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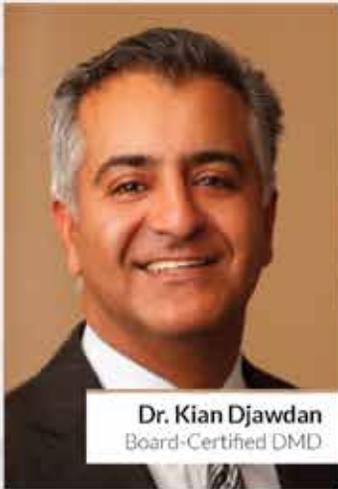
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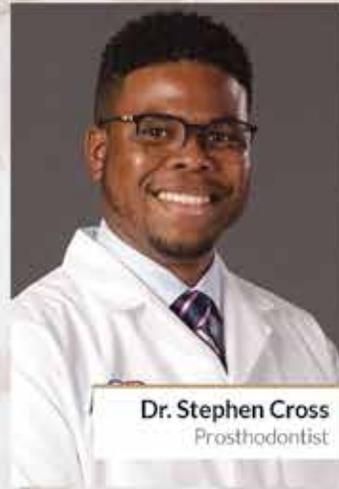
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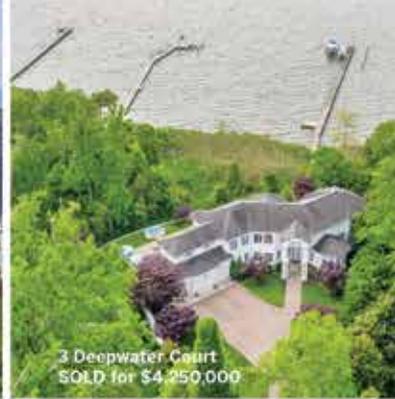
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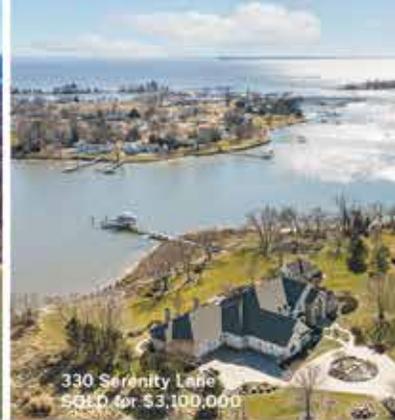
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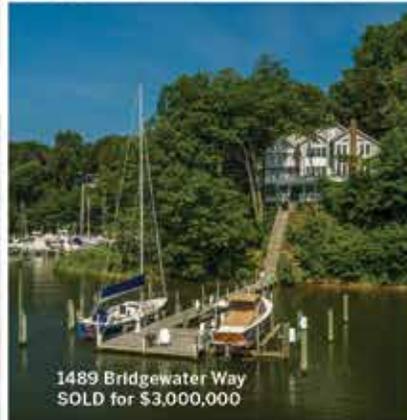
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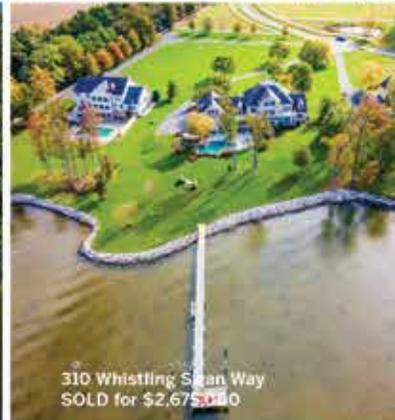
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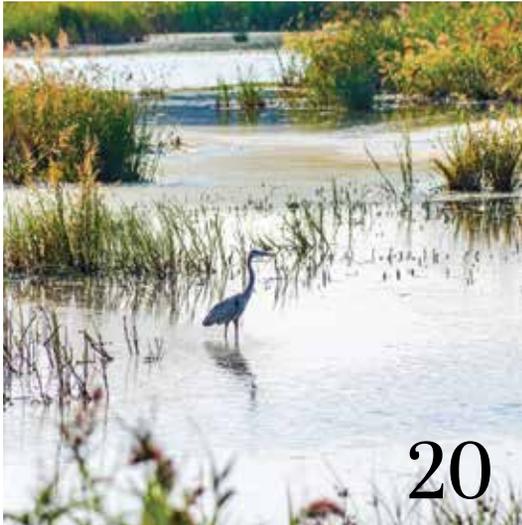
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From the editor

Leadership guides our mission to foster community through our products. Working hands-on to make this magazine possible—and all our media production, which now includes events, digital content, and ancillary publications—is our staff. Ashley Lyons, Kathy Sauve, and August Schwartz have been with our company for more than a decade (almost two actually) and have developed as leaders themselves, guiding their departments as Chief Operating Officer, Senior Account Executive, and Art Director. Ambitious, passionate, and creative are a few superlatives that come to mind. (And I'd be remiss to not mention our longtime and former Special Events Director Melanie Quinn, who took our events production to new heights, while laying a great foundation to build upon.) Thanks to each of you for your dedication!

Our full-time and contracted staff whose hard work is within this very magazine and everything that our company creates has got to be one of the best versions of itself in many years. We've weathered the pandemic together; worried together; adapted and thrived together; and continue to grow together. Matt D'Adamo and Lauren Ropel's creativity is on full display on each page of this magazine; their graphic design skills rock. Ditto for Arden Haley's digital, web, and social media prowess (she's also a dynamite photographer) and Megan Kotelchuck's knack for always doing such a darn-good job on her editorial projects (which includes the endless pursuit of all things fun as Entertainment Editor). Thank you.

Debbie Carta, Beth Kuhl, Nina Peake, and Michelle Roe foster the relationships with our clients—the advertisers you see on these colorful pages—often guiding them through the wondrous possibilities and even uncertainties of the complex arena we call marketing. And Production Manager Nicholas Gullotti streamlines it all, ensuring a smooth production cycle every month. Thank you. To Dennie Mercer, Kristen Awad, and Heather Teat, thank you for keeping our books, records, and everyday responsibilities in tip-top shape—they're the gears of financial and administrative machination so essential to the company running smoothly.

The photography (thank you to Staff Photographer Steve Buchanan, as well as Larry French, Tony Lewis, Jr., and Wil Scott, among many talented others) and written words (thank you Ines Alicea, Janice Booth, Rita Calvert, Kelsey Casselbury, Mark Croatti, Kathi Ferguson, Lisa Gotto, Lisa Hillman, Jeff Holland, Gary Jobson, Lisa Lewis, Anne McNulty, Ellen Moyer, Dylan Roche, Frederick Schultz, Kat Spitzer, Tom Worgo, and many excellent writers) are my bread and butter as the editor. And it's been a hoot putting together this December issue...and this year's magazines (and this century's, so far, for that matter!). But, as you can see, there are oh-so-many individuals and personalities that contribute to our success. It truly takes a village to raise this publication.

James Houck,
Editorial Director

Thank you, happy holidays, and may the best cliches be with you this season!

As 2021 comes to a close and this issue comes to full fruition—it's in your hands now, the articles and photography are live, marketing engaged, and the bills paid to make it all happen—I'd like to take this space to thank the many individuals and groups that have made this year a very good one for our publication and company. You can cue the cliches because I might use a few.

First and foremost, the support of you, our readers, continues to inspire us—even push us—to be better with each issue. It's not easy. It can be downright difficult to develop fresh ideas year over year (I've been doing this for 20), but our communities, our people, the voices we hear, and the conversations that I, and each What's Up? Media employee, have day in and day out are what keep the turbines running in our heads and generate the magazines we love to produce. So, thank you!

Equally important and another driving force that energizes our company—keeps it running really—are the many dedicated clients that you see and learn about on these very pages. Without advertiser support (and you supporting them), our publication may not have made it to year 25 (big celebration coming in 2022!). But here we are, and many of our clients have been with us for the full ride. In fact, in this issue, we dedicate a very special section “Faces of the Chesapeake” to the companies and leaders that devote themselves to their communities as much as they have in supporting What's Up? Media. A huge shout out to them; Thank you!

Of course, 25 years doesn't happen without steadfast, creative, and caring leadership. Veronica Tovey founded this publication in 1997 and despite the challenges of two national recessions, this recent pandemic, and the myriad complexities of developing and maintaining a thriving publishing company, our Publisher and President never wavered from a mindset of success. At least, not that I've seen firsthand. Whenever we face a challenge, she always says she thinks of us as “the little engine that could” and that “somehow we'll find a way to make it work.” And in all the years, I can't say she's ever been wrong on those points. Thank you, Veronica, for steering our ship through ebb tides and flood.

Out on the **TownE**

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↑ **Corddry Company Crossing's Annual Holiday Model Train Garden**

Get ready to experience one of the Eastern Shore's most exciting and kid-friendly train gardens. After their kick-off night on December 3rd from 5 to 8 p.m., the garden will be open from 1 to 4 p.m. on December 4, 5, 11, 12, 18, 19, and 26 on the second floor of Pocomoke River Canoe Company in Snow Hill. The show will feature running water, realistic sounds, running engines, and plenty of interactive features. This train garden has been running and building since 1992. Visit snowhillmodeltrains.com for more information.

↓ CHRISTMAS IN ST. MICHAELS

Come for a day or stay for the weekend to celebrate the season in historic St. Michaels. December 10th through 12th, children can enjoy breakfast with Santa, the family can tour charming and historic houses, shop collectable ornaments and unique gifts, and enjoy a street parade with a one-mile Santa dash and evening lights boat parade. For more information or to book your stay, visit christmasstmichaels.org.



Deck the Hall, Town Hall

The Town of Galena invites you to share the Christmas Spirit with Santa, Mrs. Claus, and the Galena Volunteer Fire Company on December 4th at 6 p.m. Enjoy holiday cookies and hot chocolate on Main Street and Mayor Carroll will do a Facebook "drive through Galena" to share the lights of the season to find the best displays in town. For more information, call Galena Volunteer Fire Company at 410-648-5050.

SHREK: THE MUSICAL

For three weekends in December, visit Garfield Center for the Arts in Chestertown to see your favorite Ogre. *Shrek: The Musical* is based on the Dreamworks animated film where a disagreeable ogre, Shrek, must rescue a fairy-tale princess from a fiery dragon to save his swamp alongside his new companion, a talkative, obnoxious Donkey. The production will open December 3rd and run weekends through December 19th with performances at 7 p.m. on Fridays and Saturdays, as well as 2 p.m. on Sundays. Visit garfieldcenter.org to buy tickets.

Firing of the Guns

Kick off the Christmas season with the St. Michaels tradition: the Firing of the Guns. The event will take place at noon on December 11th at Chesapeake Bay Maritime Museum. Between noon and 12:30 p.m., interpretive volunteers from the Chesapeake Independent Blues and the NPS Fort McHenry Guard will demonstrate the loading and firing of reproduction artillery and muskets used during the War of 1812, recalling the early 19th century traditions of the Christmas season. Find more information at cbmm.org.



↑ EASTON CHORAL ARTS SOCIETY: A MERRY RUTTER CHRISTMAS

Composer and Arranger John Rutter and the Easton Choral Arts Society are returning to the stage at Christ Church in Easton on December 2nd and 5th for *A Merry Rutter Christmas*. The show will feature classic Christmas songs and more. In addition to the live performances, the show will also be live streamed on YouTube. December 2nd's show will be at 7:30 p.m. and December 5th's show will begin at 4 p.m. Buy tickets today at eastonchoralarts.com.



SANTA ARRIVES BY BOAT AND CRAB BASKET CHRISTMAS TREE LIGHTING

Lots of things are going on December 4th at 6 p.m. in Rock Hall this year! Christmas festivities are here and Santa and Mrs. Claus will be showing up for them by a boat parade at the bulkhead on Main Street. Hear live music from The Community Band, see Santa on the boat, and stick around for Santa's firetruck entrance to Main Street to officiate the lighting of Rock Hall's Crab Basket Christmas Tree. This tree features several hundred decorated baskets in memory and in honor of loved ones. The event will be followed by tasty smores in a community fire pit and the opportunity for children to visit "Santa's House" (in the Visitor Center). Visit kentcounty.com for details.



Photo by Mary Simmons

↑ A Dickens of a Christmas

This year is Chestertown's 4th Annual Victorian holiday extravaganza: A Dickens of a Christmas. December 3rd through 4th, stroll through downtown Chestertown for a lively London themed weekend with entertainment, food, shopping, children's activities, and more. A full schedule of all events, 5K information, petting zoos, and carriage rides can all be found at mainstreetchestertown.org/dickens.

EASTON HOLIDAY PARADE

Kick off the holiday season early in December by watching Easton's Holiday Parade. The night will begin with a tree lighting at 6 p.m. followed by the parade at 6:30 p.m. on December 4th. This parade will include an abundance of vehicles, novelties, parade floats, reindeers, elves, and more. For more information, visit eastondc.com



↑ Skate with Santa

Santa is taking a couple days off from his busy schedule on December 8th and 9th to visit Talbot County Community Center, ice skate, and make holiday memories with the whole family. Parents will be able to bring their own cameras to take pictures of their kids sitting on Santa's lap and there will be complimentary hot cocoa and cookies. The event will take place 6 to 8 p.m. Be sure to pre-register at discovereaston.com.

FESTIVAL OF TREES WEEKEND

Visit Chestertown December 3rd through 5th to see a large display of trees decorated by businesses, organizations, and local families. The trees will be displayed at 1st UM Church during the Winter Festival and is open 5-7 p.m. on Friday, 10 a.m. to 7 p.m. Saturday, and noon to 3 p.m. on Sunday. Bring your camera and see Santa and Mrs. Claus from 12-2 p.m. on Saturday and Sunday. Find more information about this free community event at Townofchestertown.com

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OUT ON THE **TOWNE**

Across the Bridge



↑ **Lights on the Bay**

Unleash your excitement for the holidays by driving through the 26th Annual Lights on the Bay with the SPCA at Sandy Point Park. The drive-through is two miles along the Chesapeake Bay waterfront and features over 70 animated and stationary light displays. This year's show will be influenced and by our very own Historic Annapolis. The drive-through experience will be open from 5 to 10 p.m. through January 2nd; 2022 and 3D glasses are available on site. Visit lightsonthebay.org for more information.

ANNAPOLIS CHOCOLATE BINGE FESTIVAL

Chocolate Lovers are coming together on December 5th to enjoy a day of celebrating the Art of Chocolate. There is something for everyone including about 35 Chocolate vendors, shopping from dozens of local artists, drinks, food, and live music, and plenty of chocolate. There will be live music and entertainment for everyone in Annapolis. Get your camera ready for 5 p.m. as the Holiday Light Canopy over West Street in the Annapolis Arts District is illuminated. Find more information at annapolis-chocolatebingefestival.com.



TOWNE SOCIAL

Londonderry Celebrates 30

Londonderry on the Tred Avon residents and community members celebrated the retirement community's 30th anniversary with a special celebration on September 30 at its Magnolia Manor, located on our waterfront campus. The theme was a circus and guests enjoyed a live band, signature drinks, and great food. For more information, visit londonderrytredavon.com.

Photography courtesy Londonderry on the Tred Avon





TOWNE SALUTE

Patricia Early

Talbot County Women’s Club

By Tom Worgo

Even after a 38-year teaching career, Patricia Early, in retirement, still cares deeply about students. Several years back, Early wanted to find some way to help them—especially the needy. So, as a long-time member of the Talbot County Women’s Club, the 73-year-old started what she calls a backpack program.



**IT’S VERY
REWARDING TO BE
ABLE TO GIVE BACK
TO THE COMMUNITY
AND ESPECIALLY
TO THE KIDS WHO
ARE IN NEED”**

“When the program started, people didn’t realize the need for them,” says Early, the organization’s chair for backpacks. “This really helps the kids. The people at the schools didn’t believe we were doing this when it first started and they got their backpacks.”

The three-year-old effort has been a roaring success, particularly during the pandemic. More than 200 back packs have been given out.

“(Early) has first-hand knowledge of the stress the kids go through because she was a teacher,” Talbot County Women’s Club President Nancy Lutes says about the process of starting a new school year. “Some families don’t have the resources for supplies when the kids are going back to school. It was the perfect idea. It alleviates the stress.”

The first two years, the program delivered backpacks stuffed with supplies— including composition books, glue sticks, binders, dry erase markers, folders, pencils, and notebook paper—to sixth graders at Easton Middle School, where Early taught for 30 years.

Early says she receives a discount from Staples on supplies and she, along with

husband Steve, spend \$200 of their own money on the backpacks ordered from an online retailer.

“When kids go to school and some don’t have enough money for backpacks, they walk around with nothing,” Early says. “We are really helping out the kids in need. We are not just handing out backpacks. The school gives them out to those who need them.”

This year, Easton Elementary School fifth graders were the beneficiaries of the backpacks. “It’s very rewarding to be able to give back to the community and especially to the kids who are in need,” says Early, a board member of the organization for eight years. “Right now, it’s very important for a family to pay the rent or buy food. The start of school may be the lowest thing on the priority list.”

It costs about \$500 to run the program each year and Early, an Easton resident, organizes two or three fundraisers throughout the year, including tea parties and flower marts. “It’s a big project,” Lutes says. “We appreciate how she coordinates it every year and her commitment to the kids.”

Lutes and Early also appreciate the reaction they get from the administrators and teachers. “It’s overwhelming for them,” Lutes says. “They are very grateful. They really appreciate her support for the students.”

The idea for giving out backpacks came to Early when she spent a decade volunteering for the Easton chapter of the Society Saint

Vincent de Paul, a Catholic charity that helps people in need, as a home advisor for a decade. She counseled families looking for assistance and often referred them to the local department of social services and a neighborhood service center. "Their kids needed help, too," Early recalls.

Early also volunteers for other Talbot County Women's Club projects. She sat on several committees for the upkeep of the organization's facility and is heavily involved in monthly luncheons. "Anything she takes on, she does it very seriously," says Patricia Latham, a former Talbot County Women's Club president and current board member. "She is very thorough about the work she does."

Early loves to talk about her teaching career and it soon becomes clear how devoted she was to it. She worked as a reading specialist at Easton Middle and taught seventh and eighth grade language arts and social studies. She holds a B.A. in education from the University of Maryland and reading specialist master's degree from Towson University.

"She was a very good teacher," Latham says. "She taught all six of my children. They really loved her."

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

Merry Christmas!



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THE COUNTRY SCHOOL HOSTS SECONDARY SCHOOL NIGHT ↓

The Country School hosted a Secondary School Night on October 5th in its Field House. The event drew admission representatives from 19 independent day and boarding schools along the east coast, as well as Easton's very own Saints Peter & Paul High School and Easton High School. Secondary school counseling has been a consistent part of the Upper School experience at TCS so that students and their parents are aware of the many options available to them for high school. The school also recently hired a dedicated high school counselor, long-time Country School teacher Katie Hertelendy, to assist families with this important decision. "We very much enjoyed welcoming and hosting these school representatives on the Country School campus," says Jean Brune, Interim Head of School. "Our students are well positioned to take advantage of the strong academics, enrichment, and overall experiences offered by these top schools."



Tom Rossini, Director of Enrollment and Outreach, shares some "key" attributes of the Key School with Country School 8th grader Calder Lopez.

↑ Opening Ceremony at UM Shore Regional Health at Cambridge

This October, local health care leaders and elected officials celebrated the pending opening of the University of Maryland Shore Regional Health at Cambridge facility with an outdoor ribbon-cutting ceremony on-site at Cambridge Marketplace on U.S. Route 50/Ocean Gateway. The opening of the \$53 million, state-of-the-art facility, which has been under construction since January 2020, marks the beginning of a new era of expanded access to quality health care services for Dorchester County residents. "Our mission at Shore Regional Health is creating healthier communities together," said Ken Kozel, UM SRH President and Chief Executive Officer. "By providing our community with convenient, access to expert medical specialists in this advanced centralized facility, we are creating an environment where consultation, care and treatment are more convenient, improving the overall health and wellbeing of our communities."

THE ARC CENTRAL CHESAPEAKE REGION'S CEO HONORED

The Daily Record has named Jonathon Rondeau, President & CEO of The Arc Central Chesapeake Region (The Arc), one of Maryland's 2021 Most Admired CEOs. *The Daily Record* created the Most Admired CEOs awards program to recognize talented business CEOs and non-profit executive directors throughout Maryland whose leadership and vision are admired by those around them. The winners were selected by an outside panel of judges based on professional accomplishments, community service and letters of reference submitted by co-workers, board members and community leaders showcasing the CEO's leadership and vision. Rondeau joined The Arc in 2017 and has overseen the expansion of its mission, creating greater access and opportunities for people with intellectual and developmental disabilities across Anne Arundel County and Maryland's Eastern Shore.



TOWNE SPOTLIGHT

The McKee Group Hosts Annual Golf Classic

The McKee Group hosted the 15th annual Frank A. McKee Golf Classic this past September at White Clay Creek Country Club at Delaware Park. Employees, partners, vendors, friends, and family turned out to support the highly anticipated charity event. This year's proceeds, totaling a record \$106,000, were donated to Home of The Sparrow. "It is important to us at The McKee Group that we give back to our community, so we are grateful that this event is so successful," says McKee Builders Vice President, Frank J. McKee, Jr. "We want to thank all of the donors and volunteers who supported the event or came out to participate. We had the most golfers ever attend and play in the tournament this year. So a big 'thank you' to all."

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

Jude Smith

Gunston School
Lacrosse, Basketball, Soccer

By Tom Worgo

Lacrosse runs deep in the Smith family. The elder Smith brothers, Jeff and Jason, played at the University of Maryland Baltimore County. Jeff's daughter, Joey, competes for Saint Vincent College while Jason's son suits up for Randolph-Macon and another son, Jamie, has committed to Christopher Newport University.

Now, Jeff's son Jude, a senior at Gunston School, will keep the family tradition going. The goalie has verbally committed to play lacrosse on a scholarship at Division I High Point University in North Carolina.

"I think it is awesome that everybody in the family is at a college level," says Jude, who also plays Gunston varsity basketball and soccer. "We all push each other and hope for the best for each other."



JUDE'S MAIN STRENGTH IS THE INTENSITY HE HAS AS AN ATHLETE. HE IS ONE OF THE MOST INTENSE KIDS I HAVE COACHED AND THE TEAM FEEDS OFF HIS ENERGY. HE BRINGS SO MUCH LIFE TO THE TEAM."

Jude, a Kent Island resident, says his father Jeff and uncle Jason helped him with the challenges that came with recruiting. He also received a lot of interest from Division II and III schools. "They have been in this situation," Jude explains. "They know how it works and I feel that them being there helped me get through the process."

When all the family members get together to play lacrosse, the group looks like half the starting lineup of a team. They would play in their backyard or on a nearby field. The Smiths took the game seriously, but still had a lot of fun. "We have played together all the way back to my childhood," Jude says. "It really helped me develop my skills and get better."

Smith looks forward to his game blossoming at High Point, a school he called a perfect fit for him. He signed a National Letter of Intent in November, and he thinks he will be able to play early in his career for the Panthers. "I loved the coaches, the players, and the environment," Smith says. "It's just a place I want to be."

At Gunston, 5-foot-10, 180-pound Smith will be a starter for the third year this spring between the pipes. He's coming off a great season, recording five shutouts and earning First-Team Eastern Shore Athletic Conference honors for the second consecutive years.

