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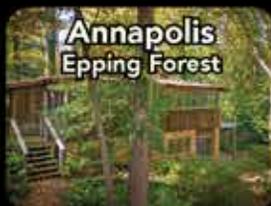
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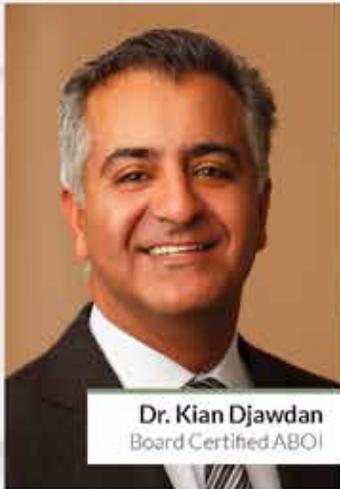
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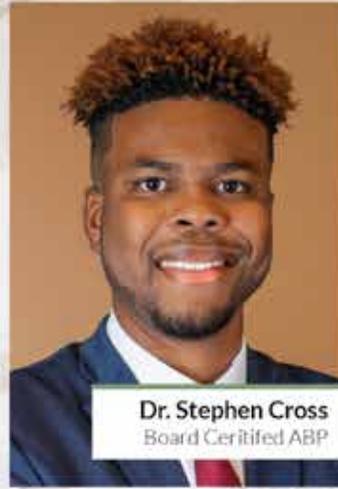
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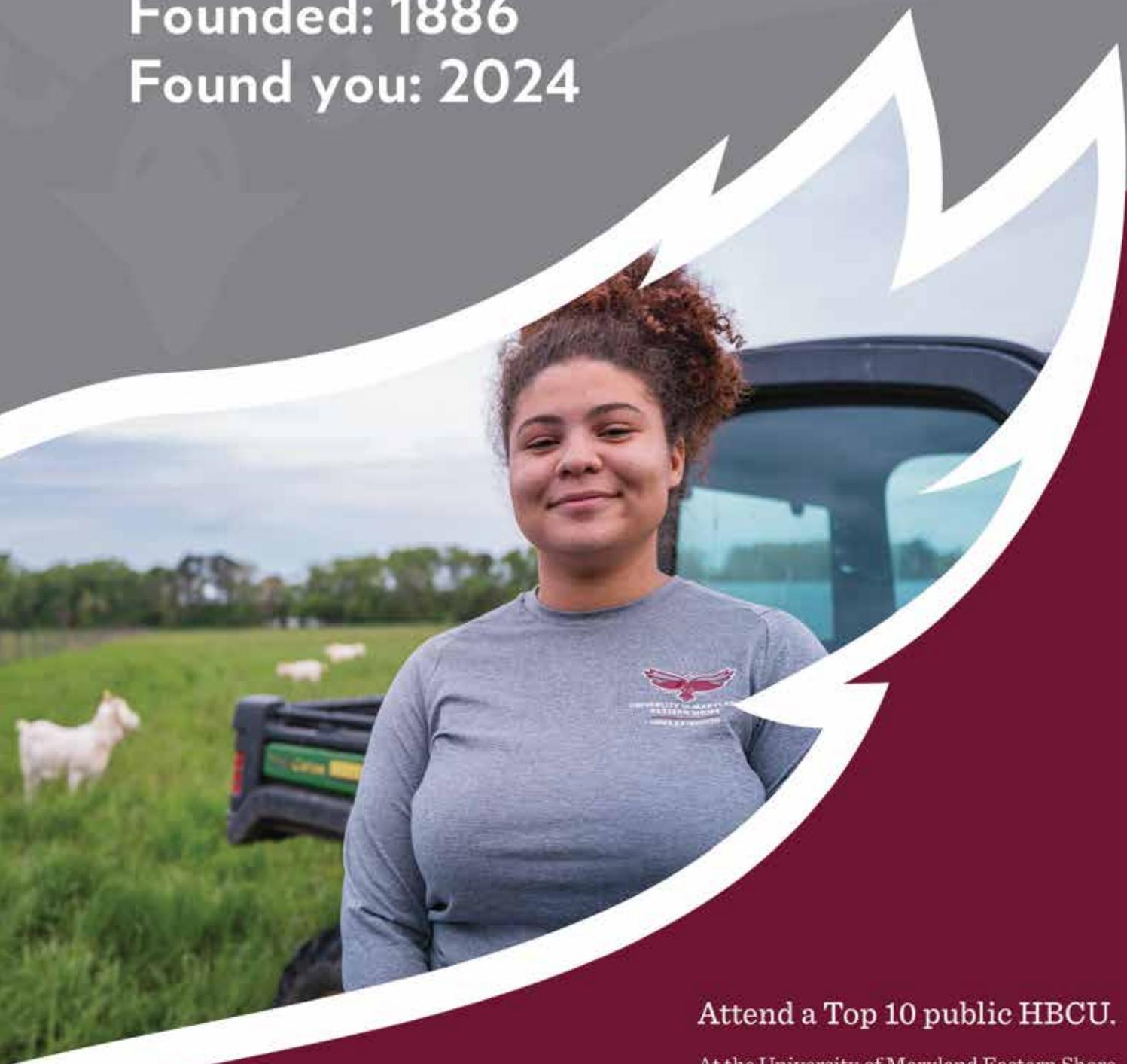


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♻️ Please recycle this magazine.

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WHAT'S UP?
eastern shore

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What's Up? Media's home awards program will honor elite home builders, architects, designers, and professionals serving the greater Chesapeake Bay region. Home industry professionals and firms may submit their completed projects for evaluation and vetting in 13 award categories. Entries—consisting of a project description and accompanying photographs—open 9/1 and close 10/31. Visit whatsupmag.com/homeexcellenceawards2025 to learn more.



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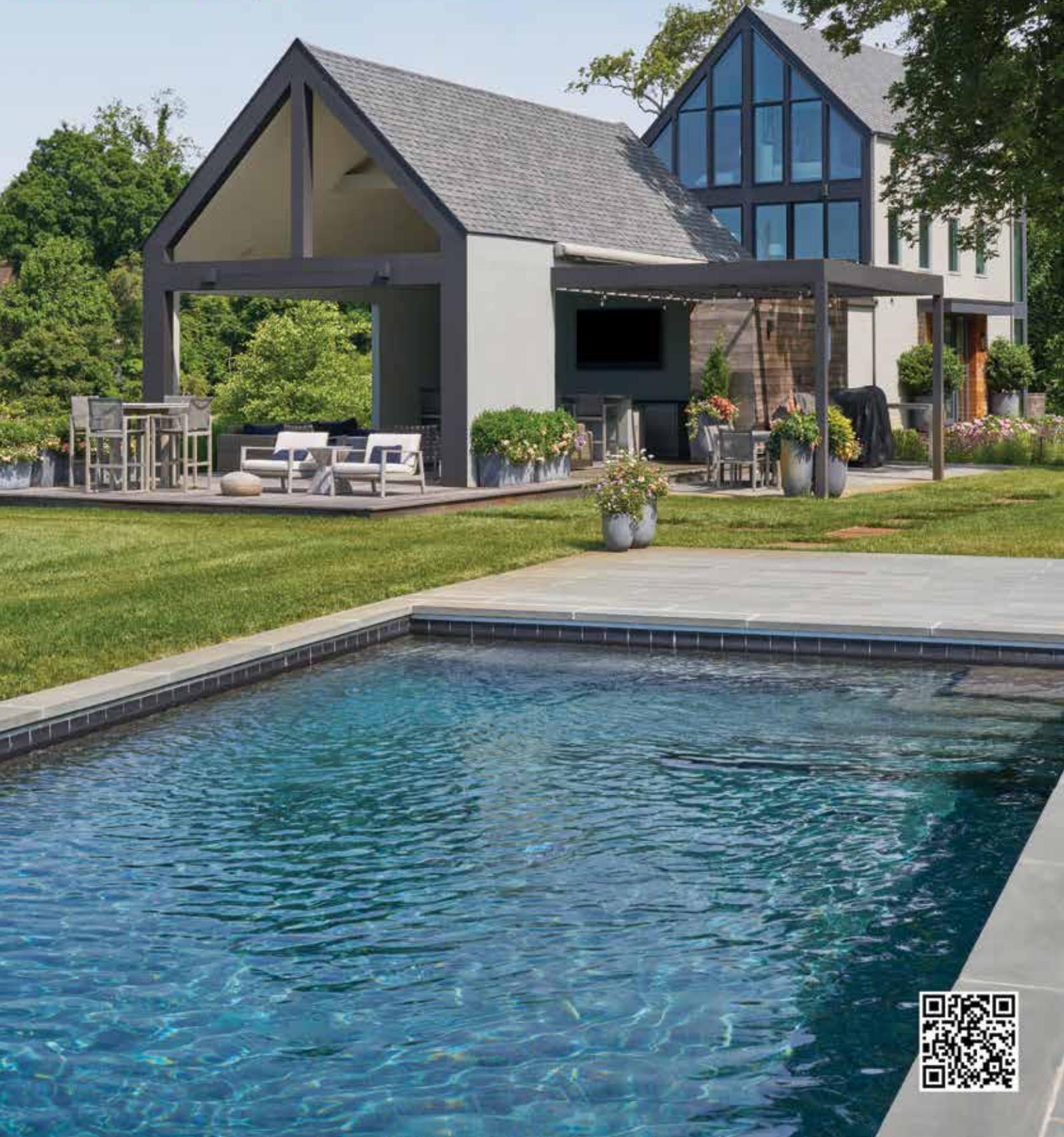
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Arts & Culture

HIGHLIGHTING
ENTERTAINMENT,
COMMUNITY,
AND EVENTS

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Fore a
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Photo by Rebecca Placek

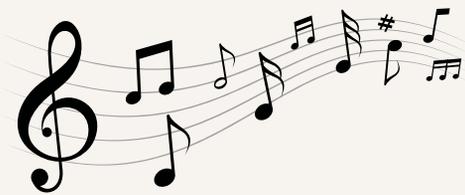
HISTORIC STEVENSVILLE CLASSIC CAR SHOW

Streets will be closed on September 7th for the Historic Stevensville Classic Car Show. Classic cars and trucks will maneuver through town and park on Love Point Road and on the Train Station greens in Historic Stevensville for everyone to admire. The day will consist of trophies, dash plaques, food trucks, music, kids activities, and free tours of historical sites. Find more information and rsvp at stevensvilleartsandentertainment.org.



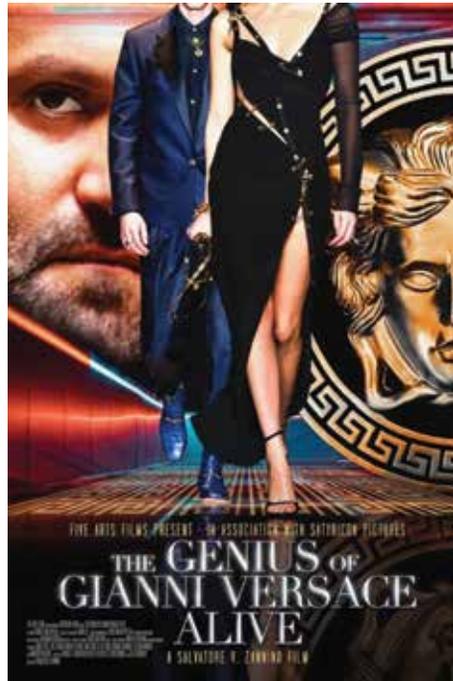
Ride for Clean Rivers

On September 15th, strap on your helmet, and clip in your shoes for the 20th Ride for Clean Rivers, raising money for Shore-Rivers. The race will start at Chesapeake College and will be a great opportunity for you to ride the beautiful back roads of Talbot and Queen Anne's Counties to support work for clean waterways. Find more information at shorerivers.org.



Chestertown Jazz Festival

Garfield Center for the Arts is hosting the 28th Annual Chestertown Jazz Festival at Wilmer Park in Chestertown on September 7th from noon to 6 p.m. Jazz by the River will feature food, wine and beer, and music by Sylvia Hackett Frazier and the Anointed Vessels (traditional gospel opening), Prince-Rodgers Grateful Jazz (jazz with a Grateful Dead flair), Brent Brickhead (award-winning saxophonist), and David Stryker Quartet featuring Warren Wolf. Be sure to get your tickets at garfieldcenter.org.



CHESAPEAKE FILM FESTIVAL

The 17th Chesapeake Film Festival begins at the Garfield Center for the Arts in Chestertown on September 12th with an engaging lineup of environmental short films. This mini-festival previews the grand, three-day celebration of independent filmmaking, which will be at Ebenezer Theater in Easton, September 27th through 29th. Be sure to see the full line

up of independent films featured this year (including *The Genius of Gianni Versace Live*, pictured) at chesapeakefilmfestival.com.



Photo by Becca Newell

ST. MICHAELS CONCOURS D' ELEGANCE

On September 27th through 29th, see some of the most extravagant vehicles at Kent Island Yacht Club for the 16th Annual St. Michaels Concours d' Elegance. This is a grand day of casual elegance, classic motoring, antique wooden speedboats, classic yachting, and great food. The day will also have a beautiful, waterfront view that you won't want to miss. Find more information at smcde.org.



WILD GOOSE CHASE

Since 2008, Blackwater National Wildlife Refuge has been using the Wild Goose Chase Women's Bicycle Ride as one of their main fundraising events of the year. This is the perfect ride for ladies who love nature and enjoy Blackwater National Wildlife Refuge and the flat scenic Dorchester country roads. The ride will be on September 29th, starting at Blackwater Wildlife Refuge. Come out on September 28th for many other events as well! There will be bird walks with an experienced birder, nature rides with a guide who will give information about the Refuge, a Harriet Tubman ride led by Susan Meredith, and yoga classes for cyclists! Find more information at friendsofblackwater.org.



Fore a Cause

GOLF FUNDRAISERS THIS MONTH

There are many golfing opportunities that also give back to our community and September is a great month full of charity tournaments. Many nonprofits are hosting their annual golf outings this month. Below is a list of several tournaments to raise money for important nonprofits.

SEPTEMBER 11TH

Bello Machre Golf Tournament at Queenstown Harbor (Queenstown); bellomachre.org

SEPTEMBER 20TH

Haven Ministries Annual Golf Tournament at Prospect Bay Country Club (Grasonville); haven-ministries.org

SEPTEMBER 23RD

GiGi's Playhouse Golf Tournament at Queenstown Harbor; gigisplayhouse.org

SEPTEMBER 26TH

Hospice of the Chesapeake Annual Golf Tournament at Queenstown Harbor; hospicechesapeake.org

SEPTEMBER 27TH

Dorchester Chamber Challenge Golf Tournament at the Hyatt Regency Chesapeake Bay Resort and Spa (Cambridge); dorchesterchamber.org

SEPTEMBER 30TH

Birdies for Benedictine at Talbot Country Club (Easton); benschool.org

31st Annual Boys & Girls Club of Annapolis and Anne Arundel County Bob Ferry Golf Classic at The Golf Club at South River (Edgewater); bgcaa.org

Arts

COVERING LOCAL EXHIBITIONS, ARTISTS, GALLERIES, AND MUSEUMS

Blanche Lazzell: Becoming an American Modernist

**Academy Art Museum, Easton
Through October 20th, 2024**

Blanche Lazzell: Becoming an American Modernist explores the pioneering artist's lifelong pursuit of translating Modernism into an American art form and celebrates her largely unsung achievements in championing abstraction in the United States through painting and printmaking. This exhibition surveys the full career of Lazzell (1878–1956). Celebrated for her masterful white-line woodblock prints, Lazzell considered herself a painter first and foremost—from her early days studying in West Virginia, New York, and Paris through Depression-era Federal Art Projects and as a longtime resident of Provincetown's vibrant art colony. Find more information at academyartmuseum.org.



