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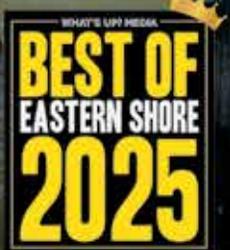
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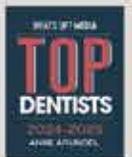
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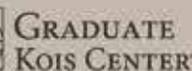
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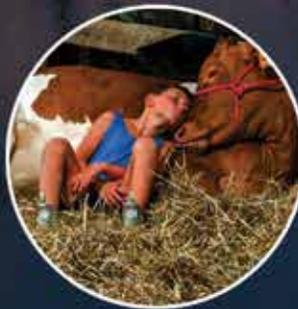
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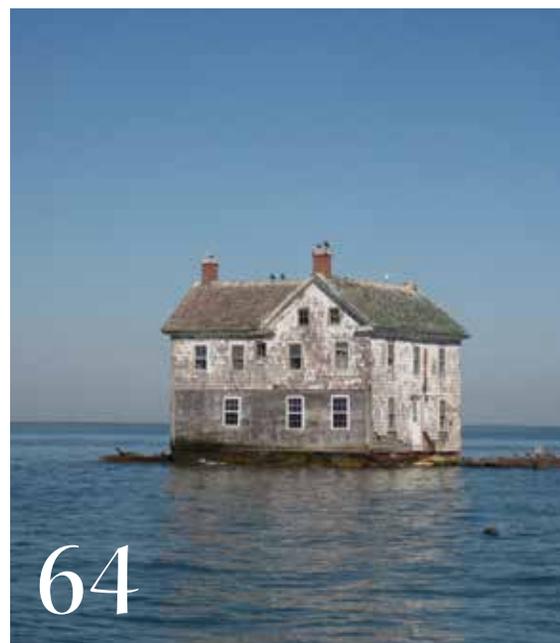
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WHAT'S UP?
eastern shore

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**PARTY THEME
BRIGHTEN
UP THE
NIGHT!**

WHAT'S UP? MEDIA'S

**BEST OF
PARTY
2025**

JUNE 4

6 - 9PM

**DOORDAN INSTITUTE
AT LUMINIS HEALTH
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CENTER IN ANNAPOLIS**

What's Up? Media's Best Of Party celebrates the best of the area's restaurants, shops, services, entertainment, and businesses all rolled up into one fantastic fundraising event. At the party, "**BRIGHTEN UP THE NIGHT**" is the theme, so come dressed in your most vibrant and colorful attire to match the energy of this unforgettable evening! "Best Of" restaurant winners, and only winners, serve samples of their winning dishes.



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An Investment That Grows



Back in March, our staff mailed nearly 600 congratulations letters by snail-mail to all winners of the annual Best Of contests (for Annapolis, Eastern Shore, Central Maryland, and Weddings), as chosen by more than 50,000 readers who took time to nominate your favorite restaurants, shops, and professional services in a variety of lifestyle categories. These many letters went far and wide across the region to many local businesses.

It's a very exciting time; sharing this good news with the winners, prior to making the announcements public with this June issue. But I also brace for the inevitable...

You see, for every winning business announced, there are 5x, 10x, dozens of worthy competitors, many of whom promoted and participated in the Best Of voting campaign, but didn't get the W. It's tough, I get it.

So, I receive emails and phone calls. A few might be from gracious winners, while others come from those competitors. Some have an "Awe shucks, we'll get it next year" vibe. Most are confused or, in rare cases, angry. I listen. I offer an ear and explain the front-end campaign logistics, the back-end vetting process, and best practices for trying again, next year.

For more than 20 years, there's been "next year." We've been doing this project with you, our readers, for some time. I think that is special and significant.

I'm reminded of a—now humorous—situation from many moons ago, in which a new, but increasingly popular restaurant in town posted an Instagram reel showing their chef torching our June Best

Of magazine when it just came out. Wow! They didn't win that year and, I guess, were pretty fired up about it. But good news, they're a winner in 2025. In fact, they've won several years running. Go figure.

We don't discriminate, even against those who've committed Insta-sin or called in frustrated. We try our very best to carefully review the voting, weed out spamming/clone votes/etc., research the top vote-getters in each category, and vet the overall winners.

Many of the winners you'll see listed in this year's class are long-standing favorites—icons of our town. A few winners are newcomers to the community, who took aim at the Best Of campaign and got their patrons, friends, and family members to vote, vote, vote. It's cool. It's part of the fun. And they're legit good. Could any one of

the winners get bounced from the throne next year? Absolutely. And it's entirely up to you.

For now, we celebrate this year's Best Of honors, representing the owners' passions for their respective lines of business. The Best Of project is meant to be an enjoyable opportunity for the

community to have a voice in the magazine and promote favorite homegrown businesses. There's that cliché saying, "A rising tide lifts all boats." As always, I'm on board.

WE'VE BEEN DOING THIS PROJECT WITH YOU, OUR READERS, FOR SOME TIME. I THINK THAT IS SPECIAL AND SIGNIFICANT.

Please join me and the entire What's Up? Media family in congratulating this year's Best Of winners!

James Houck,
Editorial Director

Thank you for voting

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Expert of the Month



Stephanie Rose

Owner
Bella Rose Medical Aesthetics & Wellness

Stephanie Rose, MSN, CRNP, FNP-C, CANS, double board certified, master NP injector, is a leader in medical aesthetics. Recently honored with the 2025 Women to Watch award, she sets new standards in the field through expertise, innovation, and dedication to patient care. With more than two decades in healthcare and aesthetics, Rose blends medical expertise with an artistic touch in facial rejuvenation. Certified in advanced aesthetics, she specializes in injectables, laser therapies, and longevity medicine, delivering natural-looking results.

What inspired you to pursue a career in medical aesthetics?

I was first introduced to medical aesthetics while working alongside a plastic surgeon who was a friend and mentor. Seeing firsthand how transformative these treatments could be—both physically and emotionally—helped me realize my true passion. I love helping others feel confident in their own skin and enhancing their natural beauty in a way that aligns with their goals. Medical aesthetics allows me to combine my love for science, artistry, and patient care, making it the perfect career for me.

What advice do you give to aspiring medical aesthetics practitioners?

Find a mentor and work in a practice—even unpaid—to get

your foot in the door. Build a strong foundation in anatomy, not just techniques, and prioritize emergency preparedness. Take a cadaver course to understand facial structures and train in ultrasound for precision and safety. Stay current with accredited trainings and join ISPAN to network and grow. Success in medical aesthetics is the result of continuous learning, patient safety, and mastering both artistry and science.

What's a memorable success story from your career that stands out to you?

During a patient's consultation for filler, I noticed a wound on her face. She assumed it was just a scratch, but something about it concerned me. Instead of proceeding with the treatment, I provided her with a referral to dermatology. She followed up, and a biopsy confirmed it was skin cancer. Fortunately, it was caught early, and she was able to receive the necessary treatment. This experience reinforced the importance of thorough skin assessments and patient advocacy. Aesthetics isn't just about enhancing beauty; it's about prioritizing patient safety, early detection, and overall health.

Bella Rose Medical Aesthetics & Wellness

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Arts & Culture

16 EVENTS

22 EXHIBITS

24 THEATER

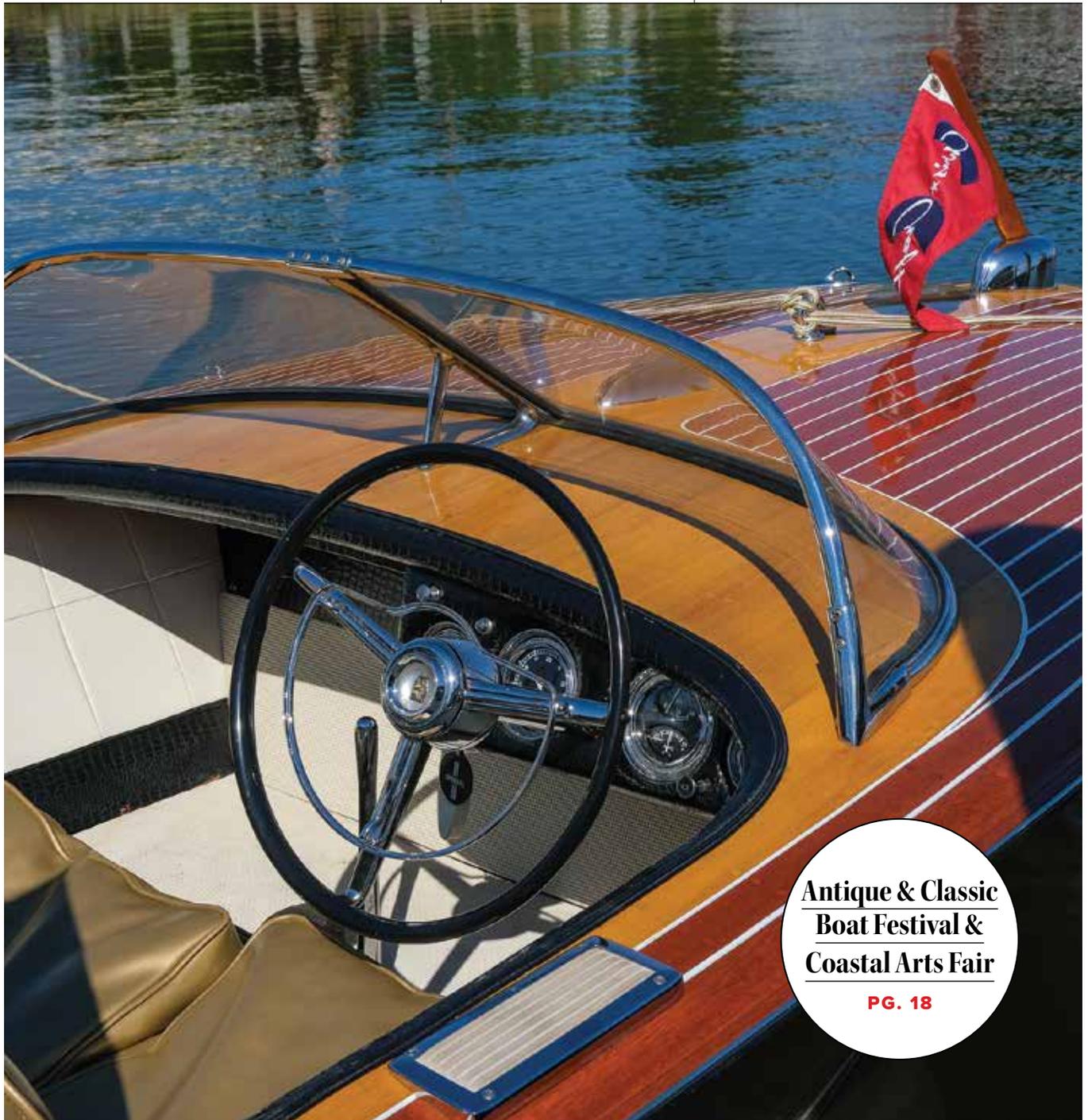
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HIGHLIGHTING
ENTERTAINMENT,
COMMUNITY,
AND EVENTS



**Antique & Classic
Boat Festival &
Coastal Arts Fair**

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**ANNUAL CASEY CARES
ROCKFISH TOURNAMENT**

Enjoy a great day of fishing, fundraising, and celebrating at the Bay Bridge Marina and The Inn at Chesapeake Bay Beach Club on Kent Island on June 6th. The day of fishing and celebrating will all benefit Casey Cares Foundation. Casey Cares Foundation provides ongoing and uplifting programming to over 1,600 critically ill children and their families. Enter your boat and find more information at caseycares.org.



Chesapeake Bay Motoring Festival

The Kent Island Yacht Club's Chesapeake Bay Motoring Festival will be looking over the Bay on June 7th and 8th. Enjoy Cars and Coffee on Saturday morning before the automobiles take the field. Explore the stunning displays of classic cars, antique yachts, and speed boats all set against the picturesque waterfront. Find more information at chesapeakebaymotoringfestival.org.



**Bike MS: Chesapeake
Challenge**

Ride some of the flattest roads Bike MS has to offer at the Chesapeake Challenge, starting and ending at Talbot County Community Center in Easton on June 21st and 22nd. Cruise through scenic byways with bay breezes, rolling farmland, and the opportunity to stop and smell the crabs all to raise money for and support Multiple Sclerosis. Get a team together and sign up at events.nationalmssociety.org.



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The Town of Centreville and the Maryland Wineries Association will host the eighth Maryland Makers event with more ways to explore Maryland's rich craft culture on June 7th in Downtown Centreville. Formerly known as DrinkMaryland, "Maryland Crafted: Centreville" features over 40 juried artisans and craft alcohol producers (wine, craft beer, and spirits with a tasting pass), plus live music and delicious food. New this year is an exclusive pre-event VIP Experience at Centreville's Bull & Goat Brewery with a behind-the-scenes tour, and four guided tastings with food pairings led by event emcee and leading wine expert Laurie Forster. For tasting passes and info, visit marylandcrafted.com.

