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MONTHLY

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Linden Spa at The Inn at Perry Cabin

a story
worth repeating.



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MEET THE TEAM

It is said when a westbound traveller drives on to the Chesapeake Bay Bridge, they release all their worries and stressors.

There is something so marvelous about seeing the vast calm waters, breathing in the fresh Bay air, and anticipating the arrival to a place where life is much slower and sweeter.

That is exactly what happened to me and my family. Growing up anchored in the Washington, D.C., area, we were oblivious to points east. A job transfer to Annapolis for my husband led to a rental on Kent Island.

Once we settled in, the Shore's allure was too strong to resist, and for the past 27 years, we have been fortunate to call the Eastern Shore our home.

The Eastern Shore is the best gift you could ever experience. Every day, each one of your senses is in for a treat. This is actually how *Shore Monthly* unfolded into its identity. While each issue is unique to its focus, the design and regular monthly features provide an abundance of luxuries.

Whether it is tasting the feasts of the Shore's delicacies at The Fishwhistle in Chestertown; feeling excited to see new places not yet discovered or try new things, like rock climbing and zip lining at Tuckahoe State Park in Queen Anne; embracing that laid-back pace when you are among locals, such as silversmith and mosaic artist Sue Stockman; or realizing that every good thing is here — make a mad dash and head east.

Treat yourself to a taste of the Shore through *Shore Monthly*, or better yet, experience the Eastern Shore for yourself and get ready to leave your troubles behind.

Gail Ruppe
Account Executive

Correction: Pascale Bernasse should have been credited as the photographer for the January "High Spirits" and "Taste Buds" features.



EASY-LIVING, CASUAL ELEGANCE SHORE MONTHLY

EDITOR
Katie Willis

CREATIVE DIRECTOR
Greg Mueller

CONTRIBUTING PHOTOGRAPHERS
Caroline J. Phillips
Pascale Bernasse
Henley Moore

CONTRIBUTING WRITERS
Katie Willis
Amelia Blades Steward
Sarah Ensor
Laura Wormuth
Reen Waterman

EDITORIAL CONTACT
410-463-9883

PRESIDENT/PUBLISHER
David Fike

MARKETING DIRECTOR
Betsy Griffin

NEW MEDIA MANAGER
Paul Hagood

ACCOUNT EXECUTIVES
Gail Ruppe
Jon Ekroos

ADVERTISING CONTACT
443-239-0307

SUBSCRIPTIONS
410-770-4005
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submissions@
shoremontly.com

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www.shoremontly.com



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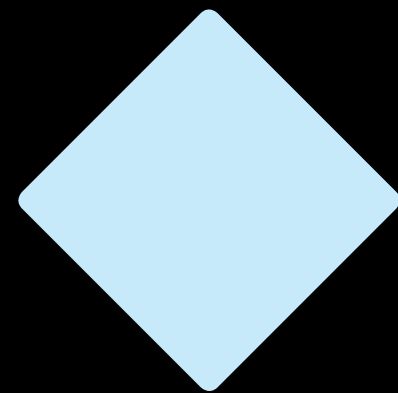
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REIKI



*Becoming attuned to harmony
and disharmony in our lives*

Story by Amelia Blades Steward | Photos by Pascale Bernasse

BE WELL

//



AM A CONDUIT FOR
THIS LIFE FORCE."



Fletcher Johnson of
Chestertown has a master
level training in the Usui
lineage of reiki and a
second level training in
the Holy Fire Tradition.

The type of healing energy work Fletcher Johnson practices was named reiki in 1922 by Usui Sensei from Japan, and was brought to the United States in 1937. Its potential is limitless, but it is generally used to help alleviate physical, emotional, mental, and spiritual disharmony, while quickening the healing process. The practice of reiki balances the energy throughout a person's body.

"A plant gets its nutrients from the sun, rain, earth, and air. Reiki harnesses a similar energy; I am a conduit for this life force," Johnson said.

There are many ways to work with energy. In yoga, energy is called "prana," and in Tai Chi, it is called "chi."

"Only good can come from reiki — it is an attunement process which is based only on good intentions — positive force — and it can benefit anyone," Johnson said.

During a reiki session, Johnson aligns herself with the intention of the session, rubbing her hands together to activate the energy flow. She scans through the client's energy field, then decides where to begin working. By systematically holding her hands over specific areas, she is able to move stagnations and calm inflammations.

"My clients report feeling heat or coolness, and sometimes a tingling or pulsing sensation. They sometimes feel physically lighter and as if they have been re-calibrated," she said. "I can also



add guided relaxation, meditation, visualization, or aroma therapy to help get them into the right place.”

Johnson said a single reiki session is \$75 an hour, but many find that 30 minutes (\$40) is sufficient.

“Clients seek treatments on an as-needed basis, but many come once a month to receive a tune-up,” Johnson said. “Clients can always find something for me to work on ...”


Johnson said those who experience reiki treatments often become more attuned to harmony and disharmony within themselves.

“Everyone has an inner voice — you just have to dig deep enough to hear it ... Reiki bolster’s one’s knowledge of self, which guides them to making better decisions in life, and ultimately improving their health,” she said.

Johnson said the attunement process opens up the channels for the universal energy to be harnessed and transmitted to clients. She said reiki goes to the place needed most.

It has taken Johnson seven years to move through the four different levels of training. She has a master level training in the Usui lineage, and a second level training in the Holy Fire Tradition.

Between this and her extensive yoga background, she has received several thousand hours of education beyond general schooling.

She said she prides herself in working with the medical community, not as an alternative to it. For more information about receiving Reiki or going through a training, contact Johnson at info@riverwarrioryoga.com or 410-708-2797, or visit www.riverwarrioryoga.com. 



Fletcher Johnson said the attunement process during reiki opens up the channels for universal energy to be harnessed and transmitted to clients.



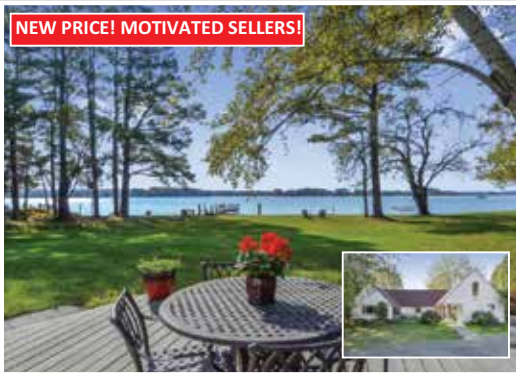
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*Story by Laura Wormuth
Photos by Caroline J. Phillips*

Traditional Valentine's Day celebrations are sweet and wonderful — flowers and candies, romantic candlelight, and fancy drinks — but if you're looking to treat yourself to a unique experience, look no farther than your own backyard.

The Mid-Shore offers plenty of opportunities to treat yourself to something a little more adventurous than dinner and dancing. This year, get creative and do something different — get out and about with these exclusive activities around the area.

Photo courtesy of Belmond

*Treat
Yourself*



TREAT YOURSELF to Adventure

If you're looking for excitement without the physical challenge, take a trip to Massey Aerodrome in Kent County to experience high-flying adventure, up in the air above the Maryland countryside (and even find some pretty cool stuff on the ground).

Pilots at the aerodrome give glider and biplane rides, weather dependent, by appointment only, said Bob Dierker, local glider pilot and part owner of the aerodrome. Ideal weather conditions for cruising the sky include a "clear day with 10 miles per hour or less winds, and a good positive attitude," Dierker said.

A glider, or sailplane, is aerodynamically designed for gliding on air currents through a slow descent to the ground. There is no engine, nor is there a communications device. Those wishing to request a glider ride are urged to call at least a month in advance.

"The biggest issue is that I have to schedule a tow pilot," Dierker said. "Not just anyone can tow, and even if they could, we're kind of particular. We're very dependent on each other because we're connected by a 200-foot rope

and we have to understand exactly what the other one is going to be doing."

The tow plane pulls the glider up into the air to the predetermined altitude, typically about 3,000 feet, and then the glider detaches and turns opposite of the plane.

A typical ride can last about 20 to 25 minutes, Dierker said. "It's just me and mother nature, so it depends on how nice she's going to be to me that particular day."

Dierker can ride air currents created by thermals (uprising air created by differential heating of the land).

"I look for the eagles and buzzards, and wherever they're congregating and circling, that's the air pocket I want to be in," he said. "There's nothing better than being in a thermal ... and you look around and there's a bald eagle going right around with you."

When giving a glider ride, Dierker sits in the back and the other person sits in the front in a big bubble canopy.

"They can look around and see everything," he said. "In the summer, it's really nice because you're in this nice, big bubble and it's like a little greenhouse."



