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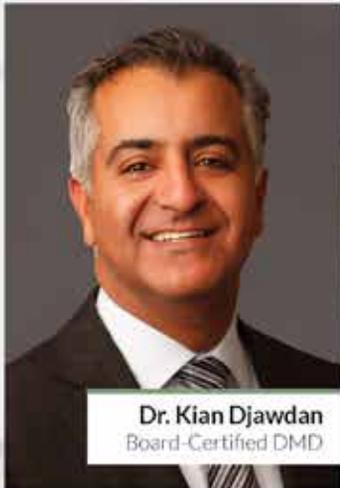
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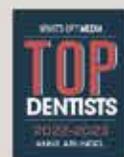
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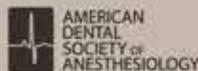
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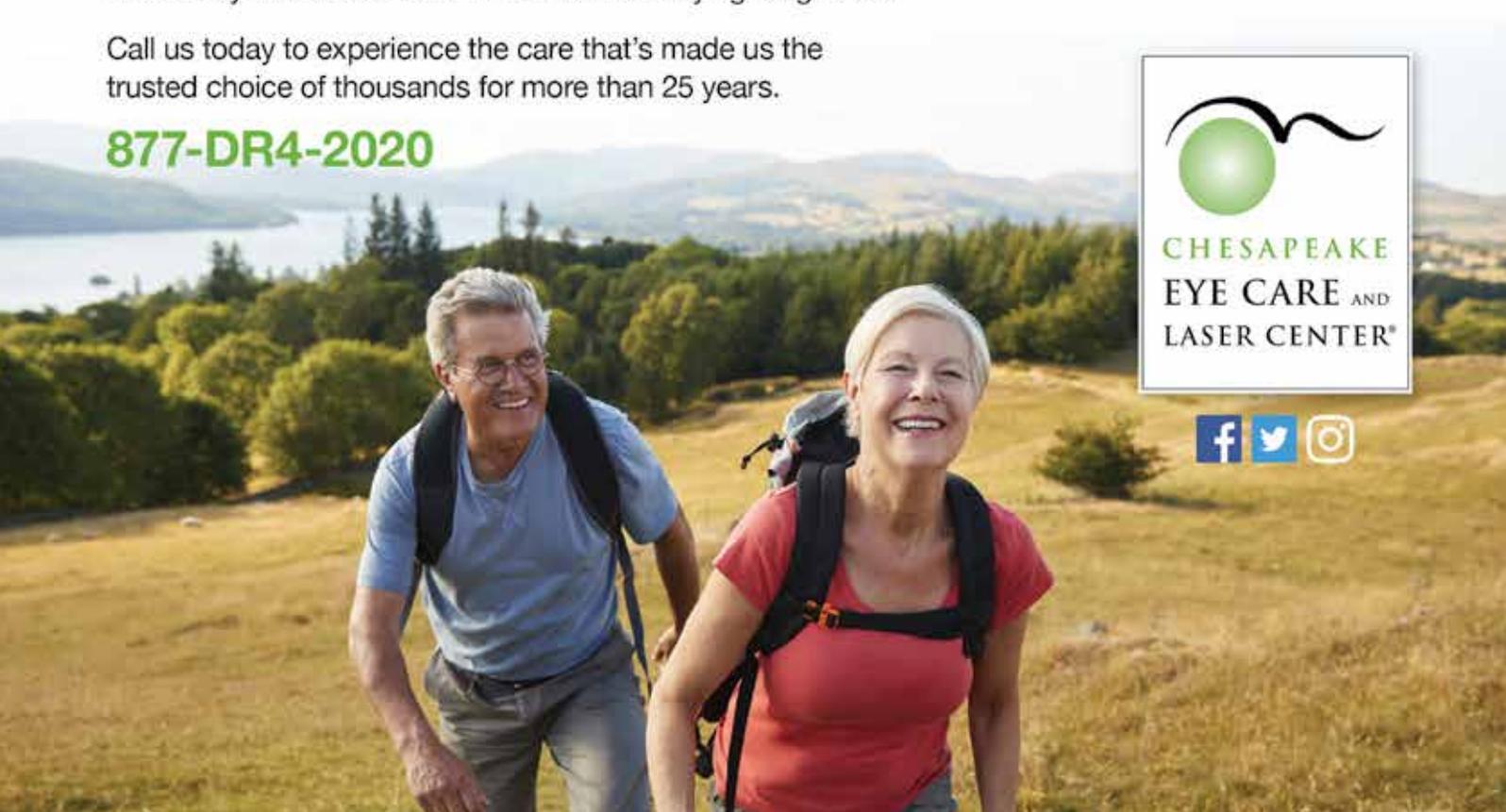
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- Beth P.



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- Daniel O.



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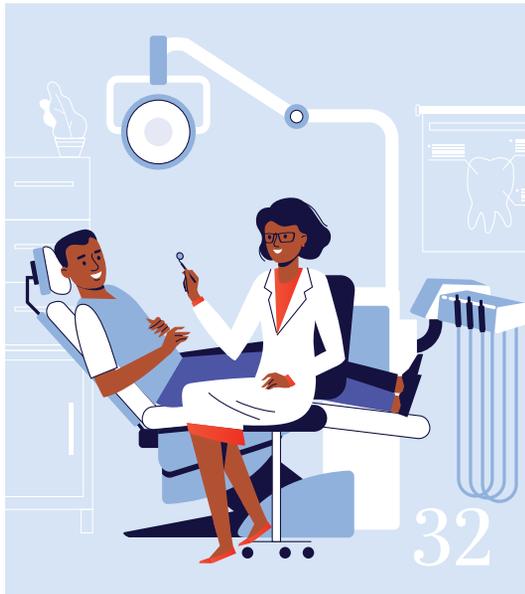
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**On the Cover:** Cavities from candy this season? Meet this year's class of Top Dentists to help with all your dental needs. Design by August Schwartz. Contact *What's Up?* Eastern Shore online at [whatsupmag.com](http://whatsupmag.com) ♻️ Please recycle this magazine.

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# October contents

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What's Up? Media has developed an exemplary awards program to honor elite home builders, architects, designers, and professionals serving the greater Chesapeake Bay region. The entry period opens October 1st for home industry professionals and firms to submit their completed projects for evaluation and vetting in 11 award categories. Entries—consisting of a project description and accompanying photographs—will be accepted through November 30th. There is no limit to the amount of project entries each professional/firm may submit. [whatsupmag.com/homeexcellenceawards](https://whatsupmag.com/homeexcellenceawards)



WHAT'S UP? MEDIA'S 1ST ANNUAL  
**HOME  
EXCELLENCE  
AWARDS**



The entries are posted to our online gallery where you can now vote for the cutest furry friend. Voting will take place from 10/1 - 11/7. Winners and chosen favorites (by you and our staff) will be showcased in the January 2023 issues of What's Up? Annapolis, What's Up? Eastern Shore, and What's Up? Central Maryland. And maybe even on the cover! [whatsupmag.com/petphotocontest](https://whatsupmag.com/petphotocontest)

## EXPERT OF THE MONTH

# CORNELIA C. HECKENBACH

Associate Broker | Long & Foster Real Estate

Meet Cornelia C. Heckenbach. Cornelia is a dedicated award-winning real estate agent among the Top 100 leveraging, for her clients, 30+ years of unparalleled expertise, leading-edge marketing talent, persuasive advocacy at the negotiation table, and eye for detail. Sophisticated, warm, and accomplished, Cornelia's outstanding real estate achievements extend from farmland, historic homes to stunning multimillion-dollar waterfront estates in the St Michaels, Easton and Oxford market. Cornelia is a gifted communicator, her unyielding dedication, integrity, and business savvy lead sellers to top-dollar results, and, her buyers, to the Eastern Shore home of their dreams. Cornelia is available to provide premier service to local, national, or international clients.

**Please tell us about your professional journey in the real estate industry and how you developed your passion.**

I grew up in Germany and travelled widely with my family. We spoke multiple languages and it helped us fully appreciate each culture or region. My father instilled my early interest in real estate and architecture. After WWII, my family began investing in real estate because the post-war generation believed it would be the most stable and profitable investment. After college, I worked for a large German corporation, then was offered the opportunity to sell real estate for a company with a niche investment focus. I met my husband, a German engineer, architect, and developer in various European countries, and we became a strong team in our private and professional lives (we've been married 37 years). In 1989, we decided to pursue a dream and purchase property in the USA. We sold our business in Germany to move to Maryland and live on a waterfront farm. I pursued my real estate career here. I love what I do! I love to match people with the property that they are dreaming of and take great pride in earning their trust, referrals, and repeated business.

**What housing trends are you seeing on the Shore in terms of inventory and pricing?**

In my opinion, property values had been underrated for quite some time, but Covid changed that. On the Shore, we received buyers from areas that have much higher price tags, but who were willing to pay more than the local offering prices. At the time, the high demand and low inventory contributed to the increased pricing. But because our county has limited supply, pricing should remain steady, although elapsed purchase time may now vary. Sellers who price too ambitiously will realize that the Covid buying frenzy has come to an end. Current buyers no longer feel rushed to make quick decisions. They are looking for excellent investments. If properties are priced fairly and offer good value, they will still move steadily. Times have changed and we are seeing this sequence again.

The proximity of the greater Washington, D.C. area and Philadelphia will always assure second home buyers' interest. And environmental regulations, which strive to assure the health of the Eastern Shore by not allowing big box, wholesale subdivision, are also regulating all property values—not only those with waterfrontage. I came here as a buyer after traveling the world, and the same things that attracted me and my husband, and made me fall in love with this area, will continue to attract others.

**Please explain your approach to serving clients and what they should expect from the experience.**

As a real estate professional, I am part of a service industry. I believe in first class service. When someone hires me to represent them, either as a seller or buyer, I will exceed their expectations because I know what I expect of a professional. When representing sellers, I will arrange to have their house staged, and I will attend the photo shoot because I know from experience how a home will look through the lens. Buyers will also profit from my experience in land development and my knowledge of zoning laws and the appropriate contacts that are needed. I will guide my sellers and buyers through all aspects of a transaction. I am a communicator and tough negotiator and have a genuine passion for guiding others to success. I will always listen closely and make myself personally available. My clients and customers communicate with me because, simply put, I am the professional they hired. I look forward to providing more years of excellent service and welcoming new owners to their wonderful, new Eastern Shore life!

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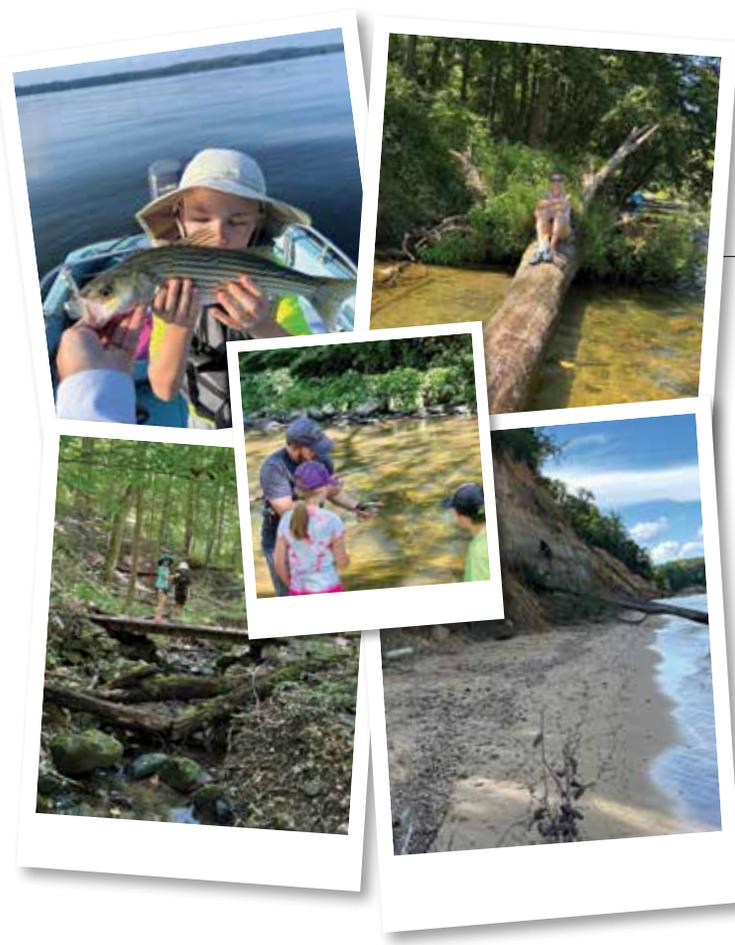
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# From the editor

The abundance of  
**NATURAL RESOURCES IN OUR REGION**  
 is remarkable and should be  
**APPRECIATED BY ALL.**

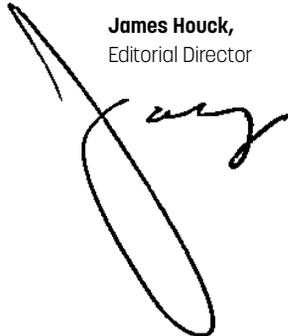
miles in/out to enjoy the bayfront beach and fossil hunting; (4) and took the boat out on the Severn River at sunrise to catch striped bass and white perch.

Not touting here; just trying to impress the point that there's magnificent opportunities within quick reach to experience nature and nurture one's appreciation for all that we have. That is, if we continue to collaborate and make protecting these resources a priority. Please read what our riverkeepers have to say about what they're seeing on the frontline—the shorelines if you will—and how we can help.

In about five weeks, you'll have the opportunity to vote in leaders at the state and county levels who will shape environmental policy for the years ahead. The Gubernatorial election is upon us, and Maryland will have a new governor. Our political correspondent, Mark Croatti, has written the primer, "Prelude to the War for 2024," on the candidates vying for your votes and what's at stake in *this November's* election—the results of which will have far-reaching implications in the national elections just two short years away.

If the political landscape has you—like me at times—wanting to scream into a pillow, let's take a breather together and enjoy everything this season offers. Autumn weather is swooping in, Halloween events and harvest activities are gearing up, football and hockey are back, fireplaces see first flames, it's "Rocktober" on the bay...I could on and on, but I think you get the point. And it's all packed into this issue, along with the results of our biennial Top Dentists survey (get those cleanings and consultations in before the holidays!). Happy health and happy trails!

**James Houck,**  
 Editorial Director



**T**here's an important article in this month's issue. Well, there's more than one, but allow me to digress for a moment. I'm specifically referring to "Riverkeepers on the Frontline" written by Lisa Hillman. This is a discussion piece about habitat and environment issues as seen and told by several of the Chesapeake Bay region's riverkeepers—the leaders and organizations that monitor, patrol, and advocate for the health and preservation of our local tributaries. Their work is tedious and never ending, but critical to fulfilling the dream of restored rivers and our precious bay.

I'm hoping and believing this dream will become reality in my lifetime. The abundance of natural resources in our region is remarkable and should be appreciated by all.

Consider this: during the last week of summer before the kids went back to school, my family spent our staycation exploring state parks and outdoor experiences. In just one week's time and within an hour's drive of our state capital, we: (1) waded and fished the cool, cobblestone streams and waterfalls of Little Patuxent River at Savage Mill; (2) ventured to Patapsco Valley State Park and hiked six miles in the riverfront foothills; (3) drove to Calvert Cliffs State Park, hiking four

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SATURDAY, OCTOBER 29, 2022



# OYSTERFEST

10-4PM | RAIN OR SHINE

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For more information on OysterFest or the Chesapeake Bay Maritime Museum visit [cbmm.org](http://cbmm.org) or call 410-745-2916



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# *Out on the* **TownE**

13 EVENT PICKS | 18 SPOTLIGHT | 20 ATHLETE | 22 INTERVIEW



## **Easton Airport Day**

The 13th annual Easton Airport Day is here! On October 8th, the Easton Airport will host the fun-filled gathering, which offers a unique opportunity to visit the community airfield and see what flying is all about. Formation flyers will highlight the event with "Warbirds" flying patterns over the skies of Talbot County. The event will feature rare and unique aircraft, military jets, and airport equipment as well as demonstrations, hands-on activities, and plenty of fun for the family. Find more information at [eastonairport.com](http://eastonairport.com).



## ↑ Academy Art Museum's Annual Craft Show

The Academy Art Museum in Easton is hosting their 25th Annual Craft Show on October 22nd from 10 a.m. to 5 p.m. and October 23rd from 11 a.m. to 4 p.m. The show will feature more than 50 artists from across the country, with all proceeds supporting the Academy Art Museum and its mission to provide meaningful art experiences and education to the Mid-Shore. For more information, visit [academycraftshow.com](http://academycraftshow.com).

### QUEEN ANNE'S COUNTY ARTS 45TH ANNIVERSARY

Come together to celebrate the 45th Anniversary of Queen Anne's County Arts on October 22nd at 6 p.m. at Kent Island Volunteer Fire Department in Chester. The event will include live music from Mike Hines and the Look, food, beer, wine, and plenty of entertainment. All sales will benefit the Queen Anne's County Arts Council's mission of promoting and supporting the arts in our community. Find more information at [queenannescountyarts.com](http://queenannescountyarts.com).



## Rock the Reef Bash

The Wet & Wild Auction is back this year as the Rock the Reef Bash on October 29th. This annual fundraiser for the Chesapeake Bay Environmental Center's Bay restoration efforts will have live music, silent and live auctions, raffles, food, and libations with a Halloween theme. The event will be 5 to 8:30 p.m. at the Chesapeake Bay Environmental Center in Grasonville. Find more information at [bayrestoration.org](http://bayrestoration.org).



## Easton Beer Fest 2022

Support local by drinking local! The 7th Annual Craft Beer Fest will be held October 1st from noon to 4 p.m. at the Easton Volunteer Fire Department. This is Maryland's largest under cover beer festival and features over 40 breweries, wineries, and distilleries. There will also be live music by Black Dog Alley. Get a VIP ticket for an extra hour of the festival. All proceeds benefit the Easton Fire Department. Get tickets and find more information at [discovereaston.com](http://discovereaston.com).



## ↑ PUMP IT UP FOR HOSPICE

Friends of Hospice and Talbot Hospice are joining forces for this year's Winter Festival. To kick off this festival, Pump It Up for Hospice will take place on October 15th on Harrison Street in front of the Waterfowl Building in Easton. This unique community fundraiser will help raise money for The Talbot Hospice Foundation. The Winter Festival will continue in November with the Santa Fun Run 5K on 11/19, The Festival of Trees on 11/26, Carols by Candlelight on 11/26, and Talbot House Tours on 12/4. For more information, visit [talbothospice.org](http://talbothospice.org).

**Tilghman Island Day**  
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 From Noon to 4pm

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 11:30am - Anchor Throw  
 1pm - Boat Docking Contest  
 2:30pm - Workboat Races  
 4pm - Crab Picking Contest  
 4:30pm - Oyster Shucking Contest  
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## WHAT'S UP? MEDIA'S BRIDAL EXPO ↓

Get everything checked off your wedding to-do list at What's Up? Media's one-stop shop on October 23rd at The Atreum at Soaring Timbers in Annapolis. From cake tastings to beauty makeovers, we will have plenty of options for you to plan your perfect wedding. Plus, brides will receive a complimentary swag bag! Sample delicious desserts while visiting with wedding pros, get inspired at the fashion show, have fun in the photo booth, and enjoy live demos and exclusive wedding savings. Whether you are just starting your planning, finishing up last details, or anywhere in between, you will find exactly what you are looking for here! Find more information at [whatsupmag.com](http://whatsupmag.com).