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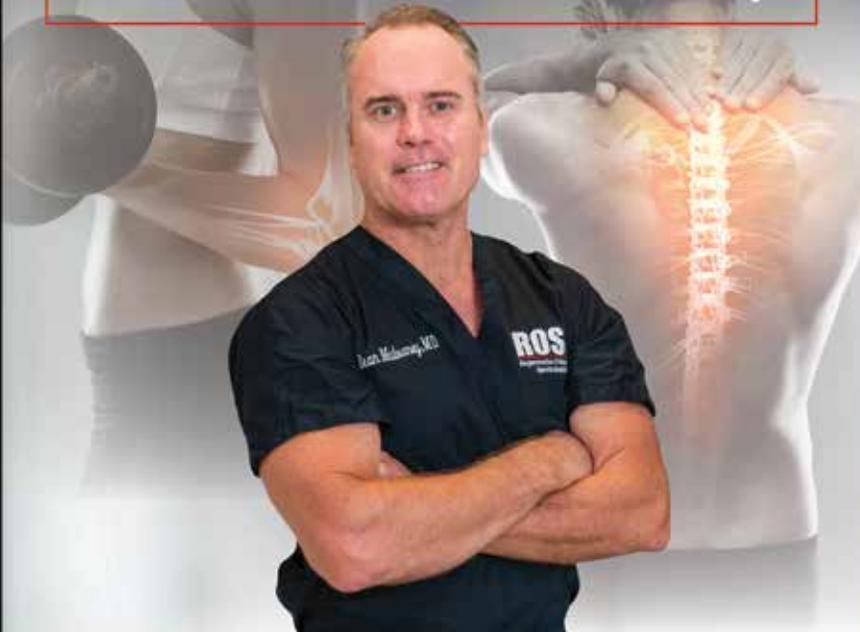


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ANTIQUE & CLASSIC BOAT FESTIVAL & COASTAL ARTS FAIR

The 37th Antique & Classic Boat Festival and Coastal Arts Fair will be at the Chesapeake Bay Maritime Museum in St. Michaels on June 13th through 15th. This weekend invites guests to take a step back in time in celebration of the history and artistry of these venerable vessels. This is one of the largest classic boat shows in the Mid-Atlantic region and includes plenty of fun for the whole family. Find more information and get tickets at cbmm.org. Photographs by George Sass, courtesy CBMM.



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Solstice Celebration

Save the date for ShoreRivers' signature celebration event. The Summer Solstice Celebration will take place on the banks of the Chester River at Wilmer Park in Chestertown on June 28th from 6 to 10 p.m. The Judd Nielsen Band will provide live music while guests enjoy signature cocktails, delicious catered cuisine, and good company, all to benefit healthier local waterways. Find more information and get tickets at shorerivers.org.





BEST OF PARTY!

What's Up? Media's Best Of Party celebrates the very best local restaurants, shops, services, entertainment, and businesses...all rolled up into one fantastic fundraising event! Join us June 4th from 6 to 9 p.m. at the Doordan Institute at Luminis Health Anne Arundel Medical Center in Annapolis. "Brighten Up the Night" is the theme, so come dressed in your most vibrant and colorful attire to match the energy of this unforgettable evening. "Best Of" restaurant winners, and only winners, serve samples of their winning dishes and drinks. A portion of the proceeds will benefit Ballet Theater of Maryland and Hope for All. Get your tickets at whatsupmag.com.



TOUR DE TALBOT

Gather at the Easton Fire Hall on June 14th for Tour de Talbot cycling ride. Ride the scenic roads of Talbot County with either a 31.5-, 40-, or 61.5-mile ride through the flat farmland and water views of the Eastern Shore. Tour de Talbot will benefit Talbot Thrive. Visit tourdetalbot.org to register.

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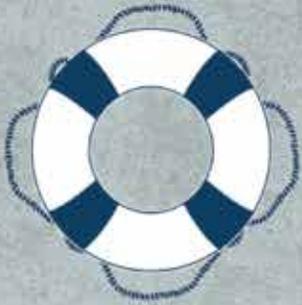


KNOXIE'S TABLE | THE MARKET | THE SPA | THE INN



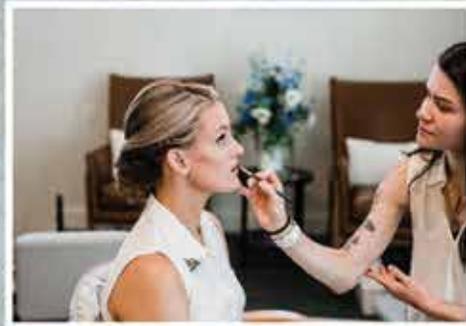
**BEST OF
WEDDINGS
2025**

**BEST OF
EASTERN SHORE
2025**



CHESAPEAKE BAY BEACH CLUB

KENT ISLAND, MARYLAND

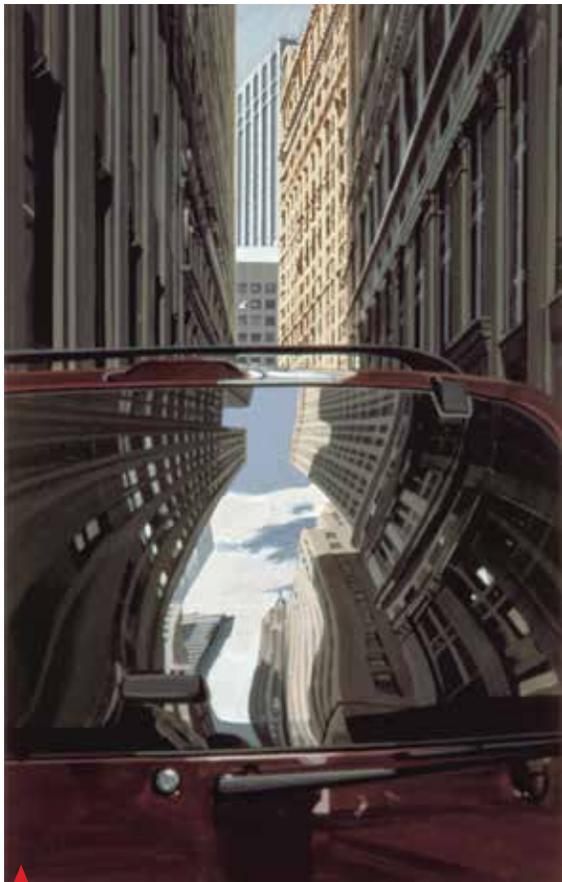


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Exhibits



Richard Estes: Urban Landscapes

Academy Art Museum, Through August 3rd, academyartmuseum.org

Featuring 25 works by the preeminent photorealist painter and printmaker Richard Estes, this exhibition showcases the artist's ongoing fascination with the reflective surfaces of the modern city. Ranging from the 1980s to the early-21st century and rendered with astounding technical skill, Estes' detailed views of New York City and other sites are worlds away from the Eastern Shore. Hovering between the recent past and the present—some signage and buildings remain, others have been demolished or replaced—the images will transport viewers to other places and moments in time. Estes' urban subject matter and use of photography provide a counterpoint to traditional notions of landscape art, inspiring more capacious frameworks for seeing and understanding the world around us.



It's All About Color!

Troika Gallery, Easton, Through July 31st, troikagallery.com

Louis Escobedo's "It's All About Color" opens June 6th, during First Friday at Troika Gallery in Easton. An award-winning Master Signature artist from The National Oil Painters of America, Escobedo intermingles abstract shapes and color to energize his subjects which include landscapes, still life, and figures. "Color is a person's signature, a personal form of expression and another sense an artist can use to communicate," he says. Presenting "The Finest of Fine Art" since 1997, Troika Gallery is the longest operating gallery on the Eastern Shore. Whether you are an art collector, art lover, or an art browser, you will enjoy your visit to Troika Gallery as the friendly ambiance has cultivated loyal followers.

Annapolis Watercolor Club's Golden Anniversary Exhibit

Quiet Waters Park, Annapolis, Through July 6th, annapoliswatercolorclub.org

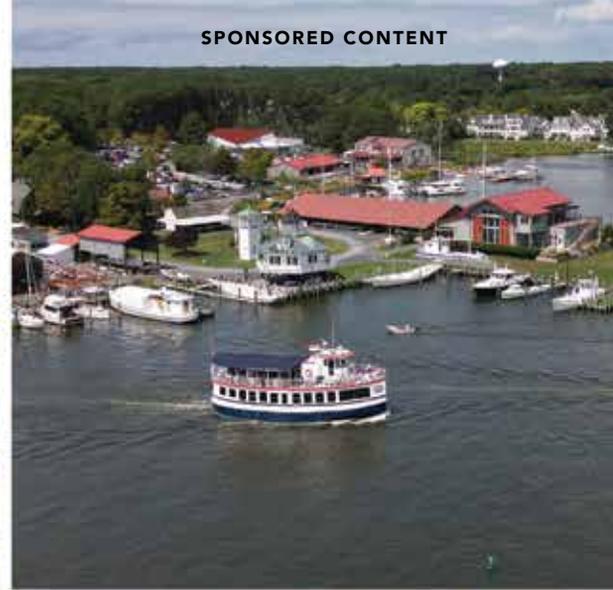
2025 marks the 50th anniversary of the founding of the Annapolis Watercolor Club. The Golden Anniversary Exhibit will be the highlight of a series of exhibits in celebration of the anniversary. All paintings will have gold incorporated in them, whether it be metallic, metallic leaf, or other golden touches. AWC was founded by a small group of artists, including Joanne Scott, a co-founder of Maryland Hall. It has since become a nonprofit educational organization with over 200 members who aim to encourage the art of watercolor painting through education of artists of all ages.



r. aster syrell: Approaching the Garden

Elizabeth Myers Mitchell Art Museum at St. John's College, Annapolis, Through July 13th, sjc.edu

In the 18th century, British plein-air painters used a pocket-sized device called the "Claude glass" (or "black mirror") when translating a three-dimensional landscape to the two-dimensional canvas surface. They would turn their backs to the scene and paint what they saw in the mirror. For this exhibition, r. aster syrell will use the gallery's massive corner windows as Claude glasses and over the course of two months paint their changing reflections. Note that the artist will not be painting during open hours. r. aster syrell teaches at St. John's University in New York and Anne Arundel Community College in Maryland. This exhibition is presented on the occasion of Arundel County Arts Month, Paint Annapolis, and Pride Month.



Become a part of the Chesapeake story...

As a Chesapeake Bay Maritime Museum member, you'll connect with the Bay through authentic experiences via our exhibitions, programming, and events on our 18-acre waterfront campus in St. Michaels, Md., and join our mission as a steward of the region's rich history, environment, and culture. Your membership is the next chapter!

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The newest addition to the CBMM family, Patriot Cruises shares the beauty and history of the Miles River from April-October.

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Theater

**COVERING UPCOMING PLAYS,
PERFORMERS, AND VENUES**

King James

Round House Theatre, Bethesda, Through June 22nd, roundhousetheatre.org

At first glance, Shawn and Matt couldn't be more different. However, when they discover they are both diehard Cleveland Cavaliers fans, they quickly form a close bond over their shared love of basketball—and the breathtaking talents of NBA star LeBron James. Over the course of many years, their relationship ebbs and flows with the fortunes of their beloved team. This witty and energetic comedy is a “wonderfully daring, imaginative, and compassionate” (*The New York Times*) celebration of the enduring power of sports fandom and unexpected friendships, written by Pulitzer Prize finalist Rajiv Joseph (*Bengal Tiger at the Baghdad Zoo*).

A Motown Explosion

Bowie Center for the Performing Arts, Bowie, June 8th, bowiecenter.org

In support of our youth development programs, Prince George's Community Television is excited to present A Motown Explosion featuring live entertainment and special performances! The night will feature performances by The Motown Hall of Famers The Dynamic Superiors, Edward Henderson, Jeanette Harris, Kevin Lankford, Kimmy Kearse, and Linda Harris.



Disaster!

Annapolis Summer Garden Theatre, Annapolis, Through June 14th, summergarden.com

It's 1979, and New York's hottest A-listers are lining up for the opening of a floating casino and discotheque. Also attending is a faded disco star, a sexy nightclub singer with her eleven-year-old twins, a disaster expert, a feminist reporter, an older couple with a secret, a pair of young guys who are looking for ladies, an untrustworthy businessman, and a nun with a gambling addiction. What begins as a night of boogie fever quickly changes to panic as the ship succumbs to multiple disasters, such as earthquakes, tidal waves, and infernos. As the night turns into day, everyone struggles to survive and, quite possibly, repair the love that they've lost...or at least escape the killer rats.



The Bridges of Madison County

Church Hill Theatre, Church Hill, June 6th through 22nd, churchhilltheatre.org

A moving love story about a photographer on assignment to shoot the historic bridges of Madison County. He meets a housewife, whose husband and children are away on a trip, and the film traces a brief affair that is never sordid but is, instead, one of two soul mates who have met too late.

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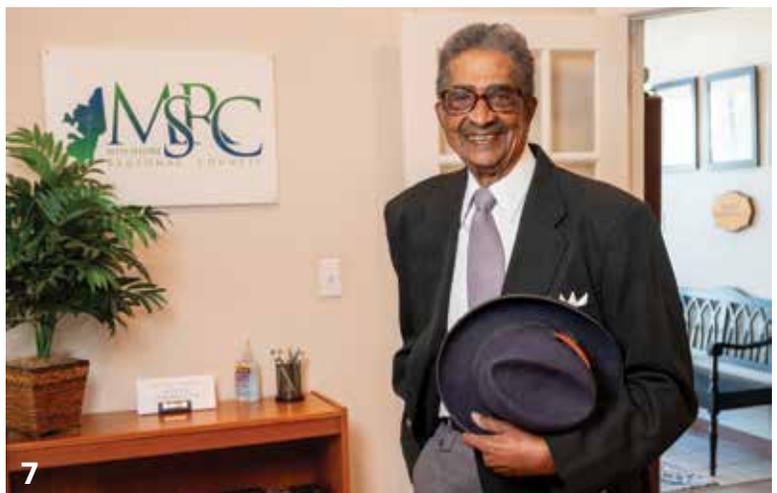
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Talbot County Community Impact Awards

Talbot County leaders gathered on Thursday, April 10th at the Tidewater Inn's Gold Ballroom for the 18th Talbot County Business Appreciation Summit and presentation of the 2025 Community Impact Awards. The event included a keynote address from the President and CEO of the Federal Reserve Bank of Richmond Tom Barkin. Following Barkin's address, the 2025 Community Impact Awards winners were announced, including: Bluepoint Hospitality Group; Building African American Minds (BAAM) Academic Center Project; The Arc Central Chesapeake Region's Port Street Commons Project; The Oaks Waterfront Hotel major renovation and reopening; and the University of Maryland Shore Regional Medical Center collaboration among UM Shore Regional Health, Talbot County, the Town of Easton, and Easton Utilities. Civic and elected leader Walter E. Chase, Sr. won in the individual award category. Learn more at talbotworks.org.

