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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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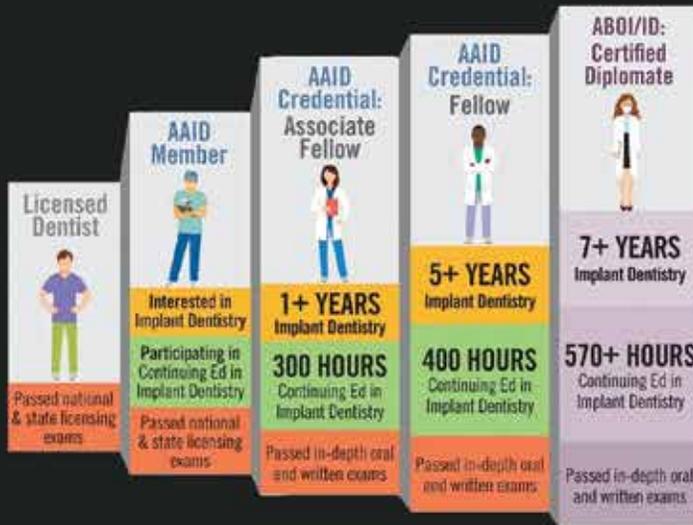


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Buy Sell Swap Exhibit features decoys, Americana folk art and hunting memorabilia; the **Harry M. Walsh Waterfowl Artifacts** exhibit is a mini-museum tracing the unique history of waterfowling.

Browse the best in sporting gear and experiences and try out a waterfowl call at the **Sportsman's Pavilion**—perfect for outdoor enthusiasts.



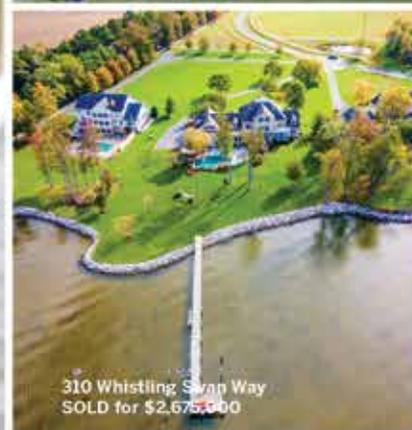
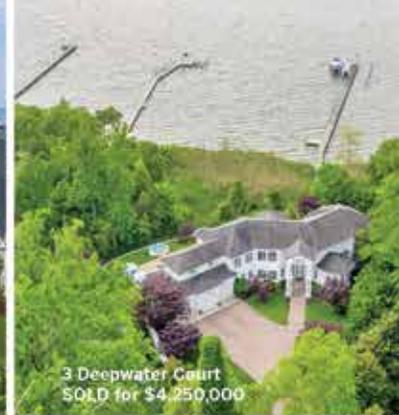
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On the Cover: Design by August Schwartz. Contact *What's Up?* Eastern Shore online at whatsupmag.com. Please recycle this magazine.

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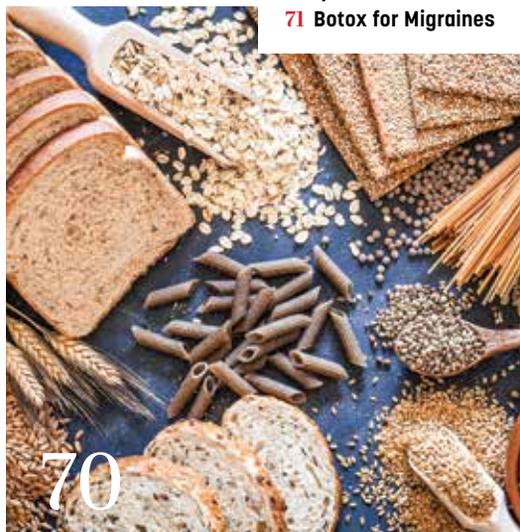
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WHAT'S UP?

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2022 State Legislature Preview
Reel Special: Historic Movie
Houses & Theaters
Maryland's First Born: Native
Americans
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Snowy Workouts

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Out on the **TownE**

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Waterfowl Festival

The 50th Anniversary of the Waterfowl Festival is here! On November 12th through 14th, more than 15,000 visitors are expected to honor Eastern Shore outdoors and waterfowl traditions in Easton. Indulge in local wines, beers, and Eastern Shore delicacies at the Tasting Pavilion, and enjoy the best entertainment Delmarva has to offer. Find more information at Waterfowlfestival.org.

Photograph by Michael Roe



Photograph by Jay Fleming

EASTERN SHORE SEA GLASS & COASTAL ARTS FESTIVAL

Visit Talbot County for the Eastern Shore Sea Glass and Coastal Arts Festival held at the Chesapeake Bay Maritime Museum in St. Michaels. The festival will be held November 20th through 21st. Visit all vendors and add the most perfect pieces to your collection. Visit Seaglassfestival.com for more information.



↑ Island Life Exhibition

Since his first trips to several of the Chesapeake Bay's islands in 2009, Jay Fleming has seen remarkable changes to their landscapes and communities. Cemeteries are washing into the water, acres of marshland are disappearing, and the populations are in decline. Fleming felt a sense of urgency to document the islands' iconic working waterfronts, as the very forces that sustain them also threaten to take them away. This month, Trippe Gallery in Easton will host a special exhibition of this work. There will be a book signing on November 13th from 10 a.m. to 3 p.m. For more information, call 410-310-8727.



WILD & SCENIC FILM FESTIVAL

ShoreRivers is excited to host this year's 12th Annual Wild & Scenic Film Festival at Avalon Theatre in Easton. Last year was completely virtual but this year will have a hybrid model. The event will take place on November 19th from 5 to 7 p.m. More information will be coming to Shorerivers.org as the event gets closer.

↑ Beef, Bonfires, & Cigars

Haven Ministries is hosting Beef, Bonfires & Cigars live and in-person to raise funds for Haven Ministries' programs including shelter, clothing, food, and resources. The event will be hosted on November 5th at Historic Kent Manor Inn in Stevensville. Visit Haven-ministries.org to order special VIP tickets or tickets to general admission. The doors will open at 5 p.m. for VIPs and will open at 6 p.m. for general admission tickets.

FESTIVAL OF TREES

The 36th annual Festival of Trees will be held over Thanksgiving weekend (November 27-30) to raise funds for Friends of Hospice and benefit Talbot Hospice. One hundred trees will be on display in the Gold Room of Easton's Tidewater Inn with the theme "A Winter Wonderland." The Festival includes a fun outside event for families on Saturday, November 27th, "Carols by Candlelight," from 5 to 7 p.m. Find more details at Festival-of-trees.org.





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Across the Bridge



Navy Football

Navy Football has one home game in November. Kickoff will be at 3:30 p.m. on November 20th against East Carolina University at Navy-Marine Corps Stadium in Annapolis. Find tickets online now at Navysports.com or watch the game on CBS Sports Network. The Midshipmen lead the series 7-1 and have had a 5-year winning streak against the Pirates. Can the Mids keep the streak alive?



↑ CASABLANCA GALA 2021

The CASAblanca Gala is back this year on November 6th from 6 to 11 p.m. at the Westin Annapolis Hotel. This year, the theme is “Hope Changes Everything.” Enjoy an evening of drinks, dinner, dancing, live and silent auctions, and so many more activities. Visit Aacasa.org for more information.



FISH FOR A CURE

Fish for a Cure is back and celebrating 15 years. On November 6th, compete for the biggest fish and make waves in cancer care for patients and their families. Bring your catch to South Annapolis Yacht Center between 4 and 7 p.m. for the in-person weigh-in and after-party. For more information, visit Fishforacure.org.

Small Business Saturday

November 27th is Small Business Saturday in Downtown Annapolis. Over 90 retail stores and 80 restaurants in the Downtown Annapolis area will be kicking off the holiday season. At this point, holiday decorations will also have started to go up in the town and the area will feel magical as you stroll the many shopping streets. This day is devoted to supporting your local independent retailers and restaurants. Find more information and plan your shopping spree at Downtownannapolispartnership.org.

WASHINGTON CAPITALS →

Hockey season is back and that means the Capitals are ready to hit the ice again at Capital One Arena in Washington, D.C. The Caps have five home games in November. They play the Philadelphia Flyers at 7 p.m. on November 6th, the Buffalo Sabres at 7 p.m. on November 8th, the Pittsburgh Penguins at 7 p.m. on November 14th, the Montreal Canadiens at 7 p.m. on November 24th, and the Florida Panthers at 5 p.m. on November 26th. Visit Nhl.com/capitals to get tickets now.



Photograph by Keith Allison



Cinderella

Experience the most classic "Happily Ever After" for just two nights at Maryland Hall in Annapolis. Annapolis Opera is performing Rossini's timeless classic *Cinderella* on November 5th at 7:30 p.m. and on November 7th at 3 p.m. Find out if dreams really do come true and if love can conquer greed and cruelty. Get your tickets now at Annapolisopera.org

2021 CHESAPEAKE WATERSHED FORUM

On November 1st through 5th, The Alliance for the Chesapeake Bay will be hosting their 16th Annual Chesapeake Bay Watershed Forum. The event will feature in-person networking November 1-3 and virtually conferencing November 3-5. This is a watershed-wide event reaching over 400 restoration and protection practitioners to inspire and empower local action towards clean water. For more information, visit Allianceforthebay.org.



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TOWNE SALUTE

Dian “CJ” Corneliusen- James

METAvivor

By Tom Worgo

When Dian “CJ” Corneliusen-James first was first diagnosed with Stage 2 breast cancer in 2004, she was overwhelmed with all the support she received. It started right before her operation at Anne Arundel Medical Center.

A volunteer came into her room with a bag of gifts. The hospital assigned her a mentor for the entire year as she went through follow-up treatments. “It was really a fantastic program,” says Corneliusen-James, who spent 24 years in the U.S. Air Force as



ONE THING THAT WAS INSPIRING IS THAT SHE SHARED THIS WITH EVERYBODY WHO LISTENED AND ENCOURAGED ADVOCACY AND PEOPLE TO VOLUNTEER. AND TO THIS DAY, (THE PROGRAM) IS STILL IN PLACE.”

an intelligence officer with several long postings overseas and retired as a lieutenant colonel.

Fast forward to 2006 when her cancer returned. This time, the Annapolis resident had a totally different experience. At that point, she was back in the same hospital, with Stage 4 metastatic breast cancer. “I was laying on the gurney waiting to have a lobe of my lung taken out,” she says. “They told me I had about two to three years to live.”

The difference this go-round was that there were no gifts, support, or mentors. The hospital didn’t have a volunteer support program for Stage 4 breast cancer patients similar to the one for Stage 2. “No one came into my room to offer me help or to be a mentor,” Corneliusen-James recalls. “There was nothing there.”

Luckily, the 70-year-old beat the odds, has remained cancer-free, and gone on to lead a normal life. Shortly after her second surgery she found out through research that no metastatic Stage 4 breast cancer support system existed anywhere in the country.

“I thought that was outrageous and very unfair,” she says. “The world turns out for you when you have this early-stage diagnosis. But when you are told you are going to die, there is no one there for you.”

Corneliusen-James soon set out to change that. She started by asking hospital officials to put her in touch with other metastatic patients, which they did.

“They connected me with three patients (in December 2006), and within two months all three

were dead,” Corneliusen-James says. “It was not a good start.”

In September 2007, after undergoing formal training as a breast cancer volunteer, she made things official by launching her own regional program, Survivors Offering Support (SOS). “In just six months I had 24 members and it showed how great the need was,” Corneliusen-James says

She didn’t stop there. Two years later, with the help of three support group members and close friends, Corneliusen-James started a national nonprofit peer-to-peer support group called METAvivor. Unfortunately, all three other members succumbed to metastatic breast cancer over the next five years.

“She was definitely on a mission to improve the quality of life for people living with metastatic breast cancer,” METAvivor Executive Director Sonya Negley says. “She also wanted to improve the amount of research for metastatic breast cancer.

“One thing that was inspiring is that she shared this with everybody who listened and encouraged advocacy and people to volunteer. And to this day, (the program) is still in place.”

The main focus has been fundraising. What Corneliusen-James found out stunned her.

“In January of 2007, I heard a media report that the National Cancer Institute was putting less than half of one percent of their five-billion-dollar budget into all four stage cancers combined,” Corneliusen-James recalls. “That really threw me. That’s

when I decided we have got to find some way to raise money ourselves because they are not doing it.”

She and her colleagues at METAvivor have accomplished that mission. Since 2009, the organization has raised more than \$18 million through fundraisers and donations. That money has gone into 185 research grants.

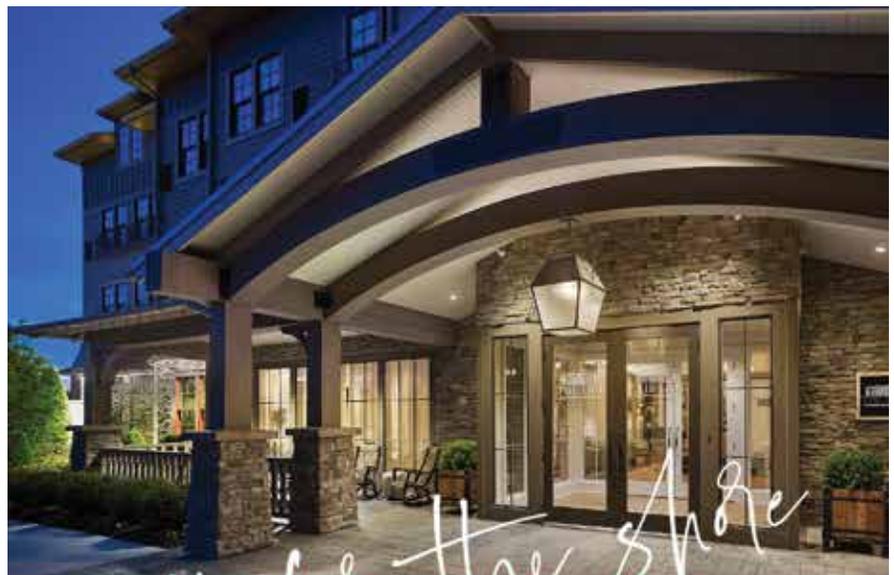
After co-founding METAvivor, Corneliussen-James, who holds a B.A. in German literature from the University of California, Santa Cruz, and a master’s degree in international management from the Middlebury Institute of International Studies in California, served as president of the national chapter for six years, until 2015.

In 2011, she joined the Global Alliance for Metastatic Breast Cancer, and later she spoke at three international conferences in Portugal.

“The success of the organization has been astounding,” says Kelly Lange, who served on METAvivor’s national board of directors for a decade. “And a lot was due to her vision. Her message definitely resonated.”

Lange offers a dramatic example. “I will always remember going to a conference in Philadelphia and people had our logo tattooed on their bodies because of our organization and everything it meant to them.”

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



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Easton Elementary School Building Receives Awards

The new Easton Elementary School building has achieved a Leadership in Energy and Environmental Design (LEED) Gold rating for sustainable design, recognizing the building as efficient, cost-effective, and better for occupants and the environment. The school has also been selected to appear as an Outstanding Design in the 2021 American School & University Architectural Portfolio—the premier showcase celebrating the best in education design. The state-of-the-art school building, completed in the Spring of 2019, was designed by Mr. Thomas King, AIA and his team from Noelker and Hull Associates, Inc.



↑ NEW INPATIENT BEHAVIORAL HEALTH UNIT OPENS

University of Maryland Shore Behavioral Health’s new Inpatient Care Unit at UM Shore Medical Center in Easton is now treating patients following the renovation and redesign of a unit on the hospital’s third floor to accommodate inpatient behavioral health care. The new 12-bed unit has updated patient rooms (single and double occupancy) for the comfort and safety of patients while they are hospitalized, two large, patient-friendly group rooms, a bright and open day area, new therapy offices, additional space for staff conferences and teaching. New to the program is a dedicated space where patients can receive medication injections to facilitate their transition to community providers, and treatment in the Substance Use Disorders Intensive Outpatient Program. “We are very pleased to open the new inpatient behavioral health unit in our Easton hospital,” says Ken Kozel, UM Shore Regional Health President and CEO. “It is a safe and secure space where patients can benefit from the outstanding and compassionate care from our behavioral health team of staff and providers, and from members of our UM Shore Medical Group.”

SHORERIVERS AWARDED STATE FUNDING FOR LARGE RESTORATION PROJECTS ↓

ShoreRivers is a leader in designing, funding, and managing major agricultural restoration projects to reduce the sediments and nutrients that pollute our waterways. The Maryland Department of Natural Resources (DNR) recently awarded ShoreRivers \$1.95 million to implement three such projects, all in the Chester River watershed. Targeting high nutrient-export agricultural subwatersheds in areas prioritized for funding through the DNR Chesapeake and Atlantic Coastal Bays Trust Fund has proven a winning strategy for making rapid and significant progress toward meeting pollution reduction goals and habitat creation goals. ShoreRivers has continued to promote a balance between a prosperous agricultural industry on the Delmarva Peninsula and healthy, thriving waterways and wetlands. Through strong outreach, involvement in science-based agronomy and ecology research efforts, and an emphasis on innovation, ShoreRivers strives to maintain an excellent reputation with landowners and farmers throughout the region. For more information about the three projects, visit shorerivers.org.



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

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TOWNE ATHLETE

Claire Shultz

Kent Island High School
Soccer, Tennis

By Tom Worgo

Claire Shultz is sharply focused and always driven. She knows what she wants to do for a career and is chasing it with gusto. Shultz, a senior at Kent Island High, wants to be an architect.

“I always like designing and building things,” she explains. “When I was little, I would always play with Legos. I think it stems from that. I have looked into being an architect and it involves a lot of hard work. That’s something I am willing to do.”



