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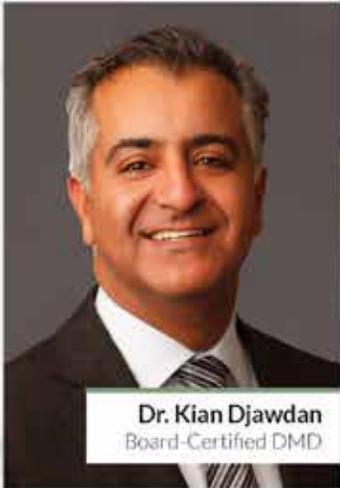
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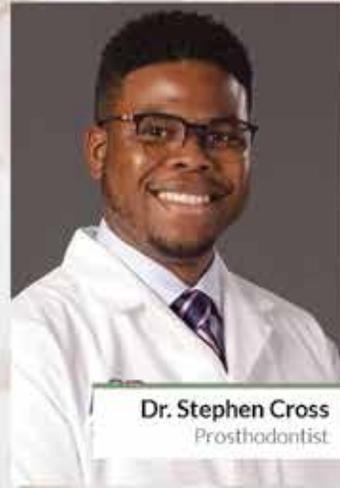
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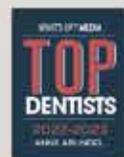
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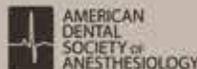
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On the Cover: *The Great Chesapeake Bay Schooner Race* by Patrick O'Brien. Design by August Schwartz. Contact *What's Up? Eastern Shore* online at whatsupmag.com. Please recycle this magazine.

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Publisher & President

Veronica Tovey (x1102)

Editorial Director

James Houck (x1104)

COO & Director of Advertising

Ashley Lyons (x1115)

Entertainment Editor

Megan Kotelchuck (x1129)

Contributing Editors

Lisa J. Gatto, Dylan Roche

Contributing Writers

Diana Love, Ellen Mayer,
Frederick Schultz, Tom Worgo

Art Director

August Schwartz (x1119)

Graphic Designers

Matt D'Adamo (x1117), Lauren Ropel (x1123)

Web Content Specialist

Arden Haley (x1116)

Production Manager

Nicholas Gullotti (x1101)

Senior Account Executive

Kathy Sauve (x1107)

Account Executives

Debbie Carta (x1110), Beth Kuhl (x1112),
Nina Peake (x1106), Michelle Roe (x1113),

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23,888 copies with an estimated readership of 78,830.

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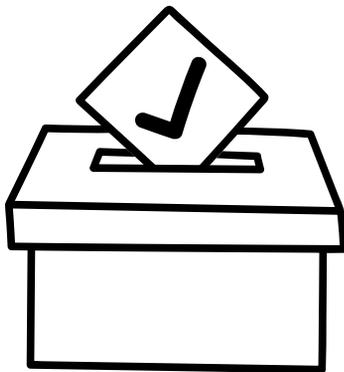
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Save the Date!

2023 Best Of Voting Begins January 1st. This is your reminder that the return of Best Of voting will go live New Year's Day and continue through the end of February. We know you can't wait to vote for your favorite restaurants, shops, and services, so put this on your calendar!



What's Up? Media is seeking the next class of Up & Coming Lawyers to honor! We are calling upon local law firms practicing in the Chesapeake Bay region to nominate exemplary lawyers in the early stages of their legal career. We are currently accepting

nominations from your firm's management of young, up and coming lawyers. For editorial consideration, management must complete an online form nominating an employed lawyer within your firm that is 40 years and/or younger by the deadline of January 31st. Nomination forms are online here: whatsupmag.com/upandcominglawyers. Each firm may nominate up to three lawyers in this unique opportunity to showcase the young talent within your organization!



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Christmas in St. Michaels

Plan your weekend visit to St. Michaels, December 9th through 11th, to celebrate Christmas on the shore. The weekend will include plenty of festive events, your new favorite tree ornament—the new Christmas in St. Michaels Limited Edition Collectors Ornament—and much more. All proceeds from the ornaments and other products will benefit local, nonprofit organizations in our community. Participate in the season of giving in St. Michaels. Find more information at christmasinstmichaels.org.



HOLIDAY HOUSE TOURS ↓

On December 4th join Friends of Hospice and Talbot Hospice in the Winter Festival 2022. This 6-part series is coming to an end with Holiday House Tours. There will be four lovely Oxford homes decorated for the holidays open to tour, from 1 to 4 p.m. Find more information at talbothospice.org.



A Dickens of a Christmas

The 5th Annual Dickens of a Christmas is back on December 3rd in Downtown Chestertown. The day will include the signature Holiday House Tour event, as well as plenty of live music and community events. Music performances run from 10 a.m. to 2 p.m. in two-hour shifts before guests are free to tour the decorated houses. Be sure to dress up, it is all part of the fun of the holidays. Find more information at mainstreetchestertown.org.



SANTACON KENT ISLAND

The 6th Annual SantaCon is back on Kent Island this December 3rd from 4 to 10 p.m. Make sure you dress in anything Christmas and visit different venues via that participate in SantaCon to celebrate the season. Each venue will support a different Queen Anne's County charity including Kinera Foundation, Not my Child QAC, The Julianne Rosela Foundation, and Jacob Sloan Foundation. Find more information at visitqueenannes.com.

↑ Crabby Christmas Parade

On December 3rd, Cambridge and Dorchester County come together for the 73rd Annual Crabby Christmas Parade. The parade will kick at 5 p.m. off at Long Wharf, traversing down High Street, turning onto Poplar, and away we go down Race Street to conclude at Washington Street. Pre-parade entertainment begins at 4:15 p.m. at the reviewing stand at Craig's Drugs. Each year the parade has glittering lights, beautiful sounds of music, plenty of holiday cheer, and laughter all brought together by local businesses, charities, and volunteers. Find more information at christmasparade.org.

SKATE WITH SANTA

Santa is taking a break from his busy schedule at the North Pole to visit the Talbot County Community Center in Easton on December 7th from 6 to 8 p.m. Kids will be able to sit on Santa's lap to reveal their seasonal wishes. Be sure to pre-register at tourtalbot.org.





↑ MID-ATLANTIC SYMPHONY ORCHESTRA HOLIDAY JOY

To kick off December, Mid-Atlantic Symphony Orchestra is performing and spreading their Holiday Joy at Chesapeake College in Wye Mills on December 1st at 7 p.m. The Orchestra is celebrating its 25th anniversary season and there is no better way to kick off the holiday season. Find more information and purchase tickets at midatlanticsymphony.org.

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Nonprofit Profile

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Since 1983 Crossroads Community has been providing services to those with behavioral health needs. Crossroads serves mid-shore counties offering a continuum of recovery support services.

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Crossroads Community is a non-profit organization and thrives with the community's help to maintain our programs. For more information or to donate please visit www.ccinonline.com.

Byron's Recovery Story

At the age of 24, Byron Hawkins experienced a serious behavioral health illness, resulting in an 11-year stay in a psychiatric hospital. He was referred to CCI to support his return to the community and moved into our Residential Rehabilitation Program. He engaged in outpatient treatment with CRMHS and began learning basic life skills. He did not know how to manage a checking account or cook a simple meal. Within a year, he mastered those skills and much more, getting his driver's license, and landing a job through our Supported Employment Program. He graduated to more independent housing and is now looking for his own apartment.

Byron credits the CCI staff with helping him take one step at a time. He stated, "There are people that will help. It's scary when you come out [of the hospital] and deal with the stigma but with the right support, individuals can be successful." Byron now serves on the Crossroads Community Board of Directors.



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Byron Hawkins, Crossroads Community Board of Directors; Diane Lane, Crossroads Community Board of Directors and Executive Director of Chesapeake Voyagers; and Holly Ireland, Executive Director of Crossroads Community.



Brian Lambert, Community Recovery & Respite Program Manager; Deanna Miller, Outreach and Education Specialist; and Joe Sabasteanski, Transitions Facilitator.





TOWNE SOCIAL

Wye River Upper School Gala

On October 1st, Wye River Upper School held its 20th Anniversary Gala at the Talbot Country Club in Easton. With 140 guests in attendance, the school raised more than \$105,000. To help celebrate the school's 20-year legacy of changing the lives of students who learn differently, the evening featured live music from the Gold City Band, gourmet meal, a silent auction of seven exciting experiential items, and a "Glitz in a Glass" station where guests played the game of chance by choosing a champagne glass in hopes of winning an item of jewelry donated by Shearer the Jeweler. To learn more about Wye River Upper School, visit wyeriverupperschool.org.

Photography courtesy Wye River Upper School.





↑ New Regional Medical Center Coming to Easton

The Board of Directors of the University of Maryland Medical System recently approved a plan by UM Shore Regional Health to submit a Letter of Intent next month to the Maryland Health Care Commission to construct a new Regional Medical Center in Talbot County. "Building a new Regional Medical Center in Easton marks the most significant milestone in fulfilling our decades-long integrated facility and clinical service delivery plan," says Ken Kozel, President & CEO of UM Shore Regional Health. "Our growing communities expect and deserve access to a state-of-the-art center with advanced clinical care." The new Regional Medical Center campus is slated to occupy over 230 acres off Longwoods Road near the intersection of U.S. Route 50, adjacent to the Talbot County Community Center. This location is approximately 3.5 miles from the current hospital, and will provide greater visibility, easier and safer access for ambulance and helicopter transport, as well as ample parking for patients, staff, and visitors. Learn more about this ongoing project at umms.org/shore. *Image courtesy UM Shore Regional Health.*



Easton Choral Arts Society Announces New Artistic Director

The Easton Choral Arts Society (ECAS) has announced Alexis Renee Ward as the new Artistic Director of the Easton Choral Arts Society. Chosen from six highly-qualified applicants, Ward earned her Bachelor of Music (Theory and Composition) in 2010 and her Master of Music (Choral Conducting) in 2012 from the University of Delaware. Not only is she an accomplished church musician, but also a celebrated leader of community choruses and an accomplished composer. Ward will lead the Easton Choral Arts Society singers in two concerts this December at Christ Church Easton. The concert program with supporting instrumentalists is titled *Christmas Around the World* and will feature seasonal choral arrangements in many styles and a surprise closing number. The concert dates are Thursday, December 8th at 7:30 p.m. and Sunday, December 11th at 4 p.m. Visit easton-choralarts.org for details and tickets. *Photograph courtesy ECAS.*

SERVICE WITH DISTINCTION AWARD ANNOUNCED ↓

Erica Batson, Executive Assistant and IT Specialist at For All Seasons, has been awarded a "Service with Distinction" Award by Maryland Nonprofits, a nonpartisan, 501(c)3 organization dedicated to strengthening nonprofit organizations and networks for greater quality of life and equity for three decades. The Awards are at the heart of Maryland Nonprofits' 30th-Anniversary year campaign, "This is the moment to care," an initiative to address the urgent need for a shift towards an internal culture of care and equity within the nonprofit sector. Batson has worked at For All Seasons since 2017 but has been working in the mental health field since 2009. She also works as a Facilitator for Healthy Talbot, linking local families and individuals to information and resources that can help them lead healthier, happier lives. Learn more at forallseasonsinc.org. *Photograph courtesy For All Seasons.*





TOWNE ATHLETE

Molly Kroeger

Easton High School
Swimming

By Tom Worgo

For her age, Easton High School senior Molly Kroeger is unusually focused and articulate about her future. Kroeger understands what she wants to do for a career and has known that for a long time. She plans to major in biomedical engineering and talks about it with enthusiasm.

“I have always wanted to do something in engineering since I was a little kid,” Kroeger says. “As I got older, I found a career that includes both medical and engineer-

ing. I could do prosthetics. I just know I want to be in the medical field. I can also do stem cells, cancer research, or work with any medical devices that help or improve patients.”

If Kroeger’s success at swimming and academics is any indication, she’ll succeed in her chosen field. The 17-year-old Kroeger has two swimming state championships and carries a 4.19 weighted grade-point average.

“She is a coach’s dream,” Easton Head Swimming Coach Mary Gibson says. “If you tell her what times you want her to swim, she will be doing them even if she is huffing and puffing. She has so much talent and is so motivated.”

Kroeger’s tremendous work ethic and excellence in the classroom have made her a coveted athlete among college coaches. The year-round swimmer has been aggressively recruited by Division II West Chester University and Florida Tech, and two Division I schools, SUNY Binghamton and the University of Illinois Chicago. She visited three of those schools in September, with plans to sign a National Letter of Intent by November.

“I am looking for a school that will give me both a good athletics and academic experience,” Kroeger explains. “When I went to the University

of Illinois Chicago, I had a blast there. I love the campus and the team. That was a surprise, and it jumped to the top of my list. But all these schools check the boxes.”

Kroeger’s junior year was memorable. She qualified for the YMCA Nationals in March in Greensboro, North Carolina, for the first time, and won Bayside Conference and regional championships in the 200 and 500-yard breaststroke. Kroeger also swam on two regional and Bayside Conference freestyle relay championship teams.

But nothing compares to capturing the Class 3A/2A/1A individual state titles in 200 (1:53.76) and 500 (5:05.21) breaststroke while swimming a leg on the third-place freestyle relay (3:37.96) team in late-February at College Park. Kroeger, who also swims the 200 individual medley and 100 backstroke for Easton, set school-record times in all three events.

“I never had that type of feeling before,” Kroeger says of the meet. “I was really proud of myself that I was able to accomplish all my goals. My dad (Easton assistant swimming coach) was able to give me my medal so that was great and super fun.”

The 5-foot-9 Kroeger gets even more motivated in the pool when her father

Tim is encouraging her from the sidelines. “The titles, I think, raised her profile with the colleges,” he says. “They go off the times. Going for the state titles motivated her to swim her fastest times.”

With another year of experience, Kroeger expects to perform well at the YMCA nationals in Greensboro again. She’d like to forget about last year’s results. “I did okay,” says Kroeger, who represents the Talbot County YMCA. “It was my first national meet, and I was a little nervous. I already qualified for this year’s, and I am really looking forward to going back. Making the finals would be amazing.”

Talbot Swimming Coach George Higley adds, “She is very focused. She sets high goals and really pursues them. That’s probably why she is being sought by colleges.”

Gibson recalls the impact Kroeger had as a freshman. She finished second in the state in the 200 and 500 freestyle as well as winning regional championships. Gibson hopes Kroeger finishes her career with a flourish and more championships.

“She loves and thrives with distance events,” Gibson says. “Most kids don’t like to do distance events like the 200 and 500 free. She also does weightlifting on her own, which a lot of the others kids don’t do. She knows it will make her better.

“She is a very good leader,” the coach adds. “She motivates the other kids to work hard.”

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

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WE HONOR VETERANS: TALBOT HOSPICE CELEBRATES THOSE WHO HAVE SERVED

By Sheila Feldman Buckmaster

An airy, serene space of love and care, Hospice House is a blessing of a place to spend the last days of life. There are 12 light, art-filled rooms for patients who are respectfully cared for (and pampered) by the nurses and aides who look after them around the clock. The sweet quiet here ebbs and flows with the busy work of the care team. (If it's close to mealtime, the open kitchen is a-bustle with preparation.) Some of the guest rooms have their doors closed; others have doors open.

On a sunny August day, it is standing-room-only at Room Nine, door wide open, folks chatting.

Gathered are more than a dozen people, filling the room and spilling out into the wide corridor. They are gathered for an occasion rich in significance: a veteran recognition ceremony for 79-year-old

Paul J. "Fritz" Moritz, whose service was in the Army in the 1960s. In attendance are family, friends, clinical and administrative Talbot Hospice staffers, a group of veterans from the Vietnam Veterans of

America Chapter 648, and—key to the day's ceremony—two long-standing Talbot Hospice volunteers (also veterans) who will lead the proceedings. Fritz is dressed and in a chair, surrounded by people who deeply care for him. "We felt like we were movie stars," remembers his wife Wendy (they met when she was eight and he was nine; ice-skating).

Wendy and Fritz married in 1965, it was a storybook romance from the start and remained so. "We never fought," she says. But later on, they sailed. And sailed. Long hauls—Virginia to Maine was a favorite—and races. The water was why they moved to St. Michaels a few years ago, after having lived in 13 other places.

They were already married when Fritz enlisted in the Army to go to Vietnam. But an injury and bad infection sustained during basic training changed the course of his military life. Fritz and Wendy would move to Germany, where he would be stationed as an MP. In his obituary, which he wrote (he and Wendy sat down to pen these memorials five years ago), Fritz says: "During his stay in Germany, he acquired two things that lasted him the rest of his life—a love of good beer and a nickname."

Back at Hospice House, Room Nine, proceedings commenced with a heartfelt reading of a 125-word citation that cites service, sacrifice, dedication, family, and love. "It expresses to the veteran how much his/her service is appreciated by the country and especially those of us who have served," says Vietnam War Army veteran Richard Miller, who read to Fritz that day. Next in the ceremony, the sharing of gifts—including a one-of-a-kind patriotic red, white, and blue quilt and a small pillow, both stitched by Bayside Quilters. After that comes the particularly poignant offering of a single weathered embroidered star, which comes with the message, "I am part of our American flag that has flown over the USA. I can no longer fly. The sun and winds caused me to become tattered and torn. Please carry me as a reminder that you are not forgotten." Then there is the awarding of a pin from the Vietnam Veterans of America as well as the WE HONOR VETERANS pin, presented from Talbot Hospice. "I always prefer to give the veteran's pin to a family member so that he or she can pin the veteran," says Richard. "The family deserves to do this."

Yes, the family. "The thing that all of us enjoy about these veteran recognitions is that it gives us a chance not only to honor the veteran but to

*"I am part of our American flag that has flown over the USA.
I can no longer fly. The sun and winds caused me to become tattered and torn.
Please carry me as a reminder that you are not forgotten."
- StarsForOurTroops.org*



"This is very moving. The veterans being honored always try their best to return the salute. They might not be able to complete the salute but they still, give it their best. They are proud!"

honor their families," says Steve Slack, who has been officiating these ceremonies for more than seven years. (Of the various Talbot Hospice volunteer caps Steve has donned—including board member and breakfast cook—his role in recognition ceremonies is the most fulfilling.) Steve points out that the ceremonies can become forums for the sharing of details of a veteran's service. Sometimes things about their military service are revealed for the first time. Grown children and grandkids are enriched by the knowledge.

