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**On the Cover:** An osprey has made its home on Poplar Island. Photograph courtesy Chesapeake Bay Program. Design by August Schwartz. Contact *What's Up? Eastern Shore* online at [whatsupmag.com](http://whatsupmag.com). Please recycle this magazine.

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**What's Up? Eastern Shore is published by What's Up? Media**

201 Defense Highway, Suite 203, Annapolis, MD 21401,

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knoxie's | 5:00 PM  
TERRACE | 8:00 PM



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THURSDAYS IN DECEMBER \*4P - 7P



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# December contents

COMING UP IN  
**JANUARY 2020**

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Private School Guide

Chesapeake's Disappearing Islands

2020 State Legislative Preview



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### 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](http://whatsupmag.com/advertise) and reserve your spot today!



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UPCOMING **DECEMBER** EVENTS ON

# whatsuptix.com

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## What's Up? for Lunch Networking

What's Up? Media  
The Blackwall Barn & Lodge  
11:30am - 1:00pm | **FREE**

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## Holiday Taste and Sip 10th Anniversary Celebration

Greater Severna Park and Arnold  
Chamber of Commerce  
Chartwell Golf & Country Club  
6:00pm - 9:00pm | **\$40**



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## Shells & Bells, a Party on the Creek!

Chesapeake BaySavers  
Historic Charles Carroll  
House & Gardens  
6:00pm - 10:00pm | **\$125-\$250**

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## The Nutcracker Tea

What's Up? Media  
Graduate Annapolis  
10am, 2pm, 5:30pm | **\$58-\$73**

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## Chateau Ste. Michelle Wine Dinner

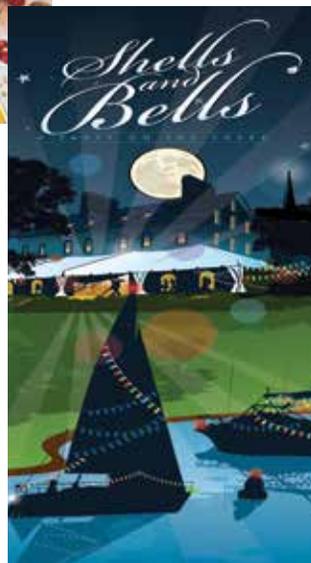
Fishpaws Marketplace  
Carroll's Creek Cafe  
6:30pm - 9:30pm | **\$95**



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## The Holly Trolley

Herald Harbor Citizens  
Association  
Herald Harbor Community Center  
6:30pm - 9:00pm | **\$10-\$20**



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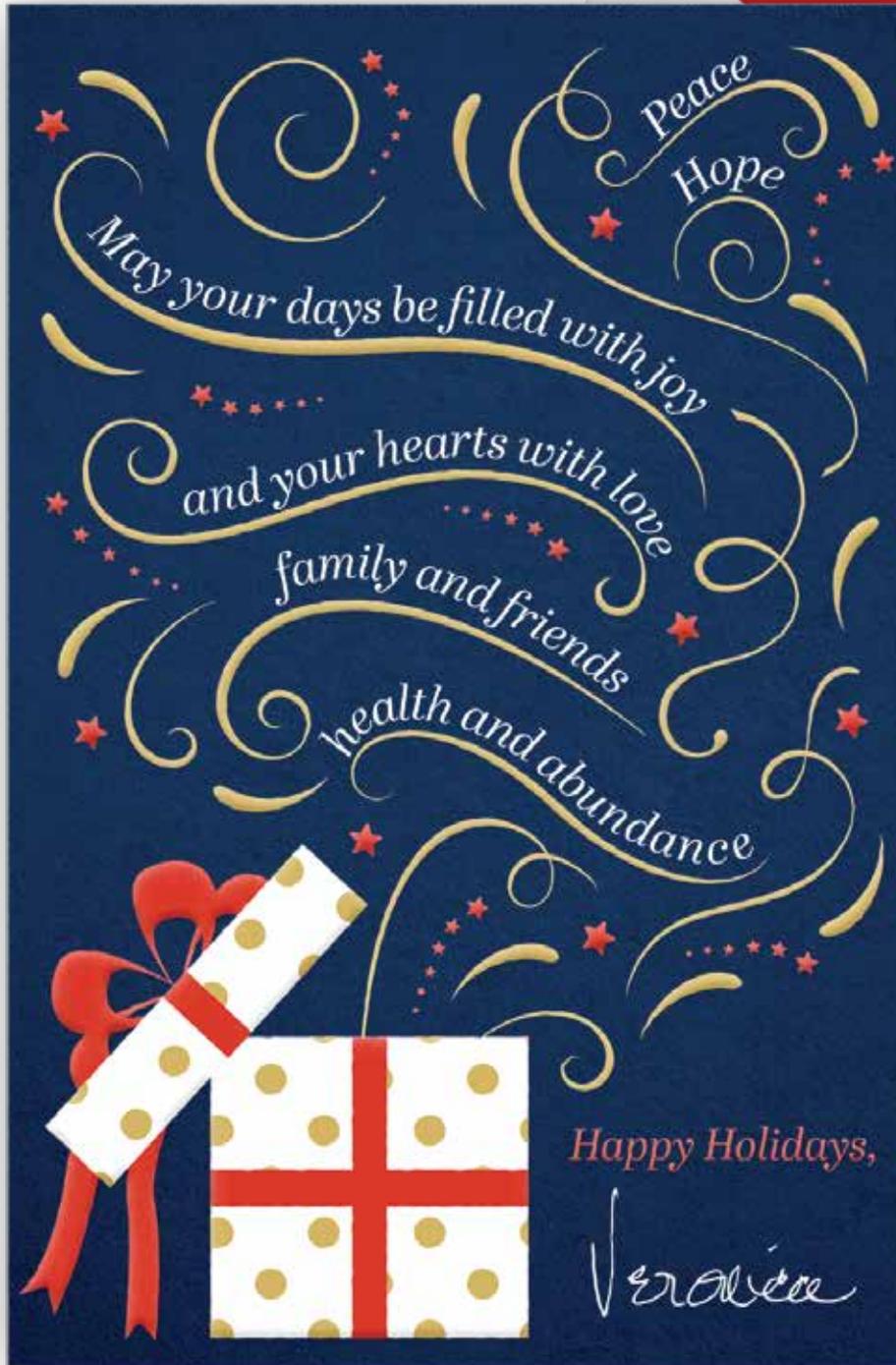
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*From the*  
**publisher**

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# *Out on the* **TownE**

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## **↑ Mid-Atlantic Symphony: Holiday Joy**

Join the Mid-Atlantic Symphony for its annual holiday concert on Friday, December 6, 7 p.m. at the historic Avalon Theatre in Easton. Get into the holiday spirit with incredible jazz, swing, and popular orchestrations that pay tribute to the great American Pops Orchestras. The concert will also feature Metropolitan Opera star Kevin Short. Tickets are \$50. For more information, visit [Midatlanticsymphony.org](http://Midatlanticsymphony.org).

## Dickens of a Christmas

Enjoy holiday merriments with a Dickens twist Friday, December 6 through Sunday, December 8 in the heart of historic downtown Chestertown. This Victorian-themed weekend, organized by Main Street Chestertown, offers fun activities for the whole family, including horse-drawn carriage rides, street performers, live music and caroling, children's games, authentic food and market vendors, a holiday house tour, fire dancers, afternoon teas, antique bicycles, and more. Saturday night brings a ticketed party at Fezziwigs to benefit the Kent County Food Pantry. Most entertainment is free, but some events are ticketed. For reservations and more information, visit [Dickenschestertown.org](http://Dickenschestertown.org).



### ST. MICHAELS MIDNIGHT MADNESS

See the town of St. Michaels festively decorated for the season while enjoying great sales, entertainment, and more during Midnight Madness on Saturday, December 7. Local shops will be open until midnight so you can shop until you drop! Plus, with every purchase made at a participating sponsor, you can enter for a chance to win raffle prizes valued at over \$15,000. For more information, visit [Stmichaelsmd.org](http://Stmichaelsmd.org).



Photo by Lights on the Bay

### ↑ LIGHTS ON THE BAY

Lights on the Bay, hosted by the SPCA of Anne Arundel County, is open to the public now through Wednesday, January 1, 5-10 p.m. at Sandy Point State Park. Enjoy a two-mile scenic drive along the Chesapeake Bay with approximately 70 spectacular, animated and stationary light displays illuminating the roadways. Admission is \$15 per car or van, \$30 for large passenger vans, mini buses, and trolleys, and \$50 for buses. Proceeds benefit the SPCA of Anne Arundel County. For more information, call 410-268-4388 or visit [Lightsonthebay.org](http://Lightsonthebay.org).

### Skate with Santa →

Santa will be taking a break from his busy schedule to visit the Talbot County Community Center on Wednesday, December 11 and Thursday, December 12, 6-8 p.m. Enjoy skating, holiday treats, and fun with the whole family! Kids will have the opportunity to visit with Santa and receive a special gift. Admission is \$15 per child and \$5 for adults (if skating), and pre-registration is required. For more information, visit [Tourtalbot.org](http://Tourtalbot.org).



Photo by Jacob Kilmon



## ↑ SANTA CHASE

Enjoy a two-mile walk, run, or jog filled with holiday magic during the fifth annual Santa Chase on Friday, December 6, 7 p.m. at Martinak State Park. Candles and holiday lights will illuminate the race trail. Be sure to dress in your best holiday attire for the costume challenge, which will be judged by Santa himself. This race is dog-friendly. Registration is \$20 per person. Proceeds from the event will benefit the Lions Clubs International's Vision charities. For more information to register, visit [Carolinerecreation.org](http://Carolinerecreation.org).

## Cambridge-Dorchester County Christmas Parade

It's beginning to look a lot like Christmas! The 71st annual Cambridge-Dorchester County Christmas Parade returns on Saturday, December 7 in Downtown Cambridge. The festivities begin at 4 p.m. with a performance by The Chorus of Dorchester. The parade kicks off at 5 p.m. at Long Wharf Park and travels the distance of High Street, Poplar Street, and Race Street, ending the one-mile route at Washington Street. For more information, visit [Christmasparade.org](http://Christmasparade.org).

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### CENTREVILLE - QUEEN ANNES

**227 N Commerce St.** 4BR/4BA. Completed fully remodeled and nearly new home. 3,000 SQFT +/- with all the bells and whistles. Two Master bedrooms, beautiful hardwood flooring, granite counters, kitchen island, stainless appliances, tankless water heater, huge back deck, two car detached garage, plenty of extra storage in the basement. Right in the heart of Centreville only a short walk from restaurants, stores, parks, boat ramps, and schools. **\$399,500**



### CENTREVILLE - QUEEN ANNES

**343 Overture Way.** 4BD/4BA. Private lot backing to trees/woods. Open floor plan. Almost 5,000 sq ft in living space. Large open foyer with hardwood floors throughout. Main level master whuge walk in closet & bath. Large upstairs BR w/private bath. Basement could be great in-law suite w/ Kitchenette & large space. Come enjoy 55+ community living. Newly redone public access Wharf is less than 10 minutes drive. Easy access to Bay Bridge. **\$485,500**



### ODENTON - ANNE ARUNDEL

**806 Emory Ct.** 3BR/3BA only 5 homes located on this private dead-end street. Inside you will find beautiful hand wood floors, gas fireplace, huge open kitchen with island, New top of the line appliances, tall ceilings with recessed lighting, custom woodwork, master bedroom with walk in closet, large 2nd story deck overlooking woods. Community includes 3 outdoor swimming pools, a walking trail, community fitness center and nature preserve with entrance next to neighborhood. **\$409,500**



### CENTREVILLE - QUEEN ANNES

**135 Cypress St.** 4BR/3/1BA. Perfectly maintained home backing to protected woods for privacy, yet in town for all its conveniences. Pulling up you will find beautifully manicured lawn, side entry garage, paved drive, patio and private maintenance free deck. Step inside and see the hard wood floors, tile, 1st floor master, Finished basement with walk out, 2nd Master and huge family room, gas fireplace, New quartz countertop. **\$344,500**



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**4113 Wakefield Ln.** 4BR/3BA. Samuel Ogle Middle School is just a hop skip and a jump away. Whitehall Swim and Tennis Club is within walking distance. The roof was replaced in February and will come with warranty. Enjoy that outdoor feel year-round with the wonderful Florida room right off the kitchen. It leads out to the paved patio perfect for entertaining. Home sits on just over a third of an acre. The back yard is your own private oasis, fenced in with mature trees, and professionally landscaped yard. **\$359,000**

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## ↓ CHRISTMAS IN ST. MICHAELS

Capture the magic of the holidays in the picturesque waterside town of St. Michaels. Enjoy a weekend of family fun on Friday, December 13 through Sunday, December 15. On Friday, put on your festive holiday attire for the Yuletide Party at the Inn at Perry Cabin. Enjoy Breakfast with Santa on Saturday, followed by the Talbot Street Parade and the one-mile Santa Dash fun run. Don't forget to stop by the Marketplace and Sweet Shoppe to purchase handcrafted gifts for everyone on your list. The weekend will also feature a gingerbread house display, tours of beautifully decorated homes, and live music. For more information, including a full schedule of events, visit [Christmasinst Michaels.org](http://Christmasinst Michaels.org).

Photo by Jill Jasuta



## First Night Talbot New Year's Eve Celebration

Ring in the new year and celebrate the arts during First Night Talbot on Tuesday, December 31, 6 p.m.-12 a.m. This family-friendly, alcohol-free event takes place at indoor venues in downtown Easton and features a variety of festivities, including live music, face painting, children's crafts, a photo booth, and two crab drops. The 9 p.m. "Midnight in the Mid-Atlantic" crab drop features a community parade of sea creatures and fish hats led by a bagpiper, and the traditional countdown will take place at midnight. Admission into every event can be gained by purchasing a collectible crab button. Crab buttons are \$10 for adults, \$5 for students, and free for children under five. For more information, visit [Firstnighttalbot.org](http://Firstnighttalbot.org).

## RUN LIKE THE DICKENS 5K

Don your stocking cap or top hat and get ready to run through the streets of historic Chestertown for the second annual Run Like the Dickens 5K on Sunday, December 8, 8 a.m. The route starts and finishes on High Street in the heart of downtown and includes historic Chester Cemetery, where the ghost of Marley roams! Walkers are welcome, and there's a special Dickens Dash just for the kids. For more information and to register, visit [Dickenschestertown.org](http://Dickenschestertown.org).

## Santa Swim →

Grab your Santa suits (swimsuits, that is) and take a frosty dip in the Choptank during the annual Santa Swim on Saturday, December 14, 10 a.m., at the Hyatt Regency Chesapeake Bay Resort. The Santa Swim is a fun way to raise money to help families, groups, and senior citizens in need through the programs that The Care & Share Fund supports. After the swim, enjoy light refreshments and entertainment at the awards ceremony. Registration begins at 9:30 a.m. Don't want to swim? Come out and watch! For more information, visit [Careandsharefund.org](http://Careandsharefund.org).



Photo by Camera One

**FOR MORE EVENTS** VISIT OUR CALENDAR ON pg. 135 OR GO TO [WHATSUPMAG.COM](http://WHATSUPMAG.COM)



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**TOWNE SOCIAL**

# Harvest Moon Ball

On October 18, Talisman Therapeutic Riding hosted its annual Harvest Moon Ball at the organization's equine facilities. The "black tie and blue jeans" benefit event featured rider demonstrations, gourmet food and drink, diamond-champagne raffle, cigar bar, and dancing to the music of the Chris Sacks Band. Proceeds from the event directly benefit Talisman's riders, clients, and horses.

Photography by Stephen Buchanan **1.** Tom Divilio and Lisa Gritti **2.** Theresa Connelly and Patrick Lee **3.** Kaitlin Horvath, Isabel Tilley, and Kirk Tilley **4.** Martin Poretsky, Henriette Barreck, and Missy Pasta **5.** Wayne Zussman and Karen Baer **6.** Kim and Gregory Harris



6



1



2

**TOWNE SOCIAL**

## 2019 Academy Craft Show

The Academy Art Museum in Easton held its 22nd annual Craft Show for 70 artists from across the United States over the course of three full days, October 11 through 13. In addition, the Academy hosted a preview party on the evening of October 10. The craft show experience included shopping, artist demonstrations, a Maker's Forum to hear artists in conversation, and even Little Crafters art sessions.

Photography by Cal Jackson, Janet M. Kerr, and William McDonnell/ courtesy Chesapeake Music 1. Attendees peruse artist booths 2. Artist Amanda Hagerman 3. Artist Matt Gorin 4. Mike and Debbie Potter 5. Janet Hendricks, Simone Liebman, Carolyn Williams, and Marilyn Weiner 6. Paul and Rudanthe Hanrahan with Curry Wilford



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**TOWNE SALUTE**

# Beth Hill

## Character Counts Kent County

By Cate Reynolds

**D**espite the fact that both her parents were educators, Beth Hill swore she'd never teach. Now, she's taken on a teaching role in both her full-time job and volunteer position: working for Kent County 4-H Youth Development and volunteering as a Character Counts Coach with Character Counts Kent County.

The Lancaster, Pennsylvania, native earned her BS in entomology and applied ecology at the University of Delaware, where she also met her husband, David. In 1992, she and David moved to his family's farm in Kennedyville and Hill began working at the University of Maryland Extension as a nutrient management consultant. In 1996, she began working as the faculty extension assistant for 4-H Youth Development, and was promoted to the principal agent associate position in 2016.

In 2008, Hill began volunteering with Character Counts Kent County, a non-profit organization that provides education programs to area schools and the community based on the six pillars of character: trustworthiness, respect, responsibility, fairness, caring, and citizenship. Though Hill can't remember who initially got her involved with the organization, she says the similarities between the ideals of 4-H and Character Counts made it a natural fit for her.

**How did you initially become involved with Character Counts?**

The Character Counts program in Kent County was looking for coaches. So, I started [as a coach] in 2008 with first graders. First graders are fantastic. They suck up all the knowledge that you give them, they love you, they want to hold your hand. I kept getting more and more information from the Character Counts director about the challenges of middle school and the high school coaches. And I [thought], "I need more of a challenge in this." So, I moved to the middle school two years later.

**"I focus on choices. Every day is full of choices. So, to me, it's what do they choose in these situations? How do they choose to make themselves better?"**

**In your own words, what is Character Counts?**

To me, it's a way for kids to look at themselves. What kind of character do they have and [who] do they see in the mirror every day? What kind of person do they want to be and how do they go about getting there? The nice thing about Character Counts is it provides some very practical information on how kids can make themselves to be a better person: how to choose your friends, how to set goals for yourself, manners as basic as "please" and "thank you," opening doors, smiling at folks, and kindness. All those things that are basic; basic fundamentals of character are part of this program. Little kids are that way already for the most part. Middle schoolers are looking to find themselves and I want them to find the best person they can be.

**How do you teach these things to your students?**

It depends on the class on how much they're willing to participate. Sometimes you have classes that are much more open and others that don't want to share as much.

And you kind of go with that. You figure it out really early in the year, what kind of class they're going to be, and then you sort of gauge your lessons based on that.

I focus on choices. Every day is full of choices. So, to me, it's what do they choose in these situations? How do they choose to make themselves better? I try to do hands-on [activities]. For the physical fitness [lesson], I may bring in some hula hoops, or some type of ball, and we talk about lifelong sports, things that they can do, the sportsmanship around sports, and keeping physically fit for your life

and staying healthy. I like to bring in props and I also like to tell personal stories. Because that makes you relatable as a coach, and I love to get them to tell stories because then it makes it real for them.

**Why is the organization so important to you?**

Because of the direction our society has taken, I think character development and character education is more important than it's ever been. I feel it's really important that somebody is talking to [kids] about character, how to be a good person, and how important it is to be a good person. You need

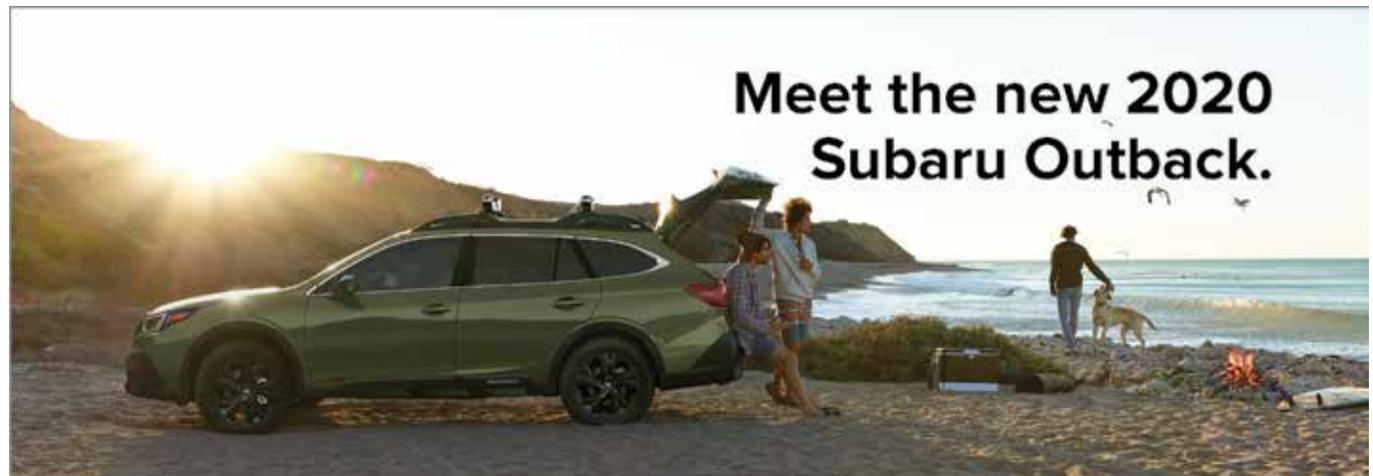
those character traits to be a successful adult and to go into a career, whether it's learning to show up on time for a job, or how to shake the hand of somebody when you go in for a job interview.

With the direction that our national conversation is going, as far as character, I think it's important that we learn that bullying is not okay. Saying bad things about people is not okay. No matter what's going on around you, you can be a better person than that. You have to live with who you are, and you can always change. There are always choices. We all make mistakes, but we

can all make choices to make ourselves better the next time around, whatever that may be. What kind of person do you want to be? Because in the end, the only person that's looking back at you in the mirror is yourself.

*For more information on Character Counts Kent County, visit [cckentmd.org](http://cckentmd.org).*

**Do you have a volunteer to nominate? Send What's Up? an email to [cbrees@whatsupmag.com](mailto:cbrees@whatsupmag.com).**



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## ACADEMY ART MUSEUM ANNOUNCES CHANGES TO ITS BOARD ↓

The Academy Art Museum announced the retirement of four board members, as well as the addition of four new trustees. Retiring members, who have each served six to seven years, include Amy Haines, Susan Phillips, J.T. Smith, and Debbie Willse. The four new trustees that have been appointed are Julie Madden, Chuck Mangold, Jr., Roy McGrath, and Karen Shook. The new members will help the museum progress its Capital Campaign, as well as expand its educational programs, exhibitions, and collections.



Left to right: Chuck Mangold, Jr., J.T. Smith, Academy Art Museum Director Ben Simons, Amy Haines, Board of Trustees Chair Catherine McCoy, and Roy McGrath. Photo by Amy Steward



Left to right: CBMM Vice President of Advancement Liz LaCorte, Habitat for Humanity Choptank Executive Director JoAnn Hansen, and CBMM Vice President of Operations Steven Byrnes. Photo courtesy of CBMM

## ↑ CBMM Volunteers with Habitat for Humanity Choptank

Staff from Chesapeake Bay Maritime Museum (CBMM) spent a week volunteering with Habitat for Humanity Choptank in August. The organizations partnered up to work on Habitat Choptank houses under construction in the Brooks Lane neighborhood of St. Michaels. Habitat for Humanity Choptank broke ground on this neighborhood in September 2018, and the first homebuyer moved in this past fall. CBMM is also providing memberships to the museum for these homebuyers as a way to welcome them into the community.



Board Member of the Year Sally Rankin pictured with team mascot Sherman the Shorebird

## BIG BROTHERS BIG SISTERS OF THE EASTERN SHORE CELEBRATES SUPPORTERS

Big Brothers Big Sisters of the Eastern Shore (BBB-SES) held its annual Big Celebration at the Delmarva Shorebirds' stadium in August. The event recognized the committed volunteers, families, and supporters of BBB-SES. The Big Brother of the Year award went to Patrick Cupp of Caroline County, while Big Sister of the Year was awarded to Sharon Fincher of Wicomico County. Sally Rankin was presented with the BBBSES Board Member of the Year award. BBBSES is affiliated with Big Brothers Big Sisters of America and its goal is to create and support relationships between the volunteer mentors and youth.

Do you have community or business news to publicize? Send What's Up? an email at [cbreese@whatsupmag.com](mailto:cbreese@whatsupmag.com).

Photo courtesy of University of Maryland Shore Regional Health



## UM SHORE REGIONAL HEALTH ANNOUNCES NEW CHIEF NURSING OFFICER

Jennifer Bowie joined University of Maryland Shore Regional Health (SRH) as the new chief nursing

officer (CNO) and vice president for Nursing and Patient Care Services. Prior to SRH, Bowie served as vice president of Patient Care Services and chief nurse executive at Mt. Washington Pediatric Hospital in Baltimore. Bowie earned her bachelor's degree in nursing from The Catholic University of America and received her MBA from Grand Canyon University. She is now pursuing a doctoral degree in organizational leadership and development. In 2018, Bowie was named one of *Baltimore* magazine's top nurses in the Manager/Nurse Executives category.



## Compass Regional Hospice Celebrates 25th Anniversary of Camp New Dawn

Compass Regional Hospice celebrated the 25th anniversary of Camp New Dawn in August. Camp New Dawn is an annual bereavement retreat for children, teenagers, and families, and its mission is to give participants the opportunity to express their grief in healthy ways. Since 1994, Camp New Dawn has provided a safe place for more than 800 children to grieve and understand loss. Held at Camp Pecometh in Centreville, Camp New Dawn offers structured grief-related programs and discussions, as well as activities like swimming, fishing, dancing, and yoga.



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**“She is a natural leader. It’s just her personality. Wherever she goes or whatever she says, the girls follow and are tuned in.”**

“I really enjoy planning things for other people, watching how it makes people happy, and being organized in doing it,” the Worton resident says.

She’s already gotten a head start on her future profession. Gillespie has filmed and edited wedding videos, as well as documented and photographed a party of 550 people.

“I plan on how they pose and how to make the video the way they want it, and I work with them it,” she says.

Gillespie also helped found her school’s 70-member Outing Club, a nature-based organization that takes trips. She’s been busy planning and organizing Mid-Atlantic excursions to a Civil War battle-field and Annapolis Rocks on the Maryland section of the Appalachian Trail, among other destinations.

“I plan a lot of the trips and how the entire trip is going to go,” says Gillespie, who is president of the club, carries a 3.2-grade point average, and is taking three honors classes this school year.

The Outing Club is one of many she belongs to. Her other affiliations include the school’s Math Club, Yearbook Club, literary magazine,

and Give Club, for which she is vice president and raises money for charities.

“The work she does with the [Give] club is pretty impressive,” Gunston Athletic Director Jon Mellinger says. “She is the point person. She knows how to get people organized and has a good relationship with the faculty to help be a liaison between the students and administration.”

She also shows leadership in sports as co-captain of the field hockey, lacrosse, and basketball teams.

“She is a natural leader,” Gunston Girls’ Basketball Coach Brian Aikan explains. “It’s just her personality. Wherever she goes or whatever she says, the girls follow and are tuned in.”

Gillespie’s top sport is lacrosse. She’s been playing it for 12 years and got her start in the Kent County Recreation League. At Gunston, the 5-foot-9-inch midfielder earned first-team Eastern Shore Independent Athletic Conference honors in her first three seasons on the varsity. Her best season came last spring when Gillespie led the team in goals (35) and assists (41). She guided the Herons to a 14-13 victory over rival Saints Peter & Paul in early April by scoring the game-winner with 20 seconds remaining.

Gillespie plans to play club lacrosse in college.

“Her speed and agility on the field really helped most on our transition from defense to attack,” says former Gunston Girls’ Lacrosse Coach

TOWNE ATHLETE

# Annabelle Gillespie

Gunston School  
Field Hockey, Lacrosse, Basketball

By Tom Worgo

**Y**ou can call Gunston School senior and three-sport athlete Annabelle Gillespie a leader among leaders. Gillespie loves to take charge and organize things. That’s why she sees her future career as an event planner.

Elon University in North Carolina is Gillespie ideal school and she hopes to major in communications design there. She has also applied to Delaware, Alabama, Auburn, and High Point.

Millicent Sheets. "She was able to get the ball down the field quickly and get our offense going."

Gillespie also thrived in basketball, leading the team in points (10.0) and rebounds (8.5). She was named a first-team All-Conference performer. The guard/forward always defended the other team's best player with her gritty and tough style of play.

"She sets the tone on defense," Aikan says. "She leads the aggressive defense we like to run."

Gillespie shined in field hockey, too. As a midfielder, she received first-team All-Conference honors three times.

Mellinger loves the fact that when Gillespie graduates, she will have played on the varsity for four years in all three sports.

"She rises to the occasion," Mellinger says. "When the lights come on and you need a goal or a possession, she is your go-to player."

Sheets adds, "She is extremely athletic and it showed up in every sport she played."

Do you have a local athlete to nominate? Send What's Up? an email to [tworgo@whatsupmag.com](mailto:tworgo@whatsupmag.com).

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WHEREFORE ART THOU

# Family?

GENETIC TESTING CAN REVEAL AND UNITE LONG-LOST FAMILY MEMBERS, UNLOCK DECADES-OLD ANCESTRAL MYSTERIES, AND PRODUCE INTENSE MIXED EMOTIONS **BY DIANA LOVE**

Have you ever wondered about the lives of your ancestors? Stayed awake at night thinking about the color of their daily lives, their moments of great triumph or great sorrow, their personal stories, their intimate connections to parents, siblings, cousins, aunts, uncles, and, ultimately, you? Have you considered the possibility of finding long lost relatives, or even relatives not so far down your family tree?

For many, the search to discover their origins is a quest—a journey to discover ethnicity, cultural identity, and a place in the world. For many, this quest was largely impossible until the 2000s, when companies specializing in genetic discovery made testing easy, efficient, and affordable. These same companies made their results available with just a click of your computer mouse. Since the launch of the Human Genome Project in 1984 and the rise of companies like Ancestry.com and 23andMe, two of the most popular genetic testing and ancestry discovery sites, millions of people have been able to find birth

parents, unknown siblings, lost cousins, and direct links to their ancestral roots. Consequently, these companies have also provided insight into inherited medical conditions and propensity for genetically-inherited diseases.

Discovery of ancestral links is fraught with complexity. Will relatives acknowledge the connection? Will hidden secrets be revealed, despite the consequences? Will the aftermath of discovery lead to rich and rewarding relationships, or the opening of yet another chasm of loneliness?

We spoke with several What's Up? Media readers who turned to DNA testing in their journey to discover parents, siblings, family history, and even their ethnicity. Their stories are deeply personal and emotional. They've braved an Odyssey-like search of discovery—not just of something so basic as their personal DNA sequence, but something more. They've faced finding the truth, and it isn't always pretty. Here are their stories.



# Valerie Reynolds

OF BALTIMORE



**V**alerie Reynolds first heard about DNA testing in 2016. "Everybody was talking about these genetic tests, and my children bought my husband a kit for Father's Day," she says. "Of course, I thought it sounded neat, so my daughter Cate [What's Up? Media's Entertainment Editor] purchased a kit for herself and gave one to me for Mother's Day."

Valerie was adopted as a baby and had always longed to know her birth parents. Much of her struggle lay in the void of not knowing where or why: Where did she get her looks? Why does she do things one way or another and, more importantly, did her history of depression and ADHD have a genetic link? Reynolds spent years searching for answers, engaging her husband in the effort. In fact, it was Reynolds' husband who found her birth mother through vigorous online document searches. Together with Cate, they worked to extend identifying Reynolds' family tree.

When Reynolds' husband found her mother and they formed a close relationship, she was able to learn her father's name and that he lived in California. It was relatively easy to find his address after that. "My father was in the service and shipping out on deployment. My mother was 20 years old and didn't want to tell him she was pregnant. She didn't know a lot about my father, so she gave the hospital staff information about a friend for the birth certificate. For years, until I found my mother, I had absolutely nothing to go on."

After reaching out to her father, Reynolds enjoyed cordial conversations on the phone. He wasn't willing to reveal his past or introduce her to his family and she didn't

want to push the topic. She was happy enough to finally have answers to questions she asked herself for years. "My birth mother folds laundry the exact way I do. My father drove my favorite car in the world, a 1964 Ford Mustang. When my birth mother looks at me, I can see myself in her, and her in me. I found out that I am mostly Norwegian. My son looks like a tall, strong Viking and now I know why."

When her daughter Cate took a DNA test and began to find Valerie's paternal first and second cousins online, Reynolds felt that she didn't need to hide her existence from them. "Some people say that this sort of thing disrupts families, that it's not fair. But I disagree. These tests are doing more good than harm. These tests can save adopted people years and years of not knowing. We can finally get what we need and learn what we need to know."

Finding her birth parents hasn't changed her relationship with her adoptive family. Reynolds feels that the discovery of new relatives just means she has more family to love. "My adoptive mother was always a little weird about me finding my birth mother, and I was never sure why she felt that way. Growing up, she taught me that love isn't something you divide, you share it." Reynolds continues to live her life in the way her mother taught her, and finding new family members doesn't change how she does that. "I am going to a family reunion this summer with 120 members of my adoptive family and I am so excited to be with these people I truly consider family. I feel no difference between my love and need for my biological or my adoptive family."

# Steven Labov

OF PHILADELPHIA



**S**teven Labov cared for his father, who suffered from Parkinson's disease, for several years before he died. When he asked his father's physicians about the chromosomal likelihood that he might inherit the disease, they directed him to the Michael J. Fox Foundation, where he was able to take genetic testing for free. The results revealed that while he did have markers for Parkinson's, his sister did not.

Labov decided to take a 23andMe test, largely because that company's genetic research is specifically geared to revealing health and medical-related information. What Labov discovered was a brand-new family.

