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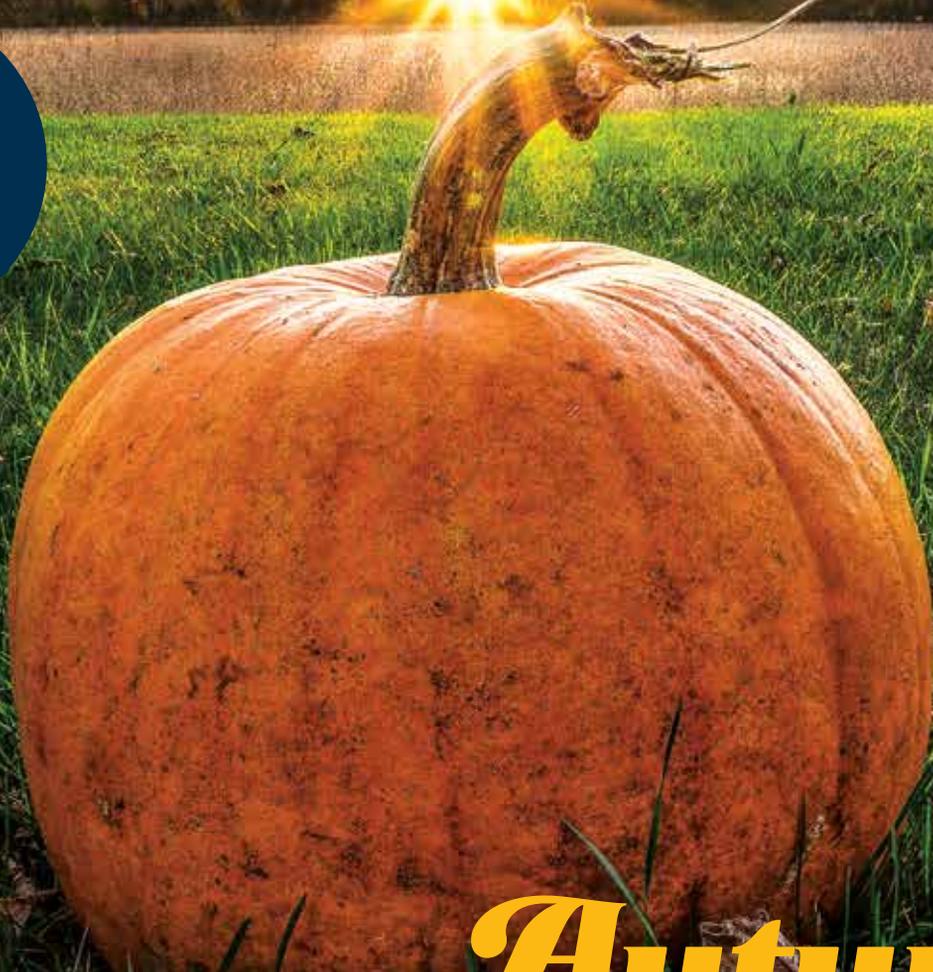
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From Left to Right: Laura Ruppel, L.E. | Ali Weiss, Aesthetic NP | Kelly O'Donnell, MD | Eden Flynn, BSN, RN

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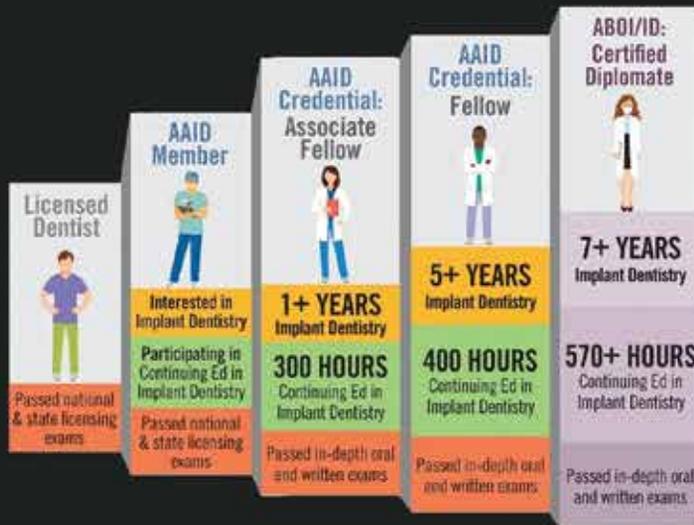


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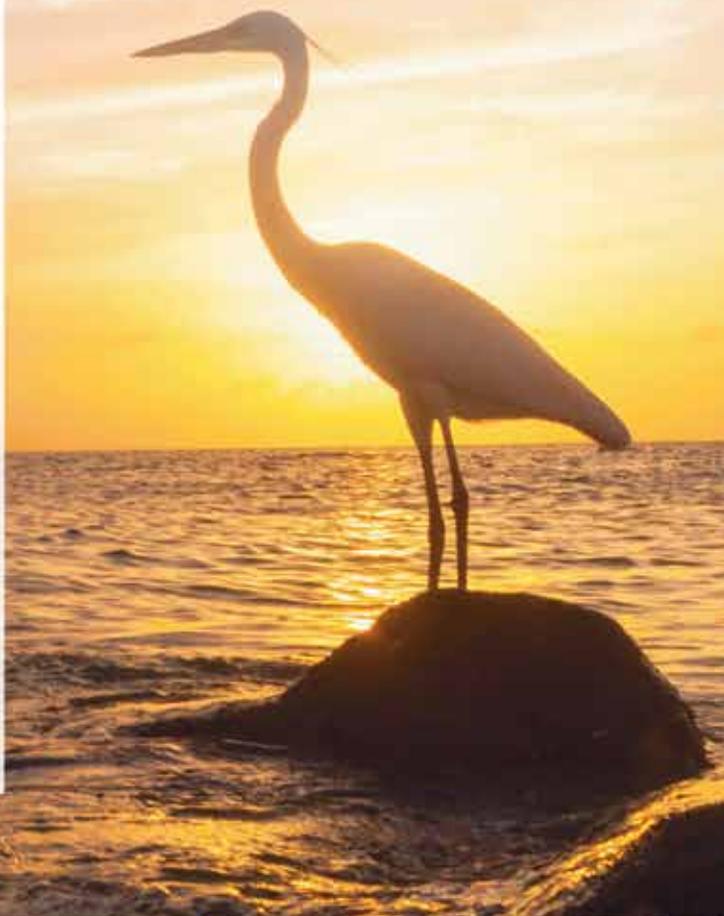
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On the Cover: Celebrate autumn with many outdoor adventures, activities, and celebrations. Design by August Schwartz. Contact *What's Up? Eastern Shore* online at whatsupmag.com. Please recycle this magazine.

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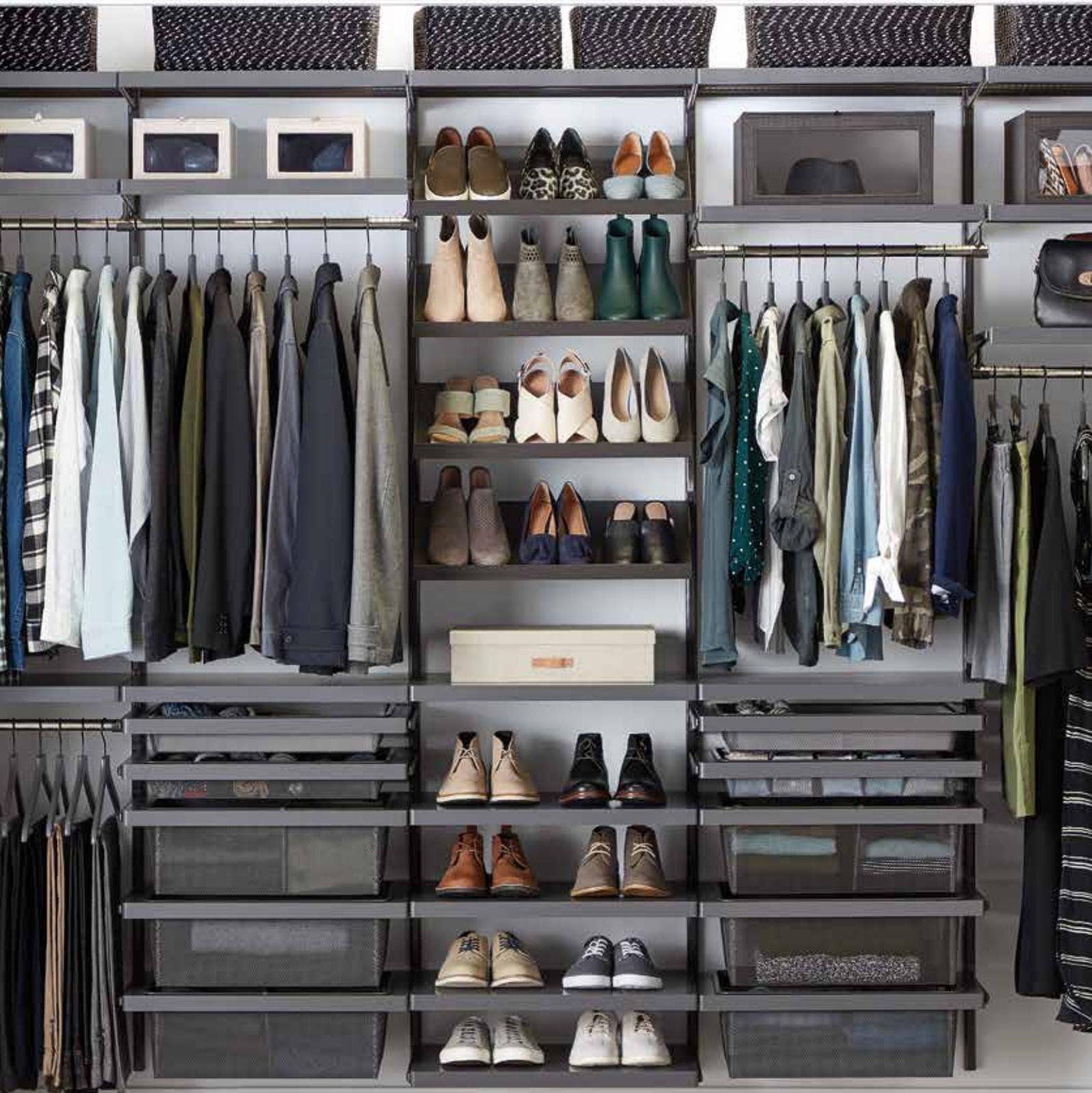
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editor *From the*

October—like most months—

IS GREAT FOR MAKING MEMORIES.

And the beauty of a great memory is that they're easy to recall.

**THE DETAILS ALMOST
CRYSTAL CLEAR IN MIND.**

Earlier this year, my family and I sat 'round the dinner table bouncing ideas off one another about where to take a fall trip. Each year, we like to try a different destination—a place that's unique to us but has some familiar accommodations. We're into camping these days, so state parks and small towns with natural and historic significance usually get top billing.

A couple falls ago, we chose Gambrill State Park, which lies a skip away from Frederick, where Maryland's Piedmont Plateau begins to kiss the Blue Ridge portion of the Appalachian Mountain range. This park is adjacent to Cunningham Falls State Park and Catoctin Mountain Park, making a contiguous three-park system that's rich for exploration, discovery, and—you guessed it—memory making.

First day in, and after setting up camp, I took to family to the prominent overlook in Gambrill to catch the sunset scenery. And the view delivered the first great memory of that trip. Looking over the expansive panorama of the valley below, dotted with tiny towns, church

steeple, and round-top mountains that met the far distant horizon, my daughter asked in wide-eyed fascination, "Daddy, is that the whole State?"

Can't beat that kid query. Good for a laugh.

You can read about Gambrill State Park and several more, as well as gobs of seasonal activities, destinations, and attractions in this issue's "Autumn Adventures" feature. It's packed with great ideas—and enough new ones—to make a few memories this fall.

Of course, there are still plenty of community events, entertainment, and personalities to follow and enjoy, as our "Out on the Towne" section demonstrates. Though we're cautiously navigating the obstacles of the resurgent pandemic (as of press time), there's still much to look forward to and, I think, autumn will feel more familiar than it did last year.

This issue also presents one of our publication's most prominent and important endeavors of the year. Our annual "Leading Medical Professionals" section introduces many of the region's Top Docs and hospital systems; the doctors who have been nominated by their medical peers as the very best at practicing their chosen medical specialty. Truly an honor, and a valuable service to our readers. If you're updating your primary care or need a specialist, this provides a base from which to start your search. You can also learn more about doctors practicing on the other side of the bridge (yes, the Bay Bridge), by visiting Whatsupmag.com and searching "Top Docs."

Our "Health & Beauty" content amplifies this issue's dedication to all things medical, fitness, and memorable (including "Candy Season" and how to navigate the sweet gluttony), while the "Home & Design" department showcases sweet homes with panoramic views of their own.

I hope this magazine finds you in good spirits and ever mindful of the many good reasons we've chosen to live in the Chesapeake region. I like to think this issue presents a good number of them. As for where exactly my family chose it's fall "trip," we kept it simple, ditched the tent, and have stayed closer to home. Annapolis—a town that's ripe to rediscover with its many museums, historic properties, large-scale artistic murals, and activities (light-house cruise anyone?) will surely make memories.

James Houck,
Editorial Director



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Out on the **TownE**

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Sultana Downrigging Festival

Sultana Downrigging Festival is coming back to Chestertown October 29th through 31st. Sultana Education Foundation has hosted this event for 21 years now and it is one of the largest annual tall ship gatherings in North America. The festival will feature Tall Ship sails, tours, incredible live bluegrass music, lectures, exhibits, family activities, regional food, and more. Find more information at downrigging.org.

EASTON BEER FEST

Drink local at Easton's 6th Annual Beer Fest on October 2nd from noon to 4 p.m. The event will be hosted by and supporting the Easton Volunteer Fire Department and will continue to be the largest indoor craft beer festival in Maryland. The festival will feature 40-plus breweries and craft beers from the mid-Atlantic and beyond as well as music, food, vendors, raffles, and plenty of games. Find more information at discovereaston.com.



↑ Chesapeake Film Festival

Chesapeake Film Festival is back, live and in-person October 1st and 2nd and being presented virtually October 3rd through 10th. The excitement of watching films on the big screen is back. The in-person viewings will be shown at Easton's Avalon Theatre and the virtual showings can be found at chesapeakefilmfestival.com. Nearly 60 films will be shown in total including documentaries, animation, shorts, narratives, student films, Made in Maryland films, thrillers, and environmental films.



Photo by Mark Dignan



OYSTERFEST

Sip, slurp, and savor at Chesapeake Bay Maritime Museum's OysterFest on October 30th, in St. Michaels. The festival will feature oysters served in a variety of ways, other local fare, craft beer and spirits, live music, and scenic river cruises aboard *Winnie Estelle* and so much more. Local chefs will feature their own signature oyster dishes throughout the day, so be sure to try them all. Find more information at cbmm.org.



Rock Hall Fall Fest

Celebrate our Eastern Shore Heritage with family and friends at Rock Hall's Fall Fest. The festival will take place October 9th in Downtown Rock Hall. This event attracts thousands of visitors from across the Eastern seaboard showcasing the quaint hamlet of Rock Hall. This festival will feature music, local oysters, over 40 handicraft vendors and plenty of activities for children. Visit rockhallfallfest.org for details.



↑ ACADEMY ART MUSEUM ANNUAL CRAFT SHOW: BRIDGING FINE CRAFT & COMMUNITY

Academy Art Museum's 24th Annual Craft Show is back October 15th through 17th. See work from over 50 artists from across the United States. The show will take place at Academy Art Museum in Easton and is the cultural hub of the Delmarva region for art and educational programming. All proceeds from ticket fees and generous community sponsorships go directly to support the Museum's mission of providing meaningful art experiences and education to the Mid-Shore. Find more information at academycraftshow.com.

Across the Bridge



Photo by Jamie-Leigh Bissett, OffbeatPhotographer.

↑ Providence Center's 60th Anniversary Harvest Bash

Visit Providence Center Greenhouse & Gardens in Arnold on October 16th at 6 p.m. for the 60th Anniversary Harvest Bash. Not ready to go to the Bash quite yet? Not a problem. Sign up to receive the At Home Experience Box and participate in the virtual Bash. Details at providencecenter.com.



Photo by Ken Tom

↑ BLAZERS. BOURBON. CIGARS.

Historic Annapolis' Blazers. Bourbon. Cigars. is back on October 21st from 6 to 9 p.m. at William Paca House and Garden. Spend the evening networking with fellow businessmen and community leaders. Enjoy bourbon, whiskey, and other fine liquor tastings, along with cigars, delightful food from the area's top chefs, and an array of vendors. All proceeds benefit Historic Annapolis. Find more information at annapolis.org.

2021 International Edgar Allan Poe Festival & Awards

Gather at the Edgar Allan Poe House & Museum and Poe Park on October 2nd & 3rd to commemorate the 172nd anniversary of Edgar Allan Poe's death and for a Death Weekend Poe Places Tour. The fourth annual event is free and will feature Poe-themed performances, art, vendors, food, and more to celebrate Poe's life, works, and influence on the arts. Full information at poefestinternational.com.

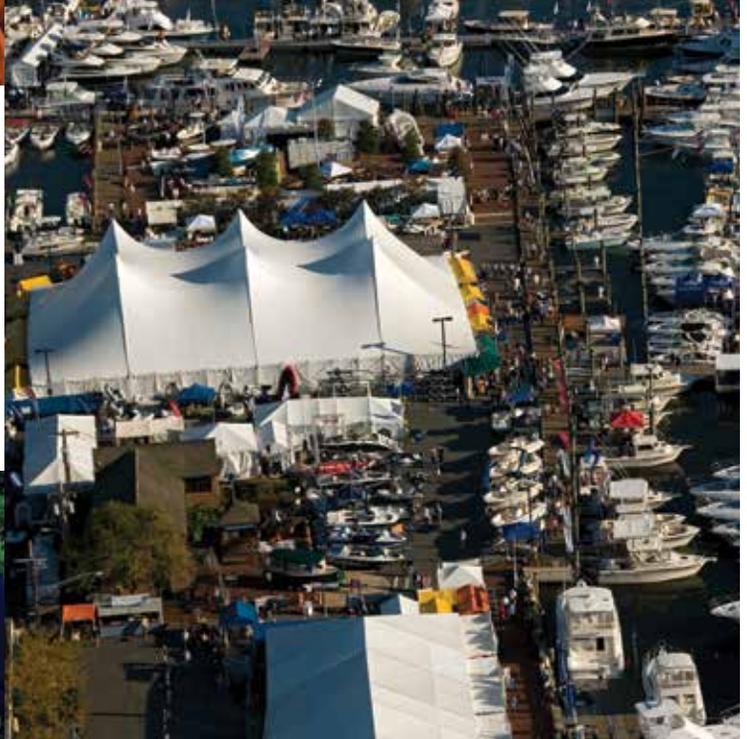


Photo by United States Yacht Shows, Inc.

Fourth Annual Mental Health Gala and Awards Ceremony

On October 2nd, from 6 to 10 p.m., the National Alliance on Mental Illness of Anne Arundel County will be hosting their Fourth Annual Mental Health Gala & Awards Dinner. Join in being a beacon of hope to families living with mental illness by attending the ceremony at Crowne Plaza Hotel in Annapolis. For more information, visit namiaac.org.

↑ UNITED STATES POWERBOAT AND SAILBOAT SHOWS

The United States Boat Shows are back this October in Annapolis. The United States Powerboat Show will take place October 7th through 10th at the Annapolis City Docks, while the United States Sailboat Show will follow October 14th through 18th. This internationally acclaimed sailboat show is recognized as the world's largest and most prestigious show of its kind. Find more information at annapolisboatshows.com.

