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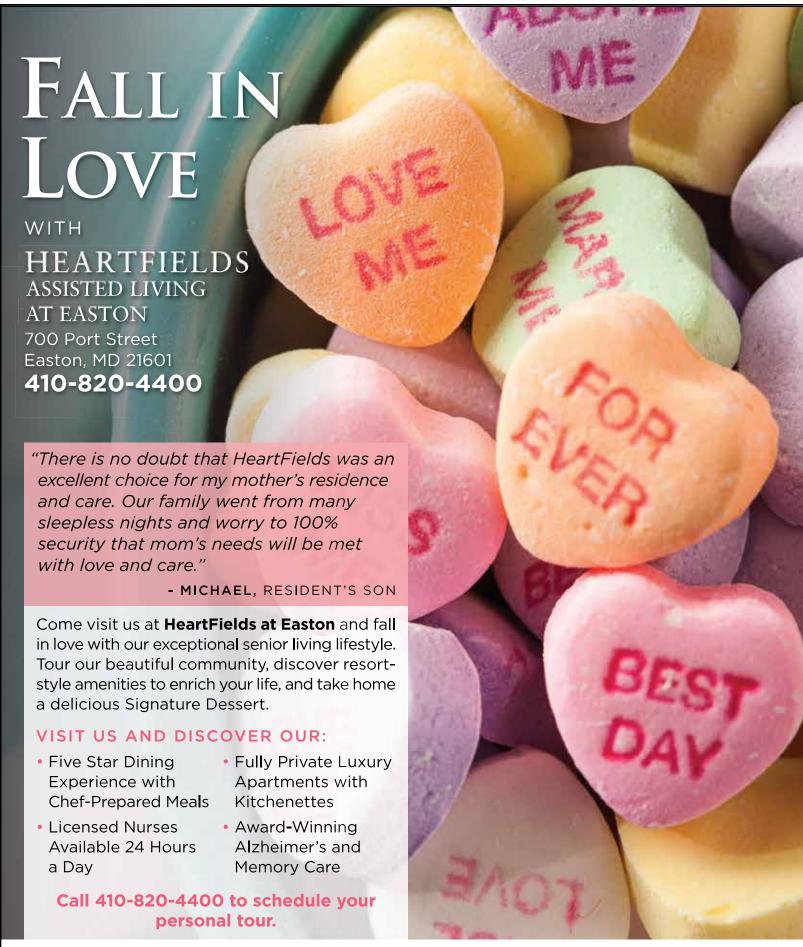












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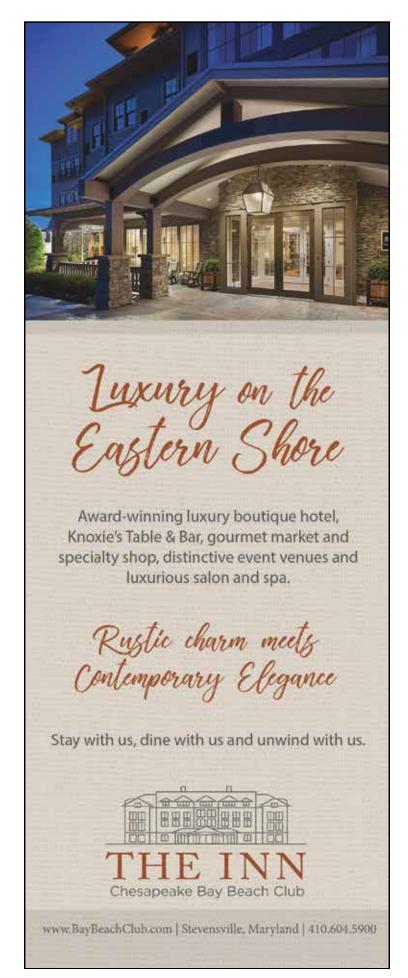
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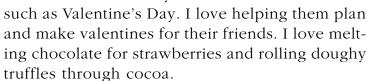
12	Longboarding with Michael Valliant	52	The Dell Foxx Company
20	<b>OUTDOORS</b> The trails of Caroline County	58	<b>TASTE BUDS</b> Lobstah and love
28	<b>PAY IT BACK</b> Crisis Response Canines	62	<b>THROUGH THE LENS</b> The best of local photography
36	<b>STRANGE TAILS</b> The myth of Chessie the sea monster	64	<b>SHOP TALK</b> Winter wishlist items



#### FUN FILLED FEBRUARY

ven during the coldest years, February has become my favorite month. I love the long days of spring and summer, but I most enjoy watching the days get longer and fill with light in this in-between month that could be full of snow or mild, rainy days.

I love having children who exude joy on even minor holidays



It's such an odd time of the year, when nothing at all and a lot is happening. It's a wonderful time to be in the woods, to watch for birds, observe the bare beauty of a twisted tree or a patch of fungi, and enjoy the crunch of sticks and leaves under your feet. It's wonderful to come home to a warm sofa and read.

I wonder how you spend this in-between time. Have your seed catalogs arrived yet? Are you sketching a garden? Do you spend every weekend on the slopes before the snow melts?

In this month's issue of Shore Monthly, tuck in for a good read about one of the Shore's mythical (or is it?) creatures, find a spot for a winter nature walk, consider a trip to the National Museum of African American History and Culture, explore a hobby you maybe never considered, or learn where to get a steam pot and a glass of Chardonnay.

However you spend your month, may it be warm and bright.

Sarah Ensor Editor

## EASY-LIVING, CASUAL ELEGANCE MONTHLY

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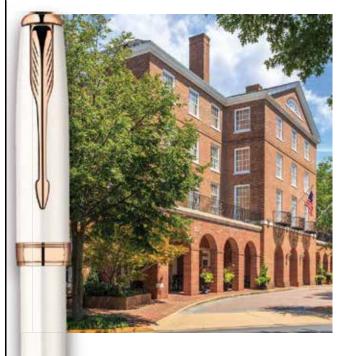
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#### BE WELL

## Try carving out some time for YOUTSELF Q&A with Michael Valliant

Story by Katie Willis | Photos by Caroline J. Phillips



#### 

Michael Valliant, 46, of Easton has been skateboarding for most of his life, having started when he was 13. After skating throughout his teenage years and into his early 20s, he said he stopped when "life, jobs and kids happened," but he stayed connected to his hobby by watching videos and reading as much as he could. At 35, he picked the hobby back up but found the sport had evolved, and so had he. Shore Monthly magazine recently sat down with Valliant to get his take on an old sport with a new place in his life.

**Shore Monthly:** What inspired you to pick up longboarding?

**Valliant:** "I guess that was my form of a mid-life crisis. I thought, 'I need a skateboard,' rather than a convertible or a motorcycle.

When I began skating, boards were about 10" by 30" and you become accustomed to using those parameters for skating and riding. What happened in between the time I began skating and the time I picked it back up when I was 35 is that boards got smaller because the tricks got really technical. Those smaller boards were fine, but it didn't feel like when I was cruising around in my younger years.

Longboarding hadn't really occurred to me until I spoke with Dr. Landy Cook. He always gets the coolest ideas for adventures and toys. I was able to get on one of his boards and as soon as I did, I was like, that, that's what I miss ... the feeling of being able to cruise and surf."

