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WHAT'S UP? MEDIA NOVEMBER 2020



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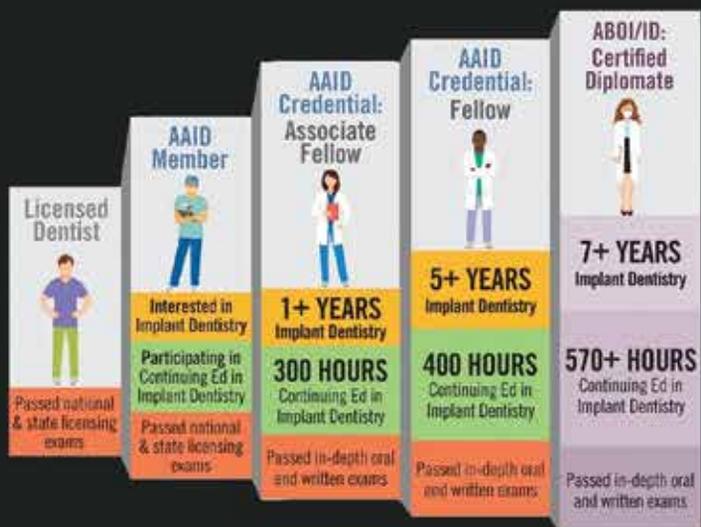
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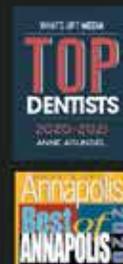
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November contents

On the Cover: Design by August Schwartz. Contact *What's Up? Eastern Shore* online at whatsupmag.com. Please recycle this magazine.

Features

22 Year of the Woman: Barriers to Change Exploring how far women's rights and recognition have come and how far we need to go *By Jillian Amodio*

32 Conowingo Dam Part III Viable solutions to a complex problem and the future of the Chesapeake gateway *By Jeff Holland*

39 2020 Excellence in Nursing We celebrate and honor local nurses with a brand-new project, in which we surveyed Maryland licensed nurses to nominate their exemplary peers in several area of nursing specialty

44 Cheers to Maryland Craft Beer As laws and regulations evolve, the state welcomes craft breweries to its communities *By Kelsey Casselbury*

51 Financial Planning for Charitable Giving A primer on donation and gift-giving vehicles for charitable giving

Home & Garden

56 Home Design: Hot Hybrids Interior trends that are enhancing design *By Lisa J. Gotto*

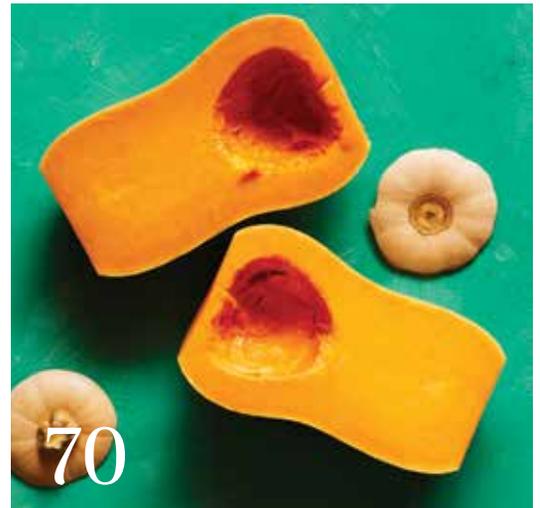
58 Home Design: Inspiration from Landscaping's Greatest Hits How you can take cue from world-renowned gardens and landscape architects *By Janice F. Booth*



58



32



70



22



44

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

Health & Beauty

By Dylan Roche

68 Antibiotic Options
69 Choosing a Cosmetic Surgeon
70 Fresh Take: Winter Squash

71 Is "Muscle Confusion" Real?

72 No-Shave November
73 Fashion: Senior Chic

Dining

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

76 Readers Restaurant Guide More than 125 regional restaurants listed

WHAT'S UP?

EASTERN SHORE

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23,888 copies with an estimated readership of 78,830.

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Seatings 11am - 5pm

Plated Menu

Holiday Starters

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Family Style Sides

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Carry Out

Family Style

Thanksgiving Mains

Family Style Sides

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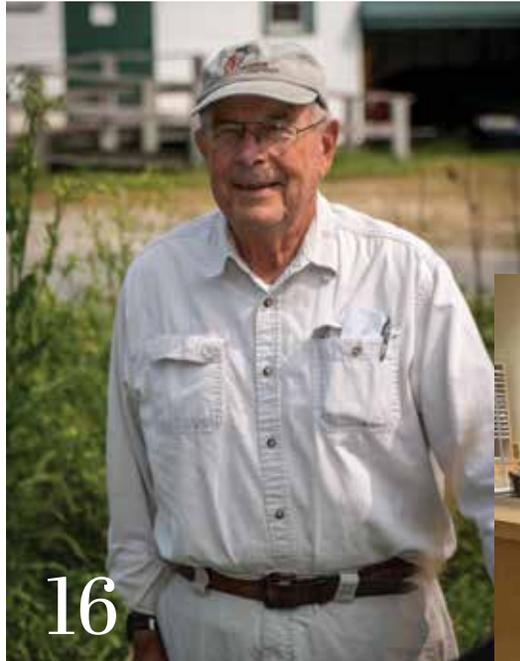
November contents

In Every Issue

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

8 Editor's Letter James shares his thoughts

11 Out on the Towne Previews of special events and activities to enjoy in November *By Megan Kotelchuck*



16 Towne Salute Meet Dave Bent of Pickering Creek Audubon Center *By Tom Worgo*

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

20 Towne Athlete Meet Grasonville resident Alli Cherry *By Tom Worgo*

80 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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Rachel VanDalen, Dental Assistant



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Abby Fisher, Dental Assistant



"I smile because I help others smile."
Elba Olivero, Dentist



"I smile because I am fortunate enough to be back in my home state doing what I love."
Alyssa Wolfe, Dentist



"I smile because it's the most profound and powerful facial expression."
Paloma Burtis, Dental Hygienist



"I smile when my dog greets me when I get home. I love those sloppy kisses."
Jennifer Brotz, Dentist



"I smile because my smile is infectious."
Tad Rutledge, Dental Hygienist



"I smile because I have friends who are family and family who are friends."
Erin Picco, Dental Assistant



"I smile because life is fun."
Karen Lode, Practice Manager

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editor *From the*

dining room where Thanksgiving dinners were jovially celebrated and views of the river—all the way down toward the bridges—could take your breath away.

I miss and often reflect upon those times—especially at this time of year. And I'm thankful for those memories. Again, I'm reminded of what makes this region so special for so many of us. In some way, I'm constantly trying to replicate those types of experiences for my own children. It isn't always easy.

As we know all too well, there's an exorbitant amount of noise and distractions these days. Just glance at the phone in your hand, turn on the television, open the laptop, or ask Siri/Alexa for the day's news. Chances are, you may be disappointed in what you see and hear. Or distracted enough to miss the story your spouse or child is trying to share with you (I know I'm guilty as charged). Even if all of us can't agree on, oh say, recent politics (by the time you read this, we may or may not have a new president), we probably can agree that this year has been exhausting in new and profound ways.

So, how can we break free from the grip of everyday routine, COVID calamity, multi-media bombardment, and digital addiction?

Take cue from author Bill Bryson and have a walk in the woods. Find a trail, create an adventure. Get back to nature for a morning or afternoon. Build a campfire in the backyard. Build some heat in the fireplace. Call an old friend or family member over for Thanksgiving supper. Talk, and talk some more. Slow down and bask in good company. Reminisce, while creating new memories. And thank the heavens for the good things in life—there's a lot, if you take the time to look.

And...if you've done all that, maybe give this magazine a read. I promise, it's a good one.

James Houck,
Editorial Director

When October winds blow into November, autumn's chill settles in for winter residency, sunrises glisten on Chesapeake whitecaps, and sunsets heighten the bronze, amber, and crimson treetops, I know there's no place I'd rather be than right here in Maryland's middle.

Living just outside of Annapolis proper, toward the upper reaches of the Severn River, my family and I feel lucky to enjoy just enough of the natural riches that are so abundant in our region. Weekend nature walks, with leaves playfully dancing toward the ground, offer a most reflective experience. So too, do short jaunts on the jon boat for the last rush of striper fishing before keeper-season ends in approaching December. Even a day without a bite feels like a win...if your head is in the right place. If you're a waterfowl hunter, then your season is heating up this month.

Usually, around 5 o'clock in the evening, I stroll to the mailbox for the day's take and can smell the chimney delights from fireplaces of neighbors near and far—always a nostalgic reminder of simpler times, when families and friends would gather around the fireplace to share each other's company. It reminds me of my grandfather's welcoming home along the South River—a comforting, warm, and inviting space where holidays were annually spent in the 1970s, '80s and '90s with extended family. A central fireplace was the de-facto gathering spot, just across from the expansive



O'Donnell Vein and Laser would like to welcome you to our new office. O'Donnell Vein and Laser is a comprehensive medical facility established for the treatment of varicose veins, spider veins and venous disorders. For every patient, our objective is the elimination of lower extremity symptoms associated with venous disease. Since inception, nearly all patients have significant or complete resolution of their previous pain or symptoms. We are also a full-service medical aesthetics center offering the latest in laser skin rejuvenation, laser hair removal, and cosmetic injectables. With our focus on both functional and cosmetic vein treatments, as well as our medical spa services, we are committed to giving our clients beautiful, healthy skin. Let Dr. O'Donnell and our caring staff share our passion for healthy legs and beautiful skin with you. **Contact us today at 410-224-3390 to schedule your evaluation!**

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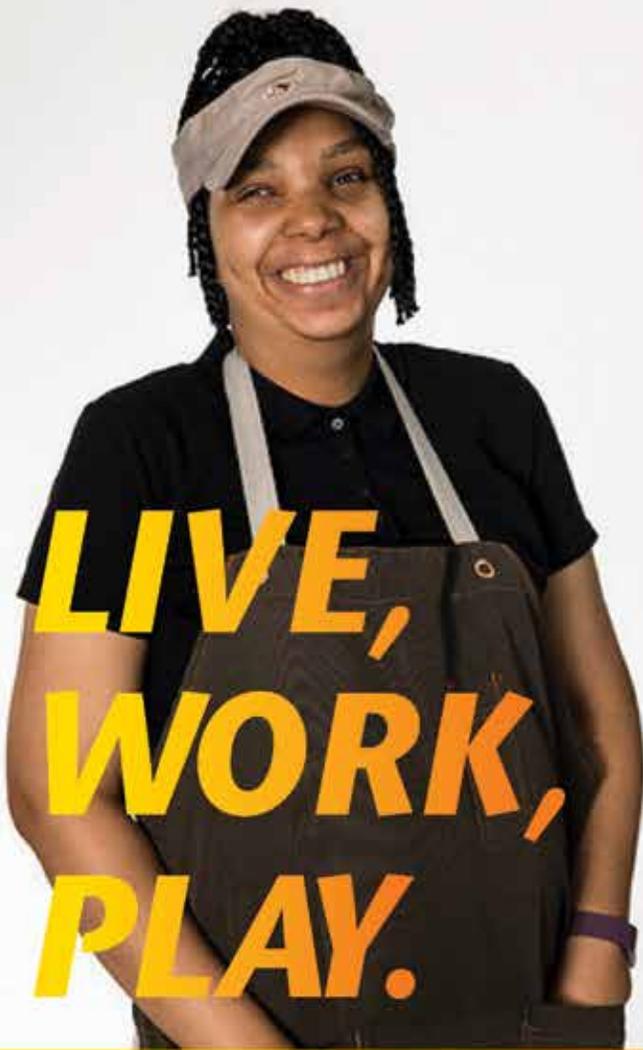


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We customize our services to the people we support because a one size fits all approach doesn't work for everyone. We create opportunities for people to live, work, and play as valued members of the community.

COVID-19 has dramatically impacted the way we provide our services. But we are determined to continue innovating and creating opportunities for people with disabilities to be successful in these unprecedented times.



How Can You Get Involved Today?

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- ✓ Follow us on social media
- ✓ Engage with us! Advocate and educate your community. Learn more by emailing info@thearcccr.org


The Arc
Central Chesapeake Region

Out on the **Town**

11 EVENT PICKS | 16 SALUTE | 18 SPOTLIGHT | 20 ATHLETE

Small Business Saturday in St. Michaels ↓

End November with some Christmas shopping and be sure to shop small! St. Michaels is hosting their Small Business Saturday on November 28th throughout Downtown. Pledge this year to eat local, spend local, shop local, and enjoy local to keep our local economy thriving. For more information, visit Stmichaelsmd.org



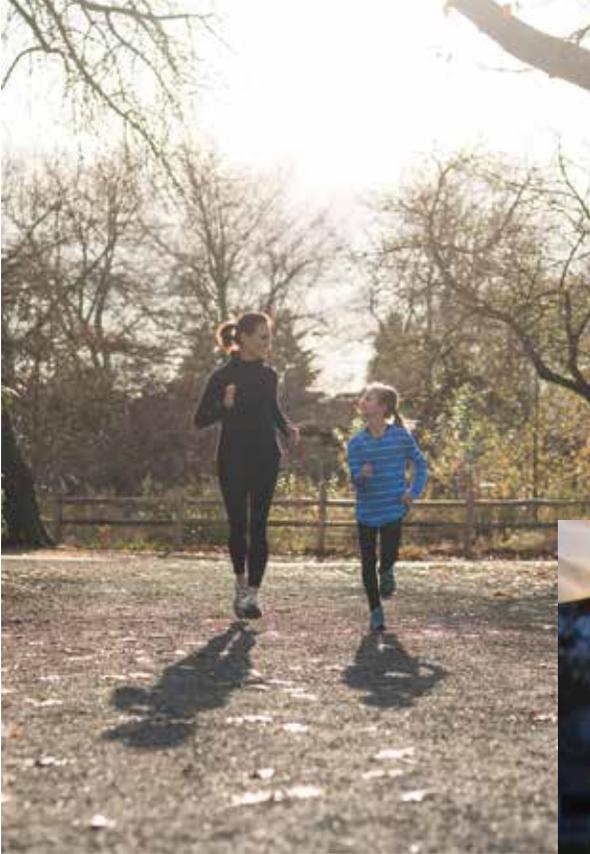
Events Have Gone Virtual!

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!

Privateer Party 2020

Historic London Town & Gardens is hosting their Privateer Party on November 13th from 6–9 p.m. at their location in Edgewater. The event will include food from local caterers, a silent auction, dancing, rum tastings, and, of course, dress up in pirate attire. Order your tickets online at Historiclondontown.org/privateerparty



↑ VIRTUAL PONY TROT 5K

November 7–8 will be the Maryland Therapeutic Riding Virtual Pony Trot 5K. Run or walk a 5K from the comfort of your neighborhood, favorite trail, or even treadmill. All proceeds will benefit Maryland Therapeutic Riding, an award-winning therapeutic horseback riding center in Crownsville. Register online and submit your time to find out the results. To find out more information, visit Horsesthatheal.org



Maryland Chicken Wing Festival

The Maryland Chicken Wing Festival, which was supposed to be the first week of April, has been rescheduled to November 7th. This day-long event will be held at Anne Arundel County Fairgrounds from 11 a.m.–7 p.m. and will feature some of the most inventive chicken wing recipes from the best chefs in the area. There will also be regional craft beer and live bands. For more information, or to purchase tickets, visit abceventsinc.com



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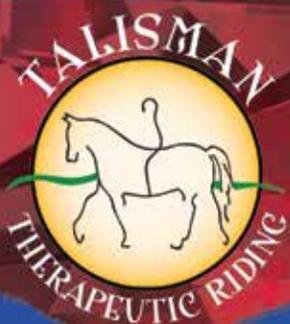


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THE GREAT CHESAPEAKE BAY WELLNESS RACE & FAMILY WALK

The Eastern Shore Hospital Center is hosting their 17th Annual Great Chesapeake Bay Wellness Race & Family Walk on November 14th at the Hyatt Regency Chesapeake Bay Resort in Cambridge. All proceeds from the race will go directly to benefit patients, residents, and special programs at the Hospital Center. The 10k race will start at 8 a.m. with the 5K run/walk swiftly behind at 8:10 a.m. Email Judith.Slaughter@maryland.gov to register or volunteer.

↑ CasaBlanca at Home Gala

CASAblanca is moving their gala to your very own home. Register online now for the live program on November 7th from 6:30-8 p.m. The gala will raise money for children in foster care through Anne Arundel County CASA, Inc. For more information, visit aacasa.org



AN AMERICAN SOUTHWEST CARMEN

The Ballet Theatre of Maryland is hosting a virtual performance of *An American Southwest Carmen* on November 7th at 7 p.m. The show is based on the true stories, lives, and culture of three courageous Hispanic women who first brought civilization to Fort Pueblo in the Arkansas River Valley, now Pueblo, Colorado, in 1846 when the United States declared war on Mexico. Register online at Ballet-Maryland.org to be emailed the link to stream the event.

↑ Fish for a Cure Tournament and Shore Party

This year, the 14th Annual Fish for a Cure Tournament will take place on November 7th following the Fish for a Cure Captain's Meeting on November 4th. This tournament will support the Cancer Survivorship Program at AAMC's Geaton and JoAnn DeCesaris Cancer Institute. The tournament will look a bit different this year to agree with COVID regulation and social distancing guidelines. For more information, visit Fishforacure.org



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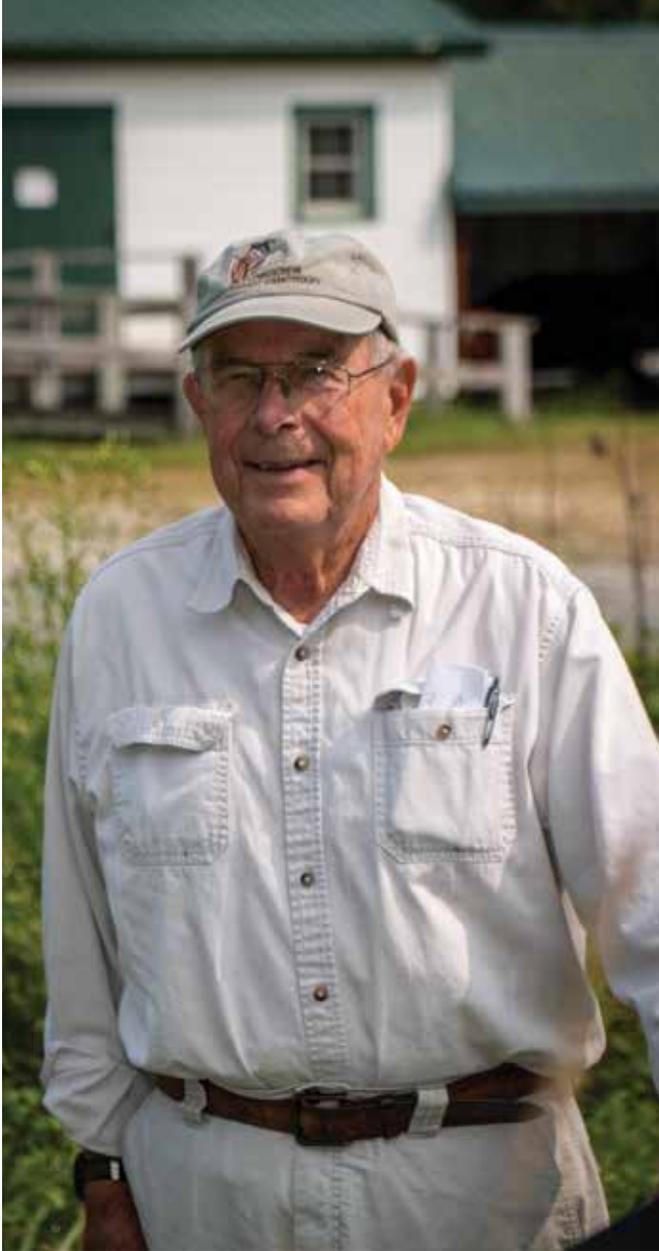
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TOWNE SALUTE

Dave Bent

Pickering Creek Audubon Center

By Tom Worgo

As a teenager growing up on a dairy farm near Easton, Dave Bent often hunted for squirrels, rabbits, quail, doves, and ducks. And even back then, he had a deep appreciation for their fluid movement and vivid colors, especially of the waterfowl.

“I remember once, when I was hunting, and I saw some wood ducks come up,” Bent remembers. “They were so beautiful that I couldn’t shoot them.”

But it was another 15 years before he had a major change of heart.

“I was always concerned about nature and the changes in habitat,” Bent says. “If I’d known the changes in agriculture would change the habitat and cause the loss of the bobwhite quail, I would not have hunted them. The same with ducks. Their population has fallen off so badly, due to loss of habitat and things like that.”

So, at around age 30, Bent switched from hunting to bird watching—specifically observing ducks, with binoculars and a telescope.

“I saw them when I was very young, and they were beautiful,” says the 81-year-old retired printing industry executive. “They’re just a beautiful bird.”