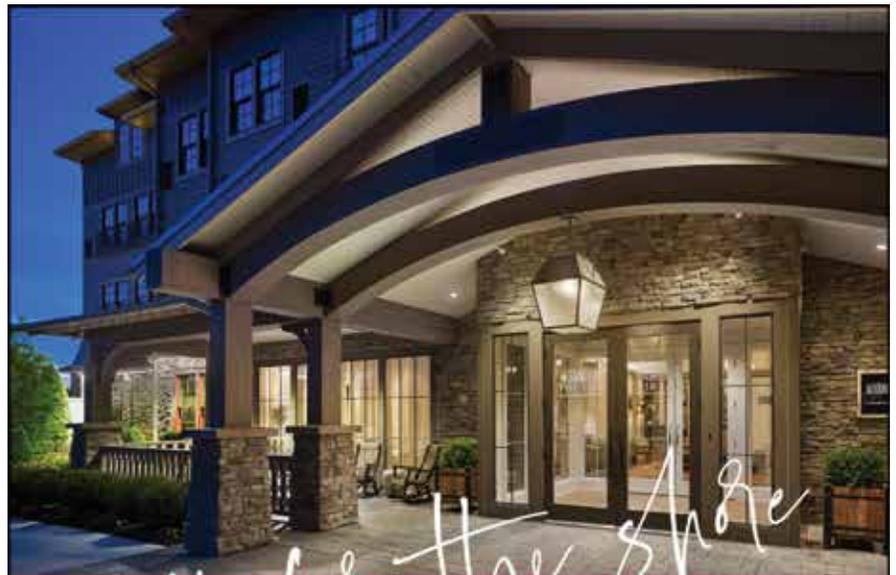


↑ HALLOWEEN PARTY AND PARADE

Whoof on the Wharf is having a Halloween Party and Parade in Edgewater on October 30th at 2 p.m. Be ready for all of the Halloween fun with witches, werewolves, and whatever we see paddling down the South River. They will have a costume contest, paddling parade, professional photos and more. Find more information on their Facebook page.

13th Annual Calvert Arts Festival

Six wineries will be featured at the 13th Annual Calvert Arts Festival on October 9th from 10 a.m. to 5 p.m. at All Saints Episcopal Church in Sunderland. Shopping the local venues is free and a \$15 fee will enable you to taste wines and beers with a souvenir tasting glass. There will be live entertainment, food, crafts, raffles, and plenty more. More information at allsaints1692.org.



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TOWNE SALUTE

Sheila Ross

Oncology Foundation of Maryland & D.C.

By Tom Worgo

Back in 1992, Sheila Ross was diagnosed with lung cancer. She ended up having two-thirds of her right lung removed. “At that point in time I felt guilty because I was a smoker and I just thought, ‘I paid the price. That is that,’” Ross says. “And I turned out fine.”

Then, eight years later, the board member of the Severna Park-based Oncology Foundation of Maryland and District of Columbia, had a recurrence. This time it was in the hilum area, the wedge-shaped area on the central portion of each lung. “They had to remove the rest of the right lung followed by four or five months of chemo and radiation. It took me a year and a half to recuperate.”

During this, Ross, an Annapolis resident, began learning more about lung cancer. She discovered that of all the different cancers, it is the biggest single killer.

She also discovered that when it came to lung cancer, there was a political problem. “There was a stigma,” she explains. “There was very little money going into lung cancer research. It was considered purely a smoker’s disease. The thinking was: Why waste money on smokers? They shouldn’t have smoked.”

This realization launched Ross, a veteran Capitol Hill worker who finished her long career in politics serving as a staffer for U.S. Senator Chuck Hagel, on a 20-year mission. She founded the Lung Cancer Alliance in Washington, D.C., in 2004.

Ross also served on the Food and Drug Administration’s Oncology Drug Advisory Committee and the Early Detection and Screening Committee of the International Association for the Study of Lung Cancer.

“I worked 20 years to get CT screening approved by the federal government and covered by Medicare and private insurance,” she recalls. “That will save hundreds of thousands of lives worldwide. Maybe even more than that. That is my achievement.”

With her credentials, the Maryland D.C. Society of Clinical Oncology invited her to give a presentation in October of 2018. The Oncology Foundation of Maryland Executive Administrator Pat Troy and several other members of her organization were in attendance.

“It was one of the best programs we have seen,” Troy says. “We

said, ‘This is someone we need on our board.’ We thought her expertise would be invaluable. Not all our board members have a background in oncology.”

The 80-year-old Ross gladly accepted. She saw it as an additional opportunity to promote lung cancer screening and raise the visibility of the foundation.

“I hope I can help establish partnerships and working relationships with other advocacy and professional organizations to enhance their public education programs for all cancers,” she says.

Troy was elated, and surprised. “There’s not many people out there like her,” she says. “What were really the chances of her sitting on our board? She has done some amazing work increasing accessibility of lung cancer screening, not only locally, but nationally.”

Besides Ross continuing her public informational work with the Severna Park organization, she was excited at the prospect of being part of a county-wide nonprofit. “I’m sure that was appealing, the chance to become involved in something locally,” Troy says.

The board of the Oncology Foundation of Maryland saw Ross as someone who could help take the organization to the next level. The foundation expects to roll out one of its biggest campaigns ever for promoting cancer screening, prevention, and advocacy.

“She has so much experience,” Troy says. “She is keeping us focused in the right direction as we try to work through our public awareness campaigns. She has very good information and contacts from her years in D.C. She’s also a cancer survivor and she’s been in the trenches.”

It seems like Ross has an endless number of ways she can help promote the foundation’s mission, which is to strengthen relationships with hospitals, government health organizations, and other nonprofits in efforts to educate the public about the positive things happening to cancer research and care.



SHE IS A TIRELESS ADVOCATE. SHE'S SUCH A POWERFUL PLAYER IN THE CANCER COMMUNITY. SHE UNDERSTANDS THE MEDICAL AND LEGISLATIVE ASPECTS. SHE HAS UNBELIEVABLE EXPERTISE AND TALENT.

"She has already provided us with resources from other organizations that have been doing the same kind of work so we can put strategic alliances together," Troy says. "I feel that's where she will add a lot of real value."

Pam Piro, president of the foundation's board of directors, always looks forward to what Ross has to say at their meetings. "She is a tireless advocate. She's such a powerful player in the cancer community," Piro says. "She understands the medical and legislative aspects. She has unbelievable expertise and talent."

The most important thing to Ross continues to be helping the foundation get more people screened. "The oncology foundation is willing to take this on and get the implementation rate, the number of people screened, to 15 percent," she explains. "I hope they will be the first in the nation to get the number up to 50 percent in Maryland and Washington D.C. I hope they will lead the way for the rest of the country."

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

LIFE GETS BETTER AT 30!



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ON THE TRED AVON

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The vision, from the beginning, was to create a community where seniors could live life their way. Today, the Londonderry board and team remain committed to those same goals. With maintenance-free living, a robust activities calendar, and a health and wellness program, Londonderry continues to be one of the top destinations for seniors in Maryland. Our farm-to-table dining and independent lifestyle keep residents safe, active, and engaged. As we look forward, we must celebrate our past and those who had the vision to create a place where life only gets better with time.

Call the sales and marketing team today at 410-820-8732 and find out how you can become a part of Londonderry.



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New Ownership for Bay Bridge Marina/Hemingway's Restaurant

Petrie Ventures and McGrath Development acquired the Bay Bridge Marina and Hemingway's Restaurant in July. The Bay Bridge Marina and Hemingway's Restaurant are located at the base of the Chesapeake Bay Bridge on Kent Island. Petrie and McGrath plan to make enhancements to the marina's existing offerings to include improvements to the marina, service yard, and ship store; reopening of the Tiki Bar in the spring of 2022; improvements to the overall experience for slip holders while encouraging visitors and transient slip use; and a redevelopment plan for residential development within the next few years. "It was apparent that this was a very underutilized property with tremendous potential for a redevelopment—a diamond in the rough!" Walt Petrie says. "This property is the gateway to the Eastern Shore—we plan to make this a first-class marina this location deserves," Tim McGrath adds. Chesapeake Bay Beach Club has been selected as the onsite management company for Hemingway's Restaurant, overseeing restaurant operations, human resources, and marketing. "We look forward to working alongside Petrie Ventures and McGrath Development to bring symmetry to all Pier One Road businesses that provide services and amenities to locals, slip holders, and guests," says Derek Janes, President and CEO of Chesapeake Bay Beach Club. A new concept for Hemingway's Restaurant is under study and scheduled to re-open in the spring of 2022 featuring a new coastal inspired restaurant design and menu. Hemingway's will operate as its current concept through the end of the year.



↑ WATERFOWL FESTIVAL RECEIVES \$500,000 GIFT

Waterfowl Festival is the recipient of an unexpected legacy gift of \$500,000 in support of its William A. Perry Scholarship Fund. The generous bequest came from the estate of Joan Richards, a beloved photographer who exhibited at the fall event for many years. Ms. Richards expressly hoped that her gift would help the program expand to include non-traditional students and would enable an increase in awards for Festival youth volunteers. This substantial gift ensures the sustainability and longevity of the Scholarship Fund into the future. For 2021, the Waterfowl Festival is pleased to announce that \$20,000 in scholarships have been awarded to eight student volunteers from the William A. Perry Scholarship Fund. The 2021 scholarship recipients are Quinn Chambers, West Virginia University; Grant Foster, Salisbury University; Bree Haufe, University of Maryland; Billy Haufe, University of Maryland; Chris Kaminskas, Coastal Carolina University; Eric Milhollan Jr., University of Maryland; Sarah Morris, Hendrix College; and Lukas Nilsen, University of Detroit Mercy.

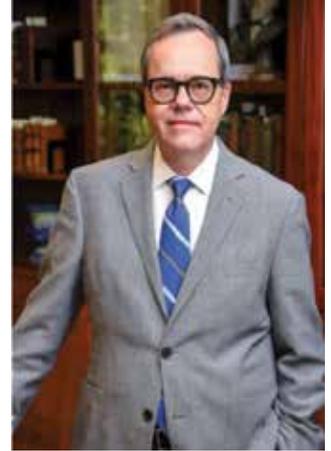


↑ World War II Veterans Honored with Dream Flights

Londonderry on the Tred Avon in Easton recently partnered with Dream Flights to provide its resident World War II veterans the opportunity to take a “dream flight” in a historic Boeing Stearman biplane. These flights are part of Dream Flight’s Operation September Freedom—a national effort to locate and honor as many World War II veterans living in senior housing communities as possible throughout the United States.

WASHINGTON COLLEGE NAMES 31ST PRESIDENT

Washington College’s 31st president will be Dr. Michael J. “Mike” Sosulski, a leader in academic and student affairs, financial stewardship, and change management. Sosulski, who currently serves as Provost at Wofford College in South Carolina, has been appointed to the role after a unanimous recommendation by the Presidential Search Committee and election by the Board of Visitors and Governors. Sosulski will assume the position from Wayne Powell, Ph.D., who has led the College on an interim basis for the past year. He will assume his duties beginning September 1, 2021. “I am incredibly honored and humbled to be chosen as Washington College’s 31st president,” Sosulski says. “The College’s commitment to students’ personal intellectual growth and preparation for highly engaged public lives truly speaks to my own sense of mission in higher education.”



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






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What's Up? Media on the receiving end of special honors

2021 FOLIO:
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FINALIST AWARDS

It's not often that we, here at What's Up? Media, toot our own horn, but this month we're very excited about the prospect of winning a 2021 FOLIO Eddie Award for editorial excellence. Earlier this summer we learned that our submission of the article series "Conowingo Dam," written by Jeffrey Holland and artistically laid out by Lauren Ropel and August Schwartz, is a Finalist in the category "Series of Articles." This article trifecta examined Conowingo Dam in the context of the Chesapeake and Susquehanna River watersheds' environmental health, the dam's stop-gap role in mitigating pollution as well as releasing it, federal and states' regulatory responsibilities, and solutions to the 100-year infrastructure crisis that the dam has faced (namely sediment build-up abutting the dam). You can read the full series by visiting our Digital Editions online at [Whatsupmag.com/magazine](https://whatsupmag.com/magazine) and selecting the September, October, and November 2020 issues.

The prestigious awards will be handed out in a red-carpet banquet ceremony in Manhattan, New York City, on October 14th. National and regional publications routinely honored at the Folio Awards include the likes of *National Geographic*, *Southern Living*, *Consumer Reports*, *Variety*, and *Yankee Magazine*, among many other reputable titles.

It's not the first time we've nervously bitten our nails in anticipation. Last fall, our feature article "Disappearing Act," written by Diana Love about the devastating effects that climate change and rising sea level are having on the Chesapeake Bay's critical island habitat, was a finalist for an Eddie, ultimately receiving Honorable Mention. Read "Disappearing Act" here: [Whatsupmag.com/culture/environment/disappearing-act](https://whatsupmag.com/culture/environment/disappearing-act).



What's Up? Media's Editorial Director James Houck and Publisher & President Veronica Tovey at the 2018 FOLIO Awards ceremony.

And in 2018 we did bring home the hardware, winning the award for "Single Article" in the City and Regional pool of publications for "Hot Summer Night" written by Marimar McNaughton. Read the article here: [Whatsupmag.com/culture/hot-summer-night](https://whatsupmag.com/culture/hot-summer-night).

We always like to think we're doing a good job; but every once in a while, a little validation helps. Thank you for reading and continuing to support our publications. Our dedicated readership is what drives us to be better and better with each issue.





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WHAT'S UP? MEDIA

LEADING LAWYERS

CALLING ALL LAWYERS: NOMINATIONS ARE OPEN

Nomination surveys for the 2022 Class of Leading Lawyers have officially opened to all legal professionals practicing law in Anne Arundel County and Maryland's Eastern Shore. Lawyers (and judges) are encouraged to nominate their legal peers for this distinguished honor that recognizes the best lawyers in the region. This is your opportunity to voice your opinion as to which lawyers should be acknowledged as leaders in their various areas of specialty. We thank you in advance for participating in this valuable service. **Results will be published in our May 2022 issues. Surveys will close on Nov. 30th, 2021.**

whatsupmag.com/2022lawyerssurvey



TOWNE ATHLETE

Kyler Krewson

Sts. Peter & Paul High School
Lacrosse, Ice Hockey, Basketball

By Tom Worgo

Kyler Krewson is going to keep a relentless schedule more than ever during his senior year at Saints Peter & Paul High School. Krewson is taking a full course load that includes honors calculus and anatomy and physiology, economics, as well two college courses, English 101 at Chesapeake College and accounting at Keystone Academy. He also plays three sports: lacrosse, ice hockey, and basketball. Both ice hockey and basketball are in the winter.

On top of that, he serves as president of his senior class, vice president of the national honor society, and works out daily. And he always finds time to help out his brother, Caleb, a seventh grader at Saints Peter & Paul who has cerebral palsy. “I will carry him to the car and upstairs,” Krewson says. “And tell people what he is saying when he talks.”

The 17-year-old Krewson, a Cambridge resident, leaves no doubt he looks forward to packing the most he can into this school year. “I think it will be a really great challenge for me especially taking the college courses,” he says. “I will really have to manage my time very well. It will definitely help me prepare for college. Some people tend to have an easy senior year. But I want to do the opposite and make my senior year more difficult.”

Krewson’s calm demeanor will help him get through it all. He just won’t have much free time, and that means making sacrifices. “I really don’t worry about much,” he says. “I just go with the flow. I will just tackle it as it goes on and I will just be fine.”

His mother, Kristina, marvels at her son’s maturity. He carries a 4.4 weighted grade-point average. “He makes it look easy,” she says. “He is always getting As in just about every class in high school. I never have to remind him about doing anything. He handles everything so well.”

Krewson could get a lacrosse scholarship. He’s that good a player with assets that include his smarts, quickness, grit, and work ethic. The 5-foot-10, 165-pound Krew-



ONE OF THE THINGS HE DOES EXTREMELY WELL IS FINISH HIS OPPORTUNITIES. HE HAS SUCH A KNACK FOR PUTTING THE BALL IN THE BACK OF THE NET. AND HE CAN ALWAYS FIND THE RIGHT GUY FOR AN ASSIST.”

son has been recruited by the College of Holy Cross, and he expects from other Division I schools as the months go by between now and the lacrosse season this spring. “I really want to play Division I lacrosse,” Krewson explains. “It’s been a dream of mine since I have been little.”

Saints Peter & Paul Boys Lacrosse Coach Pat Tracy believes Krewson will accomplish his goal. “I think he can play Division I lacrosse,” the coach says. “He has the skill set and the right mindset.”

Krewson, a three-year starter, dominated in lacrosse during his junior year competing in the Maryland Interscholastic Athletic Association B Conference. He totaled 29 goals and 38 assists and had his best games against the Sabres’ toughest opponents.

Krewson scored five goals against Severn School, an A Conference opponent, in late March. He also finished with four goals versus DeMatha Catholic High School, an opponent Krewson calls “one of the top teams in the state and country.”

“He wasn’t intimidated by those opponents,” Tracy says.

Krewson developed his skills over the years by playing club lacrosse. He’s done it for nine years, including several seasons for the Green Turtle Lacrosse Club in Towson. Krewson drove nearly two hours for games in the summer and fall.

“One of the things he does extremely well is finish his opportunities,” Tracy says. “He has such a knack for putting the ball in the back of the net. And he can always find the right guy for an assist.”

Krewson’s coaches marvel at his hard work in the classroom and the leadership he shows in sports. He was captain of the Sabres basketball team for two years and most likely will be captain of the lacrosse team in 2022.

“He epitomizes the word student-athlete,” Tracy says.

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



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TOWNE INTERVIEW

Patrick Queen

Baltimore Ravens' Linebacker

By Tom Worgo
Photography courtesy Baltimore Ravens

It's something few professional athletes will admit...being overweight. Ravens second-year pro and linebacker Patrick Queen owns up to it. Queen weighed more than 240 pounds during the 2020 season.

In February at NFL Combine, a showcase for top draft picks, he checked at 232. "I was out of shape," Queen says. "There was so much stuff going on with Covid, it was really hard to work out consistently. Then you come to camp (in July), we

have practice, and we are running all day. It took me so long to get in shape. It was like Week 5 (in October). It was crazy."

But he bounced back sufficiently to have a stellar rookie season. He finished third in Defensive Rookie of the Year voting, leading the Ravens in tackles with 106 and had three sacks, two forced fumbles, and two fumble recoveries.

"The Ravens have such high standards for their defense," Queen says. "You have to go out there and really perform."

Queen did that at LSU, where he helped the Tigers win the national championship in 2020. After that season, the Ravens drafted him in the first round of the NFL Draft, No. 29 overall.

We recently talked to Queen about his offseason work, being

called Ray Lewis, Jr. by Ravens quarterback Lamar Jackson, and his experience as a member of the Ravens defense.

Are you primed for a huge year after a standout rookie year and a great offseason of work outs?

There is only one way to go and that is up. I have been working really hard all offseason. I have been running and lifting about three hours a day to get stronger and faster. That has been the whole focus of mine. I'm fit and strong. When I got to the Ravens facility in May, I was lifting for an hour and half each day. It really has been a great offseason.

How did it feel being drafted by a team that is so well known for its defense? Has it allowed you to thrive as a player?

It was like that at LSU. You know when you walk on the field, ev-



WE ARE DEFINITELY READY TO TAKE THAT NEXT STEP. WE FILLED EVERY NEED WE HAD IN THE OFFSEASON. WE KNOW WHAT WE NEED TO DO TO GET TO THE SUPER BOWL AND WE ARE PUTTING IN THE WORK. WE HAVE A GREAT SEASON AHEAD OF US.



