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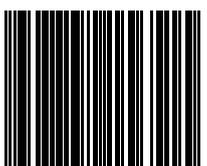
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MEET THE TEAM

As a mother of two active teenagers, I have yet to exhaust possibilities for activities that revolve around enjoying the Chesapeake Bay.

Right after the relative calm of the winter months, there is the briefest of relaxing moments in early March and then most of our schedules explode.

The Chesapeake Bay Horse Show Association holds competitions at nearby Campbell's Lane Farm in Preston and Glen Dale Farm in Talbot County, as well as Autumn Grove Stables in Berlin. The lushness of the topography traveling to these competitions is divine.

We also have enjoyed the lovely Corsica River through several action-packed Boy Scout overnight camping events, replete with opportunities to kayak (a tough proposition on a windy day) and catch perch.

Sometimes these treasured moments can make it easy to take for granted the uniqueness of the Eastern Shore.

One of the marvels of our Chesapeake Bay is the water that allows us to paddle board and row as soon as the weather changes in March. We do so much on the water, that it serves as a common denominator for us all.

Perhaps the best of my experiences on the Chesapeake Bay was a tour of the Chester River on the historic multi-masted *Sultana*. We dredged fascinating creatures from the brackish water, and were treated to an entertaining dialogue from the ship's crew on the aquaculture we found on the bottom of the river.

Taking care of these places on the Eastern Shore, and on and within the Chesapeake Bay watershed, is imperative.

In this "Greening of the Shore" issue, you will read about conservationists who make the health of our Bay and the Eastern Shore their number one passion; about Kevin Garber, who draws inspiration from the birds and fish that make the Shore their home; and how Sam Droege encourages the health of native bee populations by recommending planting flowering native plants like asters and Black-eyed Susans.

Take in the items on the "Shop Talk" page, as well, and muse on how lovely a wide hammock would feel with a spring breeze. Turn the pages and enjoy the signs of things to come!

Betsy Griffin
Marketing Director



EASY-LIVING, CASUAL ELEGANCE

SHORE MONTHLY

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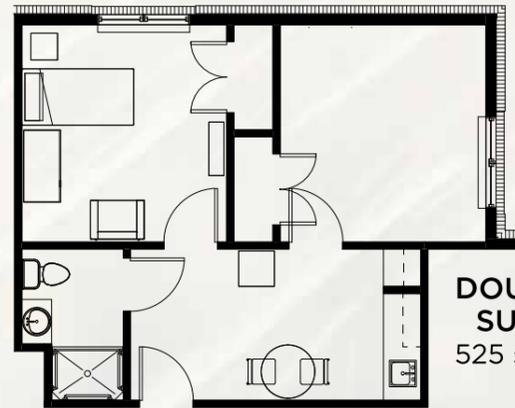
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Photo by Courtney Phillips





TASTE BUDS

JUICE

that's worth the squeeze

Story by Sarah Ensor | Photos by Caroline J. Phillips

Humans have been consuming the juice of fruits for millennia. But in the 20th-century A.D., commercial and home juicers increased the availability of juice to the American public.

The proliferation of juice was helped, no doubt, by Dr. Thomas Bramwell Welch's invention in the late 19th century of a pasteurization process for grape juice. Welch, a dentist and Wesleyan Methodist minister, was opposed to the consumption of alcohol and

marketed his "unfermented grape juice" to churches, according to Wikipedia.

In the last half of the 20th century, juicing became something people could do in their own homes. Juice bars cropped up as places where health conscious people could obtain custom blends of juices that may or may not have tasted great but were touted to provide a good dose of nutrients.

More than six years ago, Jenn McCrea started her business at the lunch counter

Lightly sweet and definitely green, the juice is smooth and easy to drink.

in the back of Hill's Pharmacy. Although it is called Hill's Café and Juice Bar, and is located inside the pharmacy building, McCrea owns the business and rents the space.

It is here where locals come for JMX, short for Jenn's Magic Elixir, a blend of vegetables and fruit juices made daily. Two commercial juicers help keep up with the demand for healthy juices (Little known fact, juicing results in an enormous amount of leftover pulp and sometimes an employee will take the pulp home for chicken feed or compost).

McCrea had been working for Cisco and was looking for a change when she took over the business inside Hill's Pharmacy from a friend and customer. A customer gave her juice its name and it stuck. Every day, the juice bar offers its green juice, which is made with spinach, parsley, mint, carrots, celery, cucumbers, lemon, lime, orange, apple, and pineapple. While the wildly popular drink always will be on the menu, "we will never, ever make another 11-ingredient juice again," McCrea said. It takes a long time to make a juice with so many ingredients,



and it is a complex, but refreshing juice. Lightly sweet and definitely green, the juice is smooth and easy to drink.

At Hill's Café and Juice Bar, healthy options always have been on the menu without pressure or judgment. You can still order a hamburger and a malted milkshake, but McCrea looks out for customers' health with those choices, as well.

McCrea sources as many ingredients as possible from local farms and producers, and as many organic ingredients as possible. All the meat is from animals not treated with antibiotics, and the beef is certified Angus.

"Now, compared to six years ago, there seems to be so much local access," McCrea said.

Lettuce, berries, and milk are all locally sourced, as well as other options, and McCrea keeps a list of local suppliers on a board in the café.

If you are ordering juice and looking for a healthy lunch option, McCrea recommends the protein bowl. The ingredients vary based on what is available, but it is generally a warm, brothy meal with a base of grains and vegetables, topped with sliced chicken breast.

The protein bowl could be different every day because of the seemingly endless variations. On this



Pictured above, Hill's Café and Juice Bar's protein bowl includes different ingredients depending on what is available, and has endless variations.

day, the protein bowl is organic chicken seasoned with zathar, or za'atar, a combination of toasted sumac and sesame seeds. It rests atop quinoa, broccoli, mushrooms, carrots, and spaghetti squash in a turmeric bone broth to which McCrea has added stock.

While it is warm and filling, the meal is neither heavy nor greasy. It would work well to warm a cold body on a rainy day or to simply nourish on any day. The perfectly cooked vegetables complement the tender chicken, and it is all held together by the savory broth.

Pair it with the green juice, or for a lighter tasting option, the green lemonade, which has all the same vegetables as the green juice, but less fruit.

Other juice options include the Aronia

Berry Blast, which among other fruits includes locally sourced aronia berries. While they look like beautiful blueberries and are packed with antioxidants, aronia berries do not taste good raw. Made into jam or juiced with other fruits, aronia berries can offer their health benefits without bitterness. (McCrea noted the farmer who supplies them eats a handful on his cereal every day.)

The Flu Fighter juice, especially appealing this past winter, is a combination of grapefruit, oranges, lemon, carrots, and fresh ginger.

Selecting healthy options from Hill's Café and Juice Bar is a personal choice, McCrea said. So no one will judge a diner for ordering that milkshake and a grilled cheese. After all, healthy living is about balance. **S**



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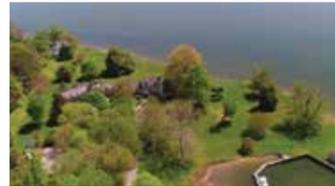
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A GREEN BURIAL by Ryan Helfenbein

ASK THE UNDERTAKER

Isn't it interesting how very simple words become more complex over time? Take a simple word such as the color green. It means "go" when driving, a mixture of blue and yellow on the color wheel and perhaps even the thoughts of summer time. But today, this one syllable word can be defined as "eco-friendly", "natural", "environmentally gracious" and even defining a new means of burial!

Green burial, or "cowboy burial" as my father puts it, is an all natural burial option that does not require preservation through the use of chemicals, an outer burial container (vault) or even a monument. This new approach to burial is carried out through the use of an eco-friendly casket in a specialized cemetery, or section of a cemetery. It provides a unique service that truly mimics that of our ancient ancestors. In addition, it is gaining much popularity with the boomer generation!

Some of you may wonder if there is no embalming necessary, then must burial occur within 24 hours? Nope, not true. Believe it or not, through the use of dry ice or refrigeration, funeral providers can delay the services until it is better suited for the family; typically 3 or 4 days. In the state of Maryland, there is no law that requires embalming.