When Bent retired at age 65, he wanted to do volunteer work. So, he spent two years at the Jean Ellen duPont Shehan Audubon Sanctuary, in Talbot County. Then he moved on to the Pickering Creek Audubon Center in Easton, where he eventually became secretary of its governing board.

His extensive volunteer work centers around birds. He’s seen most of the 218 species that have been documented at the center. Pickering Creek’s mission is educating young people about the natural habitat and eco-systems, and the challenges they are facing.

Bent has proven to be an invaluable volunteer with all his bird work and his maintenance of the center’s

“It’s hard to find someone with his dedication. And because he has such a broad array of interests, it makes him unique.”

440 acres of habitat. This includes everything from grass cutting to bush removal to invasive weed control.

“It’s hard to find someone with his dedication,” says Mark Scallion, the center’s director. “And because he has such a broad array of interests, it makes him unique. He’s always willing to come out and help us to make sure we are prepared for all the students we work with. Dave is really a leader. He’s relied on to keep things humming from a facilities standpoint.”

Bent, a Trappe resident, runs the organization’s bluebird nesting program, which is vital, because bluebirds don’t have any natural nesting habitats anymore. The center has built 70 nest boxes around Talbot County on four loops of trails around the edges of fields. He trains the team of volunteers who monitor the boxes.

He also maintains the loop trails and builds and repairs the bluebird boxes, which can be heavily damaged through the winter.

“Bluebirds are pretty much dependent on having these boxes to nest in, and I am helping them thrive” Bent says. Bent compiles all the data gathered by his crew of volunteers and shares it with the staff at the center.

“It’s a fair amount of work to make all that happen,” Scallion says. “There are few things here that require no attention from our staff, and that’s one of them. He just totally takes care of it.”

Bent also gives walking bird tours for students on the grounds of Pickering Creek and trains the seasonal educators who work with young people throughout the school year. “People tend to get more excited about the birds when they meet Dave,” Scallion says. “He’s been good at connecting people with the birds.”

Bent’s love of feathered creatures goes beyond Pickering Creek. He’s been a member of the Talbot County Bird Club since 2009 and has traveled to six different states, including South Carolina and Colorado, for bird watching trips.

“He’s very passionate about the birds,” says Wayne Bell, a fellow member of the bird club and a Pickering Creek volunteer who sets up all the bird monitoring programs. “Bird watching is one of the fastest growing hobbies in the U.S. and he can’t get enough.”

For more information about Pickering Creek Audubon Center, visit pickering.audubon.org.

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Hurlock Church Donates to Cancer Center ↓

The congregation of Hurlock United Methodist Church recently donated \$2624 to UM Memorial Hospital Foundation to benefit the Wig Room at the Cancer Center at UM Shore Regional Health. Pastor Joan Brooks presented the check to Jeanie Scott, Oncology Services manager, earlier this month. According to Scott, Pastor Brooks indicated that the congregation was inspired to give because of one of their members has been undergoing cancer treatment. They wanted to do something to honor her journey, and once Pastor Brooks put out the call, members responded very generously within a week's time. "Patients who undergo cancer care often have physical changes," Scott says. "Those changes that are easily visible can add to an already stressful ordeal. Gifts like these can make a world of difference! We are extremely appreciative for the generosity of the Hurlock United Methodist parishioners' generosity."



↑ FOR ALL SEASONS CEO APPOINTED TO MARYLAND COMMISSION ON WOMEN

Beth Anne Langrell, CEO of For All Seasons, has been appointed to the Commission, serving a four-year term. The Maryland Commission for Women works with Maryland State Government to advance solutions and to expand social, political, and economic opportunities for all women. The Commission was established by the Maryland Legislature in 1971 with the mission of promoting the social, political, and economic equality of Maryland women. One of the goals of the Commission is to bring information to Maryland women and girls including publications about women's and girls' issues and their rights, events, organizations, legislation, and a community resources directory.



HAVEN MINISTRIES & COMMUNITY PARTNERS EXPAND FOOD DISTRIBUTION

Haven Ministries has partnered with The Judy Center/Queen Anne's County Public Schools and Chesapeake Multicultural Resource Center to expand its food distribution in northern Queen Anne's County, specifically in the Sudlersville area. The Judy Center, which is a Maryland Food Bank distribution partner, has been working with the Emergency Operations Committee in Queen Anne's County during the pandemic to reach high food insecurity areas in the county with centralized food distribution at the Sudlersville Elementary and Middle Schools and Church Hill Elementary School. Haven Ministries was asked to join forces with partnering agencies and organizations in the northern portion of Queen Anne's County to assist in the streamlining of food distribution services. A pop-up drive-through food pantry at Sudlersville Park in August reached over 125 families with over 17,000 pounds of food.



2020 FOLIO:
**EDDIE
 AND
 OZZIE**
 AWARDS
 HONORABLE
 MENTION

What's Up? Media Wins Folio Awards Honors

What's Up? Media is proud to announced last month that our publication *What's Up? Eastern Shore* won 2020 Folio: Eddie & Ozzie Awards honors for our article titled "Disappearing Act" written by Diana Love from the January 2020 issue. This honor—last received in 2018 by What's Up? Media—places the publication within the esteemed ranks of national publications, including *Southern Living*, *National Geographic*, and *Consumer Reports*, among many others, and the very best City & Regional magazines. What's Up? Media is the only local and regional publisher to receive a Folio award this year. To read "Disappearing Act" online, visit Whatsupmag.com/culture/environment/disappearing-act. For more than 25 years, the Eddie & Ozzie Awards have recognized excellence in engaging content and gorgeous design across all sectors of the publishing industry. This year's winners list features the crème de la crème of content creators and designers—a pool of roughly 300 winners narrowed down from thousands of entries, from across the nation. To view the entire list of 2020 Folio: Eddie & Ozzie Awards, visit Foliomag.com/go/2020-eddie-and-ozzie-awards.

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

Alli Cherry

Paul Smith's College Ice Hockey, Volleyball

By Tom Worgo

If Alli Cherry had the choice between a good night's sleep or sports, she would pick sports every time. Cherry, a recent St. Mary's High School graduate, didn't sleep much because she consistently played five sports inside and outside of school for all four years.

The Grasonville resident would always be tired because she went to bed every night at 1 or 2 a.m., and got up at 6 a.m. But she had a stop-gap solution to the problem. "Wherever I could before practice I'd take a nap," she says with a laugh. "In my car or the classroom. And my friend lived in Annapolis. So, I would stay over there and sleep until I had hockey practice in Laurel."

The 5-foot-7-inch Cherry, now a freshman at Paul Smith's College in New York, wanted to play every sport for the Saints. She limited herself to five. She stuck with volleyball, indoor and outdoor track, and played for the Navy Youth Ice Hockey Club and the Bigbie Blacksox softball program in Denton.

"I just loved playing sports and it always gave me something to do," Cherry explains. "I like to try new things. People would ask, 'How could you do all this?' It made me happy. It was hard to figure out which sport I liked the most. I like hockey a lot, but I love softball, volleyball, and track."

Nothing is going to stop Cherry from being active in sports at Paul Smith's College. She plays both volleyball and women's ice hockey. Volleyball runs from August to late October—the same time the hockey season starts.

"It is definitely demanding playing two college sports," says Cherry, who carried a 3.5 grade-point-average in high school and is majoring in baking arts and service management in college. "But I felt, 'Why not?' I have classes all the time until 3 o'clock. Time-management is important, and I have to be more organized than high school."

Hockey has become Cherry's favorite sport. The defenseman played four years for the Navy Club team before joining the Laurel-based TriCity 19-U team last year. She wanted to play against the highest-level competition possible before heading to college, so she competed in the regional Chesapeake Bay Hockey League and participated in tournaments in New York and Michigan.

Cherry also played for the St. Mary's boys ice hockey team as a senior, thus playing for six different teams that school year.

"She is a very steady, fast, and smart player," Paul Smith's College Women's Ice Coach Casey Gerrish says. "She has the physical attributes to move people from out in front of the net and work the corners. She really knows what to do and where to be on the ice. That is what really stands out about her."

Cherry brought some great credentials in volleyball to Paul Smith's College. The

four-year starter led the Saints in kills from her outside hitter position during her junior and senior seasons and was named team MVP last fall. She helped St. Mary's to three appearances in the Interscholastic Athletic Association of Maryland B Conference championships game with the Saints winning it all in 2019.

"I really think she will have a phenomenal career in college," St. Mary's Volleyball Coach Rebekah Kruder says. "She is very versatile player. I wouldn't be surprised if her role changes over the years. She is so willing to fill any role. I am excited to see what she does."

Jackson also dominated in track in high school, winning a B Conference title in the 55-meter dash in February and setting school records in the 300, long jump, and 55.

Outside of sports, Jackson served as a youth ministry eucharist for St. Mary's Church, was president of the school's cooking club, and led a week-long retreat to Malvern, Pennsylvania. But Cherry will continue to focus on sports while at Paul Smith's College.

"She is extremely athletic, and I think that comes from continuing to do all of her sports," Kruder says. "People would always ask me, 'How could she do all that?' It's incredible. She really has the talent and gift to do everything. She does it with a great attitude and is always willing to learn."

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



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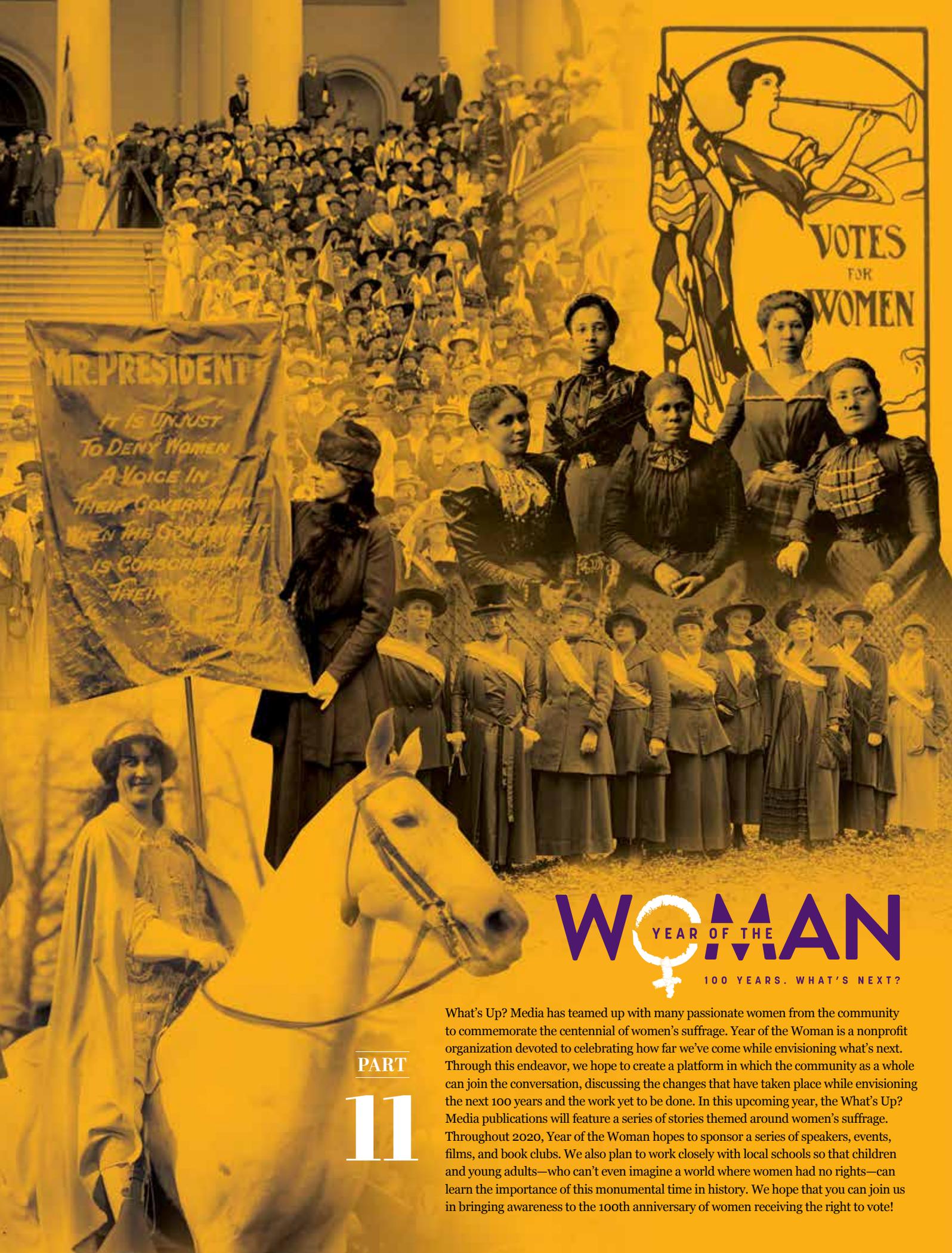
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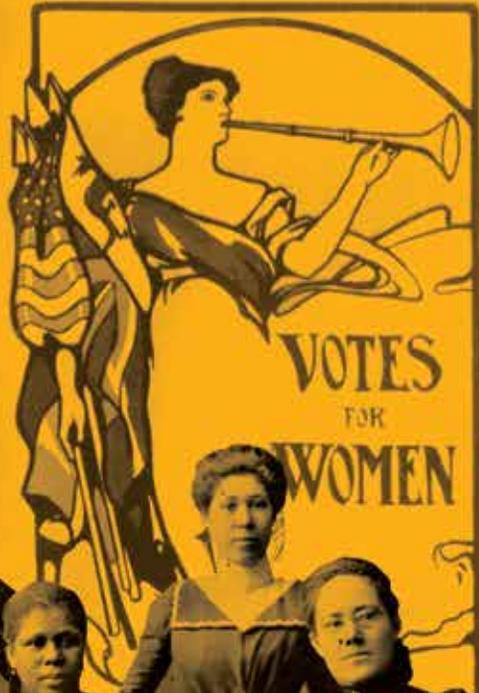


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IT IS UNJUST
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A VOICE IN
THEIR GOVERNMENT
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IS CONSCRIPTING
THEIR SERVICES



WOMAN

YEAR OF THE

100 YEARS. WHAT'S NEXT?

PART

11

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!



Barriers to Change

How far women's rights and recognition have come and how far we need to go

By Jillian Amodio

In the United States there is a strong constitutional commitment to equal rights. However, just because perceived commitment is there, does not mean equality is put into practice. Many women face hardship, struggle, inequality, and violence daily.

When we break this down farther by race or social class, the disparities are even more glaring. Throughout history, women have broken free from bondages that have held them back in terms of societal constraints. Today, women have the right to own property, marry who they wish, can divorce their husbands, vote, join the military, and get an education...yet women still are far from equal.

Women fight a raging battle for reproductive rights, equal pay, safety in relationships, and protection from gender, race, ethnic, and class discrimination. Women still carry an unequal burden in terms of responsibilities like childcare, domestic work, and ensuring the wellbeing of the family unit. Women face societal standards that impose unobtainable measures of beauty and the image of an ideal woman. These pressures create added stress and lead to feelings of inadequacy or failure, as well as physical and mental health issues.

Jeni Klugman, Managing Director of Georgetown Institute of Women Peace and Security is the lead author of the 2019–2020 report that ranks 167 countries around the world, revealing patterns and insights on women's empowerment, equality, and overall societal standing in diverse settings. The hope of the report is

to highlight areas needing reform and give a glimpse of what the world would look like if women worldwide were afforded full and equal rights and opportunities.

While the WPS Index suggests overall progress, it clearly shows there is work to be done. The report measures women's overall wellbeing in various countries by compiling data representing three basic dimensions; inclusion, justice, and security. In terms of ranking, the United States does not even make the top 12 in terms of women's overall wellbeing and sense of equality. According to the report, women's employment worldwide is regressing and estimates that by current standards it would take a minimum of 52 years to reach equality by way of equal representation in politics.

Beginning with the American feminist movement of the 1960s, women continued entering the workforce en masse in the '70s and '80s. Even so, women still did the majority of childcare and household work, a trend that has only marginally changed in the time since. In hearing from a few working women in male dominated fields, we begin to get a clearer picture of what's needed to ensure women receive the same opportunities, recognition, and employment rights as their male counterparts.

Soldier, Mother, Both: Women in the Military

Women make up about 14 percent of the Army. One of them is Annapolis resident Rose Forrest, the Staff Judge Advocate at Maryland National Guard. Forrest reflected on the positives, such as a sense of empowerment, but also the challenges she faces as a female in the military. She recalls listening to her male classmates talk about how grueling their mental and physical workload was and yet she was pulling double duty and completing the same tasks with an infant and toddler to care for. Forrest explains she can only speak on behalf of herself, not the military on the whole, but states, "In my opinion, women in the military often hide their maternal roles to ensure equal treatment. I



have personally tried to keep my struggles private because I felt it would reflect weakness for all women in the military.” She speaks about the positive aspect of the military pay structure affording a somewhat level field in terms of salary. While life choices may account for more women in the military serving in lower ranks, there is still in theory, an equal opportunity. Areas in need of reform include VA healthcare, which does not include female centric care such as OBGYNs. Seventy percent of homeless women veterans are single mothers, yet almost no VA shelters offer space for children. While policies have been drafted, the military has not been able to get in front of an ever-present sexual assault problem, made even more evident with recent cases such as the murder of Fort Hood soldier Vanessa Guillen.

Fellow guard member, Air Force paralegal and Annapolis mother Nicole Moore says she too feels empowered being a woman in the military, but there are changes she would like to see. “Female issued uniforms should include helmets and flack jackets that fit our bodies, and exclude pieces that serve only to protect the male genitalia,” she says. She recalls a time when she was removed from a position when partnered with a man known to be a sexual predator. This was deemed easier and safer than removing him. While at training, Moore

brought her four-month old, as well as a childcare provider. A co-worker stated, “If the military wanted you to have a baby, they would have issued you one.” Moore used comments like these as further ammunition to succeed.

Qualified, Yet Dismissed: Private Industry Challenges

Elena Mack, a Crownsville resident and mother working in technology, says advice that has stuck with her as a woman in a male dominated field is, “get rid of the idea that the quality of your work will give you the credit you deserve. It’s all about who advocates and advertises for you.” Applying for senior positions she was well qualified for only to be passed over in favor of junior male candidates with less broad experience is something she’s all too familiar with. Mack expressed frustration at being asked in interviews how she would handle raising children, questions never posed to men in her field. She keeps a copy of one, particular annual review from a previous employer. The same skills listed as her strengths were under areas in need of improvement. She keeps this as a reminder that sometimes no matter how good you are at your job, the personal judgement of others can hinder your advancement.

Beth Caro is in the automotive industry, managing the sales department for her family-owned automotive business, and owns a tag and title company. Despite a wide breadth of knowledge in the field, surpassing many of the male employees she works with, she still finds herself in situations where customers and technicians refuse to talk to her or accept her insight and expertise, insisting to speak only with male colleagues. In an effort to promote female confidence in understanding and maintaining their vehicles, Caro has collaborated with others in the industry to create workshops for women wishing to become more knowledgeable.

Retired firefighter Michelle Krause, a single mom for 18 years, considers her career to have been rewarding. Fire school, however, was a tough gig. She had to work hard to prove herself capable. While the physical strain was tough, the emotional turmoil was what felt like it would break her at times. “I once had an officer tell me in writing he would do everything he could to make sure I did not make it



through training,” she recalls. “He didn’t think women belonged there. I didn’t complain. I didn’t want to be the girl who couldn’t handle it, I decided to just work harder.”

The Ever-Present Stigma

The struggles women face in the workplace also include the argument and stigma surrounding the question, “Should women be in the workforce at all?” While the presence of women in workplace environments has become commonplace, it is not to say the stigma does not still exist.

A 1979 article titled *The Working Mother in Contemporary Perspective* published by Ruth E. Zambrana PhD, a professor in the Department of Women’s Studies at University of Maryland and colleagues Marsha Hurst PhD, and Rodney L. Hite MD, shed light on dilemmas working mothers face including childcare,

home responsibilities, inflexible work schedules, discriminatory hiring practices, and being stigmatized for placing career over motherhood.

Studies cited show how women are expected to make compromises for their careers including foregoing promotions and ideal salaries to meet the needs of the family. One psychiatrist implied that the women’s movement of the time had encouraged women to value having a career over procreation. Despite the stigma still prevalent in some work settings and scholarly works, Dr. Zambrana and her colleagues found that little evidence supports any claims that a mother’s presence in the workplace has any negative impact on the overall development of her children, if adequate substitute care and satisfaction in her chosen role are present.

In line with working women pulling a double load, Heidi Fritz, Psychology Professor and member of Salisbury University (SU) Women’s

Forum, reflected on her realization that it was impossible to continue her tenure track while caring for a son with disabilities. After taking time away, she feared it would be impossible to get back into academia. She is now on a new tenure track doing research on caregivers of children with disabilities. She states that women are engendered to believe they must regulate the emotions of the entire family, placing an invisible burden upon themselves to sustain the emotional wellbeing of those in their care, a difficult thing to unlearn.

