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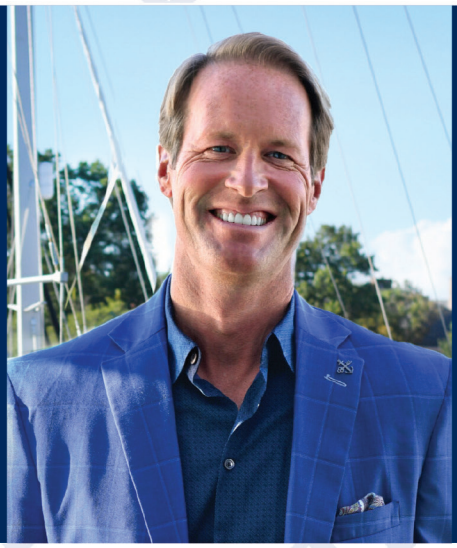

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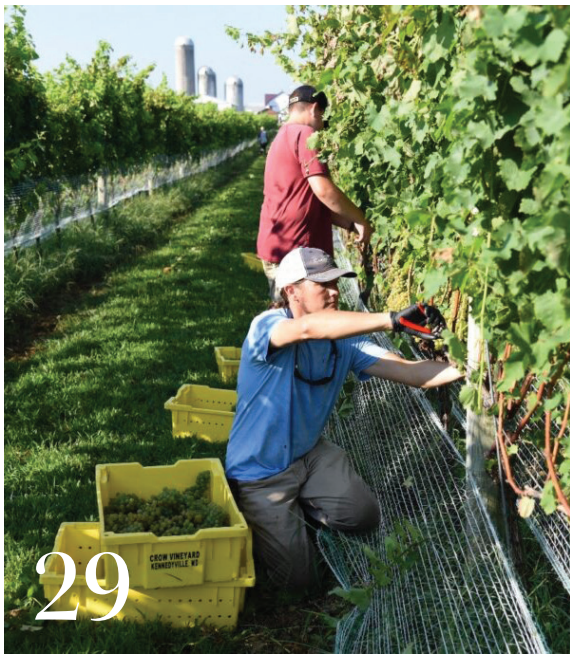

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2026 TOP Dentists

The 2026 What's Up? Top Dentists survey continues 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.

STARTING MARCH 1ST, TO NOMINATE A DENTIST SCAN QR CODE WITH YOUR PHONE CAMERA OR VISIT WHATSUPMAG.COM/TOPDENTISTS2026.



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Arts & Culture

HIGHLIGHTING ENTERTAINMENT, COMMUNITY, AND EVENTS

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Bay Bridge Boat Show

PG. 18

Photo courtesy of Annapolis Boat Shows

TIS 10TH ANNUAL LIP SYNC BATTLE FUNDRAISER

Talbot Interfaith Shelter's 10th Annual Lip Sync Battle takes the stage Saturday, April 18, from 7 p.m. to 9:30 p.m. at the Talbot County Community Center for an evening of high-energy performances and community spirit. Teams from across the Mid-Shore will compete in both an online video showdown and a live, on-stage competition, bringing big costumes, bold choreography, and plenty of personality to the spotlight. Over the past decade, this crowd-favorite fundraiser has raised nearly $500,000 to support Talbot Interfaith Shelter's mission of providing shelter, stability, and a path to success for families, singles, and seniors experiencing homelessness. Guests can cheer on their favorite teams and cast votes with their dollars, making for a lively night where entertainment meets impact. More info: talbotinterfaithshelter.org





Easter Brunch at Kent Island Resort

Easter Brunch at Kent Island Resort takes place Sunday, April 5, from 9 a.m. to 2 p.m., offering a festive and family-friendly way to celebrate the holiday. Guests are invited to indulge in a scrumptious brunch spread while enjoying the scenic setting and welcoming atmosphere of the resort. The celebration includes egg hunts and plenty of seasonal fun, making it a perfect outing for families and friends looking to gather, savor delicious food, and create joyful springtime memories together. More info: kentislandresort.com

42ND ANNAPOLIS CUP CROQUET MATCH

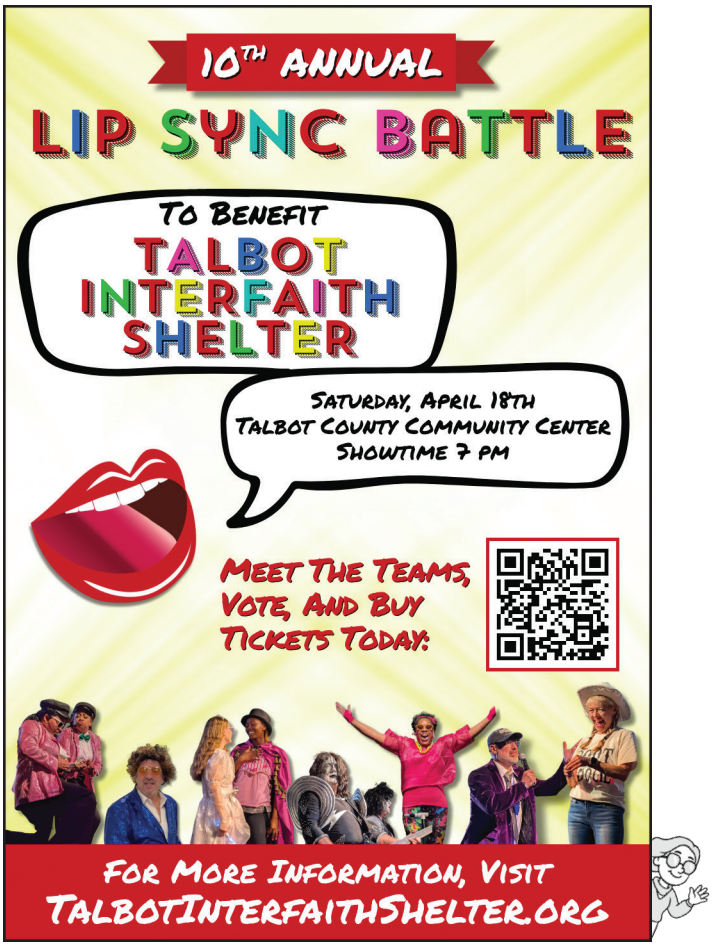
The 42nd Annual Annapolis Cup, presented by PNC Bank, takes place Saturday, April 18, from 10:30 a.m. to 7 p.m., as St. John's College and the U.S. Naval Academy renew their storied croquet rivalry. Since 1983, the Johnnies and Midshipmen have met on the lawn in a tradition that blends pageantry, competition, and Annapolis pride. The match traces its roots to a spirited exchange the year before, when a St. John's student challenged the notion that the Midshipmen could win at any sport—proposing croquet as the ultimate test. What began as a playful idea quickly became one of the city's most anticipated annual events. With St. John's leading the all-time record 32–9, the Annapolis Cup continues to deliver friendly-but-fierce competition and coveted bragging rights as the best croquet team in town. More info: sjc.edu



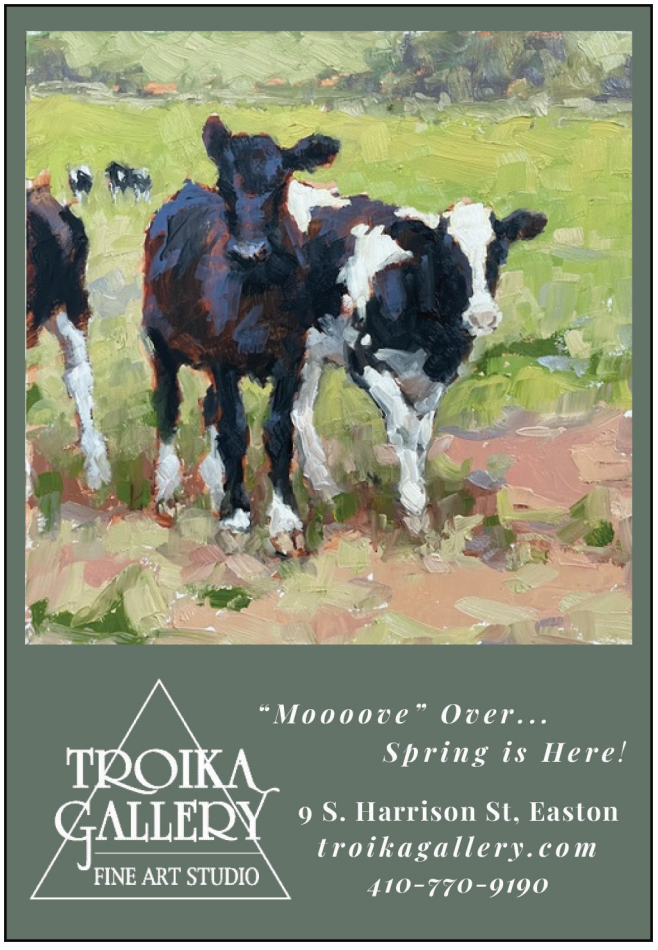


Eilen Jewell

Eilen Jewell performs at the Avalon Theatre on Saturday, April 4, with doors opening at 6:30 p.m. and the show beginning at 7 p.m. Marking two decades of touring, the acclaimed singer-songwriter brings her signature blend of Americana, folk, and roots-driven storytelling to the stage for a performance that feels both celebratory and deeply personal. Known for her smoky vocals, lyrical honesty, and magnetic stage presence, Jewell has built a devoted following through years of relentless touring and heartfelt connection with audiences around the world. As she prepares to step back from the road after this season, this performance offers fans a meaningful opportunity to experience her music live—an evening shaped by gratitude, reflection, and the road stories that have defined her remarkable career. More info: avalonfoundation.org







BAY BRIDGE BOAT SHOW

The Bay Bridge Boat Show returns to Bay Bridge Marina on Friday, April 17; Saturday, April 18; and Sunday, April 19, opening each day at 10 a.m., marking the official kick-off to boating season on the Chesapeake Bay. Set along the scenic waterfront at Safe Harbor Narrows Point, this premier spring powerboat show invites guests to climb aboard an impressive lineup of vessels—from sleek fishing boats and trawlers to spacious pontoon boats and luxury cruisers. With convenient on-site parking, food and beer stations, and live entertainment throughout the weekend, the event offers more than just a boat show—it's a celebration of life on the Bay and a perfect way to welcome the season. More info: annapolisboatshows.com



Photo courtesy of Annapolis Boat Shows



Spring Into Summer - All Corvette Fun Show

All Corvette Fun Show rolls into Cult Classic Brewing Company, 1169 Shopping Center Road in Stevensville, on Saturday, April 11, from 9 a.m. to 2 p.m. Corvette enthusiasts from across the region are invited to showcase their rides at this high-energy celebration of America's iconic sports car. From classic models to modern performance machines, the show promises a vibrant display of horsepower, craftsmanship, and community pride. Spectators are welcome free of charge, making it a family-friendly outing for car lovers of all ages. Awards will be presented during the afternoon festivities, adding a competitive edge to this spirited spring gathering. More info: cultclassicbrewing.com

EASTERN SHORE SEA GLASS & COASTAL ARTS FESTIVAL

The Eastern Shore Sea Glass & Coastal Arts Festival returns to the Chesapeake Bay Maritime Museum in St. Michaels on April 18–19, inviting visitors to celebrate the region's distinctive coastal creativity during a lively weekend on the waterfront. The festival runs from 10 a.m.–5 p.m. on Saturday and 10 a.m.–4 p.m. on Sunday across CBMM's scenic campus, where more than 90 artisans from around the country will showcase sea-glass jewelry, coastal-inspired art, home décor, and handcrafted treasures. Along with fantastic shopping, guests can enjoy live music on two stages, regional food and drinks, craft beer, and specialty cocktails while exploring the museum's historic buildings and waterfront exhibits. With demonstrations from sea glass experts and plenty of family-friendly activities throughout the weekend, the festival offers a vibrant kickoff to spring along the Chesapeake Bay. More info: cbmm.org





