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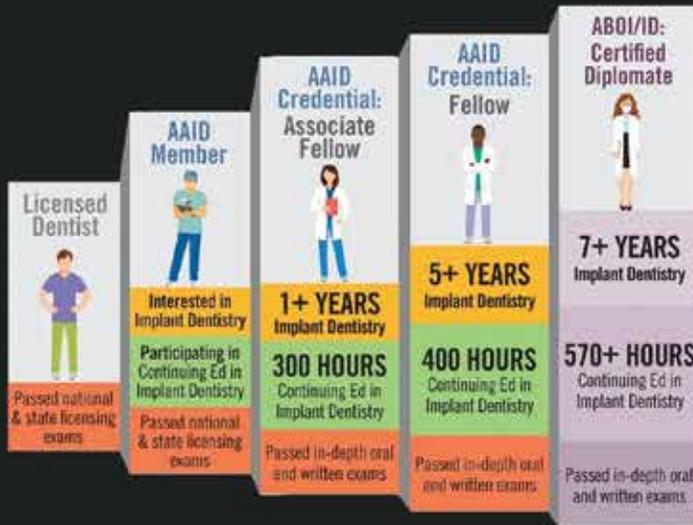
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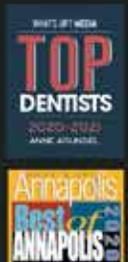


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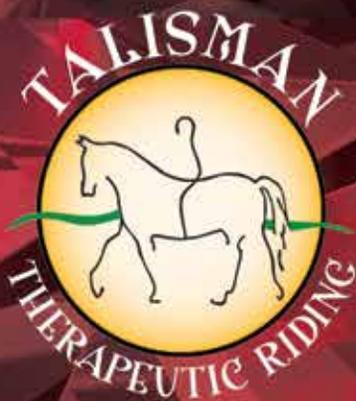
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On the Cover: Celebrate the holiday season with friends, family, and community. Design by August Schwartz. Contact *What's Up? Eastern Shore* online at whatsupmag.com. Please recycle this magazine.

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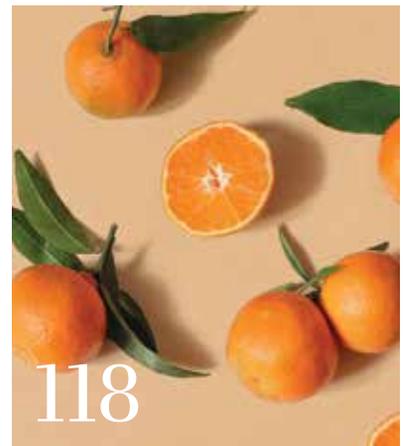
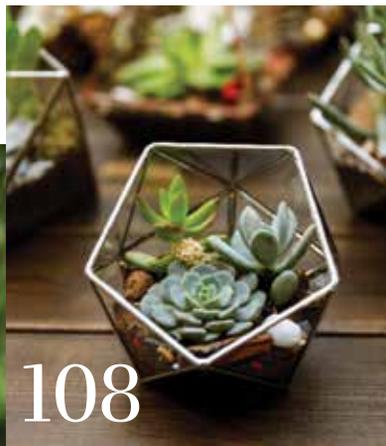
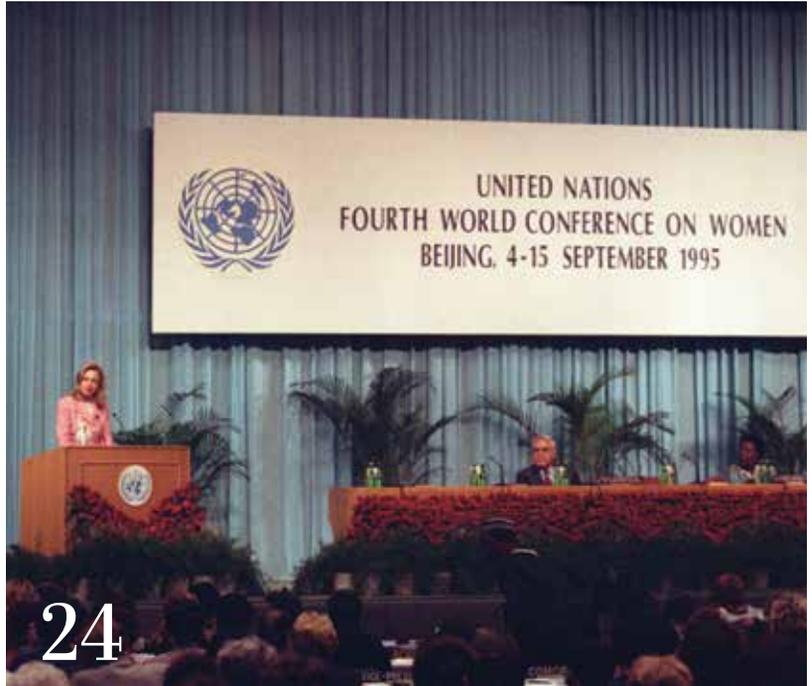
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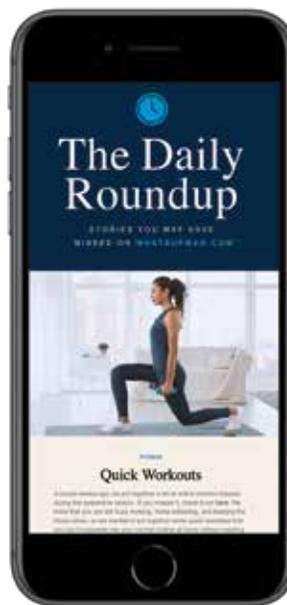
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Alyssa Wolfe, Dentist



"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 slobbery 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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From the editor

“It’s time for
Rrrroooast beast!”

My grandfather, John Schuyler, would roar with a hearty belly laugh and glint in his eye that knew the fantastical culinary delight that had been pan roasting for a quarter-day would soon be at the carving block, on the dinner table. Rested and ready for his display of knifing and forking, the tender, delicious beef would make its way to each plate of the 15 or so guests who awaited this feast as much as he did. Its was a Christmas Eve dinner tradition on my mother’s side of the family. A huge, festive roast beef dinner.

I reflect on memories like this all the time during the holiday season. Often from my youth, these memories are what I know the holidays to be. It’s all I know, with most of these nostalgic trips through time being very fond, fun, and a delight to reminisce. Christmas Eves, Christmas mornings, singing “Silent Night” at church. Not a whole heck of a lot of folks know this about me, but I was an alter boy for about six years in the Episcopal church. One Christmas Eve, I was set to serve as alter boy for the big show...the evening service. This was at St. Anne’s in Annapolis and just as we’re about to start the evening procession from the back of the room toward the alter, of which I led out everyone by carrying the U.S. flag...the flagpole snapped broken in my hands! I had probably my biggest freak-out moment of my life to that point. I thought Christmas Eve service wouldn’t happen because of something I had done or didn’t do. Thankfully, several congregants saw my dismay, worry, and profuse sweating and coached me up to carry-on, sans flag...to lead everybody to the alter for the start of the service. What an odd yet amusing memory to recall. A holiday hijinks of sorts.

There were, of course, presents. And the best present an eight-year-old growing up in the ’80s could ever...in the history of the world...be lucky enough to receive; a Nintendo Entertainment System. That was in 1987 or so, I think. I also remember as a young teenager receiving Pink Floyd’s *Dark Side of the Moon* and *The Wall* albums from my parents (me being the next generation to dig into them) and exclaiming to my mom, “These are the Bible to me.” I wore those CDs out. I look back at the gifts received and given over the years and think about how fortunate I have been.

The best gift of all? Well, I can confidently look back at them all and know in my heart that it wasn’t anything opened on Christmas day. My best present came two weeks early in December 2010; my first-born daughter who arrived in this world a special, beautiful, little preemie baby and made me a father a wee bit earlier than anticipated. I had the privilege and honor to love and watch her blossom into an innocent and, forever, remarkably happy little girl. She would have turned 10 years old this December, which is incredible to think about...for me at least. Our immediate family—my wife, daughter, and son—honor and remember her life on her December birthday each year by visiting Lights on the Bay at Sandy Point State Park. The twinkling holiday lights and displays along the shoreline, with the Bay Bridge as the backdrop, and holiday music trickling out of the car stereo, make for perfect reflection and create another endearing memory with my family. How lucky I am.

I’m sure many of you feel similarly this time of year, whether you celebrate Christmas, Kwanzaa, Hanukkah, or maybe just New Year’s. Reflecting on holidays past, good and circumstantial memories, and remembering loved ones—cherishing moments and lives spent together—can be easy or difficult. My hope is that love, laughter, empathy, and kindness prevail in each of our lives this season. We could use more of it, actually. And it isn’t always easy to achieve. It can be downright hard sometimes, especially this year. But remember—and I say this with a glint, cadence, and smirk that would make my grandfather proud—the path to anyone’s heart begins in the belly. So put a roast beast in the oven; smash some taters, grab a glass, and toast to those who hold the dearest space in your heart...and you within theirs.

James Houck,
Editorial Director



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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↑ Christmas in St. Michaels

St. Michaels is celebrating Christmas all month, both online and in person with many events. Bidding closes December 8th for the Christmas in St. Michaels online auction featuring both gifts and experiences for everyone on your Christmas list. And this year, the Marketplace will be an online shopping experience. Pick a day that works best for you to get breakfast with Santa or order cookies to leave out for Santa on his big day. Pick up a Spirits with St. Nick package or celebrate the Yuletide at the Inn at Perry Cabin to benefit the Bay Hundred Community. There are plenty of things to do to celebrate the season in St. Michaels, find the full list at Christmasinst Michaels.org.



Santa's Drive-by Give Away

Instead of having Breakfast with Santa, this year, see Santa's Drive-by Giveaway. The Sistah's of Annapolis Social Club, King's & Queen's Corvette Social Club, and the staff of Annapolis Recreation and Parks are putting on an event for children ages infant to 11 years old. They will receive a gift from Santa on December 19th at the Pip Moyer Recreation Center. Register by emailing Mnbrown@annapolis.gov, then you will be given a time slot to come see Santa. New toys and monetary donations are accepted as well. For more information, visit Annapolis.gov.



NEW YEAR'S EVE BOAT DROP

Downtown Cambridge is having their fifth annual New Year's Eve Boat Drop on December 31st on Popular Street. The boat is a replica of a trot-lining deadrise which is a traditional waterman's workboat. It will be launched down more than 60 feet of track at midnight. Everyone has their own way to ring in the new year, and Cambridge is honoring the locals with this tradition. For more information, visit Downtowncambridge.org.

↑ Christmas in Easton: Moonlight Madness and Holiday Parade

Join the City of Easton on December 4th and 5th for their Christmas Celebration through the streets of Downtown. On December 4th, from 4-10 p.m., find the perfect gifts for the holidays while indulging in live music, entertainment, carriage rides, and pictures with Santa. Come back at 6:30 p.m. on December 5th to see some of the most creative and decked out floats ever. The parade will include classic cars, marching bands, holiday characters, and of course, Mr. and Mrs. Claus. For more information, visit DiscoverEaston.com.





HOLIDAY OPEN HOUSE AND GREENS SALE

On Friday, December 4th from 4:30 to 7:30 p.m., visit the Hammond-Harwood House for a special tour for any guest. From the garden, many volunteers have made boxwood wreaths. This year, you will also be able to decorate your own home for the holidays with the Boxwood Collection.

Tour the garden and the home and continue the party in the historic kitchen, where there will be festive treats and wines. To reserve your Festive Boxwood Wreath, email Info@hammondharwoodhouse.org or call 410-263-4683 x10.

Outdoor Holiday Night Market in Downtown Cambridge

Grab your hot toddy and shop the streets of Downtown Cambridge on December 12th from 4-9 p.m. This night market will stretch along the 500 block of Popular Street and the 400 block of Race Street with over 30 vendors, downtown merchants, and more. For more information, visit downtowncambridge.org



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↑ Annapolis Chocolate Binge Festival

Gather on the first block of West Street from noon to 5 p.m. on December 6th to get your chocolate fix. The Inner West Street Association and the Annapolis Arts District have joined forces to bring back the popular, 6th annual Annapolis Chocolate Binge Festival for the holidays. The festival will feature family-friendly entertainment, chocolate, plenty of holiday shopping, and the festive West Street Holiday Light Canopy. For more information, visit Annapolischocolatefestival.com.

#GIVINGTUESDAY LIVESTREAM EVENT

Join Maryland Theatre for the Performing Arts for a livestream event for #GivingTuesday on December 1st at 10 a.m. The event will feature local artists, musicians, dancers, public officials, board members, and more. Find the event on Facebook to join the online celebration of charity and giving. Visit Mtpa-annapolis.org for more information.



EASTPORT YACHT CLUB LIGHTS PARADE

Enjoy the beloved Annapolis tradition and see the magic on the water of the Annapolis Harbor. On December 12th, from 6 to 8 p.m., gather with friends and family to see the boats appear out of the cold winter night to illuminate the waterways with thousands of colored lights. The parade will take place in the Annapolis Harbor and Spa Creek above the Spa Creek Bridge. For more information, visit Eastportyc.org.



Lights on the Bay

The SPCA of Anne Arundel County's 26th annual Lights on the Bay Holiday Light Show at Sandy Point State Park will be open through the entire month of December and closing January 2nd, 2021. The two-mile scenic drive through the park and along the Chesapeake Bay will feature about 70 animated and stationary displays to illuminate the roadway. This year's display will include lights inspired by Historic Annapolis, and even includes a display of USNA midshipmen tossing hats into the air. For more information, visit Lightsonthebay.org.



Vintage Christmas Market

Wildberry Farm + Market in Crownsville is hosting a Vintage Christmas Market on December 13th from 3 to 6 p.m. The outside vintage market will be hosting a variety of vendors, raffles, a social media scavenger hunt, and many other fun activities. For more information, visit Wildberryfarmmarket.com.

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TOWNE SALUTE

Childlene Brooks

Talbot Hospice

By Tom Worgo

It's hard to imagine someone putting in more volunteer hours for nonprofits than Childlene Brooks. When you look at the list of organizations to which she contributes her time, you have to wonder how she does it.

The list includes: Bay Hundred Community Volunteers, CASA of the Mid-Shore, Talbot Hospice, and the Frederick Douglass Honor Society, where she is vice president, among others. She also serves as board president for Family and Friends of Asbury and Green Chapel, which she co-founded.

The 70-year-old Brooks, who works fulltime as senior center manager for Upper Shore Aging, in Chestertown, admits she sometimes feels overwhelmed.

"There are times when it feels a second fulltime job," says Brooks, a St. Michael's resident. "I was diagnosed with Stage One breast cancer in October (2019). I'm doing good now. I just love doing what I'm doing, but I have to slow down."

Still, she's not about to take a break from her mission with Talbot Hospice, in Easton. Her association with the nonprofit goes back to the 1990s, when she spent six years there as a board member. More recently, she's put in nearly another six years.

She has a special affinity for Talbot Hospice, where her mother Dorothy spent the last six months of her life. Though she's in her second term as a board member and serves on the communications and development committees, her title could easily be chief advocate.

"She is a compassionate and selfless individual," Talbot Hospice Executive director Christopher Chekouras says. "She personifies that."

Brooks enjoys nothing more than being out in the community and spreading the word about Talbot Hospice and its

"Childlene lives a life devoted to community service. She really supports the causes she believes in and she is very dedicated to them."

services. She visits many churches, along with an American Legion post, an Elks Lodge, the Talbot Country Club, and other community groups.

"I do a lot of outreach in the community," Brooks explains. "Many people have a misconception about hospice and what it is about. I let people know what it entails. For instance, it takes about a year for you to go through the whole process of grieving. A lot of people don't realize that. It's very important to me because more people need to know what hospice does."

Brooks, who also serves on Talbot Hospice's new diversity committee, is particularly invaluable for the time she spends educating the African American community. Being a native of Talbot County, she uses her vast connections to help out.

"Childlene leads our efforts of outreach and education,"

says Shelia Monahan, the president of organization's board of directors. "She is deeply committed to our mission."

Monahan recalled that once the COVID-19 pandemic hit, Talbot Hospice decided not to allow volunteers to cook meals for the residents at the facility.

"We had asked volunteers and board members to provide dinners for our patients," Monahan says.

Brooks stepped up in two ways: She got her church, New St. Johns United Methodist Church in Whitman, to cover the cost of the dinners for residents and staff. Brooks paid for dinner out of her own pocket, too.

Fundraisers also mean a lot to Brooks. She looks forward to the Talbot Hospice Memorial Walk every September and she will be involved with the Valentine's Day dinner box fundraiser.

"We provide breakfast at our memorial walks," Monahan says. "Childlene is there at 6:30 in the morning setting up breakfast. So, when people show up at 8 a.m., there is coffee there for them and bagels."

In the past, Brooks put in 16 years as a volunteer for the American Cancer Society, and served as president of its board of directors. She also was involved with the Critchlow-Adkins Children's Centers for seven years.

"Childlene lives a life devoted to community service," Monahan says. "She really supports the causes she believes in and she is very dedicated to them."

Brooks has been volunteering for so long, she's not even sure where and when it all began.

"I don't even remember the first organization I started volunteering with," she admits. "The next thing I know someone is asking me, 'Will you be on this board? Or will you work with this group? I just kept finding myself saying yes because I enjoy helping others.'"

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



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Triple Crown of Charity Sailing Trophy Winner Announced

Chesapeake Region Accessible Boating (CRAB), The Leukemia & Lymphoma Society, and regional Hospice organizations awarded the 2020 Triple Crown of Charity Sailing Trophy sponsored by Weems & Plath on Thursday, October 22nd at The Market House in Annapolis. The jointly promoted charity sailing races, respectively known as The Leukemia Cup, The CRAB Cup, and The Hospice Cup, were held in August and September this year. Due to COVID-19 social distancing requirements, no post-race parties were held for any of the events. In 2018, the Triple Crown of Charity Sailing Trophy was created to promote greater skipper participation in all three charity races and to enhance fundraising support for the respective charities. The skipper with the best finish in all three races who also raises the most money for each of the three charities is presented with the stunning, repurposed trophy formerly the Power Squadron of Baltimore's Navigation Trophy. Peter Trogdon, former CEO of Weems & Plath, found the trophy and took possession and responsibility for bringing it back to its former glory. Weems & Plath's, President & CEO, Michael Flanagan made the trophy presentation along with representatives of the three charities to winner Dan Flagler, skipper of Flagfest, a Pearson 31, and his wife Sharon.

Washington College Announces New Virtual Exhibition

An important two-year long project was officially unveiled with the virtual opening of "On the Black History of Kent County and Washington College," an exhibition by Starr Center Frederick Douglas Visiting Fellow Jason Patterson that presents a curated chronology of African American experience locally from the 1780's to the present. Launched in October, the exhibition is an art and history project that addresses the African American history, and the historical impact of white supremacy in Kent County, Maryland, and at Washington College. "I am very excited for people to see this two-year long project," Patterson stated. "I hope it will be an important contribution to the redemptive work the college has begun in addressing its past." To access the virtual exhibition, visit Chesapeakeheartland.org.



GOVERNOR HOGAN TOURS ST. MICHAELS BUSINESSES

In mid-October, Maryland Governor Larry Hogan and First Lady Yumi Hogan (pictured here with the owners of The Galley Restaurant & Bar) visited several towns on the Eastern Shore, including St. Michaels, to highlight Maryland's health and economic recovery from COVID-19. The Governor's office reported, "Great to visit beautiful St. Michaels this afternoon. As we've seen in so many vibrant communities across our state, small business owners and mom-and-pop shops have displayed incredible resilience and creativity to overcome the challenges of the past several months."



↑ Chesapeake Conservancy Adds Virtual Tours of Tangier Island & Pocomoke River

The Chesapeake Conservancy released new virtual tours of Tangier Island and the Pocomoke River. The tours are similar to what people experience with Google Street View but from the perspective of the water rather than the street. Virtual visitors can see the beauty of the Chesapeake and explore these special places from their computer, device, or mobile phone. This project is part of a much larger and long-standing partnership with the National Park Service to protect and enhance a broad network of conserved lands and special places in the watershed and equitably provide access to recreation, culture, and nature. The Tangier Island and Pocomoke River virtual tours are part of the Chesapeake Conservancy's Riverview series, which includes 14 Chesapeake waterways and special places like Mallows Bay-Potomac River National Marine Sanctuary, Fones Cliffs on the Rappahannock in Virginia, Baltimore's Inner-Harbor, Werowocomoco on the York River in Virginia, and more. Visit Chesapeakeconservancy.org to view all 14 virtual tours and vignettes of special places in the Chesapeake.

Service to protect and enhance a broad network of conserved lands and special places in the watershed and equitably provide access to recreation, culture, and nature. The Tangier Island and Pocomoke River virtual tours are part of the Chesapeake Conservancy's Riverview series, which includes 14 Chesapeake waterways and special places like Mallows Bay-Potomac River National Marine Sanctuary, Fones Cliffs on the Rappahannock in Virginia, Baltimore's Inner-Harbor, Werowocomoco on the York River in Virginia, and more. Visit Chesapeakeconservancy.org to view all 14 virtual tours and vignettes of special places in the Chesapeake.

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

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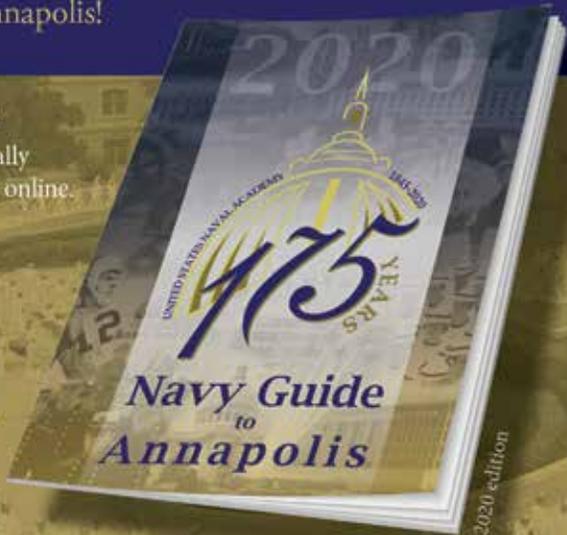


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TOWNE ATHLETE

Sydney Nittle

Gunston School
Soccer, Basketball,
Lacrosse, Equestrian

By Tom Worgo

Sydney Nittle always looked up to her grandfather Jeremy, a Navy captain. Many of her other heroes served in the Navy as well, both men and women. Now, she wants to devote her career to the service.

“I am always thinking, ‘How do I repay all these men and women who have fought for my freedom for years?’” Nittle says. “The best way is by serving myself.”

Nittle, a senior at Gunston School, has a clear-cut plan. Her first step was applying to the Naval Academy. It’s super competitive as everyone knows. Her credentials give her a strong shot, and she will find out if she is accepted in mid-April.

The Easton resident carries a 3.85 grade-point average, competes in four sports, and participates in numerous off-the-field activities inside and outside of school.

“I want to become a commissioned military officer in the Navy,” Nittle says. “They offer STEM and I am heavily interested in it and medicine. The Academy is the way I want to achieve that goal. I’d like to be a trauma surgeon. I would be helping people every day and doing something a lot bigger than myself.”

If Nittle can’t go the Naval Academy route, she has a Plan B. She has applied for a Naval ROTC scholarship to five schools, including the University of Pennsylvania, Ohio State, and Rice universities.

That’s the route her grandfather took, graduating from Penn on a Naval ROTC scholarship.

“She has always been a conduit between the players and the coaching staff. She really has a lot of trust among her teammates. She does all the little things right. She leads by example.”

Certainly, her preference is to attend the academy. She sent a lengthy resume as part of her application.

Her extracurricular activities keep her busy. She serves as her school’s GIVE Club president, as well as class president and she is a member of the Environmental Club, Outing Club, Christian Athletes Club, and Health and Nutrition Club.

