurant

Bombay Tadka – 508 Idlewild Avenue, Easton, MD 21601; 443-746-2135; bombaytadkamd.com

Italian Restaurant

Amalfi Coast Italian Restaurant & Wine Bar – 401 Love Point Road, Stevensville, MD 21666; 443-249-3426; amalficoastki.com

Japanese Restaurant

InJapan – 101 Marlboro Avenue, Easton, MD 21601; 410-443-0681; injapansushi.com

Maryland Crab Soup

Fisherman's Inn – 3116 Main Street, Grasonville, MD 21638; 410-827-8807; fishermansinn.com

Mexican Restaurant

El Jefe Mexican Kitchen / Tequila Bar – 1235 Shopping Center Road, Stevensville, MD 21666; 410-604-1234; eljefemexicankitchentequila.com

Neighborhood Restaurant

Pour House Pub – 205 Tackle Circle, Chester, MD 21619; 443-249-3242; pourhouseki.com

New Restaurant

The Fool's Lantern Wine & Tap Room – 310 S. Talbot Street, St. Michaels, MD 21663; 410-888-7379; thefoolslantern.com

Outdoor Dining

Bridges on Kent Narrows – 321 Wells Cove Road, Grasonville, MD 21638; 410-827-0282; bridgesrestaurant.net

Pizza (Chain)

Ledo Pizza – Locations in Stevensville and Easton; 410-643-7979 (Stevensville); ledopizza.com

Pizza (Local)

Ava's Pizzeria & Wine Bar – Locations in St. Michaels, Cambridge, and Rehoboth Beach; 410-745-3081 (St. Michaels); avaspizzeria.com

Ramen / Pho

Pho Van Easton – 219 Marlboro Avenue, Ste. 44, Easton, MD 21601; 410-443-0206; phovanrestauranteaston.com

Raw Bar / Oysters

Ruse – 209 N. Talbot Street, St. Michaels, MD 21663; 410-745-8011; ruserestaurant.com

Romantic Restaurant

Bas Rouge – 19 Federal Street, Easton, MD 21601; 410-822-1637; basrougeeaston.com

Salad

The Galley Restaurant – 305 S. Talbot Street, St. Michaels, MD 21663; 410-200-8572; thegalleysaintmichaels.com

Seafood Restaurant

Fisherman's Inn – 3116 Main Street, Grasonville, MD 21638; 410-827-8807; fishermansinn.com

Smoothies / Juice Shop

Yo Java Bowl – 800B Abruzzi Drive, Chester, MD 21619; 410-604-0000; yojavabowl.wixsite.com/website

Specialty Cakes

Peace of Cake – 314 Love Point Road, Ste. 101, Stevensville, MD 21666; 410-604-0355; peaceofcake.info

Sports Bar

Big Bats Café – 216 St. Claire Place, Stevensville, MD 21666; 410-604-1120; bigbats.com

Steakhouse

Theo's Steaks, Sides & Spirits – 407 S. Talbot Street, St. Michaels, MD 21663; 410-745-2106; theosteakhouse.com

Steamed Crabs

Fisherman's Crab Deck – 3032 Kent Narrows Way S., Grasonville, MD 21638; 410-827-6666; crabdeck.com

Sushi

Café Sado – 205 Tackle Circle, Chester, MD 21619; 410-604-1688; cafesado.com

Thai Restaurant

Café Sado – 205 Tackle Circle, Chester, MD 21619; 410-604-1688; cafesado.com

Waterfront Restaurant

Bridges on Kent Narrows – 321 Wells Cove Road, Grasonville, MD 21638; 410-827-0282; bridgesrestaurant.net

Whiskey Selection

The Retriever Bar & The Decoy Bottle Shop – 337 1/2 High Street, #339, Chestertown, MD 21620; 410-934-7242; theretrieverbar.com

Wine Selection

Amalfi Coast Italian Restaurant & Wine Bar – 401 Love Point Road, Stevensville, MD 21666; 443-249-3426; amalficoastki.com

Wings

Big Bats Café – 216 St. Claire Place, Stevensville, MD 21666; 410-604-1120; bigbats.com



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Barre Class

Core Collective – 1567 Postal Road, Chester, MD 21619; 301-332-7867; corecollectiveki.com

Bootcamp

Eastern Shore Performance Center – 220B Log Canoe Circle, Stevensville, MD 21666; 301-922-0706; easternshoreperformance-center.com

Cannabis Dispensary

Ash & Ember – 202 Coursevall Drive, Ste. 108, Centreville, MD 21617; 443-262-8045; ashembercannabis.com

Children's Fitness

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Bella Rose Medical Aesthetics – 2 Chester Plaza, Chester, MD 21619; 443-249-3232; bellarosemedicallaesthetics.com

Customer Service

Easton Advanced Aesthetics – 120 N. West Street, Easton, MD 21601; 410-443-0636; eastonadvancedaesthetics.com

Dance Studio

Step 1 Dance 2 Academy – 1557 Postal Road, Chester, MD 21619; 443-758-3249; step1dance2.com

Day Spa

Swan Cove Spa & Salon – 100 Piney Narrows Road, Ste. 1, Chester, MD 21619; 410-604-1500; swan-covespa.com

Dental Hygienists

Eastern Shore Dental Care – 22 Kent Towne Market, Chester, MD 21619; 410-643-5500; easternshoredentalcare.com

Dental Hygienists

Harbor Dental Center – 402 Muse Street, Cambridge, MD 21613; 410-650-8335; harbordental-center.com

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LK Aesthetics – 232 Shopping Center Road, Stevensville, MD 21666; 443-988-2622; lkaestheticsmd.squarespace.com

Eyebrow

Mircoblading The Beauty Base – 109 Country Day Road, Chester, MD 21619; 443-261-5872; thebeauty-base.com

Float Spa

Park Row Floats – 312 Park Row, Chestertown, MD 21620; 443-679-3500; parkrowfloats.com

Gym

Eastern Shore Performance Center – 220B Log Canoe Circle, Stevensville, MD 21666; 301-922-0706; easternshoreperformance-center.com

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Atelier Salon Collective – 1551 Postal Road, Ste. A, Chester, MD 21619; 410-643-4180; salonatelierki.com

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Compass Regional Hospice – 160 Coursevall Drive, Centreville, MD 21617; 443-262-4100; compassregionalhospice.org

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Laser Skin Treatment

Bella Rose Medical Aesthetics – 2 Chester Plaza, Chester, MD 21619; 443-249-3232; bellarosemedicallaesthetics.com

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The Lab Martial Arts & Fitness Center – 26 Creamery Lane, Easton, MD 21601; 443-336-3218; thelab-easton.com

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Massage by Jess – 109 Country Day Road, Chester, MD 21619; 410-200-5892; massagebyjess.com

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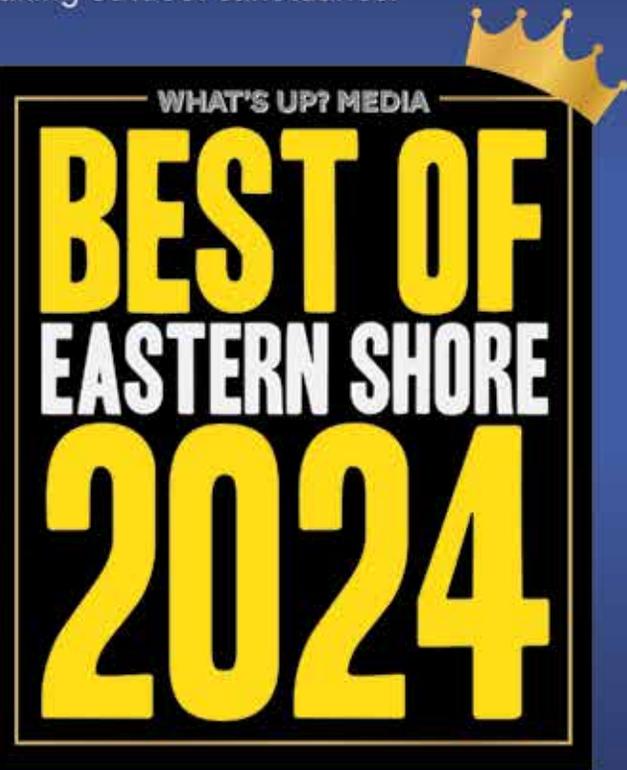


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Pictured above from Left to Right: Tammie Schnable, Kathleen Webster, Julia Jones, Chris Parks, Nanette Rediker, Lora Davis, Talli Oxnam, Tom Saxon, Lori Smith, Neil Zurowski (not pictured)

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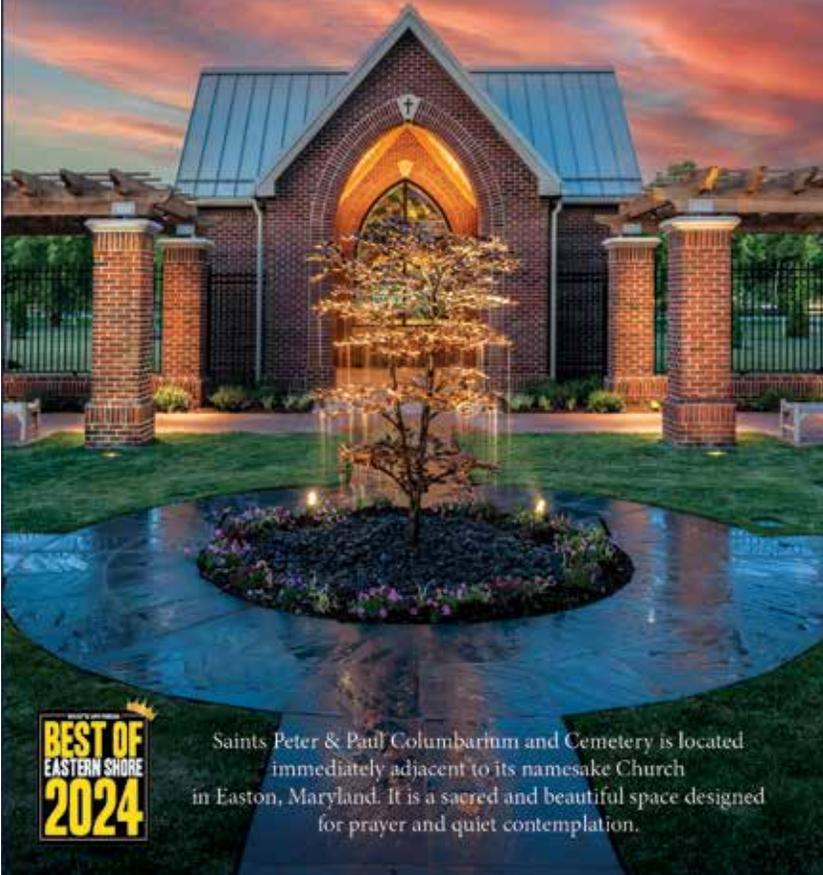


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**OTHER
EASTERN
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STORY BY **NIAMBI DAVIS**



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BE DISCOVERED OFF
THE BEATEN PATH**

At the base of the eastbound Chesapeake Bay Bridge, a sign welcomes visitors to Queen Anne's County, the gateway to the Eastern Shore. For many who brave the bridge, especially in summer, the Shore is synonymous with waterside restaurants, dock bars, marinas, crab feasts, and work boats tying up to drop off a day's catch. Further down Route 50 in Talbot County, a weekend in the golden triangle of Easton, Oxford, and St. Michaels is the epitome of a Shore tour.

