

WHAT'S UP?

eastern shore

WEDDINGS • WHAT'S UP? MEDIA • AWARDS • EASTERN SHORE • CENTRAL MARYLAND • HOME GROWN LOCALLY OWNED

FLY FISHING!

THE ALLURE, ART, AND IMPACT OF FISHING WITH FLIES

TOP DOCS

144 Winning Doctors in 40+ Specialties!

DOWNRIGGING WEEKEND IS HERE!

Tall Ships Take Over Chestertown

ROAD TRIPPING

Through Maryland & the U.S. of A!

\$4.95



10

0 74851 08647 6

WHAT'S UP? MEDIA • OCTOBER 2023



O'DONNELL

vein & laser | medical aesthetics



Voted "Best Of" and "Top Docs"
Annapolis and Eastern Shore 3 Years Straight
Best Vein Restoration Practice/
Vein Specialist

Google
★★★★★

vitals
★★★★★

healthgrades.
★★★★★

Birdeye
★★★★★

WebMD
★★★★★

yelp
★★★★★

500+ REVIEWS. 4.9 STARS.

Vein & Laser



Varicose Veins
Spider Veins
Non-Healing Wounds
Venous Ulcers

Laser Treatments



Laser Skin Rejuvenation
Hair Restoration
RF Microneedling

Cosmetic Injectables



Botox/Dysport/ Daxxify
Kybella
Dermal Fillers

Aesthetician Services/Skincare



Chemical Peels
Microblading/Powder Brows
Threading



Spider Veins



Varicose Veins

Contact us today at 410-224-3390 to schedule your evaluation!

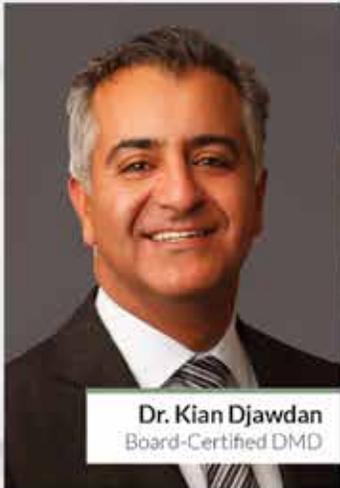
All active and retired military members receive a 10% discount on cosmetic services when you show a valid military ID.

Easton 499 Idlewild Ave, Easton, MD 21601
Annapolis 166 Defense Hwy, Suite 101, Annapolis, MD 21401
www.odonnellveinandlaser.com | 410.224.3390



We Solve Complex Dental Problems

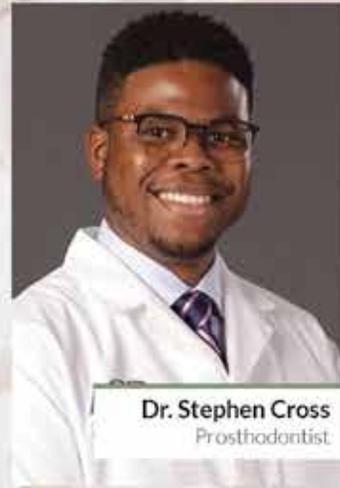
We have created a unique dental center that focuses on helping adult patients with complex dental problems. If you are considering dental implants and/or restorative dentistry, it is important you choose an expert; a dentist with the advanced training to utilize state-of-the-art techniques and procedures for treating complex dental conditions and restoring optimum function and esthetics predictably and efficiently.



Dr. Kian Djawdan
Board-Certified DMD



Dr. Kian Djawdan is Board Certified by the American Board of Implantology/Implant Dentistry and considered an expert in implant dentistry. Dr. Djawdan is specially trained and licensed to administer IV sedation for any surgical or restorative dental procedure.



Dr. Stephen Cross
Prosthodontist



American Board
of Prosthodontics

Dr. Stephen Cross is a Prosthodontist and considered a specialist. His specialty training makes him uniquely positioned to diagnose, create treatment plans and execute treatment of patients with highly complex prosthetic and implant needs.

Request Your Judgement Free Consultation

by calling **410-266-7645** or online at www.smileannapolis.com

Our Three Uniques

-  ***In-Office Dental Lab***
State of the art 3D Design
CAD/CAM and printing
-  ***Dental Implants***
Extractions, immediate placement
implants and restoring dental implants
-  ***Sedation Dentistry***
For any dental procedure

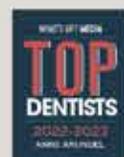
Djawdan Center for Implant and Restorative Dentistry

Restoring Hope & Confidence

133 Defense Hwy, Suite 210
Annapolis, Maryland 21401

410.266.7645

www.smileannapolis.com



Our Professional
Training & Dental
Credentials





DD McCracken Home Team

"Big or Small - We Sell Them All!"

www.DDMcCrackenHomeTeam.com | Direct: 410-849-9181



2705 Love Point Rd, Stevensville | DeeDee McCracken

- Big views of the Chesapeake Bay
- Gorgeous views from Great room
- Potential for multiple family living
- 1.93 Private acres
- 3 Bedrooms, 3 full Baths
- 2nd house can be built connected by a breezeway
- 2 Piers and riprap shoreline
- Amazing wide-open kitchen/island
- Great 2nd home or investment property for AirB&B or rental



4319 Federal Hill Rd, Street | Annie Eaton

- Peace & Privacy in Dove Hill Estates
- 6 Bedrooms, 5 full baths, 2 half baths
- Over 7 acres of rolling pasture
- 7,000+ sq. ft. Custom Brick Home
- 2 pellet stoves and 2 wood burning stoves
- Hidden private oasis with a spring fed stream
- Gourmet kitchen of your dreams with 2 walk-in pantries
- In-law/au pair suite with private entrance and full bathroom
- Oversized woodworking shop with a wood burning stove

Your Real Estate Team for Life



DeeDee McCracken
CEO & REALTOR®
DMcCracken@cbmove.com
410-739-7571



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



Annie Eaton
REALTOR®
Annie.Eaton@cbmove.com
410-739-4260



Destinee Blackstone
REALTOR®
Destinee.Blackstone@cbmove.com
410-693-9291



Lisa McGrath
REALTOR®, Licensed Assistant
Lisa.McGrath@cbrealty.com
410-320-1971



Kevin McCracken
REALTOR®
Kevin.McCracken@cbmove.com
443-838-1417



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



Emerson O'Neill
REALTOR®
emerson.oneill@cbrealty.com
443-758-8716



COLDWELL BANKER REALTY



170 Jennifer Rd. Suite 102, Annapolis, MD 21401 • Office 410-224-2200



Under Contract

11 Devon Ct., Annapolis | Call Lisa Barton

- Hunt Meadows Community
- Wonderful Amenities
- Loft model townhome
- Thoughtful updates
- Add your personal touches
- Beautiful Deck backs to green space



Lot 1ETC Kentmorr Rd., Stevensville | Call DeeDee

- Beautiful level corner lot
- Incredible location in Kentmorr
- Cleared & ready to build
- Public sewer will be available
- Across from Kentmorr Air Park
- Your builder or we can recommend
- Close to community restaurant/marina



Under Contract

7 Austin Dr., Edgewater | Call Lisa Barton

- Southdown Estates custom home
- Private wooded location
- Charming Cape Cod 5 BR/5 Baths
- Attached au pair suite
- Additional living/studio space
- Finished basement/lush gardens



SOLD

5824 Miriam Dr., Sykesville | Call Annie

- Beautiful well-maintained home
- 4 Bedrooms and 2.5 Baths
- Abundant living spaces
- 2 Fireplaces 1 gas/1 woodburning
- 2 car garage/Trex deck
- Finished basement/extra BR potential



Under Contract

23201 Stewart Way, McDaniel | Call Becky

- Charming & spacious Cape Cod
- 3+ acres of wooded wonderland
- 3 bedrooms and 2.5 baths
- Main level primary suite
- Light filled living space
- Close to public boat launches



Under Contract

104 Touhey Dr., Stevensville | Call Kevin

- Affordable Kent Island Living
- 1144 sq. ft. Rancher
- 3 Bedrooms, 1 full Bath
- 16' x 24' shed/workshop w/electric
- Detached 18' x 21' Carport
- Fenced backyard, wooded lot

Inventory is low! If you're thinking of selling, now is a great time!
Please call your favorite Team Member to list or buy today!

We are committed to serving as your Real Estate Team for LIFE!

Customizing a plan to meet your goals, is our priority! We marry expert knowledge of the Bay region, with a full suite of services tailored specifically to you.

Professional, trustworthy, and experienced!



Affiliated real estate agents are independent contractor sales associates, not employees. ©2022 Coldwell Banker. All Rights Reserved. Coldwell Banker and the Coldwell Banker logos are trademarks of Coldwell Banker Real Estate LLC. The Coldwell Banker® System is comprised of company owned offices which are owned by a subsidiary of Realty Brokerage Group LLC and franchised offices which are independently owned and operated. The Coldwell Banker System fully supports the principles of the Fair Housing Act and the Equal Opportunity Act.



Put *yourself* at the top of the to do list



Schedule your mammogram today

At Luminis Health, we offer convenient hours and online scheduling to make it easy to book your appointment. Our range of breast imaging services are available during evenings and weekends.



Visit Luminis.Health/Breast

to schedule your mammogram in just a few minutes.

To make an appointment by phone, please call (888) 909-9729 for all Luminis Health Imaging locations.
Annapolis | Bowie | Easton | Kent Island | Lanham | Odenton

100% ★★★★★ 5-star reviews

 **BRAD
KAPPEL**

TTR | **Sotheby's**
INTERNATIONAL REALTY

- ✘ #1 Waterfront Agent in Maryland
- ✘ Industry leading marketing platform
- ✘ #1 Luxury Real Estate website in AA county
- ✘ Free professional staging
- ✘ One-on-One White Glove service every step of the way



Planning to sell this Spring?
Let's put together a plan for you to maximize the value of your property so that you can obtain TOP DOLLAR! I'll help connect you to the best local contractors and we can have your home polished up and ready for the Spring Market!

Brad Kappel
Executive Vice President

m +1 410 279 9476

o +1 410 280 5600

brad.kappel@sothebysrealty.com

bradkappel.com

Annapolis Brokerage 209 Main Street, Annapolis, MD

**Visit BradKappel.com to
Make Your Move in 2023!**



©2022 Sotheby's International Realty Affiliates LLC. All Rights Reserved. Sotheby's International Realty® is a licensed trademark to Sotheby's International Realty Affiliates LLC. Each Office is Independently Owned And Operated. SIRT

On the Cover: Fly fishing is an autumn-through-spring pursuit in many Maryland tributaries. Design by August Schwartz. Contact *What's Up? Eastern Shore* online at whatsupmag.com. Please recycle this magazine.

October contents



Features

20 2023-2024 Top Docs presents more than 150 winning doctors in 40-plus medical specialties in the celebrated, biennial peer-review survey. This project features doctors nominating the best doctors that practice in our hometowns!

48 Pursuit by Fly attempts to distill the fly-fishing experience in Maryland waters by offering a range of expert advice, the sport's relationship with conservation and environmentalism, and where to actually catch fish! *By Frederick Schultz*

56 Road Tripping Through America waxes nostalgia about the golden years of cross-country highway expansion, travel, and site-seeing *By Ellen Moyer*

59 Chesapeake Drives is a special section introducing the finest automobile dealers and services in the Bay region



Home & Design

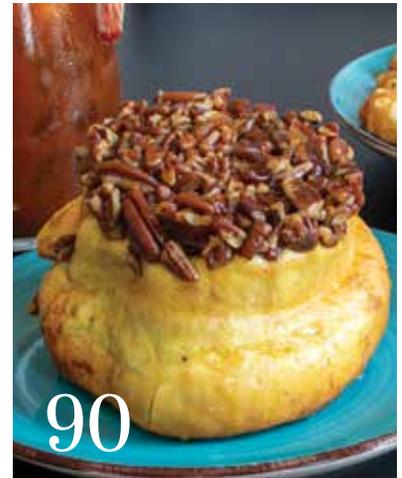
69 Home Interior: Yes! Antiques Are Still a Thing offers the ins/outs of antiques for perfect pieces to complement your style and décor *By Lisa J. Gotto*

73 Home Garden: Harnessing What Comes Naturally is a review of the myriad options for exterior lighting, especially emerging technologies *By Janice F. Booth*



76 Curb & Waterfront Appeal is a snapshot profile of 5,200-square-foot waterfront residence in St. Michaels *By Lisa J. Gotto*

78 Lofty Goals profiles a Talbot County gem of a property in a very desirable community, complete with amenities and recreational opportunities *By Lisa J. Gotto*



Health & Beauty

By Dylan Roche

82 Fresh Take: Quinoa

84 Fitness Tips: 10K Steps?

85 Breast Cancer Awareness

86 Resilience & Mental Health

87 IPL Therapy

Dining

90 Hearty Delight is our dining review of The Galley in beautiful St. Michaels *By Sharon Harrington*

92 Dining Guide: Wet Your Whistle is this month's theme of restaurant listings for your consideration.

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. Gotto, Dylan Roche

Contributing Writers

Janice Booth, Sharon Harrington,
 Ellen Moyer, Frederick Schultz,
 Tom Wargo

Staff Photographer

Steve Buchanan

Contributing Photographers

Tony Lewis, Jr.

Art Director

August Schwartz (x1119)

Graphic Designers

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

Web Content Specialist

Arden Haley (x1116)

Production Coordinator

Amanda LoPresti

Senior Account Executive

Kathy Sauve (x1107)

Account Executives

Beth Kuhl (x1112), Rick Marsalek,
 Nina Peake (x1106), Michelle Roe (x1113)

Finance Manager

Deneen Mercer (x1105)

Bookkeeper

Heather Teat (x1109)

WHATSUPMAG.COM



Proud Partner



Proud Partner

What's Up? Eastern Shore is published by What's Up? Media
 201 Defense Highway, Suite 203, Annapolis, MD 21401,
 410-266-6287, Fax: 410-224-4308. No part of this magazine may
 be reproduced in any form without express written consent of
 the publisher. Publisher disclaims any and all responsibility for
 omissions and errors. All rights reserved. Total printed circulation
 is 23,888 copies with an estimated readership of 78,830.

©2023 What's Up? Media

ORAL SURGERY SPECIALISTS

SKILLED | BOARD CERTIFIED | PROGRESSIVE | ARTISTIC

Trained Minds...Caring Hands



**Drs. Chris Chambers, Neil Sullivan, Kurt Jones, Borek Hlousek,
 Cliff Walzer, and Kenneth Kufta are all Board Certified Oral and
 Maxillofacial Surgeons that specialize in:**

Dental Implant Surgery • Dental Implant Placement for Same Day Teeth
 Wisdom Teeth Removal • Orthognathic Surgery (Corrective Jaw Surgery)
 General Anesthesia • Oral Pathology

Annapolis
 Pasadena



Kent Island
 Waugh Chapel

Please call or visit our website at
www.annapolisOSS.com | 410-268-7790



October contents

COMING UP IN
NOVEMBER 2023
Nonprofits You Should Know
Hunters: Stewards of the Land
Maryland Birthed the Finance Industry
Holiday Gift Guide

In Every Issue

11 Out on the Towne highlights special celebrations and activities to enjoy this month *By Megan Katelchuck*



16 Towne Spotlight features local business and community news *By James Hauck*

96 Where's Wilma? Find the What's Up? Media mascot and win



e-contents



WHAT'S UP? MEDIA'S 2ND ANNUAL
HOME EXCELLENCE AWARDS



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

Home industry professionals and firms may submit their completed projects for evaluation and vetting in 13 award categories. Entries—consisting of a project description and accompanying photographs—will be accepted through the November 30th deadline. Visit whatsupmag.com/homeexcellenceawards to learn more.



Looking for new new recipes? Find them here:



Tricia Wilson

GRI, REALTOR®

410-404-2033 - Call/Text



Chaney Homes
443-249-SOLD - Press 6



Snapshot of Success

501 Kentmorr • Stevensville

Just as the real estate market is often unpredictable, no two transactions are the same. That's why Market Knowledge and Experience is KEY to YOUR success. Case In Point: 501 Kentmorr in Stevensville.

2,025 Sq Ft
3 Beds/2.5 Baths
Pool & 1 Block off
the Chesapeake Bay



- Listed as Coming Soon July 22nd & marketing began with exceptional drone video
- Staged by Chaney Homes on Aug 8th, professionally photographed on Aug 9th
- Received over 30 calls about the property during the 3 weeks of Coming Soon
- Fully active on market Saturday, Aug 12th, listed at \$545K
- Launch Party Open House with 17 groups and stacked with showings all weekend
- Received 5 escalating offers
- Under Contract on Monday, August 14th
- Closed at \$575K - \$30K Over List

For all your real estate needs — buying or selling...
GET THE DAISY. GET RESULTS. GET TRICIA.

www.getthedaisy.com



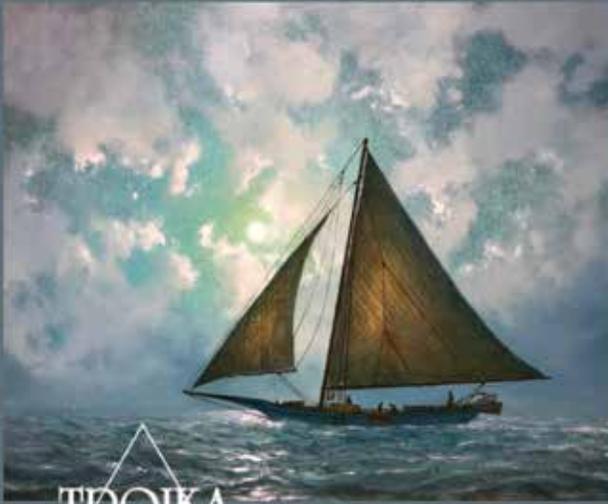
**BEST OF
EASTERN SHORE
2022**

Voted 'Best Residential Realtor 2022 & 2023'
TOP PRODUCING AGENT FOR Chaney Homes

**BEST OF
EASTERN SHORE
2023**

WILLIAM STORCK

OCTOBER 6 - NOVEMBER 13



TROIKA
GALLERY
FINE ART STUDIO

troikagallery.com 410-770 9190

Tilghman Island Day

"A visit to the home of the seafood industry"

Seafood

Local Seafood - Oysters, Crabs,
and much more!

Watermen's Demonstrations

Saturday
October 21st
2023

10am
TO
7pm



LIVE MUSIC BY
Bird Dog &
The Road Kings
From Noon to 4pm

11am - Anchor Throw
11:30am - Rowboat Race
1pm - Boat Docking Contest
2:30pm - Workboat Races
3:30pm - Crab Picking Contest
4:00pm - Oyster Shucking Contest
4:30pm - Watermen's Auction

Benefits the Tilghman Volunteer Fire Company

5979 Tilghman Island Rd. Tilghman, MD 21671 • tivfc@hotmail.com
For more info visit us on Facebook @ Tilghman Island Day



We are accepting new clients!

Reach out to learn about our
new "walk-in" hours for therapy
services. Appointments are
available today.

410.822.1018 | forallseasonsinc.org

 **FOR ALL
SEASONS**
Behavioral Health & Rape Crisis Center
— help • hope • healing —

OUR SERVICES

- Individual, Couple, and Family Therapy
- Child, Adolescent, and Adult Psychiatry
- Victim and Crisis Support and Counseling
- Community Education and Outreach

In-person and telehealth services available. All insurances accepted.

Out on the **TownE**

+

11 EVENT PICKS | 16 SPOTLIGHT

Sultana Downrigging

The 23rd Sultana Education Foundation's Downrigging Weekend Festival is one of the largest annual tall ship gatherings in North America and will be back in Chestertown October 27th through 29th. The festival weekend will have sails, tours, live bluegrass music, lectures, food, and more to benefit the Foundation's environmental literacy programs and the other nonprofits participating in the festival. Find more information at downrigging.org.





KENT COUNTY TOUCH A TRUCK AG FEST

Get ready for the Kent County Touch A Truck Ag Fest on October 7th from 10 a.m. to 3 p.m. at the Kent County Ag Center in Chertertown. There will be a wide variety of trucks and other vehicles on display to look and touch. There will also be plenty of activities for the whole family including scavenger hunts, pumpkin decoration, face painting, a petting zoo, and more. Find more information at kentcountyfair.org.

↑ Mid-Atlantic Small Craft Festival

The Chesapeake Bay Maritime Museum hosts the 40th edition of the Mid-Atlantic Small Craft Festival Friday, October 6th through Sunday, the 8th, welcoming one of the nation's largest gatherings of small boat enthusiasts and unique watercraft back to its waterfront campus. Hundreds of amateur and professional boatbuilders and enthusiasts will come from all over the region to display their traditional small craft at the festival, which runs 10 a.m. to 5 p.m. all three days. Festival entry is included with CBMM's general admission. Visit cbmm.org/smallcraftfestival for more information.