**SM:** How have you been able to incorporate longboarding into your daily routine?

**Valliant:** "We had a sunrise skating group, much like a sunrise running group I was a part of in the past. You know, you're a dad and you have to go to work, so you have to do it all beforehand. So, we'd be in the dark with headlamps on and skate from Easton to Oxford and back. By the time it was all said and done, it would be about 15 to 20 miles.

With that kind of skating, I would get on my board in Easton and my foot wouldn't touch the ground until Oxford when we were turning around because you could just kind of surf to propel yourself.

We've also done the (Easton) Rails to Trails, the Kent Island Cross Trail, parts of Tuckahoe State Park.

It can be tough making the time to meet, because everyone's schedule is different. You









appeals to me. That you don't have to go to a skate park. If you've got a couple minutes, this really adds something to the day and makes you feel like a kid again. It's always been fun to look at concrete parking lots and roads as more than just a means to get somewhere, but as a playground in and of itself.

This is something that's fun. It doesn't

have to be exotic. It can be done anywhere. But, if you do travel, it's not hard to pack a board to take along.

If you work at a desk — what you do for your job — you're using your mind, but you're leaving your body hanging. The chance to be outside, the chance to do something you can get lost in — the Zen of it — I've felt that since I was a teenager."

Longboarding is an all-season activity. Skateboards are easily transported and could serve as a means of transportation to work or other activities.

#### Valliant's Top 10 **Longboarding Takeaways:**

It's always smart to wear a helmet.

You can start at any age.
Skateboarding/longboarding in any form can be rekindling a passion from when you were younger, or it can be trying something new to change things up a little bit.

Find a board that does what you want it to do.

Think of the landscape around you as a canvas that you can paint and have fun on:

If something is fun for you, you'll keep coming back and you'll make time to

Anyone who makes something all about the gear will run out of reasons to keep doing that thing. Having said that, invest in a board/gear that is functional for you.

Find a safe place to skate.

Don't wait around until you have a bucket list of places to visit/skate. Start having fun with it now and skate as often as you are able.

It doesn't matter if you can make a living at it, if you find something you love to do, keep doing it.

Get outside any chance you get.



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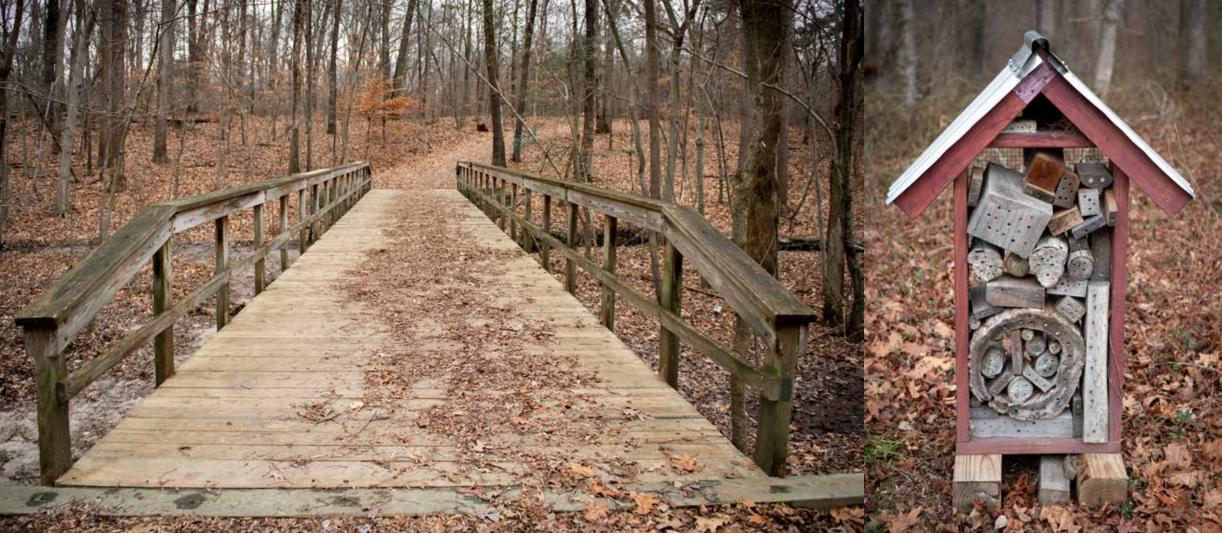




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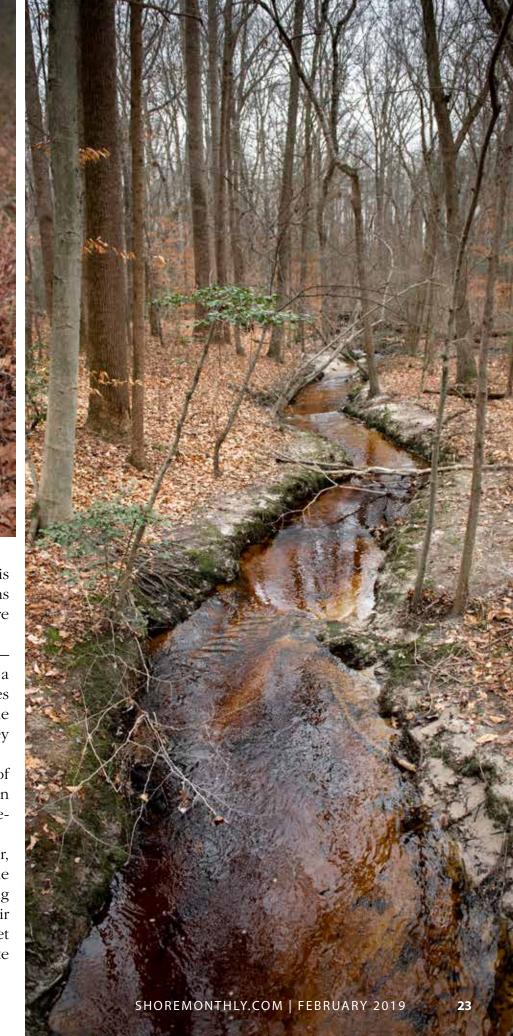


My family's favorite winter escape is to the woodlands of the 400-acre Adkins Arboretum and the surrounding 4,000-acre Tuckahoe State Park in Caroline County.

Both have so many routes to explore — different trails and loops and spurs — in a picturesque setting. Adkins boasts 5 miles of paths with connections to the 15-mile trail network comprising Tuckahoe. They are a hiker's delight.

Tuckahoe also has the distinction of being a Mid-Shore favorite of mountain bikers — sans mountains — and horseback riders.

Even when the trees are bare in winter, Adkins and Tuckahoe are beautiful. The forest floor is covered in leaves. Babbling creeks and streams abound, cutting their way through the woods. And the quiet sounds of scampering forest life permeate throughout.











For your map app, Adkins Arboretum is located at 12610 Eveland Road, Ridgely and Tuckahoe State Park's address is 13070 Crouse Mill Road, Queen Anne.

So we dig out our wool socks, our hats and our gloves. We don an extra layer or two. And we are off to explore, to breathe in the crisp winter air, to enjoy the Shore's natural beauty.

While we usually just decide on a spur of the moment sojourn in the great outdoors, I recommend checking out the schedule on Adkins' website — www.adkinsarboretum. org — to learn more about its additional offerings.