The 17-year-old Nittle also volunteers as a STEM camp counselor and does community and mission work for the First Wesleyan Church in Easton. On top of all that, she has worked as a cashier at Garden Treasures, a boutique in Easton, and detailed boats at the St. Michael’s Marina while playing soccer, basketball, and lacrosse for Gunston and participating in regional equestrian tournaments on weekends.

“At first, balancing all this was tricky because I had

too much on my plate,” Nittle says. “But I have been very efficient with my time. I get my sleep. I only stay up if I have to work.”

Nittle’s best achievements have come in soccer. She earned Northern Maryland Soccer League honors as both a sophomore and junior and was named to the Eastern Shore Independent Athletic Conference’s first team in 2019. The 5-foot-8 Nittle started for four years at sweeper.

“As a freshman, I could tell she was going to challenge the upperclassmen for playing time,” Gunston Girls Soccer Coach Jon Mellinger says. “That’s because she has a worker’s attitude. She gets better every day and makes her teammates better. She brings a lot of grit and

leadership to the team. She is the quarterback of the defense.”

Nittle has started since her freshman year on the basketball team, too. The forward led Gunston in rebounding last year, averaging 8.9 per game to go along with 4.5 assists.

“She has such a presence on defense,” Gunston Girls Basketball Coach Brian Aikin says. “She is very aggressive and sets and standard on defense on the team.”

Her leadership skills maybe better than her stats suggest. She’s been co-captain on the basketball and soccer team for three years and started for two years at attack for the lacrosse team.

“She has always been a conduit between the players and the coaching staff,” Mellinger says. “She really has a lot of trust among her teammates. She does all the little things right. She leads by example.”

Aikin adds, “She communicates very well. She always has a positive tone.”

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Know Us Before You Need Us

*A Talbot Hospice Story - Nancy Nolan,
mother of Kelly Griffith, Talbot County
Superintendent of Schools*

by Jack Batty

This Talbot Hospice Story is sponsored by Dr. Kelly O'Donnell,
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“**T**hanks to the amazing team at Talbot Hospice, my dad and I were able to be husband and daughter and not just caregivers to my mom.”

That's how Kelly Griffith described the care her mother, Nancy Nolan, received at The Eleanor A. Koons Hospice House during her final months of life. Kelly, who is Superintendent of Talbot County Public Schools, told how her mom came to Talbot Hospice and how she flourished there.

“We thought she had only a week to live when she came to Hospice on April 27, 2016, but she got better.” Her mother, Nancy, survived another four months until August 20.

When Nancy improved, Kelly and her dad, Jim Nolan, wondered if they had made a premature, wrong decision. Local physician Dr. Rob Sanchez told them her mom's case was not unique. “We see a lot of patients get better when they come to Hospice.”



Top left: Kelly Griffith, Bottom Left: Jim Nolan
Top Right: Matt Nolan, Bottom Right: Nancy Nolan

Nancy's journey to Hospice was preceded by three bouts of breast cancer over nearly 20 years. Repeated radiation and chemotherapy had taken its toll. In December 2015, she had experienced headaches and balance problems. By February 2016, cancer had spread to her brain and lungs. Nancy was too tired for more treatments. "The Lord is ready for me," she said.

Kelly was driving 50 miles most nights to Dover, Delaware—where Nancy and Jim lived—to cook dinner, help care for her mom at night, then go back the next morning to her demanding superintendent's job in Easton.

Then, her dad, Jim, fractured his back while helping Nancy get back to bed. Kelly knew it was time to do something different. After a fellow Rotary Club member shared that a room was available at Hospice House, Kelly made the call.

"My dad was impressed with the cleanliness, a private room, and all the services," Kelly said. The next day, Nancy moved in. "I knew it was the right decision."

That began a four-month stay at The Eleanor A. Koons Hospice House. Jim moved in with Kelly and her husband, Barry, who at that time lived in Wye Mills, a lot closer than Dover. He would visit his wife every day at Hospice; then Kelly would come over for lunch and dinner and spend the evening. Jim and Nancy watched old movies together, and he read from the Bible. An early riser, Jim sometimes would come as early as 5:30 am. "Hospice House is always accessible," Kelly noted. She recalled that her youngest son, Wyatt, often would work out at the YMCA, but instead of doing

an aerobic routine on the treadmill, "he'd run over, all sweaty, to Hospice to visit his grandmother," Kelly said. Her other two sons, Jake and Brady, also visited often.

"Mom enjoyed the activities here, and most days would visit every room to see if they had gotten flowers," Kelly recalled.

But most of all, Kelly said, the staff was wonderful. "They take care of their patients 24-7, so we can spend time quality time with our loved one."

"The trained nurses, skilled aides, and volunteers did everything—taking mom to the bathroom, dressing her, giving the family updates on her illness, counseling us, and all the while showing great patience and love," Kelly said.

"If mom wanted some pudding," Kelly recalled, "the staff would go get it."

Kelly said every one of the staff and volunteers was outstanding. Mary Jane Meintzer, a registered nurse and quality improvement coordinator, was great, she said. Rev. Gil Anderson, a volunteer, counseled her dad and helped him deal with the difficult situation, Kelly recalled.

During Nancy's Hospice stay, she and Jim celebrated their 60th wedding anniversary. Two volunteers, Steve and Anne Slack, offered to cook the meal of her choice for the occasion. They also told Nancy she could invite four couples from Dover to join them, which they did. Nancy's choice was clams linguini. "Red or white sauce?" she was asked. "Red," Nancy replied firmly. The night of the big dinner, Nancy had forgotten and asked for white sauce. The Slacks provided both, and everyone had a little of both so they wouldn't run out.

Kelly and her family, most of all her mom Nancy, felt very comfortable at Talbot Hospice. The staff arranged for musicians to come in and play in the hall for the patients. The rooms and halls were decorated with colorful artwork, some of it donated by art teachers and their students from the local public schools. "Mom really enjoyed the artwork, which brightened up the space."

"This is a classy place," Kelly said. "Even the meals are served on china every night. They help our loved ones to die with dignity."

Jack Barry is a member of the Board of Directors of Talbot Hospice.

Note: Talbot Hospice cared for Nancy prior to the COVID-19 pandemic. The entire team at Talbot Hospice has continued to provide the best possible care for all patients and families. However, some of the activities mentioned in this story aren't currently available due to COVID-19 guidelines.

Talbot Hospice 2020, 2021

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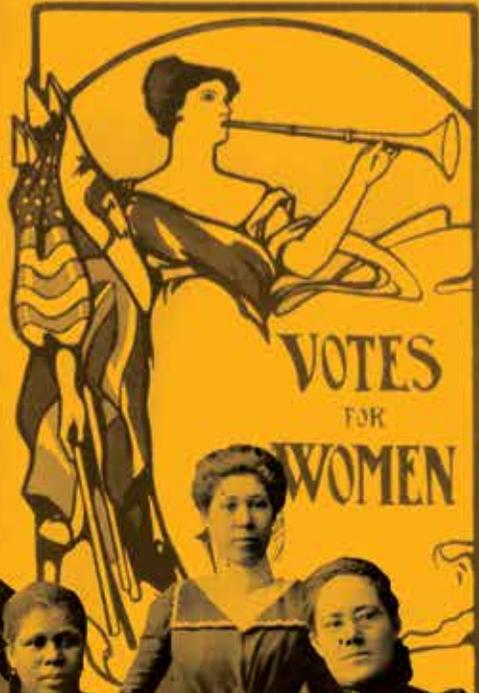
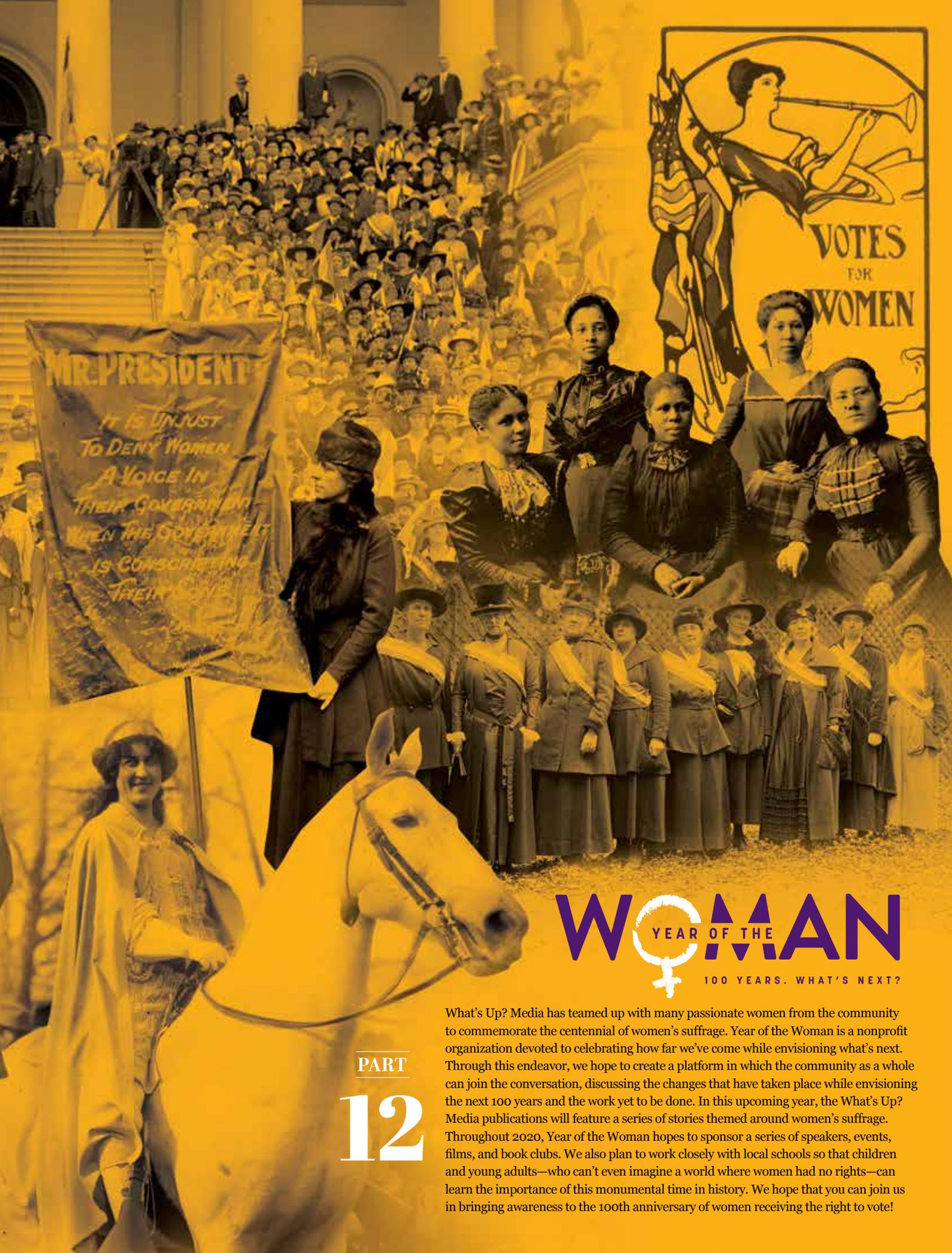
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100 YEARS. WHAT'S NEXT?

PART

12

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!



100 Years from Now

Will women's accomplishments of the past century propel equality for generations beyond?

By Ellen Moyer

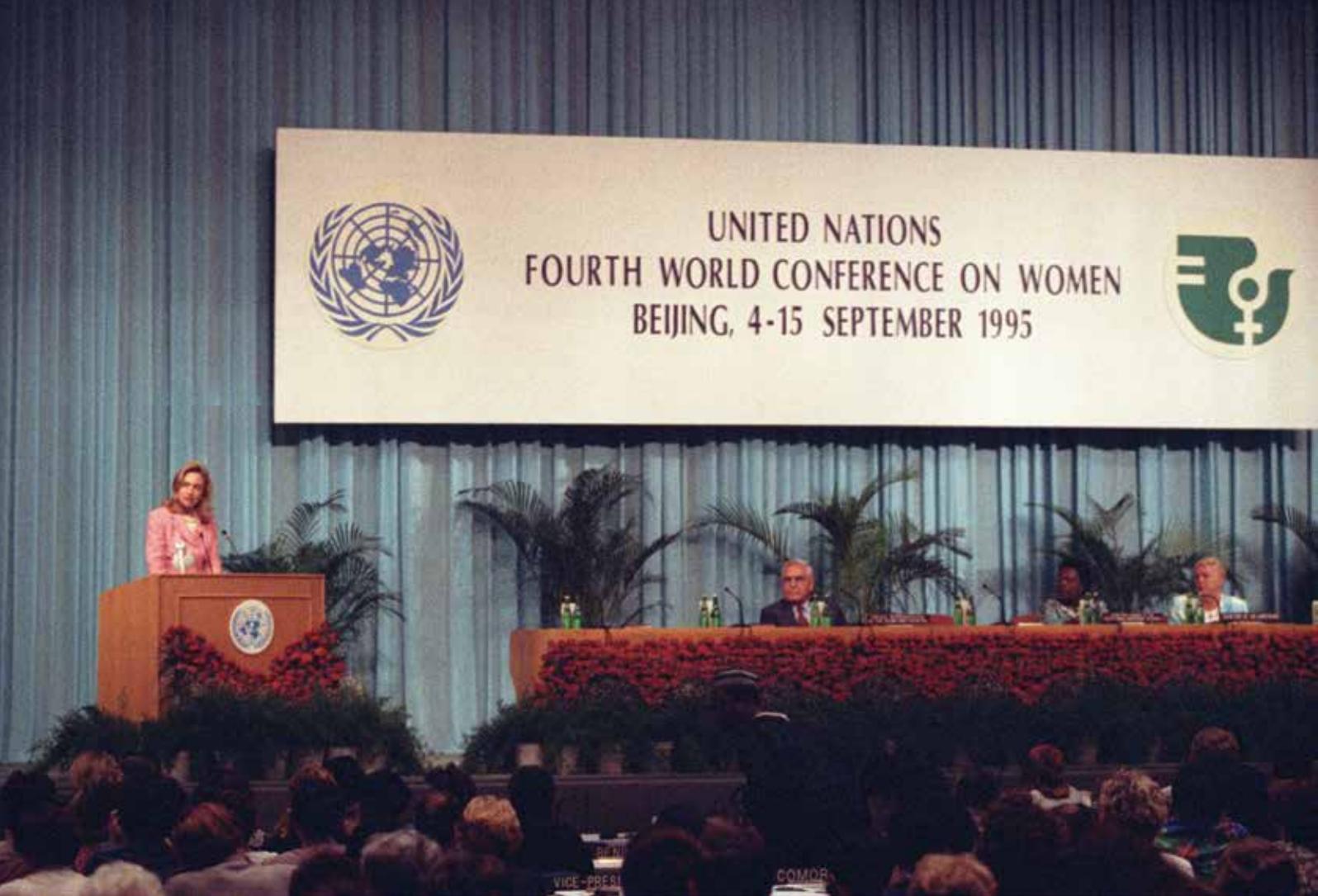
On September 5, 1995, First Lady Hillary Rodham Clinton made a speech before the Fourth World Conference on Women in Beijing, China. Controversial and blacked-out by Chinese radio and TV, she declared that “human rights are women’s rights and women’s rights are human rights.” Galvanized by her challenging message, representatives from 189 nations signed on to a platform for action committed to “the full and equal participation of women in political, civil, economic, social, and cultural life.”

“Women’s rights are human rights,” repeated over and over for 25 years since Beijing, is not a new phrase. In the 1830s, the Grimke sisters, the first nationally known white female advocates for women’s rights, were preaching about human rights under the Authority of the Bible, in “parlor meetings” and in a national lecture tour. In letters on the “equality of the sexes,” Sarah Grimke wrote, “I know nothing of man’s rights or woman’s rights; human rights are all I recognize.” Her younger sister Angelina agreed, writing, “Whatever is morally right for a man to do is morally right for a woman to do. I recognize no rights but human rights.”

Their advocacy was condemned by ministers of the Congregational Church. One hundred seventy five years later, Senator Phil Gramm, of Texas, would declare the World Conference attended by First Lady Clinton as one “shaping up as an unsanctioned festival of anti-family and anti-American sentiment”—remarks that parallel those heard around America 150 years earlier after the first conference on women’s concerns in Seneca, New York in 1848.

Inspired by the message of the Grimke sisters (Sarah wanted to become a lawyer like her father, a South Carolina Supreme Court Justice, who didn’t support women’s equality but acknowledged that “had she been a man, she would have been a most excellent lawyer in South Carolina”), the First Women’s Rights Conference drafted 16 sentiments calling for the rights: to college education, to debate and speak out, to own and control property, for protection against domestic abuse, for equal pay for equal work, and for the right to vote on laws that shaped economic and cultural policies. These were rights that did not exist for women at the time.

The 1848 action plan unveiled at the First Women’s Rights Conference was signed by 69 attendees including men. It would take seven decades of marches, arrests, and organization



"The rights of women and girls is the unfinished business of the 21st century."

Hillary Rodham Clinton addresses the Fourth United Nations Conference on Women at the Beijing International Conference Center in Beijing, China.

before the right to vote would be confirmed by the action of one man and one vote in the Tennessee Legislature in August of 1920.

Colleges did open their doors, though professors would still sully women's participation in their classroom as taking the space of a more worthy male (as attested to by Supreme Court Justice Ruth Bader Ginsburg). It wouldn't be until June 10, 1963, approximately 120 years after its advocacy, that President John F. Kennedy signed into law the equal pay act abolishing wage disparity based on sex. Over these many years, little by little, the sentiments expressed in the First Women's Rights

Conference were addressed in our nation. Not so much in the world at large.

In Beijing, Hillary Clinton made the empowerment of women worldwide a cause to be dealt with. As Secretary of State, the "Hillary Doctrine" focused on women's rights and violence against women as a national security issue. Research by independent firms began to show evidence that gender inequality and violence against women were linked to the stability of a nation, and the best predictor of a nation's peacefulness. Clinton and others declared that when women are disempowered and dehumanized, extremism grows, leading to potential authoritarian political power and security challenges.

The Hillary Doctrine produced some changes for women around the globe. Twenty-five years ago, domestic violence was a crime in only 13 countries—today it is illegal in over 100. Twenty-two countries have a female head of state—an increase of 10 since 1995. Though less than 25 percent of representation, women, nonetheless, have been elected to national parliaments. One hundred five women are

members of the U.S. House of Representatives, where Nancy Pelosi, as Speaker of the House, is the first woman to break the marble ceiling.

On September 5, 2020, the 25th anniversary of the Beijing speech, which is rated among the top 100 speeches of this century, citizen Hillary Clinton spoke up again about women's rights, saying, "It is no longer enough to talk about women's rights. We need to talk about women power...embracing the concept of women's rights is not the same as achieving full equality...It is no longer acceptable to talk of human rights and woman's rights as two separate topics...The rights of women and girls is the unfinished business of the 21st century."

Deep seated biases, however, are harder to change than passing anti-discriminatory laws. So, what's ahead for women in the next 100 years? I don't have a crystal ball, so I looked to the predictions of past crystal ball seers.

Edgar Cayce, a very religious man and a proclaimed clairvoyant, said that when asleep, he saw issues he never saw when awake. His responses to thousands of questions asked of him in the 1930-40s are collected and researched for accuracy in predictability in the Association for Research and Enlightenment in Virginia Beach, Virginia.

There were no specific questions about women's rights that I found, but Cayce did predict 1,000 years of peace that would follow a spiritual battle between the forces of light (the Spirit of Love, Joy, Kindness,) and forces of darkness (the Spirit of Hate, Lovers of Self and Power, and anti-Christ). In 1940, he saw a future humanity in danger of being consumed by the forces of darkness that could be averted if, through individual free will, humanity changes its behavior to embrace "your neighbor as yourself." If, as research shows, women empowerment leads to stability for the family of humans and a more peaceful and prosperous world, then the predicted Golden Age of 1,000 years of peace, whenever that comes, should insure women's rights as human rights.

Four hundred years earlier, Nostradamus, in his book *The Prophecies*, written in 1555, did allude to a feminist revolution during the latter years of the 20th century according to author Manuela Masceti. In her book, published in 1995, she interpreted Nostradamus' third



"Whatever is morally right for a man to do is morally right for a woman to do. I recognize no rights but human rights."

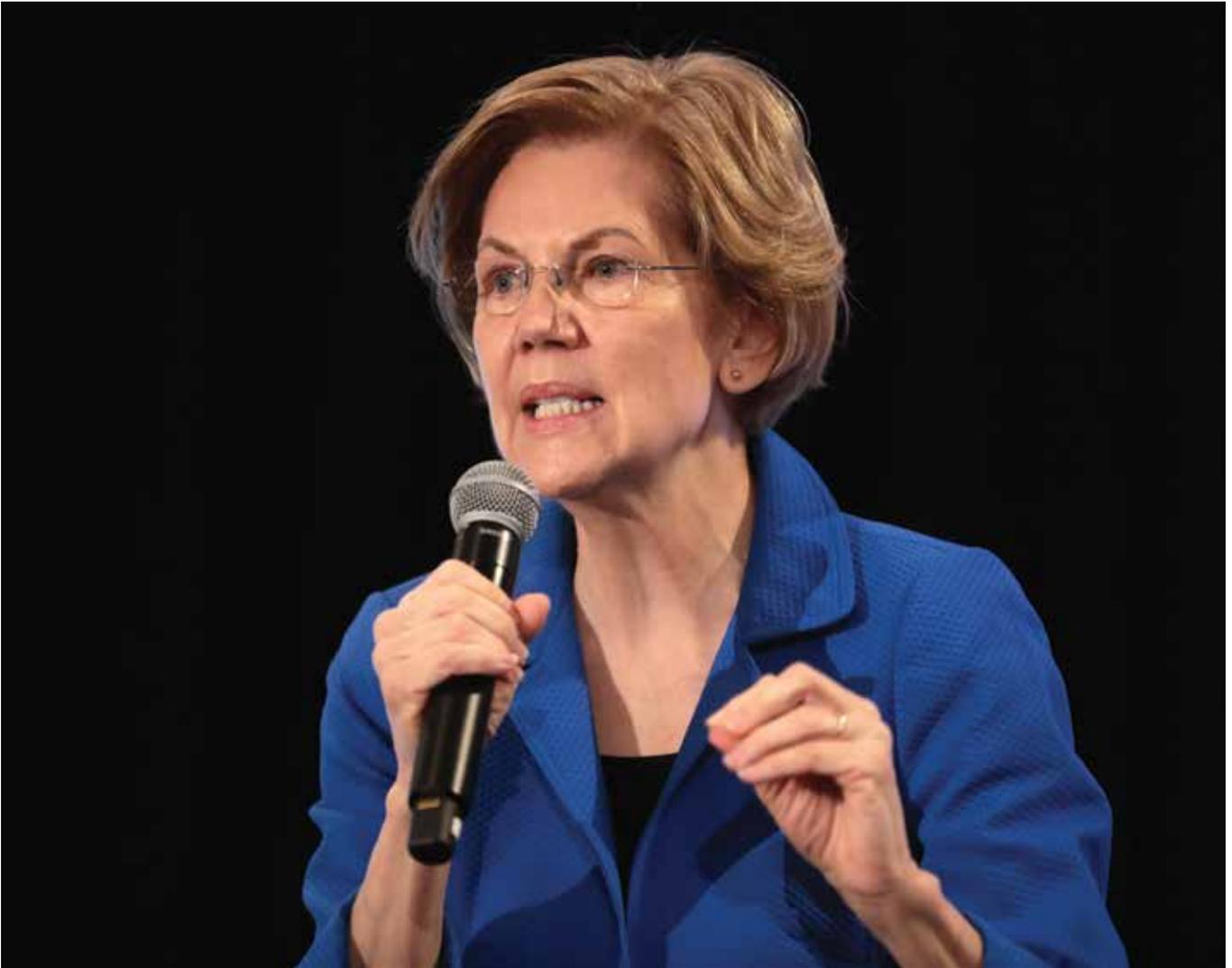
volume to describe "dramatic new power at the dawn of millennium (across Europe) to establish rights that have been denied to women."

