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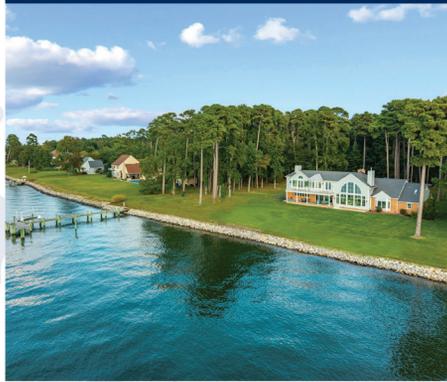


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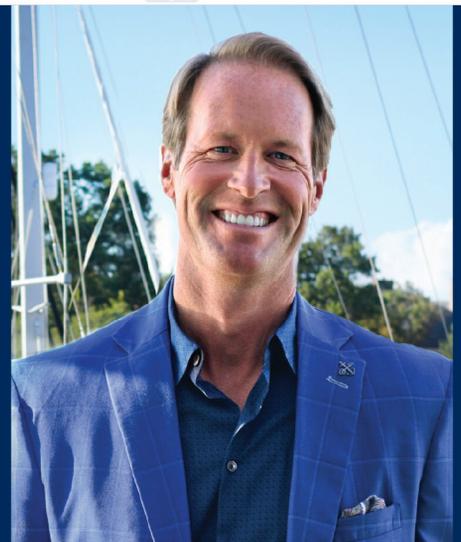
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Publisher & President

Veronica Tovey

Editorial Director

James Houck

COO & Director of Advertising

Ashley Raymond

Contributing Editors

Lisa J. Gotto, Dylan Roche

Contributing Writers

Lisa A. Lewis, Tom Worgo

Contributing Photographers

HD Brothers, Douglas Lees,
Chris Petrini of A Digital Mind,
Bill Whaley

Art Director

August Schwartz

Graphic Designers

Matt D'Adamo, Lauren Ropel

Web Content Specialist

Arden Haley

Production Coordinator

Amanda Stepka

Social & Entertainment Media Associate

Cali Schwerdtfeger

Senior Account Executive

Kathy Sauve

Account Executives

Beth Kuhl, Nina Peake,
Michelle Roe

Sales Assistant

la Louise Horton

Finance Manager

Deneen Mercer

Bookkeeper

Heather Teat

Executive Assistant

Regine May Gelera

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COMING UP IN APRIL 2026

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2026 TOP Dentists

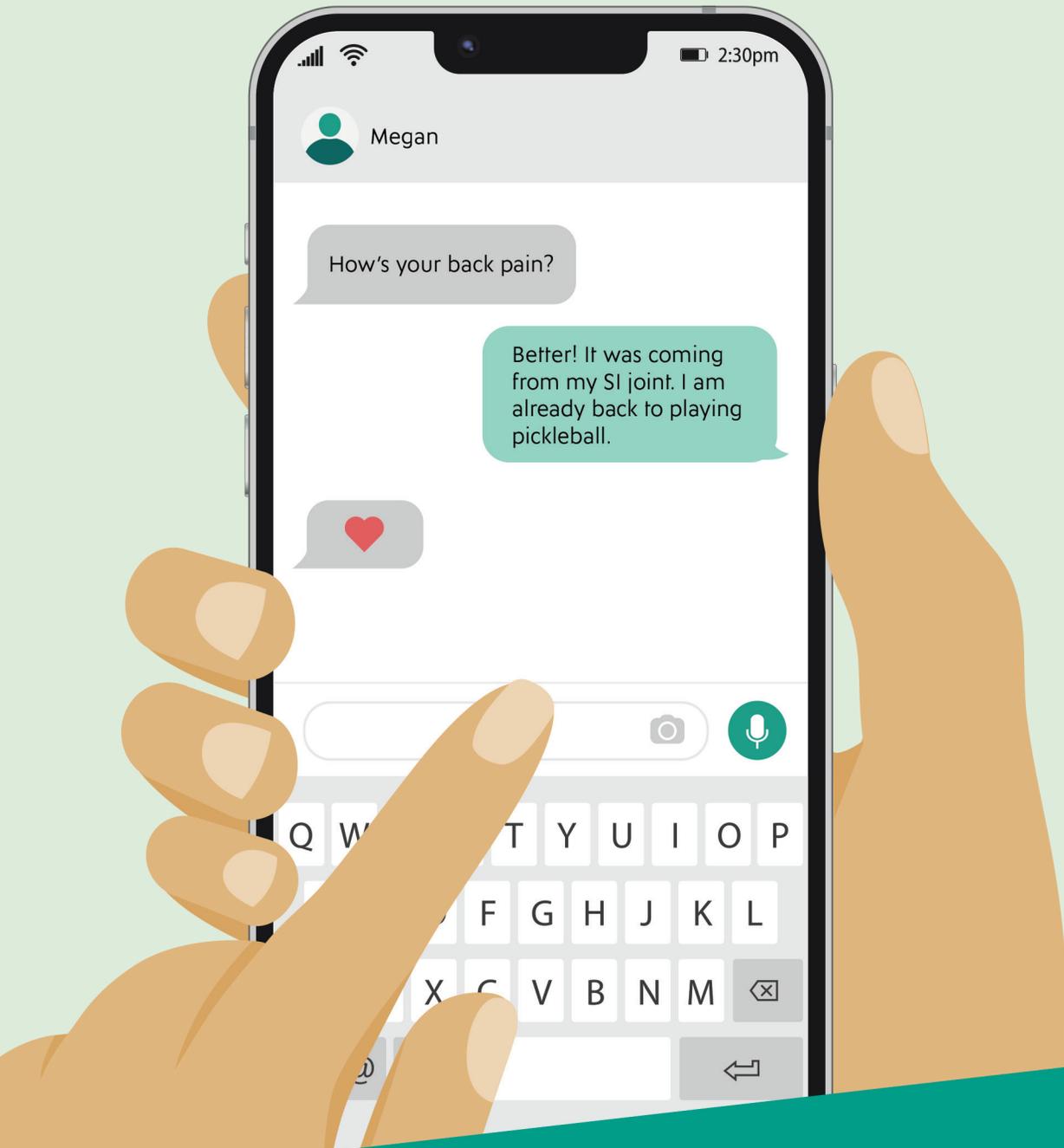
The 2026 What's Up? Top Dentists survey starts this month! A peer-survey project celebrating exemplary dentists in the Greater Chesapeake Bay Region. Top Dentists lets readers know what our area experts think and helps guide them toward the best possible choices for their dental care.

Dentists are encouraged to nominate their peers on the survey form found online. Voting will close at the end of April (4/30).

Those earning Top Dentist honors will be notified in early fall and the results will be published in the October issues of *What's Up? Annapolis*, *What's Up? Eastern Shore*, and *What's Up? Central Maryland*, in addition to the online platform and social media channels of What's Up? Media.



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Im ready to doff my socks in favor of sandals and, practically, beg for it...“Hey Spring, could ya get here already?! After a couple months entombed in “snowcrete” (that’s what we called it, right?), we’re looking for signs...any signs...of Jack Frost’s retreat and Mama Nature’s colorful return.

Though I enjoyed playing a good, freezing game of ice hockey (and did plenty of that this winter), I’m also an angler at heart and can’t wait to get outdoors to wet a line. Never mind trying to fish for stripers, chain pickerel, or yellow perch during the depths of winter, which is arguably the best time of year to do so. We couldn’t do it, unless ice fishing was your game. And, boy, did this winter offer a rare opportunity to try!

Staying warm indoors mostly, I tamed cabin fever with a few pastimes. I rediscovered the ancient-now-popular-again hobby of sports card collecting and my eBay account suddenly burst with vintage card purchases of my childhood heroes. I gobbled up cards of John Riggins, Joe Theismann, Cal Ripken, Jr., and Wayne Gretzy to name a few.

Reading books and magazines also passed a lot of time. Thousand-piece puzzles were both fun and frustrating. But I yearned for more. For connections and community, and exploration. Thankfully, this region is so incredibly rich with opportunities to “get out there.”

And we will. March is a transition month as we all know, and those hopeful signs are coming to life. Buds on the trees. Lacrosse games. Events like this month’s Oyster Roast & Sock Burning in Eastport,

Annapolis (socks be damned!). And...steeplechase horse racing. Now, there’s something you might not be familiar with, but let me tell you...it’s a hoot.

A Maryland tradition dating back to Colonial times, steeplechase racing has the horses and jockeys blasting along a countryside course through glens and woods, over fences, and toward a finish line where spectators “ooh,” “ahh,” and tailgate from hillsides near and far. Years ago, the popular Marlborough Hunt Races at Roedown Farm in Harwood, Maryland, drew festive crowds that celebrated the arrival of spring as much as the victors in the winner’s circle. It was a heck of a good time and well-attended, up until the Races’ legacy died with the property owners and the land was sold.

Good news though. Today, the Maryland circuit of races, including the esteemed Maryland Hunt Cup, continues. The races begin this month, and we tell you all about them in the article “Off to the Races.”

And there’s more in this magazine that’ll get your heart racing—sort of. Well, I mean, there *is* an article about cardio and strength training. That’s in our health department. Plus, an article on destressing outdoors by taking a “color walk.” We also dive deep into ever-changing real estate trends and the move toward wellness and health integration. Envisioning your home as a resort is the idea, as more properties and communities are being built that cater to an active, connected lifestyle with plush amenities.

So, when those buds bloom...and they darn well oughta soon...what better ways to enjoy them than by relaxing in your own oasis—your home’s deck, patio, or porch—or maybe a walk in the woods? Or even at the horse races in the countryside.

And hopefully, finally, I’ll be slinging lures from the riverbank, where the dogwoods are about to blossom, the shad are running, and socks are out of the picture.

Happy (almost) Spring!

James Houck,
Editorial Director



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Expert of the Month



Kristina Anderson

Kristina Anderson, D.C., M.S.
Chiropractor
Kovach Chiropractic & Wellness Center

Dr. Kristina Anderson completed her undergraduate studies at the University of Maryland, College Park, where she received her bachelor's degree in kinesiology. She then went on to receive her Doctor of Chiropractic degree and Master's degree in Applied Clinical Nutrition at New York Chiropractic College.

Throughout her career, Dr. Anderson has worked with a variety of patients, including perinatal, postnatal, adolescents, geriatric, athletes, and personal injury. She understands the importance of quality rehabilitation and care and works tirelessly to ensure that maximum therapeutic benefit is achieved.

What inspired you to pursue a career as a chiropractor?

My inspiration to pursue a career in chiropractic stems from my love of helping people and my desire to heal. I love the hands-on and holistic approach that chiropractic offers. Combining joint manipulation, muscle release, and mild physical therapy works wonders for many people who have had to live with chronic pain.

What innovations are you seeing in chiropractic medicine?

Chiropractors have started to embrace several new technological

innovations that help with precision in diagnostics and treatment. One example is 3D posture analysis systems that allow chiropractors to see real-time views of the spine. We can analyze the spine while the patient is standing and while mobile, which is great for determining which segments are the most restricted.

What is your approach to patient care?

Driven by my belief in patient-centric care, I treat every individual who walks through my door like family. This philosophy stems from a high school track injury, where I experienced firsthand how discouraging treatment can be when the provider is not fully engaged. Today, I prioritize listening to my patients' histories and performing detailed spinal analyses. My treatment goes beyond simple adjustments; I focus on realigning the spine while simultaneously addressing the muscle tension that often causes these issues to persist.

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Arts & Culture

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HIGHLIGHTING
ENTERTAINMENT,
COMMUNITY,
AND EVENTS

St. Patrick's Day in Easton

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JAMES MCMURTRY

Acclaimed singer-songwriter James McMurtry takes the stage at the Avalon Theatre in Easton on Wednesday, March 25 at 7 p.m. for an evening of sharp storytelling and Americana-rooted sound. Often hailed as one of America's greatest living songwriters, McMurtry is known for his thoughtful, often unflinching lyrics that explore politics, social issues, and the everyday lives of ordinary people. With vivid imagery and a poet's eye for detail, his songs offer a powerful reflection on the American experience, delivered with grit, intelligence, and emotional depth. This intimate performance is a rare chance to experience one of the genre's most respected voices in a historic theater setting. More info: avalontheatre.com

Documenting Art: Visiting Artist Workshop with Ben Tankersley

Artists and creatives can sharpen their documentation skills during *Documenting Art*, a one-day visiting artist workshop led by photographer Ben Tankersley on Saturday, March 21 from 11 a.m. to 3:30 p.m. at the Academy Art Museum. This in-depth class covers best practices for photographing both two- and three-dimensional artwork, including lighting techniques, camera placement, and exposure control using manual and automatic settings. Participants receive hands-on guidance while photographing their own artwork and gain valuable insight from Tankersley's extensive experience in commercial, editorial, and fine art photography. The workshop is ideal for artists looking to professionally document their work for portfolios, exhibitions, and publications. More info: academyartmuseum.org



Oyster Gardening Workshop

Learn how to grow oysters and support the health of the Chesapeake Bay during an Oyster Gardening Workshop on Saturday,

March 28, from 10 a.m. to 1 p.m. This hands-on class begins with an informational session covering the importance of oysters to the Bay's ecosystem and the practical basics of oyster gardening. Participants then move into a guided workshop where they'll build oyster cages and receive seed oysters to start their own gardens. Led by Dr. Kristen Lycett of Phillips Wharf Environmental Center alongside CBMM educators, attendees leave with completed cages, materials, and the knowledge needed to successfully grow oysters off their docks. More info: cbmm.org



WSW 24TH ANNUAL PINK RIBBON BINGO

Women Supporting Women hosts its 24th Annual Pink Ribbon Bingo on Thursday, March 12

at the Willards Community Center, with doors opening at 4:30 p.m. and games beginning at 6 p.m. This popular fundraiser combines classic bingo fun with an exciting lineup of prizes, including themed gift baskets, trips, excursions, and increased cash games for added excitement. Guests can also enjoy raffles, a 50/50 drawing, and refreshments throughout the evening, all while supporting a vital organization dedicated to helping women impacted by breast cancer. More info: womensupportingwomen.org