Along with tours, Adkins has an art gallery, a book club, plant sales

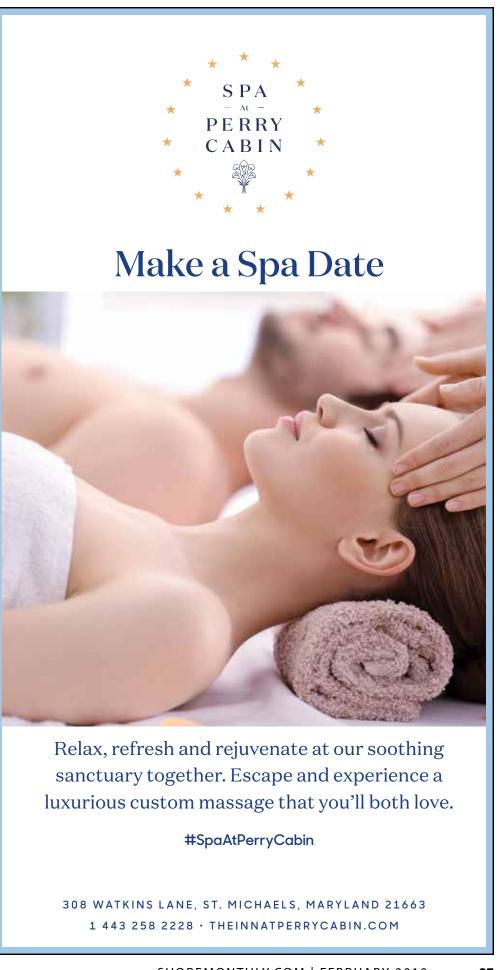
and educational programs for adults and children. I recommend signing up for a Soup 'n Walk, which is just what its name says. The next one is Feb. 16 with a menu that includes red beet and cabbage soup, orange walnut bread and blueberry peach smoothies.

So forget the cold and kiss cabin fever goodbye. Grab a pair of comfortable shoes and get lost on the well-marked trails at Adkins Arboretum and Tuckahoe State Park this month. Stop trying to escape winter here on the Shore and embrace it.









SHOREMONTHLY.COM | FEBRUARY 2019



Story by Katie Willis Photos by Arden Haley

osie and Raisin are good dogs, and — be assured — they hear that a lot.

assured — they hear that a lot.

These girls not typical family pets, although they enjoy the comforts of home with owners Barb and Rusty Jefferson of Easton: playing with their four cat siblings, belly rubs on the kitchen floor, sleeping on the couch, and taking in walks on their farm throughout the day. But Barb Jefferson is passionate about making sure that she doesn't keep them all to herself. She knows they have love to spare, and she wants to make sure those in need experience that healing love, as well.

Members of Pets on Wheels Delmarva Inc. since 2012, Jefferson, Rosie and Raisin are no strangers to

the Talbot County pet-loving community. They attend Humane Society of Talbot County events, community events, go to Lowe's for various training initiatives, and visit Easton Elementary School preschool and special needs classes to provide therapy and comfort to students.

Jefferson, Rosie and Raisin also recently began a new adventure with a burgeoning nonprofit, Crisis Response Canines.

What began as a chance meeting with retired police officer, K-9 trainer, and active-shooter preparation instructor John Hunt of southern New Jersey at a May 2018 Colonial Rottweiler Club Specialty Show has led to a new, significant role for Jefferson. She is now the

Maryland regional director for the all-volunteer-run Crisis Response Canines. She said she hopes to help build the organization by securing sponsorships and finding and organizing volunteers — with Rosie and Raisin by her side.

As part of the requirements for joining Crisis Response Canines, volunteer members and leaders like Jefferson submit their canine partners to several certifications, including American Kennel Club National Therapy Dog Certification, AKC Canine Good Citizen Certification and Crisis Response Working Dog Certification.

There also are several trainings at which volunteers and their canines receive specialized training related to traumatic events. Education offerings include guided instruction through human and canine cardiopulmonary resuscitation, canine body language, mental and psychological first aid, as well as HIPAA guidelines.

All members also must submit to a background check after applying to volunteer.

But don't worry, Jefferson said, it doesn't all have to happen at once to become involved.

"There are two main requirements to become involved: You have to be a part of a nationally recognized therapy program and you have to have your (AKC) Canine Good Citizen," Jefferson said.

Simply put, Crisis Response Canines was born out of unfortunate necessity. John Hunt, who is the organization's leader, is a 27-year veteran of the New Jersey State Police and is a retired major, having served as the Homeland Security Special Operations Commanding Officer.

The mission of Crisis Response Canines is "to provide strength, comfort, and emotional support to individuals, families, communities, and first responders experiencing intense emotions in the aftermath of critical incidents." Communities that have been affected by traumatic personal or large-scale community events, such as mass shootings, accidents, domestic violence, child abuse, tragic death, suicide, terrorism, or natural disasters can benefit from the comfort a therapy dog can bring to such devastating situations.

The goal of the organization is "to establish a nationwide network of canine crisis response teams who can be deployed immediately where they are needed most."

There are two "levels," or teams, within Crisis Response Canines: CRC Comfort and CRC Operational Deployment. Rosie has received the highest honor of the American Kennel Club, AKC Therapy Dog Distinguished (THDD), with more than 600 therapy visits to those in need. Until Raisin receives her American Temperament Test Society certification at 18 months of age, she can provide comfort to patients in hospitals or to school staff and students, businesses, veterans organizations and at special events.

"Raisin has received her AKC Canine Good Citizen; AKC Canine Good Citizen Advanced; AKC Canine Good Citizen Urban and AKC Therapy Dog. She's gotten several titles that have now made her eligible for the therapy comfort part of Crisis Response Canines," Jefferson said. "Right now, Raisin is qualified for the



therapy, but both Raisin and I are going to be taking additional courses so that we can be a part of the deployment team."

Rosie, because of some physical limitations, will not be part of the deployment team, but will be available on the Mid-Shore for comfort therapy. She is the 2017 Colonial Rottweiler Club winner of the Seger Medallion for unselfishly improving or enhancing the lives of others.

After receiving her ATTS certification in May, Raisin will have the ability to be a part of a local and regional Comfort Team, which will be deployed to traumatic events. Jefferson said if Raisin would have had her certification already, she would have been deployed to Annapolis following the Capital Gazette newspaper shooting in which

five people were murdered and two injured, and the recent Tree of Life Synagogue mass shooting in Pittsburgh, Pa., in which 11 people were murdered and seven were injured.

Hunt said Crisis Response Canines Comfort Team offers those affected by these types of critical incidents the opportunity to interact with certified and trained canines of any breed and to provide an initial level of comfort and emotional support that often help people communicate after trauma.

"Almost no one is intimidated by these animals, and they allow people to de-stress and serve as a level of respite and comfort to those who need it," Hunt said.

Hunt has two certified Rottweilers who have been trained to offer comfort and who are members of the deployment team.

Donations can be made
via Pay Pal through
the Crisis Response
Canines website at
www.crisiscanines.org,
and funds support the
operational expenses
of the organization,
as well as deployment
and travel expenses
for volunteers and
their canine partners.

Recent Crisis Response Canine deployments have included the Pulse Nightclub mass shooting in Orlando, Fla.; the Mandalay Bay Hotel/Route 91 Harvest Festival mass shooting in Las Vegas, Nevada; the First Baptist Church mass shooting in Sutherland Springs, Texas; the Marjory Stoneman Douglas High School mass shooting in Parkland, Fla.; the East Brook Middle School bus accident in Paramus, N.J.; and the Tree of Life Synagogue mass shooting in Pittsburgh, Pa.