SHE IS EXTREMELY FAST, AND AN EXCELLENT PASSER. HER DECISION MAKING IS UNBELIEVABLE. SHE SEES THINGS BEFORE THEY HAPPEN. SHE PLACES THE BALL IN A CERTAIN AREA THAT SHE THINKS HER TEAMMATES ARE GOING TO BE AT. NINE OUT OF 10 TIMES IT ENDS UP BEING THE PERFECT PASS.”

If Shultz’s success at soccer and tennis and the tremendous work ethic she put toward both sports is any guide, she will be a standout architect. She’s accomplished a lot in soccer and tennis. Last fall, the Bayside Conference named her to its First Team in girls soccer and the 5-foot-8 Shultz was part of a doubles team that made it to the 2A state championship match last spring.

Shultz also stays extremely busy with her studies. She carries a weighted 4.12 grade-point average, belongs to the National Honor Society and Science Honor Society, takes several advanced placement classes, and plays on two elite club soccer teams that have her competing in the sport year-round.

“She is very committed and determined,” says Shore FC Soccer Coach Mike Leach, who also worked with Shultz at Kent Island. “It takes a lot to play two or three varsity sports and she has that tough course workload. Plus, traveling for club soccer. That really is a lot. She has got to juggle a lot. She has to make time for everything and accomplish her goals. She is able to do it.”

One of Shultz’s biggest goals is to play college soccer. She’s

made it her mission to find the perfect school and has visited about 15. North Carolina State, Georgia, and Clemson top her list. She’s clearly stressing academics and architecture as much as soccer.

“I think she can play Division I soccer,” Leach says. “When talked to the area high school coaches (about the 2021) season, they told she was one vote from being (Bayside) Conference Player of the Year. For the 2022 class, I would say she is one of the top three players from Eastern Shore region of Maryland, Delaware, and Virginia.”

After playing her freshman year on the Kent Island jayvee, Shultz spent the next two seasons on the varsity as a defensive midfielder. Besides frequently marking the opponent’s best player, she contributed offensively with some clutch goals and timely assists. She totaled nine goals and 10 assists as a sophomore and had 10 goals and 10 assists the following season.

“She is extremely fast, and an excellent passer,” Kent Island Girls Soccer Coach Pedro Nascimento says. “Her decision making is unbelievable. She sees things before they happen. She places the ball in a certain area that she

thinks her teammates are going to be at. Nine out of 10 times it ends up being the perfect pass.”

Nascimento also coaches Shultz with the Brazilian United Soccer Academy Club team in Stevensville. She played for that organization for eight years and another two with the Easton-based Shore Football Club. Those experiences competing against teams from throughout the Mid-Atlantic region have been invaluable to Shultz’s development.

“Those teams are great resources for her to develop her game,” Nascimento says. “She is getting the perspective of many different coaches and faces a lot of different levels of players. It definitely helps her pick up her game.”

Shultz took up tennis for the first time as a freshman, and she became a very good player quickly. Her run this year included a regional championship with doubles partner Brooke Barba. A win in the state semifinals followed and the result was a coveted state championship berth. “It was something that was really unexpected,” says Shultz, who also ran indoor track for a season. “It was really an accomplishment.”

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

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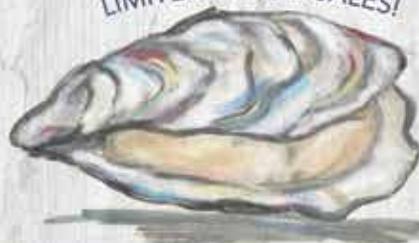
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TOWNE INTERVIEW

Eric Ayala

Maryland Terrapins
Star Basketball Guard

By Tom Worgo

Photography courtesy University of Maryland

University of Maryland guard Eric Ayala had a decision to make. He could return for his senior year or remain in the 2021 NBA draft and, thus, begin life as a professional. Surprise—Ayala decided the NBA could wait.

“Coming back for an extra year will help me develop,” Ayala explains. “I feel I will be ready to make that jump next year.”

Maryland Coach Mark Turgeon is glad Ayala returned. Two of Ayala’s teammates for three seasons are gone. Second leading scorer Aaron Wiggins left for the NBA and standout Darryl Morsell transferred to Marquette.



ONE OF THE BIGGEST THINGS I LEARNED IS TO TAKE CARE OF MY BODY BEFORE AND AFTER I PLAY. THE WAY I RECOVER FROM WORKOUTS IS SOMETHING THAT HELPED ME OUT A LOT. IT WAS AN EXCITING EXPERIENCE GOING THROUGH THAT PROCESS. IT GIVES YOU A LOT OF CONFIDENCE.

The arrival of Rhode Island transfer Fatts Russell, an excellent point guard, could help the 6-foot-5, 200-pound Ayala raise his profile. Ayala could be in line for First-Team All-Big Ten honors or even All-American consideration. There’s no doubt he is a player on the rise.

“He led us in scoring last year, but he is going to have to do it again,” Turgeon says. “And I think he will. Fatts will take a lot of pressure off Eric and he can just concentrate on scoring.”

Ayala averaged 15.1 points, 4.3 rebounds, and 2.2 assists per game last year and was named a 2021 Honorable Mention All-Big Ten selection. Of course, the expectation is for him to boost those numbers.

What’s Up? Media recently talked to the 22-year-old Ayala about his role as a leader, what he learned going

through the NBA draft process, and the lofty expectations for the Terps.

Since you are the only returning senior, do you feel you have to take on more of a leadership role?

Leadership kind of comes natural for me. I watched a lot of guys that came before me at Maryland closely. I just try to be the best leader that I can be. I have to make great decisions. Being a veteran on the team, I have been through everything. The guys respond to me, and I have a good relationship with them.

Why did you decide to declare for the NBA Draft?

It was a great opportunity for me to get some feedback from the NBA guys. I am glad I took that journey and I learned a lot. I felt I had built a great resume to at least to get a look from the NBA people. I look forward to taking





that next step this year to solidify my name even more.

What did you learn through that process?

One of the biggest things I learned is to take care of my body before and after I play. The way I recover from workouts is something that helped me out a lot. It was an exciting experience going through that process. It gives you a lot of confidence.

Why did you decide to come back?

The main reason was I wanted to be part of a winning program. Playing on a bigger stage is the most important thing. I think we can be a top-10 team in the country and play in those big NCAA Tournament games. Everybody would be watching us, and I am really looking forward to winning a lot of games this year.

You shared point guard duties with Hakim Hart last season. Since you are not going to be handling the ball as much with the addition of Russell, are you expecting to score more?

Absolutely. My first two years playing with Anthony Cowan, too, were interesting. He was more of a scorer and I didn't have to score a lot. When Hakim played point guard last year, it allowed me to score more. Playing the point guard spot comes naturally for me, but I will be able to focus more on scoring this year with Fatts running the point. There's no doubt about that.

How close are you with your teammates? Do you hang out together a lot?

That's my family. We have been locked in basketball all summer. We have been able to work out together and bond. That's so important because we didn't have

that summer time last year because of the pandemic. We have a lot of new guys and I feel my job as a leader is to make that transition easier for everybody. I want to lead by example: play hard, lead hard.

How would you describe your relationship with Mark Turgeon? Has he helped you develop as a player?

He is great guy and I have an outstanding relationship with him. He is definitely our leader. We follow him and he gives us great direction. He always looks out for us and I try to be around him as much as I can. He always gets the best out of us and works with us to make sure we get better.

What do you want to do after your basketball playing days are over?

As I have gone along on the basketball journey in my career, I have met a lot of

different people and you come across a lot of different potential opportunities. It's great having those relationships. I do want to stay close to basketball since it is a real passion of mine. There are a lot of different avenues to stay in the game. I could go into sports broadcasting or coaching.

How good can Maryland be? The team added six transfers, including three that were listed among the top 100 by one website.

I think we can be a top-10 team in the country if you ask me. I think we have the pieces to be outstanding. Coach Turgeon has done a great job this offseason of building a team. The new guys are fitting right in. We lost two great players in Darryl and Aaron, but we still have some really great pieces that will help us do some big things this year. I am looking for a big year.

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Congratulations to KCHD's Rita Kulley for winning the Excellence in Nursing award!!



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WHAT'S UP? MEDIA'S 2021

EXCELLENCE IN N NRSING



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Welcome to this year's Excellence in Nursing honors, celebrating exemplary nurses practicing in the Greater Chesapeake Bay Region!

We called upon local nurses practicing in Anne Arundel, Prince George's, Queen Anne's, Kent, Talbot, and Dorchester counties to nominate and, therefore, honor the most commendable of their peers in the field, in more than 15 areas of specialty. In partnering with the Nurse Practitioner Association of Maryland, Inc. to promote the surveying, the response was phenomenal. We thank the many, and very busy, nurses for their valuable time and consideration.

This project is truly *professionals nominating professionals*. This was not open to the public. *Only licensed nurses and medical professionals contributed to this survey*. And although the nominating process is kept confidential, we did ask each contributor's "reason for nomination" of their peer(s). And it is those responses that are truly endearing and encapsulate what teamwork, leadership, camaraderie, and family mean to this profession. You'll read their remarks in the listings.

Without further ado, here are the Excellence in Nursing 2021 honorees. →

Advanced Practice

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

Shenise Dubose Bay Village Assisted Living & Memory Care

Colleagues said: “Knowledgeable and strong work ethic in an ever-changing landscape during and after Covid-19.”

Lindsay Ward Holy Cross Hospital (previously Chesapeake Pediatrics)

Colleagues said: “Lindsay is President Elect of the Chesapeake Chapter of NAPNAP, the local chapter of the National Association of Pediatric Nurse Practitioners (NAPNAP), and volunteers with the Nurse Practitioner Association of Maryland (NPAM) as a District Director, planning educational activities for members in A.A. County and is an active member of the Legislative Committee. Additionally, she shares her clinical expertise as a clinical preceptor and a teaching assistant. She selflessly shares her experience with the next generation of Pediatric Nurse Practitioners and as a member of the Junior League of Annapolis, and exemplifies what is best in nursing.”

Kathleen Herberger Department of Defense Joint Base Andrews

Colleagues said: “Kathleen is a Family Nurse Practitioner who is a retired Army Captain. Kathleen believes that nurse practitioners should not have barriers to practice and has spent her free time providing her talents to the Nurse Practitioner Association of Maryland on the Executive Leadership as President Elect, President, and now as Past-President. Kathleen also served at the national level representing the State of Maryland to the American Association of Nurse Practitioners (AANP).”

Catherine Gvozden Gvozden Pediatrics

Colleagues said: “Cathy is an excellent nurse practitioner. She is outstanding at relationship building and is dedicated to the practice of nursing.”

Rachel Sherman Hospice of the Chesapeake

Colleagues said: “Rachel is the epitome of a team player and community advocate. She has spent countless hours education the community regarding Covid as well as caring for patients at the end of life.”

Barbara Nalley Luminis Health Anne Arundel Medical Center

Colleagues said: “Barbara is nurse practitioner in a women health clinic as well as a pain clinic. She also works as a registered nurse first assistant at Luminis. She is skilled, knowledgeable, and very dedicated to providing optimal care for all of her patients.”

Christine Smith Luminis Health Primary Care (formerly Annapolis Primary Care)

Colleagues said: “Christie works hard for her patients. She often takes on new patients with complex medical history. She will fully manage them, offering referrals, noticing trends in their health and changing their medications to suit their needs. She precepts student nurse practitioners through the pandemic, noting it is the most important time to learn.”

Alexandra Weiss O'Donnell Vein and Laser

Robert Wagner Plastic Surgery Specialists

Colleagues said: “Incredibly calm, competent, and skillful CRNA.”

Caroline Ruhl ProMD Health

Colleagues said: “Caroline has recently expanded her knowledge and skillset in the aesthetic field by mastering advance techniques to better serve her patients with safe, flawless results with minimal downtime.”

Virginia Santos Riva Road Surgery Center

Colleagues said: “Virginia ‘Gigi’ is not only incredibly capable and knowledgeable about all things nursing, her skill set goes beyond leadership, delegation, and actual ability to perform any hands on task needed in ambulatory patient care. In addition to these, she has compassion and kindness for everyone she comes in contact with. The success of our center is largely due to Gigi’s hard work and dedication!”

Bernadette Wood Rose Hill Family Physi- cians

Colleagues said: “Bernadette is a nurse practitioner who loves what she does and provides a great service to the people of Cambridge. She is caring, competent, and very knowledgeable.”

Paula Greer UM Baltimore Washington Medical Center

Colleagues said: “Paula is a seasoned CNM. She is a strong patient advocate. Paula developed the CNM practice at UMBWMC. An excellent teacher, she advocated for and, from the ground up, developed the Centering for Pregnancy program. Due to her hard work, the Centering for Pregnancy at UMBWMC is one of the best in the country.”

S. Dale Jafari UM Shore Regional Health

Colleagues said: “In addition to her role as a women’s health NP at Shore Regional Medical, Dale has served Nurse Practitioner Association of Maryland in various leadership roles, including President, and is currently the PAC Co-Chair. Dale has demonstrated excellent leadership skills and integrity during her tenure in leadership positions with NPAM and she is adept at handling difficult situations. She is honest and trustworthy, and highly respected by NPAM.”

D. Gail Shorter UM Shore Regional Health

Colleagues said: “Provides holistic care to patients dealing with acute and chronic pain from a variety of issues including musculoskeletal, neurological, and oncology.”

Ambulatory Nursing

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

Kelly Battista ProMD Health

Colleagues said: “Kelly has changed the lives of patients by improving their skin health and giving them a clear glowing complexion and the confidence that goes along with it.”

Virginia Santos Riva Road Surgery Center

Linda Wilt UM Shore Regional Health

Colleagues said: “Provides comprehensive care to patients dealing with acute and chronic pain. Is an excellent patient educator.”

Nancy Farrell UM Shore Regional Health

Colleagues said: “Nancy worked as a perioperative nurse before transferring to the pre-admission testing department. Nancy cares about her patients as she interviews them prior to their surgical procedure. She builds relations and easily gains their trust. Nancy is a great advocate for her patients who are preparing to have surgery.”

Lauren Princiotta UM Shore Regional Health

Colleagues said: “Lauren is a phenomenal nurse and goes above and beyond for her patients. Not only has she been on the frontline during the pandemic doing Covid testing, she also works countless hours doing Covid vaccinations throughout our community.”

Case/Quality Management, Managed Care Informatics

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

Consuella Bowen

UM Shore Regional Health

Colleagues said: "Provides exemplary case management services to patients served by Shore Medical Center Chestertown each and every day! She works tirelessly on behalf of the patients to get them the services and resources they need following a hospitalization."

Heather Joyce-Byers

UM Shore Regional Health

Colleagues said: "Heather is a huge help to our team when we're faced with critical challenges and tough decisions. All through Covid, she has been our right hand, guiding us through the proper procedures and ensuring that we're considering all of the unintended consequences."

Julie Bryan

UM Shore Regional Health

Colleagues said: "Over the past year as an infection prevention nurse, Julie has helped make the Mid-Shore safer for all residents. She has stayed on top of the latest information on Covid-19 and communicated this information to her colleagues at Shore Health. She has competently fielded phone calls night and day from physicians and nurses, all doing their best to care for patients with Covid and keeping those without safe."

Alyssa Chadwick

UM Shore Regional Health

Colleagues said: "Alyssa is a kind and caring person, and this is carried over into her nursing practice. Her job is to ensure that patients recently discharged from the hospital have the correct medications, follow-up medical appointments, are receiving the correct treatments, are aware of symptoms to report to their providers, know how to care for themselves, etc. Her patience is endless, and she is known for her kind, gentle approach. Alyssa has the respect and admiration of her patients, coworkers, medical staff, and others."

Clinical Education

Nurse educators responsible for overseeing or administering ongoing clinical education and resources

Janet Selway

Catholic University of America

Colleagues said: "Janet is a resident of Millersville and is the Director of the Adult-Gerontology Nurse Practitioner (AGNP) Program at The Catholic University of America, Washington, D.C. She is one of the founding NPs for the Nurse Practitioner Association of MD, and has served in various leadership roles, including President. Janet is an excellent educator, preceptor, and role-model for her students as they prepare for the role of an APRN."

Eden Flynn

O'Donnell Vein and Laser

Alicia Blake-Hall
Connect RN

Colleagues said: "I have had the pleasure of working with Ms. Blake-Hall over the past few years. As a clinical diabetes nurse educator, she far surpasses the skills of so many of her peers, partially because she chooses to associate herself with skillful mentors and because she drives herself to achieve excellence."

Susan Lynch

TidalHealth at Peninsula Regional

Colleagues said: "Susan coordinates perioperative orientation and education at TidalHealth. She facilitates the Perioperative 101 Didactic RN Orientation Program, while juggling educational experiences for students from multiple schools and programs such as the nursing programs, surgical technician programs, physical therapy, EMTs, state police, and respiratory therapy programs. Susan ensures that all staff are oriented and that their competencies are completed."

Christy Marciniak

UM Shore Regional Health

Colleagues said: "Christy makes clinical education fun and easily comprehended for the nursing team members."

Taffie Wilson

UM Shore Regional Health

Colleagues said: "Taffie is in charge of all American Heart Association programs: BLS/CPR, ACLS, and PALS. She is organized and thorough in program administration and an excellent educator."

Critical Care

Adult ICU/CCU, cath lab, oncology, special procedures

Tracey Watters

UM Shore Regional Health

Colleagues said: "Tracey is the perfect blend of clinical expertise and compassion for her patients. She is a strong advocate for critically ill patients and their families."

Pam Pardun

UM Shore Regional Health

Colleagues said: "Pam has been honing her knowledge and skills in Critical Care for some time. She is an excellent leader, clinician, and educator."