## ↑ Providence Center's Harvest Bash

The original Harvest Bash is back. On October 15th, Providence Center is hosting their 8th Annual Harvest Bash at Providence Center's Greenhouse and Gardens in Arnold. The bash will feature a feast of fall bounty, signature cocktails, raw oyster bar, custom donuts, live music, auctions, and so much more, all under twinkling lights and a canopy of stars in the greenhouse and gardens. This fundraising event raises critical funds to support over 300 people with intellectual and developmental disabilities to discover and live their best lives in Anne Arundel County. For more information, visit [providencecenter.com](http://providencecenter.com).



## INTERNATIONAL EDGAR ALLAN POE FESTIVAL AND AWARDS

Experience mystery, intrigue, and the Macabre at the 5th Annual Poe Fest International on October 8th and 9th at the Edgar Allan Poe House & Museum in Baltimore. The free festival will be from 11 a.m. to 4 p.m. each day and feature Edgar Allan Poe themed performances, vendors, readings, music, and more. For more information, visit [poefestinternational.com](http://poefestinternational.com).

## GiGi's Playhouse Golf Outing

GiGi's Playhouse Annapolis hosts their 3rd Annual Golf Outing at The Cannon Club in Lothian on October 17th starting at 9 a.m. This day on the golf course is to support individuals with Down syndrome, their families, and the community. In addition to a beautiful day of golf, the day will include breakfast, lunch, and post-game appetizers, beverages, a swag bag, and a longest drive and closest to the pin contests. Find more information at [gigisplayhouse.org/Annapolis](http://gigisplayhouse.org/Annapolis).



## Art @ The Park

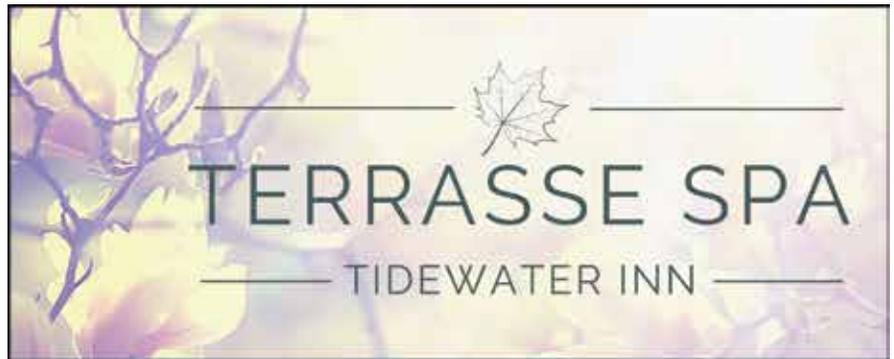
On October 15th and 16th, Quiet Waters Park is hosting the 32nd Annual Art @ the Park arts festival, featuring a variety of original visual arts along with demonstrations and live musical performances. All proceeds from the festival will go toward events and programs that are held in the park. For more information, contactfestival@fqwp.org.

## U.S. POWERBOAT AND SAILBOAT SHOWS ↓

The U.S. Powerboat and Sailboat Shows are back this October. The Powerboat Show will be at Annapolis City Dock from October 6th through 9th. The Sailboat Show will take place one week later, October 13th through 17th. These shows are for all boat lovers to explore a variety of new and used boats as well as supplies, fishing gear, marine accessories, and much more. Find more information at [annapolisboatshows.com](http://annapolisboatshows.com).



Photo by Josh Davidson



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# 2022 Tour de Talbot a Success

Last June 4th, over 490 bike riders took to the roads of Talbot County and raised \$13,000 for three charities and ride-organizer Talbot Thrive, a new nonprofit dedicated to healthy and safe outdoor mobility for everyone living in and visiting Talbot County. Participants took off from the Easton Firehall early in the morning, following one of three routes of 30, 40 or 62.5 miles. The longer distances featured a ferry crossing from Oxford to Bellevue as part of the route. Rest stops were staffed by volunteers whose charities benefited from the ride, including the YMCA of the Chesapeake, Mariah's Mission, and Carepacks of Talbot County. Each charity received \$3,000, with \$4,000 going towards organizer Talbot Thrive to launch their programming initiatives in Talbot County. Learn more about Talbot Thrive, it's programs, and events at [talbotthrive.org](http://talbotthrive.org).



Wendy Palmer, Associate Executive Director of the YMCA of the Chesapeake accepts a check donation for \$3,000 from Talbot Thrive Board Member and Ride Chair Heather Grant in front of the Easton YMCA



## ↑ EASTON STUDENT RECEIVES OUTSTANDING ACHIEVEMENT AWARD

Easton Middle School 8th grader Samantha Townsend has been selected as a National Junior Honor Society (NJHS) Outstanding Achievement Award recipient. Recognizing the need to help middle level students jump-start their quest toward higher education, the NJHS offers the annual NJHS Outstanding Achievement Award. Samantha is one of 500 students nationwide who will receive \$500, which will be placed in a 529 college savings account to be applied toward her higher education. "Recipients are chosen based on their demonstrated work to support the five pillars of NJHS: scholarship, service, leadership, character, and citizenship," said Easton Middle NJHS Advisor, Lindsay Matthews. "Please join us in congratulating Samantha on her accomplishments!"

Do you have community or business news to publicize? Send What's Up? an email at [editor@whatsupmag.com](mailto:editor@whatsupmag.com).



## ↑ FOSTER PARENT APPRECIATION EVENT

The Departments of Social Services in Caroline, Dorchester, Queen Anne's, and Talbot counties recently hosted an appreciation event for area foster parents at the Talbot County Agriculture and Education Center in Easton in honor of National Foster Care Awareness Month. The catered event included activities such as a DJ, glitter tattoos, bubbles, and prizes and drawings for the families in attendance. In addition, foster parents were recognized for their years of service. "This is always a special event for our foster parents and their families, while also providing time for everyone to socially gather and share among the counties," stated Paris Quillet, Special Projects Coordinator for the Talbot County Department of Social Services. For more information on becoming a foster or adoptive parent, call the Talbot County Department of Social Services at 410-820-7371 or visit [midshoresresourceparents.com](http://midshoresresourceparents.com).



## ↑ PSS Introduces New Team Surgeon

Plastic Surgery Specialists, which has offices in Annapolis, Easton, and southern Maryland, is excited to introduce Dr. Robert Howard as the newest member of the PSS team. Dr. Howard is a board-certified plastic and reconstructive surgeon serving the greater Maryland area after a distinguished career with the United States Navy. He is driven to provide comprehensive, compassionate, and state-of-the-art plastic surgery and reconstructive care to his patients. His commitment to service, from providing critical medical aid through global conflicts to humanitarian aid missions, has led him to see firsthand the power of surgery to help people overcome obstacles and get back their lives. To learn more about PSS and its surgical team, visit [plasticsurgeryspec.com](http://plasticsurgeryspec.com).

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TOWNE ATHLETE

# Wilson Smothers, Jr.

Queen Anne's County High School Football, Basketball

By Tom Worgo

**A**s a freshman at Queen Anne's County High, Wilson Smothers, Jr., had ideal size for a running back at 230 pounds. With that bulk, Smothers could run over defenders. However, he didn't get much varsity playing time. Looking back, Smothers admits that was because he didn't work hard enough.

"I should have been able to play running back, but I was in really bad shape," Smothers says. "I was just lazy."

Smothers decided to do something about it after his freshman year. He started working out—a lot. Two hours each day after basketball season and four hours a day in the summer. He lifted weights and did several different football drills.

"I fell in love with training," says Smothers, now a junior. "I was really locked into it. I just wanted to get better."

The effect on his physic was dramatic. He lost 30 pounds over time. "He worked extra hard in the offseason and really put in the time," Queen Anne's County Football Coach Al Waters says. "He bought bands that would stretch, a running parachute, and his dad would take him out to hills. He did all that in addition to our training."

The 5-foot-10 Smothers got quicker, stronger, and more dangerous, and soon was on his way to high school stardom. He ripped off big run after big run. Smothers had a breakout season in 2021, rushing for 1,302 yards and 14 touchdowns.

Smothers had some memorable games. He ran for 242 yards and three touchdowns against Stephen Decatur High School.

In another game he totaled 177 yards and four touchdowns on only four carries. "At one point, he was top three in the state for rushing yards," Waters says. "It really put him on the map—big time. Talking to other coaches at clinics. They might not know his name, but they knew we had a stud running back. He definitely earned a reputation around the state."

Enough of a reputation that he was recruited by several Division I schools, including getting an offer from West Point. Smothers also visited Navy, Kent State, and Bowling Green. But Army remains his top choice—and by a wide margin. He carries a weighted 3.56 grade-point average.

"They offered me to come to the school to play and I visited," Smothers says. "They showed a lot of love toward me and were very aggressive in the recruiting process. I felt welcome at the school. They have a good football program, and they definitely take care of you at the school."

Smothers was a standout in basketball, too. After spending time on the junior varsity as a freshman, he got called up to the varsity late in the season. Though his sophomore year got wiped out because of the pandemic, he dominated as a junior.

Smothers, a point guard, averaged 17 points and six assists a game to lead the

Falcons to a 19-1 record. He scored 20 points or more in five different games. Former Queen Anne's Boys Basketball Coach Kwandrey Wilson says Smothers could have played college basketball.

"He was a true leader," Wilson recalls. "If you asked him to stop the best player on the other team—even if he was 6-7 or 6-8—he would guard him with no hesitation. If we needed him to score late in a game, he would do it. I call him a one-of-a-kind athlete. He was just good at everything he did."

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



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TOWNE INTERVIEW

# Rakim Jarrett

University of Maryland Terrapins  
Football Wide Receiver

By Tom Worgo

Photography courtesy University of Maryland

In December 2019, Maryland Football Coach Mike Locksley looked stunned as he took part in a National Signing Day press conference. He was announcing that five-star recruit Rakim Jarrett had flipped from LSU to Maryland. ESPN ranked Jarrett the 21st overall prospect in the entire 2019 class.



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"We had no idea he was coming to us," Locksley says. "He put out a tweet that said 'committed.' We said, 'What's this?'"

Now, as Jarrett enters his third season, he could develop into a high pick in the 2023 NFL Draft. The LSU-Maryland decision sticks to Jarrett like a tattoo. LSU won the national title a month after Jarrett flipped to the Terrapins, who were coming off a 3-9 season.

"Coach Locksley is probably 80 percent of the reason I am here," explains Jarrett, who has known Locksley since the eighth grade. "I didn't tell coach Locksley or my family about the switch. It was crazy when I made the decision. I just didn't believe all the stuff LSU was telling me."

Jarrett's explosiveness (4.43 in the 40-yard dash) makes him appealing to the pros. The 6-foot, 190-pounder came into his own last year, catching 62 passes for 829 yards and five touchdowns. Jarrett, who went to St. John's College High School in Washington, D.C., says he has set personal goals for this season: 70 catches,

1241 receiving yards, and double-digit touchdowns.

"He is becoming a fantastic route runner," Maryland Offensive Coordinator Dan Enos says. "I saw his and quarterback Taulia Tagovailoa's rapport really take off at the end of last season."

Jarrett and Tagovailoa, a 2023 NFL Draft prospect himself, will be playing together for a third season this fall. "That's one of our biggest blessings," Tagovailoa says of their chemistry. "I feel like I grew up with him like we are kids from the same neighborhood."

What's Up? Media talked to Jarrett about his relationship with Locksley and Tagovailoa and the comparisons to Buffalo Bills star and former Terp Stefon Diggs.

**What have you learned from coach Locksley? How would you describe your relationship?**

He just told me how to be a pro. Being from the area, there are a lot of distractions. He told me to not be out or be seen. He has told me about the ins and outs of the NFL and what they are looking for. Our relationship is great.

I go to Coach Locksley about anything, which is rare for a college coach. If I have girl problems, problems at home, I go to Coach Locksley.

**How much does it help that for a third straight season you are playing with your quarterback, Taulia?**

You can only gain chemistry over time, and we are clicking. We haven't missed a beat. I have played in all the games since I have been here, but one. Our relationship is great. He is a fun guy to be around. We laugh and joke. But we know football is business. He has a job to do. So do I.

We are working together to accomplish our goals

**People compare you to Diggs, who played high school and college football in Maryland. Do you like that?**

Stefon is probably my favorite receiver. I try to take some stuff from his game. I talk to him in the offseason. Whenever he is in town, we get together and work out. I saw him twice this offseason.

**This will be your third year. What is different than in past seasons?**

I am getting older. It may not seem like it, but I have

to take care of my body more. I have to do more stretching. I have to stay 100 percent healthy. In a lot of games last year, I was out there playing hurt. I am doing more hot yoga this year to help the soft tissue. I do it three times a week. I also do it to make sure I don't have hamstring injuries.

**What have you worked on in the offseason to get better?**

I wanted to improve my over-the-shoulder deep ball tracking. All the deep balls and contested catches. That was what was in my draft profile. That I lacked making the

contested catches. I also want to make people miss tackling me more.

**You did some important film study last season, spending extra hours instead of going home. Can you talk about that?**

My quarterback asked me to. After dinner, we would go up to Coach Locksley's office. From 7 p.m. to 9:30 or 9:45, we would just be up there watching plays. It was important to do that, and it really helped during the late part of the season. I did it for six, seven weeks.

**You are from the area. What does it mean to you to play for Maryland?**

It means a lot. Running out of the tunnel. A majority of the fans know I am because I'm from here. I wouldn't trade it for anything in the world.

**What did the win over Virginia Tech in the Pinstripe Bowl game mean to you? What does it do for the program that hasn't won a bowl game since 2010?**

It was definitely a huge win. It's a steppingstone for the program. But we still have work to do and that is not the ultimate goal. Our goal is to win the Big Ten Championship, but it's going to be tough. There's no doubt about that. Everybody really thinks we have a chance to go out and compete. This is not a 3-9 Maryland team anymore.





# *Prelude to*

**THE  
WAR  
FOR  
2024**

*By Mark Croatti*

# *A Preview of the 2022 U.S. Midterm and Maryland Gubernatorial General Election*



against the backdrop of the televised January 6 hearings in Congress last July, Maryland's 2022 Primary Election results were interpreted by many as a victory by former President Donald Trump in his proxy war against Governor Larry Hogan when Trump-endorsed State Delegate Dan Cox triumphed over Hogan's choice, former Commerce Secretary Kelly Schulz, to become the Republican nominee for governor. However, as the hearings and primaries competed for the public's attention, you might have missed the major electoral reforms being proposed that, if passed, will significantly change how future elections are held. By either granting or denying specific powers to the many state officials in charge of not only how a state's electoral process works but also, by extension, how Electoral College votes are then certified by a state, the reforms will directly affect who controls the national government. Thus, the often overlooked, ignored, or misunderstood role that states have in determining the levers of power at the national level has become the new battleground not only in Maryland, but across the United States, alongside the usual concerns about the status of the economy.

The 2020s have not been kind to the world, the United States, or to Maryland. Typically, the party that controls the White House loses support in a midterm election, especially if the public believes there have been major economic setbacks since that party took office. But because there has been more than one administration in charge since the start of the decade, who to, actually blame may be difficult. According to the World Health Organization, over half a billion people, including almost a hundred million in the U.S., have gotten Covid-19 since the outbreak was first reported. Over six million people have died, with Americans accounting for over a million deaths. Unemployment skyrocketed nationwide to roughly 15 percent when the outbreak first spread, although it had dropped to less than 4 percent both in the U.S. and in Maryland by the summer of 2022. However, hopes for a quick economic recovery was obliterated by Russia's invasion of Ukraine last February. Since then, the annual global inflation rate has soared to close to 10 percent, the highest figure since the 1980s. Gasoline sold for close to \$5.00 a gallon in Maryland—even higher in other states—and increased prices for food, housing, and utilities, all reflecting approximately 10 percent cost increases, prompted the Federal Reserve to pump up interest rates to try and avoid a recession. As stock markets plummeted, mass shootings became an everyday occurrence, the Supreme Court began to wade into the culture wars, and measurements of U.S. consumer confidence have plunged to the lowest in a decade, according to Bloomberg. This boiling cauldron of economic and political frustration will have repercussions well beyond the choices voters will make on November 8; the ripple effect will directly impact the 2024 Presidential Election.

## **The Electoral Count Act and the 2020 Election**

According to the 1948 United States Code of Laws, Title 3, Chapter 1, Section 15, originally published in 1926 with subsequent changes, after

the Electoral College votes, the results are officially but ceremoniously tabulated by Congress in a session led by the Vice President whose role, under the previous 1887 Electoral Count Act, has historically been interpreted as being merely procedural. Under the U.S. Code, Electoral College votes can be challenged but are difficult to change. First, at least one member of the House of Representatives and the Senate must dispute the votes of one or more states. If that happens, a decision to change the results would then be voted on by each chamber, and then any decision to change the outcome in one or more states would need to be approved by both.

Therefore, if one party doesn't have majorities in both chambers, the chances of reversing the election mostly disappear (unless members of the other party cooperate with the challenging party). However, if one party did control both chambers, approved the challenges, and enough Electoral College votes were disqualified so that no presidential candidate received a majority, then the presidency would be decided in the House of Representatives, where each state's delegation in the House casts a single vote, as they did after the 1824 Election.

In 2020, Republicans had a majority in the Senate but not the House, even though they held a delegational advantage of 26–23. Therefore, the only way to force a House delegational vote would be to do something—like Vice President Mike Pence rejecting Electoral College votes himself—not provided for in the U.S. Code, which would have been immediately challenged in court as to whether the Vice President has such power, which is what some of Trump's lawyers such as John Eastman, Sidney Powell, and Rudy Giuliani wanted the Supreme Court to decide.

However, under the 1887 Electoral Count Act, there are penalties for illegally interfering with that process, so would Pence be committing a crime? Only if the Supreme Court ruled that the Vice President does not have such power, which meant that there were very real legal risks involved. When the Vice President's lawyers, along with some of Trump's other lawyers, such as Eric Herschmann, cautioned Pence that the Supreme Court would not rule in his favor, Pence chose not to act outside of a ceremonial role on January 6, 2021.



## **Electoral Count Act Reform and the 2022 Election**

The debate didn't end there; instead, the new fight is over proposed changes to the Electoral Count Act and/or the U.S. Code to either enable such a scenario to occur or prevent even the possibility that it could. Last July, a bipartisan group of senators proposed a broad spectrum of Electoral Count Act reforms contained in two separate bills. After using specific language that the Vice President has nothing other than ceremonial power, there are two major reforms that, if passed, are directly related to who controls Congress and state governments, and that's the connection to the 2022 elections.

## **2022 Midterm Election Legislative Races**

The first major proposed reform focuses on Congress; instead of a single member in either chamber being able to challenge the Electoral College results, one fifth of each chamber's membership must object to start the process in either body, which would be 87 members of the House and 20 members of the Senate. This means that who is elected to Congress becomes even more important, not just in regard to being able to change Electoral College votes, but also because should the 2024 Presidential Election subsequently get thrown into the House of Representatives, votes would be cast by state delegations, not by individual members. In 2020, going by who was elected in 2018, the Republicans held a 26–23 delegational advantage in the House, despite being in the overall minority, which means Donald Trump would've won had Joe Biden not received an Electoral College majority. Which party will have the delegational advantage in the House after the 2024 Presidential Election will be determined by the 2022 Midterm Elections, not the 2024 elections.