Smith's coaches describe him as an outstanding communicator, great leader in directing the defense, and tremendous at throwing an outlet pass to a teammate. His competitiveness stands out above all to Gunston Boys Lacrosse Coach

Zack Hoisington. "Jude's main strength is the intensity he has as an athlete," Hoisington says. "He is one of the most intense kids I have coached and the team feeds off his energy. He brings so much life to the team."

Besides the get-to-togethers with his family, Smith developed his skills playing for the club team, the D.C. Express. The team faces top competition from throughout the mid-Atlantic area. "He has an aura about him," D.C. Express Coach Jeffrey Kashdin says. "He is a great team leader and just a wonderful player. He is the type of player his teammates just love to be around."

Smith has had quite an athletic career at Gunston. He also excelled in basketball and soccer. He earned honorable mention all-conference in basketball during both his freshman and sophomore seasons. The combo guard started for three seasons. In soccer, Smith, a four-year starter at midfield, was named team MVP as a freshman and made the all-conference first-team the following season.

"He is a very good athlete who has an outstanding combination of power and speed," Gunston Athletic Director Josh Breto says. "It's definitely impressive to be all-conference in three different sports."

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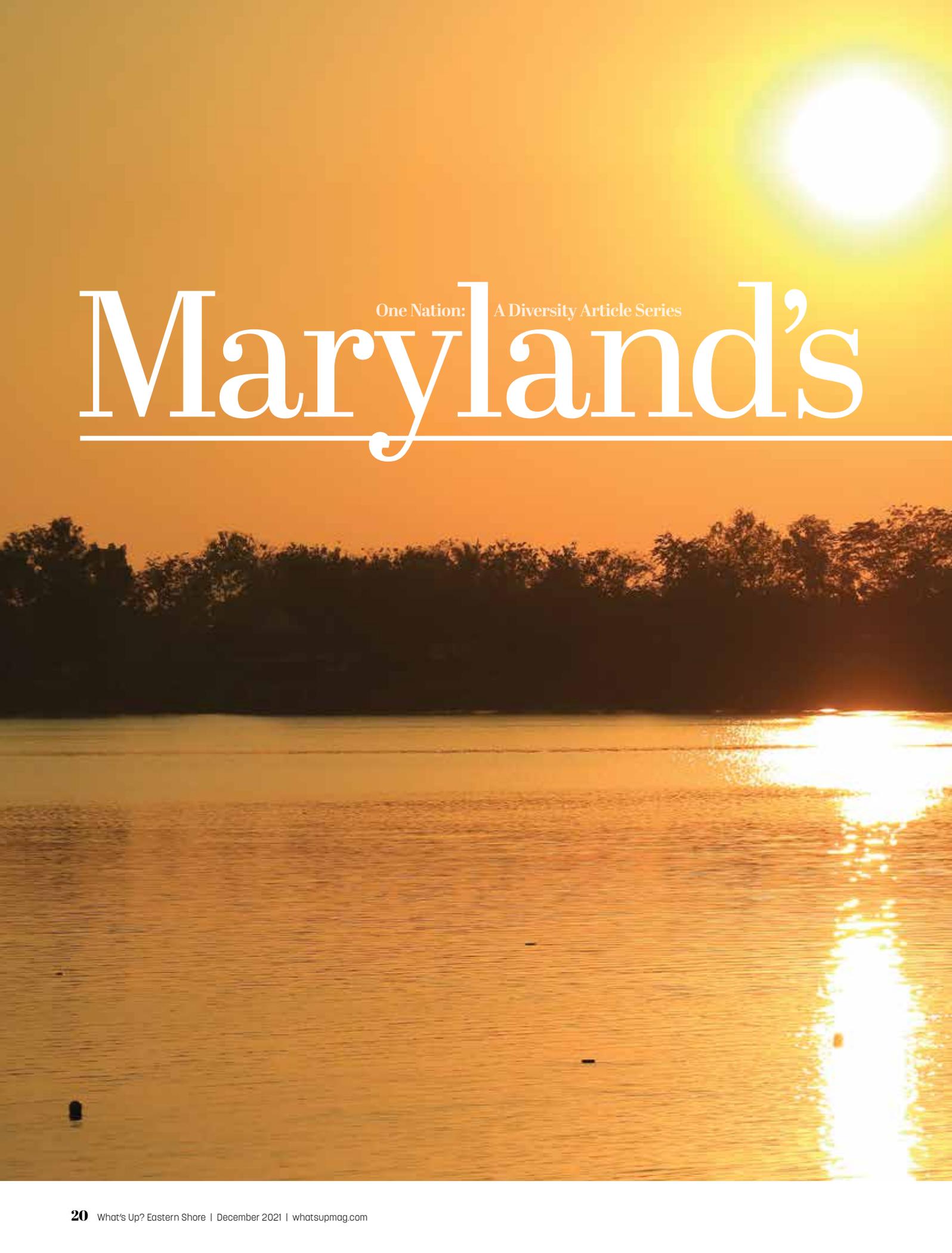
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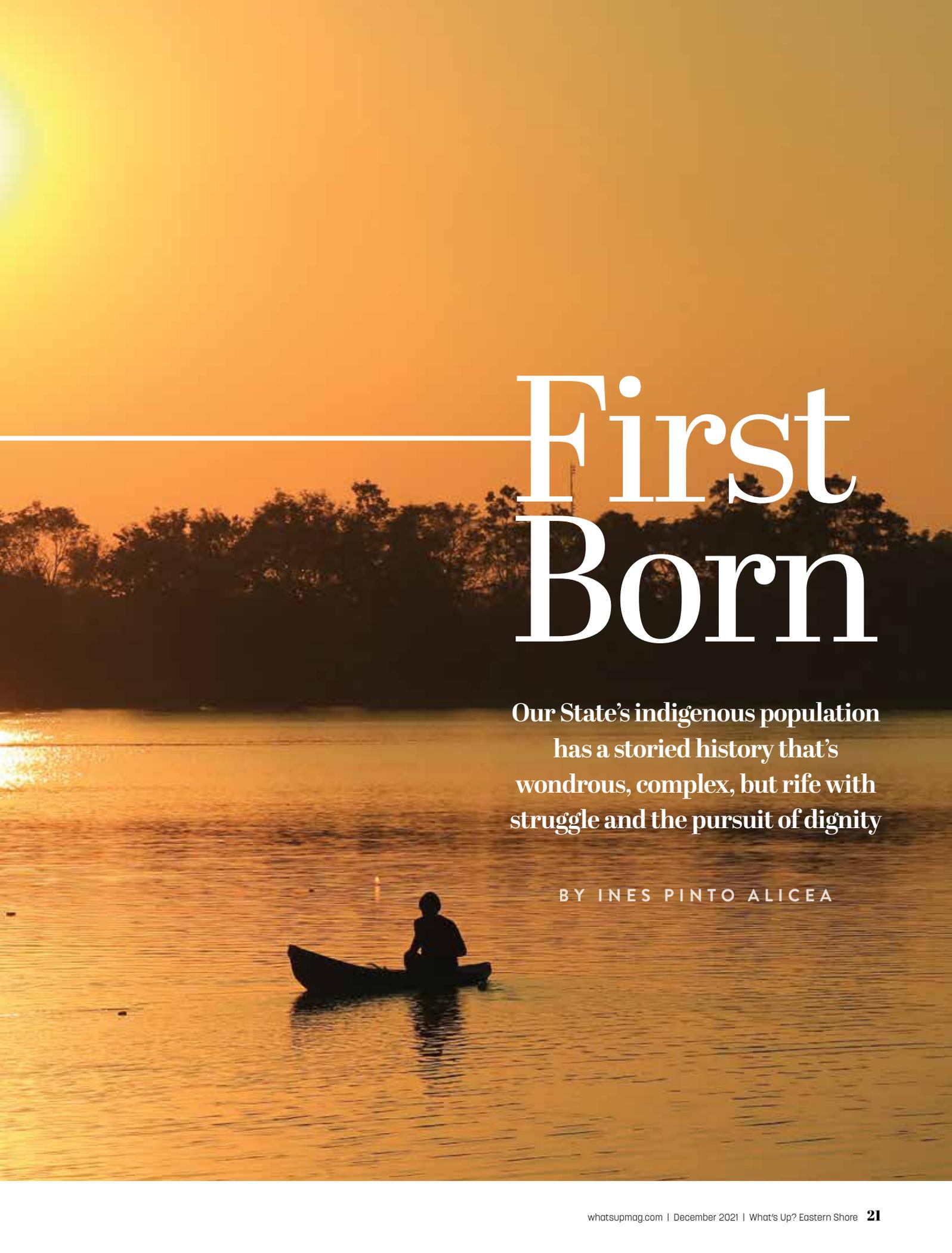
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A full-page background image showing a sunset over a body of water. The sun is a bright, glowing orb in the upper right corner, casting a long, shimmering reflection down the right side of the water. The sky is a gradient of warm orange and yellow. In the distance, a dark silhouette of a forest line is visible against the horizon. The water in the foreground is calm with gentle ripples.

Maryland's

One Nation: A Diversity Article Series

A person is silhouetted in a small boat on a calm body of water during a golden sunset. The sun is low on the horizon, creating a warm, orange glow across the sky and reflecting on the water's surface. A line of trees is visible in the background, also silhouetted against the bright sky.

First Born

Our State's indigenous population has a storied history that's wondrous, complex, but rife with struggle and the pursuit of dignity

BY INES PINTO ALICEA

“We have struggled for hundreds of years to maintain our identity, our culture, and to properly care for our families,”

says Natalie “Standing on the Rock” Proctor with passion and firmness. The elected tribal chair of the Cedarville Band of the Piscataway Conoy Tribe says indigenous people have inhabited Maryland for at least 24,000 years, which explains their “strong connection to this land and our role as its caretakers.” Proctor says colonization took a huge toll on the population “with millions of acres of land and our resources taken.”

Today, Proctor advocates and encourages people wanting to support Maryland’s tribes and indigenous people to donate private lands and assist lobbying efforts for the return of government-seized land as part of the tribe’s Landback Project.

“The Landback Project does not ask anyone to sacrifice anything or do without,” Proctor states. “These efforts would help to ensure that Maryland’s clans, bands, tribes, and other organizations would finally prosper and grow in our own homeland.”

The Piscataway Conoy Tribe, which has its cultural center in Waldorf, is one of three tribes officially recognized by the state of Maryland. The other two tribes are the Accohannock Indian Tribe and the Piscataway Indian Nation. However, according to the Maryland Commission on Indian Affairs, nearly 60,000 people in the state identify as indigenous with most living around Baltimore and in Montgomery and Prince George’s Counties. The commission serves not only the three tribes officially recognized by the state, but also several other tribes, including: the Assateague Peoples Tribe, the Nause-Waiwash Band of Indians, the Pocomoke Indian Nation, and Youghiogheny River Band of Shawnee Indian. Tribes granted Maryland Indian Status qualify for certain federal, state, and nonprofit assistance to provide resources to tribal members and to be used toward cultural education.

Steps Etched in Time

Although the tribes in Maryland have vastly different histories, languages, cultural backgrounds, patterns of social organization, and religious beliefs, there are at least two things they share in common—a strong connection to the land and a mission to be stewards of the land.

Much of the American public mistakenly believes that indigenous history began when the Europeans arrived as settlers. But, archaeologists and historians say indigenous groups have lived in Maryland for 13,000 years or more, long before the Europeans arrived in Maryland in the 1630s. Much of the written history of Maryland’s indigenous populations is limited because the tribes only maintained oral histories. When Europeans arrived in Maryland, they wrote extensively about the indigenous people and their interactions with the settlers, defining the indigenous history solely from a European perspective. Development, farming practices, and sea-level rise have complicated efforts, making it difficult for archaeologists to gather and preserve many historic artifacts and to piece together a more in-depth picture of the lives, contributions, and history of the indigenous people of Maryland. But, scholars from different educational backgrounds continue to explore their history and write about it.

“The Archives is currently working with a team of students to create an index of sorts of all the variety of spellings referring to indigenous peoples that appear in the colony’s (and state’s) earliest records,” says deputy state archivist Elaine Rice Bachmann of the Maryland State Archives. “This will enable researchers to more accurately find and interpret early records, which tend to spell tribal names phonetically, or in a variety of ways, that make it difficult to make historical and interpretive connections.”

Historians and archaeologists say the writings of the Europeans who arrived in the 1630s indicate Anne Arundel and Talbot Counties (with respective populations today of 5,347 and 213 indigenous people) were largely the seasonal sites for indigenous populations, not permanent villages, because of regular raids from the north by the Susquehannocks, who were given guns by Dutch and Swedish traders. Their arrival was not welcome as the indigenous communities had struggled with several of the driest decades in seven centuries. Competition with the English newcomers for scarce resources possibly lead to “migration, warfare, and population loss due to famine,” say authors Jean B. Russo and J. Elliott Russo, in their book *Planting an Empire: The Early Chesapeake in British North America*.

“Archaeologists have found evidence of their presence, but not of long-term residence,” says colonial Chesapeake historian Jean Russo. “Archaeological evidence gathered from (indigenous) skeletons, such as early ages at death and loss of teeth or bone, reveals significant malnourishment among groups inhabiting the region at the beginning of the 17th century.”

Mark Leone, a professor of anthropology at the University of Maryland, says several indigenous groups grew crops around the Chesapeake Bay and set up temporary camps in different spots around



the bay so when they faced a lean season in terms of food, they moved around to fish, hunt deer, or capture geese and ducks. Since there was no vinegar or refrigeration, the indigenous communities used salt and smoke to preserve meats and seafood. Leone says the colonists often traded with them for their food products.

“They were who people traded with during tough times and there was no food,” Leone says of the indigenous groups

However, the way the indigenous used the land seasonally for cultivation, hunting, or foraging was not understood by settlers who wanted to establish homesteads and own titles to that same land.

“English colonists pursued a European ideal of land use—permanent, private ownership by individuals—that inevitably brought them into conflict with the indigenous populations,” the Russos say. “The indigenous understandings of land ownership were more fluid, with an emphasis on communal and productive relationships with the environment. They

possessed land while they were using it, but land that had been vacated (left fallow to regain fertility, for example, or abandoned to follow the shifting habitat of deer) could be reoccupied in the future. Renewed use of land, not fences placed to mark territory, served to indicate ownership for the indigenous.”

Sites In and Around Annapolis

Archaeologists have identified two small sites important in the history of the indigenous populations present in Annapolis before settlers arrived. They are located off Spa Creek near Rowe Boulevard and the U.S. Naval Academy, says Leone.

Further south in Anne Arundel County is a major archaeological site on the Patuxent River. Al Luckenbach, retired Anne Arundel County archaeologist, led a groundbreaking excavation beginning in 2009 at Pig Point on Jug Bay. Though some other similar sites have been found by others, archaeologists say those were not properly excavated, making Lucken-

In January 2012, then-Maryland Governor Martin O'Malley recognized the Piscataway Indian Nation and The Piscataway Conoy Tribe in an official ceremony. Natalie “Standing on the Rock” Proctor, current elected tribal chair of the Cedarville Band of the tribe, stands at far left with other tribe elders. Photo courtesy Maryland Governor’s Office.

bach's findings more important in the understanding of Maryland's indigenous history. Luckenbach's excavation led to the discovery of thousands of items dating back 9,300 years ago and a sacred burial pit containing teeth, smashed skulls, crushed pottery, broken pipes, spearheads, and other items.

"They had a unique ceremony of the dead," he says. "No one had seen that before and we didn't know what they were thinking. We were shocked. Were they smashing their ancestors or their enemies? We don't know. We've got a certain amount of data, but we're still unclear."

Luckenbach says there is archaeological evidence of different indigenous groups living in the region for more than 13,000 years. The major problem indigenous groups faced in Anne Arundel County prior to the Europeans arriving was fighting with other indigenous groups. When Europeans arrived in Anne Arundel County, it almost appeared to be like "no man's land" because the indigenous tribes here did not have guns and the tribes that did have guns pushed them further south, he says.

"But they never left the county," he says. "They just moved around Anne Arundel. The Chesapeake was a wonderland because there was enough food to feed a large population."

East of the Bay

The arrival of the Europeans in Maryland was significant to the history of the indigenous groups because it marked the beginning of a series of broken promises by the newcomers. According to the book *Eastern Shore Indians of Virginia and Maryland*, authors Helen C. Rountree and Thomas E. Davidson said the indigenous people of Maryland's Eastern Shore first met Englishmen as explorers and then

as traders. The English particularly wanted beaver pelts and food and the indigenous groups sought the woven cloth, weapons, and tools the settlers offered.

Between the 1620s and the 1640s only a handful of English colonists lived on the Eastern Shore because they were restricted to a small area near the end of the peninsula. Initially, relations were relatively peaceful because the English had experience dealing with the local Accomacs though some conflicts arose over trade disputes and small-scale raids of English plantations by the indigenous. The tribes were increasingly alarmed that the European encroachment caused them to lose corn-growing lands and "their ability to feed themselves." The European settlers also often cut timber without permission on indigenous land, reducing their capacity to support the indigenous population. By 1642, Maryland's colonial government declared war on several tribes because some Englishmen were attacked on Kent Island.

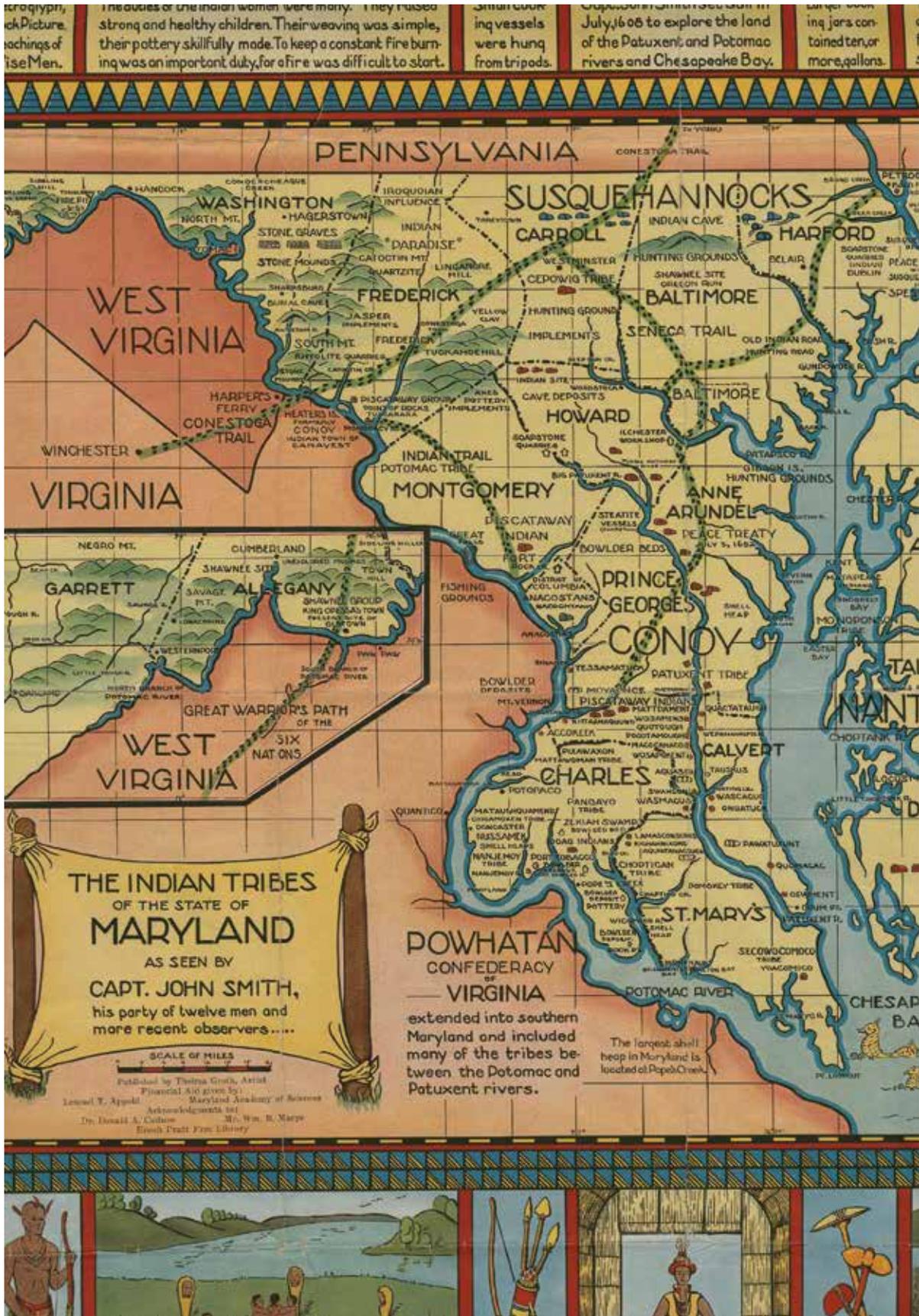
"The English had a great deal of difficulty understanding that all Chesapeake Bay (indigenous) were not alike, and these (indigenous) had no unified government in the European sense of the term," writes Rountree and Davidson. "The English authorities probably did not realize that the Susquehannocks and the Nanticokes were almost as alien to each other as each tribe was to the English."

In the 1650s the Susquehannocks had control of much of the Eastern Shore, fighting the English and other tribes, but by 1660, the lower Eastern shore was thrown open to settlement by the newcomers. The English would only recognize titles to land granted by their own authorities in Maryland, the authors say. The Choptank Indians initially were the only group to "own their land" because they paid an annual fee to the government and later signed a treaty with Maryland, establishing one of the first reservations on the Eastern Shore, based near Cambridge. But, by 1721, the government of Maryland watered down the agreement with the Choptanks, allowing them to occupy and use the land, but not really own it.

Other tribes that tried to secure the land with agreements were rebuffed. As the English sought to settle throughout the Chesapeake Bay for its resources, the indigenous tribes were repeatedly displaced further north up the Pocomoke River in Somerset County. Eventually, the Maryland government signed a proclamation in 1678 with the Nanticokes, the Pocomokes, and Assateagues that did not give them legal title to their town lands but warned English settlers to not encroach on specific tracts of land. Despite numerous treaties between the government of Maryland and the different indigenous groups, the terms, fully dictated by Maryland officials, did little to ensure the rights and interests of indigenous were protected.

This portion of a 1775 map created for Robert Sayer in London depicts Kent Island, Province of Maryland, including Queenstown (to the east) and Annapolis (west across the Chesapeake Bay). The Catholic community around Queenstown, established in the 1640s, was the first on Maryland's eastern shore and eventually led to open settlement by the English throughout the region.





A map created in 1935 and held in the University of Maryland's University Libraries digital collection titled "The Indian Tribes of the State of Maryland as Seen by Capt. John Smith" depicts territories, sites, and geographical markers present in the 1600s during the arrival of the Europeans to Maryland.



Teeming with flora and fauna, the Blackwater National Wildlife Refuge was a rich and abundant habitat that tribes such as the Choptank called home prior to, and even after, the arrival of the English in the 1600s.

Records indicate indigenous people lived on the Eastern Shore through much of the 18th century. The county governments of the Eastern Shore did not keep records of the individual members of the tribes because they were not allowed to vote in elections, could not instigate court cases against the European settlers and did not pay taxes if they lived on a reservation. Also, very few indigenous names were recorded in Christian church parish registers even though some tribe members joined the churches and tithed. It is likely that tribal members who joined the churches adopted English names. The leadership of some tribes in Maryland encouraged members to assimilate and marry the Europeans to protect themselves and save the bloodline.