SU Women's Forum member and Director of External Library Services Mou Chakraborty reflects on her dual existence. Growing up in India and raising children in America, she states, "I was fortunate to have a mother who was college-educated while living in a patriarchal household and who stood up for her values of lifelong learning as liberation. I strive to embody her wisdom and courage. Even so, as a mother visiting India, I still feel social pressures to conform to a mostly male-dominated society. When in America, I feel the invisible load on my shoulders, but these experiences continuously shape me as a mother, professional, and woman."

The Wage Gap Explored

Working women are plagued with an ever-present wage gap. Dr. Heather Rellihan, Gender and Sexuality Studies Department Chair for Anne Arundel Community College, shared that, according to recent census data, on average women make \$0.82 to the dollar compared to salaries paid to men. This however represents women unfairly. The progress towards female equality is not shared equally when looking at deeper nuances like race and social class.

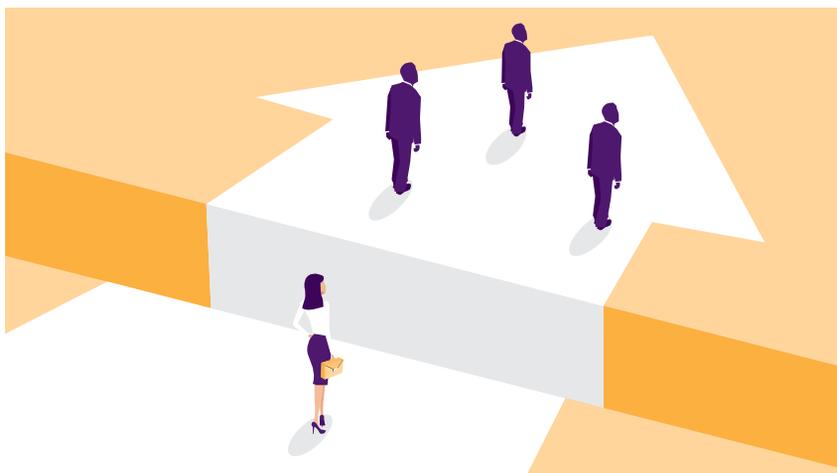
Privileged women experience more in terms of progress than those facing additional barriers such as racial inequality, poverty, or discrimination based on sexual identity. If we dig deeper into the pay gap for instance, white women on average make \$0.79 to the dollar, Asian women make \$0.90 to the dollar, black women make \$0.62 to the dollar, and Hispanic or Latina women average \$0.54. This indicates barriers and progress are not equally shared. Annette Johnson, who works in diversity and inclusion for Salisbury and is on the Women's Forum talked about progress tending to affect the upper echelon. When looking at women of color, often regardless of progress and forward movement, they end up being the most under-represented in the workforce. Johnson finds herself asking the questions, "What does feminism mean for a black woman? Does progress include me? Will it include my daughters?"

Dr. Rellihan explains that a portion of the wage gap is attributed to the choices women make. However, those choices can often be constrained. "A freely chosen choice is not the same as a constrained choice," she says. She cites examples such as women being drawn toward historically female segregated, lower paying positions such as teaching to help support summer schedules of children, or jobs in childcare, nursing, or domestic duties falling in line with the societal expectations for women to fulfill "caretaker positions."

Dangerous Social Complexities & Abuses

The workplace isn't the only social area in need of improvement. Other areas of women's rights at risk include their ability to control reproductive rights, poverty, lesser education, and inadequate access to quality healthcare (especially for minority women). Additionally, women are constantly confronted with high levels of sexual objectification and unobtainable standards of perfection. The negative impact of the media can lead to health issues like habitual body monitoring, depression, and eating disorders.

Domestic violence and maternal and mental health issues are even more discouraging obstacles needing to be overcome. According to the National Coalition Against Domestic Violence, nearly 20 people per minute are physically abused by an intimate partner in the



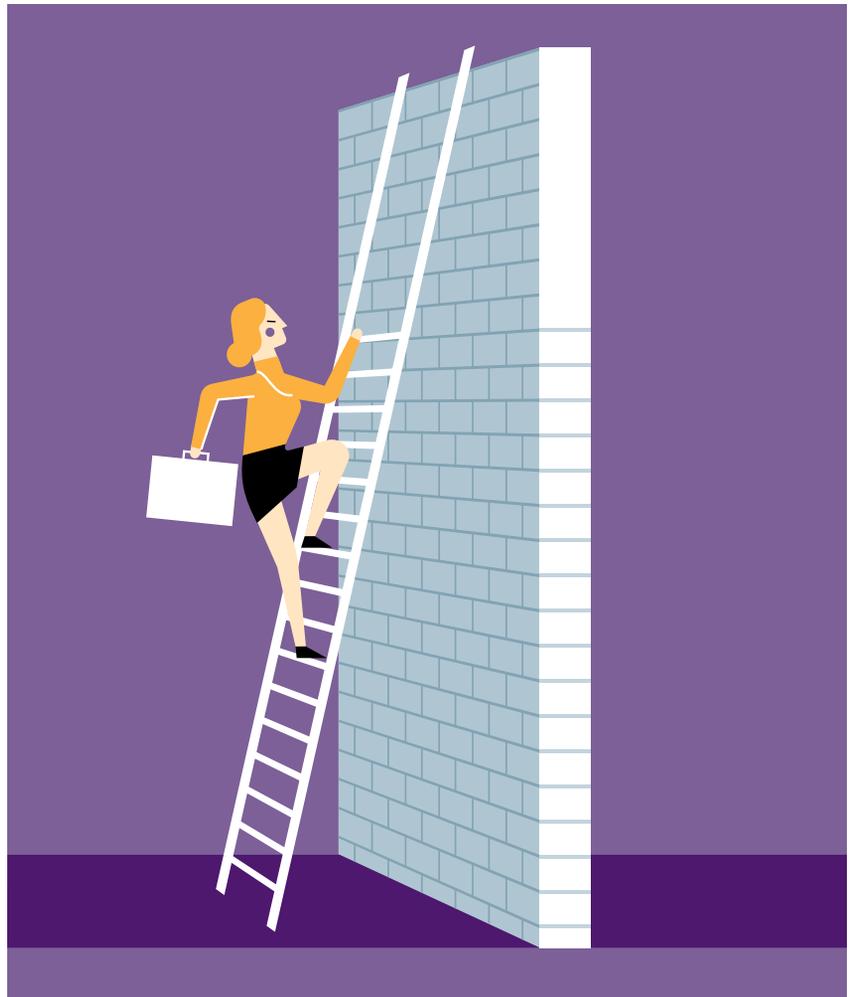
United States. One out of every four women experience severe violence at the hands of an intimate partner. Dr. Elsie Walker, a professor at Salisbury University and, also, member of the SU Women's Forum notes the increase in domestic violence occurrences during COVID. This topic hits close to home as her own mother was a domestic violence survivor.

Dr. Walker also reflects on mental health and her own struggle with postpartum depression stating, "I felt like I was falling apart and couldn't understand why. I had this perfect baby, so why did I feel such despair? I felt like I lost my voice, like I couldn't speak about my deepest feelings." She went on to say that, as a society, we often set women up for a sense of failure with motherhood and encourages us, as a whole, to remove the stigma of mental health, to make it more than acceptable to share grief. "It doesn't have to be pretty, it can be terribly ugly," she says.

Fellow SU Women's Forum member Louise Detwiler shared her own experience with sexual assault. She recalls being made to feel guilty it had occurred at all and can understand why the true number of sexual assaults go unreported. Additionally, her own mother was drugged by her husband and transported to a hospital where she was ultimately forced to undergo electro shock therapy without her consent, all because she wanted a divorce and the words of her husband were deemed more valuable than her own. Through that experience, Detwiler learned she could never allow another person to have that level of control.

Achieving True Equality

While there are copious areas in need of change and reform, there are also areas where women can influence forward progress. In recent years in the U.S., we have seen the presence of female candidates for the presidency and vice presidency, but women are still grossly underrepresented in politics. According to an article by Richard V. Reeves, senior fellow in Economic Studies at the Brookings Institution, currently there are three men for every woman in the U.S. Congress. "A step-change in female representation is needed to get close to equality within any reasonable timetable," he says. Women need more equal footing in politics and positions of leadership. It is especially important that these positions include



women from underrepresented communities who understand disparities and inequalities on a deeply personal level. And women must encourage these changes by utilizing their voices through voting; a right that women suffragists valiantly fought for. Voting for policies and politicians who support issues like paid family leave can equalize the childrearing responsibilities and afford better physical and mental health for mothers and families. Only then, will change be possible.

When asked how women will know when they have achieved equality, Annette Johnson replies, "When we no longer have to have these conversations. When it has become our norm. When women are truly protected. That will be when we have achieved true equality."

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

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Deli
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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
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Sushi
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Photography
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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 III

VIABLE SOLUTIONS TO A COM-
PLEX PROBLEM AND THE FUTURE
OF THIS CHESAPEAKE GATEWAY

BY JEFF HOLLAND

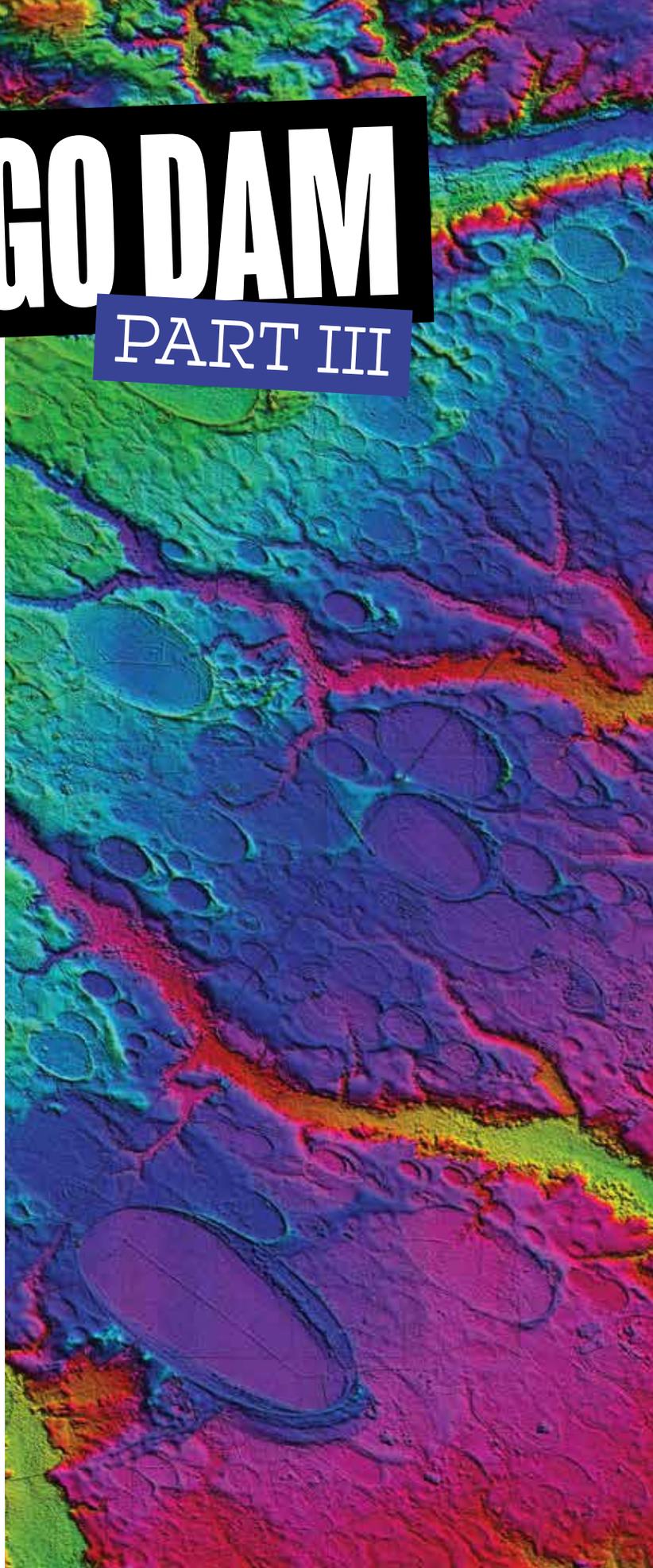
When I first started working as a riverkeeper, I realized that I needed a way to keep track of all the acronyms that are bandied about in the pursuit of a cleaner Chesapeake Bay.

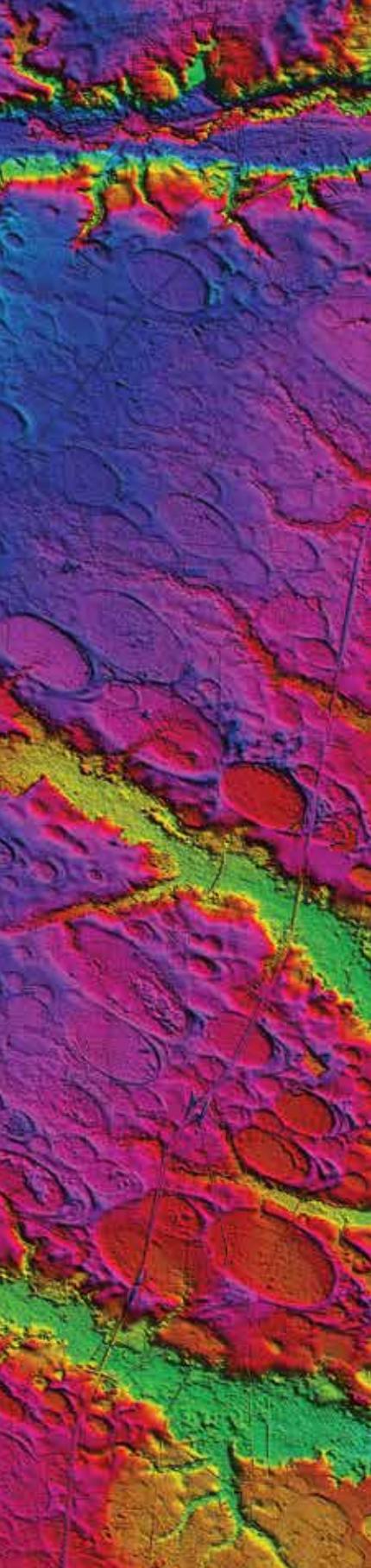
First, there are the organizations involved; more than 600 by my last count, starting with the CBP, the Chesapeake Bay Program, made up of representatives from Maryland, Pennsylvania, New York, Virginia, West Virginia, Delaware, and the District of Columbia, and the federal agencies under the aegis of the Environmental Protection Agency.

These key partners work with dozens of other organizations, including federal and state agencies, local governments, nonprofit organizations and academic institutions, including CBF (Chesapeake Bay Foundation), CBT (Chesapeake Bay Trust), ACB (Alliance for the Chesapeake Bay), and on and on, each partner contributing its own unique efforts toward restoring the Chesapeake Bay ecosystem so that it will be relatively sustainable by the year 2025.

I imagined that if I created a version of the periodic table of organizational acronyms and plastered it across the wall of my office, I might begin to get a grasp of the big picture. Then I got into the acronyms for the work being done by these organizations. At my first watershed-wide conference, one speaker concluded his Power-Point presentation with this statement: “So with all the BMPs in place for the Phase II WIP, we’ll reduce TN, TP, and TSS to achieve TMDL by 2025.”

Translation: “If we install all the best management practices needed for the second level of the watershed implementation plan to succeed, we’ll reduce total nitrogen, phosphorus, and suspended sediment to the point where the water of the Bay won’t get any worse than it is.” TMDL





An example of LiDAR (or Light Detection and Ranging technology) data being used to create a topographic map of a watershed with pinpoint accuracy.

stands for “Total Maximum Daily Load,” or the amount of sediment and nutrients that can be dumped into the Bay without upsetting its ecological balance.

My office was on the campus of the Smithsonian Environmental Research Center along the banks of the Rhode River just 10 miles south of Annapolis. SERC’s campus covers 2,660 acres of forests, wetlands, and marshes along 15 miles of protected shoreline that the staff use as a natural laboratory for long-term and cutting-edge ecological research on the issues impacting the confluence of land and water. Many of SERC’s studies on water quality, land use, and global warming have been going on since the center’s founding in 1965.

One of their studies turned into a staple BMP or “best management practice” for the Chesapeake Bay Program. Scientists there proved that a method of reducing the amount of nutrients and sediment in stormwater runoff before it enters the Bay is a method so reliable, it should be adopted throughout the 64,000 square miles of the Chesapeake watershed. This particular best management practice is called a “riparian buffer.”

Basically, if you plant enough trees along the banks of a stream, it will filter the stormwater coming off the surrounding fields so that it doesn’t wind up polluting the Chesapeake Bay. SERC scientists found that existing buffers in the watersheds they studied remove an average of 16 percent of the nitrate that flows from croplands. And if more streams were protected by installing new riparian buffers downhill from croplands, it might reduce nitrate concentrations in these streams by up to 32 percent. They concluded that these buffers could significantly improve water quality in the Chesapeake Bay. And so, that particular BMP, or best management practice, was one of thousands adopted as part of the watershed implementation plans by the Chesapeake Bay Program.

More riparian buffers and other of these best management practices need to be implemented along the tributaries of the Susquehanna River throughout central Pennsylvania and south-central New York in order to solve the problem behind the Conowingo Dam in the long term. But that’s an expensive proposition and those states are lagging in achieving their goals of nutrient and sediment reduction.

In September, Maryland, Virginia, and the District of Columbia sued the EPA to force it to enforce Pennsylvania and New York’s pollution management plans. This problem is so serious, the Maryland Watermen’s Association took the rare step of joining with the Chesapeake Bay Foundation to launch their own lawsuit against the EPA.

Anne Arundel County joined in that suit. Anne Arundel County has about 533 miles of shoreline on the Chesapeake Bay and its tributary rivers and creeks. According to a statement released by the Chesapeake Bay Foundation, tourists pump more than \$3.5 billion into the local economy every year, providing support for more than 30,000 workers. The county has invested more than \$500 million over the last decade to protect the Bay as an important natural, economic, and cultural resource.

“Anne Arundel County residents have invested far too much in the Chesapeake Bay restoration effort to watch from the sidelines as upstream states and the EPA abandon their obligations,” said Anne Arundel County Executive Steuart Pittman. “Since the federal government refuses to lead, placing our local economy, our residents, and our very way of life at risk, I must ask the courts to intervene and make them lead.”

These suits will certainly not be settled any time soon, and by the time this article is published, the 2020 presidential election will have taken place. A new administration could result in new leadership and direction for the Chesapeake Bay Program leading to advancements in the long-term solution to the pollution build-up behind the Conowingo Dam.

The dam is operated by Exelon Power Corporation, which also owns Baltimore Gas & Electric. Exelon representatives have stated 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. They did, however, come to an agreement with Maryland’s Department of the Environment to qualify for a 50-year extension of the federal license they need to operate the dam.

Ben Grumbles, Secretary of MDE, stated in a recent phone interview that Maryland is still waiting for 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.

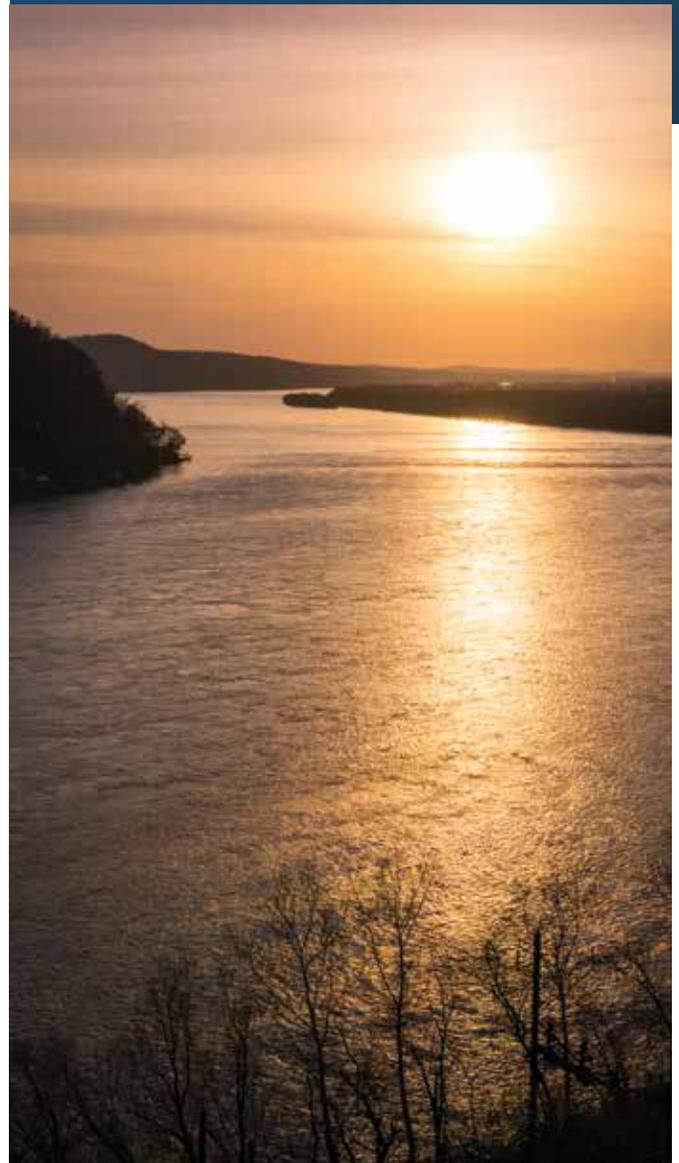
The restoration actions Exelon must take under the settlement agreement include spending \$200 million over the next 50 years on measures, including:

- Improve downstream flow to make flow more natural, including helping American shad and river herring migrate up the river and past the dam and reducing fish kills downstream while improving habitat for other aquatic species;
- Measures to restore freshwater mussels and oysters that serve as natural filters;
- 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;
- And measures and funds to improve the resiliency of the river to climate change, such as restoring submerged aquatic vegetation and building living shorelines.

