

WHAT'S UP?

WHAT'S UP? MEDIA
ANNAPOLIS
EASTERN SHORE
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LOCALLY OWNED
WEST COUNTY
WEDDINGS

EASTERN SHORE

Top 100 Docs



46

PHYSICIANS

IN OVER 30

SPECIALTIES



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DENTAL, AND
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RESULTS**

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WHAT'S UP? MEDIA OCTOBER 2019





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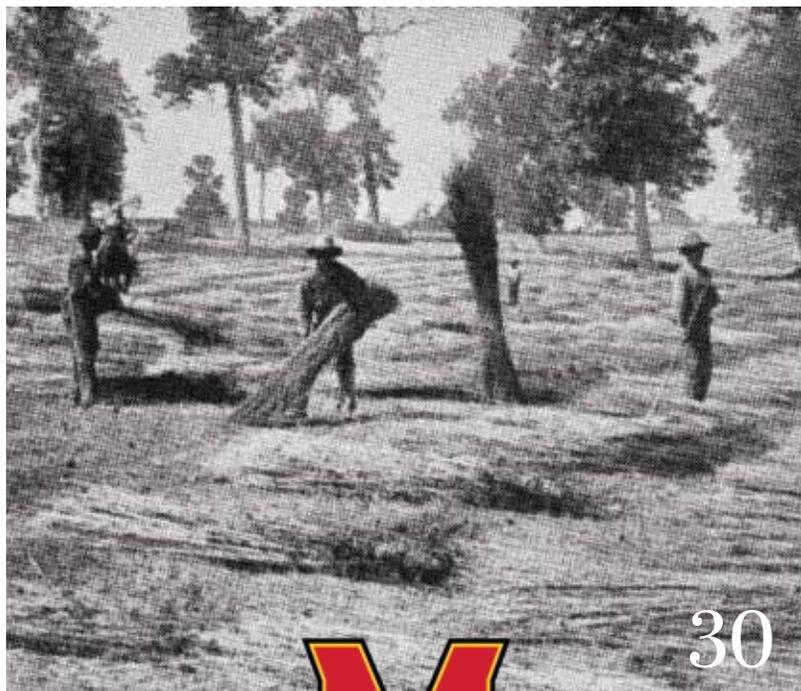
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THANK YOU FOR VOTING US THE BEST 3 YEARS IN A ROW!

On the Cover: More than 50 medical professionals earn Top Doc honors. Design by August Schwartz. Contact *What's Up? Eastern Shore* online at whatsupmag.com. Please recycle this magazine.

October contents



M

30

Features

26 Power Flower Medical marijuana in Maryland today and what the future holds for this economically enticing state industry
By Nicole Duran

30 Hemp Blows the Barn Doors Open Industrial hemp is now legal to grow in the United States; a boon to farmers in Maryland and across the nation
By Rita Calvert

34 Jock Culture Today Evolving social pressures have negatively affected sportsmanship at nearly every level, so how do we teach our children to respect the game and each other?
By Jeff Seidel

44 A New Chapter in Terps Football An interview with the University of Maryland Terrapins' new head coach, Mike Locksley
By Tom Worgo

53 Top Docs 2019-2020 The definitive peer-review list of the Eastern Shore's top doctors in more than 40 medical specialties

69 2019 Best of Eastern Shore Medical, dental, and veterinary winners of the annual reader contest are revealed!



76

Home & Garden

76 Seaside Aesthetic How a cottage guest house was renovated with coastal design, spa-like finishes, and maximum comfort in mind
By James Houck

82 Garden Design Doing what we can to improve the environment; replacing lawns with ponds, rain gardens, and rock gardens
By Janice F. Booth

86 Real Estate Stunning examples of recent home sales showcase what's selling throughout the Shore
By Lisa Lewis

Health & Beauty

92 Health Report News briefs on recent medical studies
By Kelsey Casselbury



93 Disabilities and Gaming New technology allows more people to play and join a community that was once inaccessible
By Kelsey Casselbury

Plus:

- 94 Managing Medications**
- 94 Lip Threading**
- 95 5 Nail Trends for Fall**
- 96 Fresh Take: Eggplant**
- 97 Autoimmune Diseases**
- 98 Products We Love**
- 99 Divorce and Health**

Dining

100 Readers Review Contest Your dining reviews can win you free dinners!

102 Readers Restaurant Guide More than 125 regional restaurants listed

WHAT'S UP?

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Publisher & President

Veronica Tovey (x1102)

Editorial Director

James Houck (x1104)

Chief Operating Officer

Ashley Raymond (x1115)

Chief Marketing Officer

Mia Cranford (x1122)

Community Editor

Caley Breese (x1103)

Entertainment Editor

Cate Reynolds (x1129)

Contributing Editors

Kelsey Casselbury

Staff Writers

Diana Love, Frederick Schultz

Contributing Writers

Janice Booth, Rita Calvert, Nicole Duran,

Lisa Lewis, Jeff Seidel, Tom Worgo

Staff Photographer

Steve Buchanan

Contributing Photographers

Scot Henderson, Jennifer Madino,

Ted Mueller, Wil Scott

Art Director

August Schwartz (x1119)

Graphic Designers

Matt D'Adamo (x1117), Lauren VanSickle (x1123)

Web Content Specialist

Brian Saucedo (x1116)

Production Manager

Nicholas Gullotti (x1101)

Senior Account Executive

Kathy Sauve (x1107)

Account Executives

Debbie Carta (x1110), Beth Kuhl (x1112),

Rick Marsalek (x1124), Nina Peake (x1106),

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Special Events Director

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Finance Manager

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Bookkeeper

Heather Teat (x1109)

Administrative Assistant

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October contents

COMING UP IN
NOVEMBER 2019
Best of Beauty & Fitness Winners
Patriot Point Helps Veterans
Oyster Wars of the Past



15 Towne Social Photographs of charity events and endeavors

18 Towne Salute Meet Sandy Cannon-Brown with Chesapeake Film Festival *By Caley Breese*

20 Towne Spotlight Local business and community news *By Caley Breese*

24 Towne Athlete Meet Thatcher Knox of Easton High School *By Tom Worgo*



105 October Calendar of Events Our extensive calendar of special events and entertainment taking place this month *By Cate Reynolds*

112 Where's Wilma? Find the What's Up? Media mascot and win



In Every Issue

6 E-Contents A snapshot of online promotions and exclusive content

7 What's Up? Tix Exclusive ticket opportunities for upcoming events

8 Editor's Letter James Houck shares his thoughts

9 Out on the Towne Previews of special events and activities to enjoy in October *By Cate Reynolds*

e-contents

What's Up? Online

Whatsupmag.com recently underwent some major changes. While we're still working out some kinks, we're excited to bring you a new and improved online experience. Digital Advertising space is now more valuable than ever. For more information, please visit whatsupmag.com/advertise and reserve your spot today!



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UPCOMING **OCTOBER** EVENTS ON

whatsuptix.com

5

NAMI Anne Arundel's Second Annual Mental Health Gala

NAMI Anne Arundel
Crowne Plaza Annapolis Hotel
6:00pm - 10:30pm | **\$100**

14 →

Space Exploration Series

Mary Edwardine Bourke Emory Foundation
Cult Classic Brewing Company
6:00pm - 9:00pm | **\$18 - \$25**



← 20

DOGTOBERFEST Homebrew Fall Festival

Dogwood Acres Pet Retreat
Annapolis Maritime Museum
2:00pm - 6:00pm | **\$35**



↑ 25

8

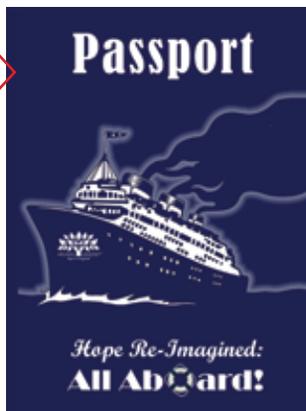
Chesapeake BaySavers Annual Environmental Legislative Summit

Chesapeake BaySavers
Historic Charles Carroll House & Gardens
6:00pm - 10:00pm | **FREE**

19 →

Hope Re-Imagined: All Aboard! Gala

Arundel Lodge
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6:30pm - 10:30pm | **\$125 - \$240**



Ravens Roost #18 Designer Bag Bingo Fundraiser

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Our goal is to host tickets for all organizations, from small charity groups, artists and entrepreneurs to the region's largest festivals, concerts and playhouses. So, no matter what you're interested in attending—cooking lessons, networking lunches, concerts, fundraisers, food and wine festivals and so much more—we've got you covered. Call 410.266.6287 or visit whatsuptix.com.

editor *From the*



Of course, the health of a community begins with the health of its individual citizens. And this October issue, that you hold in your hands, has a few keys to help in this regard. The big project unveiled within is the biennial Top Docs peer-review survey. Local doctors—several thousand of them—were surveyed for their doctor recommendations in more than 40 specialties. The results are a testament to the quality of care that you can access in our region. To that end, you—our readers—also had a voice about which doctors are the best. The annual Best of Medical, Dental, and Veterinary results also appear in this issue. This list differs from Top Docs in that it represents *your* selections. Both lists are go-to resources for care providers at the ready to optimize your health (and your pets’).

Back to that national lens. Another topic that recently made headlines was that of deaths and disease seemingly caused by vaping—perceived to be associated with medical marijuana oil or nicotine cartridges. It’s a topic that hits (no pun intended) close to home as both vaping and medical marijuana are legal in Maryland and have seen an uptick in use and sales. Despite the obvious association of lung disease with smoking of any kind, marijuana is a proven remedy for a variety of ailments, from chronic pain to post traumatic stress disorder. Please read about the economics of this industry, myriad medical benefits, and State Legislature’s future in the article “Power Flower,” before passing judgement. Ditto for trendy CBD oil and America’s new cash crop, hemp, in the article “Hemp Blows the Barn Doors Open.” If you’re feeling the least bit stressed, you’ll read about more than a few forms of relief.

Alas, it’s now October and if there’s ever a time to celebrate community spirit (and spirits), it’s this month. We look forward to fall festivals, football tailgates, long walks in crisp weather, evenings around the fire pit, and all that those northeasterly fall breezes seem to signify. It’s my favorite time of year to enjoy the outdoors, unplug, explore, celebrate, engage community, and remember what makes this region so vibrant.

We’re all in this together...this life, so this season I think I’ll refocus my lens to see the good of the people, for my own health and that of others. There’s a lot of great stories to make and tell, after all.

James Houck,
Editorial Director

A handwritten signature in black ink, appearing to read 'James Houck', written over a large, stylized, loopy flourish.

As I type this letter, the lens through which I’m seeing the national landscape has been focused on difficult and challenging topics that seem to propagate intellectual division among us citizens. There was a national Democratic debate that addressed how best to rehabilitate the American dream in the eyes of the left, the same day that our president visited Baltimore to discuss his version of doing so (supporters and protesters clashed—video circulated of people screaming profanities and spitting at each other). This occurred on the same day that most of the Clean Water Act was repealed by the Environmental Protection Agency (the irony is not lost). Recently, the City of Annapolis unveiled a historic marker in remembrance of several lynchings that occurred in the city and state in the 1800s through, as late as, 1933—a stark reminder that we’re only one lifetime removed from those atrocities. All of this important, but controversial, engaging, but stressful, and, overall, mentally taxing.

Through national and social media filters, it can be difficult to see past the headline making stories....to see the good in the world and the many positive actions and influences of everyday citizens that collectively make our nation and communities such beautiful places to live, work, and play. But those stories do exist. They occur daily and all around us—they’re why we’re in business as a local magazine. I’m also a believer that unplugging and disengaging from our newsfeeds, if only briefly, clears the fog of prejudice, releases us from echo chambers, and heightens our awareness of each other and immediate surroundings. It’s healthy for both body and mind.

Out on the TownE

9 EVENT PICKS | 15 SOCIAL | 18 SALUTE | 20 SPOTLIGHT | 24 ATHLETE

↓ Mid-Atlantic Small Craft Festival XXXVI

The Chesapeake Bay Maritime Museum will host one of the nation's largest gatherings of small-boat enthusiasts and unique watercraft on Friday, October 4th and Saturday, October 5th, 10 a.m.–5 p.m. The Mid-Atlantic Small Craft Festival XXXVI attracts hundreds of amateur and professional boat builders, model boat builders, and watercraft enthusiasts from all over the region to display their skiffs, kayaks, and canoes. Food and beverages will be available on Saturday, and scenic river cruises aboard the 1920 buyboat *Winnie Estelle* will be available Friday and Saturday. Tickets are \$15 for adults, \$12 for seniors, \$6 for children ages 6–17, and free for CBMM members and children five and under. For more information, visit Cbmm.org.



Photo by Chesapeake Bay Maritime Museum



Photo by Steffi Ricketts

← Chesapeake Film Festival

Join crowds of film lovers on Maryland's Eastern Shore for a week-long extravaganza of outstanding cinema during the annual Chesapeake Film Festival on Thursday, October 3rd through Thursday, October 10th. This year's festival will feature 62 films. Celebrate storytelling and film-making with a variety of workshops, guest speakers, and director Q&As. Mingle with those who create the magic on screen during roundtable discussions and festival celebrations. Screenings will be held in Easton, St. Michaels, and Cambridge venues. For more information, including a complete schedule of events, visit Chesapeakefilmfestival.com.



Photo by Chesapeake Bay Maritime Museum

2019 ACADEMY CRAFT SHOW

Join the Academy Art Museum for the 2019 Academy Craft Show on Friday, October 11th through Sunday, October 13th. Now in its 22nd year, the show will be an indoor, juried craft show featuring approximately 70 artists from across the United States whose work encompasses all craft media. The craft show is one of the major fundraisers for the museum, which provides many community-based programs for all ages. For more information, and a full schedule of events, visit Academycraftshow.com.

↑ OYSTERFEST

Sip, slurp, and savor at the Chesapeake Bay Maritime Museum's OysterFest on Saturday, October 26th, 10 a.m.–4 p.m. Enjoy live music on two stages, boat rides, Chesapeake Bay retriever demonstrations, oysters and other local fare, an oyster stew competition, cooking demonstrations, children's activities, and more. Tickets are \$18 for adults (ages 18–61), \$15 for seniors (ages 62+) and students with school ID, \$6 for children (ages 6–17), \$5 for CBMM members, and free for children five and under. For tickets and more information, visit Cbmm.org.

Rock Hall FallFest

Celebrate family and community during Rock Hall FallFest on Saturday, October 12th, 10 a.m.–4 p.m. on Main Street in Rock Hall. Now in its 22nd year, FallFest showcases Rock Hall and celebrates its heritage as a waterman's town. Enjoy live music at several different venues, art and craft vendors, delicious food, and plenty of activities for the kids. The event is free to attend, and will be held rain or shine. New this year, FallFest will kick off with the Run for Character 5K Run/Walk at 9 a.m. Registration is \$25 and proceeds benefit Rock Hall Elementary School and Character Counts of Kent County. For more information about FallFest and the Run for Character 5K, visit Rockhallfallfest.org.





Pick the perfect pumpkin, get lost in a corn maze, and enjoy other fall activities with the whole family at one of these Maryland farms:

ADKINS FARM MARKET

31493 Mt. Hermon Road, Salisbury; 410-548-1478; Adkinsfarmmarket.com; 9:30 a.m.-6:30 p.m. (Sat.); 10 a.m.-6 p.m. (Sun.); Pumpkin patch, corn maze, hay rides, super slide

BRECKENRIDGE ADVENTURES

4032 Mill Road, Vienna; 443-521-9588; Shoremaze.com; 5-9 p.m. (Fri.); 10 a.m.-dusk (Sat.); 11 a.m.-dusk (Sun.); Corn maze, pumpkin patch, pedal carts, scarecrow stuffing

COUNCELL FARMS

11773 Old Skipton Road, Cordova; 443-786-4915; Councellfarms.com; 9:30 a.m.-5:30 p.m. (Mon.-Fri.); Pumpkin patch, corn maze, jumping pillow, combine slide

FAMILY AFFAIR FARM

30091 Rabbit Hill Road, Easton; 410-310-1331; Familyaffairfarm.wixsite.com; 10 a.m.-4 p.m. (Sat. & Sun.); Flashlight Nights: 6:30-9:30 p.m. (Fri. & Sat.); Pumpkin patch, corn maze, field of fun

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1495 Appleton Road, Elkton; 410-398-1349; Milburnorchards.com; 10 a.m.-5 p.m. (Sat. & Sun.); Pumpkin patch, hay rides, corn maze, rope maze, pony rides



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Tilghman Island Day →

Celebrate Chesapeake Bay watermen on Saturday, October 19th, 10 a.m.–7 p.m. at the annual Tilghman Island Day celebration. Hosted by the Tilghman Island Volunteer Fire Company, this day-long event will feature exhibits and demonstrations designed to showcase the Chesapeake Bay waterman's way of life. Taste delicious seafood, participate in a variety of waterman games, and enjoy a skipjack cruise on the bay. A donation of \$5 per person is requested, and children under 12 years of age are free. All proceeds support the Tilghman Island Volunteer Fire Company. For more information, visit [Facebook.com/tivfc70](https://www.facebook.com/tivfc70).



Photo by Michael Roe



CRABTOBERFEST 2019

Enjoy German food, music, and fun with a Chesapeake Bay flair during Crabtoberfest 2019. Held on Saturday, October 5th, 3–9 p.m. at Governors Hall at Sailwinds Park, this event will feature both local seafood and German fair, genuine German bier, live music, dancing, and activities for the kids. Funds raised will support the student exchange program with Duren County in Germany. Tickets are \$10 for adults, \$5 for ages 3–12, and free for ages two and under. For more information, visit [Crabtoberfest.com](https://www.Crabtoberfest.com).

KITE FESTIVAL AT SAILWINDS PARK

Grab a kite and spend an afternoon with family and friends on the banks of the Choptank River during the 15th annual Kite Festival at Sailwinds Park on Sunday, October 27th, 12 p.m. This event features kites of all shapes and sizes, kite stunt competitions, vendors, music, and plenty of fun activities for all ages. The Maryland Zoo will be on site with penguins to talk about habitat conservation. Admission is free. For more information, visit [Facebook.com/sailwinds](https://www.facebook.com/sailwinds).



Photo by Mark Dignan

↑ Easton Beer Fest

The fourth annual Easton Beer Fest will be held on Saturday, October 5th, 12–4 p.m. at the Easton Volunteer Fire Department. The event will feature 45 craft brewers pouring 90 different beers from Maryland, Delaware, Pennsylvania, Virginia, D.C., and New Jersey. Tickets are \$60 in advance and \$70 at the door for VIP, \$35 in advance and \$40 at the door for general admission, and \$10 for a designated driver (must be over 21). For more information, and to purchase tickets, visit [Eastonbeerfest.com](https://www.Eastonbeerfest.com).

FOR MORE EVENTS VISIT OUR CALENDAR ON pg. 105 OR GO TO [WHATSUPMAG.COM](https://www.whatsupmag.com)



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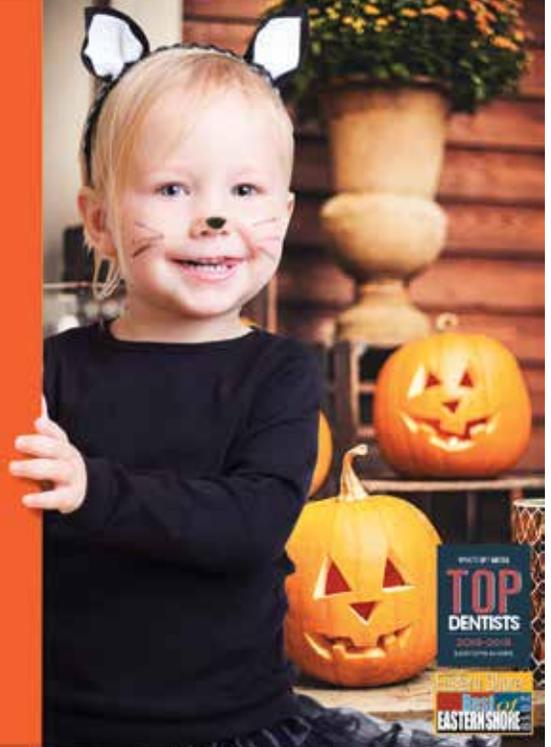
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TOWNE SOCIAL

Governor's 12th Annual Buy Local Cookout

On the evening of July 18th, Governor Larry Hogan and First Lady Yumi Hogan welcomed more than 150 guests to the grounds of the Government House in Annapolis for a special cookout promoting Maryland-grown produce, meats, and craft beverages, and the culinary creations of more than 25 vendors. The event served as the kickoff to the statewide "Buy Local Challenge," which encourages all Marylanders to eat at least one locally grown, harvested, or produced product each day of the Buy Local Challenge Week, which is always the last full week of July.

Photography courtesy Governor's Office **1.** The Geckos perform at the cookout **2.** Family poses with Governor Hogan, Cal Ripken, Jr., and Laura Ripken **3.** Governor Hogan and Maryland Secretary of Agriculture Joseph Bartenfelder deliver remarks to the crowd **4.** Mar-Del Watermelon Association President Dawn Collins, 2019 Mar-Del Watermelon Queen Summer Thomas, and Mar-Del Watermelon Queen Coordinator Terra Eby **5.** James Houck, Governor Hogan, and Rick Marsalek **6.** Governor Hogan with Randall Ainsworth





1



2

TOWNE SOCIAL

Academy Art Museum Gala

On May 4th, the Academy Art Museum held its annual Spring Gala at Canterbury Manor, the beautiful Eastern Shore home of Maxine and James Farrell. The Gala welcomed some 230 guests in support of the mission of the Museum to “enhance cultural life on the Eastern Shore.” The elegant affair featured a Derby Day theme, and the Kentucky Derby was broadcast live. The event raised a significant portion of the Museum’s annual budget in support of its service to 5,000 school children and 50,000 visitors annually.

Photos by Jennifer Madino/courtesy of Academy Art Museum **1.** Mike and Christy Gibson and Julie and Hugh O’Donnell **2.** Kay Perkins, Jane Nigra and Patricia Saul **3.** Courtney Clark Pastrick and Lisa Slater **4.** Franklin Raines and Denise Grant **5.** Ben and Kelli Remo and Maria and Scott Best **6.** AAM Director Ben Simons (center) with Honorary Chairs Maxine and James Farrell, Carolyn Williams, Past President of the Museum’s Board of Trustees and Catherine McCoy, current President of the Museum’s Board of Trustees



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4



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Photography by Dave Harp

TOWNE SALUTE

Sandy Cannon-Brown

Chesapeake Film Festival

By Caley Breese

Although Sandy Cannon-Brown started her career in print journalism, she found her true calling in filmmaking when she anchored the news in Austin, Texas, for a period of time, saying that anchoring gave her a “taste of video and moving pictures in addition to just words on paper.”

Cannon-Brown is an independent environmental filmmaker with more than three decades of experience. She received her B.A. in communications and M.A. in film and video from American University, where she also taught filmmaking

for 10 years. In 1985 she founded VideoTakes, a video production company based out of the D.C. and Arlington, Virginia, area.

Cannon-Brown has been involved with the Chesapeake Film Festival for more than a decade, both as a filmmaker and a volunteer. Last year, she decided she wanted to contribute more to the event and served as vice president of the annual festival. This year, she returns to the board as the development chair. In addition to helping with fundraising and identifying filmmakers for the festival, she was in charge of planning this year’s Heroes gala. The gala, which was held in August, celebrated the filmmakers and stars of the films.

“Sandy is an integral part of the festival, working with development, communications, programming, filmmaking, and just about everything else,” Chesapeake Film Festival Vice President Nancy Tabor says. “She is an unsung hero and definitely goes above and beyond the normal call of duty.”

We spoke with Cannon-Brown about her filmmaking experience, the festival, and her time spent volunteering.

What sort of content do you focus on in your films?

I’ve been in the Chesapeake Bay watershed for a long time now—about 35 years—and have loved being part of the water recreation. It’s very special to me; it’s my backyard. Because of that, I try to use my talents to do what I can to help keep it healthy and make sure that the rivers

“As a filmmaker, I know that we don’t make films just to make films. We make them to be shown and to be discussed, and we make them so that they are a tool for making change in this world.”

and the water around here are usable by people for generations to come.

The last few years, I’ve had the wonderful opportunity to partner with writer Tom Horton and photographer Dave Harp, who have been covering environmental stories about the Chesapeake Bay for about 40 years. Together, we’ve started making films that relate to the bay and to the environmental health of the bay. The first film we did together was called *Beautiful Swimmers Revisited*, which celebrated the book *Beautiful Swimmers* by William W. Warner. It was a Pulitzer Prize-winning book that’s all about crab and crab management on the bay. We did one on climate change, which we call *High Tide in Dorchester*. And we did [a film] on Smith Island called *An Island Out of Time*, which shows an island that is threatened by erosion. These films have all been shown in the past at the Chesapeake Film Festival.

What do you enjoy most about volunteering with the Chesapeake Film Festival?

As a filmmaker, I know that we don’t make films just to make films. We make

them to be shown and to be discussed, and we make them so that they are a tool for making change in this world. It's very satisfying to help other filmmakers find a forum for their films and to give them a chance to share it with the community. It's a wonderful place for filmmakers [and] for people who love films because early October is usually a beautiful time on the Eastern Shore. We hope that they will partake in the excitement over here of being out on the water and going to some of our wonderful restaurants and venues that we have. It's just very exciting to be a part of this.

What can people expect at this year's festival?

The 2019 festival will have about 62 films that will be shown in three cities [Easton, Cambridge, and Oxford]. The films are coming from all different places. They're coming through our artistic director, Cid Collins Walker, who went to Sundance [Film Festival] this year. She was able to identify five or six films that we're bringing to our little festival on the Eastern Shore. I'm very active in the Environmental Film Festival in Washington, D.C., so I went to that festival in March, where I also had a film that was being screened, and picked out a couple of films that just wowed me to share with people over here. We have films coming from these very prestigious festivals with very well-known, experienced, and exciting filmmakers that come with them to talk to our audience.

It's really an opportunity to give a community that may not get even as far as D.C. or Baltimore to see some of these great films. It has more of a neighborhood feel. You're with your friends, you're having the opportunity to chat with the filmmakers, and to have a real festival experience.

Do you have any advice for people interested in volunteering in their communities?

It's very important if people want to see their community grow and see their community thrive. On the Eastern Shore, we have more than 500 worthy organizations that are doing things to make a difference in people's health and their quality of life and the environment. There's an opportunity for everybody to get off of their chair, get out there, and be part of that; to do something good for your own community, and that's what I'm trying to do. I volunteer for a couple of other organizations, too, and it just makes you feel [like] more of a family [and] a community if you can participate and help secure a good future for that community.

The 2019 Chesapeake Film Festival runs October 3rd-10th. For more information on the Chesapeake Film Festival, visit chesapeakefilmfestival.com.

Do you have a volunteer to nominate? Send What's Up? an email to cbreeze@whatsupmag.com.

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UMD STUDENT AWARDED CHOPTANK TRANSPORT SCHOLARSHIP →

Zachary Bee, a resident of Federalsburg in Caroline County, was selected as the recipient of the Choptank Transport Business Scholarship for the 2019–2020 academic year. Bee, a senior at University of Maryland College Park, is majoring in finance. The Choptank Transport Business Scholarship was established in 2012 provides financial assistance to undergraduate business students who are interested in pursuing a career in transportation, third-party logistics, and related fields. Choptank Transport is a third-party logistics company headquartered in Preston.

Photo courtesy of Choptank Transport



Photo courtesy of Talbot County Public Schools

TCPS Students Participate in Sodexo Future Chef Culinary Competition

Talbot County elementary school students participated in the 2019 Future Chef Culinary Competition. The annual event is sponsored by Sodexo, provider of Talbot County Public Schools (TCPS) food services, and encourages students to learn more about healthy food choices by participating in a recipe contest. Held at Easton High School, this year's culinary theme was Fiesta Fit, and recipes were evaluated on originality, healthy attributes, ease of preparation, plate presentation, use of featured ingredients, and taste. White Marsh Elementary School fifth grader Daniel Schwaninger came in first place for his Fresh Chicken Taco Bowls.

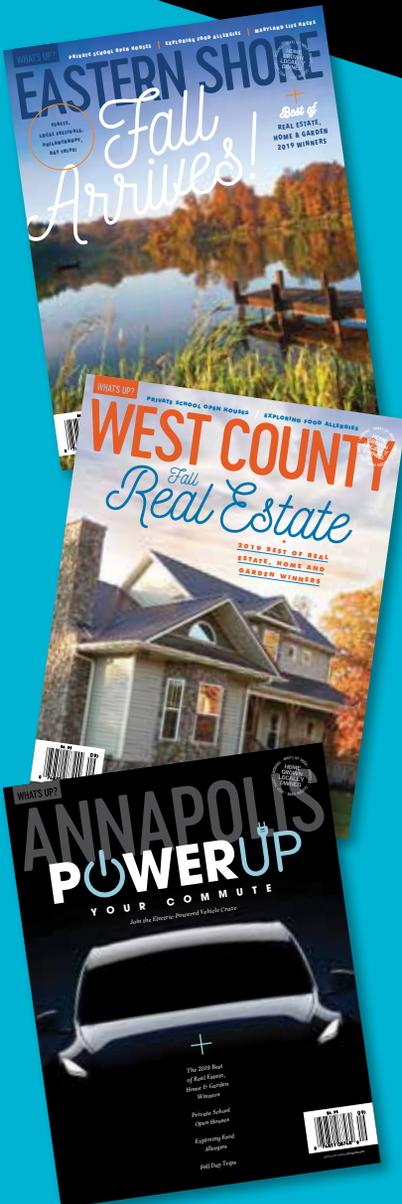


Photo courtesy of Talbot County Arts Council

↑ Talbot County Arts Council Names New Executive Director

Talbot County Arts Council Board of Directors named Joan Levy its new executive director, succeeding Gerry Early. Levy, an Oxford resident, spent 30 years working for Johns Hopkins Medicine in Baltimore and has experience in marketing, communications, and business development. In 2015, she formed JM Levy and Associates, offering business support and fundraising services to the Maryland Mid-Shore community. Levy began her term as executive director in August.

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WHAT'S UP? MEDIA

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TCPS RECEIVES STATE FUNDING TO EXPAND PRE-K ↓

Talbot County Public Schools received \$145,000 from the state in order to provide universal access to full-day pre-Kindergarten. The funds have allowed St. Michaels Elementary School to expand its pre-Kindergarten program from half-day to full-day, which began this school year. “We look forward to seeing the impact this additional instructional time will have on the students’ readiness for kindergarten and beyond,” says Assistant Superintendent for Curriculum and Instruction Dr. Helga Einhorn. The funding is the first phase of the General Assembly’s implementation of the Kirwan Commission recommendations.



Compass Regional Hospice Director of Mission Advancement Lucie Hughes. Photo courtesy of Compass Regional Hospice

COMPASS REGIONAL HOSPICE APPOINTS NEW DIRECTOR OF MISSION ADVANCEMENT

Lucie Hughes has been named the new director of mission advancement for Compass Regional Hospice. Hughes hails from Hebron in Wicomico County, and has more than 30 years of experience in fundraising, budget planning, marketing, special events management, strategic planning, and legislative outreach. Prior to joining Compass Regional Hospice, Hughes served as vice president of institutional advancement at Chesapeake College. In her role as director of mission advancement, Hughes will manage the new Mission Advancement Department, which includes overseeing fundraisers, communications, advocacy and outreach, and volunteer services.