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The Mid-Atlantic Symphony Orchestra presents the finals of the Elizabeth Loker International Concerto Competition on Sunday, March 15 at 3 p.m. at the Todd Performing Arts Center in Wye Mills. This special concert showcases the three finalists of the prestigious international competition as they perform with a full professional orchestra. Audiences will experience an inspiring afternoon of exceptional musicianship, as emerging soloists take center stage in a performance that highlights both technical brilliance and expressive artistry. More info: midatlanticsymphony.org

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HARLEM GLOBETROTTERS: THE 100 YEAR TOUR

The Harlem Globetrotters bring their historic 100 Year Tour to the Wicomico Civic Center on Thursday, March 5 at 7 p.m. for a once-in-a-century celebration of basketball, showmanship, and pure fun. This milestone tour honors a century of jaw-dropping tricks, gravity-defying dunks, and crowd-pleasing entertainment that has made the Globetrotters a global phenomenon. Fans can expect new surprises, interactive moments, and a high-energy experience that begins the moment doors open and continues well beyond the final buzzer. It's a family-friendly night packed with laughter, skill, and unforgettable memories. More info: wicomicociviccenter.org

15TH ANNUAL CHEFS FOR HABITAT GOURMET GALA

Habitat for Humanity celebrates 15 years of culinary creativity and community impact at the Chefs for Habitat Gourmet Gala on Saturday, March 7, at 7 p.m. at the Wicomico Civic Center. This year's event embraces a glamorous "Golden Age of Hollywood" theme, inviting guests to dress in vintage-inspired finery for a night of flavor, fun, and philanthropy. The evening features signature small plates from more than 20 acclaimed local chefs, live music and dancing, a silent auction offering one-of-a-kind dining experiences, and the popular Celebrity Fundraiser Superstar Challenge. It's a star-studded celebration that supports affordable housing efforts while delivering an unforgettable night out. More info: wicomicociviccenter.org



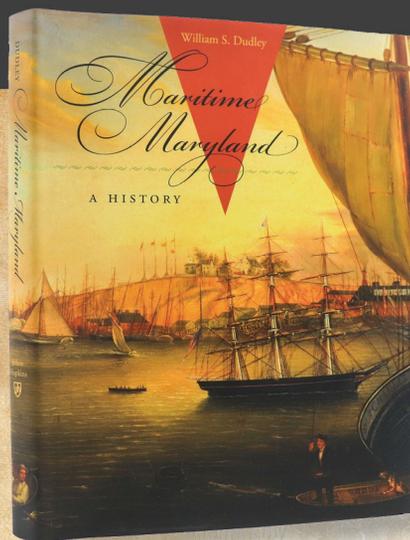
St. Patrick's Day in Easton

Downtown Easton turns festive for St. Patrick's Day on Tuesday, March 17 beginning at 5:30 p.m. with the town's annual parade hosted by the Easton Economic Development Corporation. The celebration features lively bands, decorated golf carts, and plenty of Irish spirit as the parade winds through downtown streets. Immediately following the parade, the fun continues with the beloved St. Patrick's Day Potato Race, hosted by the Talbot County Young Professionals. It's a lively, family-friendly evening that brings the community together to celebrate Irish culture, local traditions, and small-town charm. More info: discovereaston.com



Jesse Garron's Tribute to Elvis Dinner & Show

Experience the music and magic of Elvis Presley during Jesse Garron's Tribute to Elvis Dinner & Show at the Wicomico Civic Center on Friday, March 13. Doors open at 6:30 p.m. with dinner served from 6:30 to 7:30 p.m., followed by the show at 7:30 p.m. Known as "The Closest Thing to the King," Garron brings Elvis's iconic voice, stage presence, and timeless hits to life with authenticity and respect. This immersive evening offers both long-time fans and new audiences a chance to relive the legendary sound and charisma of one of music's greatest icons. More info: wicomicociviccenter.org



Maritime Maryland
A HISTORY



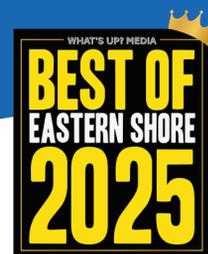
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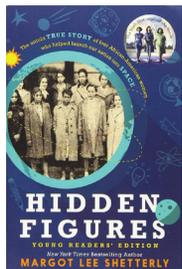


Women Who Shaped America

STORIES WORTH READING THIS MARCH

By la Louise Horton

Women's history isn't a footnote—it's woven into everything we recognize as progress. It lives in science labs and courtrooms, on battlefields and in living rooms, in moments of public defiance and in the quiet work of showing up every day. This list brings together nonfiction and fiction to honor women who shaped America in very different ways.



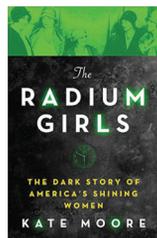
Hidden Figures by Margot Lee Shetterly

This nonfiction book tells the true story of African American women mathematicians who worked at NASA during the Space Race. Katherine Johnson, Dorothy Vaughan, and Mary Jackson used their brilliance to calculate trajectories and solve complex problems that sent astronauts into orbit—all while navigating racism and sexism in the workplace. Reading *Hidden Figures* made me stop more than once and just sit with it. These women were doing extraordinary work while being treated as if they were invisible. What stayed with me was how they didn't wait to be celebrated. They simply kept showing up, doing the work, and trusting that excellence mattered.



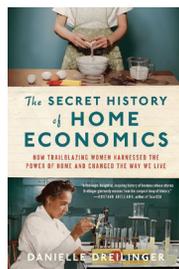
Becoming by Michelle Obama

In this deeply personal memoir, Michelle Obama traces her journey from a childhood on Chicago's South Side to the White House. Along the way, she reflects on identity, ambition, motherhood, marriage, and the weight of visibility as the first Black First Lady of the United States. What I loved about *Becoming* is how grounded it feels. Obama writes like someone having an honest conversation, not delivering a speech. She talks openly about self-doubt, pressure, and learning as she goes, which made her story feel relatable rather than untouchable.



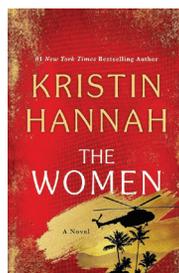
The Radium Girls by Kate Moore

The Radium Girls recounts the tragic and courageous story of young women who worked painting luminous watch dials in the early 1900s. Unaware of the dangers of radium, they fell gravely ill—and then took on powerful corporations in a fight that changed labor laws forever. This book made me angry in the way that only injustice can. These women trusted their employers and paid the price for it—yet they still found the strength to fight back. I kept thinking about how brave they were to speak up at a time when women weren't expected to question authority.



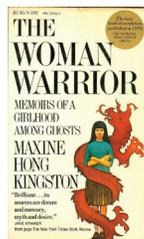
The Secret History of Home Economics by Danielle Dreilinger

This book explores the origins and evolution of home economics, revealing it as a field created by women to influence public health, education, and social reform. Far from trivial, it was a strategic way for women to enter policy-making spaces during a time of limited access. I didn't expect to be so interested in this one, and that's exactly why it stuck with me. It completely changed how I view home economics and the women behind it. What looked “domestic” on the surface was actually smart, strategic, and deeply political.



The Women by Kristin Hannah

This historical novel follows Frankie McGrath, a young nurse who serves in the Vietnam War. Through her experience, the book highlights the overlooked role of women in wartime and the emotional toll of returning home to a country that barely acknowledged their service. This story hit me emotionally in a quiet but heavy way. Frankie's experience felt lonely, frustrating, and painfully real. What stayed with me most was how little acknowledgment she received for what she endured. It made me think about how many women carry life-changing experiences without ever being asked to tell their side of the story.



The Woman Warrior by Maxine Hong Kingston

Blending memoir, folklore, and history, *The Woman Warrior* explores Chinese American womanhood through family stories and cultural myths. Kingston examines identity, silence, and storytelling as she navigates what it means to grow up between worlds. This book felt like listening to someone think out loud—layered, personal, and sometimes uncomfortable in the best way. I loved how Kingston used storytelling to find her voice.



Holiday Joy Gala Dinner

On December 4, the Mid-Atlantic Symphony Orchestra hosted a Holiday Joy pre-show gala dinner at Todd Performing Arts Center at Chesapeake College in Wye Mills. Guests enjoyed a sit-down dinner with live music ahead of the MASO concert that evening. Learn more about the symphony at midatlanticsymphony.org.

1. Terry and Bill Witowski **2.** Michael Repper, Kresley Figueroa, and Jonathan Patten **3.** Russ and Debbie Potee **4.** Mary Lou and Joseph Peters **5.** Kimberly McCollum and Dane Krich **6.** Ceci and Rob Nobel **7.** Hughlett Kirby, Peter Stifel, Joyce Bell, and Wayne Bell **8.** George and Jocelyn Eysymontt, Trish Malin, and Jeffrey Parker



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Lacey Eden Shines on the Ice

ANNAPOLIS NATIVE IS A HOCKEY DYNAMO FOR TEAM USA AND THE WISCONSIN BADGERS

By Tom Worgo

When it comes to the playing the highest level of women's ice hockey, Annapolis native Lacey Eden just goes for it, no matter the result. Her first shot to make the U.S. Olympic team came in 2022 and she was very close to doing so.

Having played for the NCAA Division I 2021 national championship team—the University of Wisconsin—and in the International Hockey Federation World Championships the same year, helped her emerge as a strong candidate for Team USA.

Recognizing her talent, Team USA invited her and 27 other players to its Olympic residency program, but Eden, who attended Archbishop Spalding in Severn for two years ended up being one of the final cuts. Not making the U.S. Olympic team that year, which competed in the Beijing China, Olympics devastated Eden.

“I would do anything to be on the Olympic team,” explains Eden, who has played on three Wisconsin national title teams, so far.

Eden, a 5-foot-8 senior forward, made another strong push at making the Olympic squad in the second half of last year, participating in USA Hockey's 30-player evaluation camps in Canada and the United States. But she fell short of making the team, again, in late December.

“It's something I have spent the last eight years training for every single day,” Eden says. “I would really do anything to be on that team. I really wanted it more than anything.”



Eden still has some big hockey moments ahead. She hopes to end her collegiate career with a fourth national title in late March. “I want to finish my college career on a high note,” Eden says of another NCAA crown. “It gets more and more special with every title you win.”

Coming up in late June, Eden expects to get drafted into the Women's Professional Hockey League (WPHL). The odds favor her. *The Hockey News* ranks the 22-year-old Eden as the fifth best player available for the draft.

The WPHL is in its third year and offers Eden (94 points in 63 games from 2024 to 2026) a good way to start a career. “It's a really good league and one that pays the athletes well enough to make a living,” Eden says.

How long have you been thinking about playing on the U.S. Olympic team? It has been a dream of mine forever. It's an obsession. It's something I have spent the last eight years just training for every single day. I would do anything to be on the team.

With your college and world championship experience, were you expecting to be on the Olympic team? Anything could happen really. The last couple of weeks in December were the most important for me. I really focused on that. I had to play my game and show my value to make the team. We had six one-week training camps throughout the season with USA Hockey. The last one was in Edmonton.

What's the feeling of winning three national championships? It is surreal to look back at all that I have accomplished in my Wisconsin career. I want to finish my career on a high note—with another national championship. It gets more special with every title you win. As I get older, I can look back and think of the moment of winning a national championship. I think about where I was in life at that point. Once you get one, you just want more.

“IT GETS MORE AND MORE SPECIAL WITH EVERY TITLE YOU WIN.”

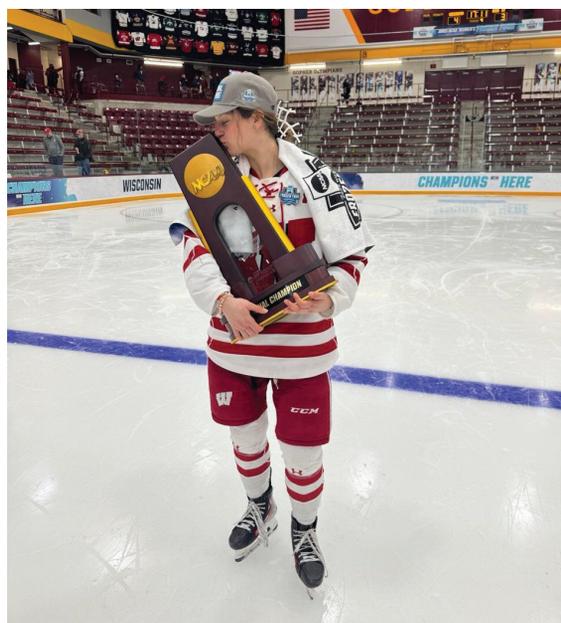
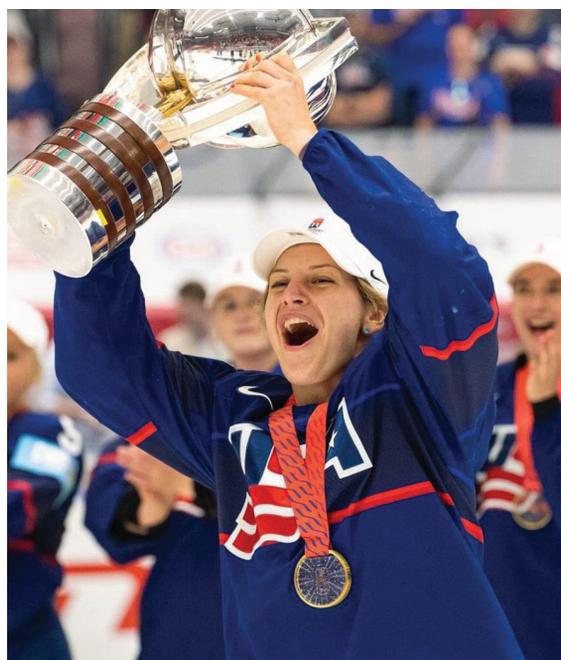
Why did you end up picking Wisconsin? Wisconsin has a long history of being a winning program. I wanted to win and play with the best players in the country and be the best player. We have won three national championships and hopefully we can grab another in March before I graduate. I made the right choice, and I think it has worked out pretty well.

Explain your strengths as a hockey player. What are most known for? I am known as a two-way player. I think I am a very smart player. I see the ice well and passing lanes before they open up. I have goal-scoring ability and a knack for shooting the puck to the right places. I have a great shot and a net-front presence. I can score from a lot of different areas. I am also very defensively sound and play a 200-foot game.