Dierker, who has been a flight instructor for 46 years, also allows flyers to take the controls while in the air. "I let them understand how responsive it is, what they can do, why it does what it does," he said. And once the descent to the landing strip begins, Dierker said he takes the controls back to land the glider safely.

Biplane rides are a little different because they have engines. Participants still are encouraged to take the controls while in the air, but because they have open cockpits, again the weather must be warm and clear to fly.

Glider also are much quieter, because there is no engine to make noise and you can talk in the cockpit without yelling.

"It is very peaceful," Dierker said. "Once I get rid of the tow plane and veer off to the right, I slow down and it's nice and quiet."

It's possible to find other glider pilots on the Eastern Shore and beyond, but packages tend to be pricey, Dierker said. He tries to keep his prices lower so everyone can afford to come to Massey.

"I want people to be able to experience this," he said. "I get to expose people to it, and I have a great time flying."

On the ground, visitors also can experience the high-flying lifestyle through a tour around the Massey Air Museum, a nonprofit promoting grassroots aviation. Staff offer tours of the museum and hangars, as well as walks on the DC-9 — a twin engine jet airliner on the 92-acre airfield.

Spring will bring public events, such as the Chili Fly-in in May.

For more information on the Massey Aerodrome, the museum, or any of the aerodrom's services, visit <http://masseyaero.org/>.

Bob Dierker is a local glider pilot and part owner of Massey Aerodrome in Kent County. Dierker also has been a flight instructor for 46 years.

TREAT YOURSELF to *Luxury*



Photo courtesy of Belmond

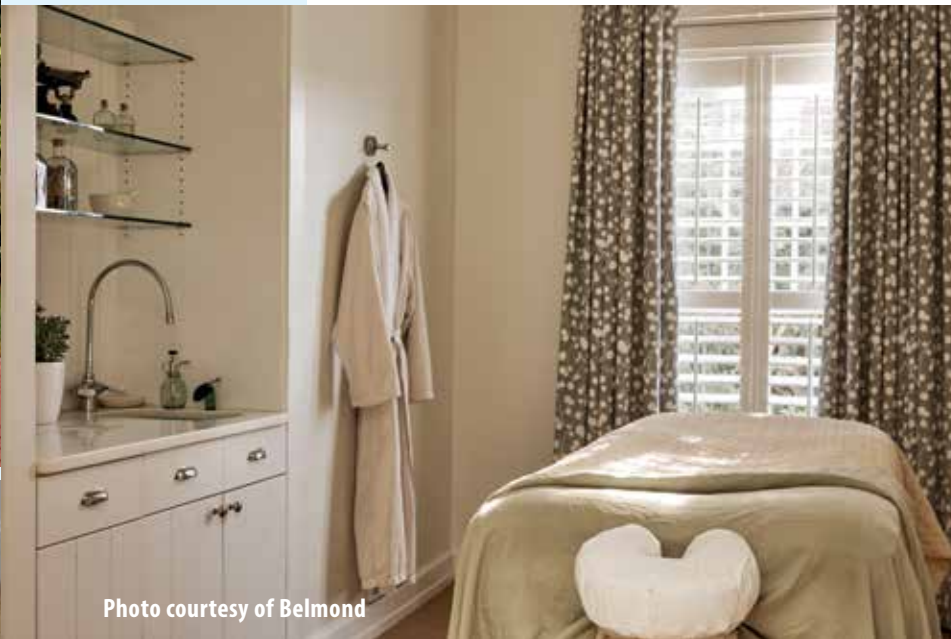


Photo courtesy of Belmond

The spa hosts a wide array of services, including an exercise room, a steam room, and an apothecary where staff hand-mix their own blends of oils and botanicals based on each client's needs and wishes. There also is a couple's therapy room and a relaxation room, which is furnished with comfortable high-back recliners overlooking the spa garden.

"We try to provide synergistically complimentary services," Arroufi said, "all focused on wellness and well-being."

Linden Spa recently underwent a refacing — changing and expanding its services and products, which included replacing hot stone therapy with salt stone therapy. Not only do the Himalayan salt stones help draw out toxins and impurities while adding iodine to your system, they also relate more to the Eastern Shore ambiance.

"We want this to be an escape from and an escape to," Arroufi said. When guests come to the spa, they typically are on vacation or looking to relax and get away from the hustle and bustle of hectic lives, she said. "It's sacred time — very limited time. How do you create an environment to give people that 'ahhhh' feeling within that limited time?" Arroufi asked.

Even if you're not on vacation, you should take advantage of the peace of mind and meditative feeling Linden Spa can provide. The spa offers a loyalty program for locals who want to experience the Zen-like aura of Linden Spa, as well.

To learn more about services or to schedule a consultation, visit PerryCabin.com.

If finding adventure isn't really your thing, the Mid-Shore offers plenty of opportunities for local extravagance.

Spend a day at Linden Spa at the Inn at Perry Cabin in St. Michaels and experience luxury with an Eastern Shore feel.

"We want to appeal to all of the senses," said Kay Arroufi, spa director. "We're not pretentious or fussy — we keep it quaint."

Walking into the spa, there is an immediate feeling of down-home comfort mixed with a relaxing opulence, from the essence of fresh botanicals and essential oils, to the quiet Native music liting drums and pan flutes into the atmosphere.

"Everything is designed to be therapeutic," Arroufi said, including the spa's line of organic products intended as a way to continue your therapy once you've left the spa.



TREAT YOURSELF TO A CHALLENGE

Tuckahoe State Park in Ridgely is a mixed bag of original experiences. Push your boundaries and head out to the Tuckahoe Challenge Course and zipline.

The challenge course has several obstacles designed to push your physical and mental limits.

“It’s challenge by choice, so we encourage people to step out of their comfort zone and push their limits a bit, but we don’t make you do anything,” said Erin Morton, a ranger with the Maryland Department of Natural Resources. “You can stop at any point — you don’t have to make it to the top, you don’t have to climb back down.”

The course, which was built in the 1990s with a grant from the Caroline County Health Department, originally was part of the “Take the drug free trail” statewide initiative, said Jessica Conley, park assistant manager at Tuckahoe. When groups come to use the challenge course, “we talk about that feeling you get, that adrenaline rush, that natural high when you do this,” Conley said.

Several obstacles make up the course, including a giant swing, a low ropes course, a pamper pole, a rock wall, a tube cargo net, and a zipline. All the



Tuckahoe Challenge Course at Tuckahoe State Park in Ridgely has several obstacles designed to push your physical and mental limits, including a giant swing, a low ropes course, a pamper pole, a rock wall, a tube cargo net, and a zipline.



obstacles are manned by trained staff, who must be on site during use of the course. The course can be used by anyone from Scouts, school students, and corporate entities, to birthday parties, family reunions, or just a gathering for you and your friends.

The experience is better if you have a team, although many of the obstacles can be done individually. If you don’t have a team, you can participate in the challenge course on public Family Fun Days, scheduled throughout the spring, summer, and fall.

The giant swing and low ropes course are designed as team activities, Morton said.

“They promote team building and camaraderie,” she said.

To take a ride on the giant swing, a participant is hoisted up by their friends to the full 60 feet, or to wherever they feel comfortable swinging from.

“If you only want to go to 20 feet off the ground, you won’t swing as high as someone who goes up to the full 60 feet, but you still get to participate,” Morton said.

While the swing is reminiscent of childhood memories, the pamper pole is more implicative of a circus aerial act. After climbing up a 25-foot



pole, much like a telephone pole, to a slightly wobbly, spinning platform, participants are asked to jump out (just a few feet) to a hanging trapeze. Don’t worry if you miss, trained personnel are there to hold you aloft with cables attached to a waist and chest harness, and then gently guide you to the ground.

“You don’t have to worry about any of the obstacles,” Conley said. “You won’t fall and hurt yourself.”

Overcoming that fear is the mental challenge of the course.

The same is true for the rock wall. Forty feet in height, the wall looks a little intimidating from the ground. However, standing at the top gives you a whole new perspective.

It can accommodate two climbers at a time, and climbers do not need to be experienced to




try it, Morton said. You can climb at your own pace, to whatever height you're comfortable with. If you can't make it to the top (or don't want to), like the pamper pole, the staff safely lowers you to the ground with cables attached to your harness.

"Everybody has different goals, and that's one of the things we talk about is goal-setting" Conley said. "One person's goal might just be to do the lower section of the wall, while another person's might be to get all the way to the top and over, and both goals are OK — it's just that you tried."

On the back side of the rock wall, a tube cargo net hangs from the upper platform. Older generations probably remember climbing swaying cargo nets in elementary school gym classes, and while this is the same idea, it is a tube, so there is net on all sides of you.