Rock the Reef ↓

The Chesapeake Bay Environmental Center's 2nd Annual Rock the Reef will be held on October 28th from 5:30 to 8:30 p.m. at CBEC's campus in Grasonville. The night will have live music by Red Betty & the Ruckus, food stations by Bark Barbeque Café and Harris Seafood, silent and live auctions, and more all to benefit CBEC's Reef Restoration and education initiatives. Find more information at bayrestoration.org.

↑ EASTON BEER FEST

The 8th Annual Craft Beer Fest will be at The Easton Volunteer Fire Department on October 7th from noon to 4 p.m. This event is Maryland's largest under cover craft beer festival with over forty breweries, wineries, and distilleries on site. The day will also include food, vendors, raffles, and more. Find more information and buy tickets at eastonbeerfest.com.





Fall Oyster Shuckdown

On Saturday, October 21st, Libbey's Coastal Kitchen & Cocktails in Stevensville will host the 1st Annual Fall Oyster Shuckdown! Billed as a celebration of all-things bivalve, the event will feature heavy food stations starring oyster dishes, beer, wine, and live music with the Chesapeake Sons. Proceeds will directly benefit The Arc Central Chesapeake Region. For full details and to purchase tickets, visit libbeyscoastal-kitchen.com/happenings.



Photo courtesy of Bruce Vinial

EASTON AIRPORT DAY

Easton Airport will host the 14th annual Easton Airport Day on Saturday, October 14th. The annual event offers a unique opportunity to visit the community airfield and learn about flying. Formation flyovers highlight the event with "Warbirds" flying patterns over the skies of Talbot County. Learn more at eastonairport.com.

Exceptional Service With A Smile.



At Londonderry on the Tred Avon, the Eastern Shore's only cooperative 62+ independent living waterfront community, our residents enjoy exceptional experiences daily.

Exceptional service with a smile, what's better than that? Our waitstaff team welcomes residents into our Tred Avon Tavern each meal with the goal of an at-home, friendly, sit-down dining experience. It's just all part of the lifestyle awaiting you at Londonderry.

Our waitstaff is so appreciated by our residents. Londonderry residents express their appreciation for all the smiles by offering a tuition reimbursement program and scholarships. Giving back to those who light up our days with a smile is important to us.

Stop by the Sales and Marketing office today and let us show you how we provide exceptional experiences!
Or contact the Sales and Marketing team at **(410) 820-8732**.



700 Port Street, Suite 148
Easton, MD 21601 • 410-820-8732
www.LondonderryTredAvon.com



TIDEWATER INN

A picturesque destination in the heart of downtown Easton



NEWLY RENOVATED GUEST ROOMS

EVENTS | FINE FOOD | BOUTIQUE SPA



101 East Dover Street, Easton, MD | 410.822.1300 | tidewaterinn.com

OUT ON THE **TOWNE**

Across the Bridge



Photo courtesy of Annapolis Boat Shows

↑ Annapolis Sailboat Show

One of the most exciting events of the year is back at the Annapolis City Docks from October 12th to 15th. Sailors from around the globe will gather in our capital city to celebrate all things sailing. Floating docks will be lined with sailboats from manufacturers around the world and include multihulls, monohulls, cruisers, racers, sailing dinghies, and more. Find more information and get tickets to the event at annapolisboatshows.com.



Photo courtesy of Annapolis Boat Shows

ANNAPOLIS POWERBOAT SHOW

Every October, Ego Alley and Annapolis Harbor is transformed into a boater's dream. Floating docks at the Annapolis City Docks will create a temporary marina showcasing new and premiering boats and the latest in boating accessories, equipment, and apparel during the Annapolis Powerboat Show. Soak in the boater's lifestyle October 5th through 8th while you walk the docks. Find more information and get tickets at annapolisboatshows.com.

SELLING THE *Luxury Lifestyle*

FROM THE EASTERN SHORE TO ANNAPOLIS



BIANA ARENTZ

**Global Luxury Specialist
Best Luxury Realtor 2023**

C. 410.490.0332

Biana.Arentz@cbmove.com
SellingMarylandSunsets.com



3214 Bennett Point Rd | Queenstown | \$3,295,000

Welcome to this stunning Eastern Bay waterfront in the coveted Bennett Point community. This custom-built home offers expansive water views and plenty of space to entertain. Tucked away on over five acres of land with a large open concept kitchen and living area, screened-in porch, first floor primary suite, Brazilian cherry floors and three large upper-level bedrooms. Large detached four-car garage with potential future expansion. This home is an entertainer's dream - large patio, pool, and a waterfront playground with a private beach and pond. This property has three deep water boat slips in the community pier, two with boat lifts, that provide access to the Wye River. Welcome home!



ELIZABETH ARENTZ

BRP 30 Under 30

C. 443.988.3495

Elizabeth.Arentz@cbrealty.com



23098 Grampton Rd | \$2,400,000
SOLD



400 Greenwood Creek Ln | \$1,979,000
ACTIVE



117 Governors Way S | \$989,000
ACTIVE



53 Greenwood Shoals | \$905,000
SOLD



110 Prospect Bay Dr W | \$839,000
ACTIVE



606 Oyster Cove Dr | \$620,000
SOLD



O. 410.263.8686
3 Church Circle
Annapolis, MD 21401



Proud sponsor of



Realtors Hooked on Giving Back





Tanisha Armstrong



Arlette Kelly Bright

↑ Mid-Shore Pro Bono Adds to Board

Mid-Shore Pro Bono welcomes newly-elected directors and members to its Board while recognizing the service of two departing Board members. Newly elected officers are President Tim Abeska, Esq., who was elected to serve for a second two-year term, Vice President Dr. Clinton Pettus, Ruth Thomas as Treasurer, and Holland Brownley, Esq, as Secretary, also elected to serve for a second two-year term. Also joining the Executive Committee will be Tony Rodriguez, Esq., Chair of the new Inclusion, Diversity, Equity, and Access Committee. Tanisha Armstrong, of Salisbury, and Arlette Kelly Bright, Esq. of Ocean City (both pictured), were elected as new board members, with Sarah Dahl, Esq. of Denton, and Samantha Bowers Welte of Easton, recognized as departing board members. "Our Board members have direct experience with legal services and the people we serve and share rich connections with the many facets of the community as well," said Mid-Shore Pro Bono Executive Director Meredith Lathbury Girard, Esq. "These qualifications translate into our ability to successfully meet the dynamic legal needs of people on the Eastern Shore." Learn more at midshoreprobono.org.

EAGLE TITLE EXPANDS TOWARD THE BEACHES ↓

Eagle Title, the Maryland-based, award-winning title company, is pleased to announce its expansion into Delaware and Ocean City, Maryland, marking a significant milestone in its growth strategy. This addition further solidifies Eagle Title's position in the Delmarva real estate industry, serving clients in Maryland, Virginia, Delaware, and the District of Columbia.

"We are excited to bring our title services to the state of Delaware,"

SAID JAY WALSH, EAGLE TITLE CEO.

"The expansion to the beaches aligns perfectly with our strategic growth plans, allowing us to serve our clients in this dynamic real estate market."

Eagle Title will operate out of Georgetown in Delaware and off Ocean Gateway in Ocean City. This expansion will provide a comprehensive suite of title services to the region's home buyers, sellers, lenders, builders, and real estate professionals. For more information, visit eagletitle.com.



One Mission Cambridge Celebrates First Anniversary

One Mission Cambridge recently celebrated its first anniversary with a picnic at its location at 614 Race Street in Cambridge. Over 100 people came to the event which provided food and drink. According to Krista Pettit, Director of One Mission Cambridge, the organization served a record number of vulnerable individuals in the last two months. "After one year, the news has spread about our services. Our location has proved ideal to serve some of the community's most vulnerable populations. One Mission Cambridge provides quality programs, including a food pantry, community navigation, community dinners, and counseling services. To learn more, visit onemissioncambridge.org



HAVEN MINISTRIES APPOINTS ED WILSON TO BOARD OF DIRECTORS

Ed Wilson of Chester has recently been appointed to the Board of Directors of Haven Ministries and will serve as the organization's treasurer, replacing Dottie Wilson who has served as treasurer of the Board for almost six years.

Wilson, a retired financial executive, has over 35 years of extensive accounting, finance, and banking experience. Most recently, he worked as part-time

Executive Director of Finance for Lighthouse Church in Glen Burnie. Before that, he was Senior Vice President of the Shelter Group/Brightview Senior Living, a property management and senior housing company. Wilson moved to the Shore a year ago and was introduced to Haven Ministries after his wife began volunteering at the Food Pantry. "Haven Ministries has a real vision for the future," Wilson says. "They need someone with a background in accounting and high-end finance to help them continue to reach their goals."

Learn more at haven-ministries.org.

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

KNOXIE'S TABLE

for every occasion



VOTED #1 IN STEVENSVILLE
INDOOR & OUTDOOR DINING
NIGHTLY FEATURES & SPECIALS
LIVE MUSIC & HAPPY HOUR
TOP RATED WHISKEY SELECTION



STEVENSVILLE, MD | BAYBEACHCLUB.COM



Anne Arundel Gastroenterology Associates, P.A.

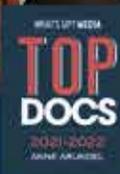
“Setting the Standard for Gastroenterology”

ABOUT US

Anne Arundel Gastroenterology Associates has been a pillar of the local healthcare community for over four decades diagnosing and treating all symptoms and diseases associated with the GI tract (esophagus, stomach, small bowel, colon), pancreas, liver and gallbladder.

WHAT WE TREAT

Common symptoms and diseases include gastroesophageal reflux disease (GERD), inflammatory bowel disease (IBD) including Crohns disease and Ulcerative colitis, colon cancer prevention, Celiac disease, fatty liver and pancreatic inflammation, cysts and cancer.



AAGA includes ten physicians and six midlevel providers who are all taking new patients and are excited about caring for our community. Our main campus is located in Annapolis, and we have satellite offices located in Greenbelt, Odenton, Bowie, Pasadena and Kent Island. Feel free to visit us at www.aagastro.com or call to schedule an appointment at **410-224-2116**. We look forward to meeting you soon!

CHESAPEAKE MEDICAL IMAGING

THE LEADER IN PATIENT SERVICE

MRI • CT • PET/CT • 3D MAMMOGRAPHY • DEXA • ULTRASOUND • XRAY • NUCLEAR MEDICINE

Provider of the Region's Finest **RADIOLOGY SERVICES**



SCHEDULING OPTIONS

Request an appointment online at www.CMIRAD.net

Or call Patient Scheduling at **855.455.8900** FAX **855.455.8222**

Same Day Scheduling • Pre-Authorization Services • Online Reports and Images

12 CMI LOCATIONS

ANNAPOLIS (Defense)
ANNAPOLIS (Bestgate)
ANNAPOLIS (Weems)

BOWIE
CATONSVILLE
CHESTERTOWN
EASTON
FULTON (Maple Lawn)

GLEN BURNIE
KENT ISLAND
LUTHERVILLE/TOWSON
WHITE MARSH



EXPERIENCE... QUALITY... EXCELLENCE...

A light blue stethoscope graphic is centered in the background, with its chest piece at the bottom and two earpieces at the top. The words "TOP DOCS" are overlaid on the stethoscope.

2023–2024

TOP DOCS

The Eastern Shore region's top peer-nominated doctors

We welcome this year's class of medical doctors who have been recognized by their peers for exceptional patient care, bedside manner, professionalism, and expertise!

This is What's Up? Media's eleventh biennial **Top Docs** project, dating back to 2003. And each campaign requires an amazing amount of time and energy to execute. Top Docs has been a seven-month process that began in March with the surveying of medical doctors practicing within the distribution region of our publications *What's Up? Eastern Shore*, *What's Up? Annapolis*, and *What's Up? Central Maryland*.

Doctors were asked to participate in an online, secure survey, which listed more than 40 areas of medical specialty, and several medical conditions. Doctors were asked to recommend their most qualified peers, in their opinion, for

each category of specialty/condition. Doctors were allowed to complete one survey each (qualified by entering their Maryland medical license number). Surveys were collected by deadline, vetted, and the results tallied.

The Top Docs honored herein represent the individual doctors who received the *most substantial* number of nominations from their peers relative to the amount of voting taking place within each category. Every doctor on the following list was fact-checked with the Maryland Board of Physicians to ensure their certification and practice are in good standing with the state.

Knowing who medical professionals consider the best in their respective fields is a valuable asset. We thank the many doctors who completed the survey and congratulate those who've earned the following accolades!





ALLERGY & IMMUNOLOGY

Dealing with allergies and an exaggerated immune response or reaction to substances.

Dr. Catherine Popadiuk
Premier Allergy; 8695 Commerce Drive, Ste. 5, Easton; 410-822-5575; premierallergist.com

Dr. Duane Gels
Annapolis Allergy & Asthma; 227 North Liberty Street, Centreville; 410-573-1600; annapolisallergy.com

Dr. Lawrence Schieken
8695 Commerce Drive, Ste. 4, Easton; 410-822-6696

Dr. Monica Bhagat
ENTAA Care; 1630 Main Street, Ste. 217, Chester; 410-760-8840; entaacare.com

ANESTHESIOLOGY

The practice of blocking pain, discomfort, or distress during surgery or an obstetric or diagnostic procedure.

Dr. Bradley Kleinert
UM Shore Regional Health; 219 S. Washington Street, Easton; 410-822-1000; umms.org/shore

Dr. Debebe Fikremariam
TidalHealth; 100 E. Carroll Street, Ste. 3, Salisbury; 410-912-6397; tidalhealth.org

Dr. John C. Hamilton
TidalHealth; 100 E. Carroll Street, Salisbury; 410-546-6400; tidalhealth.org

Dr. John Snell
UM Shore Regional Health; 219 S. Washington Street, Easton; 888-709-3107; umms.org/shore

Dr. Stephen Lemke
UM Shore Regional Health; 219 S. Washington Street, Easton; 410-822-1000; umms.org/shore

CARDIOVASCULAR DISEASE

Dealing with the heart, its actions, and diseases.

Dr. Anthony Frey
Atlantic Cardiology Associates; 1205 Pemberton Drive, Ste. 105, Salisbury; 410-341-0300; atlanticcardio.com

Dr. George Clements
MedStar Health Cardiology Associates; 1630 Main Street, Ste. 208, Chester; 410-643-3186; medstarhealth.org

Dr. Jeffery H. Ethernorton
UM Shore Medical Group - Cardiology; 500 Cadmus Lane, Easton; 410-822-5571; umms.org/shore

Dr. John Kennedy
MedStar Health Cardiology Associates; 1630 Main Street, Ste. 208, Chester; 410-643-3186; medstarhealth.org

Dr. Joseph Cinderella
TidalHealth; 106 Milford Street, Ste. 605, Salisbury; 410-912-6333; tidalhealth.org

Dr. Steven Hearne
TidalHealth; 106 Milford Street, Ste. 702, Salisbury; 410-334-2227; tidalhealth.org

COLON & RECTAL SURGERY

Dealing with surgery involving the colon and rectum.

Dr. Brion McCutcheon
Mid Atlantic Surgical Group; 6507 Deer Pointe Drive, Salisbury; 410-543-9332; midatlanticsurg.com

Dr. Dabanjan Bandyopadhyay
UM Shore Medical Group - Surgical Care; 500 Cadmus Lane, Easton; 410-822-1000; umms.org/shore

Dr. John T. Moon
UM Shore Medical Group - Surgical Care; 500 Cadmus Lane, Ste. 205, Easton; 410-822-4553; umms.org/shore

Dr. Un Y. Chin
Mid Atlantic Surgical Group; 6507 Deer Pointe Drive, Salisbury; 410-543-9332; midatlanticsurg.com

CRITICAL CARE MEDICINE

Providing life support or organ support to patients who require intense monitoring.

Dr. Andrew Kastello
Mid Atlantic Surgical Group; 6507 Deer Pointe Drive, Salisbury; 410-543-9332; midatlanticsurg.com

Dr. Andrew Vranic
UM Shore Regional Health; 500 Cadmus Lane, Ste. 209, Easton; 410-822-0110; umms.org/shore

Dr. Elena M. Tilly
UM Shore Regional Health; 219 S. Washington Street, Easton; 410-822-1000; umms.org/shore

Dr. Eric Klotz
UM Shore Regional Health; 219 S. Washington Street, Easton; 410-820-6517; umms.org/shore

Dr. Peyman Otmishi
UM Shore Regional Health; 500 Cadmus Lane, Easton; 410-822-0110; umms.org/shore

Dr. Robert Chasse
TidalHealth; 100 E. Carroll Street, Salisbury; 410-543-7722; tidalhealth.org

Dr. Steven White
UM Shore Regional Health; Easton; 410-328-8025; umms.org/shore

DERMATOLOGY

Dealing with the skin and its diseases.

Dr. Curtis Asbury
Delmarva Skin Specialists; 38394 Dupont Boulevard, Ste. F&G, Selbyville; 302-564-0001; delmarvaskin.com

Dr. Donald Stranahan
Easton Dermatology Associates; 403 Marvel Court, Easton; 410-819-8867; eastondermatology.com

Dr. Lisa Anderson
Anne Arundel Dermatology; 115 Sallitt Drive, Ste. E, Stevensville; 442-351-3376; aadermatology.com

Dr. Luette Semmes
Forefront Dermatology; 106 Milford Street, Ste. 301, Salisbury; 410-546-4431; forefrontdermatology.com

Dr. Michael Del Torto
Easton Dermatology Associates; 403 Marvel Court, Easton; 410-819-8867; eastondermatology.com

Dr. Peter Niebyl
Anne Arundel Dermatology; 4 Caulk Lane, Ste. B, Easton; 410-822-8223; aadermatology.com

Dr. Tamy Buckel
Shore Dermatology; 250 Haacke Drive, Chestertown; 410-778-0003; shoredermatology.net

Endocrinology, Diabetes & Metabolism
Dealing with the endocrine glands, involved in the secretion of hormones.

Dr. Jack Snitzer
TidalHealth; 1639 Woodbrooke Drive, Salisbury; 410-572-8848; tidalhealth.org

Dr. Medha Satyarenga
Center for Diabetes and Endocrinology at UM Shore Regional Health; 219 S. Washington Street, Easton; 410-822-1000; umms.org/shore

GASTROENTEROLOGY

Dealing with the structure, functions, diseases, and pathology of the stomach and intestines.

Dr. George Kunnackal John
UM Shore Medical Group - Gastroenterology; 511 Idlewild Avenue, Easton; 410-822-6005; umms.org/shore

Dr. Jerrold Canakis
TidalHealth; 11103 Cathage Road, Ste. 101, Berlin; 410-912-6021; tidalhealth.org

Dr. Michael Moran
UM Medical System; 556A Cynwood Drive, Easton; 410-221-1185; easternshoreendoscopy.com

Dr. Thomas Simcox
Anne Arundel Gastroenterology Associates; 130 Love Point Road, Ste. 106, Stevensville; 410-670-7402; aagastro.com

Dr. Volkan Taskin
UM Shore Medical Group - Gastroenterology; 511 Idlewild Avenue, Easton; 410-822-6005; umms.org/shore

GENERAL SURGERY

Dealing with diseases and conditions requiring or amenable to operative or manual procedures.

Dr. Dabanjan Bandyopadhyay
UM Shore Medical Group - Surgical Care; 500 Cadmus Lane, Easton; 410-822-1000; umms.org/shore

Dr. David Sechler
TidalHealth; 145 E. Carroll Street, Salisbury; 410-548-2600; tidalhealth.org

Dr. William Bair
UM Shore Medical Group - Surgical Care; 100 Bramble Street, Ste. 100, Cambridge; 410-228-4616; umms.org/shore

GYNECOLOGY

Dealing with the diseases and routines physical care of the reproductive system of women.

Dr. Javier Cajina
UM Shore Medical Group - Women's Health; 522 Idlewild Avenue, Easton; 410-820-4888; umms.org/shore

Dr. Palak Doshi
UM Shore Medical Group - Women's Health; 522 Idlewild Avenue, Easton; 410-820-4888; umms.org/shore

Dr. Susan Peeler
Mercy Physicians at Kent Island; 130 Love Point Road, Stevensville; 443-949-3401; mdmercy.com

HEMATOLOGY & ONCOLOGY

Dealing with the blood and blood-forming organs (hematology) and dealing with the treatment and management of cancer (oncology).

Dr. Adam Goldrich
UM Shore Medical Group - Medical Oncology; 509 Idlewild Avenue, Ste. 1, Easton; 410-897-6200; umms.org/shore

Dr. David Smith
UM Shore Regional Health; 8221 Teal Drive, Ste. 302, Easton; 410-820-5945; bayhematologyoncology.com

Dr. David Weng
UM Shore Medical Group - Medical Oncology; 509 Idlewild Avenue, Ste. 1, Easton; 410-897-6200; umms.org/shore

HOSPICE & PALLIATIVE MEDICINE

Providing relief from the symptoms, pain, and stress of serious illness.