The ceremony concludes with what Fritz's wife, Wendy, deems especially poignant. The salute.

"This is very moving," says Richard. "The veterans being honored always try their best to return the salute. They might not be able to complete the salute but they still, give it their best. They are proud!" he says.

Steve Slack would like to encourage families to allow a recognition ceremony sooner rather than later. This ritual of closing this meaningful chapter in a hospice patient's life is richer when he or she can verbalize their thoughts. For many veterans, at this stage in their lives, they are often quite willing to do this," says Steve. "We just draw them out. They are the main attraction," says Steve, who notes that these ceremonies take place wherever the veteran is under hospice care: at home, at an assisted-living facility, nursing home, or at Hospice House.

Veteran recognition is very much a part of hospice throughout the United States. Talbot Hospice is a partner in the We Honor Veterans program, which is a collaboration between the National Hospice and Palliative Care Organization (NHPCO) and the Department of Veterans Affairs (VA).

Brenda Stone, a United States Naval Corps veteran who regularly conducts ceremonies for Talbot Hospice patients, recalls, "My first veteran recognition was for a Vietnam vet who was almost unresponsive due to a brain tumor. I do believe he heard what I was saying. His wife told me that this was the first time he had been recognized and thanked for his service."

Key to the spirit and power of the ceremony is the fact that it is conducted by veterans. "There is nothing better than giving back veteran to veteran," says Chris Schiller, a decades-long veteran of the United State Army Corps of Nurses.



When a ceremony concludes, Richard notes, "the emotions run from quiet/sad/thankful to light/talkative/thankful. Depends on the veteran."

Recalling that August day when her husband was honored for his military service to the United States, Fritz's wife Wendy shares this, "It was one of the happiest days near the end of his life." To be sure, she will hold this day special for always and remember the bittersweet honoring of her beloved husband that took place in Easton's bastion of compassion.



To learn more about Talbot Hospice, which believes in "knowing us before you need us," or the We Honor Veterans program, get in touch by calling 410-822-6681. You can also visit our website, talbothospice.org.

THE CHESAPEAKE TOUCH

WHERE ARTISTS FOCUS ON THE NAUTICAL AND THE NATURAL

BY FREDERICK SCHULTZ

This region's eye appeal has not been lost on fine artists who have struck gold in the historic districts that dot the shores of the Chesapeake Bay, focusing, in detail, on those who have navigated the depths and backwaters of the estuary, in both peace and war. Following is a select sampling of four such artists who've captured the visual essence of the bay and its inhabitants, everything from waterfowl that strut their natural stuff in search of sustenance to intrepid sailors who harness the bay's unpredictable breezes and currents for propulsion. Each also offers a study in vintage vessels that illustrated the evolution of nautical progress.



The Great Chesapeake Bay Schooner Race by Patrick O'Brien. Image courtesy Patrick O'Brien.



Patrick O'Brien details a painting.

PATRICK O'BRIEN

If ever Tom Freeman had a fellow intensive stickler for historical accuracy, it's Patrick O'Brien from Baltimore. No, not *that* Patrick O'Brien—the well-known British novelist who not only spelled his penname differently, but was actually born Richard Patrick Russ. This Patrick is an avid student of “The Great Chesapeake Bay Schooner Race,” an annual event established in 1990. In October each year, schooners from across the country gather to race down the bay, from the bridge to Hampton Roads in Virginia. The painting here depicts the *Virginia*, a reproduction pilot schooner based in Norfolk, and the *Pride of Baltimore*, a reproduction of a 19th century “Baltimore clipper” based in Baltimore.

A favorite historic event for O'Brien is The Battle of the Chesapeake Bay, one of the turning points in American history. “I began by doing exhaustive research to ensure that the painting would be as accurate as possible. I consulted charts and accounts of the action, the journals of admirals from both fleets, and manuals of building, rigging, and handling of 18th-century sailing ships. I also studied the Naval Academy Museum's dockyard models, which had been built at the same time and in the same shipyards as the actual ships.”

Art and painting were always his hobbies, but it didn't occur to him make a career out of it. “I got a degree in biology, thinking perhaps I might go to medical school. It was only after graduating that I realized I should be an artist. So, I spent a couple of years in art school and then began freelancing as an illustrator.”

O'Brien wrote and illustrated 11 children's books, one of them titled *The Great Ships*, about famous ships of history. “I took the original watercolor illustrations from this book to the Annapolis Marine Art Gallery, and they agreed to take them on. They sold a few of the watercolors, and then I started doing paintings just for the gallery. That's how my marine art career began.” O'Brien is now an adjunct professor in the Illustration department at the Maryland Institute College of Art in Baltimore, “teaching one class per semester since 2011.”

O'Brien also is firmly established in the stable of fine maritime artists published in *Naval History* magazine. According to Eric Mills, its editor-in-chief, “O'Brien's work has a finely detailed, at times downright photorealistic quality, plus vivid color, lighting, exciting movement, all those good things. The sum-total effect manages to wed vivid realism with a sort of mythic grandeur that can really breathe life into a historical narrative.”

JOHNN BARBER

As Virginia resident John Barber tells us, his mother saw his artistic potential early in life. "She recalled a drawing I did of a whale, spouting water near a tropical island," all without having ever seen the ocean himself. Barber thought of ingrained images "that somewhere struck a note within me...At age seven, while visiting Cape Hatteras with family, I came upon a rather smallish man wearing a blue beret, standing under an umbrella as he painted the Hatteras Lighthouse and the Atlantic beyond." Barber remembers being "transfixed by the magic I was witnessing, I still recall the intoxicating aromas of oil paint, turpentine, and salty sea air."

Having been so inspired by that trip to the Outer Banks and concluding that his love of the sea and all things maritime was innate, Barber credits his high school guidance counsellor and art teacher, Ms. Walton, with prodding him to apply to the Virginia Museum of Fine Arts for a fellowship. "She strongly suggested that I attend Virginia Commonwealth University (known at the time as the Richmond Professional Institute [RPI]). Ms. Walton insisted that I not study fine art and first try commercial art. She actually said that "no one can earn a livelihood painting pictures." I worked in the commercial art field for ten years, all along painting maritime scenes with financial success," Barber recalls.

Then came a serendipitous meeting with retired U.S. Navy Captain James Wise, himself an accomplished author (with Anne Collier Rehill) of a series of books about movie stars who served in the U.S. military services, beginning with *Navy and Coast Guard veterans in Stars in Blue: Movie Actors in America's Sea Services* (Annapolis, MD: Naval Institute Press, 1997). Following his experiences in commercial art, Barber remembers Wise asking him whether he could see his work. "After telling him of my desire to paint full time," Barber recalls, "I showed him my work. Almost instantly, Jim decided to form a small company, composed of a financial partner, himself, and me. It would be called Commodore Galleries, and we issued four of my paintings as limited-edition prints, and then another four, then four more. Soon, I was a fully-employed artist. I paid my respects to Jim during his interment at Arlington National Cemetery, and I miss him dearly."



Artist John Barber with Walter Cronkite in 1999.



F.D. Crockett by John Barber. Image courtesy John Barber.

We asked Barber where he gets his inspiration. “It comes primarily from being out, on, and around the water. When I was at VCU, I went to a house party on Gwynns Island, Mathews County, arriving after dark. This was my first encounter with the Chesapeake Bay. Having been drawn to the shoreline of this little cottage, I walked out onto the pier as the moon rose. What a beautiful sight it was, as I saw boats and ships moving about under that full moon. It was later that I recalled that night and decided to focus my work not on maritime subjects in general, but the bay specifically.”

Barber does meticulous research, and lots of it. We asked just how much preparation is required after he chooses the subject of his next project, and how many of these on average are simultaneously works in progress. “I normally work on one painting at a time,” he tells us. “When I was creating paintings for limited-edition prints, I would choose

a subject of more widespread interest, since we printed about 950 in an edition. If I set out to make a skipjack painting, I would call one of the captains on Tilghman Island, such as Ed Farley, and ask if I could go out for a couple of days on board his own skipjack, the *Stanley Norman*. We would leave the harbor long before dawn and head out to the oyster bars. At daybreak, sails would be set, and a long day of dredging oysters would begin. If artists want to create legitimate work, they must understand the mechanics of what they are painting as well as the aesthetics. Photos and sketches would be made, too. But more important, I absorbed the ‘essence’ of the experience that would later be laid down in oil paint.”

Today, Barber lives in Richmond, is married with two grown sons and daughters-in-law, along with two grandchildren. He spends what he calls his “river time” in Deltaville, Virginia.

TOM VV. FREEMAN

If you ever attended an indoor Navy sports or other public event held at the U.S. Naval Academy's Alumni Hall, you cannot help but to have seen Tom Freeman's work. Three large murals at the main entrance, commissioned by the Class of 1961, are Freeman's renderings of the Vietnam War era: *The Marines at the Hué Citadel*, *Dawn on Yankee Station*, and *Rescue by USS Barb*.

A native of Pontiac, Michigan, Freeman set up shop in his basement and garage and raised his children with wife Ann in suburban Bel Air, Maryland. At the end of the driveway stood a replica blue flag, quoting in white capital letters U.S. Navy Commander James Lawrence in the Battle of Lake Erie during the War of 1812. "Don't Give Up the Ship," Lawrence is quoted as ordering while in command of the USS *Chesapeake*. Freeman, known worldwide to serious naval historians and art aficionados alike, followed Commander Lawrence's orders during several bouts with cancer until he succumbed to its effects at the top of his profession in 2015.

The consummate watercolorist when Freeman embarked on his art career, C. G. Evers, advised the budding artist that he was "free to copy or duplicate my style; your own style will emerge from that." Freeman followed his mentor's advice to the letter, succeeding, according to prominent naval historians, who have pointed out a common thread in both Evers' and Freeman's artwork: the ability of both artists to depict water "so that it really looks wet."

Freeman's work appeared on the covers of *Boating*, *Business Week*, *Popular Mechanics*, *Reader's Digest*, *TV Guide*, and the U.S. Naval Institute's *Proceedings* and *Naval History*, as well as book covers for Bantam, Berkley, Dell, Jove, the Naval Institute Press, and Putnam.

As he enjoyed being at or near the top of his chosen profession, the phone rang on Thanksgiving Day, 1986 at the Freeman home. Ann answered, and came to Tom with news that the call was from U.S. Navy Captain Ron Jackson, on the line from the White House. Tom promptly hung up the phone on him. Jackson "called back and asked if I realized what I had just done, then asked whether I had any art prints to hang in the White House mess. I told him I'd do one better and send some



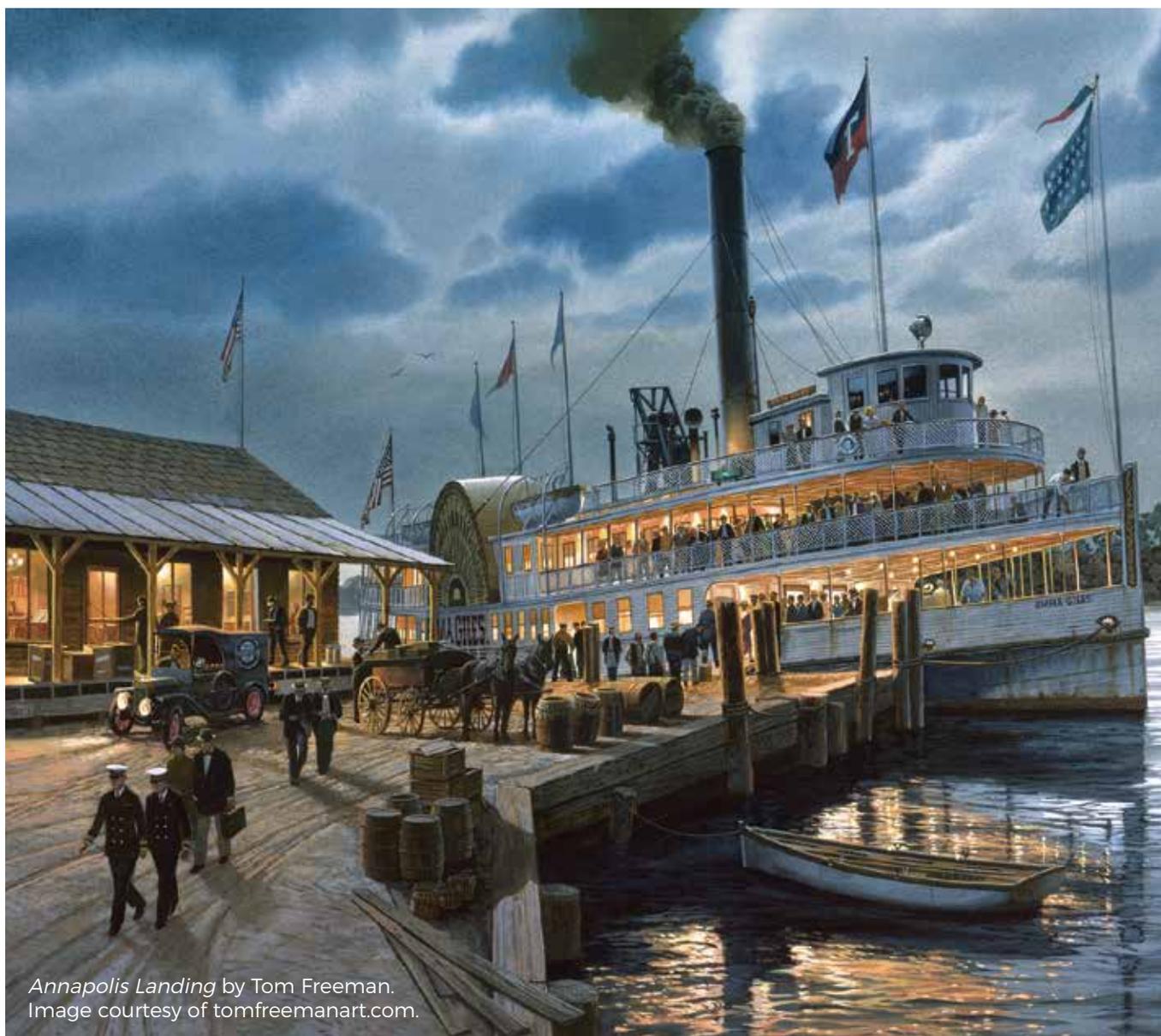
Artist Tom Freeman meets Pope John Paul II.

original art.” Thus began a long relationship with the White House Historical Association, including use of his *Mr. Lincoln’s White House* for its holiday greeting cards. Freeman also presented President George H. W. Bush with an original painting of the new aircraft carrier that had been named after him. Freeman later presented his rendition of George W. Bush’s controversial “Mission Accomplished” May 2003 aircraft carrier landing, essentially proclaiming the end of the Iraq War. The question of its precise purpose is still debated.

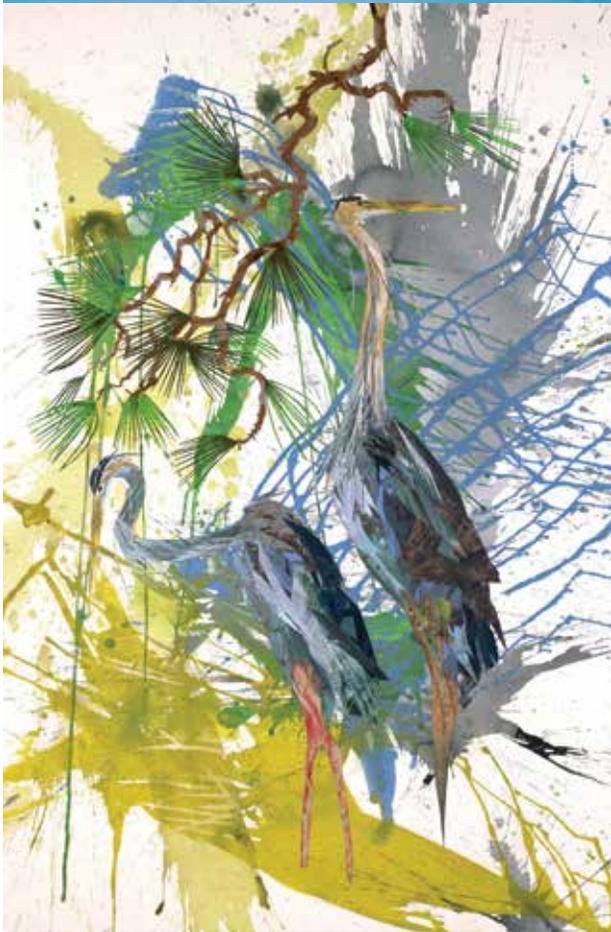
A year earlier, at the behest of the Archdiocese of Baltimore, Freeman had presented an original work to Pope John Paul II, depicting Pope Pius

IX visiting the *USS Constitution* at Gaeta, Italy, on August 1, 1849, in commemoration of the first time a sitting pope had set foot on American “soil,” which the ship represented. The artwork remains on display at the Vatican.

In commemoration of the 50th anniversary of the conversion of the transport ship *USS President Warfield* (having been renamed the *Exodus 1947*), Freeman presented his rendering of the rescue of Jewish survivors of the Holocaust—deemed “a symbol of the birth of Israel”—to the Clandestine Immigration and Naval Museum in Haifa. Yet another of Freeman’s paintings, *Guest of the King*, has hung in the palace of the king of Bahrain since 2012.



Annapolis Landing by Tom Freeman.
Image courtesy of tomfreemanart.com.



Plumage by Nancy Hammond.
Image courtesy Nancy Hammond.



Nancy Hammond
at her home studio.