Alicia Fuchs

UM Shore Regional Health

Colleagues said: "Alicia Fuchs was our ICU/Tele Manager here at SRH. She hit the ground running when Covid hit. She was an amazing advocate for her team and ensured that they were continuously kept up to date on the policy and PPE changes. She was a calming presence during a very stressful time!"

Emergency

Emergency department, flight, ambulance, pre-hospital, telephone triage

Amanda Hammond

Luminis Health Anne Arundel Medical Center

Colleagues said: "Amanda is a Clinical Nurse Supervisor for AAMC's Emergency Department. She is a trusted, well-respected charge nurse. All of her peers know that the shift will be calm and collaborative when she's in charge. She is supportive and ensures that her team and patients receive the best care possible."

Debbie Spence

Luminis Health Anne Arundel Medical Center

Emily McWilliams

TidalHealth at Peninsula Regional

Colleagues said: "Emily began her nursing career in the emergency room as Covid-19 became a pandemic. She joined the nursing team and learned much during the uncertainty of the pandemic. She has grown as a RN and can easily and competently care for any patient coming through the emergency room doors. Emily is an asset to the TidalHealth team."

Beverly Greaves

UM Shore Regional Health

Colleagues said: "Beverly is a natural leader. She provides exemplary care for her patients and fellow team members."

Debbie Timms

UM Shore Regional Health

Colleagues said: "Debbie is the glue that holds this ED together. She stays calm and level-headed no matter the circumstances."

William Shertenlieb

UM Shore Regional Health

Colleagues said: "Bill is an excellent and compassionate nurse. He cares for all levels of critical patients in the ICU and Step Down Units. He works with patients and their families who are ventilated and are at their most vulnerable period. Bill is on top of his game and always finds the time to comfort a patient or their family."

Leslie Collier

UM Shore Regional Health

Colleagues said: "Leslie is a skilled ED charge nurse who is always willing to mentor new staff members and handles challenges with professional calmness. Leslie is a Forensic Nurse Examiner for both adults and pediatric patients. She also works regularly with the local Child Advocacy Center working with children of suspected child abuse. Leslie is a well-respected member of the Shore Regional Health ED Team and deserves this recognition."

Emerging Nurse Leader

Inclusive of charge nurses, assistant nurse managers, supervisors; first-line nurse leaders are those professionals who are responsible for overseeing first-level nursing services

Rebecca Lewis UM Shore Regional Health

Colleagues said: "Rebecca stands firm in her commitment to excellence at Shore Medical Center Chestertown."

Employee Health

Related to coordination and management of health screening, performance, advocacy, and resources for system employees

Pat Steele UM Shore Regional Health

Colleagues said: "Pat is always willing to help and answer questions. Pat is instrumental in administering and coordinating flu shots, Covid shots, and doing fit testing for the system. She is also on top of employee injuries. Pat is always pleasant no matter how busy she is. Pat is an asset."

Home Health/ Hospice

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

Jennifer Roberts Hospice of the Chesapeake

Colleagues said: "Jennifer is one of the best hospice nurses I have had the pleasure of working with. Her ability to connect with and provide compassionate care to patients and families with terminal illness is amazing."

Virginia G. Response Senior Care

Colleagues said: "Virginia has been an RN for over 20 years and has been with Response Senior Care for 3 years. She is extremely kind and patient with our home care clients. Virginia comes with plenty of experience and knowledge."

Long-Term Care/ Rehabilitation

Nursing home, gerontology, services for disabilities, rehabilitative services, subacute/transitional unit

Alicia Blake-Hall Connect RN

Maternal-Child/ Women's Health

Obstetrics, gynecology, women's health, nursery, pediatrics, NICU, PICU, Peds ER, early childhood/early intervention services

Kristen Durand Luminis Health Maternal and Fetal Medicine

Colleagues said: "Outstanding rapport with patients. Goes above and beyond to provide care and ensure that her patients are receiving the best possible outcome. Reaches out to payers to resolve billing and procedure challenges for her patients."

Barbara Nalley Luminis Health Anne Arundel Medical Center

Catherine Gvozden Gvozden Pediatrics

Courtney Walsworth UM Shore Regional Health

Colleagues said: "Courtney is new as a labor and delivery nurse, but she uses her experience as a child life specialist to care for newborns and mothers. She is attentive to her patients and makes sure they are comfortable. If she doesn't know the answer to a patient's question, she asks the appropriate people to find the answer."

Medical/Surgical

Acute or chronic medical and surgical nursing specialties

Kayla Toulson UM Shore Regional Health

Colleagues said: "Kayla displays extraordinary compassion, clinical skill, and leadership. She is beloved by her patients and team members and gives 100 percent at all times."

Leigh Tomey UM Shore Regional Health

Colleagues said: "Leigh is an excellent nurse. She is loved by her staff and patients. She is the go-to expert."

Jennifer Collins UM Shore Regional Health

Colleagues said: "Jennifer has been on the frontline of the pandemic since day one. She has worked on the Covid unit at Easton since the very beginning. Not only did she do that, but she also was a preceptor, educator, and mentor to our novice nurses. She is always willing to lend a helping hand, no matter how difficult her own patient load can be."

Nurse Executive Leadership

Inclusive of Chief Nursing Officers (CNOs), Chief Executive Officers (CEOs), Deans, executive vice presidents of nursing, or equivalent, these professionals are responsible for leadership at the executive table; designing strategic, operational delivery systems and directing patient care services/education throughout an organization

Jenny Bowie UM Shore Regional Health

Colleagues said: "Jenny has served as the Medical Branch for our Incident Command Structure since the beginning of Covid. She has remained transparent and open with all members of the team. She ensures consistent communication with all members of the team."

Nursing Leadership

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

Sandy Prochaska UM Shore Regional Health

Colleagues said: "Sandy is a strong nurse manager not only for our inpatient units, but the ER. She is always available to help out, listen, and advocate for her staff."

Jessica Alvarez UM Shore Regional Health

Colleagues said: "Jessica is the Director of Critical Care and Acute Care here at SRH. She led the development of the Covid unit here at SRH. She ensured the staff were safe and had the required PPE. She also ensured that all policies and procedures were communicated clearly. She has been creative with staffing and consistently makes sure that her teams are cared for. She is a wonderful leader!"

Brandi Covey UM Shore Regional Health

Colleagues said: "Brandi has been an operating room nurse for over 10 years and became manager of the Ambulatory Surgery Center last year. She uses her experience as a staff nurse to become a manager that is understanding of the concerns of her staff nurses. Brandi is well liked by the staff, physicians, and patients because she has a friendly personality but knows how to get down to business. She is a great manager and her staff believes in her leadership."

Perioperative

Perioperative, recovery room, day surgery, operating room

Patricia Donoho

Laughlin Plastic Surgery

Colleagues said: "Nurse with over 40 years of operating room experience who puts patients and doctors at ease. She has seen and done it all. Is the choice of her fellow nurses to be in the operating room for their friends and family."

Kathleen Smith

Luminis Health Anne Arundel Medical Center

Colleagues said: "Kathy is a cardiac vascular certified RN working in outpatient/inpatient procedural care setting. While Kathy only gets to see patients for brief periods of time, she excels in developing a rapport and providing patient education during what is often scary time during for patients and families."

Oscar Ramos

Luminis Health Anne Arundel Medical Center

Colleagues said: "Oscar 'Ozzie' serves on the general operating room team but is often pulled out of his service. When complex cases are on the schedule, Ozzie is frequently the operating room nurse in those cases. He remains calm under pressure and is not phased by situations that may cause someone fight or flight response to engage."

Michelle Stacey

TidalHealth at Peninsula Regional

Colleagues said: "Michelle works as a charge nurse in the operating room at TidalHealth. Over the past year there have been many changes due to Covid-19. Michelle was a leader in implementing safety practices in her department."

Alisa Bloodsworth

TidalHealth at Peninsula Regional

Colleagues said: "Alisa is one of three Administrative Charge Nurses in the Operating Room. She has great communication skills. Alisa is able to effectively coordinate the surgical schedule to handle emergencies and the elective schedule. Alisa has a vast knowledge of perioperative nursing and can be found in the ORs helping set up or even scrubbing or circulating a case when needed. Alisa is a great asset."

Melanie Iacona

UM Shore Regional Health

Emily Uyttewaal

UM Shore Regional Health

Colleagues said: "Emily recently won nurse of the year for the perioperative unit, which shows how great of a nurse she is. She is very knowledgeable and always is willing to help train new nurses at the surgery center. Emily is compassionate with her patients and helps to calm their nerves before surgery by listening to their concerns. She also has excellent assessment skills and brings abnormal assessment findings to the surgeon or anesthesiologist and communicates any concerns to the operative nurse."

Public Health/Community/School

Public health, school, forensic, transplant coordinator, telehealth, parish, and corrections/prison nursing

Kate Price

Dorchester County Health Department

Colleagues said: "Kate has been an asset to the residents of Dorchester County. She implemented and ran the Covid vaccination clinic in our county. It started off being at the health department, which many folks had to wait in line outside of the department in cold weather. She was able to transition the vaccination clinic to our local Hyatt Regency, where the facilities were easily accessible. She ensured that the clinic was competently staffed with paid and volunteer staff. Kate coordinated the moving pieces to make this a successful vaccination clinic."

Rita Kulley

Kent County Health Department

Colleagues said: "Rita has served well past normal retirement age to maintain quality care in this rural area. She has gone above and beyond in meeting the needs of the community during this pandemic."

Mary Lou Christian

Queen Anne's County Health Department

Karen Denny

UM Shore Regional Health

Colleagues said: "Karen is the Forensic Nurse Coordinator for SRH. She leads a team that covers all five of our counties. She works tirelessly to ensure that the victims of sexual assault receive the most up to date, evidenced based, quality care that they deserve. She is an emotional rock for these victims and a strong leader for the team."

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As promised, the Fall-Winter Philanthropy Calendar is back. In-person events are back and our local non-profits need us more than ever. I am sure you have noticed when going to restaurants and shopping in stores, but everyone is short staffed. That means it must be even harder to find volunteers for our non-profits. Do your part by supporting a cause of your choosing at one, or more, of these events. As always, be sure to keep checking the event's website for the most up to date information on the event.

NOV

2

Chesapeake Watershed Forum Happy Hour at Bardo Brewing, Washington, D.C. Benefits Alliance for the Chesapeake Bay

5

Beef, Bonfires and Cigars, Kent Island Resort, Stevensville. Benefits Haven-Ministries in giving hope to someone in need. Haven-ministries.org

Celebration of Philanthropy Awards Luncheon at the BWI Airport Marriott, Linthicum. Community Foundation of Anne Arundel County. Cfaac.org.

Betterman's Annual Golf Tournament at The Preserve at Eisenhower Golf Course, Crownsville. Benefits Community Betterment. Communitybetterment.org

6

Fish for a Cure Tournament, Annapolis. All proceeds support the Cancer Survivorship Programs within the Geaton and JoAnn De-Cesaris Cancer Institute at Luminis Health Anne Arundel Medical Center. Fishforacure.org

CASAblanca, The Westin Annapolis Hotel. Benefits Anne Arundel County CASA (Court Appointed Special Advocates), Inc. Aacasa.org.

2nd Annual Pony Trot at Kinder Farm Park, Millersville. Benefits Maryland Therapeutic Riding. Horsethatheal.org

Chesterton Gala at the Knights of Columbus Club of Annapolis, Annapolis. Benefits Chesterton Academy of Annapolis. Chestertonacademyofannapolis.org

9

Celebration of Charity Luncheon at Chesapeake Bay Beach Club, Stevensville. Benefits Chesapeake Charities. Chesapeakecharities.org





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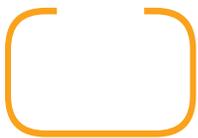
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- Mental Health Education & Outreach
- 24-HR Mental Health Crisis or Sexual Assault Hotlines

12

Waterfowl Festival, Easton. Benefits wildlife and habitat conservation, education and research. Continues through November 14th. Waterfowlfestival.org.

27

Festival of Trees, at the Tidewater Inn, Easton. Benefits Talbot Hospice. Continues through November 30th. Festival-of-trees.org.



5

Annapolis Chocolate Binge Festival, West Street, Annapolis. Benefits the Inner West Street Association and Annapolis Arts District. Annapolischocolatefestival.com.

10

Christmas in St. Michaels at venues throughout St. Michaels. Benefits local nonprofit organizations. Continues through December 12th. Christmasinst-michaels.org.

11

Care & Share Santa Swim at Hyatt Regency Chesapeake Bay Resort. Benefits the Care & Share fund to raise money for the needy and other worthy projects in Dorchester County. Dorchesterchamber.org

12

The Nutcracker Tea 2021 presented by What's Up? Media at The Graduate (formerly Loews Annapolis Hotel), Annapolis. Two seatings available, 10 a.m. and 3 p.m. Benefits donor's choice. Whatsuptix.com.

NOVEMBER

Wild & Scenic Film Festival presented by Alliance for the Chesapeake Bay, venues to be determined, Annapolis. Benefits the Alliance's education and environmental programs. Alliance-for-the-bay.org.

DECEMBER

26

GiGi's Playhouse Annual Gala. Benefits Gigi's Playhouse Down Syndrome Achievement Centers. Gigisplayhouse.org

DECEMBER

31

Annapolis Film Festival at venues throughout Annapolis. Benefits AFF's mission to "encourage and grant the development of all aspects of the creative arts in and around Annapolis through the cinema experience." Continues through Sunday, April 3rd. Annapolisfilm-festival.com.

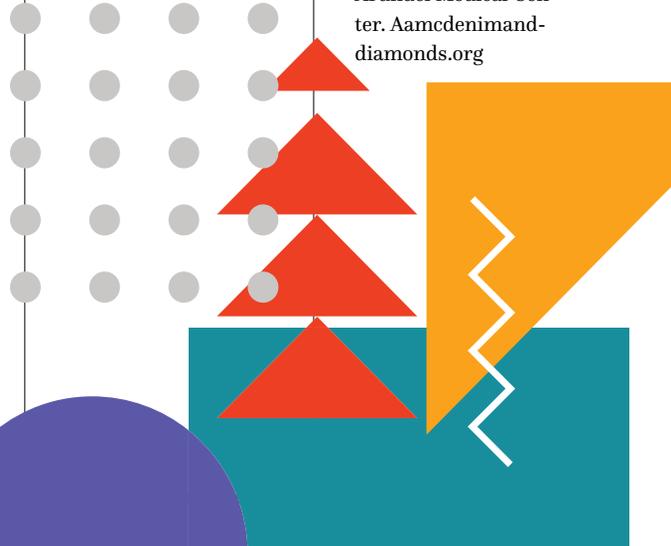
DECEMBER

24

5th Annual BRUNCH-4STAGE4 at the Golf Club at South River, Edgewater. Benefits Leslie's Week. Lesliesweek.org

30

Luminis Health Anne Arundel Medical Center Foundation's Denim & Diamonds at Luminis Health Anne Arundel Medical Center. Aamcdenimand-diamonds.org



BY DYLAN ROCHE

Sleighing

YOUR SHOPPING LIST



Get creative with your gifting this year

Holiday shopping gets frustrating and can easily leave you feeling a little more like a Scrooge than a Santa. Hey, it's not your fault—it seems as if everyone you know already has everything they want, and you're stuck browsing store shelves for hours with no idea what you can get to make their season special.

If this situation sounds familiar, then it's time to get creative. Trends in shopping and gifting have changed in recent years. So have trends in retail. And when you know what to do, making your way through all the stores in the months of November and December can actually be the source of joy that it's supposed to be. After all, you're getting presents for people because you want to celebrate, right?

Here's what you should keep in mind...

Putting Together Your List of People to Shop For

The most efficient way of taking the stress off yourself from the very beginning is to make a thorough list of not only the people you need to shop for but also the places you want to patronize. Consider how the lists will intersect. Whom will you shop for at the electronics store, the bookstore, or the toy store? Making these lists will help you avoid multiple trips and aimless wandering.

Do you have to get a gift for everyone in your life? Not by any means—even if you're getting gifts for other people in that social circle. Investopedia explains that current trends don't require you to buy a gift for every co-worker or everyone in your book club, as long as you're discrete and exchange gifts with the people you *are* shopping for when nobody else is around.

Martha Stewart also recommends having what she refers to as "universal tokens" on hand for those moments when you need a gift for someone but haven't shopped for them. Artisan preserves and scented candles will appeal to a wide variety of people, so you'll never have to greet anyone empty-handed.

Getting Creative with Your Gift Options

You might have heard that people are becoming more conscious consumers, but they're also becoming more conscious recipients. They aren't as excited about *what* you're buying for them as they are about *where* you're buying it. Receiving a gift that supports a locally owned business or a creative entrepreneur, particularly if the brand aligns with the recipient's values, means a lot.

Consider shopping local. You might have heard the statistics from numerous studies that when you shop at a locally owned business, more money stays in your community than if you shop at a big-box chain. Plus, locally owned businesses are better able to reflect the culture and tend to the needs of the customer base they serve. If you're shopping for somebody from out of town, consider a unique gift from a small business to be your way of giving a small piece of your community's culture.

It's also great to look into a company's responsible practices, per the advice of Forbes, which notes that younger generations are especially conscious of this when they're selecting products. As recipients, they will be excited that you've bought them something from a company that prioritizes environmental sustainability, fair-wage jobs, or diversity and inclusivity. Look into buying artisan products from entrepreneurs that donate to charity or businesses run by BIPOC or LGBTQ+ leadership.