Buckland and Palladio: A Legacy of Design

**Hammond Harwood House, Annapolis
Through December 30th, 2024**

The Hammond-Harwood House celebrates its 250th anniversary with an exhibition of early documents, paintings, and artifacts that provide context for Matthias Hammond's house, built during Annapolis' Golden Age. When builder William Buckland designed the Hammond-Harwood House in 1774, he was inspired by the neoclassical designs of 16th century Italian architect Andrea Palladio, adapting the plan of a villa in Venice to the American colonies. His beautiful creation has endured over the years—a legacy laid in bricks. Find more information on the exhibit at hammondharwoodhouse.org.

Revisit/Reimagine: The Civil Rights Era in Maryland and Parallels of Today

**Banneker-Douglass Museum, Annapolis
Through January 4th, 2025**

2024 is the 60th anniversary of the signing of the Civil Rights Act so the Maryland Commission on African American History and Culture and Banneker-Douglass Museum are declaring 2024 as "Maryland's Year of Civil Rights." *Revisit/Reimagine: The Civil Rights Era in Maryland and Parallels of Today* remembers legacies of civil rights leaders and their effect on black Marylanders and the United States as a whole. In collaboration with Afro Charities, images of nationally- and locally-recognized civil rights leaders from the *AFRO American Newspapers* archives will be on display accompanied by the work of contemporary artists living and working in the Maryland area. Find more information at bdmuseum.maryland.gov.



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Plucking the Right Strings

**MEET RON PEREMEL,
FOUNDER OF THE HIGHLY-
ANTICIPATED ANNAPOLIS
BAYGRASS MUSIC FESTIVAL**

By James Houck

This month, we interview the founder and director of the Annapolis Baygrass Music Festival, Ron Peremel. The festival will hold its second annual weekend of live music with a roots- and rock-oriented lineup boasting world-class musicians on September 21–22 at Sandy Point State Park. Visit baygrassfestival.com for full details and ticket options.

We have a lot to discuss about the genesis of the festival, how “every jam saves the Bay,” and what to look forward to, so let’s get into our questions and Peremel’s answers.

Ron, can you talk about how you were turned on to the bluegrass genre? I first learned of this beautiful music in the late-’90s when I had moved to Boulder, Colorado, and my number one music buddy would fly to Telluride to attend the Telluride Bluegrass Festival. We’d rent a house with 30 to 40 friends to experience this amazing festival and get turned on to so many new and upcoming progressive and traditional bluegrass, jamgrass, Americana, and folk artists. I was hooked! I have been going to Telluride on and off for 25 years and this festival has been an inspiration and a guide for much of what we have created at Baygrass. **How did your recent environmental work lead to creating a music festival?** I grew up in Baltimore boating, fishing, swimming, eating from, and playing in the Chesapeake Bay and its tributaries. When I moved to Annapolis in 2012 from Boulder,

THIS WORK DROVE ME TO SEARCH FOR A WAY TO SPREAD THIS AWARENESS AND EDUCATION MORE BROADLY.



I became passionate about protecting the ailing bay that I loved as a child. I got involved with the Chesapeake Bay Foundation, Watershed Stewards Academy (WSA), and other nonprofits. I became a Master Watershed Steward and applied this knowledge to my community by implementing conservation landscaping and environmental programs. This work drove me to search for a way to spread this awareness and education more broadly.

While sitting in a WSA class at the beautiful Arlington Echo Outdoor Education Center, my business mind wandered and came up with the idea of connecting people to the things they love doing with their love for the Bay. I started with the idea for a beer garden that had an environmental mission to protect the bay, that would educate guests immersively as they enjoyed local brews, ate food fresh from the Chesapeake Bay, and listened to great live music.

In 2020, I pivoted the beer garden idea into a music festival concept to reach more people and have greater impact.

How did you flesh out festival logistics? Despite being an experienced marketing and financial services businessperson and producing a few music and comedy fund raisers for my kids’ schools, I did not have experience with the inner workings of the festival space, so I turned to a friend who did. My Baltimore friend John Way had been involved in the operations of Charm City Bluegrass Festival, Delfest, and the Thursday Night bluegrass concerts at the 8x10 Club in Baltimore. John loved the idea. He is also an Army veteran, entrepreneur, and a certified mental health first-aid instructor who had a similar vision for educating festival attendees about mental health and wellness resources.

Shortly after getting the operations and marketing programing developed, John and I realized we needed another local pro who knew the bay, community, music scene, and the legal and logistical

implications. I turned to my close friend, Ron Katz, Esq., who immediately loved the idea and jumped on the team as our legal partner in the organization I had incorporated as Baygrass Festival Group, LLC.

Why did you choose Sandy Point State Park as the host site? With a mission to restore and protect the Chesapeake Bay and an education strategy focused on immersive and experiential learning, the location that made the most sense was, and is, Sandy Point State Park. With its beautiful beaches and its majestic view of the Bay, it inherently teaches attendees to love and protect this important body of water. And with its rich history, special events like the Chesapeake Bay Blues Festival, which just ended its 25-year run, the Plunge, Bay Paddle, and Seafood Festival, we knew this would be the right home for Baygrass.

This year's Baygrass lineup is exceptional—was it a challenge to secure this lineup? Our management and talent buying teams spend a lot of time identifying, deliberating, and then working with agents and artists directly to come up with a lineup that is carefully curated with our focus on progressive bluegrass, jamgrass, Americana, and sprinklings of other genres.

This year, those sprinklings include Grateful Dead, southern rock, and funk influences. We call this “fantasy festival” design. We start making our wish list a year before the next festival, which gets refined and finalized by January of each year.

We knew we had to match last year's lineup and try to attract a wider swath of the live music community, so we reached out to the agent for two-time Grammy-winning bassist Oteil Burbridge who played with the Allman Brothers for 15 years and is one of the founding members of Dead & Company. He and the all-star band will blow the doors off our Saturday night show.

The lineup is stacked with local, regional, and national artists. I'm really excited for the rich blend of musical styles and the ebb and flow of the order in which they'll perform. We have two main stages, which allow for short breaks and continuous music to keep people entertained from noon to 10 p.m. each day. We also have a workshop stage, which will include four intimate music workshops that allow our guests to get up close and personal with the artists. This is a very special gem that I discovered at the Telluride Bluegrass Festival and wanted to make part of our festival.

Another wonderful addition this year is our three artists-at-large: trumpeter and vocalist, Jennifer Hartswick, trombonist and vocalist Natalie



Cressman, and tenor saxophonist Ron Holloway. This is a rare and wonderful horn section who will blend their mastery with the other artists throughout the festival performances.

What are some of the additional festival amenities this year? Baygrass is more than a music festival, offering interactive educational workshops, beach yoga, yard and beach games, children's activities and workshops in the KidZone, local craft vendors, and an exceptional VIP experience.

Baygrass features an elevated culinary experience, including

Maryland lump crab cakes, roasted and raw oysters, gourmet barbecue, wood-fired pizzas, and other delicious vegan and vegetarian delicacies. We have also put a tremendous amount of thought and time into our beverage experience with our team led by Thom Bloom. We offer delicious drink options including microbrews, craft cocktails, and wines, as well as non-alcoholic beer and mocktails.

Our beer partners—Pherm Brewing Company and Idiom Brewing Company—will each have their own Baygrass brand-



ed beers: Pherm's Baytoberfest (a delicious, malty Marzen) and Idiom's Troubled Waters (a citrusy, juicy extra pale ale).

For those looking to upgrade to the beachfront VIP Village, the experience includes daily chef-prepared hot meals by festival partner Chesapeake Chef Service. Other perks include access to VIP viewing areas, VIP bars with discounted drinks and free samplings from local beer and spirits partners, air-conditioned bathrooms, exclusive VIP onsite parking, discounted massages, a commemorative stainless steel pint cup, Baygrass poster, and more.

The festival motto is "Every Jam Saves the Bay." Can you talk about the intent and action behind that statement? The Baygrass philosophy is to help people learn about conservation, sustainability, and mental health in a way that combines education and fun. We have committed to donating proceeds from ticket, food, beverage, and merchandise sales to Maryland-based nonprofit organizations including Watershed Stewards Academy, Oyster Recovery Partnership, and Alliance for the Chesapeake Bay. Each of these organizations will provide immersive education workshops and exhibit booths in our Bay Guardian Village with more information about bay conservation.

Our slogan indicates that people just need to show up to help the cause of protecting the Chesapeake Bay. It's that easy. And remarkably, people get it!



FOR MORE INFORMATION,
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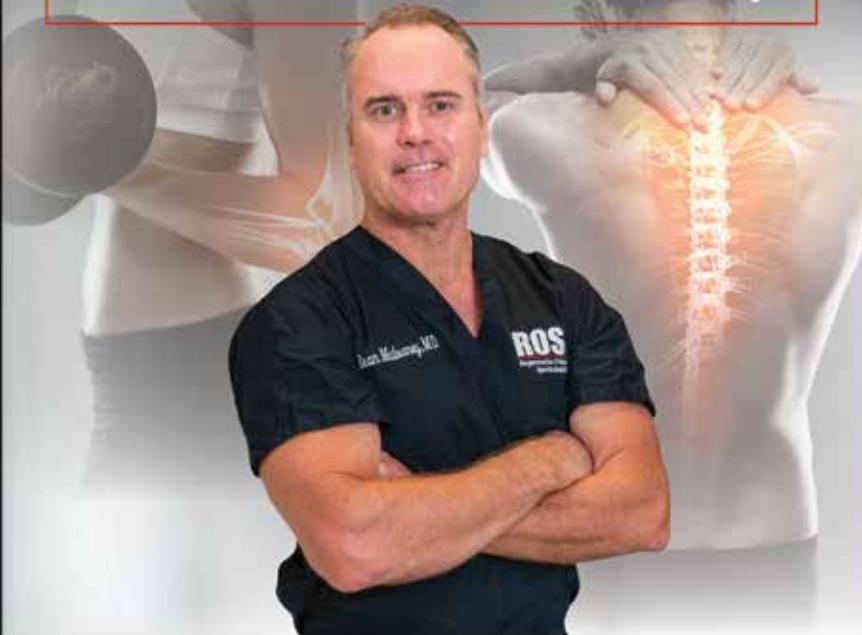
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HYATT EMPLOYEE EARNS INDUSTRY AWARD

The Maryland Hotel Lodging Association (MHLA) recently named Jason Maggio, an employee of Hyatt Regency Chesapeake Bay Golf Resort, Spa and Marina in Cambridge a 2024 Back of House Star of the Year. Winners were announced at the 34th annual MHLA “Stars of the Industry” Awards, held April 25th at the BWI Airport Marriott Hotel, which recognized deserving hotels and team members who have gone above and beyond this past year to provide excellent service to their guests and communities. Maggio has worked in various roles in the engineering department at Hyatt Regency Chesapeake Bay, from entry-level positions to lead supervisor. Maggio is currently a trainer for the resort’s engineering staff and is always working on continuing his education for his personal and professional growth. Learn more about the resort at hyattregencychesapeakebay.com.



Photo courtesy of USFWS

BLACKWATER REFUGE VOLUNTEERS HONORED

The U.S. Fish and Wildlife Service recognized volunteers at Blackwater National Wildlife Refuge (NWR) at their annual Volunteer Recognition Dinner in May. Held under the pavilion at the Harriet Tubman Underground Railroad State Park, volunteers were recognized for the remarkable contributions they have made to the refuge during 2023. Ellie Ludvigsen, of Cambridge was named Blackwater National Wildlife Refuge’s Volunteer of the Year for her work at the refuge. She is pictured with Ray Paterra, Visitor Services Manager at Blackwater National Wildlife Refuge. Volunteers at Blackwater NWR are involved in everything from staffing the Visitor Center and maintaining the butterfly garden, to leading birding tours, surveying winter waterfowl, monitoring nest boxes, and building accessible hunt blinds. During 2023, 145 volunteers contributed 9,219 hours of volunteer service to the refuge. Learn more at fws.gov/refuge/blackwater.

Fishing Tourney Supports the Fight Against Breast Cancer

Women Supporting Women—a local, grass-roots non-profit organization dedicated to providing awareness, education and support to all those who are affected by breast cancer—received over \$7,000 in donations from the successful event Fourth Annual Tuna & Tiaras ladies fishing tournament. From Thursday, June 13th through Saturday, June 15th, Pam Taylor (pictured, far right) held her tournament at Micky Fins in West Ocean City, Maryland. The tournament only allows women to enter and fish, which is partially why Women Supporting Women was chosen to participate in the event. Through registration fees, the silent auction, and a 50/50 raffle, Taylor was able to raise a total of \$7,250 in donations. For more information on Tuna & Tiaras, visit tunaandtiaras.com. For more information on WSW, visit womensupportingwomen.org.





KENT COUNTY CHAMBER HOSTS GOLF TOURNEY

The successful Kent County Chamber Inaugural Golf Tournament was held on June 17th at the Chester River Yacht and Country Club. Sponsored by Cross Street Realtors, the tournament was very well received and raised funds for Horizons of Kent and Queen Anne's, this year's Community Excellence Award winner for Organization of the Year. Learn more at kentchamber.org.



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Meet Student Athlete Chase Raab

THIS EASTON HIGH SENIOR WORKS HARD TOWARD HIS GOALS ON AND OFF THE FOOTBALL FIELD

By Tom Worgo

Easton High senior Chase Raab is no stranger to adversity. For 10 months, Raab has rehabbed and worked out with the goal to play football again after suffering a torn anterior cruciate ligament and meniscus in his knee.

The recovery became Raab's obsession for two reasons: play his last year of high school football and get on a path to play the sport in college.

College football is the more important of the two. If it wasn't for the injury that happened in a 7-on-7 tournament at Bowie State University in July of last year, Raab, who plays wide receiver and safety, might have committed to a college by now.

"Having a good sophomore year, I was excited to start getting recruited after my junior year, but I got hurt," Raab says. "It pushed me back a lot. I couldn't get any exposure because I was sitting all season. Film is pretty important for colleges.

"I am behind the eight ball," he added. "But I keep a positive outlook on it. I have to really keep working hard to have a good season and get my name out there."

Raab, who carries a 3.7 grade-point average, went through some grueling workouts to return to form. Yet, things started slowly.

"HE IS A TREMENDOUS ATHLETE. HE IS A SMART KID ON THE FIELD AND IN THE CLASSROOM."



Two weeks after surgery—which took place on August 23rd of 2023—he began doing knee strengthening exercises at home for an hour, four to five days a week and lifted weights for his upper body

four days a week for two hours. Raab also did three hours of physical therapy per week, which ended in May.

The 6-foot, 180-pound Raab started lifting weights for his lower body, including squats, power cleans, leg presses, lunges, and running, in December for two hours a day until May. He noticed the difference in his body, adding 10 pounds.

"I am a better athlete now than before I got hurt," Raab explains. "Mentally, I am stronger having to go through such a long and hard rehab."

Easton Offensive Coordinator Matt Griffith adds, "He started rehabbing right away and was ahead of schedule. He worked extremely hard and came back bigger, stronger, and faster."

Raab showed he is serious about playing college football. He attended camps at Villanova and Widner universities and the University of Delaware in June and July.

“It’s great to talk to the coaches and build a connection with them,” Raab says. “I learned a lot about technique during the drills that I can take back to our Easton practices.”

Griffith believes the time Raab spent at the camps will be beneficial. “He got the chance to compete against kids at that level and excel,” the coach says. “His ability to get in front of those coaches because he doesn’t have any film from last year was huge.”

Raab showed his potential to colleges early in his high school career, earning First-Team All-Bayside conference honors as a wide receiver and second-team honors as a defensive back. He plans to play wide receiver in college, and he caught 21 passes for 498 yards and three touchdowns in 2022.

“I think he is going to be a Division II college football player,” Griffith says. “He ability to make plays on both sides of the ball is tremendous. He doesn’t pass the eye test all the time. He is not the biggest or the fastest player. But he puts himself in great places to make plays and 90 percent of that is his work ethic when no one is watching.”

When it comes to sports, Raab is choosing a path fewer and fewer high school students have been doing—playing three sports. Raab is a baseball standout (hit .304 as a sophomore) and will run indoor track this winter for the first time.

“He is a tremendous athlete,” Griffith says. “He is a smart kid on the field and in the classroom.”