But Ryan, why haven't I ever heard of green burial? A funeral industry magazine has addressed this very question. It pointed out, and I couldn't agree more, that the average run-of-the-mill funeral director today simply does not understand it and is reluctant to change. Their grandpa never ran a funeral home offering it, so why should they! In spite of this, green burial is growing in popularity, as we have gone from 5 green burial cemeteries just 6 years ago to over 93 in the U.S. today.

Another roadblock to consumer education about green burial is confusion within the funeral industry. In a discussion with a Baltimore funeral director about this very topic, he

explained to me that his firm offers a green burial service. He continued by explaining there would be no embalming, the family purchases an eco-friendly casket and that is then placed in a non sealing concrete liner (an outer enclosure) for burial in a traditional cemetery. Ok, now this is partially green burial, but not true green burial. Green Burial, natural burial, or cowboy burial, which ever you prefer, does not include an outer enclosure. It is the placement of an eco-friendly casket directly into the earth.

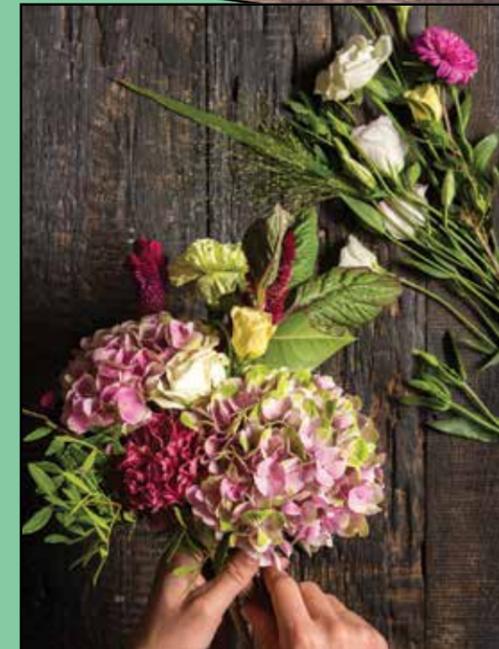
Some may even choose to skip the casket and use shrouds. (I know, us undertakers are really bringing some ancient customs back, aren't we?) In the specialized cemeteries that conduct green burials, graves are dug by hand, not with modern machinery, reducing the carbon footprint of the burial experience. The caskets are lowered into the earth with rope, not a mechanical lowering device. The graves are then hand shoveled closed with the family often assisting, not with the scoop of a backhoe. You won't find traditional monuments in a green burial cemetery, either. In some cases, natural elements, such as trees or rocks are used to mark the location of a loved one's interment. In a tip of the hat to modern technology, families are given the GPS coordinates of the location.

Green burial is a relatively new idea in funeral service, and was first implemented in the United Kingdom. The very first green burial cemetery started in 1993 and now there are over 200 in the U.K. The first green burial cemetery in the US was opened in South Carolina in 1998. Today, we see this becoming very popular along the East coast with it being offered just across the bay in Bestgate Memorial Park located on Bestgate Road in Annapolis (which is actually the only green burial cemetery in the state of Maryland).

Maryland Green Burial is a good source of information for those of you who want to learn more about cemeteries in the area providing this service. You can visit them at www.mdgreenburial.com.


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We caught up with Windon for this month's High Spirits to look back on Lyon's first five years in business, and ahead to the next five.

Q&A

JAIME WINDON

Story by Bethany Ziegler
Photos by Caroline J. Phillips

HOW HAVE THINGS CHANGED DURING THE PAST FIVE YEARS?

We've grown from a team of two, to a full-time team of 10 — with some seasonal and family help, it grows to about 13 to 14 on our team. We no longer just make rum — we make nine varieties of rum and rum liqueurs. We do three seasonal whiskeys and we have a number of other experimental spirits in the works. We also, notably, launched Gray Wolf Craft Distilling a year and a half ago, which does their own line of grain-to-glass vodka, gins, and whiskeys here under our roof, in collaboration with us.

But the things that haven't changed are we still do everything, from raw ingredient to finished product. Everything comes in this building as a sugar source, whether that's the grain that gets mashed to make the whiskey or the actual sugar cane and molasses from Louisiana. And then, we do all of the fermentation, distillation, proofing, bottling, infusing, labeling, signing of every bottle, stamping of every batch, by hand.

It's all still hand crafted, but there's a lot more hands on the team, which is nice.

WHAT ARE THREE WORDS YOU'D USE TO DESCRIBE LYON?

Three words? I think in 10-word chunks!

For me, our distillery, as far as what happens here and what happens when we're selling — it's all about people. It's about the people who've inspired us to make the spirits. It's the people who are making our spirits. And it's the people that we get to share our spirits with.

For me, that's it at the end of the day — yes, we are a rum distillery and a booze factory, but we're a people company, so it's all about people. The rum is worthless unless people can enjoy it.

The only three words that do sum up our company are: drink more rum. That's our mantra.

WHAT'S THE BEST PART OF RUNNING A DISTILLERY?

It probably comes back to the people. I meet so many people. I never imagined that I would run a business where I would have business partners, where I would have employees, and where I would meet, sometimes, hundreds of people a day. That's the most fun.

Also, being part of this new industry in Maryland is really exciting. I get the opportunity to work with fellow distillers who are just coming on the scene, people across the country that have been doing this far longer than I have. I'm the president of our Maryland Distillers Guild, so I get to meet with legislators and lobbyists, and work to reform laws to make Maryland a friendlier place to do business and to distill. That's really exciting.

I never imagined how many facets there would be. It's not like I just walk in here and turn the stills on. There's so much that happens, and that's really cool.

ON THE FLIP SIDE, WHAT'S THE MOST CHALLENGING PART?

Our biggest problem for four years has been keeping up with demand and

now, going into year five, we have a whole new challenge that is ... we have the most fantastic team in place, we have killer products that people want, now we have to grow. This is our growth year.

WHAT KIND OF IMPACT DO YOU THINK YOU'VE HAD ON ST. MICHAELS?

I think that we've had a big impact on St. Michaels, but St. Michaels has obviously had a huge impact on us. I think there's synergy between making something people want in a town that people want to be at.

The town attracts fantastic visitors every weekend, and most of them are our demographic. That is, they're young-ish — 30s to 60s — they come to town, want to eat, they want to drink, they want to learn, discover. And they can do all of that in this one-mile long town.

Being positioned behind the winery and brewery is absolutely the best place we could ever want to be. We have a little natural booze trifecta. I think we're still the only town in Maryland with a winery, a brewery, and a distillery, especially in this proximity.

This is a town that makes things. We make beer and wine, and build boats, and you have watermen working the water every day, and now we have distilled spirits being manufactured here. So, I think we completed — St. Michaels kind of does everything now. But also being here was great for us, because we're in one of the most beautiful towns in Maryland.

YOU GUYS ARE CELEBRATING FIVE YEARS. WHAT ABOUT THE NEXT FIVE?

People have asked me that question since we opened, and I never imagined we'd be doing half the things we're doing right now. I have no idea what this will look like at the end of 2018, let alone in five years.

But I can tell you it will be fun, it will be exciting, and it will be delicious. And it will definitely be bigger than we ever hoped for.