Use Social Media as Inspiration

Don't be afraid to stalk a loved one on Facebook or Instagram if you need ideas. Look for what influencers they follow and pay attention to what hobbies they have been enjoying lately. You might notice that they took up yoga or woodworking during quarantine and it's now their biggest passion. Or you might notice they've started dressing in a coastal style or even an academic style. If you visit a boutique shop where you can get a salesperson's undivided attention, don't be afraid to share a few photos and see what suggestions you can get for your recipient.

Easy Options Don't Have to Be Fallbacks

Did you know that you can purchase monthly subscriptions to all kinds of products these days? Your recipient will get something new delivered right to them in the mail. Subscription options exist for goods like stationery, coffee, books, wine, candles, and so much more. Think of it as a gift that keeps on giving and helps your recipient explore new versions of a luxury they love.

You can also feel confident giving generic accessories as long as they are made from high-quality materials or fit in with your recipient's aesthetic. Premium blankets, gloves, hats, scarves, bar sets, or bookends will always be a pleasant surprise.

Finally, don't forget that experiences are always a welcome gift, especially after nearly two years of being cooped up inside. Tickets to a concert or a membership to a cooking class will mean a little more during the 2021 holiday season than they did in years past.

Avoid These Holiday Shopping Blunders

Finally, there are some well-intentioned moves you might make when you're trying to be creative that just end up leaving your recipient feeling disappointed or even a little bit offended. It's best to avoid clothing unless you're 100 percent positive about the person's style and size. You should also err on the side of caution and never give any gift that suggests a need for self-improvement, such as exercise equipment, financial guides, or cleaning tools.

Finally, no matter how excited you are about a gift, ask about the company's return policy and request a gift receipt if possible. Many businesses are flexible in the weeks following the holiday season, so you can have the confidence of knowing that even if your gift isn't perfect, your recipient can return it for something that's more in line with their interests.

HOLIDAY GIFT GUIDE



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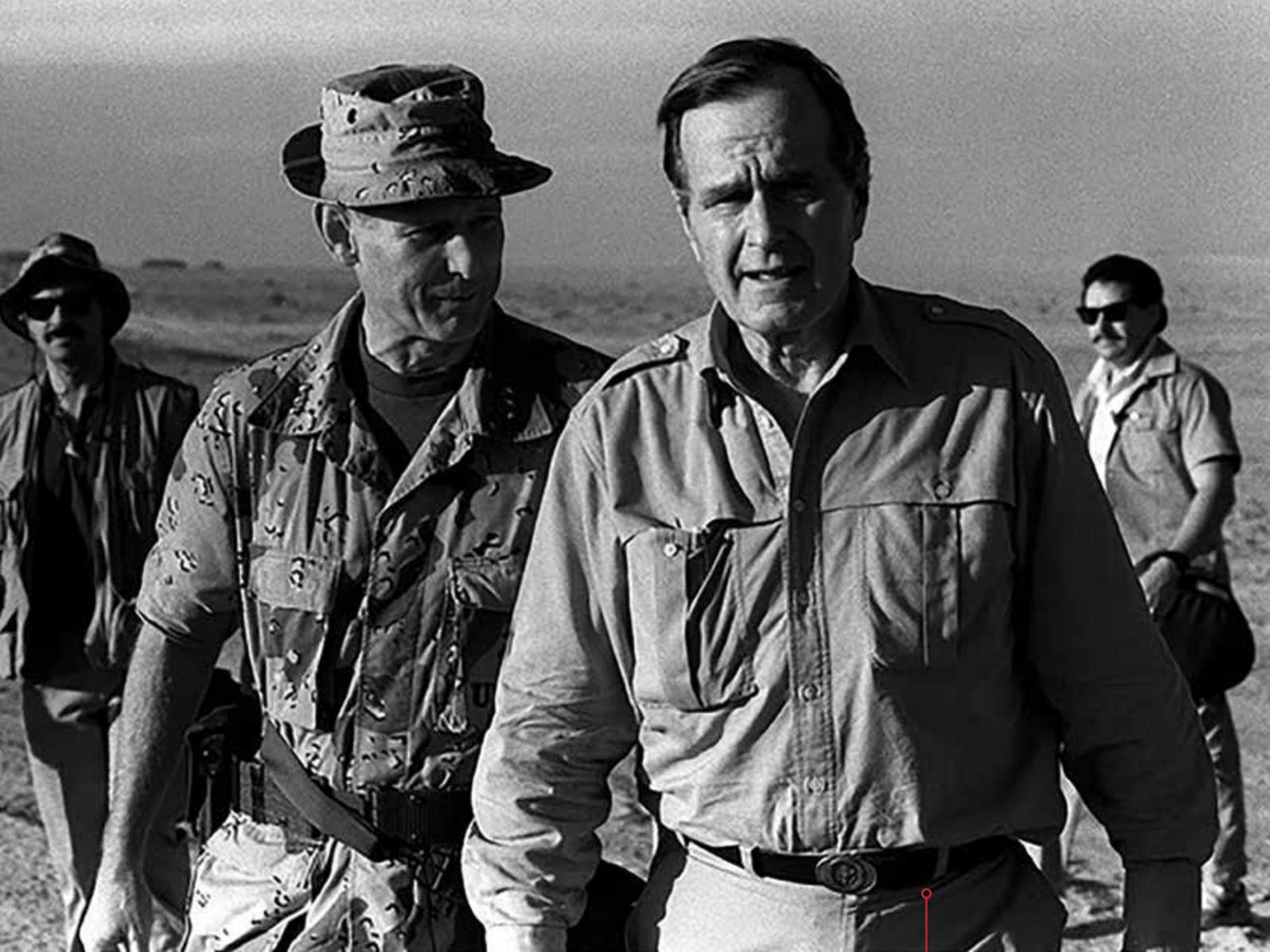
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INSIDE THE **SHIELD** AND THE **STORM**

In honor of Veterans Day 2021, we look back 30 years at the shortest and, arguably, most successful war in U.S. history. The operations unintentionally spawned immediate satellite coverage of the bombing of Baghdad, Iraq, and the international Coalition's ensuing ground attack—and thus changed the course of war reporting forever *By Frederick Schultz*



For Operations Desert Shield and Desert Storm, the code names for what also became known as “The (First) Gulf War,” combat and support troops from 35 nations bolstered the U.S. joint force, comprising the largest military alliance since World War II. And thanks mostly to harrowing commentary and live camera transmission of Baghdad under nighttime attack, it was also the dawn of what we now know as “the 24-hour news cycle.”

While the international Coalition in 1990–91 ultimately liberated Kuwait from Iraqi dictator Saddam Hussein, instant reports, punctuated by live feeds from the Cable News Network (CNN) in its office on the 9th floor of the Al-Rasheed Hotel in the Iraqi capital city were putting the network on the media map. At the time billing itself as “the only global 24-hour satellite news network,” CNN acknowledges to this day that its first broadcast under fire was “a watershed event.”

Those old enough to remember that night heard the nervous and hushed voices of CNN correspondents Bernard Shaw, John Holliman, and Peter Arnett reporting in what’s now known as “real time” on what they were seeing—the early-morning bombing campaign against the Iraqi capital on January 17, 1991. And we were seeing it, too.

Back in Annapolis, just more than a year after I joined the periodicals editorial staff of the U.S. Naval Institute—a publisher begun in 1873 as an open forum for military discussion and headquartered in the top floors of the U.S. Naval Academy’s Preble Hall—I was still learning the ropes of current military

operations and affairs. Suddenly, I found myself in the thick of reporting on an unprecedented naval buildup in the Persian Gulf (Operation Desert Shield) and the anticipation that the United States was about to go to war—in a very big way.

It had been 17 years since U.S. forces were ordered by President Richard Nixon to withdraw from what some journalists and politicians had termed a “quagmire,” the long slog in Southeast Asia known as the Vietnam War. This time, the lion’s share of the officers in charge of the operation were veterans of that bloody, costly, and controversial conflict. And they had a score to settle, not only with Saddam Hussein and his Revolutionary Guard, but the nagging memory of a war some regarded as a mishandled affair from the start, both politically and militarily. And they weren’t about to let it happen again.

Lt. Gen. Walter F. Boomer, commanding general, 1st Marine Expeditionary Force, walks beside President George H. W. Bush following the president’s arrival at the 1st Marine Division Combat Operations Center (COC). The president and his wife were paying Thanksgiving Day visits to U.S. troops in Saudi Arabia for Operation Desert Shield. Courtesy of the U.S. Naval Institute.

In the Nerve Center with the Proceedings Editors

Retired Marine Corps Lieutenant Colonel Brendan “Mac” Greeley, an A-4 attack aircraft pilot in Vietnam who went on to be a staff writer at *Aviation Week & Space Technology*, started on the Naval Institute’s periodicals staff just before I did. And he knew as well as anyone the added value of having Vietnam veterans essentially running this show. “We were fortunate in that either Managing Editor [and retired Marine Corps Colonel] John Miller or I had served on active duty with many of the commanders and knew them personally. And Editor-in-Chief Fred Rainbow, of course, also knew most of them.”

To say we were fortunate was an understatement, because none of the traditional news outlets had access to the top brass like these veterans had. I was a pretty good editor with a decade of professional experience, but Fred, John, and Mac expertly orchestrated the coverage and decided on candidates for interviews. “Invariably,” Mac recalled for this story, “they [the Desert Storm commanders] were very forthcoming regarding what worked and what difficulties they had to overcome.”

One example, Mac recalls, was a fellow aviator, Lieutenant General Royal Moore, who “pointed out that the F/A-18D (aircraft), with its forward-looking infrared (FLIR) capability, proved more survivable over the night-time battlefield than the similarly equipped OV-10Ds. The OV-10s, however, were invaluable for radio-relay duties.” That, as it turned out, was a crucial distinction.

Other contacts Mac had made with on-scene commanders were:

○ Rear Admiral John Baptiste “Bat” LaPlante’s Navy task force and Brigadier General Harry Jenkins’ Marines operating from the upper Persian Gulf, which flew air strikes and served as a constant threat to Iraqi forces.

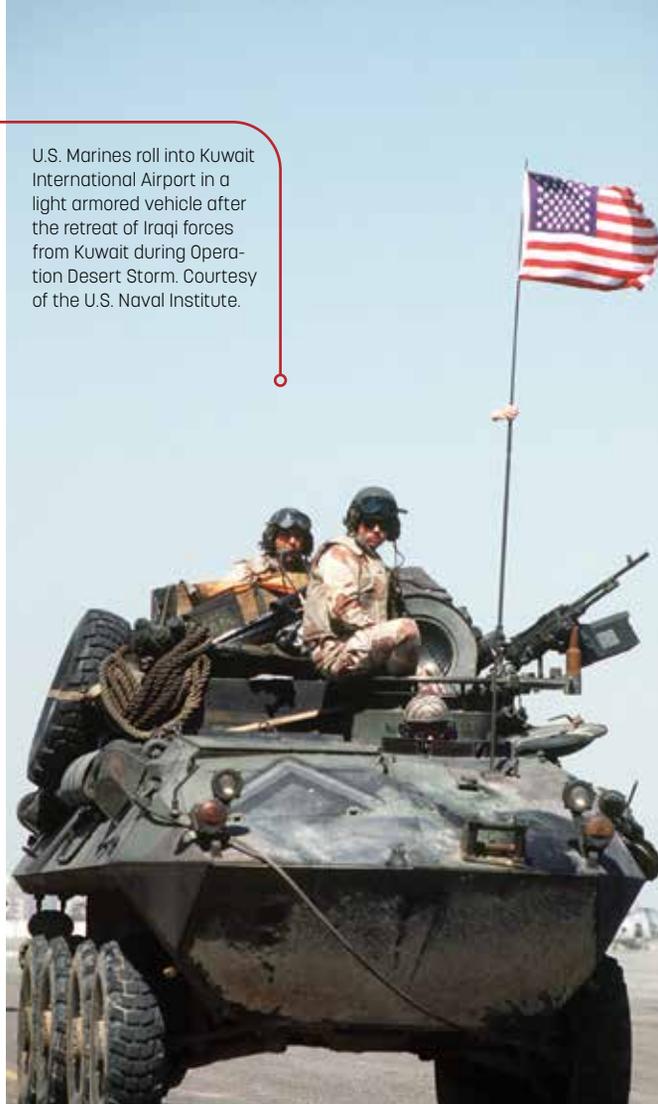
○ Major General Mike Myatt praised the recently acquired Light Armored Vehicles (LAVs) for the mobility they gave Marine infantrymen. The inability of Marines to keep up with fast-moving Army units during European exercises in the mid-1970s had forced the Marine Corps to face the issue head-on.

○ Recommendations by a board shared by Marine Major General Fred Haynes led to the adoption of the

wheeled LAV. Coordination between Marine Corps aviation and ground units, “with some hiccups,” Mac notes, was one of the over-all keys to success.

○ “Often, the commanders had trained together at 29 Palms, California,” Mac recalls. “General Walter Boomer, overall Marine commander in the Desert Storm operation, had taken his battalion as a lieutenant colonel through a Combined Arms Exercise (CAX) there when I was the air officer. Each night, he would leave his battalion command post, visit the supporting squadron based at the expeditionary airfield, brief them on the next day’s operations, and address their concerns...”

U.S. Marines roll into Kuwait International Airport in a light armored vehicle after the retreat of Iraqi forces from Kuwait during Operation Desert Storm. Courtesy of the U.S. Naval Institute.



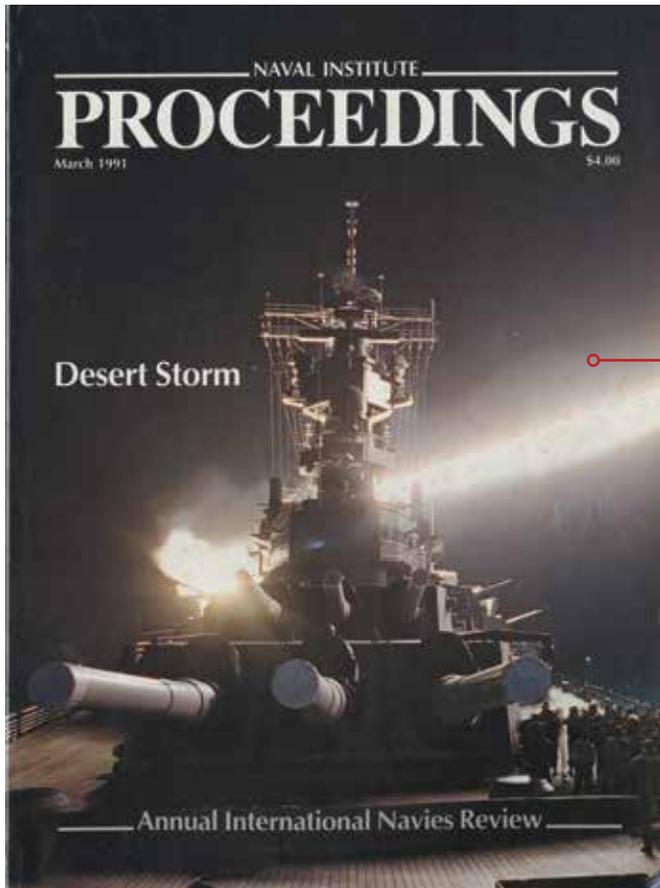
The Coverage Begins

The earliest issue of the Naval Institute’s monthly *Proceedings* to cover Operation Desert Storm was March 1991, which came off the presses in late February. And we immediately had been in “all hands on deck” mode, calling on columnist Dr. Norman Friedman to start on the Naval Institute Press book, *Desert Victory: The War for Kuwait*, which was billed as “the first comprehensive assessment of the war in the Persian Gulf” to be published and has stood the test of time with its expert analyses. Of its 424 pages, 183 of them are devoted to endnotes and appendices Dr. Friedman included to support his narrative.

One piece of the *Proceedings* war coverage was my interview with retired Vice Admiral William P. Lawrence, a former Naval Academy superintendent who had been a prisoner of war at the notorious “Hanoi Hilton” after being shot down over North Vietnam. He had been a prisoner for nearly six years (most in solitary confinement) before being released and returned home.

After hearing (and seeing) that shot-down and captured U.S. aviators, including Navy Lieutenant Jeffrey Zaun, whose battered face had appeared on the cover of the February 4, 1991 issue of *Newsweek*, were being used by the Iraqis for propaganda purposes, Editor-in-Chief Fred Rainbow agreed with me that our readers would be interested in the thoughts of a former POW.

“You can’t buy that kind of teamwork,” Mac affirms.



The March 1991 cover of *Proceedings* shows the *USS Wisconsin* launching Tomahawk missiles during the opening assault on Iraq. The battleship has since been decommissioned and is part of Nauticus in downtown Norfolk. The photo was originally taken by John McCutcheon for the *San Diego Union Tribune*. Courtesy of the U.S. Naval Institute.

General Boomer's War (and Ben Bradlee's Version)

When this story was coming together, we went straight to retired Marine Corps General Walter Boomer, whose home phone number in South Carolina I had kept in my old-time paper Rolodex.

Aside from the operational plans he spearheaded with his Marines, Boomer had decided that press coverage of the Gulf War would benefit from first-hand, embedded reporting. Why? At the time, that strategy was seen as either a brilliant move or a huge mistake. "After Vietnam," he pointed out, "the military in general was wrongly maligned, which prevented any kind of respect from emerging." So, he decided to go straight to the press covering the war to help right that wrong. At first, he said, "I had no idea how much it was being watched at home. I talked to my wife on the phone, and she told me 'everybody is watching it on TV.'"

At that point, he went to great lengths to accommodate the reporting. "We had a better understanding of the media and invited them to embed themselves with Marines. We had a more lenient policy in Desert Shield and Desert Storm, and the Marine Corps had more respect for reporters."