**"I THOUGHT THE TEST WAS WRONG, THAT IT HAD TO BE A MISTAKE, BECAUSE I KNEW BOTH OF MY GRANDFATHERS AND THAT WAS JUST IMPOSSIBLE. I SORT OF LET IT GO FOR A LONG TIME AFTER THAT, THINKING THE TEST WAS NOT CONCLUSIVE."**

The 23andMe test results showed Labov a match that they believed to be a grandfather. "I thought the test was wrong, that it had to be a mistake, because I knew both of my grandfathers and that was just impossible. I sort of let it go for a long time after that, thinking the test was not conclusive," he says. Two years passed and in late 2018 Labov received an email from 23andMe that showed an updated DNA match. It turned out that the match was not a grandfather, but a half-brother.

Labov learned more details through cousins. Their father went into the Navy at age 17, and got out when he was 21. At that time, he had a brief relationship with a girl from his neighborhood. When the parents from both sides discovered she was pregnant, they sent her away to live with a relative until the baby was born. After the birth, the girl gave the baby up for adoption.

Through the 23andMe website, the brothers began to exchange information and started talking on the phone. "I got my sister involved and we all just couldn't believe it. My sister and I have a brother! My brother looks more like my father than I do! He's been here to see us three or four times. I've been to Atlanta to visit him and he was able to meet our father in hospice. I think these tests and these discoveries are a good thing. A good chunk of people don't want anyone to discover their past and they don't want contact with a child they gave up. But I gained a brother and learned so much about my family, how they lived, and what they went through."

**"I THINK THESE TESTS AND THESE DISCOVERIES ARE A GOOD THING. A GOOD CHUNK OF PEOPLE DON'T WANT ANYONE TO DISCOVER THEIR PAST AND THEY DON'T WANT CONTACT WITH A CHILD THEY GAVE UP. BUT I GAINED A BROTHER AND LEARNED SO MUCH ABOUT MY FAMILY, HOW THEY LIVED, AND WHAT THEY WENT THROUGH."**

# Jennifer Berkebile



## OF CROWNSVILLE

**J**ennifer Berkebile jokes that her family's ancestry looks more like a bush than a tree. Growing up, she knew that her mother's first husband adopted her, but she didn't have many details about her birth father. "My mother told me that she got pregnant by a Scottish drummer, that her parents kicked her out of the house, and that my birth father died. In fact, none of this turned out to be true."

Berkebile's mother was a true hippie in the 1960s, a wanderer who left home with a friend to travel west across Canada, headed for Vancouver. In the remote Okanagan Valley of British Columbia, while awaiting a shipment of an auto part to repair her car, Berkebile's mother met a young man. They instantly connected.

The car part arrived after ten days, and the young lovers went their separate ways. They reconnected the following summer in Vancouver, where they moved in together and where Berkebile was born. After some months, they returned to the Okanagan, living in a bus until circumstances tore them apart when Berkebile was about two years old. "My mother married a mutual friend, an American draft dodger, and I never saw my father again," Berkebile says. "We moved to the United States and she just didn't talk about it. I often wondered about him, but those early years of my life were difficult for both of us. Her husband was not a good man, and I didn't want to ask."

When Berkebile's mother later remarried a wonderful man, it didn't seem right to pry into an area her mother clearly didn't want to discuss. It was only casually, in a bar in Alaska, and when her mother was diagnosed with cancer, that she finally revealed a name.

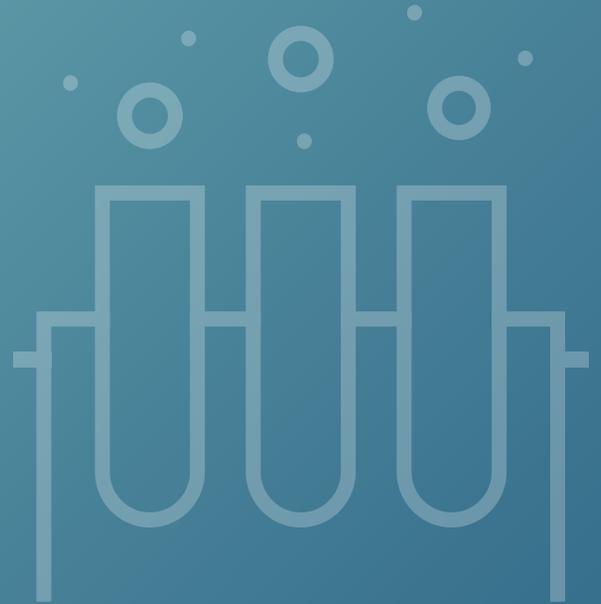
While much of her mother's version of Berkebile's birth story brushes over the facts, she laughs about the few facts that were right. "He is English, not Scottish. He's from near the English border with Scotland, so she at least got that almost right. He was a drummer. That's true. He was playing the bongos in strip clubs."

Berkebile found her father through genetic tests that connected her with an uncle in the United Kingdom. That uncle said the family was estranged from Berkebile's father and didn't know his whereabouts. They did know that she had a half-sister. "When I connected with my uncle, I said, 'I [don't] want to cause a shock, but I think I am related to you.' When he replied, and I learned that I had four uncles and cousins and a sister, I went to work just shaking like a leaf." Berkebile found her sister, Leila, on Instagram and reached out to her, but not without a little trepidation. "My sister replied that she knew all about me. I really needed a moment to process that. Once I did, we connected on Facebook and [talked] every day."

After several emails, Leila put Berkebile in touch with her father who, lovingly and with good humor, told her the true story of her birth and beginnings. This past summer, Berkebile travelled with her husband and daughter to meet her paternal family. "I have an amazing sister, two beautiful nieces, a father, and uncles; an entire family I didn't know. I don't know what kind of relationship I will have with [my dad] or if he will ever come to Crownsville to visit, but he's charming and quirky and funny, and I am so lucky to have this very cool family that I would never know if it weren't for genetic testing."

# Carrie Baquie

## OF MILLERSVILLE



**C**arrie Baquie spent years helping her mother realize a lifelong dream to identify her family. What she discovered was a secret birth, a nunnery, and a quiet adoption.

"It was my mother Mary's only dream to find her birth parents," Baquie says. "Her dream became my dream, so I sent away for the 23andMe genetic test." After nearly 16 months, Baquie found a second cousin, Megan. She began to correspond with Megan, but was briefly stymied when their communications faded. "She wanted proof of our connection to her, and I couldn't prove how we were connected except through my mother's father, who would be my grandfather. I had my mother take the 23andMe test, which proved through the DNA connection that my mother and Megan's mother, Kathleen, are first cousins."

Kathleen happened to mention the chromosome connection to her mother, Peggy. "In Peggy, we found someone who, at her age, was mentally agile and could remember all sorts of details about my grandmother, who dated Peggy's brother Bill," Baquie says. The story is not pretty.

Despite being a 23-year-old nurse living on her own in Connecticut, Mary's mother was forced to move to New York City to have the baby. "My mother was reading Megan's email about Peggy's recollections with me, and she just burst into tears," Baquie describes. "For her, it had been a lifetime of trying to get answers, to understand who her parents were and some of the reasoning behind how she was adopted. It was life-changing."

Through Peggy, Mary found the name of her birth mother: Margaret Mary. Sadly, she had passed away before Baquie or Mary could find her. Margaret Mary grew up in a strict Catholic family. When her parents discovered she was pregnant from a longtime boyfriend, they sent her to live with an aunt who was a nun in a New York City convent. When the child was born, Margaret was forced to give her up for adoption.

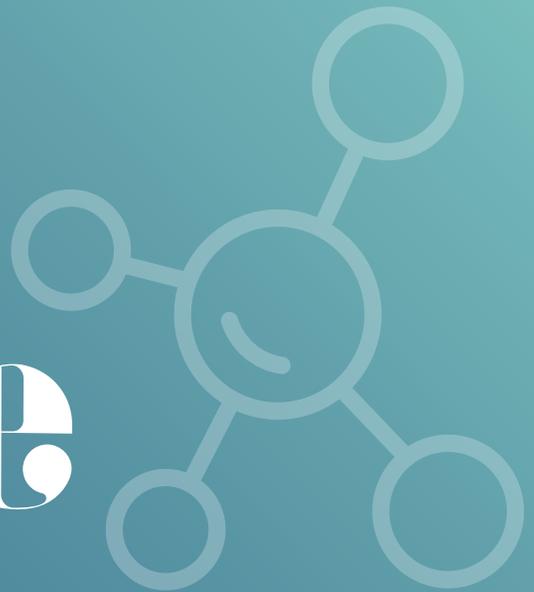
Although Margaret married and had three other children, she struggled with addiction and depression. "No one understood what she was struggling with. It wasn't until we did the genetic testing, met Megan and Kathleen, and learned about Margaret's life that the pieces began to fall into place," Baquie says.

In the time since discovering Margaret's history, Baquie and Mary found Mary's birth father, who had also passed away. He was married twice and has several children, none of whom have been willing to connect with Mary.

Recently, Baquie and Mary attended a paternal family reunion, which the siblings refused to attend. "It is a huge emotional challenge to have family who doesn't want to connect with you. It's personal. It is hurtful and it's hard to understand. But at the same time, we would do it again, because we discovered these things my mother had been seeking since she was 18 years old," Baquie says. "She definitely thinks the tests are pretty cool."

# Noreen Frenaye

OF ANNAPOLIS



**I**n 2015, Noreen Frenaye's mother passed away, opening an opportunity for a cousin to share a secret: Frenaye's mother was previously married and had a child, a daughter. She also had a son, Frenaye's half-brother. After research revealed a marriage license and birth certificate, Frenaye took both the Ancestry.com and the 23andMe genetic tests, entered her information into the companies' online databases, and hoped she might find her long lost siblings.

The DNA tests revealed close family matches, but Frenaye couldn't interpret the mathematics of the genetics. A cousin told her about social media groups on Facebook set up specifically to support people looking for relatives through DNA tests. Members of the Facebook group showed Frenaye how her genetic percentage match could be a half-sibling, double-first cousin, niece, or grandchild.

Through the process of elimination, Frenaye knew that the double-first cousin, niece, and grandchild couldn't be true. A review of the X chromosome on the DNA results showed that she shared paternal genetics with a match. Frenaye reached out via email.

When Frenaye and her match began their online research to discover their shared ancestor, they didn't recognize how they were connected. Eventually, Frenaye and her sister discovered that they shared a father, a fact the sisters never knew or suspected during their lives. "My sister knew this would kill her mother, because obviously, our father had an affair and I was a product of that," Frenaye says.

In the time since the discovery of their sibling relationship, Frenaye has met her sister and two of four half-brothers. "I don't see us having a typical sibling relationship," Frenaye says. "It's hard, the history, the memories of growing up that don't include your new siblings. We are two people who have met in the course of our lives and are biologically connected but otherwise strangers."

**"IT'S HARD, THE HISTORY, THE MEMORIES OF GROWING UP THAT DON'T INCLUDE YOUR NEW SIBLINGS. WE ARE TWO PEOPLE WHO HAVE MET IN THE COURSE OF OUR LIVES AND ARE BIOLOGICALLY CONNECTED BUT OTHERWISE STRANGERS."**

Despite the shock of discovery and sadness having missed out on a childhood with her biological father and his family, Frenaye says she would take the test again. "I would absolutely do it again. After finding this out, I just wanted the truth of everything. I still look every day in hopes that I will find the maternal half-brother my mom put up for adoption. I will only find him if he takes a DNA test and makes his results public. Now that my mom is passed and I know these new facts about her and my family, I want to get to the truth."

# Sarah Wehner

OF ANNAPOLIS



**S**arah Wehner was adopted, a fact she discovered when she was five or six years old. "I wanted to know where I come from; I never looked like anyone in my family," she says. "I wanted to know my ethnicity and if there were other people out there who are related to me."

**"I WANTED TO KNOW WHERE I COME FROM; I NEVER LOOKED LIKE ANYONE IN MY FAMILY. I WANTED TO KNOW MY ETHNICITY AND IF THERE WERE OTHER PEOPLE OUT THERE WHO ARE RELATED TO ME."**

Wehner's husband, who had long supported her efforts to find her birth origins, purchased a DNA kit from Ancestry.com. When she received her results, Wehner immediately discovered a distant cousin match. Following that match, and moving down a list of other possible matches, she found a fifth cousin on her father's side. Working together, Wehner and her cousin discovered a great-great grandmother, then a great aunt, and, finally, her father. "I had to really let that sink in for a long time," Wehner says. "I had found my birth father. It was an enormously emotional moment."

It took some time for Wehner to reach out to her father. "I didn't want to interrupt his life. I didn't know if he even knew that I existed," she says. Eventually, Wehner sent her father a certified letter showing her test results and their shared DNA connection. He called her right away. He was excited and happy to finally meet the daughter he knew was alive, but didn't know how to find. He had been married and divorced, and didn't have any other children.

Wehner and her father became close, but with a full-time job and two young daughters, she struggled to find time to spend with him. Her father passed away recently and now Wehner wishes more than ever that she had more time with him. "It felt nice to just be very accepted, to have new aunts, uncles, and cousins. I have a grandma for the first time in 20 years."

**"IT FELT NICE TO JUST BE VERY ACCEPTED, TO HAVE NEW AUNTS, UNCLER, AND COUSINS. I HAVE A GRANDMA FOR THE FIRST TIME IN 20 YEARS."**

Wehner says she is happy she took the test, and grateful that her husband has been so supportive. In the time since she took the test, she has found her birth mother and met her in person several times.

# Can Teachers Afford to Retire in Maryland?

A CLOSER LOOK AT THE CONTROVERSIAL PERFORMANCE OF THE STATE'S PENSION FUND

By Mark Croatti

**T**he decision to *teach* in Maryland's public schools would seem to be a no-brainer; Maryland's K-12 public education system is ranked sixth in the country, and funded by the fifth highest annual per capita personal income nationwide: \$56,125. Maryland's teachers earn even more, almost \$70,000 annually, the seventh highest average teacher salary in the United States.

Deciding to *retire* as a teacher in Maryland, however, can be a different story because the *average* annual pension payout for newly-retired teachers is roughly half of that, slightly less than \$35,000—tied for eleventh place nationally, according to nonprofit watchdog Bellwether Education Partners. The *median* annual pension payout for newly-retired teachers is even worse, a jaw-dropping \$20,500, ranking 30th in the nation. In fact, this overall imbalance between Maryland's per capita personal income and pension payouts trails much poorer states like Kentucky, South Carolina, Louisiana, and West Virginia, whose K-12 public schools are ranked among the lowest in the country (Kentucky's are 40th; South Carolina's 42nd; West Virginia's 47th, Louisiana's 50th).

How is it possible that the fifth richest state with the sixth best schools pays its newly retiring teachers a median figure that ranks only 30th in the nation?

The answer to that question is the result of several, equally impactful variables. The first is how much is paid into the Maryland State Retirement and Pension System from employee contributions and the percentage of matching state contributions that the legislature provides from public taxes.



The second is investment performance, which is directly related to how the pension fund is managed and, if necessary, modified. The third is how much compensation a retiree receives, which is based on a complex formula that Maryland uses to compute a particular person's benefit, using a combination of average annual income and years of teaching experience.

These variables can then be compared to how pension funds perform in other states and how much their retirees are paid. The Maryland State Retirement and Pension System—which includes teachers, state police, and judges—has come under intense scrutiny in recent years for what appears to be a consistent track record of underfunding and underperformance. Yet its administrators and many state legislators in charge of its oversight have countered with a vigorous defense of what, they believe, is a steady, safe, long-term strategy that will ultimately provide what has been promised for Maryland's growing number of state retirees.

Depending on who you talk to, the pension fund is either in great shape or in need of a sweeping overhaul. Intrigued by the opposing interpretations of what the numbers actually mean, we set out on a journey to discover why such a wide disagreement exists.

# The History

The Maryland's Teachers' Retirement System was established in 1927 and, by 1941, expanded into the Employees' Retirement System. According to the Comprehensive Annual Financial Report prepared by the State Retirement Agency of Maryland, by 2005, the state provided monthly payouts to over 100,000 retirees and beneficiaries out of more than 188,000 active participating members.

Although the System had seen an "exceptional" 16 percent investment return in 2004, fiscal year 2005 provided merely a "notable" return of 9.5 percent. While still higher than the System's "actuarially determined target investment return of 7.75 percent"—which had been established as the long-term target—the report also warned that "deviations from this target can be expected, both positive and negative, from year to year." In fact, the 2005 report admitted that the System had experienced an almost 3 percent decrease in its funding ratio. Despite this "temporary downturn," the 2005 report also declared the System "financially strong and ahead of schedule with regard to its long-term funding goals" and went on to state that the unfunded actuarial liability (that had existed since June 30, 2000) would be amortized over the next 15 years until **June 30, 2020**.

As that date draws near, independent financial experts are publicly clashing with in-house analysts over the fund's overall performance since the 2005 report and whether the ambitious goals set forth back then will ever be achieved, let alone on schedule.

## The Firestorm

About 10 years after the 2005 report, *The Washington Post* published a series of articles that were extremely critical of the Maryland State Retirement and Pension System, which had more than doubled to almost 388,000 active participating members. One article, by Josh Hicks, asked, "Maryland pays more than \$320 million in fees to manage pension funds. What does the state get in return?" (June 12, 2006).

Another was a scathing rebuke by the Post's Editorial Board entitled "Maryland Procrastinates on Pension Fund Fixes—Again" (February 8, 2007). Their findings were troubling: In 2007, Maryland's pension system investment fees, paid annually to professional fund managers, totaled \$76 million; by 2015, they had *quadrupled to \$347 million*. In 2007, actively managed funds accounted for about 49 percent of the System's portfolio; by 2017, that number had *skyrocketed to 80.4 percent*. An annual average annual return rate of 11.3 percent

from 2002–07 had *decreased to 9.36 percent* between 2010–15. Still well above the 7.75 percent long-term investment return targeted in 2005, but nonetheless a decline affected by the increase of actively managed funds with hundreds of millions of dollars in annual fees.

Hicks then turned to Jeffrey Hooke to analyze the data and verify his prognosis.

Hooke, a Senior Advisor of Focus Securities and a senior lecturer for the Carey Business School at The Johns Hopkins University, previously worked for Emerging Markets Partnership, the World Bank, Lehman Brothers, and Schroder Wertheim in New York. Hooke, a proven investment executive with decades of experience, is also a respected author of several books and articles on financial accounting. In his report, Hooke argued that high-priced professional fund managers don't earn their exorbitant fees; they simply copy "a well-known benchmark like the S&P 500."



The Washington Post

**"MARYLAND  
PROCRAS-  
TINATES ON  
PENSION FUND  
FIXES—AGAIN"**

**(FEBRUARY 8, 2007).**

According to Hooke, Maryland's pension system investment fees "exclude lucrative 'carried interest fees' paid to hedge funds and private equity funds, which the System is not obligated to disclose. Maryland's returns fall over 1 percent short per annum... The deficiency has cost Maryland roughly \$4 billion in lost income over ten years, a large discrepancy that has been totally ignored by the last two governors and legislatures."

Maryland began to depart from passively managed investments after the 2008 financial crisis. Ever since, Hooke argues, the pension system's actively managed portfolio has underperformed, failing to beat "well-known benchmarks like the S&P 500 index and the 60/40 stock/bond index that are relevant to their investment styles."

Back in 2014, Hooke crunched the numbers from 33 state pension funds that use the same fiscal year as Maryland and discovered that the 10 states with the highest fee ratios—Maryland ranking fourth highest among them—had lower return rates than the states that had spent the least on professional fund managers. If the decline continues, Hooke argued, Maryland should abandon high-priced professional fund managers and put additional monies into passively managed index funds, a strategy that even Warren Buffett has endorsed.

Many states and municipalities have already done so, such as: Nevada, which, since 2014, has transitioned almost entirely to passive management; California, which laid off half of their professional fund managers in favor of less complexity and



expense; Illinois, which cut hedge fund use by 70 percent and substituted 40 percent of its high-priced professional fund managers with index-based portfolios; New York City, where the pension board withdrew from its \$1.5 billion hedge fund portfolio when their system's performance didn't justify the fees; and North Carolina, which began paying market-rate salaries for its investment-managing employees.

Many states are taking reform even further. Kentucky, Pennsylvania, Michigan, Rhode Island, and Tennessee are phasing out traditional pensions in favor of a hybrid structure with 401K-style accounts. Pennsylvania called their program a "risk-managed hybrid plan" that "requires that the state evaluate

## "THE DEFICIENCY HAS COST MARYLAND ROUGHLY \$4 BILLION IN LOST INCOME OVER TEN YEARS"

JEFFREY HOOKE

policies to increase investment fee transparency and regularly perform stress test analysis to assess financial market risk." In all, 48 states have enacted some sort of pension reform since the 2008 stock market crash.

While Maryland has not converted to a hybrid model, in 2017 the *Post's* Editorial Board pointed out that "Reforms enacted under then-Gov. Martin O'Malley—higher contributions, lower benefits and later retirement age for future employees, plus a sizeable bump in the state's own annual set-aside—put the fund on course to reestablish good health by 2023."



However, Maryland's dependence on actively managed funds continued. After Larry Hogan was elected governor, he proposed creating a hybrid program after lawmakers wanted to cut contributions to the \$46 billion fund, whose obligations outweigh its balance, the *Post* argued, by roughly \$20 billion. Andrew C. Palmer, CIO of the Maryland State Retirement Agency, denied the pension fund was performing as badly as the two *Post* articles described, stating that "actively managed funds can be more stable than low-fee indexes, which tend to experience dramatic dips and spikes. When investments do poorly, pension participants sometimes have to contribute more money to the system to keep it healthy. We try to minimize contribution volatility to the extent that we can."

Ultimately, the Maryland General Assembly passed a bill in 2018 that increased employees' contributions, promised the full employer's share, and provided more consistent fund monitoring and reports on its performance to the governor and the legislature in order to track any glaring inconsistencies. When Hogan signed the bill into law, the *Post* was not impressed;

## WE TRY TO MINIMIZE CONTRIBUTION VOLATILITY TO THE EXTENT THAT WE CAN."

ANDREW C. PALMER



Hogan "seems content to join forces with the legislature, which prefers to...let the looming long-term pension problem sort itself out. Or rather, foist the problem on a future generation of politicians and taxpayers...the target for restoring the pension fund to good health has slipped by five years, to 2028... the fund's investment returns have been anemic for two years straight. On balance, Maryland has been a competent manager of its finances, with the glaring exception of the pension fund."

In 2019, R. Dean Kenderline, the Executive Director of the Maryland State Retirement Agency, wrote a letter to the *Post* calling the assertions a "myth" while acknowledging that from 2007–2017, Maryland's pension fund earned only 4.2 percent. He criticized those who "suggest converting state employees and public school teachers to a defined contribution, a '401(k)-style' plan. In Michigan, touted as the model for reform in Maryland, the average balance for a state employee age 60 or older with at least 15 years in the plan was just \$124,000. How does this compare with a defined benefit plan, like Maryland's, which guarantees a lifetime benefit and no fear of that benefit being outlived? Not well."

Hicks wrote in his 2016 *Post* article that Delegate Brooke Lierman (D-Baltimore), who sits on the House pension-oversight subcommittee, said she and other members of the panel "will take a hard look at investment fees. 'I don't want to pay exorbitant fees or unnecessary fees,' Lierman had said. 'It's something the oversight committee has been paying attention to and talking to the treasurer about. I want to hear the full stories before I make any judgment.'"

Delegate Lierman has now had three years to "hear the full stories," so we asked her if we could sit down and talk about the current health of the pension fund. She agreed, but in light of Kenderline's comments, before we met with her, we spoke to Jeffrey Hooke to find out how the pension fund had performed over the past three years.

**NEXT MONTH:** Mark Croatti discusses the status of the pension fund, including what was done in the 2019 legislative session, with Jeffrey Hooke and five Maryland state legislators who sit on the Joint Oversight Committee on Pensions: Delegates Brook Lierman (D-Baltimore) and Michael Jackson (D-Prince George's County) and senators Douglas J.J. Peters (D-Prince George's), Adelaide Eckardt (R-Dorchester, Caroline, Talbot and Wicomico counties) and Andrew Serafini (R-Washington County).

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# And We're Off



THE LITTLE-KNOWN AND  
REMARKABLE WAYS BWI MAKES  
TRAVEL SAFE, COMFORTABLE,  
RELAXING, AND DELIGHTFUL

By Diana Love | Photography by Stephen Buchanan

**IN 1784,** 13-year-old Edward Warren lifted off from Baltimore's Mount Vernon neighborhood in a hot air balloon. He was the first American to do so. His adventure marks the first manned flight in Maryland and the United States, and is the first of many records to be made in the story of regional aviation.

## CONSIDER:

- In 1906, College Park Airport opened. Still in operation, it is the oldest running airport in the United States and is the site of many aviation firsts: first mile-high flight by a powered airplane, first female passenger, and the first controlled helicopter flight.
- In 1911, John Rodgers completed the first flight of a Naval aircraft from the Naval Academy's Farragut field.
- In 1921, Logan Field became the first commercial flight center in the state.
- In 1937, the Navy opened Naval Air Station Patuxent River, which, during the height of construction, employed 7,000 people. The base has grown over time to Naval Air Systems Command and more than 30 tenants, detachments, and squadrons. The base supports 22,000 military, civilian, and contractor personnel.
- In 1940, Howard University was chosen as one of four schools for training African American pilots. The training school for the Civilian Pilot Training Program was located in the township of Croom in Prince George's County, at the Columbia Air Center, an airport founded by black pilots who weren't otherwise allowed to use other air facilities.

 These records, history-making events, and accolades continued into the 20th century, cinching county- and state-based private, commercial, and military aviation as key drivers in the creation of jobs, revenue, and prestige for the Central Maryland region.



## BIRTH OF BWI

**IN 1946,** the Baltimore Aviation Commission completed a pioneering master plan to build an innovative and expansive international airport in Maryland. Anne Arundel County would host the 3,200-acre site, located nine miles south of Baltimore and 32 miles north of Washington, D.C. in the area of Friendship Church, a rural farming community. Service from Friendship International Airport began in July of 1950, a time marked by massively increasing numbers of commercial flights across the country and an innovative era for aircraft invention and operation.

Today, Baltimore-Washington International Thurgood Marshall Airport (BWI) serves more than 27 million passengers each year and is an economic engine for the state of Maryland. A 2018 Maryland Department of Transportation Annual Attainment report indicated that BWI alone supported 97,000 jobs and generated more than \$10



billion in business revenue annually from passengers and air cargo activities.

The airport is much more than an economic asset: For frequent business travelers, the airport is as intimately known as the office; for leisure travelers, the taking off and landing from BWI bookends memories and souvenirs.

But even these frequent users of BWI may not know all the secrets of the airport—the nooks and crannies, the quiet places to rest and relax, the behind-the-scenes efforts to make a trip to the airport as efficient and comfortable as possible.

Jonathan Dean is the director of communications for the airport. An employee at BWI for more than 15 years, Dean remains passionate about the airport as a whole, but most especially about helping to progress the many ways staff and volunteers make traveling through BWI a pleasant experience. We caught up with him for a tour of the 3,200 acres that define the airport's boundaries. Here's are some of the unusual, downright quirky, and unexpected traveler conveniences we found.

## WHAT YOU MIGHT NOT KNOW

### TRAVEL SAFE →

In the days following September 11, 2001, BWI became the ground zero testing location for innovative airport security technologies. The Transportation Security Administration worked closely with airport authorities to establish new checkpoint screening procedures, test and advance new security technologies, and implement vital training programs. BWI was the first airport in the country to have a dedicated, full team of federal security personnel.

Today, the airport is secured by Maryland Department of Transportation police, Transportation Security Administration officers, and Department of Homeland Security Air Marshalls.



### THE LARGEST USO INSTALLATION IN THE WORLD

The USO International Gateway Lounge near baggage claim 14 is a \$1.1 million, 5,000-square-foot facility serving 99 percent of the U.S. Armed Forces traveling to and from duty stations in Europe, Southwest Asia, and the United States. The USO Lounge serves as a "home away from home" to military personnel traveling through BWI Marshall Airport. Access is privileged to active duty personnel, National Guard, reservists, and their dependents. Military ID is required. Inside, visitors will find amenities like a secure baggage storage area, a free snack bar, a small business center, wireless phones for domestic and international calls sponsored by Verizon, a Technology Room sponsored by Microsoft, a sleeping room, and a family room with cribs, toys, and a movie library.



### REST IN PEACE

Did you know there is a three-acre cemetery just off the main runway at BWI?

Friendship Cemetery, established in 1907, before the airport was built, is still in use. Prominent Anne Arundel County families such as Phelps and Disney, many with family members born in the mid-1800s, are laid to rest here.



## NO EXCUSES



BWI has the country's only dedicated outdoor recreation trail. At about 12 miles long, the BWI Trail is a paved path that encircles the airport as it travels through pine forests, over marshes, and past active runways. The BWI Trail connects to the B & A Trail, a 22-mile trail that extends from the airport to Annapolis.

## PLANES, TRAINS, AUTOMOBILES, AND...BIKES?

Yes, BWI offers bicycles, too! If you want to bike the BWI Trail, you can rent one of 10 Zagster bicycles outside the airport's international terminal, near the BWI Marshall Airport Light Rail stop. Rentals are \$2 per hour or travellers can opt to purchase an annual membership for \$20. Riders can sign up to rent the bicycles by downloading the Zagster Mobile App, available for iPhone and Android.

## HONOR FLIGHTS

BWI hosts around 200 honor flights each year, more than Dulles and Reagan airports combined. The airport fire department greets each honor flight with a water cannon salute, airlines are amenable to moving flights to gates that make getting to and from the plane more comfortable for less mobile veterans, and a cadre of volunteers help coordinate visits to Washington, D.C. war memorials.

## FIRE AND RESCUE

BWI has a dedicated Airport Fire & Rescue Department. Firefighters and rescue personnel work out of a station located just off the main runway. The BWI Airport Fire & Rescue Department's Fire Suppression Division provides firefighting and rescue services for aircraft and other equipment for more than 100 buildings in the airport area. FAA regulations require that fire and rescue personnel can arrive and deploy flowing retardants from the firehouse to the midfield of the airport in less than three minutes, an impressive maneuver and a statistic the department is proud to claim.

The Fire & Rescue team is much admired for their training programs and for their work both on and off the field at BWI. In fact, the Fire & Rescue Department helps coordinate a large and complicated training session for local, state, and federal law enforcement each year, using a retired DC-10 that is parked on airport property. The training aircraft was decommissioned when it suffered a hard landing that cracked the fuselage. Today, the plane appears as if a pock-holed and gutted ghost of its former self, but it actually plays a vital role in training and preparedness exercises.



## MDOT LOVES ART

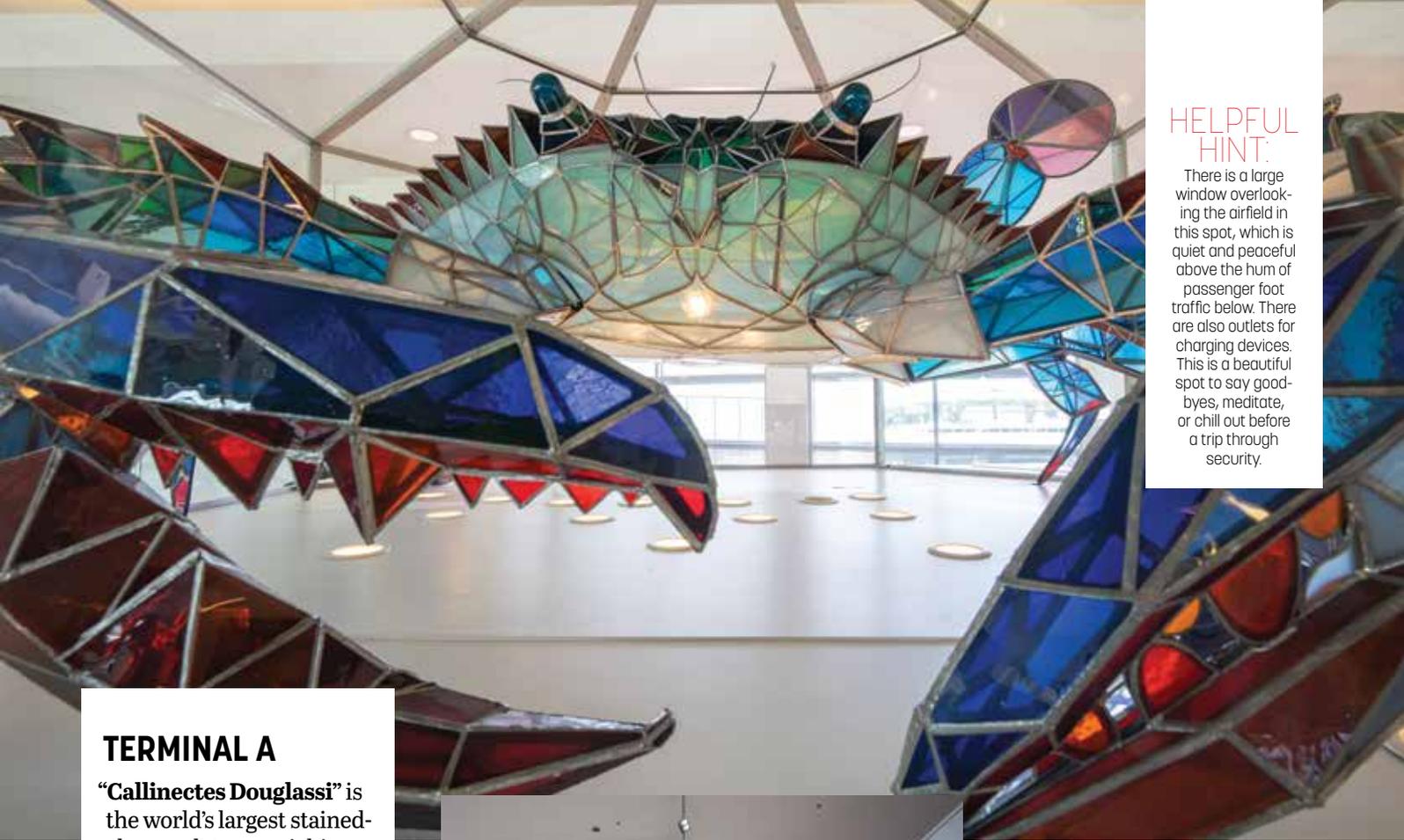
The airport boasts several professional and amateur art galleries. Outside the parking garages and terminals, inside the rental car facility and scattered around the interior of the airport are fine art, sculpture, and mixed media from Anne Arundel County and Maryland students, artists, and craftspeople.