RECIPES BY JAIME

CHESAPEAKE SWIZZLE

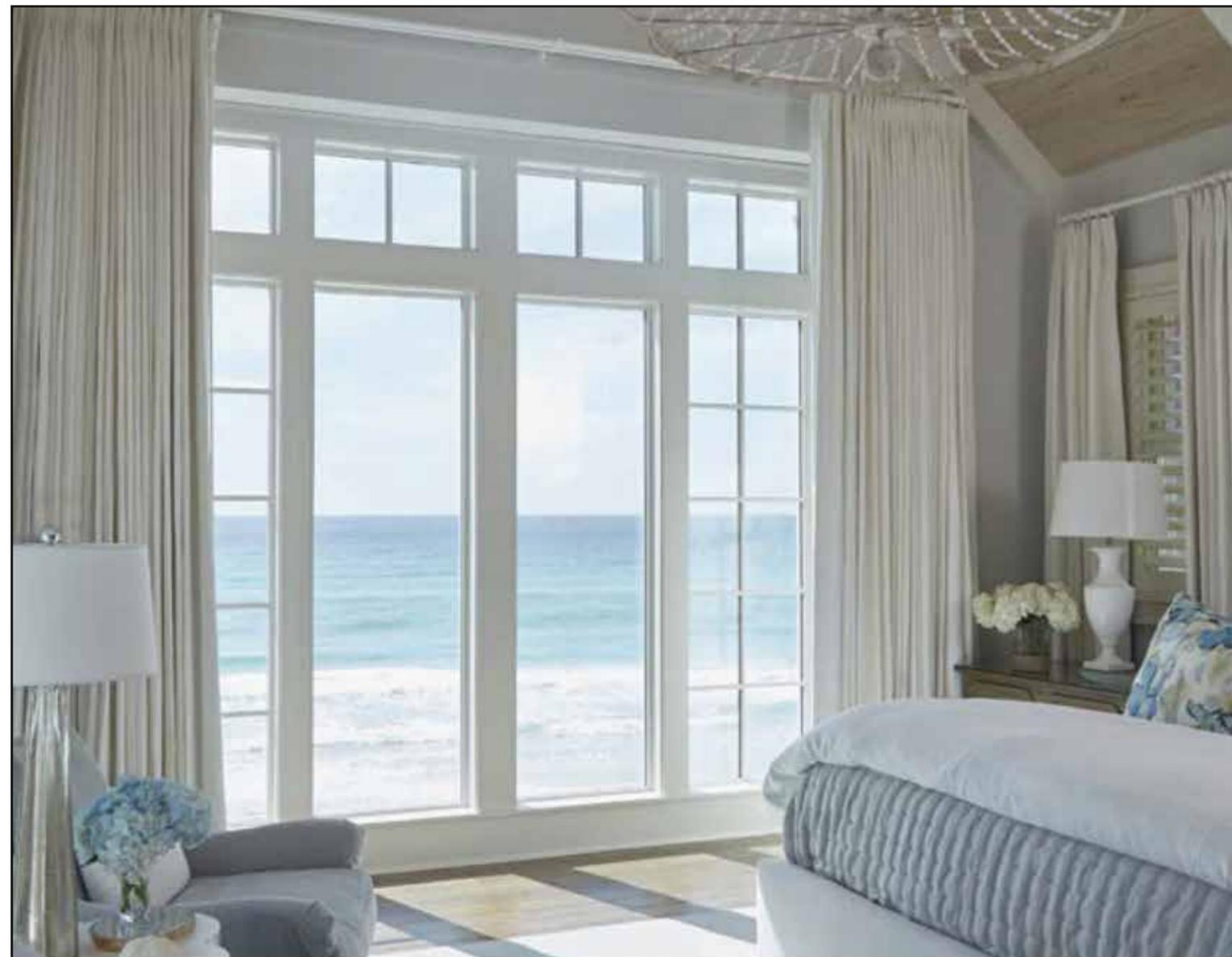
2 ounces Lyon Dark Rum
 2 ounces Lyon Sailors Reserve Rum
 2 ounces orange juice
 2 ounces pineapple juice
 juice of ½ lemon
 dash orange and/or aromatic bitters

GINGER MOJITO

2 ounces Lyon White Rum
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This male bee was collected on Blackwater National Wildlife Refuge in Dorchester County. Photograph provided by the U.S. Geological Survey's Bee Inventory and Monitoring Lab.

PISTIL WHIPPED

Researcher Sam Droege talks about the importance of bees in our backyards, their role in our lives, and how we can help stop the population from declining.

Story by Bethany Ziegler | Photos by Henley Moore

If the only image that comes to mind when you think of a bee looks like a real-life equivalent of the Cheerios mascot, Sam Droege wouldn't be surprised. He would, however, think you've got a lot to learn.

A researcher at the U.S. Geological Survey's Patuxent Wildlife Research Center, Droege works with native bees, or those that existed in North America before the honey bee was introduced by European settlers. To this day, those native bees are responsible for pollinating a large number of our plants, fruits, and vegetables.

"Behind the scenes, before honey bees came over here, there were lots and lots of flowers, lots and lots of plants," Droege said. "About 75 percent of all the native plants required some kind of pollinator, which means a bee, to move the pollen around. So, we had a really large number of different kinds of species of native bees that did that work."

According to Droege, there are about 4,000 species of native bees, almost 500 of which have been identified in the mid-Atlantic. But despite those numbers, it's honey bees that people most often credit when they see a field of blooming flowers.

"With rare exceptions, we don't actually need honey bees to pollinate our gardens," said Droege, who coordinates the USGS Native Bee Inventory and Monitoring Lab. "Out in the wild, back here in the woods, in the spring when you have blooming huckleberries and blueberries — it's all native bees that are doing it."

There are a number of differences between native and honey bees, from how they defend themselves to how they look. It's honey bees, not native species, that people are allergic to, Droege said, and the native species do not all look like what comes on your cereal box.

"You have all these different flower sizes and shapes. Why? Because different flower shapes and sizes fit different bees.



And the flowers and the bees are kind of co-evolving," Droege said. "They're really beautiful, too, in just the diversity of size and shape."

One thing honey and native bees do have in common, though, is both are in decline. And the biggest cause of that decline for the native bees is land development and the loss of native woodlands, fields, and meadows — all things that make up a bee-friendly landscape.

Droege said it is a pretty simple equation: no flowers equals no bees. And that math is not good for humans either, with about a third of our food calories coming from something bees played a direct part in.

Sam Droege, researcher with the U.S. Geological Survey's Patuxent Wildlife Research Center's Native Bee Inventory and Monitoring Lab, has made studying native bees and other pollinators his life's work. He said it is a pretty simple equation: no flowers equals no bees, and that is dangerous for humans and their survival.



"Anything that has color that you eat is probably pollinated by a bee. So, vegetables, berries, fruits ... nuts, too," Droege said. "If we didn't (have bees) we'd be eating mostly grains, which is kind of boring. And if you're gluten free, you're really in trouble."

On the bright side, not all hope is lost for bees, and there are two fairly simple ways to help in your own backyard. The first, and most obvious, way to help, is to plant native flowers. And the more different types, the better, Droege said, as native bee species can be picky and tend to only visit one type of plant. He also suggests avoiding what he calls "big box store flowers" like geraniums and petunias, which have often been bred to survive without pollen and nectar, and therefore offer nothing to support bee populations.

"Just have something blowing that's native all year round," Droege said. "Particularly in the spring ... Most bee species are out in the spring."

The second way people can help — what Droege calls "the big one" — is to get rid of or decrease the size of your lawn.

"When you're mowing your lawn, you should be feeling guilty because you're mowing all the flowers down and you're not supporting anything," Droege said. "Bees need flowers, flowers produce seeds, birds need seeds. So, all of a sudden, instead of cutting all the natural habitat down, putting in this lawn, which supports nothing, and then putting up a bird feeder — you're more integrated into the wild neighborhood."



The mid-Atlantic has nearly 500 different species of native bees, most of which are ground nesters.

Most native bees either require or have strong preferences for pollen from native rather than exotic non-native plants to raise their young.

Only the six or so regional bumblebee species defend their nests with stings. The remaining bees are solitary nesters and either cannot sting or do not defend their nests. You likely have stood on and passed many thousands of their nests in your lifetime.

Within a mile of your yard (urban or rural) there are more than 100 species of bees looking for the right plants.

The average acre has around 20,000 bees produced on it each year.

Information and photo provided by the USGS Native Bee Inventory and Monitoring Lab.



NATIVE PLANTS

According to the USGS Native Bee Inventory and Monitoring Lab, the following recommended categories of native plants should be planted first, if possible, to support the least common types of native bees. However, any native plant that has flowers will be attractive to at least some pollinators. The best options are those that bloom throughout the year, with an emphasis on spring flowering shrubs and brambles, and fall composites.

You can learn more about native bees and the plants that help attract them by following USGSBIML on Instagram, Flickr, and Tumblr.