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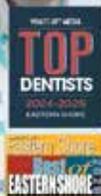


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School Visitation Guide

**OUR AUTUMN PRIMER
ON NAVIGATING
SCHOOL AND COLLEGE
VISITATIONS, PLUS
OPEN HOUSE DATES!**

For parents and students, researching and visiting schools or colleges can be life-changing experiences. Gaining first-person perspective, on-site optics, and meeting the administrations of potential schools are instrumental steps toward making one of life's most important decisions—choosing the right school. This guide provides tips for navigating your school search, as well as a comprehensive list of regional schools, colleges, and learning centers offering open houses, campus tours, virtual seminars, and programs for all ages.



IF YOU'RE CONSIDERING SCHOOL VISITATIONS THIS FALL, OR IN THE NEAR FUTURE, HERE ARE SEVERAL TIPS AND CONSIDERATIONS WHEN PLANNING.

1 Make a list and map the schools out. Before the application process begins, curate a list of all potential schools, research them, and narrow them down. Once you have reduced your list to the top contenders, it's time to start planning your campus visits. Ideally, you'll want to visit every school you are strongly considering, so map out each school and plan accordingly.

2 Order matters. Try to visit your top school(s) last. As you visit more campuses, you'll start to get a better idea of your likes and dislikes. Throughout the process, you will gain a better sense of questions to ask and places on campus you want to see, and you will know what to look for by then.

3 Timing is crucial. Plan your visit while school is, hopefully, in session. Observing student life will give you an authentic view of the school and will (hopefully) help you envision yourself as a student there.

4 Explore on your own. The official campus tour will highlight the school's best features, so make sure to spend extra time exploring parts of campus that weren't shown on your tour. This will be the best time to observe students, check out any departments you're interested in, or sit in on a class or lecture.

5 Talk to current students. It's your tour guide's job to give the best impression possible of their school, making them a biased source. While the information your guide gives you is crucial, you may want to secure a more candid impression by talking to current students. Ask students anything that wasn't covered on the tour: What is student life like? Is it easy to meet and make friends? Is there a lot of diversity on campus? Is it difficult to adjust?

6 Document every visit. If you plan to visit several schools, make sure to document each visit. Take pictures, jot down some notes, or record a voice memo to highlight your favorite—or least favorite—aspects of each school. Going on several tours within a short period of time can be chaotic, so this will help you separate and compare each visit.

7 Keep an open mind. Your priorities during your initial school search may completely shift once you start touring, so remain open minded. Walk onto every campus with a positive attitude and save your judgments until the end of the tour.

The following list of regional schools, colleges, and learning centers advertise within the What's Up? Media family of publications. Please consider calling them directly to confirm open house dates, visitation guidance, and program availability. Schools are listed alphabetically.

Annapolis Area Christian School

Lower School Annapolis Campus – 710 Ridgely Avenue, Annapolis; 410-846-3504; aacsonline.org; September 25th, October 30th, November 22nd – 9 to 10:30 a.m. Lower School Severn Campus – 61 Gambrills Road, Severn; 410-846-3505; aacsonline.org; October 1st, October 24th, November 14th – 9 to 10:30 a.m. Middle School – 716 Bestgate Road, Annapolis; 410-846-3506; aacsonline.org; October 19th, December 12th – 9 a.m. to Noon Upper School – 109 Burns Crossing Road, Severn; 410-846-3507; aacsonline.org; October 28th, November 25th – 9 a.m. to Noon

Anne Arundel Community College

101 College Parkway, Arnold; 410-777-2222; aacc.edu; October 9th, 5 to 7 p.m.

Archbishop Spalding High School

8080 New Cut Road, Severn; 410-969-9105; archbishopspalding.org; October 27th – Noon to 2 p.m.

Benedictine School

14299 Benedictine Lane, Ridgely; 410-634-2112; benschool.org; Contact school directly for guidance on visitations, tours, etc.

Boys' Latin School of Maryland

822 West Lake Avenue, Baltimore; 410-377-5192; boyslatinmd.org; Contact school directly for guidance on visitations, tours, etc.

Calvert Hall College High School

8102 La Salle Road, Baltimore; 410-825-4266; calverthall.com; November 9th, 10 a.m. to 1 p.m.

Divine Mercy Academy

8513 St. Jane Drive, Pasadena; 410-705-0778; divinemercury.md; November 6th, 6:30 p.m.

Chesapeake College / Eastern Shore Higher Education Center

1000 College Circle, Wye Mills; 410-822-5400; chesapeake.edu; Contact school directly for guidance on visitations, tours, etc.

Holy Trinity: An Episcopal School

Primary – 13106 Annapolis Road, Bowie; 301-262-5355
The Daisy Lane School & High School Prep – 11902 Daisy Lane, Glenn Dale; 301-464-3215; htrinity.org; October 17th, November 11th, January 10th, 9:30 a.m. to 1:30 p.m.

Indian Creek School

1130 Anne Chambers Way, Crownsville; 410-923-3660; indian-creekschool.org; Upper School – November 7th, December 5th, 6 to 7:30 p.m.; Middle School – November 14th, 9 to 10:30 a.m.; Lower School – November 21st, 9 to 10:30 a.m.

Johns Hopkins Peabody Preparatory

1 East Mount Vernon Place, Baltimore; 667-208-6500; peabody.jhu.edu; Contact school directly for guidance on visitations, tours, etc.

Kent School

6788 Wilkins Lane, Chestertown; 410-778-4100; kentschool.org; Contact school directly for guidance on visitations, tours, etc.

Key School

534 Hillsmere Drive; 410-263-9231; keyschool.org; Grades 1–4: October 8th; Grades 5–8: October 22nd; Grades 9–12: October 24th; 2.5 years to Kindergarten: November 9th

Lighthouse Christian Academy

931 Love Point Rd Stevensville; 410-643-3034; lcademy.org; November 6th



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McDonogh School

8600 McDonogh Road, Owings Mills; 410-363-0600; mcdonogh.org; Upper School – September 12th, 20th, and 23rd, October 2nd, 9th, 16th, and 22nd, November 8th, 13th, 20th, and 25th, December 5th; Middle School – September 13th, 19th, 26th, and 30th, October 10th, 17th, and 24th, November 7th, 14th, and 21st, December 4th

Monsignor Slade Catholic School

120 Dorsey Road, Glen Burnie; 410-766-7130; msladeschool.com; Contact school directly for guidance on visitations, tours, etc.

Montessori International Children's House

1641 N. Winchester Road, Annapolis; 410-757-7789; montessoriiinternational.org; Contact school directly for guidance on visitations, tours, etc.

Naval Academy Primary School

74 Greenbury Point Road, Annapolis; 410-757-3090; napschool.org; Contact school directly for guidance on visitations, tours, etc.

Oldfields School

1500 Glencoe Road, Sparks; 410-472-4800; oldfieldsschool.org; Contact school directly for guidance on visitations, tours, etc.

Radcliffe Creek School

201 Talbot Boulevard, Chestertown; 410-778-8150; radcliffecreekschool.org; Call school to schedule a tour

Rockbridge Academy

680 Evergreen Road, Crownsville; 410-923-1171; rockbridge.org; Open House – October 7th and February 3rd, 9–11 a.m. Exploring Junior Kindergarten and Kindergarten Open House – October 18th, 9–11 a.m. Preview Night – November 8th, 7–9 p.m.

Saint Andrews Day School

4 B Wallace Manor Road, Edgewater; 410-266-0952; school.standrewsum.org; November 7th, 9–11 a.m.

St. Anne's School of Annapolis

3112 Arundel on the Bay Road, Annapolis; 410-263-8650; stannesschool.org; October 16th, 7 p.m. (Virtual). Lower/Middle School – November 8th, 9 a.m. Program for Young Children (ages 2–4) – December 5th, 10 a.m.

Saint John the Evangelist Catholic School

669 Ritchie Highway, Severna Park; 410-647-2283; stjohnspschool.org; October 8th, Advance registration is required. Please contact lfish@stjohnsp.org for more information.

St. Margaret's Day School

1605 Pleasant Plains Road, Annapolis; 410-757-2333; stmargaretsdayschool.org; October 16th, January 15th – 9:30 to 10:30 a.m.

St. Martin's in the Field Episcopal School

375 A Benfield Road, Severna Park; 410-647-7055; stmartinsmd.org; October 16th, January 15th, 10 a.m. to noon

St. Martin's Lutheran School

1120 Spa Road, Annapolis; 410-263-4723; stmartinsonline.org; January 24th and March 14th – 9 to 11 a.m.

St. Mary's Annapolis

High School – 113 Duke of Gloucester Street; 410-263-3294; stmarysannapolis.org; October 26th, 2 p.m., October 29th, 6–8 p.m. (Athletic Open House at Pascal Field) Elementary (Pre-K through Grade 8) – 109 Duke of Gloucester Street, Annapolis; 410-263-2869; stmarysannapolis.org; November 8th, 9 a.m.

Sts. Peter & Paul Elementary and High School

High School – 1212 S. Washington Street, Easton; 410-822-2275; hs.sspeaston.org; October 27th, 1 to 4 p.m. Elementary School – 900 High Street, Easton; 410-822-2251; hs.sspeaaston.org; Contact school directly for guidance on visitations, tours, etc.

St. Vincent Pallotti High School

113 St. Mary's Place, Laurel; 301-725-3288; pallottihs.org; November 3rd – 2 to 5 p.m., April 24th – 6 to 8 p.m.

Severn School

Lower School – Chesapeake Campus: 1185 Baltimore Annapolis Boulevard, Arnold; 410-862-3684; severnschool.com; October 2nd, 9 a.m. Middle and Upper School – Teel Campus: 201 Water Street, Severna Park; 410-862-3684; severnschool.org; October 17th, 7 p.m.

The Country School

716 Goldsborough Street, Easton; 410-822-1935; countryschool.org; Contact school directly for guidance on visitations, tours, etc.

The Gunston School

911 Gunston Road, Centreville; 410-758-0620; gunston.org; October 20th, 11 a.m. and 1 p.m., November 17th, 11 a.m., January 12th, 11 a.m., April 27th, 11 a.m.

The Summit School

664 E. Central Avenue, Davidsonville; 410-798-0005; thesummitschool.org; October 10th, November 12th, January 23rd, February 26th, March 18th, April 29th, 9 to 10:30 a.m.

University of Maryland Eastern Shore

30665 Student Services Center, Princess Anne; 410-651-7747; wwwcp.umes.edu; Contact school directly for guidance on visitations, tours, etc.

Washington College

300 Washington Avenue, Chestertown; 410-778-2800; washcoll.edu; November 9th

Wye River Upper School

316 S. Commerce Street, Centreville; 410-758-2922; wyeriverupper-school.org; October 24th – 10:30 a.m. to Noon, January 23rd, March 6th

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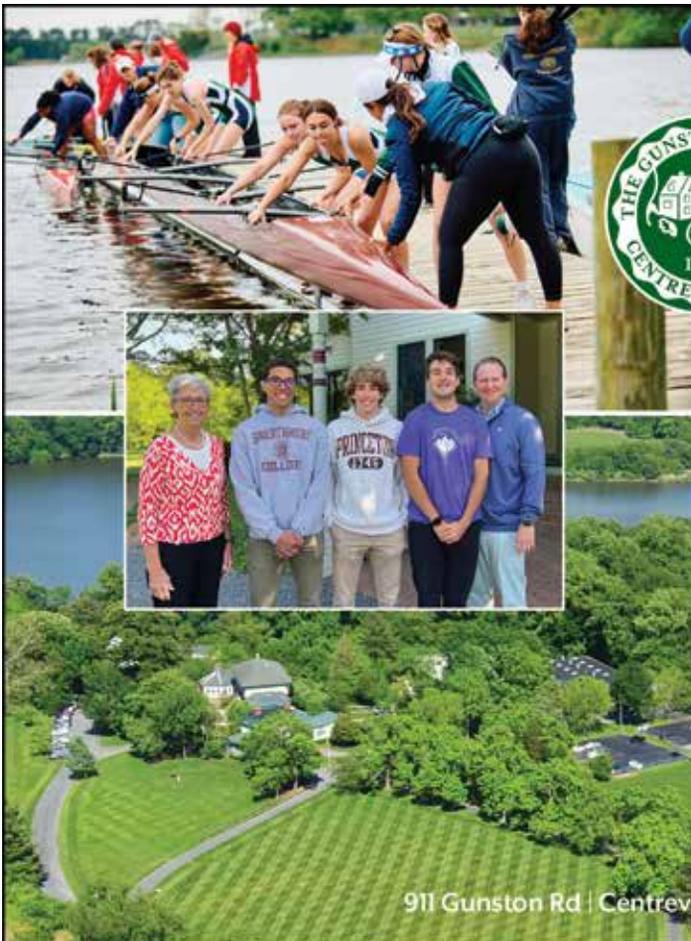
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Annapolis, Anne Arundel County, the Eastern Shore, and the surrounding region have no shortage of ways to explore the outdoors and enjoy the scenery. Because of our prime location, locals and visitors often direct their focus to the water. That's always an excellent choice. But it turns out an equally viable source for adventure and beauty can be found on our roads and trails.

Imagine the wind brushing your skin as you cruise past hills, ponds, historic barns, horses, flowers. You don't have a care in the world as you feel the road underneath you and hear the bleats of the goats you just passed. You inhale the fresh air and can't help but feel relaxed even though you are getting a fabulous workout. Then you'll reach a charming destination and gather with the rest of the group who have been riding by your side the entire way. Together you will lightheartedly chat over a coffee and snack. The rest of the day, you will feel invigorated and revitalized. This is the world of cycling, and you all are invited.

Most of us learned to ride a bike when we were young children. You may not have ridden one in a while, or you might enjoy periodic short rides around the neighborhood with loved ones, or you might consider cycling as a primary source of exercise. No matter your skill level, cycling can be an amazing source for overall physical and mental health. Area cyclists couldn't agree more.

“CYCLING GIVES ME FOCUS, MENTAL CLARITY, PURPOSE, AND ORGANIZATION WHILE BEING A DEPENDABLE HEALTHY OUTDOOR OUTLET FOR EXERCISE AND ENJOYMENT.”

“Cycling benefits my mental health, overall health, and general fitness, even in that order,” said local cyclist, Mark Kavanaugh. “Cycling gives me focus, mental clarity, purpose, and organization while being a dependable healthy outdoor outlet for exercise and enjoyment. It takes some, but very little, discipline to enjoy. It’s really for everyone.”

As cycling enthusiast Lisa Lauer puts it, “I enjoy cycling because it’s easier on my joints than running. I enjoy feeling the speed and the wind against my face. I’m always surprised by the calories I burn during each ride, because it feels so effortless sometimes!” For less advanced cyclists, riding in the back of a group of riders can also allow them to draft off the group, making the ride feel even easier.

Many riders come from other activities and sports and discover their love for cycling later in life. “I was a marathon runner who always trained solo,” said local enthusiast, Chris Boyd. “When my knees and joints gave out, I decided to take up cycling. Recently, I decided to meet up with a group and just kind of follow behind. But the group ended up being so welcoming and supportive. In a total surprise to me, I found myself wanting to stick around after the rides for the group coffee at a local shop. Now, I’ve been riding with this group regularly for over a year. They are my social group.”

“It’s so easy to find a group to ride with,” Kavanaugh says. “I simply googled riding groups in the area and information will pop up about local rides with times and locations. The first time you ride up to the group is the hardest part. But it’s never a problem. Groups are always excited and happy to welcome you on a ride. And now everyone is on the App, Strava. Once you’ve ridden with people, they will show

up on your Strava, and then you can always be in contact with them for future rides. It is completely acceptable to reach out to cyclists you’ve only ridden with once to join them again. There are endless opportunities. People will post that they want to ride a certain distance and tell people to just show up!”