While both the rock wall and the cargo net are quite an upper body workout, it's worth some burning shoulder muscles to get to the top, because that's where you hook up to the zipline. Forty feet high and 150 feet long, the zipline is a fast, fun ride back to the ground.

If you're not so physically inclined to push your boundaries, Tuckahoe also offers 15 miles of multiuse trails, 1,000 acres for hunting, a disc-golf course, and an on-site aviary for native birds deemed unable to be released back into nature.

For more information on the challenge course, Family Fun Day dates, scheduling an event, or participating in a public activity day, visit <http://dnr.maryland.gov/publiclands/Pages/eastern/tuckahoe.aspx> or call 410-820-1668. 

TREAT YOURSELF TO DECADENCE

If you're more of a stay-in kind of person and your idea of the holiday of love remains traditional, you still can get a little adventurous. Try tempting your tastebuds with local wine and chocolates — a perfect way to spend any Valentine's Day.

Tucked away in southern Dorchester County, Layton's Chance Winery offers a tasting room, set on 14 acres of scenic vineyards, as well as vineyard and winery tours. According to its website, the tasting room is open daily, and the winery also offers a large outdoor picnic area and a nature trail.

With about two dozen varieties of wines, Layton's Chance has something to tantalize even the most discerning palate.

Or, you can stop by Chesapeake Chocolates in Stevensville to find one of the finest selections of gourmet chocolates to pair with your local wine. Their decadent treats have an Eastern Shore flair, including chocolate-shaped crabs and Chesapeake Bay Retrievers.

Learn more about Layton's Chance wines at www.laytonschance.com, and find all of your local chocolate goodies at www.chesapeakechocolates.com.



WEDDINGS AND FUNERALS

by Ryan Helfenbein

ASK THE UNDERTAKER

Remember back to the time you and your spouse proclaimed your love for one another through holy matrimony? Weddings are a time that many of us can say life took a major change, hopefully for the better. Immediately after the engagement a mental list appears for both you, your spouse, and the mother law, too, of course. This list consists of selecting a venue, flowers, readings, participants in the event, an officiant, music, decisions about the reception and then the establishment of a budget to determine a way to pay for it all. According to wedding consultants an engaged couple should give themselves at least one year to plan out that perfect event, so as not to rush any decisions and make sure the event comes together perfectly and within budget. What I find very interesting is that while for a wedding we should give ourselves 1 year to plan, but with a final farewell — a one-time only chance — we give ourselves 48 hours on average. Other than the emotion perhaps, is there that much of a difference? For a final farewell we need to select a funeral home, florist, readings, pallbearers, reception, officiant, music and the exact same things we did for a wedding — however with this event tack on the strong emotion of "I don't want to do this right now!" Then add the fact that someone must come out of pocket for this unwanted expense, all within that 48-hour average timeframe. There has got to be a better way....

Just like that of a wedding planner, a funeral professional would provide you the same advice — give yourself time to plan this event in advance, actually...years in advance! We are finding that most individuals today are planning their funeral and cremation services shortly after retirement. This is a process where you would meet with a funeral professional that holds a Certified Planning Counselor certificate (CPC) in order to design a one of a kind, unique to your preferences, plan for the future. When meeting with one of us CPC's, you can talk through your options for the future and develop a detailed plan so that your family members have a clear road to travel when your time comes. In addition, each person planning

in advance is provided a universally used document of the industry depicting what is to be done, an ID card showing their plans are on file in case passing occurs away from home, and more importantly a planning booklet to record additional information for those left behind. This allows the plans made to then be used at any funeral home. When plans are made in advance, you truly are eliminating the added stress of a loss from your family.

With this planning process, one also has the opportunity of having their services (celebration, remembrance, etc.) paid for at today's pricing. This ensures that all plans not only will be carried out in the future, but the financial responsibility is completely eliminated. A program is offered within the funeral industry called Forethought, which safeguards monies for the sole purpose of paying for one's funeral or cremation plan, and is completely transferrable to any funeral home. Imagine if you will, your parents paying for your wedding day when you were a young child. When you reached the age of marriage, all the expenses were taken care of — all you needed to do was finalize day and time. Welcome to the concept of pre-planning a funeral/cremation event - No stress, no mess!!

By planning in advance and having our plans secured with Forethought, our families have minimal decisions upon our passing. We are not leaving the stress on their shoulders of having to strategize the perfect final farewell, in sometimes even less than 48 hours. A Forethought plan allows you to take the time to plan for all the details that matter most to you, and assures your family will not be financially burdened when the time comes to carry out those carefully considered plans. After all, when it came to your wedding, you most likely had a very clear vision of how you wanted the plans to come together. Shouldn't your final farewell be detailed just as well?

Ryan, certified preplanning counselor and licensed funeral director with Fellows, Helfenbein & Newnam, assists families in creating one of a kind unique life celebrations. He can be reached at 410-758-3897 or Ryan@fhnfuneralhome.com


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PAID ADVERTISEMENT



HIGH SPIRITS

Wine comes in
at the mouth
And love comes
in at the eye;
That's all we shall
know for truth
before we grow
old and die.
I lift the glass to
my mouth,
I look at you,
and I sigh.

"A Drinking Song,"
William Butler Yeats

Story by Sarah Ensor
Photos by Henley Moore



Wine is the spirit of love. Humans have been making wine for about 10,000 years, and like truth, love, and other great thoughts, they have been writing about it since at least the time of the great philosophers.

A traditional drink of people worldwide, wine is part of sacred ceremonies across religions and cultures, is used in

celebrations, such as weddings and graduations, and serves just as well with a takeout mushroom-and-sausage pizza on a Wednesday night.

The Wine Bar in Cambridge is a wine bar and gourmet food market. After taking over the business from previous owners in summer 2016, Ed Johnson and his partner Randy Decker constructed a small kitchen and expanded the pouring bar selections to include sipping liquors and beer.



*“We are all mortal
until the first kiss
and the second
glass of wine.”*
— Eduardo Galeano



Liquors are served only neat or on the rocks, except for the first and last Sunday of each month, when they have bottomless Bloody Mary cocktails and mimosas.

In 2017, the pair founded Chillin’ on the Choptank, a wine festival scheduled to be held again Memorial Day weekend 2018. The festival is a fundraiser for summer programs in Dorchester County.

Johnson and Decker believe wine is for everyone, and a good bottle of wine need not break the bank.

“We are not some hoity-toity wine bar. We are not. We believe in good, affordable wines,” Johnson said. “We cater to everybody.”

Their philosophy stocks their retail shelves and the bar, where a wine tasting could be paired with a cheese plate, an assortment of gourmet chocolate, or soup and a sandwich.

Johnson offered several wine suggestions from his stock.

Sparkling wines are perfect for toasting occasions, which are plentiful in February, and can lend a celebratory feel to an ordinary day.

Tavernello Prosecco DOC is sweet and smooth on the front of the palate, with acidity opening mid-palate. Notes of citrus fruit and orange flower make this a perfect aperitif or brunch wine, although it also would be a lovely companion to a dessert, such as a key lime pie or strawberry cheesecake. DOC is an Italian designation. It stands for Denominazione di Origine Controllata, or Controlled Designation of Origin. To earn this designation, a wine must be produced according to certain standards and is limited to certain regions of Italy.

In the mood for a love story? The 2016 Bila-Haut rosé calls for its drinker while still on the counter. Its lovely bouquet is strawberry and roses. It is crisp on the front of the


A wine tasting at The Wine Bar, a gourmet food market and wine bar in Cambridge, could be paired with a cheese plate, an assortment of gourmet chocolate, or soup and a sandwich.

palate and warms mid-palate with notes of strawberry, rose, and melon.

The love story is in the label, which, like other Michel Chapoutier wines, includes braille. Although there are many stories as to why Chapoutier (and now other) wine labels have braille, the most accepted version is that Michel Chapoutier was inspired by his friend, French musician Gilbert Montagné, who once said in an interview that he had trouble selecting wine without a friend accompanying him.

Chapoutier learned incorporating braille is simple, and he began printing his labels with braille. His first wine label to include braille was for his Monier de la Sizeranne Hermitage, according to the *New York Times*. He worked with the French Association for the Blind to create the label in honor of the association’s founder and member of the family who previously owned the vineyard, Maurice de la Sizeranne.

Johnson said heavy red wines are most popular with customers of The Wine Bar, who tend to be people who enjoy wine and know something about it.

Ancient Peaks, a winery out of Paso Robles, Calif., offers a number of wines, including a fine example of a California Zinfandel — a little wild and uncontained — but always fun and interesting. This medium-bodied red is rich, with notes of blackberries, raspberries, and cherries, as well as subtler leather and pipe tobacco, and a hint of black pepper. 



