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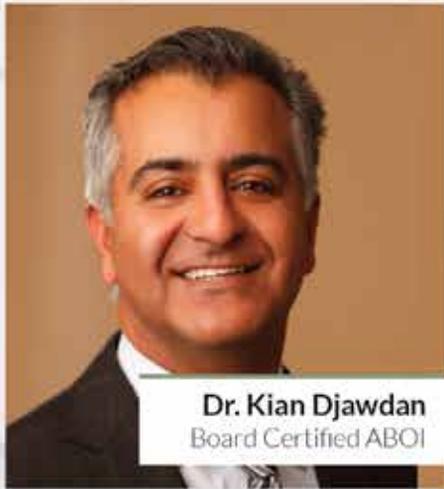
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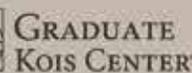
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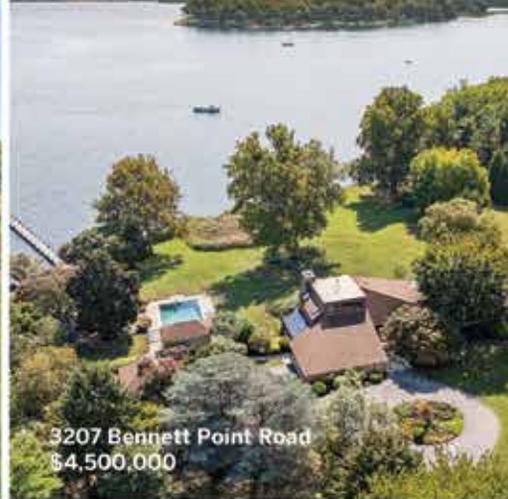
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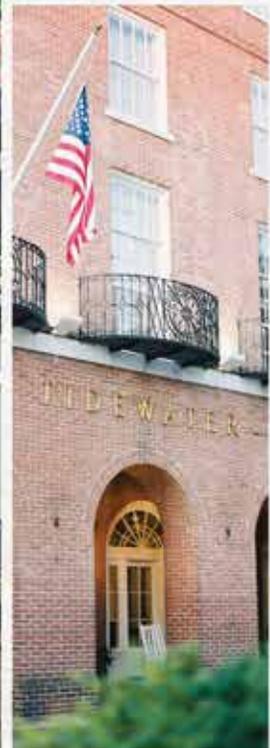
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BEST OF 2025

VOTING

Ballots are open January 1 - February 28

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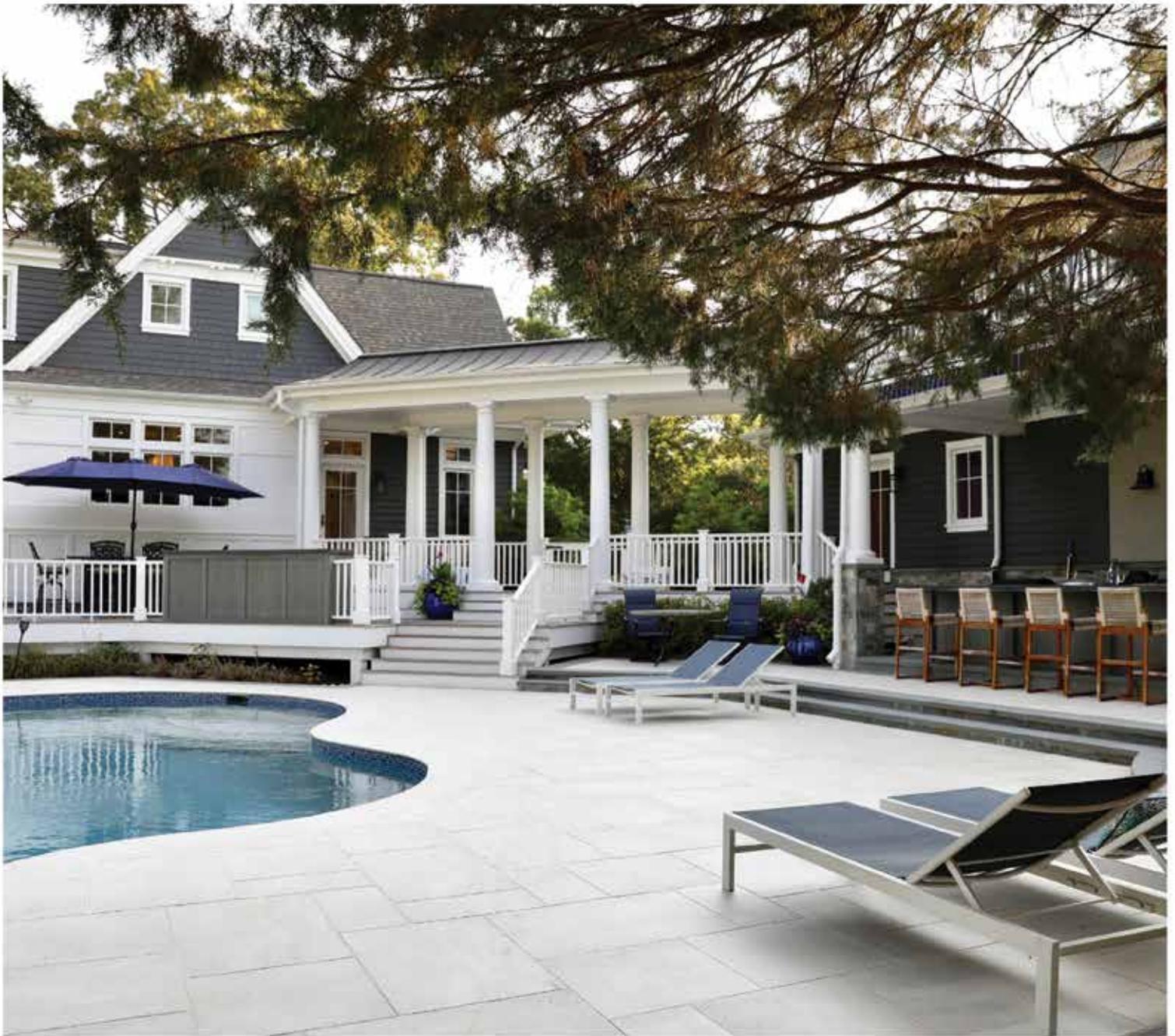
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Arts & Culture

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HIGHLIGHTING
ENTERTAINMENT,
COMMUNITY,
AND EVENTS

Chesapeake Fire & Ice

PG. 12



CHESAPEAKE FIRE & ICE

One of the most anticipated events on the Eastern Shore is coming back this President's Day Weekend! On February 14th and 15th visit downtown Easton for the Fire & Ice Festival. The weekend features dozens of ice sculptures spread throughout Easton's historic district, with music, ice skating, and plenty of fun! There will also be live carvings throughout town, an activity filled Fire Trail, a children's icehouse at the Talbot County Free Library, and more to fill your weekend. Find more information at discovereaston.com/fireandice.



Heloisa Fernandes in Concert

The Washington College Concert Series presents Heloisa Fernandes in concert on February 7th at the Gibson Center for the Arts in Chestertown. The mix of classical, jazz, and Brazilian music of Heloisa Fernandes is described as “strong and original, ancient and modern, her sublime creations blossom with rhythmic vitality and melodic delicacy. With her skill as an improviser, she searches their emotional depths and soars with joy.” Learn more and purchase tickets at washcoll.edu/about/campus/gibson-center-for-the-arts.

Stews & Brews

For the last nine years, Easton Beer Fest has hosted Stews & Brews at Easton Volunteer Fire Department. This fundraiser on February 15th from noon to 4 p.m. and will feature 25-plus craft brewers, wineries, and distillers with unlimited tastings and 10 restaurants and caterers offering stew samplings. Take a break from the cold ice sculptures of Fire & Ice and enjoy the warmth of Easton Volunteer Fire Department's building with mouthwatering stews and more. Find more information at discovereaston.com.



Photo courtesy of Capitol Fools

CAPITOL FOOLS

Capitol Fools, a laugh out loud evening of political satire, will display the spirit, irreverence, and DNA of the renowned act Capitol Steps with a new musical parody show. The show will be held February 6th at Avalon Theatre in Easton. Event proceeds will benefit the mission and goals of Talbot Mentors, including its flagship mentoring program, along with the scholars' program for academically strong and dedicated young people. Get tickets to the show, featuring an all-star cast of former Capitol Steps members, at avalonfoundation.org.

**OPEN MIC
NIGHTS AT DCA!**

Join the fun at Dorchester Center for the Arts in Cambridge, Tuesday evenings, 6–9 p.m., February 4th through April 29th, as talented, local musicians take to the stage to share their talents. Bring your instrument and join the line up, or just come to listen and enjoy! Admission is free, with a cash bar and snacks. Learn more at dorchesterarts.org.



What's Up? Media Wedding Expo

Get everything checked off your Wedding To-Do list at our one-stop shop Wedding Expo on February 16th from 1 to 4 p.m. at The Graduate Annapolis. From cake tastings to beauty makeovers and fun giveaways, we will have plenty of options for you to plan your perfect wedding. Admission is free but be sure to register for the event at whatsupmag.com

DISNEY ON ICE

Disney On Ice: Mickey's Search Party is taking the stage at CFG Bank Arena in Baltimore for multiple performances February 13th through 17th. In Mickey's Search Party, join Mickey Mouse and his friends as they follow Captain Hook's treasure map and collect clues to rescue Tinker Bell. The journey whisks audience members to several of Disney's most memorable places, like the *Frozen* kingdom of Arendelle and the Marigold Bridge from *Coco*, and includes appearances from beloved characters from *Moana*, *Aladdin*, *Beauty and the Beast*, *Toy Story*, and more. Get your tickets at disneyonice.com.





SELL AND Style

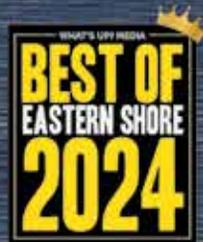
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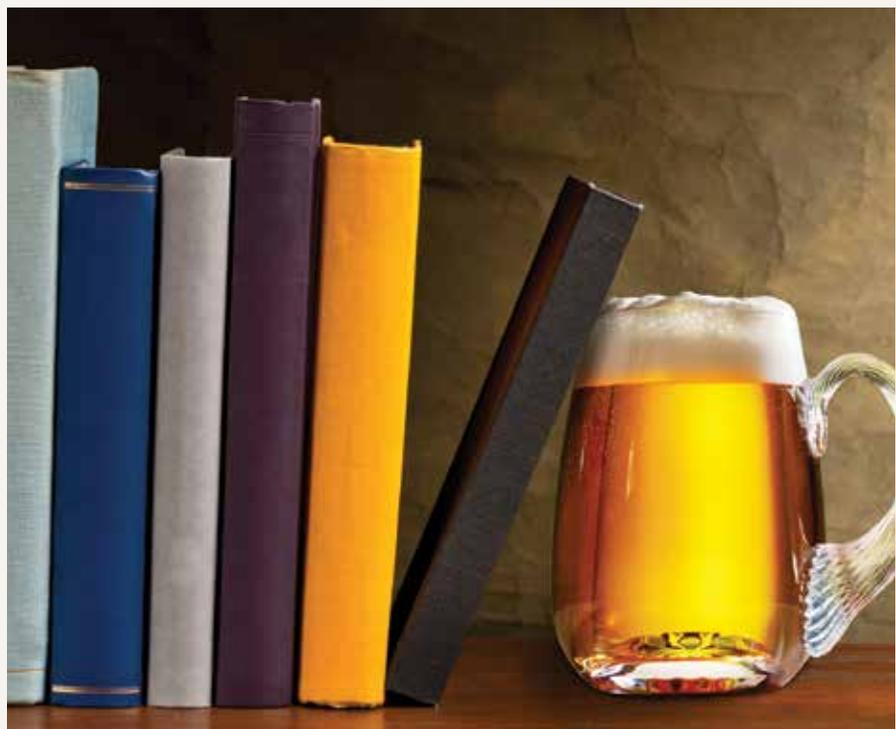
Photo courtesy of CBMM

**CHESAPEAKE
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SPEAKER SERIES**

On February 20th at 5:30 p.m., the CBMM campus will host the winter lecture series event “Unpacking History: Black Packinghouse Workers and Owners in the Chesapeake.” In recognition of the 2025 Black History Month theme “African Americans and Labor,” CBMM Chief Curator Pete Leshar will share stories of the Black workers and packinghouse owners. Register for the event and learn more at cbmm.org.

Books & Beers

Books and Beers returns to Cult Classic Brewing Company in Stevensville with a new lineup of new and classic reads for 2025. On February 11th, the chosen book is *The Boatman’s Daughter* by Andy Davidson. This event is free and open to all who have read (you do not have to be 21). The group discusses the book in the first hour and spends the final 30 minutes casting it as a film/miniseries while cutting up over beverages. Meetings are the second Tuesday of the month from 6–7:30 p.m. Learn more and full schedule at cultclassic-brewing.com.





**MID-ATLANTIC
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The MSO ignites their Ensemble Series of concerts this winter with its String Quartet performing classic and contemporary selections at the Academy Art Museum in Easton, February 9th at 4 p.m. The MSO is the only professional symphony orchestra serving southern Delaware and Maryland's Eastern Shore with a full season of programs. Learn more at midatlanticsymphony.org.

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Childrenstheatreofannapolis.org;
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As the curtain rises, Alice slides into view at the end of her long fall down the rabbit-hole. It is a more delightful place for the audience than for Alice, who is trying desperately to get back home. She tries to get help from the Mad Hatter, the Rabbit, and from the very nice Cheshire Cat.

A Few Good Men

**Community Players of Salisbury;
Communityplayersof-salisbury.org; February 2nd,
7th, 8th, 9th**

Aaron Sorkin's groundbreaking debut tells the story of a group of military lawyers assigned to defend two Marines in Guantanamo Bay. During the course of the trial, they uncover a high-level conspiracy designed to eliminate weaker soldiers in the name of patriotism.

Noises Off

**The Garfield Center for the Arts at the Prince Theatre,
Chestertown; Garfieldcenter.org; February 21st through
March 9th**

A contemporary comedy classic by Michael Frayn, It takes a side-splitting look at the foibles of theatre folk and the inevitable on and offstage issues that can occur during a play, including out-of-control egos, passionate affairs, actor memory issues, personal props mishaps—all of the things that can turn a performance into a high-risk adventure.

Little Shop of Horrors

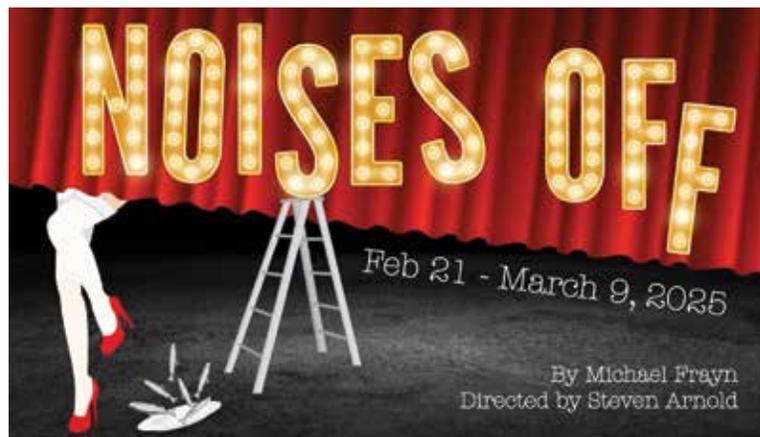
**Compass Rose Theater, Annapolis;
Compassrosetheater.org; February 28th through
March 30th**

One of the longest-running Off-Broadway shows, this charmingly tongue-in-cheek musical comedy has captivated theatergoers for over 30 years. It's a must-see with a delectable sci-fi storyline and an electrifying 1960s pop/rock score! Follow Seymour Krelborn, a meek floral shop assistant, who discovers a peculiar plant he names "Audrey II" after his crush. Little does he know, this unusual plant will develop a soulful R&B voice, a smart mouth, and an insatiable hunger for humans.