Everybody is looking at the defense. We have so much energy. You have to live up to the defense of Ray Lewis, Ed Reed, and Terrell Suggs. That's a lot to live up to. That motivates me to put in the work to get better every day and make those guys that came before me proud. You have to go out there and really perform.

What do you want your legacy to be after your Ravens career is over?

That I was a great teammate, great player, and great at everything I did. That I did everything right and got the job done. If I do everything the right way, then I hope to be known as one of the all-time Raven greats.

Jackson called you Ray Lewis, Jr. after you were drafted. What was your reaction?

It was crazy. He didn't even know me and he gave me major props. It was all love there. Just being able to be called something close to the guy who set the tempo for the defense and was such a leader was a great thing.

Why did you change your jersey number from 48 to six? You wore eight in college, but Jackson already had it? Did you try to pry it away from him?

It felt like the right thing to do to go to a single digit. It gives me swagger and I will play good with it. Eight was a number I had in

high school. It was something that stuck with me all the way through college. I was messing around with Lamar a lot on social media about it. But he already had it.

What it's like competing against Jackson, the NFL's MVP in 2019, in practice? Can you keep up with him?

It's a lot of fun. It's tough catching him. It is someone you want to catch because he is so great. It's an adventure.

What veteran Ravens players helped you adjust to the NFL last year?

The first person I talked to when I got here was Chuck Clark. He gave me the rundown on everything. How to keep your body in shape, be a professional, practice, and study. Anthony Levine was another guy I talked to all the time.

Those guys pointed me in the right direction when I got here, and I still talk to those guys every day.

Are the Ravens ready to go on a deeper playoff run and advance to the AFC championship game or perhaps the Super Bowl?

We are definitely ready to take that next step. We filled every need we had in the offseason. We know what we need to do to get to the Super Bowl and we are putting in the work. We have a great season ahead of us.

You were part of a national championship team at LSU? What was that experience like? Do you still talk to your some of your former college teammates who are in the NFL now?

The locker room was electric. We all got a long so well and we

boasted. We knew no one could touch us. We just tried to go out there and dominate. You could see every play on the field we were having fun. I talk to Clyde Edwards-Helaire and Thaddeus Moss. I talk to them pretty much every day.

You were a pretty good baseball player in high school and had offers from South Florida and Central Florida. Did you consider trying to make the LSU baseball team as a walk-on?

I thought about going out for the baseball team, but my dad wouldn't let me. I had to focus on football. If I was failing at football, it would have been a different story. I actually loved baseball more than football growing up. I won a state championship in high school.

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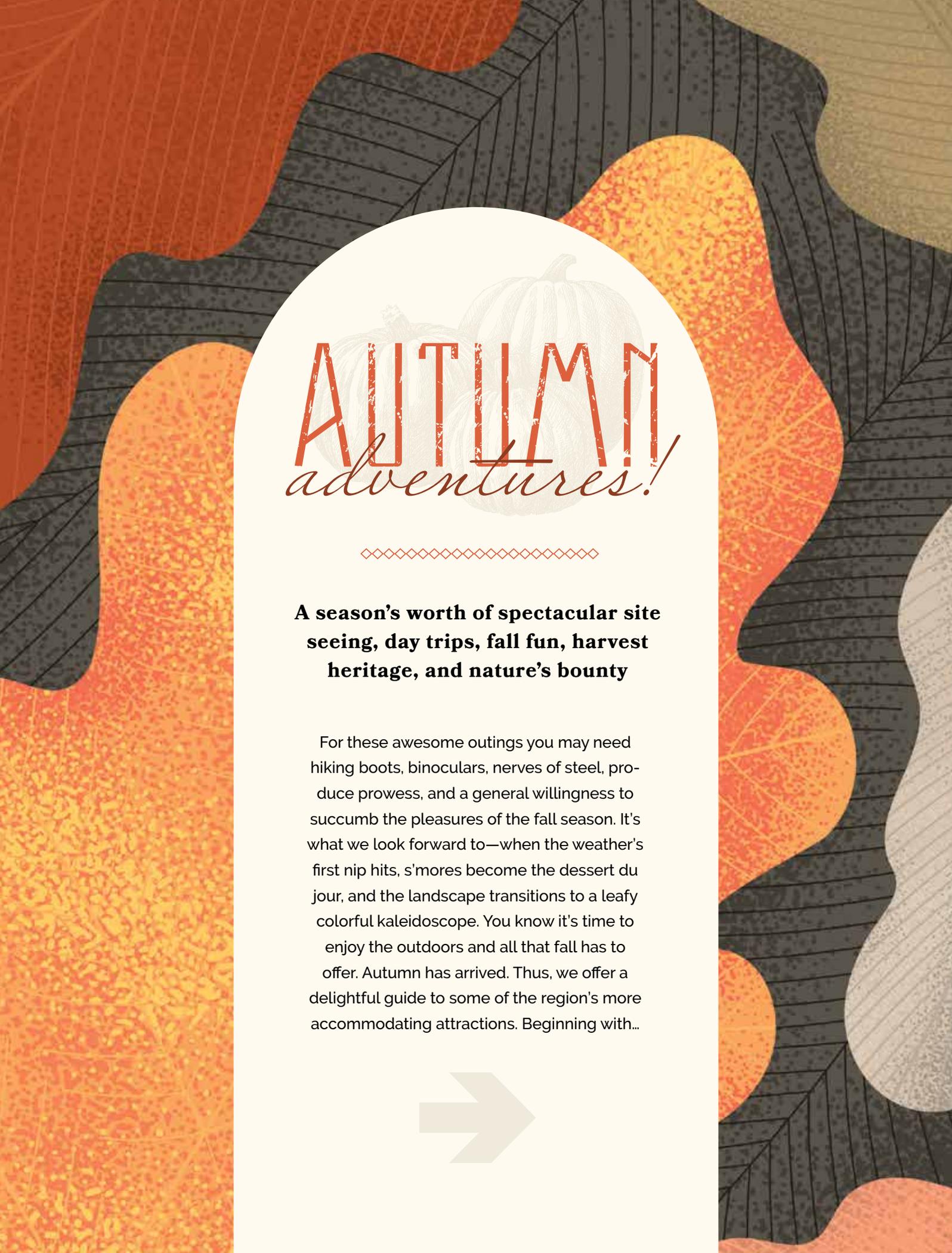


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Fall Foliage Hikes

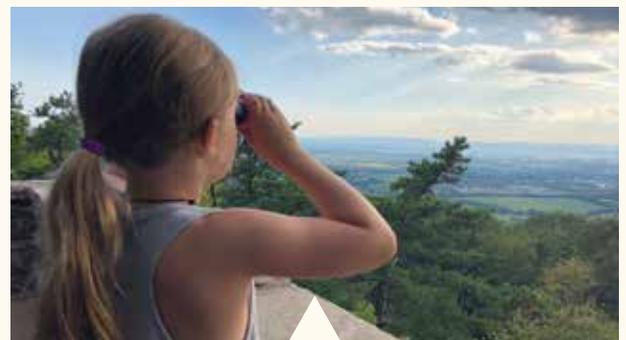
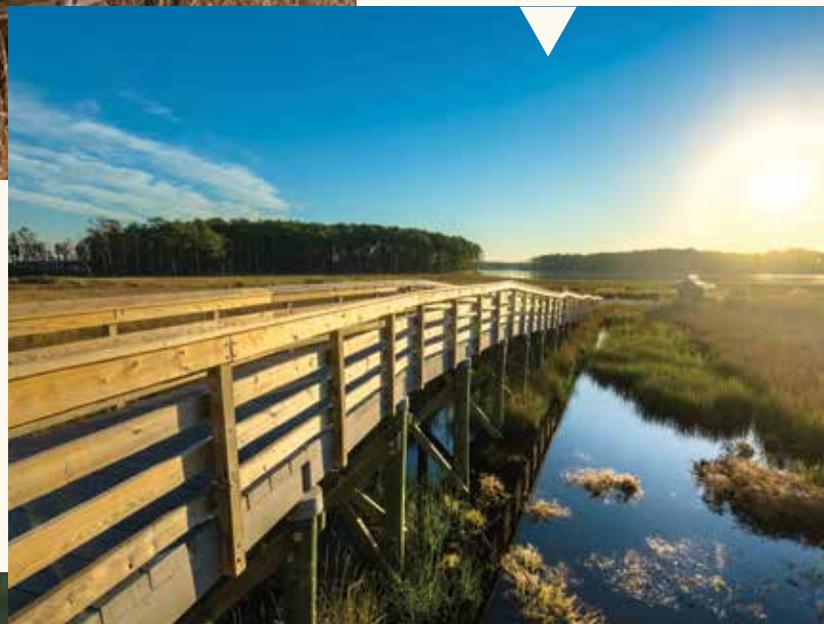


Smithsonian Environmental Research Center (SERC): SERC has a series of three trails in Edgewater waiting to be explored. Two of the trails start at the Reed Education Center, both just 1.3 miles long. Keep a look out for Java History Trail. This trail has been used by Native Americans, farmers, and scientists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



Blackwater National Wildlife Refuge & Visitor Center: Blackwater National Wildlife Refuge Center is one of the best places to find a trail (either by foot or kayak) for bird-watching opportunities, waterfowl viewing, fishing, and more. There are multiple land trails available including Marsh Edge Trail, Key Wallace, and Tubman Trail. Blackwater National Wildlife Refuge is located just south of Cambridge and offers trails both short and long. Visit Fws.gov/refuge/Blackwater for information.

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



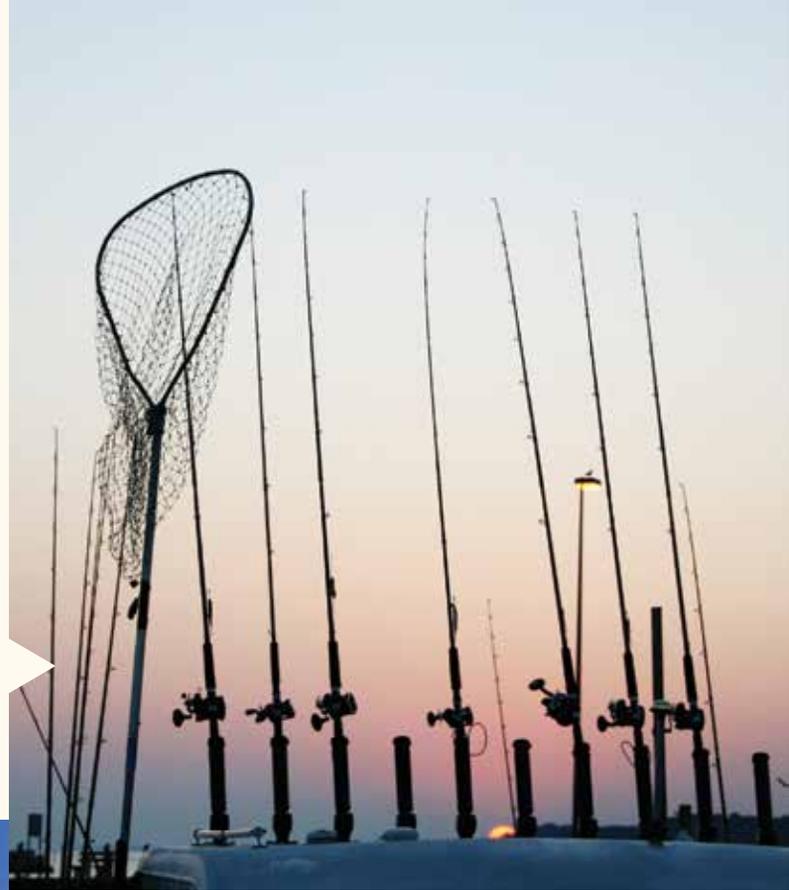
Gambrill State Park/Cunningham Falls State Park/Catoctin Mountain Park: This contiguous stretch of three massive parks, forests, falls, and mountainous terrain begins at the foothills just north of Frederick and continuous through Thurmont and up to the Mason-Dixon line. Within each park are miles and miles of hiking trails, boulder outcrops, falls, and numerous scenic overlooks, providing some of the best seasonal views in the state. Visit Dnr.maryland.gov/publiclands for information.

Charter Boats on the Bay



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

Beautiful Bay Views & Charter Fishing: Charter a boat in Chesapeake Beach, Solomons Island, Rock Hall, St. Michaels, or beyond. Rockfish season is at its year-end prime during the fall. Easily book a charter through Haven Charters, Chesapeake Bay Charters, or one of the many other options on the Chesapeake Bay. Whether you want to fish or just sit back and relax, being on a boat will put you in the right frame of mind. To learn more, book your trip, and begin your research, visit Chesapeakefishingcharters.com or Fishsolomons.com.



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



Haunted Harbor Tours



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

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



Fall Festivities

The Maryland Corn Maze: Each year, The Maryland Corn Maze in Gambrills puts together an unforgettable experience. This year, the theme of the maize maze is America. Many people missed out on vacations last year, so, instead, travel your way through the States in this year's maze. After you get through the country, enjoy hayrides, rope swings, giant Lincoln logs, and so many more activities. Mdcornmaze.com.



54th Annual Autumn Glory Festival: The annual Autumn Glory Festival is a 5-day celebration of autumn that celebrates the beauty of the local fall foliage in Deep Creek. The festival will occur October 13th through October 17th and will feature a parade on Saturday, October 16th. This festival will have a craft and gift sale, kick-off dinner, fall foliage driving tours, and so much more. Find more information at Visitdeepcreek.com.

Homestead Gardens' Fall Festival: Traditionally held each fall, this festival features pumpkin picking, kids' games/crafts/attractions, hayrides, food/drinks (including for the adults), live music, and Homestead's famous homemade apple cider donuts. Homesteadgardens.com.



Rock Hall Fall Festival: FallFest attracts thousands of visitors from across the eastern seaboard showcasing the quaint hamlet of Rock Hall as it celebrates its heritage as a waterman's town. Locals and visitors alike attend the festival because they know that FallFest guarantees to be a unique event where musicians hold forth throughout the day, oysters are local and plentiful, and children can participate in captivating and free activities. Approximately 40 handicraft vendors show and sell their wares at the festival and a large selection of food vendors serve up regional favorites. Rockhallfallfest.org.

Queen Anne Farm: Continue the family tradition by picking your own pumpkins and mums in Mitchellville. Jump on the back of the tractor pulled hay wagon and pose for pictures with the Pumpkin House. Queenanefarm.com.

Knightongale Farms: Pick your pumpkins at Knightongale Farm in Harwood. This 90-acre farm features pumpkins, Christmas trees, sunflowers, and more. During pumpkin season, enjoy a petting zoo, hayrides, corn maze, and everything else you need for a full fall festival. Knightongalefarm.com.

2021 International Edgar Allan Poe Festival & Awards: Gather at the Edgar Allan Poe House & Museum and Poe Park on October 2nd & 3rd to commemorate the 172nd anniversary of Edgar Allan Poe's death and for a Death Weekend Poe Places Tour. The fourth annual event is free and will feature Poe-themed performances, art, vendors, food, and more to celebrate Poe's life, works, and influence on the arts. Poeinbaltimore.org.



U-Pick Farms & Pumpkin Patches



Baughter's Orchard, Westminster: After serving Carroll County and beyond for over 100 seasons, Baughter's knows exactly how to approach the fall season. Visit Baughter's every weekend in October for their Fall Festival from 9 a.m. to 5 p.m. They offer apple picking, pumpkin picking, a petting zoo, homemade fudge, and baked goods, and more. Baughers.com.

Brookfield Pumpkins, Thurmont: Visit Brookfield Pumpkins to pick your own pumpkins, gourds, and squash (including butternut and spaghetti squash). Stop by the store to buy corn, mums, and more fall necessities and then stay around for a glass of wine from their neighbors, Links Bridge Vineyard. Brookfieldpumpkins.com.



Clark's Elioak Farm, Ellicott City: Make sure to purchase your tickets online for Clark's Elioak Farm in Ellicott City this fall. Walk-ins will not be available. Visit the petting farm and the pumpkin patch and be sure to ride the cow train and the enchanted express train through the enchanted forest. Clarklandfarm.com.

Buppert's, Marriotsville: Stop by Buppert's for hayrides, pumpkin picking, and a corn maze everyday through November. Reserve tickets online to ride the hayride during the week and stop by on the hour from 11 a.m. to 4 p.m. on Saturdays and Sundays. Bupperts.com.

Gaver Farm, Mount Airy: Come out from 10 a.m. to 6 p.m. every day to pick pumpkins, apples, and sunflowers on their 12-acre patch. Hayrides and admission are free to the pumpkin patch. Don't forget to get lost in the corn maze, play with the pedal carts and experience over 50 other attractions on the grounds on fall fun days, every day through October 31st. Gaverfarm.com.

Jones Family Farm, Edgewood: Bring your family to Edgewood for pumpkin picking and fall activities, including making your own, homemade scarecrow to take home with you. The farm is open daily through November 1st from 10 a.m. to 6 p.m. Jone-producefarm.com.

Mary's Maze, Ellicott City: Mary's Maze has more than just a "Once Upon a Time"-themed corn maze. Visit their pumpkin patch, hay castle, and mini maze on their beautiful farm every weekday of October from 10 a.m. to 5 p.m. Come back on the weekends for live music, photo sessions, fall snacks, and drinks. Stay tuned for the end of October when they'll be hosting a Flashlight maze and Haunted maze. Visit their website to see the musician and food truck schedule. Marysmaze.com.

Winterbrook Farms, Thurmont: Experience the learning barn, pumpkin pillow, ziplines, and plenty more activities after you walk through the pumpkin patch and corn mazes at Winterbrook Farms. On the 327-acre farm, there is sure to be an activity for everybody. Winterbrookfarms.com.

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WHAT'S UP? MEDIA
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DOCS**
2021-2022
ANNE ARUNDEL

Choose Wisely

How to navigate the medical community and select a doctor that works for you

By James Houck

“Bedside manner” is perhaps the most personal connection between a doctor and patient. It’s the dance of delivering medical attention, results, and news—sometimes very encouraging or downright difficult—with affable or forthright character; with sincerity or direct honesty. Sometimes a balance between both. We say “bedside manner” to describe the way our medical professionals interact with us—be it for a routine check-up, complicated surgery, extended treatment, or emergency attention. How those interactions play out can have very meaningful outcomes for both the doctor and patient that extend beyond the immediate care given/received.

For patients, assurance that everything will be alright is what we want to hear. And when that’s not the case, we at least want to know *and feel* that our care is in the best hands possible. Doctors who navigate the myriad medical possibilities of any one patient, let alone an entire caseload, with reliability, frankness, but also empathy—and repeat this process time and again—tend to gain favor among their patients and medical peers...and a reputation develops.

Doctors who have the greatest experience among their peers understand this, and that there’s no “one size fits all” approach to providing the doctor/patient experience and developing these relationships. We’re human; each of us similar, but not the same. Yet we all need some tuning and fixing up from time to time, which is why it’s vital to choose medical providers who not only have excellent credentials on paper, but also a positive reputation in the medical community and among their patients.

“Recognize we are all human and from there it is critical that your personality and the doctor’s ‘meld,’” says Timothy Shanahan, DO, who serves as Medical Director of University of Maryland (UM) Shore Medical Group. “It is okay to feel more comfortable with one provider versus another. The most important thing is you have a partner in your health that you trust.”

So, how to best choose a primary care provider? How do you know to trust the name on building or the referral slip? Is the surgeon scheduled to operate on you, the best available? Let’s explore the possibilities, and along the way...talk to a few experts—actual doctors.