## U.S. SENATE

Democratic incumbent Christopher Van Hollen will face Republican Chris Chaffee, a private business owner who has been running for Congress since 2010.

## HOUSE OF REPRESENTATIVES

One of the two most anticipated General Election showdowns will focus on *District 1*, where incumbent Andy Harris, a Republican trying to win his seventh two-year term, faces Democratic challenger Heather Mizeur. The other is in *District 4*, where Democrat and former Prince George's County State's Attorney Glenn Ivey, who defeated Donna Edwards' bid to regain her old seat, and Republican Jeff Warner, a Prince George's County pastor, will vie for the vacant seat left by Anthony Brown.

## 2022 Maryland Gubernatorial Election Legislative Races

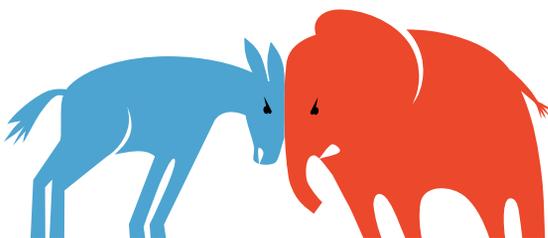
### GENERAL ASSEMBLY

State Senate: In *District 30*, incumbent Democrat Sarah Elfreth will go head-to-head with Republican Stacie MacDonald; In *District 32*, Democrat Pam Beidle will face Republican Kimberly Ann June. In *District 33*, Republican incumbent Sid Saab squares off against Democrat Dawn Gile.

House of Delegates: In *District 30A*, appointed Democratic incumbents Shaneka Henson and Dana Jones will compete with Republicans Doug Rathell and Rob Seyfferth while in *District 30B*, Republican incumbent Seth Howard will take on Democrat Courtney Buiniskis.

### ANNE ARUNDEL COUNTY

County Council: In *District 4*, it's Republican Cheryl Renshaw vs. Democrat John Dove, Jr., while in *District 7*, Republican Shannon Leadbetter is up against Democrat Shawn Livingston.



## 2022 Maryland Gubernatorial Election Executive Races

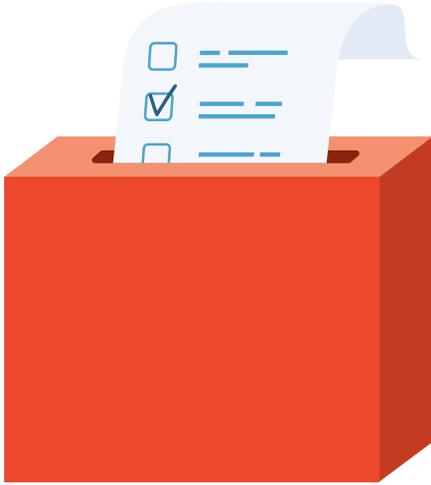
### GOVERNOR

The second major proposed reform is that only governors would be able to certify their state's electors to Congress, which makes control of the governor's office a crucial variable. Currently, there are 28 Republican governors and 22 Democratic chief executives, with 36 states, including Maryland, choosing a governor in 2022 (20 of those positions are currently held by Republicans, 16 by Democrats). A second focus is on secretaries of state, the officials in charge of state elections; in almost half the country, those positions are up for re-election. In many of the states both where a majority of people still question the legitimacy of the 2020 Presidential Election, as well as the states shaping up as key battlegrounds for 2024, some of the leading candidates looking to win this office believe that Trump won in 2020. In Maryland, the Secretary of State position is appointed by the governor.

On November 8, the Democratic nominee, author and non-profit executive Wes Moore, will go head-to-head with the Republican candidate, State Senator Dan Cox. While Maryland has yet to elect a woman or an African American governor, Cox, too, faces historical obstacles as the Republican Party has not only failed to win more than two straight Maryland gubernatorial elections, Marylanders have never elected two consecutive Republican governors. Aside from both candidates drawing expected party support—and the election no longer being a proxy war between Hogan and Trump, who still supports Cox—Moore has lined up several celebrity endorsements that include talk show host and author Oprah Winfrey and actor and director Spike Lee.

## 2022 Maryland Gubernatorial Election Legislative Races

Currently, Republicans control the governorship and both chambers of the state legislature in 23 states: Alabama, Arizona, Arkansas, Florida, Georgia, Idaho, Indiana, Iowa, Mississippi, Missouri, Montana, Nebraska, New Hampshire, North Dakota, Ohio, Oklahoma, South Carolina, South Dakota, Tennessee, Texas, Utah, West Virginia, and Wyoming.



Democrats control all three in 14 states: California, Colorado, Connecticut, Delaware, Hawaii, Illinois, Maine, Nevada, New Jersey, New Mexico, New York, Oregon, Rhode Island, and Washington. Divided government, where one party has the governorship but the other party controls one or both chambers of the legislature, exists in 13 states: Maryland, Alaska, Kansas, Kentucky, Louisiana, Massachusetts, Michigan, Minnesota, North Carolina, Pennsylvania, Vermont, Virginia, and Wisconsin. Below is an update on the major races that we highlighted in our 2022 Midterm and Gubernatorial Primary Election Preview:

### ATTORNEY GENERAL

Democrat Anthony Brown, a former Lt. Gov. and congressman, will face Republican Michael Peroutka, a former Anne Arundel County Councilman.

### COMPTROLLER

Democrat Brooke Lierman, a two-term Delegate, is running against Republican Barry Glassman, the two-term Harford County Executive.

### COUNTY EXECUTIVE

Democratic incumbent Steuart Pittman will face Republican Jessica Haire., an Anne Arundel County Councilwoman who is married to Dirk Haire, the Chair of the Maryland Republican Party.

## Referendum Reminder: Marijuana

As we wrote in our Primary Election Preview, Marijuana is fully legal (decriminalization plus recreational and medical use) in the nearby District of Columbia and 18 states, including two on

Maryland's border (Virginia and New Jersey), while 10 other states such as Maryland and Delaware decriminalized it and allow medical use. In nine states (two more on Maryland's border, West Virginia and Pennsylvania), marijuana hasn't been decriminalized but medical use is allowed. In 2022, Maryland and six other states will allow voters to legalize recreational use through a ballot initiative.

## Approaching the 2024 Election Together

While in Maryland, Democrats are expected to win the governorship, control both chambers of the General Assembly, win seven of the eight congressional seats, and re-elect U.S. Senator Christopher Van Hollen on November 8, nationally, many forecasters such as Larry Sabato's Crystal Ball at the University of Virginia's Center for Politics are predicting that the GOP will come out of the 2022 Midterm Elections with the most to show for it. Republicans are expected to have more governors, more control over state legislatures, and a majority in both houses of Congress, including delegational control of the House of Representatives, should the 2024 Presidential Election be decided there.

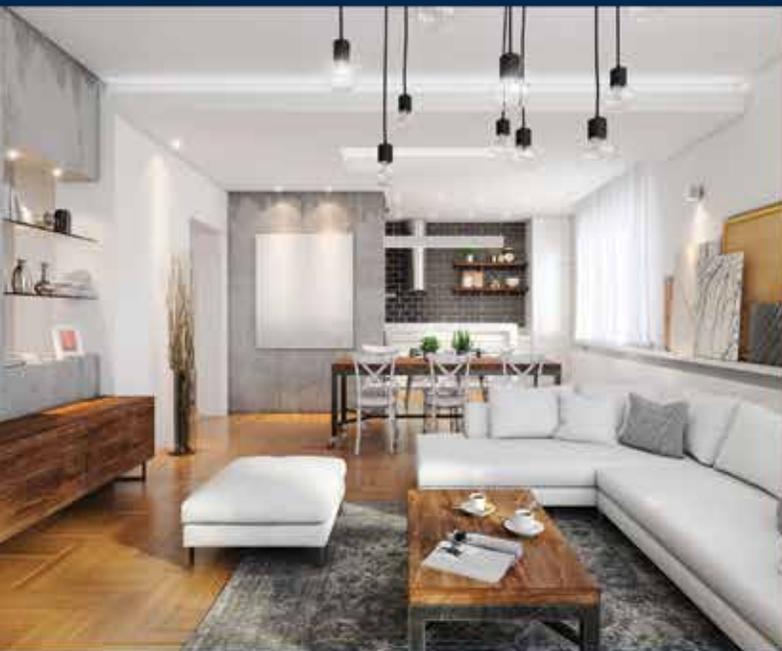
Ultimately, no matter which party wields power, whether at the state or national level, some of the toughest political and economic challenges the U.S. and, indeed, the planet have faced since the last world war are waiting to be addressed. Issues that can only be successfully resolved not by choosing a particular party to hold all offices simultaneously but rather by electing people who are committed to finding the best practices available and then implementing them by cooperating with anyone they can. It is time to choose which path Maryland and the United States will take as we speed ahead to the 2024 Presidential Election—either more culture wars and a failure to solve a variety of major crises or collectively doing the most amount of good for the highest amount of people as often as possible.

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*Mark Croatti, who teaches courses on Comparative Politics and Public Policy at the George Washington University and the University of Maryland, has covered state and local politics since 2004.*

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AWARDS**

What's Up? Media has developed an exemplary awards program to honor elite home builders, architects, designers, and professionals serving the greater Chesapeake Bay region.

The entry period opens October 1st for home industry professionals and firms to submit their completed projects for evaluation and vetting in 10+ award categories. Entries—consisting of a project description and accompanying photographs—will be accepted through November 30th. There is no limit to the amount of project entries each professional/firm may submit.



[whatsupmag.com/homeexcellenceawards](https://whatsupmag.com/homeexcellenceawards)

*The 1st Annual Home Excellence Awards will be revealed in the February issues of What's Up? Annapolis, What's Up? Eastern Shore, and March edition of What's Up? Central Maryland.*



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someone is going through.**

**REACH OUT.**



FOR ALL SEASONS

no matter what...

**You Matter**

suicide prevention

forallseasonsinc.org

We can all play a role in suicide prevention. Reach out to your circle of friends and family. Be attentive to those who you have concerns about, and connect them to resources. There are proven treatments to help those with suicidal thoughts and behaviors.

If someone you know is showing signs of depression, withdrawal, or unusual behavior, check in.

- **ASK** - "Are you OK? Are you having suicidal thoughts?" Be direct and compassionate.
- **LISTEN** - You don't need to have all the answers. Be fully present without judgment. Allow the person to share their story.
- **SHARE** - "You are not alone. Help is available." Connect them to services. For All Seasons is just a phone call away.

For All Seasons is your community Behavioral Health & Rape Crisis Center  
providing therapy, advocacy, psychiatry, and education.

24-HR Crisis Hotline - English: 410.820.5600 | Spanish: 410.829.6143 | Text: 410.829.6143



# Top Dentists



2022-2023

## The definitive, local list of exceptional dental professionals

Every two years we survey hundreds of local dentists with our **Top Dentists Peer Review Survey**. These dentists let us know exactly who they trust with their own oral health care needs.

Last spring, we called upon all dentists practicing in Queen Anne's, Kent, Caroline, Talbot, and Dorchester counties, as well as the Western Shore counties of Anne Arundel and Prince George's, and asked them, "If you needed to recommend a dentist (other than yourself) to a friend or loved one, which dentist(s) would you recommend in the following specialties?"

We listed more than 10 areas of dental specialty on the digital survey. Dentists could vote for up to three candidates per specialty. Only one survey entry was allowed per dentist. The response was impressive and gratifying and we want to thank the many dentists who took the time to fill in all the categories.

Please note that these results represent those individuals who clearly received the most *substantial* number of nominations. Some categories saw more voting activity than others—and that is reflected in the higher number of winners in some specialties.

**Congratulations to the following dentists, listed alphabetically by first name under each respective dental specialty category.**







## ANESTHESIOLOGY

The medical specialty concerned with the total perioperative care of patients before, during, and after surgery. It can encompass anesthesia, intensive care medicine, critical emergency medicine, and pain medicine.

### Dr. Horace K. Wood

Horace K. Wood, DMD Oral & Maxillofacial Surgery; 508-C Cynwood Drive, Easton, MD 21601; 410-770-3130; eastonoms.com

## DENTAL PUBLIC HEALTH

A para-clinical specialty of dentistry that deals with the prevention of oral disease and promotion of oral health.

### Dr. Patricia Higgins

Smiles by Holsinger & Higgins; 10646 River Road, Denton, MD 21629; 410-855-4527; smilesby.com

## ENDODONTICS

Dental specialty dealing with diseases of the tooth root, dental pulp, and surrounding tissues. Root canal procedures are commonly performed by endodontists in order to alleviate pain and to save the tooth.

### Dr. Alexis Herring

Bay Endodontics, LLC; 29466 Pintail Drive, Ste. 16, Easton, MD 21601; 410-690-3636; bay-endo.com

### Dr. J. Fredrick Heaton

556 Cynwood Drive, Ste. B, Easton, MD 21601; 410-822-1442; eastonendo@aol.com

## GENERAL DENTISTRY

A general dentist caters to a wide variety of dental health concerns for patients of all ages by preventing and/or treating both straightforward and complex conditions.

### Dr. Christie L. Hagert

Hagert Family Dentistry; 415 Washington Avenue, #1, Chestertown, MD 21620; 410-778-2474; hagertfamilydentistry.com

### Dr. Eugene McNinch

Kent Island Dentistry; 1231 Shopping Center Road, Stevensville, MD 21666; 410-643-5100; kentisland-dentistry.com

### Dr. Gregory Moffitt

Dentist Stevensville; 101 St. Claire Place, #102, Stevensville, MD 21666; 410-604-2222; dentiststevensville.com

### Dr. Irving Phillips

Dental Choice; 503 Dutchmans Lane, Ste. A, Easton, MD 21601; 410-822-4310; dentalchoiceeaston.com

### Dr. Jared Nave

Jared I. Nave, D.D.S.; 613 Dutchmans Lane, Easton, MD 21601; 410-822-7710; jarednave-dentistry.com

### Dr. Margret B. Quimby

538 Cynwood Drive, Ste. C, Easton, MD 21601; 410-770-9590; drquimbydds.com

### Dr. Meredith Todd

Harbor Dental Center; 402 Muse Street, Cambridge, MD 21613; 410-429-7897; harbordental-center.com

### Dr. Michael Hoglund

Easton Dental Studio; 2 Martin Court, #2, Easton, MD 21601; 410-822-6177; eastondentalstudio.com

### Dr. Ryan Maisel

Kent Island Dentistry; 1231 Shopping Center Road, Stevensville, MD 21666; 410-643-5100; kentisland-dentistry.com

### Dr. Scott Billings

Eastern Shore Dental Care; 22 Kent Towne Market, Chester, MD 21619; 410-643-5500; easternshoredentalcare.com

## ORAL & MAXILLOFACIAL PATHOLOGY

This specialty is concerned with diagnosis and study of the causes and effects of diseases of the mouth, jaws, and related structures, such as salivary glands, temporomandibular joints, facial muscles, and perioral skin (the skin around the mouth).

### Dr. Borek L. Hlousek

Oral Surgery Specialists; 101 St. Claire Place, Stevensville, MD 21666; 410-643-9730; annapolisoss.com

### Dr. Horace K. Wood

Horace K. Wood, DMD Oral & Maxillofacial Surgery; 508-C Cynwood Drive, Easton, MD 21601; 410-770-3130; eastonoms.com

## ORAL & MAXILLOFACIAL RADIOLOGY

This specialty is concerned with performance and interpretation of diagnostic imaging used for examining the craniofacial, dental, and adjacent structures.

### Dr. Horace K. Wood

Horace K. Wood, DMD Oral & Maxillofacial Surgery; 508-C Cynwood Drive, Easton, MD 21601; 410-770-3130; eastonoms.com

## ORAL & MAXILLOFACIAL SURGERY

This specialty deals with the diagnosis and surgical treatment of diseases, injuries, and defects of the teeth, mouth, and face. Procedures range from removal of wisdom teeth to surgical treatment of facial trauma.

### Dr. Borek L. Hlousek

Oral Surgery Specialists; 101 St. Claire Place, Stevensville, MD 21666; 410-643-9730; annapolisoss.com

### Dr. Christopher B. Chambers

Oral Surgery Specialists; 101 St. Claire Place, Stevensville, MD 21666; 410-643-9730; annapolisoss.com

### Dr. Cornelius J. Sullivan

Oral Surgery Specialists; 101 St. Claire Place, Stevensville, MD 21666; 410-643-9730; annapolisoss.com

### Dr. Horace K. Wood

Horace K. Wood, DMD Oral & Maxillofacial Surgery; 508-C Cynwood Drive, Easton, MD 21601; 410-770-3130; eastonoms.com

## ORTHODONTICS AND DENTOFACIAL ORTHOPEDICS

This specialty deals with the diagnosis, prevention, and correction of improperly aligned teeth and abnormal jaw structures. Treatment can be for functional and/or aesthetic reasons.