Dr. Ghulam Waris
TidalHealth; 926 Snow Hill Road, Salisbury; 410-572-6200; tidal-health.org

JOHN W. SERINO, DDS, MS, PA

Serino Orthodontics

"Brace yourself for a winning smile"

Treatment for Children and Adults.

Focusing on Non-Extraction and Early Treatment.






BRACES, INVISALIGN & BEAUTIFUL SMILES

5000+ Cases Treated.
25 Years Experience.

Call today for a FREE NO OBLIGATION Consultation
Centreville & Easton locations
410.822.9411
www.serinoortho.com

Experience

Specializing in Minimally Invasive Surgery, and Advanced Laparoscopy.

The Key to Positive Outcomes is Your Comfort, Understanding, and Our Surgical Expertise

Our friendly office staff and comfortable surroundings create a warm environment to enhance your surgical experience as a vital part of the healing process. With patient education and new technological advances in mind, Dr. Massoglia offers comprehensive surgical consultation and treatment for your general surgical needs. *She specializes in minimally invasive surgery, and advanced Laparoscopy*

Contact our office today and let us change your perception of surgery.

Serving the Annapolis area, Southern Maryland, and the Eastern Shore for more than two decades.



Chesapeake SURGICAL ASSOCIATES

Phone: 410.571.9499 • Fax: 410.571.6486
2009 Tidewater Colony Drive • Annapolis, MD 21401
www.chesapeakesurgery.com

Gina M. Massoglia, MD, FACS
Board Certified General Surgeon

WHAT'S UP? MEDIA
TOP DOCS
2023-2024
ANNE ARUNDEL



Dr. Lakshmi Vaidyanathan

UM Shore Medical Group - Palliative Care; 219 S. Washington Street, Easton; 410-822-1000; umms.org/shore

INTERNAL MEDICINE

Dealing with the diagnosis and treatment of non-surgical diseases.

Dr. Carolyn Helmly

UM Shore Medical Group Primary Care; 500 Cadmus Lane, Easton; 410-822-1000; umms.org/shore

Dr. Ludwig Eglseder

Ludwig J. Eglseder, III, MD, PC; 503 Cynwood Drive, Ste. 2, Easton; 410-820-8824; umms.org

Dr. Vel Natesan

Natesan Medical Group; 951 Mount Hermon Road, Salisbury; 410-749-4400; natesanmedicalgroup.com

NEPHROLOGY

Dealing with the structure, function, and diseases of the kidneys.

Dr. Anish Madanlal Hinduja

UM Shore Medical Group - Nephrology; 219 S. Washington Street, Easton; 410-820-9823; umms.org/shore

Dr. Christina Turner

UM Shore Medical Group - Nephrology; 609 Dutchmans Lane, Easton; 410-820-9823; umms.org/shore

NEUROLOGICAL SURGERY

Dealing with nervous structures such as nerves, the brain, or the spinal cord.

Dr. Andy Pierre

TidalHealth; 1630 Woodbrooke Drive, Salisbury; 410-572-8848; tidalhealth.org

Dr. Khalid H. Kurtom

UM Shore Medical Group - Neurosurgery; 490 Cadmus Lane, Ste. 103, Easton; 410-820-9117; umms.org/shore

Dr. Sophia Shakur

TidalHealth; 100 E. Carroll Street, Salisbury; 410-543-5452; tidalhealth.org

NEUROLOGY

Dealing with the nervous system, especially in respect to its structure, functions, and abnormalities.

Dr. Mohammed W. Kamsheh

UM Shore Medical Group - Neurology and Sleep Medicine; 490 Cadmus Lane, Easton; 410-770 5250; umms.org/shore

Dr. Rena Sukhdeo-Singh

UM Shore Medical Group - Neurology and Sleep Medicine; 219 S. Washington Street, Easton; 410-822-1000; umms.org/shore

OBSTETRICS

Dealing with the physical care of the reproductive system of women, birth, and its antecedents and after-effects.

Dr. Caitlyn Robinson

Chesapeake Health Care; 32033 Beaver Run Drive, Salisbury; 410-749-1015; chesapeakehc.org

Dr. Javier Cajina

UM Shore Medical Group - Women's Health; 522 Idlewild Avenue, Easton; 410-820-4888; umms.org/shore

Dr. Krystal Baker

Chesapeake Health Care; 32033 Beaver Run Drive, Salisbury; 410-749-1015; chesapeakehc.org

Dr. Palak Doshi

UM Shore Medical Group - Women's Health; 522 Idlewild Avenue, Easton; 410-820-4888; umms.org/shore

OPHTHALMOLOGY

Dealing with the structure, functions, and diseases of the eye.

Dr. John Butler

Retina Consultants of Delmarva; 6511 Deer Pointe Drive, Salisbury; 410-546-8037; delmarvaretina.com

Dr. Joseph C. Schwartz

Atlantic Retina Center; 31455 Winterplace Parkway, Salisbury; 410-742-4100; atlanticrotina.com

Dr. Paul Dyer

Paul K. Dyer, M.D. Ophthalmology; 4 Caulk Lane, Ste. A, Easton; 410-822-7931; jamesanddyer.com

Dr. Zuleika Ghodsi

Delmarva Laser Eye Center; 405 Marvel Court, Easton; 410-822-9801; delmarva-eye.com

ORTHOPEDIC SPORTS MEDICINE

Dealing with the medical and therapeutic aspects of sports participation and physical activity.

Dr. Jason Jancosko

The Orthopedic Center - A Partner of UM Shore Regional Health; 510 Idlewild Avenue, Ste. 200, Easton; 410-820-8226; umms.org/shore

Dr. Jason Scopp

Peninsula Orthopaedic Associates; 1675 Woodbrooke Drive, Salisbury; 410-390-0815; peninsulaortho.com

Dr. Sheila E. Taylor

The Orthopedic Center - A Partner of UM Shore Regional Health; 510 Idlewild Avenue, Ste. 200, Easton; 410-820-8226; umms.org/shore

ORTHOPEDIC SURGERY

Dealing with conditions involving musculoskeletal systems.

Dr. Kevin McCoy

The Orthopedic Center - A Partner of UM Shore Regional Health; 510 Idlewild Avenue, Ste. 200, Easton; 410-820-8226; umms.org/shore

Dr. Michael Foster

The Orthopedic Center - A Partner of UM Shore Regional Health; 510 Idlewild Avenue, Ste. 200, Easton; 410-820-8226; umms.org/shore

ORTHOPEDIC SURGERY (HAND)

Dealing with surgery of the hand.

Dr. Richard Kang

Peninsula Orthopaedic Associates; 1675 Woodbrooke Drive, Salisbury; 443-565-6850; peninsulaortho.com

Dr. Thomas Stauch

The Orthopedic Center - A Partner of UM Shore Regional Health; 510 Idlewild Avenue, Ste. 200, Easton; 410-820-8226; umms.org/shore

ORTHOPEDIC SURGERY (HIP)

Dealing with surgery of the hip.

Dr. James Trauger

Peninsula Orthopaedic Associates; 1675 Woodbrooke Drive, Salisbury; 410-534-7602; peninsulaortho.com

Dr. Kamala Littleton

Mercy Physicians at Kent Island; 130 Love Point Road, Stevensville; 410-539-2227; mdmercy.com

Dr. Kevin McCoy

The Orthopedic Center - A Partner of UM Shore Regional Health; 510 Idlewild Avenue, Ste. 200, Easton; 410-820-8226; umms.org/shore

Dr. Pasquale Petrera

Peninsula Orthopaedic Associates; 1675 Woodbrooke Drive, Salisbury; 410-514-3423; peninsulaortho.com

ORTHOPEDIC SURGERY (KNEE)

Dealing with surgery of the knee.

Dr. James Trauger

Peninsula Orthopaedic Associates; 1675 Woodbrooke Drive, Salisbury; 410-534-7602; peninsulaortho.com

Dr. Kamala Littleton

Mercy Physicians at Kent Island; 130 Love Point Road, Stevensville; 410-539-2227; mdmercy.com

Dr. Michael Foster

The Orthopedic Center - A Partner of UM Shore Regional Health; 510 Idlewild Avenue, Ste. 200, Easton; 410-820-8226; umms.org/shore

Dr. Richard Mason

The Orthopedic Center - A Partner of UM Shore Regional Health; 510 Idlewild Avenue, Ste. 200, Easton Md; 410-820-8226; umms.org/shore

OTOLARYNGOLOGY

Dealing with the ear, nose, and throat.

Dr. Daniel Kelley

Eastern Shore ENT & Allergy Associates; 106 Milford Street, Ste. 101, Salisbury; 410-742-1567; easternshoreent.com

Dr. Laurie Porter

UM Shore Medical Group - ENT, Sinus & Hearing; 490 Cadmus Lane, Sute 101, Easton; 410-810-9119; umms.org/shore

PEDIATRICS

The medical sciences caring for children.

Dr. Demetrios Kalliongis

Bay Area Pediatrics;
165 Log Canoe Circle,
Ste. E, Stevensville;
410-643-1000; bayareapediatrics.net

Dr. Mark Langfitt

UM Shore Medical
Group - Pediatrics at
Easton; 500 Cadmus
Lane, Ste. 210, Easton;
410-822-8550; umms.
org/shore

PHYSICAL MEDICINE & REHABILITATION

Dealing with the evaluation, treatment, and care of persons with musculoskeletal injuries, pain syndromes, and other physical or cognitive impairments or disabilities.

Dr. Charles Simmons

Clearway Pain Solutions;
120 Sallitt Drive,
Ste. D, Stevensville;
800-997-2460; clearwaypain.com

Dr. Jennifer Baima

The Orthopedic Center - A Partner of UM Shore Regional Health;
510 Idlewild Avenue,
Ste. 200, Easton; 410-820-8226; umms.org/shore

PLASTIC SURGERY (ENHANCEMENT)

Dealing with modifying or improving the appearance of a physical feature using the techniques of plastic surgery.

Dr. Christopher Spittler

Plastic Surgery Specialists;
611 Dutchmans Lane,
Easton; 410-841-5355; plasticsurgeryspec.com

Dr. Jason Arrington

Atlantic Plastic Surgery;
106 Milford Street, Ste. 307,
Salisbury; 410-548-9555;
atlanticplasticsurgery.com

Dr. Kelly Sullivan

Sullivan Surgery & Spa;
1 Goldsborough Street,
Easton; 443-221-2700;
sullivansurgery.com

Dr. Vincent Perrotta

Peninsula Plastic Surgery;
314 W. Carroll Street, Ste. 1,
Salisbury; 410-546-0464;
penplasticsurgery.com

PLASTIC SURGERY (FACIAL)

Dealing with plastic and reconstructive surgery of the face, nose, head, and neck.

Dr. Jason Arrington

Atlantic Plastic Surgery;
106 Milford Street, Ste. 307,
Salisbury; 410-548-9555;
atlanticplasticsurgery.com

Dr. Robert Davis

Coastal Aesthetics and Wellness;
1344 S. Division Street, Ste. 202,
Salisbury; 443-614-4105;
coastal-aesthetics.com

PLASTIC SURGERY (RECONSTRUCTIVE)

Dealing with the restoration of appearance and function following injury or disease or the correction of congenital defects using the techniques of plastic surgery.

Dr. Christopher Spittler

Plastic Surgery Specialists;
611 Dutchmans Lane,
Easton; 410-841-5355; plasticsurgeryspec.com



Bay Area Pediatrics
Providing great pediatric care is the standard and we do it "one patient at a time."



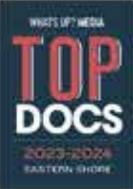
D. James Kalliongis MD, Jill Tierney MD, Courtney Fraimuth CPNP-PC, Jaime Schell CPNP-PC

Contact us today at 410-643-1000 to schedule your child's appointment and get them on the road to great health!

Thank you for voting Dr. Kalliongis Best in Pediatrics

Office Hours

Monday 8am to 6pm	Thursday 8am to 6pm
Tuesday 8am to 5pm	Friday 8am to 4pm
Wednesday 8am to 5pm	Saturday 9am to 2pm



165 Log Canoe Circle, Suite E • Stevensville, MD 21666
bayareapediatrics.net

**Dr. Kelly Sullivan**

Sullivan Surgery & Spa;
1 Goldsborough Street,
Easton; 443-221-2700;
sullivansurgery.com

PODIATRY

Dealing with the diagnosis, treatment, and prevention of diseases of the human foot.

Dr. Eric Harmelin

Annapolis Foot & Ankle; 130 Love Point Road, Ste. 102, Stevensville; 410-670-8106; annapolisfootandanklecenter.com

Dr. Eric Jamrok

Peninsula Orthopaedic Associates; 1675 Woodbrooke Drive, Salisbury; 410-835-9070; peninsulaortho.com

Dr. James Klocek

TidalHealth; 106 Milford Street, Ste. 504-A, Salisbury; 410-546-2288; tidalhealth.org

Dr. James Rano

TidalHealth; 106 Milford Street, Ste. 305-E, Salisbury; 443-266-5555; tidalhealth.org

Dr. Leona Odemena

Cambridge Foot & Ankle; 100 Bramble Street, Cambridge; 443-225-6640; umms.org

Dr. Todd Albrecht

Easton Foot & Ankle Center; 8579 Commerce Drive, Ste. 100, Easton; 410-822-0645; eastonfootandanklecenter.com

PRIMARY CARE MEDICINE

Provides first-contact care for persons with any undiagnosed sign, symptom, or health concern and comprehensive care for the person which is not organ- or problem-specific.

Dr. Frederick Delboy

Chestertown Family Medicine; 6602 Church Hill Road, Chestertown; 410-778-0300; healthgrades.com

Dr. Kevin Tate

UM Shore Medical Group - Primary Care at Easton; 500 Cadmus Lane, Ste. 211, Easton; 410-820-4880; umms.org/shore

Dr. Vel Natesan

Natesan Medical Group; 951 Mount Hermon Road, Salisbury; 410-749-4400; natesanmedicalgroup.com

PSYCHIATRY

Dealing with the science and practice of treating mental, emotional, or behavioral disorders.

Dr. Justin Wade

UM Shore Regional Health; 19 Bay Street, Easton; 410-693-8208; justinwademd.com/

Dr. Kathleen Ziegler

UM Shore Regional Health; 219 S. Washington Street, Easton; 410-822-1000; umms.org/shore

Dr. Sushma Jani

Community Behavioral Health; 809 Eastern Shore Drive, Salisbury; 410-334-6687; communitybehavioralhealth.net

PULMONOLOGY

Dealing with the function and diseases of the lungs.

Dr. Andrew Vranic

UM Shore Medical Group - Pulmonary Care; 500 Cadmus Lane, Ste. 209, Easton; 410-822-0110; umms.org/shore

Dr. Fernando De Leon

UM Shore Medical Group - Pulmonary Care; 100 Brown Street, Ste. 2-300, Chestertown; 410-810-5670; umms.org/shore

Dr. Peyman Otmishi

UM Shore Medical Group - Pulmonary Care; 500 Cadmus Lane, Ste. 209, Easton; 410-822-0110; umms.org/shore

Dr. Robert Chasse

TidalHealth; 100 E. Carroll Street, Salisbury; 410-543-7722; tidalhealth.org

RADIATION ONCOLOGY

Dealing with the use of radiant energy in the treatment of disease.

Dr. John Mansueti

TidalHealth; 100 E. Carroll Street, Salisbury; 410-749-1282; tidalhealth.org

Dr. John Mastandrea

UM Shore Medical Group - Radiation Oncology; 509 Idlewild Avenue, Easton; 410-820-6800; umms.org/shore

RADIOLOGY

Dealing with the science of X-rays and other high energy radiation, especially in the use of such radiation for the treatment and diagnosis of disease.

Dr. Andrew Vennos

TidalHealth; 1655 Woodbrooke Drive, Ste. 101, Salisbury; 410-543-1144; tidalhealth.org

Dr. Dale Johnson

Shore Radiology; 10 Martin Court, Easton; 410-820-7778; umms.org/shore

RHEUMATOLOGY

Dealing with rheumatic diseases or any of the various conditions characterized by inflammation or pain in muscles, joints, or fibrous tissue.

Dr. Curtis Foy

Rheumatology Associates of Delmarva; 505 Dutchmans Lane, Ste. A3, Easton; 410-819-6545; rheumdmv.com

Dr. Elizabeth S. Clayton

Rheumatology Associates of Delmarva; 505 Dutchmans Lane, Ste. A3, Easton; 410-819-6545; rheumdmv.com

Dr. Ivonne Herrera

Arthritis & Osteoporosis Center; 1324 Belmont Avenue, Ste. 105, Salisbury; 302-628-8300; arthritisde.com

THORACIC SURGERY

Dealing with the repair of organs located in the thorax or chest.

Dr. Fawad Khan

TidalHealth; 100 E. Carroll Street, Salisbury; 410-543-1353; tidalhealth.org

Dr. Zachary Baker

TidalHealth; 100 E. Carroll Street, Salisbury; 410-543-1353; tidalhealth.org

UROLOGY

Dealing with the urinary or urogenital organs.

Dr. Andrew Riggin

UM Shore Medical Group - Urology; 490 Cadmus Lane, Ste. 104, Easton; 410-820-0560; umms.org/shore

Dr. Christopher Runz

UM Shore Medical Group - Urology; 219 S. Washington Street, Easton; 410-822-1000; umms.org/shore

VASCULAR TREATMENT (NON-SURGICAL)

Treating the structural and aesthetic abnormalities of veins/vascular system.

Dr. Kelly O'Donnell

O'Donnell Vein and Laser; 499 Idlewild Avenue, Ste. 101, Easton; 410-294-1690; odonnellveinandlaser.com

Dr. Priya Thirumalai

Center for Vein Restoration; 401 Purdy Street, Ste. 204, Easton; 855-565-8346; centerforvein.com

VASCULAR TREATMENT (SURGICAL)

Dealing with a tube or a system of tubes for conveyance of body fluids, such as blood vessels.

Dr. Douglas Wilhite

Mid Atlantic Surgical Group; 6507 Deer Pointe Drive, Salisbury; 410-543-9332; midatlanticsurg.com

Dr. Mike Bounds

Mid Atlantic Surgical Group; 6507 Deer Pointe Drive, Salisbury; 410-543-9332; midatlanticsurg.com

CONDITION—BACK PAIN**Dr. Charles Simmons**

Clearway Pain Solutions; 120 Sallitt Drive, Ste. D, Stevensville; 800-997-2460; clearwaypain.com

Dr. Conworth Dayton-Jones

TidalHealth; 264 Tilghman Road, Salisbury; 410-742-7246; tidalhealth.org

Dr. Ehsan Abdeshahian

Clearway Pain Solutions; 598 Cynwood Drive, Ste. 105, Easton; 800-997-2460; clearwaypain.com

Dr. Jennifer Baima

The Orthopedic Center - A Partner of UM Shore Regional Health; 510 Idlewild Avenue, Ste. 200, Easton; 410-820-8226; umms.org/shore

Dr. Scott McGovern

Peninsula Orthopaedic Associates; 1675 Woodbrooke Drive, Salisbury; 410-834-4939; peninsulaortho.com

**CONDITION—
BREAST CANCER**

Dr. David Sechler

TidalHealth; 145 E. Carroll Street, Salisbury; 410-548-2600; tidalhealth.org

Dr. David Walker

Mid Atlantic Surgical Group; 6507 Deer Pointe Drive, Salisbury; 410-543-9332; mid-atlanticsurg.com

Dr. David Weng

UM Shore Medical Group - Medical Oncology; 509 Idlewild Avenue, Ste. 1, Easton; 410-897-6200; umms.org/shore

Dr. Roberta Lilly

Clark Comprehensive Breast Center at UM Shore Regional Health; 509 Idlewild Avenue, Easton; 410-820-9400; umms.org/shore

**CONDITION—
DIABETES**

Dr. Jack Snitzer

TidalHealth; 1639 Woodbrooke Drive, Salisbury; 410-572-8848; tidalhealth.org

Dr. Medha Satyarenga

Center for Diabetes and Endocrinology at UM Shore Regional Health; 219 S. Washington Street, Easton; 410-822-1000; umms.org/shore

**CONDITION—
IRRITABLE BOWEL
SYNDROME**

Dr. Volkan Taskin

UM Shore Medical Group - Gastroenterology; 511 Idlewild Avenue, Easton; 410-822-6005; umms.org/shore

**CONDITION —
MACULAR
DEGENERATION**

Dr. Jeffrey Benner

TidalHealth; 6511 Deer Pointe Road, Salisbury; 41-546-8037; tidalhealth.org

**CONDITION—
MEDICALLY
SUPERVISED
WEIGHT LOSS**

Dr. William Haberlin

Mid Atlantic Surgical Group; 6507 Deer Pointe Drive, Salisbury; 410-543-9332; mid-atlanticsurg.com

**CONDITION—
SLEEP APNEA**

Dr. Peyman Otmishi

UM Shore Medical Group - Pulmonary Care; 500 Cadmus Lane, Easton; 410-822-0110; umms.org/shore

Visit whatsupmag.com for the complete list of Top Docs winners practicing on Maryland's Western Shore.