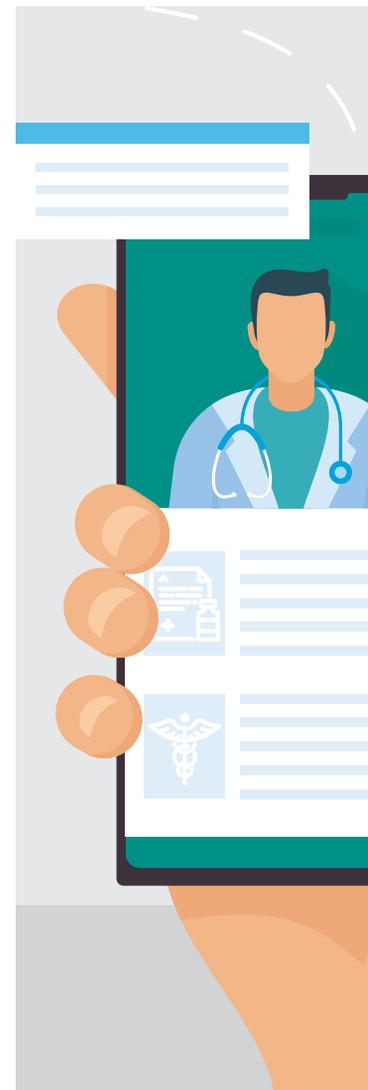
Do Your Homework

Before you meet and actually get to know a doctor and his/her personality, the first steps toward a medical relationship involve research and an understanding of who could and should treat you. The National Institute on Aging provides a wealth of information and ideas on how to seek and find the right doctor for *you*. The primary considerations, the Institute suggests, begin with a self-evaluation—deciding what qualities *you* are looking for in a doctor and his/her office. This involves asking questions, such as:

Do you care if your doctor is a man or a woman? Is it important that your doctor has evening office hours? Is associated with a specific hospital or medical center? Speaks your language? Do you prefer a doctor who has an individual practice or one who is part of a group (so you can see one of your doctor’s partners if your doctor is not available)? Does the doctor have experience treating my medical conditions? Does the doctor have special training or certifications? What is the cancellation policy? How long will it take to get an appointment? How long do appointments usually last? Can I get lab work and x-rays done in the office?

These are a few of the possible questions and qualities that can help guide your decision-making process. Personal preferences aside, note that characteristics such as gender, age, looks, and ethnicity do not impact a doctor’s medical qualifications. Then, ask your friends, family, neighbors, or, even, coworkers for any general recommendations. You might get a few suggestions that appear to match your own criteria.

“You also should check to see if the provider is either board eligible or board certified,” states Jeff Gelfand, MD, Medical Director of the Orthopedic Service Line for Luminis Health Anne Arundel Health System. “References from former patients can also provide valuable insights, especially from family and friends of yours. Once a



References from former patients can also provide valuable insights, especially from family and friends of yours. Once a decision is made, the patient should feel that both the doctor and the office staff are approachable and responsive.”



decision is made, the patient should feel that both the doctor and the office staff are approachable and responsive.”

Esther Lui, MD, who serves as Chair of the Department of Pediatrics for UM Baltimore Washington Medical Center, agrees and further suggests, “A truly competent and skilled physician should always be seeking to hone their skills and should be aware of all the truly new and improved techniques and guidelines, while also maintaining their knowledge of the foundations of science.”

Another critical consideration is your health care plan/insurance. Whether you are in a managed care plan such as a Health Maintenance Organization (HMO) or Preferred Provider Organization (PPO), you’ll likely be required to see a doctor within its network or potentially pay out-of-pocket for out-of-network treatment. It’s important

to research the doctors within your care plan’s network; most insurance providers maintain an easily searchable database of in-network doctors online.

First Impression

If you’re feeling comfortable with your research, what you see on paper, and the advice from others, it’s due time to schedule a first appointment to meet the doctor. This appointment will be the most telling aspect of whether or not your hopes match reality. From the way you’re greeted on the very first phone call with the doctor’s office to the moment you say goodbye after your first appointment (and even the parking situation), you should pay close attention to all interactions and variables, take mental notes, and ask yourself questions about the experience. How was the office culture? Did you feel comfortable? Were your questions answered?

Additionally, did you experience or feel any red flags on your initial visit. Red flags could include: a sense of feeling rushed, a doctor’s arrogance, speaking down to a patient, unprofessional staff, difficulty communicating/connecting, or an unusually high number of job changes (although changing locations could be justifiable; military commitments, specialty training, etc.).

“Limited connection or lack of confidence in a physician should raise concerns and consideration of choosing another provider,” suggests Stephen Cattaneo, MD, Chief of Thoracic Surgery for Luminis Health. “A doctor’s office should also respond and communicate within a reasonable amount of time. Interactions with office staff and medical assistants provide a sense as to whether a doctor’s office is efficient and has adequate staffing to meet a patient’s needs and schedule.”

“The best doctors listen and hear you,” sums Lorraine Tafra, MD FACS, Breast Surgical Oncologist and Medical Director of the Rebecca Fortney Breast Center for Luminis Health. “They are paying attention to not just what you are saying, but also how you are saying it; how you defer—or don’t defer—to the family members with you; your body language; and words you say and don’t say. In the brief time they have with you, the best doctors can determine who you are and what is important to you.”

The Very Best

“Compassion, empathy, and intelligence are the first three words that come to my mind,” says Patrick Maloney, MD, Director of Resident Education at The Institute for Foot and Ankle Reconstruction at Mercy, when asked about what qualities are emblematic of the very best doctors.



Research Doctor Certifications

Recommended research tools from the National Institute of Aging

The **American Medical Association's Doctor Finder** website (doctorfinder.ama-assn.org) and the **American Board of Medical Specialties' Certification Matters** database

(certificationmatters.org) can help you find doctors in your area. These websites don't recommend individual doctors, but they do provide a list of doctors you may want to consider. **Medline-Plus** (medlineplus.gov/directories), a website from the National Library of Medicine at NIH, has a comprehensive list of directories, which may also be helpful. For a list of doctors who participate in Medicare, visit the **Medicare.gov Physician Compare Tool** (medicare.gov/care-compare). Don't forget to call your local or State medical society to check if complaints have been filed against any of the doctors you are considering.



"For myself, as a surgeon, I also need to be technically skilled to perform the procedures in the OR. For years, I think some patients tolerated surgeons with poorer bedside manner with the understanding that at least they were good at operating. However, in today's world, I think that acceptance behavior that lacks empathy and compassion is no longer tolerated. All doctors need to treat their patients with the respect and kindness they deserve."

The doctors we spoke with for this article all agreed that these qualities are key to developing, not only positive rapport with their patients, but also a reputation as a top doctor among their peers.

"A physician's reputation is molded by hard work, problem solving ability, and word of mouth," shares Keith Goulet, DO, with Luminis Health Anne Arundel Medical Group Lung Specialists. "You have to treat your colleagues and patients with respect and kindness. Most importantly, a physician earns their reputation through patient interactions. Patients will always share their opinions about physicians in the community, good or bad."

"Lead by example," says Natalie Chilaka, MD, Orthopedic Surgeon at UM BWMC. "Only when you hold yourself to the highest standards of integrity and excellence can you truly expect the same of others." Chilaka adds a number of traits that the very best doctors should exemplify:

Demonstrate both knowledge and skill. **Consistent dedication** and excellence (try to always be "on-call" for your colleagues when they reach out to you). **Exercise good judgment** (be willing to take on challenging patients but also acknowledge when you are not the best provider to meet a patient's needs and refer appropriately to other specialists). **Communicate** clearly and respond promptly to questions from other team members (this allows all providers to care more efficiently for the patient; a coordinated team also inspires confidence in the patient and improves their experience). **Be mindful** of how the manner in which you conduct yourself impacts those around you; treat everyone with respect

Gelfand recalls early in his career, "When I first started practicing, my senior partner told me of the 'three As' to physician success: affability, availability, and ability. If you are likable,

available to accommodate patients, and capable, you will succeed."

Christopher Runz, DO, Urologic Surgeon with UM Shore Medical Group, echoes Gelfand. "A good reputation comes by being affable, available, approachable, and providing great care to your patients. Reputable physicians are usually ones that listen and communicate exceptionally well."

Time and again, when we asked doctors employed across multiple hospital systems in the region, we heard very similar sentiments. Shanahan, with Shore Medical Group, summarily posits, "In totality it is a doctor, who through years of service, has proven their ability to provide the best standard of care to their patients, fellow family members, and colleagues in a caring and compassionate way. Said another way, they are true to the Hippocratic Oath and are patient-focused, and this drives every decision they make."

Thankfully, for those pursuing the very best medical care for themselves or a loved one, there are many excellent doctors, hospital systems, and independent practitioners in the greater Chesapeake Bay region.

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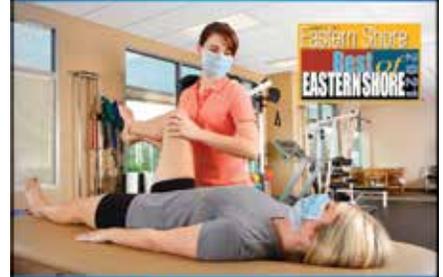


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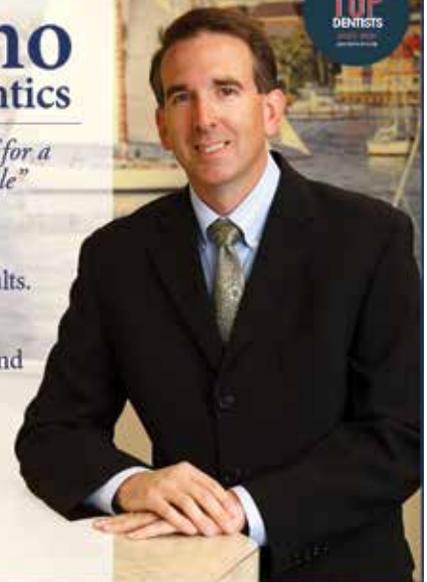
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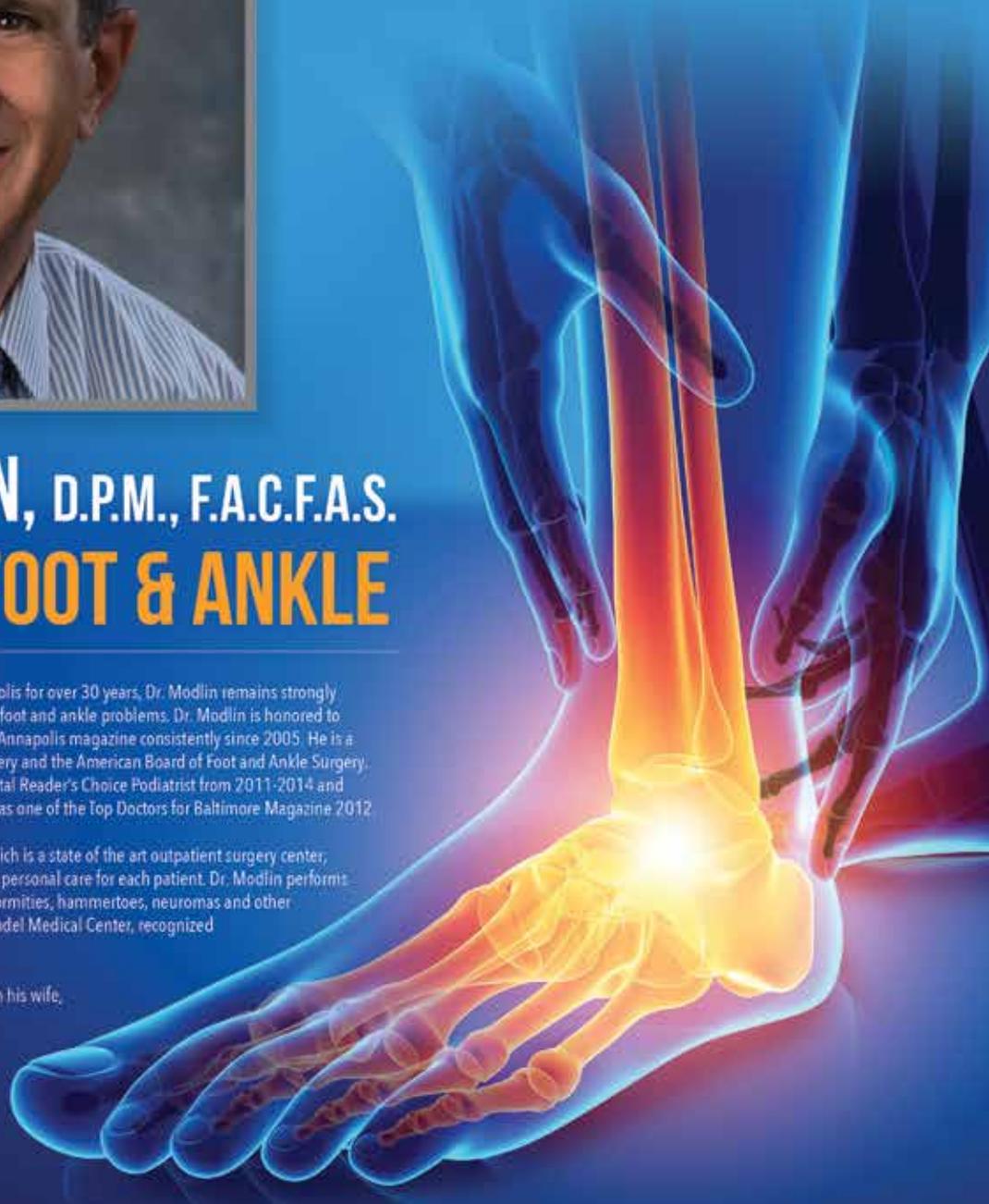
ANNAPOLIS FOOT & ANKLE

With the privilege of practicing in the great city of Annapolis for over 30 years, Dr. Modlin remains strongly committed to providing care to patients to alleviate their foot and ankle problems. Dr. Modlin is honored to have been voted as "Top Doc" for podiatry in What's Up? Annapolis magazine consistently since 2005. He is a Diplomate for both the American Board of Podiatric Surgery and the American Board of Foot and Ankle Surgery. Dr. Modlin has earned the honor of being voted The Capital Reader's Choice Podiatrist from 2011-2014 and Reader's Choice Finalist 2015-2017. He was also named as one of the Top Doctors for Baltimore Magazine 2012.

Dr. Modlin is affiliated with Riva Road Surgical Center which is a state of the art outpatient surgery center, committed to excellence in work and the highest level of personal care for each patient. Dr. Modlin performs many types of surgical procedures including bunion deformities, hammertoes, neuromas and other conditions of the foot. He is also affiliated with Anne Arundel Medical Center, recognized as one of the top hospitals in Maryland.

Dr. Modlin is a native of Maryland, lives in Annapolis with his wife, a native Annapolitan, and has three grown children.

Dr. Modlin provides both surgical and conservative care for his patients, offering a wide range of treatment options and gladly accepts new patients.



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Orthopaedic Hand Surgery

GARY DIX, MD
Ortho/Neuro Spine

BRIAN SULLIVAN, MD
Ortho/Neuro Spine

BRIAN KAHAN DO
Pain Management

ZVEZDOMIR ZAMFIROV, MD
Pain Management

GARRETT LYNCH, MD
Orthopaedics

CHARLES RULAND, MD
Orthopaedics

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Podiatry

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From Left to Right: Laura Ruppel, L.E. | Ali Weiss, Aesthetic NP | Kelly O'Donnell, MD | Eden Flynn, BSN, RN

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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 aesthetic services, we are committed to giving our clients beautiful, healthy skin.

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Looking Your Best from Head to Toe

Under the same roof in both Annapolis and Easton, patients can achieve optimal results with help in looking their best. Complementing Dr. O'Donnell's care and passion for helping patients, Ali Weiss, Nurse Practitioner, Laura Ruppel, Licensed Aesthetician, and Eden Flynn, Clinical Director and Registered Nurse, work together to bring professionalism and compassionate care to the medical aesthetics part of the practice.



Ali initially started in the cosmetic field by providing laser procedures for plastic surgeons while working in the ICU in Baltimore. She realized her passion was really in aesthetics, so she returned to school at the Catholic University in D.C. where she became a board-certified NP. After returning to her beloved hometown of Annapolis, MD., she joined O'Donnell Vein & Laser in late September, 2020. Her main priority is that each patient has a wonderful experience and feels safe.

Sometimes a patient comes in with a specific goal, yet others simply say, "I just want to look better." Ali takes the time to discuss their main concerns, help them decide the best treatment and decide what to do first. She revealed, "It's a vulnerable situation when discussing things you aren't happy with or maybe feel uncomfortable about and I want every person to feel comfortable sharing and working with me and knowing that it's human to be vulnerable." Such treatment options include lasers, dermal fillers and neurotoxins (Botox and Dysport). She shared, "Some treatments, such as lasers are seasonal



O'Donnell Vein & Laser's award winning staff.

dependent, so this also influences your treatment with me. After all, 'summer skin is made in the winter.' You could hear the passion in her voice as she continued, "I pride myself on the trust and relationships I build with my patients. When they come back for treatments, I am accountable to them. If they ask for something specific, I will see it through and when I ask them to do certain things, such as maintain a skincare routine, I know they will see their part through. They aren't only investing financially, they are trusting me with their time and care, so I want them to have the best experience and feel comfortable." Growing up, Laura dealt with skin issues of her own and experienced the frustrations of acne which prompted the years of research into self-care, especially skin care. She has been practicing as a medical skin care specialist for over seven years. "Much of what I do is customized to your individual skin's needs and your goals. When we first meet, we go over everything you want to improve. It may be a list, but I will develop a timeline with you and decide whether we need to be a little more aggressive or therapeutic in the treatments, whether it's a facial or a peel or something else." she explained. Clients can enjoy a classical facial to renew and soften their skin or they may choose a more specific treatment like the Reve Peel, designed to help those with hyperpigmentation. Keeping in touch with her artistic nature, Laura enjoys micro blading and creating brow designs for those who want to enhance their brows or for those suffering from loss of hair. Laura explained, "What's really important is that I get to know my clients so I can determine the best treatment style. I'm there to serve them and help them achieve their skincare goals and then maintain them. I want them to be comfortable in their own skin." What works for one person, may not work for the next which is why it's important to work with a licensed aesthetician and as Laura noted, "We are bombarded with social media and people saying a certain product magically clears their skin, but it could ultimately wreak havoc." She went on to mention that we need to be realistic. "We are human and we should appreciate what our skin does for us rather than tear it apart," she said kindly.

Each and every staff member brings a set of unique skills and personality to the office. This is one of the many reasons the O'Donnell team achieves such successful results in both vein care and cosmetic services. No matter the office location or why the patient is seeking help, they can anticipate expert medical care, a passionate staff, and a treatment tailored just for them. It's a welcoming atmosphere and be assured their equipment is state-of-the-art. For a complete experience of expertise in a caring environment, O'Donnell Vein and Laser is there for you.



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Laura Ruppel, L.E., providing microcurrent with red LED post Skinwave treatment.



Eden Flynn, BSN, RN, performing a Sciton ForeverYoung BBL laser treatment.



Ali Weiss, Aesthetic Nurse Practitioner, providing injections for a patient.

Sandel Duggal Center for Plastic Surgery

CLAIRE S. DUGGAL, MD

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

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

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

—CLAIRE DUGGAL, M.D.

When she's not at the office, Dr. Duggal is a proud wife and mother to three beautiful girls. She enjoys spending her free time with family (including their new dog), riding her peloton and spending time on the water!

WHO I AM

1.

FAVORITE MEMORY DURING MED SCHOOL?