1. Executive Chef Harley Peet and Chef de Cuisine Phil Lind of the Bluepoint Hospitality Group. Photo by Deb Lindsey for The Washington Post **2.** Tom Barkin provides the keynote address **3.** The Oaks Waterfront Hotel owners, Andy Warner, front row, left, and Quin Warner, seated right, stand with many of their hospitality staff **4.** Easton Utilities President and CEO John J. Horner, Jr., Town of Easton Mayor Megan Cook, Talbot County Council President Chuck Callahan, and UM Shore Regional Health President and CEO Ken Kozel **5.** BAAM Executive Director Dina Daly, center, stands with students at the new BAAM Academic Center **6.** The Arc Central Chesapeake Region President and CEO Jonathon Rondeau stands at the entrance to Port Street Commons **7.** Civic and elected leader Walter E. Chase, Sr.



Talking to Your Child After a Trauma

Traumatic events happen. When a young person experiences trauma, it may cause sadness, grief, and anxiety. As a parent or caregiver, it is important to talk to your kids, especially after difficult life experiences. That's the best way to make sure they feel safe and supported.

Remember, you don't have to fix their problems. Just be there to listen. Summer often brings more unstructured time together, and this can be a good opportunity to help your child deal with these stressors. You may have more availability to handle the steps needed to help your child cope and heal.

"Not all stress becomes toxic stress. Children have the capacity for enormous resilience, and with the supportive actions of parents and caregivers, children can bounce back and even thrive after a traumatic experience," states Emily Moody, LCSW-C, Director of Clinical Services at For All Seasons.

How to tell if your child has experienced trauma

- Watch for signs of stress, fear, or anxiety
- Watch to see if your child has trouble sleeping, concentrating, eating, managing their mood, or attending school

What steps to take in addressing your child's concerns

- Stay calm and encourage them to put their feelings into words or express them through art
- Check in often to see how your child is doing
- Provide extra time, attention, and patience, even an extra hug
- When you're with them, give them your full attention
- Listen to their thoughts without dismissing them
- Remind them of your love and your belief that they can do hard things

How to make them feel safe

- Kids need stability and calm at home
- Following routines and creating structure helps them know what to expect, gives them a sense of safety, and helps their brains and bodies stay regulated and begin to heal
- Empower your children to help you set the summer schedule, which gives them a feeling of control over their days and transitions
- Look for community resources if you need them, such as food banks or summer meal programs, to ensure children



have access to nutritious food

- Be aware of the potential for summer blues and implement strategies to combat loneliness and social isolation, like playdates or even video calls with school friends
- Promote family connection through activities like regular dinners, movie nights, or games together
- Encourage physical activity, and/or sensory breaks every two hours

How parents can handle the stress of a child's trauma

- Take care of yourself
- Build in time for calm moments, even quick breaks
- Take five minutes to step out of the room
- Take deep breaths or a walk
- Call a trusted friend
- Listen to what your body needs
- Eat nutritious meals, and prioritize a healthy sleep schedule

How to seek help for your child or yourself when feeling overwhelmed

- Reach out for professional support (For All Seasons, forallseasonsinc.org, or call 410-822-1018)
- ForAllSeasonsinc.org/traumasupport

For All Seasons provides the highest quality mental health and victim services to children, adults, and families across the Mid-Shore and throughout the state of Maryland. Services are offered in both English and Spanish and include therapy, psychiatry, victim advocacy, 24-hour crisis hotlines, outreach, and community education.



For information about For All Seasons walk-in hours, contact For All Seasons at 410-822-1018 or visit ForAllSeasonsInc.org.

Chesapeake Bay Environmental Center

RESTORING VITAL HABITAT FOR THE UNSUNG HEROES OF POLLINATION

By Lisa A. Lewis

A bee flies through a garden, buzzing rhythmically as it visits a flower to drink nectar or feed on pollen. As it continues on its journey, the bee carries pollen grains on its body and transfers them from plant to plant during a process known as pollination, which is critical to the reproduction of flowering plants. A vital—yet often overlooked—ecosystem service, many people are unaware of the significance of pollination.

So, when the Chesapeake Bay Environmental Center (CBEC) partnered with the U.S. Fish & Wildlife Service (USFWS) to create a 1.2-acre pollinator meadow, the restoration project not only helped raise awareness but also underscored the importance of protecting native pollinator species, including bees, butterflies, birds, bats, moths, flies, beetles, wasps, and small mammals. Launched in 2016, the meadow provides vital habitat and mitigates threats to pollinators, such as climate change, habitat fragmentation, and the overuse of pesticides, which have caused their populations to decline.

The pollinator meadow showcases more than 22 species of native grasses and wildflowers, including black-eyed Susan, common milkweed, partridge pea, oxeye sunflower, and little bluestem. Every spring, colorful wildflowers bloom among the grasses—not only providing habitat for pollinators but also attracting deer, foxes, rabbits, and other local wildlife.

In addition to the meadow, the pollinator habitat at CBEC also features the Hummingbird and Butterfly Garden, a popular site for visitors to observe the activities of pollinators, and the



Little Sprouts Garden, a garden designed for children ages two to five. All three components are within close proximity to each other.

Nearly 10 years after the creation of the pollinator meadow, CBEC is excited to implement new initiatives in July 2025—building upon the nonprofit organization’s ongoing effort to restore natural pollinator habitat.

“We need to do more for pollinators,” says Vicki Paulas, executive director, CBEC. “The meadow has been successful in supporting pollinators and providing essential habitat for declining populations. So, we are excited to set these initiatives in motion. CBEC offers an immersive experience for visitors. We encourage everyone to use all of their senses to explore the natural world through ‘hands-on,’ ‘feet-wet’ educational experiences. The pollinator meadow offers a great opportunity for people of all ages to learn and interact with nature.”

“Pollinators play such a critical role in nature,” adds Judy Wink, executive director emeritus, CBEC. “Many people don’t realize the impact pollinators have on food production, including fruits, vegetables, and nuts. In fact, one out of every three bites of food we eat is the result of pollination. Pollinators support plant reproduction and the health of ecosystems, and we need to protect them.”

POLLINATOR MEADOW INITIATIVES

This summer, CBEC will implement initiatives that benefit pollinators and promote biodiversity across the region. These initiatives include raising monarch butterflies onsite, installing feeding stations, and building bee hotels. The following is a snapshot of each of these actions and their intended impact.

To ensure a population of monarch butterflies, the species will be reared from egg to adult onsite. As part of Monarch Watch (monarch-watch.org), CBEC participates in a tagging program, which offers opportunities for members of the community to tag and release monarchs to help track their annual migration. The organization also participates in Monarch Watch's Monarch Waystation Program and is a certified Monarch Waystation, providing milkweed and nectar-rich plants that are critical for the survival of the species.

Like all organisms, pollinators need food (nectar and pollen) and water. To address this essential need, CBEC will install feeding stations in the pollinator meadow. The baited stations attract bees and butterflies and provide a supplemental food supply.

"Weather conditions can affect the availability of food," Wink says. "Storms and strong winds can damage plants, while temperature changes can alter the time when plants bloom and affect pollinator activity. Since these factors can greatly impact pollinators' foraging behavior and their ability to survive, a supplemental food supply is critical."

Pollinators need to be within close proximity to their habitat. Traveling long distances can increase their vulnerability to predators, weather, and other environmental conditions. CBEC will build bee hotels for solitary bees and beneficial wasps to provide safe habitat, shelter, and nesting sites.



FOCUSING ON HABITAT RESTORATION AND EDUCATION

A 510-acre wildlife preserve located in Grasonville, CBEC boasts abundant wildlife and historic landscapes that embody Maryland's Eastern Shore. Guided by its mission of "creating healthier communities by connecting people to nature through adventure-based learning that contributes to the conservation of the Chesapeake Bay," the organization focuses on four mission cores: conservation (fisheries, migratory birds, pollinators, and climate change), recreation, education, and stewardship.

To find out about volunteer and learning opportunities at CBEC, visit bayrestoration.org.

"We want CBEC to be the first stop people make when they cross the bridge," Paulas says. "And we encourage everyone to explore all we have to offer with a sense of wonder. At CBEC, we strive to inspire a love of nature and a sense of stewardship through our educational programming and volunteer engagement—now and for future generations."

Native pollinators includes bees, butterflies, birds, bats, moths, flies, beetles, wasps, and small mammals.

Meet Student Athlete Riley Klepper

QUEEN ANNE'S COUNTY SENIOR STARS IN THE CLASSROOM AND ON THE LACROSSE FIELD

By Tom Worgo

If Flagler College Women's Lacrosse Coach Grant Kelam wants to bring in a talented player to his program, one of the first places that probably comes to mind is Queen Anne's County High School. Two graduates of the high school, juniors Ella Pinder (midfield) and Jessica Wright (attack), have been invaluable to Flagler. Kelam built his lacrosse program around them.

"We started the program in 2022," Kelam recalls. "Those two coming here have given us street credibility because they were very good players."

Well, another standout Queen Anne's County player is senior and three-sport athlete Riley Klepper. And she is on the way to Flagler.

She possesses the same experience and track records of Pinder and Wright. Kelam makes it clear that he coveted Klepper. "We wanted her to be the first commitment of the 2026 class and she was," Kelam says. "She is a do-it-all type of player being so versatile. She plays tenacious defense, can really run the field, and has a nose for the goal."

Picking Flagler, located in St. Augustine, Florida, wasn't a hard decision for Klepper. Her knowledge of the lacrosse program—learned from Pinder and Wright—weighed heavily in her decision.

"EVERYTHING SHE DOES OFF-THE-FIELD, SHE DOES WITH A LOT OF HEART, PASSION, AND HARD WORK, AS AN ATHLETE, SHE IS ALWAYS GIVING 100 PERCENT."



Flagler also appealed to Klepper for academics. She plans to major in business and wants to have a career in marketing.

"Visiting there definitely helped me make a decision," explains Klepper, who also played basketball (Unsung Hero Award in 2023) and soccer (All-Bayside Conference in 2023) at Queen Anne's. "I saw how much they were growing as players and how much they were enjoying it. I was able to talk to them about it a lot. That was very helpful."

Kelam says Pinder and Wright will be like siblings to the 5-foot-4 Klepper when she steps on campus. The Centreville resident may play attack after suiting up at midfield for Queen Anne's and the renown M&D Lacrosse Club.

"I think it will really help her adjust to the team atmosphere," Kelam explains. "Having like two big sisters on the team that think very highly of her and know her from high school and playing club with her will have a dramatic impact."

After playing six years for the M&D Lacrosse Club, Klepper joined the Queen Anne's varsity lacrosse team as a freshman and what an impact she had. Klepper scored 37 goals to rank third on a team loaded with upperclassmen.

She missed most of the following season because of a knee injury but bounced back to lead the team in draws (74) and finish second in goals (38), as the Lions advanced to the Class 2A state championship

game. The Bayside Conference named her to its first team for a stellar season.

“She is the backbone of the team,” Queen Anne’s Girls Lacrosse Coach Kesley Fitzgerald says. “She is an integral part of transitioning the ball from the defensive end to the mid-field and attack. She gets everything settled and under control to set up her teammates. She does all the things for a coach to have a successful program.”

The 18-year-old Klepper focuses just as sharply on her academics and extra-curricular activities as she does on sports, where she co-captains both the lacrosse and soccer teams. You could call her the closest thing to the perfect student athlete. Klepper carries a weighted 4.2 grade point average and took five advanced-placement classes in high school.

“I have always taken pride in my education,” Klepper says. “The first thing I do is knock out my school-work because that is very important to me—having good grades. Then I will have time for three sports.”

Klepper couldn’t get enough of clubs at school, either. She joined eight, including the National English Honor Society and the National Business Honor Society while serving as senior historian for Student Government Association and Best Buddies Club Vice President.

On top of that, she volunteers for the Centreville Methodist Church Food Pantry, and Haven Ministries Shelter as well as an assistant coach for a club and rec team.

“Everything she does off-the-field, she does with a lot of heart, passion, and hard work,” Fitzgerald says. “As an athlete, she is always giving 100 percent.”

Kelam adds, “Very few lacrosse players in my program go that extra step and donate all that time for extra-curricular activities and athletics. That’s where she really sets herself apart.”

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Baltimore Orioles General Manager Mike Elias

By Tom Worgo



Mike Elias deeply appreciates the rich history of the Baltimore Orioles. When Elias took over as executive vice president and general manager in 2018, he enthusiastically contacted franchise icons Cal Ripken, Jr., Brooks Robinson, Jim Palmer, and Eddie Murray to let them know about his plan for an overhaul.

“We have more than our share of Hall of Fame players,” says Elias, an Alexandria, Virginia, native. “We have a lot of good resources there. And they are all around the area.”