### Dr. Erik Higginbottom

Higginbottom Orthodontics; 503 Dutchmans Lane, Easton, MD 21601; 410-822-3626; higginbottomortho-dontics.com

### Dr. John Benkovich

Benkovich Orthodontics; 800 Abruzzi Drive, Unit F, Chester, MD 21619; 410-643-4499; drbenkovich.com

### Dr. John W. Serino

Serino Orthodontics; 202 Coursevall Drive, Centreville, MD 21617; 410-822-9411; serinoortho.com

### Dr. Ora Reinheimer

Philbin & Reinheimer Orthodontics; 101 St. Claire Place, #104, Stevensville, MD 21666; 410-643-6636; maryland-braces.com

**Dr. Philip Philbin**

Philbin & Reinheimer Orthodontics; 101 St. Claire Place, #104, Stevensville, MD 21666; 410-643-6636; maryland-braces.com

**Dr. Robert Laraway**

Kent Island Orthodontics; 206 Duke Street, Stevensville, MD 21666; 410-855-4430; kiortho.com

**PEDIATRIC DENTISTRY**

*This is an age-defined specialty that provides primary and comprehensive preventive and therapeutic oral health care for infants and children through adolescence.*

**Dr. Erica Lewis-Mead**

Erica Lewis-Mead, D.D.S. & Katherine Barnes, D.D.S.; 613 Dutchmans Lane, Easton, MD 21601; 410-822-7575; eastonkidsdentist.com

**Dr. Gregory Moffitt**

Dentist Stevensville; 101 St. Claire Place, #102, Stevensville, MD 21666; 410-604-2222; dentiststevensville.com

**Dr. Katherine Barnes**

Erica Lewis-Mead, D.D.S. & Katherine Barnes, D.D.S.; 613 Dutchmans Lane, Easton, MD 21601; 410-822-7575; eastonkidsdentist.com

**Dr. Margaret McGrath**

Kent Island Pediatric Dentistry; 160 Sallitt Drive, Ste. 106, Stevensville, MD 21666; 410-604-2211; kipediaticdentistry.com

**Dr. Megan Golia**

Kent Island Pediatric Dentistry; 160 Sallitt Drive, Ste. 106, Stevensville, MD 21666; 410-604-2211; kipediaticdentistry.com

**PERIODONTICS**

*This specialty deals with the tissue that supports and surrounds the teeth—including gums, jaw, and roots. This effort often includes salvaging the teeth and jawbone from gum disease.*

**Dr. John V. Louis**

Centers for Specialized Dentistry; 218 Bay Street, Easton, MD 21601; 410-820-9599; cfsd-md.com

**PROSTHODONTICS**

*This specialty centers on the function, comfort, and health of patients with missing or deficient teeth caused by congenital disorders and those caused by trauma or decay. Treatment may involve the creation of dentures, crowns, and/or dental implants.*

**Dr. Ali Soulati**

508 Cynwood Drive, Ste. A, Easton, MD 21601; 410-819-0060; alisoulatidds.com

**Dr. Alvan Holston**

Easton Maryland Dental; 5 Caulk Lane, Easton, MD 21601; 410-822-4106; eastonmarylanddental.com

**Dr. Andrew Barnes**

Easton Maryland Dental; 5 Caulk Lane, Easton, MD 21601; 410-822-4106; eastonmarylanddental.com

**Dr. Eugene McNinch**

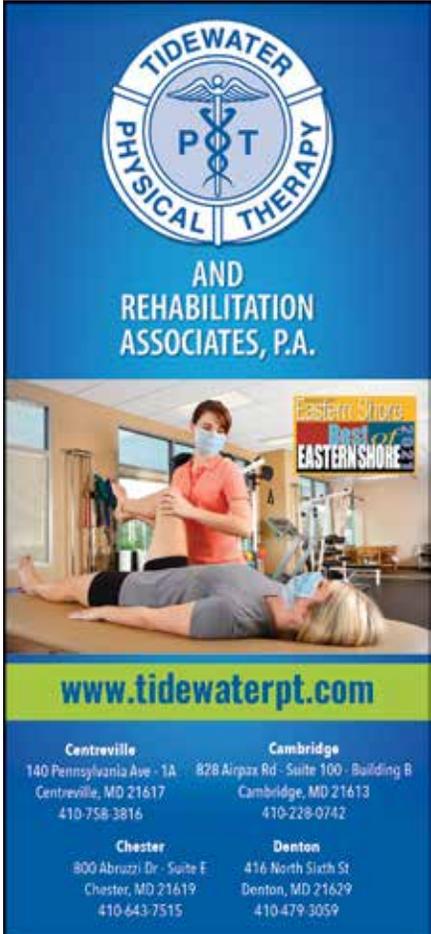
Kent Island Dentistry; 1231 Shopping Center Road, Stevensville, MD 21666; 410-643-5100; kentislanddentistry.com

**Dr. Ryan Maisel**

Kent Island Dentistry; 1231 Shopping Center Road, Stevensville, MD 21666; 410-643-5100; kentislanddentistry.com

**Dr. Wade Dressler**

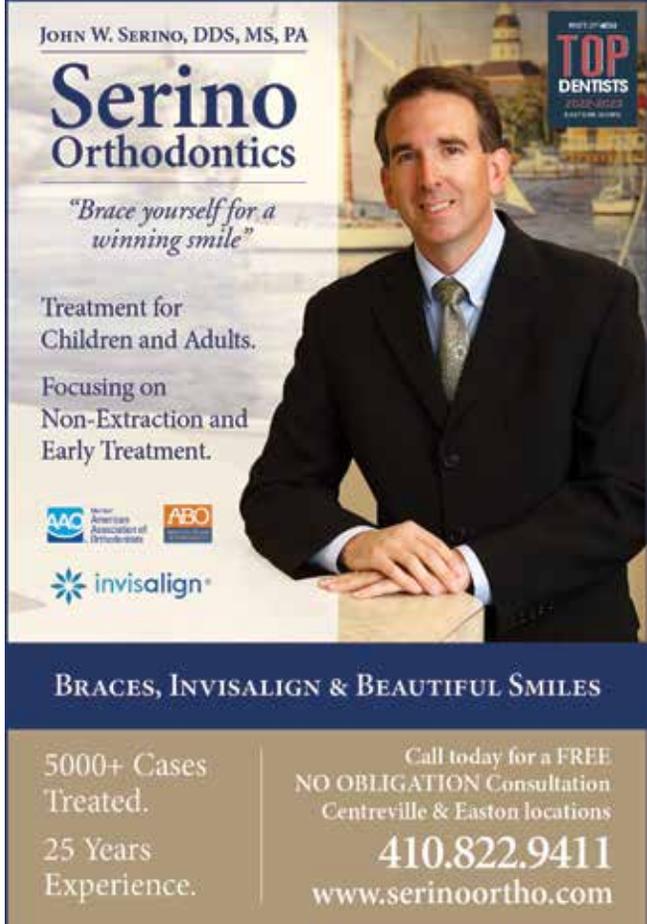
Dental Choice; 503 Dutchmans Lane, Ste. A, Easton, MD 21601; 410-822-4310; dentalchoiceeaston.com



**TIDEWATER PHYSICAL THERAPY AND REHABILITATION ASSOCIATES, P.A.**

[www.tidewaterpt.com](http://www.tidewaterpt.com)

<b>Centreville</b> 140 Pennsylvania Ave - 1A Centreville, MD 21617 410-758-3816	<b>Cambridge</b> 828 Airpas Rd - Suite 100 - Building B Cambridge, MD 21613 410-228-0742
<b>Chester</b> 800 Abruzzi Dr - Suite E Chester, MD 21619 410-643-7515	<b>Denton</b> 416 North Sixth St Denton, MD 21629 410-479-3059



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AAC American Association of Orthodontists ABO  
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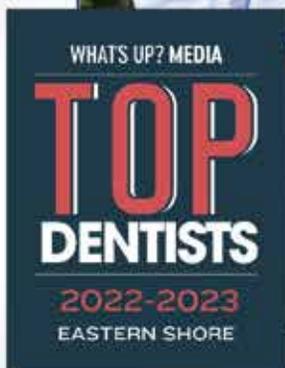
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# KENT ISLAND ORTHODONTICS

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- Personalized treatment plans
- 0% interest financing options
- Virtual appointments for less missed school and work
- Braces and clear aligners for kids and adults
- Therapeutic and cosmetic botox injections
- In-office and at-home tooth whitening

# LEADING HEALTHCARE PROFESSIONALS

In the following section you can discover helpful information about a wide variety of healthcare individuals, organizations, and services that could provide the exact assistance you require. Keep this valuable resource handy throughout the year.





# SANDEL DUGGAL CENTER FOR PLASTIC SURGERY & MEDSPA

DR. HENRY D. SANDEL IV

**D**r. Henry D. Sandel IV is a double board certified, facial plastic and reconstructive surgeon. In 2008, Dr. Sandel returned to Annapolis, MD to open his center which specializes in facial plastic surgery and skin care. In March of 2015, he relocated his practice to West Annapolis, and in early 2016, partnered with Dr. Claire S. Duggal, board certified plastic surgeon and reconstruction specialist. Following their partnership, The Sandel Duggal Center for Plastic Surgery and MedSpa was formed. In July of 2016, the development of their state-of-the-art ambulatory center - West Annapolis Surgery Center was completed and is conveniently located within the same facility as their practice.

***“EXPERIENCE, EDUCATION AND TRUST SHOULD BE AT THE HEART OF EVERY PATIENT ENCOUNTER. WE HAVE GAINED A REPUTATION IN THE COMMUNITY FOR PROVIDING CONSISTENT, LONG LASTING, AND NATURAL RESULTS WITH A FRIENDLY AND KNOWLEDGEABLE STAFF THAT IS SECOND TO NONE!”***

***-DR. HENRY D. SANDEL IV***

The Sandel Duggal Center for Plastic Surgery & MedSpa offers a comprehensive range of plastic and reconstructive surgery options for face and body, along with the latest in nonsurgical cosmetic procedures and laser treatments. All treatments are uniquely tailored to meet your lifestyle and your specific aesthetic goals. Our mission is to deliver the highest quality in care in a single, state-of-the-art center and provide you with natural looking, long lasting results.

## WHO I AM

**1.**

**YOUR MOST OFTEN SAID GENERAL ADVICE TO PATIENTS**

Do something that makes you feel good about yourself. It's not about what other people think.

**5.**

**DESCRIBE YOUR OPERATING ROOM STYLE/BEDSIDE MANNER?**

Relaxed and precise.

**2.**

**WHAT ARE YOUR MOST REQUESTED PROCEDURES?**

Facelifts, Cosmetic Eyelid Surgery, Rhinoplasty, Laser Skin Rejuvenation and Injectables (Botox and Fillers)

**6.**

**WHAT IS YOUR PERSONAL “MANTRA”?**

Be the best person you can be. Whether it's in my personal or profession life, I always try to do the right thing, treat people with humility and respect, and excel in my responsibilities.

**3.**

**WHAT DO YOU LOVE MOST ABOUT YOUR PRACTICE?**

I love the relationships I develop with my patients. It's amazing to see how a physical change in someone's appearance can bring out their inner spirit.

**7.**

**WHAT DOES FAMILY MEAN TO YOU?**

My family is the most important thing to me in the world. Everything I do is for my beautiful wife and kids.

**4.**

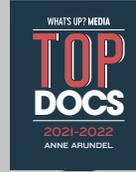
**WHAT EXCITES YOU MOST ABOUT THE FUTURE OF YOUR PRACTICE?**

Having less invasive procedures that result in minimal downtime. We can do things now that weren't available a short time ago.

**8.**

**FAVORITE SPORTS TEAM**

I'm a big fan of college football. The South Carolina Gamecocks are my team.



BEST COSMETIC SURGERY  
(FACIAL)



BEST RECONSTRUCTION  
BEST PLASTIC SURGERY  
RECONSTRUCTION



## **ABOUT DR. SANDEL**

Dr. Henry D. Sandel IV is a double board certified, facial plastic surgeon. After completing his residency at Georgetown University Hospital in Head and Neck surgery, Dr. Sandel continued on to the most prestigious fellowships in Facial Plastic and Reconstructive Surgery. With his career dedicated to surgical and nonsurgical treatments to the face and neck, Dr. Sandel strives to provide his patients with exceptional care within a single, state-of-the-art and relaxing environment.



## **MY CREDENTIALS**

### **Board Certified**

Facial Plastic and  
Reconstructive Surgery

Otolaryngology – Head &  
Neck Surgery

### **Fellowship Trained**

Facial Plastic &  
Reconstructive Surgery



## **CONNECT**

104 Ridgely Avenue  
Annapolis, MD 21401  
410-266-7120

[sandelduggal.com](http://sandelduggal.com)



LEADING HEALTHCARE PROFESSIONALS

# SOISTMAN FAMILY DENTISTRY

**JONATHAN T. SOISTMAN, DDS  
GURPREET KAUR, DDS**

**O**ur Dental Practice was established in Centreville, MD in October 2015. We announced the opening of our second location in Easton may of 2018. We are excited to announce we are moving to a larger location to accommodate our patients by the end of 2022. We create a personalized experience for each of our patients, both new and existing. Our practice focuses on comprehensive general dentistry for all ages. We also offer same day emergency appointments and we are always welcoming new patients.

At Soistman Family Dentistry, we provide our patients with a calm and relaxing atmosphere. We have an office full of friendly faces and knowledgeable staff ready to serve you. Utilizing advanced technologies, we proudly offer multiple treatments that produce long lasting results. We work hard to provide the best experience for our patients and pride ourselves on our unsurpassed reputation. Complete oral health may be our long-term goal, but our immediate priority is the comfort of the patient. We do our best to facilitate a welcoming and tranquil environment that we hope you will enjoy returning to for future appointments.

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

## FREE DENTAL DAY

**CENTREVILLE SMILES  
A DAY OF FREE DENTISTRY  
SATURDAY - OCTOBER 8, 2022  
7AM - 3PM**



Our mission is to serve our community for patients in need who will receive either one complimentary cleaning, filling, or extraction. No pre-registration. Strictly on a first come, first serve basis.

## ABOUT OUR SCHOLARSHIP FUND

**\$10,000 AWARDED THIS YEAR!**

### SPIRIT OF SOISTMAN FAMILY DENTISTRY SCHOLARSHIP

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



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



**ABOUT  
DR. SOISTMAN**



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

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



**ABOUT  
DR. KAUR**



Dr. Gurpreet Kaur joined Soistman Family Dentistry & Associates in January of 2018 and has been a wonderful addition to our Team. She attended Virginia Commonwealth University and graduated with accolades in 2015. She previously worked in Salisbury, MD for a few years. Dr. Kaur and her family moved closer to the Eastern Shore of Maryland so she and her husband can enjoy all the shore has to offer while raising their two sons.



**CONNECT**

100 Pennsylvania Avenue  
Centreville, MD 21617  
410-758-0999 • 410-758-4318 (Fax)

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

SoistmanFamilyDentistry.com • Smile@SoistmanFamilyDentistry.com



LEADING HEALTHCARE PROFESSIONALS



Michael Del Torto, MD, FAAD



Donald Stranahan Jr., MD, FAAD



Ellen Jordan, PA-C



Amy Engler, PA-C



Erica Franks, PA-C



Keeley Diggs, PA-C



Katelyn Baker, PA-C



Leslie Oliver, CRNP

# EASTON DERMATOLOGY ASSOCIATES

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

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

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

## ABOUT OUR PRACTICE

Easton Dermatology providers treat skin conditions including:  
Skin Cancer (Screening, Surgery, MOHS Surgery)

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

Our cosmetic services include:

- Botox injections
- Dermal fillers
- TempSure Skin Rejuvenation®
- Laser hair removal
- Laser wrinkle reduction
- Sclerotherapy
- Microneedling

## ACCEPTING NEW PATIENTS

## CONNECT

403 Marvel Court  
Easton, MD  
410-819-8867  
[www.eastondermatology.com](http://www.eastondermatology.com)





# DJAWDAN CENTER FOR IMPLANT & RESTORATIVE DENTISTRY

KIAN DJAWDAN, DMD, DABOI, DICOI, FAAID, FAGD

**B**oard Certified by the American Board of Implantology/Implant Dentistry, Dr. Kian Djawdan is considered an expert in implant dentistry. Dr. Djawdan is specially trained and licensed to administer IV sedation for any surgical and restorative dental procedure. Dr. Djawdan is among a small group of dentists with the advanced training, experience, and credentials to handle both surgical and restorative dental goals.

We embrace change and technology to offer our patient's precision and accuracy in diagnosis and treatment. In 2005, we were one of the first dental practices in the world to have an in-office dental CT scan. With a dental CT scan and 3-D imaging software, we can fully visualize the placement of dental implant(s) in a real 3-D environment and then design a surgical and restorative plan. In June of 2015, we incorporated our own on-site dental lab with the most advanced CAD/CAM digital imaging and milling units to design and fabricate anything from single crowns to dental implant supported full-arch bridges.

## WHO I AM

### 1. WHAT DO YOU LOVE MOST ABOUT YOUR PRACTICE?

Having the opportunity to restore hope and confidence for patients.

### 2. WHAT ARE YOUR MOST REQUESTED PROCEDURES?

IV sedation, implant dentistry (surgical & restorative) and same day crowns.



### ABOUT DR. DJAWDAN

Dr. Djawdan completed his graduate program at Tufts University in Boston. After receiving his D.M.D. degree in 1992, he completed a two-year residency program at the VA Hospital and Medical College of Virginia. His residency program training focused on IV sedation, surgical placement, and restoration of dental implants. He is board certified by the American Board of Implantology/Implant Dentistry. He earned his Diplomate with the International Congress of Oral Implantologists, Fellowship with American Association of Implant Dentistry.



### CONNECT

133 Defense Hwy.  
Suite 210  
Annapolis, MD 21401  
410-266-7645  
[www.SmileAnnapolis.com](http://www.SmileAnnapolis.com)



# HAGERT FAMILY DENTISTRY

DR. CHRISTIE HAGERT

**D**r. Christie Hagert and her team are honored to have been included in this year's selection of Top General Dentists on the Eastern Shore! With 20 years of experience, Dr. Hagert and her friendly and professional staff offer high-quality dental care with modern technology and materials to the mid and upper Eastern Shore community. Hagert Family Dentistry is centrally located in the heart of Chestertown, Maryland across the street from Washington College. Her practice was fully renovated in 2018 and includes state-of-the-art equipment, including a digital scanner that makes restorative work and Invisalign adult orthodontics precise and convenient for patients.

Dr. Hagert is committed to building long lasting relationships of trust and respect with her patients. She is especially proud of her kind and skilled team, who continued to provide the same high level of care and concern for the community during the challenges of the pandemic that they provide on a daily basis. Dr. Hagert and her staff pride themselves on delivering exemplary and compassionate dental care.

"My goal is to deliver an exceptional dental experience to each one of my patients every day," says Dr. Hagert. "The medical and dental fields have become increasingly corporatized in recent years, negatively impacting a patient's ability to receive quality care. Patients are too often rushed in and out of the office and don't have the opportunity to ask questions, express their concerns or fears, or gain an understanding of their various dental options. That is not what my practice is about. My team and I concentrate every day on taking the necessary time to know each patient on a personal level and to understand their concerns. Patient communication and a strong professional relationship are extremely important factors in evaluating the needs and goals of my patients in order to craft a comprehensive treatment plan that exceeds expectations."

Dr. Hagert and her team are very proud of Hagert Family Dentistry and welcome you to join the practice.



## ABOUT DR. HAGERT

Prior to establishing her dental practice in Chestertown in 2018, Dr. Hagert spent many years practicing dentistry in Virginia specializing in sedation dentistry, with a focus on high-anxiety patients and complex treatment plans. This training and experience has proven invaluable in her general dentistry practice.

Dr. Hagert loves a challenge. Full-mouth rehabilitation cases are her favorite. Each case is unique and rewarding. Rebuilding a person's smile changes his or her life. You can accomplish anything if you love your smile!

Dr. Hagert is thrilled to reside on the Eastern Shore. She lives on Kent Island with her husband Chris, two children who attend The Country School in Easton, and their English Setter bird dog.



## MY CREDENTIALS

Dr. Hagert graduated from the University of Maryland School of Dentistry in 2002. After graduation, she completed a general dentistry residency at The Virginia Commonwealth University School of Dentistry. Prior to her dental training, she was engaged in Alzheimers research at The Johns Hopkins University. Dr. Hagert is a second-generation dentist — her father was a dentist and her mother was a hygienist. Since graduation, Dr. Hagert has immersed herself in continuing education at The Spear Institute in Scottsdale, Arizona. She is a member of the American Dental Association, the Maryland State Dental Association, the Academy of General Dentistry and the American Academy of Clear Aligners.



## CONNECT

415 Washington Ave #1  
Chestertown, MD 21620  
410-778-2474

[www.hagertfamilydentistry.com](http://www.hagertfamilydentistry.com)



# DR. MIKE HOGLUND

EASTON DENTAL STUDIO

**W**hen you visit Easton Dental Studio, you are welcomed in like family. You will be treated with compassionate care, at the highest quality possible. Even the most fearful patients feel at ease at Easton Dental Studio and their staff takes pride in the trust bestowed to them by their patients. Beginning with the first phone call, Dr. Mike and his team take care of everything for you. All aspects of treatment are diligently and meticulously provided, and

his patients are provided with clear, concise explanations. Dr. Mike has taken countless hours of continuing education, and will provide you with multi-disciplinary care in all areas of dentistry. This comprehensive care results in one office for all your needs.

