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TOP DENTISTS



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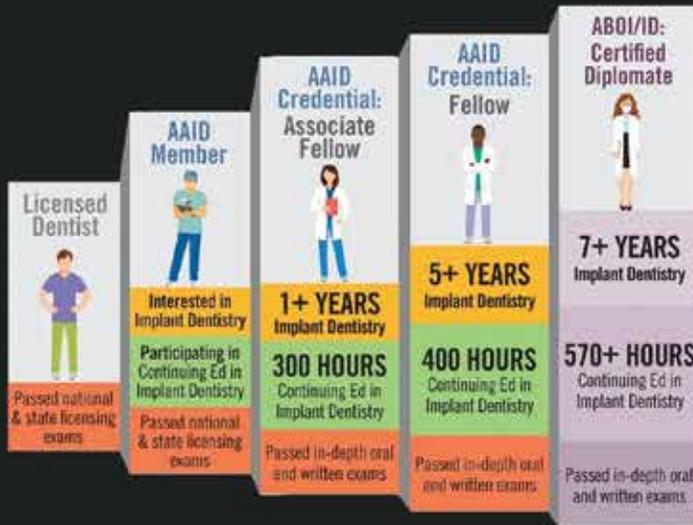
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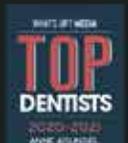
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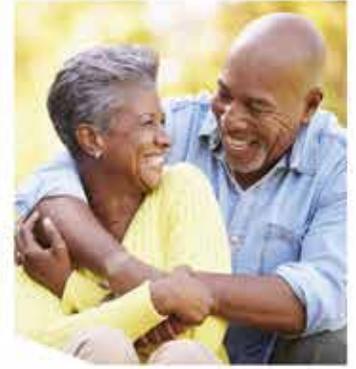
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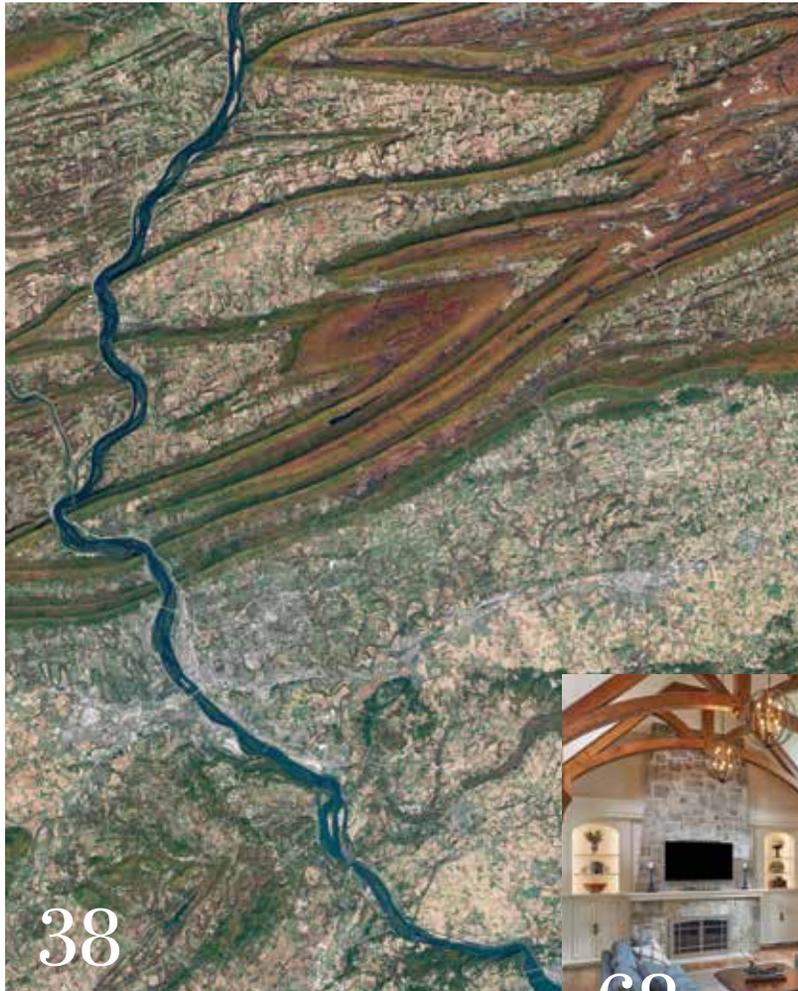
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On the Cover: There are 26 reasons to smile this month as we present the list of 2020 Top Dentists (yes, there are 26 dentists named herein). Design by August Schwartz. Contact *What's Up? Eastern Shore* online at whatsupmag.com. Please recycle this magazine.

October contents



38

63 Top Dentists 2020-2021 Hundreds of local dentists responded to our biennial peer-review survey, choosing the top dentists in several areas of specialty

Home & Garden

68 La Vie Est Belle! The crafting of a traditional French manor house *By Lisa J. Gotto*

74 Home Design: Great Fakes The look of wood with half the hassle *By Lisa J. Gotto*

76 Real Estate Stunning examples of recent home sales showcase what's selling throughout the Shore *By Lisa J. Gotto*

Health & Beauty

By Dylan Roche

82 Debunking the Myths and Misconceptions of ADHD

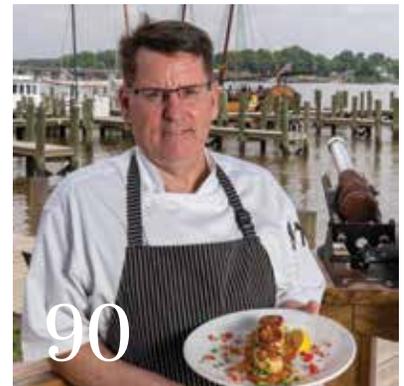
83 What Runs in Your Family?

85 Fresh Take: Beets

86 Is a Little Bit of Fear Good for our Health?



68



90

Features

28 Year of the Woman: Women, Race, and the On-going Fight for True Equality How far we've come as a society, nation, and state with regards to voting rights and how far we have to go *By Ashley Oleson*

36 Best of 2021 Voting It's already time again to cast your votes for your favorite restaurants, shops, and services!

38 Conowingo Dam Part II An examination of environmental neglect upstream from Maryland's largest dam and the shared responsibilities of the Chesapeake Bay's health *By Jeff Holland*

45 Leading Healthcare Professionals Special advertorials introducing local doctors and dentists; plus an exclusive Q&A section covering broad medical and dental topics



85

Dining

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

90 Million Dollar Views and Great Food A revealing look into the new 98 Cannon Riverfront Grille in Chestertown *By Tom Worgo*

92 Readers Restaurant Guide More than 100 regional restaurants listed

WHATS UP?

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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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COMING UP IN
NOVEMBER 2020
 Excellence in Nursing Winners!
 Year of the Woman: Barriers to
 Contemporary Change
 Conowingo Dam Part III
 Cheers to Maryland Craft Beer

October contents



In Every Issue

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

8 Editor's Letter James shares his thoughts

13 Out on the Towne Previews of special autumn activities to enjoy this month *By Megan Kotelchuck*

18 Towne Salute Meet Mary and Howard McCoy with Adkins Arboretum *By Lisa A. Lewis*



20 Towne Spotlight Local business and community news *By James Houck*

22 Towne Athlete Meet Breanna Athey of Queen Anne's County High School *By Tom Worgo*

24 Towne Interview We talk with former USNA football star Malcolm Perry about his transition to the NFL *By Tom Worgo*

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

e-contents

Best of 2021 Voting

whatsupmag.com/best-of-voting

Let your voice be heard and vote for your favorite health and wellness providers, veterinarians, restaurants, beauty salons, gyms, realtors, home contractors, retailers, and professional services. The voting deadline is November 30th. Voting results will be published in our 2021 issues.



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Meet Alyssa Wolfe, DDS

Dentist at Eastern Shore Dental Care

Once you knew you were interested in healthcare, why did you choose dentistry?

Growing up I loved science, I wanted to understand how things worked. I also loved working with my hands. I love to craft and do projects. I find dentistry is a good mix of both.

What brought you to ESDC? After working in North Carolina for a year, I really wanted to come home and be close to my family. I found ESDC through a family friend and really loved my interview with Dr. Murphy. Since my interview, I have only heard wonderful things about the teamwork and environment that Dr. Billings and Dr. Murphy created and I'm excited to begin my career here.

What is your dental specialty? My favorite aspect of dentistry would be working to restore a patient's bite. Many people don't realize the amount of stress they are putting on their jaw joint when their teeth are not in the correct position.

How do you coach children through tooth extractions and/or similar procedures? I love to use the "tell-show-do" method. I even try to do this with nervous adults. You explain/tell the patient what is going to happen and then demonstrate the procedure without doing it. Being able to understand what the process is through visualization can help calm a patient's nerves.

What does your perfect burger have on it?

My perfect burger would have grilled onions, pepper-jack cheese, lettuce, tomato, mayo and ketchup. Of course, this would be paired with a backyard BBQ filled with yard games and good friends.

If you could preach only one thing to all of your patients what would it be?

I would preach that going to your six-month hygiene appointment is important. It is a good way to catch cavities early before they become problematic, detect oral cancer and prevent bone loss around your teeth. I have seen patients go from a small cavity to losing a tooth just by missing two hygiene appointments.



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From the editor

earned that right in August of 1920, it wasn't until 1941 that Maryland ratified the 19th Amendment, giving women this right in our state. And yet today, voting rights is an issue that still demands discussion and refinement. I invite you to read Ashley Oleson's "Women, Race, and the Ongoing Fight for True Equality"—the tenth article in our "Year of the Woman" series, which explores this issue. Qualified, Oleson serves as State Director of the League of Women Voters of Maryland. Did you know that Maryland is considered one of the most—if not the most—gerrymandered states in the country? Something to think about when you vote next month. (Shameless plug: we kick off our annual Best of Eastern Shore voting now! See page 36 for details.)

We also offer further examination of Conowingo Dam, the Susquehanna River, and multi-state responsibilities (along with Federal) with regard to the health of the Chesapeake Bay watershed. Building on last month's article—the first in a three-part series—writer Jeff Holland speaks with authorities at the local, state, and national level to gain clarity in an, otherwise, very murky environmental problem. As we went to press with this issue, several states—including Maryland—announced legal action against the U.S. Environmental Protection Agency for its failure to hold certain states accountable for polluting the Chesapeake Bay. A very intriguing development we intend to follow in Holland's part-three next month.

Lots to chew on this month (and again, do consult our Top Dentists in this issue). There's also our consistent smorgasbord of people profiles (meet do-gooders and good kids), home articles (a gorgeous French-country manor on the Shore), health columns (fear can be healthy), and dining tid-bits (new restaurants and old favorites) to peruse.

James Houck,
Editorial Director

And so, I raise a pint to my favorite time of year and toast this October, this issue, and, of course, all of you... our readers, who make it all possible.

Letters to What's Up?

I want to let you know that I found the article *Conowingo Dam Part I* by Jeff Holland to be an excellent read! His writing is engaging, concise, well documented and personal. Please be sure to continue this series. He is a treasured gem from our Eastport roots and has long contributed a better understanding of our rich history in Maryland.

—Elise Handelman, Annapolis/Eastport



A selection of readers' responses and questions sent to editors and staff at large. To send your comment or question, email editor@whatsupmag.com or assistant@whatsupmag.com.

October ushers in the start of what is undoubtedly my favorite season of the year—the holiday season. Though it all sort of starts earlier in September with Labor Day weekend's last hurrah and the kids then going back to school (virtually for many families), the tenth month of the year is where and when it's at! Colder, fall northeasterly winds begin their push through the region. We say sayonara to Maryland's humidity and think about firing up a few logs in the fireplace or firepit outside. We swap our tees and shorts for Henleys, hoodies, and jeans. Yes, we'll have football this year. And hockey, basketball, and baseball. In fact, this may be the first time in history that all four major American sports leagues are playing meaningful games within the same month. That's fairly amazing. And, of course, there's a candy crusade occurring at the supermarkets in preparation for the sweetest holiday of all, Halloween (and a good time to take note of our biennial Top Dentists list in this issue, for your follow-up appointments).

So, will things be a bit different this year? Certainly. Will the kids be able to parade our neighborhoods, filling their buckets with M&Ms, Snickers, Reese's, and Sweet Tarts? Hopefully. I'm still unsure how this will all pan out, but I've been seeing and hearing chit chat online of creative ideas to ensure we don't let the kids (and adults, I suppose) down. Everything from delivering candy by remote-control toy cars to setting up tables at the end of driveways with individual baggies or cupcake wrappers filled with candies. Socially-distanced costume parades and cider-sippings. Things like that. All of it testimony that we're a community—many communities—committed to living our best lives, but in a responsible and safe manner during unnerving and challenging times. How we come up with creative solutions to life's curveballs speaks to the American ingenuity within us. I dig that. To that end...

In the first few pages of this month's issue, we offer several suggestions of fall activities, perfect for the whole family, couples, and just about anyone looking forward to enjoying autumn as much as I do. From foliage hikes to charter fishing/boating, and even a few pumpkins patches and farms, there's still plenty of fun to be had.

It's also an election year, which will certainly keep everyone on their toes and, probably, actively engaged in conversations both revelatory and difficult. It's hard to imagine that a just over a century ago, women in the U.S. didn't have the right to vote. Even though women



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Academy Art Museum's Virtual Art Experiences Offer New Ways of Learning

Experience Art from the Comfort of Your Own Home

Did you know that art can help individuals and families deal with the isolation of the pandemic? The Academy Art Museum in Easton, MD has been providing various forms of virtual art engagement since COVID-19 arrived last spring. Many of the offerings are free and others require nominal fees.



Annual Craft Show

The Museum's Annual Craft Show will be free and open to the public entirely online this year, presenting a live auction, Craft Show Zooms, free of charge, starting on Thursday, September 17 running through October 15th. Craft show artists will demonstrate their craft or will teach an aspect of their craft. There will be a virtual preview event which will let shoppers access the auction a day before everyone else.

Art at Home

Experience weekly innovative programming to involve people of all ages spotlighting works of art from the Museum's permanent collection.

Docent Reflections

Museum docents reflect on an artist's work from the Museum's Permanent Collection on the Museum's Vimeo account, selecting three to four images to interpret for the visitor.

Kittredge-Wilson Lecture Series on Zoom

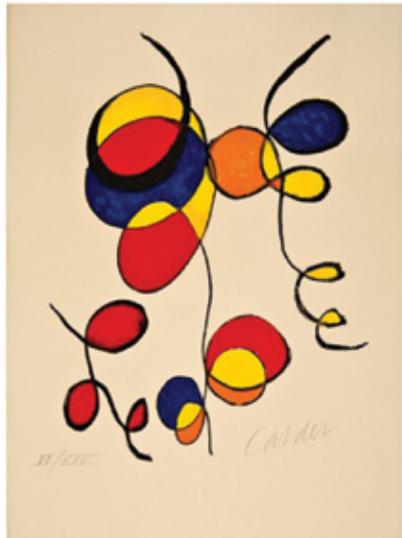
On Friday, October 30 at 6 p.m., learn about the Museum's newly completed renovation project through "Architecture for the Arts," with Steve Ziger, Partner, Ziger/Snead of Baltimore, MD. Ziger is a partner at the Top-50 US Architects firm of Ziger/Snead of Baltimore, MD, which served as the architect for the AAM's new courtyard entrance and gallery renovations.

Virtual Exhibitions

New Photography II, juried by Philip Brookman, showcases the works of 66 artists from across the United States that reveal what is compelling to working photographers today and is accompanied by a special introduction by the juror.

Family Art Days

"Grab-n-Go" art kits are available for pick up at the Museum so families can work on projects at home along with an instructional video available on AAM's Facebook and Vimeo pages. On Friday, October 30th–Saturday, October 31, the kits feature Mexico's "Day Of The Dead (Día de Muertos)." Register ahead at cdelnero@academyartmuseum.org.



Calder, Alexander 1898 - 1976
Swirls, 1970, lithograph
2012.019
Gift of Mr. and Mrs. Christopher T. Gilson
2012

Online Museum Shop

New this year, is the Academy Art Museum's online Museum Shop which offers mugs, t-shirts, tote bags, coolers, socks, and museum publications.

Visit the Museum's website academyartmuseum.org.

ADULT CLASSES FOR OCTOBER AND NOVEMBER

Pastel: Creating Strong and Vibrant Compositions in Still Life and Landscape

Instr: Katie Cassidy
October 14–November 4

Perspective for Painters Made Easy

Instr: Diane DuBois Mullaly
4 weeks
October 1, 8, 15 & 22

Still Life Painting in Oil

Instr: Bernie Dellario
2 Day Workshop
October 10 & 11

Oil Painting: Color Crash Course

Instr: Bradford Ross
2 Day Workshop
October 24 & 25

Basic Drawing: The Fundamentals

Instr: Katie Cassidy
October 31 and
November 7, 14 & 21

Finding Your Purpose: Daily Journaling for Artists

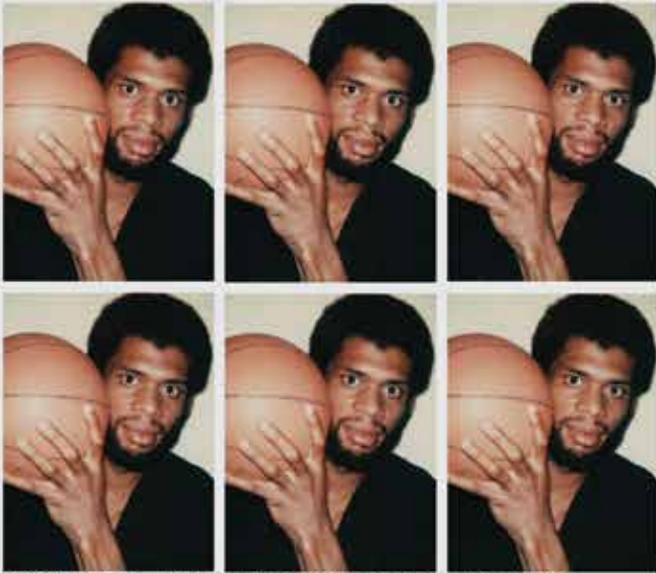
Instr: Diane DuBois Mullaly
4 weeks via Zoom:
Nov 5, 12, 19, December 3

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Every Friday Morning through
October

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for times and fees

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ANDY WARHOL, *Polaroid Portrait of Kareem Abdul Jabbar*, 1978
Polaroid, Salisbury University Art Galleries Permanent Collection

Accidental Icons: Warhol's Photography

October 23, 2020–January 17, 2021



CHARLES CLOUGH, *Untitled*
Enamel on board, Gift of Dorothy and Herbert Vogel, 2008
2008.016.06

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Let's face it, water is nature's mirror for the sun and when the two meet; it's a match made in photographic heaven. Fall is the perfect time to make your escape to Kent County, MD. With Kent County's 209 miles of shoreline, there are many locations where you can reflect and recharge. Meander along the banks and creeks which frame their rippled surface with reeds brimming with an autumn

glow on a paddle with Sultana Education Foundation; or sail with family or close friends for an offshore adventure while enjoying delectable treats to stimulate the palate of any food connoisseur. Intimate cruising adventures are a trademark in Kent County for those who are looking to remain socially-distant but break the monotony of quarantine life.

Photo by Stephanie Somers

For more information on all that Kent County can offer you visit kentcounty.com

Out on the **TownE**

13 EVENT PICKS | 18 SALUTE | 20 SPOTLIGHT | 22 ATHLETE

Live, Breathe, and Experience Autumn

We present a range of seasonal activities to enjoy this fall. It's prime time to get outdoors and experience the best of Chesapeake Bay country. Here are our favorite to-dos when the first crisp breezes of autumn arrive, and the leaves magically change hues.



Events Have Gone Virtual!

Many events, from film festivals to business chamber mixers, have transitioned to digital forums on platforms such as Zoom and Facebook Messenger.

Get the scoop on great opportunities to connect with your community and interests by visiting Whatsupmag.com!

Fall Foliage Hikes

Maryland has some of the best places to take in the fall foliage. It isn't long that you can see the autumn colors fill the trees, so check out these trails to take advantage of this time of year.

Eastern Neck Wildlife Refuge: This wildlife refuge on the Eastern Shore is a great place to enjoy the views of nature, both birds and foliage. Once you get on Eastern Neck Island, there are seven trails and boardwalks to choose from. Fall is the best time to walk along the Tubby Cove Boardwalk. This boardwalk is about a quarter-mile round trip and brings you through the beautiful trees. Once you get that warm-up in, walk the Duck Inn Trail. This trail is through wooded area and the tall grasses, leaving you in the deciduous trees at the bank of the Chester River. →

Smithsonian Environmental Research Center (SERC): SERC has a series of three trails in Edgewater waiting to be explored. Two of the trails start at the Reed Education Center, both just 1.3 miles long. Keep a look out for Java History Trail. This trail has been used by Native Americans, farmers and scientists for years. The trail takes you through the forest, and through time.



See the beautiful views of the Eastern Shore by chartering a boat in Chesapeake City, Solomon's Island, St Michaels, or beyond. Easily book a charter through Haven Charters, Chesapeake Bay Charters, or one of the many other options on the Chesapeake Bay. Whether you want to fish or just sit back and relax, being on a boat will put you in the right frame of mind.

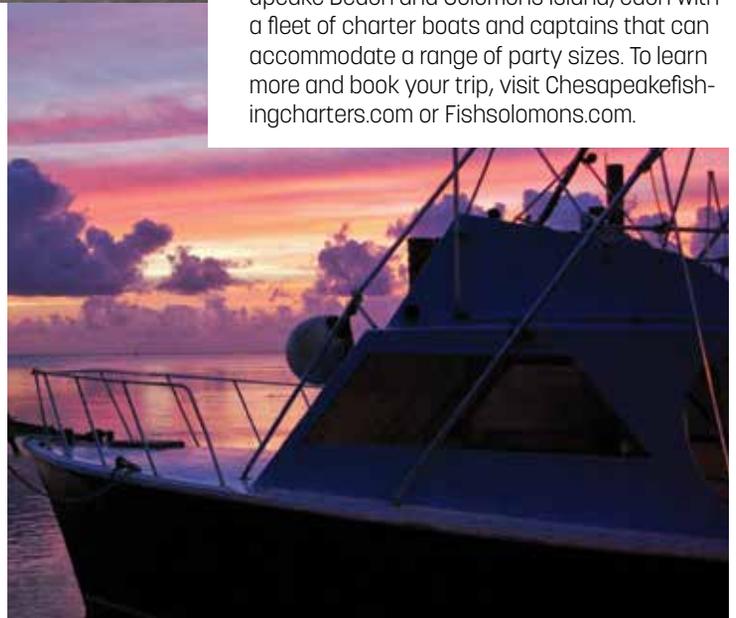
↴ **Charter Fishing on the Chesapeake:** There are many, many charter fishing vessels at the ready to put you on the fish this fall. Rockfish season is at its year-end prime during the fall and popular cities to fish out from include Chesapeake Beach and Solomons Island, each with a fleet of charter boats and captains that can accommodate a range of party sizes. To learn more and book your trip, visit Chesapeakefishingcharters.com or Fishsolomons.com.

Charter Boats on the Bay

Fall has the best weather to get out on the boat. Pack a cooler and charter a boat for the day, or even just for half the day. The water is as warm as it is going to get, throw on a sweatshirt at the end of the day and see the lighthouses of the Chesapeake Bay.

↑ **Thomas Point Lighthouse Cruise:** Take a cruise around the lighthouses of the Chesapeake Bay right out of Ego Alley. Take part in the Ghost Tour and share ghost stories and pirate tales on the Spirits and Spirits tour or tour the Severn River or Spa Creek. Watermarkjourney.com.

Chesapeake Bay Maritime Museum River Cruises: Contact Chesapeake Bay Maritime Museum in St. Michaels to cruise on *Winnie Estelle*. This 45-minute scenic cruise will take you through the Miles River and can accommodate up to 32 passengers. Cbmm.org or 410-745-4944.





Haunted Harbor Tours

↑ Celebrate Halloween all month with a **Haunted Harbor Tour in Annapolis**. If you think you know Annapolis, just wait. This 90-minute tour starts at 1 Dock Street and ends at the State House. Not spooked enough yet? Stay for a bonus tour around the most haunted grounds of Annapolis: St. John's College. Can you handle it? Sign up to learn a whole new side of Annapolis history at hauntedharbortours.com.