What kind of training do you do on and off the ice? I have been training pretty hard since high school. I try to be on the ice as much as possible—like three hours a day. I will even do more than that on some days. At Shattuck, we had ice available all the time. Sometimes, I was on the ice for four hours a day. Off the ice, I am committed to being in the gym. In the offseason, I work out for four hours a day. I go into the gym at least five days a week. I will be in the gym for an hour and a half. Then I supplement that with sprinting, plyometrics, and cardio.

Do you want to play professional hockey? I will go into the Professional Women's Hockey League draft once the Wisconsin season is over. This is its third season. It's really cool that we have this platform. Now, there are eight teams, and they will probably expand next year to 10 to 12 teams. It's a really good league. It's something I have dreamed of. So, I am excited to take that next step.

Can you talk about the top caliber teams you played for growing up? What were the most interesting things about them? I started playing Navy Youth Hockey. I was four years old. I played for both boys and girls there. After that, I made a triple-A team, Team Maryland in Rockville. I played for them for three years. Then, I joined another triple-A team, the Little Caps in Arlington, Virginia. I played



on boys teams until my junior year of high school. It really helped me develop. The boys force you to play more physical and faster. There just wasn't great girls hockey in the area when I was younger.

Why did you leave Spalding after your sophomore year? I went to a prep school in Minnesota (Shattuck-Saint Mary's School). Shattuck is known for developing hockey players. I really wanted to go there, and it turned out to be the best thing for my development. I loved Spalding, so it was definitely sad to leave there. Everybody has their different paths. I felt it would help me out in the long run.

The Elizabeth Loker International Concerto Competition brings global musical magic to the Eastern Shore



Sophia Geng, Violin, Canada, performing Tchaikovsky's Violin Concerto in D Major, ELICC 2024

A global competition for instrumental soloists will light up in the Mid-Atlantic region this month as students from across the United States and around the world compete in an international concerto competition performing with the more than 40 musicians of the full Mid-Atlantic Symphony Orchestra. The MSO's fifth annual Elizabeth Loker International Concerto Competition final round will take place in a remarkable concert on March 15 at 3:00 PM at the Todd Performing Arts Center at Chesapeake College on U.S. 50 in Wye Mills.

The final round concert features the three finalists selected from applicants worldwide, judged through submitted video performances in two preliminary rounds. These finalists will perform their chosen concertos in a powerful and transformative concert experience for both performers and audience members alike. Over the past three years, 398 young musicians from 27 states and 17 countries across Europe, Asia, the Pacific Rim, the South Pacific, and North America have competed in the Loker Competition.

The Competition is a truly unique event on the Eastern Shore—and internationally—for young musicians ages 12 to 25. Nearly all major competitions worldwide for young instrumental soloists are performed only with piano accompaniment. This rare opportunity to perform and compete with a full professional symphony orchestra, conducted by the MSO's Grammy Award-winning Music Director Michael Repper, attracts record numbers of applicants. While performing with a full orchestra in concert is the most coveted prize, finalists also compete for a total of \$9,000 in cash awards, international recognition, and a significant jump-start to their professional careers.

Maestro Repper says the Competition has become “world class” in just five short years giving young musicians the unique opportunity



Rebekah Hou, Harp, Cleveland, Ohio, performing Ginastera's Harp Concerto, ELICC 2024



Alejandro Gómez Pareja, Cello, Madrid, Spain, performing Shostakovich's Cello Concerto No. 1, ELICC 2024

to perform with the full Mid-Atlantic Symphony as part of the final round competition. Michael continues, “young musicians have quickly come to know the competition as both an exciting performance opportunity and a place where they feel welcomed and immediately sense great camaraderie among the finalists and the orchestra members”. Past Loker winners Joseph McNure (saxophone), Elizabeth “Poppy” Song (violin), Rebekah Hou (harp), and Britton-René Collins (marimba) describe the Competition as “an amazing and unreal experience” and “awesome—where you just have to tell yourself you have the ability to give the audience a really great performance.”

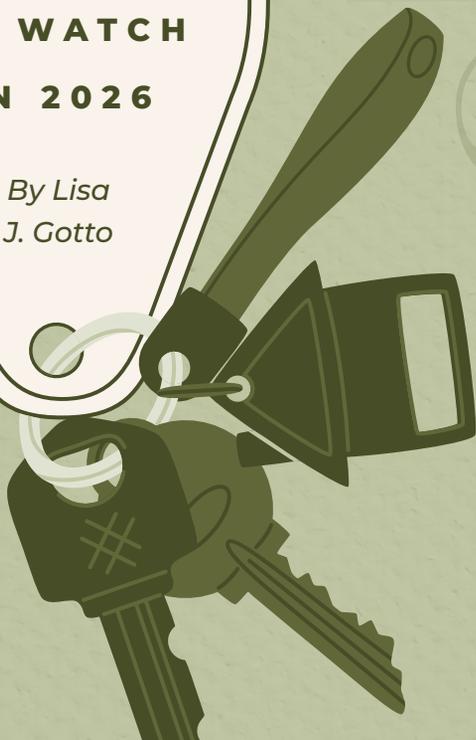
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**3 REAL
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TRENDS
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IN 2026**

*By Lisa
J. Gotto*

That inherent, holistic sense of home. It's something that's more of a feeling than a construct because when you get there you know it; you feel it.

As we enter into what is traditionally the most active time of the year for real estate, we felt it was a good time to take a fresh look at what the market drivers are in this sector, what potential homeowners are wish-listing, and what that means for our greater Chesapeake region.





Amenities vs. Infrastructure

Relative to this conversation is the discussion of the three primary trends that are attractive particularly to home buyers in our area; the first is the **Wellness Real Estate Trend**.

While we have seen residential designs that specially address health in the form of adding home gyms and other luxury extras like spa amenities to baths for the last couple of decades, this latest take on wellness, also known as “Frictionless-Living,” denotes a holistic integration of the entire home.

Wellness real estate, as defined by biofilico.com, is the intentional design of environments that proactively support the physical, mental, and social health of occupants. It helps to think of the concept as amenities versus infrastructure.

Differentially, this concept takes flashy elements that you can see, such as the home gym, to health-perpetuating elements that you can't. These include:

Circadian Lighting Systems: Designed to mimic the sun's natural progression to regulate sleep-wake cycles.

Advanced Air & Water Filtration: Medical-grade HEPA filtration and multi-stage water purification systems which have become a new-build standard in multifamily builds in the mid-Atlantic region.

Regenerative Design: Uses non-toxic, “living” materials, such as mycelium insulation or VOC-free paints which work to improve indoor air quality over time.



Across the Chesapeake region, real estate experts are concurring that buyers are prioritizing health and wellness, in equal measure with both home efficiency and aesthetic standards.

“I am definitely seeing that buyers are more interested in homes that offer these trends. They especially want the cleanest air possible and install air purifiers,” says Cornelia Heckenbach, an associate broker with Long & Foster Real Estate based in St. Michaels.

“They are also requesting quality water systems that feature the reverse osmosis process which removes more contaminants for the whole home and are switching from gas ranges to convection cooktops for overall safety,” she adds.

Christopher Ducey, Managing Broker of Annapolis Fine Homes Office, Long and Foster Real Estate, adds to this thought. “Efficiency and wellness are sometimes synonymous. A geothermal heating and cooling system is about efficiency, with wellness as an added benefit. The same can be said for certain types of air filtration systems. While dedicated fitness and wellness areas will remain important when space allows, buyers are increasingly requesting optional spaces for health and fitness. A flex space that allows owners to adapt a room to changing needs and trends, such as a fitness area, office, or golf simulator, will likely be more valuable. Wellness considerations can also be driven by personal preference, such as induction versus gas cooking, and in some cases, by cost.”



Always on Vacation

Another key amenity that developers are providing is forever living scenarios. This aspect of longevity is essential for homeowners who are in better health and are living longer. Alison Wisnom, associate broker with Coldwell Banker in Annapolis says the options are here for consumers who want them.

“We are currently offering 18 new construction townhomes for sale at Towne Row, each with a private elevator. While not a senior community, many inquiries are focused on the ability to downsize into a home that’s easier to care for and offers seniors long-term living,” Wisnom explains.

“Even if they don’t currently need the elevator, it’ll be there for them when they do, and they can stay in their home independently. Also, these homes offer two primary suites on separate floors, so in the event they need a caregiver at some point, they can each have privacy.”

Key Cultural Drivers: A growing focus on mental health and longevity, a greater demand for self-care and functional luxury, and the willingness of high net-worth buyers to pay premiums for these enhancements.

Additional Key Features of Wellness Integration: Dedicated meditation and yoga rooms or spaces, aspects of biophilic design, such as indoor plants including green walls, and optimized natural light throughout.

“In waterfront markets especially, wellness shows up through biophilic design, expansive views, indoor-outdoor living, and spaces that encourage movement and calm,” explains Brad Kappel, Executive Vice President of TTR Sotheby’s International Realty in Annapolis. “We see these features directly influencing how buyers emotionally connect to a home and how they value it.”

Trend No. 2 is the increasing popularity of **Resort-Style Homes**. Designed to feel like you’re on a permanent vacation, our Chesapeake Bay backdrop provides the perfect *location, location, location* when bundled with a premier property enhanced to entertain and sustain its inhabitants 24/7.



Key Cultural Drivers: Along with providing the financial security that properties with multiple residences and high-end amenities create, many experts feel that living through the pandemic made homeowners more thoughtful about their surroundings and needs.

“POST-PANDEMIC, THERE’S ALSO A HEIGHTENED DESIRE FOR PRIVACY, SELF-CONTAINED LIVING, AND HOMES THAT GENUINELY ENHANCE QUALITY OF LIFE,” KAPPEL SAYS.

Additional Key Features of Resort Style Homes: Upscale outdoor living environments that mimic “all-inclusive” recreational experiences. These often include infinity pools, outdoor kitchens, living, and dining spaces, and entertainment terraces. Ideally the property also has access to recreational amenities such as walking trails, pickle ball and tennis courts, golf courses, beaches, ski slopes, and flex spaces that provide the opportunity to host a private event or family gathering.



Geographically, we are fortunate that our area is extremely well-suited to deliver on most of these points. “Our vast waterfronts are already geared toward the resort lifestyle with pools and numerous reasons to be outdoors,” Heckenbach says. “And Talbot county is the perfect destination for resort style homes. If someone does not buy waterfront, there are also home offerings that are nearby golf courses and yacht clubs.”

Prime Location = Enduring Value

Of the three primary trends, No. 3, the **Legacy Property Trend** resonates most keenly with David Orso, a licensed REALTOR and owner at Berkshire Hathaway Home Services PenFed Realty of Severna Park.

“Legacy properties will become more common in our region as baby boomers start to deploy hard earned assets toward creation of family gathering spaces,” Orso explains. Legacy homes are properties that typically carry long-term value, historical significance, and/or prestige.



And every once and a while our area specifically produces a property “unicorn” that embodies the aspects of all three trends.

“A recent example is The Friary, a historic waterfront estate we represented that perfectly embodies the convergence of wellness, resort-style living, and legacy ownership,” Kappel says.

“The property featured indoor and outdoor pools, expansive entertaining areas, and a private pier with deep-water docking. It wasn’t just a luxury home—it was a generational estate, and buyers responded to it as such.”

Chuck Mangold, Jr., Associate Broker at Benson & Mangold Real Estate, a prominent Eastern Shore brokerage, says he finds all these trends to be intriguing, relevant, and worth keeping up with.

“Since we have a higher end, luxury market here, legacy properties, or as we call them ‘heirloom homes’ are family purchases we see a lot.”

While these types of property sales have always been there, Mangold says he is noticing an uptick in intentional planning associated with them.

“I have seen several homes purchased in entities that were set up with generational ownership in mind from the outset. We are seeing more of this type of proactive estate planning done at inception rather than an afterthought years later.”

Key Cultural/Economic Drivers:

More buyers with an interest in long-term wealth preservation; the status that owning a prestigious property confers; and greater demand for homes that can become family legacies or investment assets.

Additional Key Features of Legacy Properties:

These homes, or in some cases estates, can possess an architectural significance, historical relevance, a prime location with proven enduring value; or homes that provide flexibility for multi-generational living, or rental/investment potential.

Sector Responses

Responses to the overarching market influences of the generational shift that values experiences over possessions, the financial ability to pursue lifestyle-focused homes, and the increasing awareness of sustainability, environmental impact, and personal wellness has developers, architects, and brokers taking more bespoke or highly-localized approaches to providing living scenarios for current and potential residents.

More thoughtful living experiences that foster and enhance community, developed with environmental forethought, and long-term living potential are being talked about and planned for across the region, from bustling Annapolis to more bucolic towns on the Eastern Shore.

Case in point, the recent introduction of the Chestertown Downtown Master Plan on the Eastern Shore. This comprehensive and strategic roadmap for growth and development factors in the “experience” pivot, to the concept of urban revitalization.

A specific aspect of the plan recognizes and builds on the town’s inherent “walkability” factor with developers looking at “Opportunity Sites” identified in the plan to create mixed-use spaces. One of the plan’s goals is to connect the Washington College campus more seamlessly to the downtown core via the Rail Trail and improved sidewalk networks.

In terms of real estate opportunities, some newer developments are high-profile examples of the trend of “right-sized” luxury where the focus shifts from larger estates to somewhat smaller dwellings that provide high-efficiency windows, options for energy-conscious heating, and open-concept layouts that maximize natural light, which is a core biophilic wellness tenet.

And with our many bay- and river-centric communities, environmental concerns are always top-of-mind, as seen in some new projects, particularly those by local leaders that are emphasizing the concept of “coastal resilience.” Towns, like Chestertown, Annapolis, and many others, have been working with design firms to create responsible, forward-looking development



models and infrastructure upgrades (e.g. Annapolis’ City Dock stormwater resiliency project) to ensure that future development remains holistic, sustainable, robust, and cohesive.

This is reflected in higher elevations for new builds, the use of permeable surfaces, responsible stormwater managements systems, and/or replacing traditional bulkheads with living shorelines to manage the 17 percent increase in flood risk projected in 2026 data. Additionally, local land and river conservation groups can bridge homeowners to county/state/federal grant options to assist the funding of such remediation projects on a smaller scale.

Clearly, the significance of “trends” is weightier than the term itself, and the professionals in these sectors are keen to continue the discussions around these blinking indicators as part of a forward-looking, strategic, and thoughtful approach to the places people call home.



