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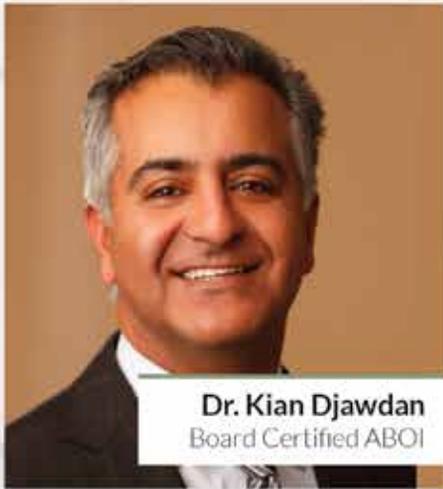


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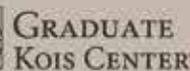
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*What's Up? Eastern Shore* online at [whatsupmag.com](http://whatsupmag.com). ♻️ Please recycle this magazine.



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## From the EDITOR



**W**elcome to the April edition of *What's Up? Eastern Shore*. We're just a couple weeks into the spring season and yet, I feel like I'm already in summer mode. At our offices, we've been busy preparing content months in advance for the magazines ahead. But...when I reviewed all the articles, columns, photography, and marketing packaged into this issue one last time before giving final approval of all files, it got me pretty darn excited for this month. Beyond the first few pages of awesome events coming up, we meet a few folks doing some amazing things for our community. And a couple of fun interviews with them reveal their magic and joie de vivre.

Then, our feature articles get into some very intriguing topics that are unique to our region. Skipjacks are still making history. Sailors are going green. Women are helping shape the future of farming. There are, like, 30-some super trends to sift through—for your home, for your body. About 75 industry pros listed in our Home Resource Guide. And nearly double that number of restaurants named in the dining guide (time to make our reservations for Easter brunch, and while we're at it, Mother's Day).

And, oh yeah, baseball season has officially begun. Go O's...and Nats, Baysox, Shorebirds! Have a wonderful April.





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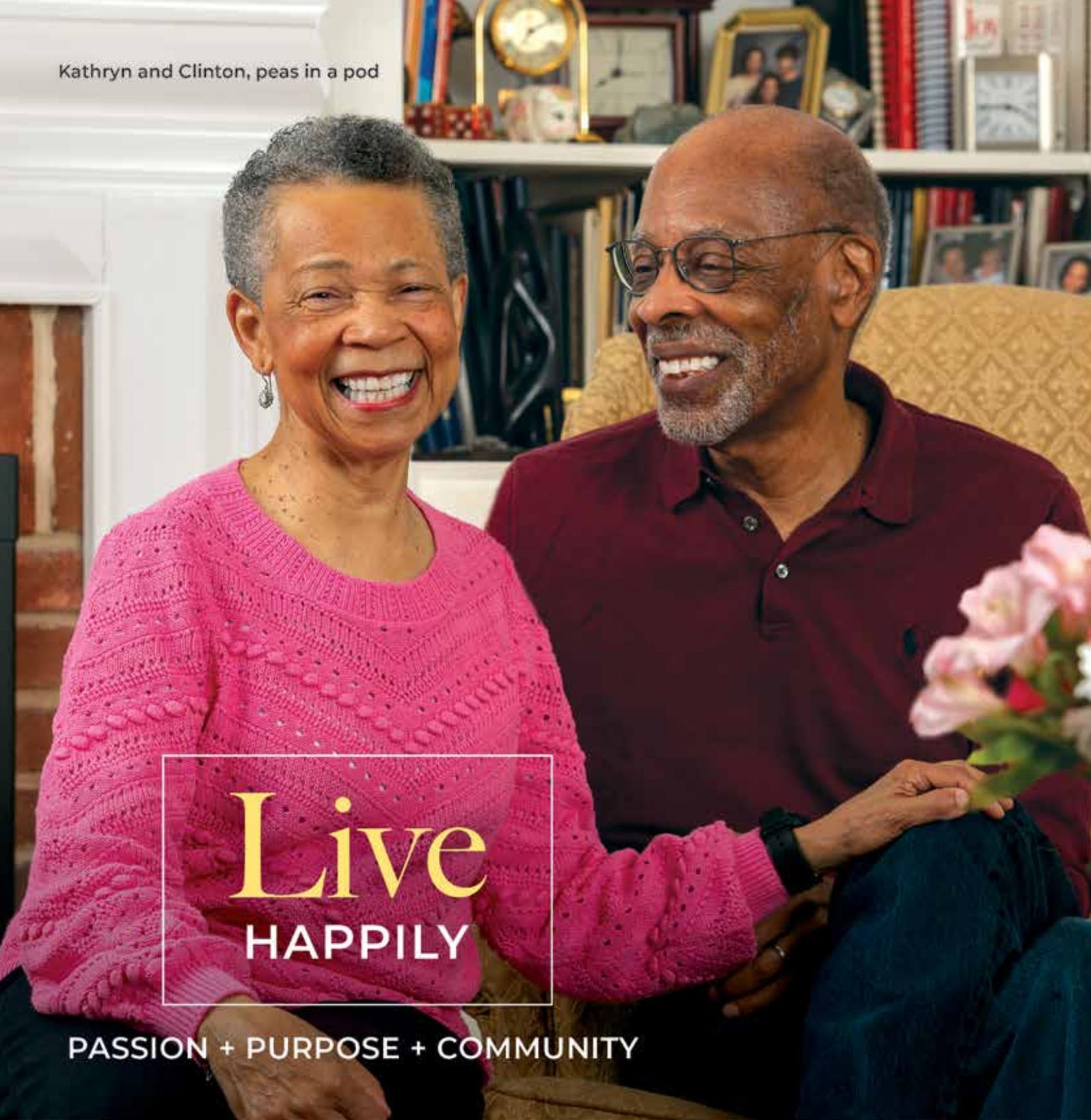
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## Bay Bridge Boat Show

**PG. 14**





**STATE OF THE RIVERS:  
SASSAFRAS & BAYSIDE CREEKS**

ShoreRiver’s State of the Rivers event will take place on April 22nd from 5:30 to 7 p.m. at Berterton Volunteer Fire Company. State of Rivers is a free presentation series held each spring to inform the public about the current state of our Eastern Shore waterways. This event will focus on the Sassafras & Bayside Creeks. Register for this event and find more information about the series at shorerivers.org.

**TALBOT DAY**

On April 19, 1983, the Talbot County Council officially declared April 25th as the county’s birthday. In 2023, the Council reignited this tradition by proclaiming Talbot Day, an annual celebration of Talbot County’s rich history, diverse community, and remarkable citizens. This year’s Talbot Day 2025 embraces the theme “Talbot Through Time,” inviting residents to explore the county’s past and present through historical exhibits, interactive activities, and community recognition, culminating in a birthday celebration around the courthouse in Easton on April 25th. The celebration will feature live music, local entertainment, and a special birthday cake, bringing the community together to honor Talbot County’s heritage and future. More information can be found at talbotcountymd.gov/talbotday.



**Bay Bridge Boat Show**

Climb aboard a wide array of powerboats of every style and size from fishing boats and trawlers to pontoon boats and luxury cruisers at the Bay Bridge Boat Show on April 11th through 13th. There will be food and beer stations, live entertainment, shopping, and more, all at the Safe Harbor Narrows Point marina in Grasonville. Get tickets and find more information at annapolisboatshows.com.



## Easton's Annual Easter Egg Hunt

Celebrate Spring with Easton's Annual Easter Egg Hunt on the morning of April 19th. Thousands of eggs will be spread out on the Talbot County Courthouse grounds. The Easter Bunny will arrive via fire truck for children to pose with before and after the hunt. The hunt will start at 10:15 a.m. for infants to 4-year-olds, and start at 10:30 a.m. from children ages 5-10. Find more information at [discovereaston.com](http://discovereaston.com).



## EASTERN SHORE SEA GLASS & COASTAL ARTS FESTIVAL

The Chesapeake Bay Maritime Museum in St. Michaels will kick off its festival season by hosting the Eastern Shore Sea Glass & Coastal Arts Festival on the weekend of April 12-13. The popular celebration of all-things sea glass will feature a large selection of sea glass goods and one-of-a-kind treasures from nearly 100 visiting artisans and vendors spread across CBMM's waterfront campus. Also enjoy food and drinks, live music on two stages, and more. Buy tickets and learn more at [cbmm.org/SeaGlassFestival](http://cbmm.org/SeaGlassFestival).

# SPRING!



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## Lip Sync Battle 2025

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# Arts



## Spring Group Show

**Troika Gallery, Easton; Troikagallery.com;**  
**April 4th through May 31st**

An annual presentation of the many artists that have called Troika Gallery home. Since 1997, Troika Gallery has operated on the Eastern Shore. Whether you are an art collector, art lover, or an art browser, you will enjoy this exhibition. Professional artist and owner Laura Era, and Gallery Manager Peg Fitzgerald, welcome your visit to browse the collections. Image credit: *Hydrangeas and Oranges* by Jeanette LeGrue.

## Crocetta & Hostetler: Between the Sky and Sea

**Massoni Art, Chestertown;**  
**Massoniart.com; Through April 27th**

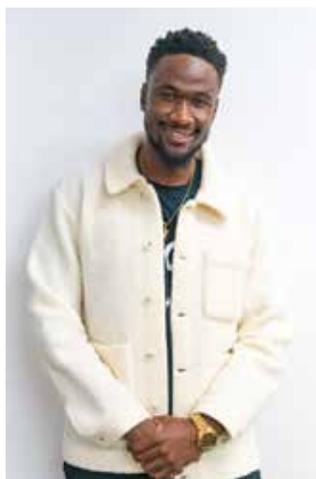
This collaborative installation explores the profound connection between oceans and migrating birds—a symbiotic relationship that underscores the delicate balance of our planet's ecosystems. The ocean is vital to life on Earth, and migratory seabirds are essential to the health of the environment and marine ecosystems. The dynamic arrangement of Susan Hostetler's sculpted birds and Jacqui Crocetta's ocean paintings aims to celebrate the fragility, beauty, and interdependence of migratory birds and the ocean, while advocating for their protection.



## Reflecting

**Maryland Federation of Art, Circle Gallery,**  
**Annapolis; Mdfedart.com; Through April 26th**

Reflections can appear in many different forms. They can be both literal or metaphorical. Reflections found in shop windows, still ponds, or on faces in mirrors can surprise and delight. The physical nature of light reflects changes in appearances and reveals unexpected sensations. Reflections can also be internal; emotional, cerebral, or spiritual. Maryland Federation of Art (MFA) asked artists to show what reflecting means to them. The exhibit features juried, original 2D or 3D artwork. Image credit: *Chasing Birds No.5* by Nancy Cloonan, from Reflections 2024.



## Sacred Spaces

**Banneker-Douglass-Tubman Museum,**  
**Annapolis; Bdmuseum.maryland.gov;**  
**Through December 25th**

The Banneker-Douglass-Tubman Museum proudly presents "Sacred Spaces," a solo exhibition showcasing the work of Jabari Jefferson (pictured), curated by Martina Dodd, Curator of Collections & Exhibitions. This exhibition will debut never-before-seen works on canvas, striking sculptures, and a large-scale community installation created in collaboration with local Annapolis students and residents. Through his innovative approach to oil paint, mixed media, and augmented reality, Jefferson masterfully transforms salvaged materials, including textiles, books, soil, and clothing, into provocative artworks that challenge our notions of value and disposability.

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# Let's Go! Music Festival

**FEST FOUNDERS CHRIS HARTMAN AND LIZ RAWLINGS CELEBRATE FIVE YEARS OF BRINGING THIS UNIQUE LIVE MUSIC EXPERIENCE TO THE COMMUNITY**

By James Houck

**S**haring in the groove could be the credo that drives brother/sister Chris Hartman and Liz Rawlings in their, now, five-year quest producing Let's Go! Music Festival. The founders/producers of the widely popular weekend festival are fans of multiple music genres. And they credit their lifelong passion for chasing great concerts as the impetus for developing a festival in their own backyard, so to speak, that offers an interactive, family-friendly live music experience.

Held at Anne Arundel County Fairgrounds in Crownsville, Maryland, Let's Go! Music Festival—held June 6th and 7th—will see more than 15 national and local bands perform across two



stages, headlined by Young the Giant (Friday) and Third Eye Blind (Saturday). With a nod to contemporary and nostalgic acts, this year's festival leans toward a rock lineup. But that wasn't always the case, as we learn in our interview with Hartman and Rawlings.

**How did you brainstorm this year's lineup, then pursue the talent and land the contracts?** Chris Hartman: It's like an NFL draft board—planning between bands, dates, routing, and who's coming through (the area). There are bands that want to play for us, but they're starting their tour out in California, so that's a "no." You've got a list of everybody that you think you're going to get, and then...

Liz Rawlings: We try to listen to what people want and build a cohesive festival. Some years it's indie, some years it's punk pop. Some years it's rock. Some years it's a blend of all of it.

Hartman: The festival celebrates music across the board. We did country (in 2022) and that didn't quite pan out, but indie rock has been doing well. Liz and I have wanted Third Eye Blind for three years now. We've been asking and asking, and finally they said yes. So now, we start building the show around them. And you walk it backwards.

Rawlings: We try to bring in big names and rising acts. Last year, Almost Monday was on our second stage, but two months ago they had a number one hit. So, they were at Let's Go! last year, and now they're all over the radio waves and a big act.

**It must be fun to bring in these national acts and have them see our little neck of the woods.** Rawlings: They love coming here. They usually hit the major markets like D.C. or Baltimore. Knowing that this also exists just 25 minutes down the road has been quite positive for our area, for the artists, too. They think Annapolis is wonderful. It's been fun talking about our town and showcasing everything local.

**And they're getting a chance to actually interact with a lot of local artists.** Rawlings: It's awesome. One year we dedicated our second stage to all local artists. We want to really amplify and



Chris Hartman and Liz Rawlings

showcase our local talent. Our area is rich with music. So, we want to show our appreciation for everybody that is in the music area, here.

**And you're bringing in premium and local vendors.** Rawlings: We are. And it has to be the right fit for everybody—the right menus, the right vendors. We'd love to bring everybody in, but we try to make sure they all complement each other and don't compete against each other.

Hartman: We spread the love. If we don't use one vendor this year, we'll give them a shot next year. Some have been with us from the beginning. But we try to spread it around, so that everybody gets a piece of this.

Rawlings: We try to create an intimate experience. You can see the stage from the food vendors.

**What excites you about the Let's Go! live experience?** Hartman: We've introduced the Ospreys Nest, which is like a crow's nest above the soundboard. It features the best sound. So, if you're a true rock and roll fan, we're going to let you go down the front and then up the chute, which is pretty cool. You've got thousands of fans on both sides, and then you get up the stairwell and you're looking down directly upon the stage. But I think what makes it magical is, for example, Gavin Rossdale (of Bush) ran up there and started singing last year. He did that on his own.

Rawlings: We're putting on a big party and we love to do this. We want people to be happy and have a good time. When everybody is there and enjoying themselves, that makes us happy.

Hartman: What charges up me, and I know this does for Liz, too, is the family experience. We've seen fathers, sons, and grandsons out there together, and you can't put a price tag on that.

