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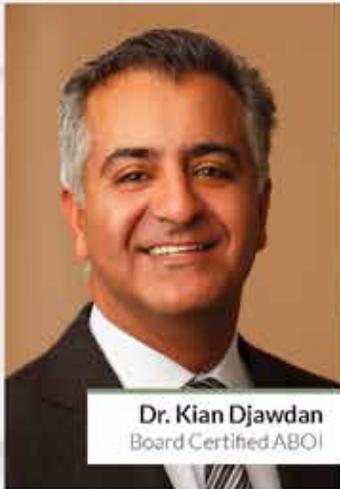
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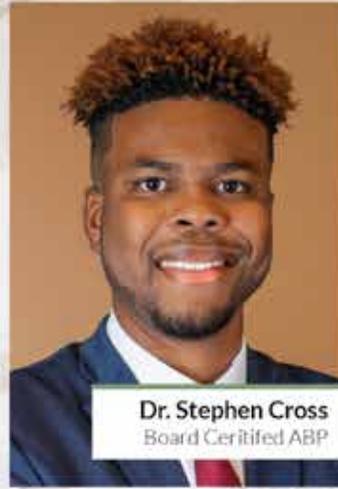
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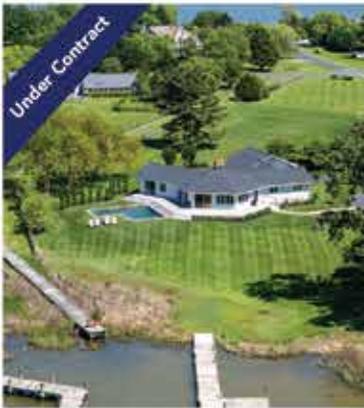
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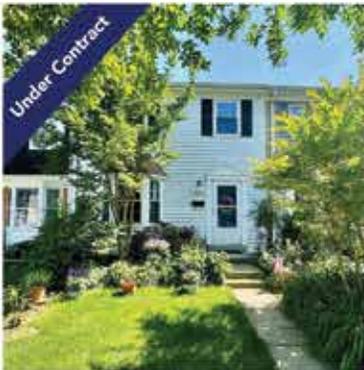
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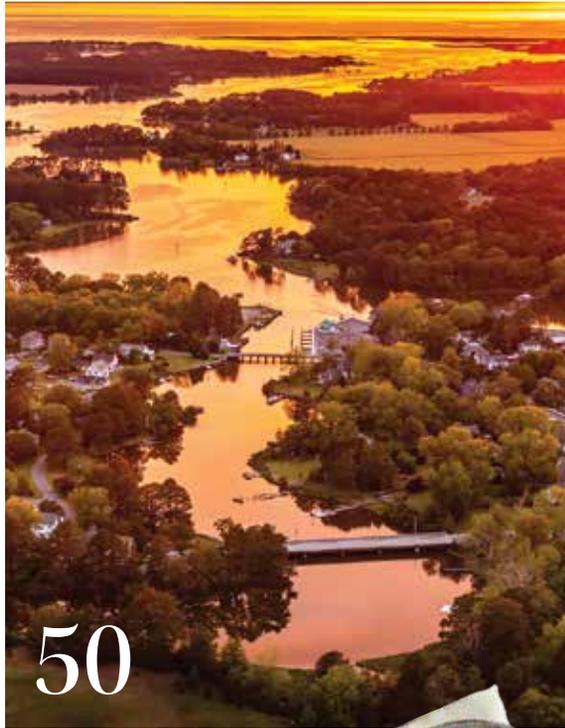
WATERFRONT
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JULY 2024

◀ **On the Cover:** We offer top-tier dining destinations in this month's Summer Dining Guide. Design by August Schwartz
Contact *What's Up? Eastern Shore* online at whatsupmag.com. ♻️ Please recycle this magazine.



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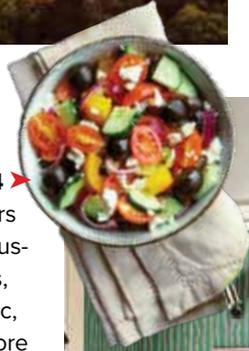


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WHAT'S UP?
eastern shore

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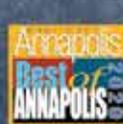
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Showcase your photography skills and furry friends!

We're calling on you to share your favorite shots of Fluffy and Fido in our photography contest. We're looking for photos of your pet at play, being whimsical, sleepy, silly, and just plain lovable! After a month of submissions, a month of voting will take place and the winners will be published in our November issues. To learn more, scan the QR code or visit whatsupmag.com/petphotocontest2024.





P.S. Also, we revamped the front of this magazine with a new “Arts & Culture” department that expands our local events and community coverage with more content than past issues. Check it out—and as we continue to develop this section, please let us know what you’d like to read about! Send me an email at editor@whatsupmag.com.

have decided who’s tops in our many towns for a variety of dining experiences. We offer top sailor hangouts, favorite crab houses, where to go for the best views of the Bay, beer gardens and taprooms, top tiki bars, and so much more. The guide offers something for everyone, we think.

And though you may or may not agree at first glance with who made the lists, I say, give them a try. You might be surprised. An adventurous way to do so is by picking a restaurant in a far-off town and going for a visit. Because this guide covers Anne Arundel and Prince George’s counties, plus those of the wide-open Mid-Shore, there are more opportunities to experience a new restaurant and *its hometown* than there are days in the summer. Pretty cool.

It’s been a spell since that first visit of mine to St. Michaels. Since that time, several new restaurants have popped up. But there are still some old standbys, several of which I haven’t even stepped foot within. All the more reason to clear a day on the calendar, roll down the car windows, and breeze on over to experience a world away from my own.

Have a great summer, y’all!

James

H

ave you ever felt a world away from home, even though you’re within a car or boat ride to-and-fro? I remember the first time I visited St. Michaels, Maryland, and how unique the vibe felt. It’s authentically small town—more so than, even, Annapo-

lis, which itself is about as well-connected a community there can be. And though there’s a maritime brotherhood among these popular enclaves, each has a character (and characters) that feed our inner traveler. Main Streets, vintage shops, watering holes, and destination restaurants—all different in their own right—offer new experiences to willing visitors.

Easton has a vibe. Eastport does, too. Crisfield...for sure. Kent Island, Rock Hall, Deale, Bowie, National Harbor. Throw a dart at the map—from the Miles River to the Severn to the Potomac, our region is dotted with very interesting places worth exploring.

A great way to experience the Chesapeake region’s vast and very different towns is to eat through them. Let our Summer Dining Guide lead the way.

This year, we took a fresh approach to this annual compendium of regional restaurants, all perfect for summer respite. Our editorial team, readers, and local restaurateurs

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PG. 16





Photo by 410 Films

BAY PADDLE

The 2024 Bay Paddle takes place on July 20th at Kent Island Yacht Club and is co-hosted by Kent Island Outrigger Canoe Club. There are three races: a 3-miler, 10-miler, and a 35-mile circumnavigation of Kent Island. All registration fees for the race are donated to Oyster Recovery Partnership, Chesapeake Conservancy, and Waterkeepers Chesapeake to help protect the Bay. The post paddle party is a traditional luau sponsored by Tito's and Pacifico and open to all from 3 to 5 p.m. More details are online at baypaddle.org.

Plein Air Easton

Celebrate 20 years of Plein Air Easton, the largest and most prestigious juried plein air painting competition in the United States. From July 12th through 21st, artists will create their paintings outdoors (*en plein air*), capturing the beauty of the local landscape of Talbot County. Fifty-eight artists are scheduled to gather, compete, and take place in other events, including at the Avalon Theatre in Easton. Find more information at plein-aireaston.com.



Photo by Ted Mueller



BIG BAND NIGHT & FIREWORKS

In celebration of Independence Day, the Chesapeake Bay Maritime Museum in St. Michaels will host Big Band Night on Saturday, July 6th beginning at 7 p.m. Guests are invited to bring lawn chairs and picnic blankets for an evening of music, dancing, and fireworks along the Miles River, featuring a performance from the Shades of Blue Orchestra at the historic Tolchester Beach Bandstand. CBMM's waterfront campus offers a great vantage point to enjoy the St. Michaels fireworks, which begin at dusk that evening. The rain date for the concert and fireworks is July 7th. Tickets are on sale now at cbmm.org.

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Kent County 4-H Fair

The Kent County Fair will be back at the Kent Ag Center in Chestertown, July 17th through 20th, celebrating 42 years. The fair features great food, 4-H and community exhibits, animals, tractors, games, and plenty of entertainment for the whole family. This year, enjoy a Power Wheels Derby for 3–8-year-olds and a pickle eating contest. If that isn’t intriguing enough, there will be a greased pig contest, livestock auctions, and an antique truck pull. The fair’s mission is to provide agricultural education and opportunities for the county’s youth. Find more information at kentcountyfair.org.

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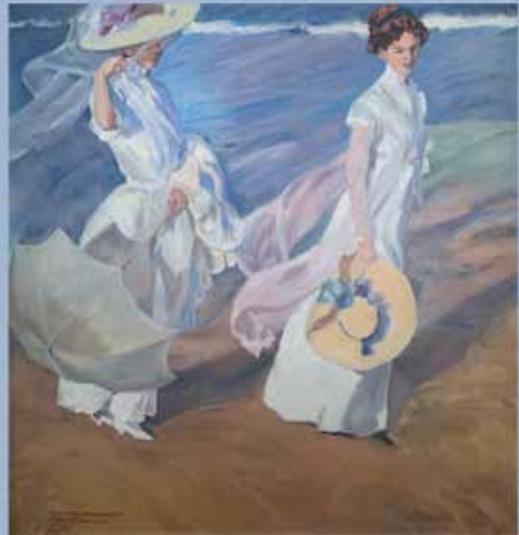
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Free Avalon Outdoor Concert Series (Easton) – July 6th and 27th, Harrison Street between Dover and Goldsborough Streets in Easton; select Sundays in August; avalonfoundation.org

Thursdays in the Park – Thursdays, 7 p.m., through September 26th, hosted by Queen Annes County Centre for the Arts, various locations; queenannescountyarts.com

Annapolis Town Center (Annapolis) – 1st and 3rd Fridays, 6–8 p.m., through September 20th, at Boathouse Pavilion in the East Village (next to P.F. Chang's); annapolistowncenter.com

Allen Pond Park (Bowie) – Sundays, 6 p.m., through September 1st; cityofbowie.org

USNA Band Concert Series (Annapolis) – Tuesdays, 7:30 p.m., through July 30th, at Susan Cambell Park; annapolis.gov

Tides & Tunes (Annapolis) – Thursdays, 7 p.m., through August 29th, at Annapolis Maritime Museum; amaritime.org

Friends of Quiet Waters Park (Annapolis) – Saturdays starting July 20th, through September 1st; fqwp.org

Waugh Chapel (Gambrills) – Wednesdays through August 14th; visitwaughchapel.com

Friends of Downs Park (Pasadena) – Sundays through August 25th; facebook.com/FriendsOfDownsParkInc

1. Tides & Tunes (Annapolis) Photo courtesy Annapolis Maritime Museum **2.** USNA Band Concert Series (Annapolis) Photo courtesy USNA Band **3.** Waugh Chapel (Gambrills) Photo courtesy Waugh Chapel Towne Centre **4.** Concerts in the Park (St. Michaels) Photo courtesy St. Michaels Community Center **5.** Tides & Tunes (Annapolis) Photo courtesy Annapolis Maritime Museum

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Nancy Tankersley, *The End of the Island*, oil on canvas

Reflections: Nancy Tankersley

Academy Art Museum, Easton, Through July 28th

This year is quite special in Easton: it is the 20th anniversary of Plein Air Easton. To celebrate, Academy Art Museum is featuring a special exhibit highlighting Nancy Tankersley's paintings from throughout her career. For many years as the festival was getting established, Tankersley served on the Plein Air Easton Steering Committee before she returned to her career as an artist and won many Plein Air awards across the country: first place at Lighthouse Plein Air and Parrsboro Plein Air, and second place at Plein Air Easton and En Plein Air Texas. This year, Nancy will serve as the Awards Judge for the anniversary festival. Find more information about the festival and Tankersley's exhibit at academyartmuseum.com.



Photo courtesy CBMM by Kristin Rutkowski

HER HELM: PORTRAITS OF WOMEN ON THE CHESAPEAKE

Chesapeake Bay Maritime Museum, St. Michaels, Through September 2024

Photographer Kristin Rutkowski has challenged gender stereotypes of who commands the wheel aboard vessels that take on our Chesapeake Bay with her portrait project, *Her Helm*, which is currently on display at Chesapeake Bay Maritime Museum. Rutkowski photographed more than 50 women (including Kate Dumhart of the schooner *Sultana* pictured) in the region and discovered an array of female boaters and sailors, charter boat and tug captains, maritime and environmental educators, and delivery boat and ferry operators who have experienced obstacles and challenges while building a career on the water. Rutkowski has captured photos of these women, which have empowered these women. *Her Helm* features portraits and interviews with the women by the Bay. Find more information at cbmm.org.



Strolling Along the Seashore by Jennifer Heyd Wharton

Fabulous Forgeries

Troika Gallery, Easton, Through August 31st

The annual Fabulous Forgeries is back by popular demand for its 5th year. This year, the judged exhibit will feature select Troika artists copying the Great Master Painters of the Past and will be judged by Dr. Dan Weiss, the President and CEO of The Metropolitan Museum of Art in New York City. Art lovers who visit the show will also have the opportunity to cast a vote for The People Choice Award, one of the four award categories. Find more information at toikagallery.com.



IF YOU BUILD IT, THEY WILL COME

American Visionary Art Museum, Baltimore, Through September 1st

Visit the Zanvyl A. Krieger Main Building at the American Visionary Art Museum for the newest MEGA-exhibit. The exhibit invites visitors into the handcrafted environments of such visionaries as Zebedee Armstrong, Gayleen Aiken, Ruby C. Williams, Leslie Payne, DeVon Smith (pictured, with his "robot family"), and Baltimore's own Loring Cornish. This exhibit features an engaging new way for you to connect to the gallery's main theme: by using interactive touch-screen maps to explore visionary environments across the country. Find more information at avam.org.