So again, what is ahead?

The current pandemic could have catastrophic impact on women, the caregivers of families and mankind. They are first to be fired and low on the wage scale. The impact of social unrest has pushed women's concerns to the back burner. Domestic abuse seems to have increased. Health and access to contraception and insurance and employment is under attack. There are struggles ahead to recover and gain what has been recently lost.

But as we pass through a perceived Armageddon assault on the values many women hold dear for themselves, family, friends, and community, there is optimism ahead. In the City of Annapolis, which realistically is ahead of so many other places in respect for women, long-time community activist Anna Greenberg and protector of our environment Kate Fritz see an increase in the number of women in elected leadership positions, and even a female president of the United States within the next 100 years.

Angelina (left) and Sarah Grimke. In the 1800s, the two sisters became the first nationally known female advocates for women's rights.



**"You don't get what
you don't fight for."**

U.S. Senator Elizabeth Warren champions for women's rights.

Greenberg suggests that as more women are engaged in science, medicine, and politics, women may even master the dynamics of humanity. (Perhaps ushering in the 1,000 years of peace.) And why not? In 2018, 102 women were elected to create the most culturally diverse Congress of all time. This year, 2020, 301 women who survived primary battles are on the Congressional Ballot, a substantial increase in women of color as well as Republican women with viewpoints generally more moderate than their party. The energy for women in elected office, what some call the "heart of resistance," seems here to

stay. By 2050, census data predicts there will be no dominant race in America. Women leaders that represent the issues of concern in their districts—addressing issues overlooked by men who didn't have the experience of shuffling between the work place and child care—will expand women's rights, bringing reforms in health, schooling, and caregiving.

Fritz believes women will lead the policy changes necessary to mitigate climate change and that executive leadership roles in nonprofits will lead the way for women empowerment. Women

are generally more collaborative in governing style than the pyramid hierarchy style of men. This could elevate inclusivity for “all voices to be heard at the table.” Transparency and representative government could get an uptick as women in leadership roles increases.

Despite America’s leadership on equality of the sexes, income disparity still exists and representation on corporate boards is still way behind European countries, where laws insure parity. We have a way to go to achieve parity in America and to overcome cultural sexism. But as Senator Elizabeth Warren has said again and again, “You don’t get what you don’t fight for.”

On September 5, 2020, Hillary Clinton further suggested that to break down the inequality plateau, women need to invest in ourselves and sisterhood, to call out sexism, and to transform the devaluing of care giver work.

Of note, women in occupations as teachers, and within childcare and elder assistance are counted for economically on Social Security payout. Women who stay at home and provide those same services receive no economic benefit. Additionally, as COVID-19 has decimated the caregiver industry, more women will leave the workforce to provide schooling and other caregiver services at home. They may have left paying jobs, but currently there is no compensation for stay-at-home care-giving women. Within the next 100 years, we could see a future benefit be advanced for stay-at-home caregivers. Closing the gender pay gap in the workforce, economists predict, could benefit the global economy by trillions of dollars within five years (at a time when the economy is nearing collapse). National economic benefits could be a catalyst to move women forward in the workplace.

In 2017, millions of women marched to protest sexism and misogyny and how to confront the imbalance in power and decision making that impacts female quality of life. Mary Beard, writing in *Women Power: A Manifesto* explores misogyny that has shaped the world for centuries and suggests we need a different view of power; one that views “the ability to be effective, to make a difference in the world, and the right to be taken seriously, together as much as individually.”

How to break deep seated biases is our challenge over the next 100 years. Reaching parity



in the world of economics and politics and providing stability to the security of nations is the goal. Achieving gender equality requires recognition of the responsibility we all share with one another and that human rights are the standard for all.

Will the business of the next 100 years to form this most perfect union—breaking down bias, achieving economic security, achieving parity, and gender equality—be effective. The jury is out. But “you don’t get what you don’t fight for.” For Generation X, Millennials, Generation Z, and beyond, I believe they are up for the fight to make a difference.

Editor’s Note

This article concludes our year-long “Year of the Woman” project and article series. What’s Up? Media would like to thank the many contributing writers who gravitated to this project and told many of the stories and history of women’s suffrage in the United States (and a few stories abroad). We also thank our graphic designers who brought these stories to life on the printed page. To read all 12 “Year of the Woman” articles, visit Whatsupmag.com.

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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Voices That

Sung

Meet several dynamic African American literary heroes that call Maryland home *By Janice F. Booth*

“The ultimate measure of a man [or woman] is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.”

—*Dr. Martin Luther King*

We, Americans all, have moved forward into a time when we are challenging ourselves to look at each human being for his or her unique gifts and strengths. Among those we can turn to for insights are our artists, and among these artists are poets. The Black poets you are about to meet devote their lives and their creativity to displaying and pointing out the strength and beauty that is in every human being. Grace Cavalieri, Maryland’s Poet Laureate, observes, “Our state is made better by these voices who shine with beauty and truth,

especially now, in a trying time. These poets rinse off language, making everything brighter.”

These six wordsmiths create beauty using the medium of language—language carved and polished until it, the poem, gleams with truth and wisdom. These poets have been pursuing their art for most of their lives. They have been recognized with awards; they have traveled to distant lands to share poetry; they have studied and taught others to package truth in beautiful parcels—poems. These poets are Black, and proud, and wise.

In a recent “Letter to Black America,” Tracy K. Smith, former U.S. Poet Laureate, wrote, “We [Black Americans] are a language so deep it has no need for words. And we are words that feint, dart, and wheel like birds...We are fire. Like God, we are that we are.”

Hiram Larew, poet and activist, says of the six poets featured here, “During these times when disease and racial divides are rife, so many of our region’s beloved African American poets and their voices have soared through the e-waves. In countless virtual poetry readings—from Ireland

to Charlottesville, to points beyond and in-between—these poets always proudly and beautifully represent our region’s richly diverse poetry heritage and life. Their words of concern, anger, pride, sorrow, joy, and fun arouse the listener and provide balm to all, near and far.”

I am honored to introduce you to these Black poets along with brief samples of their work: J. Joy “Sistah Joy” Matthews Alford; Sylvia “Ladi Di” Beverly; Hoke “Bro Yao” Glover III; Monifa A. Love; Diane Wilford Parks; and Andre Brenardo Taylor.



J. Joy

“Sistah Joy”

Matthews Alford

I've always felt poets should speak to issues of significance in the community and society at large. Every culture is documented through the Arts. The poet, in particular, has a responsibility to represent the people through the Arts. I want to educate, inform, entertain, and, also, celebrate poetry as an art form; it's a responsibility of the poet, particularly the Poet Laureate, the people's poet. It is essentially a service position. It is an honor, one that carries with it a serious responsibility.

J. Joy Matthews Alford, “Sistah Joy,” is Prince George’s County’s first Poet Laureate. “Sistah Joy” is her pen

name. Since her appointment as Poet Laureate of Prince George’s County in 2018, Alford has set herself the task visiting each of the County’s nine districts. Prior to the pandemic, for each of these performance-visits, she brought other poets with her, along with musicians and visual artists.

Since March, she has redesigned these presentations for the Zoom platform. She used and continues to use these performances to encourage citizens of every age, every generation, to get involved with poetry, with the arts, with language. Alford works with the residents of the County offering free, quality

programs for audiences of all ages to encourage literacy, particularly through poetry by providing opportunities for participants to try writing poetry and/or honing their skills as writers and poets.

Alford’s focus on poetry as communication is equally apparent through her numerous accomplishments. Her nationally recognized, local-access cable television program, “Sojourn With Words,” has aired for 15 years. (She received two *Telly* Awards from the Television Academy for Excellence in Cultural Programming). Alford has been recognized for her work as creator, host, and participant in this deep dive into writing poetry and literature. She also served as Poetry Editor of *ACE Dialogue*, a nationally distributed, literary quarterly. As “Sistah Joy,” she founded “Collective Voices,” an ensemble of poets, and was an honored guest reading from her poems at the International Women’s Day Conference: “In Celebration of My Sisters,” held in London,

England. “Collective Voices” published a chapbook of their work titled *Experience, Expression, Expansion*.

“To Heal A Wounded World,” Sistah Joy’s inaugural poem for the new decade, was published in February 2020. She is a charter board member of CAAPA (Coalition for African Americans in the Performing Arts, Inc.), a member of the Prince George’s Truth Chapter of the Association for the Study of African-American Life and History (ASALH), and a lifetime member of the Prince George’s African American Museum and Cultural Center (PGAAMC). And if that weren’t enough, Sistah Joy serves as President of the Poetry Ministry and Poet Laureate of Ebenezer A.M.E. Church, Fort Washington, Maryland. Sistah Joy has authored three collections of her poetry: *Lord, I’m Dancing As Fast As I Can*, *This Garden Called Life*, and *From Pain to Empowerment: The Fabric of My Being*. You can learn more about her work at her web site sistahjoy.com.

Excerpt from “Neither Knees Nor Pandemics” By Sistah Joy Alford

Through rage we shout at the sun
Pray to the son
Bury too many young
Give our innocent pre-adolescent children “The Talk”
While wiping away tears, shaking our heads
No longer will distraught and bereaved mothers
Merely wring hands while tsk-tsking about
Corrupt cops and court systems
Designed to maintain in lockstep
A march as steady and deadly as Auschwitz
Too many young Black men and women
Succumb as they struggle to breathe
Struggle to have their voices heard
Struggle to catch hold of a promise
That was never intended for them



Sylvia

“Ladi Di” Beverly

With a group of other Black poets, I was invited to tour Woodland plantation near Mt. Vernon, Virginia. I had never been there before, never visited a plantation. I found the experience sad, strengthening, freeing, and powerful...We were invited to express ourselves about those conditions that never should have been...I wrote the poem “Something Came Over Me.”

Sylvia Dianne Beverly is called, affectionately, “Ladi Di” by friends and admirers.

Her power, she knows, is the power of love. “In my poetry, love always shows up.” She speaks of her parents’ love of language and fondly remembers that her dad would wake her for school each morning reciting Paul Lawrence Dunbar’s “In the Morning.” (She can still recite the poem for you, if you ask.) By the sixth grade, Beverly was writing poetry, and her poem was chosen to be read at her graduation ceremony. Forty-six years later, she was invited back to her elementary school

as the keynote speaker. After she spoke to the graduates, they recited in unison her poem, “It’s Up to Me.” Beverly went on from her auspicious beginning and studied English at the University of the District of Columbia. Her poetry has been featured at the Smithsonian’s Museum of American History, the National Museum of African Art, and the Hirshhorn Museum. Her work is housed in the Gelman Library at George Washington University.

In 1998, Beverly and four other Black poets who were members of “Collective Voices,” were invited to London to perform poems from the Harlem Renaissance for the Women’s History Month Conference. From that event, Beverly’s poem, “Loves Been Here All the Time,” was included in *Whose Equality?: An Anthology of Poets*. Recently, she was invited to join an Irish poetry forum. Fifteen Irish poets and five Ameri-

can poets meet on Zoom to recite and discuss their work. Beverly has published two books: *Forever In Your Eyes* and *Cooking Up South*.

While Beverly relishes her success as a poet, she is equally proud of her work encouraging and supporting poets and poetry. She was a founding member of poetry ensembles including “Collective Voices” and “Anointed PENS” Poetry Ministry with the Ebenezer AME Church. She founded and directs a group of four poets, “The Dazzling Poetesses.” She has facilitated a variety of poetry writing and study groups for teens and young adults, including founding the “Girls and Boys With Hearts Youth Poetry Group.” Sylvia “Ladi Di” Beverly lives her passion and encourages in others the love of language and poetry. You can find out more about Beverly’s poetry and her performances on her Facebook page, “Sylvia Beverly.”

Excerpt from “Something Came Over Me” By Sylvia “Ladi Di” Beverly

Wondering how would I have responded
Like Queen Leader I am today
Like Harriet, going back and forth to
Get away
To be strong, to help others, to accept
No wrong
Like Fannie Lou Hammer, sick and tired
Of being sick and tired
Something came over me, there is still
Superiority
We must stand strong to remain free.
Do not be intimidated, Do not be afraid
Be true, Be real
Share righteous goodness of Life
Say your prayers, Do what you feel
Golden opportunities, Accept them
Replace Fear with Faith
Listen, Trust, Obey!



Hoke

“Bro Yao”
Glover III

Part of the African-American predicament is trying to resolve the problem with the philosophy that caused the problem...Looking at power, African-Americans are placed in a position where they have to cultivate their own power... For 14 years I have been studying the ancient Chinese art of Taiji, which teaches about the Yin, softness and

passiveness, and the Yang, external energy...I think we can triangulate knowledge, applying Chinese philosophy to issues of power faced by African-Americans.

Mr. Glover is immersed in language and the power of words. He spends his professional life teaching, parsing words and guiding young minds as they learn

to apply logic and engage in thoughtful discourse. After taking his MFA at the University of Maryland, College Park, Glover accepted a post as an Assistant Professor in the Department of English and Modern Languages at Bowie State University.

Glover writes under the pen name, “Bro Yao.” His works of fiction, nonfiction, and poetry have been published in *Ploughshares*, the *African-American Review*, and other publications. His non-fiction essay, “Hospital for the Negro Insane,” was a finalist for the *Crab Orchard* John Guyon Non-Fiction Literary Prize. His poetry collection, *Inheritance*, is published by Africa World Press.

In 1993, Glover founded Karibu Books, a chain of six bookstores in Maryland specializing in work by Black writers; the bookstores flourished until the Great Recession of 2008. In 2006, Glover became interested in Taiji, the Chinese martial art. His thinking and his writing have been influenced by the teachings of this ancient philosophy of martial arts. In 2017, he spent his sabbatical studying at Central China Normal

University (CCNU) in China, and returned there for a month in 2018 to deepen his studies. “I admire the philosophy that teaches one to be in harmony with nature. I know it takes decades, a lifetime to gain any true understanding of Taiji, but I am drawn to the power of this philosophy. African-Americans have been underground, traumatized by their experiences. The same is true of people in some Asian cultures. We [African-Americans] are on a long-distance run.”

Bro Yao Glover’s most recent work has been with *koans*; they are paradoxical statements that encourage one to consider the truth underlying the paradox, sort of like a puzzle. (His koan #23, “falling away” follows.) Hoke “Bro Yao” Glover III has recently published a collection of poems based on the *koan* form, *One Shoe Marching Toward Heaven*, published by the African World Press. “For me, the *koan* echoes the voice of African-American wisdom... Through Taiji I’ve come to understand that trauma can provide a root experience that is beyond words, that can be used to refine language,” Glover observes.

Excerpt from “The Minder Speaks of the Underground”

By Bro Yao

I mined
I minded
I minded the mines
I minded the mines forever
Mining forever is hope
The tired religion
The tried and tired religion
I tried the tried to sing on top

**koan #23:
falling away**

By Bro Yao

lord, forgive me
i done stole something
from myself
used it to pay
the man
who stole from me



Monifa A. *Love, Ph.D.*

I believe in the power of words. When I'm working with intention, I pray that the work I offer goes out into the world and does the work it's supposed to do...I have a little, tiny piece of the garden to cultivate with respect, intent, and humility. I am hoping my work as a poet, writer, and teacher contribute to thinking profoundly...I am interested in things being 'used'—culture in some way is what's missing from the environment emotionally, spiritually, physically. Art places into culture what is missing.

These are the reflections of Monifa A. Love, Ph.D., Associate Professor in the Department of English and Modern Languages at Bowie State University. Dr. Love spends her life working to supply

what is missing—through her poetry, her teaching, and her charitable work, specifically in Ghana. She earned her BA with Honors from Princeton University and went on to study poetry with Pulitzer Prize winning American poet, Galway Kinnell. She received her doctorate in English from Florida State University where she was a McKnight Doctoral Fellow. Two collections of her poetry are in publication, award winning *Dreaming Underground* and *Provisions*.

Love attributes her early affinity for language to her parents. She began to read at two, when her parents asked her to read the newspaper at dinner. She visited the library on Saturdays where she met “a world that was vast, a place where life was big. I

came to believe that poetry was a means where language might actually meet the vastness of what we could live,” Love recalls. When young Monifa began music lessons at Howard University’s Junior Preparatory Program in piano, she saw, heard, and felt the convergence of music and words. Her life has been devoted to following that astounding convergence.

Speaking of her admiration for the great American author Toni Morrison, Love observes, “I always remember her [Toni Morrison] saying she was working to create characters as large as life. Our salvation comes, I think, if we can treat everyone as they are—as large as life, not smaller. We are programmed to make snap judgements on how we appear. We are caught in terrible loops that we must interrogate.” Love is interested in Afrofuturism, which explores the intersection of history and technology, particularly as they

apply to themes taken from the African diaspora. She was a National Endowment for the Humanities Summer Fellow at the African Cinema Institute in Dakar, Senegal. “I am interested in Afrofuturism as an ‘escape hatch’ from the past. Afrofuturism in art can create an imaginative slingshot to ‘the other side’ where life opens to our capacities.”

While she explores cultural aesthetics based on the future, Love keeps her feet firmly planted in the present, and the needs of people struggling in today’s world. Along with her husband, Nana Kwaku Carr Asante, Love has worked for 30 years on development projects in Ghana where they have built a medical clinic, funded village wells, a library, and a women’s literacy center. Their most recent projects are the restoration of two schools and the delivery of “100 Shoes for 100 Children.” The Temple of Nyame Dua can be contacted at templeofnyamedua.org if you’d like to help.

Excerpt from “Rain in Due Season: for Rev. Dr. Jeremiah Wright”

By Monifa A. Love

He says, a piece of the main
A measure of the continent
He says
I can never be what I ought to be
Until you are what you ought to be
This is How
God’s universe is made

His annulation:
We are born out of love for love;
And you will bring those who have known long
years of hurt and neglect
And you will reach out your arms
And take them close to you and chant your offering
Then, you will feel it for yourself—the rain.



Diane Wilbon Parks

As an African-American poet and artist I have a responsibility to give voice to what I see—the social injustices. I have a platform on which to speak; I represent those who didn't and don't have a voice...My writing is reflective of my experiences and observations; it will always include hope, pain, love, light, and strug-

gle, which are subject to change. My heart feels the isolation of the pandemic, feels the heaviness and hope of the Black Lives Matter movement, and knows the tapestry of my skin is still not accepted or protected. It's hard to believe that in 2020 I'm still judged for something I cannot control; the plight of my brown skin

can become a prison or a death sentence. My skin and I are chosen by God.

These are the observations of poet Diane Wilbon Parks. Raised by her mother, a “praying woman,” Parks was inspired to be courageous and wise. She knew from age 11 that she could “birth words.” She joined the United States Air Force, which “has a reputation for ‘thinkers’— where the intellectual work is done,” Parks says with a chuckle. The Air Force influenced her life. While her career as a Sr. IT Program Manager fills her days, poetry is a constant force in her inner life. “My poems are full of imagery; they come to me like photographs.”

In addition to writing poetry, Parks inspires others to explore their own poetic

voices. She is the founder of *The Write Blended Poetry Circle* as well as a member of *Voices of Woodlawn*, groups of poets sharing their work with the larger community. Her poem “Voice of Hunger” received an honorable mention for the Poetry X Hunger Project. She also works with high school and college students, helping them discover their own writing. Diane Wilbon Parks has published two collections of her poems, *Rearview Thoughts* and *The Wisdom of Blue Apples*. She has also written a children’s book, *Grandma Doodles Dances with Reindeer*. You can hear Parks’ interview with Maryland’s Poet Laureate, Grace Cavalieri, from the Library of Congress, “The Poet and the Poem,” at gracecavalieri.com/poetLaureates/featuredpoet_diane-wilbonparks.html.

Excerpt from “Mirrored Moon”

By Diane Wilbon Parks

I am bald, naked, and broken
I have taken my skin off.
I will leave it here with you on this page...

Excerpt from “An Empathetic Life”

By Diane Wilbon Parks

A symposium of loss that silence the will
to introspection, that calls the wilderness of hearts
to love, to behave, to un-earthen what winters it to
empty; theirs is a brown that keeps splitting into death
where it hollows the living into graveside song...

Excerpt from “Her”

By Diane Wilbon Parks

It only takes a whisper to bend inwardly
and know that her gone is not gone.
She is here. I wish her in.
I dress her shadows in silk scarfs,
and wait for her skin to breathe, to stay...



Andre Brenardo Taylor

I feel an overwhelming responsibility to present word as the sacred gift it is... the word that was in the beginning and then became... comes to me to create these poems I call mine. Applause feels good, but these poems are more than verses to entertain. I feel I have a responsibility to feed those who hunger for knowledge,

to speak against injustice, to bring light to darkness, to help the hurting heal. Sometimes it's harsh; it's hard.

Andre Brenardo Taylor is grappling with explaining his calling. His passion is apparent in these words. Since he was a teen, Taylor has been a wordsmith—preacher, teacher, historian, troubadour, all

rolled into a poet. He uses his middle name, Brenardo, as his moniker, and he is energized by the mission he's set out to fulfill. "I view these poems as seeds, accessible to everyone. My mission is to distribute them to express feelings and ideas."

The eldest of four children, Brenardo recalls his earliest memories at his grandmother's house reading stories and nursery rhymes from *Mother Goose* and *The Brothers Grimm*. He loved those magical tales' happy endings. Brenardo remembers, "Doctor Seuss blew me away with his rhymes...I was raised pretty much by my mother, who did the best she could as a single, black, female in the 1960s. She sought to give me a better life and sent me to Catholic school. It was hard being the only Black child at St. Theresa's Elementary School. It was crazy for me, coming home from school in a shirt and tie, trying to fit into the Projects where I lived. I had

no one to talk to, particularly no father present, and my mother worked long hours to support us. Writing let me express my feelings." And so it began, a lifelong passion for words, and particularly words in poetry, rich with rhythm and rhyme.

Brenardo began meeting other poets and performing his poems before live audiences with the former D.C. Poet Laureate Dolores Kendrick. He met regional poets, including Ladi Di and Sistah Joy, and he joined "Collective Voices" and "Anointed PENS" Poetry Ministry. Brenardo has performed at a variety of venues, from South Africa to Puerto Rico to Jamaica, with poets including Sonya Sanchez, Saul Williams, and Amiri Baraka. One of the crowning moments of his career was opening a show for activist Dick Gregory. To learn more about Brenardo Taylor's work visit his Facebook page, [facebook.com/brenardo.taylor](https://www.facebook.com/brenardo.taylor).

Excerpt from "My Voice"

By Brenardo

I can't flow like you flow
Go like you go
Blow like you blow—See
My instrument is tuned in be—To or not to
What have I got to lose
By choosing to play the rifts of bliss
That exist, in the midst of the gift I was blessed with
I was born to blow my own horn
So, stop chasing the cows in the corn
And comeback baby comeback
Cause even a hump back whale
Has got a tale
And a place to swim, in the place that he's in...

It took some time—But now I find
That this is my voice, this is my voice, this is my voice

Helping Hands Lift the Homeless Back on Their Feet

How stories of despair are mitigated by the many organizations with the collective goal to end homelessness

By Janice F. Booth

The information in this article was compiled before the emergence of the COVID-19 Pandemic and the ensuing health crisis and economic uncertainty. The circumstances of homelessness have worsened drastically since March of 2020. "At our food pantry [Haven Ministries in Chester, Maryland] we are feeding 100 percent more people in July than we did in January," says Director & Founder Krista Pettit.

There's Carl, moving from shelter to shelter during the long, winter months. He lost everything after his wife died of liver disease, leaving him with thousands of dollars in medical bills he couldn't pay.

There's Devon, a professional painter, who broke his pelvis and ribs when he fell from a ladder. He is trying to learn a new trade, but meantime, he's homeless.