Easton Dental Studio has a community focused approach. Each year on Veteran's Day the staff of Easton Dental Studio provides dental care for the local veteran community. Last year, they donated care totaling over \$11,000.

## WHO WE ARE

### 1. WHAT TYPE OF TECHNOLOGY IS IN YOUR PRACTICE?

We utilize digital scanning, 3d imaging and printing, as well as digital photography and radiography. It seamlessly all works together to give you the best treatment possible. We can fabricate your new smile the same day your implants are placed!

### 2. WHAT SETS EASTON DENTAL STUDIO APART?

We truly care about our patients and their families. We recognize that each of our patients are individuals and we make sure to create the right course of action for each one. Our patients love the ability to get all their dental work under one roof with full explanations about their dental needs.



### ABOUT DR. MIKE

Between caring for his patients, Dr. Mike is the father of 4 beautiful children and helps coach Talbot Lacrosse. Before arriving in Easton, Dr. Mike was a Dental Officer in the United States Navy and was stationed with Marines at Camp Lejeune, NC. There he completed his AEGD residency. In 2021, Dr. Mike completed the Implant MaxiCourse at Rutgers University and became an Associate Fellow in the Academy of Implant Dentistry.



### MY CREDENTIALS

College- University of Pittsburgh, 2011

Dental School- NYU College of Dentistry, 2015

Advanced Education in General Dentistry- Camp Lejeune, NC 2016

Rutgers University Implant MaxiCourse, 2021



### CONNECT

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eastondentalstudio@gmail.com

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Easton, MD 21601

eastondentalstudio.com



LEADING HEALTHCARE PROFESSIONALS



# HARBOR DENTAL CENTER



# DRIFTWOOD ADVANCED AESTHETICS

**HARBOR DENTAL CENTER:** If you're looking for a dental home that combines comprehensive care state-of-the-art dentistry with a personalized patient-centered approach, look no further than Harbor Dental Center in Cambridge. Since 2013, Dr. Meredith Todd, DDS, FAGD, has been practicing in her hometown, Cambridge, MD. She has grown her practice by focusing on patient comfort and compassionate care. She continuously improves the patient experience through advanced training and state-of-the-art technologies such as digital scanning, 3-D cone beam x-rays, and laser technology. Her goal is to help patients maintain their dental health for a lifetime and to improve overall health, confidence, and happiness.

**DRIFTWOOD ADVANCED AESTHETICS** is the newest venture for Dr. Meredith Todd, DDS. When she started using Botox for TMJ pain in 2016, she had no idea that it would lead to a passion in aesthetics and a deep dive into the world of neuromodulators, facial fillers, skincare, and lasers.

Last year, her love of aesthetics became a business when she opened Driftwood Advanced Aesthetics. Collaborating with experienced injector Ann Casamento, FNP-C, and esthetician Dennise Haddaway, the team at Driftwood aims to bring the skill, experience, and technology of a big city practice to a tranquil small-town setting, providing patients the glowing skin, natural results, and the renewed confidence they desire without leaving the Eastern Shore.



**CONNECT**

402 Muse St, Cambridge, MD  
(410) 228-5445  
harbordentalcenter.com



**CONNECT**

404 Muse St, Cambridge, MD  
(410) 228-5451  
driftwoodadvancedaesthetics.com



# KENT ISLAND PEDIATRIC DENTISTRY

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

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

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

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

## WHO WE ARE

### WHAT ARE WE MOST PROUD OF?

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



### WHAT'S NEW? LASER DENTISTRY!

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



### CONNECT

160 Sallitt Drive, Suite 106  
Stevensville, MD 21666  
410-604-2211 | [kipediatricdentistry.com](http://kipediatricdentistry.com)



LEADING HEALTHCARE PROFESSIONALS



# SEAN MULVANEY, M.D. JAMES LYNCH, M.D.

REGENERATIVE ORTHOPEDICS AND  
SPORTS MEDICINE ANNAPOLIS

**Our treatment philosophy:** We want to restore you to pain-free activity so you can enjoy a good life.

Dr. Sean Mulvaney and Dr. Jim Lynch practice Restorative Medicine to treat a range of injuries and conditions, including but not limited to:

- Spine
- Hip
- Knee
- Shoulder
- Elbow
- Hand
- Wrist
- Foot
- Ankle
- Nerve Injuries

See hundreds of 5-star patient reviews on Healthgrades.com, Vitals.com, and Google reviews.

## WHO WE ARE

### 1. HOW HAVE YOUR BACKGROUNDS SHAPED YOUR SKILLS AS PHYSICIANS?

We were military colleagues for over 20 years. Both of our foundational years as physicians were spent providing care to our nation's Special Operations units. We practiced medicine in an environment where we could offer the best care available and were not limited by what most medical insurance companies would cover. During that time, we had a mandate to return our nation's special operators back to the fight quickly, but with the best possible long-term results. We had all the resources that we needed to meet that goal and could employ the best and most cutting-edge methods.

### 2. WHAT IS UNIQUE ABOUT YOU?

We have become the top authorities in the world on the use of stellate ganglion block (SGB) to treat PTSD. In March of 2021, we founded The Stellate Institute to provide compassionate, world-class care to our patients while also advocating on a national level for those struggling with PTSD. The Stellate Institute educates others on best practices for utilizing SGB in conjunction with trauma-focused therapy. We continue to conduct research, adding to our 12 peer-reviewed articles on this topic that we have published thus far.



### ABOUT DR. MULVANEY

Dr. Mulvaney is an Associate Professor of Medicine at the Uniformed Services University in Bethesda, Maryland and is board certified in Sports Medicine and Pain Medicine. He has an international reputation as an educator of other physicians and pioneered and published on ultrasound-guided techniques. During his 31-year military career, Dr. Mulvaney served our nation's Special Operations community as both a US Navy SEAL officer and a US Army physician.



### ABOUT DR. LYNCH

Dr. Lynch is an Olympic Team Physician for USA Swimming supporting elite athletes in international competitions since 2011, including the 2016 and 2020 Olympic Games in Rio de Janeiro and Tokyo. He is an Associate Professor at the Uniformed Services University in Bethesda and is board certified in Family Medicine and Sports Medicine. Dr. Lynch is a 1989 graduate of the United States Military Academy at West Point and holds graduate degrees from Dartmouth College and Brown Medical School.



### CONNECT

ROSM Annapolis  
116 Defense Hwy, Ste. 203  
Annapolis, MD 21401  
410 505-0530  
[www.rosm.org](http://www.rosm.org)  
[www.thestellateinstitute.com](http://www.thestellateinstitute.com)  
[www.drseanmulvaney.com](http://www.drseanmulvaney.com)  
[www.drjameslynch.com](http://www.drjameslynch.com)



Dr. Scott H. Billings



Dr. Christopher K. Murphy



Dr. Jennifer Brotz



Dr. Alyssa Wolfe



Dr. Eric Fooksman



Dr. David P. Morabito



Dr. Megan Dixon



Dr. Erin Golueke

# EASTERN SHORE DENTAL CARE

**D**r. Scott H. Billings, a graduate of the University of Maryland School of Dentistry, founded his dental practice in 1981. Dr. Christopher K. Murphy, also a graduate of the University of Maryland School of Dentistry, partnered with Dr. Billings in 1986. 41 years later, they are the largest dental care provider on the eastern shore.

In 2017, they renovated, expanded and renamed their Kent Island office. Now known as Eastern Shore Dental Care, their 7,000 sq. ft. dental practice employs 8 dentists, 45 staff members, offers 20 treatment rooms and serves over 20,000 patients.

Eastern Shore Dental Care is committed to delivering the best dental care and most successful treatment options available. It offers a variety of services, such as: oral hygiene & wellness, general dentistry, restorative dentistry, cosmetic dentistry, sedation dentistry and implants. Its spa-like setting and state-of-the-art technology aims to increase patient comfort and the efficiency of every appointment, while achieving the most successful outcome.

If are interested in learning more about our practice or to schedule a consultation, please do not hesitate to call us at 410-643-5500 or visit our website [www.easternshoredentalcare.com](http://www.easternshoredentalcare.com) to request an appointment.



## **SERVICES WE OFFER:**

- Cosmetic Dentistry
- Dental Implants
- Dentures
- Root Canal Therapy
- Oral Cancer Screenings
- Pediatric Dentistry
- Periodontics
- Restorative Dentistry
- Sedation Dentistry
- Implants
- Temporomandibular Disorder



## **CONNECT**

22 Kent Towne Market  
Chester, MD 21619  
410-643-5500

[www.easternshoredentalcare.com](http://www.easternshoredentalcare.com)





LEADING HEALTHCARE PROFESSIONALS



# MARYLAND ONCOLOGY HEMATOLOGY ANNAPOLIS

**T**he physicians and staff at Maryland Oncology Hematology Annapolis have been serving patients in the local community for over 30 years. We have a state-of-the-art facility providing comprehensive cancer and hematology care close to home. We also offer access to cutting edge clinical trials and genetic counseling in the community. Our on-site laboratory and infusion center provides the utmost convenience for our patients. In addition to infusions for the treatment of cancer, we also offer intravenous infusions for non-cancer diagnoses.

## WHO WE ARE

### 1. WHY CHOOSE MARYLAND ONCOLOGY HEMATOLOGY ANNAPOLIS?

Maryland Oncology Hematology Annapolis physicians have trained at some of the leading cancer institutions in the country. We are able to provide expert subspecialized care in a community setting.

### 2. WHAT ADDITIONAL SERVICES DO YOU PROVIDE?

In order to help patients navigate and cope with the complex world of a new cancer diagnosis, Maryland Oncology Hematology Annapolis has a dedicated patient navigator and social worker on-site.

### 3. IS THERE ANYTHING EXCITING HAPPENING AT MARYLAND ONCOLOGY HEMATOLOGY ANNAPOLIS?

Maryland Oncology Hematology Annapolis is excited to welcome Drs. Ben Bridges, Carol Tweed and David Weng to the Annapolis office starting the week of October 31, 2022.



## CONNECT

**Annapolis Office**  
810 Bestgate Road  
Suite 400  
Annapolis, MD

**Bowie-Glenn Dale Office**  
12200 Annapolis Road  
Suite 118  
Glenn Dale, MD

410-897-6200 | [www.Marylandoncology.com](http://www.Marylandoncology.com)



# PHILBIN & REINHEIMER ORTHODONTICS

## DR. ORA REINHEIMER

We are committed to delivering the highest level of orthodontic care and personal service to each of our patients. Our passion is creating healthy, beautiful smiles for our community, one person at a time.

Our expertise and experience have allowed us to provide over 2,000 lifetime patients with beautiful smiles. That's why we are the Invisalign Platinum Provider in the Annapolis, Stevensville and Kent Island area!

Philbin & Reinheimer Orthodontics, we treat the orthodontic needs of children and adults of all ages, we have patients in their 80's!

With more than 18 years of success, Dr. Ora Reinheimer has earned a reputation for offering an unparalleled level of compassion and excellence in orthodontic care. It is one of our top priorities to make your experience with us as comfortable as possible.

**Testimonial** - "This review is for my child's initial consultation, which was wonderful. Staff was extremely friendly and welcoming. Exam was thorough and everyone took plenty of time to go over the evaluation and recommended treatment plan. There was no rushing; they made sure all of our questions were answered. We left with a nice folder of relevant info, including a color photo printout of the same pictures they took for the evaluation! I was pleasantly surprised by the flexible payment options, too."

## WHO WE ARE

# 1.

### WHAT IS THE GOAL OF YOUR PRACTICE?

We work hard to treat our patients the same way we would like to be treated: with respect, professionalism and sensitivity. We do everything we can to make sure each patient has an exceptional experience at our practice.

# 2.

### WHAT IS YOUR MOST ASKED ABOUT TREATMENT?

Invisalign! We are an elite provider of Invisalign and patients love the fact that they can remove their aligners when needed, and thrilled with the results that can be achieved without the use of traditional braces.

# 3.

### WHAT EXTRA AMENITIES DO YOU PROVIDE?

Our entire team provides a relaxing atmosphere with several amenities to make patients feel more comfortable. We have flatscreen TVs, a beverage station, and small gifts to welcome every new patient.

# 4.

### WHAT DO YOU LIKE MOST ABOUT YOUR JOB?

I love what I do. I love making gorgeous smiles, beautiful faces and confident individuals. It is so rewarding when I look back on where our cases start and where they finish. Wow! I really do love my job!



## CONNECT

Annapolis  
802 Bestgate Road, Suite B

Kent Island  
101 St. Claire Place, Suite 104

410-263-5600 • [marylandbraces.com](http://marylandbraces.com)



# ALYSSA K. GRACELY, MD

## UROGYNECOLOGIST, CHESAPEAKE UROLOGY

**A**lyssa K. Gracely, MD is fellowship-trained in Urogynecology/ Female Pelvic Medicine and Reconstructive Surgery. She specializes in the diagnosis and treatment of urogenital conditions in women and men as well as female urology and pelvic health issues including urinary incontinence (overactive bladder, stress, and urge incontinence,) pelvic organ prolapse, and pelvic floor dysfunction. In addition to pelvic reconstructive surgery, she also specializes in the management of complications of vaginal and lower urinary tract surgery including mesh removal.

Dr. Gracely received her Doctor of Medicine degree from Northwestern University Feinberg School of Medicine and completed her general surgery internship and urology residency at the Medical University of South Carolina before completing a two-year, ACGME-accredited fellowship in female pelvic medicine and reconstructive surgery at the University of Michigan.

### WHO I AM

## 1. WHAT IS A UROGYNECOLOGIST?

A urogynecologist like Dr. Gracely is a highly skilled surgeon with expertise in female pelvic reconstructive surgery for the treatment of a variety of pelvic floor conditions including urinary incontinence and pelvic organ prolapse.

## 2. WHAT DO YOU WANT WOMEN TO KNOW ABOUT PELVIC HEALTH ISSUES?

While pelvic health issues are common, they are not a normal part of aging. You don't have to live with urinary leakage or pelvic pain that limits your quality of life. There are effective treatments for women of all ages and we're here to help.



### MY CREDENTIALS

#### College

Bachelors Degree  
Northwestern University in Chicago - Chicago, IL

#### Medical School

Doctor of Medicine Degree  
Northwestern University Feinberg School of Medicine, Chicago, IL

#### Internship

General Surgery  
The Medical University of South Carolina, Charleston, SC

#### Residency

General Surgery  
The Medical University of South Carolina, Charleston, SC

#### Fellowship

Fellowship in urogynecology/female pelvic medicine and reconstructive surgery  
The University of Michigan, Ann Arbor, Michigan



### CONNECT

Berlin  
Chesapeake Urology  
314 Franklin Ave.  
Berlin, MD 21811  
410-641-3735

Salisbury  
Chesapeake Urology  
1111 Mount Hermon Road  
Salisbury, MD 21804  
410-546-2133

[www.chesapeakeurology.com](http://www.chesapeakeurology.com)



**Q:** What is the most exciting advancement in the treatment of cancer?

**A:** Immunotherapy has changed the approach to the treatment of many types of cancer. Immunotherapy enables your own immune system

to fight cancer. It can be used alone or combined with other drugs to enhance the potential for response. With immunotherapy treatments, patients can often have durable responses with minimal side effects. In the future it is expected that the role of immunotherapy in the treatment of cancer will continue to expand.

#### DR. BENJAMIN BRIDGES

Maryland Oncology Hematology



**Q:** How do I choose the right plastic surgeon?

**A:** There are 3 steps to take in order to find the right surgeon for you. First, do your research online. Look for plastic surgeons in your area that specialize in the procedure you're most interested in. Learn

about them from their website and look at their videos and before and after photos. Second, ask your friends and neighbors, or even your family doctor, about the surgeon's professional reputation. Third, schedule a consultation and meet your surgeon personally. This face-to-face meeting will reveal how well you will be taken care of by your surgeon as well as the nurses and staff in the office.

DR. HENRY D. SANDEL IV, Sandel Duggal Center for Plastic Surgery



**Q:** Why should I see an orthodontist to straighten my teeth?

**A:** Orthodontists endure an additional 2 to 3 years of training after dental school, called a residency, to concentrate on tooth movement and dento-facial orthopedics. One of the most

important aspects of their focus is the diagnosis and treatment planning, which is unique to each and every individual, since orthodontics should not be a cookie-cutter treatment. They not only straighten teeth but also improve jaw positioning and enhance tooth functioning to give you a healthy and beautiful smile.

DR. ROBERT LARAWAY, Kent Island Orthodontics



**Q:** What is a digital scanner?

**A:** In our office, we utilize the latest technology to treat our patients, including a digital scanner. A digital scanner is a handheld device used to create a digital impression of the mouth. It creates a highly detailed 3D model of a patient's teeth and gums which

is then processed by the scanning software and displayed in real-time on a touch screen. The 3D model is then used to fabricate crowns/caps and clear braces (i.e. Invisalign) for a perfect fit. This scan system replaces the use of the goopy impression material used in many dental offices, which is messy, time consuming and can be inaccurate. The scan is comfortable for the patient, provides accurate results, and can be completed in minutes.

DR. CHRISTIE HAGERT, Hagert Family Dentistry



**Q:** I have many missing teeth and I've tried partials which haven't helped at all. What can be done for me?

**A:** The best solution for your situation is dental implants. Implants are a tooth root substitute made of titanium that attaches into

the jaw bone creating a stable foundation for solid, new teeth. This means your new teeth feel, look, and perform like natural teeth. Because there are no longer any painful stresses put on your gum tissues, denture and partial pain is completely eliminated. The best news is that the 'New Teeth in One Day™' Dental Implant procedure takes you from a situation with missing or hopeless, problem teeth to having new, comfortable, stay-in the mouth teeth that look great on the very same day as surgery.

#### KIAN DJAWDAN, DMD

Djawdan Center for Implant & Restorative Dentistry



**Q:** Who would benefit from Sedation Dentistry?

**A:** Anyone who gets anxious or has a fear of going to the dentist would benefit from sedation dentistry. It creates a relaxing, comfortable, and anxiety-free experience where hours pass like

mere minutes. More dentistry can be performed in a single visit because the dentist is able to work more efficiently, and it can help reduce the mounting costs and repercussions of untreated dental disease. It's a win-win for both the patient and the dentist.

DR. CHRISTOPHER K. MURPHY, DDS, Eastern Shore Dental Care



**Q:** Is it safe to use over the counter skin tag and mole removers?

**A:** No. Most over the counter cosmetic skin tag removers contain high concentrations of salicylic acid. Using them to remove skin tags can result in irritation and possible skin infection.

Removing moles on your own can result in delayed or missed diagnosis of skin cancer. If left untreated or partially removed, these skin cancers continue to grow with the possibility of spreading throughout your body. Due to these risks, the FDA warns against using these products.

Seeing a Board Certified Dermatologist or other trained skin specialist is your best line of defense in the prevention and management of unwanted skin growths.

**MICHAEL DEL TORTO, MD, FAAD**  
**DONALD STRAHAN JR., MD, FAAD**  
Easton Dermatology



**Q:** At what age should I take my child to their first orthodontist appointment?

**A:** As the American Association of Orthodontist recommends, we'd like to see children come in for their first appointment

around the age of 7. By that time, children have a good mix of primary and permanent teeth. This initial visit is important because the jaw and face are growing, and the permanent teeth are taking the place of primary teeth which gives us a wealth of information. Whether there's an existing problem or if one is developing, we can come up with a treatment plan that best suits your child.