**BUT THERE'S MORE TO
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It's a land of historic manor houses, grassroots airports, and museums that honor war heroes, founding families, local history, baseball heroes, and even mermaids. Take a detour off the highway, visit the other Eastern Shore, and discover much more about the Land of Pleasant Living. We take a tour, county-by-county, visiting sites within each.



KENNARD AFRICAN AMERICAN CULTURAL HERITAGE CENTER

410 LITTLE KIDWELL AVENUE, CENTREVILLE

When Lucretia Kennard became Queen Anne's County Superintendent of Colored Schools in 1919, the Centreville Colored Industrial High School was the county's only high school for African American students. Because Kennard saw the need for a high school with standards comparable to other county schools, she rallied local African American community members "who put their nickels and dimes together" to pay for the land, and later for the building's lighting. In 1936, three years after her death, Kennard High School opened its doors. Thanks to a dedicated committee of alumni, teachers, and community supporters, the original Kennard High School is now the Kennard African American Cultural Heritage Center. It serves as a museum of African American life in Queen Anne's County, with permanent displays of watermen, historic black communities, one-room schools, businesspeople, teachers, and veterans. It's a gathering place for community events and the site of the annual Juneteenth celebration. While you're there, be sure to visit one of the original classrooms, a space so small the math teacher taught from the room's doorway. Look through 1950s-era yearbooks, graduation programs, and photos of original teachers, and former students. You'll find images of school clubs, sports teams, and prom photos. Kennard is open for tours on the first Saturday of each month from 10 a.m. until 2 p.m. from May until October. **Scan**



here for more information on Kennard, its exhibits, and special programs.

Photo courtesy Kennard African American Cultural Heritage Center

KENT ISLAND HERITAGE SOCIETY

641 DOMINION ROAD, #2703, CHESTER

Centuries before the Isle of Kent became a waterfront tourist destination, it was home to the Matapeake Indians. It became state's first English settlement and was at one time a part of Virginia. From May through November, dozens of the Kent Island Heritage Society don colonial attire and take visitors on a journey through the timeline of the island's history. Join them at Cray House, a National Historic Trust site and one of the most unique structures on the Eastern Shore. Visit the historic Christ Church, among the oldest Episcopal churches in the nation. Tour Kirwan House, home of James Kirwan; schooner captain, businessman, and leader of a protest to Washington, D.C., demanding that the War Department keep a naval training base off Kent Island. The Old Stevensville Post Office and Train Depot round out the tour. The Kent Island Heritage Society shares this history with visitors on the first Saturday of every month from May through



November, from 12 noon until 4 p.m. **Scan here for more information on Kent Island history, tours, and special events.**

Photo courtesy Kent Island Heritage Society





MASSEY AIR MUSEUM

33451 MARYLAND LINE ROAD, MASSEY

If you're fascinated by flight and rural grass-roots airports, take a detour off Route 213 to the Massey Aerodrome and Massey Air Museum. This cornfield-turned airport with a 3000' grass runway was created by four general aviation pilots who wanted a place to land their planes. At Massey, take a walk through the community hangars. Go out on the grounds and sit inside the cockpits of a DC3 or AN3. Browse the library for aviation-related books and view the model display of the legendary Pan Am 314 clipper, one of the largest aircraft of its time. This display is personal; a past member of the Museum became a pilot in the early '40s and flew the Clipper for Pan Am at the end of its era. And if you're truly adventurous make a reservation with its owner to take flight in the open cockpit of a WWII biplane. For fun and flight, check out the Chili Fiesta Fly-in, an Antique Plane Fly-in, and the end-of-the-year Open Hangar Party. For pilots, Massey is a public airport; fly



in on your own. **Scan here for information on tours, activities, and special events at Massey Aerodrome and Massey Air Museum.**

SUMNER HALL (GRAND ARMY OF THE REPUBLIC #25)

206 QUEEN STREET, CHESTERTOWN

In 1886, Union veterans of the Civil War formed the Grand Army of the Republic, an organization founded on friendship, charity, and loyalty to the Constitution. Chestertown's Charles Sumner Hall (GAR #25) is one of the two remaining African American halls in the United States. Named for Senator Charles Sumner, GAR#25 was chartered in 1880, constructed in 1908, and fully restored in 2014. Today Sumner Hall serves as an educational site, a social hall, a gallery, a museum, and a place to honor African American Civil War veterans and other members of the armed services. Visit this historic hidden gem when you're in Chestertown. View the exhibits and artifacts, learn the history of African Americans in Kent County, and hear the stories of the United States Colored Troops veterans who founded Sumner Hall—your docent may be a descendant. While you're there, ask about the Commodore Collection. In 2021, approximately 2,000 documents were discovered in the attic of a home set for demolition. Nearly 100 of the documents, dated from the 1600s to the 1800s, tell the story of free and enslaved African Americans in Kent and Queen Anne's County. The Commodore Collection, named for the Commodore family's role in rescuing the documents, is now owned by Sumner Hall and available for viewing online. Sumner Hall is open to the public each Saturday of the



year from 10 a.m. until 1 p.m. Before your visit, visit sumnerhall.org for any schedule changes. To arrange a tour outside of regular hours, contact them at info@sumnerhall.org. **Scan here to view the Commodore Collection.**

Photo courtesy Grand Army of the Republic #25





THE OXFORD MUSEUM

101 S. MORRIS STREET, OXFORD

This beautiful, historic town on the Tred Avon River is home to the Oxford-Bellevue Ferry, the oldest privately-owned ferry in use in the United States and the historic Robert Morris Inn, built in 1710 and named for founding father Robert Morris. At 101 Mill Street, The Water's Edge Museum honors the history and lives of Maryland's Black Founding Families and their descendants. At 101 S. Morris Street, the Oxford Museum's window exhibit, born from Covid creativity, is a year-round invitation to learn about the past, present, and the people of the small town that was the country's first colonial port. Inside the Museum,

"From Colonial Past to Present, Oxford in Business" is its current exhibit. You'll learn about the "glory days" of 68 businesses and 11 grocery stores to present-day establishments and Oxford's existence as a town of 800 full-time and part-time residents. Old photos, ledgers, insurance maps, and pictures are part of the Museum's look back in time. You'll find out how early telephones became a marketing tool and why a grocery worker considers himself the first version of what we know today as Amazon delivery. Bring your children; the Museum offers kid-related activities connected to the current exhibit. If ice cream and history are a natural fit, visit the Scottish Highland Creamery next door, pick up a scoop, and enjoy it in the Museum's gardens. **Scan left code**



for more information on the Oxford Museum's exhibits and hours. Scan right code for information on the Waters Edge Museum's exhibits and hours.





TOWN OF EASTON

In 1836, Frederick Douglass was jailed for a week near the Easton Courthouse as punishment for an attempted escape. In 1878, he returned to Easton as an abolitionist, author, newspaper editor, and statesman. In one day, Douglass spoke at Bethel AME Church, Asbury United Methodist Church, and the Easton Courthouse. Through the efforts of the Frederick Douglass Honor Society, a statue in his honor was placed on the Talbot County Courthouse lawn (pictured). Each September, the Honor Society pays tribute to Douglass in an all-day series of events (2024 exact date to be determined). The festivities begin with a parade and welcome ceremony at the Talbot County Court House. There'll be a marketplace, live entertainment, and a lecture at the Talbot County Free Library by Derrick Spires, Professor of Literature in English at Cornell University. Bring your kids—the Children's Village features hands-on activities, free coloring books, games, prizes, and photographs with Frederick Douglass. **Scan here to learn more about the Frederick Douglass Honor Society and its events.**



FREDERICK DOUGLASS ON THE HILL

505 SOUTH STREET, EASTON

Any time is a good time to visit the mural commissioned by the Douglass family to honor his life and legacy. The mural depicts Douglass and his wife, Anna Murray Douglass, his journey from slavery to freedom, and the proud military service of Douglass' descendants. It was painted by renowned muralist Micahel Rosato, creator of "Take My Hand," the Harriett Tubman mural on display in Cambridge.



Scan here for information about Frederick Douglass on the Hill.

Image courtesy Talbot County Department of Economic Development and Tourism





**MUSEUM OF RURAL LIFE
CAROLINE COUNTY
HISTORICAL SOCIETY**

16 N 2ND STREET, DENTON

Caroline County may be the smallest of the Eastern Shore counties and the only one untouched by the waters of the Chesapeake or the Atlantic but packed in its 326 square miles is a rich history of agriculture, shipbuilding, military service, and a powerfully effective if less well-known, under-

ground railroad network. The Museum is located in the Taylor-Brown House, owned in 1819 by merchant Solomon Brown and later by the African American Taylor family. Current exhibits honor veterans of WWI and II, for which the Museum produces its own movies starring local actors. Sea Stories features the county’s sailors, captains, and shipbuilders in the age of sail and steam. FDR on the Courthouse Green tells the story of Roosevelt’s 1938 Labor Day visit to Denton. **Scan here to find out more about the Museum of Rural Life and the Caroline County Historical Society.**



Photo caption: Franklin D. Roosevelt addresses the Town of Denton in 1938.

HANSELL HOUSE

4837 INDIANTOWN ROAD, VIENNA

One mile off Route 50 in Vienna is Handsell House, a structure built on the Native American Chicone Village site known as Indiantown. The “old brick house at Chicone,” purchased by the Nanticoke Historic Preservation Alliance is used to interpret the life of all who lived at Handsell: Native Americans, the English, the enslaved, and later, free African Americans. On summer Saturdays Handsell House is open for tours. Docents in colonial attire demonstrate hearth cooking in the basement, basket weaving, woodworking, and other colonial crafts.