Photo courtesy of Mitchell Art Museum

**TWO ART BOOKS:
LOUISE BOURGEOIS
AND FISCHLI/WEISS**

**The Mitchell Art Museum
at St. John's College,
Annapolis, Through
September 8th**

The Greenfield Library at The Mitchell Art Museum at St. John's College in Annapolis currently houses two small, zine-like art books, each featuring a single body of work. Both works ask fundamental questions about the meaning of life and our place in the social or natural order in different ways. *Les Fleurs* (The Flowers) includes reproductions of 28 gouache paintings by French-American artist Louise Bourgeois the year before she died. These flat, silhouetted flower images symbolize human anatomy, in structure and in hue and translucency. *Ordnung and Reinlichkeit* (Order and Cleanliness) is 15 black and white drawings by Swiss artist duo Fischli/Weiss. Come see the books while they are still in our community. Find more information at sjc.edu/Mitchell.

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Though we love new music, nothing beats the 'oldies but goodies.' The songs that really get the party started. The songs for which we don't have to think about the lyrics, they just come belting out. The songs that play and we can't help but think of the special memories associated.

This month, Rams Head On Stage in Annapolis is hosting eight tribute bands; let's call it 'Nostalgia Month.' Nostalgia Month kicks off July 5th with **In Gratitude: A Tribute to Earth, Wind & Fire**, followed by **The Gathering Gloom: The Cure Tribute** on July 7th.



Photo courtesy Avalon Theatre



Photo courtesy Cash Unchained

Cash Unchained: the Ultimate Johnny Cash Tribute is on July 12th, then **Fan Halen: The World's Most Authentic Tribute to Van Halen** on July 14th.

7 Bridges: The Ultimate Eagles Experience is on July 15th and **The Allman Others Band: D.C.'s Tribute to the Allman Brothers** on the 21st. **The Doobie Others: A Tribute to the Doobie Brothers** will be on July 23rd, followed by **The Bangos: A Tribute to the Bangles & The Go-Go's** on July 27th.

Phew what a month of tributes! Get tickets to your favorite band-doppelgangers at ramshendonstage.com.

On the Shore, local group **Todd Marcus Quintet featuring Virginia MacDonald** will be performing at Avalon Theatre in Easton on July 26th in the Stoltz Listening Room. Todd Marcus is a bass clarinetist from Baltimore who has been touring with Toronto clarinetist Virginia MacDonald since 2022 with their quintet. They have traveled across the United States and Canada showcasing the range of beauty and power of the clarinet in a modern jazz context. The concert will showcase a repertoire comprised of original compositions by both band-leaders, who will be releasing their debut album as co-leaders in 2025. Get tickets to the new and unique musical experience at avalonfoundation.org.

OTHER NOTABLE, LOCAL CONCERTS WORTH CHECKING OUT:

◆ THE WAILERS

at Avalon Theatre, Easton; July 3rd; avalonfoundation.org

◆ AMERICAN SALUTE

at Joseph Meyerhoff Symphony Hall, Baltimore; July 6th; my.bsomusic.org

◆ YACHTLEY CREW

at Maryland Hall, Annapolis; July 18th; marylandhall.org

◆ THIRD EYE BLIND

at Merriweather Post Pavilion, Columbia; July 19th; merriweathermusic.com

◆ THE CONSERVATORY CLASSIC JAZZ BAND

at The Mainstay, Rock Hall; July 20th; mainstayrockhall.org

◆ FANTASIA

at MGM National Harbor; July 27th; mgmnationalharbor.mgmresorts.com

◆ O.A.R.

at Merriweather Post Pavilion, Columbia; July 27th; merriweathermusic.com



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FOUNDATION TO MATCH DONATIONS FOR NEW EMERGENCY SERVICES TRAINING CAMPUS

The A. James & Alice B. Clark Foundation has announced that it will match donations made to the Friends of the Easton Volunteer Fire Department's (EVFD) Public Safety Capital Campaign for its Emergency Services Training Campus in Easton, Maryland through September 30, 2024. The Clark Foundation's match includes all private and local donations made until Friends of EVFD reaches its \$5 million fundraising goal. To date, \$3 million has been raised, including a \$1 million investment from the Clark Foundation in September 2023. "The Clark Foundation remains committed to supporting the Friends of Easton Volunteer Fire Department as they raise the remaining funds needed to build the Emergency Services Training Campus in Easton," said Clark Foundation President and CEO Joe Del Guercio. "Providing Talbot County's first responders with the training they need is essential, it impacts the lives of every resident, and we hope this match will encourage the community to join us in supporting this campaign." To donate to the Emergency Services Training Campus Public Safety Campaign, contact Brett Whitehead at 302-236-6249 or by email at whitenj20@gmail.com or visit foevfd.org.



Benedictine Honors Staff at Annual Celebration

Benedictine celebrated the winner and all the nominees of the distinguished Sister Jeannette award during its annual Staff Appreciation Celebration. The award was established in 2012 by the Benedictine Board of Directors in honor of Sister Jeannette, who served as Benedictine's leader for over 30 years. The annual award recognizes an employee who exemplifies Benedictine's values of dignity, integrity, collaboration and excellence. This year's Sister Jeannette Award was given to Nancy Morris, School Case Management Supervisor, who has been with Benedictine for 29 years. Nancy is known for her welcoming personality, words of encouragement and the incredible support that she provides her team. "The Sister Jeannette award is a highlight of our staff celebration event. We celebrate those that go above and beyond in making a difference in the lives of the students and adults living with developmental disabilities and autism," said Scott Evans, Benedictine Executive Director. For more information about Benedictine, visit benschool.org.



SHORE UNITED BANK OPENS NEW MORTGAGE OFFICE

In May, Shore United Bank celebrated the grand opening and ribbon cutting of its new mortgage office at 112 N.

Talbot Street in St. Michaels. The renowned bank would like to thank the Talbot County Chamber of Commerce, the Fool's Lantern, Johnny Mautz for Senate, and their guests for making the event a success. Tammy Andrews and Stacy Bishoff will be situated in the office and are experienced lenders ready to help guide clients through their residential mortgage transactions. Learn more at shoreunitedbank.com.



**HYATT'S RIVER MARSH
GOLF CLUB RECEIVES
MAJOR RENOVATION**

Hyatt Regency Chesapeake Bay Golf Resort, Spa and Marina, a waterfront resort located on 342 acres of Maryland's Eastern Shore, announced a renovation of its River Marsh Golf Club course. This facelift aims to enhance the course for both members and guests and will provide a premier playing experience. "We are thrilled to announce the launch of an enhanced golfing experience at River Marsh Golf Club," said Abby Messick, Director of Golf at Hyatt Regency Chesapeake Bay. The entire 18-hole course is getting a complete turf renovation and upgrading to bermudagrass. The bermudagrass called "Iron Cutter" is a highly-rated choice by the National Turf Evaluation Program (NTEP), which is utilized by the Golf Course Superintendents Association (GCSAA). The renovation is set to begin on July 8th for an anticipated reopening on August 19th. By the end of the renovation, River Marsh's water consumption is expected to decrease by 40 percent, growing to a 50 percent decrease annually. For more information, visit hyattregencychesapeakebay.com.



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Olivia Ryan

THIS QUEEN ANNE'S COUNTY HIGH SCHOOL STAR SOCCER AND LACROSSE PLAYER ALSO EXCELS IN THE CLASSROOM AND BELONGS TO EIGHT SCHOOL CLUBS

By Tom Worgo



ponents won't hesitate to make remarks about Queen Anne's County High soccer player Olivia Ryan. It usually happens in just about every game.

At 5-foot-2, Ryan, a junior, is typically a smaller player on the field. She welcomes the remarks and surprises foes with her all-around talent. "I get called something inappropriate. I know I can't really change my size," says Ryan, a three-year starter. "So, I have to do everything else to make up for it."

Ryan possesses a lot of skills coaches covet. She's fast, gritty, super intense, and an excellent leader. She earned a lot of respect for her play, earning Maryland Association of Soccer Coaches First-Team All-State honors in 2023 as well as Bayside Conference Player of the Year honors.

"I am super athletic and superfast," Ryan says. "I can play a whole game without getting tired. I don't ask for a sub.

"When you are playing against stronger and taller people, you are going to learn that you are going to be pushed off the ball the first time," she adds. "But you are not going to let it happen a second time."

Ryan, a team co-captain and midfielder last year, is a strong candidate for an athletic or academic scholarship. She carries a 4.75 grade-point average and has been recruited by four Division II Florida schools: Flagler and Rollins colleges and Emory Riddle Aeronautical and Saint Leo universities.

"I really want a strong academic college," Ryan says. "I want them to prepare me for medical



school. I like the size of Division II schools. I don't want to go to a really big school where you are just a number."

Queen Anne's County Girls Soccer Coach Mike Kern adds, "I think she will absolutely get a scholarship to college."

Her soccer experience is impressive. She's been named All-Conference in high school since her freshman season and boasts nine years of club experience, including the past three for Shore Football Club.

At Queen Anne's County, Ryan had a memorable junior season. She began the year by scoring goals in eight consecutive games. Her best performance came against Easton when Ryan scored a hat trick

in a 5-1 victory over Easton on September 12th. She finished the campaign with 13 goals and three assists. Ryan combined for 13 goals in the previous two seasons.

"She creates a lot of plays and makes everyone around her better," Kern says. "And I love the fact that she is fearless. She plays a lot bigger than she is."

With an eye on playing college soccer, Ryan joined the Shore Football Club U-19 squad. She faces top-notch competition from

"SHE CREATES A LOT OF PLAYS AND MAKES EVERYONE AROUND HER BETTER. AND I LOVE THE FACT THAT SHE IS FEARLESS. SHE PLAYS A LOT BIGGER THAN SHE IS."

North Carolina, West Virginia, New Jersey, Pennsylvania, and Delaware.

"I think another one of my good qualities is that I always feel I am getting better," Ryan says. "The difference between now and my freshman year is crazy. I am playing with older girls and against older girls."

Shore Football Club Coach Mike Leach is excited to have Ryan on his team. "She is extremely physical, really fast, a great dribbler," Leach says. "She can dribble through four or five people. And has the ability to score from anywhere on the field with a strong, accurate shot."

The 17-year-old Ryan appears to be as close as possible to being the perfect student athlete. By the time she will have completed high school, Ryan will have taken eight advanced placement classes. She also stays busy with extracurricular activities at school. Ryan is a two-year starter on the lacrosse team and serves as class treasurer and manager of the girls varsity basketball team.

She also belongs to eight clubs, including the Red Cross Club, the Science National Honor Society, the National English Honors Society, and the Arts National Honor Society.

"I am busy all the time," Ryan says. "I don't have any free time. I work better under pressure and under stress."

Ryan is sharply focused on her career, wanting to be a diagnostic radiologist. "I have always been interested in anything medical," she explains. "I broke a lot of bones when I was a kid. And I was really fascinated by radiology."



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By James Houck and Megan Kotelchuck



RED = advertiser within the July issues of *What's Up? Annapolis*,
What's Up? Eastern Shore & *What's Up? Central Maryland*

Welcome to our brand-new summer dining guide and completely revised format! This season, we've blown the doors off the old restaurant guide and given the keys to our editors, readers, and local restauranteurs to drive the recommendations.

When you think of summer dining, what comes to mind? Where to pick crabs is near the top of the list. We've got our Favorite Crab Houses. Where do boaters like to hang after a day on the water? We've offer restaurants with a maritime attitude. Beach bars where you can get sand between the toes? It's in here.

And many more restaurants that epitomize summer relaxation, good eats, the water...the Chesapeake Bay experience!

To be included in this year's guide, a restaurant had to tickle the fancy of the editors, be recommended by our readers, be legendary, be surprising, be summery, or be in the What's Up? Media family of clients. Restaurants are listed alphabetically—not by rank—under each category.

Don't see your favorite? Let us know the restaurants you think we missed and who should be considered for next year's guide. Write to us at: editor@whatsupmag.com.

LET'S
DIVE
INTO
GREAT
SUMMER
DINING!



10 Top

Sailor/Boater/Angler Hangouts

▼ **Boatyard Bar & Grill** – 400 Fourth Street, Annapolis; 410-216-6206; boatyardbarandgrill.com; When the patron saint of sailing himself, Jimmy Buffet, frequented an establishment, you know it checks out! Nautical vibe...check! Trophy fish adorning the walls. Yep! Fresh, local seafood and “All killer, no filler” crabcakes—hey, it’s a slogan. Supports local conservation and angling charities—often and annually. And a darn good margarita to wash down the eats while kicking back with like-minded water warriors. It’s the Boatyard! We’re thinking owner Dick Franyo is nearing saint status as well! [Read an interview with him here:](#)



Carpenter Street Saloon – 113 S. Talbot Street, St. Michaels; 410-745-5111; carpenterstreetsaloon.com; It’s the heartbeat of St. Michaels. For more than 50 years, the Saloon has served locals and

visitors breakfast, lunch, dinner, and plenty of cold drinks to wash it all down. The saloon even runs its own shuttle bus on weekends to help patrons return home or port safely. Live music is also a big draw and keeps the crowds returning season after season.

Capsize OXMD – 314 Tilghman Street, Oxford; 410-226-5900; capsizeroxmd.com; Come by boat (or land) to this relaxing seafood restaurant overlooking Town Creek in maritime-rich Oxford. This seasonal destination has free dockage while you dine and overnight space if you’re in the mood to stay a little longer. The menu leans on blue crab, lobster, scallops, shrimp, conch... you name it. And the indulgent cocktails cover all bases.

Davis’ Pub – 400 Chester Avenue, Annapolis; 410-268-7432; davispub.com; Located in the heart of Eastport’s “marina district,” Davis’ is several things: a locals’

hangout, a blue-collar catchall, a quick biz’ lunch spot, a post-boating watering hole, and in recent years, tourist attraction. When famous chef Guy Fieri featured the eatery on his “Diners, Drive-Ins and Dives” television show, Davis’ instantly became a must-visit for out-of-towners seeking uniquely Annapolitan pub-grub.