FOR THE FULL LINEUP AND DETAILS ABOUT THIS YEAR'S LET'S GO! MUSIC FESTIVAL, VISIT [LETSGOFEST.COM](http://LETSGOFEST.COM).

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# Spring Baseball Preview

By Tyler Ingle

# N

othing shouts “Spring!” quite like enjoying the “old ball game.” America’s pastime offers fans a ride of emotions. With the Baltimore Orioles at the forefront of many MLB playoff discussions,

the Nationals looking to build on past success, and local minor league affiliates playing well, let’s take a deeper dive into the organizations.

Finishing last season with a 71-91 record, the **Washington Nationals** are hoping to return to the glory days of 2019 when the team won the World Series. One notable offseason pickup is Nathaniel Lowe, a 2023 Gold Glove winner and first baseman, acquired from the Texas Rangers. Coupled with the youngster CJ Abrams, the Nats’ leader in extra-base hits last year with 55, the infield is starting to shape up. Josh Bell will lean on his veteran expertise in the locker room, helping guide the young roster, such as the outfield trio of James Wood, Jacob Young, and Dylan Crews. Returning from a long injury is Stone Garrett whose versatility will allow for fielding and hitting prowess. Turning to the mound, the Nationals will hope for another strong year from MacKenzie Gore who posted a 3.90 ERA last season while allowing only seven runs in his final 40.2 innings. While the team is still in its’ rebuilding era, there is plenty of hope for the future. The Nats open MLB play on March 27th at Nationals Park, facing off against the Philadelphia Phillies, set for a 4:05 pm first pitch. Full schedule at [mlb.com/nationals](http://mlb.com/nationals).

Playing in Camden Yards for the organization’s 125th season, the **Baltimore Orioles** will look to build on recent success. Going 91-71 in the 2024 campaign earned the team a wildcard playoff berth. Although a slight dip from the 2023 season win percentage of .623, the .562 win percentage last season ranks as one of the highest in the last decade plus.

Félix Bautista, the 2023 All-Star closing pitcher, is set to make his return this season after under-



going Tommy John surgery last October. Bautista and Yennier Cano, another ’23 All-Star pitcher, will anchor the closing pitching. Grayson Rodriguez, who returns from a strained lat injury, newly-signed Tomoyuki Sugano and Charlie Morton, plus Zach Eflin and Dean Kremer shape the O’s starting rotation.

Behind the plate, two-time All-Star Adley Rutschman hopes to bounce back after a batting slump in the tail end of last season. Also looking to make improvements is youngster Jackson Holliday. Holliday says he’s “building off the swing that I had success with at the end of the year, and it feels really good right now.” Holliday also says he gained about 10 pounds of muscle in the offseason.

Two-time Gold Glove finalist Ryan Mountcastle returns at first base with Cedric Mullins returning to center field, among other notable veterans. High on the list of O’s prospects is Samuel Basallo, a soon-to-be 21-year-old catcher who played 127 games in the minors, hitting 19 homeruns.

Camden Yards will see a shift in field size with the left field fence moving back in, after being expanded before the ’22 season. The team opens the ’25 season at the Toronto Blue Jays for a four-game series beginning March 27th, before returning to Baltimore for a March 31st home opener against the Boston Red Sox. Visit [mlb.com/orioles](http://mlb.com/orioles) for full details.

Meanwhile, the Orioles Double-A affiliate had a busy offseason, undergoing a rebrand. The former Bowie Baysox team is now the **Chesapeake Baysox** and will don a new logo and uniforms, while remaining at Prince George’s Stadium. Finishing second from the bottom last year in the Eastern League Southwest Conference, the Baysox will look to improve. Alex Pham posted the best win-loss record of starting pitchers last year, at 7-4 with a 4.24 ERA. The 25-year-old hopes to build on that success. Accompanying Pham in the bullpen will be Dylan Heid, whose 1.69 ERA through eight games was the strongest on the team. Last year’s go-to catcher, Samuel Basallo, has been called up to the Orioles for spring training and a possible roster spot. Frederick Benscome, who at age 23, took

the most at-bats last year, will return to the infield. With 2024 standouts Jud Fabian and Dylan Beavers both attending spring training with the Orioles, manager Roberto Mercado will look to Enrique Bradfield Jr., Reed Trimble, and Douglas Hodo to fill in the outfield gaps. The Baysox will open the 2025 MiLB season on the road against the Altoona Curve for a three-game stint, starting April 4th, before returning home to take on the Erie SeaWolves, set for a 6:35 pm start on April 8th. Learn more at [milb.com/Chesapeake](http://milb.com/Chesapeake).

The **Aberdeen Ironbirds**, Baltimore's High-A affiliate, saw an off-season shift as well. Attain Sports, current owners of the Baysox, took over majority ownership of the Ironbirds. With a majority of the roster changing during the offseason, the 2025 season will be a new chance to set the standard in Aberdeen. Finishing third from the bottom last season and posting a .508-win percentage from 67 wins and 65 losses, there was a slight dip from the .512 win percentage in 2023. Leidos Field at Ripken Stadium will open to fans on April 4th as the Ironbirds begin the season at 7:05 pm against the Hub City Spartanburgers. Learn more at [milb.com/Aberdeen](http://milb.com/Aberdeen).

Rounding out the Orioles local affiliates, **Delmarva Shorebirds** play Single-A ball. In what was deemed a "developmental year" last season, the team went 53-78 in the Carolina League North conference. Fans will hope for another big year from Edwin Amparo, a late-season signing, and Elis Cuevas who helped the birds to a 14-13 record in the last month of the season. The Shorebirds will open the season on the road against the Salem Red Sox before returning home for a six-game stretch against the Fayetteville Woodpeckers, beginning on April 8th at 7:05 pm. Plan ahead by visiting [milb.com/Delmarva](http://milb.com/Delmarva).

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## **GROUNDBREAKING FOR NEW FIREFIGHTER TRAINING CAMPUS**

Friends of the Easton Volunteer Fire Department (EVFD) recently held a groundbreaking ceremony for the A. James Clark Emergency Services Training Campus in Easton. The state-of-the-art training campus will serve the town of Easton, fire departments, emergency service personnel, law enforcement, and paramedics in Talbot County. The county has over 600 first responders who will train and respond together because of this new training campus. Brett Whitehead, Master of Ceremonies and Co-Chairman of the EVFD Emergency Services Training Campus campaign, welcomed guests including several representatives from the Easton Volunteer Fire Department. “Not only will this facility be a state-of-the-art facility where each of these groups can hone their skills, but it also allows us to all hone our skills together, and that’s the magic about what we’re trying to get done,” Whitehead remarked. For further information or to donate to the Friends of the EVFD Public Safety Capital Campaign for its Emergency Services Training Campus in Easton, Maryland, contact Brett Whitehead at 302-236-6249 or by email at [whitenj20@gmail.com](mailto:whitenj20@gmail.com).



## **HISTORIC HOTELS OF AMERICA INDUCTS THE OAKS**

The Oaks Waterfront Hotel in Easton has been inducted into Historic Hotels of America®, the official program of the National Trust for Historic Preservation for recognizing, celebrating, and promoting the finest historic hotels in the United States. The Oaks Waterfront Hotel is one of more than 300 hotels and resorts throughout the country that is recognized by Historic Hotels of America for preserving and maintaining its historic integrity, architecture, and ambiance. “Historic Hotels of America is delighted to induct The Oaks Waterfront Hotel, a colonial revival hotel built in 1902,” said Lawrence Horwitz, Executive Vice President of Historic Hotels of America and Historic Hotels Worldwide. “We commend The Oaks Waterfront Hotel team for their careful historic preservation work, stewardship, and vision that will allow future generations of travelers to experience this unique historic destination.” For more information, please visit [HistoricHotels.org](http://HistoricHotels.org) and [the-oaks.com](http://the-oaks.com).

## **Kent Chamber Names “Organization of the Year”**

Kent Shore Community Outreach Team (SCOT) has been honored by the Kent County Chamber of Commerce as recipients of its Community Excellence Award—2025 Organization of the Year. Kent SCOT is a population health initiative of University of Maryland Shore Regional Health, a member organization of the University of Maryland Medical System. Presented at the Kent County Chamber’s annual meeting at the Chester River Yacht Club, the award recognizes the outstanding community service and contributions of SCOT members Emily Welsh, MSN, RN, nurse coordinator; social worker Michelle Matthews, LCSW-C; and community health advocates Amanda Webster, CCHW, and Serenity Kelly, CCHW. The award is designed to highlight a nonprofit or community organization that has “significantly enhanced the quality of life for Kent County residents through exemplary effort that contributes to the overall well-being and vitality of the community.” Congratulations! Learn more at [umms.org/shore](http://umms.org/shore).





## Dorman Celebrates 10 Years Leading For All Seasons

Congratulations to Beth Anne Dorman, President/CEO of For All Seasons, who recently celebrated 10 years at the organization's helm. Since its founding in 1986 to provide mental health and rape crisis services to the Mid-Shore, the agency has grown to be a \$9.9 million nonprofit, transforming its work culture, and sustaining the agency's vision to serve anyone regardless of ability to pay. "What has been accomplished with Beth Anne's leadership is remarkable," comments Richard Marks, Founder of Dock Street Foundation. "What has happened in this community is a greater degree of understanding of how mental illness affects all of us. For All Seasons can now provide all the support that is needed when someone needs a place to go, and families need support on the Eastern Shore." "We could not do what we do without our grantors and donors. They have stood alongside us at critical junctures in the last ten years. We have tremendous support from the community and without that, we would not be able to meet the growing mental health needs," Dorman added. A video on Beth Anne Dorman's 10th anniversary with For All Seasons can be seen through this link: <https://bit.ly/BethAnne10yr>.

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## Wedding Expo

On February 16th, What's Up? Media hosted its annual Wedding Expo at The Graduate Annapolis. Sponsored by Arthur Murray Dance Center, brides and grooms-to-be enjoyed cake and ice cream tastings, beauty makeovers, fun giveaways, and meeting vendors to help plan the perfect wedding. Wedding gowns from Champagne Taste Bridal were modeled, with hair and make-up provided by Blush Hair Studio Salon.



## Expert of the Month



Ross Benincasa

**Ross Benincasa**

**Senior Vice President of Community Development  
Chesapeake Community Development**

**R**oss Benincasa has more than 11 years of experience in community development working on creative and collaborative projects that address community needs and combine access to resources, services, housing, and community spaces. He plays an integral role in partnering with leaders and communities by managing real estate development projects and leading a team of professionals dedicated to creating affordable and accessible housing in inclusive communities.

### **What is your vision for inclusive community development?**

Our vision is to create communities where everyone, including people with disabilities, is welcomed, included, and empowered. This extends beyond supporting individual people; it's about reimagining neighborhoods, cities, and towns as inclusive places that reflect the diversity and strength of everyone. Our new development, Easton Crossing, clearly demonstrates this. The project is the next step in our vision for inclusive communities—combining housing for people with disabilities, affordable housing, and market-rate housing, all of which coexist around community-wide amenities.

### **How are you reimagining affordable housing through your development practices?**

People often carry assumptions about affordable housing. But we have shown that housing can be affordable and beautiful. People

are genuinely surprised when I show them our affordable housing units, and they see the quality of the finishes. By incorporating energy-efficient appliances, modern design elements, and desirable amenities into our projects, we not only enhance the living experience but also save costs over time—for us and the tenants.

When we talk about affordable and market-rate housing coexisting, it's about equality and equity. Unless I point it out, you wouldn't know whether a unit is market rate or meant for a family transitioning out of homelessness. It's a fantastic opportunity to challenge people to think differently about what people throughout the community want, need, and deserve.

### **What sets your work apart?**

We want to be an active, valued member of the communities where we work. This commitment keeps us aligned with our mission-driven focus of making Maryland a better place to live by building and maintaining communities where everyone has access to resources and opportunities. People with disabilities—and everyone—deserve thoughtfully designed spaces to live, work, and connect. By balancing design and accessibility, we reaffirm each resident's values as an integral member of our community.

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# Meet Washington Wizards' Bub Carrington

By Tom Worgo

**P**laying close to home brings extra pressure to Washington Wizards' rookie guard Carlton "Bub" Carrington. He grew up in West Baltimore and played high school basketball at St. Frances Academy in the eastern part of the city.

Carrington received about 150 ticket requests from family and friends for Washington's home opener in late October against the defending NBA champion Boston Celtics. Being the local celebrity puts him in the spotlight more than other Wizards' players.

Yet the 19-year-old Carrington won't complain. Clearly, the pros outweigh the cons. "You can say it's easily the ideal situation," Carrington says.

Carrington's playing time contributes heavily to his description. He started 12 of Washington's first 18 games before settling into a top reserve role. Carrington gave a glimpse of his potential by scoring 18 points in a mid-November loss to the New York Knicks. His season high of 23 points came in an early-February game versus Atlanta.

The Wizards think very highly of the 6-foot-4, 190-pounder who was picked 14th overall in the 2024 NBA Draft. He was the youngest prospect in the class at 18 and left the University of Pittsburgh after one season to go professional.

"He is really getting a lot of great experience—extended minutes," Washington point guard and star player Jordan Poole says. "And growing every single day. He can lean on me. He is asking all the right questions."

Carrington left Pittsburgh after a stellar 2023–2024 season. As the youngest player in the



Atlantic Coast Conference, he averaged 13.8 points, 5.2 rebounds, and 4.1 assists per game. Carrington holds the program record for most minutes played by a freshman (1,986) and most three pointers in a game (7). He committed to Pittsburgh in 2023 while at St. Frances, where he scored more than 2,000 points and played football and baseball.

**Since you're from Baltimore, what does it mean to play for the Washington Wizards?** It means a lot since I can play so close to home for myself, my family, and the city. They have shown great support over the years. That makes a big difference.

**How do you feel emotionally when you have all those supporters in the crowd?** I really feel some good things. I am blessed to have such a good support system. I have people that really want to see me win. They want to see me do well in this league. It really does take a lot of pressure off me.

**You went home before the season began to mentor at a camp that you attended since you were in elementary school. Why did you return?** I just wanted to give back. The kids are putting in the same work I did at that camp. I did the same drills, and I am blessed that I had opportunities to get where I am now. I wanted to show those kids that they can be in the same position coming from the same place that I did.

**Throughout your career, so far, who has had the biggest impact on you?** Carmelo Anthony. He has been a real mentor for me. He had a great NBA career [10-time All-Star, 19 years]. I have talked to him a lot this year. He gave me a lot of good advice on making the transition from college to the pros.

**Is Jordan Poole a good role model for you? What have you learned from him?** Jordan has been nothing but amazing to me, honestly. He is always giving me input and trying to help me do the right things and the best things. He always wants to see you succeed. My biggest take away from him is how he thinks about the game. He is always a few steps ahead. Not the next offensive play or the next defensive possession. He is thinking about what could happen three possessions from now.

**You have received quality minutes from the start of the season. You must like your role with the team and the fact that you have been playing with top-10 first-round picks Bilal Coulibaly and Alex Sarr?** It was also an ideal situation for me just to get drafted. No matter where that was. I am happy just to find a spot here in D.C. One of the jobs we want to do here is change the culture and win games. We can grow together, and we plan to. We have a good relationship, and we are building that knowing we could be here for a long time. That's the main thing. We want to maintain that. We are good friends. We play video games and shop together. We seek each other on and off the court.