After you conquer the scary truth about Annapolis, face the Eastern Shore with **Chesapeake Ghost Tours**. They offer 11 different city tours, including Ocean City, Salisbury, Denton, St Michaels and Easton. Chesapeake Ghost Tours also offers bus tours to find the hidden, haunted spots in Talbot County and includes passing through three graveyards. Sign up for a tour at chesapeakeghosttours.com. ↓



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Y Worry Farm:

Find plenty of pumpkins in Davidsonville at Y Worry Farm. Try their corn maze and fall snack shack. Check out what they have to offer on Facebook.

Fall Festivities

Now is the time to check things off your fall to-do list, including picking your own pumpkins, making them into jack-o-lanterns, conquering the corn maze, and drinking as much apple cider as you can.

The Maryland Corn Maze: Each year, The Maryland Corn Maze in Gambrills puts together an unforgettable corn maze. This year, the theme of the maze is Harry Potter. After you find your way through Hogwarts (the maze), play with Quidditch sling shots, enjoy fall games and activities, and much more. Mdcornmaze.com.

Homestead Gardens Fall Festival: Traditionally held annually through the month of October, this fall festival features activities for all ages (pumpkin patch, barnyard animals, hay rides, kids crafts, kids playground activities, beer trailer for the adults, live music, and apple cider donuts). Check Homesteadgardens.com for the latest updates and COVID19-related adjustments.





CHESAPEAKE BAY MARITIME MUSEUM'S OYSTERFEST

Sip, Slurp, and savor at the Chesapeake Bay's favorite fall festival. This event will be on October 31st at the museum and will offer music boat rides, retriever demonstrations, oysters, and other local fare. There will also be an oyster stew competition, cooking demonstrations, children's activities, and Chesapeake-related documentary screenings. For more information, visit cbmm.org

CHESAPEAKE BAY TRUST SPEAKER SERIES: TERENCE SMITH

Terence Smith will be speaking at Chesapeake Bay Trust in Annapolis on October 29th. Smith is an award-winning journalist, political reporter, foreign correspondent, editor, and television analyst over the course of a four-decade career. He has worked for CBS News and has earned two Emmy's for his work on 48

Hours and has shared the George Foster Peabody Award for general excellence given to the staff of *CBS Sunday Morning*. Smith is also an inductee to the Society of Professional Journalists' Hall of Fame. For more information, visit cbtrust.org

MARYLAND CHAMBER OF COMMERCE CHAMBER CUP

The Chamber Cup has been rescheduled to October 26th from 11 a.m. to 7 p.m. The event will be at Cattail Country Club in Glenwood and is a fundraiser to support Maryland Chamber of Commerce's efforts to advocate for legislation that promotes and protects members of the business community. For more information, or to sign up, visit mdchamber.org

WRITING ADVICE FROM A NEW YORK TIME'S BESTSELLING AUTHOR

The Annapolis Chapter of the Maryland Writers' Association is hosting

an online discussion led by local author Brigid Kemmerer on October 21st at 7 p.m. Kemmerer will be walking us through a handful of helpful tips to ease the mind of any writer as we sift through the details and learn from each other in this interactive presentation. For the Zoom link, visit The Annapolis Chapter of MWA's Facebook page.

↑ CHESAPEAKE VIRTUAL FILM FESTIVAL

This year, the Chesapeake Film Festival will be virtual from October 1st to October 4th. The have committed to bring outstanding independent films to the people of the Chesapeake Bay even with the challenges of 2020. The 13th annual festival will be coming straight to your home for free and focuses on environmental films, including *The Life and Legend of Jane Goodall*. For more information, visit chesapeakefilmfestival.com

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TOWNE SALUTE

Mary & Howard McCoy

Adkins Arboretum

By Lisa A. Lewis

When artists Mary and Howard McCoy learned about Adkins Arboretum, located adjacent to Tuckahoe State Park in Ridgely, they were captivated by the 400-acre native garden and preserve. Their passion for nature allowed them to view the Arboretum through the lens of skilled artists rather than casual observers, and they were excited about the opportunity to play an active role in the volunteer art program.

The McCoy's, who have been married for 40 years, attribute their interest in becoming volunteers to Marion Price, a volunteer who passed away in 2005. Price established the art program at the Arboretum and was the first curator.

"Marion was such a wonderful person," Mary McCoy says. "She introduced us to the Arboretum and helped spark our interest in the art program. We exhibited our first show in 1999 and

also began helping her with other shows because we loved being at the Arboretum. The combination of nature, conservation, art, and friendship really appealed to us. It was a perfect fit."

Indeed, the Arboretum provides an ideal atmosphere for the McCoy's to immerse themselves in work that they truly enjoy. Resident artists and curators, they not only pursue their own artistic endeavors, but they also serve on the art committee, which Mary McCoy chairs. After a thorough review process, the committee selects artists for upcoming shows. A win-win situation for the art program, this arrangement ensures that a variety of talented artists have the opportunity to exhibit their work at the Arboretum.

Dedicated to promoting artwork that focuses on nature, the Arboretum hosts six gallery exhibits each year, including five solo shows and one juried show, as well as an outdoor sculpture show during the summer—an innovative

concept that the McCoy's introduced to the Arboretum. These compelling displays, which are created in the woods with natural materials, showcase the connection between nature and art. (Unfortunately, due to the unprecedented COVID-19 pandemic, this year's shows were postponed. The Arboretum hopes to resume shows in the spring.)

"We really enjoy helping curate the gallery shows," Howard McCoy says. "Members of the art committee hang the artists' work when they are not present because they are often too close to their own work. They want to hang every piece. This is especially common with the younger artists. But then the artwork looks too cluttered, which detracts from the overall effect. Since we know the gallery well, we are able to utilize the lighting and white space to make the exhibit as aesthetically pleasing as possible. It's a creative process, and it's also a lot of fun."

The McCoy's also curate the outdoor sculpture show every other year. (The couple installs their artwork on alternating years; there is an invitational show the next year.) They love working (and playing) in the woods and utilizing natural elements that complement the surroundings. The McCoy's pay close attention to every single detail, such as which materials work best in conjunction with the specific trees and flowers. Throughout the years, they have become very familiar with the woods at the Arboretum, which enables them to create artwork that interacts with the environment and also respects nature.

The most rewarding part of creating the outdoor sculptures, however, is watching the visitors' reactions. Since the artwork is made from natural materials, sometimes people don't realize that it's a sculpture, and they do a double take. The McCoy's are inspired by the woods, and their work offers visitors a great opportunity to connect with nature.

"For more than 20 years, Mary and Howard have graciously shared their love of nature and art through the work they have installed at the Arboretum," says Ginna Tiernan, executive director of Adkins Arboretum. "They have also generated interest and attracted more than 500 other artists to the Arboretum to share their work. The McCoy's are truly great friends of the Arboretum, and they are dearly loved and appreciated."

The couple, who lives on Mary McCoy's family farm, which is located outside of Centreville on the Chester River, consider themselves lifelong artists. Before retiring, Mary McCoy worked as an art critic and a freelance writer, and Howard McCoy was a graphic artist for the United States Department of the Army and the Pentagon. Indeed, art is their passion and has—and always will—play a major role in their lives. They love volunteering at the Arboretum, and it's like a second home to them.

"We look forward to continuing our volunteer work at the Arboretum," Mary McCoy says. "It's a great place to unwind, and it offers programs to help people learn about nature and conservation. Protecting our planet is so important, and the Arboretum serves as a great model to see that process at work."

For more information about Adkins Arboretum, visit adkinsarboretum.org.

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ANNUAL FASHION SHOW TO BENEFIT COMPASS REGIONAL HOSPICE

Estate Treasures will host their annual Fashion Show to benefit Compass Regional Hospice. The event will be held on October 5th at Prospect Bay Country Club starting at 11 a.m. and includes a seated lunch, a cash bar, boutique, and silent and live auctions. Proceeds from the event will go towards patient care and grief support services offered by Compass Regional Hospice. The Fashion Show will have 16 models from various local businesses around Caroline, Kent, and Queen Anne's counties featuring formal wear, casual wear, sportswear, and business casual. For more information or to purchase tickets call Kenda Leager at 443-262-4106 or email kleager@compassregionalhospice.org.



Restoration of Log Canoe *Flying Cloud* Complete

The 1932 sailing log canoe *Flying Cloud's* restoration is complete, despite the COVID-19 pandemic halting work at Campbell's Boatyards in Oxford over the spring months. The completion comes after the new Flying Cloud Log Canoe Preservation Trust met a \$75,000 challenge grant from the Paul B. Prager family of St. Michaels by raising more than \$95,000 from others towards the restoration of the historic sailing log canoe. Trust members are Ned Hennighausen, Allan Noble, Hon. John C. North II, Capt. Kenneth Reightler, Alexa Seip, and Langley Shook. Retired astronaut, U.S. Naval Academy's Distinguished Chair in Space Science, and log canoe sailor Capt. Kenneth Reightler, Jr. was named skipper of the log canoe. *Flying Cloud* was built on Tilghman Island by the legendary boat builder John B. Harrison—who is also Reightler's great grandfather—and is now recognized on the National Register of Historic Places. *Flying Cloud* races under the No. 22, and is the second-largest racing log canoe in existence today. *Cloud* measures less than a foot smaller than her sister ship *Jay Dee*, which was built by Harrison in 1931, and requires as many as 18 crew to campaign her.



DR. JOHN T. MOON NAMED MEDICAL DIRECTOR OF UM SHORE SURGERY

John T. Moon, MD joined University of Maryland Shore Medical Group—Surgery as medical director for the practice this past April. He joins William Bair, MD, Dabanjan Bandyopadhyay, DO, Edward DiNapoli, Jr., MD, and Amanda Hahn, MD, in providing surgical consultations, procedures and post-operative care. Dr. Moon came to UM SMG—Surgery after serving three years as a robotic and advanced laparoscopic minimally invasive general surgeon at AdventHealth Medical Group in Merriam, Kansas. He previously performed general and advanced laparoscopic surgery at Southern California Permanente Medical Group and Mission Surgical Clinic, Inc., and was a clinical associate professor at the University of California at Irvine. He also held general surgeon and trauma attending positions at Jersey City Medical Center in Jersey City, New Jersey and Lutheran Medical Center in Brooklyn, New York. “We are grateful to have Dr. Moon leading our surgical team,” says Timothy Shanahan, DO, medical director, UM Shore Medical Group. “His skill and talent, particularly with regard to laparoscopic and robotic surgery is a great asset to our community.”

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

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TOWNE ATHLETE

Breanna Athey

Queen Anne's County High School Soccer and Softball

By Tom Worgo

Queen Anne's County High School senior Breanna Athey wants to stay involved in athletics the rest of her life. That's why she's aiming to play two sports in college and after that, become an athletic trainer. She's on a mission to accomplish both objectives.

"I will work nonstop every day to achieve those goals," Athey says. "I can make it work. I will do whatever it takes."

"I will work nonstop every day to achieve those goals. I can make it work. I will do whatever it takes."

Athey plans on majoring in pre-med and, with her carrying a 4.25-weighted grade point average, has the academic credentials to do that. "I have been lucky," she says. "I have never broken a bone or had a severe injury. But learning how and why people get injured is a way for me to learn more about sports. I also really like to help people."

She realizes playing two sports in college could be as challenging as her rigorous academic schedule. Three Division II schools—Seton Hill University in Pennsylvania, Converse College in South Carolina, and the University of Mount Olive in North Carolina—top her list. And she could end up with an athletic scholarship.

"They are all talking to me about softball and soccer," Athey says. "Two sports would keep me very busy and in tremendous shape. I think I can do it. I am doing it now with club and in high school, so I think I can do it in college. I like to stay busy all the time with sports."

The 5-foot-10-inch Athey earned accolades for every season she played on the Queen Anne's varsity soccer

team. The three-year starter at goalie was named the Bayside Conference Rookie of Year as a freshman and she made Second-Team All-Conference the following two seasons.

Two games stand out to Athey in her career. She made several acrobatic and diving saves in a victory over North Carolina in 2017 and, more recently, in a conquest over Kent Island this past fall. She recorded 21 shutouts in three seasons and compiled a 91 percent save percentage.

"She is an outstanding athlete," Queen Anne's Girls Soccer Coach Mike Kern says. "She is really quick, can jump very high, and grab the ball out of the air. She is also a great communicator and has a heck of a punt. Well over half the field or even more. She starts our attack. The team just has so much confidence in her."

Athey honed her skills even more sharply while playing club soccer, including four years for the Shore Football Club and another three for Chesapeake Football Club. That's impressive considering that the club season lasts for a good part of the year.

"She has great feet since she played in the field in her career," Shore Football Club Coach Mike Leach says. "The defenders are very comfortable at playing the ball back to her, and she is really good at distributing the ball down the field. She is like another defender back there. College coaches want players like her."

Athey also is a standout in softball. She considers it

her best sport. The short-stop was a Second-Team All-Conference selection as a sophomore and freshman at Queen Anne's. She batted .403 as a freshman and .310 the following year, while flashing a steady glove.

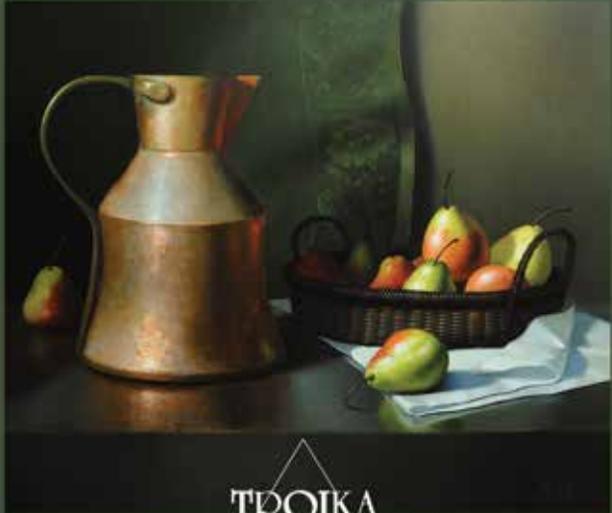
She also has played for the Lady Black Sox club team, which travels up and down the east coast for tournaments. "She is definitely an all-around player and such a key player for us," Queen Anne's Assistant Softball Coach Shana Corder says. "She makes a lot of great plays in the infield and keeps a lot of balls in the infield. She is patient in the batter's box and has a great eye."

Corder will be following Athey's career closely when she goes off to college. "She has a phenomenal work ethic at both sports," the coach says. "I think she can play both sports in college and handle it very well."

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

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TOWNE INTERVIEW

Malcolm Perry

Former Navy Football star quarterback discusses his transition to the NFL

By Tom Worgo

Double duty doesn't apply to recent Naval Academy graduate Malcolm Perry. Perry is the first service academy graduate who won't have to fulfill his military obligation and play football at the same time. "It allows me to defer my commitment until after football," says Perry, who has a five-year commitment to the Marine Corps. "I feel extremely fortunate."

Perry, no doubt, faces challenges to make the Miami Dolphins team. They picked him in the seventh round of the 2020 draft, 246th overall. He's moving from quarterback to wide receiver. This type of position switch was managed successfully by the New England Patriots' Julian Edelman and former Pittsburgh Steeler and Washington Football Team player Antwaan Randle El.

The 5-foot-10-inch, 181-pound Perry has shown the speed of an elite player. He rushed for a Football Bowl Subdivision single-season record of 2,017 yards, while leading the Midshipmen to a school-record 11 victories and Liberty Bowl win over Kansas State. Perry

“ I JUST HAVE TO COME OUT TO PRACTICE AND BE THE BEST I CAN BE EVERY DAY. IF I DO THAT, THEN I AM OKAY WITH WHAT HAPPENS. ”

also led college football in explosive runs (of 20 yards or more) with 26.

We recently talked to Perry, a native of Clarksville, Tennessee, about catching on with the Dolphins, changing positions, the pressure of the NFL, and coming down with a mild case of COVID-19.

How does the pressure of trying to make the Dolphins compare to Navy?

The NFL is a big stage and it's a business. It's not college anymore. It does put some added pressure on me, but at the end of the day it's football. It may be more technical and the players are bigger and faster. It's about taking your game to the next level.

Does having former Navy full-backs coach Mike Judge on the staff make the transition easier? What do you talk about?

It's so nice to have a familiar face when you are going so far away from home and to a place that you don't know much about. He gave

plenty of encouragement and advice. He knows the environment I came from and he knows what I dealt with there. He also made the same transition.

You were picked in the last round of the draft. How do you overcome the odds against making the team?

I have to work really, really hard. I can't make the same mistakes twice. I just have to come out to practice and be the best I can be every day. If I do that, then I am okay with what happens.

How is the switch from quarterback to wide receiver going? What is the biggest challenge?

It's going pretty well. I've got a lot to learn. I feel the coaching staff and my teammates

are doing all they can to help me out. I am trying to pick up all the knowledge that they have, and learn as much as I can from them. The toughest thing now is studying the playbook, and knowing what you have to do on every play. That's the first step for every rookie in the league.

What was your reaction to being drafted by the Dolphins?

I was on top of the world. It's what you dream of as a child. It's a beautiful state and a great organization. I was extremely excited. I was just ready to go to work.

Can you talk about what you did in the offseason with the Dolphins to prepare for the season?

We had Zoom meetings pretty much every day. We

had meetings like if we were in the facility. It was tough, but possible to do. We had access to the playbook. We just weren't able to get together and go over it.

What did you do on your own since there were no practices because of COVID-19, as far as weight-lifting, conditioning, and on-the-field work?

I got on the field by myself as much as I could. It was every day. I was back home in Tennessee. I was lucky enough to have a friend who played quarterback in college. We got on the field and would go over routes and plays. I was catching several hundred balls a day. I was lucky enough to have access to a gym. I was working out about two hours a day.

When did you come down with COVID-19? Was it a severe or mild case?

I am not sure of the timeline. I felt a cold. Nothing major. Nothing to cause an alarm. I talked to the training staff of the Dolphins and they said quarantine for over a week until I got tested. A cold came on and I felt a little fatigued. I went and got tested and by then I had got rid of it. By the time I got to Miami, I took a test, and they found I had the antibodies for it.

How did attending the Academy help you in life?

It makes you grow up fast in terms of taking responsibility and having structure in life. I took from the Academy prioritizing things, time management, and adding structure to it.





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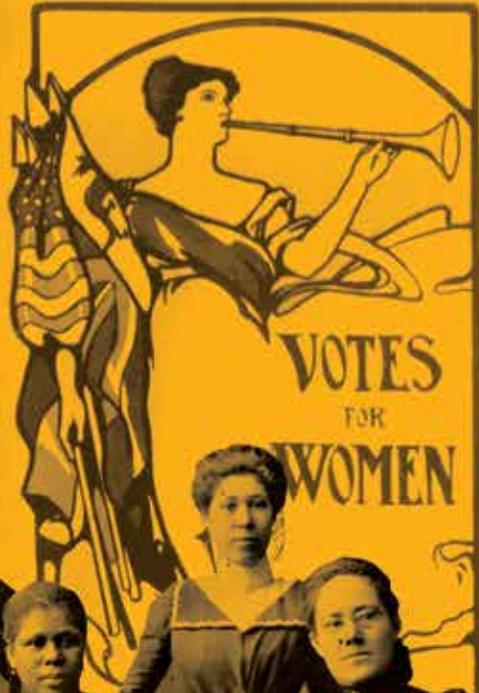
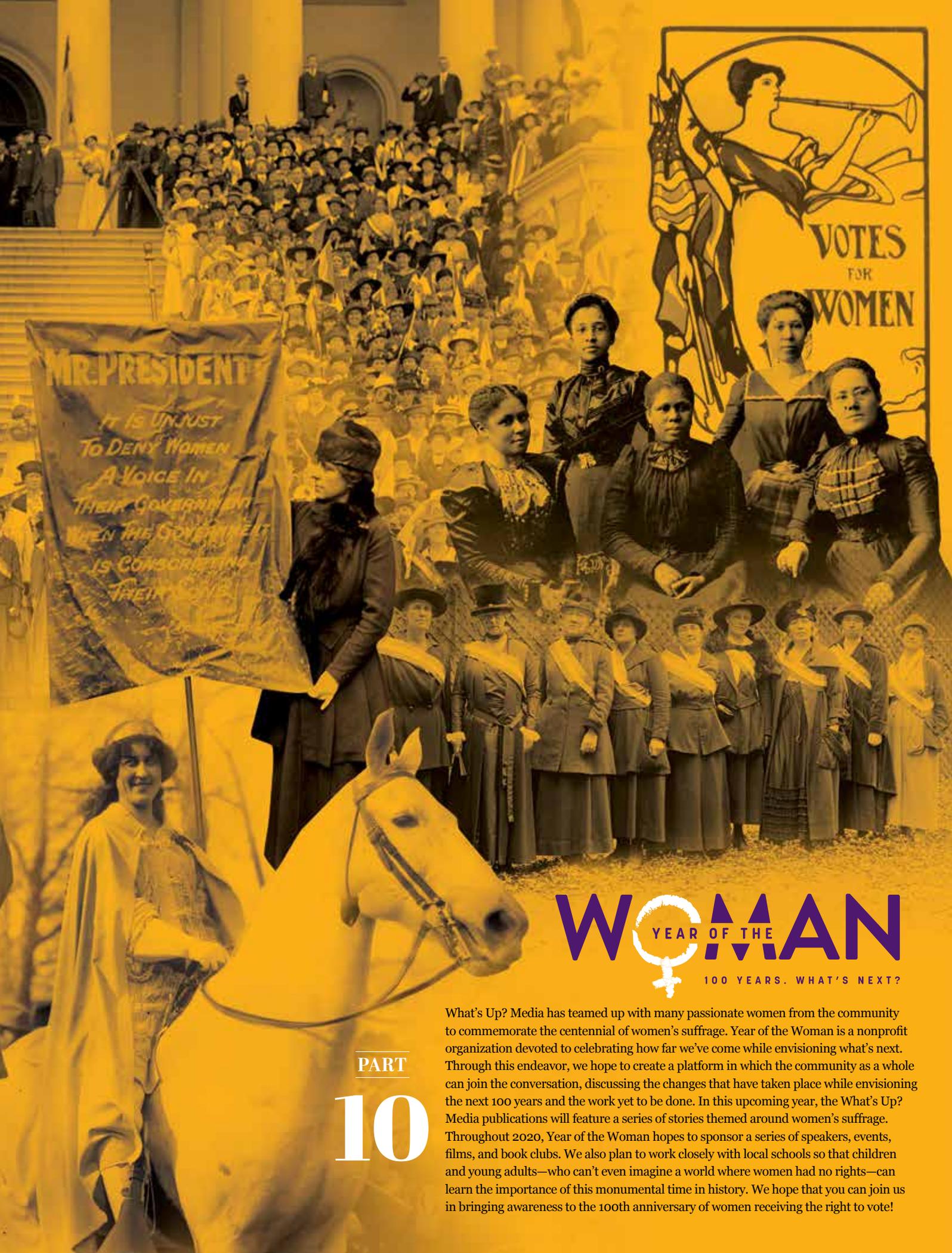
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100 YEARS. WHAT'S NEXT?

PART

10

What's Up? Media has teamed up with many passionate women from the community to commemorate the centennial of women's suffrage. Year of the Woman is a nonprofit organization devoted to celebrating how far we've come while envisioning what's next. Through this endeavor, we hope to create a platform in which the community as a whole can join the conversation, discussing the changes that have taken place while envisioning the next 100 years and the work yet to be done. In this upcoming year, the What's Up? Media publications will feature a series of stories themed around women's suffrage. Throughout 2020, Year of the Woman hopes to sponsor a series of speakers, events, films, and book clubs. We also plan to work closely with local schools so that children and young adults—who can't even imagine a world where women had no rights—can learn the importance of this monumental time in history. We hope that you can join us in bringing awareness to the 100th anniversary of women receiving the right to vote!