## LOCAL AND LOVING IT

BWI works with Baltimore and Anne Arundel County service providers, retailers, and restaurateurs to source as many local products and brands as possible. Next time you are at the airport, stop by DuClaw Brewery, Flying Dog Tap House, Obrycki's, The Greene Turtle, Silver Diner, Charm City Candy, or White House, Black Market.

## FUN FACT:

Did you know that BWI Marshall Airport has street pricing in all of their dining establishments? The airport doesn't allow premium pricing at any of their restaurants, something definitely not seen at other airports across the country. This makes the choice of grabbing a bite to eat at the airport before you get here much easier and more affordable.



## HELPFUL HINT:

There is a large window overlooking the airfield in this spot, which is quiet and peaceful above the hum of passenger foot traffic below. There are also outlets for charging devices. This is a beautiful spot to say good-byes, meditate, or chill out before a trip through security.

## TERMINAL A

“**Callinectes Douglassi**” is the world’s largest stained-glass *sculpture*, weighing in at about 500 pounds. Crafted by Jackie Letherbury Douglass of Shady Side, and commissioned by Anne Arundel County Economic Development, the art is located on the mezzanine level at the end of Terminal A, above Southwest Airlines ticketing.

## CONCOURSE C

A short corridor near the elevator going up to the Observation Deck is dedicated to **Judge Thurgood Marshall**, for whom the airport is named. A bust of the judge sits in the center of the dedicated space, where a recording of his speeches can be heard. On each side of the statue are photos of Judge Marshall, including his youth in Baltimore, his years at Howard University, and his ascent to the Supreme Court.



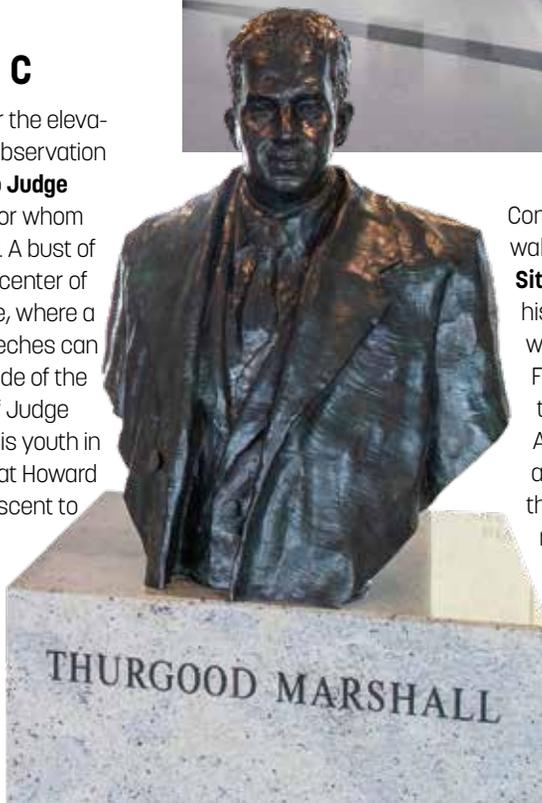
The **Arts Council of Anne Arundel County** exhibit provides a wonderful opportunity for local artists to showcase their talents to thousands of travelers. Exhibits rotate every four months, each with a new theme.

## CONCOURSE D

The **D Concourse Gallery** (moving walkway; post-security) artwork celebrates natural and intellectual resources, regional flavor, and the wonders of exploration and aviation.

The **International Gallery** (Concourse D, before security) features artwork from artists from diverse ethnicities. These pieces rotate every six months.

The **Maryland Art Education Association Youth Art Exhibit** (Observation Gallery; pre-security) showcases artwork from students (K–12) across the state of Maryland and is sponsored through a partnership with the Maryland Art Education Association (MAEA). Here, you might find art from students who study art through the Bates Middle School or Annapolis High School Visual Arts Magnet programs.



Concourse C also features a wall exhibit entitled “**On This Site,**” which showcases the historical use of the land where the airport is located. Featuring artifacts loaned to the airport from Anne Arrundell Historical Society and the Lost Towns Project, this gallery tells the story of native land use, colonization, industrialization, and farming that occurred in the area.



## MEDITATE BEFORE YOU LEVITATE

Did you know BWI Marshall Airport offers a meditation room? It is in a very public area, but remains in a relatively little-known and quiet corner of the airport. You can find this hidden gem in the hallway behind the Delta ticket counter on the side closest to the D/E Security Checkpoint. Access the room by calling BWI Landside Operations at 410-859-7736.



## ROOM RENTALS

BWI will rent space for corporate events, non-profit fundraisers, and private parties through their concessions contractor. Spaces like the Observation Deck are beautiful, interesting, and memorable locations for any get together.

## CONVENIENCES

### PLANES & TRAINS →

In 1980, BWI became the first airport in the United States to have a rail station on airport grounds. Today, the Light Rail train from Baltimore arrives right to the Departures terminal. Amtrak and regional MARC trains from Washington, D.C. arrive a short distance away. In October 2019, a \$4.7 million upgrade to the BWI Rail Station was unveiled. A bright and welcoming exterior, spacious waiting room, more seating, a concessions area, new ticketing booths, and bathrooms were included in the renovation. Parking is available at the rail station and a free, upgraded shuttle bus takes passengers to and from the airport every 10 minutes.



### MONEY, MONEY, MONEY

BWI has a close working relationship with Baltimore-based M&T Bank. A full-service bank is tucked under the stairs on the ticketing/arrivals level of the airport near Concourse A. Numerous ATM machines are located throughout all five terminals, both before and after security checkpoints.



### MAILED IT

The airport also hosts a full-service UPS mailing store with a stock of mailing and office supplies.

### AIRPORT SHERPA

Airport Sherpa is BWI's version of DoorDash—travelers can shop or dine anywhere in the airport and have it delivered at the gate or to another location via the Airport Sherpa app. Although the app charges for delivery, it also offers first time users coupons for free service.



### PET RELIEF

Like many airports around the country, BWI offers relief to our four-legged family members and service animals. Outside the hourly parking terminal, just across from Arrivals, is a small, clean, and gated pet relief park. Another relief station is located outside door number 19, near the international terminal and adjacent to the Light Rail station.

Inside, pets can access relief the beginning of Concourse C or in the connector between concourses D and E, just beyond the Concourse D/E security checkpoint.

### NURSING MOMS

BWI is especially sensitive to the needs of children and families. The airport has installed Mamava nursing pods for privacy and quiet in each of the five terminals. There are no restrictions on nursing throughout the terminal; however, many mothers find these clean, private units very convenient while traveling.

### KEEP IN TOUCH

If procrastination is your modus operandi, you won't find room for excuses at BWI. From multiple areas to charge your devices and free basic Wi-Fi available throughout the property BWI helps you stay plugged in. Most gates now offer a number of charging stations, as well as wall and seat plugs.

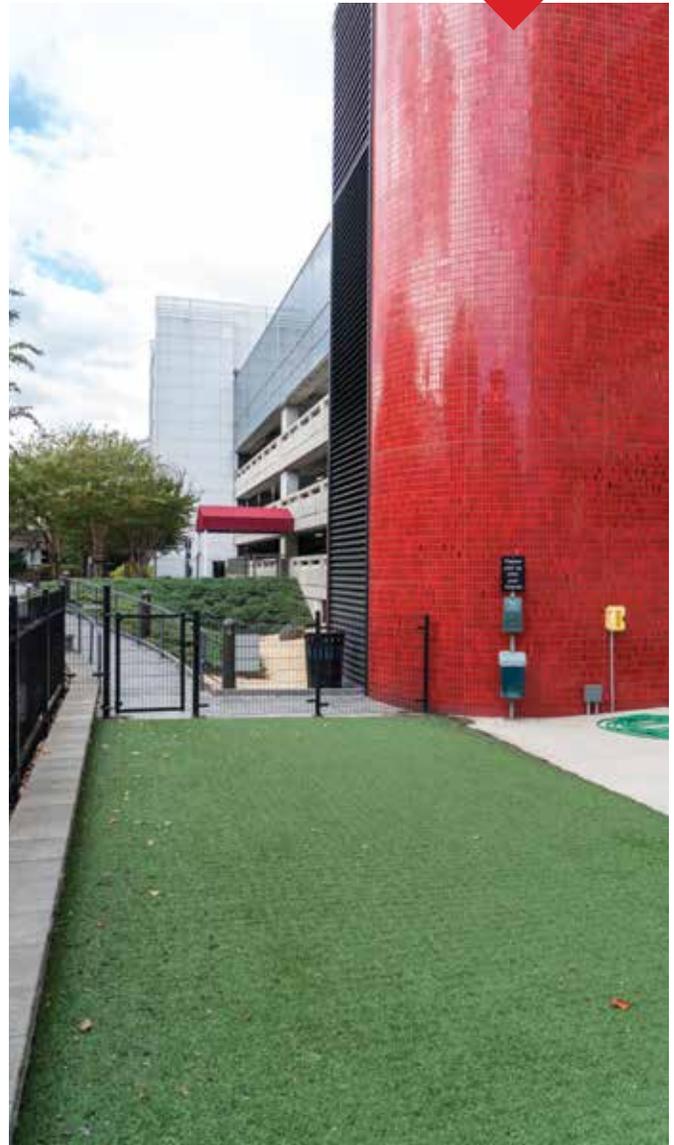


## PARKS? AT THE AIRPORT?

BWI offers several play areas for kids. The most unusual might be the outdoor playground located just off the runway at **Friendship Park**. Here, kids can walk on the BWI Trail, enjoy playground equipment, and watch planes land or take off on the nearby runway.

Inside, the **Observation Gallery**, located on a mezzanine level near the B/C security checkpoint, offers child friendly and aviation themed play structures, a glimpse into a cockpit, comfortable rocking chairs, and views through huge, floor-to-ceiling picture windows to the gates and runway.

There is also a small playground in the D/E connector corridor.



## KEEP FIT?

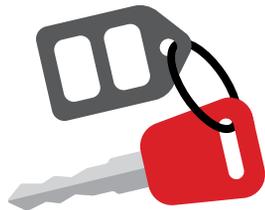
BWI sports a marked indoor cardio trail that consists of two different loops in the main terminal. Both are designated American Heart Association Walking Paths. Each loop takes approximately 20 minutes to walk.

The **Terminal Loop** is a 1K round-trip walk along the public side of the terminal's upper level (the area with white tile floor prior to security checkpoints). Start anywhere along the upper level of the terminal and walk to the end of Concourse A, circle back to the end of Concourse E, and return to your starting point.

The **Concourse A/B Loop** is a 1K round-trip walk inside the secured area of Concourse A and B. Start anywhere along either A or B Concourse. Walk to the end of Concourse A, circle back to the end of Concourse B, and return to your starting point.

Recently, the airport contracted with **Roam Fitness** to install a 1,175-square-foot, ADA accessible gym, located after the D/E security checkpoint.

Roam provides travelers with access to cardio equipment, stretching space, free weights, medicine balls, stability balls, a TRX system, and yoga props for a daily, monthly, or annual fee. Roam is available to travelers and airport employees.



## VALET

**BWI opened valet parking, located on the fifth level of the hourly garage near Tower B. Valet parking, available at hourly and daily rates, includes:**

- Express valet entrance and exit lane
- Convenient and close parking to the terminal
- Complimentary bottled water and newspaper
- Complimentary electric vehicle charging
- Complimentary window cleaning and interior vacuuming
- Luggage assistance

*Maryland's most*

DANGER

RODA

# DANGEROUS ROADS



Putting our lives in the hands of strangers is a prospect we don't often take lightly. But we do it every time we get behind the wheel. Here's how our state and counties are mitigating accident-prone roadways.

"Drive defensively" and "Watch out for the other guy" are just as relevant today as they were on television public service ads that began airing as a sort of novel approach to highway survival decades ago.

Those catchy phrases might be even more foreboding now, in the 21st century. As serious traffic accidents and residual backups have become commonplace, the defensive driver must be increasingly on the lookout for "offensive" ones—those who seem brazenly in hot pursuit of saving a few minutes' drive time by taking risky chances, or the rising occurrence of substance abusers who insist on driving while impaired.

In June of last year, a website called [bestlifeonline](#) identified the 30 most dangerous roads in America, and the one in Maryland came in at number 30: Interstate 97—with 0.79 fatalities per mile on a stretch 17.62 miles long. According to 24/7 Wall Street, which listed the 2016 motor vehicle death rates in each state, Maryland ranked 43rd. Even though that statistic may be misleading because of this state's relatively small size, what's so bad about being 43rd out of 50?

BY FREDERICK  
SCHULTZ. PHOTOS  
COURTESY OFFICE  
OF THE MARYLAND  
GOVERNOR.



## GOING THE WRONG WAY—STILL

“What’s so bad” are wrong-way crashes on major highways, which rarely, if ever, end well. And it’s just recently happened again in Central Maryland. The difference this time was that it wasn’t on the roads that already were the scenes of a previous spate of horrendous wrong-way accidents.

According to various news reports from Baltimore and Annapolis, at around 2 a.m. on February 16, the driver of a Ford pickup truck traveling westbound in the eastbound lanes of Route 32 near Route 198 slammed head-on into an oncoming Toyota Camry and killed its driver, Raymond McCarter Jr., of Bowie, who was pronounced dead at the scene. McCarter was married and the father of two young children.

The driver of the pickup, Glen Burnie resident Christopher Thomas, was not injured in the crash and has been charged with two counts of vehicular manslaughter, two counts of driving under the influence, and one count of driving while impaired. It has become an all-too-familiar and tragic story, and one with no *real* solution, to date.

Over a span of 18 months through September of last year, six people lost their lives in head-on crashes involving motorists driving the wrong way on Route 50 and I-97, a statistic that has state highway officials trying to figure out why and how people get on limited-access roads going the wrong way into highways and how to prevent it.



## THE SHA “SOLUTION”

During a presentation on November 14 last year held at Magothy Middle School in Arnold—not far from the scenes of the Route 50 crashes—Kim Trang, deputy engineer for the State Highway Administration (SHA) Fifth District, which includes Annapolis, identified three major factors in the six wrong-way fatalities: alcohol at least playing a partial role in 67 percent (four of the six) “of these kinds of crashes;” the age of the drivers (four of the six from 19–25); and the time of day the accidents occurred (five of the six between 12:30 and 4:30 a.m.). The presentation also noted that four of the six were female, but did not elaborate on how gender might have had any effect on the crashes’ outcomes.

The SHA brief, which is accessible online, presents these statistics and features photographs of what the administration has done to enhance warnings to motorists entering these busy highways. Especially highlighted are additional “Wrong Way” and “Do Not Enter” signs, specifically in daylight and nighttime

photos at the intersections of Jennifer Road in Annapolis and Busch’s Frontage and Whitehall roads in Arnold. What the SHA PowerPoint presentation fails to address, however, is the possibility that the real culprit could be the roads themselves and that other warning options could be available.

## SHORE-BOUND CRASHES

Another byway that’s seen its share of fatal crashes is Maryland Route 404. The road gets less attention than the highways that merge around Annapolis, in all probability because of its mainly rural character. The two-way 404 was once considered to be a secondary route east to the ocean beaches of Maryland and Delaware, but it’s not called “Shore Road” by locals for nothing. The volume, especially at the beginning and the end of summer weeks, rivals—if not equals—the traffic on Route 50, the more modern of the two highway routes. In fact, as of July 2017 estimates, 23,000 vehicles travel 404 every day.

In 2015, Governor Larry Hogan announced \$1.97 billion of funding for highway and bridge construction throughout the state; he listed the Route 404 widening project from U.S. 50 to the Denton Bypass as a top priority. The route was expanded from a two-lane road to a four-lane divided highway along the 11.3-mile corridor that spans Queen Anne, Talbot, and Caroline counties. On November 20, 2017, local dignitaries joined Governor Larry Hogan for a ribbon cutting ceremony to celebrate the long-awaited improvement.



trees overlooked by a flag rustling in the breeze. A foot are four-by-eight-inch bricks, each with the name of a person who died in an accident on the highway, that were sold for two years at \$100 per brick.

The Route 404 Memorial Garden's Facebook page highlights a quotation from clergyman/philosopher Douglas Horton, who died in 1968, long before large volumes of traffic filled the nation's byways, and prior to the realization that impaired driving would be a major factor in automobile crashes. Nonetheless, the caretakers of the Memorial Garden thought Rev. Horton's cautionary quote to be especially appropriate: "Drive slow and enjoy the scenery—drive fast and join the scenery."

## HOW PROBLEM ROADWAYS GET STATE ATTENTION

In a statement to What's Up? Media, Charlie Gischlar, spokesman for the Maryland Department of Transportation State Highway Administration (MDOT SHA), emphasizes that the state works "in consultation with its county partners [which] identify capital project needs in their comprehensive planning documents," he told us. From those, "counties rank their transportation project priorities" in letters submitted to the department.

Subsequently, before the end of each year, department leaders visit every county in the state and talk with "local officials and stakeholders about each county's needs." All this information combined helps the department "match those priorities with available state resources."

The recent addition of one lane over the Severn River Bridge on Route 50 and the expansion of the Route 404 stretch from the split at Route 50 to Denton, Gischlar points out, are "two projects made possible thanks to Governor [Larry] Hogan's unprecedented \$1.97 billion in transportation funding announced in June 2015."

Shore Road, however, has just recently undergone the last phase of a multimillion-dollar facelift, expanding an 11.3-mile stretch of the highway from Denton to the Route 50 interchange from two opposing lanes to two each way, divided by grass medians. According to the highway administration, this move was designed to help accommodate any hurricane-evacuation plan, but also to alleviate beach-traffic congestion that's been blamed for 402 crashes with a total of 12 fatalities between 2005 and 2014.

Not often does one see a memorial erected to commemorate the combined lives of victims who died in traffic accidents on a particular highway. But that's what happened in 2011 on a patch of land on Orly Road that borders Route 404. Today, motorists so inclined can stop at a circular stone walkway with three benches and specially planted



Governor Larry Hogan and local dignitaries held the ribbon cutting and announced the official opening of the Route 50/Severn River Bridge lane widening on April 30, 2018, intended to alleviate congestion along one of the most heavily trafficked sections of the highway.



TO

WEST

MARYLAND

404



Adding a fourth lane on the eastbound Severn River Bridge, Gischlar says, was meant “to address daily recurring congestion and remove a bottleneck at the east end of the bridge.” He calls this “a great example of practical design solutions at work.” Noting that the stretch is “along one of the busiest corridors in the state of Maryland,” he adds that previous efforts to ease eastbound traffic congestion “ranged in cost up to hundreds of millions of dollars for replacement and would take multiple years to complete.”

Instead, the MDOT SHA “developed a solution within the footprint of the bridge by reconstructing the median area of the deck surface and the barrier between westbound and eastbound traffic, as well as shifting it north. After adding additional bracing to the support’s underneath, crews restriped the surface, creating four eastbound lanes and three westbound lanes.”

The 404 project, Gischler notes, “was a safety project that also relieved congestion. Each project was a model for success in planning, design, and construction and are fully operational for hundreds of thousands of daily highway users.” He added that the separated stretch of the roadway “opened to traffic a year and a half early in November 2017...The widened roadway improves safety and operations and reduces traffic congestion caused by high seasonal peaks in the summer. Construction began in summer 2016 with an expedited design-build contract and innovative partnership with industry partners.”

## MOVE ANNE ARUNDEL!

To gain perspective on how Anne Arundel County approaches highway safety, we spoke to Ramond A. Robinson, director of its Transportation Commission.



Mr. Robinson was especially eager to share, exclusively to us, the preliminary components of the county's new as-yet-not-formalized transportation master plan, *Move Anne Arundel!*

According to the report, the county ranks fifth in the state in the number of motor-vehicle crashes, as well as those involving bicyclists and pedestrians; more than 30 traffic accidents in the county are reported, on average, every day. "More concerning," the plan emphasizes, "is the high incidence of serious injuries and fatalities in Anne Arundel. Between 2013 and 2017, an average of eight motorists, bicycles, and pedestrians have died on roads in Anne Arundel County." The report identifies 10 "highly concentrated areas" for such crashes, detailed in the map accompanying this story.

The commission's infrastructure relationship with the state is partly the product of its input into the develop-

ment of the county's annual Priority Letter to MDOT. Commission spokesman Brian Ulrich explained, "The county and the state share information and participate in each other's planning documents and construction projects as well...The state provides a considerable amount of funding for county infrastructure improvements through grants for biped, transit, etc. Likewise, the county spends money on improving state roadway infrastructure, and the county and the state both operate signals on each other's rights-of-way and coordinate our individually provided transit services."

The partnership sounds a bit complicated and not particularly clear-cut, in that "while we usually each maintain our own infrastructure, we often share information and coordinate repair efforts," Ulrich stated. But he assured us that "neither of our systems would work as well without the other's partnership."

County road enhancements are done by the Department of Public Works "during routine maintenance efforts," major projects are addressed "by the county's Capital Improvement Program and the budget process," and operational safety improvements on county roadways "are handled by the Department of Public Works, primarily through the Traffic Engineering Division," Ulrich delineated. What are deemed "major improvements" are addressed primarily by way of the aforementioned Priority Letter to the state.

According to Ulrich, "priorities are made by each contributing department, and then a subcommittee reviews the proposal and makes recommendations, which are then reviewed by the administration." Those priorities are then addressed by a "draft Capital Improvement Program," which passes through a Planning Board and the general public "for comment and review" before going to a County Council vote. "The development of the operating budget," Ulrich asserts, "follows a similar, but slightly different, process."

## A "SMART" APPROACH?



An article by phys.org posted in October last year details "innovative traffic research" conducted by Florida State University, "incorporating a fascinating mix of engineering and psychology" that is already "being deployed to save lives by targeting a deadly problem: wrong-way driving crashes." According to the National Highway Traffic Safety Administration, such accidents kill approximately 350 people a year and injure thousands.

What Dr. Walter R. "Wally" Boot, an associate professor of psychology at Florida State University and director of the university's "Attention and Training Lab," has identified in his research is "smarter signs and pavement markers equipped with advanced technology that can improve safety." The "smartness" comes in the form of "radar-triggered road alerts to determine which worked best," Boot says. "The evidence we collected suggested these detection-triggered countermeasures will be more effective than traditional wrong-way countermeasures."

Boot has been working on this project since 2014, when the Florida State Department of Transportation contracted him to collect evidence after a series of wrong-way accidents in the Tampa Bay area. An expert on cognition and perception and author of the book, *Video Games as Tools to Achieve Insight into Cognitive Processes*, Dr. Boot had had an epiphany of sorts. We caught up with him recently to talk about his potentially game-changing efforts to reverse, or at least deter, the increasing incidence of wrong-way crashes on busy divided highways.

## "HUMAN FACTORS"

"My expertise is in human factors, or evaluating how humans and complex systems interact," Boot says. He employed that discipline in evaluating "how systems, including roadways, might be better designed to match the abilities of system users." This

led to his interest in wrong-way crashes. “Our research has found that additional cues, [including] extra markings at and around exit ramps and dynamic radar-triggered signs up the exit ramp, can help drivers make better decisions.”

The two ultimate goals of Boot’s team were “to first prevent a driver from mistaking an exit ramp for an entrance ramp, causing them to be placed onto the highway going the wrong way, and second, if this mistake is made, to help drivers know to retreat so they never get past the exit ramp onto the highway.”

Boot’s team has conducted driving-simulator studies and found that “these cues make a difference.” Foremost, wrong-way entrances are reduced. But also, Boot emphasizes, “in our data, we see that even when a wrong-way entrance is avoided, participants in our studies are less confused about where to go.” For example, he



At a ribbon-cutting on November 20, 2017 for the redesigned section of Route 404, Maryland Governor Larry Hogan embraces Marie Freeman, whose 10-month old daughter, Brianna, was killed in a car crash on the road in 2000.



points out, “they drive past the exit ramp faster, indicating more certainty that it is not an appropriate location to get onto the highway.” The bottom line in this and other driving-simulator studies, Boot and his team has found, “dynamic radar-triggered signs on the exit ramp can effectively capture attention and stop drivers.”

How do these “dynamic signs” work? Boot explains that “they are often radar-triggered. When they sense a vehicle approaching in a manner indicating wrong-way driving, they activate and flash. These can be, for example, ‘Wrong Way’ signs that have red LED [lights] that flash around the sign border when triggered. For cars going in the correct direction, they don’t activate,” thus not distracting “drivers doing the correct thing.”

After a number of wrong-way crashes in Florida, that state’s Department of Transportation invested a great deal into how to address the problem. “In many ways,” Booth acknowledges, “Florida has become a leader on this issue, and the hope is that whatever effective countermeasures are discovered here can be adopted throughout the United States.”

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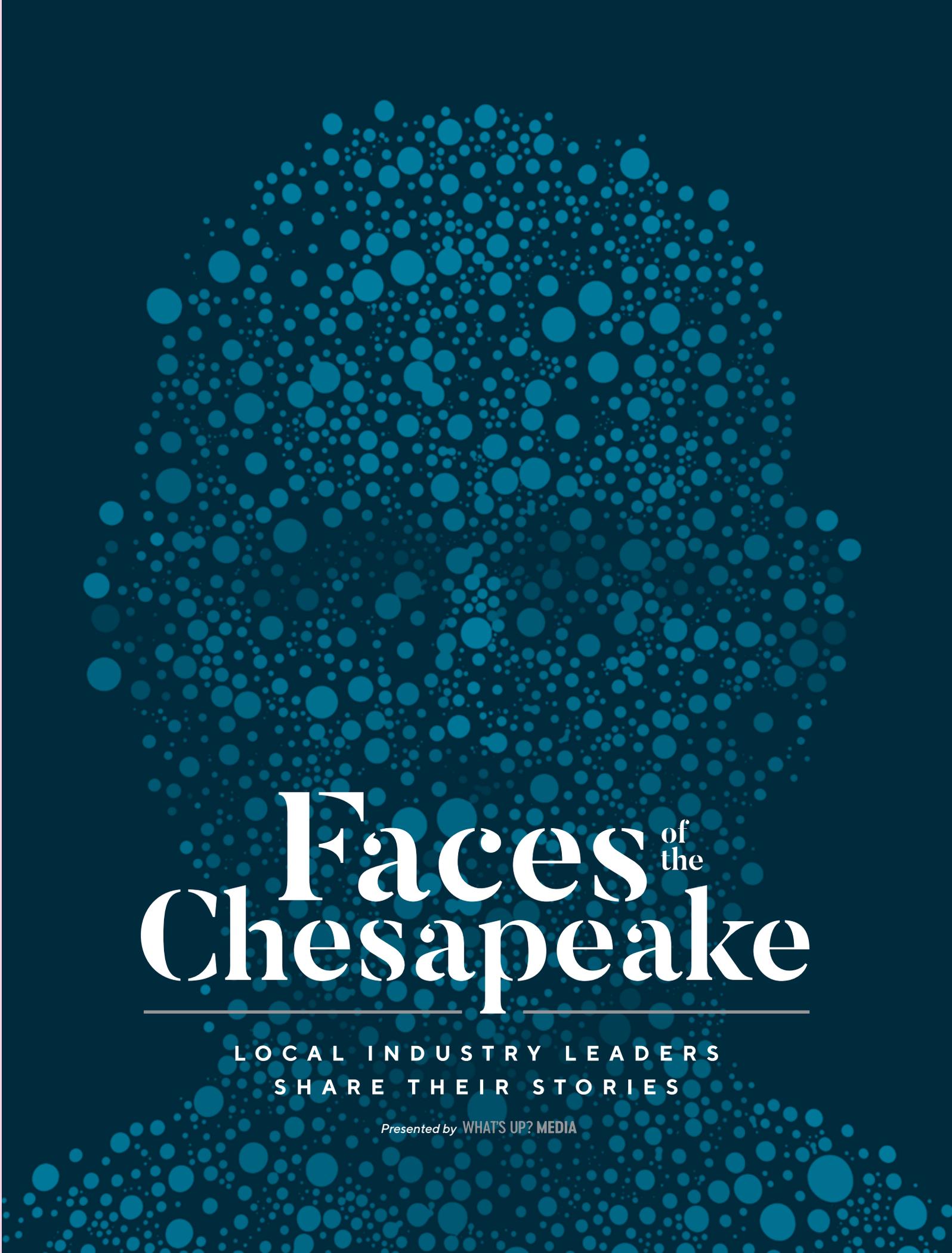
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# Faces <sup>of the</sup> Chesapeake

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LOCAL INDUSTRY LEADERS  
SHARE THEIR STORIES

*Presented by* WHAT'S UP? MEDIA

THE FACE OF PLASTIC SURGERY  
AND AESTHETIC EXCELLENCE

# KELLY SULLIVAN M.D.

Sullivan Surgery & Spa

130 Admiral Cochrane Dr., Annapolis, MD 21401  
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410-571-1280 / 443-221-2700

Extensive education, training, experience, engineering precision, genuine empathy, and compassion are factors that distinguish Dr. Kelly Sullivan and her staff at Sullivan Surgery & Spa from other Plastic and Reconstructive surgeons.

Dr. Sullivan earned a bachelor's degree in Mechanical Engineering from Massachusetts Institute of Technology and a Doctor of Medicine from Harvard Medical School. She completed her general surgical residency and plastic and reconstructive fellowship at Emory University. Dr. Sullivan is certified by the American Board of Plastic Surgery and is a fellow in the American College of Surgeons. Dr. Sullivan also believes strongly in community service and is the founder and past president of Wellness House of Annapolis – a nonprofit that provides support services to cancer patients and their loved ones, free of charge.

As a team of compassionate women who understand the desire to look and feel better, everyone at Sullivan Surgery & Spa cares about their patients, listens carefully to understand goals, and then works to help achieve the changes that are envisioned. Together, Dr. Kelly Sullivan and her staff provide the care, comfort, and world-class results that make them the Face of Plastic and Reconstructive Surgery.

# Faces <sup>of the</sup> Chesapeake

What's Up? Media would like to creatively introduce you to exceptional locals throughout the Chesapeake Bay region who are considered experts in their vocations and industries. Within the following pages, you'll meet, face-to-face so to speak, individuals and companies who take pride in offering our readers professional, personal, and courteous service. You'll learn their stories, their callings, and about their businesses. Introducing the Faces of the Chesapeake!

**WHAT'S UP? MEDIA**

## **IN ORDER OF APPEARANCE:**

Sullivan Surgery & Spa  
David Orso  
Skin Wellness  
Oral Surgery Specialist  
Chef Kurt Peter—Chesapeake Chefs Services  
Scott Schuetter—Century 21 New Millennium  
HF Advisory Group  
Warren Clem—Warren Wood Works  
Eastern Shore Dental Care  
Laughlin Plastic Surgery  
Tyson Bross—Naptown Smiles  
Chaney Homes  
Radcliffe Creek School  
The Arc Central Chesapeake Region  
Academy Arts Museum of Easton  
Hospice of the Chesapeake  
George R. Roles Attorney and Counselor at Law  
Labbe Family Orthodontics  
Christina Janosik Palmer Group—Coldwell Banker  
ProMD Health  
Fichtner Services  
Scott Finlay DDS & Associates  
Biana & Steve Arentz—Coldwell Banker  
Indian Creek School  
Blackwall Hitch and Blackwall Barn & Lodge  
Trippe Gallery—Nancy Trippe  
Londonderry On The Tred Avon  
Travis Gray  
Center For Restorative Dentistry-Djawdan  
Baywoods of Annapolis  
Blue Crab Cupcakes  
Main & Market  
Beall Funeral Home  
Mr. Handyman  
Choices Pregnancy Center  
The Law Office of Andrea Ross  
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All Star Pain Management  
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For All Seasons  
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The Law Office of John Leo Walter  
Royal Oak Catering Company  
Mission Escape Rooms  
Charm City Plastic Surgery  
ROSM



**THE FACE OF REAL  
ESTATE THE RIGHT WAY**



# DAVID ORSO

[david@daivdorso.com](mailto:david@daivdorso.com)  
[davidorso.com](http://davidorso.com)

David Orso is known as the “local boy turned Realtor”. David discovered his passion for real estate about 20 years after investing in real estate properties. As a life-long resident of the Annapolis area, David is extremely knowledgeable about the Annapolis, Severna Park and Arnold real estate markets.

David leads a small team of experts which has been ranked #1 in Anne Arundel County, regardless of brokerage, for total sales volume for six years in a row.

David was voted as one of the top ten agents in America by the Real Estate Institute of America, is consistently recognized by his peers as a thought leader and innovator in the field and is a well-known speaker and author on the topic of residential real estate.

During the past 36 months, David has sold over \$184 million in real estate in Anne Arundel County.

On average, his listings sell within 57 days and for at least 95 percent of the original list price. David built his business on several key principles: systematic attention to detail, excellence in marketing, and skilled negotiations. His success in life and business demonstrate his innate ability to build and nurture relationships and provide exceptional service to his clients with world-class professionalism.

David has a vision to elevate the standard of excellence in the residential real estate industry through his 82-point home selling system. David obtained his undergraduate degree from the University of Dayton with a major in Psychology.

He earned his MBA from Loyola College of Baltimore with a concentration in Strategic Marketing. David continued his academic endeavors at Harvard University Law School in the esteemed Program on Negotiation.



THE FACE OF CHANGING FACES

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### *Changing Women's lives every day!*

Kelly Sutter, RN, CANS is the founder and owner of Skin Wellness MD with offices located in Annapolis and Lusby Maryland. Kelly has been a resident of Annapolis for over 25 years. Kelly is a certified Aesthetic Nurse Specialist and also holds certification in Laser Physics. She has extensive experience with cosmetic lasers including, Sciton BBL (Broad Band Light), Micro-Laser Peel. Kelly also offers the #1 non-invasive fat reduction treatment with the latest technology, Coolsculpting/Zwave.

Kelly is a member of the American Society of Lasers in Surgery and Medicine as well as the International Society of Aesthetic and Plastic Surgery Nurses. Kelly is also proud to be a part of the Allergan Medical Faculty and an AMI instructor. This gives Kelly the credentials to provide training to physicians, registered nurses and physician assistants in the use of Botox and all Dermal Fillers.

Kelly's Lead Esthetic Advisor Kim Hart is a resident of Annapolis and has been in the esthetic business for over 15 years. Kim has worked at Skin Wellness as the Practice Coordinator and works along side Kelly in both offices with marketing and developing the growth of the practice.



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Born and raised on the Eastern Shore, Chef Kurt Peter's take on Chesapeake cuisine combines ingredients drawn fresh from the rivers, Bay and fields of Maryland, such as his many popular beef, rockfish and oyster dishes--including a first prize winner at the Chesapeake Bay Maritime Museum's Oysterfest.