NANCY HAMMOND

Relatively few artists are known worldwide for their respective singular styles. But one popular local creative stalwart certainly fits into that category. Any enthusiasts will tell you that they can recognize a Nancy Hammond creation from across the room; even her signature itself has risen to that level.

As Hammond annually sells out of her trademark “Chesapeake” posters, she ruminates over what makes her work so recognizable. “Years ago,” she reveals, “I came up with this odd combination of materials to create my artwork—painted cut paper, crayon, and acrylic paint.” One reason, she told us, is that “I like to leave evidence that an artist was there: splashes of paint thrown, freely-formed crayon marks, energized backgrounds.”

A native of the Finger Lakes region in New York state, she spent her formative years on an island in the St. Lawrence River near the Canadian border. “It was a rickety old place with no electricity, a wood-burning stove, and drinking water brought in from the mainland,” Hammond recalls, adding what’s so special to her about the Chesapeake region.

“In the midst of a populated area of nine million people, the bay provides relief and grandeur in our everyday lives. Out in this blue-green world, we’re filled with fascinating wildlife. We come back to our senses.” Consistently dividing her summertimes between Eastport in Annapolis and St. Michael’s on Maryland’s Eastern Shore, Hammond stresses that “I have always sought to live near water. And there was the Chesapeake, a giant body of water and way of life too big to ignore, a panorama of endless scenes.”

Hammond still looks at her work as “an artful journey” and gets a “visceral thrill” at seeing the appreciation of her constantly evolving legion of fans. She emphasizes that a bond is always established somewhere along the journey with the people of this region and her art. “My annual posters of Chesapeake are much anticipated, and I still get a little jittery wondering what the reaction will be to the new one. When I think people used to spend all night on the sidewalk to have one, I imagine how happy they are to order them online now.”



2022

FACES OF THE CHESAPEAKE

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LEADERS SHARE
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JASON LEE

Jason's Computer Services

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

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

For the past 23 years, he has led his area in IT leadership and excellence. Ever since Jason was a young age, he loved anything technology, including computers, video games, cell phones, and networking. Jason is incredibly involved in his local community, its children's futures & local events.

FACES OF THE CHESAPEAKE

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

WHAT'S UP? MEDIA

IN ORDER OF APPEARANCE

Jason's Computer Services
 David Orso—Berkshire Hathaway Home Services PenFed Realty
 The DD McCracken Home Team—Coldwell Banker Realty
 Brad Kappel—TTR Sotheby's International Realty
 Christina Janosik Palmer Group of Keller Williams Flagship of Maryland
 The Fichtner Services Team
 O'Donnell Vein & Laser
 Chuck Mangold Jr.—Benson & Mangold Real Estate
 Jason's Computer Services
 The Sandra K. Libby Group—Long & Foster Real Estate
 Cornelia C.Heckenbach— Long and Foster Real Estate
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DAVID ORSO

Berkshire Hathaway Home Services PenFed Realty

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COO & Realtor
410-829-2051
Lisa.Barton@cbmove.com

Annie Eaton

Realtor
410-739-7571
Annie.Eaton@cbmove.com

Kevin McCracken

Realtor
443-838-1417
Kevin.McCracken@cbmove.com

Destinee Blackstone

Realtor, Licensed Assistant
410-693-0291
Destinee.Blackstone@cbmove.com

Lisa McGrath

Realtor, Licensed Assistant
410-320-1971
Lisa.Mcgrath@cbrealty.com

Becky Wibberley

REALTOR®
443-416-7939
Becky.Wibberley@cbmove.com

Emerson O'Neill

REALTOR®
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Emerson.Oneill@cbrealty.com



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Brad is grateful for the clients, colleagues, friends, and family who supported his success throughout his career and contributed to his record-breaking sales in 2022. Brad adheres to the philosophy that "clients deserve nothing short of excellence." From the initial meeting, to navigating important decisions and the final settlement transaction, Brad works diligently to ensure 100% customer satisfaction.

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

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- Residency in Anesthesiology & Critical Care – Johns Hopkins Hospital
- Registered Vascular Technologist (RVT)
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Complementing Dr. O'Donnell's care and passion for helping patients includes her talented group of medical aesthetic providers! Dr. O'Donnell spared no expense when assembling her team to help round out the cosmetic side of her practice. It has always been Dr. O'Donnell's goal to bring together a team of empowered aesthetic experts; practicing in their individual areas of passion with a commitment to producing outstanding, natural-looking aesthetic results.

Brittany Krautheim, Aesthetic Nurse Practitioner – Graduated with a (second) Master's degree from Georgetown University. Brittany has over 18 years of nursing experience working in Oncology and Obstetrics-Gynecology before transitioning into Medical Aesthetics. Brittany is widely recognized for her extraordinary talents and unique style with treatments such as PDO Threading (Lifts), Dermal Fillers, and aesthetic laser treatments.

Jillian Preston, Aesthetic Nurse Practitioner – Graduated with a Master's degree from the University of Cincinnati. Jill has over 11 years of nursing experience having worked in Oncology and Research for most of her career before transitioning into Medical Aesthetics after receiving her Nurse Practitioner degree. Jill provides patients with a wide range of medical aesthetic service offerings including but not limited to – Cosmetic Injectables, Dermal Fillers, Keralase Hair Restoration, and corrective aesthetic laser treatments.

Jessica Hurley, RN – Graduated with a Bachelor's of Science in Nursing from Chamberlain University with a background in Emergency Medicine. She is currently pursuing her Masters and Nurse Practitioner degree as she continues her education to ensure the utmost of care for both her vein and cosmetic patients. Jess spent her first two years at OVL supporting Dr. O'Donnell and her clinical staff before being invited to join Dr. O'Donnell's ever growing medical aesthetics group also known as "O'Donnell Medical Aesthetics" where she functions in a hybrid role supporting both OVL & OMA patients! Jess is best known for her incredible work with Cosmetic Sclerotherapy, RF Microneedling, and corrective aesthetic laser treatments.

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

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



**THE FACE OF MID SHORE
REAL ESTATE**



CHUCK MANGOLD JR.

Associate Broker Benson & Mangold Real Estate

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

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

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

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

410-924-8832 (mobile)
410-822-6665 (office)
31 Goldsborough Street
Easton, MD
chuckmangold.com
chuck@chuckmangold.com





THE EASTERN SHORE'S FACES OF TECHNOLOGY



{Pictured from Left to Right} Thomas Reese, Jon Sharpe, Jason Lee, Mark Turner, Holley Lee, Brad Bohn, William Lake

JASON'S COMPUTER SERVICES

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



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

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

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



THE FACES OF ANNAPOLIS REAL ESTATE



THE SANDRA K. LIBBY GROUP

Long & Foster Real Estate Forbes Global Properties

Home buying and selling can be difficult and stressful, but it doesn't have to be when you have a results-driven and client-focused team on your side. The Sandra K. Libby Group provides every client with a personal and exceptional concierge service that will guide them through the buying and/or selling process with confidence, attention to detail, and persistence. With over 30 years of experience, we have the contacts, strategy, and vision to be successful in maximizing the return on your biggest investment. We meet the expectations of every client while providing value for the agents who are part of our real estate team. This is just one of the reasons clients return to our group again and again. It is our goal to ensure that our sellers get top dollar. To do this, we have a detailed plan to get our listings ready for the market. The level of preparation, management of repairs, staging, and professional advertisement that we conduct is unparalleled.

Whether you're purchasing your first home or selling your last, we have the resources, designations, and experience to ensure results. The joy of impacting our clients' lives and creating lasting memories is what inspires our team. Our slogan "from the bay to the beach" is indicative of our passion for the Annapolis lifestyle, and our love for the water. This now extends all the way to the beach resorts with our office in Bethany Beach. Sandra Libby, an Associate Broker in Maryland and Delaware, grew up on the Severn River in Severna Park. Originally a Mortgage Banker, she obtained her real estate license in 1988 and transitioned to the Residential real estate side in 1995. As a lifelong resident and avid sailor and boater, she knows the neighborhoods and waterways. She is consistently in the top 1% of all Luxury waterfront agents. It would be our privilege to serve you.

145 Main Street
Annapolis, MD 21401
410-647-8305
410-263-3400
www.sandraklibby.com





**THE FACE OF YOUR REAL ESTATE
NEEDS IN TALBOT COUNTY**



CORNELIA C. HECKENBACH

Long & Foster Real Estate Forbes Global Properties

Originally from Germany, Cornelia moved to Talbot County with her family and quickly became one of Talbot County's leading agents.

Sophisticated, warm, and accomplished, her real estate successes range from starter homes to stunning multimillion-dollar waterfront estates, farmland and new construction.

Motivated to understand her client's needs, she expertly pairs a natural listening ear with 30+ years of unparalleled international expertise. With award-winning results and passion for the beauty of the Eastern Shore, her clients quickly come to know Cornelia's integrity, leading-edge marketing talent, persuasive advocacy, and exceptional skill at the negotiation table.

Cornelia trains her champion Labrador Retrievers, bred from European lines and competes nationally. She enjoys spending time with family on her waterfront farm and cooking farm to table meals.

With dedication and business savvy, Cornelia leads sellers to top-dollar results, and buyers to the home of their dreams.

Contact Cornelia at 410-310-1229 or visit website StMichaelsMdWaterfront.com.

410-310-1229
109 S Talbot Street
Saint Michaels, MD 21663
StMichaelsMdWaterfront.com
info@CorneliaHeckenbach.com





THE FACES OF MARYLAND'S BANKRUPTCY COUNSEL



TATE & CAMI RUSSACK

RLC Lawyers & Consultants

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

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

RLC's experienced and respected Bankruptcy & Debt Relief practice can help you with personal or business negotiations, restructuring and when necessary, all the Protection in Bankruptcy.

We know that Your finances are unique. We take the time to listen and understand your situation to offer the right solution to achieve your goals. All of us at RLC always return calls promptly so you have the right answer.

With RLC, You have a true advocate to assist you in keeping a sound financial footing. And, we help your Business succeed. Whether it's a new company, a large purchase, contracts, negotiation or restructuring debt, RLC has the expertise to help you.

You can depend on great people, effective solutions & great communication at RLC. Give Tate or Cami a call 410-505-4150.



IRMA TOCE & RACHEL SMITH

Londonderry on the Tred Avon

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

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

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

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



THE FACE OF MARKET MOVER



TRICIA WILSON

Tricia Wilson, GRI, Realtor®
410-404-2033
443-249-SOLD - Press 6
Chaney Homes
206 Old Love Point Rd
Stevensville, MD 21666



Tricia Wilson, top producing agent for Chaney Homes, serves five eastern shore counties (Queen Anne, Caroline, Kent, Dorchester & Talbot) and Anne Arundel with excellence. Every transaction is a journey, and Tricia navigates her clients with an empathetic hand throughout what can be an overwhelming process. Tricia makes it a point to walk along side her clients from the initial meeting to the settlement table offering sound advise, personalized attention and extensive market knowledge.

Tricia credits her more than 20 years of marketing experience as powerful tool in her arsenal giving her—and ultimately her clients—a competitive edge in the marketplace. Coupled with that is her ability to offer superior staging services provided to all her clients by her groundbreaking brokerage, Chaney Homes, the first local brokerage to offer full staging exclusively to their clientele. It's a powerful punch that delivers results.

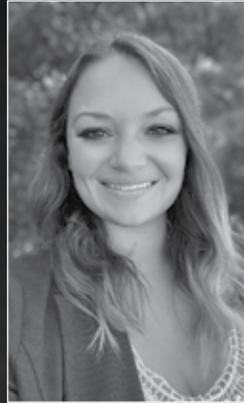
Based on beautiful Kent Island where she also lives with her husband of 20 years, her twin boys and her 3 dogs, when not selling the 'Shore Life' she's living it. Tricia enjoys every opportunity she gets to hop on the boat with her 'triplets' (referring to her husband and twin boys) who are avid outdoorsmen always searching for their next adventure. Whether it's fishing, crabbing or hunting, Tricia will join them, cherishing every memory they make as a family.



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



Joelle Dolch



Janice O'Donnell, GRI



Jeanne Kent



Cher Lamb



Tricia Wilson, GRI



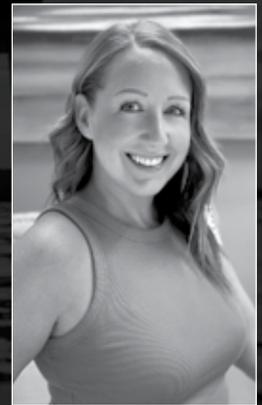
Karoline Kent



Jenyne Ward



Carol Delayo



Jennifer Wittmer

CHANNEY HOMES

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



Chaney Homes- is both real estate brokerage and staging company, in one.

Voted: 'Best Residential Real Estate Brokerage' the last 6 years running, by 'What's Up Eastern Shore magazine, Chaney Homes design crew exclusively stage only Chaney Homes listings; an 'all-included' service. Armed with over 5,000 square feet of high-end furnishings personally selected by Chaney to propel their listings to the top of buyer's wish-lists.

Image SELLS! In Today's shifting marketplace, staging 'sets the scene' for as lucrative a sale as possible. List- Stage-SELL with Chaney Homes.



THE FACE OF INTERIOR DESIGN



FIONA NEWELL WEEKS

Dwelling & Design

13 Goldsborough St | Easton, MD 21601

410-822-2211

www.dwellinganddesign.com

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

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

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

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

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



Pictured left to right: Jack Gottschalk, and Peter Grim

PETER GRIM

Haven Ministries

P.O. Box 44
Chester, MD 21619
410-827-7194
Haven-Ministries.org

Meet Peter Grim, who has recently accepted the role of Executive Director of Haven Ministries. Grim has years of experience in executive leadership. Jack Gottschalk, Haven Ministries Board President (also pictured) states "Peter's nonprofit experience includes faith-based startups and positions that cover the critical skill sets needed for the future of Haven Ministries".

Hope Warehouse, open to the public at deeply discounted prices on furniture, appliances and household goods, uses revenues to provide HOPE and AWARENESS in Queen Anne's County and assists neighbors in need with furniture, appliances and 'Customer Service Job Training' to help trainees secure jobs in the future.

Love shapes the ministry, transforms people, and hope prevails at Haven Ministries. In addition to Hope Warehouse, Haven Ministries operates a Homeless Shelter, Resource Center, Food Pantry, Thrift Store, and a Food Pantry Truck. Haven Ministries relies upon a volunteer base to run its programs. To volunteer please call 410-827-7194 or visit Haven-Ministries.org.



THE FACES OF RESILIENCE



FOR ALL SEASONS

SINCE 1986

Offices in Easton, Cambridge,
Chestertown, Denton, Stevensville, and Tilghman
Main: 300 Talbot Street
Easton, MD 21601
410-822-1018
Forallseasonsinc.org

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

WORLD WAR II

KOREA

THE FACE OF WEALTH MANAGEMENT



WYE TRUST

Lori Smith, Tali Oxnam, Chris Parks; (seated)
Neil Zurowski, Lora Davis, Tammie Schnable,
Tom Saxon (standing)

16 N. Washington Street | Easton, MD 21601
410.763.8543

1101 Maiden Choice Lane | Baltimore, MD 21229
800.309.8124

www.wyetrust.com

Wye Trust offers wealth management, trust administration, and nationwide corporate trustee services through Shore United Bank N.A. with a professional approach personalized to each client's individual needs.

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

Guidance from a financial professional can make all the difference. Contact us today to see how we can help you, your family and your business.

Wealth Management and Trust services are offered through Wye Trust, a division of Shore United Bank N.A. Wye Trust and Shore United Bank N.A. are not registered broker-dealers.

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



ANDIE ROSS ESQ.

The Law Office of Andrea Ross

800-758-9265
129 N. West Street, Suite 1
Easton, MD 21601

AndieRossLaw.com | Andie@AndieRossLaw.com

Bankruptcy attorney Andie Ross has dedicated her practice to providing tailored solutions to individuals and businesses throughout the region. The people that retain her to get out of debt and start a new life are more than just clients – they are her Eastern Shore neighbors and friends, who deserve her personal attention every step of the way. Andie welcomes all inquiries and provides a free and confidential consultation to review Bankruptcy, Debt Consolidation, and Debt Settlement options. She represents debtors and creditors of all sizes and is currently representing creditors in the Boy Scouts of America bankruptcy case in the District of Delaware and the Revlon Inc. case in the Southern District of New York. Andie's devotion to her clients has been recognized by the Pro Bono Resource Center of Maryland, Mid Shore Pro Bono, the Maryland General Assembly, the U.S. Congress, and Super Lawyers. The greatest accolade, admittedly closest to Andie's heart, and what makes her the "Face of Bankruptcy Law" on the Eastern Shore are her 125 five-star reviews on AVVO.

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

THE FACE OF EASTERN SHORE REAL ESTATE



TREY RIDER

TTR | Sotheby's International Realty

443.786.0235
trey.rider@sothebysrealty.com
treyrider.com



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

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

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



THE FACE OF COSMETIC INJECTIONS



ProMD Health

166 Defense Highway
Suite 302
Annapolis, MD
410-449-2060
www.promdhealth.com

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

ProMD touts some of the most advanced devices such as HydraFacial, Emsculpt NEO, Viveve, and Sciton Halo. The team uses its complete suite of treatments to cater to each patient's unique needs. Whether your goals are prevention, treating a skin condition, looking like you did 10 years ago, or feeling like you did 10 years ago, ProMD Health has something for everyone.

**THE FACES OF THOSE
DESIGNED TO MOVE YOU**



DIANE & CREW

of Taylor Properties

410-279-3868
175 Admiral Cochrane Dr #112A
Annapolis, MD 21401
www.DianeAndCrew.com



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

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



THE FACE OF MORTGAGE EXPERTS



ATLANTIC PRIME MORTGAGE

Annapolis Office
410-305-7800

Coastal Delaware Office
302-684-3932

www.atlanticprimemortgage.com
NMLS ID : #1438562



Atlantic Prime Mortgage is ready to assist new clients with all of their mortgage endeavors while providing personalized customer service. Since our company's launch in October of 2015, we have built a strong team with a proven track record of success. Atlantic Prime Mortgage consists of an experienced well-rounded staff with multiple loan officers and other support. Our three managing partners David Jones, Wes Tower, and Scott Dostal have each been in the industry for 20+ years and oversee the company's daily operations. Wes and David currently run the Annapolis location, Scott is head of our Coastal Delaware Beach office, which opened its doors in 2020.