Some indigenous tribe members belonged to the major tribes but chose to live off the reservations and “had found places for themselves in English society. Others were remnants of displaced tribes who had been forced off their traditional lands as a result of English expansion,” writes Rountree and Davidson. But many members of different tribes in Maryland eventually migrated to Pennsylvania to lands that the Iroquois had conquered from the Susquehannocks. The Iroquois sought to populate the territory with other indigenous groups who

were willing to accept Iroquois authority. By the early nineteenth century, little effort was made by the local and state governments of Maryland to ensure that the culture, history, and identity of its indigenous people were protected.

“By the early nineteenth century on the Maryland Eastern Shore, even the awareness that there were still Indians present, and that not all people classified as free blacks were of African descent, seems to have faded from the minds of the white inhabitants of the region,” Rountree and Davidson say.

Preserving Their Legacy

Today, many of the tribes work to keep their cultures and ways of life alive by selling crafts, holding powwows, and teaching the young their languages, but some express concern about the future of the indigenous population in Maryland.

“Most of the tribal members are fifty years and older, and grew up living off the land and water, and learned traditional skills and technology,” explains the Accohannock Indian Tribe. “Today, only a few descendants of the tribe are able to continue the traditional occupations (watermen, hunters, and farmers) of their ancestors. Most members work in small family businesses or at local minimum wage jobs.”

The Accohannock tribal office is located in Marion Station, Maryland, just north of Crisfield. The tribe oversees and maintains Bending Water Park in Somerset County and hosts an annual “Healing of All Nations” powwow at the park. During the rest of the year, members of the tribe, who said in a press release that they helped the state’s European settlers learn how to live off the land, travel to powwows in neighboring states and sell crafts.

For Proctor, it is important for her tribe’s future to have ownership of some of the land her tribe’s ancestors worked on for thousands of years. For other tribes, an important first step toward healing a painful and contentious relationship is to have the state of Maryland recognize their existence.

“Today, even as government and public organizations seek to preserve the history of Indigenous peoples and support future generations, challenges persist,” states the Chesapeake Bay Program, which leads and directs all efforts on restoring the bay. “In the Chesapeake Bay watershed, it is crucial that we honor the history of Indigenous peoples and celebrate their culture as we do all members of the region.”

Editor’s Note: *Multiple requests were made to interview a representative from the Maryland Commission on Indian Affairs, but unfortunately the office was unresponsive.*

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

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

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

FACES OF THE CHESAPEAKE

What's Up? Media would like to creatively introduce you to exceptional locals throughout the Chesapeake

Bay region who are considered experts in their vocations and industries. Within the following pages, you'll meet, face-to-face so to speak, individuals and companies who take pride in offering our readers professional, personal, and courteous service. You'll learn their stories, their callings, and about their businesses. Introducing the Faces of the Chesapeake!

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Tom, Alyssa & Suds Morris—Chesapeake Car Wash
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FACES OF THE CHESAPEAKE 2021



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DAVID ORSO

Compass Realty

David Orso is known as the “local boy turned Realtor”. David discovered his passion for real estate about 20 years ago when he began investing in real estate properties. As a life-long resident of the Annapolis area, David is extremely knowledgeable about the Annapolis, Severna Park and Arnold real estate markets. David leads a small team of experts which has been ranked #1 in Anne Arundel County, regardless of brokerage, for total sales volume for seven years in a row, 2013, 2014, 2015, 2016, 2017, 2018, 2019 and 2020. David is continually voted as one of the top ten agents in America by the Real Estate Institute of America, is consistently recognized by his peers as a thought leader and innovator in the field and is a well-known speaker and author on the topic of residential real estate.

Within the past 36 months, David has sold over \$300 million in real estate in Anne Arundel County. On average, his listings sell within 57 days and for at least 95 percent of the original list price. David built his business on several key principles: systematic attention to detail, excellence in marketing, and skilled negotiations. His success in life and business demonstrates his innate ability to build and nurture relationships and provide exceptional service to his clients with world-class professionalism. David has a vision to elevate the standard of excellence in the residential real estate industry through his 82-point home selling system.

Having grown up in this area, David values the importance of involvement in community. David has volunteered in many leadership roles including Chair of the Community Center, the Board of Directors at Chartwell Country Club, Board of Directors of the Building Traditions Society – Anne Arundel Medical Center and Board of Directors, Anne Arundel Community College. David obtained his undergraduate degree from the University of Dayton with a major in Psychology. He earned his MBA from Loyola College of Baltimore with a concentration in Strategic Marketing. David continued his academic endeavors at Harvard University Law School in the esteemed Program on Negotiation.

david@davidorso.com

davidorso.com

443.372.7171





FACES OF THE CHESAPEAKE 2021



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FACES OF THE CHESAPEAKE 2021



THE FACE OF MID SHORE REAL ESTATE

CHUCK MANGOLD JR.

Benson & Mangold Real Estate

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

Chuck is eager to lend his expertise to his clients to help facilitate a seamless purchase or sale. When choosing a real estate agent, knowledge, experience, and customer service are of the utmost importance. Chuck brings these and much more to the table. He goes above and beyond to market your property using targeted digital media campaigns, print advertising, high-end photography and 3D virtual tours. His relationships with a vast network of agents and clients helps put your property front and center, as well as quick access to a wide array of inventory to find your dream home. Chuck is armed with a full-time staff, solely dedicated to administrative and marketing support leaving Chuck free to market your home or find your dream home. No matter what stage of the home buying or selling process you are in, Chuck and his team have the resources, and expertise to assist.

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

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

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





FACES OF THE CHESAPEAKE 2021



THE EASTERN SHORE'S FACES
OF TECHNOLOGY

JASON'S COMPUTER SERVICES

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



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

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

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



FACES OF THE CHESAPEAKE 2021



THE FACE OF WATERFRONT REAL ESTATE

BRAD KAPPEL

TTR Sotheby's International Realty

Brad Kappel is the #1 Waterfront Agent in Maryland with over \$120 million in waterfront property sales in 2021. Brad's extensive knowledge of luxury homes and waterfront properties in the Annapolis area is second to none. Brad has been serving residents of Anne Arundel County and the Eastern Shore for fifteen years in real estate, home construction, and renovation. Brad's unique experience allows him to offer authentic insight into each property's current condition, value and potential.

Brad is grateful for the clients, colleagues, friends, and family who supported his success throughout his career and contributed to his record-breaking sales in 2021. Brad adheres to the philosophy that "clients deserve nothing short of excellence." From the initial meeting, to navigating important decisions and the final settlement transaction, Brad works diligently to ensure 100% customer satisfaction.

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

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

Visit BradKappel.com and tour his Luxury Property Portfolio.

Make *Your Move* with Brad.

m: 1 410 279 9476 o: 1 410 280 5600
brad.kappel@sothebysrealty.com
bradkappel.com
Annapolis Brokerage
209 Main Street
Annapolis, MD





FACES OF THE CHESAPEAKE 2021



**THE FACE OF ANNAPOLIS
REAL ESTATE**

KATHERINE DAVIS

Managing Broker

Long & Foster Annapolis Fine Homes



The Annapolis Fine Homes office of Long & Foster | Christie's International Real Estate is conveniently located on Main Street in downtown Annapolis. The office is led by managing broker and vice president, Katherine Davis.

Katherine, a lifelong resident of Annapolis, brings over 35 years of real estate experience to the more than 65 knowledgeable and successful agents in the Annapolis Fine Homes office. Under her leadership, the award-winning office has the highest per agent productivity among Long & Foster's nearly 200 offices spanning from New Jersey to North Carolina – with agents in the office closing an average of more than \$10 M per year.

Specializing in waterfront and historic properties in Annapolis and Eastport, the agents in the Annapolis Fine Homes office are known for providing best-in-class customer service to their valued clients. By leveraging their vast network of over 10,000 Long & Foster agents in the mid-Atlantic and Northeast regions as well as Christie's International Real Estate's global network, they successfully guide their buyers and sellers on their journeys home.

So far this year, the experienced agents in the Annapolis Fine Homes office have helped nearly 900 families find a home. In addition, the office gives back to the community by supporting the Anne Arundel County Food Bank and Family Resource Center.

Long & Foster is the leading brokerage firm in Anne Arundel County. As a Berkshire Hathaway affiliate, Long & Foster has unequalled financial strength and stability, plus an integrated network of services with decades of experience and a people-first approach.

For more information, scan QR Code at the top.

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Melissa Blohm 410-991-5967

Marion Brenner 619-708-9992

Genevieve Cook 301-518-7073

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Katherine Davis 410-693-3500

Teresa Dennison 443-223-1364

Justin Disborough 410-349-7871

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FACES OF THE CHESAPEAKE 2021



**THE FACE OF EXTRAORDINARY
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CHRISTINA JANOSIK PALMER GROUP

of Keller Williams Flagship of Maryland

Serving Anne Arundel County and surrounding areas.

Hello there...I am Christina Janosik Palmer, a career Realtor and Associate Broker, with 30 years of real estate expertise specializing unparalleled marketing and unprecedented customer service.

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

If you need to list or buy a home, experience how easy we make it for you with our knowledgeable guidance and unprecedented service.

We are proud to serve our Community and we are here for you.

Christina Palmer, Associate Broker
Team Leader, The Christina Janosik Palmer Group
Graduate, Realtor Institute
Keller Williams Flagship of Maryland
231 Najoles Rd. Suite 100 | Millersville, MD 21108
Cell - 443-938-3379 | Office 410-729-7700
cjpalm@kw.com





FACES OF THE CHESAPEAKE 2021



**THE FACES OF
EXTERIOR CRAFTSMANSHIP**

THE FICHTNER SERVICES TEAM

Tom & Christine Fichtner

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



When starting his company 27 years ago, Tom Fichtner tried to come up with an elaborate and creative logo, but kept coming back to the umbrella, a known symbol of shelter and protection from the storm. Fichtner Services has been serving the Annapolis and surrounding communities with roofing, siding, windows and other exterior home protection needs ever since. With its red and black colored umbrella logo, you'll see their trucks and job signs - all over town.

Tom Fichtner gives all the credit for 27 years of success to his talented, experienced and dedicated group of co-workers. He believes strongly in each of his employee's craftsmanship. Tom says that he has learned over the years that craftsmanship is acquired through experience and skill. His amazing installers showed him that it also requires taking pride in the work you are doing, caring about your customer and their home, and caring about the company, its reputation and co-workers. From Fichtner's office staff, to managers, estimators and installers, everyone strives to do their best to live up to the reputation of excellence that they have built.

Over the years Fichtner has become known as the best and most knowledgeable exterior improvement company in the area - the company you can call to handle all of your exterior needs with the utmost in quality, value and expertise. As a testament to their commitment to excellence and continuing education they have earned the distinctions of being a GAF Master Elite shingle contractor, James Hardie Elite Preferred siding contractor, Marvin Authorized Replacement Window Contractor and Firestone Red Shield contractor. If you are considering an exterior remodel, call the best - Fichtner Services.



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No two people are alike. No two plans are alike. Only after a thorough analysis of your unique set of goals and financial picture do we begin to develop wealth management strategies specifically tailored for you. Whether you are interested in planning for retirement, establishing a steady cash flow, or funding your grandchildren's education, your plan is customized according to your varied needs and changing circumstances.

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BANKRUPTCY COUNSEL

TATE & CAMI RUSSACK

RLC Lawyers & Consultants

301 4th Street, Suite A-2, Annapolis, MD 21403
8737 Brooks Dr. Suite 107, Easton, MD 20601
410-505-4150 | russacklaw.com

RLC's attorneys Tate and Cami Russack have been helping Marylanders from Offices on the Eastern Shore in Easton and in Annapolis since 2000.

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ON THE EASTERN SHORE**

IRMA TOCE & RACHEL SMITH

Londonderry on the Tred Avon

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

CEO, Irma Toce, and Director of Sales and Marketing, Rachel Smith, have been part of the Londonderry Team for more than six years.

Londonderry is an independent living cooperative for adults 62+ located on the banks of the Tred Avon River in historic Easton, Maryland. Irma, Rachel, and the Londonderry Team believe that a vibrant and active lifestyle, coupled with a strong sense of community, is the key to happy and healthy aging. Most residents experience a significant improvement in their overall wellness and quality-of-life after moving to Londonderry.

Irma has been a standout leader in the senior housing field for more than 35 years, and Rachel has extensive experience working in senior housing sales and marketing. Irma, Rachel, and the entire team look forward to welcoming new residents to Londonderry on The Tred Avon.



THE FACES OF HEALTHY SKIN

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Easton, MD Salisbury, MD

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www.eastondermatology.com

Led by board certified dermatologists Dr. Michael Del Torto and Dr. Donald Stranahan, Jr., the team at Easton Dermatology Associates specialize in diagnosing skin disorders and providing the best treatments available to improve the health and appearance of your skin.

They stay on the cutting edge of their specialty, which includes using the most advanced medications and procedures to treat the medical, surgical, and cosmetic needs of your skin, hair, and nails.

They have received numerous awards and recognitions including the Top Docs, *Best of Eastern Shore Magazine*, *What's Up? Magazine's* Top Dermatologist Award and the Talbot County Chamber of Commerce Outstanding Large Business of the Year Award.

Both offices are accepting new patients. Book your appointment today!



FACES OF THE CHESAPEAKE 2021



THE FACE OF
EASTERN SHORE REAL ESTATE

TREY RIDER

TTR | Sotheby's International Realty

443.786.0235
trey.rider@sothebysrealty.com
treyrider.com



Trey Rider is a leader in luxury real estate on Maryland's Eastern Shore. As a vice president at TTR Sotheby's, Trey offers his clients exclusive knowledge and insight into all aspects of waterfront homebuying and selling derived from almost 20 years of real estate and finance experience. From considerations such as Shoreline Revetment to Critical Area requirements, Trey navigates the nuances of waterfront real estate with ease and expertise.

An Eastern Shore native, Trey's no stranger to waterfront living himself. He grew up on the water and resides waterfront with his wife and two kids in Easton. Most of his free time is spent on the river—he holds his Captain's license, is an avid boater and fisherman, and is a member of the Chesapeake Bay Yacht Club.

Just as luxury is synonymous with Sotheby's, waterfront real estate is synonymous with Trey Rider. Visit treyrider.ttrsir.com to view Trey's luxury portfolio.



THE FACE OF BANKRUPTCY LAW
ON THE EASTERN SHORE

ANDIE ROSS ESQ.

The Law Office of Andrea Ross

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

Bankruptcy attorney Andie Ross has dedicated her practice to providing tailored solutions to individuals and businesses throughout the region. The people that retain her to get out of debt and start a new life are more than just clients – they are her Eastern Shore neighbors and friends, who deserve her personal attention every step of the way. Andie welcomes all inquiries and provides a free and confidential consultation to review Bankruptcy, Debt Consolidation, and Debt Settlement options. She represents debtors and creditors of all sizes and is currently representing the interests of 65 churches in the Boy Scouts of America Bankruptcy case in the District of Delaware. Andie's devotion to her clients has been recognized by the Pro Bono Resource Center of Maryland, Mid Shore Pro Bono, the Maryland General Assembly, U.S. Congress, and Super Lawyers. The greatest accolade, admittedly closest to Andie's heart, and what makes her the "Face of Bankruptcy Law" on the Eastern Shore are her 112 five-star reviews on AVVO.

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



FACES OF THE CHESAPEAKE 2021



THE FACE OF WEALTH MANAGEMENT

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

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

We care about our clients and our communities. We appreciate our relationships and provide exceptional service with empathy and transparency.

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THE FACE OF
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Nielsen Development Group

833-634-6683
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www.NDG.Solutions

While most contractors view revenue as the only benchmark for growth, Brant Nielsen is focused on building a strong bench.

2021 has been a banner, brand building year for Nielsen Development Group with record revenue growth.

"We're at the point where we can pick and achieve any revenue target we choose," says Founder Brant Nielsen. "but for us, profit is an outcome, not a goal. What matters most is finding the right people."

Slow to claim personal credit, Nielsen attribute's NDG's success to the team he's building, along with a culture of integrity, transparency and a relentless focus on customer service. "We're not in the construction business, we're in the customer service business," he says. And the stats back him up. An impressive 98% of new customers are referred by previously satisfied NDG clients.

With success like this, you'd think that Brant deserves to feel satisfied. Although he's incredibly grateful for the trust his clients show him, he's busy working to make his new customers equally satisfied.



FACES OF THE CHESAPEAKE 2021



THE FACES OF CONFIDENCE

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499 Idlewild Avenue, Suite 101
Easton Maryland 21601
877-461-1564

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

- Medical Degree – UMD School of Medicine
- Internship General Surgery – University Hospitals of Cleveland
- Residency in Anesthesiology & Critical Care – Johns Hopkins Hospital
- Registered Vascular Technologist (RVT)
- Registered Physician of Vascular Interpretation (RPVI)
- Board Certified – Venous Disease – American Board of Venous and Lymphatic Medicine

Complementing Dr. O'Donnell's care and passion for helping patients includes her incredible cosmetics team! Ali Weiss, Aesthetic NP – graduated with her Master's of Science in Nursing from The Catholic University of America and has over 8+ years of cosmetic experience. Laura Ruppel, L.E – graduated top of her class from Chesapeake School of Aesthetics after an undergrad in art and design from the Fashion Institute of Technology and Towson University. Eden Flynn, BSN, RN – graduated from Anne Arundel Community College and is currently completing her Bachelor's of Science in Nursing at UMD.



**THE FACE OF A
FINE ART GALLERIST**

NANNY TRIPPE

The Trippe Gallery

23 N Harrison Street
Easton, MD
410-310-8727
thetrippegallery.com

What began in 2010 as the collaboration of two artist friends, fine art photographer Nanny Trippe and watercolorist Don Hilderbrandt, has evolved into Easton's liveliest fine art gallery, a favorite with locals as well as visitors. Occupying its current address on Harrison Street in the heart of historic Easton, the Trippe Gallery, now solely owned and operated by Nanny Trippe is beginning its ninth year.

Nanny Trippe is a many generation native of Talbot County with roots that date back to the 1600's. Her love of photography began at an early age and she began taking classes in darkroom techniques in high school at St. Timothy's School in Baltimore, followed by Denison University, Richmond College in London and a BA in Art History from Washington College with a minor in studio art.

Her love of all genres of art are evident in her gallery which exhibits oil and watercolor paintings by award winning Plein Air artists, national and local artists, sculptors, printmakers and her own fine art photographs, all inclusive of representational and contemporary art. There is artwork for all levels of collecting from the beginning collector to the seasoned. The gallery will provide art curation and hanging in your home as well. Each month features a new exhibit based on presenting the work of a specific artist or a collective show based on a common theme. The gallery is spacious and filled with natural light for excellent viewing.



FACES OF THE CHESAPEAKE 2021



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Diane & Crew of Taylor Properties understands that buying or selling a home is more than just a transaction: it's a significant financial and emotional investment. That's why our team of real estate professionals is dedicated to providing exceptional, valuable, personalized service to all of our clients. We take great pride in the relationships we build and always work relentlessly on our client's behalf to help them achieve their real estate goals.

Our philosophy is simple: clients come first. We pledge to be in constant communication with our clients, keeping them fully informed throughout the entire buying or selling process. We believe that if you're not left with an amazing experience, we haven't done our job. We don't measure success through achievements or awards, but through the satisfaction of our clients.



THE FACE OF HOSPITALITY

CHESAPEAKE BAY BEACH CLUB

500 Marina Club Rd
Stevensville, MD
410-604-1933
www.baybeachclub.com

The Chesapeake Bay Beach Club has been a leader in the Wedding, Special Event, and Hospitality industry for over 20 years. Their commitment to excellence in service, food and beverage, and their exquisite property have won countless awards along the way. Over the years, the Chesapeake Bay Beach has grown to include waterfront event venues, flexible conference venues, a luxury boutique hotel, signature farm-to-table restaurant, wellness-focused full-service spa and salon, and marketplace offering locally-sourced small bites and luxury retail.

Through the years, one detail has remained the same: their staff. The Beach Club has created a family-like atmosphere for its almost 200 devoted employees. Everything that they do and every event is treated with unparalleled levels of service and dedication.

Experience luxury on the Eastern Shore at the Chesapeake Bay Beach Club, located just over the Chesapeake Bay Bridge.



FACES OF THE CHESAPEAKE 2021



THE FACE OF WEALTH & RETIREMENT PLANNING

ELIZABETH BENNETT

CFP®, MBA

Chesapeake Financial Planning & Tax Services, LLC

410-974-0410
71 Old Mill Bottom Road North #201
Annapolis, MD 21409
admin@chesapeake-financial.com
www.chesapeake-financial.com

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

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

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

Family Wealth Management and Strategies • Personalized Recommendations
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Income Planning • Divorce Planning • Estate Planning • IRAs & 401(k) Rollovers

Securities offered through Registered Representatives of Cambridge Investment Research, Inc., a broker dealer, member FINRA/SIPC. Advisory, insurance, and tax services offered through Bay Financial Planning and Tax Services, LLC DBA Chesapeake Financial Planning, a Registered Investment Adviser. Cambridge and Bay Financial Planning and Tax Services, LLC are not affiliated



THE FACE OF COURAGE

**ERIC
BUSH**

MD, RPH, MBA

CHIEF MEDICAL OFFICER

Hospice of the Chesapeake

410-987-2003

www.hospicechesapeake.org

Leadership during a pandemic is critical to the success of any healthcare organization. Leadership during a time of growth and expansion is equally as important. Dr. Eric Bush has led our clinical teams during both a pandemic and a period of tremendous growth with extraordinary medical expertise, endless compassion, and thoughtful guidance, while keeping a laser focus on caring for everyone in our community living with advanced illness and loss.

While our team is simultaneously caring for more than 600 hospice patients and close to 1,000 supportive care patients per day, Dr. Bush also continues to keep a watchful eye on our “bed-side” clinical team members to ensure they are not facing overwhelming burnout and that they are caring for themselves and families during a pandemic.

Best described as leading by example, Dr. Bush received the 2021 Leadership Excellence Award from LeadingAge Maryland. As a critical part of your hometown not-for-profit hospice organization, which has served this region for 42 years, Dr. Bush exemplifies our organization’s value of COURAGE by putting your care and our community first.



FACES OF THE CHESAPEAKE 2021



THE FACE OF SKIN CARE
FOR ALL AGES

DR. KATINA BYRD MILES

Skin Oasis Dermatology

2401 Brandermill Blvd #240
Gambrills, MD
410-402-5207
www.skinoasisderm.com

Dr. Katina Byrd Miles is the founder of Skin Oasis Dermatology located in Gambrills, MD. She is a board certified dermatologist who provides medical, surgical, and cosmetic care for the entire family. Her specialties include the treatment of hair loss and the detection of skin cancer.

Dr. Miles is a Marylander. She attended Eleanor Roosevelt High School and Towson University. For her medical training, she completed her internal medicine year at University of Maryland at Baltimore, and her dermatologic training at Washington Hospital Center Georgetown University Combined Program. She has multiple academic accolades. She is a published author in a medical textbook and journals focusing on the detection and treatment of skin cancer. She is an associate professor at Ross University Medical School. Dr. Miles serves as a mentor to high school, college, medical school students and to residents. Dr. Miles believes firmly about educating patients about how to keep their skin healthy.



