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319 Wye Rd | Queenstown

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3 BR | 2.5 BA | 2502 SQ FT | 2nd level end unit

Peaceful setting, pond and river views



218 Camelot Dr | Chestertown

5BR | 3.5 BA | 2578 SQ FT | .24 AC

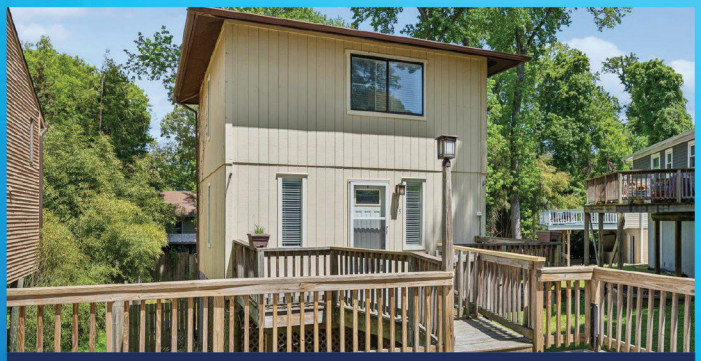
Nice Colonial on corner lot w/fenced backyard



109 Bayview | Grasonville

3 BR | 3.5 Baths | 2044 SQ FT

Waterview Townhome



1745 Ridgely Rd. | Edgewater

2 BR | 1 BA | 800 SQ FT | .092 AC

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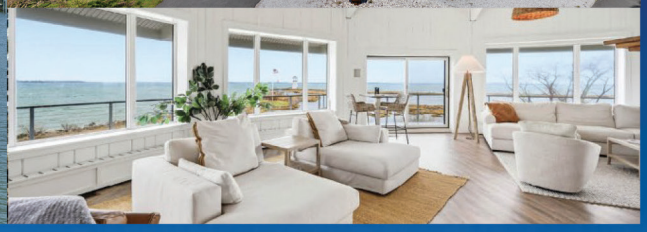

2832 Cox Neck Rd | Chester

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351 Wye Rd | Queenstown

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SOLD



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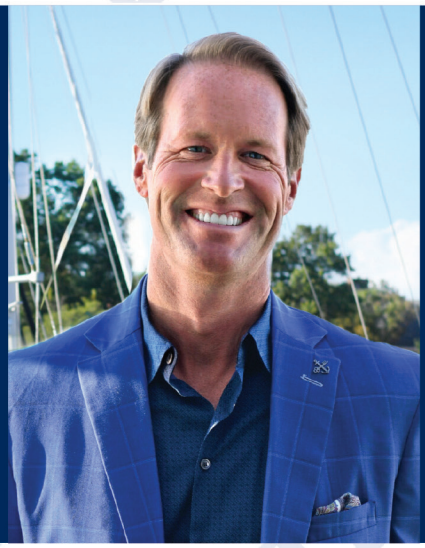

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148 VERNICK LN
Church Hill | $3,395,000



137 TANNERS POINT DR
Stevensville | $2,695,000



228 PROSPECT BAY DR W
Grasonville | $1,350,000



40 GREENWOOD SHOALS
Grasonville | $1,475,000



322 PROSPECT BAY DR W
Grasonville | $890,000



167 MASTERS WAY
Grasonville | $879,000



115 MASTERS WAY
Grasonville | $824,000



1868 ROBERTA DR
Chester | $744,500



134 MCHENNY CT
Chester | $599,000



113 MARLBOROUGH RD
Queenstown | $585,000



126 WATERMANS COVE LN
Chester | $579,000



6033 CORNERS WHARF RD
Cambridge | $450,000



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WHAT'S UP? eastern shore

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WHAT'S UP? MEDIA'S 2026

EXCELLENCE IN NURSING

The 2026 Excellence in Nursing Campaign continues this month! A peer-survey project that celebrates exemplary nurses practicing in the Greater Chesapeake Bay Region. We are calling for licensed nurses and medical professionals to nominate your fellow nurses in several fields of practice. This campaign runs May 1st - June 30th.

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Summer's arrival excites all of us in many different ways. Collectively though, we likely look forward to enjoying seasonal pastimes like swimming outdoors, sunbathing, sand between our toes, crab pickin', barbeque parties, gardening, spying fireflies, and nights spent under the stars. All of this activity seems to add an extra spring in our step as we navigate life.

Of course, we're especially grateful for being lucky enough to do all of this in a remarkable spot—Chesapeake country—on this bright blue ball spinning through the Milky Way. And thankfully—though unique, different, and opinionated as we all may be—you and I and thousands of *What's Up? Eastern Shore* readers (more than 40,000!) have arrived at a consensus of who makes up the very *best* of what our region offers. By way of the annual *Best of Eastern Shore* voting, we present the top restaurants, contractors, and services in this issue as chosen by *you*.

It's a remarkable process to solicit public voting for more than 250 categories, covering everything from the best crabcake to chicken wings, or nutritionist, architect, auto repair, and, even, live music venue. The gamut of quality purveyors and providers throughout the Mid-Shore and beyond is a blessing. And so, vetting the data and top nominees took time; the voting closed in February and here we are about four months later in June, finally publishing the results. And boy howdy, do we have a good list of winners!

My hope is that you'll use the *Best of Eastern Shore* as a guide for when you need a go-to restaurant recommendation to take out-of-town visitors. Or where to go for a spa day, or night out. Or when you need a contractor to fix the roof…or the broken window from an errant lacrosse ball your daughter threw (uh, not that I would know from experience). The list goes on and on.

Another celebrated summer pastime, and one that has spanned generations, is log canoe racing. Once the sport of oystermen vying for Bay bragging rights, this branch of sailing now brings family and friends together in spirited competition aboard classic vessels that have withstood the tests of time, weather, and sport. We have an engaging examination of this Chesapeake tradition in this month's article, "Chasing the Wind."

Between *Best of Eastern Shore* and the many articles herein, it's a packed issue to help kickstart summer. Enjoy!

James Houck,
Editorial Director



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HIGHLIGHTING ENTERTAINMENT, COMMUNITY, AND EVENTS



What's Up? Media's Best of Party

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Let's Go! Music Festival 2026

Let's Go! Music Festival returns to the Anne Arundel County Fairgrounds in Crownsville June 5–6 with two days of nonstop live music, festival energy, and big-name performances. This year's lineup includes multi-platinum pop favorites Fitz and The Tantrums, known for infectious hits like "HandClap" and "The Walker," bringing their signature mix of indie pop, soul, and dance-ready anthems to the stage. Along with major performances, festivalgoers can expect a full weekend of food vendors, drinks, and high-energy entertainment in one of the area's biggest summer music events. More info: letsgofest.com

MARYLAND CRAFTED: CENTREVILLE

Maryland Crafted: Centreville returns to downtown Centreville on Saturday, June 13 from noon to 5 p.m., bringing together more than 40 Maryland makers for an afternoon of local flavor and Eastern Shore charm. Set along Lawyers Row and Broadway, the open-air event features craft beverage producers, juried artisans, culinary vendors, and live music from Chesapeake Sons and Philip Dutton and the Alligators. Guests can browse, sip, and sample their way through the festival with tasting passes available for guests 21 and older, while VIP ticket holders can enjoy exclusive guided pairings and a private hospitality experience. More info: marylandcrafted.com / townofcentreville.org





KENT-A-LINA WINE MIXER 2026

The wildly entertaining Kent-A-Lina Wine Mixer returns to Cult Classic Brewing in Stevensville on Saturday, June 13 from 1 to 4 p.m. for an afternoon of wine, beer, live music, and tongue-in-cheek fun inspired by the cult-classic comedy spirit of the event. Guests can enjoy unlimited wine and beer samples, gourmet bites, and plenty of '80s Billy Joel while helping crown future taproom favorites for the rest of 2026. Complete with souvenir glasses, playful energy, and a lively crowd, the event has become one of Kent Island's most unique summer kickoff parties. More info: cultclassicbrewing.com







Polaris Village Academy

James P. Redman, Head of School

Welcome to Polaris Village Academy (PVA), a vibrant and nurturing K-8 private Christian academy nestled in Easton, MD. With a focus on fostering curiosity and creativity, our campus provides the perfect backdrop for students to thrive. At Polaris, we believe in transforming education through hands-on experiences, innovative learning practices, and a commitment to each child's well-being. PVA is a forward-thinking educational institution dedicated to empowering scholars through a comprehensive academic program that aligns with the state of Maryland's College & Career Ready Standards. Our mission is to prepare students for success beyond the classroom, ensuring that they are well-equipped to transition to any high school—public or private—of their choice upon completing the 8th grade.

Recognizing the diverse needs of our students and the dynamic nature of today's world, we have developed an innovative core curricular program known as C.H.A.R.M.E.D. This unique framework is designed to cater to the holistic development of our scholars, offering them a well-rounded education that emphasizes critical thinking, creativity, and real-world application.

C.H.A.R.M.E.D. Curriculum Overview

C - Computer Science: In an era increasingly driven by technology, our Computer Science curriculum equips students with essential digital literacy skills. Scholars learn to navigate the complexities of the digital world, enriching their learning experiences and providing a strong foundation for future STEAM (Science, Technology, Engineering, Arts, and Mathematics) careers. Through hands-on projects, coding exercises, and collaborative learning, students not only gain technical skills but also develop problem-solving abilities that are crucial in any professional field.

H - Health & Wellness: Understanding the significance of mental and physical well-being, PVA emphasizes holistic health education. Our curriculum integrates physical fitness, nutrition education, and mental health awareness, preparing students to lead balanced, health-conscious lives. We believe that a healthy mind and body are foundational to achieving academic success.

A - Arts: Art is a critical component of PVA's educational philosophy. Our program encourages creativity and self-expression through visual arts, performing arts, and music. By fostering artistic talents, students enhance their cognitive skills and develop a deeper understanding of diverse cultures and perspectives, preparing them to engage empathetically in a global community.

R - Real-world Connections: PVA prioritizes experiential learning by bridging academic content with real-world applications. Through partnerships with local businesses, community organizations, and service projects, scholars gain practical insights into their studies, reinforcing the relevance of their education and encouraging civic responsibility.

M - Math: Our Mathematics curriculum adopts a hands-on approach, emphasizing real-world applications, including data science and financial literacy. PVA is committed to making math engaging and accessible, ensuring that all students develop a solid mathematical foundation essential for success in school and beyond.

E - English Language Arts: The English Language Arts program at PVA nurtures strong communication skills, critical reading, and a love for literature. By exposing students to a diverse range of texts, we not only enhance their language proficiency but also instill an appreciation for storytelling and the power of words.

D - Diversity & Inclusion: PVA embraces a culture of diversity and inclusivity, promoting respect and understanding among all students. Our curriculum features content that reflects multiple perspectives, allowing scholars to learn from each other and appreciate the rich tapestry of experiences present in our school community.

In summary, Polaris Village Academy is committed to providing an enriching educational experience that prepares our scholars for the challenges of the future. Through our comprehensive C.H.A.R.M.E.D. curriculum, we aim to foster not just academic success, but also the character and skills necessary for our students to thrive in an increasingly complex world.

At Polaris Village Academy, every corner of our community radiates enthusiasm and the joy of discovery. We invite you to join us in exploring how our commitment to excellence, kindness, and student-centered learning creates an enriching environment where every child can flourish, as we shape the next generation of leaders and innovators.