Are you looking for a lender you can have confidence in today? You can count on us at Atlantic Prime Mortgage every time. Each buyer and situation we address is unique. We are prepared to tailor to the needs of our customers and are easily able to pivot in order to accomplish everyone's goals in a timely manner. Customer Service is number one when choosing Atlantic Prime Mortgage and we continue to build lasting relationships. We pride ourselves in offering enjoyable stress-free experiences. Our offices are open seven days a week and we are always free to answer questions that may arise during the lending process. The Realtors we work hand in hand with everyday have the confidence in our process, which consistently leaves the customer at ease. Going the extra mile to ensure communication is open across the board, is key to a successful and happy transaction.

THE FACES OF DENTAL IMPLANTS & ORAL SURGERY



ORAL SURGERY SPECIALISTS

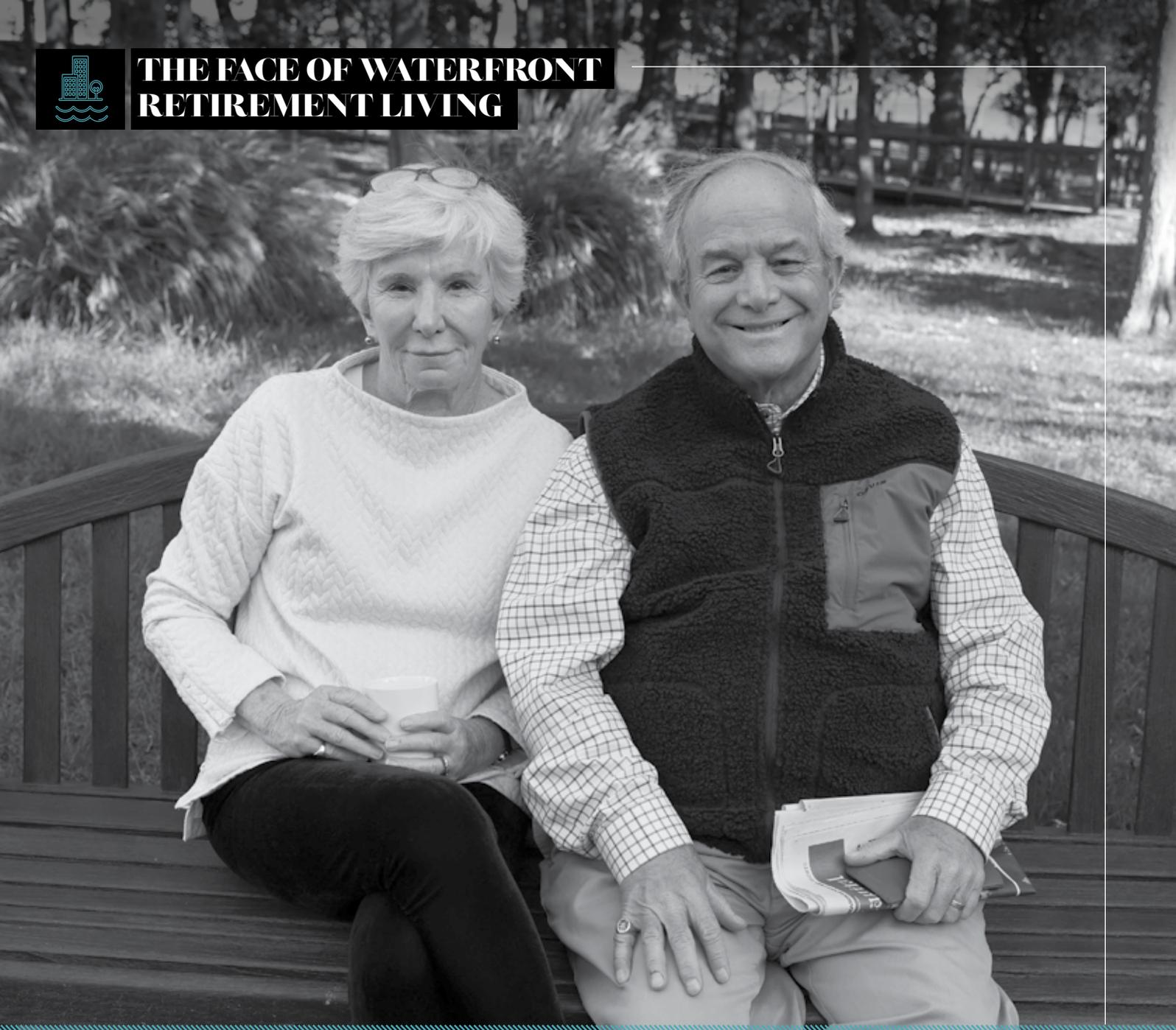
Annapolis, Pasadena,
Kent Island, Waugh Chapel
410-268-7790 | www.annapolisoss.com

As Board Certified Oral and Maxillofacial surgeons, Drs. Walzer, Sullivan, Hlousek, Jones and Chambers manage a wide variety of problems relating to the mouth, teeth, and facial regions. Drs. Walzer, Sullivan, Hlousek, Jones and Chambers practice a full scope of Oral and Maxillofacial surgery with expertise ranging from dental implant surgery and wisdom tooth removal to corrective jaw surgery. This also includes techniques designed to rebuild bone structure with minimal surgical intervention and optimal patient comfort. They have focused their practice on creating beautiful smiles and restoring healthy function to the teeth and jaws!

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



THE FACE OF WATERFRONT RETIREMENT LIVING



HOWDY AND LIZ FREEDLANDER

Bay Woods of Annapolis

7101 Bay Front Drive
Annapolis, MD 21403
443-837-1208

baywoodsofannapolis.com

Howdy and Liz Freedlander moved to Baywoods of Annapolis after 44 wonderful years in Easton on the Eastern Shore of Maryland. It was time to shed the responsibilities of home ownership and be nearer daughters in West Annapolis and northern Baltimore County.

On a pilgrimage to look at Continuing Care Retirement Communities, they stopped looking after visiting BayWoods, their first destination. They loved the location on the Bay, the friendly feel and the many amenities and activities of a comfortable, yet sophisticated waterfront retirement community. "We've made new friends with whom good laughs and interesting conversations are always available," says Liz.

BayWoods also provides easy access to cultural activities in Annapolis, Baltimore and Washington. Also, continuing their active civic participation so important to them in Easton, Howdy joined the Historic Annapolis board and the advisory council of the Luminis Health Foundation, while Liz became a member of BayWoods' corporate board and the Hospice of the Chesapeake Foundation. "Avenues for every interest: non-profit missions, art, music, theatre and, of course, access to the Bay are here for everyone.

"This is our home and a great choice for us," Howdy said. "The Land of Pleasant Living surrounds us."

**THE FACE OF REAL ESTATE
EXPERIENCE & SUCCESS**



LAURA CARNEY

TTR | Sotheby's International Realty
Vice President

17 Goldsborough St
Easton, MD 21601
410-310-3307
lcarney@ttrsir.com
lauracarney.com



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

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

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

Laura is very active in the community and is a member of Talbot Country Club, Talbot County Garden Club, Miles River Yacht Club, and served on the Board of Directors at Talbot Humane. She enjoys golf, boating, travel, and her many rescued pets.



**THE FACE OF
BUILDING A GREAT
COMPANY BY
CULTIVATING
GREAT PEOPLE**



ROD MESSICK

**Chief Executive Officer
Berkshire Hathaway
HomeServices Homesale Realty**

Annapolis Office
77 Main Street
Annapolis, MD 21401
410-505-9700



My Navy experiences provided many valuable leadership lessons, but one that stands out in my work at Berkshire Hathaway HomeServices Homesale Realty is that nothing beats an organization that has a strong esprit de corps. The biggest ships, fastest planes, and quietest submarines don't make a strong Navy, great people do. The same can be said of any company. We are only as strong as the agents and employees who choose to represent Berkshire Hathaway HomeServices Homesale Realty. We are great because our people are great." – Rod Messick, CEO of Berkshire Hathaway HomeServices Homesale Realty.

That's the genuine foundation of Berkshire Hathaway HomeServices Homesale Realty. Yes, we're here to help agents grow their business and build the careers that they want to have, but more importantly, we ensure they enjoy a more fulfilling life at work and at home. It is under this spirit of culture cultivation that has allowed Rod to spearhead expansions in every geographic region Homesale serves, welcoming 6 new offices since 2018.

THE FACES OF HOSPITALITY



CHESAPEAKE BAY BEACH CLUB

180 Pier One Road
Stevensville, MD
410-604-5900
www.baybeachclub.com

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

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

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



THE FACE OF LUXURY CUSTOM HOMES



PAUL MUELLER, JR.

Mueller Homes

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

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

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

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

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

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Matt Nader manages the First Home Mortgage office in Annapolis, MD and thoroughly enjoys originating loans and working directly with customers. With over 16 years of experience, Matt has helped over 3,000 families with their home financing and closed over 1.4 billion in transactions.

Matt's business is comprised of 4 values: Customer Service, Integrity, Transparency, and Market Knowledge. Matt takes a different approach to mortgage originations; he really takes the time needed to dive into the client's financials to help them structure the financing of their new home. He is constantly learning and educating himself to ensure he can offer the best mortgage products to the consumer. His unparalleled customer service and devotion to his business is what set him apart from his competition. He is committed to serving his clients and always being available for any need they may have.

The Annapolis Office is comprised of 4 managing members with a combined 80 years' experience. In 2021, the team closed 1,964 units for a cumulative total of 860 million. Unlike big banks, Matt and his team are all local loan officers. They will be with you every step of the way and are available to you any time you need, including nights and weekends. Your home loan will be processed, approved, and closed locally.



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"For women, financial independence is a matter of necessity."
- Carrie Schwab-Pomerantz, board chair and president of Charles Schwab Foundation, Managing Director Charles Schwab & Co.

Ann C. Alsina couldn't agree more. Ann founded CovingtonAlsina in 2012 to provide solid financial advice to strong, successful women. Since then, Ann's clientele has grown to include clients of all genders in a variety of financial positions.

"My goal is to overcome the confidence gap in investing and planning for the future," said Ann. As a Certified Private Wealth Advisor[™] professional, Ann has the training, experience, and, equally as important, the compassion to help people. Whether it's her Second Saturday Workshop, Women, Wine & Wisdom, or her other seminars, Ann and her team at CovingtonAlsina want to provide access points to financial planning.

As independent professionals, CovingtonAlsina is free to select the product or brand which best fits a client's need. Working with a fiduciary mindset, they always seek to act in a client's best interest, fostering long-term relationships that extend for generations.

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

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John Lindner, a 1991 graduate of The University of Baltimore School Of Law opened his own firm in January 1994. During the last 30 years he has represented a variety of business clients in the state of Maryland and has earned a sterling reputation for honesty and integrity with his clients. John is an active supporter of both the St. Jude's Children's Hospital and Shriners Hospital. He has been married for 36 years and enjoys the time he gets to spend with his family.

For over three decades, the Law Office of John E. Lindner, P.A. has been committed to unwavering legal and ethical standards that provide the highest quality of professional litigation and collection services for our business clients.

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ELIZABETH BENNETT

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

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

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



THE FACES OF HEALING AFTER LOSS



**SARAH KERNAN
AMY ARONSTAMN
BRIAN BERGER
CASEY DRESSEL**

Hospice of the Chesapeake

Chesapeake Life Center
888-501-7077
www.chesapeakelifecenter.org

Living with the loss of loved ones has never received more focus than in the wake of the pandemic. The purpose-driven work of those who help grievers heal from loss has come to the forefront along with a new universal focus on mental health. For your hometown hospice, Hospice of the Chesapeake, that light shines brightly on our grief support team in the Chesapeake Life Center.

Not only were people struggling to cope with the death of their loved ones, but they were often having to do it alone. There also has been a rise of deaths from substance misuse and suicide. The Chesapeake Life Center team is doing all they can to break through the walls of isolation, using trauma-informed skills and individualized grief support to let grievers know they are never alone.

Fostering a healthy grief experience for individuals and families no matter where they are in their journey with loss is essential to improving resilience, wellness and health inequities in communities. Led by Director Brian Berger, this team of uniquely trained professionals strives to provide a safe, healing place for grievers to share their story, learn coping strategies, and to honor and remember loved ones. These are some of the Chesapeake Life Center team: The Faces of Healing After Loss in our community.

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"It's easy to reach into your pocket and give some cash for a good cause, but I take the most pride in truly helping people do better and be better." It is no different when it comes to helping his clients realize their home ownership goals. It takes a wealth of knowledge and experience to successfully navigate today's real estate environment.

Academy Realty and The Anchor Team, led by Jack, works hard to ensure seamless transactions for their clients while also maintaining a high level of commitment towards philanthropic goals. With Jack at the helm, Academy Realty has completed over 800 transactions throughout the years while supporting several great causes along the way. Jack's commitments include Shop With A Cop through the Annapolis Optimist Club, President of the Annapolis High Sports Boosters Club and Parish Council Member at Ss. Constantine & Helen Greek Orthodox Church. Through his work and volunteer efforts, he helps to grow strong communities by being present and giving back. Watching others realize their own success is what keeps him smiling, "...the more you give, the more you get."



ERICA BAKER

Associate Broker
TTR Sotheby's International Realty

209 Main Street | Annapolis, MD 21401
c + 410-919-7019 | o + 410-280-5600
ebaker@ttrsir.com



Erica Baker, Associate Broker with TTR Sotheby's International Realty is a trusted real estate advisor and lifelong resident of Maryland. Serving clients for over seven years, she has a never-ending urge to go above and beyond what is expected. She pairs knowledge of the clients' goals with the needed steps for selling and buying property, market trends, integrity, creativity, and innovation to purposefully market a home or structure a winning offer for her clients. She is a familiar local face to many paired with one of the strongest brands globally. She fully believes that being forthcoming, authentic and consumer first driven is the most important part of the business. Prior to her obtaining her real estate license she worked in the home remodeling business for many years. Erica's knowledge and experience allows her to approach each home evaluation with great insight to assist her clients best. Driving passion to the walls that surround you to ensure you live a life full of inspiration starts with Erica Baker.



**THE FACES OF
CHOICES**



Left to right: Jason Taksey, MD, Adam Goldrich, MD, David Weng, MD, Jeanine Werner, MD, Benjamin Bridges, MD, Carol Tweed, MD, Peter Graze, MD, Stuart Selonick, MD, Ravin Garg, MD

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Radcliffe Creek School, located in Chestertown, MD has empowered children for twenty-seven years. The school's mission is to "empower children in a dynamic environment that celebrates unique learning." Peter Thayer, the new Head of School, believes students are empowered with a personalized education that meets students where they are and optimizes their potential by teaching them self-advocacy, resiliency, and independence.

Catherine Bushby, Debbie Cohee-Wright (not pictured), Gretchen Coppage, Kevin Gilchrest, Ben Joiner, and Malorie Martinez have taught at Radcliffe Creek School for over 20 years each. Together, along with a dozen other RCS teachers, they have played an integral role in positively changing the course of every past and present student's life. At Radcliffe, a child may receive instruction well above their grade level in the areas in which they excel. However, if a student struggles in an area, such as reading, they receive high-quality, personalized instruction via programs like Orton-Gillingham. Radcliffe's small class sizes allows students to take a proactive role in their learning process and provides them with multi-sensory instruction. Students who graduate from Radcliffe Creek School are empowered with confidence in themselves and equipped with the tools and skills to be successful! To learn more, visit our new website: www.radcliffecreekschool.org



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Central Chesapeake Region

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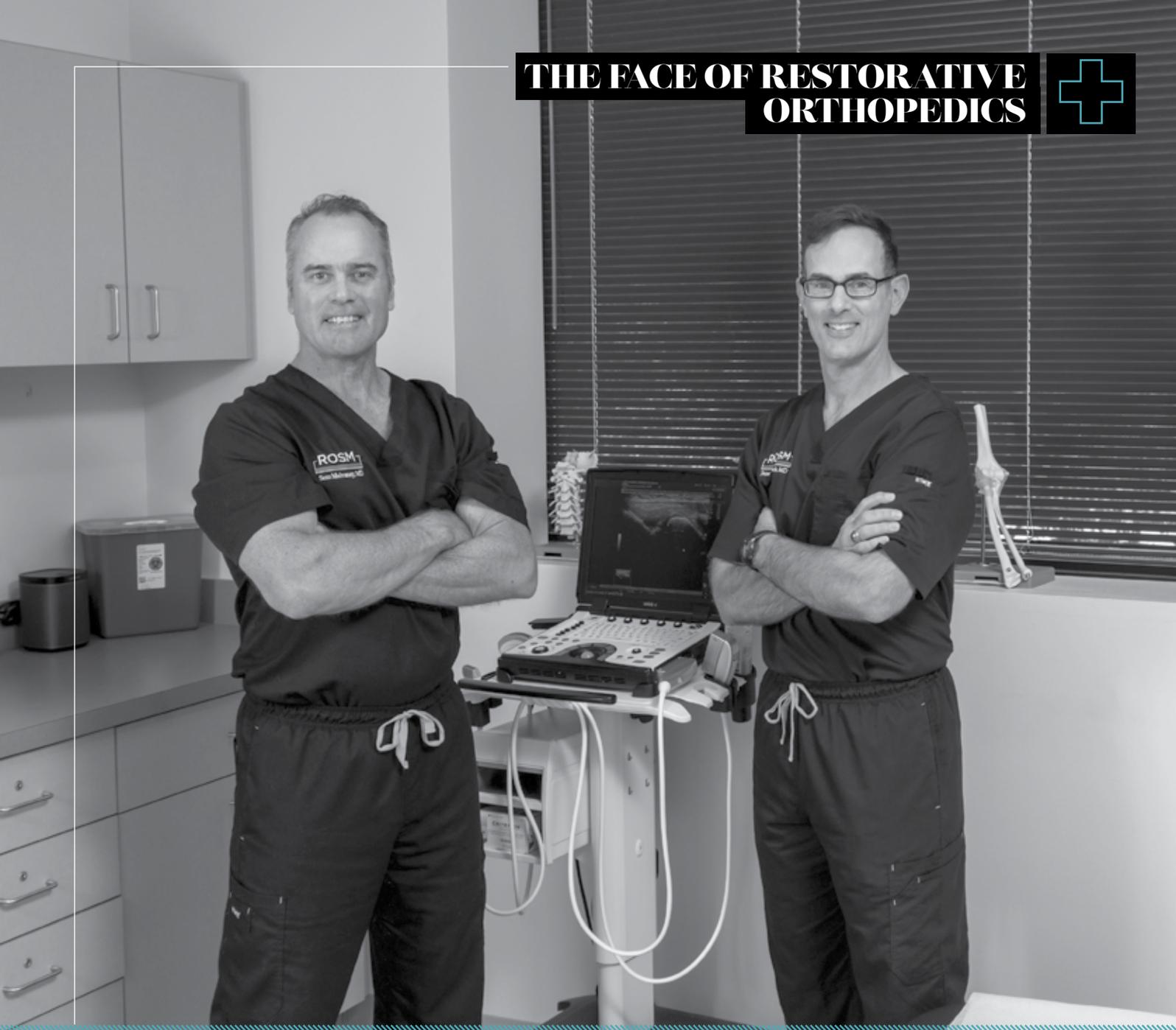
At The Arc, Direct Support Professionals (DSPs) are the backbone of what we do. This is a critical and sometimes challenging role that isn't for everyone.