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Brad Kappel, a third-generation Annapolitan raised on the waters of the Chesapeake Bay, brings an insider's command of Annapolis and the region's most sought-after waterfront communities. With more than 18 years of experience and over \$1.2 billion in individual waterfront sales, Brad has navigated every market cycle and set multiple records, including the highest waterfront sale ever recorded in Anne Arundel County and the state of Maryland at \$17.5 million.

Brad's advantage extends beyond transactions. His background in home construction and renovation gives clients a clear-eyed understanding of value, condition, and long-term potential. Combined with the global reach of Sotheby's International Realty and a deep bench of trusted local resources, Brad delivers disciplined preparation, strategic positioning, and results-driven marketing for every listing.

As founder and leader of the Brad Kappel Team, Maryland's #1 Waterfront Real Estate Team, Brad oversees a fully integrated, concierge-level approach to buying and selling. Supported by in-house marketing, creative production, and top regional specialists across Annapolis, Anne Arundel County, and Maryland's Eastern Shore, the team is known for precision, discretion, and exceptional negotiation.

Consistently ranked among Sotheby's International Realty's Top 100 Agents and Teams Worldwide and named one of the Best Small Real Estate Teams in the U.S. by RealTrends Verified, Brad Kappel continues to set the standard for luxury and waterfront real estate across the Chesapeake Bay region.

Brad Kappel

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PROPERTIES RECENTLY SOLD



The Friary
SOLD \$12,500,000



17 Revell Street
SOLD \$11,250,000



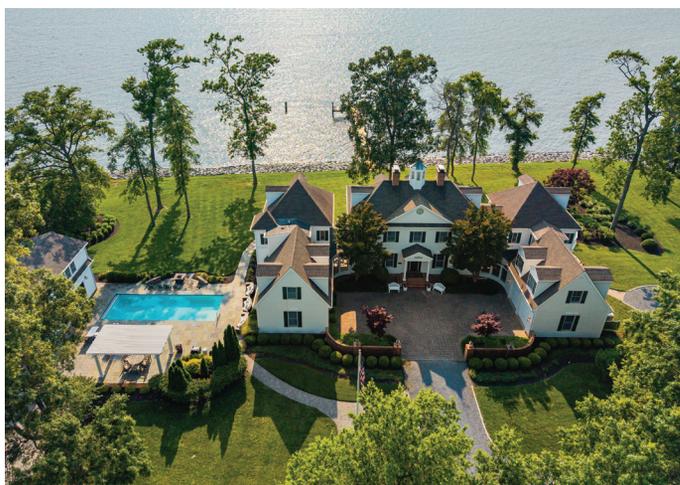
948 Melvin Road
SOLD \$10,250,000



5369 Morgans Point Drive
SOLD \$7,000,000



806 Coachway
SOLD \$6,700,000



7680 Kent Point Road
SOLD \$5,900,000



COURTNEY CHIPOURAS

VICE PRESIDENT

TTR SOTHEBY'S INTERNATIONAL REALTY



For Courtney Chipouras, real estate is deeply personal. Born and raised in Rock Hall, she has built a career rooted in deep local knowledge, long-standing relationships, and a genuine appreciation for the Eastern Shore lifestyle. As Vice President with TTR Sotheby's International Realty, Courtney represents buyers and sellers across Kent, Queen Anne's, Talbot, and surrounding counties, with a particular focus on waterfront and water-access homes.

With an MBA and nearly two decades of executive sales leadership prior to real estate, Courtney brings a strategic, results-driven approach to every transaction. She is consistently recognized as a top-producing agent, trusted by clients for her market insight, disciplined negotiation skills, and ability to navigate complex deals with clarity and confidence. Her expertise spans everything from legacy waterfront estates to primary residences and weekend retreats.

Beyond transactions, Courtney is deeply invested in the communities she serves. Through her platform *My Chesapeake Home*, she highlights the people, places, and experiences that define life on the Shore—local businesses, seasonal traditions, and the everyday moments that turn a house into home. She is also actively involved in regional philanthropic and civic efforts, reinforcing her commitment to the area's long-term vitality.

Known for her professionalism, discretion, and relationship-first philosophy, Courtney approaches her work with a simple belief: the most meaningful results happen when clients feel understood, informed, and well represented—every step of the way.

Courtney Chipouras



mobile 410-200-1224
office 410-673-3344
courtney@mychesapeakehome.com
mychesapeakehome.com



PROPERTIES RECENTLY SOLD



1026 Long Point Road
Grasonville
Sold \$1,600,000



4511 Piney Neck Road
Rock Hall
Sold \$3,350,000



136 Governors Way South
Queenstown
Sold \$1,500,000



38 Greenwood Shoals
Grasonville
Sold \$1,265,000



218 Switchgrass Way #34
Chester
Sold \$1,400,900



LAURA CARNEY

SENIOR VICE PRESIDENT
TTR | SOTHEBY'S INTERNATIONAL REALTY



Laura Carney, Senior Vice President with TTR Sotheby's International Realty, is a leading expert in Eastern Shore real estate. A Talbot County native with deep ancestral ties to Maryland's Eastern Shore, Laura offers unmatched insight into the area's evolving market. With over 30 years of experience, including time in the competitive DC metropolitan market, her professionalism and ethical approach have earned her an exceptional reputation in Talbot County.

Laura combines her local expertise with TTR Sotheby's global reach, connecting clients worldwide to the Eastern Shore through advanced online platforms and a vast agent network. She is a graduate of the University of Maryland with a B.S. in Economics and has traveled extensively, including a Semester-at-Sea, a trans-Atlantic voyage, and the Newport-Bermuda race. Passionate about waterfront living, Laura often tours properties by boat, offering clients unique perspectives.

An active community member, Laura has served on the Talbot Humane Board of Directors and is a member of the Talbot Country Club, Miles River Yacht Club, and Talbot County Garden Club. She enjoys travel, photography, gardening, golf, and time with her family and pets, embodying the vibrant lifestyle she promotes.

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lauracarney.com



PROPERTIES RECENTLY SOLD & FOR SALE



11977 Billys Point Lane
Easton, MD
SOLD
\$5,250,000



9171 Deepwater Point Road
St. Michaels, MD
SOLD
\$1,500,000



8515 Deep Cove Road
Easton, MD
UNDER CONTRACT
\$3,250,000



27772 Sharp Road
Easton, MD
FOR SALE
\$13,750,000



7090 Cooper Point Road
Bozman, MD
FOR SALE
\$7,500,000



CHUCK MANGOLD JR.

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CORNELIA C. HECKENBACH

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Originally from Germany, Cornelia moved to Talbot County in 1989 and quickly became one of Talbot County's top real estate agents. With over 30 years of international experience, she expertly guides clients through every stage of buying and selling—from starter homes to multimillion-dollar waterfront estates, farmland, and new construction.

Known for her warmth, integrity, and dedication, Cornelia combines natural listening skills with award-winning marketing strategies and sharp negotiation tactics. She helps sellers achieve top-dollar results and buyers find their ideal homes. Connected to the Forbes Global Network, she offers unmatched global reach while delivering exceptional service across the Eastern Shore.

Beyond real estate, Cornelia has a passion for the Eastern Shore's beauty. She enjoys training her champion Labrador Retrievers, bred from European lines, and competing nationally. In her free time, she loves cooking farm-to-table meals and spending time with family on her waterfront farm.

Cornelia C. Heckenbach

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What truly sets Londonderry apart is its cooperative structure. As owners, residents have a meaningful voice in the future of the community, fostering pride, transparency, and shared purpose. Decisions are guided by long-term stewardship rather than short-term profit, ensuring a financially sound, resident-focused community for generations to come. Neighbors aren't just living alongside one another, they're invested together. At Londonderry, retirement is about ease, connection, and the freedom to enjoy each day your way, in a community you truly own. To learn more, contact Rachel Smith, Sales and Marketing Director at rsmith@londonderrytredavon.com or 410-820-8732 ex. 252.



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BIANA ARENTZ

COLDWELL BANKER REALTY

Biana Arentz stands as a distinguished leader in luxury and waterfront real estate, expertly navigating transactions for her clients on Maryland’s Eastern Shore and the Annapolis area. Recently named in the TOP 1% of COLDWELL BANKER AGENTS GLOBALLY and awarded BEST WATERFRONT REALTOR 2025 & 2024 by *What’s Up? Magazine*, she embodies loving what she does and working with clients to achieve their real estate dreams. With over two decades in real estate and a passion for community involvement, Biana is well known on both sides of the Bridge. Her rise from Hemingway’s Restaurant to a leader in real estate is powered by gratitude towards her supportive network and her continuous support of her community. Merging in-depth local knowledge with unwavering dedication, she LOVES what she does as a REALTOR, guiding her clients in one of the biggest financial decisions of their life. Biana’s husband and fellow REALTOR Steve Arentz, their children, Steven and Elizabeth, and their family dog Harley, are her “why”. Everything she does is to make them proud! Elizabeth, following Biana’s path, began working along side Biana in 2023. Biana’s proficiency and local understanding effectively turn real estate dreams into reality, a journey now shared with her daughter.

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3 Church Circle, Annapolis, MD 21401
O: 410.263.8686

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Get the Daisy. Get Results. Get Tricia. Or better yet — **Get Wilson Realty & Staging.**

Tricia lives on Kent Island with her husband of 24 years, her twin boys (one is a fire fighter and one plays lacrosse in college) and her three dogs and Fred, the Russian tortoise. When she isn't crafting a marketing plan for her latest seller or showing houses, she loves to hop on the boat with her family and enjoy the majestic Chesapeake Bay.



Tricia Wilson

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Q&A

QUESTIONS & ANSWERS WITH THE EXPERTS



Q: What are the most important factors a seller should consider when putting their home on the market now?

A: TIMING: Our inventory is very low across the board right now, so my advice would be to put your home on the market as soon as it is ready - do not wait for the weather

to improve, as buyers are out looking now and sales remain strong. PRICE: Buyers are very savvy, and it is critical not to overprice, and you will actually attract more interest if the buyers feel the value is justified. STAGING & PHOTOGRAPHY: It's essential to hire an experienced real estate advisor who can help your home look its best. Decluttering, staging, and taking professional photos are all critical in selling, and getting the price and terms you are looking for!

Laura Carney
TTR | Sotheby's International Realty



Q: Why choose a cooperative 62+ community for your retirement?

A: Retirement cooperative communities—like Londonderry on the Tred Avon—offer a unique option for retirees seeking a maintenance-free, active lifestyle while still maintaining control

over their investment. These resident-driven communities combine the benefits of homeownership with the ease of community living. Residents enjoy financial advantages without the burden of exterior maintenance, landscaping, or repairs. Homes and common areas are collectively owned through the cooperative, with residency established by purchasing stock and signing an Occupancy Agreement rather than holding a traditional deed. Stockholders have a voice in community governance, helping guide decisions. Cooperative ownership may also protect your investment, with the potential for appreciation depending on market conditions.

Rachel Smith
Londonderry on the Tred Avon



Q: How is the Mid Shore housing market performing now compared to recent years, and relative to regional and national trends?

A: The Mid Shore is performing strongly. Talbot County dollar volume only dipped 2%, while Queen Anne's rose about 1%, with stable prices and similar unit sales.

Days on market increased but remain near historic lows. Importantly, dollar volume in both counties is over 50% above the 2016–2019 annual average, with equal or higher unit sales. In 2025, the Mid Shore held dollar volume and units counts while national sales hit a 30-year low. The Mid-Atlantic continues to outperform nationally. We expect lower mortgage rates, among other good economic factors to encourage more sellers.

Chuck Mangold Jr.
Benson & Mangold Real Estate



Q: How can homeowners position their property to sell successfully in the 2026 real estate market?

A: In 2026, successful sellers focus on property readiness, precision pricing, and strong market positioning. Buyers have been more analytical recently, focusing on property condition, insurability and costs, flood zones,

and long-term ownership expenses — especially for waterfront homes. Properties that are thoughtfully updated, professionally marketed, and priced accurately based on local comps from the start benefit from stronger interest and more favorable offers. Sellers who rely on local REALTORS that are experts in the community and offer aggressive marketing strategies are best positioned to maximize their home value, minimize time on market, and most importantly - get their home sold!

Elizabeth Arentz
Coldwell Banker Realty



Q: Has the luxury real estate market shifted, or does it still favor sellers?

A: The luxury market has entered a more balanced phase, and that's a healthy shift. Well-positioned homes continue

to perform when pricing, timing, and presentation are handled thoughtfully. Today's buyers are informed and intentional, which rewards sellers who approach the market with clarity and a strong strategy from the start. When those elements align, luxury properties continue to trade at a high level.

Brad Kappel
TTR | Sotheby's International Realty



Q: Why are some homes selling quickly while others seem to sit on the market?

A: It usually comes down to preparation, pricing, and presentation. Today's buyers are well-informed and emotional decision-makers—they know

value and respond to homes that feel move-in ready and lifestyle-driven. Homes that are priced correctly, staged thoughtfully, and marketed with strong visuals and local insight consistently outperform the competition. In this market, it's not just about listing a home—it's about launching it the right way & choosing the right agent.

Tricia Wilson
Wilson Realty & Staging



Q: What sets Eastern Shore real estate apart from other Maryland markets?

A: Eastern Shore real estate isn't a single market but a collection of distinct waterfront towns and rural communities, each shaped by factors like water depth, marina access, amenities, and proximity to Route

50/301. Buyers are drawn as much to the lifestyle—boating, walkable towns, and a slower pace—as to the homes themselves.

For sellers, that diversity requires precise pricing and strategic presentation. For buyers, it means understanding which details drive both livability and long-term value.

Success here comes from hyper-local expertise paired with a deep understanding of the market and the data behind it.

Courtney Chipouras
TTR | Sotheby's International Realty



Q: Why aren't all real estate agents the same?

A: Not all real estate professionals offer the same level of expertise, experience, or knowledge of the local market. Some agents truly run their business at a professional level, while others may not. The difference is shown in the quality of service, strategy, and results.

A strong agent provides a high level of service designed to get your home sold for the best possible price. That includes proven marketing and advertising strategies, access to staging resources, and the use of modern technology to maximize exposure. At the end of the day, make sure you're receiving the best possible service for the commission you're committing to.

DeeDee McCracken
of The DD McCracken Home Team of Coldwell Banker Realty
O: 410-224-2200 | C: 410-739-7571



Q: Why is pricing strategy so critical when selling a waterfront home on the Eastern Shore?