**THE FACES OF
GASTROENTEROLOGY**

**ANNE
ARUNDEL
GASTROENTEROLOGY
ASSOCIATES**

410-224-2116 • aagastro.com
 820 Bestgate Road, Annapolis, MD 21401
 8109 Ritchie Hwy, Suite 102, Pasadena, MD 21122
 4175 N. Hanson Court, Suite 304, Bowie, MD 20716
 1215 Annapolis Rd. suite 201 Odenton MD 21113
 130 Love Point Road, Suite 106, Stevensville, MD 21666
 7855 Walker Drive, Suite 100, Greenbelt, MD 20770

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

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

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



FACES OF THE CHESAPEAKE 2021



**THE FACE OF
PERSONAL INJURY LAW**

THE BIG DOGS FROM THE SMALL FIRM

The Jaklitsch Law Group

The Jaklitsch Law Group
Annapolis / Upper Marlboro
PH: 410-268-2801 | 855-Big-Dog1
BigDogLaw.com

Selecting a lawyer when you've been hurt in a car crash is a crucial decision. The Jaklitsch Law Group has three award-winning lawyers who lead a dedicated staff of experienced professionals, working as a team to get top compensation for people who have been injured.

Named "Best Personal Injury Trial Law Firm - USA" by Global Business Insight magazine and voted by readers of The Daily Record as both Maryland's Best Personal Injury Firm and Best Civil Litigation firm, call The Jaklitsch Law Group if you've been injured. All three attorneys, Rick Jaklitsch, Christine Murphy and Bob Farley were recently recognized by "Best Lawyers in America."

No wonder they're called "the Big Dogs from the Small Firm."



THE FACE OF INTERIOR DESIGN

FIONA NEWELL WEEKS

Dwelling & Design

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

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

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

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

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

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



**THE FACE OF LUXURY
CUSTOM HOMES**

PAUL MUELLER, JR.

Mueller Homes

Annapolis Design District
202 Legion Ave, Suite 4
Annapolis, MD 21401
410.549.4444

Paul Mueller, Jr. believes that building a luxury custom home is all about the experience! He reflects, "Your home is a reflection of your lifestyle, your family, and perhaps even your success. We are honored to serve as a trusted partner to create this once-in-a-lifetime experience."

Paul Mueller, Jr. and the team at Mueller Homes have been serving the most discerning clientele for over 30 years. The team is most notably recognized for their solid foundation of core values, exceptional quality, and handcrafted custom details.

Mueller has been recognized, locally and nationally, as a leader in the industry. The firm has received awards from industry associations, been featured in luxury magazines, and even published a book on the subject, entitled "Designing & Building Your Dream Home: How to Create an Experience You'll Love to Remember," which is available on Amazon. This publication describes their unique approach to working collaboratively with architects and interior designers to enhance the customer journey.

To learn more about Mueller Homes or to schedule a design consultation, visit www.MuellerHomes.com



THE FACES OF COMMUNITY

THE ARC

Central Chesapeake Region

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

The Arc Central Chesapeake Region (The Arc), serving Anne Arundel County and Maryland's Eastern Shore, believes in putting people first, focusing on equity, and increasing access to services and opportunities. As an organization advocating for people with intellectual and developmental disabilities (I/DD), we build community through meaningful connections, address the diverse needs of those we support, and encourage self-determination so they can reach their goals.

People with intellectual and developmental disabilities are members of our communities who have a fundamental right to be active participants in the social and economic fabric of the community where they live. The Arc's programs and support services do more than just assist people with I/DD with day-to-day tasks. We create opportunities for people to live, work, and be their authentic selves.

As we look toward the future, The Arc continues to create a growing number of inclusive opportunities for people with I/DD within their communities. When everyone is provided access to resources that support their aspirations, we become a more supportive and inclusive community, while celebrating our diverse but collective strength.



FACES OF THE CHESAPEAKE 2021



**THE FACE OF CREATING
A LIFETIME OF SMILES**

LABBE FAMILY ORTHODONTICS

SMILE! That's what it's all about at Labbe Family Orthodontics! At LFO the entire practice is committed to providing excellent orthodontic care at the right time, for the right reason, with integrity and honesty. Dr. Stephen Labbe and his amazing team of orthodontists, including Dr. Laura St. Bernard, Dr. Robert Laraway and Dr. Natalie Miller, are dedicated to the art of orthodontics. They pride themselves on staying in tune with the latest developments in this ever-changing field and utilizing cutting-edge technology to deliver unsurpassable results.

In addition, LFO is a Diamond Tier Invisalign Provider, a distinguished honor for providers with advanced experience. Therefore, the LFO team has the capability to treat even the more difficult cases in both teens and adults.

But if you are wondering what the best thing at LFO is, look no further than the incredible staff. This team of kind, caring and talented individuals works hard to make every person who comes through the doors feel like family. They seem to always be wearing a smile and consistently go above and beyond to deliver outstanding customer service.

With four locations to serve you, complimentary consultations and a variety of payment options to fit most any budget, Labbe Family Orthodontics is a superb choice for your family's orthodontic needs. Call them at 410-267-7300 today!

Annapolis | Crofton | Bowie | Greenbelt
410-267-7300
www.labbefamilyortho.com



THE FACES OF RESILIENCE

(Bottom right, clockwise): Beth Anne Langrell, President / CEO; Ivy Garcia, Director of Latino Outreach and Educational Programs; Lesa Lee, Chief Clinical Officer; Kristy Miranda, Director of Victim Services.

FOR ALL SEASONS

SINCE 1986

Offices in Easton, Cambridge, Chestertown, Denton, Stevensville and Tilghman

Main: 300 Talbot Street
Easton, MD 21601
410-822-1018
Forallseasonsinc.org

Mental Health challenges, sexual assault, abuse, and trauma are a reality for many people in our community. Not everyone wants to discuss these topics, yet we all hope they are being addressed. Today, over 85 For All Seasons staff members are the Faces of Resilience, providing the highest quality mental health and victim services to children, adults, and families across the Eastern Shore Region. Our team of specialists offers therapy, psychiatry, and victim services in both English and Spanish. We accept all insurances and serve all clients regardless of one's ability to pay. Our mental health and sexual assault crisis hotlines are available 24-hours, 365 days a year. The decision to seek mental health support is an empowering step toward healing, and the results can be life-changing. For All Seasons proudly supports our resilient community members on their journey to wellness.



FACES OF THE CHESAPEAKE 2021



THE FACE OF WORLD-CLASS
CUISINE & SPIRITS

CHEF RIK SQUILLARI

Harvest Thyme Tavern

1251 W Central Ave.
Davidsonville, MD
443-203-6846
www.harvestthymetavern.com

Nestled in the Davidsonville countryside is Harvest Thyme Tavern, owned by Chef Rik and Pam Squillari. A third-generation American chef and descendant of Italian immigrants, Rik grew up in a family of chefs and restaurateurs. He attended the Culinary Institute of America, where he met his wife, Pam, whose passion for baking bread and pastry can be traced to the long line of Eastern European bakers in her family. In 2017, they decided to create something of their own, and the idea for Harvest Thyme Tavern was born.

Together, they curate their menu seasonally, bringing their guests the freshest, all-natural ingredients available. Wine is the other half of Chef Rik's passion. He's notorious for his extensive wine list, and chances are you'll spot him making the rounds to say hello or suggesting a wine pairing.

The Squillaris attribute the bulk of their success to their talented and charismatic staff, many of whom have been with them from the beginning. It's the Harvest Thyme crew who make your dining experience delicious and memorable. Mangia!



**THE FACE OF HAVEN MINISTRIES
OUR DAILY THREAD THRIFT STORE**

**LIZ
BAZZELL**

Haven Ministries

Our Daily Thread Thrift Store
1521 Postal Road
Chester, MD 21619
Store phone number: 410-353-0455

Our Daily Thread Thrift Store Provides Hope

Haven Ministries Our Daily Thread Thrift Store in Chester offers Shore residents and visitors resale shopping where shoppers can pay it forward to those in need. The store provides quality name-brand clothing and household goods at deeply discounted prices. Purchases benefit the agency's outreach programs in Queen Anne's County, including its housing assistance program, resource center, food pantries, street outreach, and seasonal shelter.

Store Manager Liz Bazzell, who has been with Haven Ministries for nine years, comments, "I love that our nonprofit is a group of local churches working together to help a community in need. We take extra care in displaying our store merchandise so that each shopper we serve can experience joy. Whether our customers are living on limited incomes or not, we want them to leave Our Daily Thread feeling hopeful and having a better day than when they arrived."

Love shapes the ministry, love transforms people, and hope prevails at Haven Ministries. Haven Ministries operates a seasonal Homeless Shelter, a Resource Center and Food Pantry in Queenstown, Our Daily Thread Thrift Store in Chester, Hope Warehouse in Queenstown, and a Food Pantry Truck in Sudlersville.



THE FACE OF MUSIC EDUCATION

PAULA SWETERLITSCH

Indian Creek School Instrumental Music Teacher

1130 Anne Chambers Way
Crownsville, MD
410-849-5151
www.indiancreekschool.org

Instrumental Music teacher Paula Sweterlitsch describes her role as “guiding students while their inspiration leads the way.” However, there is so much more to the magic she creates with her students.

At Indian Creek, Ms. Sweterlitsch teaches instrumental music to students in grades 3-12, leading strings classes, brass ensembles, concert band, and a variety of student-driven spin-off groups, including a jazz/blues ensemble, pep band, and even a *Dave-Matthews-Band*-inspired acoustic group.

“I love when kids come in, jazzed about something that they were doing in their last class, and their excitement sparks an idea about how we can try the activity with music. Anything is possible.” This enthusiasm creates a vibrant environment, leading to some truly great moments. Recently, an accomplished high-school drummer joined her fifth-grade strings class and started to play along. The energetic beat thrilled and inspired the younger students.

Ms. Sweterlitsch loves teaching at ICS because the arts are inherent in the fabric of the community. Outside of school, she fuels her passion by playing with touring artists at the Kennedy Center and other venues.



THE FACE OF
EMPOWERING STUDENTS

RADCLIFFE CREEK SCHOOL

Celebrating 26 Years of Excellence!

201 Talbot Blvd Suite A
Chestertown, MD
410-778-8150
www.radcliffecreekschool.org

Radcliffe Creek School, located in Chestertown, MD has empowered children for twenty-six years. The school's mission is to "empower children in a dynamic environment that celebrates unique learning." Meg Bamford, Head of School since 2018, believes students are empowered with a personalized education that optimizes their potential by teaching them self-advocacy, resiliency, and independence.

Ben Joiner, Malorie Martinez, Catherine Bushby, Debbie Cohee-Wright, Gretchen Coppage and Kevin Gilcrest have taught at Radcliffe Creek School for over 20 years each. Together, along with other RCS teachers, they have played an integral role in positively changing the course of every past and present student's life. At Radcliffe, a child may receive instruction well above their grade level in the areas in which they excel. However, if a student struggles in an area, such as reading, they receive high-quality, personalized instruction via programs like Orton Gillingham. Radcliffe's small class sizes allows students take a proactive role in their learning process and provides them with multi-sensory instruction. Students who graduate from Radcliffe Creek School are empowered with confidence in themselves and equipped with the tools and skills to be successful! To learn more, reach out to info@radcliffecreekschool.org!



THE FACE OF DISCOVERY

STACY SHAENER

Severn School,
Lower School Math Specialist

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

Success in math involves much more than just working with numbers. It's about developing a growth mindset and the confidence to tackle challenges when they inevitably arise. Lower School math specialist Ms. Stacy Shaener teaches kindergarten through 5th-grade students the skills they need to take ownership of their learning with creativity and joy. With a focus on real-world problem-solving, her students discover the many ways that math shapes our daily lives. Her classrooms buzz with energy as students eagerly share their thinking, help each other overcome challenges, and develop new ways of looking at the world.

"Helping students identify in themselves what they do well is so important. And we have to be really specific with students about what their strengths are. When I give feedback in class, it's never just 'Great job.' I choose specific things from their work to help model this thinking for them, 'I like how you were able to break up those numbers' or 'I like how you added on to Stacy's idea.'"

Ms. Shaener believes that building a supportive community around math helps students reach their fullest potential. She teaches summer camps, leads teacher and parent workshops, and finds professional development opportunities to keep her curriculum fresh. Working with educators like math innovators Greg Tang, Jo Boaler, and Sue O'Connell, she models the same collaboration and positive enthusiasm she hopes to instill in her students. At Severn School and in our local community, Ms. Shaener is changing attitudes about math one smile at a time.



**THE FACE OF
CHESAPEAKE HISTORY**

PETE LESHER

Chesapeake Bay Maritime Museum

213 N Talbot St
St Michaels, MD 21663
410-745-2916
www.cbmm.org

As Chief Curator of the Chesapeake Bay Maritime Museum in St. Michaels, Md., Pete Lesher finds himself immersed in the history, environment, and culture of the watershed each and every day.

Lesher has been a member of CBMM's staff for more than 30 years and leads in all aspects of interpretation— from the preservation and stewardship of more than 80,000 irreplaceable objects in its collection to the direction of exciting new exhibitions and programming, ensuring that what CBMM presents aligns with its mission.

A true authority on the history of the region and its inhabitants, he was also featured in a recent film presented by CBMM, *The Long Shore*, that addresses not just what the waterfront museum does, but why as well. See the full film at cbmm.org/TheLongShore.

Plan your visit to CBMM's 18-acre waterfront campus today to see Lesher's work as you enjoy wide-open spaces and interpretive educational exhibitions.



FACES OF THE CHESAPEAKE 2021



THE FACE OF
COSMETIC INJECTIONS

ProMD HEALTH

166 Defense Highway
Suite 302
Annapolis, MD
443-333-4940
www.promdhealth.com

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

They tout some of the most advanced devices such as HydraFacial, Viveve, and Sciton Halo. ProMD Health uses its complete suite of treatments to cater to each patient's unique needs to help them Look Younger on the outside and Feel Younger on the inside. Whether your goals are prevention, treating a skin condition, looking like you did 10 years ago, or feeling like you did 10 years ago, ProMD Health has something for everyone.



THE FACE OF HOPE RE-IMAGINED

ARUNDEL LODGE

2600 Solomons Island Rd
Annapolis, MD
443-433-5900
www.arundellodge.org

The challenges of the pandemic have affected every aspect of our lives. We have experienced loss and struggled with our feelings of safety and security. Our mental health needs attention and care.

Arundel Lodge provides services for mental health and substance use disorders. Our programs for adults, children, families, Veterans, and the deaf population offer a full range of services from outpatient therapy to our day or residential programs. We have a health home for preventive care and behavioral health issues. We have specialists to support independent living and employment.

We are here for you. You are important. Let us help you on your journey.



PREMIUM GAS LOGS



THE FACE OF LUXURY
HEAT SOURCES

ERIC YFF

Bay Stoves

3157 Solomons Island Rd
Edgewater, MD 21037
410-956-7101
www.baystoves.com

Lifetime Maryland resident, Eric Yff started his career in home improvement at age 25 when he opened Yff Construction, Inc. For many years, his company worked as a subcontractor for Bay Stoves, providing all of their fireplace installations and service work. In 2014, Eric bought Bay Stoves and now runs both the retail and service aspects of the business.

As a National Fireplace Institute (NFI) certified technician with 30+ years of experience, Eric defines what it means to be a professional in the fireplace industry. Not only is he trustworthy and reliable, but he is well versed in all safety standards and county codes.

Bay Stoves has developed into the leading provider in luxury fireplaces, and offers numerous models of wood, gas, electric, and pellet stoves. Their showroom in Edgewater displays various possibilities to upgrade your existing fireplace, or add a new one to your home. Whether your style is sleek and contemporary or timeless and traditional Bay Stoves has the product for you.



**THE FACE OF AN
INDUSTRY TITAN**

JAMES J. KING

Founder & CEO
Titan Hospitality Group

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

James King, Founder and CEO of Titan Hospitality Group which owns and operates The Blackwall Hitch (Annapolis, MD & Alexandria, VA), The Blackwall Barn & Lodge (Gambrills, MD), and Smashing Grapes Kitchen & Wine Bar (Annapolis, MD & Gambrills, MD) has emerged as a true Titan of the restaurant industry.

The former State Delegate who is still frequently spotted in the halls of the State House advising current elected officials on small business matters has fostered powerful relationships with key decision makers on both sides of the aisle. As President of the Maryland Restaurant Coalition, King led the successful fight to keep restaurants open during the pandemic, keeping thousands of county residents employed.

Beginning with his work ethic and his unwavering dedication to establishing a positive workplace culture, King has reinvented the team mentality and created a roadmap for success for fellow restaurateurs to follow!



**THE FACES OF
REGENERATIVE MEDICINE**

DR. ZVEZDOMIR ZAMFIROV
DR. NICHOLAS MATA

All Star Pain Management &
Regenerative Medicine

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

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

BOWIE OFFICE - OPENING SOON
4201 Northview Drive
Bowie, MD 20716

443-808-1808
allstarpainmanagement.com

Founded in 2017 with the mission of providing a comprehensive approach to pain relief, All Star Pain Management and Regenerative Medicine has established itself as a leader in regenerative medicine in the Annapolis area.

Our cutting-edge procedures not only focus on your chronic pain symptoms but also target the underlying orthopedic condition that causes them. We pride ourselves on our ability to treat pain and injuries to the spine, joints, muscles, ligaments, and tendons.

Our founder, Dr. Zamfirov (Dr. Zed), has extensive experience in regenerative medicine and has built a successful practice with the goal of helping you obtain relief from your arthritis, neck and back pain, sports injuries, or chronic pain due to an orthopedic condition. Our innovative approach offers a wide variety of treatment options that are customized to your individual needs and provide life-changing results.

A native of Ohio, Dr. Nicholas Mata provides specialized, holistic, multidisciplinary medical care for a wide range of musculoskeletal and painful conditions. He is skilled in a variety of nonsurgical interventional treatments for the spine, nerves, and joints and can provide options for neuromodulation technologies for pain.

Dr. Mata received a B.S. degree with honors from The Ohio State University and an M.D. degree from Wright State University. He then completed his residency in Physical Medicine and Rehabilitation at Case Western Reserve University's MetroHealth Medical Center, where he was selected as Chief Resident. In addition, Dr. Mata also subspecialized in a Pain Medicine fellowship at Case Western Reserve University.



**THE FACES OF
CLEAN CARS**

**TOM, ALYSSA
& SUDS
MORRIS**

Chesapeake Car Wash

111 Defense Highway
Annapolis, MD 21401
410-224-0175
www.chesapeakecarwash.com

Chesapeake Car Wash and Detail Center, conveniently located near Annapolis Mall, is a state-of-the-art facility that specializes in cleaning your vehicle with their exterior, full service, and detailing service options.

Tom Morris, started Chesapeake Car Wash in 2016. With a background in hockey as a coach and working for professional teams, he is an expert in teamwork and has unmatched determination. This determination has been the spark in Chesapeake ever since, and the reason Tom is living his dream of owning a car wash. His daughter, Alyssa, made it a 'family' business when she decided to join the team after graduating college in 2017. She continues to play a pivotal role in the car wash's success as her and her Dad continue to grow, innovate, and deliver Chesapeake's promise to provide customers with excellent service and spotless cars.

Alyssa's dog, cleverly named Suds, is the customer service specialist and can be sighted at Chesapeake providing customers with a smile. The Chesapeake team is continuously searching and implementing the most advanced technology/features available in the car wash industry.



THE FACE OF PERSONAL AND PROFESSIONAL REAL ESTATE

SCOTT SCHUETTER

CENTURY 21 New Millennium

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



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

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



**THE FACE OF
FINANCIAL FREEDOM**

PROSTATIS FINANCIAL ADVISORS GROUP

7580 Buckingham Boulevard, Suite 180
Hanover, MD 21076
410-863-1040
www.prostatisfinancial.com

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

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

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

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



FACES OF THE CHESAPEAKE 2021



THE FACE OF WATERFRONT
RETIREMENT LIVING

MANY ONE
BEDROOMS
APARTMENTS
TO CHOOSE
FROM

PARKER & PATTY WILLIAMSON

BayWoods of Annapolis

7101 Bay Front Drive
Annapolis, MD 21403
443-837-1208
baywoodsofannapolis.com 🏠

Meet the Williamsons:

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

"BayWoods became the perfect launch for our retirement adventure," states Parker. "We discovered luxurious, yet affordable accommodations and amenities, access to excellent medical care, local Annapolis entertainment all within easy access to Washington and Baltimore." "I enjoy walking our dog Briny at Quiet Waters Park across the street," states Patty, who also is an active volunteer in the greater Annapolis community with Hospice of the Chesapeake. This is an active lifestyle filled with adventures every day, all in a pet friendly continuing care retirement community with equity ownership.



Jennifer Chaney, CSP, GRI, MBA
Broker- Owner- Designer



Tricia Wilson, GRI



Joelle Dolch



Janice O'Donnell, GRI



Jeanne Kent



Carol Delayo



Karoline Kent



Jennifer Wittmer



Dawn Sweeney

THE FACE OF SOLD

CHANEY HOMES

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



Chaney Homes was founded upon the notion 'image sells'. Broker- Owner, Jennifer Chaney, carved the niche within the marketplace whereby 'staging' fuels their clients' strong, fast sales.

At first a singular-agent brokerage, Jennifer quickly gained market dominance just a year after launch of Chaney Homes. Each year earning exponential growth, and strong returns for clientele.

Fast forward eight years- Chaney Homes now has 9 hand-selected Realtors, a full-time, fully staffed staging department, and over 5,000 square feet of high-end furnishings personally selected by Chaney to propel their listings to the top of buyer's wish-lists!

Pretty sells. Buyers want what is attractive to the eye. Staging 'creates the scene' for as lucrative a sale as possible. Chaney's talented crew fully transforms each listing- in just one day. An 'all-included' service reserved exclusively for Chaney Homes clients.

List-Stage-SELL with Chaney Homes, Voted '2021's Best Residential Real Estate Brokerage', What's Up Eastern Shore magazine.



FACES OF THE CHESAPEAKE 2021



THE FACES OF
COMPREHENSIVE DENTISTRY

SCOTT FINLAY, DDS & MICHELLE PEREZ, DDS

Annapolis Smiles

1460 Ritchie Highway, Suite 203
Arnold, MD 21012

New Patients: 410-989-7132

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Sarah is a luxury home specialist and award-winning top sales producer with expertise in the local Annapolis market. As a resident of historic Annapolis, she is familiar with the nuances of downtown including Murray Hill and Eastport. Sarah also works extensively throughout Anne Arundel County with a particular focus on waterfront properties.

Sarah possesses a keen attention to detail, strong negotiation skills, and an unwavering commitment to achieve the very best outcome for her clients. Prior experience in marketing and sales, including Director of Admissions for St. John's College and sales roles at IBM, influences Sarah's approach to her real estate business. She is known for her clear and personable communication style, responsiveness, and results.

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The company's tagline "Defense – A Family Tradition™", is a nod to Richie's father, Richie Petitbon, Sr., whose name you may recognize as a former NFL player and one of the top defensive football coordinators of his time.