A Brief History of Man

**Church Hill Theatre, Church Hill;
churchhilltheatre.org;
February 6th to 9th**

Earl Lewin's comedy A Brief History of Man will have its world premiere. Lewin asks "What if humans are just one step in a long chain of intelligent life forms? After all, people aren't very durable, and we have many design faults." His answers are truly funny—but with thought provoking implications.



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Banneker-Douglass-Tubman Museum Shines

By Carol Denny

A shining star has joined the firmament at Maryland's leading African American museum. Harriet Tubman, the Union Army spy and nurse who led scores of enslaved people to freedom via the Underground Railroad, has taken her place beside Benjamin Banneker and Frederick Douglass at the newly renamed Banneker-Douglass-Tubman Museum in Annapolis.

Housed in a historic Franklin Street church saved from the wrecking ball by local activists, the museum displays its new identity proudly. The façade now features graphics of its namesake trio as well as a restored sculpture of Tubman clutching her rifle and *vevé*, a symbolic staff. The *vevé*, which had been stolen several years ago, was recovered and adorned with new beadwork for the occasion by the artist, Dr. Joyce J. Scott.

The long-awaited addition of Tubman embodies the museum's central theme, according to executive director Chanel C. Johnson. "The stories of these three Marylanders are united," she explained. "They're



Photo by Christian Smooth

freedom fighters, icons, and examples of how Black power is rooted in the history of Black resistance. We know that we stand on the shoulders of greats."

Banneker, born in 1731, earned fame as the first African American man of science and mathematics. Douglass, a social reformer, abolitionist, orator, and statesman, was the leading Black advocate for civil rights in the 19th century.

The museum, part of the National Park Service's African American Civil Rights Network, was founded in 1984. It welcomes 10,000 in-person visitors annually and tens of thousands more online. In addition to the permanent collection and changing exhibits, it explores contemporary issues through livestreams, virtual panel discussions, and educational posts. "Our goal is to deepen understanding of history in our own lives and connect to what Black leaders in Maryland were fighting for," Johnson says.

Part of that effort is providing a showcase for artistic works that speak to the African American experience. In a major exhibition for 2025 entitled "Sacred Spaces," Maryland artist Jabari Jefferson has created a dazzling large-scale collection of paintings, mixed-media pieces and tapestry that he describes as "shrines and altars."

"OUR GOAL IS TO DEEPEN UNDERSTANDING OF HISTORY IN OUR OWN LIVES AND CONNECT TO WHAT BLACK LEADERS IN MARYLAND WERE FIGHTING FOR."



Photo by Christian Smooth

“How do you adorn a space that’s already sacred?” he asks rhetorically. “This museum has always had a lot of energy, and I believe in the transfer of energy—the idea that the essence of a person can be conveyed through objects. My work uses found objects, recycled fabrics, disposables repurposed into art—even found dirt. I found it very humbling to be the artist to bring the museum into a new realm with Tubman and use her as a muse for this conversation.”

Jefferson even holds a staff in his hand for inspiration when he’s working, channeling Tubman in his creative process.

The installation covers two floors of the museum and will remain on display through January 2026. It’s a bold undertaking for BDT, and Jefferson salutes the museum’s board for supporting his vision: “They wanted art, and I wanted a spectacle. But they trusted in me, and the timing was right.”

Early on, the museum made sure the community was engaged in the making of “Sacred Spaces,” inviting residents to contribute to the found objects Jefferson would use. “We wanted to show people that they are connected to the work on the wall, that they are a part of this,” Johnson explains.



Photo by Executive Office of Governor



Photo by Julien Jacques

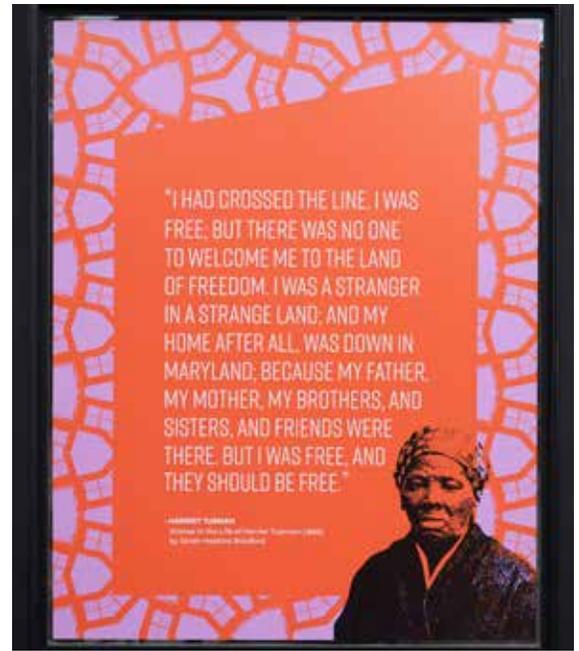


Photo by Christian Smooth

In the course of his creation, Jefferson made unexpected connections. A stained-glass window from the original Mt. Moriah Church, still a centerpiece of the building, prompted him to research the origins of stained glass. He learned that stained glass techniques had been brought to Europe by Arabic Moors—and then discovered that Benjamin Banneker was of Moorish descent. “His people had been doing this for generations,” Jefferson marvels. “What an inspiration! How do I communicate that to the viewer?”

His goal, he says, is to “create an opportunity for thinking to begin. I hope visitors will think new thoughts, or create new thoughts,” as they encounter his work.

Viewers will have their own reactions to “Sacred Spaces,” but are sure to be moved by Jefferson’s rich and thoughtful assemblage of individually charged pieces. The show not only evokes the spiritual dimension of the African American experience, but also elevates one of the core values of the Banneker-Douglass-Tubman Museum: “Using art or pen to speak out against injustice.”

The Banneker-Douglass-Tubman Museum is open Tuesdays through Saturdays from 10 a.m. to 4 p.m. at 84 Franklin Street, off Church Circle in Annapolis. Admission is free. Learn more at bdmuseum.maryland.gov.

Chesapeake Bay Trust

EMPOWERING COMMUNITIES TO RESTORE AND PROTECT THE REGION'S NATURAL RESOURCES

By Lisa A. Lewis

When the Chesapeake Bay Trust, in partnership with the State of Maryland and BGE: An Exelon Company, awarded \$7.5 million to 28 community organizations to plant 17,694 trees in urban, underserved communities across Maryland, the nonprofit grant-making organization demonstrated its strong commitment to a green, healthy environment. The funding was announced just this past fall.

The restoration effort, which is part of the Urban Trees Grant Program, was created by the Maryland General Assembly's Tree Solutions Now Act of 2021. The Act established an ambitious goal: the planting of five million trees across Maryland by 2031 with emphasis placed on planting 500,000 of those trees in urban, underserved areas. Now in its third year, the Urban Trees Grant Program offers resources to local organizations to lead on-the-ground efforts to green their communities and enhance quality of life.



Studies show that planting trees in urban areas provides many benefits to the environment. Not only do trees absorb carbon dioxide—mitigating the effects of climate change—but they also reduce the urban heat island effect, which causes higher temperatures in urban areas than in rural areas. Trees also filter polluted stormwater runoff, prevent soil erosion, reduce flooding, improve air quality, and provide habitat for wildlife.

“For two years, I have seen the incredible impact of this program in bringing communities together and empowering local champions to lead this greening work for their neighbors, families, and friends,” says Jana Davis, Ph.D., president of the Chesapeake Bay Trust. “I’m thrilled that 28 new awardees will join these efforts, planting even more trees to ensure we all have access to a green and healthy environment.”

RESTORING NATURE THROUGH COMMUNITY ENGAGEMENT

For nearly 40 years, the Trust has been awarding grants to fund major community projects, such as the Urban Trees Grant Program—underscoring its commitment to its mission to “engage and empower diverse groups to take actions that enrich natural resources and local communities of the Chesapeake Bay region.”

Created in 1985 by the Maryland General Assembly, the Trust is dedicated to restoring the watersheds of the Chesapeake Bay, Maryland Coastal Bays (Newport Bay, Assawoman Bay, Chincoteague Bay, Isle of Wight Bay, and Sinepuxent Bay), and Youghiogheny River. The organization strives to increase stewardship through its grant programs, special initiatives, and partnerships. But the Trust is much more than a grant-making organization; it’s also a catalyst for community engagement.

“A big part of the Chesapeake Bay Trust’s success can be attributed to our involvement in so many different communities,” says Joe Farren, chair of the Trust’s Board of Trustees. “We take great pride in serving as the vehicle that empowers local groups and organizations to address and solve their specific Bay-related conservation challenges. We’re attached to the challenge on a community-by-community level, and that not only gives us great insight into the overall challenge but also the ability to build critical partnerships, gain trust, and, most of all, help our neighbors achieve success where they live, work, and play. In approaching our work this way, we truly believe we can make 2+2=5 and thus make real progress each and every day.”

“Raising awareness and getting members of the community involved is so important,” Davis adds. “Our on-the-ground projects help address critical issues and encourage people to work together to make an impact. It’s so rewarding to help people implement projects in their communities and see their level of engagement.”

GRANT OPPORTUNITIES

According to Davis, the Trust receives about 1,000 grant proposals each year, and about 450 grants are awarded. Grant proposals for programs greater than \$5,000 are reviewed by technical external peer review committees, which consist of experts in their fields. Committee members rank and score the proposals based on specific criteria, discuss their merits, and make recommendations to the board of trustees.



The Trust awards \$20–30 million in grants each year to organizations in the region, including schools, local governments, community groups, faith-based groups, watershed organizations, and other nonprofits to fund impactful restoration projects. The grants support environmental education, on-the-ground watershed restoration, and community engagement.

To learn about the Trust’s programs and grant opportunities, visit cbtrust.org/grants.

“Through our grants and technical assistance, we empower people to take action and participate in projects that have a measurable impact on the natural resources of our region—helping to restore and protect our forests, streams, rivers, bays, and wildlife,” Davis says. “It’s such a great feeling to see people step up and take ownership of the projects and become personally invested in them. Their enthusiasm inspires them to spread the word to others, which increases community engagement. And, hopefully, we are also able to pass on a love of the environment to the next generation.”

Special thanks to Celia Parker, Communications and Marketing Manager, Chesapeake Bay Trust



Support the Environment with a Bay Plate

Most Marylanders are probably familiar with the Bay license plate, which features a blue crab, seagrass, the Bay Bridge, and the text “Protect the Chesapeake.”

In July 2024, District 38 State Senator Mary Beth Carozza, in partnership with the Maryland Department of Transportation Motor Vehicle Administration, Maryland Coastal Bays Program, and the Chesapeake Bay Trust revealed an updated design.

Originally unveiled in 2018, the license plate now includes the text “Protect the Chesapeake & Coastal Bays,” emphasizing the importance of the Trust’s ongoing mission to restore and protect the Coastal Bays as well as the Chesapeake Bay.

The Bay Plate can be purchased at cbtrust.org/purchase-a-bay-plate. Sales support the Trust’s grant-making efforts.

Meet Student Athlete Michael O'Connor

STAR QUARTERBACK AT EASTON HIGH SCHOOL HAS HIS SIGHTS SET ON THE NEXT LEVEL

By Tom Worgo

Easton High School senior Michael O'Connor understands the lofty expectations for him. It comes from the great athletes in his family. O'Connor plays quarterback, the same position his two older brothers, Kevin and Ryan, did at Easton. Both Kevin (Duke) and Ryan (starting quarterback at Delaware) had stellar high school careers and went on to play college football.

"[But] I don't feel pressure," O'Connor says. "I would say I feel more motivated to be better than them. I still have some work to do. They are pretty accomplished."

O'Connor couldn't do much to achieve his goal in his first two years on the varsity. He missed his sophomore year because of a stress fracture in his spine (nine-month recovery). Last year, he played in only two games due to a broken collarbone. "I was devastated," he says of suffering the second injury.

He always kept a positive attitude and worked very hard to recover. Through weight training, he added 15 pounds to his 6-foot-2 frame, which improved several areas of his game. Simply put, it made him a better player.

"I WOULD SAY I FEEL MORE MOTIVATED TO BE BETTER THAN THEM."



This past fall, things finally went O'Connor's way on the field. He racked up big numbers for the Warriors, ranking among the state leaders in passing yards (1,936) and rushing yards (1,431). He finished with a whopping 40 touchdowns, including 24 passes for scores to earn Bayside Conference Offensive Player of the Year honors.

"His brothers had great careers, but he surpassed them statically," Easton Head Football Coach Matt Griffith says. "Kevin had 34 touchdowns, and he surpassed his other brother Ryan in total yards."

O'Connor guided Easton to an excellent season. He led Easton to an 8-4 record and a 62-36 playoff victory over visiting Parkside in mid-November, plus a 28-21 conquest over heated rival Kent Island. It was the first time Easton had won a home playoff game since 1993, and it had been more than 40 years since the Warriors won back-to-back playoff games. Considering the Warriors struggled to a 1-9 mark in 2023, it was quite a turnaround.

It should come as no surprise that Division II Shepherd University in West Virginia and Division I Merrimack College in Massachusetts expressed early interest in him. Since O'Connor missed time during both his sophomore and junior years, he and Griffith expect the interest from colleges to pick up this winter—with a scholarship possibly coming his way.

"I thought, 'If I just work harder in the offseason and make my body healthier, then I won't get injured again or have to deal with getting hurt,'" O'Connor says. "I am just happy to be playing again. It really is an awesome feeling."

Griffith says the 17-year-old O'Connor's tremendous work ethic helped him reach his potential. "We talked a lot about taking care of his body," Griffith says. "He did everything he could to possibly make himself mentally stronger and better, so he could avoid those types of injuries from happening again."

Some of O'Connor's other 2024 games jump out. He threw four touchdown passes and 310 yards while completing 14 of 20 passes in a rout of Wicomico High. O'Connor also rushed for 250 yards on 22 carries and three touchdowns and passed for 146 yards and two scores in a 42-24 victory over Kent Island.

"I never expected to be running the ball so much," O'Connor says.

Easton Defensive Coordinator Al Waters calls O'Connor a dynamic player. "He has carried the team offensively," says Waters, the former head football coach at Kent Island. "He is just a dominant player. He really understands the game and has a great football IQ. And he has the swagger."

Waters says one part of Connor's game is underrated: his ability to motivate his teammates. O'Connor served as team co-captain along with wide receivers Colin Mooney and Chase Raab and offensive lineman Tymiere Thomas.

"He does the little things that most people don't see," Waters explains. "They see his stats, but they don't pay attention to his leadership abilities. He is really a great leader."



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SCAN ME



Maryland Terrapins' Basketball Star Julian Reese

By Tom Worgo



When Julian Reese plays in a game for the University of Maryland men's basketball team, he says his mother's voice is the only one he can hear in the crowd. Since Angel Webb starred as a basketball player at UMBC, her cheers sometimes turn into critiques. Reese also gets advice from his aunt, who played at Coppin State, and his sister Angel on and off the court. Of the three, Angel, who played at Maryland and LSU before joining the WNBA, is the most vocal.

Julian and Angel were together at Maryland for the 2021/2022 season. "Angel definitely says a lot," Reese says. "She says you could have done this or that. It's typical big sister stuff."

Angel won a national championship and NCAA Tournament MVP honors after transferring from Maryland in 2022. She has appeared in a *Sports Illustrated* swimsuit issue and on the cover of the issue "The 50 Most Influential Figures in Sports." She now plays professionally for the Chicago Sky. "She handles the spotlight well," Reese says. "I am happy for her. The spotlight really doesn't matter to me."

WE HAVE TO LOOK TO THE FUTURE AND NOT THE PAST. THERE'S DEFINITELY A LOT OF PRESSURE THIS YEAR.

Like it or not, the 6-foot-9 Reese has already received more attention this season. He's improved his numbers every year in college and averages 13.5 points and 8.9 rebounds this season (as of press time). He bulked up to 252 pounds for this winter. The presence of 6-10 freshman center Derek Queen—one of the country's top-10 high school recruits—should benefit Reese as well.