DR. ROBERT LARAWAY
BOARD-CERTIFIED ORTHODONTIST

**KENT ISLAND
ORTHODONTICS**

WHAT WE OFFER:

- Brand new office
- Cutting edge technology
- Complimentary consultations and x-rays
- Personalized treatment plans
- 0% interest financing options
- Braces and clear aligners for kids and adults

206 DUKE STREET · STEVENSVILLE
(410) 855-4430 · KIORTHO.COM

PNC
Host Sponsor

PRESENTING

**◆ BEEF ◆
BONFIRES
& CIGARS**

Saturday, November 4, 2023

A fun night of food, beverages & music to raise funds!

Kent Island Resort
500 Kent Manor Dr. Stevensville, MD

to benefit

Haven Ministries
Blessings through Studies, Clothing, Food and Support

SCAN ME

The Kahan Center

FOR PAIN MANAGEMENT

DON'T LET PAIN HAVE THE LAST WORD.

Experience the next generation in pain management

Platelet rich plasma (PRP) is an up and coming treatment for patients who experience pain related to arthritis, sports injuries and wear and tear of the joints. Most literature supports the healing benefit of treatment with PRP. There are more and more randomized and double blinded studies coming out stating the benefits of utilizing platelet rich plasma for arthritic joints and sports related injuries. Dr. Brian Kahan, D.O. FAAPMR, DAOCPMR, is well experienced in handling patients who suffer from the long term effects of arthritis and utilizing PRP to heal and enhance quality of life. Dr. Brian Kahan, has been performing platelet rich plasma procedures on patients of all ages since 2005. His experience in the field of regenerative therapy has enabled patients to return to an active lifestyle or delay surgical treatment until the time was right for them.



Check out our YouTube channel: The Kahan Center for Pain Management to see live PRP injections.

NOW AFFILIATED WITH

CHESAPEAKE CENTER FOR REGENERATIVE MEDICINE

Specializing in platelet rich plasma (PRP), hematopoietic tissue grafts and stem cell treatment to encourage the body to heal itself.

Visit chesapeake regenerativemedicine.com for more information.

The Kahan Center

FOR PAIN MANAGEMENT

SCHEDULE YOUR APPOINTMENT TODAY!

Both centers now located in one convenient **NEW** location!

170 Jennifer Road | Suite 240
410.571.9000 | Annapolis, MD
TheKahanCenter.com

Dr. Brian Kahan

board certified in 5 medical specialties. Age 58.
Claims to fame: neck surgery at 35, hip replacement at 49 and still going strong.



BEST
PAIN MEDICINE
BACK PAIN
PHYSICAL MEDICINE
& REHABILITATION

LEADING HEALTHCARE PROFESSIONALS





DR. CLAIRE S. DUGGAL

Sandel Duggal Center for Plastic Surgery

Meet Dr. Claire S. Duggal, a distinguished figure in the realm of plastic surgery. She's a board-certified plastic surgeon specializing in aesthetic body procedures and reshaping lives with a unique blend of artistry and personalized care.

Dr. Duggal's extraordinary journey began at Harvard University, where she graduated magna cum laude, laying the foundation for her unwavering commitment to excellence. Subsequently, she pursued her medical degree at Emory University, where she earned a coveted spot in the Emory Plastic and Reconstructive Surgery training program, honing her skills and knowledge.

Central to Dr. Duggal's practice is the belief that true beauty aligns with individuality. She

adopts a natural approach to her craft, ensuring that each patient's uniqueness radiates through their results. Whether you seek breast surgery, abdominoplasty, liposuction, or fat grafting, Dr. Duggal combines precision and artistry to realize your desired look.

As a mother herself, Dr. Duggal empathizes with the physical and emotional transformations of motherhood, offering tailored solutions for women seeking to reclaim their pre-pregnancy bodies. Her expertise extends to facial rejuvenation, encompassing surgical and non-surgical options like Botox® and fillers to enhance natural beauty.

Beyond the surgical suite, Dr. Duggal is a loving wife and mother to three daughters. She treasures family time, relishing activities like hiking and leisurely moments on the water. Her

down-to-earth persona and compassionate nature instill trust in her patients.

Dr. Claire S. Duggal is living proof that consulting a plastic surgeon doesn't mean forsaking substance for style. You can be a person of substance while striving to look and feel like your best self. If you're ready for a transformative journey, choose Dr. Duggal and the Sandel Duggal Center for Plastic Surgery—an exceptional hub for aesthetic surgery.

DR. CLAIRE S. DUGGAL
104 Ridgely Avenue
Annapolis, MD, 21401
410.266.7120 ▪ sandelduggal.com



DR. HENRY D. SANDEL IV

Master of Facial Plastic Surgery

Dr. Henry D. Sandel IV is an eminent figure in facial plastic surgery and reconstruction. His exceptional expertise and dedication to enhancing natural beauty and confidence have made him a celebrated luminary in the field. As the founder of the prestigious Sandel Duggal Center for Plastic Surgery & MedSpa, Dr. Sandel is renowned for his unwavering commitment to delivering exceptional care.

After training at Georgetown University Hospital in Head and Neck surgery, Dr. Sandel pursued a prestigious fellowship in Facial Plastic and Reconstructive Surgery, attaining dual board certifications in Facial Plastic and Reconstructive Surgery and Otolaryngology – Head & Neck Surgery.

In 2008, Dr. Sandel returned to Annapolis, MD,

establishing a haven for facial plastic surgery and skin care. His partnership with Dr. Claire S. Duggal, a board-certified plastic surgeon and reconstruction specialist, led to the inception of the Sandel Duggal Center for Plastic Surgery & MedSpa. This collaboration resulted in the West Annapolis Surgery Center, providing unparalleled convenience and top-tier care under one roof.

Experience, education, and trust define Dr. Sandel's practice. His team has earned a stellar reputation for consistently delivering outstanding results. Their mission is to provide the highest quality care in a state-of-the-art environment, ensuring that each patient achieves their aesthetic goals with natural-looking, long-lasting outcomes.

Dr. Sandel is passionate about patient education, empowering individuals to make informed

decisions, epitomizing his commitment to patient satisfaction. His practice offers a comprehensive range of plastic and reconstructive surgery options, complemented by cutting-edge nonsurgical cosmetic procedures and laser treatments, all tailored to each patient's unique needs and desires.

Dr. Sandel is more than a surgeon; he is a partner on a journey to renewed self-assurance and beauty.

DR. HENRY SANDEL

104 Ridgely Avenue
Annapolis, MD, 21401

410.266.7120 ▪ sandelduggal.com



DR. CHRISTOPHER J. SPITTLER

Plastic Surgery Specialists

Dr. Christopher J. Spittler is a distinguished board-certified plastic surgeon committed to empowering patients through transformative cosmetic and reconstructive procedures. Through his patient-first approach at Plastic Surgery Specialists, he continues to make a positive impact throughout Annapolis, Baltimore, and the entire state of Maryland.

Originally from Cleveland, Ohio, Dr. Spittler started down the path to medicine with a degree in Biology at the University of Cincinnati and a medical education at Northeastern Ohio Universities College of Medicine. After completing surgical internships and residencies, his passion for plastic surgery grew.

That passion led to a plastic surgery residency at the University of Wisconsin Hospitals, as well as a prestigious Fellowship in Breast and

Cosmetic Surgery at Georgetown University Medical Center. Dr. Spittler's credentials include certification by the American Board of Plastic Surgeons, membership in the American Society of Plastic Surgeons, and a Fellowship from the American College of Surgeons. He actively contributes to research and national presentations.

Driven by care and compassion, Dr. Spittler helps men and women achieve their desired appearances and lifestyles. The successful results wouldn't be possible without the support staff at Plastic Surgery Specialists. "Our team operates as a tightly-knit family, ensuring seamless collaboration that leads to enhanced patient care, including lower surgical costs, increased confidentiality, and the comfort that comes with knowing that the whole team is looking out for your well-being."

While his professional achievements set

him apart in the world of medicine, it's his connection to Annapolis that make the results he achieves so special. "Annapolis is not just where I practice medicine; it's my home. Living and working here allows me to connect with patients on a personal level, understanding their unique needs and aspirations."

Through his community-centered approach, commitment to excellence, and surgical skills, Dr. Spittler continues to make a lasting impact on the lives of those seeking enhanced self-assurance and well-being.

PLASTIC SURGERY SPECIALISTS
 Annapolis | Easton | Prince Frederick
 800-570-7600
plasticsurgeryspec.com



DR. ROBERT T. HOWARD

Plastic Surgery Specialists

Through his pragmatic yet compassionate approach, Dr. Robert T. Howard has integrated his surgical expertise into the fabric of Annapolis by joining Plastic Surgery Specialists, marking a successful homecoming to the place where he grew up.

Dr. Howard's medical journey began at the United States Naval Academy, cultivating in him a deep-rooted commitment to service. After completing his medical education at the Uniformed Services University of the Health Sciences and internships at the Naval Medical Center in Portsmouth, VA, his military career took him across the globe.

From his initial role as a Diving Medical Officer in Guam to serving as the Ship's Surgeon on the USS Nimitz in the Persian Gulf, Dr. Howard's experiences affirmed

his belief in the transformative potential of surgical intervention.

That potential applied just as strongly to civilian life as it did to the armed forces. Now at Plastic Surgery Specialists, Dr. Howard applies his skills with a personalized touch to help patients regain their confidence.

Beyond the operating room, Dr. Howard's research, from extremity injuries to flap coverage techniques, advances medical knowledge and elevates patient care. Affiliations with esteemed organizations like the American Society of Plastic Surgeons underscore his pursuit of excellence.

Amidst his professional achievements, Dr. Howard's bond with Maryland remains unwavering. Reflecting on this connection, he said, "There's a unique satisfaction in giving back to the place that shaped me.

Settling into and supporting the community that's been an integral part of my life feels incredibly fulfilling."

He finds joy in sharing life's moments with his family—his wife, twin daughters, and son—while exploring the Anne Arundel County that shaped him. His transition from a globe-spanning military career to a local focus is felt throughout the area, as this skilled surgeon uses his platform at Plastic Surgery Specialists to improve lives every day.

PLASTIC SURGERY SPECIALISTS
Annapolis | Easton | Prince Frederick
800-570-7600
plasticsurgeryspec.com



SOISTMAN FAMILY DENTISTRY & ASSOCIATES

Jonathan T. Soistman, DDS | Gurpreet Kaur, DDS | Scott Stewart, DDS

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

At Soistman Family Dentistry & Associates, we provide our patients with a calm and relaxing atmosphere. We have an office

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

My inspiration is to have a positive impact in my patients lives and the community, through acts of kindness and generosity. This vision was one of my driving forces, along with support from my family and

friends. The personal interactions with our patients and the stories of success and happiness inspires us to make a difference.

FREE DENTAL DAY

**CENTREVILLE SMILES
A DAY OF FREE DENTISTRY
SATURDAY - OCTOBER 21, 2023
7AM - 1PM**

Our mission is to serve our community!



Patients in need will receive either one cleaning, filling, or extraction. No pre-registration. Strictly on a first come, first serve basis.



ABOUT OUR SCHOLARSHIP FUND

\$9,000 AWARDED THIS YEAR!

SPIRIT OF SOISTMAN FAMILY DENTISTRY SCHOLARSHIP



This Scholarship Fund was established by Dr. Jonathan T. Soistman of Soistman Family Dentistry & Associates in 2017. The fund will award six, \$1,000.00 scholarships and six \$500.00 scholarships to two members of the graduating classes of Queen Anne's County High School, Kent Island High School, Easton High School, Saint Michaels High School, Kent County High School and Homeschooled

students. This scholarship fund is specifically developed to help offset the increasing tuition costs of higher education for deserving students who qualify with the below requirements. We encouraged any homeschooled, private or public student on the shore to apply.

Dr. Soistman was raised in Cordova, Maryland and earned his Bachelor's of Science degree from Towson University in 2006. He graduated from the University of MD in 2011 with his Doctorate in Doctor of Dental Surgery (DDS). Practicing since 2011, Dr. Soistman established Soistman Family Dentistry & Associates in Centreville, MD in October 2015. He believes that having an opportunity to seek higher education along with participation in school, athletics, extracurricular activities and one's community contributes to the development of a person of character and integrity. This

scholarship is intended to support students who have demonstrated a desire to attain a higher education, have exhibited a motivation and plan to reach and achieve their goals in the next 10 years, and have shown an understanding and appreciation of participation in their community. Selection of this scholarship is based upon interest and potential for success in pursuing a degree through associates, bachelors or other programs like community college and trade schools.



ABOUT DR. SOISTMAN

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

residency in Advanced General Dentistry at the University of Maryland. Dr. Soistman is the recipient of outstanding service and leadership for organized dentistry (MSDA, 2011). He is an Invisalign Certified Preferred Provider (2022), Favorite Business Owner (Golden Anchor Awards, 2022) and A Business With The Biggest Heart (Golden Anchor Awards, 2022).



ABOUT DR. KAUR

Dr. Gurpreet Kaur joined Soistman Family Dentistry & Associates in January of 2018 and has been a wonderful addition to our Team. She attended Virginia

Commonwealth University and graduated with accolades in 2015. She previously worked in Salisbury, MD for a few years. Dr. Kaur and her family moved closer to the Eastern Shore of Maryland so she and her husband can enjoy all the shore has to offer while raising their two sons.



ABOUT DR. STEWART

Dr. Scott Stewart joined Soistman Family Dentistry & Associates in July of 2023. He and his family recently relocated to the Eastern Shore from Bainbridge Island, WA. He and his wife

owned a beautiful private practice for seventeen years on the Olympic Peninsula before moving to the Delmarva Peninsula. He graduated from Case Western Reserve University's School of Dental Medicine in 2006. Prior to that, he earned his Bachelor of Science in Chemistry and he was also a successful machinist for a Boeing subcontractor.

100 Pennsylvania Avenue
Centreville, MD 21617
410-246-4373 • 410-758-4318 (Fax)

403 Purdy Street, Suite 201
Easton, MD 21601
410-525-5883 • 410-822-1844 (Fax)

SoistmanFamilyDentistry.com • Smile@SoistmanFamilyDentistry.com





Michael Del Torto, MD, FAAD



Donald Stranahan Jr., MD, FAAD



Kirra Brandon, MD, FAAD



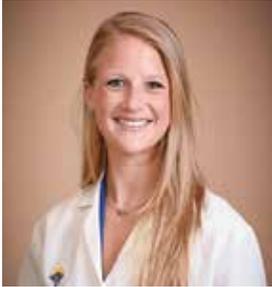
Hyland Cronin, MD, FAAD



Amy Engler, PA-C



Ellen Jordan, PA-C



Erica Franks, PA-C



Keeley Diggs, PA-C



Katelyn Baker, PA-C



Leslie Oliver, CRNP



Allison Rabe, PA-C



Mary Anne Robinson, PA-C



Megan Donovan, PA-C

EASTON DERMATOLOGY ASSOCIATES

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

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

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

Easton Dermatology providers treat skin conditions including: Skin Cancer (*Screening, Surgery, MOHS Surgery*), Acne, Psoriasis, Rosacea, Eczema, Hair loss and Nail diseases.

Our cosmetic services include: Botox injections, Dermal fillers, TempSure Skin

Rejuvenation®, Laser hair removal Laser wrinkle reduction, Sclerotherapy and Microneedling.

We are accepting new patients.



EASTON DERMATOLOGY ASSOCIATES

403 Marvel Court

Easton, MD

410-819-8867

www.eastondermatology.com



KENT ISLAND PEDIATRIC DENTISTRY

Margaret C. McGrath, DMD, MPH

Megan Golia, DDS

We often hear parents say, "my child keeps asking when I can come back to the dentist?" Those stories make us happy and proud that children really do like our office! As pediatric dentists we provide both regular and specialty dental care for children ages 0-18 years, and for children with special needs. We offer many services that family dentists cannot offer, such as nitrous oxide sedation, mild oral sedation and hospital dentistry. Drs. Margaret McGrath and Megan Golia have techniques and skills enabling them to provide complicated dental care for children in a safe and even fun manner. They always enjoy meeting new patients and

are dedicated to providing stellar pediatric dental care to the children on the Eastern Shore.

New Laser Dentistry

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

patients love it and this is a game changer in pediatric dentistry. We are thrilled to have this technology in our office!

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

KENT ISLAND PEDIATRIC DENTISTRY

160 Sallitt Drive, Suite 106
Stevensville, MD 21666

410-604-2211 | kipediatricdentistry.com



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

Regenerative Orthopedics and Sports Medicine Annapolis

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

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

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

About Dr. Mulvaney

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

About Dr. Lynch

Dr. Lynch is an Olympic Team Physician for USA Swimming supporting elite athletes in international competitions since 2011, including the 2016 and 2020 Olympic Games in Rio de

Janeiro and Tokyo. He is an Associate Professor at the Uniformed Services University in Bethesda and is board certified in Family Medicine and Sports Medicine. Dr. Lynch is a 1989 graduate of the United States Military Academy at West Point and holds graduate degrees from Dartmouth College and Brown Medical School.

ROSM ANNAPOLIS

116 Defense Hwy, Ste. 203 ▪ Annapolis, MD 21401
499 Idlewild Ave., Suite 103 ▪ Easton, MD, 21601
410-505-0530 ▪ 443-470-6899 ▪ www.rosm.org
www.thestellateinstitute.com
www.drseanmulvaney.com
www.drjameslynch.com



EASTERN SHORE DENTAL CARE

Dr. Alyssa Wolfe, Dr. Eric Fooksman, Dr. Jennifer Brotz

Eastern Shore Dental Care started off as a small dental practice on the Eastern Shore. In 2017, the office was renovated, expanded and rebranded. Eastern Shore Dental Care is a 7,000 sq. ft. dental spa and employs 8 dentists, 49 staff members, offers 20 treatment rooms and serves over 20,000 patients.

As of July, Eastern Shore Dental Care is under new ownership, but with familiar faces. Dr. Jennifer Brotz, Dr. Eric Fooksman, and Dr. Alyssa Wolfe have taken over ownership and are continuing the level of care their patients have come to know and love. The previous owners, Dr. Billing and

Dr. Murphy, were pleased to know that after 42 years of ownership their practice was in trusted hands.

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

If are interested in learning more about our practice or to schedule a consultation, please do not hesitate to call us at 410-643-5500 or visit our website at www.easternshoredentalcare.com

EASTERN SHORE DENTAL CARE

22 Kent Towne Market

Chester, MD 21619

410-643-5500

www.easternshoredentalcare.com



HARBOR DENTAL CENTER

Dr. Meredith Todd, DDS, FAGD

If you're looking for a dental home that combines comprehensive care state-of-the-art dentistry with a personalized patient-centered approach, look no further than Harbor Dental Center in Cambridge. Since 2013, Dr. Meredith Todd, DDS, FAGD, has been practicing in her hometown, Cambridge, MD. She has grown her practice by focusing on patient comfort and compassionate care.

Harbor Dental Center continuously improves the patient experience through advanced training and cutting edge technologies such as digital scanning, 3-D cone beam x-rays, and laser technology. Our goal is to help patients maintain their dental health for a lifetime and to improve overall health, confidence, and happiness.



Meet Dr. Todd

Dr. Meredith Todd graduated from University of Maryland - Baltimore College of Dental Surgery in 2011 and completed an additional 1-year general practice residency at Sacred Heart Hospital in Allentown, PA. She prides herself on staying up to date on the latest advances in dentistry and is always learning so she can better serve her patients. Dr. Todd was drawn to dentistry because she loved the mixture of art and science that dentistry allows. She says designing new smiles is like her "arts and crafts" time and loves the hands-on aspect of her work.

Meet Dr. Bhatt

Dr. Roshni Bhatt was born and raised in Southern California and graduated from Midwestern University Downer's Grove in May 2023. She has grown up in the dental field, watching and working with her father, who also practices as a general dentist in California. She finds dentistry as a great outlet to express creativity and help enhance her patients' smiles.

HARBOR DENTAL CENTER

402 Muse St
Cambridge, MD
410-228-5445

harbordentalcenter.com



REINHEIMER ORTHODONTICS

Dr. Ora Reinheimer

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

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

Reinheimer Orthodontics, we treat the orthodontic needs of children and adults

of all ages, we have patients in their 80's! With more than 18 years of success, Dr. Ora Reinheimer has earned a reputation for offering an unparalleled level of compassion and excellence in orthodontic care. It is one of our top priorities to make your experience with us as comfortable as possible.

Testimonial - *"This review is for my child's initial consultation, which was wonderful. Staff was extremely friendly and welcoming. Exam was thorough and everyone took plenty of time to go over the evaluation and recommended treatment plan. There was no rushing; they made sure all of our questions were answered. We left with a nice folder*

of relevant info, including a color photo printout of the same pictures they took for the evaluation! I was pleasantly surprised by the flexible payment options, too."