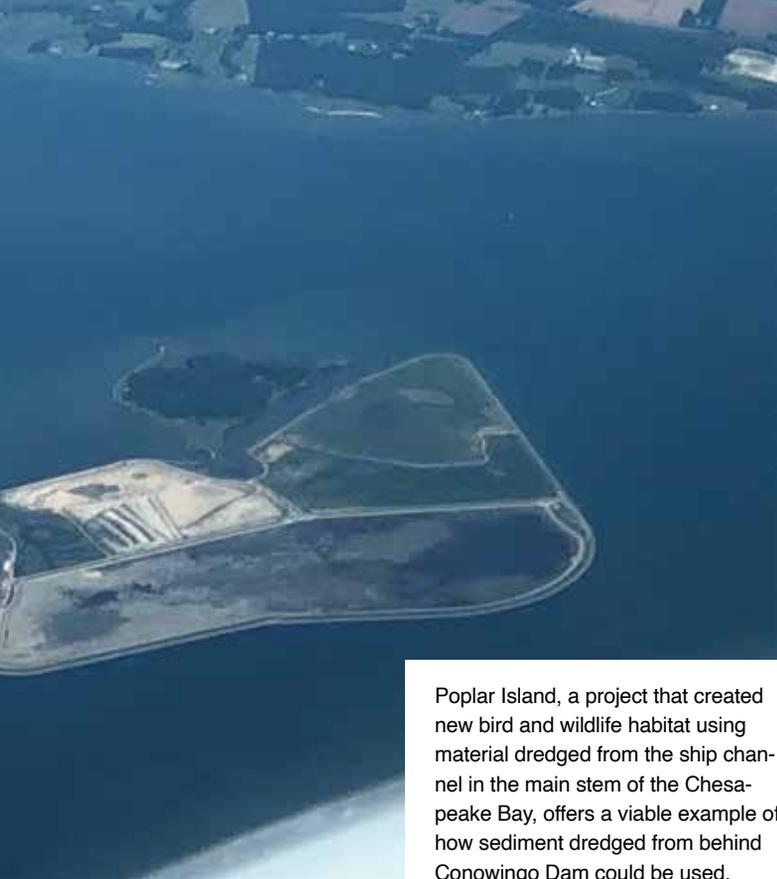
“The really important point to emphasize is that we have a three-prong strategy on the Conowingo,” Grumbles told me in a recent phone interview. In addition to reaching this agreement with Exelon, the other two prongs are to reach agreement with all of the states that are part of the Chesapeake Bay Program to create a strategy to deal with the Conowingo problem. The Conowingo needs its own watershed implementation plan to improve the water temperature and flow regime for the river that has been harmed by the dam. “This watershed implementation plan is to get all of the states to track nutrient and sediment reduction.”

The third final prong, he said, is specifically relating to the sediment behind the dam. “That continues to be the problem,” he said. “We’d like to advance the science of the possible reuse of that sediment and do it in a cost-effective manner. We don’t want a catastrophic release to cause damage.”

Secretary Grumbles noted that Maryland is planning a pilot project to advance the science of the possible reuse of that sediment and do it in a cost-effective manner. “We’re hoping



Sunset over the Susquehanna River in Lancaster County, Pennsylvania.



Poplar Island, a project that created new bird and wildlife habitat using material dredged from the ship channel in the main stem of the Chesapeake Bay, offers a viable example of how sediment dredged from behind Conowingo Dam could be used.

to dredge 1,000 cubic yards of material and take core samples of the sediment to see if there could be a market created by the reuse of that material,” he explained.

“We’re searching for an innovative reuse, like Poplar Island,” the project that created new bird and wildlife habitat using material dredged from the ship channel in the main stem of the Bay. “We hope to create a market for ecosystem restoration. We want to learn more about the quality of the sediment to see how it can be beneficially reused, not just for land cover, but perhaps as a building material” Grumbles explained. “This is not the silver bullet solution to the Chesapeake Bay, but it’s part of the solution.”

The West and Rhode Riverkeeper organization sponsored a team of students from the Department of Systems Engineering & Operations Research at George Mason University in Fairfax, Virginia, who looked into just such creative ways to address the sediment filling up the Conowingo reservoir. They spent six months in 2015 under the aegis of faculty advisor, Churchton resident Dr. George Donohue, studying methods of processing the dredged sediment to convert it into products that can be sold to offset the cost of the operation.

After an exhaustive survey of various techniques, the team focused on two for further evaluation: Plasma Vitrification and Cement-Lock. Plasma Vitrification is a process piloted by Westinghouse Plasma Corp. in which dredged sediment is exposed to plasma torches reaching temperatures of 5,000 degrees Celsius, which destroys nearly all toxic organic and microbiological contaminants. This produces a glass slag product which can be sold as a replacement for glassphalt, a type of asphalt that contains crushed glass, roofing granules, coal slag, or as a recycled glass substitute.

Cement-Lock is a thermo-chemical process developed by the Gas Technology Institute and Unitel Technologies in which dredged sediment is placed through a rotary kiln reaching temperatures between 1,315 and 1,425 degrees Celsius, about the same temperature as a crematory oven. During the combustion process, the contaminated sediment is mixed with certain chemical additives, after which the end product is finely ground to produce EcoMelt, a material that can be added to Portland cement to make concrete stronger and denser.

The team also considered simply depositing the dredged material as landfill, or to fill up abandoned mine shafts. While this option costs less than the processing alternatives, it does nothing to decontaminate the material, which might lead to future problems, like pollution leaching into groundwater.

The team determined that a Cement-Lock processing plant could be the most cost-performance effective application. It would go a long way to offsetting the cost of dredging the reservoir behind the dam. This might not be the ultimate solution to the Conowingo problem, but it shows that if you challenge brilliant minds to apply science, engineering, and technology to a problem, you’ll get viable results.

Another technological advancement shines some hope on the issue.

In September, the National Fish and Wildlife Foundation (NFWF) awarded a grant to Chesapeake Conservancy and the Precision Conservation Partnership to fund a major restoration initiative in central Pennsylvania. The funding is provided through the NFWF’s Innovative Nutrient and Sediment Reduction program. Sixteen local organizations comprise the Precision Conservation Partnership.

The three-year project will restore as many as 30 farms in six central Pennsylvania counties in the Susquehanna watershed, resulting in full-farm restoration where the greatest benefits to water quality can be realized, thereby reducing the sediment and nutrient pollutants flowing into the Conowingo reservoir.

“Implementing best management practices upstream is priority number one for a healthy Chesapeake Bay,” stated Chesapeake Conservancy’s President and CEO Joel Dunn. “It’s an enormous task and in previous years may have seemed overwhelming.”

Chesapeake Conservancy is a nonprofit organization based in Annapolis. They started out working with the National Park Service on the Chesapeake Bay Gateways Network and the Captain John Smith Chesapeake National Historic Trail, helping to create 153 new public access sites and permanently protect some of the Bay’s special places like Werowocomoco, Blackwater National Wildlife Refuge, Harriet Tubman Underground Railroad National Historical Park, and Fort Monroe National Monument.

“TODAY, THANKS TO THE POWER OF TECHNOLOGY, AND TOGETHER WITH OUR PARTNERS, WE CAN PRACTICE PRECISION CONSERVATION—GETTING THE RIGHT PRACTICES IN THE RIGHT PLACES AT THE RIGHT SCALE”

—JOEL DUNN, CHESAPEAKE CONSERVANCY



The bucolic farms of Lancaster County, Pennsylvania, are contributors to the nitrogen and phosphorus pollution seeping into the Susquehanna River watershed and, ultimately, the Chesapeake Bay.

Since then, they’ve been working with the National Park Service, the Chesapeake Bay Program, the United States Fish and Wildlife Service, and other federal, state and local agencies, private foundations, and corporations to advance conservation through applied technology.

Last November, Chesapeake Conservancy was instrumental in Anne Arundel County’s adoption of a new Forest Conservation Act that requires developers to conserve more trees, replant more trees, or pay more in lieu of replanting.

“Good data results in better policy,” Dunn told me in a recent phone interview. “There was a debate—are we losing trees or not? We examined detailed satellite photos that gave us data on every tree we lost in the past 10 years, showing 5,500 acres of

the debate entirely,” Dunn noted, “from are we losing trees to how can we change these policies to protect our trees?”

Anne Arundel County Council passed the bill unanimously to applause during a mid-November session at the Arundel Center.

Dunn and his staff have developed a new way to map the watershed that’s ten times more powerful than satellite imagery alone. Using LiDAR (or Light Detection and Ranging technology), enhanced satellite imagery, geospatial graphic software, geographic information systems, artificial intelligence, and on-the-ground monitoring, they can map watersheds with pinpoint accuracy.

LiDAR works in like Radar and Sonar except it uses light waves from a laser instead of radio or sound waves. LiDAR



Aerial view of Conowingo Dam spanning the width of the Susquehanna River.

relies on laser sensors that are mounted on airplanes. As lasers shine on the area to be mapped, they emit brief pulses of light. The amount of time it takes for those pulses to reflect back to the sensor is measured, and each measurement is plotted using the Global Positioning System, or GPS. Computers then use that data to construct a 3-D map of the area.

The first LiDAR prototype was built in 1961 by Hughes Aircraft Company, which had built the first laser a year earlier. One of the earliest beneficiaries of LiDAR was the United States' space program, where the technology was used to map the moon during the 1971 Apollo 15 mission.

Dunn and his staff showed me some examples of how the technology can best be harnessed in a recent on-line meeting. They showed me a map of a farm field in Pennsylvania created with the new system. If this were just a satellite map, it would show a stream running through the open field, making it a candidate for that riparian buffer BMP I talked about earlier.

Planting a lot of trees can be expensive, so in order to make the most of a limited budget, you need to target the planting to where it will filter the most pollutants. The map using the new technology was so detailed, it showed the networks of tiny creeks and even ditches that flowed across the field on both sides of the stream, looking like blue veins against the green pasture.

The higher resolution image clearly showed that the drainage area south of the creek was 12 times larger than the area north of the creek. Planting trees along the south bank would therefore provide 12 times the filtering power of the same number of trees planted on the north bank.

Dunn calls this advancement "precision conservation."

"Today, thanks to the power of technology, and together with our partners, we can practice precision conservation—getting the right practices in the right places at the right scale," Dunn told me. "Precision conservation allows partners to be results-oriented and restore the places that will have the most impact on the health of the local streams, rivers, and ultimately the Chesapeake Bay."

"This work is an important element of the future of the conservation movement," he continued. "In the past we were celebrated for planting 1,000 trees. Now we say we planted 1,000 trees in the right place to address the highest flows of nutrients coming from a particular field."

Dunn is optimistic about the future of the Bay's restoration. "Our work will generate the justifications needed at the federal, state, and local level to maintain and increase funding for restoration programs as well as leverage other people's money and other people's time to restore the Chesapeake Bay," he said. "Our approach is complimentary but different, providing the data, intelligence and tools to help us get them to where we want them to be."

The ideal long-term resolution to the Conowingo Dam issue, Dunn explained, is to apply these new technologies in Pennsylvania and New York so we get more out of the money that's being spent there and the efforts, so we can achieve our clean-up goals faster and at a lower cost.

"In order to achieve the big picture goals, it's going to take leveraging the resources and partnerships we have and getting more people involved and knowledgeable to get it done," he said. "We need the government to be in the lead, but we all need to participate and contribute in important ways."

WHAT'S UP? MEDIA

Nutcracker Tea

December 13
Two Seatings—10a.m. & 3p.m.

Graduate Hotel



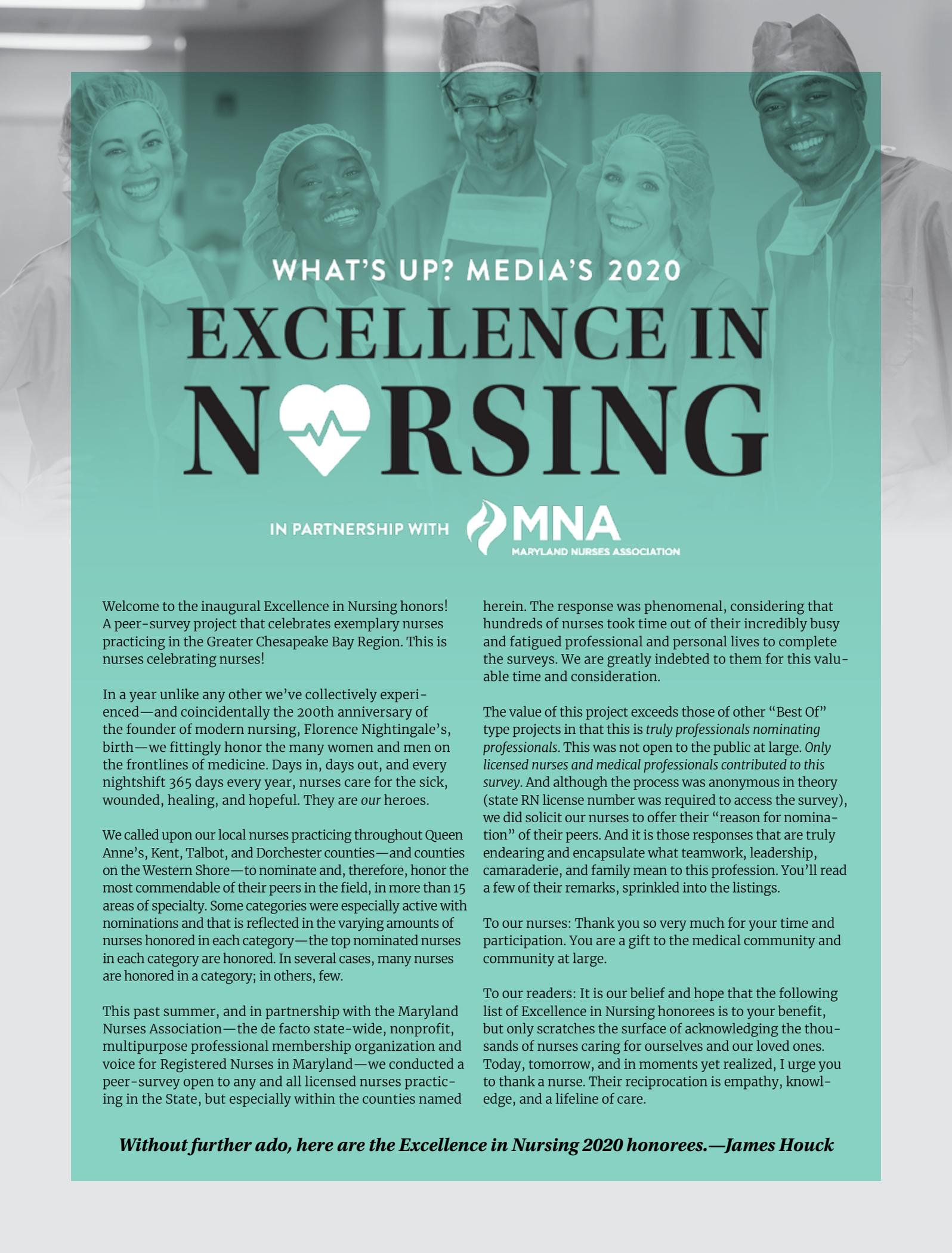
Fill your tea cup with holiday cheer as you experience the beauty and magic of Christmas! Enjoy a delicious high tea and scrumptious buffet as you watch excerpts from *The Nutcracker* come to life on stage. To top it all off, there will be a visit and story time with Santa and Mrs. Claus. Don't miss out on this holiday tradition.

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WHAT'S UP? MEDIA'S 2020

EXCELLENCE IN N NRSING

IN PARTNERSHIP WITH



Welcome to the inaugural Excellence in Nursing honors! A peer-survey project that celebrates exemplary nurses practicing in the Greater Chesapeake Bay Region. This is nurses celebrating nurses!

In a year unlike any other we've collectively experienced—and coincidentally the 200th anniversary of the founder of modern nursing, Florence Nightingale's, birth—we fittingly honor the many women and men on the frontlines of medicine. Days in, days out, and every nightshift 365 days every year, nurses care for the sick, wounded, healing, and hopeful. They are *our* heroes.

We called upon our local nurses practicing throughout Queen Anne's, Kent, Talbot, and Dorchester counties—and counties on the Western Shore—to nominate and, therefore, honor the most commendable of their peers in the field, in more than 15 areas of specialty. Some categories were especially active with nominations and that is reflected in the varying amounts of nurses honored in each category—the top nominated nurses in each category are honored. In several cases, many nurses are honored in a category; in others, few.

This past summer, and in partnership with the Maryland Nurses Association—the de facto state-wide, nonprofit, multipurpose professional membership organization and voice for Registered Nurses in Maryland—we conducted a peer-survey open to any and all licensed nurses practicing in the State, but especially within the counties named

herein. The response was phenomenal, considering that hundreds of nurses took time out of their incredibly busy and fatigued professional and personal lives to complete the surveys. We are greatly indebted to them for this valuable time and consideration.

The value of this project exceeds those of other “Best Of” type projects in that this is *truly professionals nominating professionals*. This was not open to the public at large. *Only licensed nurses and medical professionals contributed to this survey*. And although the process was anonymous in theory (state RN license number was required to access the survey), we did solicit our nurses to offer their “reason for nomination” of their peers. And it is those responses that are truly endearing and encapsulate what teamwork, leadership, camaraderie, and family mean to this profession. You'll read a few of their remarks, sprinkled into the listings.

To our nurses: Thank you so very much for your time and participation. You are a gift to the medical community and community at large.

To our readers: It is our belief and hope that the following list of Excellence in Nursing honorees is to your benefit, but only scratches the surface of acknowledging the thousands of nurses caring for ourselves and our loved ones. Today, tomorrow, and in moments yet realized, I urge you to thank a nurse. Their reciprocation is empathy, knowledge, and a lifeline of care.

Without further ado, here are the Excellence in Nursing 2020 honorees.—James Houck

Direct Care Categories

Advanced Practice:

Masters prepared nurse in an advanced practice setting; clinical nurse specialist, certified nurse midwife, nurse practitioner, nurse psychotherapist, CRNA

Dale Jafari

University of Maryland Shore Regional Health, Easton

“Dale [Jafari] goes above and beyond to care for each patient and provides excellent care for the patient’s physical, emotional, and spiritual needs.”

Doris Tate

Luminis Health Anne Arundel Medical Center, Easton

Mary (Ginny) Bowers

Anne Arundel Medical Group, Chesapeake Women’s Health, Easton

“Mary [Bowers] is a strong, passionate midwife who cares deeply for her patients.”

Michele Williams

Talbot Hospice, Easton

Michell Jordan

University of Maryland Shore Regional Health, Centreville

Ambulatory Nursing:

Clinic, office, and other ambulatory care settings, employee health, occupational health, industrial health, infection control

Cathy Asche

University of Maryland Shore Regional Health, Easton

“Cathy [Asche] has been working in pain management for over 20 years. She is the person who has held together this practice. She is the most knowledgeable person I can think of regarding risk management in this specialty. She is so kind to everyone but very professional in each encounter.”

Chanelle Parker

University of Maryland Shore Regional Health Cancer Center, Easton

Melissa Wood

University of Maryland Shore Regional Health Cancer Center, Easton

Case/Quality Management, Managed Care Informatics:

Community or hospital case manager, quality management, risk management, infection prevention, patient safety, utilization management, and informatics

Julie Bryan

University of Maryland Shore Regional Health, Easton

Renee North

Genesis HealthCare, Easton

“Renee [North] has excellent attention to detail, is very caring, and community oriented.”

Sharon Truitt

University of Maryland Shore Regional Health, Chestertown

Critical Care: Adult ICU/CCU, cath lab, oncology, special procedures

Samantha Crutchly

University of Maryland Shore Regional Health, Easton

Home Health/ Hospice:

Staff nurse in home health care settings, hospice, in-patient hospice

Home Health/ Hospice

Caroline Mack

Talbot Hospice, Easton

“Caroline [Mack] has a hospice heart mixed with excellent clinical nursing skills. She has provided care to hundreds of patients and families who are at the end of their life. She always approaches care with love and compassion and provides her care in a way that supportive and nonjudgmental, allowing everyone to feel comfortable and meeting them where they are in their

journey. She also is our preceptor. The nurses that Caroline trains always feel supported and are trained very well. She mentors them, instead of simply training them, which helps build a wonderful hospice team.”