As the former Executive Chef and Food & Beverage Director at the Westin Hotel Annapolis, Chef Peter was adept at making impressive dishes and presentations for large scale banquets and events.

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Personal and Professional ~ I have always focused on people, not houses. It was clear to me from the beginning, that it doesn't matter if a home is 200,000 or 6 million, it is a huge deal for EVERY client. My wife and I joke all the time about it, but I truly feel that I am a psychologist in disguise. Every transaction, whether buying or selling, involves a series of complex personal decisions layered with emotions, finances and stress. My military background and training taught me to be calm in any and all circumstances. Those skills have been finely tuned daily in real estate. When things are most chaotic, it is even more important to be the calm and guiding voice. Buying or selling a house is not the same as calling in an air strike in Fallujah, but to my clients, it may feel like it.

People need to know that their advocate is going to be there for them, has their best interests in mind, and will guide them through one of their most important life decisions. Marketing trends, advertising, community connections, staging a home, market expertise, etc. is obviously a huge part of my business, but in the end it all comes back to people.



THE FACE OF  
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Warren Clem founded Warren's Wood Works in 1983 at a time when he saw the box stores popping up and knew that business that offered specialized services would soon be a thing of the past. Even though his name is on the building there is a whole team of people that make up the face of Warren's Wood Works. The team (with more than 100 years combined craftsmen experience) enjoy the reputation of being the leader in architectural millwork and building materials. They provide a service that is unmatched in the industry and in the region. They offer personalized, non-rushed, consultations (in our store or in your home) to provide the best experience when choosing products.

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Dr. Scott H. Billings, a graduate of the University of Maryland School of Dentistry, founded his dental practice in 1981. Dr. Christopher K. Murphy, also a graduate of the University of Maryland School of Dentistry, partnered with Dr. Billings in 1986. Thirty-three years later, they are the largest dental care provider on the eastern shore.

In 2017, they renovated, expanded and renamed their Kent Island office. Now known as Eastern Shore Dental Care, their 7,000 sq. ft. dental spa employs 6 dentists, 36 staff members, offers 20 treatment rooms and serves over 20,000 patients.

Eastern Shore Dental Care is committed to delivering the best dental care and most successful treatment options available. It offers a variety of services, such as: oral hygiene & wellness, general dentistry, restorative dentistry, cosmetic dentistry and sedation dentistry. Its spa-like setting and state-of-the-art technology aims to increase patient comfort and the efficiency of every appointment, while achieving the most successful outcome.

Thank you for your dedication and support. It has been our pleasure.

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Dr. Laughlin has thirty years' experience and is dedicated to giving his patients' a youthful natural appearance.



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Annapolis, MD  
[www.naptownsmiles.com](http://www.naptownsmiles.com)

Dr. Tyson Bross has now spent almost 15 years providing pediatric dental care and considers each day that passes in this endeavor as a blessing and privilege, embracing the opportunity to follow along in the lives of his patients as they progress through childhood to become young adults. In talking with Dr. Bross, it is plainly evident that he doesn't consider his job to be just about teeth.

Dr. Bross firmly believes that good oral health be part of an approach that considers each patient's overall wellness and that each patient's treatment should be specific and individualized. He also aims to remove any aura of dental anxiety so that each day in his practice is one of fun and excitement that is palpable for the patients from start to finish. Dr. Bross feels fortunate to have a team that includes four other highly accomplished dentists as well as five experienced hygienists.



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Jennifer Chaney  
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[www.radcliffecreekschool.org](http://www.radcliffecreekschool.org)

Radcliffe Creek School, located in Chestertown, MD has empowered children for twenty-four years. Molly Judge, the Founding Director, cultivated a school that embraces students' strengths and provides them with high quality, engaging curriculum.

The school's mission is to "empower children in a dynamic environment that celebrates unique learning." Meg Bamford, Head of School, believes students are empowered with a personalized education that optimizes their potential by teaching them skills, self-advocacy, resiliency, and independence.

Mary Anne Herron, Gretchen Coppage, and Debbie Cohee-Wright have taught at Radcliffe Creek School since it opened. Together with other RCS teachers, they have played an integral part in positively changing the course of every past and present Radcliffe student's life. At Radcliffe, a child may receive instruction well above their grade level in the areas in which they excel and if a student struggles in an area such as reading, they receive high-quality instruction in programs such as Orton Gillingham. Radcliffe has small class sizes, lets students take a proactive role in their learning process and provides them with multi-sensory instruction. Students who graduate from Radcliffe Creek School are empowered with confidence in themselves, possess tools and skills to be successful, and have excitement to try new challenges.



THE FACES OF INCLUSION

# THE ARC

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Eastern Shore Regional Office  
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410-269-1883 | [www.thearcccr.org](http://www.thearcccr.org)

*"Diversity is being invited to the party; inclusion is being asked to dance."*  
- Verna Myer

At The Arc, we support people with a disability to live, work, and play, so they can thrive in the community. We'd love if having friends, work colleagues, and legislators with a disability was so commonplace as to be ordinary. We're not quite there yet, but we see progress. More and more, people with a disability are business owners and entrepreneurs, star in movies, and on television shows. People with a disability are friends you can share funny jokes with, your fitness partners, your neighbors, and someone you can count on in times of need.

At The Arc, we strive to create a community where people with disabilities are welcomed in all aspects of life. We work to advance opportunities for people with disabilities to demonstrate their talents, to experience the same joys and challenges as anyone. To belong. Each of the people in this photo is an active member of their community, living a full life where they contribute in their chosen profession, share time with friends and family, and donate their talent so that others can feel valued. They each have a story about how inclusion has made a difference in their life and are committed to helping others feel welcome as well.



**THE FACES OF  
ARTISTIC EXPRESSION**

Academy Art Museum Instructors left to right: Maire McArdle, Stephen Walker, Diane DuBois Mullaly, Maggii Sarfaty, Georgia Goldberg, Katie Cassidy, Brad Ross, Paul Aspell, Meg Nottingham Walsh, Bernie Dellario, Cid Collins Walker

# ACADEMY ART MUSEUM

OF EASTON

106 South Street  
Easton MD, 21601  
410-822-2787  
academy@academyartmuseum.org  
www.academyartmuseum.org

Over half a century ago, the Academy Art Museum held its first adult education class in a founding member's private home with a handful of students. Today, a variety of visual and performing arts classes showcases a corps of nationally-known art instructors, all recognized artists in their fields, coming from prestigious, exceptional backgrounds and training.

Students can study the fundamentals of drawing, take classes in painting in oil, watercolor, and pastel, or learn the craft of ceramics, bookbinding and printmaking, photography or digital editing. Daytime, evening and weekend options are provided for all ages and levels: from the beginner to the advanced artist, as well as for the aspiring to the established professional, making classes convenient and accessible.

The Museum also offers national and regional exhibitions, concerts, lectures, and educational programs. It's encouraging and supportive atmosphere allows students of all ages to experience the exhilaration and enrichment of artistic expression.



THE FACES OF COURAGEOUS  
CONVERSATIONS

SHAUNA  
CHABOT

JOHN & CATHY  
BELCHER

The John & Cathy Belcher Institute  
at Hospice of the Chesapeake  
410-987-2003  
[www.hospicechesapeake.org](http://www.hospicechesapeake.org)

*Are your conversations courageous?* Have you taken the time to have those uncomfortable but necessary talks with loved ones about the inevitable? These are critical questions, but maybe the real question is: How do we continue to live courageously and well with advanced illness? Though many of us have prepared for our death, the reality is we will more likely live with advanced complex illness for many years. Rather than how do we survive it — how do we live well in it?

The John and Cathy Belcher Institute was founded for just those purposes. Our mission is to transform the way we think about, and provide, comprehensive and holistic care for people living with advanced complex illness. The Belcher Institute brings together regional and national partners to collaborate and meet this challenge. These questions were barely asked a decade ago, but now we have the need for answers and possibly more important the need for conversations!

John and Cathy Belcher with Shauna Chabot, MBA, CFRE, Belcher Institute's Executive Director and Chief Advancement Officer for Hospice of the Chesapeake, are asking these questions today and in the future through community outreach and education.



THE FACE OF  
EASTERN SHORE DEBT RELIEF

# GEORGE ROLES, ESQ.

GEORGE R. ROLES  
ATTORNEY & COUNSELOR AT LAW

443-262-8501  
101 South Commerce St., 1st Floor  
Centreville, MD 21617  
[www.groleslaw.com](http://www.groleslaw.com)

I have spent my entire legal career helping people, their families, and their businesses climb away from financial despair. Despite what we all hear on the news today about the chugging economy and the happy consumer, financial pressures certainly continue to mount. Folks still struggle, houses fall into foreclosure, businesses fail, and families lose income. Whether it is divorce, unemployment, uninsured catastrophe, or gradual building of debt load, making the decision to file a bankruptcy case can be devastating.

Here at my law firm, we know the lay of the land in debt relief, bankruptcy, and debt settlement. We care, empathize, and treat clients with utmost compassion and understanding. Receptive and responsive, here in Centreville, you'll find no ridicule, and we make no judgments, only personal service and quality advice. Our job? Help people, their families, and their businesses get a fresh start, and we are very proud to have helped thousands of people along the way. Get out of the weeds today. We're happy to help.



THE FACE OF CREATING  
A LIFETIME OF SMILES

# LABBE FAMILY ORTHODONTICS

Annapolis | Crofton | Bowie | Greenbelt  
410-267-7300  
[www.labbefamilyortho.com](http://www.labbefamilyortho.com)

When is the last time your expectations were exceeded at a doctor's appointment? Look no further! The team at Labbe Family Orthodontics genuinely gets a kick out of getting people to smile. While they are very serious about the science behind correcting your smile, they equally love making your appointment a great and fun orthodontic experience! They believe that your treatment is more than just braces or clear aligners – it's about you and your total experience.

Since 1990, Dr. Stephen Labbe and his team have earned a reputation for providing the most skilled, patient-focused, and advanced orthodontic treatment in the Washington, D.C.-Baltimore area. The team at LFO is truly dedicated to your comfort, health and happiness... because that's what smiling is all about, right?... Just take a look at the mission statement that the LFO team, themselves, created:

Labbe Family Orthodontics is dedicated to changing lives by designing beautiful, healthy smiles in a fun and enthusiastic environment. We are committed to providing excellent care at the right time, for the right reason with integrity and honesty.

Give them a call at 410-267-7300 and let them exceed your expectations today!

THE FACE OF EXTRAORDINARY  
REAL ESTATE

# CHRISTINA JANOSIK PALMER GROUP

OF COLDWELL BANKER RESIDENTIAL BROKERAGE

572-A Ritchie Highway  
443-938-3379 | 410-647-2222 Office



## *Serving Anne Arundel County and surrounding areas*

Hello there...I am Christina Janosik Palmer, a career Realtor and Associate Broker, with 27 years of real estate expertise specializing unparalleled marketing and unprecedented customer service.

In 2016, I decided to expand to a team. We are now a strong group of eight team members at the Christina Janosik Palmer Group of Coldwell Banker Residential Brokerage. We are ready to serve you with over 100 years of combined real estate experience. Our clients are more than just clients, they become friends and family that stay friends and family long after the transaction is completed.

If you need to list or buy a home, experience how easy we make it for you with our knowledgeable guidance and unprecedented service. We are here for you

Not intended as a solicitation if your property is already listed by another broker. Real estate agents affiliated with Coldwell Banker Residential Brokerage are independent contractor sales associates, not employees. ©2018 Coldwell Banker Residential Brokerage. All Rights Reserved. Coldwell Residential Brokerage fully supports the principles of the Fair Housing Act and the Equal Opportunity Act. Operated by a subsidiary of NRT LLC. Coldwell Banker and the Coldwell Banker logo are registered service marks owned by Coldwell Banker Real Estate LLC.



**THE FACE OF  
COSMETIC INJECTIONS**

# ProMD HEALTH

166 Defense Highway  
Suite 302  
Annapolis, MD  
443-333-4940  
[www.promdhealth.com](http://www.promdhealth.com)

ProMD Health is a state of the art medical facility specializing in non-surgical treatments and procedures to help patients Look and Feel Younger. Dr. Gavrilu and his team of innovative professionals all pride themselves in the most advanced skills and techniques to help their patients Look and Feel great. ProMD Health specializes in cutting edge and in demand procedures including Botox, dermal fillers, laser treatments, PDO thread lift, hormone replacement therapy, facial rejuvenation, vaginal rejuvenation, and body contouring.

They tout some of the most advanced devices such as HydraFacial, Viveve, and Sciton Halo. ProMD Health uses its complete suite of treatments to cater to each patient's unique needs to help them Look Younger on the outside and Feel Younger on the inside. Whether your goals are prevention, treating a skin condition, looking like you did 10 years ago, or feeling like you did 10 years ago, ProMD Health has something for everyone.



**THE FACES OF  
EXTERIOR CRAFTSMANSHIP**

Home built by M&F Builders, Exteriors by Fichtner Services

# THE FICHTNER SERVICES TEAM

Tom & Christine Fichtner

Fichtner Services Central, Inc.  
1872 Betson Ave  
Odenton, MD 21113  
410-519-1900  
[www.fichtnerservices.com](http://www.fichtnerservices.com)

Meet the Fichtner Services Team, the Faces of Exterior Craftsmanship. Over the last 25 years, Tom and Chris Fichtner have assembled an incredible team of hard-working, customer service oriented professionals. Tom and Chris, who were both raised in the Annapolis area, and the Fichtner Team, have helped tens of thousands of Central Maryland residents with their home improvement needs. From entire exterior renovations to small repairs, they strive for value and success in every job. They support numerous local charities and won awards for customer service and service to the community. Fichtner Services has been voted Best Roofer seven times, Best Siding, Best Windows and Doors, and Best Gutters.

Many contractors come and go, but as it began 25 years ago, Fichtner Services is still a local, family owned business. They owe their longevity to honesty, quality craftsmanship, superior products and customer satisfaction adopted by all of their employees.



THE FACES OF  
COMPREHENSIVE DENTISTRY

# SCOTT FINLAY, DDS & HA LIM, DDS

SCOTT FINLAY DDS & ASSOCIATES

1460 Ritchie Highway, Suite 203  
Arnold, MD 21012

New Patients: 410-989-7132

Current Patients: 410-757-6681

[www.annapolisdentistdds.com](http://www.annapolisdentistdds.com)

For more than 30 years, Scott Finlay DDS & Associates has been providing the highest level of dental care for individuals and families in the greater Annapolis area. Dr. Finlay's office offers comprehensive services for children and adults, from routine maintenance and preventive care to dental implants and reconstructive procedures. Dr. Lim joined the Annapolis area dental practice in late 2018. Dedicated to the pursuit of excellence, Dr. Lim commits herself to countless hours of continuing education each year to offer modern, evidence-based clinical treatments and the best possible patient experience.

Dr. Finlay is one of only 75 dentists nationwide to be recognized as an Accredited Fellow by the American Academy of Cosmetic Dentistry. Dr. Finlay has written articles and is featured in books related to Functional Aesthetics and Dental Reconstruction. The practice of Scott Finlay DDS & Associates has been consistently voted the Best Cosmetic and Restorative Dentist in Annapolis thanks in part to its tenured team of caring dental professionals, five-star service and commitment to exceptional care. Please call us today!



**THE FACES OF  
MARYLAND REAL ESTATE**

# BIANA & STEVE ARENTZ

Coldwell Banker Residential Brokerage

Biana: 410-490-0332

Steve: 410-310-0896

Annapolis Plaza (O) 410-224-2200

Biana.Arentz@CBmove.com | BianaArentz.com

Long-time residents of Queen Anne's County, Steve and Biana practice what they preach: "Having moved 10 times in 23 years, we know the process well — and what it takes to buy waterfront properties in Maryland. Plus, it's easy to sell what you know and love."

They serve both sides of the Chesapeake Bay Bridge, specializing in waterfront homes and fine properties in Queenstown, Prospect Bay, Kent Island, St. Michaels, and Easton.

Biana is a CIPS (Certified International Property Specialist), a Global Luxury Specialist, member of the International President's Circle, and 2018 Bay Area Realtor of the Year. She is fluent in Spanish. (Steve says he is fluent in English!)

Before real estate, they owned and operated Hemingway's Restaurant for over 20 years. Being active in the Kent Island community since 1990 gives them extensive knowledge of the area, and what it takes to sell or buy a home on the Eastern Shore.

Steve and Biana feel blessed to live on the water and want others to share that experience. They will help you sell or buy your dream home — and make sure you wind up loving Maryland as much as they do.



**THE FACE OF  
21<sup>ST</sup> CENTURY TEACHING**

Tricia Roth, Science Faculty, STEM Advisor, and BLinc Director at Indian Creek School

# INDIAN CREEK SCHOOL

LOWER SCHOOL  
Pre-K3 - Grade 6  
680 Evergreen Rd.  
Crownsville, MD 21032  
410-923-3660

UPPER SCHOOL  
Grades 7-12  
1130 Anne Chambers Way  
Crownsville, MD 21032  
410-849-5151

[www.indiancreekschool.org](http://www.indiancreekschool.org)

If you're looking for Science Teacher Tricia Roth, the Indian Creek School community knows that you're likely to find her outside with students flying a drone around the School's 114-acre campus, collecting data for an Environmental Science lab, or in her STEM lab with the lights off, guiding Biology students as they inject bioluminescent genes into bacteria to make them glow. Mrs. Roth understands that students learn best when inspired by meaningful, project-based activities, and are given the tools and confidence to excel. "As a scientist, I realize that traditional forms of collecting data and memorizing facts are not always exciting. It's important to challenge students with projects that have real-world inquiries. Once they understand that a lab has a purpose, the sky's the limit!" A published scientist herself, Mrs. Roth uses her own professional resources to benefit her students. Mrs. Roth is also the Director of BLinc, a program which offers courses for credit and enrichment, through a combination of online and face-to-face learning. Indian Creek faculty and students alike look to Mrs. Roth as an example of ingenuity in teaching, and see her as an incredible role model, mentor, scientist, and teacher.



**THE FACE OF THE FINEST  
LOCAL TASTES & TALENTS**

# JAMES KING

Blackwall Hitch  
400 Sixth St., Annapolis, MD  
410-263-3454 [theblackwallhitch.com](http://theblackwallhitch.com)

Blackwall Barn & Lodge  
329 Gambrills Rd., Gambrills, MD,  
410-317-2276 [barnandlodge.com](http://barnandlodge.com)

James King's journey to award-winning restaurateur began at the age of 14, working as a dishwasher and busboy for a family friend who owned several popular restaurants in Washington, DC. King worked his way through the ranks over the following ten years performing virtually every job in the industry, eventually ascending to general manager at Georgetown's popular waterfront. Thriving in the daily challenges of the fast-paced industry, King followed his pursuit to Anne Arundel County where he is now the CEO and co-owner a restaurant management group with eight restaurants: the original concept establishments of Blackwall Barn & Lodge (Gambrills) and Blackwall Hitch (Annapolis; Baltimore; Alexandria, VA; and Rehoboth Beach, DE), as well as the franchises for Greene Turtle (Annapolis and Gambrills) and Roy Rogers (Gambrills).

King's work in building and opening restaurants led him to run for Maryland House of Delegates in 2006, where he served one term with a clear platform: to be a voice for small business. Today, as an economy driver with over 800 employees, King continues his work in the community through his restaurants- contributing to a myriad of charitable causes from homelessness prevention to local little league- and through his participation as a board member for the Oyster Recovery Partnership and the Anne Arundel County Business Roundtable.

"I want to make sure I can give 100 percent. You have to give back to the community that keeps you in business. It goes back to that bigger picture of making Anne Arundel County the best place to live." – James King



**THE FACE OF A  
FINE ART GALLERIST**

# NANNY TRIPPE

The Trippe Gallery

23 N Harrison Street  
Easton, MD  
410-310-8727  
thetrippegallery.com

What began in 2010 as the collaboration of two artist friends, fine art photographer Nanny Trippe and watercolorist Don Hilderbrandt, has evolved into Easton's liveliest fine art gallery, a favorite with locals as well as visitors. Occupying its current address on Harrison Street in the heart of historic Easton, the Trippe Gallery, now solely owned and operated by Nanny Trippe is beginning its seventh year.

Nanny Trippe is a many generation native of Talbot County with roots that date back to the 1600's. Her love of photography began at an early age and she began taking classes in darkroom techniques in high school at St. Timothy's School in Baltimore, followed by Denison University, Richmond College in London and a BA in Art History from Washington College with a minor in studio art.

Her love of all genres of art are evident in her gallery which exhibits oil and watercolor paintings by award winning Plein Air artists, national and local artists, sculptors, printmakers and her own fine art photographs, all inclusive of representational and contemporary art. There is artwork for all levels of collecting from the beginning collector to the seasoned. The gallery will provide art curation and hanging in your home as well. Each month features a new exhibit based on presenting the work of a specific artist or a collective show based on a common theme. The gallery is spacious and filled with natural light for excellent viewing.



**THE FACES OF RETIREMENT  
ON THE EASTERN SHORE**

# IRMA TOCE & RACHEL SMITH

Londonderry on the Tred Avon

700 Port Street, Suite 148  
Easton, MD 21601  
410-820-8732 or 800-752-8732

CEO Irma Toce and Sales and Marketing Director Rachel Smith have worked together at the independent-living cooperative community, Londonderry on the Tred Avon for more than five years. While both Irma and Rachel come from different backgrounds, they share the same beliefs on aging: the key to a high quality of life for seniors is a robust and vibrant lifestyle in a supportive, active community. Irma, who has more than 25 years of executive experience in the senior housing field, believes in a holistic approach to aging in place. As CEO, she drives the wellness initiatives at Londonderry, ensuring that residents receive the tools to achieve the highest quality of personal health and wellness.

In her capacity as Sales and Marketing Director, Rachel offers prospective residents a variety of housing options from apartments to cottages. Rachel, an Eastern Shore native, enjoys showcasing the unique, 29-acre community that sits on 1,500 feet of Tred Avon River shoreline.



**THE FACE OF LUXURY  
HOMES ON THE WATER**

# TRAVIS GRAY

ASSOCIATE BROKER

C: 301.641.0809

O: 410.263.8686

E: TGray@CBmove.com

A: 4 Church Circle

Annapolis, MD 21401

AnnapolisWaterfrontGuide.com

Travis Gray was born in Annapolis and raised on the Severn River. He comes from a long line of Real Estate professionals and serves both sides of the Chesapeake Bay. He specializes in marketing and selling waterfront homes and fine properties in the Annapolis area.

Travis is a leading resource for his clients and the community. Among his industry expertise, he also manages AnnapolisWaterfrontGuide.com, a website dedicated to providing useful Real Estate information, market trends and waterfront resources.

Travis is a Certified Luxury Home Marketing Specialist™ (CLHMS), holds the Graduate, Real Estate Institute (GRI) designation, is a lifetime member of The Masters Club, member of the International President's Elite and has received multiple industry awards.

Prior to Real Estate, Travis worked in the entertainment industry, first in Affiliate Sales and Marketing at Discovery Networks and later as Executive Vice President of BrainBox Entertainment where he developed, negotiated, produced and oversaw programming including: Amazing Waterfront Homes (HGTV), The Real Estate Pro's (TLC), Stage This House (A&E) and Small Space Big Style (HGTV).



**THE FACES OF WATERFRONT  
RETIREMENT COMMUNITIES**

# PARKER & PATTY WILLIAMSON

BAYWOODS OF ANNAPOLIS

7101 Bay Front Drive  
Annapolis, MD 21403  
443-837-1208  
[baywoodsofannapolis.com](http://baywoodsofannapolis.com)

Meet the Williamsons:

Patty and Parker, North Carolina natives, ventured into the Annapolis area via their sailboat named "Second Wind." While keeping their sailboat a few doors down at Bert Jabin Yacht Yard, Patty and Parker discovered BayWoods of Annapolis and were immediately taken by the luxurious waterfront retirement community right on the Chesapeake Bay. BayWoods proved to be close to their sailboat and all of the world class charm that is associated with the surrounding Annapolis area.

"BayWoods became the perfect launch for our retirement adventure," states Parker. "We discovered luxurious, yet affordable accommodations and amenities, access to excellent medical care, local Annapolis entertainment all within easy access to Washington and Baltimore." "I enjoy walking our dog Briny at Quiet Waters Park across the street," states Patty, who also is an active volunteer in the greater Annapolis community with Hospice of the Chesapeake. This is an active lifestyle filled with adventures every day, all in a pet friendly continuing care retirement community with equity ownership.



THE FACE OF DESSERTS

# BLUE CRAB CUPCAKES

1580 Whitehall Road,  
Annapolis, MD 21409  
443-221-7246  
bluecrabcupcakes.com

Blue Crab Cupcakes is a boutique bakery specializing in cupcakes, mini cupcakes, weddings, special occasion cakes, and custom cake pops. Their bakery is conveniently located off Route 50 in Annapolis, Maryland.

It's an exciting visit to Blue Crab Cupcakes on Whitehall Road in Annapolis. Local Annapolitan and proprietor Carrie Olish lends her life-long expertise to wonderful delights of deliciousness. If you are in need of a cake for a special occasion, cake pops to surprise a friend or cupcakes to delight your own senses, Blue Crab Cupcakes is up to the task. Carrie and her staff of twenty dedicated employees handle over two hundred weddings per year.

Carrie's treats are perfect for any special occasion including weddings, birthdays, anniversaries or to treat yourself and family. Blue Crab Cupcakes is always creating new flavors and textures. Come see the storefront to see what's baking.



THE FACE OF CATERING

# MAIN & MARKET

914 Bay Ridge Road  
Annapolis, MD  
410-626-0388  
[www.mainandmarket.com](http://www.mainandmarket.com)

You can trust Main & Market to make your life delicious, whether you have us in your home and cater to your loved ones or your clients at the office. We understand that it's not just about the food. It's about the timing, the presentation, smiles, and even the weather can create the ultimate event.

Our team creates long-lasting relationships, which helps us understand your needs and vision. We have loyal clients for almost 25 years; they return for birthday cakes, holiday parties, and even their weddings.

What inspires us to produce award-winning food year after year? Passion. You'll find it at the heart of each item on the menu and every catered event; a passion for offering fresh, premium-quality ingredients and mouth-watering flavor. The icing on the cake? It's all delivered with the superb service of seasoned professionals. While our creative zenith continues to burn brightly, we're always evolving. But we know one thing will never change; our commitment to delivering premium quality ingredients, service, and presentation is unbeatable. We also care about our community and believe in giving back to those who support us.



**THE FACE OF HONORING  
LOVED ONES**

# BEALL FUNERAL HOME

6512 Crain Hwy, Bowie, MD  
301-805-5544

As the director of Beall Funeral Home, Tom Zizos meets people during, what is often, the most stressful, traumatic time of their lives. Many have never had to make funeral arrangements and don't even know where to begin. With care and compassion, Tom and his staff lead families through the entire process.

Tom is a licensed funeral director who attended the American Academy of Funeral Services in New York and has over 40 years of experience within the industry. He is a hands-on director involved in every aspect of the business. Nikki Zizos, Tom's wife, is also instrumental to the business.

Since Beall Funeral Home is family-owned and operated, Tom and his staff serve its customers with a personal touch and have developed strong relationships within the local community. Guests visiting Beall Funeral Home can expect spacious viewing rooms that are tastefully decorated. The facility is convenient to major highways and has ample parking. Beall Funeral Home offers pre-need funeral planning and cremation.

Every family's needs are different, which can be a challenge for any funeral director. Tom gladly meets that challenge every day.



**THE FACE OF KNOCKING  
OUT THE "TO DO" LIST**

# KEVIN CRYSLAR

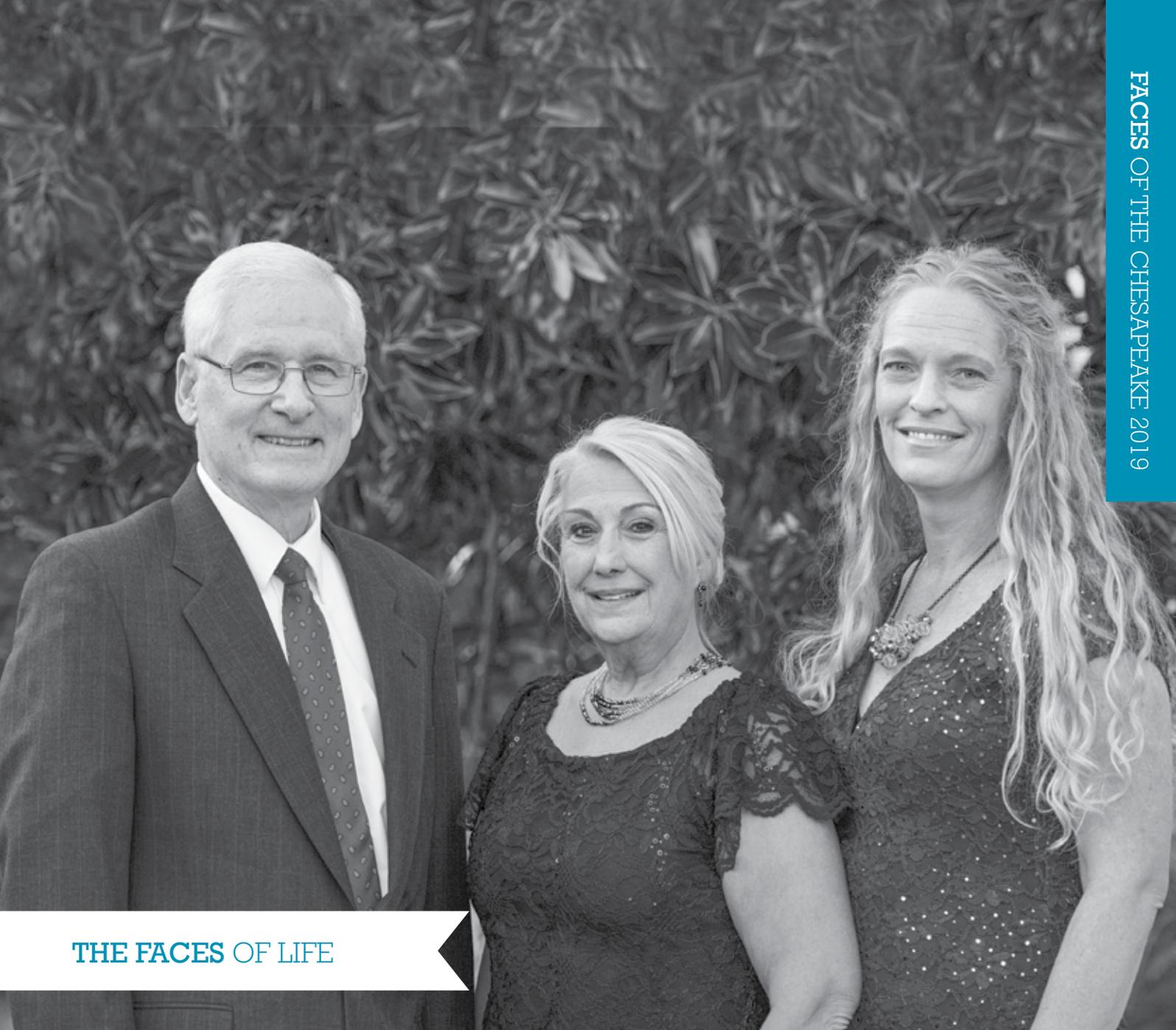
Mr. Handyman of Anne Arundel and North PG

8229 Cloverleaf Drive Suite 435  
Millersville, MD 21108  
410-881-5683  
team7447@mrhandyman.com  
www.mrhandyman.com

Mr. Handyman is the largest handyman company in the country and is part of the Neighborly family of home service companies, the most experienced network of home service providers. Mr. Handyman of Anne Arundel and North PG opened 15 years ago, and for the last 10 years has been owned and run by Kevin Cryslar.

Mr. Handyman offers a full range of home improvement, maintenance and repair solutions, from the little hole in the drywall to replacing a ceiling fan to a full bathroom remodel. They are licensed, bonded and insured, and all of their technicians have a minimum of 15-years' experience. Their technicians are full-time employees of the company who have been through a background check that includes drug screening and criminal background checks, and they guarantee all of their work with a one-year warranty.

The company has grown quite a bit over the years and has now served more than 10,000 customers. Most of their business comes from repeat customers, and their biggest source of new business comes from word-of-mouth, including the hundreds of great online reviews that they have earned.



THE FACES OF LIFE

# CHOICES PREGNANCY CENTER

8221 Teal Drive, Unit 408  
 Easton, MD 21601  
 410-822-3311  
[www.cpcshore.org](http://www.cpcshore.org)

Choices Pregnancy Center is a compassionate, faith-based non-profit 501(c)3 organization that offers life-affirming choices to women and their families facing an unplanned pregnancy. We are the only pregnancy resource center serving the five counties of Maryland's Mid-shore. Women who come to our Center will be greeted with loving care, access to educational counseling, ultrasounds, medical assistance programs, and referrals to other resources. We offer FREE and confidential services in a supportive environment which include lab-quality pregnancy tests, pregnancy verification sonograms, information about pregnancy options, parenting classes, STI testing and abortion recovery classes. We are the only pregnancy center on the shore to offer an abortion pill reversal program. Choices is a client-focused, community-serving organization that relies solely on community support for all its programs. We have been honored to provide hope, help, and healing to empower the women and men who walk through our doors to make life-affirming choices for more than 25 years.



**THE FACE OF BANKRUPTCY  
LAW ON THE EASTERN SHORE**

# ANDIE ROSS, ESQ.

THE LAW OFFICE OF ANDREA ROSS

800-758-9265  
129 N. West Street, Suite 1 • Easton, MD 21601  
118 West Water Street • Centreville, MD 21617  
AndieRossLaw.com | Andie@AndieRossLaw.com

Bankruptcy attorney Andie Ross has dedicated her practice to providing dignified and tailored solutions to individuals and businesses throughout the region. Andie's goal is to empower her clients, and she can often be heard saying "You've Got Options!" The people who come to her to get out of debt and start a new life are more than just clients – they're her Eastern Shore neighbors and friends, who deserve her personal attention every step of the way. Andie's devotion to her clients has been recognized by the Pro Bono Resource Center of Maryland, Mid Shore Pro Bono, the Maryland General Assembly, the U.S. Congress, and Super Lawyers. The greatest accolades, admittedly closest to Andie's heart, and what makes her the "Face of Bankruptcy" on the Eastern Shore are her 80 five-star reviews on AVO.