This may all sound like it’s for people who ride all the time and already know the ropes, but area cyclists insist that even beginning riders can feel welcomed into group rides to enjoy the activity. Riding alone on the road can be daunting for safety purposes, and some might find it boring to go long distances by themselves. Riding with a group provides a sense of camaraderie, support, and safety. “There is no judgment,” Boyd says. “There is a huge range of riders with all levels of gear. And some groups will specifically say that the whole group will only go as fast as the slowest person. It’s all about enjoying the activity.” These are referred to as “No Drop” rides. The Severna Park Peloton has an organized ride on Saturday mornings





**MEMBERS OF BIKEAAA RIDE
ALONG THE CHESAPEAKE BAY.
PHOTOS COURTESY BIKEAAA.**



Littlejohn. “I thought this was such a nice neighborhood and then I discovered the trails. I am so thankful at how much I can ride on the nice trails and roads around here.” The main trail he is referring to is the B&A Trail. Cyclists love that they can hop on that trail and go into downtown Annapolis or ride all the way up to the airport without having to deal with much, or any, traffic. “The trails and roads around here are beautiful, and people are very accommodating. Nobody is upset about cyclists,” said local cyclist, Chip Adams. “In fact, it’s fun to ride the trail, then stop at the Big Bean in Severna Park as a group, where they have tables right off the trail.”

“The trails continue to develop and improve, which makes me feel so lucky,” Boyd says. “There are also wonderful roads to take to Davidsonville, or through the countryside to South [Anne Arundel] County, down to Chesapeake Beach, or up to Ellicott City. I have discovered so many quaint and scenic places that I might not have seen before if it wasn’t for cycling.”

that operates like this. “When riding with others, I feel safer because there is more visibility with a larger group,” Lauer says. “I also really enjoy the camaraderie and the competitiveness. We are all there to support, push, and learn from each other.”

The routes to enjoy cycling are plentiful. “I was living in Mitchellville, when a ride I was on brought me to this area,” said Severna Park cyclist, Jim

Cyclists can also transport their bikes across the Bay Bridge and enjoy fantastic routes starting on the Eastern Shore. The Harriet Tubman Underground Railroad Scenic Byway offers 125 miles of scenic country roads from Cambridge to Goldsboro. “You feel like you are in the middle of nowhere and it’s so peaceful,” Kavanaugh says. “But then you come across an interesting museum, cute town, and other interesting historical sites. It’s really a lot of fun.”



CYCLING FRIENDS GATHER AT THE BIG BEAN ALONG THE B&A TRAIL IN SEVERNA PARK FOR A POST-RIDE CUP OF COFFEE. PHOTOGRAPH BY KAT SPITZER.

**“ I JUST NEVER
THOUGHT I WOULD
BE EXCITED TO
WAKE UP EARLY IN
THE MORNING TO
GO FOR A RIDE AND
THEN SOCIALIZE
WITH MY FRIENDS.”**

There are many gorgeous, quiet country roads that also lead out to Rehoboth Beach. “I’ve even worked with other cyclists to put together Capital-to-Capital-to-Capital rides (Annapolis to D.C. and back), which takes us right to the middle of the National Mall,” Kavanaugh explains. It seems if the will is there—which it seems to be among cyclists—there is a way to enjoy cycling in several stunning environments.

“I have lived here for 30 years,” Adams says. I started cycling after meeting a fellow enthusiast and I have now been part of the “5:45 Ride” for 20 years. I have no plans for stopping anytime soon.” That’s 5:45 a.m. for those who are interested. But rest assured that other groups go at different times with safety always the primary consideration.

I will admit that my husband is also an avid cyclist. I am what you might call a “Bike Widow.” He rides early in the mornings and then takes long rides on the weekends over 100 miles. I wondered if he was alone in his feverish love of cycling. What I discovered when interviewing local cyclists is that they could rhapsodize for hours about their experiences. “Talking about biking is like a break to me,” Kavanaugh says with a laugh.

“I just never thought I would be excited to wake up early in the morning to go for a ride and then socialize with my friends. But now I’m like a toddler at the holidays. I wake up early and wish that it was already time to go,” Boyd says in agreement.

“I don’t want to ever let go of it,” Adams says. “It’s such a big part of my life and I love it so much. To me, this is the one thing I do that is the centerpiece of everything else.”



LOCAL CYCLING GROUPS

HERE IS A SAMPLING OF ORGANIZATIONS THAT PROMOTE CYCLING AND ORGANIZE RIDES THROUGHOUT OUR REGION. FOR EVEN MORE CLUB LISTINGS, VISIT BIKEMARYLAND.ORG.

ANNAPOLIS BICYCLE CLUB – annapolisbicycleclub.org; Founded in 1993, the nonprofit, service marked, growth oriented cycling organization is dedicated to advancing cycling skills in endurance, speed, performance, route variety, group dynamics, and the interests of recreational cycling enthusiasts. Schedules hundreds of group rides annually.

BIKEAAA – bikeaaa.org; Short for Bike Annapolis & Anne Arundel, BikeAAA is a cycling advocacy and ride organization based in Arnold, but covering the regional scene. The nonprofit is behind events, such as the Life-line 100 ride, and many community programs, including Wheels of Hope, Cycling Without Age, and more.

BLACK PEOPLE RIDE BIKES – blackpeopleride-bikes.com; Black People Ride Bikes (BPRB) is a Baltimore-based cycling and advocacy organization of black cyclists in every age bracket, from children to adults. The organization is made up of both casual riders and avid cyclists, who regularly participate in cycling events throughout the country.

CHESAPEAKE CYCLING CLUB – ridec3.org/road-cycling-club-maryland-eastern-shore-easton; Adult bike club located on Maryland’s Eastern Shore, offering multiple cadence and distance options for people who love road cycling.

CHESAPEAKE WHEELMEN – chesapeakewheelmen.org; Founded in 1946 is one of the oldest clubs in the United States and the oldest in the state of Maryland.

CLUB CRABTOWNE – clubcrabtowne.org; Club Crabtowne is an Annapolis-based ski, cycling, and events club that has been organizing exciting events for more than forty years.

SHORE VELOCITY – facebook.com/ShoreVelocity-Cycling; Eastern Shore group based in Salisbury that organizes distance rides throughout the region.

Maryland Department of Agriculture Secretary Kevin Atticks (left) leads a farm tour with Department of Natural Resources Secretary Josh Kurtz (center) and Governor Wes Moore.





ONE FOR ALL

CHESAPEAKE HEROES

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EXAMINING LOCAL
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CITIZENS WORKING
TOWARD A HEALTHIER
ENVIRONMENT.

SECRETARY OF AGRICULTURE
KEVIN ATTICKS ADVOCATES
FOR MARYLAND'S FARMERS,
PRODUCERS, SMALL BUSINESSES
(AND LARGE), EDUCATION,
SMART ENERGY POLICY, AND
ENVIRONMENTAL CONSERVATION

STORY BY **RITA CALVERT**

PHOTOGRAPHY COURTESY **MARYLAND
DEPARTMENT OF AGRICULTURE**



G

ood news is on the horizon for Maryland's diverse and vibrant agriculture industry. Our Department of Agriculture's creativity and commitment to farmers was invigorated when Maryland Governor Wes Moore appointed Grow and Fortify LLC founder

Kevin Atticks as Secretary of Agriculture in 2023. Atticks joined an administration aiming to create a more competitive Maryland and brings an impressive background to his new role at the table.

For two decades, he worked on behalf of local wineries, breweries, distilleries, and grape growers while promoting and advocating for Maryland's wine industry and supporting value-added agriculture through an organization called Grow and Fortify LLC. The first assessment of the state's value-added agricultural industry was published by Grow and Fortify. Atticks explains, "Wineries, breweries, creameries, meat processing, agritourism, equine, and dozens of other industry

segments yield 74,000 jobs and bring a total economic impact of over \$20.6 billion annually to the state's economy...We need to expand our agricultural base, provide farmers with new opportunities to grow profit, and educate our citizens about the incredible products grown and produced locally."

In early 2024, Atticks delivered a stirring keynote address in his own very friendly voice, to Future Harvest's annual conference entitled, *Agriculture as the Solution*. The keynote speech was so inspiring we decided to find out more from Secretary Atticks, interviewing him to gain perspective of his first year in office.

THE SPEECH

HIS MAIN POINTS (PARAPHRASED) ABOUT THE OPPORTUNITIES AND CHALLENGES TO MARYLAND AGRICULTURE INCLUDED:



Agriculture is Food. Local is more resilient, more nutritious, more available. Food grown locally is a boon for our schools, foodbanks, farmers. Subsidies in food are not necessarily for the healthiest food. The goal is to get the money where it needs to go for those who need it most, such as food grown for our school system.

Agriculture is Economy. Farming is the No.1 commercial industry in our state...and guess who knows that? Farmers! Guess who doesn't know? Everybody else! When you think about the economy and how

agriculture supports it—food obviously—think about the jobs in rural areas. When farms come, so, too, do homes. This grows a semblance of population within a rural area, which then grows business, community, and economy. Beyond that is tax revenue. Farming is a driver of business to other local venues.

The act of growing is a move of conservation. When you are working the land, and you need that land to be fertile, you use practices to grow the soil health and quality.

Agriculture is Conservation.

The act of growing is a move of conservation. When you are working the land, and you need that land to be fertile, you use practices to grow the soil health and quality—plant cover crops, plant trees, making sure to keep

nutrients on the farm. The act of agriculture is much about the surrounding ecosystem. This could be a whole presentation about the Bay, air quality, and carbon sequestration, but it doesn't need to be, because those things should be built into our everyday standard practices.

Agriculture is Preservation. Our agency in the state and also our counties pay a lot to purchase development rights so that agriculture can be preserved. The best way to preserve the land is to make agriculture profitable. One of our former secretaries said the P in preservation stands for profitability. It's true we're paying farmers and landowners for their development rights because we can pay more than they are making off their product. In our country, money is going to a dozen different people and corporations before it ever gets to the farmer. Figuring out how to make our farmers more profitable is a top priority in our agency. In the meantime, we are buying up as much development right access as we can because perpetuity is a pretty nice thing.

Agriculture is Energy. This is a little controversial because in Maryland we've got a very strong goal to be fossil fuel independent in the 2030s. There's a real push to put commercial solar on our farms in a big way. We believe there's a way to integrate energy generation on farms so that farms in rural areas are doing their part for the grid. That can be done with agrivoltaics (the use of land for both agriculture and solar energy generation), wind power,

We believe there's a way to integrate energy generation on farms so that farms in rural areas are doing their part for the grid.

er, biodigestics, and more. Unfamiliar with these new terms? They're worth keeping an eye on in the agriculture world.

Agriculture is Education. I believe education would fix everything! If every child and adult in the state knew where food comes from, we'd be in a much better place because we would start choosing how and where to spend our money. This is an opportunity to learn how food grows, an opportunity to grow for yourself and your community, and the spark to connect with farming as a product to buy, as a field of study, as a career. There are incredible opportunities to learn how food grows by visiting a farm...for example, by picking pumpkins at a farm or following Maryland's Ice Cream Trail. Now it's up to farms and family to bring people to a farm, be it a creamery, berry picking, or a winery. We also need more FFA (Future Farmers of America) programs to engage students.

Agriculture is Tourism. Visitors spent \$19.2 billion [here in Maryland] in 2022. Visitors

will travel 1 to 1.5 hours to local destinations. People come in from way out of town and bring their money and spend it at your place, the local restaurant, and local businesses.

Support for Thinking Differently. We need to make sure we are creating the situation that if someone wants to get into the small animal business, the creamery business, beer, wine, spirits, or kombucha, we have created a regulatory situation so that it *can* happen here.

Challenges to Maryland Farms. Development pressure is intense, largely because of our proximity to major metropolitan areas. We also have other issues, such as identifying many thousands of acres to establish industrial solar power facilities. The state has a renewable energy goal of 50 percent by 2035. That's admirable, but we shouldn't choose generating solar energy over growing food. We need to find balance. This vision aligns with the broader goal of ensuring the resilience and sustainability of Maryland's agricultural sector.

Gone are the days when it's agriculture versus the environment. Farmers are looking for solutions *within* the environment. Maryland Department of Agriculture is meeting with groups now that the agriculture industry probably would not have met with [years ago]—various conservation groups be it water, soil, environment—to figure out how to collaborate, move the needle in the right direction. We're running out of time and it's up to all of us to engage and affect change in support of our food system.

Gone are the days when it's agriculture versus the environment. Farmers are looking for solutions within the environment.





THE INTERVIEW

As Maryland Secretary of Agriculture, Atticks has inherited many ongoing challenges in his first year. The responsibilities in this position are vast, including tasks one wouldn't expect. Pumping your gas? Look for a Maryland Department of Agriculture (MDA) sticker on the pump. Even veterinarians and pets fall under MDA jurisdiction. Who knew?

We were fortunate to have a chance to talk with Secretary Atticks directly for a summary of his very busy first year in office.

How do you feel you've acclimated to and fared on the job so far? Great! There are some top priorities. It's so important that Maryland's Ag is profitable and not just relevant. Our first hire is a person to help new businesses open.

Another priority is deer management. Deer are an incredible problem on farmland with wide open spaces. We are working with the Department of Natural Resources to figure out opportunities to better manage the deer, so we are not giving them three free meals a day.

We are attending four summits this year: The Rural Summit, The Maryland Deer Summit, The Chesapeake Bay Summit, and the Chesapeake Global Summit where we'll emphasize the importance of using data, science, and collaboration to solve complex issues.

Successes? Getting out and meeting with the community has been a success. The first year, our leadership team went out to every county in the state. We held public meetings to hear the issues and concerns—what we were doing well and what we could be doing better. That really informed what we did last year. Not to rest on our laurels, we are doing it again on our 2024 tour of the state.

Another of our big accomplishments last year was supporting our Latino farmers who haven't been connected with our agency in the past. We went on a trade mission to Guatemala and El Salvador. We are definitely looking into external markets for Maryland farmers to sell their products in Central America. I returned from a trip to India and there are incredible opportunities there for our producers and I will be hosting a virtual presentation about that trip. Pretty soon, we're headed to Ireland, where we see market opportunities for our businesses. The goals are to get there, expose these markets to what we have to offer, and then introduce our producers directly to them.

Challenges? One set of challenges is that while our overall mission is promoting the industry, there are at least a hundred sub-industries. Some of those are crop production, fisheries and aquaculture, livestock production, forestry and wood products, textiles, apparel and leather products, et cetera.

Another primary challenge we face is the dual role of regulating industry *and* making sure our food and farm producers are producing in a way that's safe for consumers and the Bay.

Our top two challenges are our top missions. We spend a lot

of time figuring out how we can do better with limited resources and staff in an increasingly diversifying industry.

What pleased you from this year's General Assembly/legislation? There were two bills that we were pleased to support and be involved with. One is the Whole Watershed Act, which re-allocates some of our resources and encourages our agency and soil conservation agencies to think differently about conserving the Bay. Basically, instead of implementing best management practices all over the state at the same time, with our Department of Environment and Department of Natural Resources, we will select any watershed—a tributary, a river, and along that waterway, we will center our best management practices. So, in a focused way, we throw everything we have at one waterway and record those improvements.

Another bill we are pleased with is the implementation of a new set of regulations around a product, that while helpful to farmers, has caused real consternation to neighbors. Animal byproducts, which can be used as soil amendment or fertilizer. When used sparingly...no problems. When used heavily, it smells. We were pleased with the results while working with the Farm Bureau, Chesapeake Bay Foundation, ShoreRivers, and some others to support that bill to craft regulations that made sense.

What are you advocating for with the General Assembly? We are really about awareness and making sure they understand the benefits of agriculture and the challenges that our producers face in trying to stay competitive in a state like Maryland with neighbors like Pennsylvania and Virginia.

What I mean by that is, we have gotten to be quite a regulatory-minded state. To the point where our dairy producers have given up on being able to make consumer products. Instead, they sell their products to co-ops or other states. We should be producing that here. We have lost touch with how difficult our regulatory schemes are.

My passion is my goal of streamlining those regs and that's why our first hire was to help our dairy producers make cheese or ice cream, help our meat producers process in our state. It is important we produce it here! We need to work on incentives to bring it here.