Maternal-Child/ Women’s Health:

Obstetrics, gynecology, womens health, nursery, pediatrics, NICU, PICU, Peds ER, early childhood/ early intervention services

Nicole Janes

University of Maryland Shore Regional Health, Easton

Medical/Surgical:

Acute or chronic medical and surgical nursing specialties

Annette Moore

University of Maryland Shore Regional Health, Easton

Leigh Tomey

University of Maryland Shore Regional Health, Easton

Michele Elliott

DaVita Dialysis, Cambridge

Leadership Category

Nursing Leadership:

Inclusive of clinical nurse managers, coordinators, directors; these middle management nurse leaders are often responsible for overseeing several units, departments, or service lines within an organization

Sandy Prochaska

University of Maryland Shore Regional Health, Chestertown

Tyler Gogoll

University of Maryland Shore Regional Health, Easton

“Team lead for Neurosurgery in the Surgical Services Department. Tyler [Gogoll] is credited with providing effective orientation strategies for new nurses circulating in neurosurgery, and with ensuring that all team members are well-trained and equipped to rise to any unforeseen events that may occur during surgery.”

Additionally, here are the Excellence in Nursing honorees in corresponding categories for the Western Shore peer survey (Anne Arundel and Prince George’s counties). We congratulate all nurses who earned nominations from their peers. Editor’s note: additional categories of winners appear on the following list; to reference a category’s definition, please refer to the full listings on [Whatsupmag.com](https://whatsupmag.com).

Advanced Practice

Barbara Nalley

Luminis Health Anne Arundel Medical Center, Annapolis

Caroline Ruhl

ProMD Health, Annapolis

Cathy Gvozden

Gvozden Pediatrics, Millersville

Ernestina Adkins

Luminis Health Anne Arundel Medical Center, Annapolis

Jennifer King

Luminis Health Anne Arundel Medical Center, Annapolis

Kathy Ogle

Maryland Primary Care, Arnold

Kelly Sutter

Skin Wellness MD, Annapolis

Mary Cofran

Adoro Medical Spa, Severna Park

Mindi Frend

University of Maryland Baltimore Washington Medical Center, Glen Burnie

Petagaye Andrews

Doctors Community Hospital, Lantham

Ambulatory Nursing

Deboarah Lacquement

Luminis Health Anne Arundel Medical Center, Annapolis

Jean Murray
Luminis Health
Anne Arundel
Medical Center,
Annapolis

Kelly Battista
ProMD Health,
Annapolis

Behavioral Health

Daniel Watkins
Pathways at Luminis Health Anne Arundel Medical Center, Annapolis

Jo Deaton
Luminis Health
Anne Arundel
Medical Center,
Annapolis

Rodney Scales
MedStar Southern
Maryland Hospital
Center, Clinton

Case/Quality Management, Managed Care Informatics

Beth Tingo
University of
Maryland Baltimore
Washington Medical
Center, Glen Burnie

Darlene Enchill
Luminis Health
Anne Arundel
Medical Center,
Annapolis

Diana Lynn
Luminis Health
Anne Arundel
Medical Center,
Annapolis

Liz Gorman
Luminis Health
Anne Arundel
Medical Center,
Annapolis

Michelle Hudson
University of
Maryland Baltimore
Washington Medical
Center, Glen Burnie

Clinical Education

Allison Piquero
Luminis Health
Anne Arundel
Medical Center,
Annapolis

Jennifer King
Luminis Health
Anne Arundel
Medical Center,
Annapolis

Kelly Sutter
Skin Wellness MD,
Annapolis

Kristin Wright
MedStar Southern
Maryland Hospital
Center, Clinton

Linda Catania
University of
Maryland Baltimore
Washington Medical
Center, Glen Burnie

Lindsay Hall
University of
Maryland Baltimore
Washington Medical
Center, Glen Burnie

Racquel McCrea
Luminis Health
Anne Arundel
Medical Center,
Annapolis

Critical Care

Christina Junker
Luminis Health
Anne Arundel
Medical Center,
Annapolis

Jan Clemons
Luminis Health
Anne Arundel
Medical Center,
Annapolis

Judy Davis
University of
Maryland Baltimore
Washington Medical
Center, Glen Burnie

Kara Coullard
Luminis Health
Anne Arundel
Medical Center,
Annapolis

Mariel Parrish
Luminis Health
Anne Arundel
Medical Center,
Annapolis

Shannon Seek
Luminis Health
Anne Arundel
Medical Center,
Annapolis

Emergency

Breekera Bradford
Luminis Health
Anne Arundel
Medical Center,
Annapolis

Holly Moreta
Luminis Health
Anne Arundel
Medical Center,
Annapolis

Home Health/Hospice

Gail German Hall
Hospice of the
Chesapeake, Pasadena

Heather Haller
Hospice of the
Chesapeake, Pasadena

Mandy (Tucker) Sparks
Bayada Home
Health, Annapolis

Monica Ferebee
Hospice of the
Chesapeake, Largo

Long-Term Care/Rehabilitation

Devra Cockerille
Luminis Health
Anne Arundel
Medical Center,
Annapolis

Kim Moeller
Baywoods of Annapolis, Annapolis

Maternal-Child/Women's Health

Aja Errara
Luminis Health
Anne Arundel
Medical Center,
Annapolis

Cathy Gvozden
Gvozden Pediatrics,
Millersville

We want to say
Congratulations
to our nurses!

Talbot Hospice



Caroline Mack
Home Health/Hospice



Michele Williams
Advanced Practice

*Thank you both for all that
you do for Talbot Hospice!*



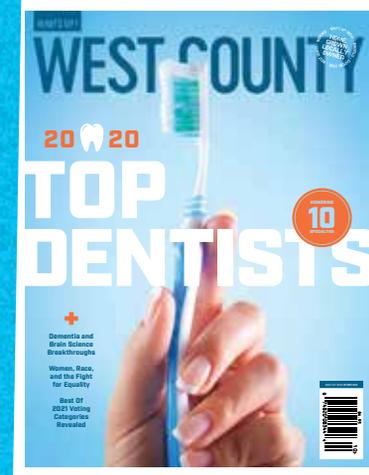
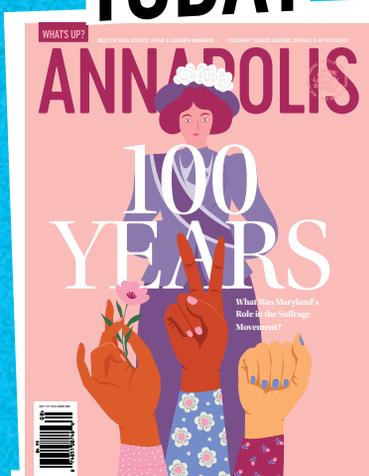
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Kendra Ellison
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Washington Medical
Center, Glen Burnie

Kristen Becker
Luminis Health
Anne Arundel
Medical Center,
Annapolis

**Teresa
Stinchcomb**
Luminis Health
Anne Arundel
Medical Center,
Annapolis

Medical/ Surgical

**Monica
Vandergraft**
Luminis Health
Anne Arundel
Medical Center,
Annapolis

Perioperative

Ann Tabor
Luminis Health
Anne Arundel
Medical Center,
Annapolis

Janet Myers
University of
Maryland Baltimore
Washington Medical
Center, Glen Burnie

Jo Ann Shelley
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Anne Arundel
Medical Center,
Annapolis

Jorgan Boord
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Anne Arundel
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Annapolis

**Melissa
McCullum**
Luminis Health
Anne Arundel
Medical Center,
Annapolis

Public Health/ Community/ School

**Charlotte Wal-
lace**
Luminis Health
Anne Arundel
Medical Center,
Annapolis

Denise Malinow
Indian Creek School,
Crownsville

Katie Huffling
Alliance of Nurses
for Healthy En-
vironments, Mt.
Rainier

Renee Donald
Luminis Health
Anne Arundel
Medical Center, Fo-
rensics, Annapolis

Emerging Nurse Leader

Christine Usilton
Luminis Health
Anne Arundel
Medical Center,
Annapolis

Elizabeth Bailey
Luminis Health
Anne Arundel
Medical Center,
Annapolis

Jan Chiang
Luminis Health
Anne Arundel
Medical Center,
Annapolis

Jessica Genrich
Luminis Health
Anne Arundel
Medical Center,
Annapolis

Kim Warner
University of
Maryland Baltimore
Washington Medical
Center, Glen Burnie

Marcia Feind
MedStar Southern
Maryland Hospital
Center, Clinton

Michelle Lusby
Luminis Health
Anne Arundel
Medical Center,
Annapolis

Sheli Gobbel
Anne Arundel
Medical Center,
Annapolis

Nurse Executive Leadership

Barbara Jacobs
Luminis Health
Anne Arundel
Medical Center,
Annapolis

David Hunt
University of
Maryland Baltimore
Washington Medical
Center, Glen Burnie

Cody Legler
MedStar Southern
Maryland Hospital
Center, Clinton

Katie Huffling
Alliance of Nurses
for Healthy En-
vironments, Mt.
Ranier

Mary O'Connor
University of
Maryland Baltimore
Washington Medical
Center, Glen Burnie

Sherry Perkins
Luminis Health
Anne Arundel
Medical Center,
Annapolis

Shilda Frost
Second Family Inc./
SFAH/SFNS, Bowie

Nursing Leadership

Daniel Watkins
Pathways at Lu-
minis Health Anne
Arundel Medical
Center, Annapolis

Iskra Jones
University of
Maryland Baltimore
Washington Medical
Center, Glen Burnie

Jan Clemons
Luminis Health
Anne Arundel
Medical Center,
Annapolis

Jean Andres
Luminis Health
Anne Arundel
Medical Center,
Annapolis

Karen Elliott
MedStar Southern
Maryland Hospital
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Giftguide



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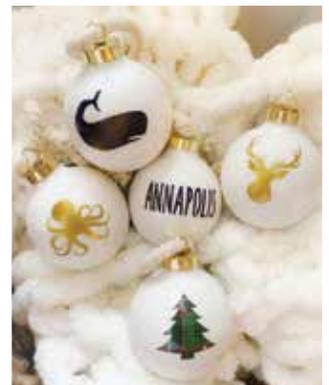
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Cheers TO MARYLAND CRAFT BEER

As laws and regulations evolve, the state welcomes craft breweries to its communities

By Kelsey Casselbury

The state of Maryland is no stranger to craft beer—there’s a longevity to the industry. Back in the Colonial days, Benjamin Fordham was granted a charter in 1703 to open the state’s first brewery in the Annapolis area.

What the state’s beer industry has traditionally lacked, however, is consistency. If Fordham’s sounds familiar, it’s because he was the namesake of Fordham Brewing Company, which brewed in Rams Head Tavern in downtown Annapolis in the mid-1990s—but that wasn’t a long-lived endeavor, as the company defected to Dover, Delaware, in 2003. In fact, despite the 300-year history of craft brewing in Maryland, the oldest brewery in the state—Oliver Brewing Co. in Baltimore—has been around only since 1993.

But Maryland isn’t alone in its inconsistency when it comes to the craft beer industry—it’s a longtime national trend, too. Go back 150 years to the early 1870s, and there were more than 4,000 breweries in America. However, the Temperance Movement stifled the growth of the industry, and then Prohibition smothered it. (It’s worth noting that Marylanders fought back against Prohibition, which they believed violated the state’s rights—it’s where the nickname the “Free State” originated.)

After Prohibition ended in December 1933, the beer industry slowly bounced back—but it wasn’t the craft beer industry (which is defined as a brewery that produces 6 million barrels of beer or less each year) that was thriving. Larger

breweries kept buying up the smaller guys, and at one point, six brewing companies controlled 90 percent of the entire beer market in the U.S.

Finally, the first wave of craft breweries in the U.S. came in the 1990s, according to Jim Bauckman, director of communications for the Brewers Association of Maryland, with a second bump in the early 2000s and then a “huge” ramp up around 2012.

“The same was true here in Maryland,” Bauckman adds. “People were seeing what was happening nationally, and they were intrigued by what was happening.”



Legislation Paves the Way

Despite a growing number of breweries nationally in the early 2010s, the number of craft breweries in Maryland has lagged. As it turns out, prohibition wasn't the only time a law would get in the way of the industry.

Before 2015, the laws in Maryland wove a complex web when it came to distribution, but what it came down to was this: Breweries could not sell a pint of beer directly to its customers. They could make beer, invite customers in for a tour and allow them to sample the wares, but they couldn't complete a sale—instead, the manufacturer (i.e. the brewery) had to sell to a wholesaler, who would sell the beer to a distributor or retailer. “Breweries were just asking for a chance to complete a sale while [the customer] is there,” Bauckman says. “They asked for the ability to sell to the consumer with reasonable limits.”

Eventually, their requests were answered, and the tightly woven web of regulations started to loosen a bit—and it made a difference to entrepreneurs considering opening a brewery. “In Maryland, we have more than 100 breweries,” Bauckman shares. “In 2015, we may have had 50.”

It certainly made a difference to Jon Esposito, owner of Chesepiooc Real Beer in Crofton, which is one of the few breweries in Anne Arundel County. He had previously opened three breweries in North Carolina, Pennsylvania, and Virginia and “had no

interest whatsoever in just getting into a production brewery again,” he claims. “If the taproom laws hadn’t changed to bring guests in and have a pub, I never would have considered it.”

With the change in the law, though, Esposito signed a lease that year and started construction on Chesepiooc, which opened in February 2018.

The laws surrounding breweries in Maryland continue to evolve, but also continue to limit. Most recently, the Brewery Modernization Act, which took effect in July 2019, increased the number of barrels that a brewery can sell in its taproom from 2,000 to 5,000—this is still the lowest cap for breweries in the United States.

Yes, the craft beer industry in Maryland has gradually warmed up, but compared to some of its neighbors, it can still be considered sluggish. According to the Brewer’s Association, a national organization, Maryland has 112 craft breweries and produces 301,966 barrels of craft beer per year, paving way for a \$900 million economic impact for the state. Virginia, on the other hand, has more than double the number of craft breweries—290—and the industry has a \$1.7 billion impact. Up north in Pennsylvania, 401 breweries provide a \$6.3 billion economic impact.



Local Regulations Vary (and, Sometimes, Suppress)

Despite improvements in state laws, Anne Arundel County—and specifically Annapolis—aren’t home to very many breweries. In part, that can be attributed to local zoning laws, which require a brewery to open in a place zoned for manufacturing, Bauckman says.

Additionally, breweries are regulated much like bars, so there are restrictions on what you can be located near. “In Anne Arundel County, you have to be a certain distance from churches, schools, and daycare facilities. It’s a particularly big one—1,000 feet,” says Jesse McKnew, who opened Cult Classic Brewing in Stevensville in August 2018 with his brother, Brooks. “You take any church, school, or daycare and draw a 1,000-foot radius around it, and the county starts to look unusable.”

Queen Anne’s County has similar zoning restrictions that disallow breweries near churches, schools, and libraries, but only requires a 500-foot distance, says McKnew, who formerly co-owned Annapolis Homebrew Shop in Severna Park before selling it in 2017 to open the brewery right off of Route 50. Even after they found the location—which took a full year—the pair was nervous because they wouldn’t be grandfathered in if a church, school, or library opened within 500 feet during the brewery’s 11-month construction process.

“At any time in those 11 months, if a church had

opened up within 500 feet of us—the building next door has a lot of vacant spaces—we would have had to pack it up and leave,” he says.

But, wait, there’s one more real estate challenge when it comes to opening up a brewery. “You need a very specific type of real estate,” comments Alex Josephs, co-founder of Crooked Crab Brewing Co. in Odenton. “You need high ceilings; you have to have concrete floors that can bear a lot of weight; you need square footage to accommodate all of the equipment. It’s really expensive to find that kind of space somewhere like downtown Annapolis.”

Forward Brewing, which opened in May in Eastport, is the first brewery to set up shop in Annapolis in a number of years. Forward, however, is a nanobrewery, rather than a microbrewery, meaning they manufacture fewer gallons of beer per year—but that doesn’t mean that the challenges for owner Cam Bowdren were any fewer.

“The sheer number of regulations that you need to be keenly aware of, and licenses and permits that you need to hold—beyond the obvious, like a liquor license—do create quite a web,” Bowdren explains. “I actually keep a binder of all of the rules that we are subject to. It’s been disappointing to see how much money it takes to start a small business, because you essentially need a lawyer or to be a lawyer to navigate the process, and even with that, you need to be prepared to spend years going through the process.”

Additionally, Eastport residents filed appeals in opposition to not only the brewery but other proposed projects, claiming that it could increase traffic and reduce parking. The appeals were later withdrawn.

A Celebration of Beer and Community

After breweries cut through all of the red tape and logistical challenges, their owners and employees are ready to welcome the community and offer up varying styles of beer. Most of the breweries have staples that are nearly always on tap—for example, Forward Brewing plans to have its kolsch-style ale, Boat Beer, around “forever,” Bowdren says—but flex their creative muscles to come up with additional options, whether to meet the requests of their customers or simply to try something new.

In recent years, sour beers have come into their own as a prominently desired style, and Crooked Crab has found success with its “Walked Into a Bar” line of beers, which combine hundreds of pounds of two types of fruit—for example, one beer is called “A Blackberry and Cherry Walked Into a Bar”—and soured with lactobacillus to create a balance of sweet and sour flavors. “Then we do a bigger version of that called the Punchline series, which is the imperial version,” Joseph shares.

At Chesepiooc in Crofton, Esposito’s goal was to have an ever-rotating selection of beer brewed in small batches, so nothing is ever guaranteed to be on tap. “It takes roughly the same amount of time to brew a batch of my size as it does for a 20-barrel batch,” he shares. “It wasn’t the smartest idea to go tiny-batch, but it gives me a chance to be creative.” He’s made 430 beers since the brewery opened.

Esposito regularly makes cask beers, a type of beer that’s unfiltered, then transferred into casks, where it undergoes a

slight final fermentation by live yeasts. It results in a drink that’s lower in carbonation, a rounder mouthfeel, and has a slightly more complex flavor. It’s typically served at a slightly higher temperature—55°F—and appears a little cloudy. “It’s my personal taste; I love cask ales,” Esposito says. “One of our most popular casks is the hefeweizen.”

A new brewery in Queenstown, Ten Eyck—which is notably a 100 percent women-owned brewery—plans to offer foeder-fermented beer in addition to some traditional steel-fermented beers. A foeder (pronounced “food-er”), more commonly found in Europe, is a larger oak barrel that’s around three times the size of the average barrel and holds around 160 gallons. They require such great lengths to be constructed that just one company in America in Missouri makes them, says owner Nicki Snyder. “Having it fermented on the oak gives the beer a really great flavor,” she says. “We’re going to create a market for those where there isn’t one. It takes longer and is a labor of love.”

But it’s not just about the beer. For all of the breweries, it’s also about the community. Cult Classic in Stevensville has opened a performance space to bring in local and touring bands, and they’re working on a larger outdoor space that will allow for live music, as well.

And although Forward Brewery had a bit of local opposition during the permitting process, Bowdren—who was born in Eastport and lived in Annapolis for most of his life—is optimistic that the brewery will be a community space, especially since it’s also a restaurant. “More and more, I started seeing what breweries were offering in other cities: Not only delicious, fresh beer, but also a place to meet friends at any time of the day. A place for families to spend time without worrying about taking up tables at a restaurant, A place to gather and actually talk to your neighbors,” Bowdren muses. “...We’re excited to offer Annapolis a brewery it can call its own.”





A Rich Homebrewing Community

When the COVID-19 pandemic started to hit Maryland in mid-March, people looked for a way to fill their time—and if sales at Annapolis Home Brew in Severna Park were any indication, a lot of them filled it with making beer at home. “It was the best three months since we took over the business,” in 2017, says owner Steve Bolton. “People turned to beer-making and wine-making as a way to pass the time.”

Homebrewing was federally legalized in 1978 (Prohibition made it illegal in 1919), and while it wasn’t a mainstream activity for quite a while, the hobby has seen exponential growth in recent years. According to market research firm Grandview Research, around 1.1 million people brew their own beer, which numbered upward of 1.4 million barrels as of 2017.

Odenton resident Mike O’Toole began dabbling in homebrewing in 2013 after trying it out with his brother one holiday weekend. “The following Christmas, my wife got me a brewing kit from Northern Brewer, and it came with two recipes,” he recalls. “I brewed them both between Christmas and New Year’s. I was hooked immediately.”

About a year later, O’Toole joined Annapolis Homebrew Club, established in 2012, a group that hosts regular meet-ups, beer

competitions and organizes Pints 4 Paws, an annual festival that raises money for the Annapolis SPCA. Eventually, O’Toole served as the club’s president for two years.

“When I first got into brewing, I was really thirsty for more information and help to become a better brewer,” he says. “I always look forward to sharing beer and conversations at our monthly meetings.”