*We are a debt relief agency. We help people file for bankruptcy under the Bankruptcy Code*



THE FACE OF VULNERABILITY

# ANCHORED HOPE THERAPY

170 Jennifer Rd, Suite 202  
Annapolis, MD 21401  
443-291-8090  
[www.anchoredhopetherapy.com](http://www.anchoredhopetherapy.com)  
[info@anchoredhopetherapy.com](mailto:info@anchoredhopetherapy.com)

"Vulnerability is not winning or losing; it's having the courage to show up and be seen when we have no control over the outcome. Vulnerability is not weakness; it's our greatest measure of courage." - Brené Brown

The clinicians at Anchored Hope Therapy know that people are seeking connection and a genuine sense of belonging. In today's world, challenges including unaddressed mental health issues, patterns of addiction, perfectionism, and intense fear prevent people from achieving these goals.

Whether you are a new mother or father, a couple struggling to communicate, or a parent who cannot manage your child's challenging behavior, we see you. Whether you are struggling through a life transition, have experienced a traumatic loss, or have a complex history of traumatic experiences, we are here for you. We believe in the intense and healing power of sharing your story with someone and bringing life's challenges into the light instead of continuing to walk in the dark alone.

Every struggle is real. Asking for help is NOT weakness. Acknowledging that "things are not fine" and facing vulnerability takes courage. If you or someone you know is interested in a consultation or an appointment, please contact Anchored Hope at 443-291-8090.



**THE FACE OF  
WEALTH MANAGEMENT**

# PROSTATIS FINANCIAL ADVISORS GROUP

7580 Buckingham Boulevard, Suite 180  
Hanover, MD 21076  
410-863-1040  
[www.prostatisfinancial.com](http://www.prostatisfinancial.com)

Our approach at Prostatitis Financial Advisors Group is simple: We provide accountable retirement, tax and estate planning, which we pair with clear and constant personal contact with each of our clients. Our team believes in diversification, along with developing sensible, conservative long-term asset allocation strategies.

We work side-by-side with clients to build complete financial plans, giving them peace of mind as they transition toward retirement.

If you're experiencing a financial transition, you need to move forward with confidence and a team that shares your values and understands your goals. Our goal at Prostatitis Financial Advisors Group is to help our clients implement an investment strategy that allows them to maintain their lifestyle throughout retirement, providing an income they will never outlive.

Whether you are thinking about retiring or already in retirement, you need a sound plan to ensure the safety of your investments.



**THE FACE OF REGENERATIVE  
MEDICINE & STEM CELL THERAPY**

# DR. ZVEZDOMIR ZAMFIROV

ALL STAR PAIN MANAGEMENT & REGENERATIVE MEDICINE

166 Defense Hwy | Suite 300  
Annapolis, MD  
443-808-1808  
[www.allstarpainmanagement.com](http://www.allstarpainmanagement.com)

Dr. Zvezdomir Zamfirov “Dr. Zed” — the founder of All Star Pain Management & Regenerative Medicine and a pioneer of stem cell therapy in the Annapolis area — believes that pain doesn’t have to prevent you from doing the things you love.

Dr. Zed offers innovative, safe and effective treatments, which can dramatically reduce acute and chronic pain. This includes regenerative care, such as stem-cell therapy, that can eliminate pain at its source, providing long-term relief and ultimately repair injured tissue. Regardless of how your pain began, you can live life on your terms again with treatments at All Star.

Dr. Zed’s interest in his patient’s wellbeing and his expertise in the regenerative medicine field gives pain sufferers the most critical reason to visit his practice. The doctor takes a holistic and comprehensive approach to musculoskeletal injuries and pain sources that does not merely treat pain but focuses on restoring each individual’s function and improving quality of life. This is achieved by using patient’s own healing potentials as a means for providing healing. This approach, through regenerative medicine, provides patients the ability to get pain relief and restorative healing without an invasive surgery or procedure. All of the regenerative procedures offered by Dr. Zed are minimally invasive and performed in his office by him.

THE FACE OF HOPE

# HAVEN MINISTRIES

For most of his life, Edward Newton had a place to call home. He was a homeowner and he prided himself on being a productive member of society. When he retired, Ed started his own painting business, but found that affordable rent was not available with his income. After residing in a shed for over seven years, the risk of living in subpar conditions caught up with him. He inhaled smoke from a poorly ventilated stove and it nearly killed him.

Haven Ministries offered hope to Ed. He stayed in the shelter until a case manager connected him to permanent housing. He then found help through the Haven Ministries Resource Center, Thrift Store's, and Emergency Food Pantry, which brought stability back into his life.

To combat the lack of affordable housing and to give hope, Haven Ministries plans to provide a new, long-term Housing Assistance Program. The goal is to give people the chance to stabilize and move on to permanent housing by offering comprehensive resources.

You can make hope a reality for Ed and others. Your donation will benefit the Homes of Hope program, which will provide much-needed housing opportunities. Donations can be made at [haven-ministries.org](http://haven-ministries.org).

410-739-4363  
[www.haven-ministries.org](http://www.haven-ministries.org)



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RLC Lawyers & Consultants

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8737 Brooks Dr. Suite 107, Easton, MD 20601  
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RLC's attorneys Tate and Cami Russack have been helping Marylanders from Offices on the Eastern Shore in Easton and in Annapolis since 2000.

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For All Seasons Executive Leadership Team Members: Dr. William Cerrato - Chief Medical Officer, Beth Anne Langrell - Chief Executive Officer, Lesa Lee, LCSW-C - Chief Clinical Officer

# FOR ALL SEASONS

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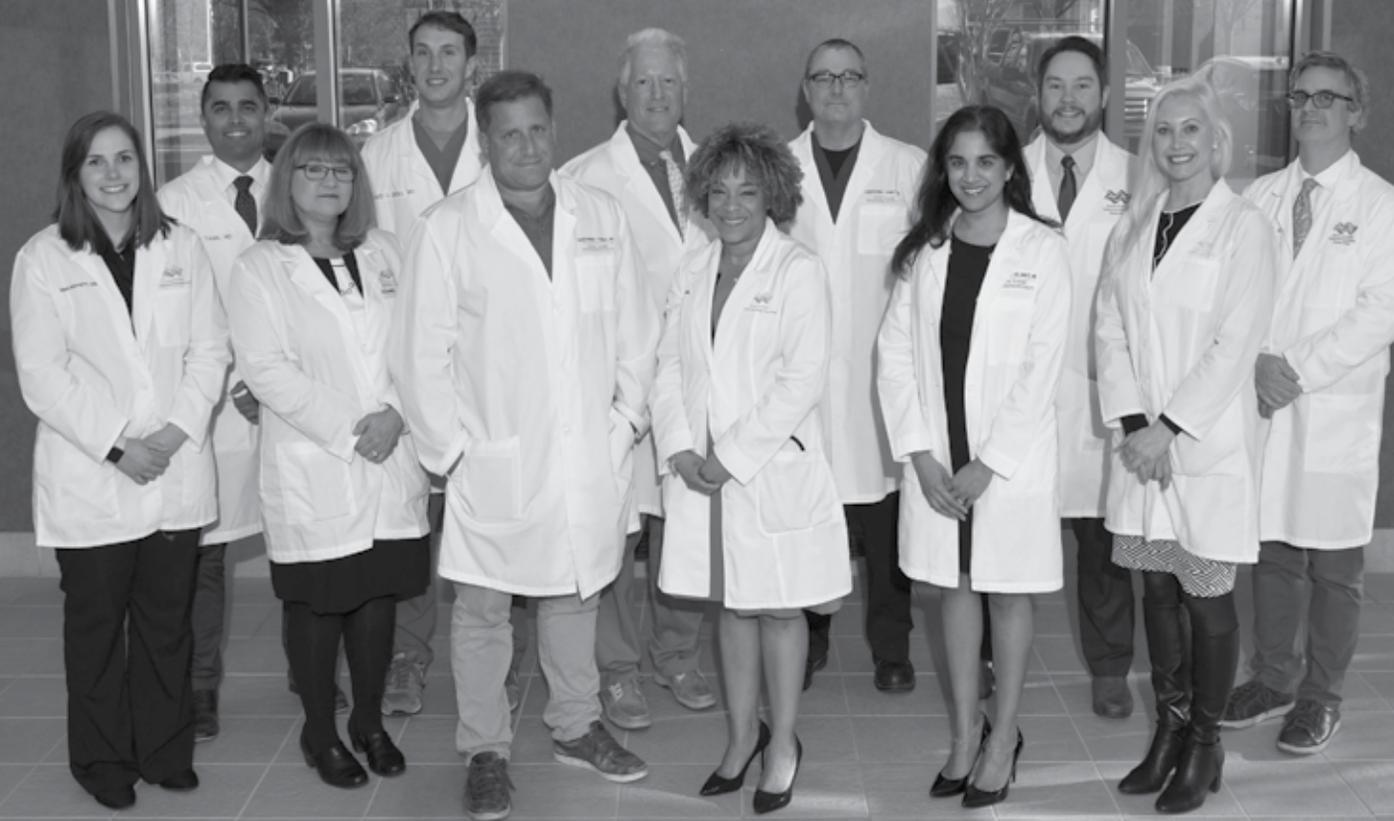
Offices in Easton, Cambridge, Chestertown, Denton, and Stevensville

Main: 300 Talbot Street  
Easton, MD 21601  
410-822-1018  
[forallseasonsinc.org](http://forallseasonsinc.org)

Mental Health challenges and sexual assault are a reality for many people who live in our community. Not everyone wants to discuss these topics, yet we all hope they are being addressed. Today, over 80 For All Seasons staff members are the Faces of Resilience, providing the highest level of comprehensive trauma-certified therapy, advocacy, education, and psychiatric care to English and Spanish speaking individuals, families, and groups.

Our agency provides a wide range of mental health services, as well as support for survivors of sexual violence and other traumas, regardless of their ability to pay, 24 hours a day, every day of the year.

The decision to seek mental health support is an empowering step and the results can be life-changing. For All Seasons proudly supports our resilient community on its journey to wellness.



THE FACES OF  
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# ANNE ARUNDEL GASTROENTEROLOGY ASSOCIATES

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820 Bestgate Road, Annapolis, MD 21401  
8109 Ritchie Hwy, Suite 102, Pasadena, MD 21122  
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Anne Arundel Gastroenterology Associates provides expert care for disorders of the digestive tract including colon and rectal disease, ulcers, stomach disorders, Crohn's disease, colitis, irritable bowel syndrome, and liver and pancreatic disease. Our board-certified, fellowship-trained gastroenterologists are committed to providing you the treatment you need which will get you back to your best health.

Colon cancer is the third most common cancer diagnosed in the United States for both men and women. Colonoscopy is the only test that detects and prevents colon cancer. At Anne Arundel Gastroenterology Associates, our 9 board certified physicians perform over 13,000 colonoscopies each year. AAGA gastroenterologists detect precancerous polyps in 42.5% of screening colonoscopies compared to the national standard of 25%. For patients with risk factors such as a personal history of colon polyps, colon cancer, or family history of colon cancer, colonoscopy remains the gold standard in screening for colon cancer. Without risk factors, the American Society for Gastrointestinal Endoscopy recommends colon cancer screening starting at age 50.

AAGA physicians have been consistently voted the top gastroenterologists in Anne Arundel County over the past several years by our patients and peers.



## THE FACE OF RESCUE

# VAL LYNCH

SENIOR DOG SANCTUARY OF MARYLAND

The Senior Dog Sanctuary Inc  
8336 WB and A Rd  
Severn MD 21144  
[www.seniordogsanctuary.com](http://www.seniordogsanctuary.com)  
O: (443) 742-0270 Ext 700  
[val.lynch@sdsmd.org](mailto:val.lynch@sdsmd.org)

Val Lynch is the Executive Director of the Senior Dog Sanctuary of Maryland (SDS), a 501(c)3 non-profit located in Severn. The mission of SDS is "to provide a safe haven for senior dogs who are unable to be cared for, who are abandoned or abused, or face euthanasia."

A retired Air Force Colonel and a Certified Financial Planner by profession, Val advanced his life-long avocation for animal advocacy when, with the help of many rescue colleagues in the area, his family established the Sanctuary in 2016. SDS rescue senior dogs are cared for by a devoted staff and a cadre of passionate volunteers that have rehabilitated and rehomed hundreds of senior pups. Staff, volunteers, supporters, adopters and fosters constitute the ever-growing SDS Rescue Family.

Val is a staunch animal advocate. He participates in a nationwide network of shelters and rescues. He is also very active in promoting humane treatment of companion animals and admits that Rescue is his favorite breed.

For more information about SDS, and meet some terrific senior pups, plan to visit the Sanctuary and consider joining our SDS Family. Your time, talent and treasure enable the voice of those who cannot speak for themselves.



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EASTERN SHORE LEGAL

# JOHN LEO WALTER, ESQ.

128 N. Commerce Street  
Centreville, MD 21617  
410-758-2662, 1-833-ESL-2662  
[www.EasternShoreLegal.com](http://www.EasternShoreLegal.com)  
[www.JohnLeoWalter.com](http://www.JohnLeoWalter.com)

John Leo Walter has been a trial lawyer since 1996. His practice focuses primarily on personal injury and criminal defense cases. Prior to law school, Mr. Walter obtained his Bachelor of Arts degree in history from the University of Baltimore; thereafter, he received a Master's in Government & Public Administration from the University of Baltimore.

In 1995, Mr. Walter earned his Juris Doctor from Thomas Cooley Law School in Lansing, Michigan. He was awarded the American Jurisprudence Award and Scholarly Writing and served with distinction as a Senior Associate editor of the Thomas Cooley Law Review.

Although Mr. Walter has over 20 years of litigation experience and thousands of hours trial work, he continues to review and analyze the most recent case law on a weekly basis. Whether it's a jury trial or a bench trial - District Court or Circuit Court Mr. Walter is comfortable and confident in the courtroom. Mr. Walter's Law Firm, Eastern Shore Legal®, has a reputation for being strong and aggressive while defending criminal and traffic cases while being methodical, prepared and steadfast pursuing civil tort cases. Remember, if you need a lawyer, get a local lawyer at [EasternShoreLegal.com](http://EasternShoreLegal.com).



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[www.bistrostmichaels.com](http://www.bistrostmichaels.com)  
410-745-9111

Ask culinary wunderkind Doug Stewart about his day off, and the likely response is, "there are no days off, just brief periods of time". A Talbot county native, Stewart climbed his way to the top of the culinary ladder working at restaurants throughout the region. As the current executive chef of Bistro St. Michaels, Stewart was recently voted Best Chef by readers of What's Up? Eastern Shore and Coastal Style magazines.

In 2015, Stewart, with business partners Frank Mallory and Laura Poole, created Stewart's Catering, expertly creating memorable dining experiences for events of all sizes, in any location. In 2018, they expanded the business by taking over local favorite, Bistro St. Michaels. Most recently, the partners have teamed with The Oaks Waterfront Inn, transforming Stewart's Catering into an even more grand venture, Royal Oak Catering Company.

Wherever you find this industrious young chef busy behind the scenes, know that Chef Doug Stewart and his team are hard at work to ensure a delightful culinary experience.



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7000 Arundel Mills Circle, Suite 200  
Hanover, MD 21076  
410-553-4850

Mission Escape Rooms (MER) is a fun, interactive entertainment venue on the leading edge of a growing entertainment industry. It's a real-life escape experience designed for groups of 2-10 people. MER has been voted #1 in the "Customer Service", "Game Play", "Girls Night Out", "Guys Night Out", and "Family Outing" categories by What's Up? for all locations 2016-2019 and, is also voted the "#1 Fun Activity" by Trip Advisor, as well as voted the "2018 & 2019 Family Favorite" by Chesapeake Family. MER is not a franchise – all rooms and props are designed and built by full-time staff, supporting 3 locations (Annapolis, Waugh Chapel & Arundel Mills).

As MER enters its 4th year, it's clear that its success is also defined by their ability to keep the experiences fresh and exciting. "We pride ourselves on being an industry leader, building a new room every 5 weeks. We want participants to experience a new, exciting theme at the same frequency they can see a new, exciting movie," said owner, Jason Cherry. Jason's entrepreneurship doesn't stop there. In the coming months, he's opening a Kilwins and a self-pour taphouse in the DC market next to the National's Stadium.



THE FACE OF CHARM CITY

# EMILY CLARKE- PEARSON, MD

OF CHARM CITY PLASTIC SURGERY

949 Fell St. - Suite B, Baltimore, MD  
443-885-9644  
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[www.charmcityplasticsurgery.com](http://www.charmcityplasticsurgery.com)

As soon as you meet Dr. Emily Clarke-Pearson, you know: this woman is not your average plastic surgeon. From her early career as a painter and sculptor through medical school at Brown University, plastic surgery residency at Harvard, and a microsurgery fellowship at Johns Hopkins, she is uniquely qualified to deliver beautiful and natural results. Her down-to-earth warmth and charm help her build a connection with her patients and make them comfortable discussing their thoughts, concerns and personal goals.

Dr. Clarke-Pearson opened her new office in the historic Fells Point neighborhood of Baltimore with the goal of creating a welcoming boutique environment where patients feel happy and supported. The office is infused with natural light and boasts beautiful artwork and wall art, including some original paintings by Dr. Clarke-Pearson. Complimentary parking is available.

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410-505-0530

[DrSeanMulvaney.com/ROSM.org](http://DrSeanMulvaney.com/ROSM.org)  
[SGB4ptsd.com](http://SGB4ptsd.com)

An Associate Professor of Medicine at the Uniformed Services University of the Health Sciences, Dr. Mulvaney is board certified in Sports Medicine and Pain Medicine. During his 31-year military career, Dr. Mulvaney served our nation's Special Operations community as both a US Navy SEAL officer and a US Army physician. In 2008, he became the first Department of Defense physician to be credentialed in regenerative medicine techniques such as platelet rich plasma and stem cell therapy for repair of musculoskeletal and spine injuries. Dr. Mulvaney was the first to use Stellate Ganglion Block (SGB) to treat combat-related PTSD and has published in this field of research for over 10 years. He is internationally known as an educator of other physicians and has pioneered and extensively published on ultrasound-guided techniques.

Dr. Mulvaney is the most experienced physician in the world at successfully treating PTSD with stellate ganglion block. He was recently published in a top tier medical journal for a high quality study on this topic. Over a 10 year period he has performed over 1,000 of these procedures. The procedure helps reset the "fight or flight" reactions which are amplified in patients with PTSD. This procedure can help relieve the suffering of patients with PTSD.



**THE FACE OF  
PROPERTY STYLING**

# JONI LAYCOOK

Shore Studio Property Styling

443-534-4279

[joni@jonilaycook.com](mailto:joni@jonilaycook.com)

[www.shorestudiopropertystyling.com](http://www.shorestudiopropertystyling.com)

With over 20 years of experience in the design industry, Joni Laycook recognizes the importance of adding style to any space. Her expertise includes residential, hospitality, and commercial design, home staging, and event styling, and merchandising. She truly enjoys the process of transforming spaces.

In 2014, Joni established Shore Studio Property Styling. With a bachelor's degree in merchandising, along with career experience in marketing, sales, and design, she was able to create a business that encompassed her key goals; helping others and creating amazing concepts. What began as a freelance consulting business has grown to include rental inventory for owner occupied and vacant staging projects. Shore Studio has nearly 1000 square feet of furniture, art, and accessories that are carefully curated and utilized for property styling. Joni works with homeowners, realtors, and builders in the Annapolis area and beyond. In 2018, Joni was a nominee for one of RESA's "Most Influential People in Home Staging".

Shore Studio offers a wide scope of property styling services. While design is focused on the personalized functionality and aesthetics, the objective of staging is appealing to the masses. Both services have a key goal; to help others by enhancing their space.



**THE FACE OF FEELING  
BEAUTIFUL**

# STUDIO THIRTY-SIX

AT SYMMETRY SALON

301-228-0130  
 @hairbynicolewhite  
 @zacharyaaroncolor  
 @staceylarochelle1

After things falling apart at David Alexanders, Nicole White, Stacey LaRochelle, Zachary Heil, and Neil Rohrbaugh opened their new studio at Symmetry Salon Studios along with Jose who is considered a "shampoo legend." As a surprise to everyone, David Alexanders closed on a Tuesday, yet they opened their new salon together and had clients back in chairs on Friday! The group has something special in the warmth and friendship they share and that extends to their clients, who have become friends. They get to work and catch up with people they care about, to have fun and create new relationships and at the end their clients leave feeling beautiful. They think there is something special in that.

They are proud to have four internationally trained master stylists and colorists in one studio! Nicole with 20 years of success specializes in color and cuts. She particularly enjoys blonding, foils, balayage and fantasy mermaid unicorn hair. Zachary with 9 years experience is recognized as a national artist for Loreal Pro and Shu Uemura. For 25 years both Stacey and Neil have specialized in color, cuts and giving their clients their desired look.



# A Home Made from the *Holidays*



Restoration program on Poplar Island recycles  
Christmas trees, giving native critters new habitat

By Bob Allen | Photography courtesy Chesapeake Bay Program

**I**n the dreary days after the holidays there's something terribly sad and forlorn about seeing all those Christmas trees, bereft of lights, ornaments and tinsel, abandoned and languishing on curbsides, bound for the landfills.

Thanks to a program initiated several years ago by the scientists and engineers of Maryland Environmental Service (MES), the quasi-public agency responsible for creating a wildlife habitat at the Chesapeake Bay's restored Poplar Island, at least a handful of these trees have been given, if not a second life, then, at least, a second usage: to shelter and provide a nesting place for birds and other small animals.

"We've used as many as 300 trees some years, but we usually request about 150 of them, depending on our needs," says Michelle Osborn, a lead environmental specialist with MES, which is in reality, one of an array of federal and state agencies and nonprofit organizations involved in the massive \$1.4 billion restoration project, which is officially called The Paul S. Sarbanes Ecosystem Restoration Project at Poplar Island.

"The program was initiated with the town of Easton's Public Works Department in 2006," Osborne adds. "Its purpose is to provide instant cover for wildlife (on newly restored portions of the island), since it takes time for the shrub community, which naturally provides cover, to develop and mature."





During a recent tour of the island, which is located near Tilghman Island, roughly one mile from the bay's eastern shore, nine miles from the western shore and 15 miles south of the bay bridge, MES senior environmental specialist, Kristina Motley pointed out clusters of the trees that are initially stacked in a pyramid shape. After a year or more of exposure, they tend to blend inconspicuously into the *man-made* natural landscape.

“They actually have become a great habitat feature,” Motley says. “Quite a few bird species perch or shelter on them, and the American Black Duck nests in them.”

The Christmas tree program is merely one relatively small component of this sweeping, multi-decade-long project that has created a vital habitat resided in or visited by more than 200 bird species as well as a variety of other critters, including the threatened Maryland Diamondback Terrapin, mice, voles and muskrats, and 155 insect species. The island is situated within the vital Atlantic Flyway, the route by which hundreds of bird species, along with Monarch Butterflies, migrate each year.

Yet on an even grander scale, the restoration of Poplar Island and the vast sums of state and federal dollars and

“

They actually have become a great habitat feature. Quite a few bird species perch or shelter on them, and the American Black Duck nests in them.

”



The bay's average depth is 21 feet, while the largest cargo ships calling on the port have a 50-foot draft. To remedy this 29-foot depth discrepancy, five million cubic yards of dredge material, have to be removed every year.

The challenge is where to put all that stuff. For years, a procedure called "open placement" was used, which meant it was merely dumped somewhere else in the bay. But open placement was outlawed in 2001 after it was found to be detrimental to marine life.

Part of the alternative is the 56-year-long Poplar Island restoration (work began in 1998 and is slated for com-

pletion in 2044). It utilizes 2 million cubic yards of the nutrient-rich spoils annually to create new natural habitats in the form of wetlands and drier uplands containing a 110-acre embayment—essentially a micro-bay within the island, sheltered by breakwaters and serving as a marine habitat.

Kristen Fidler, director of Harbor Development for MDOT Maryland Port Administration says the project offers the best of possible outcomes, protecting both the regional economy and the environment.

"Poplar Island has been critical to keeping the Port's shipping lanes open, safe, and

scientific expertise being devoted to it is also a practical solution to a major ongoing economic challenge: how to keep the Port of Baltimore open for business.

The port is a huge economic engine. Nearly \$60 billion in cargo passes through it each year. Its operations directly or indirectly sustain more than 37,000 jobs, \$3.3 billion in wages, and \$395 million in state and local taxes annually.

Yet it's shipping channels, in the harbor, the bay, and the Chesapeake and Delaware Canal, must be constantly dredged to remove the sediment swept into the bay by the Susquehanna River and its many lesser tributaries.





efficient by providing over 30 years of placement capacity for material dredged from the Chesapeake Bay shipping channels. Without Poplar Island as a dredged material management solution for the Port of Baltimore, the 50-foot channel and the competitive advantage it provides would have been at risk.

“As stewards of the economic engine that is the Port of Baltimore, we are also stewards of the natural resources and environment upon which our operations depend,” Fidler adds. “Working with the Army Corps of Engineers and so many other partners and stakeholders, we have successfully found a way to beneficially reuse our dredged material and bring back

important, scarce, remote island habitat, making a lasting impact on the health of the Chesapeake Bay ecosystem.”

This is obviously both a massive and complex effort whose partners include, along with the U.S. Army Corps of Engineers and MDOT Maryland Port Administration, the U.S. Fish and Wildlife Service, the biology department of the University of Ohio, and the nonprofit environmental advocacy organizations, Alliance for the Chesapeake Bay and Monarch Watch.

“Poplar Island is an impressive project, mostly due to its scale and the biodiversity of the animals that can be found there,” says Kate Fritz, exec-

utive director for the Alliance for the Chesapeake Bay. “It’s a testament of the collaborative impact that results when diverse stakeholders work together to address the Bay’s economic and environmental issues in innovative ways.”

In 1847, when it was first surveyed, Poplar Island comprised 1,140 acres. The family of one of its earliest European settlers was massacred there by Indians in the 17<sup>th</sup> century. Two centuries later, at the time of that first survey, it was home to roughly 100 people. There were 11 farms, as well as a church, post office, and a sawmill.

But by 1993, when the first surveys for the restoration project were completed, the









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people were long gone. Erosion and rising sea levels had reduced Poplar to a mere five uninhabitable acres spread over four disconnected wisps of land. It was well on its way to joining the 400 or so other islands that have already vanished into history.

The selection of Poplar Island for the “beneficial reuse” of the dredge material required by statute was pragmatic rather than sentimental. It is conveniently located to the upper and middle bay channel approaches to Baltimore Harbor. And had it even

been sparsely populated, the logistics of such a massive rebuild would likely have been unworkable. No one involved in the project on site currently lives on the island; they commute by boat. And when it is completed to its final size of 1,715 acres, it will remain without permanent habitation, save for the birds, butterflies, terrapins, insects, and other assorted wildlife, along with, perhaps, the scant remains of those reused Christmas trees as they naturally biodegrade back into the elements from whence they came.



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# Home & Garden

110 GARDEN DESIGN | 114 REAL ESTATE





GARDEN DESIGN

# Another Look at Tools:

SPRING WILL BE HERE BEFORE WE KNOW IT

By Janice F. Booth

Somewhere, lurking in that dark corner in the garage, or behind the boxes of swim fins and badminton equipment, or in that plastic storage box by the driveway, your garden tools are languishing. They still bear the evidence of spring's efforts and summer's delights. The clods of dark, loamy soil from the flowerbed clinging to the trowel, the straw-like weed stuck to the garden fork. Maybe you'll even find an over-looked packet of marigold seeds that never got planted. Oh, well, winter's here now; the garden tools can wait till spring.

But wait! You may want to think again before turning the page to that article on the new lipstick colors for the holiday parties, or those pictures of the beautiful homes for sale. Perhaps you want to give another thought to those garden tools—even in December.

If you've got tools, they need occasional maintenance to keep them useful and handy. Additionally, maybe there is a tool or two you'd like to add to your collection. Would some tasks have been easier if you'd had a new or better tool? Which leads me to the gift of tools; perhaps you share an interest in gardening with friends. There may be some unique or handy tool that would make great gifts for fellow gardeners.

So, let's start with the chores: Are you are a serious, dig-in gardener, or, like me, do you prefer to save your back and leave the hard tasks to professionals? In either case, you have a few or many favorite tools that you rely on. Maybe it's a favorite pair of garden shears, or a wide-tonged rake, or those comfy garden clogs or boots. After the growing season, I tend to finish that last garden task and then toss my trowel into the garden bucket. Done!

**WELL, MAYBE THAT'S NOT SUCH A GOOD IDEA FOR THE LONG DORMANT PERIOD AHEAD. HERE ARE A FEW EASY TRICKS THAT WILL PROTECT YOUR TOOLS FOR THE ARRIVAL OF SPRING TASKS.**

**1 A Drop In the Bucket:** First, fill a galvanized or rubber bucket with coarse "builder's" sand. Into the sand, pour a quart of motor oil or vegetable oil. Now, here's the trick. Push your hedge clippers, shears, trowel, shovel, and any other sharp, metal tool down into the greasy sand. Push them up to the handle, if you can. Plunge the blades up and down a few times, then leave them there. The sand will scrub off the dirt and any rust that has collected on the blades. When you leave the tools in the sand-bucket they'll remain upright, clean, dry, and easy to locate when spring returns. You may want to prepare two buckets: one for long-handled tools and the second for short-handled ones.

**2 Upright and Ready:** Once you've safely tucked away your metal tools, take a look at your broom, dustpan, and rakes. Be sure they're stored upside-down, with the business end up. (We've all seen those brooms that look as though they've been left in a strong wind and are permanently bent...and useless.) If you rest the rake and broom on their handles, the bristles and tongs won't be bent from unnecessary pressure. If you have a leaf blower, you might find a convenient place to hang it by its handle—from the garage rafter or an unclaimed bike hook. If the blower uses an extension cord, hang it with the blower.

**3 High and Dry:** Finally, you may want to take a few minutes to wrestle that garden hose into submission one last time! Even if you have underground sprinklers, you probably have a watering hose. Now's the last chance to disconnect your hose from the outdoor faucet, drain it of water, and coil it up. (I'd suggest using some twine to tie the coil in a few places for extra tidiness.) Remove any sprinkling adapters and water timers from the faucet or the hose. Store those inside your large, now-dry sprinkling can; they'll be easy to find and reconnect when spring arrives. Check the washer in the hose connector; it may be brittle or lost, and need replacement. Finally, wash those pairs of gardening gloves. Use anti-bacterial soap and really give those gloves a good soaking. When the weather warms and the earth thaws, you don't want to stick your hands into bacteria-laden gloves.

Whew! That's a lot of work, but the effort will pay-off in the spring.

While you were going through all that work, perhaps you began thinking of some of those nifty tools you saw in the gardening catalogues. Or, maybe you admired a beautiful pair of shears your friend uses, which brings me to my next suggestion. Garden tools make great gifts—for yourself and friends.



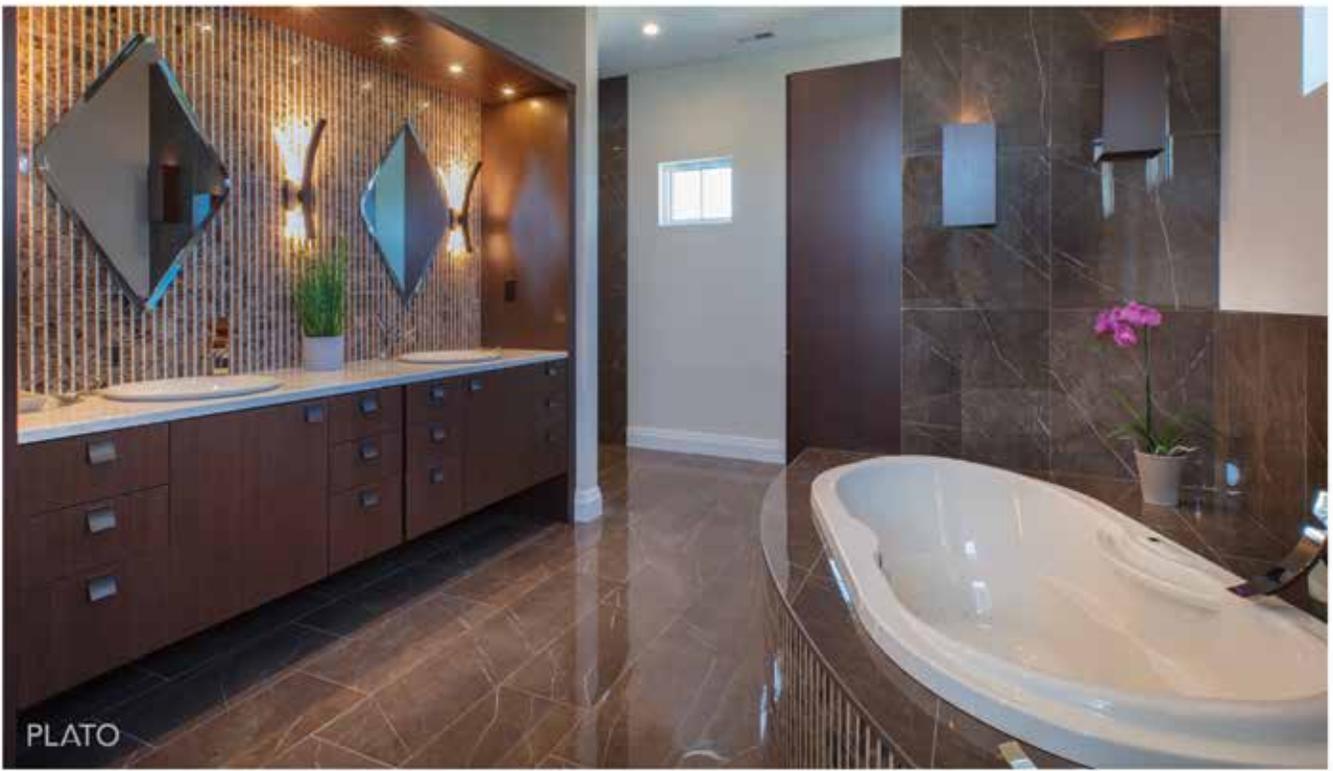
## GIFTS THAT KEEP ON GIVING, IN THE GARDEN

Now's the season when we're trying to think of clever or unique gifts for friends and family. Here are some suggestions for those who share your enjoyment of puttering about in the garden:

**Head-and-Hands:** Gardening hats and gloves are always welcome. It seems we can never have too many. You can pick up some simple straw hats and add pins or silk flowers for that personal touch. For the gloves, buy pairs of plain, white, cotton work gloves, then use permanent markers or fabric paint to personalize the gloves for each recipient. Of course, there are all those great, natural soaps and lotions to sooth those overworked gardener's hands. Finally, in this age of ticks and mosquitoes, nature-based insect repellants are always welcome!