I met my husband (who is an ENT surgeon) when I was a 4th year medical student rotating through the Emergency Room. It was a "Grey's Anatomy" moment when I saw him across the trauma bay and will forever be the best thing that ever happened to me in medical school.

5.

NAME 3 THINGS ON YOUR BUCKET LIST?

Visit Patagonia, see the Northern Lights, and do a handstand on a paddleboard.

2.

YOUR MOST OFTEN SAID GENERAL ADVICE TO PATIENTS?

I am a big believer in not looking like you've had any surgery or procedure. Plastic surgery to me is not about revamping your identity or wanting to change who you are. Self-confidence is a powerful force, and I believe part of being human is wanting to present your best self to the world. That means different things to different people, and my role is helping to achieve that. Less is more.

6.

BIGGEST CHALLENGE YOU'VE OVERCOME (PERSONAL OR PROFESSIONAL)?

I don't know about overcoming, but I think this last year has been incredibly difficult for everyone. Navigating family, kids, school, friendships, safety, and my practice through this pandemic has been unprecedented. I hope everyone stays safe and sane as we continue to figure out work and home life.

3.

WHAT ARE YOUR MOST REQUESTED PROCEDURES?

My surgical practice is focused on breast and body contouring; I have a lot of patients requesting some form of a "mommy makeover". That could mean tummy tuck, liposuction, breast lift, reduction or augmentation. In the office, I focus on non-surgical facial treatments and injectables like Botox and filler.

7.

WHERE/WHAT IS YOUR "HAPPY PLACE"?

Either out on the water or up in the mountains.

4.

WHAT DO YOU LOVE MOST ABOUT YOUR PRACTICE?

I love the team that I work with and the ability to make sure our practice is creating the experience I want patients to have. It's intimidating to take the step to come in and talk to a stranger about features you're not happy with, and I want everyone to feel comfortable during their visit. I love talking to women about the same issues I face as a mother, and being able to help them feel their best.

8.

CATS OR DOGS?

We caved to our kids' relentless demands and added a pandemic puppy to the family. Kobe is a beloved black lab who's unfortunate favorite pastime is chewing up any and all stuffed animals he can nose out.



ABOUT **DR. DUGGAL**

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



MY CREDENTIALS

Education

Harvard University
Bachelor of Arts with Honors, Neuroscience

Medical Degree

Emory University School of Medicine



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Soistman Family Dentistry

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

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

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ABOUT OUR SCHOLARSHIP FUND

SPIRIT OF SOISTMAN FAMILY DENTISTRY SCHOLARSHIP

This Scholarship Fund was established by Dr. Jonathan T. Soistman of Soistman Family Dentistry & Associates in 2017. The fund will award five, \$1,000.00 scholarships and five \$500.00 scholarships to two members of the graduating classes of Queen Anne's County High School, Kent Island High School and Easton High School, Saint Michaels High School, and North Caroline High School. This scholarship fund is specifically developed to help offset the increasing tuition costs of higher education for deserving students who qualify with the below requirements.



Dr. Soistman was raised in Cordova, Maryland and earned his Bachelor's of Science degree from Towson University in 2006. He graduated from the University of MD in 2011 with his Doctorate in Doctor of Dental Surgery (DDS). Practicing since 2011, Dr. Soistman established Soistman Family Dentistry & Associates in Centreville, MD in October 2015. He believes that having an opportunity to seek higher education along with participation in school, athletics, extracurricular activities and one's community contributes to the development of a person of character and integrity. This scholarship is intended to support students who have demonstrated a desire to attain a higher education, have exhibited a motivation and plan to reach and achieve their goals in the next 10 years, and have shown an understanding and appreciation of participation in their community. Selection of this scholarship is based upon interest and potential for success in pursuing a degree through associates, bachelors or other programs like community college and trade schools.



**ABOUT
DR. SOISTMAN**



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

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



**ABOUT
DR. KAUR**



Dr. Gurpreet Kaur has recently joined Soistman Family Dentistry & Associates and is a very welcomed addition to our office. She attended Virginia Commonwealth University and graduated with accolades in 2015. She had previously worked in Salisbury, MD for a few years. Dr. Kaur and her family recently moved closer to the Eastern Shore of Maryland so she and her husband can raise their first son and enjoy all that the Shore has to offer.



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400 Marvel Court
Easton, MD 21601
410-822-7344 • 410-822-1844 (Fax)

SoistmanFamilyDentistry.com • Smile@SoistmanFamilyDentistry.com



Michael Del Torto, MD, FAAD



Donald Stranahan Jr., MD, FAAD



Ellen Jordan, PA-C



Amy Engler, PA-C



Erica Franks, PA-C



Keeley Diggs, PA-C



Katelyn Baker, PA-C



CONNECT

403 Marvel Court
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 410-819-8867
www.eastondermatology.com

Easton Dermatology Associates

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

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

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



**ABOUT
 OUR PRACTICE**

Easton Dermatology providers treat skin conditions including:

Skin Cancer (Screening, Surgery, MOHS Surgery)

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

Our cosmetic services include:

Botox injections

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TempSure Skin Rejuvenation®

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Laser wrinkle reduction

Sclerotherapy

Microneedling



ACCEPTING NEW PATIENTS



Kent Island Pediatric Dentistry

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

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

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

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

WHO WE ARE

1. ADAPTING TO THE CORONAVIRUS

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

2. WHAT ARE WE MOST PROUD OF?

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



WHAT'S NEW? LASER DENTISTRY!

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



CONNECT

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



Q: What is the best way to treat Melasma?

A: Melasma is often both frustrating and difficult to treat. I personally have suffered from it, so I understand the challenges it presents. Through years of experience, I have come to find that one of the best solutions

to improving Melasma is the Reve Enlighten Depigmentation System that we offer at O'Donnell Vein and Laser. I am one of the only Licensed Estheticians in the state of MD experienced with this specific treatment. Skincare is my passion, and I will provide you with the absolute best treatment plan and homecare regimen to improve your Melasma but ultimately consistency and dedication to the plan laid out for you will be what makes the real difference.

LAURA RUPPEL, L.E.

O'Donnell Vein & Laser



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

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

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

JONATHAN T. SOISTMAN, DDS

Soistman Family Dentistry & Associates



Q: When should children begin using toothpaste?

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

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

MARGARET C. MCGRATH, DMD, MPH

Kent Island Pediatric Dentistry



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

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

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

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



Q: What is a “Mommy Makeover”?

A: Many moms are finding that diet and exercise just aren't enough to counteract the effects pregnancy has had on their body. Breastfeeding can dramatically change the volume and shape of the breast while the stretching of the skin in the tummy area can leave loose sagging skin that cannot

be tightened through sit ups and crunches. A “Mommy Makeover” is a combination of surgical procedures designed to regain their pre-pregnancy body. Procedures that can be performed together include:

- Breast lift with or without the insertion of an implant – not necessarily to increase size – but to correct volume and placement of the breast prior to pregnancy.
- Tummy Tuck to correct loose, sagging skin.
- Liposuction for stubborn fat pockets not affected by diet and exercise.

DR. CHRISTOPHER SPITTLER, M.D.

Plastic Surgery Specialists



Q: Is it safe to see a Dermatologist now?

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

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

DONALD STRANAHAN JR., MD

Easton Dermatology



Q: What does “rapid recovery” surgery mean?

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

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



Q: What causes stiffness and pain at the base of the great (big) toe?

A: This can be due to Hallus Rigidus, a progressive disorder that often creates pain with movement of the great (big) toe, especially with a push off movement. An Xray is often used to help diagnose the problem. Treatment includes

stiff shoes, anti-inflammatory medication and possible injections. If conservative measures aren't adequate, surgical options are available.

LYLE T. MODLIN, D.P.M., F.A.C.F.A.S.
Annapolis Foot & Ankle



Q: Who is a candidate for sedation dentistry?

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

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

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



Q: I'm interested in getting lip filler but I've never had injections before. Where should I start?

A: Lip filler is one of my favorite procedures because patients see immediate results! As with any cosmetic treatment, it's important to start with a consultation. During an O'Donnell Vein and Laser

consultation, we'll discuss the results you're looking to achieve, talk about expectations regarding the procedure and any potential discomfort or downtime, and if you're ready to move forward, we'll design your treatment plan. We'll ensure you're well informed about how to take care of your lips both before and after the procedure and that you're completely comfortable with your decision. We pride ourselves on the quality of our customer care just as much as we do our results!

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The Tuckahoe Steam and Gas Association preserves the history of the rural Eastern Shore

By Anne McNulty

It's a busy July day on the sprawling grounds of the Tuckahoe Steam and Gas Association, located just outside the town of Easton, off bustling Route 50. Folks are pouring into the 60-acre park for a four-day celebration of the by-gone days of Maryland's rural Eastern Shore. History comes to life here as does the Industrial Revolution that made today's high-tech world possible. And it all began with the invention of the steam engine by James Watt in 1769. This engine, by boiling coal-heated water, created the steam energy to power the machines that make trains, ships, and tractors run. Steam engines powered electric generators, cable car systems, and just about everything else.

On this warm day, visitors watch a model steam engine locomotive as it chugs along the railroad tracks shrieking its whistle and billowing clouds of smoke as it puffs its way along. Other visitors are strolling around the grounds to visit the six museums located on the property. They can watch the blacksmith forging iron in the blacksmith shop or watch the circular saw devour a thick log as it screeches along spitting out planks of wood in the two sawmill shops.



As they wander through the Rural Life Museum, those of an elderly age will recognize objects in the farmhouse kitchen—like the old wringer washing machine powered by electricity, and the even older wash tub with a scrub board. They'll recognize the icebox, the vintage cans with labels almost 80 years old, and the old coffee grinder. The museum's vintage Model-T Ford standing next to the antique Gulf and Shell gas pumps might interest the youngsters.

A few months prior to July's four-day celebration, I met Pat Harvey, the association's vice president at the museum. As she guided me around, pointing out all the different displays, she said, "You can visit the Smithsonian, but here all your senses are lit up. You can see it, hear it, touch it."

How did this all begin? Harvey has some answers. It began with an idea as most things do.

"Both my father and my husband's father were sitting at the kitchen table discussing what a good idea it would be to preserve our way of life before we no longer remembered it," she explains. "Our aim was to take people to a different time. "We began the project in December 1973 with 40 charter members. By 1974, thanks to a group of volunteers, we could open." She stresses that the organization is all volunteer run. "We don't have any employees," she says. "We also own the property, which is about 60 acres."

Harvey points out that they have 500 to 600 members across the country—a nationwide organization of Steam and Gas parks. And people from all over the country bring in their antique cars and horse-drawn antique steam engines to display. Folks also donate items they can no longer use or keep. Some even include them in their wills. One such treasured item is the 1947 International firetruck that is used in parades.

There are about seven sheds on the property: One houses a steam engine tractor with a combine and another houses a tractor and corn picker. Old steam engines fill the Steam Museum adjacent to the sheds.

As with almost all the venues across the country, Tuckahoe canceled its 2020 July celebration because of Covid. For the organization it was actually a blessing in disguise. "We have so many events and activities going on all the time, and in 2020 we had nothing but time," Harvey says. "We got a ton of stuff fixed up and restored. We also had time to plan for a new military collectors' group that would include old military equipment."

The exhibit Harvey is most excited about, however, are the two looms, the larger one dating back to the 1700s, and the smaller one to the 1800s. She leads me to the building in which the looms are housed. She takes a seat

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at the larger one and begins to work the shuttle that moves the strings across the loom as the threads slowly weave themselves into cloth.

These days when new innovations constantly change our lives, it's difficult to realize how hard and demanding life could be in days past. Until machines transformed tools such as shovels, pickaxes, saws, rakes, and horse-drawn plows into the high-tech equipment of today, most work in farms and factories was demanding and backbreaking.

"Then, the oldest form of horsepower was a horse hitched to a plow," Harvey remarks. Now with tractors run by computers, and by GPS navigation, farming has become a high-tech industry. "We could almost feed the world," she says. Yet the forerunners of the high-tech tractors are those old work-horses—the John Deere, the McCormick, and the Farmall tractors.



On a later date, I return to the museum grounds and meet a young man named Scott Thompson. He's standing near his 1951 Farmall tractor. The tractor is a beauty. Fully restored and shiny red, it's ready to be displayed.

"I found it abandoned in a field," he says. "I asked the owner if I could buy it, and he agreed." With his grandfather's help, Thompson brought the tractor back to life, and he's already shown it at the Delaware State Fair. Next to the restored tractor is another 1951 Farmall. It's rusted out and dilapidated and definitely showing its 70 years.

When the grounds are open, which is the first Saturday of every month, folks sitting in the grandstand can watch the tractor pulling contests to see which tractor can pull the heaviest load for the longest distance—about 263 yards. The loads can weigh 4,500, 5,500 or 6,500 pounds. The youngsters, however, might prefer watching or driving the garden tractors in the garden tractor pull. Here one garden tractor pulls another.

One of the largest buildings on the property is the Machine Museum and, sure enough, the 4,000-square-foot building is filled with machines dating from 1880 to 1920. Mechanical engineer, Dick McBirney, leads me through the collection of every type of machine.

"BOTH MY FATHER AND MY HUSBAND'S FATHER WERE SITTING AT THE KITCHEN TABLE DISCUSSING WHAT A GOOD IDEA IT WOULD BE TO PRESERVE OUR WAY OF LIFE BEFORE WE NO LONGER REMEMBERED IT. OUR AIM WAS TO TAKE PEOPLE TO A DIFFERENT TIME. "



Now partially retired from the Goddard Space Center, he drives from his home in Columbia every first Saturday of the month to meet with visitors and guide them around the building, which contains an amazing collection of tools and machines.

"Machines convert energy," McBirney explains. "They need to be powered by steam, gas, or electricity." He points out the collection of lathes that are used to produce round products and the milling machines that are used to make rectangular products. As we walk around the room, he shows me a huge 36-inch Turret Lathe that was used to produce wheels for trains. Also in the collection is a 1920 gear shaper that was used to make gears. McBirney stresses that so many precision parts have to be accurate—plus or minus 1000th of an inch.

What he especially enjoys doing, however, is showing youngsters the collection, and he has a small lathe that they can try out.

Who designs motors and machines? That's where McBirney comes in. As a mechanical engineer, he has designed many. He shows me one of his blueprints that's on the wall behind us. "We used to design them, and then a draftsman would draw them. Now it's all done by computers."

These days, we are in the midst of another revolution—one fueled by nuclear energy—energy that now propels us into space. Yet it would never have been possible to come this far without those old steam engines. And one of the best opportunities to step back in time, visit the grounds, and see these engines in action will be Halloween weekend, when The Association plans to hold its fall festival. For more information, visit tuckahoesteam.org.



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2408 Bennett Point Rd • Queenstown | \$1,325,000

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**101 Barren Ridge Dr
Chester | \$350,000**

This charming & well-loved home offers 1 level living within walking distance to Cox Creek. You will love this delightful 3 BR & 2 BA property. Spacious eat in kitchen, formal dining, formal living room, family room & bonus spaces like the sunroom & oversized 2 car garage.



103 Woodmorr Rd • Stevensville | \$560,000

Minutes from the bay bridge but tucked away to enjoy the serenity of the shore. This gorgeous contemporary home has a backyard paradise w/inground pool rock waterfall, plus, a 2-car garage, wood burning FP, new flooring, paint inside & out, new roof, skylights, & brand-new septic.

109 Woodmorr Rd • Stevensville | \$565,000

Spacious contemporary home nestled in Matapeake Estates features 4 BR's 3 full baths, soaring ceilings, multi-tiered decks, & a luxurious in ground pool! Two primary suites, one on the main level & one on the 2nd level. And backyard oasis w/ lush landscaping and chlorine pool w/ new liner!



**909 Bayside Dr.
Stevensville | \$525,000**

This enchanting home offers sunset water views of the Chesapeake Bay! Enjoy resort-like living from the convenience of Kent Island and the community of Bay City. Located close to the bay bridge you'll find this meticulously kept timeless, colonial style home with a coastal flair. Timeless in design and architectural style, this property is move in ready.

**102 Sillen Plantation Rd
Stevensville | \$650,000**

Enter this Charming Colonial home and you will feel an instant sense of warmth & comfort! This casually elegant and peace filled property is beautifully painted with the gentle colors of the sea and landscape. It is finished with lovely moldings, doors and other high-end finishes. Situated in a small, private community, within walking distance to the Chesapeake Bay.

**206 Beachside Dr.
Stevensville | \$1,275,000**

It's the lifestyle you deserve in this beautiful Chesapeake Bay waterfront! Walk into the front foyer and instantly see spectacular views of the Chesapeake Bay through the wall of windows. Inviting home w/ 4 BR, 3.5 BA, 2 master suites waterside, formal dining room w/vaulted ceiling, Brazilian Cherry hardwoods & Carrara marble floors, 3,800 finished square feet. A well-built 150-foot pier, professional landscaped & hardscaped yard.

**914 Song Sparrow Ct.
Arnold | \$685,000**

Wood floors, new carpet, fresh paint and an incredible landscape that delivers with every change of season. 4 BRs, each with generous space and excellent closet storage. Partially finished basement with potential extra living/bedroom space. Jewestown on the Magdohy offers, water access for fishing or kayaking.



**411 Calvert Rd
Stevensville | \$525,000**

A picture perfect home that presents many impressive additions & up-grades! The kitchen itself is a dream come true! Well maintained 3 BR 2 BA home. The exterior delivers a perfectly landscaped and manicured yard and beautiful retreat. A two-car detached garage borders the back of the property for privacy.

**Lot 2 North Lake Dr.
Stevensville | \$525,000 w/this Caruso Home**

\$200,000 for Lot Only. Opportunity to build on this Waterfront lot! Floor plan is the Paccini II, by Caruso homes designed for the current price point. Pick your house plan design & build with Caruso builder or bring your own plan & builder. Lot to be purchased separately. Waterfront w/a farm across waterway. Approx. 75 feet of lake like waterfront. Crab or go Kayaking on catter creek.

**911 Langdon Ct
Annapolis | \$450,000**

Live the Annapolis lifestyle in this gorgeous light filled contemporary style home in the sought-after community of Ambridge. This 3 BR, 2.5 BA home offers two spacious living rooms. The open concept floor plan with vaulted ceilings makes for an outstanding entertaining space. Plus, large storage shed, koi pond, and fully fenced in backyard.

**Montgomery Road
Stevensville | \$15,000**

Beautiful wooded with sunlight on the south end of Rt. 8 right side after Margaret drive on, right, no street access. Currently property is not scheduled for SKI program for public sewer. Buyer would need to perc to see if buildable.

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Re-Planting *Azaleas* in Severn Grove

BY LISA J. GOTTO

PHOTOGRAPHY BY STEPHEN BUCHANAN



Property owner Tina fondly recalls countless summers in her childhood traveling from her Prince George's County home to a special little spot, a quaint cottage on Saltworks Creek that her great grandparents owned. It started out as just a few small rooms and a dock; a place to put a line in the water and tether a boat. There were many quick jaunts out to the Severn River from here, many sunny days on the sparkling water, and many memories made.

Like watercolors that vary in intensity from pale to striking, flashes of spring azalea blooms and summers gone by have served as inspiration for Tina, and her husband Mike, over the years until the time came for them to become the new stewards of that special cottage and the land surrounding it at the water's edge.