The Chicone Village longhouse, the only authentically-built replica on the Eastern Shore, is open seven days a week. For one of the best, and largest, living history festivals in the region, come to Handsell House on October 14th. Immerse yourself in a full day of living history through the eyes of Native, African American, and European settlers. There’s another way to enjoy Handsell House: on travel days when you need a break before that last hour’s drive to the beach, take Exit 331 to Handsell. Get out, walk your dog, and let your kids run around the grounds. Take a smartphone tour—dial the phone number on the wayside sign and on your walk around the grounds, listen to the story of



Handsell House. **Scan left code for information on Handsell House. Scan right code for information on the Nanticoke River Jamboree.**





MT. HARMON TIDEWATER PLANTATION AND NATURE PRESERVE

600 MT. HARMON ROAD, EARLEVILLE

Mt. Harmon at World’s End—it’s not the setting of a binge-worthy PBS series, but a 200-acre tidewater plantation and nature preserve. Imagine a transatlantic crossing from England to the northernmost part of the Chesapeake Bay, with nowhere else to go. The land, which seemed to exist at the end of the known world, was named World’s End by early American map makers. At the end of a two-mile tunnel of Osage trees, you’ll find 400 years of colonial history on the land occupied by Native Americans long before the arrival of Europeans. For history and nature lovers, a day pass is the best way to experience all of Mt. Harmon—the manor house, the outbuildings, the smokehouse, and the dwellings of the indentured and enslaved people

who created the wealth that plantation owners enjoyed. The pass gives you all the time you’ll need to explore the grounds, gardens, and trails. Launch your kayak or canoe for a solo paddle. If a group tour is more to your liking, make plans to connect with Chestertown’s Sultana Foundation for a combined guided paddle and manor house tour. Bring a picnic and stay as long as you like. According to Paige Howard, Executive Director of the Friends of Mt. Harmon, “It’s like having your own estate without the mowing.” Summer is the high season for visitors, but Mt. Harmon’s historic, equestrian, and holiday seasonal activities take place almost all year round. Take part in the pop-up history tavern nights, the Mt. Harmon Paper Chase, the Revolutionary War and Colonial Festival, fall hayrides, and Mt. Harmon’s Bull and Oyster Roast Fundraiser. Complete the year with the Colonial Williamsburg-inspired Yuletide Festival and Holiday Marketplace. And before you know it, spring will return to Mt. Harmon. Come



for a day at the races for the annual Point to Point Race—tailgate, wear a fancy hat, watch the antique carriage and hound parade, and, of course, the horses. **Scan here for information on Mt. Harmon, its tours, and special events.**

Photo courtesy Friends of Mount Harmon.

THE MERMAID MUSEUM

4 JEFFERSON STREET, BERLIN

Nine miles from the Atlantic in downtown Berlin, the world's first Mermaid Museums explores the international images, legends, and supposed sightings of these mythical creatures. It's been described as a beautiful space. The best description of the magic inside the Mermaid Museum is through the words of its founder, photographer Alyssa Maloof: "The Mermaid Museum moves gently between legend, myth, fact, and fiction and provides a serene environment (it even has a calming mermaid fountain) to meditate on this siren of the deep. The mermaid as a figure has long captivated multiple audiences from every culture around the world. Come see why at this small quirky museum. The museum features historical facts, legends, moving images, photo-ops, and even, if you squint your eyes, the



famous discovered Cheeto that looks like, yes, a mermaid." **Scan here for information on the Mermaid Museum's hours and exhibits.**

Photo by Alyssa Maloof Photography, courtesy Town of Berlin



OCEAN CITY LIFE-SAVING MUSEUM

813 SOUTH ATLANTIC AVENUE, OCEAN CITY

Take some time away from the beach to visit The Ocean City Life-Saving Museum. The museum houses one of the best collections of Life-Saving equipment in the country. Learn the history of Life-Saving, the surfmen who rescued ships in distress, and the Ocean City surfer who built his own board. Look back at the history of Ocean City and Worcester County, discover the boardwalk of yesterday and the role of women in OC history. Make sure to visit the Aquarium Room's sea creatures. On Saturdays through August, there are programs for the whole family—learn to tie a knot, brush up on beach safety, and feed sea creatures. Bring your kids to the Museum's Little Learner program, co-sponsored by the Museum and the Ocean City Library. They'll love the story time, hands-on activities, and live animal experiences. Museum curator Christine Okerblom encourages guests to visit year-round: "Here at the Museum, we have something to offer the entire family, from our summer programs to book signings with local authors to



touring our historic Life-Saving Station. Each season brings forth different programs and events to enjoy." **Scan here for information on the history, exhibits, and programs at the Ocean City Life-Saving Museum.**

OFF

And it's

ONE, TWO,
THREE
STRIKES

You're Out!

BY

FREDERICK SCHULTZ

All-American Navy baseball legend Chuck Davis embodied this refrain from the classic anthem “Take Me Out to the Ballgame,” as he set pitching records that still stand—more than six decades later

We don't call it “America's *National Pastime*” for nothing. Whenever social and political turmoil erupted during the 20th century, we could count on one comforting constant: baseball. And at the beginning of arguably one of its most tumultuous decades, the 1960s, sports fans in Annapolis and Navy alumni had something to cheer about in the springtime: the Navy baseball team.

Dateline, June 5, 1960: “MIDDIE FANS TEN IN 9-TO-1 SUCCESS, Davis Pitching and Bellino's 4 Hits Pace Navy Nine.” It was the front-page story in the *New York Times* Sports section. Despite this Navy win, Army was still the Eastern Intercollegiate League champion that year.

The “Middie” who struck out ten West Point Cadets that day was Chuck Davis, a gentle giant of a man who now lives in retirement with his wife in Florida. That's where we caught up with him for his remembrance of that key game in his distinguished baseball career as ace pitcher for Navy.

“That was a great day,” Davis remembers. “Joe [Bellino—known best as winner of college football's Heisman Trophy] hit two or three major-league-type line shots. That must have rattled their cages. They had a runner thrown out at the plate in the first inning after they had scored a run, and that was their only one all day. It was one of the best baseball teams Army had ever fielded. At the same time, we had a mediocre year. Our

feeling was that the better they were at the time of that game, the better for us if we beat them. It was the biggest Navy baseball crowd we'd ever seen. The stands were packed.”

The following season, in 1961, would be even more memorable.

THE TEAM

Chuck Davis will be first to tell you that the players on the field are the ones who made his pitching record (wins and losses) look so good. “Ron Terwilliger and his brother Bruce had been star high school athletes for a rival school to mine in our hometown. Ron was a hard-hitting youngster second baseman with our team in 1961,” Davis recalls. “And Bruce was a plebe that year and went on to a fine career as a pitcher for Navy. It is well known that they both went on to greater things around Annapolis. The baseball field is named for them.”

The players backing up Davis were formidable, a well-balanced team of sophomores and juniors in the lineup. According to the star hurler, “the highest batting average was about .285.” The Class of 1961 boasted Bellino, and the four pitchers were all the seniors, too: Ed Ettinger, Gary Carlson, Dave Patz, and Davis, who emphasizes, “We won 19 straight games. The streak was snapped in a 4-2 loss against Princeton, on a fielding error by none other than one Chuck Davis. We ended up 24 and 2 and won the Eastern Intercollegiate league title.”



1. Navy's 1961 championship winning baseball team 2. Davis played for USA baseball during his career 3. Chuck Davis 4. Joe Bellino 5. Chuck Davis in action

Navy sports lore has it that an injury sustained by Bellino in football had restricted his ability to throw to second base from his catcher position, so he switched to left field, and the Class of '62's Harvey Cybul took over as catcher. "We said shortstop Chuck Galloway was the best-conditioned infielder in the league from all the times he had to sprint out to take (short) relay throws from Joe. I don't think any other team ever caught on," Davis jokes.

And what *about* Bellino, who went on to play pro football for the AFL Boston Patriots?

To that question, Davis has his own assessment: "I always felt he was a better pro prospect for baseball than football." Bellino himself, however, later referred to choosing football as "a no-brainer."

"My folks lived in the D.C. area," Davis recalls. "Joe went home with me a few times, and my mother was crazy about him. It's fair to say that for those few months, he was the most famous young man in the USA."

"He handled it with ultimate class. If you visited casually with him, and did not know him, you would never know he had ever played in an athletic event. I never heard one negative remark about the guy."

SPORTS AND THE MILITARY

The boy who became a lanky pitching star attributes his interest in sports to, "like most guys, my dad." Davis was five years old when his father returned from World War II. The returned veteran had been a small-college coach and was very focused on encouraging his son to play. "My own skill set featured being a very slow runner," Davis quips with a laugh. "That put me in a position

where baseball pitching was ultimately my best bet for some success. I was fortunate to have great coaching in high school."

As an Army colonel in 1950, Davis' father was assigned to the staff college in Norfolk, Virginia. The ship visits that father and son made to those moored there, "were fascinating, of course, for a 10-year-old kid. I had never lived on any service base, so this was my introduction to the functioning military," Davis explains. "I certainly wanted to join it all."

He ultimately did, becoming an Academy Plebe in 1957—the start of a lengthy military career.

And while the '61 season will always be remembered as one of Navy's finest, Davis achieved many accolades and records by the culmination of his four years at the Academy. Upon graduation, his school records included: Season ERA, Career ERA, Season Win Total, Season Complete Games, Career Complete Games, Season Shutouts, Career Shutouts, Season Innings Pitched, and several others which would eventually be broken by contemporary phenom Noah Song (Class of 2019). Davis was selected to the All-American college baseball team in '61, played for the U.S. national team, and eventually was inducted into the Naval Academy's sports Hall of Fame.

After USNA and Annapolis, Davis fulfilled his service commitment by joining the U.S. Marine Corps. "I had been impressed by the Marine officers I'd met both at the Academy and with my family," Davis explains. "I was not crazy about lengthy sea duty. Those guys deserve a lot of credit—tough duty." As for his service as a Marine in Vietnam, Davis describes it in his low-key style: "It was alternately boring and frightening. I saw action. There was misery. I met some marvelous young men of all backgrounds. I was lucky." ■

NOAH SONG

This story would be remiss if it fails to mention Noah Song (Class of 2019), who broke some career records that had been set by Chuck Davis: Wins, Strikeouts, Innings Pitched, and tied for most Career Shutouts. According to Davis, "Make no mistake. Noah Song is the real deal." The situations, however, were significantly different. "We generally played against bigger schools, but only saw them once a year. Now, Navy plays several games against some teams, giving them more looks at the pitchers and making it tougher on them."



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Home & Garden

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**Our Favorite
Boredom-Busting
Bathroom Ideas**

PG. 62



Elevate, Don't Renovate ...

OUR FAVORITE BOREDOM-BUSTING BATHROOM IDEAS

By Lisa J. Gotto

Beyond the utility of our bathrooms, opportunities abound that provide potential to make this room a delightfully inspiring space. After all, this is the room that jumpstarts our day, where we look in the mirror and give ourselves our best slay-the-day speeches, so inspiration and motivation is key. Perhaps this accounts for the current trend to rid our bathrooms of boredom, and fortunately, it does not require ripping out its larger fixtures or upsizing its footprint.



◀ A PERK OF FRESH PAINT

Yes, changing a room's color is the quickest and most obvious way to update a look, but it's not just about the medium anymore, it's about the method. Getting creative with where color is applied can be just as important as the color you choose. When deciding where, take a moment to stand in your bathroom and simply look up. While the ceiling may be the very last place you would think to upgrade about this room, interiors experts often see this surface, or "fifth wall" as one of the most missed opportunities when it comes to making a statement in décor and design. Combining a bold color choice that incorporates a matching splash of the same color below as reflected in the vanity and tiles turns what could have been a standard neutral bathroom into a bright and optimistic way to start the day. Other ways to creatively use paint without an entire wall re-refresh is updating your vanity with a sunny shade or perhaps even your tub, should you be fortunate enough to have an antique clawfoot style. Expertly painted vintage tubs like these make a style statement all on their own. If you're thinking a complete hue refresh is in order, neutral colors and white remain the most popular option as well as softer greens and blues. Use your décor pieces as a base to build off of when choosing your new hue and when it comes to finishes, experts recommend a moisture-resistant satin, semi-gloss, or high-gloss finish.