For those who want to start brewing their own beer (or making their own wine), but don’t know where to begin, local homebrew stores can help. Most offer a number of beer-, wine- and cider-making classes.

Even people who aren’t new to brewing benefit from resources at the shops. “A lot of people are in military housing here and don’t have a lot of spare room,” Bolton explains. “They can use our equipment and store their beer, which saved them from taking up extra room that they might not have—and they still get a good product.”

Such stores may also offer simpler beginner brewing classes for all sorts of beverages (including a newer addition, kombucha) and host local homebrewer meetings. “There’s something for everyone in this hobby,” Bolton says.



Craft Beer by the Numbers*

\$79.1 billion
National economic contribution of craft brewing industry

25,917,766
Barrels produced by craft brewers nationally

7,346 breweries
operating nationally

112+
Craft breweries in Maryland

2.5
Craft breweries per capita in Maryland

301,966
Barrels of craft beer produced in Maryland annually

\$889,302,000
Economic impact of craft breweries in Maryland

*As of 2018—Source: Brewers Association

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Financial Planning for Charitable Giving

'Tis the season to consider short- and long-term gift giving options

BY WHAT'S UP? MEDIA

Americans are characteristically inclined toward being generous—giving up precious time, sharing practical knowledge, and donating money to assist those less fortunate in our society. While our generosity is personally rewarding, the charitable contributions we make entitle us to benefits provided for in the tax code—one being the tax-saving advantages associated with our financial support of the causes we care deeply about.

With the recent changes in federal tax laws and varying economic forecasts, coupled with end-of-the-year financial tidying, it's a good time to take stock of your personal finances and make some decisions that may have been on hold. Consulting with a financial advisor or estate-planning specialist is a wise first step. You should also discuss how their fees are structured for the expertise you will require.

Estate-planning requires a strategy for maximizing and preserving assets, minimizing tax obligations, maintaining overall financial health, and

reaching long-term goals. Part of the process involves a well-developed plan for charitable giving whereby your gifts allow you certain tax benefits—if you itemize deductions on your federal tax return and the donations are made to IRS-approved, “qualified charitable organizations” that exist and operate exclusively to support public purposes, such as tax exempt, 501(c)(3) nonprofits. These generally include cultural, educational, health, human services, religious, scientific, fraternal, veterans’ groups, and, with restrictions, state and local governments. The IRS maintains an up-to-date list of qualifying organizations and “qualified charitable organizations” in detail.

Before giving to any charity, check its financial statements to ensure donations are responsibly managed and spent primarily on its programs and stated mission—not on salaries and fundraising. Charity ratings, statistics on charitable giving, and a host of other useful information is available on various Internet websites.

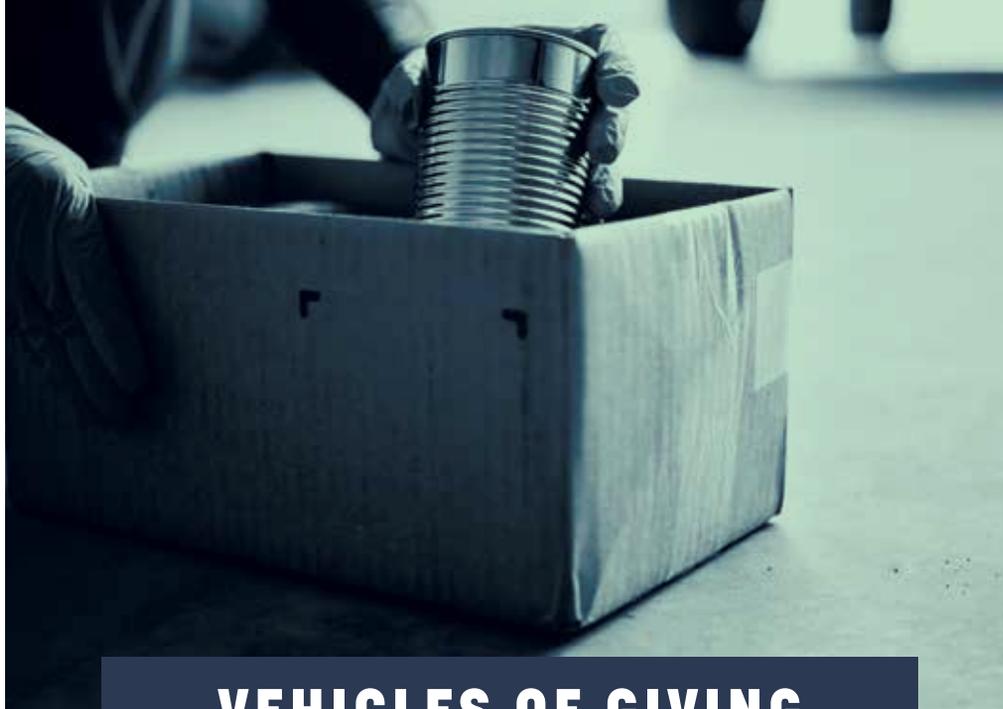
There are many options for supporting “qualified” charities and benefiting from tax savings; advantages and tax implications depend upon the type of gift, how it's gifted, and other considerations. Each type of donation has annual limits on the amount you can deduct. In planning your gifting strategy, you'll need to consider:

1. Where you want your assets to go
2. Who your beneficiaries will be
3. How your assets will be titled, particularly when it comes to ownership of trusts
4. Asset management
5. Whether gifts will be outright, term-limited, or deferred
6. Whether gifts provide income for you, as well as benefit your heirs and charity
7. Tax implications, and make decisions about many other important factors

In our region, the Community Foundation of Anne Arundel County and Mid-Shore Community Foundation in Easton, among several others, are public charities that manage charitable gifts to 501(c)(3)

nonprofit organizations. Donors are guided through the maze of gifting options, and vehicles are tailored to their personal philanthropic goals. Both make gift-giving easy and offer you the alternative to either: 1) support charities through existing community foundation funds, or 2) establish a private family foundation by starting your own fund for philanthropic giving that operates as a tax-exempt, 501(c)(3) nonprofit without subjecting you to the associated tax burdens and administrative headaches.

Whatever your long-term charitable or financial goals may be, a financial professional can guide you through the maze of options and suggest the charitable-giving “vehicles” most suited to your particular needs and desired outcomes. Below are some options to consider when structuring a plan to preserve your wealth, create a lasting legacy, and provide for your heirs—so that they, too, can show generosity through meaningful contributions of their own.



VEHICLES OF GIVING

Note: Due to the complex and, often, fluid tax code, it is highly-advisable to consult a tax professional or fiduciary to confirm the options outlined below.

OUTRIGHT GIFT: The most common gifting option, providing immediate support to charity and maximum possible tax deduction for you. Donations are usually made in cash and written checks (but can be securities or other assets).

CHARITABLE BEQUEST: A (revocable) planned gift whereby charity is made a beneficiary in your will or a designated beneficiary of your life insurance policy, qualified retirement plan, or other asset. It supports charity after your death and may reduce estate taxes.

IRAS AND QUALIFIED RETIREMENT PLAN ASSETS (401(K), 403(B), ETC.): Gifting these can reduce potentially high taxes if the donor doesn't expect to use all the assets while still living or has other ample assets (securities, etc.) by 1) naming charity the beneficiary of some/all can save taxes and preserve more non-retirement plan assets, or 2) designating that the plan's remaining termination-date assets

fund a gift plan that pays family/loved ones for life, and charity gets the gift plan's remaining termination-date assets. Benefits include federal and state tax savings, and preservation of non-retirement plan assets.

The Charitable IRA Rollover incentive allows donors age 70 and a half and over to gift up to \$100,000 of IRA assets to public charities, but must pass from the IRA custodian directly to the charity. Distributions qualify as the donor's minimum annual withdrawal requirement but are not tax deductible.

LIFE INSURANCE POLICIES: If payments are up to date, the cash value is significant, and there are no outstanding debts against it, a policy can be gifted to charity, which may 1) cash it in for immediate use or wait for the termination-date cash value, while the donor benefits from tax savings and no change in cash flow; or 2) become the policy's beneficiary and upon its termination get some/all of the death-benefit proceeds, while the donor benefits from tax savings, no change in cash flow, and the option to take back the gift, if necessary.

PUBLICLY TRADED SECURITIES (SHARES OF STOCK, MUTUAL FUNDS, ETC.): May be an option if the securities were purchased at least one year ago, have increased in value significantly, or generate little or no income. Shares are transferred to a charity and are typically either gifted outright or made a gift whereby you receive lifetime payments. The benefit is reduced income and capital-gains taxes.

POOLED-INCOME FUND: Provides donor income for life and saves on taxes. An irrevocable gift of cash or securities goes into the fund, the donor gets annual payments of their share of the net income for life, and the share then goes to charity.

CHARITABLE GIFT ANNUITY: Charity makes fixed, lifetime payments to donors in exchange for irrevocable gifts of cash or securities. A way of maintaining or increasing current income, earning tax-free income, receiving payments for life, or saving on income and capital gains taxes. Principal remaining when the gift annuity ends goes to charity.

CHARITABLE FLIP UNITRUST: A vehicle for making a large gift now (at least \$100,000)

that will supplement your future retirement income and reducing income or capital gains taxes if you're thinking of gifting \$100,000 or more. Cash or securities are transferred to your flip unitrust, which makes payment to you or your designee during its term. You'll first be paid the lesser of a percentage of its value or net income at first, and down the road you'll receive a percentage of its value annually, no matter how much net income is earned. Assets that remain at the flip trust's termination go to charity. Flip trusts typically provide lifetime payments and tax savings.

CHARITABLE LEAD ANNUITY TRUST (IRREVOCABLE): Designed to shift wealth to heirs or named beneficiaries in a tax-efficient manner, especially in a low-interest-rate environment.

CHARITABLE LEAD UNITRUST (IRREVOCABLE): Allows the transfer of assets to heirs or named beneficiaries at reduced tax costs, and charity receives payments for a fixed term.

CHARITABLE REMAINDER ANNUITY TRUST (IRREVOCABLE): A custom-designed trust that gives you a fixed income for a fixed term or life and an income-tax deduction, and provides a future gift to charity.

CHARITABLE REMAINDER UNITRUST (IRREVOCABLE): A custom-designed trust that gives you a variable income for a fixed term or life and an income-tax deduction, and provides a future gift to charity.

There are many other vehicles for leaving a lasting legacy through charitable giving—each with distinct advantages and structured for reaching specific goals, depending on one's needs and desired outcomes—such as donor-advised funds, endowments, and private foundations, to name a few.



LEARNING THE LINGO OF ESTATE PLANNING AND CHARITABLE GIVING

ADMINISTRATION: The handling of a decedent's estate (distributing/collecting assets, payment of debts, etc.).

ADMINISTRATION EXPENSES: Costs incurred in administration of a decedent's estate (commissions, attorney's fees, funeral expenses, etc.).

ADJUSTED TAXABLE GIFTS: Total sum of a decedent's post-1976 lifetime gifts that exceeds the allowable charitable deductions.

ANNUAL EXCLUSION: A donor's right to gift, tax free, up to the maximum sum allowable annually to each of any number of recipients.

ANNUITY: A specified payment made at regular intervals; if a trust is involved and income is insufficient, principal may be the source of payment.

BENEFICIARY: One named in a will to receive a devise, legacy or use of estate assets.

BEQUEST: A direction in a will to pay/distribute personal property (aka,

legacy).

CORPUS: The principal fund/capital on which income is earned (aka, principal).

DECEDENT: A deceased person.

ESTATE: A decedent's assets and liabilities.

EXECUTOR: Person/trust company appointed to execute the terms of a will (aka, personal representative).

FEDERAL ESTATE TAX: A tax on the net value of property subject to tax (taxable estate plus the sum of adjusted table gifts) at decedent's death.

FEDERAL GIFT TAX: A tax paid by the donor of inter vivos gifts (gifts made while living).

FIDUCIARY: A legally obligated person/entity entrusted with holding another's assets.

INSURANCE TRUST: A trust consisting of life insurance policies or proceeds.

INTER VIVOS (LIVING TRUST): A trust set up and in effect while its creator is living.

INTESTATE: Death without a valid will.

IRREVOCABLE TRUST:

A trust that may not be terminated by the person who creates it.

LEGACY: A disposition in a will of personal property.

LETTERS OF ADMINISTRATION: Documents issued as proof of authority of person/trust company to act as administrator.

LETTERS TESTAMENTARY: Documents issued as proof of authority of person/trust company to act as executor/personal representative.

LIFE INCOME AGREEMENT: A gift of a principal sum or securities with a stipulated life income paid to the donor through a gift annuity program or pooled income fund of the issuing institution.

LIFE INCOME TRUST: A plan whereby gift property is placed in trust for the lifetime benefit of an income beneficiary with remainder to another beneficiary.

PERSONAL REPRESENTATIVE: An estate's executor or administrator.

POWER OF APPOINTMENT:

The right of a trust income beneficiary to designate the person to receive the trust principal upon that trust income beneficiary's death.

REMAINDER: That which remains in a trust after life interests have ended.

REMAINDERMAN: The one entitled to receive the principal upon termination of a trust. (A remainder is vested when payable to a designated beneficiary/class of beneficiaries, whether living or not when the trust terminates, and is contingent when dependent on some future occurrence/event taking place.)

REVOCABLE TRUST: A trust that may be terminated by the person who creates it.

SPENDTHRIFT TRUST: A trust protecting a beneficiary from creditors or lack of foresight.

TAXABLE ESTATE: The gross estate less allowable deductions.

TENTATIVE TAX (ESTATE):

The federal estate tax tentatively due on the sum of a decedent's "taxable estate" and "adjusted taxable gifts" (calculated under the estate tax rate table) before gift tax credit, credit for estate tax on prior transfers, and credit for foreign death taxes.

TENTATIVE TAX (GIFT): The federal gift tax tentatively due on "lifetime" gifts made by a donor in any calendar year, as calculated under the gift tax rate table, and before allowance of available unified credit.

TESTAMENTARY TRUST: A trust created by will.

TESTATE: Dying with a valid will.

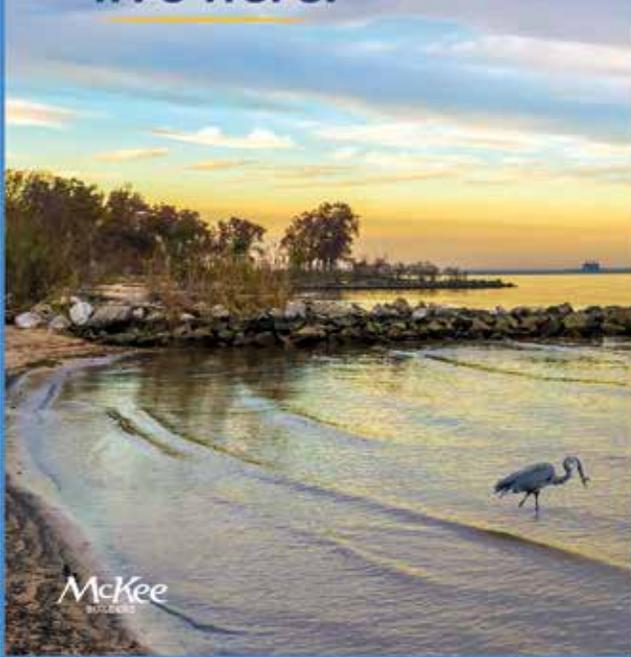
TESTATOR: The person who makes a will.

TRUST: An arrangement whereby one's property is held by a person/trust company.

TRUSTEE: The person/company holding one's trust property.

WILL: A vehicle for disposing of a decedent's property.

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HOME DESIGN

Hot Hybrids

INTERIOR TRENDS ENHANCING DESIGN

By Lisa J. Gotto

Your personal style in home furnishings says a lot about you. Some homeowners delight in design they can clearly define, such as Mid-Century Modern, French Country, or toney and time-tested Traditional—that which truly never goes out of style.

However, today's dwellings are also reflecting the personalities, sensibilities, and even family histories of the people living in them; blending what used to be more formal styles with aspects of other interior looks. So now, it's not uncommon to hear descriptions such as rustic coastal, farmhouse modern, and bohemian to identify these hybrid interiors.

For inspiration's sake, let's take a look at these looks and see which of them you would most closely identify with your personal style.



MILLENNIAL LEANINGS

Perhaps **modern farmhouse** is a great place to start. In recent years, with the popularity of home remodeling shows like *Fixer Upper* with Chip and Joanna Gaines' Magnolia brand, we have seen an explosion of clean lines combined with warmer tones and touches. You get a down-home look that's kind of old-school but also leans millennial-ish with its crisp edges, unfussy palette, and splashes of the dramatic, as seen here in this hammered slab-look island countertop and retro rustic counter stools.

Perhaps the cozy farmhouse aspect appeals to you, but some of its edges are a bit too sharp for your liking. In that case you may wish to consider tweaking the palette just a bit and adding in some elements of the traditional to your farmhouse mix. By strategically using beams in a light wood, warming up the stark white paint to an ivory, and going old-school in this room with splashes of antique furnishings, you create your own take on modern farmhouse.

GOING COASTAL

Ah, the perfect look for our easy, breezy Chesapeake lifestyles. Echoes of the ocean, boats on the bay, hues of aquamarine, and the beachy vibe of a **rustic coastal** home. This airy, light room begs one to kick back and relax, and includes all the elements one might think of when it comes to subtle, classic coastal living. It's well done, not overdone with too many shells or frames of driftwood; it's comfortable and livable, but not cluttered.

Image courtesy of Overstock.com



This room's rustic beams get a coastal whitewash and compete with little else in the room—and that's by design. A sleeker, somewhat minimalist look with the curving lines indicative of contemporary design is brought out in the furnishings, creating a novel definition of life's a beach.

NOT TO BE CONFUSED WITH SHABBY, JUST CHIC

Bohemian. Just the word conjures an image that for some, could be far afield from their comfort zone. But speaking of comfort zones, how cozy chic does this room look? No, bohemian doesn't mean dowdy or dreary. It has also gotten a millennial makeover that includes a calming palette, textures and layers that add warmth, and evolved furnishings that could even be described as lush. This room trends luxe with its elements of brushed gold, subtle basket weaved accent lighting, and a holistic ambiance enhanced with live potted plants.





Gardens of Versailles—Photo by Dennis Jarvis

HOME DESIGN

Inspiration from Landscaping's Greatest Hits

By Janice F. Booth

I suspect you're sitting somewhere cozy, reflecting on the innumerable garden tasks you've completed, and you're ready to dive head-long into preparations for the Holidays. This may be a perfect moment to cast your thoughts to a broader range of gardening ideas. And, with that in mind, I have gathered the names of gardeners and landscape designers who have left their marks on our vision of what is a beautiful garden.

Before wandering among these now-famous, perhaps familiar names, let me review the history, the evolution of gardens, beginning with the colonists, setting up their first dwellings in the new world:

- They were looking for a practical approach to planting a garden. 18th Century “dooryard gardens,” as they were called, allowed the colonists to keep a close eye on the small patch of vegetables and herbs planted there. A quick step outside the door allowed for harvesting whatever was needed for the cooking pot, without too much danger from predators or weather.
- By the early 19th Century, gardens were expanded to “kitchen gardens.” Fruit trees, veggies, herbs, and a few grape vines were cultivated, climate permitting. Such a garden was still focused on sustenance, though a few flowers, which could earn their keep, were introduced. Sunflowers, Marigolds, Echinacea, and Lavender were useful beauties.
- By mid-century, there were bustling markets and folks had enough leisure and space to cultivate ornamental gardens. The mid-1800s saw rise to a fascination with horticulture, and the development of new varieties of plants as well as methods of disease and pest controls. One such development that has had a lasting impact on gardening, was the development of Pyrethrum, a natural pest control made from dried Chrysanthemum petals.
- The 20th century's expansion of urban living produced gardens in small towns and cities that were softer and sometimes grander. Ladies Garden Clubs became popular, as did professional landscapers and gardeners. English gardens were influencing American gardens, with huge lawns, border beds, shrubbery borders, and ornamental water features.
- Mid-20th century's two World Wars led American gardeners to return to feeding the family from one's own garden. In 1943 there were 20 million “Victory Gardens,” where families grew vegetables, fruit, and herbs. These Victory Gardens were estimated to supply 40 percent of America's produce requirements.
- The second half of the 20th century saw gardening undergo major changes and upheaval. The 1950s and '60s “improved” gardening by introducing toxins developed to alleviate pests and diseases in plants, both in the garden and on the farm. The long-term results

were disastrous. In 1962, Rachel Carson shook the nation with her book *Silent Spring*. Dire warnings of the destruction of wildlife, and the eventual impact on the planet were heeded, and the first “Earth Day” was held in 1970. Organic gardening became the fashion.

- The 21st century has something old, the return of edible gardening. According to the National Garden Association, 1/3 of American households report growing food in their gardens. And there’s plenty of something new. Landscape Architect, Anoushka Feiler lists these qualities of 21st century garden design as:

1. *Healthy-sustainable-ethical design.*
2. *Adaptive and flexible usefulness.*
3. *Responsible disaster mitigation, such as permeable surfaces for drainage and irrigation.*
4. *Recycling and upcycling through the use of sustainable materials.*
5. *Encouraging an emotional connection with the garden.*
6. *Socially responsive design that*

encourages spontaneous interactions with family, friends, and neighbors.