Those players probably like how Elias, a former assistant general manager with the Houston Astros (2016–18), helped the Orioles become relevant again, starting in 2022. It took a few years because the Orioles organization was in difficult shape. Baltimore lost more than 100 games in each of the 2018, 2019, and 2021 seasons.

“The organization was fractured quite a bit,” Elias recalls.

Who expected this turn around? The Orioles are the only team in modern MLB history to go from 110-or-more losses in a season (2021) to a winning record (83-79) the following year.

Things got even better. The 42-year-old Elias, a Yale graduate who played baseball there, earned the 2023 Major League Baseball Executive of the Year award after Baltimore won the American League East and league-best 101 games that year.

Baltimore went 91-71 in 2024 and returned to the playoffs. The winning likely won't stop, as the Orioles' minor league system consistently receives national praise.

Was getting the general manager's job like a homecoming for you? I went to elementary and high school in Northern Virginia. The Nationals didn't exist yet. So, the Orioles were the local major league product. We watched the games on TV and went up to Camden Yards. They were good in the late-'90s. Cal was a local hero for any young kid playing baseball in the area, including me. I grew up with him. I still have a lot of family in the area. I used to scout this part of the country. I am familiar with the area. It was a big draw for me.

Talk about how important it has been to get the Orioles back to winning? The way I look at it, no one has been able to string together a long stretch of sustained competitiveness and excellence in the American League East in this modern era. You have to go back to the '70s to see three playoff appearances in a row. We are trying to solve that. Uniquely, for a stretch of time the Orioles were the top organization in baseball. They just did everything well and

were dominant on the field. They were known as a nimble, smart organization. That's what we sought to tap into and reestablish because that was a big part of the Orioles' identity. The fans, especially the ones that have been around a long time, or have multiple generations of fandom, have that sight of excellence in Orioles' history.

Has it been exciting to interact with some Oriole all-time greats like Ripken, Palmer, and Robinson? One of the great things about the Orioles is the history of the team. My first couple of days on the job, I called them. Jim Palmer is one of our main broadcasters, Cal lives in the area and is in our ownership group. Brooks passed away (in 2024), but he was so gracious, and inspiring. He would come talk to the team. He was proud when the group started winning in 2022. Eddie Murray works for us and comes to spring training. They have devoted their lives to the Orioles.

ONE OF THE GREAT THINGS ABOUT THE ORIOLES IS THE HISTORY OF THE TEAM.

When you arrived from Houston, you stressed analytics. Has that been your biggest impact? There wasn't a lot of alignment between the front office, ownership, and player development. We had a few problems structurally and one was the lack of a modern analytics department. We ramped up investment and infrastructure, built staffing, and the data science and software engineering spaces. I think the track record that I have brought from the Astros and Cardinals allowed us to do so quickly. Now, I think we have a first-rate, very healthy organization with a good farm system, major league team, finances, and first-rate infrastructure.

You have made a number of trades. What were the ones you liked the most and one you'd like to have back? The Corbin Burnes trade was a good one. It's a shame we weren't able to enjoy him longer in the playoffs (left as free agent, 2024). He pitched great, but we didn't advance. Some of the ones we did during the rebuild really had an impact. Kyle Bradish (2023 All-Star) was a big boost after getting him in the Dylan Bundy trade. In 2022, we had a tough decision to sell or not. We were in the wild card race a little bit. We traded Trey Mancini. We got a good arm back from Houston and he went on to win the World Series.

Tell me about each of the three biggest free-agent acquisitions for this season; outfielder Tyler O'Neill, and pitchers Charlie Morton and Tomoyuki Sugano? We like the way the roster has shaped up. We have a tremendous young core of position player talent. We are able to build around that. Tyler is an obvious need, and it has been for a year or two now of having a right-handed slugger to balance the lineup. There's almost nobody that hits left-handed pitching as well as him. He hit 31 home runs last year. With our starting pitching, we are targeting innings, durability, and experience. They have proven track records.



What have been the positives of new majority owner David Rubenstein? He is just getting started. The capital injection from him and his group is huge. They are energetic and well-funded—tremendously successful investors. That will enable us to run the Orioles' franchise optimally. It doesn't mean we are going to look like the Yankees or Dodgers. But we'll work in the context and realities of the Major League economic system and being the market size we are. This group will allow us to explore everything that is smart to keep this franchise in a good spot. David is from Baltimore and really cares about the city. I think what he does is wonderful. He is very transparent and accessible and enjoys the experience. He likes to sit in the seats with the fans.

What kind of baseball player were you at Yale? I was a good high school pitcher. I turned into a run-of-the-mill pitcher in the Ivy League. But I was a left-hander who threw seven different pitches and knew how to pitch. I had two pretty good years, then I had a shoulder injury that slowed me down. I came back from it, but it enabled me to start shifting gears and thinking about a career in baseball.

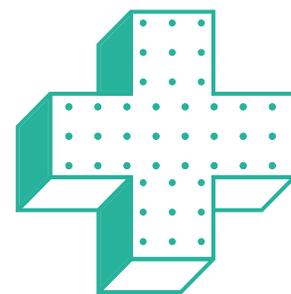
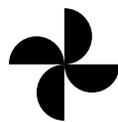
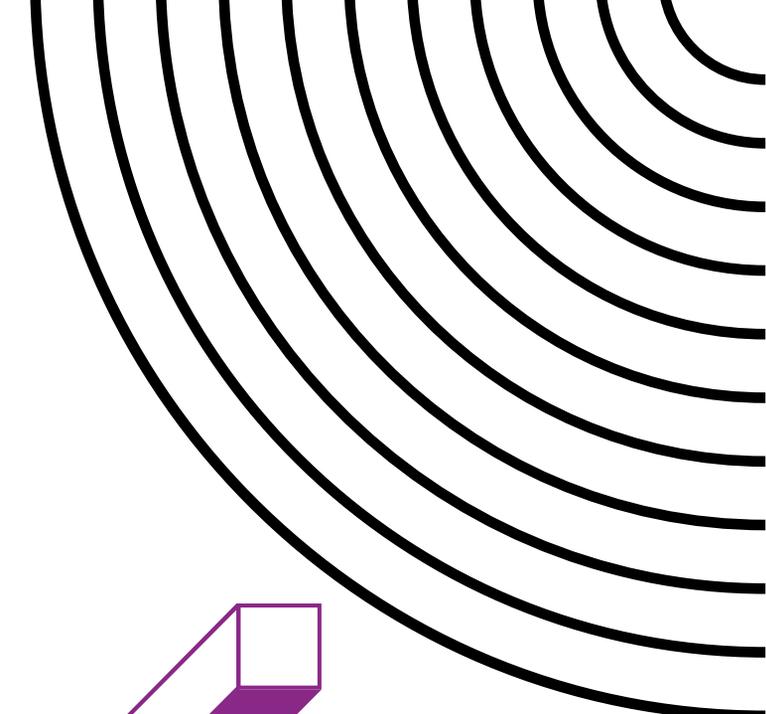
What were you thinking of as a career choice in college initially? I was studying Arabic. My dad was a secret service agent and he worked in intelligence. We have Syrian in the family. He could speak a little bit, and I thought it would be interesting to learn it. It was very, very time-consuming. But once I realized I was devoted to baseball, I switched majors. I had devoted my whole life to practicing, learning, and following baseball. I wasn't good enough to play professionally. But I felt I accumulated a lot of knowledge. I didn't want to waste that.



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2025



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Welcome to the Eastern Shore's premier business accolades. Why so special? Because these are *the* local companies that you—more than 50,000 of you—voted for as the *very best* in their respective categories of business.



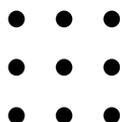
This year, ballots went live for public voting during January and February. In March, our executive team tallied the results, vetted the entries, and confirmed this year's Best of Eastern Shore winners!



There are approximately 165 awards overall, divided into the groups Food & Dining, Health & Beauty, Home & Garden, and Retail & Professional Services. It's an astounding number of votes *and* a remarkable class of winning businesses! What's Up? Media congratulates all winners and thanks you for choosing the best customer experiences of the region.



ENJOY PERUSING THIS YEAR'S LIST
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FOOD & DINING

Appetizers/ Small Plates

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321 Wells Cove Road, Grasonville, MD 21638 • 410-827-0282 • bridgesrestaurant.net

Bakery

Evergrain Bread Company

201 High Street, Chestertown, MD 21620 • 410-778-3333 • evergrainbreadco.com

Barbeque
Bark Barbecue Café
371 Log Canoe Circle, Stevensville, MD 21666 • 443-618-3676 • barkbarbecue.com

Beer Selection
RAR Brewing
504 Popular Street, Cambridge, MD 21613 • 443-225-5664 • rarbrewing.com

Bloody Mary
Rams Head Shore House
800 Main Street, Stevensville, MD 21666 • 410-643-2466 • ramsheadshorehouse.com

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

Brewery
Cult Classic Brewing
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Rude Burger
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Caterer
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Charcuterie
Knoxie's Table
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Chef
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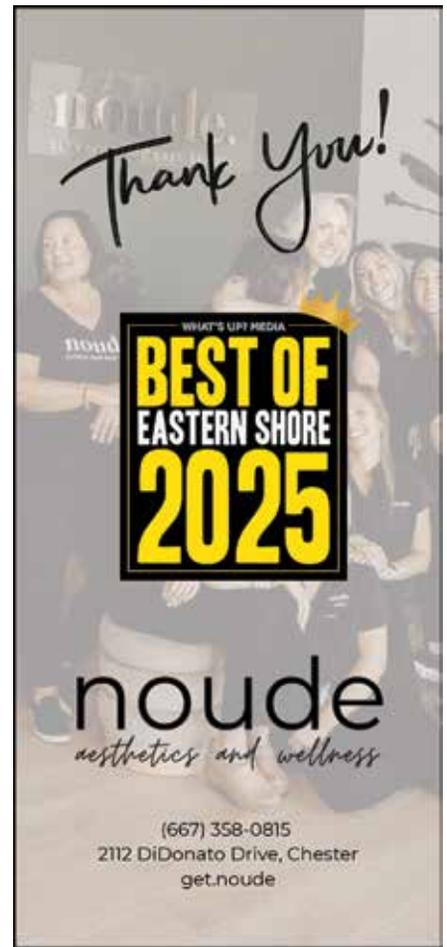
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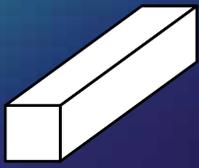
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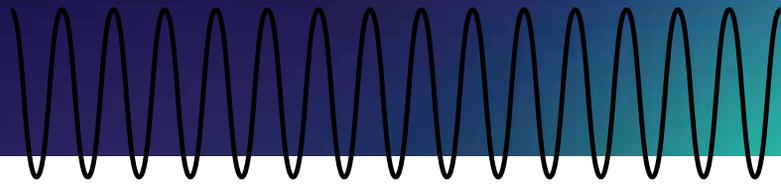
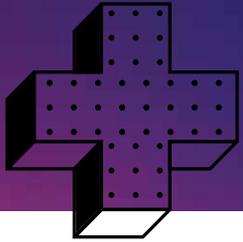
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WHAT'S UP? MEDIA
BEST OF EASTERN SHORE 2025



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Located on the banks of the beautiful Tred Avon River in Easton, Maryland, Londonderry is a premier waterfront senior living community where wellness is woven into every aspect of daily life. Here, residents don't just stay active – they thrive, because movement of the body, mind, and spirit is central to aging well.

Move Your Body: Strengthen Your Health

Research confirms that regular movement is one of the most effective ways to maintain independence, prevent chronic illness, and support longevity. Londonderry embraces this with a holistic wellness program that includes on-site balance and strength-building classes, YMCA memberships, and outdoor walking trails that invite daily activity in a serene, natural setting.

"Every class at Londonderry is a little different, but they all offer something beautiful – they

bring people together. Movement is just the beginning. These classes create a gentle, welcoming way for residents to connect, combat isolation, and form lasting friendships. Over time, each class becomes its own community – a built-in support system that nourishes both health and happiness."

– Lorraine Flisher, Director of Health and Wellness at Londonderry on the Tred Avon

Move Your Mind: Stay Sharp and Curious

Healthy aging isn't just physical – it's intellectual too. Londonderry offers abundant opportunities for residents to stimulate their minds through lectures, art classes, book clubs, and community events. Lifelong learning is encouraged and celebrated, keeping residents engaged and connected to the world around them.

Move Your Spirit: Find Meaning and Joy

Emotional wellness is equally important. At Londonderry, residents find renewed purpose, meaningful friendships, and countless ways to connect with others – and themselves. Whether it's sharing stories over dinner, volunteering locally, or simply soaking in the view with a neighbor, every moment contributes to a full and joyful life.

"Since moving to Londonderry, I feel more energized than I have in years," said resident Helen Pritchett. "The friendships I've made, the activities I enjoy, even just walking by the water – it all moves me in ways I never expected."

A Lifestyle That Moves You – and Sustains You

At Londonderry on the Tred Avon, movement is not just about staying active – it's about staying well. Every step, stretch, and connection helps our residents embrace aging with strength, purpose, and vitality.

Ready to find what moves you – and supports your healthiest years ahead?

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On-Campus Wellness Classes at Londonderry

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➤ **Chair Yoga** – A gentle, chair-based yoga class is designed especially for older adults — including those in their 90s and beyond! — who want to enjoy the benefits of yoga without needing to get on the floor. The class combines simple seated postures, breath work, and quiet meditation to promote flexibility, calm, and clarity. Instructor: Eleanor Denegre.