Photo courtesy of Talbot County Public Schools

FRIENDS OF QUEEN ANNE’S COUNTY LIBRARY HONORS READING PROS

Friends of Queen Anne’s County Library honored Queen Anne’s County elementary school students with the Reading Pro award in June. The award recognizes one fourth- or fifth-grade student at each of the six county elementary schools who has demonstrated substantial achievement in reading and language arts. The students are selected by teachers and reading specialists at each school. To encourage continued positive reading habits, the Reading Pro honorees received a certificate, a Barnes & Noble gift card, and coupons for free books from the Friends’ Used Book Nooks at Centreville and Kent Island libraries.

Do you have community or business news to publicize? Send What’s Up? an email at cbreese@whatsupmag.com.

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TOWNE ATHLETE

Thatcher Knox

Easton High School
Football, Lacrosse

By Tom Worgo

Easton High senior Thatcher Knox knows numbers, and what he wants to do for a career.

Knox plans to be a financial advisor. Although he realizes there is bigger money to be made in New York, he prefers to work with people close to his hometown of Trappe.

“I would work on Wall Street, but I would rather open up a financial advisory firm on the Shore,” Knox says. “I like working with numbers. Math is my favorite subject. I think I am a good fit there.”

“I am looking at what colleges I fit best. If I like a college enough, I can put a lot of consideration into them no matter what sport I play. If I have a school I really like that contacts me about football, I’d consider them more. If it’s a lacrosse school, I can look at them more. You can work back and forth.”

For now, Knox’s biggest challenge will be choosing a sport and a college. Knox carries a 4.1 grade-point average and has earned Bayside All-Conference honors in both football and lacrosse.

On top of that, his Easton coaches say he could play either sport in college. Furman University has recruited him for lacrosse, while McDaniel College and Salisbury University want him for football.

“I am looking at what colleges I fit best,” Knox explains. “If I like a college enough, I can put a lot of consideration into them no matter what sport I play. If I have a school I really like that contacts me about football, I’d consider them more. If it’s a lacrosse school, I can look at them more. You can work back and forth.”

Knox will have taken a combined six advanced placement courses in his final two years at Easton, including calculus and statistics.

He has also served as president of his class and is an officer for Fellowship of Christian Athletes. Knox puts

just as much time into sports as he does his studies and off-the-field activities.

His best sport is lacrosse. The 6-foot, 185-pound Knox, a defender, was a Bayside All-Conference pick as both a sophomore and junior. He led the Warriors in ground balls (107) and caused turnovers (27) last spring.

“I think he can play Division I lacrosse,” Easton Boys Lacrosse Coach Dennis Keenan says. “He has all the skills to do it.”

Knox often guards the other team’s best player. He makes it difficult for them to score with his quickness and physicality.

“He is very strong and gets a good read on what the other player is going to do,” Keenan says. “He is very tenacious and forces opponents into bad situations. He stays under control and he doesn’t get taken out of plays.”

Keenan says Knox’s overall contributions to the program are what impresses him the most.

Knox, who co-captained the football and lacrosse teams as a sophomore and junior, will finish his Easton career as a four-year starter in 2020.

He thrived with the Warriors from day one, and was named defensive MVP as a freshman. “He has been a fantastic player for us,” Keenan explains. “Not too many kids can hold up physically and mentally.”

On the football field, Easton’s football coaches love Knox’s

versatility. He has played defensive end, linebacker, cornerback, and safety, as well as wide receiver, running back, and tight end on offense.

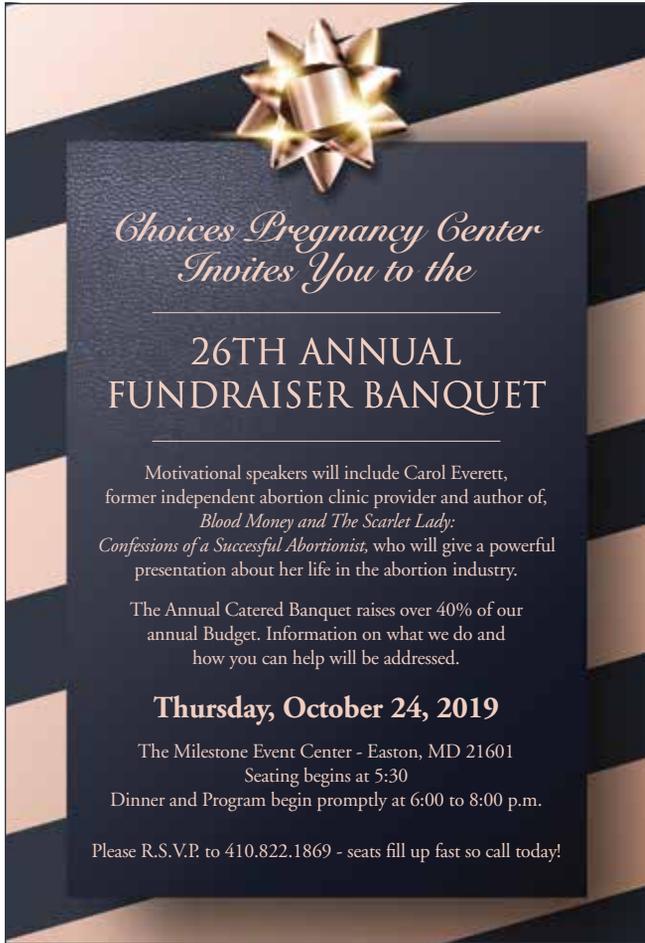
“He is a utility player on both sides of the ball,” Easton Offensive Coordinator Matt Griffith says. “You could just move him around. He is very athletic and very strong.”

Knox made a lot of plays on defense and offense. He ranked second on the team in tackles (67) as a sophomore playing defensive end, and moved to linebacker as a junior, totaling three sacks and 52 tackles, including 11 for a loss.

He scored eight touchdowns as a sophomore, rushing for 393 yards on 75 carries and catching 26 passes for 336 yards.

“He has filled in at the positions where we needed the most help,” Griffith says. “We could rely on him to produce. He just found ways to make plays for us. He is not flashy, but consistent. He would just get the job done.”

Do you have a local athlete to nominate? Send What's Up? an email to tworgo@whatsupmag.com.



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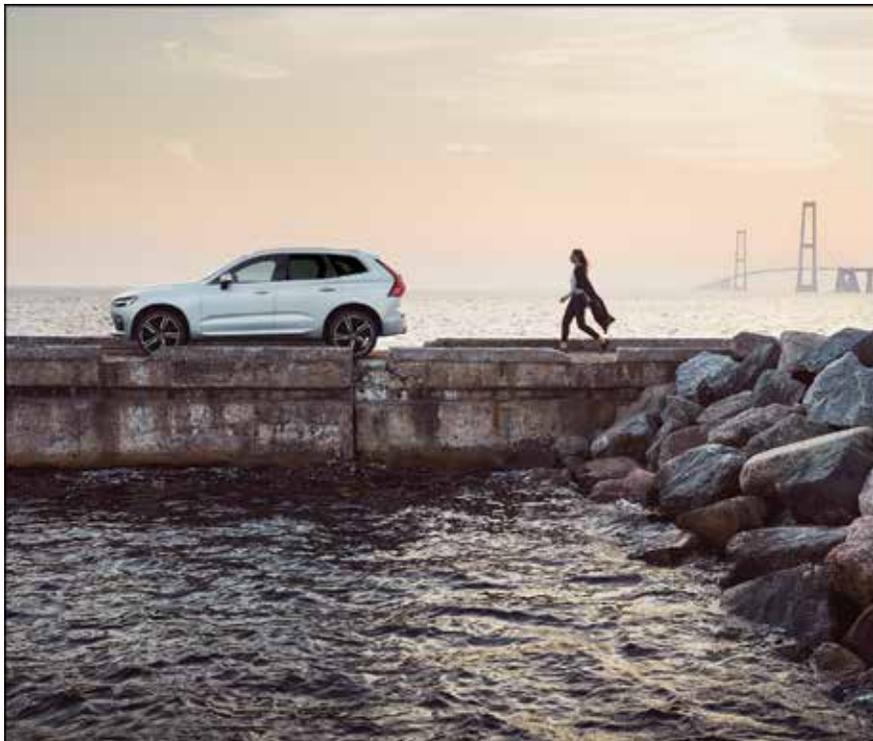
Motivational speakers will include Carol Everett, former independent abortion clinic provider and author of, *Blood Money and The Scarlet Lady: Confessions of a Successful Abortinist*, who will give a powerful presentation about her life in the abortion industry.

The Annual Catered Banquet raises over 40% of our annual Budget. Information on what we do and how you can help will be addressed.

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POWER FLOWER

Medical marijuana in Maryland today and what the future holds for this economically enticing state industry

By Nicole Duran

Almost three years after launching, Maryland's medical marijuana industry is growing and maturing.

However, its growth, at least on the supply-side, is strictly limited by the state. The General Assembly capped the number of growers, processors, and dispensaries when it allowed sales to begin December 1st, 2017. Licenses are available for 22 growers, 28 processors, and 102 dispensaries. As of June 2019, the Old Line State has 18 growers, 18 processors, and 77 dispensaries. 



AS OF JUNE 2019, THE OLD LINE STATE HAS **18** GROWERS, **18** PROCESSORS, AND **77** DISPENSARIES

The ways in which patients can take in cannabis increased this year, after Governor Larry Hogan signed “edibles” into law in the spring. Cannabis in food-form was originally banned. That is not to say that marijuana-infused brownies or gummy bears are on the shelves of local dispensaries now. The Maryland Medical Cannabis Commission is in the process of writing the complex regulations for medical cannabis’ manufacturing and sale. It is not expected to finish until year’s end. It cost the state \$297,000 to start the edibles program and required the commission to initially hire three more staffers.

A lot is at stake. Health experts worry about everything from the extra sugar and fat calories that accompany many edibles to how enticing candy laced with cannabis is to minors to ensuring that such products don’t lead to overdoses. Regulators aim to standardize dosage. For example, requiring a batch of brownies to deliver the same amount of active drug—tetrahydrocannabinol, THC—throughout. The industry understands that “safety is paramount,” according to the Medical Cannabis Trade Association. Numerous states have set 10 milligrams of THC as the maximum amount per edible.

Currently, Maryland’s 67,000 certified medical cardholders can get their marijuana in a wide variety of forms—tinctures, salves, tablets, patches, cartridges, flowers, topically—in addition to traditional smoking or the recent trend of vaping. That’s only a little more than 1 percent of Maryland’s population. States with more mature programs see a 2–4 percent cardholding population; therefore, the commission expects the state’s number to more than double soon.

Cardholders are protected from criminal sanctions—although marijuana is still illegal at the federal level and U.S. authorities can prosecute anyone for marijuana use and possession. To stay within state law, cardholders must buy from a licensed Maryland dispensary and may possess a maximum of 120 grams of marijuana flower—four ounces—or 36 ounces of THC product. They can’t share their cannabis or cross state lines with it.

The Maryland General Assembly decriminalized the possession of small amounts of cannabis back in 2012. It is only punishable by fine now for Marylanders caught with cannabis who don’t have a valid medical card.

Beyond the headline-changing law allowing edibles, this year the General Assembly increased legal protections for academic institutions and medical facilities to research the therapeutic uses and health effects of cannabis. And, Congress fully legalized hemp. It enacted restrictions on advertising. For example, products cannot target minors. Ads cannot show anyone using cannabis or make unsubstantiated therapeutic claims either. It established rules for how many and what kind of industry licenses one person can hold. And, the law bars licensees from selling their rights until they’ve been in business at least three years.

The state also responded to complaints about lack of minority representation in the cannabis businesses by offering 14 new licenses for minority owners—four for growing and 10 for processing—after a disparity study showed that minorities and women were shut out of the budding industry. No African American-owned company won an initial license in 2017 out of the 160 applications for the new licenses.



MARYLAND’S **67,000**
CERTIFIED MEDICAL
CARDHOLDERS CAN
GET THEIR MARIJUANA
IN A WIDE VARIETY OF
FORMS—**TINCTURES,**
SALVES, TABLETS,
PATCHES, CARTRIDGES,
FLOWERS, TOPICALLY—
IN ADDITION TO
TRADITIONAL **SMOKING**
OR THE RECENT TREND
OF **VAPING**

Today, there is 57 percent participation of minorities and females in the state’s cannabis industry. Among employees, there is 75 percent participation. Those numbers drop to 35 and 58 percent minority representation, respectively, when women are removed from the equation.

The industry exceeded revenue projections by \$19 million in its first 12 months of operation. Dispensary revenue, alone, was more than \$100 million. Maryland is projected to rank 16th out of the 30 states (and the District of Columbia) with medical programs by 2020, according to the U.S. Cannabis Report produced by New Frontier Data, an independent industry data firm.



THE INDUSTRY EXCEEDED REVENUE PROJECTIONS BY \$19 MILLION IN ITS FIRST 12 MONTHS OF OPERATION

According to the Maryland Medical Cannabis Commission, patients paid an average price of \$10.11 per gram for flower products, which is less than the national average of \$11.40, and \$39.39 for concentrate cannabis.

The National Organization for the Reform of Marijuana Laws (NORML), the long-established pro-legalization advocacy group, ranks Maryland at 19 in crop production. Anne Arundel County has three dispensaries (Gold Leaf, Green Point Wellness, and Manna Supply Co.), one grower (Forward Gro), and no processors.

How the industry is helping the state's bottom line is hard to say because it's only medical at this point, meaning it's not subject to an excise tax, or even sales tax.

Therefore, there is no tax revenue derived from the medical cannabis program, according to the state commission.

The number of new states legalizing marijuana in some form hit a speed bump this year, and only Illinois joined the other nine states that allow recreational use. But a record number

of states considered legislation to expand legalization or relax criminalization. However, already half the country allows at least medical marijuana. The anti-legalization movement made some headway this year, after a decade of setbacks. Its message that legalization actually hurts minorities, among other societal ills, resonated in some states.

But the industry and most outside observers believe such arguments will merely slow things down and make states take more thoughtful, careful approaches and corrections for negative, unintended consequences—such as what Maryland did with diversity concerns and is doing in writing edible regulations.

Legalization's expansion is not stopping. A majority of Americans, and states, support it. Canada recently legalized recreational use nationally. The federal government has been slow to respond but will likely catch up in the next few years. There are numerous bills pending in Congress to chip away at marijuana's illegal status at the federal level. In 2017, a bipartisan group of House members launched the Congressional Cannabis Caucus. Not so long ago, there wasn't a single member of Congress willing to go on record as supporting decriminalizing marijuana.



HEMP BLOWS THE BARN DOORS OPEN

BY RITA CALVERT

Industrial hemp is now legal to grow in the United States; a boon to farmers in Maryland and across the nation

Anna Chaney, owner of Honey's Harvest Farm in southern Anne Arundel County, wants to grow industrial hemp. Chaney calls herself an experiential farmer and has been *the* leader in Maryland as an advocate for the 2018 congressional farm bill that made it legal to grow and process hemp nationwide. Chaney knows that growing hemp is no panacea for the agricultural challenges facing farmers today, but she is carefully exploring the field by bringing in seasoned hemp growers with workshop offerings at Honey's Harvest. While practicing permaculture and creating highly nutrient-rich soil, her exploration of the 160 acres she owns delves into what her land *likes* to produce.

I asked her, "Why hemp?" "Thanks for asking!" Chaney says. "My inspiration to support the initiative to grow hemp in Maryland is all about the plant. I believe that farmers should be able to grow this amazing crop—in fact, I believe that anyone should be able to grow this plant if they want to, for any reason whatsoever. I am not aware of any other

plant in the world that offers the incredible benefits that hemp does: clothing, food, medicine, building materials, industrial manufacturing (plastics, paper, carbon fiber replacements), fuel, livestock food, bedding, bioremediatory for soils, air, and water, and much more."

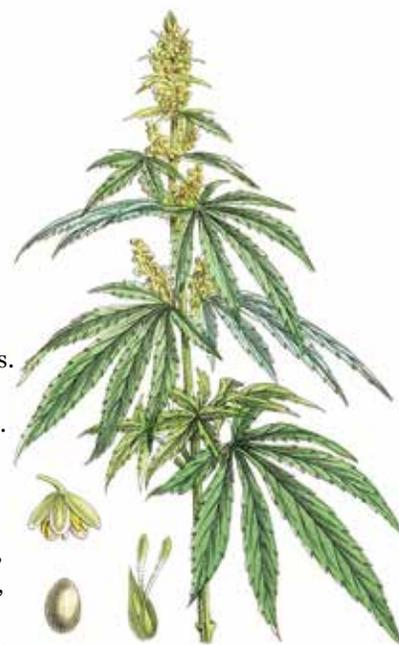
This particular variety of the cannabis plant produces many valuable uses from its fibrous stalk and its leaves, flowers, and seeds. As food, hemp is a perfect protein with 10 grams of protein per three tablespoons of hemp hearts (the edible interior of the hemp seed), and perfectly balanced with omega-3 and omega-6 fatty acids. Hemp is the only plant that contains all of the essential fatty acids and amino acids required by the human body. These essential nutrients affect a variety of the body's functions, including metabolism, skin health, mood, behavior, brain, and heart. Cannabidiol (CBD) oil is extracted from the flower and is helpful for medicinal uses, including inflammation, insomnia, seizures, anxiety, and even in chronic diseases that may be triggered by stress. Many think the

term cannabidiol refers to the entire hemp plant, but it is solely the extracted oil. Hemp oil also is being used for many pet ailments and has been found to be more effective than some of the widely used pet medications. "I see no end to the usefulness of hemp," Chaney says.

This is just the tip of the iceberg. When it comes to building materials, plastics, bio-fuel, car parts, clothing, furniture, it's pretty much endless what this amazingly strong, fire retardant, mold resistant natural hemp fiber can do and become. Not only can it provide all of these things, but it is being used very effectively as a bio-waste remediator. The hemp plant is used at the site of Chernobyl as a soil radiation remediator.

"This plant can sustain us, house us, clothe us, transport us, and potentially heal the ailments of the earth and humanity, while at the same time create millions of new jobs in an industry that can literally save the world," Chaney says. "How can one not be inspired to support hemp in any way possible?"

Hemp, the "no-high" cousin of marijuana, has a non-psychoactive compound and has been called the next great commodity super crop. To step a few centuries back, our Declaration of Independence was written on paper made from industrial hemp, as well as the first American flag made by Betsy Ross. There was a plethora of uses then and this "legal again" agricultural product is set to be worthy of renewed hoopla.



WHAT'S ALL THE HOOPLA ABOUT?

Let's start with Cannabis 101.

We do need to know that there are many varieties of the cannabis plant. In the evolution of this botanical, there is also an industrial hemp which was cultivated to only contain a trace, less than 0.3 percent, amount of tetrahydrocannabinol (THC), the intoxicating, federally-illegal substance that is responsible for causing the marijuana high.

For many years, cannabis botanicals—there are several—were all branded illegal because of the infamous strong association of hippie highs (complete with "the munchies") from THC-potent marijuana. The legal cousin of the cannabis plant that this article highlights is *industrial hemp*, which must be inspected to contain only a trace amount of THC. Currently, farmers and old-timers may refer to their joke of "smoking rope!" That may have been the case in the past, but current U.S. government regulations require strict testing.

The 2014 congressional farm bill authorized states to create pilot research grow programs administered by universities or state agriculture departments. However, industrial hemp remained on the federal list of controlled substances. Then, in 2018, Congress legalized non-intoxicating cannabis, synonymous with industrial hemp, in the farm bill. Removing industrial hemp from the Controlled Substances Act, as part of the 2018 congressional farm bill, has enabled farmers to legally explore the growing culture that was lost when hemp was labeled a controlled substance in 1937.



MYRIAD USES

Because of the former federal prohibition imposed on cannabis, the U.S. is importing an estimated \$100 million of hemp products each year. Now that it is legal, U.S. farmers are poised to reap the financial benefit of growing this crop. All products from the multifaceted plant are set for a boom. According to one source, more than 25,000 products can be made from hemp.

CBD oil is a, roughly, \$1 billion industry worldwide, which has been shifting into high gear. This phytocannabinoid,

discovered in 1940, is reputed to have beneficial medicinal uses. As of 2018, preliminary clinical research on CBD included studies of its effect on epilepsy, fibromyalgia, anxiety, cognition, movement disorders, and pain. Food and drink retailers are finding CBD can be a relatively profitable supplement to enhance lattes, cold brews, alcohol, salads, brownies, doughnuts, and even pizza. Although the FDA has not approved hemp's use in food and drink, there are CBD cafes with whimsical names like Glazed and Confused, The Alchemist's Kitchen, and Zenbarn.

Industrial hemp CBD products can easily be found at a variety of wellness stores throughout Maryland. The “whole body” arena is on fire. A great variety of products are currently on store shelves, including health foods, supplements, soaps, balms, salves, tinctures, and organic body care—all derived from different parts of the hemp plant.

Hemp fiber, from the stalk of the plant, offers myriad industrial uses, including concrete reinforcement, strong fabrics, clothing, construction materials, bio-fuels, plastic composites, cat litter, and more. It grows prolifically, making it an extremely efficient crop for sustainable plastics known as “bioplastics.” They are lightweight, biodegradable, and can replace many petrochemical, single-use plastics (oil-based plastics). ▶

Kevin Tubbs, founder of the Hemp Plastic Company in Colorado, has been making eco-friendly packaging for 20 years. Tubbs says, “We expect market dominance in bioplastic hemp. Outside of cash crops, like hemp hearts and CBD oil, there’s a lot of waste in hemp processing. So, I started experimenting. Take the waste products and you can do one of two things with them: You can either make hempcrete—a building material—or hemp plastic.”

Tubbs is confident that hemp bioplastic will overtake petroleum-based raw polymer in coming decades. Thanks to consumer demand for more sustainable goods, corporate initiatives, and falling manufacturing costs, production of bioplastics is poised to



take off. By 2020, bioplastics are predicted to control five percent of the plastics market and rising to 40 percent by 2030, according to Grand View Research.

The good news extends to hemp-based paper products. At this time, a mammoth Mid-Atlantic distributor of foodservice supplies and paper, Penn Jersey Paper Company, is researching the production of hemp paper products for food packaging, especially since Styrofoam is outlawed in many cities and the state of Maryland.

For soil decontamination, a growing body of evidence suggests that hemp roots can remove toxins from soil and water better than, practically, any other plant. Hemp has been proven to absorb heavy metals from soil, including zinc, cadmium, lead, and arsenic. Since hemp absorbs four times the carbon of most trees, while growing in just a fraction of the time, it could aid in climate change. If used as a rotational cover crop, hemp fits into the paradigm of regenerative agriculture. This fast-growing plant can actually be planted between growing cycles of corn and soybeans to create a cover cash crop.

GROWING THE INDUSTRY TODAY

Nearly 2,100 individuals and businesses have applied to grow or process industrial hemp in 2019, reported the U.S. Department of Agriculture, Trade and Consumer Protection in early March. That’s just three months after legalization.

Federally outlawed for more than 80 years, the industrial hemp plant requires a resurrection in growing, cultivating, and marketing but it is happening on a large scale, even in Maryland. On the Eastern Shore, industrial hemp is 2019’s new cash crop. And the Maryland Farm Bureau is assisting farmers with the process of identifying potential buyers.

Elsewhere, Martha Stewart will be joining Canopy Growth, a cannabis company, in an advisory role to help drive interest in hemp-derived CBD products, predominantly for pets. This Ontario-based company is building a hemp industrial plant in New York state. Meanwhile, Pennsylvania is creating the infrastructure for industrial hemp processing, while at the same time allocating acreage to test the growing conditions. In York, farmer and licensed surgeon Steve Groff plans to use innovative Canadian machinery to process whole hemp plants for fiber and chemicals on a large scale.

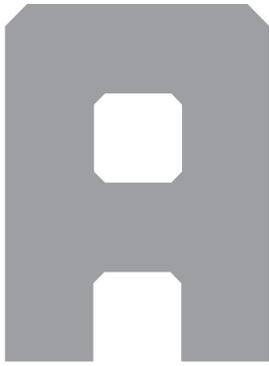
The U.S. is the largest consumer of hemp products. In our country, growing interest in hemp products has the potential to stimulate economic growth. Groff states, “With careful management and clear objectives in mind, those who are educating and testing feel there is a rocky road to travel but with a glorious sunset! With so many farmers struggling [nationwide], careful cultivation of hemp comes as one of the farmers’ greatest opportunities.”



JOCK CULTURE TODAY

**EVOLVING SOCIAL PRESSURES
HAVE NEGATIVELY AFFECTED
SPORTSMANSHIP AT NEARLY
EVERY LEVEL, SO HOW DO
WE TEACH OUR CHILDREN
TO RESPECT THE GAME
AND EACH OTHER?**

BY JEFF SEIDEL



Aziz Abdur-Ra'oof knows hazing.

He received an up-close-and-personal view of it while at training camp with the Kansas City Chiefs in 1989. Abdur-Ra'oof played at Northeast High School in Anne Arundel County and was a star wide receiver at the University of Maryland in the mid-'80s. He was drafted into the NFL by the Chiefs and it was during his rookie year with the team when several veterans woke up the newbies from their sleep and took them to another room. The older players then started pouring grain alcohol down their throats.

But Abdur-Ra'oof caught a break when one of the veterans gave a signal to skip him and not do the hazing ritual.

"I'm thankful that the player who signaled for me to be left alone had the courage to do so," Abdur-Ra'oof says. "He went against what they were doing. He took a stand. I was happy that someone took a stand and was courageous enough to say 'hey, no.'"

Hazing, as defined by Merriam-Webster, is an initiation process involving harassment. It's basically a rite of passage in the NFL and other professional

leagues that's been around for a very long time. Dr. Jack J. Lesyk, a nationally renowned sports psychologist, is the director of the Ohio Center for Sport Psychology and has worked with the Cleveland Cavaliers basketball team for three years.

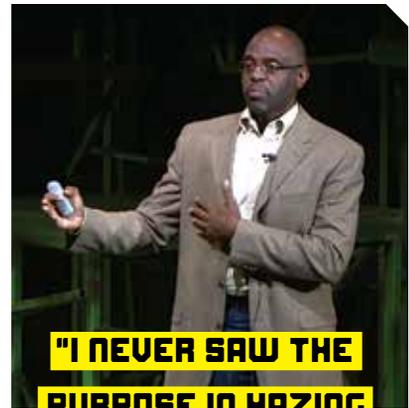
He says the Cavaliers also use a rite of passage for rookies. They buy donuts for the team every day. That's a long way from being forced to drink grain alcohol in the middle of the night.

"That's harmless; that's not harassment," Lesyk says.

Hazing is a part of the "jock culture" that's been prevalent for years. Hazing is the epitome of bad sportsmanship and, yet, young athletes often think this kind of behavior is okay. Serious incidents have occurred at nearly every level of every sport, and have hit close to our homes. Most recently, in places like Severna Park, Kent Island, and nearby Damascus High Schools. The question is why sportsmanship—or lack thereof—occurs at the high school level, and what can be done to address and improve it?

I NEVER SAW THE PURPOSE IN HAZING PEOPLE

Many sports professionals and insiders familiar with this subject agree that, especially in male sports, hazing serves as a sort of rite of passage or initiation. It's often been felt as a way to be part of the team. In other words, you want to be on this team, then you must go through or endure certain actions.



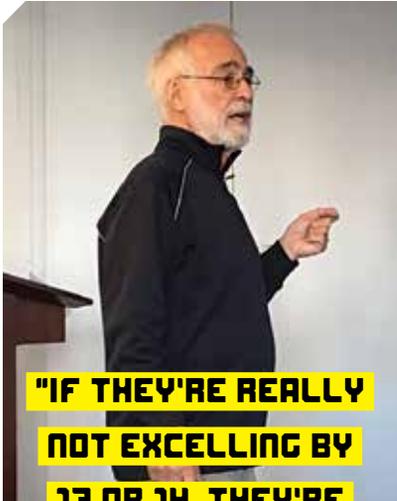
"I NEVER SAW THE PURPOSE IN HAZING PEOPLE. IT DOESN'T BUILD A POSITIVE TEAM CULTURE, IN MY OPINION."

—AZIZ ABDUR-RA'OOF

Lesyk says that football teams and other male-dominated sports have always had hazing. Many believe that it's just an expected part of the game, an accepted thing that not many like but still go through. The problem is that it's gotten out of control and can be dangerous.

An incident last fall at Damascus High School led to a few junior varsity football players being charged as adults with sexually assaulting another with a broomstick. A season ago, several Kent Island High School junior varsity lacrosse players were charged with false imprisonment and second-degree assault. There were other news-making hazing incidents at Severna Park and McDonogh School in Baltimore County—an investigation that was eventually closed without charges.

"I never saw the purpose in hazing people," Abdur-Ra'oof says. "It doesn't build a positive team culture, in my opinion."



"IF THEY'RE REALLY NOT EXCELLING BY 13 OR 14, THEY'RE DROPPING OUT BECAUSE THEY'RE NOT GETTING PLAYING TIME. THERE'S A TRICKLE-DOWN EFFECT IN THAT THERE IS A SERIOUSNESS AT A YOUNGER AGE."

—DR. JACK J. LESYK

These recent hazing incidents proved very rough in nature, yet athletes on many teams still accept it as part of sports culture. Could an athlete's want for acceptance be partly attributable to the external pressures they face to perpetually succeed at successive levels of their chosen sport?

NO SPORT IS MEANT TO BE PLAYED YEAR-ROUND

Today, many parents seem almost desperate to obtain college scholarships for their children, and maybe even a shot at playing professional sports and earning plenty of money.

That's why more and more parents are making their kids focus on playing just one sport all year long—to hone their skills. Plus, this often starts at a very young age. It's not unusual to see baseball and basketball players competing with various teams away from their high schools in other seasons. Baseball players, not even in high school, will play on travel teams in the summer and fall while basketball players do the same.

Girls want those scholarships also. Softball players often compete in summer tournaments, and some even play on teams out of state while still living in Maryland, just to gain that desperately-wanted exposure to college recruiters.

This has slowly morphed into the norm rather than the exception in sports, and it's something that's confusing many associated with the business.

Bruce Cunningham, the sports director at Fox 45 television in Baltimore and a Severna Park resident, grew up playing different sports all the time and loving it. But he's not a big fan of what's happening now.

"The year-round sports thing, I think that's ridiculous," Cunningham says. "I played every sport they had. I think sports at that age—that should be a smorgasbord. No sport is meant to be played year-round."

Cunningham also says there is more push on the kids to become great in one sport so they can do something better long-term, like play in college or the pros.

Lesyk says he definitely sees these changes with the children he works with. He says sports themselves—for kids—simply are different now. One reason for that is parents sometimes are pushing it rather than simply letting children play for love of the game, as the old saying goes.

"If they're really not excelling by 13 or 14, they're dropping out because they're not getting playing time," Lesyk says. "There's a trickle-down effect in that there is a seriousness at a younger age."

Lesyk tells of when he received a phone call from a father who had concerns that his son simply was not performing up to his potential in one sport. That's why the father wanted him to see Lesyk.