In an interview with reporter Molly Moore's former boss at the *Washington Post* in the December 1995 issue of *Naval History* magazine, I had asked the late Ben Bradlee what he thought about Boomer's accommodation of his reporter four years before in Desert Storm. In his best Boston accent, Bradlee replied, "Boo-mah! God knows what she did to Boo-mah! She assigned herself. She went with his Marine group, and they were out of touch with the world for two or three days. The general said, 'I can't get hurt by this, because she can't file anything.' And they became buddies."

General Boomer has a more detailed and thus different account of how Ms. Moore's ride with him transpired. "When the attack on Kuwait was imminent, we contacted the five major TV networks and the major U.S. newspapers," Boomer recalled for this story. "Even though she still felt stuck in the rear, Molly Moore from the *Washington Post* was the only reporter who responded affirmatively to join me personally as the commanding officer."

Admiral Lawrence didn't address the newsweekly's photo specifically, but he did comment on the Iraqi government's ploy in general: "Wars today have a stronger propaganda element than any in history...When you're fighting a totalitarian nation such as Iraq, which does not conform to the traditional rules of warfare, you know its leaders are going to use every device at their disposal to advance their cause, particularly from a propaganda perspective."

When asked about seeing the images of U.S. POWs on television, Admiral Lawrence lamented: "It brought back painful memories of my own POW experience in Vietnam. Somehow, I had hoped that the Iraqis were a bit more sophisticated and advanced, perhaps, than the North Vietnamese. But I realize that they aren't, that they're fundamentally the same."

As for the prisoners themselves, Lawrence said, "I think most people in the world know that their public statements were obtained under coercion. So it shouldn't reflect adversely on the men being held...It's important that POWs resist giving military information and making propaganda statements...By resisting, a POW establishes a credibility with his captors that he's not an easy mark, and they'll be less prone to come back again to exploit him for something else. They want to keep POWs alive and reasonably healthy because of their hostage value."

When asked what advice he would offer to a prisoner of war, Lawrence made three points: "Take your survival, evasion, resistance, and escape training seriously...Number two would be to do your absolute best to maintain physical fitness and good health...The third thing, of course, is to have faith in yourself, your fellow POWs, your country, and your family."



Retired Vice Admiral William P. Lawrence, a former Naval Academy superintendent who had been a prisoner of war (six years) at the notorious "Hanoi Hilton" after being shot down over North Vietnam, offered his thoughts about U.S. soldiers captured during Desert Storm. "Have faith in yourself, your fellow POWs, your country, and your family." Courtesy of the U.S. Naval Institute.

“the goal should be to accomplish the mission—and come home.”

When we attacked, I took a small command post into Kuwait following right on the heels of the 2nd Marine Division; therefore, she had a very personal and close-up look at the battle as it unfolded. She is a great lady, and she wrote a great book, *Woman at War*...Some of my fellow officers from other services did not trust the media and did not even want them there. But I had great faith in the troops, and I thought the American people needed to know what the hell their Marines were doing.”

General Boomer, as a Vietnam veteran, closed our interview by stressing that the most important lesson he learned in Operation Desert Storm, which no one seemed to have learned in Southeast Asia, he said, was that “the goal should be to accomplish the mission—and come home.”

An Army Tank Commander’s Take

For this commemoration, we also went to a 1989 graduate of the U.S. Military Academy at West Point, Scott McKechnie, who was a history-major-turned-tank-platoon-leader. “All graduates at that time received a bachelor of science degree, and I was only one or two classes from being a mechanical engineer,” he told us. He was in the lead battalion of the First Armored Division, one of the first tanks into Iraq for his sector of the front that was part of the VII Corps sweep into Kuwait during Operation Desert Storm.

We wanted to know how West Point prepared him for a war so soon after graduation. “West Point is mainly a leadership school that trains you to be an Army lieutenant,” he said. “The Army,

I think, documents three major battles in Desert Storm. I was involved in the battle of Medina Ridge as a tank commander and tank platoon leader. We shot up a number of Iraqi tanks and vehicles in the battle, which in hindsight was quite scary.”

When the air war started, McKechnie’s unit was in the port of Jubail, which was protected by Patriot missiles, so the thoroughly reported SCUD missile attacks were not an issue, he said, despite several air-raid warnings. “We were frankly pretty exposed, had a SCUD hit the port area,” he recalls. “It could have done extensive damage.” He also was involved with capturing prisoners, but, he says, most of them “looked terrible—not dressed well, fatigued, and scared.”

When the war was winding down, McKechnie said, “We were told of the pending cease-fire the night before the end of hostilities, that the war was over at 0800 the next morning. The 1st Armored Division had a massive artillery bombardment sent in on suspected Iraqi positions before then. We were still on edge, though, as we suspected that some Iraqis may not have gotten the word on the armistice.”

Today, 30 years later, he still regrets that “we hadn’t finished the job with Desert Storm in 1991. I was not surprised to see us back in there in 2003. I think we had so many forces in the first Gulf War that, had we gone to Baghdad then, any subsequent insurgency would have been crushed instantly. We had probably three times the troops as were used in the 2003 invasion, which allowed for an insurgency.”



USAF aircraft of the 4th Fighter Wing fly over Kuwaiti oil fires, set by the retreating Iraqi army during Operation Desert Storm in 1991. Photo by US Air Force.

A Veteran's Gulf War Take-Aways

Rounding out veteran McKechnie's Desert Storm reminiscences, he detailed seven "take-aways" from his experiences in Kuwait and Iraq those three decades ago:

1. It would be crazy for any foes to take on the U.S. military in a straight conventional war, especially in the open desert. All of our weapon systems excel in that terrain and environment. The enemy was outgunned in every sense of the word. **2.** That was probably one of the few wars in which the United States was, in retrospect, totally ready for. We had just rebuilt the U.S. military to confront the Soviets in Europe. Saddam Hussein picked one of the worst times to start a conflict with us. **3.** It was very much a miracle that we did not suffer

a larger number of casualties. The entire 1st Armored division lost one killed in action during the war. We lost more troops in training accidents, which is a testament to how well-trained and well-led the troops were.

4. U.S. troops were and still are the best-equipped and best-trained in the world. In fact, one of the major problems we had with our allies was their lack of capabilities in logistics, vehicles, weapon systems. As such, this slowed us down and put some of our own troops at risk. I would say that this was even more the case for

the second invasion in 2003.

5. The U.S. Army in wartime is totally different in peacetime. In wartime, troops are highly motivated to get done whatever we ask of them. Units were at full strength, the sense of purpose was high, and resources were plentiful. This is simply not the case in the peacetime Army, and it's one of the reasons I left the service. **6.** For decisive or unconditional victory, you need troops to seize and hold the ground. **7.** In retrospect, the number of forces used in this operation was much more than what was needed.

Postscript

In closing, virtually anyone can assume the title "veteran" after certain amounts of longevity amassed in a profession or a pastime. But the title simply of "veteran" is reserved for those who've served this country in the profession of arms. The phrase "Freedom Is Not Free" became a mantra, and U.S. citizens would do well to be reminded of it. Just a simple "Thank you for your service" to veterans you encounter this November 11th means a great deal.



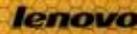
General Norman H. Schwarzkopf, commander-in-chief, U.S. Central Command, speaks to soldiers inside a hangar while visiting a base camp during Operation Desert Shield. Photo by US Dept. of Defense.

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The Art of the _____



Decoy

Meet the renowned artists who've
perfected the craft of waterfowl carving

Story and photography by **Kathi Ferguson**

Captain Bill Collins was in the process of painting the feathers on a Mallard Drake decoy as he shared highlights of his journey to becoming one of the most sought-after decoy carvers and painters in the state of Maryland. “There are two different elements of this art,” he informs me. “Carving and painting. Fortunately, I have become proficient at both.”

Maryland’s history and tradition of waterfowl hunting and American decoy carving is as rich as any in the nation. Every year, an abundance of ducks and Canada geese claim their portion of the sky during fall migration, populating this marshy rich land from Havre de Grace and the Susquehanna Flats at the upper part of the Bay, to Chincoteague and along the Eastern Shore.

Decoys have been an essential tool in luring birds within shooting range for thousands of years. Before the wooden version appeared, some of which date back to the 1700s, Native Americans across North America made floating duck decoys from things such as cattails, bulrush, or other grasses to entice waterfowl to area roosting spots. Perhaps the most creative and effective of these ancient hunting tools was the tule duck decoy. (Tule is a tall, large reed that grows along shorelines that was also dyed and woven to make baskets, bowls, mats, hats, and clothing.) Duck skins from earlier kills were often stretched over the decoy, making them appear very lifelike. Sometimes, the waterfowl’s feathers were woven onto the decoy and tied on with hemp strings, with some of the heads and necks painted to match the colors of the particular species.

Like many carvers, this is where Collins started—making decoys as a tool. “Carving has developed into more of an art form over the years, and is much more detailed,” he claims. “Collectors often focus on a particular fashion of decoy, paint style, or maker, and have become more discriminating in what they purchase. In today’s world, decoys are less of a necessity and more of a luxury.”

Born and raised in Perryville, Maryland, Collins always loved the outdoors and began hunting and fishing at an early age. “I was ten or twelve years old when my dad took me and my brother, James, squirrel hunting,” Collins says. “My first experience in making decoys came when I was in high school. James also taught me about waterfowl hunting, and we worked repairing and painting our own decoys.”

Collins’ pathway to becoming a full-time decoy carver was much less conventional however. After graduating high school in 1967, he spent a year studying computer programming in Baltimore, but soon realized it was not for him. The loss of his grandparents came not long after he entered college in 1968. During the course of attending their funeral services, the thought of becoming a funeral director struck a nerve. “I remember thinking, this could be a good profession because you’re helping people when they can’t help themselves,” Collins explains. As luck would have it, Collins landed an apprenticeship at a funeral home in Havre de Grace, Maryland, with a gentleman by the name of R. Madison Mitchell. Mitchell promptly informed Collins that part of his job when not working on a funeral would be making duck decoys. A match made in heaven!

Mr. Mitchell had a small shop behind the funeral home where he worked on his carvings when business was slow. Since taking

up the craft in 1924, Mitchell carved tens of thousands of decoys throughout his 60-year career, helping teach and mentor carvers of future generations along the way. This carving legend’s style became characterized by carefully detailed feather painting, executed with world-class precision.

His first day on the job, Collins was shown how to turn miniature bodies on the lathe. A lathe is a device designed to hold a section of material to be shaped. Unlike a simple vise, a lathe not only holds a workpiece, but also rotates it over a sawblade to remove excess wood. Decoys used in the 1800s through the 1920s were primarily made by hand, with many of the Chesapeake Bay’s most shapely examples created by the hands of carvers whose full-time occupation was boatbuilding. Machine-made decoys came into use in the late 1920s, when well-known Havre de Grace carver Bob McGaw (1879–1958) began using a lathe to turn his decoy bodies.

Step by step, procedure by procedure, Mr. Mitchell continued to thoughtfully guide and instruct young Collins on all of the initial stages of decoy making, soon granting him free reign to experiment on his own. Learning to carve the head was next—a step at which Mr. Mitchell’s “blessing” was required half-way through the process before Collins could move forward toward its completion.

After finishing his apprenticeship with Mitchell, Collins decided to “make it official” and attended the College of Mortuary Science in New York City in 1970, successfully completing the one-year course required to become a licensed funeral director. While serving in the Maryland Army National Guard for the next six years, Collins worked for Mitchell in his new profession, simultaneously honing his skills in the art of crafting decoys. In 1981, Mitchell sold his decoy business to Collins, including the shop, which Collins reopened as Upper Chesapeake Bay Decoys. In 1987, he sold Mr. Mitchell’s lathe, machine tools, and fixtures to the Havre de Grace Decoy Museum, and the shop was reconstructed on the Museum grounds. Mr. Mitchell proclaimed that he never considered selling the business to anyone else, noting that he had trained Collins and wanted him to have it.

An opportunity to move to Centreville, Maryland, where he still calls home, presented itself to Collins in 1984. Plans would soon begin for the construction of not only a new home, but a new shop. Freed up from the rigors of his previous career, Collins’ time was filled carrying hunting parties and working as a charter boat captain out of Tilghman Island while continuing to make decoys.

Collins does all of his carving in a part of the shop separate from where the paint and finishing touches are applied. He starts with the head since it takes the most amount of time and requires a good deal of attention. After laying out his pattern, sometimes accompanied by several sketches, Collins looks to the band saw for cutting out the body before shaping the piece using a drum sander, draw knife, spoke shave, and carving knives. “I mainly work with American Linden, also known as basswood, and white pine,” Collins says. “Occasionally, I’ll use cedar for some of my pieces.” Once satisfied with the carved and sanded piece, oil paint is intricately applied, resulting in a masterfully crafted work of art.

Considering himself a traditionalist, Collins’ preferred style is the flat bottom decoy (versus round bottom). Collins also sketches the bird in various poses, putting his own spin on what he





feels it should look like. This, according to Collins, differentiates the decoy makers. “If you hold a duck in your hand, some people see only colors,” he smiles. “But I see the feather pattern, look at the head and bill, and study the anatomy of the bird.”

It is evident that much goes into this craft besides skill and love of nature. An accomplished carver does a good deal of research on a bird before selecting a pattern that will best represent it.

As a boy, professional decoy carver and Kent Island native Chris Martin had an eye for drawing and loved to sketch animals. And like many born and raised on the Eastern Shore, learning to hunt and fish came with the territory. “Numerous members of my family are watermen, although several have passed away,” Martin says. “I worked the water when I was a kid, later guided hunting parties, and learned to carve decoys. Carving has been part of my life since I was 13 years old.”

It was one day during Christmas vacation from school when decoy carving first grabbed young Martin’s attention. He spotted his friend’s next door neighbor, Bobby Timms, Sr. (1934–2020), also a waterman, making decoys. “My buddy and I ran over to check it out and I became really interested,” he says. “So much so, that I asked Bobby if he would teach me about carving. We’d work out of his tiny little shop, carving inside when it was cold and moved outdoors when it was warm. In my late teens, I ended

up taking classes at a place called The Duck Nest in Bozman. I guess you could say it all kinda snowballed from there.”

Soft spoken and unassuming, Martin worked on an American Wigeon as we talked. “Decoy carving is an art that requires a real connection to your waterfowl,” he explains. “You have to understand their habits. This happens to be an aggressive duck. Some ducks are real busy bodies, others are very passive.”

After taking the plunge into carving full-time eight to ten years ago, Martin carves ducks, geese, and shorebirds for both collectors and hunters out of his Church Hill shop. Before taking up residence there, he worked out of Bill Collins’ shop, where the two not only learned from one another, but developed a special friendship.

Like Collins, Martin sculpts the head first, focusing his attention on the duck’s expression. There are several things a carver can do in this area. Martin might sink the eyes in deeper and build the brow up, for example, to give the impression of a resting bird. After carving the holes for the eyes, a two-part epoxy is used to hold the eye in place. “I use glass,” Martin says. “Some carvers prefer wood. Brighter eyes and the posture of the duck also come into play,” he adds. “Getting the head the way I want it takes a good amount of time. It attracts the most attention. Let’s face it, rarely does anyone come up and initially take a look at the rear view!”

There is no doubt that Martin's work reflects his knowledge of, passion for, and commitment to this artform. His work is stunning. When asked to describe his style, "I just make 'em like Chris Martin does," he replies. Along with masterful carving; rich color, exquisite brushwork, and beautiful lines are reflected in each piece.

Using mainly white pine, Martin hand-carves all of his birds, then sands them, applies a coat of primer, and lets it cure before going back in to putty and fix any imperfections. It could, at this stage, be considered a work of art in and of itself. After a second coat of primer, Chris lays out his paint patterns and is ready to put his impressive painting skills to work, sometimes using an airbrush to achieve the results he is looking for. "Decoys need to be realistic," he reminds me. "The longer you've been carving, the faster you get, but there comes a time when you need to slow down, step back and take a look, then fine tune. As with anything you make a living at, the better you get, the longer it takes to perfect it!"

Martin has been showing his work since he was in his teens and began attending major shows for the last twelve years. It was an eye-catching pair of Northern Shovelers that won him Best in Show at the prestigious Ward World Champion Competition Gunning Pairs Contest in 2017. Aptly named, this shallow water bird's shovel-shaped bill quickly sets it apart from other dabbling ducks who feed primarily along the surface of the water. Some of Martin's recently completed pieces include a beautifully crafted Pintail drake, a Gadwell drake and hen, and a handsome group of Canvasback gunning decoys.

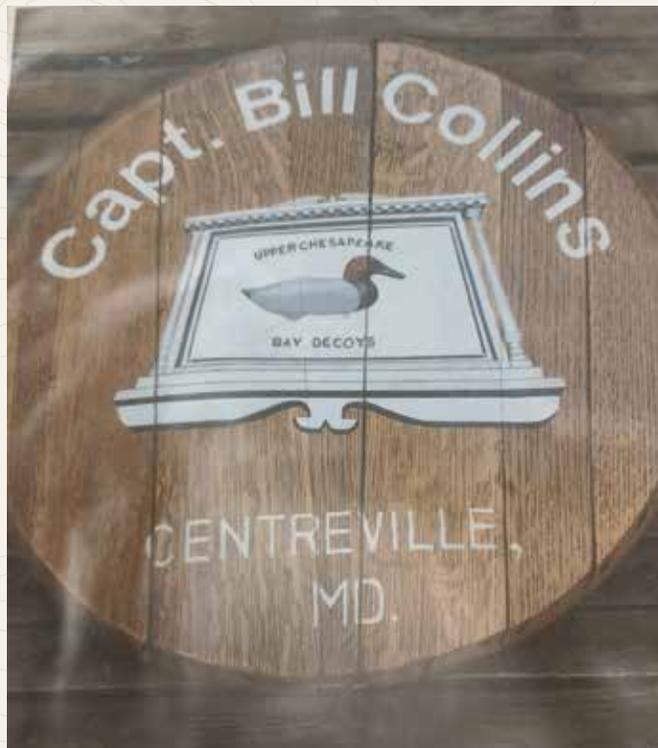
Aside from Bill Collins, World Champion carver Dick Rhode and Master Carver and conservationist from Virginia, Grayson Chesser, have all influenced Martin's work. He credits his great uncle and "toughest critic," Bobby Aaron, for instilling in him a strong work ethic, which Martin feels has contributed to his success as a carver.