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The Bay Area Association of REALTORS (BAAR) recently held their annual Installation and Awards event at Bridges Restaurant at Kent Narrows.

Attended by 125 REALTORS and dignitaries from across the state, the event included swearing in BAAR's new officers and directors for 2017-2018, as well as presenting various awards to outstanding members of the association.

Now in its 43rd year, BAAR represents over 300 REALTORS in Queen Anne's, Kent, and Caroline counties, as well as over 50 real estate-related businesses in the tri-county area.

BAAR believes in the importance of investing in the communities it serves and has contributed over \$15,000 to various charities and non-profits last year. This year, BAAR presented almost \$10,000 to Adopt-A-Bear and adopted over 500 'Bears'; \$1,000 to Crossroads Community; and \$1,000 to Haven Ministries with a pledge of \$10,000 for the year. These are just a few of the many organizations that have benefited from BAAR's philanthropic activities over the past several years.

For more information about the Bay Area Association of REALTORS you can visit their website at:

www.bayarearealtors.com



Boyd Campbell, President of the Board of Maryland REALTORS, congratulates incoming BAAR President Retha Arrabal.



2018 Bay Area REALTOR of the Year Biana Arentz.



From left: Jenyne Ward, Rookie REALTOR of the Year; Terri Murray, Community Service Award recipient; REALTOR of the YEAR Biana Arentz; President's Award winner Eva Stoops.



BAAR Affiliate of the Year award winner Ryan Eber with The Atlantic Title Group.



Outgoing President Tammy Rosendale presents the President's Award to Eva Stoops.



Bay Area Association of REALTORS 2018 award winners from left: Lisa Raffetto, J. Hurst Purnell Integrity Award winner; Ryan Eber, Affiliate of the Year; REALTOR of the Year recipient Biana Arentz; Lifetime REALTOR recipient Lee Davis; President's Award winner Eva Stoops; Community Service Award recipient Terri Murray; and REALTOR Rookie of the Year Jenyne Ward.

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ROASTED RACK OF LAMB WITH POMMES DAUPHINE

RECIPE BY CHEF HARLEY PEET OF BAS ROUGE, EASTON
PHOTOS BY HENLEY MOORE

SERVES: 4

Preparation time: Two days; overnight to braise lamb shoulder and make the sauce. Then 25 to 30 minutes to fabricate/cook lamb rack and make pommes Dauphine, and 8 to 10 minutes to assemble final plate.

Equipment: Heavy-bottom stainless steel or enameled cast iron braising pan with lid, heavy-bottom stainless steel sauce pan and fry pan; a counter top deep fryer or tall-sided pan to fry in; an instant read thermometer; a potato ricer or food mill; and a stand mixer with paddle attachment.

INGREDIENTS:

Pommes dauphine (Requires two components, Pâte à Choux and dry mashed potatoes.)

For the choux paste:
1 cup water,
1 ½ ounces unsalted butter
1 cup all-purpose flour
pinch of kosher salt
4 eggs
2 to 3 pounds russet potatoes, peeled and cooked till soft, then riced and kept warm

For the braised bamb shoulder and cassoulet:
1 each, 8-bone lamb rack cut into two bone portions, seared golden brown on both sides, held at room temperature
1 bone-in lamb shoulder, 3 to 4 pounds
2 large carrots, peeled, large dice
6 ribs of celery, large dice
1 large white onion, large dice
3 Tablespoons tomato paste
½ cup red wine
1 bay leaf
1 gallon brown veal stock
1 cup blanched lima beans
¼ cup small-diced blanched carrot
¼ cup small-diced blanched celery
¼ cup small-diced blanched onion

METHOD:

For dauphine potatoes, bring water and butter to a simmer, reduce heat to low, add flour all at once, and salt, then mix with a wooden spoon till smooth. Transfer to mixer bowl and mix on high with paddle until steam stops coming off mixture. Switch to low, add eggs one at a time. Fold half of the Choux paste into the warm potato mixture and season with salt and pepper to taste. If the base is too soft, stiffen it by folding in more Choux paste. It should be able to hold its shape. When boiling the potatoes for the dauphine, be sure to steam dry the potatoes once they are cooked by putting them back into the cooking pot after draining. Over low flame, gently dry the potatoes of any visible water. The final



product should be light, fluffy, and dry after ricing. The dauphine mixture can be made up to one day ahead and refrigerated. For the braised lamb shoulder, season shoulder with salt and pepper, and sear until golden brown in braising pan. Remove meat, add tomato paste, celery, carrot, and onion, and cook for 2 minutes. The bottom of the pan should get dark and have nice “fond” (a term used for the brown roasty bits that form on the bottom of the pan from searing meat) development. Deglaze the pan with red wine. Return lamb to pan and add bay leaf. Cover meat mostly with stock and braise with lid on, don't boil, for 4 to 6 hours until it reaches an internal temperature of 200° F, or is fork tender. Let meat cool overnight in the liquid.

TO FINISH/GARNISH/SERVE:

Finish roasting the previously seared lamb rack portions in a 350° F oven to an internal temperature of 110° F for a rare to medium rare.

While the lamb is roasting, fry pommes dauphine in 350° F oil until golden brown. Use two large kitchen spoons to form round balls or use a kitchen scoop to get a nice uniform shape.

Meanwhile, in a sauce pan, cover the small diced and blanched celery, carrots, onions, and lima beans with the thickened braising liquid (sauce) and heat thoroughly, finishing with enough pulled lamb shoulder meat to make a thick cassoulet base. The braising liquid from the lamb shoulder becomes the cassoulet sauce by straining it three times through a fine mesh sieve or cheese cloth, reducing to a rich meaty flavor, then slightly thickening to a nappe consistency using a cornstarch slurry.

To finish, spoon a generous amount of cassoulet in a deep coupe or large bowl, placing two potato dauphine balls in the middle of the cassoulet and leaning the perfectly roasted lamb rack against them. You may want to cut the lamb rack into two pieces as we do in the restaurant to showcase the beautiful red interior of the lamb rack.

ABOUT THE CHEF



Harley Peet

Harley Peet serves as executive chef of Bluepoint Hospitality, a role he has held since 2013. He brings classic French techniques to the group's luxury concepts on the Eastern Shore. Peet knew from an early age that his career path would lead to the food industry. He showcases modern iterations of Old-World recipes, drawing upon the bounty of Chesapeake Bay seafood, high-quality ingredients from local farms, and international delicacies from the far corners of Europe and beyond.



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By Jennifer Robin Musiol, C-RNP, Certified in Advanced Bioidentical Hormone Replacement Therapy

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Remember when your sex drive was healthy, you felt great, slept like a baby and had more energy than you knew what to do with? Then along comes menopause and her companions: hot flashes, night sweats, irritability, weight gain, sleep disturbances and fatigue. Wouldn't it be nice to turn back the years and regain some of that health and vigor?

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your body needs to maintain optimal well-being. The pellet hormone delivery system actually replenishes what decreases through the aging process, using hormones with the same molecular structure as those your body created in greater supply when you were healthy and in your prime.

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The M of our lives osaic

Even in pieces, we can find a new whole

Story by Amelia Blades Steward | Photos by Henley Moore

When local artist Sue Stockman moved from Baltimore City to Denton at age 5, life changed. Instead of being stimulated by the busyness of the city streets, she became enchanted with the natural world of her new rural environment on the Eastern Shore.

"I was bored, so I began to discover nature on the Choptank River. My sister and I had whole imaginary worlds we created — it was beautiful and rich. We would go to the beach, read, play outside, and make things," Stockman said.

She said her parents paid attention to what she and her sisters were doing in their new environment, giving her an art kit for Christmas from which she created her own designs. She also joined the local 4-H Club, learning there she could get paid for making her art from her 4-H Fair award winnings.

When it came time to go to college, Stockman felt the pressure to do something more academic, majoring in biology at Towson University until she took a two-dimensional design class in her junior year.

"I was initially intimidated, and then realized the art classes taught you how to do art," Stockman said.

She soon switched her major to art. Around that same time, during a college philosophy class, Stockman learned about meditation and Zen Buddhism, which soon became an important part of her work, she said.

Stockman eventually left Towson to attend the Glassell Museum School of Art in Houston, Texas. Being annexed to the Museum of Fine Arts, the school broadened her exposure to different artists, as well as allowed her to experience another part of the country.

Eventually, she returned to Towson to finish her art degree, focusing on metal sculpture and jewelry. Before she graduated, she opened a gallery in Ellicott

City and made a promise to herself that she was going to make a living making art.