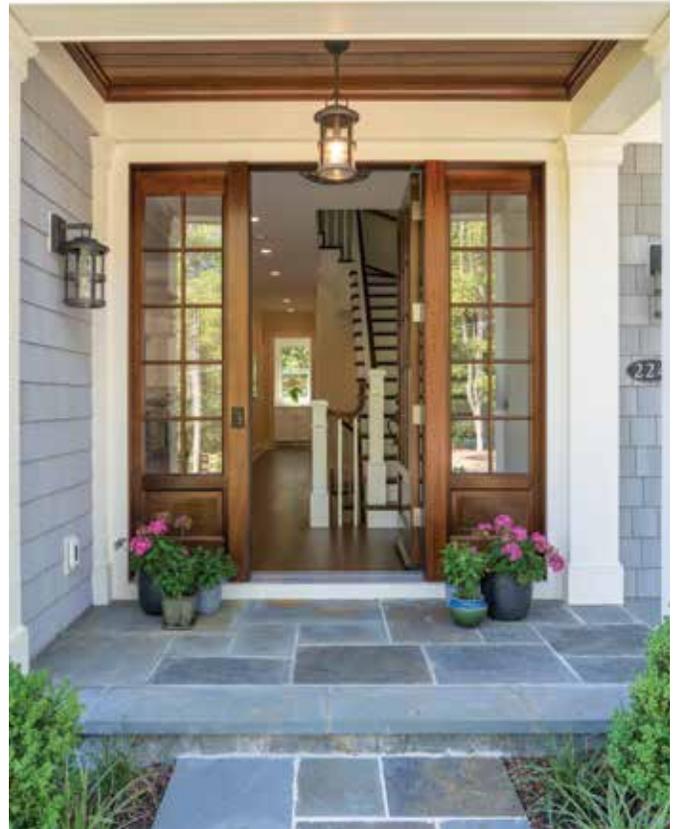
Critical Area, Critical Decisions

“[The cottage] was my great grandfather’s, then my grandparents, and then my parents’ home that they came to over the summer,” says Tina of the community retreat that dates back to the 1930s and was primarily frequented by D.C. weekenders in those days.

This responsibility would carry with it some tough decisions, as the present-day condition of the cottage was, in their architect’s opinion, unsalvageable, due to its age and positioning on a very steep hill. The homeowners were already thinking the structure would need to come down. What would happen to Tina’s parents’ lovely azalea bushes? While the couple saw this as a practical matter, they would soon come to realize the greater complexities that building its replacement would entail.

With that in mind, the project was assigned to the firm of Purple Cherry Architects of Annapolis. Highly knowledgeable in the unique concerns and constraints of development in Maryland’s Critical Area, the project presented the design team of Cathy Purple Cherry, Alan Cook, and Carla Edmonds with a slate of particular challenges.

The new home that they would conceive would not only require meeting the needs of a homeowner’s must-have list, but it would necessitate painstaking assessment of existing and extremely complicated land management issues, including a 30-foot differential in elevation, significant property sloping, and ongoing erosion control.



As Purple Cherry tells it, one needs a thorough review of the devised site plan to truly appreciate the gravity and complexity of what it took to build this home into a sloping hillside and with the land’s existing, and perhaps future, constraints in mind.

“The site constraints are what actually created the floorplan,” says Purple Cherry, who further explained how the home would need to work from a structural standpoint if it were to be successfully integrated into the hillside.

Primarily the home’s main level needed to be large enough to support what would be required of its lower level, and of course, provide a sturdy foundation for what would be built above. Purple Cherry brought in Annapolis-based Bay Engineering for their expertise in this area, and Bayview Builders was tapped to construct the design.

To accomplish the new build, the old cottage would have to come down and a replacement bulk head and pier would need to be installed before any construction could begin on the necessary retaining walls and home. Purple Cherry recalls that the production of and the perception made by all the weighty work concerned the couple greatly.

“It was important to them. They knew they were going into a neighborhood where most of the homes were smaller in nature. They did not want to come in with any grandeur, or do anything that was offensive to anyone else,” Purple Cherry explains.

But when all was said and done and the grounds were cleared, something serendipitous happened. What needed to be taken away turned out to be a good thing, as some of the homes in their close-knit community that did not have water views before the demolition due to the cottage and some obscuring trees, now had a much clearer sightline to the water.





Best & Brightest

While anyone on the project would attest it was, at times, a laborious process of troubleshooting, re-assessing, and addressing set-backs, the reward for the homeowners is quite clear.

The result is a 4,870-square-foot home with a clean, coastal feel, airy and bright with an abundance of natural light, and one that is perfectly positioned for quality of life on the water.

The well-conceived and executed floor plan is evident from the moment you walk in as you're immediately greeted with the sparkle of sunny water shimmers, a by-product of a lovely day and exacting placement of a series of sliding glass doors along one entire wall of the main level's open-plan living space.

"The siting of this house is deliberately oriented to that view," Purple Cherry says.

You also feel how comfortable the home is upon entry with its soothing palette of neutral colors that pull in and juxtapose the earth and water tones emanating from the outside.

With the expert advice of one of Purple Cherry's in-house interior designers, Annie Kersey, the couple chose two large, but cozy pearl-toned sofas from Vanguard Furniture's East Lake collection to set the standard for style in the main living area. The sofas are accent-

ed with spindle-shaped ottomans that provided a causal, nautical flair to the grouping, along with a sumptuous architectural cocktail table from Modern History. A fireplace with a Mother of Pearl shell mosaic tile surround centers the entry wall and is framed with built-in cabinetry and windows above them on either side.

This area is roomy and is accommodating for adults, as well as kids—the couple has three grown daughters and three grandchildren—a must-have relayed to Kersey when they discussed how the space would be used. Underneath it all, the couple chose an ivory area rug from Coventry Cord.

This area effortlessly flows to the all-white, custom open-plan kitchen and dining area along dark-stained white oak floors. Several savvy and stylish choices made this room just as convenient and functional as it is beautiful. The family, which spans multi-generations, will all find a seat at the Faulkner dining table from Vanguard Furniture, accented with the manufacturer's Bailey arm and Newton side chairs. A Visual Comfort Camille Medium Linear chandelier shines overhead.

Two particular options selected for the kitchen are also a testament to good taste and smart entertaining. A deep, three-foot wide galley sink with a variety of accessories like cutting board and strainer inserts, are efficient essentials for the homeowners. A sleek, rectangular stainless steel prep sink from Signature Hardware does double-duty as an on-counter wine cooler and is conveniently located just across from the wine fridge.



Personal Touches

Any new home design wouldn't be complete without the homeowners calling an audible or two. For this couple, the practicality of their pantry space off the kitchen was one decision Tina needed to re-think. What was originally slated to provide utility with basic shelving, was upgraded after she read an email newsletter sent by the Purple Cherry Architect design team that was full of great ideas on how to conceive an ideal and attractive pantry space. Tina was so inspired she sketched out her own design for that space.

Now the pantry has a room of its own that is charming with a sunny window, custom cabinetry, and storage solutions including a "smart" drawer that provides charging stations for the family's electronics. When not in use, this space is cleverly concealed behind a stealth pocket door.

The star attraction of this main level living space, however, is its seamless transition to the huge outdoor covered deck that runs along nearly the entire creek-side of the home. This superb entertaining space is outfitted with disappearing screen inserts for when the weather turns buggy. The overlook to the creek and gorgeous new landscaping complete a soothing outdoor vibe.

Just this floor alone is worth the price of admission in this amazing home, but there's so much more. From its functional approach to three-level living, to its thoughtful placement of each of its four bedrooms to maximize views, to its outstanding material choices—the primary bath suite is a clinic on the auspicious use of space and how to bring the glam when it comes to creating impact with tile—this LEED Gold Certification dwelling captures the heart-felt theme of family that the couple was hoping to create in their new home all along.

And just outside, beneath that stellar covered deck, what do we spy but another homage to family taking pride of place at the water's edge? It's a row of Tina's parents' heirloom azalea bushes planted and ready for next spring's seasonal debut.

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The Gut Job

Sometimes, like when you purchase an older period or highly-customized home, the fireplace is a “gut job,” in that no amount of cosmetic enhancement can accomplish what you would need for the feature to generate the amount of heat or produce the ambient effect you’re hoping for.

This is often seen with older wood burning fireplaces that may still look attractive but lack the ability to provide a viable and efficient heat source. Adding a gas insert can be a highly effective and attractive way to keep what you like of the surround and enhance heat generation in the home.

This is not to be confused with converting to gas logs, which still provide the ambiance of the traditional wood fire, but offer only a minimal to moderate heat source depending on the type of gas logs you choose, vented or non-vented.

In either case, your fireplace will need to be professionally evaluated first to ensure that your existing structure is capable of supporting a gas fire. Making this change also requires adherence to specific codes your state and local municipality impose on modifications of this nature.

The primary concern with a wood-to-gas swap since gas exhaust, unlike wood smoke, is clear, is the position of the damper. The damper must always be kept in a fixed position or removed altogether so those exhausts are continually eliminated by way of the flue.

So, while you may consider yourself handy with other projects around your home, a certified fireplace tech should always be consulted to perform any installation of this nature.

Before making your switch, it’s important to assess your needs: Do you wish to take a chill off a small area or one room, or do you hope to provide a substantial or alternate heat source for an entire zone or floor in your home? So, if you’re thinking, “cozy glow” you’ll probably be quite satisfied with a gas log package.



Photo by lemonthistle.com

Three Approaches for Upgrading Your Tired Fireplace

By Lisa J. Gotto

It may be something you rarely think about until those chilly nights when it’s time to light it, but that’s usually when you realize the value your fireplace brings to your home. This is when you also may notice the impact the look of your fireplace has on your entire room or living space.

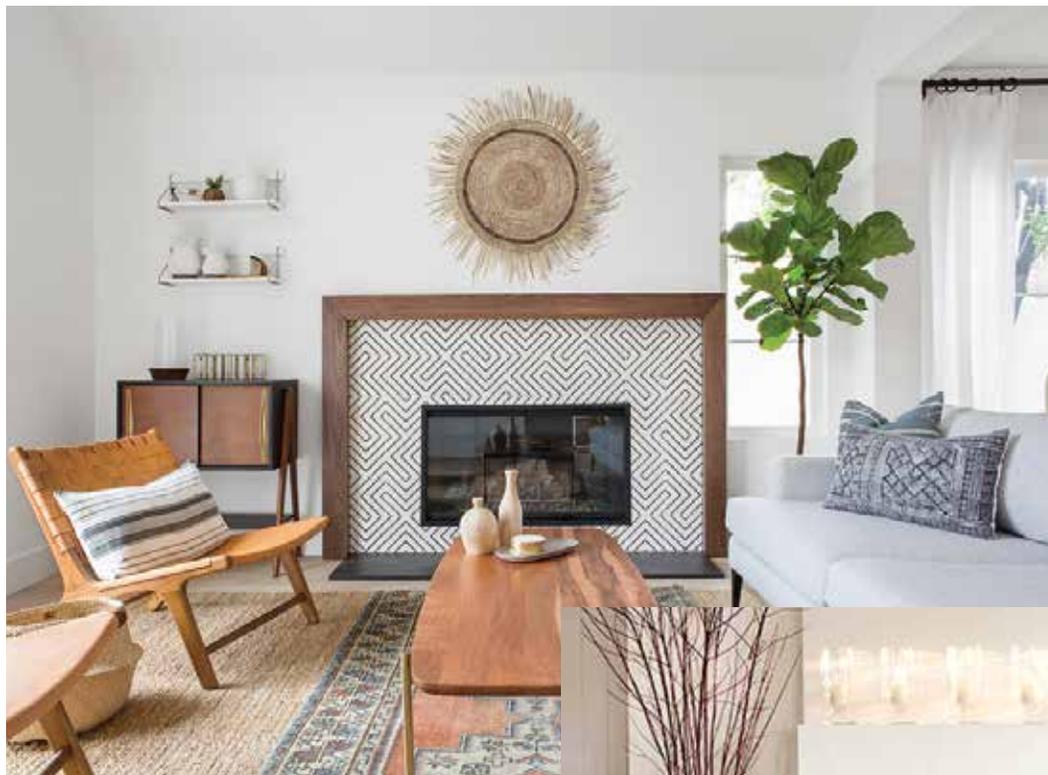
If your home wasn’t built recently and to your custom specifications, chances are that the fireplace surround could be looking a little tired. Even your mantel may look like it could use a refresher if you’re still working with the home’s original builder’s grade iteration.



Photo by @Sunnygacharm from Instagram

The Seasonal Style Do-Over

Three books, some fake ivy, an oversized candle of some sort, a kid's baseball trophy. Sound familiar? The mantel top is sometimes where faded décor pieces go to die. Don't let this happen to you.



The Cosmetic Approaches

From an aesthetic standpoint, traditional wood burning fireplaces with wood surrounds and mantels often have unique carvings and period details you may want to maintain. If you are content with the efficiency and the work that comes with wood burning, a trip to your local paint store may be in order.

Get this right from the start DIYers! There's no shortcut to beautiful, so strip your wooden fireplace surround and sand it before giving it a good cleaning and applying primer. You'll then need two coats of semi-gloss acrylic paint with plenty of drying time between those first and second coats. Note: You'll need to use a high heat enamel paint and a foam brush for adequate coverage results when painting the insert. It's a good idea to do a patch test beforehand to see how well the paint takes to the surface, as not all insert materials can be painted.

On the bright side, most tile surrounds can be painted and just making a simple switch from those once-popular builder's grade beige tiles to white tiles can really help transform your fireplace. Think maximum impact with minimal input!

There's also a world of tile out there to choose from. If you're trying to totally change the vibe of your room, this is the way to go. And if you're a lover of modern and sleek, now is your time to shine. Remember here, however, you should be able to live with this look for an extended period of time, so choose something you will not tire of easily.

White paint has also always been the fix for the most traditional of fireplaces, one made entirely of red brick. While this look is a standard bearer and works well in many homes, it can be easily updated to work with an array of today's design aesthetics.

This look is easy to achieve. Start with clean bricks. Use a spray water bottle to loosen surface dirt and blot with a clean rag to remove any drips. Pour equal parts of white latex paint and water into your paint pail and mix well. Using another clean rag, apply the paint. Use a dry brush to get to any hard-to-reach places. Note: You may need two coats to get the depth of effect you desire. Replacing your old mantel is the most popular way to upgrade when it comes to cosmetic changes. Ironic as it sounds, a brand new piece of reclaimed barn wood does wonders for the past its prime piece of timber you may currently be working with. Try an architectural salvage company to find a one-of-a-kind look to set the tone for your room. (But do have your measurements in hand, so you're assured a good fit!)

Keep in mind a minimal, clean look does not have to translate to a boring look, and some trends are actually de-emphasizing the mantel altogether. The less-is-more aesthetic is working wonderfully well with the Mid-Century Modern looks we're seeing in today's millennial homes.

Farmers' markets are great places for seasonal finds like colorful gourds and rustic vines, as well as unique pieces from local artisans that lend regional appeal. A large, ornate mirror makes a great statement piece as part of grouping and can stay in place all year long while you swap out smaller elements around it. Keep your groups cohesive by using a color palette or central vibe as a theme—and always keep the concept of balance in mind so creativity doesn't translate to clutter.



Great Time for a Refresh

8 WAYS TO PERK UP YOUR FALL GARDEN

By Janice F. Booth

Autumn is well underway here in Maryland, and there's a special sweetness to this post-COVID pandemic fall. Kids are back in school or back in their college dorms. We're settling into our work routines, modified though they may be post-pandemic. When we return home, to our familiar haven, our house or apartment and garden, we're enjoying the benefits of all the little projects we accomplished during quarantine—those new, small appliances for the kitchen, that repainted den or office, and the dear garden—polished or even expanded from past seasons. Feels good, doesn't it, to look over your accomplishments?

Now, however, fall is upon us, and our long summer on-the-go has ended. Time to plump up those couch pillows, have the windows cleaned, and tidy up the garden for the last lovely months of the year. Here are some suggestions for perking up our tired gardens and patios, preparing them for fall parties and quiet sunset drinks or dinners on the deck.

1 Start with the obvious. If you have a gardening service, ask them to remove the dead and dying annuals from the flowerbeds and pots. Remind them not to pull out the zinnias and chrysanthemums; they're in their glory now. Dead-heading any old blooms could help these plants continue to bloom during the next month-or-so. (If you're doing these tasks yourself, no worries. They're all easy tasks; take a large basket or plastic pail into the garden and just pluck out dead blossoms and brown, withered plants.

2 While they or you are clearing out the tired plants, trim back some of those spring-blooming bushes that have grown a bit leggy over the long, summer, growing season. Once trimmed back, your forsythias, flowering quince, and lilac bushes will still have time to grow and prepare to send out new growth and welcome blooms once spring arrives.

3 Another great way to freshen the garden area is with some strategically placed new plants. In the garden

or on the patio, plant some pretty pansies and ornamental kale—with any luck, they'll bloom all winter. Snapdragons and ornamental peppers will also brighten up the garden. You needn't bother putting them in the ground. Just snuggle the plastic pots down among the foliage of other plants or drop the plants into always-appropriate clay pots. Fill several pots with nasturtium, perfect with their orange and gold blossoms and pretty, round leaves. To add a touch of drama, dig out some trailers of ivy or periwinkle with a little root ball and plant them around the outer edge of the flowerpots so they cascade over the sides.

4 Take a look at the borders of your flowerbeds and walkways. Has grass started to wheedle its way between the stepping-stones or into the flowerbeds? Pulling out the stray clumps of grass and weeds will add a crisper look to the walkway. You may want to go a bit further with the flowerbeds and ask the gardener to edge the flowerbeds again, as was done in the spring.

5 And while you're wandering along the garden paths, take a look at your fencing. Are there slats that need replacing? Would a coat of paint now help preserve the fence and improve its appearance? Is now the time to replace that chain link fence at the back of the yard with something more attractive, like pickets, bamboo, or wrought iron?

6 In preparation for the coming shorter days and longer nights, a little trick with lighting might be fun. Maybe you have some leftover rope lights from your summer parties. Or, pick up some tiny, white lights from the hardware store. Drape some over the bushes, wind one or two strands around tree trunks, or hang them around the patio. If they're LED, you can just leave them on throughout the winter, or connect them to one main, heavy-duty extension cord which you can easily unplug as you walk out to get the paper in the morning and plug in as you return home in the evening.



7 When you get the urge to do some digging, buy some bulbs—you'll find them everywhere this time of year. Maybe you want to try some exotic tulips or old-fashioned gladiolas. Get some of each, plus the old standbys, daffodils and crocuses. For the most part, just stick them in the ground anywhere the soil is not too packed down, or be creative, and plant them in clumps for lovely bursts of blooms in springtime.

8 Finally, think about the watering system you've used all summer. If you simply used a watering can and hose, think about preparing to coil and store that hose. If you setup timers and sprinklers, you'll want to plan for removing them and storing them for spring re-installation. Or, this might be

the year you call in the landscaper to discuss installing an irrigation system in the garden, a system that will use water efficiently. Now is a good time to look into the project. The advice may be to wait until spring to dig up the ground and install the drip hoses or sprinkler system. But, they may suggest installing now, while they can see the design of your garden and the water demands of various plants and trees. In any case, it's a good time to get the project on-the-books.

There will be lots of time yet for putting the garden to bed, and facing the chores of preparing for winter. But, not yet. There's still time to sit on the deck or lounge in the hammock and enjoy your outdoor spaces. Doing a few little chores to spruce up those spaces will simply enhance your pleasure in autumn's particular beauty.



A Singularly Beautiful Bachelor's Point Home

By Lisa J. Gotto

Gorgeous wood treatments and custom features will surround the new homeowners of this striking waterfront residence. Located in the highly-desirable enclave of Bachelor's Point in Oxford, this craftsman-style home affords stunning sunset views with the Tred Avon River as a backdrop.

Guests will arrive in style to this residence via a circular driveway and once through the front doors they'll encounter bright and amazing perspectives through an architecturally-striking wall of windows overlooking the expansive riverfront.