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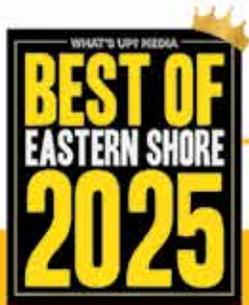
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Giving a Voice to the Voiceless:

How Saving Future Feral Cats Is Transforming Lives—One Cat at a Time

Imagine sipping your morning coffee, staring out the kitchen window, when you notice a thin, scrappy cat darting between trash cans and parked cars. Days turn into weeks, and you realize this isn't a neighbor's pet—it's a feral cat struggling to survive. Sadly, this scene is far too common in many neighborhoods, but one local nonprofit is making a difference.

Saving Future Feral Cats, a Maryland-based nonprofit, is on a mission to reduce the suffering and overpopulation of feral and abandoned cats through a comprehensive approach: Trap-Neuter/Spay-Vaccinate-Return (TNVR). Their work ensures that these animals don't continue to reproduce, spread disease, or suffer without shelter—and their impact is already measurable. In just the past two years, they've rescued and cared for over 300+ cats, many of which have gone on to live healthy, adoptable lives.

"These cats didn't choose to be homeless," says the organization's founder. "They were failed by a system that doesn't prioritize their welfare. So we built one that does."

A Lifeline for Community Cats

Saving Future Feral Cats doesn't just trap, neuter, and release—they rehabilitate. For



those cats that can't return to their colonies or show potential for adoption, the organization provides a no-kill rescue shelter that focuses on socialization, medical care, and ultimately finding loving, forever homes.

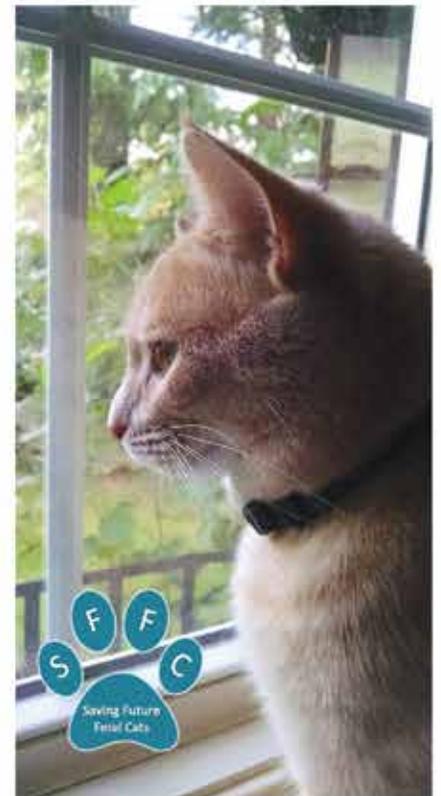
Their mission is deeply rooted in education and community empowerment. They work closely with local residents to provide guidance on how to care for or report feral cats and promote the importance of spaying and neutering all cats, not just those in shelters.

"These cats didn't choose to be homeless."

How You Can Help

The work of Saving Future Feral Cats is only possible through community support. Donations go directly toward veterinary care, food, shelter maintenance, and outreach programs. Volunteering your time or spreading the word can also make a tremendous difference.

By supporting this organization, you're not just helping cats—you're helping create a more compassionate, responsible, and humane community.



▶ Saving Future Feral Cats

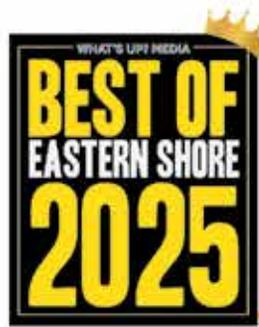
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Pictured above from Left to Right: Tammie Schnable, Kathleen Webster, Chris Parks, Nanette Rediker, Lora Davis, Talli Oxnam, Tom Saxon, Lori Smith. Neil Zurowski (not pictured)

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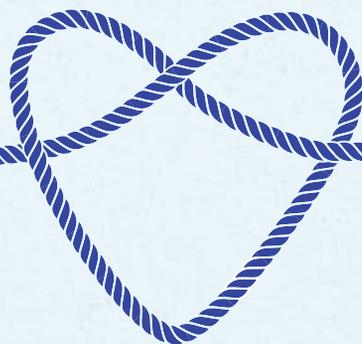
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Full Sails, Full of Heart



The Chesapeake Bay region's "Triple Crown of Charity Sailing" sets sail, raising funds and awareness for special causes

BY GARY JOBSON



Sailboats of various classes compete in the Triple Crown of Charity Sailing races on Chesapeake Bay waters.



The sport of sailing is vibrant throughout the Chesapeake Bay. Our waters are populated by a wide variety of boats for racing, cruising, day sailing, fishing, kayaking, paddle boarding, rowing, power boating, and vessels for tourists. Every person heads out to the water for the freedom of being away from land, connecting with nature, enjoying time with family and friends, and for some, testing one's competitive skills. All of us who sail are lucky.

In that spirit many sailors are inspired to help others to spend time on the water or support important causes outside the sport of sailing. Since 2018, several sailing events have been organized as “charity regattas” with three of the biggest and most widely supported in the region combined into the Triple Crown of Charity Sailing. Success in these events is measured in two ways:

1. Good finishes on the racecourse.
2. The amount of money raised by individuals and teams of sailors.

The competition is spirited in both categories. The Hospice Cup was created in 1981 by Albert G. Van Metre, the owner of the famous ocean racer, *Running Tide*. Meredith Glacken is the Executive Director of the 2025 edition of the Hospice Cup. She reports, “The 2024 Hospice Cup was the most successful in 25 years. Nearly 90 boats competed together with sponsors raising more than \$200,000.”

Sailboats of various classes compete in the Triple Crown of Charity Sailing races on Chesapeake Bay waters.



The Triple Crown Sailing Trophy is a refurbished trophy, by Weems & Plath, with origins dating back to the 1930s.

In 1993, the Eastport Yacht Club responded to a request by the Leukemia Society to host a charity sailboat race. The event in June of that year attracted over one hundred boats and raised \$30,000. The event was renamed Maryland Cures Cancer Regatta in 2022.

The most recent regatta to be created is the CRAB Cup for Accessible Boating. In 2024, an impressive total of 102 boats participated in a pursuit race, where the slowest boats start first, and the fastest boats start last. CRAB was founded in 2004 for by the late Don Backe (1936–2013) who was disabled as an adult in an automobile accident. The CRAB Cup also includes powerboats in a poker pursuit race where participants motor to different locations on the Bay and take a selfie photograph. The goal is to complete a five-card poker hand.

A total of 251 boats and well over 1,000 sailors participated in 2024 edition of the Triple Crown. The three events raised \$572,000 for the three charities. Paul “Bo” Bollinger, the Executive Director of Chesapeake Regional Accessible Boating (CRAB), reports, “In 2024 the CRAB Cup raised \$250,000. The funds support CRAB’s sailing programs, fishing, radio- controlled sailing, and therapeutic



programming. All programs are provided free of charge to our guests with disabilities, wounded warriors, and children from underserved communities. CRAB teaches sailing to approximately 1,200 guests on our fleet of six Beneteau First 22A's."

The Maryland Cures Cancer Regatta (formerly Leukemia Cup) has raised over \$3 million in Maryland alone since its founding in '93. From then until 2020, over forty Leukemia Cup regattas took place annually across the United States, raising about \$66 million overall. Then, in 2020, during the Covid-19 Pandemic, the Leukemia & Lymphoma Society decided to withdraw from sponsoring fundraising sailing regattas. Yet, the Eastport Yacht Club had been a leader of the event in the Chesapeake region and served as an example of how to be effective. So, in 2022 EYC decided to resume the regatta, rename it, and use the donated funds to support a new Cancer Center currently under construction at the University of Maryland Medical Center in Baltimore.

Bill Levatino and Andy Guhl are co-chairs of the race committee of the Cancer Cup. Guhl says, "We had 75 boats last year and raised \$68,000. The Triple Crown helped us attract entries. One (event) feeds into the next. It has given us a more positive impact than if we did it on our own. To expand our participation, the Eastport Yacht Club teams up with the Annapolis Yacht Club, the Rock Creek Racing Association, Harrington Harbor Sailing Association, and the Maryland Yacht Club."

The Triple Crown of Charity Sailing concept was started by Bo Bollinger who asked Peter Trogdon—at the time the owner of Weems & Plath—to sponsor the trophy. Trogdon found a spectacular, but unused trophy from the 1930s, that was once called the Power Squadron of Baltimore Navigation Trophy. He revitalized the trophy to become the Triple Crown in 2018.

Weems & Plath continues to be the presenting sponsor. Many other local businesses, individuals, and nonprofits support the Triple Crown. The

Triple Crown Award winners John Dodge and the crew from Kobayashi for the Cure.





The shore parties of all three charity sailing races are lively and well-attended events, raising critical funds for local nonprofits.





trophy is on permanent display at the new CRAB Adaptive Boating Center (ABC) at the entrance of Back Creek. And the trophy is showcased during the regattas at the Eastport Yacht Club during the Cancer and Hospice regattas. The top fundraisers have their names engraved on the trophy.

Trogdon says, “I’m thrilled the events have gotten traction and momentum. The Triple Crown concept has boosted the fundraising and participation of all three events. It’s good for the sport. Bo (Bollinger) came up with the concept.”

The three regattas are spread throughout the summer months, so they do not conflict with each other. The Maryland Cures Cancer regatta is scheduled for June 14, 2025, the CRAB Cup is scheduled for August 16, 2025, and the Hospice Cup will be held on September 13, 2025. The goal is to encourage sailors to participate in all three events.

John Heinz is the Fleet captain of the popular Harbor 20 fleet in Annapolis. The Harbor 20s are active participants in all three Triple Crown Regattas. He was the highest individual fundraiser in 2018 and 2022. In 2023, he tied for the award with Tracey and Warren Richter. Heinz is enthusiastic about the series. “These charity regattas have been an important part of the Harbor 20 Fleet’s calendar since the fleet was created in 2011,” he says. “We’re proud to support these regattas, and we have fun doing it.” The 2024 winner was John Dodge and Team Kobayashi for a Cure.

Dodge performed well in the racing as well as being the top fundraising crew bringing in over \$38,000. Roger Mason was the top individual fundraiser at \$33,000 and was awarded the inaugural (well-named) Rainmaker trophy by Weems & Plath.

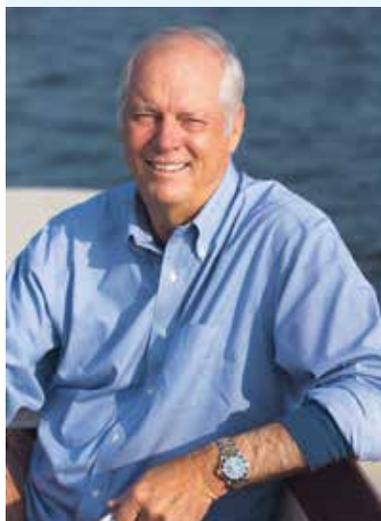
All three regattas feature creative ways to encourage participation. The Cancer Cup hosts a spirited party after racing at the Eastport Yacht Club. Guhl says the party alone raised a net of \$17,000. The Hospice Cup partners with the Maryland Federation of Art to sponsor a local art competition that is open to the public. The winning piece of art that reflects the spirit of the regatta is chosen as the featured artwork for the year and appears on posters, the event website, and printed materials. The CRAB Cup hosts a year end awards ceremony where the Weems & Plath trophy is presented.



Drew Fleming of Weems and Plath and Paul Bollinger (at podium) of CRAB announce last year’s Triple Crown of Charity Sailing away

Glacken adds, “We all work together to encourage participation in each organization’s regatta starting with a Triple Crown kickoff party in the spring. The Weems & Plath trophy is a wonderful incentive, so we work hard to make sure every sailor in the region knows about it, puts three races on their calendar, and opens their checkbook.

Learn more about each organization and the Triple Crown of Charity Sailing at the following websites: eastportyc.org/[mdcurescancer](http://mdcurescancer.org), crabsailing.org/[crabcup](http://crabcup.org), and hospicecup.org.



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.

Saltwater marsh wetlands and islands are seen at Blackwater National Wildlife Refuge in Dorchester County, Maryland. Sea-level rise, land subsidence, and erosion have eaten away at the land. Photo by Will Parson/Chesapeake Bay Program.





TALES OF CHESAPEAKE LORE



ISLANDS OF THE BAY

SUSCEPTIBLE TO SEA LEVEL RISE AND STORMS, THE CHESAPEAKE'S REMAINING ISLANDS REPRESENT JUST A FRACTION OF THE MANY FROM CENTURIES AGO

STORY BY ELLEN MOYER





Tangier Island is in the middle of the Chesapeake Bay and slowly losing land mass because of climate change. It is home to a small permanent community of watermen who fish, crab, and oyster. Colorful crab shanties with stacked crab pots line the marshes around this popular tourist destination.

Four hundred. That is the number of islands that have vanished from within the Chesapeake Bay over the last four centuries according to studies by Maryland Department of Natural Resources and Virginia Department of Wildlife Resources—two guardians of the bay. Rising sea level and storms have gobbled up land, swallowing small masses and reducing larger ones to a fraction of their original self. And some islands with once lively neighborhoods are now people-free.

Two-thirds of the Chesapeake Bay's island mass, as recorded in 1750, are now gone. The total amount of shoreline along and within the bay retreats about six inches per year as sea level rises about 1.5 feet every hundred years. The bay holds 18 trillion gallons of water, half of which comes from the Atlantic Ocean and another half from the streams and rivers of its 64,000-square-mile watershed. Fifty-one billion gallons of water are contributed daily from the 100,000 streams,

creeks, and rivers that feed into the bay. Islands in the bay and its tributaries are greatly affected by the inflow of more and more water.