A New Role for Texture

Smooth, sleek, curvy—all common terms associated with the vibe of a bathroom. Enhance your bath’s vocabulary and vibe profile with an accent wall that is far from flat. These chunky tiles in random depths and subtle tonal variations add a layer of interest and even intrigue to an otherwise monochromatic bathroom. Fortunately, there are many easy-to-install varieties of tiles available now that possess these three-dimensional qualities. And, the textiles associated with the bath are the easiest aspects to swap out to create a new vibe. “A new shower curtain alone can make a drastic difference in any bathroom—bonus points if you swap out your rod and rings, too!” says Kelley Gable of Gable Interiors. “Right now, we’re loving waffle knits and soft linens for that spa-like look and feel in the bath. Another way to upgrade your textiles is to swap out your bathmat. And don’t be afraid to think outside the box ... we’re gravitating towards vintage minis or runners if your space allows. And lastly, don’t forget about your everyday items like bath and hand towels. Super-plush Turkish cotton towels will not only aesthetically upgrade your space but will also upgrade your daily experience.”

COMMON-SENSE UPGRADE: OUT WITH OLD GROUT

Nothing makes a bathroom look more dated than dingy, cracked grout that’s past its prime. If you’re ready for a re-grout and re-seal, experts recommend replacing traditional white with a dark-colored grout which provides a crisp, modern look.



WALLPAPER THAT WOWS

A small swatch of wall and even a smaller bathroom are a non-issue when an auspicious use of wallpaper is employed. While opinions on the yay or nay of using this material can be as sticky as its backing, at the end of the day, it’s hard to dispute the game-changing impact of a perky paper in the proper space.



Mirror, Mirror

Frame that morning pep talk you’re having with yourself with a mirror style that sparks interest. Upgrade that static, flat vanity mirror for a gilded vintage look, or take the modern route and install a Smart mirror that can help you get a jump start on your day. Another creative approach is adding several to the same wall as your main mirror for an eclectic collection of functional, light-reflective, and an interest-grabbing aspect to your bathroom’s overall look. “Think of your mirror as artwork and allow for it to be a creative upgrade to your bathroom,” says Gable.



HARDWARE: THE EASY UPGRADE

“We love swapping out vanity knobs and pulls with more decorative pieces that can immediately change the look and feel of your bathroom,” Gable says. “When it comes to bathroom accessories, think towel bars, hooks, and toilet paper holders.” Gable adds that they advise their clients to match their bathroom accessories to their plumbing fixtures for a more streamlined look. “But that doesn’t mean they have to be boring!” she says. “Look for accessories that have updated edging details, closure systems, or two-tone variations. And bonus tip: Don’t forget to update your toilet lever to match your new hardware and accessories. This is one detail that is often overlooked but shouldn’t be because it offers big impact!”



Crowning Jewels

“We often share with our clients that lighting is the jewelry of any space,” Gable says. And that can certainly be true for bathroom lighting. This is where you get ready for the day, and perhaps apply makeup, so a well-lit space is essential and most often, we find that lighting is either outdated or poorly placed in bathrooms.” Gable recommends swapping out over-the-mirror fixtures for fresh sconces that flank the mirror at about eye-level or between 60 to 65 inches from the floor to the center of the sconce backplate to avoid any unwanted shadowing of your face in the mirror. Updated lighting can not only take your bathroom from drab to fab, but it also provides an excellent opportunity for personalization and self-expression.



Designer Tip:

Thinking of mixing your metals? Designers weigh in with a resounding, “Yes!” A good rule of thumb is to have the major fixtures match, and then add in a second finish for additional knobs and accessories to take your design to a more curated and clever level.



THAT FIRST AND LAST TOUCH

Gable offers a designer hack for that last bit of powder room polish. This small detail, she says, requires zero construction or renovation, but makes a huge impact. “Update your lighting switch plates and electrical backplates! Swapping out boring white plastic backplates to metal-finish or other complementary plates will be the best \$10 upgrade you’ll ever make!”



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Invasive Plants Are Coming! Prepare!

By Janice F. Booth

Okay, I know we don't need more stress right now. Our gardens are our stress-relievers, our source of peace in a world of struggles. I hate to interject a "call to arms," but *attention must be paid*. Gardeners, man your weed-pullers and spades!

There are strong indications that over 100 invasive plants, commonly labeled "weeds," will be expanding into the Eastern United States. More than 30 of those species are predicted to "wreak havoc" with our native plants. This migration of weeds to the East Coast is being attributed to climate change, according to a February 2024 article from the Weed Science Society of America (WSSA). Maryland's own Native Plant Society shares the same concern. (See: mdflora.org/aboutinvasives.html)

So, I'll discuss first the most common and serious invasive plants threatening the eco-balance in our region. Then, I'll review a few of the often-overlooked indigenous plants that will flourish in our gardens. Some of them may be old friends.



INVASIVE PLANTS (AKA WEEDS)

There are six categories: aquatic plants, herbs, grasses, shrubs, trees, and vines. The list below is not exhaustive. They're weeds with which many of us are already familiar and may even have done battle.

1 Aquatic troublemakers in our ponds and streams: not an exhaustive list: water hyacinth; water clover; chickweed; fragrant waterlily (sorry, but you'll have to keep a close eye on those lovely waterlilies in your pond—don't let them escape into nearby creeks and streams); arrowhead (yes, those graceful wings-on-a-stem are trouble; and loosestrife.



2 Over-zealous herbs: If you've ever grown herbs, you're already well aware of the impact of these hardy plants: yarrow (all varieties); maidenhair fern (sadly, they can get out-of-hand); garlic mustard and regular mustard; wild onion and wild garlic (stick to the grocer's offerings if you want to avoid lots of weeding); alyssum; amaranth (yup, those lovely purple tufts are trouble); columbine; and wild celery.



3 Gorgeous but strong-willed grasses: I've written before about the difficulty of maintaining even a single specimen of some graceful grasses; well, here's another problem with these beauties—they sneak out when you're not looking, like a bunch of teenagers and find themselves where they don't belong: wheat grass (popular for planting on beaches to control erosion because they spread tenaciously); bamboo (sneaky rhizomes spread everywhere just below the surface soil—you don't realize where it's wandered until it's in your lawn and flowerbeds); sedge grass; pampas grass; and Mediterranean love grass (I know they're not used much around here, but I love the name).

4 Sneaky (i.e. invasive) shrubs:

There aren't many, but, oh, dear, they are popular little guys: Japanese laurel (oh, yes. These guys tend to be the Sumo wrestlers of the shrub world); barberry ; boxwood (those sturdy, old shrubs introduced to the Colonies by the Brits, can be troublesome when they invade! Sound familiar?); cotoneaster; forsythia (our harbingers of spring are easy to propagate and quick to spread); beautybush; and privet.



5 Avoid planting these trees:

They're not good neighbors to our native species, but the good news might be that they don't seem to thrive here either: several varieties of maples; hawthorns; eucalyptus; and Bradford pear (don't be charmed by its pretty, spring blossoms).



6 Vines: I know you're probably already well aware of how quickly vines "go walking." Kudzu immediately comes to mind: bittersweet (not including our lovely American bittersweet which we all cherish); bindweed (more likely to be the bane of farmers than urban gardeners, but sometimes they do sneak in); English ivy (yes, I know it's a staple in my garden plan too. But we have to keep it strictly under control so it doesn't strangle trees and overshadow native flowers); morning-glory (most varieties only become destructive if they're left too many seasons to their own devices—chop them back occasionally; jasmine (that intoxicating fragrance makes them tough to eliminate); and wisteria (yes, I fell under this tough fella's spell, and now I have a huge, beautiful arbor vine that dares me to keep it trimmed! And its suckers show up everywhere!)



And there you have it...some of the most unwanted invaders. But to end on a happy note, here are some lovely native or indigenous plants you might welcome into your garden.



Let's begin with those tall, elegant showstoppers, **Cardinal flowers**. They're perennial and can tolerate partial shade.



Creeping phlox are that beautiful blooming groundcover that spills over rock walls and softens our flowerbeds. It's a native perennial, so it will keep producing its color and fragrance year-after-year.



All year long you can enjoy **evergreen wood fern**. There are lots of subgroups, but they all have those elegant fronds in subtly different colors.

Another old favorite is the **lady fern**. Also an evergreen plant, its delicate fronds soften your woodland and shady garden areas.



And finally, a personal favorite, the **obedient plant**. This quiet darling is just as dear as its name. With pink and lavender blossoming heads, they return season-after-season, easily adjust to moves, and stay where they're planted—obediently.

I'm confident that we, gardeners, will do what we can, each in our own way, to support and protect nature's beauty. We may allow some of these outcasts into our gardens, but we won't let them overtake our native plants.

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Room to Run

By Lisa J. Gotto

This lovely 2,400-square-foot home with proximity to the Tred Avon River proves that you don't have to sacrifice quality and style just because you're in downsize mode. Its sale also tells a story about the robust "forever home" market in Talbot County.

Purchased for \$65,000 over-ask, this three-bedroom home offered its new owners the opportunity to check off every must-have on their wish list.

"This residence appealed to my clients for a number of reasons, but primarily because they are pet owners," says Buyers' Agent, Cornelia Heckenbach. "They have a Golden Retriever and a Lab, and they loved the big backyard this property offered, and the way the lot backed up to the woods. They also wanted to live in Easton, so it was a wonderful fit for them."

Primary Structure Built: 2019

Sold For: \$750,000

Original List Price: \$685,000

Bedrooms: 3

Baths: 2 Full, 1 Half

Living Space: 2,400 Sq. Ft.

Lot Size: .24 acres

The new owners also have the benefit of pristine curb appeal that starts with immaculate landscaping and a charming front porch. Inside, the eye is delighted to see a light, bright, and airy space created by large windows, a neutral palette accented with gorgeous white wood molding and attractive blonde hardwood floors. The entry flows into a convenient home office space on the right and to the home's first guest bedroom on the left. This room also benefits from the large front-of-home window and shares a bath with the second guest bedroom on that wing of the home.



Further down the entry hall, the space expands into a spacious open plan living, dining and kitchen area, all benefiting from high ceilings and lots of natural light. The kitchen is an attractive, flowing space with all-white wood cabinetry and a large center island with great sight connections to the living space. It's also equipped with a sink and breakfast seating for three. All stainless-steel appliances and crisp subway tile backsplash complete the clean contemporary look.



A roomy, eat-in dining area flows nicely into the living space for effortless entertaining and access to the property's spacious, screened-in back porch with beadboard ceiling detail. It creates the perfect vantage point for the owners to relax while watching their pooches at-play in that sprawling backyard.

Sweet dreams are provided in the form of an expansive primary suite off the kitchen that also offers convenient porch access. A superior en suite bath provides separate vanities, a large, walk-in shower, and garden tub.

Smartly located in the community of Easton Village, this home's exterior amenities include a marina, fishing pier, clubhouse, pool, and fitness center, providing plenty of access to built-in social and water-oriented opportunities for active forever homeowners.