**What has been the biggest challenge as a pro?** What has surprised you the most? Sleep has been a challenge. We have a lot of long nights. You must find a way to keep that at its highest level. That's probably been the hardest thing I have had to learn. What has surprised me is how much they feed you. I am never hungry (laughing). Everywhere. On the plane, hotels, the arena, and practice facility. They make sure you are fed. They want you to maintain weight because you lose a lot playing 82 games.

**What would you say is the most overlooked part of your game?** My defense is underrated. I can really guard players. I think that is one of my strengths. I am not a flash in the pan. I can steal and prevent people from scoring.

**At Pittsburgh, what was your biggest take-away playing there?** I learned the game from a different perspective. In high school, I just got the ball and scored. I didn't have to think too much. In college, I really had to think about the game. I am going against a player who can really shoot the ball and another who plays great defense. I had a lot of different roles and learned how to use the court in a lot of different ways. That is something I really had to work on to prepare me for the pros.

BY

*Ellen Moyer*



# SKIPJACKS

## *of the Bay*

**A**t the turn of the 20th century there were 2,000 skipjacks tonging for oysters. Today, only 35 of these renowned vessels remain.

In 1894, at the peak of the Chesapeake Bay oyster harvest, 15 million bushels of oysters were being shipped around the globe annually. The oyster was a staple food for the poor as well as a must-have item on the menu of the most fashionable restaurants.

Oysters existed in shallow water habitats and to harvest them required a very shallow draft boat. So, on Maryland's Eastern Shore, in the 1890s, a new craft was designed and built specifically to

dredge oysters. It was a small boat, only 45 feet long with one mast, one long boom, and a flat bottom. With this vessel, a waterman could harvest upwards of 500 bushels a day.

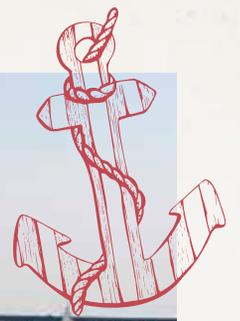
This new, wood-built sailing vessel was called a skipjack. The moniker is said to have originated from the tuna fish of the same name, known for jumping out of the water...or from the early English common name for a sailor, Jack. Take your pick. No one truly knows. Watermen call her a two-sail bateau. And in 1985, the skipjack was named the Maryland State Boat.

Of the 35 remaining today, some still dredge for oysters, some are in maritime museums, and some are living classrooms for young people. The skipjacks help teach the Bay's history and the story of its once-prosperous bounty.

Deal Island in Somerset County is a center for the restoration of these crafts, which attracts a loyal, familial following. Deal was



The *Rebecca T. Ruark*, in all her stunning glory, off of her starboard bow with full sails, during the 2022 Deal Island Skipjack Races. Photo by Steve Brower, Gallery 1113 LLC.



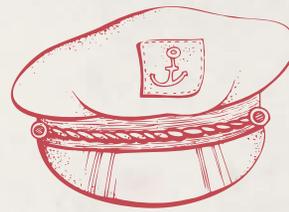
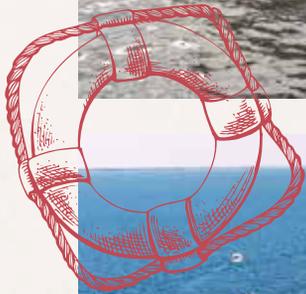
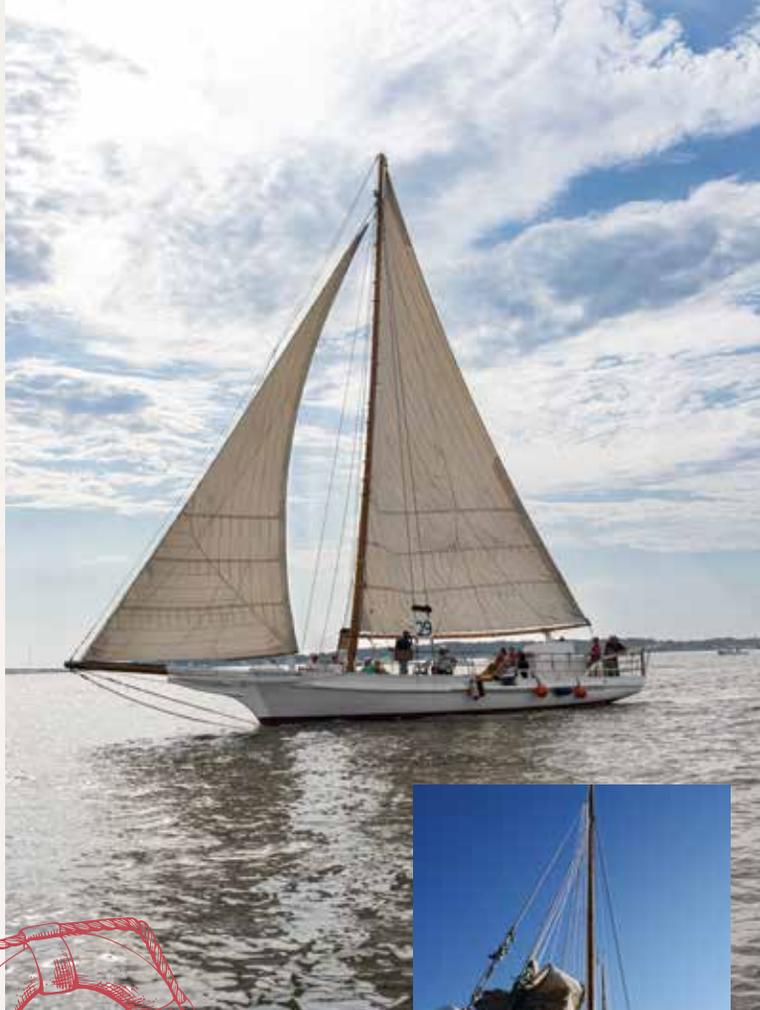
Top: Spectators enjoy the Cambridge Skipjack Races. Photo courtesy Dorchester County Tourism. Left: A fleet of skipjacks docked on Maryland's Eastern Shore. Right: Detail of wood grain and rope on the boom of a skipjack on the Chesapeake Bay.



historically known as Devils Island and Quarters of the Damned, as an area suspected of being home to pirates. It became the homeport for a fleet of skipjacks used for everyday oystering. The fleet shrank as the oyster harvest declined and many of the boats became “ghosts” of the trade, deteriorating in coves where they were abandoned—too costly to repair. However, Deal is still a popular place for honoring the skipjack and promotes a Labor Day weekend festival that features a race of the remaining fleet. Today, Deal is a designated Historic District and home to the prominent skipjack, *Sea Gull*, built 1924. The boat itself was named a National Registered Historic Place in 1985.

Other restored skipjacks can be seen at regional maritime museums. The Annapolis Maritime Museum operates the *Wilma Lee*, which was built in Wingate, Maryland, in 1940. The Chesapeake Bay Maritime Museum (CBMM) in St. Michaels operates the *Stanley Norman*—built in Salisbury, Maryland, back in 1902—for educational programs. And the CBMM houses the *Rosie Parks*, built in Wingate in 1955.

The *Ida May*, listed on the National Register of Historic Places, was originally built in 1906 and is a member of the last commercial *sailing* fleet in the United States. Made of wood, as were all the skipjacks, she has been restored several times. Her mast once belonged to the *Levin J Marvel*, a sailboat that capsized and sank off North Beach, Maryland, during Hurricane Connie in 1955. Purchased by Elbert Gladden and restored “as an act of love,” the *Ida May* remains with the Gladden family. Gladden once owned 12 skipjacks and operated



his fleet out of Annapolis. A documentary, “The Ida May Project,” tells the story of her restoration. More recently, the *Ida May* has won the Deal races multiple times between 2017 and 2023.

The oldest of the surviving skipjacks is the *Rebecca T. Ruark*. Built in 1896 on Taylor’s Island, she still dredges and races. She was declared a National Historic Landmark in 2003. Over her lifetime she has dredged, hauled spat and passengers, sank, was raised, and rebuilt. She still has the reputation of being the fastest boat in the fleet and the best dredger of oysters. Renown waterman and captain Emerson Todd once quipped, “It can go anywhere on the Chesapeake Bay—in rain or shine or heavy fog. It’s the best.” A gale in 1999, however, bested her and she sank with 70 bushels of oysters near Tilghman Island.

Her sinking attracted the attention of Maryland Governor Parris Glendening who secured money from the Port Administration to help raise her. She was restored at CBMM in St. Michaels under Coast Guard supervision. To help fund her reconstruction, the McCormick Company bought new sails carrying the “Old Bay Seasoning” logo; and master carver Charles Jobes of Havre de Grace carved 82 decoys from the old mast, all of which sold for a lot of money. The sinking, restoration, and relaunch of the *Rebecca T. Ruark* led to the establishment of the “Maryland Save Our Skipjack Task Force” in 2000. This Task Force led to other skipjack restoration projects at maritime museums. In the years since, *Rebecca* has won skipjack races at both Deal Island and Cambridge. Her captain, Wade Murphy, has said, “Rebecca can sail herself.”

In 2022 a freak accident damaged *Rebecca* while she was docked. A pickup truck ran through a pylon at the marina and landed on her deck. Nevertheless, she participated in the 2023 Labor Day races (placing second) and continues to dredge oysters, as well as host water tours.

Of the 35 existing skipjacks, the *Rebecca T. Ruark* (1896) and *Ida May* (1906) are joined by the *Virginia W* (1904), the *Thomas W Clyde* (1912) as the few skipjacks more than a century old that still dredge the oysters for which they were built. These are truly remarkable work vessels that hark back to the days and lore of Chesapeake watermen, continuing to share their stories to this day.

Top: The *Rebecca T. Ruark* in her debut after being docked for repairs following the tragic accident in January 2023, when a pickup truck drove off the wharf and crashed into her deck. Photo by Jacklyn Brower, Gallery 1113 LLC. Middle: Skipjacks were designed in the late-1800s for oyster dredging in the Chesapeake Bay. Thirty-five skipjacks remain in existence, some of which are still actively dredging. Bottom: Three skipjacks in a perfect line, during the 2022 Deal Island Skipjack Races. Photo by Steve Brower, Gallery 1113 LLC.

## The Trippe Gallery



Spring Scenes by May Nadeau

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# 2025 TOP DOCS

The 2025 What's Up? Top Docs survey is here! A peer-survey project celebrating exemplary medical professionals in the Greater Chesapeake Bay Region. Your nominations of fellow doctors in more than 40 fields of practice will be tabulated and vetted. One survey per doctor may be completed. Voting will close at the end of April (4/30). Results will be published in our October issues. Visit [whatsupmag.com/topdocs2025](http://whatsupmag.com/topdocs2025).



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**BY GARY JOBSON**

**O**ur oceans, bays, lakes, and rivers are under assault by pollution, overfishing, environmental catastrophes, plastic refuse, oil, sewage, and a lengthy list of problems. Keeping our waters clean is a critical issue that has received considerable helpful attention in recent years from the sailing and boating community. The international and national governing bodies have made environmental sustainability a high priority over the past decade. Advocacy groups and grant making organizations have improved our precious waterways. In the United States, the government has recently turned away from supporting environmental treaties like the Paris Climate Accords and funding for the Environmental Protection Agency. Despite these developments essential progress is being made.

In 2015, World Sailing, the international sailing governing body, with 114 member nations, created a sustainability commission and hired staff to study the issue and work with national and regional authorities to start improving the environment.

Back in 2004, prominent sailors and environmentalists, David Rockefeller and Dr. David Treadway, founded Sailors for the Sea, an “ocean conservation organization that engages, educates, and activates the sailing and boating community toward restoring ocean health.” The group made a compelling case to improve our world’s waters. Within a few years, many yacht clubs, marinas, community boating centers as well as individual boaters were adapting sustainability practices. In Annapolis, both the Annapolis Yacht Club and Eastport Yacht Club have sustainability committees and adhere to recommended guidelines. People are paying attention. Sailors for the Sea merged with a larger group called Oceana in 2018. Oceana was started in 2001 as “an international organization focused solely on ocean conservation.”

Sailors for the Sea works closely with World Sailing to encourage hosting *clean regattas*. The group’s initiative reports that 4,000 events have reached 1.7 million sailors in 53 countries over the past twenty years. Sailors for the Sea and World Sailing offer a tool kit for regatta organizers and competitors to follow that can be found at [sailing.org](http://sailing.org).

A sailor’s environmental group called 11th Hour Racing, based in Newport, Rhode Island, is working to use the sport of sailing to restore a balanced relationship between people and the planet. The mission of the group is “to eliminate single-use plastic at regattas, to integrate sponsorships, grant making, and promoting an ambassador program to



**THE UNITED STATES SAILING ASSOCIATION HAS JOINED THE INITIATIVE AND ASKS BOATERS TO PRACTICE SUSTAINABILITY. THE LIST OF SUGGESTIONS HAS SEVERAL STEPS THAT ARE EASY TO PRACTICE:**

- + Do not overflow your fuel tanking. Use absorbent pads to catch drips and spills.
- + Prevent oil and gas leaks. Make sure your engine is well maintained.
- + Slow down to reduce fuel consumption. Lower speeds, at a steady pace, are a good practice.
- + Make sure trash does not end up in the water. While underway, garbage can easily blow overboard.
- + Separate recycling and waste garbage.
- + Be mindful not to allow items made of plastic, electrical tape, paint chips, and garbage to litter marinas and boat parks.
- + Avoid using single-use plastic bottles.
- + Keep an eye out for wildlife by staying in channels and moving at a slow speed in areas with schools of fish and flocks of birds.
- + Keep your boat clean. This is particularly important when you transit a boat from one location to another either on the water or on the roadways. Invasive species can cause havoc if they are introduced to another body of water.



champion collaborative, systemic change across the sailing and sport communities to benefit our ocean.” The group has sponsored high level, around-the-world race teams to help communicate their mission.

It is disheartening to see trash in the water. One of my biggest pet-peeves is seeing deflated plastic balloons in the Chesapeake Bay. Our waters are littered with balloons, that must seem fun to launch at weddings and birthday parties, but when they land in the waters of the bay, they cause devastating environmental damage. The same goes for food wrappers, plastic bottles, beer cans, plastic grocery bags, and cigarette butts. Plastic does not dissolve and, instead, breaks up and is often eaten by fish and wildlife. One study says a beer can takes 400 years to dissolve. This is a danger to our food chain. Garbage on our streets flows into creeks and rivers. If every property owner cleaned their grounds and streets the bay would be a lot cleaner.

Sailing regattas have adopted “green regatta” practices. These regattas require participants to eliminate single-use items like yarn and plastic strings used to furl sails, plastic utensils, placing plastic signs with sponsor logos on boats, and, happily, the use of plastic water bottles is long past. Going paperless is another crucial step. Sailing instructions, weather forecasts, and race results can all be published online, reducing the need to print information on paper.

The clean regatta program follows the credo said by the famous American anthropologist, Margaret Mead, “Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it’s the only thing that ever has.”