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POLARIS VILLAGE ACADEMY



SHELLS & SOUL:CRAB & CRUSH R&B EXPERIENCE

Shells & Soul: Crab & Crush R&B Experience brings summer party energy to the Grasonville Community Center on Saturday, June 20 from 2 to 5 p.m. Combining Eastern Shore favorites with a lively R&B soundtrack, the indoor event features all-you-can-eat crabs, signature crush cocktails, live DJ sets, giveaways, and a laid-back "grown and sexy" atmosphere designed for an afternoon of food, dancing, and good company. With its mix of seafood feast and day-party vibes, the event promises a high-energy celebration perfect for kicking off summer on the Shore. More info: shellsandsoul.eventbrite.com

FLOWER SHOW: "CELEBRATING MARYLAND'S EASTERN SHORE

The beauty of the Eastern Shore will be on full display during "Celebrating Maryland's Eastern Shore," a National Garden Club Standard Flower Show taking place Thursday, June 18 from 1 to 4 p.m. at The Packing House in Cambridge. Hosted by the Talbot County Garden Club, the free event brings together nine regional garden clubs for an afternoon showcasing stunning horticulture, floral design, educational exhibits, and youth entries inspired by the landscapes and plant life of the Shore. Set inside one of Cambridge's historic waterfront spaces, the colorful exhibition offers visitors a chance to stroll through imaginative displays and admire the creativity and craftsmanship of local garden enthusiasts. More info: talbotcountygc.org





Bands in the Sand

Celebrate the start of summer at the Chesapeake Bay Foundation's 20th annual Bands in the Sand on Saturday, June 13 from 5:30 to 10 p.m. at the Philip Merrill Environmental Center in Annapolis. This beloved beachfront fundraiser invites guests to kick off the season with live music, dancing in the sand, all-inclusive food and drinks, and stunning waterfront views along the Chesapeake Bay. Over the past two decades, the event has raised millions in support of Bay restoration efforts, making this high-energy evening as meaningful as it is memorable. More info: cbf.org



What's Up? Media's Best Of Party

What's Up? Media's highly anticipated Best Of Party returns on Tuesday, June 9 from 6 to 9:30 p.m. at the Doordan Institute at Luminis Health in Annapolis. This annual celebration brings together the region's top restaurants, businesses, entertainment, and services for an evening of food, drinks, networking, and community spirit, all while supporting Charting Careers. This year's event embraces an America's 250th birthday theme, inviting guests to dress in festive red, white, and blue attire as award-winning "Best Of" restaurant winners serve samples of their signature dishes. Known for selling out year after year, the event draws professionals, business owners, and community members from across Anne Arundel and the Eastern Shore for one unforgettable night. More info: whatsupmag.com

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The Chesapeake Bay Maritime Museum's 38th Annual Antique & Classic Boat Festival and Coastal Arts Fair returns to St. Michaels June 19–21, celebrating the craftsmanship and history of classic boating culture along the waterfront museum campus. This year's festival theme, "Boats Built in Michigan & the Midwest," spotlights iconic vessels from legendary makers including Chris-Craft, Century, Gar Wood, and Lyman. Alongside the impressive lineup of antique and classic boats, visitors can enjoy boating history talks, free boat rides, coastal artists and vendors, a nautical flea market, children's activities, food, and more throughout the weekend. More info: chesapeakebayacbs.org





Island Flea Vintage & Craft Market

Island Flea Vintage & Craft Market brings its monthly mix of vintage style, handmade goods, and laid-back Kent Island charm to Cult Classic Brewing in Stevensville on Sunday, June 21 from 11 a.m. to 4 p.m. Held every third Sunday, the market features more than 40 vendors offering everything from vintage décor, vinyl, and clothing to locally made art and handcrafted finds. With live music, food, drinks, and a relaxed, family-friendly atmosphere, it's the perfect excuse to spend a summer Sunday browsing, shopping, and soaking up the community vibe. More info: instagram.com/islandflea_ki

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5 Questions with Nate of All You Need

By Cali Schwerdtfeger

I had the opportunity to chat with Nate from All You Need about the band's journey and their upcoming performance at the 2026 Best Of Party on June 9th. This marks the second year the band will take the stage at the event, and after last year's crowd couldn't get enough of their high-energy performance, we knew we had to bring them back. Ahead of this year's celebration, Nate shared more about the band's beginnings, musical influences, and what they're most excited about for the future.

How did All You Need first come together, and did you ever expect the band to become such a recognizable part of the Annapolis music scene? Eastport a Rockin' 2019 was our first-ever gig as "All You Need." Nate had gotten a slot on the J Stage and came to Kaleb Shipley (bass/vocals) and Tyler Stover (drums) to play the festival. We ended up having one two-hour practice the day before Eastportarockin'. We got on stage, and it just felt right. We had an immediate connection with the audience and played a great show. We came off stage and all had the same thought: We should really do this again. That's when All You Need officially became a band.





Who or what would you say has influenced the band's sound and style the most over the years? All You Need's strongest influences are Green Day and Blink-182 (and more, but those are the comparisons we get the most by far). We absolutely love the energy they bring from the second they get on stage to the second they step off. You know you've got something if you can get people all around the world nodding their heads to one of your songs. That's what we look up to, and that's the kind of energy we try to bring everywhere we go.

You performed at the Best Of Party last year and are returning again this year — what made you excited to come back? Yes, we did! And we had an absolute blast. Being out on the balcony, feeling the wind, and taking in the views while rocking out with everyone on acoustic guitars was such a unique experience. The event itself was also such a fun time — we enjoyed every part of it, on and off stage. It was something truly special, and we're so grateful for the opportunity to see everyone again and have some fun rockin' out!

What's your favorite part about performing at an event like the Best Of Party that brings together so many local businesses and community members? Annapolis truly has something special. This event is an amazing way to spotlight the hard work and dedication of the family and friends who make the Annapolis area what it is. We really have some of the best around here in so many different ways. Having a "Best Of" event and seeing it all together in one place really makes you feel proud to be here.

Looking ahead, what are you most excited about for All You Need in 2026? We just released our first music video, which we had a blast filming, and we have so much new video content coming out soon that we're excited to share. We're also heading into the studio for some new releases coming toward the end of the year. And, of course, we're excited for all the upcoming shows and the chance to take our music to new cities in the near future.

Learn more about All You Need and give them a listen at allyouneedofficial.com.

Photography by Tony Lewis Jr.

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Library Legend Retires

Career librarian Shauna Beulah retires this year from the St. Michaels Branch of the Talbot County Free Library (TCFL). Her 40-year legacy culminates with the newly expanded library opening its doors this past March. Raised in Lancaster County, Virginia, Beulah worked in her high school library as a young adult. She later met her husband while living in Virginia. After marrying him almost 50 years ago, they moved to the Eastern Shore, where he worked for Black and Decker. She recalls, "I had a friend who said to me, when we were getting married, 'You are coming to the paradise of the earth.' It has been wonderful living here." Beulah served not only the Branch Manager for the St. Michaels Library, but also as an ambassador for the library. She truly believes in libraries and the services they provide to the community. "She is the most compassionate and caring person I have ever had the privilege of knowing, and she will be greatly missed. I have spent the past eight years watching and observing her, and I hope that I can make her proud as her successor," comments Amy Wise, Assistant Branch Manager, St. Michaels Library. When reflecting on her 40 years with the library, Beulah shares, "I have always been aware of what the volunteers have meant to the library—my relationship with them and what I have learned from them and hopefully what I taught them." The new renovations to the St. Michaels Library reflect Beulah's passion for her community with the addition of study rooms for quiet reading and reflection, an enlarged meeting room for public use, a computer area, dedicated "Maker Space" for teens, a children's area, and a café space in the front of the library called the "Friends Corner," which was made possible by the Friends of TCFL for people to have their coffee, mingle and read. Learn more at tcfl.org.





MOST ROMANTIC HOTEL IN MARYLAND NAMED

Brampton 1860 has been officially recognized as the "Most Romantic Hotel in Maryland," earning the top position in a recent feature by *Better Living*, a signature online lifestyle and travel platform that highlights the State's most exceptional destinations for couples. According to the feature, Brampton 1860 "takes the top spot" thanks to its rare ability to combine complete seclusion with thoughtful, elevated hospitality. Set across 35 acres of gardens, meadows, and forestland, the property offers an intimate escape just minutes from downtown Chestertown. "Being recognized as Maryland's most romantic hotel is an incredible honor," says Hilari Rinehart, proprietor of Brampton 1860. "Our goal has always been to be the place that couples think of first when they want to slow down, savor the moment, and experience genuine connection in a beautiful, relaxed setting." Learn more at bramptoninn.com.



TWO-FOR-ONE BUSINESS OPENING

Two businesses—one owned by husband Joe Shimp, the other owned by wife Crystal Shimp—opened on the Shore in Galena this past March. Construction Concierge by Conestoga (Joe) and Lovely Cove Coffee (Crystal) recently celebrated the two businesses' grand openings with a duo ribbon cutting. Both are located in the same building at 100 N. Main Street in Galena. Congratulations! Learn more at conciergebyconestoga.com and lovelycovecoffee.com

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Sherryann and Paul Plesse have found community and new adventures through their CBMM membership. (Photo by Eric Detweiler)

Becoming Part of the Chesapeake Story

New to Maryland's Eastern Shore, Sherryann and Paul Plesse set out to learn more about their new community at the Chesapeake Bay Maritime Museum.

For more than 30 years, the couple had visited the region on day trips from Pennsylvania. After retiring, they fulfilled a longtime dream by purchasing a home along the Wye River last June, eager to fully experience this special place.

Since then, the Plesses have become familiar faces at CBMM in historic St. Michaels, Md., attending festivals, hands-on workshops, Member Nights, and more.

"We're like two little kids living a dream," Sherryann said. "We're so proud to be CBMM supporters and members. Everyone's just been so welcoming. When you move from a different state, you don't often know what to expect, but the people have been amazing."

As a CBMM member, you become a part of the Chesapeake story. You join a community of insiders who enjoy exclusive access and opportunities across its waterfront campus while supporting its mission to preserve and explore the history, environment, and culture of the entire Chesapeake region, and to make this incredible resource accessible to all.

In a short time, the Plesses have taken full advantage of their membership to experience all that CBMM has to offer on its 18-acre campus and feel its mission in action. They've followed their curiosity and embraced new experiences.

Last June, fresh from closing on their home, the Plesses spent a day at the Antique & Classic Boat Festival and Coastal Arts Fair, exploring dozens of timeless vessels across CBMM's campus.

Then came a surprise: A boat owner invited them aboard his classic Donzi speedboat. Before they knew it, they were cruising

past their new home on an unexpected adventure.

"We've been kind of hooked since then," Sherryann said, smiling at the memory.

The Plesses talk excitedly about all that they have done, their list spanning CBMM's campus and mission. There was a Member Night featuring renowned Bay artist Marc Castelli and a Speaker Event highlighting female captains on the Bay.

Paul spent a March weekend making oyster cages and learning about Bay conservation at CBMM's Oyster Gardening Workshop, while Sherryann brought a friend to the Eastern Shore Sea Glass & Coastal Arts Festival in April.

Together, the Plesses took CBMM's Vessel Operations 101 course this spring, learning the basics of knots, rules of the road, and docking with CBMM's Conservation Shipwright Kaeo Clarke and Schooner Sultana Capt. Kate Dumhart.