In 1991, she moved to St. Michaels, and it was there she raised a family.

While initially she focused on painted murals and jewelry, about 15 years ago, Stockman started working with mosaics. She recalled a day in the Florida Keys with her ex-husband and daughters when she was riding her bike and saw a broken pot on the side of the road.

"I was struck by the incredible color of it, and brought it home and glued it on a box. That was my first mosaic," Stockman said.



Mosaics are in line with her passion as an environmentalist, as well — reusing broken things is part of being a steward of the planet.

“It takes me back to the years when I studied biology, and feels like I’ve come full circle,” she said.

After getting a grant from the Maryland State Arts Council to create a 20-foot mosaic for a school in Rockville, Stockman said, “I eventually made a connection, and saw the mosaic as a metaphor. All the kids from this fourth-grade class had come from divorced parents. The kids told me about their lives. The once whole pieces of the mosaic represented their families before divorce. The broken pieces, like their families now, could be reassembled to create something else — different, but still potentially beautiful,” she said.

“It allowed the kids to participate and not feel totally disempowered. They really understood the symbolism as it pertained to their own lives,” Stockman said.

She has gone on to coordinate and teach projects in schools throughout Maryland, sometimes working with students who

have experienced intense trauma, including working with the Walter P. Carter Center for incarcerated women and the Renaissance Academy High School in Baltimore, which had three of its students murdered in a short period of time.

“My teaching method involves treating each other equally, respectfully, and checking in emotionally, which are elements of expeditionary learning — something I learned from an Outward Bound-based lab school in Colorado,” Stockman said.

Each mosaic Stockman’s students create becomes part of the architecture of their school, their environment, and their neighborhood.

“Our mosaic even survived the Baltimore riots,” Stockman said. “These collaborative projects are potent. They allow connection and a way to process some of the trauma and adversity we face in life. Ultimately, the beauty created is a visual reminder of our resiliency and hopefully reminds us what we are capable of achieving.”

“With mosaics, you almost can’t mess up. Anyone can do it. There is freedom in

Mosaics are in line with artist Sue Stockman’s passion as an environmentalist, as well. She reuses broken things she finds or comes across in the natural world, and pieces them together with other broken things. She takes her responsibility to be a steward of the planet seriously.

giving someone something they are going to be successful at and that is fun,” she said.

Stockman said art is essential and transformative.

“Giving yourself the time to be creative soothes the soul. We all come from a long line of makers, tapping into that part of ourselves reminds us who we are and what we might be capable of. If you make something on the outside, you can make something on the inside,” she said.

This past year, Stockman was commissioned by Richard Marks and Amy Haines, and the Dock Street Foundation to create a mosaic for the common space at Haven Ministries Shelter in Chester.

“I have learned the circumstances in life are often out of our control. Bringing compassion and beauty to a population that really needs some of that is often the best we can do,” she said.

The mural also was a very personal project for Stockman whose ex-husband died last year and was homeless at the time of his death. Following his death, Stockman began work on the mural with her daughter, Sequoia Chupek, in their studio in St. Michaels.

“I recognized how important it was for us to be working together during this time. It was therapeutic for both of us, as we co-created this piece of art,” she said.

As she looks to the future, Stockman said, “I want to be compassionate in the world. We are all intrinsically connected. Everything we do can help ourselves and the world ... It’s a reminder that we don’t often know what people might be going through, and simply being kind may make a difference. I’m working on doing that for myself, too. It’s a practice.” **S**

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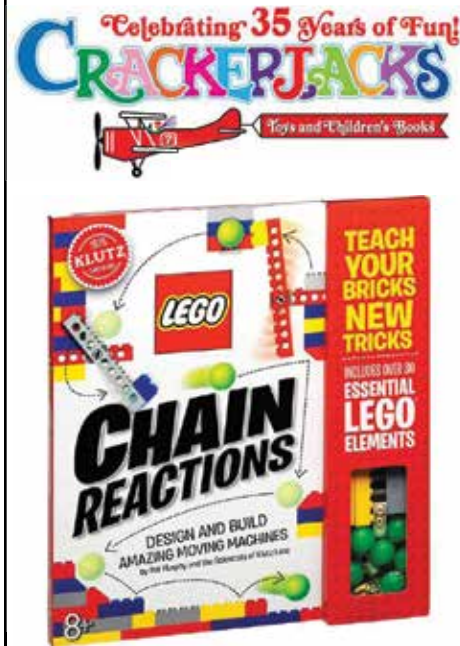
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OYSTERS: PERFECT PAIRINGS

Story by Sarah Ensor | Photos by Henley Moore

Consider the oyster buffet, a dining experience available on the Eastern Shore during months with the letter R.

According to M.F.K. Fisher, author of the quintessential book on oysters, "Consider the Oyster," "There are three kinds of oyster-eaters: those loose-minded sports who will eat anything, hot, cold, thin, thick, dead or alive, as long as it is oyster; those who will eat them raw and only raw; and those who with equal severity will eat them cooked and no way other."

The oyster buffet, almost always offering shucked oysters and some combination of fried, baked or grilled oysters, and oyster stew or chowder, best serves the first two kinds of oyster-eaters, with the first group being, of course, correct. If buffet is for the gourmand, oyster buffet is for the passionate.

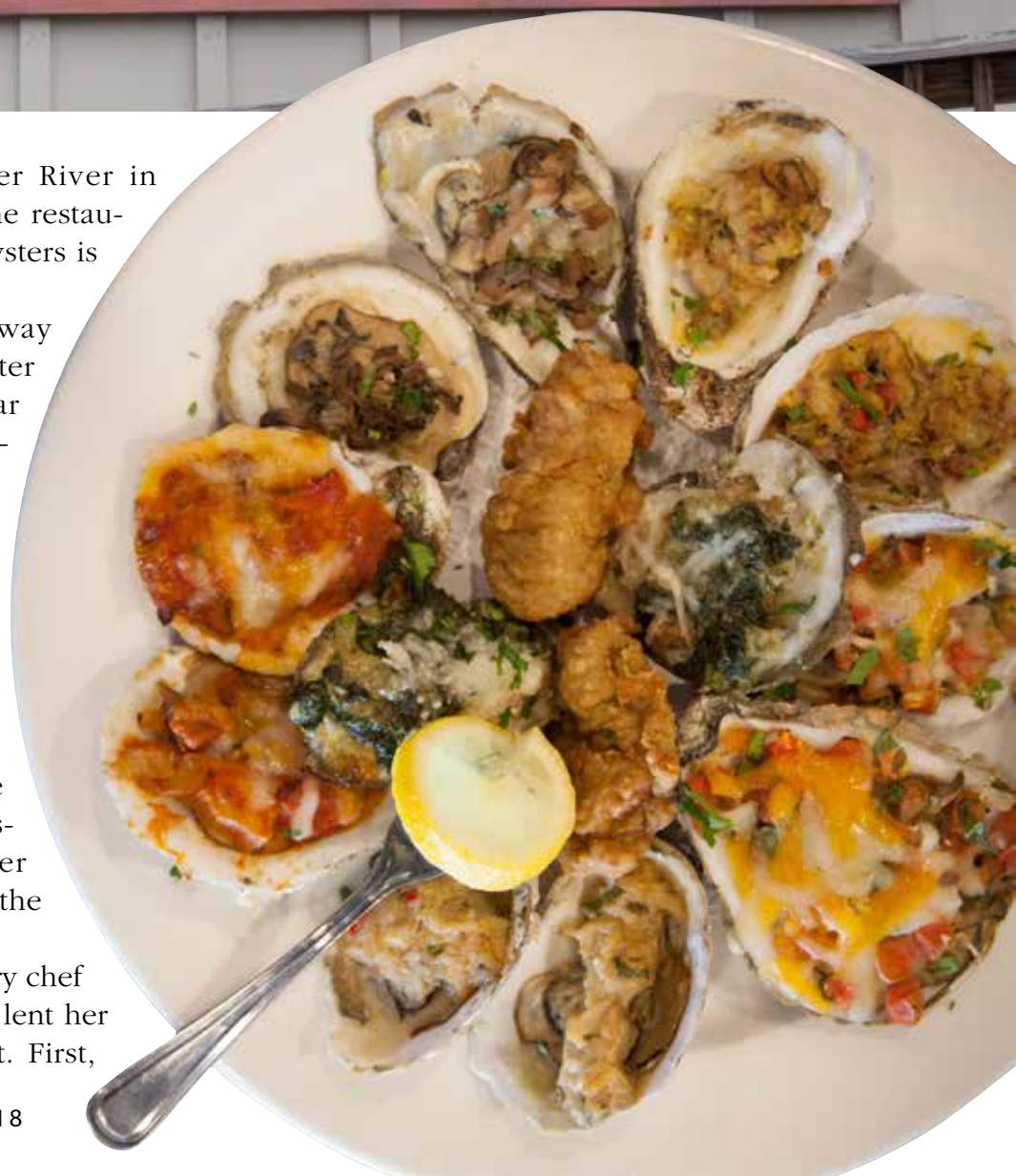


At the Fish Whistle on the Chester River in Chestertown, owner Jeff Carroll said the restaurant's Thursday night all-you-can-eat oysters is scheduled to run through April.