- Blueberry
- Maleberry
- Staggerbush
- Deerberry
- Shrubby dogwoods
- Winterberry and other native shrub hollies
- New Jersey Tea
- Pinxter azalea
- Willow
- Coneflower
- Black-eyed Susan
- Annual and perennial sunflowers
- Goldenaster
- Ironweed
- Thistle (native, not Canada or Bull)
- Goldenrod
- Asters
- Golden Alexanders
- Verbena/vervain
- Gerardia
- Penstemon
- Loosestrifes (natives, not purple or garden)
- Monarda mint
- Quaker Lady/bluets
- Ragwort
- Spring woodland species like wild geranium, troutlily, spring beauty, bellworts
- Manroot
- Evening primrose
- Hibiscus

Droege admits getting rid of your lawn can be tough, especially in communities that value the aesthetic of a well-maintained yard. In these cases, he recommends keeping the edges of your lawn, sidewalk, and foundation trimmed — things that make growth elsewhere seem intentional and not a sign of neglect.

He also suggests moving from a weekly mowing to a once or twice per year schedule.

“A lot of it is re-thinking what kind of lawn we need here ... There’s lots of little, tucked away places that essentially don’t need to be mowed,” Droege said. “Decreasing the weekly mowing cycle and replacing it with an annual mowing, that’s huge. People have to be clever about it.” 📍



Jumping spider from Upper Marlboro.



Polistes metricus, female, Beltsville.

POLLINATOR PROFILES

While native bees are widely known as the most common fertilizers of flowering plants, other insects play an important role in pollination, as well. Photos provided by the U.S. Geological Survey’s Native Bee Inventory and Monitoring Lab.

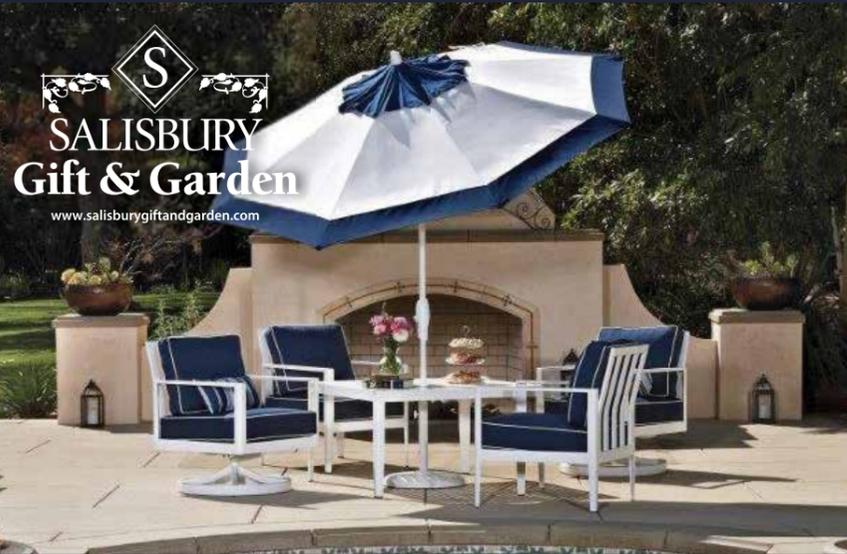


Neoconocephalus retusus, round-tipped conehead, Upper Marlboro.



Black Horse Fly, Tabanus atratus, Upper Marlboro.

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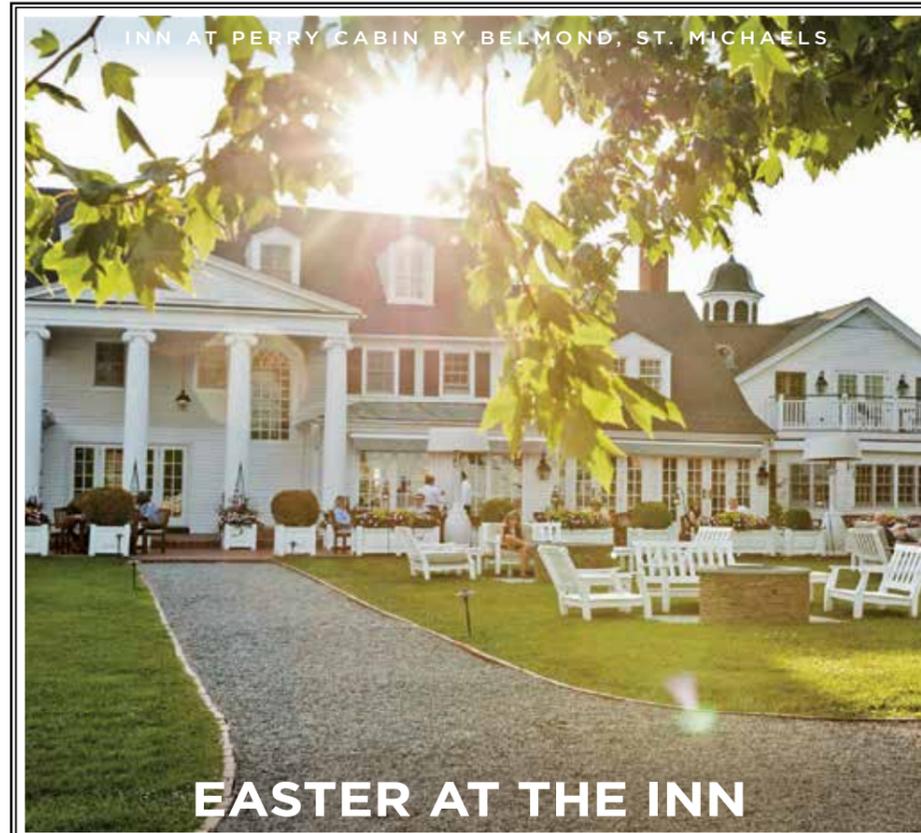
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HERON HOUSE

A MODERNIZED

Classic

Story by Reen Waterman | Photos by Caroline J. Phillips



Memorable achievements in architecture and design are inspired and created by visionaries who guide us from dreams and fancies to the perfect expression of our deepest desires. Just as a river pilot who steers a ship safely through a hazardous passage must have the sharpest eyes on the river, so, too, must the guiding eye of a skilled architectural designer like Caroline Boutte keep her vision focused.

The Heron House, located on a 70-acre idyllic family compound on tranquil Goldsboro Creek, is a respite from modern life. This picturesque cottage is one of many projects created by Caroline and Graybanks Design, not only on this property but elsewhere, as well, over the years.

Caroline began with the owner's main house in the early '90s. As each child grew up and married, the owners acquired neighboring properties to add to the compound,

giving each child and family a sanctuary of their own. They used Caroline's passion for capitalizing on natural views, and marrying nature with the indoors, to design unique and captivating cottages that fit into the enclave perfectly.

Arriving at the Heron House, one is humorously greeted by a majestic life-size wooden great blue heron gracing its second floor roost. This is one of many one-of-a-kind pieces Caroline provides when decorating a home.

"While I excel at this, I only decorate homes I design. That's part of my service I provide for my clients. Most of the unique pieces I have found on my journeys abroad. When I design a house, I just can't 'do it off the shelf.' Every product, piece, or fixture has to have a connection," Boutte said.

With a master's degree in architecture from Harvard University, and having designed some of the most significant homes in the area (including three which will be featured on the House and Garden Tour



The Heron House, located on a 70-acre idyllic family compound on tranquil Goldsboro Creek, is a respite from modern life. This picturesque cottage is one of many projects created by Caroline Boutte and Graybanks Design.

in May), Caroline is a woman of “passion, not pretense” when it comes to her work. Her eyes sparkle when she shares how her craft brings people together and memories to life. (Pro tip: if you incorporate your own mementoes and photographs with treasures a designer provides, your home will become a “Living Photo Album.”)

You can see her masterful understanding of her clients’ lifestyles everywhere in the home, as well as an artistic highlighting of nature and the creation of a home where all ages are welcome.

Considering the practical point of view, she converted a three-bedroom home into a two-bedroom home, while providing a large master bath. From a relational perspective, she considered the children in addressing all areas of the home. Not only are there no “DO NOT TOUCH” areas, she also converted an empty attic into a “Kid Kingdom” with nooks, reading areas, and room for sleeping bags. Fun skylights, safety railings, and a kid-inspired bathroom round out this level.

This waterfront cottage (the original home is circa 1900s) is one place where the outside doesn’t escape you. Having taken the original home down to its bare framing, Caroline redesigned it into an almost glass house, where you can’t look in any direction without seeing serene natural vistas. The windows are quality insulated windows that offer true divided light, are energy efficient, and do not include plastic grills that detract from the view.