Fish Whistle – 100 George Street, Georgetown; 410-275-1603; fishandwhistle.com; A northern Bay destination among boaters, Fish Whistle serves classic Shore seafood, plenty of surprises, and respite right on the beautiful Sasfras River. Located at Granary Marina, there’s plenty of transient or long-term seasonal docking and all the amenities.

Pusser’s Caribbean Grille – 80 Compromise Street, Annapolis; 410-626-0004; pussersannapolis.com; Sadly, this will be the last summer to enjoy Pusser’s, which has been one of the

most attractive dockside bars and restaurants in the heart of Downtown Annapolis for several decades. The new tenant of the space—Atlas Restaurant Group (owners of The Choptank, just a block away)—will transform Pusser’s into two concepts by summer ’25: an upscale Italian chophouse (named Marmo) and a tequila cantina (named Armada). So, enjoy a famed Pusser’s Painkiller before this party ends and another begins.

Red Eye’s Dock Bar – 428 Kent Narrow Way N., Grasonville; 410-304-2072; redehyesdb.com; Red Eye’s is more than lunch or dinner. It’s more than great waterfront views in Kent Narrows, or even a boaters’ destination. It’s an experience. The Red Eye’s experience. The dock bar and restaurant has become legendary among summer faithful for its stellar live music scene, bikini contests, cold drinks, and filling food. It’s always a party at Red Eye’s!





favorite Crab Houses

Buddy's Crabs & Ribs – 100 Main Street, Annapolis; 410-626-1100; buddysonline.com; With million-dollar views overlooking Annapolis' Market Space and the Ego Alley harbor, Buddy's is hard to beat for cracking crabs and enjoying a cold bucketful of brews. It's all-you-can-eat buffet also is renowned. The downtown dining staple is popular with out-of-town visitors, so arrive early to secure a table or spot on the waitlist.

Crafty Crab Seafood – 6800 Race Track Road, Bowie; 240-245-3715; craftycrabrestaurant.com; New to the region's seafood scene is Crafty Crab and its urban "sports bar-meets-picking party" vibe with a decidedly New Orleans influence. The steamed platters are the star here, with your choice of crabs (Blue, Dungeness, Alaskan King, Snow, etc.), other steamer staples (mussels, clams, shrimp, crawdads, lobster), and type of seasoning. The menu is unique, the atmosphere active, and the food delicious! *Read our full dining review, here:*



Fat Boys Crab House – 1651 MD-3, Crofton; 443-292-4709; fatboyscrofton.com; It's a western Anne Arundel gathering spot for friends to pick crabs over a few cold ones while watching the game-du-jour on the flat screens above the bar. Indoors and air-conditioning make for comfy confines in which to crack jumbos!

▲ **Fisherman's Crab Deck** – 3032 Kent Narrow Way S., Grasonville; 410-827-6666; crabdeck.com; The expansive open-air seating and outdoor deck sits right on the Narrows of Prospect Bay, offering exciting views of the bustling boats, marinas, and Kent Island way of life. The Schulz family has operated the Crab Deck and adjacent Fishermen's Inn for decades—the entire operation became, and continues to be, a landmark seafood establishment serving jumbo crabs and piles of steamed seafood to patrons who arrive by both boat (ample docking) or car. *Read about the Schulz family legacy here:*



Harris Crab House – 433 Kent Narrow Way N., Grasonville; 410-449-5756; harriscrabhouse.com; For more than 75 years, patrons have enjoyed picking crabs freshly harvested, delivered, and steamed on site. Harris is an iconic crab house located on the northern side of the Narrows, surrounded by marina docking, the busy water passage, and maritime culture that defines Kent Island.

Jimmy Cantler's Riverside Inn – 458 Forest Beach Road, Annapolis; 410-757-1311; cantlers.com; Waterman-turned-restaurant Jimmy Cantler and his wife Linda founded what became a destination for crab picking and fresh seafood way back in 1974. Celebrating 50 years, Cantler's continues to delight guests from near and afar who flock to the tucked-away restaurant that overlooks quiet Mill Creek.

Mike's Restaurant & Crab House – 3030 Riva Road, Riva; 410-956-2784; mikescrabhouse.com; Since '58, Mike's has served locals and visitors fresh, local seafood in a dock setting overlooking the South River at the Riva Road Bridge. The picnic tables for crab picking are many, boat docking

is free and plentiful, and the market-priced blue crabs some of the best on the Bay! Bonus: the Mike's operating-family purchased the old Sunset Restaurant in Pasadena and transformed into brethren restaurant, Mike's North.

Ocean Odyssey – 316 Sunburst Highway, Cambridge; 410-228-8633; toddseafood.com; When a restaurant has a specially-designated "Pickin' Room," they must be all about them crabs! And they are—the Todd family business dates back to the 1940s as local seafood processors before jumping into the restaurant venture in the '80s. Over time, Ocean Odyssey has become synonymous with Cambridge seafood culture.

The Crab Claw – 304 Burns Street, St. Michaels; 410-745-2900; thecrabclaw.com; What began as a clam and oyster shucking house in the '50s was turned in a full-service restaurant and crab house by Bill and Sylvia Jones in the '60s. The Crab Claw, which overlooks the Miles River, remained a summer institution ever since and today, though owned by the adjacent Chesapeake Bay Maritime Museum, remains operated by the same family.

The Point Crab House & Grill – 700 Mill Creek Road, Arnold; 410-544-5448; thepointcrabhouse.com; If the restaurant was any closer to the water, you'd need a bathing suit to enjoy your meal. Opened by chef Bobby Jones and wife Julie on Mill Creek, just off the Magothy River, The Point has a coastal-casual vibe with upscale taste with a refined dinner menu, and offers classic crab cracking on the outdoor patio or screened-in dining room.

Waterman's Crab House – 21055 West Sharp Street, Rock Hall; 410-639-6860; watermanscrabhouse.com; Smack dab in the middle of Rock Hall Harbor sits Waterman's. With the Chesapeake Bay just beyond nearby jetties, the setting for a complete crab feast with all the fixin's, delicious crushes, and sunset views is near perfect.

Top Waterfront Views

Broken Oar Bar & Grille – 864 Nabbs Creek Road, Glen Burnie; 443-818-9070; brokenoarbarandgrill.com; Great food, a rockin’ sushi bar, and panoramic waterfront views of Nabbs Creek...welcome to Glen Burnie! Arrive by boat and get ready for some oarsome food, oarsome beer, and oarsome fun!

Carrol’s Creek ▶ – 410 Severn Avenue, Annapolis; 410-263-8102; carrolscreek.com; Did you know Annapolis’ bustling Spa Creek was once named “Carol’s Creek”? A map discovered in France and brought to Annapolis in 1976 showed that the waterway was originally named after Charles Carroll of Carrollton, our most locally famous signer of the Declaration of Independence. Today, Carrol’s Creek restaurant takes pride in its name by offering an elite menu of fresh and delicious seafood and steaks with amazing views of the creek, marinas, and maritime activity. *Read our interview with owner Jeff Jacobs here:*



Doc’s Sunset Grille – 104 W Pier Street, Oxford; 410-226-5550; facebook.com/docssunsetgrille; Looking for a spot in Oxford with the perfect view of the Tred Avon River? I’m saving a barstool for you at Doc’s Sunset Grille. Grab a steam pot of your choice, a great crush, and amazing views!



Dock House Restaurant – 110 Piney Narrows Road, Chester; 443-446-4477; dockhouserestaurant.com; The wrap-around deck gives Dock House the perfect panoramic views of the Kent Narrows. You choose whether you are docking your boat at their slips or parking your car in their lot; either way, you’ll enjoy delicious food and crafty cocktails.

Harrison’s Harbour Lights – 101 N Harbor Road, St. Michaels; 410-745-9001; harrisonsharbourlights.com; In 2019, Harrison’s Harbour Lights Restaurant set out on a goal to create the best waterfront restaurant in the state. How do you think they are doing? Harrison’s offers a pear and pecan salad, bacon wrapped scallops, crab imperial stuffed mushrooms, and so many more fresh selections, all with a Miles River view.

Latitude 38 – 12 Dock Street, Annapolis; 667-204-2282; latitude38waterfront.com; Historic Annapolis is full of gems, and not all of them seem to be hidden. Right on the water in downtown Annapolis, overlooking Ego Alley, is your seafood destination—Latitude 38. Latitude 38 even has a banquet room to host you and up to 300 of your closest friends!

▼ **Libbey’s Coastal Kitchen + Cocktails** – 357 Pier One Road, Stevensville; 410-604-0999; libbeyscoastalkitchen.com; Along



the Eastern Shore, tradition is paramount, and so is family. You may be familiar with the building on the Chesapeake Bay, but meet the family that now owns it. Walt Petrie combined his wife and daughters’ names (Lisa, Lindsay, and Abbey) to create Libbey’s, where the views are stellar and the fresh, local cuisine is even better! *Read our interview with the executive chef here:*



Marker Five - 6178 Tilghman Island Road, Tilghman; 410-886-1122; markerfive.com; There is something special right between the Eastern Chesapeake Bay and the Choptank River on Knapp’s Narrow: Marker Five. This hidden gem offers a scratch kitchen with fresh ingredients. In addition to delicious seafood, Marker Five offers house-smoked meats, making for the perfect tacos, ribs, pizza toppings, and more.

Rosa Mexicano – 153 Waterfront Street, National Harbor; 301-567-1005; rosamexicano.com; Ready for a fiesta? Elevate the experience at Rosa Mexicano. Rosa Mexicano is a destination born of a unique vision to combine the rich heritage, culinary techniques, and global impact of Mexican cuisine, all while overlooking the National Harbor on the Potomac River.

Severn Inn – 1993 Baltimore Annapolis Boulevard, Annapolis; 410-349-4000; severninn.com; There is no view quite like what you will get from the eastern side of the Naval Academy Bridge at the Severn Inn. Sit on the patio or inside with floor to ceiling windows to truly enjoy a dinner and view of the Academy and Annapolis Harbor.

The Choptank – 110 Compromise Street, Annapolis; 443-808-1992; thechoptankrestaurant.com; Local seafood takes the spotlight on The Choptank’s menu. The Choptank is a modern take of a fish and crab house, serving Maryland’s famous bay cuisine, cocktails, crushes, oysters, and craft beer. Since Summer 2022, Choptank in has been an indoor/outdoor dining destination overlooking Annapolis’ Ego Alley and Market Space.

Yellowfin – 2840 Solomons Island Road, Edgewater; 410-573-1333; yellowfinedgewater.com; There is plenty to look forward to at Yellowfin. Whether it’s fresh fish, crabcakes, steak, scallops, or sushi, there are more than enough reasons to dine on the South River, especially when you time your visit with an amazing sunset view!

favorite

Beer Gardens/Taprooms

Chessie's Wharf – 609 Melvin Avenue, Annapolis; 443-603-12135; rarbrewing.com; From RaR Brewing with love, comes Chessie's Wharf, a new taproom in West Annapolis with a beer hall atmosphere where you'll make new friends over cold pints. We especially enjoy the wall of "Big Mouth Billy Bass" that sings on the hour!

Crooked Crab – 8251 Telegraph Road, Ste. D, Odenton; 443-569-9187; crookedcrabbrewing.com; With large vats of actively brewing beer visible from the taproom, what you see is what you're getting! Serving a 36-tap rotation of seasonals and classic style beers (including mead!), Crooked Crab also offers brick oven pizzas to help tame the buzz. And the outdoor seating in the parking lot has that pop-up vibe that feels like a Sunday afternoon tailgate.

Cult Classic Brewing – 1169 Shopping Center Road, Stevensville; 410-980-8097; cultclassic-brewing.com; Since opening in summer 2018, Cult Classic has become a Kent Island destination—a place to enjoy fresh, local brews in an expansive taproom that also hosts rousing live music, talent and trivia nights, and more.

Forward Brewing – 418 Fourth Street, Annapolis; 443-221-7277; forwardeastport.com; If sipping fresh, on site-crafted beer with your besties in the rich maritime Eastport community sounds like a fun idea, look no further than Forward Brewing.

Garten – 849 Baltimore Annapolis Boulevard, Severna Park; 443-261-3905; garten-eats.com; The Old World never felt so new and exciting. Garten is the brainchild of Jeremy and Michelle Hoffman, owners of Preserve in Annapo-

lis. The farm-to-table concept is refined with German and French influence, and both indoor and outdoor dining areas in which to toast fine food with good friends.

Heroes Pub – 1 Riverview Avenue, Annapolis; 410-573-1996; heroespub.com; A pub that pays homage to first responders, Heroes was, perhaps, the first of its kind in Annapolis—a bar with *more than 40 taps* lined up and primed to deliver quality craft beer. Play darts over a couple pints, order the best wings in town, and enjoy Annapolitan camaraderie.

Lures Bar & Grille – 1397 Generals Highway, Crownsville; 410-923-1606; luresbarandgrille.com; The woodsy vibe of the outdoor beer garden lends well to shady summer and fall days spent enjoying a few beer selections from Lures' expertly-curated menu, along with fresh nibbles (rockfish bites!) and chef selections that lean on daily market fish and seafood.

Old Stein Inn ▶ – 1143 Central Avenue, Edgewater; 410-798-6807; oldstein-inn.com; Authentically German from stein to schnitzel, this south county gem has been a destination since the 1980s when Karl & Ursula Selinger emigrated from Rhineland Pfalz to open the restaurant (now run by son Mike). Today, Old Stein's outdoor biergarten is a four-season experience not to be missed. *Read our latest interview with owner Mike Selinger here:*



Pherm Brewing Company – 1041 MD-3, Gambrills; 443-302-2535; phermbrewing.com; It seems the west Anne Arundel County community can't get enough of

Pherm's heady brews. The young company has already expanded its footprint, doubling in size to craft delicious concoctions. The taproom features live music, open mics, trivia nights, and, sometimes, yoga sessions. Bottoms up!

RaR Taproom – 504 Poplar Street, Cambridge; 443-225-5664; rarbrewing.com; The flagship taproom of RaR Brewing is located in Cambridge. It's an original, from the onsite brewing to cedar top bar and local artwork—a place where gathering

with friends to share a pint is a uniquely rewarding experience.