"I would take Julian over any other big man in the country," Maryland Head Coach Kevin Willard says. "He was here every day at 7:30 a.m. getting his work in. He was in the gym working out and working on improving his shot and free throws."

One of the reasons Reese didn't leave Maryland to play professionally was because of his love for the Terrapins. The Randallstown native grew up a Maryland fan and attended St. Frances Academy in Baltimore.

We spoke with Reese about the team, his game, and more.

How good do you think the team could be? Just seeing all the weapons we picked up in the transfer portal was awesome. I feel we can be a team in the NCAA tournament that can play until late March. I feel like me, DeShawn, and all the other guys that stayed have gotten the new guys to buy into our culture—especially Derek. We are hanging out a lot off the court and really just coming together. We are building our chemistry to an all-time high. Everybody has really bought in and that's the most important thing.

Since you are the player who has the most years as a Terp on the roster, do you feel you have to be more of a leader this year?

Yes, definitely. I have learned from guys in the past I played with like Eric Ayala and Donta Scott. They helped build a tradition at Maryland and I have taken some things from them about being a leader. I feel like I am ready to step up. I am not really a very vocal guy. So, I lead by example more. But sometimes I have to lean on some teammates just to get them in the right headspace and make sure they are doing the right thing.

Have you gone out of your way to help out Derek Queen? I have known him since high school. We played for one year together. It's kind of a recurring thing now in college. I feel he is handling things well. He is a down to earth guy. On the court, he just makes all the right plays. He is everything I thought he would be on and off the court. He has a great attitude. He is like a sponge. He is ready to learn all day, every day, including from me.

How would you describe your relationship with coach Willard? I feel we have grown closer over the years. Our personalities are kind of different. But he knows how to talk to me. We just have gelled really well. It's definitely refreshing playing for the same coach for three years after having so much change in the first two years. It's a great thing building the program with him and understanding him.



Talk about the relationship you have with your sister. Did basketball bring you closer?

We have played together a lot over the years. We played on the same team in elementary school and in rec league. We played really good in those leagues. We were always close because of basketball. We bonded that way.

Why did you come back to Maryland for your senior year? I saw all the pieces we had coming in—all the great players. We had a dominating freshman [Queen] coming in. It seemed like the best place to be for me. It's one of the reasons I came back for my senior year. I probably would have gone pro if I didn't come back.

Do you use last year's 16-17 record as motivation for this year personally and for the team? Yes. You have to think about the disrespect we got last year and how the season unfolded. We don't want to go back to having that type of season. You don't want those things to wear on you. We have to look to the future and not the past. There's definitely a lot of pressure this year. I get a lot of motivation from it.

OUR MONEY IN 2025



**ANSWERING ECONOMIC,
FINANCIAL, AND TAX
QUESTIONS FOR THE
YEAR AHEAD**

BY STAFF

W

Whether you're a seasoned investor or just starting to set money aside in a savings account, there's always going to be that element of *what if?* What if the market takes

a downward turn, or zooms upward? How will a new presidential administration affect the market? Are consumer prices going to improve or worsen? Is real estate still a safe investment? We face these questions frequently, along with how federal and state tax codes may change, which affect our financial choices and decisions.

Coming up with a savings and investing plan isn't a one-size-fits-all practice—instead, you need to create one that's uniquely suited to your resources and goals. But there are certain parameters you should keep in mind if you're resolving to make the year ahead your most lucrative yet.

NEW YEAR, NEW HABITS

If you're committed to making a money-related new year's resolution, let it be a combination of setting aside savings, paying down your debt, and then investing. These three actions are crucial to good financial well-being, but far too few individuals adhere to them.

Saving is a critical first step. The average American can't meet an unexpected \$400 expense, so having savings on hand is both offense and defense. When life happens, your savings keep things running. But savings are about more than simply having money on hand to handle unexpected problems. Having a little bit extra set aside will mean you have discretionary money you can put into financial opportunities that arise.

The other important move is to pay down your debt, particularly credit card debt. Because debt incurs interest, you are losing more money over the time you take to pay it off. Credit card debt is especially bad because, unlike assets that appreciate over time, such as your home, this kind of debt doesn't actually hold any value to you.

Once you've tackled saving money and paying off debt, you can develop a financial plan with short- and long-term investment goals; preferably in consultation with a financial advisor. Review the plan periodically and do not lose sight of your goals.

INVESTMENT STRATEGY

If you're thinking of investing, you're probably well-versed about the differences between bull and bear markets. The challenging part about watching the market is that it fluctuates over a short period of time; instead of paying attention to these frequent changes, you should evaluate long-term patterns. And a professional fiduciary can guide you in this regard.

"Markets can become volatile very quickly," explains Bankrate, a consumer financial services company based in New York City...Concerns surrounding the presidential election year may also [drive] markets to be more volatile." In fact, we did see a highly-fluctuating market on and after the November presidential election, with the Dow Jones Industrial Average ultimately soaring to just above 45,000 points (Dec. 4th) as the holiday season began—the highest it's ever been. The S&P 500 and NASDAQ paced along similarly.

So, does this imply market gains will continue throughout 2025? It's hard to say. Those who are looking to invest will want to exercise a certain amount of caution. Many fiduciaries recommend creating a mix of assets that are appropriate for a client's unique needs. These will be determined by factors like age, risk tolerance, time frame, and liquidity needs.

WHAT TO EXPECT IN 2025

You wouldn't be wrong to be cautious about the market in 2025. After all, effects from a recession-like economy and inflation continue to linger in nearly every industry. Recovery has been slow, but it has been steady. Experts see reason for optimism, even if it's impossible to say with certainty. Some economists are predicting a positive year for the market—a bit of a surprise given the concerns of inflation and prices.

Sage Policy Group—an authoritative economic and policy consulting firm in Baltimore led by Anirban Basu and Zachary Fritz—evaluate industry and government indicators of our domestic economy with inputs from the global market.

**“MARKETS CAN
BECOME VOLATILE
VERY QUICKLY”**



Their overall analysis frames market trends in a consumer-friendly context. According to their 2025 Economic Outlook, inflation is reaching the 2 percent target annual rate. “We’ve achieved that since May, but inflation has accelerated over the past two months, and we need it to slow down during the first quarter of [2025]. Big picture: we’ve made a lot of progress on inflation, but there’s work left to do in 2025.”

**“BIG PICTURE:
WE’VE MADE A LOT
OF PROGRESS ON
INFLATION, BUT
THERE’S WORK LEFT
TO DO IN 2025.”**

Despite the modest improvement made with inflation, consumer prices remain high. “Inflation—the rate of price increases—has slowed, but the *price level*—how much things cost—is still much higher than it was before the pandemic,” Sage says in their report. “On average, something that cost \$100 at the start of 2016 now costs more than \$133. If prices had kept increasing at the pre-pandemic rate, that purchase would cost about \$120 today. Unfortunately, the price level is not going back down. So, prices will rise at a slower pace in 2025, but they’ll still feel really high throughout the year.”

More importantly, consider what you can afford to invest long term. If you invest in assets you can hold onto long enough for them to appreciate, you’ll come out on top whether any one year is a bull market or bear.

In this regard, you might be thinking about investing in real estate—generally considered a safe investment. In Maryland, the average resi-

dential sales price rose 5.5 percent to \$489,996 (in November 2024, compared to November 2023), while the median sales price grew 6.3 percent to \$425,000. Overall home sales grew 1.4 percent according to Maryland REALTORS November 2024 Housing Statistics (the latest numbers available at the time of this writing).

But mortgage rates are not dipping. Despite the recent Fed interest rate cuts beginning in September, mortgage rates actually *climbed* from an average of 6.1 percent to near 7 percent by the end of December. There is good news, however; The Federal Housing Finance Agency announced in early January that the conforming loan limit for the year is up to \$806,500, which opens more opportunities for homeowners and buyers. The means borrowers can qualify for larger loan amounts with the perks of conventional loans, including competitive interest rates and flexible terms. Basically, this increases buying *and* refinancing power.

These factors should encourage prospective home buyers/investors (and sellers) to consult expert real estate agents and lenders when considering their housing investment goals.

Overall, Sage Policy Group expects an improved economy in the year ahead. “2025 is shaping up to be a decent year for growth in America,” Basu predicts. “Recession is no longer part of the baseline forecast, though I’m still a bit nervous given the ongoing destabilization of geopolitics and stretched asset values. Overall, I expect the economy to expand at about 2.3 percent in 2025.”

CHANGES YOU SHOULD KNOW ABOUT

There is a significant fiscal change that will be felt by more Americans across all financial spectrums in the year ahead. It's not the price of gasoline. Nor those of milk and eggs. It's the end of the Tax Cuts & Jobs Act of 2017 (TCJA), set to expire on December 31st, 2025. It was the largest tax code overhaul in three decades and is most known for cutting the corporate tax rate to 21 percent, capping deductions for state and local taxes (SALT) at \$10,000, doubling standard deductions, and expanding the child tax credit.

Unless Congress acts, upon expiration of the Act marginal tax rates for individuals will revert to pre-TCJA levels, including a maximum rate of 39.6 percent from 37 percent. The standard deduction, for single or joint filers, will return to pre-TCJA levels, with an adjustment for inflation. But single and joint filers will be able to claim a mortgage interest deduction (MID) on properties up to \$1 million in value. Itemized deductions will become more important with the lower standard deductions.

There are many, many tax code adjustments at play that will need to be addressed with the TCJA expiration looming. What does this all mean? Likely, your financial position will change. But every person's situation is different and, perhaps, the best way to educate, understand, and plan ahead for these changes is to consult a certified professional accountant or financial planner.



MAKE YOUR CHECKLIST

HERE ARE A FEW IMPORTANT ITEMS YOU SHOULD CONSIDER:

REVIEW YOUR 2024 BANK STATEMENTS: This will help you assess where you're losing money unnecessarily, such as overdraft charges, withdrawal fees, late payment charges, or interest. Evaluate how you can avoid certain fees—some charges might even be able to be waived by your bank.

REVIEW YOUR 2024 EXPENDITURES: This can help you assess how much useless spending you're engaging in and how you can apply that toward savings or investing so it can help you reach your financial goals in the long term.

PLAN YOUR 2025 EXPENDITURES: Saving is easier when you have a budget, and the first step to creating an annual budget is to figure out exactly what big spending you have to do.

ANALYZE YOUR SAVINGS OPPORTUNITIES: Planning your expenditures will help you realize if you have excess money to set aside. Figure out which options are best for your needs. Some of it can go into a savings account, but you might want to put other dollars toward stocks, bonds, mutual funds, or other investment vehicles.

CONSIDER FUND DIVERSIFICATION: When you have a diverse portfolio of investments, you minimize your risk of loss. If one investment weakens, you still have money in other investments (and you can afford to wait patiently to see whether the depreciated investment improves).

CONSULT THE RIGHT PROFESSIONALS: Not all financial professionals do the same thing, and you should seek one that best fits your needs. A CPA, or certified personal accountant, works to help you minimize your tax liability. They are not the same as a financial planner, who help provide guidance and advice on investment strategy.

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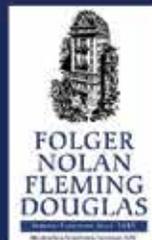


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Home Excellence Awards

**The year's most exquisite and compelling
projects in residential design and construction**

Welcome to What's Up? Media's annual showcase of elite home projects! The Home Excellence Awards program honors exemplary home builders, architects, designers, and professionals serving the greater Chesapeake Bay region. During September and October, we solicited and vetted project entries in award categories such as architecture, interior design, renovation, property addition, and more. Entries consisted of photographs and a written description introducing the project, including structural/aesthetic intent, design/build concepts, materials used, special features, permitting, and overall thoughts. Note that a few categories had many entries and, thus, feature more winners by category than others. Some categories may have only one winner (or a couple). We offer descriptions of each project. All courtesy photographs submitted by each company represented. Congratulations to the following companies and their award-winning projects!



Symmetry, Serenity, Sophistication

Entered by: Speight Cook Studio Architects of Annapolis (speightstudio.com)

Project highlights: A contemporary house with a traditional aesthetic located in the Fishing Creek Farm neighborhood. White weathered brick and nickel-gap siding, symmetry and arches, natural wood and black accents, downspouts recessed into the front facade, brick corbeling, and a round-nosed brick water table. Inside, the 5,000-square-foot home boasts a sunlit morning room, well-appointed scullery and pantry, and a richly moody lounge. There are 4 bedrooms, 3 full baths, and 2 half baths spread across two floors, with an additional 2,500 square feet of unfinished basement to grow into.





Oak Creek Renovation

Entered by: Wiedemann Architects of Easton and Bethesda (wiedemannarchitects.com)

Project highlights: This project in Royal Oak Maryland is a renovation/addition to a 1914 waterfront home and the conversion of an existing garage/barn to a pool house. The new addition on the private north side contains the master suite on the first floor and a sitting room above, linked by a new curved stair. The front door was shifted from the hidden west side to the south on axis with the long tree-lined approach drive. The deck was replaced with a wrap-around porch, with a screened portion facing the pool. On the east side, facing Oak Creek, the first floor was restored with two symmetrical bays facing the restored waterside porch. New antique heart pine floors and period appropriate details complement the original details.



Bayfront Getaway

Entered by: Purple Cherry Architects of Annapolis (purplecherry.com)

Project highlights: Located on the bayfront of Rehoboth Beach, Delaware, this new shingle-style residence boasts a classic wraparound porch and a rooftop deck with sweeping views of the bay. A large covered porch and screened porch, as well as multiple balconies, create outdoor entertainment areas. The interior introduces vibrant coastal-inspired furnishings, patterns, and décor while embracing the panoramic waterfront views. Bold wallpaper prints and patterns create a playful environment, crafting a distinct character and personality in each room.



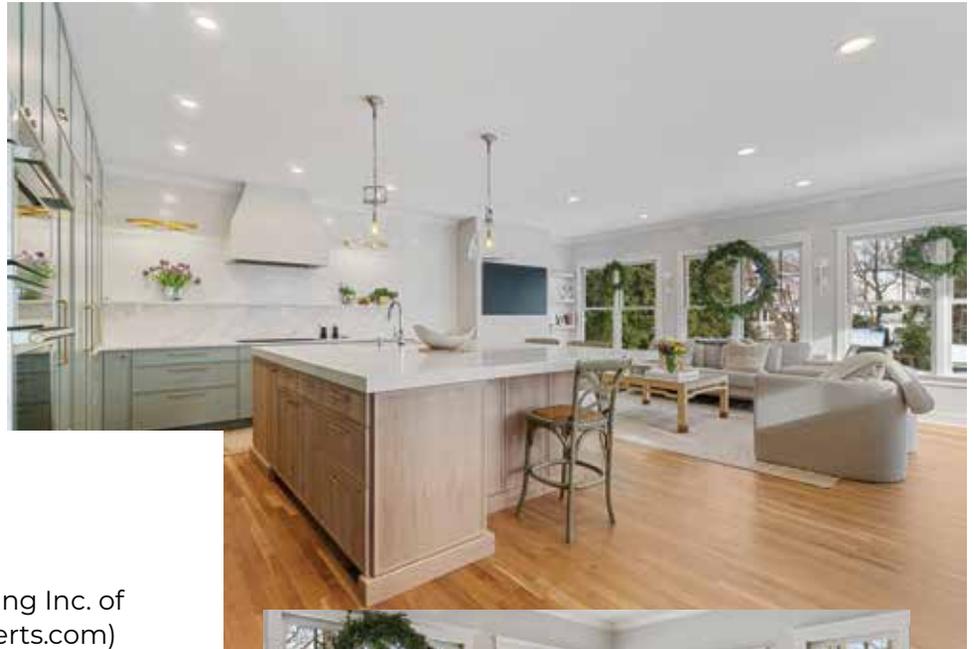


Easton Waterfront

Entered by: Lauren Hurlbrink Interiors of Lutherville (laurenhurlbrink.com)

Additional project acknowledgments: Focus Construction, Pam Gardner Architects, and J.E. Shram Architects

Project highlights: Expansive kitchen centered around a stained oak island with custom stools; white Borghini gold quartz countertops; pendant lights from Visual Comfort; custom cabinetry by Quirky Woods Cabinetry; integrated bar in the family room with Vanguard Furniture custom bar stools; leathered quartz countertops and cordless lamps; laundry room adorned with York Wallpaper's floral pattern with hints of gold; pantry with oak paneling and Thibaut wallpaper; primary suite with soft textiles and muted colors, upholstered bed by Vanguard Furniture, and linens from Matouk with nightstands and bench from Woodbridge Furniture.