And then there's Sam. He moved here from Texas with his wife and daughters to attend Johns Hopkins University School of Medicine on a full scholarship. He had a Master's Degree and a good job in Texas, but he knew he could do more, and medicine was his passion. During his second year of med school, Sam suffered an aneurysm and meningitis. He lost his scholarship, was left penniless, and unable to continue his studies.

Eventually, he lost his wife and daughters, his home, and his future. While living in shelters, he has been studying to become a mental health worker and hopes to establish his own nonprofit to help other folks that have suffered.

These are only a few of the people behind the label, "Homeless."

Steve Hays, coordinator for the Winter Relief Program at First Presbyterian Church in Annapolis, has gotten to know some of the men and women who seek shelter through the program's more than 60 Houses of Worship. He listens to the stories of the homeless and shares their stories with the community, encouraging all of us to appreciate how fragile the safety net is that keeps any of us from a cot in a shelter on

a cold winter's night. (Editor's note: the names of the homeless mentioned in this article have been changed.)

"People who are struggling, who may be homeless or face losing their homes, want to be seen. They want the dignity of being acknowledged," observes Sarah Ryan, Volunteer Programs Administrator at The Light House. Dignity is what many organizations and individuals are working hard to offer the men, women, and children in our community who are without a place to live. From the County level, to private and publicly funded organizations, many people in Anne Arundel and Eastern Shore counties are acknowledging those in need and recognizing their value to the community.

There are three dimensions to homelessness; the unsheltered or chronically homeless, the homeless who are being housed temporarily or long-term, and those at risk of homelessness. For each group of homeless folks, there are ways to lend a hand.

Just the Facts, Please

In 2017, (the most recent figures available) over 7,000 men, women, and children were homeless in Maryland on any given day. This number does not include those who were homeless and "couch surfing," moving in with a friend or relative on a temporary basis; nor does it include the transient homeless who find shelter in hotel rooms and automobiles. Of our state's 7000 homeless people, almost one-third or more than 2,100 were military veterans. We also know that 1,300 children in Maryland were without permanent shelter, a number large enough to fill two elementary schools.

Anne Arundel County's homeless population was 1,600-plus according to the 2017 survey. A "Point In Time" survey by the County's Social Services on January 29, 2020, conducted by Social Services, counted 314 homeless people; of those, 48 were children. The eight counties that make up the Eastern Shore counted almost 1,800 homeless citizens in 2016.



WIMBLE
PLEASE
HELP



The struggle to house the homeless is the struggle to provide safe, affordable, long-term housing while residents overcome the circumstances that left them homeless initially. National and State agencies monitor programs, provide statistics, and support federal, state, and local approaches to helping the homeless. Among the organizations monitoring and fighting for the homeless are; the National Alliance to End Homelessness, which includes the Homelessness Research Institute (HRI) and the Center for Capacity Building (CCB), the Maryland Interagency Council on Homelessness (ICH), and the National Coalition for the Homeless, an advocacy group of activists who were themselves formerly or are now homeless. These and other organizations keep statistics on issues facing the homeless and advocate for better regulations, laws, and programs to eliminate homelessness across the country.

Affordable housing gets harder to find in America as property values and rental costs rise while hourly wages remain static in most regions of the country. According to The National Low-Income Housing Coalition, the 2017 *Housing Wage* (the hourly wage at full-time employment necessary for average housing costs that represent 30 percent of one's income) is estimated at \$21.21 per hour in Maryland. The Housing Wage exceeds the \$16.38 hourly wage earned by the average renter by almost \$5.00 an hour, totally out of reach for low-income workers. In fact, the hourly wage needed for renters hoping to afford a two-bedroom rental home is \$10.21 higher than Maryland's minimum wage of \$11.00 an hour.

What About Us?

Anne Arundel County Executive Stuart Pittman has said, "Government should be measured by how it treats the most vulnerable people in the society." So, how are we, residents of Anne Arundel and adjacent counties, to be judged? What are we doing to improve the circumstances for the poorest and most vulnerable among us?

Anne Arundel County, for example, has instituted several new programs to make it easier to find long-term and permanent housing for homeless residents. The *Anne Arundel Coalition to End Homelessness* brings together representatives from 50 of the private, religious, and government entities who are trying to assist the homeless and end homelessness in our area. Justin Bieler, Social Services' Homeless Coordinator, supervises "Access Housing" and "Street Outreach" programs.

Access Housing works to move the homeless into housing and follow-up with the essential social services to help people stay in their homes. A "Vulnerability Index" has been devised to move folks off the streets and into apartments. This prioritized wait-list moves people up the list based on issues such as length of time homeless, health risks, mental health, and substance use.

Street Outreach and *Youth Outreach* send social workers out into the community to locate the homeless, access their vulnerability, and help them get the financial and material help they need.

Bieler meets with the AA Coalition to End Homelessness on a monthly basis. “Together we try to devise broader approaches or strategies,” Bieler points out. He recalls one of the encouraging stories, a couple, we’ll call them Dion and Marie, who had lived on the streets of our county since the mid-1990s. Access Housing brought them in, got them vouchers, helped them find an apartment they could afford, and helped them learn to budget and plan so they could continue to live in their own space. After 20 or more years on the streets, Marie and Dion have been in their own apartment for a year, and they’re going strong.

But, government agencies can’t solve this chronic problem alone. In addition to the traditional social services organizations, there are three other significant approaches to addressing homelessness in Anne Arundel County: temporary assistance, long-term aid, and alternative solutions. Here are some of the solutions provided by agencies and organizations whose mission it is to help our region’s homeless:

Temporary Assistance: (often providing long-term aid as well)

Sarah’s House provides emergency housing, life skills training, and transitional housing for those in crisis as well as the chronically homeless. They also take on long-term interventions. Director Kelly Anderson points to the “holistic approach” used by Sarah’s House to help people find homes and work to figure out how best to keep those homes. Sarah’s House offer a “Coordinated Entry Program” that educates clients about budgets, home maintenance, and other skills that are necessary if you want to keep that apartment or room. Sarah’s House has clients as young as 18 and as old as 87, veterans, mentally and physically disabled, recovering addicts, and multi-generational families. “When they finish our 12-week program, we’ve done our best to prepare each person to live safely in an apartment or house,” Anderson observes.

SCAR Foundation (Second Chances After Rehabilitation): Established by Willie and Delores Bullock of the Blessed In Tech Ministries, SCAR Foundation goes into the streets and parks looking out for vulnerable teens and folks recently released from jails and prisons. The Bullocks work to establish trust relationships with these homeless young people, as young as 7 and through their mid-20s. SCAR provides them with temporary shelter and counseling; the Bullocks also help these vulnerable folks connect with other agencies that can provide assistance. To do that, Delores Bullock is Co-Chair, along with Kelly Anderson, of the AA Coalition to End Homelessness.

During the winter of 2019–2020 for the first time, SCAR took on Winter Relief at the Stanton Center. They’re also instituting the “Hip-Hop Program” where they’ll offer a group home for homeless teens between the ages of 16–24. Delores Bullock recalls a quiet pair of kids, Jay and Paula, 16 and 18. She’d been molested by her father; he’d been kicked out of his home. Jay, 16, was too young for Winter Relief, so they slept in unlocked cars or in all-night restaurants. Through Bullock’s connections with the AA Coalition, the young lovers were taken into Sarah’s House, where they were counseled and safe.

Bullock says, “They come to us broken, but we work to make them whole.”

House of Hope’s Winter Relief is one of the outstanding success stories for aiding the homeless. In 1992, the Glen Burnie United Methodist Church, under the leadership of Reverend Olin Herndon, brought together leaders from area churches to establish a sustainable program to help the homeless during the winter months, from October through April. For 28 years, the program has remained an invaluable source

of comfort to our region’s homeless with over 60 faith-based organizations participating. Each of the 60-plus organizations houses, feeds, and looks out for the homeless for one week, transporting them to the church’s facility and on to the next sheltering location when their week is done. Usually, two or three organizations are housing groups simultaneously, and some of the 60 organizations volunteer for two weeks. Based on the statistics collected by Winter Relief, during 2017–2018 from October to April, more than 250 homeless men, women, and children received temporary, safe shelter, food, and encouragement. One-third of those homeless guests self-reported as suffering from some form of mental illness. The guests, over 70 percent of whom are men, also reported suffering from physical disabilities, domestic violence, drug abuse, and other significant health conditions.

Light House’s Safe Harbour Resource Center, Emergency Aid and Intervention offers immediate assistance with clothing, food, showers, and laundry as well as counseling and shelter placements. Director Karen Williams sees Safe Harbour as a place where “we meet people where they are, without a time frame [to accomplish a goal and move people on]...Sometimes folks will just come in to be warm, have a cup of coffee, sit where they’re safe. Then, eventually, they’ll want to talk to me, tell me what’s going on. That’s when I can sometimes help. It might be a woman with an eviction notice. In addition to providing resources such as eviction and utility aid, we also sit down and unravel the pieces, get help for the issues, connect her with resources. Hopefully, we can help her overcome the cause,” Williams says. In 2019, over 600 households were “stabilized” by Safe Harbour’s intervention.

Haven Ministries, in Chester, Maryland, on Kent Island, began as a faith-based temporary winter-housing resource 16 years ago, and has grown to serve those in need through two food pantries per month, a retail thrift store, resource centers, an emergency homeless shelter, a street outreach program, an art program, and a retail warehouse with job training and employment opportunities. Haven Ministries is in the





process of launching a Housing Assistance Program, which will help provide affordable housing in Queen Anne's County. Two single family homes will be built for residential use and will transform lives; offering stability, safety, and reliability to those who quite often go without. Long-term assistance is on the way.

Long-term Aid:

Arundel House of Hope, founded in 1992, is an ecumenical organization that has developed and manages a variety of programs and services to aid the homeless. The first and most successful, long running of their programs is Winter Relief. House of Hope also manages job training programs, a medical clinic, substance abuse intervention, and permanent housing. House of Hope currently manages four long-term residences and are preparing to open The Patriot House, a permanent residence for Veterans.

The Light House: A Homeless Prevention Support Center provides emergency aid through the Safe Harbour, as well as a shelter program for individuals and families who are experiencing homelessness. The Light House mission states, "Our vision is to be a national model for how a community cares for its neighbors experiencing homelessness. We strive to break the cycle of homelessness by providing a place of belonging, life-changing programs, and a broad continuum of support to people who are homeless or at risk of becoming homeless. The Light House intervenes to 'break the cycle of homelessness.'" The Light House provides transitional housing in a variety of properties and locations around the city. There are also job training programs and supportive counseling. In 2019, the Light House provided housing for over 250 people, 15 families with 26 children. With a view to the long-term, since 2012 The Light House B.E.S.T. workforce development program has trained 350 people for jobs in trades, and particularly the food industry through their very successful Light House Bistro.

Tameka is one of the many success stories from the Light House's hands-on employment training. As a homeless mother of small children, she came to the Mission from "a lifetime of trauma, addiction, homelessness, abuse, and a criminal record," notes Associate Director Lara Ippolito. With help from the Light House, Tameka expunged her criminal record, completed GED classes, and is working full-time in a management position with plans to attend community college. "The Light House was there to lift me up. I'm now able to support myself, spend time with my beautiful children, and plan for a stable future," Tameka says.

Arundel Community Development Services (ACDS) oversees a variety of programs in the county that are working to provide more housing and aid for low-income people to find permanent homes. ACDS provides services that include homeownership counseling, foreclosure prevention counseling, down payment and closing cost assistance, accessibility modifications, property rehabilitation, and affordable rental units to County residents. Among the signature accomplishments of ACDS was the redevelopment of the Wiley Bates High School into the Wiley Bates Heritage Park, with affordable housing units for seniors, a senior activities center, and a Boys & Girls Club.

Talbot Interfaith Shelter (TIS) in Easton, Maryland, was founded in 2009 by Julie Lowe in an effort to offer long-term support and services to homeless citizens who were willing to work to acquire and maintain a stable home. TIS is built on the "S4 Principles:" Shelter, Stability, Support, and Success. Partnering with government and faith-based sources, the program offers immediate shelter for up to 35 clients at a time in Eaton's Promise, a former bed & breakfast. The residents commit to working with members of the TIS staff to acquire the skills necessary to manage their expenses while living an increasingly more independent life.

Alternative Solutions:

ACDS oversees a variety of federal and state agencies that encourage and fund programs devised to aid the homeless. Among these supervising agencies are:

HOME Investment: An Investment Partnership Program which approves and oversees Block Grants to programs and nonprofits that plan to provide decent, affordable housing for the poor and homeless.

Community Development Block Grant Program (CDBG) distributes and oversees grants to states, cities, and counties with plans to develop "viable urban communities," with decent housing, suitable living environments, as well as programs to expand economic opportunities for low and moderate-income people.

Emergency Solutions Grants (ESG) are overseen by HUD to fund plans that develop rapid re-housing and engage homeless individuals and families living on the street, as well as plans to improve the number and quality of emergency shelters for the homeless.

Habitat for Humanity collaborates with local organizations to find locations and build new homes that are affordable for low-income residents. As of 2019, Habitat for Humanity had constructed 127 homes in Anne Arundel County. Accordingly, there are 18 more homes that presently in the works. The program allows interested homebuyers to qualify based on desire to own, income limits, and willingness to work helping to restore an existing house or construct their new home. Mortgages with zero percent interest are arranged, and new homeowners pay no more than 30 percent of their income to satisfy their mortgage.



Contact List for Organizations Mentioned within this Article

Access Housing: Anne Arundel County:
410-222-6200

Arundel Community Development Services:
410-222-7600

Arundel House of Hope: Winter Relief Program:
(Winter only) 410-222-7600

Community Development Block Grant Program: Contact, Cindy Stone Director, Community Development Programs, Div. of Neighborhood Revitalization, Maryland Department of Housing and Community Development, 7800 Harkins Road Lanham, 301-429-7519 or 1-800-543-4505

Habitat For Humanity: HFH of the Chesapeake:
3741 Commerce Drive, Ste. 309, Baltimore, www.habitatchesapeake.org, 410- 366-1250

Haven Ministries: 608 Church Hill Road, Centreville, Sandi, Case Manager, 410-739-7859

Home Investment Partnership Program: Anne Arundel County Single Family Housing Programs:
Contact: Community Development Administration, Maryland Department of Housing and Community Development, 7800 Harkins Road, Lanham, 301-429-7797

Homelessness Solutions Program: Contact Steve Holt, Asst. Director, Homelessness Solutions Program, Div. of Neighborhood Revitalization, Maryland Department of Housing and Community Development, 7800 Harkins Road, Lanham, 410-209-5847

Lighthouse's Safe Harbour Resource Center: 10 Hudson Street, Annapolis, 410-263-1835

Sarah's House: Anne Arundel County:
410-551-7722

SCAR Foundation: www.facebook.com/SecondChancesAfterRehabilitationFoundation

Street Outreach & Youth Outreach: Annapolis & Anne Arundel County, Delores Bullock, 410-831-7030

Talbot Interfaith Shelter: Easton, Fran at 410-253-5414 or frandoran@talbotinterfaithshelter.org

As this story was researched, I was struck by the increasing numbers of seniors who are homeless, as observed by both volunteers and professionals. Sometimes the cause of homelessness for people 60 or older is the catastrophic illness of a loved one or oneself. Medical bills leave them destitute and lead to the loss of their homes. Chronic unemployment or a working life spent as a homemaker leaves women without Social Security or pension benefits. Elders are being asked to care for grandchildren, a responsibility that drains physical and financial resources. The County is working through the Department of Aging to provide services, including adequate, affordable housing for Seniors before they lose their savings and their homes and are reduced to homelessness.

One final story of despair transformed to hope. The Light House shares the story of Faith and Cody and their two children. Though the couple was holding down full-time jobs, they were facing eviction, unable to pay the rent on their apartment. They came to the Light House where they were housed in one of the family apartments. Cody and Faith worked with their Light House Case Manager to learn how to manage their meager resources. They applied for healthcare, public assistance, and debt repayment support. Both parents participated in the Nurturing Parenting Program as well. The family eventually was able to move into a home of their own again, this time with essential skills and a plan in place to help them remain independent and secure as a family.

Light House Safe Harbour Director Karen Williams shares this adage with us all, "The healing happens in relationships, and relationships take time."



WHAT'S UP? MEDIA

Bridal

E X P O

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2020

F A C E S O F T H E C H E S A P E A K E

LOCAL INDUSTRY
LEADERS SHARE
THEIR STORIES



**THE EASTERN SHORE'S FACE
OF TECHNOLOGY**

JASON LEE

Jason's Computer Services

9231 Centreville Rd
Easton, MD
410-820-9467
office@jcscomp.net
www.jcscomp.net

Some say that technology runs through Jason's veins. Jason Lee founded Jason's Computer Services in 1999 when he saw a particular need for specialized technology services on the Eastern Shore. A childhood Leukemia Survivor first diagnosed late 1984, he was sick for most of his childhood life, in and out of hospitals for almost 3 years. Jason eventually ended up at Children's Hospital in Milwaukee, Wisconsin, where his life would change forever with the ultimate gift of life.

With a less-than-1% chance to live from AML Leukemia, Jason needed an unrelated bone marrow transplant and, luckily, a female donor was found. The operation was a success and completed in late-1987. Jason has been cancer free for 33 years and is the longest living recipient of an unrelated bone marrow transplant with a still-living donor.

For the past 20 years, he has led his area in IT leadership and excellence. Ever since Jason was a young age, he loved anything technology, including computers, video games, cell phones, and networking. Jason is incredibly involved in his local community, its children's futures & local events.

Faces of the Chesapeake

WHAT'S UP? MEDIA WOULD LIKE TO CREATIVELY INTRODUCE YOU TO EXCEPTIONAL LOCALS THROUGHOUT THE CHESAPEAKE BAY REGION WHO ARE CONSIDERED EXPERTS IN THEIR VOCATIONS AND INDUSTRIES. WITHIN THE FOLLOWING PAGES, YOU'LL MEET, FACE-TO-FACE SO TO SPEAK, INDIVIDUALS AND COMPANIES WHO TAKE PRIDE IN OFFERING OUR READERS PROFESSIONAL, PERSONAL, AND COURTEOUS SERVICE. YOU'LL LEARN THEIR STORIES, THEIR CALLINGS, AND ABOUT THEIR BUSINESSES. INTRODUCING THE FACES OF THE CHESAPEAKE!

WHAT'S UP? MEDIA

IN ORDER OF APPEARANCE

Jason Lee—Jason's Computer Services
David Orso
Jason's Computer Services
The DD McCracken Home Team—Coldwell Banker
Titan Hospitality Group
Anne Arundel Counseling, Inc.
All Star Pain Management & Regenerative Medicine
Chaney Homes
Fichtner Services
Blue Crab Cupcakes
Patterson Law
Church Circle Title & Escrow, LLC
The Law Office of Andrea Ross
George R. Roles, Attorney & Counselor at Law
Benson & Mangold Real Estate
Laughlin Plastic Surgery/Skin Wellness MD
Annapolis Smiles
O'Donnell Vein & Laser
Scott Schuetter—Century 21 New Millennium
Chesapeake Financial Planning & Tax Services, LLC
ProMD Health
Hospice of the Chesapeake
Oral Surgery Specialists
CPE Clinic, LLC
Anne Arundel Gastroenterology Associates
Londonderry On the Tred Avon
Annapolis Area Christian School
Baywoods of Annapolis
Archbishop Spalding High School
Severn School
Christina Janosik Palmer Group
The Arc Central Chesapeake Region
Adoro Medical Spa
Mission Escape Rooms
Wye Trust
Frame & Frame—Attorneys at Law
Prostatis Financial Advisors Group
Indian Creek School
Fence and Deck Connection
84 Lumber—Annapolis
Solar Energy Services
HF Advisory Group
Brad Kappel—TTR Sotheby's International Realty



FACES OF THE CHESAPEAKE 2020



THE FACE OF REAL
ESTATE THE RIGHT WAY



DAVID ORSO

david@daivdorso.com
davidorso.com

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

David leads a small team of experts which has been ranked #1 in Anne Arundel County, regardless of brokerage, for total sales volume for seven years in a row, 2013, 2014, 2015, 2016, 2017, 2018, 2019.

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

During the past 36 months, David has sold over \$200 million in real estate in Anne Arundel County.

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

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

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



FACES OF THE CHESAPEAKE 2020



THE EASTERN SHORE'S FACES
OF TECHNOLOGY

JASON'S COMPUTER SERVICES

9231 Centreville Rd, Easton, MD | 410-820-9467 | office@jcscomp.net | www.jcscomp.net



Technology is more important now than ever before. How does technology play a role in your life? Do you wish you made different tech choices along the way? Perhaps to have invested in higher-speed internet service, a better router, or a faster laptop? This year has been a test for us, making consumers think about the future and what role technology will play in it. This is where the role of a Managed Service Provider (MSP) comes into the picture.

Choosing the right MSP can be a difficult decision. Managed Service Providers are a type of company that handles your IT needs, from small to large. Whether you are a small business, three-person law firm, for example, or as large as an ACE Hardware Store with 25 computers and two servers, Jason's Computer Services is the clear MSP choice. With a combined 45 years of experience, the company can solve any problem presented to it.

In addition to being a full-service MSP, Jason's has a full service "showroom" that showcases over 500 brand new computers, including laptops and desktops, including Apple, Dell, HP, and Lenovo. Jason's currently does work for over 90 local businesses on the Shore and over 5,000 residential accounts yearly. Is your current MSP the right choice? On average, we convert three accounts per month that are not satisfied with their current MSP provider. Maybe you're overpaying and do not even know it. Call for a business consultation today. Jason holds a Computer Science Degree from Chesapeake College, including MCSE, MCP, CCNA, A+, and Net + Certificates. Jason's staff also holds specialized certifications. While some might look at cancer as a big setback in life and living with the complications that come as a long term detriment, Jason saw his second chance at life as an opportunity to build a successful business. Jason's Computer Service understands the demands of technology in today's world. It is clear to see why Jason is the Eastern Shore's Face of Technology.



FACES OF THE CHESAPEAKE 2020



**THE FACE OF
MARYLAND REAL ESTATE**

THE DD MCCRACKEN HOME TEAM

Coldwell Banker Residential Brokerage

170 Jennifer Road, Suite 102
Annapolis, MD 21401
Direct: 410-849-9181 | Office: 410-224-2200
www.ddmccrackenhometeam.com 



The DDMcCracken Home Team, is interested in being your Real Estate team for Life! We are inspired and have an intimate Knowledge of the Bay Region to provide top of the line services to all of our clients. The team thrives on providing tailored, custom services, for each client because each client's needs and circumstances are different.

Whether you are selling or buying each client is provided with the utmost professionalism and integrity. Along with our in-depth knowledge of the area, you will have the best resources and technology provide for selling and buying, including staging services, individual website, professional photography, Market Analysis and a whole lot more.

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DMcCracken@cbmove.com



FACES OF THE CHESAPEAKE 2020



THE FACE OF AN INDUSTRY TITAN



JAMES J. KING

Founder & CEO
Titan Hospitality Group

Titan Hospitality Group, founded by James J. King has become a leading innovator in the restaurant industry in this region since the COVID-19 pandemic began. As co-owner of Blackwall Hitch (Annapolis, MD and Alexandria, VA), The Blackwall Barn & Lodge (Gambrills, MD), and the all-new Smashing Grapes Kitchen & Wine Bar (Annapolis, MD and Gambrills, MD). King has used the pandemic as a catalyst to innovate and reinvent his restaurants.

Beginning with his work ethic and his unwavering dedication to establishing a culture in which his employees are considered family, his facilities are tended to as castles and his guests are treated like royalty, King has reinvented the team mentality. Over the past seven months, the Titan brands have reimagined their dining spaces, re-written the training playbook and reinvigorated their staff to attack every guests needs with reckless abandon.

Unique and challenging times call for unique and creative approaches to an industry that has operated with the same norms for decades. King has emerged as a leading innovator to change the way the industry thinks and acts. King has implemented new technology to provide a contactless experience - one that is both expected by the guests and welcomed. He has sourced systems that not only make the experience better for the guest, but provides a better working environment for the employee, focused on safety, sanitation, efficiency and savings.