WOMEN'S RESTORATIVE DONKEY EXPERIENCE

The Restorative Donkey Experience takes place Saturday, April 18, from 9 a.m. to 1 p.m. at Campbell's Lane Farm, offering a peaceful and intentional morning designed especially for women seeking calm and connection. Set against the gentle presence of a special herd of donkeys, this four-hour guided experience invites participants to slow down, breathe deeply, and reconnect with themselves. Through quiet observation, reflective exercises, and relational interaction with the donkeys, guests will explore softness, steadiness, and authentic connection in a supportive farm setting. The result is a grounding, restorative experience that leaves participants feeling centered, relaxed, and more fully present. More info: campbellslanefarm.com

Taste Of Easton Spring 2026

The inaugural Taste of Easton debuts Sunday, April 26, at 1 p.m. at the Tidewater Inn, launching the first-ever Easton Restaurant Week and celebrating the town's dynamic culinary scene. Presented by the Easton Economic Development Corporation, this ticketed event brings together a wide variety of local restaurants under one roof for an afternoon of flavorful exploration. Guests can sample signature bites that showcase Easton's diverse dining talent while enjoying live music and handcrafted cocktails in a lively, festive setting. Designed as a delicious kickoff to Restaurant Week, Taste of Easton promises an engaging afternoon that highlights the creativity, hospitality, and culinary excellence that define this Eastern Shore destination. More info: discovereaston.com





Academy Art Museum Expands its Reach

BREAKS GROUND ON HENNY AND JAMES FREEMAN ANNEX AND HORMEL RESEARCH CENTER

The Academy Art Museum (AAM) recently broke ground on the Henny and James Freeman Annex and Hormel Research Center, a custom-built, state-of-the-art facility designed to preserve and expand access to the Museum's permanent collection of over 1,700 works of art. The new complex, located at 106, 108, and 110 Talbot Lane, is made possible by a donation from AAM Trustee Elizabeth Hormel. The groundbreaking ceremony was held in mid-December. Construction is expected to continue through 2026 and the exact opening date is to be determined.



Renderings of the new Henny and James Freeman Annex and Hormel Research Center.



The groundbreaking ceremony took place on December 18.

According to AAM, this project advances the museum's commitment to responsible stewardship and public access. The new facility will feature climate-controlled vaults, conservation-grade storage, and a research center—providing a secure and sustainable environment for the museum's expanding collection while creating opportunities for scholarship and community engagement.

"The Academy Art Museum is a place where creativity meets community," Hormel says. "The new annex and research center will enable the museum to be more ambitious with its collection while preserving history and honoring the first known freed family to own property and settle in the Hill community of downtown Easton. This project both embraces our past and inspires our future."

While the Freeman Annex and Hormel Research Center will not be a public gallery space, it represents a major expansion of the Museum's educational and research mission. Scholars, students, and community members will be able to schedule appointments to study works from the collection up close, opening new avenues for engagement and learning.

"Much of our collection has never been on public display," says Charlotte Potter Kasic, Director of the Academy Art Museum. "This new facility gives us the ability to conserve and share these important works responsibly, while also creating a space for research and deeper connection with our community."

The site itself carries remarkable historic significance. Once owned by Henny and James Freeman, the property at 106 Talbot Lane was home to the earliest documented free Black landowning family in Easton. To better understand and honor this history, the Museum commissioned The Ottery Group, a Maryland-based firm specializing in archaeology and historic preservation, to conduct multiple excavations prior to the annex/research center development.

Photographs and renderings courtesy Academy Art Museum

To date, The Ottery Group has unearthed thousands of historical artifacts, including pottery, glass, wrought iron nails, butchered bones, children's toys, and personal objects such as buttons, jewelry, and a hair comb. Many items, including handmade glass bottles and ceramics, date to the 18th and early 19th centuries—when the Freeman family lived on the site.

Working with GRT Architects (Brooklyn, New York) and local architect and preservationist John Hutchison, the Museum has developed a design that celebrates this layered history. The new structure will be set across from the existing two-story building, framing a central courtyard that will serve as the heart of the property. The courtyard will include a public display of artifacts discovered during excavation, linking Easton's past and present in a shared narrative of art, history, and community.

"This project represents the perfect intersection of art, history, and education," Kasic says. "It provides the flexibility and infrastructure we've long needed to steward our growing collection responsibly, while also creating opportunities for discovery, learning, and connection."



Archaeologists at the Easton site have unearthed thousands of historical artifacts dating back to the 18th century.

Learn more about the project at academyartmuseum.org.

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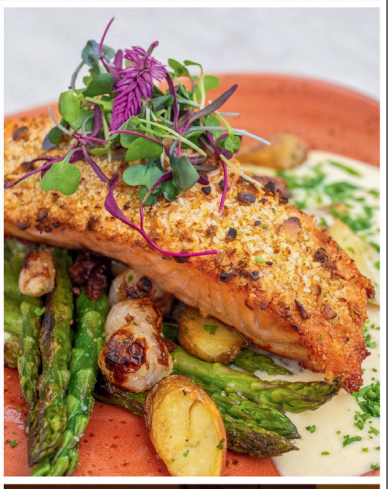



Meet Shannon Rath of Queen Anne's County High School

SOCCER STAR IN THE MAKING ALSO EXCELS IN THE CLASSROOM

By Tom Worgo



Soccer means a lot to the Rath family. It's a topic that comes up again and again at the dinner table. Mother Jennifer Rath played the sport at James Madison University. And her two children, Shannon and James, competed on the varsity squads at Queen Anne's County High School for several seasons. Overall, each has played soccer for 14 years.

Of the two, Shannon will continue playing soccer in college, suiting up for the University of Lynchburg in Virginia starting next fall. You could say that the siblings are each other's biggest fan and push each other to try their best. She can't talk about her soccer career without mentioning the bond with her fraternal twin.

"There is a sibling rivalry there," says Shannon, who also plays for the U-19 Delaware Rising Soccer Club team for 11 months a year.

Battles aside, the 6-foot, 190-pound James has been instrumental in helping his sister develop as a player. The 5-foot-9 Shannon says he has helped her on and off the field. They played together for four years on the same Queen Anne's County rec co-ed team before high school.

"SHE IS TALL, STRONG, AND VERY FAST. A LOT OF GOOD PLAYERS HUSTLE WHEN THEY NEED TO. SHE HUSTLES ALL THE TIME."

"He would always encourage me if I was ever down," Shannon explains. "He would say, 'Let's go to White Marsh Park. I will help you.' We would do one on one drills.

"He likes to bully me a little bit, but it's fun," she adds. "I will get him back on the next play. I must say: it has gotten me better, helped me play at a faster pace, and be more physical."

Now, with her high school career behind her, the 18-year-old Rath, a defender, will spend the offseason gearing up for college. That means working on strength and conditioning for two hours daily with her personal trainer at the Queen Anne's County Family YMCA and Beacon Fitness in Centreville.

"I have a six-month plan to get into the best shape of my life," Rath says. Rath won't make any sacrifices when it comes to academics, though. She carries a perfect 4.0 grade-point average and will major in nursing at Lynchburg. "I have never had a B in my life," Rath says.

She'll be just as passionate about soccer in college. The Lynchburg coaching staff will give Rath the chance to play significant minutes early in her career.

"I really think she will have an impact as a freshman," Former Delaware Rising Coach Kyle Ellis says. "With her size, speed, and pure athleticism, she covers a lot of ground that a lot of other players won't be able to. And with her physicality, she doesn't shy away from anyone."

Rath enjoyed a stellar career at Queen Anne's. She served as a three-year team co-captain. Winning a Class 2A state championship during the 2024 season highlighted her time there. Rath had a goal in both the state semifinals and quarterfinals to help Lions advance.

"It was like a surreal experience," Rath says. "I was able to play in the game with all the girls I grew up playing with since I was eight. Most of them were seniors. Watching them win their last game was so much fun."

Photography courtesy Rath family

Rath finished with 31 goals and 24 assists across four years. Those are pretty good totals considering she anchors the defense. Her junior season was her best. Rath totaled 12 goals and nine assists while earning Bayside Conference Player the Year and Maryland Association of Coaches of Soccer Second-Team honors. This past season she earned First-Team honors from the coaches' association.

"She is a really great leader," Queen Anne's Girls Soccer Coach Mike Kern says. "She makes everyone around her better. When your team needs a big play, she makes it. She is tall, strong, and very fast. A lot of good players hustle when they need to. She hustles all the time."

Rath showed her athletic ability early in high school. She played two years on the varsity basketball team and ran track as a freshman. Rath excelled in the 100, 200, and 400 meters.

"She would make a great track runner," Kern says. "I taught her in middle school. She set all kinds of track records at our school."



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Washington Capitals/ Hershey Bears Andrew Cristall

THIS RISING STAR ON THE RINK HAS HIS SIGHT SET ON THE NHL

By Tom Worgo



Washington Capitals fans better get ready. Forward Andrew Cristall could be a full-time NHL player soon. That's based on his success with the Hershey Bears, the organization's top minor league affiliate.

Cristall really got noticed putting up sizzling numbers in Canada's Western Hockey League during the 2024–25 season with 44 goals and 82 assists. Cristall, one of the Washington Capitals prized prospects led the league in scoring (126 points) to earn the Bob Clarke Trophy. He added a WHL-leading 21 points in 19 playoff games.

For all his strengths, the 20-year-old Cristall understands his weaknesses and what he needs to do to make it to Washington one day. Analysts pointed them out—skating ability, size—going back to the 2023 NHL Entry Draft, when Washington took him in the second round, 40th overall.

Experts considered him a first-round talent. He's committed to improving the knocks on him—and in a dramatic way. The 5-foot-10 Cristall worked with skating coach Barb Aidelbaum in Vancouver in the 2025 offseason, improving his speed and stride.

During the same time, he worked out as much as possible to add strength and ended up bulking up from 167 pounds in 2023 to 186 now. He weighed 180 coming into the season. "I would like to get up to 190," Cristall explains. "That would help me in the corners. The resources in Hershey have just been great."

Cristall sees vast improvement and results in his first season of professional hockey with Hershey. It demonstrates that he has real NHL potential. After a hot start, he led the Bears in scoring with 20 points in 24 games.

"As every game goes by, I feel I am getting more ready for the NHL and more confident," Cristall says. "I feel I am developing every day." Now, he ranks second in scoring with 37 points (10 goals, 30 assists) in 51 games behind leader and forward Ilya Protas (41 points in 51 games), as of press time.

"AS EVERY GAME GOES BY, I FEEL I AM GETTING MORE READY FOR THE NHL AND MORE CONFIDENT,I FEEL I AM DEVELOPING EVERY DAY."

We recently talked to Cristall about his growth as a player, his interactions with Washington coach Spencer Carbery during rookie summer camps, his relationship with Chicago star Connor Bedard, the 2023 draft's No. 1 overall pick, and much more.

How would you describe your offensive game?
I think I am more of a playmaker. I think I see the ice super well. I can be dangerous in the open ice and score when I need to. (The no-look pass) is a tool I have when you get more space or use when you are looking off a defender. They may not know where you are passing and a lane will open up to get a good play in. It's another area of my game to make plays and create great scoring opportunities.

What have your interactions with Coach Carbery been like?
We have conversations about hockey. We also talk about how I am doing off the ice. When you are playing games and he is behind the bench, he gives you feedback. It's great to get to know him and the other coaches as well. He has been awesome. He is a super smart coach and good at communicating with everybody.