"I DO THINK THERE'S A LOT OF PRESSURE FOR THE KIDS WHO PLAY YEAR-ROUND BECAUSE THEIR EYES ARE ON THE PRIZE. THEY WANT TO SIGN A PRO CONTRACT OR GET A SCHOLARSHIP."

—BRUCE CUNNINGHAM

The doctor then asked a simple question, "What is the child's age?"

"Five," the father said.

Lesyk and Cunningham both agree that too many parents are caught up in wanting to see their kids receive those college scholarships and that big-time pro deal.

"I do think there's a lot of pressure for the kids who play year-round because their eyes are on the prize," Cunningham says. "They want to sign a pro contract or get a scholarship."

During the 30 years Lesyk has been doing his job, and up until about 10–12 years ago, he says that most children's sports were not year-round. That has changed drastically in recent years. Kids and parents want these athletes to be seen and known—and faster than ever before.

Cunningham says kids see the boastful, look-at-me type of behaviors on network television like ESPN and think that it's fine to behave in that manner. It's common for high school athletes to post many of their own highlights on social media. The young athletes of today want to be noticed so much more than those of a generation ago—and that can lead to trouble, especially when it comes to sportsmanship as it was once known.

The hazing incidents now taking place seem to be more daring and almost vicious. Why is that? Maybe it's because sports are more serious now. Lesyk says that parents are investing more money in trainers, camps, and travel teams, which leaves those who can't keep up off

95%
OF KIDS WHO
PLAY THESE
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LEVEL WILL
NOT MAKE IT
TO COLLEGE
OR THE PROS

to the side. As he said, they're dropping out in bigger numbers.

Plus, people don't see the whole picture. Lesyk says *Sports Illustrated* recently published an article focusing on baseball, basketball, and football that shows 95 percent of kids who play these sports at the recreation level will not make it to college or the pros. Lesyk wants the children he works with to understand this and be ready for life after sports, even if that starts at 18.

"My focus is on developing good healthy kids who grow into good healthy adults," Lesyk says.





I THINK IT VARIES FROM SCHOOL TO SCHOOL AND COMMUNITY TO COMMUNITY

With the hazing incidents being exposed more recently, the red flag has gone up among schools, athletic directors, and others in charge, making them realize how crucial it can be to immediately get a handle on this behavior.

Kent Island High School Assistant Principal/Athletic Director Daniel Harding said his school made numerous changes. There's now a study hall every day from 2:30–5 p.m. for student-athletes, which is monitored by staff. He says that lets the kids finish their homework with better supervision.

The school principal started taking steps to ensure there would always be a school employee to provide adequate supervision by the time the first student-athlete arrived. Harding says they simply shored up the supervision quickly after last year's incident.

"I would say it's taken a lot of stress and pressure off of the coaches," Harding says. "If a coach is late to practice, he or she lets [us] know and somebody steps in."

The Maryland Public Secondary Schools Athletic Association (MPSSAA), which runs public high school sports, has been working on sportsmanship for years, says Bill Reinhard, director of communications for the Maryland State Department of Education.

For example, they have a "Respect the Game" sportsmanship initiative which produces public-address announcements, sportsmanship awards, and three publications focused on the schools, the students, and the coaches. The MPSSAA also held a Student Leadership Conference in early June with workshops on subjects like preventing hazing, positive social media, and group dynamics.

"I think it varies from school to school and community to community," Reinhard says on how to handle this. "With guidance from coaches and parents, most students will pay attention to good sportsmanship."

Abdur-Ra'ooof is now an education consultant and works with Anne Arundel County middle and high school students. He feels that the problems with sportsmanship and issues like hazing can be lessened if young athletes are simply taught the right lessons.

"I think at certain high schools, [problems] do exist and slowly but surely in time, I think students will start to move beyond it," he says. "I think the issue of group-think impacts them the way it does everyone else. If they talk and learn the right way and they can do it, [things will improve]. They just need to be shown the right way."

Is sportsmanship getting better or worse? It does seem to be different, many agreed. Gerard Filosa has been a track coach at Pikesville High School in Baltimore County for 16 years and is a coordinator of the state track and field championships. He's seen a difference attributable to social media and the way kids trumpet what they do.

"I notice kids being boastful at times, but I don't know what kind of effect it has on the competition," he says. "The one thing that's changed is the exposure of boasting or even bad-mouthing. It used to be done inside the locker room...but now with Twitter and Instagram, the whole world is your platform."

"THE ONE THING THAT'S CHANGED IS THE EXPOSURE OF BOASTING OR EVEN BAD-MOUTHING. IT USED TO BE DONE INSIDE THE LOCKER ROOM, BUT NOW WITH TWITTER AND INSTAGRAM, THE WHOLE WORLD IS YOUR PLATFORM."

—GERARD FILOSA

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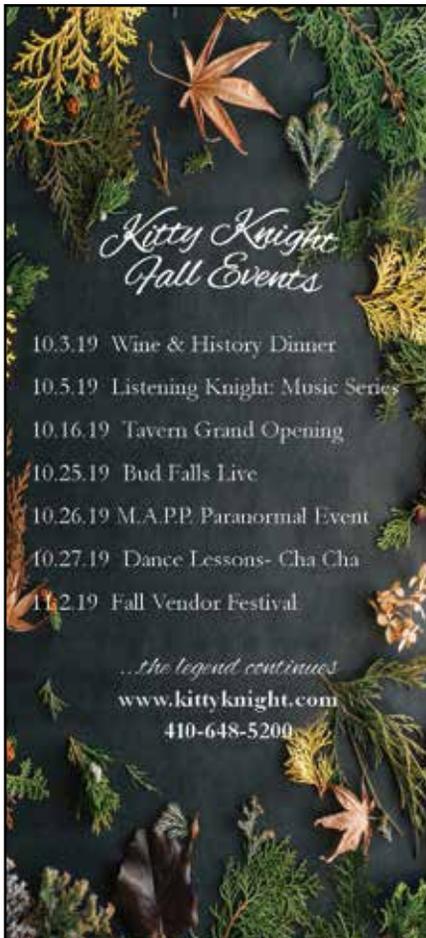
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Kent County on Maryland's Upper Eastern Shore for autumn foliage bursts of fiery reds, burnt oranges and vivid golds. Hear the migratory waterfowl chatter, as they make their way to the open fields and waters of the Chesapeake Bay and its tributaries that run through and around the County.

Savor fresh seafood, locally grown produce, and grass-fed beef, which many local chefs feature in specialty dishes. Stop in for a tasting at a local winery or distillery. With a desired location along the Chesapeake Bay, it might not be surprising to learn that Kent County is a site known for delicious, straight-from-the-water seafood. Some say that the end of season Chesapeake Bay Blue Crabs are the sweetest. The season runs through December 15. Restaurants offer powerful views, amazing drinks, and incredible food. Don't forget to take home a scrumptious souvenir, like a bushel of crabs or other seafood delights to go!

Breathe fresh country air, as you bicycle the Chesapeake Country National Scenic Byway or paddle the Eastern Neck Island water trail. Feel the water's mist, as you charter a cruise on the Chester River or sail the Bay. See a show at the Garfield Center for the Arts on High Street in Chestertown or at the Mainstay on Main Street in Rock Hall. So much to enjoy during the fall season! The peaceful vistas and beautiful landscape of rolling hills, farms, vineyards and open space reminds us of a time past, when life was simpler. Enjoy the peace and beauty, but be ready to have fun, for this quaint countryside is host to hundreds of events.

In fact, Kent County has become notably recognized for its many popular festivals and seasonal events. Visitors agree that some old-time favorites keep getting better. Try Chestertown's award winning Farmers and Artisans market every Saturday morning in Fountain Park, where you'll find only made-in or grown-in Kent County goodies. Chestertown's First Friday is a favorite of locals and visitors. You'll find shops, galleries and restaurants opened late, with lots of art and music throughout this nationally designated Arts & Entertainment District. There are simply too many events to list, but check out a sampling on the next page of what's happening in October and beyond.

continued

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Chestertown HP Festival Weekend Oct. 4th & 5th

Harry Potter inspired. Grab your wand, hop on your broom. This fun filled weekend features a wide array of free and ticketed events sure to delight wizards and muggles alike. chestertownhpfest.org.

Ghost Walk of Historic Chestertown Every Saturday in October

Tours begin at 6:30 p.m. and run every half-hour until 8:30 p.m.

Hear some of the odder tales of local lore, including murder and mayhem. Costumed guides will lead ticket holders through centuries of stories, each tour ending with a visit to a purportedly haunted historic house. Reservations are suggested. kentcountyhistory.org.

49th Chestertown Historic House Tour Oct. 5th; 1:00 p.m. to 5:00 p.m.

This year's tour focuses on sites lived in or associated with forgotten Revolutionary War heroes and brings their untold stories to life. More than a dozen select sites will open their doors. kentcountyhistory.org

22nd Annual Rock Hall FallFest

Oct. 12th; 10:00 a.m. to 4:00 p.m.

Come hungry to "Celebrate the Oyster." 200 boxes of oysters are prepared every which way for every taste bud. Main street closes to become a street-fest of delicious oysters, music all-day long, food vendors, 40 hand-made craft vendors, kids court, and more. Begin the day with the Run for Character 5K, which starts at 9:00 a.m., rain or shine. Free Kiddie K run (ages 10 and under) starts at 8:50 a.m. rockhallfallfest.org

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21st Annual RiverArts Studio Tour Two Weekends—Oct. 19th & 20th and Oct. 26th & Oct. 27th, 10:00 a.m. to 5:00 p.m., Rain or Shine

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A Special Sneak Peek...

Nov. 9th: Goosbump Jump at Betterton Beach. Registration at Betterton Fire Hall.

1st Saturdays - Dec. thru March: Eastern Neck NWR Winter Birding Walks.

Dec. 6 thru Dec. 8: Dickens of a Christmas in Historic Downtown Chestertown

Dec. 7th: Santa Arrives by Boat in Rock Hall Harbor

Whether cycling, bird watching, getting out on the water, taking a nature walk on one of Eastern Neck National Wildlife Refuge's trails, exploring history, appreciating original art, or having fun at an event, you will fall in love with Kent County. Please be sure to follow us on Facebook, Twitter and Instagram @visitkentcounty.

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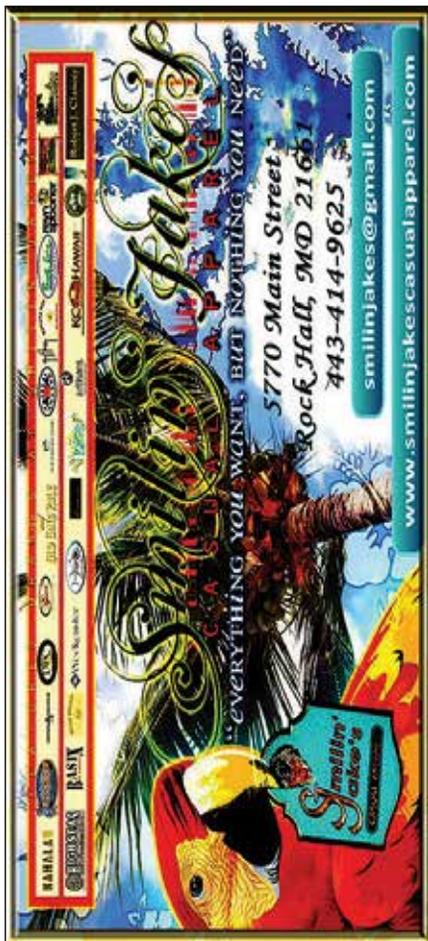
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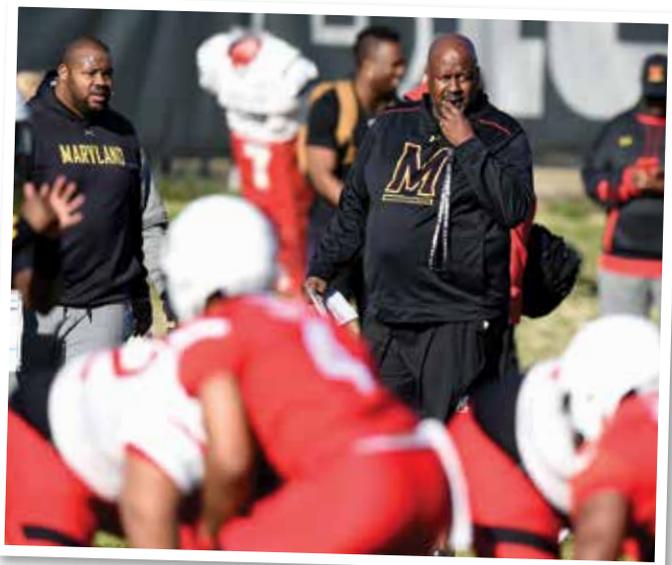
MIKE LOCKSLEY TAKES THE HELM OF THE MARYLAND TERRAPINS FOOTBALL TEAM THIS FALL **BY TOM WORG**O

Mike Locksley has coached at seven different colleges and he wants the University of Maryland to be his last stop. It's the job he has coveted for years. He's a Washington, D.C. native who grew up rooting for the Terps during their glory years in the 1980s under then-coach Bobby Ross.

"It's been a dream come true for me to come home," Locksley says.

The past two seasons, 49-year-old Locksley served as offensive coordinator at Alabama—a program that has won four national championships since 2011 under Nick Saban—which made him attractive to Maryland.

Locksley has a long association with the Terps. He worked as an assistant coach at the school for 10 years and took over as interim head coach for six games when Randy Edsall was fired in 2015.



Locksley, who also was the head coach at the University of New Mexico for three seasons and played college football at Towson State University, inherits a program coming off a tumultuous season in which the death of offensive lineman Jordan McNair led to the suspension and ultimate firing of head coach DJ Durkin.

Locksley says his relationship with McNair's parents made his transition to the job easier. He recruited McNair to Maryland and reached out to the family when he learned of his death in June of 2018. Locksley was able to relate to their pain because of the death of his own son Meiko, who was fatally shot in Columbia in September of 2017.

We recently sat down to talk to Locksley about improving the Terps, what he does to relax after a tough game, and his relationship with the McNair family.

HOW DO YOU TURN THE PROGRAM AROUND AFTER A 2018 SEASON WHERE THE SCHOOL WAS CRITICIZED FOR MISMANAGEMENT OF A VERY DIFFICULT SITUATION? If you look at last season, there's not that big a gap between Maryland and some other programs. They beat Texas and played Ohio State down to the wire. They lost three or four games in the fourth quarter. We are not as far away as some want to make it seem. Turning it around starts with the right kind of work habits. I think we have a strong core of players that have really bought in. We have to develop the right kind of culture that it takes to be a successful program.



CAN YOU TALK ABOUT YOUR RELATIONSHIP WITH THE MCNAIR FAMILY AND HOW YOU GUIDED THEM THROUGH THAT TRAGEDY BECAUSE OF YOUR PERSONAL EXPERIENCE? Unfortunately, we both share a fraternity that stinks to be in. The circle of life is not built for parents to bury their children. Both of us, over the last year and a half, have dealt with the tragedy of having to bury a child. You never get over it. You learn to get through it. Our sons and daughters went to high school together. They both signed their National Letters of Intent on the same day. My daughter [Kori] went to Auburn for soccer.

When I heard the story of Jordan's death when I was at Alabama, it brought back so many emotions for me when I lost Meiko nine months earlier. I reached out to [McNair's father] Marty and offered

support and an ear to listen to. I was able to mentor him a bit in dealing with the tragedy and being the man of the house. I told him, "Be really strong for the brothers, wife, and the mom. They see you as the rock." We both were able to grow as men and our relationship was really cemented and forged even more.

YOU HAVE SAID YOUR RELATIONSHIP WITH THE MCNAIRS MADE THE TRANSITION EASIER TO TAKING THE JOB AND ALLOWED YOU TO HAVE EMPATHY FOR THE TEAM. DO YOU STILL FEEL THAT WAY? I think my relationship with them was important for me to take this job because I had their support. It was important for two reasons. First, taking over the job and having them be there to support me would make the transition easier. Second, the players here were like

brothers to Jordan. We needed to all heal together. Because of me having gone through Meiko's death and their having to deal with the loss of their brother, it gave me empathy and an understanding of what our players were going through. If you haven't experienced it, you don't know how people feel. We wanted to continue to move the program forward, but doing it the right way and honoring Jordan by the way we compete, prepare, and practice.

WHAT DID YOU LEARN AT ALABAMA UNDER SABAN THAT YOU BROUGHT TO MARYLAND?

I learned Nick was such a clear and concise communicator to the coaching staff and the players about what the values and standards of the organization were. I also learned quality control in every aspect of the program. Whether it was recruiting, offense, defense, special teams, nutrition, or strength and conditioning. Whenever you do something, you quality control it, meaning ask the questions, "Why was it good? Why wasn't it good? Why didn't it work? What can we do better?" It's something where you don't have to continue to reinvent the wheel when running into similar situations down the road.

CAN YOU TALK ABOUT HOW SPORTS WAS THE OUTLET THAT ALLOWED YOU TO GET WHERE YOU ARE TODAY WHEN YOU GREW UP IN AN UNDERSERVED PART OF D.C.? I went to high school in the southeast section and grew up in the southwest earlier. There are not many people from the southwest section of D.C. that are running compa-

nies or Division I football programs. I grew up in a single-parent home for most of my life. Growing up in that environment was very motivating to me to want to do better.

COLLEGE FOOTBALL IS BIG BUSINESS. WHAT ARE YOUR THOUGHTS ABOUT PLAYERS POTENTIALLY GETTING PAID?

Anything you can do to take care of the players, I am all for. I have no problem with the players getting paid. I think we have to come up with a consistent way to do it to ensure that everybody gets a piece of the pie. I have no problem with players fighting for pay.

WHAT DO YOU DO TO RELAX AFTER A DIFFICULT GAME? I like going home and being around my family. To unwind, I like watching sports of any kind. I am an avid reader. I love to read autobiographies or leadership or self-help type books. But I don't do a lot of relaxing. I typically get right back to watching film.

YOUR WIFE, KIA, IS A YOGA INSTRUCTOR. HOW MUCH YOGA HAVE YOU DONE? She taught yoga to our team at Florida, Illinois, and New Mexico. I don't participate in a lot of yoga. She has tried and she wants me to. It's something I may take on as I get up

“ We are not as far away as some want to make it seem. Turning it around starts with the right kind of work habits. I think we have a strong core of players that have really bought in. We have to develop the right kind of culture that it takes to be a successful program. ”



there in age. It helps you keep limber. At some point, it might be something we do at Maryland.

YOU DID SOMETHING COACHES RARELY DO: INVITE THE MEDIA TO YOUR HOUSE FOR A BARBEQUE BEFORE THE SEASON. WHY DO THAT? I was on staff at Illinois and Florida with Ron Zook. It was one of the things he did. There is such an odd relationship between coaches and the media at times. The media has a job to write a story and coaches have a job to prepare their teams to play. Somewhere in between lies a story. We completely respect the media and what they do. It was kind of a thank you. I just thought we could use it as an opportunity to get to know the media a little more personally and let them see us outside the element of a press conference. It's kind of what we are doing with our team: turning the page on last year and moving forward.

Best of 2020 voting

IS FINALLY HERE!

It's that time again! Vote for your favorite businesses in **Food and Dining, Retail and Professional Services, Real Estate, Home and Garden, Medical, Dental, and Veterinary, Beauty and Fitness.**

Online, you will find our ballots separated into five categories for each corresponding region (Annapolis, Eastern Shore, and West County). Once you select a category you will be redirected to the ballot site. Please enter your name, email address, and

password **bestof2020** to get started. You can stop and pick-up the survey later by selecting the Save and Continue box at the top of the following screen.



Voting will be
live online from
October through
November 2019

GET STARTED TODAY AT:

whatsupmag.com/best-of-voting

Eastern Shore

Food + Dining

American Restaurant
Appetizers
Bakery
Barbecue
Beer Selection
Breakfast
Brewery
Burger
Candy Shop
Caterer
Chain Pizza
Chef
Chinese
Cocktails
Crabcake
Cream of Crab Soup
Cupcakes
Deli
Dessert
Distillery
Family-Friendly Restaurant
Farm-to-Table Menu
French
German Restaurant
Gluten Free
Greek
Happy Hour
Ice Cream
Indian Restaurant
Irish Restaurant
Italian Restaurant
Japanese Restaurant
Local Coffee Shop
Local Pizza
Maryland Crab Soup
Mexican Restaurant
New Restaurant
Outdoor Dining
Place for Seniors
Place to take Out Of Towners
Raw Bar/Oysters
Restaurant Décor
Romantic Restaurant
Scratch Kitchen
Seafood Restaurant
Small Plates
Spanish Food
Special Occasion
Sports Bar
Steakhouse
Steamed Crabs
Sunday Brunch
Sushi
Take-Out Food
Thai Food
Trivia Night
Vegetarian
Wait Staff
Waterfront Restaurant
Whiskey Selection
Wine Selection
Wings

Retail + Professional Services

Accounting Firm
Art Gallery
Artisan Jewelry

Auto Body Shop
Auto Dealership
Auto Insurance
Auto Repair
Local Musician/Band
Boat Detailing
Boutique Shopping
Carwash
Computer Repair
Consignment Shop
Crawlers and Growlers
Customer Service in Retail
Designer Jewelry
Diamonds
Driving School
Eco-Friendly Business
Engagement Rings
Entertainment/Party Vendor
Estate Jewelry
Event/Party Boat
Family Outing
Festival/Event
Financial Adviser
Florist Shop
Golf Cart/Utility Vehicle
Dealership
Hotel
In-Home Senior Assistance
IT Solutions for Business
IT Solutions for Home
Jewelry Repair
Kids Birthday Venue
Local Bank
Local Music Venue
Local Non-Profit Organization
Marina
Music/Instrumental Lessons
Non-Profit Gala/Fundraiser
Oil/Vinegar Shop
Optician
Organic Selection
Outdoor Store
Overlooked Tourist Attraction
Pet Boarding and Daycare
Pet Grooming
Pet Services
Pet Store
Purses
Retail Beer Selection
Retail Whiskey Selection
Retail Wine Selection
Sailing School
Senior Living Facility
Silver Jewelry
Specialty Grocer
Summer Camp
Unique Gifts
Watches
Wedding Venue
Wedding/Event Planner
Women's Clothing Store

Real Estate, Home + Garden

Appliance Store
Architect
Power Washing
Carpet Installer
Closet Organizer/Designer

Commercial Property Developer
Commercial Real Estate Broker
Commercial Realtor
Custom Builder
Custom Millwork/Moulding
Electrician
Fence & Deck Contractor
Flooring Installer
Framing Shop
Furniture Store
Gutter and Siding
Hardware Store
Home Inspection Service
Home Remodeling
HVAC Service
Indoor Cleaning Service
Interior Design Service
Kitchen & Bath Remodeling
Kitchen Cabinetry
Kitchen Designer
Landscape & Hardscape
Design/Build
Local Home Decorating Store
Lumber Supply
Luxury Home Agent
Mattress Store
Mortgage Lender
Paint Store
Painting Contractor
Plumbing Service
Pool Design/Build
Pool Maintenance
Real Estate Team
Residential Broker
Residential Realtor (Buy)
Residential Realtor (Sell)
Retirement Community
Roofing Contractor
Solar Installer
Title Service
Tree Service
Waterfront Architect
Waterfront Realtor
Waterfront Team
Window/Door Contractor

Medical, Dental, + Veterinary

Acupuncturist
Addictions Counseling Program
Allergist
Anesthesiologist
Apothecary (Compounding
Pharmacy)
Birthing Center
Body Contouring
Breast Augmentation
Cardiologist
Child & Family Mental Health
Provide
Chiropractor Practice
Colon & Rectal Surgeon
Cosmetic Injections
Cosmetic Laser Eye Treatment
Dermal Fillers
Dermatologist
Dry Needling
Emergency Dentistry
Emergency Pet Care

Endodontist
Facial Contouring
Facial Rejuvenation
Family Dentistry
Gastroenterologist
General Cosmetic Dentist
General Dentist
General Surgery
Gynecologist
Holistic Dentistry
Hormone Therapy
Hospice Medicine
Hygienists
Implantologist
Invisalign Specialist
IV Treatment
Laser Hair Removal
Laser Skin Treatments
Liposuction/Fat Removal
Mammography
Medical Grade Skin Care
Products
Mental Health Provider
Mommy Makeover
Neck Contouring
Neurological Surgery
Neurologist
Neuroradiology
Occupational Therapy
Oncologist
Ophthalmologist
Oral & Maxillofacial Surgeon
Orthodontics for Children
Orthodontist for Adults
Orthopedic Hand Surgery
Orthopedic Hip Surgery
Orthopedic Knee Surgery
Pain Management
Pediatric Dentist
Pediatrician
Periodontist
Pharmacy
Physical Therapy
Physical Therapy
Plastic Surgery Reconstruction
Podiatrist
Primary Care Medicine
Psychiatrist/Therapy Practice
Radiology
Rheumatologist
Rhinoplasty
Sedation/Phobia Treatment
Seniors Physician
Sleep Apnea/ Snoring
Treatment Center
Speech Therapy
Tattoo Removal
TMJ Treatment
Total Mouth Reconstruction
Urgent Care Medicine
Urologist
Vascular Surgery
Vein Restoration
Veterinarian Clinic
Veterinarian for Cats
Veterinarian for Dogs
Veterinarian for Large Animals
Veterinarian for Small/Exotic
Pets
Veterinarian Surgery
Women's Imaging

Beauty + Fitness

Aromatherapy
Barre Class
Bootcamp
Brazilian Blowout

Bridal Hairstyling
Bridal Makeup
Chemical Peel
Children's Fitness Class
Circuit Training
Costumer Service
CrossFit
Dance Class
Day Spa
Deep Tissue Massage
Eyebrow Care
Eyelash Extensions
Fabulous Haircut
Facial
Fashion Stylist
Free Weights
Friendly and Helpful Staff
Gym
Gym Amenities
Gym Childcare
Holistic Health Coach
Kickboxing
Lifestyle Coach
Manicure
Martial Arts for Children
Medi-Spa
Men's Barber
Men's Haircut
Microblading
Mixed Martial Arts
Mother-to-be Massage
Nail Art
Nail Gel
Nutritionist
Pedicure
Permanent Makeup
Personal Trainer at a Gym
Personal Trainer at a Private
Studio
Pilates
Pool/Swim Facility
Prenatal Fitness Class
Reflexology
Reiki Practitioner
Resort with Spa
Running Club
Salon Décor
Salon for Coloring
Salon for Hair Extensions
Salon Pampering
Salon Products
Spin Class Instructor
Spray Tan
Stand-Up Paddle Board Class
Stone Massage
Stylist for Long Hair
Tattoo Artist
Tattoo Parlor
Therapeutic Massage
TRX Class
Tween Dance Class
Tween Fitness Class
Waxing
Weight-loss Regimen
Yoga Instructor
Yoga Studio



Congratulations to our

TOP DOCS!

University of Maryland Shore Regional Health (UM SRH) congratulates the members of its Medical Staff who have been recognized as 2019 Top Docs. These expert providers, who live and work in communities across our five county region, help make UM SRH **where the health of the Eastern Shore comes first.**

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the health
of the Eastern
Shore comes
first**



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SHORE REGIONAL HEALTH

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To find a physician or service close to home, visit umshoreregional.org

PEER REVIEW TOP DOCS

Anesthesiology

Stephen Lemke, DO
Kevin Nebab, MD
John Snell, MD

Back Pain

Khalid Kurtom, MD, FAANS, FACS

Breast Cancer

Roberta Lilly, MD, MPH, FACS

Cardiovascular Disease

Robert Hanna, Jr., MD, FACC

Critical Care Medicine

Peyman Otmishi, MD

**Endocrinology, Diabetes
& Metabolism**

Bayan Mesmar, MBBS

Gastroenterology

George John, MD
Volkan Taskin, MD
Matthew Troshinsky, MD

Gynecology

Dale Jafari, DNP

Hematology & Oncology

Mary DeShields, MD

Hospice & Palliative Medicine

Lakshmi Vaidyanathan, MD

Internal Medicine

Carolyn Helmly, MD

Nephrology

Anish Hinduja, MD

Neurology

Patricia Scripko, MD

Neurosurgery

Khalid Kurtom, MD, FAANS, FACS

Orthopedic Sports Medicine

Richard Mason, MD

Orthopedic Surgery

Jason Jancosko, DO

Orthopedic Surgery (Knee)

Richard Mason, MD

Pulmonology

David (Greg) Oliver, MD

Radiology

Kimberly Oster, MD

Sleep Apnea

Peyman Otmishi, MD

Urology

Chris Runz, DO
John Foley, MD

READER'S CHOICE BEST OF

Anesthesiology

John Snell, MD

Birthing Center

University of Maryland
Shore Regional Health

Breast Surgery

Roberta Lilly, MD, MPH, FACS

Cardiology

Jeffrey Etherton, MD, FACC

Colon & Rectal Surgery

Michael Fisher, MD, FACC

Gastroenterology

Michael Fisher, MD, FACC

Gynecology

William Katz, MD

Neurosurgery

Khalid Kurtom, MD, FAANS, FACS

Orthopedic Hand Surgery

Thomas Stauch, MD

Orthopedic Hip Surgery

Myron Szczukowski, Jr., MD

Orthopedic Knee Surgery

Richard Mason, MD

Urology

R. Duane Cespedes, MD

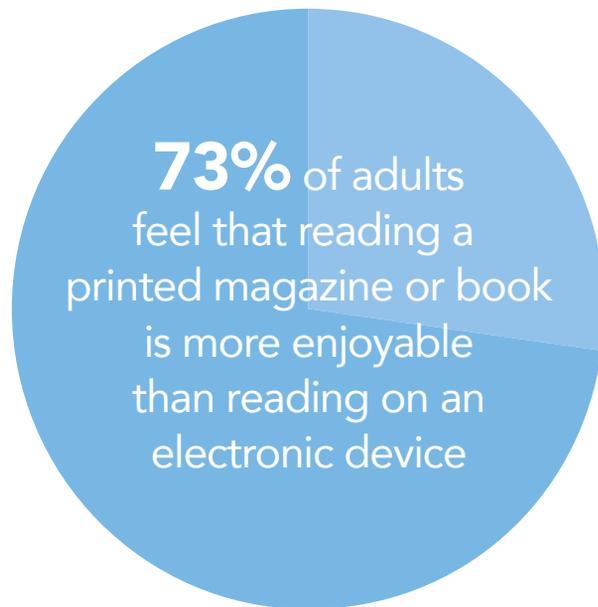
Be a part
of something
greater

People prefer print on paper for reading—whether for enjoyment or for comprehension

Americans tend to believe that...

- They retain more when they read in print on paper
- They are more easily distracted when reading on screens
- Print is more pleasant to handle and touch than other media

Source: Two Sides North America and Toluna, 2015, n=1,000; 2016, n=2,323



Source: Two Sides North America and Toluna, n=2,000. Fall 2017

Magazine readers have **real** friends

Devoted magazine readers have the most friends* and spread their ideas over the widest social circle

*Real People—not social media

Number of friends among devoted media users (index)

| | magazines | internet* | TV | radio |
|------------|-----------|-----------|-----|-------|
| 20 or more | 177 | 88 | 111 | 144 |
| 15 or more | 168 | 88 | 103 | 155 |
| 10 or more | 158 | 84 | 101 | 134 |
| 8 or more | 149 | 88 | 105 | 134 |

Self perception (index)

| | magazines | internet* | TV | radio |
|--|-----------|-----------|-----|-------|
| Have a wide social circle and enjoy it | 131 | 93 | 85 | 125 |
| My friendship group is a really important part of my life ⁺ | 128 | 95 | 93 | 101 |
| Get energy by being in a group of people | 122 | 98 | 103 | 110 |
| Enjoy entertaining people at home ⁺ | 116 | 93 | 93 | 105 |

*Includes internet magazine activity. +Definitely agree/agree

Index: Percentage of top users of each medium vs. percentage of adults 18+.