West Annapolis

Entered by: Aspect Contracting Inc. of Annapolis (aspectkitchenexperts.com)

Additional project acknowledgments: Simplicity By Elina

Project highlights: Expansive kitchen project within an open floor plan features honey colored flooring matched to soft white and blue tones for cabinetry, marble tops and backsplash; massive center island with built-in sink; recessed, sconce, and pendant lighting; gold hardware.

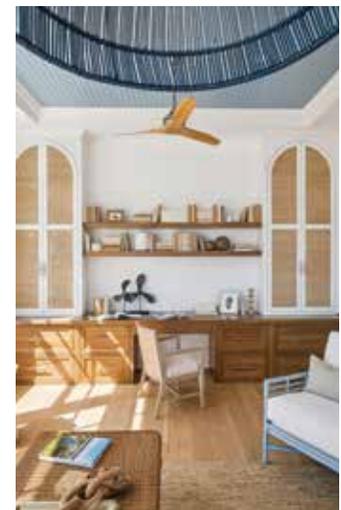


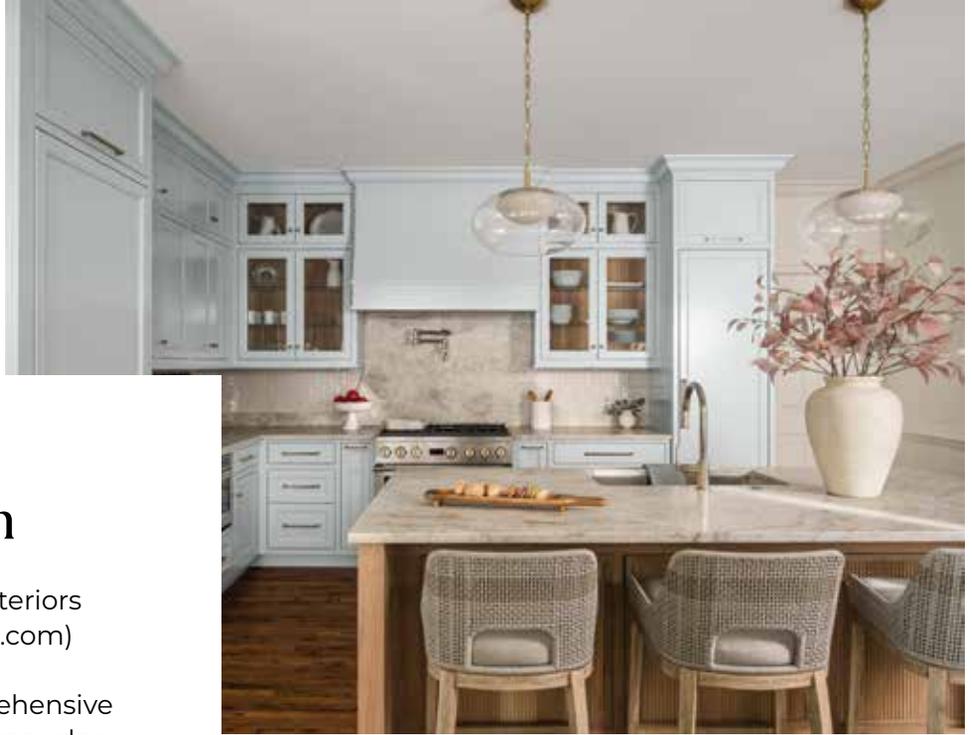


Oceanfront Retreat

Entered by: Purple Cherry Architects of Annapolis (purplecherry.com)

Project highlights: Located in Bethany Beach, Delaware, the interior design selections of this coastal-inspired home were intentionally kept light, airy, and neutral—but in a wide variety of textures, patterns, and shapes—to enhance the panoramic water views. In the sunroom, a light blue paneled ceiling is reminiscent of the traditional painted porch ceilings seen throughout the South, while a vibrant blue fireplace surround catches the eye. Throughout the home, colorful tiles, natural textures, and coastal-inspired furnishings combine to make each space inviting and unique.





Stunning First Floor Renovation

Entered by: Tonya Maggio Interiors of Annapolis (maggiointeriors.com)

Project highlights: A comprehensive overhaul of key spaces; in the powder room, bold wallpaper, statement lighting, and polished hardware are standout features; the dining room was reimagined to create an elegant setting by integrating custom millwork, a sophisticated color palette, and a show-stopping light fixture; the kitchen was a complete transformation with soft blue cabinetry, warm wood accents, a spacious island, glass shelving, custom tile backsplash, and thoughtful lighting; and the primary bath features a freestanding soaking tub, walk-in glass shower with luxurious fixtures, and custom double vanities for ample storage, all with soft, calming tones, along with natural textures and carefully selected finishes.

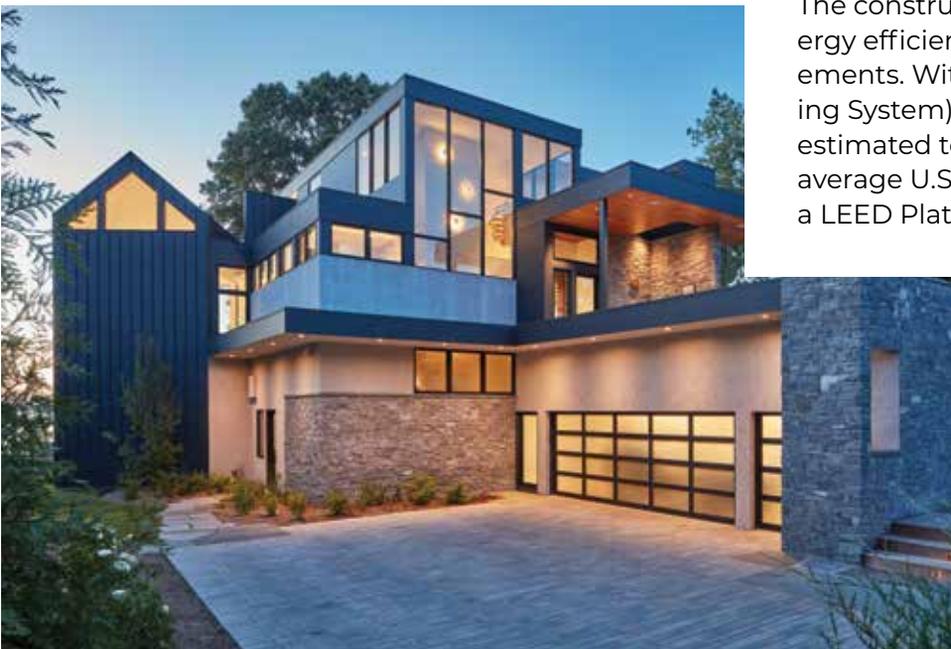




Environmental Masterpiece

Entered by: Bayview Builders of Annapolis (bayviewbuildersmd.com)

Project highlights: This modern home on the Magothy River is primarily a robust steel and concrete structure designed to withstand the elements. It features expansive floor-to-ceiling glass windows and doors that offer views of the water and allow plenty of natural light to enter. Inside, the home has engineered European white oak flooring, a wrap-around fireplace, and a distinct cupola-style skylight. The construction process prioritized energy efficiency and other eco-friendly elements. With a HERS (Home Energy Rating System) Index score of 13, the home is estimated to save \$8,100 compared to the average U.S. home. Also, the home earned a LEED Platinum certification.



Crawl Space Encapsulation

Entered by: Maryland Mold and Waterproofing of Crofton (maryland-moldandwaterproofing.com)

Project highlights: Crawlspace project in Stevensville. The space exhibited excessive humidity, which was causing the insulation to fall and joists to rot. All the insulation was removed, and structural repairs were made. New insulation was installed and the space encapsulated, making it a safe, healthy space for the home. The entire home is now more energy efficient and healthier.





Wye Town Farm

Entered by: Robert Gearhart/Focus Construction of Easton (focus-construction.net)

Additional project acknowledgments: Architect Pam Gardner, Butler Interior Design

Project highlights: Exceptional craftsmanship and finely appointed details, both interior and exterior; situated on Woodland Creek, just off Eastern Bay, the design/build was made to critical area code/specifications.





San Domingo Cove

Entered by: Paquin Design Build of Grasonville (paquindesignbuild.com)

Project highlights: A custom waterfront home located in the neighborhood of San Domingo Cove in St. Michaels. This property was the featured home in our November 2024 issues; scan QR code to read the full story.



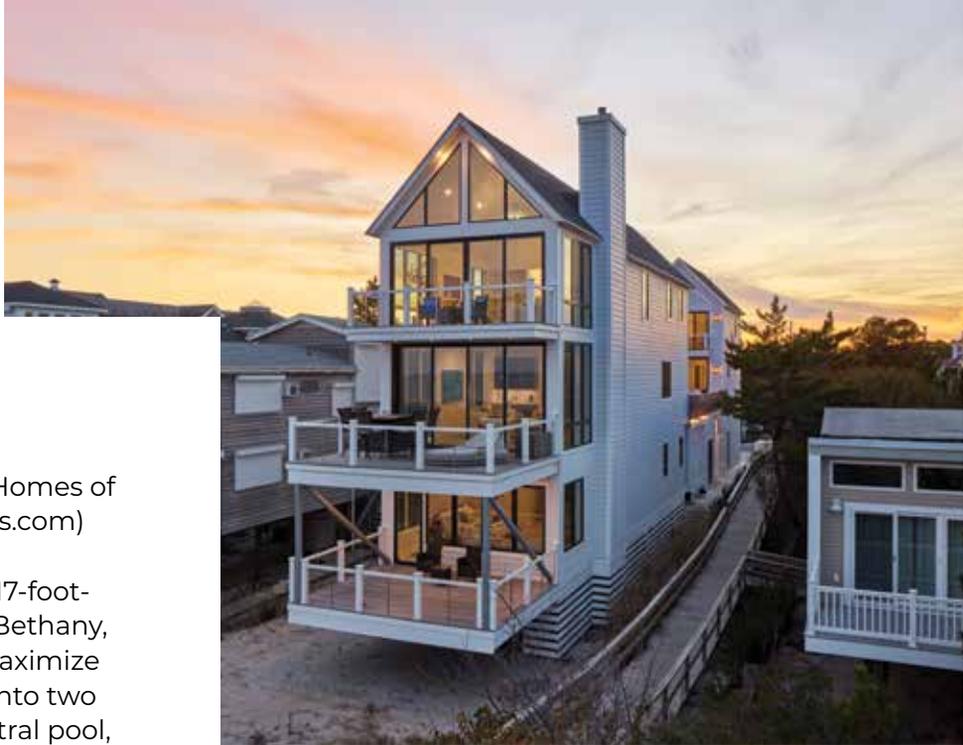


St. Michaels Waterfront

Entered by: Mueller Homes of Annapolis (muellerhomes.com)

Project highlights: Impervious surface area, drainage calculations, bioretention areas, and environmental site design all went into the planning of this home. The builder, architect, and engineer collaborated to address every critical area challenge, which included stormwater management, runoff prevention, specific plantings, and an escrow to ensure the sustainability of trees and plants in the wetlands. The architectural design also featured unique elements, like the incorporation of turrets, which offered a touch of elegance to the coastal farmhouse aesthetic. Nautical clapboard is showcased throughout the home.





Narrow Escape

Entered by: Marnie Custom Homes of Bethany Beach (marniehomes.com)

Project highlights: Set on a 17-foot-wide beachfront lot in North Bethany, this home was designed to maximize space and ocean views. Split into two buildings connected by a central pool, each structure enjoys ocean sightlines, with the pool cutout opening oceanfront views for the entire home. Wall-to-wall glass doors face the ocean, while tall cathedral windows in the primary suite and windows along the north and south sides allow sunlight to flood the space. The build meets or exceeds Energy Star standards and can withstand Hurricane Zone 3 with 130mph wind speeds, surpassing traditional building requirements and in compliance with FEMA and DNREC guidelines. Sustainable materials, sourced nationally and locally, were chosen to respect the natural surroundings.



EXTERIOR RENOVATION

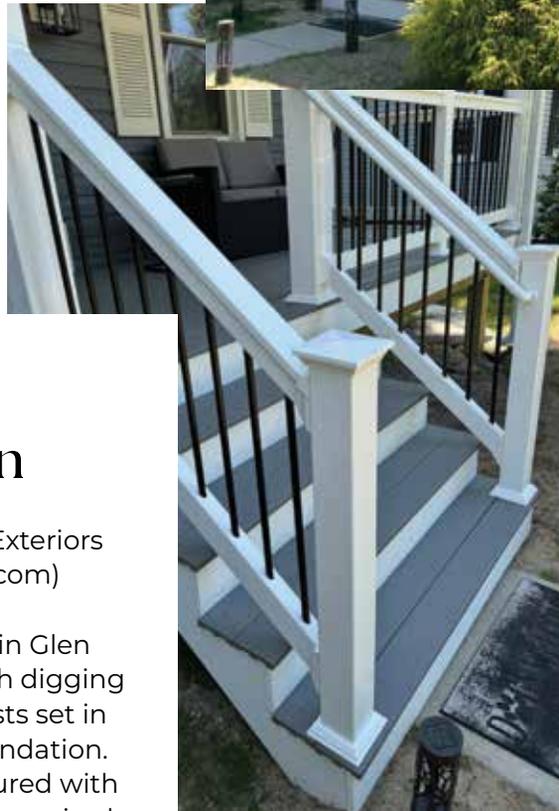


Acton Hall

Entered by: ABS Architects of Annapolis (absarchitects.com)

Project highlights: A meticulous renovation of the only 18th-century residence in Annapolis on its original waterfront. Acton Hall, with its stately and iconic prominence, enjoys a distinguished lineage dating back to the founding of Maryland. Exterior repointing, restoration of all widows, new MEP systems, modest rear addition, refurbishment of pool and landscaping; total replacement of property perimeter brick wall—all with State and local historic agency approvals.





Stunning Front Porch Installation

Entered by: Fichtner Home Exteriors of Odenton (fichtnerservices.com)

Project highlights: Located in Glen Burnie, the project began with digging footers and installing 6x6" posts set in concrete to ensure a solid foundation. TimberTech deck boards, secured with coated screws for longevity, are paired with a white vinyl railing. For the roofing, Tamko Titan shingles were used on both the main and porch roofs. Seamless aluminum gutters enhance water management and keep maintenance minimal for the homeowner. A set of 6-foot wide steps lead off the porch, and double-five, dutch-lap vinyl siding on the home's two gable ends add durability and curb appeal.



Eastern Shore Farmhouse

Entered by: Fichtner Home Exteriors of Odenton (fichtnerservices.com)

Project highlights: This project in Ridge-ly began with the expansion and enclosure of an existing front porch. James Hardie fiber cement siding was installed, known for its resilience and low maintenance. To improve functionality and access, a Simonton patio slider was installed, and the front entry was replaced with a ProVia door. K-style aluminum gutters were added to manage water flow efficiently and reduce the need for upkeep.



Layered Luxury

Entered by: Bayview Builders of Annapolis (bayviewbuildersmd.com)

Project highlights: The upstairs ensuite of an Annapolis' Wardour neighborhood home has been completely transformed. A structural challenge from the start, this area of the home was comprised mostly of terracotta, which was part of an addition from 1904. The master bath renovation is layered with textures like Calypso ceramic tile that mimics natural wood grain, accented with Casablanca Tusk Zellige tile, and Agglo Mafi marble shower floors. These surfaces are accented with brushed bronze metal hardware and a subtly colored marble shower bench. The entire space is capped with a bold-patterned porcelain sink vanity and Astek Silt wallcovering, a woven finish.