Photography courtesy Hershey Bears







How many Capitals rookie camps have you attended? What have you learned from them? I have been to three. Going there right after the draft is a whirlwind. You are so excited to be at an NHL rookie camp. We have so many player development guys and players to talk to. You have a bunch of great prospects you can compare yourself to and play and compete with. The camps have been great experiences.

What areas of your game have you elevated the most? Just the 200-foot game overall. The coaches have been really great at telling me where to take my chances and where I need to be in the right spots. My game has come a long way, but there is more to improve on. That's for sure.

My wall play is really good and has gotten better. I see it as getting out of your zone and transitioning to offense. I am smart and knowing when to engage in a battle and when to hold back and help the defense out. My reading of plays has gotten better. You have to be trusted on the ice at all times and that will get you to the next level.

What do you have to continue to work on to get better? Actually, building strength and getting stronger as well as improving my speed. Both those things have come a long way with me gaining weight and working out. But to play here and at the next level, to be dominant, you have to be fast and strong to win puck battles. Those two areas are the ones I am looking to improve on.

Has the training been different at Hershey versus junior hockey? There are a lot of resources in Hershey. I see a nutritionist. He works with us. We have a strength and conditioning coach. He gets us to work in the gym to get stronger. Hershey is one of the best organizations in the American Hockey League and a place you can really develop. It's been awesome so far.

What has been the biggest challenge at Hershey? I would just say the learning experience of pro hockey. At the start of the year, it's just so new and green. Guys are stronger and faster and the reads you have to make are a lot quicker. That was the biggest learning experience. You have to make plays. I have come a long way, and my game is getting better.

What has been the biggest surprise? Stuff outside of the rink. What you have to do, like all the cooking, figuring your rent out, and finding a place. It's all new for me coming out of junior hockey. It has helped me mature.

Working out with Connor Bedard has obviously helped you develop as a player. Tell me about your relationship with him? I have known him since I was probably seven years old. We played spring hockey on the same team. We did that until I was probably 15. We work out together in the summers in Vancouver. Now, we train and skate together. We do a lot of 3 on 3s. When we get on the ice together, we like to talk to each other about the plays we see and what we need to work on. He is a guy to lean on when I have a question about hockey. We are still young and we like to hang out. We are good buddies.





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NOT NAPA. NOT BORDEAUX. *Maryland.*

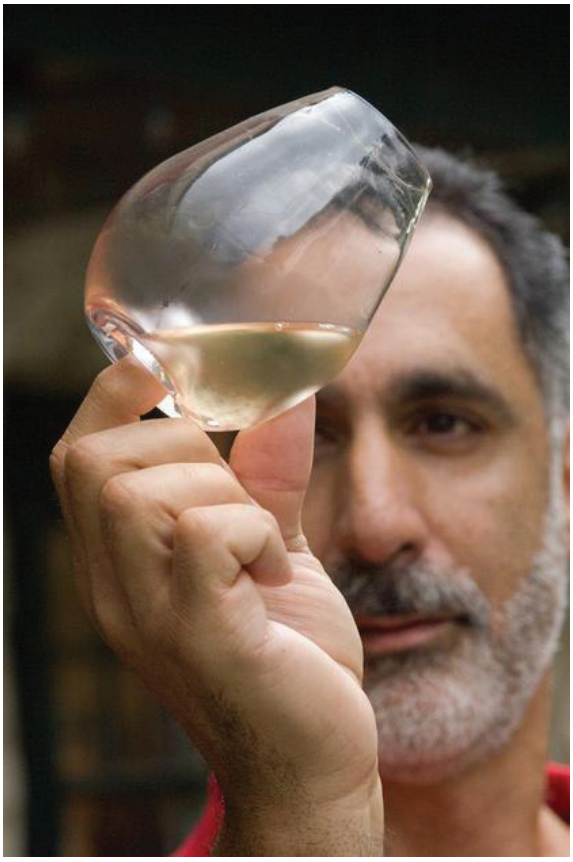


How science, site selection, and stubborn growers are transforming the state's wine reputation—one vintage at a time

By Kelsey Casselbury

Before he planted a single vine on Kent Island, Mark Cascia built satellites. The Connecticut farm kid turned aerospace engineer had spent years working on NASA missions when an aerospace company sent him to France, a move that would later change his career trajectory.

Weekends spent wandering wine regions from Bordeaux to Spain rekindled his agricultural roots and sparked a desire to make his own wine. It also cemented his belief in an old French adage: "All good wine-growing regions must see water." So, he looked for it—in Maryland.



Dr. Joseph Fiola, a professor at University of Maryland Extension and the state's viticulturalist, examines vines and wines at a regional vineyard. Photographs courtesy Univ. of MD Extension.

From Sweet to Serious

Maryland's wine story stretches back centuries, with the first recorded production dating to 1648. Thirteen years later, Governor Charles Calvert planted 200 acres of European grapevines along the east bank of the St. Mary's River—an ambitious early effort to establish viticulture in the colony.



The leap from colonial experiment to commercial winemaking took much longer. The state's first winery, Boordy Vineyards, opened in Baltimore in 1945 before relocating to Hydes in 1980. That milestone marked the beginning, but it would take decades for a true industry to take hold.

"Grape-growing and winemaking in Maryland has blossomed," says Judy Crow of Crow Vineyard and Winery in Kennedyville, but "it is still considered new and growing."

For a long time, Maryland vineyards have been thought to produce mediocre bottles, much too sweet to be taken seriously. Despite decades of steady progress in the vineyard and cellar, that reputation lingers, even if it no longer reflects what's in the glass.

"Geologically and climatically, we have some of the best conditions in the eastern U.S. to grow quality wines," says Joseph Fiola, PhD, a professor at University of Maryland Extension and the state's viticulturalist. "With what we have learned about growing fine wine under our conditions in the last 30 years or so, we have made great strides and are already producing wines that compete on the world stage."

THE SCIENCE OF SITE

Maryland is often called "America in Miniature," a nod to its geological diversity packed into its relatively small area. Cascia prioritized proximity to water when establishing Cascia Vineyards & Winery in Stevensville, but Maryland's viticultural strengths extend far beyond its shorelines. Maryland's four wine regions each bring a distinct agricultural profile to the glass:

- The **Piedmont Plateau**, just north of Baltimore, contains most of the state's vineyards, stretching from Frederick's rolling foothills to the Chesapeake Bay headwaters. Its rich soils and balanced climate make it a natural hub for grape growing.
- On the **Eastern Shore**, fertile ground and mild conditions support steady vine growth,
- In the **Southern Plain**, former tobacco fields have steadily transitioned into vineyards that grow grapes well-suited for its warmer temperatures.
- Farther west, the **Western Mountain** region presents a tougher environment—long winters and shorter growing seasons—but its slate-based, well-drained soils, and cool mountain breezes allow cold-hardy varieties to thrive.

As such, success in Maryland winemaking depends less on where you plant than how well you understand the site. In the Western Mountain region, for example, wind exposure and a higher elevation affect nearly every vineyard decision at Big Cork Winery, says Vice President and General Manager Keith Morris.

Geography may shift from mountains to marshland, but one constant binds Maryland's vineyards together.

"Maryland is distinctly different from the arid 'new world' wine-growing regions" in the western U.S. because of its humid-continental climate, Fiola explains. "This makes us very similar to the famous 'old world' wine-growing areas of Italy, France, and Spain."

As such, he says, the grape cultivars grown and the style of wines made are comparable to the bottles coming from Europe.

Survival of the Fittest

Choosing what grapes to plant in Maryland begins with both preference and pragmatism. When Sarah O'Herron and her husband, Ed Boyce, broke ground on Black Ankle Vineyards in Mount Airy, they asked just one question: What do we want to drink?

"I've seen Maryland wines go from sweet soda pop to some serious well-made wines in a fairly short amount of time. —Mark Cascia

"For the most part, it's only dry wine," O'Herron says. "I don't know how to make strawberry wine because I've never had one I liked. I wouldn't know if it was good when it was done."

Next came the harder question: What grapes are realistic to grow? Certain cultivars do well state-wide, Fiola says, including Cabernet Franc, Chardonnay, Chambourcin, Vidal Blanc, and, more recently, Albariño. Others are better-suited for specific parts of the state: Barbera, for example, is known for retaining acidity in warm Italian regions and excels in the hotter Eastern Shore and Southern Plains.

Figuring out what grapes do best means taking risks. Black Ankle did just that by planting Syrah and Grenache. The former did well; the latter decidedly did not. "All of the Grenache died," she says. "At the beginning, there were only so many sacrifices we could afford."



Vineyard manager Brandon Hoy harvests grapes at Crow Vineyard. Photograph courtesy Crow Vineyard.



Variety of grapes and wines grown/made at Crow Vineyard in Kennedyville. Photograph courtesy Crow Vineyard.

Over time, Cascia learned what thrives on Kent Island—and what doesn't. He planted an American varietal, Norton, after learning that it's not only indigenous to the Chesapeake Bay region, but specifically to its islands. However, he pulled out the Pinot Noir vines after the grapes ripened too early and lost acidity in summer heat. Syrah grapes were next to go because it didn't result in enough fruit.

"On the East Coast, we shoot for two to three tons per acre," Cascia explains. "The Syrah yielded about a quarter-ton."

Finally, and perhaps most painfully, Cascia nixed his favorite grape, Zinfandel. After 22 years of fiddling with the plants, he finally accepted that the vines would never provide a good harvest. When it comes to learning what works, he says, "there's no real quick way to do this." Vines take years to reveal their character.

Meanwhile at University of Maryland Extension, Fiola tests promising newcomers in the name of research. He imports cultivars from regions with climates and soils similar to Maryland's, then evaluates them through small-batch winemaking trials. In 2025 alone, he conducted nearly 100 individual fermentations.

> **"We want to prioritize grapes that are well-suited to our region, require fewer inputs, and support sustainability. Healthy, happy vines make better wine."**
>
> —DORIE PASSEN

Whites such as Colombard, Verdelho, Verdejo, and Roussanne have shown potential, along with reds including Teroldego, Tempranillo, Regent, Gamaret, and Sagrantino.

"Being able to demonstrate superior viticulture qualities that translate into fine wines is very important in convincing growers to plant new, regionally adapted cultivars," Fiola says.

The University of Maryland now offers a Fermentation Science degree and trains graduate students and interns for careers in the field—evidence that the industry's future is being cultivated as carefully as its vines.

Environmental Pressures

If site selection and varietal choice lay the groundwork, environmental pressure tests it every season. In recent years, Maryland growers have seen extreme winter lows followed by relatively mild seasons, stretches of intense summer heat mixed with unusually cool growing periods, and drought interrupted by short bursts of excessive rainfall, Fiola explains. Compared with other wine-growing regions, the shifts have been less dramatic, but growers now plan for swings in temperature and rainfall that would have been unusual a generation ago.



Maryland's Secretary of Agriculture Kevin Atticks speaks at a state farm bureau event. Photograph courtesy Maryland Department of Agriculture



Former First Lady Yumi Hogan awards a Maryland Wine Governors Cup Award to Big Cork's Master Winemaker David Collins in 2019. Photograph courtesy Maryland's Office of the Governor.

"What is predictable and consistent is the unpredictability of the weather," Fiola says.

Maryland's humid climate also creates persistent disease risk, so Fiola works closely with experienced growers, as well as plant pathologists, entomologists, and weed experts, to address fungal diseases, invasive insects, and vineyard floor management.

A few years back, stink bugs wreaked havoc, but the spotted lanternfly now poses the greatest threat. O'Herron predicts the vineyards will survive these pests, as they have had so many other intruders in the past.

"No predator knows what they are or what to do with them, so there's a huge population explosion," O'Herron says. "Then a brave bird takes a bite, and eventually things tend to even out."