A DSP plays an important, diverse role in the life of the person they support. DSPs advocate for the person they support to have full independence and autonomy in decisions. DSPs create opportunities for people to live, work, and connect with the community around them. DSPs facilitate activities in the community based on each person's unique interests and goals. And, DSPs support new learning and skills, from personal accountability to learning to cook a new meal.

Throughout the pandemic and beyond, The Arc's DSPs have continued to find new ways for the people we support to connect with their families, friends, and community. They've supported people in everything from creating and participating in a bowling league, organizing group events to spend time with their friends, applying for and landing a new dream job, and learning a new meal to surprise a lucky fiancé.

The Arc is successful because of the resilience, creativity, and gentleness of every DSP. They are facilitators, partners, and opportunity creators. Most of all, they are an example of exceptional dedication and service.

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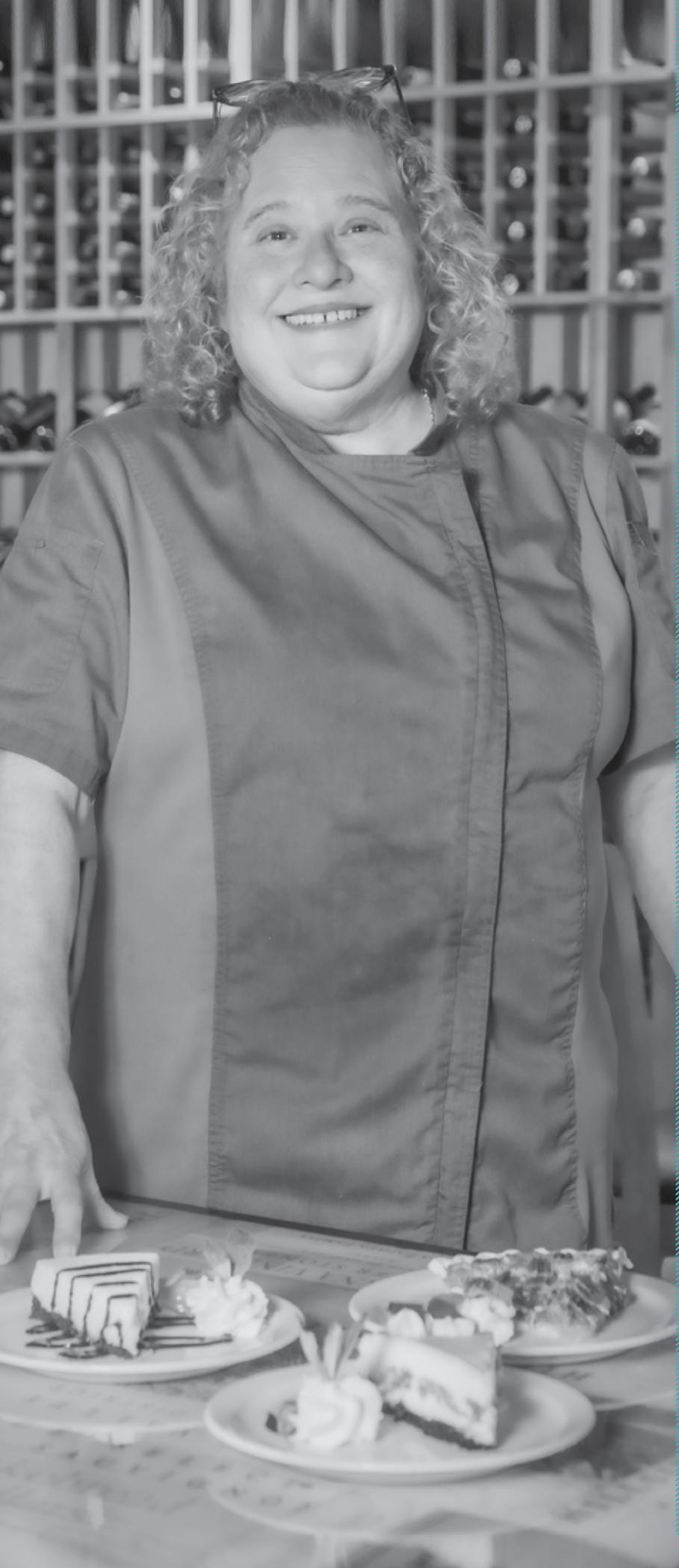
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www.drseanmulvaney.com | www.drjameslynch.com

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.

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.



**THE FACE OF WORLD-
CLASS DESSERT**

PAM SQUILLARI

**Pastry Chef
Harvest Thyme Tavern**

Nestled in the Davidsonville countryside is Harvest Thyme Tavern, owned by Pastry Chef Pam Squillari and Executive Chef Rik Squillari. They met at the Culinary Institute of America, both with a passion for cuisine in their DNA. A third-generation American chef and descendant of Italian immigrants, Rik grew up in a family of chefs and restaurateurs. Pam's passion for baking bread and pastry can be traced back to her family's long line of eastern European bakers.

In 2017, they decided to create something of their own, and the idea for Harvest Thyme Tavern was born. Over the last five years, it's become a favorite among the locals with a friendly, down-to-earth vibe. A driving force has been Chef Pam's made-from-scratch desserts, which have created a cult-like following.

Her signature dessert is a NY Style Cheesecake with various flavors inspired by what is in season at local farms. Crowd favorites include her Heirloom Blue Hubbard Pumpkin Cheesecake and Brownie Bottom Cheesecake. Sweet!

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FACES OF FAMILY LAW ON THE EASTERN SHORE



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Kevin M. Joyce, Esq.
M. Christine Joyce, Esq.

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410.237.6198 (fax)
KJoyce@annapolisbarrister.com
CJoyce@annapolisbarrister.com
www.annapolisbarrister.com

Divorce, custody disputes, domestic violence – all unpleasant, frequently heart wrenching, experiences where emotions run nearly as high as the stakes. At Joyce & Associates, LLC, Kevin and Christine know the stresses and stakes involved and every client's representation is guided by one question: what are the client's goals? With over a thousand domestic clients on the Eastern Shore (and scores more across the State), Kevin & Christine have the experience to guide clients through the most complex divorces, and the most stressful custody disputes – always with compassion and honesty. Crucially, the firm's diverse practice areas and training, which include criminal defense, mediation and appointment to represent children, provide a backstop for clients when complications arise. Kevin & Christine have both been repeatedly recognized as Super Lawyers® – and the firm's commitment to needy litigants has resulted in awards, including being recognized previously as the "Law Firm of the Year" by Mid Shore Pro Bono, Inc. At Joyce & Associates, LLC, our motto in representing our clients is simple: *Aut Viam Inveniam, Aut Faciam*. Either I will find a way, or I will make one.



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

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As much as Brant Nielsen appreciates the recognition, he'd much rather shift the spotlight onto employees who've been instrumental in NDG's success.

As Brant says, "We focus on people who are exceptional at their craft. They practice the values that NDG stands for; integrity, excellence and teamwork. These are values you can't teach."

Unlike competitors who are single-mindedly focused on revenue, NDG is building a culture that's relational, not transactional.

"Given the choice between a quick profit and a long term relationship, I'd choose the latter. One way or another, I'll earn their business because I've made the effort to earn their trust.

That's not an idle claim, it's a practice that customers recognize and appreciate.

"Other contractors tried to fit us into a formula that was convenient for them, not us." an NDG customer explains, "Brant's approach was diametrically opposite. 'What do you need?' he asked us, 'How can we make the vision you've poured energy into come to life in your home?' "



THE FACE OF TALBOT COUNTY LUXURY PROPERTY



ROB LACAZE

**Long & Foster Real Estate
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A luxury real estate expert, Rob Lacaze has listed and sold some of Talbot County's finest waterfront estates – including a \$17 million property.

A native New Yorker, Rob has lived in Talbot County for over 30 years. A graduate of University of Richmond's School of Business, Rob worked on Wall Street before meeting his wife Stephanie, (a Chestertown native) and relocating to Easton. They are the proud parents of sons, Turner, Alex and Cole.

Rob founded Lacaze Realty and later became president of Lacaze Meredith, a Long & Foster company.

At the most recent awards ceremony, he was recognized as Long & Foster's No. 1 agent in four categories: total sales volume, buyer's volume, listing volume and sold units.

Rob's knowledge, exceptional customer service, keen business acumen, and strong work ethic have earned him the well-deserved title of 'The Face of Talbot County Luxury Property'.

Contact Rob at 410-310-7835 or lacazerob@gmail.com.



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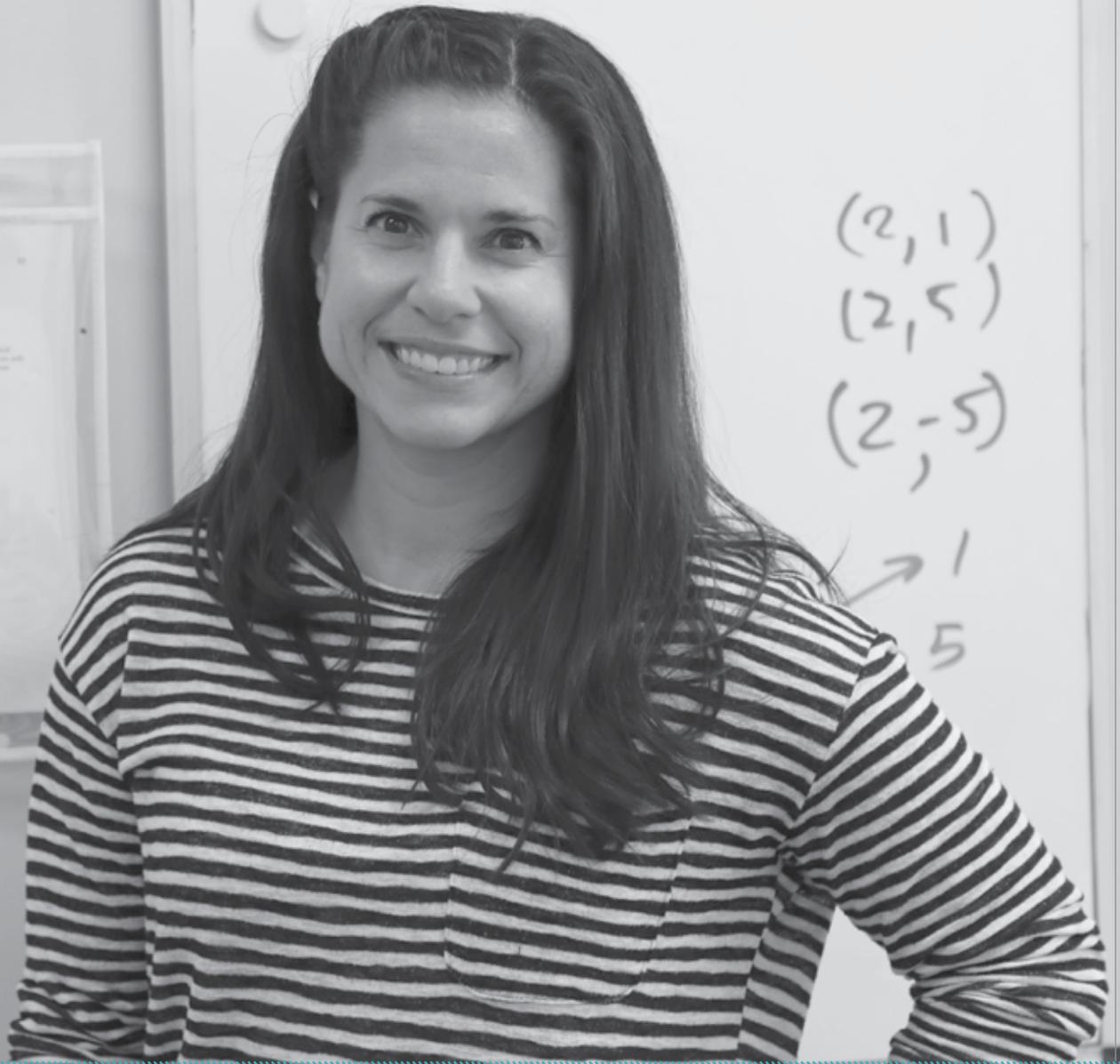
1. Gather data 2. Set goals 3. Analyze data 4. Create the Plan
5. Present recommendations 6. Implement the plan 7. Monitor the plan

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

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



THE FACE OF DISCOVERY



RACHEL MCMAHON

**Middle School Math Specialist
Severn School**

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

For Middle School math specialist Rachel McMahon, solving an equation correctly or being able to identify an obtuse angle are not the only things she wants her students to accomplish. She merges communication skills with critical thinking to push her 7th & 8th grade students out of their comfort zone by learning how to explain their thinking behind solving a problem.

"We work a lot on explaining their thinking out loud and communicating to each other how things work. I think that's a skill more important than just solving math problems. My biggest goal for the kids is to get them to think in my class, rather than me telling them what to write down."

Ms. McMahon is changing the way her students think about math, and is giving her students a skillset that will serve them beyond the math classroom as they grow at Severn School.

**THE FACE OF
AUTHENTICITY**



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Murthy Facial Plastic Surgery

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THE FACE OF ENVIRONMENTAL EDUCATION



RONNIE VESNAVER

Director of the Chesapeake Watershed Semester

MEL SKIRKANICH

Science Instructor for the Chesapeake Watershed Semester

The Chesapeake Watershed Semester at The Gunston School
Chesapeakewatershedsemester.org
Gunston.org | 410-758-0620 | Centreville, Md.

"A robust environmental education is critical to fully prepare our students for the world they are inheriting," says Ronnie Vesnaver, Director of The Gunston School's Chesapeake Watershed Semester, a single-semester, place-based academic program open to all high school juniors and seniors.

With its immersive, rigorous, and interdisciplinary curriculum, the program uses the Chesapeake Bay and its watershed as the foundation to cultivate reflective and confident student leaders who can promote regional and global environmental sustainability through their understanding of scientific, social, cultural and political systems.

"The more our students engage with their place and with the nature around them, the more resilient we will all be in the face of the environmental changes that are to come. Our school has afforded us the opportunity to prepare our students for their future, but it has also allowed us to show our students the wonder and value of the place they call home."



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Indian Creek School College Counselors

College Counseling at Indian Creek is a personalized process grounded in close relationships between students and the college counselors. Nadine Marks and Maggie Melson embrace this role, dedicating themselves to pairing each ICS senior with a school where they will thrive.

Melson and Marks cultivate relationships early, meeting with families throughout high school and often getting to know students earlier at the PK-12 school. They attend students' activities outside the classroom and know them well within.

Each ICS senior benefits from hours of individualized college guidance. The duo approaches each student's placement as a puzzle, creating tailored lists of college options for consideration. Marks and Melson write custom recommendation letters, and proof hundreds more from faculty before sending to schools. The counselors serve as "school parents," guiding students through applications and ensuring they complete each step on time, so that parents can maintain their relationships as advocates for their children.

"At ICS, each student receives customized guidance as they drive their own college process. When students have the agency to set and reach their own goals, the results are spectacular."

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

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

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



THE FACES OF KENT COUNTY ECONOMIC AND TOURISM DEVELOPMENT



KENT COUNTY ECONOMIC AND TOURISM DEVELOPMENT TEAM

Kent County Economic and Tourism
Development Team
410-778-0416
www.kentcounty.com

The Kent County Economic and Tourism Development (KCETD) Team has been integral in enhancing the economic stability of the county. Through business attraction, business retention, and destination marketing strategies, the KCETD Team has developed a robust program to facilitate economic sustainability for the county and its constituents.

The KCETD Team represents diverse industries with professionals in Education, Finance, Marine, Real Estate, Community Development, and Public Relations. These professionals strive to improve the County's business climate for residents and visitors. The Team recognizes that a healthy business environment is critical to maintaining the wonderful quality of life Kent County has enjoyed for over 400 years. They advise the County on economic policies, issues, and programs that promote economic and tourism growth. As such, the Team has been successful in creating programs focused on workforce development, business education, and facilitating opportunities for marketing and financial planning. Other programs include management of a co-working and business incubator space for telecommuters, entrepreneurs, and start-ups.