The Plesses took a ride past their new home aboard a Donzi speedboat at last year's Antique & Classic Boat Festival and Coastal Arts Fair. (Photo by Bill Mish)

It was the perfect introduction for the couple as they get comfortable aboard their new boat, *Dreamin' Blues*. They are eager to start taking advantage of docking in CBMM's Members-Only Marina and the opportunity to visit by water.

"It's really been a game changer," Paul said. "It's given us a lot more confidence with our boat. We're actually utilizing what we've learned."

The Plesses are excited about what's next, with more opportunities ahead to learn, explore, and deepen their connection to the Chesapeake.

"There is something here for everybody," Sherryann said. "We've learned so much, and it's a lot of fun. What I love is CBMM is preserving heritage but also innovating along the way. We are just happy and proud to be a part of this community."



Dockside crabbing is one of the Plesses' new hobbies. (Submitted photo)

Join the community shaping the Chesapeake!

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Meet Colin Buckley of Gunston School

RECENT GRADUATE WILL PLAY LACROSSE IN COLLEGE THIS FALL

By Tom Worgo



Colin Buckley has a dream few people share. Buckley wants to be captain—of a commercial ship. Otherwise known as a merchant mariner.

What type of ship? "I can see myself working on container ships, oil tankers, or a barge," Buckley explains. "I want to get an international trade certification with a deck license. I want to operate vessels of any size anywhere around the world. I can get a military job, but it's mostly private work."

Buckley, who has worked on the water since elementary school, has an affinity for the water and the Gunston School senior is ready to put in the work. The 18-year-old will be attending the State University of New York Maritime College for four years in the Bronx, New York, and he can earn a bachelor's degree in international trade and transportation.

"HE IS JUST GREAT IN THE CAGE, AND AN EXCELLENT COMMUNICATOR WITH THE DEFENSE. HE IS LIKE HAVING ANOTHER COACH ON THE FIELD."

"You have to go through four years of school to get where I want to go," Buckley explains. "After you graduate, you get certified as the third officer in command on a boat. You can work your way up from there. I can never see myself working an office job."

This summer, he will continue to build up his experience on the water, working on an oyster farm in Gosnold, Massachusetts, and for the family in Buzzards Bay in the northern part of Massachusetts.

"An oyster farm is a big saltwater pond where we have a bunch of lines that grow oysters," he says. "I will work for my uncle. I will manage a mooring company and have two people work for me. It's called Frog Pond Marine.

"I manage the business, which I have done since I was 16," he adds. "Bigger boats that don't trust their anchors come and tie up."

When Buckley, a Chestertown resident, isn't thinking about the water, he is sharply focused on lacrosse. Buckley considered other colleges for lacrosse—Massachusetts Maritime Academy and Maine Maritime Academy—but settled on New York's Division III Maritime College because of the fit for academics and athletics—especially the coaching staff.

"I really like how they put academics ahead of athletics because of how rigorous they are," says Buckley, who carries a 3.3 grade-point average. "They have study halls. And the coaches I met were some of the nicest people I ever met. I would say it's a great place for me to grow and develop as a player."

Photograph courtesy Buckley family

Gunston Boys Lacrosse Coach Teddy Peyton knew that soon after he met the 5-foot-8 Buckley, a transfer, that he would have a positive impact. He is just a winning goalie. Buckley transferred from Connecticut's Avon Old Farms School, where he played lacrosse for three years.

Buckley made 15 saves in Gunston's season-opening game versus Pallotti. "He is just great in the cage." Peyton says. "And an excellent communicator with the defense. He is like having another coach on the field."

Avon Old Farms High Boys Lacrosse Coach Kyle Jackson saw tremendous growth from Buckley in his three years at the school. Buckley earned varsity MVP honors as a junior. Buckley has played lacrosse since age four and got his start in the Kent County Lacrosse Program. He also played five years of club lacrosse after that.

"He is somebody everybody loves to be around," Jackson says. "He was very coachable. He is somebody the guys looked up to and really respected."

Jackson respected Buckley for his career ambition. He talked about it often. "He always knew he wanted to work on a boat," Jackson recalls. "That's Colin through and through. That was his passion. When he went home in the summer he was on a boat 24/7."



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Breakfast (Tie)
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Brewery
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205 Grange Hall Road, Queenstown, MD 21658 • teneyckbrewing.com

Brunch (Tie)
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Brunch (Tie)
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Chef
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Cream of Crab Soup
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Cupcakes
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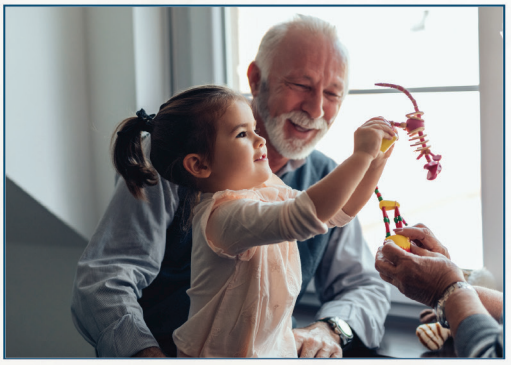

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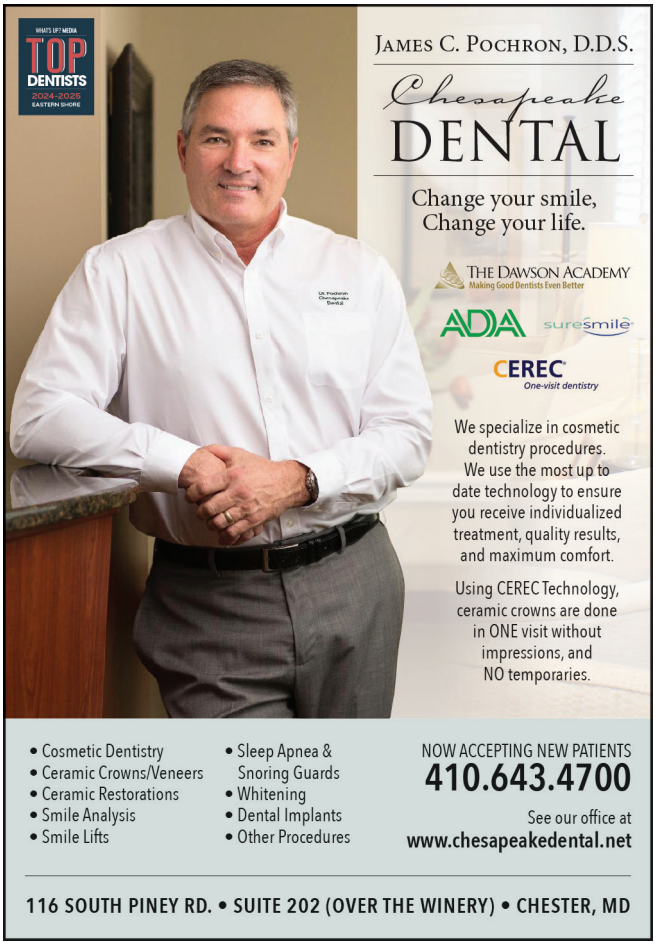

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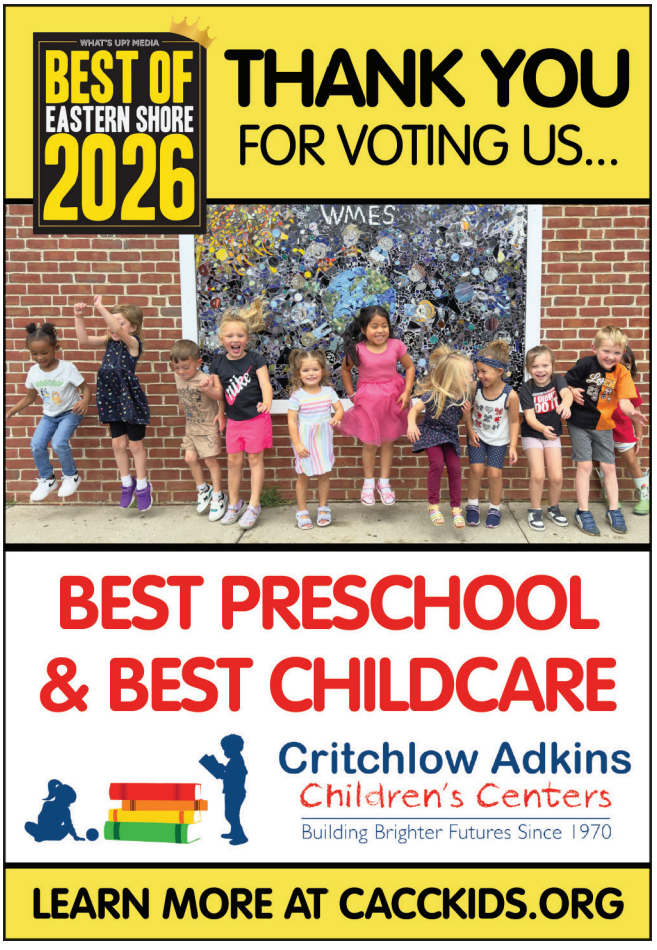
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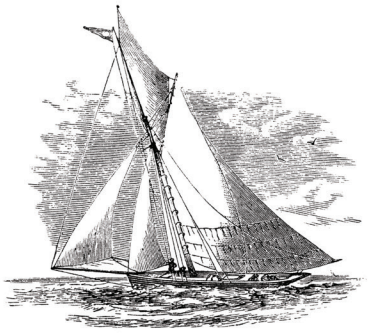

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Chasing the Wind

Preserving the celebrated tradition of log canoe racing on Maryland's Eastern Shore

BY LISA A. LEWIS



Each summer, sailing enthusiasts eagerly await the start of the log canoe racing season, a cherished tradition that blends intense, high-adrenaline sailing with Maryland's rich maritime heritage. Excited spectators watch in awe as the crews of these historic vessels vie for glory—shifting their weight on wooden planks (springboards) in an elegant, yet chaotic, "water ballet" choreographed to avoid capsizing and achieve victory in an experience that can only be described as precarious.

But, perhaps, what makes this tradition even more revered by both crew members and spectators is the fact that these vessels were not originally intended for racing. Evolved from Indigenous dugout canoes, log canoes were adapted in the 17th century as workboats for another iconic Maryland tradition: oystering. Due to their hull form, log canoes were fast for their size, enabling watermen to get their catch to market quickly. Over time, this competitive spirit led to informal races, which later evolved into the first organized log canoe races.





The Miles River Yacht Club's annual Centennial Cup takes place in June. Photographs courtesy Sharon Thorpe for Chesapeake Bay Maritime Museum



A tradition exclusive to Maryland's Eastern Shore, log canoe racing is a beloved sport dating back to the 19th century in which crew members act as "human ballast," climbing onto and sitting on springboards that extend over the side of the vessel to counteract the force of the wind and maintain stability. Constructed from three to five hollowed-out logs joined together side by side, log canoes have long, narrow hulls with large sails. Since their design makes them extremely sensitive to changes in wind and balance, every crew member has a specific job, and they all must work together as a team. The number of crew members may vary from four to more than 15 sailors, depending on the size of the vessel.