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# Wittman

## Talbot County

By Lisa A. Lewis

**C**omprised of two parcels on Spring Creek and boasting approximately 230 feet of water frontage and tranquil water views, this unique property is absolutely charming. The two-level farmhouse exudes the character of a historic structure but also offers the modern amenities that buyers desire. Plus, the delightful guest cottage is a wonderful addition that greatly enhances the property's appeal. The property, which was listed on April 8, 2019, closed on July 22, 2019.

The main level of the home features an open floor plan that seamlessly blends the living, kitchen, and dining areas into one common space, creating an easy flow that is perfect for entertaining. The stylish living room includes a wood-beamed ceiling that adds a rustic feel, laminate wood-look flooring, a cozy wood-burning fireplace, and sliding glass doors that lead to the spacious waterside screened-in porch, which offers an ideal setting to relax and enjoy the serene views.

The kitchen opens to the dining area and is appointed with white cabinetry, sleek granite countertops, high-end stainless steel appliances, a breakfast bar, and ceramic tile flooring. This beautiful space also offers access to the waterside deck. Adorned with a wood-beamed ceiling and laminate wood-like flooring that continue the design established in the living room, the dining area includes sliding glass doors that lead to the screened-in porch.



**Primary Structure Built:** 1900  
**Close Price:** \$610,000  
**Original List Price:** \$649,000  
**Last Sold/Price:** \$895,000 (2013)

**Bedrooms:** 3 (main house), 2 (guest cottage)

**Baths:** 2 (main house), 1 (guest cottage)

**Living Space:** 1,386 sq. ft. (main house), 1,270 sq. ft. (guest cottage)

**Lot Size:** 4.15 acres (main house), .38 acres (guest cottage)

Located on the second level, the elegant master bedroom features a beamed ceiling that is painted white and brightly colored painted walls, which combine to create an eye-catching aesthetic, and hardwood floors. This level also includes the master bath and two additional bedrooms.

The charming guest cottage allows homeowners to accommodate family and friends in comfort and style and features beautifully designed living spaces, including a living room, a kitchen, two bedrooms, and a bath. In addition, the property features a waterside in-ground pool, a private pier, and a small pier at the guest cottage. Indeed, this charming retreat is a veritable paradise where the delights of waterfront living abound.

“This home combined with the cottage makes it the perfect family compound,” says Kathy Christensen of Benson & Mangold Real Estate, the listing agent for the property. “The property is reminiscent of the old summer fishing camps with cottages in close proximity tucked along





waterfront pockets in the area. The home was renovated to open up the living and kitchen space to accommodate large gatherings. Cozy and informal, the property is ideal for escaping to the Eastern Shore for relaxing weekends.”

**Listing Agent:** Kathy Christensen, Benson & Mangold Real Estate, 410-924-4814 (cell), 410-822-1415 (office), kccamb@gmail.com, kathy-christensen.com.

**Buyer's Agent:** Wink Cowee, Benson & Mangold Real Estate, 410-310-0208 (direct), 410-745-0415 (office), winkcowee@gmail.com, BuyTheChesapeake.com.

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HOME REAL ESTATE

# Waverly

## Talbot County

By Lisa A. Lewis

**S**ituated in a picturesque setting on Playtors Cove with protected dockage off the Tred Avon River, this eye-catching Cape Cod-style home is truly a waterfront paradise—boasting 250 feet of water frontage and tranquil water views. Exuding charm and character, the two-level home showcases elegantly designed living spaces—including two master suites—where spending time is an absolute delight. The property, which was listed on November 1, 2018, closed on September 6, 2019.

The home features superior craftsmanship and exquisite architectural detailing, including dramatic ceilings, crown molding, built-ins, and gleaming hardwood floors. Ample windows are a prominent element of the home's innovative design and allow abundant natural light to flow throughout the living spaces, creating a warm, welcoming atmosphere. The awe-inspiring great room, which features a vaulted ceiling, a ceiling fan, an

impressive floor-to-ceiling brick fireplace, and walls of windows that boast serene water views, offers an ideal setting to relax and simply enjoy the views. Relaxation also awaits in the stylish living room with a cozy fireplace and the delightful sun-room with walls of windows.

---

**Primary Structure Built:** 1949  
**Close Price:** \$2,325,000  
**Original List Price:** \$2,675,000  
**Last Sold/Price:** \$3,200,000 (2008)  
**Bedrooms:** 4  
**Baths:** 6 full, 1 half  
**Living Space:** 5,651 sq. ft.  
**Lot Size:** 3.30 acres

---



A chef's dream, the spacious kitchen is appointed with ample cabinetry, sleek countertops, high-end appliances, and a charming breakfast area with large windows that overlook the water. Exquisite in every detail, the dining room is adorned with a beautiful chandelier that exudes a lovely ambiance that is perfect for formal occasions.

A relaxing retreat, the main-level master suite features glass doors that lead to the waterfront and showcase the breathtaking views and luxurious his-and-her master baths—each of which includes a walk-in closet. Additional beautifully designed spaces are located on the upper level, including the second master suite with a charming waterside balcony and a spa-like bath. Plus, a delightful screened-in porch offers yet another setting for relaxation. And, of course, exterior features greatly enhance the grounds of this idyllic waterfront retreat and include an in-ground pool, a shed, and professional landscaping.

"I'm not sure that I have ever worked with sellers who were so pleased that the home they loved so much was being purchased by buyers who would enjoy it as much as they had," says Jane McCarthy of Benson & Mangold Real Estate, the buyer's agent for the property. "The buyers knew the sellers, and everyone was so happy about the transaction. In fact, the buyers' gift to the sellers was actually a key to the home, so they could come back and visit anytime. The property is absolutely stunning with mature trees and wonderful water views. It's such a beautiful and relaxing setting, and every room in the home has a view."

**Listing Agent:** Brian Gearhart, Benson & Mangold Real Estate, 410-310-5179 (cell), 410-822-6665 (office), briangearhart@goeaston.net, Marylandshoreliving.com.

**Buyer's Agent:** Jane M. McCarthy, Benson & Mangold Real Estate, 410-310-6692, jmccarthy310@gmail.com, oxfordmaryland.com.

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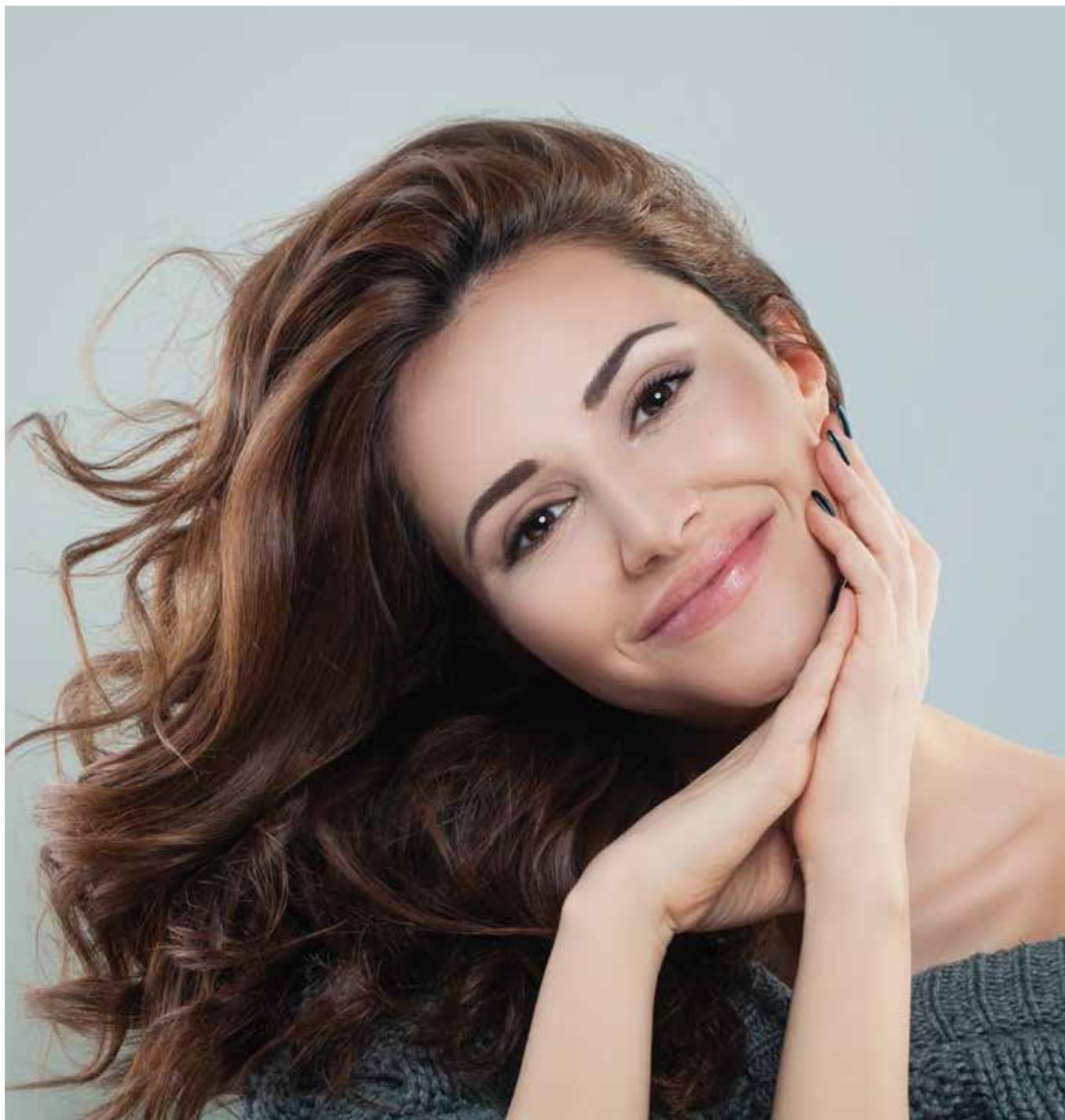
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# Health & Beauty

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# Health Report

By Lisa J. Gotto

## USING TECH TO TAME THE MIGHTY TEEN MIGRAINE

Whether your teen has recently begun to experience the pain and frustration of migraine headaches or has been suffering from them for years, the National Institutes of Health hopes their new app, Migraine Trainer, will help.

According to Healthline.com, it is estimated that up to 10 percent of school-aged children experience migraines. By age 17, roughly 8 percent of boys and 23 percent of girls have experienced a migraine. They interfere with daily life in myriad ways resulting in such things as an increase in school absenteeism and/or a reduction in social activities.

Stress, certain foods, and too much or too little sleep are known migraine triggers.

In an effort to help teens 13 and older better control and cope with their migraines, the app Migraine Trainer is now available. The hope is that by tracking how often they occur, how long they last, and where the pain appears in the head, the sufferer, with the help of their physician, will come up with their own personalized plan for managing them.

The app can also help track sleep, exercise, and hydration levels that are/were present just before the migraine started. Tracking habits can help sufferers pinpoint tendencies that lead to a migraine and how they've been managed in the past. Migraine Trainer is reported to also offer tips for dealing with migraine pain.

The app can be downloaded for free from Apple's App Store or the Google Play Store.

## CAN A CALORIE-RESTRICTED DIET MAKE BONES WEAKER?

Not to be confused with having a healthy diet and exercise as a plus for strong bones, a new study reported in the *Journal of Bone and Mineral Research* stated that combining a calorie-restrictive diet with a robust exercise regime may increase the risk of bone break or fracture in some individuals.

The study performed in a lab on mice was initially intended to determine what happens to bone marrow fat and bone health when subjected to calorie restriction. The study was performed



by first splitting the mice into two groups. One group was then fed a regular diet and the other a calorie-restricted diet composed of 30 percent fewer calories.

The calorie-restricted mice received supplements of vitamins and minerals so nutrient values matched those of the mice on the normal diet. Then the mice were further split into groups that were sedentary and those that exercised for a period of six weeks, creating four groups of mice with four different patterns of diet and exercise: regular diet without exercise, a calorie-restricted diet without exercise, a regular diet with running exercise, and a calorie-restricted diet with running exercise.

While the study expectedly showed that adding exercise to calorie restriction reduces bone marrow fat, it unexpectedly showed that it also led to a reduction in the overall quantity and quality of bone.

Researchers were able to conclude that bone loss in the calorie-restricted mice was due to calorie reduction alone and not a lack of nutrients, since the mice were provided with the same vitamins and minerals as those that had the regular diets. They were also surprised to find that when conditions of calorie restriction are imposed and then combined with exercise, exercise appears to make bones more fragile—not stronger.

These new findings will be of particular interest to women, who are already prone to bone loss as they age, due in part to the decrease in estrogen levels they experience post-menopause. Researchers caution that further study is warranted and planned to learn more about the underlying mechanisms that produced their findings.

## TURMERIC: WHAT'S SCIENCE? WHAT'S HEARSAY?

Currently competing with CBD oils for the biggest headlines in health news is the use of turmeric to cure everything from joint pain to acne. While the medicinal properties of the spice have been recognized for thousands of years in India, it has taken sometime for Western medicine to actually study its efficacy.

What is it about turmeric that has everyone buzzing about its health effects? What can it really do? We found that the greatest discrepancy pits science-backed data against user reviews.

Let's look at why it does work for some issues now and what scientists are hoping it may do in the future. Benefits of turmeric are derived from a compound it possesses called curcumin.

Scientists already believe that this substance is most advantageous in the battle against chronic inflammation. Perhaps that is why the topic of turmeric is popular in general, as chronic inflammation in the body has been linked to a wide range of diseases and conditions, including heart disease, stroke, and auto-immune disorders.

It is prudent to note here that inflammation in the body is its natural response or warning that something isn't right, and in the short-term it can be beneficial, especially if it is signaling that pathogens like bacteria have entered the body. Left unchecked, bacteria can kill you. This is not the type of inflammation that turmeric would be addressing.

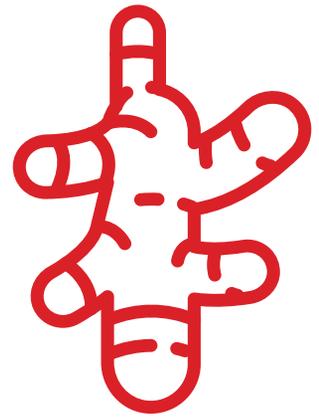
### WHERE IT HELPS MOST

Scientific evidence does show that in the case of chronic inflammation especially where it concerns arthritic conditions, such as rheumatoid arthritis, turmeric can be very helpful in reducing the symptoms of joint pain and stiffness. It's ability to do this lies in its classification as a bioactive substance that can fight inflammation at the molecular level.

The benefit of natural pain relief as opposed to taking a synthetic drug to help with the symptoms of these conditions, should not be diminished, however, as this is certainly a significant development when it comes to treatment options.

Other very encouraging news is reported about its potential for lowering the risk of **heart disease** because it improves the function of the endothelium, or the lining of the blood vessels. The endothelium plays a role in blood pressure regulation, blood clotting, and inflammatory response, among other vital functions.

Within the specter of anti-aging, scientists are excited to see the effect curcumin has as an antioxidant. Aging and many diseases take root from



oxidative damage, which can be caused by free radical development in the body. Curcumin works to defend the development of free radicals in the body and boosts the activity of the body's antioxidant enzymes.

### MORE RESEARCH IS NEEDED

Scientists are also optimistic about the role curcumin may play in preventing some cancers. Research in the lab, however, has only been done with mice. That said, its ability to hinder and even stop cancerous cell growth has been most encouraging.

Other conditions showing promise under scientific study include curcumin's use to combat digestive disorders such as Irritable Bowel Syndrome, Crohn's Disease and ulcerative colitis, as well as Type 2 Diabetes, Depression, Premenstrual Syndrome, metabolic issues, and Alzheimer's Disease.

### POPULAR USES

It seems whenever a natural substance or product becomes recognized within the health community as beneficial there is always some amount of curiosity among the populous to see "what else" it might be good for, especially since it is not classified as a drug and is readily available. Current online health chats are abuzz with reviews for turmeric's role in helping to address headache pain, viral infections, and even acne. Those thinking to merely ingest turmeric to illicit results, will be sadly disappointed, however.

### NOTES ON DOSAGE

By composition, turmeric itself only contains 3 percent curcumin, so no matter how much you may add this spice to your diet by adapting it to your recipes, you will not be able to merely ingest enough to help with your arthritis or prevent heart disease. To complicate matters curcumin is also poorly absorbed into the bloodstream. (Black pepper, which contains piperine, is often added to supplements as it can markedly improve the absorption rate.)

If you have a condition you feel may benefit from a curcumin boost, it is best to see your physician who can advise you as to the type of supplement that would work best for you.

# Sodium & Heart Health

By Brooke Sawicki, MS, RD, LDN

**H**ave you ever heard the expression, “too much of a good thing is a bad thing?” This is true for sodium, especially when it comes to protecting our hearts. Sodium is a mineral that is essential for life. It is regulated by our kidneys and helps to control fluid balance, sends nerve impulses, and affects our muscle function. However, too much sodium in our diet can be harmful. It can pull excess water into our blood stream and increase the total volume of blood inside our blood vessels. This can lead to an increase in blood pressure, which requires the heart to have to pump harder to get the blood to where it needs to go in the body. High blood pressure is one of the main risk factors for heart disease. Excess sodium intake can contribute to fluid retention as well, which causes bloating, swelling, and/or weight gain. The American Heart Association (AHA) recommends consuming less than 2,300mg of sodium per day. For comparison, one teaspoon of salt contains about 2,300mg of sodium.

Sodium is primarily found in table salt that is added during cooking and at the table, as well as in foods where it is added during processing. Products with often the highest sodium content include breads, pizza, processed meats, soup, chips, cheese, canned goods, frozen foods, and seasoning blends. The amount of sodium present in a product is found on the nutrition facts label. The number provided on the label is based off of the serving size for the product.

Some ways to reduce sodium intake include comparing different brands and selecting the option with the lower sodium content per serving, looking for reduced or low-sodium on the food label, flavoring food with herbs and spices instead of salt, utilize salt-substitutes, and rinsing canned goods with water prior to cooking. It is also important to incorporate foods that contain potassium into your diet, as potassium helps to relax blood vessels. Potassium is mainly found in fruits

and vegetables such as avocados, potatoes, leafy greens, tomatoes, melons, bananas, and citrus fruits. Potassium is also found in certain salt-substitute brands, such as Mrs. Dash. Too much potassium can be harmful in individuals with kidney disease, so talk to your doctor about the right amount of potassium for you.

In general, the best way to reduce blood pressure is to incorporate fruits, vegetables, fat-free or low-fat milk and dairy products, whole grains, lean protein, and beans and legumes on a daily basis.



Brooke Sawicki, MS, RD, LDN is a registered dietitian with the University of Maryland Baltimore Washington Medical Center.



HEALTH & BEAUTY HEALTH

## Fresh Take

PEPPERMINT

By Lisa J. Gotto

All candy canes and peppermint bark treats aside, let us not forget that peppermint starts out as a vibrant green plant, and is actually a hybrid between watermint and spearmint. Its indigenous history has roots in Europe and the Middle East, but it is now widely grown and cultivated across the continents, and may even be found in one's own backyard.

Medicinally, peppermint is well known as the soother for tummy trouble. From indigestion, to irritable bowel syndrome, to heartburn; relief can be found in the form of peppermint tea. Some people swear by ingesting the leaf itself.

What you may not know is that peppermint is a good source of vitamins and minerals, such as vitamin A and vitamin C, niacin, phosphorus, and zinc. It is also a very good source of dietary fiber, riboflavin, iron, folate, calcium, copper, magnesium, potassium, and manganese. Wow, that's a lot in a little leaf!

Grab some and make this recipe for Lime Mint Jelly. It makes a great complement to many roasted lamb or pork dishes, as an appetizer topping on crackers with cream cheese and cucumber, spooned over vanilla ice cream, or used as a surprisingly delicious sandwich cookie filling.



### Lime Mint Jelly

- 4 cups sugar
- 1-3/4 cups water
- 3/4 cup lime juice
- 3 to 4 drops green food coloring, optional
- 1 pouch (3 ounces) liquid fruit pectin
- 3 Tablespoons finely chopped fresh mint leaves
- 1/4 cup grated lime zest

In a large saucepan, combine sugar with water and lime juice; add food coloring, if desired. Bring mixture to a rolling boil over high heat, stirring constantly. Stir in pectin, mint, and the lime zest. Remove from heat; skim off any foam. Using a ladle, spoon hot mixture into 5 hot, half-pint Mason jars, leaving 1/4-inch of space at the top. Clean off rims. Center lids on jars; tightly screw on bands. Place jars into a canner filled with simmering water, ensuring that jars are completely submerged in the water. Bring to a boil; let process for 10 minutes. Remove jars and cool.

# Sarcopenia

## WHAT IS IT & WHO GETS IT?

By Lisa J. Gotto

While you may not have been familiar with the term, “sarcopenia” until now, if you are over 30 you may already be experiencing its effects. Sarcopenia, one of the most pervasive health issues related to aging in the modern world, is the scientific term for muscle loss.

As you are probably well aware, we lose muscle mass as we age, so this is one condition that everyone “gets.” But does it have to be this way? Scientists are hoping that one day they will be able to say, “No, not everyone has to experience significant muscle loss in their lifetime.” Right now, however, this is the case. In fact, after age 30, you can expect to lose as much as 3 to 5 percent of skeletal muscle every 10 years. The condition, which is said to specifically speed up after age 50, is normal as far as the aging process goes. The normalcy factor, however, does not make it sound any less discouraging to those who are beginning to experience its consequences; which can range from a loss of mobility to a shortened life span.

Until recently, muscle loss was a little studied health topic. Fortunately, the science of combating muscle loss is something the researchers at Stanford University’s Blau Lab became very interested in studying. Muscles are just too important; they are the largest tissue in the body, and they not only serve as padding for bones; especially when they become more brittle, they play a vital role in our metabolic health.

To address and treat muscle loss, scientists must first learn how we make muscle and then learn why it eventually breaks down from a cellular and molecular level perspective. This is not only particularly critical as it relates to the aging population, but also to those who risk muscle loss for other health reasons, such as individuals with critical illnesses and post-surgical patients with extended recovery processes.

### ANATOMY OF THE RESEARCH

We are born with all the muscles we need to get going in life after having them formed during our embryonic development. This skeletal muscle (any muscle attached to the skeleton) is made of component fibers called Type 1, or “fast twitch” fibers and Type 2, “slow twitch” fibers.

These two types of fibers are best described using two types of athletes: a long-distance runner and a sprinter. The muscles of a long-distance runner are dominated by slow-twitch fibers which glean endurance characteristics from an abundance of capillaries and mitochondria. The sprinter’s muscles are dominated with fast-twitch fibers which provide fewer capillaries and mitochondria but faster muscle contraction and quickness.

Muscle fibers act together in groups branching off the central nervous to form motor units. The motor units work synchronously to move you throughout your daily activities.

Researchers are most excited about what they are learning by

studying muscle stem cells, or MuSCs. MuSCs are also known as satellite stems which are located on the outside of muscle fibers. When these cells are activated by exercise or damage, they reproduce, differentiate, and merge to repair muscle fibers. If you have ever heard a fitness instructor talk about muscle break down or failure in order to rebuild “a better you”—this is the process they are referring to, as your MuSCs are being called to action, creating new cells that merge effectually producing new muscle fibers. To date, exercise is the only known way to combat muscle loss.

### GAIN & LOSS

During the course of an average life, the activation of muscle stems cells is the primary way we build new muscle. In the case of the two types of athletes we mentioned earlier, their specific type of exercise tells their muscle stem cells what they need to keep doing what they do.

Those who wish to enhance this natural process by increasing muscle size often turn to the con-

sumption of excess proteins and increased exercise in the form of weight training and lifting.

However, eventually as we age, these motion-creating processes change. After age 30, something called the myostatin pathway becomes turned on. Myostatin is a natural inhibitor of muscle growth that essentially begins to consume our body’s skeletal muscle. Unfortunately, according to scientists, this is just one of several complicated factors associated with muscle loss.

Another issue is “inflammaging,” or the chronic inflammation affecting the muscle’s microenvironment. This condition decreases the communication between muscle fibers and nerve cells, and the pathways necessary for proteins to synthesize new muscle fibers.

Other factors include an overall decline in the quality of the muscle, and what scientists call “an epidemic of inactivity.” Simply stated, our modern sedentary lifestyles exacerbate muscle loss. So, scientists have their work cut out for them; mitigating muscle loss will require having to address many circumstances.

### MASTER ATHLETES & THE SCIENCE

Currently they are working with what they call a class of “master athletes,” or individuals who remained highly active well into their later years. In this scenario, they will be able to determine what’s happening in the muscle as it ages naturally, unaffected by the attributes of an unhealthy lifestyle.

What they have confirmed as a certainty through this research is that remaining physically active is a highly effective solution to muscle loss. In a study of biopsies taken from 125 physically active male and female cyclists aged 55 to 79, little difference was noted between these subjects and their younger counterparts in terms of muscle condition.

While this result may sound predictable, researchers caution it is not an ultimate solution, especially for those, who due to critical illness, cannot continue with high-intensity activity and are subject to rapid muscle wasting while ill. For these specific cases they are hoping to identify potential solutions.

Scientists caution that while research is also being done in the pharmaceutical arena to develop a pill that increases muscle mass, having one quick fix of this nature would probably not be suitable for all, but may one-day be beneficial as part of a dual-therapy process that pairs exercise with some sort of intervention.

### THE MOST EXCITING DISCOVERY

Further studies involve ordinary lab mice and mice injected with human stem cells. They found that two-thirds of the muscle stem cells in aged mice are intrinsically defective compared to those in young mice. By examining these aged muscle stem cells, they hope to learn what is dysregulating them in order to be able to rejuvenate them.

What they recently found by injecting molecules of the inflammatory mediator prostaglandin E2 directly into the muscle of both ordinary lab mice and the mice injected with human stem cells is exciting—they were able to stimulate the muscle regeneration process in all the mice.

The accumulated research thus far has scientists looking down the road to a day where, with the help of dual muscle-enhancing therapies, we will feel stronger at 80 than any generation at 80 has felt before.

*In the meantime, keep an eye out for our follow-up to this story in your next issue of What’s Up? We’ll help you start the year off stronger with the most effective exercises to treat sarcopenia.*



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# Face Slimming Masks:

HOW NEW AND REVOLUTIONARY ARE THEY?

By Lisa J. Gotto

Just saying the words “look 10 years younger” certainly draws attention, and any beauty product on the market making claims as such, and touting results to back them up, is bound to become popular.

Such is the story of the current V-mask beauty trend originating from Korea. Beauty masks of all forms are filling retailer shelves, from drugstores to high-end beauty boutiques. Market-wise, they are all selling well. For this story we are referring to the types

of masks that are applied to the face in sheet form, rather than applying a lotion-like substance to the face and rinsing it off after a specified amount of time. From that group in particular, we are looking at masks that offer face-slimming benefits.

While being touted as “new” and “revolutionary,” the V-mask concept actually combines the old Hollywood glamour technique of using a chinstrap with the best in skin-lifting, smoothing, and firming formulations applied to the skin for several hours at a time and several times weekly to achieve ultimate face-slimming results. Some masks are being marketed as an alternative to painful or expensive medical procedures. They work by stimulating the reduction of fat deposits and fine lines along the application area. However, you will need to use the product on a regular basis to maintain those results as its effects are temporary.



**UP WE GO!** The lifting is accomplished by first attaching the top part of the stretchy fiber-like material, somewhat similar to foam packing sheets, cut in the shape of the lower portion of the face fitted with a mouth-sized hole to the section of the face just under the nose. Loops on each side of the fabric mask attach at the ears. The bottom section, designed to lift sagging double chin skin is then attached and pulled up by loops to the ears, as well.

Upon application, you immediately feel a lovely, cooling sensation that perks you up as the mask’s unique formula of ingredients, which include: water, glycerin, tartaric acid, propylene glycol, collagen amino acids, and centella asiatica—a medicinal herb found in the Asian wetlands, do their thing to produce a smooth, clear face line, reduce fine lines and increase skin’s firmness and elasticity. It even addresses the nasolabial folds, or creases that appear below either side of the nose reaching the mouth. The mask also promises a unique moisturizing effect that repairs and stimulates cell regeneration, leaving your skin feeling more hydrated and replenished.

Reviews online of these products are numerous and are primarily positive, with many users willing to continue to purchase and use regularly. Negative reviews were mostly about the length of time they need to be applied and some soreness around the ears after use.

We’ve compiled a comprehensive pros and cons list so you can assess for yourself. Because let’s face it, taking off any number of years is pretty much a pro in our book!

## PROS

- Feels cool upon application
- Does not irritate skin
- Most online reviews have only positive things to say about the product
- Most reviewers said they did see improvement of the jaw line
- Most reviewers said they did see improvement of their double chin
- It can be worn while sleeping because only the inner portion of the mask is wet to the touch
- Affordable. You can purchase 5 masks to a pack for \$24.99 on Amazon Prime
- No heavy perfume scent

## CONS

- Can be irritating as it pulls on ears
- Some masks require a minimum of 6 hours wearing time a day for maximum effect
- If you cannot wear it at night, you will need to work your day around wearing it
- You can eat/drink with it on, but will want to use care not to soil it

# Max Look:

MINIMAL FUSS

By Lisa J. Gotto

Yeah, minimalism! This less-stress concept has filtered down even to our wardrobes. With a little imagination, you can also adapt this attitude for your next holiday cocktail party. Here are five of our favorite fashionable finds of the season to help get you started!



## WINTER SHORT SASS

These black, topstitch leather shorts were just made to pair with the season's must have over-the-knee boot; Topshop, \$180



## COMFORT WITH CLASS

The essential over-the-knee Kocheda boot with a chunky heel in black suede; Vince Camuto, \$239



## CARRYING IT OFF!

This ring-handle mesh clutch sparkles with big style and has plenty of room for your party night essentials; Nina, \$58



## PUCKER PUNCH!

City fashionistas know drama when they see it! Go dramatic with Matte Velvetines long-lasting liquid matte lipstick in color "Wicked"; Lime Crime, \$20

## TOP IT ALL OFF

Just slip a minimal tee under this fab faux fur for a practical party look with panache! Topshop, \$150



# Should You Bubble?

SHOPPING FOR EVEN THE MOST HARD-TO-FIND WHOLE AND NATURAL FOODS ONLINE

By Lisa J. Gotto

Are you there yet, shopping for and ordering mostly everything you need online? Our get-it-tomorrow, or at least the-day-after culture comes ever closer to making hermits out of all of us. As much as we may try to resist, online retailers are making it easier every day.

This is certainly true of big-box items, clothing and basically every beauty item out there. Until recently, however, it was still harder to shop for certain things, especially certain foods online, but now that is changing, too. In addition to your obvious options with Amazon Pantry, there are smaller start-ups like Thrive Market that cater to health-conscious consumers looking for organic foods and other select goods in one location that delivers to your door.

## GRAB YOUR PHONE AND YOUR VIRTUAL SHOPPING LIST

Going a step farther than just having healthy food and goods available for purchase online, these digital retailers are creating the customized experiences that today's online consumer craves. Thrive Market prompts you to complete a relatively comprehensive preference survey as soon as you visit their site in anticipation of offering you the types of foods you are most likely to buy.

When visiting these sites you may notice one word in particular, "curated." In the case of Bubble Goods, or getintothebubble.com, this curation ensures that your goods meet a high standard of criteria they have developed with the help of nutritionists and chefs. They state that their products never contain refined or artificial sugars, dyes, preservatives, fillers,

gums, trans fats, or hydrogenated oils. Are you careful to look for words like "organic," "nutritious," and "non-G.M.O" when shopping? Then this could be a worthwhile option for you because all the products on the site are pre-vetted to save you time. Food sourcing is also high on their list of priorities, as is "shelfie" worthiness. No more squinty-eyed label reading while bumping carts in the brick and mortar market.

What is the biggest advantage to shopping these sites? Platform creators like Bubble anticipate that the exposure to independent brands that you may not have even known existed, is key to you choosing their approach to shopping over any other.

Shoppers also enjoy the convenience these sites provide in shopping for specific dietary concerns and preferences, including those who are on keto-based, vegan, gluten-free, paleo, and raw diets.



Products that address specific health concerns and conditions such as common cold defense, inflammation, heart health, mood, energy, memory, insomnia, digestion, and many others, are easily searchable on these sites.

In addition to the introduction to new, quality brands consumers can trust, platform creators feel that providing the ability to order on-the-go, deals and access to annual memberships that offer savings with every order, will keep you logging in to see what's new and what's now. Foods that are trending are also spotlighted with every site visit and the regular newsletters that members receive.

## YOUR PERSONAL SHOPPING PHILOSOPHY

Yes, this is a "thing." Are you all about the deal? Do you have a specific health goal in mind when shopping? Do you consider yourself an environmentally-conscious individual? Personal preferences reign supreme on these sites and platform creators are learning more about you every day, which will be reflected in what you will see as part of your personal online experience with their site.

An environmentally- and socially-conscious consumer will not only experience a convenient and expedient way to shop, they can also feel good about the event. If you are community-centric, Thrive Market, for instance, sponsors a membership to a low-income family with every regular membership sold.

Bringing healthier food choices to those who might otherwise not have these options, is certainly something to feel good about. And if you're worried about the environmental impact from shipping all your items, you need not be, as most of these digital retailers offer packaging that is recyclable or reusable.

## YOUR GROCERY BILL

While most sites do what they can to bring the cost of the naturally higher prices on natural and organic foods more in line by offering daily or weekly specials, cash-back incentives, discounts through apps, and everyday discounts on regular retail, you will find higher prices on some sites for some products. Luckily, in the online retail space you won't have to drive to compare prices from three different markets; comparisons here are only a click and a new window away!

# Products We Love

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!)

For more reviews, visit us online at [WHATSUPMAG.COM](http://WHATSUPMAG.COM)



1.