As most people know, the kitchen is the heart of the home, especially with

hungry children around. The Heron House kitchen is an expanded footprint that also encompasses what used to be the screened porch.

The beautiful Corian kitchen counters are easy to maintain, hard to distinguish from real stone, and incorporate a molded inset sink. Shopping for cabinets and appliances was easy — Caroline headed to Warren’s Woodworks. She decided to use Kitchen Aid appliances because they are reliable and are a good mid-range brand, she said. Central semi-custom kitchen cabinets were just the ticket for this project. Completing the look, recessed ceiling lights in the kitchen and living room areas accent the sleek lines of this modern and carefree kitchen.

Meandering throughout the home, one encounters the most striking animal and nature patterns, designs, and colors on many furnishings. Perfectly aligned and arranged interior décor items give clear credit to

Caroline’s self-described “craze for symmetry.” She has the gift of “spatial sequencing” and arranges things with a precise finishing touch.

“I seek to understand what a client values and what truly inspires them, and hope we can develop a bond of mutual trust and respect. If that happens, it is quite natural to win a project and any subsequent ones. The best tip is that if you are considering a significant project, don’t think of the short term but instead long term. Take time ... take time to explore and develop the relationship. While you may feel like rushing into a project, the careful time you invest up front will yield a huge positive return.” **S**

While you may feel like rushing into a project, the careful time you invest up front will yield a huge positive return.

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Jamie Merida is a lot like Bountiful, the home furnishings store and interior design studio he founded 18 years ago. The Bountiful aesthetic can best be described as "traditional made modern," which is a great way to describe Jamie as well. He grew up in Belgium and Kentucky, immersed in his parents' thriving antiques business. His own career began in music; Jamie trained as a concert pianist and earned a degree from the Peabody School of Music in Baltimore. Ultimately, and perhaps inevitably, he was drawn into the world of design. Jamie's work reflects his deep appreciation for classic design and his natural inclination toward southern hospitality and comfort. His unique style has helped make Bountiful one of the most popular design centers in the region.



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REFUGE & RESPITE

AT EASTERN NECK

Story by Laura Wormuth | Photos by Larry Reese



Visitors come to appreciate the diversity and natural beauty of Eastern Neck. Bird watching, photography, and exploring the land are all popular.

At the confluence of the Chesapeake Bay and the Chester River lies more than 2,000 acres of protected island habitat, managed by the U.S. Fish & Wildlife Service. Eastern Neck National Wildlife Refuge, south of Rock Hall in Kent County, is a nature-lover's respite — a place to connect with the natural landscape.

Deceptively simple, several trails and boardwalks meander through low marshland, open grassland, and upland forest, bordering the mouth of the Chester River, where it empties into the Chesapeake Bay. But despite its natural candor, the area is an important part of the complex environment necessary for migratory bird populations.

Indeed, it was the local waterfowl that spurred the movement to create a refuge on the 2,285-acre island.

HISTORY OF THE REFUGE

According to the Fish & Wildlife Service, archaeological finds indicate the island was populated



by prehistoric Native Americans, whose descendants used the island for hunting and gathering. Ceramic pots, stone tools, mounds of oyster shells, and arrowheads have been discovered, highlighting the native way of life before the arrival of Captain John Smith in the early 1600s.

While visitors can hike these areas and may chance at discovering an artifact, rangers ask that any finds are left in place and hikers contact refuge staff to report the location of the find.

Early settlers of Eastern Neck were Colonel Joseph Wickes and his partner Thomas Hynson. Wickes raised tobacco on the land and shipped it from the island, and in 1675, New Yarmouth was settled as the county seat, just north of the island, which prospered until 1696 when the government moved to Chestertown.

The island itself was owned by Wickes' heirs until 1902 when the island diversified into small family farms and sharecroppers, and in the 1920s became a popular hunting retreat because of its proximity to the growing cities of Annapolis and Baltimore.

In the '50s, a developer stepped in, bought the land, and divided it into lots for a subdivision. At that point, the FWS stepped in to protect the large populations of migratory birds and local wildlife that would be affected by the change in habitat. Between 1962 and 1967, FWS acquired the land and designated it an official refuge.

RECREATION AT EASTERN NECK

Today, visitors to the island come to appreciate the diversity and natural beauty of Eastern Neck. Bird watching, photography, and exploring the land are popular pastimes. Nature enthusiasts are sure to spot iconic Eastern Shore birds like the mute swan, the great blue heron, the osprey and bald eagles, and also seasonal species like the tundra swan, common goldeneyes, and several species of woodpeckers.

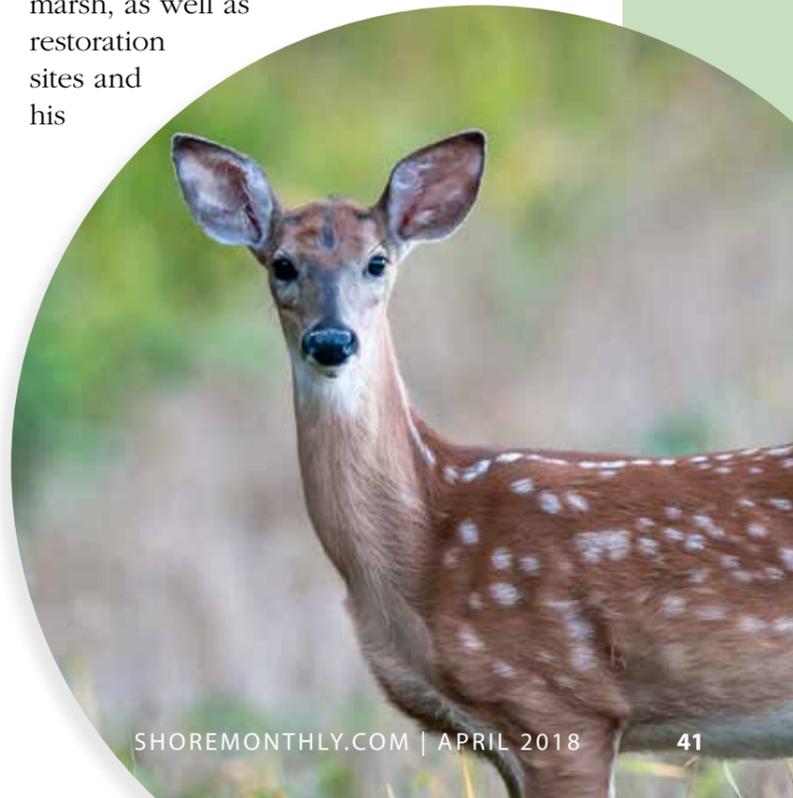
The iNaturalist website provides comprehensive descriptions and photos of bird and bug species identified on the island for reference and identification while out on the trail at: www.inaturalist.org/places/eastern-neck-national-wildlife-refuge.

There are nearly nine miles of trails, roads, and boardwalks for exploring and spotting wildlife, like Delmarva fox squirrels or red foxes on the island.

Take the Bayview Butterfly Trail and wander the half-mile loop through grasslands, where many species of butterflies can be spotted during summer months. For a longer, more challenging hike, take the forested Boxes Point Trail, a favorite location for winter waterfowl and one of the best places to find bald eagles.

Visitors also can spend some time on the boardwalks. Tundra Swan Boardwalk is a short, accessible area perfect for watching the flocks of migratory swans, or for fishing and crabbing in the summertime. Tubby Cove Boardwalk offers views of the Bay and a viewing/photography blind.

A paddling trail also is available for kayaking and canoeing. Paddlers can circumvent the island for views of the marsh, as well as restoration sites and his





toric landmarks. There are two launching locations — Bogles Wharf and Ingleside Recreation Area. Fishing and crabbing also is allowed in these areas.

PLAN YOUR VISIT

The refuge visitor contact station is staffed by volunteers who can direct visitors toward trails where wildlife is most likely to be found, and advise novice adventurers on seasonal sightings.

Travelers should check the website for trail closures or weather warnings. At time of publication, the Boxes Point Trail was closed for nesting bald eagles. And to protect wildlife like the eagles, all visitors are asked to stay on designated trails.

Hunting is allowed seasonally with

the proper permits and licenses, and the refuge sponsors an annual youth spring turkey hunt. A youth fishing event also takes place every spring for kids 15-years-old and younger. The event is free and open to the public.