There are many organizations around the Chesapeake Bay that are working to improve our waters. The Chesapeake Bay Foundation (CBF) has been a leading advocacy group since 1966. CBF has supported legislation on environmental issues, educated the public on best practices, funded research projects, and published an annual report on the health of the bay. The similarly named Chesapeake Bay Trust (CBT) is a quasi-state agency that provides direct grants to groups working on environmental improvement projects. In 2024, CBT provided over \$30 million in grants to over 400 groups. One of the important initiatives of the CBT is educating school-aged children about the importance of protecting the environment. Each year the CBT engages well over 100,000 students. Long term, these young people carry their experiences forward for the next generation. Riverkeeper organizations throughout the watershed, including Severn River Association (SRA), Severn Riverkeeper, Arundel Rivers, ShoreRivers, and many more work to contain storm water runoff, stabilize shorelines to minimize erosion, and work on in-the-water oyster restoration. Several dozen community groups jointly support these organizations. Collectively, they are dedicated to protecting our waterways from damaging development, while advocating for better environmental law and policy at the local, state, and federal levels.

I’ve spent nearly 70 years sailing on the waters of the East Coast of the United States. From Maine to Florida, I have witnessed the improvements in water quality. Clearly there is a lot of work to do but awareness of the problem, along with good practices, is important. If everyone does a little bit more than their share, we will all enjoy cleaner waters.



*Gary Jobson is a world-class sailor, television commentator, author, longtime resident of Annapolis, and pre-eminent ambassador for sailing of the United States. He either serves on or has served on the boards of Operation Sail, US Sailing, Olympic Sailing Committee, Annapolis Yacht Club, National Sailing Hall of Fame, Chesapeake Bay Trust, and Visit Annapolis, among many others.*

# MIDATLANTIC

*Women in Agriculture*





*The mantra “Educate. Engage. Empower.” steers a state program designed for women to sow the seeds of generational farming*

BY RITA CALVERT

**M**idAtlantic Women in Agriculture, a program of the University of Maryland Extension, is dedicated to providing knowledge and resources to women who share a passion for agriculture. And promoting the often-overlooked contributions that women make to this industry.

Bolstering this mission, The United Nations has declared 2026 the International Year of the Woman Farmer with the United States Department of Agriculture spearheading this initiative. According to the USDA, the number of women involved in agriculture has grown in recent years, as much as 47 percent since 2012.

To understand the impact that women have on agriculture today, and in the future, we meet several female farmers who share their experiences, triumphs, and struggles. Often, their innovation and leadership shine. They are exemplary of Maryland women who promote sustainable practices and improve food security in their communities.

## Growing the Next Generation of Female Farmers

### Shannon Dill & Annie's Project

Shannon Dill is principal agent of agriculture for Talbot County's University of Maryland Extension and serves as state coordinator for Annie's Project. Dill explains, "Annie's Project is a discussion-based workshop offered on a regular basis that brings women together to learn from experts in production, financial management, human resources, marketing, and the legal field.

"We brand the class, 'For Women with a Passion for Agriculture.' It targets women who may be landowners and may be aspiring to start farming," she says. "Or maybe it's a nurse, teacher, or crop insurance agent who wants to learn more about farming and agriculture, and perhaps they will pass down the farm within the family.

"The program provides a range of tools and opportunities, such as yearly conferences that give women in agriculture a chance to network and learn about current issues. And a webinar series on subjects like production strategies and risk management. And farm tours that give participants a chance to observe various operations."

Dill says, "Women historically, presently, and in the future have massive key roles on the farm as caregivers, producers, marketers, educators, book-



MidAtlantic Women in Agricultural Farm Tour brings together like-minded female farmers and agricultural entrepreneurs for a day of hands-on learning. Photograph courtesy MidAtlantic Women in Agricultural.

keepers, and even as CEOs. So, many of the farm's key roles are, and have been, held by women. We will continue to develop enterprises of women growing food, marketing it, and selling it...being the sole producer. Studies show that consumers prefer to buy from women because they usually do the grocery shopping—they know how to feed a family." Dill suggests there is a strong need to develop more farmers because of the growing population. "To me, growing food and agriculture is one of the most important land uses," she says. "Women are fantastic entrepreneurs and business owners. I believe women have always been very involved in agriculture, but there is more visibility now, so it appears there are more women interested; however, programs like the FSA (Farm Service Agency) serves farmers, ranchers, and agricultural partners across the nation through the delivery of agricultural programs. These programs have helped fund women in business. Women have made amazing strides in owning and operating multi-million dollar farms."

The University of Maryland Extension is a unique organization that's part of the federal government's land grant mission requiring all agricultural colleges to have academics, research, and local extension services. "Here in Maryland, we are in 23 counties and Baltimore City," Dill says. "We have four major program areas delivering community-based education and applied research. I'm part of agriculture and food systems. There's also consumer science, environmental natural resources, and 4H youth development. Through our office, we connect within the community, and we are part of that university resource."



Talbot County's University of Maryland Extension program leader Shannon Dill, far left, with attendees at a recent MidAtlantic Women in Agricultural Farm Tour. Photograph courtesy MidAtlantic Women in Agricultural.

### Robin Hill Farm and Vineyards of Brandywine, Maryland

One of the highlights of the Extension's Fall MidAtlantic Women in Agriculture tour was Robin Hill Farm and Vineyards. This picturesque Maryland family farm is well-known for its award-winning wines and lovely rolling hills. Owner and operator Susan Watson White and partner and marketing director Shelby Watson-Hampton discussed the operation's background and major features. When the Watson family bought the tobacco farm in 1955, they turned it into a successful nursery. Decades later, they started growing grapes, planting their first crop in 2014 and formally launching as a winery in 2017. With a history of growing tobacco, hogs, pumpkins, agritourism, a nursery, and now vineyards, the farm aims to make a living and distribute its produce.

White recounted her relationship with Annie's Project. "When it came time to transition the family farm from one generation to the next, it was comforting to know that there are organizations like the MidAtlantic Women in Agriculture. After my dad's passing it was very important to me to keep the family farm going. Someone recommended I attend Annie's Project, to bolster my role in agriculture. The session was very informative, contacts were made, and the support from the participants was amazing. It was nice to know that I wasn't alone in this endeavor. Since then, I've attended sev-



The Robin Hill Farm family operating team includes owner/operator Susan Watson White (center-left) and partner/marketing director Shelby Watson-Hampton (center-right). Photograph by Edwin Remsberg, courtesy Robin Hill Farm.

eral workshops and conferences, and have gained knowledge, helpful insights, and new friends."

The excellent soil in the area, which is ideal for growing grapes, is reflected in the variety of wines produced by Robin Hill today. The farm's transformation from a traditional agricultural operation to a first-class winery and event space, mostly for weddings, is inspiring.

Among the many honors that Robin Hill Farm and Vineyards has received are several gold medals at the Maryland Governor's Cup Wine Competition and "Best Winery in Maryland" from the New York International Wine Competition in 2019, 2021, and 2024.



Robin Hill Farm & Vineyards has been owned and operated by the Watson family since 1955.



The Emily's Produce family farm.

## Emily's Produce of Cambridge, Maryland

Deeply ingrained in the agricultural heritage of Dorchester County, Emily's Produce, a pillar of Cambridge, Maryland, has a charming origin that revolves around family and tradition. They are a seventh-generation farming family carrying on Maryland's long-standing farming heritage. Their goal has always been "to offer our local farm experience that demonstrates honest, hardworking family values combined with exceptional products and superior customer service."

Emily, the daughter of Paul and Kelly Jackson, was born in 1998. The Jacksons wanted Emily to learn about and appreciate the family's farming profession as she grew up. They then made the decision to start a roadside market and named it after their daughter. By 2021, they were offering fresh local produce, U-pick fruit patches, flower gardens, farm-fresh meats, homemade baked goods, ice cream, jams, and other specialty products as well as a children's play area, and farm animal interactions.

The farm's success has been greatly attributed to Kelly and Emily's involvement in the program, and their efforts to have a positive impact on the community. Emily has encouraged and guided other women wishing to launch or grow their agricultural businesses. Participation in MidAtlantic Women in Agriculture demonstrates the value of education, community, and creativity in contemporary farming. Their narrative serves as an example of how women are influencing agriculture in the MidAtlantic and beyond.



The Jackson Family, owners of Emily's Produce in Cambridge, Maryland. Photography courtesy Emily's Produce.

# Family Affair Farm of Easton, Maryland



Nicole Barth and Donna Saathoff, co-owners of Family Affair Farm in Easton.

Just three miles south of Easton, Family Affair Farm, co-owned by Donna Saathoff and Nicole Barth, is known for its U-pick strawberry operation—reportedly the first of its kind in the county. The farm was established to provide a unique family experience, inspired by Saathoff’s childhood memories of picking strawberries with her grandmother.

The partners feel that retaining the values of educating the community, especially children, is key even though the farm has expanded immensely. Not only can you gather your own berries, but there is an educational component—you also learn how they grow. Seasonal produce for U-pick now includes strawberries (May), blueberries (June), blackberries (July), and gourds and pumpkins (October). Fall has become the busiest season, as a corn maze along with the pumpkins offer an “agripark.”

Saathoff was inspired to join Annie’s Project to enhance her skills as an agribusiness manager and partner. Despite having a strong agricultural background, both she and Barth quit their full-time jobs and quickly recognized the value of participating in the program. Annie’s Project has provided them with skills in business and financial planning, law, insurance, and succession planning, which they credit as key to their success in running Family Affair Farm.

Saathoff has been recognized for her entrepreneurial efforts in Talbot County, where she and Barth have shared stories about their business experiences, including purchasing large equipment. The two women farmers are highlighted as part of a growing group of women leading agricultural operations. “If you are thinking of getting into an agriculture business, prioritize what Annie’s Project can do for you,” Saathoff says. “Members will become lifetime friends and a very strong support system.”

## Annie’s Project

The story of Annie Fleck, a farm lady who dedicated her life to learning how to be an active business partner with her husband, is the inspiration for Annie’s Project. Her daughter, Ruth Fleck Hambleton, started Annie’s Project in 2003, a few years after Annie’s passing. At the time, Hambleton worked for the University of Illinois Extension as a Farm Business Management and Marketing Educator. In 2008, Annie’s Project made its debut in Maryland. The first session, which took place between January 16th and March 5th, 2008, was the first time Annie’s Project was implemented in the Northeastern states. Delaware and Maryland worked together to create the workshop. Today, Annie’s Project is in multiple states and even in other countries. As a nonprofit program, Annie’s Project provides a safe, comfortable forum for women to ask questions, get access to resources, and gain core principles in agriculture. Learn more at [anniesproject.org](http://anniesproject.org).

## Land-Grant Universities

The federal government gave land-grant universities like the University of Maryland a three-part mission: to teach, to conduct research, and to serve communities. This was in addition to two later acts of the U.S. Congress, the Hatch Act of 1877 and the Smith-Lever Act of 1914.

## University of Maryland Extension (UME) Talbot County

The University of Maryland Extension is a non-formal education system that is supported by the U.S. Department of Agriculture, Talbot County Government, University of Maryland Eastern Shore, and University of Maryland at College Park.

*“A lot of curricula in the past wasn’t adaptable to different locations. In Maryland, we differ in climate, topography, and soil from, for example, Iowa, so it’s crucial to have a flexible curriculum to be meaningful here.”—Shannon Dill*



# In *Fitness* and In Health

**THESE ARE THE WELLNESS TRENDS WE'RE WATCHING...  
AND MAYBE EVEN TRYING!**

By Staff

**B**eauty may only be skin deep, or in the eye of the beholder, but, boy, does that beauty take a lot of nourishing to maintain. Exercise, nutrition, mindfulness...it can all help fulfill a healthy whole-body experience that shines as bright inward as out. To that end, we see quite a lot of new and emerging trends in the fitness-health-wellness arena to consider. What are we keeping an eye on? Let's have a run-through of some of the buzzy concepts and practices we're seeing today.



**1. Wearable Tech:** Devices that monitor health metrics such as heart rate, sleep patterns, and activity levels are gaining popularity, providing users with real-time health data.

**2. Personalized Fitness Plans Using AI:** Artificial intelligence is being utilized to create customized workout routines based on individual health data, enhancing workout effectiveness.

**3. Holistic Health Approaches:** There's a growing emphasis on integrating physical, mental, and emotional wellness practices to achieve overall well-being.

**4. Sustainable and Eco-Friendly Products:** Consumers are increasingly opting for biodegradable, plastic-free, and sustainably sourced wellness products, reflecting a broader environmental consciousness.

**5. Remote Personal Training:** Advancements in technology have made virtual fitness coaching more accessible, allowing individuals to receive personalized training from anywhere.

**6. Hybrid Workouts:** Combining different exercise modalities, such as HIIT with yoga or strength training with cardio, is gaining traction for its comprehensive fitness benefits.

**7. Mindfulness and Stress Management:** Practices like meditation, deep breathing, and mindfulness are being incorporated into daily routines to enhance mental health and reduce stress.



**8. Plant-Based Nutrition:** There's an increasing interest in plant-based diets, with more individuals adopting vegetarian or vegan lifestyles for health and environmental reasons.

**9. Influencer and Ambassador-Led Fitness Programs:** Fitness influencers and brand ambassadors are shaping workout trends and encouraging their followers to engage in various fitness challenges.

**10. On-Demand Exercise Classes:** The convenience of accessing workout classes anytime, anywhere through streaming services is appealing to many fitness enthusiasts.



**11. Advanced Hydration Solutions:** Products and strategies aimed at optimizing hydration, such as electrolyte-infused beverages and personalized hydration plans, are gaining attention.

**12. Adaptogenic Supplements:** Supplements containing adaptogens, which are believed to help the body manage stress, are becoming more popular in the wellness community.

**13. Fitness Gamification:** Incorporating game elements into fitness routines, such as challenges and rewards, is enhancing engagement and motivation among users.



**14. Functional Fitness Training:** Workouts that mimic daily activities to improve overall functional strength and mobility are gaining popularity.

**15. Sleep Optimization Technologies:** Tools and apps designed to monitor and improve sleep quality are becoming essential components of health regimens.

**16. Community-Based Fitness Initiatives:** Group workouts and community fitness events are fostering social connections and collective motivation, enhancing the overall fitness experience.

These trends reflect a comprehensive approach to health and fitness in 2025, emphasizing personalization, technological integration, and a holistic view of well-being.

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



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**SOLD**

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Cynthia, You have done an excellent job of protecting your client even when it was a difficult choice. As an agent you are dedicated, passionate, kind, and cretinous. You know your job very well and you do it with ease in a calm and quiet manner. You managed the buyer agent pretty well and that is your secret for others to figure out. You do your job with integrity and pride. Well done and keep up the good work both you and Tracey.

*-Andrew and Peggy Omidvar*

## EXCELLENT PRICE!



**606 Chester River Beach, Grasonville, MD**  
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Nestled on the tranquil waters of Winchester Creek, just off the Chester River, this exceptional craftsman-style home, built in 2020 (and like new!), offers a rare opportunity to experience the ultimate waterfront lifestyle. With direct access to fishing, crabbing, boating, and paddleboarding right from your backyard, every day feels like a vacation.