To facilitate and enhance tourism development, the KCETD Team has developed a public relations strategy that collaborates with local, regional, and state partners to establish brand awareness via robust and diversified marketing campaigns. The organization has experienced year-over-year growth in visitation for the past several years and remains a leader in the economic development and tourism industry.

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ZAMFIROV**

**DR. NICHOLAS
MATA**

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Annapolis, MD 21401

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

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



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REBECCA MITCH MCKEE

PHD, LCPC, CFC, BC-TMH

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Make your wellness journey a priority. Schedule an appointment today.



THE FACES OF GASTROENTEROLOGY



ANNE ARUNDEL GASTROENTEROLOGY ASSOCIATES

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Richie Petitbon is the Owner and President of Petitbon Alarm Company, founded in 1991. Richie's son, Richie Petitbon III, Business Development Specialist, joined the team in 2020 after earning his masters at Alabama and Illinois.

Petitbon's principles were founded upon the Golden Rule, highlighted by no long-term contracts and the most elite service in the industry. The company's five-star reviews demonstrate commitment to service and excellence.

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

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



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

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

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THE FACE OF PHILANTHROPY



CAROL B. SISCO, Ph.D.

Annapolis Maritime Museum

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410-295-0104
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office@amaritime.org

“Providing opportunities” is Dr. Sisco’s guiding principle for her work. This focus, coupled with a strong connection to her family, Jean Head Sisco, Joseph Sisco, and Jane Sisco, has motivated her. She has made a remarkable impact on Anne Arundel County and beyond through her financial contributions, leadership, and mentoring. Her giving is broad and deep, supporting education, literacy, leadership, hunger, conservation, mental health and addiction, and the arts. Dr. Sisco encourages others to contribute by example. She maximizes her giving by supporting matching campaigns and advancing strategies that help broaden organizational funding. She serves and has served on diverse national and local boards and is currently board chair of the Annapolis Maritime Museum. In November, Carol B. Sisco was named the 2022 Community Foundation of Anne Arundel County’s Philanthropist of the Year.

A woman in a red dress is shown from the waist down, holding several shopping bags. The bags are in various colors: brown, grey, red, tan, and yellow. The background is a blurred indoor setting, likely a shopping mall or store.

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Weaving

CREATIVITY

Textile arts, from quilting to knitting and many forms between, are a cultural and community pursuit with ancient roots, and imbedded in the Mid-Atlantic region

BY DIANA LOVE

Textile arts have existed since humankind first discovered the transformation of wool from lambs or plant fibers into thread. Archeologists have found clothing fibers that predate the exodus from Africa, sewing needles from 60,000 years ago, and dyed flax fibers from a cave in the Republic of Georgia that date to 36,000 BC. Net gauges, spindle needles, and weaving sticks from 5,000 BC have been discovered in Western Europe. From Far East Asia, along the Silk Road, to Mesopotamia, the Levant, and Africa, the textile arts have defined entire periods of history. They undoubtedly can be used to characterize cultural movements and significant social trends.

American history can certainly be charted by following a long trail of regional trends in the primary textile arts, including weaving, knitting, crochet, and quilting. From the sewing of our national flag in colonial Philadelphia to quilts made simply to stay warm in Appalachia and New England, colonists and pioneers grew a collection of handiwork that details the materials, technologies, and inherited wisdom available to them. The skill and technique of traditional handicrafts were proudly passed from generation to generation—until the advent of factory clothing, most often for practical reasons. These crafts and the skill required to be very

good at them remain both a source of beautiful handiwork and great pride for modern enthusiasts.

A Community of Enthusiasts

Just as the textile arts represent and characterize historical eras, they also defined the lives of local enthusiasts. Karen Santa first taught herself how to knit as a young Girl Scout. Although she didn't knit much through high school, she worked her way through a graduate program by working in a Virginia yarn shop. Back then, in the 1980s, yarn shops were everywhere. Slowly though, as crafting transformed from a purpose-driven activity (there was a time when if you wanted a sweater you couldn't afford, you knitted it yourself!) to a mere hobby, these shops shuttered. Santa, who owns Knits and Pieces of Annapolis, a yarn and textiles shop off Admiral Drive, says that right now, however, handiwork is more popular than ever. "In the middle 1980s, knitting and crochet went from purpose-driven to artistically or craft-driven," she says. "Baby boomers didn't have as much time just to sit and knit when they could buy ready-made items, so these activities became hobbies. The movement behind Fair Trade manufacturing has brought textile arts back to a mainstream activity and industry."

"It's a hobby that turned into a passion and a career. It's a part of the fabric of my family life, the activities and the work that I do, and my social life."

Santa opened her shop in 2017 and hosts many sold-out classes, as well as informative and fun community-minded events. "I had a very clear vision that mine would be a community shop and not just be a place to sell yarn," Santa says. Her customers thrive on the atmosphere and gathering space she has created, turning to her for expert advice on everything from the quality of yarn they might require to perfecting a technique.

"Knitters are collectors," Santa says. "They might not call themselves collectors, but they appreciate yarns and fibers for color, texture, and quality, and they buy up a stash of what appeals to them most."

"My life has been defined by knitting," she says. "It's a hobby that turned into a passion and a career. It's a part of the fabric of my family life, the activities and the work that I do, and my social life."

Knitters aren't the only collectors. If any crafters are famous for their stashes of craft supplies, it's quilters. Catherine Thornton is a partner-owner of The Crabby Quilter, formerly Cottonseed Glory, in West Annapo-

lis. Thornton started quilting 35 years ago when she wanted to make a unique gift for her sister's wedding. "My sister-in-law showed me how to quilt, and that one project started me down a path and a career," she says. After taking classes, and over the years challenging herself with new patterns, techniques, and fabrics, Thornton began to show her quilts.

For her, quilting is not only a feat of geometry, engineering, and manufacturing, but especially of art and creativity. "I came from a fitness background where every day I had to perform. Quilting became my therapy and the opposite of the fitness industry," she says.

Quilting is similar to knitting or crochet, in that there is counting, measuring, and great attention to detail. Where it differs is in the amount of puzzling required to configure, cut, pattern, then reconfigure, piece together, and sew into a final product. "I've never used so much geometry in my life," Thornton says. Quilting and crafting makes the brain work and function. "It's challenging, but it is creative, it's a craft that showcases each quilter's artistry, and it's a fun way to engage with the community."





Quilters and knitters are indeed a tightly knit, tightly sewn community. The South River Knitting Guild is but one example of a large and growing community of knitters that over the years has brought in like-minded crafters from every background and neighborhood in the area. When the group was founded, just eight to twelve knitters gathered at the police station in Edgewater once a month. They snacked, joined in collaborative learning, and supported each other while enjoying a few hours away from the kiddos. Eventually, the group moved to Anne Arundel Medical Center and became serious about charity knitting. The South River Knitting Guild supports the Luminis AAMC breast center with breast cancer scarves and knit “knockers.” These are soft, cool, and washable prostheses that breast cancer survivors can use while they wait for their silicone prosthesis. The Guild also supports the AAMC infusion center with chemo caps, and the NICU with knit hats for babies.

Over the years, the South River Knitting Guild has determined a common mission: to grow individuals interested in knitting education, charity, and community into an extended group of friends. The Guild outgrew the hospital, then Maryland Hall, and now meets at the Elks Lodge on Solomons Island Road.

Quilting also can be characterized by a community of crafters tightly sewn together by their common yet complex craft. The Annapolis Quilt Guild famously hosts a major show every year at Annapolis High School. However, they also dedicate a sig-

nificant effort to community outreach. They make quilts and blankets to give during the holiday season, make masks and hats for nurses, and donate quilts to the Lighthouse Shelter that guests can take with them when they leave.

Textile Arts and Health

Beyond creating many opportunities to join new and creative communities, the textile arts provide an excellent opportunity to support your mental health. In fact, knitting, crochet, and quilting are all activities that scientists say may contribute to better mental and physical health. Not only can these activities help you stay healthier, but they might even help you live better for longer.

Recent studies have shown that the repetitive and rhythmic techniques of these pastimes require focus to plan and complete. Additionally, the motions of knitting and crocheting require eye-hand-brain coordination that forces the mind to work in a soothing, meditative, and productive way. Importantly, the inclusive, long-standing and robust communities of crafters provide a haven of fellowship and productive energy that might help folks who would otherwise feel isolated, depressed, or lonely. All three of these activities can be enjoyed well into old age, often despite physical disabilities, including deafness or blindness. Knitting and crochet are calming activities whose repetitive and relaxing nature may help reduce anxiety.

“There is a meditative quality to knitting, with its rhythms and hypnotic-like qualities, your hands and mind doing the same repetitive motions that many people find calming,” Santa says. “You’re making something, you start and you finish. You’re providing something useful and beautiful that is tactile, visual, and pretty.”

A British study, published by the group Knit for Peace, surveyed 1,000 people in its network of 15,000 knitters, *HuffPost U.K.* reported. Results from the survey indicate that knitting slows the onset of dementia, combats depression, and distracts from chronic pain. Knit for Peace members make creations for disadvantaged people, which are then distributed to more than 200 outlets, including hospitals, refugee groups, prisons, hospices, and developing countries. More than half of those surveyed in the community said taking part in the initiative “makes them feel useful.”

A 2011 study from the Mayo Clinic found that people who engaged in knitting, crafting, and other similar hobbies were 30 to 50 percent less likely to have mild cognitive impairment. When surveying the study's participants, 70 percent of whom were older than 60, the researchers found:

The majority (70 percent) believe knitting improved their health, primarily because it helps them to feel relaxed

For those in poor or very poor health, 92 percent of respondents said knitting improved their health

One in 10 said knitting helped them deal with chronic pain, and almost one in six noted that it relaxed their muscles

Approximately 21 percent of respondents believed it helped to relieve their arthritis

Citing the hobby's calming and therapeutic properties, 26.1 percent stated that knitting helped to reduce their blood pressure

There may even be a link between knitting and addressing addictive behaviors. A survey participant noted that knitting helped her stop smoking and to lose weight, simply by keeping her hands busy and productive.

SOME PEOPLE WITH ALZHEIMER'S DISEASE SUFFER FROM "FIDGETY HANDS," THE NEED TO TOUCH AND FEEL, OR TO FIDDLE WITH CLOTHES, BLANKETS, OR OTHER THINGS. THIS BEHAVIOR CAN CAUSE PATIENTS TO PICK AT THEMSELVES OR UNRAVEL AND PULL THINGS APART. ONE WAY OF COPING WITH THIS BEHAVIOR IS TO OCCUPY THE HANDS WITH WORK, OR TO HOLD A KNITTED "TWIDDLE MUFF," A TUBE WITH BEADS, RIBBONS AND OTHER TACTILE MATERIALS WOVEN IN. THE TWIDDLE MUFFS PROVIDE FIDGETY HANDS SOMETHING TO KEEP THEM OCCUPIED AND ARE A WONDERFUL GIFT FOR ALZHEIMER'S PATIENTS.



“There is a meditative quality to knitting, with its rhythms and hypnotic-like qualities, your hands and mind doing the same repetitive motions that many people find calming.”

Other studies have led researchers to consider the link between repetitive activities like textile arts and the advancement of diseases related to aging. The Mayo Clinic has found that crafting, including knitting, is a cognitive exercise that may reduce Alzheimer’s risk by 30 to 50 percent. Researchers asked folks who volunteered for the study about their daily activities within the past year and how mentally active they had been between the age of 50 to 65. Those who spent significant time reading, playing games, or engaging in craft hobbies like knitting were found to have a 40 percent reduced risk of memory impairment.

“This study is exciting because it demonstrates that aging does not need to be a passive process,” says study author and neuroscientist Dr. Yonas Geda. “By simply engaging in cognitive exercise, you can protect against future memory loss. Of course, the challenge with this type of research is that we are relying on past memories of the participants; therefore, we need to confirm these findings with additional research.”

Some reasons that knitting and crochet may help improve the lives of Alzheimer’s patients include the emotional and mental satisfaction of learning a new skill, remaining creative, and producing handiwork that can be kept or gifted. Both activities allow for constant learning of new skills and techniques. The hand-eye coordination required to sew, knit, and crochet helps build up neural networks, which can serve as a neuroprotective reserve against Alzheimer’s. Crafting is also a form of emotional self-care, which helps reduce stress, a key component of lowering risks for early Alzheimer’s.

Learn to Craft & Getting in Touch

Maryland has many outlets for crafters. There are many local and regional community groups and guilds, most of which can be found online. An excel-

lent place to start might be Ravelry.com, which is a sort of social media platform for knitters and crocheters. Users can find individuals from cities and counties, and groups around the world, across the country, and in your area. Users can also showcase their work, find patterns, and purchase individual patterns without having to buy a pattern book.

Other ways to learn more about the textile arts in the area include attending a wool, yarn, or guild show, such as the Maryland Sheep and Wool Festival, the Shenandoah Fiber Festival at the Clarke County Ruritan Fairgrounds, the Maryland Alpaca and Fleece Festival at the Howard County Fairgrounds, or the DelMarva Fiber Festival in Ocean City.

You could also visit Quilt Week and the American Quilters Society to learn about regional and national shows. A fun online hub for quilters is The Modern Quilt Guild, where you can find local and regional quilting enthusiasts and learn more about showing your own handiwork.





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Holiday GIFT GUIDE



5.



6.

1. Give the gift of beauty. Swan Cove Spa & Salon gift cards make the perfect gift for the special people in your life. At Swan Cove, we'll help you relax, rejuvenate, and find a sense of health and well-being. All of our services from the latest cuts and styles to our medi spa services, are intended to relieve stress and help you feel renewed. Swan Cove Spa & Salon, 100 Piney Narrows Rd., Suite 1, Chester, MD 21619 www.swanconvespa.com

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7.



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River of History

The Patapsco River birthed America's Industrial Revolution along its banks and holds many stories within its waters

It is called the “River of History” and was the center of Maryland’s Industrial Revolution. A 39-mile minor river with a wide mouth on the Chesapeake Bay that attracted exploration by Captain John Smith in 1608, the Patapsco, an Algonquian word meaning “back water,” eventually gave birth to the Port of Baltimore.

Early settlers to the colony of Maryland were attracted to the fertile green country surrounding this river, which flows east from a spring in Carroll County just a hop, skip, and jump from the source of the adjacent Patuxent River that turns south.

Along this tidal estuary, with the deepest harbor on the Chesapeake Bay, the Clipper ship was born in Fells Point and *The Star-Spangled Banner* was written during the bombardment of Fort McHenry in 1814. When our national red, white, and blue flag continued to wave, St. John’s college graduate and young Maryland lawyer Francis Scott Key penned “Oh say can you see...”

The Industrial Revolution from 1760–1840 was one of the greatest achievements in human history, perhaps second only to the harnessing of agriculture millennia earlier. It was a major turning point in history, marking a transition from hand-produced methods to new manufacturing processes utilizing steam- and waterpower. It was a time of canal construction, textile mills, iron foundries, and mass production.

Forty-one tributaries flow into the Patapsco, which provided waterways for the export of agricultural goods at the port of Elkridge Landing, a town that rivaled the small Port of Baltimore in 1733. Tobacco hogsheads from the fertile farmland were rolled down “Rolling Road” (near present-day Catonsville) to be shipped to England from this inland port. Elkridge Landing, founded in 1733, was alive with manufacturing mills fueled by waterpower. The sounds of iron foundries making nails and horseshoes mingled with those of

View from the bridge
over Patapsco River
at Ellicott City in
autumn, features the
river with a rocky bed
and the historic flour
mill behind trees.



stagecoaches and horsemen on the new Post Road that paralleled the river. The Post Road, opened in 1741, would become the national historic 2,369-mile U.S. Route 1 from Maine to Florida.

In between the river and road, the oldest railroad in the United States and part of the first transcontinental railroad, the Baltimore and Ohio line (B&O), would wind. Iron from multiple foundries forged rails for the line that moved goods to the nation's capital and beyond, across multiple viaducts, one of which was named in honor of Charles Carroll of Carrollton, signer of the Declaration of Independence. Located at Gwynns Falls, the Carrollton Viaduct was the first stone mason bridge for railroad use in the United States. Another famous viaduct, the Thomas Viaduct in Relay, Maryland, was built with eight arches on a curve. It was dubbed "Latrobe's folly" by engineers who believed it would collapse when built in 1827. Yet, this National Historic Landmark remains standing as one of the world's oldest railroad bridges and is still in use today by CSX transportation.

When the first common-carrier railroad line opened for business, the coaches were pulled by horses that could pull 36 tons for six miles in two hours. At the end of this distance, horses would be transferred resulting in the small town of Relay being built and the first railroad hotel. It was at Relay where the first challenge race between a horse and the small steam-powered *Tom Thumb* would take place in 1830. Though the horse won after the engine suffered a mechanical failure, the writing was on the wall.

By 1836, the B&O was building steam-powered locomotives. Granite from quarries along the Patapsco River watershed supplied building blocks for the viaducts required for rail transportation as it extended through the rugged river valley. In 1844, it was along the Patapsco River/B&O rails where the nation's first telegraph line was constructed and Samuel Morse relayed the most famous telegraph message, "What hath God wrought," from the basement of the U.S. Capitol building to a receiving site in Baltimore.

Supplied by water-power upriver, Ellicott Mills was opened by three Quaker brothers in the 18th century and became one of the largest milling and manufacturing towns on the East Coast, housing flour, saw,

and plaster mills, plus a granite quarry. It became the first terminus for the B&O outside of the Port of Baltimore, eventually developing into the town of Ellicott City. And then, in 1868, heavy floodwaters rushed down the Patapsco washing away homes and the industries along its waterfront. In a day, everything was gone. No iron mill, no cotton mills, no grain mills, no navigable river, no port town of Elkrige Landing. The river would send rushing water down its course again and again, most recently in 2021, wiping out much of the town's Main Street and historical sites where our nation's commercial history was born. Downriver, the area of old Elkrige Landing is now Maryland's largest and first state park, providing walking and equestrian trails, camping, fishing, and kayaking. Patapsco Valley State Park covers 16,000 acres through the 200-foot river gorge laced with waterfalls.