According to Patrick Penwell, who shares the role of skipper of *Island Blossom* (built 1892), the reigning champion on the log canoe racing circuit, with Jeff Cox, the crew is responsible for keeping the boat balanced, trimming the sails, calling tactics on the racecourse, and bailing water out with small buckets to keep the boat lighter and more stable. The sail trimmers constantly adjust the sails to keep the boat moving as fast as possible while also helping control the power in the sails when the wind increases.

The boardmen must act quickly—constantly moving in and out on the springboards to keep the boat stable. During a tack or jibe (maneuvers for changing direction relative to the wind), they have to time the throw of the boards from one side of the boat to the other almost perfectly. Being out on the springboards also gives them a bird's-eye view of the racecourse, where they can see the other boats, the next mark, and wind shifts approaching. Communication is critical, and quick decisions must be made during a race.

"Nothing really compares to the thrill of sailing a log canoe," Penwell says. "They are incredibly fast, extremely tippy boats, and when the wind picks up, the adrenaline really kicks in because everyone on board must react instantly to keep the boat balanced and moving fast. When the boat powers up and heels over, you can feel how close you are to the edge, which makes it both exciting and demanding at the same time."

"The whole thing is kind of crazy," adds Sean Callahan, log canoe fleet captain, Tred Avon Yacht Club (TAYC) and skipper of *Billie P. Hall* (ca.1903). "You're racing sailboats that are in some cases more than 100 years old and chasing other 100-year-old race boats around in circles. And if you're good at it, you might win."



Spectators enjoy watching the annual Governor's Cup log canoe race on the Miles River. Photographs courtesy Sharon Thorpe for Chesapeake Bay Maritime Museum

From Workboat to Racing Machine

A proud tradition, log canoe racing originated in the 1840s among Eastern Shore watermen. According to Pete Lesher, chief historian and ambassador at large, Chesapeake Bay Maritime Museum (CBMM) and a crew member of *Island Bird* (1882), the first documented race took place in 1859 on the Miles River. By the 1870s and 1880s, more log canoe races were being held, and a trend towards building boats specifically for racing emerged. These vessels featured lighter hulls, larger sails, and springboards.

But with the introduction of gasoline engines in the early 20th century, log canoes began to die out—rendering them nearly obsolete. Although this technological advancement marked the end of the era for log canoes for oystering, the conversion to gasoline engines paved the way for a new chapter in history: the transformation from workboats that "raced to market" to an organized racing sport.

The final weekend of Miles River log canoe racing of the season brings together generational racing teams and plenty of spectators. Photographs courtesy Sharon Thorpe for Chesapeake Bay Maritime Museum





According to the Miles River Yacht Club (MRYC), a group of St. Michaels businessmen decided to revive the tradition of log canoe racing by organizing a race among three canoes: *Sam*, *Mary Rider*, and *Island Blossom*. This historic race, which was held in 1920, was so successful that the men were inspired to create a club with 10 charter members. In 1921, MRYC, proudly known as the "home of the canoes," was officially born.

"The Miles River Yacht Club has been involved with log canoe racing since its inception," says Marshall Patterson, former member and current volunteer, CBMM, who is also the skipper of the museum's log canoe, *Edmeé S.* (ca. 1934), and a past commodore at MRYC. "The club is proud to showcase the rich history of the sport and to support the tradition for the sailing community."

According to MRYC, more than a dozen log canoes—many of them more than a century old—still race today during the celebrated log canoe racing circuit on the Eastern Shore.

"Log canoe racing is a remarkable tradition," Lesher says. "It has a mystique that attracts the sailing community. Some are family members with deep roots in the sport who have passed it down through the generations. Others just want to be involved in a sport that is very special to the Chesapeake Bay."



The Thrill of the Race

The racing circuit features a series of nine regattas (27 total races) on the Miles, Choptank, Tred Avon, Chester, and Corsica rivers. The races are hosted by MRYC, the Cambridge Yacht Club (CYC), TAYC, the Chesapeake Bay Yacht Club (CBYC), the Chester River Yacht & Country Club (CRYCC), the Corsica River Yacht Club (CRYC), and the Rock Hall Yacht Club (RHYC). The events are organized by volunteers.

Throughout the season, which takes place on weekends in June through September, crew members demonstrate their physical prowess and endurance as they compete for the coveted High Point title. Established in 1969, the George H. Wilson High Point Trophy is presented at the end of the season to the log canoe with the best overall record across all races. *Island Blossom* has consistently won the title since 2010 and is considered "the boat to beat."

Since Penwell and Cox took over the helm in 2023 from Penwell's father, Corbin Penwell, who retired from skippering *Island Blossom* after 24 years, they have continued the streak—winning the title in 2024 and 2025.

According to Patterson, other log canoes that are considered top competitors include *Persistence* (ca. 1890s), *Jay Dee* (1931), *Billie P. Hall* (ca. 1903), and *Mystery* (1932).

Hosted by MRYC, the **Centennial Series** officially kicks off the log canoe racing season. Perhaps it's fitting—and even poetic—that the first weekend of the season takes place on the Miles River, where the tradition was revived more than a century ago.





Top: The log canoe *Island Blossom* competing in the annual races. Photo by Sherie Munday.

Bottom: The log canoe *Island Blossom* competing in the annual races. Photo by Randy Welch.

"The Centennial Series is especially exciting for crew members and spectators because it's the first time back on the water," Patterson says. "There's excitement in the air, and everyone is looking forward to long summer days filled with thrilling adventures on the race circuit."

The **Governor's Cup**, also hosted by MRYC, is one of the most prestigious racing events of the season. Established in 1927, the two-day regatta was originally sponsored by Governor Albert C. Ritchie to continue MRYC's efforts to preserve the log canoe racing tradition. The perpetual trophy, a large silver punch bowl, was named in his honor. *Island Lark* (1901) won the Governor's Cup in 2025.

The oldest yacht club on the Eastern Shore, CYC hosts the **Governor Hicks Cup**, which showcases the high-stakes action of log canoe racing during a two-day regatta on the Choptank River. The perpetual trophy was originally awarded in 1938 and named in honor of Thomas Holliday Hicks, former governor of Maryland. *Island Blossom* won first place in 2025.

"The Cambridge Yacht Club has been renowned for hosting regattas, and our club has a rich history of log canoe racing and camaraderie," says Trevor Carouge, a CYC member, past board member, past sailing chair, and past commodore, who also oversees the planning of the Governor Hicks Cup. "In recent years, we have focused on reinvigorating our club to put an even greater focus on log canoes.

"Since sailing is one of my passions, I was excited when the opportunity to organize the Governor Hicks Cup arose about eight years ago. Organizing such an important event definitely causes a lot of anxiety. We want to put on a good show and ensure that everyone has a great time. So, it's always rewarding to see the first boat cross the finish line."

Founded in 1931 in Oxford, TAYC hosts two log canoe racing events: the**Oxford Regatta**, held in collaboration with CBYC, and the **Heritage Regatta**. According to Callahan, the Oxford Regatta is a major event and features about 150 boats racing on the river. Last year, he and his crew won the regatta on *Billie P. Hall*, which was purchased by the Callahan family in 1983.

One of those crew members is Liz Principe, a member of CYC. When she saw log canoe racing for the first time, she fell in love with the exhilarating sport and immediately thought, "I'd like to try that." Through a friend, she received an invite to become a crew member on *Billie P. Hall* and has been ever since.

"Log canoe racing is so thrilling," Principe says. "It's like riding on a roller coaster. When I became a crew member on *Billie P. Hall*, I gelled so well with Sean and the rest of the crew and felt like part of a team. Log canoe racing is a beautiful way to build lasting friendships among fellow sailors. We race together, and we socialize together. It's a privilege to race on these historic boats, and I am grateful for the opportunity."

Unlike the Oxford Regatta, the Heritage Regatta has a more laid-back atmosphere and features log canoes, Comets, Penguins, and Shields The river is less crowded, which allows for better racing.

"Right now, the competition across the fleet is very good," Callahan explains. "All the boats are fast, and everybody puts in a lot of effort. It's very competitive, fabulous racing. The spectating is great, and so is the afterparty."

The log canoe racing season officially closes with the **Bartlett Cup**, a prestigious race that CBMM has hosted since 1972. According to Lesher, the repoussé silver punch bowl was originally presented to Commander Edward L. Bartlett by the Baltimore Yacht Club. When it was donated to CBMM in 1971, it was repurposed as a perpetual trophy for the regatta, with support from MRYC. *Mystery* won the Bartlett Cup, which is not scored for the High Point title, in 2025. CBMM encourages spectators to watch the races aboard its *PATRIOT* cruises on the Miles River on select weekends. To learn more, visit cbmm.org/patriot-cruises.



The log canoe *Island Blossom* competing in the annual races. Photo by John Rock/ Tidewater Images.



From the 2024 races in Cambridge. Past Commodores Trevor Carouge (left) and Graham Ward (right) with Alaina Basciano. Photo by Tidewater Images.

A Family Tradition

Like many beloved Maryland traditions, log canoe racing is often passed down through the generations. The North family, led by Judge John C. North, II, is widely considered one of the most prominent families in log canoe racing. For more than 70 years, Judge North skippered *Island Bird*, which was built by his great-grandfather, William Sidney Covington, before passing the boat down to his grandson, Dylan North.

In addition, *Island Blossom* has been in the North family since 1952 and is currently owned by Judge North's sons, David and Dan North (skipper of *Jay Dee*). The boat was passed down to them following the passing of their father in 2025.

"You cannot talk about log canoe racing without mentioning Judge North and the tremendous impact he had on the fleet," Patrick Penwell says. "He will be deeply missed as one of the great sailors, ambassadors, and stewards of the sport."

Born into the tradition, Callahan started sailing with his father on *Island Blossom* when he was seven years old and continued to sail with him throughout the years. He also passed down the tradition to his own sons, Harry and Leo.

Like Callahan, Patrick Penwell also started sailing on *Island Blossom* when he was about seven years old, crewing as a bail boy for his father. He has many fond memories of the time his father spent as skipper of *Island Blossom*—the role he now holds.





Keeping the Tradition Alive

Steeped in history, log canoe racing continues to serve as a reminder of Maryland's rich maritime heritage, thanks to the dedication and ingenuity of generations of sailors. The workboats of days gone by have been replaced by racing machines worthy of admiration and awe. The design of these historic vessels and the synchronized movements of their crew members convey a sense of beauty and grace as they speed across the water.

For more than a century, log canoe racing has captivated both crew members and spectators, and this love of the sport helps keep the tradition alive—inspiring future generations to take up the mantle and ensure its legacy.

"Wherever you go in Maryland, you will find interesting pockets of culture," Lesher says. "Log canoe racing is one of these gems. It's thrilling to participate in and beautiful to watch. A time-honored tradition, the sport inspires regional pride and makes Maryland truly special."

Top: The log canoe *Island Blossom* competing in the annual races. Photo by John Rock/Tidewater Images.

Bottom: The log canoe *Island Bird* competing in the annual races. Photo by John Rock/Tidewater Images.



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Image courtesy of happywall.com

Defining Neo-Deco Design

By Lisa J. Gotto

Like its 20th century design cousin in Art Deco, Neo-Deco uses elements of bold geometry, luxe materials, and statement pieces—but then thoughtfully applies them through a modern sensibility filter that values comfort, restraint, and livability. Experts describe Neo-Deco as a vibe that is confident without being loud, indulgent without being impractical, and nostalgic without feeling stuck in the past.