Are there any specific programs of the Department of Agriculture that you are especially proud of advocating for? Other than all of them?

I'll pick two that, to me, are fascinating and critical. One is our Weights and Measures Division. Every commercial scale, every gas pump in the state, is regulated by our Weights and Measures Division. Next time you're pumping gas, you'll see a MDA sticker on the pump, which means we've inspected that gas pump to make sure it is working properly. The same with every grocery store scale, which we have calibrated to make sure you are getting what you pay for. This summer we

Let's clean things up, let's make it work better, let's talk about small business.

started regulating electric vehicle charger stations. Up to this point, they have not been monitored. We hear from consumers that every third station is inoperable.

Another program of pride is our Farmers Market Nutrition Program. We know that there is food insecurity across the country and in this state. That means we have individuals who cannot meet their nutritional needs and in certain cities. Farmers markets fill a critical void. They are a lifeline, bringing fresh food to food insecure areas. Our Farmers Market Nutrition Program actually helps folks who are on government nutrition programs. We add money to their account which then enables them to buy more local food.

What have you started/introduced on your watch so far?

The things I am focusing on are not flashy new things. It's making our department work better for the industry. We are working on regulatory efficiency to be more consumer proactive. Let's clean things up, let's make it work better, let's talk about small business. We can't get completely out of their way because part of the enforcement role is to be the referee. I'm a firm believer that businesses know how to be successful if we can truly just get out of their way!



What is Future Harvest?

As a nonprofit, Future Harvest works to improve agriculture in the Chesapeake region in order to support farmers, communities, and the environment. In order to create a sustainable foodshed—where food is produced in a way that supports the local food economy, strengthens farming, and safeguards the land, water, and air—they offer research, networking opportunities, and advocacy in addition to education. Learn more at futureharvest.org.

In agriculture, what is value-added?

Penn State Extension explains value-added agriculture generally focuses on production or manufacturing processes, marketing, or services that increase the value of primary agricultural commodities. Perhaps by increasing appeal to the consumer and the consumer's willingness to pay a premium over similar but undifferentiated products. An example would be milk turned into yogurt, ice cream, or butter.

What is agrivoltaics?

The Department of Energy defines agrivoltaics as co-location, also known as dual-use solar, and is defined as agricultural production, such as crop or livestock production or pollinator habitats underneath solar panels or adjacent to solar panels.

How development rights support agriculture

Land preservation programs separate the "development rights" associated with zoning from the other property ownership rights. This allows landowners to sell their property's development potential without selling the entire land, enabling them to retain ownership and continue agricultural operations.



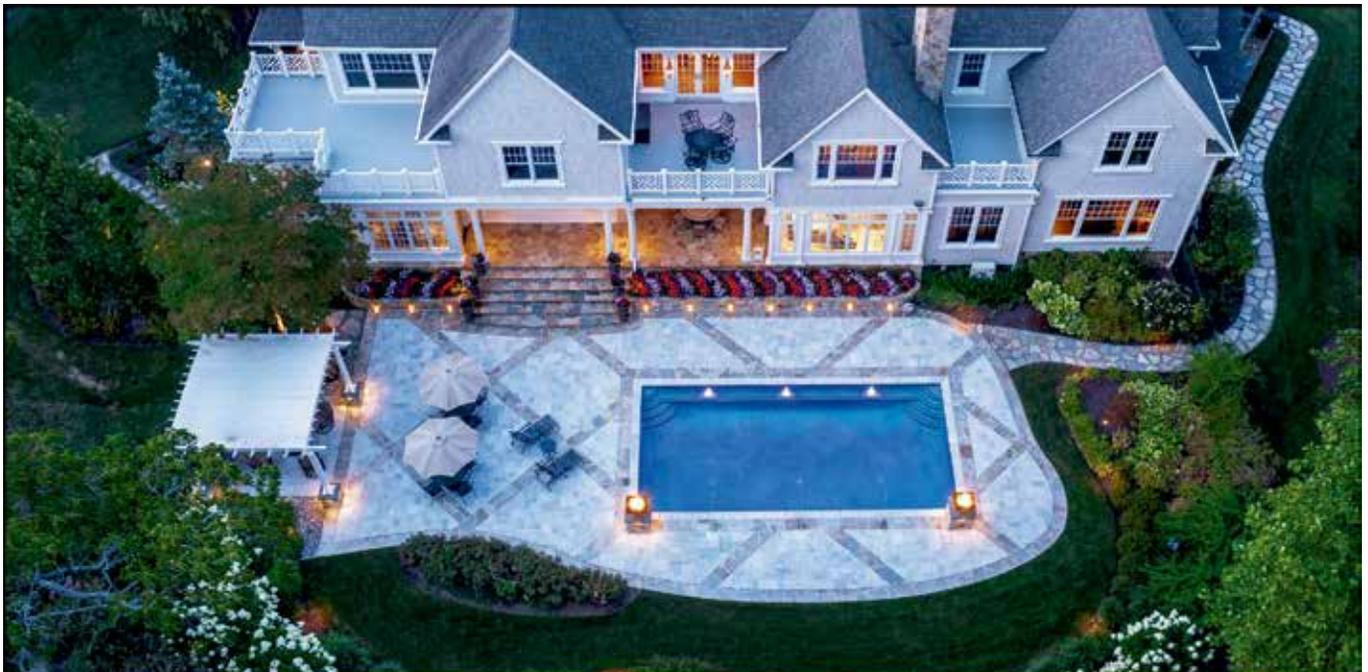
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Creating a
Comfort-Based
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PG. 48



Smooth Landing

CREATING A COMFORT-BASED STATE OF MIND

By Lisa J. Gotto

Into every life a little thing called retirement must come. And when it does, it's nice to know that the plan you put in place will roll-out as effortlessly as you intended it to. To that end, it's nice to have someone in your corner, especially if that plan involves a new home; someone who will understand that retirement is more than a dream house, it's a comfort-based state of mind.

THE PROJECT: A new build that will fit within an 1,100 square-foot plot of land in a planned community of newer homes that affords the homeowner maximized water views, as well as three bedrooms, two-and-a-half baths, the ability to age-in-place, and an exterior aesthetic that would blend in with the community's colonial traditional vibe.

THE PLACE: Chester River Landing, Chestertown. A premier Eastern Shore location of single family, semi-detached, and townhomes that falls within the parameters of a planned Homeowners Association (HOA) community and subject to architectural committee scrutiny. This particular community offers amenities including private sand beaches, a clubhouse with pool and adjacent grill and picnic area, a fishing and crabbing pier, and jogging paths along the shoreline. It is also prized for its proximity to the Chester River Yacht and Country Club, and downtown Chestertown business and shopping district.





EXECUTING THE PLAN: The team at Paquin Design Build in Grasonville was chosen to help conceive what retirement would look like for this particular client. And that someone who would understand that retirement is more than a dream house, would be company President, Brent Paquin

“This one is unique,” says Paquin of the project, “because we had a limited footprint to play with.”

The client, he says, worked from a base plan of his conception and then Paquin’s team added the client’s wish list. One of the keys to having it all within the smaller footprint was elevating the home, Paquin says.

Starting with a design that incorporated a two-car garage at the dwelling’s lowest level provided essential parking, enabled additional opportunities for storage, and the height necessary to maximize water views from the home’s primary living spaces and its screened-in porches.

“It all flows really well together, and from all angles you have views out to the water from that space,” Paquin says, who adds, there is 1,000 square-feet of completely unobstructed space in the main living area.

The added elevation also created design advantages for both interior and exterior standpoints.

“By elevating your first level, there are no neighbors at eye level with your main living space, which is nice. One of the things that we did, [exteriorly] when you look at the front elevation is on the top level where the screen porch is, we put in a knee wall there; that wall kind of stops the porch roof at that location, but also creates a little bit more privacy from the primary bedroom out to the screen porch.”

Balancing the client’s exterior wish list items with the interior aspects and furnishings that make a house a home, was, in part, the job of Jessica Johnson, Interior Design Specialist for Paquin Design Build.

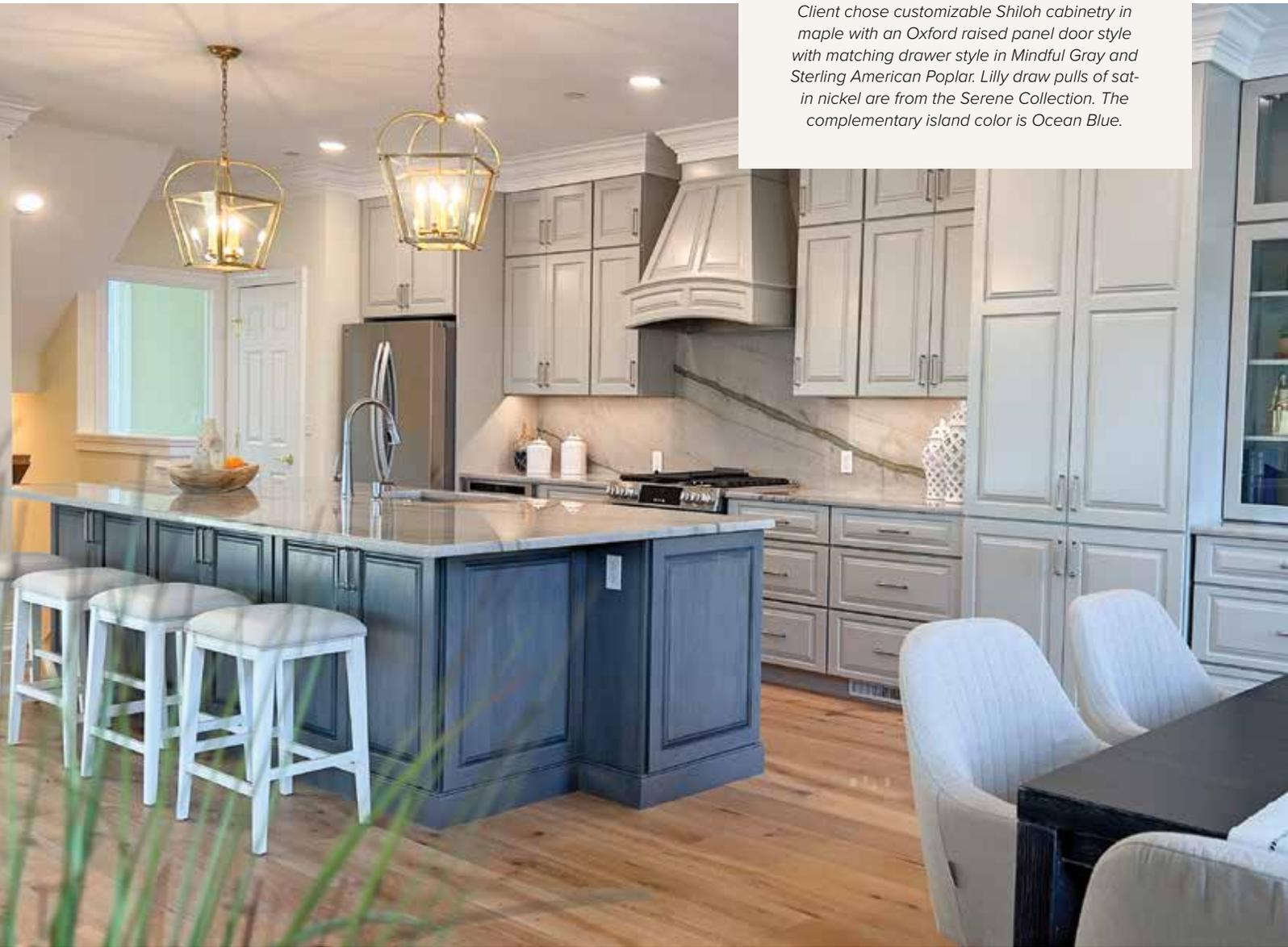
“So, this was a new build, and my immediate thoughts were how great the location was and also that this was a three-level home and that provided these amazing views of the area,” Johnson says.

Starting with location as inspiration and then adding in the client’s thoughtful wish list, that 1,000 square-feet of main level living space became very distinctive and customized very quickly.

“That is a very large open space and [the client] wanted it to convey the feeling of two different rooms in one,” Johnson explains. “She wanted it to feel divided, but still [appear as] one open space. So that’s why we did continue the cabinetry along the entire wall.”

“IT ALL FLOWS REALLY WELL TOGETHER, AND FROM ALL ANGLES YOU HAVE VIEWS OUT TO THE WATER FROM THAT SPACE”





Client chose customizable Shiloh cabinetry in maple with an Oxford raised panel door style with matching drawer style in Mindful Gray and Sterling American Poplar. Lilly draw pulls of satin nickel are from the Serene Collection. The complementary island color is Ocean Blue.

Client chose quartzite countertops and antique burnished brass pendant lighting by Visual Comfort. Style: Riverside. The flooring throughout the main level living area is H.F. Design's Brentwood Hills Collection. Color: 'Hawthorne'.

During the design of the cabinetry, Johnson continues, they decided to bring forward the pantry, which is a floor-to-ceiling-height pantry, near the center of the space to break it up and then mimic the refrigerator and floor-to-ceiling pantry on the left side of the kitchen.

"This client was looking for a more traditional style, so that's why you'll see raised panels on the door front, as well as the style of the range hood. It has a traditional, yet leaning-toward-modern feel," Johnson says.

"Another thing we did to feel that sort of separation was put glass fronts in the wall cabinets in the den area. Those glass fronts help make that space [feel] different."

Johnson notes that the client fell in love with the veining of her chosen slab of quartzite, and the room's color palette took off from there, including its tranquilly unifying paint color, 'Muslin' by Sherwin-Williams.



The client chose a coffered ceiling treatment in the living room, says Johnson, to convey her more traditional approach to design, and the hardwood floors were specifically chosen to partner with the furnishings she currently uses and loves.

Because this space looks out onto the river, the client was especially interested in creating a unique area outdoors on the screened porches that felt more like indoor living areas.

For the porch ceilings, says Johnson, the client really wanted to convey a wood vibe, but without the wood-vibe maintenance, so a tongue- and groove-style vinyl was chosen. The ‘Cottage’-colored decking is from Fiberon’s ‘Good Life’ Collection, and the James Hardi Cream Collection siding was chosen in a particular shade of yellow called ‘Cottonwood’— an absolute favorite of the homeowner.

The aesthetics, Johnson says, were extremely important to the client since one of the porches extends from the home’s primary suite. This personalized oasis and its exterior counterpart creates the sanctuary and helps end the day in the “comfort-based state of mind” that inspired the entire project.



This all-white oasis speaks volumes of the client’s appreciation of traditional style. Note its applications in the beveled-edge mirror and the oval sink by Kohler; which is the traditional choice over today’s more modern rectangular iterations. Client chose Italian marble floor and shower tile from Caslagrande; style, Marmoker; color, Statuario Grigio Honed, lighting from Visual Comfort; style, Utopia, and shower system from Kohler’s Purist/ Avid Styles Collection in Vibrant Brushed Nickel.