The refuge is quite far from any stores or resources, so be sure to bring water, insect repellent, and sunscreen.

For more information on Eastern Neck National Wildlife Refuge, visit www.fws.gov/refuge/Eastern_Neck. The website offers trail maps, brochures, and birding identification lists. Learn about the FWS partnerships and conservation efforts at www.fws.gov/refuge/Eastern_Neck/what_we_do/conservation.html and find information on volunteering at www.friendsoftheasternneck.org. 

At the confluence of the Chesapeake Bay and the Chester River lies more than 2,000 acres of protected island habitat, managed by the U.S. Fish & Wildlife Service — Eastern Neck National Wildlife Refuge.

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TODAY'S CONSERVATIONISTS WORKING FOR TOMORROW

By Amelia Blades Steward | Photos by Caroline J. Phillips

The Chesapeake Bay is in recovery. In 2016, the Bay earned a grade of C- on the “State of the Bay” report — a positive sign that recovery efforts are working, according to environmentalists across the board. This is the first time the Bay has received a grade of C- since the first “State of the Bay” report was issued 20 years ago.

According to Alan Girard, Eastern Shore director of the Chesapeake Bay Foundation, who oversees the Chesapeake Bay Foundation’s presence on the Eastern Shore, “We are at ‘Ground Zero’ here on the Shore for agriculture, oysters and crabs, and changing land use issues. If all the environmental practices are in place by 2025, we should meet the water quality standards set out in ‘The Chesapeake Clean Water Blueprint.’”

“The Chesapeake Clean Water Blueprint” grew out of the Clean Water Act of 1972, which established the basic structure for regulating discharges of pollutants into the waters of the United States. In our region, the law requires states to determine if water quality issues exist and how to address these issues. The Blueprint has ensured that everyone shares in the responsibility for cleaning up our waterways.

Girard points to upgrades in wastewater treatment plant technology, Best Management Practices (BMPs) implemented by Shore farmers for filtering runoff from agriculture, and growing investment across the Shore in reducing pollution from stormwater as the reason for the Bay's improvements. But the commitment of conservationists across the region to educating the public about the plight of the Chesapeake Bay, and developing new and innovative ways to address the challenges the Bay is facing should also be credited with these developments.

Dr. Tom Fisher, professor, University of Maryland Center for Environmental Science, Horn Point Laboratory, has worked to monitor water quality issues and land use changes for more than 30 years on the Shore. Through a 2013 National Science Foundation Grant, Horn Point Laboratory has been trying to understand how water quality around Greensboro at the Upper Choptank River responds to BMPs on the land.

"We need agriculture to feed us, but we also need agriculture to be as non-polluting as possible to the water. Because 60 to 80 percent of

land use is agriculture in this area, we are working with farming communities in four watersheds around Greensboro in the Upper Choptank to put into place more BMPs to see if they decrease pollution," Fisher said.

Fisher said the majority of farmers in these watersheds have been supportive and understanding.

"I have learned from farmers that the decisions they make are economic ones. We have raised money to help cover the cost of BMPs to the farmer, to take away any financial barriers for them to participate. Their decisions have an impact on

local water quality," Fisher said.

Fisher added, "We are seeing results. In the experimental watersheds where we have increased BMPs, we are seeing improvements in water quality. However, in one of the experimental watersheds where we have less farmer cooperation and fewer BMPs, the concentrations of nitrogen are increasing. We have also realized that BMPs, like cover crops, applications of gypsum to farm fields, and drainage control structures need to be used together and in a systematic and coordinated way."

One organization helping to

coordinate systematic efforts in monitoring water quality on the Lower Shore is the Nanticoke Watershed Alliance. This environmental nonprofit, with key help from volunteers, performs extensive water quality monitoring in the Nanticoke watershed in Maryland and Delaware. The water quality data collected by NWA can be used for decision-making because of authorization by the Environmental Protection Agency for state and federal agencies to use it in high level assessments, like evaluating the effects of dissolved oxygen levels on fish health. NWA is one of

only a few nonprofits to have this designation.

Lisa Wool, executive director of the Nanticoke Watershed Alliance, said, "Our organization deals with both farmers and homeowners regarding nitrogen and phosphorous pollution issues. Because homeowners have not gotten as much education as farmers, we have to sell the 'why' with them, which drives us to make education more fun."

The organization's Designer Ditches program helps educate homeowners and property owners about the ditches on the Shore. The

LEADING THE CHARGE



ALAN GIRARD
Eastern Shore Director
Chesapeake Bay Foundation



KATE LIVIE
Author & Educator
Washington College



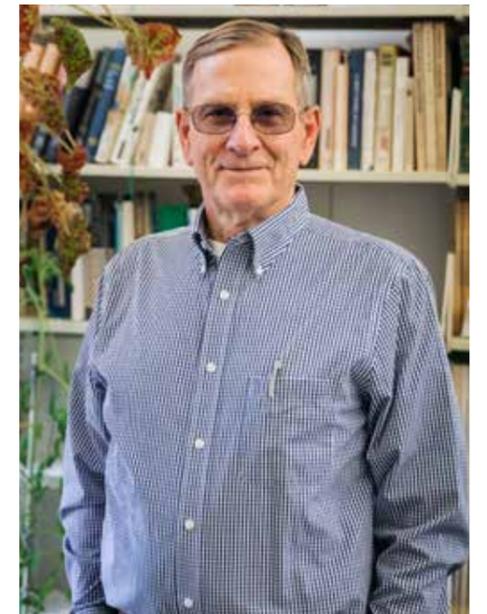
LISA WOOL
Executive Director
Nanticoke Watershed Alliance



BEN FORD
Program Specialist
Washington College



ERICA BAUGH
Program Director
Upstream Alliance



DR. TOM FISHER
Professor
UMCES, Horn Point Laboratory

Alliance works with restoration professionals at Environmental Concern in St. Michaels to come up with design templates and to select plant material to design and install projects on properties to help filter water.

“Our Paddle the Nanticoke program helps people see the environment in a new way — experiencing otters and eagles along the way. We try and develop new programs every year, encouraging people to get out and get on the rivers to appreciate what we have,” Wool said.

Working to improve water quality from a different angle is Erica Baugh, program director for Upstream Alliance, located in Annapolis and Grasonville. Her organization’s mission is to provide expeditions on the Eastern Shore, which connect people to nature. Upstream Alliance’s Superintendents Environmental Education Collaborative, a national project to enhance environmental education in the schools from the top down, takes superintendents on field trips to help them learn how to enhance environmental education in their schools.

“The collaborative supports our goal to graduate environmentally literate students,” Baugh said.

Upstream Alliance was started by Baugh’s father, Don Baugh, who worked for Chesapeake Bay Foundation’s educational program for 38 years. After he retired, he recognized a critical need to develop the next generation of environmental leaders by using expeditions to create significant life experiences, further capturing their hearts and minds, while creating networks with other leaders. He founded Upstream Alliance and began leading expeditions in the Chesapeake Bay watershed and in the Delaware River and Delaware Bay.

According to Erica Baugh, the organization’s name is based on going upstream to the root of the problem to find the solution.

“If you get people to go upstream, they can find the source of the problem,” she said.

Upstream Alliance also has a commitment to the next generation of conservationists and is providing conservation expeditions that provide immersion experiences for conservation leaders. By connecting both “emerging leaders” (new leaders) to “distinguished leaders”

(experienced leaders), Upstream Alliance is creating an environmental network for professionals.

“When the Clean Water Act was adopted in 1972, a number of new environmental jobs were created. Today, many of these experienced conservationists are retiring. They still have a lot to give, so we designed a mentorship program, which enables them to pass down their knowledge to the next generation through these collaborative trips, helping younger conservationists to advance their careers,” Erica Baugh said.

“There is a lot of passion and love from environmentalists in the conservation movement on the Eastern Shore,” she said.

Two such environmentalists who are passionate and share a love of the Chesapeake Bay are Kate Livie and Ben Ford of Kent County. The two met when Ben was waist high in the Chesapeake Bay, working for Environmental Concern, and Livie was working as the director of education at the Chesapeake Bay Maritime Museum. After marrying, the two continue to share their passion for the Bay’s environment through their careers and their civic engagement, living as they teach others to do.