From Soil to Bottle

In Maryland, improving wine quality has gone hand in hand with a deeper commitment to how the land is both farmed and preserved. When Morris moved two years ago to Maryland from Sonoma, California, where he ran a major wine operation, he did so because "that smaller-lot, more bespoke winemaking was what I wanted to be involved in."

That philosophy is playing out across the state in different ways. For example, Chesapeake Manor Vineyard in Stevensville grew out of Dorie Passen's father's decision to transition from decades

AGRITOURISM AS AN ECONOMIC ENGINE

What begins in the vineyard doesn't end there. In total, Maryland's wine industry is worth $4.28 billion, according to a 2025 study by economic research firm John Dunham & Associates. Its more than 1,000 acres of vineyards have created over 25,000 jobs, spurred 365,000-plus tourist visits, and accounts for more than $1.37 billion in annual wages.

"It brings incredible economic activity to rural areas," says Maryland Secretary of Agriculture Kevin Atticks. Visitors who travel to wineries also spend on restaurants, lodging, and retail, giving counties a measurable boost. He points to Frederick County, which has embraced agritourism as part of its economic development strategy, highlighting it as part of the county's quality-of-life pitch to major employers.

The Maryland Wineries Association also does its part to promote wine-centered tourism in the state, such as debuting a Wine Explorer Pass that encourages visitors to travel across regions and offers discounts and benefits along the way. Large-scale events also serve as entry points, notes Janna Howley, the Association's executive director. The Maryland Wine Experience each March and the Maryland Wine Festival in June—now in its 42nd year—bring dozens of wineries together, allowing consumers to sample broadly before planning future visits.

> "Visitors are not only interested in the wine, but also the people who make the wine, the land on which the grapes are grown, and the philosophy and ethos of the winery."
> —Janna Howley

For individual wineries, on-site engagement is essential. Tasting rooms, vineyard walks, blending sessions, and wine clubs foster loyalty. At Crow Vineyards, "sharing the story of how a family farm diversified to a prosperous agritourism business...brings us so much joy," Crow says.

However, state legislators can do more to promote this burgeoning industry, Big Cork's Keith Morris says, starting with visiting Maryland's approximately 100 wineries.

"I've been here for almost two years, and other than Kevin [Atticks], I've never met anyone else from the state government," he shares. "That's an opportunity. The state needs to see that this isn't an easy business and help us the way some neighboring states, especially Virginia, are investing."

In addition to its wine regions, Maryland is home to three established American Viticulture Areas (AVA):

- The **Linganore** AVA, which is split over Frederick and Carroll counties.
- The **Catoctin** AVA, which spans Frederick and Washington counties.
- The **Cumberland Valley** AVA which covers parts of Pennsylvania and Maryland, with Maryland vineyards located in Washington County.

In these federally recognized regions, at least 85 percent of the grapes must be grown within the area, and the wine must be fully produced in the state where the AVA is located.

of corn and soybean farming to grapes in 2018. When they had a surplus of the crop in 2023, "we became curious about the quality of wine our fruit could produce," Passen says.

The vineyard industry is a great example of agricultural diversification in the state, says Kevin Atticks, Maryland's secretary of agriculture and former executive director of the Maryland Wineries Association.

"First, it's a perennial crop—you put it in, and you're not pulling it out. You're not disturbing the soil for potentially three to four decades," he explains. "That's good for land preservation and sustainability."

At Black Ankle, sustainable farming has always been a priority. During their research, O'Herron says they noticed that many of the great vineyards around the world work with as many organic or biodynamic practices as they can, even if they're not officially certified as such.

"Why are they making better wines? There are all kinds of theories, but at the end of the day, it comes down to careful growing," she says. "If you're going to move toward fewer chemical inputs and less chemical intervention, you're going to end up with a plant that is more closely connected to its growing environment and to the soil it's in—and it's going to make more interesting wine."

However, all aspects of viticulture affect wine quality, Fiola says, pointing to "critical" practices such as matching grape to ground for optimal ripeness, managing canopy light, and timing harvest to capture flavor, structure, and color. Then, he adds, "it is up to the winemaker to get it in the bottle."



Photograph courtesy Maryland's Office of the Governor.

> We've seen a new ethos develop within the industry—one of collaboration, one of being really forward-thinking and open to new technology, new research, and new ideas."
>
> —KEVIN ATTICKS



Maryland's Secretary of Agriculture Kevin Atticks (right) examines vines at a regional vineyard. Photograph courtesy Maryland Department of Agriculture

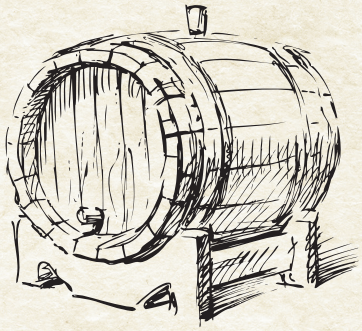
Reassessing Maryland's Reputation

Maryland has never followed the crowd—the state flag alone proves that. Therefore, successful winegrowing has never been about copying California or Europe. It's about understanding Maryland—its soils, its humidity, its unpredictability—and letting that identity speak through the glass and the winery.

"The setting is beautiful, and the wine speaks for itself," Passen says. "But we put a lot of care into creating an experience that feels warm and personal. For guests who are new to Maryland wine, it's especially rewarding to see their surprise at the quality of the wines. That moment of discovery and validation never gets old."

Kelsey Casselbury is a freelance writer based in Odenton, Md., and a former What's Up? Media food and beverage editor.

MUST VISIT VINEYARDS & WINERIES



Maryland's wine industry continues to develop and grow. Within our hyper-local market, there are several excellent vineyards/wineries to visit and enjoy well-crafted wines—specifically within Anne Arundel, Prince George's, Queen Anne's, Kent, Talbot, and Dorchester counties, plus other notables a touch further away.

Great Frogs Winery, Annapolis
greatfrogs.com

The Vineyards at Dodon, Davidsonville
dodonvineyards.com

Thanksgiving Farm Vineyards & Winery, Harwood
thanksgivingfarm.com

Robin Hill Farm & Vineyards, Brandywine
robinhillfarmandvineyards.com

Mark Cascia Vineyards, Stevensville
mcascia.wixsite.com/cascia-vineyards

Chesapeake Manor Vineyard, Stevensville
chesapeakemanorvineyard.com

Love Point Vineyards & Winery, Stevensville
lovepointvineyards.com

Crow Vineyard & Winery, Kennedyville
crowvineyardandwinery.com

Layton's Chance Vineyard & Winery, Vienna
laytonschance.com

Big Cork Vineyards, Rohrersville
bigcorkvineyards.com

Black Ankle Vineyards, Mt. Airy
blackankle.com

Boordy Vineyards, Hydes
boordy.com

For a full list of Maryland vineyards and wineries, plus maps and wine trail planning materials, visit Marylandwine.com/wine-trails OR scan this QR code:

26 for '26

A CLOSER LOOK AT 26 HEALTH AND WELLNESS TRENDS REDEFINING HOW WE LIVE, MOVE, AND CARE FOR OUR WELL-BEING

As this year unfolds, health and wellness continue to evolve far beyond traditional definitions of diet and exercise. Today's approach is more proactive, personalized, and integrated into daily life. From mental fitness and longevity science to recovery and community connection, wellness is becoming a holistic pursuit. The following 26 trends offer a glimpse of modern well-being.



MIND, MENTAL HEALTH & EMOTIONAL WELLNESS

Psychedelic-Assisted Therapy

Under professional supervision, therapies involving compounds like psilocybin and ketamine are gaining recognition. Ongoing research continues to explore their potential to address conditions such as depression, anxiety, and post-traumatic stress.

Neuro-wellness

Brain health has become a central pillar of wellness. Through targeted nutrition, restorative sleep, mindfulness practices, and cognitive training, individuals are actively supporting memory, focus, and long-term neurological resilience.

Mental Fitness & Preventative Mind Care

Mental health is increasingly viewed as a daily practice rather than a reactive response. Individuals are integrating mindfulness, meditation, journaling, and therapy into their routines, strengthening emotional resilience in the same way they would physical fitness.

Nervous System Regulation

Beyond managing stress, many are focusing on regulating the nervous system itself. Techniques such as breathwork, cold exposure, and somatic practices are helping folks maintain calm, improve focus, and build greater emotional stability.

PERSONALIZED, PREVENTATIVE & LONGEVITY HEALTH

Precision Wellness (Hyper-Personalization)

Advances in technology are enabling highly individualized health strategies. Biomarker testing, genetic insights, and wearable tech (think smartwatches, etc.) allow individuals to tailor fitness, nutrition, and recovery plans to their unique biology.

Longevity & Healthspan Optimization

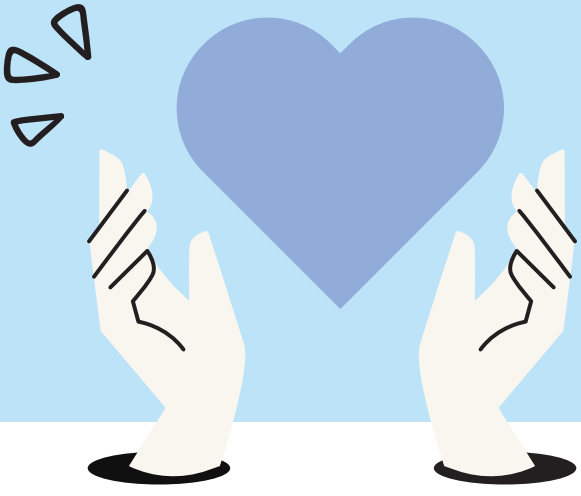
Our focus is shifting from simply extending lifespan to enhancing healthspan—i.e., the quality of our years on good ol' planet earth. Strength, mobility, cognitive function, and metabolic health are all central to maintaining vitality over time.

Preventative Health & Early Detection

Proactive screening is becoming a cornerstone of modern wellness and our personal health plans. Advanced diagnostics and continuous monitoring are empowering us to identify potential health concerns early and take action before issues escalate.

Hormone & Metabolic Health Awareness

Greater awareness of hormonal and metabolic health is reshaping daily routines. By focusing on blood sugar balance, energy regulation, and hormonal alignment, we can improve mood, performance, and overall well-being.



BODY AESTHETICS, THERAPIES & EQUIPMENT

StemWave Therapy

StemWave is a noninvasive regenerative treatment that uses focused acoustic waves to activate the body's natural healing processes, reduce inflammation, and improve circulation. It's commonly used for musculoskeletal pain, softtissue injuries, and mobility issues, offering drugfree relief without surgery or downtime.

Red Light Therapy

Red light therapy uses low-level wavelengths of red and near-infrared light to support cellular repair and reduce inflammation. Commonly used for skin health, muscle recovery, and pain relief, it is gaining popularity as a non-invasive treatment that promotes healing, energy production, and overall wellness at the cellular level.

Purple Light Lashing

"Purple light lashing" refers to the use of visible purple/UV LED light during eyelash extension application, where a safe purplehued LED cures the lash adhesive more quickly and with fewer fumes than traditional glue methods. This technology helps reduce irritation, speeds up application, and can improve retention during lash services.

Vibration Boards

Vibration boards, also known as whole-body vibration platforms, use rapid oscillations to stimulate muscles, improve circulation, and enhance balance. Short sessions can increase strength, flexibility, and bone density, making them a convenient, low-impact option for fitness, rehabilitation, and recovery routines.

FITNESS, MOVEMENT & PHYSICAL VITALITY

Longevity-Based Fitness

Exercise is increasingly designed with long-term health in mind. Strength training, balance work, and mobility exercises are prioritized to support independence, prevent injury, and promote healthy aging.