Listing Agent: Robin Kokolis, Coldwell Banker Realty, 170 Jennifer Rd., Annapolis, m. 301-928-7799, o. 410-224-2200, coldwellbankerhomes.com **Buyer's Agent:** Cornelia C. Heckenbach, Long & Foster Real Estate, 109 S. Talbot St., St. Michaels, m. 410-310-1229, o. 410-745-0283, info@corneliaheckenbach.com, stmichaelsmdwaterfront.com.

Cottage, Sweet Cottage

By Lisa J. Gotto

Tons of charm, water views, and tranquil retreats are all in store for the new owners of this 1,500-square-foot cottage property in Chestertown.

Located on a protected cove off Fairlee Creek, this two-bedroom cutie offers more than meets the eye. Set on an idyllic lot with tall, mature trees, this home's exterior of sunny yellow boards in a half-shingle and half-vertical pattern, welcomes visitors via gravel drive to a cozy front porch.

Primary Structure Built: 1900

Sold For: \$740,000

Original List Price: \$735,000

Bedrooms: 2

Baths: 1 Full, 1 Half

Living Space: 1,521 Sq. Ft.

Lot Size: .46 acres



Inside, the completely opened floor plan keeps the vintage cottage charm going with lovely, old hardwood floors under foot and warm, rich beams spanning the entire width of the ceiling overhead.

In the kitchen, pretty pendant lighting extends down from the ceiling to highlight gleaming granite countertops that extend along one wall and down to a peninsula with breakfast bar seating. Rich, wood cabinetry and white ceiling boards keep the space warm and bright. The back of a rustic, white brick fireplace separates this room



Photography by CM Photography



Listing Agent: Tammy Studebaker, Montague Properties with eXp Realty, m. 410-490-0252, o. 833-335-7433, tstudebakersells@gmail.com, findmarylandhomes.com **Buyers' Agent:** Melinda Madison, Benson & Mangold Real Estate, 300 Academy St., Cambridge, m. 443-477-1081, o. 410-228-0800, mmadison@bensonandmangold.com, bensonandmangold.com



from the generous living space which is framed on two walls with a series of large windows, and on another side by the wood-burning fireplace.

The dining room is located adjacent to this space and offers a darker, knotty wood treatment overhead and phenomenal water views as far as the eye can see. A set of large sliding glass doors is located between the living and dining areas which conveys guests to a huge, enclosed back porch overlooking the enchanted, wooded backyard. The porch features a white ceiling of beadboard and warm, hardwood floor planks.



Over-night accommodations are no problem in this cottage with two bedrooms of white-washed brick and white wood boards on the main level that share a bath. The back bedroom has terrific water views and French doors that open to the porch. The entire second level has been configured into a charm-on-overload sleeping loft that can easily be converted to another family gathering area or an office and sleeping area if need be.

This property also offers a well-maintained private pier for all sorts of water exploits and idyllic sunsets.



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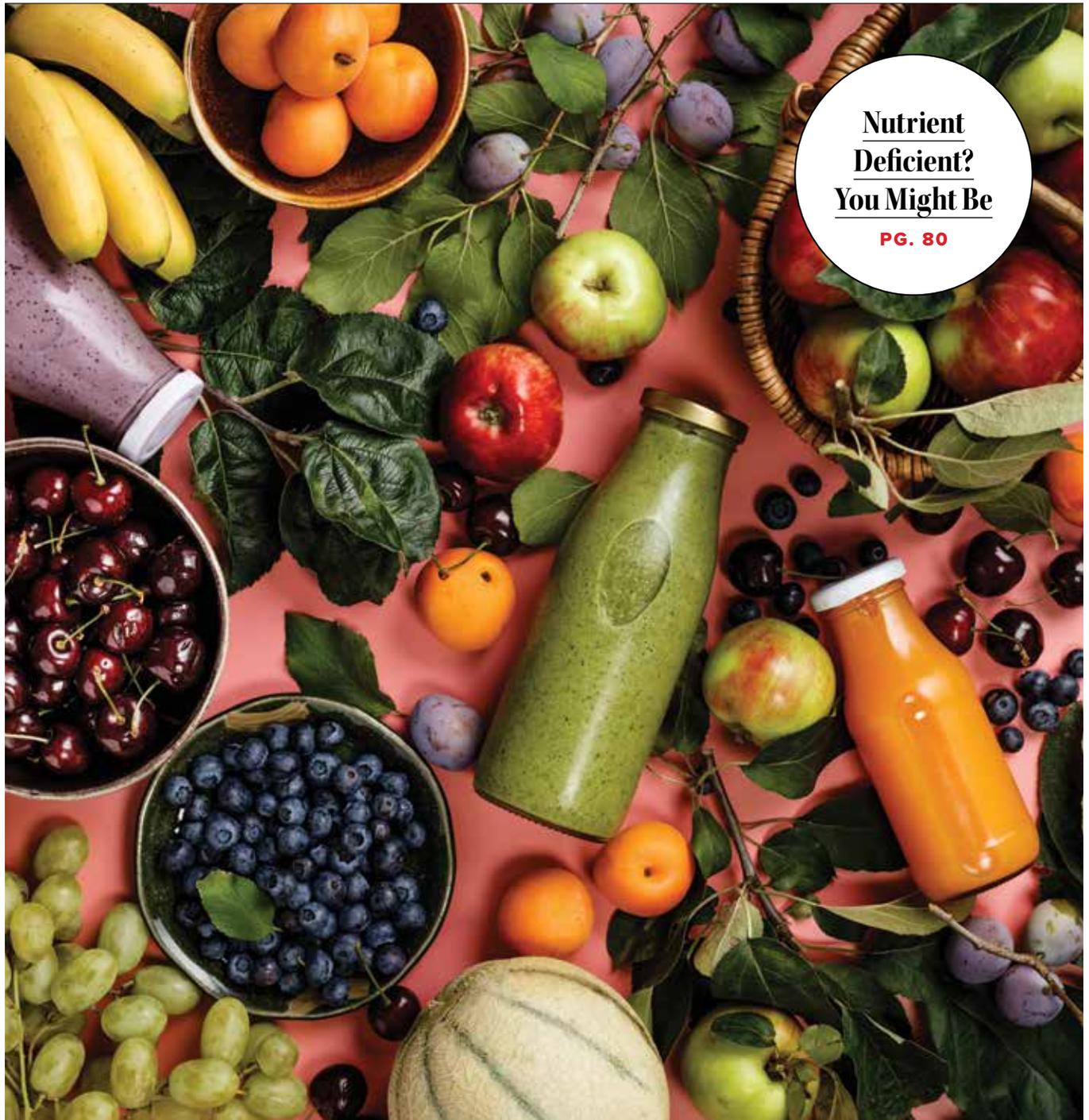
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Health & Beauty

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**Nutrient
Deficient?
You Might Be**

PG. 80



WHAT DOES IT MEAN FOR MY COSMETICS TO BE “ORGANIC” OR “NATURAL”?

The important thing to remember is just because something is marketed as “natural” or “organic,” that doesn’t necessarily mean it doesn’t pose potential health problems, according to the Mayo Clinic. Plenty of products are natural—in other words, their ingredients are derived from nature instead of created in a laboratory somewhere—but they could still be unhealthy. A clay-based facial cleanser, for example, could be made from clay contaminated by toxic metals. That’s natural, but it isn’t very healthy. Or some consumers may have an allergic reaction to certain natural ingredients, so those ingredients might pose very specific risks for them.

Anything that’s marketed as organic means these natural ingredients were grown without the use of pesticides, herbicides, or genetically modified ingredients; however, even when a product claims that its natural ingredients are organic, the Food and Drug Administration is not regulating these claims the way it would with a food product. Therefore, a certain level of discretion is smart.

Going Natural

By Dylan Roche

Those beauty products you apply to your face, lips, hands, and hair aren’t something you ingest like food—but that doesn’t mean they aren’t going into your body!

When you apply a cosmetic product, your body absorbs it through your pores, hair follicles, and nail plates. So, it only makes sense that, as our culture becomes aware of risks associated with certain synthetic ingredients, consumers are leaning toward natural ingredients, even organic ones.

So, is this just a bunch of hype? Or should we really be paying more attention to the ingredients in everything from lotion to makeup?

**GOOD QUESTIONS.
LET’S BREAK THIS DOWN:**

Why are organic and natural ingredients gaining popularity?

Trends come and go very quickly in the beauty industry, so cosmetics and other care products could be popular one day and fall out of favor only a few weeks later. But products with organic and natural ingredients have been gaining in sales steadily over the past few years, particularly as more consumers become aware of the risks associated with synthetic ingredients. They perceive organic, natural ingredients as healthier, safer, more environmentally friendly, more sustainable, and in some cases, more effective. With this increase in popularity, these natural products become a status symbol—it’s admirable to care about your health and the health of the planet, so you look smarter and sensible by making such choices about your cosmetics.



WHAT SHOULD I LOOK FOR IN MY COSMETIC PRODUCTS?

“Sounds great,” you’re saying. “I’d love to start using healthier, more sustainable products. But which ones do I choose?”

Here are some of the common natural ingredients you’ll find in cosmetic products—look for ingredient lists that feature these toward the top of the list, indicating they are the primary ingredient(s):

- ◆ **Oils:** Natural oils like jojoba, argan, and coconut are good for moisturizing without the aid of any synthetic ingredients.
- ◆ **Extracts:** Compounds in aloe vera, chamomile, and green tea can be extracted to soothe your hair and skin and offset damage caused by environmental exposure. Extracts from fruits like pomegranate and acai provide antioxidants that can be absorbed through the skin.
- ◆ **Butters:** Like natural oils, butters like shea butter, cocoa butter, and mango butter can moisturize the skin while delivering vital nutrients.
- ◆ **Beeswax:** Yes, wax made by bees can be used to emulsify and synthesize cosmetic formulas without any synthetic stabilizers.



What are the risks of synthetic ingredients?

There’s no all-inclusive list of risks associated with synthetic ingredients. Some synthetic ingredients aren’t even bad for you. The Mayo Clinic notes that some manufacturers rely on lab-created ingredients to maintain safety and achieve a more consistent product. However, there are some synthetic ingredients that studies have linked to cancer and hormone disruption.

For example, consider parabens, a type of preservative used in some cosmetics. When parabens are absorbed through the skin, they pose such risks as endocrine disruption or neurotoxicity at their worst. At their least harmful, they might be a mere skin irritant. Many manufacturers have been phasing out parabens.

Another ingredient to watch out for is triclosan, an antibacterial agent that the FDA banned in 2016 for use in soap. But even though it isn’t used in soap, manufacturers are still using it in cosmetics like toothpaste, deodorant, shampoo, lotion, and much more. The big concern with triclosan is that it can lead to resistant strains of bacteria, plus it can potentially disrupt our hormones.

It’s important to remember that even if a synthetic ingredient doesn’t pose a serious health risk, it might still cause minor problems. Sulfates in foaming cleansers could be abrasive to sensitive skin, and synthetic fragrances could be a respiratory irritant. Mineral oil, once used in many moisturizers but since replaced by other ingredients, is derived from petroleum, and carries a huge carbon footprint.