European Modern Classic Beauty

Entered by: Design Solutions, Inc. of Annapolis (dsikitchens.com)

Project highlights: A full house interior redesign was created by opening walls on the first floor and relocating the kitchen. The result was a open view and open flow pattern. Originally, the kitchen, living room, center hallway and family room were all separated by walls. A congested rear entry from the garage was redesigned for an inviting mudroom and powder room. The second-floor primary bathroom was originally chopped into rooms and now flows as one bathroom. Interesting features include the black metal railings, central to the house, against the bleached floor. The working fireplaces were considered in the design to feel integrated.





Master Bed & Bath

Entered by: Aspect Contracting Inc. of Annapolis (aspectkitchenexperts.com)

Additional project acknowledgments: Andrea Wheeler of Design Solutions, Inc.

Project highlights: A master bed and bath, with a bathroom that did not previously exist; several bold tile patterns; gold hardware and trim in the shower space; white/black color scheme is clean and complementary.





Residence On Maxmore Creek

Entered by: Charles Paul Goebel, Architect, Ltd. of Easton (cpgoebel.com)

Additional project acknowledgments: Julia Longchamps Design of Stevensville, West & Callahan of Easton, and Keyanna Bowen, East & Lane of Salisbury

Project highlights: Extensive renovation of a circa-1969 home. The kitchen was enlarged and repositioned affording it much greater space and light, with the breakfast nook and spacious sitting area linked by a wall of French doors to a vaulted screened porch with fireplace. The primary bedroom/bath suite was also enlarged and reimagined. Expansive windows throughout the home invite light and views. New electrical and mechanical systems, energy efficiency upgrades, and solar power generation were all discretely integrated into the design.



Little Aberdeen Post and Beam

Entered by: Taylor Hart Design of Edgewater (taylorhartdesign.com)

Project highlights: Nestled on Little Aberdeen Creek, located in the Ferry Point waterfront neighborhood in Annapolis, the posts and beams of this home frame water views through southern yellow pine vaults. This year, interior renovations included an expanded eat-in kitchen, reading nook, outdoor sunporch, and furnishings. Luxury and performance finishes were carefully chosen to reflect the clients' New England roots.



INTERIOR RENOVATION



Kitchen Makeover

Entered by: Paquin Design Build of Grasonville (paquindesignbuild.com)

Additional project acknowledgments: Shelly Chavez

Project highlights: Kitchen makeover features a two-tone design with Shiloh Inset Cabinetry in Soft White for the base and Rift Oak with a natural finish for the island and upper cabinets. The Hanover Shaker door style and slab drawer fronts provide a modern, clean look, complemented by Ljen Blue granite countertops and brass pulls from Top Knobs. Functional features include roll trays, spice organizers, and pull-out waste bins.

PROPERTY ADDITION



Sunroom

Entered by: Werrlein Companies of Annapolis (werrleincompanies.com)

Project highlights: This outdoor living space addition to an Edgewater, Maryland, home features retractable screens, fireplace, television install, complete outdoor kitchen, and tall ceilings.



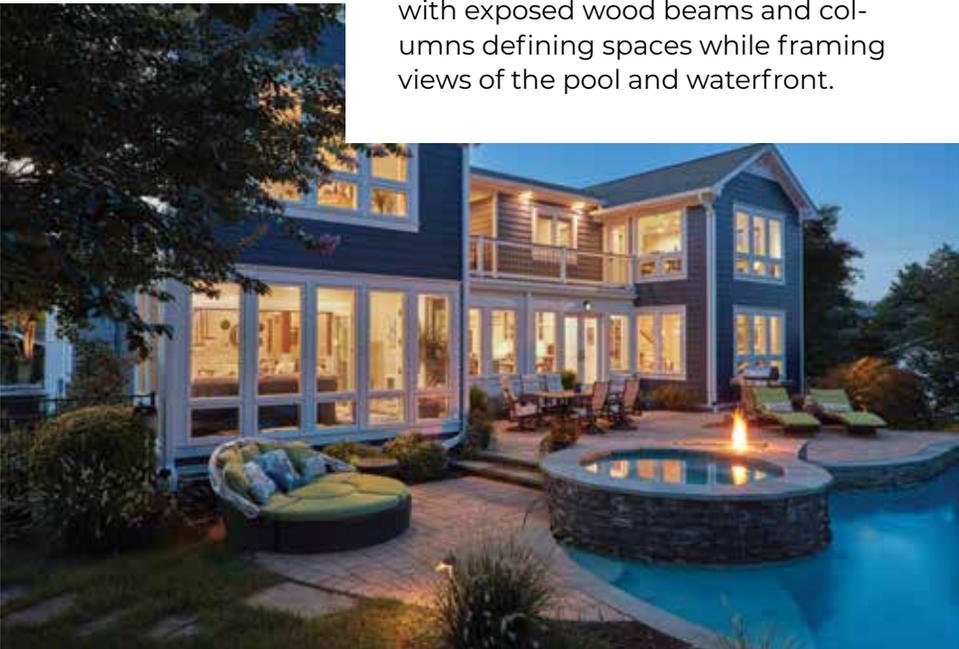
PROPERTY ADDITION



Crafted Beauty Naturally Sustainable

Entered by: HD Squared Architects of Edgewater (hd2architects.com)

Project highlights: This addition to a circa 1949 Edgewater waterfront home features a private entry that leads into a thoughtfully organized hallway, flowing into the main level's open-plan design. Living, kitchen, dining, and sunroom areas now enjoy a seamless connection, with exposed wood beams and columns defining spaces while framing views of the pool and waterfront.





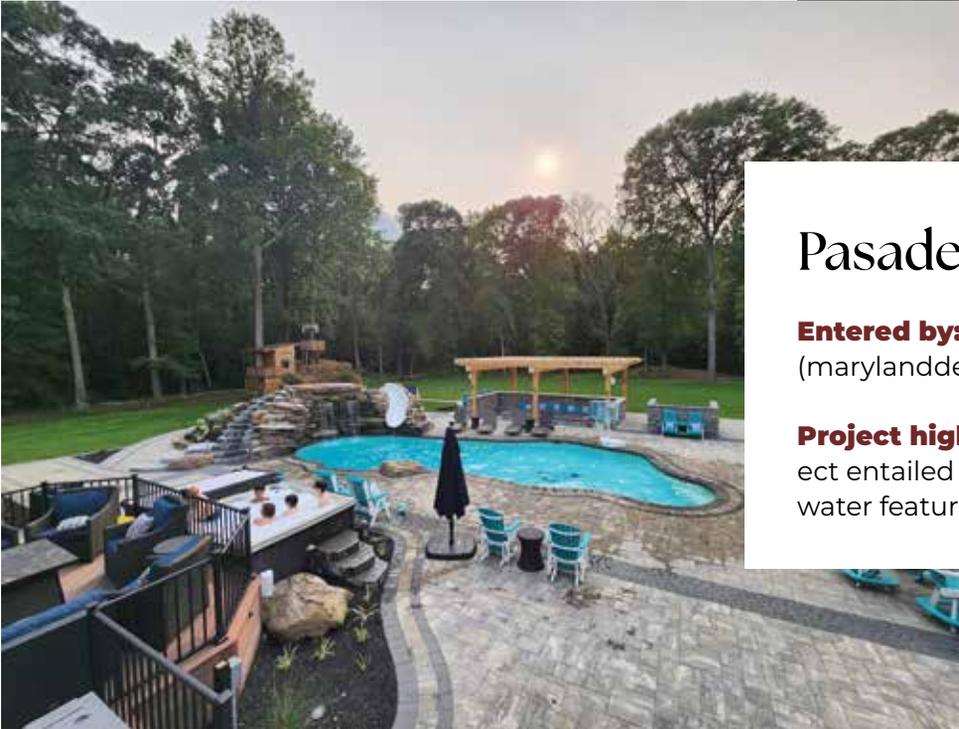
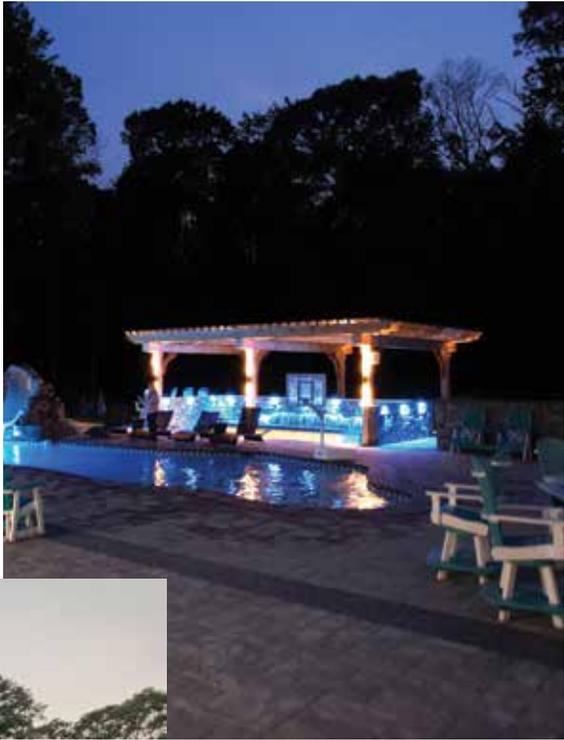
Morning Room

Entered by: Framed to Finish of Annapolis (framedtofinish.com)

Project highlights: This addition incorporates the use of old-world materials such as marble mosaic tile and a stucco finish exterior. An entryway and dedicated laundry area were included with the addition and separated by custom black walnut pocket doors. The finished product captures timeless European details, while staying true to the original architecture.



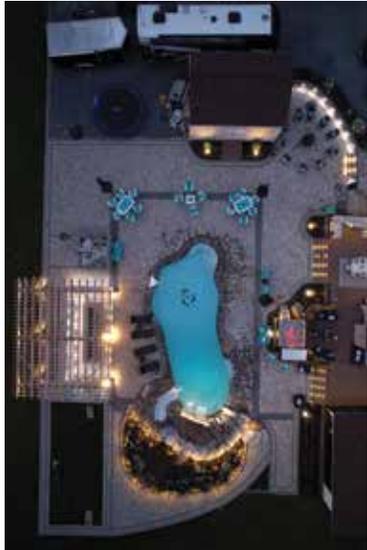
HARDSCAPING



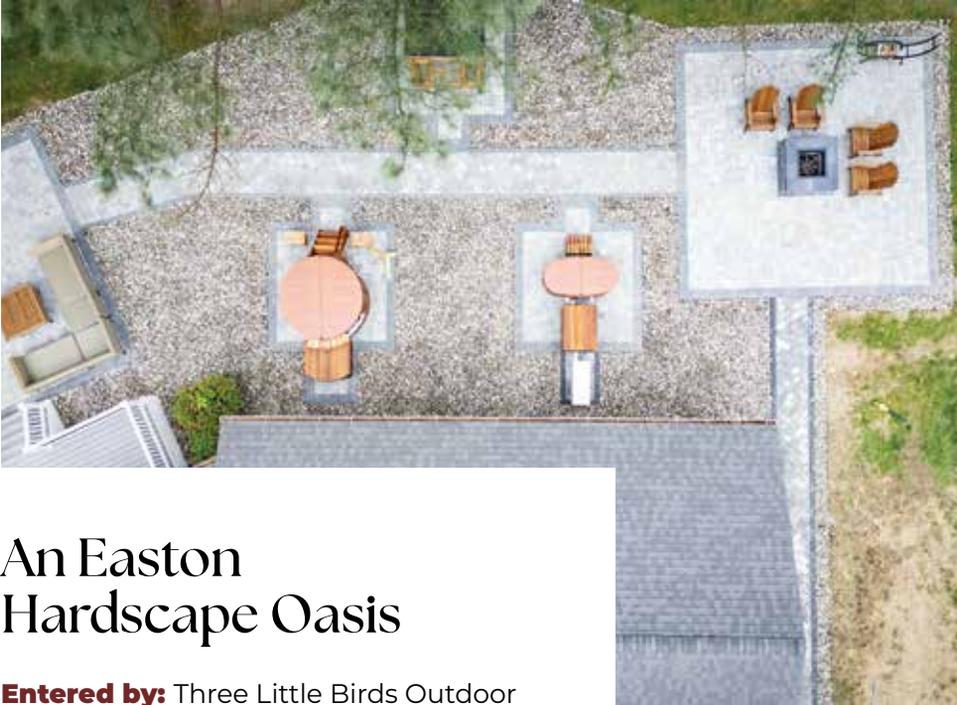
Pasadena Hardscape

Entered by: Maryland Decking
(marylanddecking.com)

Project highlights: This hardscape project entailed installing a large patio and water features around an inground pool.



HARDSCAPING

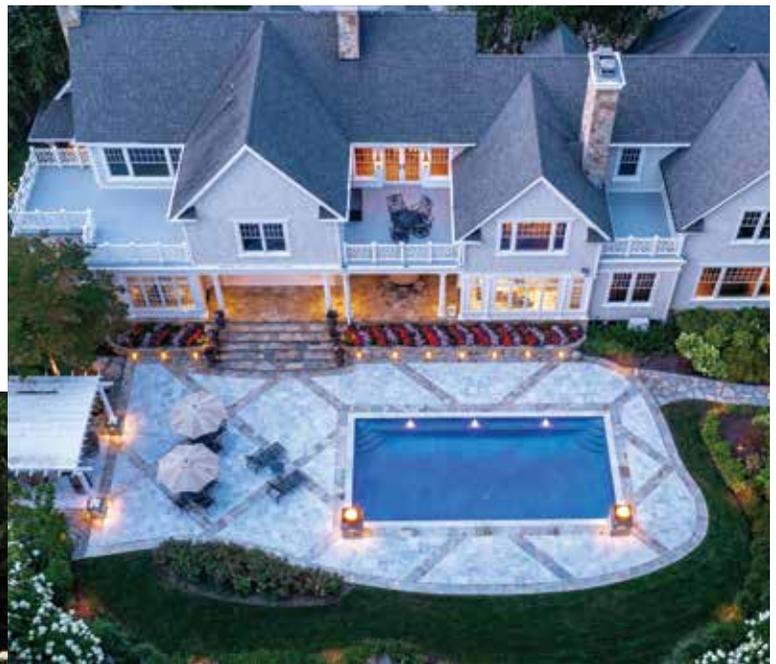


An Easton Hardscape Oasis

Entered by: Three Little Birds Outdoor Living of Stevensville (threelittlebirdslawn-care.com)

Project highlights: This project includes landscaping, ambient lighting, fire pit, cedar sauna, jacuzzi, and cold plunge. Matching front and rear composite decks along with a new driveway completed the install.





Entire Outdoor Living Area

Entered by: Wade Pools & Landscape Design of Cape St. Claire (wadelandscapes.com)

Project highlights: An entire outdoor living area takes center stage in this install, complete with pool, landscape design, hardscapes, fire bowls, pergola, and outdoor kitchen.

DESIGN BUILD REMODEL



Two Elite, Local Companies Reshaping Maryland's Eastern Shore in 2025



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As a recent award winner of What's Up! Annapolis Home & Design Awards program, you can see the plethora of services provided with these stunning project photos featuring pool design, fire bowls, complete landscape planning and design/build, annual plantings for color, a custom pergola, hardscaping and pavers, and outdoor kitchens.

For over 20 years, this locally owned family business has been serving clients in central Maryland and the Eastern Shore. With an eye for detail and a commitment to craftsmanship, the team at Wade Pools & Landscape Design ensures every project reflects the unique personality and lifestyle of their clients, making them a trusted name in creating bespoke outdoor environments. Schedule a free consultation today and get ready to enjoy your outdoor area this year!