Shark Tooth Island in the Potomac River, named for the accumulation of Miocene Epoch shark teeth, is only inches above sea level. The teeth and whale fossils help document historic sea levels and shoreline changes. The island's future appears doomed, as sea level rise and land erosion amount to 1.5 inches of loss every 10 years.

Bloodsworth Island, which once hosted a Phillips crabbing venture, saw its last residents leave in 1918. It was then purchased by the U.S. Navy in 1942 and used as a bombing range. Today, it is off limits to the public. Like so many other islands, it's losing the battle against rising bay waters.

In 1900, hunters built a lodge on Fox Island, which lies just south of the Maryland border. Caught by game wardens in 1974 for baiting waterfowl, the judge offered them a choice between jail or donating the island to the Chesapeake Bay Foundation. The owners chose to donate the land. And Fox Island became an education center hosting students for three-day study excursions. By 2019, the 423-acre island mapped in 1773 had been eroded away and reduced to just 34 acres. The hunting lodge/education center was deemed no longer safe for overnight programs. On February 9th, 2024, the center burned to the ground.

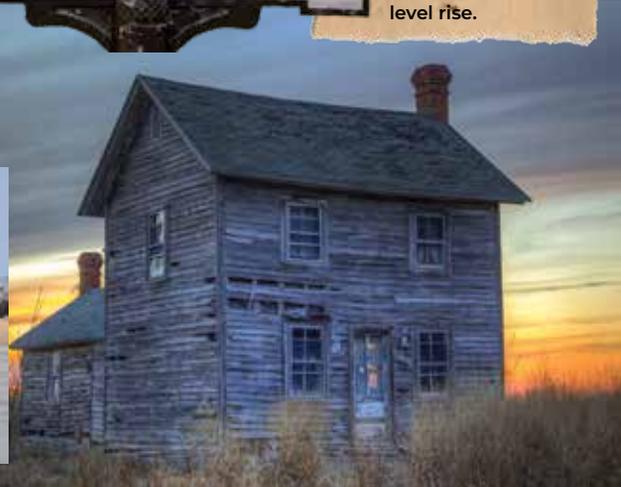
Holland Island in Dorchester County was once home to farmers and watermen. Sadly, it saw its last standing home crumble into the water in 2010. But other communities of watermen, some of which date back to colonial times, are determined to make life work on their islands.

Tangier and Smith Islands still support villages of hard-working residents. Federal dollars have provided resources for breakwaters and living shoreline projects that protect the islands from severe erosion. Tangier was first inhabited in 1686. It has a storied past of watermen with a unique dialect/accents of old English passed down over centuries. Today, it caters to tourists who seek vacation and respite from the extremely busy cities of Baltimore and Washington, D.C. Nearby Smith Island is similar, and the home of the Maryland State Cake—Smith Island Cake.



Left: Historical placard on Smith Island, Maryland in the Chesapeake Bay. Bottom: Abandoned homes, like this one on Hooper's Island, are a common sight at many of the once-prosperous Chesapeake islands that have succumbed to land erosion and sea level rise.

Brown Pelicans at the disappearing Holland Island in the Chesapeake Bay.



The last house on Holland Island in the Chesapeake Bay as it stood in October 2009. This house fell into the bay in October 2010. Photograph by Flickr user Bald Eagle Bluff.

At one time, many hotels dotted the shoreline of the nation's largest estuary. More than two dozen resorts, from Kent Narrows on Kent Island (Maryland's first European settlement) through Talbot County and to Norfolk, provided comfortable places to vacation and soak up the enduring history and seafood bounty of the bay—crabs, oysters, and rock fish. Oxford, Maryland, was an important port town during the Revolutionary War and, today, boasts a restaurant and inn dating back 400 years. Luxurious lodgings along the bay give a glimpse of Maryland's colonial history where fortunes were made.

The Chesapeake Bay, explored by Captain John Smith in the 1600s, was designated by Congress in 2006 as a National Historic water trail of 3,000 miles. Captain Smith was the first English explorer to map the bay. His leadership is also credited with saving the Virginia settlement at Jamestown by training settlers to fish and farm. But it was his maps that became vitally important to the colonization of the New World. They also became significant resources for observing the changes that have occurred within the Bay over the last 400 years—a period when 400 islands have disappeared.

Beach erosion along Chesapeake Bay shorelines and islands has become increasingly common, especially the result of significant storms.





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78 COOKING LIGHT

**Maryland
State of Mind**

PG. 70





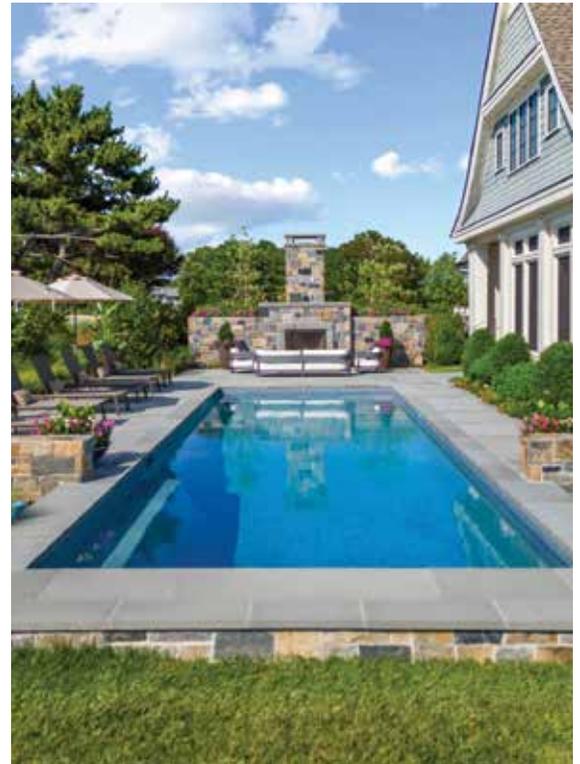
Maryland State of Mind

By Lisa J. Gotto

N

ot just a home but a total state of mind has been created at this stellar Stevensville address where the Eastern Bay is accessed easily via Tanner's Creek.

This 7,100-square-foot New England-inspired home offers a Nantucket shingle exterior and meticulous professional landscaping providing head-turning curb appeal. This includes its unique crow's nest feature that can be accessed via a stunning spiral staircase. An endless panoramic view from this vantage point extends to Poplar Island, Eastern Bay, and beyond.



From the entry guests will receive an enviable overview of the home's premium quality finishes, exquisite design, and unmatched waterfront views from an exquisite series of extended feature windows in the family room. While there are many great views to the water from this room, a unique viewing feature is its set of dual hanging loungers suspended from the ceiling. Gorgeous taupe hardwoods flow throughout the space that is also highlighted with a stone fireplace wall with adjacent built-ins, painted beams above, and a series of room-framing architectural columns.



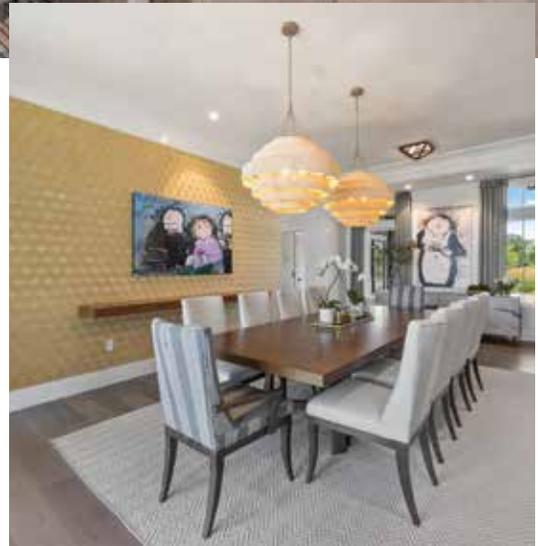
A spacious, formal dining area with creek views is situated next to the family room and provides access to one of several luxurious paver patios. The kitchen can be easily accessed from here but has its own pride of place in the main level floorplan. This modern chef's dream offers an abundance of natural light from its series of extended feature windows in the breakfast area. The large, center island of sandy-colored wood balances the all-white custom cabinetry throughout. Gleaming quartz countertops add elegance and utility.

Primary Structure Built: 2021
Sold For: \$5,000,000
Original List Price: \$5,395,000
Bedrooms: 4
Baths: 5 Full, 1 Bath
Living Space: 7,153 Sq. Ft.
Lot Size: 1.76 acres



Just off the kitchen there's an inviting sunroom overlooking the property's lovely salt-water pool and the creek. There are several pool-side scenarios for seating including in front of the gorgeous stone fireplace feature.

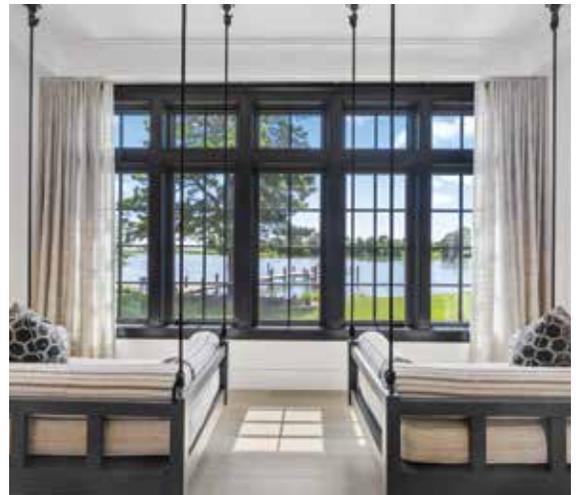
The main level of the home also includes a sumptuous office/library with traditional dark wood built-ins, a fireplace with marble surround, and a handsome, papered ceiling detail. There's also a connoisseur-level, custom-made wine room with a tasting table, awesome views to the creek, and access to another outdoor patio offering a stunning view out to the property's private pier.





This home boasts four bedrooms including the creek-side primary suite on the upper level. Its own private retreat, this room offers another attractive fireplace, barrel ceiling detail, and access to a private patio. The sumptuous primary bath offers gorgeous inlaid tile detail, an enormous vanity topped in quartz with dual sink, a huge soaking tub, and a large, walk-in shower.

In addition to two large guest rooms, this home has an amazing, custom bunk room and bath that can sleep at least six comfortably. And those dreams will be sweet ones with those water views revealing themselves at day's first light on the creek.



Listing Agent: Brad Kappel, TTR Sotheby's International Realty, 209 Main St., Annapolis, m. 410-279-9476, o. 410-280-5600, brad.kappel@sothebysrealty.com, ttrsir.com **Buyers' Agent:** Diana Monger, Berkshire Hathaway | Home Sale Realty, 150 North Point Blvd., Lancaster, PA, m. 717-951-1990, o. 717-560-9100, mongersales@comcast.net, d.monger@homesale.com

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Refashioned Folk-Style Farmhouse

By Lisa J. Gotto

More than nine acres of bucolic beauty and newly renovated interiors have made this majestic farmhouse property the perfect investment for the owners and their equestrian inclinations.

Located in scenic Denton, this home was originally built in 1900 but has been remarkably updated without losing its initial farmhouse character.

This three-bedroom Caroline County charmer offers a new James Hardie exterior, a fenced rear yard, and the curb appeal of a welcoming plantation-style porch.

Primary Structure Built: 1900

Sold For: \$675,000

Original List Price: \$675,000

Bedrooms: 3

Baths: 2 Full

Living Space: 1,702 Sq. Ft.

Lot Size: 9.02 acres

Inside, hints of the past greet you immediately in the entry with its two-tone staircase with rustic, antique balustrade. The durable, luxury plank vinyl floors are a rich, hickory color and flow throughout the main level of the home. The living room, outfitted with large, sunny windows features custom shelving, a cozy wood stove, and a room-enhancing wainscoting and chair rail treatment on the lower half of the walls.

To the opposite side of the entry, there's an equally well-lit dining room with charming wood treatments, neutral color palette, and access to the fenced-in backyard.

The kitchen is a farmhouse lover's dream with an exposed brick chimney feature and a rustic wood beam over the width of the space. This spacious room offers light wood cabinetry with farmhouse hardware pulls, all stainless-steel appliances, and a contrasting, two-tier center island with breakfast bar seating for three.

This level also features a large, laundry, full bath, and utility room off the kitchen with extra storage, granite countertops, vanity, and a full tub with shower.

Upstairs, lovely farmhouse details abound starting with the spindled staircase and the original bedroom doors with antique knobs. The large, primary bedroom has a barrel ceiling of warm wood and an accompanying brick chimney detail original to the home. Lovely trim work and dark, luxury vinyl plank floors flow throughout the upper level, as well. There are two additional roomy bedrooms on this floor, one with brick chimney detail, and another fully, remodeled family bath with a large, classic subway-tiled shower and a handsome black vanity and white quartz countertop to complete the characteristic farmhouse vibe.



Exterior features of this property include a horse barn/stable with seven stalls, multiple outbuildings, equipment storage, expansive vehicle parking, an outdoor riding arena, and picturesque, fenced fields and pastures bordered by mature woodland. An idyllic retreat that's just minutes from the delights to be found in downtown Denton along the fabled Choptank River.

Listing Agent: June Steinweg, Long & Foster Fine Homes, 145 Main St., Annapolis, m. 410-263-4157, o. 410-263-3400, June.steinweg@longandfoster.com, Longandfoster.com **Buyers' Agent:** Erin Anderson, Chesapeake Real Estate Associates, 2201 Main St., Chester, m. 410-490-6645, o. 410-643-4663, erinandersonhomes@gmail.com, easternshoreerin.com

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Indiana
Pendant
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Cooking Light

OUR FAVORITE WAYS TO LIGHT A KITCHEN

By Lisa J. Gotto

The busiest room of the house no doubt requires the most attention to detail when it comes to lighting. Whether you're dicing celery for soup or hovering over the kids' homework at the island, the kitchen is the place where most of life happens. With that said, it is prudent to approach lighting in the kitchen in terms of layering for functionality, ambiance, and energy efficiency.