Jefferson said there is no limit to how helpful therapy dogs can be in those types of critical traumatic experiences, and she would like to see therapy dogs used to benefit those suffering from addiction and those who have been affected by the opioid crisis.

Additional support and deployments can include active shooter presentations, autism/special needs programs, church programs, schools and universities, assisted living and senior living facilities, pediatric facilities, summer camps, trauma survivor programs and community outreach programs.

Hunt said although Rosie, Raisin, and Jefferson have not been deployed yet, he knows of significant efforts on their part to meet with and comfort military veterans.

"Therapy dogs have been around for a long time," Hunt said. "We have received training, psychological and behavioral, so that we have a better understanding of what these people are going through and can better demonstrate the empathy and compassion needed. Our dogs are trained to enter these types of









situations and often us being there helps people move on to the next steps. We often end up serving as a bridge to the next steps (of healing)."

Jefferson said as of October 2018, Crisis Response Canines, an all-volunteer-run organization and network, has officially been recognized as a 501(c)(3) not-for-profit. The organization is looking for corporate sponsors and volunteers.

"We want more volunteers. We want to grow this thing," Jefferson said. S

Editor's Note: Sadly, as we were going to press on Shore Monthly, we received the news that Rosie had died suddenly of a heart attack. She was 18 months old. The Shore Monthly team thanks Rosie for her service to the community and wishes Barb and Rusty Jefferson and Raisin peace in their time of grief. Condolences to Rosie's family may be sent to sensor@chespub.com, and they will be shared with the Jeffersons.



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new year is already upon us. It seems that the older we get, the faster time moves. Unfortunately, with that passage of time comes loss. Our friends begin to disappear around us and we can't help but relate to the obituaries as the individuals listed suddenly become not so much older than we are. The reality is we will all be in a position of planning for that final day. The only question is – are we going to leave everything for our family to figure out, or will we leave them with clear instructions and financially protected plans?

Let's be honest death is not an if, but a when. It is truly the only aspect of life that is a guarantee. Now, some might argue that death and taxes are both a guarantee, but we hear time and time again on the news of someone in court for skirting the task of paying their taxes. The one thing we will never hear of is someone dodging the duty of breathing their last breath. As we come to realize that we cannot skip the end, or, perhaps just attend one too many funerals for people our own age, we cannot help but begin to consider making those final plans so that our own loved ones never have a concern as to what is to be done. The questions of who is to do what and how the cremation and/or funeral expenses are to be paid can be answered well in advance.

To many this task of planning ahead starts with the local attorney's office. From there we move to the insurance agent and/or financial advisor. After that, we brush our hands together and stand tall because our plans for the end are complete. Well.... not quite. Yes, it is important to meet with these professionals so that your property and assets are protected and distributed according to your wishes. But the one professional that seems to be left out from this equation is the one that will be immediately contacted when our internal clock decides to stop. For example, at 2am on a Saturday morning of a holiday weekend, will your next of kin be calling the lawyer, financial advisor or accountant? Nope, it will be one of us dark suited night owls—the undertaker. It stands to reason that our first step to planning ahead should be with a Certified Pre-Planning Counselor within the funeral industry. This is a professional who not only holds a state-issued mortician's license (ie. an undertaker), but has also obtained additional training, experience and certification from the National Funeral Directors Association in helping families create advance plans. This certification assures that you are working with a professional who has gone above and beyond what is necessary in order to attain specialized skills in the field of advanced planning and funeral funding.

When completing advanced plans, this certified undertaker will walk you through options based around what you would want for yourself and develop a detailed plan to carry out those wishes in the future. An estimate is created for you regarding the costs of all aspects of the plan and explained to you in detail. You may also be presented with options for ways to have the plan completely financially protected so that you can leave that consultation with a smile on your face. Why? Because you never ever have to think of it again!! No matter where death occurs — anywhere it the world! — no matter what the future cost might be, and regardless of who is overseeing your affairs, when the time comes, all is in order and your plan will be carried out. No questions, no concerns and absolutely no financial discussion will be had in the future. In discussing this with a good friend of mine from church, he pointed out that you are now able to leave the memorialization aspects to your family as the business matters are complete. Those left behind are now able to concentrate on how to remember you through the selection of flowers and photos, the creation of tribute videos, and more — all without the concern of "how much".

Planning is something that we all do on a regular basis, but it seems that some things are easier to plan for than others. Planning a vacation vs. planning for our own demise would most likely be at two different spectrums of entertainment for most, but unfortunately only one is a guarantee. The next time you see that obituary in the paper that has the same date of birth as you do, wouldn't it be nice to know that if that was to be your own, that you have your advanced plans in place and nothing left to plan for but good times ahead?

For more information, including pre-planning and other options, please call your nearest FH&N Funeral Home.

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# North Market Market 1988 And 1

## THE FACT AND FICTION OF CHESSIE, THE SEA MONSTER OF THE CHESAPEAKE BAY

Story by Kristina Gaddy | Photos by Caroline J. Phillips

inter means only the very brave (or very crazy) are dipping into the waters of the Chesapeake Bay. That might be a good thing. Beneath the calm waters of our beloved bay, a monster lurks — or so Maryland lore would have us believe.

On a clear night in May 1982, Robert Frew and his wife Karen entertained friends at their home along the Bay. Around 7:30 p.m., when the calm water

reflected the low sun's rays, Robert looked out to admire the scene.

"Look at that thing floating over there," he remembers saying. Was it a log? The seven-foot long object was floating against the tide. It must have been propelling itself. It disappeared. Everyone kept their eyes on the water.

It reappeared, almost forty feet long, by Robert's guessing. They watched in awe. Then it dawned on them — they needed to catch whatever this was on camera. Five minutes later, Robert had

captured Chessie, the Chesapeake Bay monster on video. The grainy footage aired on WJZ-TV, but this wasn't the first sighting of Chessie, and isn't the last.

The first sighting of a sea monster in the Bay might have been in 1846, when a Captain Lawson saw something unusual in the waters between the tip of the Delmarva Peninsula and what is today Virginia Beach at the mouth of the Bay, according to Matt Lake in the book Weird Maryland.

In 1936, pilots of a military helicopter

over Bush River in Harford County spotted something strange in the water below. In 1963, Dr. Lionel A. Walford (a "sober researcher" according to the Baltimore Sun) saw something forty feet long, five inches wide, and seven or eight inches deep in the Bay. In July 1977, fisherman Greg Hupka snapped a photo of an unusual creature in the water near the Potomac River.

In July 1978, a retired CIA officer and his wife spot creatures swimming in water, and other reports of a mysterious sea creature appeared around the Newport News and Norfolk area.

In 1980, Trudy Guthrie spotted a creature while out boating. In August 1984, families spotted something in the water three separate times.

The last few decades have been calmer. The most recent sighting was in 2014, when Chris Gardner spotted "a long, snake-like creature slithering through the water with a serpentine motion. This creature was as least 20 feet long."

Most sightings occur between July and October, and almost always describe Chessie as looking like a snake, and swimming either with a side-to-side motion (like a snake) or in an up-and-down motion.