"We get people who drive all the way down from Newark, Del., just for oyster night," Carroll said. The event, popular with locals, also is popular with hunters visiting from out of town, he said. Carroll said each Thursday, the restaurant goes through 12 to 16 bushels of oysters, most of which come from the southern Chesapeake Bay.

Shucked oysters on Thursday nights at the Fish Whistle are all-you-can-eat. The restaurant also serves oyster chowder and sends an oyster sampler to the table. Customers can order another oyster sampler or can customize another plate with their favorite offerings from the first plate.

Lisa's fried oysters are named for pastry chef and catering manager Lisa Powell, who lent her grandmother's recipe to the restaurant. First,



Fish Whistle owner Jeff Carroll, pictured, said Thursday night all-you-can-eat oysters is scheduled to run through April. You can get your oysters raw, or you can savor oyster chowder, fried oysters, and a number of baked oyster dishes if you prefer your oysters cooked.



the oysters are lightly floured. A few hours later, they are lightly dusted again before breading with seasoned panko and fried. They are buttery and crisp, the breading perfectly seasoned and just enough to compliment the main ingredient.

Other than the fried oysters, every oyster on the sampler is gluten-free. Along with the traditional offerings of baked oysters Rockefeller, casino, and imperial, the sampler offers a number of more inventive baked oysters, including mushroom-and-Gruyère, salsa, andouille gumbo, buffalo-and-blue, and pizza.

The salsa oyster is tomato salsa and

cheddar cheese, a taste of summer on a winter dish. The mushroom-Gruyère oysters have a deep, rich flavor and a meaty texture. The andouille gumbo oyster is Carroll's favorite.


"New Orleans cooking is probably some of my favorite food," he said, indicating this oyster offers similar flavors. The gumbo is thickened with okra instead of breading. It is a bright, warm, spicy bite.

Carroll offered three alcohol pairing suggestions for oyster night. For traditionalists, who appreciate wine with seafood, a buttery chardonnay, such as a 2015 Rutherford Ranch Chardonnay from Napa Valley, will pair nicely with the rich flavors of the oysters Rockefeller and oysters imperial.

A pint of 16 Mile Oyster Stout, a Delmarva beer, is a good pairing on several levels. This stout is smooth and medium-bodied. It also is sweet and mildly metallic, likely from the oysters used in its brewing. It is a drinkable stout, and won't fill you up, so it is well suited for a buffet. It stands up nicely to the fried oysters, while not overpowering the delicate flavors of the shucked oysters.

"There's something about bourbon and oysters," Carroll said, recommending the Filibuster Rye to accompany both baked oysters and oysters on the half-shell.

Of course, the most important pairing is the oyster and those who savor them, and almost any beverage is the perfect accompaniment.

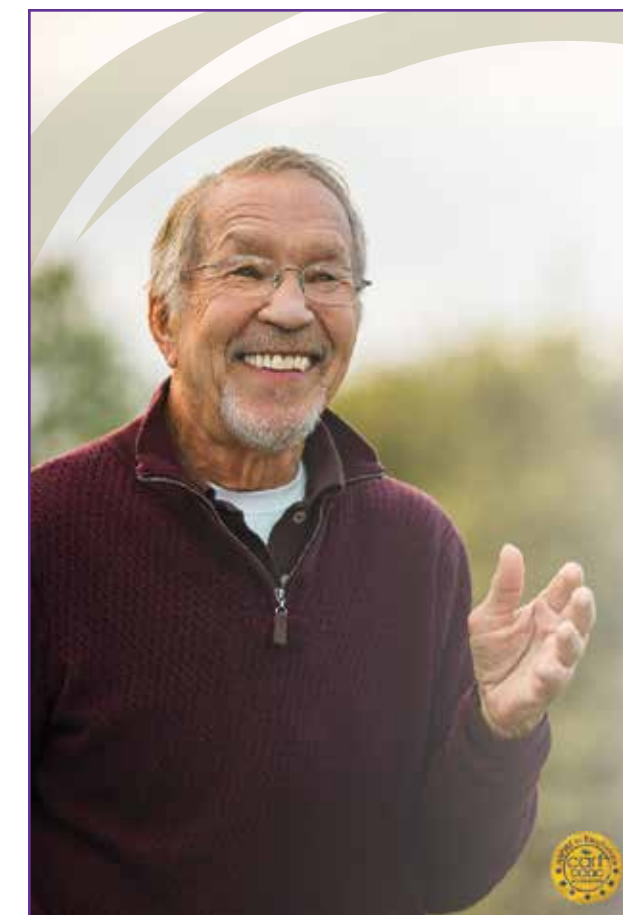
As Fisher wrote, "Oysters, being almost universal, can be and have been eaten with perhaps a wider variety of beverages than almost any other dish I can think of ... and less disastrously. They lend themselves to the whims of every cool and temperate climate, so that one man can drink wine with them, another beer, and another fermented buttermilk, and no man will be wrong." 



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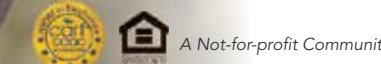
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'SNO DAY LIKE A SNOW DAY

Story by Katie Willis | Photos submitted by Wisp Resort
and the Garrett County Chamber of Commerce

As Marylanders, we are fortunate to have the best of both worlds in our state; Ocean City beaches at one end and the Allegheny Mountain Range, forming the western side of the Appalachian Mountain Range, at the other. As Eastern Shoremen, we're just plain lucky that we live smack dab in the middle of these worlds.

Around a four-hour drive from almost any location on the Mid-Shore, Wisp Resort, 296 Marsh Hill Road, McHenry, in Garrett County, may be the perfect not-too-far getaway to treat yourself to this winter. And if you haven't skied or

snowboarded in while — or if you're a novice — this may be the perfect winter to treat yourself to such an adventure.

At the time I'm writing this, there's an average base of 34 inches on the mountain, and conditions have been conducive to avoiding much snow-making, although equipment is ready to go, if necessary. Wisp Resort sees about 100 inches of snowfall each season, and so far has seen about 32 inches this year. The resort is averaging about 3 inches of snowfall each week, so far.

Also, at the time I'm writing this, there are 33 out of 34 trails open, featuring 136 acres of terrain to



Whether you are an experienced skier or snowboarder, a novice, or prefer something a bit less athletic, Wisp Resort has something to offer everyone wishing to get away this winter. In addition to snow tubing, ice skating, cross-country skiing, and snowshoeing, there also is a Mountain Coaster to take advantage of. And if that doesn't interest you, try the resort's shopping and dining options.

explore, ranging in experience levels from beginning to expert. There's even a Terrain Park for freestyle skiers and snowboarders of all levels.

Don't worry if you haven't been on your skis or a snowboard recently. There are a couple all-inclusive packages you can sign up for that include lift tickets, equipment rental, and group lessons.

Not a huge fan of heights, speed, or working that many muscle groups at once? There are plenty of other things to do at Wisp Resort, including snow tubing, ice skating at the ice rink at Mountain Park, cross-country skiing, and snowshoeing.

And for the brave? There's a Mountain Coaster. Wisp's website describes the ride as "a gravitational hybrid of an Alpine Slide and a Roller Coaster boasting a 1,300-foot uphill track while twisting, turning, dipping

and rolling for 3,500 feet downhill over 35 vertical feet on the eastern side of Wisp Mountain." All this while going about 28 miles per hour.

There are a host of events to take advantage of during your visit to Wisp Resort this winter, as well, including:

- Stage Wisp Winter Concert Series at 6:30 p.m. every Friday in February at Wispers Bar.
- Gold Medal Weekends — Feb. 9 to 11 and 23 to 25. Cheer on your favorite USA teams and athletes for the opening and closing weekends of the 2018 Winter Games in South Korea. There will be games, competitions, torch light parades and giveaways.

If you're looking to venture off the mountain for a day of adventure, you'll find Deep Creek Lake, about a 17 minute drive, to be worth a visit.