7. *Digital accessibility, allowing connectivity in its many forms, in the garden.*
8. *Immersion, providing both quiet isolation and space for group activities.*

So, now we have a simple overview of the development of gardens from Colonial days to the present. But, to see the development of the aesthetics of gardening, I think it’s helpful to consider some of the people who have left their mark on Western or European gardens.

JOHN TRADESCANT, THE ELDER AND THE YOUNGER, were late 16th and early 17th century English adventurers and botanists, collecting rare and exotic specimens from the New World and Europe. In the case of Tradescant, The Younger, gardening and garden design were also his passions. Both father and son made excursions to the Colonies to collect seeds and plant specimens from the New World. The Elder devised



Blenheim Palace Gardens

a collection of artifacts from his travels, “The Ark,” which later became the first museum open to the public. The Younger gained renown for his garden designs, which included exotic flowers, fruit trees, and vegetables from the Colonies.

French landscape architect, **ANDRÉ LE NÔTRE** (1613–1700) may be familiar to you from

Alan Rickman’s 2015 movie *A Little Chaos*. (Like me, you may be one of the 300 people who wanted to see Kate Winslet as a rough-and-tumble gardener.) Le Nôtre, the landscape architect to Louis the XIV, designed the gardens for Versailles, Fontainebleau, and the Tuileries, among others. His designs were based on Classical theories of order, balance, and symmetry.

Englishman, **LANCELOT “CAPABILITY” BROWN** (1716–1783) is almost a “household word,” at least among gardeners. His philosophy of garden design—Romanticism—reflected the wildness of nature. Though dead for over 200 years, Capability Brown gained recognition and even fame as a historical figure in the Tom Stoppard 1993 play, *Arcadia*, wherein Capability Brown’s landscape design plays a significant role. He was known by the nickname “Capability” both for his own abilities and his turn of phrase, “...of course, this property has capability for improvement.” And that argument must have worked; he is recognized for the creation of more than 190 English parks. Brown’s designs used the flowing vistas of English mead-



Central Park



ows, naturalistic ponds and streams, and copses or clumps of perfectly situated trees. His designs still flourish in several castle and palace gardens, including Blenheim Palace and Harewood House.

HUMPHRY REPTON, (1752–1818) is considered Brown’s successor. Repton began his career polishing and upholding the work Brown had made famous, but later in Repton’s career, his own mark on landscape design was the addition of “Vistas,” or views of distant steeples, hillsides, or buildings. He introduced meandering parkways or carriage roads, focusing on the pleasure ride. Repton was interested in the picturesque. Perhaps Repton’s most permanent mark on landscape design is his “Red Book.” Named for the binding, these books contained detailed drawings and watercolor renderings of Repton’s vision for a particular project. He added “overlays” to show the garden or park’s growth over time. Not only did

the Red Book help his business; the idea of a presentation book was soon picked up and used by landscape designers on both sides of the Atlantic.

FREDERICK LAW OLNSTEAD (1822–1903) is perhaps the most famous American landscape architect. His parks and garden designs are distinguished by his eye for the natural and recognition of the relationship between the visitor and nature. His designs, which stand the test of time, are too numerous to list here, but New York City’s Prospect and Central Parks are among them. He worked on the creation of Niagara Reservation in Niagara Falls, New York, the oldest national park, as well as a gem-like string of public parks and parkways along the East Coast. Olmstead worked tirelessly caring for the sick and wounded during the Civil War as Secretary of the Sanitary Commission, later to become the American Red Cross. You may have read Erik

Larson’s book, *The Devil In the White City*, about the 1893 Chicago World’s Fair. Olmstead provided the landscaping of the Fair. Perhaps most vital of his accomplishments was his early championing of environmentalism and the protection of our nation’s exceptional natural beauty and bounty.

GERTRUDE JEKYLL (1843–1932) designed over 400 notable gardens in England and abroad. She wrote more than 1,000 articles on gardening and garden design. She was also a renowned painter and photographer. Her approach to landscape design reflected her artist’s eye and her admiration for the Arts and Crafts movement. The Romantic spirit and detailed craftsmanship were hallmarks of her work. Her influence was felt in both American and Britain, as impressionistic and vibrant flowers and arrangements gained in popularity. Perhaps Jekyll’s most renowned garden was the one she created for

her sister, Caroline, in Venice in the mid-1880s. Named the Eden Garden for Caroline’s husband Frederic Eden, it was recognized for its exceptional beauty. Journalists Peter Parker and James Fenton wrote, “The garden featured a large number of willow pergolas covered in roses, and extensive plantings of Madonna lily as well as other English flowers. Paths around the garden were surfaced with local seashells. There were lawns, courts, and a walk lined with cypresses.”

Contemporary “Greats” are a bit harder to identify; however, three names are always included in the short list. Their influences, long-term, are still being measured.

ROBERTO BURLE MARX (1909–1994) was a Brazilian landscape architect and ecologist. He was the first notable voice to champion the protection of the rain forests. He worked in tropical garden design, offering the visitor the lavish

beauty of Birds of Paradise, papaya, ferns, and orchids. Marx's designs often included water gardens.

PIET OUDOLF (1944-present) embraces a naturalistic and ecologically sustainable approach to landscape and garden designs. He is noted for creating the High Line in New York City. "My biggest inspiration is nature. I do not want to copy it, but to recreate the emotion." Other renowned gardens bearing Oudolf's distinctive touch are the Lurie Garden in Chicago and the Oudolf Garden, Belle Isle, Detroit. In addition, Oudolf has completed gardens throughout Europe.

THOMAS "TOMMY" CHURCH (1902-1978) championed the Modernist or California-style in garden design. Outdoor living and the outdoor room were his hallmark innovations. Four characteristics of his work were: (1) function as well as beauty, (2) unity of house and garden, (3) simplicity, and (4) scale, by means of engaging the structure(s) with the surroundings. His legacy comes through his books on garden design rather than specific gardens, *Gardens Are for People* (1955) and *Your Private World: A Study of Intimate Gardens* (1969).

We are fortunate to have many famous public and private gardens along the Eastern seaboard, particularly in the Brandywine Valley region of Pennsylvania and Delaware. I'm compiling a personal list of gardens I can drive to in our region. I plan to see for myself some of the brilliant, timeless beauty created by these landscape and garden designers.

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Bedrooms: 3
Baths: 3 Full, 1 Half
Living Space: 3,168 sq. ft.
Lot Size: 10.61 acres

HOME REAL ESTATE

A Nature Lover's Retreat

By Lisa J. Gotto



Serene. Beautiful. Unique. This rare find with its southwesterly exposure on Sawmill Cove is situated just minutes from the Choptank River. An oasis of sorts, the barn-style home can't be seen from any other properties nearby, so privacy is built-in.

Speaking of "built-in," this open-plan modern farmhouse charmer has many truly custom features starting with an eye-catching catwalk that spans the length of the main living area. The kitchen is an appealing combo of rustic elements and professional-grade appliances that work together to create a light and bright, convenient space, flooded with natural light. Wide plank honey-colored hardwood floors flow into a welcoming living area with a stone fireplace and a step-down into a sunny, all-season room with series of floor-to-ceiling windows and sliding doors. Barn door accents, built-ins, and interesting beam detailing make this room a conversation piece itself. A must-mention feature of the main level is its incredibly well-conceived and generous mudroom perfect for dog lovers with an attached pen feature allowing for convenient outdoor access.

Along with the home's second level master bedroom suite and loft seating area, the property offers gracious accommodations in its two-bedroom guest cottage and an au pair suite.

Just outside there's an open-air deck and grounds that provide expansive views of Trappe Creek. Another attractive water feature is the home's saltwater pool and an adjacent pavilion perfect for al fresco entertaining. A woodsy and private outdoor shower and bath area is outfitted with a nostalgic bathtub and vanity, and is located just off the home's billiard room on the interior.

The nature lover will delight in their proximity to nesting eagles, a nearby blue heron rookery, turkey and river otter sightings, as well as sanctuary ponds on the 10-plus acres surrounding the home. And getting out on the water is made easy with the property's boat dock and two boat lifts.

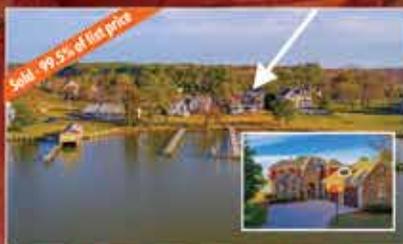
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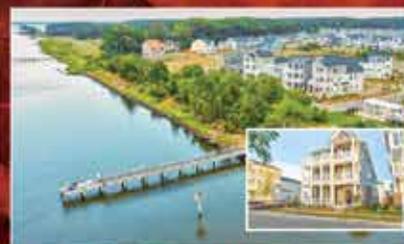
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Custom Touches on Tred Avon

By Lisa J. Gotto

Sit back, relax, and take it all in” could be the best way to describe the vibe of this incredible home, as it offers so many ways to take advantage of its fabulous location on the Tred Avon River. This mid-century modern waterfront property offers spacious and gracious one-level living with many design perks.

The custom ultra-modern kitchen features streamlined Bulthaup cabinetry, including a large center island with storage drawers, double-wall ovens by Gaggenau, a luxe, professional-grade Sub-Zero refrigerator, and a streamlined design for ultimate utility. Crisp white walls and dark hardwoods help complete the clean look.



Primary Structure Built: 1959
Sold For: \$3,350,000
Original List Price: \$3,775,000
Bedrooms: 6
Baths: 3 Full, 1 Half
Living Space: 8,544 sq. ft.
Lot Size: 21.07 acres

Aspects of the modern living aesthetic extend out to a gorgeous formal living space with light colored hardwoods, a classic fireplace with marble inset, and an enormous picture window offering what seems like miles of water views. A large formal dining area is located adjacent to the living room and overlooks one of the home’s outdoor seating areas through an extra-wide sliding glass door.

This main level is also where you’ll find a spacious family room with a cozy aesthetic created by warm wood cabinetry and a large brick fireplace. This room overlooks the home’s expansive light and bright multi-season sunroom with brick paving and white beadboard ceiling detail.

Several bedrooms are located on this level, providing extensive forever-home potential. The master bedroom is uniquely designed to include

a wall of glass where two normal walls would usually meet creating a luxurious way to lounge and take in the river views while enjoying the privacy of your master suite—a truly one-of-a-kind feature. The room also offers a separate seating space with marble front fireplace and a wet bar.

Outdoors, you’ll find a unique swimming pool with brick patio and hot tub area along with an adjacent modern two-bedroom guest house designed by Wesley Wei Architects. Other features of this home’s great outdoors include a tennis court, a custom-made, two-bedroom caretakers-cottage designed to discretely blend into the wooded area on the property, which comprises more than 21 acres, and approximately 1,200 feet of waterfront, riprapped, and living shoreline. Six-plus feet of Mean Low Water and a boat lift makes this a second-to-none riverfront paradise.

Listing Agent: Cornelia C. Heckenbach; Long & Foster Real Estate; 109 S. Talbot St., St. Michaels; m. 410-310-1229; stmichaelsmdwaterfront.com

Buyer’s Agent: Cliff Meredith; Meredith Fine Properties; 101 N. West St., Easton; m. 410-924-0082; mre@goeaston.net; meredithfineproperties.com



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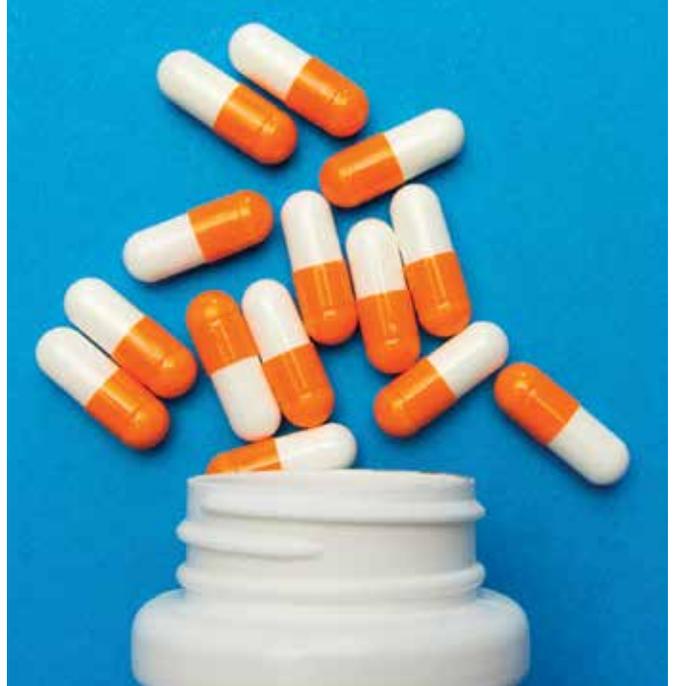


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Antibiotics Aren't Always Your Best Option

By Dylan Roche



The Centers for Disease Control and Prevention (CDC) reports that 2.8 million antibiotic-resistant infections are seen in the United States every year, resulting in about 35,000 deaths.

When you're feeling really under the weather, an antibiotic is the fastest way to get back to feeling like yourself, right? Not always.

Don't feel bad if you didn't know—lots of people don't. There's a widespread misconception out there that antibiotics are a cure-all and a force for unshakeable health, but using antibiotics when you don't need them could be doing, not only you but also the entire population, more harm than good.

As part of the U.S. Antibiotics Awareness Week observed every November—this year, it's observed from Wednesday, November 18, through Tuesday, November 22—health experts strive to educate people on what we can expect antibiotics to do and what we shouldn't expect them to do.

As defined by the National Library of Medicine, antibiotics are drugs that fight bacterial infections in people and animals by either killing the bacteria or making it harder for the bacteria to grow or multiply. Antibiotics come in various forms that can be administered orally, topically, or intravenously.

The tricky part is that bacteria are not the same as viruses, although they are both germs

that can cause infections (and some bacterial infections have symptoms that are similar to those of viral infections). Common ailments that require antibiotics include ear infections, sinus infections, bronchitis, and strep throat.

However, antibiotics don't kill viruses—so if you take antibiotics for a viral infection, the antibiotics won't cure anything. Instead, they will attack beneficial or harmless bacteria naturally occurring in your body, which then develop antibiotic-resistant properties they can then pass on to other bacteria, sometimes even harmful bacteria. This leads to what's known as antibiotic resistance, which the Mayo Clinic deems one of the world's most pressing health problems.

The reason antibiotic resistance is so dangerous is that it means some standard medicines used to treat bacterial infections easily in the past are less effective or completely ineffective today. Johns Hopkins University notes that if someone develops an infection that is resistant to medicine and then passes that infection off to someone else, it becomes a contagious and hard-to-treat illness.

The Centers for Disease Control and Prevention

(CDC) reports that 2.8 million antibiotic-resistant infections are seen in the United States every year, resulting in about 35,000 deaths. Worse yet, antibiotic resistance can mean medical advancements like organ transplants or cancer therapies are harder for health experts to perform.

Instead of misusing or abusing antibiotics, people should practice what's known as antibiotic stewardship: the proper, responsible use of antibiotics for the right conditions and at the direction of their health care providers. As the CDC states, the benefits of antibiotics when they're really needed far exceed any risks.

People who are prescribed antibiotics should continue to take them for as long as their doctor instructs them to, even after symptoms dissipate, as some bacteria may still survive and become resistant. It's also important that individuals prescribed antibiotics

don't save any for later or share them with others. These responsible practices go a long way in protecting the population from antibiotic-resistant infections, preserving the effectiveness of antibiotics prescribed today, and even avoiding certain side effects from antibiotic abuse.

Another important part of stewardship is to avoid the need for antibiotics altogether by limiting bacterial exposure. After all, if people don't get infected in the first place, they don't need to ever fight an infection. Simple health and safety habits will go a long way in this regard—wash your hands with soap and water after using the bathroom, don't eat raw or undercooked meat or eggs, and get vaccinated against bacterial infections like diphtheria and whooping cough.

Learn more about antibiotic stewardship and recommendations from the CDC by visiting www.cdc.gov/antibiotic-use.

How to Choose a Cosmetic Surgeon

By Dylan Roche

So, you've made the decision to get cosmetic surgery—or, as the expression sometimes goes, “get a little work done.” Now the question is, “who's going to do the work?” It's important to choose the right cosmetic surgeon not only for your safety but also for your satisfaction. After all, if this surgeon is going to be altering the way you look, you want to make sure you're happy with the results.

Finding the right cosmetic surgeon takes a little more consideration than a simple Google search or even a recommendation from a friend. As the American Society of Plastic Surgeons emphasizes, not every physician is qualified or experienced in every procedure, and not every plastic surgery ends well.

In some cases, a recommendation from a friend or a simple online search can give you a starting point. And What's Up? Media's biennial list of Top Docs—a medical professional peer review survey—is also an excellent source to consult (online at whatsupmag.com/health-and-beauty/top-docs). But it's important that you do the proper vetting from there. When considering a cosmetic surgeon, ask yourself these questions:

WHAT TRAINING HAVE THEY DONE?

Start by considering the surgeon's training and certification. The American Board of Cosmetic Surgery points out that cosmetic surgeons don't legally have to be trained in the procedures they offer. Some doctors who have general medical training—including training in general surgery—can start offering cosmetic surgery procedures for the added income. If you go with a surgeon who is certified through the American Society of Plastic Surgeons or the American Board of Cosmetic Surgery, you know they have sufficient education and training.

HAVE THEY DONE THIS PROCEDURE BEFORE?

In some cases, a cosmetic surgeon has plenty of overall experience. Unfortunately, it may not be the specific experience with the procedure you want to have done. You could find a cosmetic surgeon who does excellent work with scar revision but has never had to correct a deviated septum before.

Similarly, maybe your surgeon has done plenty of breast augmentations in the past few years but hasn't performed a facelift in over a decade. The American Society of Plastic Surgeons recommends finding someone who has done the type of procedure you want at least once a week for at least five years.

WHAT DO THEIR BEFORE AND AFTER PHOTOS LOOK LIKE?

A cosmetic surgeon will be able to provide you with before and after photos of their work, which will give you an indication of their skills. Look at both sets of photos with a keen eye. You want to make sure you like the results depicted in the after photos. Likewise, seek before photos with somebody who has physical characteristics similar to your own. If the person has a completely different facial structure or they're much older or younger than you, there's the risk your results could be different. Also, pay attention to consistency—you want a surgeon that is always getting good results, not just getting good results once or twice.

DOES THIS SURGEON HAVE HOSPITAL PRIVILEGES?

You want to find a cosmetic surgeon who operates in accredited hospitals and/or surgery centers or, at the very least, has hospital privileges. If your procedure requires some recuperation in the hospital but your surgeon does not have hospital privileges, then that means another doctor will have to take over your care while you're recovering. Your cosmetic surgeon will not be able to see you.

DO YOU TRUST THIS SURGEON AND SUPPORT STAFF?

Don't underestimate the importance of trust—several cosmetic procedures are invasive, and you'll likely need to disclose your full medical history. You want a surgeon who makes you feel comfortable and a support staff that makes you feel welcome and cared for. You should be able to ask plenty of questions and have them answered thoughtfully and thoroughly.

Not every surgeon will be the right fit for every patient—this is important for you to keep in mind. But by counting on these five questions, you can discern the practice that's right for you and ensure “getting work done” means the work is done well.



Fresh Take

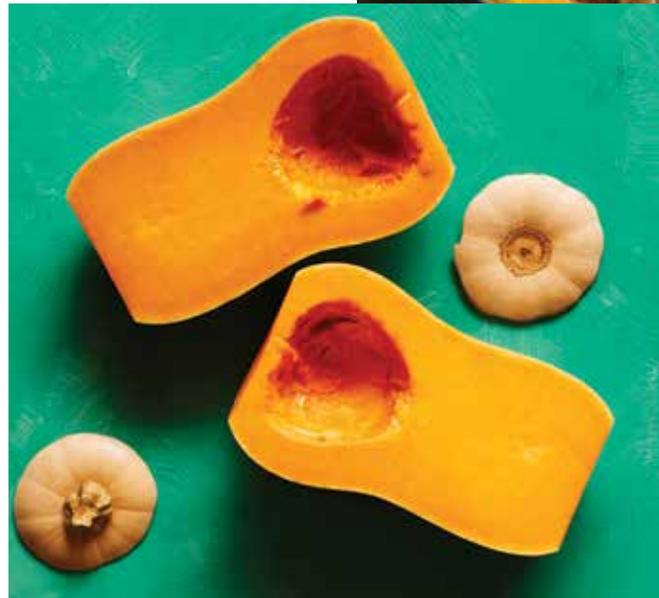
WINTER SQUASH

By Dylan Roche

Don't let the name fool you—although dubbed “winter squash,” the variety of vegetables that fall under this category actually reach their peak and are best harvested in the fall, ideally in late October or November. But they get their designation as winter vegetables because of their ability to keep well throughout the long, cold season, mostly thanks to their thick outer rind. So the winter squash you pick up at the farmers' market or grocery store in November can just as easily be used for Thanksgiving dinner as it can be for New Year's Eve appetizers and maybe even your Super Bowl potluck.