Those who believe in Nessie the monster of the Loch Ness point to the astounding depths of the loch to account for how the creature can hide. While the Chesapeake Bay is only 175 feet deep compared to the Loch Ness's 740, the Bay is 204 times larger than the loch at 4,500 square miles. It's easy to imagine what creatures might hide in the largest estuary in North America.

And lots of animals do turn up in the Bay that don't belong. One of the most commonly spotted mystery creatures are manatees, marine mammals that can grow up to 15 feet long and usually find their habitats in warmer waters. One Florida

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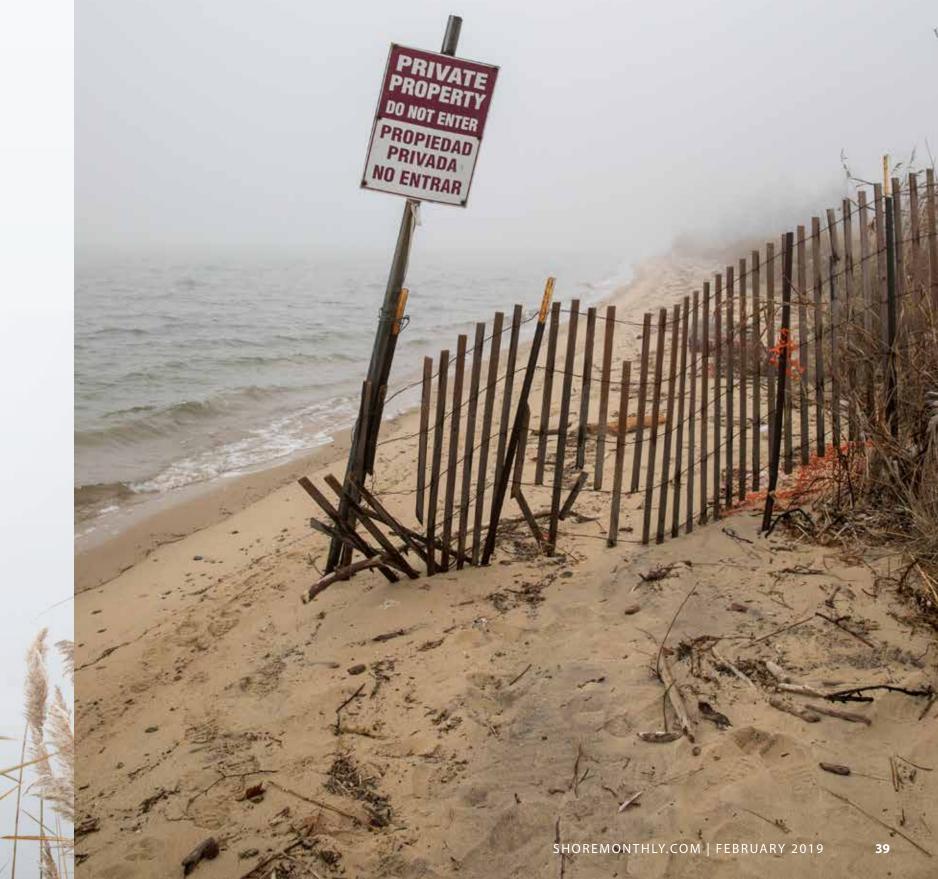
manatee who visited the Bay three times between 1994 and 2011 even received the nickname Chessie.

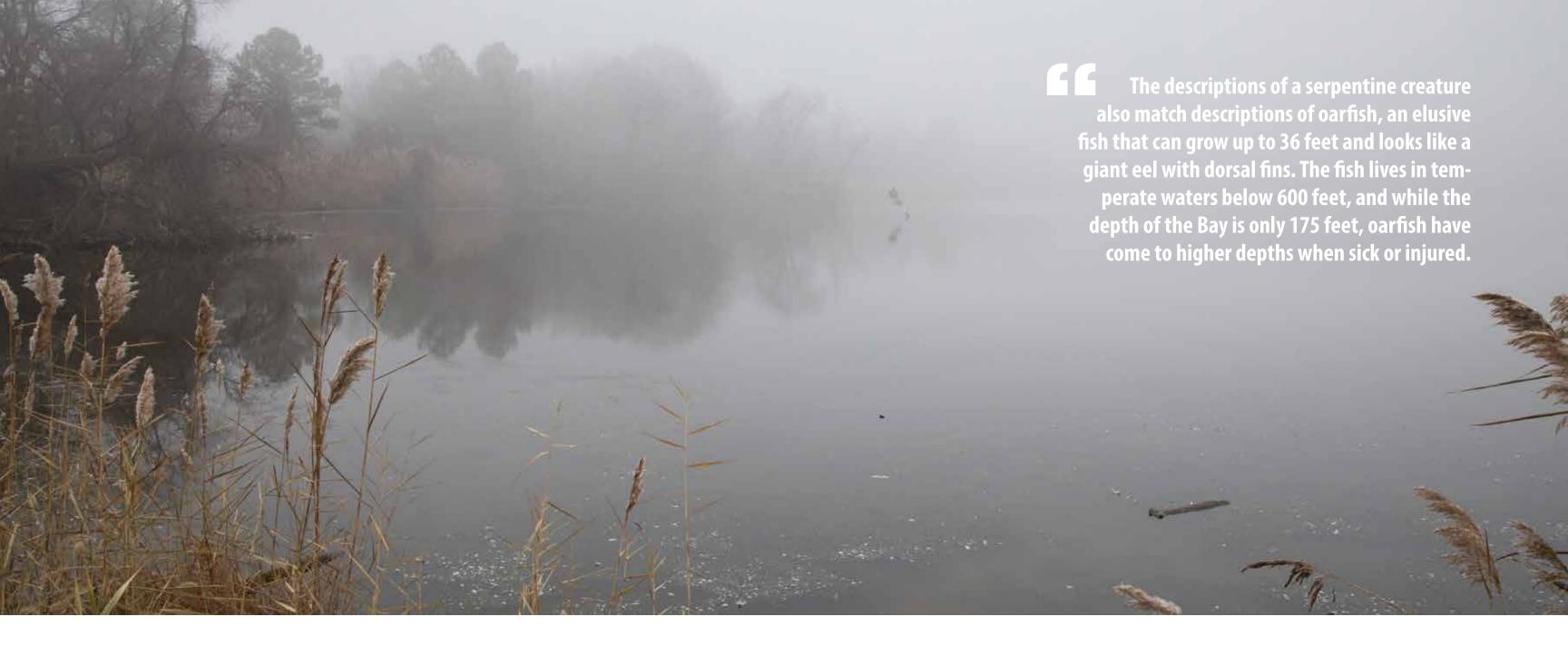
Fisherman have also spotted sharks in the Bay. The same summer of 1936 when a military helicopter spotted a mysterious creature in the Bay, fisherman Linwood Thomas pulled a seven foot, 400-pound shark off Love Point on Kent Island. In 1916, a fisherman landed a 600-pound shark. Sharks have even been spotted in the Patapsco River. In 1932, another sea monster made headlines: a 1,500-pound leatherback turtle, another animal that usually prefers saltwater.

Those who have spotted Chessie deny that it is a manatee or shark — Chessie is much longer. Greg Hupka denied his photo was of a sea turtle. He knew what turtles looked like in the water and what he saw was different, he said.

So, what is Chessie? When experts from the Smithsonian Institution's Museum of Natural History viewed Robert Frew's tape, they determined the thing in the water was, "animate but undefinable," and the Johns Hopkins Applied Physics Lab confirmed that, "A definitely serpentine form emerged from the blurry tape."