According to Deep Creek Lake and Garrett County's official website, "Deep Creek Lake is Maryland's largest freshwater lake covering 3,900 acres." And the lake doesn't shut during the winter. In fact, once the lake freezes over, you can ice fish at Deep Creek Lake State Park. And there are snowshoe tours at several locations, offered weekly through All Earth Eco Tours, as well as horse-drawn carriage and sleigh rides, spa packages and shopping.

Maybe being outside during the winter isn't your thing? Or maybe you're all about that après-ski lifestyle? There are plenty of dining options at the resort, or you can venture into the towns of McHenry or Oakland to take part in their dining and nightlife options. There are wine and beer

tasting tours offered throughout town just about weekly.

Of course, the best part about visiting someplace new, or maybe somewhere you haven't been in a while, is exploring it all for yourself — but this ought to help get your trip off the ground and you into your next adventure.

For more information about Wisp Resort or to schedule a trip, visit www.wispresort.com or call 1-800-462-9477. You can find weather information, mountain reports, and trail maps at the website, as well. For more information about Garrett County and Deep Creek Lake or to schedule your next visit during any season, visit www.visitdeepcreek.com. You can find directions and contact information for any aspect of your trip by visiting the website, as well. 

If being outside during the winter isn't your thing, there are plenty of dining options at Wisp Resort, or you can venture into the towns of McHenry or Oakland to take part in their dining and nightlife options.



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Photo by Caroline J. Phillips



METAMORPHOSIS

How Granny Branch Farm transformed from ugly duckling into sophisticated swan

Story by Reen Waterman | Photos by Caroline J. Phillips

Renovating a home is like living in the wild — you do whatever it takes to survive. In the hilarious 1986 comedy “The Money Pit,” Tom Hanks and Shelley Long encounter a series of disasters when they naively attempt to renovate a mansion. They were completely unprepared for the cost and stress involved because of unexpected problems that emerged.

Jane Keller and Gordon Bjorkman faced some of these same challenges when they purchased Granny Branch Farm near Church

Hill in 2005. In contrast to “The Money Pit,” Jane and Gordon’s renovation project not only has created a wonderfully transformed historical home with all the warmth and charm one could expect from a Hallmark movie, but also has enhanced their rich and harmonious 15-year marriage.

This restored home also serves as the perfect design studio for Jane. If you are considering a renovation project, this is a success story that will encourage, inspire, and offer helpful pointers.



“Some of my friends with vision knew what it could become ... while others thought I had clearly lost my mind.”

Jane Keller and Gordon Bjorkman of Church Hill said when they discovered Granny Branch Farm, they knew they had come home — it was love at first sight.

Known to the Maryland Historical Trust as the James Marshall Farm (circa 1735), this 3-acre historical enclave starkly contrasts its neighboring modern homes. Bordered by more than 400 native trees, and with lush boxwoods lining hand-laid brick paths that wind between peony and iris gardens, this is the idyllic setting for this authentic three-story center hall colonial. The pastoral picture of Granny Branch farm, originally a dairy farm, is completed by five iconic red outbuildings (including a three-story granary with a wooden plaque signed by the builders in 1845).

Jane, a successful professional interior designer (www.kellerinteriordesign.com), grew up in Annapolis living in historic homes. Jane and Gordon came to the Eastern Shore with a clear and unified vision for what they were seeking.

“We wanted a place where family and friends could gather as others have done

for centuries ... where we could imagine the conversations of times past ... and where the exposed bricks, beams, and windows with hand-blown glass allow one to touch something real and lasting in a transitory and technological world. And finally, we wanted the satisfaction of knowing that we had preserved a piece of history.”

When they discovered Granny Branch Farm, they knew they had come home. With a delightful lilt to her voice, Jane chuckled as she shared, “It was love at first sight — but only if you had a good imagination. Some of my friends with vision knew what it could become ... while others thought I had clearly lost my mind.”

Jane and Gordon knew the supply of historic homes was limited, and they could therefore not afford to summarily dismiss a home due to location, exterior, or first impressions. Despite being greeted by a comical flock of pink plastic flamingoes in the





front yard, and a miniature lighthouse with a rubber turtle on top whose eyes blinked red and green, Jane and Gordon looked beyond the superficial to analytically assess the setting, structure, and condition of the home.

The Flemish bond brickwork was in good shape, the original brick structure built in 1735 still retained traces of its colonial heritage and was in good shape (Gordon is a structural engineer by training), and the past owners had all done their part to create an arborist's dream. They knew they had a winner and went on to purchase Granny Branch Farm.

One of Jane's most important tips to home renovation? Don't undertake more than your time, talent, and resources allow.

Renovation projects can be partial or total, and each situation is unique. Restoring a home requires the ability to look at bad things and see what they could become. As a seasoned interior design professional for more than 25 years (and recipient of more than 30 awards), Jane said, "It is imperative to create a priority list. There are so many things to be done, but you have to have a plan."

Jane said homeowners looking to renovate must ask questions, such as: How much do we want to do? What is our budget? What can we live with?

Once a plan is in place, the next step is to create a clean canvas. Contractors of every type were needed to remove wallpaper, paint walls, restore fireplaces, remove low stucco

Known to the Maryland Historical Trust as the James Marshall Farm, circa 1735, this 3-acre historical enclave is bordered by more than 400 native trees and lush boxwoods lining hand-laid brick paths that wind between peony and iris gardens.

ceilings and outdated shag carpet, and update plumbing and electric.

"You have to love history to live in a home like this," Gordon said.

Jane and Gordon just happen to love history, art, and antiques. They said they did not want to completely modernize the interior, but instead chose to blend contemporary with historic. For example, the kitchen blends modern appliances with an open-beamed cathedral ceiling and spotlights.


There are unique challenges to renovating older homes. For instance, there is no ducting, so you must add ductless heating and cooling sources. Jane and Gordon used a "mini-split," a unit that goes on a wall. And instead of smoothing over imperfections on their walls, they painted over them to maintain the original texture.

Storage is another challenge. Jane and Gordon used armoires and converted the smallest bedroom into a walk-in closet. Combining space also is important; the master bathroom happens also to house the furnace and the washer and dryer.

"Older homes can be quirky, but that is part of the charm," Jane said.

It has been a 12-year labor of love for Jane and Gordon to get Granny Branch Farm to this point, and they readily admit they could probably work another five years on it.

"There's always something else you can do. One thing is certain ... perfectionists don't buy older homes," Jane said.

And yet, perfection seems almost within grasp when you enjoy the genuine beauty created by Jane and Gordon in their magnificent historic home. 

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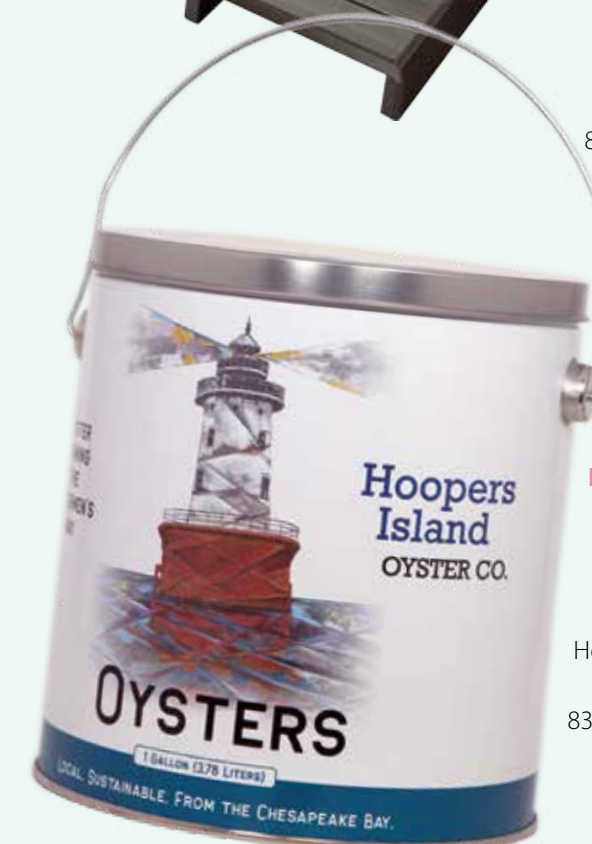
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Deborah Grassman is recognized as one of the nation's leading experts in caring for Veterans nearing the end of life. She is a mental health Nurse Practitioner whose career at the Department of Veterans Affairs spanned nearly 30 years. She was the Director of the Hospice program and personally took care of more than 10,000 dying veterans.

Grassman is CEO and co-founder of Opus Peace, a non-profit organization whose mission is to provide programs that respond to the soul injury that occurs during trauma, abuse, self-neglect, and serious illness. She is most well-known for her pioneering presentation **Wounded Warriors: Their Last Battle** which was the first of its kind to identify the unique needs of Veterans as they age. In 2002, she introduced "pinning ceremonies" to honor dying veterans—a ceremony which has now become standard practice in hospices and long-term-care facilities throughout the nation.