Note: Devoted magazine readers are defined as those who read printed magazines at least several times per week or digital magazines more than once a day. Devoted internet users are those who use it at least 31 hours per week. Devoted radio listeners are those who listen to FM Radio at least two hours a day or AM radio at least one hour a day. Devoted TV viewers are defined as those who watch live or “catch-up” TV at least 31 hours per week. Each group represents approximately the same proportion of US adults 18+.

Source: YouGov Profiles, December 2018

TOP DOCS

2019-2020: EASTERN SHORE



THE BIENNIAL PEER REVIEW SURVEY



We take the peer review process very seriously here at What's Up? Media. Our **Top Docs**, **Top Dentists**, and **Leading Lawyers** surveys (each produced every other year) require a surprising amount of time and energy to execute. Top Docs has been a 10-month process that began in January with the direct mailing of more than 3,000 survey packages to local doctors, as well as a gated online version of the survey open to any licensed doctor practicing in the region. After surveys were collected by deadline, vetted (each survey needing a valid Maryland medical license number), and tallied, we arrived at the list on the following pages.

The Top Docs contained on these pages represent the individuals who received the highest number of nominations from their peers. Please note that many fine

physicians who are either new to the area or affiliated with other medical institutions may not be included. Additionally, this list represents only those "winners" who received the *most substantial* number of votes, not everyone who was nominated.

Once again, we would like to thank all the busy doctors who took the time to respond to this important survey. Knowing who medical professionals consider the best in their respective fields is an invaluable asset. Many of our well-informed readers will keep this issue year-round for ready reference. *What's Up? Media* readers know the real thing when they see it.

***Denotes the doctor that received the most votes within each specialty (in some cases, there were ties)**



ALLERGY & IMMUNOLOGY

Dealing with allergies and an exaggerated immune response or reaction to substances.

Dr. Duane Gels*

Annapolis Allergy & Asthma, L.L.C.; 227 North Liberty Street, Centreville; 410-758-6700; annapolisallergy.com

ANESTHESIOLOGY

The practice of blocking pain, discomfort, or distress during surgery or an obstetric or diagnostic procedure.

Dr. Stephen Lemke*

Tidewater Anesthesia Associates; 219 South Washington Street, Easton; 410-822-1000 Ext. 5603; tidewateranesthesia.com

Dr. Kevin Nebab*

Tidewater Anesthesia Associates; 219 South Washington Street, Easton; 410-822-1000 Ext. 5603; tidewateranesthesia.com

Dr. John Snell*

Tidewater Anesthesia Associates; 219 South Washington Street, Easton; 410-822-1000 Ext. 5603; tidewateranesthesia.com

CARDIOVASCULAR DISEASE

Dealing with the heart, its actions and diseases.

Dr. Robert Hanna*

UM CMG Cardiology; 500 Cadmus Lane, Ste. 207, Easton; 410-822-5571; umms.org

Dr. John Kennedy*

MedStar Cardiology Associates; 1630 Main Street, Ste. 208, Chester; 410-643-3186; medstar-heartinstitute.org

COLON & RECTAL SURGERY

Dealing with surgery involving the colon and rectum.

Dr. Kevin Stitely*

Anne Arundel Medical Group; 28438 Marlboro Avenue, Easton; 410-822-4220; myaamg.org

CRITICAL CARE MEDICINE

Providing life support or organ support to patients who require intense monitoring.

Dr. Peyman Otmishi*

UM Shore Regional Health; 500 Cadmus Lane, Ste. 209, Easton; 410-822-0110; umms.org

DERMATOLOGY

Dealing with the skin and its diseases.

Dr. Kirra Brandon*

Easton Dermatology; 403 Marvel Court, Easton; 410-819-8867; easton-dermatology.com

ENDOCRINOLOGY

Dealing with the endocrine glands, involved in the secretion of hormones.

Dr. Bayan Mesmar*

University of Maryland Community Medical Group; 219 South Washington Street, Easton; 410-822-1000; umms.org

GASTROENTEROLOGY

Dealing with the structure, functions, diseases, and pathology of the stomach and intestines.

Dr. George John*

Eastern Shore Endoscopy; 511 Idlewild Avenue, Easton; 410-200-9800; easternshoreendoscopy.com

Dr. Volkan Taskin*

Eastern Shore Endoscopy; 511 Idlewild Avenue, Easton; 410-200-9800; easternshoreendoscopy.com

Dr. Matthew Troshinsky*

Eastern Shore Endoscopy; 511 Idlewild Avenue, Easton; 410-200-9800; easternshoreendoscopy.com

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Board Certified General Surgeon

WHAT'S UP? MEDIA
TOP DOCS
2019-2020
ANNE ARUNDEL

WHAT'S UP? Annapolis Best of ANNAPOLIS 2019

GYNECOLOGY

Dealing with the diseases and routines physical care of the reproductive system of women.

Dr. Dale Jafari*

University of Maryland Community Medical Group; 490 Cadmus Lane, Ste. 106, Easton; 410-822-7040

Dr. Karen Hardart

AAMG Annapolis OB-GYN; 1630 Main Street, Ste. 211, Chester; 410-573-9530; annapolisobgyn.com

HEMATOLOGY & ONCOLOGY

Dealing with the blood and blood-forming organs (hematology) and dealing with the treatment and management of cancer (oncology).

Dr. Mary DeShields*

Eastern Shore Oncology PC; 509 Idlewild Avenue, Ste. 1, Easton; 410-819-3332

Dr. David Smith

Bay Hematology/Oncology; 8221 Teal Drive, Ste. 301, Easton; 410-820-5945

HOSPICE & PALLIATIVE

Providing relief from the symptoms, pain, and stress of serious illness.

Dr. Lakshmi Vaidyanathan

Easton Memorial Hospital; 219 South Washington Street, Easton; 410-822-1000

INTERNAL MEDICINE

Dealing with the diagnosis and treatment of non-surgical diseases.

Dr. Matthew Fischer*

Chesapeake Bay Internal Medicine; 2 Martin Court, Ste. 3, Easton; 410-820-0621

Dr. Curtis Foy*

River Family Physicians; 555 Cynwood Drive, Easton; 410-820-7270; myaamg.org

Dr. Carolyn Helmly*

Miles River Physicians; 508 Idlewild Avenue, Ste. 3, Easton; 410-822-9133 Ext. 5887; umshoreregional.org

NEPHROLOGY

Dealing with the structure, function, and diseases of the kidneys.

Dr. Anish Hinduja*

Kidney Health Center; 5 Martin Court, Easton; 410-820-9823; khcmd.com

Dr. Khalid Kurtom*

University of Maryland Community Medical Group; 490 Cadmus Lane, Ste. 103, Easton; 410-820-9117; umshore-regional.org

NEUROLOGICAL SURGERY

Dealing with nervous system structures such as nerves, the brain, or the spinal cord.

Dr. Molly Price*

Annapolis Neurology Associates; 130 Love Point Road, Ste. 107, Stevensville; 410-604-2759; annapolisneurology.com

Dr. Patricia Scripko*

UM CMG Neurology and Sleep Medicine; 490 Cadmus Lane, Ste. 102, Easton; 410-770-5250

OPHTHALMOLOGY

Dealing with the structure, functions, and diseases of the eye.

Dr. Paul Dyer*

James & Dyer, M.D. Ophthalmology; 4 Caulk Lane, Easton; 410-822-7931; jamesanddyer.com

Dr. Zuleika Ghodsi*

Delmarva Laser Eye Center; 405 Marvel Court, Easton; 410-822-9801; delmarvaeeye.com

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EASTERSHORE

Thank you for voting us The Best in
Sports Physical Therapy

ORTHOPEDIC SPORTS MEDICINE

Dealing with the medical and therapeutic aspects of sports participation and physical activity.

Dr. Richard Mason*
The Orthopedic Center; 510 Idlewild Avenue, Ste. 200, Easton; 410-820-8226 Ext. 5891; theorthopediccenter.net

ORTHOPEDIC SURGERY

Dealing with conditions involving musculoskeletal systems.

Dr. Jason Jancosko*
The Orthopedic Center; 510 Idlewild Avenue, Ste. 200, Easton; 410-820-8226; theorthopediccenter.net

ORTHOPEDIC SURGERY (KNEE)

Dealing with surgery of the knee.

Dr. Richard Mason*
The Orthopedic Center; 510 Idlewild Avenue, Ste. 200, Easton; 410-820-8226; theorthopediccenter.net

OTOLARYNGOLOGY

Dealing with the ear, nose, and throat.

Dr. Avron Marcus*
Ear, Nose, Throat Asthma & Allergy Care; 1630 Main Street, Ste. 217, Chester; 410-760-8840; entaacare.com

PLASTIC SURGERY (ENHANCEMENT)

Dealing with modifying or improving the appearance of a physical feature using the techniques of plastic surgery.

Dr. Roger Orsini*
Shore Aesthetic & Reconstructive Associates; 505 Dutchmans Lane, Ste. B1, Easton; 410-822-7703; rogerorsinimd.com

Dr. Kelly Sullivan*
Sullivan Surgery & Spa; 1 Goldsborough Street, Easton; 443-221-2700; sullivan-surgery.com

PLASTIC SURGERY (FACIAL)

Dealing with plastic and reconstructive surgery of the face, nose, head, and neck.

Dr. Roger Orsini*
Shore Aesthetic & Reconstructive Associates; 505 Dutchmans Lane, Ste. B1, Easton; 410-822-7703; rogerorsinimd.com

PLASTIC SURGERY (RECONSTRUCTIVE)

Dealing with the restoration of appearance and function following injury or disease or the correction of congenital defects using the techniques of plastic surgery.

Dr. Christopher Spittler*
Plastic Surgery Specialists; 611A Dutchmans Lane, Easton; 410-841-5355; plasticsurgeryspec.com

PRIMARY CARE MEDICINE

Provides first-contact care for persons with any undiagnosed sign, symptom, or health concern and comprehensive care for the person which is not organ- or problem-specific.

Dr. Matthew King*
AAMG Eastern Shore Primary Care; 1630 Main Street, Ste. 204, Chester; 410-643-4524; easternshoreprimarycare.com

Dr. Patrick Shanahan
Drs. Shanahan & Ferguson; 120 Speer Road, Bldg. B, Chestertown; 410-778-9300; mychester-towndoctor.com

PULMONOLOGY

Dealing with the function and diseases of the lungs.

Dr. David Oliver*
UM CMG Pulmonary Care; 500 Cadmus Lane, Easton; 410-822-0110; umcmg.org

RADIOLOGY

Dealing with the science of X-rays and other high energy radiation, especially in the use of such radiation for the treatment and diagnosis of disease.

Dr. Kimberly Oster*
Delmarva Radiology; 219 South Washington Street, Easton; 410-822-1000

RHEUMATOLOGY

Dealing with rheumatic diseases or any of the various conditions characterized by inflammation or pain in muscles, joints, or fibrous tissue.

Dr. Elizabeth Clayton*
Edmund JMclaughlin MD; 505 Dutchmans Lane, Ste. A2, Easton; 410-819-6545

GENERAL SURGERY

Dealing with diseases and conditions requiring or amenable to operative or manual procedures.

Dr. Kevin Stitely*
Shore Surgical Care; 505 Dutchmans Lane, Ste. A3, Easton; 443-924-2900; myaamg.org/surgical-specialists

UROLOGY

Dealing with the urinary or urogenital organs.

Dr. Christopher Runz*
UM CMG Shore Comprehensive Urology; 490 Cadmus Lane, Ste. 104, Easton; 410-820-0560; umshoreregional.org

Dr. John Foley
University of Maryland Community Medical Group; 490 Cadmus Lane, Easton, Ste. 104; 410-820-0560; umcmg.org

BACK PAIN

A common, painful condition affecting portion(s) of the spine.

Dr. Khalid Kurtom*

University of Maryland Community Medical Group; 490 Cadmus Lane, Ste. 103, Easton; 410-820-9117; umshoreregional.org

BREAST CANCER

A cancer that forms in the cells of the breasts.

Dr. Roberta Lilly*
Clark Comprehensive Breast Center; 10 Martin Court, Easton; 410-820-9400; umshoreregional.org

SLEEP APNEA

A potentially serious sleep disorder in which breathing repeatedly stops and starts.

Dr. Peyman Otmishi*
UM Shore Regional Health; 500 Cadmus Lane, Ste. 209, Easton; 410-822-0110; umcmg.org



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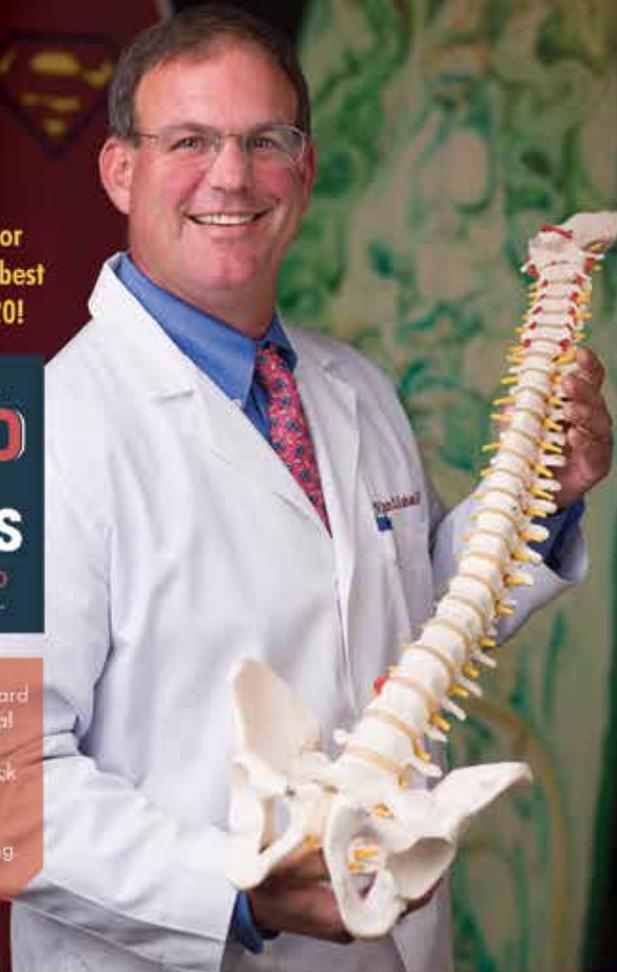
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AN EXCLUSIVE WHAT'S UP? MEDIA SPECIAL ADVERTISING SECTION



SANDEL DUGGAL CENTER FOR PLASTIC SURGERY

CLAIRE S. DUGGAL, MD

In March of 2016, Dr. Claire Duggal of Duggal Plastic surgery partnered with Dr. Henry Sandel IV, MD FACS of Sandel Center for Facial Plastic Surgery. Since then the Sandel Duggal Center for Plastic Surgery was formed, and more recently, the development of their state-of-the-art ambulatory center - West Annapolis Surgery Center which is conveniently sited within the same facility as the practice.

Dr. Duggal focuses on all aspects of cosmetic surgery and prides herself on taking a natural approach to restoring and enhancing each patient individually. She is experienced in breast surgery, abdominoplasty, liposuction, and fat grafting. As a mother herself, Dr. Duggal relates to what women face after having children and the desire to regain a "pre-baby" body. She is equally experienced in facial rejuvenation including surgical and non-surgical options such as Botox® and fillers. She is also trained in treating male aesthetic issues including liposuction and gynecomastia surgery.

"GOING TO A PLASTIC SURGEON DOESN'T MAKE YOU FRIVOLOUS OR VAIN. YOU CAN BE A PERSON OF SUBSTANCE AND STILL WANT TO LOOK AND FEEL LIKE THE BEST VERSION OF YOURSELF."

–CLAIRE DUGGAL, M.D.

In addition to aesthetic plastic surgery, Dr. Duggal performs all types of general reconstructive procedures. Her main focus is breast reconstruction, and she has published multiple peer-reviewed articles examining breast reconstruction techniques and outcomes.

WHO I AM

1.

YOUR MOST OFTEN SAID GENERAL ADVICE TO PATIENTS?

I find myself frequently telling patients that our goal is for them to look like they don't need anything done, not like they have had something done. Less is more. Plastic surgery today is much more accepted and embraced than it was in the past, but no one needs to look like they had injectables or underwent a surgical procedure.

5.

WHAT IS THE BEST ADVICE YOU'VE RECEIVED?

Not sure I can narrow this down to just one piece of advice, but key pieces of advice (most of which are from my mother) include – "Treat others as you would like to be treated" (applies to just about every personal and professional situation). "Eat more vegetables" (constantly working on this one). "Everything in moderation" (how I justify my evening chocolate habit).

2.

WHAT ARE YOUR MOST REQUESTED PROCEDURES?

My most frequent surgeries are breast surgeries (lifts, reductions, augmentations) and abdominoplasties (tummy tucks). I think there are a lot of women looking to repair and restore themselves after children and aging, and so it's quite common for me to do combination mommy-makeover procedures.

6.

WHAT IS YOUR PERSONAL "MANTRA"?

I would not have said I have a personal "mantra", but a friend gave me a bracelet while I was pregnant with my third baby that just says "You Got This". I now wear it every day which I guess means I have a mantra! Parenting is overwhelming, life in general is stressful, and it's actually really nice to take a moment to remind yourself that you can do it.

3.

WHERE/WHAT IS YOUR "HAPPY PLACE"?

I think everyone could safely say "on a beach somewhere with a cocktail". But probably my more practical happy place is hanging out in my backyard on a nice day with friends, our kids and a nice glass of wine! If it's raining, I'd pick the couch and a good movie.

7.

WHAT ARE YOUR BIGGEST PET PEEVES?

People talking loudly on airplanes, rude drivers, and how addicted I am to my cell phone. Oh, and my kids not flushing the toilet – ever.

4.

WHAT ALTERNATIVE OCCUPATION WOULD YOU CHOOSE?

Everyone in my office laughs at me when I tell them my next job will be a landscaper – I love the idea of spending every day outside pulling weeds and mulching. Surgery can be stressful – I want everyone to have an absolutely perfect result and perfect experience every time. Lawncare seems more relaxing to me, although I'd probably end up stressed about that too!

8.

3 THINGS ON BUCKET LIST

To see the Northern Lights, to hike in Patagonia, and to do a handstand on a stand up paddleboard.



ABOUT DR. DUGGAL

Claire Duggal is a board-certified plastic surgeon specializing in aesthetic and reconstructive surgery for the face and body. She graduated magna cum laude from Harvard University and then attended Emory University where she obtained her medical degree and was offered a highly coveted spot in the Emory Plastic and Reconstructive Surgery training program to complete her training. Dr. Duggal now focuses on all aspects of cosmetic surgery and prides herself on taking a natural approach to restoring and enhancing each patient individually. She is experienced in breast surgery, abdominoplasty, liposuction, and fat grafting, and more!



MY CREDENTIALS

Education

Harvard University
Bachelor of Arts with
Honors, Neuroscience

Medical Degree

Emory University School
of Medicine



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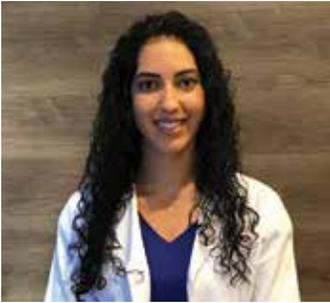
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Dr. Scott Billings, DDS



Dr. Christopher Murphy, DDS



Dr. Elba Olivero, DDS



Dr. Jennifer Brotz, DMD



Dr. Sonal Parikh, DMD



Dr. Patrick Kuhns, DDS

EASTERN SHORE DENTAL CARE

It's all about YOU at Eastern Shore Dental Care. At the Shore's largest and leading general dental practice in Queen Anne's County, you'll receive first-class patient treatment and customer service from your first initial phone call. Even if you're anxious or fearful about visiting the dentist, we have services available that will help you feel comfortable and relaxed during your visit. We perform a complimentary benefits check to make sure you're maximizing your dental benefits to its fullest potential, and will work with you on a treatment plan that works for both you and your budget.

With convenient hours and amenities such as heated massage chairs, pillows, TV's, free WiFi, satellite radio, and a beverage station, you'll feel like you're visiting a spa instead of a dentist! We invite you to visit our office in Chester and experience why so many people on the Eastern Shore trust their dental and oral health to the doctors at Eastern Shore Dental Care. Serving patients ages 3 and up.

WHO WE ARE

1. HOW DOES DENTAL HEALTH EFFECT OVERALL HEALTH?

Researchers discovered that poor dental hygiene, especially gum disease, can increase your risk of stroke, heart attack, and other significant health issues. Completing regularly schedule hygiene check-ups will help catch dental problems early, not only keeping you healthy, but helping you save time and money.

- Dr. Jennifer Brotz, DMD

2. WHEN BRACES COME OFF, WHAT IS MOST CRUCIAL IN PRESERVING THAT NEW SMILE?

Whether you had traditional braces or Invisalign, it is really important to wear a retainer following treatment so teeth do not shift back to where they were. We recommend wearing a retainer for 20-22 hours per day for the first three months, and then switching to nighttime wear only.

- Dr. Sonal Parikh, DMD

3. WHAT IS AN "ALL-ON-4" AND WHY ARE SO MANY PEOPLE TALKING ABOUT THEM?

Also referred to as "Teeth in a Day" or "Same Day Teeth", All-On-4's is an implant supported denture. Unlike traditional dentures, implant supported dentures are permanently fixed to your jaw and eventually becomes a part of the jaw bone. As a result, it can help prevent bone loss, maintains a more youthful look, and supports better oral health.

- Dr. Elba Olivero, DDS

4. WOULD YOU RECOMMEND WHITENING YOUR TEETH PRIOR TO RECEIVING A CROWN, BRIDGE, OR IMPLANT?

Absolutely. When procedures such as crowns, bridges, and implants are recommended, they will be color matching your new tooth or teeth to the rest of your existing teeth. If you're unhappy with the current color of your teeth, then whitening your teeth prior to your procedure will only enhance the final result of your crown, bridge, or implant.

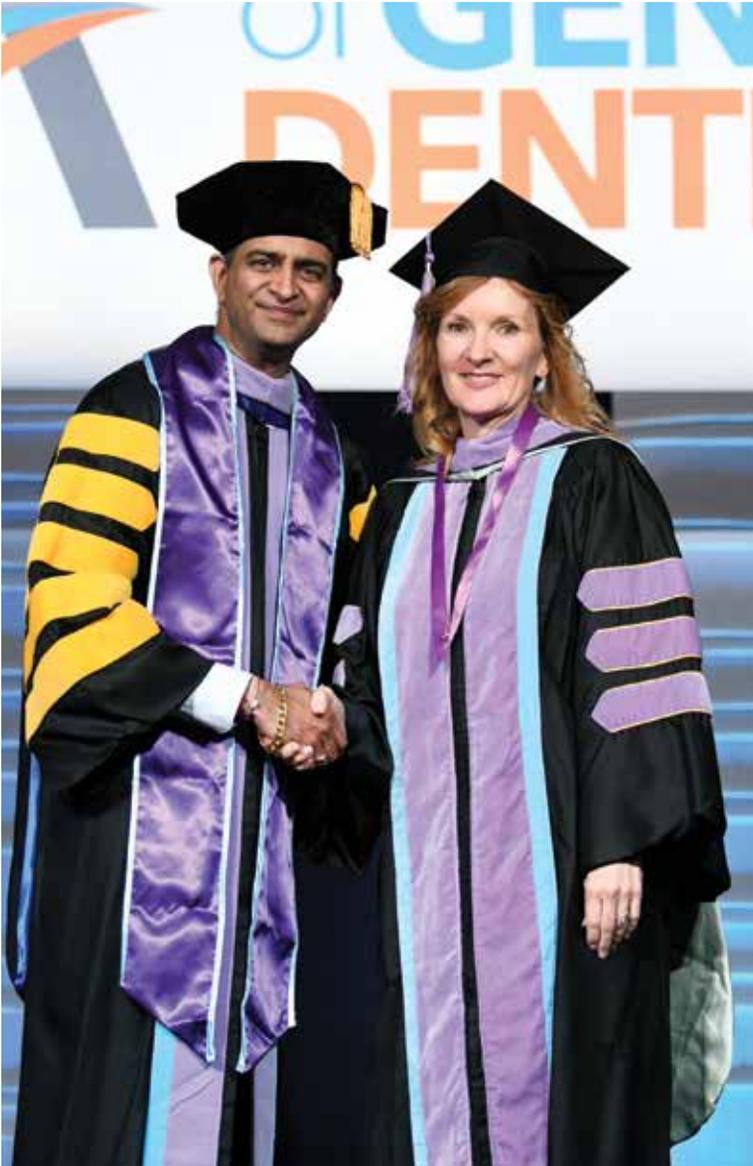
- Dr. Patrick Kuhns, DDS



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MARGRET B. QUIMBY

DDS, MAGD

Dentists are often the first line of defense against many serious conditions that start in the mouth. Those dentists who have earned Mastership (MAGD) in the Academy of General Dentistry (AGD) go even further. Becoming an AGD Master means a dentist has taken part in some of the most rigorous continuing dental education programs today. These dentists know about the most up-to-date technologies and procedures and care for whole-body well-being. AGD Masters make a commitment to care that goes above and beyond – they are versed in all of your oral health needs.

Margret B. Quimby, D.D.S., MAGD of Easton, MD received the prestigious Mastership Award during the Academy of General Dentistry's commencement ceremony, a celebration that recognizes AGD member's commitment to excellence and in dental education. Less than 2% of general dentists have their AGD Mastership. As a recipient of this award, Dr. Quimby has joined the elite members of the dental community who understand that great smiles and good oral health for their patients are the result of going above and beyond basic requirements.

Dr. Quimby loves getting to know her patients and helping them to truly understand their dental health and treatment options. Dr. Quimby's professional experience includes cosmetic dentistry such as veneers, bonding, crowns, bridges, implant restorations, fillings, dentures, Botox and Fillers. As well as, conscious sedation, LASER dentistry, sealants, extractions, root canals, TMD treatment and emergency care. She specializes in comprehensive cosmetic dental care and family dentistry while practicing minimally invasive procedures. Dr. Quimby is currently accepting new patients ages one and up AND still Caters to Cowards!



ABOUT DR. QUIMBY

Dr. Quimby graduated Magna Cum Laude from University of Maryland in 1997 and currently practices dentistry in Easton, MD. In addition to the AGD, Dr. Quimby is a member of the American Dental Association, American Academy of Cosmetic Dentistry, Dental Organization for Conscious Sedation, Academy of Laser Dentistry and the American Academy of Sleep Dental Medicine. Dr. Quimby also participates with the Eastern Shore Mission of Mercy, the Maryland Dentistry for the Handicapped and the Donated Dental program, which provides pro bono dental care for Maryland residents who are mentally and/or physically disabled.



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Michael Del Torto, MD



Donald Stranahan Jr., MD



Ellen Jordan, PA-C



Amy Engler, PA-C



Erica Franks, PA-C



Christina de Leon, PA-C



Katelyn Baker, PA-C



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EASTON DERMATOLOGY ASSOCIATES

Easton Dermatology Associates is a state-of-the-art dermatology practice located in Easton, Maryland. Since 2003, the providers at Easton Dermatology Associates have delivered exceptional skin care for patients of all ages who live on the Delmarva Peninsula.

Led by board certified dermatologists Dr. Michael Del Torto and Dr. Donald Stranahan, the team at Easton Dermatology Associates specializes in diagnosing skin disorders and providing the best treatments available to improve the health and appearance of your skin. They strive to stay on the cutting edge, using the most advanced technology and techniques to treat the medical, surgical, and cosmetic needs of your skin, hair, and nails.

Dr. Del Torto and Dr. Stranahan have assembled a first-rate staff of dermatologists, certified physician assistants, and medical and surgical assistants, all of whom strive to deliver the best possible care to their patients. This ranges from helping to improve chronic skin conditions like acne, to developing customized skin rejuvenation programs and skillfully treating advanced skin cancer with Mohs micrographic surgery.



**ABOUT
OUR PRACTICE**

Easton Dermatology providers treat skin conditions including:

Skin Cancer (Screening, Surgery, MOHS Surgery)

Acne • Psoriasis • Rosacea • Eczema
Hair loss • Nail diseases

Our cosmetic services include:

- Botox injections
- Dermal fillers
- Laser hair removal
- Laser wrinkle reduction
- TempSure Skin Rejuvenation®
- Sclerotherapy

ACCEPTING NEW PATIENTS





HORACE K. WOOD, DMD, PA

ORAL AND MAXILLOFACIAL SURGERY

“**D**r. Wood is good!” Ask Dr. Wood’s patients about him and that’s one of the first things you will hear—whether patients are raving about their new smile from dental implants, relief of their dental pain from his surgery, or admiring their more youthful appearance from Botox® and dermal fillers. Dr. Wood has been providing outstanding surgical care since 1993. In fact, not only his patients find him to be an outstanding surgeon, his peers in the dental community have nominated him as “Top Dentist” in Oral Surgery multiple years in a row.

Dr. Wood maintains a state-of-the-art practice with the latest technology. His easy going nature helps reduce the anxiety associated with oral surgery. His goal is to provide the least painful, least traumatic, and most beneficial surgical experience possible.

WHO I AM

1.

WHAT ALTERNATIVE OCCUPATION WOULD YOU CHOOSE?

Anything to do with plants.

2.

FAVORITE MUSIC/BANDS

Classic Rock from the 1970's.



ABOUT DR. WOOD

Dr. Wood is originally from the “Low Country” of South Carolina. His education includes a Biology degree from the University of South Carolina, followed by four years of dental school, two years of general practice residency and four years of oral and maxillofacial surgery training all at the Medical University of South Carolina. He has training and expertise in a full scope of oral surgical procedures, but he likes to focus on wisdom tooth removal, dental implants, reconstructive bone grafting, and minimally invasive cosmetic facial surgery, like Botox® and dermal fillers. Thanks to his surgical and dental background, he is uniquely qualified to perform cosmetic procedures involving all aspects of the face, mouth, teeth, and jaws. “It’s amazing the amount of youthful change that is possible from the minimally invasive cosmetic procedures I offer,” says Dr Wood.



CONNECT

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www.eastonoms.com



SOISTMAN FAMILY DENTISTRY

JONATHAN T. SOISTMAN, DDS

WHO WE ARE

- 1. HOW CAN YOU DETERMINE WHAT I NEED?**
- 2. HOW LONG WILL THIS RESTORATION LAST?**

Our office is equipped with the most up to date technology that the industry has to offer. It's sometimes difficult for our patients to recognize their proposed treatment when there's no pain. We'll always inform before we perform!

Longevity of the restoration depends on the patient's care for their restoration. Patient's nutrition, home care habits, age and follow up with routine preventative care appointments all play a part!