Richie often says "My dad designed defense for the Redskins, and we design defense for your home and business".



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"If you understand how money can work for and against you, you can make better decisions," said former Chairwoman of Dreamworks Animation, Mellody Hobson. "Financial literacy is not about wealth but about understanding money regardless of the amount." Ann C. Alsina couldn't agree more.

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Whether it's her Second Saturday Workshop, Women, Wine & Wisdom, or her other seminars, Ann and her team at CovingtonAlsina want to provide access points to financial planning.

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With Jack at the helm, Academy Realty has completed over 750 transactions throughout the years while supporting several great causes along the way. With support from his team of full-time professional Realtors and staff, Jack works hard to ensure seamless transactions for his clients while also maintaining a high level of commitment towards his philanthropic goals. Jack's commitments include Shop With A Cop through the Annapolis Optimist Club, President of the Annapolis High Sports Boosters Club and Parish Council Member at Ss. Constantine & Helen Greek Orthodox Church. Through his work and volunteer efforts, he helps to grow strong communities by being present and giving back. Watching others realize their own success is what keeps him smiling, "...the more you give, the more you get."



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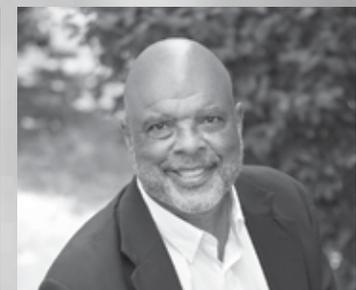
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Daniel Laughlin, MD, is a Board Certified Plastic Surgeon who specializes in aesthetic plastic surgery. Dr. Laughlin brings more than two decades of experience, serving patients from in and around the Annapolis region. He holds memberships in the American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

Kelly Sutter, RN, CANS of Skin Wellness MD is a certified aesthetic nurse specialist and holds certification in laser physics and is also an expert in injectables including neurotoxins and dermal fillers. Kelly has extensive experience with cosmetic lasers including the Sciton BBL, ProFractional, HALO, and BBL Hero lasers. She is a member of The American Society of Lasers in Surgery and Medicine, as well as The International Society of Aesthetic and Plastic Surgery Nurses. Kelly is also proud to be a part of the Allergan Medical faculty and an AMI injectables instructor.



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lauracarney.com



Laura Carney's extensive knowledge of the Eastern Shore real estate market is second to none.

A Vice President of TTR Sotheby's International Realty and native of Talbot County, Laura has witnessed the many changes and growth over the last several decades. Her insight and in-depth understanding of the area is critical in guiding both buyers and sellers.

For over thirty years in the industry, Laura has worked not only on the shore, but also in the fast-paced markets of the DC metropolitan area. Laura's professionalism, unmatched ethical approach, and unwavering dedication to her clients' success, is what makes her one of the leading agents in Talbot County. Combining her local knowledge with TTR Sotheby's International Realty's global network and reach brings an incredible dynamic to the Eastern Shore.

Laura is active in the community, served as President of the Board of Talbot Humane, and enjoys her family, boating, golf, travel, and her many rescued pets.

VINTAGE RIDES

BY KAT SPITZER

Planes, trains, automobiles, and more ways to experience a nostalgic trip through time

After more than a year of being mostly indoors and putting off any travel, it's never been a better time to explore the beautiful state of Maryland. The state is filled with so much history, culture, and natural beauty. A fun way to connect with the Free State is to explore different regions via vintage transportation like historic steam trains, old-school biplanes, classic cars, and hot air balloons. These rides provide historic charm, gorgeous scenery, and authenticity in showing what life in the state was like in the past. It doesn't even matter the destination. With these adventures, it's all about the ride.



STEAMING ALONG

The Western Maryland Scenic Railroad out of Cumberland, Maryland, offers a myriad of opportunities to enjoy the region on an historic steam train. “We aim to create an experience driven moment, where people will get to see what life was like in the past, and live in a microcosm of history for three to four hours,” says Wesley Heinz, Executive Director of the Railroad. “The historic railroad ties today to the past. The railroads are what created this town in history. Rides on the locomotive bring generations together, and remind people of where they came from. It’s a true family event.”

It’s not often people can enjoy the fun of riding a steam locomotive. The Railroad offers a number of programs including their signature daytime ride starting in Cumberland and heading to Frostburg. Along the way, passengers enjoy numerous sites and gorgeous lookouts. “We try to stay quiet for a lot of it so people can enjoy the views with their families,” Heinz says, “but we do narrate points of interest like a mini version of the White House, and offer up interesting, kitschy facts that most people don’t know in advance.” Once the train arrives in historical Frostburg, passengers have around 90 minutes of free time to walk around and get lunch at the fabulous Toasted Goat, or local pizza and ice cream venues. Then it’s back on the train for a relaxing, scenic ride back home. “While you can usually walk up and get a seat in coach, I recommend making reservations online to be able to pick great seats in advance,” Heinz says. The train offers standard coach seats, and then upgrades from there, which include some food and drinks. For a truly unique experience, book the dome car for even more exceptional views.

“The train is just an amazing vessel for multiple types of experiences. For us it’s about wholesome family moments and communities, communities, communities.”



Throughout the year, the Railroad offers special, shorter, seasonal rides and events for the whole family. During the summer, passengers can enjoy an ice cream train on certain days. “The kids absolutely love this,” Heinz says. “We play music and have prizes and it’s such a fun thing for parents and grandparents to do with the kids.” Fall foliage time is an exceptional time for rides, and there are plans for Pumpkin train rides, where everyone will be bringing home a pumpkin. Winter brings around the Railroad’s popular Polar Express events. But the fun doesn’t stop there. Passengers can take general dinner rides, and take part in entertaining Murder Mystery dinner events. For mystery lovers, and Agatha Christie fans, it’s hard to think of a better location for these events than a train! But don’t forget to return for the Whiskey Rebellion! Each experience is unique and will leave passengers wanting to come back for another memory.

Heinz notes that the train works closely with local trails and there are often events for people interested in hiking and biking in the area, as well. “It’s such a beautiful location,” Heinz says. “The train is just an amazing vessel for multiple types of experiences. For us it’s about wholesome family moments and communities, communities, communities.”



TAKE TO THE SKIES

If you want your nostalgia-fueled fun to include a little more wind in your hair, consider taking to the skies in an historic biplane or hot air balloon. At Ocean City Plane Rides, pilot Bob Bunting can take passengers up in a bright red Waco YMF-5 to take in the scenery along the coast of Maryland, and see the sights of Ocean City and Assateague. “My plane, while built in 1988, is based on a 1936 design. The blueprints are from the Smithsonian, so that the planes would be 100 percent authentic,” Bunting says. “And the engines are actually 1930s engines, that just keep getting rebuilt.”

Bunting can take one or two people at a time, with the passengers in front and the pilot in the rear of the plane, for a 30-minute adventure in the sky. “People can experience what life was like in the old days of flying, with the wind in their face,” Bunting says. He’s been flying since 1975 and says he’s always surprised at how many people he takes up who have never been in any type of plane before. “Even if they are nervous at the beginning, I would say 99.9 percent get out of the plane with a huge grin on their face.” That’s a pretty good record for a pilot who has been flying biplanes since 1975. The flights go out of the Ocean City Airport, and run from the spring until late in the fall. If the weather is good, he has been known to take passengers outside that window, as well.

At Biplane Air Tours, pilot Nick Mirales, takes one passenger at a time in his lemon yellow N75NM 1944 Stearman WWII trainer. Since 2000, passengers have had the chance to fly over the scenic northern section of the Chesapeake Bay and see gorgeous landscapes, rivers, and homes, along with points of interest like the Civil War site of Fort Delaware, Baltimore, and the Bay

Bridge. “While I never do any acrobatics, I do allow passengers to take over the controls and fly the plane, if they feel comfortable,” Mirales says. “It’s quite an adventure for them. Almost every passenger will exit the plane saying this was the neatest thing they’ve ever done.” With passengers ranging in age from 10 to 99, Mirales has been able to help so many people achieve a dream on their bucket lists.

Rides on Mirales’ plane take off from the Massey Aerodrome on the Eastern Shore of Maryland. This is a great location for families to come watch their loved ones take flight, but also enjoy the Massey Air Museum on site, while they wait. The museum describes itself as “a living airport-museum reminiscent of rural airports of a bygone era.” Mirales points out that it’s a great opportunity to look around at all the planes up close, and learn more about antique aircraft restoration.

In addition to taking passengers on flights in his WWII era plane, Mirales also performs fly-bys during the Living History cruises on the Liberty Ship, *John W. Brown*, out of Baltimore. While these events had to shut down during the pandemic, he is hoping to be part of them again in 2022. Passengers get to experience a cruise on the ship as if they are at war in the middle of 1944. The sailing features live music from the ’40s, historical re-enactments, and other period entertainment. Mirales, and other local pilots with vintage WWII aircraft, perform fly-bys, with the ship’s Armed Guard gunners manning the guns to defend the ship. Passengers have the opportunity to look through many parts of the amazing ship, and view the huge steam engine. “If you love nostalgia and history, it doesn’t get better than this,” Mirales suggests.

“It’s quite an adventure for them. Almost every passenger will exit the plane saying this was the neatest thing they’ve ever done.”



FLOAT LIKE A BUTTERFLY



“they don’t ever end up being as fearful as they anticipate. It’s so calm. Instead people find it breathtaking and they become enthralled by the sights and the feel of the ride. It’s like nothing they’ve ever experienced, and they love it.”

When it comes to vintage transportation, riding a hot air balloon literally reaches great heights. As Todd Davis with Del Marva Balloon Rides points out to all his guests, “the first experimental hot air balloon went up in 1783.” Since 2006, Davis has been giving people the experience of a lifetime. “I try to make the adventure special. Some people are afraid, but it doesn’t end up being what they expect. It’s very peaceful.” In a 60-minute ride with Davis, passengers can expect to see gorgeous vistas with the Bay in the distance, maneuver low over treetops, and even be able to reach out and pick a leaf. “You don’t land where you start, so each ride is a little different,” Davis says. “But the distance is usually about eight to ten miles.”

In Carroll County, Maryland, Steve Andrews with Sky Candy Ballooning offers passengers views of unparalleled beauty over farmland and other natural sites. “While the ride is 45 to 60 minutes long, the whole experience is around 3.5 hours,” Andrews says. “We have the passengers help with the set up and tear down, so they get to see all the exciting parts of the balloon, and have a real hands-on experience. Then we go where the wind blows.”

While some people might be hesitant at first because of a fear of heights, or nervous that passengers are hanging out in a basket, Andrews says, “they don’t ever end up being as fearful as they anticipate. It’s so calm. Instead people find it breathtaking and they become enthralled by the sights and the feel of the ride. It’s like nothing they’ve ever experienced, and they love it.” Balloon operators will typically take anyone up over the age of five years, but note that younger kids need to be strong. The number of people allowed in a balloon varies depending on the season with temperature and humidity levels. They can take more at a time in the spring and late fall. “A ride in a hot air balloon is an experience like no other,” Andrews says.





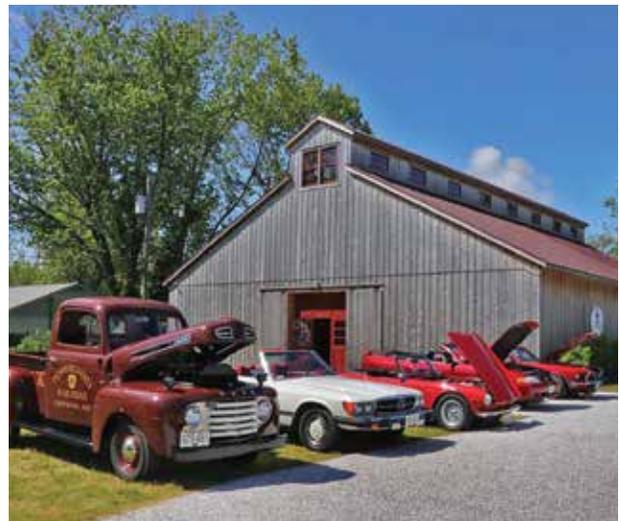
TAKIN' IT TO THE STREETS



After trains, planes, boats, and balloons, perhaps you want to enjoy your nostalgia in a more grounded way and appreciate some time with a classic car. At the Classic Motor Museum in St. Michaels, guests can view the exhibit barn and see fabulous examples of pre and post-WWII classic automobiles, mid-century muscle cars, vintage trucks, and more collectibles. The collection changes periodically so that there is always something new to see. You can even rent out the space for your next event to have a vintage feel.

While there are not many people or places willing to rent out classic cars for you to drive, there are numerous Cars and Coffee events to enjoy, admire, and discuss details of cars with owners. It's a wonderful way to fully appreciate the vintage car experience. Every Sunday morning, year-round, from 7:30 a.m. to noon, at Annapolis' City Dock, car enthusiasts gather with their vintage vehicles. They love to have discussions and answer questions about their cars of all makes and models. All are welcome at these events.

The Wheels From the Past Car Club have cruise nights on Thursdays at 6 p.m. at the Greene Turtle in Edgewater. They also promote a huge annual Labor Day weekend car show that is a terrific family event for car lovers. Each fall an event called Vintage Vehicles in the Valley takes place in Middletown, with some of the proceeds going towards helping to restore their local historic buildings. For an opportunity to rent and drive a vintage car yourself, websites such as Turo.com can connect you with options.



Maryland, with all of its rich history and natural beauty, is well worth a ride down memory lane. Appreciating the present, while tying these moments to the past, is a great way to spend time as a family or with friends. The opportunities are exciting, adventurous, and will create memories to last a lifetime. After all this time waiting to get out and enjoy yourself, now is the time to experience, learn about, live, and enjoy the state of Maryland. Enjoy the ride!

ANOTHER YEAR OF RECOVERY... AND PROGRESS

A preview of the 2022 Maryland Legislative Session

The pandemic brought out the best of all levels of state government that worked so hard to help those most in need. Continued recovery in the days, months, and even years ahead depends more than ever on cities and counties working together to solve the many pressing problems that remain. As 2022 begins, two things still are clear: Rising up “together” has been a divisive endeavor and this pandemic—even if the number of fully vaccinated people increases—could be far from over.

Recap of the 2021 Legislative Session

The “RELIEF” Act supplemented federal stimulus checks with \$300/\$500 payments to qualifying individuals/families, repealed all state and local unemployment income taxes from 2020–21, provided up to \$3,000 per month for 90 days in sales tax credits to small businesses, and allocated half a billion dollars to both companies and nonprofits for assistance with human services-related programs. This included everything from energy use to health and housing needs.

Because the pandemic created the highest level of joblessness since the Great Depression, several components of the entire unemployment benefits system were targeted, including allowing higher earned amounts before benefit reductions. The legislature also passed and then overrode Governor Larry Hogan’s veto of a second version of the “Blueprint for Maryland’s Future” Act, a multi-billion-dollar education reform bill that increases teacher salaries, extends tutoring programs through high school, provides support for technology-related equipment and behavioral health, and offers college and career preparation.

Another \$577 million was distributed to Maryland’s four historically black universities, sports betting was legalized, juvenile life sentences without parole was banned, and “Maryland, My Maryland” as the state song was shelved.

Finally, the legislature passed several bills expanding early voting, reforming immigration policies—such as allowing non-citizen low and moderate-income workers, even some living in

Maryland without documentation, to receive the Earned Income Tax Credit—and enhancing police accountability, including repealing the Law Enforcement Officers’ Bill of Rights, which will impact disciplinary proceedings, investigations of officer-related fatalities, and the extended use of body cameras. The Maryland Fiscal Year 2022 Budget of \$52.4 billion represented a \$4 billion increase from 2021, which compelled the legislature to override many Hogan vetoes of revenue-raising tax bills.

To discuss the 2022 session’s priorities, we spoke to **Bonnie Cullison**, House Deputy Speaker Pro Tem (D-District 19); **Jason Buckel**, House Minority Leader (R-District 1B); Delegate **Shaneka Henson** (D-District 30A); Delegate **Steve Johnson** (D-District 34A); Delegate **Dana Jones** (D-District 30A); **Bill Ferguson**, President of the Senate (D-District 46); **Arthur Ellis**, Senate Assistant Deputy Majority Leader (D-District 28); Senator **Sarah Elfreth** (D-District 30); and Senator **Adelaide Eckardt** (R-District 37).

Cullen sits on the Joint Committee on Legislative Ethics, and, with Johnson, on the House Health and Government Operations Committee; Buckel sits on Joint committees on Children, Youth & Families and Administrative, Executive & Legislative Review; House committees on Legislative Policy and Spending Affordability, and, with Jones, on the House Ways & Means Committee; Henson sits on the House Appropriations Committee; Ferguson is Co-Chair of the Senate’s Legislative Policy Committee and a member of the Joint Covid-19 Response Legislative Work Group; Ellis sits on the Senate’s Education, Health & Environmental Affairs Committee; the Joint Subcommittee on Program Open Space & Agricultural Land Preservation, and, with Elfreth, on the Joint Committee on Ending Homelessness; Elfreth also sits on Joint committees on the Chesapeake & Atlantic Coastal Bays Critical Areas and Pensions, and, with Eckardt, on two more committees—the Senate’s Budget & Taxation Committee and the Joint Committee on Administrative, Executive & Legislative Review; Eckardt also sits on Joint committees on Children, Youth & Families, and Audit & Evaluation as well as the Senate’s Vaccine Oversight Work Group.

ISSUES THAT THE 2022 LEGISLATIVE SESSION WILL FOCUS ON →



Law Enforcement Issues

RECREATIONAL MARIJUANA: “I’d like to see a thoughtful implementation plan for legalization, in order to do it the right way, Ferguson said. “Speaker Adrienne Jones is willing to have a public referendum on legalizing marijuana,” Henson added. “Passage may impact how marijuana laws were enforced in the past. We’ll have to see if restorative justice will be addressed and how far it would extend.” Johnson wants to see data from other legalized states. “Have there been more car accidents; harder drug use; higher crime rates? How do we regulate it? It’s not a controlled drug so there isn’t a lot of available research yet.” Elfreth has some ideas. “We will view this through an equity lens for marginalized communities of color and address driving under the influence. We’ve tried to learn from other states; we know we’ll see significant revenues but there are many unknown variables. Will Black and Latinx-owned businesses be able to participate? That’s not the case now for medical marijuana.” Del. Buckel has concerns. “You can’t just legalize it. It’s federally illegal and it’s an entire industry whose many components

must be considered before putting it to a referendum,” he cautioned. “There’s no legal standard to measure impairment behind the wheel like for alcohol, just ‘positive’ or ‘negative,’ but previous marijuana use can stay in your system for days. There are no real legal problems with medical cannabis so how will recreational use impact those entrepreneurs and their employees?”

POLICE REFORM: “The 2021 Police Reform package included five bills with an implementation date of 2023, so in 2022, we’ll be monitoring that process,” Elfreth said. Johnson is reintroducing a bill on the interrogation of minors. “Currently, they can be asked questions without parental permission or notification that they’re in custody,” he noted. “We have to make sure minors know that like adults, they don’t have to talk without legal representation. Kids deserve the same protections as anyone else.” Buckel is looking for balance. “So far, reform seems to be 100 percent on the police side but there’s also the criminal side. There’s more to it than how we arrest people; do we let them back on the streets without considering their arrest history?”

GUNS: Buckel also wants higher penalties like automatic felonies and longer

sentences “when there is a proven connection between a crime and the theft of a handgun, which is a very high percentage. In Maryland, it’s not automatically a felony; charges are based on the value of what was stolen. The felony threshold was lifted to a theft of \$1,500 but most guns don’t cost anywhere near that. Let’s make the consequences much higher even if they take years to permeate career criminals’ consciousness and create a measurable deterrent.” Henson announced that she’ll “continue to push for not being able to bring guns into the polls” during voting. “Ghost guns will also come up again,” Jones predicted.

Health and Legal Issues

MARRIAGE AGE: Over 3,500 minors have been married in Maryland since 2000, an average of roughly 200 a year—85 percent of them female, according to Elfreth. The vast majority marry other teens, but many have married older men in their 20s, 30s, and 40s. Since 2016, almost half of the female minors married here were from elsewhere after 21 other states prohibited or restricted children getting married (Delaware and Virginia don’t allow marriage under 18). Because the age of consent in

Maryland is 16, minors that age and 17 can marry with parental consent or physician certification that a female is pregnant or has given birth; however, females can marry as early as 15—**below** the age of consent—if they have both parental permission and physician certification of pregnancy or childbirth, even if their partner may have committed statutory rape. For several years now, bills to raise the marriage age in Maryland have not passed. Elfreth would like to see the minimum age set at 17 with no exceptions. “Child marriages lead to significantly harmful outcomes,” she wrote in a letter to Senate leaders. “The vast majority of girls who marry before the age of 18 face significant lifelong challenges” such as dropping out of high school, encountering domestic violence, getting divorced, and living in poverty. “I personally agree with increasing the age to marry,” Ferguson says. “But there are very intense feelings on all sides of this issue and so we it’ll be up to the committee that hears the bill to decide if it should move forward.”

PREGNANT MOTHERS: “We need greater access to overall health care for our most vulnerable,” Eckardt urged. “We expanded Medicaid to cover pregnancies through childbirth for qualified individuals who pay taxes in Maryland,



but minority populations still have higher infant mortality rates.” Ellis wants to authorize Medicaid to provide for doula services in a three-county pilot program. “It works really well in New York and is ready for expansion there. Critics think it’s related to abortion but it isn’t,” he clarified. While Governor Larry Hogan provided \$12 million last year to assist pregnant women, “Passing this bill will provide permanent support,” Ellis said. “This is a growing issue of importance and thus a top priority of mine because minorities have a more adverse birth outcome for both mother and child during labor and delivery. [Some hospitals] put a limit on doulas; they have to be certified by certain organizations. My bill puts in the certifying organizations.”

FOREVER CHEMICALS:

“They’re everywhere; in our water, food such as popcorn, and household materials like carpet,” Elfrehth warned. “They stay in your body and accumulate so they must be thoroughly studied. Firefighters, the biggest advocacy group, are the most exposed; when they enter a house, everything that contains these ‘forever chemicals’ is burning and consequently inhaled. We’re testing 180 drinking water sites statewide, but I want to ban all products that contain them, including food. Maine passed a similar bill.”

FINANCIAL BURDENS:

Medical debt is an increasingly common problem in the Covid-19 era. “It requires an income-based repayment plan,” Cullison said. “Folks below the poverty line shouldn’t be paying for medical care and those above it shouldn’t have it taken away.” She wants to maximize the benefits of telehealth. “Before the pandemic, it wasn’t being widely used, but that’s changed. However, reimbursement is the same as for in-person care. While telehealth works surprisingly well in some situations, in others, it may not be the best option, so the question is, should in-person care be a greater reimbursement? We want our providers to be fairly reimbursed no matter what modality they use.”

The Environment

CLIMATE CHANGE: “This issue will be front and center,” Cullison declared. “We must monitor and even change our environmental impact. The House is not willing to give up on this.” According to Ferguson, “Last year, we passed pieces of the Climate Solutions Now Act separately; now we’ll need to focus on the pieces that didn’t make it while also recognizing the context of the overall marketplace.” Ellis has unfinished business: “My bill last year planted three million

trees—500,000 of them in concrete cities—to help with soil erosion and Bay runoff, but electrified buses to reduce our carbon footprint didn’t pass.”