WHAT SHOULD I DO WHEN I’M OUT SHOPPING AND NEED GUIDANCE ON A PRODUCT?

Here’s a quick tip: Consider downloading the SkinSAFE app from the Mayo Clinic. It has info compiled by doctors, and you can use it to search for specific products and get details on the ingredients in each.





Assessing the Atlantic Diet

A COUSIN TO THE MEDITERRANEAN DIET IS RISING IN POPULARITY THIS YEAR

By Dylan Roche

While diets of the past leaned into the idea of restriction—eat low fat! watch your carbs!—diet trends of today tend to lean into prioritizing certain nutritious foods over less nutritious ones. It's about the ways foods can *help* you

instead of *hurt* you. In the case of many Americans, trying to replicate the eating habits of cultures where longevity and vitality are the norm has a certain appeal. Look at the way the Mediterranean diet captivated so many consumers, who started building their menus around vegetables, fruits, whole grains, and olive oil. Doctors and dietitians praised the diet for the way it could improve heart health and lower weight.

Now there's a new cultural diet that's gaining similar popularity: the Atlantic diet, which mimics the eating habits of people living along the European coastline in Spain and Portugal. A study published in February in *JAMA (Journal of the American Medical Association)* found it helps stave off diabetes and heart disease, improves energy, and helps maintain a healthy weight.

In some ways, the Atlantic diet is similar to the Mediterranean diet. They both emphasize fruits, vegetables, and whole grains, plus legumes for a combination of complex carbohydrates and protein, and moderate amounts of fish. But the Atlantic diet also encourages red meat and dairy. Potatoes, pasta, or rice should be included with every meal.

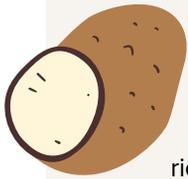
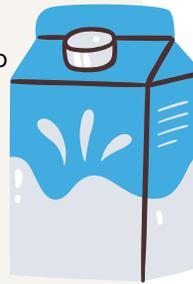
DOES THAT SOUND DO-ABLE? IF YOU WANT TO GIVE THE ATLANTIC DIET A TRY, YOU'D BE EATING A LOT OF THESE FOODS:



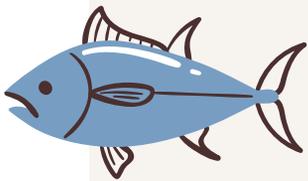
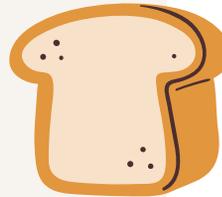
Fruits and vegetables: A colorful variety of fruits and vegetables provides vitamins, minerals, antioxidants, and fiber, but if you want to get really authentic and eat like someone in Spain or Portugal, you could try tomatoes, spinach, onion, mushrooms, eggplant, artichokes, collard greens, and carrots.



Milk and cheeses: Dairy products are known for being excellent sources of calcium and protein, but they'll also provide many nutrients needed for a strong, healthy body: B vitamins, zinc, magnesium, and potassium. The most popular Spanish cheese is Manchego, a sheep's milk cheese with a creamy texture and savory flavor. You also might try a Rabaçal cheese from Portugal, a semi-hard white cheese made from a blend of goat and sheep milk.



Bread and potatoes: These are a staple with every meal, providing your body with plenty of carbohydrates for energy throughout the day. Opt for whole-grain bread whenever possible, or minimally processed grain products like brown rice or barley. Potatoes served with their skins will provide extra nutrients and fiber. These complex carbohydrates don't break down as quickly as refined products like white bread, so you get a steady stream of energy without a blood sugar spike.



Seafood: As coastal countries along the Atlantic, Spain and Portugal include plenty of fish in their typical diets. Whiting, salmon, and cod would be authentic choices, providing plenty of protein, omega-3 fatty acids, and important antioxidants for staving off disease.



Beans, legumes, and nuts: Red beans, black beans, garbanzo beans—you can take your pick when it comes to beans, as any of them will provide the filling fiber and powerful protein combination you need. As far as nuts go, marcona almonds are popular in this region, but you can also try chestnuts for some variety. Nuts are full of vitamins and minerals as well as healthy fats.



Red meat: The biggest different between the Atlantic diet and the Mediterranean diet is the room it makes for red meat, which would be consumed minimally in the Mediterranean region. Red meat has protein plus lots of iron for ensuring oxygen gets carried to every cell in your body.



And just as important as *what* you're eating is *how* you're eating it—the Atlantic Diet encourages communal dining, so you have a chance to enjoy your food while you're socializing with people you care about.

IS THE ATLANTIC DIET BETTER THAN THE MEDITERRANEAN DIET?

Both diets encourage people to eat whole, unprocessed foods, which is a great base for any diet. Doctors point to the much more substantial body of research to support the Mediterranean diet's benefits, compared with the way the Atlantic diet has only been studied relatively recently. However, because the Atlantic diet allows for more red meat and dairy, the flexibility may make it easier for some people to stick to it.

The short answer: Don't feel confined to any one diet. As long as you're opting for minimally processed, nutrient-rich foods, it doesn't matter which region they come from.



Nutrient Deficient?

YOU MIGHT BE

By Dylan Roche

Cou eat a pretty healthy diet, right? You aim to curb sugar, watch your fat intake, and get plenty of protein and fiber. But have you considered whether your diet is sufficient in all the vitamins and minerals your body needs to function? Vitamins and

minerals are a key component of good nutrition, but most Americans are deficient in *at least* one of them. Unlike macronutrients (i.e. carbohydrates, fats, and proteins, which your body derives energy from), micronutrients—those vitamins and minerals—give our bodies what they need to produce enzymes and hormones.

Even in developed countries like the United States, a person who isn't eating a diet with lots of variety risks becoming deficient, according to the World Health Organization. Some of these deficiencies won't necessarily cause a dangerous health condition, but they could leave you feeling low on energy, unable to think clearly, or simply not at the top of your game.

If you think your diet could be lacking, don't worry. Adding a food source or two of these crucial vitamins and minerals on a regular basis could help you feel like your best self.

**CONSIDER THESE SEVEN COMMON
NUTRIENTS FOR DEFICIENCIES
AND WHAT FOODS YOU MIGHT
WANT TO ADD TO YOUR DIET.**

VITAMIN D: Most people know vitamin D as the sunshine vitamin because your body is able to create it when you're exposed to sunlight. But if you're not spending 30 minutes outside in the sun every day, you may need to rely on food sources or else you could find yourself dealing with weak bones and a weak immune system. Sources of vitamin D include fatty fish, such as mackerel and salmon, as well as egg yolks or fortified milk.

CALCIUM: You've probably heard that calcium is good for strong bones and teeth—which it is. But your body also uses calcium to help your blood clot and your muscles function. Many people don't get enough calcium, and although dairy products are considered the go-to sources, you can also get calcium from leafy greens, such as spinach; cruciferous vegetables, such as broccoli; or nuts, such as almonds.

MAGNESIUM: If you're having trouble finishing a workout, then consider whether you've been taking in enough sources of magnesium. Magnesium is a mineral you need for energy production, but it does more than that—it ensures your muscles function properly without cramping up. Sources of magnesium include lots of nuts and seeds, such as almonds, cashews, pumpkin seeds, or sunflower seeds, as well as leafy greens, legumes, and whole grains.

IRON: As its name might have you believe, iron keeps you strong. This mineral is necessary for transporting oxygen through your blood to every cell in your body. Without

enough iron, your cells lack oxygen, and your whole body suffers for it. Iron is also necessary for maintaining a strong immune system. Beef and poultry are rich sources of iron, but plenty of plant foods contain iron too: beans, lentils, soy, and spinach. However, if you're vegetarian, you may need to consume extra iron, as plant-based iron doesn't absorb as easily into the body as animal-based iron does. Try eating your plant-based iron sources with some vitamin C, which will boost absorption.

VITAMIN B12: Just hearing of vitamin B12 might be enough to put a little pep in your step. Vitamin B12 helps your body convert food into energy, and if you're lacking B12, your body may not be getting adequate mileage even with the fuel it's getting. Vegetarians and vegans are prone to vitamin B12 deficiency as it's found only in animal products, such as meat, fish, eggs, and dairy, but plenty of plant-based foods are fortified with it, including cereal and nut milks.

VITAMIN A: No vitamin deficiency could be considered good, but with all the purposes that vitamin A serves in your body, it's especially bad to think that so many people are lacking this nutrient. The National Institutes of Health estimates about half of Americans are deficient in vitamin A. This nutrient supports good vision, vibrant skin, and a healthy immune system. Go-to sources of vitamin A are orange foods like carrots and sweet potatoes. However, another great source is leafy greens like spinach or kale.

POTASSIUM: Ever have a bad muscle cramp? It might be a sign of potassium deficiency. Your body relies on potassium to maintain its fluid balance that supports muscle contractions. Potassium can even counter effects of a high-sodium diet, which raises your blood pressure. Great sources of potassium include bananas, potatoes, sweet potatoes, dates, spinach, and beans.

Mermaid-Core Swims Back for Another Season

By Dylan Roche

As if summoned by a siren song, the mermaid-core style trend of summer 2023 is expected to come roaring back again. For those who might've missed the term last year, you likely recognize the aesthetic it describes: watery colors with touches of shiny textures and coastal themes, all with the desired effect of—you guessed it—looking a little bit like a mermaid.

But the reason this trend has gained so much traction is because it's subtle. The women who adopt this style aren't wearing complete mermaid costumes on their summer nights out socializing. Instead, they're relying on small details reminiscent of these mythical and whimsical water creatures. Think watery, ethereal fabrics, marine motifs, pearl jewelry, and lots of greens and blues.

Maybe you're ready to dip your fins into the mermaid-core craze. Using just one or two elements can give an appropriately summery feel to an outfit without making a big splash.

CONSIDER SOME OF THESE IDEAS TO MERMAID-IFY YOUR SUMMER ATTIRE:



Wear iridescent fabrics: Embrace fabrics with an iridescent sheen, reminiscent of the scales of a mermaid. Holographic or metallic materials, and sequins can add an even more dramatic touch of sparkle.



Incorporate seashells, pearls, and beads: There are many places where seashells, pearls, and beads can appear—necklaces, bracelets, earrings, hairpieces, and even embellishments on your clothes.



Go for a “swimming” silhouette and flow to your clothes: Choose clothing with flowy and ethereal silhouettes, such as Maxi dresses, skirts, and loose tops that capture the fluid feeling of water.

Think about mesh: Fishnet or mesh fabrics can add texture and depth to your look, and these can be incorporated in surprising ways. Yes, stockings are the obvious choice, but you can also go for fishnet sleeves and tops.



Go for a water-themed color palette: Stick to a color palette inspired by the ocean, including shades of blues, greens, teals, and purples. Complement these colors with touches of sandy tans or beiges.