Katie Rainey of Katie Rainey Design of Annapolis works closely with her clients to ensure their kitchen designs are not only efficient and beautiful, but that they coordinate and complement their lifestyle.

"For layering kitchen lighting, I always emphasize a mix of task and ambient lighting to ensure both function and beauty," Rainey says. "Task lighting, like focused pendants over an island or under-cabinet lights, ensures that prep work is easy and efficient."

ON TREND

Following a time-honored recipe that starts with general illumination or what experts call "ambient" lighting, and adding in task, and then finally accent lighting, creates that layered approach.

Ambient lighting includes recessed lighting, flush-mount or semi-flush ceiling fixtures, large pendant, or even a chandelier (if space allows), and cove lighting for indirect illumination. Ambient lighting—whether from recessed fixtures, statement pendants, or even sconces—adds depth and creates a warm, inviting atmosphere.

When it comes to task lighting, pendants allow the best opportunity to inject the homeowner's style and personality into the space. And the trend here to create a wow factor with statement lighting over an island or in a breakfast area is more popular than ever.



Photo courtesy of Katie Rainey Designs

linear pendant, photo courtesy of pooky.com



It's All About the Proportions

Unless you're working with an interior expert, choosing and hanging pendants above your island can be a tricky enterprise, so grab your ruler and learn the golden rules!

An accurate measurement of the space you will be lighting is required to ensure that the fixtures will work proportionally with the task area below and provide the optimal amount of light. Start by measuring the length and width of your island, so you can easily determine how many pendants you will need and the spacing that should go in between each.

Determine your hanging height by measuring the height of the island surface to the ceiling. To keep them from being too low or too high, stay in the standard span of 30 to 36 inches above your island countertop as your guide. To determine what size and scale your pendants should be, a general rule of thumb is to choose a fixture that is approximately one-third the width of your island.

Tip: Choosing a linear pendant or large chandelier as a fixture offers the advantage of creating a statement piece and provides even lighting from a single junction box.

When hanging multiple pendants make certain each fixture is spaced 26 to 30 inches apart for even spacing, and reserve 6 to 12 inches on each side between your pendant and the edge of your island.

Rainey follows a mindful rule of thumb when conceptualizing this type of lighting package for clients. "For kitchen island lighting, I'm really drawn to fixtures that offer a refined coastal influence—pieces that feel organic and timeless rather than overly 'beachy,'" Rainey says. "With so many kitchens opening up to the rest of the home and capturing water views, lighting plays a crucial role in defining the space while maintaining an airy, natural flow."

Pendant lights crafted from rattan, abaca, and seagrass are becoming popular because they add texture and warmth while complementing the surrounding landscape.



Top: Alondra Chandelier, photo courtesy of lightopia.com.
Bottom: Oakley Ring Chandelier, photo courtesy of crystalramalights.com.

ON TASK

Task lighting doesn't always come from above, either. Many lifestyle situations can benefit from fixtures that illuminate less obvious places.

"One of my favorite recommendations for task lighting in both kitchens and bathrooms—something I've been specifying in all my new build and renovation projects lately—is toe-kick lighting," Rainey explains. "It adds incredible functionality for clients of all ages, especially when it comes to individual lifestyle needs."

In the kitchen, it provides a lighted path for open-plan scenarios when task lighting goes off after kitchen clean-up is done and you're putting the living space to use. Plus, it adds a built-in nightlight for inevitable midnight snacking, and aesthetic appeal.



Photo courtesy of aspectled.com



Photo courtesy of kateiraineydesigns.com



Photo courtesy of sherinwilliams.com

Accent lighting provides that final layer of polish to a room. If you have glass-front cabinetry adding LED strip lighting allows you to keep your favorite dishware and other keepsakes and collectibles on full-display day or night.

Probably the biggest trend in accent lighting right now in addition to decorative pendants, are eye-catching sconces. Like attractive bookends in a library, paired sconces on either side of the kitchen sink window put charm and style on overload.

Options in this category improve year over year as demand for customization and personalization of prime living spaces accelerates. Some designs we have seen don't even require a nearby electrical outlet, as they run on re-chargeable bulbs, or light cells. One manufacturer, Pooky lighting, offers a variety of cordless base styles and a collection of shades that make installation a charming no-brainer.

Something we always feel adds that extra layer of style and panache to a kitchen is free-standing counter lighting in table-lamp form.

Another accent lighting option that many homeowners tend to overlook but shouldn't, says Rainey, are dimmer switches.

"A key takeaway many homeowners might not realize is how essential dimmers are; they allow you to shift the lighting to suit everything from morning coffee prep to evening entertaining," she adds.

And dimmers are not only versatile, but they're also known for their energy-efficiency. Simply put, the less bright the light, the less energy it uses.

Not to mention, you can come off looking like the brightest bulb when you opt to wire and control your lighting options from your tablet or phone. Once installed, these on-the-go applications are probably the greatest innovation in residential lighting overall, which can make the place where most of life happens, the easiest place to manage.



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Health & Beauty

86 CRACK OPEN THE SECRETS OF COCONUT OIL

87 5 TIPS FOR REDUCING SCREEN FATIGUE



Redefining
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PG. 88



READY TO SWAP OUT SOME OF YOUR EXPENSIVE BEAUTY PRODUCTS FOR A MORE NATURAL ALTERNATIVE? HERE ARE EIGHT WAYS YOU CAN USE COCONUT OIL FOR AN OVERALL MORE VIBRANT APPEARANCE:

Crack Open the Secrets of Coconut Oil

A NATURAL MOISTURIZER FOR SKIN, HAIR, AND NAILS

By Dylan Roche

Keeping a tub of coconut oil in your kitchen seems like a reasonable choice—it's versatile for cooking with a rich tropical flavor and medium-chain triglycerides for energy and brain health. But how about keeping a tub of coconut oil in your bathroom? You might be surprised to learn that this popular cooking oil can be used for all kinds of beauty hacks, improving your skin, hair, nails, and more.

This is because those same medium-chain fatty acids that make coconut oil so good for metabolic and cognitive health are good for reducing what's known as transepidermal water loss, when water passes through your skin and evaporates, leaving your skin looking (and feeling) dried out. These same fats will also moisturize and strengthen your hair follicles, and your fingernails and toenails. Doctors at Penn Medicine and Cleveland Clinic also note that coconut oil's lauric acid is antimicrobial, so it reduces any bacteria (and any corresponding inflammation or infection) naturally.

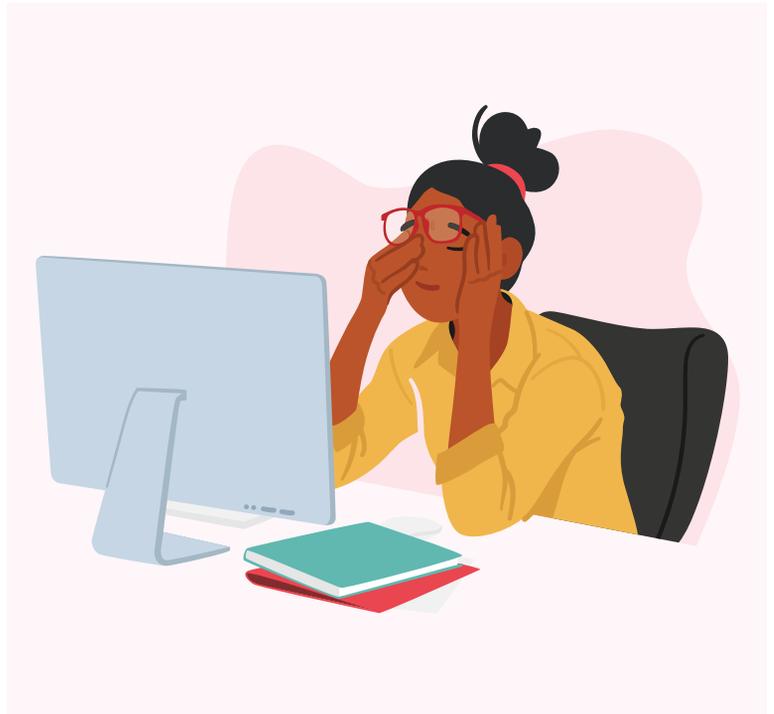
- ◆ Replace your daily moisturizer with a small amount of coconut oil. Apply a pea-sized dollop to your skin to lock in moisture and improve your skin's elasticity. Use sparingly, because too much coconut oil will leave you feeling greasy and can even block pores. If you have naturally oily skin, lighten up the coconut oil by mixing it with a small amount of aloe vera.
- ◆ Use coconut oil in place of conditioner in the shower. The oil penetrates your hair shafts and reduces protein loss for stronger follicles while treating your scalp to ease dandruff or dryness.
- ◆ Coconut oil can break down waterproof makeup without being harsh on skin. Remove your makeup by massaging a small amount onto your skin and wiping it away with a warm, damp cloth.
- ◆ Swish a small amount of coconut oil around in your mouth to reduce bacteria and freshen your breath without an alcohol-based mouthwash.
- ◆ The skin under our eyes is especially delicate and prone to dryness. You can reduce fine lines and hydrate this sensitive part of your face by applying a small amount of coconut oil to your undereyes every night before bed.
- ◆ Tame hair frizz and flyaway hairs (while boosting your hair's shininess) by applying a small amount of coconut oil to your fingertips and running it through your hair, then combing through for even distribution. This works best for curly or thick hair, as fine hair may get weighed down and look greasy with too much coconut oil.
- ◆ Massage coconut oil into your cuticles to soften them and heal cracked fingernails—it works just as well on toenails, too.
- ◆ Avoid razor burn by using coconut oil in place of shaving cream. Apply a thin layer to damp skin for a smooth glide and reduced risk of stubble, razor burn, and ingrown hairs. Just take care to rinse the razor frequently so you avoid oil buildup.

5 Tips for Reducing Screen Fatigue

By Dylan Roche

Did you know the average American spends about seven hours staring at a screen every day? The culprit might be a phone, a computer, or a tablet—likely some combination of all three throughout the day. That's a lot of screen time. And even though staring at the screen of a tech device isn't exactly the same as staring at another light source, such as a lamp, it can still be tough on our eyes. It affects our mental health and our sleep. There's even a term for it, **screen fatigue**, also known as **digital eye strain**, which refers to the physical and mental exhaustion we feel from prolonged exposure to digital screens.

UCLA Health explains the reason behind screen fatigue lies in pixels, the tiny dots that make up images on our screens. Keeping pixelated images in focus requires a lot of work from our eyes, which is why it can be so tiring.



The big problem: Screens are an inevitable part of life. We use computers all day for work. We rely on our phones for crucial communications in our personal life. It's practically impossible to swear off screens, even if we try to minimize our use.

But that doesn't mean we should resign ourselves to screen fatigue as part of life. Yes, it would be great to use our devices less—and doctors recommend we do that, aiming for less than 2 hours of screen time a day if it fits with our jobs and lifestyle—but even if we carry on with the same amount of screen exposure, we can still take steps to improve our mental and physical wellbeing.

Screen fatigue might manifest itself in different ways, but you'll usually experience one or a combination of:

- ◆ Blurry vision or difficulty focusing
- ◆ Dry, irritated eyes
- ◆ Headaches
- ◆ Difficulty concentrating
- ◆ Irritability
- ◆ Trouble falling or staying asleep

HERE'S WHAT YOU CAN DO:

1. Think 20-20-20. Every 20 minutes, take a 20-second break to look at something 20 feet away. This will reduce eye strain.
2. Adjust your visual settings to put your device in dark mode and increase the text size.
3. Blink more often or use eye drops to offset eye dryness.
4. Drink plenty of fluids to avoid dehydration, which can exacerbate dry eyes and fatigue.
5. Put devices away at least 30 minutes before sleeping to prevent interferences with your circadian rhythm.



Redefining Cardio

AEROBIC ACTIVITY MIGHT NOT LOOK LIKE YOU THINK IT DOES

By Dylan Roche

Hate cardio? Or do you just think you do? A lot of people will say they dislike cardio workouts, believing that it has to entail endless minutes or hours of running and cycling. Sure, it *can* look like that, and many people do enjoy those kinds of workouts. But reaping the benefits of aerobic exercise doesn't have to mean lots of struggling. Many of your favorite activities might even be considered a potential cardio workout.

"If a person tells me they hate cardio, I would first ask them what they mean by cardio and then find out what goals they are wanting to achieve to determine if some form of cardio is in fact the best solution for their needs," says Chris Gagliardi, a certified trainer with the American Council on Exercise. "I would also find out what types of activities they enjoy and make sure they understand the difference between exercise and physical activity."

He explains this difference between *exercise* and *physical activity*: Exercise is planned, structured, and repetitive physical activity, and physical activity is any body movement that uses energy. He says people often don't realize that many everyday activities—walking or yardwork, for example—are forms of physical activities. And physical activity can improve levels of fitness and bring health benefits.

Start by considering how much cardio you actually need. The American Heart Association says you need at least **150 minutes of moderate-intensity aerobic activity** or **75 minutes of vigorous activity** throughout the week to enjoy the health benefits.