WASTEWATER TREATMENT:

“We have inadequate wastewater systems, especially on the Eastern Shore,” lamented Eckardt. “We need a master wastewater treatment system instead of failing individual systems like filtration ponds that malfunction. Keeping pollutants out of the Bay will protect our critical areas.”

OYSTERS: “I have about 15 environment-related bills that would address public water access, outdoor green spaces such as state parks, and oysters,” Elfrehth announced. “The Oyster Advisory Committee should have a report for us by then. One issue we’ll address is running out of shell, which needs to be planted in the oyster sanctuaries to stimulate oyster reproduction.”

Covid-19

Having departed prematurely in March 2020 as most Americans transitioned to working and attending school from home, tackling Covid-19 was the legislature’s mission in 2021, even as the House of Delegates met in different rooms to maintain social distancing while the State Senate

operated from behind plastic enclosures. “I called them ‘penalty boxes’ like in hockey,” Del. Jones said. “This is our #1 ongoing issue,” Sen. Ferguson vowed. “Sadly, we are still managing the Covid crisis as it continues to unfold.” Some see a new normal. “We made incredible adjustments last year and had a very productive, session, so what did we learn operationally that will help us this year?” Del. Cullison asks. “What can be virtual vs. on the floor?” Others long for a more familiar setting. “We’re hoping for a normal, quiet year and a boring, traditional session,” Sen. Ellis mused. Either way, “The focus will be on how to make this session work for the public,” Del. Cullison vowed.

Combating the pandemic and promoting economic recovery will again top the agenda. “If we don’t get people vaccinated, we could see a Covid-19 resurgence from the different variants,” Sen. Eckardt warned. “There’s a lot of misinformation on the Internet; more outreach efforts are needed to get adequate information to the public and provide greater vaccine access, and then we can get the economics right.”

UNEMPLOYMENT BENEFITS:

“Many businesses, especially in the hotel and restaurant industry, still limit their hours of operation because of workforce reductions,” Eck-



ardt continued. “The Labor Department is implementing reforms passed last year so we’ll have to see what the results are before we decide what comes next; in the meantime, we’ll meet the needs of those who have been hit the hardest,” Jones promised.

SENIOR ISSUES: “Adequate care for seniors has been challenging. Nursing and retirement homes were among those the pandemic hit hardest,” Eckardt said. “Their residents still don’t have enough caregivers. We need a consistent, qualified workforce in our medical fields and we’ve been working with our medical boards on this.” Del. Johnson is concerned about retirees’ financial well-being. “Almost every nearby state is more retirement-friendly on Social Security taxes or pension withdrawals because retiree incomes don’t keep up with inflation costs. People shouldn’t have to leave their kids and grandkids behind to retire elsewhere. We need to look at what other states are doing.” Elfreth sees a trade-off. “Social Security taxes is a tough issue but we have some of the best hospitals and schools in the country compared to lower-tax states. Every tax credit that we give, we’ll have to pay for.”

HOUSING: “Stability in the rental markets, including landlord-tenant relations, is a

top priority. Property repairs are needed more than ever,” Del. Henson stated. “I’m reintroducing a bill to establish statewide standards for mold remediation like we have for lead, radon, and other biohazards.” Elfreth added, “When a house sells, we also must be open and honest about its flood zone status.”

MENTAL HEALTH: “The trauma impacted by Covid-19 must be addressed, including mental illness, substance abuse, unresolved family conflicts, and increased gun violence,” Eckardt said. Cullison intends to reintroduce mental health-related bills “to learn more about suicides and become prevention-oriented.”

RECOVERY TOOLS: “Last year we passed a law providing a tax benefit to those who donated food and other necessities and who provided a variety of assistance programs for help with evictions and other legal services,” Jones said. “The result: Many resources are available at every level of government for those who need them.” Her office has put together a master list: <https://bit.ly/DelDJResources>

The 2022 Elections

REDISTRICTING: Legislators will have completed a December special session for congressional redistricting; in

the 2022 session’s first weeks, they’ll tackle state redistricting, according to Ellis. “It’s the biggest issue so it’ll be very time consuming,” he said. “After the Governor goes first, our goal is to create a map that will withstand the courts, which have full authority to make adjustments.” The nine Eastern Shore counties want their boundaries intact, Eckardt said. “We don’t want their redrawn districts to spill over to the other side and we don’t want their numerical compositions to change because that would reduce the size of our overall delegation. We should emphasize single-member districts to be fair to our minority communities.”

VOTING: Buckel wants to review all voting records “to catch any potential discrepancies, just to be efficient,” he said. “We need an auditing process capability to verify voter eligibility, both who can vote and how. What names need to be scrubbed from the voter rolls? People die or move out of state but they’re still there. The State Board of Elections works hard but local governments administer local elections. Allocating more resources to expand state oversight could be difficult but also productive. We need neutral criteria like not having voted in three straight elections from the same address. Someone could contact the person to verify

residency so that the potential for partisan abuse is eliminated.” He’d also like more data on voting without a photo ID. “Most voters don’t have an issue with obtaining a valid, government-issued identification. Does not requiring one impact the integrity of a mailed ballot?”

Conclusion

Other funding bills will cover a range of topics such as adding summer programs to offset the “lost learning” from Covid-19 (Henson); expanding permanent mail-in voting drop boxes (Elfreth); broadening bandwidth to support continued telecommuting (Eckardt); protecting student data from intrusive marketing (Jones); providing greater access to dental care and paid family leave (Cullison); and rebuilding Southern Maryland’s roads (Ellis). Fortunately, according to Ferguson, “We now have a significant budget surplus.”

Mark Croatti, who teaches courses on American Government, Public Policy, and Comparative Politics at the United States Naval Academy, the University of Maryland, and the George Washington University, has covered Maryland’s Legislative Session since 2004.





'Tis Better to Give

HOW TO MAXIMIZE YOUR CHARITABLE
GIVING THIS HOLIDAY SEASON

BY DYLAN ROCHE



Feeling philanthropic? You're not alone. Between the holiday season and the last chance to make charitable donations before the year's end, the month of December tends to be a popular time for giving. In fact, Eileen Heisman, CEO of National Philanthropic Trust, says her organization receives 50 percent of its donations during the last five weeks of the year. And as an ambassador for Giving Tuesday, she actively encourages the spirit of generosity in others, speaking on behalf of the global movement that encourages people to *donate* rather than *buy* on the Tuesday following Thanksgiving—after most people have spent the weekend taking advantage of Black Friday deals. “It’s a day you can stop all the consumption and think about giving and volunteering,” she says of Giving Tuesday.

That sounds easy enough. But whether you're participating in charity on Giving Tuesday or any other day leading up to the end of December, it's sometimes overwhelming trying to find the right cause to advocate or the right organization to donate to. And despite best intentions, some people go about giving in a way that isn't as efficient or advantageous as it could be.

So, what should people think about when they're opening their wallets for charity this holiday season? If you take a few minutes to properly plan your giving, then you can have confidence your dollars are making a big difference!



CHOOSE YOUR CHARITY (OR CHARITIES) WITH CARE.

You could choose one charity you want to go all-in on or you might choose several charities that you want to support to a lesser degree. If you don't have a favorite charity or nonprofit, think about your interests and priorities—do you care about the environment? Education? The arts? Health care?

While there's nothing wrong with donating to a large national organization, you might find it more rewarding to give local. Smaller charities tend to have less opportunities to be beneficiaries of big donations, plus you are more likely to see the direct results of your giving benefiting your own community.

Heisman recommends spending the same amount of time vetting a charity before giving as you would a restaurant before dining—just 15 minutes of research and consideration will give you enough time to look at the organization's mission, ask others about their experience with the charity, and read testimonials.

On that same note, you can help others in their decision by providing testimonials to the nonprofit organizations that you have strong feelings about. Send an email to the board or find their page on Google Plus to write a few sentences about why it's a great organization.

And if you do decide to go with a national or global charity, it never hurts to check out its evaluation at Charity Navigator (charitynavigator.org) or Giving What We Can (givingwhatwecan.org), which look at concrete metrics behind what nonprofits are accomplishing with their efforts.

DECIDE WHAT YOU'RE DONATING.

Are you giving money or are you giving actual material items? Heisman notes that most nonprofit organizations are always in need of finances—and every dollar counts. “Once you've figured out who you want to give to, the next thing is do you give \$100 or \$500 or \$1,000? Only you know what your budget is,” she explains. “I always suggest people give larger amounts to fewer organizations.”

This perspective of giving more to fewer organizations is shared by the American College of Financial Services, which explains that donations are often subject to “transactional fees.” So your entire donation isn't necessarily going to support the organization's mission. Giving a small donation to many different organizations means you are increasing the overhead of your charity efforts.

WHAT TO

Give Guide

1.



2.



3.



4.



1. Zo Skincare Anti-Aging Kit. A moderate skincare program for the reduction of early or significant signs of environmental and chronological aging. Helps reduce the appearance of fine lines and wrinkles, promote a more even-looking skin tone and finer pore appearance, and preserve and maintain a more youthful-looking complexion. **PRODUCT REGIMEN:** Exfoliating Cleanser - 60 mL / 2 Fl. Oz. (Travel Size) Exfoliating Polish - 16.2 g / 0.57 Oz. (Travel Size) Complexion Renewal Pads - 30 Pads (Travel Size) Daily Power Defense - 30 mL / 1 Fl. Oz. (Travel Size) Growth Factor Serum - 30 mL / 1 Fl. Oz. (Full Size) *O'Donnell Vein & Laser* | Easton: 499 Idlewild Avenue, Suite 101, 877-461-1564, Annapolis: 166 Defense Hwy, Suite 101, 877-461-1564, www.odonnellveinandlaser.com

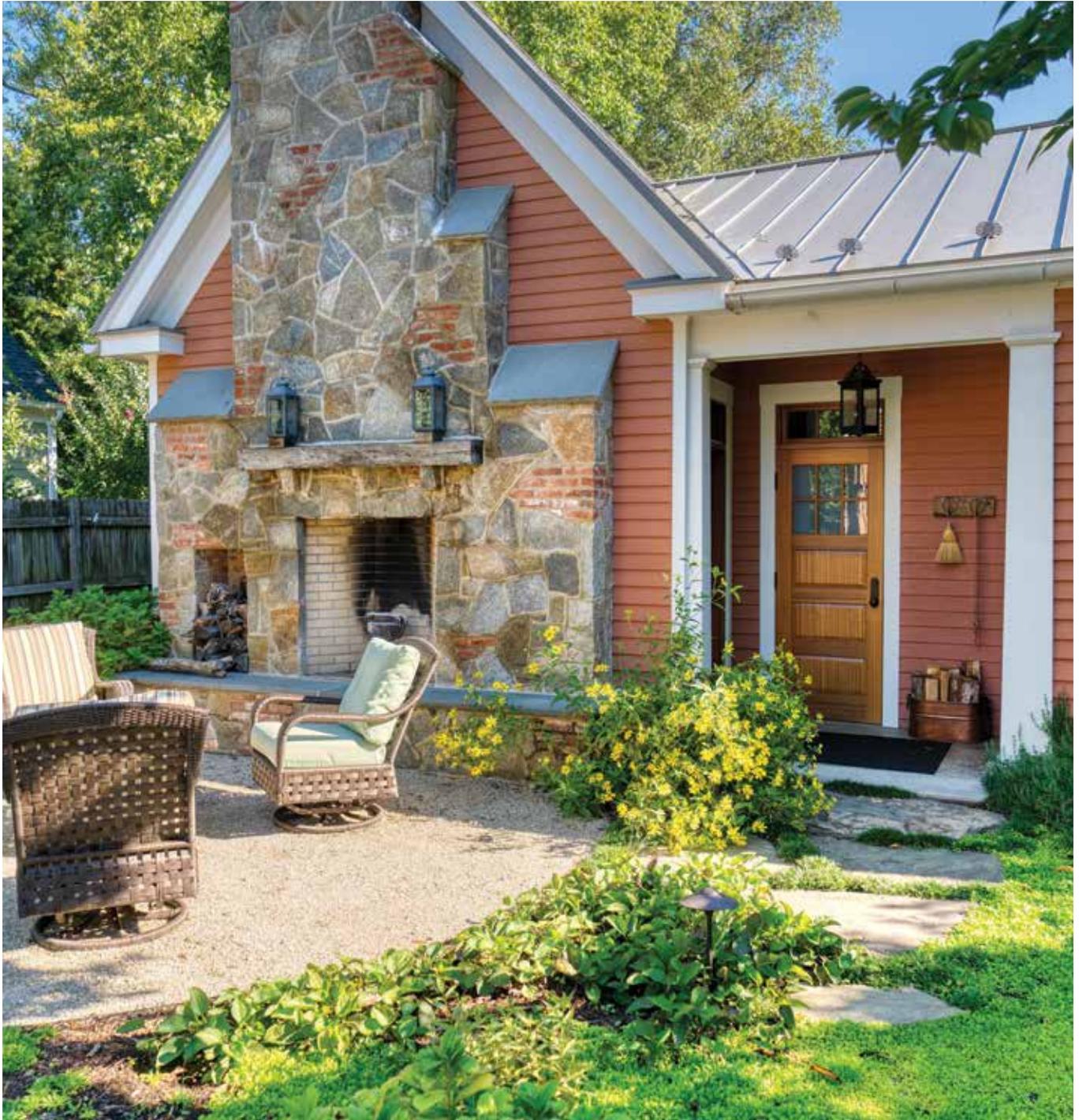
2. Give the gift of beauty. Swan Cove Spa & Salon gift cards make the perfect gift for the special people in your life. At Swan Cove, we'll help you relax, rejuvenate, and find a sense of health and well-being. All of our services from the latest cuts and styles to our medi spa services, are intended to relieve stress and help you feel renewed. *Swan Cove Spa & Salon*, 102 E Main St, Suite 104, Stevensville, MD www.swanovespa.com

3. Hand painted artistic rendition of Rams Head Tavern \$49.99 Each year *Homestead Gardens* commissions artists from a workshop in Russia to hand paint scenes of Annapolis. Over the last fifteen years, the ornament has featured scenes from historic downtown Annapolis. This year the ornament showcases iconic Rams Head Tavern on inner West Street. Each ornament is a creation of the artist, hand painted, and numbered. These ornaments are sold at *Homestead Gardens* exclusively, in their Davidsonville and Severna Park stores. www.homesteadgardens.com.

4. Art from Trippe Gallery. "Tradition, Speed and Grace--Chesapeake Bay Log Canoes" \$65, small paintings \$450 - 675 "Birds by Eric Tardif" \$495+ *Trippe Gallery* | 23 N Harrison St., Easton, MD, 410-310-8727, thetrippegallery.com

Home & Design

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Sit A SPELL

LIFE'S VIEW FROM AN EASTPORT PORCH



story by **LISA J. GOTTO** photography by **STEPHEN BUCHANAN**

"GEMÜTLICHKEIT," is said to be a feeling of coziness and being contented, comforted. Merriam-Webster defines this German term as, "cordiality, friendliness." It was this specific feeling that the owners of our December feature home hoped to capture when they took a dilapidated, ill-maintained multi-unit in Eastport and turned it into their first-ever together home.

WHY NOT THINK, ANNAPOLIS?

For former Howard County residents, Bill and Susan Schneider, creating that authentic home for themselves in Eastport became just as important as the community that surrounded it. They knew this dwelling, this home base, would be the jumping off point for their future community-service oriented endeavors

and as such, they wanted it to tick a lot of boxes in the "welcoming" and "comforting" categories.

To say the couple started from scratch is a supreme understatement. After months of taking three-day weekends to bicycle tour some desirable East Coast cities like Raleigh, Greenville, and Chapel Hill for retirement potential, the couple began to have some misgivings about the community of friends they would be leaving behind if they chose one of those cities.

"And then Bill wisely said, 'Why are we not considering Annapolis? It's 20 minutes and 21 miles down the road. We can keep all our friends and it meets all of our requirements,'" recalls Susan of her husband's epiphany.



So, they hopped back on their bikes and started to explore Annapolis's eclectic collection of neighborhoods. They noted how each one had a distinct feel and how they became fond of several of them. It would be Eastport, though, that they would tour again and again.

"Everybody was so pleasant," says Susan of the people they met along the way.

At the top of the list of those "requirements" for their new city, they wanted to live in a walkable neighborhood, close to shops, recreation, and most importantly, a local church where they would be able to get involved and help serve their local community.

During their home search the couple was introduced to home builder Brant Nielsen of Nielsen Development Group in Annapolis. With the help of Nielsen and their realtor, they learned much about what they did and didn't want in a property. They were onboard with the thought of a fixer-upper, however, most of the properties they looked at had already had the work done and the Schneiders felt none quite hit the mark they were targeting.

It became clear that they would require something that they could put their stamp on from the floorboards up, which is why when Bill came across an online listing for a very early, 20th century multi-unit that looked like it was a hair away from demolition, they rushed to see it. It was exactly where they wanted to be, a great street, and all the old bones of a restoration project home.

With Susan's background as a professionally-trained architect and Bill's background as an engineer, the couple had every reason to want to hit the nail on the head when it came to just how the home would be refurbished. The scope of the project, since the home was sectioned into one first floor, and one second floor apartment that had suffered neglect over the years, would require even more expertise than the homeowners themselves could provide. Fortunately, their builder had an idea.





Nielsen was familiar with the work of Terry Averill, an Annapolis-based architect who specializes in not only historical restoration, but knows that particular area of town very well.

“When you design a home in Eastport, it’s very crucial to have an architect who is familiar with that process,” Nielsen says.

Averill quickly joined the team and they all rolled up their sleeves for the design and permitting process.

FINDING THE HOUSE—AGAIN

If there is one word that conveys the theme of the process of bringing this home, which the owners have determined to have been built somewhere around 1917, back to its original glory, it’s “layers.”

“The beauty of it being a rental is that it was poorly maintained; it really did need a lot of work,” Bill explains. “But on the other hand, there were so many layers of stuff on top of the flooring, that the flooring was actually preserved.”

Currently underfoot are restored, rustic, all-pine floorboards that set the tone for that warm and welcoming feeling—the *gemütlichkeit* the home now exudes.



With the help of Hamilton Ross Millwork of Annapolis, this aspect of preservation would continue with many of the other surfaces and treatments in the home, including the bungalow's original German clapboard, or Dutch Lap siding that they unearthed under layers of asbestos shingles. While it was a painstaking process removing them by hand as was required, the ultimate exterior result is simplistically stunning. The process of removing the shingles provided the homeowners with another benefit; the build team discovered evidence that the home's original footprint included a wrap-around front porch. This would prove to be a cherished bonus to Susan, a native of Charleston, S.C., who was more than thrilled to add a bit of southern charm to the front of the property.

The 2,000-square-foot home also possessed its original staircase with a Craftsman-era wood baluster. With its positioning in the home's front entry, it begged for preservation. The wood was so densely coated with paint, however, the staircase, molding and all, was removed from the premises and replaced with temporary supports so it could be meticulously restored off-site. It has since been returned to its rightful place in the home, just inside the front door.

To the right of that new staircase sits a cozy room bathed in the light of the home's front windows. Like Chip and Joanna Gaines, said Susan, she and Bill got in on the demolition of this space to find the original entry to the room and some incredible paneling which was restored and then paired with a rustic, beamed archway treatment of Susan's conception.

TWO WORDS: **ARCHITECTURAL SALVAGE**

Down a short hallway from this room, the home opens up to reveal its prime gathering space rich in detail and intelligent in configuration. Space under the stair was wisely converted to a covert storage closet and a nostalgic first-floor powder room.

It was essential to the Schneiders that this great room be comfortable for anyone who wished to visit the home, so it was purposely designed not to be pretentious or overwhelming in any way. As a focal point, a full fireplace was added to the room where there was originally just a chase. It was furnished with a slate surround, indicative of early 20th century design and constructed of salvaged brick from the property.



“WHEN YOU DESIGN
A HOME IN *Eastport*,
IT'S VERY CRUCIAL
TO HAVE AN *architect*
WHO IS FAMILIAR
WITH THAT PROCESS”

The space also had to be functional for the home's chef, Bill, who loves to cook. The kitchen was designed with his particular considerations in mind. Specifically, the Schneiders frequently entertain members of their faith community and a growing network of friends and neighbors. To be in the mix, Bill needed to be able to converse as he prepares a meal. That requirement was met with the addition of a custom-made kitchen island crafted to look like a vintage chemistry table and purposely built to appear as though it is a piece of fine furniture from the living room and provide practical open shelving on the kitchen side. The surface was topped with Alberene soapstone, notes Averill, which was widely used in early 20th century kitchens.

While it is not recommended for splicing and dicing, Bill loves it for rolling out pizza dough. For knife work, he uses a formidable slab of butcher block to the left of the range. To the left, specifically because he is left-handed. The entire prep zone of the kitchen was designed for his ease of use and the clean-up side, says Susan, is her domain. “That's our deal,” she adds. “He cooks and I clean up.”

The kitchen has other perks, like a slimmed-down version of the room's original brick chase on the wall above the butcher-block, a mini, glass-door, “guest” fridge for ease of entertaining, and expanded dining area with a custom farm table made with rafters sourced from the attic portion of the remodel. Above the table hangs just one of the many details in the home that make it an architectural salvage lover's dream: An inverted dome brass pendant light purchased from an independent antique lighting specialist through Ruby Lane.

Another remarkable detail in this space and throughout the home are the series of restored radiators that the couple went to great pains to acquire from various architectural salvage dealers along the East Coast. Each radiator was professionally refurbished for actual use in the home. Seeing them within the context of the room, the extra effort makes sense, as the house appears as it must have when it was freshly built in 1917. Many of the elements of the home appear this way creating a sense of nostalgia and a respect for the aesthetic of that era.

THE BACKYARD CIRCA 1917

The open-plan area also receives a wealth of natural light from its period-accurate windows— each recreated to replicate the home's original windows with their deep sills—and a tri-fold, panoramic glass door that folds into itself much like an accordion to create a seamless transition and gorgeous sightline from the indoor dining space to the spacious Ipe wood deck and beyond into the backyard.

“The outdoor living space was very important to [the Schneiders] in that it needed to be more of an extension of the house and for people to be able to use the space, and to feel like they would be able to entertain,” Nielsen says.

It becomes obvious that everything about this idyllic backyard scene was as methodically undertaken as the interior part of the home. With one gracious step down, you enter a scheme that also looks like it has been there for a hundred years with its newly-planted, five-year-old cherry, maple, and dogwood trees, and a stunning outdoor fireplace feature designed by Averill.

[The Schneiders] told Terry that they wanted the fireplace to look as old as possible, so he designed an 1800s-type chimney,” Nielsen explains. “We literally got big, huge boulders delivered to the job site and I got my local mason, Bob Woody, who chipped it into place.”

The finishing exterior touches, Averill says, included an extruded mortar treatment and swatches of shaved brick, make the feature appear as though it has been there long enough to have been weathered and required some repairing.

With its mix of strategically placed crushed oyster shells imported from Louisiana, local flat stones, and lush grassy patches with stepping-stones, the entire back-of-home environment is set up for outdoor dining, convivial conversation, and relaxation. The stepping-stones lead to a carriage house born of the couple's desire to provide a restorative space and lodging for family, and even new friends, or a community member in need of a place just to be for a while.