King and Titan Hospitality are making long-term investments in the communities that surround his establishments and in the 350 employees that he has been able to retain throughout the pandemic, a feat he is most proud of. "Our employees are equally as important as our guests, without them we have no business model, our customers can feel that mentality when they dine with us and are extremely appreciative of that mindset.", King said. James King has truly emerged as a Titan in his industry!

2126 Espey Court, Suite D
Crofton, MD 21114
410-721-5416
www.titanhospitality.com



FACES OF THE CHESAPEAKE 2020

Anne Arundel Counselor

*Individual, family,
group counseling
children, adolescents*

410-768-

anne.arundel@comcast.net

THE FACE OF STRENGTH

REBECCA MITCH MCKEE

PhD, LCPC,
CFC, BC-TMH

Anne Arundel Counseling, Inc.

For nearly two decades, Anne Arundel Counseling (AAC) has established itself as a dynamic team of seasoned professionals dedicated to providing comprehensive evaluation and treatment to children, adolescents, and adults through individual, family, and group sessions. Under the leadership of Dr. McKee, executive director, clinical/forensic psychotherapist, and board-certified telemental health provider, AAC has solidified its reputation as a premier mental health and wellness practice in the community.

Dr. McKee's expertise has enabled her to create a diverse team of experienced, skilled clinicians who are committed to your well-being and empower you to achieve personal growth in a warm, inviting, supportive atmosphere, which allows you to develop an enhanced, enriched relationship with your provider.

Making your mental health a priority is essential to achieve a balanced, healthy lifestyle. We can help you embark on your personal journey of wellness and provide you with the tools necessary to improve your overall quality of life.

To schedule an appointment at one of our six locations, call 410-768-5988, e-mail info@annearundelcounseling.com, or visit www.annearundelcounseling.com. TeleHealth services are also available statewide.

ANNAPOLIS
49 Old Solomons Island Road, Suite 204
Annapolis, Maryland 21401

GLEN BURNIE
7310 Ritchie Highway, Suite 1009
Glen Burnie, Maryland 21061

BOWIE
4333 Northview Drive
Bowie, Maryland 20716

STEVENSVILLE
101 Log Canoe Circle, Suite C-3
Stevensville, Maryland 21666

CENTREVILLE
633 Railroad Avenue
Centreville, Maryland 21617

TELEHEALTH/VIRTUAL

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COLUMBIA
8840 Stanford Boulevard, Suite 1700
Columbia, Maryland 21045



FACES OF THE CHESAPEAKE 2020



**THE FACE OF
REGENERATIVE MEDICINE**

DR. ZVEZDOMIR ZAMFIROV

All Star Pain Management & Regenerative Medicine

ANNAPOLIS OFFICE
166 Defense Hwy, Suite 300
Annapolis, Maryland 21401

GLEN BURNIE OFFICE
1600 Crain Hwy S., Suite 207
Glen Burnie, Maryland 21061

443-808-1808
www.allstarpainmanagement.com

Founded in 2017, All Star Pain Management & Regenerative Medicine has established itself as a pioneer in regenerative medicine, specifically stem cell therapy treatments, in the Annapolis area. Our cutting-edge procedures not only focus on your chronic pain symptoms but also target the underlying orthopedic condition that causes them.

Our founder, Dr. Zamfirov (Dr. Zed), has extensive experience in regenerative medicine and has built a successful practice with the goal of helping his patients obtain relief from arthritis, neck and back pain, sports injuries, and chronic pain due to an orthopedic condition with minimal side effects and downtime. Our treatments are designed to repair injured tissue, and Dr. Zed's innovative, comprehensive approach utilizes your own healing potential as a means of providing pain relief.

At All Star Pain Management & Regenerative Medicine, your well-being is our top priority. We offer treatments that are customized to your individual needs and provide life-changing results.

Schedule a consultation today to learn how you can obtain relief from your chronic pain and regain your previous quality of life.



THE FACE OF WELLNESS

KAREN SCOTT

PA-C, MSHS

All Star Pain Management & Regenerative Medicine

166 Defense Hwy, Suite 300
Annapolis, Maryland 21401
443-808-1808

www.allstarpainmanagement.com

All Star Pain Management is pleased to announce the addition of its new wellness center, which opened in the fall of 2020. At All Star Wellness & Regenerative Medicine, we take a whole-body approach that encompasses diet, exercise, sleep, and other factors that form the foundation of good health.

Our Wellness Specialist Karen Scott works with each patient to develop an individualized treatment plan and provides a variety of services that are customized to meet their specific needs and goals, including weight loss management, IV therapy, peptide therapy, and much more. She has 17 years of experience in pain, wellness, and nutritional medicine and has earned the Top Performer award for overall patient satisfaction for multiple years.

Our founder, Dr. Zvezdomir Zamfirov (Dr. Zed), who opened his practice in 2017 with the mission of providing a comprehensive approach to pain relief, is pleased that Karen has joined his team of professionals to offer wellness options for patients.

To discover how we can help you improve your overall quality of life, schedule a consultation today.



THE FACE OF SOLD

CHANNEY HOMES

List- Stage- SELL
443-249-SOLD
www.ChaneyHomes.com
Jennifer Chaney, CSP, GRI, MBA
Broker of Record- Designer- Owner

There is only one chance for a first impression, and nobody knows it better than 'Chaney Homes'. Founded on the principle: 'Image Sells', Broker, owner & designer, Jennifer Chaney, propelled Chaney Homes into the spotlight, re-defining 'full-service' brokerage. As Broker & designer in one- Chaney's listings reap the benefit of showing to perfection- selling faster & stronger than their competition.

At Chaney Homes, staging is included with every listing- pulling from the company's arsenal of over 5,000 square feet of warehouse space loaded with high-end designer furnishings. Founded at a time when the concept of 'staging' needed defining- Chaney Homes has proven both innovator, and steady leader in today's competitive marketplace. Chaney Homes continues to carve out its niche in today's competitive real estate market as a trendsetter and proven leader. Chaney has assembled an arsenal of top-producing, hand-chosen Realtors, and a full-time, fully-staffed staging department-solidifying its place as a market leader. A purposefully boutique-style brokerage with impressive statistics, experience and education.

61% of Chaney Homes' 2020 listings went under contract in 14 days - or less- at an average 'list-to-sales' price percentage of: 99.8%.



**THE FACES OF
EXTERIOR CRAFTSMANSHIP**

FICHTNER SERVICES

Bob Hanna | Tom Fichtner | Nolan Redd

Fichtner Services Central, Inc.
1872 Betson Ave
Odenton, MD 21113
410-519-1900
www.fichtnerservices.com

Meet our construction management team: Bob Hanna, Tom Fichtner, and Nolan Redd. Shortly after starting the company in 1994, Tom hired Bob and then Nolan to help run the business. Over the years the trio has seen their tool pouches get a little dusty as their desk time and management tasks increase. Bob's focus is now on managing the company's supervisors, crews and vendors for the roofing and siding projects. Nolan specializes in the windows, doors, decks and painting divisions at Fichtner Services. We are not sure what Tom does (other than a little bit of everything)!

Since 1995, Fichtner Services has been providing high-quality, custom home exterior renovations to Annapolis and Anne Arundel County residents. Fichtner is known for its expertise in all of a home's exterior systems. From full exterior replacements to repairs, historic renovations to custom new construction homes, Fichtner has the experience and skills to handle any project small and large. Customer service, value and quality are at the forefront of every project completed by Fichtner.



THE FACE OF DESSERTS

BLUE CRAB CUPCAKES

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

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

It's an exciting visit to Blue Crab Cupcakes on Whitehall Road in Annapolis. Local Annapolitan and proprietor Carrie Olish lends her life-long expertise to wonderful delights of deliciousness. If you are in need of a cake for a special occasion, cake pops to surprise a friend or cupcakes to delight your own senses, Blue Crab Cupcakes is up to the task. Carrie and her staff of twenty dedicated employees handle over two hundred weddings per year. Carrie's treats are perfect for any special occasion including weddings, birthdays, anniversaries or to treat yourself and family. Blue Crab Cupcakes is always creating new flavors and textures. Come see the storefront to see what's baking.

**THE FACES** OF RECOVERY

GEORGE & MARIA PATTERSON **ESQ.**

Patterson Law

1 Willow Street
Annapolis, MD 21401

4000 Mitchellville Rd., Ste A202
Bowie, MD 20716

301-888-4878 | Pattersonlawyers.com

For as long as we can remember, we've wanted to help people. Recovery for the client is the goal of Patterson Law. George and Maria Patterson help their clients recover from life disrupting events following truck, car, and motorcycle accidents, injuries due to medical mistakes, and injuries from dog bites.

Over 20 years ago, the Pattersons began their legal careers together at the oldest law firm in Prince George's County. They spent over a decade litigating on behalf of the major automobile insurance companies and defending personal injury claims. 100+ jury trials later, they decided to apply their knowledge and experience to help injured people recover and obtain the most fair, just, and equitable results from those insurance companies.

George is board-certified in Civil Law, Civil Pretrial Law, and Truck Accident Law by the National Board of Trial Advocacy. Maria currently serves on local boards including the Anne Arundel County Board of Appeals, Anne Arundel County Judicial Nominating Committee, and the Peer Review Committee for the Maryland Attorney Grievance Commission. Both George and Maria have been designated the "Best of the Best" by Maryland and Washington, D.C. *Super Lawyers*.



**THE FACES OF
REAL ESTATE SETTLEMENTS**

JEHANNE MCINTYRE EDWARDS, ESQ.

Church Circle Title & Escrow, LLC

23 West St. , 2nd Floor
Annapolis, MD 21401
410-269-6488
www.cctitle.net
loandocs@cctitle.net

Jehanne McIntyre Edwards, aka "Jan," is the owner and primary settlement officer for Church Circle Title & Escrow, LLC, a full-service title company that offers residential and commercial settlements for purchases and refinances. Jehanne is assisted by one other attorney and an experienced staff of 5.

Church Circle Title & Escrow is independently owned and operated which means there is an attention to detail and personal accountability to each buyer, borrower, agent and lender. In these uncertain and changing times there is an even greater need for knowledgeable and experienced professionals to guide buyers and borrowers through the highly regulated loan and purchase process.

A lawyer and businessperson for over 30 years, Jehanne also reviews and drafts contracts and leases, prepares deeds and other legal documents pertaining to real estate and property.



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

ANDIE ROSS ESQ.

The Law Office of Andrea Ross

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

Bankruptcy attorney Andie Ross has dedicated her practice to providing dignified and tailored solutions to individuals and businesses throughout the region. Andie's goal is to empower her clients, and she can often be heard saying "You've Got Options!" The people who come to her to get out of debt and start a new life are more than just clients – they're her Eastern Shore neighbors and friends, who deserve her personal attention every step of the way. Andie's devotion to her clients has been recognized by the Pro Bono Resource Center of Maryland, Mid Shore Pro Bono, the Maryland General Assembly, the U.S. Congress, and Super Lawyers. The greatest accolades, admittedly closest to Andie's heart, and what makes her the "Face of Bankruptcy" on the Eastern Shore are her 100 five-star reviews on A V V O.

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



**THE FACE OF
EASTERN SHORE DEBT RELIEF**

GEORGE ROLES, ESQ.

George R. Roles
Attorney & Counselor at Law

443-262-8501
101 South Commerce St., 1st Floor
Centreville, MD 21617
www.groleslaw.com

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

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



**THE FACE OF MID SHORE
REAL ESTATE**

CHUCK MANGOLD JR.

Benson & Mangold Real Estate

410-924-8832 (mobile)
410-822-6665 (office)
chuckmangold.com
chuck@chuckmangold.com

Chuck Mangold, Jr. has been a top producer on the Eastern Shore for 20 years. Chuck joined Benson & Mangold in 2001 after a 13-year career in the retail automobile business. As a 5-star Zillow Premier Agent, he prides himself on being in all things Eastern Shore Real Estate, including inland, waterfront, and commercial properties in Talbot, Queen Anne's, Caroline and Dorchester Counties.

Chuck is a strong supporter of his community. He serves on the Board of Directors for several organizations, including the Academy Art Museum. He has also served as a past board member of Habitat Choptank, The Country School, the Talbot County Chamber of Commerce, and The Mid Shore Board of Realtors.

Chuck, his wife of over twenty years, Lauren, & their three sons Charlie, Robbie, & Peter reside in Easton. Chuck enjoys spending time with his family, boating and fishing.



FACES OF THE CHESAPEAKE 2020



**THE FACES OF
INTEGRATED BEAUTY**

LAUGHLIN PLASTIC SURGERY SKIN WELLNESS MD

Dr. Daniel Laughlin and Kelly Sutter, RN, CANS

127 Lubrano Dr., Suite 102
Annapolis, MD 21401
410-205-5629
www.laughlinplasticsurgery.com

Laughlin Plastic Surgery and Kelly Sutter RN, CANS are collaborating to bring you all your skincare /laser and surgery needs.

Dr. Daniel Laughlin is a Board Certified Plastic Surgeon who specializes in aesthetic plastic surgery. Dr. Laughlin brings more than 2 decades of experience, serving patients from in and around the Annapolis region. Dr. Laughlin is a proud member of The American Society for Aesthetic Plastic Surgery and The John Staige Davis Society of the Plastic Surgeons of Maryland.

Kelly Sutter is a Certified Aesthetic Nurse specialist and holds certification in laser physics. She has extensive experience with cosmetic lasers such as Sciton BBL, Micro-Laser Peel, Halo and Hero. Kelly is a member of The American Society of Lasers in Surgery and Medicine as well as The International Society of Aesthetics and Plastic Surgery Nurses. Kelly is also proud to be a part of the Allergan Medical faculty and an AMI instructor.



**THE FACES OF
COMPREHENSIVE DENTISTRY**

SCOTT FINLAY, DDS & HA LIM, DDS

Annapolis Smiles

1460 Ritchie Highway, Suite 203
Arnold, MD 21012
New Patients: 410-989-7132
Current Patients: 410-757-6681
www.annapolisdentistdds.com

For more than 33 years, Annapolis Smiles has been providing the highest level of dental care for individuals and families in the greater Annapolis area. Dr. Finlay's office offers comprehensive services for children and adults, from routine maintenance and preventive care to dental implants and reconstructive procedures. Dr. Lim joined the Annapolis area dental practice in late 2018. Dedicated to the pursuit of excellence, Dr. Lim commits herself to countless hours of continuing education each year to offer modern, evidence-based clinical treatments and the best possible patient experience.

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



THE FACE OF CONFIDENCE

KELLY O'DONNELL M.D.

O'Donnell Vein & Laser

ANNAPOLIS
O'Donnell Vein & Laser
166 Defense Hwy, Suite 101
Annapolis Maryland 21401
877-461-1564
www.odonnellveinandlaser.com

EASTON
O'Donnell Vein & Laser
499 Idlewild Avenue, Suite 101
Easton Maryland 21601
877-461-1564

Kelly O'Donnell, M.D., a Maryland native, is proud to provide her medical and cosmetic patients with the confidence that they are receiving the absolute best care possible. Dr. O'Donnell is a board certified vein specialist with offices to serve both the Western and Eastern Shore in Annapolis and Easton, MD.

Dr. O'Donnell earned her medical degree from the University of Maryland School of Medicine, completing her internship in general surgery at the University Hospitals of Cleveland and her residency in anesthesiology and critical care at Johns Hopkins Hospital. She spent a decade practicing cardiovascular and critical care anesthesia in the Washington, DC area, before turning her focus to vein care.

After being certified as a Registered Vascular Technologist (RVT) and a Registered Physician of Vascular Interpretation (RPVI), Dr. O'Donnell earned board certification in venous disease from the American Board of Venous and Lymphatic Medicine. She is an active member of the American College of Phlebology and the American Society for Laser Medicine and Surgery.



**THE FACE OF PERSONAL AND
PROFESSIONAL REAL ESTATE**

SCOTT SCHUETTER

CENTURY 21 New
Millennium

1730 West Street, Suite 200
Annapolis, MD
410-271-3445 (Office)
410-900-7668 (Mobile)
www.scottschuetter.com

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

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



THE FACE OF WEALTH & RETIREMENT PLANNING

ELIZABETH BENNETT

CFP[®], MBA

Chesapeake Financial Planning & Tax Services, LLC

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Annapolis, MD 21409
admin@chesapeake-financial.com
www.chesapeake-financial.com

Elizabeth is a CERTIFIED FINANCIAL PLANNER[®] and a fiduciary working in her clients' best interest.

Elizabeth approaches working with her clients in a consultative partnership. Educating as well as listening to her clients is vital. Beginning with a financial plan, she is able to understand the client and their current situation and help them put a plan in place to achieve their goals. She also incorporates and includes her clients' other advisors, such as estate planning attorneys and CPAs, when necessary. Money and investing are very empowering. Recommending what is in the best interest of each client is a top priority. Elizabeth's vision for her practice is to continue to provide her clients with peace of mind knowing that they have a plan in place. In today's digital age, she is able to help her clients no matter if they are local or across the country. She brings passion to what she does every day.

"A goal without a plan is just a wish." - Antonine de Saint-Exupery.

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

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FACES OF THE CHESAPEAKE 2020



THE FACES OF COMMITMENT

This image has been edited: Each person was photographed individually.

REGINA MOODY SHAUNA CHABOT MIKE BRADY ERIC BUSH, MD

Hospice of the Chesapeake

410-987-2003

www.hospicechesapeake.org

During an unprecedented time in history that is filled with uncertainty and anxiety for so many in our community, Hospice of the Chesapeake has turned 2020 into a time of tremendous growth and commitment.

While pivoting to keep pace with the constant changes brought on by the ferocity of the COVID-19 pandemic, we have cared for almost 600 hospice patients each day, which is a number never seen before in our 41-year history. As well, we expanded care through our Chesapeake Supportive Care program that now includes primary complex illness care, expanded geographically with the acquisition of Hospice of Charles County, launched virtual community outreach and adapted our grief support programs to meet all needs.

Through the expertise, innovation, dedication, and commitment of our team led by Mike Brady, Acting CEO; Eric Bush, MD, RPh, MBA, Chief Medical Officer; Regina Moody, Chief Operating Officer; and Shauna Chabot, Chief Advancement Officer; we have continued to be there when our community needs us most in ways our founders might never have imagined in 1979.



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Additionally as Board Certified Oral and Maxillofacial surgeons, Drs. Walzer, Sullivan, Hlousek, Jones and Chambers are the only dental specialty licensed to provide intravenous (IV) general anesthesia in their state-of-the-art office setting. Their practice mission is to provide Excellent Care with Art, Science, and Technology, creating an Outstanding Experience with Compassion, Courtesy, and Respect for all.



Michael J. Labellarte, M.D.



Sarah Reading, M.D.



Stephanie Streb, DNP, PMHNP



Julie Butchart, DNP, PMNHP



Theresa P. Shank, Ph.D.



Magda Rodriguez, Psy.D.



Samuel Greenberg, Psy.D.



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The pandemic has increased anxiety, depression, demoralization and feelings of insecurity in children, adolescents and adults. We have all struggled.

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Anne Arundel Gastroenterology Associates provides expert care for disorders of the digestive tract including colon and rectal disease, ulcers, stomach disorders, Crohn’s disease, colitis, irritable bowel syndrome, and liver and pancreatic disease. Our board-certified, fellowship-trained gastroenterologists are committed to providing you the treatment you need which will get you back to your best health.

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

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



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

IRMA TOCE & RACHEL SMITH

Londonderry on the Tred Avon

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

Londonderry on the Tred Avon CEO, Irma Toce, and Director of Sales and Marketing, Rachel Smith, have been working together for more than five years at the independent-living cooperative community on Maryland's Eastern Shore.

Irma and Rachel believe that a vibrant and active lifestyle coupled with a strong community and sense of belonging is the key to happy and healthy aging. While a move later in life can be challenging, Irma and Rachel have each witnessed the improvement in quality of life residents experience after relocating to Londonderry and engaging in the community.

Irma has been leader for more than 30 years in the aging field and Rachel has extensive experience in senior housing sales and marketing. They both look forward to welcoming new residents and their families to Londonderry's beautiful waterfront campus that features a range of housing options for adults 62 and over.



**THE FACES OF ANNAPOLIS AREA
CHRISTIAN SCHOOL**

BEN & TARA PEDDICORD

Annapolis Area Christian School

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Middle School - Annapolis - 410-846-3506
716 Bestgate Road, Annapolis MD 21401

Lower School - Severn - 410-846-3505
61 Gambrells, Severn MD 21144

Upper School - Severn - 410-846-3507
109 Burns Crossing Road, Severn MD 21144

www.aacsonline.org • Leaders in Christian Education

Cue the cows! Ben and Tara Peddicord have seven live-in grass mowers on their 40-acre farm--not one of them was willing to mosey into the camera's view during the photo shoot. Farming is in the Peddicord's DNA, dating back to the 1600s when the family arrived from England. Ben, who serves as the Middle School principal at Annapolis Area Christian School (AACCS), his wife Tara, and their two daughters, who attend kindergarten on campus at AACCS, are not phased by uncooperative cows. "They are motivated by food," laughs Ben. "Every winter, at least one the herd breaks the fence in search of greener pastures. I receive a call from the local precinct informing me that my 600-plus-pound grazer is blocking traffic on Route 2."

Rescuing a lost cow is a metaphor for discipleship. Peddicord softly recites Proverbs 22:6, "Train up a child in the way he should go; even when he is old, he will not depart from it." He turns his attention to his sweet girls, Ellie and Alice, playing by the tractor. "This verse resonates with me first as a father. When we trust divine sovereignty, we are free to parent courageously in harmony with church and school." Guiding a cow back to the safety of the farm is no easy task. Raising children to rely on Jesus in an increasingly secular culture is even more challenging. At AACCS, Peddicord and his teachers humbly and prayerfully partner with parents and local churches in the eternal work of equipping the next generation of godly learners and leaders, changing the world one child at a time.



FACES OF THE CHESAPEAKE 2020



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Meet the Williamsons:

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

"BayWoods became the perfect launch for our retirement adventure," states Parker. "We discovered luxurious, yet affordable accommodations and amenities, access to excellent medical care, local Annapolis entertainment all within easy access to Washington and Baltimore."

"I enjoy walking our dog Briny at Quiet Waters Park across the street," states Patty, who also is an active volunteer in the greater Annapolis community with Hospice of the Chesapeake. This is an active lifestyle filled with adventures every day, all in a pet friendly continuing care retirement community with equity ownership.



**THE FACE OF EXPLORING
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High School

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Mr. Dan McGrain, Social Studies Department Chair, shares his love of learning in numerous ways. He teaches World History, Advanced Placement Government and Advanced Placement Macroeconomics. Mr. McGrain moderates the Academic Bowl Team and coordinates an annual trip to the Berkshire Hathaway Shareholders Meeting, which provides an extraordinary experience for Spalding students. "I think the most important part of my job is making sure what I teach is relevant and meaningful to my students. Social studies classes are about explaining the world around us, I work to ensure that students see the connections. Teaching economics is all about helping students develop a clear and factual perspective. I believe good work takes time. Learning is a process, it takes time, work and revision. Learning doesn't happen on my schedule or anyone's schedule, I try to be sure that we are always giving enough time and space for students to build their own knowledge and skills; and then give them many opportunities to share what they've learned."



**THE FACE OF PASSION
AND PURPOSE**

Photo by Perry Carsley

MARY ELLEN CARSLEY

Severn School

201 Water St.
Severna Park, MD 21146
410-647-7700
www.severnschool.com

A professional artist, Ms. Mary Ellen Carsley lives by the philosophy that creativity is a habit of mind. As an Upper School visual arts educator, she encourages her students to develop strong creative habits and embrace every challenge as an opportunity to grow. Ms. Carsley teaches drawing and painting, introduction to architecture, and visual arts principles.