Martin shows his decoys in Maryland, and as far as Rappahannock area of Virginia. He is also involved with the Maryland Department of Natural Resources Youth Waterfowl Days, which offers to youth the opportunity to learn hunting skills and conservation ethics from more experienced sportsmen and women.

Collins continues to work on decoys while remaining active with Ducks Unlimited, the Havre de Grace Decoy Museum, and the annual Waterfowl Festival in Easton, Maryland. He served as the honorary chairman for the Havre de Grace Decoy Show in 1989, and continues to sit on the Board of Directors for the R. Madison Mitchell Endowment Trust. His awards include the Conservation Award from Queen Anne County Ducks Unlimited, and several awards of appreciation from the R. Madison Mitchell Endowment Trust.

With each and every carving, Bill Collins' and Chris Martin's inherent knowledge and personal connection to their craft is revealed as they continue to maintain the century-old skills of a cherished art that has been passed down from master to apprentice for generations. Through them, and so many before them, Maryland's rich and time-honored waterfowl tradition proudly carries on.

Kathi Ferguson is a freelance writer with a diverse and creative professional background. Her favorite subjects are the people, places, art, and history of the Eastern Shore. To reach Kathi, email kathi@inotherwords.info or visit her website at www.inotherwordschesapeake.com.



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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
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Spacious contemporary home nestled in Matapeake Estates features 4 BRs 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!



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**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 to 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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Interior Inspiration

THE 3 TIERS OF SOUND INVESTMENT FURNISHING

By Lisa J. Gotto

How did you feel that last time you walked into your open-plan living space or family room?

Inspired? Comforted? Happy? A successfully furnished room is one you enjoy entering time and time again by creating a convivial vibe and a sense of appreciation that endures.

The key component lies in not how many furnishings you have in the room, but rather the quality of certain pieces in the room. In many respects, outfitting a home can be daunting, but approaching the endeavor as a three-tiered process, may make it easier on the psyche—and the wallet. →



Your **DINING TABLE** performs a dual role in the home, that of the ultimate multitasker and that of a central feature, so it must be able to blend form with function. As we trend away from traditional dining rooms with their matching sets of Chippendale that we hardly ever use, we have opened our lives and home plans up to be more versatile. Sturdy, well-constructed wood tables come in many styles, from rich slabs with live edges, to sleek and trim lighter woods with great lines. Once you have chosen the proper size for your family and the space, you will appreciate this investment purchase every time you sit to dine, play a board game, or use it as an extra work-from-home space.

Tier 1: Major Components

There are four major components most closely associated with investment furnishing: sofas, dining tables, beds, and rugs. That first item on the list for many is a non-negotiable and the expectation of having to splurge on a good **SOFA** is a given when one can afford to do so. It can set the tone for the entire room and it's most likely the largest component in the largest area of your home.

That is why when it comes to making this particular investment, there are some questions you should ask yourself first: What do I need this piece to accomplish for me? This is another of those, "Think of how you actually live" scenarios. Do you wish the piece to afford versatility—a sleeper sofa, a sectional perhaps, that has options for how it works in the room? What makes the most sense when it comes to fabric? Will I be able to snuggle with my pet on this sofa? Should I consider performance fabric?

Will I be content with a neutral tone over the years? (This question is an easy yes for many homeowners, as layering your sofa with texture, swapping out pillows seasonally, and adding a colorful throw atop the cushions, instantly gives it a different look.)

Do you wish this to be the statement piece in the room? If so, then a rich, deep-colored fabric may be your thing.

One abiding expert piece of advice is to forego a busy pattern or any look that could become dated. The point being, whatever you need or want this sofa to do in the long-term, should be considered for this investment piece.



Your **BED** is life's daily refuge, so it makes sense not to skimp on any aspect when it comes to choosing the right mattress. There are many new options when it comes to where and how to buy a mattress. For more inspiration, check back to our July issue interior column for a thorough primer.

A common mistake made when shopping for a bed is undervaluing the bed frame or what supports it from beneath. While platform beds are becoming increasingly popular, there are

many other types of frames to consider, including the canopy style, the sleigh bed frame, and the storage bed frame, each with its own pros and cons when it comes to support and comfort level, as well as the mobility this large piece of furniture has once it is placed. So do your research!

Whether they be **AREA RUGS OR WALL-TO-WALL CARPETING**, the investment you walk across every day, needs to be top of mind when it comes to investment furnishings. And while it may be tempting to try and save money

by purchasing a lower-quality, blended synthetic rug, interiors experts agree that cheap rugs that don't last are never a good idea. A quality rug that you love will serve its purpose in your home for many years and will save you the hassle of having to replace it too soon.

Another mistake commonly made when choosing area rugs is buying an ill-fitting rug that is too small for the space. This, experts say, can make or break the look of your entire room, so never economize by buying the wrong size.



Tier 2: Lighting

While some must-lists in this area of interior design may not consider lighting a “furnishing,” in the heavy sense, it is important not to undervalue how your room is lit. Harsh, distracting, or underwhelming elements of lighting can affect the quality of its well-furnished appearance.

Every room of your home should have a well-designed lighting scheme that includes multiple sources of light in the form of table lamps, floor lamps, task and/or recessed lighting, and a statement-making central feature such as a chandelier or over-the-kitchen island grouping. Steering clear of quirky, flashy, or style-of-the-moment pieces will keep your home beautifully illuminated for years to come.

Tier 3: Layering

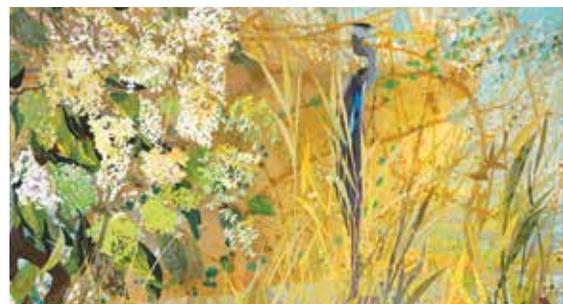
There are two ways to enhance your home from a layering approach that can be considered investments in its overall tone and style: **WINDOW COVERINGS AND THE ADDITION OF FINE ART** to your walls.

While every home needs basic shades, blinds, or panels to provide a sufficient amount of privacy, custom drapery and window treatments such as hardwood plantation shutters or upholstered valances add the next level of sophistication to a home. Again, the rule of thumb here is think of classic fabrics and patterns that are trend-resistant, and you will be enjoying the aesthetic they add to your home for many years.

Always, always, always resist layering the home with too many tchotchkes and put that money toward building a collection of works over time that not only enhance your home, but your life.

While choosing art can be a highly subjective endeavor, start with your home's style as an indicator as to the type of art, be it sculpture, painting, and/or photography, you should choose. What you choose should complement, not overwhelm or be distracting within the space.

Always think local, as well, for some of your art choices. In our area especially, there are many wonderful artists and craftspeople who make one-of-kind and perennial works that truly capture the feeling—or convivial, inspirational vibe of living here—you'll be happy to experience every time you enter your home.



Sofa image courtesy of lumens.com; Dining Table image courtesy of remodelista.com; Bed image courtesy of potterybarn.com; Lighting image courtesy of lumens.com; Art image courtesy of Nancyhammond.com.



Sharing Your Garden's Bounty

GIFTS THAT KEEP ON GIVING

By Janice F. Booth

"The place to improve the world is first in one's own heart and head and hands, and then work outward from there."

—ROBERT PERSIG, AMERICAN AUTHOR

Perhaps you still have a dog-eared copy of this intriguing book, *Zen and the Art of Motorcycle Maintenance*, laying around somewhere. But I digress. Persig's wise advice seems to apply not only to the world's great and terrible challenges, but to our own lives, and even to our own gardens. I suggest we might improve our tiny patch of this world, this earth, by sharing our garden's beauty and bounty with others, particularly with the season of giving fast approaching.

With autumn rolling toward winter, you might be thinking, "My tomatoes are finished; I've admired my last mum. What does she want me to share from my garden now?" Well, don't

be dismayed. I propose we look over our gardens, newly tidied and bedded down for the approaching winter, as a source of thoughtful and personal gifts. Which plants and shrubs might we share now with friends and neighbors? For example, those irises, now sporting a crew-cut where slender leaves once swayed, might be lifted gently from the ground so their plump, sweet smelling *Orris roots* are exposed. (Did you know these roots are dried and used in the production of perfume and mouthwash? I didn't.) But again, I digress. With a clean, sharp garden knife, you can cut through the fat root, dividing it into several plants, each with a leaf-stub or two. (You'll be treated to the delicate, violet fragrance as you divide the root.) Replant your own iris in your garden. Then, in simple, clean, clay pots or colorfully decorated containers, settle the new plants in planting-soil. Be sure to thoroughly water these new plants and set them in a sunny spot out of the way of frost. In a few weeks you'll see the new plants begin to stir. Each of

these little dears can be given as a gift to neighbor or friend. You might design a small card that names the plant and how to care for it, include a tiny picture of a blooming iris.

This process is **asexual propagation**, the parent plant is divided to produce new plants. In addition to dividing root balls, asexual propagation may involve cuttings from plant stems or even leaves. Last spring you may have cut branches of forsythia or pussy willow, immersed the branches in a vase of water, and been delighted when a delicate tracery of roots emerged from the cuttings. Well, you can do that now too. Take a sharp pair of shears into the garden and snip some dormant forsythia branches—those lovely, arching specimens. Set the branches in a vase or jar of water, and when roots appear, plant them as a cluster in a deep, narrow pot, watering lavishly at first. In the case of forsythia, willow, and similar shrubs, the note that accompanies the gift might advise the recipient to plant the young bush in the ground when spring arrives.





Succulents make pretty, shallow-dish gift arrangements, and they are easy to propagate from leaves. Think about aloe (such medicinal value for cuts and burns) and jade. They would complement one another in a miniature potted-garden. Again, using a sharp knife, make a clean cut of a healthy leaf or stem. Set the new plant aside without water or soil; trust me, roots will begin to appear. Once the roots emerge, arrange the aloe, jade, and cactus in a shallow dish, and place the plant-nursery in a sunny window. Do not overwater these fledglings. If you have chicks-and-hens in your rock garden, you can dig up the larger specimens and carefully divide their roots. Soon you'll have 5 or 6 little chicks to share; arrange them with the aloe and jade. You might add some tiny pebbles among the plants for the rock-garden effect. Be sure to

replant your mother hen so she can produce more chicks in your spring garden.

The alternative form of propagation is **sexual propagation** using seeds and spores. (I confess I have a poor track record when it comes to growing plants from seeds. I suspect I'm too impatient.) You can order seed packets for some quick-growing annuals or vegetables, then set the seeds to sprout. Think about marigolds or coleus seeds—or put them together. Their colors would be lovely in contrast. A castor bean vine might make a pretty gift too, and I'm told they're almost fool-proof to grow from seed. Salad greens make a thoughtful gift for chefs and families.

Growing lettuce, sprouts, parsley, broccoli, and kale from seeds is easy, and their colors and leafy heads are attractive on a winter

counter or windowsill. A cheery gift that might include a recipe for a new salad dressing, or even a jar of homemade dressing to accompany the greens.

Here are a few helpful hints for your gift-giving project, ways to make the plant-growing process easier:

- If you're starting with seeds, soak them in a bowl of lukewarm water. They'll expand to twice their original size. When they do, plant them in damp soil.
- Dip cuttings in *willow water*; it can be purchased in a nursery or garden store. The willow is a fast-growing shrub because it contains 4 natural hormones that stimulate growth. Giving your new cuttings a bit of willow water provides them with those same growth hormones in

tiny quantities. (You can even produce your own willow water if you have willows in your garden. The process involves boiling and refrigeration. Check out the recipe at gardentherapy.ca)

- Set a clear, plastic bag over your new plants in their pots. Keep them bagged until the plants really begin to flourish. The bag will retain moisture and warmth.
- Before cutting roots or branches for propagation, thoroughly clean the garden knife or shears with rubbing alcohol to remove any bacteria that might infect the fragile plants.

Start now preparing thoughtful gifts from your hands and your garden. Involve the young people in your household; they can make gifts for their teachers, relatives, coaches, and, in some cases, even friends.



Life Elevated in Cambridge

By Lisa J. Gotto

legance reminiscent of a by-gone era best describes this nine-bedroom Georgian Colonial in Cambridge. Boasting more than 6,500 square-feet of living space, the home is one for the detail record books with its stained and leaded glass windows, oversized doors, and museum-quality dental molding.

From the moment you walk into the “reception room,” the eye is drawn to the home’s rich chestnut woodwork—an optimal level of craftsmanship has been carved into every element, including the room’s opulent gas fireplace—one of nine in the home. The carved staircase alone channels vibes of *Downton Abbey*.

Continue through to the formal living room on the left and you’ll notice the 10-foot-tall pocket doors, original to the home, along with the same rich chestnut wood tones found in the reception room—another grand fireplace taking center stage. The dining room goes lighter and brighter with all of its wood trim painted white. An exceptional and roomy built-in upholstered bench seat is situated beneath a set of four stained glass windows in a gorgeous leaf and vine pattern. The fireplace in this room, like all the fireplaces, has an exquisitely-designed tile surround.



Listing & Buyer’s Agent: Mary Losty; Compass; 7200 Wisconsin Ave., Bethesda; m. 215-920-3595; o. 301-304-8444; mary.losty@compass.com; compass.com

Cream-colored wainscoting accents the walls of the butler's pantry just off the dining room. This area is highlighted by a walk-in food pantry with cabinetry original to the home that has been totally restored. The primary all-white kitchen, has newer custom cabinetry with dark, rich granite countertops. Many cabinets have glass fronts and are lit from within. A center island with breakfast seating for two and a prep sink is highlighted overhead with a trio of hanging Tiffany lamps. This room also features Brazilian rosewood floors and top-of-the-line stainless steel appliances.

The main floor also features an elegant library and a lovely back porch off the kitchen overlooking a beautifully landscaped courtyard. A back staircase is also available to the home's second and third floors.

A four-person in-home elevator transports residents to the home's primary bedroom that offers walk-in closets, a separate dressing area, a luxurious bathroom, and direct access to one of the home's two sleeping porches on the second floor. Three additional bedrooms and an exquisite sitting room are located on this level. Five more bedrooms, a hall bath, and a walk-in cedar closet are located on the third floor.



Primary Structure Built: 1909
Sold For: \$1,200,000
Original List Price: \$1,200,000
Bedrooms: 9
Baths: 3
Living Space: 6,693 Sq. Ft.
Lot Size: .27 acres

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Heather Solomon + Kevin Bock



The night of the full harvest moon, Kevin Bock attended a Hot Yoga class led by his girlfriend Heather Solomon at Soul Society Studio. She was in for a big surprise. After teaching the class, everyone remained seated- they were in on the secret. With a face full of sweat and a heart full of love, Kevin proposed to Heather and the whole room lit up with joy.

Photo by Emily Shepherd



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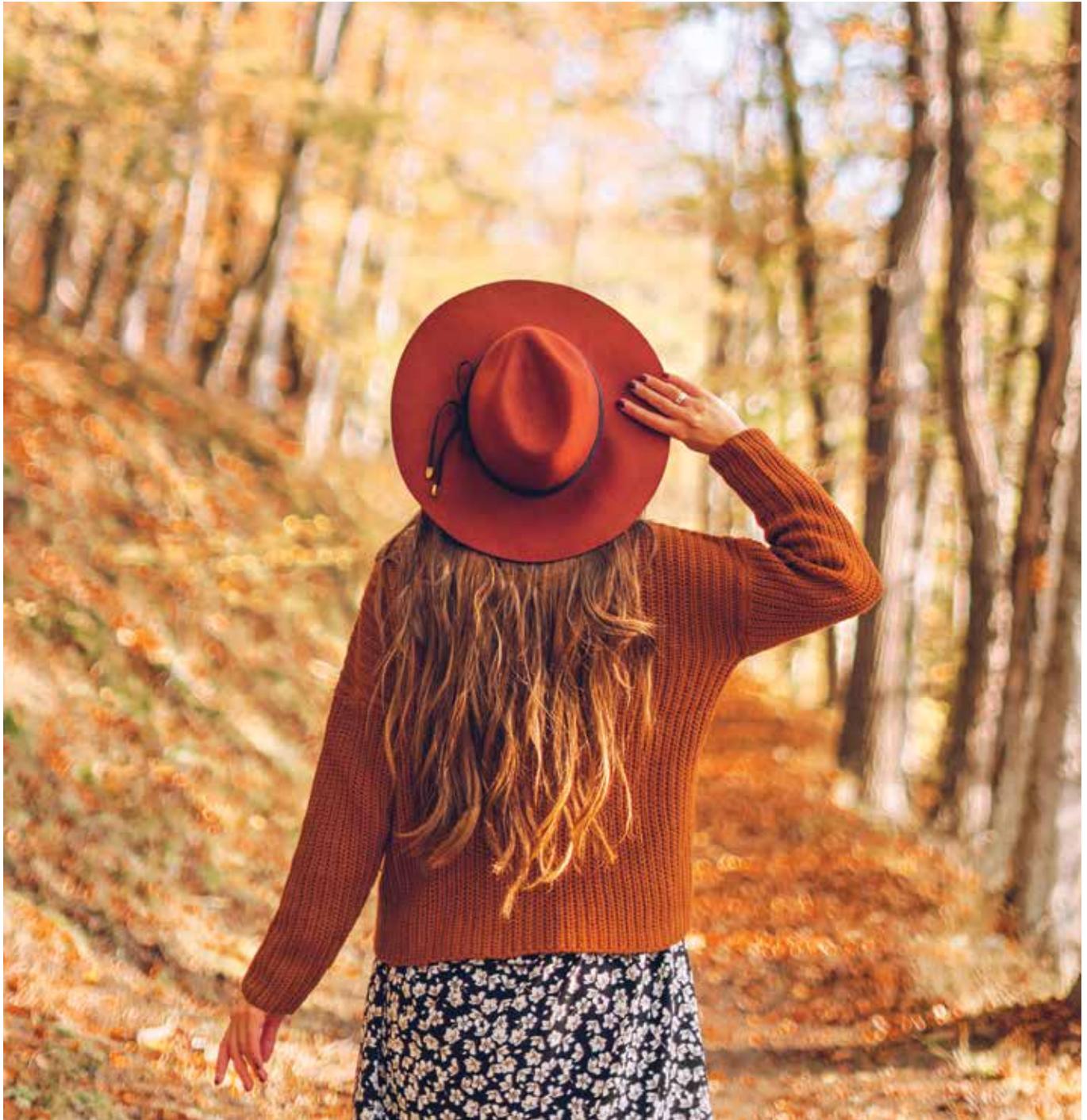
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Fresh Take

GRAPES

By Dylan Roche

As the weather turns colder, it's not unusual to crave foods that are heavier, warmer, and more comforting. But you'll likely still be in the occasional mood for something light and crisp—and you'd be surprised how well grapes lend themselves to your next fall meal.