Inside this entirely new structure, there's a complete studio apartment with a charming efficiency kitchen, main living area, dining area, spacious sleeping quarters and a contemporary, yet rustic full bath highlighted with a sliding barn door closure fabricated from a solid brass panel sourced from a very early 20th century bank vault.

A single-bay garage/workshop is located on the opposite side of the structure, completing the owners' vision of a home that has it all and has all the character of that original home built in Eastport in 1917.



WHAT'S IN A NAME

For the Schneiders, though, that vision and feeling of *gemütlichkeit* has always started at the front door and more specifically, the front porch. With the added benefit of the wrap-around extension, the addition of period-accurate tapered square columns, and rich Brazilian hardwood flooring, for them the porch was like adding another room to the home—one where you could drink a cup of coffee in the morning, and a glass of wine at the end of the day, as they often do. This simple pleasure, they said, helped them connect to this community faster than any they have lived in before.

Recently the couple did another of their famous bicycle tours, this time to Nantucket, and noticed how homes there are often given names. This led Susan to ask of Bill, "If we were to name our house, what do you think we would call it?"

Without much hesitation, Bill responded, "Sit a spell," referring to how their friends often check in with them and connect on that expanded front porch.

"They'll stop by and come round to the side door; friends that we know through community service...it's like you just want to stop and sit and visit...like you did in a bygone era," Susan says. "And you just have to *sit a spell*."



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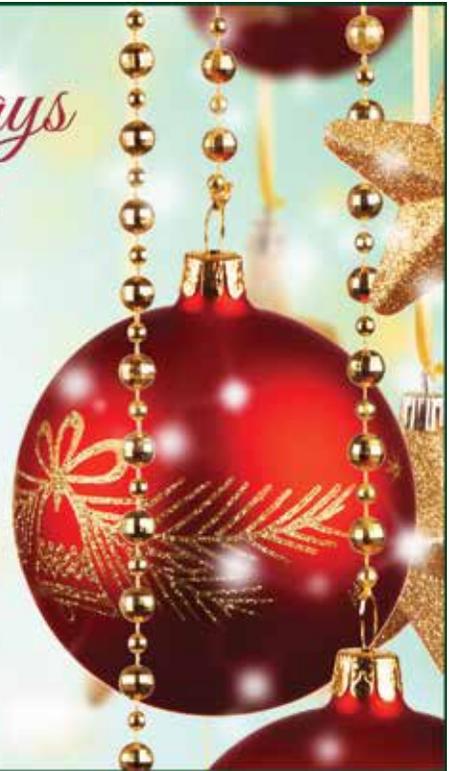
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Down on the Farm- House Influences

With the popular modern farmhouse aesthetic, comes the desire for the simplistic pairing of black, white, and neutrally-themed décor embellished with just a hint of holiday sparkle to delineate the season. We will also see this trend enhanced with elements of the natural world adding a clean, crisp, and fresh approach to this season's festivities.

A Seasonal Traditions Upgrade

By Lisa J. Gotto

While every home has its own treasure trove of prized holiday ornaments and embellishments used to create a celebratory environment, in this post-pandemic year décor experts predict several distinct emerging trends in holiday decoration in response to last year's somewhat restrained celebrations. These trends involve elements that evoke the natural world, color-intense palettes, and splashes of nostalgia—so, fun and whimsy is definitely back and in-style for the season!



Quality & Quantity!

From extra batches of cookies to densely decorated trees, this special time of year promises more of everything we love about the holidays. While some years the décor watchword is subtlety, this year it is clearly okay to get ambitious with our expressions of seasonality. So, think of mantels bursting with layers of fresh greens, pinecones, and lush vines. Candle chandeliers wrapped with tiny wreaths, and three ornaments clustered on the tree where one would normally be placed. Think “rule of thirds” with an abundant holiday vibe.

A Nostalgic Noel

If you have a collection of Hess Toy trucks now's the time to bust out an embellished version loaded up with Christmas balls or decorated with tiny and bright battery-operated lights. If you grew up with an old-fashioned train set under the tree, this is the season to pull it from the attic and be 10 again, along with your kids and grandkids. And colorful mini-winter wonderland displays atop a mantle or entry way table set a whimsical scene and the stage for a holiday the harkens back to a simpler time when family and friends are held close—and the New Year is anticipated with promise.



'Tis the Season ... for Sustainability

Influences from the natural world and recyclable resources will also be sprinkled throughout this holiday season in unique ways including tree trimmings that reflect abundance of the land and garden, such as shiny and sparkling avocado, carrot, and assorted fruit and other food ornaments. Under the tree, this theme will be represented by packages wrapped in reusable and colorful cloth coverings adorned fun fabric ties and fresh greenery instead of traditional bows. Natural Christmas trees this year will be supplemented with rustic gatherings of greens throughout the home. These groupings will not be aesthetically contrived, rather simply placed as if they were occurring in nature.

Intense, Playful Colors ⇨

Deep ruby red, festive forest green, saturated navy blue will replace the standard reds and greens of the season and with a dramatic effect that evokes a release of the physical restraints of last year. Eye-popping colors mixed with metallic flourishes will turn an every-day room into a sensory holiday experience.



Photo credits—Down on the Farm-House Influences: BetterHomes&Gardens.com; Quality & Quantity: trenddesignbook.com; A Nostalgic Noel: trenddesignbook.com; Intense, Playful Colors: whatsapp

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Jean-Honoré Fragonard's Terrace and Garden of an Italian Villa (c. 1762-1763)

Inspirations

GREAT GARDENS IN GREAT ART

By Janice F. Booth

With the holiday events whirling around us like colored lights from a sparkler, I thought I might offer you inspirations to ease your mind, gifts for your eyes and spirit—images of gardens in beautiful art and paintings of lush flowers in gardens, bowls, vases. These glowing canvases may sooth your spirit and maybe inspire you to create a Monet or Pissarro garden of your own.

Perhaps you haven't considered a cut-flowers garden; the Flemish and Dutch Masters' creations of exuberant bouquets may capture your imagination. Or perhaps you'll simply enjoy contemplating these glorious works of art.

We are fortunate to live in close proximity to renowned art collections in Washington, D.C., Baltimore, Philadelphia, and New York City, where beautiful paintings of gardens and flower-filled

vases reside in hushed galleries. But for our purpose, I will invite you into the quiet, gorgeous gardens and flowers at the National Gallery of Art in Washington (nga.gov).

Since my goal is to delight and refresh your spirits, I will offer my gift in two forms—you may want to try both. I will share with you a selection of paintings that are on exhibit now, which you can actually view in person. It might be fun, as a pre-holiday event, to gather a group of fellow gardeners and make the trip to the National Gallery. What a surprise to invite friends and family to visit painted gardens in December and January. However, if your commitments and responsibilities are such that you have no time to escape to the marble halls and muted galleries, do not worry. Every painting in my garden tour is available for viewing online. And, I will include an additional selection of great works of art that are not on display, but available on the National Gallery's web site for viewing online.

Where to begin? ➔



↑ **Jan Brueghel the Elder's *Flowers in a Basket and a Vase* (c. 1615)**

Located in the West Building, Gallery 44. There's nothing more elegant and fascinating than still life paintings of flowers and fruit done in glowing oils. Flemish artist, Jan Brueghel was given the moniker, Flower Brueghel because of his brilliant and, at the time, avant-garde paintings of flowers. Two of the many things you may notice as you linger before this painting: first, the flowers are the focus, the main and only subject of the work. That was startling in 1615, when the painting was exhibited. Brueghel the Elder was one of a small group of artists who dared to give over an entire painting to the natural wonder of flowers. A second point of interest is the detail lavished on each flower. Brueghel had a botanist's eye for the structure of each flower, every petal. His tulips and peonies seem to pour out of the canvas into the viewer's world.

Jan van Huysum's *Still Life with Flowers and Fruit* (c. 1715)

West Building, Gallery 50. Wander down the galleries to number 50. There, among other still life paintings, is a lush work by Jan van Huysum. Peaches, grapes, and nectarines are piled in grand profusion and over the fruit tumbles a wildly beautiful disarray of tulips, carnations, jasmine, and more. You may want to replicate this still life as your holiday centerpiece—a change from more traditional arrangements.

Claude Monet's *The Japanese Footbridge* (c. 1899)

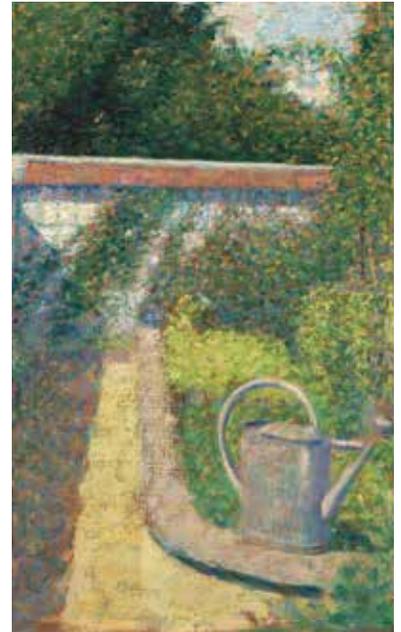
West Building, Gallery 85. From centerpieces to center-stage, Monet's beautiful garden at Giverny needs no introduction. Nothing could better whisk away your stress and waft you into a more peaceful state than this scene of the arching bridge's tracery, limpid lily pads, and lush reeds in shades of blue, green, and lavender. While few of us can hope to replicate Giverny's elegance in our own gardens, we can attempt to capture the spirit of quiet, natural elegance and the color palette that Monet made famous.

Claude Monet's *The Artist's Garden at Vétheuil* (c. 1881) →

West Building, Gallery 85. Now here's a garden we can all achieve, should we wish to. Towering sunflowers, cool blue-willow urns of decorative grasses, a gravel path, a child and small dog—if you've got the space, Monet has the garden design. Next summer your child or grandchild could be wandering along a similar path in the sunshine.

Gustave Caillebotte's *Dahlias, Garden at Petit Gennevilliers* (c. 1892)

West Building, Gallery 85. In the same gallery, turn to enjoy the array of coral and gold dahlias in Caillebotte's French garden. That woman and her dog might be you or your friend wandering in that lovely, summer haze of color and light. Perhaps a few dahlias in your spring planting plan?



↑ **Georges Seurat's *The Watering Can—Garden at Le Raincy* (c. 1883)**

West Building, Gallery 88. The garden's distant wall, the climbing vines, the path and its stone border, and the sturdy watering can—all familiar, bathed in the bright light of summer. Seurat's close-up look at a small garden contrasts with Pissarro's more practical one. In part due to Seurat's use of Pointillism, you can almost feel the prickly warmth of Le Raincy's summer garden.



Let's now slip quickly over to the East Building for just a few more glimpses of glorious summer gardens:

Pierre Bonnard's *The Green Table* (1910)

East Building, Ground Floor, Gallery 103E. Moving into the 20th century, Bonnard's garden appears to be carved out of a sandy hillside, with blossoming fruit trees along a path, and a table laden with a few items left behind in the garden. Bonnard's idea of gardening seems a bit looser, wilder—easier to maintain.

Emil Nolde's *Flower Garden, Kneeling Woman with Hat* (c. 1908)

East Building, Mezzanine, Gallery 217A. Hop on the escalator or climb the grand, marble stairs to the Mezzanine and let Nolde's garden take your breath away. In this gray season, what a treat to see the mass of pink, blue, red, and lilac flowers—and the lovely lady in her straw hat seated among the blooms. Perhaps a clustering of flower pots next summer could provide a similar experience of a riot of color? And the last stop on our in-person tour of gardens at the National Gallery (caution: this is not a "pretty" picture—in case you'd rather not trek to the Upper Level).

Joan Miró's *The Farm* (c. 1921-1922)

East Building, Upper Level, Gallery 415B. I've concluded our tour with this surreal depiction of a farm to supply a contrast, taste of sherbet to refresh the eye, if you will. The harsh, blue sky, brown earth, and withering plants suggest how our gardens sometimes appear when we return from a month away on vacation.

But I haven't forgotten my promised virtual gardens tour, dear reader. All of the above-mentioned paintings can be seen online. And here are a few other treasures if you want to let your computer do the walking:

- Claude Monet's *The Artist's Garden in Argenteuil* (c. 1873)
- Pier Bonnard's *Stairs in the Artist's Garden* (c. 1942-1944)
- Jean-Honoré Fragonard's *Terrace and Garden of an Italian Villa* (c. 1762-1763)

And, from the Phillips Collection, on-line (phillipscollection.org/library-archives):

- Gifford Beal's *The Garden Party* (c. 1920)
- Pierre Bonnard's *Early Spring* (c. 1908)
- Joel Meyerowitz's *photographs: Garden, Truro* (c. 1983) and *Provincetown Garden* (c. 1983)

Enjoy! Happy holidays to one and all.

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Incomparable Period Charm & Detail

By Lisa J. Gotto | Photography by Janelle Stroup, Thru the Lens

This exceptionally well-built and meticulously-maintained Talbot County home offers a vibe of gentility and exceptional water views of the Tred Avon River. Built in 1876, this traditional colonial home has been expertly upgraded over the years to provide an exceptional style of living while maintaining the prized aesthetic of a character home.

Approaching the front door, you are greeted with the natural beauty of mature landscaping and a lovely brick walk and driveway. Just inside the gorgeous period-style front door, there are plenty of rich hardwood floors, original to the home, that guide your way to the large living room to the left of the entry. This room boasts a



gracious archway that leads to a spacious seating area and then an additional area through another archway to an elegant fireplace with adjacent built-in bookshelves. The room benefits from the natural light of four large sash windows reflective of the period of the home.

A central staircase with delicate wood carvings also greets you from the entry, as does the attractive formal dining room on the right with its details of chair rail and crown molding. This room features another beautiful wood-burning fireplace and a stunning crystal chandelier suspended from the center ceiling.

This main level of the home also offers a large sunroom outfitted with a series of three sliding glass doors with Bermuda shutter detail for optimal amounts of natural light and exceptional views of the property's welcoming patio and courtyard hardscaping. This room also serves as the home's family room and has a wall-mounted flat screen TV.



The all-white and bright kitchen provides lots of counter space, all stainless-steel appliances including a gas stove and a microwave oven mounted above. There is also a charming library on the main floor with another fireplace, gorgeous shelving, and a gracious, vertical tri-panel window that affords exquisite views out to the river and the home's extensive dock.

All the home's four bathrooms are full bathrooms with all the modern upgrades including luxe tile treatments,

glass showers, and claw-foot tubs. The property boasts four bedrooms; three, including the waterfront owner's suite on the upper level, and a charming guest bedroom in the stand-alone brick cottage located on the property. Bonus spaces on the property include the home's third level office suite with charming views and another work-from-home space with water views located above the detached garage.



Primary Structure Built: 1876
Sold For: \$1,500,000
Original List Price: \$1,550,000
Bedrooms: 4
Baths: 4
Living Space: 3,190 Sq. Ft.
Lot Size: 0.43

Listing Agent & Buyer's Agent: Ray Stevens; Benson & Mangold Real Estate; 27999 Oxford Rd., Oxford; m. 410-310-6060; o. 410-226-0111; ore@goeaston.net; bensonandmangold.com

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Gorgeous Modern Living

By Lisa J. Gotto | Photography by Eve Fishell

The “perfect getaway place” best describes this custom-built, three-bedroom home featuring serene Knapp’s Narrows and wetlands views in Tilghman. Offering everything you could want and nothing you don’t, this newer contemporary, two-story home provides generous first-floor open-plan living.

“The buyers for this property had friends in the neighborhood and wanted to have a place to get out of the D.C. area and relax with friends,” says Listing and Buyers’ Agent, Meg Moran of Long & Foster/Christie’s International Real Estate.

From the moment you step into the entry and hallway you are greeted with waterfront views from the home’s wall of windows in the main living area. This space, which features a vaulted ceiling, flows to a sleek, gourmet kitchen with all stainless-steel appliances, a huge, granite topped prep island with breakfast bar seating for two, and an additional set of large windows over the sink for prime Narrows viewing.

Rustic light hardwood floors flow throughout this space, which also offers a dining area that seats six and entry to the home’s beautiful waterside deck and entertaining area. A large owners’ suite, which also provides access the waterside deck is conveniently located on the first floor, as is an additional full bath.



Primary Structure Built: 2016
Sold For: \$875,000
Original List Price: \$875,000
Bedrooms: 3
Baths: 3
Living Space: 2,408 Sq. Ft.
Lot Size: 0.23

The upstairs hallway features an overlook to the first floor's wall of windows. Two additional bedrooms on this floor share a generous modern bath with luxe finishes. Additional amenities and features of this home include a butler's pantry, geothermal heating and cooling system, and easy water access via private dock, as well as dock space at the community marina.

"The views from this particular home are unsurpassed," Moran adds. "You can watch the boats go by in Knapp's Narrows, yet also have the peaceful views across the wetlands to Poplar Island that will never change. Being walking distance to the four-star Tilghman Island Inn doesn't hurt either!"

Listing Agent & Buyer's Agent: Meg Moran; Long & Foster | Christie's International Real Estate; 28380 St. Michaels Rd., Easton; m. 410-310-2209; o. 410-770-3600; megmoran007@gmail.com; megmoran.com





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Health & Beauty

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Fresh Take

CINNAMON

By Dylan Roche

Who doesn't want to feel just a little bit cozier during the holiday season? It's why warming foods are so popular—we all want something that's going to make us feel as if the cold air outside doesn't have quite the bite to it. And so, it makes sense that cinnamon is the spice so many of us associate with holiday baked goods and mulled beverages.

While cinnamon rolls, snickerdoodle cookies, and pumpkin-flavored lattes aren't the healthiest choices you can have this time of year, that's more a result of their sugar and fat content. The cinnamon that gives them their signature flavor is surprisingly healthy—and there are ways you can get creative about using it in the kitchen beyond your basic goodies.



↑ Cinnamon Nut Bars

INGREDIENTS:

- 1 cup whole-grain wheat flour or oat flour
- 1/4 cup sugar
- 1/4 cup honey
- 1 teaspoon ground cinnamon
- 2 teaspoons baking powder
- 1 large egg
- 1/4 cup canola oil
- 1/4 cup unsweetened applesauce
- 1/2 cup honey
- 1/2 cup chopped walnuts
- 1/2 cup chopped pecans

Preheat oven to 350 degrees Fahrenheit and grease a baking pan (13 inches by 9 inches). In a large bowl, sift flour, sugar, cinnamon, and baking powder. In a medium bowl, stir egg, oil, applesauce, and honey, then slowly combine with the dry ingredients. Add the walnuts and pecans. Spread the batter in the baking pan and top with additional nuts and cinnamon (if desired). Bake for approximately 15–20 minutes. Remove from the oven and allow to cool completely before serving.



← Cinnamon-Lemon Chicken

INGREDIENTS:

- 1 chicken, thawed (approximately 5 pounds)
- 2 lemons
- 3 teaspoons salt
- 2 teaspoons pepper
- 2 teaspoons sage
- 1 teaspoon onion
- 1/2 cup olive oil
- 3 turnips
- 2 sweet potatoes

Preheat oven to 400 F. In a small bowl, combine olive oil, salt, pepper, cinnamon, and sage. Squeeze juice from the lemons and reserve the rinds. Whisk until the marinade is thoroughly combined. Chop turnips and sweet potatoes into half-inch pieces. Set vegetables and chicken in a roasting pan and coat generously with the marinade. Slice the lemon rinds and place the slices on the chicken and with the vegetables. Roast for approximately one hour, turning the pan halfway through to achieve even cooking.

Autumnal Cinnamon Vegetable Soup

INGREDIENTS:

- 1 cup chopped sweet potatoes
- 1 cup chopped carrots
- 1 1/2 cups plain almond milk
- 1/4 cup olive oil
- 1/2 cup coconut oil
- 1 teaspoon cinnamon
- 1 teaspoon cloves
- 1 teaspoon nutmeg
- 1 teaspoon sage
- 1 teaspoon allspice

Toss the sweet potatoes and carrots with olive oil and roast at 400 degrees F for approximately 20 minutes or until tender. Allow to cool. In a high-power blender, combine the vegetables, almond milk, and coconut oil. Process until smooth. Add in cinnamon, cloves, nutmeg, sage, and allspice. Transfer to a saucepan and reheat. Served garnished with a dollop of tahini (sesame seed butter) if desired.

Cinnamon originates in Sri Lanka and comes from the inner bark of a cinnamon plant that is then ground up into a fine powder. It has a strong scent and flavor, one that's noticeably warm and a little bit sweet. In ancient cultures, it was highly regarded. The Egyptians were even said to use cinnamon in their sacred rituals.

Today, cinnamon is getting a close look in numerous scientific studies. There are many cases that suggest cinnamon could give your body a boost toward good health, but it's important to remember that these benefits are negligible and not supported by conclusive research. As the National Center for Complementary and Integrative Health emphasizes, you shouldn't count on cinnamon as a treatment option for health conditions.

But if you live a healthy lifestyle already, enjoying a little bit of extra cinnamon on the regular could help you keep your body functioning as it should. Some studies have shown that cinnamon helps keep blood sugar levels in check, prevent Alzheimer's from developing, and soothe the inflammation associated with arthritis. Cinnamon's warming nature increases your flow of blood to your digestive tract, so it can improve digestion, helping you break down high-fat meals and even alleviate gasiness. Its antibacterial qualities even mean that it can prevent dental caries and improve your oral health.

But even if you're hesitant about accepting all the hype around these possibilities, there are some benefits to cinnamon that dietitians know conclusively. First, its slightly sweet flavor makes it possible for you to improve the taste of certain foods without too much added sugar—try dusting your oatmeal, apple slices, pear slices, or even your toast with a sprinkling of cinnamon, and you might be impressed by the way it satisfies your sweet tooth.

Additionally, cinnamon has 1 gram of fiber per teaspoon, so even a small amount of this spice can help improve your digestion. It has potassium and magnesium for fluid balance, calcium for strong bones, and vitamin K for helping your blood clot and wounds heal. It's also a great source of antioxidants for helping your body fend off cancer and aging.

Don't feel limited to using cinnamon just for desserts—there are plenty of savory meals, side dishes, and nutritious snacks that will make your holiday season flavorful while still keeping it healthy.



Is It Anxiety? Or Depression?

By Dylan Roche

Everyone has those times when they don't feel their best emotionally. Maybe you're sad, or maybe you're nervous—those are typical parts of just being human. But when those feelings start to get overwhelming or inhibit you from living your life to the fullest, that may be a sign you're suffering from mental illness like anxiety or depression.

Without an evaluation from a psychotherapist or psychiatrist, it's hard to determine which of these clinical conditions you have, especially when the words "depressed" and "anxious" are often used casually to refer to people without a diagnosis.

But there's a difference between feeling depressed and having clinical depression, just as there's a difference between feeling anxious and having anxiety. While there is some overlap in symptoms, and patients with one condition statistically have the other condition in more than half of cases, it's important to distinguish them from one another.

According to the Anxiety and Depression Association of America, shared symptoms include nervousness, irritability, and problems concentrating. There's often a cyclical effect where a person who is depressed can start to worry, triggering their anxiety, and then too much anxiety leads a person to become depressed.