A: Waterfront homes operate in a distinct market with fewer buyers and far more scrutiny. Pricing must be intentional and

defensible. When pricing misses the mark, whether by stretching to test demand or misreading timing, momentum stalls quickly. Homes priced correctly from the start generate urgency, preserve negotiating power, and consistently achieve stronger results.

Joe Bray
TTR | Sotheby's International Realty



Q: How do you help sellers avoid over-estimating ROI, and preserve equity through your market and design expertise, as both a broker & designer?

A: Smart, timeless design adds value where it counts. Sellers often invest in upgrades valued by them, but overly customized finishes, or niche trends can

deplete value, as buyers will factor in cost to undo. Consistency and presentation move the needle- fresh paint in the right palette, proper scale and professional staging in BOTH occupied & vacant homes influence both buyers and appraisers. As both a broker & designer, I guide sellers to spend where buyers emotionally connect and financially respond, and personally stage each listing to perfection. When a home feels inviting, functional, and easy to imagine living in- buyers move faster and pay more.

Jennifer Chaney
Chaney Homes



Q: How is the current Talbot County market?

A: Talbot County shows a more active inventory, enabling buyers to choose while encouraging sellers to price strategically and preparing their home at its best prior to putting it on the

market. Homes that are prepared and priced correctly typically go under contract within 79 days in the current market.

Cornelia C. Heckenbach
Long & Foster Real Estate
Forbes Global Properties Specialist



Q: How are waterfront properties on Maryland's Eastern Shore valued differently than non-waterfront homes?

A: Waterfront properties are valued very differently than inland homes. While interior finishes matter, buyers place greater weight on the shoreline itself—water depth, orientation,

exposure, and whether the setting is the Bay or the Wye River or a protected creek. Elevation, flood zone, shoreline stabilization, and dock potential also play a major role and can significantly impact usability, insurance costs, and long-term value. Properly evaluating waterfront properties requires understanding both the home and the water which is why local waterfront expertise is essential. Having bought and sold numerous homes on the Wye and Chesapeake Bay over the years, I know firsthand what to look for in waterfront properties.

Biana Arentz
Coldwell Banker Realty



Q: How do you make a small bathroom feel bigger?

A: Making a small bathroom feel bigger is all about light, sightlines, and simplicity: Use light colors on walls, floors, and fixtures to reflect light. Add large mirrors to bounce light and

create depth. Choose a glass shower door instead of a curtain. Keep the floor visible with floating vanities or wall-mounted toilets. Improve lighting with layered, bright fixtures. Reduce clutter and use hidden storage. Use large tiles with minimal grout lines to visually expand the space. Keep a consistent color palette for a clean, open look. Small changes can make a big difference.

Kim Sauerhoff
Designer | Studio Manager
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Off to the Races

Celebrating
the storied
history of
steeplechase
racing in
Maryland

story by **LISA A. LEWIS** photography by **DOUGLAS LEES**



W

hen Ben Nevis, a famous champion steeplechase horse ridden by Baltimore banker and amateur jockey Charlie Fenwick, Jr., won the English Grand National in 1980, the historic race proved that

dreams can come true—despite the odds. Highly regarded for his achievements in steeplechase racing, Ben Nevis had an exceptional record. He was undefeated in the United States—winning all 12 of the races in which he competed, including the 1977 and '78 Maryland Hunt Cups. However, he struggled significantly in England, where he lost 12 races.

Although Ben Nevis had been a strong contender in the English Grand National the previous year—due to his success in the United States and favorable ground conditions—he fell after a pileup involving several horses and didn't complete the course. Undeterred by this frustrating and disappointing experience, Fenwick was determined to attempt the race one more time and returned to England in 1980.



Charlie Fenwick, Jr., on Ben Nevis II at the 1977 Maryland Hunt Cup.



Eric Poretz takes Senior Senator over the 13th fence at the 2016 Maryland Hunt Cup, eventually winning the race.

Expectations for the race, including those of Ben Nevis' trainer, Tim Forster, were low. But Ben Nevis, who was an underdog with 40-1 odds, rose to the occasion—winning the 1980 English Grand National by 20 lengths. Of the 30 starters, only four horses finished due to the very soft ground and standing water on the course—conditions that made the race especially difficult. The triumphant victory was a major upset and a true comeback story for Ben Nevis.

“The key to this whole story is Jay Trump [a famous champion American steeplechase horse],” Fenwick says. “When he won the English Grand National in 1965, I was 17 years old and an aspiring steeplechase jockey. I knew the jockey, Tommy Smith. And Jay Trump's trainer was my uncle. So, I was well aware of Jay Trump. When he went to England and won the race, I thought, ‘I can do that.’ And from that moment on, that thought was in the back of my mind.

“When Ben Nevis won the English Grand National, it was a dream come true—just a wonderful experience. He gave us all such a thrill that day. It was a bit shocking. But when we reflected on what he had achieved in the past, we realized that we weren't so shocked. The victory was Ben Nevis' only win in England and a wonderful way to retire him. I think he wanted to go out on a high note.”

Riding Ben Nevis to victory established Fenwick as a prominent amateur steeplechase jockey on the world stage and inspired future generations of amateur jockeys. Held annually at the Aintree Racecourse in Aintree, Merseyside, England (near Liverpool), the race is regarded as “the ultimate test of horse and rider.”

Not only did the monumental win earn Fenwick international acclaim, but it also shined a light on steeplechase racing in Maryland—showcasing its rich history and proud heritage. A native Marylander, Fenwick's legendary success in England also served as a testament to the prestigious and challenging tradition of steeplechase racing in Maryland and the ability of amateur jockeys.

A Cherished Tradition

Like Fenwick, many Marylanders love the thrill of steeplechase racing, a beloved sport in which amateur jockeys and their horses jump over obstacles on rural countryside courses. Although the races may feature hurdles (obstacles consisting of a metal frame filled with artificial brush) or timber (solid, immovable wooden post-and-rail fences), timber racing is more popular and culturally significant in Maryland, which is renowned for its timber races.

The inclusion of these timber fences, which can be up to five feet tall, adds a unique dynamic to steeplechase racing, and, for this reason, it is considered more challenging and demanding than flat track racing. While flat track racing focuses on speed and pacing, steeplechase racing requires an additional skill set, including not only speed but also jumping expertise, agility, and stamina.

“Steeplechase racing is unique in that the horse and jockey are asked to jump multiple fences over a distance of at least two miles and up to four-plus miles,” Fenwick says. “This adds another discipline to the sport of racing. Managing a horse in that environment requires the jockey to make the effort of jumping as smoothly and efficiently as possible as well as getting the horse to run with determination and courage.”

“Steeplechase horses must have the ability to jump, but they also have to want to jump,” adds Dan Baker, owner of champion steeplechase horse Road to Oz. “Some horses are better suited to flat track racing, so it’s important to let the horse guide you, show you his capabilities, and let you know what he wants to do.”



It was a very close finish at the 2016 Maryland Hunt Cup with Senior Senator, in center, winning.



2016 Maryland Hunt Cup presentation.

Each spring, horse enthusiasts look forward to the start of the steeplechase race season with great anticipation. Although races also take place in the fall, spring is the peak season, and excited spectators gather together every year to enjoy the thrill of one of Maryland’s most cherished traditions as they socialize in a lively atmosphere, characterized by tailgating, picnicking, and fun for the entire family.

In addition to the social aspect of the sport, another defining characteristic of steeplechase racing is its multigenerational family participation. Many family members pass down the tradition to the next generation—preserving its rich heritage.

Furthermore, steeplechase racing supports philanthropic and land conservation efforts. Many steeplechase races are organized by non-profit organizations, with the proceeds benefiting charitable causes. Private landowners also play a critical role in the tradition by allowing races to be held on their property.



Joe Davies, trainer, congratulates Eric Poretz on his win with Senior Senator in 2016.



The Crawfords celebrate the 2018 Maryland Hunt Cup win, again with Senior Senator and jockey Eric Poretz.



Skip and Vicky Crawford with their 2019 Maryland Hunt Cup trophies. With their third Cup win with Senior Senator and jockey Eric Poretz, the group officially retired.

Deep Historical Roots

According to the National Steeplechase Association (NSA), the official governing body and sanctioning authority for American steeplechase racing, based in Fair Hill, Maryland, steeplechase racing originated in Ireland in the mid-18th century, deriving its name from cross-country races from church steeple to church steeple, hence “steeplechase.”

The arrival of horses in Maryland in the 1600s laid the foundation for the state’s rich equestrian history and contributed to the emergence of steeplechase racing, which dates back more than 100 years and traces its origins to fox hunting. The sport evolved from competitions between fox hunting clubs in Northern Baltimore County, and these informal rivalries ultimately led to the establishment of sanctioned timber races. Many organizations, such as hunt clubs, also host unsanctioned races, which are often referred to as point-to-point races.

Skip and Vicki Crawford, owners of Senior Senator, a famous champion steeplechase horse, were introduced to steeplechase racing through their involvement with the Potomac Hunt Club, a nonprofit organization dedicated to preserving the tradition of foxchasing.

“We were active in the club and volunteered at the Potomac Hunt Races, the club’s annual point-to-point steeplechase event,” Vicki says. “We loved the close-knit foxchasing community and the social aspect. Our volunteer work with the Potomac Hunt Club inspired us to become involved with steeplechase horses, and owning horses became a natural part of our lifestyle.”

In addition to the Potomac Hunt Club, the Maryland Steeplechase Association (MSA), a nonprofit organization that promotes and develops amateur equestrian sports, also continues to “[foster] traditional relationships between foxchasing and steeplechasing.”



Jockey Eric Poretz and Senior Senator win the 2019 Maryland Hunt Cup.

Milestones and Memorable Moments

Winning the Maryland Hunt Cup is an extremely challenging feat that many owners, amateur jockeys, horses, and trainers never accomplish. So, when they win the race multiple times, it's definitely a significant achievement and a source of pride. Seeing Senior Senator, who was trained by Joe and Blythe Davies and ridden by amateur jockey Eric Poretz, win the Maryland Hunt Cup three times (2016, 2018, and 2019) was truly an amazing experience for the Crawfords.

As a result of this milestone, the Crawfords retired the prestigious Challenge Cup in 2019, making them the permanent owners of the trophy. According to the Maryland Hunt Cup conditions, this honor is bestowed upon owners whose horse wins the race three times. The victories do not have to be with the same horse or during consecutive years. The Crawfords are only the seventh owners to retire the Challenge Cup, based on official race records.

"Receiving this honor is truly phenomenal," Vicki says. "When I look at the trophy, I ask myself, 'How did we do it?' It was so shocking, and it's difficult to describe the feeling."

Maryland's "Big Three"

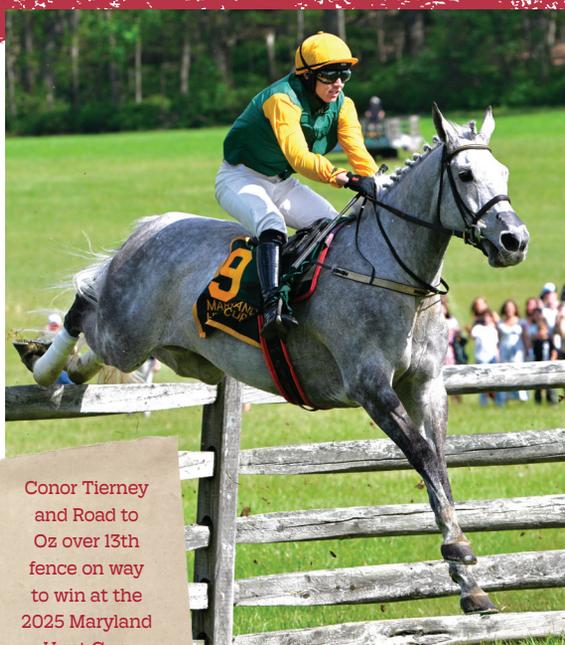
According to Valleys Planning Council (thevpc.org), the first recognized steeplechase race was run at Pimlico, the home of the Preakness Stakes, on October 18, 1873, over a course built in the infield. This race contributed to the growth of steeplechase racing in Maryland and the establishment of prominent timber races, including the "Big Three."

These prestigious races include **My Lady's Manor Steeplechase**, a three-mile race with 16 fences held in Monkton; **the Grand National Steeplechase**, a three-mile race with 18 fences held in Butler; and the **Maryland Hunt Cup**, a four-mile race with 22 fences held in Worthington Valley.

Held annually on three consecutive Saturdays in April, all three legs of the "Big Three" are challenging. With their long distances and tall timber fences, the races represent the ultimate test of skill, stamina, and courage—for both amateur jockeys and horses. But the Maryland Hunt Cup is considered one of the most difficult and demanding steeplechase races in the world and the most challenging timber race in the United States. In fact, the race is often compared to the English Grand National.



Jockeys and horses up and over the third fence at the 2025 Maryland Hunt Cup.



Conor Tierney and Road to Oz over 13th fence on way to win at the 2025 Maryland Hunt Cup.



Top: Jockey Conor Tierney and Road to Oz with family and friends in the winners circle of the 2025 Maryland Hunt Cup. Bottom: Presentation of the Hunt Cup at the 2025 event.

Senior Senator's ability to win the Maryland Hunt Cup three times is even more meaningful to the Crawfords because he suffered a severe neck injury when he fell during the race in 2017. The couple was distraught and thought that he would never race again. But Senior Senator proved his resilience—making a complete recovery and a remarkable comeback. He returned to racing and went on to win the Maryland Hunt Cup in 2018 and 2019.

"We made sure Senior Senator had the best veterinary care, and he recovered well," Skip says. "He was very athletic, and he had great competitive spirit and high energy. Although he was considered a difficult horse, Joe and Blythe worked well with him and knew how to channel his ability. It was a perfect fit. Senior Senator was truly an amazing horse, a legend. And he wanted to win."

In 2019, Senior Senator achieved another milestone in his historic career when he won the Grand National Steeplechase three consecutive times (2017, 2018, and 2019). As a result, the Crawfords retired the Grand National Challenge Cup—the same year that they retired the Maryland Hunt Cup Challenge Cup.