ABOUT DR. SOISTMAN

Dr. Soistman received his Bachelors of Science in Molecular Biology, Biochemistry and Bioinformatics in 2006 from Towson University. He graduated Dental School with Honors in 2011 and completed a two year residency in Advanced General Dentistry at the University of Maryland.

Dr. Soistman is the recipient of outstanding service and leadership for organized dentistry (MSDA, 2011). He is an Invisalign Certified Preferred Provider (2016 & 2017), Favorite New Business Owner (Golden Anchor Awards, 2016) and nominated Favorite Local Business Owner (Golden Anchor Awards, 2017).

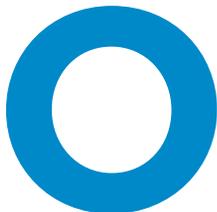


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Our Dental Practice was established in Centreville, MD in October 2015. We are excited to announce May 2018, we have expanded our practice to a second location in Easton, MD. We create a personalized experience for each of our patients, both new and existing. Our practice focuses on comprehensive general dentistry for all ages. We also offer same day emergency appointments and

we are always welcoming new patients.

My inspiration is to have a positive impact in my patients lives and the community, through acts of kindness and generosity. This vision was one of my driving forces, along with support from my family and friends. The personal interactions with our patients and the stories of success and happiness inspires us to make a difference.



Q: Does my insurance cover this? What's MY cost?

A: Every patient's needs are different as well as their insurance. It's important to be aware of your benefits. You pay for them and you want to use them before you lose them! Our amazing treatment plan manager reviews all cases closely,

provides complimentary benefits checks and communicates the patient's estimated financial responsibility. Each plan is customized to your needs. We'll always inform before we perform. If you don't have insurance, that's OK! We offer a Dental Savings Plan and many other financial opportunities that will be discussed with you at your reserved appointment. Still not sure? Call our office to schedule a Free Consultation just to check us out!

JONATHAN T. SOISTMAN, DDS
Soistman Family Dentistry & Associates



Q: What are some of the recent trends in plastic surgery?

A: There has been a lot of interest recently in non-surgical facial optimization – meaning using injectables to make subtle enhancements in jawline, cheekbones, chin, lips, and eyebrows to maximize beauty. This is the true goal of plastic surgery

– to look like the best version of yourself. Combined with skin care, well done injectables are the best way to maintain a youthful look without appearing “done.”

CLAIRE S. DUGGAL, MD, Sandel Duggal Center for Plastic Surgery



Q: Who would benefit from Sedation Dentistry?

A: Anyone who gets anxious or has a fear of going to the dentist would benefit greatly from sedation dentistry. It creates a relaxing, comfortable, and anxiety-free experience where hours pass like mere minutes. More dentistry can be performed in a

single visit because the dentist is able to work more efficiently, and it can help reduce the mounting costs and repercussions of untreated dental disease. It's a win-win for both the patient and the dentist.

DR. SCOTT BILLINGS, DDS, Eastern Shore Dental Care



Q: What is Pain Management?

A: Why do I hurt? That is the question I answer for my patients. Pain is defined as an emotional and physical response to injury. I have always looked for the source of one's pain before treating it. Once the source is determined, treatment is easier. Unfortunately, when we think of pain treatment, many assume we are just

prescribing pills. However, pills usually will not fix the problem. Most patients will receive therapy to help support their joints and spine, therapeutic injections to help alleviate inflammation and pain, or radiofrequency lesioning. Lastly some might require pharmacological management. So, when I think of pain management, I must find the source. Once that is found I will begin to improve your quality of life.

DR. BRIAN KAHAN, The Kahan Center for Pain Management



Q: I have many missing teeth and I've tried partials which haven't helped at all. What can be done for me?

A: The best solution for your situation is dental implants. Implants are a tooth root substitute made of titanium that attaches into the jaw bone creating a stable foundation

for solid, new teeth. This means your new teeth feel, look, and perform like natural teeth. Because there are no longer any painful stresses put on your gum tissues, denture and partial pain is completely eliminated. The best news is that the 'New Teeth in One Day™' Dental Implant procedure takes you from a situation with missing or hopeless, problem teeth to having new, comfortable, stay-in-the mouth teeth that look great on the very same day as surgery.

KIAN DJAWDAN, DMD, Djawdan Center for Implant & Restorative Dentistry



Q: Why should I see a board-certified Dermatologist vs a Dermatologist?

A: Always choose a Dermatologist that is certified by the American Board of Dermatology, the Osteopathic Board of Dermatology or the Royal Physicians and Surgeons of Canada.

The initials AAD or FAAD after a doctor's name indicate the doctor has:

- Completed medical school
- Completed an internship
- Completed an Accreditation Council for Graduate Medical Education-accredited Dermatology residency program.
- Successfully passed the exams given by the American Board of Dermatology, the Osteopathic Board of Dermatology or the Royal Physicians and Surgeons of Canada.

This breaks down to a minimum thirteen years of Dermatological education and experience. Properly trained and qualified physicians are the safest choice to entrust with your healthcare needs.

MICHAEL DEL TORTO, MD, Easton Dermatology



Q: What is a Mommy Makeover?

A: Many moms are finding that diet and exercise just aren't enough to counteract the effects that pregnancy has had on their body. A "Mommy Makeover" is a combination of surgical procedures designed to

regain your pre-pregnancy body including a breast lift with or without the insertion of implants, a tummy tuck to correct loose, sagging skin and liposuction for stubborn fat pockets not affected by diet and exercise. If you are considering a mommy makeover, our board-certified surgeons can help determine if it is right for you.

DR. D. PAUL BUHRER, Plastic Surgery Specialists



Q: Should a Dermatologist be part of my cancer treatment team?

A: Yes, Dermatologists are an important part of an oncology patient's treatment team. As many as 60% of patients receiving treatment, experience some form of hair, skin or nail reactions.

Seeing a Dermatologist can assist patients with preventive measures to reduce the discomforts of side effects often experienced throughout their therapy such as:

- Limiting UV exposure and assessing medications to ensure any UV sensitivity is addressed. It is important to know if your medication requires you to take extra sun precautions that can prevent rashes and delays in care.
- Reducing friction to the hands and feet, proper trimming/filing of nails and cuticles to avoid ingrown nails and infection.
- Keeping skin well hydrated and nourished to prevent itching, scratching and infection.

DONALD STRANAHAN JR., MD, Easton Dermatology



Q: What does "rapid recovery" surgery mean?

A: We use this phrase to refer to our protocol of enhanced recovery after surgery – less narcotics, less or no drains used, and a faster return to work, social life, and exercise. With our combination of pre and post-operative medications patients have less discomfort and less downtime.

CLAIRE S. DUGGAL, MD, Sandel Duggal Center for Plastic Surgery



Q: Is dental disease (cavities or gum disease) contagious?

A: Dental disease may not technically be contagious. However, it is transmissible. The bacteria that cause cavities and gum disease can be spread through saliva. This means that

if you or one of your family members has untreated cavities or gum disease, your other family members may be "infected" by contact with saliva by sharing eating utensils, drinking cups or oral health equipment.

MARGRET QUIMBY, DDS

**LEADING HEALTHCARE
PROFESSIONALS 2019-2020**

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2019 Best Of Medical, Dental & Veterinary

EASTERN SHORE

THE BEST OF EASTERN SHORE MEDICAL, DENTAL, AND VETERINARY WINNERS ARE HERE. THANK YOU TO OUR LOYAL READERS WHO TOOK THE TIME TO VOTE FOR THE TOPS IN TOWN WHEN IT COMES TO HEALTH SERVICES. EARLIER THIS YEAR, WE CALLED UPON YOU TO WRITE-IN YOUR RECOMMENDATIONS IN MANY CATEGORIES. AFTER CAREFULLY VETTING BALLOTS FOR ANY DUPLICATES OR MULTIPLES ORIGINATING FROM ONE SOURCE (NO BALLOT STUFFING ALLOWED), WE ARRIVED AT THE RESULTING WINNERS. PLEASE ENJOY PERUSING *YOUR* LIST OF WHO'S BEST OF EASTERN SHORE AND CONSIDER EMPLOYING THEIR SERVICES. AND COMING IN OUR NOVEMBER ISSUE, WE'LL PUBLISH THE BEST OF BEAUTY & FITNESS RESULTS.

AND THE WINNERS ARE, FOR BEST...



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Home & Garden

76 SEASIDE AESTHETIC | 82 GARDEN DESIGN | 86 REAL ESTATE



SEASIDE A

How a cottage guest house was renovated with coastal design, spa-like finishes, and maximum comfort in mind

By James Houck | Photography by Stephen Buchanan
and courtesy Purple Cherry Architects

The before and after photos of this Grasonville guest house project say it all. Before: a cluttered and whimsical interior design with odd splashes of color, an abundance of mismatched décor, and underwhelming use of space. But after Cathy Purple Cherry and her architecture team met with homeowner Paul Klaassen to review the dwelling, ideas began to flow about how best to transform, utilize, and outfit the smaller of three buildings on the property—to enhance hospitality, functionality, and aesthetics. The goal: Make an amazing guest house for an amazing guest experience.

“I bought the property 30 years ago for a weekend home, as we were living in Washington, D.C.,” Klaassen explains. “And it was a weekend home for about 25 years, before becoming my permanent residence.”

Klaassen met Purple Cherry several years prior to this renovation, while he was bidding architects for an addition project on a property in Annapolis. “I found every experience with her to be wonderful,” he says. That job parlayed into renovation and addition work to the main house on the Grasonville property, which in turn led to the guest house, featured on these pages.



ESTHETIC





“Our favorite feature of the property is how it was reimagined,” Klaassen says. “We completely changed the layout of the cottage. It had been built in the 1950s. And I had done a very simple, basic renovation of it [before this renovation]. Now, it’s our most popular place among guests to stay.”

Instrumental to the new layout of the cottage was its

spatial relationship to the peninsula views of Greenwood Creek and Eastern Bay, looking toward the Chesapeake Bay. “An important element that Cathy recommended was the addition of two large windows, facing the bay view,” Klaassen explains. “Oddly, the best [possible] view of the water from that guesthouse didn’t have windows. Now it does.”



Purple Cherry and Klaassen agreed that the feel of the cottage should evoke a seaside cottage. “Paul desired a coastal spa-like interior, which was implemented in the design,” Purple Cherry says.

“We chose the color palette because we felt grays and soft blues would do that beautifully,” Klaassen says in agreement. “And I think she [Cathy] was right.”

Additionally, Klaassen wanted a small-scale kitchen that would function well for long-term visiting guests. “We have fights over who gets to stay in this cottage,” Klaassen says with a laugh.

As for the creature comforts within, the furniture was selected from a variety of resources, both retail and trade vendors. “Paul wanted classic and clean lines, so we went to our go-to for upholstery—Lee Industries for the sofa,” Purple Cherry explains.







“The sofa sits atop a custom braided wool rug. The master bedroom cabinet and bed add texture and a modern element to the design. Our nautical twist is seen in the whitewashed rope side table, driftwood cocktail table, and pops of blue and white fabrics.”

“The balance of masculine and feminine can be seen in the touches of iron in the console and the neutral floral wallpaper. Good design can be found anywhere and we

found it with the leather and metal counter stools.

“Overall best part of the design is how it makes you feel in the space,” Purple Cherry says. “The neutral and cohesive palette with the varying textures and materials has a calming effect that instantly puts you at ease.”

Klaassen agrees. “We call it the ‘Happy Cottage.’ That’s the new name it got after the renovation was complete.”



GARDEN DESIGN

Doing What We Can to Improve the Environment

REPLACING LAWNS WITH PONDS, RAIN GARDENS, AND ROCK GARDENS

By Janice F. Booth

Our lovely, lush, green lawns contribute significantly to the Chesapeake Bay pollution. The Chesapeake Bay Foundation (CBF) continues to raise the alarm on the dire condition of the Bay. In a recent report, CBF noted, “Computer modeling by the Chesapeake Bay Program suggests 9 million more pounds of nitrogen will wash into the bay due to climate change and 500,000 pounds of phosphorous.” Much of that excess nitrogen and phosphorous comes as run-off from residential lawns.

We have good intentions. Most of us try to protect the earth, the oceans, the Chesapeake Bay, the streams that intersect our town and cities, and our own neighborhoods. Those of us who putter in the garden try to use less fertilizer, less weed killer, less watering, more mulching, more composting, more cultivation of indigenous plants—we keep looking for ways, small or large, to turn around those disheartening statistics on the pollution of the Chesapeake Bay watershed.

Perhaps instead of lamenting our guilt, we can tackle one significant source of pollution: our lush lawns. I can offer three interesting alternatives to grassy knolls and putting-green sod. Why not replace that green carpet with a **(1) pond** or a **(2) rock garden**? What about a pretty and practical **(3) rain garden**?

Wait! Why choose between the three? Why not replace your side yard with a rock

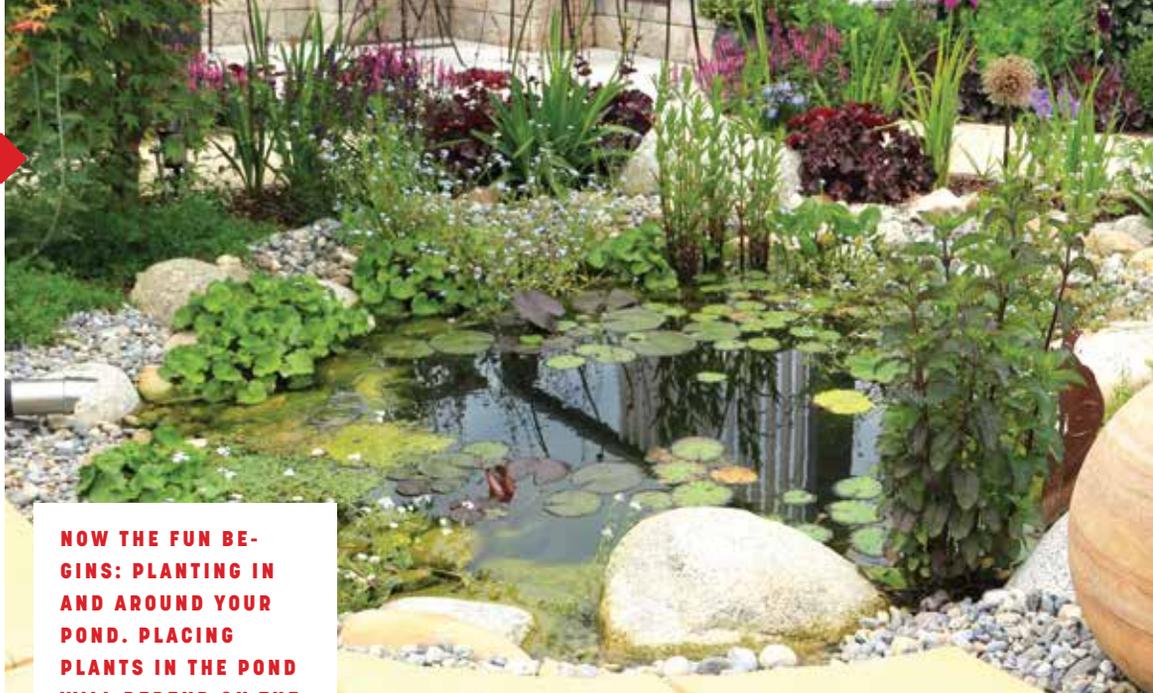
garden, find a shady spot in the front lawn for a soothing pond, and collect runoff with a rain garden just along the driveway’s edge? Those changes could reduce the onerous grass cutting and leaf raking chores significantly, and help the Bay as well. Imagine if each of us could diminish the amount of grass we grow by 25 or 50 percent; what a difference that would make in reducing excess nitrogen and phosphorous flowing into our water supply, as well as reducing the use of treated or aquifer water.

Just a little preliminary warning here: Unless you’re a weight lifter or a tri-athlete, I don’t recommend you try constructing these specialty gardens yourself. You can make the plan, perhaps even draw up a few design diagrams. Then, consult with your landscaper, landscape architect, or gardener to proceed with the actual scraping and digging, lining, and mounding.

POND →

Let's begin with the pond. If you have a grassy area that is relatively free of tree roots and large shrubs, that may be the spot for a pond. You'll want to consider the size and depth of the pond you envision. To help with that visualization, use lightweight rope, cord, or even your garden hose to roughly layout the design and size of your pond on the location you've chosen. As you arrange the rope or hose, think about where the sun will hit your pond and for how long. (You may decide to stock your pond with goldfish or koi, and if you do, the fish will need some sunlight but not such intense sunlight that your pond becomes a boiling pot for the little swimmers.) Also, will tall trees overhang your pond's location? Picking branches and leaves out of the pond could become annoying.

Now, maybe you're thinking, "If I'm trying to use natural plantings, less water, and less fertilizer, why would I want a pond? Won't that use *more* water?" Surprisingly, a pond uses little water. Once it's filled and you've installed a small bubbler to keep the water aerated, the pond will take care of itself. The movement and aeration created by the small bubbler will prevent the laying of mosquito larvae. Of course, you may want to install a fountain—fairly easy to accomplish—or a waterfall, a far more complex and demanding project. If your aeration system is working, you'll only need to top-off the pond's water level every three to four weeks. If possible, use unchlorinated water; plants, frogs, and fish will be happier and healthier.



NOW THE FUN BEGINS: PLANTING IN AND AROUND YOUR POND. PLACING PLANTS IN THE POND WILL DEPEND ON THE SIZE AND DEPTH OF YOUR POND. THERE ARE FIVE TYPES OF PLANTS TO CONSIDER:

Deep water plants, such as water lilies, are put in pots of clay soil topped by gravel or pebbles, then settled on the bottom of the pond. (Be sure that most of the plant's stalk and foliage are above water.)

Submerged plants, such as lotus, are entirely underwater, and only the leaves and blooms break the surface.

Floating plants, such as water hyacinth or water lettuce, need no soil. (Caution: these pretty, tiny guys look innocent, but before you know it they can choke out everything else in the pond. You'll have to keep a close eye and thin the plants without mercy.)

Marginal plants, such as irises, can live with their bulbs and roots submerged or planted in the soil near your pond. (They'll soften the edges of the pond so it appears the pond is a natural part of the landscape.)

Bog plants, such as cattails and spider plants, thrive in the mud. (Perfect if you have a spillway or drain from the pond where the soil remains pretty soggy.)

As much fun as it will be choosing entirely different qualities of the plants in and around your pond, consider that you may want to leave some open water, even if that's only a two-foot circle in the middle of the pond. The reflections in the water, the sparkles of sunbeams on the surface, the sight of dragonflies hovering—those are as lovely as the plants you've chosen.

Finally, try to leave at least one overhang, a flagstone or a sturdy branch that juts out over the water. You will find it lures the little songbirds to come and drink. If you're lucky, turtles and frogs may discover your pond, too. They'll all enjoy your little makeshift diving board.

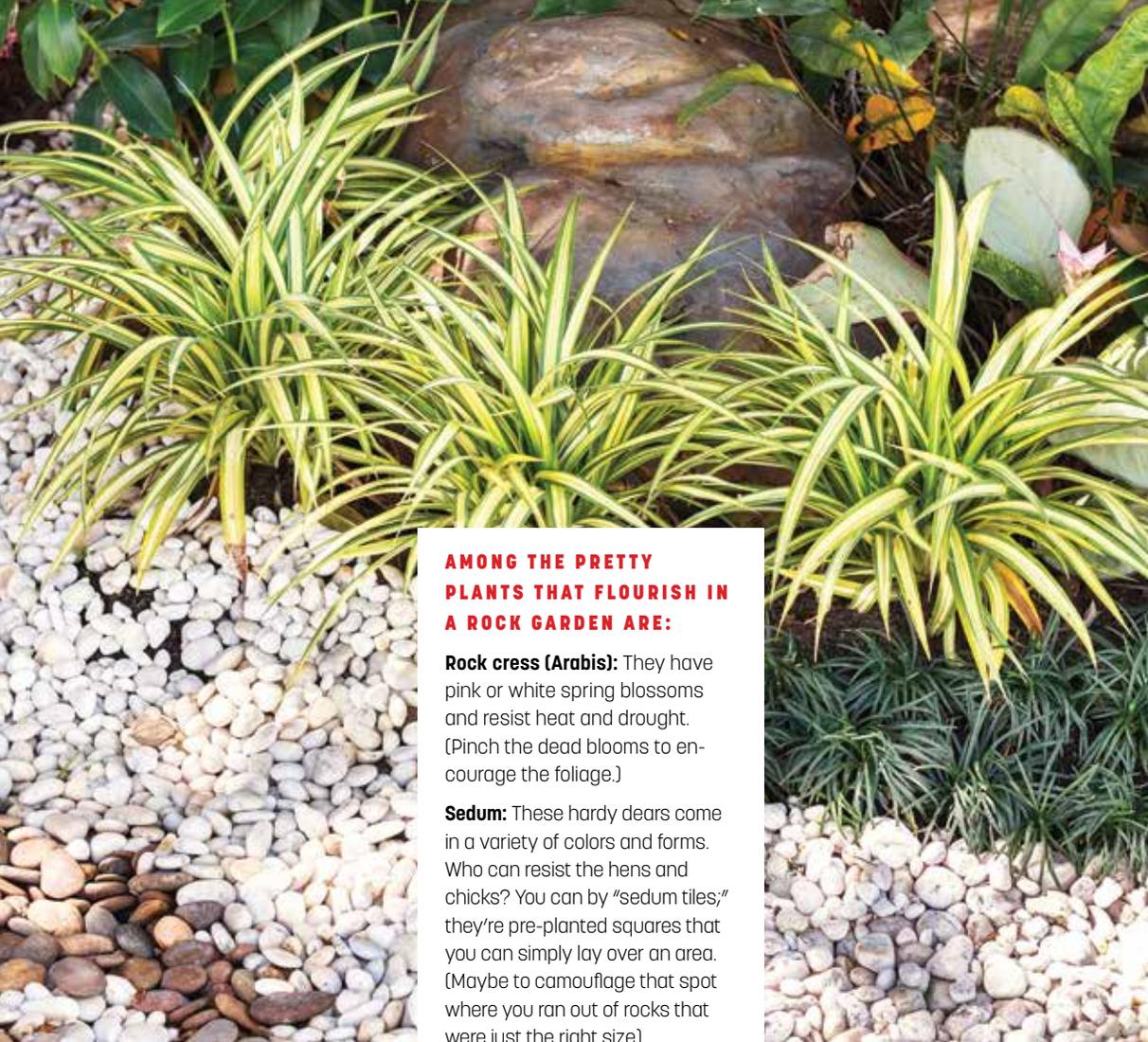
ROCK GARDEN

Now, what about the rock garden? This overlooked gem can provide the perfect solution for that too-sunny spot where the plants frequently fry, or mask that section of your property where the builder left so much rubble that no amount of mulch can coax shrubs or flowers to flourish.

Here, too, use that piece of hose or rope and lay out a shape that looks natural and the right size.

You might even have a rock garden about your pond, if the incline of the land allows. Here's where you'll need some strong backs





AMONG THE PRETTY PLANTS THAT FLOURISH IN A ROCK GARDEN ARE:

Rock cress (Arabis): They have pink or white spring blossoms and resist heat and drought. (Pinch the dead blooms to encourage the foliage.)

Sedum: These hardy dears come in a variety of colors and forms. Who can resist the hens and chicks? You can by “sedum tiles;” they’re pre-planted squares that you can simply lay over an area. (Maybe to camouflage that spot where you ran out of rocks that were just the right size.)

Candy tuft: These bloom white in the spring. They’re a bit taller, maybe four inches, and are unpopular with the deer—so you won’t be providing deer-buffets.

Red creeping thyme: These give you a showy addition to the rock garden. It’s tough, and when crushed, the leaves have a lovely fragrance.

Decorative grasses are also an option. I hesitate recommending these, however. The problem I’ve seen with the clumps of graceful grasses is that as they age, the center of the clump dies, and only the outer ring produces the grass fronds. If you don’t divide and trim every clump, every year, you’ll soon find it’s impossible to do so without a chainsaw and a couple of jack hammers! So, be warned.

Tuck your tiny plants between the rocks, using a thin stick or finger to push the roots down into the crevice; then add a bit of soil on top.

and arms—maybe those teenagers keeping in shape for lacrosse or soccer could lift rocks instead of weights. Lay the rocks in concentric circles. Fill the middle of the circle with sandy soil or peat with lava rock mixed in for each tier. Avoid laying the rocks in too regular a pattern. Mix sizes and colors as you build up your rock garden.

The soil that you’re using to “fill in” the center of each tier will feed the roots of the plants you’ll be adding. A major advantage of a rock garden is that it will be worry-free, if you choose your plants carefully. (You’ll occasionally have to weed out volunteer crabgrass and other invaders, but those unwanted visitors will be easy to spot among the low, lush vegetation.)

RAIN GARDEN

Last of all, take some of those left-over rocks, and some of the marginal and bog plants you used at the pond, and finish off your eco-friendly yard with that rain garden. (This will be easy compared with the pond and the rock garden.) The purpose of a rain garden is to take up the excess water that runs off your driveway, sidewalks, patio—any impermeable surface—and encourage that polluted water to soak down into the soil where it will be cleansed and then returned to the aquifer. This process is completely passive, so you want to think about where rain water and sprinkler hose water runs naturally in your yard.

You’ll probably be able to identify the area by its spongy and maybe a bit stinky character. Now you’ll transform that area into a lovely, useful rain garden. Following the natural indentation of the land, dig out the boggy area. Create just a gentle dent in the surface; don’t get carried away with a deep trench. If you know that quantities of water will likely stand for a bit in your rain garden, layer part of the shallow ditch with “river rocks.” (That’s a designation for large, usually oval, and smooth rocks.) Then, plant your bog and marginal plants along the sides and bottom of your indentation. You might add some creeping phlox and moss to the sides, too, for added color and a softening, natural effect.

Before long, the plants will take hold, the rains will come and go, and your rain garden will transform from a gash into a soft dent—quite natural to its location. Below the surface, clean water will fill the aquifers, and healing the earth will continue.

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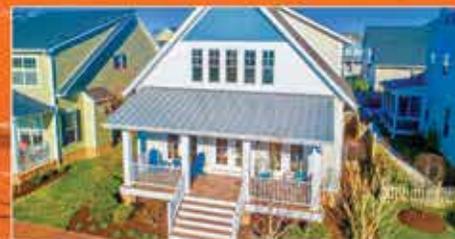
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Easton

Talbot County

By Lisa A. Lewis

Situated on Solitude Creek and boasting 360 feet of water frontage, this stunning estate is an absolute gem. An innovative design and unique elements make the property stand out from other houses on the market. This one-of-a-kind colonial home is an architectural masterpiece where opportunities for fun and relaxation abound. The property was listed on August 21st, 2018, went under contract after only 16 days on the market, and closed on January 22nd, 2019.

The two-level, custom-built home features a stylish living room with hardwood floors, a gas log fireplace, and French doors that lead to a lovely screened-in porch. The beautiful kitchen, which opens to the elegant family room, boasts white cabinetry, granite countertops, stainless steel appliances, Italian glass tile backsplash, a center island with a quartz countertop, a breakfast bar, and hardwood floors.

The master bedroom is appointed with carpet, built-in cabinetry, a walk-in closet, two additional closets, and a dressing room. A peaceful retreat, the master bath includes a dual sink vanity, a soaking tub, a walk-in shower with both handheld and rain showerheads, a separate water closet, imported French stained-glass windows, a skylight, and heated travertine tile flooring. The upper level of the home features a pleasant sitting room with access to a balcony and screened-in sleeping porch.



Primary Structure Built: 2012
Close Price: \$1,900,000
Original List Price: \$1,995,000
Last Sold/Price: \$750,000
 (2011)
Bedrooms: 4
Baths: 4 full, 1 half
Living Space: 4,756 sq. ft.
Lot Size: 2.46 acres





In addition, the property includes a guest house that features a great room, a kitchen, a bedroom, and a full bath. The exterior includes a breezeway patio, a charming summer house, and a gardening shed. And, of course, a waterfront home simply wouldn't be complete without amazing water features. The estate includes a private pier with a boat lift, two slips, and a small beach.

"My clients, a couple from McLean, Virginia, decided several years ago that they wanted to relocate to Talbot County," says Tom Crouch of Benson & Mangold Real Estate, the buyer's agent for the property. "Over a period of about 18 months, I showed them over a dozen waterfront homes from Oxford to St. Michaels, but they patiently waited for the right house to come on the market. They wanted a high-quality waterfront home with big water views and a deep-water dock. The husband needed a private office, preferably detached from the main house. When I showed them this property, we knew almost immediately that it was the perfect home for them."

Listing Agent: Chuck Mangold, Jr., Benson & Mangold Real Estate, 410-924-8832 (direct), 410-822-6665 (office), chuck@chuckmangold.com, chuckmangold.com.

Buyer's Agent: Tom Crouch, Benson & Mangold Real Estate, 410-310-8916 (direct), 410-745-0720 (office), tcrouch@bensonandmangold.com, saintmichaelswaterfront.com.

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HOME REAL ESTATE

Cooke's Hope

Easton, Talbot County

By Lisa A. Lewis

This charming, two-level Nantucket-style home sits on a lush, exquisitely landscaped lot. The house showcases clean lines, neutral paint, and striking architectural detailing, which creates a modern aesthetic. Ample windows and French doors allow abundant natural light to flow throughout the home, offering a warm, welcoming atmosphere. The property was listed on March 7th, 2018, went under contract on October 24th, 2018, and closed on March 26th, 2019.

As guests enter this custom home, they are greeted by a foyer that leads to the elegant main-level living spaces. Designed for style and comfort, the living room features crown molding, custom woodwork, and hardwood floors. A wood-burning fireplace adds a cozy ambiance.

The gourmet kitchen is appointed with white cabinetry, sleek granite countertops, high-end stainless-steel appliances, an island with seating space, a wet bar, a wine fridge, a walk-in



pantry, hardwood floors, recessed lighting, and access to the lovely patio. Enjoying a casual meal or hosting a formal dinner party is a pleasure in the tasteful dining room, which is adorned with crown molding, hardwood floors, and a chandelier. The master bedroom is the perfect place to unwind, and features crown molding, a

Primary Structure Built: 2001
Close Price: \$765,000
Original List Price: \$788,500
Last Sold/Price: no previous sale
Bedrooms: 4
Baths: 3 full, 1 half
Living Space: 4,300 sq. ft.
Lot Size: .43 acres

stylish ceiling fan, plush carpeting, walk-in closets, and a master bath with a dual sink vanity, a Jacuzzi tub, and a separate shower. The main level also includes a den that could be converted into a fifth bedroom.

The second level of this delightful home features three additional bedrooms, two full baths, a bonus room with skylights, and a walk-in storage area. In addition, the property includes a two-car garage with a room above it that is ideal for use as an office or a studio.

“Not only did I enjoy listing this stunning home, but I was also fortunate enough to be the selling agent as well,” says Connie Loveland of Benson & Mangold Real Estate, the listing agent and selling agent for the property. “The sellers were the original owners, and they were wonderful people who had lovingly cared for the home. It was custom from top to bottom with gorgeous woodwork and upgrades. The buyers, who were also dream clients, came to an open house and decided that this was the home they wanted to relocate to from Washington, D.C. They, too, loved and appreciated all of the thoughtful planning that went into the design and construction of the home. It was a match made in heaven, and both the buyers and the sellers absolutely loved this truly unique home.”