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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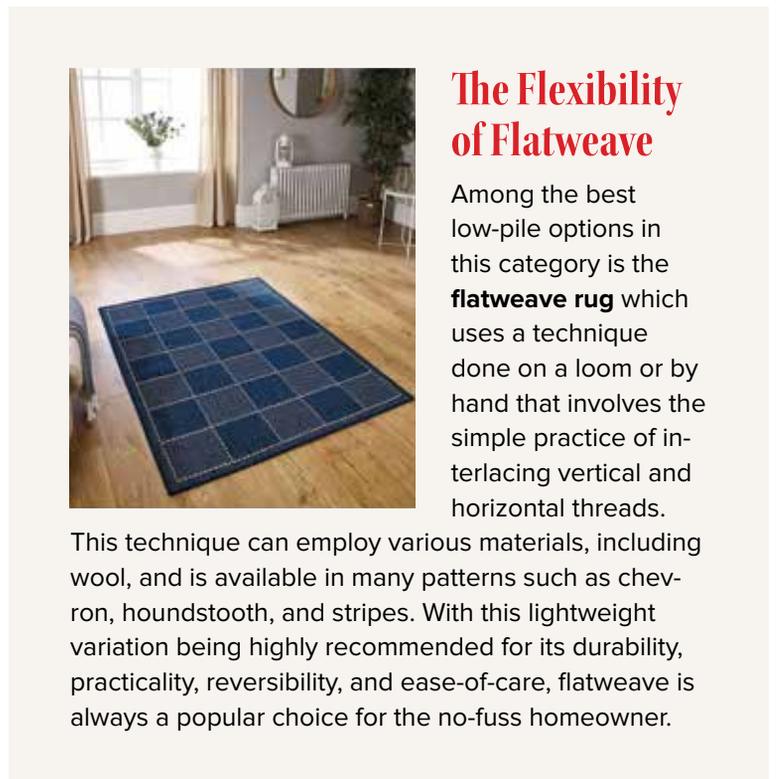
Rugs Rule

AN UNDERFOOT MATERIAL & TREND REPORT

By Lisa J. Gotto

Whether you're into exotic hardwoods, Mexican ceramic tile, or benefiting from the newest engineered flooring types, hard interior surfaces, at times, require the extra layer of comfort and texture that only an area rug can provide.

Before you make your next purchase, always account for how you're using that space on a daily basis and choose the best material and method of construction to meet your long-term needs and style goals. Here's a run-down of some of the most popular techniques and trends in area rugs.



The Flexibility of Flatweave

Among the best low-pile options in this category is the **flatweave rug** which uses a technique done on a loom or by hand that involves the simple practice of interlacing vertical and horizontal threads.

This technique can employ various materials, including wool, and is available in many patterns such as chevron, houndstooth, and stripes. With this lightweight variation being highly recommended for its durability, practicality, reversibility, and ease-of-care, flatweave is always a popular choice for the no-fuss homeowner.

Photo courtesy of rugtraders.uk.tifdanarugandcarpet.com

GOING ORGANIC

Jute rugs primarily feature all-natural fibers and neutral tones and work well for homeowners who love to introduce subtle textures. Interiors experts recommend placing your jute rug in a living room, hallway, or entryway. This type of fiber can be braided or handwoven creating basic designs such as chevrons and stripes. Jute is durable enough for high-traffic areas and is often blended with other natural fibers to create a softer foot feel. Another popular natural option is **sisal**. Sisal's fibers come from the agave plant and the result is said to be an even more durable option than jute for high-traffic areas. Like jute, sisal can be dyed and woven into chunkier weaves, so you can use it to personalize a room with style and color.



Photo by braided-rugs.com

BRAID & STITCH

Natural fibers and strips of fabric combine to create the bulkier characteristics of the **braided rug**. The fibers and fabrics, which can include wool, jute, cotton, and synthetic materials, provide a unique tactile beauty that transcends the traditional oval pattern that most often comes to mind when thinking about braided rugs. You will find the braiding technique used in area rugs of various shapes and designs for the contemporary homeowner, as well. Braided rugs do require a modicum of standard care and are best when regularly shaken or beaten to remove surface debris that can collect in its characteristic nooks. Care needs to be exercised when vacuuming and around pets that like to scratch, to protect this rug's trademark stitching.

Beauty, By-Hand

Hand-knotted rugs are among the pricier area rug options favored by homeowners, but for good reason. The process used to make them is an intricate one where every individual fiber is tied by hand onto the rug until a desired thickness in pile is achieved. While it is a time-intensive process, these rugs, which are generally made of natural wool or silk, reflect a wide range of creativity in its designs. A popular type of rug in this category is the Persian rug which is most often used as a statement-making feature in a living room or bedroom.



Photo by rejuvenation.com



Photo courtesy of medium

NEXT-LEVEL KNOTTING

The more modern process of **hand-tufting** uses updated tools and a specific pattern that is applied to a canvas or sheet comparable to the material of the rug. The rug's materials are then pulled through the backing along the pattern with a tufting tool. This method allows for a good deal of flexibility in design, durability, and a rug that is thicker than most handcrafted rugs.

NOSTALGIC & NOTEWORTHY

Just too good to be relegated to the annals of design history, **the shag rug** has once again regained favor among interiors experts. More often than not, shag area rugs are handwoven. Using a process of hand-knotting, hand-looping, or hand-tufting, the shag rug is a compilation of loop-like fibers. Popular fiber types include polyester and polypropylene, but other materials such as wool, faux and real fur, leather and acrylic, are helping boost the desirability of shag styles among contemporary consumers.



Photo courtesy of bobvila.com



Today's Floor-Top Trend

Anything that gets walked on as much as a rug does is bound to create a palpable amount of anxiety for any homeowner who stresses about cleanliness. In fact, the thought of tracking the outside world's dirt into the house is a bridge too far for some homeowners; the ones who make a rule of checking shoes at the door for all who enter. How relieved those homeowners must be now that we have entered the world of truly washable rugs that can be peeled from their surface backing and thrown into the washing machine and dryer. No more beating, spot-cleaning, or fretting about juice stains. Today's original washable rugs are stain-resistant, water-resistant, and designed specifically so they can be thrown into a standard home washing machine, even the 9- by 12-foot styles. How does it work? The first iterations of these rugs consisted of a primarily low pile, flatwoven cover or topper designed to work in conjunction with a non-slip rug pad that remains on the floor during the washing process. These options are especially nice for high traffic, beachy, vacation homes—sound familiar? The best news is the manufacturing process in this category continues to improve and now the machine-washable offerings have expanded to include tufted and more plush varieties including shag.

Photo courtesy of ruggable.com

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sets of floor-to-ceiling doors and large windows allow generous natural light to flow throughout.

The entire space is dressed in attractive honey-colored hardwoods and neutral and beachy tones on the walls. Gorgeous wood beams above complement the space, as does the appealing architecture of an expertly crafted, two-toned staircase.

The contemporary kitchen is warmed with wood cabinetry and made ultra-functional with the help of a large center island with breakfast seating and cooktop.

The home is fitted with a spacious wrap-around deck on the back of the home that overlooks the property's gorgeous lower patio with a large, classic, in-ground pool, and beyond to 700 feet of picturesque and enviable Bay landscape.

The main level of the home offers a convenient and spacious owners' suite with panoramic water views, walk-out access to the home's wrap-around deck, and an *en suite* bath with a large, garden tub and dual vanities.

Two additional, large bedrooms are located on the upper level along with two, full baths, a

The Edge of the Chesapeake

By Lisa J. Gotto

The ultimate in privacy and peaceful pastoral charms is afforded with this 23-acre property located near the edge of the Chesapeake Bay. Expansive waterfront views, an incredible wealth of wildlife and 3,900-square-feet of living space make this a remarkable real estate find.

A scenic driveway cuts through acres of tillable and wooded acreage and past a tranquil pond to the site of the traditional home with coastal flair.

The main living area of the home, which sold considerably over its asking price, is expansive and open plan with vaulted two-story ceilings. Several

Primary Structure Built: 1986

Sold For: \$1,725,000

Original List Price: \$1,349,000

Bedrooms: 3

Baths: 3 Full, 1 Half

Living Space: 3,944 Sq. Ft.

Lot Size: 23.23 acres



light-filled recreation room—perfect for a game of pool—and another large family gathering space—perfect for watching the big game.

Unless, of course, the new homeowners are busy watching the abundance of local wildlife such as bald eagles, ospreys, Canadian geese, ducks, bluebirds, turkey, and whitetail deer outside their windows.

There's also much surrounding land for the seasonal pursuits of gardening, farming, and hunting, relays Buyers' Agent, Brett Schrader.

"It was a pleasure working with the Select Land & Homes team on the sale of this beautiful Chesapeake waterfront home," Schrader says.



Listing Agent: William Norris, Select Land & Homes, 97 S. Queen St., Chestertown, m. 410-708-0956, o. 410-810-3900, bnorrisselect@gmail.com, selectlandandhomes.com **Buyers' Agent:** Brett Schrader, Taylor Properties, 175 Admiral Cochrane Dr., Annapolis, m. 410-490-6075, o. 410-224-7265, brettsschrader6@gmail.com, taylorpropps.com

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An Incredible Prospect

By Lisa J. Gotto

The views from this 3,900-square-foot home are the stuff that Chesapeake dreams are made of. And you will see those views impressively and immediately when you walk into the handsomely tiled two-story foyer as you can see straight back into the heart of the main living area with its walls of windows on two levels.

Proceeding past a striking modern staircase that leads to the open, upper loft, the unfolding reveal of this home is breathtaking. A mixture of warm woods from above on the vaulted ceilings and the textures of brick and tile, make the space as inviting as it is expansive.

Primary Structure Built: 1990

Sold For: \$1,500,000

Original List Price: \$1,500,000

Bedrooms: 4

Baths: 3 Full

Living Space: 3,916 Sq. Ft.

Lot Size: 1 acre

The main living area features a floor-to-ceiling wall of brick with an inset gas fireplace and wood mantle, and flows unobstructed to the large dining area off the kitchen. This space is light and bright with dark Spanish tile floors for contrast against the all-white cabinetry package. A center island offers a gas cooktop and convenient breakfast seating. A separate coffee bar makes mornings all the brighter, while a ceiling of knotty pine and weighty cross beams lends the room depth.





Just off the dining area there is an ideal work-from-home space with its own walls of windows to the water providing all the inspiration one would need to muscle through the workday.

On the upper level, a breezy loft leads to a spacious primary suite with more inspiring water views, hardwood floors, and handsome wood ceiling detail. A large, tiled bathroom offers a huge garden tub and dual vanity. There are two additional bedrooms on this floor that share a bath. One of the bedrooms offers a convenient, water-view balcony.

The gorgeous backyard features an in-ground swimming pool and some mature trees to mark the transition from land to water, as it is a mere 150 feet away from the property's rip-rap shoreline and private pier. No wonder this home was only on the market for three days and sold for full ask; an incredible prospect along Prospect Bay.



Listing Agent: Jimmy White, Long & Foster Kent Island, 202 Thompson Creek Mall, m. 410-320-3647, o. 410-643-2244, jimmy.white@longandfoster.com, longandfoster.com **Buyers' Agent:** Christian Schou, Berkshire Hathaway/PenFed Realty, 1997 Annapolis Exchange Parkway, Annapolis, m. 443-926-4509, o. 410-266-0600, christian.schou@penfedrealty.com, penfedrealty.com



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**What Does
a Color
Analysis
Look At?**

PG. 65





Debunking Berberine, the So-Called “Natural Ozempic”

By Dylan Roche

The hope for an easy weight loss solution continues, and this time, the focus is on a supplement called berberine, hailed by social media influencers as a natural alternative to Ozempic. While some research shows that supplemental berberine could offer positive benefits, health experts are emphasizing that the title “nature’s Ozempic” isn’t accurate.

Berberine is a compound found in plants that has medicinal uses tracing back millennia to traditional Chinese medicine and the Indian practice Ayurveda, which used it to treat digestive discomfort. Today, people have started using berberine based on claims it can stabilize blood sugar, suppress appetite, and promote weight loss.

But Harvard Medical School points to this as an example of why we shouldn’t look to social media for “so-called health advice”—because although these claims

sound great, there’s no science to back them up.

Of course, much of the hype around berberine has encouraged researchers to take a closer look at it. The Mayo Clinic notes that studies are currently exploring how berberine could be used to treat diabetes, high cholesterol, and obesity, and Memorial Sloan Kettering Cancer Center points to preliminary data showing it could help with IBS and PCOS.

If you’re taking berberine and find it helps keep your appetite in check or it soothes indigestion, you may be safe to continue taking it—emphasis, of course, on *may*. Just because a supplement is natural doesn’t mean it’s without risk factors. Health experts note that it can still interfere with other medications, so anyone who is supplementing their health routine with berberine should check with their doctor to determine whether it’s safe and, if so, in what amounts.

And until the scientific research says otherwise, don’t expect berberine to be a miracle cure for anything.

**HEALTH EXPERTS
ARE EMPHASIZING
THAT THE TITLE
“NATURE’S OZEMPIC”
ISN’T ACCURATE.**



Color Me Curious

WHAT YOU CAN LEARN FROM A COLOR ANALYSIS

By Dylan Roche

Maybe green just isn't your color. Or yellow makes you look washed out. But how are you supposed to know? Figuring out the colors that look best on you isn't always obvious, even when a friend consistently compliments the way you look in blue or somebody tells you that gold jewelry pairs well with your complexion. Sometimes you just need an expert's opinion.

That's why many people rely on a color analysis, and the Internet age makes it easier than ever to get one done online or find a professional near you who can help. A color analysis determines what colors look best with your skin tone, eye color, hair color, and even your natural lip color. Then you can create a wardrobe that works for you.

WHAT DOES A COLOR ANALYSIS LOOK AT?

Our natural coloring isn't as simple as beige or brown skin, or even blond or brunette hair. Our natural coloring includes:

Undertones: These are subtle colors under the surface of your skin. Your undertones might be cool (hints of blues or pinks) or they might be warm (hints of peach or gold). Cool colors like blue and purple tend to complement cool undertones, whereas warm colors like yellow and orange look good on people with warm undertones.

Intensity: Some coloring can be saturated, meaning they are bright and vibrant, or they can be more muted. This is especially the case in people who have high contrast between hair, skin, and eye colors—for example, a dark complexion with light eyes.

WHAT CAN I EXPECT FROM A COLOR ANALYSIS?

Every color analysis will look different depending on your analyst, but in general, you'll have a chance to:

- ◆ Discuss your personal preferences and goals. If you want to wear pink but it doesn't match your natural coloring, an expert can help you find shades of it or ways to wear it that it will look good on you.

- ◆ Relax and present your natural appearance. Sometimes stress can make our faces flushed, or makeup can affect the way your coloring looks. Going to an analysis as natural and as baseline as possible will render the most accurate results.

- ◆ Sit in natural lighting and wear neutral clothing that won't reflect other colors. This allows an analyst to see your skin, hair, eyes, and lips as they really are, without the interference of other factors.



WHAT CAN I DO WITH MY COLOR ANALYSIS?

Start to build wardrobe confidently with colors you know work for you. If you have fair skin with cool undertones and muted ash blonde hair, your color analyst will likely recommend soft pastel colors and silver or platinum jewelry. On the other hand, if you have brown skin with warm undertones and dark hair, your analyst may encourage vibrant colors and earth tones with bronze or rose gold jewelry.