"I love feeling the conditioner working through my hair and this one is great! I would recommend this product to anyone with thin or thinning hair. My hair felt thicker and more voluminous almost immediately!" —Beauty Buzz Member Lara Mish, 46, Annapolis



1

**LUXURY SPA CONDITIONER AND LUXURY SPA SHAMPOO BY COPPER+CRANE**

**\$20/6.7 fl. oz. (individual); \$30/6.7 fl. oz. (set), [copperandcrane.com](http://copperandcrane.com)**  
Nourish and revitalize your hair with this luxurious shampoo and conditioner. The shampoo is infused with buriti oil for total hydration, while the conditioner is formulated with argan oil, which helps restore shine and increase hair's elasticity.



2.

"I have never used a cream-based blush, but I love the level of control you get. The applicator is cute and fun, and allows you to get the perfect stroke for application. I love it! I now use this on a daily basis. It's the perfect blush and lip tint." —Beauty Buzz Member Denise Hadden, 38, Severna Park



2

**LIP & CHEEK TINT BY EOS**

**\$4.99, [evolutionofsmooth.com](http://evolutionofsmooth.com)** Give your lips and cheeks a pop of color for that holiday party! Enriched with shea butter and coconut oil, this hydrating lip and cheek tint is perfect for all-day wear. The buildable formula glides on effortlessly, leaving you with a radiant pearlescent finish.



3.

"Unlike most lotion/cream cleansers that always seem to leave my skin feeling unclean, this cleanser left my face refreshed and toned. I used the product over my eyes and had no irritation. Everything rinsed off without leaving any feeling of residue." —Beauty Buzz Member Jennifer Smith, 38, Gambrills



3

**ALL-IN-ONE CLEANSER WITH TONER BY DR. DENNIS GROSS**

**\$32/6 fl. oz., [drdenisgross.com](http://drdenisgross.com)** Not only does this cleanser remove makeup, pollutants, and other impurities, but it doubles as a toner, leaving your skin refreshed and balanced. This vegan, paraben-free formula is suitable for all skin types, and is gentle enough for both your morning and nighttime skincare routines. To use, apply a small amount to your face, massage in a circular motion, and then rinse clean.



4.

"I have never used moisturizing gloves before, but this product changed the game for me! My hands felt super smooth and luxurious afterwards. I loved the fragrance, feel, and effects of this product. 10/10 for me." —Beauty Buzz Member Lyndsie Cox, 22, Annapolis



4

**HAND MOISTURE PACK BY KOCOSTAR**

**\$5/1-pack; \$50/10-pack, [kocostarusa.com](http://kocostarusa.com)** Relieve your hands from the dry winter air with these moisturizing gloves. Formulated with calming and hydrating ingredients like green tea extract and shea butter, this soothing treatment will bring your hands back to life.



# Dining

130 GUIDE

**Harrison's  
Harbour Lights**  
in St. Michaels  
has excellent  
water views



WHAT'S UP? READERS  
RESTAURANT  
REVIEW

**Calling All Food Critics!**

Send us your restaurant review and you'll be eligible for our monthly drawing for a **\$50** gift certificate to a local restaurant. Fill out the form to **←** the left or submit your review at [whatsupmag.com/promotions](http://whatsupmag.com/promotions).

Photo by Stephen Buchanan

# Dining Guide

## Advertisers Listed in Red

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

☎ Reservations

🍷 Full bar

👨‍👩‍👧 Family Friendly

🌊 Water View

☀ Outdoor Seating

🎵 Live Music

🐾 Dog Friendly

👑 Best of 2019 Winner

## Queen Anne's County

### Adam's Taphouse and Grille

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

### Annie's Paramount Steak & Seafood House

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

### Big Bats Café

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

### Bridges Restaurant

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

### Café Sado

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

### 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 \$ 🍷 🍷 🍷

### El Jefe Mexican Kitchen & Tequila Bar

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

### Fisherman's Inn & Crab Deck

3032 Kent Narrows Way S., Grasonville; 410-827-6666; Crab-deck.com; Seafood; lunch, dinner \$\$ 🍷 🍷 🍷

### Frix's Fire Grill

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

### Harris Crab House

433 Kent Narrows Way N., Grasonville; 410-827-9500; Harris-crab-house.com; Seafood, crabs; lunch, dinner \$\$ ☎ 🍷 🍷 🍷 🍷

### Hemingway's Restaurant

357 Pier One Road, Stevensville; 410-604-0999; Hemingwaysbay-bridge.com; Seafood; lunch, dinner \$\$ ☎ 🍷 🍷 🍷

### Historic Kent Manor Inn

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

### The Jetty Restaurant & Dock Bar

201 Wells Cove Road, Grasonville, 410-827-4959; Jettydockbar.com, American, seafood; lunch, dinner \$ 🍷 🍷 🍷 🍷

### Kentmorr Restaurant

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

### Knoxie's Table

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

### 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 \$\$ ☎ 🍷 🍷 🍷

### O'Shucks Irish Pub

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

### Rams Head Shorehouse

800 Main Street, Stevensville; 410-643-2466; Ramsheadshorehouse.com; American, brewery; breakfast, lunch, dinner \$ 🍷 🍷 🍷

### Red Eye's Dock Bar

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

### Rustico Restaurant & Wine Bar

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

### SandBar at Rolph's Wharf

1008 Rolph's Wharf Road, Chestertown; 410-778-6389; Seafood; lunch, dinner \$ 🍷 🍷

## WHEELHOUSE

"Great place for food and drinks!  
Always enjoy the specials.  
Smoked fish dip is the best."  
— Jeff Browneman **WINNER**

### Smoke, Rattle & Roll

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

## Talbot County

### 208 Talbot

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

### Ava's Pizzeria & Wine Bar

409 S. Talbot Street, St. Michaels; 410-745-3081; Avaspizzeria.com; Italian, pizza; lunch, dinner \$\$ 🍷 🍷

### Awful Arthur's Seafood Company

402 S. Talbot St., St. Michaels; 410-745-3474; Awfularthursusa.com; Fresh seafood, authentic oyster bar \$\$\$ 🍷 🍷 🍷 🍷

### The BBQ Joint

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

### Banning's Tavern

42 E Dover Street, Easton; 410-822-1733; Banningstavern.com; American; lunch, dinner \$\$ ☎ 🍷 🍷

### Bartlett Pear Inn

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

### 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 \$\$ ☎ 🍷 🍷

### Blackthorn Irish Pub

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

### 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 \$-\$\$ ☎ 🍷 🍷 🍷

### 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 \$\$ 🍷 🍷 🍷

### Characters Bridge Restaurant

6136 Tilghman Island Road, Tilghman; 410-886-1060; Fresh seafood, casual atmosphere; Lunch, dinner; Charactersbridge-restaurant.com \$\$\$ 🍷 🍷 🍷

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

**The Crab Claw Restaurant**  
304 Burns Street, St. Michaels; 410-745-2900; TheCrabClaw.com; Seafood; lunch, dinner \$\$ 🍴 🌿 🍷 🍷

**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 🍴 🌿 \*

**Doc's Downtown Grille**  
14 N Washington St., Easton; 410-822-7700; Docsdowntowngrille.com; American, seafood; lunch, dinner \$\$ 🍴

**Doc's Sunset Grille**  
104 W Pier St., Oxford; 410-226-5550; Docssunsetgrille.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 \$\$ 🍴 🌿

**Foxy's Harbor Grille (Seasonal)**  
125 Mulberry St., St. Michaels; 410-745-4340; Foxysharborgrille.com; Seafood, American; lunch, dinner \$ 🍴 🌿 🍷 🍷 🍷

**The Galley St. Michaels**  
305 S. Talbot Street, St. Michaels; 410-200-8572; Thegalleysaintmichaels.com; Breakfast, lunch \$ 🍴 🌿 🍷 \*

**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 \$\$ 🍴 🌿 🍷 🍷 \*

**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 \$ 🍷

FISHERMAN'S CRAB DECK

**"The fish tacos with tortilla chips is my new favorite!" –Courtney Moulras**

**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 \$\$ 🍴 🌿 🍷 \*

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

**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 \$\$ 🍴 🌿 🍷

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



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**Lighthouse Oyster Bar & Grill**

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

**Limoncello Italian Restaurant**

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

**Lowes Wharf**

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

**Marker Five**

6178 Tilghman Island Road, Tilghman; 410-886-1122; Markerfive.com; Local seafood, lunch, dinner Thursday-Sunday \$ \$ 🍷 † ♣ \* 🍷

**Mason's Redux**

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

**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; Outofthefire.com; Mediterranean, seafood; lunch, dinner \$ \$ 🍷 †

**Peacock Restaurant & Lounge at Inn at 202 Dover**

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

**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 \$ \$ 🍷 † 🍷

**Portofino Ristorante Italiano**

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

**Robert Morris Inn**

314 North Morris Street, Oxford; 410-226-5111; Robertmorrisonn.com; Modern American; breakfast, lunch, dinner, Sunday brunch \$ \$ 🍷 † \*

**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 \$ † ♣ 🍷

**Scossa Restaurant & Lounge**

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

**Stars at Inn at Perry Cabin**

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

**St. Michaels Crab & Steakhouse**

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

**Sugar Buns Airport Café & Bakery**

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

**Sunflowers & Greens**

11 Federal Street, Easton; 410-822-7972; Sunflowersandgreens.com; Salads; lunch \$ 🍷

**T at the General Store**

25942 Royal Oak Road, Easton; 410-745-8402; Tatthegeneralstore.com; Dinner, Weekend brunch \$ \$ 🍷 †

**Theo's Steaks, Sides & Spirits**

409 S. Talbot Street, St. Michaels; 410-745-2106; Theosteakhouse.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, Betterton; 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; Figgsordinary.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 StreetChestertown, MD. 21630; 410-778-5000; Imperialchestertown.com; Small Plates Tavern & Casual Fine Dinning 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, Betterton; 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; Portsidemaryland.com; Seafood; lunch, dinner \$ 🍴 🍷 🍷 \*

### RAR Brewing

504 Poplar Steet, 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 \$ 🍴 🍷

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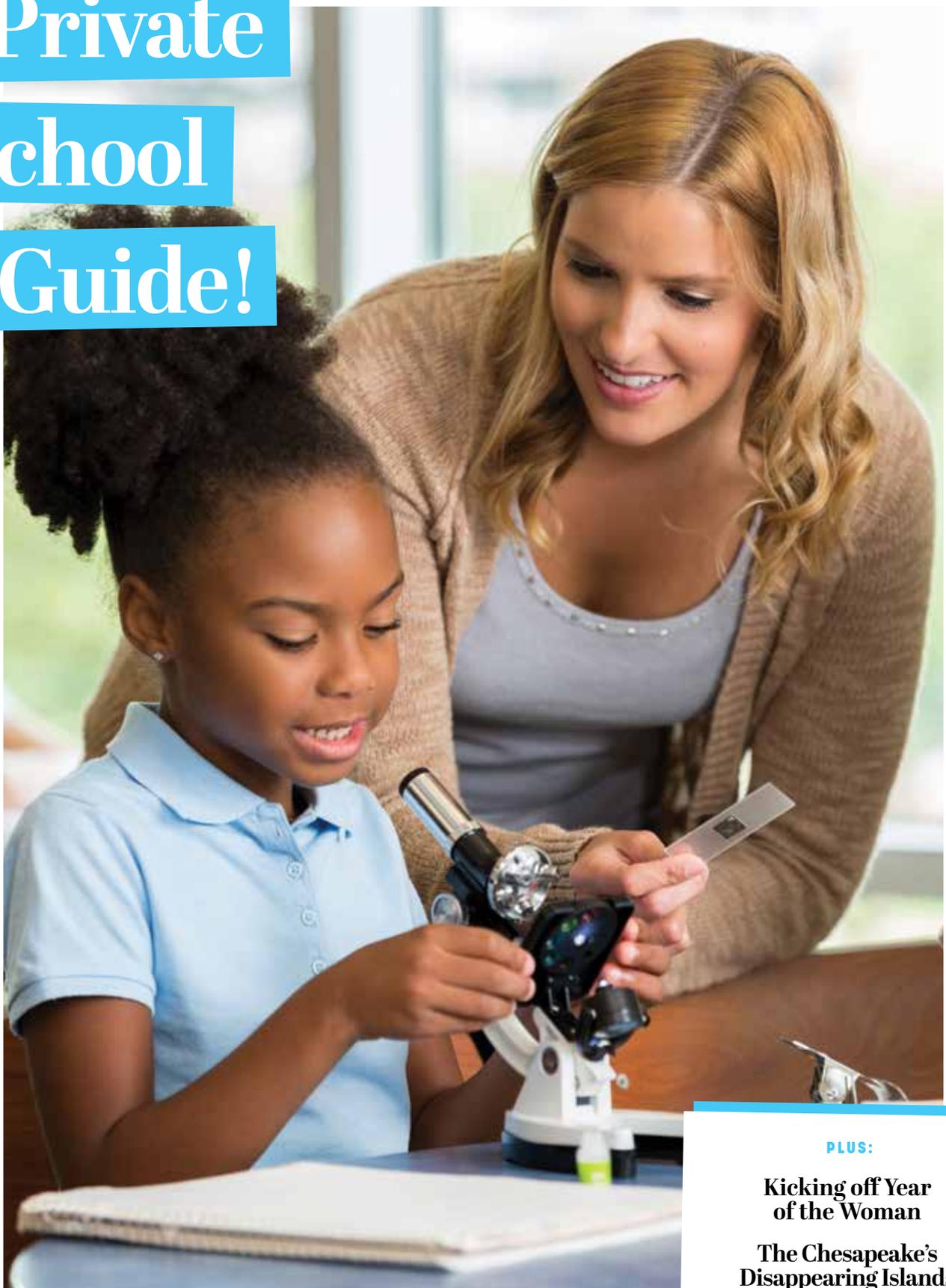
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# December Calendar

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

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



↑ Celebrate the holiday season in Easton with festive events for the whole family throughout December. Find a gift for everyone on your list during the Midnight Madness shopping event on Friday, December 6. The town Christmas tree lighting will be held on Saturday, December 7, 6 p.m., followed by the annual Easton Holiday Parade at 6:30 p.m. Other activities and events include Easton Volunteer Fire Department's Holiday Train Garden, the Art & Craft Marketplace, Breakfast with Santa, and Holiday Carriage Rides. For more information, including a full schedule of events, visit [Discovereaston.com](http://Discovereaston.com).

Sunday

1

**SPECIAL EVENTS**

**Talbot Hospice Festival of Trees** at Tidewater Inn, Easton. 11 a.m. Talbotfestival.org (C) (F)

**Sip & Shop Sundays** at Downtown Easton, Easton. 11 a.m. Discovereaston.com

**Easton Volunteer Fire Department Train Garden** at Easton Volunteer Fire Department, Easton. 2 p.m. Eastonvfd.org (F)

**Winterfest of Lights** at Northside Park, Ocean City. 5:30 p.m. Ococean.com (F)

**Lights on the Bay** at Sandy Point State Park, Annapolis. 5 p.m. Lightsonthebay.org (F) (C)

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

**Bodyphones and Jivadan 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 31, 2020. 410-822-2787. Academyartmuseum.org

**Annual Members' Exhibition: The Small Originals Holiday Show** at Easton Armory, Easton. 10 a.m.-8 p.m. (Tues.-Thurs.), 10 a.m.-4 p.m. (Fri.-Mon.). Now through December 4, 2019. 410-822-2787. Academyartmuseum.org

**2019 Holiday Show/Gift Sale** 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 December 29, 2019. 410-778-6300. Chestertownriverarts.net

**Holiday Exhibition** at Massoni Gallery, Chestertown. 11 a.m.-4 p.m. (Wed.-Fri.), 10 a.m.-5 p.m. (Sat.). Now through January 12, 2020. 410-778-7330. Massoniart.com

**PERFORMING ARTS**

**A Christmas Carol** at Annapolis Shakespeare Company, Annapolis. 2 p.m. 410-415-3513. Annapolis-shakespeare.org

**A Christmas Story: The Musical** at Clear Space Theatre, Rehoboth Beach. 3 p.m. 302-227-2270. Clearspacetheatre.org

**Annie** at Garfield Center for the Arts, Chestertown. 2 p.m. 410-810-2060. Garfieldcenter.org

**MUSIC**

**Diamond Rio: Holidays & Hits** at Rams Head On Stage, Annapolis. 7:30 p.m. 410-268-4545. Ramsheadonstage.com

**2nd Ceremony Duo** at The Mainstay, Rock Hall. 4 p.m. 410-639-9133. Mainstayrockhall.org

**SPORTS**

**Ravens vs 49ers** at M&T Bank Stadium, Baltimore. 1 p.m. 410-261-7283. Baltimore-ravens.com (F)

Monday

2

**SPECIAL EVENTS**

**Talbot Hospice Festival of Trees** at Tidewater Inn, Easton. 10 a.m. Talbotfestival.org (C) (F)

**Easton Volunteer Fire Department Train Garden** at Easton Volunteer Fire Department, Easton. 6 p.m. 410-822-4848. Eastonvfd.org (F)

**Winterfest of Lights** at Northside Park, Ocean City. 5:30 p.m. Ococean.com (F)

**Lights on the Bay** at Sandy Point State Park, Annapolis. 5 p.m. Lightsonthebay.org (F) (C)

**What's Up? for Lunch** at Blackwall Barn & Lodge, Annapolis. 11:30 a.m. Whatsuptix.com (TIX)

**22nd Anniversary Group Show** at Troika Gallery, Easton. 10 a.m.-5:30 p.m. (Mon.-Sat.). Now through December 21, 2019. 410-770-9190. Troikagallery.com

**Artists' Favorites** at What's Up? Media Gallery, Annapolis. 8 a.m.-6 p.m. (Mon.-Fri.). Now through December 13, 2019. 410-266-6287. Whatsupmag.com

**PERFORMING ARTS**

**Free Range Improv Comedy Farewell Show** at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Ramsheadonstage.com

**MUSIC**

**Percussion Chamber Music** at Washington College, Chestertown. 7:30 p.m.

**Bluegrass Jam** at St. Andrew's Episcopal Church, Hurluck. 7 p.m. 410-943-4900.

Tuesday

3

**SPECIAL EVENTS**

**Talbot Hospice Festival of Trees** at Tidewater Inn, Easton. 11 a.m. Talbotfestival.org (C) (F)

**Easton Volunteer Fire Department Train Garden** at Easton Volunteer Fire Department, Easton. 6 p.m. 410-822-4848. Eastonvfd.org (F)

**Winterfest of Lights** at Northside Park, Ocean City. 5:30 p.m. Ococean.com (F)

**Lights on the Bay** at Sandy Point State Park, Annapolis. 5 p.m. Lightsonthebay.org (F) (C)

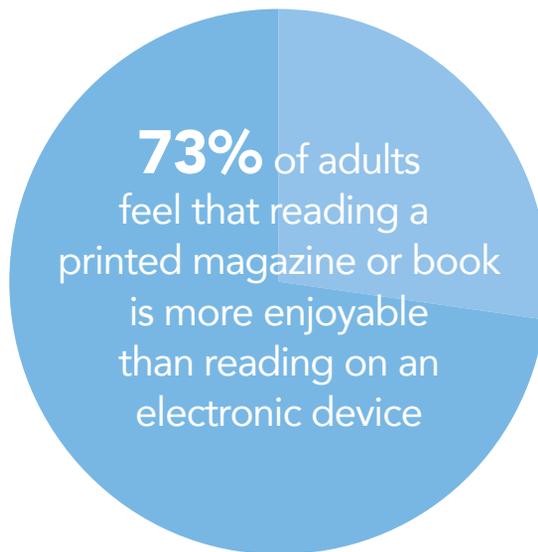
**Chateau Ste Michelle Wine Dinner** at Carrol's Creek, Annapolis. 6:30 p.m. Whatsuptix.com (TIX)

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

**MUSIC**

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

**SPORTS**

**Wizards Vs. Magic** at Capital One Arena, D.C. 7 p.m. Capitalonearena.com (F)

Wednesday

4

**SPECIAL EVENTS**

**Nativity Scenes From Around The World** at Cambridge House Bed and Breakfast, Cambridge. 2 p.m. 410-221-7704/221-7700. Cambridgehousebandb.com

**Winter Wonderland Music and Tree Festival** at Governors Hall at Sailwinds Park, Cambridge. 11 a.m.

**S'more Time Together** at Knoxville's Table at Chesapeake Bay Beach Club, Stevensville. 5 p.m. 410-604-5900. Baybeachclub.com

**Centreville Tree Lighting** at Town of Centreville, Centreville. 6:30 p.m. (F)

**Easton Volunteer Fire Department Train Garden** at Easton Volunteer Fire Department, Easton. 6 p.m. 410-822-4848. Eastonvfd.org (F)

**Lights on the Bay** at Sandy Point State Park, Annapolis. 5 p.m. Lightsonthebay.org (F) (C)

**Winterfest of Lights** at Northside Park, Ocean City. 5:30 p.m. Ococean.com (F)

**MUSIC**

**John Denver Christmas Show w. Chris Collins & Boulder Canyon** at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Ramsheadonstage.com

**Washington College Symphonic Band, Jazz Ensemble and Saxophone Chamber Music** at Washington College, Chestertown. 7:30 p.m.

Thursday

5

**SPECIAL EVENTS**

**20th Holiday Benefit Gala and Festival of Wreaths** at Pleasant Day Medical Adult Day Care, Cambridge. 5:30 p.m. 410-310-7369. Pleasant-day.com (C)

**Ugly Sweater Holiday Hour** at Knoxville's Table at Chesapeake Bay Beach Club, Stevensville. 4 p.m. 410-604-5900. Baybeachclub.com

**The Gingerbread Challenge** at The Inn at Chesapeake Bay Beach Club, Stevensville. 6 p.m. 410-604-5900. Bay-beachclub.com

**The Holly Trolley** at Herald Harbor Community Center, Crownsville. 12 a.m. Whatsuptix.com (TIX)

**The Lighting of the Green** at Caroline County Courthouse, Denton. 6 p.m. Carolinemd.org (F)

**Easton Volunteer Fire Department Train Garden** at Easton Volunteer Fire Department, Easton. 6 p.m. 410-822-4848. Eastonvfd.org (F)

**Winterfest of Lights** at Northside Park, Ocean City. 5:30 p.m. Ococean.com (F)

**PERFORMING ARTS**

**The Best Christmas Pageant Ever** at The Colonial Players, Inc., Annapolis. 8 p.m. 410-268-7373. Thecolonialplayers.org

**MUSIC**

**A Peter White Christmas** at Rams Head On Stage, Annapolis. 6:30 p.m. & 9:30 p.m. 410-268-4545. Rams-headonstage.com

**Demonetized Tour** at Rams Head Live!, Baltimore. 8 p.m. 410-244-1131. Ramsheadlive.com

**SPORTS**

**Wizards Vs. 76ers** at Capital One Arena, D.C. 7 p.m. Capitalonearena.com

Friday

6

**SPECIAL EVENTS**

**Silver Bells Holiday Quarter Benefit & Auction** at Ward Museum of Wildfowl Art, Salisbury. 5 p.m. 410-742-4988. Wardmuseum.org (C)

**Lights on the Bay** at Sandy Point State Park, Annapolis. 5 p.m. Lightsonthebay.org (F) (C)

**Winter Wonderland Music and Tree Festival** at Governors Hall at Sailwinds Park, Cambridge. 11 a.m.

**Centreville Christmas Parade** at Town of Centreville, Centreville. 6:30 p.m. (F)

**Festival of Trees-Dickens of a Christmas Weekend** at First United Methodist Church, Chestertown. 5 p.m. 410-778-2977. Mainstreetchester-town.org (F)

**First Friday in Chestertown** at Downtown Chestertown, Chestertown. 5 p.m. Kent-county.com

**Santa Chase** at Martinak State Park, Denton. 12 a.m. Carolinemd.org (F)

**Pictures with Santa** at The Mid-Shore Community Foundation, Easton. 5 p.m. 410-820-8175. Discover-easton.com (F)

**Easton Volunteer Fire Department Train Garden** at Easton Volunteer Fire Department, Easton. 6 p.m. 410-822-4848. Eastonvfd.org (F)

**Christmas in Easton Art & Craft Marketplace** at Waterfowl Festival Building, Easton. 4 p.m. Discovereaston.com

**Moonlight Madness** at Downtown Easton, Easton. 5 p.m. Discovereaston.com

**First Friday Gallery Walk** at Downtown Easton, Easton. 5 p.m. Discovereaston.com

**Winterfest of Lights** at Northside Park, Ocean City. 5:30 p.m. Ococean.com (F)

**PERFORMING ARTS**

**A Christmas Story: The Musical** at Clear Space Theatre, Rehoboth Beach. 7 p.m. 302-227-2270. Clearspacetheatre.org

**Annie** at Garfield Center for the Arts, Chestertown. 7 p.m. 410-810-2060. Garfieldcenter.org

**A Christmas Carol** at Annapolis Shakespeare Company, Annapolis. 8 p.m. 410-415-3513. Annapolis-shakespeare.org

**Paula Poundstone** at Rams Head On Stage, Annapolis. 6:30 p.m. 410-268-4545. Ramsheadonstage.com

**The Best Christmas Pageant Ever** at The Colonial Players, Inc., Annapolis. (See 12/5).

**MUSIC**

**Washington College Music Department Vocal Recital** at Washington College, Chestertown. 4 p.m.

**WACappella** at Washington College, Chestertown. 7:30 p.m.

**Mid-Atlantic Symphony: Holiday Joy** at Avalon Theatre, Easton. 7 p.m. 410-822-7299. Carolinerecreation.org

Saturday

7

**SPECIAL EVENTS**

**St. Michaels Midnight Madness** at Downtown St. Michaels. 10 a.m. Stmichaels-md.org

**Christmas Parade & Crab Tree Lighting** at Downtown Cambridge, Cambridge. 4:45 p.m. Visitorchester.org (F)

**Lights on the Bay** at Sandy Point State Park, Annapolis. 5 p.m. Lightsonthebay.org (F) (C)

**Winter Wonderland Music and Tree Festival** at Governors Hall at Sailwinds Park, Cambridge. 11 a.m.

**Cambridge-Dorchester County Christmas Parade** at Downtown Cambridge, Cambridge. 12 a.m. Christmasparade.org (F)

**Holiday Tour of Historic Homes** at Town of Centreville, Centreville. 12 p.m.

**Festival of Trains 2019** at Piney Narrows Outlets, Chester. 12 p.m. (F)

**Chestertown Farmers Market** at Fountain Park, Chestertown. 8 a.m. Townofchester-town.com

**Dickens of a Christmas** at Downtown Chestertown, Chestertown. 12 p.m. Mainstreetchester-town.org (F)

**Dickens Holiday House Tour** at Downtown Chestertown, Chestertown. 10 a.m. Mainstreetchester-town.org

**Festival of Trees-Dickens of a Christmas Weekend** at First United Methodist Church, Chestertown. 10 a.m. 410-778-2977. Mainstreetchester-town.org

**Shells & Bells** at Charles Carroll House and Gardens, Annapolis. 6 p.m. 410-269-1737. Whatsuptix.com (C) (TIX)

**Santa's Magic Workshop** at Martinak State Park, Denton. 4 p.m. Carolinemd.org (F)

**Easton Holiday Parade** at Downtown Easton, Easton. 6 p.m. Tourtaibot.org (F)

**Easton Volunteer Fire Department Train Garden** at Easton Volunteer Fire Department, Easton. 2 p.m. 410-822-4848. Eastonvfd.org (F)

**Christmas in Easton Art & Craft Marketplace** at Waterfowl Festival Building, Easton. 12 p.m. Discovereaston.com

**Easton Farmers Market** at Easton Farmers' Market, Easton. 8 a.m. 410-822-0345. Avalonfoundation.org

**Saturday With Santa** at Chesapeake Bay Environmental Center, Grasonville. 9 a.m. (F)

**Winterfest of Lights** at Northside Park, Ocean City. 5:30 p.m. Ococean.com (F)

**Christmas in Odessa** at Women's Club of Odessa, Odessa. 10 a.m. Christmas-inodessa.com

**Christmas on the Creek** at Town of Oxford, Oxford. 12 p.m. Oxfordmd.net

**SantaCon Kent Island** at Rams Head Shore House, Stevensville. 4 p.m. 443-271-3561. (C)

**Great Crab Pot Christmas Tree Lighting and Boat Parade** at Phillips Wharf Environmental Center, Tilghman. 5:30 p.m. Pwec.org (F)

**Enchant Christmas** at Nationals Park, Washington, D.C. 4:30 p.m. 202-675-6287. Enchantchristmas.com (F)

**PERFORMING ARTS**

**A Christmas Carol** at Annapolis Shakespeare Company, Annapolis. 2 p.m. & 8 p.m. 410-415-3513. Annapolis-shakespeare.org

**A Christmas Story: The Musical** at Clear Space Theatre, Rehoboth Beach. (See 12/6).

**Annie** at Garfield Center for the Arts, Chestertown. (See 12/6).

**The Nutcracker: Presented by Ballet Theatre of Maryland** at Maryland Hall for the Creative Arts, Annapolis. 7 p.m. 410-263-5554. Marylandhall.org

**The Best Christmas Pageant Ever** at The Colonial Players, Inc., Annapolis. 2 p.m., 4:30 p.m., and 8 p.m. 410-268-7373. Thecolonialplayers.org

**The Nutcracker** at Wicomico High School, Salisbury. 2 p.m. & 7 p.m. 443-358-2300. Esbt.org

**MUSIC**

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

**WACappella** at Washington College, Chestertown. 2 p.m. & 7:30 p.m.

**David Bromberg Quintet** at Avalon Theatre, Easton. 8 p.m. 410-822-0345. Avalonfoundation.org

**Rumba Club!** at The Mainstay, Rock Hall. 8 p.m. 410-639-9133. Mainstayrockhall.org

**Christmas in the New World-Queen Anne's Chorale Holiday Concert** at Todd Performing Arts Center, Wye Mills. 410-827-5867. Chesapeake.edu

Sunday

8

**SPECIAL EVENTS**

**Nativity Scenes From Around The World** at Cambridge House Bed and Breakfast, Cambridge. 2 p.m. 410-221-7700. Cambridgehousebandb.com

**The Nutcracker Tea** at Graduate Hotel, Annapolis. 10 a.m., 2 p.m., and 5:30 p.m. 410-266-6287. Whatsuptix.com (F) (TIX)

**Winter Wonderland Music and Tree Festival** at Governors Hall at Sailwinds Park, Cambridge. 11 a.m.

**Festival of Trains 2019** at Piney Narrows Outlets, Chester. 12 p.m.

**Festival of Trees-Dickens of a Christmas Weekend** at First United Methodist Church, Chestertown. 11 a.m. 410-778-2977. Mainstreetchester-town.org (F)

**"Run Like the Dickens" 5K Run/Walk** at Downtown Chestertown, Chestertown. 8 a.m. Mainstreetchester-town.org

**Christmas in Easton Art & Craft Marketplace** at Waterfowl Festival Building, Easton. 12 p.m. Discovereaston.com

**Easton Volunteer Fire Department Train Garden** at Easton Volunteer Fire Department, Easton. 2 p.m. 410-822-4848. Eastonvfd.org (F)

**Breakfast with Santa** at Tidewater Inn, Easton. 9 a.m. Discovereaston.com (F)

**Sip & Shop Sundays** at Downtown Easton, Easton. 11 a.m. Discovereaston.com

**Lights on the Bay** at Sandy Point State Park, Annapolis. 5 p.m. Lightsonthebay.org (F) (C)

**Winterfest of Lights** at Northside Park, Ocean City. 5:30 p.m. Ococean.com (F)

**Christmas on the Creek** at Town of Oxford, Oxford. 12 p.m. Oxfordmd.net

**RiverArts Film Society presents: The Spirit of the Beehive** at The Mainstay, Rock Hall. 4:30 p.m. 410-639-9133. Mainstayrockhall.org

**PERFORMING ARTS**

**A Christmas Carol** at Annapolis Shakespeare Company, Annapolis. (See 12/1).

**A Christmas Story: The Musical** at Clear Space Theatre, Rehoboth Beach. (See 12/1).

**Annie** at Garfield Center for the Arts, Chestertown. (See 12/1).

**The Nutcracker: Presented by Ballet Theatre of Maryland** at Maryland Hall for the Creative Arts, Annapolis. 1 p.m. & 4:30 p.m. 410-263-5554. Marylandhall.org

**The Best Christmas Pageant Ever** at The Colonial Players, Inc., Annapolis. 2 p.m. & 4:30 p.m. 410-268-7373. Thecolonialplayers.org

**The Nutcracker** at Wicomico High School, Salisbury. 2 p.m. 443-358-2300. Esbt.org

**MUSIC**

**Heidi Newfield formerly of Trick Pony** at Rams Head On Stage, Annapolis. 7 p.m. 410-268-4545. Ramsheadonstage.com

**SQRRR! Family Holiday Show \*\*All Ages Matinee\*\*** at Rams Head On Stage, Annapolis. 12 p.m. 410-268-4545. Ramsheadonstage.com (F)

**Peppino D'Agostino** at Avalon Theatre, Easton. 7 p.m. 410-822-0345. Avalonfoundation.org

**Eric Byrd Trio's Charlie Brown Christmas** at Avalon Theatre, Easton. 1:30 p.m. 410-822-0345. Avalonfoundation.org

**SPORTS**

**Wizards Vs. Clippers** at Capital One Arena, D.C. 6 p.m. Capitalonearena.com (F)

Monday

9

**SPECIAL EVENTS**

**Easton Volunteer Fire Department Train Garden** at Easton Volunteer Fire Department, Easton. 6 p.m. 410-822-4848. Eastonvfd.org (F)

**Winterfest of Lights** at Northside Park, Ocean City. 5:30 p.m. Ococean.com (F)

**Lights on the Bay** at Sandy Point State Park, Annapolis. 5 p.m. Lightsonthebay.org (F) (C)

**MUSIC**

**Mike Zito w/ Billy Price** at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Ramsheadonstage.com

Tuesday  
10

**SPECIAL EVENTS**

**Easton Volunteer Fire Department Train Garden** at Easton Volunteer Fire Department, Easton. 6 p.m. 410-822-4848. Eastonvfd.org (F)

**Winterfest of Lights** at Northside Park, Ocean City. 5:30 p.m. Ococean.com (F)

**MUSIC**

**Cher: Here We Go Again Tour** at Capital One Arena, D.C. 7:30 p.m. 202-628-3200. Capitalonearena.com

**Squirrel Nut Zippers: Holiday Caravan Tour** at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Ramsheadonstage.com

**Mid-Shore Community Band Holiday Concert** at North Caroline High School Auditorium, Ridgely. 7 p.m. Carolinemd.org (F)