Exercise Snacking (Micro-Movement)

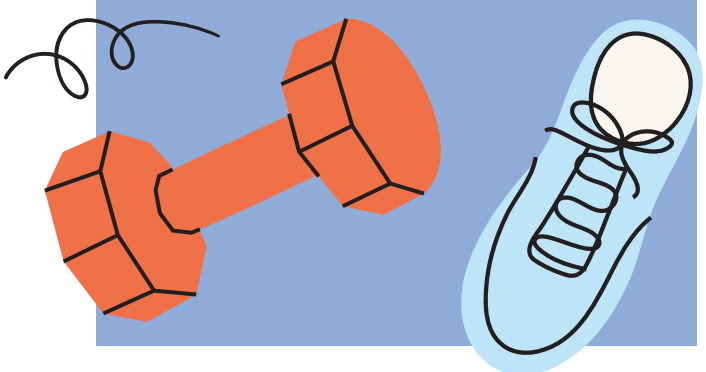
Short, frequent bursts of activity are replacing long, infrequent workouts. These quick sessions—whether a brisk walk, stretching break, or bodyweight exercise—help maintain energy and support metabolic health throughout the day.

Hybrid & Functional Training

Modern fitness routines blend strength, cardio, flexibility, and coordination. Functional training prepares the body for real-world movement, improving performance while reducing the risk of injury.

Recovery as a Core Practice

Recovery has become a key component of fitness rather than an afterthought. Practices such as cold exposure, sauna use, stretching, and compression therapy are helping individuals enhance performance and support overall health. The old adage/acronym "RICE" comes into play here—rest, ice, compress, elevate—especially for our most achy and injury-prone body parts.



NUTRITION, SUPPLEMENTS & GUT HEALTH

Gut Health & Microbiome Focus

The gut microbiome plays a critical role in digestion, immunity, and mental health. Diets rich in fiber, fermented foods, and probiotics are becoming essential to maintaining overall wellness.

Functional Nutrition (Food as Medicine)

Nutrition is becoming more purposeful and personalized. Foods are chosen not just for calories, but for their ability to reduce inflammation, balance hormones, and support energy, immunity, and longevity.

Clean Label & Transparency in Supplements

Consumers are demanding greater transparency in the products they use. Supplements with minimal ingredients, clear sourcing, and third-party testing are gaining trust in an increasingly informed marketplace.

Beauty-from-Within Supplements

The connection between nutrition and appearance continues to strengthen. Products designed to support skin, hair, and nails—such as collagen and antioxidant blends—are bridging the gap between wellness and beauty.

Rebranding of Performance Supplements

Once limited to athletes, supplements like creatine and amino acids are entering the mainstream. Their benefits now extend beyond performance, supporting cognitive health, energy production, and healthy aging.

SLEEP, RECOVERY & DAILY LIFESTYLE



Sleep Optimization & Sleep Sanctuaries

Sleep is now recognized as a cornerstone of health. Individuals are creating environments and routines that promote deep, restorative rest, often supported by technology that tracks and enhances sleep quality.

Circadian Rhythm Living (Rhythmic Health)

Aligning daily habits with natural biological rhythms is gaining traction. Exposure to natural light, consistent meal timing, and regular sleep patterns are helping support hormonal balance and sustained energy.

Digital Detox & Low-Tech Wellness

As screen time increases, intentional disconnection is becoming essential. Unplugging from devices, spending time in nature, and embracing analog activities are helping restore focus and reduce stress. Walk in the woods, anyone?

HOLISTIC & SOCIAL WELLNESS



Holistic & Integrative Health Practices

Traditional healing systems are increasingly integrated with modern medicine. Practices such as acupuncture, herbal therapies, and energy work are being used alongside conventional treatments to support whole-body wellness.



Community & Social Wellness

Human connection is now recognized as a vital component of health. Group fitness, wellness retreats, and shared experiences are fostering meaningful relationships that contribute to emotional resilience and longevity. So get out there, and enjoy real interactions and conversations!

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what interior design experts are loving for 2026

BY LISA J. GOTTO

THE HIGHLIGHTS FROM HIGH POINT

EtuHome showroom at High Point Market



Two times every year interior designers from across the country descend on High Point, North Carolina, to tour and shop hundreds of High Point Market showrooms showcasing furnishings, accent pieces, and various elements of décor. This eye-popping, globally-sourced exposition seeks to inspire consumers and the design professionals to whom they look for guidance with interior goals for nearly every corner of the home.

Suffice it to say that few people ever leave High Point Market without a satchel full of swag and an imagination bursting with ideas. Here are the latest showcase takeaways from the experts.

most loved showrooms

While the scope of the experience at High Point can be mind boggling, key designers on the scene last fall definitely took notes on the showrooms that resonated with them the most and explained why.

FURNITURE: There were several exceptional furnishing showrooms that overlapped in designer blog and post mentions.





Known for meeting the moment with their widely-prized sculpted look in furnishings, Sunpan's showroom was a hot spot for curve cravers with their supple curved sofa designs. Wholesaler and leading global designer Four Hands was also in the house. This Austin, Texas-based company designs for real life by studying the ways that people actually live to better assess their ever evolving needs at home. This year influencers and experts were loving their cozy, warm, yet modern takes on conversational living room groupings and refreshing approaches to dining rooms.





LIGHTING: There were several companies lighting things up at High Point including the designer showroom at Visual Comfort & Co., a known go-to for many of our fine designers here in the Chesapeake region.

This year it was a gorgeous glowing orb known as the Allister Globe, a framed spherical chandelier from Schumacher, that shined its way into designers' hearts and Instagram feeds. The hand-cut leather fringe chandeliers from Ngala Trading Co. probably got the most votes for best use of a non-traditional material in their category, and the always-popular Hudson Valley Lighting Group showroom was a-buzz with the debut of the Lauren Liess x Troy Lighting Collection, where nature, history, and handcrafted artistry is drawn on for each design.





DÉCOR: The seemingly endless amount of accent and décor items at the show is only disadvantaged by the fact that it is not possible to see it all, but one particular showroom was particularly feed-worthy.

Designers fluttered about the Blue Ocean Traders Gypsy Marketplace, a 20,000-square-foot cash and carry warehouse where they say, "You can touch it, feel it, and take it with you." This one-of-a-kind-finds merchandiser specializes in exquisite and unique furnishings, vintage pieces, and architectural salvage that you just can't find anywhere else—items that we can definitely see finding their way into homes here and around Annapolis.

most noticed trends





OH SO, SEVENTIES: The return of 1970s glamour is back, according to one high-profile designer and social influencer.

So, what does ’70s glamour look like? This notable comeback includes the use of deep, rich colors such as chartreuse, gold, and plum. It is also seen in the application of high-gloss finishes on select furnishings such as tables and chairs, and the infusion of accent pieces and décor items featuring heavily textured smokey glass. Other materials making a comeback in this category are rattan and burlwood.



A PERSONALITY-DRIVEN APPROACH TO NATURAL THEMES: Organic materials and earth-inspired hues also dominated High Point showrooms. Wood, marble, woven textiles, and earthy color stories continued to be strong—but designers aren’t merely replicating nature.



As in the case of the Taracea Furniture showroom where consumers and designers were treated to their own expressive, one-of-a kind approach to tables cut from the trunks of whole trees. Color wise, greens—both muted and lush—alongside warm neutrals, browns, and rich blues also anchored collections from multiple brands. Organic textiles and natural weaves appeared on everything from daybeds to lighting fixtures, signaling that nature-inspired interiors continue to evolve with rustic to refined interpretations. This movement aligns with broader 2026 color forecasts emphasizing earthy vibrancy and deep, grounding palettes that still offer emotional resonance and warmth.

EMOTION IN DESIGN: One of the Market's most buzzed-about themes was what insiders call, "Ode to Joy", a movement toward interiors that evoke happiness, optimism, and emotional well-being.

Instead of sterile minimalism, designers are embracing color, texture, and layers that just feel good to live with. This approach is a push toward spaces that aren't just beautiful but are emotionally nourishing, as well, that are inspired in part by a broader cultural interest in wellness and psychological comfort. This trend isn't manifested in loud, clashing patterns, but more so in uplifting palettes (think warm goldenrod, blush pinks, and those rich plums) and tactile materials that invite touch and connection. In fact, the overall trend aesthetic leaned into really delicious textures combined with clever designs that are modern and interesting, according to one on-site interiors expert.





SENSUAL CURVES & SCULPTURAL FORMS: Curves, as we mentioned in our prior furnishings discussion, continued their reign as a defining silhouette trend in 2026.

From gently rounded sofas and armchairs to biomorphic coffee tables and arched cabinetry, designers are favoring forms that evoke softness and flow. These shapes move interiors away from rigid geometry and toward a more inviting, human-centered aesthetic. Curved forms aren't just visual—they're emotional as in they help foster intimacy and comfort, inviting the body to truly relax not just vegetate. Think of these as hug-like moments in furniture form: approachable, warm, and inherently tactile.



TEXTURE PLAYS A CENTRAL ROLE: Across showrooms, texture wasn't just an accent—it was a central theme.

Designers emphasized weighty textures from mohair and velvet upholstery to structured leather and artisan wood finishes. These "touch-me" surfaces lend rooms presence and physical depth, making interiors feel intentional rather than just pre-selected via catalog. This focus signals a shift away from flat, digital aesthetics toward spaces that reward the act of touch and experience. In a world where so much interaction happens through screens, tactile richness in the home becomes a form of sensory grounding.

FINAL THOUGHTS: What High Point Market made clear is that interior design for 2026 isn't about uniformity or trend chasing. It's about curation—the intentional assembly of forms, colors, materials, and objects that reflect deeper values: comfort, joy, craftsmanship, and emotional resonance.

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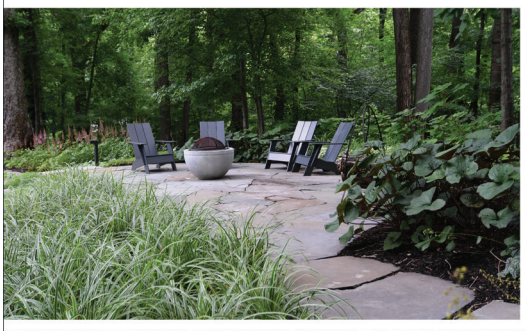





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Home & Garden

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From Non-Starter to No-Brainer

PG. 66

Photography by David Burroughs

From Non-Starter to No-Brainer

By Lisa J. Gotto

For many in the market for a new address, the prospect of a whole-home renovation is a non-starter. This endeavor, fraught with stress and anxiety, generally keeps prospective home buyers in the market in the hopes of avoiding the possibility all together.

This month's feature homeowners had a different take on this scenario, however, when presented with an opportunity that offered two significant upsides: an exceptional waterfront location and an ideal neighborhood.

"The lot was fantastic [and the home had] a big, walkout lower level that looked right out on the water—and I didn't really even want to go in at first, but my wife really liked it, and she's got better vision than I do on those things," the homeowner explains.

Carlisle, they said, once lived in that neighborhood and Bayview had also worked on some friends' homes, so the homeowners had a preview of the quality the company was capable of providing. Bayview also brought the other essential element to the drafting table for the project, the architectural expertise of Purple Cherry Architects, (PCA) of Annapolis.

THE PROJECT: This three-story traditional home, built in the mid-1990s was typical of many from the late-20th century era, with some rooms lacking 21st century relevancy or sense of purpose. For a waterfront property it also lacked the full embrace of its location resulting in underwhelming views to the waterfront. Location-wise, its critical area siting created existing foundation restrictions that would require the most thoughtful workarounds.