10 Moves to Include in Your EMOM Workout

By Dylan Roche

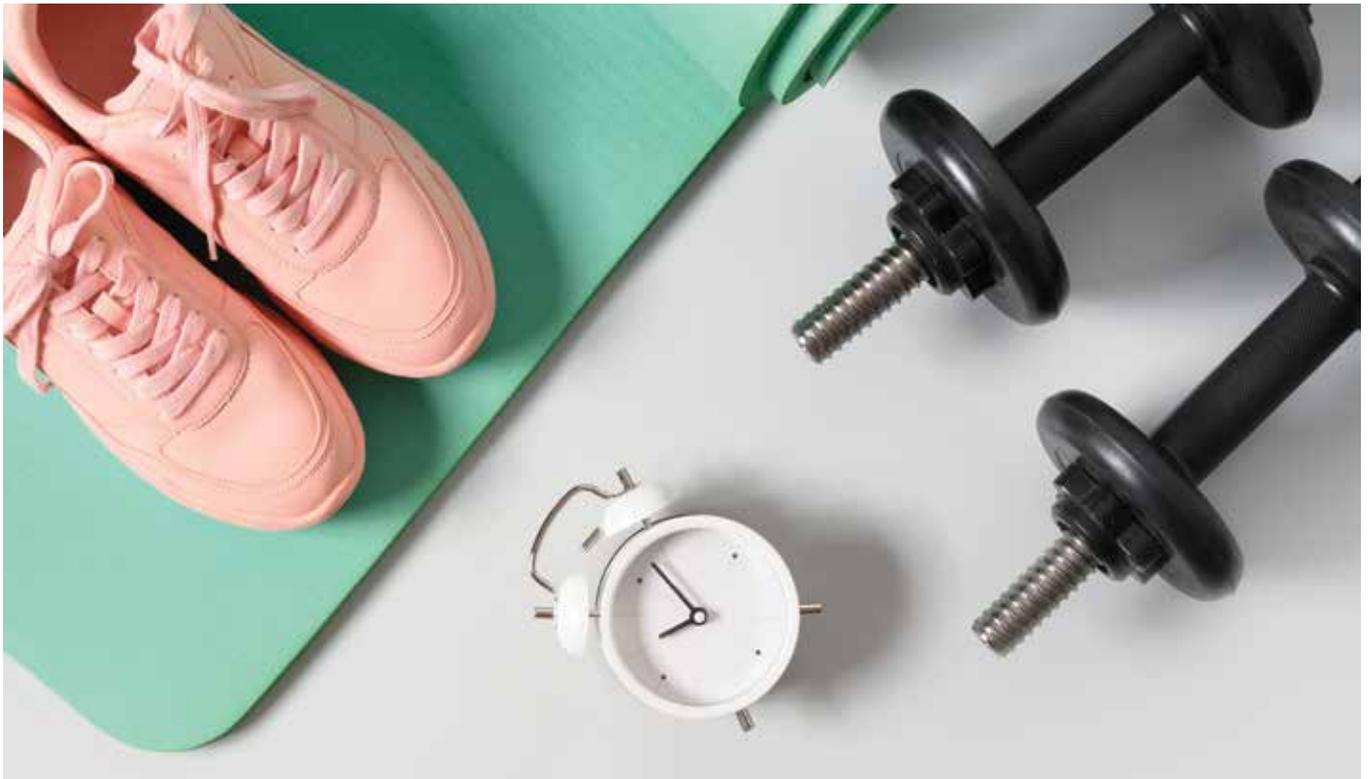
There are a few common reasons people give up on workout routines. They're boring. There's not enough time in the day. They get too challenging too quickly. If you've ever felt this way, you're not alone.

The reality is that the majority of people who set a fitness goal abandon it within the first month—depending on which survey you look at, anywhere between 50 to 90 percent of people!

But EMOM workouts could be the solution to your workout woes and the motivating option that keeps you sticking with your routine.

EMOM might remind you of some other acronym-named workout options, such as HIIT (high-intensity interval training) or AMRAP (as many reps as possible). But where EMOM, short for “every minute, on the minute,” differs is that it doesn't require you to push yourself to the point of exhaustion. Measuring your heart rate in the case of HIIT or repeating a move until fatigue stops you from doing any more in the case of AMRAP are excellent options if you have big goals. But if you just want to stay healthy? EMOM could be more approachable and, therefore, easier to embrace.

Here's how it works: As the name suggests, you begin an exercise at the start of a minute, and as soon as you finish, you have time to rest until the next minute starts. So, you could start a timer for 10 minutes, and every minute you have to do 10 squats or 10 pushups. By the end of 10 minutes, you've done 10 sets of these exercises. You could do a set of the same exercise over and over again for 10 minutes, or you could mix it up and work a different muscle group every minute.





Sounds simple enough, right? The thing you have to remember is that there's no guaranteed rest time between your sets. You have to move quickly, which can up the intensity of the workout. If you finish the set in 30 seconds, you have 30 seconds to rest. Finishing the set of moves in 20 seconds could be a little more challenging, but the tradeoff is you get an extra 10 seconds of rest.

SOME OF THE BENEFITS OF EMOM WORKOUTS ARE:

- ◆ **They're efficient.** Because you're working under a time constraint, you're not going to procrastinate or goof off. This is especially good if you've been putting off a workout because you're busy—you'll be amazed at what you can get done in 10 minutes.
- ◆ **They're adaptable.** You can combine whatever exercises you want to, and you can aim to do as many of each move per minute as you want to aim for. You could do an upper-, lower-, or full-body workout. You could take it easy or go hard.
- ◆ **They're interesting.** No two workout sessions are going to be the same because you're constantly mixing it up.
- ◆ **They're great for measuring progress.** You might notice that it gets easier to do 10 of a certain move in 30 seconds and feel ready to push it up to 15 or 20 of that move.

So, what sort of moves work well in a EMOM workout? Start with this plan below—do an exercise every minute, on the minute, for 10 minutes. Then adapt to your own goals. To build overall strength, add more weight and use fewer reps, or to build endurance, focus on doing more reps faster:

- ◆ 10 dumbbell squats
- ◆ 10 pushups
- ◆ 10 squats
- ◆ 10 bicycle crunches
- ◆ 10 burpees
- ◆ 10 hip thrusts
- ◆ 10 kettlebell swings
- ◆ 10 lunges
- ◆ 20 jumping jacks
- ◆ 20 mountain climbers





Sub-Par Sunscreen?

By Dylan Roche

There's been a lot of heat this summer about the quality of sunscreen in the United States compared with the rest of the world. Most notably, it's Europe and Asia that are blazing the trail against the sun's UV rays.

But sunscreen ingredients legal in the European Union still don't have approval by the Food and Drug Administration for use in the United States. So, why is that?

THE SHORT ANSWER: REGULATION.

In the United States, sunscreen is regulated as a drug, like any over-the-counter medicine you might buy at the grocery store or pharmacy. The Food and Drug Administration regulates sunscreen for safety and efficacy, making sure that it 1) doesn't do more harm than good, and 2) does what it says it's going to do.

This is in contrast to Europe, where sunscreen is considered a cosmetic, like lotion or makeup. It's not as highly regulated as a drug would be. That means it has more flexibility in the ingredients it's able to use, and those ingredients don't have to undergo the same kind of testing.

STRICT REGULATIONS: FOR BETTER OR WORSE

All of this makes it sound as if sunscreen in the United States should technically be safer, right? According to the FDA, it is. But sunscreen ingredients are developing faster than the FDA can keep up with them.

Sunscreen ingredients come in two forms: There are chemical blocks, which absorb the sun's ultraviolet rays before they can reach to the skin; then there are mineral blocks, which create a physical barrier the UV rays can't get through. (If you've ever seen someone with chalky white sunblock on, that's because it's a sunscreen made with a mineral, such as zinc oxide.)

But whether we're talking chemical filters or mineral filters, the FDA hasn't approved a new UV filter for use in sunscreens in 20 years. As of summer 2024, the European Union has about twice the UV filters approved for use in sunscreen as the United States does. These European ingredients tend to have a less oily feel to them and a less chalky appearance, plus they provide longer lasting protection.

A primary reason the FDA hasn't approved UV filters in so long goes back to a 1938 law that says sunscreens must be tested on animals, whereas the European Union bans animal testing for sunscreen.

FOR EXAMPLE: BEMOTRIZINOL

Take a look at an example of a common ingredient in European and Asian sunscreens—Bemotrizinol, an oil-soluble organic compound that has been deemed an effective UV absorber in countries abroad, blocking even more harmful rays than the ingredients approved for U.S. sunscreens.

The FDA has its reservations. Before it approves a new UV filter, it wants to ensure these ingredients would not enter the bloodstream through the skin, which could cause long-term toxicity and even disrupt the endocrine system, which regulates our hormones.



So, Where Do We Go From Here?

It looks as if summer 2024 was another season come and gone without the latest sunscreen ingredients available for use in the United States. Until the FDA can deem these ingredients safe and effective, continue to practice safe skin protection with what's available on the U.S. market. Apply sunscreen liberally and regularly and keep out of the sun during the middle part of the day when the rays are the strongest.

One last note: Though it might be tempting to try to buy European or Asian sunscreens online, health experts strongly discourage this. Without regulations, you may be buying a counterfeit product, which could end up being unsafe, ineffective, and unhealthy.

Find Your Focus and Stress Less

5 WAYS TO INCREASE OUR ATTENTION SPANS

By Dylan Roche

How many notifications do you get in a single hour? How many times do you get sidetracked when simply trying to complete a task?

No need to get specific with your answer—but if you're like most people, the answer is “a lot.”

Probably more often than you would like. And the sad reality is that the ubiquity of digital was supposed to make our lives easier and more efficient. Instead, it's making our lives more stressful. And our ability to focus is weaker!

It's important to note that although there's a pervasive idea being plugged in all the time re-wires our brain (if you'll pardon the pun), there's little scientific research to support this notion. Your brain isn't permanently damaged by using your phone or tablet all the time.

But you have *trained* it in certain ways. You're now more inclined to skim through text instead of reading it in depth. You crave instant gratification from gaining information immediately or hearing a response from someone right away, and you no longer have the patience for sustained effort or simply waiting for something to play out.

The problem with this lack of focus is that we're less likely to retain information, more likely to make errors, and because we let our minds wander so easily, it takes much longer to complete tasks. Over time, this can increase our stress levels, and greater amounts of stress take a toll on our mental and physical health.



SO, WHAT DO WE DO ABOUT IT?

Being digitally disconnected is highly impractical in today's world. But there are ways you can improve your focus and lessen the impacts of digital dependence on your mind. **Here's five approaches you can take:**

◆ BE MINDFUL ABOUT BREAKS:

The problem with always being connected is we prioritize whatever comes up as soon as it comes up—an email, a text message, a social media notification. Some of these are less important, but many of them are, in some way, a priority. You can learn to balance your task at hand with any new tasks that come up by creating specific times to check your devices for updates. Set a timer to focus on a project for 20 minutes; then give yourself 10 minutes to catch up on any notifications that came in since your last break. Once those 10 minutes are up, set your timer for another 20 minutes and start the cycle again.

◆ CREATE A BETTER WORK

ENVIRONMENT: When you sit down to work, be committed to working. Create an atmosphere with minimal auditory and visual distractions, both including digital distractions and real-world distractions. Although you might find some degree of background commotion helps you focus (for example, if you like to work in a coffeeshop), a relaxed environment gives you permission to not be focused on your task at hand. Do your best to minimize distractions and create a to-do list so you know exactly what you need to accomplish.

◆ ENGAGE IN ANALOGUE

ACTIVITIES: Finding ways to engage your brain can help improve concentration and memory, but these activities are often best done if they are not on a screen. Make a point of reading print books, especially books that are longer and more complex. Work on a puzzle (either a word puzzle like crossword, or a jigsaw puzzle) or play a game. These will force you to focus on one mental challenge and one alone.

◆ DON'T NEGLECT OTHER

HEALTHY HABITS: Your mind depends on a healthy body. Getting plenty of exercise will improve your blood flow to boost cognitive function, and adequate sleep will ensure you aren't in a haze half the day—or worse, dependent on caffeine, which can wreck your focus when consumed in large amounts.

◆ FOCUS ON...WELL, FOCUSING:

A big part of focusing is about your ability to block out distractions. When you take time to focus on little things in a low-stakes environment, you feel better when you have to focus on the important stuff. Take five minutes out of your day to meditate or do deep breathing exercises while blocking out unpleasant sensory overload or intrusive thoughts.

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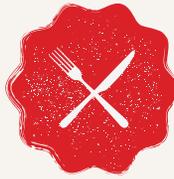
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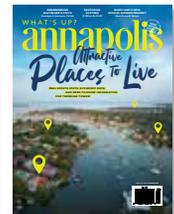
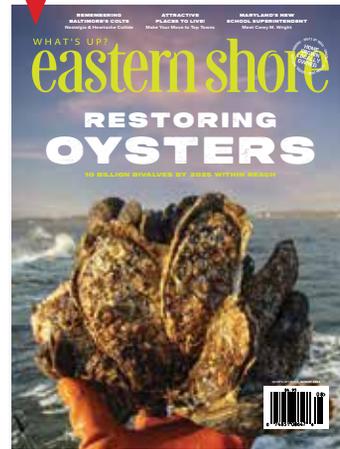


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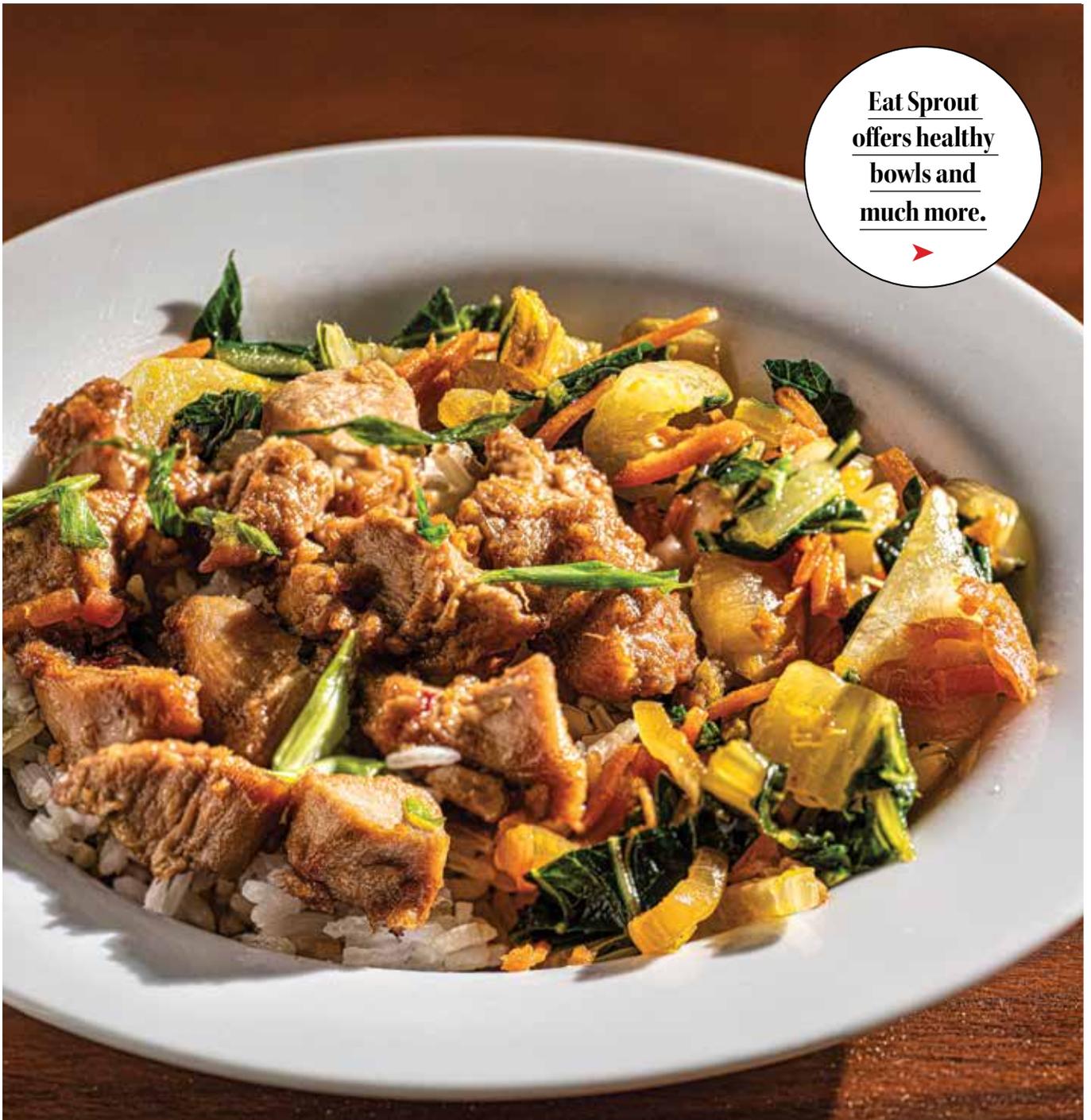
Food & Dining

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76 READERS' DINING GUIDE

Eat Sprout
offers healthy
bowls and
much more.



Farm Fresh, Creative Cuisine

By Tom Worgo

Ryan Groll admits he and his wife Emily started their business at a very challenging time in 2015. The Grolls had just bought a house near Easton, their first child was born, and both were at career transition points.

The idea of building their own business began humbly, cooking food out of their house “for people that were very busy” and delivering meals to customers. They found themselves cooking so much that Ryan sold his car to buy and fabricate a food truck in 2016 to grow the business.