REINHEIMER ORTHODONTICS

Annapolis

802 Bestgate Road, Suite B

Kent Island

101 St. Claire Place, Suite 104

410-263-5600

marylandbraces.com



We are pleased to announce **Dr. Ali Bukhari** has joined Maryland Oncology Hematology and will use his skills and experience to provide personalized patient care. Dr. Bukhari will see patients in our Annapolis and Easton locations



MARYLAND ONCOLOGY HEMATOLOGY

Expert Care Close to Home

Patient-Centered Approach

Maryland Oncology Hematology provides patients with advanced, comprehensive cancer therapies in a community setting that allows patients to receive care near their support systems. Our highly trained and experienced physicians work closely with a talented clinical team that is sensitive to the needs of cancer patients and their caregivers. The best of care, close to home.

Patients can be assured that as an independent practice, MOH physicians are able to send patients to the best specialists or make recommendations based on specific care needs. We are never beholden to a health system or network. Unlike some of the major hospitals, our doctors are focused solely on oncology, giving patients the expert care that they deserve.

Maryland Oncology Hematology is a community-based practice, entirely owned and run by Maryland physicians. Our team is devoted to providing state-of-the-art patient care for hematology and oncology, working on behalf of our community for the benefit of patients.

Expertise in One Place

Our board-certified oncology and hematology experts are dedicated solely to treating cancer and blood disorders. Our nationally recognized providers work together as a group to provide the best possible treatment.

- **Chemotherapy** and other medical oncology therapies destroy cancer cells, oftentimes with targeted approaches that cause less damage to normal, healthy cells.
- **Immunotherapy** treatment uses drugs that target a body's own immune system to help fight cancer.
- **Hematology** treatment for blood disorders using the latest in therapies and technologies. Our physicians work closely with radiation oncologists, pharmacists, and other specialists to ensure comprehensive care for our patients.
- **Scalp Cooling** is clinically proven to reduce hair loss due to chemotherapy treatments. Our practice offers Paxman Scalp Cooling Technology which can

help patients with one of the most traumatic side effects associated with cancer treatment.

MARYLAND ONCOLOGY HEMATOLOGY

Annapolis Office
810 Bestgate Road
Suite 400
Annapolis, MD

Easton Office
Coming Soon

410-897-6200
www.MarylandOncology.com



Top Doc 2023-2024- Rheumatology



Arthritis &
Osteoporosis
Center, LLC



Services:

Rheumatology care

Infusion Center open to all Specialties: Neurology, Gastroenterology, Allergy, Pulmonary, Dermatology, Ophthalmology, and Oculoplastic Surgeon.

Joint Ultrasound for accurate joint injections

Platelet Rich Plasma (PRP) to treat osteoarthritis

Accepting new patients.

ARTHRITIS & OSTEOPOROSIS CENTER

Ivonne Herrera, M.D.

Dr. Ivonne Herrera earned her medical degree in her home country, Venezuela, and decided to continue her training in the United States. She completed her Internal Medicine residency at Mount Sinai Medical Center and her Rheumatology fellowship at the University of Miami. She is Board Certified in Rheumatology and has been practicing Rheumatology for over 20 years in the Delmarva Peninsula. Her top areas of expertise are Rheumatoid Arthritis (RA), Psoriatic Arthritis, Lupus, Ankylosing Spondylitis, Vasculitis, Scleroderma, Gout, and Osteoporosis. She is a former president of the Rheumatology Society of Delaware, and founder of the Osteoporosis Education Program at Nanticoke Memorial Hospital. She is active in-patient care and teaching, Dr Herrera is faculty of the TidalHealth Internal Medicine Residency Program, and has been and assistant professor guiding medical students and residents in the world of rheumatic diseases.

SALISBURY

1324 Belmont Ave. Suite 105B

Salisbury, MD 21804

Tel: (443) 944-8031 | Fax: (443) 944-9379

SEAFORD

1350 Middleford Rd. Suite 502

Seaford, DE 19973

Tel: (302) 628-8300 | Fax: (302) 628-8400

INFUSION CENTER

Tel: (302) 544-9108

ArthritisDE.com



Q&A

QUESTIONS AND ANSWERS WITH THE AREA'S TOP MEDICAL PROFESSIONALS



Q: What are the latest technology advances in our office?

A: Our practice is all digital, including digital cameras and large screen monitors in each operatory for patients to see their teeth up close. Conversations about treatment are much easier when patients can

see the condition of their teeth. Our new three-dimensional scanner allows us to view complex anatomy and pathology. Additionally, we can use this scanner for precise placement of dental implants, endodontic treatment, and treating sleep apnea patients. We are excited about the level of care we are able to offer with this digital technology.

JONATHAN T. SOISTMAN, DDS
Soistman Family Dentistry & Associates



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

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

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

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



Q: When is the right time for a Mommy Makeover?

A: We generally recommend waiting until you've finished having children. For women who have just had a baby, it's best to wait until you've fully healed from childbirth and have concluded breastfeeding. Ultimately the right time is unique to you – there's no one-size-fits-all answer. A Mommy Makeover is

a personalized combination of procedures, carefully tailored to address the specific physical changes that came with your pregnancy in order to help you to regain your pre-pregnancy body confidence. Some of the procedures to consider may include: *Breast Enhancement* - Lift and/or augmentation to restore volume and shape. *Tummy Tuck* - Address excess skin and muscle separation in the abdominal area. *Liposuction* - Target stubborn fat deposits that may persist after pregnancy.

DR. CHRISTOPHER J. SPITTLER, Plastic Surgery Specialists



Q: Why choose a dental implant?

A: Dental implants are an ideal solution to replace missing teeth. Placing an implant does not disturb the adjacent teeth and, when integrated completely, there is

minimal risk of the restoration failing. Implants and implant crowns replicate teeth naturally and effectively.

DR. ALYSSA WOLFE, Eastern Shore Dental Care



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

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

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

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

MICHAEL DEL TORTO, MD, FAAD
DONALD STRANAHAN JR., MD, FAAD
 Easton Dermatology



Q: Why do I grind my teeth?

A: Are you aware of clenching and grinding your teeth at night? Grinding is not only severely damaging to your teeth but may be a sign of a much bigger health problem, sleep apnea. The theory is that tooth grinding helps the

body to increase oxygen when it is low. We encourage every patient with significant tooth damage from grinding to get screened for sleep apnea.

MEREDITH TODD, DDS, Harbor Dental Center



Q: How would you handle a frightened or stressed patient in your dental chair?

A: Patients with dental phobia or anxiety are important to us and we strive to create the most comfortable environment by offering a comfort care menu. Consisting of ear pods, warm blankets,

pillows, bottled water and coffee. Our doctors are understanding while learning about patient fears and creating an experience that builds confidence in each patient. Fears are usually derived from two things, fear of the unknown and fear of not being in control. We have found that implementing our comfort care menu allows our patients to look forward to returning and their dental fears are diminished.

GURPREET KAUR, DDS
 Soistman Family Dentistry & Associates



Q: What is Pain Management?

A: Why do I hurt? That is the question I answer for my patients. Pain is defined as an emotional and physical response to injury. I have always looked for the source of one's pain before treating it. Once the source is determined, treatment is

easier. Unfortunately, when we think of pain treatment, many assume we are just prescribing pills. However, pills usually will not fix the problem. Most patients will receive therapy to help support their joints and therapeutic spine injections to help alleviate inflammation and pain, or radiofrequency lesioning. Lastly some might require pharmacological management. So, when I think of pain management, I must find the source. Once that is determined I can begin to improve one's quality of life.

DR. BRIAN KAHAN, DO, The Kahan Center for Pain Management



Q: What are the benefits of Artificial Intelligence (AI) in imaging interpretation?

A: Computer analysis has advanced from assisting with lesion detection to offering quantitative probabilistic assessment. AI provides

objective data to guide radiologist interpretation. We now use these tools for MRI and PET dementia diagnosis as well as MRI based multiple sclerosis longitudinal change analysis. By leveraging AI based tools which we have helped develop with industry partners and advanced imaging equipment, CMI has become a national leader in dementia diagnosis (PET and MRI) and Parkinson's diagnosis (DaT scans).

DR. KEVIN BERGER, Chesapeake Medical Imaging



Q: Why Do Infant and Children need Chiropractic Care?

A: Infants and children may need chiropractic care for several reasons, such as physical complications from childbirth, difficulty breastfeeding, torticollis, and colic. Infants may also develop spine

curvatures when they begin to lift their heads and sit up. Correcting misalignments in infants and children helps reduce or eliminate problems and improves their overall health and wellbeing. Chiropractic Care can also improve a child's mobility, enhance bodily functions, and boost immune systems by releasing disease-fighting cells.

DR. ALICIA KOVACH, D.C.
 Kovach Chiropractic and Wellness Center



Q: When should children begin using toothpaste?

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

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

MARGARET C. MCGRATH, DMD, MPH

Kent Island Pediatric Dentistry



Q: How do I choose the right plastic surgeon?

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

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

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



Q: Who is a candidate for sedation dentistry?

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

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

KIAN DJAWDAN, DMD

Djawdan Center for Implant & Restorative Dentistry



Q: When should I start getting mammograms?

A: Most women should start receiving mammograms at 40-years-old. Talk to your doctor about your risk factors for breast cancer to determine if you should start mammograms sooner or if you would benefit from any additional screening

options. Annual mammograms are the best way to detect breast cancer early and give you the opportunity to start treatment when it will be the most effective. At Luminis Health, we offer mammograms at several locations, with convenient hours during evenings and weekends. Visit Luminis.Health/Breast to schedule your mammogram today. .

MARIT DUFFY, MD, 888-909-9729 Luminis.Health/Breast



Q: Is it better to have a facelift on its own, or can I combine it with other facial rejuvenation procedures?

A: A facelift can be performed as a standalone procedure or combined with other facial rejuvenation techniques to achieve optimal results tailored to your goals. During your consultation, your plastic

surgeon will discuss these options with you, as combining procedures can lead to a number of benefits, including quicker results. Since a facelift targets the lower third of your face, it is common to complement it with eyelid surgery or a brow lift. Other procedures that can enhance the outcome of a facelift include: *BOTOX*® Cosmetic to relax wrinkles and maintain results, *Laser resurfacing* to improve skin texture, reduce wrinkles, and promote collagen production, *Autologous fat transfers* to re-contour the facial structure, *Microdermabrasion* or *chemical peels* to improve the tone and texture of facial skin.

DR. ROBERT T. HOWARD, Plastic Surgery Specialists



Q: What new technology is guiding cancer care?

A: When tumor cells are shed into the bloodstream, their extracellular strands of DNA (termed circulating tumor DNA or ctDNA) can be detected and carry diagnostic, prognostic, and therapeutic implications.

Through next-generation sequencing, ctDNA detection from a peripheral blood sample can report the presence of targetable mutations. From there, changes in variant allelic frequency or detection of new mutations can guide additional lines of therapy. More recently, we are seeing that the presence or absence of ctDNA following curative-intent treatment is not only prognostic but can also play a role in treatment escalation or de-escalation. This innovative, yet minimally invasive, technology aims to improve patient outcomes at multiple timepoints and will continue to play a role going forward with cancer treatment.

DR. ALI BUKHARI, Maryland Oncology Hematology



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

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

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

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

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



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

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

the age of 7. By that time, children have a good mix of primary and permanent teeth. This initial visit is important because it can prevent issues further down the road - getting ahead of any orthodontic issues before they even have a chance to start. Whether there's an existing problem or if one is developing, we will come up with a treatment plan that best suits your child.

DR. ORA REINHEIMER, Reinheimer Orthodontics



Q: What's special about our practice relative to treatments?

A: We customize our treatment plans based on the individual person and their individual complexity. We all have the same emotions, but have different values and objectives. We get to know our patients and we comprehensively evaluate their oral health based on the diagnoses of both hard and soft tissues, paired with the patient's interests and goals. We offer a treatment plan that sequences around what the patient wants to achieve. Using the technology in our office, the patient gets to see their teeth, see what the doctor is describing and then they get to make a decision themselves.

SCOTT STEWART, DDS

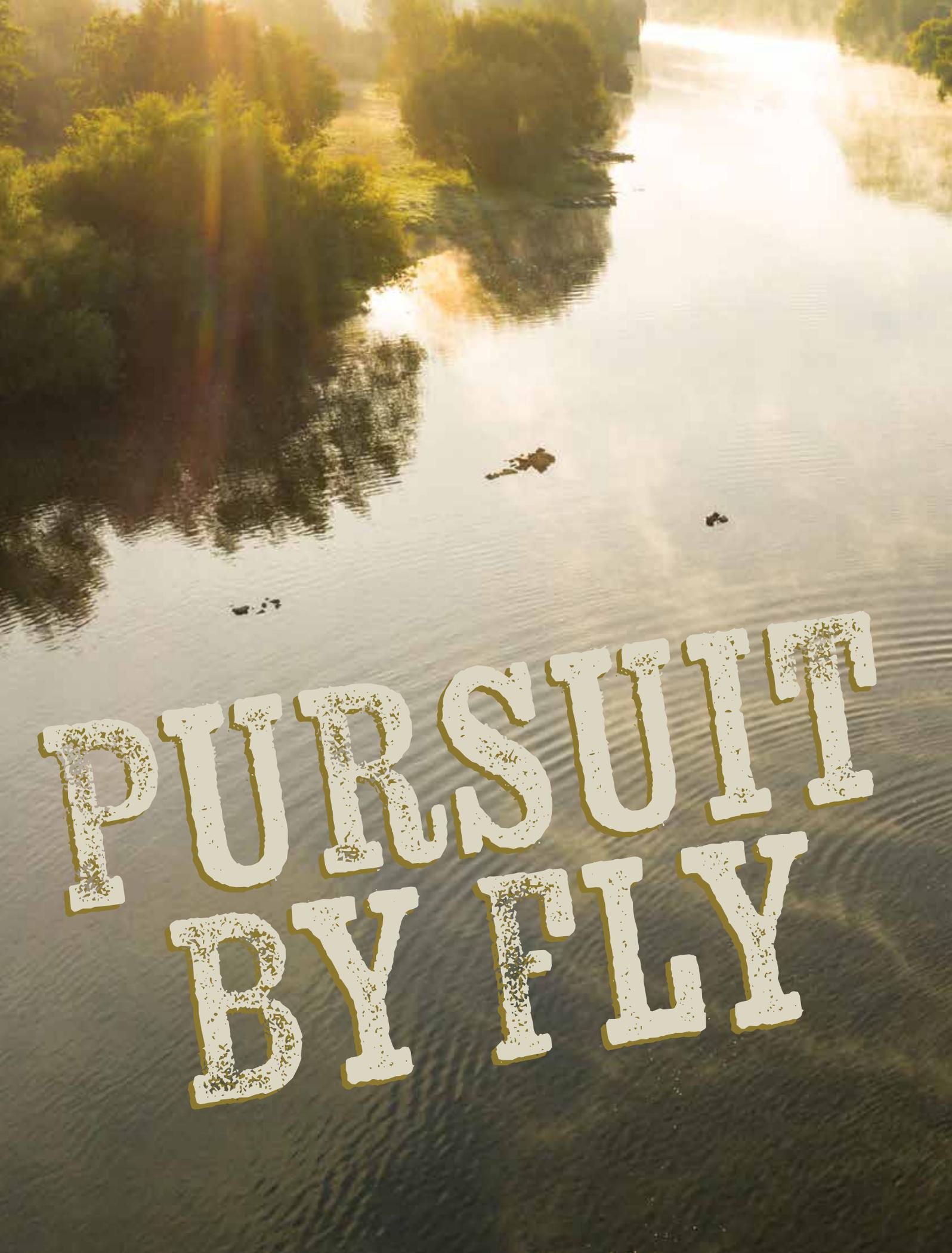
Soistman Family Dentistry & Associates

**LEADING
HEALTHCARE
PROFESSIONALS**

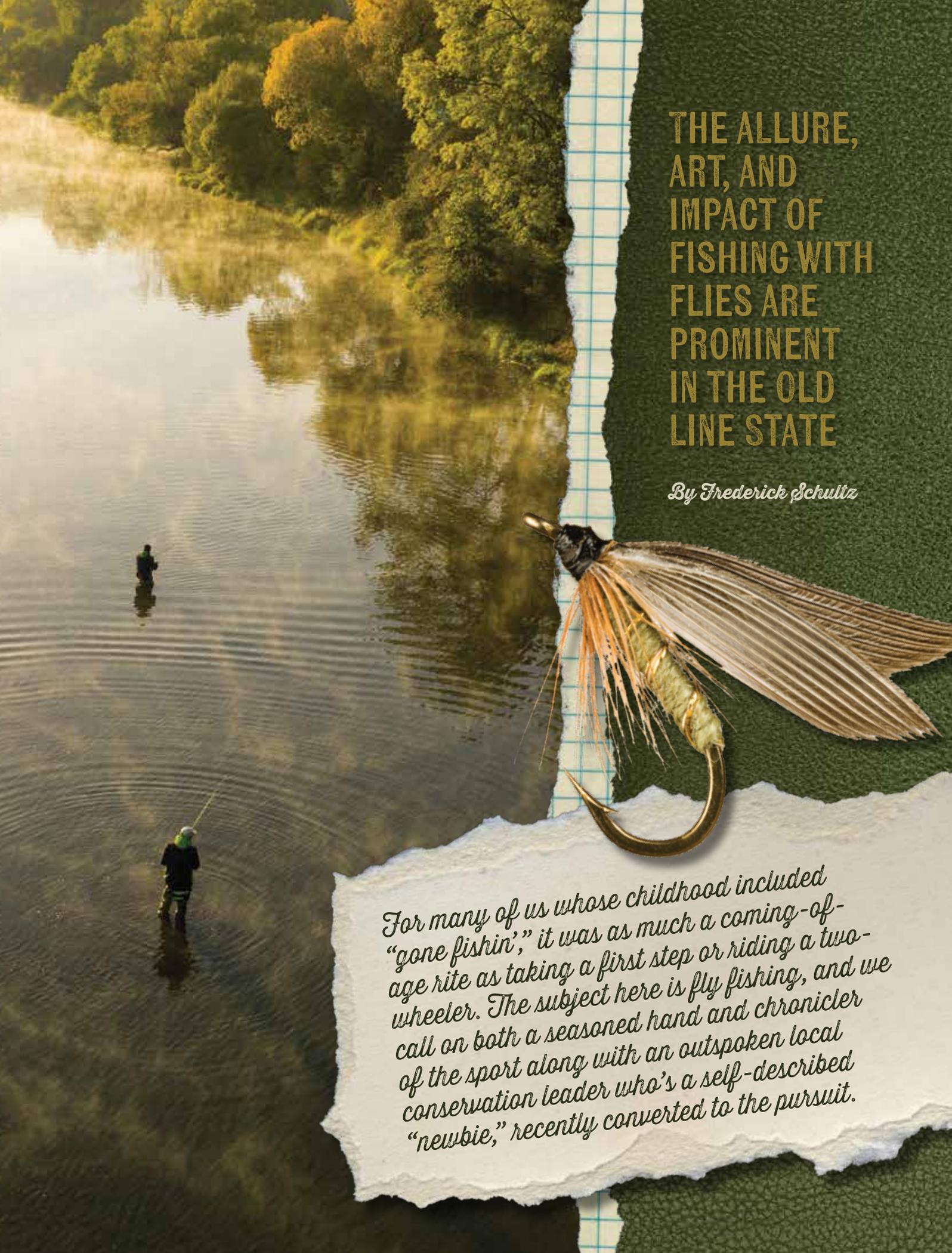
+

FOR MORE INFORMATION ABOUT OUR
LEADING HEALTHCARE PROFESSIONALS

VISIT WHATSUPMAG.COM



PURSUITE BY FLY



THE ALLURE, ART, AND IMPACT OF FISHING WITH FLIES ARE PROMINENT IN THE OLD LINE STATE

By Frederick Schultz



For many of us whose childhood included “gone fishin’,” it was as much a coming-of-age rite as taking a first step or riding a two-wheeler. The subject here is fly fishing, and we call on both a seasoned hand and chronicler of the sport along with an outspoken local conservation leader who’s a self-described “newbie,” recently converted to the pursuit.



hile the setting is in and around Missoula, Montana, for many anglers in these parts, the Norman Maclean novella or the movie *A River Runs Through It* may have been their introduction to the art and craft of fly fishing. And if you know the meaning of “matching the hatch” or the characteristics of a Cat’s Whisker or a Woolly Bugger, chances are, you’ve been converted already.

What’s more, if the late Bernard “Lefty” Kreh is among your personal pantheon of all-time local sports heroes, you’re likely to have been “hooked” long ago. A Maryland native, World War II veteran, and outdoor editor for the *Baltimore Sun*, Kreh not only was among the first anglers to try explaining saltwater fly fishing in a book, among the more than 30 he wrote, he also had a fly named for him—Lefty’s Deceiver, one of the world’s most popular flies, which was featured on a U.S. postage stamp.