So, don't expect the feel of your grandmother's mirrored bar cart era. Neo-Deco works with today's homes that need to function as sanctuaries, not movie sets, favoring quality over quantity, statement over clutter, and polish over perfection.

The result is an interior scheme that feels elevated and expressive, while still feeling warm and welcoming for guests, as well as the family.

HERE'S A RUN-DOWN OF THE HALLMARKS OF NEO-DECO DESIGN:

STRUCTURE & SWAGGER BORNE OF GEOMETRY

At the heart of Neo-Deco is geometry—but not in the rigid, boxy sense. Curves, arches, fluting, scallops, and chevrons add movement and softness, creating spaces that feel dynamic rather than severe. These shapes show up everywhere including furniture profiles, architectural details, tile layouts, and even in subtle millwork. What makes Neo-Deco feel modern is how those shapes are used. Instead of repeating motifs endlessly, designers let one or two geometric elements take center stage. A curved sofa anchors a living room. An arched doorway becomes a moment. A fluted wall adds texture without overwhelming the eye. Geometry becomes a form of visual punctuation—stylish, expressive, and confident.



Image courtesy of thecameronteam.net



Image courtesy of soutidy.com

Intention Through Statement Pieces

Rather than appointing a room; Neo-Deco is about curating it. In lieu of layering in numerous accessories, this style relies on a few standout pieces to carry the visual weight. A dramatic light fixture, a sculptural chair, an oversized mirror, or a bold piece of art becomes the focal point, allowing the rest of the space to breathe. This approach creates interiors that feel intentional and confident. Nothing is there "just because." Every piece earns its place, contributing to the overall story of the room. The effect is both luxurious and calming—a rare combination that feels especially appealing in a chaotic world. Ultimately, Neo-Deco invites you to enjoy elegance without formality, drama without tumult, and luxury without excess. It's a style that understands that the most compelling spaces don't try too hard—they simply know who they are.



Image courtesy of calendoostudios.com



Image courtesy of homary.com

Thoughtfully Edited Glamour

Where classic Art Deco possessed an air of excess with more shine, more pattern, and just more in general, Neo-Deco keeps the glamour but edits with a modern eye. Ornamentation is streamlined, silhouettes are cleaner, and details err of the side of intentional rather than ornamental. Where traditional deco might have layered patterns and finishes with abandon, Neo-Deco chooses its moments more carefully. Another way to interpret Neo-Deco is to think couture versus costume. A Neo-Deco space might feature one dramatic flourish—a sculptural chandelier, a high-contrast floor pattern, or a striking wall treatment—but it is balanced by calm, understated surroundings. So, the drama is still there, but it's controlled.



Image courtesy of hommes.studio

LUXURIOUS MATERIALS, SOFTENED FOR REAL LIFE

Neo-Deco provides the buffer between beauty and no-nonsense modern living. Materials traditionally associated with luxury like marble, brass, velvet, lacquer, and glass are still front and center, but they're treated with a lighter hand. High-gloss finishes give way to honed stone and brushed metals. Plush velvets are balanced with nubby linens or warm woods. Lacquered surfaces appear in measured doses rather than coating an entire room. The goal is richness without rigidity, indulgence without intimidation. This balance is what makes Neo-Deco so appealing for contemporary lifestyles. It allows rooms to feel elevated and tactile, without crossing into "don't touch anything" territory. Intentionally, these are spaces meant to be admired—and enjoyed.

A COLOR PALETTE THAT SETS A MOOD

Neo-Deco color palettes typically begin with a refined neutral base such as a creamy white, warm taupe, soft gray, or a deep charcoal—that is then layered with saturated hues for impact. Jewel tones like emerald, sapphire, eggplant, and intense navy appear as accent colors, adding depth and richness without overpowering the room. There is also a role for classic black to play in these schemes and it is often paired with warm metallics like brass or bronze for contrast. The effect comes off as striking but not stark, remarkable but still cozy. Even when bold colors are used, they're grounded by balance and repetition, keeping the overall look cohesive rather than chaotic. In Neo-Deco spaces, color isn't just decoration—it's atmosphere. It sets the mood, frames the architecture, and adds a sense of subtle indulgence that makes a room feel special.



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We Can Make a Difference

ADDING RAIN GARDENS TO OUR LANDSCAPES

By Janice F. Booth

Summer is here; school is almost over for the year, and everyone is looking forward to enjoying our tributaries and grand Chesapeake Bay. As gardeners can we do more to protect our waterways from contamination? Consider our region's rainfall, which averages about 42–47" per year. Perhaps, we can do something more in our gardens to utilize that rainfall and help maintain clean waterways.

Let me suggest adding a small, attractive rain run-off catchment, a Rain Garden to your landscaping this summer. According to the Chesapeake Bay Foundation, in urban and suburban areas, "Rain gardens filter up to 93 percent of the oil in urban and suburban runoff…also filtering up to 90 percent of toxic metals, 70 percent of the sediment, 30 percent of the phosphorous, and at least 25 percent of the nitrogen pollution" carried in the rain that is not absorbed into the earth naturally.

In addition to being a boon to our waterways, a rain garden is a favorite hangout for birds and pollinators. Once you've gotten through the construction stage, a rain garden is attractive and easy to maintain.

LET ME REVIEW THE (1) BENEFITS, (2) DESIGN AND CONSTRUCTION, AND (3) MAINTENANCE OF A RAIN GARDEN.

BENEFITS

In addition to the "big picture"—protecting our water from runoff pollution, there are additional benefits closer to home. Rain gardens:

- Improve the neighborhood's drainage, reducing the danger of basement or sewer backups and flooding
- Improve your property value
- Increase the aquafers groundwater flow, improving the quality of the groundwater
- Improve the landscape, particularly if you're trying to cut back on lawn maintenance
- Create a natural wildlife habitat
- Optimize the use of available water during droughts



DESIGN AND CONSTRUCTION

There are some simple do-it-yourself ideas, but you may want to consult a hardscape or landscape specialist before digging an indentation in your lawn.

- Simple raised planters and water barrels at downspouts are two easy ways to reduce runoff
- Rain gardens should be situated at least 10' from building foundations and 50' from a septic system, if you have one
- Determine the percolation rate of the area by determining how long it takes groundwater to move through the soil. (You can find directions for simple tests on-line, or have the test done by the professional.)

◆ Based in part on the rate at which water is absorbed, decide on the size and shape of the indentation you'll be making in your garden or lawn. Note: situating the rain garden on a slope will make it easier to capture the runoff water, allowing runoff to settle into the earth. There are **three levels of efficiency** to choose from: **Simple rain garden:** a depression where water will collect planted with grasses and native flowers and shrubs. **Intermediate:** a "Biosphere" is larger, designed to capture greater volumes of run-off water. **Advanced:** often called a "Settling Area" is constructed where severe urban runoff is likely to occur. It can collect debris and trash, and is designed to make periodic cleaning and clearing possible. (Such a "settling area" is usually a community or neighborhood project.)

◆ After choosing a shape and size, remove from the area any grass or plants. Dig a hollow that is deeper than you want finally. You will add layers of soil combined with compost and top that with mulch. So, your initial depth must allow for the layers you will place in the hollow area.

◆ You have two choices: You can keep the rain garden spare, with attractive rocks, a few simple grasses and perhaps a bush or two. Or you can choose to fill your rain garden with plants that will create a nature area. If you do, **choose plants that are native** to our region. You'll want to select some that can tolerate standing water, at least briefly, and plants that can tolerate drought conditions. The moisture loving plants will go in the deepest area of the hollow. The drought tolerant plants will be the band around the upper rim of the garden. In our region, some of the native plant favorites are: Siberian iris, Aster, Turtlehead, Phlox Gentian, Beebalm, Sedge, and Forget-Me-Nots. Check out the recommendations on the Univ. of Maryland Extension site: extension.umd.edu/resource/introduction-rain-gardens





MAINTENANCE

While a rain garden is fairly self-sufficient, you should plan on a few regular chores.

◆ Prepare to regularly water the plants during the first year. As with any flowerbed, a strong root system must be established.

◆ Yes, even in a rain garden, someone will have to weed and trim the grasses and plants.

◆ Clean out the debris that will collect over time—leaves, twigs, plant detritus, silt and sand. If the rain garden is not cleaned periodically it will eventually fill in and stop working as a catchment. A garden rake may suffice, but you may need heavy-duty shovels or a gardener's services.

A few misconceptions:

◆ **A mosquito breeding ground:** A well-constructed rain garden will absorb run-off within 24–72 hours. Mosquitoes require 4–7 days of standing water to breed

◆ **An untidy appearance:** If you want to avoid the "wild meadow" look, you can plant your rain garden with ground cover, rocks, and a decorative tree or two. You can edge, prune, and trim the rain garden to please your own aesthetics.

◆ **A swamp in the yard:** Rain gardens are generally dry, except after a heavy rain. If water remains after a few days, it may be time to clean the rain garden of built-up silt and detritus.

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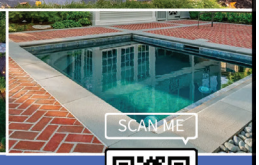

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Sweet Dream of St. Michaels

By Lisa J. Gotto

Primary Structure Built: 1970

Sold For: $926,000

Original List Price: $899,900

Bedrooms: 3

Baths: 2

Living Space: 1,740 Sq. Ft.

Lot Size: .23 acres

This precious 1700-square-foot Cape Cod-style residence offers home-sweet-home appeal and a great neighborhood location on a quiet street in scenic St. Michaels.

Guests are cordially welcomed along a classic red brick walk to a charming front porch with white picket fencing—just perfect for rocking chairs and window boxes.

Inside, quality craftsmanship and attention to detail is immediately evident with the entrance's knotty pecan-colored wood floors that extend through the main level's living, dining, and kitchen spaces.

A spacious living room offers an abundance of natural light, lovely wood trim, and a gorgeous wood-burning Federal-style fireplace with dentil detailing and classic, red brick surround. Framed by custom built-ins on either side, this element sets the overall traditional tone throughout the home.

This room transitions easily to the adjacent formal dining room awash with the light of several windows, and then into the bright and cheery kitchen. This is a breezy, large space with room for more than one cook. There's all-white custom cabinetry with charming farmhouse pull hardware throughout, all stainless steel appliances, and gleaming granite countertops.

Photography by Jim McKee

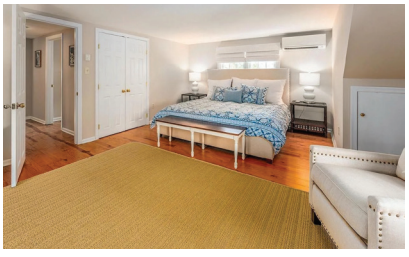
The main level of this home offers a convenient primary bedroom and a roomy first-floor bath with an oversized bathtub with rainfall showerhead and gorgeous stacked stone tile treatment.

The two additional bedrooms are located on the second floor, where the gorgeous hardwoods continue throughout. These two generous rooms offer charming details like window bench seating and slanted roofs. They share a pretty and fully-equipped second-floor bath.

The outdoors can be accessed through a back door in the kitchen where the homeowners will enjoy a charming backyard and patio area with handsome paver stones and a pergola, lovely landscaping, and a handy shed that is surrounded by rustic, picket fencing.

This residence is a sweet little dream located within two blocks of St. Michaels harbor.