Wednesday

11

**SPECIAL EVENTS**

**Christmas By The Bay** at Annie's Paramount Steak & Seafood House, Grasonville. 5:30 p.m.

**Nativity Scenes From Around The World** at Cambridge House Bed and Breakfast, Cambridge. 2 p.m. 410-221-7700. Cambridgehousebandb.com

**S'more Time Together** at Knoxville's Table at Chesapeake Bay Beach Club, Stevensville. 5 p.m. 410-604-5900. Baybeachclub.com

**Skate with Santa** at Talbot County Community Center, Easton. 6 p.m. Tourtalbot.org (F)

**Easton Volunteer Fire Department Train Garden** at Easton Volunteer Fire Department, Easton. 6 p.m. 410-822-4848. Eastonvfd.org (F)

**Winterfest of Lights** at Northside Park, Ocean City. 5:30 p.m. Ococean.com (F)

**Holiday Open House** at Chesapeake Bay Maritime Museum, Saint Michaels. 4 p.m. 410-745-4960. Cbmm.org

**Lights on the Bay** at Sandy Point State Park, Annapolis. 5 p.m. Lightsonthebay.org (F) (C)

**MUSIC**

**Bill Kirchen's Honky Tonk Holiday Show** at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Ramsheadonstage.com

Thursday

12

**SPECIAL EVENTS**

**Skate with Santa** at Talbot County Community Center, Easton. 6 p.m. Tourtalbot.org (F)

**Easton Volunteer Fire Department Train Garden** at Easton Volunteer Fire Department, Easton. 6 p.m. 410-822-4848. Eastonvfd.org (F)

**Ugly Sweater Holiday Hour** at Knoxville's Table at Chesapeake Bay Beach Club, Stevensville. 4 p.m. 410-604-5900. Baybeachclub.com

**Holiday Sip & Shop** at The Market at Chesapeake Bay Beach Club, Stevensville. 5:30 p.m. 410-604-5900. Baybeachclub.com

**Winterfest of Lights** at Northside Park, Ocean City. 5:30 p.m. Ococean.com (F)

**Open Boatshop** at Chesapeake Bay Maritime Museum, Saint Michaels. 5:30 p.m. 410-745-4960. Cbmm.org

**Lights on the Bay** at Sandy Point State Park, Annapolis. 5 p.m. Lightsonthebay.org (F) (C)

**The Holly Trolley** at Herald Harbor Community Center, Crownsville. 6:30 p.m. Whatsuptix.com (TIX)

**PERFORMING ARTS**

**The Best Christmas Pageant Ever** at The Colonial Players, Inc., Annapolis. (See 12/5).

**Cirque Musica present Holiday Wishes** at Wicomico Youth & Civic Center, Salisbury. 7 p.m. 410-548-4900. Wicomicoyouthcenter.org

**MUSIC**

**Beginnings: A Tribute to the Music of Chicago** at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Ramsheadonstage.com

**Chase Rice** at Fillmore Silver Spring, Silver Spring. 8 p.m. 301-960-9999. Fillmoresilver-spring.com

**SPORTS**

**Ravens vs Jets** at M&T Bank Stadium, Baltimore. 8:20 p.m. 410-261-7283. Baltimore-ravens.com (F)

Friday

13

**SPECIAL EVENTS**

**Christmas in St. Michaels** at Downtown St. Michaels. 12 p.m. Christmasinstmichaels.org (C)

**Easton Volunteer Fire Department Train Garden** at Easton Volunteer Fire Department, Easton. 6 p.m. 410-822-4848. Eastonvfd.org (F)

**Winterfest of Lights** at Northside Park, Ocean City. 5:30 p.m. Ococean.com (F)

**Lights on the Bay** at Sandy Point State Park, Annapolis. 5 p.m. Lightsonthebay.org (F) (C)

**PERFORMING ARTS**

**A Christmas Carol** at Annapolis Shakespeare Company, Annapolis. (See 12/6).

**Annapolis Symphony Orchestra presents Holiday Pops with The Broadway Tenors** at Annapolis Symphony, Annapolis. 8 p.m. 410-263-0907. Annapolis-symphony.org

**A Christmas Story: The Musical** at Clear Space Theatre, Rehoboth Beach. (See 12/6).

**The Best Christmas Pageant Ever** at The Colonial Players, Inc., Annapolis. (See 12/5).

**Elf the Musical** at Avalon Theatre, Easton. 7 p.m. 410-822-0345. Avalonfoundation.org

**MUSIC**

**Carbon Leaf** at Rams Head On Stage, Annapolis. 8:30 p.m. 410-268-4545. Ramsheadonstage.com

**ASO: Holiday Pops** at Maryland Hall for the Creative Arts, Annapolis. 8 p.m. Annapolis-symphony.org

**Sabbath- The Complete Black Sabbath Experience/ Dinner & Show At Wicomico Youth & Civic Center - Midway Room** at Wicomico Youth & Civic Center, Salisbury. 6:30 p.m. Wicomicoyouthcenter.org

Saturday

14

**SPECIAL EVENTS**

**Second Saturday Art Night Out** at St. Michaels. 5 p.m. Tourtalbot.org

**Christmas in St. Michaels Tour of Homes** at Downtown St. Michaels. 11 a.m. Christmasinstmichaels.org

**Santa Swim** at Hyatt Regency Chesapeake Bay Resort, Cambridge. 10 a.m. 410-904-1234. Careandsharefund.org (C)

**Festival of Trains 2019** at Piney Narrows Outlets, Chester. 12 p.m. (F)

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

**Easton Volunteer Fire Department Train Garden** at Easton Volunteer Fire Department, Easton. 2 p.m. 410-822-4848. Eastonvfd.org (F)

**Easton Farmers Market** at Easton Farmers' Market, Easton. 8 a.m. 410-822-0345. Avalonfoundation.org

**Winterfest of Lights** at Northside Park, Ocean City. 5:30 p.m. Ococean.com (F)

**The Firing of Christmas Guns** at Chesapeake Bay Maritime Museum, Saint Michaels. 12 p.m. 410-745-4960. Cbmm.org

**Old Fashioned Christmas** at Sudlersville Train Station Museum, Sudlersville. 302-270-4786. Sudlersvillemuseum.org (F)

**Lights on the Bay** at Sandy Point State Park, Annapolis. 5 p.m. Lightsonthebay.org (F) (C)

**PERFORMING ARTS**

**A Christmas Carol** at Annapolis Shakespeare Company, Annapolis. (See 12/1).

**A Christmas Story: The Musical** at Clear Space Theatre, Rehoboth Beach. (See 12/6).

**The Nutcracker: Presented by Ballet Theatre of Maryland** at Maryland Hall for the Creative Arts, Annapolis. 7 p.m. 410-263-5554. Marylandhall.org

**The Best Christmas Pageant Ever** at The Colonial Players, Inc., Annapolis. (See 12/7).

**Elf the Musical** at Avalon Theatre, Easton. (See 12/13).

**MUSIC**

**Carbon Leaf** at Rams Head On Stage, Annapolis. 3 p.m. & 8:30 p.m. 410-268-4545. Ramsheadonstage.com

**206 Coffee House Series featuring Stef Scaggiari** at Queen Anne's County Centre for the Arts, Centreville. 7 p.m. 410-758-2520.

Sunday

15

**SPECIAL EVENTS**

**Christmas in St. Michaels Tour of Homes** at Downtown St. Michaels. 11 a.m. Christmasinstmichaels.org

**Nativity Scenes From Around The World** at Cambridge House Bed and Breakfast, Cambridge. 2 p.m. 410-221-7700. Cambridgehousebandb.com

**Festival of Trains 2019** at Piney Narrows Outlets, Chester. 12 p.m. (F)

**Sip & Shop Sundays** at Downtown Easton, Easton. 11 a.m. Discovereaston.com

**Easton Volunteer Fire Department Train Garden** at Easton Volunteer Fire Department, Easton. 2 p.m. 410-822-4848. Eastonvfd.org (F)

**Winterfest of Lights** at Northside Park, Ocean City. 5:30 p.m. Ococean.com (F)

**Lights on the Bay** at Sandy Point State Park, Annapolis. 5 p.m. Lightsonthebay.org (F) (C)

**PERFORMING ARTS**

**A Christmas Carol** at Annapolis Shakespeare Company, Annapolis. (See 12/1).

**A Christmas Story: The Musical** at Clear Space Theatre, Rehoboth Beach. (See 12/1).

**Annapolis Opera: Celebrate Opera** at Maryland Hall for the Creative Arts, Annapolis. 3 p.m. 410-280-5640. Annapolisopera.org

**The Nutcracker: Presented by Ballet Theatre of Maryland** at Maryland Hall for the Creative Arts, Annapolis. 1 p.m. & 4:30 p.m. 410-263-5554. Marylandhall.org

**The Best Christmas Pageant Ever** at The Colonial Players, Inc., Annapolis. (See 12/8).

**Elf the Musical** at Avalon Theatre, Easton. 2 p.m. 410-822-0345. Avalonfoundation.org

## MUSIC

**Southside Johnny & The Asbury Jukes** at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Ramsheadonstage.com

**Carbon Leaf** at Rams Head On Stage, Annapolis. 1 p.m. 410-268-4545. Ramsheadonstage.com

**Songs for the Season** at The Mainstay, Rock Hall. 4 p.m. 410-639-9133. Mainstayrockhall.org

## SPORTS

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

Monday

16

## SPECIAL EVENTS

**Easton Volunteer Fire Department Train Garden** at Easton Volunteer Fire Department, Easton. 6 p.m. 410-822-4848. Eastonvfd.org (F)

**Winterfest of Lights** at Northside Park, Ocean City. 5:30 p.m. Ococean.com (F)

**Lights on the Bay** at Sandy Point State Park, Annapolis. 5 p.m. Lightsonthebay.org (F) (C)

## MUSIC

**Hot 99.5's Jingle Ball** at Capital One Arena, D.C. 7:30 p.m. 202-628-3200. Capitalonearena.com

**AMFM Presents An Annapolis Christmas** at Rams Head On Stage, Annapolis. 7 p.m. 410-268-4545. Ramsheadonstage.com (C)

**CeeLo Green Holiday Hits Tour** at Maryland Hall for the Creative Arts, Annapolis. 8 p.m. Marylandhall.org

Tuesday

17

## SPECIAL EVENTS

**Easton Volunteer Fire Department Train Garden** at Easton Volunteer Fire Department, Easton. 6 p.m. 410-822-4848. Eastonvfd.org (F)

**Winterfest of Lights** at Northside Park, Ocean City. 5:30 p.m. Ococean.com (F)

## MUSIC

**AMFM Presents An Annapolis Christmas** at Rams Head On Stage, Annapolis. 7 p.m. 410-268-4545. Ramsheadonstage.com (C)

Wednesday

18

## SPECIAL EVENTS

**Nativity Scenes From Around The World** at Cambridge House Bed and Breakfast, Cambridge. 2 p.m. 410-221-7700. Cambridgehousebandb.com

**S'more Time Together** at Knoxville's Table at Chesapeake Bay Beach Club, Stevensville. 5 p.m. 410-604-5900. Baybeachclub.com

**Easton Volunteer Fire Department Train Garden** at Easton Volunteer Fire Department, Easton. 6 p.m. 410-822-4848. Eastonvfd.org (F)

**Winterfest of Lights** at Northside Park, Ocean City. 5:30 p.m. Ococean.com (F)

**Lights on the Bay** at Sandy Point State Park, Annapolis. 5 p.m. Lightsonthebay.org (F) (C)

## MUSIC

**Everly Brothers Christmas Experience feat. The Zmed Brothers** at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Ramsheadonstage.com

## SPORTS

**Wizards Vs. Bulls** at Capital One Arena, D.C. 7 p.m. Capitalonearena.com (F)

# On Stage

Eastern Shore

## A Christmas Story: The Musical

**Clear Space Theatre; Now through December 15, 2019; Clearspacetheatre.org; 302-227-2270** Ralphe Parker wants only one thing for Christmas; an official Red Ryder Carbine-Action 200 Shot Range Model Air Rifle. *A Christmas Story* is the hilarious account of Ralphe's desperate quest to ensure that this most perfect gift ends up under his tree this Christmas.

## Annie

**Garfield Center for the Arts; Now through December 8, 2019; Garfieldcenter.org; 410-810-2060** With equal measures of pluck and positivity, little orphan Annie charms everyone's hearts despite a next-to-nothing start in 1930s New York City. She is determined to find the parents who abandoned her years ago on the doorstep of an orphanage that is run by the cruel, embittered Miss Hannigan. With the help of the other girls in the orphanage, Annie escapes to the wondrous world of NYC. In a fun-filled adventure, Annie foils Miss Hannigan's evil machinations and finds a new home and family in billionaire, Oliver Warbucks, his personal secretary, Grace Farrell, and a lovable mutt named Sandy.

## Elf the Musical

**Avalon Theatre; December 13 through December 22, 2019; Avalonfoundation.org' 410-822-7299**

Buddy, a young orphan, mistakenly crawls into Santa's bag of gifts and is transported to the North Pole. The would-be elf is raised, unaware that he is actually a human until his enormous size and poor toy-making abilities cause him to face the truth. With Santa's permission, Buddy embarks on a journey to New York City to find his birth father and discover his true identity. Faced with the harsh realities that his father is on the naughty list and his half-brother doesn't even believe in Santa, Buddy is determined to win over his new family and help New York remember the true meaning of Christmas.

Annapolis

## A Christmas Carol

**Annapolis Shakespeare Company; Now through December 29, 2019; Annapolisshakespeare.org; 410-415-3513** Charles Dickens' original story was created to inspire a spirit of charity toward those less fortunate. Annapolis Shakespeare Company's original production of this classic holiday story has become an annual holiday tradition, delighting patrons of all ages.

## The Best Christmas Pageant Ever

**Colonial Players of Annapolis; December 5 through December 15, 2019; \$15; Colonialplayers.org; 410-268-7373** In this hilarious holiday classic, a couple struggling to put on a church Christmas pageant is faced with casting the Herdman kids—probably the most inventively awful kids in history. You won't believe the mayhem—and the fun—when the Herdmans collide with the Christmas story head on!

## Scrooged for Christmas

**Pasadena Theatre Company; Now through December 8, 2019; Ptcshows.com; \$15; 410-440-8488** *Scrooged for Christmas* is a comedic retelling of Dickens' classic *A Christmas Carol*. A modern business executive becomes enamored with his own success and power and has no compassion for anyone but himself. In a very witty, laughable fashion, he treats all of his family, subordinates, and associates with a cold disregard but in a very humorous manner. A lot of interaction with a number of hilarious characters makes this show a big success. Of course, it has the usual redemptive expected ending with the whole cast joining in a musical ending of celebration.

# Exhibitions

## On Land and On Sea: A Century of Women in the Rosenfeld Collection

Chesapeake Bay Maritime Museum; Now through March 1, 2020; Free for CBMM members, \$6-15 for non-members; [Cbmm.org](http://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.

## Bodyphones and Jiwa dan Raga

Academy Art Museum; Now through May 31, 2020; \$3 for non-members, free for children under 12; [Academyartmuseum.org](http://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.

## Annual Members' Exhibition: The Small Originals Holiday Show

Easton Armory; Now through December 4, 2019; \$3 for non-members, free for children under 12; [Academyartmuseum.org](http://Academyartmuseum.org); 410-822-2787

Academy Art Museum members were invited to get creative, imaginative, and experimental around a Small Original theme in any medium. Participation in the Members' Exhibition is not juried. David Hawkins, Head of Education at The Kreeger Museum, will serve as judge for the 2019 exhibition.

## 22nd Anniversary Group Show

Troika Gallery; Now through December 31, 2019; Free; [Troikagallery.com](http://Troikagallery.com); 410-770-9190

Troika Gallery's 22nd Anniversary Group Show opens Waterfowl Weekend exhibiting new masterpieces by all of the Troika artists. Works in oil, pastel, watercolor, acrylic, pencil, clay, bronze, and porcelain are on exhibit. This annual fall group show is a favorite of collectors and gallery admirers.

## 2019 Holiday Show/Gift Sale

Chestertown RiverArts; Now through December 29, 2019; Free; [Chestertownriverarts.org](http://Chestertownriverarts.org); 410-778-6300 The annual RiverArts *Holiday Show* features gifts for every pocketbook. These unique gifts created by our members include everything from children's clothing to jewelry, fashion accessories, home decor, stocking stuffers, holiday cards and ornaments, paintings, and more.

## ↓ Holiday Exhibition

Massoni Gallery; Now through January 12, 2020; Opening reception: Friday, December 6, 5-7:30 p.m.; [Massoniart.com](http://Massoniart.com); 410-778-7330 The Holiday Exhibition at MassoniArt features work by Gallery Artists and special guests. The celebratory atmosphere of the holiday season is reflected in the exuberance of the selections chosen by gallery owner Carla Massoni. New work will be added weekly. Featuring James Tatum, Grace Mitchell, Carol Rowan, Susan Goldman, Rob Glebe, and many more.



Susan Goldman, *Squaring the Flower III*,  
Screenprint - Edition 1/1, 40" x 30"

## Annapolis:

### Small Gems Show

McBride Gallery; December 1 through December 31, 2019; Free; [Mcbridegallery.com](http://Mcbridegallery.com); 410-267-7077 An exhibit of small-scale paintings by McBride Gallery artists and guest artists, including Carol Lee Thompson, Cynthia Feustel, Michael Godfrey, and Lois Engberg.



Michael Spears, untitled, mixed media, framed, 60" x 40"

## ↑ VISUAL MUSIC:

### The Parallel World of Rhythm & Melody by Michael Spears

Maryland Hall for the Creative Arts; Now through December 19, 2019; Free; [Marylandhall.org](http://Marylandhall.org);

410-263-5544 *VISUAL MUSIC: The Parallel World of Rhythm & Melody* by Michael Spears features Spears' latest Opus works inspired by the influence of religion on R&B of the '60s and '70s. Spears believes that the mesmerizing rhythms and melodies, marvels in their own right, are intertwined with lyrics that satisfy the universal appeal of hope and a better tomorrow.

### Doing the Work: Celebrating 50 Years of MCAAHC

Banneker-Douglass Museum; Now through December 29, 2019; Free; [Bdmuseum.maryland.gov](http://Bdmuseum.maryland.gov); 410-216-6180 This exhibit showcases ephemera, photographs, and archival documents to detail the history and impact of Maryland Commission on African American History and Culture (MCAAHC). *Doing the Work* invites visitors to learn about the Commission's impact on their local communities and consider their personal role in preserving Maryland's African American heritage.

### National Juried Art Exhibition: Visualizing the Word

Cade Gallery at Anne Arundel Community College; Now through January 24, 2020; Free; [Aacc.edu](http://Aacc.edu); 410-777-7105 This exhibit highlights ekphrastic work that is inspired by literature and/or including literary work. The exhibit will feature a variety of visual art mediums.

**Drawn From Life:  
Figures and Portraits From the  
Maryland Hall Co-Ops**

**Maryland Hall for the Creative Arts; Now through December 19, 2019; Free; Marylandhall.org; 410-263-5544** The Figure and Portrait

Drawing Co-ops have been a part of Maryland Hall since around 1990 with close to 45 people first enlisted as members. Originally called Studio 117, the Co-ops have been a mainstay in the historic building, as they keep the tradition of drawing and painting from a live model at the center of their mission. Though Maryland Hall continues to grow, change, and modernize, it is traditions like these that keep MD Hall grounded to its roots as an arts organization. MD Hall celebrates the Co-ops during its 40th Anniversary Year.

**Maryland Photography  
Alliance: Fine Art Imagery**

**Maryland Hall for the Creative Arts; Now through February 19, 2020; Free; Marylandhall.org; 410-263-5544** The Maryland Photography

Alliance is comprised of 18 independent clubs whose goal is to encourage the understanding and appreciation of photography. The Alliance strives to be a cultural stimulus which fosters artistic creativity. This exhibition is a representation of the work from a talented group of artists in member clubs throughout Maryland.

**↑ The Life and Art of Mary Petty  
Mitchell Gallery, St. Johns College; Now through  
December 15, 2019; Free; Sjc.edu; 410-626-2556**

*The Life and Art of Mary Petty* includes the work of cartoonist Mary Petty and her husband, Alan Dunn. Petty is known for her witty and pointed cartoons of 20th-century America's upper class that appeared in *The New Yorker* for 39 years. Dunn's works, which comment on architecture, politics, and social issues, complement Petty's observations on modern life. The spirit of their independent compositions, unified by a shared sense of humor, is timeless.

**Artists' Favorites**

**What's Up? Media; Now through December 13, 2019; Free admission; Whatsupmag.com; 410-266-6287** What's Up? Media, in partnership with the Arts Council of Anne Arundel County, presents its newest exhibition, *Artists' Favorites*. Artists are often asked to make work to fit a theme or to try to fit an existing piece into a themed show. This exhibition is about giving artists an opportunity to step outside the constraints of a theme, and to share their favorite pieces that might not have been a good fit with a previous show.

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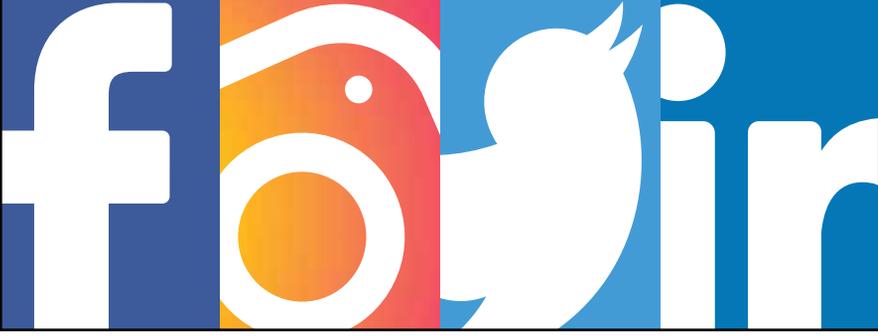
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Thursday  
**19**

**SPECIAL EVENTS**

**Easton Volunteer Fire Department Train Garden** at Easton Volunteer Fire Department, Easton. 6 p.m. 410-822-4848. Eastonvfd.org (F)

**Ugly Sweater Holiday Hour** at Knoxie's Table at Chesapeake Bay Beach Club, Stevensville. 4 p.m. 410-604-5900. Baybeachclub.com

**Winterfest of Lights** at Northside Park, Ocean City. 5:30 p.m. Ococean.com (F)

**Lights on the Bay** at Sandy Point State Park, Annapolis. 5 p.m. Lightsonthebay.org (F) (C)

**PERFORMING ARTS**

**Elf the Musical** at Avalon Theatre, Easton. 6 p.m. 410-822-0345. Avalonfoundation.org

Friday  
**20**

**SPECIAL EVENTS**

**Easton Volunteer Fire Department Train Garden** at Easton Volunteer Fire Department, Easton. 6 p.m. 410-822-4848. Eastonvfd.org (F)

**Winterfest of Lights** at Northside Park, Ocean City. 5:30 p.m. Ococean.com (F)

**Lights on the Bay** at Sandy Point State Park, Annapolis. 5 p.m. Lightsonthebay.org (F) (C)

**PERFORMING ARTS**

**A Christmas Carol** at Annapolis Shakespeare Company, Annapolis. (See 12/6).

**Santa Claus Conquers the Martians - film** at The Garfield Center for the Arts at the Prince Theatre, Chestertown. 7 p.m. Garfield-center.org

**Elf the Musical** at Avalon Theatre, Easton. (See 12/13).

**MUSIC**

**Chuck Redd Quintet w. special guest Kristin Callahan** at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Ramsheadonstage.com

Saturday  
**21**

**SPECIAL EVENTS**

**Winter Wonderland Holiday Crafts & Visit from Santa Claus** at Ward Museum of Wildfowl Art, Salisbury. 10 a.m. 410-742-4988. Wardmuseum.org (C) (F)

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

**Easton Volunteer Fire Department Train Garden** at Easton Volunteer Fire Department, Easton. 2 p.m. 410-822-4848. Eastonvfd.org (F)

**Easton Farmers Market** at Easton Farmers' Market, Easton. 8 a.m. 410-822-0345. Avalonfoundation.org

**Winterfest of Lights** at Northside Park, Ocean City. 5:30 p.m. Ococean.com (F)

**Luminaria Night in Vienna** at Town of Vienna, Vienna. 5 p.m.

**Lights on the Bay** at Sandy Point State Park, Annapolis. 5 p.m. Lightsonthebay.org (F) (C)

**PERFORMING ARTS**

**A Christmas Carol** at Annapolis Shakespeare Company, Annapolis. (See 12/1).

**Elf the Musical** at Avalon Theatre, Easton. 2 p.m. & 7 p.m. 410-822-0345. Avalonfoundation.org

**MUSIC**

**Slim Man CD Release Party** at Rams Head On Stage, Annapolis. 7:30 p.m. 410-268-4545. Ramsheadonstage.com

**Dell Foxx Company** at The Garfield Center for the Arts at the Prince Theatre, Chestertown. 7 p.m. Garfield-center.org

Sunday  
**22**

**SPECIAL EVENTS**

**Nativity Scenes From Around The World** at Cambridge House Bed and Breakfast, Cambridge. 2 p.m. 410-221-7700. Cambridgehousebandb.com

**Sip & Shop Sundays** at Downtown Easton, Easton. 11 a.m. Discovereaston.com

**Easton Volunteer Fire Department Train Garden** at Easton Volunteer Fire Department, Easton. 2 p.m. 410-822-4848. Eastonvfd.org (F)

**Winterfest of Lights** at Northside Park, Ocean City. 5:30 p.m. Ococean.com (F)

**Lights on the Bay** at Sandy Point State Park, Annapolis. 5 p.m. Lightsonthebay.org (F) (C)

**PERFORMING ARTS**

**A Christmas Carol** at Annapolis Shakespeare Company, Annapolis. (See 12/1).

**Elf the Musical** at Avalon Theatre, Easton. (See 12/15).

**MUSIC**

**Norman Brown's Joyous Christmas w. Bobby Caldwell & Marion Meadows** at Rams Head On Stage, Annapolis. 5:30 p.m. & 8:30 p.m. 410-268-4545. Ramsheadonstage.com

**SPORTS**

**Redskins vs Giants** at FedExField, Landover. 1 p.m. 301-276-6800. Redskins.com

Monday  
**23**

**SPECIAL EVENTS**

**Easton Volunteer Fire Department Train Garden** at Easton Volunteer Fire Department, Easton. 6 p.m. 410-822-4848. Eastonvfd.org (F)

**Winterfest of Lights** at Northside Park, Ocean City. 5:30 p.m. Ococean.com (F)

**Lights on the Bay** at Sandy Point State Park, Annapolis. 5 p.m. Lightsonthebay.org (F) (C)

**PERFORMING ARTS**

**A Christmas Carol** at Annapolis Shakespeare Company, Annapolis. (See 12/1).

**MUSIC**

**Eric Benet** at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Ramsheadonstage.com

Tuesday  
**24**

**SPECIAL EVENTS**

**Easton Volunteer Fire Department Train Garden** at Easton Volunteer Fire Department, Easton. 6 p.m. 410-822-4848. Eastonvfd.org (F)

**Christmas Eve Brunch** at Knoxie's Table at Chesapeake Bay Beach Club, Stevensville. 9 a.m. 410-604-5900. Baybeachclub.com

**Winterfest of Lights** at Northside Park, Ocean City. 5:30 p.m. Ococean.com (F)

**Lights on the Bay** at Sandy Point State Park, Annapolis. 5 p.m. Lightsonthebay.org (F) (C)

**PERFORMING ARTS**

**A Christmas Carol** at Annapolis Shakespeare Company, Annapolis. (See 12/1).

Wednesday  
**25**

**SPECIAL EVENTS**

**Nativity Scenes From Around The World** at Cambridge House Bed and Breakfast, Cambridge. 2 p.m. 410-221-7700. Cambridgehousebandb.com

**S'more Time Together** at Knoxie's Table at Chesapeake Bay Beach Club, Stevensville. 5 p.m. 410-604-5900. Baybeachclub.com

**Easton Volunteer Fire Department Train Garden** at Easton Volunteer Fire Department, Easton. 2 p.m. 410-822-4848. Eastonvfd.org (F)

**Winterfest of Lights** at Northside Park, Ocean City. 5:30 p.m. Ococean.com (F)

**Lights on the Bay** at Sandy Point State Park, Annapolis. 5 p.m. Lightsonthebay.org (F) (C)

Thursday  
**26**

**SPECIAL EVENTS**

**Winterfest of Lights** at Northside Park, Ocean City. 5:30 p.m. Ococean.com (F)

**Lights on the Bay** at Sandy Point State Park, Annapolis. 5 p.m. Lightsonthebay.org (F) (C)

**Ugly Sweater Holiday Hour** at Knoxie's Table at Chesapeake Bay Beach Club, Stevensville. 4 p.m. 410-604-5900. Baybeachclub.com

Friday  
**27**

**SPECIAL EVENTS**

**Winterfest of Lights** at Northside Park, Ocean City. 5:30 p.m. Ococean.com (F)

**Lights on the Bay** at Sandy Point State Park, Annapolis. 5 p.m. Lightsonthebay.org (F) (C)

**MUSIC**

**Cris Jacobs Band** at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Ramsheadonstage.com

**SPORTS**

**The Military Bowl** at Navy-Marine Corps Memorial Stadium, Annapolis. 12 p.m. Militarybowl.org (F)

Saturday  
**28**

**SPECIAL EVENTS**

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

**Winterfest of Lights** at Northside Park, Ocean City. 5:30 p.m. Ococean.com (F)

**Lights on the Bay** at Sandy Point State Park, Annapolis. 5 p.m. Lightsonthebay.org (F) (C)

**PERFORMING ARTS**

**A Christmas Carol** at Annapolis Shakespeare Company, Annapolis. (See 12/1).

**MUSIC**

**Stephen Kellogg** at Rams Head On Stage, Annapolis. 8:30 p.m. 410-268-4545. Ramsheadonstage.com

**SPORTS**

**Wizards Vs. Knicks** at Capital One Arena, D.C. 8 p.m. Capitalonearena.com (F)

Sunday  
**29**

**SPECIAL EVENTS**

**Nativity Scenes From Around The World** at Cambridge House Bed and Breakfast, Cambridge. 2 p.m. 410-221-7700. Cambridgehousebandb.com

**Sip & Shop Sundays** at Downtown Easton, Easton. 11 a.m. Discovereaston.com

**Winterfest of Lights** at Northside Park, Ocean City. 5:30 p.m. Ococean.com (F)

**Lights on the Bay** at Sandy Point State Park, Annapolis. 5 p.m. Lightsonthebay.org (F) (C)

**PERFORMING ARTS**

**A Christmas Carol** at Annapolis Shakespeare Company, Annapolis. (See 12/1).

**MUSIC**

**1964 The Tribute** at Rams Head On Stage, Annapolis. 7:30 p.m. 410-268-4545. Ramsheadonstage.com

**Yarn** at Avalon Theatre, Easton. 8 p.m. 410-822-0345. Avalonfoundation.org

**SPORTS**

**Ravens vs Steelers** at M&T Bank Stadium, Baltimore. 1 p.m. 410-261-7283. Baltimore-ravens.com (F)

**Lights on the Bay** at Sandy Point State Park, Annapolis. 5 p.m. Lightsonthebay.org (F) (C)

**MUSIC**

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

**SPORTS**

**Wizards Vs. Heat** at Capital One Arena, D.C. 7 p.m. Capitalonearena.com (F)

**SPECIAL EVENTS**

**First Night Talbot 2020** at Harrison Street Public Parking Lot, Easton. 6 p.m. Tourtalbot.org (F)

**Winterfest of Lights** at Northside Park, Ocean City. 5:30 p.m. Ococean.com (F)

**Lights on the Bay** at Sandy Point State Park, Annapolis. 5 p.m. Lightsonthebay.org (F) (C)

**MUSIC**

**Deanna Bogart New Year's Eve Concert** at Rams Head On Stage, Annapolis. 7:30 p.m. 410-268-4545. Rams-headonstage.com

Monday  
**30**

**SPECIAL EVENTS**

**Winterfest of Lights** at Northside Park, Ocean City. 5:30 p.m. Ococean.com (F)

Tuesday  
**31**

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# Where's Wilma?

## FIND WILMA AND WIN!

It's time to celebrate the most wonderful time of the year! Head to the calendar section with Wilma and she'll show you some delightful plays and exhibits that will get you in the holiday spirit. If you're doing any holiday travel this season, be sure to check out the article "And We're Off" for some insider secrets about BWI Airport and tips to make your trip safe and comfortable. Surround yourself with loved ones as we head into a new decade.

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](http://whatsupmag.com/promotions) for another opportunity to win a prize.

**Congratulations to this month's winner: Heather Buckingham** of Grasonville 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](http://whatsupmag.com/promotions)



Please Print Legibly

**I FOUND WILMA ON PG.** \_\_\_\_\_ Advertiser \_\_\_\_\_  
 \_\_\_\_\_ Advertiser \_\_\_\_\_  
 \_\_\_\_\_ Advertiser \_\_\_\_\_

Name \_\_\_\_\_

Phone \_\_\_\_\_

Address \_\_\_\_\_

E-mail address \_\_\_\_\_

What is your age bracket? (Circle one) <25 25-34 35-44 45-54 55+

Would you like to sign up for our weekly eNewsletters, which brings you each weekend's best events and dining deals, as well as online-exclusive articles! Yes, please! \_\_\_\_\_ No, thanks \_\_\_\_\_

Entries must be received by December 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.

98 Cannon Riverfront Grille.....143

Annapolis Auto.....15, 19

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Nancy Hammond Editions.....113

Prospect Bay Country Club.....IBC

South River Flooring.....115

Sullivan Surgery and Spa.....IFC

Sunrise Solar Inc. Smartech Electrical Inc. ....115

Trippe Gallery.....141

University of Maryland Shore Regional Health.....BC

# Prospect Bay

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To schedule a tour or for more information, contact **Shelby Brown** at 410-827-6950 or [sbrown@prospectbaycc.com](mailto:sbrown@prospectbaycc.com)

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## An icon for health on the Eastern Shore

For the past 40 years, Dr. Susan Ross has devoted her life's work to creating a vibrant, healthy Kent County. She's made this community her home, and feels privileged to care for generations of Kent and northern Queen Anne's County families. She's met the primary health care needs of her friends and neighbors, young and old, as if they were her own family. Providing quality health care is her mission, and ours.

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