Many descriptions make Chessie sound like a snake. Some people suggested that Chessies are related to anacondas that escaped from ships





abandoned in Baltimore. While the Green Anaconda can grow up to 22 feet and lives primarily in water, it lives in warm, freshwater rivers in South America, not cold, brackish water.

However, the large concentrations of Chessie sightings happened right after the Calvert Cliffs Nuclear Power Plant went online in the mid-1970s. While the reactors probably haven't created a mutated snake or awoken a prehistoric beast (a la Godzilla), the water around the power plant is warmer than other parts of the Bay.

The descriptions of a serpentine creature also match descriptions of oarfish, an elusive fish that can grow up to 36 feet and looks like a giant eel with dorsal fins. The fish lives in temperate waters below 600 feet, and while the depth of the Bay is only 175 feet, oarfish have come to higher depths when sick or injured.

The late 1970s and 1980s were the zenith of Chessie sightings. Between 1982, when WJZ broadcast the Frew video, and 1988, Bay Weekly reports people saw Chessie (or Chessies) 78 times. Dr. Eric Cheezum of Chesapeake

Could a mythical creature lurk beneath the surface of the Chesapeake Bay, or is there another explanation for sightings of unusual creatures?

College believes this had to do with the zeitgeist of the time. He points out that Steven Spielberg's "Jaws" came out in 1975, increasing fears of monsters in the water.

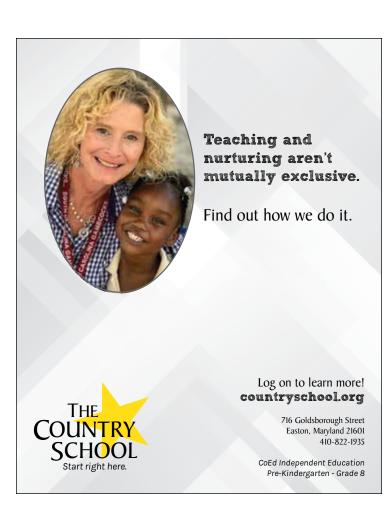
The 1960s and 1970s also saw an explosion of crypto-zoology, the study of unconfirmed animals like Chessie. The Bay was also incredibly unhealthy during the time of the sightings: pollution and overfishing were rampant, and blue crabs weren't hatching well. Maybe the polluted Bay created a monster, or a monster drew attention to a polluted Bay.

Even if sightings are not as common today, the sea creature is alive in Maryland culture. The U.S. Fish and Wildlife Service featured Chessie on the front of a coloring book promoting Bay conservation (https://digitalmedia.fws.gov/digital/collection/document/id/1226/). You can also spot Chessie floating in Baltimore's Inner Harbor (in the form of paddle boats) and adorning the side of Ripley's Believe It or Not. RaR Brewing in Cambridge chose to feature a Chessie on their beer cans, while Union Craft Brewing in Baltimore named their barleywine-ale Chessie.

And of course, fans of WBFF's Captain Chesapeake children's TV show will remember Mondy the Sea Monster, a character that predated the name Chessie but also roams the Bay. Whether Chessie is real or not, we can embrace the Maryland legend. §

41

40 SHOREMONTHLY.COM | FEBRUARY 2019 SHOREMONTHLY.COM | FEBRUARY 2019







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III, said, "this building will sing for all of us."

#### A Place for Education

Unlike the older visitors to the museum, those of us born during and after the 1980s don't have the same understanding of the Civil Rights movement, but during times

when race riots still happen and injustice is still very much alive, parents are trying to figure out their roles in promoting equality and peace.

In the "Explore More!" section was the front half of a rich blue 1949 Buick Roadmaster. On the bench seat on the other side sat three young can American girls, their adult companions watching as they clicked on a touch screen map.

"I told you!" one father said. "Follow the green book!" The Negro Motorist Green Book was a guide African American travelers created to inform one another of safe gas stations, restaurants, and other stops on their journey. My son joined the girls, and I got to talking to the parents.

Cortney Jones said she was there because she didn't want her kids to feel entitled or oblivious to the history of their culture.

"We're learning, too," her mother said. "I was born in the sixties, so I remember some of this."

Jerry Franklin Poe said he is focused on empowering his children through "corrective education," where parents learn true history and pass it along to their children.

"Know the good," he said, "But don't cover up the bad."

#### A Place to Pay Respects

I first learned about Emmett Till when I was teaching "To Kill a Mockingbird" to ninth graders in Baltimore. Till was a 14-year-old boy from Chicago who was beaten to death for allegedly making advances at a white woman while visiting relatives in Mississippi in summer 1955. His mother, Mamie Till, brought his body back to Chicago and held an open-casket viewing because she wanted the world to see what hatred did to her son. A photo of his swollen and disfigured face circulated, and the Civil Rights movement grew stronger, particularly through the efforts of Rosa Parks who was inspired by Till's

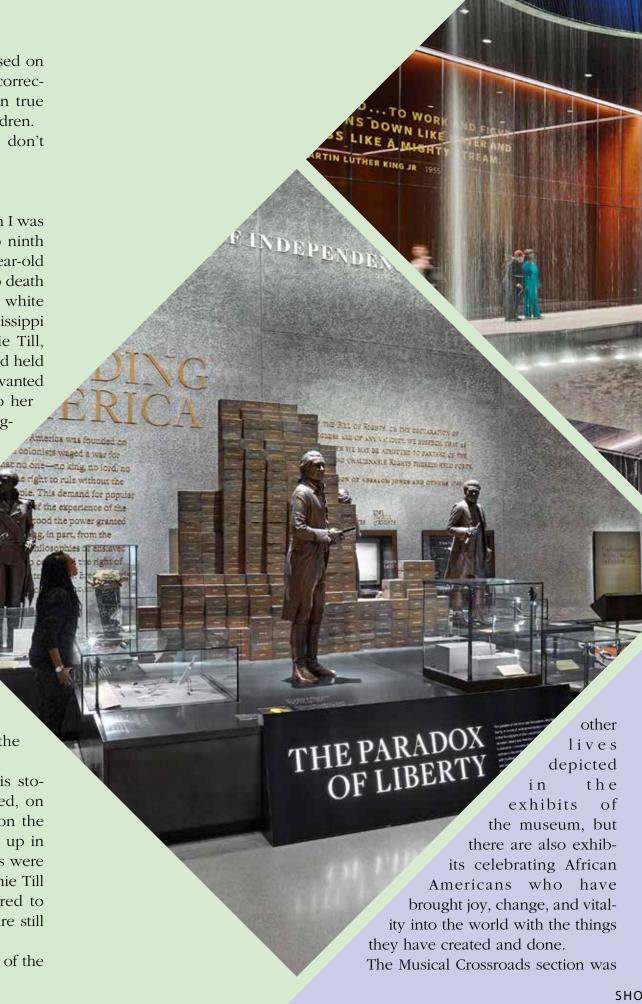
for change. Deep in the belly of the museum is a chapel dedicated to Till. An open coffin sits on an altar with photographs of him and snippets of his story all around. We waited in line for ten minutes to get in.

death to push harder

"This feels like a real funeral," the teenager behind me whispered.