Listing Agent and Selling Agent: Connie Loveland, Benson & Mangold Real Estate, 410-829-0188 (direct), 410-770-9255 (office), cloveland@bensonandmangold.com, connieloveland.com.



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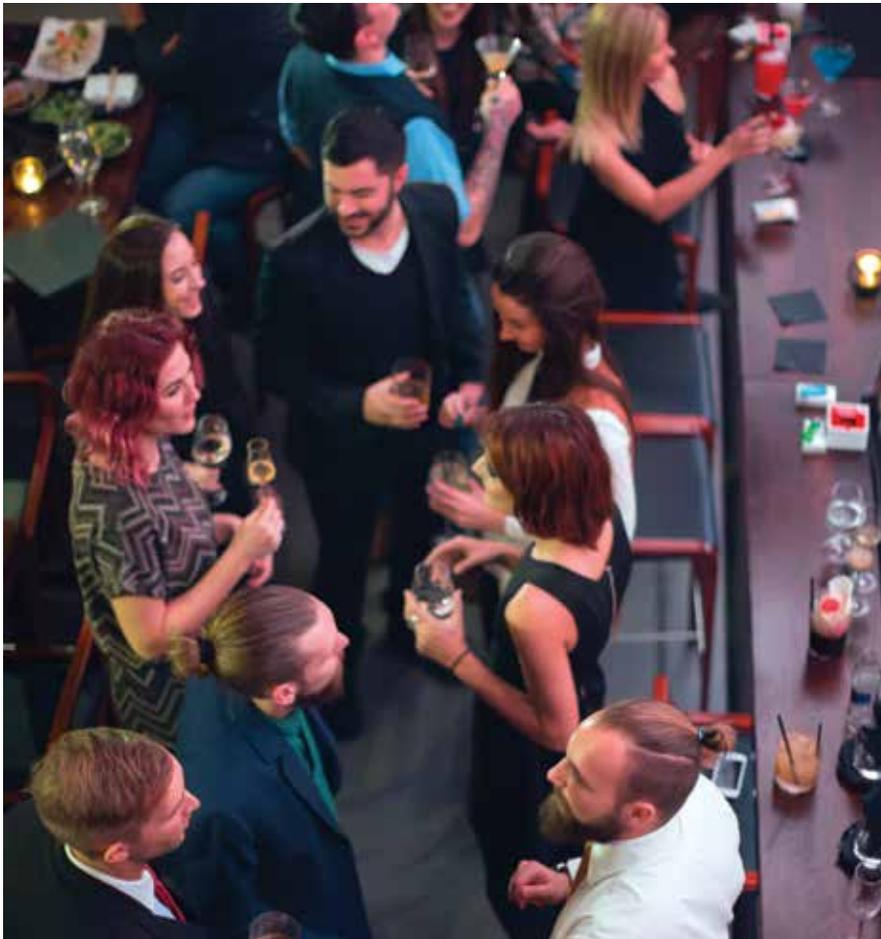
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Health Report

By Kelsey Casselbury

TIME SPENT OUTSIDE CORRELATES TO BETTER HEALTH

Studies show that if you spend just two hours a week outside in green spaces, whether at a park, on the hiking trails, or on the field, you could benefit from better health. The research was derived from a survey of 20,000 people who reported how much time they spent in nature and their self-perceived levels of health and wellbeing.

Those who spent less than two hours in nature, or didn't spend any time outside at all, were less likely to report good health or wellbeing than those who spent more time outdoors. After two hours, the health benefits of spending time in nature seem to provide diminishing returns with a cutoff after five hours.



EPIPENS REMAIN POTENT AFTER EXPIRATION DATE

Throwing out EpiPens and other self-injectors used to treat severe allergic reactions may mean dumping perfectly good epinephrine, according to a study published in the *Journal of Allergy and Clinical Immunology*. The autoinjectors may work for months past the labeled expiration date, currently set by the FDA at 18 months to ensure that it never has less than 90 percent of the original dose.

Researchers tested 46 autoinjectors after the expiration date had passed. Of those, 80 percent still had at least 90 percent of their original epinephrine dose, meaning they would still be effective under FDA standards. Devices that were tested six months after expiration still had 100 percent of the original dose.

This information could be beneficial to those who must carry an autoinjector, which contains a preset dose of epinephrine, to combat the risk of anaphylaxis. The high



COFFEE CONSUMPTION MAY IMPACT 'BROWN FAT'

Not all fat is bad—brown adipose tissue (BAT), also known as brown fat, burns energy and produces heat. Those who have a lower body mass index (BMI) tend to have a higher amount of brown fat, and now, research says that drinking coffee may stimulate that brown fat.

This could be a key development in tackling obesity and obesity-related diseases, such as diabetes. The research used caffeinated coffee to boost mitochon-

cost of autoinjectors can be prohibitive for those who have to throw out and replace unused devices after expiration. However, health experts recommend sticking to current expiration dates unless and until the FDA changes its policy.

drial stimulation, though the authors can't say for sure that it's the caffeine or another compound in coffee that's making an impact. While more research is necessary, for now, feel free to drink another cup of that morning brew.

Disabilities and Gaming: Changing the Conversation

NEW TECHNOLOGY ALLOWS MORE PEOPLE TO PLAY AND JOIN A COMMUNITY THAT WAS ONCE INACCESSIBLE

By Kelsey Casselbury

Microsoft's 2019 Super Bowl commercial felt a little different than most of the other ads. It didn't go for laughs or shock value, but rather targeted the viewers' emotions as it introduced kid after kid who loves video games—including those with physical disabilities who have seldom, if ever, been able to play alongside their friends. The commercial was for the Xbox Adaptive Controller (XAC), a piece of equipment released in late 2018 that has made the gaming community significantly more inclusive.

People without a disability might not regularly think about the logistics of using a video game controller, but it nearly always requires the use of two hands, 10 fingers, and the ability

to nimbly use those appendages without issue. The Adaptive Controller isn't the first piece of video game equipment designed to accommodate people without that ability, nor will it be the last (hopefully). The Adroit Switchblade was released in 2011 and is considered a precursor). Arguably though, XAC has had the biggest reach thus far, especially when you consider that primetime ad spot. *TIME* magazine named the controller one of the best inventions of 2018.

Is it perfect? Gaming experts say no. The Adaptive Controller is currently priced around \$40–100 more than the traditional controller—but it needs a number of add-ons to really work at its full potential (or, depending on the disability of the user, for it to work at all). Currently, some of the available attachments include a one-handed joystick for \$20 to a wheelchair seat mount for \$115. Third-party attachments can be even pricier, such as a \$550 mouth-operated joystick from QuadStick.

However, the release of a device that makes gaming accessible to millions more people encouraged conversation about how those with disabilities are regularly excluded from niche communities. "The Xbox Adaptive Controller (XAC) is a fantastic move toward making consoles more accessible and creating mainstream dialog," writes Erin Hawley, founder of The Geeky Gimp blog (geekygimp.com) on her website. "While its invention opens Xbox gaming to more people, it hasn't solved everything. PlayStation and Nintendo need to catch up. We still need game design that works better for D/deaf, blind, and/or developmentally disabled people. ...The conversation must be one for today rather than one for 10 or 20 years in the future."



Managing Your Medications Safely

By Kim Merchant, CRNP



Depending on your medical condition, you may be on several different types of medications. It's normal to take multiple prescription and over-the-counter (OTC) drugs, especially as you age, but it's still important to be sure that all of them work well together. Take some of these steps to properly manage your medications.

Medication reconciliation, or comparing your current drugs with any new ones a doctor may recommend, is a safety technique practiced in most primary care offices and hospitals.

All sorts of prescription and OTC medications, and even vitamins and supplements, can interact negatively. Among older people, blood thinners, cholesterol medications, and antibiotics are especially likely to interact poorly with other remedies. That's why a medication checkup—a review of all your medications with your doctor—is worthwhile.

The best way to manage your medications is to talk to your health care provider. During your next appointment, ask for a few extra minutes to discuss your medications. Many people have prescriptions from multiple providers, making them difficult to track. It is important that your primary care provider know all of the medications you are taking. Also, take a few moments to prepare ahead of time so you know exactly what questions you need to ask.

Create a list of every prescription and over-the-counter medication you take, along with all vitamins and supplements. Include the doses in your list. Bring the list to your doctor's appointment so you can have an informed discussion. Alternatively, you can bring all your medications in their original packages to your appointment.

Talk about any health complaints you have, such as weakness, confusion or loss of appetite, which may be side effects of some medications. It could also point to poor interactions between multiple prescriptions.

Ask your provider if there is a way to simplify the number of medications you take, or when you take them. He or she may be able to present alternatives or guide you through creating a routine that works best for you.



Kim Merchant, CRNP, is a Geriatric Medicine Nurse Practitioner with University of Maryland Baltimore Washington Medical Group.



Lip Threading

EVERYTHING YOU WANT TO KNOW ABOUT LIP THREADING

By Kelsey Casselbury

If you've been coveting plumper, fuller lips but don't want to go straight to fillers, you might consider lip threading as an alternative. This type of threading doesn't refer to hair removal as it does with eyebrow threading, but rather a way to create tension and lift in your lips. It's not necessarily a new technique—lip threading was popular in the early 2000s—but it's being revived as a viable way to get full lips. However, anyone considering lip threads should be aware of a few risks.

Lip threading is exactly what it sounds like: Tiny absorbable threads, about the diameter of human hair, that are made from poly-L-lactic acid (PLLA) are passed through the outer border of the lips to pull the skin up and create tension. PLLA is a biocompatible synthetic substance, which means it's nontoxic. The threads are also said to stimulate collagen production, which can also create the appearance of fuller lips.

Lip threading is FDA-approved and generally considered safe, but there are still a few caveats to consider. The process is reportedly more painful than standard fillers, and you might experience some bruising for up to two weeks afterward. Although the threads break down naturally, it takes a while for that to occur—therefore, if you have any unexpected side effects, like the development of small bumps or lumps, they can take a while for it to go away. On the other hand, the threads break down more slowly than hyaluronic acid-based filler, so it's a longer-lasting solution than injectables.

5 Nail Trends for Fall 2019

By Kelsey Casselbury

You might think of fashion shows as the place to spot the latest clothing and accessory trends, but the runway also provides a look at the latest in beauty—including the season's best nail trends. Whether you like to keep your manicure simple and chic or glam things up with a few embellishments, the top looks for this season makes it simple to stay on-trend.

ALL THAT GLITTERS

Last year's trends were all about shimmer, but in 2019, glitter is back in a big way. The key to making this look work is ensuring it doesn't look childish. Stick to metallic hues, such as silver, gold, or champagne, rather than painting on purple or blue glitter.



PAINT THE TOWN (DEEP) RED

The classics stay classic for a reason, and deep red nails are always in season. If you want to mix it up a bit, combine your deep red nails with another top trend, such as a single pearl applied to the center of each nail.



THE CREAM OF THE CROP

Winter is just around the corner, so if you're thinking of warm lattes and thick cable-knit sweaters, then paint your nails to match. Rather than bright snow white or bold steel gray, go for trendy neutrals like creamy light mochas, taupes, and nude hues.



STAY MINIMAL

Do more with less—at least when it comes to nail art. From half-moon manicures (that is, painting the semi-circle at the bottom of your nail with an eye-popping color) to low-key geometric shapes, minimalist nail art is big right now.



GIVES PEARLS A WHIRL

A little bit sassy and a little bit chic—that's the goal of these precious but not preppy pearls affixed to your tips. If pearls aren't your thing, take a page from native Annapolitan Christian Siriano, who chose to bedazzle with Swarovski crystals.



Fresh Take

EGGPLANT

By Kelsey Casselbury

For far too long, eggplant was just a substitute for chicken in classic dishes at fancy Italian restaurants. Eggplant Parmesan may be a bit healthier than the poultry variety, but given that it's still breaded and served over pasta, the dish does little for diners focused on smarter dinner choices. So, how did this funny-shaped, vibrant purple fruit find its way into the kitchens and diets of those health-conscious folks? Eggplant, in its natural state, is underrated as a healthy produce item. It's low in calories, and high in fiber, potassium, vitamins, and antioxidants. Eggplant has been linked to reducing the risk of heart disease, regulating blood sugar levels, aiding in weight



Grilled and Stuffed Eggplant

Serves 4

- 2 medium-size eggplants
- 2 tablespoons extra-virgin olive oil
- 1 yellow onion, diced
- 2 cloves garlic, minced
- 14 ounces canned diced tomatoes, undrained
- 14 ounces canned chickpeas, drained
- 2 cups brown rice, cooked
- 1 teaspoon dried oregano
- 1 teaspoon dried red pepper flakes (or to taste)
- 1/2 teaspoon cinnamon
- 1/4 teaspoon ground allspice
- 2 green onions, sliced
- 4 tablespoons prepared tzatziki
- 2 tablespoons Italian parsley, chopped
- Salt and pepper, to taste

Prepare the grill and set it to medium-high heat. If you don't have a grill available, you can also bake these in the oven by preheating to 425°F and preparing a baking sheet with parchment paper. Cut the eggplants in half lengthwise. Brush each half with olive oil and place them flesh side down on the grill. Cook for 4 to 5 minutes, then flip and grill for 2 more minutes. Remove from heat. If using an oven, bake for 20 to 30 minutes or until the eggplant is tender. Heat the remaining olive oil in a large skillet over medium-high heat. Add the onion and cook for 3 to 5 minutes until translucent. Add garlic and cook for 1 more minute. Add the tomatoes and bring to a simmer. When the eggplant is cool enough, scoop out the flesh and chop it. Add it to the tomato mixture along with the chickpeas and spices. Add salt and pepper to taste. Spoon half cup of brown rice into each eggplant half, and then divide the filling among the halves. Top with green onion slices, parsley, and 1 tablespoon of tzatziki.

NUTRITIONAL INFORMATION (PER SERVING)

427 calories, 13 grams protein, 13 grams fat, 65 grams carbohydrates, 15 grams fiber, 16 grams sugar, 431 milligrams sodium

*Nutritional information is for estimation purposes only and may vary based on brand and weight of individual ingredients.

loss, lowering blood pressure, and even preventing diabetes and some cancers. Incorporating eggplant into your diet is quite easy since it's such a versatile fruit. (Yes, it's a fruit, not a veggie!) Eggplant is somewhat bitter when raw, but it's best when cooked. If eggplants are too bitter for your taste, buy them young, ripe, and shiny; not matte-colored or squishy. When cooked, eggplants absorb the flavors of the ingredients surrounding them. Vegans often use eggplant as a substitute for meat in a variety of recipes. However, for the omnivores out there, eggplant is a smart option in place of or complementary to meat-based dishes.

Understanding the Rise in Autoimmune Diseases

By Kelsey Casselbury

If you traveled back in time 30 years or so, it'd be challenging to find anyone casually talking about autoimmune diseases. These days, however, they conversations about autoimmune diseases seem to be commonplace among folks suffering from celiac disease, inflammatory bowel disease, Hashimoto's thyroiditis, and other autoimmune conditions. What's the deal?

When it comes to the increase in autoimmune disease diagnoses—and whether that increase is real or perceived—there are a few factors in play. Autoimmune diseases still aren't widely understood, despite the fact that they affect at least 23.5 million Americans. (That number comes from the National Institutes of Health; however, the American Autoimmune Related Diseases Association claims that number is incredulously low. The real number, it reports, is around 50 million Americans.) They seem to occur when the immune system, which can typically distinguish between your own cells and foreign ones, erroneously attacks your body's tissues by releasing proteins known as autoantibodies. There are more than 80 known types of autoimmune diseases, though symptoms often overlap.

As medical research progresses and the health care industry advances, there's bound to be an increase in autoimmune disease diagnoses. Even if there's still a lack of information, there's certainly more available than two decades ago. However, that might not be the only reason it feels like everyone you know has been labeled with a condition, whether vasculitis, pernicious anemia, or rheumatoid arthritis. Researchers have a few other theories, including:

The effect of the Western diet that's higher in sugar, fat, and highly processed foods, which might increase inflammation and trigger an immune response. This could explain why rates of diagnoses are lower outside the Western world, though it's important to note that there's scant scientific evidence for this theory.

The hygiene hypothesis, which also applies to a rise in food allergies, suggests that people aren't exposed to germs as much as in the past. This type of cleanliness could cause the immune system to overreact to harmless substances.

Too much stress. A study published just last year in JAMA linked certain autoimmune diseases to persistent stress. However, this was an observational study and cannot prove causation.

Luckily, research continues to grow. Scientists have found a potential link between testosterone and protection against autoimmune diseases, which helps to explain why women are more than twice as likely to develop a condition.

Additionally, breakthrough research published just this past summer lays part of the blame on how women are having fewer pregnancies. Historically, when a woman had between eight and 12 pregnancies, the body evolved the immune system to not attack the placenta and the fetus, and learned to fight invaders in other ways. Women have significantly fewer babies these days—fewer than two, on average—but the immune system hasn't quite learned to cope.

COMMON AUTOIMMUNE DISEASES

Type 1 diabetes: The body attacks the pancreas, which produces the insulin that regulates blood sugar levels. Type 2 diabetes is not an autoimmune condition.

Rheumatoid arthritis (RA): The body attacks the joints, causing redness, pain, warmth, and stiffness.

Psoriasis/psoriatic arthritis: ↓ Skin cells multiply too rapidly, build up, and form inflamed red patches on the surface of the skin. When this causes welling, stiffness, and joint pain, it's diagnosed psoriatic arthritis.

Multiple sclerosis: An attack of the myelin sheath, the protective coating that surrounds the nerve cells in the central nervous system, leading to numbness, weakness, balance issues, and trouble walking.

Systemic lupus erythematosus (SLE): The attack of a number of organs, including the joints, kidneys, brain, and heart.

Other common autoimmune diseases: Inflammatory bowel disease (IBD), Addison's disease, Graves' disease, Hashimoto's thyroiditis, pernicious anemia, and celiac disease.



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 "A little goes a long way with this cleanser. My face felt so soft after cleansing. This product helps to achieve the dewy feel with no oiliness. Absolutely love how my face feels after!" — Beauty Buzz Member Lara Mish, 46, Annapolis



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 "If you are looking for some beachy, wavy hair with a nice fragrance, this is it. I just spritzed some into my newly-washed hair and crunched up a bit. My daughter and granddaughter also love this product!" — Beauty Buzz Member Terrie Boucher, 61, Crownsville



3.
 "This spray provides a breath of fresh air. It hydrates and cools down your skin. While only lasting seconds, it's a mini-vacation for your face. It's perfect for when you are fresh-shaven and don't necessarily need a fragrance; although you can add it to your post-shave routine." — What's Up? Media Web Specialist Brian Saucedo, 23, Easton



4.
 "I have my mascara that I love, but this one definitely gives it a run for its money. One word for this mascara: DRAMATIC. It actually made me look like I put on false lashes—volume and length were amazing without looking clumpy like many mascaras do. One coat of this and I felt the confidence to go out without any other makeup!" — Beauty Buzz Member Denise Hadden, 37, Severna Park

THIS MONTH'S PICKS FROM THE BEAUTY BUZZ TEAM

By Caley Breese

Check out the latest and greatest hair, skin, makeup, and grooming products, reviewed by our Beauty Buzz team (and the occasional What's Up? staff member!)



1
PURIFYING & HYDRATING FACE WASH BY MIRAI CLINICAL
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Filled with skin-loving ingredients and free of preservatives, sulfates, and synthetic dyes, this mild face wash softens and hydrates skin without stripping away its natural oils. Grapefruit and coconut oil refresh and moisturize skin, while astaxanthin, which comes from micro-algae, protects against harmful free-radicals. To use, massage a small amount onto wet skin and rinse well. Gentle enough to include in both your daytime and nighttime skincare routine.



2
THIS IS A SEA SALT SPRAY BY DAVINES
 \$15.50/3.38 fl. oz.
 \$28/8.45 fl. oz.
us.davines.com

Beach waves in the fall? Yes, please! This sea salt spray is paraben-free, and offers volume and texture for that tousled, beachy look we all crave. To achieve full-bodied beachy waves, spray product on wet or dry hair and style as desired.



3
POST SHAVE ELIXIR BY HERBIVORE
 \$22/4 fl. oz.
herbivorebotanicals.com

Relieve your post-shave skin with this hydrating elixir, formulated with natural, soothing ingredients. Witch hazel tightens skin and reduces redness, while aloe vera moisturizes and calms. This vegan and cruelty-free treatment can be used on your face, legs, or wherever you need a post-shave pick-me-up.

4
RUNWAY LASH AMPLIFYING MASCARA BY ECRU NEW YORK
 \$22, ecrunewyork.com



Achieve dramatic lashes with this lengthening and volumizing mascara, formulated with conditioning argan oil. The unique, flat-curved brush curls and lifts, creating full lashes that are clump- and flake-free.

When 'I Do' Becomes 'I Don't'

NO MATTER THE CAUSE, A DIVORCE HAS RAMIFICATIONS FOR MENTAL AND PHYSICAL HEALTH

By Kelsey Casselbury



A divorce often calls for the services of a good lawyer. However, for the sake of both your physical and mental well-being, it might be just as important to enlist the services of good health care professionals. Whether or not there are kids in the mix, you were the one to initiate the divorce, or you think it's a good thing, the stress of breaking off a marriage can still negatively impact your life.

The Effect on Your Health

When you think about it, the effect divorce can have on your health makes sense. Divorce is incredibly stressful, and that tension can ramp up the risk of a serious health incident.

A 2015 study published in *Circulation: Cardiovascular Quality and Outcomes* found that women who have been through a divorce are 24 percent more likely to suffer from a heart attack, and 77 percent more likely if they've had more than once divorce. Additionally, research from the Johns Hopkins Bloomberg School of Public Health found that divorced people are more likely to develop a chronic condition, like heart disease or diabetes, as well as experience mobility issues.

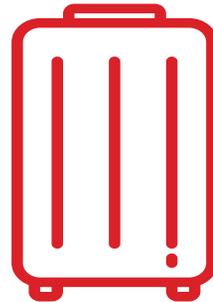
However, some of the health effects are within your control. During this period of stress, you're also more likely to ditch good habits, such as calling for takeout instead of enjoying a healthy dinner or downing a bottle of wine instead of sipping on sparkling water. Divorce takes a toll mentally, too. A study published in *Clinical Psychological Science* found that people

Divorced women are
24%
more likely to suffer
from a heart attack.

with a history of depression are more likely to relapse if they go through a divorce. Therefore, it's essential to understand the difference between normal grief and reaching the point where you need additional help with your mental health.

How to Cope with a Divorce

Plenty of people get through divorce without any long-term health ramifications, and you can, too. Yes, exercise is important—but you probably already know that, so there's no need to belabor the point. Here's what you can do:



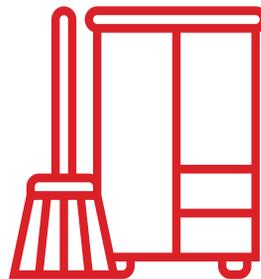
Be aware of impulsive behavior.

This can include rushing into a new relationship (you might be trying to fix old problems with a new person), moving to a new city, or starting a new job. Sure, take that trip you've always wanted to go on as a way of clearing your mind, but don't stray from routine too much.



Find new support groups that don't trigger memories of your ex-spouse.

Your friends, of course, can remain a source of support; however, it can be difficult to separate your memories of them from the times that you enjoyed with your former spouse on double dates. If the idea of a group dedicated solely to supporting divorcees doesn't sound like a good fit for you, find something else—anything else, whether it's a knitting group, a new fitness class (introduce yourself!), or getting to know a coworker better.



Declutter your life. You'll feel a lot lighter—and less stressed—if you get rid of what's weighing you down. That might mean sorting through a packed-to-the-brim closet, or it could refer to excusing yourself from social or charitable responsibilities that feel more like obligations rather than sources of enjoyment.

The good news: Two years after a divorce, people tend to feel better, both mentally and physically. The only real cure is time.



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Dining

102 GUIDE

Cheese Board
at **Knoxie's
Table** in
Stevensville



WHAT'S UP? READERS!

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REVIEW**

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Photography by Tony Lewis, Jr.

Dining Guide

Advertisers Listed in Red

Average entrée price
\$ 0-14 \$\$ 15-30 \$\$\$ 31 and over

☎ Reservations

Y Full bar

👨 Family Friendly

🌊 Water View

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Queen Anne's County

Adam's Taphouse and Grille

100 Abruzzi Drive, Chester; 410-643-5050; Adamsgillkentisland.com; Barbecue; lunch, dinner \$\$ ☎ Y 🍷

Annie's Paramount Steak & Seafood House

500 Kent Narrows Way N., Grasonville; 410-827-7103; Anniess.biz; Steakhouse, seafood; lunch, dinner, Sunday brunch \$\$ ☎ Y 🍷 🌊

Big Bats Café

216 Saint Claire Place, Stevensville; 410-604-1120; Bigbats.com; American, sports bar; lunch, dinner \$ Y 🍷 ☀ 🎵

Bridges Restaurant

321 Wells Cove Road, Grasonville; 410-827-0282; Bridgesrestaurant.net; Seafood; lunch, dinner \$\$\$ ☎ Y 🍷 🌊 ☀ 🎵

Café Sado

205 Tackle Circle, Chester; 410-604-1688; Cafesado.com; Thai, sushi; lunch, dinner \$\$ Y 🌊

Capriotti's

500 Abruzzi Drive, Chester; 410-643-9993; Capriottis.com; Sandwiches; lunch, dinner \$ 🍷

Carmine's New York Pizza

2126 DiDonato Drive, Chester; 410-604-2123; Carminesnypizzakitchen.net; Italian, pizza; lunch, dinner \$ 🍷

Doc's Riverside Grille

511 Chesterfield Avenue, Centreville; 410-758-1707; Docsriversidegrille.com; American; lunch, dinner \$ Y 🍷 ☀ 🎵

El Jefe Mexican Kitchen & Tequila Bar

1235 Shopping Center Road, Stevensville; 410-604-1234; Eljefemexkitchen.com; Mexican; lunch, dinner \$-\$\$ Y 🍷 🌊

Fisherman's Inn & Crab Deck

3032 Kent Narrows Way S., Grasonville; 410-827-6666; Crabdeck.com; Seafood; lunch, dinner \$\$ Y 🍷 🌊 ☀ 🎵

Frix's Fire Grill

1533 Postal Road, Chester; 410-604-2525; Frixsfiregrill.com; Brazilian/American, small plates, bar/lounge, lunch, dinner \$\$ ☎ Y 🍷

Harris Crab House

433 Kent Narrows Way N., Grasonville; 410-827-9500; Harriscrabhouse.com; Seafood, crabs; lunch, dinner \$\$ ☎ Y 🍷 🌊 ☀ 🎵

Hemingway's Restaurant

357 Pier One Road, Stevensville; 410-604-0999; Hemingwaysbaybridge.com; Seafood; lunch, dinner \$\$ ☎ Y 🌊 ☀

Historic Kent Manor Inn

500 Kent Manor Drive, Stevensville; 410-643-5757; Kentmanor.com; Modern American; special occasion dining, Sunday brunch \$\$\$ ☎ Y

The Jetty Restaurant & Dock Bar

201 Wells Cove Road, Grasonville, 410-827-4959, Jetydockbar.com, American, seafood; lunch, dinner \$ Y 🍷 🌊 ☀ 🎵 🐾

Kentmorr Restaurant

910 Kentmorr Road, Stevensville; 410-643-2263; Kentmorr.com; American, seafood; lunch, dinner \$\$ ☎ Y 🍷 🌊 ☀ 🎵

Knoxie's Table

180 Pier 1 Rd, Stevensville; 443-249-5777; Baybeachclub.com; American; dinner, weekend brunch ☎ Y 🍷 🌊

Ledo Pizza

110 Kent Landing, Stevensville; 410-643-7979; Ledopizza.com; Pizza, pasta, sandwiches; lunch, dinner \$ 🍷 🌊

Love Point Deli

109 Main Street, Stevensville; 410-604-2447; Lovepointdeli.com; Deli; lunch, dinner \$ 🍷 🌊

The Narrows Restaurant

3023 Kent Narrows Way S., Grasonville; 410-827-8113; Thenarrowsrestaurant.com; American, seafood; lunch, dinner, Sunday brunch \$\$ ☎ Y 🌊 ☀ 🎵

O'Shucks Irish Pub

122 Commerce Street, Centreville; 410-758-3619; Oshucksirishpub.com; Irish, American; lunch, dinner \$ Y 🍷 🌊

Rams Head Shorehouse

800 Main Street, Stevensville; 410-643-2466; Ramshheadshorehouse.com; American, brewery; breakfast, lunch, dinner \$ Y 🍷 🌊 ☀ 🎵

Red Eye's Dock Bar

428 Kent Narrows Way N., Grasonville; 410-827-3937; Redeyedockbar.com; American, seafood; lunch, dinner \$ Y 🌊 ☀ 🎵

Rustico Restaurant & Wine Bar

401 Love Point Road, Stevensville; 410-643-9444; Rusticoonline.com; Southern Italian; lunch, dinner \$\$ ☎ Y 🍷 🌊

SandBar at Rolph's Wharf

1008 Rolph's Wharf Road, Chestertown; 410-778-6389; Seafood; lunch, dinner \$ Y 🌊 ☀ 🎵

Smoke, Rattle & Roll

419 Thompson Creek Road, Stevensville; 443-249-3281; Smokerattleandroll.com; BBQ; lunch, dinner \$

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-Kathleen Sinchi

Talbot County

208 Talbot 208 N. Talbot Street, St. Michaels; 410-745-3838; 208talbot.com; Modern American; dinner \$\$ ☎ Y

Ava's Pizzeria & Wine Bar 409 S. Talbot Street, St. Michaels; 410-745-3081; Avaspizzeria.com; Italian, pizza; lunch, dinner \$\$ Y 🍷 🌊

Awful Arthur's Seafood Company 402 S. Talbot St., St. Michaels; 410-745-3474; Awfularthursusa.com; Fresh seafood, authentic oyster bar \$\$ Y ☎ 🍷 ☀ 🎵

The BBQ Joint 216 East Dover Street, Ste. 201, Easton; 410-690-3641; Andrew-evansbbqjoint.com; Barbecue; lunch, dinner \$ Y 🍷 ☀

Banning's Tavern 42 E Dover Street, Easton; 410-822-1733; Banningstavern.com; American; lunch, dinner \$\$ ☎ Y

Bartlett Pear Inn 28 S. Harrison Street, Easton; 410-770-3300; Bartlettpearinn.com; Farm-to-table; dinner \$\$\$ ☎ Y

Bas Rouge 19 Federal Street, Easton; 410-822-1637; Basrougeeaston.com; European; lunch, dinner \$\$\$ ☎

Bistro St. Michaels 403 Talbot Street, St. Michaels; 410-745-9111; Bistrostmichaels.com; Euro-American; dinner, Weekend brunch \$\$ ☎ Y 🍷

Blackthorn Irish Pub 209 Talbot Street, St. Michaels; 410-745-8011; Irish, seafood; lunch, dinner \$\$ Y 🍷

Capriotti's 106 Marlboro Avenue, Easton; 410-770-4546; Capriottis.com; Sandwiches; lunch, dinner \$ 🍷

Capsize (Seasonal) 314 Tilghman Street, Oxford; 410-226-5900; Capsizeoxmd.com; American; lunch, dinner \$-\$\$ ☎ Y 🌊 ☀