Jailbreak Brewing Company – 9445 Washington Boulevard N., Ste. F, Laurel; 443-345-9699; jailbreakbrewing.com; HoCo's first production brewery, Jailbreak gained a following in Laurel and the surrounding communities for its precision crafted brews and approach to accompanying eats. The "Foodworks" side of the taproom offers a hearty menu of handhelds, flatbreads, and dry-aged meats.



5. for Live Music

The Boathouse – 604 Cabana Boulevard, Deale; 410-867-9668; theboathousedeale.com; There is plenty happening in Deale this summer. Check out The Boathouse at Anchored Inn for live music and a good time. Their music schedule is updated on Facebook.

Corah's Corner – 105 N. Talbot Street, St. Michaels; 410-745-8008; corahs.com; Grab a table on the porch at Corah's Corner and get ready for a relaxing night or food, drinks, and live music. Looking for a quick and cheap date night? Have a dessert cocktail on the porch while listening to local performers. Salted Carmel Cocoa with toffee whiskey anyone?

Killarney House – 584 West Central Avenue, Davidsonville; 410-798-8700; killarneyhousepub.com; It's always a hoot at Killarney House. There is live Irish music every Wednesday through Saturday, weekend brunch, and plenty of other can't-miss specials; even Ladies Night every Thursday.

Rams Head On Stage – 33 West Street, Annapolis; 410-268-4545; ramsheadonstage.com; One of the staples of Annapolis is Rams

Head On Stage. Since 1989, locals have been loving live music performed at the renowned Rams Head. This is your chance to see national acts in a very intimate venue, at dining tables complete with full service, a delicious menu, and local brews. Take a look at their website to see who is playing next!

The Rumor Reel – 1701 Poplar Ridge Road, Pasadena; 443-702-2188; therumorreelpasadena.com; Get your mahi, meatloaf, and meatballs, plus a huge serving of live music! The "Electric Eel" stage at the Rumor Reel hosts live music Thursdays through Sundays. The full schedule is updated on their website.

Stan & Joe's – 37 West Street, Annapolis; 410-263-1993; stanandjoessaloon.com; Stan & Joe's is an Annapolis bar-music destination. Be entertained by local musicians daily at their Annapolis (flagship) or Galesville (riverside) locations; during Dinner Under the Stars on West Street (Wednesdays and Saturdays through end of September) and First Sunday Arts (every first Sunday of the month through November), Stan & Joe's hosts performers in the adjacent parking lot.



6. fave Grab 'n Go/ Market Options

Eat Sprout – Locations in Easton, St. Michaels, and Annapolis; eatsprout.com; Creating wholesome, nutritious, and absolutely delicious offerings (sandwiches, salads, entrees, drinks) for patrons that care about good health and great food is the mission of Eat Sprout. Husband/wife duo Ryan and Emily Groll founded Eat Sprout with scratch-made and organic in mind, and the business hasn't looked back, opening anew most recently in Annapolis.

▼ **Fishpaws Marketplace** – 954 Ritchie Highway, Arnold; 410-647-7363; fishpawsmarket.com; Gourmet grab 'n go options include

everything you could possibly put on a charcuterie board, plus wines, mixers, sodas, and growlers/crowlers of fresh, local brews. Perfect for putting together a primo picnic!

Read our interview with owner Kim Lawson here:



Giolitti Fine Italian Market – 2068 Somerville Road, Annapolis; 410-266-8600; giolittideli.com; In the heart of Annapolis' Parole community, Giolitti has served Annapolitans top-notch, homemade Italian fare, deli subs and sandwiches, and to-go meals since 1992. The market goods and fine wines are also worth the trip.



Top

Happy Hours



▲ **Piazza Italian Market** – 218 N. Washington Street, Ste. 23, Easton; 410-820-8281; piazzaitalianmarket.com; Boasting a “curated pantry” of Italian food staples and culinary curiosities, Piazza also features a deli case with both popular and rare cheeses, cured meats, paninis (for that grab ‘n go lunch), plus a kitchen that whips up prepared meals-to-go (lasagnas, meatballs, etc.).  Read our interview with owner Emily Chandler here:

Seasons Olive Oil & Vinegar Taproom – 180 Main Street, Annapolis; 410-280-1505; seasons-taproom.com; Fresh, naturally flavored oils and vinegars will help dress up your dishes at

home. You can sample here, then purchase and take home to whip up your culinary creations.

The Spice & Tea Exchange – 155 Main Street, Annapolis; 410-280-2088; spiceandtea.com; If you’re looking to up your kitchen-game and add unique flavor to your cooking, the spices and blends you’ll find at this artisan retail shop are certain to help.

The Winery – 116 S. Piney Road, Ste. 104, Chester; 410-643-9466; thewineryki.com; A go-to for Kent Islanders’ every party and picnicking libations and nibbles need. This store has it all, from gourmet meats and cheeses to fine wines, and even cigars.  Read our recent interview with owner Jennifer DiDonato here:

Amalfi Coast Italian + Wine Bar – 401 Love Point Road, Stevensville; 443-249-3426; amalficoastki.com; Does \$8 apps and \$2 off house cocktails and wines by the glass sound like a deal to you? Visit Amalfi Coast Monday through Friday from 3:30 to 6:30 p.m. Want to make the deal even better? Wine bottles are half-priced every Monday and Wednesday.

The Goat – 137 Prince George Street, Annapolis; 410-571-5577; thegoatannapolis.com; New to Annapolis is The Goat, which features happy hour every day from 2 to 5 p.m. Not only does The Goat have a great food menu, but also a delicious craft cocktail menu featuring homemade bloody Marys, local rotating drafts, and Rise Up Coffee.

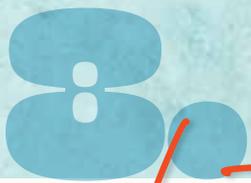
The Hideaway – 1439 Odenton Road, Odenton; 410-874-7300; hideawayodenton.com; Award-winning wings, smoked ribs, and adobo burnt ends tacos are all on the Hideaway Happy Hour menu in Odenton. Now’s

your chance to try the Blackberry Chipotle Wings while sipping a craft pint.

▼ **Hunters’ Tavern** – 101 East Dover Street, Easton; 410-822-4034; tidewaterinn.com; Hunters’ Tavern is nestled inside Tidewater Inn with happy hour Sunday through Thursday from 3:30 to 6 p.m. The menu consists of delicious bites like capicola flatbread and nacho cauliflower popcorn with wine, sangria, domestic bottle deals, and more!  Read our full dining review here:

Tuscan Prime Italian Chophouse & Dolce Bar – 1905 Towne Centre Boulevard, Annapolis; 443-572-4677; tuscanprime.com; Who says happiness should only last an hour? We, for sure, don’t, and neither does Tuscan Prime. Enjoy a long list of happy hour options Sunday through Thursday from 4 to 7 p.m., Tuesdays from 4 p.m. to close, and all-day Wednesdays.  Read our full dining review here:





destination

Worthy Restaurants

Agave – 106 Annapolis Street, Annapolis; 410-449-3980; agaverestaurants.com; Serving traditional and modern Mexican cuisine, hand-squeezed margs, and more than 100 fine tequilas to try, Agave blends upscale ethnic dishes and craft drinks within a newly renovated space that has a bright, uplifting, hacienda aesthetic.

Akira Ramen & Izakaya – 1417 S. Main Chapel Way, Ste. 108, Gambrills; 301-968-2182; waughchapelakiraramen.com; Served in a slick, modern dining room in which the waft of Japanese cuisine tempts you to order everything on the menu, the ramen (noodle/broth based dishes) and izakaya (Japanese style pub) experience is worth trying...and repeating.

▼ **Ava's Pizzeria & Wine Bar** – Locations in St. Michaels, Cambridge, and Rehoboth Beach; avaspizzeria.com; Crisp, artisanal, brick-oven fired and deep-dish pizzas are the hallmark here, but other popular dishes include the homemade meatballs and Italian entrees. The wine and cocktail selections offer perfect pairings for every palate. *Read our recent interview with owner Chris Agharbi here:*



Bella Italia Annapolis – 609 Taylor Avenue, Annapolis; 410-216-6061; bellaitaliamd.com; Across Rowe Boulevard from the Navy-Marine Corps Memorial Stadium, Bella Italia draws Midshipmen,

locals, and all fans of homemade Italian cuisine served in a casual setting. Owner Lino Chiaro brought home cooking from his native Italy direct to Naptown. *Read our interview with him here:*



Carpaccio Tuscan Kitchen / Wine Bar – 1 Park Place, Ste. 10, Annapolis; 410-268-6569; carpacciotuscankitchen.com; Located in the uptown "piazza" at Park Place, Carpaccio offers an upscale experience with classic Italian cuisine and an expertly crafted wine list. Lunch and dinner crowds can be a who's who of townies and on gorgeous afternoons, sipping a Bellini while nibbling charcuterie on the outdoor veranda might have you second-guessing if you're in the Old World or new.

Della Notte – 1374 Cape St. Claire Road, Annapolis; 410-757-2919; dellanotterestaurant.com; New and exciting, Della Notte has quickly gained favor among Cape locals as the go-to restaurant for hearty Italian fare, fine drinks, and welcoming atmosphere. *Read our full dining review here:*



Galliano Italian Restaurant & Wine Bar ▶ – 2630 Chapel Lake Drive, Gambrills; 410-721-5522; gallianoitalianrestaurant.com; Galliano has elevated the dining scene in Gambrills/Crofton's Waugh Chapel complex with the white tablecloth, refined Italian cuisine experience. Attention to detail, from front-of-house to the line to each plate served, is a hallmark.

Harvest Thyme Modern Kitchen & Tavern – 1251 W. Central Avenue, Davidsonville; 443-203-6846; harvestthymetavern.com; Harvest Thyme has all the fixings of a trendy-meets-traditional, farm-to-table dining experience. The menu leans heavily on the craft and skill of the kitchen (open and visible to diners) with fine meats, seafood, and veggies expertly prepared. The wood-fired pizzas

are a hit, and you won't go thirsty from the floor-to-ceiling wine racks/selections ready to pop. *Read our full dining review here:*



Jalapenos – 85 Forest Drive, Annapolis; 410-266-7580; jalapenosonline.com; Long revered for authentic Spanish and Mexican-influenced cuisine, Jalapenos offers upscale, full-service dining perfect for a special night out. *Read our full dining review here:*



Jesse Jays – 5471 Muddy Creek Road, Churchton; 240-903-8100; jessejays.com; The Latin-inspired kitchen of Chef Jesse Ramirez and talent of wife Jayleen have made one of the newer South County restaurants an absolute hit among diners eager for delicious street tacos, slow roasted meats, traditional dishes, and inspired cocktails.

Julep Southern Kitchen & Bar – 2207 Forest Drive, Unit 2, Annapolis; 410-571-3923; julepannapolis.com; The brainchild of owner/chef/pitmaster Bob Krohn, Julep represents an affinity for southern charm and comfort food in a refined atmosphere—think classic barbecue with, yes, a mint julep in hand. *Read our interview with Julep's pastry chef, Kate Boccanfuso here:*



Lasang Pinoy – 1000 Annapolis Mall, Space 187, Annapolis; 443-949-9580; lasangpinoyllc.com; New, hip, fine, and fusion begin to describe Lasang Pinoy. The eatery offers a Filipino-influenced menu with wide range of exotic flavors and comfort concoctions that nod to traditional dishes and hint at innovative concepts. *Read our interview with owners Neil and Quiza Nichols here:*





Lime & Salt – 8395 Piney Orchard Parkway, Odenton; 410-874-6277; limeandsalt.co; A taqueria and agave bar (that’s code for choice tacos and tequila), Lime & Salt is so much more than handhelds and rimmed glasses. With a full fleet of authentic dishes and fresh cocktails, the restaurant has garnered local acclaim and a loyal following. *Read our full dining review in this magazine on page XX. (NOTE FOR AN & CM ONLY)*

Main & Market – 914 Bay Ridge Road, Annapolis; 410-626-0388; mainandmarket.com; With a Euro-café feel and expertly prepared dishes and delights to match, Main & Market has drawn the Bay Ridge community to the eatery for more than a quarter-century. And chances are you’ve been to an event catered by them—they’ve won Best Caterer honors in the annual Best of Annapolis readers’ poll for many years. *Read our full dining review here:*



Mamma Roma – 8743 Piney Orchard Parkway, Odenton; 410-695-0247; mammaromas.com; Mamma Teresa rules the roost (she still takes orders front-of-house), but sons Bruno and Rino Romeo have taken over operations and the kitchen, and made this family-style restaurant one of the most comforting, authentic, and filling in the region. Odenton residents and visitors from afar can’t get enough! *Read our latest interview with here:*



Mi Lindo Cancun Grill – 2134 Forest Drive, Annapolis; 410-571-0500; lindocancungrill.com; Mi Lindo represents the dream of owner Fredy Salmoran who came to the U.S. from Mexico at age 17 in 1999. He began working in the restaurant industry and by 2016 opened his own...Mi Lindo. Today, Fredy and his sons own and operate several more Mexican restaurants, including **Senor’s Chile** locations in Edgewater, Arnold,

and Severna Park. Their success is built upon authenticity and consistently excellent food. *Read our interview with the Salmoran family here:*



Miss Shirley’s Café – 1 Park Place, Annapolis; 410-268-5171; missshirleys.com; Breakfast, brunch, or lunch on your mind? Miss Shirley’s epitomizes all three with a robust menu of creative dishes, which boast southern and Chesapeake influence...to the max! Skillets, chicken ‘n waffles, signature omelets and pancakes, and creative sandwiches, salads, and more are all adored! *Read our full dining review here:*



Osteria 177 – 177 Main Street, Annapolis; 410-267-7700; osteria177.com; Owner/chef Arturo Ottaviano had a dream to bring his native Italian recipes and experience to the states and by 2006 opened

Osteria 177 on the most famed street in Annapolis. In short, the restaurant instantly elevated the restaurant scene and remains one of the finest dining experiences downtown. *Read our full dining review here:*



The Galley – 305 S. Talbot Street, St. Michaels; 410-200-8572; thegalleysaintmichaels.com; An annual *Best of Eastern Shore* winner for breakfast and brunch, The Galley is a locals’ favorite and visitors’ discovery, offering a hearty menu of classic a.m. cuisine, lunchtime specials, and delectable drinks. *Read our full dining review here:*



Top

Beach/Tiki Vibes

Big Owl Tiki Bar – 3015 Kent Narrows Way S., Grasonville; 410-827-6523; thebigowl.com; From live music to Sunset DJ Parties, Big Owl Tiki Bar is a glorious beach bar right on the Kent Narrows just waiting for you to bring the party!