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FOCUS CONSTRUCTION

Easton-based Focus Construction provides distinctive custom homes and renovations on the Eastern Shore of Maryland. Founded in Talbot County in 2005, Focus has extensive experience in Easton, St. Michael's, and Oxford. Their Eastern Shore focus provides competence in navigating regulatory and technical challenges facing waterfront building on the Eastern Shore. Their highly skilled teams are made up of local craftsmen and project managers who live and work on the Eastern Shore.

Focus's core expertise is in the comprehensive project management of their services. Each project, regardless of size, is assigned a dedicated team to budget, schedule, coordinate, and deliver all aspects of the complex building process. A background in civil engineering provides an adept bridge between the many disciplines that contribute to a highly appointed custom home.

Focus is committed to ensuring each client's building experience is both enjoyable and exceptional, and believes in the power and value of culture, relationships, and customer service. That culture permeates through all parties—clients, architects, landscape architects, interior designers, various consultants, engineers, vendors and Focus's internal team of project managers and carpenters.



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PRIVATE RETREAT

21 6th Avenue, Betterton, MD 21610

9+/- Acres | 2,800 sq. ft home | 2 detached metal shops

Nestled on 9+/- acres in Northern Kent County, Maryland, this private retreat boasts a serene private lake, a 2,800 sq. ft. home built in 2020, and two detached 3-bay metal shop buildings. The spacious home features a first-floor primary suite with a pondsides deck, a glass-enclosed porch overlooking the pool, and ample living and recreational space. Located at the end of Sixth Avenue in Betterton, "The Jewel of the Chesapeake," this property is perfect for full-time living or a weekend getaway, just a short drive from nearby towns and amenities. **Asking \$973,500.00**



Napley Green Farm is a historic 850-acre estate located near the mouth of Maryland's Chesapeake Bay on the Chester River, offering unmatched natural beauty, privacy, and recreational opportunities. Spanning seven miles of shoreline, the property is nestled between two noteworthy properties, providing a sanctuary for wildlife and a perfect blend of seclusion and accessibility. The estate includes a 5,600 sq. ft. farmhouse-style home with stunning water views, a historic 1800s log cabin, a tenant house, and various outbuildings. With 250 acres of fertile farmland, 400 acres of mature woodlands, and 165 acres of ecologically significant marshland, the property offers excellent hunting, fishing, and conservation potential. Conveniently located just two hours from major East Coast cities, Napley Green represents a rare opportunity to own one of the region's most storied and unique properties, ideal for family retreats, hunting, or agricultural pursuits. **Call for price and more details!**



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SUMMER CAMPS

20
25

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SHOULD
KNOW



Our region is rich with diverse summer camp options, but also a vast number of families, children, and teens to fill them up! So, parents must plan ahead and start the enrollment process now. Each February we put together our summer camp guide, which offers a sampling of options for education and athletic camps in our area. Check out more than a few of our favorites to help plan your summer!



Archbishop Spalding High School Athletic and Academic Camps

Location: 8080 New Cut Road Severn **Contact:** archbishop-spalding.org/campus-life/summer-camps **Ages:** Various Ages **Dates/Times:** Various Times **Cost:** Depending on Camp

Join Archbishop Spalding for an exciting summer of athletics and academics! From June through August, the school offers a variety of engaging camps. Visit the website to explore the full list and find the perfect camp for you.

Ballet Theatre of Maryland Summer Intensive 2025

Location: BTM Annex Studios – 1981 Moreland Parkway, Building 4, Bay 4-5, Annapolis **Contact:** Emily Carey, ecarey@balletmaryland.org; balletmaryland.org/summer-intensive **Ages:** Session 1 and 2- By Audition placement, Session 3 – Ages 8-12 **Dates/Times:** Session 1 - June 23-July 25, 9 a.m.-4 p.m., Session 2 - July 7-25, 9 a.m.-4 p.m., Session 3 – July 28-August 1, 9 a.m.-3 p.m. **Cost:** Session 1 - \$2,500, Session 2 - \$1,350, Session 3 - \$450

A summer dance intensive is an excellent opportunity to not only keep active during the summer but to learn new skills and grow both technically and artistically as dancers. Led by Artistic Director Nicole Kelsch, Conservatory Principal Emily Carey, and the BTM Conservatory faculty, students will be taught, rehearsed, and mentored by current or previous professional dancers. During both the 1-week and the 3/5-week intensives, students will take dance classes in ballet technique, pointe or pre/demi-pointe (as applicable), variations, partnering (as applicable), jazz, contemporary/modern, conditioning, and acting or musical theatre, as well as rehearsals for the Summer Showcase Performance.

Summer at the Creek

Location: Indian Creek School, Crownsville **Contact:** Bob Laffey, Director of Summer Programming, summer@indiancreekschool.org **Ages:** 3-16 **Dates/Times:** 6 weeks: June 16-July 25, 9 a.m. -3 p.m.; Before and after care available **Cost:** \$400-900

Indian Creek's Summer Program provides immersive adventures and memorable experiences for students ages 3-16. Offerings include sports, performing arts, and traditional day camps, academic courses, and more. Summer at Indian Creek is more than just fun. With intentional and deliberate conversations and celebrations of character, summer programming at ICS hopes to not only make smiles but build great people. The program takes place on Indian Creek's beautiful 114-acre wooded campus just minutes north of Annapolis, where campers have access to the School's wooded trails, performing arts spaces, classrooms, labs, and the Eagles Athletics Complex, including turf fields, the dome, courts, gym, and fitness center. Spend your summer at the Creek!

Summer at Key

Location: Key School, Annapolis **Contact:** keyschool.org/community/summeratkey **Ages:** 3.5 years to grade 12 **Dates/Times:** Varies by Camp **Cost:** Varies by Camp

Summer at Key offers over 150 camps for families to choose from. Some hands-on camps feature culinary arts, velocity adventures, handwork studios, and more.

Naval Academy Athletic Summer Camps

Location: U.S. Naval Academy, Annapolis **Contact:** 410-293-5845; navysports.com, click 'Camps' tab **Ages:** Varies by Camp **Dates/Times:** June through August **Cost:** Varies by Camp

Please visit website for information.

Peak Solutions Academy Summer Tutoring

Location: Online **Contact:** Jennifer Birdsell, Director of Student & Academic Services; peak-academicsolutions.com **Ages:** K-12 to College **Dates/Times:** Flexible, Online **Cost:** Varies

Camp Description: Students stay sharp, catch up, and get ahead while enjoying your planned summer activities and receiving personalized, flexible support from our expert online tutors and coaches. Travelers, practice and learn conversational Spanish and French with expert online language coaches.

Discover Summer at Rockbridge Academy

Location: Rockbridge Academy, 680 Evergreen Road, Crownsville **Contact:** Tim Stewart, tstewart@rockbridge.org **Ages:** 5-12 **Dates/Times:** June 2-August 1, 7:30 a.m. to 5 p.m. **Cost:** Half Day - \$160, Full Day - \$320

This summer has amazing things in store for our campers! The mission is to guide them toward Christ, build meaningful relationships, and create an environment where learning, fun, and outdoor play come together in exciting ways. Discover Summer Day Camp offers 6 weeks of full-day camp for students entering 1st through 6th grade. Each week is packed with themed activities, outdoor exploration, and playtime! Our camp is staffed by passionate teachers and members of the Rockbridge community who are dedicated to making this a summer to remember.

Summer Explorers at St. Anne's School of Annapolis

Location: 3112 Arundel on the Bay Road, Annapolis **Contact:** Tracy Edlich, Camp Director **Ages:** 3.5 to rising Kindergarten **Dates/Times:** 8 weeks - June 16 through August 8, 9 a.m. to 3 p.m., extended hours offered 8-9 a.m. and 3-5 p.m. **Cost:** \$385

The camp is for adventurers aged 3.5 to 5 years old and includes eight separate weeks of fun, themed explorations. Special "Expert Explorers" join us each week to help us dive further into the week's theme. We break out our water toys on Fun in the Sun Fridays for some extra splashin' around. Summer Explorers camp runs Monday through Friday with optional before and after care add-ons. Camp is \$385 per week and multi-week discounts are available. Please note that campers must be fully potty-trained to attend Summer Explorers camp with us, and while we provide a healthy, daily snack, we ask that campers bring their own water bottle and nut-free lunch.

Club SciKidz

Location: St. Martin's-in-the-Field: 375-A Benfield Road, Severna Park **Contact:** Andrea, 267-250-0172 and Matt, 443-561-400; sciencecamps@clubscikidzmd.com **Ages:** Pre-K-7th Grade (4-13) **Dates/Times:** June 16-August 1 (Weekly Offerings) **Cost:** \$369-394

Full-day, week-long science and technology camps for children in grades Pre-K-7th grade. Each week campers participate in twenty different hands-on activities and experiments related to the theme of their camp topic. Besides the four themed activities and experiments each day, campers have two 30-minute outdoor periods where they can play on the playground and join friends in playing a game. Club SciKidz believes that all children are scientists, and throughout the week, campers become even better scientists.

St. Mary's Summer Camps

Location: St. Mary's School in Downtown Annapolis **Contact:** Mr. Monte Jones: mjones@stmarysannapolis.org; stmarysannapolis.org/school/student-life/elementary-school/summer-camps **Ages:** Varies by Camp **Dates/Times:** Varies by Camp **Cost:** Varies by Camp



Visit the website in the coming weeks for more information. You do not have to be a student at St. Mary's School to join our summer camps. All are welcome!

Camp Summit

Location: The Summit School, 664 E Central Avenue, Edgewater **Contact:** Mary Anton; camp@thesummitschool.org **Ages:** Grades 1-8 **Dates/Times:** June 30 through July 25, 8:25 a.m. to 3:00 p.m. **Cost:** \$2,000-2,400

Students are grouped into small classes based on skill level to address their learning profile. Trained teachers use research-based methods and multisensory strategies to reinforce learning. Campers avoid learning loss while having fun and making new friends. Afternoon recreation offers a wide variety of fun activities for all campers.

Summer at Summit - Specialty Camps: EmPOWER Writing & Executive Functions

Location: The Summit School, 664 E Central Avenue, Edgewater **Contact:** Mary Anton; camp@thesummitschool.org **Ages:** Grades 6-9 **Dates/Times:** July 14 through 18 and 21 through 25 **Cost:** \$480/class

These week-long classes dive into writing and executive functions for students grades 6-9. For more information, please visit thesummitschool.org

Cherry Tree Young Writers' Conference

Location: Washington College, Chestertown **Contact:** washcoll.edu/admissions/visit/upcoming-events/summer-conferences.php#CTYWC **Ages:** High School Students **Dates/Times:** July 15 through 18 **Cost:** \$849

At the Cherry Tree Young Writers' Conference, students take intensive creative writing workshops with nationally renowned authors in one of three genres (poetry, fiction, or journalism), discuss literature with English

faculty, and attend professional readings and craft panels. They explore the world of literary internships and grants in publishing, writing, and editing. Additionally, they learn what it's like to work at college publications such as *Cherry Tree*, *Washington College's national literary journal*. We offer a number of merit, regional, and/or genre scholarships that cover the full cost of the conference.

Weekly Camps at St. Margaret's Day School

Location: St. Margaret's Day School, Annapolis **Contact:** Aleshia Marshall; smsdirector@outlook.com **Ages:** 3-6 **Dates/Times:** Week 1 - June 23rd-27th; Week 2 - July 7th-11th; Week 3 - July 14th - 18th; Week 4 - July 21st - July 25th; Week 5: July 28th - August 1st; Week 6: August 4th - 8th ; All camps 9 a.m. - 3 p.m. **Cost:** \$300

Week 1 - Disney Week; Week 2 - Dinosaur Week; Week 3 - Science Week; Week 4 - Animal Week; Week 5: Olympic Week; Week 6: Pirate Week

Holy Trinity Summer Camp

Location: 11902 Daisy Lane Glenn Dale, MD 20769 **Contact:** Ms. Becky Williams (301)464-3215 ext. 216 summercamp@htrinity.org **Ages:** Pre/K 4- 9th grade **Dates/Times:** Mon- Fri 9am-3pm daily: June 23- July 25 Pre/K4- Kindergarten; June 23- Aug 8 (2nd - 9th grade); June 23-Aug 1 (1st grade); Closed July 3-4 (Holiday) **Cost:** \$275- \$400

We're a full day camp. That offers both academic and recreational camps, ranging from Stem to outdoor adventures. We offer our current students the opportunity to engage in our Band program ahead of the school year. Come join us to see what we have to offer your Camper.

Pallotti Summer Camps 2025

Location: St. Vincent Pallotti High School | 113 St. Mary's Place, Laurel, MD 20707 **Contact:** Aneisha Felton, Summer Camp Coordinator | afelton@pallottihs.org **Ages:** 6-17 **Dates/Times:** 4 Weeks of Camps - Run from July 7th - August 1st; Week 1: July 7 - July 11; Week 2: July 14 - 18; Week 3: July 21 - July 25; Week 4: July 28 - August 1; Each week has Day Camps 9:00 AM - 3:00 PM, Evening Camps 2:00 PM - 5:00 PM & 5:00 PM - 8:00 PM **Cost:** \$225 per week for Day Camps, \$125 per week for Evening Camps

At Pallotti Summer Camps, we encourage personal growth in a caring and family-like atmosphere. We strive to empower children to discover new interests while making friends and lasting memories. There are 4 weeks of camps for various ages, skill levels, sports and interests.

Musical Theatre Summer Camp

Location: Mercy High School (Baltimore); Key School (Annapolis) **Contact:** musicalstages.org **Ages:** 6-15 **Cost:** \$550 **Dates:** Baltimore - July 7th - July 18th; Annapolis - July 21st - August 1st

The camp is taught by musical theater professionals. The campers are assigned to small groups by age, and take classes in singing, dancing, acting, costumes, and stagecraft. Learning age-appropriate songs from great Broadway shows, the campers are taught healthy vocal technique, develop poise and coordination through dance, explore acting skills and improvisational games, rehearse scenes, make their costumes, design and paint the backdrop.

Naptown Sings Music Camps

Location: 141 Gibraltar Ave, Annapolis **Contact:** naptownsings.com **Ages:** 3-11 **Cost:** \$355 per week **Dates:** June 16-20; June

23-27; June 30-July 4; July 7-11; July 14-18; July 21-25; July 28-August 1; August 4-8; August 4-11; August 18-22

Enjoy playing and learning ukulele and piano, world drumming, pop glee clubs, music exploration and more fun activities. Before and after care is available for campers.

Chesapeake Bay Foundation Eco-Camp

Location: Chesapeake Bay Foundation's Port Isobel Island Environmental Education Center, adjacent to the historic island community of Tangier, Virginia; Drop-off/pick-up at Somers Cove Marina, Crisfield **Contact:** cbf.org/ecocamp; 800-445-5572 **Ages:** Rising 6th, 7th, and 8th grade students **Cost:** \$1,000 per student **Dates:** July 14th-18th; August 11th-15th

Adventure into the heart of the Chesapeake during a five-day environmental education summer camp designed for middle school students and hosted at a CBF island education center. Join us this summer for Middle School Bay Eco-Camp, a weeklong learning adventure designed for students interested in the outdoors and the Bay's natural ecosystems. Eco-campers will create lasting memories with new friends, explore the outside world, and engage in physical, social, and educational activities.

Summer 2025 at Maryland Hall

Location: Maryland Hall, Annapolis **Contact:** marylandhall.org **Ages:** Varies by class **Cost:** Varies by class **Dates:** Varies by class

Maryland Hall has over 50 camps, classes, and workshops to choose from in art, dance, music, and theatre to fill your summer! Get your kids and teens involved in the arts with offerings in pottery, painting, dance and more.