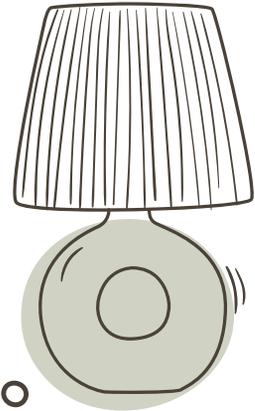
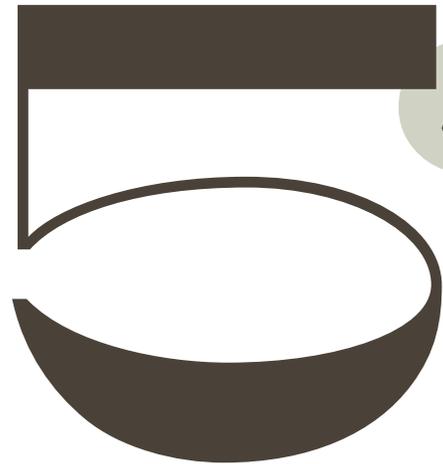
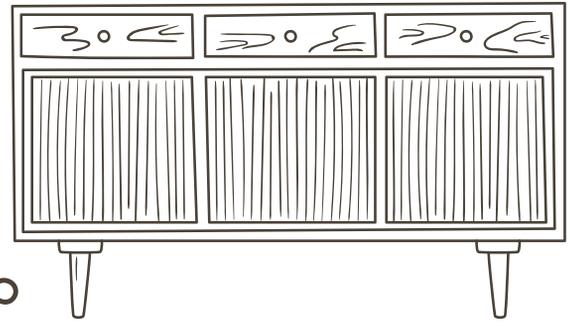
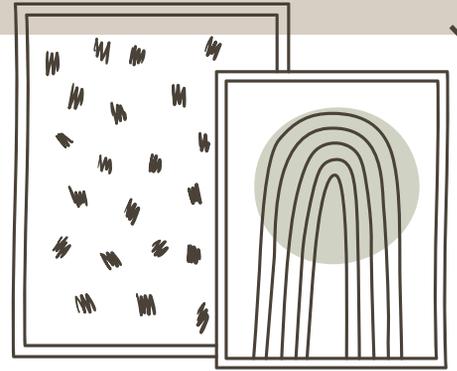
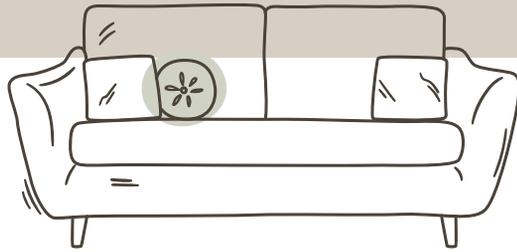
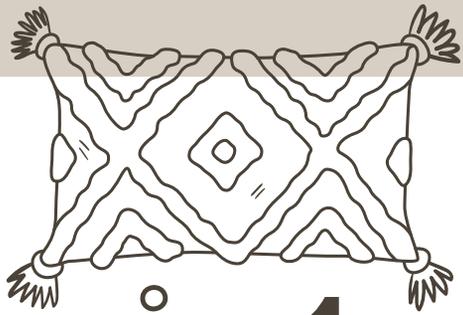
**SOLD**

**305 Keene Farm Lane, Stevensville, MD**  
**\$2,600,000**

Cynthia Sullivan and Sullivan Select did an outstanding job handling the sale of my parents' residence and the purchase of a new home. She provided trusted guidance, advice and support throughout the process, representing their interests in these transactions.

I highly recommend them!!

*-Susan Oliveri*



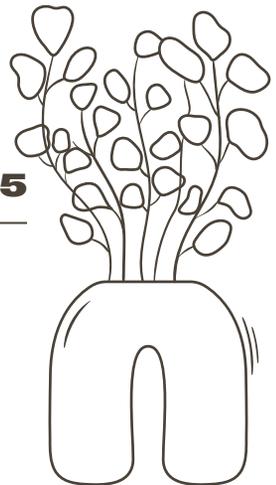
for

**THE EXPERTS' LIST OF**

**THE TOP 15 INTERIOR**

**DESIGN TRENDS FOR 2025**

Sources, sources, sources. We have checked in with all of our favorite outlets, design salons, and did a deep dive of High Point Market style spotter reports to bring you our annual run-down of what savvy, interior-minded consumers may wish to consider when feathering their nests this year.



By Lisa J. Gotto

Photo courtesy of Varaluz



Photo courtesy of Modshop



## Intense, Rich Color



We can expect to see aspects of dusty, earthy tonal palettes to continue to be popular in 2025, but this year also ushers in an alternative palette of hues that are dark, jeweled, and intense. From a deep, russet burgundy, to a bright mustard yellow and emerald green, everything from paint and fabric colors to statement furnishings are hoping to have a place in your home this year.

## Resurgence of the Art Deco Aesthetic

While we can regularly expect to find Art Deco influences in furnishings and in certain finishes like lacquer, in sophisticated room schemes and featured in showrooms like those at High Point Market, this year experts say we can also expect to see this influence in smaller and less expected ways such as wall coverings.

Photo courtesy of Thibaut



Photo courtesy of modshop1.com

## Drapery as an Art Form

It's not just about privacy anymore, as drapery goes dramatic in 2025. And again, walls figure significantly into this scenario, as well. Adding fabric to walls and ceilings is no longer being seen just as a creative way to buffer sound, it is playing into those comforting themes that we have been coveting in design for the last five years or so. Drapery is also being used in new places like bathrooms, and ranges from thick and weighty velvet to billowy gossamer panels in variations of white.



Photo courtesy of Varaluz



Photo courtesy of Thibaut

## Wall Coverings are Doing Double-Duty

The overall popularity of wall coverings will continue and make even bolder strides in the home for those who dare to go there. And what the interior design industry describes as the fifth wall, the ceiling, is where they're going; creating yet another opportunity for consumers to stretch what they think is possible in interior design.



## Velvet is Having a Moment

Tied in again to that desire for comfort and surroundings that soothe and soften, velvet can be found dressing everything from headboards to table coverings and whole pieces of furniture—and the rich, jeweled tones are making the use of this material an opulent statement, as well.



Photo courtesy of arhaus.com



## ○ **Brown Furniture is Back**

With the right sensibility and a skilled eye, the beauty that is brown is slowly coming back into our lives. Was it the appointment of Mocha Mousse as Color of the Year by Pantone, or was it something more like a slow burn into the creative side of our brains that eased us back into the color of earth at its most pure? At the end of the day, whatever the cause, the re-entry of brown furnishings and overall schemes is gaining, for lack of a better word, ground, and is being seen more and more in the feeds design influencers worldwide. In these circles, brown is anything but boring, rather it is welcoming and warming in a way this is familiar and a tad nostalgic even.



Photo courtesy Howard Elliott Collection



Photo courtesy of laylagrace.com

## *Mixed Metals Mingling with Mixed Woods*

This was bound to happen as we have grown very fond of the layering aspect in design—and taking things to the next level has clearly become the norm. This approach to interiors is also less contrived and cookie cutter, as it allows for the authenticity of what you like, as opposed to what is supposed to be, to shine through.

Photo courtesy of Thibaut



○



## Use of Texture on Walls

Whether it's applying it at the source during a build or remodel, employing the grass cloth wallpaper of the moment, or even taking an upholstered approach, such as adding leather, suede or velvet to a wall, consumers in 2025 will continue to work with the three-dimensional wall treatments that work best for them.



Photo courtesy of Thibaut



Photo courtesy of York Wallcoverings

## Patterns Galore!

While we often don't lean into the design sensibilities rooted in British interiors, high-level pattern mixing is enjoying some time in the design limelight and consumers across generations are using multiple patterns and are having fun while doing so.



Photo courtesy of Kalico Lighting



Photo courtesy of Schonbeck



## Light Fixtures as an Art Form

||

Light fixtures have been amping up their game for some time now and designers of such things have really let imaginations take flight. Beyond statement pieces, intentionally artful lighting allows for imaginings and conversations, not just functional incandescence.



Photo courtesy of Arhaus.com

○

## Bathrooms as Immersive Experiences

Beyond the spa bath concept lies an escape for the body, soul—and mind, taking the user to perhaps another time or world that is only limited by the imagination. Adding comfort in the form of texture and an element of the unexpected provides for the most fundamental of connections, that connection with the self.



Photo courtesy of Varaluz



Photo courtesy of Kalco Lighting

## Home Offices That Look Less Officey & More Homey

Breaking free of expectations is a hallmark of exceptional design and with the home office concept we have been given the unique opportunity through technology and circumstance to create the optimal environment in which we feel inspired and at ease in a way that we could not in the corner office. To that end, in 2025 we will continue to figure out what works best for us with the addition of more comfortable touches playing a large role.



Photo courtesy of The Spruce.com



Photos courtesy of msisurfaces.com



## Fluted Tile

Adding tile to your home is like adding your accessories to a fine ensemble. It is the finishing touch and the calling card of personal style and taste. Choosing tile can be a time-consuming experience because of the sheer volume of choices. 2025, however, is the year where fluted tile is set to take center stage. Again, playing up three-dimensional themes, fluted tile adds a noticeable, interesting layer of texture without being jarring.

# Enhanced Use of Earth Tones

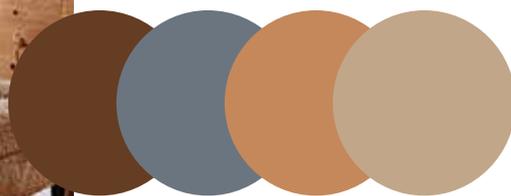
This trend started out small but has grown over the better part of a decade or more in interior design to become the standard when it comes to contemporary palettes of the era. As we are still in comfort mode, these once subdued hues will get a bit richer for 2025 with deep rusts and mossy greens taking center stage.



Photo courtesy of Home Trends and Design



Photo courtesy of havenly.com



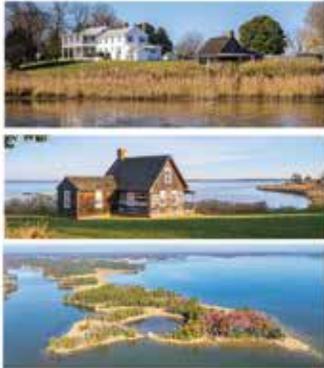
## What is Flame Stitch?

If you haven't already been introduced to this lively pattern while scrolling on Houzz, you soon will. Flame stitch is a type of embroidery first popularized in 17th century Florence, predominantly seen as the upholstered element to chairs of the time. Today, we are seeing this design emerge as the more energetic cousin pattern to chevron with its contemporary uses resulting in statement-making furnishings and accessory pieces.



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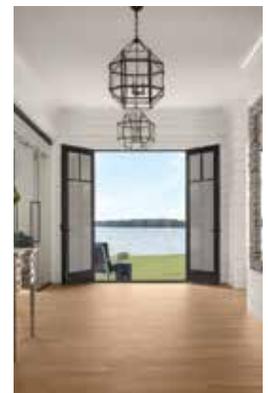
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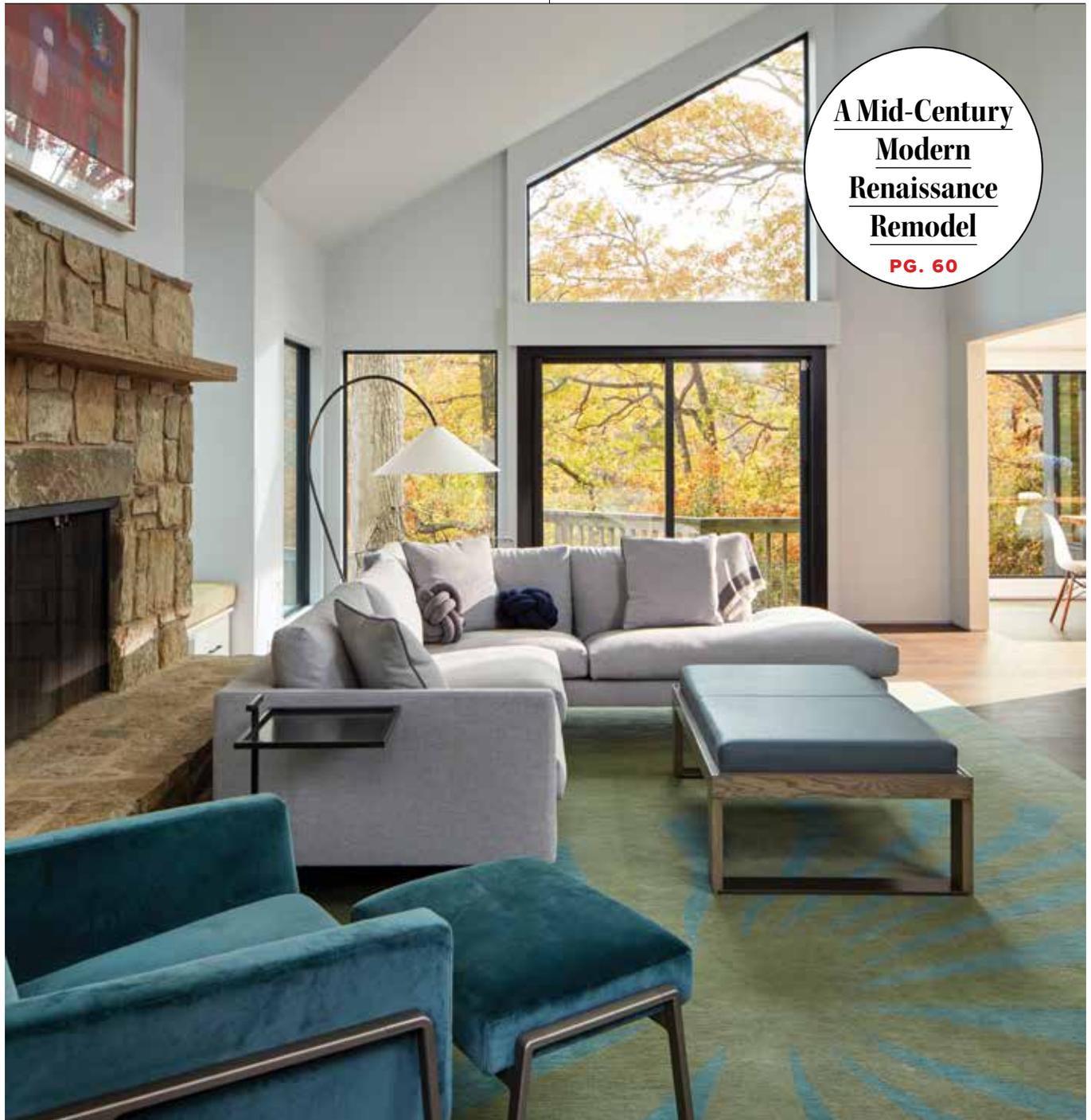
# Home & Garden

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# A Mid-Century Modern Renaissance Remodel

By Lisa J. Gotto

**A**fter years of thinking about what they would want in a dream home and then making the listing rounds, our feature homeowners realized that what they wanted was actually unavailable in the current home market. They did, however, come close with a property in Anne Arundel County. Overall, the home had good bones, and its location on an acre and a quarter of wooded backdrop with a flourishing landscape and idyllic views to a scenic creek off the Severn River encouraged them that they could “tweak” whatever they needed to on the inside.