Published by the National Movement for Free Elections and League of Women Voters

**The WOMAN who votes
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Women, Race, and the Ongoing Fight for True Equality

By Ashley Oleson

In the end, anti-black, anti-female, and all forms of discrimination are equivalent to the same thing: anti-humanism,” said Shirley Chisholm, the first Black woman elected to the United States Congress in 1963, serving New York’s 12th Congressional district. Achieving this milestone took 42 years from when women first won the right to vote in 1920, and yet was still three years prior to the passage of Voting Rights Act, which finally prohibited state and local governments from implementing racist election laws barring black and brown women from the franchise around the country. Today, in the year 2020, we should indeed celebrate the progress the country has made over the past 100 years. However, in this “Year of the Woman,” movements like #MeToo and Black Lives Matter are but two clear indicators there is so much more work to be done.

We probably would prefer to believe that there could not possibly be a connection between the issues our foremothers faced 100 years ago and

those faced now. Ignoring this uncomfortable truth, however, further entrenches systemic barriers to equal access and treatment under the law in America. Inequities still pervade our society and are causing it to crack at the seams.

Suffragist and head of the National Women’s Party, Alice Paul, recognized early on that while women had succeeded in equal access to the vote, under the law they were not explicitly guaranteed any other equal rights. In 1923, this realization inspired Paul to pursue the addition of an Equal Rights Amendment (ERA) to the Constitution. The amendment as it reads today states, “Equality of rights under the law shall not be denied or abridged by the United States or by any state on account of sex.” Such an amendment in a country which proclaims to be a bastion of “freedom, liberty, and justice for all” should be an easy lift. Nevertheless, 97 years later the battle for equal rights goes on.

In 1972, the ERA finally made its way through Congress. Paul, however, who was 87 that year would not live to see the amendment fully ratified by the states. Indeed, it was not until this year that Virginia became the 38th state to ratify. Don’t pop the centennial champagne yet, though. This is not the final hurdle champions of the ERA must overcome. When the amendment passed Congress, it passed on

Propaganda posters urging citizens to register to vote and vote, circa 1951. From the U.S. National Archives and Records Administration.

VOTES FOR WOMEN



For the work of a day,
For the taxes we pay,
For the Laws we obey,
We want something to say.

6342

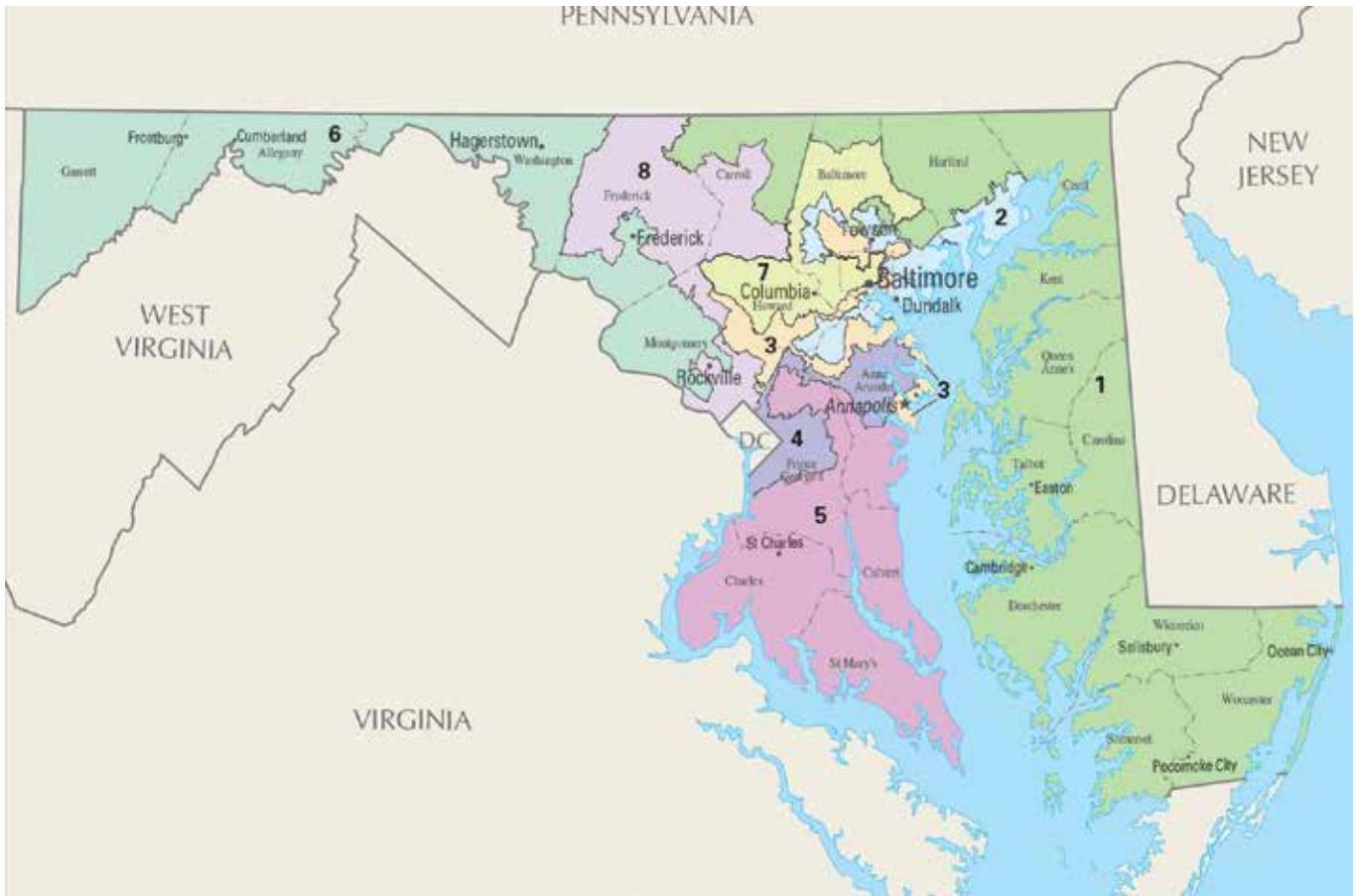
the condition that the amendment must be ratified within seven years, or the process must start again—from scratch. While activists in the women's liberation movement in the 1970s were able to obtain a three-year extension to this deadline, it appears nearly five decades were needed before 76 percent of these United States were ready to grant equal protections of the law regardless of sex. Meaning there are still 12 states who have refused to authorize such protections: Alabama, Arizona, Arkansas, Florida, Georgia, Louisiana, Mississippi, Missouri, North Carolina, Oklahoma, South Carolina, and Utah.

Today, with 38 states secured but the expiration date of equality long passed, the ball is back in Congress' court. On February 13, 2020, the U.S. House of Representatives passed House Joint Resolution 79 calling for the removal of the ERA deadline. The resolution is now with the Senate waiting to be called for a vote in the Judiciary committee. A companion resolution introduced to the Senate by Maryland's own Senator, Ben Cardin, has been stagnating in that same committee since January 25, 2019. So, the march to women's equality goes on, with advocates once again imploring Congress to declare all genders are equal in the eyes of the law.

While we take cheer this year in the great though uneven strides that women have made since the 19th amendment was ratified, we are faced with the urgent need to remedy another shortcoming of our country's slog toward equal rights. It is a lesser known fact that the 19th did not actually lead to universal suffrage for all women. Despite the pivotal role Black suffragists played in the movement, racism within the country, and yes, also the movement, guaranteed the right to vote would be accessible primarily to educated white women only. State laws of the time continued to stifle the voices of black and brown people in America on election day until the passage of the 1965 Voting Rights Act prohibited discriminatory practices.

Access to the franchise is widely believed to have been afforded by the 15th amendment in 1870 which states, "The right of citizens of the United States to vote shall not be denied or abridged by the United States or by any State on account of race, color, or previous condition of servitude." However, throughout the country, subversive laws and policies were enacted which deliberately targeted Black Americans and suppressed their votes. Jim Crow laws prohibited access, poll taxes were employed to exploit the lack of resources of the formerly enslaved, and literacy tests were required, often demanding information most white Americans would not likely have been able to produce. Just as often, Black citizens who attempted to lawfully cast their ballots were met with threats and violence.

Today, assumptions that our society has now advanced beyond racism have started the nation on a backward slide. In 2013, the Supreme Court rolled back a critical section of the



Voting Rights Act, which had been successfully deterring racist election practices for decades. In the case of *Shelby v. Holder*, the Court decided that the protections within the VRA, which required state and local governments to obtain preclearance before implementing certain voting laws or practices and the formula which helped to determine which areas would be subject to such preclearance based on their voter discrimination history, were no longer necessary. The Chief Justice stated in the Court's opinion,

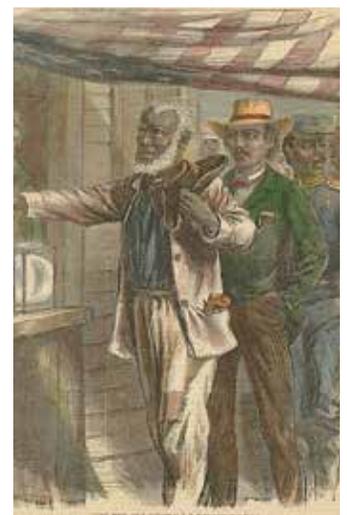
Coverage today is based on decades-old data and eradicated practices. The formula captures States by reference to literacy tests and low voter registration and turnout in the 1960s and early 1970s. But such tests have been banned nationwide for over 40 years. And voter registration and turnout numbers in the covered States have risen dramatically in the years since. Racial disparity in those numbers was compelling evidence justifying the preclearance remedy and the coverage formula. There is no longer such a disparity.

Over the past seven years the country has witnessed a startling increase in policies which suppress votes in predominantly black and brown communities. Polling places have been closed or moved, limiting access during early voting and on Election Day; restrictive voter identification laws implemented; and limitations to rules around who can provide assistance to voters at the polls have been put in place. These measures more often adversely affect non-white people, those with lower incomes, the elderly, and those who are living with disabilities—voices that are usually not otherwise represented in rooms where policies are made throughout our local, state, or federal governments.

Gerrymandering is yet another instrument in the voter suppression toolkit commonly utilized to diminish the impact of votes in communities of color. Malicious map drawers have used this tactic for decades to “pack” non-white voters into a minimum number of districts to mitigate their influence on elections. At other times they see fit to “crack” these communities, dispersing votes across

Maryland's Congressional Districts have been in place since 2013. Maryland is generally considered to be one of the most gerrymandered states in the country.

“The First Vote” shows first vote cast by ex-slaves in Reconstruction in US, 1867.



\$2,056,494

Average amount the winner of a Congressional seat in the House spent in 2018

\$15,753,167

Average amount the winner of a Congressional seat in the Senate spent in 2018



Original cartoon of "The Gerry-Mander" is the political cartoon that led to the coining of the term "Gerrymander." The district depicted in the cartoon was created by the Massachusetts legislature to favor the incumbent Democratic-Republican party candidates of Governor Elbridge Gerry over the Federalists in 1812.

many districts guaranteeing they will have little to no effect on the outcome. Rigging voting districts to achieve a preferred political outcome is almost as old as our country, but the advent of advanced mapping technology and data analytics has enabled self-interested political players to fine tune this tactic beyond the imagination of our forefathers.

When drawing election districts, it is a federal mandate that the protections against racial discrimination contained in the Voting Rights Act are adhered to. However, as recently as 2019, the court in neighboring Virginia had to strike down state legislative maps as illegal racial gerrymanders. So, while the VRA still provides the guidance and protections necessary to strike down gerrymanders that are racially motivated, challenges to illegally drawn electoral districts often take years to resolve. Meanwhile, election cycles pass under those maps, and policies are made with a portion of the electorate unfairly represented. Furthermore, advocates are increasingly concerned that if the *Shelby* decision is any indication of the opinion of the Court on the VRA's overall value in society, we could see this monumental piece of civil rights legislation completely rolled back one day. Until then, politicians truly intent on producing racist maps are sometimes able to subvert the law and hide their gerrymanders within partisan intent. Distorting election districts based on partisan interests has not yet been deemed legally unjust in many states, including Maryland.

Each of these barriers to equal representation and protection of the law perpetuate great societal divides and lack of diverse leadership and policies in our country. According to the Center of American Women and Politics at Rutgers University, while women make up nearly 51 percent of the population in 2020, they hold just under 24 percent of the seats in Congress and only 29 percent of state legislative seats nationwide. Of those sparse delegations, women of color occupy 37 percent of the women-held seats in Congress and just 25 percent of the country's legislative seats. The percentage of seats held by women in Maryland's General Assembly is slightly higher than the national average at nearly 40 percent, with 37 percent of those owned by women of color. Meanwhile, *none* of Maryland's 10 Congressional seats are held by women.

Though women have not yet achieved parity in elective office, women continue to turn out to the polls at higher rates than men. The data seems to indicate that women know and appreciate the strength of their vote, and they are determined to use it. This has been especially true among Black women in recent years. As their energy and determination to harness the power of their vote increases, so do their numbers. The population of Black voting age women increased 31 percent as a voting block between 2000 and 2017. Black women are channeling this collective power not only by showing up at the polls, but organizing and empowering others to do the same through truly inspiring leadership.

One might ask, however, “If women are such a large portion of the active electorate, why do they suffer from underrepresentation in government?” There are a few reasons, and they all point back to inequal access. Among them are financial access. According to data from the Center for Responsive Politics, the average winner of a Congressional seat in 2018 spent \$2,056,494 in the House and \$15,753,167 in the Senate. Given the disadvantage women are faced with in terms of job opportunities, personal income, and wealth, the financial burden of running for office is an incredible obstacle to overcome.

Additionally, the visible lack of women in leadership affects the perceptions of voters and potential candidates, leading to an assumption that men are better leaders. Throughout history, however, there have been distinct groundswell moments that have resulted in more women candidates and more voters inspired to cast their ballots for them. We saw this in the 1992 “Year of the Woman” at a time when the public gained an increasing awareness of the underrepresentation of women in Congress, and again in 2018 in the wake of the #MeToo movement and other consciousness raising events between 2016 and 2018.

Women in 2018 capitalized on this moment, producing the largest class of female legislators the House of Representatives had ever seen. Deb Haaland and Sharice Davids became the first Native American women ever elected to Congress and Rashida Tlaib became the first Muslim woman elected to Congress. Maryland claimed a historic moment as well, electing



its first woman and first Black Speaker of the House, Adrienne Jones. With all of this momentum building, surely women can complete the work necessary to claim true gender and racial equality as we enter this next century of women powering the vote. Women could seize their moment in history by fully restoring the Voting Rights Act and finally adding the Equal Rights Amendment to the Constitution.

Propaganda posters urging citizens to register to vote and vote, circa 1951. From the U.S. National Archives and Records Administration.

Tune in each month as we continue our "Year of the Woman" article series, and in the meantime, check out the upcoming related events at

yearofthewoman.net

BEST OF 2021

WHAT'S UP? MEDIA

Voting

NOW
LIVE!

BEST OF EASTERN SHORE 2021 VOTING IS OPEN!

Let your voice be heard and vote for your favorite health and wellness providers, veterinarians, restaurants, beauty salons, gyms, realtors, home contractors, retailers, and professional services. **THE VOTING DEADLINE IS NOVEMBER 30TH.** Voting results* will be published in our 2021 issues, beginning in April with the Medical, Dental & Veterinary Wellness results.

Please visit the online ballot and cast your vote for the Best!

GET STARTED TODAY AT:

whatsupmag.com/best-of-voting

*What's Up? Publishing reserves the right to eliminate the least-voted categories, as needed, in the final published results.

Eastern Shore

CATEGORIES

MEDICAL, DENTAL & VETERINARY WELLNESS

ABA Therapy
Acupuncturist
Addiction Counseling Program
Alternative Wellness Therapy
Apothecary (Compounding Pharmacy)
Body Contouring (Surgical)
Body Contouring (Non-surgical)
Breast Augmentation/Reconstruction
Child & Family Mental Health Providers
Chiropractor Practice
Cosmetic Injections
Cosmetic Laser Eye Treatment
Dry Needling
Emergency Pet Care
Ear, Nose & Throat
Facial Rejuvenation
Hair Restoration
Hospice Medicine
Hygienists
Invisalign Specialist
Medical Grade Chemical Peels
Medical Grade Skin Care Products
Mental Health Services
Occupational/Speech Therapy
Pharmacy
Physical Therapy
Posture Alignment Therapy
Psychologist Therapy Practice
Sedation/Phobia Treatment
Urgent Care Medicine
Vein Restoration
Veterinarian Clinic
Veterinarian for Cats
Veterinarian for Dogs
Veterinarian for Large Animals
Veterinarian for Small/Exotic Pets
Veterinary Orthopedic Medicine
Veterinarian Surgery
Women's Imaging

FOOD & DINING

Appetizers/Small Plates
Bakery
Barbeque
Beer Selection
Breakfast
Brewery
Burger
Candy/Chocolate Shop
Carry-Out
Caterer
Chef
Chinese Restaurant
Cocktails
Cocktails-To-Go
Crabcake
Cream of Crab Soup
Cupcakes
Deli
Distillery
Family-Friendly Restaurant
Farm-To-Table Menu
Food Truck
French Restaurant
German Restaurant
Gluten-Free
Greek Restaurant
Happy Hour
Ice Cream
Indian Restaurant
Japanese Restaurant
Local Coffee Shop
Maryland Crab Soup
Mexican Restaurant
New Restaurant
Outdoor Dining
Pizza (Chain)
Pizza (Local)
Raw Bar/Oysters
Romantic Restaurant
Scratch Kitchen
Smoothies/Juice Shop
Spanish Restaurant
Sports Bar
Steakhouse
Steamed Crabs
Sunday Brunch
Sushi
Take-Out
Thai Restaurant
Trivia Night
Vegetarian
Wait Staff
Waterfront Restaurant
Whiskey Selection
Wine Selection
Wings

BEAUTY & FITNESS

Aromatherapy
Barre Class
Bootcamp
Bridal Hairstyling
Bridal Make-up
Chemical Peel
Circuit Training
Customer Service
CrossFit
Dance Class (Adults)
Dance Class (Tweens/Teens)
Day Spa
Deep Tissue Massage
Eyebrow Care
Eyelash Extensions
Facial
Fashion Stylist
Gym
Gym Amenities
Gym Childcare
Holistic Health Coach
Kickboxing
Manicure
Martial Arts for Children
Medi-Spa
Men's Hairstyling
Microblading
Mixed Martial Arts
Pedicure
Permanent Makeup
Personal Trainer
Pilates
Pool/Swim Facility
Resort with Spa
Salon for Coloring
Salon Pampering
Spin Class
Spray Tan
Stand-Up Paddle Board Class
Stone Massage
Tattoo Parlor
Waxing
Women's Hairstyling
Yoga Studio

REAL ESTATE, HOME & GARDEN

Appliance Store
Architect
Custom Builder
Custom Millwork/Molding
Electrician
Fence/Deck Contractor
Flooring/Carpet Installer
Furniture Store
Garden Center
Gutter/Siding Installation
Hardscape Design/Build
Hardware Store
Home Inspection Service
Home Remodeling
HVAC Service
Indoor Cleaning Service
Interior Design Service
Kitchen & Bath Remodeling
Landscape
Lawn Service/Treatments
Lumber/Building Materials Supply
Luxury Home Agent
Mortgage Lender
Paint Store
Painting Contractor
Pest Control
Plumbing Service
Pool Design/Build
Pool Maintenance
Power Washing
Real Estate Team/Brokerage
Residential Realtor
Retirement Community
Roofing Contractor
Title Company
Tree Service
Waterfront Realtor
Waterfront Real Estate Team/Brokerage
Window/Door Contractor
Window Treatments

RETAIL & PROFESSIONAL SERVICES

Accountant
Art Gallery
Artisan Jeweler
Arts/Crafts Supplies
Audio/Visual Services
Auto Body Shop
Auto Dealership
Auto Repair
Bank
Bicycle Shop
Boat Detailing
Boutique Shopping
Carwash
Computer Repair Services
Consignment Shop
Growlers and Crowlers
Customer Service
Designer Jeweler
Diamond Jeweler
Dog Training
Driving School
Eco-Friendly Business
Engagement Ring Jeweler
Estate Jeweler
Event/Party Boat
Farmers' Market
Festival/Event
Financial Advisor
Florist/Floral Design
Hotel
In Home Assisted Living
Insurance Agent/Company
Jewelry Repair
Local Music Venue
Local Musician/Band
Lodging/Bed & Breakfast Marina
Men's Clothing Store
Nonprofit Fundraiser
Nonprofit Gala
Nonprofit Organization
Oil/Vinegar Shop
Optician
Outdoors/Tackle Store
Pet Boarding and Daycare
Pet Grooming
Pet Services
Pet Store
Photography
PPP Loan Advisor
Purses/Handbags
Retail Beer Selection
Retail Whiskey Selection
Retail Wine Selection
Sailing School
School/College Advisor
Senior Living Facility
Silver Jeweler
Specialty Grocer
STEM Education Classes
Summer Camp
Unique Gifts
Watch Jeweler
Wedding Venue
Wedding/Event Planner
Women's Clothing Store

CONOWINGO DAM

PART II

UPSTREAM NEGLECT AND ACCOUNTABILITY

BY JEFF HOLLAND

The issues churning around the Conowingo Dam are as murky as the muck in the bottom of the reservoir behind it, but we will have you out of the mud before we reach the end of this article.

When the Conowingo Dam was built in 1928, it was the next largest hydro-electric dam in the country, second only to the one at Niagara Falls. For the first 80 years of its existence, the dam trapped much of the nutrients and sediment flowing down the river from all the farms and all the towns and all the cities in that vast area of central Pennsylvania and into southern New York. That was a good thing.

But then the reservoir reached its capacity, like a septic tank after a weekend of too many guests. That's bad. One environmental group estimates that nearly 200 million tons of sediment pollution have accumulated behind the dam. During major storms, floodwaters can scoop out or "scour" the sediment from the reservoir and send it downstream to pollute the Chesapeake Bay.

While the State of Maryland owns the Susquehanna River in public trust, Exelon Generation Corporation owns and operates the dam. The hydroelectric power plant generates 572 MW of electricity, enough to power 165,000 homes. Hydroelectric dams are a relatively clean way to generate power; a coal-burning plant of equal capacity might spew 880,000 tons of greenhouse gases into the atmosphere.

All hydroelectric dam operators need a license from the Federal Energy Regulatory Commission (FERC) to operate. Exelon's current license expired in 2014. The corporation applied for a new 50-year license, but before FERC can grant that new license, the State of Maryland has to certify that the project will meet state water quality standards. This water quality certification is required under section 401 of the federal Clean Water Act, but it's also a good opportunity to provide Maryland with some leverage over Exelon to see that it operates the dam in a way that protects the Bay.





"SECTION 401 IS THE SINGLE MOST POWERFUL AUTHORITY GRANTED TO STATES UNDER THE CLEAN WATER ACT."

—SENATOR BEN CARDIN

"Section 401 is the single most powerful authority granted to states under the Clean Water Act," wrote Senator Ben Cardin of Maryland in an op-ed in the *Bay Journal*.

On April 27, 2018, the Maryland Department of the Environment issued a Water Quality Certification with special conditions for the proposed relicensing of the Conowingo Dam. It was not well received.

I spoke about this issue with Ben Grumbles, Secretary of the Maryland Department of the Environment, in a recent phone interview. "We dug in and used the science and all the information we had to make this a fundamental, historic step forward to impose conditions that would require Exelon to reduce the sediment and nutrient pollution, improve the flow of the river and improve the health of the Chesapeake Bay," he told me.

Exelon rejected the terms imposed by the document, stating flatly that the dam itself has never caused any pollution and that the corporation is not responsible for the pollution that gushes down the river from Pennsylvania and New York.

"Exelon sued us in three separate courts" at the state and federal level, Grumbles said. "They claimed they weren't responsible for the upstream pollution in any way." Maryland engaged in negotiations with Exelon,

This natural-color image, taken by the Landsat satellite, reveals a powerful natural force that has had a hand in sculpting the landscape: the Susquehanna River system. The river flows generally south from its headwaters in upstate New York to the Chesapeake Bay. It is also a source of environmental concern—as the river flows, the upstate pollution within is deposited in Maryland waters.



“WE DEVELOPED THE BEST POSSIBLE SETTLEMENT WE COULD.”