Coconut Joe's Bar & Grill – 48 South River Road, Edgewater; 443-837-6057; coconutjoesmd.com; Feel like you are at the beach with indoor/outdoor dining, three bars, including two tikis overlooking the South River. Make the day even better by enjoying the large sand-filled play area with a brand-new pirate ship for the kiddos.

Foxy's Harbor Grille – 125 Mulberry Street, St. Michaels; 410-745-4340; foxysharborgrille.com; Ready to visit paradise without a passport? Foxy's offers Caribbean-style dishes, Maryland crab-

cakes, local seafood, and more right in the St. Michaels Marina.

Harbor Shack – 20895 Bayside Avenue, Rock Hall; 410-639-9996; harborshack.net; In 2006, the plan was to create Rock Hall's go-to place for drinking, dining, and entertainment; it is safe to say this neighborhood hangout has succeeded. The Harbor Shack has one of the best views of the Rock Hall Harbor with an eclectic, fun, and upbeat atmosphere on the Upper Eastern Shore.

The Jetty Restaurant & Dock – 201 Wells Cove Road, Grasonville; 410-827-4959; jettydockbar.com; The Jetty has a packed social calendar, with live music all the time, but there is also a chance for you to get involved. Enjoy trivia night, karaoke, bingo, and so much more on the Kent Narrows.

Lowes Wharf Bayside Grill & Tiki Bar

– 21651 Lowes Wharf Road, Sherwood; 410-745-6684; loweswharf.com; Ice cold beer, cocktails, tasty treats...is there anything else we are missing? Oh yeah! Live weekend music. See ya at Lowes Wharf soon!

Pirate's Cove Restaurant & Dock Bar

– 4817 Riverside Drive, Galesville; 410-867-2300; piratescove-md.com; The Dock Bar at Pirate's Cove overlooks the West River with weekend entertainment, locally caught seafood specials, and a vast selection of beers, cocktails, and wine. Anyone want to join us for happy hour?

Rams Head Dockside

– 1702 Furnace Drive, Glen Burnie; 410-590-2280; ramsheaddockside.com; Rams Heads' pub grub and delicious entrees are served in a casual roadhouse-meets-beach bar atmosphere that overlooks Furnace Creek, complete with sandy beach, picnic tables, and palm trees!

The Sandbar at Rolphs Wharf Marina

– 1008 Rolphs Wharf Road, Chestertown; 410-778-6347; rolphswharfmarina.com; Rolphs Wharf Marina offers more than just a great place to dock the boat on the Chester River. Grab a cocktail and watch the sun set tonight with sand between your toes.

The Shanty Beach Bar at Tolchester Marina

– 21085 Tolchester Beach Road, Chestertown; 410-778-1400; tolchestermarina.com; Want me to spill what is considered the best kept secret on the Bay? The Shanty Beach Bar with their live entertainment and mudslides holds the key.

Snappers Waterfront Cafe

– 112 Commerce Street, Cambridge; 410-228-0112; snapperswaterfrontcafe.com; Cambridge Creek looks great from a place where locals and tourists alike can gather and relax: Snappers! Snappers has something for everyone whether you are in the mood for local crabcakes or Jamaican-inspired seafood and chicken dishes.



Kathryn and Clinton, peas in a pod



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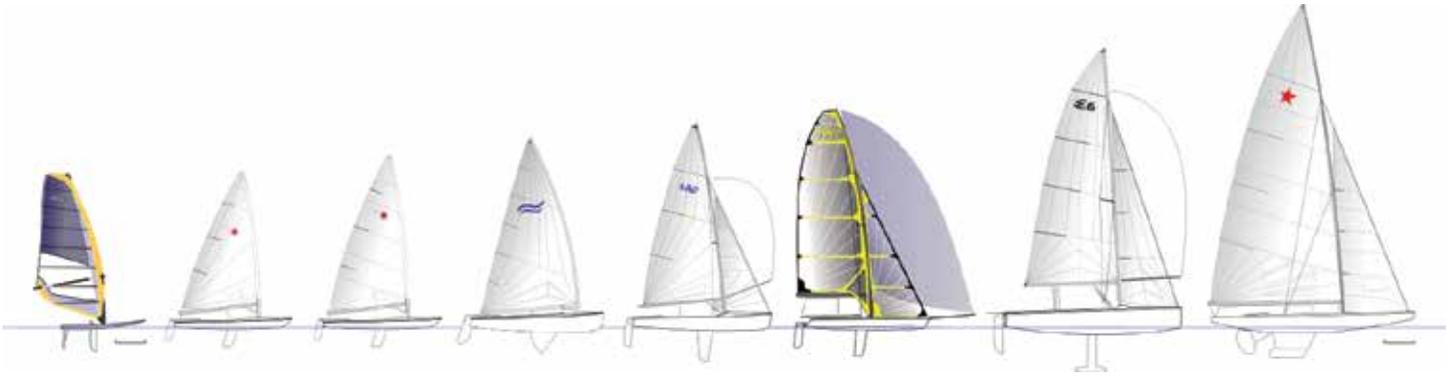
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American Sailors Go for the Gold

THE PARIS 2024 OLYMPIC GAMES ARE SET TO BEGIN THIS MONTH

BY GARY JOBSON

After four years of preparation, qualifying regattas, and American trials, the US Sailing Team is anxiously awaiting the first race of the 2024 Olympic Games. The sailing competition will take place in Marseilles, France, about 400 miles south of Paris on the Mediterranean Sea.

Historically, the USA has done well in sailing. During one impressive stretch between 1984 and 1992 the US Sailing Team won 21 Medals in 24 classes. However, since London in 2012 American sailors have earned one Bronze Medal in the past three Games. The question for this Games is how will the USA fair against a formidable roster of sailors from around the World?

Qualifying among the representative countries to compete in one of the ten Olympic classes is a tall order. USA sailors did make the cut in nine

of the ten classes for these Games. The only class that missed was the ILCA 7. This boat was formerly known as the Laser, a nifty single-handed dinghy that made its Olympic debut in 1996.

The USA does have a chance to earn medals in a handful of classes. The days of any country dominating across the board are long over. Parity in Olympic sailing has leveled the playing field. There are several factors including coaches switching countries after each Olympics, one-design boats available to all sailors, and adequate funding (The USA does not have any governmental funding like many other countries). A total of 30 medals will be presented to the ten classes. At this writing, I am willing to bet that at least fifteen countries will win at least one medal. Interestingly, only three countries were able to qualify in all ten classes: the French get an automatic entry in every class since they are the host country (this rule will be helpful to the USA when the Games are held in Long Beach, California, in 2028). Germany and Great Britain are the other countries that qualified in all ten classes.



Formula kite surfing is one of the 10 classes of sailing competition at this summer's Games. Photo courtesy International Kiteboarding Association.



On an encouraging note, Paris 2024 is the first time in Olympic history that there is equal gender participation in the Games with 175 male and 175 female athletes competing and an equal number of medals available to both men and women. Two classes (Nacra 17 and 470) feature mixed crews with one man and one woman on a boat. Either sailor can skipper. Stu McNay will skipper the 470 and Sarah Newberry Moore will steer the Nacra 17 for USA.

The sailing conditions off the Marseilles coast are excellent. A summer thermal breeze fills in late in the morning. Occasionally a strong wind known as the Mistral will come out of the mountains and blow exceptionally hard. The racing takes place from July 28 through August 8, so there is a good

chance the sailors will experience a wide range of wind conditions. The French have renovated a worthy facility for the Games known as Roucas Blanc Marina. Spectators will be able to watch from the shore and on the water. Tickets for the Games in London in 2012 and Rio de Janeiro in 2016 were sold out. Sailing is a popular sport in France, and I expect sell-out crowds on every race day.

My role for this Olympics is serving as a commentator for NBC. My platform will be in Stamford, Connecticut, along with 2,000 or so other television production people. We will take in the live television feed from the Olympic Broadcast Service. Sailing will appear on a Peacock streaming service. You can watch the races live, which will be in the morning. Soon after the completion of each day's racing viewers will be able to watch the races on replay. The general plan is to cover at least two races each day. The races take about 40 minutes for most of the classes. The top ten finishers advance to a Medal Race where the points are worth double. The early race scores are carried over. The Medal Races are short and take about 20 minutes.

At the beginning of any competition the score is tied at zero points. At that moment, every sailor has high hopes that they will prevail. The normal wind conditions off Marseilles are nice with moderate winds and minimal current and wind shifts. But there is an old adage at big regattas that is heard often, "The wind is normally like this." No one knows what might happen, but a helpful attitude is to 'expect the unexpected.'

The US Sailing Team has suffered through turmoil over the past year when the team's leader, Paul Cayard, abruptly left the program in February 2023. US Sailing spent one year searching for a replacement. Marcus Lynch from Great Britain was retained as the High-Performance Director and veteran Olympian Sally Barkow is the Head of Operations for the US Olympic Sailing Team. A few Annapolis sailors tried to qualify for the Games, most notably, twin brothers Ford and Marshall McCann and Leo Boucher in the ILCA 7 class. All three will be working to qualify for the 2028 Los Angeles Olympic Games.





America's top prospect for a medal is Daniela Moroz. She has won the Kite Board World Championship six times and is currently ranked number one in the World in the Women's Kite. Stephanie Roble and Maggie Shea are ranked number two in the world in the Women's 49erFX skiff class. Ian Barrows and Hans Henken from San Francisco will represent the USA in the Men's 49er skiff. They have a good chance of qualifying for the Medal Race. Stu McNay, from Providence, Rhode Island, is sailing in his fourth Olympics in the 470 Class with Lara Dallman-Weiss. They also have a realistic chance of making the Medal Race although they are ranked 21st in the World going into the Games. Experience should be an asset for this crew. Noah Lyons has been performing well in the past several months in the IQFoil windsurfer class and has a good chance of reaching the Medal Race. ■



Marseilles, France, will host the sailing competition in the 2024 Olympic Games. The rendering (top image) depicts what the Marseilles Marina will look like during the Games.



United States Sailing Team Competing in the Paris 2024 Olympic Games

Men's skiff – 49er: Ian Barrows, U.S. Virgin Islands and Hans Henken, Lafayette, Ca.

Women's skiff – 49erFX: Stephanie Roble, East Troy, N.Y., and Maggie Shea, Wilmette, Il.

Kiteboarding – Women's Formula Kite: Daniela Moroz, San Francisco, Ca.

Kiteboarding – Men's Formula Kite: Markus Edegran, West Palm Beach, Fl.

One Person Dinghy – ILCA 6: Erica Reineke, Fort Lauderdale, Fl.

Windsurfing – Men's IQFoil: Noah Lyons, Clearwater, Fl.

Windsurfing – Women's IQFoil: Dominique Stater, Miami, Fl.

Two Person Dinghy – Mixed 470: Stu McNay, Providence, R.I., and Lara Dallman-Weiss, Shoreview, Minnesota.

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Photo by Kristin Bishop

THE GREAT
Chesapeake Bay

LOOP

**The most ambitious nautical adventure in the Bay takes sailors
to a potpourri of iconic Maryland towns and experiences**

By Charlotte Zang

The Chesapeake Bay is an extraordinary natural resource, teeming with life and getting healthier by the day. Simply put, the Bay is an exquisite ecological wonder.

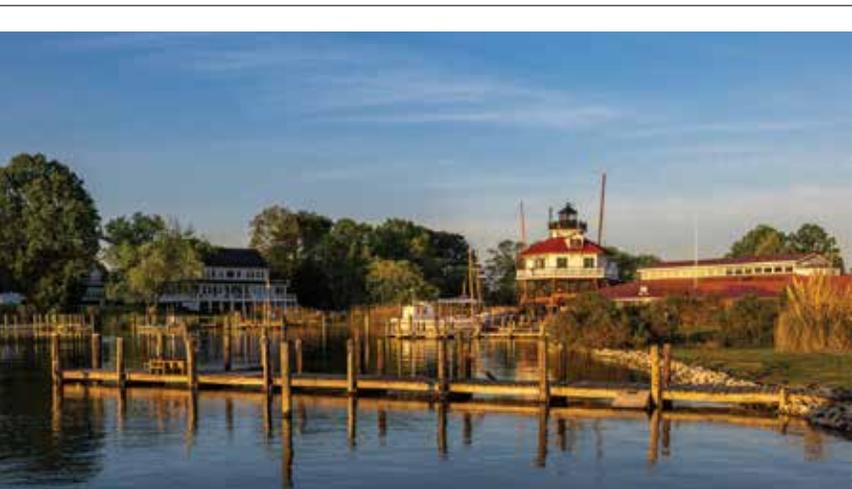
This immense body of water (more than 18 trillion gallons, according to the Chesapeake Bay Foundation) is a veritable playground for residents and visitors who enjoy all sorts of water sports, as well as those who have the pleasure of experiencing it from shore.

The Bay is a boater's paradise—about 200 miles long, reaching from Havre de Grace, Mary-

land to Norfolk, Virginia. Navigating that round trip, whether under power or sail, is called the Great Chesapeake Bay Loop.

Making the entire journey of the Loop requires a great deal of time, resources, maritime training, along with a generous spirit of adventure. For those of us who aren't able to embark on such a voyage but long for an authentic Chesapeake Bay experience, we've done some research, talked with experienced captains, and selected our "must-see" spots on both shores of Maryland's portion of the Loop (plus, one stop in Virginia), whether you visit by water or land.