To determine whether the activity you're engaging in would be considered moderate or vigorous, Gagliardi recommends using what he calls the talk test. He says to consider:

1. If you can talk comfortably while being physically active, you are working at a moderate intensity.
2. If you can sing, you are working at a light intensity. You should be able to talk but not sing when working at moderate intensity.
3. If you can't talk comfortably, or you cannot say more than a few words without pausing for a breath, you are working at a vigorous or near maximal intensity.

Moderate or vigorous activity will depend on your fitness level. Walking at a brisk 4mph pace might be easy enough for a fit person to handle while holding a conversation. For somebody who is not as conditioned, this level of exercise could be more of a challenge, and one they could not do while talking—and it would therefore be a vigorous activity.

Think about your favorite activities that get you moving. Could you do them at such an intensity that they cause you to break a sweat? Or could you do them in such a way that it would be hard for you to talk while you're doing them? If you're moving at this kind of intensity, you'll be enjoying aerobic (i.e. cardio) benefits, even though this isn't exactly structured "exercise."

What activities might you consider for your next redefined cardio session? Here are a few ideas for everyday physical activities that could feel like a workout if you go at them hard enough:

- ◆ Try exploring a trail at a local park or nature preserve, especially if there are hills with varied terrain. You'll raise your heartrate, but you'll feel as if you're having more of an adventure than a workout.
- ◆ Gather friends and family for a friendly competition of volleyball or kickball in the backyard. These recreational games involve quick movements, side-to-side action, and bursts of energy that will keep your heartrate elevated.
- ◆ Jump on a trampoline or jump rope—two activities that will take your right back to childhood but will expend a surprising amount of energy!
- ◆ Take a dance class like Zumba or hip-hop to get your heart pumping and have lots of fun at the same time.
- ◆ Undertake some heavy yardwork, especially if it involves digging, weeding, or mowing the lawn. You'll find yourself squatting, bending, lifting, pushing, and—very likely—breaking a sweat.
- ◆ Take your bike for a loop around the neighborhood or strap on a pair of rollerblades. These options are a little more exciting than a simple walk and you'll be using different muscle groups than you would if you were walking

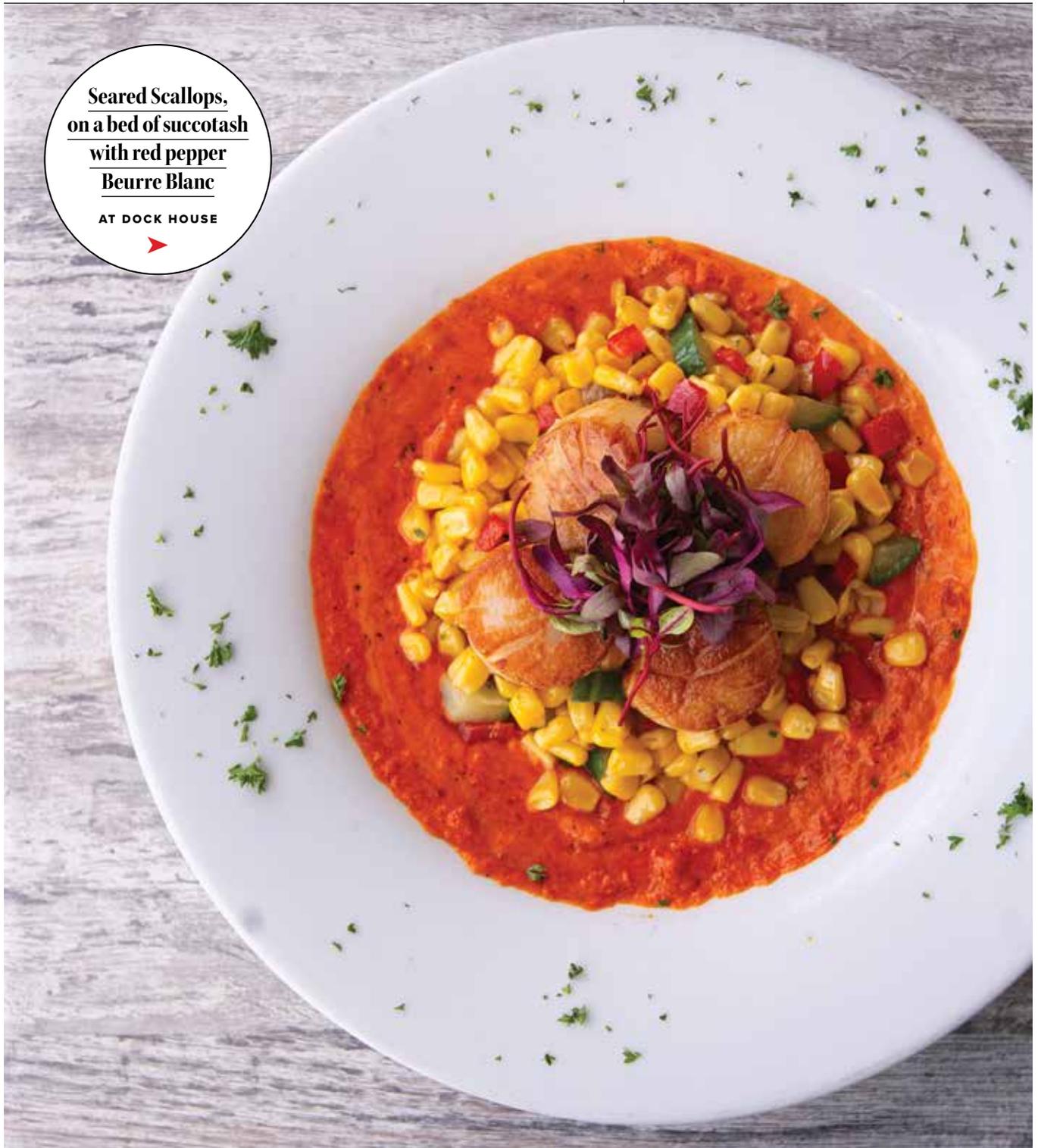
Food & Dining

90 SCENIC VIEWS, SUPERB COASTAL CUISINE

92 READERS' DINING GUIDE

**Seared Scallops,
on a bed of succotash
with red pepper
Beurre Blanc**

AT DOCK HOUSE



Scenic Views, Superb Coastal Cuisine

By Sharon Harrington

Location, location, location” is a real estate slogan, but I am going to apply it here to describe Dock House, a restaurant perfectly situated to showcase a panoramic view of the waterway and the Kent Narrows Bridge.

The ambiance begins curbside with striking black and white photos lining the land side of the restaurant giving you a nostalgic glimpse of old Kent Narrows and continues inside with a thoughtful blue/gray color scheme and touches of nautical decor.

The planning that went into both the building and the interior design is obvious. Dock House is big, around six thousand square feet with five hundred and one seats available for dining, but the overall effect is spacious not cavernous. The use of big picture windows allows maximum enjoyment of the scenery. There is a patio, enclosed at this visit because mother nature was showing off with a cold blustery wind, and a wrap around the deck. The deck is quiet tonight, but one can only imagine the scene in warmer weather, the kaleidoscope of colors as summer clad guests enjoys that undefinable umami flavor that comes from dining by the water.



DOCK HOUSE RESTAURANT, BAR & DOCK

110 Piney Narrow Road, Chester; 443-446-4477; dockhouserestaurant.com

Our server Kat (more about her later) was a wealth of information. I wanted to know when Dock House opened, two thousand and twenty-two, and who was involved in the conception. Kat rattled off a few names: Jody Schulz, Justin Kiernan, and Ron Kirstien, names readily associated with the vibrant restaurant scene at Kent Narrows.

Two friends joined me for dinner at Dock House, both of whom enjoy good food and were up for the adventure.

We chose to sit on the enclosed patio to make the most of the view and we were not disappointed. The Kent Narrows Bridge, which I had never viewed from this perspective, is quite beautiful (to me it looked a bit like a Roman aqueduct) and soars gracefully over the waterway. It was a quiet night on the water, its mirror like stillness allowing us to hear the gentle lapping against the bulkhead.

We were extremely fortunate to have Kat as our waitress, who was both knowledgeable and patient. I say patient because my friends and I were giddy with anticipation as our eyes raced up and down the menu. And if the menu was not enough, we were given a separate listing of daily specials with a very reasonable price point (under twenty dollars). Choosing was going to be hard. Kat took our drink orders to allow us a little more time to suss out the menu. I was pleased to see a nice selection of single glass wines starting at a reasonable seven dollars. My friend ordered a Matua Sauvignon Blanc from New Zealand, a good choice to pair with seafood entrees. Cocktails, mocktails, and beer rounded out the beverage offerings.

After much deliberation we decided to share two appetizers, Steamed Mussels with Marinara sauce and Docks Popcorn. The popcorn dish needs explanation—bits of fried rockfish, shrimp, and calamari were served with Fisher’s popcorn sprinkled with Old



Bay seasoning and served in a red and white striped container that spilled out onto its tray like a cornucopia from the sea. I am not one of those people who believes Old Bay belongs on everything, but this was delicious. I found my hand repeatedly sneaking across the table to have just “another bite.” It was accompanied by a garlic mayo (aioli) that was outstanding. A fun and delicious start to dinner.

Next, we had the steamed mussels in a chunky, slightly sweet tomato sauce accompanied by a chunk of bread for sauce mopping. Those disappeared quickly.

We relied on Kat again in choosing entrees. She said we couldn’t go wrong with the local favorites and there were some new items on the menu that were gaining popularity.

One of my friends chose Halibut Tacos from the favorite’s menu—two tacos bursting with chunks of halibut resting on a bed of slaw and topped with remoulade sauce. Remoulade is a Creole sauce of mustard, mayo, hot sauce, and spices, suggesting the chef has a little New Orleans in his repertoire.

I also chose from the local’s menu, The Dock Burger, a house blend of chuck short rib and brisket served with bacon, Coopers Cheese, and Dock Sauce. This tower of a sandwich should have been enough, but I could not resist the Truffle Tots. Adding elegant Truffles to that childhood staple of Tatertots, was another fun and delicious twist by the chef.

My other friend chose one of the new menu items, Seared Scallops, on a bed of succotash with red pepper Beurre Blanc. Of all of our choices this was perhaps the prettiest presentation, a simple white bowl contained a vibrant red sauce surrounding an island of scallops resting on succotash and finished with a sprinkle of micro greens.

We were all satisfied but did not want to leave without sampling a dessert. Kat informed us that desserts are not made on premises except for Miss Bev’s bread pudding. It was a difficult choice, but we settled on a slice of chocolate torte with whipped cream and strawberry garnish and asked for three spoons. This was definitely a chocoholics dream; a deeply fudgy chocolate rush accompanied each bite.

I asked Kat for a little information on the chef, Sean McCormick, and was surprised that the first thing she said about him was how humble and even keeled he was in the kitchen. She did go on to praise his innovative food, but her comment stuck with me. I was fortunate to snag a few minutes of the chef’s time and learned a little more about his culinary journey. He received his training on the job working with chefs he admired in Baltimore, Annapolis, and D.C. His culinary vision lends itself to coastal cuisine.

As our evening drew to a close, we pushed back from the table thoroughly pleased, sated, and watched the lights from a restaurant across the waterway reflected in the calm water.

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



Readers' Dining Guide



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

Advertisers Listed in Red

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

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

Queen Anne's County

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Kent Point Marina, Bait House and Seafood

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

The Kentmorr Beach Bar and Grill

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

Knoxie's Table

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

Mamma Mia Italian Bistro and Sports Bar

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

The Market Gourmet Cafe

180 Pier One Road, Stevensville; 410-604-5900; baybeachclub.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; sunflowersandgreens.com \$\$ ●

T at the General Store

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

Talbot St. Tavern

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

Theo's Steak, Sides, and Spirits

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

Tickler's Crab Shack and Restaurant

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

Tiger Lily

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

Tilghman Dining at The Tilghman Island Inn

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

Two if by Sea

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

Kent County

Blue Bird Tavern

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

Blue Heron Oyster House and Inn

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

Café Sado

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

Chester River Seafood

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

Deep Blue at Kitty Knight

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

Dockside Café on Rock Hall Harbor

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

Fish Whistle

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

Flying Decoy Bar + Grill

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

Ford's Seafood Inc

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

Happy Chicken Bakery

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

Harbor Shack

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

Java Rock

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

The Jefas Mexican Grill

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

The Kitchen at the Imperial

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

Luisa's Cucina Italiana

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

Modern Stone Age Kitchen

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

Muskrat Alley Café

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

Osprey Point

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

The Retriever Bar and Oysters

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

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

Lil' Bitta Bull

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

The Neck District Grill

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

Ocean Odyssey and Crab House

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

Old Salty's

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

Paul's Deli On the Creek

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

Paul's Pub

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

Portside Seafood Restaurant

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

RAR Brewing

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

River View at the Point

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

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 \$ ●

Shore Gourmet

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Where's Wilma?

FIND WILMA AND WIN!

Wilma has a bit more pep in her step this month—or shall we say more gas in the tank—as she flies to and fro the many towns that dot our Chesapeake Bay region. She's extra happy because the Best Of winners have been announced in this magazine, which means she now knows where to go for the very best restaurants, shops, and services. Where will she land next? Here's how the contest works: Wilma appears next to three different ads in this magazine. When you spot her, write the names of the ads and their page numbers on the entry form online or mail in the form below and you'll be eligible to win. Only one entry per family. Good luck and don't forget to submit your restaurant review online at whatsupmag.com/promotions for another opportunity to win a prize.

Congratulations to Mary S. Of Chestertown, who won a \$50 gift certificate to a local business.

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Yes, please! No, thanks

Entries must be received by June 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.

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 IBC = Inside Back Cover
 BC = Back Cover
 GG = Gift Guide

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