—BEN GRUMBLES, MARYLAND’S SECRETARY OF ENVIRONMENT



Large amounts of debris washed into the Annapolis harbor in summer of 2018; the result of a heavy storm event, which sent a mass of water, sediment, and debris from the Susquehanna watershed over and through the Conowingo Dam, spilling into the Chesapeake Bay.

but while they were at it, as Grumbles explains, “There was a shift in the legal landscape, there was a lawsuit settled in California that impacted the rest of the country.”

On December 9, 2019, the U.S. Supreme Court decided not to revisit the U.S. Court of Appeals for D.C. Circuit’s decision in *Hoopa Valley Tribe v. Federal Energy Regulatory Commission*, allowing the lower court’s ruling to stand, meaning that states and authorized tribes have one year and one year only to act on a request for water quality certification.

And that meant that time was suddenly and very rapidly running out for Maryland to wrap up its negotiations with Exelon.

“If we couldn’t reach an agreement, we could lose everything and get thrown out of court,” Grumbles lamented. “We developed the best possible settlement we could.”

Grumbles outlined the agreement in a letter to Ted Evgeniadis, the Lower

Susquehanna Riverkeeper. The agreement, he wrote, requires Exelon to invest more than \$200 million in environmental projects and operational enhancements to improve water quality in the Lower Susquehanna River and the Chesapeake Bay.

Grumbles stated that Maryland is awaiting a decision from the Federal Energy Regulatory Commission (FERC) as to their acceptance of the settlement agreement and the issuance of a new license. Once that occurs, Exelon will be required to implement a range of important restoration actions. The restoration actions Exelon must take under the settlement agreement include:

- Measures to improve downstream flow to make flow more natural; helping fish migrate up the river and past the dam, and reducing fish kills downstream while improving habitat for other aquatic species;
- Measures to restore lost ecosystem services such as the filtering of pollution

by freshwater mussels and oysters and funds to implement other projects upstream to reduce nutrient loadings; scientific studies show that the restoration of mussels and oysters provides direct, substantial, and sustainable nutrient reduction benefits to the ecosystem;

- Measures to improve trash and debris management and increase the responsiveness of Exelon to problems that occur as a result of trash and debris during storm events;
- Measures to improve upstream fish passage to advance efforts to restore lost fisheries for American shad and river herring; species which were blocked for many decades from moving upstream to spawn; and
- Measures and funds to improve the resiliency of the river to climate change,

including submerged aquatic vegetation restoration and living shoreline construction.

Grumbles told me that the agreement, though rushed, was “still a huge step forward. We reached that settlement agreement because we knew other states were getting thrown out of court. We filed it with FERC nine months ago (in December, 2019) for their approval. Where we are today is that we’re getting frustrated because FERC has still not taken action on the agreement. We’re doing what we can to encourage them to make a decision.”

The Riverkeeper vehemently disagrees that the agreement is a step forward. “This agreement is too weak,” Ted Evgeniadis told me in a recent phone interview. “There’s no transparency, there’s no public enforcement power to

assure that the goals are actually attained. Maryland is waiving their right for the 401 Water Quality Certification under the Clean Water Act to protect the Bay. There was no participation by any other group, it was pretty much Exelon telling Maryland what they've decided to do."

The major problem, Evgeniadis explained, is that climate change is generating storms that are becoming more frequent and more intense over time. Hurricane Agnes in 1972 had a devastating impact on the Bay, he noted, "because that storm scoured out the sediment and nutrients behind all those dams. Since then, Conowingo has been storing those pollutants, but now it's now full. When we get another storm event similar

to Agnes, that means the Bay is going to be damaged worse than it was in 1972. We wanted Maryland to require Exelon to pay for dredging, to remove 400 tons of sediment a year, which is the amount that's coming in. It really screws things up now because there's no protection from another large storm event."

"Downstream flooding risk is increased by the buildup of the sediment and nutrients," says Betsy Nicholas, executive director of Waterkeepers Chesapeake, the nonprofit organization that serves to coordinate the efforts of the 19 independent Riverkeeper groups working in the Chesapeake watershed. "Somebody's got to pay for cleaning it up, and if it isn't Exelon, it's going to be the taxpayers."

"THERE WAS NO PARTICIPATION BY ANY OTHER GROUP, IT WAS PRETTY MUCH EXELON TELLING MARYLAND WHAT THEY'VE DECIDED TO DO."

—TED EVGENIADIS, LOWER SUSQUEHANNA RIVERKEEPER

"Some fault the agreement for not including dredging," wrote Kathleen Barrón, Exelon's senior vice president for Government and Regulatory Affairs and Public Policy, in an op-ed in the *Bay Journal*, but, she said, "The agreement takes the better environmental path by focusing on programs that address nutrient pollution—the biggest threat to the Bay's health."

But sediment and nutrients aren't the only pollutants coming over the dam. Debris in the form of fallen trees and all other manner of flotsam and jetsam, from water bottles to portable toilets, flows downstream from the more than 27,500 miles of tributaries and streams in central Pennsylvania and lower New York State.

If you drive across the highway that spans the top of the Conowingo Dam, you can see masses of tree trunks and other flotsam that collects at the base of the reservoir. When a major storm floods the river,

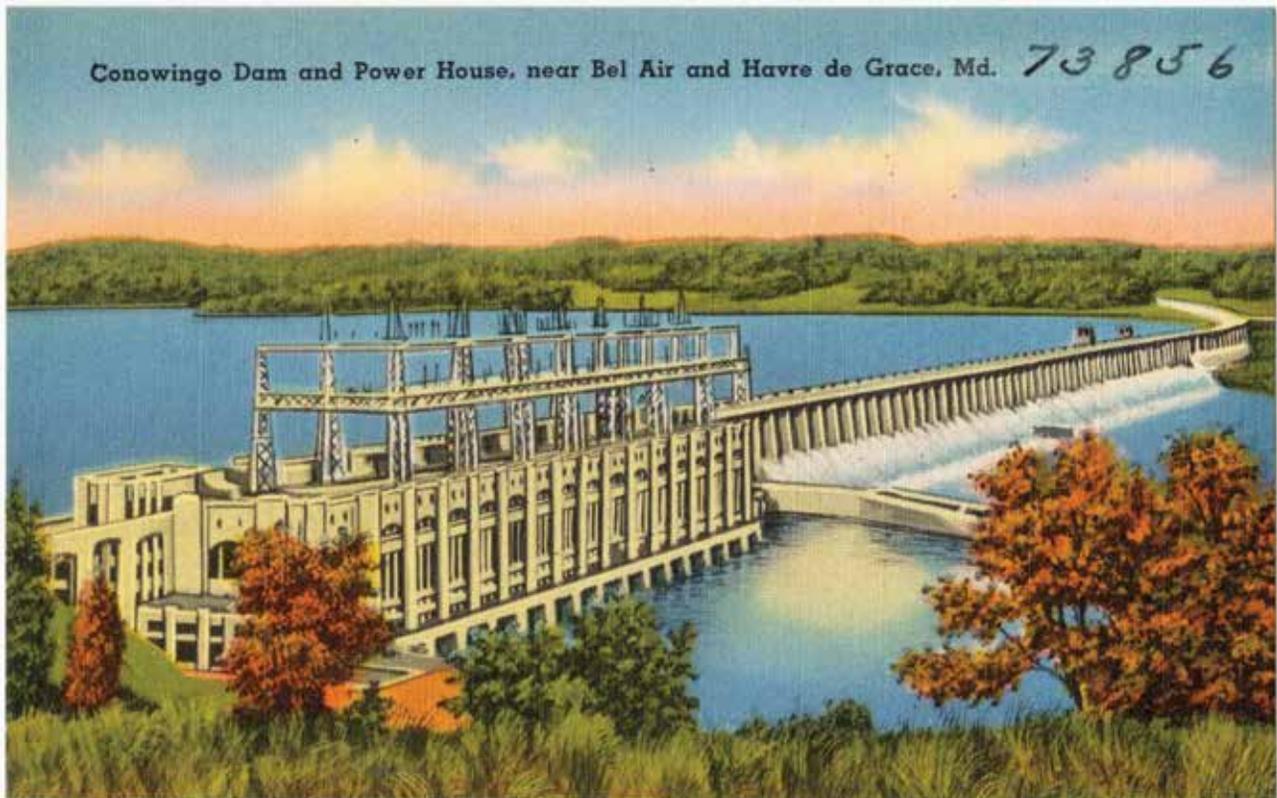
Exelon has to open Conowingo's crest gates to let the excess stormwater flow over the dam. With it comes tons of trash and debris. This creates a hazard to any vessel, big or small, navigating in the Bay.

One particularly nasty storm in the summer of 2018 covered the surface of much of Annapolis Harbor with floating debris. When the state asked for assistance after that storm, Exelon donated \$25,000 to the Chesapeake Bay Trust to support local debris clean-up efforts.

Early on in the Bay restoration movement, scientists and policy makers realized that there's not enough money and time in the world to do everything it would take to bring the Bay back to the pristine condition it was in when Capt. John Smith made his voyages of discovery 400 years ago. The collective reasoning was to focus on reducing sediment and nutrients.



In May, Maryland Attorney General Brian E. Frosh sent a letter of intent to the EPA, saying it must act to enforce the requirement for pollution management plans or face a federal lawsuit. Maryland was joined in the letter by Virginia and the District of Columbia.



A Conowingo Dam postcard, circa 1930–1945, depicts an idyllic setting. In the years since its construction, Conowingo Dam and the power corporations that operate it have been subject to environmental controversy and scrutiny.

Nutrients like nitrogen and phosphorus when used as fertilizer help plants grow, and that’s a good thing. But when you put too much on your lawn, or when farmers put too much on their fields, that’s a bad thing. You are another source of nutrients. Human waste is full of it, and inadequate sewage treatment plants don’t do the job of filtering it out. Then there’s the waste from large chicken and pig farms. Astonishingly, about a third of the Bay’s nitrogen comes from air pollution, from the exhaust of cars, trucks, power plants, and factories.

Rainfall, particularly heavy rains in storms, flushes these nutrients into the nearest waterway and then into the Chesapeake Bay, where the only plants they help to grow are algae. Algae are simple plants that grow rootless in the water.

Some are single-cell organisms, others grow in slimy strands. They serve as a crucial food source for oysters and other creatures, which is a good thing, but when there’s a lot of nitrogen and phosphorus in the water, the algae growth will surge, or bloom, and that’s bad.

Too much algae clouds the water. You’ve seen the water become all chocolatey, or sometimes even reddish brown. This is known as a “mahogany tide.” When the algae die off, it sinks to the bottom and decays, depleting the oxygen in the water, creating “dead zones” that can result in fish kills.

Suspended sediment is the result of dirt washing away in storms, from fields, construction sites, or eroding shorelines. This, too, clouds the water. Murky water prevents sunlight from penetrating

to the bottom to allow Bay grasses to grow. These grasses, known in the environmental world by the acronym “SAV,” short for “submerged aquatic vegetation,” provide vital food for waterfowl and habitat for crabs and fish.

The Environmental Protection Agency’s Chesapeake Bay Program started out about 30 years ago to coordinate the efforts of all six of the states within the 64,000 square mile area of the Bay watershed plus the District of Columbia. The EPA coordinated the goals of each partner, along with all the other federal agencies, local governments, and nonprofit organizations, to reduce the amount of these key pollutants. Over time, the partners forged a plan called the Chesapeake Bay Clean Water Blueprint, which some refer to as a “pollution diet.”

There’s an overarching model that considers all of the goals of all of the partners and states that if all of these pollution reduction plans could be fully implemented, the Chesapeake Bay ought to be “fishable and swimmable” by 2025.

In other words, the amount of pollution we’d be dumping into the Bay would not exceed the Bay’s ability to naturally flush itself of those pollutants. The Bay’s ecosystem would be sustainable. It will never again be as clean as it was when Capt. John Smith found it, but it will be cleaner than it was 30 years ago and we won’t be letting it get any worse.

The Clean Water Blueprint does three things: 1. ensures each partner shares in the responsibility for cleaning up the Bay; 2. sets two-year goals, or “milestones” to monitor progress; and 3.

gives the EPA the authority to impose consequences if the states and localities fail to live up to their responsibilities.

But under the current federal administration, the EPA has been shirking its responsibilities, according to MDE Secretary Ben Grumbles.

“We’ve been very clear from day one to make sure all the partners do their fair share, including the upstream states of Pennsylvania and New York,” he told me. “In 2019, the EPA demonstrated that they were not going to use the tools to enforce the program.”

Doubts about EPA’s commitment to the cause redoubled in early January of this year, when Dana Aunkst, the director of the EPA’s Chesapeake Bay Program, called the Clean Water Blueprint “an informational document” that is not “enforceable.”

In May, Maryland Attorney General Brian E. Frosh sent a letter of intent to the EPA, saying it must act to enforce the requirement for pollution management plans or face a federal lawsuit. Maryland was joined in the letter by Virginia and the District of Columbia.

On the same day, in a rare collaboration, the Chesapeake

Bay Foundation joined the Maryland Watermen’s Association to announce their intention to also sue the EPA over the agency’s failure to force Pennsylvania and New York to live up to their 2025 goals in restoring the Chesapeake Bay.

“It’s important to underscore that this lawsuit is just one way to force action on one specific component of our comprehensive strategy to protect the Chesapeake Bay,” Secretary Grumbles explained to me over the phone. “It’s using the Federal Clean Water Act to push the EPA to conduct its role as the interstate umpire in enforcing the pollution diet. Pennsylvania, in particular, has not been doing its part. It was a step we didn’t want to take, but we’ll continue to work with our partners to keep making progress so we can meet our 2025 restoration goals.” As of this writing, the EPA has not responded to the threat of these suits.

The key to resolving the Conowingo problem in the long run, some say, is to force Pennsylvania and New York to live up to their commitments in the Clean Water Blueprint. This contention came to the fore in 2016, when the U.S. Army Corps of Engineers and the Maryland Department

of the Environment released their Lower Susquehanna River Watershed Assessment report, which confirmed that the reservoir behind Conowingo Dam is trapping less sediment and that it has reached its limit.

The report concluded that following through on the blueprint to clean up the Chesapeake Bay and its tributaries will have a much greater and longer-lasting effect on water quality than addressing the Conowingo Dam problem all by itself. However, it warned that if the additional nutrient and sediment load impacts from the Conowingo Dam reaching full capacity are not addressed, Bay water-quality standards will not be met by 2025.

As I write these words in my home office in Annapolis, one of the first tropical storms of the season is swirling overhead, churning counter-clockwise up the coast, causing flash floods with three or four inches of rain in as many

hours. The storm is heading north, toward Conowingo.

By the time this article reaches you, the Federal Energy Regulatory Commission may or may not have ruled on Maryland’s agreement with Exelon and may or may not have granted the corporation’s license to operate the dam for 50 more years. The Environmental Protection Agency may or may not have responded to threats of lawsuits to force them to live up to its responsibility to force Pennsylvania and New York to live up to their responsibilities. Or another storm, this time a big one like Hurricane Agnes, may or may not cause a catastrophe at the Conowingo Dam.

And then there’s the Presidential election, which may or may not impact the leadership of the EPA.

In the next and final segment of this series, we’ll examine some potential solutions and resolutions.

“THE AGREEMENT TAKES THE BETTER ENVIRONMENTAL PATH BY FOCUSING ON PROGRAMS THAT ADDRESS NUTRIENT POLLUTION—THE BIGGEST THREAT TO THE BAY’S HEALTH.”

—KATHLEEN BARRÓN, EXELON’S SENIOR VICE PRESIDENT FOR GOVERNMENT AND REGULATORY AFFAIRS AND PUBLIC POLICY





F4AC

FISH FOR A CURE



NOVEMBER 7, 2020

www.FishForACure.org

With respect to the impact that COVID-19 is having on our community, the Fish For A Cure Tournament, Paul C. Dettor Captain's Challenge, and Shore Party supporting the Cancer Survivorship Program at Anne Arundel Medical Center's Geaton and JoAnn DeCesaris Cancer Institute is going virtual this year.



Make waves in cancer care for patients and their families in our community.



Compete for the biggest fish with the iAngler App and most dollars raised in the Captain's Challenge.



Celebrate a great day on the Bay with your crew with our F4AC Portable Shore Party Pack.



Get hooked up with awesome swag from your favorite local businesses.

For more information, contact us at fishforacure@aaahs.org or 443-481-4587.

**JOIN OUR GROWING LIST OF CAPTAINS, ANGLERS,
AND COMMUNITY PARTNERS BY REGISTERING YOUR CREW TODAY!**

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LEADING HEALTHCARE PROFESSIONALS 2020-2021

In the following section you can discover helpful information about a wide variety of healthcare individuals, organizations, and services that could provide the exact assistance you require. Keep this valuable resource handy throughout the year.

SANDEL DUGGAL CENTER FOR PLASTIC SURGERY & MEDSPA

DR. HENRY D. SANDEL IV

Dr. Henry D. Sandel IV is a double board certified, facial plastic and reconstructive surgeon. In 2008, Dr. Sandel returned to Annapolis, MD to open his center which specializes in facial plastic surgery and skin care. In March of 2015, he relocated his practice to West Annapolis, and in early 2016, partnered with Dr. Claire S. Duggal, board certified plastic surgeon and reconstruction specialist. Following their partnership, The Sandel Duggal Center for Plastic Surgery and MedSpa was formed. In July of 2016, the development of their state-of-the-art ambulatory center - West Annapolis Surgery Center was completed and is conveniently located within the same facility as their practice.

“EXPERIENCE, EDUCATION AND TRUST SHOULD BE AT THE HEART OF EVERY PATIENT ENCOUNTER. WE HAVE GAINED A REPUTATION IN THE COMMUNITY FOR PROVIDING CONSISTENT, LONG LASTING, AND NATURAL RESULTS WITH A FRIENDLY AND KNOWLEDGEABLE STAFF THAT IS SECOND TO NONE!”

–DR. HENRY D. SANDEL IV

The Sandel Duggal Center for Plastic Surgery & MedSpa offers a comprehensive range of plastic and reconstructive surgery options for face and body, along with the latest in nonsurgical cosmetic procedures and laser treatments. All treatments are uniquely tailored to meet your lifestyle and your specific aesthetic goals. Our mission is to deliver the highest quality in care in a single, state-of-the-art center and provide you with natural looking, long lasting results.

WHO I AM

1.

YOUR MOST OFTEN SAID GENERAL ADVICE TO PATIENTS

Do something that makes you feel good about yourself. It's not about what other people think.

5.

DESCRIBE YOUR OPERATING ROOM STYLE/BEDSIDE MANNER?

Relaxed and precise.

2.

WHAT ARE YOUR MOST REQUESTED PROCEDURES?

Facelifts, Cosmetic Eyelid Surgery, Rhinoplasty, Laser Skin Rejuvenation and Injectables (Botox and Fillers)

6.

WHAT IS YOUR PERSONAL “MANTRA”?

Be the best person you can be. Whether it's in my personal or profession life, I always try to do the right thing, treat people with humility and respect, and excel in my responsibilities.

3.

WHAT DO YOU LOVE MOST ABOUT YOUR PRACTICE?

I love the relationships I develop with my patients. It's amazing to see how a physical change in someone's appearance can bring out their inner spirit.

7.

WHAT DOES FAMILY MEAN TO YOU?

My family is the most important thing to me in the world. Everything I do is for my beautiful wife and kids.

4.

WHAT EXCITES YOU MOST ABOUT THE FUTURE OF YOUR PRACTICE?

Having less invasive procedures that result in minimal downtime. We can do things now that weren't available a short time ago.

8.

FAVORITE SPORTS TEAM

I'm a big fan of college football. The South Carolina Gamecocks are my team.



BEST COSMETIC SURGERY
(FACIAL)



BEST RECONSTRUCTION
BEST PLASTIC SURGERY
RECONSTRUCTION



BEST COSMETIC SURGERY
2009 - 2020



**ABOUT
DR. SANDEL**

Dr. Henry D. Sandel IV is a double board certified, facial plastic surgeon. After completing his residency at Georgetown University Hospital in Head and Neck surgery, Dr. Sandel continued on to the most prestigious fellowships in Facial Plastic and Reconstructive Surgery. With his career dedicated to surgical and nonsurgical treatments to the face and neck, Dr. Sandel strives to provide his patients with exceptional care within a single, state-of-the-art and relaxing environment.



MY CREDENTIALS

Board Certified

Facial Plastic and Reconstructive Surgery

Otolaryngology – Head & Neck Surgery

Fellowship Trained

Facial Plastic & Reconstructive Surgery



CONNECT

104 Ridgely Avenue
Annapolis, MD 21401
410-266-7120

www.sandelduggal.com



SERINO ORTHODONTICS

DR. JOHN SERINO

Dr. Serino with his personal concern for each patient and with a unique blend of experience, technical expertise and a warm, compassionate approach has treated the children, spouses, family members and staff of many of the area dentists and dental hygienists. Referral of family and friends especially from another dental professional is a great sign of trust and the highest endorsement that one can receive.

Dr. Neil Brayton of Chestertown, Maryland, in a recent interview stated, "I have been in practice for over 35 years and have had the opportunity to work with many orthodontists. Dr. Serino is an exceptional orthodontist delivering exceptional results. He understands people and their needs, he never pressures people and is outstanding with children; I would highly recommend him to anyone needing orthodontic care."

The removal of healthy permanent teeth should only be the last resort when treating patients with orthodontic needs. Dr. Serino's experience is that tooth extraction can cause many unwanted changes to the face and smile by creating a "dished-in" facial appearance if performed in the incorrect situation. Dr. Serino focuses on non-extraction orthodontic treatment for all ages.

WHO I AM

1.

PERSONAL MANTRA

Personally and professionally, being ever cognizant, mindful and careful of what you become known for.

2.

MOST MEMORABLE PATIENT EXPERIENCE

Two experiences definitely come to mind: on separate occasions, different patients that were treated as adolescents came into the office unannounced as adults to simply say thank you. One of the patients really emphasized how they lacked self-confidence before they had orthodontic treatment and a great smile really changed their life. The other was also appreciative of their smile but was really there to give thanks for my encouragement and conversations about some of the difficult times they were experiencing outside the office. It makes you realize the impact you can have on someone beyond just a straight smile.



ABOUT DR. SERINO

Serino Orthodontics has been perfecting smiles on the Upper Eastern Shore for over 20 years. Dr. Serino has personally treated over 5,000+ orthodontic cases and is a Board Certified Diplomate of the American Board of Orthodontics.

Dr. Serino is originally from Easton and is a graduate of Saints Peter and Paul H.S. He is married and has two children.

Dr. Serino focuses on non-extraction treatment with Damon Braces. Dr. Serino is also a Preferred Invisalign Provider. Other areas of focus for Dr. Serino are the treatment of TMJ (the jaw joint) for joint and jaw pain and the treatment of sleep apnea and snoring without CPAP with the use of oral appliances



CONNECT

410-822-9411 - Appointment Line All Offices

www.SerinoOrtho.com

538 Cynwood Drive, Suite #1
Easton, MD 21601

202 Coursevall Drive
Centreville, MD 21617



DJAWDAN CENTER FOR IMPLANT & RESTORATIVE DENTISTRY

KIAN DJAWDAN, DMD, DABOI, DICOI, FAAID, FAGD

Board Certified by the American Board of Implantology/Implant Dentistry, Dr. Kian Djawdan is considered an expert in implant dentistry. Dr. Djawdan is specially trained and licensed to administer IV sedation for any surgical and restorative dental procedure. Dr. Djawdan is among a small group of dentists with the advanced training, experience, and credentials to handle both surgical and restorative dental goals.

We embrace change and technology to offer our patient's precision and accuracy in diagnosis and treatment. In 2005, we were one of the first dental practices in the world to have an in-office dental CT scan. With a dental CT scan and 3-D imaging software, we can fully visualize the placement of dental implant(s) in a real 3-D environment and then design a surgical and restorative plan. In June of 2015, we incorporated our own on-site dental lab with the most advanced CAD/CAM digital imaging and milling units to design and fabricate anything from single crowns to dental implant supported full-arch bridges.

WHO I AM

1.

WHAT DO YOU LOVE MOST ABOUT YOUR PRACTICE?

Having the opportunity to restore hope and confidence for patients.

2.

WHAT ARE YOUR MOST REQUESTED PROCEDURES?

IV sedation, implant dentistry (surgical & restorative) and same day crowns.