The industries forged in this valley would move east to the Port of Baltimore. The Gilded Age was alive in Baltimore. Fueled by the B&O railroad and iron foundries, warehouses sprung up along Locust Point. The earliest known was built in 1785 by John O'Donnell and was the first to engage in the China trade for silk and enamel goods. Soon, the surrounding harbor was ringed with McCormick Spices, Allied Chemical, Procter & Gamble, Domino Sugar, and Bethlehem Steel, which employed 30,000 and gave birth to company towns Sparrows Point and Dundalk.

By the 2000s, they were all gone from the downtown harbor except Domino Sugar, with its electrified logo lighting up the waterfront. Despite the departure of major industries, the Port of Baltimore still is one of four ports along the East Coast with a 50-foot channel and closest seaport to the Midwest. It ranks first in automobile and construction equipment exports. It contributes approximately 150,000 jobs to the local economy, fuels the state treasury with \$395 million in taxes, and averages \$3.3 billion in total personal income.

Baltimore's Inner Harbor remains a gateway to history—the downtown cityscape that was first a port, tells the story of our nation's maritime heritage. Historical ships such as the USS *Constellation*, greet visitors with 200 years of history in one of America's oldest seaports and hints toward the amazing upriver stories of Maryland's first industrial centers, Elkrige Landing and Ellicott City. This is the Patapsco River, a "River of History."



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1. Twilight reflections in a marina in Harbor East, located off the Patapsco River in Baltimore. 2. Cascade Falls is a popular attraction for hikers and visitors at Patapsco Valley State Park. 3. Baltimore's Inner Harbor Harborplace, the World Trade Center, and the 1854 USS Constellation three-mast sloop-of-war. 4. The B&O Thomas Viaduct, pictured here in 1987, spans the Patapsco River and Patapsco Valley between Relay and Elkridge. The viaduct still stands today. Photography by Roger Puta. 5. Fort McHenry is situated on a Baltimore peninsula jutting into the Patapsco River. This aerial photo was taken during a flag ceremony in April of this year.

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ALL IN

Good Time

Reviving a Federal Farmhouse Original

Story by **LISA J. GOTTO**

Photography by **STEPHEN BUCHANAN**

It was 2012 when our feature homeowners felt the timing was most advantageous to start thinking of purchasing property on the Eastern Shore. With their current primary home in Clarks-ville, the Shore, where they both grew up, was their target destination for putting down their forever roots. It, they determined, would provide the ideal backdrop for extended getaways, future family gatherings, and the perfect place to pursue the individual hobbies they are passionate about.

“My husband’s interests in terms of hobbies, hunting, and fishing really brought him over to the Shore frequently. He just had a desire for a place to call his own, [a place] where he could do that from,” says the homeowner.

They would find that place on the periphery of St. Michaels, on a marshy and fertile patch of land adjacent Harris Creek and encompassing 75 acres on top of

which sat a precious, but somewhat neglected farmhouse circa 1820. A smaller guest house, which the couple would later refer to as the “pool house” for its proximity to the pool, was conveniently located nearby.

A years-long process of introspection about what the entire property could become, ensued.

Dream A Little, Plan A Lot

The couple, who now have four grown children, knew from the jump that the main home would be uninhabitable as it was, as it needed an entirely new heating system (it still possessed its original radiators). It would also require additional bed and bathrooms, and the foundation was totally inadequate.

To fulfill some immediate needs for weekend getaway accommodations, the couple fixed up and feathered their “pool house” nest first. It would provide the valuable time and space needed to dream a little and plan a lot.



By 2015, the couple was ready to reach out to the experts who would help them further define and design the vision that they had conceived for the property. As far as the nuts and bolts of the build, the couple, who were already familiar with the work of Mueller Homes, reached out to its President, Paul Mueller, Jr., (P.J.) who recently took the reins of the respected, family-based business from his father, Paul Sr., and who remains active with the company in a mentorship role.

“And then very early on we also met with Lars Erickson of East Bay Construction Services. He is an architect, and he knows the Talbot County permitting system very well,” explains the homeowner. “Our thought (of choosing Lars) was we didn’t want to take any steps forward that we might realize later, we would need to take back.”

It would be Erickson who would breathe new life into the main house by recommending that the core of the home that existed between its two original chimneys be structurally maintained. A floorplan was then

devised that would tack on the necessary square footage to provide a first-floor owners’ wing, four bedrooms in total, and an open floorplan extending beyond the home’s original dining room and library located at the front of the home.

“And then the whole garage and mudroom wing was added, and that has a room above the garage...a [recreation] room and office area. So that is all new,” P.J. explains.

The home’s unique decorative elements such as its curved archways and Federal period details, had all seen better days, however. A process of templating and replication would be employed to update certain features, such as the home’s two original fireplaces, so they could be a functional and integral part of a 21st century dwelling.

Fortunately for the homeowners, the bench is deep at Mueller Homes, as they employ fine craftspeople including their own team of painters and woodworkers, including a master carpenter who both P.J. and the homeowners credit with re-creating interior details with deft precision and unwavering persistence.

To Be So Moved

Before any of the above could happen, however, those weighty issues of the home's placement and foundation would need to be addressed, and to say that the team had some unique problems to solve would be an understatement.

The original home, unfortunately, was set on an outdated, rock-based foundation and situated within the previously required 100-foot buffer from the waterfront. There would be no easy or quick fix for this. Essentially the home needed to be lifted so a new foundation and basement could be poured, and then placed back where it was. The structure would then be upgraded with additions on both sides to accommodate the added square footage the couple required.

The entire process of lifting the home would provide the project's greatest challenge, with the initial step of temporarily re-locating the structure just a short distance away, taking up the first two weeks of the process.

"It sat for another two-to-three weeks; it sat about 200 feet away, while we excavated the foundation, poured the footers, and then we put it back down," P.J. explains. "And then it sat in the new foundation while we formed and poured all the [additional] foundation around it. All in all, it took about six weeks."

Salvage Strategies

Inside, a thoughtful process of deciding what to salvage from the old home had already taken place, with the homeowners and builder taking special care to repurpose as much as was feasible. Elements that were viable, but ones the homeowners were unable to re-use themselves, were donated to the nonprofit, Second Chance.

The homeowners were particularly interested in saving a collection of bricks dating back to the 19th century and stamped with the name of the town of St. Michaels on them.

"We dug through the dumpsters and pulled those things out," the homeowner says. "And then we placed them strategically throughout the house." One such brick was set into an outside patio area; another as a focal point in the home's library mantel.

Several of the salvaged elements found pride of place in the kitchen. Two vintage doors and their original hardware were re-purposed and now flank each side of the refrigerator, providing convenient storage and pantry space.

"Above the hood range there's a piece of lumber that we re-milled and re-purposed around the hood vent for the stove," P.J. adds. In its earlier life that lumber served as a floor joist in the home. It now makes a charming statement, acting as a shelf for a prized collection of decorative bird plates.

And what was once part of an exterior brick wall unearthed during the framing process in the kitchen, became a great focal point and charming place to add a dedicated coffee bar to the space, with the help of a process called soda-blasting.

"We used [that method] because it was non-toxic, and you could use it inside," P.J. says.





The home's 24-inch-wide original staircase was conscientiously restored to preserve its natural character leaving a patina of hard-earned dents and chips for character. And elements such as a porcelain sink and faucet hardware proved to be original treasures too prized to part with.

One of the larger elements, a cast iron tub found on the second floor, would present another formidable challenge for P.J.'s team. Notorious for its extraordinary weight and bulk, this tub would end up being removed from the house with a crane and taken off-site for refurbishing and re-coating.

Once re-coated and re-crated for transit, the heirloom bathtub was craned back into the home. Timing became a factor once again, as this would only be possible just before the reframing on the second floor had been completed.

For the exterior, the couple, who has an affinity and deep appreciation for history, were careful to consider what it means to maintain their historical home. Stripped to the studs, the home would go from its original plaster walls to sturdy drywall modernized with spray foam insulation. A state-of-the-art geothermal heating system would replace the leaky radiators, and the home's board and batten exterior would be reinforced and safeguarded from the elements using all James Hardie materials, making the home as comfortable and efficient, as it is welcoming and distinctive.

Family Style

Among the homeowner's favorite aspects of the restoration and re-design process was the opportunity to work with one of the most respected and accomplished interior designers on the Eastern Shore, who just so happens to be her sister, Terry, of the Easton-based Terry Price Interiors.

"The Eastern Shore has its own design aesthetic that we know and have grown up with, and it's unique to the area. Terry has a deep knowledge and history of that," the homeowner says.

When it came to finishing touches and furnishings, the homeowner says she was so grateful to have someone who had a great understanding of the hallmarks of Federal-period styling and who understood their goals so clearly. Her assistance would prove valuable in the re-purposing of what was salvaged and the acquisition of additional statement pieces, soft goods, and creature comforts that would speak to the warm and convivial vibe that her sister wished to create for her family.

"Our mantra was, 'classic,' but [on a] simpler, lighter-scale, with slightly more rustic, sturdy, and natural materials," Price says.





When flea-marketing, Price says, they were on the look-out for elements of copper, bronze, and zinc. Woods and wood tones would also play large roles in pulling together the vision.

“We stained the window and door sashes in the kitchen and breakfast nook, instead of painting them with the rest of the interior trim.”

With their mantra and their paint color charts in-hand, they went on very mission-specific trips: One day for all the floor and shower tiles, another for all the counter tops, others for the light fixtures, and another for interior hardware.

Bit by bit, board by board, and color by gorgeous color, the free-flowing interior space developed into the place the couple envisioned while dreaming a little and planning a lot in that cozy pool house on the property years ago.

With their four grown children, who their mom says, enjoy nothing more than re-grouping and recreating in this sweet little spot on the Shore, now coming for regular gatherings, the family certainly has a place they *all* can call their own.

“And just in time for the grandchildren,” the homeowner says, beaming.



The Beauty in Tech

PRODUCTS WITH GIFT-WORTHY APPEAL

By Lisa J. Gotto

There's no turning back now. Tech has seeped into every area of our lives and that certainly includes our homes. For those who have chosen to have a "full speed ahead" mindset, we are truly entering the "Jetson" era of interior innovations and products that not only enhance the quality of our lives, they inspire us to look forward to what's next. Here's our short list of innovations with holiday gift-giving appeal—and that certainly includes gifts to self!



1. Wake Up Beautiful

You'll no longer have to dread getting out of bed, because this clever self-adjusting pillow is said to resolve getting enough beauty rest. It can also help you take the guess work out of buying a new pillow, which according to the National Sleep Council, you should be doing every 2.8 years. The beauty of the pillow, known as the Sleepgram, lies in its two-in-one pillow system. Once unzipped you will find two separate pillows made of down alternative. One, designed for back sleepers, has a medium firmness and is about four inches high. The other, designed for stomach sleepers, is two inches high, and is thinner and softer than the other. When both pillows are used together, the pillow is said to be an appropriate firmness for side sleepers. And if you're one of those persons whose needs vary from night-to-night depending on specific health issues, this is the one pillow that does the work of several.

2. The Moody Blues, Greens, Yellows & Pinks

So, what might Edison think of a lightbulb that has the ability to cycle through an artist's palette worth of nuanced colors and doesn't need a light switch to work? The WYZE colored lightbulb, designed to work with the home monitoring company's suite of home security products, is the latest in the category of smart lightbulbs that not only enhances the quality of life at home by helping to set the mood and tone of a room, they can help run your home's logistics and routines for you. Controlled with the help of your smartphone or voice assistant, the bulbs can be turned off and on from other locations, dim lights without dedicated dimmer switches, schedule your home to look like you're home when you're actually on vacation, and even help create the perfect way to wake up by automating your sleep cycle. Oh, and never come home at night to a dark house again. Now that's a lot of utility in a little ole lightbulb. Color Edison impressed.



3



3. Breathe Better Beautifully

The quality of the air we breathe inside our homes has become increasingly important. Bad air actors such as mold, bacteria, and viruses can invade even the cleanest of homes, and these sneaky intruders are mostly never seen. Air purifier models like Molecule's Air Pro work behind the scenes and can protect spaces in your home up to 1,000-square feet by sensing the presence of chemicals, humidity, and harmful CO₂s. Once detected, this unit also traps and then destroys the offending particles with what is called photoelectrochemical oxidation, or PECO technology, and removes the offenders with an advanced filtering system. You can even track your indoor air quality at regular intervals through their app with its air history feature.



4



4. Hands-Free Help

Someone in your life certainly deserves the convenience of a vacuum that does the grunt work for them. And hands-free vacuuming tech just keeps getting better and better. This model by Roidmi not only handles the basic vacuuming, it has a mopping feature, and is self-cleaning and self-emptying. In addition, it has worked out the bugs that some of the earlier iterations of these types of vacuums reported. A high-tech stair sensor keeps it from taking a tumble and higher ground clearance enables it to rumble over most entry thresholds with ease. The Roidmi EVA is also smart enough to work around specially designated play areas, once configured, and, of course, all these functions can be controlled with your smartphone via app or virtual voice assistant.

5. No Black Hole

Technology in television not only applies to how crisp the picture looks while the TV is on. In our aesthetically-conscious world, it's also apparently important that the device performs well even when not in use. While most of us pay little mind to that when the TV is off, there's remains a decent size black hole in the room. LG has set out to take care of this with its Signature version OLED R flat screen TV touted by the company as the only flat screen that is thin enough and flexible enough to roll back into its own base when it is not in use. With its "out-of-this-world" picture quality, this model is truly a sight to see—if you wish to.

Photo credits: 1. Photo courtesy of sleepgram.com 2. Photo courtesy of wyze.com 3. Photo courtesy of Molecule.com 4. Photo courtesy of roidmi.com 5. Photo courtesy of LG.com

Loving the Land

By Lisa J. Gotto

More than 36 acres of lush green farmland surround the main house of this exceptional estate property in rural Hebron. For those who enjoy the road less traveled and the tranquility of a bucolic landscape, this two-story farmhouse with its various outbuildings, water features, and front porch views is the perfect place to watch family life unfold.

The original, 2,800-square-foot farmhouse has been thoughtfully updated and upgraded for modern living with careful consideration given to resourcing as much from the original property as possible.

An impressive and welcoming wraparound porch with column and spindle-post detail greets visitors and provides plenty of shady spots for sitting a spell and enjoying the morning paper.

Gorgeous pine hardwood floors are the first sign of enhanced craftsmanship within the interior, where a lovely living room with pellet stove welcomes home the family. A handsome center staircase is located just inside the foyer. A spacious and wonderfully updated kitchen can be entered just past the living room flowing along the fine pine floors. The all-white kitchen offers a large island with a reclaimed barnwood top and breakfast seating for four. A large window over the apron sink provides a sweeping view to the land and all stainless-steel appliance package makes creating meals in the kitchen a cook's dream.

A warm and inviting family room with a brick mantel fireplace and charming built-ins offers casual respite and another place to take in the beauty of the farmland. This room extends to provide space for a formal dining room with many large windows to draw in the natural light.





Primary Structure Built: 1910
Sold For: \$850,000
Original List Price: \$995,000
Bedrooms: 3
Baths: 2 Full, 1 Half
Living Space: 4,475 Sq. Ft.
Lot Size: 36.76 acres



Upstairs, a primary suite offers a series of beautiful wood-trimmed windows with peaceful views and a headboard wall fashioned to look like a barn door. The primary bath provides a large, walk-in tile shower, and a dual vanity for busy mornings. There are two additional bedrooms this level and a shared bath.

Among the property's outbuildings is a 40- by 50-foot, three-story Morton building that has been enhanced to create the ultimate workshop, storage, and additional living space. The living space offers a vaulted wood ceiling and tall, rustic timber supports. A spacious, second story deck provides a great space for a workshop break, hunter's retreat, or spotting all the amazing wildlife that inhabits the property's wooded surroundings.

Listing Agent: Brandon Brittingham; Long and Foster Real Estate; 107 Williamsport Circle, Salisbury; m. 443-783-3928; o. 443-978-3330; brandon.brittingham@longandfoster.com; longandfoster.com **Buyers' Agent:** Lona Sue Todd; Taylor Properties; 175 Cochrane Dr. Annapolis; m. 410-310-0222; o. 301-970-2447; lstodd11@outlook.com; realtorlona.com



Modern Island Retreat

By Lisa J. Gotto

This crab-feast-ready, single-story cottage on Tilghman Island offers an idyllic waterfront placement and surroundings that epitomize getting away from the every-day.

A huge, screened-in porch not only provides awesome water views, it also wraps around to the front of the home where charming rocking chairs provide a front row seat to the property's surrounding English-style gardens.

Walk inside and you'll find an attractive white and bright open-plan living area with beautiful light hardwood floors throughout, a wood-burning fireplace feature wall, and amazing views out to the water through a series of oversized windows and two sets of extra-wide sliding doors.



Listing Agent: Cornelia C. Heckenbach; Long & Foster Real Estate; 109 S. Talbot Street, St. Michaels; m. 410-310-1229; o. 410-745-0283; info@cornelia-heckenbach.com; stmichaelsmdwaterfront.com **Buyers' Agent:** Brian Gearhart; Benson & Mangold Real Estate; 700 Abruzzi Drive, Chester; m. 410-310-5179; o. 410-822-1415; briangearhart@goeaston.net; bensonandmangold.com

Primary Structure Built: 1989
Sold For: \$720,000
Original List Price: \$785,000
Bedrooms: 3
Baths: 2
Living Space: 1,232 Sq. Ft.
Lot Size: .7 acres

This area blends seamlessly in the spacious modern kitchen with its clean lines and light cabinetry. Sleek, black quartz countertops that offset the light wood cabinets enhance the clean, contemporary, look. An extra-wide set of sliding glass doors lead out to an expansive screened-in patio area overlooking the waterfront, creating a great gathering spot for a good, old-fashioned crab feast.