Depression is generally distinguished by feeling sad or hopeless, or by a loss of interest in activities or pursuits a person once enjoyed. People with depression might have trouble sleeping,

loss of appetite, or inexplicable physical pain. On the other hand, **anxiety** causes a person to persistently worry in a way that's disproportionate to the issue at hand. People with anxiety will often overthink and obsess over situations, causing them to become indecisive, restless, and fearful. They are inclined to dwell on worst-case scenarios and have trouble focusing.

Any of these symptoms is normal when there is an identifiable cause—loss of a loved one might trigger a person to feel depressed, or a major life event like a career change could trigger anxiety. When symptoms are chronic and get in the way of everyday activities, this can be a sign a person is having more than just an emotional day or an emotional week.

It's important to note that these two conditions, in addition to potentially triggering each other, have the same biological cause—namely low levels of the hormones serotonin and dopamine. When they are diagnosed together, they are considered comorbid conditions and can often be treated simultaneously. Both conditions improve with psychological counseling. Lifestyle changes that can help include better sleep habits, regular exercise, limited alcohol consumption, and better social support.

To learn more about these specific conditions, or to find a therapist who can offer an evaluation, visit the Anxiety and Depression Association of America online at adaa.org.



Fitness Tips

TURN SNOW SHOVELING INTO A WORKOUT

By Dylan Roche

It's almost that time of year—temps are dropping and snowstorms will be here whether we want them or not. While snow can be pretty, it comes with a struggle, and anyone who has ever had to dig their car out or shovel their driveway knows how exhausting it can be!

In some respects, the strenuous nature of shoveling snow can be a good thing. It provides a workout for your core, arms, and glutes. But if you're not careful, or if you're not conditioned for that kind of strenuous physical activity, you could be putting yourself at risk for injury or even a heart attack.

So, if you want to be smart about snow shoveling this year and reap the full physical benefits, it's smart to start training in early December before winter truly arrives. With some proper precautions and some conditioning ahead of time, you could be ready to shovel like an abominable snowman when the worst of it arrives in January.

SHOVELING SNOW—THE WORKOUT YOU DIDN'T SIGN UP FOR

People with gym memberships pay for the kind of physical exertion that shoveling snow offers. You can burn more than 200 calories for every half-hour you spend shoveling as you use your legs, glutes, core, biceps, triceps, and shoulders to lift the snow off the ground and heave it elsewhere. Michigan-based Beaumont Health estimates that

an average-sized shovel full of moderate or heavy snow can weight about 15 pounds—if you move 12 shovelfuls of snow in a minute, then you will have moved about 5,400 pounds of snow in a half-hour. That's a lot of weight you're transporting.

To play it safe, the American Academy of Orthopedic Surgeons recommends performing 10 minutes of light physical activity before you head out to shovel. Try some jumping jacks, arm swings, or knee lifts to loosen up and get your blood flowing.

It's also important to consider the type of shovel you're using and the motion you're making as you shovel. A shovel with a D-shaped handle will be easier for you to control, especially for those moments when you pick up a load of snow with unevenly distributed weight.

GET YOUR FORM RIGHT

As with other workouts, shoveling snow needs to be done with proper form or it has the potential to injure you. Make sure you hold the shovel close to your body and your feet planted shoulder-width apart. Bend your knees, lowering your body with your back straight and your abdominals braced tight. Scoop the snow and lift with your knees, not your back. Keeping your hands farther apart on the handle will benefit you with more leverage, so the weight won't be as hard to lift.

It's best to avoid tossing the snow if at all possible, as this motion puts strain on your back. However, if you must twist, make sure you are moving with your whole body so you don't put strain on your lower back.

BE CAREFUL: DON'T PUT YOUR HEART AT RISK

Remember that shoveling snow is vigorous activity. The Cleveland Clinic even notes that shoveling snow ranks as a peak exercise on a stress test.

If you're out of shape or elderly, you're better off hiring somebody to shovel your snow for you. Not only does the extreme physical activity increase your heart rate and blood pressure, but the cold air outside can constrict your arteries and make it harder for blood to get to your heart, putting you at risk of a heart attack.

Even healthy people should be careful to take frequent breaks. If you feel chest pains or have trouble breathing, seek medical attention.

TRAIN FOR SHOVEL SEASON

If you want to be strong enough to shovel snow, focus on the exercises that work similar muscle groups and will help you achieve the level of fitness you need. Here are three great moves to start with:

SQUATS

Stand with your feet shoulder width apart and your arms by your side. Bend your knees and lower your body until your legs are at a 90-degree angle, keeping your chest out and shoulders up as you go. Hold the squat position for three deep breaths. Raise yourself back up to standing position. Repeat 10–15 times.

DUMBBELL TORSO ROTATION

Begin by holding a dumbbell vertically with both hands and extend your arms to shoulder level in front of you. Keep your shoulders down and your back tall with your feet shoulder-width apart. Slowly rotate your torso from right to left, keeping your arms straight and the dumbbell steady as you turn. Make sure you are turning with your core, not your hips. Repeat for 10–15 turns.

STANDING BENT-OVER ROW

Start with your feet shoulder width apart and a dumbbell in each hand, arms down by your side.

Lower yourself into a squat, keeping your arms vertical as you go. Flex your elbows and bring the weights as high as you can toward your rib cage. Extend your arms to lower the weight as you lift yourself out of the squat. Repeat the motion 10–15 times.

Here's What You Should Know If You're Always Cold

By Dylan Roche

Brrr! Feeling cold? It's completely normal to catch a chill every now and then during the winter months, and there's nothing wrong with being sensitive to or disliking cold weather. But if you find that you're the person who's *always* cold, especially if everyone else around you is comfortable, then you might take that as a warning sign there could be a problem with your health.

Before you panic, remember that everyone's sense of cold is a little different. It might depend on your metabolic rate, your body composition, or even just personal preference. Research, such as a 2012 study published in *Physiology & Behavior*, shows that men tend to run a little warmer and women a little colder—the average preferred temperature for men is about 72 degrees Fahrenheit whereas women prefer it around 77 degrees. That's completely normal, and it's likely because men tend to have more body mass and faster metabolisms than women.

Still, frequent cold spells aren't something you should disregard. They could signal something as simple as a nutrient deficiency, or they could be a sign of a much bigger health problem.

Here are just a few conditions that could be causing you to always feel cold:

Poor Circulation: Bad flow of blood could be attributed to any number of things (including a few afflictions listed later in this list), but one common cause is peripheral artery disease, sometimes called PAD. This condition is marked by a reduced flow of blood to your limbs, and when your extremities—that is, your arms and legs—don't get enough blood, they won't maintain body heat. You might often feel pain or a sense of tingling and numbness when you're walking or putting pressure on your extremities. Doctors often see PAD develop in people who smoke or are diabetic.

Anemia: Anemia develops when a person's diet is deficient in either iron or vitamin B12 and their body is unable to make enough red blood cells to carry oxygen throughout their body. In addition to feeling cold, people with anemia can find themselves feeling tired, weak, or short of breath. Great dietary sources of iron include red meat, lentils, and green leafy vegetables.



Diabetes: Diabetes can be another cause of poor circulation, resulting in a continual cold feeling. In the long term, diabetes could cause damage to your peripheral nervous system—pay attention if your feet feel cold but aren't cold to the touch, as this is a warning sign. Diabetes can also cause waste to build up in your kidneys, so your blood is filtered inefficiently, which will lead to lower body temperature.

Underactive Thyroid: Your thyroid, a gland found at the base of your neck, is responsible for regulating your metabolism. But for people with an underactive thyroid, their body won't produce the hormones they need. It's not something you might notice right away—aside from weight gain and fatigue, there aren't many telltale symptoms. However, frequently being cold could indicate your thyroid isn't working the way it should.

Malnutrition: Your body needs energy to regulate its internal temperature. If a person is not getting enough calories, either because of an extremely restrictive diet or because of food insecurity, then they could find themselves feeling cold frequently.

What should you do? Pay attention to other symptoms you might be feeling and talk to your doctor or health care provider, as they will be the ones who can identify your specific condition. In some cases, all it takes is a few minor lifestyle changes and you could be feeling warm again before winter is over.



Keep Washing Your Hands

(AND OTHER HEALTHY HABITS YOU DEVELOPED DURING THE PANDEMIC)

By Dylan Roche

“When are things going to go back to normal?”

How many people have spent the COVID-19 pandemic asking themselves this question? The long process of overcoming the novel coronavirus has been long and drawn out, bringing plenty of stress and surprises. But it also made people a lot more conscious of the spread of germs—and a large portion of the population started adopting healthy habits like washing their hands regularly, keeping their distance from people in public places, and staying home when they felt under the weather.

None of those habits is necessarily a bad thing. The preventative practices that people followed throughout 2020 and 2021 will help people continue to avoid sickness throughout 2022 and beyond.

Are there any pandemic-related habits that should be modified or forgotten altogether? Maybe.

Here’s a look at the pros and cons of some of the major healthy habits we adopted during the pandemic:

WASHING HANDS

Remember back at the beginning of the pandemic when stores couldn’t restock hand soap (or hand sanitizer) quickly enough? You really can’t be faulted for wondering whether people were washing their hands as much as they should have been before the pandemic broke out.

Frequent hand washing is one habit society should stick to—after all, the Centers for Disease Control and Prevention states that washing your hands is the most effective measure you can take in stopping the spread of germs. It reduces not only your own risk of getting sick but also the risk for everyone around you.

The only caveat is that you should be careful not to overdo it, particularly with antibacterial hand soap. Too many washes with antibacterial soap can kill the good bacteria on your skin. Even worse, harmful bacteria can build up a resistance to it, so antibacterial chemicals eventually become ineffective.

DISINFECTING SURFACES FREQUENTLY

Disinfecting became a serious priority during the pandemic. Whether it was a family at home or an employee at a business, it always seemed like there was somebody with a paper towel and a disinfectant product ready to wipe down any horizontal surface (and many vertical ones too). It wasn't just things like countertops and tables—people were getting in the habit of wiping down places they probably should have been disinfecting but had previously been neglecting, like door handles and light switches.

The only problem is that disinfecting can lend you a false sense of confidence. Health experts now say the most common cause of transferring the coronavirus is through the exchange of respiratory droplets, not from touching exposed surfaces. It might make you feel safe to know the checkout area at your favorite business is sanitized, but don't let it make you feel so comfortable you forget to observe other healthy behaviors.

The other problem is that the CDC saw many people using cleaners and disinfectants improperly throughout the pandemic—people were using more disinfectant than was directed, mixing products with chemicals that shouldn't have been mixed, and applying products in areas with either bad ventilation or without proper personal protection equipment like rubber gloves. Is it any wonder there was an increase in exposure to toxic cleaning products that coincided with the pandemic?

The smartest thing you can do is clean frequently touched surfaces in your home once a day and other areas as needed or (as the CDC states) when they're visibly dirty. If someone in your home is sick—or vulnerable to being sick—you may need to clean more frequently. Always follow the directions on disinfectant products to avoid risk of exposure to dangerous chemicals.

SOCIAL DISTANCING

“Social distancing” was a phrase few people had heard before the pandemic—but it's now part of everyday language, thanks to the CDC's guidelines that encourage people to keep six feet away from others as a means of lessening the risk of transmission from respiratory droplets.

Respecting personal space will continue to prevent the spread of germs even after the pandemic is over, and many people will appreciate not having the person behind them in line at the store close enough to breathe all over them.

But in other ways, keeping distance has been unhealthy—and vaccines have made it possible for family and friends to interact with one another again. This is important because physical closeness (and touch) is an important part of our wellbeing. Physical contact prompts our bodies to produce the hormone oxytocin, which can create feelings of connection with other people, boost our mood, improve our appetite, and help us achieve better sleep.

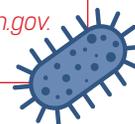
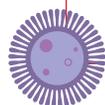
STAYING HOME WHEN SICK

Before the pandemic, many people prided themselves on being able to trudge through their regular routine when they were feeling under the weather. But when spreading sickness became a matter of life and death, workplaces and schools started emphasizing that people who were experiencing symptoms needed to stay home.

That's a good thing—during a pandemic or otherwise. Letting an illness spread throughout a place of employment is bad for business because it hinders everyone from working at their full capacity. That means there's a financial burden as well. The National Partnership for Women and Families refers to the practice of working when sick as “presenteeism” and explains that the spread of sickness and lost productivity that results from it costs the national economy an estimated \$160 billion every year.

But unfortunately, although the Families First Coronavirus Response Act required employers to provide paid sick leave for employees through December 2020, some American workers still don't have access to paid sick days—only 64 percent of private-sector employees get paid time off for being sick, according to the Economic Policy Institute. The National Partnership for Women and Families estimates paid sick days could save employers up to \$1.8 billion annually by keeping sick employees home and keeping healthy employees healthy.

Still feeling a little wary about how you should be behaving these days from a health perspective? You can find the latest guidelines from health experts at the Centers for Disease Control and Prevention by going to [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus) or the National Institutes of Health at [covid19treatmentguidelines.nih.gov](https://www.covid19treatmentguidelines.nih.gov).



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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



Eastern Shore News to Know

It's the end of the year, which we always hope will bring good tidings. Just over the Bay Bridge, though, there's sad news: After three decades, **Annie's Paramount Steak & Seafood House** is closing on December 24 due to non-renewal of its building's lease. "We want to say thank you to ALL patrons over the past 30 years," Mike and Helen Katinas shared on the restaurant's Facebook page. "Please continue to visit us as our staff will work diligently to our last day." There's no doubt that Annie's will be missed.

Once you've dried your eyes, let's turn our attention to something good farther down the Shore. St. Michaels has a new hotel, **The Wildset**, and with it, a new restaurant, **Ruse**. The new space focuses on seasonal American cuisine that changes regularly to focus on fresh ingredients. The kitchen is headed by Chef Michael Correll, who previously was the Chef de Cuisine at Baltimore's Tagliata. The restaurant's name refers to St. Michael's role in the War of 1812, when locals duped the British into aiming their cannons in the wrong place by hiding lanterns in the trees outside of town. **209 North Talbot Street, St. Michaels | ruserestaurant.com**

Around Anne Arundel

We love a good giving-back story, and **Killarney House Irish Pub** has just that. In celebration of the restaurant's 20th anniversary in September, Killarney House raised nearly \$8,000 for local charities through fundraising dinners that featured special three-course menus. To show his appreciation for two decades in business, Michael Galway, co-owner of The Irish Restaurant Company, which owns Killarney House, committed to matching customer donations. The money will go to seven local charities: Rebuilding Together Anne Arundel County, Anne Arundel County First Responders, Makins Cards for Our Troops, Londontowne Symphony Orchestra, Lace 'Em Up for Libby, Navy SEAL Foundation, and EMBOLC. **584 West Central Avenue, Davidsonville | killarneyhousepub.com**

↑ Speaking of giving back, two charities were recently honored with the Food for Good Award from the **International Foodservice Editorial Council (IFEC)**, which held its annual meeting at the Graduate hotel in Annapolis in late October. The yearly award is given to local food-related charities in the host city, and this year's recipients were Feeding Anne Arundel and the Lighthouse Bistro. IFEC, which consists of media professionals in the foodservice industry, such as the editors of publications like *Nation's Restaurant News*, *the National Culinary Review*, *FSR, Foodservice Director*, and *Food Management*, also invited local restaurants/chefs, including Miss Shirley's, Annapolis Yacht Club, Titan Hospitality Group, AACC's HCAT program, and more, to participate in its opening reception, Chef Showcase.



Maryland Report

There's always something interesting going on at **Flying Dog Brewery** up in Frederick, and this month is no exception. They recently released Triple Dog Triple IPA, described as, "an all-new epic beast with a so-big-you'll-need-to-clear-your-calendar-that-night-high ABV to match." They're not exaggerating—the beer clocks in at around 18 percent ABV.

Flying Dog also collab'd with University of Maryland's College of Agriculture and Natural Resources to create Field Notes Pale Ale (with a notably lower ABV at 5.6 percent). The UMD and Flying Dog partnership began in 2015. The goal of the study was to gather research and lay the groundwork for a commercially viable hop producing industry in Maryland that mirrors the success of hop growing ventures in the Pacific Northwest. Find both of these beers in a store near you by using flyingdog.com/beer-finder.

If anyone needs a new dream job, here's one to aspire to: **McCormick & Co** (based in Baltimore) recently hired a Director of Taco Relations. Sadly, they didn't pick a Marylander for the position, instead hiring Jo Luna of El Paso, Texas—but you never know when this position might someday be filled from its home state! Luna will work with McCormick's brand team to develop new recipes with the company's seasoning mix during her part-time, four-month stint.



Under the Tree: 2021 Boozy Gift Guide

Still struggling with a last-minute gift for someone in your life? If they're the type to enjoy an evening tipples or two, here are a few ideas:

Shots Box: This gift is just right for someone who loves to try different brands to find their new favorites. Shots Box curates five to 10 miniature bottles in a category of your choice (ranging from gin to holiday-inspired to whiskey), all wrapped up in a pretty package. They also offer a Whiskey Club subscription service, which can be purchased as a month-to-month, six-month, or annual membership. shotsbox.com

Wine Insiders: If your loved one is more likely to love wine than liquor, take a look at the Wine Insiders Club, which ships 12 bottles (red, white or mixed) every three months. If you don't want to commit to a lengthy subscription, Wine Insiders also sells gift sets from a variety of regions and vintners and at various price points. winesinsiders.com

Maryland Wineries Association: Rather go local? We're in favor of that. The Maryland Wineries Association offers its own wine club. Choose from red or white, and they'll ship three Maryland wines that illustrate the diversity of grape varieties and wine styles, direct to their door. marylandwine.com/club

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 \$\$ 📞 🍷 🍷

Barbecue Bueno

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

Big Bats Café

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

Bridges Restaurant

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

Café Sado

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

Capriotti's

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

Carmine's New York Pizza

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

Doc's Riverside Grille

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

El Jefe Mexican Kitchen & Tequila Bar

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

Fisherman's Inn & Crab Deck

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

Frix's Fire Grill

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

Harris Crab House

433 Kent Narrows Way N., Grasonville; 410-827-9500; Harris crabhouse.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; Ramshheadshorehouse.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 \$\$ 📞 🍷 🍷

RED EYE'S DOCK BAR

"Great drinks and atmosphere. Don't miss the Bourbon Slushie" —Sarah Tucker

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; Carpentersstreetsaloon.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 \$\$ 🍷 🍷

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MD 21401**Doc's Sunset Grille**104 W Pier St., Ox-
ford; 410-226-5550;
Docssunsetgrille.com;
American; lunch, din-
ner \$ 🍷 🍴 🍹 🌟**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 Ave-
nue, Easton; 410-820-
4002; Mexican; lunch,
dinner \$\$ 🍷 🍴**Foxy's Harbor Grille
(closed January &
February)**125 Mulberry St., St.
Michaels; 410-745-
4340; Foxysharbor-
grille.com; Seafood,
American; lunch,
dinner \$ 🍴 🍹 🍷 🌟**The Galley St. Michaels**305 S. Talbot Street,
St. Michaels; 410-
200-8572; Thegalley-
saintmichaels.com;
Breakfast, lunch \$ 🍴**Gina's Cafe**601 S Talbot Street, St.
Michaels; 410-745-
6400; Facebook.com/
ginascafestmikes;
Southwestern, Vegetar-
ian; 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;
Hillscafeandjuice.com;
American, milkshakes,
sandwiches; breakfast,
lunch \$ 🍷**Hong Kong Kitchens**210 Marlboro Avenue,
Easton; 410-822-7688;
Hongkongkitchen-
seaston.com; Chinese;
lunch, dinner \$**Hot off The Coals BBQ**8356 Ocean Gateway,
Easton; 410-820-8500;
Hotoffthecoals.com;
Barbecue; lunch, dinner
\$ 🍷 🌟**Hunters' Tavern at
the Tidewater Inn**101 E. Dover Street,
Easton; 410-822-4034;
Tidewaterinn.com;
American; breakfast,
lunch, dinner, Sunday
brunch \$\$ 🍷 🍴 🍹 🌟**In Japan**101 Marlboro Avenue,
Easton; 410-443-0681;
Injapansushi.com;
Japanese, sushi; lunch,
dinner \$\$ 🍷 🍴 🍹 🌟**Krave Courtyard**12 W. Dover St.,
Easton; 410-980-5588;
American; lunch \$ 🌟**Latitude 38 Bistro &
Spirits**26342 Oxford Road,
Oxford; 410-226-5303;
Latitude38.biz; Amer-
ican, 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 \$ 🍷 🍴 🍹 🌟**Lyondistilling
Company**605 S. Talbot Street,
#6, St. Michaels; 443-
333-9181; lyondistill-
ing.com 🍷**Marker Five**6178 Tilghman Island
Road, Tilghman; 410-
886-1122; Markerfive.
com; Local seafood,
lunch, dinner Thurs-
day-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; Piazzaital-
ianmarket.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 ; Euro-
pean 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; Robertmor-
risinn.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; Sampsizzastmi-
chaels.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

BLUE RUIN

"What an out of this world, amazing experience we had on date night! Worth the visit"—*Jason Wells*

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 \$ 🍴 🍷

PEOPLE LOVE MAGAZINES.



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

91%

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

(MRI-Simmons, Fall 2019)



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

MAGAZINES.

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

(NCSolutions 2005-Q12019)

HOW MANY ADULTS AGES 18+ READ MAGAZINES?

228.7 MILLION

THAT'S AN INCREASE OF 18 MILLION SINCE 2012.

(MRI-Simmons, Fall 2012-2019)



THE PRINT MAGAZINE INDUSTRY IS GROWING

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

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



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

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

* Household income \$250K+

(MRI-Simmons, Fall 2019)



WOMEN AGES 18+

(MRI Media Fusion)



PRINT READERS REMEMBER MORE.

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

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



WHAT'S UP? **MEDIA**
DIGITAL MAGAZINES EVENTS





Where's Wilma?

FIND WILMA AND WIN!

Look up and look high; you might see our faithful flying mascot Wilma sky-writing "Happy Holidays to All" as she soars from Western Shore to Eastern and back. Wilma is enjoying the holiday shopping and seasons greetings at local vendors and restaurants, and having a jolly good time while she's at it! 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 **Dennis Mitchell** of Cambridge, who won a \$50 gift certificate to a local restaurant or 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 _____

Name _____

Phone _____

Address _____

E-mail address _____

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

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

Entries must be received by December 31, 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.

Annapolis Auto	17, 19
Djawdan Center for Implant and Restorative Dentistry	1
Dwelling and Design	120
Eastern Shore Title Company	123
Friel Lumber Company / Friel Kitchen & Bath Design	BC
Gary Smith Builders	120
Grace Home Furnishings and Design	125
Haven Ministries	15
Homestead Gardens	117, GG
Jason's Computer Services	19
Kent Island Pediatric Dentistry	15
Luminis Health AAMC	7
Lundberg Builders/314 Design Studio	117
Nancy Hammond Editions	136
O'Donnell Vein and Laser	IFC, GG
Plastic Surgery Specialists	3
Swan Cove Spa & Salon	GG
The Gunston School	17
Tidewater Heating & Cooling	123
Tidewater Inn	5
Trippe Gallery	GG
TTR Sotheby's Annapolis	2
University of Maryland Shore Regional Health	IBC



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- Chronic disease management services
- Community education room
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