ABOUT DR. DJAWDAN

Dr. Djawdan completed his graduate program at Tufts University in Boston. After receiving his D.M.D. degree in 1992, he completed a two-year residency program at the VA Hospital and Medical College of Virginia. His residency program training focused on IV sedation, surgical placement, and restoration of dental implants. He is board certified by the American Board of Implantology/Implant Dentistry. He earned his Diplomate with the International Congress of Oral Implantologists, Fellowship with American Association of Implant Dentistry.



CONNECT

200 Harry S. Truman Pkwy,
Suite 210
Annapolis, MD 21401
410-266-7645

www.SmileAnnapolis.com



MARGRET B. QUIMBY

DDS, MAGD

Dr. Margaret Quimby, DDS, MAGD, one of this year's 'Top Dentists', is a general dentist with a progressive practice utilizing the latest technologies, state of the art equipment, bioactive materials to provide minimally invasive and conservative care. She always makes time to see patients when having an emergency.

Dr. Quimby offers all the standard dental procedures including tooth colored, mercury free fillings, crowns, bridges, veneers, dentures, root canals, extractions, non-surgical periodontal treatment, and of course preventative procedures such as sealants, oral cancer exams and routine dental hygiene care for patients as young as one.

She also offers many non-traditional options such as conscious sedation, nitrous oxide, implant restorations, in-office whitening, short term orthodontics, 3D imaging, digital x-rays, radiation free transillumination, Identifi oral cancer device and complex comprehensive full mouth rehabilitation.

What makes Dr. Quimby's office different?

One of the first things you will notice is Dr. Quimby's warm, compassionate approach. Hers is not a high volume, faced pace, numbers driven practice. By taking the time to listen to each patient, she is able to provide highly personalized comprehensive care. She genuinely wants her patients to have an understanding of their oral health and treatment options. So that they can determine what treatment is best for them. Dr. Quimby enjoys getting to know her patients and has a true personal concern for them.

In her office you will find the entire team is professional and attentive. And according to the hundreds of rave reviews they provide thorough, friendly, high quality care that patients desire and deserve. Thanks for Voting!



ABOUT DR. QUIMBY

Dr. Quimby has been in the dental field for over 30 years. After working her way through the dental practice, she graduated Magna Cum Laude from the University Of Maryland School Of Dentistry. Since then, she continues to take learning seriously, always going above and beyond, she even earned the prestigious Mastership in the Academy of General Dentistry.

She feels it's important to give back to the community, so Dr. Quimby provides dental care with the Eastern Shore Mission of Mercy and the Maryland Foundation Dentistry, caring for those in need.

Dr. Quimby loves living in Easton with her Optometrist husband, Dr. Charles McDonald, two college student children, two cats and a parrot.



CONNECT

538 Cynwood Drive
Easton, MD 21601
410-770-9590

www.drquimbydds.com
Find us on Facebook



DR. HARRY Y. CANTER, JR., DDS, PA

Whether you are experiencing persistent jaw pain, would like to restore your smile with dental implants, or need your wisdom teeth removed, top dentist, Dr. Harry Y. Canter, Jr., is the oral and maxillofacial surgeon you want to see on the Eastern Shore.

As an oral and maxillofacial surgeon, Dr. Canter practices a full scope of oral and maxillofacial surgery with expertise in wisdom tooth removal, dental implant procedures, bone grafting, and facial injuries. Dr. Canter's favorite part of his work is taking a broken, diseased or defective area and restoring it for patients, especially with dental implants and bone grafting, "because patients find the results so rewarding," he says. Canter continues, "Growing up I had an exceptional family dentist who always demonstrated superb care and skill, and I knew I wanted to follow in his footsteps helping people feel comfortable and confident."

WHO I AM

1.

WHY SHOULD I CHOOSE DENTAL IMPLANTS?

Dental implants are changing the way people live. They are designed to provide a foundation for replacement teeth that look, feel, and function like natural teeth. After the procedure, individuals regain the ability to eat almost anything and are pleased with the natural appearance.



ABOUT DR. CANTER

Oral and maxillofacial surgeons require up to six additional years of hospital-based surgical and anesthesia training beyond their general dentistry degree. Dr. Canter earned his Doctorate of Dental Surgery from the University of Maryland School of Dentistry and completed his general practice residency at the Medical University of South Carolina. He then proceeded to Georgetown University Medical Center for his oral and maxillofacial residency. Dr. Canter is a past president of the Eastern Shore Dental Society and the Maryland Society of Oral and Maxillofacial Surgeons. He is a Diplomate of the American Board of Oral and Maxillofacial Surgery and of the National Dental Board of Anesthesiology, and a Fellow of the American Association of Oral and Maxillofacial Surgeons. Dr. Canter participates in various charities with donated oral and maxillofacial surgical service programs.



CONNECT

556-C Cynwood Drive
Easton, MD
410-822-1183

www.midshoreoralsurgery.com



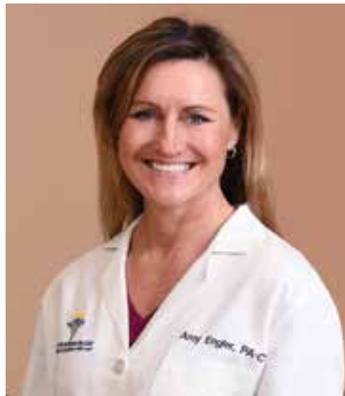
Michael Del Torto, MD



Donald Stranahan Jr., MD



Ellen Jordan, PA-C



Amy Engler, PA-C



Erica Franks, PA-C



Christina de Leon, PA-C



Katelyn Baker, PA-C

**CONNECT**

403 Marvel Court
 Easton, MD
 410-819-8867
www.eastondermatology.com

EASTON DERMATOLOGY ASSOCIATES

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

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

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



ABOUT OUR PRACTICE

Easton Dermatology providers treat skin conditions including:

Skin Cancer (Screening, Surgery, MOHS Surgery)

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

Our cosmetic services include:

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

ACCEPTING NEW PATIENTS





CHRISTOPHER K. MURPHY, DDS

EASTERN SHORE DENTAL CARE

Christopher K. Murphy, D.D.S is a graduate of the University of Maryland School of Dentistry. He completed his postgraduate education studies in implant restorations and cosmetic dentistry. In 1986, he partnered with Dr. Scott Billings. Thirty-four 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, this 7,000 sq. ft. dental spa employs 6 dentists, 36 staff members, offers 20 treatment rooms and serves over 20,000 patients.

WHO I AM

1. WHAT INSPIRED YOU TO BECOME A DENTIST?

When I was 12 years old, I broke my two front teeth playing hockey. At the time, I thought I would never have front teeth again. I could not believe that my dentist was able to fix them. He inspired me to become a dentist and impact lives.

2. TELL US A FUN FACT ABOUT YOURSELF

For 10 years, I have participated in an annual dental mission to the Solomon Islands. It's a great honor to be able to provide families, living without electricity or running water, the much needed dentistry they deserve.



ABOUT DR. MURPHY

Christopher K. Murphy, D.D.S is a graduate of the University of Maryland School of Dentistry. He completed his postgraduate education studies in implant restorations and cosmetic dentistry. Dr. Murphy was prominently featured in DentalTown Magazine – a national industry-leading publication – for his mission work performed around the world. He has also been widely recognized in the area as the following: "Favorite Business Owner" and "Favorite Dentist" by readers of *The Shore Update*; "Top Doc" and "Top Invisalign Provider" by readers of *What's Up? Eastern Shore*; "Favorite Doc" by readers of *Chesapeake Family Magazine*. Dr. Murphy has also been recognized by the Maryland General Assembly for his work in the community.

He is married and the father of two adult children. In his spare time, Dr. Murphy used to enjoy traveling and piloting small planes. Now you can find him playing in the park with his grandson talking to him about why he should be a dentist when he grows up.



ABOUT OUR PRACTICE

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.



CONNECT

22 Kent Towne Market
Chester, MD 21619
410-643-5500
www.easternshoredentalcare.com





DR. CHRISTIE HAGERT

HAGERT FAMILY DENTISTRY

Dr. Christie Hagert established Hagert Family Dentistry in 2018 after purchasing a retiring dentist's office in Chestertown, located opposite the main entrance to Washington College. She has fully renovated her practice with state of the art equipment. With 18 years of experience, she brings modern technology and current standards of care to the Eastern Shore. Educating patients, alleviating their fears, and taking care of their dental needs with a vibrant and professional team is Dr. Hagert's number one priority. She believes in building trust and strong relationships with her patients. Providing a positive dental experience and changing patients' perspectives on "going to the dentist" is very important to Dr. Hagert and her team. She takes as much time as it takes with each patient to evaluate the "big picture" from a dental perspective, to discuss individual goals, to offer different options, and to come up with a comprehensive dental plan together.

WHO I AM



ABOUT DR. HAGERT

Immediately prior to starting her own practice, Dr. Hagert spent over ten years specializing in sedation dentistry. Her focus was on helping and treating high-anxiety patients with complex treatment plans. This training has proven invaluable in her general dentistry practice. Offering a gentle treatment approach in a comfortable environment is key.

Dr. Hagert loves a challenge. Full-mouth rehabilitation cases are her favorite. Each case is unique and rewarding. Rebuilding a person's smile changes their life. You can accomplish anything if you love your smile!

Dr. Hagert is honored to have been recommended by her peers for inclusion in this year's What's Up? Eastern Shore's list of Top Dentists on the second year anniversary of starting her practice.



MY CREDENTIALS

Dr. Hagert is a second-generation dentist who graduated from the University of Maryland Dental School in 2009. After graduation, she completed a one-year residency at The Virginia Commonwealth University School of Dentistry. Her father was a dentist and her mother was a hygienist. Since graduation, Dr. Hagert has immersed herself in continuing education at The Spear Institute in Scottsdale, Arizona. She is a member of the American Dental Association, Maryland State Dental Association, Academy of General Dentistry, and the American Academy of Clear Aligners.



CONNECT

415 Washington Ave #1
Chestertown, MD 21620
410-778-2474

www.hagertfamilydentistry.com



KENT ISLAND PEDIATRIC DENTISTRY

MARGARET C. MCGRATH, DMD, MPH
MEGAN GOLIA, DDS

We often hear parents say, "my child keeps asking when I can come back to the dentist?" Those stories make us happy and proud that children really do like our office! As pediatric dentists we provide both regular and specialty dental care for children ages 0-18 years, and for children with special needs. We offer many services that family dentists cannot offer, such as nitrous oxide sedation, mild oral sedation and hospital dentistry.

Drs. Margaret McGrath and Megan Golia have techniques and skills enabling them to provide complicated dental care for children in a safe and even fun manner. They always enjoy meeting new patients and are dedicated to providing stellar pediatric dental care to the children on the Eastern Shore.

Please feel free to call our office or visit our website for more information on the practice. We look forward to meeting your family!

WHO WE ARE

- 1. ADAPTING TO THE CORONAVIRUS**
- 2. WHAT ARE WE MOST PROUD OF?**

Some important changes to ensure patient safety include: reworking the patient care schedule, implementing teledentistry and staying current with CDC guidelines. This reset has allowed us to refocus our practice and appreciate a simpler life.

We are very proud our practice has a strong commitment to working with public health organizations of the Eastern Shore, increasing access to quality pediatric dental care for all children.



WHAT'S NEW? LASER DENTISTRY!

We are excited to now offer dentistry using the Solea laser! Solea is a wonderful dental laser that is able to simplify many dental procedures in our practice. It causes virtually no pain or vibration and, in most cases, numbing with a needle is not required. This is a great benefit to children, not having to leave with the dreaded numbness after a procedure. Solea also allows much better experiences for not just fillings but also for treating lip and tongue ties! Our patients love it and this is a game changer in pediatric dentistry. We are thrilled to have this technology in our office!



CONNECT

160 Sallitt Drive, Suite 106
Stevensville, MD 21666
410-604-2211 | kipediatricdentistry.com



DENTAL CHOICE

IRVING M. PHILLIPS JR., DDS
WADE P. DRESSLER, DDS

If you're looking for the the latest in lifelong dental care, combined with an esteemed reputation, and a family friendly atmosphere, look no further than the team at Dental Choice. Dental Choice, founded in 1952, is the longest operating dental practice in Easton. Led by Dr. Irving Phillips, DDS and Dr. Wade Dressler, DDS, their goal is to continue to live up to its tradition of excellence while integrating all of the best and safest practices for adults and children. Their dedicated and caring employees are the backbone of the team, averaging 15 years of service. Dental Choice's success is a result of commitment to quality, education, and cutting-edge dentistry while treating patients like family.

WHO WE ARE



ABOUT DR. PHILLIPS

Dr. Phillips, an Eastern Shore Native, has practiced at Dental Choice for 37 years. An award-winning University of Maryland Dental School graduate, he and his wife, Jane (a Registered Dental Hygienist and State Dental Board Member), raised 3 sons. Dr. Phillips is a well-respected lacrosse coach and founder of Dark Horse Lacrosse, and is an avid golfer.



ABOUT DR. DRESSLER

Dr. Dressler has practiced at Dental Choice for 14 years. An award-winning University of Maryland Dental School graduate, he and his wife, Melanie, are both veterans (USMC and USAF) and are raising 2 sons. Dr. Dressler is a well-respected Easton Little League coach, former president and board member. He is currently an Easton High School Baseball assistant coach.



ABOUT OUR PRACTICE

In 2016, Dental Choice moved into a newly renovated building, enhancing their ability to provide excellent care and access for patients. Dental procedures offered include: metal-free composite fillings, crowns, porcelain veneers, complete and partial dentures, oral surgery, root canal treatment, and nonsurgical periodontal therapy, implant supported restorations, digital radiographs and dental CT scans for advanced diagnostics, Invisalign, snore appliances, in-office whitening, soft and hard tissue laser surgeries, and intra-oral digital cameras for enhanced communication.



CONNECT

503A Dutchmans Lane
 Easton, MD 21601
 410-822-4310
www.dentalchoicееaston.com



HORACE K. WOOD, DMD, PA

ORAL AND MAXILLOFACIAL SURGERY

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

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

WHO I AM

1. WHAT ALTERNATIVE OCCUPATION WOULD YOU CHOOSE?

Anything to do with plants.

2. FAVORITE MUSIC/BANDS

Classic Rock from the 1970’s.



ABOUT DR. WOOD

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



CONNECT

508 C Cynwood Drive
Easton, MD
410-770-3130

www.eastonoms.com



SOISTMAN FAMILY DENTISTRY & ASSOCIATES

**JONATHAN T. SOISTMAN, DDS
GURPREET KAUR, DDS**

Soistman Family Dentistry & Associates was founded in Centreville, MD in October 2015. Our second location was founded in May of 2018 in Easton, MD. At Soistman Family Dentistry & Associates we create a personalized experience for each and every one of our patients to ensure they are comfortable and experience no anxiety. Our practice offers many services including general dentistry for all ages, dental implants, dentures, veneers, ZOOM teeth whitening, invisalign, crowns, root canals, sleep apnea & TMJ treatment. We offer same day emergency appointments and are always welcoming new patients.

Soistman Family Dentistry's mission is to have a positive impact on our patients lives and the community, through acts of kindness and generosity. There are 6 core values both offices follow and they include kindness, faith, process, gratitude, generosity, and financial stewardship. The personal interactions with our patients and the stories of success and happiness inspires us to make a difference.

WHO WE ARE

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

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

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



ABOUT DR. SOISTMAN

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

Dr. Soistman is the recipient of outstanding service and leadership for organized dentistry (MSDA, 2011). He is an Invisalign Certified Preferred Provider, Top Dentist (What's Up? Media 2017-2018), Best Emergency Dentist (What's Up? Media 2019/2020) Favorite New Business Owner (Golden Anchor Awards, 2016) and Favorite Local Business Owner (Golden Anchor Awards, 2017, 2018, 2019).



CONNECT

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400 Marvel Court • Easton, MD 21601
410-525-5883 • 410-822-1844 (Fax)

SoistmanFamilyDentistry.com • Smile@SoistmanFamilyDentistry.com



SMILES BY THE BAY

DR. MARY C. TRAHAR-THOMAS, DDS, PA

When I opened the doors to my orthodontic practice in 2005, I found in my drawer a little note that my mother had written. And in the note, she quoted a line from her mother's poem — "A little girl spins dreams while small of what she'll do and be." That quote is something that I'll never forget, and I carry it with me wherever I go. When I was stationed overseas with the Air Force, I was fortunate enough to be working in pediatric dentistry, and I absolutely loved it. So I took that little seed and said to myself: This is it. This is that little dream that I'm going to spin — and spin it big! Today, I'm proud to offer excellent orthodontic care for both children and adults, with locations in Annapolis, Kent Island, and Denton.

NEWS FOR OUR EASTERN SHORE DENTON OFFICE

At Smiles by the Bay, we put a lot of thought into how we can make orthodontic treatment a special experience for both our patients and their parents. That's why we always go the extra mile! We are so excited to announce that we've officially opened our brand new orthodontic office in Denton, MD. In addition to high-quality orthodontic care, this new location will soon be offering the additional specialty services of Pediatric Dentistry. Dr. Trahar-Thomas is passionate about community outreach and meeting the comprehensive oral healthcare needs of our youth. Creating such a space that truly meets the needs of our Eastern Shore families has been a life-long dream for Dr. Trahar-Thomas.



ABOUT **DR. TRAHAR-THOMAS**

Dr. Mary C. Trahar-Thomas grew up in Annapolis. And while she has travelled the world to pursue advanced degrees in orthodontics and pediatric dentistry, Annapolis will always be her home. That's why, when she was ready to open her first orthodontic practice in 2005, she returned to Annapolis and launched Smiles by the Bay. Dr. Trahar-Thomas has also recently remarried and now lives on the Eastern Shore with her husband and their big, blended family — with 7 beautiful children, 2 cats, 3 dogs, 2 rabbits, and 10 chickens.



CONNECT

Annapolis: 716 Giddings Ave
Kent Island: 160 Sallitt Drive
Denton: 52 Denton Plaza
410-280-2484
www.smilesbythebay.com



Q: How do I choose the right plastic surgeon?

A: There are 3 steps to take in order to find the right surgeon for you. First, do your research online. Look for plastic surgeons in your area that specialize in the procedure you're most interested in. Learn about them from their

website and look at their videos and before and after photos. Second, ask your friends and neighbors, or even your family doctor, about the surgeon's professional reputation. Third, schedule a consultation and meet your surgeon personally. This face-to-face meeting will reveal how well you will be taken care of by your surgeon as well as the nurses and staff in the office.

DR. HENRY D. SANDEL IV, Sandel Duggal Center for Plastic Surgery



Q: Who would benefit from Sedation Dentistry?

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

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

DR. CHRISTOPHER K. MURPHY, DDS, Eastern Shore Dental Care



Q: What measures have you put in place to keep your patients safe during the COVID-19 pandemic?

A: We have added features to our HVAC System and air purifiers in each operatory. We also

have extra-oral suction units to minimize aerosols with certain dental procedures. We have all required personal protective equipment and cleaning supplies. We require daily screening for staff and every patient for any possible COVID 19 exposure, and revamped our check-in procedures all in effort to keep our patients and staff safe.

IRVING M. PHILLIPS JR., DDS & WADE P. DRESSLER, DDS, Dental Choice



Q: Why should I visit my dentist during the pandemic?

A: By putting off routine exams and treatment, dental diseases will only worsen, eventually causing more expense, potential pain, infection and fewer treatment options. And please don't miss your oral cancer exams. ALSO, It is

known that "the mouth is a window to your health." Routine dental exams are as important to your oral health, as they are to the health of the rest of your body. Evidence clearly shows that oral diseases are correlated to many health conditions including cardiovascular disease, diabetes, and stroke, just to name a few. By putting off routine dental care, it could compound health issues in the months or years to come. Rest assured we have significant pandemic protocols in place to keep you safe.

MARGRET QUIMBY, DDS



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

A: Every patient's needs are different as well as their insurance. It's important to be aware of your benefits. You pay for them and you want to use them before you lose them!

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

JONATHAN T. SOISTMAN, DDS
Soistman Family Dentistry & Associates



Q: Is it safe to see a Dermatologist now?

A: While this pandemic has caused patients to postpone medical care, it's important to continue caring for your health. Skin cancers and other conditions need to be treated to prevent them

from getting worse. We are committed to providing you with a safe place to go when you need care. If you are worried about visiting a doctor's office during the pandemic, call us to discuss the measures we have in place ensuring everyone's safety and well-being. Our practice is a proud participant of the Maryland Strong Back to Business Pledge, part of Governor Hogan's Maryland Strong Roadmap to Recovery plan.

DONALD STRANAHAN JR., MD, Easton Dermatology



Q: When should children begin using toothpaste?

A: There are many recent changes for toothpaste guidelines; current recommendations are to start brushing teeth shortly after birth! Before teeth erupt, brush gums with water using a soft toothbrush or cloth. Once teeth erupt, use toothpaste,

a soft toothbrush, and brush twice daily. New AAPD guidelines state fluoride toothpaste should be used once teeth erupt, using smear/grain of rice-sized amount, and wiping teeth to prevent swallowing. Some parents prefer fluoride-free toothpaste for infants. By age two, definitely use fluoride toothpaste with the same grain of rice-sized amount. Parent supervision is required for all children to encourage spitting and prevent swallowing.

MARGARET C. MCGRATH, DMD, MPH
Kent Island Pediatric Dentistry



Q: How can I tell if my child needs braces?

A: Parents often ask us how to tell if their child needs braces. Here are some of the clearest signs that orthodontic care may be needed: early, late, or irregular loss of baby teeth; difficulty in chewing or biting; mouth breathing; thumb or finger sucking;

crowded or misplaced teeth; or biting the cheek or the roof of the mouth. Because we want to make it easy for you to get personal feedback from a trusted professional, we now offer parents a free Virtual Consult. If you have questions, Dr. Mary Trahar-Thomas will review your child's case and let you know whether it's time for treatment, all from the comfort of your own home.

DR. MARY C. TRAHAR-THOMAS, DDS, PA
Smiles By The Bay



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

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

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

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



Q: How Can I Treat Face Mask Skin Irritation?

A: Outbreaks of facial acne, dry skin, peeling, and redness are becoming troublesome as the prolonged use of masks continue. Friction from the movement of your mask causes the skins protective barrier to wear down. Once worn, the skin becomes

susceptible to bacteria, clogged pores and moisture from exhalation. The best defense to calm irritation is a consistent facial skincare regimen.

1. Use a gentle fragrance free cleanser and moisturizer morning and evening.
2. Avoid cosmetics on areas covered by the mask.

If these issues persist or worsen, please visit a board certified dermatologist to assess and restore your skincare health.

MICHAEL DEL TORTO, MD, Easton Dermatology



Q: I'd love to get rid of the excess skin in my neck. Is there a way to do this with minimal downtime?

A: Facelift or necklift surgery is different than it was in the past. We now have techniques that are less invasive with downtimes

of about a week. Droopy skin in the neck simply has to be lifted into its natural position and the excess removed with minimal incisions hidden around the ears. Virtually no scars are visible and the results are very natural. Unfortunately, despite the marketing you may see on the internet, there is no way to remove this extra skin without surgery. But thankfully, it's now a very simple procedure to undergo.

DR. HENRY D. SANDEL IV, Sandel Duggal Center for Plastic Surgery



Q: In what ways have you given back to the local community?

A: Drs. Phillips and Dressler have a strong commitment to their community. They sponsor youth athletic teams, local schools, and other civic organizations. Both are

former Dean's Faculty clinical instructors for the University of Maryland Dental School, and offer internship opportunities via Talbot County Schools. They have volunteered in Mission of Mercy events, providing treatment those who cannot normally access or afford dental care.

IRVING M. PHILLIPS JR., DDS & WADE P. DRESSLER, DDS, Dental Choice



Q: Why is preventative dental care so important?

A: Prevention is key in maintaining good oral health. It helps to avoid cavities, gum disease, enamel wear, and more. It is always easier to address an issue when caught early. Diet and home

care can easily be improved or altered with proper recommendations. Oftentimes, cavities and gum disease can be resolved with regular dental visits and education.

DR. CHRISTIE HAGERT, Hagert Family Dentistry



Q: Will my Maryland Healthy Smiles (MHS) insurance cover the cost of orthodontics?