The enduring popularity of grapes stretches far back into history. They're actually one of the earliest cultivated foods from ancient civilizations, according to the California-based Center for Urban Education and Sustainable Agriculture. Grapes originated in the Middle East as far back as 5000 BCE. The Judeo-Christian Bible contains numerous references to grapes, and the Egyptian tombs bear depictions of grapes in the hieroglyphics on their walls. The Greek used grapes for making wine, one of the primary beverages of their ancient culture.

Grapes eventually made their way to the Americas, where the land that would eventually become California proved to be an especially good climate for their cultivation. Today, the United States continues to be among one of the world's foremost growers of grapes, along with Italy, France, Spain, Mexico, and Chile.

Among grapes that are grown, there are three types. According to the Food and Agriculture Organization of the United Nations, only 27 percent of grapes are grown for the purpose of eating—these are referred to as table grapes. A significant 71 percent of grapes are grown for wine, while only 2 percent are grown to be dried out and made into raisins. Grapes come in a



Grape Focaccia

INGREDIENTS:

3/4 cup warm water
2 tablespoons warm milk
3 teaspoon sugar
1 teaspoon honey
1 1/2 teaspoons active dry yeast
1 3/4 cup whole-grain flour
2 teaspoon coarse sea salt
1/2 cup olive oil
2 cups purple grapes, seeded and cut in half
1 teaspoon fresh rosemary
1/4 cup crumbled goat cheese
1/4 cup raw sugar

Whisk together the water, milk, yeast, and sugar. Allow it to foam for approximately 10 minutes, then add flour. Separate 1 teaspoon of sea salt and 2 tablespoons of olive oil and add to the mixture. As the mixture forms a thick dough, transfer to a floured surface and knead for approximately 10 minutes. Oil a large bowl and place the dough inside. Cover with a towel and allow to rise for approximately 2 hours. The dough should double in size. Divide the dough in two and set each mound on baking sheet spread with parchment paper. Cover again with a towel and allow to sit for 30 minutes. Coat your hands with a bit of oil and stretch each mound of dough into a 10-inch circle. Cover with a towel and set aside to continue rising for 1 hour. Preheat oven to 450F. In a small bowl, combine honey and remaining olive oil and whisk together. Brush the surface of each circle, then sprinkle with grapes, goat cheese crumbles, rosemary, and remaining sea salt. Bake for 15 minutes until golden brown, and allow to cool completely before serving. eat buns with pesto.

variety of colors, including red, purple, and green. If you're a fan of raisins and you've always wondered about their distinct brown color, it's worth knowing this comes from the natural caramelization process that happens as the grapes are dried. Golden raisins achieve their greenish-yellow color thanks to the use of sulphur dioxide, but this ingredient could pose problems for asthmatics—if you fall into this category, it's best to stick with traditional brown raisins.

Grapes are a source of vitamins C, K, E, and potassium, as well as dietary fiber. However, the standout nutritional benefit of grapes is their high level of compounds known as flavonoids, which protect your body from the damage it sustains on a regular basis—flavonoids help your body fight the aging process, stave off cancer, boost immunity, and repair cardiovascular damage. The most prominent flavonoid in grapes is resveratrol, and it's found most prominently in red or purple grapes. (And yes, these flavonoids are also found in wine, though it's still important to drink in moderation.)

When you're selecting grapes from the store, look for bunches that are bright in color and have no (or very few) shriveled grapes. If you wash them before putting them in the fridge, take care to dry them out well before putting them away, as moisture will make them decompose faster. If they're kept nicely dry, grapes will stay good for about one week in the fridge.

Of course, you can also opt to freeze grapes for longer storage, but do not try to thaw them out after they're frozen. Instead, pop them as a cold, refreshing treat similar to bite-size pieces of fruity sorbet.

Grapes make an easy and nutritious snack, and they're a colorful addition to any cheeseboard or charcuterie platter during your holiday entertaining. But you can also incorporate grapes into a variety of recipes, whether it's something fancy for a party or something ordinary for everyday nourishment. Here are a few ideas:



Curried Chicken Salad

INGREDIENTS:

3 cups cooked chicken, chopped into small pieces
3/4 cup plain Greek yogurt

2 tablespoons curry powder
2 tablespoons maple syrup
1/2 cup roasted cashews
2 stalks celery, diced into small pieces
1 cup grapes, seeded and chopped
4 scallions, sliced
1 teaspoon coarse sea salt

Combine yogurt, curry powder, maple syrup, and salt in a large bowl. Add chicken, cashews, grapes, and scallions to the dressing. Toss well, adding some freshly ground black or red pepper if the salad needs a little kick.

The Smart Way to Soothe a Hangover

By Dylan Roche

Holiday revelry is fun. The hangover the next day though? Not so much. Unfortunately, if your carousing in the weeks between Thanksgiving and New Year's leaves you feeling under the weather, there's no fool-proof way to cure it quickly and completely. But that doesn't mean you can't take certain steps to make yourself feel (and function) a little bit better.

According to the National Institute on Alcohol Abuse and Alcoholism, a hangover isn't as much a condition as much as it is a set of symptoms—fatigue, headaches and muscle aches, nausea, sweating, thirstiness, and general overall weakness. While all the causes of these symptoms trace back to heavy alcohol consumption, there are several reasons drinking makes you feel this way—so your hangover could be different depending on how you're processing the alcohol.

Dehydration: Because alcohol suppresses the hormone vasopressin, which tells your kidneys to retain fluid, you'll be urinating a lot more when you're drunk than you do when you're sober. The dehydration you then suffer can cause things like headaches and muscle weakness.

Poor Sleep: You might fall asleep easily after you've been drinking, but your quality of sleep will not be very good. That's because alcohol prevents your body from achieving a deep state of slumber. This insufficient sleep is a major reason you feel so fatigued the next day.

Gastrointestinal Upset: Alcohol irritates the lining of your stomach, which is what causes the nausea and stomach pains you experience as part of a hangover.



You've probably heard plenty of advice from people about ways you can "cure" a hangover, but little of this advice is scientifically supported. The only way to actually cure a hangover is to just wait for time to pass. But if you're looking to minimize your symptoms, here are some smart ways you can take care of yourself:



Eat something nutritious. Don't go for greasy foods, despite what you might have heard. High-fat meals are digested more slowly, which will put even more work on your irritated stomach. Instead, seek out something nutritious. Alcohol will lower your blood sugar levels, leaving your body operating without its primary source of energy. Get some carbohydrates in you, as well as some vitamins and minerals. If you're having trouble stomaching anything, try a nutrient-rich smoothie made from fruit, yogurt, banana, and nut butter. This will give you the nutrition you need, but without putting added strain on your digestive system, as liquid empties from your stomach much more quickly than solids do.



Rehydrate. Your body lost a lot of fluid from urination—you need to replace that. Furthermore, drinking plenty of water will help your liver and kidneys flush toxins from your body. Don't forget that fluid loss also means loss of electrolytes like sodium and potassium. Add a pinch of salt or a splash of lemon juice to your water to recoup them.



Avoid medicine. While a painkiller might seem like a good idea for your splitting headache, you likely still have alcohol in your system, so combining that with acetaminophen will be toxic to your liver. Aspirin and ibuprofen can bother your already sensitive stomach. Don't be deceived by any products on the market that claim to cure hangovers—last year, the FDA sent warning letters to companies that were selling unapproved products with these baseless claims.



Get as much sleep as you can. Even though your sleep isn't of the best quality after a night of drinking, allowing yourself to rest for as long as possible will help with the fatigue. If you don't have to be anywhere in the morning, give yourself the chance to lie back down and get some extra rest. If that's not an option, a moderate amount of caffeine from coffee or tea will help stimulate you.



Gluten-Free Diets

ARE THEY RIGHT FOR EVERYONE?

By Dylan Roche

Bread has always been a dietary staple across cultures, but for some people, this source of sustenance can actually be a cause of pain and illness. That's because celiac disease, an autoimmune disease that affects about 2 million Americans, renders a person unable to digest the protein known as gluten found in wheat kernels. Gluten-free options have gained prominence thanks to increasing understanding of this condition—in fact, November is Gluten-Free Diet Awareness Month. But while it's important to understand why individuals with celiac need to cut this out of their diet, it's worth noting that gluten-free diets aren't necessarily beneficial for people who don't have this condition.

A LOOK AT LIFE WITH CELIAC DISEASE

For people with celiac disease, gluten prompts inflammation in the small intestines that can damage the gastrointestinal tract. This inflammation leads to uncomfortable symptoms like bloating, constipation, and diarrhea; in the long term, it can cause malnutrition because the body isn't able to absorb nutrients properly from food.

This is why people who are diagnosed with celiac are told to transition to a gluten-free diet. Eventually, the small intestines heal from the damage that this inflammation has caused and the body will start to absorb nutrients again. However, it's important that celiac patients abstain from gluten completely—having gluten at even one meal can trigger digestive problems all over again.

GLUTEN-FREE AS AN ILL-INFORMED TREND

For people with celiac disease, a gluten-free diet helps them maintain optimal health. They may even find that they are now empowered to make other healthy choices—for example, if fatigue from malnutrition was preventing them from exercise, they may be more active and able to shed excess weight they've struggled with.

Maybe this explains why so many people equate gluten-free diets with weight loss and other benefits. Going gluten-free has seen steady popularity as a health trend since the late 2000s, accord-

ing to the Harvard School of Public Health, which points to endorsements from celebrities and other people who claim avoiding gluten helps them lose weight or have more energy. In fact, a 2013 study by the global market research company Mintel found that 65 percent of Americans think gluten-free foods are healthier than their traditional counterparts. The study also noted that 27 percent of people have undertaken a gluten-free diet to lose weight.

The problem? That's not necessarily a healthy choice...

CAN GLUTEN-FREE BE HEALTHY?

Yes, you can cut gluten from your diet in a healthy way if you need to. Many healthy foods are naturally free from any gluten—fruit, vegetables, poultry, meat, fish, eggs, legumes, nuts, and even whole grains like quinoa and rice are (pardon the pun) on the table. The only foods a person avoiding gluten cannot eat are wheat, barley, and rye.

It makes sense that even people who don't have celiac disease might lose weight or feel better when they cut out gluten. After all, they're giving up many processed foods like cookies, cake, doughnuts, pizza, sugary cereals, and white bread. The Mayo Clinic states that a gluten-free diet can be a healthy one as long as people are replacing wheat products with nutritious foods and not filling up on foods like red meat and full-fat dairy (or replacing regular cookies with gluten-free cookies).

It does take some careful consideration. The average American diet is deficient in fiber, of which whole wheat is a prominent source. Additionally, wheat foods are fortified with many vitamins and minerals. Even people who have no choice but to adopt a gluten-free diet as part of a celiac diagnosis might find themselves struggling to get as much fiber, calcium, iron, and B vitamins as they need. This is why the National In-

stitutes on Health discourages a gluten-free diet for anyone who doesn't have a celiac diagnosis.

IF YOU DON'T HAVE CELIAC DISEASE...

Nobody is saying you can't eat a diet that excludes wheat. Go for it! Some people even adhere to Wheat-Free Wednesdays, giving up wheat one day a week as a way of encouraging new dietary options and trying staple foods they wouldn't otherwise. If you're always eating pasta, you might miss out on the fact that you really love quinoa!

But remember that many processed gluten-free products aren't necessarily healthier than their normal versions. Gluten-free treats are still treats. When you compare nutrition labels, you might even notice that gluten-free versions of your favorite processed foods are actually higher in sugar, fat, and total calories, not to mention lower in fiber and protein. This explains why some Harvard studies have found that gluten-free diets cause weight gain and increase the risk of chronic diseases like heart disease and cancer.

THE LEAST YOU SHOULD CONSIDER

A gluten-free lifestyle is often expensive, inconvenient, and stressful for those who don't have a choice—and this is why it's important to raise awareness of it and create more options for gluten-free consumers. But if you aren't required to cut gluten as part of a celiac diagnosis by your doctor, jumping on the trend might be more trouble than it's worth—don't expect to cut wheat from your diet and see all your health problems automatically go away. Building a healthy diet is always a lot more complex than simply cutting out one food.



HEALTH & BEAUTY HEALTH

Can Botox Treat My Migraine?

By Dylan Roche

When you think about Botox injections, the first use that comes to mind might be to reduce the appearance of wrinkles. So, you might be surprised to learn that Botox has approval from the Food and Drug Administration for a variety of uses, including muscle spasms, eye muscle conditions, overactive bladder, and even excessive sweating. It's even a life-changer for people who suffer from chronic migraine.

Yes, the same treatment that smooths out one patient's face can help control another patient's debilitating migraine symptoms. That's because Botox uses a form of the toxin botulinum to temporarily paralyze muscle activity. In the case of cosmetic Botox, this paralysis is what prevents your skin from wrinkling. For the treatment of migraine, the injections go into the muscle nerves and prevent the pain receptors from sending signals to the brain.

The American Migraine Foundation emphasizes that Botox isn't the kind of treatment patients should consider for occasional headaches—this option is for people who have chronic migraine, defined as 15 or more headaches a month. Only about 3 percent of the U.S. population has migraine to this degree, but the condition can disrupt quality of life and prevent patients from doing everyday tasks.

While the procedure itself is relatively simple, usually taking no longer than 20 minutes and requiring no more than a simple injection with a small needle, it's something that must be done approximately every three months and may need to be done in conjunction with other headache treatment methods. This is because your muscle nerves eventually grow new pain receptor fibers, resulting in the return of migraine headaches if Botox is not readministered. Injections can't be given more often than three months or else your body can develop strong antibodies to the botulinum and become immune—which would mean the treatment wouldn't work in the future.

Botox has only mild risk of side effects, most prominently in the form of swelling or bruising where the injection was administered. In rare cases, the botulinum could affect surrounding tissue and cause issues like drooping eyelids, vision problems, or trouble speaking or swallowing.

Patients interested in undertaking Botox injections to treat their chronic migraine should consult with a headache specialist or a neurologist who can consider their specific situation. To find one near you, consult the American Migraine Foundation's doctor database at americanmigrainefoundation.org/find-a-doctor.