**“WE REALLY WANTED SOMETHING MORE MODERN, BUT WE SAW THE POTENTIAL”**

“We really wanted something more modern, but we saw the potential,” the wife says. “There are some things we just loved about it in the backyard especially, and the entryway to the backyard.” Initially, the wife says, she was most concerned with having the kitchen remodeled and would have been content with a basic refresh of that space and a much-needed appliance upgrade.



**THE PROJECT:** Built in 1984, the interiors of this Acorn Deck home had been updated only minimally until the time it was put on the market in late-2020. These particular types of homes are known for their woodsy, Mid-Century Modern appeal, and often prized by those who wish to feel as though they are living within, or surrounded, by nature.

Her husband says the original plan also included replacing all the windows, and giving the living room and dining room a makeover.

“And then one thing leads to another, and we ended up basically redoing the whole floor and the staircase,” the wife says.

In this role, Cox says he strived to consider the site and context, the existing character of the home and the clients’ lifestyle preferences. “For me, the design collaboration with the homeowners was very rewarding as they brought to the table a very sophisticated appreciation for the potential of what could be achieved,” Cox says.

It was Cox, says the husband, who recommended the couple consider Bayview Builders of Annapolis for the construction. “We really just took an immediate liking to Bayview. They’re personable, thoughtful, and highly transparent about their costs and their process.”

Overseeing the plan logistics was Bayview’s Director of Construction, Rich Lang. “I worked on this project in a Production Manager capacity, but all of the credit for the craftsmanship and construction needs to go to Bruce Dowling who was the Bayview Construction Manager on the project,” Lang says.

While the main level’s basic floorplan remained intact, Lang says that there were larger infrastructure matters that needed to be addressed in order to achieve the homeowners’ desire to have a more modern home with enhanced flow throughout. This included more interesting sightlines and would employ the strategic use of some contemporary materials that the homeowners were especially fond of.

**THE PLACE:** A private, residential community in Crownsville that, for the couple and their 18-year-old son, is a world away from the hustle and bustle of their career center in the District.

**EXECUTING THE PLAN:** The husband is a huge fan of modern design and as a result, the couple’s goals for the aesthetic were very detailed from the onset. To help conceive how they would convert the main level living space, the couple chose an architect they had worked with before, Robert Cox of Josh Hildreth Interiors of D.C. for the project.





## THOSE DOORS

“There were some rather significant structural additions and modifications required to implement the design,” Lang explains. “Most notably, all of the steel work required to support the loft area and roof above. This allowed for the floating loft component and set the foundation for expanding the home and modifying the roof framing to allow for the introduction of the large, multi-slide door.”

Steel columns were added and dropped below to the basement into new footings, he adds.

These structural enhancements allowed some pretty amazing things to happen. This included the removal of some walls and elements that were boxy or confining, like the entry and drywall-framed home office loft located above the dining room.

The original entry was lovely in a traditional way but felt restricted due to the stair rail wall on the immediate right and a boxy coat closet on the left. This was addressed in several ways. First, the entire entry was visually recalibrated by installing an ultra-modern, custom-made pivoting door. This element in particular had been on the husband’s wish list for some time. Five-feet wide by seven-feet high, this front door fabricated with a wood base by Gutierrez Studios of Baltimore, is clad with zinc.

“The pivot door was just something that I had always wanted,” he says. “I knew that I wanted an oversized front door. I knew that I wanted a pivot door, and I knew that I wanted a very subtle patina metal facing on it.”

Second, a new stairway designed using glass side panels, weighty industrial steel beams with bolts, and heavy wood stair planks creates the architecturally stunning statement made upon entry. That statement is usually remarked upon later, however, after visitors have ceased being distracted by the expansive view of the creek straight ahead of them.

As the floorplan expands to reveal the living and dining room combination, the home’s defining element, a sweeping 31-inch wide by 10-and-a-half-foot tall multi-slide door by Otiima, is unveiled. The effect is captivating. “It appears as if the back of the house is missing,” Lang says.

Prior to the remodel, the husband says this part of the home had many windows, but they were limiting in several respects.

“While there was a lot of glass there, and you could obviously see the woods and then the river beyond, it wasn’t a clean view, it kept getting interrupted, and we wanted one vast expanse,” he says.

“That was the living room side. On the dining room side, there were two, maybe three small regular sash windows, and so we knocked out the whole wall of the dining room and actually pushed it out to be in the same plane as the living room wall.”

The existing stone fireplace feature was one original element in the home that became a non-negotiable. It would stay just where it was and just as it was, because the homeowners love its classic, rustic feel and they appreciate the texture and balance it lends the space.





European white oak floors stained to pick up tones in the fireplace. These choices blend well with adjacent woods and the interior furnishings that were chosen for the living and dining spaces with the expert eye of Vivian Braunohler of Braunohler Design Associates in D.C.

Located above the formal dining area, which was also broken loose from an outdated drywall shell, is the dwelling's home office.

This workspace probably attained high marks for sophistication when the home was built in 1984, as it has an open-air vantage point to the main level below. Now this space makes a statement as an exquisite workspace that mimics sculpture with its glass walls. Just beneath it, in the dining room, the couple decided to forego the requisite dining room chandelier for a state-of-the-art integrated system of lighting within the ceiling beams that Cox suggested.

The replacement of a series of drywall-encased half walls and support columns with several sleek structural steel beams painted in a dark bronze unburdened the space of any limitation to enjoying the sublime placement of this home's position in the hillside above the water.

**“THE DESIRE TO CREATE SPACES THAT EXUDE COMFORT AND WARMTH WERE THE DRIVERS FOR THE SELECTION OF THE MATERIALS.”**

This is the intersection where seamless design and thoughtful sophistication meet in the home.

Finishes, textures, and materials would play a huge role in the renaissance of this home's next-level aesthetic.

“The desire to create spaces that exude comfort and warmth were the drivers for the selection of the materials,” Cox says.

The beams were joined above to a ceiling of custom milled, rift-cut white oak and below to





## **THAT KITCHEN**

In addition to how exquisite everything looks in the home, the owners were also concerned about energy efficiency and made the upgrades necessary to qualify for Gold Level Certification according to National Green Building Standards. These included their appliance options for the custom-designed kitchen and in other areas throughout the home.

For the ultra-modern approach to the kitchen's design, the couple employed the talents of Jennifer Gilmer Kitchen & Bath who was added to the team for this specific part of the project with Braunohler.

"And so, the three of us, the kitchen designer, the interior designer, and the homeowner spent a lot of time again thinking about, 'what are the right materials?'" the husband explains. "Let's match this blonde wood and the blue cabinetry, and...there's



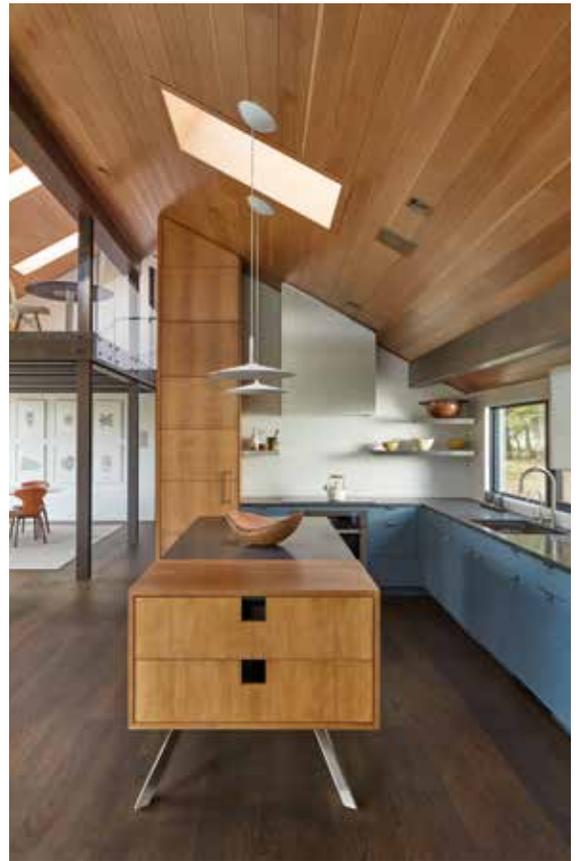
a black granite, basalt countertop that's a little bit marbled. And the idea was to try to not just have a great kitchen, but to have a kitchen that would fit with the rest of the main floor."

And the fit is superb with ash wood used for some aspects of the cabinetry built by Premier Custom-Built Cabinets including the custom-integrated refrigerator that blends so effortlessly it appears as though it is part of the room's support structure.

An accompanying island does indeed, stand alone when it comes to ingenuity in design. Form and function here is second to none, as this piece houses a convection speed oven, offers an attractive and durable task surface and provides deep storage drawers. Its sleek modern metal legs serve not just as ornamentation, but one of them functions as the conduit for the required electrical component for the oven—a true marvel of beauty and brains—as is the rest of this remodeled residence.

“We’ve always talked about our dream house, and I think we always thought one day we were just going to fall upon it, and then it dawned on us, no, we were actually going to have to build it,” says the wife when reflecting on the process.

And while the process turned out to be less than a full build and more than just a few interior tweaks, at the end of the day the couple feels their decision to buy, then remodel, was among the best they had ever made.



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# Set the Date & Your Table

## SPRING TABLETOP INSPIRATION

By Lisa J. Gotto

**M**other's Day, Easter, Passover, bridal showers—the next few months ahead are bursting with opportunities for celebrations with family and friends. And if you're of the mindset that every day is a gift, Sunday dinners can certainly be special events, too! Elevating your tablescape is just one way you can make the most of any day in that distinctive place you call home.



### FRESH FROM THE GARDEN

Color and texture combine in subtle ways but offer big impact with this curated line of painted flower plates from [shopterrain.com](http://shopterrain.com). Hand-painted so no two are quite the same, this selection will pair well with West Elm's collection of Royal Pacific flatware in their Brushed Champagne finish. Add in Vintage Edged drinking goblets and wine glasses in pink from Williams Sonoma and then finish off your place setting with a warm and neutral Flax-Certified linen napkin from the Marin collection and faux leather Rizzo placemats in Desert Green, both available at [Crate & Barrel](http://Crate & Barrel).



### First Taste of Outdoors

Those first warmer breezes of spring are wafting about and reminding us that we will soon be able to take the party outdoors again. And when it's a little more than just a picnic we'd start with a plate that sets the tone for fun and the standard for convenience with a striking pattern made of melamine. We loved this By Hope Daffodil Stripe melamine dinner plate from [shopterrain.com](http://shopterrain.com). The party's about to start when paired with these textured Jupiter outdoor drinking glasses from Pottery Barn. Fill your glass with a cold beverage pulled for this Leland rattan beverage tub from [Crate & Barrel](http://Crate & Barrel), and frame those pretty plates with Sabre Bistro flatware and Salento linen napkins in pistachio from [Serena & Lilly](http://Serena & Lilly). The finishing touch is a Tallo de Olivio napkin ring of tiny wooden spheres from [westelm.com](http://westelm.com).

## For the Rule Breakers

Yes, our food-based gathering traditions usually have a few guidelines associated with them when it comes to “this fork here and that spoon there,” however, a great tablescape can be a curated construct of the imagination, as well, and one that guests will recall for years to come! This one starts with a glazed stoneware dinner plate in deep green by Wisteria topped with a dramatic black-and-white striped salad plate from Hudson + Grace’s Diane Keaton collection. A striking Modern Optic wine glass and matte black Cyprus flatware from Williams Sonoma, help stoke the drama, as a block pattern fuchsia cotton dinner napkin by Caspari pulls the intensity of this tabletop together.



## FAITH & FAMILY-BASED

Joyous and steeped in remembrance and gratitude, Passover is a special time of reflection and reconnection with family. This table is set with warm tones and aspects that reflect light. A Marlo Thomas Collection Blue Floral dinner plate from Williams Sonoma is dressed with a gold Baroque glass salad plate from Vietri.com and then framed with Vietri’s Ares Oro collection flatware. The simple, but elegant Hammered Gold Rim stemless wine glass is from Pottery Barn. A gorgeous Golden Fern serving platter will catch eyes at the table and can be found on [shopterrain.com](http://shopterrain.com), and modest, cream-colored, cotton-weave napkins are enhanced with brass Star of David napkin ring holders from [westelm.com](http://westelm.com).

**FOR THE LOVE  
OF MOM**

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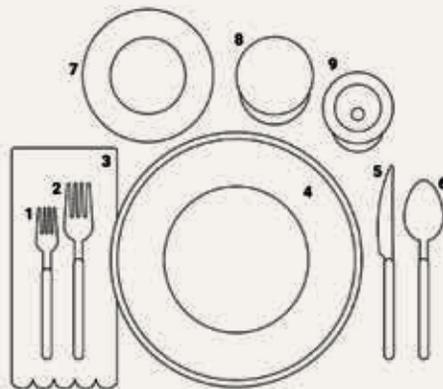


**An Easy Tabletop Where-It-Goes Guide**

For the inevitable before-dinner conundrum, here's a brief refresher course in proper tabletop placement. Bon Appétit!

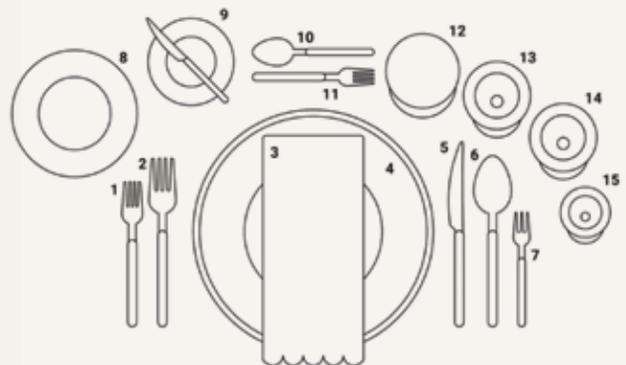
**Casual**

1. Salad fork
2. Dinner fork
3. Napkin
4. Dinner plate
5. Dinner knife
6. Dinner spoon
7. Salad plate
8. Water glass
9. Wine glass



**Formal**

- |                 |                   |                      |
|-----------------|-------------------|----------------------|
| 1. Salad fork   | 6. Dinner spoon   | 11. Dessert fork     |
| 2. Dinner fork  | 7. Seafood fork   | 12. Water glass      |
| 3. Napkin       | 8. Salad plate    | 13. Red wine glass   |
| 4. Dinner plate | 9. Bread plate    | 14. White wine glass |
| 5. Dinner knife | 10. Dessert spoon | 15. Champagne flute  |



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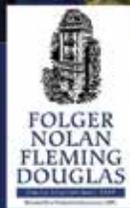
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# Good Things Do Come in Small Packages, Including Gardens

By Janice F. Booth

**M**oving from a house on a spacious lot into a condominium or apartment can be disheartening if you enjoy gardening. You may feel that gardening's lost to you.

Or, perhaps you haven't moved, but you've noticed a forgotten corner of your garden where only a scraggly Hosta spreads its indomitable leaves. Can that patio, balcony, or lost corner be transformed into a gardener's delight? Let's consider the possibilities! Tiny gardens, like tiny jewel boxes, can hold delightful surprises.