Captain's Ketch 316 Glebe Road, Easton; 410-820-7177; Captainsketchseafood.com; Seafood; lunch, dinner

Carpenter Street Saloon 113 Talbot Street, St. Michaels; 410-745-5111; Carpenterstreetsaloon.com; American, seafood; breakfast, lunch, dinner \$\$ Y 🎵 🌊

Characters Bridge Restaurant 6136 Tilghman Island Road, Tilghman; 410-886-1060; Fresh seafood, casual atmosphere; Lunch, dinner; Charactersbridge-restaurant.com \$\$ Y 🍷 🌊 ☀

Chesapeake Landing 23713 St. Michaels Road, St. Michaels; 410-745-9600; ChesapeakeLandingrestaurant.com; Seafood; lunch, dinner \$\$ Y 🍷

The Crab Claw Restaurant 304 Burns Street, St. Michaels; 410-745-2900; Thecrabclaw.com; Seafood; lunch, dinner \$\$ Y 🍷 🌊 ☀

Crab N Que

207 N. Talbot St., St. Michaels; 410-745-8064; Crabnque.com; Seafood, Barbecue; lunch, dinner \$\$

Crepes By The Bay

413 S. Talbot St., St. Michaels; 410-745-8429; Breakfast, lunch
Y 🍴 *

Doc's Downtown Grille

14 N Washington St., Easton; 410-822-7700; Docsdowntowngrille.com; American, seafood; lunch, dinner \$\$ Y

Doc's Sunset Grille

104 W Pier St., Oxford; 410-226-5550; Docsunsetgrille.com; American; lunch, dinner \$ 🍴 🍷 *

Eat Sprout

335 N Aurora Street, Easton; 443-223-0642; Eatsprout.com; Organic, ready-to-eat; breakfast, lunch, dinner \$ 🍴

El Dorado Bar & Grill

201-C Marlboro Avenue, Easton; 410-820-4002; Mexican; lunch, dinner \$\$ 🍴 Y

Foxy's Harbor Grille (Seasonal)

125 Mulberry St., St. Michaels; 410-745-4340; Foxysharborgrille.com; Seafood, American; lunch, dinner \$ Y 🍴 🍷 *

The Galley St. Michaels

305 S. Talbot Street, St. Michaels; 410-200-8572; Thegalley-saintmichaels.com; Breakfast, lunch \$ Y 🍴 *

Gina's Cafe

601 S Talbot Street, St. Michaels; 410-745-6400; Facebook.com/ginascafemikes; Southwestern, Vegetarian; lunch, dinner \$\$

Harrison's Harbour Lights

101 N. Harbor Road, St. Michaels; 410-745-9001; Harbourinn.com; American, seafood; lunch, dinner \$\$ 🍴 Y 🍷 *

Hill's Cafe and Juice Bar

30 East Dover Street, Easton; 410-822-9751; Hillscafeandjuice.com; American, milkshakes, sandwiches; breakfast, lunch \$ 🍴

Hong Kong Kitchens

210 Marlboro Avenue, Easton; 410-822-7688; Hongkongkitchen-seaston.com; Chinese; lunch, dinner \$ 🍴

Hot off The Coals BBQ

8356 Ocean Gateway, Easton; 410-820-8500; Hotoffthecoals.com; Barbecue; lunch, dinner \$ 🍴 *

Hunters' Tavern at the Tidewater Inn

101 E. Dover Street, Easton; 410-822-4034; Tidewaterinn.com; American; breakfast, lunch, dinner, Sunday brunch \$\$ Y 🍴 🍷 *

In Japan

101 Marlboro Avenue, Easton; 410-443-0681; Injapansushi.com; Japanese, sushi; lunch, dinner \$\$ 🍴 Y 🍴 🍷

Krave Courtyard

12 W. Dover St., Easton; 410-980-5588; American; lunch \$ *

Latitude 38 Bistro & Spirits

26342 Oxford Road, Oxford; 410-226-5303; Latitude38.biz; American, seafood; lunch, dinner, Sunday brunch \$\$ 🍴 Y 🍴

Ledo Pizza

108 Marlboro Avenue, Easton; 410-819-3000; Ledopizza.com; Pizza, pasta, sandwiches; lunch, dinner \$ 🍴

Lighthouse Oyster Bar & Grill

125 Mulberry Street, St. Michaels; 410-745-2226; Lighthouseoysterbarandgrill.com; Seafood, American; lunch, dinner \$-\$ \$ Y 🍴 🍷 *

Limoncello Italian Restaurant

200 S. Talbot St., St. Michaels; 410-745-3111; Limoncellostmichaels.com; Italian; lunch, dinner \$\$ Y 🍴

Lowes Wharf

21651 Lowes Wharf Road, Sherwood; 410-745-6684; Loweswharf.com; American; lunch, dinner \$ 🍴 Y 🍴 🍷 *

Marker Five

6178 Tilghman Island Road, Tilghman; 410-886-1122; Markerfive.com; Local seafood, lunch, dinner Thursday-Sunday \$\$ 🍴 Y 🍴

Mason's Redux

22 South Harrison Street, Easton; 410-822-3204; Masonsredux.com; Modern American; lunch, dinner, Sunday brunch \$-\$ \$ 🍴 Y 🍴 *

Old Brick Café

401 S. Talbot St., St. Michaels; 410-745-3323; Breakfast

Out of the Fire Café & Wine Bar

22 Goldsborough Street, Easton; 410-770-4777; Outoffthefire.com; Mediterranean, seafood; lunch, dinner \$\$ 🍴 Y

Peacock Restaurant & Lounge at Inn at 202 Dover

202 E. Dover Street, Easton; 410-819-8007; Innat202dover.com; Modern American; dinner \$\$ 🍴 Y

Piazza Italian Market

218 N. Washington Street, Easton; 410-820-8281; Piazzaitalianmarket.com; Italian; lunch, takeout \$ 🍴 *

Plaza Jalisco

7813 Ocean Gateway, Easton; 410-770-8550; Plazajaliscoeaston.com; Mexican; lunch, dinner \$ 🍴 🍷

Pope's Tavern

504 S. Morris St., Oxford; 410-226-5220; Oxfordinn.net; European bistro; dinner \$\$ 🍴 Y 🍴

Portofino Ristorante Italiano

4 W. Dover Street, Easton; 410-770-9200; Portofinoeaston.com; Italian; dinner \$\$ 🍴 Y

Robert Morris Inn

314 North Morris Street, Oxford; 410-226-5111; Robertmorrisinn.com; Modern American; breakfast, lunch, dinner, Sunday brunch \$\$ 🍴 Y *

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Sakura Sushi Restaurant

8475 Ocean Gateway, Easton; 410-690-4770; Japanese, Sushi; lunch, dinner \$-\$ \$

Sam's Pizza & Restaurant

1110 S. Talbot Street, St. Michaels; 410-745-5955; Samspizzastmichaels.com; Italian, American, Greek cuisine; lunch, dinner \$ Y 🍴 🍷

Scossa Restaurant & Lounge

8 N. Washington Street, Easton; 410-822-2202; Scossarestaurant.com; Northern Italian; lunch, dinner, Sunday brunch \$\$ 🍴 Y

Stars at Inn at Perry Cabin

308 Watkins Lane, St. Michaels; 443-258-2228; Perrycabin.com; Seafood; breakfast, lunch, dinner \$\$\$ 🍴 Y *

St. Michaels Crab & Steakhouse

305 Mulberry Street, St. Michaels; 410-745-3737; Stmichaelscrabhouse.com; American, seafood; lunch, dinner \$\$ 🍴 Y 🍴 🍷 *

Sugar Buns Airport Café & Bakery

29137 Newnam Road, Easton; 410-820-4220; Sugarbuns.com; Baked goods, desserts, light fare; breakfast, lunch \$ 🍴

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Theo's Steaks, Sides & Spirits

409 S. Talbot Street, St. Michaels; 410-745-2106; Theossteakhouse.com; Steakhouse; dinner \$\$\$ 🍷 🍴

Two if by Sea

5776 Tilghman Island Road, Tilghman; 410-886-2447; Twoifbysearestaurant.com; American; breakfast, lunch, Sunday brunch \$ 🍷

U Sushi

108 Marlboro Avenue, Easton; 410-763-8868; Usushimd.com; Japanese; lunch, dinner \$\$ 🍷

Victory Garden Café

124 S Aurora St., Easton; 410-690-7356; Multi-cuisine; breakfast, lunch, dinner \$ 🍷 🍴

Washington Street Pub & Oyster Bar

20 N. Washington Street, Easton; 410-822-1112; Washingtonstreetpub.com; American; lunch, dinner \$\$ 🍷 🍴 🍷

Kent County

Barbara's On The Bay

12 Ericson Avenue, Berterton; 410-348-3079; Barbarasonthebay.com; American; lunch, dinner \$\$ 🍷 🍴 🍷

Bay Wolf Restaurant

21270 Rock Hall Ave, Rock Hall; 410-639-2000; Baywolfrestaurant.com; Austrian & Eastern Shore Cuisine; lunch, dinner \$ 🍷

Beverly's Family Restaurant

11 Washington Ave, Chestertown; 410-778-1995; American; breakfast, lunch, coffee 🍷

Café Sado

870 High Street, Chestertown; 410-778-6688; Cafesado.com; Sushi and Thai \$\$ 🍷

The Channel Restaurant at Tolchester Marina (Seasonal)

21085 Tolchester Beach Road, Chestertown; 410-778-1400; Tolchestermarina.com; Seafood, American; lunch, dinner 🍷 🍴

China House

711 Washington Ave, Chestertown; 410-778-3939; Chinese; lunch, dinner \$

Ellen's Coffee Shop & Family Restaurant

205 Spring Ave, Chestertown; 410-810-1992; American; breakfast, lunch, dinner, coffee \$\$ 🍷

Evergrain Bread Company

201-203 High Street, Chestertown; 410-778-3333; Evergrainbreadco.com; Bakery; breakfast, lunch \$ 🍷

Figg's Ordinary

207 S. Cross Street #102, Chestertown; 443-282-0061; Figg-sordinary.com; Café and Bakery; Breakfast, Lunch, Gluten and refined sugar free \$ *

Ford's Seafood

21459 Rock Hall Ave, Rock Hall; 410-639-2032; Seafood; breakfast, lunch, dinner \$\$\$

Harbor House (Seasonal)

23141 Buck Neck Road, Chestertown; 410-778-0669; Harborhouse-atwortoncreekmarina.com; Seafood, American; dinner, Saturday and Sunday lunch \$\$ 🍷 🍴

Harbor Shack

20895 Bayside Ave, Rock Hall; 410-639-9996; Harborshack.net; American, seafood; lunch, dinner \$-\$ 🍷 🍴

Java Rock

21309 Sharp St., Rock Hall; 410-639-9909; Javarockcoffeehouse.com; Gourmet coffee, light fare; breakfast, lunch \$ 🍷 *

The Kitchen at the Imperial

208 High Street Chestertown, MD. 21630; 410-778-5000; Imperialchestertown.com; Small Plates Tavern & Casual Fine Dining Restaurant, Sunday Brunch \$\$ 🍷 🍴

Luisa's Cucina Italiana

849 Washington Ave, Chestertown; 410-778-5360; Luisasrestaurant.com; Italian; lunch, dinner \$-\$ 🍷 🍴

Marzella's By The Bay LLC

3 Howell Point Road, Berterton; 410-348-5555; Italian, American; lunch, dinner \$ 🍷

O'Connor's Pub & Restaurant

844 High Street, Chestertown; 410-810-3338; American, Irish; lunch, dinner \$\$ 🍷 🍴 *

Osprey Point

20786 Rock Hall Avenue, Rock Hall; 410-639-2194; Ospreypoint.com; American, Seafood; dinner, Sunday brunch \$\$\$ 🍷 🍴 🍷

Pasta Plus

21356 Rock Hall Ave, Rock Hall; 410-639-7916; Rockhallpasta-plus.com; American, Italian; breakfast, lunch, dinner \$ 🍷

Plaza Tapatia

715 Washington Ave, Chestertown 410-810-1952 Plazatapatia.com Mexican; lunch, dinner \$-\$ 🍷 🍴

Procolino Pizza

711 Washington Ave, Chestertown; 410-778-5900; Italian; lunch, dinner \$-\$

Two Tree Restaurant

401 Cypress Street, Millington; 410-928-5887; Twotreerestaurant.com; Farm-to-table; lunch, dinner \$\$ 🍷 🍴

Uncle Charlie's Bistro

834B High Street, Chestertown; 410-778-3663; Unclecharlies-bistro.com; Modern American; lunch, dinner, Sunday brunch \$\$ 🍷 🍴

Waterman's Crab House

21055 Sharp Street, Rock Hall; 410-639-2261; Watermanscrabhouse.com; Seafood; lunch, dinner \$\$ 🍷 🍴 🍷

Wheelhouse Restaurant

20658 Wilkens Ave., Rock Hall; 410-639-4235; American; lunch, dinner \$\$ 🍷 🍴 🍷

Dorchester County

Bay County Bakery and Café

2951 Ocean Gateway, Cambridge; 410-228-9111; Baycountybakery.com; Sandwiches, pastries; breakfast, lunch \$ 🍷

Bistro Poplar

535 Poplar Street, Cambridge; 410-228-4884; Bistropoplar.com; French; dinner \$\$\$ 🍷 🍴 🍷

Black Water Bakery and Coffee House

429 Race Street, Cambridge; 443-225-5948; Black-water-bakery.com; Artisan breads, soups, sandwiches, desserts \$ 🍷

Blue Point Provision

100 Heron Boulevard, Cambridge; 410-901-6410; Chesapeakebay.hyatt.com; Seafood; dinner \$\$ 🍷 🍴 🍷

Bombay Tadka

1721 Race Street, Cambridge; 443-515-0853; Bombayatdakamd.com; Indian; lunch, dinner \$\$ 🍷

Canvasback Restaurant & Irish Pub

420 Race Street, Cambridge; 410-221-7888; Irish, European; lunch, dinner \$\$ 🍷 🍴 🍷

Carmela's Cucina

400 Academy Street, Cambridge; 410-221-8082; Carmelascucina1.com; Italian; lunch, dinner \$ 🍷 🍷

Jimmie & Sook's Raw Bar & Grill

527 Poplar Street, Cambridge; 410-228-0008; Jimmieandsooks.com; Seafood; lunch, dinner \$ 🍷 🍴 🍷

Kay's at the Airport

6263 Bucktown Road, Cambridge; 410-901-8844; American; breakfast, lunch, dinner \$\$ 🍷

Ocean Odyssey

316 Sunburst Highway (Rt. 50), Cambridge; 410-228-8633; toddseafood.com; Seafood; lunch, dinner \$\$, 🍷 🍴 *

Portside Seafood Restaurant

201 Trenton Street, Cambridge; 410-228-9007; Portsideseafoodland.com; Seafood; lunch, dinner \$ 🍷 🍴 🍷

RAR Brewing

504 Poplar St., Cambridge; 443-225-5664; Rarbrewing.com; American; lunch, dinner \$ 🍷

Snapper's Waterfront Café

112 Commerce Street, Cambridge; 410-228-0112; Snapperswaterfrontcafe.com; American, seafood; lunch, dinner, Sunday breakfast \$ 🍷 🍴 🍷 *

Suicide Bridge Restaurant

6304 Suicide Bridge Road, Hurlock; 410-943-4689; Suicide-bridge-restaurant.com \$\$\$ 🍷 🍴 🍷

Caroline County

Harry's on the Green

4 South First Street, Denton; 410-479-1919; Harrysonthegreen.com; American, seafood; lunch, dinner \$\$ 🍷 🍴 *

Market Street Public House

200 Market Street, Denton; 410-479-4720; Marketstreet.pub Irish, American; lunch, dinner \$ 🍷 🍴

October Calendar

(F) FAMILY EVENTS (C) CHARITY EVENTS (TIX) AVAILABLE AT WHATSUPTIX.COM

Advertisers listed in red What's Up? Tix event listed in blue



↑ Enjoy the beauty of autumn in historic St. Michaels on Saturday, October 19th and Sunday, October 20th during Fall into St. Michaels. Join residents and businesses in celebrating the change of the season with a weekend of fall-themed activities including a pumpkin pie contest, a pumpkin carving contest, and a scarecrow contest. For more information, including a full schedule of events, visit Stmichaelsmd.org.

Tuesday

1

SPECIAL EVENTS

The Haun-Tour Part 2 at Clut Classic Brewing Company, Stevensville. 6 p.m. 410-980-8097.

The Color of Light at Quiet Waters Park, Annapolis. 9 a.m.-4 p.m. (Mon.-Fri.), 10 a.m.-4 p.m. (Sat. & Sun.). Now through October 13th, 2019. 410-222-1777. Fqwp.org

Deconstructing Decays:

The Culture of Collecting at Chesapeake Bay Maritime Museum, St. Michaels. 9 a.m.-5 p.m. daily. Now through November 1st, 2019. 410-745-2916. Cbmm.org

On Land and On Sea at Chesapeake Bay Maritime Museum, St. Michaels. 9 a.m.-5 p.m. daily. Now through March 1st, 2020. 410-745-2916. Cbmm.org

Bodyphones and Jiwa dan Raga at Academy Art Museum, Easton. 10 a.m.-8 p.m. (Tues.-Thurs.), 10 a.m.-4 p.m. (Fri.-Mon.). Now through May 31st, 2020. 410-822-2787. Academyartmuseum.org

Patterns of Eastern Shore Live at Chestertown RiverArts, Chestertown. 11 a.m.-5:30 p.m. (Tues.-Fri.), 10 a.m.-5:30 p.m. (Sat.), 11 a.m.-3 p.m. (Sun.). Now through July 28th, 2019. 410-778-6300. Chestertownriverarts.net

MUSIC

Justin Townes Earle at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Rams-headonstage.com

Andy Grammer at Fillmore Silver Spring, Silver Spring. 8 p.m. 301-960-9999. Fillmore-silverspring.com

Wednesday

2

SPECIAL EVENTS

Studio Tour Artists at Chestertown RiverArts, Chestertown. 11 a.m.-5:30 p.m. (Tues.-Fri.), 10 a.m.-5:30 p.m. (Sat.), 11 a.m.-3 p.m. (Sun.). Now through October 27th, 2019. 410-778-6300. Chestertownriverarts.net

TREES at the Carla Massoni Gallery, Chestertown. 11 a.m.-4 p.m. (Wed.-Fri.), 10 a.m.-5 p.m. (Sat.). Now through October 13th, 2019. 410-778-7330. Massoniarit.com

MEMBER NIGHT: Kiliiii Yuyan Journeys in the Arctic at Chesapeake Bay Maritime Museum, Saint Michaels. 5 p.m. 410-745-4960. Cbmm.org

MUSIC

Sister Hazel at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Rams-headonstage.com

Joseph at 9:30 Club, D.C. 7 p.m. 202-265-0930. 930.com

Die Antwoord at The Anthem, D.C. 8 p.m. 202-888-0020. Theanthemdc.com

Thursday

3

SPECIAL EVENTS

Wine & Paint Night with Chelsea Collins at Layton's Chance Winery, Vienna. 6:30 p.m.

ART, BEER AND WINE

Time Travel for Homeschoolers (ages 6-8) at Adkins Arboretum, Ridgely. 1 p.m. 410-634-2847. Adkinsarboretum.org (F)

Maryland's Mammals for Homeschoolers (ages 9-12) at Adkins Arboretum, Ridgely. 1 p.m. 410-634-2847. Adkinsarboretum.org (F)

Cambridge Farmers Market at Long Wharf Park, Cambridge. 3 p.m. Visitdorchester.org

Chesapeake Film Festival at Dorchester County, Cambridge. 4 p.m. 410-822-3500. Chesapeakefilmfestival.com

United States Powerboat Show at Downtown Annapolis, Annapolis. 10 a.m. 410-268-8828. Annapolis-boatshows.com

PERFORMING ARTS

Arsenic and Old Lace at The Colonial Players, Annapolis. 8 p.m. 410-224-2065. Thecolonialplayers.org

MUSIC

Brandt Dunn Thursday Live at Riverbay Roadhouse, Annapolis. 9 p.m. 410 757-2919. Riverbayroadhouse.com

Friday

4

SPECIAL EVENTS

Mid-Atlantic Small Craft Festival XXXVI at Chesapeake Bay Maritime Museum, Saint Michaels. 10 a.m. 410-745-4960. Cbmm.org

2019 Chestertown HP Festival Weekend at Garfield Center for the Arts, Chestertown. 12 p.m. 410-810-2060. Garfieldcenter.org

First Weekend at Historic Downtown Easton, Easton. 410-690-4395. Discover-easton.com

Chesapeake Film Festival at Dorchester County, Cambridge. 1 p.m. 410-822-3500. Chesapeakefilmfestival.com

October First Friday at Downtown Chestertown, Chestertown. 5 p.m. 443-282-0246. Kentcounty.com (F)

RiverArts 20th Annual Studio Tour Opening Reception at Chestertown RiverArts, Chestertown. 5 p.m. 410-778-6300. Chestertownriverarts.net

First Friday Gallery Walk at Downtown Easton, Easton. 5 p.m. 410-690-4395. Discover-easton.com

Easton Ghost Walk at Tidewater Inn, Easton. 7 p.m. 443-735-0771. Chesapeakeghostwalks.com

To Fool the Eye, Trompe L'oeil Paintings by Jorge Alberto at Troika Gallery, Easton. 10 a.m.-5:30 p.m. (Mon.-Sat.). Now through June 4th, 2019. 410-770-9190. Troikagallery.com

United States Powerboat Show at Downtown Annapolis, Annapolis. 10 a.m. 410-268-8828. Annapolis-boatshows.com

PERFORMING ARTS

Arsenic and Old Lace at The Colonial Players, Annapolis. (See 10/3).

Hamlet at Annapolis Shakespeare Company, Annapolis. 8 p.m. 410-415-3513. Annapolisshakespeare.org

MUSIC

The Doobie Others: A Tribute to The Doobie Brothers at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Ramsheadonstage.com

Carrie Underwood with Special Guests Maddie & Tae and Runaway Jane at Capital One Arena, D.C. 7 p.m. 202-628-3200. Capitalonearena.com

Saturday

5

SPECIAL EVENTS

2019 Chestertown HP Festival Weekend at Garfield Center for the Arts, Chestertown. 12 p.m. 410-810-2060. Garfieldcenter.org

Easton Farmers Market at Easton Farmers' Market, Easton. 8 a.m. 410-822-7299. Avalonfoundation.org

Chestertown Farmers Market at Fountain Park, Chestertown. 8 a.m. Townofchestertown.com

Outdoor Art Fair at Kent Island Federation of Arts, Stevensville. 9 a.m. 410-643-7424. Qaac.org

Apple Festival at St. Luke's United Methodist Church, St. Michaels. 9 a.m. 410-745-2534. Tourtalbot.org

Old Wye Mill Grinding Days at Wye Grist Mill, Wye Mills. 10 a.m. 410-827-3850. Oldwye-mill.org (F)

Chesapeake Film Festival at Dorchester County, Cambridge. 10 a.m. 410-822-3500. Chesapeakefilmfestival.com

Centreville Rotary Artisans Festival - 48th Annual at Chesapeake College, Wye Mills. 10 a.m. 410-978-0198. Centrevillerotary.org (C) (F)

First Saturday Guided Walk at Adkins Arboretum, Ridgely. 10 a.m. Adkinsarboretum.org

ARToberFest 2019 at Stevensville Pocket Park, Stevensville. 11 a.m. 410-604-2100. Stevensvilleartsandentertainment.org (F)

Eastern Shore Natural Hair Expo at Wicomico Youth & Civic Center, Salisbury. 11 a.m. 410-548-4900. Wicomicociviccenter.org

First Saturday in Historic Stevensville at Historic Stevensville, Stevensville. 12 p.m. Stevensvilleartsandentertainment.org

Easton Beer Fest at Easton Volunteer Fire Department, Easton. 12 p.m. 410-822-4848. Eastonvfd.org

Historic House Tour at Bordley History Center, Chestertown. 1 p.m. 410-778-3499. Kentcountyhistory.org

Collecting & Processing Native Seeds Workshop at Adkins Arboretum, Ridgely. 1 p.m. 410-634-2847. Adkinsarboretum.org (F)

Crabtoberfest at Sailwinds Park, Cambridge. 3 p.m. Choosecambridge.com

Historic Ghost Walks at Bordley History Center, Chestertown. 6:30 p.m. 410-778-3499. Kentcountyhistory.org (F)

Casino Royale at Oxford Community Center, Oxford. 7 p.m. 410-226-5904. Oxfordccc.org

St. Michaels Ghost Walk at Chesapeake Bay Maritime Museum, Saint Michaels. 7 p.m. 443-735-0771. Chesapeakeghostwalks.com

Maryland Renaissance Festival at Renaissance Festival, Annapolis. 10 a.m. 410-266-7304. Marylandrenaissancefestival.com (F)

United States Powerboat Show at Downtown Annapolis, Annapolis. 10 a.m. 410-268-8828. Annapolis-boatshows.com

PERFORMING ARTS

Hamlet at Annapolis Shakespeare Company, Annapolis. 2 p.m. 410-415-3513. Annapolisshakespeare.org

All That Jazz at Annapolis Shakespeare Company, Annapolis. 8 p.m. 410-415-3513. Annapolisshakespeare.org

Arsenic and Old Lace at The Colonial Players, Annapolis. (See 10/3).

MUSIC

Mason Jennings at Rams Head On Stage, Annapolis. 1 p.m. 410-268-4545. Rams-headonstage.com

Technicolor Motor Home: A Steely Dan Tribute at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Rams-headonstage.com

Theo Von: Dark Arts Tou at MGM National Harbor, Oxon Hill. 8 p.m. 844-346-4664. Mgmnationalharbor.mgmresorts.com

Sunday

6

SPECIAL EVENTS

Chesapeake Film Festival at Dorchester County, Cambridge. 11 a.m. 410-822-3500. Chesapeakefilmfestival.com

Centreville Rotary Artisans Festival - 48th Annual at Chesapeake College, Wye Mills. 11 a.m. 410-978-0198. Centrevillerotary.org (C) (F)

Anything Can Happen Day! Walk at Adkins Arboretum, Ridgely. 1 p.m. 410-634-2847. Adkinsarboretum.org (F)

Maryland Renaissance Festival at Renaissance Festival, Annapolis. 10 a.m. 410-266-7304. Marylandrenaissancefestival.com (F)

United States Powerboat Show at Downtown Annapolis, Annapolis. 10 a.m. 410-268-8828. Annapolis-boatshows.com

PERFORMING ARTS

All That Jazz at Annapolis Shakespeare Company, Annapolis. (See 10/5).

Hamlet at Annapolis Shakespeare Company, Annapolis. (See 10/5).

MUSIC

Blue Oyster Cult at Maryland Hall for the Creative Arts, Annapolis. 7:30 p.m. 410-263-5544. Marylandhall.org

Blue Oyster Cult at Maryland Hall for the Creative Arts at Maryland Hall for the Creative Arts, Annapolis. 7:30 p.m. 410-268-4545. Ramsheadonstage.com

Langhorne Slim at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Rams-headonstage.com

SPORTS

Redskins vs Patriots at FedExField, Landover. 1 p.m. 301-276-6800. Redskins.com (F)

D.C. United vs. FC Cincinnati at Audi Field, D.C. 4 p.m. Dcunited.com (F)

On Stage

Monday
7

SPECIAL EVENTS

Open Portrait Studio at Academy Arts Museum Of Easton, Easton. 1 p.m. 410-822-2787. Academyartmuseum.org

Chesapeake Film Festival at Dorchester County, Cambridge. 8 a.m. 410-822-3500. Chesapeakefilmfestival.com

Monday Night Trivia @ the Pub at Market Street Public House, Denton. 7:30 p.m.

MUSIC

Bluegrass Jam at St. Andrew's Episcopal Church, Hurlock. 7 p.m. 4109434900.

Mainstay Monday featuring Joe Holt and guest Sylvia Frasier at The Mainstay, Rock Hall. 7 p.m. 410-639-9133. Mainstayrockhall.org

Maggie Rogers at The Anthem, D.C. 8 p.m. 202-888-0020. Theanthemdc.com

Justin Hayward at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Rams-headonstage.com

Tuesday
8

SPECIAL EVENTS

Chesapeake Film Festival at Dorchester County, Cambridge. 1 p.m. 410-822-3500. Chesapeakefilmfestival.com

MUSIC

Maggie Rogers at The Anthem, D.C. 8 p.m. 202-888-0020. Theanthemdc.com

Keiko Matsui at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Rams-headonstage.com

Wednesday
9

SPECIAL EVENTS

Power of 100: Chesapeake Women Who Care at Prospect Bay County Club, Grasonville. 6:30 p.m. Powerof100chesapeake.com (C)

Chesapeake Film Festival at Dorchester County, Cambridge. 8 a.m. 410-822-3500. Chesapeakefilmfestival.com

MUSIC

Avril Lavigne "Head Above Water" Tour at MGM National Harbor, Oxon Hill. 8 p.m. 844-346-4664. Mgmnationalharbor.mgmresorts.com

Rickie Lee Jones at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Rams-headonstage.com

Thursday
10

SPECIAL EVENTS

Cambridge Farmers Market at Long Wharf Park, Cambridge. 3 p.m. Visitdorchester.org

"Ask a Master Gardener" Plant Clinic at Christ Church, Stevensville. 3:30 p.m. Extension.umd.edu

Chesapeake Film Festival at Dorchester County, Cambridge. 1 p.m. 410-822-3500. Chesapeakefilmfestival.com

Time Travel for Homeschoolers (ages 6-8) at Adkins Arboretum, Ridgely. 1 p.m. 410-634-2847. Adkinsarboretum.org (F)

Maryland's Mammals for Homeschoolers (ages 9-12) at Adkins Arboretum, Ridgely. 1 p.m. 410-634-2847. Adkinsarboretum.org (F)

On Land and On Sea: A Talk with the Author (Fall Speaker Series 2019) at Chesapeake Bay Maritime Museum, Saint Michaels. 2 p.m. 410-745-4960. Cbmm.org

United States Sailboat Show at Downtown Annapolis, Annapolis. 10 a.m. 410-268-8828. Annapolisboatshows.com

A Discussion with Author Ta-Nehisi Coates at Joseph Meyerhoff Symphony Hall, Baltimore. 7 p.m. 410-783-8000. Bsomusic.org

MUSIC

Renaissance at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Rams-headonstage.com

Friday
11

SPECIAL EVENTS

St. Michaels Ghost Walk at Chesapeake Bay Maritime Museum, Saint Michaels. 7 p.m. 443-735-0771. Chesapeakeghostwalks.com

2019 Academy Art Museum Craft Show at Academy Art Museum, Easton. 10 a.m. 410-822-2787. Academyart-museum.org

United States Sailboat Show at Downtown Annapolis, Annapolis. 10 a.m. 410-268-8828. Annapolisboatshows.com

PERFORMING ARTS

Hamlet at Annapolis Shakespeare Company, Annapolis. (See 10/4).