THE PLACE: The couple, who are now empty nesters, purchased the property several years ago while still residing in the D.C. area with the intent of it being a summer home that they could possibly transition to once their three kids had left the nest. This idyllic Annapolis location on Cherrytree Cove at the mouth of the South River turned that possibility into a reality, as they now reside there full-time.

EXECUTING THE PLAN: Since only the most exceptional construction expertise would be required to turn this home from the outdated and compromised structure that it was into the dream dwelling that it is, the couple leaned into a pre-existing connection they had with Annapolis-based Bayview Builders President, David Carlisle.

Photography by David Burroughs


3422

WHAT STAYS, WHAT GOES

With upwards of 10,000 square-feet of living space and an abundance of exterior upgrades that needed to happen, the team had its work cut out for them. Beyond the high-profile aesthetics this home would receive, its 1995 infrastructure would require a complete re-work.

"The house had some pretty major infiltration issues as far as rotted wood and other challenges that the house was fighting," Carlisle says.

"It was a 25- or 30-year-old house, so all the mechanical systems were dated. With the exception of some of the foundation and framing components, we essentially rebuilt the house. We gave the house a new starting point, all new HVAC systems, all new electrical systems, and modern-day insulation. "

Outside, the home suffered from some substantial curb appeal issues, namely a front-facing garage, a dated roof line, and an underwhelming and less-than-welcoming entry.









This is where the team at PCA stepped in to create an entirely new vision for the home's façade, and where Cathy Purple Cherry's knowledge of the critical area and the value of smart design played a key role in the transformation.

While the footprint of the home was agreeable to the homeowners, the presentation and age of the forward-facing garages was mission-critical from an exterior aesthetic standpoint. Purple Cherry explained the first thought to turn them to the side and build them out a bit was quickly tabled due to critical area restrictions.

A more suitable garage door upgrade was then chosen and paired with the elegance of an overhead-framing pergola that played into the gracious new look of an entry enhanced with a front porch. The layout of the front yard in general was then reconfigured to accommodate the status of the new front porch and the removal of an outdated prominent front window with three character-building casement windows. A stylish, arched double door from Wellborn + Wright with handsome black metal inserts was then chosen for its notable first impression and is indicative of the home's renewed pride of place.







STELLAR UPGRADES

Undoubtedly, in a home with so many improvements, it would be difficult to choose one single aspect that exemplified the level to which the home has changed, but with this project there is no doubt that aspect is the total re-imagining of the back of the home facing the water.

While the "before" iteration of the main level living area did offer a sliding glass door and some window views out to the cove, there was an obvious intrinsic break in the design that made the space visually drop out when you reached the slider, despite the deck outside. That does not happen now.

In fact, when looking at the before and after photos of the back of this home, the difference is remarkably clear. Improvements in materials associated with outdoor living spaces and fresh approaches to what outdoor living means here along the Chesapeake, have not only provided upgrades in square footage, but in the quality of life for the family.

Replacing an outdated drip-through deck with Ipe flooring, installing Marvin Ultimate Multi-Slide Doors, and mirroring the outdoor entertainment area with the indoor area using materials like the feature wall stone, expanded the utility of the space while keeping the feel homey and convivial.


BEFORE

THE WAY THEY LIVE NOW

For the homeowners, life on their quiet cove has been great since their renovations wrapped, with expanded opportunities to entertain, feel safe about where they are on the water, and even look toward the future with their family in new ways.

"We have a 27-year-old, a 25-year-old, and a 19-year-old—so, when they visit, I really want them to have their own space so that they feel comfortable coming," the wife explains.

"Our 25-year-old, our son, he's in the basement, his bedroom's down there—and he loves being down there. We have one daughter on the main floor, one daughter upstairs. They all have their own little space…and that was really important for us."

Other highlights of this amazing home renovation include the expansion of the main kitchen to include a pantry and a stylish and substantive back kitchen by utilizing space at the front of the residence that was once home to a formal dining room and grand, but most likely underused formal living room. The combined living space of the enhanced kitchen, great room, and the screened-in outdoor living area now, says Carlisle, is approximately 40 by 40 feet, truly outstanding for a residential structure.

Topping off the interior transformation is a complete re-location and re-design of this home's staircase. It was previously an unremarkable utility but is now a highlight providing a chance to enhance the flow of the floorplan and create a standout element of architecture that will perpetually propel the look and feel of the home into the 21st century—*and beyond.*







Notes on Defining Your Home as Your Sanctuary

By Lisa J. Gotto

How does your home make you feel? Seems like a simple question, but most times when we think of our living spaces, we tend to think of them first for how they look. *True sanctuary* is a feeling, however. It's the ability to meet you in the moment, emotionally—and counter any feelings that aren't calming and supportive.

So many factors have converged over the years to make us feel unsettled and off balance that sanctuary as an approach to interiors has really gained a foothold in design. So much so, that interiors experts have devised a checklist to help homeowners devise a sanctuary scheme of their own.

1. Because the term sanctuary can mean different things to different people, you should start by defining an emotional goal for your space. Ask yourself some basic questions:



Is this your space to exhale? To restore energy? To have a cocooning effect or a feeling of openness?

Note: Every choice that follows should support your intention.



Photo courtesy of lazannifurniture.com

2. A degree of minimalism is intentional in a sanctuary scheme. So, don't be timid about what you wish to edit out.

• Remove pieces that feel purely functional but emotionally draining. • Store visual clutter behind closed doors. • Keep what tells a story, sparks a memory, or serves daily rituals

Note: It's okay to have negative space. In these scenarios, it's room to breathe.



3. Let texture lead the way. Layer it in accordingly.

• Use soft, tactile fabrics (think linen, wool, cotton, velvet) • Natural materials (wood, stone, rattan, leather) • Mix smooth textures with chunkier ones; some matte textures can even have a subtle sheen

Note: A space should be inviting enough to touch, not just look.

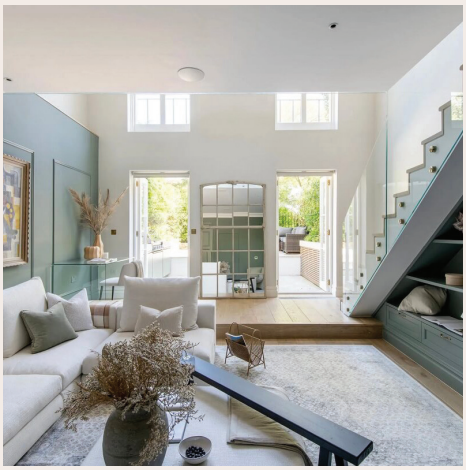

Photo courtesy of thenordroom.com

4. Choose muted, warm, and nuanced tones over a stark color palette.

• Use earth tones, softened neutrals, dusty blues, and greens • Try monochromatic or closely related hues to reduce visual noise • Contrast is created through texture, not high color drama

Note: Think "sun-faded," not "brand-new."



5. Consider how you really live day-to-day.

• Seating should be placed where you naturally pause • Lighting where you read, rest, or gather • Choose surfaces that integrate with your daily rituals: morning coffee, evening journaling, personal care

Note: If a room looks beautiful but doesn't get used, it's not a sanctuary—it's a showroom.



6. Appropriate lighting is mission critical in sanctuary schemes, as it sets the tone for your nervous system.

• Use layered lighting: ambient + task + accent • Choose warm-glow bulbs over cool white • Dimmers wherever possible • Lamps are preferential to overhead lighting in living and sleeping spaces

Note: Soft light = softer thoughts.



Photo courtesy of decorilla.com

7. Use biophilic elements to ground a space emotionally.

• Real plants or the best fakes available • Natural light left unobstructed • Views framed intentionally with furniture and window treatments • Choose organic shapes over sharp angles

Note: Nature signals safety and restoration on a subconscious level.



8. Engender personality over trend so your space doesn't look like it could belong to anyone.

• Art that resonates, not just coordinates • Objects from travel, family, or meaningful moments • Books, textiles, or scents tied to memory

Note: Sanctuary isn't trend-driven—it's identity-driven.



Photo courtesy of majortvlift.com

9. Lean into aspects of quiet luxury.

• Use fewer, better pieces • Choose timeless form over statement piece overload • Choose finishes that grow graceful with age

Note: Think quality, not quantity.



10. Leave room for evolution.

• Edit aspects and pieces seasonally, if you wish • Shift your furniture as your routines change • Add or subtract from the space as your life evolves

Note: A true sanctuary is never "done."

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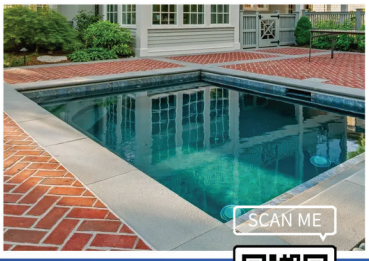

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Prime Panoramic Sunsets

By Lisa J. Gotto

For traditional, timeless, and classic beauty, this 19-acre Chesapeake Bay estate in Stevensville is certainly on point.

The stately tree-lined drive leads back to the water frontage of this secluded and well-situated sanctuary that offers six bedrooms, six baths, and a total of just over 8,000 square feet of living space.

Primary Structure Built: 1995

Sold For: $5,900,000

Original List Price: $5,900,000

Bedrooms: 6

Baths: 5 Full, 1 Half

Living Space: 8,017 Sq. Ft.

Lot Size: 19.1 acres

Upon approach, the layout of colonial-style main residence expands to include two wings of its square footage on either side that frames a lovely brick drive at the front of the home. The facade of the all-white wood exterior is accented with deep green shutters and architectural enhancements such as arch-styled windows and a dentil wood treatment at the roofline.

Inside, the home is immediately immersed in light from the collections of large windows and access doors at the rear of the home overlooking a seemingly unending waterfront. The entry features a gorgeous architectural staircase and center hall accentuated with lovely hardwoods. Entertaining is made easy here with the expansive open floorplan with easy sightlines across the main level gathering spaces.

The spacious kitchen with all-white custom cabinetry includes an integrated refrigerator complemented with a large, contrasting center island







in navy blue, which features a prep sink with luxe granite countertop and seating for three. A handsome, custom wall unit also in navy blue provides extra storage space and interest. And a feature fireplace wall of white brick brings a sense of cozy warmth to the large space.

This room flows into a cheery, bright breakfast dining area before transitioning into a large family room with its classic columns and curved wall of windows overlooking the Bay. The entire living space is appointed with gleaming light honey-colored hardwood floors

A huge formal dining room with a charming Federal-style fireplace and water views is located across the center hall from the kitchen in the front of the home. From here the floorplan expands out to another gorgeous space for entertaining—the living room with another curved wall of windows offering expansive bay views.

The primary suite is large and luxurious with a separate seating area overlooking the water and a spa-like primary bath with a dual vanity, a sumptuous soaking tub, and a custom, glass shower.

Outside, this residence has a pool and patio area impressive enough to rival any resort, a large, lush backyard with lovely landscaping, a caretaker's cottage, and private pier with two slips that extend the eyes out to the expanse of the Bay.

Listing Agent: Brad Kappel, TTR Sotheby's International Realty, 209 Main St., Annapolis, m. 410-279-9476, o. 410-280-5600, brad.kappel@sothebysrealty.com, ttrsir.com **Buyers' Agent:** Alex Clark, TTR Sotheby's International Realty, 209 Main St., Annapolis, m. 443-924-7231, o. 410-280-5600, aclark@ttrsir.com, ttrsir.com

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The Charm and Treasure of St. Michaels

By Lisa J. Gotto

This 2,900-square-foot contemporary, single-family home is a great example of move-in dream come true for those who wish to live in St. Michaels.