Vaulted, cathedral ceilings with impressive timber treatments are the hallmark of this great room, which flows endlessly to include a cheery barn-red kitchen with granite countertops, a center island with seating for three, and custom cabinetry. The kitchen then opens to a large informal dining and gathering space.

The main level offers the new homeowners the convenience of a riverfront-facing primary suite with light wood floors and en suite bath, as well as another guest bedroom on the main floor. Two additional bedrooms can be found on the home's upper level along with an absolutely stunning and spacious home office with large windows and generous built-ins for books and document storage. A charming upper-level observation point is centrally located for outstanding sightings of water fowl and maritime activity.

The home's lower level offers an impressive wine room with the square footage to store hundreds of bottles. The property also boasts a workshop, an attractive gazebo, and generous outdoor patio space for entertaining.

Lovers of the yachting lifestyle will especially appreciate this property's proximity to a deeded deep-water slip at Bachelor

Point Harbor on the private homeowners' side of the basin. This quiet basin is limited to traffic from slip holders only and is located at the confluence of the Tred Avon and Choptank Rivers, so outdoor recreators are just minutes away from nearby fishing grounds and open waters from which to set sail!

"For my buyers, the decision to make Talbot County their full-time residence was an easy one," says agent Wink Cowee of Benson & Mangolds Real Estate. "When searching for a new home, their focus was not only on location, but also on view. Bachelor's Point offers breathtaking, broad water views, sunsets, and a sandy beach plus a protected, private marina for the owner's boat."



Primary Structure Built: 2005
Sold For: \$2,450,000
Original List Price: \$2,750,000
Bedrooms: 4
Baths: 4 Full, 1 Half
Living Space: 4,338 Sq. Ft.
Lot Size: 1.23 acres



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Minding the Manor

By Lisa J. Gotto

Walk into this signature 18th century manor house and you'll truly feel like you've been transported to another era. Wonderfully maintained and updated throughout, this stately residence sits on more than eight acres of pristine pastoral land and takes its place among the most historically romantic residences in Talbot County.

A vibe of home and hearth quickly envelopes visitors to the three-bedroom, three-bath manor located just moments from downtown Easton. Talk about charm—from its five fireplaces, to its quaint sitting porches, and separate cozy guest quarters, this home is all about atmosphere.

Period details greet guests as they enter the foyer of the original main house with its two-tone staircase, dark hardwood floors, and weathered beam treatment. To the left, one enters a spacious formal living room with its Federal-style fireplace painted white to juxtapose the continuing dark hardwoods. Across the hall, a formal dining room also boasts a wood-burning fireplace with brick insert. Generous natural light from casement windows with grill inserts enhance the room's colonial ambiance.



Listing Agent:
Pamela Tierney; Long & Foster | Christie's International Real Estate; 145 Main St., Annapolis; m. 443-822-9079; o. 410-263-3400; ptierney@Inf.com; longandfoster.com

Buyer's Agent:
Brian Gearhart; Benson & Mangold Real Estate; 700 Abruzzi Dr., Chester; m. 410-310-5179; o. 410-822-6665; briangearhart@goeaston.net; bensondandmangold.com

An amazing all-white country kitchen with contrasting black hardware, dark ceiling beams, and a white-bricked working hearth is a dream come true for lovers of the farmhouse aesthetic. Every modern amenity and appliance have been added but do not detract from this room's homage to colonial living. The room is large enough for informal dining and sports rustic beams overhead.

A roomy primary suite is located on the home's second level and is highlighted with yet another working fireplace. The charming primary bathroom features a nostalgic claw foot tub and white porcelain fixtures. An additional bedroom large enough for two twin beds comes equipped with a rustic fireplace, and a light and bright office space is available just off the second floor landing.

Another prime feature of this property is its expansive 100-year-old barn, which has been well maintained and updated for use as a gathering and entertainment facility. Whether its new owners are hosting a wedding, a good old-fashioned hoedown, or a simple family occasion, this great space will create memories for generations to come.



Primary Structure Built: 1824
Sold For: \$885,000
Original List Price: \$885,000
Bedrooms: 3
Baths: 3 Full
Living Space: 3,283 Sq. Ft.
Lot Size: 8.1 acres



Ferry Neck

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Fresh Take

MUSHROOMS

By Dylan Roche

You've probably heard, "Eat your vegetables!" plenty of times in your life, but rarely have you heard, "Eat your fungi!" It wouldn't really be an ill-advised thing to say—mushrooms, though considered vegetables from culinary and nutritional perspectives, would be classified botanically as types of fungus. Appetizing? Maybe fungus isn't appetizing in theory, but the taste of well-prepared mushrooms is enough to turn a mycophobe (that is, someone who is afraid of mushrooms) into a mycophile (someone who loves them). Plus, they're rich in nutrients and antioxidants.

Mushrooms have a long history in the human diet, dating back millennia to ancient cultures. Not all culinary ventures with mushrooms turned out well in those early days, as some wild mushrooms are indigestible or poisonous. Thankfully, today's mushrooms that are cultivated and sold in grocery stores are safe for consumption.

Mushrooms are rich in a compound called glutamate ribonucleotides, which gives them a savory flavor that chefs describe as *umami*, a taste often found in meat, cheese, and fish, but not often found in vegetables. This makes mushrooms an ideal alternative for those who are trying to cut back on meat or salt in their diet—mushrooms can deliver a similar taste and texture without the fat, cholesterol, or sodium.



There's much more to a mushroom's nutritional panel besides being fat-free, of course. Mushrooms are rich in B vitamins like riboflavin, which you need for a healthy immune system, and niacin, which helps the body form red blood cells. Mushrooms also have potassium, an electrolyte mineral necessary for proper fluid balance in the body. Potassium can help offset the effects of high sodium in your diet, something that's important for people who are trying to watch their high blood pressure.

Furthermore, mushrooms are rich in the antioxidants ergothioneine and glutathione, both of which have been shown to help the body fight physical and mental signs of aging, including the onset of Parkinson's and Alzheimer's.

When you're browsing mushrooms at the grocery store, you'll notice they come in all shapes and sizes—and you might be wondering what the difference is. Some of the more common types are ↓

When you're selecting mushrooms, go for ones that have their caps intact without any tears, blemishes, or broken gaps. The texture of the cap should be smooth, and its color should be uniform. Bring them home and store them unwashed in the refrigerator for up to one week. To prevent them from collecting moisture and spoiling too quickly, store them in a container with plenty of ventilation, such as a brown paper bag with its opening unfolded. If you find you have more mushrooms than you know what to do with, you can always cook them and freeze them—however, freezing them raw isn't recommended, as their high water content will make them mushy when they start to defrost.

Don't be afraid to experiment with mushrooms when you're working with them in the kitchen. All it takes is a little bit of heat to soften them and bring out their flavor, and then you can use them in a variety of dishes. Here are a couple of options you'll want to try →



BUTTON MUSHROOMS: Sometimes called white mushrooms, these have small white domes and short stems. They're great for cooking, but they also work well raw in salads.



PORTOBELLO MUSHROOMS: These are distinguished by their broad, thick brown caps. If they have a stem, it's usually short, not extending far beyond the bottom of the cap. Portobello mushrooms have a rich flavor when cooked, and they work well as a substitute for meat on sandwiches or in pastas.



CREMINI MUSHROOMS: These are sometimes called baby bella mushrooms because they're younger versions of the Portobello. Cremini mushrooms have brown caps that are firmer and rounder than their more mature counterparts, but they cook up just as well.



SHIITAKE MUSHROOMS: These are easily distinguishable by their brown caps with white stems that are often long and thin. Shiitake mushrooms have the same meaty texture as Portobello and cremini mushrooms when they're cooked, though their flavor is a little earthier.



OYSTER MUSHROOMS: Much more delicate than other varieties of mushrooms, these have caps that are broad and shaped like a fan. They aren't ideal raw, but they have a seafood-like taste when cooked.



PORCINI MUSHROOMS: These have the thickest stems of any edible mushroom variety, topped off by round caps that bear a reddish-brown color. When cooked, their meaty taste has a slight nuttiness to it.



Mushroom Risotto

INGREDIENTS:

3 cup vegetable broth
 1/4 cup olive oil
 1 medium onion, chopped
 3 garlic cloves, minced
 1 cup Arborio rice
 2.5 cups cremini mushrooms
 2.5 cups porcini or shiitake mushrooms
 1/2 cup red wine
 2 cups fresh spinach
 1/4 cup grated Parmesan cheese
 1/2 teaspoons parsley
 1/2 teaspoon thyme
 1/2 teaspoon salt
 1/2 teaspoon pepper

Heat the olive oil in a large skillet over medium heat. Add the onions and garlic, allowing them to soften and brown. Add rice to the skillet, followed by parsley, thyme, salt, pepper, and mushrooms. Stir gently as the mushrooms cook and release their juices. Add the red wine and stir until absorbed. Heat the vegetable broth in a saucepan over medium heat and bring to a simmer. Slowly add the warm broth to the skillet, cup by cup, allowing it to absorb as you go. Add baby spinach and allow to soften. Transfer to a serving dish and sprinkle with parmesan. Garnish with fresh parsley and serve immediately.

Stuffed Mushrooms

INGREDIENTS:

2 pounds cremini mushrooms
 1/2 cup butter
 5 cloves garlic, minced
 1/2 cup whole-grain bread crumbs
 1/2 cup steamed spinach
 1 cup soft goat cheese
 1/4 cup grated Parmesan cheese
 1/4 cup grated Romano cheese
 1/4 cup grated Asiago cheese
 1/4 cup chopped parsley
 2 tablespoons chopped thyme
 1 tablespoon salt
 1 tablespoon pepper

Preheat oven to 400F and line a baking sheet with parchment paper. Wash mushrooms and remove the stems. Line the mushrooms cap side down along the baking sheet. Add butter to a large skillet and set over medium heat to melt. Add garlic and allow to brown. Wrap the spinach in cheesecloth or a paper towel and squeeze excess moisture away. Add to the skillet and stir to combined with garlic butter. Add breadcrumbs and combine. Remove from the heat and allow to cool. Transfer to a large mixing bowl and add cheese, parsley, thyme, salt, and pepper. Using a small spoon, fill the de-stemmed mushroom caps with the mixture. Afterward, sprinkle with any remaining grated cheese if desired. Bake for approximately 30 minutes or until the mushrooms have softened and the cheese filling is golden and bubbly.



HEALTH & BEAUTY HEALTH

Don't Underestimate Good Oral Health

By Dylan Roche

CONSIDER THIS: Your mouth is where your digestive system and respiratory system begin. Harmful bacteria in your mouth—between your teeth, along your gums, even on your tongue—could ultimately have an ill effect on the rest of your body, according to experts with organizations like the Mayo Clinic, the Oral Health Foundation, and the American Dental Association.

When you brush and floss, it turns out you're protecting much more than just your teeth and gums. You're protecting your heart, your brain, your lungs, and (for pregnant women) your unborn child.

How so? Take gum disease as an example. The Oral Health Foundation explains that bacteria from gum disease can be absorbed into the blood stream. There, it can cause inflammation or blood clots. In the long term, this leads to cardiovascular disease or an infection known as endocarditis, which affects the lining of the heart chamber and valves. If the blood vessels become so inflamed they cannot reach the brain, this can cause a stroke. If the harmful bacteria in your mouth are drawn into your lungs instead of your bloodstream, this can lead to respiratory diseases like pneumonia. Gum disease is also linked to premature birth and low birth weight because these bacteria can heighten the body's levels of chemicals that induce labor.

This means it's even more important to maintain the good oral hygiene that dentists recommend—it's no longer just about cavities.

1. Brush twice a day using a toothpaste accepted by the American Dental Association (check the package for the seal of acceptance, which indicates the paste's effectiveness).
2. Use floss once a day, and opt for an antimicrobial mouth rinse for extra protection.
3. Limit the sugar in your diet.
4. Visit the dentist regularly for professional cleanings and checkups.

It's also worth noting that if you're suffering poor oral health even when you're doing everything you're supposed to, it could be a sign that there's something wrong elsewhere in the body. For example, people with diabetes are at greater risk of gum disease because diabetes reduces the body's ability to fight infection. Osteoporosis can weaken your teeth and periodontal bones, and digressing oral health is often seen in Alzheimer's patients. Pay close attention to your teeth and gums—and to the teeth and gums of any loved ones you're caring for—so you can talk with a doctor about anything that does not seem right.

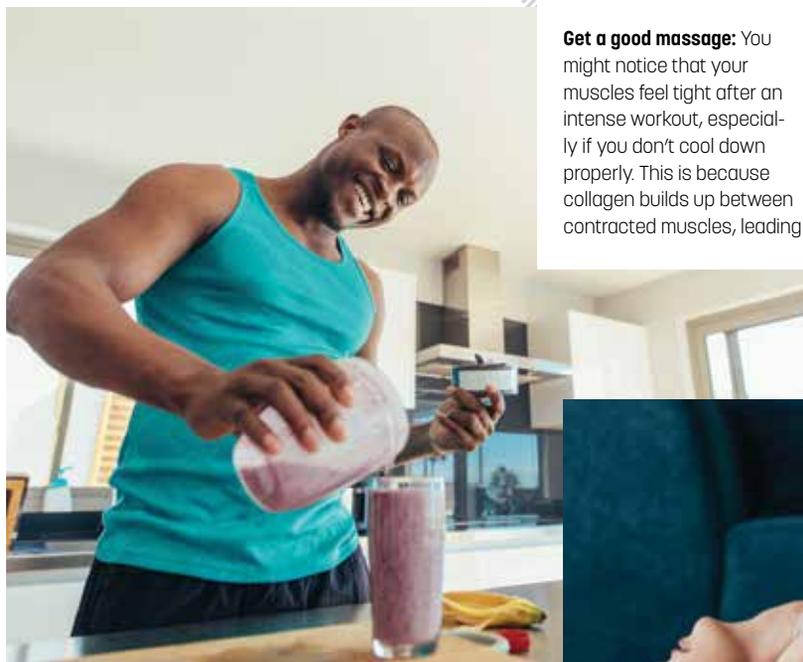
Fitness Tips

POST-WORKOUT RECOVERY

By Dylan Roche

Maximizing your workout isn't just about what you do in the gym. All that time and energy you put into weights, the spin bike, or even Zumba class won't do you any good if you're not smart about what you're doing afterward—specifically, rehydrating, getting a balanced post-workout snack, and making sufficient rest a priority.

The American Council on Exercise goes so far as to emphasize that the time you don't spend exercising is just as important to your fitness goals as the time you do spend exercising. That's because exercise involves stimulating the muscle tissues on your body, and when those muscles recover, they are stronger and able to handle more stimulus.



But there are right ways and wrong ways to recover from exercise, and the last thing you want to do is let your workout go to waste. Instead, here are five ways to treat your body right:

Rehydrate: You've lost a lot of fluid during your workout—even if you aren't soaked in sweat, it might be because your sweat evaporated off of you. Weigh yourself before and after exercise to give yourself a rough idea of how much water you're losing during your routine, and be sure to consume at least 16 ounces of water for every pound lost. You will also want to replenish your electrolytes—minerals that are necessary for your body's fluid balance—through your diet. Be sure to get sodium, magnesium, potassium, and calcium. You don't necessarily need to drink a sports beverage like Gatorade—getting these nutrients from food will be sufficient. Rehydrating is important because of the role water plays in the rest of your recovery. Water will help your body absorb certain nutrients and carry them to your cells, it regulates your body temperature, and it can help stabilize your heartbeat.

Get a good massage: You might notice that your muscles feel tight after an intense workout, especially if you don't cool down properly. This is because collagen builds up between contracted muscles, leading

to adhesions and knots that make it difficult to move the muscle without restriction. To reduce this tightness and take your muscles back to a full range of motion, you need to massage the muscle and break up those adhesions. You don't need to have a professional massage on standby—a foam roller, rolling stick, or even a compression ball can do the trick for you.

Improve your circulation:

Healthy circulation plays two important roles in recovery—it removes metabolic waste from your cells, and it carries oxygen to your tissues to help repair them. Most healthy individuals have good circulation and don't need to do anything special to support it; however, if you want to give your circulation a boost, you can try exposing yourself to heat in a sauna or hot tub, which opens up your blood vessels. You can also wear compression clothing, which puts slight pressure on your body and boosts your circulation, according to studies published in the *British Journal of Sports Medicine* and the *Journal of Strength and Conditioning Research*.

Eat right: Some fitness enthusiasts try to gorge themselves on protein after a workout, thinking that this will help them build more muscle. While protein is important for

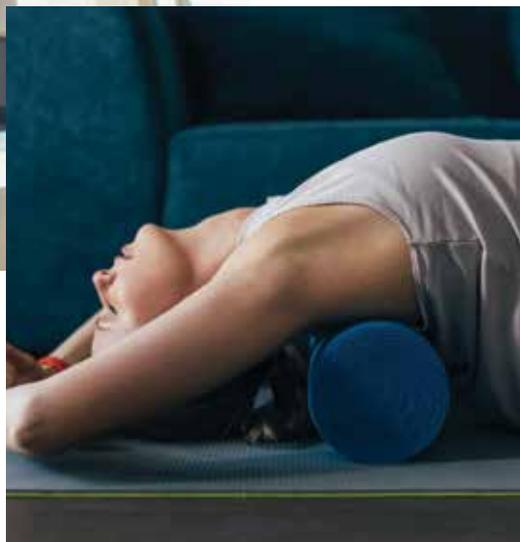
repairing damaged muscle tissue, it's not the primary source of calories that your body needs (plus your body can only use about 25 to 35 grams of protein at a time, so there's no sense in having any more than that in a single sitting). Instead, you should refuel with a 3:1 balance of calories from carbohydrates to calories from protein. So, if you have a 100-calorie snack, 75 of those calories should come from carbohydrates (approximately 18 grams of carbohydrates) and 25 calories should come from protein (approximately 6 grams of protein). The Academy of Nutrition and Dietetics recommends low-fat chocolate milk, turkey on whole-grain bread, or yogurt with berries.

Enjoy active recovery:

Recovering from your workout doesn't mean being a couch potato. Instead, experts such as those at the National Academy of Sports Medicine encourage active recovery, both in the short term (between sets during the same workout) and long term (in the days between workouts). Light physical activity will help stimulate recovery in your body without adding unnecessary stress—so hop on the elliptical while you rest up for your second set, or try swimming some laps on your off days. Active recovery can even be an easier, less intense version of your workout of choice. If you're a runner who typically does long distances at high speeds, then a short, moderately paced jog could be an ideal active recovery exercise for you.

That's not to suggest, of course, that passive recovery doesn't have its place—it does! Make sure you're getting plenty of sleep at night, as it's during the deepest parts of your slumber that your body does the most repair on itself.

Be smart about your recovery and keep the gains going!





12 Life- Changing Uses for Vaseline

By Dylan Roche

Having so many cosmetic products in your medicine cabinet can get to be a lot—a lot of clutter, a lot of expense, and a lot of questionable ingredients you might not want to add to your skin or hair. But if there's one product you always want to have on hand for a variety of uses (maybe even eliminating the need for a few of the other things you use), it's petroleum jelly, better known by the trademark name of Vaseline.

This mixture of natural waxes and oils, approved by the Food & Drug Administration as a skin protectant, is an answer to many beauty woes, whether you're worried about your lips, your hair, or even your cuticles.

However you are using petroleum jelly, it's important to remember that this is a product intended for external use only. While no studies have found Vaseline to be toxic, it is not meant to be eaten or applied directly in the eyes or ears. Vaseline should also never be used as a sexual lubricant. Remember to always use commonsense and always go back to your usual cosmetics if you encounter problems with petroleum jelly.