▲ A nice sized brown trout caught from Beaver Creek in Washington County. This fish was caught in autumn with fall spawning color and was released.

Tucked away in Paul Schullery’s exhaustive resume is his service from 1977–82 as the executive director of the American Museum of Fly Fishing in Manchester, Vermont. His book credits span a vast array of topics, including the subject of this story. His breadth of work in that realm, from *American Fly Fishing* to *If Fish Could Scream: An Angler’s Search for the Future of Fly Fishing* (among many others), has won him both high critical and scholarly acclaim. And he generously agreed to help with this story.

By sheer coincidence, Schullery mailed a copy of the Winter 2022 *Fly Fisher* magazine he had just received even before he got wind that we were tackling the subject at hand. It’s Fly Fishers International’s official publication, and, also as luck would have it, one of the featured articles in that issue is “Brackish Water, Clear Solutions,” written by Kate Fritz, CEO of the Alliance for the Chesapeake Bay, headquartered in Annapolis. So, we called her immediately for a short interview.

Even though Fritz had first tried fly fishing only recently, she quickly pointed out the sport’s significance in improving the water quality of the saltwater Chesapeake Bay and its feeding systems of fresh water. The sport offers the Alliance opportunities to educate groups such as the greater fly-fishing population. Based on recent research, she has determined that depleted fisheries can be attributed largely to air and water pollution upstream.

Indeed, Fritz agreed that the “Save the Bay” slogan from the 1980s, which was amended with “We All Live Downstream,” still applies. “We need to keep building a resilient drinking-water source for 18 million people. One way is to extoll the benefits of healthy trees and vegetation, as well as cleaner air,” she stresses, “which naturally have an effect on the fish population.”

While noting that it’s been 15 generations since Captain John Smith first saw the significance of the Chesapeake watershed, Fritz aims to restore the human connection to nature, at least in part by supporting the sport of fly fishing.

In her *Fly Fisher* article, she details the upstream/downstream relationship. In addition to Maryland, the Alliance also maintains offices in Virginia,

Pennsylvania, and Washington, D.C. The work runs the gamut of forests, green infrastructure, agriculture, stewardship, and engagement, with all efforts aimed at reinforcing the determination that “what ails the bay also ails our local waters.”

When asked about conservation efforts often being political targets, she quickly responded: “The Chesapeake Bay is a shining example of bipartisan efforts at the federal level. We were able to fund it, which is proof of how engaged our citizens are.” Fritz told us that talking to people “who understand the dire impact of poor water quality and as such the rise in water temperature because of elimination of vegetation as filters and shade,” is a key to delivering the message that cool and clear fish habitat is dwindling. “Instead of being part of the

problem,” however, she asserts that more people are becoming “part of the solution.” Obviously, Fritz takes the term “alliance” seriously.

She admits that one challenge is fly fishing’s reputation as being a pursuit for elites. “I’ve been a conventional fisher, and fly fishing seemed almost unapproachable,” Fritz says. “I determined that the sport is rhythmic (see the Presbyterian pastor/patriarch’s “rhythmic” metronome he used as a teaching tool for fly casting in *A River Runs Through It*). It just started to speak to me. I’m a perpetual learner, and this is an infinite sport in that respect. From standing in the middle of pristine freshwater streams, to the fact that you can also fly-fish for stripers (striped bass) and white perch, is incredible, especially when you think through what’s going on in each ecosystem.”

Kate Fritz has fun with showing her catch during an early-spring fly fishing excursion. Photo by Will Parson, Chesapeake Bay Program.



WHERE THE FLY FISHING'S GOOD

Since Schullery figured that, because most of the readers of this magazine already live on or near one of the largest saltwater estuaries in the world (which yields striped bass, cobia, red drum, and others that are taken on flies), he concentrates here on the freshwater streams in the immediate vicinity for this brief survey. Central Maryland's rivers and streams—along with those in fairly close proximity, namely in West Virginia and Pennsylvania—cover a wide swath of fly-fishing waters.

“One thing that’s especially nice about so much of this region,” Schullery emphasizes, “Is the diversity of such waters that are still close together. Around the Harrisburg-Carlisle area, for example, you can go from fishing for trout in the Letort (which literally flows through the town of Carlisle and is one of the most famous of the ‘limestoners’) to fishing for smallmouth bass in Conodoguinet Creek to fishing for all sorts of fish in the Susquehanna, all in the same day, if you’ve a mind to.”

The Susquehanna, Shenandoah, and Potomac rivers are famous for smallmouth bass (along with a number of other species). The streams in Shenandoah National Park and all along the Blue Ridge are best known for native brook trout. Pennsylvania and



▲ A selection of wet fly nymphs. The goal of fly fishing is to “match the hatch” with the most accurate fly presentation possible given many variables.

Maryland “limestone” country features many small, spring-fed streams famous (some even world-famous) for their challenging brown trout fishing.

FROM BULL REDS TO BROOKIES

When the subject of fly fishing arises practically anywhere else in the United States, images of the grand streams of the mountain west pop to mind. But here in Maryland, that’s begun to change. Just more than a year ago, the state’s “fly fishing trail initiative” (a collaboration among its Departments of Commerce and Natural Resources, along with its Office of Tourism and a group of five enthusiasts dubbed the “Maryland Fly Fishing Trail Team”) became a reality.

Maryland is now the first state in the nation to establish a statewide fly-fishing trail with sites *in all 23 of its counties and the city of Baltimore.*

These Trail champions have partnered with more than a dozen fly fishing and nonprofit conservation groups from across Maryland to expose the wonders of the sport to more women, young anglers, anglers of color, and those of varied economic status. One singular aspect of the trail is its inclusion of not only the state’s own picturesque cold-water mountain streams, but also warmer coastal and Chesapeake Bay saltwater, where certain fish species lurk that are equally well-



▲ Brook Trout caught during October at Big Hunting Creek in the state of Maryland. Brook Trout display their most beautiful colors at this time of year.

known for satisfying the “sport” in sportfishing. For some anglers, even avid ones, the thought of fly-fishing in saltwater simply never occurred to them.

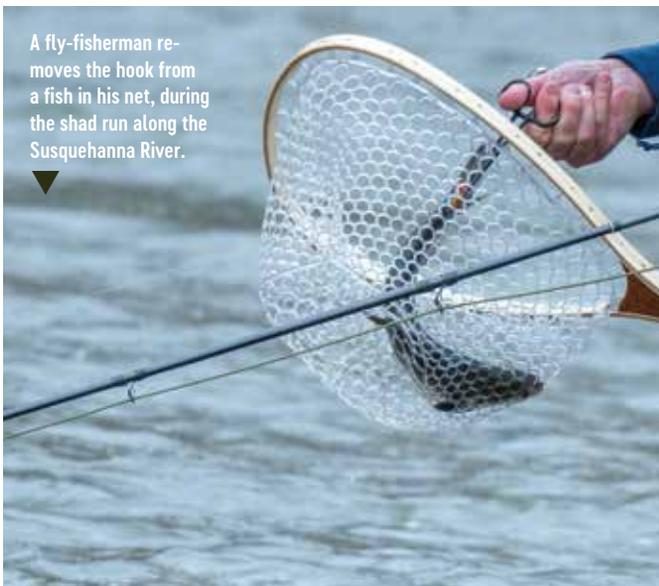
In addition, the new “Trail” initiative steers anglers to “less-pressured” sites across the state as alternatives to popular ones that tend to be over-crowded and thus over-fished. It also introduces anglers to an array of guides, fly shops, tackle stores, and a dozen or so like-minded fly-fishing groups across the state that are “closest to each trail site” and can provide “valuable information, mentoring opportunities, and gear for trail users.”

Perhaps the most astonishing aspect of this initiative is its reinforcement that, because Maryland considers itself “America in Miniature,” it’s entirely possible to fish and catch a wide array of fish in dramatically different habitats across the state, “all within a few hours’ drive.”

SO, YOU WANT TO TRY YOUR HAND AT FLY FISHING

Saltwater fly fishing has wildly broadened the definition of a “fly,” which of course originally (centuries ago) was often a real fly—any of several types of small freshwater insects such as mayflies, caddisflies, stoneflies, and so on. Nowadays, even freshwater “flies” also are made to imitate small fish, leeches, crayfish, frogs, even mice and anything else that might find its way into the water.

A fly-fisherman removes the hook from a fish in his net, during the shad run along the Susquehanna River.



▶ Paul Schullery fly fishing the Gibbon River, Yellowstone National Park. Photo by Marsha Karle.



Trout are most often fished for with relatively small flies that imitate insects. The brook trout in small mountain streams are notably indiscriminating in their culinary preferences and are taken by a variety of small “attractor” patterns that may not look like any specific life form but are generally “buggy” enough to suit the brookies.

The Royal Coachman—perhaps the most famous attractor pattern—looks more like a Christmas tree ornament than an insect. The extreme in small flies are those used on the Letort, Yellow Breeches, and others of the legendary limestone trout streams in Pennsylvania’s Cumberland Valley and western Maryland. On bass streams, fly fishers use a variety of insect and small-fish imitations (generally known as streamers or bucktails, typically anywhere from one to three inches long); and in saltwater it’s most often larger streamers up to several inches long that imitate the prey species of the striped bass and others; in some places, large imitations of shrimp and crabs are popular.

Perhaps the best advice for aspiring fly fishers is first to tour a fly shop, especially if someone there is willing to spend a few minutes with you. Prepare to be amazed at how extensive this is.

WHAT TO MAKE OF ‘PUT AND TAKE’

According to Paul, many people not surprisingly assume that an important part of the trout-fishing scene is stream stocking with fish raised in hatcheries. This is a typical misconception among countless people who assume that fishing, whatever else might be great about it, is above all about taking home as much meat as possible.



Photo by Adam Miller, Alliance for the Chesapeake Bay

“Fly fishing is fascinating to me. You must think through what’s going on in each particular ecosystem.”

—KATE FRITZ, CEO OF ALLIANCE FOR THE CHESAPEAKE BAY

From this limited perspective, it is imagined that all fishers naturally want to see their favorite waters regularly stocked with hatchery-raised fish. This is known commonly as “put-and-take fishing.”

“This is no longer a trustworthy generalization,” Schullery warns, “especially among trout fishers and even more especially among fly fishers. Stocking hatchery trout might be the best thing for the most ecologically forlorn waters—either because they are naturally marginal trout habitat, or that they’ve been so deeply damaged by various kinds of human abuse. Make no mistake,” he asserts, “many fishers—probably the majority, most of whom fish with lures or bait—still feel strongly that their day’s trout fishing is a failure unless they catch their limit. Consequently, state fisheries-management agencies must cater to their desires by spending substantial portions of their budgets on operating large hatcheries, essentially fish factories that ‘manufacture’ many, many thousands of catchable-size trout that can be trucked all over the state.”

Schullery relates that research and experimentation all over the country “have shown that many trout streams, managed correctly and with very conservative creel limits or catch-and-release fishing, can sustain healthy populations of fish that reproduce abundantly. This matters to fly fishers especially, because so many of them are now aesthetically and ethically inclined to prefer fishing for native or at least stream-bred “wild” fish. They’re not interested in taking fish home, and they [the fishers themselves] are now numerous enough that management agencies must cater to them, too. In some heavily fished catch-and-release trout streams, each trout might be caught and released several times over the course of trout season.

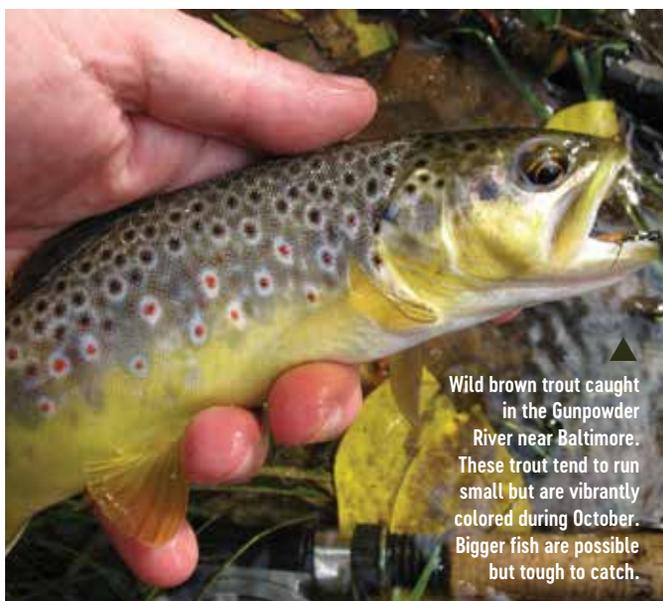
THE FISHING IS THE POINT, NOT NECESSARILY THE ‘KEEPERS’

Schullery and Fritz agree that the condition of the various waters covered here affects the fate of the fish and thus the quality of the fishing, stocking ne-

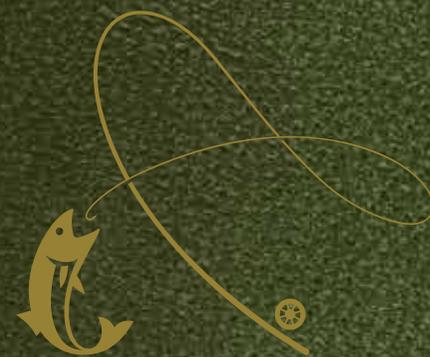
cessities, and overall attraction to the sport. Yes, the stripers are in big trouble. And trout streams are ecologically fragile little ecosystems that are universally and permanently in peril from casual pollution, from individuals and the proliferation of massive condominium developments, shopping malls, highways, and factories. In her *Fly Fisher* article, Fritz refers to the building boom as “Paving Paradise.”

Fritz concluded our interview with her assessment of the topic at hand: “People ask, ‘Where can I fly fish?’ I answer, ‘Nearly everywhere one fishes. It’s a style, a different mechanism from the conventional rites, with the physics of how you cast, the recall, and then what you put at the end of your line. You must know what would be attractive to a fish. And that’s just part of it. Fly fishing is fascinating to me. You must think through what’s going on in each particular ecosystem.’”

A famous 20th-century fly fisher named Lee Wulff (many may recall his appearances with sportscaster Curt Gowdy on the Saturday afternoon TV series “American Sportsman”) insisted that a game fish is too valuable to be caught only once. In other words, as recreational trout fishing has drifted away from any need to harvest the fish, trout have become in effect a renewable resource. Schullery recalls, “As my late pal Bud Lilly, a long-time dean of western flyfishing outfitters, used to put it, thanks to catch-and-release, ‘trout fishing is a lot like golf; you don’t have to eat the ball to have a lot of fun.’”



▲
Wild brown trout caught in the Gunpowder River near Baltimore. These trout tend to run small but are vibrantly colored during October. Bigger fish are possible but tough to catch.



On Catch-and-Release

Studies have shown that the incidental mortality of fish caught and released on flies is often less than 5 percent; it’s much higher—as much as 50 percent—when fishing with bait, which the fish tend to swallow more deeply, making the hook harder to remove even if you do want to let it go.

Many saltwater fly fishers also release some or all of their catch, but that’s a somewhat different arena because there isn’t a traditional and well-established hatchery industry for saltwater species.

Lee Wulff’s statement applies just as clearly here. Also proliferating are “Special Regulation Waters” (the designation goes under various names and has a host of variant approaches), because those are of special interest to fly fishers.

Some of these trout waters might even be restricted to fly-fishing only, or to catch-and-release fishing, or otherwise have highly specific rules for which sizes of fish you can keep and which ones you have to put back. For a start and a good example, search online for something such as “Special Management Areas—Trout, Maryland,” or words to that effect, to see how your state is handling these places, which cater most specifically to fly fishers.—Paul Schullery

Road

TRIPPING

23

THROUGH AMERICA



OUR COUNTRY'S HIGHWAYS ARE PATHWAYS TO ADVENTURE AND DISCOVERY

By Ellen Meyer



It wasn't itchy feet, that wanderlust urge, that set my mom and dad (and me) on a cross-country travel trip in 1945. It was a trip to visit my father's parents who had moved from their life-long home in Kalamazoo, Michigan, to El Monte, California, to be near their daughter and dad's sister, my Aunt Marie. My grandmother's health was also failing so off we went from Towson, Maryland, in a new Dodge with a water bag strapped to the front.

The first memory from my domain in the back seat was meandering westward on Maryland's U.S. Route 40. I can still imagine the fields and rolling hills in the twilight evening of our journey—a scene that hasn't changed much in 80 years. At some time and somewhere the next day, we switched to U.S. 30. We stopped on top of a mountain—well, really a foothill—and looked down upon the construction below of what was planned to be a major, new highway...the Pennsylvania Turnpike. (Years later, we would follow that route on our annual trip to Michigan to visit my relatives on both sides of the family.)

The Turnpike went to Pittsburgh and, for me, felt like an eternity until we stopped and started through the city. After Pittsburgh and into Ohio, we found a roomy house (with sulfur smelling water) to stay over. It was the beginning of what would become bed and breakfast spaces decades later, in the town of Maumee, Ohio.



Badlands

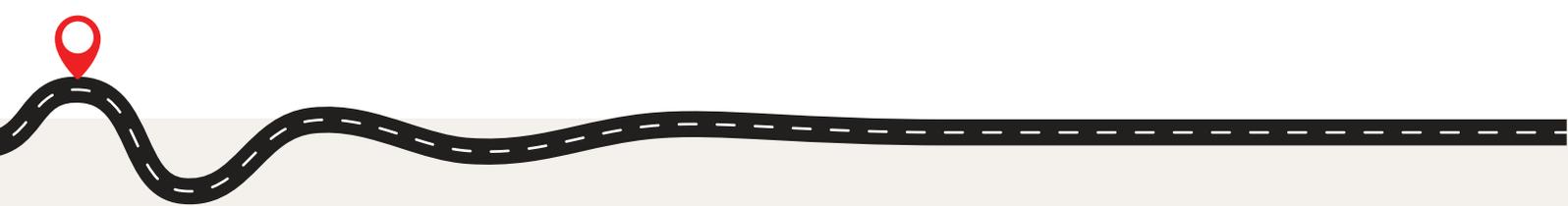
In 1945, motels were new, but I don't remember staying in one as we trekked through middle America. To amuse me, my father suggested I count and record the animal fatalities we saw. Somewhere, we picked up U.S. Route 66. And then our first motels. I remember a semi crisis with a big blood sucking bug of some kind on a visitor's neck in Flagstaff, Arizona. Dad helped save the day.

In the morning, we followed Route 89 to a place called Sedona. It was only a small gas station back then with amazing red rock formations that have been engraved on my mind ever since...the most vivid and memorable experience of our trip across America. My father took pictures with his little Bantam Kodiak camera of me standing on a rock in the stream that meandered next to us in Oak Creek Canyon. That camera only took eight slide pictures at a time. He mastered the camera and recorded our trip and captured our memories.

For the first time I saw Native Americans. They were gathered along the highway selling handmade pottery. My mom bought a small pot. I still have it, though it is in pieces. The road passed through an ice cave, which was scary and dark, then lava fields, where I picked up a piece of black basalt pierced with holes. It captured my curiosity. Many moons later, my own children took it to share in elementary school and it never returned. But I continued my fascination with geology.



Sedona



Long Beach

I know we visited the Grand Canyon and hoofed one mile down, searching for the blue of a river. We parked at the Badlands and petrified forest national monuments to explore the painted desert. In the petrified forest a rainbow tree crossed a gulley and I walked across it. Several years ago, I revisited this area, now part of the National Park system. The petrified rainbow bridge tree still exists but is surrounded by fencing to prevent anyone from walking across it as I did. Sedona in 2021 was no longer a single gas station, but a thriving tourist attraction city. The red rocks are still there. But the visual impact I experienced in 1945 is very different.

In Los Angeles, my cousin Dick, a marine who had fought on Iwo Jima, took me on a roller coaster ride at Long Beach. This was the highest and scariest roller coaster. I had only done the small one at Gwynn Oak Park in Baltimore. Thank goodness I had my cousin as my protector. At Long Beach, I also saw an ant circus. Or was it fleas dressed up that we viewed under a magnifier? I haven't seen anything like it since.

My grandparents, after a lifetime in Michigan, would both be buried in an historic cemetery near Los Angeles—the oldest American non-sectarian protestant cemetery, dating to the 1850s, for the new people coming West to California.

Returning east on U.S. Route 50, we traveled through Kansas, which was having a bumper crop of wheat.

Grain was piled high outside of silos all across the state. Kansas was not a boring driving state then, as some declared it to be. In small towns on later travels, I always found interesting antiques that I brought back home.

Over the years, I would drive back and forth across this great nation of ours, with my kids, a dog, and a babysitter visiting National Parks. Sometimes we camped or took horse trips over the mountains in Washington state or through South Dakota, just marveling at the landscapes and stories that nature and small towns had to tell.