***Let's start our trip around the Bay in Calvert
County at the mouth of the Patuxent River...***



SOLOMONS

You'll find Solomons Island to be historic, charming, and inviting. Book your stay at Solomons Victorian Inn which has stunning harbor views. After you drop your bags, a visit to Calvert Cliffs State Park is a must do. Take the Red Trail and hike 1.8 miles to the sandy beach where you can hunt for shark teeth and other fossils. Book a dinner cruise on a 40-foot sailboat with Chesapeake Bay Charters and watch the sun slip below the watery horizon. Before you leave Solomons, go to the Annmarie Sculpture Garden & Arts Center where you'll stroll past sculptures on loan from the Smithsonian. The center hosts festivals, exhibits, classes, and family activities.

Herring Bay

North of Solomons is where you'll find the Rose Haven, Fairhaven, and Deale harbors in Herring Bay. Captain Jayne Durden thinks it's one of the loveliest spots around. Originally from Melbourne, Australia, Durden fell in love with the Chesapeake Bay when she relocated here 10 years ago. She now trains female sailors, delivers boats, and cruises and races her Beneteau 331 *Happy Place*.

"We often do a quick sail in Herring Bay after work and then anchor up near Fairhaven for the night," Durden says. "Tucked inshore of the entrance channel to Rockhold Creek, Fairhaven gives you a pretty place to anchor with a view of the cliffs and quaint homes. The water is 8 to 10 feet deep right up in under the cliffs and up to the swimming platform in the little bay. During the spring and fall, it's a good place to swim before the jellyfish move in. And on the Fourth of July, it's the best place to watch the Rose Haven fireworks display."

Durden says that Deale—a small town with a big heart—is worth a visit and has excellent waterfront restaurants: Skippers Pier, Dockside, and Happy Harbor. "A water taxi will take you around the creek or you can easily go by dinghy or kayak. Whether you want an amazing anchorage, a resort-style marina, or a nice small town, come to Fairhaven and Deale."



Baltimore

Moving northward on our loop, we come to the Baltimore area, a favorite spot for Captain Julianne DeGraw Fettus. She has been boating on the Chesapeake since 1987 and has been sailing since she was quite young. While she doesn't live aboard her Cherubini 44 ketch (a two-masted sailboat), she does spend most of her free time aboard. When asked about the places she loves to visit, Fettus says, "The Bay is such an amazing place with so many personalities—it's hard to narrow it down. The Anchorage Marina in the Canton area of Baltimore is one of my favorite places when I'm up for the hustle and bustle of the city. The dockmaster and staff there are friendly, plus there are lots of restaurants nearby as well as grocery stores, a West Marine, and many other amenities within easy walking distance."

Choose this site if you have time to spend wandering around on land. In addition to easy access to the Inner Harbor and the opportunity to marvel at picturesque sunsets, when you dock here, you're only a half mile from historic Fort McHenry.

HEAD OF THE BAY

Havre de Grace is a little town way up in Harford County where the Susquehanna River empties into the Bay—a beautiful spot for boaters and day travelers alike. Discover the art of making decoys at the Decoy Museum. If you're a fan of lighthouses, take in the views from the Concord Point Lighthouse. Get a table at MacGregors—located in the iconic bank building—and enjoy lunch or dinner while you watch the boats go by.



Rock Hall & Chestertown

We're heading south now to the Eastern Shore which has its own, distinct character. Want to go fishing? Call Captain Wayne Gatling of Rock Hall in Kent County. He is an experienced guide who captains a 46-foot Markley—a traditional Eastern Shore semi-deadrise workboat. He takes groups fishing for striped bass (Maryland's official state fish, known locally as rockfish), catfish, white perch, and bluefish from June through October. He provides all the bait and tackle. All you have to bring is a cooler (and sunscreen, of course!).

"Over the last 50 years, I've taken more than 7,500 fishing charters in Maryland (and 2,500 in the Florida Keys) and I make sure that each person enjoys their time on the Bay," Gatling says. "Even if you've never fished before, we'll get you all set up and you'll love it. We clean the fish and it will be bagged and ready when you get off the boat. Take your catch to Waterman's Crab House and they'll cook it for you. Doesn't get any fresher than that!"

While you're in the area, take a kayak excursion with the folks from the Sultana Education Center in Chestertown. Paddle along the Captain John Smith Chesapeake National Historic Trail to see wetlands, native wildlife, and spectacular views. Kayaks, paddles, and life jackets are provided.



LET'S GO CRABBING!

There's nothing like dipping crabs from a trolley for a true Eastern Shore experience. If you plan to be in the Kent Island area between mid-July and the end of October, book a trip on *The Marylander*. It's docked at the Kentmorr Marina in Stevensville. Stay at the nearby country house called Kent Island Resort but be advised—you have to get up pretty early to go crabbing!

Oxford

A little farther south is a secluded spot that Captain Fettus recommends for a quiet getaway. "The Cutts & Case Shipyard in Oxford is home to beautiful wood boats representing the golden age of sail. The amenities are basic because it's a working yard so you will hear sanders running in the morning, but I enjoy that."

Fettus says, "Strolling around the town and enjoying the architecture is the extent of things to do unless Tred Avon Yacht Club is hosting an event. The Heritage Regatta and the Log Canoes Race in August are fun to watch."

Stay at the historic Robert Morris Inn. Built in 1710 by founding father and Declaration of Independence signer Robert Morris, George Washington was known to stay there. It's also where James Michener wrote the outline for his book, *Chesapeake*.



Photo courtesy Chesapeake Bay Maritime Museum



Cambridge

Continuing our travels, we land in Dorchester County. If you love history, stop at the Harriet Tubman Underground Railroad Visitors Center in Cambridge. If you arrive by boat, Captain Durden offers this bit of inside information: "Tucked away in the Little Choptank is a glorious anchorage in the mouth of Hudson Creek. It's protected by a tiny spit of land to the west with enough space for about 10 boats to comfortably anchor. We shared the spot with three boats in a flotilla and were serenaded by their lovely sing-along. It was great holding: no passing traffic to worry about wake; idyllic and peaceful. The next morning, we motored up the creek a bit, admiring the sweeping lawns of stately homes."



Crab Capital of the World

Crisfield is the next stop on our virtual loop of the Chesapeake Bay. Stay at the sea captain’s manor house, Lady Grace, a bed and breakfast in the historic district. Dine at Fisherman’s Grille. On the weekend, call The Crab Pot Depot for the best shrimp (takeout only). Hop on a boat to Smith Island to get the Maryland state dessert: a delicious Smith Island Cake. And you’ve got to experience the world-famous Crab & Cruise® at the Crab Place: an all-you-can-eat crab feast followed by a dance party cruise on the Bay.



Photo by Gordon Campbell / Courtesy Onancock Main Street

ONANCOCK

The southernmost point of our journey is where you’ll find Kristin Bishop. She is a pioneer: one of the first women in the Navy assigned to fill sea duty billets aboard a ship. An experienced boater who has explored much of the southern Bay, she graciously offered insights from her travels. “Onancock, Virginia, is a favorite place to visit by boat because of the friendly atmosphere and welcoming locals,” Bishop says.

Cruise up Onancock Creek which, according to Waterway Guide, “lies almost 20 nautical miles southwest of the mouth of the Pocomoke River and about five nautical miles southeast of Watts Island.” The creek is a beautiful, deep tributary that is well marked. When you arrive at the town dock, it’s only a short walk up the hill to get to town.

Bishop says that the Onancock Wharf and Marina offers updated facilities as well as a free dinghy dock for those who prefer to anchor out. “The marina offers a courtesy car as well as a list of residents who offer local rides to those who visit by boat.” She went on to say that many restaurants have outdoor seating and are dog-friendly.

If you like old houses, you’ll love this little town. “Onancock dates back to the mid-1600s. The homes in the historic district display an impressive variety of architectural styles. It’s always a pleasure to wander through the town and admire the beautiful homes and gardens,” Bishop says. “I also enjoy the parks, local galleries, and museums.”

That completes our amended tour of special places along the Great Chesapeake Bay Loop. There is so much to see and do that you’ll definitely want to make time to explore this miracle of nature and the many towns that dot its shoreline.

Learn more about Maryland’s portion of The Great Chesapeake Loop at: visitmaryland.org/unique-experiences/chesapeake-bay-loop.





St Michaels Waterfront

Located on the confluence of Eastern Bay and the Miles River, this exquisite property offers stunning views of the sparkling lights of the Kent Island Bridge at night. The home features a fabulous open floor plan with expansive glass windows, allowing for breathtaking views from nearly every room. It boasts a variety of outdoor spaces, ideal for gathering with family and friends, both indoors and out.

Situated in a very private location with established landscaping, the property benefits from public sewer and water, a private well, broadband internet, and numerous other amenities. Conveniently located just 15 miles from the Bay Bridge, this home is a perfect blend of tranquility and accessibility. \$3,989,000



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Home & Garden

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70 INVEST & ENJOY

**A re-build of
phoenix-like
proportions**

PG. 54



Back to the Beach

A RE-BUILD OF PHOENIX-LIKE PROPORTIONS

By Lisa J. Gotto

When the nightmare scenario that no homeowner wants to imagine, fire, struck the vacation home of an Annapolis-area resident, the grandmother of 17 quickly counted her blessings and committed to building back as soon as possible; not wanting her family to miss one precious summer of quality time with her on the beach in Dewey, Delaware.

JoAnn DeCesaris and her large family, which includes five daughters, had been enjoying their previous summer residence located just a short distance from neighboring Rehoboth Beach since the early 2000s, until a fire reduced it to ashes in 2018.

Understandably heartbroken, the family soon rallied and resolved to re-build; the sublime location of the lot with its 80-feet of ocean waterfront and back views to Silver Lake would not be replicated any place else.





SMARTER DESIGN

Having the opportunity to better accommodate her ever-growing family definitely gave DeCesaris the bright side she was looking for as she envisioned what her new home would look like and how it would work.

To help further this vision, DeCesaris reached out to someone she had heard about in the beach-home building space; Marnie Oursler of Marnie's Custom Homes of Bethany Beach, Delaware.

Oursler remarks about what those early meetings were like. Little by little, she says, she would get to meet most of the family because all of DeCesaris's five daughters and their families live on the same street in their neighborhood in Davidsonville.





“So, it was a fun build for me, because I got to know everybody, and they all would have their own room at the (new) house,” Oursler says. “Getting to know the family well always makes for a better build because it’s more personal.”

Oursler would also get to know that DeCesaris was going to be a decisive client, who understood what she had before, what she wanted to keep, and what might be advantageous for her to change.

While the new, 6,100-square-foot house did not grow larger than its predecessor in size, it would grow smarter in design and utility.

“I wanted to keep the basic layout and size of the house...and I knew how I wanted it laid out because I loved the layout of the old house,” DeCesaris explains. “But we did change quite a few things. The main level stayed pretty much the same, but I took out a fireplace and put the bar area in because we didn’t really use the fireplace.”

Bigger changes would be made upstairs for overnight visitors. “I made a couple of the bedrooms a little smaller, so that I could make five bedrooms up there.”

The home would be completed with a total of nine bedrooms—and each of those would have its own bath.

With 17 grandkids, you may be thinking the math still does not work out. However, Oursler had some answers. Three charming bunk rooms would be crafted on the main level to accommodate several sleepers at a time. And these rooms were created specifically for the siblings of each family so they could all stay together in their own personal space

One of the bunk rooms, designed to look like you’re in the cabin of a ship with porthole windows, has a custom, four-berth bed. The lower bunks are connected to the upper bunks on either side by sets of stairs that efficiently double as drawers for clothing storage.

**“GETTING TO KNOW
THE FAMILY WELL
ALWAYS MAKES FOR A
BETTER BUILD BECAUSE
IT’S MORE PERSONAL.”**



SWEETER DREAMS

And if you're thinking that after all that customization, it is only fitting that the matriarch of this special family would have a distinctive space all her own to retire and recharge, you would be right.

Pure sand beach and ocean water can be seen from the wall of windows and sliders in DeCesaris primary suite; the sliders providing access to the private third-floor deck. As is featured throughout the home, the ceiling has a unique treatment. In this room, there's a pillowy white, pitched ceiling of shiplap boards and then white beams set on the diagonal to converge in the center. A nostalgic vintage style Gyro fan light by Minka-Aire polishes off the calming, coastal vibe.



In her adjoining private bath, a swirled palette of pastel blues converges with tile to provide all the comfort and verve of a spa in a free-flowing bath and shower room. This part of the bath is a spacious walk-in with a sand-colored, crosshatch patterned luxury tile floor running underfoot and throughout the third level.

DeCesaris says her daughters helped her with all the home's tile selections, including the two styles on the walls of what she describes as the primary bath's wet room with its free-standing soaking tub and overhead rainfall shower system.

"I just thought it was a cool idea and I could do it there. So, I did. I just wanted it all open," she says. Marnie did ask, "Don't you want to put a glass wall here?" And I said, "No, that's just more to clean. I'm just fine."

There's another relaxing soak to be had just one level above on the primary suite's open-air rooftop deck. DeCesaris loves the unobstructed view of Dewey Beach and the ocean from the propitiously placed hot tub on that level, providing another well-deserved respite for the busy matriarch.





BETTER WHEN THEY'RE TOGETHER

This new home build needed to connect the DeCesaris family with a renewed sense of normalcy, and this beachfront has always been a particularly well-suited location for how this family likes to spend its time.

“We’re so fortunate on the ocean. The kids can go out in the evening and play lacrosse, or throw lacrosse balls around, or whatever they want to do,” DeCesaris says.

Outside activity notwithstanding, re-creating the home inside the four walls, and more specifically its main level living area would take what was already a good thing, and just make it better.



To start with, DeCesaris chose a beachy-white porcelain “Isla” tile from the Charm collection. It flows throughout the main level, connecting all the living spaces with an easy-to-keep-clean option that mimics the look of hardwood beautifully.

The great room, which runs perpendicular to the shoreline and is easily seen through two sets of floor-to-ceiling windows with sliders, melds a coastal-infused conversation area with an adjoining space for streaming movies or watching the big game. The two areas are visually separated by a mere color factor on the ceiling, where Marnie suggested the most subtle of ocean-inspired blues to offset the space and distinguish its individuality.