Both are educators, working to create the next generation of Chesapeake advocates, scientists, and stewards. Livie, author of the 2015 prize-winning book, “Chesapeake Oysters: The Bay’s Foundation and Future,” is a prolific writer, teacher, and Bay environmental historian. She currently serves as adjunct faculty at Washington College, where she teaches a freshman seminar about the Chesapeake’s environment, culture, and people. Ford is the Chesapeake Semester program specialist at Washington College’s Center for the Environment and Society.

According to Ford, the Chesapeake Semester is a 16-credit college program, taking place each fall, that explores the Chesapeake through study, fieldwork, and outdoor adventure.

“It uses place-based experiences in a humanities framework to give students a better understanding of the human and social dimensions of environmental issues. Chesapeake Semester students study the ecosystem

“There is a lot of passion and love from environmentalists in the conservation movement on the Eastern Shore.”

HOW YOU CAN GET INVOLVED

“As a passionate oyster advocate, I want people to make informed choices about where you buy your oysters. Which industry you support may determine the future of the oyster industry on the Shore.” – **Kate Livie, author, teacher, social activist, and adjunct faculty at Washington College.**

“People who want to be advocates for the Bay and the environment need to be engaged in local and regional politics, keeping their minds open to different viewpoints.” – **Ben Ford, program specialist, Chesapeake Semester at Washington College’s Center for the Environment and Society.**

“As areas get more developed, natural areas can’t absorb the impact of the

development. Citizens can do simple things, like reducing chemicals and pesticides on lawns. We are realizing a lot more that these little things add up.” – **Lisa Wool, executive director, Nanticoke Watershed Alliance.**

“Get educated, volunteer and advocate. Understanding the issues, engaging, and taking action is critical. When people get involved, they get passionate and they advocate for a clean and healthy Chesapeake Bay. Advocacy affects change in our environment.” – **Alan Girard, Eastern Shore director, Chesapeake Bay Foundation.**

“Every day, people need to care, connect, and collaborate with others. Get outside and experience

nature. Connect with other citizens to talk about the issues. Collaborate on the issues and see how you can help. Immersion is key to seeing and understanding the problem firsthand, building a love for it, and reigniting a spark.” – **Erica Baugh, program director, Upstream Alliance.**

“Water quality on the Shore is human-related, both through human waste and agriculture. Two pieces of simple advice are for homeowners not to put lawn fertilizers on their lawns and for farmers to work with the University of Maryland Extension to employ cover crops after corn and soybeans.” – **Dr. Tom Fisher, professor, University of Maryland Center for Environmental Science, Horn Point Laboratory.**

in-depth and analyze solutions to environmental problems, and explore the nexus between science, policy, and people’s everyday life,” Ford said.

Livie also teaches with Chesapeake Semester, and together the couple leads paddles down the Chester River, trips to Chesapeake Native American reservations, skipjack overnights, and days deep into the marshes of Dorchester.

“For 10 years, the Chesapeake Semester has produced the next generation of Chesapeake Bay stewards. They go to work for advocacy groups, environmental nonprofits, and entities like the Maryland Department of Natural Resources and University of Maryland Horn Point Laboratory. This program is an amazing opportunity to educate Bay advocates who will raise their voices to affect regional and local change,” Livie said.

Livie and Ford also are willing to be those advocates when they feel the call. Along with other Kent County residents, they have started a grassroots community effort to fight the potential placement of a new

Bay Bridge. Through “Stop the Span,” they are rallying to fight the potential placement of a third span into rural Kent County, a project they suggest has the potential to destroy the environment and tight-knit communities under the sprawl that could follow.

In reflecting on her marriage and professional partnership with her husband, Livie quipped, “We get to work together, travel together, and teach together. It’s an awesome collaboration for two Bay nerds like us.”

The complexity of the issues surrounding the health of the Chesapeake Bay and its tributaries continues to challenge environmentalists on the Shore. The work of these organizations and individuals are impacting how we live our lives and how we affect the watershed where we live.

Girard, in summarizing the state of the Shore’s environmental efforts, said, “It takes a village. All the groups involved are making a difference under the umbrella of “The Chesapeake Clean Water Blueprint,” acting in a coordinated way to get results. We are finally getting it right.” 

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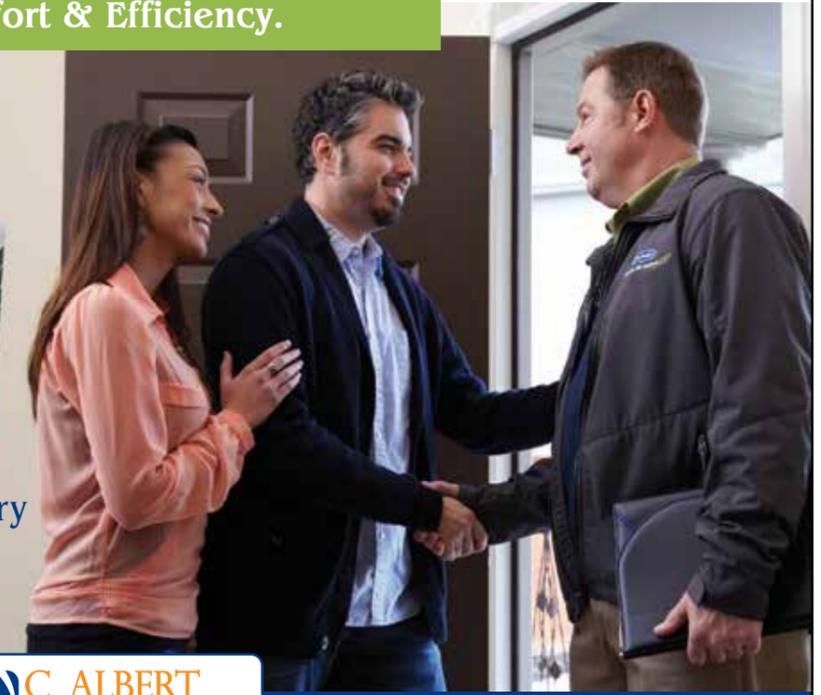
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Artist Kevin Garber



The Eastern Shore is an opportunity for artist Kevin Garber. It's an opportunity to be connected to nature, weather, tides, and to create art that speaks to this connection. And it's an opportunity to fish.

"It's so visceral here — every day can be different based on the weather. Watching the watermen, who are so tied to natural forces like wind and tide," Garber said. "I never thought I'd be following the tide like I do. I love to fish and have always fished. I always have a fishing pole in the van. I will stop and do 50 casts somewhere without thinking. There are always opportunities. I like the saying, 'It's not how many fish you catch, it's how many times you can go fishing.'"

Garber and his wife Kathy Bosin moved to the Shore in 2008 from

Story by Michael Valliant
Photos by Larry Reese

STAGE LEFT

St. Louis, Mo., where they'd been for more than 20 years. The idea was to be closer to parents, who lived in Lancaster, Pa., and Lewes, Del. And for Garber, maybe to reinvent himself after two decades of creating and teaching art in the city.

Art for Garber began while growing up outside Lancaster, where his uncle Abner Hershberger was a fine art painter, sculptor, and printmaker. Abner was following in the footsteps of his father, Ezra Hershberger, who started the art department at Goshen College in Indiana. When Ezra retired, Abner took over the art department.

Garber got a chance to spend five weeks studying art history with Abner and his students in Florence, Italy, with the actual objects they were studying right in front of them. Garber was already an inspired art student, and that experience brought out a more academic direction in his art. He went to Millersville University in central Pennsylvania and studied under Robert A. Nelson, learning stone lithography.

"Nelson was an incredible draftsman and stone lithographer," Garber said. "Stone lithography had been brought back as an art form, through a Ford Foundation grant, and he was one of the guys who was a pioneer and was published in the major stone lithography books. He warned me that, 'You are either going to be a printer for other people or

you're going to be an artist — it's hard to do both."

From Millersville, Garber got a teaching scholarship to the University of Nebraska, where he taught and created stone lithography and other forms of printmaking, and then was hired as a master printer by Washington University in St. Louis.