Selected as an expert in the field of architecture by the Malone Schools Online Network and one of four Severn teachers in the program, Ms. Carsley teaches online architecture classes to students across the country, including participating Severn students. MSON allows independent school students to take extension courses outside of their school's curriculum, while teachers like Ms. Carsley share their expertise with the larger educational community.

She also serves as faculty advisor for the Van Eney '09 Fellows Program where she helps students transcend the traditional academic program and pursue a year-long intellectual project that reflects their growing passions.

Living her artistic philosophy each day, Ms. Carsley demonstrates what true creativity looks like, even during times of uncertainty and struggle. She adapted seamlessly to online learning in the spring of 2020 and shifted enthusiastically to hybrid learning in the fall. Ms. Carsley's love of teaching art brings a palpable energy to her classes, whether through the screen or in the studio. "Exploring a new medium of learning together is an adventure. It's not a problem or a limitation. It's only as limited as our creativity."



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

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

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THE FACES OF DETERMINATION

THE ARC

Central Chesapeake Region

Headquarters & Program Operations
1332 Donald Avenue
Severn, MD 21144
410-269-1883
www.thearcccr.org

Jonathan has a great job, great friends, and is working his way to financial independence. And he is determined not to let the pandemic slow that down.

At the beginning of the shutdown, Jonathan took some time off from work to get comfortable with rigid social distancing and stricter hygiene protocols, like showering and washing his clothing immediately after every shift. He was determined to return to work, knowing that he is doing everything he can to keep his roommates and staff healthy.

With the support of his Team Lead and Job Coach, Jonathan returned to work at Defensor Security over the summer. He is determined to help others get comfortable with living, working, and playing in the community as safely as possible.

Since September, Jonathan has helped his friends get jobs, and has taught virtual classes to his peers on maintaining COVID-19 safety protocols.

Jonathan is one of 686 people supported by The Arc Central Chesapeake Region in Anne Arundel County and Maryland's Eastern Shore. At The Arc, we are determined to continue to create a community where people, like Jonathan, have the opportunity to thrive.



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Dr. Elba Pacheco founded Adoro Medical Spa to bring excellence, expertise and an artistic eye to the intersection of surgical eye lifting and non-invasive rejuvenation. After heading The Wilmer Eye Institute's cosmetic service (1997-99), Dr Pacheco decided to settle her practice in the Annapolis area, where she and her family reside, to fully realize her vision.

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Arundel Mills

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

Mission Escape Rooms (MER) offers a real-life escape experience designed for groups of 2-10 people. During the experience, participants work together to solve puzzles and riddles using clues, hints and strategy. While the customer experience is designed to be fun, MER takes safety very seriously. "MER now offers private bookings only and with contactless check-in options," said owner Jason Cherry. "In addition, all rooms are disinfected between reservations."

MER, which builds a new escape room every five weeks, has been voted #1 by *What's Up? Magazine* readers in the "Customer Service", "Game Play", "Girls Night Out", "Guys Night Out", and "Family Outing" categories for all locations since 2016, voted the "#1 Fun Activity" by *Tripadvisor*, and voted a "Family Favorite" by *Chesapeake Family Magazine* readers since 2018.

As MER enters its fifth year, it's clear that its success is also due to the wide variety of groups that participate. "We not only receive bookings for families and groups of friends, but also for Friendsgiving gatherings, holiday parties, corporate events and more," said Jason. "The Mission Escape Rooms experience truly puts a fun, interactive twist on any type of celebration."



THE FACE OF WEALTH MANAGEMENT

WYE TRUST

www.wyetrust.com

Chris Parks,
Tom Saxon, Talli Oxnam,
Lora Davis (not pictured)
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Wealth Management and Trust services are offered through Wye Trust, a division of Shore United Bank. Shore United Bank and Wye Trust are not registered broker-dealers.

Wealth management, corporate trustee services and administration and custodian services are all services that Wye Trust offers through Shore United Bank with a caring and professional customer-focused approach tailored to each client's individual needs.

We offer actively managed investments and progressive strategies by partnering with a limited number of established portfolio managers, partnering each client with a tailored solution to best serve their needs. Our specialized partnerships expand our wealth management expertise to a significant team while continuing our commitment to local control and excellent service.

Our approach is to care for our clients in all stages of the wealth management journey. We offer comprehensive financial strategies and exceptional service tailored to meet individual and business needs. Together, our team of experienced Financial Advisors and Certified Financial Planners are dedicated to helping our clients navigate toward their financial goals.

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Tara Frame grew up watching her father provide legal guidance to people in their community for over 50 years! Today, Tara and her team carry on that long tradition by serving many generations of the same families, for thoughtful planning and during times of crisis. The firm provides personalized legal services for wills and trusts, estate planning, elder law, guardianship, probate, long term care and Medicaid planning, family law, and personal injury.

Tara reflects, "It is very rewarding to assist families with some of life's most important decisions and to provide guidance that literally takes the weight off their shoulders."

Tara was recently awarded the *SBA Award for Maryland Attorney Advocate of the Year* and is also recognized as a premier *SuperLawyer*, along with many years of recognition as a "*Best Of Lawyer*" by her local community and media publications! She also believes in giving back to the community in which she lives and works and participates in year-round initiatives through her involvement in Thrive! Arundel.

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

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

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

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



FACES OF THE CHESAPEAKE 2020



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John Argilan and Debbie Fowler, Indian Creek School Third Grade Team

Indian Creek School third grade teachers John Argilan and Debbie Fowler embody the essence of elementary education. The duo is committed to providing an excellent academic experience for their students in engaging, fun, and innovative ways. Mrs. Fowler and Mr. Argilan keep the "whole student" experience at the center of their teaching. To keep Indian Creek's in-person, virtual, and hybrid students engaged at all times, the teachers have created a fun and inspiring classroom environment. To adhere to health and safety regulations, each teacher uses a large, remote-controlled dump truck for contactless collection of student work. The teachers also created a class blog where students can stay connected through messages, jokes, book reviews, and even videos sharing musical performances. This month through their Ecology studies, students will engineer devices to capture wind energy to propel model vehicles. The inspirational teaching of Mrs. Fowler and Mr. Argilan keeps students connected and engaged.

www.indiancreekschool.org



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www.fenceanddeckconnection.com

Lifetime Maryland residents Jim Rubush & Ben Wolod founded Fence & Deck Connection in 1991, with the addition of Jeffrey Wall as partner in 2013. Since day one, their mission has been clear: "Building Lifelong Clients Through Our Commitment To Excellence." From residential fences and decks to multi-family high rise balcony railing installations, the FDC portfolio speaks unparalleled quality without compromise.

As leaders in the industry, Fence & Deck Connection has received numerous local and national awards — a true testament to their exceptional customer service and craftsmanship. However, the Fence & Deck mission doesn't end once they lay the final board.

Giving back and supporting their communities is deemed just as important as building stunning outdoor spaces. Through their annual holiday drive, many local charitable donations and collaborations, and fundraising sponsorships, they've been able to provide support for Maryland customers who have become an extension of their family.

Fence & Deck Connection is steadfast in their commitment to excellence as they enter this monumental 30th anniversary year—for their employees, for the local community, and for their residential and commercial customers in the Mid-Atlantic region.



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Mike Willey is the new store manager at 84 Lumber Annapolis, and he's excited for his role to grow store sales and manage his new team of associates. 84 Lumber is the nation's leading privately held supplier of building materials, manufactured components and industry-leading services for single- and multi-family residences and commercial buildings.

Mike started with 84 in 2011 at the Cambridge, MD store. He quickly was promoted to Co-Manager in 2012 at the Annapolis store, and in 2014 became Manager at the Curtis Bay location. In September of this year, Mike transferred back to the Annapolis store to continue his stellar management and proven track record of success.

In addition to supplying building materials, 84 Lumber Annapolis specializes in windows, installation and kitchen and bath design services. Mike and his team of experienced associates at 84 Lumber Annapolis can help with services ranging anywhere from building a new deck and replacing windows to designing your dream kitchen and bath.



THE FACE OF SOLAR ENERGY

RICK PETERS

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In his 12 years leading the company, SES president Rick Peters has served as a board member of a regional solar energy trade association (MDV-SEIA), including five years as President. Over that time, Rick has also spent many days walking the legislative halls of Annapolis, Richmond, and D.C., helping educate lawmakers on the opportunities of solar and energy storage while working to advance legislation that promotes clean energy. Rick also frequently presents to local schools on solar technology and clean energy policy.

Of course, Rick always leaves his audience with a message of urgency: If you're thinking about solar, don't wait another minute! Why? Because Sunshine's a Wastin'!



FACES OF THE CHESAPEAKE 2020



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2. Set goals
3. Analyze data
4. Create the Plan
5. Present recommendations
6. Implement the plan
7. Monitor the plan

Step Six, "Implement the plan" is the most important part of the financial planning process. Meeting with a financial advisor to gather, analyze data, & make a plan will only be successful if the plan is executed.

We help our clients through every step of the process. We want you to know we're here to support you in all stages of your wealth-management journey. That includes getting to — and across — the finish line of accomplishing your financial goals.



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209 Main Street | Annapolis, MD

Brad Kappel's extensive knowledge of luxury homes and waterfront properties in the Annapolis area is second to none. With more than \$250 million in sales and 165 waterfront properties sold, he brings over a decade of experience, an eye for detail and a dedication to quality service that few real estate agents can match.

As a third-generation Annapolitan raised on the waters of the Chesapeake Bay, Brad understands the subtle nuances and practical considerations of waterfront living. Brad not only sell's the waterfront lifestyle, he lives it! Brad is a proud member of the Eastport Yacht Club and is passionate about spending time with his family, paddle boarding, fishing, boating and preserving the rivers.

For buyers and sellers alike, Brad combines unparalleled local knowledge with the global power of the iconic Sotheby's brand.

Visit BradKappel.com and tour his Luxury Property Portfolio

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THE FACES OF HAVEN MINISTRIES HEADQUARTERS

MARY JEETER CHRIS PERKINS

Haven Ministries

410-827-7194
206 Del Rhodes Ave.
Queenstown, MD
www.haven-ministries.org

Haven Ministries Headquarters Offers Hope

With increased demands for its food pantries and overall services, Haven Ministries has relocated its food pantries and Resource Center to the Haven Ministries Headquarters in Queenstown. Haven Ministries has created a more centralized location to provide services, improving efficiencies for everyone. Two dedicated Haven Ministries employees, Mary Jeeter, Resource Center Manager, and Chris Perkins, Food Pantry Director, work at the Headquarters which assists clients in meeting their needs for food, housing assistance, job placement, and other wraparound services.

Mary sees the desperation of residents who are falling behind with their bills during the recent pandemic and needing a variety of services. Being able to see residents leaving with a glimmer of hope that their needs have been met is the reward of serving her clients. For Chris, relocating Haven Ministries' food pantries to a new centralized operation has improved the task of feeding the community. With a storefront shopping model, clients can now select food items once a month, preserving their dignity and eliminating food waste.



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For Ann Alsina, principal at CovingtonAlsina, the basic tenets of financial planning are relationships and client education. After working for years in this male-dominated industry while raising children and managing a household, Ann founded CovingtonAlsina in 2012 to further her passion for providing advice to other strong, successful women.

While she works with clients of all genders, her firm is dedicated to helping women overcome the confidence gap in investing. Recognizing that our financial lives have become incredibly complex, CovingtonAlsina offers free to low-cost seminars covering a myriad of topics, such as Adulting 101 and insurance to divorce and retirement. Over the last twelve years, her signature monthly workshop, Women, Wine & Wisdom, has helped hundreds of women with its roundtable discussion format, tackling issues women face in financial planning.

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THE FACE OF INTERIOR DESIGN

FIONA NEWELL WEEKS

Dwelling & Design

13 Goldsborough St
Easton, MD 21601
410-822-2211
www.dwellinganddesign.com

Fiona Newell Weeks is celebrated for her fearless use of color.

She is drawn to pairing gentle, watercolored tones with sophisticated, juicy punches from nature's palette, like sky blue, fresh tangerine, and lemon yellow. Her clients run the gamut, from modernist city dwellers to country-estate traditionalists.

Inherent in Fiona is the gift to see the finished product before the design process begins. "I can see the end result easily," explains Fiona. "I thrive on the challenge of completely reinventing a space by adding new life with color and texture and even architectural detail."

Since 2008, Fiona has owned and operated Dwelling & Design, a home furnishings boutique in historic downtown Easton, Maryland. Take a casual stroll down Goldsborough Street and you'll instantly be drawn to the colorful vignettes featured in the windows and unique showroom space. The store maintains a loyal following, with clients making regular treks to the Eastern Shore from Annapolis, DC and VA, Rehoboth, Philadelphia and New York.

Fiona's designs have appeared in the likes of Home & Design, Southern Accents, House Beautiful, and Traditional Home.

PEOPLE LOVE MAGAZINES.



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

91%

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

(MRI-Simmons, Fall 2019)



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

MAGAZINES.

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

(NCSolutions 2005-Q12019)

HOW MANY ADULTS AGES 18+ READ MAGAZINES?

228.7 MILLION

THAT'S AN INCREASE OF 18 MILLION SINCE 2012.

(MRI-Simmons, Fall 2012-2019)



THE PRINT MAGAZINE INDUSTRY IS GROWING

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

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



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

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* Household income \$250K+

(MRI-Simmons, Fall 2019)



WOMEN AGES 18+

(MRI Media Fusion)



PRINT READERS REMEMBER MORE.

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

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



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Functional & Fabulous

KITCHEN FORECAST 2021

By Lisa J. Gotto

What do our lives today require of our home's kitchens? Well, as you would imagine after this past year, quite a lot. Never have we relied so much on the functionality a kitchen provides, and that's not even a trend, it's a standard. So when we look toward 2021, think design re-imagined to include lots of space to spread out, areas within to provide increased, perhaps even overlapping utility, and creature comforts that encourage not only comfort-food creation, but enjoyment.



LEARNING ... & EARNING FROM HOME

This kitchen is conceived to provide for the way we live today with several separate "work zones" designed to work together creating an optimal level of convenience for the family that is learning and earning from home. This type of contemporary design could look cold and institutional, however, thanks to the strategic integration of warm woods throughout the space, it's homey and inviting. *Photo courtesy of Kraftmaid.com.*



OPEN TO THE OUTDOORS

One thing homeowners want more than ever is a dwelling that effortlessly blends indoor with outdoor living. Opening the kitchen to the outdoors has always been popular, but what was once a bonus to have, now seems like more of an essential. From the looks of things, this kitchen is so much more than the room one cooks in. It is also a space to think, to dream, and to create. It does so by doing three things well: it makes the most of surrounding water views, delivers a comfortable seating area for dining or homeschooling, and it invokes the feeling of an ultimate beachy staycation. Its palette of tranquil watercolors just steps from the real water make the transition from one space to the other seamless.



ECLECTIC DESIGN TENDENCIES

Wow! Have we ever had this much freedom to create a room that blends fluidity with function, old elements with new, and a look that refuses to be pigeon-holed by one particular design aesthetic? Case in point, traditional crown molding above, a free-standing farmhouse-style island below, extended counter space in the form of a peninsula, and a thoroughly modern dining area with chairs that lend a pop of color. This is the perfect scenario for anyone with eclectic design tendencies who loves to pick and choose from a palette of styles. This is also another great example of how separate work zones can be integrated within one larger space and still look beautifully pulled together. *Photo courtesy of Kraftmaid.com.*



THE TRADITIONAL UPGRADE

If life right now has you craving a non-fussy, clean and classic look, this kitchen offers elements that traditionalists require, such as raised panel cabinet fronts and a free-standing island with Roman spindle legs. This understated design is kept from looking too stuffy by including some subtle tweaks; note the deviation in the hardwood design under the contrasting island, the translucent finish on the cabinets, and modern flair in the choice of pendant lighting. Functionality is addressed by having that translucent cabinetry turn the corner to create a purposeful home office that doesn't fight for attention in the space, but serves up convenience and utility for today's busy working kitchen.



1



2



3

2021'S TOP TRENDY ADD-INS & ONS

1. DEDICATED COFFEE STATION: Good news about brews. Not being able to get out as much has made us all more clever about making our fave Arabica concoctions at home. And with the addition of a dedicated space in kitchen, it keeps other areas open from the morning rush or the 3 p.m. crush.

2. DENSE COLOR ON WALLS: Paint trends have been going darker on home exteriors for several years and slowly creeping indoors thanks to more adventurous millennials. Indoors, its subtle use as accent walls is being eclipsed but a saturation of color especially happening in the kitchen.

3. FLAIR FOR HARDWARE: Whether planned as part of an entirely new kitchen or used to enhance the look of already existing cabinetry, hardware is the hot customization trend that continues to gain steam in the kitchen design space. It is truly one of the smallest style elements that can make a big difference when it comes to your kitchen's vibe or personality.



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HOME DESIGN

Gifts That Keep on Giving

By Janice F. Booth

Like every other event and occasion over the last nine months, the holidays will look and feel quite different this year for most of us. With that in mind, I have been thinking of ways we can apply our love of nature and gardens to the joyful task of devising gifts for neighbors, friends, and family.

I'm proposing, dear reader, that the most appreciated gifts this Holiday season may very well be the gifts that "keep on giving," the gifts that are alive. No, I'm not talking CHIA PETS here, though they can be lots of fun, too. I'm not proposing you pass out puppies or parakeets to friends and family. Rather, I'm thinking of plants and

seeds that will engage their new owners and provide days, weeks, months, and, if they're lucky, even years of pleasure.

So, what are some of the issues you'll need to consider before preparing your flora gift list?

First, think about delivery:

- Will you present the gift in person, leave it on the doorstep? or,
- Will you be sending the gift by mail?

Second, what do you know about the person receiving the plant?

- Health issues: Does the person have allergies? Breathing problems?

- Time issues: Does she/he have lots of time to fuss with a plant? Is his/her schedule always packed? Does she/he need only carefree plants?
- Household issues: Does she/he have lots of space to give over to plants? Are there lots of windows and sunlight available? Are there small children who might be curious and interested in a plant? Are there pets that might be tempted to taste or play with a plant?

Third, what is the depth of the recipient's knowledge of and interest in plants?

- Does he/she have plants already?
- Is she/he a gardener, experienced with plants?

- Will he/she enjoy acquainting him/herself with a new type of plant and its particular requirements? The idea, of course, is for the gift to be fun for the recipient.

Once you've reviewed your list of those for whom a plant will be appropriate, you'll be ready to move ahead with the fun part—selecting plants or future-plants for your family and friends.

For our purposes, let's consider two categories of plant gifts:

- **Future-plants**, namely seeds/sprouters and bulbs, appropriate for *mailing*.
- **Living plants** of various types, appropriate for *personal delivery*.

Consider **future-plants** for friends and relatives who are far away, too far for you to deliver a gift in person. **Seeds** and **bulbs** are also ideal for children and for those who may have restricted mobility. Watching seeds sprout and grow and watching bulbs produce roots, stems, and blossoms can be exciting and great fun...*if* you have time to watch and note the changes that come with each passing day and week.

Seeds/Sprouters: It's fun to give a gift of sproutable salad fixings—a salad-in-a-box. Lettuce, chives, radishes, turnips, broccoli, kale, and beans are great choices. They'll grow from seeds easily and quickly. Pictures can be taken, measurements too. If sunlight is hard to come by, a desk lamp or growing light will do. In a pinch, your seed-kit could serve as a science project for home schoolers.

Think about making up a cleverly packaged **4-part growing kit** for the seeds. You can start with simple (1) *cardboard egg cartons* for planting seeds. Or, you can buy specially designed growing boxes at the hardware store. While you're there, pick up some (2) *potting soil*. (You can make up small zip-bags of soil sufficient for the project.) You may be able to get the (3) *seeds* there too; but if they're not carrying seeds in December, you can quickly order them on-line.

Okay, the most important and fun part of the "kit" will be (4) your *Growing Guide* or note, explaining which seeds are included and a step-by-step guide for preparing the seeds and watching them grow. (Harvesting the plants will be self-evident, we'll hope.) Use the personal "guide" as a way to make the gift special for the person(s)

receiving the kit. Have fun. Draw pictures or paste in cut-outs from magazines or the web. Be sure to give some idea as to how long it will take the seeds to sprout, grow, and be ready for harvesting. Don't be afraid to be creative with your Growing Guide.

Bulbs: There are several colorful and fragrant bulbs that can be shipped and take well to being "forced" to bloom indoors, during the winter. Think about mixing a group of Tulips, Crocuses, Daffodils, Amaryllis, and Paper White bulbs. Or, simply send one bulb, plump with the promise of springtime ahead. (Choose bulbs that are plump and firm. The size of the bulb will depend upon the size of the bloom it produces; thus, a Crocus bulb is much smaller than an Amaryllis.) The gift of a bulb is a way to engage your friend or relative in a project with *you*. You can plan to

occasionally phone or email with an inquiry as to the progress of the bulb's growth. She/he will have the double gift of the lovely flower(s) and the contact from you.

Now, for bulbs, your "kit" will be a bit different. Since you're mailing this, I would suggest the water and pebbles approach to growing rather than planting the bulbs in soil. Your kit will include a (1) *low, flat vase or bowl* of a circumference that leaves room for the number of bulbs you'll include and deep enough to half-submerge the bulbs in water. You'll need enough (2) *tiny pebbles* to cover the bottom of the bowl and halfway up the bulb; mail them in a zip-bag. (3) *Pack the bulb(s)* in soft tissue to protect them in transit. Then, write your (4) *Guide Book* note. Again, make it personal, fitting the person who'll receive your





the recipient why you chose this plant for her/him. The plant will be an extension of you, of your thoughtfulness. (This is an excellent project for children too. They can give plants to their friends and write and draw their own Growing Guides. They'll learn a bit about botany and about their friendships.)

Let's begin with the Easy-Care plants:

- **Air Plants:** These frothy ferns seem to grow on air alone. They can be “potted” in anything, a baby shoe or seashell. They only need occasional misting to thrive.
- **Succulents:** Chicks-and-Hens, Jade and Aloe are tried-and-true choices. They're slow-growing, with plump, green leaves. Succulents need sunlight but little water.

gift. Be sure to explain that they'll need to add water to the bulbs half-buried in pebbles. Give them an idea as to how long it will take for the bulbs to sprout, grow, and bloom. Pictures will be welcome, I'm sure. Have fun personalizing the guide.

And now for the local gifts. These will require less “pre-work,” but more thought. You have lots of choices of plants that will make lovely, treasured gifts. Go back to those three considerations: *health, time, and household* and review your gift list, make notes as needed. If you enjoyed making up the plant-kits, you can certainly prepare similar kits for personal delivery. They'll still be fun and special.

But you may want to give your friend an established plant—perhaps something rather exotic or significant to him/her. For example a pretty, sky-blue Forget-Me-Not plant. With any plant you give, two things will make the gift memorable. First, the pot in which the plant arrives. The (1) flowerpot should reflect the style and tastes of the person receiving the gift. They'll notice! Second, the (2) personalized Growing Guide. Yes, living plants need explanation too. There are the obvious hints about amounts of light, fertilizer, and water. Add comments about blooming (if the plant does so) and issues such as pinching back stems and removing dead blossoms. Include a few words telling





(Think desert plants.) Aloe's long, slender leaves can be pinched off, slit open, and the moist, inner substance applied to cuts, scrapes, and burns to relieve pain and help with healing. (I've used-up many a poor aloe applying its healing sap for family first-aid.)

- **Lucky Bamboo:** Three to four stalks of bamboo in a tall jar or vase filled with pebbles and water will grow for years. They're lovely for an elegant, minimalist look.

- **Peace Lily:** Beautiful, glossy leaves and elegant, white blooms twice a year make this plant a favorite gift. In addition to being fairly hardy, indoors, they do a fine job of absorbing toxins in the air, cleansing and freshening any room. They're a member of the philodendron family, not lilies, so they're pretty easy to maintain.