An accent wall that adorns the conversation area now presents as an attractive bar with an intriguing application of Blue Ombre mosaic tile with hints of brass from Fan Club on the backsplash.







The comfy, oversized upholstered swivel chairs are favorites of DeCesaris and were re-sourced from the same craftsman to replace the ones lost in the fire. The chunky iron and wood table is a staple from the DeCesaris family collection; retrieved from her primary home in Davidsonville.

The extra elongated couch was a cushion-less, custom design of DeCesaris vision that she commissioned a decorator to have made. “I wanted a couch that didn’t have a bunch of pillows. They all end up on the floor,” she says.

The kitchen, too, presented a few opportunities to just tweak some details leaving the highly functional space with the familiar flow in which DeCesaris works best. Two faucets at the main sink became a reality—and having five grown daughters and many other hands and feet a-foot, that second faucet actually becomes a necessity.

Originally, DeCesaris says, she had an idea to paint the bottom cabinets in a light blue. “But the color didn’t turn out, so we ended up with all white, which I love. I love the kitchen. So, I did a blue stove, instead.”

To that she added two, blue dishwashers. And above the stove, the view to the lake would be obstructed with a standard hood vent, so Oursler suggested going with a flush, integrated ceiling range vent.

A wall of smart and stylish integration keeps the rest of the room looking streamlined and low maintenance. Inside, however, behind all those doors much organization is going on with places for all the essential daily appliances, dishes and glassware. A pantry, which her previous home did not have, was custom-built for additional food storage. Casual meals, DeCesaris says, are often enjoyed on the screened-in side porch just steps from the kitchen.

In fact, much family time happens on that porch, she says, with its proximity to the water, taking in the breeze and the view. And at the end of the day, when the summer sun sets on this coastal home with the pretty fuchsia front door, it leaves the family inside grateful for what they have been able to re-envision, and for another day back at the beach.

AT THE END OF THE DAY, WHEN THE SUMMER SUN SETS ON THIS COASTAL HOME WITH THE PRETTY FUCHSIA FRONT DOOR, IT LEAVES THE FAMILY INSIDE GRATEFUL FOR WHAT THEY HAVE BEEN ABLE TO RE-ENVISION, AND FOR ANOTHER DAY BACK AT THE BEACH.

Brilliant!

5 TOTALLY STEAL-ABLE BRITISH DÉCOR TRENDS

By Lisa J. Gotto

Although we have long since declared our independence from the King and Crown of Great Britain, that doesn't mean we shouldn't make note of some of their more steal-able design trends when we see them. Here are what we would like to call, our "fab five."



Photo by Nick Fewings for Unsplash



Courtesy of The London Home

Pattern-on-Pattern Play

This is something the Brits are famous for because they see the interplay of colors and pattern as a device that adds energy to a space. Look into an English country house or urban abode and you will often see a pattern-on-pattern aspect that you probably would never think to curate. But curate they do! Whether it's upholstery, drapery, wall, or floor coverings (or a combo of all of them) the experts say you can start small with fabrics by just using a trim or border and add from there.

With upholstery, you can also consider using a pattern that is more unique or bold not on an entire chair, but perhaps on just the back and sides of a chair. This approach not only creates a visually interesting piece, it's also economical as these parts of an upholstered chair experience less wear.

Our regional location already provides us with some quintessential concepts such as stripes, stars, and other nautical elements that we can enhance by adding complementary florals and/or even abstract patterns to lend an unexpected aspect to your design scheme.

Botanical Inclinations

The very King of England, himself, is a huge fan of the natural world which is clearly seen in his country home interiors at Highgrove. Before being green was at all cool, the then 'Prince' Charles often championed the beauty and simplicity of plants as not only essential to our ecosystem, but as decorative elements to be coveted and enjoyed.

The natural beauty of England's indigenous plants and blooms represented as floral patterns, botanical prints, and artworks are often used as decorative elements inside the home; cultivating a sense of the gardens they so love whether they are indoors or out.



Courtesy of thebritishhome.co.uk

LAYERED & BESPOKE LIGHTING

When we think of British interiors, often times we think of a sense of richness and luxury. One way this is achieved is through the use of a combination of ambient, task, and accent lighting that is layered throughout a room scheme.

Oftentimes a room collectively incorporates a mix of fixtures that are modern, antique, and traditional and yet they all blend together "swimmingly." A hallmark of English Country homes: no harsh lighting, as that would run counter to their sensibilities for comfort, charm, and abundance. Sensibilities many of us share, here on the other side of the pond.



Courtesy of Pooky.com

Passion for Hardware

What goes better with the soft, cozy, charming environs of the English country home? The juxtaposition of weighty, statement-making hardware. Classy, toney, and brassy make for a bold look in this British look.

Top designers in the UK are all about the advent of architectural design in hardware because it takes what can be considered mundane elements and can turn them into works of art, elevating that important connection to home we create through everyday items.

And while styles can vary widely from industrial, to vintage to contemporary, Brits have an appreciation for transformational aspect that hardware can bring to a room.



Photo by Super Snapper for Unsplash



Courtesy of pooky.com

A DEEP LOVE OF “COLOUR”

Intense, deep color in all aspects of interior design is another hallmark of historical British design. This affinity for bold, rich color is associated with various cultural and artistic movements throughout its history. The reign of Queen Victoria, for instance, ushered in an era that was opulent and rich in designs that incorporated vibrant colors. Experts note that the nation’s long-standing history of cultural diversity and their climate, which can be a wee bit dreary, are additional potential influences for this passion surrounding color.

Should you choose to embrace Britain’s love of intense color, start with small elements such as lampshades, pillows, or an upholstered chair in a rich, saturated velvet. Certainly, just the furnishing in which to curl up with some Shakespeare and the quintessential “proper cuppa.” **CHEERS!**

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New Day on Eastern Bay

By Lisa J. Gotto

The Eastern Bay is the playground for this gorgeous home's new owners who will enjoy a wealth of great waterfront views and a lifestyle designed to inspire.

This 4,500-square-foot, contemporary home is situated on a cozy peninsula on a cul-de-sac with just a few neighbors in the small community of Cove Creek in Stevensville.

Breathtaking waterfront views greet guests immediately upon entering this bright and happy home. A breezy foyer opens to the expanse of a two-story living room with soaring ceilings. A wall of glass sliders and windows flood the space with

Primary Structure
Built: 1981

Sold For:
\$2,895,000

Original List Price:
\$2,895,000

Bedrooms:
4

Baths: 3
Full, 3 Half

Living Space:
4,500 Sq. Ft.

Lot Size:
.83 acres



light and draw the eye out the water. One can relax here, in front of the fireplace or retreat via easy access to the spacious patio with its pergola and awning above and attractive paver hardscaping around the in-ground pool and hot tub combo.

Back inside, the living room flows into a generous dining room that offers sightlines to all the main living areas on the first floor. The kitchen offers rich, wood custom cabinetry with a contemporary vibe. A roomy center prep island seats four for breakfast. The stainless-steel appliances are a





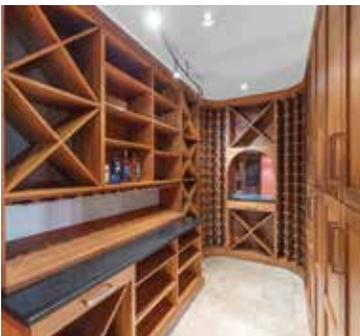
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gourmet's dream with an oversized refrigerator and six-burner gas cooktop with handsome tile backsplash. Nearby, a second kitchen with an attractive corner bar extends into the family room with its own wall of windows and easy access to the pool and patio area.

The main level of this residence offers a cozy, scenic seating area, and a generous, dedicated office with bay views and a gorgeous wall of stacked stone with integrated fireplace. A convenient, main floor bedroom offers an *en suite* bath.

Once on the upper level, via the home's elevator



or contemporary cabled staircase, an incredible primary suite awaits. With views to the water from its own private balcony, stacked stone wall with fireplace and spa-like bath, it has all the opulence of a five-star resort. Two additional bedrooms on this floor share a full bath.

After a full day enjoying the property's 250-foot of rip-rapped water frontage, outdoor dining, and excursions from the property's private pier, a good night's rest will be guaranteed.



Invest & Enjoy

By Lisa J. Gotto

T

his tranquil five-acre property in Dorchester County offers serenity, seclusion, and the economic benefit of two houses on one lot.

The primary, two-story home with bones that date back to 1800, offers prized river views and is situated just steps from the water. Inside, the home is warm and welcoming with its sturdy, rustic beamed ceilings above and beautiful, deep-honey-colored hardwood floors below.

Accent walls of knotty pine frame out the main living space and provide a cozy home for a wood-burning fireplace with a gorgeous, dark wood mantle. This part of the main level opens up

to a spacious family room with a wall of windows to the water, and sliders that provide easy access to the home's side patio and waterfront.

The family room flows into a charming dining room with an attractive fireplace of rustic brick and additional waterfront views, which then transitions into a roomy, farmhouse-style kitchen. Recent updates include freshly painted cabinetry and upgraded stainless-steel appliances.

This home offers four attractive bedrooms including a primary suite with water views and a convenient guest bedroom on the main floor with several sunny skylights and floor-to-ceiling windows to the waterfront. An addition to the home provides a second suite with great room for house guests that features a soaring ceiling and brick fireplace detail with a kitchenette and cozy, second-story loft.

The guest house offers a large, front deck with great sightlines to the water. Its two-story design provides a gracious main living area, charming full kitchen, updated full bath, a second-floor lounge, and a second-floor bedroom with waterfront views.

The property extends to include a three-bay garage, scenic, wooded grounds, an in-ground swimming pool, and a private pier just steps from both dwellings, providing opportunities to kayak, boat, and hunt all in one great location.

Primary Structure Built: 1800

Sold For: \$1,150,000

Original List Price: \$1,195,000

Bedrooms: 5

Baths: 5

Living Space: 4,176 Sq. Ft.

Lot Size: 5.05 acres

Listing Agent: Gary Marquardt, Long & Foster Real Estate, 28380 St. Michaels Rd., Easton, m. 410-725-6238, o. 410-820-7707, gary.marquardt@lnf.com, lnf.com

Buyers' Agent: Dawn Lednum, Chesapeake Bay Real Estate Plus, 108 North Talbot St., St. Michaels, m. 410-829-3603, o. 410-745-6702, dawnlednum@gmail.com, cbreplus.com



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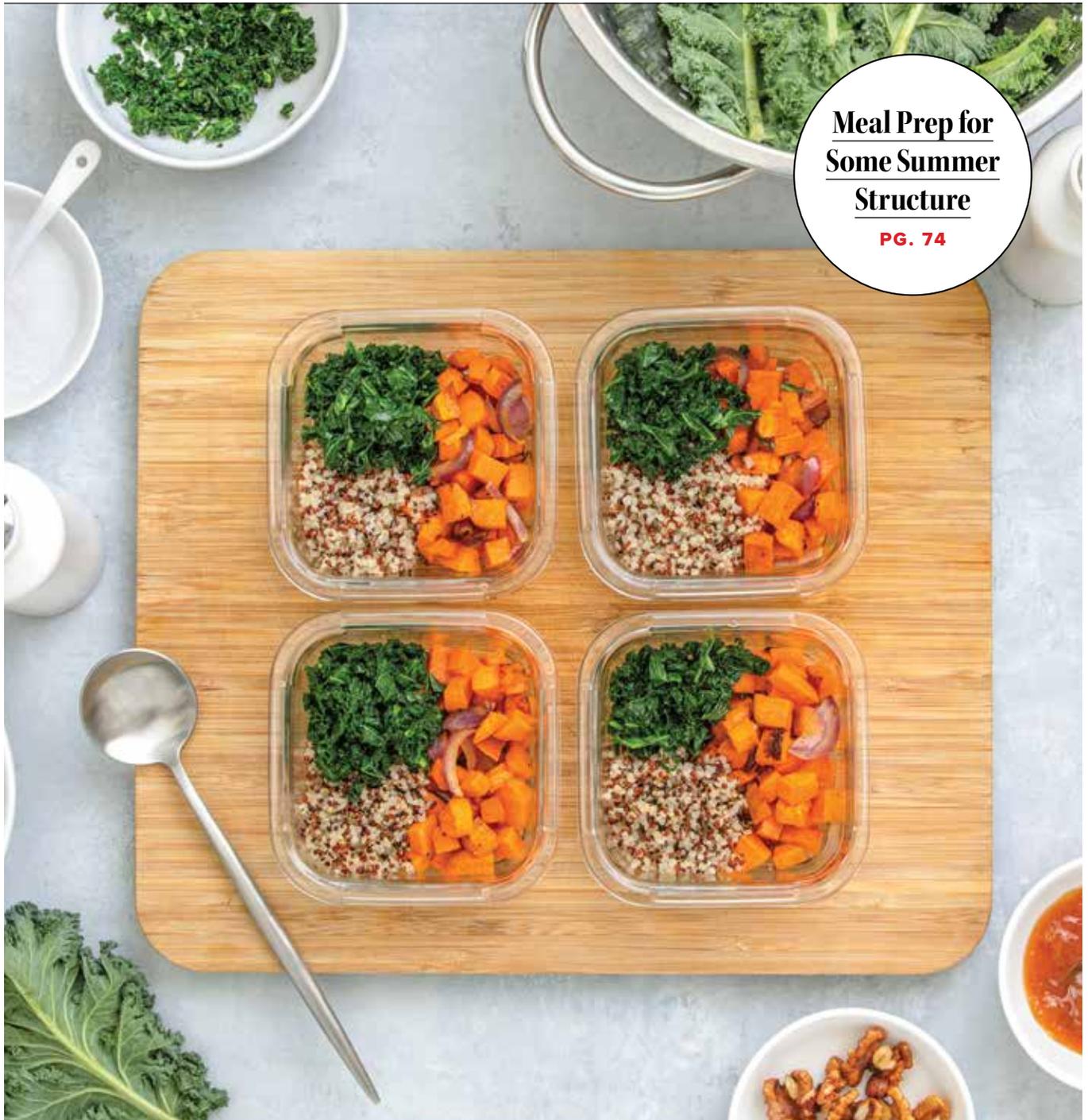
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**Meal Prep for
Some Summer
Structure**

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Focus on Functional Fitness

By Dylan Roche

Adopting a fitness routine can be challenging—there’s a lot to learn and a lot to plan. Having goals keeps you motivated, but what happens when your goals end up being harder to achieve than you expected?