Listing Agent: Brian Gearhart, Benson & Mangold Real Estate, 31 Goldsborough St., Easton, m. 410-310-5179, o. 410-822-6665, brian@cheasapeakebayproperties.com, bensonandmangold.com **Buyer's Agent:** Unrepresented

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Going Low Profile on the Bay

By Lisa J. Gotto

Right on the water and with so much to offer, this 5,200-square-foot traditional style residence packs a serious punch when it comes to location and layout.

Don't let the low-profile exterior of this property with the Chestertown address fool you. This custom-built home impresses from above with its nine-foot ceilings and below with beautiful hardwood floors that flow throughout much of the main level. Upon entering, guests will notice an abundance of natural light coming forward from the wall of windows that spans three different rooms across the back of the home.

Primary Structure Built: 1997

Sold For: $1,524,900

Original List Price: $1,495,000

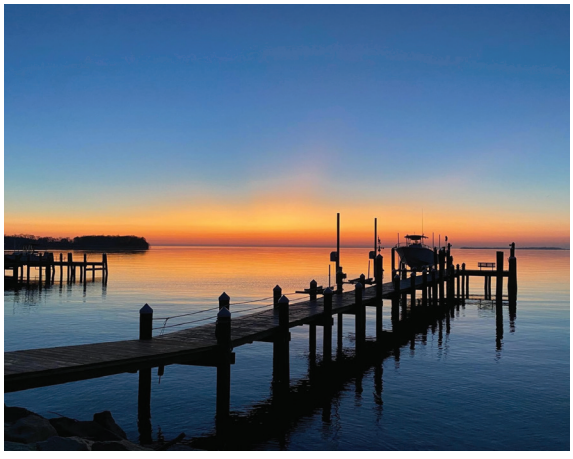
Bedrooms: 5

Baths: 3 Full, 1 Half

Living Space: 5,241 Sq. Ft.

Lot Size: 1.36 acres





Photography by Stephen Buchanan

A formal dining room opens to the left and a spacious family room opens to the right of the cheery foyer. Designed for entertaining, the residence flows forward to a sunny, waterfront-facing breakfast room with gas fireplace and a gourmet kitchen that provides stunning views and convenient access to the home's large screened-in back deck.

Luxury appliances, including a six-burner gas range with dual ovens, an island with a butcher block countertop, and breakfast bar seating for four defines the space.

The adjacent great room serves as a dramatic focal point, showcasing a floor-to-ceiling brick wood-burning fireplace, vaulted shiplap pine ceiling, exposed beams, and expansive water views.





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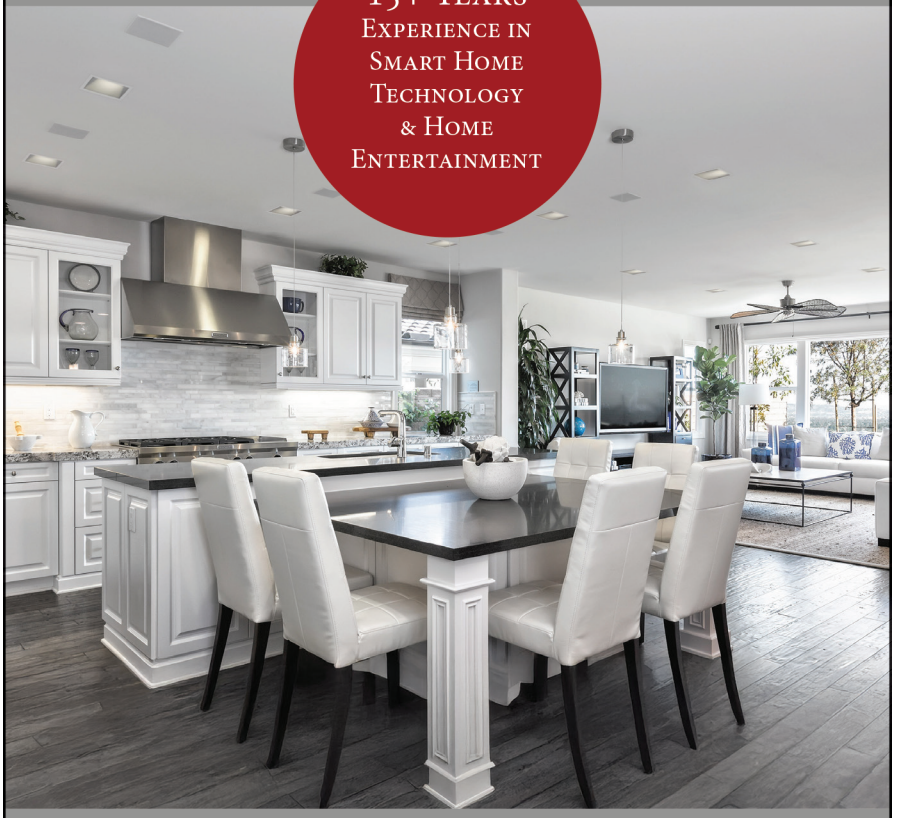

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The first-floor primary suite provides a private retreat with a walk-in closet and an updated bath featuring new flooring, a corner soaking tub, and dual vanities. Two additional bedrooms, a full bath, and a laundry room complete the main level.

Upstairs, the home offers two generously sized bedrooms, a large living area, a full bath, and an 18-by-22-foot unfinished bonus room or man cave with a separate staircase leading to the garage or exterior—perfect for future customization or expansion.













Outside, this property's waterfront amenities are truly outstanding and feature 150 feet of riprap-protected shoreline and a brand-new private 140-foot pier providing direct water access. The pier is fully equipped with lighting, water service in four locations, a 12,000-pound boat lift, and two jet ski lifts—ideal for boating, fishing, and all forms of waterfront recreation. Whether heading out for a day on the Bay or enjoying the view from shore, the property offers an unparalleled connection to the water.

"I am so grateful for the continued trust of my repeat clients," says Sellers' Agent, Lona Sue Todd. "I helped them purchase this home seven years ago and am honored to have guided them through this successful sale."



Listing Agent: Lona Sue Todd, Taylor Properties, 175 Admiral Cochrane Dr., Annapolis, m. 410-310-0222, o. 800-913-4326, lstodd11@outlook.com, taylorprops.com **Buyer's Agent:** Jason Zang, RE/MAX Chesapeake, 424 George St., Chesapeake City, m. 443-553-4740, o. 410-885-7127, jzang4351@gmail.com, remax.com



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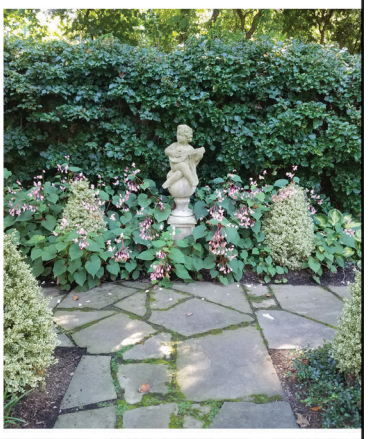



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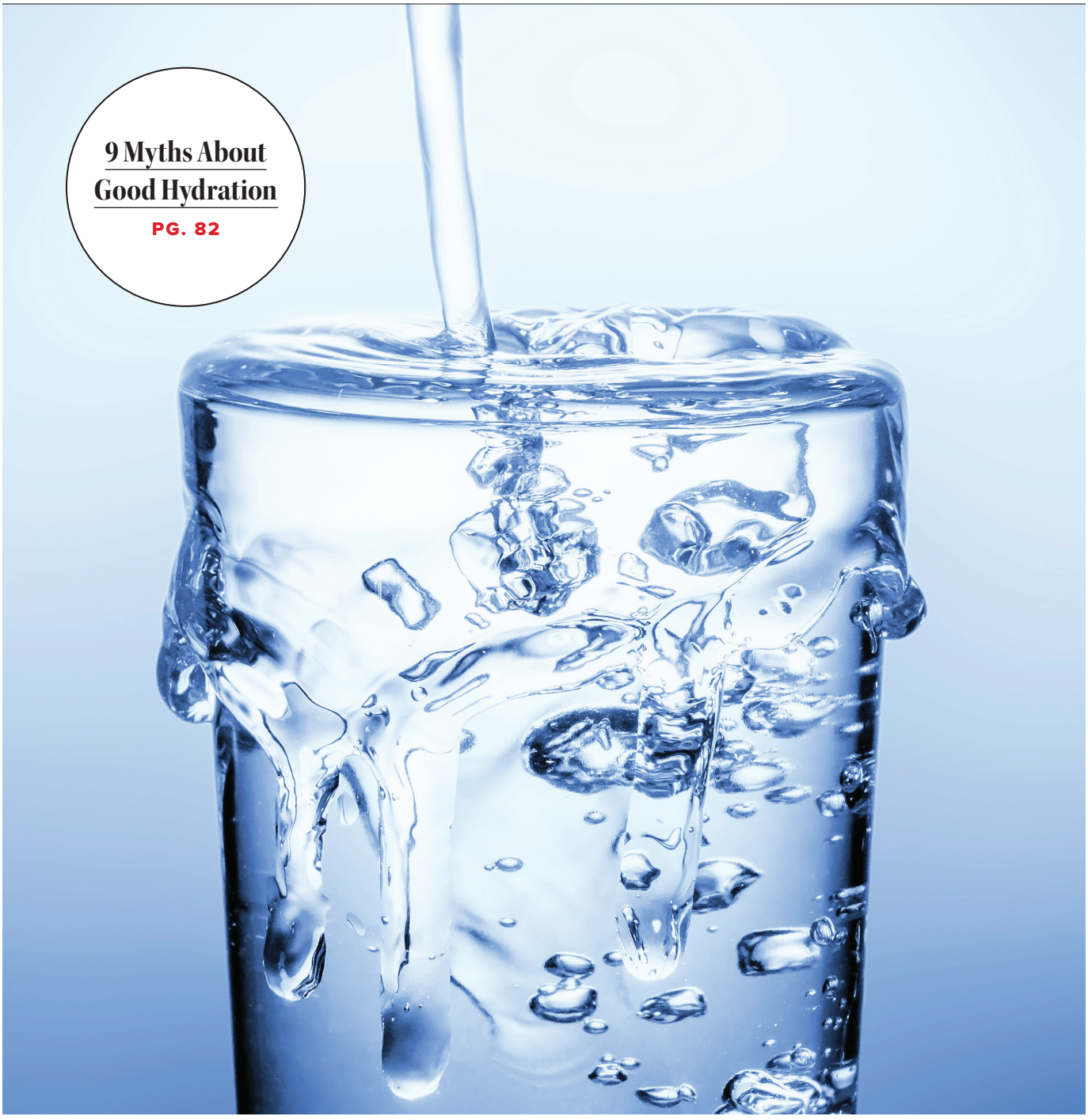



High or Low? Your Blood Sugar Still Matters

(YES, EVEN IF YOU DON'T HAVE DIABETES)

By Dylan Roche

Paying attention to your blood sugar levels sounds like a concern for somebody with diabetes—and if you're not diabetic, you might think you don't have to worry. The reality is that even non-diabetics should still be aware of their blood sugar levels.

The human body is constantly regulating glucose, aka blood sugar. It's what your body breaks your food down into and sends to your cells for energy. Diabetes affects the body's production of the hormone insulin, which regulates blood sugar. That doesn't mean that your blood sugar levels will always be steady—and it's worth paying attention because of the way blood sugar affects your energy levels and mood.