An immaculate exterior with clean landscaping lines and a roof with multiple pitches creates a home with a wealth of curb appeal. A sweet porch with stone accent detail and columns leads guests to a foyer filled with light. Lovely, light-colored hardwood floors start here and continue throughout most of the main level.

Primary Structure Built: 1998

Sold For: $830,000

Original List Price: $799,000

Bedrooms: 4

Baths: 2 Full. 1 Half

Living Space: 2,910 Sq. Ft.

Lot Size: 1.22

The foyer opens to the formal dining room and, to the right, a sunny sitting room with a large bay window and attractive built-ins. A lovely cascading staircase spills out to the foyer, which continues along into the open plan kitchen and family room space.

The family room is spacious and features the added interest of a loft staircase above and room-framing architectural columns. High ceilings accentuate the room's clean lines, and an attractive gas fireplace anchors the room between large windows on either side. This room offers access to the home's gracious sunroom and its gourmet kitchen.











All-white custom cabinetry steals the scene here with some uppers sporting glass fronts. A large center island topped with dark granite provides extra storage, prep space, and a prep sink. The room is large enough to include a separate eat-in dining space, and the stainless-steel appliance package is stellar with a commercial grade gas range and fridge/freezer. This room also provides easy access to the residence's sunroom that overlooks a flagstone patio and tranquil backyard. This charming space is accented with beams overhead and enclosed with white picket fence-like detail.

This level of the home includes a convenient and handsome primary suite with a tray ceiling and large windows overlooking the backyard. Additional amenities include a large, walk-in closet and an attractive bath suite with large-format tile floors, wainscotting, two separate vanities, a huge, glass-panel shower, and luxurious soaking tub.

The three additional bedrooms are located on the home's upper level and share a full bath with dual vanity with granite countertop, large-format tile floors, and cozy wainscotting. This floor also offers a large, bonus storage room.

This charming treasure of a home is located just minutes from all the fun and flavors of downtown St. Michaels.

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: Laura Carney, TTR Sotheby's International Realty, 17 Goldsborough St., Easton, m. 410-310-3307, o. 410-673-3344, lcarney@ttrsir.com, sothebysrealty.com

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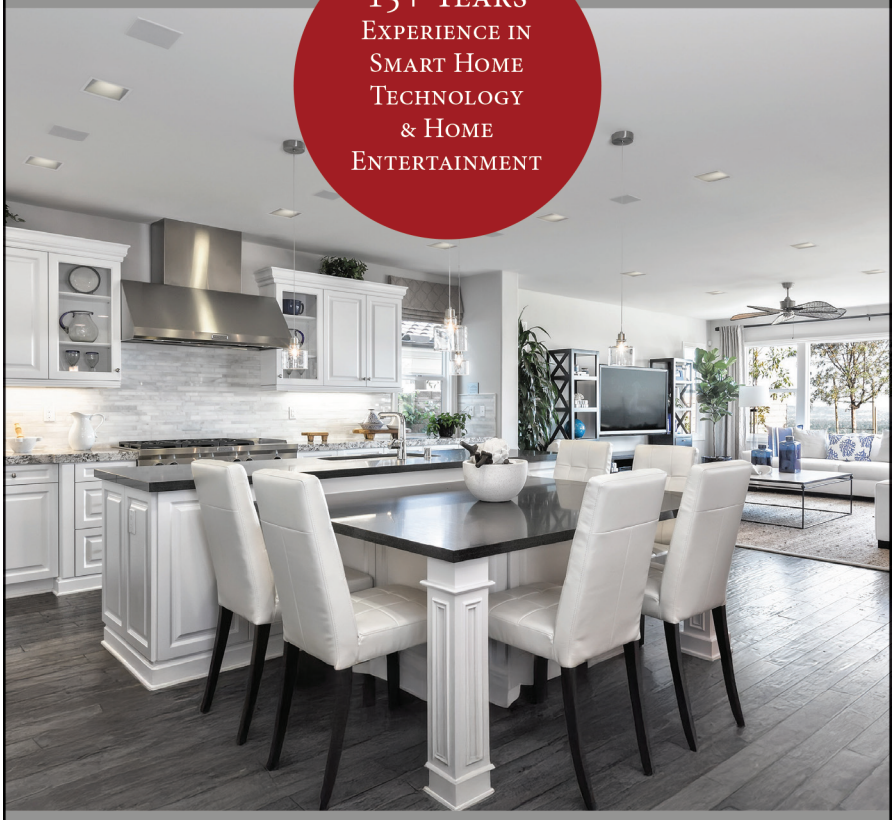

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Health & Beauty

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Brie as Brain Food

NEW STUDY SUGGESTS CHEESE MIGHT BE GOOD FOR COGNITIVE HEALTH

By Dylan Roche

When you think about the health benefits of cheese, the foremost ones that come to mind might be its calcium, protein, vitamin D, or vitamin B12. It's great for strong bones and strong muscles.

BUT WHAT ABOUT A STRONG MIND?

That's what a study recently published in *Neurology*, the medical journal of the American Academy of Neurology, suggests. However, researchers emphasize the study merely shows an association—more studies would need to be done to prove anything.





What did they find out? Researchers looked at 27,000 people, all in their 50s or older, over the course of 25 years as they kept track of what they ate. About 3,000 of the test subjects developed dementia. After comparing diets, researchers found those who daily consumed 50 grams of cheese—specifically high-fat cheese like cheddar, brie, or gouda—were less likely to develop dementia than those who ate 15 grams of cheese or less.

What's the explanation? Researchers aren't exactly sure why this association exists, especially when milk consumption, regardless of fat content, didn't lower dementia risk, though cream consumption did. However, a few potential explanations:

- Cheese is a fermented dairy product. Fermentation produces bioactive compounds with several health benefits. This study was conducted in Sweden, where cheese is less likely to be cooked or heated than it is in American cuisine—and heat would kill off the bioactive compounds.
- Those who ate cheese ate less high-fat red meat and processed meat. This indicates it might not necessarily be that cheese is good for brain health, but rather than it's simply not as bad as red meat and processed meat.

What does it mean? This isn't necessarily a reason to load up your grocery cart with as much cheese as you please. The American Heart Association still encourages limiting the amount of saturated fat from dairy products as best for your heart health (2–3 servings of fat-free or low-fat dairy, with no more than 1 gram of saturated fat per 1 ounce of cheese).

As heart disease and dementia share many of the same risk factors, it's smart to prioritize cardiovascular health. But this study does imply high-fat cheese might not be the worst thing in the world for your brain—and that's something worth keeping in mind the next time you feel bad about indulging in a bit of brie.



The Science to Gua Sha

By Dylan Roche

Every so often, another wellness trend emerges that involves gentle massage, pressure, kneading, or similar bodywork—sometimes with an instrument—that heals the wear and tear of everyday life. The latest trend you might've seen is **gua sha** (pronounced *gwa shah*), and though it's having a moment in 2026, it actually dates back thousands of years in Chinese medicine.

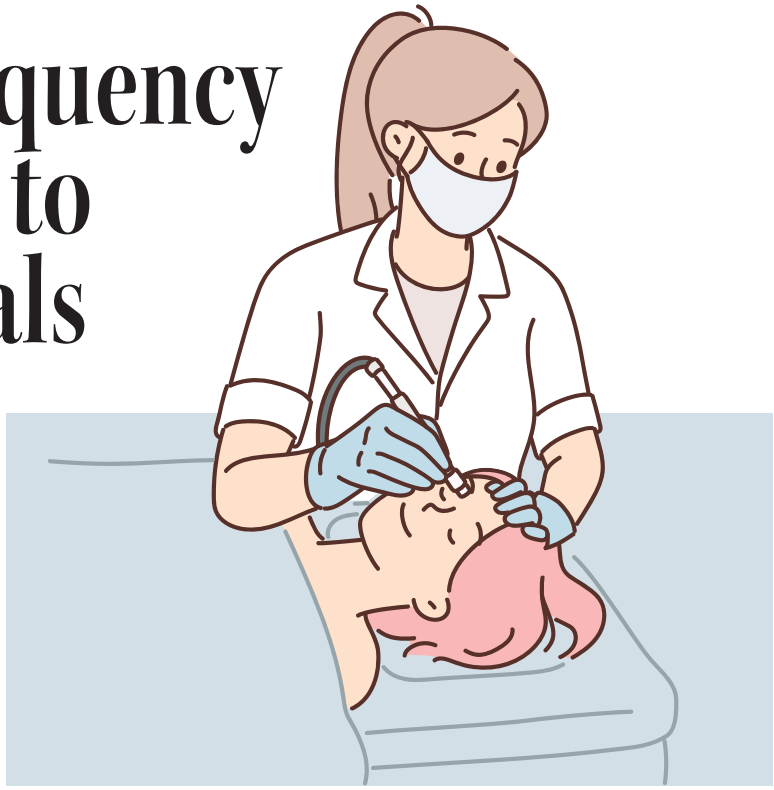
What is it? Gua sha involves gently scraping or massaging your skin with a piece of jade or quartz. According to Chinese medicine, this moves your qi (your vital animating energy, pronounced *chi*) through your body.

As for the science, the Cleveland Clinic notes that there's not enough research to say for certain that gua sha works, but it's offered by acupuncturists and massage therapists who say it does offer benefits. They don't lean into the idea of circulating your qi, and instead they emphasize something else that circulates through your body: your blood. The very light pressure with these stone instruments stimulates your circulation, which can: 1. Promote healing and reduce inflammation by increasing blood flow to sore or irritated muscles 2. Relieve knots or tension 3. Move lymphatic fluid from your face, reducing puffiness

When a massage therapist performs gua sha, you might notice reddish-purple spots form on your skin. This could look like a rash upon first glance. It's actually what's known as **petechiae**, tiny blood spots under the skin where the massage device has broken capillaries. The Cleveland Clinic explains that, scientifically speaking, these tiny blood spots could prompt your body to promote healing in this area. You might see some visible redness at first, but it will go away after a few days.

So, what's the conclusion? Science might not support gua sha definitively, but the explanation behind it makes some sense. There's little risk (as long as you don't do it over a rash or irritated skin), so if the gentle massage feels good, go ahead and let your massage therapist or acupuncturist perform the practice.

Leave Radiofrequency Microneedling to the Professionals



By Dylan Roche

Picture healthy skin. What you're imagining probably has even texture, minimal wrinkles, plenty of elasticity, and no scarring or blemishing. While some people achieve this kind of complexion either through the genetic lottery or some high-quality skincare routine (or very likely some combination of both), most of us have at least a few imperfections somewhere on our face—we're only human.

Radiofrequency microneedling has become a popular option for removing or minimizing these imperfections on our skin because it's noninvasive and easily accessible—maybe *too* easily accessible. Because devices that perform microneedling via radiofrequency can be bought over the counter, the American Academy of Dermatology and the American Med Spa Association have emphasized an important message to people: Radiofrequency microneedling is a **medical procedure** that demands appropriate training and oversight for best results and safety.

HOW DOES RADIOFREQUENCY MICRONEEDLING WORK?

These devices deliver high-intensity radiofrequency to the skin to achieve an effect similar to microneedling, in which ultra-thin needles make tiny holes in the exterior layer of the skin to stimulate the skin's healing process, ultimately improving its appearance. In the case of radiofrequency microneedling: Energy penetrates deep tissue layers, The heat from this energy stimulates collagen production, Increased collagen produces skin with improves quality and texture

WHAT HAPPENS IF I TRY IT AT HOME?

The Food & Drug Administration recently released a safety warning about these devices, which it has categorized as Class II medical devices. In other words, they're medical devices meant to be used as part of a medical procedure—they're not for simple at-home cosmetic treatments. When used improperly, these devices can cause: Burns, Scarring, Fat loss and less face volume, Disfigurement, Nerve damage

WHAT SHOULD I EXPECT IF I LET A PROFESSIONAL HANDLE IT?