While I waited, I reflected on his stolen life and the movement it sparked, on the stolen lives of the slaves, and on the stolen lives of young people caught up in drugs and violence today. Many tears were shed in Till's chapel and I think Mamie Till (Emmett's mother) would be honored to know that her son's life and death are still remembered by many.

Till's life was tragic, as were many of the



I got to teach my son about the frustrations of having a Walkman, as well as the history of African American music, from the banjo to the Roland TR-808 drum machine.

by far my favorite because

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#### A Place to Envision the **Future of Equality**

In what is probably the most famous line from probably the most famous American novel, To Kill a Mockingbird, Atticus Finch says, "You never really understand a person until you consider things from his point of view ... until you climb into his skin and walk around in it." Given my exclusively white heritage, I likely will never fully understand the African American experience, but visiting the museum deepened my appreciation far beyond the literature I've read and the music I've listened to.

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health, too. Heart disease is the leading cause of death for both men excess weight, and high cholesterol levels can put them at risk for heart disease, not many know that the sex hormones - estrogen, progesterone, and testosterone – play a critical role in heart health.

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- Reduces inflammation in the heart
- Helps maintain healthy cholesterol levels

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Sex hormones do more than impact your sex life; they affect your heart However, researchers at the University of Pittsburgh, Graduate School of Public Health report the changing hormone levels that and women. And while most people know that high blood pressure, accompany the transition to menopause negatively impact a woman's cholesterol, "leaving her at greater risk for heart disease," However, "estrogen treatment resulted in a significantly lower rate of atherosclerosis progression among early post-menopausal women," according to a 2016 article in the New England Journal of Medicine.

> "Lower levels of testosterone...are associated with higher cardiovascular risk in both men and women," according to an article in a 2015 Current Cardiology Reviews. In addition, a 2013 Journal of Sexual Medicine (JSM) reports, "testosterone deficiency has been associated with metabolic syndrome and type 2 diabetes. Both of these illnesses greatly increase the risk of heart disease. Natural, bio-identical hormones are life-changing and may be lifesaving. Restoring levels of sex hormones that naturally decrease with age reduces the incidence of life-threatening heart disease. To help protect your heart, exercise, stop smoking and replenish your sex hormones. With help from New Day Vitality, you can make every day a new day.

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## ell-loxx COMPANY

Our conversation with members of the local band about how they got started and what influences them to make music

Interview by Sarah Ensor Photos by Caroline J. Phillips

53

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#### **Dell Foxx Company Members:**

Vocals – Duan Wright Guitar/Vocals – Brent Schraffenberger Bass/Vocals – Cody Shingleton Drums/Vocals – Jake Shingleton

#### What kind of music do you play?

**D.W.:** We play an eclectic mix of music including genres ranging from classic rock and country to pop and rap. We all love music and do our best to play songs that anyone in the audience can enjoy.

#### Who are your influences?

**D.W.:** Whitney Houston, Etta James, Christina Aguilera, and Kam Franklin (The Suffers) J.S.: John Bonham (Led Zepplin), Ringo Starr (The Beatles) and Levon Helm (The Band) **B.S.:** John Mayer Trio,





#### How long have you been playing together?

**D.W.:** We have been playing together for a little over four years.

#### How did you know one another?

D.W.: Jacob and Cody are brothers and I grew up with them while attending Sudlersville Elementary School. We continued our schooling together at Queen Anne's County High School where we met Brent Schraffenberger.



#### What inspired you to form a band?

**D.W.:** It all started at Jacob and Cody's house on Dell Foxx Road. We would get together to jam and play music for friends. We heard about an open mic opportunity at The Jetty and put together a seven-song setlist. We invited everyone we knew to come and it was a huge success. I remember it was a Tuesday night and they were so busy that they had to call in extra bartenders. We haven't turned back since.











#### What sorts of events do you play?

**D.W.:** We play weddings, dance parties at bars, outdoor festivals, charity events and fundraisers as well as radio and television performances.

#### What is your favorite song to play?

**D.W.:** "I Wanna Dance With Somebody," Whitney Houston

**J.S.:** "You Got the Love," Florence + The Machine, "Gravity," John Mayer

**B.S.:** "Gravity"- John Mayer, "You Oughta Know"- Alanis Morissette

**c.s.:** "Gravity"- John Mayer, "Be

Mine"- Alabama Shakes

Find Dell Foxx Company on Facebook at: https://www.facebook.com/ DellFoxxCompany/ or on Instagram @ DellFoxxCompany





The food was delivered to the table in a small, galvanized tub. Each food was separated into its own little pile. There was a tiny cup of cocktail sauce and a cup of butter. I grabbed for the lobster claw right away.

I dug in with the tiny fork. I took my first bite of lobster and it was delicious. I kept going back into the claw for more meat, and it felt like I was digging in the wardrobe to Narnia or Doctor Who's Tardis because meat just kept coming out as though there was a portal to endless lobster in there.

My eye caught the butter cup. My mind flashed to commercials of a popular seafood chain where slow-motion lobster was violently dipped into melted butter, and I thought 'Ooh, I want to do that.' I dipped a bit of meat into the cup; lobster and butter, what a classic pair. But, I much preferred the lobster meat on its own. When I took to Twitter to share my observation, it was conveyed to me that well-cooked lobster doesn't need to be dipped in anything.

I sipped my chardonnay. It was crisp and refreshing and tasted better with the lobster than the butter had.

I was stoked to dig into the Old Bay butter corn next. I'm not a native Marylander. Old Bay was a

taken aback by the burst of flavor. And I had my mind set on that deconstructed grilled cheese when hubs and I pulled up to the gingham throne, our seats by the street-facing window.

Turns out the grilled cheese was a kidsonly menu item. Oops! Quick change of plans. We're in a place called 'Rock Lobstah' so why not try some lobster? I have actually never had lobster before. I've eaten my body weight in crabs five times over in the 16 years I've been with my husband. His weekly crabbing trips yield a bountiful summer of Maryland blue crab feasts, so the basic concept of eating shellfish was not foreign to me.

We decided to share their Wednesday special, the clawsom steam pot. It was an abundance of seafood and potential pairings; two Lobstah Claws, a pound of clams and mussels, half a pound of steamed shrimp, kielbasa, Old Bay butter corn, and potatoes.

I thought I should do the adult thing and order some alcohol. My mom drinks Chardonnay so that felt like the right adult choice.



new thing to me when I moved here 17 years ago. I'm convinced there are Marylanders who'd bathe in Old Bay if it were socially acceptable. The corn was top-notch. It was sprinkled lightly with Old Bay but flavored wonderfully.