The breath taking vistas are a different experience when you see them for real. Sedona in 1945 taught me that. And the soul riveting vistas of the Grand Tetons taught me that to see and be enveloped in such an environment is to experience the majesty of our given world.

I drove to Alaska in 2015 and promised myself to write a blog...but I never did. I also thought about writing a book on my American highway experience. I was jealous when *Blue Highways* was published. I could have done that but hadn't crafted any writing skills then. So, next year I will tell some short stories in this publication about our early U.S. highways that crisscrossed Maryland and beyond. Did you know U.S. Route 50 was designed in 1926 from a once-bustling desert town, now a ghost town, to end in Annapolis?

I may have been nine years old when I first discovered America, but I did get itchy feet and I kept on traveling, curious to explore. I rediscovered parts of Route 66 several years ago retracing part of my family's 1945 journey. Next year, when iconic 66, from Chicago to Santa Monica celebrates another anniversary, I intend to be on America's Mainstreet, the Mother Road. How about you?

Editor's Note: A special "Road Trips" series by Ellen Moyer is planned for 2024, in which the stories of roads and highways with historical significance in Maryland are told.



Kansas

CHESAPEAKE DRIVES



PERFORMANCE



LUXURY



SAFETY



ECO-FRIENDLY



OFF-ROAD



YOUR GUIDE TO ALL THINGS AUTOMOTIVE IN THE CHESAPEAKE REGION

Fred Frederick
Chrysler • Jeep • Dodge • Ram





No games, no gimmicks, just a customer friendly approach to help you save time, money and hassle

For over 28 years Fred Frederick Chrysler Dodge Jeep Ram in Easton has demonstrated the simple philosophy of 'treating people the way we would want to be treated.' Whether it is a van for the family, a sports car for excitement, an SUV for capability, or a truck for your business, the Fred Frederick organization is built on the personal interactions with customers and community involvement.

We invite you to see for yourself.

Fred Frederick

CHRYSLER • JEEP • DODGE • RAM

Rt. 50 • Easton

410-822-2100

www.fredfrederick.com

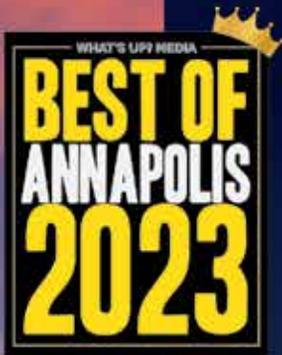


SHEEHY LEXUS

LEXUS IS 350 F-SPORT & LC 500



Lexus IS 350 F Sport



THANK YOU ANNAPOLIS FOR VOTING US **BEST** AUTO DEALERSHIP

When you drive a Lexus, you get automotive performance in the lap of luxury. But when you buy a Lexus from Sheehy Lexus of Annapolis, you get something more than expert Lexus service and convenient hours; we also take care of your personal needs.



Lexus LC 500

SHEEHY LEXUS
of **ANNAPOLIS**

121 Ferguson Road • Annapolis, MD
443-214-3407 • www.sheehylexusofannapolis.com

PRESTIGE ANNAPOLIS LLC

WHERE LUXURY MEETS PERFORMANCE



OMID SHAFFAAT
omid@prestigeannapolis.com



Prestige
ANNAPOLIS LLC

SALES

CURATED COLLECTION OF LUXURY VEHICLES

SERVICE

IMPECCABLE CARE BY METICULOUS TECHNICIANS

CUSTOMIZATION

PERSONALIZED MASTERPIECES

TUNING

EXHILARATION AND PRECISION

UNVEIL THE EXTRAORDINARY
IN AUTOMOTIVE LUXURY.
VISIT US TODAY, SCHEDULE SERVICE

Prestige
ANNAPOLIS LLC

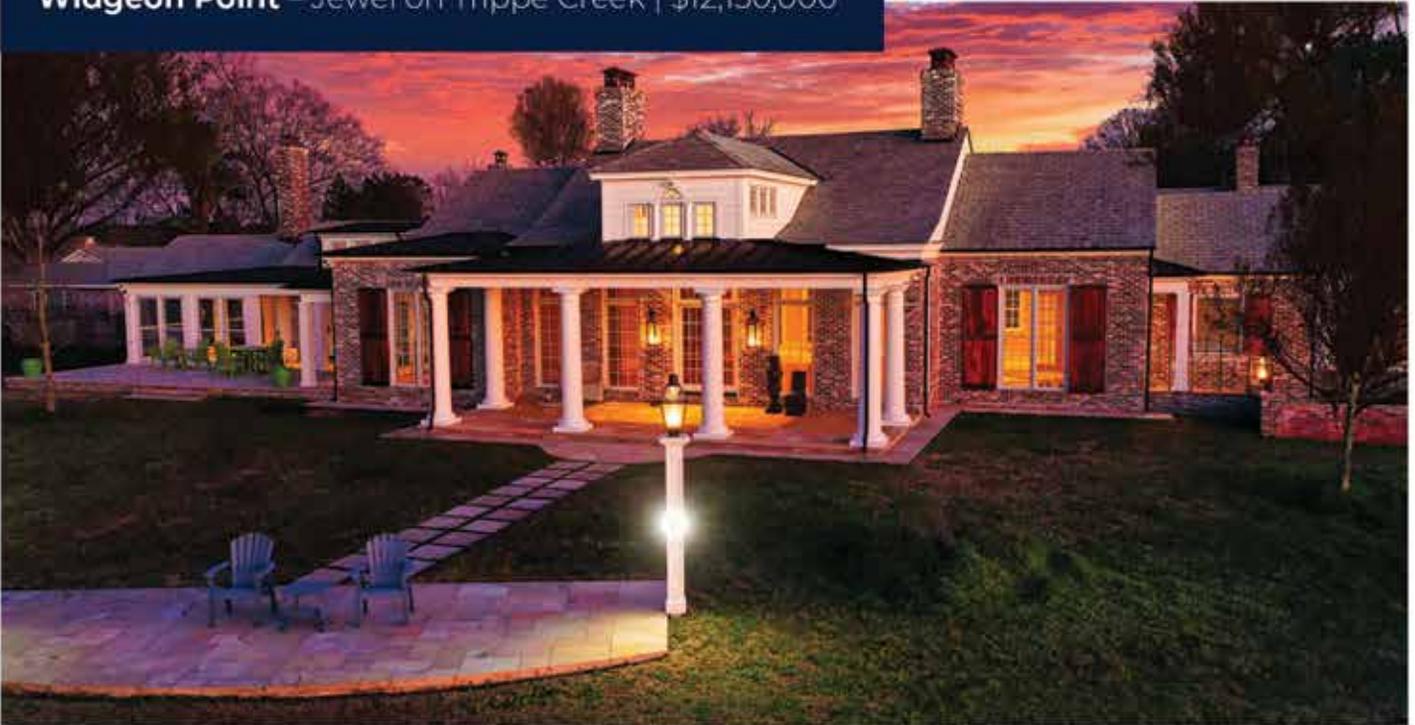
MAIN: (410) 544-9000

TEXT: (202) 679-7100

FAX: (410) 544-7000

EMAIL: OMID@PRESTIGEANNAPOLIS.COM

Widgeon Point – Jewel on Trippe Creek | \$12,150,000



Near the Tred Avon River, along Trippe Creek shores, this Oxford jewel blends refined luxury with laid-back coastal charm. Accessible from beyond twenty high-elevation acres and a stately gas-lamp flanked gate, covered walkways, cobblestone paths, ornamental trees, scenic gardens, and a panoramic point of land views enchant. Widgeon Point's original 1938 construction has been reimagined by skilled artisans echoing a River House of timeless elegance. Sun filled ceilings highlight intricate millwork, artfully laid hardwoods, heated Tennessee stone floors, and fireplaces of fine craftsmanship. In the kitchen, professional-grade appliances, handmade copper farmhouse sink, and granite-topped counters assist with best-loved meals. The bar-hosted enclosed gazebo and endless outdoor patios allow for large parties overlooking yachts and memorable sunsets. Retreat to four bedrooms; each with access to the grounds, Tour the two bedroom guest house, a fully independent over-garage apartment, caretaker cottage, boathouse, three car garage and 2 barns.



Cornelia C. Heckenbach

REALTOR® | Associate Broker | Luxury Specialist
Long & Foster Real Estate | Forbes Global Properties

Experience Excellence in Luxury Real Estate

With a remarkable track record spanning over three decades as a highly accomplished specialist in luxury homes, Cornelia leverages Long & Foster's exclusive affiliation with Forbes Global Properties along with Luxury Portfolio International, a division of Leading Real Estate Companies of the World. This powerful alliance enables her to deliver unparalleled service to discerning buyers and sellers.

In this competitive market, you deserve to receive the finest representation available. Choose success by reaching out to Cornelia today.

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



LONG & FOSTER
REAL ESTATE

Forbes
GLOBAL PROPERTIES

410-745-0283
28380 St Michaels Rd, Easton, MD 21601
PO Box 231 St Michaels MD 21663



Home & Design

69 YES! ANTIQUES ARE STILL A THING
76 CURB & WATERFRONT APPEAL | 78 LOFTY GOALS *plus more!*





3121 Stonehenge Drive
\$725,000 - Pending



765 Windgate Drive
\$625,000 - Active



JOANNA DALTON REALTOR®

410.980.8443
JOANNA.DALTON@CBMOVE.COM

*A Real Estate Professional
Serving Anne Arundel County
and the Eastern Shore.*

Multi-Million in Sales • Coldwell Banker International President's Circle
Global Luxury Certified

Coldwell Banker Realty 3 Church Circle, Annapolis, MD 21401 410.263.8686

©2021 Coldwell Banker® Realty. All Rights Reserved. Coldwell Banker® Realty fully supports the principles of the Fair Housing Act and the Equal Opportunity Act. Owned by a subsidiary of Bancorp Broker Group LLC. Coldwell Banker the Coldwell Banker logo, Coldwell Banker Global Luxury and the Coldwell Banker Global Luxury logo are registered service marks owned by Coldwell Banker Real Estate LLC.





Image by eemwido.com

Yes! Antiques Are Still a Thing

KEEP YOUR EYE OUT FOR THESE CLASSIC FINDS

By Lisa J. Gotto

Historically, tag sale, vintage, and second-hand store shopping has been a popular form of retail therapy for many, especially when you add in the potential of scoring a rare find. However, there are some cultural conversations going on recently about antique collecting and how it has fallen out of favor entirely with some consumer groups.

While this thinking may have some merit when it comes to certain types of collectibles and antiques, Barbara Ranson of Oxford Vintage & Trade has first-hand experience with collectors, sellers, and browsers of all interest levels and is certain about one thing: “Quality never goes out of style.”

“Older, better-made items from the past will always be well-loved and treasured,” she adds.

What designers and merchants of these wares are actually seeing is not as much as a downturn, as it is a re-evaluation of these particular goods by consumer groups based on generational attitudes about value based on what resonates with them contemporarily.

For example, what millennials are looking for and value differs somewhat from what their parents were looking for, and even what Gen Z’ers are looking for. All groups, fortunately, are indeed still looking.



TERMINOLOGY:
VINTAGE VS. ANTIQUE

Since we often hear these two terms used to describe older, previously held goods, we thought a deeper dive into whether or not they are interchangeable in discussion might be helpful. While you certainly might find items under the same retail umbrella labeled “vintage” or “antique,” there is a unique distinction: Antiques are commonly described as items that are at least 100 years old. Vintage, by way of the Merriam-Webster definition, relates to items that are typically 40 years old relative to a specific point in time.



Millennial Inclinations

This generation, described as being born between the early 1980s and late 1990s, is now considered to be the largest consumer group. They are looking for high-quality items that lend a sense of status and permanence to their surroundings—an aesthetic they are not finding at the big box stores or online at import-heavy sites.

Quality original art, such as oil paintings, high-quality and low-production lithographs, and watercolors from both the vintage and antique eras are popular. Vintage clothing, home decor, and furnishings, including sterling silver serving pieces, are also sought after. And antique side tables, porcelain tableware, and chinoiserie lamps are among the wares that this group finds most valuable.

In Their 20s

When it comes to Gen Z’ers or 20-somethings, they are most interested in items that have personal appeal. Because most shoppers in this age group have yet to establish an independent household, they gravitate to items that will enhance their sense of personal style. They love vintage costume jewelry, vintage clothing, and accessories. Raised with a more experiential take on lifestyle, they are also refreshingly mindful when shopping with an event in mind.

Planet Pride

Recent and growing awareness of personal environmental impact and economic influences is also playing a noteworthy role in this particular retail space. Purchasing previously-owned and cherished items appeals to the Earthwise consumer, who is acutely aware of the environmental implications of mass-produced products manufactured using plastics, glues, and other unknown chemicals. Buyers worry about product origins in countries with unsavory human labor costs.

Another little-known statistic involves the transportation cost of pollution on imports, known as consumption emissions. These factors weigh on the minds of today’s consumer. Of course, repurposing and reusing also means using landfills less. In short, new products can’t beat the sustainability rewards of the secondary-purpose market.

Making It All Work

Some of the most cohesive and stylish interior schemes are those that ingenuously incorporate older, perhaps, even heirloom-type furnishings with the modern-day amenities and other goods.

Ranson suggests knowing the “why” of your purchase is key. “If you need a small table by your front door for a lamp and your keys, consider the style you like and the function of this piece. I almost never purchase a piece because it will ‘increase in price’ or even ‘hold its value.’ Rather, I buy a quality piece that is made of wood, marble, iron, etc.,” Ranson says. “I look for dovetail features, quality fittings, and finishes. I prefer ‘patina over plastic.’ To me, it’s better to have a small scuff and know the item is solid wood.”

It’s also a good idea to not only communicate with your retailer about what you are specifically looking for, but to ask about how to integrate what you have into your current interior scheme, especially if you have just happened upon something that speaks to you and that you feel compelled to own. Knowing how to best use your one-of-a-kind find in the current context of your home will also add value.

Many antiques and vintage retailers use social media to connect with clients about what is new in the store, but also create posts to provide context for an item’s use. Solid retailers do their research regularly so they can readily provide advice on usage and care of your most prized finds.

Today’s Most-prized Finds

Experts agree that rugs, lamps, antique mirrors, and costume jewelry are trending when it comes to the most sought-after wares. Why? Rugs are the foundation for most design and décor, and they serve to ground a space and enhance a room.

Quality rugs and floor coverings are an important element of a well-dressed environment and establish the ambiance of a room. Ironically, antique or vintage rugs are often the final purchase for consumers as they finish their design and provide the finishing touch.

Lamps can be a great way to inexpensively update an outdated space. Because sources of lighting have specific purposes, it is smart to layer your lamps thereby

changing the mood of a room. For example, sometimes an antique Chinese pottery ginger jar lamp complements a coastal motif in an elegant manner and in a way no shiny new lamp can.

Mirrors are popular options because they have often served the function of opening spaces up, so dark rooms appear lighter and brighter, and mirror frames often add an artistic design element. And costume jewelry is an inexpensive way to express your personal taste and style. Vintage costume jewelry is unique and often much better quality than current market offerings. It can be a fun way to accent specific attire or show off hobbies and tastes.

When Collecting is Your Passion

It’s easy to fall in love with something that was sought-after and now found, but you shouldn’t necessarily treat your find as if it were a museum piece. “Love what you own and use what you have!” Ranson says. “At our house, we have a favorite saying, ‘If you aren’t good enough for your good stuff, then who is?’ I use my sterling silver every day with cloth napkins and (one of my sets) of good China and crystal glasses. I use quality rugs on the floor, and I have oil paintings on the walls. Not everything in our house is in perfect condition, but most have a story of what it is, where it came from, and who used it before me.” And it’s the stories that they evoke for consumers that will most likely keep antiques and vintage finds from ever totally falling out of favor. Anyone else up for a little retail therapy?



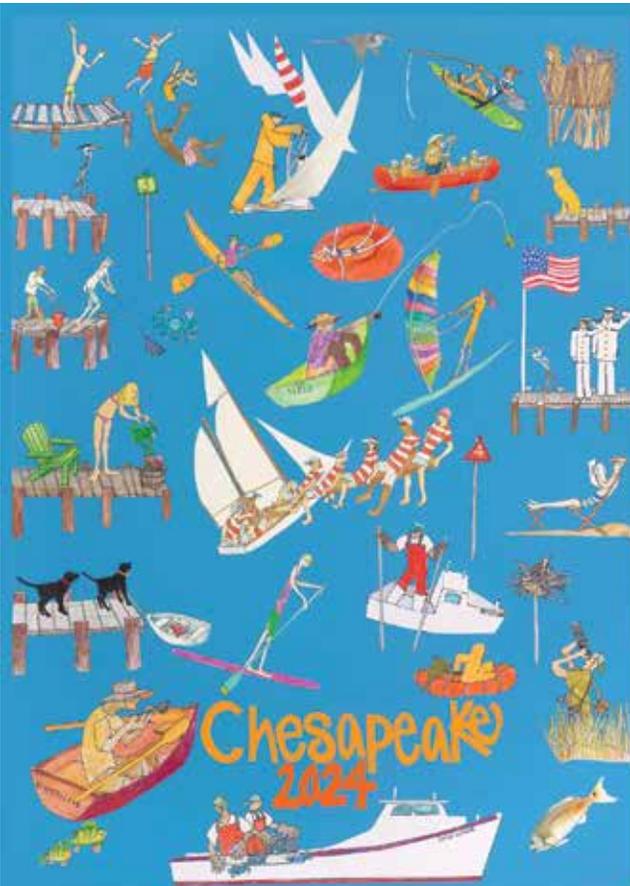
1. Image courtesy of truefacet.com 2. Image courtesy of roomtonic.com 3. Image by Lisa J. Gotto 4. Image courtesy of toeboschantiques.com 5. Image courtesy of bargainsla.com

314 Design Studio

KITCHEN AND BATH SPECIALISTS



314 MAIN STREET | STEVENSVILLE | 410.643.4040 | 314DESIGNSTUDIO.COM



NANCY HAMMOND EDITIONS
PRESENTS
THE 2024 ANNUAL CHESAPEAKE POSTER

LIVIN' THE LIFE!
BY NANCY HAMMOND

WE WILL BE RELEASING THE
2024 ANNUAL CHESAPEAKE POSTER
SATURDAY, OCTOBER 21ST AT 10 AM
AT OUR NEW HOME IN EASTPORT!

NANCY HAMMOND WILL BE THERE TO
CELEBRATE THIS NEW LOCATION
AND THIS, THE FUNNEST POSTER EVER
-LIVIN' THE LIFE!

THE POSTER WILL BE AVAILABLE
BOTH ONLINE AND IN PERSON THIS YEAR!

\$75. SATURDAY OCT 21ST & SUNDAY, OCT 22ND
\$150. STARTING MONDAY, OCTOBER 23RD

FOR MORE DETAILS, VISIT OUR WEBSITE
WWW.NANCYHAMMONDEDITIONS.COM

WWW.NANCYHAMMONDEDITIONS.COM



Harnessing What Comes Naturally

LIGHTING THE WAY IN YOUR GARDEN

By Janice F. Booth

Thirty percent of all outdoor lighting in the U.S. is wasted, not serving the purpose for which it was installed. That's about \$3.3 billion in energy cost and the release of 21 million tons of carbon dioxide per year. To offset all this carbon dioxide, we'd have to plant 875 million trees annually. This, according to statistics released by the U.S. Energy Information Administration (EIA) and the International Dark-Sky Association (IDA).

We—homeowners, gardeners, even apartment dwellers—can light our homes, our patios, and our gardens with more attention to protecting the environment. You may want professional help or to make this a Do-It-Yourself re-lighting project. A DIY job will cost approximately \$20/fixture, 10¢/ft. of cable, and \$200 for a transformer, then the trenching starts. An outdoor lighting specialist's fees will start around \$2,000.

Either way, let me offer some helpful information:

- 1** The main **CRITERIA** for environmentally responsible lighting,
- 2** The **TYPES OF LIGHTING** customarily used for residences, and
- 3** **TIPS** to help you work with your electricians or succeed as a Do-It-Yourselfer.

A key resource is the International Dark-Sky Association. They have criteria for ecologically responsible lighting and provide an evaluation and Seal of Approval that is granted to manufacturers of outdoor lighting fixtures and materials. Look for or ask for the IDA Seal of Approval on equipment you purchase or have installed.



1. THE CRITERIA FOR ENVIRONMENTALLY RESPONSIBLE LIGHTING INCLUDE:

- auto time controls, where appropriate
- glare control and minimized light trespass (keep lighting from spreading beyond the intended focus)
- minimize brightness
- minimize Blue Light emissions—prevent light that interrupts circadian rhythms (animal and human)
- maximize shielding (lights directed, preferably down) to avoid “sky glow”



2. BASED ON THE AFFECTS YOU WANT TO ACHIEVE IN YOUR FRONT YARD, BACK YARD, GARDEN, PATIO, DRIVEWAY, AND WALKWAYS, YOU CAN CHOOSE FROM VARIETY OF LIGHT SOURCES, INCLUDING:

- Solar powered garden path lights and string lights that vary in price, brightness, ease of installation.
- Brick lights that can be recessed into walls, pathways, even steps. Caution: Be sure they're installed with easy access for replacing bulbs and batteries, or repairing wiring.
- Battery operated accent lamps.
- Battery powered curtain lights; dramatic strings of lights hanging down, creating a wall or cascade of tiny lights.
- Glow-in-the-dark paint, an often-overlooked option, adds an extra measure of safety along paths and on steps.
- Reusable glow sticks—LED or rechargeable.
- Solar and electric outdoor chandeliers
- Firepit: a cozy option for short-term gatherings.