A: Yes, if medically necessary and your child is under the age of 21, has only permanent teeth, and 'scores' a 15 or higher on their HLD exam with

a credentialed provider. The HLD form (Handicapping Labio-lingual Deviations Form) is designed to quantify the severity of your child's malocclusion and determine if correction of the bite is a medical necessity rather than a cosmetic request. Cosmetic treatment and Invisalign Teen are not covered by MHS. We are proud MHS providers at all of our locations.

DR. MARY C. TRAHAR-THOMAS, DDS, PA
Smiles By The Bay



Q: Who is a candidate for sedation dentistry?

A: Sedation dentistry is a great option for patients who have anxiety or fear about going to the dentist. Dental sedation can also be helpful for patients with issues such as a sensitive gag reflex, fear of needles or difficulty getting numb.

Just about any procedure can be performed with sedation – even a dental cleaning. There are several sedation options including inhalation sedation (laughing gas), oral medications and IV sedation. Sedation dentistry makes it possible to have multiple procedures done in one visit – meaning fewer visits to the dentist!

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



Q: Non-extraction versus extraction and early treatment in orthodontics?

A: Extraction should only serve as a last resort in orthodontic treatment. If done in the incorrect situation, extraction can lead to many adverse consequences such as a "dished-in" facial

appearance. Extraction of permanent teeth can be avoided in a very high percentage of children when treated early before all the baby teeth are lost by creating room for the crowded teeth during the growth years. Your best plan of action is to see an orthodontist that focuses on non-extraction treatment as early as age seven when many options are available to avoid extraction of permanent teeth.

DR. JOHN SERINO, Serino Orthodontics

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WHAT'S UP? MEDIA
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A blue background with a pattern of white dental icons including teeth, dental tools, and pills. The word 'Top' is written in a large, white, cursive font with a red outline. Below it, a red toothbrush is positioned horizontally. The word 'Dentists' is written in a large, white, cursive font with a red outline, partially overlapping the toothbrush. Below 'Dentists' is a white horizontal line with a red outline. The year '2020-2021' is written in a white, sans-serif font. In the bottom left corner, there is a red circular badge with a white dotted border containing the text 'EASTERN SHORE' in white, bold, sans-serif font.

Top Dentists 2020-2021

**EASTERN
SHORE**

Every two years we survey hundreds of local dentists with our **Top Dentists Peer Review Survey**. And lucky for you, our readers, many of these dentists let us know exactly who they trust with their own oral health care needs.

In spring, we called upon all dentists practicing in throughout the Eastern Shore counties of Queen Anne's, Kent, Caroline, Talbot, and Dorchester, and Anne Arundel County, and asked them, "If you needed to recommend a dentist (other than yourself) to a friend or loved one, which dentist(s) would you recommend in the following specialties?" We listed more than 10 areas of dental specialty on the digital survey. Dentists could vote for up to three candidates per specialty. Dentists completing the survey were required to enter their Maryland dental license number to validate their entries. Only one survey entry was allowed per dentist/license number.

The healthy response was impressive and gratifying. Judging by the number of votes cast and the number of dentists nominated, we are fortunate to have so many well-respected dentists practicing in the Chesapeake region. We want to thank the many dentists who took the time to fill in all the categories.

Please note that these results represent those individuals who clearly received the most substantial number of votes, not everyone who received a vote. Some categories elicited more voting activity than others—and that is reflected in the higher number of winners in some specialties.

Congratulations to the following dentists practicing on the Eastern Shore, listed alphabetically by last name under each respective dental specialty category. →

Anesthesiology

The medical specialty concerned with the total perioperative care of patients before, during, and after surgery. It can encompass anesthesia, intensive care medicine, critical emergency medicine, and pain medicine.

Dr. Harry Y. Canter, Jr.
556-C Cynwood Drive, Easton; 410-822-1183; midshoreoralsurgery.com

Endodontics

Dental specialty dealing with diseases of the tooth root, dental pulp, and surrounding tissues. Root canal procedures are commonly performed by endodontists in order to alleviate pain and to save the tooth.

Dr. J. Fredrick Heaton
556 Cynwood Drive, Ste. B, Easton; 410-822-1442; eastonen-do@aol.com

General Dentistry

A general dentist caters to a wide variety of dental health concerns for patients of all ages by preventing and/or treating both straightforward and complex conditions.

Dr. Wade P. Dressler
Dental Choice; 503 Dutchmans Lane, Ste. A, Easton; 410-822-4310; dentalchoicceeaston.com

Dr. Christie L. Hagert
Hagert Family Dentistry; 415 Washington Avenue, #1, Chestertown; 410-778-2474; hagertfamilydentistry.com

Dr. Ryan Maisel
Kent Island Dentistry; 1231 Shopping Center Road, Stevensville; 410-643-5100; kentislanddentistry.com

Dr. Eugene McNinch
Kent Island Dentistry; 1231 Shopping Center Road, Stevensville; 410-643-5100; kentislanddentistry.com

Dr. Christopher K. Murphy
Eastern Shore Dental Care; 22 Kent Towne Market, Chester; 443-249-8881; easternshoredentalcare.com

Dr. Irving M. Phillips
Dental Choice; 503 Dutchmans Lane, Ste. A, Easton; 410-822-4310; dentalchoicceeaston.com

Dr. James C. Pochron
Chesapeake Dental; 116 South Piney Road, Ste. 202, Chester; 410-643-4700; chesapeakeidental.net

Dr. Margret B. Quimby
538 Cynwood Drive, Ste. C, Easton; 410-770-9590; drquimbydds.com

Oral & Maxillofacial Pathology

This specialty is concerned with diagnosis and study of the causes and effects of diseases of the mouth, jaws, and related structures, such as salivary glands, temporomandibular joints, facial muscles, and perioral skin (the skin around the mouth).

Dr. Harry Y. Canter, Jr.
556-C Cynwood Drive, Easton; 410-822-1183; midshoreoralsurgery.com

Dr. Borek L. Hlousek
Oral Surgery Specialists; 101 St. Claire Place, Stevensville; 410-643-9730; annapolisoss.com

Dr. Cornelius J. Sullivan
Oral Surgery Specialists; 101 St. Claire Place, Stevensville; 410-643-9730; annapolisoss.com

Dr. Horace K. Wood
Horace K. Wood, DMD Oral & Maxillofacial Surgery; 508-C Cynwood Drive, Easton; 410-770-3130; eastonoms.com

Oral & Maxillofacial Radiology

This specialty is concerned with performance and interpretation of diagnostic imaging used for examining the craniofacial, dental, and adjacent structures.

Dr. Harry Y. Canter, Jr.
556-C Cynwood Drive, Easton; 410-822-1183; midshoreoralsurgery.com

Dr. Borek L. Hlousek
Oral Surgery Specialists; 101 St. Claire Place, Stevensville; 410-643-9730; annapolisoss.com

Dr. Cornelius J. Sullivan
Oral Surgery Specialists; 101 St. Claire Place, Stevensville; 410-643-9730; annapolisoss.com

Dr. Horace K. Wood
Horace K. Wood, DMD Oral & Maxillofacial Surgery; 508-C Cynwood Drive, Easton; 410-770-3130; eastonoms.com

Oral & Maxillofacial Surgery

This specialty deals with the diagnosis and surgical treatment of diseases, injuries, and defects of the teeth, mouth, and face. Procedures range from removal of wisdom teeth to surgical treatment of facial trauma.

Dr. Harry Y. Canter, Jr.
556-C Cynwood Drive, Easton; 410-822-1183; midshoreoralsurgery.com

Dr. Borek L. Hlousek
Oral Surgery Specialists; 101 St. Claire Place, Stevensville; 410-643-9730; annapolisoss.com

Dr. Horace K. Wood
Horace K. Wood, DMD Oral & Maxillofacial Surgery; 508-C Cynwood Drive, Easton; 410-770-3130; eastonoms.com

Orthodontics and Dentofacial Orthopedics

This specialty deals with the diagnosis, prevention, and correction of improperly aligned teeth and abnormal jaw structures. Treatment can be for functional and/or aesthetic reasons.

Dr. Erik Higginbottom
Higginbottom Orthodontics; 503 Dutchmans Lane, Easton; 410-822-3626; higginbottomorthodontics.com

Dr. Philip Philbin
Philbin & Reinheimer Orthodontics; 101 St. Claire Place, #104, Stevensville; 410-216-4168; marylandbraces.com

Dr. Ora Reinheimer
Philbin & Reinheimer Orthodontics; 101 St. Claire Place, #104, Stevensville; 410-216-4168; marylandbraces.com

Dr. John W. Serino
Serino Orthodontics; 202 Coursevall Drive, Centerville; 410-822-9411; serinoortho.com

Pediatric Dentistry

This is an age-defined specialty that provides primary and comprehensive preventive and therapeutic oral health care for infants and children through adolescence.

Dr. Cynda Hill
Dentistry for Children; 508-B Cynwood Drive, Easton; 410-819-0726; dentistry-forchildrenmd.com

Dr. Dudley Katz
Dudley Katz & Associates; 101 St. Claire Place, Stevensville; 410-604-2222; katzddsforkids.com

Dr. Erica Lewis-Mead
613 Dutchmans Lane, Easton; 410-822-7575; eastonkidsdentist.com

Dr. Margaret C. McGrath
Kent Island Pediatric Dentistry; 160 Sallitt Drive, Ste. 106, Stevensville; 410-604-2211; kipediatricdentistry.com

Periodontics

This specialty deals with the tissue that supports and surrounds the teeth—including gums, jaw and roots. This effort often includes salvaging the teeth and jawbone from gum disease.

Dr. John V. Louis
Centers for Specialized Dentistry; 218 Bay Street, Easton; 410-820-9599; cfsd-md.com

Prosthodontics

This specialty centers on the function, comfort, and health of patients with missing or deficient teeth caused by congenital disorders and those caused by trauma or decay. Treatment may involve the creation of dentures, crowns, and/or dental implants.

Dr. Randall H. Hiers
Eastern Shore Smile Solutions; 29276 Erickson Drive, Easton; 443-213-0948; easternshore-smilesolutions.com

Dr. Alvan Holston
Easton Maryland Dental; 5 Caulk Lane, Easton; 410-822-4106; eastonmaryland-dental.com

Dr. Ryan Maisel
Kent Island Dentistry; 1231 Shopping Center Road, Stevensville; 410-643-5100; kentislanddentistry.com

Dr. Eugene McNinch
Kent Island Dentistry; 1231 Shopping Center Road, Stevensville; 410-643-5100; kentislanddentistry.com

Dr. Ali Soulati
508 Cynwood Drive, Ste. A, Easton; 410-819-0060; alisoulatidds.com

J. FREDRICK HEATON, DMD, PA
Endodontic Specialist

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TOP DENTISTS
EASTERN SHORE

Dr. J. Fredrick Heaton, known to his friends and patients as "Rick" has been a specialist in Endodontics on the Eastern Shore for over 34 years. Dr. Heaton's primary mission is to save the teeth of both adults and children by performing root canal therapy and surgery. He also is directly involved in treating oral trauma, often seen with sports injuries and other accidents. Dr. Heaton is often called upon for diagnosis of oral pain in complex dental cases.

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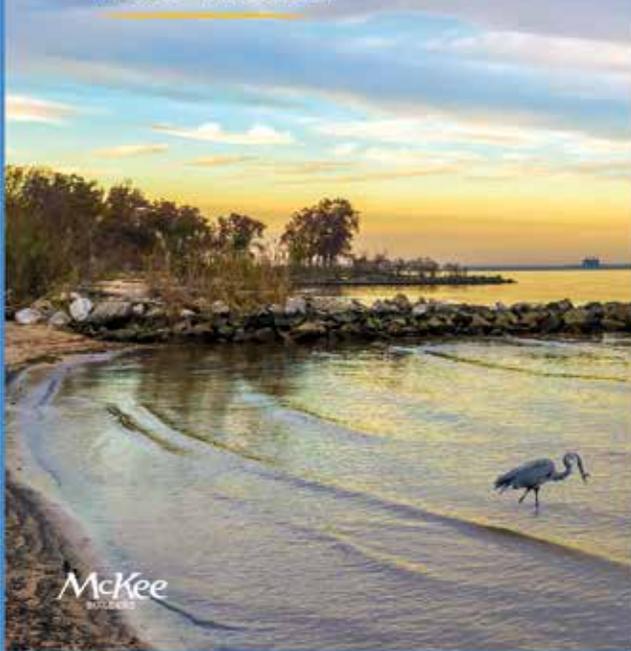
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68 LA VIE EST BELLE | 74 GREAT FAKES | 76 REAL ESTATE



Home Resources Still in Service!

Did you know many home service providers, from landscapers to builders, are deemed essential.

And many others like realtors, are creatively showcasing properties online. For the full list of who's operating and in what manner, visit our Home Resources list online at [Whatsupmag.com!](https://www.whatsupmag.com)

La Vie Est Belle!

THE CRAFTING OF A TRADITIONAL FRENCH MANOR HOUSE

By Lisa J. Gotto | Photography by David Burroughs





If you ask any creative professional what their dream project would be, they will most likely say anything that allows them the freedom to create at-will—to have few restrictions when it comes to their imagination and design ideas. Complete freedom is a rare occurrence but it does sometimes happen. With this impressive custom home, the team at Purple Cherry Architects, of Annapolis, came as close to creative *carte blanche* as they may ever get.

The client, says Cathy Purple Cherry, is an incredibly unpretentious man, a widower, and father of three grown children. Because he is also an incredibly busy individual, he wanted something turnkey and he had just a few requests once the primary decision of the type of home was met. It was to be a French manor home of some scale, 9,000 square feet, and it needed to provide just the right scenarios to showcase some beloved furnishings and accents coveted by him and his late wife. So nailing down the architectural aspects of the home, was just one part of the plan that Purple Cherry would execute.

“We were hired to do the interior design, everything that physically attaches to the walls, cabinetry, tiles, lighting fixtures, countertops, all the mill work, et cetera,” Purple Cherry explains. “He hired us also to select all the furnishings and wall coverings.”

So our story of this French manor home begins with its prime position along the Tred Avon River on our inviting Eastern Shore. An expansive home like this could easily become imposing, but inspired material and design choices kept it from being so.

Stretching across nearly 128 feet of shoreline, the exterior of the two-story structure is constructed of personality-infused artisanal stone work and features steeply hipped roof lines with flared eaves. Copper metal accents appear on its dormers of stucco and its fireplace chimneys whose curves and clean lines are so reminiscent of French Country style.

“This is a house that is completely covered in living finishes,” Purple Cherry says, explaining that the roof is made of wood shake shingle. “There is just classicism and Old Worldly-ness that comes out of wood shake that you cannot repeat with any synthetic product.”

GREAT SCALE

The interior plan for the main level of this home is somewhat unique. Upon entry to the soaring two-story foyer past the home’s grand curved staircase with its antiqued hand-forged brass railing, one enters the home’s living room, which is showcased by a series of welcoming timber trusses and a two-story stone fireplace. This room flows into a V-shaped centrally-located kitchen, which then extends out considerably on the left toward the home’s gracious four-season entertaining space. A magnificent master suite and adjacent club room is located on the opposite end of the first level floor plan.

“This house has great scale to me, in terms of living in it, and not feeling overwhelmed,” Purple Cherry says. Adding trusses and other design elements to the main level were keys to achieving this feeling.



Entering the kitchen and dining area from living room, there’s a gorgeous ceiling arch of stone overhead that complements the fireplace and marks the visual transition from space to space. This area, in the heart of the home, is designed not only with a generosity of flow, but with great care taken to incorporate one of the family’s most cherished pieces, a gorgeous limestone-top table with mosaic pattern inlay that the client and his wife had chosen together; it required being the focal point in the room. Because this was a must-have item, but its style strayed from French Country, Purple Cherry says they needed to do some design work-arounds to make sure the table made sense where it was placed in the formal dining space just off the kitchen.

The workaround introduced a second color found on the tabletop, a rich dense federal blue, into the space to work with their first choice of creamy French white cabinets. This blue picks up again on the backsplash in the kitchen, which also features a unique center island with a curved wall into which a cozy cream-colored upholstered banquette was fitted. A modern round table and four cream upholstered chairs make this space perfect for informal meals and coffee conversations.

Light, knotty-pattered hardwoods help to bounce all the generous natural light about the room. Contrasting orange cushions as well as a clever mix of traditional and modern lighting elements lend the space visual interest and warmth.



SUITE RETREAT

The first floor master suite is awash in a calming monochromatic scheme to allow for architectural elements such as the room's lustrous walnut coffered ceilings and moldings to take center stage. Storage in this room is efficiently and beautifully executed with a system of generous built-ins and the strategically placed windows offer peaceful views out to the river. An ample cozy reading chair and ottoman are perfectly placed, ready for the evening's wind down.

Adjacent to this room is the home's dedicated office space which overlooks pastoral farm land. The owner's private work-out space and a fully-equipped media room are also conveniently located close-by.

As rich as the look is, Purple Cherry admits they didn't have to break the bank to get it. In fact, she cautions homeowners who are considering extensive tile projects to do their homework to ensure they are getting the right tile at the right price.

"Tile can be an incredibly dangerous thing," Purple Cherry says of the costs of some of the tile options out there. "Beautiful tiles these days can go up to \$380 a square foot." She suggests that by blending more economical variations with some of the more expensive options, you can still achieve great things. The glazed brick wall in this room came in well under \$380 per square foot yet it delivered the high-end look for less.



TALKING TILE WITH CATHY

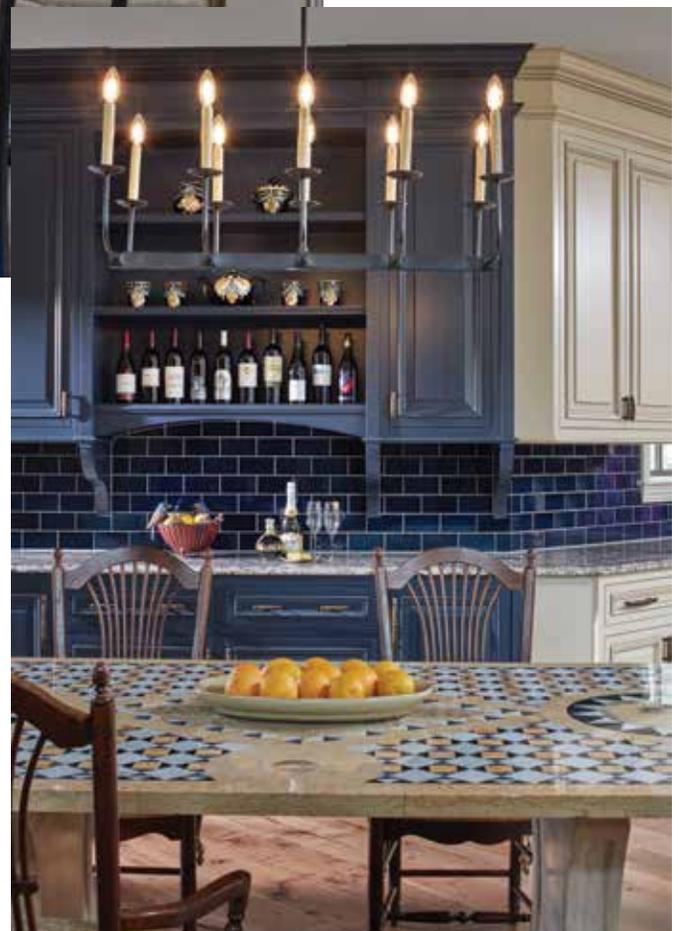
This home is an excellent example of how tile can add layers of style and substance to a project. One of the architect's favorite rooms in the home was the first floor powder room in part because of its use of tile. The combination of rich hardwood floors, a primary wall treated with a herringbone print paper, and an accent wall of bronze fluorescent brick tile provides a look of understated luxury and sophistication.



The palette of the space carries the dominant creamy French white theme over from the main house in the wood trim and cabinetry, but the similarities end there. Cheery aqua subway tiles in the kitchen create an “on-holiday” vibe that extends into the open-plan living area, a generous space flooded by the natural light of three dormer-inset windows.

While you have probably seen dormer space used to create charming window seats in homes, Purple Cherry has a different take on what that space can provide.

“To me a window seat is useless unless it is useful,” she says of most of these features that are usually made too narrow for them to be of any real use.



Three additional bedrooms in the home are located on the second floor which has a balcony that overlooks the home’s living room, providing an exceptional view of the trussed ceiling work.

All the upstairs bedrooms offer something special but one is uniquely designed to accommodate a family with children, as it is more like a suite with a specially designed playroom space. With three grown children, the owner anticipates many great family gatherings in the years to come and it was his wish to provide every convenience for those special visits.

FULL OF DESIGN SURPRISES

Along those lines, Purple Cherry’s firm was tasked with fitting out additional guest lodgings above the property’s three-car garage. What happened in that 1,100 square-foot space is a design story all its own. Purple Cherry again got the go-ahead to create at-will and devised a coastal, cottage-like get-away for whoever was lucky enough to be invited to stay there.



Her solution: tuck a queen bed into the space and turn a guest suite for two into one that can sleep three to four. Purple Cherry says she has executed takes on this concept in many of their designs often using a twin bed turned on the horizontal and tucked into dormer space to create a much larger bench seat with considerable degree of utility.

Lustrous white Blendart porcelain tile flooring that expertly mimics the look of wood runs throughout the space making it appear even larger than it looks. The sweet eat-in kitchen also accommodates four for meals and adds creativity to its coastal motif with its modern take on overhead task lighting.

The guest suite is complete with an additional stand-alone bedroom fit for a king, and his bed, and a pretty private bath.

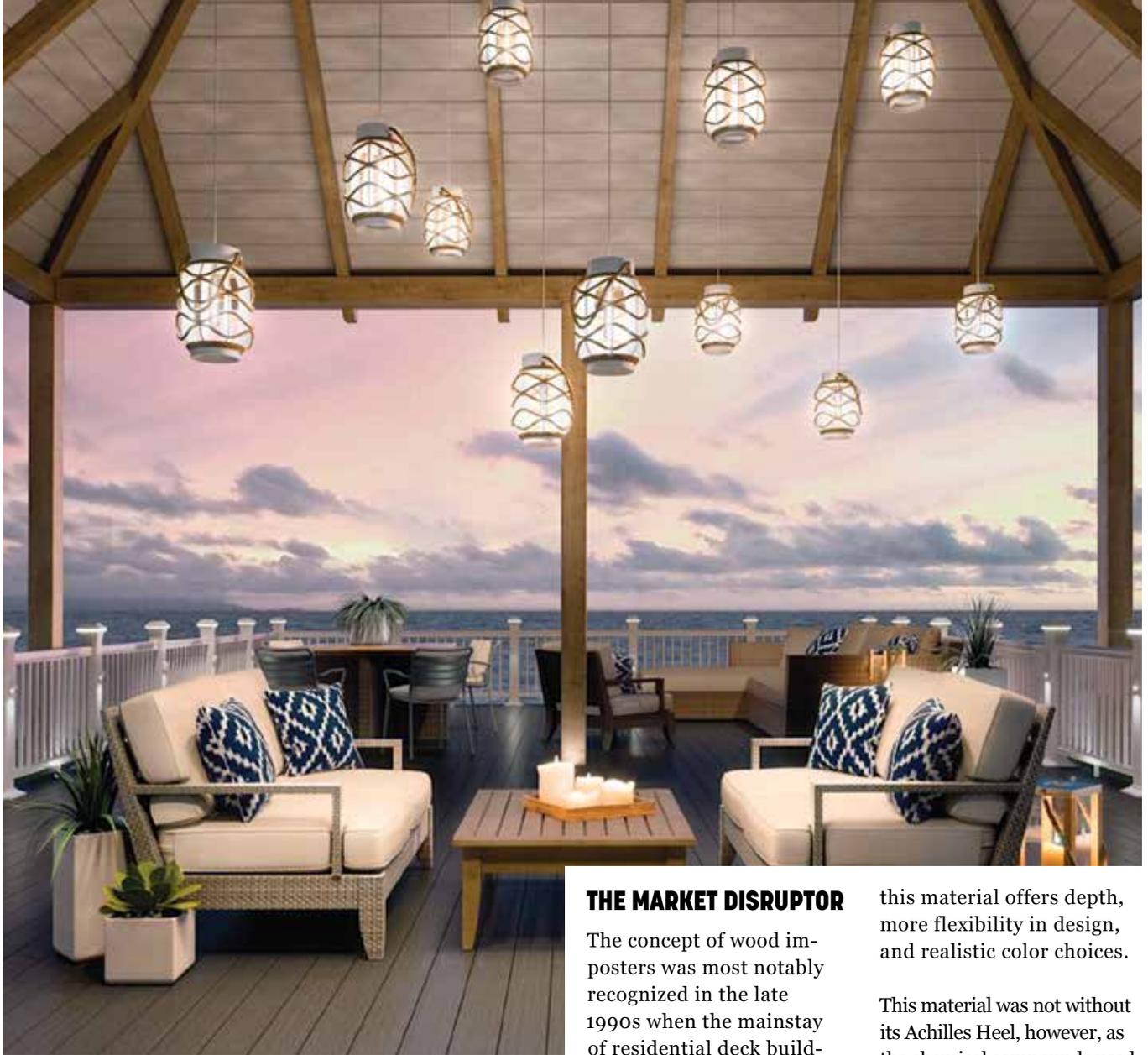
LIFE'S A BREEZE

Just a few steps down the back stair and across the covered breeze-way, with its tongue and groove barrel ceiling, back to the main house you'll find the room that provides for the owner's most personal of design requests.