Here are 12 ways you might not have known you could use Vaseline:

1 Start with the basics—use Vaseline to soften your hands and feet. Because petroleum jelly doesn't have any moisturizing ingredients of its own (it simply locks in moisture and allows your body's natural oils to do their thing), you'll want to start with a base layer of your favorite lotion. Then slather Vaseline on as a top layer before slipping on some soft gloves or socks. Try doing this before bed if you want to wake up with ultra-soft hands and feet.

2 Vaseline makes your eyelashes look darker and fuller than they would even if you had mascara on. Dip a clean mascara brush into a tub of Vaseline and apply it to your eyelashes. You can also apply some to your eyebrows to keep them shapely and prevent unruly hairs.

3 Use a soft toothbrush to apply Vaseline to your fingers to soften your cuticles. You can also put Vaseline on the border of your fingernails when you paint them to prevent polish from running across your skin. Once the fingernail polish dries, wipe the Vaseline off your fingers.

4 Petroleum jelly can make a great windburn protectant to keep you from chapping on bitterly cold winter days. Spread a thin layer on exposed cheeks, ears lobes, and lips before you go outside. During warmer months, you can use Vaseline to reduce chafing on your inner thighs or wherever you're susceptible.

5 The next time you go to dye your hair, spread a little bit of Vaseline around your hairline to protect your skin from being stained by the dye. After you've rinsed the dye out of your hair, wipe the Vaseline away with a warm, wet washcloth.

6 Want to ensure you smell great all day? Apply a smear of Vaseline along your pulse points (inside your wrist or along your neck) and

massage until smooth. Hit those spots with a spritz of your favorite perfume—the oils will absorb the scent and make it linger a lot longer than it would otherwise.

7 Get your hair under control by using Vaseline as a styling product. Men can use it to style their short hair (and even tame coarse beard hairs). Even long hair can benefit from having Vaseline combed through it—the oils are good for conquering frizzy hair and sealing split ends.

8 Put Vaseline on your cheeks to give them a subtle highlight and make your cheekbones look much more prominent. Because Vaseline is noncomedogenic, you don't need to worry about clogging your pores.

9 Need to reduce dandruff? Massage a dab of Vaseline into your scalp and allow it to sit for five minutes. Afterward, rinse it out with a combination of shampoo and baking soda.

10 If you nick yourself with a razor while shaving, you can use petroleum jelly as a makeshift bandage. Wipe away the blood and disinfect it with alcohol or peroxide. Then place a dime-size blot of Vaseline over the nick to stop the flow of blood.

11 When you're sore from an intense workout or a stressful week, place a spoonful of Vaseline in a microwave-safe bowl and nuke it for a minute until it's soft and warm. Apply it to your muscles and enjoy the warming sensation that will help unstiffen them and let you relax.

12 Petroleum jelly is great for fighting bites and stings. Store your jar in the freezer, then whip it out if you or a family member has been stung by a bee or bit by a mosquito. Smear a small amount of the chilled Vaseline across the bites and allow them to alleviate themselves.



Candy Season is Here

SO HOW CAN WE LIMIT OUR SUGAR INTAKE?

By Dylan Roche

Sugar might taste sweet, but the reality of its health effects is a little more bitter. Although the Dietary Guidelines for Americans put out by the Department of Health and Human Services recommend you limit your added sugar to no more than 10 percent of your daily calories, adults and children throughout the United States are greatly exceeding that.

It's even worse this time of year. The National Retail Federation estimates people will spend a collective \$2.08 billion on candy ahead of Halloween—and the average person will consume more than three pounds of candy over the month of October!

Think about a fun-size portion of Halloween candy. A miniature Snickers bar contains 8 grams of added sugar—just over 1.5 teaspoons. And a mini box of Nerds or bag of Skittles has 11 grams, totaling 2.25 teaspoons.

And unfortunately, cutting back on sugar isn't as simple as abstaining from trick-or-treating. Sugar is found in many processed foods—not only the usual suspects like cookies, cake, and ice cream, but even foods like bread, cereal, yogurt, spaghetti sauce, and protein bars are packed with added sugar. And it could be taking a toll on your health.

WHAT'S SO BAD ABOUT ADDED SUGAR?

There's a difference between added sugar and the naturally occurring sugars found in foods like fruit and dairy. Added sugars deliver calories without any added nutrients. This means that when your diet is high in sugar, it's very difficult to get all the vitamins and minerals you need for proper function without taking in an excess number of calories, which can lead to weight gain.

The Cleveland Clinic encourages people to reduce the amount of added sugar in their diet to help stave off conditions like obesity, high blood

pressure, and elevated triglycerides. Studies published in *JAMA Internal Medicine* have even found that people who get a higher percentage of their daily calories from added sugar have an increased risk of death by cardiovascular disease compared with those who consume less than 10 percent of their calories from added sugar.

Having a sweet tooth means you might be less inclined to choose more nutritious options. As the Mayo Clinic points out, fruit is naturally sweet, but it's not as sweet as candy and soda. When tastebuds are accustomed to the sweetness levels of foods with added sugar, they no longer perceive fruit as sweet, and they can even have trouble tolerating non-sweet foods like vegetables.

HOW DO I RECOGNIZE ADDED SUGAR?

Sugar isn't always listed on ingredient lists in the plainest of terms because it can come in so many different forms. What most of us would recognize as sugar—the granular white stuff sometimes more specifically described as *cane* sugar, because it's made from sugarcane—is only one type of added sugar.

Scan the ingredient list and look for items like corn syrup, dextrose, fructose, glucose, lactose, maltose, sucrose, trehalose, invert sugar, raw sugar, brown rice syrup, and barley malt syrup. Each of these is a type of added sugar. Ingredients like honey and molasses are often considered healthier because they have some nutritional value in the form of vitamins, minerals, or antioxidants—but the body breaks them down the same way it does cane sugar.

Remember that any natural sugars would likely come from fruit or dairy ingredients. If a product does not contain any fruit or dairy, or it contains a minimal amount of either, then any sugars the product has likely derive from added sweeteners.

"HEY, NO WORRIES, I DON'T NEED REGULAR COKE WHEN I CAN JUST HAVE A DIET COKE. IT DOESN'T HAVE SUGAR OR CALORIES, SO IT'S A HEALTHY OPTION, RIGHT?"

ARE NON-NUTRITIVE SWEETENERS A BETTER OPTION?

"Hey, no worries," you might be thinking. "I don't need regular Coke when I can just have a Diet Coke. It doesn't have sugar or calories, so it's a healthy option, right?"

Not necessarily. While organizations like the American Heart Association and the American Diabetes Association say it's okay to have moderate amounts of non-nutritive sweeteners, such as those in diet soda, to help curb your consumption of sugar, these ingredients still aren't ideal.

Any of the non-nutritive sweeteners approved by the FDA—saccharin, acesulfame, aspartame, neotame, and sucralose—might be free of calories or very low in calories, but they still set off your sugar receptors. If you use large quantities of non-nutritive sweeteners, you'll continue to have a taste for sweetness and a reduced interest in fruits, vegetables, and whole grains.

The better option? The Mayo Clinic recommends going for two weeks with minimal amounts of sugar or non-nutritive sweeteners to give your tastebuds a reset. After this period, you'll have a much better appreciation for the taste of natural foods.



HOW CAN I CUT BACK ON SWEET STUFF?

Eating less sugar and non-nutritive sweetener doesn't require a major overhaul of your diet. Instead, you can focus on simple, doable changes that will add up over time. Here are a few recommendations:

- Choose unsweetened or minimally sweetened breakfast cereal and add fresh fruit.
- Make your coffee at home instead of ordering a fancy drink from the shop. Dress up your java with a sprinkle of cinnamon or cocoa powder and a splash of milk.

• Cut back on the amount of sugar in your baking. Reduce the sugar a recipe calls for by 1/3 and you likely won't even notice the difference. You could also replace the sugar with equal amounts of unsweetened applesauce.

• Instead of soda, go for seltzer with a squeeze of fresh lemon or lime. Cucumber, watermelon, and mint are other great ingredients to give your drink a great taste without any excess sugar.

• Choose full-fat foods like peanut butter and salad dressing. The low-fat or fat-free counterparts often have extra sugar to compensate for the different taste and consistency. This usually means a very minimal caloric difference—plus the healthy fats in peanut butter and oil-based dressings will actually help you feel satiated and full.

• Avoid convenience snacks, even if they seem healthy. Depending on the brand, a granola bar can have just as much sugar as a candy bar! Keep snacks like nuts, fresh fruit, whole-grain crackers, and string cheese on hand instead.

WHAT'S UP? MEDIA

Nutcracker Tea

December 12
Two Seatings—10a.m. & 3p.m.

Graduate Hotel



Get a picture taken with Santa!

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

• Tickets on sale at whatsuptix.com •



Dining

90 SAVOR THE CHESAPEAKE | 92 DINING GUIDE

Rise Up
Coffee
Roasters



WHAT'S UP? READERS
RESTAURANT
REVIEW

Calling All Food Critics!

Send us your restaurant review and you'll be eligible for our monthly drawing for a **\$50** gift certificate to a local restaurant. Fill out the form at whatsupmag.com/promotions.



If you're over in West Anne Arundel County and need a little pick-me-up, **Chesapeake Bay Roasting Company** has you covered. The company recently debuted its Big Orange Coffee Service, a bright-orange truck parked outside its roasting facility that serves up drip coffee, espresso-based drinks, and cold brew. The truck is open from 7 to 9 a.m. Monday to Friday. **2100 Concord Boulevard, Suite J, Crofton | cbrcoffee.com**

Savor the Chesapeake

A culinary compendium of restaurant, food, and beverage news and trends from the Chesapeake region

By Kelsey Casselbury

Sip, Sip, Hooray!

We can say from personal experience that **Crooked Crab Brewing Co.** is *always* packed, so it's welcome news to hear that the Odenton brewery plans to expand by more than 8,000 square feet. The enlarged space, which will be nearly 15,000 square feet, plans to be open early next year, and it means that there will be room for live music and entertainment acts. Crooked Crab also plans to boost its barrel-aging process, as well as its overall production of beer.



"We are currently operating at our maximum capacity,"

co-owner Dan Messeca told *Baltimore Business Journal* in mid-August. "The primary purpose of this expansion is to increase our production, which we expect will slowly ramp up to the range of 5,000 barrels annually." **8251 Telegraph Road, Odenton | crookedcrabbrewing.com**



What about if you're on the Eastern Shore? Take advantage of **Rise Up Coffee Roasters'** new drive-through location in Easton, right across the street from the company's roastery. "In truth, our new Easton drive-thru represents our ongoing response to COVID-19," the Rise Up team shared on social media. "As an exact replica of our St. Michael's location, it gives us another convenient and safe service option for our Easton neighbors." **618 Dover Road, Easton (Roastery) | riseupcoffee.com**



Tiffany and Brian Biven snack on fried mac 'n cheese at the Maryland Renaissance Festival.

Back to booze for a moment: Next time you're on a weekend vacay down to the beach, you might have another reason to stop by (or stay in) Berlin. In late August, the town's Planning Commission voted unanimously to approve the proposed site plan for a new distillery, **Forgotten 50**. The distillery will be headed up by Cody Miller, who is currently the distiller at Ocean City's Seacrets. He told *The (Salisbury) Daily Times* that the property would include a tasting room and, in the future, hopefully a cocktail lounge. Forgotten 50 still needs state and federal approval before it can come to fruition.



*Good Eats: **Fall Food Favorites***

Hear ye, hear ye! The Maryland Renaissance Festival is back after taking a year off for a small obstacle known as the COVID-19 pandemic. Behind the gates, you'll find one of the main reasons to attend: the food. We're partial to classic smoked turkey leg, but there's a lot more that we've been waiting two years to chow down on, from Hot Apple Dumplings to Canterbury Pork Pockets and more.

What's your favorite fall food? Perhaps you're partial to the Apple Cider Donuts that Homestead Gardens traditionally sells during the harvest season. Maybe you're a purist who prefers all things pumpkin, starting with the basics, a Pumpkin Spice Latte at your choice of coffee shops. Do you go apple-picking every year, carefully plucking the sweetest, crispest fruit off the tree with your very own hands? (Kent Fort Farm in Stevensville has u-pick apples, as well as pumpkins, hayrides, and a petting zoo on weekends this month; call 410-643-1650 first for availability.)

*We'd love to hear what you've been indulging in this autumn. Share your faves on social media by using the hashtag **#favoritefallfoods***

Have culinary news to share?

Send an email to Kelsey Casselbury at kcasselbury@whatsupmag.com.

Dining Guide

Advertisers Listed in Red

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

📞 Reservations

👉 Full bar

👨 Family Friendly

🌊 Water View

☀ Outdoor Seating

🎵 Live Music

🐾 Dog Friendly

👑 Best of 2021 Winner

Queen Anne's County

Adam's Taphouse and Grille

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

Annie's Paramount Steak & Seafood House

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

Barbecue Bueno

422 Pennsylvania Ave, Centreville, 443-262-8054, Food Truck, barbecue

Big Bats Café

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

Bridges Restaurant

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

Café Sado

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

Capriotti's

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

Carmine's New York Pizza

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

Doc's Riverside Grille

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

El Jefe Mexican Kitchen & Tequila Bar

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

Fisherman's Inn & Crab Deck

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

Frix's Fire Grill

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

Harris Crab House

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

Hemingway's Restaurant

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

Historic Kent Manor Inn

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

The Jetty Restaurant & Dock Bar

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

Kentmorr Restaurant

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

Knoxie's Table

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

Ledo Pizza

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

Love Point Deli

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

The Narrows Restaurant

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

Oh My Chocolate

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

O'Shucks Irish Pub

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

Rams Head Shorehouse

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

Red Eye's Dock Bar

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

SandBar at Rolph's Wharf

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

Talbot County

208 Talbot

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

SNAPPERS WATERFRONT CAFE

"Service and scenery is hard to beat at Snappers Waterfront Cafe" —Pam Kimm

Ava's Pizzeria & Wine Bar

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

Awful Arthur's Seafood Company

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

The BBQ Joint

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

Banning's Tavern

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

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 \$\$ 📞 🍷

Capriotti's

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

Capsize (Seasonal)

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

Captain's Ketch

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

Carpenter Street Saloon

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

Characters Bridge Restaurant

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

Chesapeake Landing

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

The 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 \$\$ 🍷 🍷 🌊 🍷

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; Thegalley-saintmichaels.com; Breakfast, lunch \$ 🍴 🍷 *

Gina's Cafe

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

Gluten Free Bakery Girl

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

Gourmet by the Bay

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

Harrison's Harbour Lights

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

Hill's Cafe and Juice Bar

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

Hong Kong Kitchens

210 Marlboro Avenue, Easton; 410-822-7688; Hongkongkitchen-season.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 \$ 🍷 🍷

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; mommamariasbistro.com; Mediterranean; dinner \$\$ 🍷 🍴 🍷 🍷 🍷

Old Brick Café

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

Osteria Alfredo

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

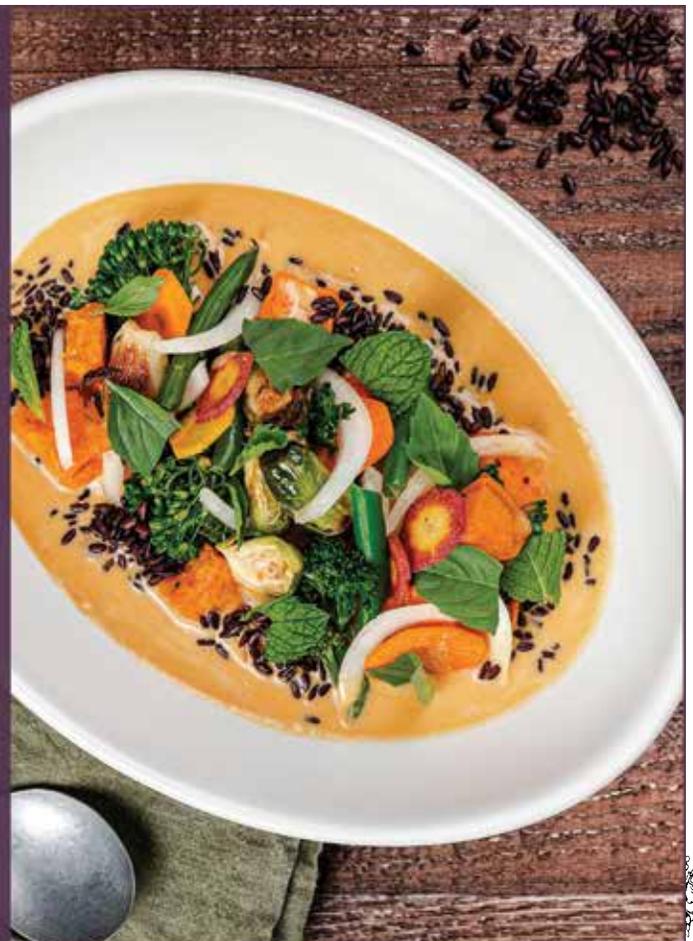
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"My favorite homestyle BBQ on the Shore" —*Nathan P*

Out of the Fire Café & Wine Bar
22 Goldsborough Street, Easton; 410-770-4777; Outofthefire.com; Mediterranean, seafood; lunch, dinner \$\$\$ ☎ 🍷 🍷

Piazza Italian Market
218 N. Washington Street, Easton; 410-820-8281; Piazzaitalianmarket.com; Italian; lunch, takeout \$ 🍷

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

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; Samspizzastmichaels.com; Italian, American, Greek cuisine; lunch, dinner \$ 🍷 🍷 🍷

Scossa Restaurant & Lounge
8 N. Washington Street, Easton; 410-822-2202; Scossarestaurant.com; Northern Italian; lunch, dinner, Sunday brunch \$\$ ☎ 🍷

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; Usushimd.com; Japanese; lunch, dinner \$\$ 🍷

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

Kent County

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

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; casacarmenwines.com

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

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

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

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

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

The Kitchen at the Imperial
208 High Street Chestertown, MD. 21630; 410-778-5000; Imperialchestertown.com; Small Plates Tavern & Casual Fine Dinning Restaurant, Sunday Brunch \$\$ 🍷 🍷 🍷

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

Marzella's By The Bay
3 Howell Point Road,
Berterton; 410-348-
5555; Italian, Amer-
ican; 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, Mil-
lington; 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 \$\$ 🍴 🌿
🍷 🌊 🍷

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, Cam-
bridge; 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, Cam-
bridge; 410-995-7559;
bluertuinbar.com 🍷

Bombay Tadka
1721 Race Street, Cam-
bridge; 443-515-0853;
Bombaytadkamd.com;
Indian; lunch, dinner
\$\$ 🍴

Kay's at the Airport
6263 Bucktown Road,
Cambridge; 410-901-
8844; American; break-
fast, lunch, dinner
\$\$ 🍴

Lil' Bitta Bull BBQ
1504 Glasgow; Street,
Cambridge; 443-205-
2219 🍷

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

Paul's Deli on the Creek
106 Market Square,
Cambridge; 443-477-
6630; Breakfast, Lunch
(Closes at 6)

RAR Brewing
504 Poplar Street,
Cambridge; 443-225-
5664; Rarbrewing.
com; American; lunch,
dinner \$ 🍴 🍷

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

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

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

Caroline County

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

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

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Just as the winds blow strong come October, so too does our faithful flying mascot Wilma. She's catching the winds and zipping from western shore to eastern this month, touching down at her favorite restaurants, shops, and events—enjoying the fall weather before it turns for the season. 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 Cheryl Bramble of Cambridge, who won a \$50 gift certificate to a local restaurant or service.

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



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Entries must be received by October 31, 2021. 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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