**DR. ORA REINHEIMER**, Philbin & Reinheimer Orthodontics



**Q:** When should children begin using toothpaste?

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

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

**MARGARET C. MCGRATH, DMD, MPH**  
Kent Island Pediatric Dentistry



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

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

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

**JONATHAN T. SOISTMAN, DDS**  
Soistman Family Dentistry & Associates



**Q:** Who is a candidate for sedation dentistry?

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

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

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



**Q:** What is TMJ and what can be done about it?

**A:** People commonly say they have "TMJ" when what they mean is that they have Temporomandibular Disorder (TMD), which is an umbrella term for problems with the TMJ joint. Symptoms of TMD may include pain, difficult or limited opening, getting "locked" open or closed,

headaches, muscle fatigue, and even pain or ringing in the ears.

TMD can be caused by a whole host of factors including bite issues, teeth grinding, trauma, arthritis, stress, and sleep problems. Treatments in our office may include oral appliances (like a nightguard or snoring appliance), restorative treatment, orthodontics, Botox, and/or photobiomodulation laser therapy.

Understanding the patient's triggers and root causes helps us address the pain in the most appropriate manner.

**MEREDITH TODD, DDS**  
Harbor Dental Center



**Q:** What options besides surgery are there for my arthritis or musculoskeletal injuries?

**A:** For many musculoskeletal conditions, several options exist instead of steroid injections and anti-inflammatory medications to treat pain and restore function. Your body has the ability to repair itself! Sometimes, you just need a

little help from a Sports Medicine physician to harness your healing abilities and precisely direct them to the injured area.

An evidence-based example of restorative treatments is platelet rich plasma (PRP). PRP is created by drawing your blood and concentrating it in a special centrifuge. We then inject your own platelets into your damaged tissue using precise ultrasound guidance. This procedure optimizes your body's own ability to heal without surgery and is performed in conjunction with physical therapy.

**JAMES H. LYNCH, MD**, Sports Medicine, ROSM Annapolis



**Q:** I'd love to get rid of the excess skin in my neck. Is there a way to do this with minimal downtime?

**A:** Facelift or necklift surgery is different than it was in the past. We now have techniques that are less invasive with downtimes

of about a week. Droopy skin in the neck simply has to be lifted into its' natural position and the excess removed with minimal incisions hidden around the ears. Virtually no scars are visible and the results are very natural. Unfortunately, despite the marketing you may see on the internet, there is no way to remove this extra skin without surgery. But thankfully, it's now a very simple procedure to undergo.

**DR. HENRY D. SANDEL IV**, Sandel Duggal Center for Plastic Surgery



**Q:** Urinary incontinence is interfering with my daily life. Is this something I must live with?

**A:** Urinary incontinence, especially in women, is a common issue. But while it's common, it is not a normal part of aging and can be effectively treated by an experienced urologist. Whether you're experiencing frequency and urgency caused

by overactive bladder or urinary leakage caused by stress incontinence, there are many treatment options available. New, non-invasive and minimally invasive therapies are proving to be highly effective for managing and treating the life-altering symptoms of urinary incontinence, helping more women reclaim their quality of life. We have treatments to fit every lifestyle and every age, so women no longer need to live with incontinence.

**DR. ALYSSA GRACELEY**  
Urologist/Urogynecologist | Chesapeake Urology



**Q:** How can dental implants help me?

**A:** Whether you need to replace one tooth or all of them, dental implants are a dependable solution to restore your smile and allow you to eat the foods you love. Implants can be used to stabilize or secure your existing denture or they can retain your denture permanently in your mouth.

To replace a missing or broken tooth, implants can often be placed immediately, the same day as your extraction! Implants are an important tool in my toolbox to restore my patients to a fully functional dentition. A virtually painless procedure, almost anyone is a dental implant candidate.

**DR. MIKE HOGLUND**, Easton Dental Studio

**LEADING  
HEALTHCARE  
PROFESSIONALS**

For more information visit [whatsupmag.com](http://whatsupmag.com)







# Riverkeepers

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## ON THE Frontline

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Meet several protectors of our waterways, the environmental challenges they face, and the real solutions they put into practice

— *By Lisa Hillman* —

It's one of the coolest job titles anywhere. Meet someone who has it and you don't know whether to say, "Thank you" or ask, "What do you do?"

*It's almost reverential: Riverkeeper.*

"Riverkeepers are sentinels watching out for the health of rivers. They are the voices of the rivers, especially wherever there is not a large advocacy group to speak for them," states Erik Michelson, Deputy Director of Board of Public Works, Anne Arundel County, and Director of the County's Bureau of Watershed Protection and Restoration.

With hundreds of creeks, streams, and rivers across Central Maryland and the Eastern Shore, riverkeepers work to protect their waterways by monitoring and finding solutions to keep them healthy. Often invisible to the public, they display a passion for their work and fierceness to fight decades of degradation.

In this article, we interviewed four professionals who spend days on—and in—local rivers. What they see, record, and recommend offer lessons for everyone who lives, works, or plays within their rivers' reach.

# Four Voices

**Matt Pluta** serves a merged organization. Pluta is Director of Riverkeeper Programs for ShoreRivers, which was formed five years ago with the merger of Midshore River Conservancy and the Chester River and Sassafras River Associations. He also is the Choptank Riverkeeper and oversees policy and advocacy efforts for several rivers, including the Sassafras, Chester, Choptank, Miles, and Wye. ▶



◀ **Sara Caldes** assumed the role of Riverkeeper for the Severn Riverkeeper Program three years ago after serving as its Restoration Manager since 2004. Like ARF and ShoreRivers, Severn Riverkeeper is a member of the Waterkeeper Alliance, an international organization that licenses riverkeepers who meet specific standards.

“Every river is different,” Sara says, “but our main goal is to stop pollution and advocate for methods that succeed.”



▲ **Jennifer Carr** calls riverkeepers “the eyes, ears, and mouth of the waters they protect.”

Unlike its sister organizations, the Magothy River Association (MRA) has no paid staff and does not have a licensed Riverkeeper program. Its voice, however, is strong. **Paul Spadaro**, MRA’s president since the mid-1990s, likes to say he has been a “riverkeeper” longer than most.

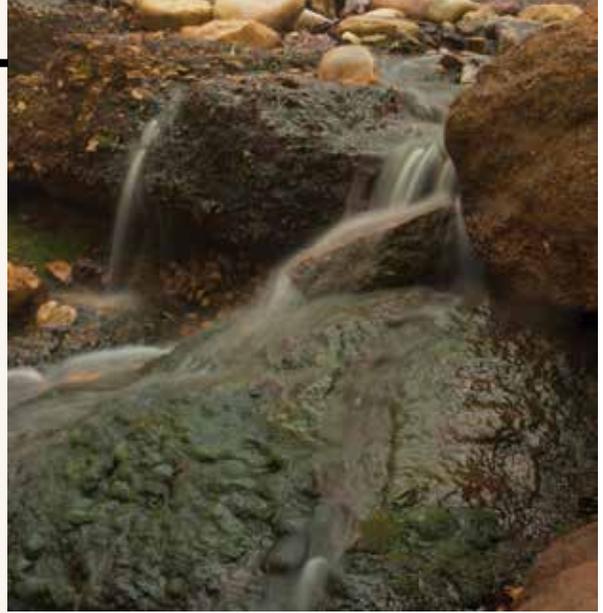
“Our volunteer base is people who live here. This is our home. And that’s why we’ve been so effective.” ▶



Carr is Director of Restoration for the Arundel Rivers Federation (ARF). Established in 2019 with the consolidation of the South River Federation and West Rhode Riverkeeper, Inc., the Federation is currently assessing what it needs in a riverkeeper.

“A riverkeeper is unique to its river,” explains Carr, who typically executes what the riverkeeper needs, “but they all must meet the core principles of being the voice of the river.”

Severn Riverkeeper Sarah Caldes at far left with environmental engineer Keith Underwood, Severn Riverkeeper's Executive Director Fred Kelly, and a patron on site at a restoration project located behind Annapolis Bowl off Generals Highway.



“Our main goal is to stop pollution and advocate for methods that succeed.”

—SARAH CALDES

## What They See

Local riverkeepers belong to relatively small nonprofit organizations. They spend an average of one to two full days each week on the river monitoring water quality. Caldes visits some 20 stations in the Severn River where she monitors temperature, pH levels, water clarity, and oxygen levels. She takes readings at several points along a column deep into the water.

“Since 2006, we have consistently seasonally monitored the Severn River,” she explains. “By 2011 it was evident that we had a persistent seasonal dead zone in several areas of the river that had not been documented. This has been a wake-up call for those of us who care about the health of the river, and we responded by dedicating our program to restoration projects that reduce the stormwater run-off.”

On the Eastern shore Pluta has been collecting water samples from the same 20 sites on the Choptank since 2013. “My monitoring on the Choptank over the years has proven to me that legacy pollution

from agriculture has a long-term effect on the River. Year-to-year variations in water quality are mostly influenced by local weather patterns and how much precipitation we receive in the region.”

Riverkeepers also spend time patrolling the shoreline. A common refrain is “what happens on land happens to the water.” Consequently, they face common challenges. The biggest is pollution from stormwater run-off caused by development or as Spadaro says, “Over-development.”

“Most people don’t see the loss of tree cover, or the dead fish or algae,” Spadaro says. “But if you look at Routes 2 and 3 over the past 20 to 30 years, you see the increase of cars. Every new home that’s built puts two more cars on the road every day.”

Carr decries the expansion of impervious surfaces which give “the water nowhere to go.” This forces polluted stormwater to flow into local waterways. The sediment it carries contains chemicals and “bad stuff,” covering habitat with a layer that blocks out sunlight and harms the growth of healthy under-

water vegetation. Even manicured lawns pose problems, she says. Instead of seeping into the soil as nature intended, water rolls over the grass and gushes into creeks and streams.

Like a dark cloud coming from the west, the threat of increased development on the Eastern Shore concerns Pluta. He cites a proposed project to build 2,500 homes in Trappe in Talbot County, which the Virginia-based company describes as “the largest development on the East Coast.” In part, Pluta blames Covid.

“As a result of the pandemic, people want to leave cities and live in rural areas. That’s putting tremendous pressure on the Eastern Shore. I’ve seen ten years of development proposals come through in just one year.”

Still, the major threat to ShoreRivers today is industrial agriculture. About 60 percent of the Shore’s industrial land use is farming. While Pluta lauds farmers and their critical place in society, he worries over the “double-hit” to rivers from the poultry industry: run-off from chicken manure at poultry farms *and* run-off from manure that fertilizes crops to feed the industry.

## A Looming Challenge

Like all environmentalists, riverkeepers are keeping a wary eye on climate change. More intense and frequent rain causes more run-off. A warmer climate prompts a longer growing season and a longer period for fertilizing fields.

Says Pluta, “Because of climate change, we expect a 22 percent increase in nitrogen pollution by the end of the century.”



## “Communities that push back win back. If you don’t fight, you don’t win.”

— PAUL SPADARO

Meanwhile, sea-level rising threatens riverbanks and coastal areas. According to Spadaro, the Magothy River is “99 percent armored” which means bulkheads or rip rap—rocks or rocky material that bolster shorelines, bridges, and steep slopes—line most of its shoreline. He notes, “All those piers out in the river are on the verge of being underwater.”

## Solutions

If riverkeepers see problems, they also see solutions. Just as each river is unique, each riverkeeper approaches solutions differently.

Jennifer Carr laughs at the idea of artificially-intelligent beavers working to clean-up the South River. “Maybe someday,” she muses. ARF’s restoration project of Caffrey Run Stream in Quiet Waters Park is set with a series of small pools designed to filter rainwater and help clean Harness Creek. The pools mimic the work of beavers as natural dam builders. It is just one of dozens of restoration projects Carr says are “cleaning up decades of development, recovering from the sins of our past.”

In addition to restoration, ARF advocates for holding Anne Arundel County government accountable to enforce laws requiring developers to implement best stormwater management practices.

With the motto “One Creek at a Time,” Caldes focuses on restorative methods while also advocating for policy and regulatory changes. One such method she employs is to create “living shorelines.” These natural buffers help to restore areas where the shoreline is eroded or hardened, for example, by bulkheads. The organization’s largest living shoreline project is Kyle Point in Herald Harbor, completed two years ago after private owners sought to preserve their property. Another is the Living Shoreline in Pines on the Severn which took only six weeks to build with local tree limbs and large boulders, but many months for design and permitting.



Magothy River Association President Paul Spadaro holds a water-loving plant that will be floated with others on “islands” that allow the plants’ roots to clean the water below. Such demonstration projects are critical to developing larger scale mitigation plans for river restoration.

# “[Riverkeepers] must meet the core principles of being the voice of the river.”

—JENNIFER CARR



Director of Restoration for the Arundel Rivers Federation Jennifer Carr, far right, with the organization's leadership during a site visit to a restoration project in the Annapolis Landing community.

Caldes describes the Severn as a “short stumpy river with short stumpy creeks.” She says it’s not enough to work at the shoreline. “You need to go as high into the uplands as possible” to capture water in small pools or little dams and create a curved path to slow the water and allow it to seep in as it flows. Known as “regenerative stormwater conveyance,” the method can be adapted in other areas as well, even parking lots.

The best solution on the Eastern Shore for Pluta is to take a strategic approach and be proactive to eliminate known sources of pollution. He tries to identify farmers who have large drainage off their lands.

Through the project “Envision the Choptank” he secured a \$1 million grant to help offset costs to farmers who utilize more conservation methods, such as putting in a wetland or forest buffer on their property.

“The goal is to work together to improve water quality while sustaining productive farm fields. The goal is to be friends first.”

When these approaches don’t work, Pluta isn’t hesitant to report a farmer to the Maryland Department of the Environment or Agriculture. He’s also pursued litigation. In one case it resulted in the state closing a poultry rendering facility.

Spadaro has a one-word answer for his preferred solution: litigation. “It seems to work for the Magothy.” A self-described strong competitor who ran track in high school and college—“I never ran to finish second”—he is proud that the MRA has taken a case to the Supreme Court and won.

Closer to home, he has succeeded before the County Board of Appeals. A case that may come before the Board is Mount Misery, a steep piece of property in Severna Park overlooking both the Severn and Magothy Rivers. Spadaro lined up neighbors to defeat a developer’s plan to build homes on part of the site that, he says, was once used as a Union fort during the Civil War.

“Communities that push back win back,” he says. “If you don’t fight, you don’t win.”

He also believes lack of public water access is a real problem. As he says, “Why should I care if I can’t even get to it?” He works closely with the County to provide public access wherever possible, as he did at Beachwood Park to allow access to the Magothy.

Convinced that more communities and organizations need to fight harder, he is putting together a “playbook on how they can be more effective” to deal with such issues as subdivision approvals. The goal is to “affect change, if not kill it.” It will include specialists who have been helpful, “engineers, lawyers, what’s free, and other resources.” But he continues to rant at the area’s overdevelopment.

“At some point, even the best hotel has to put up a No Vacancy sign.”

“The goal is to work together to improve water quality while sustaining productive farm fields. The goal is to be friends first.”

— MATT PLUTA



Matt Pluta serves as Director of Riverkeeper Programs for ShoreRivers. The organization represents environmental advocacy, projects, and education for the Sassafras, Chester, Choptank, Miles, and Wye rivers.



## The Long View

If riverkeepers are great problem-solvers, they also are innately optimistic. On the Eastern Shore, Pluta is on the water weekly and walks the land and streams daily. He observes that “communities are starting to recognize the importance of clean rivers—whether it’s their kids in the water, boating, or just sitting nearby and witnessing an algae bloom.”

Pluta also understands the need to educate the public and involve more advocates: “We will never achieve healthy waterways on our own. We need the voice of others.”

For Caldes the completion of each project energizes and enthuses her. She reflects on how “we’ve evolved from a piped infrastructure in the 1900s to

the 21st century focus on promoting nature-based projects that are resilient and strong and allow us to filter the water before it becomes tidewater.”

She admits “it is slow, incremental work” but she “loves getting projects in the ground,” and working with volunteers, regulators, and advocates who “get it.”

Even Spadaro, with his forthrightness and candidly competitive nature, believes there is still time “to turn it around.” He looks forward to new, fresh leadership in local river organizations and is planning a summit soon to work on common issues. “We all can do a better job.”

Maybe that’s why, after decades fighting for a river’s survival, he still signs all his correspondence with “Moving forward.”



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# Home & Design

66 RAISING THE BAR | 70 TALKIN' DIRT

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Photo courtesy of ballarddesigns.com

# Raising the Bar

5 REASONS WHY HOME BARS HAVE ACHIEVED MAIN-LEVEL LIVING STATUS

By Lisa J. Gotto

Remember those groovy, lower-level recreation rooms we grew up with, with the rich wood paneling, gold Berber wall-to-wall, and the “man of the house” basement bar with the adjacent dart board? Pretty cool, right? Back in the day it was the norm to banish adult beverages to the basement; sometimes out of necessity, but usually because Dad’s idea of a “bar” didn’t often complement Mom’s Pfaltzgraff collection.

We say it’s about time to raise that bar out of the basement because today’s designers have so many ways to fashionably and functionally integrate this popular home feature into almost any main-level living scheme. And here are five reasons why:

## ← They Can Be Safe

Because in some households it is prudent that certain consumables are kept in an out-of-sight, out-of-mind location and secured so those with curious minds and palates are unable to access them, a locking liquor cabinet may be in order. And while we are certainly not unfamiliar with the device, they surely did not look like this when we on the hunt for the key! This swanky, yet subtle version offers an elegant design, a stemware rack, an eight-bottle wine rack, and a sassy, mirrored backsplash insert. The upper cabinet locks, the lower cabinets offer additional space for bar glasses and accessories, and a lower shelf provides a great place to stash your stylish serving tray.



Photo courtesy of ballarddesigns.com

## ↑ They Can Be Glamorous

Empty nesters rejoice! The kids are grown and now you can opt for all-out glamour if you so choose. If you’re in the process of designing a new home, make sure you leave a little space to get creative, and if you’re in your forever home, it isn’t hard to re-dedicate and re-imagine a space in a main living area that mimics your favorite, classy cocktail lounge. Sometimes it’s just a matter of adding a few new pieces, and a gorgeous, stand-alone bar is a great way to start. These pieces often come with storage capability underneath for larger items, but you may wish to consider embellishing the space with some well-chosen accessories like pendant lighting, attractive shelving, and reflective elements, such as a classic mirror, to lend the space panache.



Photo courtesy of lovethepic.com



## They Can Be Functional

And sometimes it's just a matter of shaking up the status quo, and stirring in a little imagination to take a wasted space and turn it into one of the most popular spots in your home. Many existing homes already have an under-utilized wedge of dead space under a stair. This is a great example of what can happen when some thought is given to everything one may want their at-home bar to provide and then adding a layer of utility and polish so nothing looks like an afterthought. In keeping with the fundamental style of the home, this is a prep place option that does not include any bar stools that would detract from its sensible, yet fabulous functionality.

## They Can Be Tasteful

Here's a contemporary, kitchen-y take on the at-home libation station that really makes sense for the way we live today. While its tones and overall look may be subdued, this option packs a lot of utility into a small space and does so beautifully. And like a butler's pantry, it's functional and there's a place for everything. But unlike a butler's pantry, there's no need to keep an attractive space like this behind closed doors!