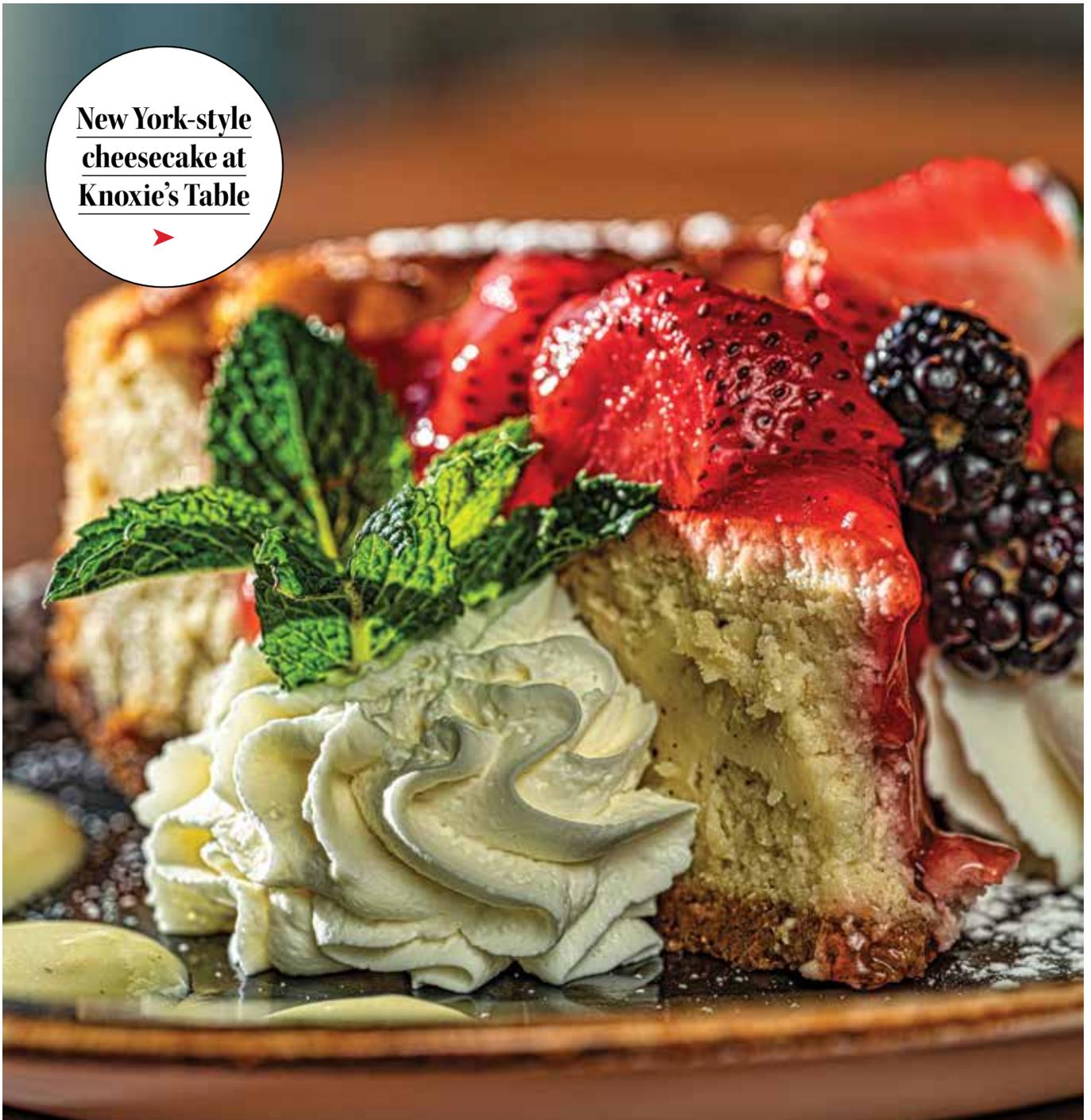
Don't forget hair and makeup: Style your hair in loose, flowing waves and consider adding subtle temporary color in mermaid shades or using accessories like starfish or shell-shaped hair clips. Incorporate shades of blue, green, and silver into your makeup, maybe even with a touch of shimmer.

Food & Dining

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88 READERS' DINING GUIDE

New York-style
cheesecake at
Knoxie's Table



The Right Vibe

By Sharon Harrington

will tell you a secret. My husband and I will travel for good food. But lucky for us, Knoxie's Table in Stevensville is only a short drive away.

Before our dinner, I knew very little about Knoxie's, just that it was part of the Chesapeake Beach Club on Pier One Road, an enclave with spectacular water views that is known for first-class event venues.

I reserved an early dining time because I wanted an opportunity to see the premises in daylight. We arrived just as the day's rain stopped and were rewarded with beautiful blue skies. Following the signage, we got a sense of how well the amenities complement the natural beauty of the setting.

The Inn, home to Knoxie's Table, features a facade of wood and stone, and that theme continues into the restaurant, where the natural materials blend with various hues of blue. It is a comfortable vibe.

I think decor is a part of your total dining experience and should support the star of the show, which is, of course, the food. Sometimes, restaurants try too hard. (We once dined at a famous Paris restaurant done up in red lacquer. It may have been chic, but I felt like we were eating inside a nail polish bottle.)

So, Knoxie's got the vibe right; let's see how they do with the food.

The restaurant is not busy at this hour, but there is a pleasant hum of activity coming from the bar. We were seated, introduced to our waitress, Jada, and given menus. Let me insert here that Jada was excellent. I had many questions, and whenever she did not know the answer, she cheerfully trotted off to the kitchen and came back



KNOXIE'S TABLE

The Inn at Chesapeake Bay Beach Club, 180 Pier One Road, Stevensville
443-249-5777 | baybeachclub.com/food-drink/knoxies-table

with answers. One of my questions was about the inspiration for the name. I liked the idea of incorporating “table” in the title as it suggests a sense of communal dining. Jada reports back the name Knoxie is the original owner's wife's maiden name.

The restaurant has weekly specials to include a locals' night, Whiskey Wednesdays, and half-priced bottles of wine on Thursdays. We were fortunate to be dining on Thursday and found the wine list well-balanced in both its offerings and price points. We decided on a Kuranui Sauvignon Blanc from New Zealand. I was also pleased to notice that the beer selection included local breweries, Bull and Goat, and RaR.

As expected, the menu draws heavily on Eastern Shore food culture, offering an array of sea and land options that make it hard to choose. Lobster, shrimp, oysters, seabass, salmon, and for the non-seafood or gluten free diners' venison, duck, steak, or pasta are offered. As I read the list of sides accompanying each dish, I noted how carefully they had been curated to showcase the entree.

We started with Oysters Rockefeller, Mediterranean Flat Bread, and Caesar Salad.

Jada informed us the oysters were from PEI (Prince Edward Island); James Bond may have been an oyster expert, but we are not; we just know a good oyster when we eat one, and these were very nice medium-sized oysters enhanced by a generous serving of spinach, cheese, and bacon slivers.

The Mediterranean flatbread could have been a light lunch; the crispy bread was loaded with tangy capers, olives, feta, and mascarpone. I could see having this dish al fresco with a nice bottle of rosé in one of The Inn's outdoor dining spots.

AS EXPECTED, THE MENU DRAWS HEAVILY ON EASTERN SHORE FOOD CULTURE, OFFERING AN ARRAY OF SEA AND LAND OPTIONS THAT MAKE IT HARD TO CHOOSE.



Broiled crabcakes

A good Caesar salad is about the marriage of crunchy romaine, a snappy, clingy dressing, and croutons that are not a stale afterthought. This was a wow salad. The “croutons” (almost as big as airplane wings) were two slices of ciabatta bread cut on the bias and skillfully balanced atop the salad, visually appealing and tasty.

My spouse chose crabcakes with garlic mashed potatoes and vegetables for his entree. The menu describes the crab cakes as served with mustard sauce, a presentation we were unfamiliar with but are now firm fans. The mustard sauce elevates the crabcake to another level. It at least should be called sauce “a la moutard.”

I chose parmesan-crust chicken. My serving was generous, a large portion of chicken riding on a bed of angel hair pasta sprinkled with crispy kale. The kale was an inspired touch!

Although we could have stopped at that point, the dessert menu was calling. Again, choosing was difficult, but we opted for a slice



of New York-style cheesecake. I thought the cheesecake was more reminiscent of Basque style with the brown crust. But I won't quibble; it was delicious.

The food and beverage manager, John Michael Fromert, stopped by our table to check in, and I was able to gather a little more information about the chef, Matt Robbins. Robbins has an impressive cooking background in well-liked Eastern Shore restaurants and is a CIA (Culinary Institute of America) alumnus.

I mentioned earlier that food is the star of the show, but the supporting players, decor, and staff round out the dining experience. I would say that Knoxie's Table is a hit.



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

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The Excellence in Nursing Campaign continues this month! A peer-survey project that celebrates exemplary nurses practicing in the Greater Chesapeake Bay Region. We are calling for licensed nurses and medical professionals to nominate your fellow nurses in several fields of practice. The results will be tabulated, vetted, and become Excellence in Nursing 2024.

Voting will close at the end of June (6/30). Those earning Excellence in Nursing honors will be notified in early fall and the results will be published in the November issues of *What's Up? Annapolis*, *What's Up? Eastern Shore*, and *What's Up? Central Maryland*, in addition to the online platform and social media channels of What's Up? Media.

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

Advertisers Listed in Red

Avg. Entrée Price
 \$ 0-14
 \$\$ 15-30
 \$\$\$ 31 and over

- Reservations
- Full bar
- Family Friendly
- Water View
- Outdoor Seating
- Live Music
- Grab and Go

Queen Anne's County

18Twenty
 500 Kent Manor Drive, Stevensville; 410-643-5757; kentislandresort.com/dining
 \$\$ ●●●●●

Amalfi Coast Italian & Wine Bar
 401 Love Point Road, Stevensville; 443-249-3426; amalficoastki.com \$\$ ●●●●

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

Bay Shore Steam Pot
 111 E. Water Street, Centreville; 410-758-3933; bayshoresteamopot.com
 \$\$\$ ● Seafood

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

The Big Owl Tiki Bar and Grill
 3015 Kent Narrow Way S, Grasonville; 410-829-9546; thebigowl.com \$\$ ●●●●● Seasonal

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

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

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

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

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

Fisherman's Crab Deck
 3032 Kent Narrows Way S, Grasonville; 410-827-6666; crabdeck.com \$\$ ●●● Seasonal

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

Frix's Fire Grill
 1533 Postal Road, Chester; 410-604-2525; frixfiregrill.com \$ ●●

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

The Jetty Dock Bar and Restaurant
 201 Wells Cove Road, Grasonville; 410-827-4959; jettydockbar.com \$\$\$ ●●●●

Libbey's Coastal Kitchen and Bar
 357 Pier One Road, Stevensville; 410-604-0999; libbyscoastalkitchen.com
 \$\$\$ ●●●●●

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

Kent Point Marina, Bait House and Seafood

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

Kentmorr Restaurant & Crab House

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

Knoxie's Table

180 Pier One Road, Stevensville; 443-249-5777; baybeachclub.com \$\$ ●●●

Mamma Mia Italian Bistro and Sports Bar

219 E Water Street, Centreville; 410-758-2222; mammamia-centreville.com \$\$ ●●

The Market Gourmet Cafe

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

Mr. B's Seafood Market

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

The Narrows Restaurant

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

Phat Daddy's BBQ

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

Pour House Pub

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

Rams Head Shore House

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

Red Eye's Dock Bar

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

Rolph's Wharf: The Sandbar

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

Stevensville Crab Shack

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

Yo Java Bowl Café

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

Talbot County

Ava's Pizzeria & Wine Bar

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

Bas Rouge

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

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; capsizexmd.com \$\$ ●●●● Seasonal