This extended cottage offers sleeping quarters for three, including a roomy primary suite with full bath, and sliding glass doors for awesome waterfront views and access to the home's waterside deck. Let the seagulls and ospreys be your natural alarm clock in the cheery bedroom suite.

The home offers two additional bedrooms and another bath with all new granite counters, contemporary bathroom cabinets, and a generously sized tiled and enclosed glass shower.

Along with the property's ample storage options, which include a garden and kayak-keeping shed, the home features access to an encapsulated crawlspace, a detached studio with electricity, a smaller storage shed adjacent to the property's parking area, and an extensive rip-rapped shoreline.

Located just minutes from island attractions such as the Watermen's Museum and several restaurants, this home is also just 10 miles from Historic Downtown St. Michaels, and all its happy distractions.

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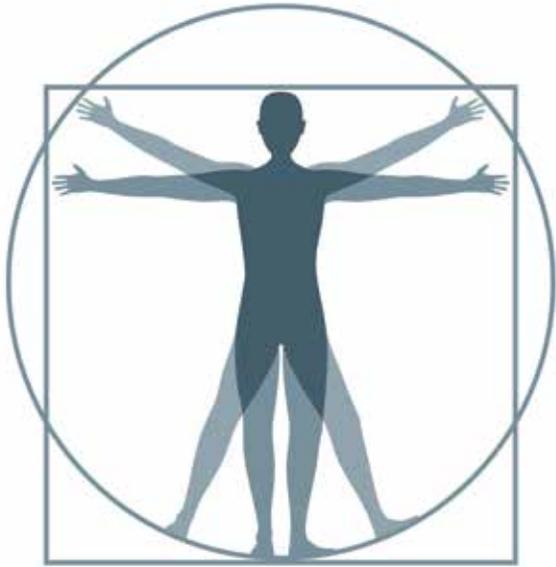
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Health & Beauty

138 FITNESS TIPS | 139 WHY OUR SKIN SCARS | 140 FRESH TAKE





Fitness Tips

FIVE FACTORS OF FITNESS

By Dylan Roche

What does it mean to be physically fit? Depending on your workout of choice (or just your fitness goals), your definition might vary. An endurance athlete like a runner or a cyclist might say fitness is about going far and going fast. On the other hand, a weightlifter might think of fitness in terms of how many pounds they can bench or curl.

The reality is that these are factors in a much bigger picture—and true physical fitness depends on all of them, according to the American College of Sports Medicine (ACSM), a national organization that offers certification in exercise physiology and sets industry standards.

The five factors are cardiorespiratory efficiency, muscular strength, muscular endurance, flexibility, and body composition. Focusing exclusively on one factor while ignoring the others can leave your body imbalanced and not reaping the full benefits of physical activity. This is why trainers and physiologists encourage their clients to follow physical activity patterns that address all aspects of physical fitness.

IF YOU WANT TO SELF-EVALUATE YOUR OWN EXERCISE HABITS TO DETERMINE WHETHER YOU'RE ACHIEVING REAL FITNESS PER ACSM STANDARDS, HERE'S A QUICK EXPLANATION ON EACH FACTOR AND HOW YOU CAN APPROACH IT:

CARDIORESPIRATORY EFFICIENCY is what you often hear referred to as cardio. It's aerobic exercise that raises your heart rate with the goal of improving your circulatory and respiratory systems. Cardio includes workouts like running, biking, and swimming, as well as less intense activities like walking. You should aim for at least 150 minutes of moderate cardio or 75 minutes of vigorous cardio every week.

MUSCULAR STRENGTH is your ability to exert force against an object—in other words, your ability to move something heavy. People's needs will differ in this regard, as some people want to be able to challenge themselves to lift as much weight as they can, while others simply want to maintain strength as they get older. Both are valid goals. Muscular strength is different from muscular endurance, which is defined as your ability to exert that strength for an extended period of time without tiring out.

To achieve muscular strength and muscular endurance fitness, you should be working all major muscle groups—your

shoulders, arms, chest, abdomen, back, hips, and legs—at least twice a week. Use enough weight that you feel fatigued after performing a move for between five and 10 repetitions (often referred to simply as “reps” in fitness lingo). As you get stronger, you may choose to increase weight or do more reps. Lifting more weight for fewer reps will improve your muscular strength, and lifting less weight for more reps will improve your muscular endurance.

FLEXIBILITY refers to your range of motion across a joint—the broader your range of movement, the more flexible you are. Flexibility is an important part of fitness because it ensures proper use of muscles and reduces your risk of injury. Some physical activities, such as yoga or gymnastics, demand flexibility, but even simple stretches are a great way to become more flexible. Take 10 minutes during every workout to stretch each of your major muscle groups, moving into a pose as far as you can go and holding it for 10 to 30 seconds. To achieve greater flexibility, you can strive to push yourself farther into a pose with each workout.

Why Our Skin Scars

AND HOW WE CAN PREVENT IT

By Dylan Roche

The last component of fitness is **BODY COMPOSITION**, which refers to your proportions of muscle, bone, fat, and water that make up your body. Although people refer to losing weight in regard to physical fitness, weight can be a misleading measurement, because individuals with large amounts of muscle mass will weigh more than someone with a less muscular body composition. Therefore, a muscular person could be categorized as “overweight,” even though they do not have a high level of body fat.

Fit people tend to have more muscle and less body fat, but experts have increasingly been emphasizing that individuals with high percentages of body fat still enjoy health benefits of regular physical activity. Organizations such as ACSM, as well as doctors at health centers like the Cleveland Clinic and the Mayo Clinic, note that carrying a higher percentage of body fat and lower percentage of lean body mass can strain the vascular system and skeletal system.

Want ideas on how to improve your fitness in all areas? There are many resources available through the American College of Sports Medicine, including exercises and explanations on the benefits of each. Visit acsm.org.

Anyone who has ever suffered a severe scar has probably wondered why the skin never looks exactly the same after the injury. What is it about the healing process that causes skin to scar? And if we do suffer a serious cut or burn, does this mean we're stuck with imperfections on our skin for life?

Scarring is a result of your body doing exactly what it's supposed to do—producing new tissue to replace what was damaged. When the deepest, thickest layers of your skin, known as your dermis, are damaged, your body produces a natural protein called collagen to replace the damaged tissue. This new tissue will often have a slightly different look and texture than the original tissue, and hence the appearance of scarring.

Most scars are flat and pale, but if your body has to produce a large amount of collagen to replace the damaged tissue, you could see what's known as a hypertrophic scar, which is raised or slightly bumpy. In injuries where fat or muscle is lost, the skin will heal with sunken or indented scarring. All scarring types are normal, and the severity will depend on factors like your age, your genetics, your ethnicity, and how bad the injury was. Some scars will remain forever whereas others will fade over time.

Some treatment options are available for scarring, including surgery, which can minimize a scar's appearance, as well as steroid injections, which can flatten raised scars. But one of the best things you can do is to take steps to minimize scarring whenever there's a risk. While these steps won't

always prevent scarring from happening, they can ensure that scar formation is minimal and more likely to fade over time:

- No matter what type of wound you have, clean it as early as possible and keep it clean. Keep it covered with a bandage while it heals and change the bandage regularly to keep out any dirt or debris.
- Use topical applications to moisten the wound, which will stave off scabbing that could make scarring worse. Vaseline, cocoa butter, coconut oil, and Aquaphor are all moisturizing agents with anti-scarring qualities. If your skin does start to scab, do not pick at it.
- Protect your injury from sun exposure while it heals. Sunburn can alter the appearance of your skin in not only the short term but also the long term, giving any healed tissue a more severe contrast.
- Eat a diet rich in vitamins C and D, which are important for healthy skin. Get plenty of protein, which will help your body form the collagen needed to adequately regenerate new skin tissue.



Fresh Take

CHESTNUTS

By Dvian Roche



If you hear “chestnuts” and your first thought is “roasting on an open fire,” you’re hardly alone. Chestnuts are practically synonymous with December and the holiday season thanks to the Nat King Cole song. And these hearty nuts are a great addition to any feast, providing both warm deliciousness and substantial nutrition to get you through the winter.

Chestnuts are part of the same family as beech nuts, and they’re in season from October through December. While chestnuts are indeed nuts, you might be surprised that they don’t have a similar nutritional profile to other tree nuts like almonds, cashews, or Brazil nuts. Instead, chestnuts have a very high water content and a very low oil content, making them much more similar to a fruit or a vegetable. Because of their high water content, they’re less calorically dense than other nuts—1 ounce has only about 40 calories, less than one-third of what you would get from other nuts. Chestnuts are primarily made up of starch, which makes them a great source of complex carbohydrates for energy. They’re low in fat and protein, offering less than 1 gram of each per serving.

Even without the heart-healthy fats found in typical nuts, chestnuts are still great for your vascular system because of their fiber and potassium. Fiber, often lauded for its benefits to digestion, can help lower your cholesterol; meanwhile, the potassium in chestnuts is good for fluid balance and helping your kidneys filter out excess sodium, which can prevent high blood pressure.



Chestnut Stuffing

INGREDIENTS

1 cups whole chestnuts
1 cup unsalted butter
1 onion
2 cloves garlic
2 pounds whole-wheat bread, cubed and dried
3 eggs
1/3 cup milk
1 teaspoon thyme
1 teaspoon marjoram
1 teaspoon sage
1 teaspoon parsley
1 teaspoon salt
1 teaspoon black pepper

Preheat oven to 400F. Pierce the skin of the chestnuts and roast for 30 minutes until soft. Allow to cool and remove the skins. Coarsely chop the chestnuts into small pieces. Lower oven temperature to 350F. Mince the garlic and chop the onion. Set butter in a saucepan on the stovetop over medium heat and add the onion and garlic. Allow to brown for about two to three minutes. Add chestnuts. Slowly add thyme, marjoram, sage, parsley, salt, and pepper. In a small bowl, whisk together the eggs and milk. Combine with the dried bread cubes, stirring to coat all the bread evenly. Stir in chestnuts, onion, and garlic. Grease a casserole dish and spread the stuffing evenly. Bake for approximately 50 minutes to 1 hour. Alternate option is to use the stuffing to stuff a turkey and roast accordingly.

Chestnuts also deliver nutrients such as vitamin C for boosting immunity, forming healthy tissue, and aiding in the absorption of iron. You’ll also get B vitamins, which are important for energy metabolism and brain function, as well as copper for healthy blood cell formation and bone strength.

Because chestnuts have a mild taste to them, you have plenty of options for how to use them—for example, you could grind up their raw form into flour as a gluten-free replacement in some of your favorite recipes. You could also use roasted chestnuts in place of croutons in a salad or as an addition to a favorite casserole. You’ll find that chestnuts go well with many of your other favorite wintery foods, including Brussels sprouts, turkey, apples, mushrooms, and cabbage, as well as seasonings like sage and thyme.

When you buy fresh chestnuts, make sure you keep them in the fridge, as they are prone to spoiling if left at room temperature. You’ll notice they come with a green skin, which you can keep on while cooking them and remove later once they’re cooked—and yes, you will want to cook them, as their tannins are difficult to digest when eaten raw.

Roasting chestnuts in the oven is much more practical than doing it over an open fire—all you have to do is pierce the skin of each nut (to stop too much steam from building up inside), spread them on a baking sheet, and place into a 400F oven for about a half-hour. Once they’ve cooled slightly, you can easily slide the skin right off. While roasting is the best option for most uses, you can also choose to boil them in water for about 15 minutes if you’re using them for a puree.

Want to include chestnuts in your holiday feast this year? Chestnut soup and chestnut stuffing are two relatively simple but still impressive options that will give you full appreciation of this nut’s versatility.

Dining

142 SAVOR THE CHESAPEAKE

Mulled wine is a classic holiday beverage. Recipe on page 143.



WHAT'S UP? READERS
RESTAURANT
REVIEW

Calling All Food Critics!

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

Savor the Chesapeake

Restaurant news and culinary trends throughout the Chesapeake Bay region

By Megan Kotelchuck

We have a lot to celebrate and many ways to do it this season. We have plenty of local wineries and breweries to check out, support, and appreciate, and, of course, some festive cocktails to drink. How will you end your year with a bang? We have a few suggestions.

On the Shore...

Maryland's **Department of Natural Resources** Secretary Jeannie Haddaway-Riccio teamed with the **Department of Agriculture** Secretary Joe Bartenfelder, and other key staff, for a visit to the Eastern Shore to recognize and promote wholesale commercial and retail businesses in the seafood industry. Their September tour of the shore included stops at Wittman Wharf Seafood near Tilghman, P.T. Hambleton Seafood in Bozman, Chesapeake Landing in St. Michaels, and Chesapeake Seafood and Prime Meats, also in St. Michaels. Secretary Bartenfelder acknowledged, "The Chesapeake Bay and its tributaries provide some of the world's best and most bountiful seafood, including blue crabs, rockfish, oysters, and blue catfish. Supporting Maryland's sustainable seafood industry and related businesses is essential to Maryland's economy." Secretary Haddaway-Riccio seconded that statement saying, "We are very proud to work with the Maryland Department of Agriculture and Maryland businesses in support of the seafood industry, which employs thousands of people in Maryland and is a huge part of our state's economy, bringing in \$600 million annually."



In recognition of their contributions to Maryland's seafood industry, Wittman Wharf received a Secretary's Citation from MDA and a Certificate of Appreciation from DNR. *Photo courtesy Maryland DNR.*



The Gift Experience...

Our favorite gift-giving holidays are quickly approaching. Do you have all your gifts ready? Lucky for you, I have some last-minute gift ideas. Not every gift has to be a physical item. Maybe try an experience. Maryland is full of wineries, craft breweries, and, even, distilleries. Take your loved ones on a culinary adventure along our state's wine trails, to a tasting room, or sign them up for a loyalty program.

Chesapeake Wine Trail: Over a dozen Eastern Shore wineries are a part of the Chesapeake Wine Trail. Each stop has spectacular wide-open spaces with beautiful scenery and peaceful energy. Visiting a few of these stops along the way is a great way to spend your weekend:

- | | |
|----------------------------------|-----------------------------------|
| Blue Elk Vineyard | Dove Valley Vineyard & Winery |
| Bordeleau Vineyards and Winery | Far Eastern Shore Winery |
| Broken Spoke Vineyard & Winery | Great Shoals Cellars |
| Casa Carmen Wines | Layton's Chance Vineyard & Winery |
| Cascia Vineyards | St. Michaels Winery |
| Chateau Bu-De Bohemia Manor Farm | Triple Creek Winery |
| Crow Vineyard & Winery | Turkey Point Vineyard |
| | Windmill Creek Vineyard & Winery |

Craft Breweries: Many local craft breweries offer tours, happy hours, live music, and entertainment. Take your friends for a brewery tour or sign them up for a membership to the following establishments:

Jailbreak Brewing Company, Laurel

Crooked Crab Brewing Co., Odenton

Guinness Open Gate Brewery & Barrel House, Halethorpe

Pherm Brewing Company, Gambrills

Calvert Brewing Company, Upper Marlboro

Bull and Goat Brewery, Centreville

Evolution Craft Brewing, Salisbury

Tall Tales Brewing Company, Parsonburg

Township Meadery, Odenton

Chesepiooc Real Ale Brewery, Crofton

Cult Classic Brewing, Stevensville

Eastern Shore Brewing

Ten Eyck Brewing Company, Queenstown

Heavy Seas Brewery, Halethorpe

Forward Brewing, Annapolis

RAR Restaurant/Taproom, Annapolis: Coming Soon

Drink Up...

French 75

It is a tradition to drink champagne on New Year's Eve, but sometimes you want a little extra kick to get you through the night. So, enjoy a classic French 75 to ring in the new year!

INGREDIENTS

1 ounce gin
1/2 ounce lemon juice, freshly squeezed
1/2 ounce simple syrup
3 ounces champagne
Garnish with lemon twist

INSTRUCTIONS

Add the gin, lemon juice, and simple syrup to a shaker with ice and shake until well-chilled. Strain into a Champagne flute. Top with Champagne and garnish with a lemon twist.

Photo and recipe courtesy of liquor.com



Mulled Wine

Mulled wine is a great way to keep warm with holiday spirit as well as making your house smell like the perfect winter wonderland.

INGREDIENTS

1 bottle of your favorite dry red wine
1/4 cup brandy
1 orange, sliced into rounds
8 whole cloves
2 cinnamon sticks
2 star anise
2-4 tablespoons sugar, honey, or maple syrup

INSTRUCTIONS

Combine ingredients in a large saucepan. Stir briefly to combine. Cook the mulled wine over medium-high heat until it just barely reaches a simmer. Avoid letting it bubble, you don't want to boil off the alcohol. Reduce heat to low, cover, and let wine simmer for at least 15 minutes or up to 3 hours. Using a fine mesh strainer, remove and discard the orange slices, cloves, cinnamon sticks, and star anise. Give it a taste and stir in extra sweetener if needed. If preferred, garnish with fresh orange slices, cinnamon sticks, and star anise.

Photo and recipe courtesy of gimmesomeoven.com

Have culinary news to share? Send an email to the editor at editor@whatsupmag.com.



Where's Wilma?

FIND WILMA AND WIN!

Dashing through the skies, in a one-prop open plane, through the region she'll go, shopping all the way! Our festive flying mascot, Wilma, is flying throughout the Chesapeake and touching down at local Main Streets to shop for all her holiday wishes and needs. Where will she pop up next?

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

Congratulations to **Tim L.** of St. Michaels, 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**



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

Entries must be received by December 31, 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.

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- Helping to plan for future care (advance care planning)

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Lakshmi Vaidyanathan,
MD, MBA
Medical Director,
Palliative Care



Christina Ball,
MS, CRNP, AGACNP-BC
Nurse Practitioner



Melissa Haynes, MSN,
CRNP, FNP-C
Nurse Practitioner



Maddie Steffens,
BSN, RN, CHPN
UM SRH Palliative Care
Program Coordinator



Keri Tucker, MSN,
APRN, AGPCNP-BC
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For more information, please visit umshoreregional.org/palliativecare
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