Although there are several varieties of winter squash, they share many of the same outstanding nutritional qualities: high in fiber, low in fat and calories, and full of vitamins A, C, and B6. Winter squash is even ranked by the Academy of Nutrition and Dietetics as one of the best winter foods for kids because of its levels of antioxidants known as carotenoids, which benefit your skin, heart, and immune system.

Winter squash is especially good for people who are watching their blood sugar levels. It may be high in carbohydrates (about 18 to 20 grams per cup when cooked), but its fiber content slows the digestion and breakdown of those carbs. Because of this, winter squash is actually categorized as having a low glycemic index, a ranking of how certain foods affect blood sugar.



The other trait shared by all winter squash is their versatility. Winter squash can be used in soups and salads, as the base of a main course, as a side dish, or as a sweet dessert. Their flavor pairs equally well when sprinkled with cheese and garnished with bacon or when spiced with cinnamon and dotted with raisins.

So, what are some of the more popular winter squashes you might have seen at the grocery store? There's **acorn** squash, easily identifiable by the fact that it looks like a giant acorn, with rinds that range in color from orange to green. Its inside, however, will always be a beautiful golden color.

Then there's **butternut squash**, which has a distinctive bell shape and cream-colored rind. Its orange flesh is often regarded as the sweetest of all squashes.



Quinoa and Vegetable Stuffed Acorn Squash

INGREDIENTS:

- 4 acorn squashes
- 2 tablespoons olive oil
- 1 cup chicken broth
- 1 small onion, chopped
- 1/4 cup minced garlic
- 3 Roma tomatoes, chopped
- 1 cup steamed broccoli, chopped
- 1 cup steamed red bell peppers, chopped
- 1/4 cup parsley
- 3 cups cooked quinoa
- 1/2 cup parmesan cheese

DIRECTIONS:

Heat oven to 425 degrees Fahrenheit. Cut the squashes lengthwise and scoop out the seeds. Line a baking sheet with parchment paper and place the squashes on the sheet with the insides facing up. Roast for 25 minutes or until soft. Warm the olive oil over medium heat on the stovetop and add the garlic and onion. Cook the garlic and onion until golden brown. Add tomatoes, broccoli, and red peppers and continue to cook for approximately five minutes. Pour in the broth and slowly stir in the quinoa. Finally, add half the parmesan cheese (1/4 cup). Allow to simmer on the stovetop for five more minutes, allowing all the ingredients to thicken and combine. Scoop the quinoa and vegetables into the hollows of the roasted squash and top with the remaining parmesan cheese. Place back in the oven and allow to roast for another five minutes.

Most people will instantly recognize a **pumpkin**, but they might not realize that its culinary uses extend far beyond pie—this spherical orange squash, when roasted and pureed, can be turned into savory dishes like soup or even pasta sauce.

And those who are looking for an interesting alternative to pasta will rejoice to learn about **spaghetti squash**, an oblong-shaped yellow vegetable with insides that separate into fine spaghetti-like strands you can use in place of noodles in pretty much any dish.

When choosing one of these or another type of winter squash, always look for ones that have firm rinds and feel heavy for their size. Those with softer rinds or a lightweight feeling to them when they're held might turn out to be watery or taste bland. Ide-

ally, the rind should be dull rather than glossy and should be free of any blemishes. Store your winter squash between 50 and 60 degrees Fahrenheit for up to three months; once you've cut into the squash and cooked it, you can keep it in the fridge in an airtight container for up to three days.

Ready to squash the competition at your next winter potluck? Here are a few ideas on three delicious side dishes using squash:

Pumpkin Coconut Curry Sauce

INGREDIENTS:

3 cups pumpkin, peeled and cut (approximately 1 small sugar pumpkin)
1 can (14 ounces) coconut milk
3 cups baby spinach
1/4 cup cashews
1 can (14 ounces) garbanzo beans
1/4 cup tomato paste
1 cup vegetable broth
1 onion, chopped
3 teaspoons curry powder
3 teaspoons coriander powder
2 teaspoons paprika
2 teaspoons turmeric
2 teaspoons ginger powder

DIRECTIONS:

In a saucepan over medium heat, combine olive oil, onion, and garlic. Stir until the garlic and onion are tender and golden brown. Add the curry powder, coriander, paprika, turmeric, and ginger and stir. Add coconut milk and broth. Bring to a boil, stirring constantly, then take the heat to low. Add pumpkin and simmer for 10 minutes until pumpkin is tender and the sauce has thickened. Add the garbanzo beans, spinach, and cashews, stirring until the spinach has completely wilted. Remove from the heat and serve over rice or potatoes.

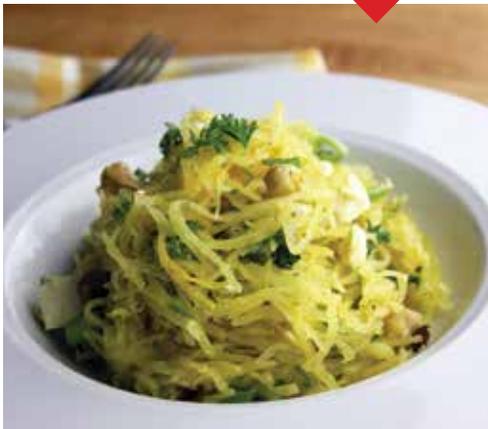
Spaghetti Squash with Spinach and Mushrooms

INGREDIENTS:

1 spaghetti squash
1/2 cup olive oil
1/4 cup lemon juice
1 garlic clove, minced
1/2 onion, minced
1/4 cup parmesan cheese (plus more to taste)
2 cups baby portobella mushrooms
4 cups baby spinach

DIRECTIONS:

Cut the spaghetti squash in half lengthwise and scoop out the seeds. Heat oven to 400 degrees Fahrenheit. Line a baking sheet with parchment paper and lay the spaghetti squash on the sheet with the inside facing up. Roast for 45 minutes. Remove the spaghetti squash from the oven and allow to cool slightly. Use the tines of a fork to scrape the inside of the squash, which should form spaghetti-like strands. Scoop the strands out and set aside. In a saucepan, heat 2 tablespoons olive oil over medium heat. Add garlic and minced onion. Add spinach and portobella mushrooms and allow to cook until the spinach is completely wilted. In a small bowl, whisk the remaining olive oil and lemon juice. Combine parmesan cheese. Add to the saucepan and simmer until the sauce has thickened. Toss the vegetables and sauce with the spaghetti squash and top with grated parmesan cheese.



What Do People Mean By “Muscle Confusion,” and Is It a Real Thing?

By Dylan Roche

The human body has an amazing ability to adapt. In the realm of physical fitness, this can be a good thing and a bad thing—it's good because it means the body can become stronger and adapt to taking on greater challenges, but it's bad because it means your workout needs to evolve all the time.



Many trainers and fitness gurus tout the idea of muscle confusion—frequently doing different workouts in an effort to keep your body guessing what it's going to have to do next.

The problem? The science just isn't there to support muscle confusion as a practical training plan. However—and this is important—that's not to say variety and progressive overload aren't important parts of your fitness routine. Just don't count on them to “confuse” your muscles.

When you incorporate variety into your workout, you're hitting more muscles and reducing your risk of overworking (and thus injuring) any part of your body.

The American Council on Exercise explains that your muscles need approximately 48 hours to get back to their full strength after an intense workout, which is why some people alternate the muscles they work on different days of the week; for example, they'll do an upper-body workout on Mondays, Wednesdays, and Friday, and they'll do their lower-body workouts on Tuesdays and Thursdays.

Mixing it up is also just as important for your mental approach to exercise. A December 2019 study, “The effects of exercise variation in muscle thickness, maximal strength, and motivation in resistance-trained men,” published in the peer-reviewed journal *PLOS*, saw two groups of men given either a routine with fixed exercise selection or a varied session. Both men gained muscle, but the group that had variety in their workout reported more motivation to exercise.

It's also important to remember that there's more than one way to challenge yourself when it comes to exercise. According to the International Sports Science Association (ISSA), you can improve your fitness by increasing your workout's intensity, duration, or type. An endurance athlete, such as a runner or cyclist, might opt to go for a longer distance at the same speed instead of upping their speed and going for the same amount of time. Likewise, somebody who is strength training could lift a moderate weight load for more reps or a heavier weight load for fewer reps.

Any of these options will present you with a new challenge and help you get in better shape—just don't expect your muscles to be confused in the process.

Tame Your Scruff throughout No-Shave November

By Dylan Roche

Putting down your razor for No-Shave November? Good for you! You're in good company—men all across the country participate in this month-long movement as a way of fundraising for men's cancer research. The concept is simple: Men give up shaving and donate the money that they would normally spend on toiletries like razor cartridges, shaving cream, and after-shave to cancer research. Plus, the facial hair usually ends up being a conversation starter, so it's a great way to raise awareness (and garner some sponsorships).

While the movement technically encourages men to forgo any and all trimming and grooming, let's be real—you can raise awareness without forsaking hygiene and style. In fact, the No-Shave November movement welcomes participation of any kind, so even men who have to maintain a certain appearance (like those with strict office dress codes) can grow a beard for a good cause.

For those who are dealing with facial hair for the first time, there might be a few surprises. Here's what you should know ahead of time...

In some ways, facial hair can be better for your health than a smoothly shaved face, according to the Cleveland Clinic. Depending on the density and thickness of your hair, it can

protect you from sunburn and windburn. It can also help keep you stay warm in cold weather by insulating your face.

However, your facial hair can also turn into a source of bacteria if you neglect it. Be sure to shampoo your beard every time you shower, and scrub deep down to ensure you're removing any dead skin cells or germs lurking under the hair. Opt for a moisturizing shampoo that won't dry out your hairs too much.

Give your beard a thorough brushing at least once a day with a fine-toothed comb. This will push all the hairs to grow straight in the same direction and will prevent them from getting unruly.

After your beard has been growing in for a week, give yourself an assessment in the mirror. You will be able to identify the general shape and thickness of your facial hair, and whether you have any places that are patchy. Use a pair of clippers to trim it, starting with a higher guard number and taking it shorter until you've reached your preferred length.

Spread a towel across the sink under your trimmer before you do any work; otherwise, you'll wind up with a sink full of whiskers.

A guard number 3 or 5 is usually a good length—it will leave

your facial hair long enough to be noticeable but short enough that it's still acceptable under most dress codes. If you want to make a bolder style statement, feel free to go a little bit longer.

Use closer guards around your Adam's apple and below your jawline. Use a guard number 1 and then fade with the rest of your beard using a guard number 2.

Be sure to avoid a "neck-beard," the term used to describe when a guy lets the hair on his neck grow too thick and unruly. Use your finger to trace an imaginary line from one side of your jaw, across your Adam's apple,

to the other side of your jaw. Clean up all the hair below this line with either a razor or the naked guard on your trimmer.

Finally, be sure to use natural beard oil or beard balm after trimming and cleaning. This will keep your hairs supple. There are different beard oils on the market, so you might need to try several options to find the one that's right for you—some might be too heavy or shiny for your preference. You can also use olive oil if that's more convenient.

Learn more about the No-Shave November movement and register your fundraising page at www.no-shavenovember.com.



How to Rock Senior Chic

By Dylan Roche

The elderly aren't commonly regarded as trend-setters—but there are certainly exceptions. And a growing number of young people are adopting trademark clothing and accessories typically associated with older generations into their wardrobe. Sometimes known as “grandma fashion” or “grandpa fashion,” this style of dressing makes a bold statement if it's done right.

So how do you pull off senior chic? Remember that you're making nods to the way older generations dress, not mimicking their look altogether. If you do, you run the risk of just looking like a young person dressed in outdated clothing. There should be an element of irony to it—you're aware these are pieces better suited for somebody much older than you, but you're finding a way to make it look fresh and contemporary.

Approach senior chic one of two ways. The first way is to find actual vintage pieces, either from a secondhand shop or from a relative's closet, and incorporate one or two pieces into each outfit. Combining the granny element with super trendy pieces will save the outfit from looking too old-fashioned. The other option is to get pieces that are suggestive of vintage pieces because of their color, pattern, or fabric, but are tailored to a modern style.

Here are some top picks for senior chic items to add to your wardrobe:

Tartan or argyle anything. The ultimate in senior chic, these patterns have an old-fashioned vibe to them but are still easy to pull off by anyone in any generation.

Cardigan sweaters. Go for cardigans with a modern fit if you want to look sophisticated, but a chunky, oversized sweater will provide a nice juxtaposition when paired with a trendy, contemporary outfit.

Oversized glasses. The bigger, the better. Frames that are perfectly circular are very retro, and square-shaped frames are an appropriate nod to generations gone by. To give the glasses a bit of flair, seek out ones with colorful frames. Wear them with an eyeglass chain for maximum effect.

Big floral patterns. If it looks like something you'd see on curtains or sofa upholstery, you know you've found what you're looking for. Seek out a granny dress with this kind of pattern and wear it with a stylish jacket or boots.



Vintage-inspired jewelry. Some of your grandmother's pieces are timeless, like a pearl necklace. But other pieces are not typically seen on younger woman and will make a bigger impact—think cameo brooches, large clip-on crystal earrings, and lockets on long chains. Don't go overboard on the jewelry; aim for only one piece per ensemble.

Golf caps. Men can channel a little bit of retired life in their day-to-day by slapping on a golf cap. These hats have been trendy with younger crowds for several years, and they work well with both casual and semi-formal ensembles.

Structured bags. You know those purses that almost look like boxes with a handle? Carry one of those with your next outfit for ultimate vintage vibes. Bonus points if you can find one with metallic or tortoise accents.

Tweed blazers. A tweed blazer looks very professorial, and it's a piece that both men and women can pull off in the right smart-casual environment, particularly academic environments. Elbow patches will give the blazer a little bit of extra character.

Once you've got the right pieces in your collection, have fun with them. Remember, you don't have to go all-out in dressing like a senior. For example, women can pair a modern blouse with a tartan skirt and a statement cameo brooch. Men can wear an argyle sweater and golf cap with a pair of well-tailored chinos. Keep it subtle or go big—as long as the pieces themselves speak to you, you'll feel great about showing them off.



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605 S. Talbot Street, #6, St. Michaels; 443-333-9181; lyondistilling.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; mommariasbistro.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; Outoffire.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 \$ 🍷

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; Robertmorrissinn.com; Modern American; breakfast, lunch, dinner, Sunday brunch \$\$ 🍷 🍷 *

Sakura Sushi Restaurant

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

ANNIE'S PARAMOUNT: "Everything here is wonderful! Their bay side location has lovely views (and a piano bar too) and the food is terrific." —Marc Gluck WINNER

Sam's Pizza & Restaurant

1110 S. Talbot Street, St. Michaels; 410-745-5955; Sampsizzastmichaels.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 \$\$ 🍷 🍷 🍷 🍷

Snifters Crafts Beer and Wine Bistro

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

Stars at Inn at Perry Cabin

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

St. Michaels Crab & Steakhouse

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

Sugar Buns Airport Café & Bakery

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

Sunflowers & Greens

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

T at the General Store

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

Theo's Steaks, Sides & Spirits

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

Two if by Sea

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

U Sushi

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

Victory Garden Café

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

Washington Street Pub & Oyster Bar

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

Kent County

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 🍷

KNOXIE'S TABLE

"Had breakfast at the market in Knoxville's. Best breakfast on the island. Breakfast bowls are delicious, great coffee and personable staff, nice location and great low prices. We will definitely go back." —Ronda Riley

Bay Wolf Restaurant
21270 Rock Hall Ave, Rock Hall; 410-639-2000; Baywolfrrestaurant.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; casacarmenwines.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 \$\$ 🍷

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

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

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; Marketstreetpub Irish, American; lunch, dinner \$ 🍷 🍴

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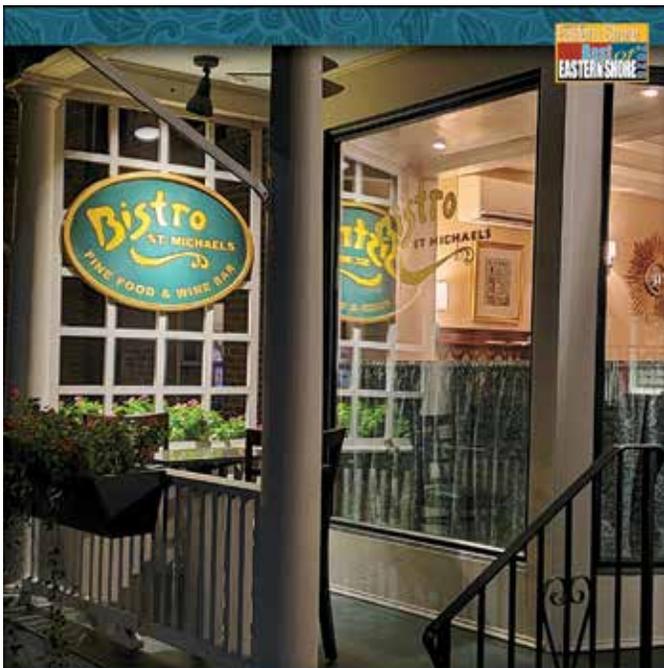
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Where's Wilma?

FIND WILMA AND WIN!

It's the season of thanks and holiday cheer; of family and friends celebrating the harvest. And our friendly flyer, Wilma, is zooming through the skies (and on her laptop) to visit everyone in her smartphone's Rolodex to spread good vibes, do a little shopping, dining, and spruce herself and her home up for the holidays. Where will she land 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: Edith Parker, 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



Please Print Legibly

I FOUND WILMA ON PG. _____ Advertiser _____
 _____ Advertiser _____
 _____ Advertiser _____

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Phone _____

Address _____

E-mail address _____

What is your age bracket? (Circle one) <25 25-34 35-44 45-54 55+

Would you like to sign up for our weekly eNewsletters, which brings you each weekend's best events and dining deals, as well as online-exclusive articles! Yes, please! _____ No, thanks _____

Entries must be received by November 30, 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.

Academy Arts Museum of Easton.....	GG
Accurate Asphalt LLC.....	65
Annapolis Auto.....	13, 21
Annapolis Pillow Company.....	GG
Chaney Homes.....	63
Chesapeake Bay Beach Club.....	5
Chesapeake Property Finishes.....	61
Christmas In St. Michaels.....	17
Djawdan Center for Implant and Restorative Dentistry.....	1
Dwelling and Design.....	GG
Eastern Shore Dental Care.....	7
Haven Ministries.....	21
Higgins & Spencer Inc.....	54
Jason's Computer Services.....	50
Kent Island Pediatric Dentistry.....	17
Lundberg Builders / 314 Design Studio.....	65
McKee Builders.....	54
Michael Rutledge.....	2
Momma Maria's Mediterranean Bistro.....	74
Nancy Hammond Editions.....	50
O'Donnell Vein and Laser.....	9
Plastic Surgery Specialists.....	3
Queenstown Landing Integracare.....	BC
Range & Reef.....	74
Robert Morris Inn.....	79
Safe at Home Senior Care.....	79
Skin Wellness MD.....	15
Snifters Crafts Beer and Wine Bistro.....	78
Stewart's Food Service LLC.....	79
Sullivan Surgery and Spa.....	IFC
Talbot Hospice.....	41
Talisman Therapeutic Riding.....	13
The Arc Central Chesapeake Region.....	10
Tidewater Inn.....	19
Trippe Gallery.....	61
Troika Gallery.....	74
University of Maryland Shore Regional Health.....	IBC



You're an inspiration ...
Congratulations!

University of Maryland Shore Regional Health and its partner University of Maryland Shore Medical Group congratulate the winners of Excellence in Nursing.

We appreciate all you do for our patients, our hospitals and our communities.

CATEGORY	NAME	AFFILIATION
Advanced Practice	Dale Jafari	UM Shore Medical Group - Easton
Advanced Practice	Michell Jordan	UM Shore Medical Group - Centreville
Ambulatory Nursing	Cathy Asche	UM Shore Regional Health - Easton
Ambulatory Nursing	Chanelle Parker	Cancer Center at UM Shore Regional Health
Ambulatory Nursing	Melissa Wood	Cancer Center at UM Shore Regional Health
Case/Quality Management, Managed Care Informatics	Julie Bryan	UM Shore Regional Health - Easton
Case/Quality Management, Managed Care Informatics	Sharon Truitt	UM Shore Regional Health - Chestertown
Critical Care	Samantha Crutchly	UM Shore Regional Health - Easton
Maternal-Child/Women's Health	Nicole Janes	UM Shore Regional Health - Easton
Medical/Surgical	Annette Moore	UM Shore Regional Health - Easton
Medical/Surgical	Leigh Tomey	UM Shore Regional Health - Easton
Nursing Leadership	Sandy Prochaska	UM Shore Regional Health - Chestertown
Nursing Leadership	Tyler Gogoll	UM Shore Regional Health - Easton



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