MUSIC

Phil Vassar: Hitsteria Tour at Rams Head On Stage, Annapolis. 5 p.m. @ 8 p.m. 410-268-4545. Rams-headonstage.com

Chance The Rapper - The Big Day at Capital One Arena, D.C. 7 p.m. 202-628-3200. Capitalonearena.com

United States Naval Academy Band: Navy Birthday Concert at Maryland Hall for the Creative Arts, Annapolis. 7:30 p.m. 410-263-5544. Marylandhall.org

Saturday
12

SPECIAL EVENTS

Easton Farmers Market at Easton Farmers' Market, Easton. 8 a.m. 410-822-7299. Avalonfoundation.org

Chestertown Farmers Market at Fountain Park, Chestertown. 8 a.m. Townofchester-town.com

Decommissioning Your Motor at Chesapeake Bay Maritime Museum, Saint Michaels. 9 a.m. 410-745-4960. Cbmm.org

Rock Hall FallFest at Town of Rock Hall, Rock Hall. 10 a.m. Rockhallfallfest.org (F)

Nanticoke River Jamboree

at Handsell Historic Site, Vienna. 10 a.m. Restorehandsell.org (F)

2019 Academy Art Museum Craft Show at Academy Art Museum, Easton. 10 a.m. 410-822-2787. Academyart-museum.org

Fairyfest at Adkins Arboretum, Ridgely. 11 a.m. 410-634-2847. Adkinsarboretum.org (F)

Maryland Renaissance Festival at Renaissance Festival, Annapolis. 10 a.m. 410-266-7304. Marylandrenaissancefestival.com (F)

United States Sailboat Show at Downtown Annapolis, Annapolis. 10 a.m. 410-268-8828. Annapolisboatshows.com

10th Annual Fall Italian Wine & Food Celebration at Simpatico, St. Michaels. 12 p.m. 410-745-0345. Simpaticost-michaels.com (F)

Harvest Festival at Layton's Chance Winery, Vienna. 12 p.m. 410-228-1205. Laytonschance.com (F)

Family Day @ CBMM at Chesapeake Bay Maritime Museum, Saint Michaels. 1 p.m. 410-745-4960. Cbmm.org (F)

Historic Ghost Walks at Bordley History Center, Chestertown. 6:30 p.m. 410-778-3499. Kentcounty-history.org (F)

PERFORMING ARTS

All That Jazz at Annapolis Shakespeare Company, Annapolis. (See 10/5).

Hamlet at Annapolis Shakespeare Company, Annapolis. (See 10/5).

MUSIC

Mamie Minch Trio at The Mainstay, Rock Hall. 8 p.m. 410-639-9133. Mainstayrock-hall.org

Johnny A. & Kasim Sulton: Songs & Stories at Rams Head On Stage, Annapolis. 1 p.m. 410-268-4545. Rams-headonstage.com

Vince Gill at Modell Performing Arts Center at the Lyric, Baltimore. 7:30 p.m. 410-900-1150. Modell-lyric.com

Jimmie Vaughan at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Rams-headonstage.com

Post Malone - Runaway Tour at Capital One Arena, D.C. 8 p.m. 202-628-3200. Capitalonearena.com

The Prisoner of Second Avenue
Tred Avon Players; October 24th through November 3rd, 2019; \$5-20; Tredavonplayers.org; 410-226-0061 Edna and Mel are a struggling, middle-aged, empty-nested, middle class couple living in New York City. When Mel loses his job, their apartment is robbed, and among other things, Mel suffers from a nervous breakdown. The couple suffers indignity after indignity (some self-inflicted), and when they seem on the verge of surrender, they thumb their noses defiantly and dig the trenches for battle.

Ghost the Musical

Clear Space Theatre; October 18th through October 27th, 2019; Prices vary; Clearspacetheatre.org; 302-227-2270 *Ghost the Musical* follows Sam and Molly, a young couple whose connection takes a shocking turn after Sam's untimely death. Trapped between two worlds, Sam refuses to leave Molly when he learns she is in grave danger. Desperate to communicate with her, he turns to a storefront psychic, Oda Mae Brown, who helps him protect Molly and avenge his death.

Sunday
13

SPECIAL EVENTS

2019 Academy Art Museum Craft Show at Academy Art Museum, Easton. 10 a.m. 410-822-2787. Academyart-museum.org

Hoopers Island Gun Bash at Governors Hall at Sailwinds Park, Cambridge. 11 a.m.

Harvest Hoedown at Pickering Creek Audubon Center, Easton. 11 a.m. 410-822-4903. Pickeringcreek.org (F)

Rock Hall Fall BikeFest at The Bulkhead, Rock Hall. 1 p.m. Rockhallmd.com (F)

Exploring the Tree in the History of Art (Session 1: Renaissance) at Adkins Arboretum, Ridgely. 1:30 p.m. 410-634-2847. Adkinsarboretum.org

12th Annual Salisbury Kidney Walk at Winterplace Park, Salisbury. 9 a.m. Kidneywalk.org (C)

Maryland Renaissance Festival

at Renaissance Festival, Annapolis. 10 a.m. 410-266-7304. Marylandrenaissancefestival.com (F)

United States Sailboat Show at Downtown Annapolis, Annapolis. 10 a.m. 410-268-8828. Annapolisboatshows.com

PERFORMING ARTS

Hamlet at Annapolis Shakespeare Company, Annapolis. (See 10/5).

All That Jazz at Annapolis Shakespeare Company, Annapolis. (See 10/5).

MUSIC

Tiffany at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Rams-headonstage.com

SPORTS

Ravens vs Bengals at M&T Bank Stadium, Baltimore. 1 p.m. Baltimore Ravens.com

Exhibitions

Deconstructing Decoys: The Culture of Collecting

Chesapeake Bay Maritime Museum; Now through November 1st, 2019; Free for CBMM members, \$6-15 for non-members; Cbmm.org; 410-745-2916 *Deconstructing Decoys* will explore varying perspectives about decoys as art, and will help guests understand how collectors read a decoy to determine its maker, its history, and its significance.

↓ To Fool the Eye, Trompe L'oeil Paintings by Jorge Alberto

Troika Gallery; October 4th through November 6th, 2019; Opening reception: October 4th, 5 p.m.; Free; Troikagallery.com; 410-770-9190

Troika Gallery is proud to present *To Fool the Eye, Trompe L'oeil Paintings of Jorge Alberto*. A fine realist artist, Jorge Alberto Gonzalez was born in Cuba and emigrated to the U.S. with his family in 1965. As a child, he observed the work of the Old Masters and is attracted to the realistic quality of the paintings of Caravaggio, da Vinci, and Velazquez. He is fascinated with the drama of light, the deception of illusion, and creates works that have these qualities.

TREES

Massoni Gallery; Now through October 13th, 2019; Massoniart.com; 410-778-7330 This exhibition will feature artwork by Vicco von Voss, Grace Mitchell, Simma Liebman, Patrick Henry, Joe Dickey, Paula Shalan, Eve Stockton, Katherine Cox, Heidi Fowler, Linda Richards, Stuart Cawley, Mark Gardner, Takashi Iehara, Vanna Ramirez, Lindsay Mullen, Lisa Lebofsky, Zemma Mastin White, Marcy Dunn Ramsey, Emily Kalwaitis, and special guests.

Bodyphones and Jiwa dan Raga

Academy Art Museum; Now through May 31st, 2020; \$3 for non-members, free for children under 12; Academyartmuseum.org; 410-822-2787

The Academy Art Museum presents *Bodyphones and Jiwa dan Raga*, immersive installations by Aaron Taylor Kuffner (1975). The Gamelatron Project exposes us to the rich and profound nature of resonance and its effect on the psyche. It strives to create harmony in the tension of fusing the east and the west, the modern and the ancient. The Gamelatron's contrasting materials and mechanisms tell us a story of globalization and modernization.



Diane Rappisi, contemporary realist art

↑ Studio Tour Artists

Chestertown RiverArts; October 2nd through October 27th, 2019; Opening Reception: October 4th, 5-8 p.m.; Free; Chestertownriverarts.org; 410-778-6300 The RiverArts Main and Studio Galleries will be filled with work representing more than 50 artists during the 20th annual Studio Tour. The tour includes painting, pottery, woodworking, jewelry, fiber art, sculpture, glasswork, and more.

On Land and On Sea: A Century of Women in the Rosenfeld Collection

Chesapeake Bay Maritime Museum; Now through March 1st, 2020; Free for CBMM members, \$6-15 for non-members; Cbmm.org; 410-745-2916 *On Land and On Sea: A Century of Women in the Rosenfeld Collection* features the work of Morris and Stanley Rosenfeld, who created the world's largest and most significant collection of maritime photography. The iconic photos featured in this exhibition are recognizable to the general public and are treasured by boating enthusiasts. *On Land and On Sea* reveals the social and historical context of women over the better part of the 20th century through the lenses of the Rosenfelds' cameras.

Water/Ways

Dorchester Center for the Arts; October 19th through November 30th, 2019; Free; Visit-dorchester.org; 410-228-3575 From above, Earth appears as a water planet with more than 71 percent of its surface covered with this vital resource for life. Water impacts climate, agriculture, transportation, industry and more. It inspires art and music. The *Water/Ways* traveling exhibition from the Smithsonian's Museum on Main Street program examines water as an environmental necessity and an important cultural element.



The Enigma of Love, 16 x 20 inches, oil on panel

Monday
14

SPECIAL EVENTS

Space Exploration Series at Cult Classic Brewing Company, Stevensville. 6 p.m. 410-725-6782. Whatsuptix.com (C) (TIX)

Plein Air Golf Tournament at River Marsh Golf Club, Cambridge. 11 a.m. Dorchesterarts.org (C)

Estate Treasures Fashion Show at Prospect Bay Country Club, Grasonville. 10:30 a.m. 443-262-4106. Qac.org (C)

United States Sailboat Show at Downtown Annapolis, Annapolis. 10 a.m. 410-268-8828. Annapolisboatshows.com

MUSIC

Mainstay Monday featuring Joe Holt and guest Phillip Dutton at The Mainstay, Rock Hall. 7 p.m. 410-639-9133. Mainstayrockhall.org

Steven Page Trio Formerly of Barenaked Ladies at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Ramsheadonstage.com

Tuesday
15

MUSIC

Twenty One Pilots at Royal Farms Arena, Baltimore. 7 p.m. 410-347-2020. Royal-farmsarena.com

The Chainsmokers 2019: World War Joy at Capital One Arena, D.C. 7 p.m. 202-628-3200. Capitalonearena.com

JJ Grey: Front Porch Sessions Tour at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Ramsheadonstage.com

Wednesday
16

SPECIAL EVENTS

There's No Make-up in Kandahar: In Uniform and in Command in the U.S. Navy (Fall Speaker Series 2019) at Chesapeake Bay Maritime Museum, Saint Michaels. 2 p.m. 410-745-4960. Cbmm.org

MUSIC

Ray LaMontgne - Just Passing Through at Modell Performing Arts Center at the Lyric, Baltimore. 7:30 p.m. 410-900-1150. Modell-lyric.com

JJ Grey: Front Porch Sessions Tour at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Ramsheadonstage.com

Thursday
17

SPECIAL EVENTS

Time Travel for Homeschoolers (ages 6-8) at Adkins Arboretum, Ridgely. 1 p.m. 410-634-2847. Adkinsarboretum.org (F)

Maryland's Mammals for Homeschoolers (ages 9-12) at Adkins Arboretum, Ridgely. 1 p.m. 410-634-2847. Adkinsarboretum.org (F)

Cambridge Farmers Market at Long Wharf Park, Cambridge. 3 p.m. Visitdorchester.org

Literary House Series: A Talk by Eric Thomas at Rose O'Neill Literary House, Chestertown. 4:30 p.m. 410-810-5768. Washoill.edu

Third Thursdays in Downtown Denton at Downtown Denton, Denton. 5 p.m.

Open Boatshop at Chesapeake Bay Maritime Museum, Saint Michaels. 5:30 p.m. 410-745-4960. Cbmm.org

James Michener Book Discussion at Dorchester County Public Library, Cambridge. 6 p.m. 410-228-7331. Visitdorchester.org

MUSIC

Casting Crowns - Only Jesus Tour at Wicomico Youth & Civic Center, Salisbury. 7 p.m. 410-548-4900. Wicomicociviccenter.org

Lee Ann Womack: Solitary Thinkin' Acoustic Tour at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Ramsheadonstage.com

Friday
18

SPECIAL EVENTS

Color Pencil at Adkins Arboretum, Ridgely. 10 a.m. 410-634-2847. Adkinsarboretum.org

PERFORMING ARTS

Ghost the Musical at Clear Space Theatre, Rehoboth Beach. 7 p.m. 302-227-2270. Clearspace theatre.org

The Snow Queen at Maryland Hall for the Creative Arts, Annapolis. 7:30 p.m. 410-263-5544. Marylandhall.org

Hamlet at Annapolis Shakespeare Company, Annapolis. (See 10/4).

MUSIC

Eaglemania & Journeyman at Wicomico Youth & Civic Center, Salisbury. 7 p.m. 410-548-4900. Wicomicociviccenter.org

Brother's Keeper LIVE @ Cult Classic at Cult Classic Brewing Company, Stevensville. 7 p.m. 410-980-8097. Cultclassic.simpletix.com

Hiroshima at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Ramsheadonstage.com

Saturday
19

SPECIAL EVENTS

Water/Ways at Dorchester Center for the Arts, Cambridge. 12-4 p.m. (Sun.), 12-6 p.m. (Tues.-Thurs.), 10 a.m.-6 p.m. (Fri.-Sat.). Now through November 30th, 2019. 410-228-3575. Visitdorchester.org

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Eastern Shore Best of Eastern Shore 2019
Eastern Shore Best of Eastern Shore 2019

JORGE ALBERTO
To Fool The Eye, Trompe L'oeil Paintings

Opening Reception Oct. 4, 2019 • 5 - 8 pm • www.troikagallery.com
Troika Gallery • 9 South Harrison Street • Easton, MD • 410-770-9190

Dank Day Beer Festival at Governors Hall at Sailwinds Park, Cambridge. Rarbrewing.com

Conquest Preserve 5k Trail Run & 1 Mile Fun Run/Walk at Conquest, Centerville. 8 a.m. 410-758-0835. Qac.org (C)

Easton Farmers Market at Easton Farmers' Market, Easton. 8 a.m. 410-822-7299. Avalonfoundation.org

Chestertown Farmers Market at Fountain Park, Chestertown. 8 a.m. Townofchestertown.com

Guided Kayak on Little Blackwater River at Blackwater Adventures, Cambridge. 9 a.m. 410-901-9255. Blackwateradventuresmd.com

Delmarva Genealogy & Heritage Conference at Wicomico Youth & Civic Center, Salisbury. 9 a.m. 410-548-4900. Wicomicoiviccenter.org

Frederick Douglass Walking Tour at Dorchester County Historical Society, Cambridge. 9 a.m.

Tilghman Island Day at Tilghman Island, Tilghman Island. 10 a.m. Tilghmanmd.com (F)

Old Wye Mill Grinding Days at Wye Grist Mill, Wye Mills. 10 a.m. 410-827-3850. Oldwye-mill.org (F)

Pull and Haul at Chesapeake Bay Maritime Museum, Saint Michaels. 10 a.m. 410-745-4960. Cbmm.org

Fall into St. Michaels at Town of St. Michaels. 10 a.m. 410-745-0411. Stmichaelsmd.org (F)

Rock Hall Kite Extravaganza at The Bulkhead, Rock Hall. 11 a.m. Rockhallmd.com (F)

Dazzling Fall Color Soup 'n Walk at Adkins Arboretum, Ridgely. 11 a.m. 410-634-2847. Adkinsarboretum.org

Mactoberfest at Caroline County 4-H Park, Denton. 12 p.m. Carolinechamber.org

Oktoberfest Dinner at Immanuel United Church of Christ, Cambridge. 4:30 p.m. 410-228-4640. Immanuelucc.com

Annual Bash to support the Eastern Shore Community Rowers at Hager House, Easton. 5 p.m. 410 924-6621. Escrowers.org (C)

Historic Ghost Walks at Bordley History Center, Chestertown. 6:30 p.m. 410-778-3499. Kentcountyhistory.org (F)

St. Michaels Ghost Walk at Chesapeake Bay Maritime Museum, Saint Michaels. 7 p.m. 443-735-0771. Chesapeakeghostwalks.com

PERFORMING ARTS

Ghost the Musical at Clear Space Theatre, Rehoboth Beach. (See 10/18).

All That Jazz at Annapolis Shakespeare Company, Annapolis. (See 10/5).

Hamlet at Annapolis Shakespeare Company, Annapolis. (See 10/5).

The Snow Queen at Maryland Hall for the Creative Arts, Annapolis. 7 p.m. 410-263-5544. Marylandhall.org

MUSIC

Leonid & Friends Performing The Music of Chicago, Earth, Wind & Fire and Blood, Sweat & Tears Show Added! at Rams Head On Stage, Annapolis. 3 p.m. 410-268-4545. Ramsheadonstage.com

Leonid & Friends Performing The Music of Chicago, Earth, Wind & Fire and Blood, Sweat & Tears Show Added! at Rams Head On Stage, Annapolis. 7 p.m. 410-268-4545. Ramsheadonstage.com

Hendrik Meurkens Quartet at The Mainstay, Rock Hall. 8 p.m. 410-639-9133. Mainstay-rockhall.org

Sunday
20

SPECIAL EVENTS

Delmarva Genealogy & Heritage Conference at Wicomico Youth & Civic Center, Salisbury. 9 a.m. 410-548-4900. Wicomicoiviccenter.org

Fall into St. Michaels at Town of St. Michaels. 10 a.m. 410-745-0411. Stmichaelsmd.org (F)

Exploring the Tree in the History of Art (Session 2: Romantic era) at Adkins Arboretum, Ridgely. 1:30 p.m. 410-634-2847. Adkinsarboretum.org

Last History: Frederick Douglass in Queen Anne's County at Queen Anne's County Free Library - Centerville Branch, Centerville. 1:30 p.m. 410-643-8161. Qac.org (F)

Maryland Renaissance Festival at Renaissance Festival, Annapolis. 10 a.m. 410-266-7304. Marylandrenaissancefestival.com (F)

PERFORMING ARTS

Ghost the Musical at Clear Space Theatre, Rehoboth Beach. 3 p.m. 302-227-2270. Clearspacetheatre.org

All That Jazz at Annapolis Shakespeare Company, Annapolis. (See 10/5).

Hamlet at Annapolis Shakespeare Company, Annapolis. (See 10/5).

The Snow Queen at Maryland Hall for the Creative Arts, Annapolis. 2 p.m. 410-263-5544. Marylandhall.org

MUSIC

THE ORCHESTRA Starring Former Members of Electric Light Orchestra at Rams Head On Stage, Annapolis. 4:30 p.m. & 7:30 p.m. 410-268-4545. Ramsheadonstage.com

SPORTS

Redskins vs 49ers at FedExField, Landover. 1 p.m. 301-276-6800. Redskins.com Sports & Recreation

Monday
21

SPECIAL EVENTS

Open Portrait Studio at Academy Arts Museum Of Easton, Easton. 1 p.m. 410-822-2787. Academyartmuseum.org

MUSIC

Mainstay Monday featuring Joe Holt with guest Zach Lambert at The Mainstay, Rock Hall. 7 p.m. 410-639-9133. Mainstayrockhall.org

Crime of Thrones: We Kill. You Laugh. at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Ramsheadonstage.com

Tuesday
22

MUSIC

The Bros. Landreth at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Ramsheadonstage.com

Wednesday
23

SPECIAL EVENTS

Life Line Screening Health Screenings at Wicomico Youth & Civic Center, Salisbury. 11 a.m. 410-548-4900. Wicomicoiviccenter.org

Reconsidering the Roles of Women on the Chesapeake (Fall Speaker Series 2019) at Chesapeake Bay Maritime Museum, Saint Michaels. 5:30 p.m. 410-745-4960. Cbmm.org

MUSIC

Jesse Cook at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Ramsheadonstage.com

Thursday
24

SPECIAL EVENTS

Time Travel for Homeschoolers (ages 6-8) at Adkins Arboretum, Ridgely. 1 p.m. 410-634-2847. Adkinsarboretum.org (F)

Maryland's Mammals for Homeschoolers (ages 9-12) at Adkins Arboretum, Ridgely. 1 p.m. 410-634-2847. Adkinsarboretum.org (F)

Cambridge Farmers Market at Long Wharf Park, Cambridge. 3 p.m. Visitdorchester.org Farmers Markets

800nanza at Talbot County Community Center, Easton. 6 p.m. 410-770-8050. Talbot-countymd.gov (F)

PERFORMING ARTS

The Prisoner of Second Avenue at Tred Avon Players, Oxford. 7:30 p.m. 410-226-0061. Tredavonplayers.org

The Royale at Olney Theatre, Olney. (See 10/3).

Thoughts of a Colored Man at Baltimore Center Stage, Baltimore. (See 10/10).

MUSIC

The Dao Wop Project at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Ramsheadonstage.com

Friday
25

SPECIAL EVENTS

Fall Respite for Adults with Disabilities at Camp Pecometh, Centerville. 410-556-6900. Pecometh.org

Lie-Nielsen Hand Tool Event at Chesapeake Bay Maritime Museum, Saint Michaels. 10 a.m. 410-745-4960. Cbmm.org

Color Pencil at Adkins Arboretum, Ridgely. 10 a.m. 410-634-2847. Adkinsarboretum.org

Quota Club Christmas Gift and Craft Show at Wicomico Youth & Civic Center, Salisbury. 4 p.m. 410-548-4900. Wicomicoiviccenter.org (F) (C)

PERFORMING ARTS

The Prisoner of Second Avenue at Tred Avon Players, Oxford. (See 10/24).

Ghost the Musical at Clear Space Theatre, Rehoboth Beach. (See 10/18).

The White Rose at The Colonial Players, Annapolis. 8 p.m. 410-224-2065. Thecolonialplayers.org

Hamlet at Annapolis Shakespeare Company, Annapolis. (See 10/4).

MUSIC

USNA Halloween Concert at U.S. Naval Academy Chapel, Annapolis. 7 p.m. & 9 p.m. 410-293-8497. Usna.edu

ZZ Top at MGM National Harbor, Oxon Hill. 8 p.m. 844-346-4664. Mgmnationalharbor.mgmresorts.com

Saturday
26

SPECIAL EVENTS

Rock the Choptank Fishing Tourney at Long Wharf Park, Cambridge. 6 a.m. Visitdorchester.org

The Shore Update's Restaurant Appreciation Week at Queen Anne's County. 410-827-9312. Shoreupdate.com

Howl-O-Ween 5K Run-Walk at Martin Sutton Park, Ridgely. 8 a.m. Carolin humane.org (C)

Easton Farmers Market at Easton Farmers' Market, Easton. 8 a.m. 410-822-7299. Avalonfoundation.org

Chestertown Farmers Market at Fountain Park, Chestertown. 8 a.m. Townofchestertown.com

Farmers Markets
OysterFest at Chesapeake Bay Maritime Museum, Saint Michaels. 10 a.m. 410-745-4960. Cbmm.org (C)

Quota Club Christmas Gift and Craft Show at Wicomico Youth & Civic Center, Salisbury. 10 a.m. 410-548-4900. Wicomicoiviccenter.org (F) (C)

Soup & Sip! Crab Soup Competition & Wine Tasting at The Kitchen at the Imperial, Chestertown. 12 p.m. 410-798-5000. Imperialchestertown.com (C)

Scarecrow Wizardry at Martinak State Park, Denton. 5 p.m. 410-479-8120. (F)

Historic Ghost Walks at Bordley History Center, Chestertown. 6:30 p.m. 410-778-3499. Kentcountyhistory.org (F)

St. Michaels Ghost Walk at Chesapeake Bay Maritime Museum, Saint Michaels. 7 p.m. 443-735-0771. Chesapeakeghostwalks.com

PERFORMING ARTS

The Prisoner of Second Avenue at Tred Avon Players, Oxford. (See 10/24).

Ghost the Musical at Clear Space Theatre, Rehoboth Beach. (See 10/18).

Hamlet at Annapolis Shakespeare Company, Annapolis. 2 p.m. & 8 p.m. 410-415-3513. Annapolisshakespeare.org

The White Rose at The Colonial Players, Annapolis. (See 10/25).

The Met: Live in HD 2019-20 Season at Avalon Theatre, Easton. 1 p.m. 410-822-7299. Avalonfoundation.org

MUSIC

Sue Matthews at The Mainstay, Rock Hall. 8 p.m. 410-639-9133. Mainstayrockhall.org

Jay And The Americans at Rams Head On Stage, Annapolis. 4 p.m. 410-268-4545. Ramsheadonstage.com

USNA Halloween Concert at U.S. Naval Academy Chapel, Annapolis. 7 p.m. 410-293-8497. Usna.edu

The Temptations and The Four Tops at Modell Performing Arts Center at the Lyric, Baltimore. 7:30 p.m. 410-900-1150. Modell-lyric.com

Jay And The Americans at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Ramsheadonstage.com

Sunday
27

SPECIAL EVENTS

Quota Club Christmas Gift and Craft Show at Wicomico Youth & Civic Center, Salisbury. 10 a.m. 410-548-4900. Wicomicociviccenter.org (F) (C)

Kite Festival at Sailwinds Park at Dorchester County Visitor Center, Cambridge. 12 p.m. (F)

Exploring the Tree in the History of Art (Session 3: Contemporary era) at Adkins Arboretum, Ridgely. 1:30 p.m. 410-634-2847. Adkinsarboretum.org

PERFORMING ARTS

The Prisoner of Second Avenue at Tred Avon Players, Oxford. 2 p.m. 410-226-0061. Tredavonplayers.org

Ghost the Musical at Clear Space Theatre, Rehoboth Beach. (See 10/20).

Hamlet at Annapolis Shakespeare Company, Annapolis. (See 10/5).

The White Rose at The Colonial Players, Annapolis. 3 p.m. 410-224-2065. Thecolonialplayers.org

MUSIC

Splash'N Boots Kids Concert! at Rams Head On Stage, Annapolis. 11 a.m. 410-268-4545. Ramsheadonstage.com (F)

Monday
28

MUSIC

Incognito featuring Maysa at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Ramsheadonstage.com

Tuesday
29

SPECIAL EVENTS

Bingo at the Legion at American Legion Post 29, Denton. 7:30 p.m. Legion29.org

Wednesday
30

SPECIAL EVENTS

Open Mic Night at Garfield Center for the Arts, Chestertown. 7:30 p.m. 410-810-2060. Garfieldcenter.org

MUSIC

Bret Michaels at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Ramsheadonstage.com

Thursday
31

SPECIAL EVENTS

Time Travel for Homeschoolers (ages 6-8) at Adkins Arboretum, Ridgely. 1 p.m. 410-634-2847. Adkinsarboretum.org (F)

Maryland's Mammals for Homeschoolers (ages 9-12) at Adkins Arboretum, Ridgely. 1 p.m. 410-634-2847. Adkinsarboretum.org (F)

Easton Ghost Walk at Tidewater Inn, Easton. 8 p.m. 443-735-0771. Chesapeakeghostwalks.com

PERFORMING ARTS

The Prisoner of Second Avenue at Tred Avon Players, Oxford. (See 10/24).

The White Rose at The Colonial Players, Annapolis. (See 10/25).



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Where's Wilma?

FIND WILMA AND WIN!

Break out the Halloween decorations, cozy fall clothing, and pumpkin-scented candles because it's finally October! Follow Wilma to the Out on the Towne section for ideas on some fun fall events and activities, including pumpkin patches and harvest festivals. Gather around the bonfire with some family and friends, and relax in the crisp, autumn air. Let's make this October one to remember!

Here's how the contest works: Wilma appears next to three different ads in this magazine. When you spot her, write the names of the ads and their page numbers on the entry form online or mail in the form below and you'll be eligible to win. Only one entry per family. Good luck and don't forget to submit your restaurant review online at whatsupmag.com/promotions for another opportunity to win a prize.

Congratulations to this month's winner:
Robin Day of Centreville, who won a gift certificate to Fisherman's Crab Deck!

Mail entries to: Where's Wilma?
 Eastern Shore, 201 Defense Hwy., Ste. 203, Annapolis, MD 21401 or fill out the form at whatsupmag.com/promotions



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Entries must be received by October 31st, 2019. Winner will receive a gift certificate to a local establishment and their name will appear in an upcoming issue of What's Up? Eastern Shore.

| | |
|--|-------------|
| AAMG Chesapeake Women's Health..... | 2 |
| Academy Arts Museum of Easton..... | 21 |
| Accurate Asphalt, LLC..... | 90 |
| Annapolis Auto..... | 14, 25 |
| Barbara's On The Bay..... | Kent County |
| Bay Bridge Marina Yacht Club - Hemingway's Restaurant..... | 103 |
| Bay Carpets Cabinets & Floors..... | 87 |
| Benkovich Orthodontics..... | 71 |
| Catalina Pool Builders..... | 74 |
| Chaney Homes..... | 85 |
| Chesapeake Bay Beach Club..... | 11 |
| Chesapeake Bay Maritime Museum..... | 19 |
| Chesapeake Property Finishes..... | 21 |
| Choices Pregnancy Center..... | 25 |
| County Commissioners of Kent County..... | Kent County |
| CR Realty..... | 3 |
| Djawdan Center for Implant and Restorative Dentistry..... | 1 |
| Dr. Margret Quimby..... | LHP |
| Drs. Walzer, Sullivan & Hlousek, PA..... | 5 |
| Duffy Creek Marina..... | Kent County |
| Eastern Shore Dental Care..... | 14, LHP |
| Eastern Shore Tents And Events..... | Kent County |
| Easton Dermatology Associates, LLC..... | LHP |
| Great Oak Manor..... | Kent County |
| Griffith Energy Services..... | 89 |
| Haven Ministries..... | 23 |
| Horance K. Wood, DMD-Oral & Maxillofacial Surgery..... | LHP |
| Kent Island Pediatric Dentistry..... | 13 |
| Kitty Knight, LLC..... | Kent County |
| Lundberg Builders / 314 Design Studio..... | 74, 111 |
| Main Street Historic Chestertown..... | Kent County |
| Massoglia Gina, M.D..... | 54 |
| Mid Atlantic Symphony Orchestra..... | 13 |
| Nancy Hammond Editions..... | 57 |
| Natures Garlic Farm..... | 111 |
| Osprey Point..... | Kent County |
| Piazza Italian Market..... | 100 |
| Plastic Surgery Specialists..... | BC, LHP |
| Radcliffe Creek School..... | 13 |
| Range & Reef..... | 111 |
| RiverArts..... | Kent County |
| Sandel Duggal Center For Plastic Surgery..... | LHP |
| Smilin' Jake's..... | Kent County |
| Snifters Crafts Beer and Wine Bistro..... | 100 |
| Soistman Family Dental & Associates..... | LHP |
| South River Flooring..... | 87 |
| Sullivan Surgery and Spa..... | IFC |
| Sultana Education Foundation..... | 17 |
| Sunrise Solar..... | Kent County |
| Talbot Hospice..... | 109 |
| The Centers for Advanced Orthopedics..... | 55 |
| The Chester River Wellness Alliance..... | Kent County |
| The Hickory Stick..... | Kent County |
| The Kahan Center for Pain Management..... | 58, LHP |
| The Mainstay..... | Kent County |
| Tidewater Inn..... | 57 |
| Tilghman Volunteer Fire Company..... | 12 |
| Troika Gallery..... | 109 |
| Two Tree Restaurant..... | Kent County |
| University of Maryland Shore Regional Health..... | 50 |
| WHEELHOUSE..... | Kent County |



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