Photo courtesy of styleblueprint.com

## They Can Be Camouflaged

If the thought of a stand-alone bar and all its essentials seems too busy for your space, there's some self-contained options out there you may wish to consider. This custom option is the height of sophistication when opened, yet still offers a convenient sink surrounded in luxe marble, and an ample space for bar wares and slicing those all-important lemon and lime garnishes. Self-contained, ready-to-buy units are also available from quality interiors manufacturers, as well, so all you have to do is arrange for delivery and stock it up with your favorite glassware and libations.

*May we see the cocktail list, please?*



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# Talkin' Dirt

## CONVERSATIONS WITH YOUR GARDENER

By Janice F. Booth

It's not easy keeping up with the weeds, or those hardy Weigela shrubs or the Pampas grass. And then there's the watering and edging, and trimming, and dividing and replanting that gardens require. Whew! I'm exhausted just trying to come up with the lists of regular tasks to maintain a healthy garden. Perhaps you have help, or maybe you're planning on engaging someone to shoulder some of the work.

If you have interviewed a company or an individual to take on your garden maintenance, you probably know what you want from this important

assistant. But during those conversations you may have been befuddled and just a bit intimidated by the concepts and the lingo employed by professional gardeners. To help you prepare for your next encounter with an enthusiastic horticulturalist, let me offer you two lists; one list of topics or issues to resolve when you engage a gardener, and the second a small terminology and vocabulary reference that you can read over and discard, or keep around for future reference. You'll be happier with the services your gardener provides if you have clearly communicated your wishes—what you expect of your gardener.

*Let's start with a list of 6 general topics and issues you might want to discuss with your gardener or potential gardener:*

---



**Timing:** How often do you want your gardener to tend your lawn and gardens? Are there restrictions about time of day? Caution: Don't forget to discuss weather's impact on the prescheduled gardening. (I've watched neighbors' gardeners come in the rain and "cut" the lawn. How close or even do you think that cutting will be? And, what about ruts in the lawn from the mowers?)

---



**Trimming:** Is "edging" included with "trimming?" Will hardy mums and lanky phlox be trimmed as needed? Will the shrubs be kept to their current size and shape? Or, do you want them to cut back the shrubs a little or a lot?

---



**Clippings and detritus:** Will the clippings and random leaves and grasses be collected and bagged or taken away each time the gardener tends the garden? Do you want this material to go into a compost pile somewhere on your property?

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**Liability:** Your homeowner's policy may cover any injury, but perhaps not. Be sure to check with your insurance agent before your gardener begins. (Some gardening companies have their own injury insurance.)

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**Laborers:** Do you mind if the gardener brings additional laborers to work in your gardens? Do you want the gardener to remain with the workers while they're on site?

---



**Maintenance tasks:** Will the gardener "dead-head" and divide bulbs and plants that seem to need attention? Do you want to make the decisions, or will you allow the gardener to decide? While working on your garden, do you want the gardener to be "on the lookout" for specific invasive weeds or vines? I'm fighting a losing battle with Liriope or monkey grass; so I want every blade, every tuft out of my garden! (It's never going to happen, I fear.) But, if your gardener knows to be on the lookout for specific invaders, you'll be happier with the care and maintenance your garden receives.

---

I urge you to occasionally revisit some of these issues with your gardener. Make sure you both remain clear on what will and won't be done on a regular basis.

Okay, now on to **terminology**. Here are some of the gardener's jargon, common terms that get tossed around. You won't have to bat an eye when your gardener throws one your way.

**CEC:** Cation Exchange Capacity measures how much fertilizer your soil can hold and gradually release. (High CEC is good; the soil will hold and slowly release fertilizer.)

**Compost:** organic matter, such as fruit peel and coffee grinds, break down and decompose to form nitrogen rich fertilizer: designed to breakdown based on soil temperature.

**Deadheading:** snipping off dead blossoms, to encourage more prolific flowering

**EC** (electrical conductivity): the measurement for the salt content in soil. High EC is dangerous to plants.

**Fertilizer – Controlled-Release** also called **Time-Released:** new, more effective formulas that release nutrients based on soil temperature rather than microbial activity.

**Genus:** first part of a plant's scientific name. (plural: **Genera**)

**Harden off:** preparing a plant for winter through the gradual chilling temperatures—typically autumn's weather.

**Head-space:** in container planting, the area from the top of the soil to the rim of the pot.

**Height of plants:** the general terms for average



size: *short plants* 10" or less; *medium plants* 10–24"; *tall plants* 24" or more.

**Heirloom Plants:** These are old-fashioned, usually hardy plants, fruits and vegetables that reproduce from their own seeds. Apples tomatoes and watermelon are popular heirloom specialties.

**Micro-climate:** areas of a garden where conditions differ from the general garden climate. (ex: a soggy spot or an area warmed by a brick wall)

**NPK:** the ratio of Nitrogen to Phosphorus to Potassium (K) in fertilizer.

**Perennial / Annual:** perennials usually become dormant over the winter months but re-emerge when warmer weather returns; annuals usually do not survive the cold

winter months and must be grown from seed or cutting in the spring.

**Root-bound:** potted plants whose roots circle the pot on the outside of the soil, indicating time for replanting.

**Senescence:** the characteristic of decay and deteriorating as plants age (even perennials)

**Spillers and Fillers:** as the names suggest, spiller plants gracefully trail over edges while filler plants are used to fill in spaces between more dramatic plant specimens in a flowerbed or pot.

**Toxicity:** unhealthy conditions in a plants environment, such as too much fertilizer, too much sun or shade, too many insects, etc.

**Trace elements:** nutrients needed in small quantities for healthy plant growth. For example: Boron, Copper, Iron, Magnesium, Zinc. Most fertilizer products contain small quantities of these elements.

**Variegated foliage:** plant leaves that may be veined or edged in a color different from the primary leaves.

**Xeriscape:** landscaping with drought-resistant, native plants.

Toss off a few of these questions and terms during your planning session with your gardener and she/he'll be so impressed that she/he will try extra hard to dazzle you with their efficient maintenance of your yard and garden.



# Tricia Wilson

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## Snapshot of Success

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# Fit for Royalty in Queenstown

By Lisa J. Gotto

**W**alk right in for the ultimate in waterfront luxury because this 3,000-square-foot home has already been updated for contemporary living. An immaculately-trimmed paver stone walkway and professional landscaping leads visitors to the welcoming foyer of this exquisitely-designed, three-level property on the Wye River.

Once inside, the new homeowners will enjoy the beauty of luxe, light hardwood floors throughout most of the open-plan main level living area. Neutral colors, skylights, and unique architectural lines combine to create a home that is light, bright, and modern without being stiff.

Elements of warm woods are also employed on the home's vaulted ceilings and aspects of stone grace



---

**Primary Structure Built:** 1987  
**Sold For:** \$1,650,000  
**Original List Price:** \$1,375,000  
**Bedrooms:** 4  
**Baths:** 2 Full, 2 Half  
**Living Space:** 3,092 Sq. Ft.  
**Lot Size:** 1.70 acres

---

the home's exterior entry and are repeated indoors with a floor-to-ceiling stone front fireplace in the large family room. The home offers many ways to conveniently access the outdoors, including this room's expanded glass door system that opens to a lovely screened-in porch and patio area.

A formal dining room is located just inside the entry to the left which then opens into the home's amazing, gourmet kitchen with its knotty pine ceiling boards and its wealth of natural light from its breakfast room's large sliding doors and accent windows above. There's also a large, three-panel window system above the sink with its exquisite views to the river. Gleaming white countertops, gorgeous wood cabinetry, and an all-stainless-steel appliance package with a professional-grade gas range, makes this room as functional as it is beautiful.



**Listing Agent:** DeeDee McCracken; Coldwell Banker Realty; 170 Jennifer Road, Annapolis; m. 410-739-7571; o. 410-224-2200; dmc-cracken@cbmove.com; coldwell-bankerhomes.com **Buyers' Agent:** Timmie Taff; Compass; 921 Fort Avenue, Baltimore; m. 443-226-3223; o. 443-873-3585; homes@timmietaff.com; compass.com





The home's lower level offers generous space that be utilized as a second family room, as well as a dedicated home gym, and half bath.

Just a half-level up from the home's main level living area is a large primary suite with sliding door access to its own deck overlooking the river and the home's private pier. There's also a roomy primary bath with an exquisitely tiled glass-paneled shower, a large vanity with his and her sinks, and soothing views to the river. There are three additional bedrooms on this level, as well as a full and a half bath.

"My buyer knew immediately when she saw this contemporary beauty, that this was the perfect dream home on the water," says Buyers' Agent, Timmie Taff of Compass.

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# Coastal Farmhouse Charm

By Lisa J. Gotto | Photos by Eric Walker of HomeVisit

Located just steps from the Miles River, this picturesque property offers nearly three acres of land and just under 5,000 square-feet of well-conceived living space for its new owners to start realizing their Eastern Shore dreams.

From their first views inside the home's roomy entry hall, visitors are drawn into the living space along gorgeous, white oak hardwood floors. A beautiful, two-toned staircase cascades to the left of the foyer. Ahead, there's a formal living room with fireplace, and a few steps to the right there's a large entryway to the home's open-plan family and dining room. Elements of crown molding and



neutral tones, give the space a pulled-together vibe accented by the room's stylish, Federal fireplace and a series of glass panel doors that not only provide access to property's surrounding outdoor living and patio space, but also to the soothing water views of the Miles River.

This home has a cheery white and bright kitchen with custom cabinetry, including an awesome bespoke refrigerator. A classic bronze range hood in the French style takes center stage over a professional-grade, eight-burner stovetop with center grill. The room is large enough to accommodate a butcher block prep station, as well as a separate island topped with luxe granite that can seat three for breakfast or a coffee break.



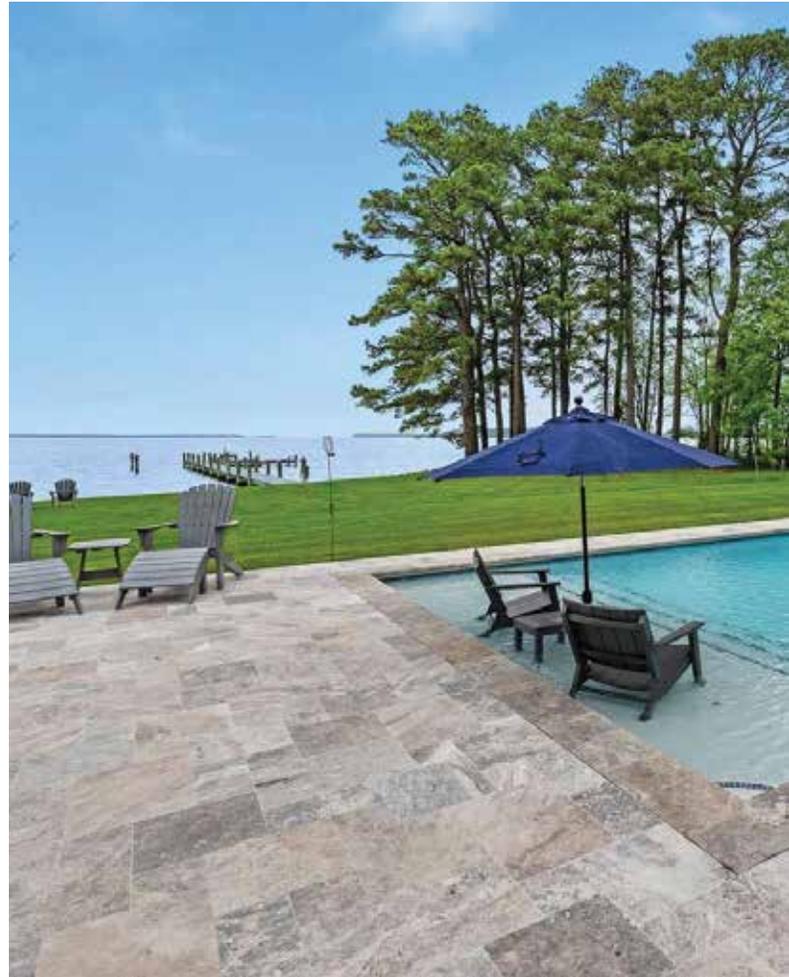
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**Primary Structure Built:** 2015  
**Sold For:** \$2,998,000  
**Original List Price:** \$2,998,000  
**Bedrooms:** 5  
**Baths:** 3 Full, 1 Half  
**Living Space:** 4,824 Sq. Ft.  
**Lot Size:** 2.86 acres

---



**Listing Agent:** Cornelia C. Heckenbach; Long & Foster Real Estate; 109 S. Talbot Street, St. Michaels; m. 410-310-1229; o. 410-745-0283; info@corneliaheckenbach.com; stmichaelsmdwaterfront.com **Buyers' Agent:** Jana Meredith; Meredith Fine Properties; 101 N. West Street, Easton; m. 443-235-3404; o. 410-822-2001; jana@goeaston.net; meredithfineproperties.com



Off the kitchen there's an airy three-season room with its own dining space, beadboard ceiling, a rustic tile floor, and lovely pool with waterfront views.

The home offers five bedrooms starting with a first-floor primary suite. This is a homeowner's oasis with its French door access to the patio area, as well as a spa-quality bathroom with a huge, glass enclosed shower with two shower heads, gleaming white marble floors, a sumptuous marble-topped dual vanity, and a walk-in closet flooded with the natural light of oversized windows.

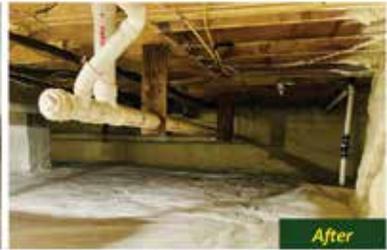




Three additional large bedrooms and two baths are located on the upper level, and above that there's a fully finished attic level of the home that boasts enough square footage for a billiard room, and an entire office suite for enhanced working-from-home potential.

When the work day is over, the new homeowners can retreat to the tranquil confines of their outdoor living area with an Olympic size saltwater swimming pool, and breeze-swaying marshy grasses that surround the riverside and private pier area; its two boat slips providing convenient access to adventures out to the Miles River and beyond.

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# Health & Beauty

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# Fresh Take

## DATES

By Dylan Roche

Think of them as nature's candy: The Middle Eastern dried fruits known as dates might be packed with sugar, but they're a much healthier alternative to the processed confectionary you'd find in a colorful wrapper on a store shelf. In fact, dates are a potent source of nutrients that benefit your entire body, helping to boost your energy, fend off aging and illness, and even replace some of the added processed sugar in your diet.

Most of the time, fruit is a low-calorie option, but dates (like other dried fruit) are an exception. Dates naturally shrivel up as they ripen on the tree, maintaining only about 30 percent water content—compare that with the 80–90 percent water content you would see with other fruits like peaches, strawberries, or pineapple. Because they have less volume (that is, they take up much less space), dates have more calories and nutrients in a much smaller serving size than you would see with other fruit.

In some cases, this is convenient—a little bit goes a long way. But it's easy to overdo it. A single date can sometimes have around 100 calories, and because most of those calories are from complex carbohydrates, they'll provide long-lasting energy. Studies show that dates are a low-glycemic index food, thanks to their high fiber content, so you even though they taste super sweet, you aren't suf-



fering from any blood sugar crashes, which is especially good news for people with diabetes.

All that fiber content is also good for improving digestive health, lowering cholesterol, and helping you stay full between meals. Dates are also fat free.

They're rich in potassium, which is lacking in most American diets. Potassium is an electrolyte important for maintaining fluid balance and staving off hypertension. It can counteract the effects of high sodium, which most people consume too much of. Additionally, dates are full of vitamin A for eye health and vitamin C for radiant skin, plus iron for transporting oxygen to every cell in your body.

Most people with a taste for dates will tell you they're incredibly versatile. They make a great snack on their own, but they can also be stuffed with soft cheeses or nut butters. Some people prefer to chop them up to use in salads, or puree and mix them into smoothies and baked goods.

If you're looking to reduce the amount of processed sugar in your diet, you can make a date paste by pureeing pitted dates in your blender with a little bit of water until it reaches a smooth consistency. Use this date paste in equal amounts as a substitute for sugar in recipes.

*Here are a few more date recipes to help you use this fruit as a standout snack, appetizer, or side dish.*

## Stuffed Dates

### INGREDIENTS:

2 dozen dates  
4 ounces chevre, softened at room temperature  
1/4 cup toasted almonds  
1 tablespoon honey  
Pinch of salt, pepper, cinnamon

Slit the dates lengthwise with a knife and scoop out the pits. In a small bowl, combine chevre, honey, salt, pepper, and cinnamon. Crush the almonds into fine pieces and stir into the chevre. Spoon the chevre-almond filling into the middle of the pitted dates. Finish with a drizzle of extra honey if desired.

MORE RECIPES AT  
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# New Treatment for Alopecia?

By Dylan Roche

Many people weren't aware of alopecia before the controversial Oscars ceremony of 2022, but this autoimmune disease that affects actress Jada Pinkett Smith is one that also affects nearly 7 million Americans and about 147 million people around the world. And as of this summer, there may be some relief in sight, thanks to approval by the Food and Drug Administration of a new drug to treat it.

Alopecia entails an immune system response that attacks hair follicles, causing hair to stop growing. In most cases, a person with alopecia loses hair in patches, although there are some rare cases where a person can lose all hair on their scalp or even all hair on their entire body. Most people with alopecia are otherwise healthy and see no other symptoms, although the bad patches can severely affect their confidence, particu-

larly for those who have bouts of hair loss throughout their entire life. Some people have only one or two bouts of alopecia and their hair grows back normally. It's not clear whether alopecia is a genetic condition or whether it is affected by environmental factors.

Until recently, there was no treatment for alopecia. That changed in June 2022, when the FDA approved a drug called Oluminant, made by the pharmaceutical company Eli Lilly, marking it as safe and effective for people with this condition. (Oluminant was already an approved treatment option for people with other autoimmune conditions, such as rheumatoid arthritis.) With public awareness of alopecia growing, other pharmaceutical companies—Concert Pharmaceuticals and Pfizer among them—are following Eli Lilly's lead to develop similar medicines.

# Fitness Tips

## TRAIL RUNNING VS. ROAD RUNNING

By Dylan Roche

Maybe this is the fall season that you're committed to starting a running routine, or maybe you've been running for years. Either way, you keep hearing people talk about trail running. And you find yourself thinking, "Wait, what's the difference between that and regular running? Is trail running the type of running I should be doing?"

Well, it depends. Trail running is a completely different beast compared to road running, or the type of workout that comes to mind when most people think of running. Road running entails running on paved surfaces like roads and sidewalks, whether you're going through your neighborhood or along a greenway or bike trail. On the other hand, trail running entails running unpaved courses, usually through the woods or other natural areas.

And while both activities would be categorized as running, anyone who does both will find that they're very different workouts—and present very different benefits and drawbacks.

*So, what does all this mean for a runner or a potential runner who is considering all options? Here's what you should know:*



**Trail running's terrain is much more challenging.** When you're running an unpaved trail, you're going to be going to be moving over dirt, tree roots, rocks, wet leaves, and anything else you might find on the forest floor. It can be tough to maintain your footing and balance, which makes it much harder not only physically but also mentally. After all, you have to constantly be alert and thinking about where you're placing your next step. If this kind of challenge appeals to you, trail running is worth a try!