Hyperglycemia (high blood sugar): This is a spike in blood sugar you'll often experience after eating a large amount of sugar or refined carbohydrates. It's typical to experience a "crash" after a big meal where your blood sugar spikes and then drops quickly. But it can also be caused by severe stress, illness, or certain medications.

Symptoms of high blood sugar include: Fatigue after a big meal, Brain fog or difficulty focusingl, Headaches or irritabilityl, Frequent urination. **Frequent spikes in blood sugar can lead to complications such as:** Weight gainl, Inflammationl, Increased risk of developing type 2 diabetesl, Cardiovascular problems.

Hypoglycemia (low blood sugar): The other extreme is when your body doesn't have enough glucose in the bloodstream, frequently because you skipped a meal or engaged in heavy exercise without enough food.

Symptoms of low blood sugar include: Dizziness or lightheadednessl, Anxiety or irritabilityl, Brain fog or difficulty focusingl, Sweating, shaking, or trembling

SHOULD YOU BE CONCERNED?

If you don't have diabetes, your body can usually maintain steady glucose levels except in unusual situations. An occasional high or low means you won't be feeling your best, but it's nothing to worry about. However, if you start to notice…

Frequent energy crashes after mealsl, Strong sugar cravingsl, Shakiness when hungryl, Brain fog or fatigue

…these could indicate insulin resistance or reactive hypoglycemia. That's worth discussing with your doctor, because you could have prediabetes or another metabolic syndrome—and your doctor could help guide you in making the proper lifestyle adjustments to prevent any progression.

Learn more about tracking blood sugar levels at home and **over-the-counter glucose monitors** in the article "Benefits (or Not) of Tracking Blood Sugar" from our March 2026 issues. Scan this QR code to read the article



"Revenge Bedtime Procrastination"

By Dylan Roche

We've all been there: It's been a long day, you're exhausted, and you finally have some time to yourself. **Do you go to bed early or do you stay up just a little later to do a little bit of nothing?**

The responsible (i.e. healthy) choice would be to go to bed early, so you get plenty of sleep and feel refreshed the next day. But if you're like many people, you stay up past your bedtime—maybe even *way* past your bedtime—doing something mindless like scrolling your phone or streaming several episodes of a series.

There's a term for this habit: **bedtime procrastination**. People want to create time for themselves, so they procrastinate on bedtime the way they would on chores or other unwanted tasks. As with other forms of procrastination, people do it knowing full well it'll have negative consequences later.

In fact, the Sleep Foundation highlights the specific term *revenge* bedtime procrastination. That's because people who procrastinate on sleep often do it because they feel their daily responsibilities are encroaching on their personal time, and they want to reclaim it. The Cleveland Clinic notes that revenge bedtime procrastination often feels like self-care in the moment, and those who are most likely to engage in it are those who often must sacrifice control over their own time, such as caregiving parents or busy students.

PRIORITIZE SLEEP

Even if staying up an extra hour to scroll through social media feels like self-care, keep in mind: Sleep is one of the three pillars of good health, along with nutrition and exercise. Most adults need seven to nine hours of sleep. Sleep is important for warding off illness, regulating your emotions, and keeping your mind clear. Health risks of too little sleep include heart disease, high blood pressure, diabetes, stroke, and depression

STOP PROCRASTINATING

Tired of being tired? Stop being so vengeful—take these steps to cut back on the procrastination and start observing a healthy sleep schedule: Keep a log. For a week, write down what time you go to bed and how much sleep you get. You might be surprised—some people don't even realize how bad their procrastination is until they start paying attention. **Set a goal.** Start by being realistic. You don't have to aim for nine hours of sleep right away. Instead, set a small goal by telling yourself you'll go to bed 30 minutes earlier or limit yourself to one episode of a show. **Put your phone away.** Your phone is your biggest culprit of bedtime procrastination. Harvard Medical School reports procrastinators use their phone for 80 minutes before bed compared to 18 minutes for non-procrastinators. Making your bedroom a no-phone zone will make a huge difference. **Engage in quiet reflection.** Prioritize quantity over quality when it comes your bedtime wind-down. A short period of a mindful activity like yoga or journaling can be more rewarding than hours of mindless scrolling or streaming, plus it will help relax you for bed.



9 Myths About Good Hydration It's Time to Pour Out

By Dylan Roche

"Stay hydrated"

Is one of those bits of health wisdom that's as ubiquitous and longstanding as "eat your vegetables" or "move your body." But staying hydrated isn't always as simple as drinking plenty of water—and there are plenty of myths and misconceptions surrounding good hydration practices. Here are 9 healthy hydration tips you might've heard—but might want to reconsider.

"YOU NEED 8 GLASSES OF WATER A DAY."

For the longest time, people swore by the rule of 8 by 8: Eight 8-ounce glasses throughout the day were the secret to good hydration. The only problem? There's no scientific basis for that number.

Sure, it's a good guideline for most people, but your specific hydration needs are going to vary based on your body size, your diet, your physical activity levels, your environment, and your overall health. In other words, a 200-pound person exercising heavily in hot weather is going to have different hydration needs compared to a 120-pound person in the air-conditioning.

Plus, you have to remember that many of the foods you eat contain water, which counts to your daily hydration. Eating a juicy watermelon can be just as hydrating as a glass of water. Instead, focus on drinking water when you feel thirsty. For most healthy people, that's enough to meet hydration needs.

"IF YOU'RE THIRSTY, YOU'RE ALREADY DEHYDRATED."

You might be reluctant to let your sense of thirst guide your hydration needs because you've heart that being thirsty is a symptom of being hydrated. It's not. In fact, it's your body's physiological cue, according to science. That's why it's a good indicator.

If you're worried about dehydration, there are other symptoms you need to watch out for. Dizziness, rapid heart rate, and dark urine are all signs your fluid balance is off.

"CLEAR URINE MEANS PERFECT HYDRATION."

If dark urine means you're dehydrated, then it would only seem natural to aim for the opposite—you want to be peeing clear. But clear urine isn't the ideal. In fact, clear urine signals overhydration, and if you're consistently peeing clear, that's a sign you're taking in more fluids than you should. Overhydration dilutes your electrolytes, so it can be just as bad as dehydration.

Instead, you want your urine to be pale yellow, which indicates proper fluid balance.

"CAFFEINE DEHYDRATES YOU."

The science behind this one is a little bit confusing. Caffeine is a natural diuretic, which prompts your kidneys to flush excess sodium and water from your body. Therefore, if you consume a lot of caffeine, you're going to be flushing a lot of fluid from your body. However, your body can develop a tolerance to caffeine's diuretic effect. If you're regularly drinking a lot of tea and coffee, you've likely adapted fairly well and those caffeinated beverages will hydrate you as well as water would.

"YOU CAN'T DRINK TOO MUCH WATER."

Water is great for you, and it's hard to imagine having too much of a good thing. But there is such a thing as overhydration. Excess water intake can cause what's known as hyponatremia—dangerously low sodium levels. That's because your body has more fluid than it has sodium. This is something that's frequently seen with endurance athletes, who lose large amounts of sodium through their sweat and try to rehydrate with plain water. To stay properly hydrated, you need to monitor the amount of water you're drinking, and if you need to take in large amounts of fluid (such as you would during prolonged exercise), you should aim to take in electrolytes as well. A simple teaspoon of salt in your water bottle could make all the difference.

"SPORTS DRINKS ARE THE BEST WAY TO STAY HYDRATED."

Here's the catch about those electrolytes: You need them if you're losing a lot of fluid, such as through heavy sweating. But if you're not? Plain water will probably be sufficient for your hydration needs. Stick to sports beverages like Gatorade only when you're doing intense exercise for more than an hour or if you're in extreme conditions. Otherwise, you're just drinking a sugary beverage.

"COLD WATER HYDRATES YOU MORE THAN WARM WATER."

Cold water is super refreshing, especially on a hot day. That's why it can feel like cold water quinches your thirst better. And if it tastes better, that will likely encourage you to drink more of it. But your body doesn't absorb cold water any more efficiently than it does warm water. Hydration is going to depend on your total fluid intake, not the fluid's temperature.

"HYDRATION IS ABOUT DRINKING WATER."

Hydration isn't as much about drinking water as much as it is about maintaining fluid balance in your body—and yes, water is a big part of that. But you also need electrolytes—sodium, potassium, calcium, and magnesium, which your body can lose through sweating and need to be replaced in addition to water. Most people consume far more sodium (salt) than their body needs, and they don't consume enough potassium to balance it out. In addition to drinking plenty of water, be sure you're eating a nutritious diet; when your hydration needs are high, such as on a hot day or when you're exercising intensely, that's when you need supplemental electrolytes in the form of a sports drink.

"MORE WATER BOOSTS YOUR METABOLISM AND DETOXES YOUR BODY."

This one isn't as untrue as much as it's greatly exaggerated. Yes, drinking water will slightly increase the number of calories your body burns, and hydration is good for healthy digestion. Certain toxins do leave your body through your urine, but that detox process is a result of your liver and kidneys, not the fluid volume in your body. In general, adequate hydration supports all your body's processes—but don't count on it to be a miracle worker that sheds excess weight or flushes toxins.



What does good hydration actually look like? With all the myths and misconceptions about hydration, it's easy to lose sight of how simple it really needs to be. According to science, here are the best practices for maintaining the right fluid balance in your body: 1. Drink when you're thirsty 2. Increase your fluids when it's hot, you're sick, you're exercising, or you're pregnant 3. Consume hydrating foods like fruits and vegetables 4. Add electrolytes like salt when you've been sweating profusely 5. Aim for pale yellow urine, not clear

From Diet Culture to Nourishment Culture

By Dylan Roche



In the past, most people thought of healthy eating as being about what you *should eat* and what you *shouldn't eat*. There were foods that were good for you and foods that were bad for you. For a lot of people, the goal might have been to lose or at least maintain their weight.

That relationship with food is changing for many people, at the encouragement of dietitians and nutritionists who want them to banish "diet culture" and focus less on the ways food *hurts* them and more on the way food *helps* them.

REJECTING "DIET CULTURE"

When people talk about diet culture, it often looks like:

- **An emphasis on strict restriction, especially restricting calories or specific nutrients:** For example, avoiding all fats or carbohydrates even from nutrient-dense foods
- **A goal of weight loss or weight maintenance that feels unachievable:** For example, constantly worrying about losing 10 vanity pounds
- **Designating certain foods, food groups, or eating times as off limits or bad:** For example, no sugary treats, no snacking between meals, no dinner after 6 p.m.

For some people, this is confusing—these kinds of practices are healthy in theory, and something you might have been taught by your doctor. The nuance is in your mindset. If you have a healthy approach to this advice—great! The problem is when you find yourself constantly monitoring what you eat or worried about food to the point that it interferes with your mental health or your daily life.

"There is no flexibility in a diet mentality—it either is or isn't in your program, and this is not sustainable long term, which only creates unhealthy eating habits and yo-yo dieting, which is bad for your metabolism," says Shelley Balls, a registered dietitian and nutritionist.

SWITCHING YOUR MINDSET

In some ways, it's as simple as changing your mindset when it comes to healthy eating habits. "Viewing our eating habits as nourishing ourselves takes the negativity out of it," says Stacy Antos, a certified health coach and self-care strategist for women. "It's about eating food, noticing how it makes us feel, and choosing to focus mostly on what helps us feel good in our body, provide steady energy throughout the day, and may even contribute to weight loss if that's the goal."