- **Philodendron:** These green or green-and-yellow vines are fun and easy to maintain. They need little attention, and the

vines can be trained around a tiny trellis or pinched off and rooted in the soil for even thicker growth. Fun for folks who have no confidence in their gardening skills.

- **Snake Plant:** These old-fashioned favorites are quiet fellows. Long, thick, variegated leaves grow from a central base and curve as they grow upward. They seem to live oblivious to their surroundings—ideal for someone who wants no fuss or bother, but might enjoy the look of elegant greenery in foyer or bathroom.

Onward to the plants that may be a bit more demanding:

- **Orchids:** Elegant, varied in colors and sizes, orchids are lovely to give and to enjoy in your home. They have a reputation, and rightly so in my view, of demanding quite a bit of attention and care. I won't go into the specifics here, but this is a perfect gift for someone who likes to really learn about things, get

to know everything about a topic. He/she will have great fun getting acquainted with a beautiful orchid.

- **Goldfish Plant:** These delightful plants have shiny leaves and gold-orange blossoms (goldfish like, some say.) They're African Violets, so they too can be particular about their care, but if you get it right, a Goldfish plant will charm you with its cheery blossoms throughout the winter.

- **Ferns:** If you're a fern lover, you know they're a bit particular about their surroundings. But, ferns are so varied in form and lush in appearance, they are stunning additions to a room. The Boston and Maidenhair Ferns are the most familiar. They were very popular before the advent of central heating because they enjoy a chilly room, as long as there are no drafts. So, friends who keep their homes chilly will have great success with ferns.

- **Spider Plants:** These are wonderful plants for hang-

ing baskets. There is green or green-yellow variegated leaves and sprays of stems with tiny spider plant babies at their ends. The effect is somewhat like a fountain spray or fireworks of new life exploding from the heart of the mother plant. Great fun to snip off the babies and root them in water for later replanting. Soon, there will be a family of spider plants to give away.

There are many other suitable plants for giving, of course. These are only a few of the most common and reliable choices.

After you've devised, packed, wrapped, and delivered your gifts, sit back and enjoy the delighted responses from those who received your thoughtful, living gifts. *Psychology Today* notes that one of the most valuable gifts is the gift of *experiences*. If we can't be together to share experiences, the gift of a living plant can allow us to share the experiences of the garden remotely.

Stewards of Stillwater

By Lisa J. Gotto

For those who yearn to get away from it all, this 44-acre Talbot County property, known as Stillwater, is the idyllic setting to do just that. The traditional two-story brick colonial on Island Creek is not just a home but part of an estate perfect for the sportsman or woman and those who enjoy the equestrian lifestyle.

Inside, the spacious home has many of the features prized by families who love to entertain. A spacious, two-story foyer welcomes you to the residence's open living design plan. The kitchen is truly the heart of this home with its warm cherry wood cabinetry, large, granite-topped center island, and seating for six in its cheery breakfast area.

This warmth flows through to the home's family room with its beautiful carved wood hearth and accents of crown molding. An adjacent formal dining area is available on this level for special occasions, as is a formal living room, an exercise room with therapy pool, a lovely screened-in sunroom and an age-in-place master bedroom suite. Upstairs, there are four additional bedrooms and a game room that looks more like a totally tricked-out arcade.



Primary Structure Built: 2001
Sold For: \$1,775,000
Original List Price: \$1,995,000
Bedrooms: 5
Baths: 3 Full, 2 Half
Living Space: 6,062 sq. ft.
Lot Size: 44.11 acres

Outside, the fun is just beginning on the lush and well-manicured grounds with the large in-ground pool, extended patio space for entertaining, a pool house, and a beautifully appointed guest house for extended stays. Meander about the grounds and you'll find the property's well-maintained four-stall horse barn, soothing pasture, and serene views of Island Creek.

Whether you want to head down the dock and hop in the boat or hop up in the saddle, this property offers the quality of life so welcomed in our hectic world.

"The buyers had been searching for a property that felt like a true Eastern Shore waterfront estate, one that would also allow the privilege of hunting, farming, and caring for horses or sheep on their own land," said buyers' agent Brian Petzold of Chesapeake Bay Properties. Location was key, he explained. "The idea of a complete change in lifestyle with the experience of raising a family on a tranquil farm where all members must contribute and work together was appealing and part of their motivation to move here. They look forward to being caring stewards of the land."

Listing Agent: Eddie Mangold; Benson & Mangold Real Estate; o. 410-822-6665; m. 410-310-6867; eddie@bensonandmangold.com; bensonandmangold.com

Buyer's Agent: Brian Petzold; Chesapeake Bay Properties; 102 N. Harrison Street, Easton; o. 410-820-8008; m. 410-725-6852; brianpetzold@hotmail.com; chesapeakebayproperty.com

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MHIC # 05-136088



Primary Structure Built: 2006
Sold For: \$1,475,000
Original List Price:
 \$1,495,000
Bedrooms: 5
Baths: 6
Living Space: 4,804 sq. ft.
Lot Size: 1.58 acres

HOME REAL ESTATE

Exquisite. Traditional. Palatial.

By Lisa J. Gotto

This exceptionally well-designed and quality-built home on the deep Harris Creek provides the perfect setting for multi-generational family gatherings indoors and out.

Coming in at nearly 5,000 square feet, this waterfront home in tranquil McDaniel makes a great first impression with its hardi-plank exterior with stone and shingle features. A spacious entry shows this home has a flair for blending the old with the new beautifully with its nostalgia-inducing front door and woodwork. Light knotty pine flooring flows throughout.

The entire main level offers much natural light and conveys a feeling of comfort despite its size. The all-white gourmet kitchen has farmhouse appeal with its custom cabinetry, gorgeous crown molding, two-level center island that seats four, and a six-burner gas stove. This room also offers a series of sliding glass door panels that take you effortlessly out to spacious sunroom. A 32- by 30-foot family room on this level features a lovely wood-burning fireplace. This floor also boasts a convenient master bedroom and marble master bathroom with heated floors.



The second floor offers a separate sitting room and three lovely light and bright bedrooms, two of which have balconies that overlook the home's pool and gracious patio entertaining area. Some of this outdoor space is set-off as a wrap-around porch and is completely undercover, so too much sun is never an issue. Underneath, there's plenty of space for two dedicated dining areas and dancing undercover, should someone be so inclined.

When the new homeowners are ready for some fun out on the water, all they need to

do is walk out to their private pier and boat slip, and take a quick trip on Harris Creek. Nearby St. Michaels awaits with its wealth of dining, shopping, and leisure activities making for a quintessential Eastern Shore day.

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

Buyer's Agent: Rachel Harrison; Long & Foster Real Estate; 109 S. Talbot Street, St. Michaels; m. 443-786-4502; rachel.harrison@lnf.com; longandfoster.com/rachel-harrison

Health & Beauty

116 BRRR! STAY HEALTHY IN THE COLD | 117 FITNESS TIPS
122 DON'T LET THE HOLIDAYS HURT YOUR MENTAL HEALTH *plus more!*



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Brrr! Stay Healthy in the Cold

By Dylan Roche

Going outside in the wintertime is good for you. After all, whether you're trying to fit in a workout or just in need of some fresh air and sunshine, you don't want to stay cooped up indoors until spring!

But not so fast—cold weather demands a little bit of extra care, especially if you're going to be engaging in physical activity. Before you head out the door, be sure to take these precautions:

CHECK THE WEATHER. Remember to consider the temperature before you go outside—and that includes the wind chill. Extreme cold, even when you're bundled up properly in warm clothing, can be dangerous. Any temperature below 0 degrees Fahrenheit poses a risk. In these situations, avoid outdoor exercise and do an indoor workout instead. The same goes for days when it is precipitating, unless you have waterproof exercise attire.

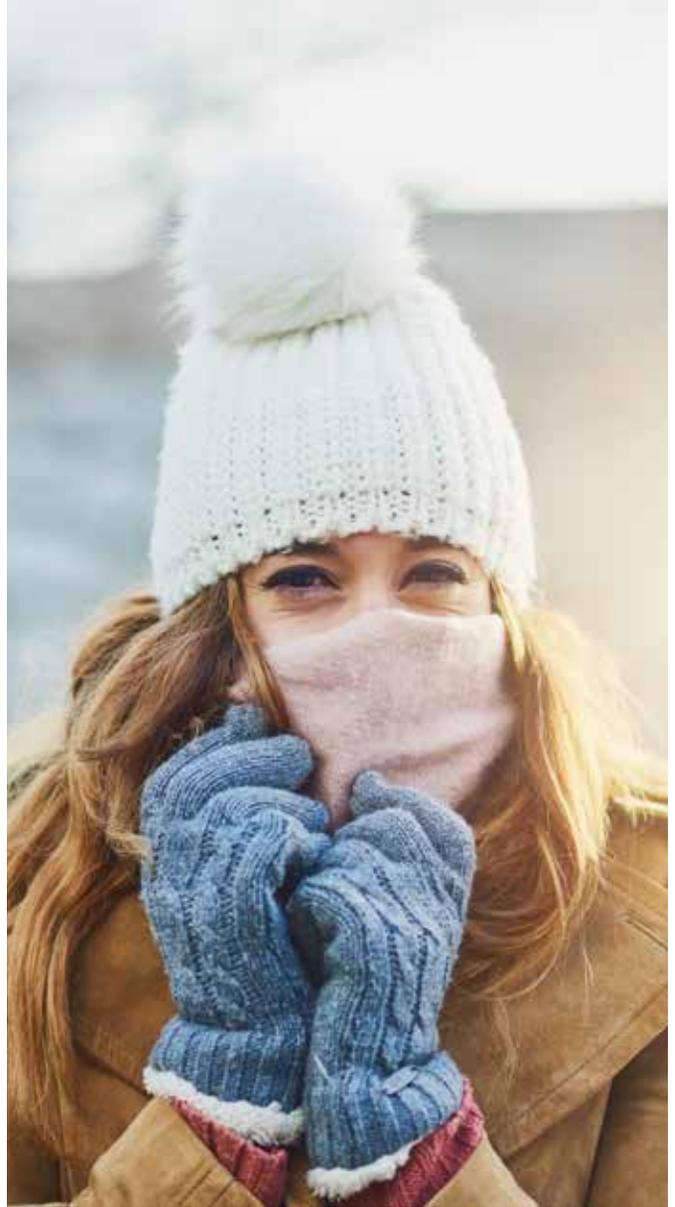
LAYER UP PROPERLY. There's a science to layering your outdoor winter clothing. Start with an innermost layer in a moisture-wicking fabric (think Under Armour or similar sportswear). Avoid cotton, which does a poor job of retaining body heat and will, actually, make you colder if it gets wet from snow or perspiration.

After your first layer, put on a warm middle layer of fleece or wool. Take care that your clothing is loose enough that outer pieces will go over inner pieces, but still fitted enough that you won't get wind trapped between layers.

Your top layer should be something light and waterproof, especially if you're going out in the snow.

WEAR GLOVES, A HAT, AND PROPER SOCKS. While you're dressing yourself, remember that blood flow concentrates in your core (i.e. your shoulders, chest, stomach and hips), which can mean there's less blood to warm up your head, hands and feet. Protect your hands and feet by wearing gloves and socks that have a moisture-wicking inner layer of fabric and a heavier, warmer outer layer.

Choose a hat made from wool or fleece that will cover your ears.



If you find that the cold air is burning your lungs, something that individuals with asthma are particularly prone to, you can wear a scarf around the lower half of your face to warm the air you're breathing in.

RECOGNIZE THE SIGNS OF HYPOTHERMIA. If your body is losing body heat faster than it can produce it, your body temperature will drop dangerously low. Once it goes below 95 degrees, you are at risk of hypothermia, which can cause such problems as a heart attack, kidney problems, and liver damage.

Watch for signs of hypothermia like pale skin, a puffy face, slowed speech, and slurred words. Late-stage signs of hypothermia include slow movement, clumsiness, shallow breaths, and a slowed heart rate. In extreme cases of hypothermia, you could black out or lose consciousness.

Hypothermia is a medical emergency that demands attention. While you wait for help from medical personnel, try to warm a hypothermic person up by removing any wet clothing, covering the person with a blanket or dry coat, and moving them inside or to a warmer location.

Fitness Tips

JUMPING FOR FITNESS

By Dylan Roche



You're gonna jump at the chance to incorporate these exercises into your workout—literally!

Let's face it: The reason most people give up on physical activity is because they get bored too quickly. You need to find a way to make it fun. And what better way to do that than by turning to a few activities you loved as a kid, namely jumping rope or jumping on a trampoline?



Sound crazy? It's not. When done properly, jumping works major muscle groups, gets your heart racing, and burns major calories. In fact, when done at high speeds, jumping rope can burn around 10 calories a minute and jumping on a trampoline can burn up to 13 calories a minute.

That could mean somewhere between 600 calories to 780 calories in an hour! That's the same calorie burn you could expect from running or cycling.

This is promising for people who are aiming to lose weight, as the American College of Sports Medicine recommends burning 200 to 300 calories in a half-hour exercise routine if you're aiming to create the necessary calorie deficit for shedding pounds.

Jump ropes are relatively inexpensive pieces of equipment. Opt for one designed for adults rather than your kid's jump rope—not only will it be longer and better suited to your height but also it will be a higher-quality material.

If it's been a few years since you've jumped rope, remember to keep your arms close to your

body with your elbows slightly bent. Your shoulders should be drawn back and your chest should be held high (this is referred to as athletic stance), which will help you avoid injury.

The first place you'll feel the burn is your calves, but jumping rope works all your major leg muscles, plus parts of your upper body as your arms work to keep the rope moving. Jumping rope is also good for your agility and coordination.

Aim to go for a full five minutes at the fastest speed you can go. If this sounds easy, you might find yourself surprised. Use short high-intensity intervals of jumping rope as part of a varied workout or see whether you can go for 30 minutes uninterrupted. If you want to vary what you're doing, try bringing your knees up above your waist, scissoring your legs as you jump, or even swinging the rope backward.

Then there's the **trampoline**. Don't think you have to get a large trampoline for your yard when mini trampolines are just as effective and are easily stowed away under a bed.

Jumping on the trampoline is easy on your joints, so it's a great option for people who need a low-impact workout. It also challenges you more than jumping rope does because your body has to react to an unstable surface, which improves your balance and spatial awareness.

Give your trampoline routine plenty of variety by incorporating moves like lifting your knees up above your waist or twisting your legs from side to side with each jump. Certain programs, such as the popular JumpSport, walk you through choreographed moves you can do on your trampoline to hit the most muscles and keep yourself fully engaged.

Still looking for ideas on how to incorporate jumping into your exercise routine? Don't underestimate **jump squats** (also called squat jumps). They don't require any equipment or gear, and they work your quadriceps, hamstrings, calves, and glutes. Done repeatedly at a fast speed, they'll give you a great cardio workout.

To perform a jump squat, stand with your feet shoulder-width apart, then lower your body

to a squat. As you go down, pull your elbows back so your hands are level at your ribcage. From the squat position, jump as high as you can, reaching your arms upward and over your head as you do so.

Land firmly on the ground with your feet spread shoulder-width. Go right back into the same movement without rest.

You can take it one step further by incorporating a sturdy box (one that can support your weight). Jump forward onto the box with your first jump, then backward off the box and onto the ground with your second jump. Repeat until you're winded.

It's important to note that jump squats are considered a plyometric exercise, which are exercises that involve an explosive burst of speed and power. They are often difficult to perform, which makes them ideal for training athletes and providing a challenge to people who are already in great shape. They do, however, pose risk of injury. Done improperly, jump squats can do damage to your knees and other lower-body joints.

And if you want a real challenge, don't hesitate to create a circuit with all three exercises—jump rope for five minutes, jump on the mini tramp for five minutes, then do a minute of jump squats. Challenge yourself to see how long you can go. Who knows? Time just might fly when you're having that much fun!

Fresh Take

ORANGES

By Dylan Roche

You might say that oranges are sweet, a little sour and a lot festive. Older generations might remember when oranges were a rare treat they only had the chance to enjoy during the holiday season, though it's not completely clear how this tradition got started.

Maybe it's because oranges are in peak season in December—these tropical fruits grow year-round but they're always their best in winter months. Plus, in decades past, citrus fruit would have been exotic and rare for those who don't live in tropical climates, so it was exciting to find one tucked away with other presents in your stocking.



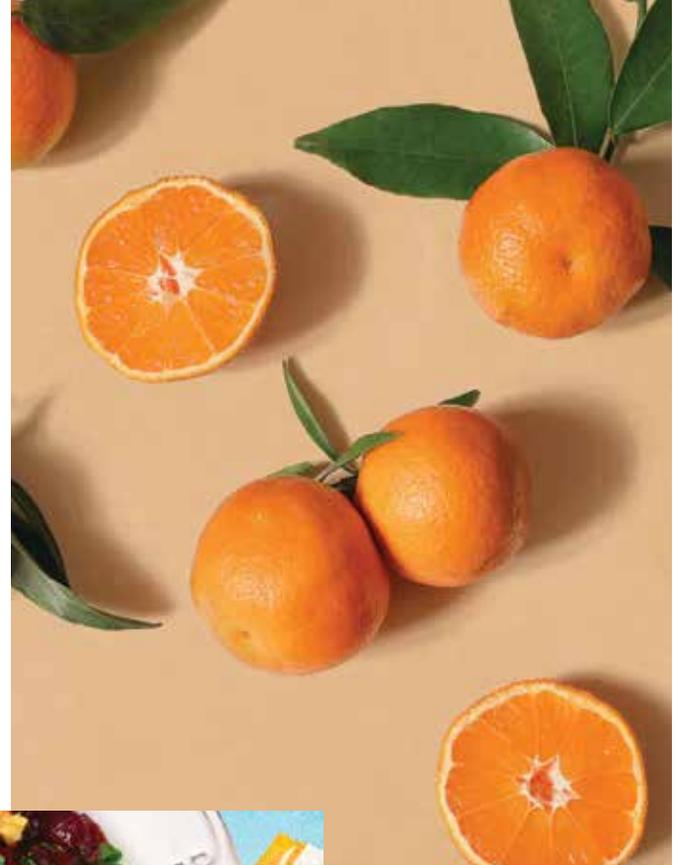
As oranges have become more prevalent throughout the rest of the year, their place in holiday tradition has faded. But there's something about their juicy, citrusy taste that makes a distinctive addition to a yuletide feast.

They're also full of nutrients that will keep you healthy during a time of year when everyone seems to be fighting some kind of infection. In fact, this is part of the reason oranges made their way to the United States in the 16th century. These fruits, which are native to Asia, were carried by Portuguese and Italian traders on their explorations

because the vitamin C content was necessary for preventing scurvy, a deficiency marked by bleeding gums. When explorers brought oranges to Florida and planted their seeds, the trees flourished in the warm climate.

Oranges come in many varieties, but the three most popular are:

Navel oranges, which are larger and distinguished by a small growth that looks like a navel
Blood oranges, which are medium in size and recognizable by their bright red flesh
Mandarins, which are smaller and sweeter, known for being seedless and easy to peel



Festive Orange & Cranberry Salad

INGREDIENTS:

- 5 cups mixed salad greens
- 4 blood oranges, peeled and cut into small pieces
- 1/2 cup candied pecans
- 1/2 cup roasted pistachios
- 1/2 cup dried cranberries
- 1/2 cup crumbled goat cheese
- 1/4 cup fresh orange juice
- 1/4 cup olive oil
- 1/4 cup champagne vinegar
- 2 tablespoons maple syrup

DIRECTIONS:

Whisk together champagne vinegar, orange juice, olive oil and maple syrup. Chill for 1 hour. Assemble the salad with the greens, oranges, pecans, pistachios, cranberries and goat cheese. Assemble so that the bright Christmas colors are all visible—the red blood oranges against the greens, dotted with the white crumbled goat cheese. Wait until ready to serve to drizzle generously with the dressing.

In addition to their vitamin C, oranges contain folate, potassium, thiamin, calcium, and vitamin A. They're also low in calories and have a minimal impact on blood sugar levels because of their high fiber content. Health-conscious eaters will celebrate to know oranges are a source of 70 phytonutrients and 60 flavonoids, both of which are important for fighting cancer.

When buying oranges, opt for ones that feel heavy and firm for their size, as this means they have a higher juice content. Ideally, go for oranges that have a smooth texture to their skin. Oranges will keep

well at room temperature for three days or in the refrigerator for as long as two weeks.

But now the question is how do you incorporate oranges into your holiday spread? Sure, you can always slip an orange or two into each

stocking, or you can juice them to make mimosas on Christmas morning. But if you want to get really creative, oranges work equally well in either a festive salad or chocolate truffles.

Orange Chocolate Truffles

INGREDIENTS:

4 cups chopped dark chocolate (approximately 24 ounces)
1/2 cup heavy cream
1/4 cup coconut oil
2 teaspoon orange zest (grated orange peel)
2 teaspoons orange extract
2 teaspoons brown sugar
1/4 teaspoon cinnamon
1/2 cup finely chopped pecans
1/2 cup finely chopped almonds
1/2 cup finely chopped hazelnuts

DIRECTIONS:

Toss the nuts together and spread evenly across a baking sheet.

Allow to toast in the oven until aromatic and slightly browned. Set aside, along with 1 cup of chopped chocolate. Combine cream, coconut oil, brown sugar, and cinnamon in a saucepan over medium heat and bring to a boil. Add orange zest and orange extract and whisk thoroughly. Lower the heat and allow to simmer for one minute. Add the remaining 3 cups of chocolate and allow to melt. Stir to combine. Set aside to chill in the refrigerator for approximately 1 hour. Shape the chocolate mixture into small balls and roll them in the toasted nuts, coating them thoroughly. Set them on wax paper. Melt the remaining chocolate in the microwave or double boiler and drizzle on the truffles. Allow the melted chocolate to set by chilling the truffles in the refrigerator.



HEALTH & BEAUTY BEAUTY

Interested in Cryolipolysis?

NOW IS THE TIME TO GET STARTED IF YOU WANT TO BE READY BY SUMMER

By Dylan Roche

When diet and exercise just aren't enough to eliminate a few problem areas of body fat, it can be a serious hindrance to your self-confidence. But invasive fat-reduction surgery isn't the only option you have to consider. The popular treatment cryolipolysis—sometimes known by the trademarked name CoolSculpting—has helped more than 450,000 people around the world lose stubborn bulges without the invasiveness of something like liposuction.

But if you're considering cryolipolysis and want to see its full effects in time for summer 2021's beach season, then winter is the time to get started.

How does it work? CoolSculpting or cryolipolysis works by freezing fat cells using a handheld applicator (more on that in a second). The body responds to this freezing with inflammation, killing the fat cells without harming the skin or other tissue. Over the following weeks and months, the body naturally eliminates the dead fat cells.

It's important to note that this procedure is for patients who have minor bulges or fat deposits that are resistant to diet and exercise—it's not a procedure for reducing a significant amount of body-weight. Patients also must maintain a healthy lifestyle if they do not want to regain weight afterward.

What does the procedure entail? The doctor starts by placing a gel pad over the fatty area to protect the skin, then uses a handheld applicator to gently massage the area. The patient might feel some minor discomfort, but no pain. Afterward, they can leave the doctor's office and return to normal activities right away. It's a low-risk, easy procedure—there's no anesthesia, no recovery period and no risk of infection.

How long does it take to see results? It's possible to see changes as early as three weeks after the procedure, but most patients will observe a noticeable difference after approximately two months. Significant fat cell elimination takes place between months four and six, so a person who undergoes cryolipolysis in December or January will see the full extent of the procedure's effects by May or June.

Who performs cryolipolysis? Cryolipolysis might be noninvasive, but it's still a medical procedure. Opt to receive treatment from a licensed physician in a medical facility. To find providers who are members of the American Society of Plastic Surgeons, visit find.plasticsurgery.org.



HEALTH & BEAUTY HEALTH

Reconsider Your Revelry

ALCOHOL ABUSE PEAKS
DURING HOLIDAY SEASON

By Dylan Roche

The holiday season is called the most wonderful time of the year, but don't be making so merry that you neglect to be responsible about alcohol consumption. That's a fast way to make it the least wonderful time of the year!