**It's easier to maintain a steady pace with road running.** The reality of trail running is that there are times when you'll have to slow down—such as when you're facing a particularly rocky hill. In some situations, you might even have to walk for a few minutes. This can be frustrating to somebody trying to maintain a consistent pace or who is training for time. With road running, it's easier for you to run at a steady, fast pace for the duration of your workout without having to slow down intermittently.

**You have to consider which injury risks you'd rather accept.** Trail running poses plenty of injury risks—you're much more likely to trip and fall, resulting in scrapes, bruises, or sprains. But because pavement has a greater impact, road running tends to carry a greater risk of overuse injuries like shin splints or ITBS. (It's also worth noting that if you're a trained road runner, you may face some soreness the first few times you do trail running because of the different muscles it engages.)

**Road running tends to be more convenient because it requires less gear and exploration.** Trail running requires not only specific running shoes that are made to handle the uneven terrain better but also gear like hydration packs and headlamps. Running a trail can sometimes require a much longer time commitment, and it's smart to carry items like nutrition (even if it's something as simple as gels) and basic first aid supplies. This is why trail runners will often carry a small pack or wear a vest with pockets. Most road runners can get away with just their shoes and whatever attire the weather calls for. Trail running can also demand a little bit of exploration or travel for people who don't live with easy access to nature. It's not as convenient as slipping out the door and going for a run around the block. If you're getting into trail running, check out listings on [alltrails.com](https://www.alltrails.com), where you can find reviewed information on nearby trails and times of the year when it's best to run them.

**Running is still a great workout either way.** Sure, you could consider the pros and cons of trails versus roads all day, but when it comes down to it, running is running. It's still a great workout that improves your aerobic endurance, strengthens your heart, and works muscles all over your body. Many runners switch back and forth between trail running and road running depending on their mood and what option is available. The best running workout is one that you'll be able to stick with consistently.

# This is Your Brain on Music?

By Dylan Roche

Turning on some tunes might be your go-to way to relax or unwind, but science says there's much more to the way your brain processes music than most of us realize—it provides mental stimulation and can, actually, keep your mind sharp and healthy throughout your life.

Health experts (and educators) have been fixated on the relationships between music and brain activity for decades. Much of the mainstream focus started in the early '90s after a study found classical music, specifically Mozart, could boost brain power, even helping people achieve higher IQ scores. That study has since been debunked, but not before creating a widespread cultural interest in how listening to music affects mental activity. And subsequent studies have shown that, yes, listening to music is good for your noggin.

As Johns Hopkins Medicine puts it, music is like exercise for your brain. This doesn't just apply to classical music either. Any kind of music is good for you! Whether you prefer jazz, rock, pop, R&B, heavy metal, or hip-hop, listening to music will activate a broad range of networks in your brain.

It starts when the vibrations enter your ear canal and hit your ear drum. From there, signals go through your auditory nerves to your brain. Your brain then starts doing a kind of computation as it tries to understand the relationships between the different musical notes. Even if you don't realize it, this is a challenge for your brain—and it makes your brain stronger.

If you listen to music, you probably already know that you have all kinds of reactions to it. It makes you emotional. It stimulates memories from association with music you've heard in the past. You might even feel your motor system impulsively moving along to the beat. Harvard Medical School



explains that all these reactions are thanks to the way music activates a broad network in your brain.

Maybe you've heard a song before that you didn't like at first, but it started to grow on you. That's because the first time you hear it, your brain might be struggling to understand it. As you listen to it over and over again, you have an easier time processing it mentally. It's now a pleasant experience to hear it.

Surveys show that people who frequently listen to music throughout their life report greater confidence in learning and retaining information, as well as elevated mood and sense of confidence. Starting young gives your mind a head start (all the more reason to make music available to children from infancy), but even adults who weren't exposed to music when they were little but became frequent listeners later in life tend to have better cognitive function than those who don't listen to music at all.

*So go ahead and start up your favorite playlist—it's good for you!*

# Autumn Up Your Wardrobe

By Dylan Roche

If you feel as if your fall schedule is always full, you're not alone—between football games, back-to-school activities, bonfires, Halloween parties, and whatever else is happening, it's a season when everyone loves to be out and about. This fall, make a statement at any event you attend (even if it's just a lunch date with a friend) by autumnning up your wardrobe with looks that are perfect for this time of year.

## Pick Your Colors



## ↑ Reds and Oranges

These warm tones fit the fall vibe perfectly. If you're feeling bold, go for bright shades that match the changing leaves. You can also tone these colors down by choosing shades that are more neutral (such as a rusty shade of red) or muted (like honey orange). Be careful though—going for soft shades like coral or salmon will look very summery. Because reds and oranges are so bright and warm, they look great paired with neutral likes gray and brown. Bear in mind that pairing orange and black will look very much in the spirit of Halloween. If that's the look you're going for, great! But it might look a little over-eager any time except for the last week of October.

## ↓ Brown

A comfortably neutral tone that goes with pretty much any color, brown has an earthy vibe that's perfect for outdoor fall excursions. Darker shades of brown like chestnut look dignified, but you can also tone your outfit down a little bit and soften your look with some lighter shades, such as copper or sepia. If you're pairing multiple brown pieces together, make sure you're choosing distinctive shades, then give them a pop of color somewhere in the outfit—maybe that looks like a coffee-colored shirt with tan pants and a blue jacket. Speaking of blue...



## ↓ Dark Blue

Blue is a safe way to bring color to any outfit no matter what the season, and after wearing light blues like cyan or a stately dark navy all summer, you might be ready to find a different shade of blue for fall. Midnight blue and Egyptian blue give a deep richness to an outfit that will make you stand out among the warm, earthy tones that many people wear this time of year. Make blue the focal point of your outfit by pairing it with neutrals and complementing it with a warm-colored accessory, such as a red or orange scarf or hat.





## ↑ Olive

The great thing about olive is that it's a safe neutral that makes a little bit more of an impression than plain brown or gray. It's a shade of green that brings color to an outfit without screaming for attention, so it's good for making accessories stand out, whether that's a scarf, a tie, or a belt. The only color that really doesn't look great with olive? Another shade of green. Instead, stick with blues or grays. If you're feeling a little bit wary about olive green (you know it's neutral, but it doesn't feel like a true neutral), then you can opt for simple touches of olive, which will manage to stand out without overwhelming your outfit. Olive also tends to look great with pretty much any skin tone, so if you're disappointed to see your summer tan fading a little bit, you can count on olive to bring out those warm undertones.



## ↑ Off-White

It's not the true pure white that traditionalists swear you should wear only between Memorial Day and Labor Day (even though that fashion rule is considered outdated and unnecessary these days). Nor is it the winter white that most people will be wearing come December. Instead, a simple off-white in a shade like ivory or cream will give a fall outfit some lightness while still maintaining an element of dimension and interest.

## WHAT FABRICS ARE YOU WEARING?

Let's be real—there are some cozy fabrics you've been waiting all summer to don as soon as the weather turns cool enough. The thing about fall is that the weather tends to be a little unpredictable. Days that start off crisp and cool could easily become too warm for a sweater by midday. Avoid anything super heavy and instead layer up with midweight fabrics.

**Flannel** is always a great fall choice, particularly ones with plaid or tartan patterns. Flannel is durable and takes on character as it ages, so you don't have to worry about getting it dirty at the pumpkin patch—you can easily launder it as many times as you need to. Flannel is great for layering because a flannel shirt is lighter than a jacket, plus it's easy to shuck on and off. If you have a day that calls for serious layering, count on flannel to make a great layer between a T-shirt and a jacket.

If you want to make a statement without looking like you're trying too hard, **tweed** gives your outfit an element of distinction without looking too fussy. This textured wool is often associated with academic settings, so you can look as if you're busy with fall semester at an Ivy League school even if you're just hanging out with friends.

Finally, don't be afraid to try **corduroy**. Sure, it's retro, but retro is in. This heavy-duty ribbed cotton works great for pants and jackets, but because it tends to be bulky, you must make sure you're going for more modern fits instead of truly vintage pieces. (If you do have an article of vintage corduroy clothing, consider having it tailored to fit you better.) The best part about corduroy is that it works well in any colors, whether you're going neutral or bold.



# Yes, How Your Child Wears Their Backpack Matters

By Dylan Roche

When you worry about health and safety at your child's school, the way they wear their backpack might be the last thing that comes to mind. After all, things like food allergies, germs, and playground injuries might be a much bigger concern. But a backpack that is too heavy or worn improperly could set a child up for back pain and even long-term skeletal problems if not addressed.

## The Problem Weighing on Us...

The big problem is that backpacks can easily be overloaded and made too heavy—all it takes is an extra textbook or two. With children wearing backpacks for a significant portion of the day, often as they go to and from school and (for older students) in the hallways between classes, that means heavy weight bearing on their shoulders and back for hours at a time.

There's some disagreement among health experts about whether these extended hours of wearing a heavy backpack can cause scoliosis, a condition in which the spine grows in a curve, sometimes resulting in an uneven waist or one hip that's higher than the other.

However, there is agreement that a heavy backpack will cause spinal problems, sometimes even pushing a child's spine out of alignment. According to the Scoliosis Institute, some of the back deformities caused by heavy backpacks can't be easily corrected. Additionally, there's concern that the straps on a child's shoulders can pinch the nerves that travel from the neck to the arms, causing pain and nerve damage.

## How to Wear a Backpack Properly

If you're a parent, the sight of your child hunched under an overstuffed backpack very likely stresses you out. But how do you know exactly when a backpack is too heavy and if you should intervene?

In general, if a child looks uncomfortable, that's indication enough. Children should never stoop or lean forward when they have their backpack on. If your child complains of back or neck pain, that's another sign their backpack might be too heavy.

Start by checking the weight. A backpack should never exceed 15 percent of a child's weight, although keeping it under 10 percent of their weight is ideal.

Children should not wear their backpack over one shoulder, as this puts all the weight on a single side of their body. Instead, wear both shoulder straps *and* the waist strap if your child's



backpack has one. Choosing a backpack with wide straps with padding will improve comfort. You should also help your child tighten the straps, so the backpack sits close to their back—never sagging down past their hips.

If your child's school allows it, you might consider swapping out a backpack for a different type of tote, such as a small carry-on-style bag on wheels. (These types of bags pose a tripping hazard in packed hallways, so they are not allowed by some schools). If this is an option, this could be the way to go for especially small children, who will have a harder time carrying a heavy backpack compared with a physically larger child.

## Tips for Parents and Teachers

Teachers and parents can be helpful by demonstrating (and encouraging) the proper way of wearing a backpack. If you see a child wearing a backpack on one shoulder or trying to carry too many books at one time, don't hesitate to correct them.

Depending on school rules and resources available, other great options include allowing more time to use lockers between classes to cut down on the number of books a child has to carry and opting for paperback books or even e-books when available.

# Dining

92 DINING REVIEW

Rack of Lamb  
at Hunters'  
Tavern at  
Tidewater Inn



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# Shore Cuisine at its Finest

By Sharon Harrington | Photography by Stephen Buchanan

**T**he roots of hospitality run deep at 101 East Dover Street, the home of the historic Tidewater Inn and its signature restaurant, Hunters' Tavern. Over three hundred years ago, private homes at this location offered modest food and lodging to travelers or those conducting business in the county seat, Easton.

As time passed, the Eastern Shore's culinary abundance and beautiful Chesapeake Bay vistas attracted travelers who wanted to experience all the area had to offer first-hand. Enter The Avon Hotel, whose motto, "Gracious Plenty Rules the Board," promised the best of Shore hospitality. When a fire destroyed the hotel in 1944, a new hotel rose from the ashes, the Tidewater Inn.

Integral to the success of the Tidewater is its signature restaurant, Hunters' Tavern, under the guidance of executive chef Daniel Pochron. Tavern may be a bit of a misnomer; it is a big room that boasts warm wood and brick decor with a covered patio for additional dining. The well-chosen selection of alcohol (check out the clever cocktails), beer, wine, and food skewed toward creative, traditional, fine dining says this is not just a tavern.



Diners come wanting to experience the food culture of the Eastern Shore: rockfish, crab, oysters, and wild game. The chef does not disappoint, weaving local venerated fare with modern twists; for example, the night we dined, my spouse had the turtle soup as a starter. This iconic soup from now-retired chef Raymond Copper's family recipe has been featured on the menu for over fifty years. Using a veal/chicken stock with tomatoes, a host of spices, and snapping turtle meat then thickened with a gluten-free roux (Chef Pochron's innovation), the soup is a little like gumbo, with the turtle adding subtle seafood umami. The finishing splash of sherry adds both tang and depth.

In a later conversation with Chef Pochron, he shared many of the secrets of the turtle soup. I think he correctly judged I was not about to go home and wrestle some snapping turtles into the pot; the recipe was safe!

For his entree, my spouse kept to the local theme choosing blackened rockfish draped over a corn and crab pudding encircled by mixed vegetables. The rockfish was prepared using the blackening technique most closely associated with Chef Paul Prudhomme and Cajun cuisine. Adding the counterpoint of slightly sweet corn/crab pudding was a brilliant move on the chef's part. My husband declared it "the best rockfish" he had ever had. He finished his meal with a strawberry (strawberries were still in season locally) shortcake done southern style—a sliced sweet biscuit layered with strawberries and finished with whipped cream.

When a restaurant develops a following, it is for one reason only—it has mastered the art of preparing good food and doing so consistently. My second dining companion is an Eastern Shore native who enjoys traditionally prepared food. For her starter, she chose the cream of crab soup, an uncomplicated marriage of crab, white wine, cream, and a whiff of Old Bay. The soup is thick and filling; I recommend a cup rather than a bowl. Her next course was the crabcake, a golden snowball of crab accompanied by green

beans and mashed potatoes. It's her go-to meal when she dines at Hunters' Tavern, and she is never disappointed. Dessert for her was also a tried-and-true choice, creme brûlée. While some may consider creme brûlée passé, I think it falls in the comfort food category with smooth custard, a hint of vanilla, and that satisfying crackle when your spoon breaks through the caramelized crust.

I chose burrata cheese on a bed of heirloom tomatoes, dressed with arugula pesto for a starter. It was quite good, although heirlooms offer more flavor closer to their peak season (late-summer), which would have enhanced the dish.

I ordered the rack of lamb for my main course, with polenta, okra, and stewed tomatoes. The okra and tomatoes were a nod to the Louisiana cuisine the chef weaves into his offerings. I was hoping the kitchen would be able to prepare the lamb to my liking (not a fan of rare lamb, preferring a blush pink). The kitchen did not disappoint; my lamb was perfectly cooked and flavorful. (If you happened to be in the restaurant the Saturday night of our visit, yes, that was me picking up her lamb chop and nibbling the bone for the last morsel.) The okra was cut into little "okra tots," fried, then sprinkled around the polenta mound in a bath of stewed tomatoes; for this non-okra fan, it was a tasty preparation. I also went the comfort food route and had creme brûlée for dessert. A few days after we had dined at Hunters' Tavern, I interviewed Chef Daniel Pochron. I had a few burning questions (no pun intended) for him and will share his thoughts with you.

I asked, how do you manage to give diners an authentic Eastern Shore meal, knowing that many of your diners are Food Network devotees who may be looking for smoke and foam? Pochron answered, "simplicity is the key." He is well aware of the long history of the Tidewater Inn as an iconic symbol of good food served in an historic landmark and his role as culinary gatekeeper. Hunters' Tavern may have fed movie stars and politicians, but it remains a local favorite for casual dinners and special occasions because it is charmingly simple. Chef Pochron says he will sometimes resurrect a 30-year-old menu offering, knowing that many of his regular clientele will remember and appreciate his honoring nostalgia.

He speaks glowingly of his staff, some of whom are young and unseasoned. He enjoys seeing people grow in their roles and notes one young person who started as a dishwasher and has moved on to the cook line. He is both passionate and proud of the work produced by his kitchen. Many may not know that his kitchen is responsible for the food in Hunters' Tavern, the Crystal Room, the Gold Room, and the Tidewater House. In addition, they are responsible for the Oyster Brawl during the Waterfowl Festival, where many visitors get their first taste of Eastern Shore cuisine.

Hunters' Tavern is a good bet for an introduction to "Shore food" and an opportunity to dine in a historic setting with a staff who wants you to experience that "gracious plenty" that has typified hospitality at 101 East Dover for over three hundred years.



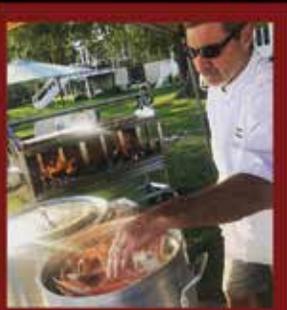
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## FIND WILMA AND WIN!

The friendly skies may be turning windy as the northerlies make way to the Mid-Atlantic, but our fearless flyer, Wilma, still zips town to town throughout the Chesapeake Bay region, touching down to visit the best restaurants, shops, and services. Where will she land next?

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

**Congratulations** to **Patricia R.** of Queenstown, who won a \$50 gift certificate to a local business.

**Mail entries to:** Where's Wilma? Eastern Shore, 201 Defense Hwy., Ste. 203, Annapolis, MD 21401 or fill out the form at [whatsupmag.com/promotions](http://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 October 31, 2022. Winner will receive a gift certificate to a local establishment and their name will appear in an upcoming issue of What's Up? Eastern Shore.

Academy Art Museum of Easton.....	12
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Dee Dee McCracken—Coldwell Banker.....	BC, 8
Djawdan Center for Implant and Restorative Dentistry.....	1, LHP
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UNIVERSITY of MARYLAND  
SHORE REGIONAL HEALTH

## October is Breast Cancer Awareness Month Are You Due for a Mammogram?

Breast cancer is the second most common cancer in women - nearly one in eight women will receive a diagnosis in their lifetime. But early detection saves lives! If you are a woman over 40, annual screening for breast cancer is an important tool in maintaining your best health.

October is Breast Cancer Awareness Month - the perfect time to schedule your mammogram.

UM Shore Regional Health offers 3-D mammography with tomosynthesis by appointment in convenient locations throughout the five-county region.

► Call, **443-225-7474**, to schedule your mammogram at the location nearest you:

**The Diagnostic and Imaging Center** — 10 Martin Court, Easton, MD 21601

**The Leh Women's Center at  
UM Shore Medical Center at Chestertown** — 100 Brown Street, Chestertown, MD 21620

**UM Shore Medical Pavilion at Cambridge** — 713 Cambridge Marketplace, Cambridge, MD 21613

**UM Shore Medical Pavilion at Denton** — 1140 Blades Farm Road, Denton, MD 21629

**UM Shore Medical Pavilion at Queenstown** — 125 Shoreway Drive, Queenstown, MD 21658

Call today: **443-225-7474**

**A better state of care.**

# Now is still a great time to Sell or Buy!

*Call DeeDee to take advantage of the market*



## Proven sales results

- 310 Total Non-Waterfront Sales
- 187 Total Waterfront Sales
- 50+ Waterfronts Over \$1 Million
- 10+ Waterfronts Over \$2 Million
- 127 Waterfronts Under \$1 Million
- 497 Total Career Unit Sales
- 270 Million Dollars in Career Sales



**COLDWELL BANKER  
REALTY**

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Global Luxury Specialist, CRS, GRI

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[dmccracken@cbmove.com](mailto:dmccracken@cbmove.com)



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