Three Maryland Hunt Cup victories is a rare achievement, but winning the race for the first time is also an extremely exciting experience, as Dan Baker learned in 2025 when his horse, Road to Oz, trained by Mark and Rebecca Beecher and ridden by amateur jockey Conor Tierney, won the race.



The victory is especially memorable for Baker because, at first, he didn't realize that Oz had won. When Baker and his family and friends watch the race, they always go up to the top of the hill—except for the three times that they have had a horse in the race. Then they go down toward Tufton Avenue, which offers a good view of the jumps and a better sense of how the horses are doing.

"We were down in the field by Tufton Avenue, so we rushed over to the finish line," Baker says. "When the horses went by us, Oz was moving up, but then we couldn't see him. The race finished, and everyone was cheering. We thought that Oz had come in second place. But then we heard the announcer say, 'The winner is Road to Oz.' And our reaction was, 'Oh my God! Oz won!' So, I didn't actually see him win until I watched the video."

Although winning the Maryland Hunt Cup as an owner offers a different perspective than winning the race as a jockey, the experience is equally thrilling.

Before Fenwick made a name for himself at the English Grand National in 1980, he was a well-known amateur jockey in Maryland. He won the Maryland Hunt Cup twice (1977 and 1978) while riding Ben Nevis. In the 1978 race, Ben Nevis set a new course record. According to the National Museum of Racing and Hall of Fame, in which Ben Nevis was inducted in 2009, Ben Nevis and Jay Trump are the only two horses to win both the English Grand National and the Maryland Hunt Cup.

“My father-in-law bought Ben Nevis in England and brought him back to Maryland,” Fenwick explains. “I took over his care and training. Ben Nevis was a difficult horse in many ways, but he was also sweet and kind. After winning the Maryland Hunt Cup twice, he gave us all the signals we needed to take him abroad and try to accomplish what Jay Trump had done. And my dream of winning the English Grand National came true. I am very fortunate.”

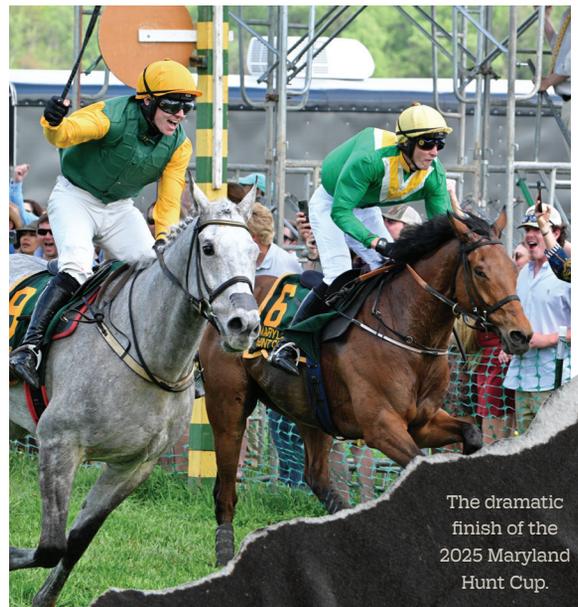
Indeed, the personal experiences and success stories of Fenwick, the Crawfords, and Baker demonstrate the high caliber of steeplechase racing in Maryland—solidifying its status as a hub of world-class timber racing and inspiring future generations of the steeplechase community.

A Springtime Celebration

As winter departs, unleashing its grip on the region, steeplechase racing offers a fun way to usher in spring. Horse enthusiasts from all walks of life embrace Maryland’s rich equestrian history and marvel at the challenging courses—watching in awe as skilled amateur athletes and their courageous horses achieve breathtaking feats. Taking place in picturesque, countryside settings, steeplechase racing combines the competitiveness of a beloved sport with the celebratory culture of a community event.

“It’s so rewarding to see a steeplechase horse develop, fulfill his potential, and win,” Baker says. “Since the steeplechase race season is relatively short, we cherish the opportunities to participate in the races. And when we win, it’s even more special.”

Rebecca and Mark Beecher, trainers of Road to Oz, after the race.



The dramatic finish of the 2025 Maryland Hunt Cup.

SPRING STEEPLECHASE RACING SCHEDULE

**Maryland's "Big Three"*

- March 28** – Green Spring Valley Hounds Point-to-Point, Cockeysville • gsvhounds.com
- April 4** – Elkridge-Harford Point-to-Point, Monkton • elkridgeharfordraces.com
- *April 11** – My Lady’s Manor, Monkton • manorraces.com
- April 12** – Mount Harmon Wicomico Hunt Point-to-Point, Earleville • mountharmon.org
- *April 18** – Grand National Steeplechase, Butler • grandnationalsteeplechase.com
- *April 25** – Maryland Hunt Cup, Reisterstown • marylandhuntcup.com
- May 17** – Potomac Hunt Races, Poolesville • potomachuntraces.com



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Home & Garden

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**Treading
Lightly**
PG. 56



Treading Lightly

By Lisa J. Gotto

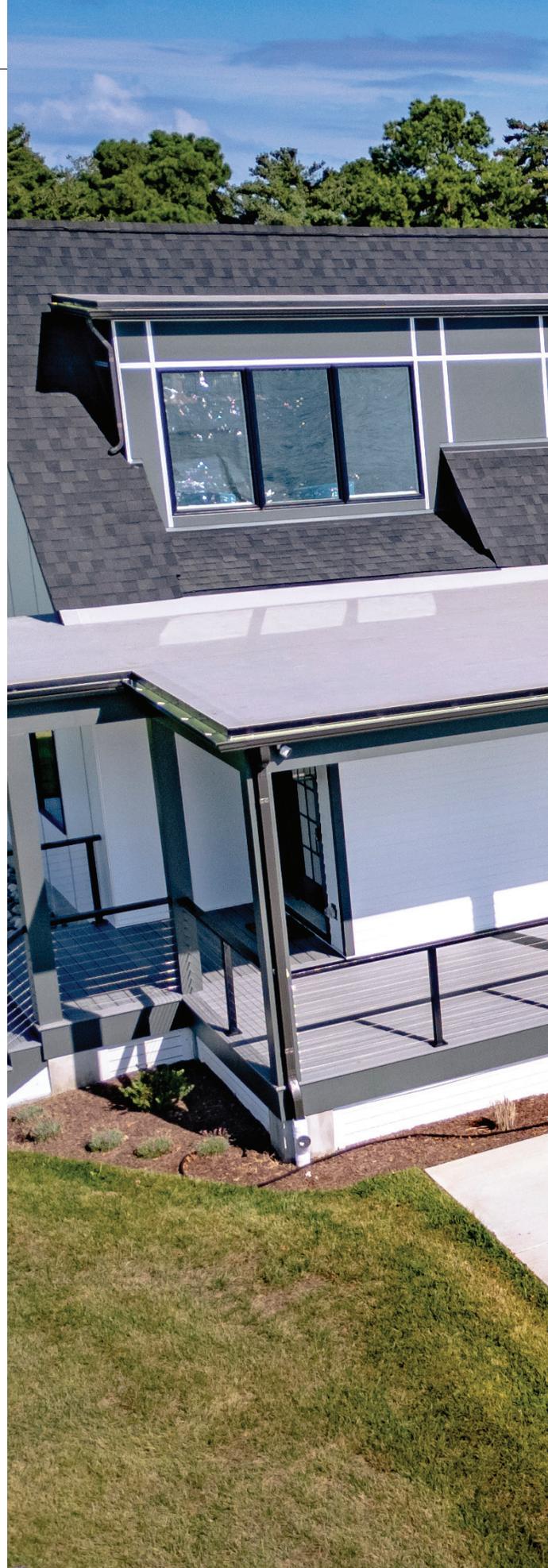
While someday this location may become a forever home for our feature homeowners, it is currently playing a starring role in their best of two worlds scenario with one home in the city and another located a breezy world away from their everyday obligations.

“We just came out here and we picked the lot. There were several lots available. I’m surprised we got this; that no one else picked this one,” explains the homeowner of he and his wife’s good fortune of following up on that ad and meeting the builder who was responsible for many of the homes there.

THE PROJECT: A new home build for a couple that wanted a contemporary, minimalistic vibe, both inside and out, for their second home; their retreat from the hustle and bustle of life in the District.

THE PLACE: Tranquil river views and great memories of excursions on Shore waterways were what endeared the couple to this location where they can take in the daily sights of the ferry running passengers from St. Michaels to Oxford—and vice versa.

EXECUTING THE PLAN: A successful and eye-opening online search lead the homeowners to Paquin Design Build’s advertisement of waterfront lots along the Tred Avon River. A five-bedroom, three-and-a-half bath floorplan would be created comprising approximately 3,000 square-feet of living space.





BUILDING ON WHAT HAS WORKED

Although most builders have classic floorplans that they present to clients, in many cases those plans can represent a jumping off point with which to work—and that was the case in this particular build.

“I took plans that I already created and modified them into this really modern looking home with flat roofs, that’s just very sleek and streamlined,” explains Brent Paquin, President of Paquin Design Build in Grasonville.

This structure was set apart from others within its smaller enclave of homes by incorporating an exterior presentation that combined best-practice materials with an innovative approach to applying them. Customary colors were then juxtaposed with the unconventional application of materials to create the vertical orientation of the exterior materials.

“I knew that a black and white [palette] was the direction they wanted to go in, so I made sure that we incorporated that framework around the garage and some of the dormer areas,” says

Paquin adding that they used a more contemporary paneled look with traditional Hardie boards and then added channels of stainless steel to accent it.

**“IT’S ONE OF THOSE THINGS
WHERE SIMPLER IS BETTER WITH
THIS DESIGN. VERY STRAIGHT
LINES, VERY MODERN.”**

“It’s one of those things where simpler is better with this design. Very straight lines, very modern,” says Paquin of the concept that is a departure from the prominent multi-pitch concepts that we are currently seeing.





SOME DETAILS THEY WILL NEVER MISS

Simple and uncluttered would define the design from the inside, which started with standard approaches to a floorplan that were then tweaked with the couples' interior designer, Kristine DeNinno of KD Art & Interiors of Silver Spring.

The homeowners are staunch proponents of working with an interiors expert and tapped DeNinno's expertise once before for their primary residence in D.C.

Minimalism in itself can have different meanings depending on who you ask, and DeNinno already knew what her clients' take on the style meant to them.

"They love this kind of contemporary, minimal modern style with bold colors," DeNinno says. "This is how they like to live. It's actually not typical of my clients. A lot of my clients are more traditional or transitional. For me this is really fun because they're drawn to a different aesthetic."



An open-plan kitchen, living, and dining room(s) that extends to include an outdoor living area, is a text-book example of that aesthetic and everything the couple *didn't* want the space to convey.

An incredibly clean look in the kitchen was created with all flat-panel, push-to-open cabinetry that allowed for the absence of hardware altogether. The gorgeous Quartzite backsplash mirrors the countertop material for continuity of line, to which the couple altered standard practices with electrical outlets by choosing to hide them out of sight under the cabinetry. So, what is missing is intentional.

“It was something they had asked for to keep that whole space really clean and minimal. And it's different than what they have in D.C. There, it's still pretty contemporary, but they wanted even more of that here,” DeNinno says.



SOME OF THEIR FAVORITE THINGS

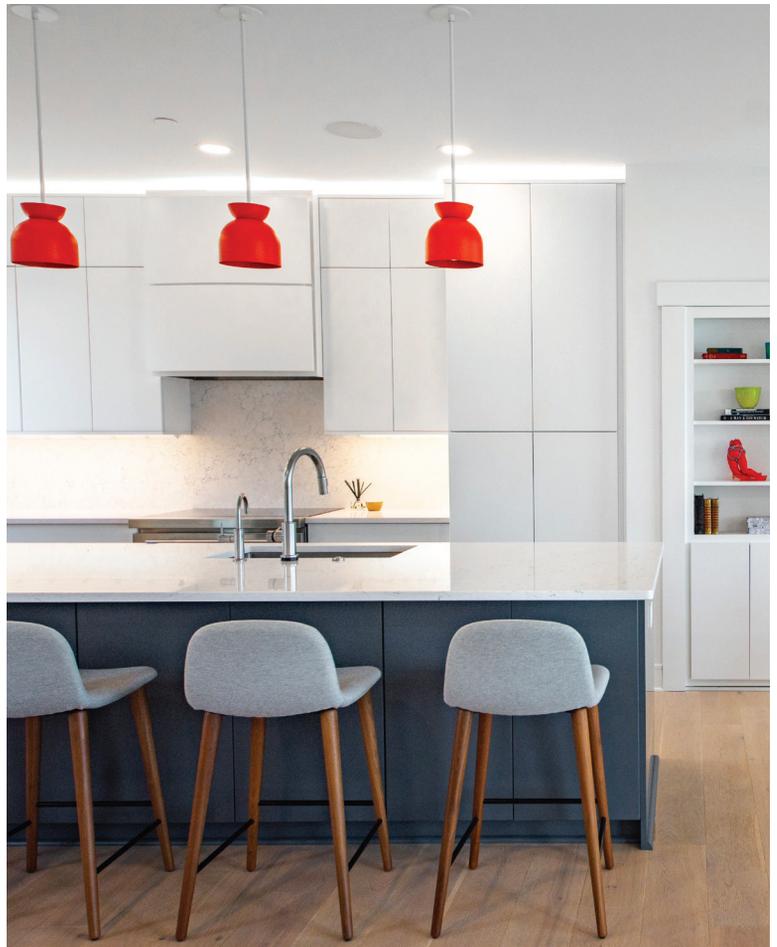
A particularly important discussion was had about the door that led to the first floor primary suite that is located along the main wall in the kitchen that connects with the dining area.

Initially the discussion was to relocate the door to the primary wall in the dining area, which was quickly squashed when they determined that it would disrupt the aesthetic of that entire room which was integral to the couple who needed the space for entertaining.

So, an outside-of-the-box idea was then suggested by the homeowner who found an interesting work-around online in the form of a Murphy door. Once relegated to the ultra excentric homeowner, these secret door concepts are now available to the masses who wish to add a greater sense of creativity, flexibility, and even intrigue to a room.

Now, what just looks like a free-flowing extension of the kitchen cabinetry and shelving into the dining space is actually a door disguised as a bookshelf. The designer worked with the build team at Paquin to retrofit it and match the paneling on the Murphy door to the mimic the look of the kitchen cabinets.