"When it came to things like the laundry room and the mud-room," Purple Cherry says, "...all he cared about was having a place to sit and take off his boots."

And at the end of a long, hard day, who can say they blame him?





HOME DESIGN

Great Fakes

THE LOOK OF WOOD WITH HALF THE HASSLE

By Lisa J. Gotto

The look of wood is always good, right? It's warm, it's natural, and there's a quality to it that's emotionally enduring—think log cabin. But is wood always the best choice? In almost any home scenario, there's a place where wood could be replaced to be more functional, with less upkeep, and more physically enduring.

Here are three ways wood can be replaced without a trace.

THE MARKET DISRUPTOR

The concept of wood imposters was most notably recognized in the late 1990s when the mainstay of residential deck building—pressure treated lumber—was challenged by a clever market disruptor—composite decking. At that time, this material became a game-changer for those who could afford the initial extra outlay (composite decking is about the twice the price of wood) to employ the material and deck-lovers everywhere were impressed with its durability—no splintering and no maintenance-staining every other season. As exciting as this new material was, it didn't look quite as good as genuine, freshly stained wood. Soon thereafter, however, improvements were made and now

this material offers depth, more flexibility in design, and realistic color choices.

This material was not without its Achilles Heel, however, as the chemical compounds used to create the material were later discovered to have an “off-gassing” effect and that did not sit right with environmentally-conscious consumers.

Thankfully, the next generation of these composites offer healthier alternatives that address environmental concerns. Eco-friendly manufacturers were not only able to develop similar products using recycled materials, free of harmful chemicals, they also developed sustainable processes to produce the materials. So now homeowners not only have the convenience of having the best of both worlds, they can help do their part environmentally from their own backyard.

PRACTICALITY IN PORCELAIN

It was probably one of those “a-ha” moments when homeowners were introduced to those first iterations of porcelain tile that, once installed, seemed indistinguishable from hardwood. This is another category of materials that is improving with age. Porcelain tile is part of the larger class of ceramic tiles that are made even more resilient through the firing process, making it a more dense, finer grained, smoother tile that is more moisture resistant than classic ceramic. Price-wise, porcelain tile is somewhat comparable to wood when considering the cost of materials, however, it tends to run a bit higher when it comes to installation costs.

This material, which is also improving with age, offers more options for pet owners who would like to stress less about the wear and tear on their floors, but still want a luxe look throughout the home. Unlike traditional hardwood which is susceptible to scratches and water damage, it can even stand up to pets with long nails and their humans in high traffic areas.

This material has become increasingly popular in mudrooms, bathrooms, and kitchens, but the best news is that it doesn't have to stop there. Interior experts agree that with today's variety of styles, colors, and patterns, you can have it take center stage in a living or family room, without losing any of the sophisticated vibe you're going for.



Photo courtesy of wayfair.com

TOPS IN DURABILITY

The homey feel of a butcher block countertop is certainly a great way to bring warmth to your kitchen. While woods like maple make beautiful countertops, they are among the least practical when it comes to maintenance. There's a delicate balancing act that must be maintained when you employ wood as a countertop that has to do with water. You must protect any new water from getting in, which occurs quite often during food prep, and you have to keep the good moisture inherent in the wood from getting out. So these countertops require a specific cleaning process and treating technique using mineral oil. Wood is also susceptible to dents and scratches and stains easily with common use.

Granite is known, however, for its toughness and durability and as a natural stone that is stain resistant, heat resistant and scratch resistant. Fortunately there

are some woody looking granite variations that deliver durability and warmth in the same material. There are four varieties of this type of granite that homeowners may wish to consider. They are Sequoia Brown, Tempest, White Thunder, and Peregrine C. They vary in tone and temperature with Sequoia Brown, a Brazilian granite, mimicking the natural wood look the best with its innate brown and grey tones. Tempest granite combines tones of dark brown, gold, yellow, and burgundy to create its luxe look.

Grey hues combined with white, black, and brown tones are characteristic of White Thunder granite, and Peregrine C features a light cream base with ivory and brown veining throughout.

So whatever color cabinets you have there's a shade and type of granite that can work beautifully and reliably for you for years to come.

Photo courtesy of pinterest.com



Examples of Granite 1. White Thunder Granite 2. Tempest Granite 3. Peregrine Granite 4. Sequoia Brown Granite

Exquisite Equestrian-Themed Living

By Lisa J. Gotto

Located on more than 13 acres of pristine waterfront property along the Wye River in Queenstown, this home is palatial and well-suited for lovers of the equine lifestyle.

This custom-designed Old World-style estate offers best-in-class appointments and amenities. Gracious open-plan living glides along floors of re-claimed and refurbished barnwood. The statement-making kitchen is an homage to living, cooking, and entertaining in the French manor style. Rich, dark wood lower cabinets are off-set by rustic, white upper cabinets and a large white central island with thick slate top. Every appliance, with the exception of the six-burner gas range, is expertly hidden behind custom cabinetry. Charming arched casement windows add the finishing touch to this memorable gathering space.

The main living area is warm and inviting and serves as the location of one of the home's four impressive fireplaces. Styled after a grand reception room, it is bathed in natural light from several sets of French doors and flows into open-plan dining space. The home's main level also includes a luxurious master bedroom and bath suite, a family room, study, and game room.



Primary Structure Built: 2009
Sold For: \$6,000,000
Original List Price: \$6,500,000
Bedrooms: 6
Baths: 4 Full, 2 Half
Living Space: 8,514 sq. ft.
Lot Size: 13.71 acres



The estate makes great use of its surrounding outdoor environs with its stroll-worthy landscape, relaxing salt water pool with generous pool house, and an invigorating tennis court. A six-acre paddock area is highlighted with a three-stable Amish-made barn. Located just a few feet away is the property's protected deep water pier with convenient river access and multiple slips. The property also boasts a total of 1,100 feet of riprap waterfront and a series of discreetly placed solar panels for the ultimate in energy efficiency.

Its location and its character make this home the perfect

backdrop for an afternoon on horseback that can easily turn into an early evening river cruise along the Wye. Serenity and style at its best!

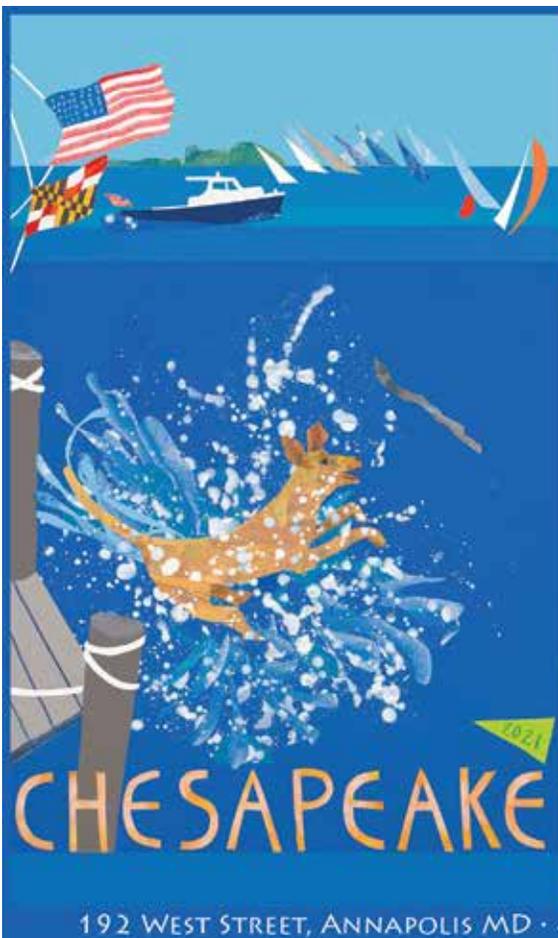
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Primary Structure Built: 2005
Sold For: \$905,000
Original List Price: \$950,000
Bedrooms: 5
Baths: 3 Full, 1 Half
Living Space: 4,079 sq. ft.
Lot Size: 0.34 acres

HOME REAL ESTATE

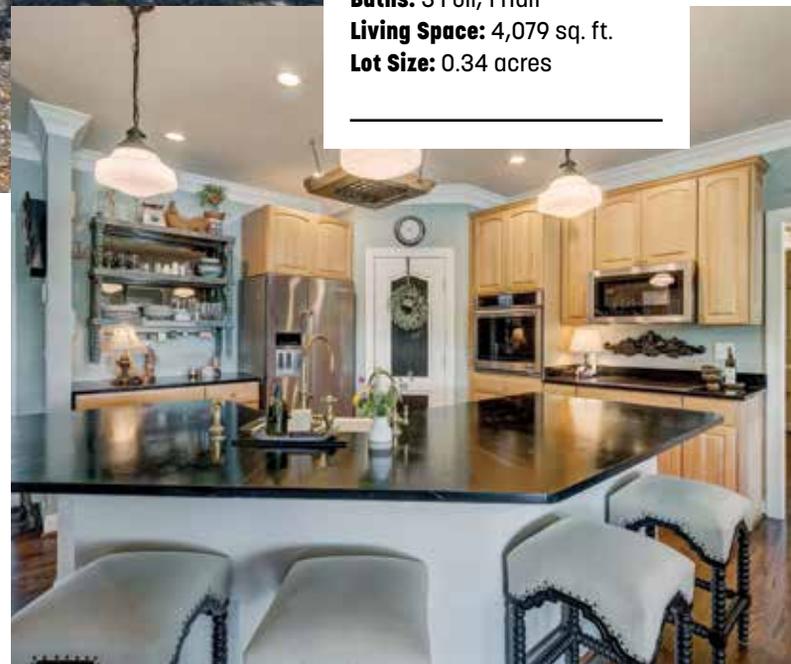
Peaceful Creekside Colonial

By Lisa J. Gotto

Idyllic and serene best describe this 4,000-square-foot, waterfront home situated just steps from Cox Creek on Kent Island. This piece of paradise offers everything that makes living in the Chesapeake Bay area so desirable.

Walking into the foyer, you get a great sense of scale for the main level, which includes a large open-plan living area. Dark hardwoods and natural light abound, as does many custom touches and features. Several cozy seating options frame the space around an efficient kitchen with curved center island with farmhouse sink. This is a perfect room for gathering and entertaining.

Just off the kitchen is a unique pantry space where most of the room's extras are stored. It features an old-school custom sink with drainboard, generous shelving for dishes and other kitchen wares, and enough space for an additional refrigerator.



The main living space with its large central Federal fireplace is framed with numerous windows, which look out into the tranquil waters of Cox Creek. This level also features a separate formal living room for conversation and great water views and a master suite.

This level opens up to a covered back patio with gorgeous wood beams overhead and vertical floor-to-ceiling creating a spacious outdoor living room with a panorama of creek views. Just

steps ahead, you can walk out to the property's private boat dock, which is large enough for its own private seating area—perfect for reading and daydreaming.

In addition to three generous bedrooms with water views on the home's upper level, the property offers attached living quarters with a separate entrance. Like the main house, the quaint retreat features custom touches, a large bedroom, and central living space with its own fantastic creek views.



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82 DEBUNKING THE MYTHS AND MISCONCEPTIONS OF ADHD

83 WHAT RUNS IN YOUR FAMILY? | 85 FRESH TAKE *plus more!*



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Debunking the Myths and Misconceptions of ADHD

By Dylan Roche

"Parents make way too many excuses."

"Stop trying to justify your unruly kid."

"It's because of all the TV they watch."

Do these statements sound familiar? It's not unusual for misinformed individuals to hold these perceptions of attention-deficit hyperactivity disorder, more commonly referred to as ADHD. Ever since the American Psychiatric Association named the condition in 1987, and both parents and doctors have become increasingly aware of its symptoms, diagnoses of ADHD have steadily risen.

Despite this, many people still don't fully comprehend ADHD. Some even dismiss it as behavioral problems masked with the name of a made-up (or over-diagnosed) condition.

This is one of the reasons that health experts dedicate ADHD Awareness Month—observed every October across the United States—to helping the general public understand what the condition entails and how they can appropriately interact with a child, or even an adult, who has it.

Here are a few common questions you might have about ADHD, along with the information you should know to clear up any misconceptions you've previously heard:

IS ADHD EVEN A REAL MEDICAL CONDITION?

Yes, according to experts with the National Institutes of Health, the U.S. Department of Education, and the American Psychiatric Association; all agree that ADHD is a real neurobiological disorder. In fact, ADHD is protected by the Americans with Disabilities Act, meaning it is against the law to discriminate against a person with ADHD.

And yes, experts also agree that it is as prevalent as diagnoses would indicate it is. The challenging part is that ADHD, like autism, is diagnosed based on symptoms rather than an evaluation like a brain scan or blood work; furthermore, the condition exists on a spectrum, so some children will have more severe cases than others.

Understood, a nonprofit organization dedicated to providing resources and support for people who think and learn differently, estimates that ADHD is one of the most common childhood conditions and it affects millions of American children and adults. The Centers for Disease Control and Prevention estimates that about 9 percent of children have ADHD.

DOES ADHD MEAN A KID WILL ALWAYS BE HYPERACTIVE?

No, hyperactivity is a common symptom, but it isn't one that every child exhibits. There are three types of ADHD experienced:

HYPERACTIVE: This is the type most people think of when they hear ADHD. It's marked by restlessness and difficulty controlling impulses or activity level.

INATTENTIVE: With this type of ADHD, children are more likely to daydream, get distracted, or easily become bored. They struggle to pay attention and stay focused, especially when they are

not interested in the task at hand. To complicate matters, people with ADHD might have hyperfocus on specific interests that appeal to them, so a child might struggle to focus on their homework, but they will be hyperfocused on a video game.

COMBINED: This type of ADHD is marked by a combination of hyperactivity and inattentiveness.

It's important for parents and educators to remember that although ADHD can cause problems for children who are trying to learn, it isn't a learning disability; however, certain learning disabilities, such as dyslexia, can still coincide with ADHD.





ARE PARENTS TO BLAME FOR NOT DISCIPLINING THEIR KID?

No. ADHD is not a result of anything that parents have done. A person with ADHD actually has a brain that functions and is structured differently. Researchers have not been able to identify an exact cause, but they have determined it to be a genetic condition marked by chemical imbalance in the brain.

Where parenting does come into play is how well a child copes and progresses with ADHD. Structure, for example, can be very important, but punishment for restlessness and hyperactivity can be detrimental. Parents can seek behavior therapy for their children to help them develop social and planning skills that are hindered by ADHD, and they can work with their child's teacher to stay in the loop about their child's performance in school.

CAN GIRLS HAVE ADHD, OR IS IT JUST BOYS?

Both boys and girls can have ADHD. In fact, ADHD doesn't discriminate—anyone regardless of their age, gender, race, religion, IQ, education level, and socioeconomic background can have ADHD. Statistically

speaking, boys are twice as likely as girls to be diagnosed. ADHD in boys might be more noticeable to the untrained observer because boys tend to have more trouble with hyperactivity and girls are more inclined to daydream or have trouble focusing.

CAN YOU CURE ADHD WITH MEDICATION OR GROW OUT OF IT WHEN YOU BECOME AN ADULT?

About 75 percent of children with ADHD grow up to be adults with ADHD. The condition can even worsen as they mature, and adults with ADHD could be affected by anxiety, mood disorders, substance abuse, and addictions. The struggles caused by ADHD mean that they could have trouble in social or romantic relationships as well as their professional endeavors, and it can even get them into financial or legal trouble.

Although medication is available for ADHD, it isn't a cure-all for every aspect of the condition. Medication can help a child focus and control their activity or impulsiveness, but it won't automatically teach them social skills or organizational skills—these are abilities that children must conquer on their own or with therapeutic help.

HEALTH & BEAUTY HEALTH

What Runs in Your Family?

THERE ARE REASONS YOU SHOULD KNOW YOUR FAMILY HEALTH HISTORY. HERE'S HOW YOU CAN START COMPILING THE INFO YOU NEED

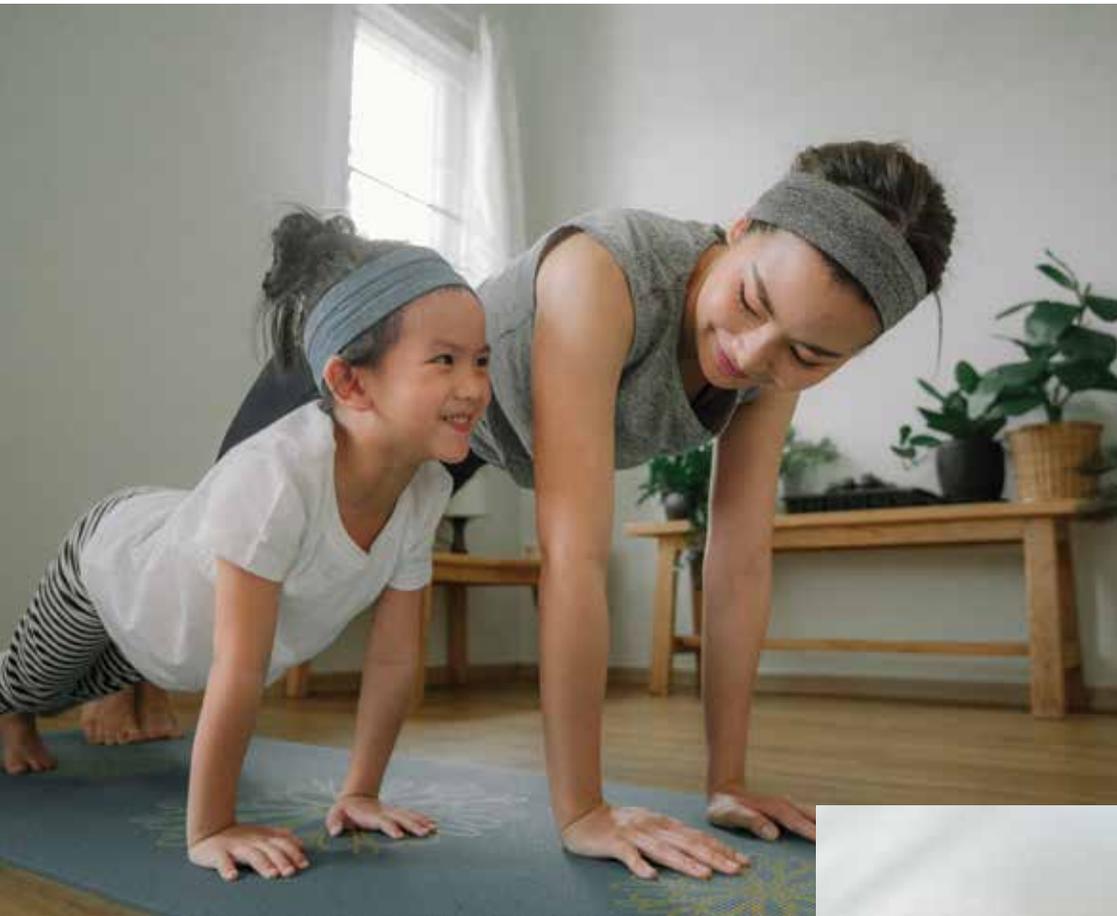
By Dylan Roche

Some people like to keep a record of how their grandparents met or what life was like for their ancestors when they arrived on Ellis Island. Those types of family records are great—but the more important record you should be keeping is your family health history.

If you aren't already keeping up with this trend, you should know that most health care experts—including those with the Centers for Disease Control and Prevention, as well as the National Institutes of Health—encourage it.

A family health history is exactly what it sounds like: a history of all diseases and conditions observed in your immediate and extended family. Back in 2004, the Department of Health and Human Services, along with Dr. Richard Carmona, then the surgeon general, launched the U.S. Surgeon General's Family History Initiative, which encourages all Americans to learn about any conditions that run in their family. That includes not only chronic conditions (like cancer, heart disease, and diabetes) but also details such as the age of diagnosis, cause of death, lifestyle habits (diet, exercise, smoking, and drinking), and environmental factors (for example, living in a community with bad air quality).





not want to share their medical history, and that's all right; respect their privacy and gather what information they are willing to give. Once you have all the information you need, take it to your doctor for discussion.

Remember, noticing a pattern isn't a cause for concern. All it means is that you now have a chance to work toward prevention.

Once you have a thorough family health history, be sure to maintain it in the years to come so it can be used by your kids and grandkids who might have questions of their own.

You can also compile every-



The idea is that when you're able to look at all of this information in front of you, and you can share it with your doctor, you have a better idea of your risk, what precautions you should take, and what screenings you should get regularly. You'll also know which precautions or screenings might not be as high a priority because your risk of certain conditions is lower.

For example, if you see that every man in your family has died around age 60, you might be a little bit worried—and rightfully so. If you're able to look at the specific cause of death, you might notice that, in each case, it's related to heart health in some way. This will indicate to your doctor that you should be screened for heart disease on a regular basis. Your doctor might

also instruct you to take up a consistent exercise routine, avoid fried foods, and start taking cholesterol medication. This way, you aren't resigned to the same fate as some of your family members, and you can be proactive about changing your health.

With the holiday season coming up in the next few months, now might be an ideal time to discuss compiling a family health history with not only your immediate family, but also your grandparents, aunts, uncles, cousins, and other relatives. Discuss the idea over Thanksgiving dinner or a Christmas party, and then create a document on a digital sharing platform (such as Google Docs or Dropbox) where everyone can review, edit, and add.

If possible, consider where you've seen these conditions in your family:

Alzheimer's disease, Cancer, Heart disease, Blindness/vision loss or deafness/hearing loss, High blood pressure or high cholesterol, Schizophrenia, Diabetes, Substance abuse (such as alcoholism), Pregnancy complications

You should also take into account these lifestyle choices:

How much each relative exercises, Which relatives smoke, Which relatives consume alcohol and how much, What kind of diet each relative follows, Any high-risk jobs that your relatives work

Some of your relatives might

thing online by using the surgeon general's tool, My Family Health Portrait, which is available for free at phgkb.cdc.gov/FHH or by going to www.cdc.gov and searching "family health history."



from the grocery store or farmers market, look for ones that are firm with a smooth skin and a deep color to them. Ideally, their leaves should look fresh and not wilted. When you examine the beets, look for any bruises or any wet spots or softness that could indicate spoilage.

Once you get the beets home, cut away the leaves before storing. (If you wish, you can store the leaves separately and use them the way you

HEALTH & BEAUTY HEALTH

Fresh Take

BEETS

By Dylan Roche

When it comes to nutrients for cardiovascular health, you might say that beets are hard to beat.

Alright, forgive the lame joke—but the sentiment is true. These reddish-purple roots are packed with vitamins and minerals that are great for your heart, blood, and arteries and veins, as well as other systems of the body. Plus, they have a super sweet earthy taste that you'll love in soups and salads.

Beets get their distinctive color from a plant pigment called betacyanin, which helps your body fight carcinogens. And if that bold red hue reminds you of blood—well, that might be appropriate. The nitrate and potassium in beets help lower your blood pressure and improve your blood flow, and the iron is vital for carrying oxygen via your bloodstream to your cells.