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305 S. Talbot St | Saint Michaels, MD 410-200-8572

Voted Best Salad

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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; thegalleysaintmichaels.com \$\$ ●●●●

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

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

Hot Off the Coals BBQ
8356 Ocean Gateway, Easton; 410-820-8500; hotoffthecoals.com \$ ●●

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

Limoncello Italian Restaurant & Wine Bar
200 South Talbot Street, St Michaels; 410-745-3111; limoncellostmichaels.com \$\$ ●●

Lowes'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; mommamariasbistro.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 Miguel's
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; twoifbysearestaurant.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 \$\$ ●●



DINING REVIEW



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Modern Stone

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

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

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

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

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

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

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

Dorchester County

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Caroline County

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

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

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

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

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

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

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

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

Downtown Annapolis

**49 West
Coffeehouse,
Wine Bar,
and Galley**
49 West Street,
Annapolis; 410-626-
9796; 49westcoffee-
house.com \$ ●

Acme
163 Main Street,
Annapolis; 410-280-
6486; acmegrill.com
\$\$\$ ●

Acqua Al 2
236 Main Street,
Annapolis; 410-304-
3424; acquaal2.com
\$\$\$ ●●

**Annapolis
Ice Cream**
196 Main Street,
Annapolis; 443-714-
8674; annapolisice-
cream.com \$ ●●

**Annapolis
Market House**
25 Market Space,
Annapolis; 443-949-
0024; annapolis-
markethouse.com
\$ ●●

**Armadillo's Bar
and Grill**
132 Dock Street,
Annapolis; 410-280-
0028 \$\$\$ ●

The Big Cheese
47 Randall Street,
Annapolis; 410-263-
6915; tbcannapolis.
com \$ ●

**Buddy's Crabs
& Ribs**
100 Main Street,
Annapolis; 410-626-
1100; buddysonline.
com \$\$ ●●

Café Normandie
185 Main Street,
Annapolis; 410-
263-3382; cafenor-
mandie.com \$\$\$ ●●

**Carpaccio Tuscan
Kitchen & Wine Bar**
1 Park Place Suite 10,
Annapolis; 410-268-
6569; carpacciotus-
cankitchen.com \$\$
●●●

Castle Bay Irish Pub
913A Main Street,
Annapolis; 410-626-
0165; castlebayirish-
pub.com \$\$\$ ●●●

Chick & Ruth's
165 Main Street,
Annapolis; 410-269-
6737; chickandruths.
com \$\$ ●● Break-
fast all day everyday

The Choptank
110 Compromise
Street; 443-808-
1992; thechoptank-
restaurant.com
\$\$\$ ●●●●●

Curate Annapolis
141 West Street; 410-
907-0968; curatean-
napolis.com
\$, Wine, Daily
Breakfast

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

Dry 85
193B Main Street,
Annapolis; 443-214-
5171; Dry85.com \$\$
●●

Federal House
24 Market Space,
Annapolis; 410-268-
2576; federalhouse.
com \$\$ ●●

Fox's Den
179B Main Street,
Annapolis; 443-808-
8991; foxsden.com
\$\$\$ ●

**Galway Bay Irish
Restaurant and Pub**
63 Maryland Avenue,
Annapolis; 410-263-
8333; galwaybaymd.
com \$\$\$ ●●

Game On Bar + Arcade

114 West Street, Annapolis; 410-885-4589; gameonbararcade.com \$ ●

The Goat

137 Prince George Street; thegoatanapolis.com \$\$ ●●●

Harold Black

236 Main Street, Annapolis; 410-304-3353; haroldblack.com \$\$ Light Fare, ●●

Harry Browne's

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

Iron Rooster

12 Market Space, Annapolis; 410-990-1600; iron-rooster.com \$\$ ●●●

Joss Café & Sushi Bar

195 Main Street, Annapolis; 410-263-4688; jossushi.com \$\$ ●

Latitude 38

12 Dock Street, Annapolis; 667-204-2282; latitude38waterfront.com \$\$\$ ●●●●●

Lemongrass

167 West Street, Annapolis; 410-280-0086; lemongrassannapolis.com \$\$ ●●●

Leo Annapolis

212 West Street, Annapolis; 443-782-7549; leoannapolis.com \$\$ ●●

Level A Small Plates Lounge

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

Lighthouse Bistro

202 West Street, Annapolis; 410-242-0922; lighthousebistro.org \$ ●●●

Luna Blu Ristorante Italiano

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

McGarvey's Saloon

8 Market Space, Annapolis; 410-263-5700; mcgarveysannapolis.com \$\$ ●●●

Metropolitan Kitchen and Lounge

169 West Street, Annapolis; 410-280-5160; metropolitanannapolis.com \$\$\$ ●●●

Middleton Tavern

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

O'Brien's Oyster Bar & Seafood Tavern

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

Osteria 177

177 Main Street, Annapolis; 410-267-7700; osteria177.com \$\$\$ ●●●

Parley Room

25 State Circle, Annapolis; 443-837-6481; parleyroom.com \$\$ ●

Picante Cocina Mexicana

48 West Street; 443-775-5957; picanteannapolis.com \$ ●●

Potato Valley Café

47 State Circle, Annapolis; 410-267-0902; potatovalleycafe.net \$ ●

Preserve

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

Pusser's Caribbean Grille

80 Compromise Street, Annapolis; 410-626-0004; pussersannapolis.com \$\$ ●●●●

Ram's Head Tavern

33 West Street, Annapolis; 410-268-4545; ramshtheadtavern.com \$\$ ●●●●

Red Red Wine Bar

189B Main Street, Annapolis; 410-990-1144; redredwinebar.com \$\$ ●

Reynolds Tavern

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

Sofi's Crepes

1 Craig Street, Annapolis; 410-990-0929; sofiscrepes.com \$ ●●

Stan and Joe's

37 West Street, Annapolis; 410-263-1993; stanandjoessaloon.com \$\$ ●●

Trophy Room

126 West Street, Annapolis in Graduate Hotel; 410-263-7777 ex 3225; graduatehotels.com \$\$ ●

Tsunami

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

Vida Taco

200 Main Street; 443-837-6521; vidatacobar.com \$\$ ● Farm-to-Table

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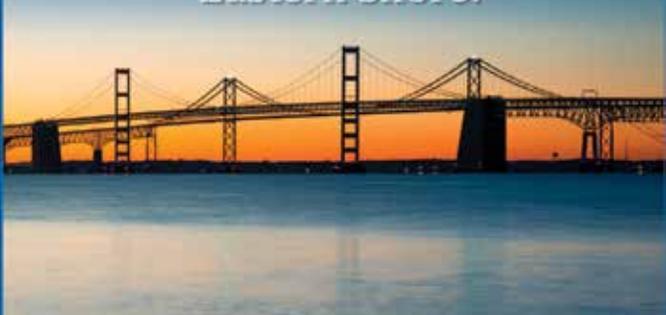
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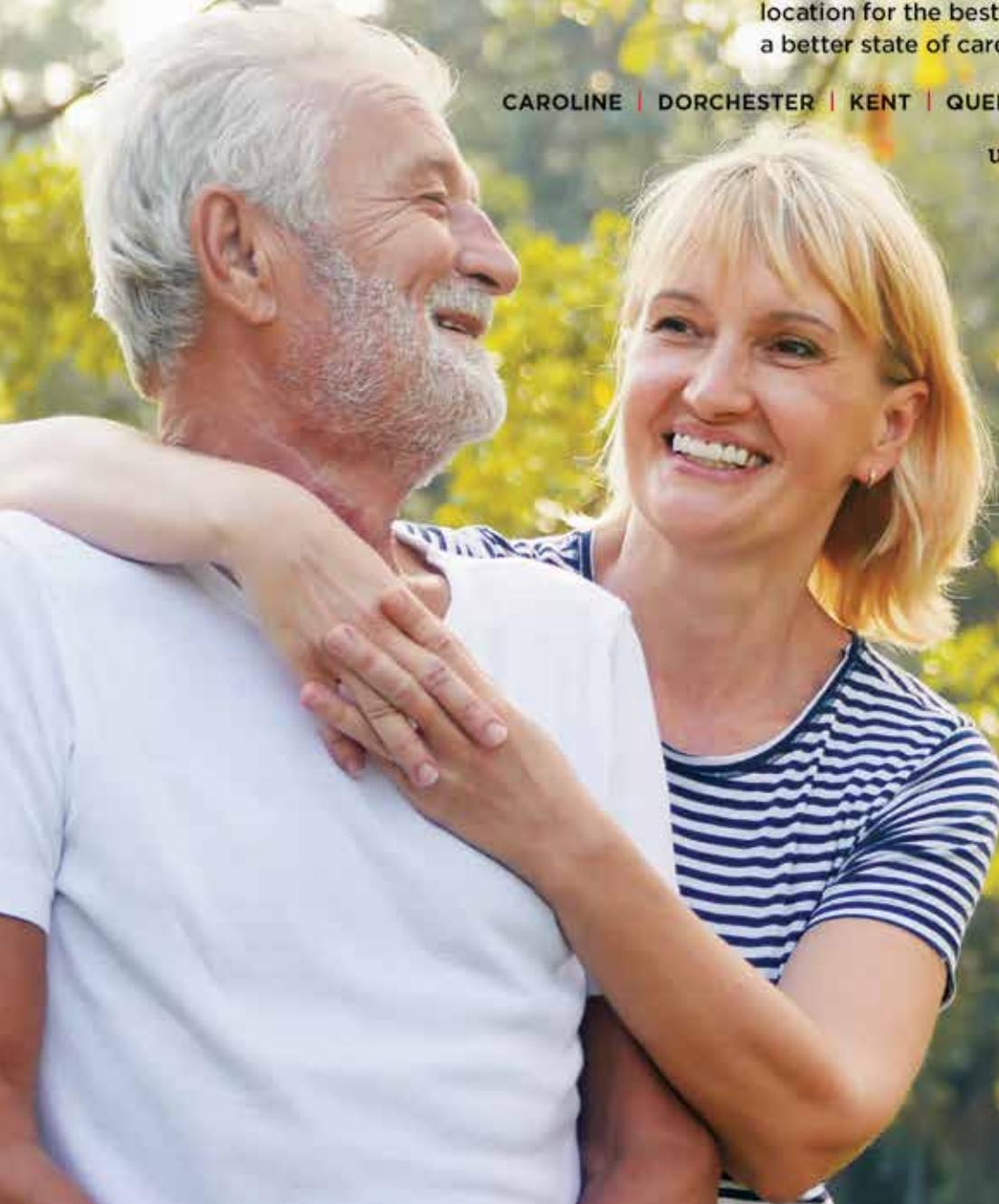
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