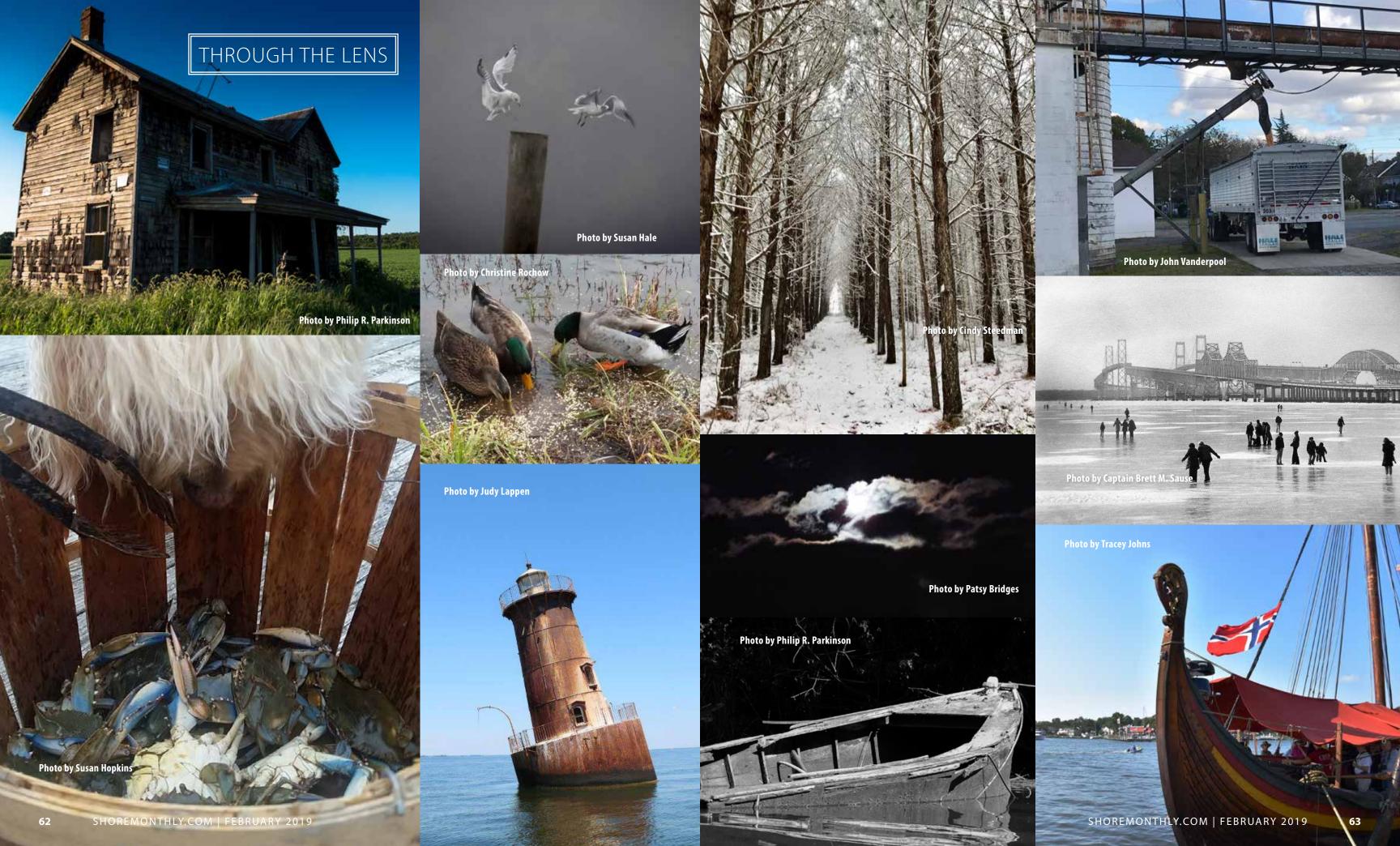
My husband requested horseradish. He dipped his steamed shrimp in and gave his seal of approval. He also used Texas Pete hot sauce the waitress provided. He reported that the Texas Pete was really good with everything, especially the clams.

The kielbasa and potato inclusion in the steam pot at first seemed an odd choice but I gave it a shot. While I know I was enjoying seafood in a seafood place, the kielbasa with the potato was the clear winner for me. I found that the kielbasa was so flavorful I didn't need to add anything else to it.

Both the Chardonnay and Dr. Pepper worked with everything. (Although, they did not work together which probably surprises no one.)

With the mussels, clams, and shrimp, I alternated pulling them from their shells and popping them in my mouth. The steamed shrimp had a sprinkling of Old Bay which paired with the corn as well.

The best pairing of the evening, however, was my dinner date. Nothing beats a flavorful and well-cooked meal with a partner. §







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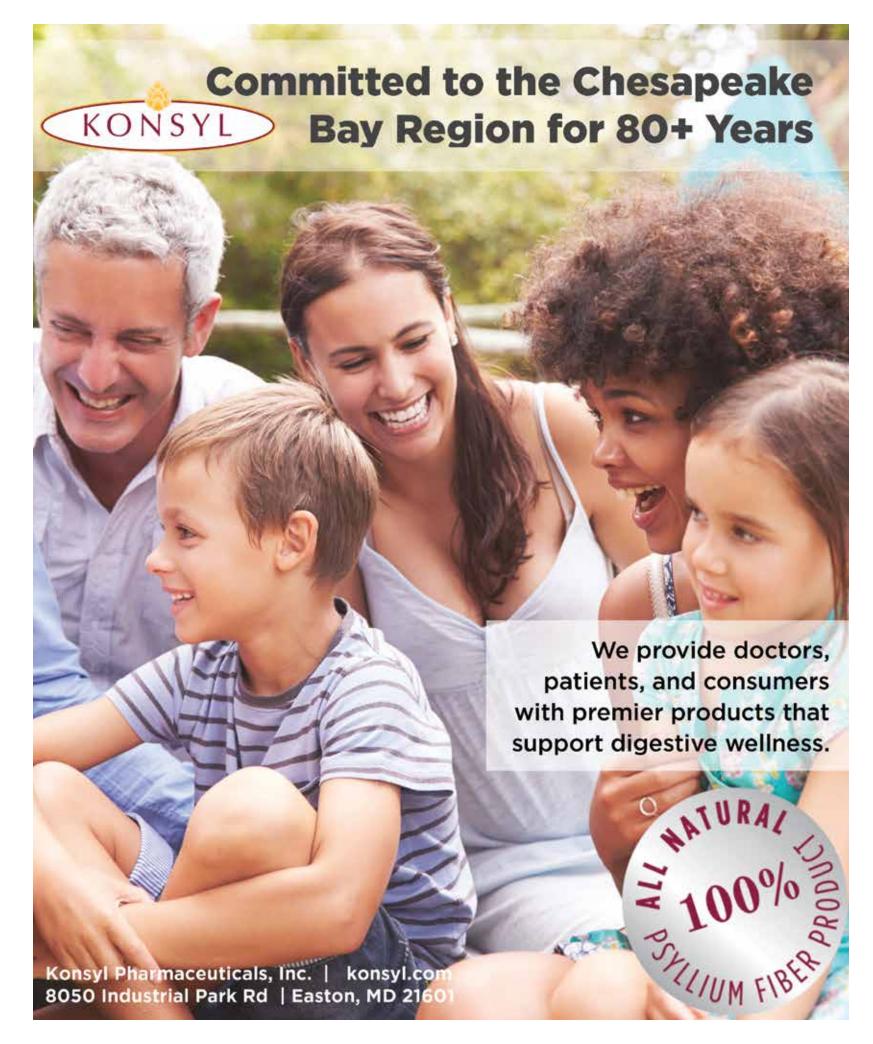


### ABOUT THE COVER

Dell Foxx Company is an active and mustsee cover band. For information about upcoming shows, find the band on Facebook at https://www.facebook.com/ DellFoxxCompany/. They are pictured on the cover and here at the Inn at the Chesapeake Bay Beach Club on Kent Island. https://www.baybeachclub.com

CORRECTION: In the January edition of Shore Monthly, the recipe for Cream of Crab soup should have included a measurement for the flour. The recipe calls for 2 tablespoons of flour.





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