There, he worked with renowned artist and teacher Peter Marcus, who was determined that printmaking would be as big as painting and sculpture in the art scene of the university and the city. As the master printer for Washington University's Collaborative Print Workshop, Garber worked with dozens of visiting artists from all fields, creating large-scale print editions with the help of students. He recalls the print workshop as a lively, creative, and collaborative environment — one of the university's most exciting and dynamic places.

During his time at Washington University and in St. Louis, Garber also opened his own studio, creating large-scale ceramic murals and then, teaming up with a former graduate student, the two became sculptors for hire, doing applied arts for Anheuser Busch and other corporations, and design and architecture firms, including ceramic installations at Discovery Cove in Orlando, Fla.

In his art and in his life in St. Louis, Garber was able to create and take on new and epic projects.

"I was able to take risks, to go into sculpture and experience really big three-dimensional pieces, and then leap off and do a ceramic installation at Discovery Cove," he said. "I took on some fairly large jobs that were risky. We took chances. We would do things just to have the experience of doing them. We kept our passion alive in the making of things."

In the years following 9/11, Garber and Bosin took stock of their lives and what was important to them. They looked at the fact they had each been away from their parents for longer than they intended. They looked at coming back to the mid-Atlantic, and it was a job on Caretakers Gazette that led them to the Eastern Shore. Life slowed down intentionally, and while working on Emerson Point in the Bay Hundred area, Garber went back to painting watercolors. His thought was to just start making art with and from what he had around him.

“We are observers and we are makers of things that reflect our environment, and being on the Eastern Shore, birds have made more and more sense,” he said. “I have used bird imagery as my muse forever, and this area is just so rich with bird life — natural life — it is easy to observe and enjoy their presence. Birds also represent something I am very closely attached to and that is total freedom. I gave up full-time employment, punching a clock, and working for someone, for my freedom.”

During his time on the Shore, Garber has volunteered in the boat shop of the Chesapeake Bay Maritime Museum in St. Michaels



and has taught at the Academy Art Museum in Easton. He has shown his work at Tea at the General Store in Royal Oak and Out of the Fire in Easton. He has a number of his works in the Trippe Gallery in Easton.

Among the work Garber shows in the Trippe Gallery are prints of Chesapeake life — sailing, working the water — that come from incredible woodcut blocks of sugar maple created by the father of furniture-maker Jim McMartin. The demand for these iconic, black-and-white woodcut prints has been tremendous. Creating different kinds of art and having multiple projects going at the same time suits Garber, for whom art has been a career and his livelihood.

Garber returns to St. Louis frequently, where he has different creative and commercial projects underway. He is prone to wandering and returning, and the contrast of going to the city makes his return to the Shore that much more meaningful each time.

“Living in a city like St. Louis and the life we were living, decades just fly by, and I wanted to slow things down,” he said. “Moving to a slower area, it’s more about the seasons. You become part of the seasonal changes. With the seafood industry here, the hunting, the seasons became more of a time-altering thing for me. And now, when I come over the Oak Creek Bridge, I see this incredible view and it feels like home.”

Artist Kevin garber said he has used birds and bird imagery as his muse for a long time. The Eastern Shore inspires his art because, he said, “We are makers of things that reflect our environment.”



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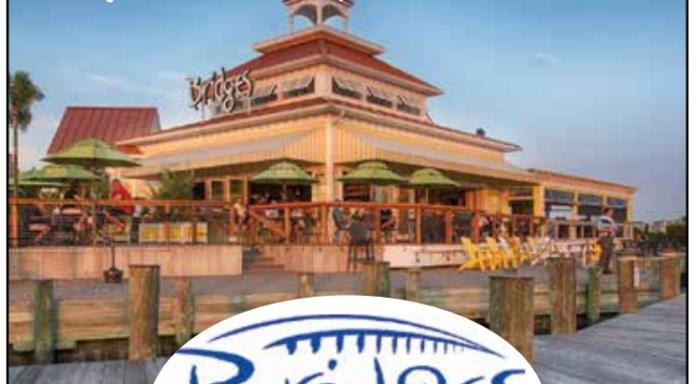
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Photos by Larry Reese

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Crisp

12 Granny Smith apples, peeled, cored, and sliced
 ½ cup light brown sugar
 3 Tablespoons all-purpose flour
 1 Tablespoon corn starch
 4 teaspoons butter
 2 teaspoons cinnamon
 2 teaspoons lemon juice

Topping

3 cups all-purpose flour
 1 cup brown sugar
 ½ pound softened butter (but not too soft)
 3 Tablespoons cinnamon
 pinch kosher salt

First, spray a 9-by-9-inch baking dish with cooking spray. To make the topping, put all dry

ingredients in a mixing bowl and add butter to form pea-sized crumb.

For the crisp, put the apples in a bowl and add all dry ingredients. Add lemon juice to coat apples. When mixed, add butter. Be sure to mix thoroughly with the apples.

Put the crisp mixture in the greased baking dish, spread the crumb topping and bake one hour at 350 F until the crumb topping and the apples are bubbling. Be sure to put the baking dish on a cookie sheet in the oven, in case of spillage.

You may have extra crumb topping. Put the extras in a freezer bag and freeze for next time.



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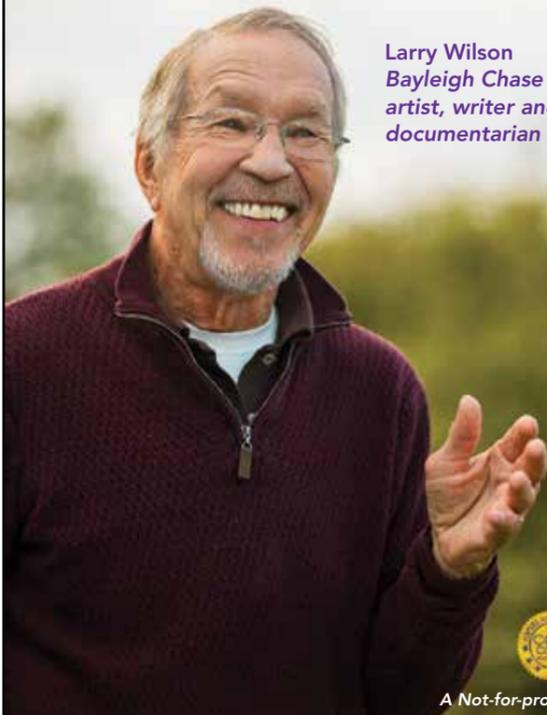
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THROUGH THE LENS



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Photo by Susan Hale/Chesapeake Scenes Photography



Photo by Patsy Bridges



Photo by Cindy Steedman



ABOUT THE COVER

Alan Girard oversees the Chesapeake Bay Foundation's environmental protection and restoration programs on the Eastern Shore, where he leads the organization's regional efforts to help communities reduce pollution to the Bay and its local rivers and streams. Since joining CBF in 2001, Alan has developed public policy, coordinated local and statewide advocacy campaigns, and engaged citizens, businesses, and government in solutions to pollution control challenges.

Alan did his undergraduate work at Ithaca College and has a master's degree in environmental management from Indiana University. Before joining CBF, he was a manager at Pickering Creek Audubon Center, and did conservation work in Indiana, Montana, Rhode Island, and Vermont. He serves on a number of boards and committees, and lives with his wife and three children in Easton.

The Eastern Shore Conservation Center (or ESCC) was opened in September 2015 by the Eastern Shore Land Conservancy. The 20,000-square-foot campus once stood as the McCord Laundry building, but in recent decades was better known as an abandoned eyesore in downtown Easton. Rehabilitated into a mixed-use, LEED-certified complex, the center now houses nonprofit partners like CBF; affordable rental apartments; and local businesses that include a café and wellness studio.

Cover photo by Caroline J. Phillips.

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Eastern Shore Sea Glass and Coastal Arts Festival, St. Michaels
April 7-8

Daffodil Festival, St. Michaels
April 14-15

Building African American Minds Festival, Easton
April 21

24th Annual Oxford Day
April 28

WineFest at St. Michaels
April 28-29

MAY

Multicultural Festival, Easton
May 5

Fine Arts at Oxford
May 18-20

St. Michaels Running Festival
May 19

JUNE

St. Michaels Brewfest
June 2

Chesapeake Chamber Music Festival, Easton
June 5-17

31st Annual Antique & Classic Boat Festival & the Arts at Navy Point, St. Michaels
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