Let me offer some suggestions for creating a garden in that forgotten corner, small patio, or on your balcony. Let's consider (1) Planning, (2) Guidelines, and (3) Tricks to make your challenging little garden into something that will delight your eye and heart.

## **FIRST, PLANNING:**

**1.** Begin by measuring the size of the space where you'll create your garden. Take an old-fashioned piece of graph paper (or you can print out a grid from your word processing program) and draw the garden's dimensions. (Perhaps one graph square = 1 inch or 1 foot.)

**2.** Over the next few days, observe the sunlight across the soon-to-be garden. Also note where there is no direct sunlight. You may want to shade the squares to indicate light or lack thereof. Of course, this is one sampling, but you can adapt your notations over the coming weeks and months so that after one growing season you'll have a reliable chart of light for future plantings.

**3.** On your diagram of this soon-to-be jewel of a garden, note the locations of a source for electricity and for water. (You may not have a faucet outdoors. In that case, you'll want to keep in mind that you'll be carrying a watering can to all your plants.)

**4.** Make a list of the furnishings you may have or plan to add to your garden—a bistro table and two chairs? A comfy lounger for sunning and reading? Will you want a gardening bench or workspace? Where will these pieces fit in? The rule-of-thumb is 50 percent plants and 50 percent furnishings.

**5.** What resources are already available? Is there a mature tree that overhangs the garden? Perhaps your balcony garden offers a grand view of a distant skyline.

**6.** Finally, consider courtesy and privacy—your own and your neighbor's. Will your plants impinge on the next unit's patio? Will watering your balcony's plants drip water down into your neighbor's space? How can you design your plantings and arrange the containers to avoid disturbing others? Also think about providing additional privacy for you and your guests. How can you arrange the plants, so you and your guests are shielded?





### Here are some General Guidelines for implementing your plan:

- ◆ Avoid the cluttered feeling; look at your list of furnishings. Choose only pieces that fit. You may need to take some pieces to the resale shop and look around for smaller versions. Remember the 50/50 ratio, plants to furnishings guideline.
- ◆ Looking back at your notes on sunlight, make a list of plants that will be comfortable with the amount of sunlight you can give them. (I felt terrible when I planted a lovely Shasta daisy in a too-shady spot.) Consider including some evergreens; they'll serve well for the shadier areas and provide color in the bleaker days of winter.
- ◆ Think UP and ACROSS when arranging where to place your plants. Hanging plants are a boon in small gardens. Shepherd hooks and plant stands lift your lovely garden to eye level and above. Be careful! Remember, you'll have to water those dear spider plants and Fuchsia, and their petals will fall—not into your glass of lemonade, we hope. Don't forget that plants will grow—in width as well as height. So, allow for spreading or, if you're tough enough, prepare to cut back or remove some plants as they forget their place and nudge out their neighbors or overhang your table.
- ◆ If you're working with a patio (this won't do for a balcony garden), create raised beds in which to plant. Such flower boxes contain the soil and plant roots, helping your garden area to remain tidy. Be sure there is proper drainage. An added benefit to raised beds, they serve as edging to contain the grass or wood chips or fine gravel of a walkway or seating area.

### FINALLY, HERE ARE A FEW TIPS AND TRICKS YOU MAY WANT TO TRY:

Add a touch of whimsy to even the tiniest garden. Perhaps a repurposed children's toy, a small sculpture, a wall or table water fountain, or a carefully placed mirror. (A mirror can add a note of surprise but be careful that it doesn't reflect too much sun and burn leaves or blind guests.)

If your patio is the only place for your refuse cans, use plants to mask them. You might group some large pots planted with ornamental grasses of various varieties—choosing for color and texture. Or plant a vining Hibiscus or Clematis on a trellis beside the cans. One caution: You'll be needing access to the cans often, so whatever you plant, they must not impede your ability to get to or move your refuse cans.

Stick with a few colors or shades of a single color in your small garden. Cool colors will give a sense of spaciousness. Warm or varied colors pop and close the space.

To tie together your little garden, consider painting the garden door and furnishings a dramatic or cheery color. Be sure the paint color you choose complements the colors of the garden's blooms.



Don't be disheartened by planting your garden in a small space. Remember what Helene said about her friend Hermia in Shakespeare's *Midsummer Night's Dream*: "Though she be but little, she is fierce."



# Private Waterfront Paradise

By Lisa J. Gotto

**T**his immaculate, two-story traditional home offers so many outstanding water views, you don't know where to look first. Its unique positioning high above a rip-rapped shoreline near St. Michaels, provides vistas of Porter's Creek, the Miles and Wye Rivers by day, and even a sparkling nighttime view of the Kent Island Bridge.

Situated in a cul-de-sac with only three homes, this property offers superior privacy and an abundance of square footage to provide spacious interior

**Primary Structure Built:** 2001

**Sold For:** \$3,800,000

**Original List Price:** \$3,989,000

**Bedrooms:** 6

**Baths:** 4 Full, 1 Half

**Living Space:** 5,146 Sq. Ft.

**Lot Size:** 2 acres

living spaces and six bedrooms, including the potential for two primary suites: one on the first floor.

This home has an absolutely stunning entry with a gorgeous, curved staircase and entry to a spacious formal dining room with attractive molding and custom, built-ins on the left. To the right, the home opens to a large home office. Past the entry the space flows into a stunning two-story living room with a wall of windows overlooking the waterfront. This room is dressed with attractive molding, a central wood-burning fireplace, and honey-colored hardwood floors flow throughout. Wood-trimmed arched doorways provide an added level of sophistication to the interior.



The cheery kitchen offers all-white cabinetry with a contrasting center prep island of cherry wood with gleaming granite countertops. All stainless-steel appliances including a gas cook-top stove and dual, in-wall ovens, and a separate eat-in breakfast nook. A large family room located just off the kitchen is designed with a wall of windows that look out to the water.

A huge primary suite is conveniently located on the main level and it also offers refreshing water views from its attached deck that can be accessed from the suite. A spa-link en-suite bath and two walk-in closets make the room as functional as it is beautiful. The second floor offers another opportunity for a water-facing primary suite, plus two additional large bedrooms, an office, and an upper-level family room.

A finished basement provides the home with an additional family entertainment space, another bedroom, and a bonus space, so flexibility and possibilities abound.

Outside, the home is beautifully landscaped with a large pool and patio area, and offers several decks from which the new homeowners can enjoy the sights of their private pier and the serenity of their personal waterfront paradise.

**Listing & Buyer's Agent:**

Cornelia C. Heckenbach, Long & Foster Real Estate, 109 S. Talbot St., St. Michaels, m. 410-310-1229, o. 410-745-0283, info@corneliaheckenbach.com, stmichaelsmdwaterfront.com

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# Bringing Home a Beachy Vibe

By Lisa J. Gotto

**A** bright, beachy, and breezy vibe prevails in this contemporary-style waterfront property mindfully landscaped to provide the ultimate in privacy and updated over the years to create an elevated style of living.

Located in Chester, this home offers amazing Crab Alley Bay views from nearly every room. The foyer is enhanced with a lovely, curved staircase and an arched entryway to the living spac-

**Primary Structure Built:** 1999

**Sold For:** \$2,250,000

**Original List Price:** \$2,400,000

**Bedrooms:** 3

**Baths:** 3

**Living Space:** 4,297 Sq. Ft.

**Lot Size:** 2.6 acres



es. From this vantage point there's easy flow to the open-plan family room and kitchen area, as well as the formal living room. Both spaces have walls of windows to the water. The living room is highlighted with 12-foot ceilings, a handsome flagstone fireplace with gas insert, and an arched accent window over a set of glass double doors overlooking the patio and the waterfront.

Flow from here goes along sandy-colored engineered hardwood floors to the open-plan dining room and kitchen. The dining room is also well situated to provide refreshing water views and connects effortlessly with a recently remodeled kitchen accented in subtle, calming shades of gray. Gorgeous, integrated custom cabinetry and blue calcite marble countertops give this room incredibly clean lines. A huge, center island provides tons of prep, storage, and breakfast seating space. If you're a cook who is often in the kitchen, you will have a to-die-for view of the residence's sleek in-ground pool and patio area and then the waterfront beyond. A shimmering glass tile backsplash and an all-stainless-steel appliance package give this room the ultimate layer of form and function.



The kitchen transitions into a visually stunning library that offers a series of custom-crafted, floor-to-ceiling bookcases with lighted accessory display nooks and a rolling ladder for full access.

The main level also offers an attractive study that overlooks the water and provides another quiet corner for reading and respite.

The home's primary suite is located on the upper level, along with two guest bedrooms, and features a private balcony outside and a separate seating area on the inside that overlook the waterfront. An architecturally enticing tray ceiling, and a fabulous en-suite bath with soaking tub and dual vanity lend this private sanctuary its panache.

Back outside, the exquisite gunite pool area, the property's private pier, and its own personal sandy beach brings that breezy and bright vibe home.



**Listing Agent:** Jimmy White, Long & Foster Real Estate, 202 Thompson Creek Mall, Stevensville, m. 410-320-3647, o. 410-643-2244, jimmy.white@longandfoster.com, longandfoster.com **Buyer's Agent:** Tricia Wilson, Wilson Realty & Staging, 3033 Kent Narrows Way, Grasonville, m. 410-304-2250, tricia@wilsonrealtymd.com, wilsonrealtymd.com

A photograph of a light blue house with a chimney and a large window. The house is set against a clear blue sky.

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Peer Support

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# 5 Signs You're Lacking Potassium

## AND WHY THAT'S NOT GOOD

By Dylan Roche

If you're like most nutrition-conscious people, you've heard you're supposed to watch your sodium intake. As much as salty food might taste satisfying, excess sodium causes fluid imbalances and has negative effects on our cardiovascular health, including high blood pressure and risk of stroke. But it might surprise you to learn that as important as it is to cut back on sodium, it's also important to ensure you're getting adequate potassium.

Together, sodium and potassium regulate the movement of water between your cells and your bloodstream. They ensure proper muscle function because sodium initiates muscle contraction while potassium helps your muscles relax. And when sodium draws water into your bloodstream, it increases your blood pressure. But potassium helps your body excrete sodium through your urine and relax your blood vessel walls. In short, these two minerals create a balancing act in your body's systems.

**So, if you think you might not be getting the right balance of sodium to potassium, pay attention to these 5 signs:**

1. You experience frequent **spasms of cramps in your muscles**, especially your leg muscles
2. You feel a **fluttering or irregular heartbeat**
3. You suffer **constipation**, which might be a sign the muscles in your digestive tract are not contracting and relaxing properly
4. You frequently feel thirsty or exhibit **symptoms of dehydration**, such as fatigue
5. You suffer from **kidney stones**, which could be a sign of excess calcium excretion

Most of the time, a potassium deficiency can be fixed with diet—you just need to increase the potassium-rich foods you eat. However, it's worth checking with your doctor first to rule out any underlying condition, such as a kidney disorder. If it's a matter of boosting your diet, consider some of these a-peel-ing sources:

- ◆ **Bananas:** Usually the first food you think of when it comes to potassium—a medium-sized banana has more than 400mg of potassium.
- ◆ **Oranges:** A whole orange has about half the potassium of a banana, but an 8-ounce glass of orange juice is equal to a banana.
- ◆ **Avocado:** They're more calorically dense because of their fat content, but one medium-sized avocado has twice the potassium of a banana.
- ◆ **Potatoes:** Leave the skin on—a medium white potato has more than 900mg of potassium and a sweet potato has more than 500mg.

# Don't Underestimate Peer Support

By Dylan Roche

**Y**ou might've heard the expression "Misery loves company." If we're being pessimistic, we might interpret this to mean that people going through misery love to make life miserable for other people. But if we think about the expression a little more graciously, it could mean that people going through misery actually take comfort in knowing there are other people out there going through similar experiences. Having this type of company, as it turns out, is healthy. And it can actually be healing!

This type of relationship is known as **peer support**, and it's defined by the Substance Abuse and Mental Health Services Administration as any kind of activities or interactions between people with the same experiences who can help one another on the path to recovery. Sometimes it could be a one-on-one relationship between two people, or it could be in a group setting. Peer support can help you work through a traumatic experience, a mental illness, or substance use.



**While these kinds of relationships aren't a replacement for working with a mental health professional, they can be just as valuable and can offer different benefits such as:**

- ◆ You feel less alone and have a chance to unlearn any stigma associated with what you're going through
- ◆ You can receive support from people who have gone through what you're going through and can offer effective coping strategies or helpful perspectives
- ◆ You have an environment that is free from judgment or dismissiveness, making it easier for you to open up about your thoughts or feelings
- ◆ You can find access to the resources you need, including professional help, often from people who can give honest recommendations based on effectiveness and value

Some people prefer one-on-one peer support while others prefer a group setting. In fact, you've probably heard of prominent peer support groups that have chapters all across the country, such as Alcoholics Anonymous or the National Alliance on Mental Illness. Many community centers or houses of worship can connect you with groups, or you can use online networks such as Group Peer Support ([grouppeersupport.org](http://grouppeersupport.org)) or HeyPeers ([heypeers.com](http://heypeers.com)).



**Don't call it "trauma bonding":** *Psychology Today* notes that some people may colloquially refer to peer support as "trauma bonding," but they're not the same thing. Although peer support usually involves bonding with others over shared trauma, trauma bonding is a formal term describing the emotional attachment developed in an abusive relationship where the victim feels bonded to their abuser. As with other situations where psychology language is used casually, referring to peer support with this term can disparage the experience of someone who has experienced real trauma bonding.

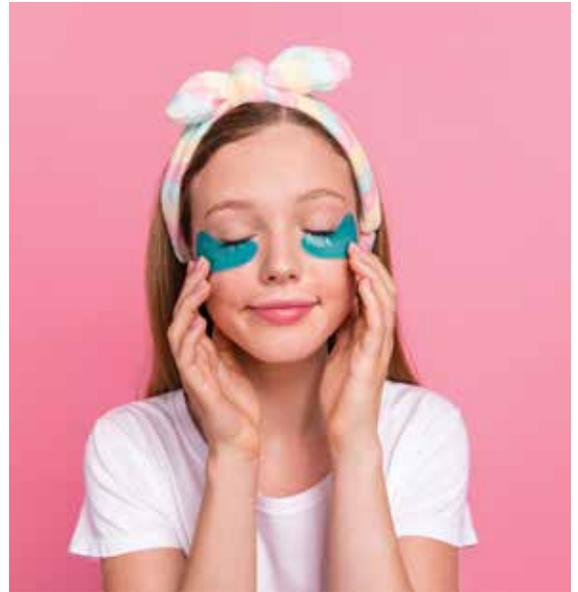
# Kids Use Skincare Products Now?

By Dylan Roche

**W**hen you think about the skincare woes a typical teenager struggles with, the first thing that might come to mind is acne. Most generations have accepted it as, practically, a rite of passage that during the hormonal throes of puberty, kids tend to deal with their fair share of pimples. And while most of us have memories of trying to keep breakouts in check with daily washing and maybe a medicated cleanser if we needed one, the youth of today are taking a much more complicated (albeit much less healthy) approach to skincare.

It's a trend you might notice if you log onto social media, and it's one that has some health experts concerned: Kids are into skincare, and not your typical acne prevention. Kids, even some pre-teens, want to use product after product formulated for adult skin in pursuit of the perfect complexion.