Two years later, the Trappe residents opened the first of four cafes, Eat Sprout, in Easton. Locations in St. Michaels and Annapolis followed, including one within the State House that opened earlier this year.



EAT SPROUT

Locations in Annapolis, Easton, and St. Michaels | eatsprout.com

“We saw that people want good, sustainable, nutritious meals while supporting local farmers,” Ryan says. “So, we formed a relationship with local farmers to create healthy meals. I have a background in nutrition. My wife is a fantastic chef. We combined it all, making it affordable and convenient for people. It’s not just food. It’s a lifestyle.”

The cafes offer about 65 different entrees throughout the year with a rotating monthly menu. At the time of this writing, the July menu featured items such as honey pot chicken, herb crusted salmon, roasted squash burger, and falafel mezze bowl.

Eat Sprout also features full-service kitchen and bakery, highlighted by the cafe’s scratch-

made, artisanal breads, signature smash bars, granola, sweet treats, soups, oat bowls, and chef-crafted, hand-bottled drinks.

Eat Sprout’s success and devotion to the community hasn’t gone unnoticed. Talbot County’s Chamber of Commerce named the cafe Best Small Business of the Year for 2024. The county also gave the business a Community Impact Award.

“For the Community Impact Award, we started a program Farm to Friends,” Ryan explains. “It allowed us to raise \$30,000 from the community to purchase food from farmers that were struggling during covid. We gave meals to kids and the elderly who needed the food most.”

We learned more about Eat Sprout during our talk with Ryan.

Tell us about your background before opening the café. My background has always been in health and fitness. I used to work at different types of health clubs for about 10 years. My wife was in the Air Force for 10 years. She was part of 99th airlift squadron out of Andrews Air Force Base. She started her career as a communications specialist and was in the government for another four years (Department of Homeland Security). We quit our jobs to help develop a fitness club in Easton, and we moved from Annapolis to the Eastern Shore. I saw it as my way to be an entrepreneur. I was their fitness director. She worked there as a member service specialist.

Why did you decide to open Eat Sprout? We lost our jobs, so we started Sprout. At the end of 2015, I had odds and ends jobs, and one was cooking food for people that were very busy. I was cooking healthy meals and putting them in Tupperware containers and taking them to customer's homes. They paid me cash. It was enough money to at least pay my bills. I was working from the house until early 2016. We realized we were cooking so much food for so many people that it wasn't legal from a health department standpoint. It wasn't sustainable. Then, I sold my car and used that money to buy and build a food truck.

Are places like Eat Sprout common? No. Every state I visit, I ask, "Where can I go to get good, local healthy food that is prepared and ready to eat?" Everybody says there isn't a place. I haven't found



something similar to us. It's a specific model of restaurant that can't be replicated very well. I would say we are at the beginning of something new. I think we will see a trend of more people valuing their health, time, and transparency of supporting local farms. They are not going to go to a restaurant three times a day but might come to Eat Sprout and stock up. Customers are buying eight, nine entrees to get themselves through the week.





How would you describe the menu? It's along the lines of providing a variety of everything you would need every day. We are a market, not a restaurant and do not specialize in a specific cuisine like Italian or French. Our menu has everything from breakfast, lunch, dinner, soups, salads, snacks, wraps, granola, breads, and drinks. We make it all from scratch, including all the sauces, condiments, and drinks.

You have imaginative recipes. How do you come up with them? Our menu changes every month, and the recipes are a combination of brain power from our executive chef and our culinary team down to our customers. We get feedback from our customers on what they want to see and love. We get creative. Every month we rehab our menu to make it better, to make it different, and keep it in season.

What is your top selling item? I would say it's Vitality—a drink that has local honey, organic ginger, and lemon. It's very refreshing and versatile. You can drink it as hot tea or cold juice. You mix

it with other drinks to make it a “vitality latte.” It's a very simple but powerful drink that is very good for you from a metabolism and health standpoint. It's very refreshing and spicy.

What other dishes are popular? Peruvian jerk chicken sells very well. It's a special entrée we make using pasture-raised, local chicken and our own jerk seasoning. We make organic rice that goes on the side along with green cilantro and mojo sauces. It also comes with a scratch-made bean salad with a little cilantro and jalapeno mixed in.

Tell me what the bakery offers. The most popular items, by far, are our organic, artisanal bread varieties and, of course, Buzz Bites. The bites are little energy squares, with a tad of caffeine from organic espresso mixed with local honey, organic oats, peanut butter and chocolate. Our baker is fantastic and talented in the creation of gluten-free products. The Rustic Gluten-free boule we produce won us Best Gluten Free for 2024. It is just all really good stuff. The bakery also produces items like babka, coffee cake, and lemon brownies.

Where do you source your food? We always go local first. If we can't get something local, then we go organic. Our goal is to know our farmers and where our food comes from. All of our meat, eggs, milk, yogurt, and honey are sourced from Maryland farms along with many other products.

Savor the Chesapeake

RESTAURANT NEWS AND CULINARY TRENDS THROUGHOUT THE CHESAPEAKE BAY REGION

By Megan Kotelchuck

Our region continues to see new restaurants, bakeries, and more open. And the perfect way to show our support is to eat locally! I have a few new ways for you to do that now!

ON THE DINING SCENE...

Annapolis Town Center recently introduced another eatery. **Tatte Bakery & Cafe** will be taking over the spot formerly home to Brio Tuscan Grille. Tatte is known in Washington, D.C., and Massachusetts for their artisan pastries, breakfast items, and unique cafe atmosphere. In addition to breakfast, Tatte has a quiche menu, salads, shakshuka, bowls, sandwiches, and more. Find a full menu at tattebakery.com.

Broadneck Grill and Cantina ▼ recently celebrated 30 years in the Cape St. Claire community with a party! On July 27th, Broadneck Grill and Cantina's loyal patrons enjoyed live music by 24 Karat, food, drink, and dessert specials all to celebrate one of their community's favorite restaurants. Continue enjoying and supporting the Cantina with dinner tonight! You can also order takeout online at broadneckgrill.com.



Six years ago, owners of **Roberto's Pizza and Italian Restaurant** announced that they would be retiring from the restaurant business after 15 years in Easton. The family has been running an auto repair shop since closing the restaurant, but announced on Facebook at the end of June that they have signed a lease and Roberto's Pizza is coming back! Keep an eye on their Facebook page, facebook.com/robertospizza2, for updates about their new location at 8168 Elliott Road, Easton.

Rhonda and Glenn Rogers, the owners of **Nothing Bundt Cake** in Annapolis, have opened their second location. Now we can enjoy the unique flavors of bundt cakes and bundtinis at the Waugh Chapel Towne Centre in Gambrills. Grab a cake for any occasion at nothingbundtcakes.com.

Moby Dick House of Kabob recently opened a new location in Annapolis at 2496 Riva Road. Be sure to stop in and enjoy their salads, sandwiches, and, of course, kabobs. The Annapolis location is Moby Dick's 31st within Maryland, Virginia, and Washington, D.C. Find a full menu, hours, and even more locations at mobyskabob.com.

At the beginning of August, **Melting Pot** in Annapolis launched a brand-new Fondue Happy Hour. This happy hour features half-priced cheese and chocolate fondue favorites from 5 to 7 p.m. Monday through Friday at the bar. It's fondue o'clock somewhere, right? Find more information at meltingpot.com/annapolis-md.

At the end of June, **Lasang Pinoy** celebrated their first year of business! Lasang Pinoy offers Philippine cuisine in Annapolis with dishes such as pancit, whole red snapper, turon, smoothies, and so much more. You can support Lasang Pinoy at the Annapolis Mall! Find a full menu at lasangpinoyllc.com.



STAR INGREDIENT:

Coconut

Thanks to its prosperous cultivation in tropical cultures, coconut is one of those foods you just can't help associating with warm weather, pool-side retreats, and beach vacations. Hey, it's even an indulgence you can feel good about. Coconut has been hailed as good for your heart and, as an alternative to butter, it's said to potentially be able to help you lose weight. Ready to find healthy ways of incorporating coconut into your diet during the last of our warmer weather days? Here are a few suggestions:



COCONUT PINEAPPLE SMOOTHIE

Ingredients

2 cups frozen pineapple chunks
1 banana, peeled and chopped
1/4 cup cucumber, peeled and chopped
1 cup coconut milk
1/4 cup shredded coconut
1 teaspoon vanilla extract
1 scoop protein powder of choice (optional)

Combine ingredients in a high-power blender and process until smooth. Serve garnished with shredded coconut flakes if desired.

Readers' Dining Guide



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

Advertisers Listed in Red

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Queen Anne's County

18Twenty

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

Amalfi Coast Italian & Wine Bar

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

Bark Barbecue Café

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

Bay Shore Steam Pot

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

Big Bats Café

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

The Big Owl Tiki Bar and Grill

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

Bridges Restaurant

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

Café Sado

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

Cult Classic Brewing

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

Doc's Riverside Grille

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

Dock House Restaurant

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

Fisherman's Crab Deck

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

Fisherman's Inn

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

Frix's Fire Grill

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

Harris Crab House and Seafood Restaurant

433 Kent Narrow Way N, Grasonville; 410-827-9500; harris crabhouse.com \$\$ ●●●●

The Jetty Dock Bar and Restaurant

201 Wells Cove Road, Grasonville; 410-827-4959; jettydockbar.com \$\$ ●●●●●

Libbey's Coastal Kitchen and Bar

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

Love Point Deli

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

Kent Point Marina, Bait House and Seafood

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

Kentmorr Restaurant & Crab House

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

Knoxie's Table

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

Mamma Mia Italian Bistro and Sports Bar

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

The Market Gourmet Cafe

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

Mr. B's Seafood Market

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

The Narrows Restaurant

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

Phat Daddy's BBQ

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

Pour House Pub

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

Rams Head Shore House

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

Red Eye's Dock Bar

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

Rolph's Wharf: The Sandbar

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

Stevensville Crab Shack

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

Yo Java Bowl Café

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

Talbot County

Ava's Pizzeria & Wine Bar

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

Bas Rouge

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

Bistro St. Michaels

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

Blu Miles Seafood and Grill

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

The Blue Crab

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

Bombay Tadka

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

Café 401

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

Capsize

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

Carpenter Street Saloon

113 S Talbot Street, St Michaels; 410-745-5111; carpenterstreet-saloon.com \$ ●●●

The Coffee Trappe

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

Corah's Corner

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

Crab Claw Restaurant

304 Burns Street, St Michaels; 410-745-2900; thecrabclaw.com \$\$ ●●●●

Doc's Downtown Grille

14 N Washington Street, Easton; 410-822-7700; docs-downtowngrille.com \$\$ ●●●●

Doc's Sunset Grille

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

Eat Sprout

335 N. Aurora Street, Easton; eatsprout.com \$ ●

Eat Sprout

114 S. Talbot Street, St. Michaels; eatsprout.com \$ ●

Foxy's Harbor Grille

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

The Galley

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

Gina's Café

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

Hammy's Hideout

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

Hot Off the Coals BBQ

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

Hunter's Tavern

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

Limoncello Italian Restaurant & Wine Bar

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

Lowes's Wharf

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

Marker Five

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

Momma Maria's Mediterranean Bistro and Bar

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

Osteria Alfredo

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

Out of the Fire

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

Piazza Italian Market

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

Ruse

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

San Miguels

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

Scossa Restaurant and Lounge

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

Sugar Buns Cafe

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

Sunflowers and Greens

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

T at the

General Store
25942 Royal Oak Road, Easton; 410-745-8402; tatthegeneralstore.com \$\$ ●●

Theo's Steak, Sides, and Spirits

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

Tickler's Crab Shack and Restaurant

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

Tiger Lily

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

Tilghman Dining at The Tilghman Island Inn

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

Two if by Sea

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

Kent County

Blue Bird Tavern

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

Blue Heron Oyster House and Inn

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

Café Sado

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

Chester River Seafood

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

Deep Blue at Kitty Knight

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

Dockside Café on Rock Hall Harbor

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

Fish Whistle

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

Flying Decoy Bar + Grill

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

Ford's Seafood Inc

21459 Rock Hall Ave, Rock Hall; 410-639-2032; fordsseafoodrockhall.com \$ ●

Happy Chicken Bakery

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

Harbor Shack

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

Java Rock

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

The Jefas Mexican Grill

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

The Kitchen at the Imperial

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

Luisa's Cucina Italiana

849 Washington Avenue, Chestertown; 410-778-5360; luisasrestaurant.com \$\$ ●●

Modern Stone Age Kitchen

236 Cannon Street, Chestertown; 410-996-4776; modernstoneagekitchen.com \$\$ ●

Muskrat Alley Café

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

Osprey Point

20786 Rock Hall Ave, Rock Hall; 410-639-2194; ospreypoint.com \$\$\$ ●●●●

The Retriever Bar and Oysters

337 ½ High Street, Chestertown; theretrieverbar.com \$\$ ●●

Rock City Cafe

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

The Shanty Bar

21085 Tolchester Beach Road, Chestertown; 410-778-1400; tolchester-marina.com \$ ●●●●

Watershed Alley

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

Dorchester County

Ava's Pizzeria & Wine Bar

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

Bay Country Bakery

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

Blackwater Bakery

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

Blue Point Provision Company

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

Blue Ruin

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

Bombay Social

413 Muir Street, Cambridge; 443-515-0853; bombaysocialmd.com \$\$ ●

Carol's Kitchen

1504 Glasgow St, Cambridge; 443-225-5889; Facebook \$\$ ●

Emily's Produce

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

Lil' Bitta Bull

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

The Neck

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

Ocean Odyssey and Crab House

316 Sunburst Highway, Cambridge; 410-228-8633; toddseafood.com \$\$ ●●● Seasonal

Old Salty's

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

Paul's Deli On the Creek

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

Paul's Pub

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

Portside Seafood Restaurant

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

RAR Brewing

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

River View at the Point

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

Snappers Waterfront Cafe

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

Suicide Bridge Restaurant

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

Vintage 414

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

Caroline County

Bullock's Deli, Grill, and Ice Cream

422 N 6th Street, Denton; 410-479-0270; bullocksdeli.com \$ ●

Caroline's

406 Market Street, Denton; 410-490-4495; carolinesindenton.com \$\$ ●● Seasonal

Craft Bakery and Café

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

Denton Diner

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

Earth Tones Café

5 N 3rd Street, Denton; 443-448-4355; earthtonescafe.com \$\$ ● Beer and Wine

Market Street Public House

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

Ridgely Pizza and Pasta

204 6th Street; Ridgely; 410-634-9600; ridgelypizza.com \$ ●

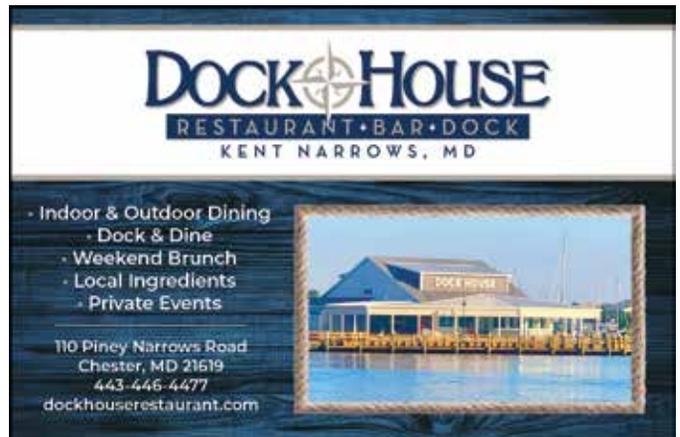
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Where's Wilma?

FIND WILMA AND WIN!

September has arrived and with it, the beginning of autumn. Our favorite flyer, Wilma, is happily visiting towns across the Bay region to enjoy local football games, boutique shopping, and seasonal fare at quaint restaurants. Where will she land next? Here's how the contest works: Wilma appears next to three different ads in this magazine. When you spot her, write the names of the ads and their page numbers on the entry form online or mail in the form below and you'll be eligible to win. Only one entry per family. Good luck and don't forget to submit your restaurant review online at whatsupmag.com/promotions for another opportunity to win a prize.

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

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