If you're intrigued by the potential of radiofrequency microneedling, you can expect great results when you seek treatment from a board-certified dermatologist or appropriately supervised medical professional, according to the American Academy of Dermatology and the American Med Spa Association. They can use these devices safely and effectively to deliver the best results. This procedure is nearly painless and involves minimal downtime, if any. You can expect: Minimized wrinkling and scarring, Improved laxity, Better overall texture. You'll probably need to undergo the procedure several times over the course of several months, and you can expect to see results as your skin produces more and more new collagen, often becoming visible about three months after your initial round of treatment.

Food & Dining

88 SAMPLE THE FINEST IN TOWN

90 READERS' DINING GUIDE



Calamari from Hunter's Tavern

Photography by Bill Whaley



Tiger Lily will be on site with the restaurant's fusion cuisine. Photograph by Bill Whaley.

Sample the Finest in Town

TASTE OF EASTON EVENT KICKS OFF RESTAURANT WEEK

By Cali Schwerdtfeger

There are certain nights when a town gathers not just to celebrate, but to savor. Taste of Easton is one of those beloved occasions.

Set within the timeless elegance of the historic Tidewater Inn, this April 26 event invites guests to experience the very best of Easton's diverse culinary scene on one unforgettable evening. When you step inside, the energy will be immediate: the hum of conversation, the clink of cocktail glasses, the tempting aromas drifting from chef stations. Add the smooth sounds of the Quinn Parsley Jazz Ensemble as it fills the room with warm, easy melodies, and the music completes the experience, elevating each bite and sip into something meant to be lingered upon.

Taste of Easton brings together many of the town's most celebrated restaurants under one roof, each presenting a chef-curated tasting designed to capture the essence of their kitchen. From the refined European elegance of Bas Rouge and The Wardroom to the vibrant creativity of Tiger Lily, and from the coastal flavors of Legal Assets to the fresh, intentional offerings of Eat Sprout, every station offers something distinct. Craft beer enthusiasts can sample selections from 4 Dogs Brewing Company, while longtime local favorites like Washington Street Pub and Hunter's Tavern remind guests why they've remained staples in the downtown dining scene.



The Ivy Café's cuisine will be showcased at the event and throughout the restaurant week promotion.

Photography by Laura Wiegmann

The beauty of the evening lies in its variety. It's an opportunity to sample widely; perhaps a fresh Eastern Shore seafood creation followed by a globally inspired small plate, all in one evening, under one roof. Each ticket includes a complimentary drink, with signature cocktails and additional pours available throughout the night. Between tastings, guests can enter the Downtown Raffle, mingle with fellow food lovers, and toast to the community that makes Easton special.

Beyond the flavors and festivities, Taste of Easton serves a greater purpose. Proceeds from the event benefit the Easton Main Street Program, an organization dedicated to preserving and enhancing the vibrancy of downtown. "Retail and dining have faced challenges this year, and it's our hope that Taste of Easton will enliven the local economy while encouraging residents and visitors to explore new culinary experiences," says Holly DeKarske, executive director of Discover Easton.

While this normally is a one-night experience, the celebration continues well after the final tasting station closes. Taste of Easton officially kicks off the first-ever Easton Restaurant Week, a week-long spotlight on local dining. Participating restaurants will offer curated three-course menus and special offerings, giving diners the opportunity to return to their new favorites or finally try the spot they've been meaning to visit. "For a town our size, Easton has an astonishing range of cuisine," DeKarske says. "Taste of Easton gives people the chance to sample restaurants they may not have tried before and hopefully inspires them to come back and experience these places throughout the year."

"FOR A TOWN OUR SIZE, EASTON HAS AN ASTONISHING RANGE OF CUISINE"

Whether you're a devoted local, a weekend visitor, or simply someone who believes great food brings people together, Taste of Easton offers an opportunity to savor more than just a meal. It's a chance to experience the heart of downtown—one bite, one sip, and one shared moment at a time.



Eat Sprout's owners Emily and Ryan Groll are happy to participate in this year's Taste of Easton event on April 26. Photograph by Tony Lewis, Jr.



Tidewater Inn/Hunter's Tavern is the host site of Taste of Easton on April 26. Photograph by Stephen Buchanan.

For more information, visit discovereaston.com/tasteofeaston or scan the QR code:



Readers' Dining Guide

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

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Amalfi Coast Italian & Wine Bar
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Bark Barbecue Café
371 Log Canoe Circle, Stevensville; 443-618-3676; barkbarbecue.com $ ●

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

Big Bats Café
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The Big Owl Tiki Bar and Grill
3015 Kent Narrow Way S, Grasonville; 410-829-9546; thebigowl.com $$ ●●●●
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205 Tackle Circle, Chester; 410-604-1688; cafesado.com $$ ●●

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

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

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

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

Frix's Fire Grill
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433 Kent Narrow Way N, Grasonville; 410-827-9500; harriscrabhouse.com $$ ●●●

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

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The Kentmorr Beach Bar and Grill
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Knoxie's Table
180 Pier One Road, Stevensville; 443-249-5777; baybeachclub.com $$

Mamma Mia Italian Bistro and Sports Bar
219 E Water Street, Centreville; 410-758-2222; mammamiacentreville.com $$

The Market Gourmet Cafe
180 Pier One Road, Stevensville; 410-604-5900; baybeachclub.com $, Locally Sourced

Mr. B's Seafood Market
114 State Street, Stevensville; 410-643-5536; mrbsseafood.com $$ Seafood

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

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

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

Rams Head Shore House
800 Main Street, Stevensville; 410-643-2466; ramsheadshorehouse.com $$

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

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

Señor Chile
2142 Didonato Drive; Chester, MD 21619; 410-204-9444; senorschile.com

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

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

Talbot County

Accanto
218 N. Washington Street, Ste. 21, Easton; 410-690-8339; accanto-easton.com $$

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

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

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

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

Blu Miles Seafood and Grill
305 Mulberry Street, St Michaels; 410-745-8079; theblumilesrestaurant.com $$

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

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

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

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

Carpenter Street Saloon
113 S Talbot Street, St Michaels; 410-745-511; carpenterstreetsaloon.com $

The Coffee Trappe
4016 Main Street, Trappe; 410-476-6164; coffeetrappe.com $$, Daily Breakfast

Corah's Corner
105 N Talbot Street, St Michaels; 410-745-8008; corahs.com $$

Crab Claw Restaurant
304 Burns Street, St Michaels; 410-745-2900; thecrabclaw.com $$

Doc's Downtown Grille
14 N Washington Street, Easton; 410-822-7700; docsdowntowngrille.com $$

Doc's Sunset Grille
104 W Pier St, Oxford; 410-226-5550; docssunsetgrille.com $$

Eat Sprout
335 N. Aurora Street, Easton; eatsprout.com $

Eat Sprout
114 S. Talbot Street, St. Michaels; eatsprout.com $

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

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The Galley
305 South Talbot Street, St Michaels; 410-200-8572; thegalleysaintmichaels.com $$

Gina's Café
601 Talbot Street, St Michaels; 410-745-6400; ginascafemd.com $$

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

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

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

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

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

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

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

Pho Van Restaurant
219 Marlboro Avenue, Ste. 44, Easton; 410-443-0206; phovaneaston.com $$

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

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

San Miguels
100 S Talbot Street, St Michaels; 410-745-8955; sanmiguelsmd.com $$

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

Sunflowers and Greens
11 Federal Street, Easton; 410-822-7972; sunflowersandgreens.com $$

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

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

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

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

Kent County

Blue Bird Tavern
512 Washington Avenue, Chestertown; 410-778-2885; Facebook $ ●●

Blue Heron Oyster House and Inn
20658 Wilkins Avenue, Rock Hall; 410-639-4374; blueheronoysterhouseandinn.com $$ ●●●

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

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

The Kitchen at the Imperial
208 High Street, Chestertown; 410-778-5000; imperialchestertown.com $$$ ●●

Luisa's Cucina Italiana
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Muskrat Alley Café
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Osprey Point
20786 Rock Hall Ave, Rock Hall; 410-639-2194; ospreypoint.com $$$ ●●●●

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

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Dorchester County

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305 High Street, Cambridge; 443-205-4350; avaspizzeria.com $

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2951 Ocean Gateway, Cambridge; 410-228-9111; baycountrybakery.com $ Daily Breakfast

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

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

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

Carol's Kitchen
5263 Bucktown Road, Cambridge; 443-225-5889; Facebook $$

Emily's Produce
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Lil' Bitta Bull
520 Race Street, Cambridge; 443-205-2219; Facebook $$

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

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106 Market Square, Cambridge; 443-477-6630;ordernystyledeli.com $

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

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

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1200 Goodwill Ave, Cambridge; 410-901-1212; choptankbowling.com $

Portside Seafood Restaurant
201 Trenton Street, Cambridge; 410-228-9007; portsidemaryland.com $$

RAR Brewing
508 Poplar Street, Cambridge; 443-225-5664; rarbrewing.com $$ Beer

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

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

Caroline County

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Caroline's
406 Market Street, Denton; 410-490-4495; carolinesindenton.com $$ Seasonal

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

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

Earth Tones Café
5 N 3rd Street, Denton; 443-448-4355; earthtonescafe.com $$ Beer and Wine

Market Street Public House
200 Market Street, Denton; 410-479-4720; marketstreet.pub $$

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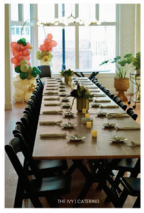

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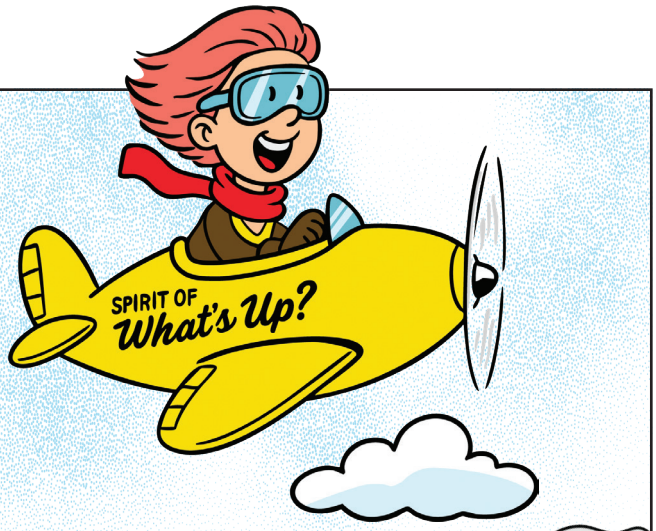

Where's Wilma?



FIND WILMA AND WIN!

With the recent spring equinox officially launching us into the next season, our faithful mascot Wilma is busily making preparations to spruce up her home, grease her plane's wings 'n wheels, and get flying to towns across the bay region to enjoy the best dining, shopping, and services! Where will she land, exactly? Here's how the contest works: Wilma appears next to three different ads in this magazine. When you spot her, write the names of the ads and their page numbers on the entry form online or mail in the form below and you'll be eligible to win. Only one entry per family. Good luck and don't forget to submit your restaurant review online at whatsupmag.com/promotions for another opportunity to win a prize.

Congratulations to Nancy R. of Cambridge, who won a $50 gift certificate to a local business.

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Yes, please! No, thanks

Entries must be received by April 30, 2026. Winner will receive a gift certificate to a local establishment and their name will appear in an upcoming issue of What's Up? Annapolis. **Mail entries to:** Where's Wilma? Eastern Shore, 900 Bestgate Road, Ste. 202, Annapolis, MD 21401 or fill out the form at **whatsupmag.com/promotions**.

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