Consciously focusing on hunger, fullness, and satisfaction can be difficult for someone who has always been guided by diet rules. However, this practice—often described as intuitive eating—can lead to better overall health:

- An observational study published in the peer-reviewed journal *Eating and Weight Disorders* in 2021 found intuitive eating is associated with glycemic control in type 2 diabetes.
- Similarly, a study published in the *Journal of Nutritional Education and Behavior* found adults who eat intuitively are likely to eat more fruits and vegetables.

Why? Consider this: Maybe it's the middle of an afternoon when you're feeling hungry but you're craving chips—realistically, you might know the chips won't fill you up, but avoiding the chips won't make the craving go away. So, what if you were to have a small portion of chips with 1) a dollop of hummus for fiber and healthy fats, along with 2) a string cheese for protein. That way, you get to enjoy the chips while also satisfying your hunger by making your snack more nutrient-dense. It balances want with need.

Nourishment first: Putting the emphasis on nourishment takes the emphasis off restriction. "A nourishment-focused approach focuses on what you can add to your plate instead of restriction," says Mel Spinella, a women's health dietitian. "Focusing on meals balanced with protein and fiber is key for feeling full and satisfied, energized, and overall more in control around food."

Good choices in the long term: Being too restrictive isn't sustainable. When you focus on nourishment, and giving yourself consistent nutrients throughout the day, you're more likely to continue making healthy choices. "I hear from clients all the time, 'I eat so well in the morning, but then everything falls apart at night,'" Spinella says. "This doesn't happen because the person 'failed' the diet, but rather hunger is a biological response to being too restrictive. Eating regular, balanced meals throughout the day can help keep hunger levels more steady."

FOCUS ON HEALTH, NOT WEIGHT

Many people make the mistake of telling themselves they want to be healthier, but what they really want is to lose weight. Losing weight does come with positive outcomes, but it can be a difficult goal. If the weight doesn't come off, it's easy to get discouraged. Instead, you can focus on other measurable outcomes that are more controllable with a nutritious diet.

For example: "I want to lower my blood sugar."
"I want to lower my blood pressure."
"I want to lower my cholesterol."
"I want to have the energy to train for a 5K."

Nutritious food is an integral part of all these goals—and as a bonus, you may lose weight while pursuing them. But even if the numbers on the scale don't move, you'll have the pride and satisfaction of knowing your other health metrics still improved.

CHOOSE TO FEED YOURSELF

Even while you're striving to have a better relationship with food, you may face days where you have negative body image—that's normal. Balls emphasizes these are days when you still need to eat. "Making the choice of 'I don't like the way my body looks today, but I'm going to nourish it anyways' with nutritious foods is a way healthier mentality than skipping meals," she says.

And when you understand all foods fit into a healthy diet, sometimes the healthiest thing you can do is let yourself enjoy a small indulgence. A small portion of your favorite dessert might not offer you a lot of nutrients, but it offers you a lot of pleasure—and a small portion in the context of an otherwise nutritious diet won't slow you down. As Antos puts it, "Nourishment comes from a place of knowing your body, choosing to mostly eat foods that make you feel good, and not shaming yourself if you choose something another person might consider 'bad.'"



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Food & Dining

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Fried Green Tomato & Burrata Caprese at Knoxie's Table

Photography by Bill Whaley

Culinary Creations and Coastal Charm

By Lisa A. Lewis

Situated on the Kent Island property of The Inn at Chesapeake Bay Beach Club, Knoxie's Table offers farm-to-table cuisine that celebrates the farmers and watermen of the Eastern Shore. Known for its locally sourced seafood and seasonal dishes, the restaurant showcases the authentic flavors of the region in a warm, rustic setting where guests immediately feel welcome.





KNOXIE'S TABLE AT THE INN AT CHESAPEAKE BAY BEACH CLUB

180 Pier One Road, Stevensville • 410-604-5900 • baybeachclub.com

"The setting at The Inn really shapes the experience that we create for our guests," says Matt Robbins, executive chef at The Inn at Chesapeake Bay Beach Club, who assists the culinary director in overseeing operations of all food outlets at The Inn. "Being near the water and surrounded by gardens and outdoor spaces offers constant inspiration. Guests come here to relax, celebrate, and spend time together, and Knoxie's is situated in the center of this beautiful setting. Whether a guest is staying at The Inn for the weekend or just joining us for dinner, there's a strong connection to the property."

To learn more,we spoke to Robbins.

Please share your background in the restaurant industry. My path to Knoxie's has always been rooted on the Eastern Shore. I spent seven years working at Harbourtowne Golf Resort in St. Michaels before attending the Culinary Institute of America. During school, I completed my externship [an experiential learning opportunity] at Mason's in Easton and stayed there for three years after graduating. From there, I moved on to Bistro St. Michaels, where I worked my way from sous chef to chef. I later spent five years as sous chef at the Tidewater Inn in Easton and a year as the kitchen manager at Ava's Pizzeria in St. Michaels. For the past three years, I've been proud to serve as executive chef at The Inn.

Describe some of your top-selling dishes. We create menus that feel approachable while highlighting the flavors of the Eastern Shore. Some of our most popular dishes include the calamari and butcher board to start, and entrées such as parmesan-crusted chicken, seafood risotto, and Knoxie's burger. These dishes keep guests coming back again and again.

Photography by Bill Whaley



How do your seafood dishes showcase the bounty of the Shore? Seafood is always at the center of what we do. Being this close to the Chesapeake Bay means that we have access to incredible ingredients, and we try to highlight them with dishes like our crabcakes, oysters, and rockfish. Guests expect these flavors when they come to the Eastern Shore, so it's important to prepare our seafood dishes in a way that feels true to the region.

Why is it important to use locally sourced ingredients? Using locally sourced ingredients as much as possible keeps our food connected to our location. It's something that guests can really taste, and it's a big part of what makes the experience at Knoxie's feel authentic. Supporting local watermen, farmers, and producers helps us serve high-quality ingredients and support the community.

Tell us about the chef's garden. The chef's garden is curated by our in-house horticulturalist and changes throughout the seasons, so there's always something new. The garden is not only beautiful for guests walking on the property grounds, but it's also a working garden that supports our culinary and beverage teams. Being able to use ingredients grown on the property adds another level of connection to the dishes we serve.

And your selection of cocktails is intimately connected to all of this? Our cocktail program is another area where we like to reflect on what's happening around us seasonally. We offer a curated selection of cocktails that often incorporate herbs and ingredients from the garden, which helps connect what guests are experiencing at the bar with what we're preparing in the kitchen.

What is one of your favorite dishes to prepare? I really enjoy preparing mac and cheese with sausage. There's something about mac and cheese that just feels like home. I like using a spicy sausage, like chorizo or andouille, to bring a little heat and depth to the dish and balance its richness. It's simple comfort food, but when it's done right, it's incredibly satisfying to make—and even better to share.

Describe the dining experience at Knoxie's. The dining room has a warm, coastal feel that reflects The Inn's setting, and the outdoor spaces overlooking the gardens offer another way for guests to enjoy their time here, depending on the season. Our goal is to create an experience that feels welcoming, relaxed, and connected to the Chesapeake Bay. For me, that connection to place is what makes Knoxie's special. Everything we do—from sourcing ingredients to creating the menu—is shaped by where we are and the people we serve. It's something that I'm proud to be part of every day.



CHESAPEAKE CRAB DIP

Serves 4–6 people

Ingredients

8 oz cream cheese
8 oz whipped cream cheese
1/2 small white onion, cooked until translucent
1/4 Cup artichokes, chopped
1/2 Cup spinach, chopped
1oz prosciutto, sliced and diced
1 teaspoon Old Bay seasoning
1/2oz Tabasco sauce
1/2oz Worcestershire sauce
1/2 pound jumbo lump crab meat

Prepare all the ingredients as stated, either chopped, diced, or cooked. Place all the ingredients except for the crab meat into a mixing bowl and fully incorporate them into each other. When the mixture looks well mixed, add in the crab meat and gently mix it in. Place the mixture inside an oven-safe dish. Bake the crab dip in a 425-degree oven for about 15 minutes or until the top gets a bit of color, and you can see the dip start to bubble. Always check the internal temperature and make sure it reaches 165 degrees. Serve with crackers and toasted Naan bread.



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
401 Love Point Road, Stevensville; 443-249-3426; amalficoastki.com $$ ●●●

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

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Seafood

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

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

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

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

Doc's Riverside Grille
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Dock House Restaurant
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Seasonal

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

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

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

The Ivy Café
12 & 14 West Dover Street; Easton, MD 21601; 410-822-9751; theivycafeeaston.com

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

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

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

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

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

Knoxie's Table
180 Pier One Road, Stevensville; 443-249-5777; baybeachclub.com $$ ●●●

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

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

Crab Claw Restaurant
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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 $$ ●●

Foxy's Harbor Grille
125 Mulberry Street, St Michaels; 410-745-4340; foxysharborgrille.com $$ ●●● Seasonal

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

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

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

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

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

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

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

Out of the Fire
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 $$ ●●●

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Two if by Sea
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Kent County

Blue Bird Tavern
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Blackwater Bakery
429 Race Street, Cambridge; 443-225-5948; Blackwaterbakery.com $ ●●

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

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

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

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

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

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

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

New York Style Deli & Pizza
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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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RAR Brewing
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Suicide Bridge Restaurant
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Vintage 414
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Caroline County

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422 N 6th Street, Denton; 410-479-0270; bullocksdeli.com $ ●

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

Craft Bakery and Café
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Denton Diner
42 Denton Plaza, Denton; 443-448-7258; dentondiner.com $$ ● Daily Breakfast

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

Market Street Public House
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Ridgely Pizza and Pasta
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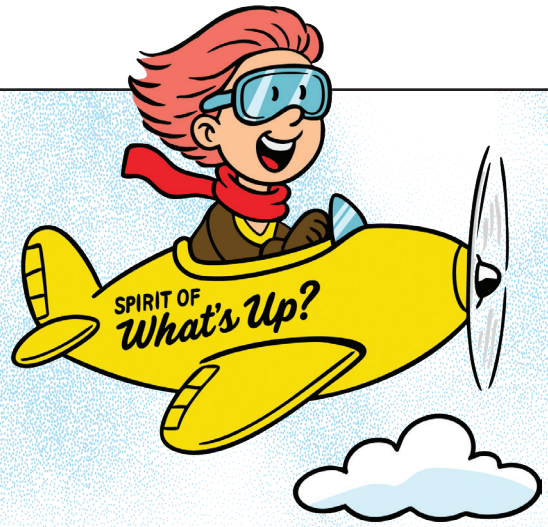

Where's Wilma?



FIND WILMA AND WIN!

Our zippy, high-flying mascot Wilma is whirling around the Chesapeake Bay region in search of the very best shops, services, and restaurants. She won't have to go far though because she has the June issue of *What's Up? Eastern Shore* magazine, which features the *Best of Eastern Shore* winners list! So, where will she decide to go? 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 Valerie W. of Chestertown, who won a $50 gift certificate to a local business.

Please Print Legibly

I FOUND WILMA ON PG. _____ Advertiser _____
_____ Advertiser _____
_____ Advertiser _____

Name _____

Phone _____

Address _____

E-mail address _____

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

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

Yes, please! No, thanks

Entries must be received by June 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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