**IS THIS JUST ANOTHER HARMLESS TREND? MAYBE. BUT PEDIATRICIANS ARE SAYING IT'S A TREND THAT COULD HAVE HARMFUL EFFECTS, BOTH DERMATOLOGICALLY AND MENTALLY. HERE'S WHY.**



## **YES, KIDS ARE INTO SKINCARE**

Not all kids. But many. These teens and preteens are influenced by some of their favorite social media personalities to adopt an unrealistic beauty standard, striving for what's sometimes referred to as "glass skin." Dermatologists emphasize that skin with texture so smooth is rarely achievable at any age, even with diligent cleansing and moisturizing. Skin has texture, pores, and blemishes. Nobody's flat or flawless, but seeing photos and videos that have been edited or filtered lead kids to believe that this is the standard and something they should strive for. For cultural context, it may help to think of extreme thinness that was idealized for young women throughout the '80s and '90s, fueling a dramatic increase in eating disorders.

But besides the fact that teenagers are often easily influenced (and subject to poor self-image if shown impossible ideals), teenagers often have specific types of skin problems. Hormonal changes during puberty increase the amount of oil their sebaceous glands produce, and it's this excess oil that clogs pores and frequently causes pimples and blackheads. Such hormonal changes don't affect every teenager the same way, which is why some kids tend to have worse breakouts than others. Generally speaking, this excess oil can be kept in control with a gentle over-the-counter cleanser, and an oil-free moisturizer can provide much-needed moisture after cleansing without burdening or irritating the skin.

## **ADULT SKINCARE ISN'T FOR KIDS**

Adults with mature skin have all kinds of reasons for a diligent skincare routine—they want to avoid blackheads and pimples just as teens do, but they also might be trying to reduce wrinkles and eliminate spotting or discoloration. The products designed to treat mature skin problems aren't formulated in a way that will work well with young skin, particularly hormonal skin. So not only will teenagers suffer poor self-image from this fixation on perfect skin, but also, they might actually end up causing problems that leave them with an unhealthier complexion than they started with.

**Young skin is thinner and more sensitive than mature skin. Exposure to too many products can lead to skin damage both in the short term and (unfortunately, sometimes) the long term. Chief among the harmful ingredients are:**

- ◆ **Retinol:** A common ingredient in anti-aging products, retinol increases skin cell renewal, so it's good for reducing fine lines and wrinkles when used over time. But on young skin, it can cause retinoid dermatitis, a red, scaly rash that, in its worst form, can itch or burn. Retinol can also leave you susceptible to sunburn and sun damage if it's applied before sun exposure (hence why it's intended to be used as part of a nighttime skincare routine).
- ◆ **Hydroxy Acid:** This is a type of chemical peel that strips older skin of dead skin cells and other debris much the way an abrasive exfoliant would. While mature skin is strong enough to withstand this chemical exfoliation, it's often too harsh for younger skin.
- ◆ **Glycolic Acid:** This ingredient serves to moisturize skin, but it's not suitable for younger skin. When young skin is still developing, glycolic acid ends up being an irritant, especially when it's applied in large amounts.

On top of the problems caused by such ingredients is the way products are applied...well, one on top of the other. Layering up so many skincare products on top of hormonal skin, especially when sealed in with a heavy moisturizer, can upset the skin's natural pH and microbe balance, leaving skin dried out, red, and flaking.

## **ADULTS CAN SET A GOOD EXAMPLE**

Maybe the hardest part of all this is the fact that, despite the harms adult skincare routines applied to young skin, kids' dermatological insecurities are still very real to them. They're unhappy with their facial skin and want to improve it. If you're a parent or other influential adult to a kid who wants improved skin, it's important to talk about how social media is often not a reflection of reality. Reinforce the understanding that skin changes, such as acne or breakouts, during puberty are entirely normal.

If they want to start a healthy age-appropriate skincare routine, the best thing to do is to start with a mild cleanser, specifically one with a pH level closer to the skin's natural pH. Something basic from the grocery store, such as Cetaphil, is sufficient, as there is no need to buy an expensive premium brand. After cleansing, a mild lightweight moisturizer can stave off any dryness. Finish up with a sunscreen—which, many dermatologists are quick to point out, is the one product they're happy to see youth taking an active interest in. Avoid any harsh exfoliants or anti-aging products.

Some skin problems may remain even once an adult skincare routine is eliminated and an age-appropriate one is implemented. In these situations, it's best to take a child to a dermatologist who can provide guidance on specific problems and how to resolve them.



# When Hypochondria Isn't All Just In Your Head

By Dylan Roche

**“It’s all in your head.”**

**H**ow many hypochondriacs have been told this? When you stress out about illnesses that you don’t actually have, it’s easy for people to dismiss what you’re going through as not real. But on top of the very real mental anguish that hypochondriasis can cause, it’s also been shown to manifest real physical symptoms.

All of this can be exacerbated by the Internet, which gives us access to all kinds of info about health conditions but without the nuance or personal insight that comes from a doctor’s professional diagnosis.

For most people, it’s normal to have minor aches or discomforts throughout the day: the aforementioned stuffy nose, or a headache, an upset stomach, sore muscles, bloating, or restlessness, among many others. Unless these symptoms are ongoing, unusual, or in combination with other symptoms, we can usually carry on with them in our daily lives. But when we compare these



normal aches or discomforts to a list of symptoms online, it’s easy to convince ourselves that we have a serious condition.

Among people with illness anxiety disorder, there are two types: **care seeking** and **care avoidant**. A care-seeking person frequently consults a doctor concerning their symptoms, and will often seek out second or third opinions. On the other hand, a care-avoidant person won’t go to the doctor because they think the doctor won’t take

**Worth noting: What was once often called hypochondriasis is now referred to as illness anxiety disorder. This type of anxiety involves such excess vigilance and worry about possible health problems that it becomes debilitating, often mentally and sometimes physically. For example, consider this scenario:**

You get a stuffy nose or some sniffles from weather changes and the swing in temps or barometric pressure.

Because of illness anxiety disorder, you start to worry the stuffy nose might be due to an infection.

Anxiety over a potential infection makes you focus on your stuffy nose, which can exaggerate your perception of how bad the stuffy nose is—it feels worse because you’re paying so much attention to it.

The stress from focusing on your stuffy nose causes you to experience other physical symptoms, such as mental fatigue or an upset stomach.

them seriously or they're scared of what the doctor will find. Both approaches can **increase feelings of stress**, and both approaches will often coincide with **preventative behaviors taken to the extreme**, such as handwashing or social isolation. In worst-case scenarios, this illness anxiety negatively affects relationships and careers.

### **WHAT TO DO ABOUT IT?**

**If you're somebody who frequently finds yourself worrying about your health in self-destructive ways, you may need counseling or therapy to help you manage your behaviors. However, there are small steps you can take to manage your anxiety:**

Notice when you're having negative thoughts and try to reframe them. If you start to worry about a symptom, ask yourself whether there's another explanation besides a serious illness.

Limit health-related information, especially from social media or other informal sources. Although it feels like this helps, it can make anxiety worse. If you seriously think you have a reason to be concerned, seek medical care.

Keep a journal of times when you have worries about your health and how those worries play out in the days to follow. By paying attention to patterns, you can teach yourself to trust that not every little symptom is a serious cause for concern.



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# Food & Dining

90 MARKET OF DELIGHTS

91 READERS' DINING GUIDE



Eggplant  
Parm at Piazza  
Italian Market

▶

# Market of Delights

By James Houck

**P**iazza Italian Market is a thriving community hub in the heart of Easton. Visit during lunchtime on any given day, and you'll see, firsthand, the specialty grocer/eatery buzzing with activity. I took a drive into town on a sunny Monday to visit Piazza, grab a bite for lunch, and take home a few options for dinner. I was greeted by happy staff and happier customers that were either enjoying their lunch in the bright sit-down dining area or perusing imported foods from the market side. The energy was positive.

Walking through the main doorway and into the market, it's hard to resist all the goodies within—select wines, pastas, sauces, vinegars, and oils for sale; the delicatessen of fine cheeses and cured meats, cold cases of prepared Italian entrees, antipasti, desserts; plus, collections of cottage industry wares and local books. I worked my way past all of this toward the rear counter and large, chalkboard menus to order a couple panini.

There are hot and cold options, about 15 unique panini in all. My selections: the *Compania*, with layers of prosciutto de Parma, fresh mozzarella, basil leaves, and tomato slices, and the *Pesto Chicken Salad Panino*, with the distinct salad, bibs of lettuce, and tomato. Both were sandwiched into freshly-baked rolls and made-to-order, which afford-



## PIAZZA ITALIAN MARKET

218 N. Washington Street, Ste. 23, Easton; 410-820-8281; piazzaitalianmarket.com

ed me time to select several family-size entrees from the cold case to enjoy for dinner later that evening: the Calabrese Pork Lasagna, Handmade Gnocchi Calabrese, a small serving of Grilled Shrimp, and Tiramisu. All paid for at the counter; tipping optional but appreciated.

The panini—meaning “small bread” in Italian—were well-made versions of what I would call a sub, though certainly not as monstrous in size that some of the chain-name shops pitch. Think of Piazza's offerings as finer fare that's filling but won't overfill you. The salty prosciutto on the *Compania* was balanced by the mild mozzarella. Of course, the basil punctuated the sandwich. The bread was perfectly pleasing, easy to bite through, and held the ordeal together first bite to last. Same for the *Chicken Pesto Salad* with its shredded chicken and whole pine nuts enveloped in pesto-mayo binder.

I took the other dishes to-go, with their instructions for heating and serving at home. I also appreciate the full list of fresh ingredients on the label of each—you know exactly what you're getting. The Lasagna took about 1 hour to heat through in the oven; the Gnocchi, about five minutes in the microwave. Together, I had plenty to serve my family of four. We raved about each dish. The pillowy gnocchi were hard not to love—the mouthfeel was heavenly, the taste simple, but very accepting of the Calabrese pork sauce. Similarly, the lasagna layers of flat egg pasta, cheeses (ricotta, mozzarella), pork sauce, and finely minced veggies (a soffritto of onion, carrots, celery) were harmonious in each bite. And was that a pinch of fennel seed or oregano that I detected. A glance at the ingredient list and...check that, it was both. The grilled shrimp offered refreshing bites between the heavier pasta dishes.

The tiramisu was a legendary capstone to the meal. I say legendary because it lived up to the dish's fame as an exquisite dessert with layers of sugar-sweetened mascarpone, liquor-soaked ladyfingers (in this case with Lyon Distilling rum and Rise Up Coffee Roasters' espresso), and cocoa. Each deep-dive spoonful from the container was awesome.

And there you have it—lunch *and* dinner, both prepared by the Piazza Italian Market team. All made fresh with local or fine, imported ingredients and wonderfully delicious.



# Readers' Dining Guide



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

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## Queen Anne's County

**18Twenty**  
 500 Kent Manor Drive, Stevensville; 410-643-5757; [kentislandresort.com/dining](http://kentislandresort.com/dining) \$\$ ●●●●●

**Amalfi Coast Italian & Wine Bar**  
 401 Love Point Road, Stevensville; 443-249-3426; [amalficoastki.com](http://amalficoastki.com) \$\$ ●●●●

**Bark Barbecue Café**  
 371 Log Canoe Circle, Stevensville; 443-618-3676; [barkbarbecue.com](http://barkbarbecue.com) \$ ●

**Bay Shore Steam Pot**  
 111 E. Water Street, Centreville; 410-758-3933; [bayshoresteamopot.com](http://bayshoresteamopot.com) \$\$ ● Seafood

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

**The Big Owl Tiki Bar and Grill**  
 3015 Kent Narrow Way S, Grasonville; 410-829-9546; [thebigowl.com](http://thebigowl.com) \$\$ ●●●●● Seasonal

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

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

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

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

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

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

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

**Frix's Fire Grill**  
 1533 Postal Road, Chester; 410-604-2525; [frixfiregrill.com](http://frixfiregrill.com) \$ ●●

**Harris Crab House and Seafood Restaurant**  
 433 Kent Narrow Way N, Grasonville; 410-827-9500; [harriscrabhouse.com](http://harriscrabhouse.com) \$\$ ●●●●

**The Jetty Dock Bar and Restaurant**  
 201 Wells Cove Road, Grasonville; 410-827-4959; [jettydockbar.com](http://jettydockbar.com) \$\$\$ ●●●●●

**Libbey's Coastal Kitchen and Bar**  
 357 Pier One Road, Stevensville; 410-604-0999; [libbey-scoastalkitchen.com](http://libbey-scoastalkitchen.com) \$\$ ●●●●●

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

**Kent Point Marina, Bait House and Seafood**  
107 Short Road, Stevensville; 410-753-2330; kent-point-marina.square.site  
\$\$ ● 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; mrbseafood.com \$\$ ● Seafood

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

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

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

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

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

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

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

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

## Talbot County

**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; thegalleysaintmichaels.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; limoncellostmichaels.com \$\$ ●●

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

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

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**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; the-lackduckinn.com \$, Seasonal

**Fish Whistle**

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

**Flying Decoy Bar + Grill**

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

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**Happy Chicken Bakery**

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

**Harbor Shack**

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

**Java Rock**

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

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

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

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

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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; bay-countrybakery.com \$ ● Daily Breakfast

**Blackwater Bakery**

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

**Blue Point Provision Company**

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

**Blue Ruin**

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

**Bombay Social**

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

**Carol's Kitchen**

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

**Emily's Produce**

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

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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**

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

**Paul's Pub**

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**Portside Seafood Restaurant**

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

**RAR Brewing**

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

**River View at the Point**

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

**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; marketstreetpub \$\$\$ ●●●

**Ridgely Pizza and Pasta**

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

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# Where's Wilma?

**FIND WILMA AND WIN!**

Our famous flying mascot, Wilma, is a superfan of all things baseball and she loves our local teams. With the first pitches of many games happening this month, Wilma will be busy flying across the region to catch all the action at the stadiums. Of course, she'll be flying into towns and making pit stops for the best food, shopping, and select services. Where will she land exactly? Here's how the contest works: Wilma appears next to three different ads in this magazine. When you spot her, write the names of the ads and their page numbers on the entry form online or mail in the form below and you'll be eligible to win. Only one entry per family. Good luck and don't forget to submit your restaurant review online at [whatsupmag.com/promotions](http://whatsupmag.com/promotions) for another opportunity to win a prize.

**Congratulations to Dorothy W.** of Easton, who won a \$50 gift certificate to a local business.

Please Print Legibly

**I FOUND** \_\_\_\_\_ Advertiser \_\_\_\_\_  
**WILMA** \_\_\_\_\_ Advertiser \_\_\_\_\_  
**ON PG.** \_\_\_\_\_ Advertiser \_\_\_\_\_

Name \_\_\_\_\_

Phone \_\_\_\_\_

Address \_\_\_\_\_

E-mail address \_\_\_\_\_

Circle your age bracket: <25 25-34 35-44 45-54 55+

Would you like to sign up for our daily e-newsletters, which brings you each weekend's best events and dining deals, as well as online-exclusive articles!

Yes, please!  No, thanks

Entries must be received by April 30, 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](http://whatsupmag.com/promotions).

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