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-Ken Metz

Home & Garden

82 TRANQUILITY NEAR TRIPPE CREEK

84 LOVELY THREE-ACRE EARNER

Dripping with Style

PG. 78

By Lisa J. Gotto

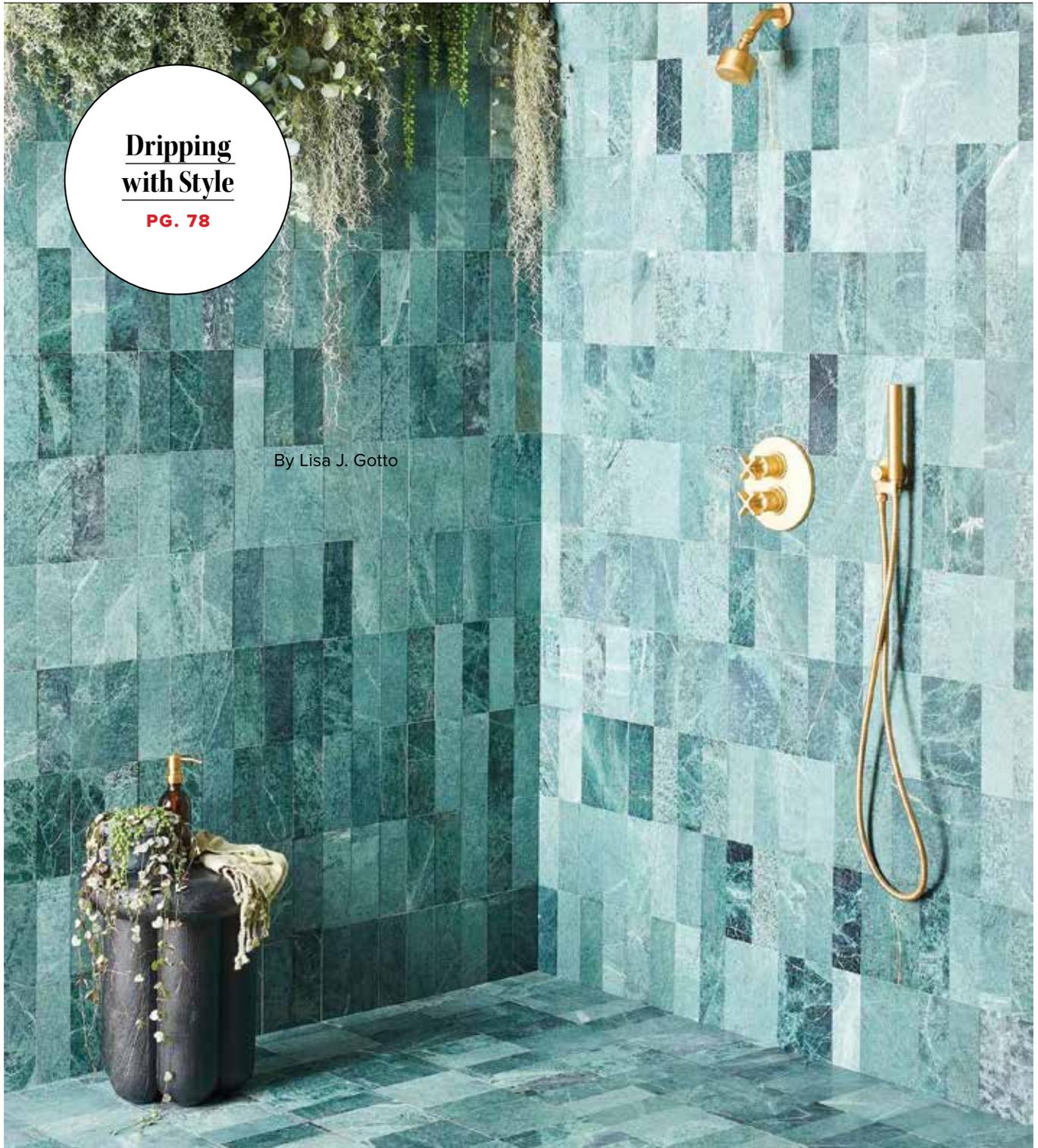


Photo courtesy of by Kitchen & Bath Design News



Handmade Tiles

How luxe does this look? For enhanced texture and eye-popping appeal, handmade tile is a character-rich cut above. These *Zellige* style tiles are made in Morocco and because they are hand-molded, glazed, and cut, like snowflakes, no two are exactly alike. These beauties come in glazed and unglazed styles and are now available in a variety of shapes. For sculpted texture, nothing beats handmade.



Photo courtesy of tileshop.com

Dripping with Style

YOUR GUIDE TO HIGH-END TILE DESIGN

By Lisa J. Gotto

While the bathroom may be the most utilitarian of the rooms we frequent in our homes, it clearly need not look that way. From spa vibes to high-end vintage modern, fine bathroom design has been refined over the last couple of decades inspiring with a wealth of rich details and top-of-line materials.

There's not a better way to define the character of a bath or powder room than using tile, and there are seemingly as many varieties as there as stars in the sky. Let's explore by breaking down the latest trends.

SOMETHING NEW TAKING SHAPE

Thinking outside the box, or square, as it were, has never been so dramatic! From every side and angle this bathroom makes an enduring artistic statement with its *hexagon-shaped* tiles displayed to engage and invigorate the senses. There's no rule that says you have to cover the entire room, as hexagons allow for a more creative permission structure. Trending now, are hexagonal designs in rich jewel tones and soothing shades of gray. These are from the HexArt Collection by Tile Bar.



Photo courtesy of Verona



Photo courtesy of tilishop.com

MARBLE ON MARBLE

For some homeowners, there is no more luxe a material than marble, and it remains popular despite the special care it requires to keep it in tip-top shape. The trend has this variety going dramatic and bold in its veining. This *Macchia Vecchia* slab of classic Italian tile is known for its soft and velvety bolt-like designs breaking through the cream stone with its accents of mellow ochre.



Photo courtesy of tilishop.com

Beauty in the Third Dimension

3-D tiles are quite the stand-out and another luxe option if you're a lover of texture. This vibe comes across as artistic with raised floral options creating an appealing take on the natural world. Fluted 3-D styles can be installed in various ways to convey elegance and charm through movement. You may need to exercise increased care when cleaning these styles by using a hand vacuum, duster, or broom to keep particles and dust from settling into its subtle surfaces.

Go Boldly Biophilic

The *biophilic* tile trend is one of the most popular out there right now. This design movement incorporates natural materials, colors, and textures to create a connection with nature inside your space. The popular palette here is fennel green and garden-centric which is sometimes accented with subtle aquatic shades.



Photo courtesy of Bert and May

THE MERMAID MAKES HER MARK

These iridescent *scallop-shaped tiles* channel the sensibility of a colorful mermaid at play. This scallop tile style has roots in the 1920s Art Deco era, which first popularized this pattern in interior design and its popularity continues to be appreciated on a global scale. These examples reflect light beautifully, creating a shimmering, jewel-toned effect and designing an accent wall with them can turn an underwhelming powder room into a conversation starter at your next dinner party.



Photo courtesy of Original Style

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Tranquility Near Trippe Creek

By Lisa J. Gotto

Beautifully re-imagined and updated, this 7,300-square-foot transitional style home offers sweet Trippe Creek views from nearly every room and will be a

great backdrop for memorable family gatherings.

A gorgeous lot dotted with willowy, tall trees provides this home with an idyllic setting and enhanced curb appeal. Just inside the front door the home opens to a light and airy, two-story foyer with an attractive staircase that winds up to the loft-like hallway above.

**Primary
Structure
Built:** 1967

Sold For
\$2,225,000

**Original
List Price:**
\$2,299,000

Bedrooms:
5

Baths: 4
Full, 2 Half

**Living
Space:**
7,344 Sq. Ft.

Lot Size:
2.03 acres

A light-filled and modern formal living room with handsome, dark hardwood floors transitions into the home's gorgeous family room with its feature wall of floor-to-ceiling windows, and an attractive fireplace and mantle become the prime place to gather for events and to watch the big game. An experience that is heightened by the tranquil views of nature provided by the creek.



The open-plan kitchen and dining room is a marvel for the epicurean, as it is outfitted with dark, rich hardwood, and graced with the light of large, picture windows on two sides. The 13-foot center island makes a stylish statement with its thick slab of quartz on top and seating around to accommodate eight people for breakfast. Its maple base contrasts beautifully with the white cabinet package. The room is efficiently outfitted with a huge, top-of-the-line, multi-burner gas stove in a rich blue enamel and offset by accents of copper in the lighting fixtures. The far wall sports a massive commercial grade refrigerator/freezer combo along with the convenience of an integrated wall oven, espresso machine, and wine fridge—a true foodie’s dream.



A light-filled sunroom on this level serves as an attractive home office with distracting creek views from its series of large picture windows. The level is also where the large primary bedroom with *en suite* bath is located. It boasts expansive views out to the creek and offers a sanctuary of a bathroom with its deep soaking tub, tranquil palette, and handsome dual vanities topped with quartz counters.

The home features four additional roomy bedrooms on the upper level; one, which is located off the loft area, was especially designed for gaming and streaming, offering the ultimate in versatile living spaces.

Outside, the property includes a unique golf drop zone with a mini putting green, and is a mere five-minute walk to all the amenities of the Talbot Country Club.



Listing Agent: Jennifer Chino, Sotheby’s International Realty, 537 Baltimore Annapolis Blvd., Severna Park, m. 443-494-9091, o. 443-906-3848, jennifer.chino@monumentsothebysrealty.com, monumentsothebysrealty.com **Buyers’**

Agent: Angela Hays, Sotheby’s International Realty, 537 Baltimore Annapolis Blvd., Severna Park, m. 301-792-5550, o. 443-906-3848, angela.hays@sothebysrealty.com, sothebysrealty.com



Lovely Three-Acre Earner

By Lisa J. Gotto

This three-acre property in St. Michaels is an amazing opportunity to live the quintessential Eastern Shore dream with its six-bedroom main house and three additional outbuildings, all on acreage ready to accommodate guests or, even, renters.

Located on a romantic cove, this waterfront property offers an exceptional layout with mature grounds and pretty landscaping including an in-ground waterside pool and many exceptional outdoor seating areas.

The main house has great old bones and has been wonderfully updated without losing its classic Eastern Shore patina. There's a charming brick

lined walk leading to this home's screen-doored entry, which conveys to a sunny living room. This room features gorgeous original hardwoods, and a classic beadboard and rafter ceiling above. A central stone front fireplace wall only adds to the charm.

A double cased entry leads to pretty dining room with wainscoting and other classic trim work. The adjoining country kitchen is all white, bright, and sunny. Attractive custom cabinetry, and stainless-steel appliances offer everything needed to feed the family. The lower level also features a classic sunroom with a nautical vibe that complements the feel of the rest of the home.

This home offers six nice-sized bedrooms, five on the upper level, along with a total of five full baths, and one half-bath.

The property includes a three-car garage with a second story that provides two luxury suites with large bedrooms, efficiency kitchens, and a balcony off the upper level.

Primary Structure Built: 1910

Sold For: \$2,800,000

Original List Price: \$3,250,000

Bedrooms: 10

Baths: 9 Full, 1 Half

Living Space: 5,393 Sq. Ft.

Lot Size: 3.10 acres





Another two-bedroom, two-bath guest house is located on the property adjacent to the waterfront. This space sports a charming stone-front fireplace in the living room, a cheery and charming enclosed porch perfect for *al fresco* dining, and an efficient country kitchen. The guest house has a convenient main floor bedroom, and a second bedroom with high ceilings on the second floor that opens to a charming terrace overlooking the water.

A lovely pool house near the outdoor entertaining area offers another great space to gather, relax, enjoy game night, or a meal in its open-plan living and dining combination space. This adorable dwelling also offers a convenient full bath.

The addition of a floating kayak dock makes this a truly unique family compound or extra-income earner with the bonus of gorgeous views down Long Haul Creek past the Miles River Yacht Club and out to the Miles River.

Listing Agent: Kate Koeppen, Chesapeake Bay Real Estate Plus, 108 N. Talbot St., m. 410-829-0705, o. 410-745-6702, katekoeppen@lovsmre.com, cbreplus.com **Buyers' Agent:** Dawn Lednum, Chesapeake Bay Real Estate Plus, 108 N. Talbot St., m. 410-829-3603, o. 410-745-6702, dawnlednum@gmail.com, cbreplus.com

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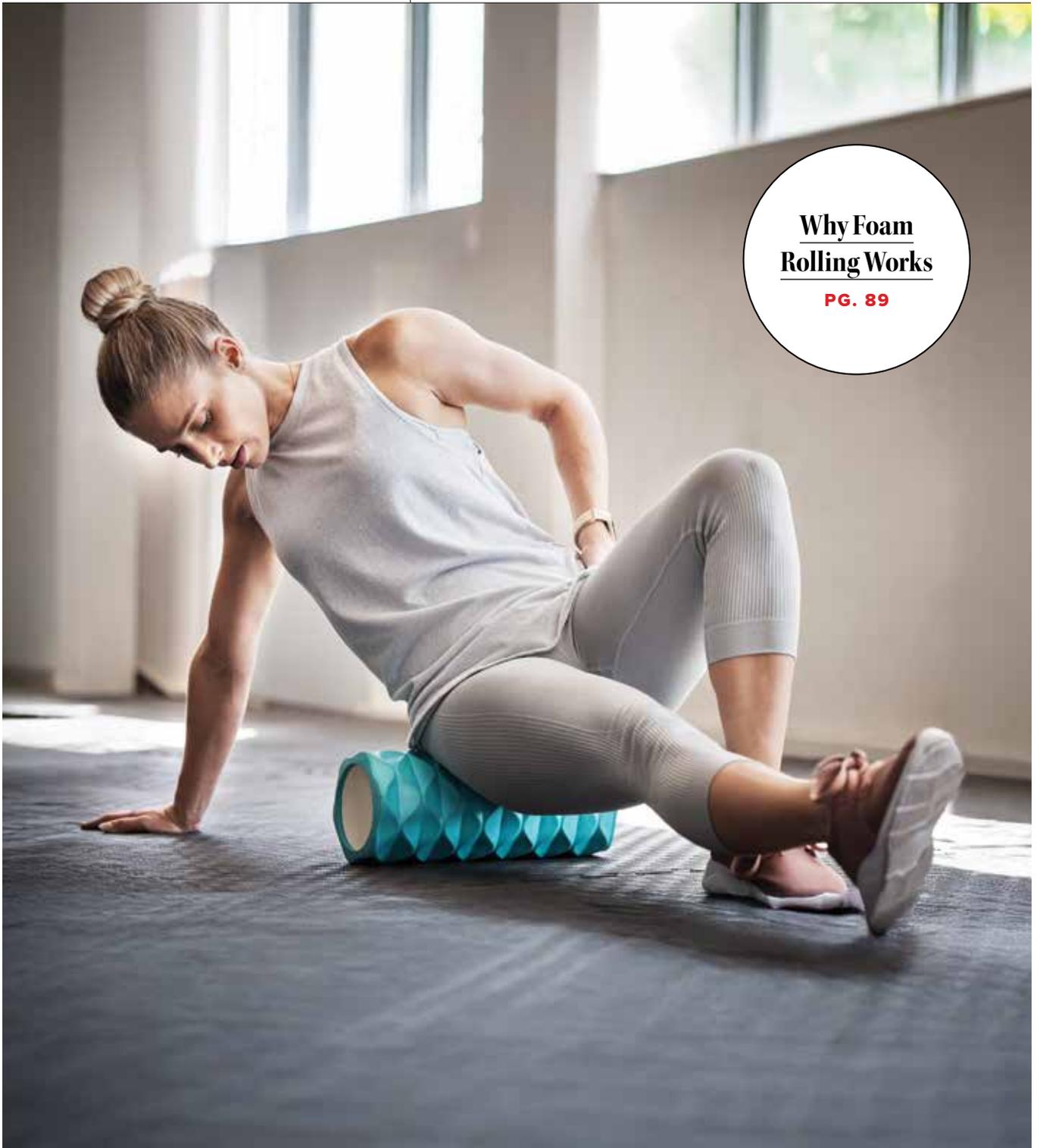
Health & Beauty

88 COLOR ME CONCERNED?

90 THE SCIENCE BEHIND RED LIGHT THERAPY

Why Foam
Rolling Works

PG. 89





Color Me Concerned?