Local Veteran organizations and support groups and agencies will be on hand prior to Grassman's presentation to offer their resources to Veterans and their families. **On Friday, March 16, 8 a.m. Grassman will present the workshop Wounded Warriors at Talbot Hospice for agency professionals who work with Veterans.**

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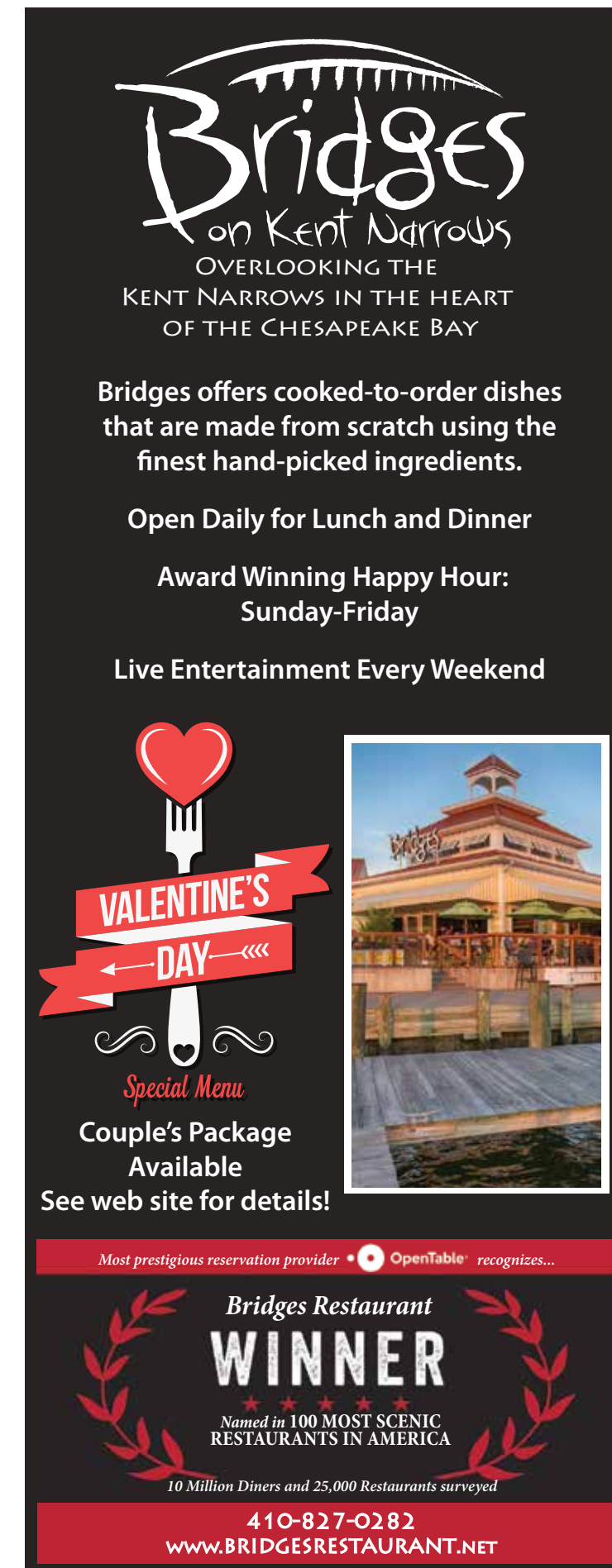
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ABOUT THE COVER

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At Linden Spa, the inn offers its guests and neighbors an exclusive menu of organic treatments and an oasis of relaxation and restoration along the Miles River. Everything from the hot stone massage to the Prosperity body treatment is grounded in the natural healing power of botanical ingredients and customized to address individual wellness needs. Born and raised in St. Michaels, Lindsay Jones (pictured on *Shore Monthly's* cover) is a dual-licensed esthetician and nail technician, as well as a certified make-up artist. She has worked at Linden Spa for seven years.

Under the leadership of Spa Director Kay Arroufi, pictured, — a 13-year veteran of the industry with prior experience at Omni Hotels and Resorts — Lindsay and the team at Linden Spa are looking forward to launching a brand new menu in 2018, featuring luxury products from both Kerstin Florian and Eminence skin care lines.

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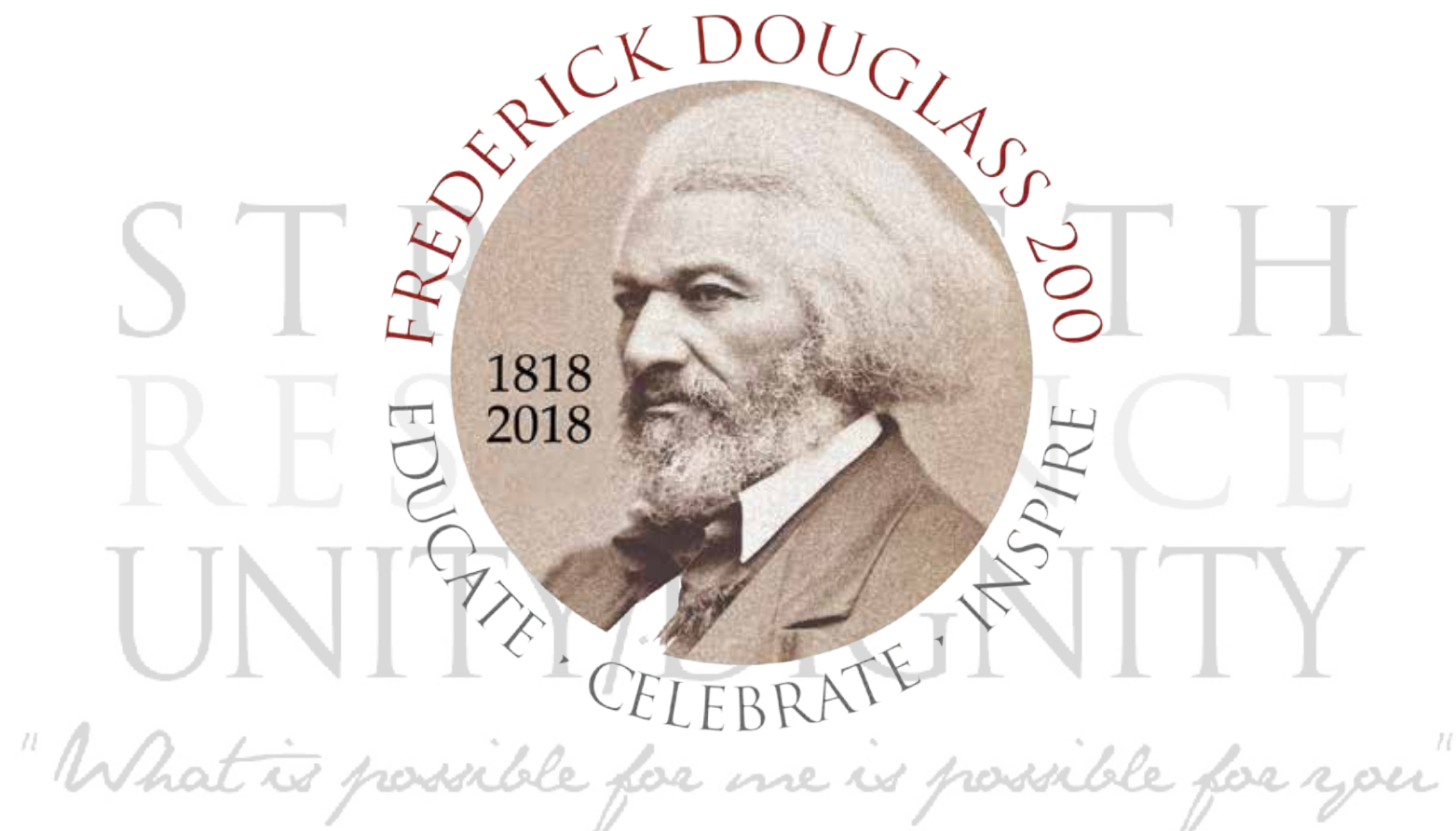
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| | Joy Night, Union Baptist Church, Easton |
| February 12 | Living History Interpreter Bill Grimmette, Academy Art Museum |
| February 14 | Wreath Laying at Douglass Statue, Talbot County Courthouse |
| February 15 | Lunch and Learn: Frederick Douglass Bicentennial, Talbot County Free Library |
| February 17 | Douglass Reenactor Fred Morsell, Avalon Theatre |
| June 16 | Juneteenth Celebration |
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