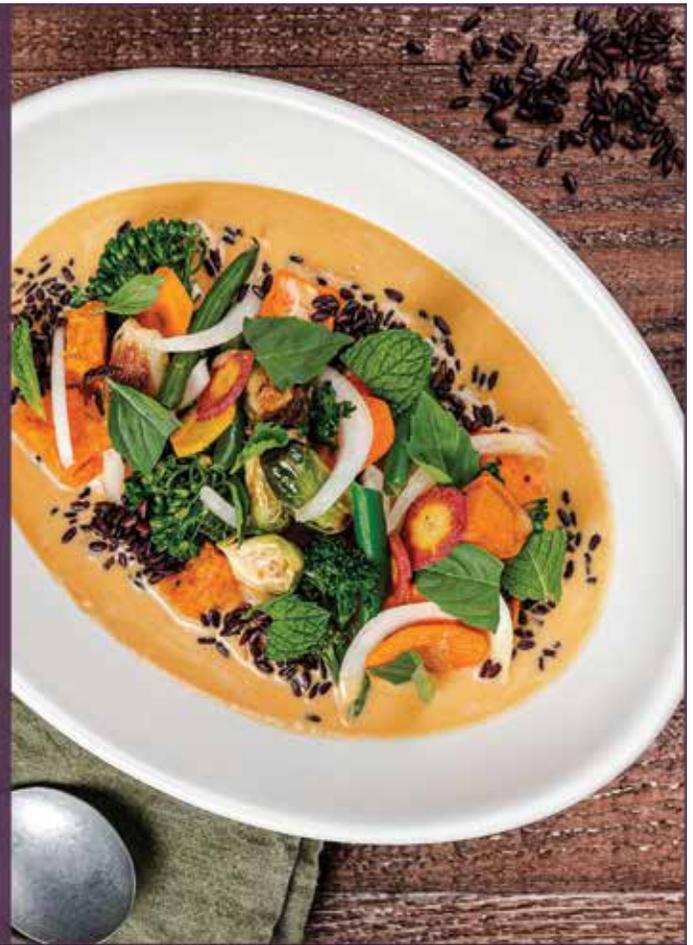
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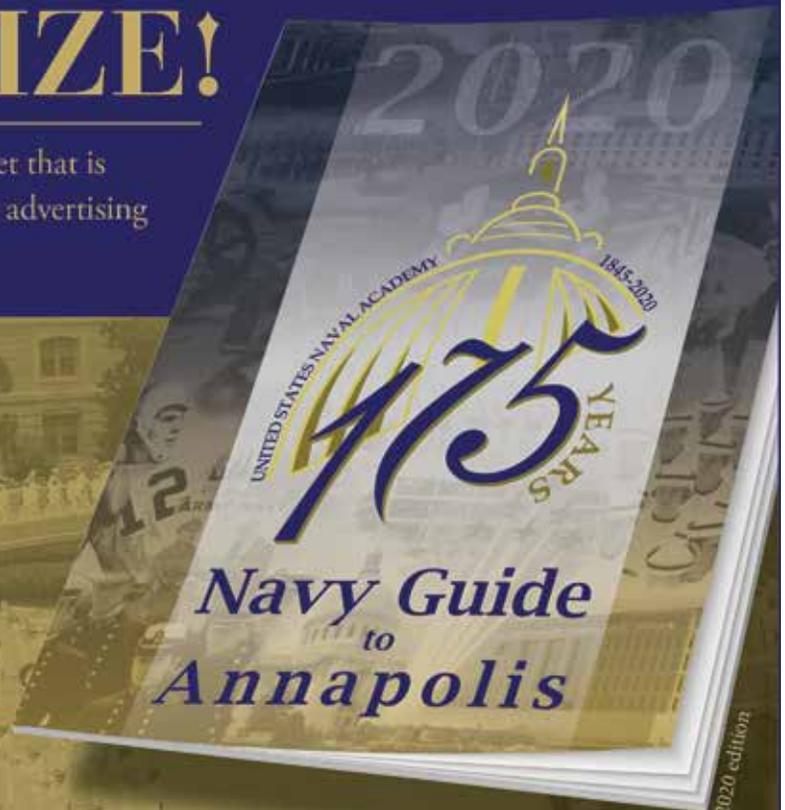
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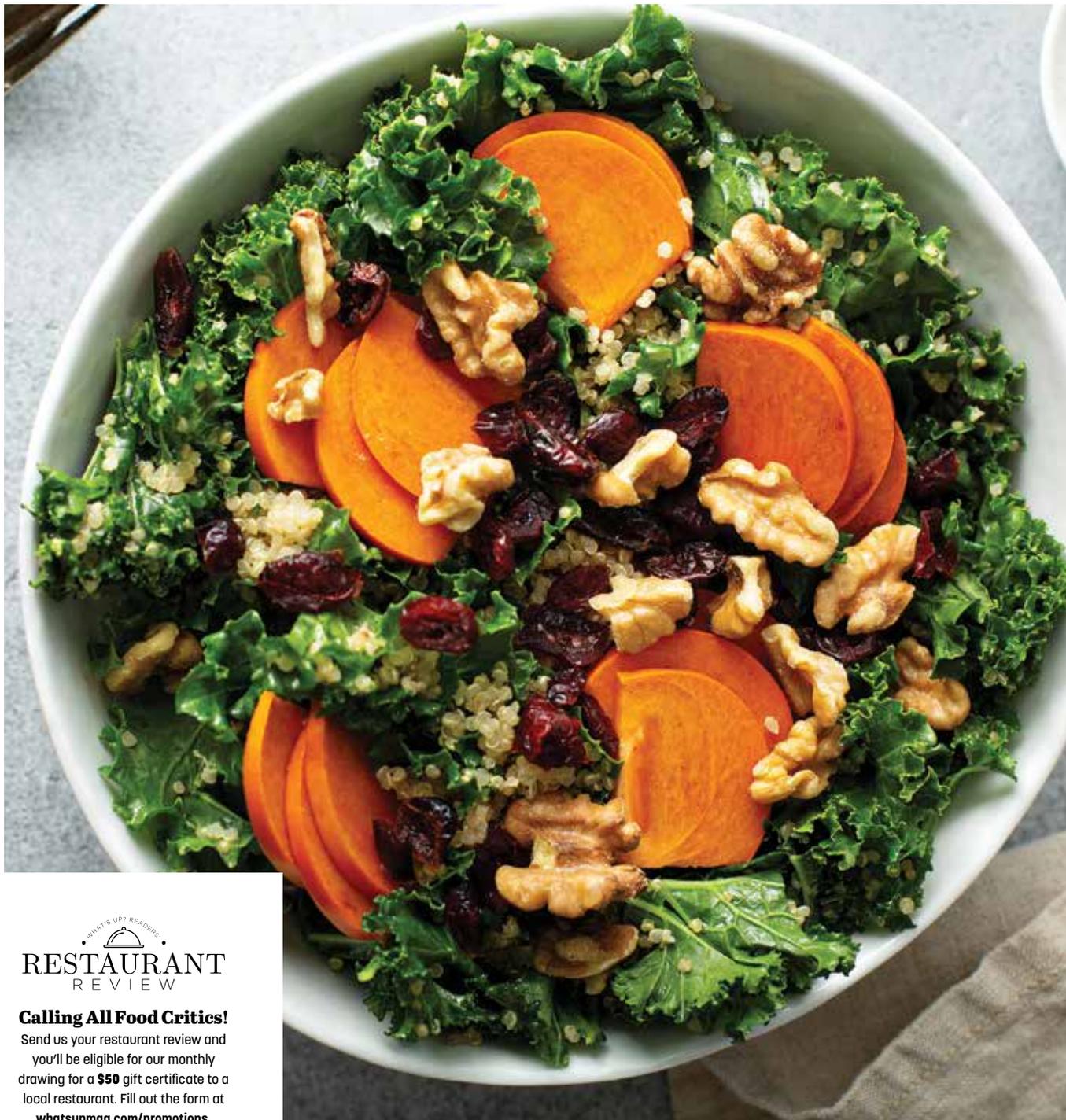
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Dining

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Savor the Chesapeake

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

By Kelsey Casselbury

Parting Is Such Sweet Sorrow

There's no doubt that the past 18 months have been devastating for the restaurant industry, and now we're devastated about the recent closures of some beloved Annapolis eateries, including:

Fado, which had its last on October 30th. "We are immensely proud of our time here and want to recognize the people who have honored us by being part of our team, many of whom have been with us for many years," said its owners in a social media announcement. "...To all the business plans, weddings, families, short lived 'romances,' wakes, schemes, and celebrations that started inside our four walls." Reportedly, a seafood restaurant, SeaSalt, will open in the Park Place location in the spring.

Sam's on the Waterfront, which closed on September 26th.

The Mexican Cafe, which closed at the end of September. We will truly miss their phenomenal margaritas.



Every New Beginning Comes from Some Other Beginning's End

We're trying to remain optimistic here in the light of these closures, so we'll wipe away the tears because **RAR Brewing** announced at the end of September that they'll be opening a hybrid taproom and restaurant in Mexican Cafe's former location in West Annapolis. Although details are sparse right now, we do know that RAR already makes some fantastic beer in its Cambridge, Md., brewery. RAR also recently opened a second space, called *The Laboratory* immediately next door to its original taproom, and trust us when we say that it looks really cool.

There's a new establishment, **Pour Dog House**, up in Millersville that opened in mid-September. They serve up hot dogs and sausages, along with wings, salads, and more, plus a huge selection of beers. The restaurant also advertises a charitable initiative where every time someone orders Pour Dog House's "Dog Beer"—brewed especially for pups—they donate up to 75 cents to the local SPCA. It probably goes without saying that dogs are welcome. Woof! **Pour Dog House | 722 Generals Highway, Millersville | pourdoghous.com**



On the Table: Sweet Tidings

Turkey, stuffing, mashed potatoes, green beans...is your stomach rumbling yet? Of course, November is all about Thanksgiving dinner, at least when it comes to gastronomy. After 2020 celebrations, which were most likely more intimate, it's time to really break out the good China plates for a feast. (Unless you're fatigued from never-ending Zoom meetings, in which case, get your dinner catered. We won't judge.)

Google Trends data shows that Marylanders most-often search for sweet potatoes around Thanksgiving, though in 2020, the No. 2 search query nationwide was "Thanksgiving margarita"—to which we say, "yaaasssss." (Quick recipe: 1 ounce apple cider, 1 teaspoon brown sugar, 1.5 ounces gold tequila, 1 ounce orange liqueur, plus salt for the glass and cinnamon sticks for garnish.)

Let's go back to those sweet potatoes, though. A marshmallow-topped casserole might be traditional, but maybe it's time for a change. As long as no one in the family will revolt, a roasted sweet potato salad provides a much more balanced set of flavors (read: not bursting with sugar). Go ahead and dice those sweet potatoes, then roast them in some olive oil. Combine the 'taters with chopped, toasted pecans or walnuts, dried cranberries, crumbled feta, and chopped parsley. Toss it all together with a Dijon mustard-based vinaigrette. It might just be a new family favorite!

From the Bar: **Winter Whites**

There's this old yarn that red wine is for winter and white wine is for summer, but why? Sure, rich, full-bodied vinos such as cabernets or syrahs can make you feel warm and cozy, but pale varietals deserve cold-weather love, too.

It's all about picking the right varietal for the time of year. Creamy white wines can be just as rich as red wine and often pair just as well—or even better—with traditional winter dishes. You want to find a bottle that is high in alcohol and/or acidity

and has plenty of flavor. Once selected, you *don't* want to serve it chilled like you might in warmer months. (Well, actually, you should never serve any wine chilled to 40°F or below; you'll lose all the flavor.) Instead, you want it to be between 45 and 55°F, particularly Chardonnay, which should be at the higher end of that range.

So, what should you be looking for? The obvious contender is Chardonnay, especially one that's creamy and oaky. Other options include Chenin Blanc (it's light-bodied, but high in acidity), an aged Sauternes, or a bold, creamy Viognier.

Of course, we're all about buying local, so try out one of these white wines from area wineries:*

GREAT FROGS | GREATFROGS.COM—Vintner's White. A blend of Chardonnay, Viognier, Marsanne, Sauvignon Blanc, and Traminette. "Lively aromas and flavors of lemon zest and bread toast with a supple, soft, dryish full body and a smooth, complex finish with well-integrated tannins." **Viognier.** "Stone fruit and perfumed floral aroma. Flavors of apricot, sweet peaches, and honeysuckle. Round smooth finish."

THANKSGIVING FARM WINERY | THANKSGIVING-FARM.COM—Franc Blanc. "Unique white wine made from the White Juice of Cabernet Franc."

THE VINEYARDS AT DODON | DODONVINEYARDS.COM—Chardonnay. "Exhibits green apple and cinnamon, and offers an elegant palate enhanced by notes of citrus and a lingering mineral finish."

LOVE POINT VINEYARDS AND WINERY | LOVEPOINT-VINEYARDS.COM—Chardonnay. "This aromatic and flavor filled wine was fermented in steel and aged in new Hungarian medium and medium plus (+) toasted oak barrels for four months."

**These bottles were available as of press time, but call in advance to ensure they're still around.*



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.com; Seafood; lunch, dinner \$\$ 🍷 🍷 🍷 🎵 🍷

Frix's Fire Grill

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

Harris Crab House

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

Hemingway's Restaurant

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

Historic Kent Manor Inn

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

The Jetty Restaurant & Dock Bar

201 Wells Cove Road, Grasonville, 410-827-4959, 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 \$\$ 📞 🍷

RAR BREWING

"Always great beer on their rotating tap. Can't wait for them to open in Annapolis as well!" —Preston A

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 \$\$ 🍷

CHESAPEAKE LANDING

"Crab dip, Crab cakes, Steamed Crabs. The only place to go!" –Susie Mason

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/ginascasfestmikes; 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; gourmetbythe-bay.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; Hillscasandjuice.com; American, milkshakes, sandwiches; breakfast, lunch \$ 🍷

Hong Kong Kitchens

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

Hot off The Coals BBQ

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

Hunters' Tavern at the Tidewater Inn

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

In Japan

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

Krave Courtyard

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

Latitude 38 Bistro & Spirits

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

Ledo Pizza

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

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 \$\$ 🍷 🍷 🍷

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; Robertmorrisinn.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

EAT

REVIEW

WIN

WHAT'S UP? READERS'

RESTAURANT REVIEW

EAT. REVIEW. WIN.

Visit whatsupmag.com/promotions or fill out the form below:

Have you dined at a delicious new spot or want to rave about your favorite restaurant? We want you for your restaurant review! Winners will win a \$50 gift certificate to a local eatery.

Plus, the winner's review will be printed in a future Readers' Restaurant Guide in What's Up? Magazine.

Restaurant Name _____

Restaurant Location _____

Your Review _____

Name _____

Phone _____

Email _____

Address _____

City _____

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Would you like to sign up for our weekly eNewsletters?

_____ Yes please!

_____ No thanks



OSTERIA ALFREDO

“I don't normally order eggplant but for some reason I did tonight and so glad that I did! New favorite meal” —Patty Ferra

Stars at Inn at Perry Cabin

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

St. Michaels Crab & Steakhouse

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

Sugar Buns Airport Café & Bakery

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

Sunflowers & Greens

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

T at the General Store

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

Theo's Steaks, Sides & Spirits

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

Two if by Sea

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

U Sushi

108 Marlboro Avenue, Easton; 410-763-8868; 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; Figg-sordinary.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 Dining Restaurant, Sunday Brunch \$\$ 🍷 🍴 🍷

Luisa's Cucina Italiana

849 Washington Ave, Chestertown; 410-778-5360; Luisasrestaurant.com; Italian; lunch, dinner \$-\$\$ ☎ 🍷 🍴

Marzella's By The Bay

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

Osprey Point

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

Pasta Plus

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

Procolino Pizza

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

The Retriever Bar & The Decoy Bottle Shop

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

Two Tree Restaurant

401 Cypress Street, Millington; 410-928-5887; Twotreerestaurant.com; Farm-to-table; lunch, dinner \$\$ ☎ 🍷 🍴

Uncle Charlie's Bistro

834B High Street, Chestertown; 410-778-3663; Unclecharlies-bistro.com; Modern American; lunch, dinner, Sunday brunch \$\$ 🍷 🍴 🍷

Waterman's Crab House

21055 Sharp Street, Rock Hall; 410-639-2261; Watermanscrabhouse.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, Cambridge; 443-225-5948; Black-water-bakery.com; Artisan breads, soups, sandwiches, desserts \$ 🍷

Blue Point Provision

100 Heron Boulevard, Cambridge; 410-901-6410; Chesapeakebay.hyatt.com; Seafood; dinner \$\$ ☎ 🍷 🍴 🍷

Blue Ruin

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

Bombay Tadka

1721 Race Street, Cambridge; 443-515-0853; Bombaytadkamd.com; Indian; lunch, dinner \$\$ 🍷

Kay's at the Airport

6263 Bucktown Road, Cambridge; 410-901-8844; American; breakfast, lunch, dinner \$\$ 🍷

Lil' Bitta Bull BBQ

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

Ocean Odyssey

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

Paul's Deli on the Creek

106 Market Square, Cambridge; 443-477-6630; Breakfast, Lunch (Closes at 6)

RAR Brewing

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

Snapper's Waterfront Café

112 Commerce Street, Cambridge; 410-228-0112; Snapperswaterfrontcafe.com; American, seafood; lunch, dinner, Sunday breakfast \$ 🍷 🍴 🍷 🍷 🍷

Suicide Bridge Restaurant

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

ThaiTalian Infusion Cuisine

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

Caroline County

Harry's on the Green

4 South First Street, Denton; 410-479-1919; Harrysonthegreen.com; American, seafood; lunch, dinner \$\$ ☎ 🍷 🍴 *

Market Street Public House

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



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



Where's Wilma?

FIND WILMA AND WIN!

Wilma, a faithful and famous flying mascot, is holiday happy! It's one of her favorite times of the year, as she'll be zipping to and fro visiting family and friends, as well as her fave shops, services, and restaurants. Where 'o where will she pop up next?

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

Congratulations to **Jane Redifer** of Easton, who won a \$50 gift certificate to a local business.

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



Please Print Legibly

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

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

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

Entries must be received by November 30, 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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You're an inspiration ... Congratulations!

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

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

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- S. Dale Jafari
- D. Gail Shorter

Ambulatory Nursing

- Heather Joyce-Byers
- Nancy Farrell
- Lauren Princiotta
- Linda Wilt

Case/Quality Management, Managed Care Infomatics

- Consuella Bowen
- Julie Bryan (retired)
- Alyssa Chadwick

Clinical Education

- Christy Marciniak
- Taffie Wilson

Critical Care

- Alicia Fuchs
- Beverly Greaves
- Pam Pardun
- Tracey Watters

Emergency

- Leslie Collier
- Debbie Timms
- William Shertenlieb

Emerging Nurse Leader

- Rebecca Lewis

Employee Health

- Pat Steele

Maternal-Child/ Women's Health

- Courtney Walsworth

Medical/Surgical

- Jennifer Collins
- Leigh Tomey
- Kayla Toulson

Nurse Executive Leadership

- Jenny Bowie

Nursing Leadership

- Jessica Alvarez
- Brandi Covey
- Sandy Prochaska

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