In the case of functional fitness, the goal isn’t necessarily about weighing a certain amount or looking a certain way. Instead, functional fitness puts the emphasis on, well, function. It’s all about training your body to do what it needs to do in daily life.

Like any other exercise plan, functional fitness routines vary, but most of them focus on movements you would use in the real world: Think squatting, pulling, pushing, bending, climbing, or running. By engaging in these activities, you can still reap the benefits of exercise, such as reduced joint pain, better protection from injuries, improved mobility, and better maintenance of strength throughout your entire life.

Functional fitness helps you prepare to carry a heavy suitcase, pull a cumbersome object down from a shelf, climb a flight of stairs, or do any number of things you ideally want to be ready to do at a moment’s notice.

The other benefit of functional fitness? You don’t have to worry about much fancy equipment. Dumbbells, kettlebells, or bands can add resistance to certain moves, but using your bodyweight is often sufficient. Focus on movements that target major muscle groups, such as squats, lunges, pushups, and planks.



Finally, remember that functional fitness adapts to your abilities and your situation. Use functional fitness movements to build up your mobility for a more aggressive training regimen, recover from an injury, or take your routine with you on vacation.

Check out the sidebar for a list of movements and activities that can give you a full-body workout and improve your function in everyday life.

LIKE ANY OTHER EXERCISE PLAN, FUNCTIONAL FITNESS ROUTINES VARY, BUT MOST OF THEM FOCUS ON MOVEMENTS YOU WOULD USE IN THE REAL WORLD

TOP 12 FUNCTIONAL FITNESS EXERCISES

- ◆ Pushups
- ◆ Chin-Ups
- ◆ Burpees
- ◆ Squats
- ◆ Lunges
- ◆ Box Jumps
- ◆ Russian Twists
- ◆ Planks
- ◆ Mountain Climbers
- ◆ Jumping Jacks
- ◆ Farmers Walk
- ◆ Wall Sits

Kicking Caffeine to the Curb

5 WAYS TO BOOST ENERGY WITHOUT IT

By Dylan Roche

Classify caffeine within the “Yes, there can be too much of a good thing” category. While it’s true caffeine can provide the stimulation you need to perk you up and get you through a busy day, caffeine has plenty of negative side effects when you consume too much. Is it any wonder many people are second guessing their caffeine habit and trying to figure out alternate ways of getting energy?

This isn’t to suggest that caffeine is bad for you—the Mayo Clinic says it’s safe for most adults to have up to 400 milligrams of caffeine per day, the amount you would get from 4 cups of brewed coffee. But when you go over that amount, you could suffer restlessness, an increased heart rate, and nausea. If you consume that caffeine too late in the day, it could even set you up for trouble sleeping at night, which in turns affects your energy levels the next day.



SO, IF YOU FIND YOURSELF LAGGING DURING THE DAY, DON'T DEFAULT TO POURING YOURSELF ANOTHER CUP OF COFFEE. INSTEAD, CONSIDER ONE OF THESE FIVE NATURAL RESOLUTIONS TO YOUR LOW ENERGY LEVELS:

1. HAVE A NUTRITIOUS SNACK. Poor nutrition could have a lot to do with feelings of sluggishness. A deficiency in vitamins and minerals deprives your body of what it needs to perform various functions, and too many refined carbohydrates (e.g. high-sugar foods) could leave you crashing after a short-term high. Instead, you should focus on complex carbohydrates, such as oatmeal or whole wheat bread, to provide long-lasting, sustained energy. B Vitamins and zinc can help your body convert food into energy, and iron helps create blood cells that carry oxygen all over your body.

2. STEP OUTSIDE. Getting some fresh air and sunshine, even for just a few minutes, will lift your mood and rejuvenate you. Many studies have linked being in natural surroundings to decreased stress levels, deeper breathing, and improved mood. Although stepping outside for a few minutes won't be a replacement for a good night's sleep, it can lift you up after you've spent too much time breathing stale air in a windowless room.

3. ENGAGE IN SOME LIGHT PHYSICAL ACTIVITY. A good workout helps energize you, but you don't even have to do anything intense to reap some of the benefits. Light physical activity to break up the monotony of the day, such as a lap around the parking lot of your office building, can release endorphins to make you feel good. You'll also increase your heart rate and your

breathing, which will help deliver more oxygen all over your body. Finally, even light physical activity has been shown to prompt our bodies to produce norepinephrine, a chemical that makes you feel awake and alert.

4. STAY HYDRATED. Are you tired or are you just dehydrated? One of the first symptoms of dehydration is fatigue—and if you're waiting until you feel thirsty to pour yourself a glass of water, you may be too late. Sipping on water at a slow but steady rate is the best way to ensure you're staying hydrated without overdoing it. Aim for 6 to 8 glasses per day, or if you want to be more specific in your amount, consume approximately 1 ounce of water per pound of bodyweight.

5. TAKE A POWER NAP. Of course, this will depend on the demands of your lifestyle. Some people may not be able to get a nap until they get home from work at the end of the day, which could either rejuvenate them enough to get through a busy evening or disturb their sleep cycle later that night. If you have the option of taking a nap when you're feeling fatigued, go for it. Stick to 20 minutes, which gives you enough to reap the restorative effects without entering such a deep phase of sleep that you'll feel groggy when you wake up. Avoid napping within six hours of when you plan to go to sleep for the night or else you could end up interfering with your sleep cycle.



Meal Prep for Some Summer Structure

By Dylan Roche

For being a season associated with vacations and relaxation, does it ever feel like summer gets a little bit...hectic? You're not in the same routine you're in for the rest of the year, and trying to find structure for your day can feel impossible, whether you're coordinating childcare while the kids are

on break from school, pulling double duty at work while a co-worker is on vacation, or simply spending long days at the pool and coming home exhausted.

The first thing you might sacrifice is healthy eating. After all, takeout is easier, right?

Instead of pulling up your favorite delivery app on your phone, stop and consider this: Meal prepping could save you time and money while bringing your entire household together to share in the joy of good nutrition.

WHY MEAL PREP?

Most people rely on meal prep—the practice of preparing meals ahead of time—to ensure they have something

nutritious to eat for every meal despite how busy their lives can get. And if summer is feeling a little too busy to figure out meals in the moment, then consider these five noteworthy benefits of meal prep:

1. Meal prep saves you time. By preparing and portioning meals ahead of time, all you have to do is heat and eat later. No more dedicating a half hour or even an hour to fixing something when you walk in the door. Plus, you have far fewer dishes to wash.

2. Meal prep is less expensive than takeout. Ordering something from even a fast-casual restaurant these days can cost somewhere between \$10

and \$20 per person. With that amount of money, you could buy groceries and prepare lunches for the entire week. Plus, you'll be generating a lot less waste.

3. Meal prep helps you make healthier choices.

When you meal prep, you're making something with ingredients you control, so you don't have to worry about the excess fat, sodium, or sugar you could get from takeout. You can focus on whole grains, fresh vegetables and fruits, low-fat dairy, and lean protein.

4. Meal prep reduces decision fatigue.

Trying to figure out what to make for lunch or dinner in the moment gets overwhelming. It's one more choice you have to make throughout the day when you're already worried about so much else. Meal prep allows you to plan out the menu ahead of time and portion out those meals for thought-free enjoyment later. Lunch and dinner are already made and waiting for you when you want them.

5. Meal prep can be a fun bonding activity.

The only downside of meal prep is that even though you're saving time throughout the week, you have to set aside a longer period of time—usually on the weekend—to figure out when you're going to make everything. If you collaborate on meal prep with your partner, kids, roommate, or a friend, it becomes a bonding activity where you're able to explore new recipes and discuss nutritious choices together.

SO, HOW DO I DO IT?

The great thing about meal prep is there's no one-size-fits-all rule as to how you approach it. You can tailor meal prep to fit your lifestyle. Want to cook a week in advance? Go for it! Is it easier to take it two or three days at a time? You can do that too!

HERE ARE COMMON APPROACHES TO MEAL PREP, AND SOME SUGGESTIONS ON HOW YOU CAN MAKE IT BEST FIT YOUR NEEDS:



Cook a large batch of a dish and portion it out in Tupperware containers—this works especially well for casseroles and similar style dishes. One batch might make enough for a dozen meals, or even more if you double it. You can even freeze some portions for longer-term storage.



Focus on the meals that are the most stressful. There's no need to meal prep for every single meal, especially if dinner, for example, is never a problem but breakfast always seems like an inconvenience as you're trying to get out the door in the morning. Prep the meals that you need to and forget about the ones you don't.

Focus on preparing ingredients that you can use later. Not everyone is a fan of leftover-style pre-portioned meals, but you can always chop a week's worth of vegetables, roast and shred chicken, cook a large pot of pasta or rice, and even whisk together dressings or sauces during your meal prep time. Then it's easy enough to throw everything together when you're ready to eat.



Remember snacks! Portioning out favorite midday bites can be helpful, especially if your kids are home and endlessly hungry. Baggies of apple slices or grapes, washed and cut carrots or cucumber, or tiny containers of trail mix are all great options.

Try the “5 Senses” Approach to Stress Relief

**PLUS, 4 MORE WAYS TO
STOP WORRYING SO MUCH**

By Dylan Roche



A

re my kids safe right now?” “How am I going to afford that big car repair?” “Will I be able to make this deadline for work?”

Sometimes it can feel as if your daily thoughts are just a series of one worry after another. Maybe some of those worries are about things that are within your control. Maybe some of them are things you have no control over at all. Regardless of whether they are justified worries or not, it just gets overwhelming. You feel as if you’re worrying way too much—and you don’t know how to make it stop!

The reality is you’re not alone. Practically everyone worries. Worrying can be a good thing in a healthy amount, because it indicates that you care about what’s happening to you. Your care or interest is what keeps you motivated and gets you to tackle problems.

The problem is that many of us don’t even realize we’re conflating our healthy worrying with our unhealthy worrying. People start to perceive their constant worrying as positive, because it

THE NEXT TIME YOU HAVE A WORRISOME THOUGHT, STOP AND ASK YOURSELF THESE QUESTIONS:

- ◆ Is this worry about something I can control with tangible, practical steps?
- ◆ Is this worry so great that it’s distracting me from what I’m doing right now?
- ◆ Is this worry affecting the way I treat those around me?

If you answered *no*, yes, yes to those questions, you’re looking at an unhealthy form of worrying.

empowers them to control as much as they can. What they don’t realize is that too much worry affects their daily function and their relationships.

The Mayo Clinic explains that excessive worrying can manifest itself in such symptoms as fatigue, irritability, restlessness, appetite changes, and even poor concentration or lack of focus.

So, what are you supposed to do about it? Dealing with worry can be a short- or long-term resolution. Catching yourself with an overwhelming worry in the moment requires you to shake off that negative thinking so you can focus on what you need to do during the day. Over time, you want to reduce these overall instances so that worry isn’t your default mental state.

WHEN YOU FIND YOURSELF WORRYING ABOUT SOMETHING IN THE MOMENT, TRY TO SHAKE IT OFF BY FOCUSING ON YOUR FIVE SENSES:

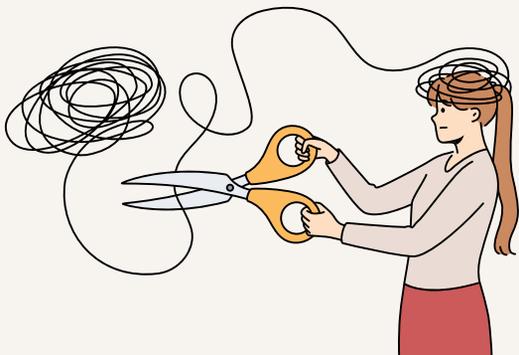
5 things you can see: Identify objects or people immediately around you, whether they are loved ones, buildings, trees, animals, cars, or furniture.

4 things you can feel: You might be able to feel something with your fingertips, such as the texture of nearby furniture, or something in the atmosphere, such as the warmth of the sunshine on your face.

3 things you can hear: Listen and name three sounds. They might be obvious, such as the song playing on the radio, or more atmospheric, such as the hum of your air conditioner or the clack of a coworker typing at the computer.

2 things you can smell: Take a deep breath and try to name what's in the air around you. Is it the scent of freshly cut grass? A candle? A cleaning product?

1 thing you can taste: Finally, identify what taste is in your mouth. It could be the after-flavor of lunch you just finished, the coffee you're drinking, or the mouthwash you just gargled.



The Mayo Clinic encourages this exercise because focusing on sensory elements like these takes your mind off whatever it is that's consuming you and brings you back to the here and now. It grounds you in your present time and location. Once you've interrupted your unhealthy thought pattern, it's easier to stay away from it, at least temporarily.

Over the long term, you need to figure out how you're going to minimize your worrying so that you don't have to engage in this exercise regularly. A few steps that experts recommend are:

1. Scheduling time to worry: This sounds like an unusual approach, but studies with Penn State University found it helped test subjects get their worry under control in less than a month. Set a designated appointment with yourself when you're allowed to worry—for example, 10 minutes at the beginning of the day. By giving yourself this specific time to worry, you can keep it from consuming your entire day.

2. Journal about your worries: Take a chance to write down your worries. Seeing them on paper can help you rethink them and put them in perspective. After you've written them down, list the actionable steps you can take to address those worries.

3. Get physical activity: Worrying can sometimes be a manifestation of our excess energy. By getting plenty of exercise, we not only get distraction from whatever it is that bothers us, but we also reaffirm our own abilities and release endorphins, leaving us empowered to solve our problems.

4. Talk to someone: In some cases, you might be able to talk through your worries with a friend or a family member who can offer advice and support. In other situations, it may be more appropriate to seek professional counseling with a licensed therapist who can teach you positive coping mechanisms.

 ASK THE DOC


Dr. Jeanine Werner

Maryland Oncology
Hematology

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

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

Learn more: marylandoncology.com | 410-897-6200

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Meredith Todd, DDS

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