Unfortunately, this seems to be a common problem for most people during the month of December, particularly when it comes to celebrations. Consider these statistics:

1. The National Institute on Alcohol Abuse and Alcoholism (NIAAA) reports that the percentage of traffic fatalities involving a drunk driver increases from 28 percent during most of December to 40 percent on holidays. **2.** According to the American Addiction Centers Resource, 23 percent of men and 18 percent of women binge drink over winter holidays. **3.** It's not just Christmas or Hanukkah. The NIAAA further reports that violations for driving under the influence increase by 155 percent on New Year's Eve. The American Addiction Centers Resource cites New Year's Eve

as second only to Mardi Gras as the biggest drinking holiday, and that 47 percent of men and 40 percent of women engage in binge drinking.

"That's all right," most people innocently think. "I know how to drink responsibly."

But define "responsibly." After all, there are a lot of misconceptions out there about what it means to drink in a safe and healthy way.

Let's take a look at some of the more common ones:

HOW MANY DRINKS CAN YOU HAVE AND STILL LEGALLY DRIVE?

Probably fewer than you think. And even if you're still legally able to drink, that doesn't mean it's a safe idea.

A person who has a blood-alcohol concentration (also known as BAC, a percentage of grams of alcohol per deciliter of blood) of 0.08 is considered legally intoxicated and unable to drive. At this stage of drunkenness, a person usually suffers poor muscle coordination, resulting in difficulty maintaining balance, reduced vision and hearing, and slower reaction time. People with this BAC also have a reduced ability to process information.

But even at a lesser BAC, people have reduced abilities. At 0.02—what most people would describe as relaxed, when they are in a good mood and feeling only slight loss of inhibition and judgement—people still have a lessened ability to perform two tasks simultaneously and have lost some visual function.

Most experts, such as those at the National Highway

Traffic Safety Administration, discourage anyone from driving at a BAC of 0.05.

The amount of alcohol your body can handle will vary by weight, but not by that much. A 180-pound man can have three drinks before being legally intoxicated, whereas a 220-pound man can safely have four drinks—a fifth one, however, will make him legally intoxicated. Women should have even less to drink, even if they are the same weight as men. A 140-pound woman and a 180-pound woman would both only be able to have two drinks before they are legally intoxicated.

IS IT ALL RIGHT TO DRINK MORE IF YOU'RE CONSUMING FOOD?

While food won't stop your body from absorbing alcohol, having something in your stomach will help slow the absorption. That's because the speed at which alcohol is absorbed depends on how quickly the alcohol leaves the stomach and makes its way into your intestines—and if there's food in your stomach that digests more slowly than liquids, you won't have alcohol going into your intestines all at once. This is especially effective if you've eaten something containing fat or fiber, both of which digest very slowly.

It's important to remember, however, that this applies only to food that is consumed before you start drinking. Eating a big meal after the alcohol has already emptied into your bloodstream won't prevent you from being drunk—you'll simply have to wait for your body to process the alcohol.

Food can also be helpful for people who are drinking heav-

Copaiba Oil

POTENTIALLY THE NEXT BIG HEALTH TREND

By Dylan Roche

ily because it replaces water-soluble vitamins that are lost by alcohol's diuretic effect (i.e. it makes you urinate more frequently) and provides you with nutrients your body needs to fight the toxins alcohol produces as it breaks down. While some drunk people might crave low-nutrient foods like pizza or French fries, you're much better off opting for fruits, vegetables, whole grains and lean protein if they are available.

CAN YOU SOBER UP WITH COFFEE OR A COLD SHOWER?

If only there were really a way to reverse drunkenness very quickly! Unfortunately, that's not the case. Not even commonly regarded "cures" can actually make you suddenly sober. All coffee or a cold shower does is make you feel more alert. This is because caffeine and cold water stimulate your nervous system, not because your body has metabolized the alcohol quickly. The only way to sober up is to wait it out: It will usually take your body one hour to process one drink (in this case, one drink is defined as 1 ounce of liquor, 12 ounces of normal-strength beer or 5 ounces of wine).

WHAT SHOULD YOU DO IF YOU'RE GOING OUT DRINKING?

Don't risk it. If you're planning to drink, have a place to stay or a safe ride home. You can opt to use a rideshare service or taxi, or you could get a ride with a friend who is completely abstaining from alcohol for the night. If you're a host, offer nonalcoholic drink options and be diligent to make sure all your guests leave with a designated driver.

You might have heard recently about an essential oil called Copaiba (pronounced co-pie-EE-ba), which is generating a lot of buzz, particularly among holistic health circles, about its variety of purported benefits – everything from relieving pain to helping fight cancer.

Here's a brief rundown on what you should know about what could very likely be a big health trend in 2021...

1. Copaiba oil derives from the sap of trees in South and Central America. These trees, known formally as *Copaifera officinalis*, are tapped much the way maple trees are to harvest syrup. Their resin is then distilled with steam to produce an aromatic oil with a smell that might remind you of cinnamon, honey, and cedar.
2. While copaiba oil is a recent addition to our health discourse here in modern-day America, it actually has a long history in South and Central America—the Mayan culture used it starting in the 16th to treat a variety of ailments.
3. Talk to advocates of copaiba today, and you might hear that it has anti-inflammatory, neuroprotective, and antimicrobial capabilities. Claims include that it can help stave off cancer, relieve pain, and even aid in healing scars or clearing up skin blemishes.
4. Unfortunately, while there is some basic research to support some of its health claims, there's nothing conclusive that proves copaiba is any kind of miracle. However, those who are interested in complementary and alternative medicine may wish to keep an eye on it as it undergoes more studies. At the very least, they may wish to simply use copaiba as an aromatic oil in their home to boost their mood and relieve stress.
5. If you want to add copaiba to your essential oil collection, it's important you use discretion in choosing a seller—go with a reliable distributor, such as doTERRA. Don't buy any copaiba oil that has been cut with chemicals or other toxic ingredients. It's also important not to rely on copaiba oil as treatment in lieu of proven methods.

6. Follow the specific directions provided by the oil's distributor. You can use copaiba by mixing it with a carrier oil or lotion and massaging it onto the skin, diffusing it into the air with a mister or diffuser, or putting several drops in a warm bath.





HEALTH & BEAUTY HEALTH

Don't Let the Holidays Hurt Your Mental Health

By Dylan Roche

Everyone is supposed to be happy around the holidays, right?

Unfortunately, that isn't the case for everyone. Reasons vary, but the reality is that the holiday season can be a very unhappy time for many people.

They could be struggling with the loss of a loved one, the end of a relationship, the loss of a job or even a bad health diagnosis. Others might simply feel lonely or isolated at a time when they wish they could be especially connected with their loved ones. Then there are those who might simply feel overwhelmed by the holiday stress.

These negative feelings are often described by psychologists as the holiday blues. If you feel this way, you're

not alone. And while short-term mental health issues aren't the same as chronic ones, you should still take them seriously. Furthermore, according to the National Alliance on Mental Illness (NAMI), 64 percent of people who struggle with anxiety or depression say the holidays exacerbate their conditions.

One important misconception to dispel is the notion that the suicide rate is higher around the holidays. While mental health can be at risk in December, the Centers for Disease Control and Prevention actually reports data that suicide rates are historically low during this time of the year.

Additionally, a study published in December 2018 by the Annenberg Public Policy Center of the University of

Pennsylvania noted that two-thirds of media stories mentioning the holidays and suicide drew a false connection between the two. For those who struggle with suicidal ideology, this misconception poses a huge risk by making suicide look more attractive.

If you find yourself in a crisis during the holiday season, you should seek help from a credible service such as the Substance Abuse and Mental Health Services Administration's national helpline at 1-800-662-HELP or the Suicide Prevention Lifeline at 1-800-273-8255.

But if you're simply feeling sad, lonely, stressed or anxious, there are adjustments you can make to your traditions that will help you get

through December without any added strife. Here are some tips to keep in mind:

1. AVOID MEDIA DEPICTIONS OF THE HOLIDAYS. This one will be difficult, but for some people, it's the only way to maintain their sanity. Everywhere you turn during the holiday season, you're being confronted with festive images. Even Facebook and Instagram are a constant barrage of pictures and posts about gift lists, tree decorating, baking and more.

The problem with this is that it reinforces the notion of what the holidays are "supposed to look like." If your season doesn't fit this cookie-cutter image, you might feel even more left out. Remember that the holidays are not a one-size-fits-all

thing, and avoid any representation that leads you to believe otherwise. On that same note...

2. PARTICIPATE IN NON-HOLIDAY-RELATED ACTIVITIES.

Sometimes it seems as if everyone wants to binge-watch *Rudolph* and *Frosty* on TV, listen to carols on the radio and work on holiday crafts. That's great if you enjoy those activities. But you could have just as much fun spending time with friends or family members doing things that don't constantly remind you it's the so-called most wonderful time of the year.

Instead, watch a comedy to lift your spirits and distract you from stressors. Put on rock 'n' roll or pop music to boost your mood. Play a board game to engage your mind. These

activities will let you enjoy the company of others without triggering unwanted thoughts about the holidays.

3. DON'T LET REVELRY TAKE YOU OUT OF YOUR HEALTHY

HABITS. The best way to maintain your mental health is to stick with your routine as much as you possibly can. Avoid things like dietary swings, skipping your workout, excessive drinking or lack of sleep. Make taking care of yourself a priority.

However, if you want to engage in some non-routine revelry, that's perfectly okay. Avoid any stress related to this by reminding yourself this is a once-in-a-great-while circumstance and you'll get right back to taking care of yourself tomorrow. Having a cookie, enjoying

a glass of wine, staying out past your bedtime or ditching the gym for some gift shopping are perfectly acceptable and shouldn't be sources of strife or guilt.

4. RECOGNIZE SOCIAL ANXIETY.

Being in social settings can be overwhelming, especially if you're not in an ideal place mentally or emotionally in your life. Rather than avoiding holiday social events, go into them prepared. Rehearse an answer ahead of time for when people ask about your relationship status or career path. For example, you can say, "I'm currently looking for new employment opportunities. Let's talk professional development later if you're interested—for tonight, I'm more interested in socializing and having fun."

Additionally, be prepared to politely turn down any indulgences you don't want. If someone tries to force food or alcohol on you, tell them, "It sounds delicious, but I'm fine for right now. I'll let you know later if I want some."

5. CELEBRATE DIFFERENTLY.

Don't be afraid to start new holiday traditions that help fit a different perspective. If you can't spend time with loved ones on the holiday itself, there's nothing wrong with observing it on a different day. If you are exhausted by the thought of shopping and decorating, commit to a downsized version of the holiday. You might even choose to volunteer instead of party or donate instead of buying gifts. These traditions will remove the stress and help you re-focus on what's important.

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☎ Reservations

Y Full bar

👨 Family Friendly

🌊 Water View

☀ Outdoor Seating

🎵 Live Music

🐕 Dog Friendly

👑 Best of 2020 Winner

Queen Anne's County

Adam's Taphouse and Grille

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

Annie's Paramount Steak & Seafood House

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

Big Bats Café

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

Bridges Restaurant

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

Café Sado

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

Capriotti's

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

Carmine's New York Pizza

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

Doc's Riverside Grille

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

El Jefe Mexican Kitchen & Tequila Bar

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

Fisherman's Inn & Crab Deck

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

Frix's Fire Grill

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

Harris Crab House

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

Hemingway's Restaurant

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

Historic Kent Manor Inn

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

The Jetty Restaurant & Dock Bar

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

Kentmorr Restaurant

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

Knoxie's Table

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

Ledo Pizza

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

Love Point Deli

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

The Narrows Restaurant

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

Oh My Chocolate

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

O'Shucks Irish Pub

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

Rams Head Shorehouse

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

Red Eye's Dock Bar

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

Rustico Restaurant & Wine Bar

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

SandBar at Rolph's Wharf

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

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Smoke, Rattle & Roll

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

Talbot County

208 Talbot

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

Ava's Pizzeria & Wine Bar

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

Awful Arthur's Seafood Company

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

The BBQ Joint

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

Banning's Tavern

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

Bartlett Pear Inn

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

Bas Rouge

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

Bistro St. Michaels

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

Blackthorn Irish Pub

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

Capriotti's

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

Capsize (Seasonal)

314 Tilghman Street, Oxford; 410-226-5900; Capsizeoxmd.com; American; lunch, dinner \$-\$\$ ☎ Y 🌊 🍷

Captain's Ketch

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

Carpenter Street Saloon

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

Characters Bridge Restaurant

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

Chesapeake Landing

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

"Excellent Indian food with both quality and quantity. Love this place and worth a visit." -Neil Brunner WINNER

The Coffee Trappe

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

The Crab Claw Restaurant

304 Burns Street, St. Michaels; 410-745-2900; Thecrabclaw.com; Seafood; lunch, dinner \$\$ 🍷 🍷 🍷 🍷 *

Crab N Que

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

Crepes By The Bay

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

Doc's Downtown Grille

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

Doc's Sunset Grille

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

Eat Sprout

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

El Dorado Bar & Grill

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

Foxy's Harbor Grille (Seasonal)

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

The Galley St. Michaels

305 S. Talbot Street, St. Michaels; 410-200-8572; Thegalleyssaintmichaels.com; Breakfast, lunch \$ 🍷 🍷 *

Gina's Cafe

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

Gluten Free Bakery Girl

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

Gourmet by the Bay

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

Harrison's Harbour Lights

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

Hill's Cafe and Juice Bar

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

Hong Kong Kitchens

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

Hot off The Coals BBQ

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

Hunters' Tavern at the Tidewater Inn

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

In Japan

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

Krave Courtyard

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

Latitude 38 Bistro & Spirits

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

Ledo Pizza

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

Lighthouse Oyster Bar & Grill

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

Limoncello Italian Restaurant

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

Lowes Wharf

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

Lyon Distilling Company

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

Sakura Sushi Restaurant

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

Sam's Pizza & Restaurant

1110 S. Talbot Street, St. Michaels; 410-745-5955; 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; Theossteakhouse.com; Steakhouse; dinner \$\$\$ 🍷 🍷 🍷

Two if by Sea

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

U Sushi

108 Marlboro Avenue, Easton; 410-763-8868; 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, Chertestown; 443-282-0055; 98cannon.com; Seafood; lunch and dinner \$\$, 🍷 🍷 🍷 *

Barbara's On The Bay

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

Bayside Foods

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

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

Beverly's Family Restaurant
11 Washington Ave, Chestertown; 410-778-1995; American; breakfast, lunch, coffee ☕

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

Casa Carmen Wine House
312 Cannon Street, Chestertown; 443-203-8023; casacarmen-wines.com 🍷

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

Ellen's Coffee Shop & Family Restaurant
205 Spring Ave, Chestertown; 410-810-1992; American; breakfast, lunch, dinner, coffee \$\$\$ ☕

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 Dining Restaurant, Sunday Brunch \$\$\$ 🍷 🌊 * 🎶

Luisa's Cucina Italiana
849 Washington Ave, Chestertown; 410-778-5360; Luisasrestaurant.com; Italian; lunch, dinner \$-\$\$\$ ☕ 🍷

Marzella's By The Bay
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 \$\$ 🍷

Jimmie & Sook's Raw Bar & Grill
527 Poplar Street, Cambridge; 410-228-0008; Jimmieandsooks.com; Seafood; lunch, dinner \$ 🍷 🌊 * 🎶

Key'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 Steet, Cambridge; 443-225-5664; Rarbrewing.com; American; lunch, dinner \$ 🍷

Snapper's Waterfront Café
112 Commerce Street, Cambridge; 410-228-0112; Snapperswaterfrontcafe.com; American, seafood; lunch, dinner, Sunday breakfast \$ 🍷 🌊 * 🎶

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

ThaiTalian Infusion Cuisine
300B Washington Street, Cambridge; 443-225-6615; thaitalianinfusioncuisine.com 🍷

Caroline County

Harry's on the Green
4 South First Street, Denton; 410-479-1919; Harrysonthegreen.com; American, seafood; lunch, dinner \$\$\$ ☕ 🍷 🌊 *

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



Restaurant Name _____

Restaurant Location _____

Your Review _____

Name _____

Email _____

Address _____

City _____

Zip _____

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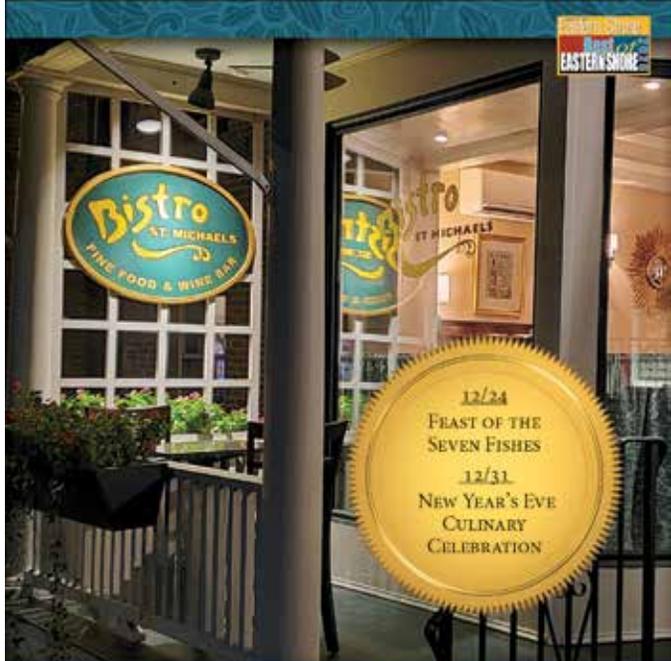
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Where's Wilma?

FIND WILMA AND WIN!

Look...up in the sky. It's a bird, it's a plane, it's...Wilma (in a plane) and she's sky-writing "Happy Holidays." Our forever-fun mascot, Wilma, is zipping through high above in her single-prop spreading good cheer for this season and the new year. Along the way, she's making pit-stops to local shops to sing a merry tune. 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: Samantha Brighton of Centreville, who won a \$50 gift certificate to a local restaurant.

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



Please Print Legibly

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

Name _____

Phone _____

Address _____

E-mail address _____

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

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

Entries must be received by December 31, 2020. Winner will receive a gift certificate to a local establishment and their name will appear in an upcoming issue of What's Up? Eastern Shore.

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University of Maryland Shore Regional Health.....IBC

Visit Annapolis.....10



HEALTH CARE HEROES

Congratulations to all our health care heroes celebrating service milestones!

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Dorothy Waters
Brendette Wilkins

45 YEARS

Mary Cook
Sherry Dolby
Katherine Morris
Andrea Shoener

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Clarence Freeman
Montoya Major
Deborah Medford
Robin Nicholson
Sandra Simmons
Linda Warren

35 YEARS

Judy Aaron
Teresa Fisher
Dorothy E. Gannon
Bonnie Hjemvik
Andrea Howerin
Mary Hynes
Dorothy Johnson
Pamela Johnson
James McKay
Anne Santucci
Susan Smith
Richard Todd

30 YEARS

Meredith Bennett
Tyrus Brannock
Sheila Broadway
Teresa Coleman
Vivian Cooper
Amy Custis
Marybeth Daniels
Robin Ford
Valerie Freeman

Paula Larrimore
Marion Lewis
Joseph Morrow
Lisa Pierson
Leslie Pinkett

Diana Gail Shorter
Deborah Smith
Melissa Thomas
Vernon Usilton
Cheryl Wanex

25 YEARS

Alida Bushe
Cynthia Clawson
Ronni Colbert
Mary Linthicum
Ira Short
Karen Van Trieste
Wafik Zaki

20 YEARS

Stephanie Blades
Julia Bratcher
Evette Johns Brown
Kevin Chapple
Sandra Cornish
Jenifer Deitterick
Carolyn Duvall
Kristen Gannon
Margaret Gross
Nikki Hazel
Tracy Hubbard
Christine Jackson
Patricia Joiner
Lisa Kemp
Patricia Pinheiro
Amy Schwaninger
Melissa Singleton
Bruce Singley
Sheila Spriggs
Mary Strickland
Deborah Struder
Stella Thomas
Katherine Thomson

Robin Vanschaik
Deborah Weber
Laverne Whittington

15 YEARS

Jessica Adkins
Florencene Beasley
Stephanie Beasley
Marla Best
Stacy Blanchfield
Ellen Cahall
Pamela Callahan
Corsetta Camper
Dewanna Caperoon
Amanda Chapman
Barbara Coleman
Mary Collins
Vicky Collins
Jaclyn Crawford
Chamice Dill
Chrystal Dixon
Sheila Dixon
Mary Glynn
Mollie Goldstein
Bernadette Golt
Diane Green
Anderson Griffith
Susanne Grover
Felicia Hitch
Tresa Hutchison
Lawrence James
Nicole Janes
Dawn Nellis Jensen
Carlotta Johnson
Rebecca King
Tisha Klopp
Florence Lausen
Gwendolyn Lee
Teri Love
Donna Martin
Elizabeth McKay
Debbie Mills
Colby Robbins
Kelly Robinson

Patricia Rooney
Ruth Scudder
Paul Scull
William Shertenlieb
Elizabeth Shields
Caren Smith
Darlene Smith
David Snow
Andrea Spray
Christy Tracey
Maila Wagner
Amber Weathers
Nancy Webster
Ashley Williams
Marie Williamson

10 YEARS

Sara Andrews
Jennifer Benson
Annette Bjornvedt
Michael Blades
Delisia Boulden
Deonte Boyd
Stephanie Briddelle
Stephanie Brock
Victoria Campisi
Mary Christophel
Brittany Clark
Donald Cooper, Jr.
Gordon Corbman
Debra Correa
Crystal Davenport
Jakisha Downing
Theresa Dulin
Kathleen Elzey
Megan Engle
Robert Esser
Heidi Ferguson
Jamie Fleetwood
Amy Forrest
Bruce Golt
Leslie Hambleton
George Higgins
Mary Holden

Deborah Hood
Deborah Jarrell
Truneal Johnson
Erika Jordan
Khalid Kurtom
Chanelle Lake
Linda Larrimore
Debra Lauser
Lisa Lisle
Raymond Lyons
Shannan Maggio
Sarena McKnight
Melissa Means
Brittany Middleton
Nathan Molock, Jr.
Myra Neal
Nicole Paskoski
Ashlea Pentz
Christine Peters
Elizabeth Principe
Raenell Santamaria
Erin Scheele
Jennifer Schwink
Marcia Shapiro
Anna Stanton
Carolyn Sutch
Sherri Taylor
Claudia Tilley
Kayla Toulson
Donna Voshell
Emily Welsh
Margaret Wood
Alyssa Wooten
Cynthia Yost

5 YEARS

Kay Adair
Katie Alder
Shanta Banks
Nannette Bedell
Asha Belle
Gina Exantus
Bernard
Tyeshia Blacknall

Morgan Blue
Ren Boettger
Kathleen Boone
Christine Brennan
Jacqueline Brooks
Thomas Bush
Bridget Byrne
Susannah Calder
John Callahan
Christy Chase
Tanzannica Chester
Jaren Clough
Chelsea Compton
Carla Copper
Tyshika Cropper
Katherine Cvach
Chandra Dye
Michelle Emrick
Michele Eustace
Carol Fehsenfeld
Chrystyn Felgenhouer
Justine Foxwell
Dorothy M. Gannon
Elizabeth Giebler
Alice Gilmer
Heather Gottlieb
Brittany Gowe
Amber Green
Lisa Halbig
Tawes Harper
Ashley Higgs
Jenna Himes
Kimberly Honeycutt
Hope Honigsberg
Juliana Hospodor
Ramona Hutchison
Kiara Jackson
Ariana Jenkins
LaShawn Jenkins
Kelly Jewell
Maria Kimball
Lindsay Kimbles
Billie Jo Lagana

Joan Lane
Kasey Lane
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Michael Porter
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Noel Scarano
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