To finish the space, the couple chose a beach-toned French oak hardwood floor with ever-so-subtle tones of blue throughout and then used signature lighting fixtures above the island and dining room table to create colorful points of interest.



A favorite palette of orange and coral lends pops of color to the space and the design lightly leans into a bit of a maritime theme, as well.

Just off the dining room, explains the homeowner, is the water and pool-facing porch.

“THE PORCH IS BY FAR MY FAVORITE FEATURE OF THE HOUSE.”

“We’re generally out here, so breakfast out here in the morning, we sit on the couch here, sit by the pool, and then the views are great. So, the porch is by far my favorite feature of the house.”

The positioning of the house provides the most invigorating of sunrises, he adds, and in the evening the moon does a show of its own.

“One of the things that surprised us, is when there’s a full moon, it’s literally right in front of us. So, seeing the moon is really nice on the full moon nights. And then we have probably one of the best spots for the fireworks in Oxford, literally right in front of us, as well.”

Well, if that doesn’t sound like the best seat in the house, we don’t know what is.



Photo courtesy of kraftmaid.com

Today's Most Coveted Kitchen Cabinets

By Lisa J. Gotto

Nothing defines the visual tone of a kitchen more than the look of its cabinetry. Within that vein, consumers find themselves spoiled for choice with a head-turning array of options in door styles, hardware, colors, and materials.

There is also a growing number of options within the pre-fab sector of this marketplace that enables consumers to make upgrades to provide enhanced storage and style more efficiently. Whether you are upgrading existing cabinets or designing a new room altogether, homeowners are always

wise to choose options where quality is baked in. There are actually three tiers of quality when it comes to construction, not just stock or custom. Between stock, which are pre-manufactured in standard sizes and thereby the most affordable and quickest delivered, and custom, which are built from scratch to exact specifications, there is semi-custom, which provides a large inventory of styles that can be altered to allow for custom inserts or specific widths.

And while you may think that solid wood is the best choice for quality, it loses points as it tends to warp when exposed to heat and humidity. With that in mind, many consumers choose cabinets made of plywood for strength, moisture resistance, and its ability to hold screws well. Starter cabinets are generally made of particle board. They are the most budget friendly but are also the most likely to succumb to water damage and sag under heavy weight. The remaining option is medium-density fiberboard, or MDF. If you love the look of painted cabinetry, which is currently trending, this is your best option because it has no grain to expand or contract, so paint does not crack at the joints as it ages.

Knowing how cabinets are made helps consumers manage their budgets and expectations.

PRO CONSTRUCTION TIP NO. 1: Experts advise that new cabinetry adhere to the standard “ceiling” rule which means cabinets are run up the wall to meet the ceiling to avoid the otherwise dusty scenario that will occur high above your head and be a challenge to clean.

TRENDS IN PALETTES, TEXTURES & VISUALS

When it comes to the cabinet colors, we can expect to see a waning of stark white and cool gray iterations being replaced with palettes that reflect the color zeitgeist of the year with a **collection of refreshed neutrals** such as sandy beige, mushroom, taupe, and cashmere tones leading the way.

A collection of moody earth tones will also play a role and will be dramatic with the application of color drenching with hues like burgundy, terracotta, and deep forest green. And what we're already seeing now in new builds and remodeling projects is the use of a hopeful and sunny mellow butter yellow as a standout accent color.



Photo courtesy of farrow-ball.com



Photo courtesy of perigold.com



Photo courtesy of castacabinetry.com



Photo courtesy of mastercabinetry.com

Design experts are noting **natural wood as their material of choice** in a big way this year and leaning into the look of white oak again for its subtle grain and versatility. Dark-stained iterations of oak and walnut are also trending in harmony with the emerging “quiet luxury” design aesthetic.

When it comes to style, simplicity is taking the lead in the form of “**Slim Shaker**” and **flat panel cabinet door fronts**. While Shaker styles are always a no-fuss option, the trending slim style features even thinner rails and stiles, or frames, around the door creating a look that lands somewhere between traditional and contemporary aesthetics.

Don't anticipate seeing any glossy lacquers in new kitchens this year, as **matte finishes accomplished with the application of clear, matte sealants are preferred** to allow the natural texture and feel of the wood shine though.

THE EXPERT TAKE ON “WOW” FACTOR

If we could point to any one particular aspect of design and say that’s what’s hot this year, it would have to be **the use of texture in cabinetry**. And you can expect to see these textures represented as **fluted and reeded details** sprinkled and layered in rather than applied in whole-cloth fashion. Think of vertical ribbing added to the base of a center island or aspects of fluting on select cabinet doors.

Another aspect that is resonating in cabinet design is **adding inserts to select cabinet doors** for an extra layer of added interest. While glass inserts are always tasteful approaches for showcasing curated domestic collections, we are now seeing frosted, reeded, and mesh inserts showing up in the most auspicious of places.

These attractive eye-catchers add interest while partially concealing the cabinet’s contents—a perfect recipe for many homeowners.



Photo courtesy of homebuilding.co.uk

PRO CONSTRUCTION TIP NO. 2: IS IT TIME TO CONSIDER A BACK KITCHEN?

Over the last couple of decades, we have tasked our kitchens with being many things to many people: the homework station, the home office, the command center, the gathering space—in addition to its primary role as the place where we prepare and consume meals. Designers are responding by providing clients with the clever option of planning for a back kitchen. These are fully equipped, out-of-sight, storage enhanced workhorse zones that oftentimes multi-task as pantries, as well. Known also as sculleries, prep kitchens, or dirty kitchens, these trending spaces help keep open-plan kitchens clear of clutter, make hosting less stressful, and provide flow when extra hands are required in the kitchen.

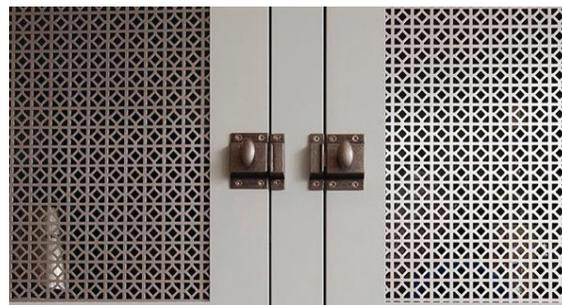


Photo courtesy of mclinchols.com

A FINAL TAKE ON FUNCTION

Like that last bangle applied to your fashionable attire, **hardware is like the jewelry** that will finish your kitchen’s look. And whether you go all-in, take a moderate tone, or opt for nothing at all, designers and homeowners are fortunate to have many choices.

Leaning into that aspect of quiet luxury again, we will see **warm metals** that coordinate well with the earthy palettes and natural woods we’ve already mentioned. So, expect to see **soft brushed golds, champagne bronzes, and coppers** chosen for their compatibility with both light and dark cabinetry.

In closing, *pun intended*, one should consider not just how your cabinets will look, but how they will move, as well. The enduring addition of a soft-close hinge is a luxury no longer, rather an essential ingredient to any tasteful kitchen cabinet recipe.

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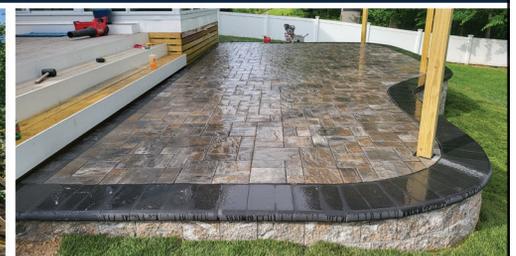
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Finding Bliss on Solitude Creek

By Lisa J. Gotto

Perfectly situated between the lovely towns of Easton and St. Michaels, this 3,300-square-foot residence provides solid amenities, tranquil creek views, and everything one needs to enjoy a high quality of life amongst family and friends.

A crisp and understated exterior welcomes guests to this two-story expanded colonial home and waterfront escape on Solitude Creek. The entry hall is light and bright with knotty, dark hardwood floors leading to the home's large, modern kitchen on the right. This room is a culinary enthusiast's dream with its large center island topped with granite, coordinating granite coun-

Primary Structure Built: 1920

Sold For: \$1,800,000

Original List Price: \$1,825,000

Bedrooms: 4

Baths: 3 Full

Living Space: 3,308 Sq. Ft.

Lot Size: 2.06 acres



tertops, and an appliance package to die for, with an industrial-sized stainless steel fridge from Sub-Zero and a six-burner Wolf gas range.

This large room also features attractive ceiling beams and a charming (and working) red-brick hearth, a roomy eat-in area, and breakfast bar seating at the island.

The main level expands to include a spacious family room with tall ceilings with skylights and great views to the creek on two sides. Those warm hardwoods continue here and flow out to a lovely and roomy screened porch overlooking the water, the property's expansive backyard, and its private pier.

Conveniently, there are also two bedrooms on this floor including the primary suite. This spacious get-away also has a tall, pitched ceiling with beam treatment, and access to the backyard and waterfront via French doors. The suite offers a separate bath with a dual vanity with white cabinetry and black granite countertops. There's also a large, walk-in shower with a built-in bench and luxury tile treatment.

The second bedroom on this floor is also roomy and provides access to the outdoors and a charming *en suite* bath with pedestal sink and pretty trim work.

The second floor of the home features a cozy TV retreat and two bedrooms that share a pretty Jack and Jill bath with white wainscoting, white tile floor, a roomy vanity, and a claw foot tub.

Listing Agent: Larry Brennan, TTR Sotheby's International Realty, 17 Goldsborough St., Easton, m. 410-443-3659, o. 410-673-3344, lbrennan@ttrsir.com, ttrsir.com **Buyers' Agent:** Carolina Barksdale, Benson & Mangold Real Estate, 211 N. Talbot St., St. Michaels, m. 443-786-0348, o. 410-745-0415, carolina@talbotrealestate.com, bensonandmangold.com



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Unassuming First Impression

By Lisa J. Gotto

An established neighborhood and a waterfront view gives this 1,800-square-foot Cape Cod-style home a property with a wealth of potential.

Located in Easton and nearby Grocley's Cove, this home is tucked into an acre lot with mature trees and plenty of curb appeal from its house-framing landscaping. First impressions can be deceiving though, as this home is unassuming from the street, but offers an expansive backyard with enough space for an in-ground pool to complement its lovely rear patio and tranquil waterfront view.

Inside, the home has many upgraded features including honey-colored hardwood floors flowing

Primary Structure
Built: 1974

Sold For:
\$1,385,000

Original List Price:
\$1,485,000

Bedrooms:
3

Baths: 3
Full

Living Space:
1,836 Sq. Ft.

Lot Size: 1
acre

from the entry and into a first-floor bedroom suite with bath (currently being used as formal living room) on the left and then into the spacious open plan family room, dining room, and kitchen on the right. This is a gorgeous space with an attractive wall of built-ins and a large fireplace with brick surround in the family room.

This space opens to a sun-drenched water-facing dining room framed with a large bay window, sliding doors on one side to the patio, and a set of French doors that open to a lovely sunroom that showcases the water on two sides.

A gorgeous and newly remodeled gourmet kitchen is located to the opposite side of the dining room and offers everything today's family could want including great water views. The expansive space features a wall of integrated cabinetry providing tons of storage space and center prep island topped with stone. The countertop space winds around one side providing a nice eat-in area with counter seating on one side.

All stainless steel appliances and an attractive subway tile backsplash in a neutral tone beautifully complement the custom white modern cabinetry.

The second floor offers a huge primary suite with a separate seating area or in-room office space and a spacious walk-in closet. The newly-remodeled bathroom has an attractive free-standing vanity with dual sinks and stone countertops, and a huge walk-in shower with attractive modern tile treatment. A generous third bedroom and remodeled bath is located on this level, as well.

Back outside the family has a spacious outdoor entertaining area overlooking the water and the property's private pier with floating dock feature, perfect for the kayakers in the family.

Listing Agent: Cornelia C. Heckenbach, Long & Foster Real Estate, 109 S. Talbot St., St. Michaels, m. 410-310-1229, o. 410-745-0283, info@corneliaheckenbach.com, stmichaelsmdwaterfront.com **Buyers' Agent:** Joyce Wallace, Coldwell Banker Real Estate, 3 Church Circle, Annapolis, m. 410-829-5031, o. 410-263-8686, joycewallace@mr.com, coldwellbankerhomes.com



Health & Beauty

70 BENEFITS (OR NOT) OF TRACKING BLOOD SUGAR

72 CARDIO + STRENGTH TRAINING

Stressed? Try a
“Color Walk”

PG. 71



Benefits (or Not) of Tracking Blood Sugar

A TYPICAL PRACTICE FOR PEOPLE WITH DIABETES IS ADOPTED BY NON-DIABETICS—BUT TO WHAT ADVANTAGE?

By Dylan Roche

For people with diabetes, tracking blood sugar levels is a necessity—dramatic fluctuations can damage vital organs like the brain and heart, creating both short-term emergencies and long-term complications. It's why diabetics track their blood glucose levels (also known as their blood sugar levels) using a monitor. Ever since the first over-the-counter continuous glucose monitors hit the market in 2024, curious non-diabetics have started using them to see how lifestyle factors like diet and exercise affect their blood sugar levels.



But is that a good thing? Generally speaking, there's no harm to knowing what's going on in your body. And if paying attention to your blood sugar levels encourages you to make healthier choices, it doesn't hurt to pay attention. But there's a degree of risk: It might be more info than you need, especially if you don't know what to make of that info.

HERE ARE ANSWERS TO A FEW OF THE COMMON QUESTIONS YOU MIGHT HAVE ABOUT AN OVER-THE-COUNTER BLOOD GLUCOSE MONITOR IF YOU'RE A NON-DIABETIC:

What is a blood glucose monitor and how does it work? You've probably seen somebody with diabetes wearing a glucose monitor: It's a small monitor with tiny sensor wires that go into the skin, usually on the abdomen, and are covered by an adhesive patch. Those sensors measure how much glucose, or usable energy in the form of sugar, is in the blood. Modern monitors pair with an app so they can show results right on your phone.

Why does my blood sugar fluctuate? Everyone's blood sugar fluctuates slightly throughout the day. When you eat food, your digestive system breaks it down into glucose (sugar) for energy and releases it into your blood. What's important is staying within a target range: Most healthy adults have about 80–130 milligrams of glucose per deciliter of blood (80 mg/dL to 130 mg/dL) before a meal. After the start of a meal, their blood sugar could go as high as 180 mg/dL for up to two hours. High-carbohydrate foods raise our blood sugar levels quickly, but fiber and fat can slow digestion and steady the release of sugar into our blood for more consistent energy over time.