ANSWERS TO YOUR QUESTIONS ABOUT ARTIFICIAL FOOD DYES

By Dylan Roche

Think of some of the more brightly colored foods you have in your pantry or your fridge, whether it's a fruit-flavored kid-favorite breakfast cereal or a condiment that's a few shades too bold to be natural. It's likely many of these processed foods get their bright colors from one of many artificial dyes. Although deemed safe by the Food & Drug Administration, artificial food dyes have become the target of state-level legislation and received renewed scrutiny based on research that links them to a range of health problems, from ADHD to cancer. But with all the buzz, it can be difficult to break it all down and look at the facts.

HERE'S A STRAIGHTFORWARD LOOK AT SOME OF THE BIG QUESTIONS YOU MIGHT HAVE ABOUT ARTIFICIAL FOOD DYES AND THEIR FATE IN FOOD PRODUCTION.

WHERE ARE THESE FOOD DYES BANNED? In fall 2024, California became the first state to pass a law saying any foods containing any of a specific list of food dyes—specifically Red 40, Yellow 5, Yellow 6, Blue 1, Blue 2, and Green 3—from being served in school cafeterias, effective 2028.

BUT THAT'S CALIFORNIA. WHAT ABOUT HERE IN MARYLAND? Maryland is one of several states following California's lead, with a bill currently in the state senate to ban Red 3, also known as Erythrosine. This petroleum-derived additive gives foods a cherry color and is found in more than 2,700 foods on the U.S. market. If Senate Bill 1136 were to pass the Maryland Senate, these foods could not be sold in Maryland as of October 2027 unless those manufacturers changed their recipes.

ARE FOOD DYES ACTUALLY THAT HARMFUL? The answer is complicated. These dyes have been approved by the Food & Drug Administration. Some consumer advocacy groups, such as the Center for Science in the Public Interest, say the research the FDA bases its approval on is outdated. Red 3, the artificial dye under scrutiny in Maryland, has been linked to neurobehavioral problems in some children. "Even the FDA in the 1990s recognized Red 3 as a thyroid carcinogen in animals and banned it from being used externally (for example, in makeup). And on January 15th, the FDA finally banned its use in food, effective for manufacturers beginning in 2027.

COULD THESE FOODS ACTUALLY BE BANNED? It's worth noting these state laws don't ban any foods—instead, they require the foods to be made without artificial dyes, just as they would be sold on most European markets. Natural dyes, such as carrot juice or beet juice, are frequently used as an alternative.

HOW HAS THE FDA RESPONDED? The FDA regularly reviews food additives. In response to consumer advocacy groups and state-level legislation, the FDA said it will conduct a post-market assessment of artificial dyes to determine whether data would support a decision to revoke their use. Only time will tell if other dyes will be retired from foods.



Why Foam Rolling Works

(AND HOW TO DO IT PROPERLY)

By Dylan Roche

Spend a little bit of time in a gym or a physical therapy office and you'll see plenty of people rolling a piece of dense foam along their muscles to help stretch or massage away any soreness. The idea of foam rolling almost might sound a little too simple to actually be believable, but there's a good reason so many people engage in foam rolling—it works.

Foam rolling is what's known as a **self-myofascial release** (SMR) technique. Yes, you can think of it as a self-applied massage. As with other forms of myofascial release, you can release tension by applying pressure to tight or sore spots on your muscles, which helps your muscles relax and (ultimately) function more efficiently.

Many people do foam rolling before workouts to warm up their muscles, after their workouts to improve blood flow and aid in recovery, or as

part of physical therapy to ease any discomfort in their muscles. It can also be helpful for people who have to deal with sedentari-ness, such as a desk job where they are sitting for prolonged periods of time.

Want to give foam rolling a try? If you're curious to experience this growing trend within the fitness and rehab circles, you can teach yourself a few basic massages. Make sure you start by choosing the roller that's right for you: If you're a beginner, you may want something that is slightly softer with a smooth surface; on the other hand, something denser with a textured surface could help you get a deeper-tissue massage and feel more intense relief.

As you roll, spend about a minute or two on each muscle group, allowing yourself to gradually build up tolerance for the amount of pressure you can withstand from the foam roller. As you can tolerate more, you can perform the massage for longer, use a denser foam, or find a roll with texture.

**HERE ARE
THREE MASSAGE
OPTIONS TO TARGET
YOUR CALVES,
HAMSTRINGS,
AND GLUTES:**

CALVES: Start on the floor with your legs extended and the foam roller placed under your calves. Lift your hips off the floor and let yourself move backward so the foam rolls from below your knee down to your ankle. Roll back to your starting position and repeat. If you want to increase the intensity, try crossing one of your legs over the other so you can roll one calf at a time.

HAMSTRINGS: Start on the floor with your legs extended and the foam roller under your thigh just above your knee. As with a calf massage, lift your hips and roll along the foam, allowing it to move from your knees to just below your glutes. Roll back to your starting position. By adjusting the angle of your leg, you can target different parts of your hamstring.

GLUTES: Begin by sitting on the foam roller on the floor. Cross one ankle over the opposite knee. Lean slightly to the side of whichever ankle you have crossed, allowing the foam to roll along your hip to your upper glute. Roll back to your starting position and repeat. Change crossed ankles and roll along the other side.

The Science Behind Red Light Therapy

By Dylan Roche

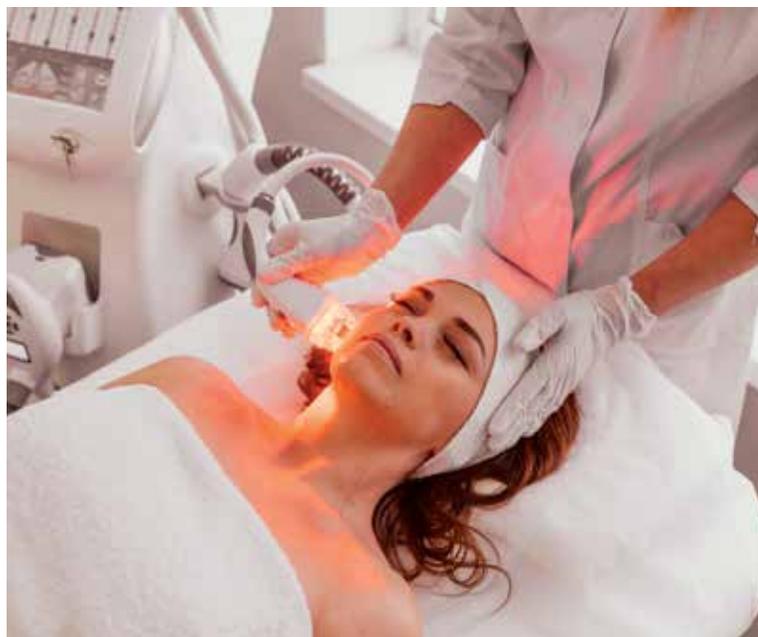
In most situations, our bodies can handle repairing or recovering from the usual wear and tear we go through in daily life. But sometimes our body's natural healing processes just aren't enough. In those situations, some health experts are hoping red light therapy can make up the difference.

Although research on the efficiency of red-light therapy is still limited, the idea is that this noninvasive treatment option can stimulate our body's cells to heal and repair. That means healthier skin with less redness, inflammation, acne, wrinkles, or other dermatological issues.

IN FACT, AS RED-LIGHT THERAPY BECOMES MORE MAINSTREAM, YOU MAY HEAR MORE ABOUT IT FROM DERMATOLOGISTS. HERE ARE FOUR FACTS ABOUT RED-LIGHT THERAPY YOU SHOULD KNOW:

1. THERE'S A SCIENTIFIC EXPLANATION BEHIND IT.

The Cleveland Clinic actually gives credit to NASA—yes, as in the National Aeronautics and Space Administration—for having started using red light therapy to grow plants in space. The idea is to use low-energy red or infrared light waves to stimulate our cells. When about 630–700 nanometers of light penetrate the skin, they stimulate the cells to start producing more energy. When cells produce this kind of energy more effectively, they can naturally repair skin and reduce inflammation.



2. IT COULD POTENTIALLY TREAT A VARIETY OF DERMATOLOGICAL ISSUES.

One of the most prominent ways these stimulated skin cells can change skin appearance is through collagen production. As skin cells start to produce more collagen, this boosts the skin's elasticity, which smooths out the appearance of the skin and reduces wrinkles. Plus, there's faster healing time, meaning that skin conditions like acne, eczema, psoriasis, and sun damage are less severe, and you're less likely to see scarring or stretch marks.

3. SOME EARLY RESEARCH SUPPORTS IT AS A TREATMENT OPTION.

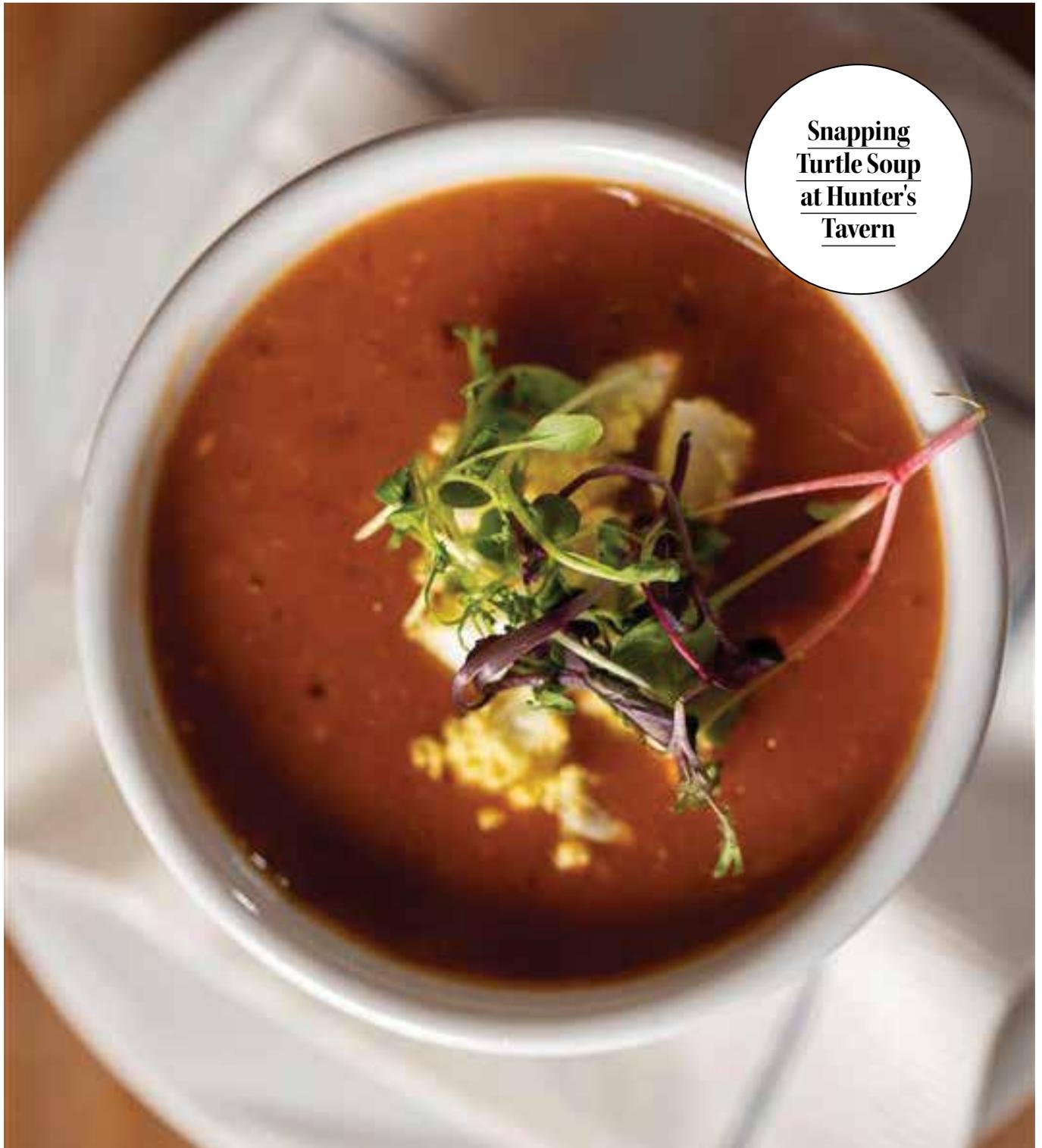
Nothing is conclusive yet, but small-scale studies have shown promise. The next step for researchers is to conduct larger studies with placebo controls. Right now, health experts see potential for red light treatment as an option, but acknowledge that it's still emerging and needs conclusive support.

4. AT-HOME OPTIONS EXIST, BUT PROFESSIONAL APPLICATION MAY BE MOST EFFECTIVE.

There are red-light wands and similar devices on the market you can buy for home use, but the American Academy of Dermatology Association emphasizes that red-light treatment performed by a dermatologist is going to have better results. Expect your dermatologist to use red-light therapy as a complementary treatment in tandem with other options like microneedling or chemical peels.

Food & Dining

92 READERS' DINING GUIDE



Snapping
Turtle Soup
at Hunter's
Tavern



Readers' Dining Guide



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

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

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

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

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

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

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

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

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

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

Libbey's Coastal Kitchen and Bar
 357 Pier One Road, Stevensville; 410-604-0999; 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

The Kentmorr Beach Bar and Grill
910 Kentmorr Road, Stevensville; 410-643-2263; thekentmorr.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; mrbsseafood.com \$\$ ● Seafood

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

Phat Daddy's BBQ
205 Spring Avenue, Chestertown; 443-282-0028; phatdaddybbq.com \$ ●

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

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

Red Eye's Dock Bar
428 Kent Narrow Way N, Grasonville; 410-304-2072; redehyesdb.com \$\$ ●●●● Seasonal

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

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

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

Talbot County

Anthony's Italian Restaurant
26342 Oxford Road, Oxford; 410-226-1118; anthonyoxford.com \$\$, ●●

Ava's Pizzeria & Wine Bar
409 Talbot Street, St. Michaels; 410-745-3081; avaspizzeria.com \$ ●●●

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

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

Blu Miles Seafood and Grill
305 Mulberry Street, St Michaels; 410-745-8079; theblumiles-restaurant.com \$\$ ●●●●

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

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

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

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

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

The Coffee Trappe
4016 Main 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 \$ ●

The Fool's Lantern and Taproom
310 South Talbot Street, St Michaels; 410-888-7379; thefoolslantern.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 \$\$ ●●

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

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

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

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

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

Momma Maria's Mediterranean Bistro and Bar
4021 Main Street, Trappe; 410-476-6266; mommariasbistro.com \$\$, ● Daily Breakfast

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

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

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

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

San Miguels
100 S Talbot Street, St Michaels; 410-745-8955; sanmiguel-md.com \$\$ ●●

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

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

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

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

Talbot St. Tavern
209 S Talbot St, St Michaels; 410-745-8005; Talbotsttavern.com \$\$, Full Bar, Live Music ●●

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; chesterriverseafood.com \$\$\$ ●● Seafood

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; fishhandwhistle.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; happychickenbakery.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; thejefas-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; carriagehousemd.com \$● Breakfast

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

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

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

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

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

Dorchester County

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

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

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

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

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

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

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

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

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

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

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

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

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

Paul's Pub
1200 Goodwill Ave, Cambridge; 410-901-1212; choptankbowling.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

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 \$●

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

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Where's Wilma?

FIND WILMA AND WIN!

With only 28 days in the month, February is shaping up to be quite busy for our fearless, flying mascot, Wilma. Though it's frigid outside, Wilma will surely be zipping to and from towns across the Chesapeake region, dropping in for some great shopping, dining, and services. 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 Sharon P. of Cambridge, who won a \$50 gift certificate to a local business.

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Yes, please! No, thanks

Entries must be received by February 28, 2025. Winner will receive a gift certificate to a local establishment and their name will appear in an upcoming issue of What's Up? Eastern Shore. **Mail entries to:** Where's Wilma? Eastern Shore, 900 Bestgate Road, Ste. 202, Annapolis, MD 21401 or fill out the form at whatsupmag.com/promotions.

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