Additionally, the high vitamin C content in beets helps your body absorb plant-based iron. And folate, a B vitamin found abundantly in beets, is needed for making both red and white blood cells. Studies have even shown that because beets do so much for your blood flow, oxygen transport, and energy production in your cells, regular consumption of these vegetables can improve your exercise performance.



Roasted Beet Salad with Walnuts and Avocado

INGREDIENTS:

- 4 cups arugula
- 4-5 large beets, cut into half-inch pieces
- 4 avocados, cut into half-inch pieces
- 1/2 cup crumbled goat cheese
- 1/4 cup freshly shaved parmesan
- 1/2 cup candied walnuts
- 1/2 cup cranberries
- 1 cup olive oil
- 1/2 cup balsamic vinegar
- 1/4 cup honey or maple syrup
- Salt and pepper to taste

DIRECTIONS:

Combine balsamic vinegar, olive oil, and honey or maple syrup for the dressing. Set aside approximately 1/2 cup for cooking the beets. Toss the cut beets with the half-cup of dressing you set aside. Once they are generously coated, spread the beets evenly across a baking sheet lined with parchment paper. Sprinkle generously with salt and pepper. Heat the oven to 400 degrees F and roast the beets for approximately 45 minutes or until tender. Set the beets aside in the refrigerator to chill for approximately three hours. Assemble the salad with the arugula, avocado, goat cheese, parmesan, walnuts, and cranberries, then toss with the chilled beets and remaining dressing.

Don't think it's just your cardiovascular system that benefits from beets. These vegetables also have fiber for a healthy digestive system, phosphorus for repairing tissues and cells, and lutein for protecting your eyes from cataracts and macular degeneration.

If you're looking to incorporate beets into your diet, opt for fresh beets, which have a much stronger flavor than the canned or jarred varieties you often see on store shelves. Beets flourish in cooler temperatures, and their season lasts late into the fall, though they can be grown all winter in milder or warmer climates. When you're selecting beets

would any other greens—raw in a salad or on a sandwich, or cooked up in a sauté or soup.) Beets should be stored in the fridge, and you should hold off on washing them until right before preparing and cooking.

When you start working with the beets in the kitchen, you might want to wear a pair of plastic gloves—the juice from the beets can temporarily stain your skin. If you don't have gloves and you do find yourself with a distinctive pinkish-purple tinge to your skin, simply give your hands a good rub-down with lemon juice to bring them back to normal.

If you've never cooked beets before, don't be intimidated—with a little bit of simple roasting or steaming, you'll have a vegetable that will work wonders in a variety of dishes. Here are a few ideas:

Pickled Beets

INGREDIENTS:

2 cups vinegar
2 cups white cane sugar
5 beets, cut into half-inch cubes

DIRECTIONS:

Combine vinegar and sugar in a saucepan over low heat and bring to a simmer. Stir, allowing the sugar to dissolve, then add beets. Simmer for five minutes. Remove from the heat and transfer the beets and sugared vinegar to a jar or glass food storage container. Chill overnight. Serve with brie or goat cheese and a drizzle of honey overtop of crostini or crackers.



Borscht

INGREDIENTS:

2 tablespoons olive oil
1 garlic clove, minced
1/2 red onion, chopped
2 cups vegetable broth
1 large white potato, diced
1 large sweet potato, diced
1 teaspoon salt
1 teaspoon black pepper
2 cups beets, cut into half-inch pieces
2 teaspoons balsamic vinegar

DIRECTIONS:

Fill a large pot with 1 inch of water and bring to a boil over high heat. Set a steamer basket in the pot and fill the basket with cut beets. Cover the pot and steam the beets for approximately 10 minutes or until tender. Heat the olive oil in a large saucepan over medium heat. Add onion and garlic, allowing both to brown. Add the broth and simmer for about one minute. Season with salt and pepper. Add potatoes and raise the heat to high. When the broth starts to boil, reduce the heat to low and cover the pot. Allow the broth to simmer for approximately 10 minutes. Add beets and vinegar to the broth, then raise the heat to high again. Allow the soup to cook for approximately 5 more minutes. The broth should be a vibrant red color and the potatoes should be soft. Serve warm with a dollop of sour cream.



Is a Little Bit of Fear Good for our Health?

By Dylan Roche

It's that time of the year for ghouls and goblins! Even if you're no longer a kid looking forward to a night of trick-or-treating, it's hard to resist the appeal of a holiday where it's fun to be a little bit scared.

It turns out, however, that being scared is more than just fun—it might also be healthy for you. Now, bear in mind that this refers to short-term fear, the kind you get from watching a scary movie or going on a haunted hayride. Long-term stress and anxiety about real-world threats can take a negative toll on your health, resulting in such problems as fatigue, high blood pressure, and panic attacks.

But thrill-seekers looking for a little excitement can expect a small boost to their blood flow and even some psychological benefits. As it turns out, fear triggers the region of your brain known as the hypothalamus, which sends signals to the nervous system. This sets off several bodily responses similar to exercise: increased heart rate, increased oxygen consumption, and a redirection of blood to major muscle groups. In other words, you get an adrenaline rush.

This adrenaline rush is your body's natural way of providing you with the stamina you need to fend off a threat. In many cases, all of this happens faster than your brain can even process what's happening. That's why when you encounter "jump scares," such as when you hear a loud noise or an unexpected

figure pops up out of hiding, you involuntarily feel this way even though you're not facing anything dangerous or all that scary.

For most people, this rush can actually make your heart stronger and improve the efficiency with which your blood carries oxygen to your cells; however, for people with heart conditions, it might be dangerous, potentially even causing a heart attack or heart failure. (Because of this, scary movies might be physically unhealthy for people with heart problems.)

There's also a psychological benefit to getting scared for fun. Learning to face fears, even harmless ones like costumed performers jumping out of a cornfield, can increase your feelings of confidence. You feel braver for having coped with a scary experience, and that bravery transfers over to real life. You now feel better about taking risks or putting yourself in uncomfortable situations, such as speaking in front of a large crowd.

So, if you get invited to watch a horror movie this Halloween—go for it! After all, it's good for you.



PEOPLE LOVE MAGAZINES.



what % of US adults say they read magazines in the last 6 months?

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This includes **95% of those under 35** and **95% of those under 25.**

(MRI-Simmons, Fall 2019)



when advertisers were asked which medium offers the highest ROAS, which was the highest overall?

MAGAZINES.

THE MAGAZINE ROAS OF \$6.51 WAS **DOUBLE THAT OF THE TV ROAS** OF \$3.23, AND MORE THAN DOUBLE OF THE DIGITAL ROAS OF \$2.43.

(NCSolutions 2005-Q12019)

HOW MANY ADULTS AGES 18+ READ MAGAZINES?

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THAT'S AN INCREASE OF 18 MILLION SINCE 2012.

(MRI-Simmons, Fall 2012-2019)



THE PRINT MAGAZINE INDUSTRY IS GROWING

139 new print magazine brands with a frequency of quarterly or greater were introduced in 2019

(Samir "Mr. Magazine"™ Husani Monitor 2020)



MAGAZINES REACH **PREMIUM AUDIENCES IN HIGH-INCOME HOUSEHOLDS***

At a greater rate than newspapers, internet, radio or TV

* Household income \$250K+

(MRI-Simmons, Fall 2019)



WOMEN AGES 18+

(MRI Media Fusion)



PRINT READERS REMEMBER MORE.

- **PRINT STIMULATES** EMOTIONS AND DESIRES
- **PRINT IS PREFERRED** BY THE MAJORITY (EVEN MILLENNIALS)
- PRINT READERS EXPERIENCE **MORE FOCUSED ATTENTION AND LESS DISTRACTION**, WHICH DRIVES SENSORY INVOLVEMENT CONTRIBUTING TO GREATER READER IMPACT, COMPREHENSION AND RECALL.

(MPA, Scott McDonald, Ph.D. Nomis Research)



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Dining

90 TASTE | 92 GUIDE



Crab and
Pecan Crusted
Chesapeake
Rockfish at 98
Cannon

WHAT'S UP? READERS
RESTAURANT
REVIEW

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Many of our favorite restaurants are offering full or partial take-out/delivery menus to please all palates during this challenging time. Please consider ordering your next meal from them and support local business. For a constantly updated list of restaurants, visit Whatsupmag.com!

Million Dollar Views and Great Food

By Tom Worgo

Photography by Stephen Buchanan

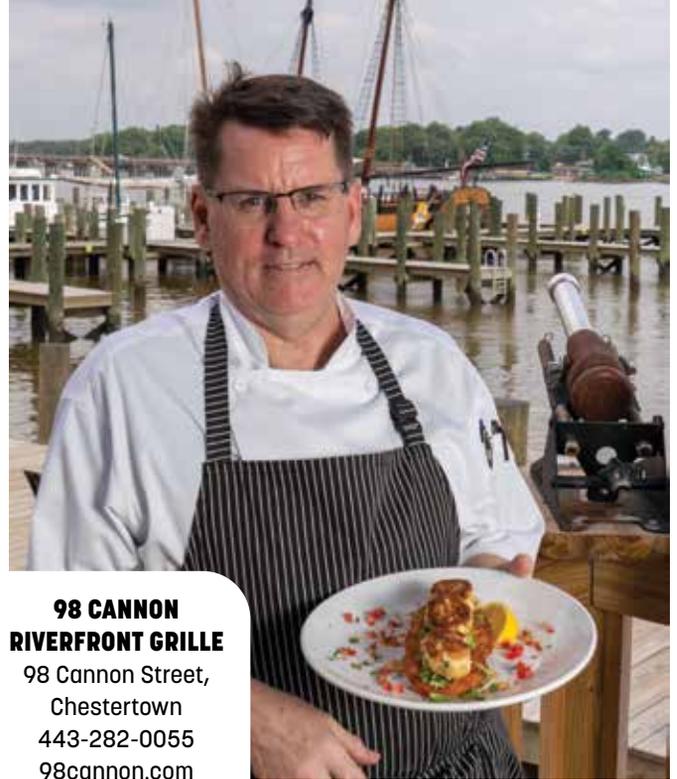
The 98 Cannon Riverfront Grille puts together an unbeatable combination. The restaurant has an outstanding river view, great food, and excellent design. Located on the former site of the Fish Whistle, the building underwent a \$500,000 renovation. The restaurant, which opened in May of last year, is part of Chestertown's recently revitalized waterfront.

Chef and co-owner Chris Golder makes the place hum. He prioritizes local seafood and turns out eye-catching dishes, like fish and chips, crab cakes, and several variations of tacos.

Golder has been in the restaurant business for 40 years, including stints as a chef at the Hyatt Regency in Baltimore, on private yachts, and at American Country Club Golf Courses around the nation.

"He has enticed the public with a local flair," Co-owner Joe Elliott says. "He has elevated casual dining."

We recently talked to Elliott and Golder—both Chestertown residents—about what makes the restaurant different, its renovation, and its appealing food.



98 CANNON RIVERFRONT GRILLE

98 Cannon Street,
Chestertown
443-282-0055
98cannon.com

Joe, do you feel the restaurant is one of the most popular on the Shore?

We have a beautiful view. The marina is right here. We have open space to look out and two large decks to dine on outside. I think it's one of the best places to go and to eat outside for the views.

Why did you open where you did?

We saw an opportunity at this location that could be enhanced. The tenant of the former site didn't re-sign a lease and we put a group together and went for it. We did a full renovation. With the new marine construction in Chestertown, it was the perfect time to do it. I was happy to deliver it to the town: a new, improved spot to eat on the water.

Was the Chestertown revitalization appealing to you?

Yes, it is a great place. We didn't do it for the money. If we made money, great. We don't want to lose money. We did it because we felt the town would enjoy it and appreciate it. I love the town. You have to

love the location and believe in the people. I found the right team to help me do it.

Can you talk about design of the new restaurant?

The concept was to open it up, maximize the views, and have one restaurant, instead of a bar *and* restaurant. That's how we designed it. I wanted a bar that could serve two sides, be open and see through. So, we took all the walls down that were not supported. We opened up the wall that faces the Chester River that had tiny windows and we installed big ones. And we put a lot of light on the casual dining side.

What do you promote the community?

We promote local foods that we source. We support fulltime, local musicians. We have music once a week. From one musician to a full band. We always try to partner with the town on marketing and fundraising tasks. We donate to charities. We just want people to be proud to go to our restaurant and go



Crab and Pecan Crusted Chesapeake Rockfish

Two 5-7 oz rockfish filets

Crab and Pecan Crust

- 1/2 cup of Maryland lump crab meat
- 3-4 tsp of chopped toasted pecans
- 1/4 cup of dried breadcrumbs
- 2 Tbsp of melted butter
- 1 tsp of chopped fresh chives
- salt and pepper to taste

Mix all ingredients (you should be able to form a ball, if dry add more butter).

Lemon Beurre Blanc (Butter Sauce)

Part One

- 1 Tbsp chopped shallot (or any other white onion)
- 1 tsp black peppercorn
- 1 bay leaf
- 1 sprig of fresh thyme
- 1 tsp lemon zest
- 4 oz of dry white wine

Part Two

- 4 oz of unsalted butter
- 1 oz of fresh lemon juice
- salt and white pepper to taste

Combine all ingredients in part one and bring to boil until reduced by half. Remove from the heat and whisk butter into the reduced wine. Strain mixture, add lemon juice, and season with salt and white pepper. Cover and hold in a warm place until ready to serve.

Directions

You can bake or sauté the rockfish filets. Start by pre-heating the oven to 375 degrees. If you prefer to use the baking method, move to the next step. For the best results, I like to lightly dust the filets with seasoned flour and quickly sauté in unsalted butter. Browning on both sides starting with the flesh side for about one minute on each side. Place the filets (skin side down) on a buttered baking dish. Top the filets with the Crab and Pecan Crust and bake for about 6-12 minutes or until an internal temperature of 145 is reached. Serve on your favorite bed of vegetables, rice, or potatoes. Top with the Lemon Beurre Blanc and enjoy.

because we are a big supporter of our town.

What impresses you about Chef Golder?

He likes to do research of the area and find out what people like and build a dish around it. From crabs to Blue Catfish. He is really creative with dishes. He has been a god-send since day one. He's been the glue for the whole thing. I really like his work ethic, professionalism, and integrity. He has been unbelievable. He has worked every day since we opened except one.

What is your top selling item?

It would probably be our fish and chips. It's delicious. We cut all our own fresh cod. Most English pubs do a traditional beer batter. I do a beer batter, then I roll it in Panko right at the last minute. It's a Japanese bread crumb.

What are some of the other customer favorites?

We have been doing a lot of tacos: fish, shrimp, and smoked brisket. I smoke 40 to 50 pounds of brisket at a time. It usually takes 24 hours. Crab cakes are big sellers, too. We put jumbo lump in it. I am new to the Eastern Shore, and I am doing more of a Baltimore-style crab cake. A lot of places break down the crab meat quite a bit, but I leave the lumps in there. Instead of using all backfin crab meat, we are using a good bit of jumbo lump. We mix the crab meat, then fold in jumbo so it doesn't break down. We don't fry them. We pan sear them.

What separates your place from others?

We are in a small community and we are on the water. I have been in the restau-

rant business since 1980 and, by far, this is one of the first restaurants where I feel more committed to the community than trying to run a restaurant. I know what the locals are looking for. We have a million-dollar view. That's one key. You can't cook a meal perfectly 100 percent of the time, but you can definitely smile at a customer 100 percent of the time. We offer good service that is sincere. We want people coming to a place they are happy to be.

Do you source your food locally?

I buy what's running local and in season. Most of the fish I buy is local. I have been using jumbo rockfish. I get local oysters, Chesapeake Blue Catfish, local beef, local pork, and produce. We buy from local wineries, too.

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

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Queen Anne's County

Adam's Taphouse and Grille

100 Abruzzi Drive, Chester; 410-643-5050; Adamsgrillkentisland.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; Crabdeck.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; Harriscrabhouse.com; Seafood, crabs; lunch, dinner \$\$ ☎ 🍷 🍷 🍷 🍷

Hemingway's Restaurant

357 Pier One Road, Stevensville; 410-604-0999; Hemingwaysbaybridge.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, Jettdockbar.com; American, seafood; lunch, dinner \$ 🍷 🍷 🍷 🍷 🍷 🍷

Joshua's Steak & Chop House

420 Pennsylvania Avenue, Centreville; 443-262-8064, 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 \$\$ ☎ 🍷 🍷 🍷 🍷

Oh My Chocolate

417 Thompson Creek Road, Stevensville; 410-643-7111 ohmychocolate.com 🍷

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 \$ 🍷 🍷 🍷 🍷

Smoke, Rattle & Roll

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

Talbot County

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

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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; Charactersbridgerestaurant.com \$\$\$ 🍷 🍷 🍷 🍷

Chesapeake Landing

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

The Coffee Trappe

4016 Main Street, Trappe; 410-476-6164; coffeetrappe.com; breakfast \$ 🍷 🍷 🍷 🍷

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 \$\$

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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; 410-822-1122; Washingtonstreetpub.com; American; 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 \$ \$ 🍷 🍴

Purser's Pub at Inn at Perry Cabin

308 Watkins Lane, St Michaels 443-258-2228 innatperrycabin.com; American food, small plates, lunch and dinner 🍴

Robert Morris Inn

314 North Morris Street, Oxford; 410-226-5111; Robertmorrising.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 \$ \$ 🍷 🍴 🍷

Sniffers Crafts Beer and Wine Bistro

219 Marlboro Avenue, Easton; 410-820-4700; sniffersbistro.com 🍷

Stars at Inn at Perry Cabin

308 Watkins Lane, St. Michaels; 443-258-2228; innatperrycabin.com; Seafood; breakfast, 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 \$ 🍷 🍴 🍷 🍷 🍷 🍷

Lyons Distilling Company

605 S. Talbot Street, #6, St. Michaels; 443-333-9181; lyonsdistilling.com 🍷

Marker Five

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

Momma Maria's Mediterranean Bistro

4021 Main Street, Trappe; 410-476-6266; mommamariasbistro.com; Mediterranean; dinner \$ \$ 🍷 🍴 🍷 🍷

Old Brick Café

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

Osteria Alfredo

210 Marlboro Avenue, Easton; 410-822-9088; osteriaalfredo.com; Italian; lunch, dinner \$ \$ 🍷 🍴

Out of the Fire Café & Wine Bar

22 Goldsborough Street, Easton; 410-770-4777; Outofthefire.com; Mediterranean, seafood; lunch, 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 \$ 🍷

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-seaeston.com; Chinese; lunch, dinner \$

Hot off The Coals BBQ

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

Hunters' Tavern at the Tidewater Inn

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

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 \$ 🍷 🍴

Lighthouse Oyster Bar & Grill

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

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; Thegalleyssaintmichaels.com; Breakfast, lunch \$ 🍷 🍴 *

Gina's Cafe

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

Gluten Free Bakery Girl

116 N Talbot St; St Michaels; 410-693-1153 \$ 🍷

Gourmet by the Bay

415 S. Talbot Street, St. Michaels; 410-745-6260; gourmetbythebay.net 🍷

Harrison's Harbour Lights

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

Kent County

98 Cannon Riverfront Grille

98 Cannon Street, Chestertown; 443-282-0055; 98cannon.com; Seafood; lunch and dinner \$ \$, 🍷 🍴 🍷 *

Barbara's On The Bay

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

Bayside Foods

21309 Rock Hall Avenue, Rock Hall; 410-639-2552 🍷

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 \$ \$ 🍷

Casa Carmen Wine House

312 Cannon Street, Chestertown; 443-203-8023; casacarmen-wines.com 🍷

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 \$ \$ 🍷



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DINING GUIDE

Evergrain Bread Company

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

Figg's Ordinary

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

Harbor House (Seasonal)

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

Harbor Shack

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

Java Rock

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

The Kitchen at the Imperial

208 High Street Chestertown, MD. 21630; 410-778-5000; Imperialchestertown.com; Small Plates Tavern & Casual Fine 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

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

Osprey Point

20786 Rock Hall Avenue, Rock Hall; 410-639-2194; Osprey-point.com; American, Seafood; dinner, \$\$\$ 🍷 🍴 🍷 🍴

Pasta Plus

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

Procolino Pizza

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

The Retriever Bar & The Decoy Bottle Shop

337 1/2 High Street, #339, Chestertown 🍷

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; Watermanscrab-house.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 \$\$ 🍷 🍴 🍷 🍴

Blue Ruin

400 Race Street, Cambridge; 410-995-7559; blueruinbar.com 🍷

Bombay Tadka

1721 Race Street, Cambridge; 443-515-0853; Bombaytadkamd.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 \$\$ 🍷

Lil' Bitta Bull BBQ

1504 Glasgow Street, Cambridge; 443-205-2219 🍷

Ocean Odyssey

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

RAR Brewing

504 Poplar Street, 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 \$\$ 🍷 🍴 🍷 🍴

ThaiTalian Infusion Cuisine

300B Washington Street, Cambridge; 443-225-6615; thaitalianinfusioncuisine.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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Where's Wilma?

FIND WILMA AND WIN!

With autumn in full swing, our flying mascot Wilma is enjoying the cooler weather, seasonal changes, and the very best of Chesapeake Bay living. From outdoor activities and events to getting an early start on holiday shopping, Wilma is on the move! Where will she pop up next?

Here's how the contest works: Wilma appears next to three different ads in this magazine. When you spot her, write the names of the ads and their page numbers on the entry form online or mail in the form below and you'll be eligible to win. Only one entry per family. Good luck and don't forget to submit your restaurant review online at whatsupmag.com/promotions for another opportunity to win a prize.

Congratulations to this month's winner: Sandy McCormick of Centreville, who won a \$50 gift certificate to a local restaurant.

Mail entries to: Where's Wilma? Eastern Shore, 201 Defense Hwy., Ste. 203, Annapolis, MD 21401 or fill out the form at whatsupmag.com/promotions



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I FOUND WILMA ON PG. _____ Advertiser _____
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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 October 31, 2020. 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.....	95
Academy Arts Museum of Easton.....	10
Accurate Asphalt LLC.....	79
Annapolis Auto.....	23, 26
Aqua Pools.....	BC
Chaney Homes.....	27
Chesapeake Bay Beach Club.....	15
Chesapeake Bay Maritime Museum.....	94
Chesapeake Charities.....	26
Chesapeake Dental.....	65
Chesapeake Property Finishes.....	79
County Commissioners of Kent County.....	12
Dental Choice.....	LHP
Djawdan Center for Implant and Restorative Dentistry.....	1, LHP
Dr. Harry Canter.....	LHP
Dr. J. Fredrick Heaton.....	LHP
Dr. Margret Quimby.....	LHP
Drs. Walzer Sullivan & Hlousek PA.....	5
Eastern Shore Dental Care.....	7, LHP
Easton Dermatology Associates LLC.....	LHP
Fish For A Cure.....	44
For All Seasons Inc.	21
Hagert Family Dentistry.....	LHP
Haven Ministries.....	17
Horance K. Wood DMD-Oral & Maxillofacial Surgery.....	LHP
Jason's Computer Services.....	66
Kent Island Pediatric Dentistry.....	LHP
Lundberg Builders / 314 Design Studio.....	77
McKee Builders.....	66
Michael Rutledge.....	21
Momma Maria's Mediterranean Bistro.....	88
Nancy Hammond Editions.....	77
O'Donnell Vein & Laser.....	3
Piazza Italian Market.....	94
Queenstown Landing Integracare.....	2
Range & Reef.....	88
Safe at Home Senior Care.....	95
Sandel Duggal Center For Plastic Surgery.....	LHP
Serino Orthodontics.....	LHP
Soistman Family Dental & Associates.....	LHP
Stewart's Food Service LLC.....	95
Sullivan Surgery and Spa.....	IFC
Tidewater Inn.....	19
Trahar Mary C. DDS P.A.	LHP
Troika Gallery.....	23
TTR Sotheby's International Realty.....	9
University of Maryland Shore Regional Health.....	IBC

Many things have
changed in 2020 but
the FLU hasn't



FIGHT THE
FLU
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This year it is more important than ever.

Influenza (flu) is easily spread but avoiding close contact with anyone who is sick, not touching your eyes, nose and mouth, covering your coughs and sneezes and washing your hands can all help. Since the flu and COVID-19 have similar symptoms, it is more important than ever this year for you and your family to get a flu vaccine. It is safe and easy so don't delay!

Protect yourself from the flu and **spread the word** so others get vaccinated too.



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