Is it just food that affects my blood sugar? Not at all—what you eat is the most influential factor, but many aspects of your life can affect your blood sugar. For example, if you're not getting high-quality sleep, your body could end up using insulin less effectively until you're well rested. If you're dehydrated, then glucose will be more concentrated in your blood, which would make your levels higher. Even stress can spike your blood sugar levels.

What's the harm in monitoring my blood sugar if I'm not diabetic? There's not a lot of harm, but there's not much benefit either. As with any metric, you could misinterpret or overestimate its importance without a doctor's guidance. For example, you could see a normal spike in blood sugar after a meal and think it means you need to start avoiding certain foods, even something nutritious like fruit or brown rice. The better option if you're non-diabetic: Follow a balanced diet, exercise, and reach for a nutritious snack if your energy levels are low.

Stressed? Try a “Color Walk”

By Dylan Roche

Very few people would deny that daily life gets overwhelming—it’s why a lot of us struggle with chronic stress and anxiety. Too many stressors can leave our bodies in continual “fight-or-flight” mode, which affects our ability to function. We end up struggling to make decisions, we’re in a bad mood, and we might even be mean toward people who don’t deserve it.

To take yourself out of this mental space, you may need to practice a grounding technique like a color walk. *Grounding techniques* get you out of a negative headspace and ground you in the present moment by helping you intentionally focus on your sensory surroundings. Color walks are the latest mental wellness trend that let you do exactly that while getting physical activity.



HERE'S HOW IT WORKS:

- ◆ Go for a walk—it could be around your neighborhood, around your office complex, at a local park, or anywhere convenient.
- ◆ Choose a color—it can be any color, but keep it general. (For example, choose blue instead of a specific shade of blue.)
- ◆ Keep an eye out—look for anything that is the color you chose. Try to see how many objects you can identify.
- ◆ Switch it up on future walks—when you choose a different color, you challenge yourself to look for things you didn’t see last time. If you run out of general colors, choose a specific shade to look out for (or choose a different place to walk).

WHY DOES THIS WORK?

Even with its simple premise, a color walk is a popular option for people trying to improve their mental health because it gives you a specific task that’s unrelated to other stressors in your day. It requires very little thought but focuses your attention on what’s actually in front of you. You’re not required to see a specific number of items, so it doesn’t matter whether you identify one sight that’s your chosen color or a hundred.

Research shows grounding practices like color walks help us **regulate our moods, control our emotional responses, and clear our minds for better focus on what actually matters.**

Plus, you’ll be getting physical activity while you walk, which boosts your energy and releases endorphins.

Tip: Need to switch it up? If you’ve already been through a full rotation of colors on your walks, or you’re walking through somewhere without a lot of color variety, give yourself a different challenge. You could focus on objects that start with a specific letter, or you could focus on other senses, such as sounds or smells.

Cardio + Strength Training

SOME WORKOUTS DO DOUBLE DUTY

By Dylan Roche

A well-rounded fitness routine is always going to combine cardiovascular/aerobic exercises and resistance/strength training. Even if you choose to focus on one—for example, if you're a marathon runner or a bodybuilder—you don't want to completely neglect the other.

Tip: Health experts recommend at least 150–300 minutes of moderate aerobic activity per week (or 75–150 minutes of vigorous aerobic activity) plus strength training to target all major muscle groups twice per week.

Most people divide up their workouts: They'll go for a run or a bike ride one day, and they'll lift weights the next. They might even try to vary a workout session by doing a little of each. But the reality is you can easily do a workout that gives you the benefits of both. Here's what three exercise experts recommend:

"You can train strength and cardio at the same time, but it's less about finding special 'hybrid' exercises and more about structure," says sports performance coach Bryce Holmes. "A resistance training program using high volume and short rest periods generally allows for adaptations in both areas."



In other words: If you do more reps and sets (higher volume) with a lighter weight, taking shorter breaks between your sets, you keep your heart rate elevated during your entire weightlifting workout—which gives you aerobic benefit. Instead of lifting a 50-pound weight five times, you could lift a 25-pound weight twenty times.

Lois Manzella Marchitto, a personal trainer and the founder of Fitness Knocking, echoes this sentiment. "Most weight training can be made into cardiovascular training by limiting the time of rest in between sets," she says. She recommends:

Squats, Pushups, Glute Bridges, Reverse Lunges

The exercises act as bodyweight calisthenics you can do to work both your cardiorespiratory system and your major muscle groups.

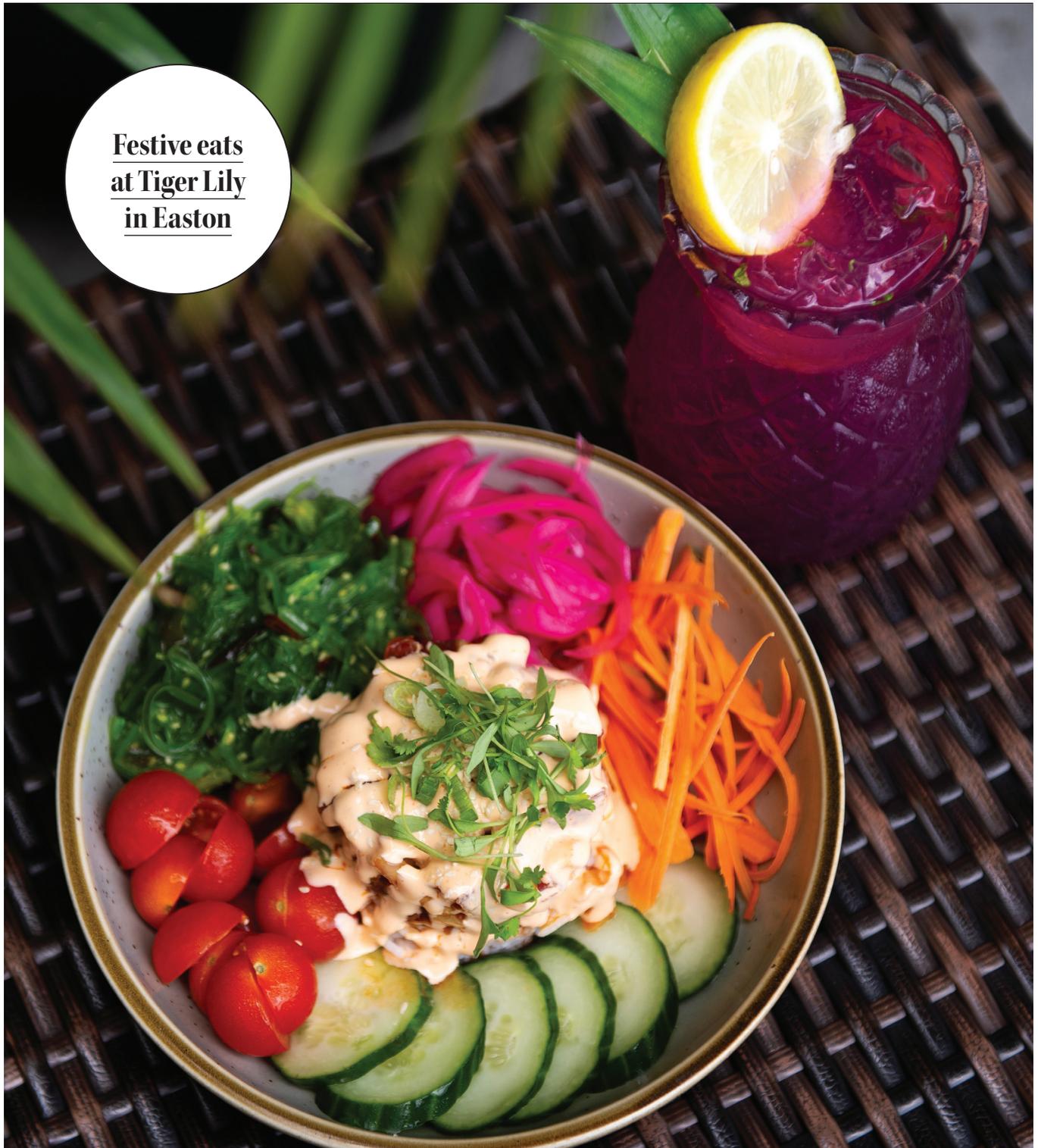
Finally, don't assume every cardio workout strictly uses your lower body—workouts like swimming and rowing work your arms, shoulders, and chest. Nutrition and lifestyle coach Dr. Shawn M. Talbott says a mere 20–30 minutes on a rowing ergometer will hit all your major muscle groups in a time-efficient way. "As a former elite-level rower, and former rowing coach, I can tell you that there really is no better exercise that combines cardio and strength in one activity—and it is low-impact and can be completed by anyone at any age," he says.

So, whether you speed up your strength workouts, do calisthenics, or hit the rowing machine, you can build up muscles while working your heart and lungs at the same time—no need to choose one or the other!

Food & Dining

74 READERS' DINING GUIDE

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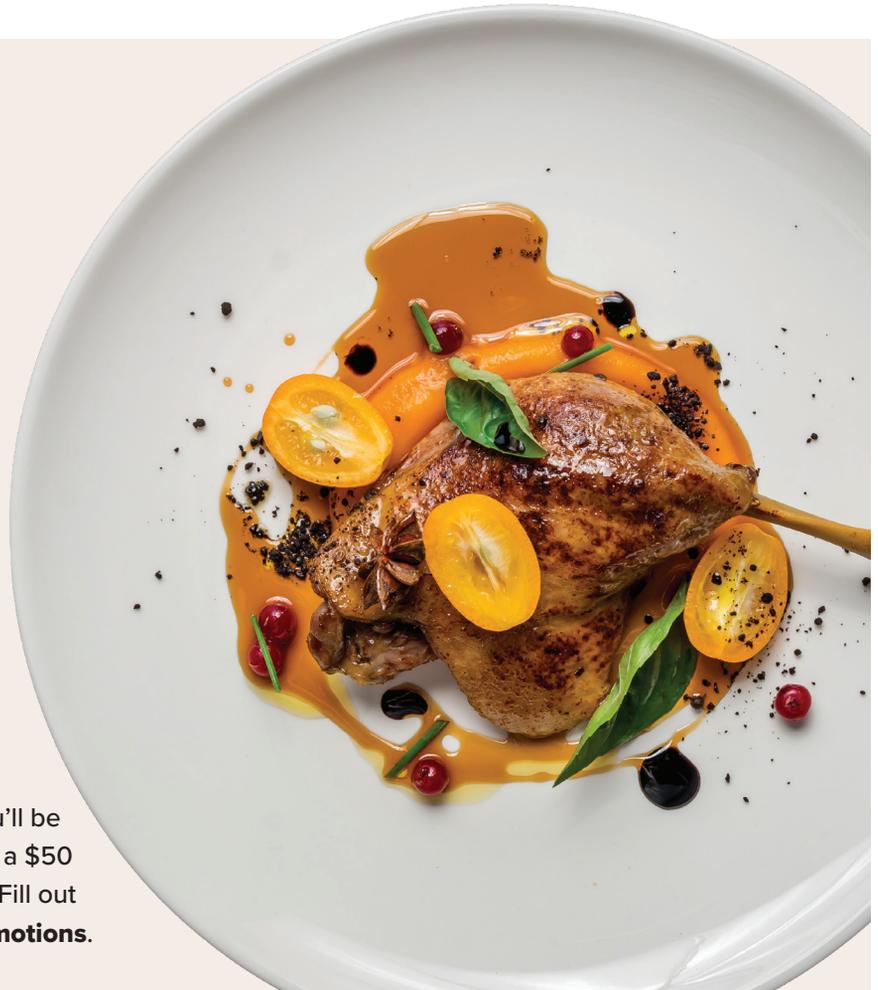
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At **University of Maryland Shore Regional Health**, we're proud to care for the community we call home. **UM Shore Medical Group – Primary Care** provides trusted, comprehensive health care in five counties on the Eastern Shore.

From preventive screenings to managing chronic conditions, our experienced providers are here to support your lifelong wellness journey with personalized care tailored to your needs.

New patients are being accepted in Easton, Centreville, Chestertown, Galena, Denton and Queenstown.



*Learn more about
our providers and
locations here.*

Centreville | 2540 Centreville Road • 410-758-4432

Chestertown | 100 Brown Street, Suite 1-100 • 667-343-3087 (Adult Patients Only)

Denton | 1140 Blades Farm Rd, Suite 101 • 410-479-5900

Easton | 500 Cadmus Lane, Suite 211 • 410-820-4880

Galena | 119C North Main Street • 410-648-5150

Queenstown | 125 Shoreway Drive, Suite 330 • 667-343-7560

umshoreregional.org

A better state of care.

3021 Bennett Point on the Wye River



Set on more than five tranquil acres with deep water and over 900 feet of protected shoreline, this custom-built waterfront residence with a finished square footage of 7,129 square feet offers timeless design, enduring quality, and a setting unlike any other. With five full en-suites and newly finished spaces, creating a secondary family room and kitchenette provides flexibility for a variety of living situations or exceptional guest accommodation. Originally built in 1981 and completely reimaged in 2006, every detail reflects craftsmanship and artistry. A gated entry and private drive lined with seasonal blooms lead to a circular drive and covered brick porch, where glass entry doors open to reveal soaring vaulted ceilings, skylights, and a wall of windows framing the breathtaking Wye River views. Throughout the home, custom cherry millwork elevates fireplaces, built-ins, and displays with warmth and richness. At the heart of the open floor plan, the gourmet kitchen is outfitted with Alder cabinetry, Sub-Zero refrigeration, three wall ovens, a five-burner cooktop with grill, and much more - designed for both entertaining and everyday living. Formal dining beneath a vaulted ceiling, casual meals at the breakfast bar, or dining al fresco on the composite deck all capture sweeping water views. Outdoors, cascading deck stairs open to a lush lawn and private pier with a boat lift in deep water, offering endless opportunities for boating, kayaking, and sunrise views. This is a residence where design, quality, and setting converge to create a lifestyle of rare distinction. Welcome to your home, 3021 Bennett Point on the Wye River.



DeeDee McCracken



170 Jennifer Rd Suite 102 | Annapolis MD 21401

Office 410-224-2200 | www.ddmccrackenhome.com

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