**3. IN ADDITION,
CONSIDER THESE
TIPS WHEN YOU'RE
PLANNING AND
DESIGNING YOUR
ECO-FRIENDLY
EXTERIOR LIGHTING.**

- What is the purpose of the lighting: atmosphere, emphasis, security, safety?
- Five traditional locations for lighting:
 - House façade, avoid direct lighting on the front door or windows. Use a softer, spreading light directed at an architectural feature or plants near the entry.
 - Trees, if you are using ground lights up, aim for the trunk and leaves. If you only aim at the tree's crown it will look disconnected from the earth. If you can, add a few lights high in the tree aiming down, mimicking the shadows of leaves in the moonlight.
 - Garden walls should be lit close to the wall to emphasize texture.
 - Flower beds and pathways are perfect for shielded ground lights.
 - Paths can be lit with well lights—circular and buried in the path.

Here are four final cautions to help you accomplish a satisfying project:

Motion sensors cut down overuse of lighting and add security.

Low wattage, outdoor bulbs, 50 watts or less, usually work best.

Avoid bright lights streaming into neighbors' windows and gardens.

Use downward not upward lighting whenever possible to avoid dark-sky pollution.

THANK YOU for your continued support



EASTERN SHORE
TITLE COMPANY

114 N. West Street | Easton, MD 21601
410-820-4426 | easternshoretitle.com

Settle with
Certainty.



WHAT'S UP? MEDIA'S 2ND ANNUAL

HOME EXCELLENCE AWARDS



**Call for
Entries!**

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



whatsupmag.com/homeexcellenceawards

The 2nd Annual Home Excellence Awards will be revealed in the Feb. issues of What's Up? Annapolis, What's Up? Eastern Shore, and March edition of What's Up? Central Maryland.



Primary Structure Built: 2006
Sold For: \$2,998,000
Original List Price: \$2,998,000
Bedrooms: 4
Baths: 4 Full, 1 Half
Living Space: 5,252 Sq. Ft.
Lot Size: 2.08 acres

Curb & Waterfront Appeal

By Lisa J. Gotto

Exquisite views of Broad Creek and many ways to entertain and recreate are the order of the day for the new homeowners of this 5,200-square-foot residence with its solid footprint just steps from the waterfront.

This expanded, colonial-style home located in St. Michaels offers idyllic curb appeal with its precious white picket fence and solid shingle façade. The entry opens to a two-story foyer with architectural staircase and gorgeous wood trim treatments throughout, beginning with the home's English toffee-colored hardwood floors.

"My sellers," says Listing Agent, Cornelia Heckenbach, "...originally bought the home from me in 2006, the year it was built. They since have made many improvements including upgrading the exterior from siding to shingle and replacing much of the carpet in the home with hardwood."





Follow those floors straight down the center hall and you'll arrive at the home's spacious, all white and bright kitchen, informal dining area, and family room with its wall of windows and doors to the waterfront—an incredible backdrop for entertaining.

The kitchen offers a granite-topped center island with prep sink, microwave, and breakfast seating for two. Glass-front custom cabinetry flank either side of the six-burner gas stove with its white, custom-tile backsplash. This exceptional entertaining space also offers a family room that features a wood-burning fireplace with marble surround and direct access to the dwelling's patio and refreshing saltwater swimming pool.

The home's first floor also offers a formal living room with fireplace and an adjoining formal dining room—both with views of Broad Creek, as well as a dedicated home office and a convenient guest bedroom with *en suite* bath.

The spacious primary bedroom located on the upper level offers tranquil creek views from its series of floor-to-ceiling windows and a large primary bath with garden tub, a huge, glass-enclosed shower, and dual vanities.

The upper level also features two additional bedrooms and two bathrooms, plus an extended bonus space that can be used as a rec room or activities space.

Views from this level overlook the creek and the property's private dock, where the new homeowners are just a scenic kayak cruise away from the open waters of the Chesapeake Bay.



Listing Agent: Cornelia C. Heckenbach; Long & Foster Real Estate; 109 S. Talbot Street, St. Michaels; m. 410-310-1229; o. 410-745-0283; info@corneliaheckenbach.com; stmichaelsmdwaterfront.com **Buyers' Agent:** Henry S. Hale; Benson & Mangold Real Estate; 220 N. Morris Street, Oxford; m. 410-829-3777; o. 410-226-0111; henryshale@gmail.com; bensonandmangold.com



The home's floorplan then takes you into its attractive kitchen and open-plan living area. The kitchen is warm and light with custom wood cabinetry and granite countertops. An all stainless-steel appliance package including a gas range awaits the happy gourmet. A roomy dining area with attractive pendant lighting flows into a cheery great room space with large windows, a beautiful gas fireplace, and a soaring cathedral ceiling with eyes to the chic loft living space above. There is a separate space off the great room that could serve as a home office.

The convenience of a laundry and a spacious primary bedroom is also located on this level of the home. This room features tall ceilings, walls with shiplap detail, a walk-in closet, and a large primary bath with soaking tub, dual vanities and a large, glass-enclosed shower.

The upstairs loft serves as a family room that looks down into the great room below. An attractive, two-toned railing surrounds the loft area, and the second floor boasts two additional bedrooms with shiplap detail that share a bath.



Lofty Goals

By Lisa J. Gotto

Situated in one of Talbot County's most desirable community's, this 2,400-square-foot family residence says, "Home Sweet Home" from the moment you step from its classic brick walkway onto its charming wraparound front porch with white post railing.

Built in 2009, this home offers some charming upgrades to its classic design that you'll notice as soon as you see the pretty hardwood floors, crown molding, and tray ceiling detail in the gracious formal living room. This bright and sunny space receives a wealth of natural light from a series of over-sized windows attractively enhanced with plantation shutters.

Listing Agent: Debra M. McQuaid; TTR Sotheby's International Realty; 17 Goldsborough Street, Easton; m. 410-924-4482; o. 410-673-3344; dmcquaid@ttrsir.com; ttrsir.com **Buyers' Agent:** Robert Davis; Davis Realty/Appraisal Co.; 852 Washington Avenue, Chestertown; m. 410-778-2610; leedavisrealestate@verizon.net



Primary Structure Built: 2009
Sold For: \$830,000
Original List Price: \$830,000
Bedrooms: 3 Full
Baths: 2 Full, 1 Half
Living Space: 2,439 Sq. Ft.
Lot Size: .28 acres

Outside, the property offers the ultimate privacy with a back yard that is surrounded by a solid, knotty wood fence. A gracious and spacious back patio area with pretty pavers provides all the room for grilling and dining *al fresco*.

In addition, this upscale community offers its residents the convenience of a club house with fitness center, pool, and access to nature trails, community piers, and the Tred Avon River.



PERFECTION

THE BEST MATERIALS WITH EXCEPTIONAL CUSTOMER SERVICE ALL AT A FAIR PRICE



NEW CHESTER LOCATION NOW OPEN

★ CHESTER ★

101 Chester Station Lane
 Chester, MD 21619

OR

EASTON

28659-B Mary's Court
 Easton, MD 21601



410-827-8811 • www.friellumber.com • www.frielkitchens.com

DON'T MISS THE BOAT



MAKE WAVES

in cancer care for patients and their families.



COMPETE

for the most dollars raised.



CELEBRATE

a great day on the Bay at an in-person Shore Party.



GET HOOKED

on our awesome swag from your favorite local businesses.

REGISTER OR SPONSOR TODAY

Year after year, we are humbled by the continued support of our local community. The Fish For A Cure (F4AC) Tournament, Paul C. Dettor Captain's Challenge, and Shore Party has raised more than \$4.5 million over the past 16 years, and we know that this success would not be possible without our sponsors. All funds raised directly support the Cancer Survivorship Program at Luminis Health Anne Arundel Medical Center's Geaton and JoAnn DeCesaris Cancer Institute, which provides support to patients and families as they navigate cancer care. Register your boat or join our growing list of sponsors for our 17th annual F4AC Tournament.



F4AC
FISH FOR A CURE

**SOUTH ANNAPOLIS
YACHT CENTRE**
official tournament home

PRESENTING SPONSORS

Albert W. Turner Charitable Lead Annuity Trust/Carrollton Enterprises • Heller Electric Company Inc.

SHORE PARTY SPONSOR | REALTORS Biana Arentz, Pam Batstone, and Heather Giovingo

CAPTAIN SPONSORS | AllTackle • Dormie Network Foundation • FishTalk • Ledo Pizza • PropTalk • MaxSent • What's Up? Media

BAR SPONSOR | Katcef Brothers Inc.

ANGLER SPONSOR | Bad Monkey Electric • Constellation Power • General and Mechanical Services, LLC • GIS Benefits
Lawn Doctor of Annapolis • Liquified Creative • Local Coast • PEAKE

FIRST MATE SPONSORS | Apple Signs • Bluewater Yacht Sales • CAM Wealth Management • CFG Bank • Eagle Title
Forward Brewing • Fulton Bank • HMS Insurance Associates, Inc. • Liff, Walsh & Simmons • Naptown Scoop
St. John the Evangelist School • The Giving Collaborative • The Kahan Center • Yorktel

www.fishforacure.org

Join us on November 4, 2023 as we celebrate our continued commitment to making a splash in cancer care at Luminis Health Anne Arundel Medical Center.

Health & Beauty

82 FRESH TAKE | **84** FITNESS TIPS | **85** BREAST CANCER AWARENESS
86 WHAT DOES RESILIENCE MEAN REGARDING MENTAL HEALTH? *plus more!*



Fresh Take

QUINOA

By Dylan Roche

Twenty years ago, very few people had heard of quinoa—today, it's one of the more popular health foods on the market. Once people started to hear about its impressive nutritional profile, not to mention its versatility in the kitchen, quinoa started appearing on more and more menus, often for any and every meal of the day.

So, what's the big deal behind this grain? For starters, you might be surprised that quinoa (pronounced "keen-wah"), botanically speaking, isn't a real grain. It's actually a seed that cooks up in a way similar to cereal grains like rice or oats. It originates in the Andean region of South America, where it has been a staple food since ancient times. When prepared, this pseudo-cereal has a light nutty flavor, and it works well in both savory and sweet dishes.

One of the most noteworthy nutritional benefits of quinoa is its protein content. Quinoa delivers about 8 grams of protein per 1-cup serving, but unlike other plant-based sources of protein, quinoa has all essential amino acids your body needs for growth and repair, making it what's known as a complete protein. Quinoa's a great option for people



Quinoa Stuffed Peppers

INGREDIENTS

4 large bell peppers (any color)
1 cup cooked quinoa
1 tablespoon olive oil
1 small onion, finely chopped
2 cloves garlic, minced
1 cup diced tomatoes
1 cup cooked black beans
1 cup corn kernels
1 teaspoon ground cumin
1/2 teaspoon paprika
1/2 teaspoon dried oregano
Salt and pepper to taste

Preheat oven to 375F. Chop the tops off the bell peppers and remove the insides (seeds and membranes); then rinse and set aside. Warm the olive oil in a skillet over medium heat. Add onion and garlic. Once the onion and garlic have had a chance to soften and become fragrant, add the diced tomatoes, cooked quinoa, black beans, and corn. Stir until all ingredients are thoroughly combined. Add cumin, paprika, and oregano. Bring the ingredients to simmer for approximately 5-10 minutes before removing from the heat. Spoon the mixture into each bell pepper, patting down occasionally to pack it in. Set the stuffed peppers in a baking dish and cover with foil. Bake for 25-30 minutes. Serve warm.

following a vegetarian or vegan diet, or for anyone who is interested in replacing some of the animal protein in their diet with a plant source for more nutritional diversity.

It's not just protein, however—quinoa has many nutrients that the average American diet usually gets from meat or other animal-based foods, such as iron for transporting oxygen to your cells, B vitamins for energy production, and zinc for a strong immune system.

Plus, quinoa delivers on fiber. That 1-cup serving of quinoa has about 5 grams of fiber, which is essential for healthy digestion and keeping you full between meals. Fiber helps regulate your blood sugar for a steady stream of energy all day, and studies have even shown that it helps keep cholesterol levels in check.

Quinoa tends to be a pretty safe food for people with dietary restrictions, including those aforementioned vegetarians and vegans, as well as people with allergies or sensitivity to gluten. Quinoa contains no gluten, so it's a suitable alternative to wheat-based options, such as couscous, or other grains that contain gluten, such as rye or barley.

Plus, quinoa is just a fun food to incorporate into your rotation. Part of the reason for quinoa's popularity is its versatility. Its mild flavor blends seamlessly with various ingredients, so it's suitable for a wide range of dishes, from salads to main courses and even desserts.

Most of the time, you'll find quinoa sold uncooked as a dry good, either in a bag or occasionally in bulk. Once you bring the quinoa home, it's important to give quinoa a good rinse to remove the saponin, a natural coating that will give quinoa a bitter taste. The easiest way to do this is by putting the quinoa in a sieve with fine mesh and letting it run under cold water while gently rubbing the seeds with your fingers.

Allow the quinoa to drain, then combine in a saucepan with 2 cups of water for every 1 cup of quinoa. You can always opt to use slightly more water for a soupier consistency to your quinoa, or if you want your quinoa

slightly courser, you can use less. Bring the water to a boil; then reduce the heat to low and cover the saucepan with a lid. Simmer for approximately 15 minutes or until all water is absorbed. Keeping the lid on, remove the saucepan from the heat and allow to sit for an additional five minutes so the quinoa can steam up, reaching a light, fluffy consistency.

This quinoa is ready to go—all you need is some oil, salt, pepper, and maybe a few cooked veggies to stir in. But if you really want to get creative, store plenty of quinoa on hand and find ways to make it the star of the next dish you prepare.



Quinoa Cookies

INGREDIENTS

- 1 cup cooked quinoa
- 1 cup rolled oats
- 1/2 cup almond flour
- 1/4 cup honey
- 1/4 cup almond butter
- 1/4 cup coconut oil
- 1 teaspoon vanilla extract
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1/4 cup dark chocolate chips

In a large mixing bowl, combine the cooked quinoa, rolled oats, almond flour, baking powder, and salt. Stir well and set aside. Melt the coconut oil and transfer to a medium-sized bowl to combine with the almond butter, honey, and vanilla. Stir until it achieves a smooth consistency. Mix the wet ingredients with the dry ingredients and stir until well combined. Fold in chocolate chips. Transfer the dough to the fridge for approximately two hours to chill. Once the dough is chilled, preheat oven to 350F and line a baking sheet with parchment paper. Spoon 1-tablespoon-size portions onto the baking sheet. Bake for 15 minutes or until the cookies are golden brown. Remove from the oven and allow to cool before serving.



Quinoa Buddha Bowl

INGREDIENTS

- 2 cups cooked quinoa
- 1 cup roasted sweet potatoes, cubed
- 1 cup roasted Brussels sprouts
- 1 cup cooked chickpeas
- 1 cup cut broccoli florets
- 1 ripe avocado, sliced
- 1 cup shredded purple cabbage

- 1 cup sliced cucumber
- 1/2 cup grated carrots
- 1/4 cup tahini
- 2 tablespoons lemon juice
- 2 tablespoons water
- 1 clove garlic, minced
- 1 teaspoon honey
- Fresh parsley

Preheat oven to 400F. Spread sweet potatoes, broccoli, and Brussels sprouts on separate baking sheets and drizzle with olive oil. Toss to coat; then transfer

the baking sheets to the oven. Roast for 20–25 minutes until the vegetables are tender and slightly caramelized. Remove the oven but keep warm. In a small bowl, stir together tahini, lemon juice, water, garlic, and honey. Whisk until smooth, adding more water if necessary to achieve the desired consistency. Divide the cooked quinoa evenly among four bowls. Top each serving with

roasted sweet potatoes, broccoli, and Brussels sprouts. Add chickpeas, avocado, cabbage, cucumber, and carrots. Drizzle each bowl with the tahini dressing and serve immediately. Remember that the idea of a Buddha bowl is flexible, and you can customize to suit your own tastes and nutritional needs. Vary this recipe with the use of beets, radishes, edamame, nuts, seeds, tempeh, or tofu!

Fitness Tips

WHY 10,000 STEPS?

By Dylan Roche

How many steps a day does it take to be healthy?

If you're like most people, you've probably accepted the idea of 10,000 steps a day. That's the number often touted by fitness enthusiasts and even some health experts. Although there's not much scientific evidence to back up that number.

Because the idea of 10,000 steps is so steeped in our culture at this point, you might not have stopped to wonder where it comes from. It turns out that it might have once been nothing more than a marketing ploy introduced in the 1960s by a company trying to sell pedometers. People quickly bought up these devices that measured the number of steps they took every day because they wanted to meet a specific goal for good health. From there, the idea gained traction, and it's easy to understand why: 10,000 is an easy number to remember, and having a specific goal makes people feel more motivated.

Although there's no science supporting the idea of 10,000 steps specifically, there's decades of research to encourage regular moderate-intensity aerobic activity such as walking. It elevates your heart rate and improves blood circulation throughout your body, ultimately lowering your risk of heart disease and high blood pressure. Additionally, walking can help you maintain a healthier weight, build strong bones and muscles, and reduce the risk of joint problems. You'll even find that walking is good for your mental health and increases your energy levels. Most importantly, regular physical activity in the form of walking is good for your longevity, as it boosts your immunity and helps stave off chronic disease.

These benefits explain why the Department of Health and Human Services recommends getting at least 150 minutes of moderate aerobic activity every single week.

IF YOU WANT TO MEET THAT GOAL THROUGH 10,000 STEPS, THERE ARE A FEW SMALL CHANGES YOU CAN MAKE TO BE MORE ACTIVE THROUGHOUT THE DAY.

NEED IDEAS?



Start your day with a brisk walk. Just taking 15 minutes to walk around the block can help you hit 1,000 steps before you've even done anything else, and it will put you in the mindset of being active all day long.



Take brief walk breaks throughout your workday. Get up to use the restroom. Take a lap around the parking lot of your office. Make a point of standing up every hour to move around in some way.



Take a walk while you're on the phone or ask colleagues if they'd like to have a meeting on their feet instead of around a conference table.



If weather and safety permit, use walking as a form of transportation for short distances. Walk to a friend's house, to work, to the grocery store, or anywhere else you have errands.



Make a point of enjoying nature. Going for a walk around a local park or along a scenic route will not only give you a light workout but will also put a little bit of beauty in your day.



Find a local walking group for accountability—or start your own. Knowing that you can use walking as a social activity to catch up with a friend will encourage you to be more active.



Remember that consistency is key. Some days will have you walking more than others. If you hit only 8,000 steps one day, just remember that there are other days where you'll be hitting 12,000 steps. It's all about being active in the long term.

So, go ahead and lace up your shoes, step outside, and start moving toward better health—one step at a time.

Breast Cancer Awareness

CONTINUES TO BREAK THROUGH BARRIERS

By Dylan Roche

It's been nearly 40 years since the American Cancer Society established October as Breast Cancer Awareness Month. Beyond the pink ribbons and memorable slogans, it's proved to be a campaign that has served—and continues to serve—a crucial role by encouraging early detection, raising funds for research, and reducing the stigma associated with breast cancer. The National Breast Cancer Foundation estimates the disease will affect close to 300,000 women in 2023.

Much of the success of National Breast Cancer Awareness Month comes from the traction the campaign gained with charities, healthcare professionals, and women's organizations, not just in the United States but also around the entire world. The Susan G. Komen Foundation, the Y-Me National Breast Cancer Organization, Planned Parenthood, the Women's Health Initiative, and Bright Pink, among many others, have participated in spreading awareness and raising money for research every October.

Thanks to these efforts, early detection and improved screening practices have led to higher detection rates. The American Cancer Society estimates that the number of women ages 50 and older who get mammograms at least once every two years has more than doubled since the 1980s.

Survival rates have also improved, with the National Breast Cancer Foundation reporting that the five-year relative survival rate for all types and stages combined is 91 percent in the United States. This is thanks in large part to the develop-



ment of health care like surgery, radiation therapy, chemotherapy, targeted therapy, and hormonal therapies, all of which have better outcomes and improved quality of life during treatment.

Breast Cancer Awareness Month has also created a culture that encourages survivorship care, with women who have battled (or are battling) breast cancer having access to programs, clinics, and other resources that address the emotional and psychosocial needs they have because of this illness.

Women can be vigilant about breast cancer by performing regular self-examinations to detect any changes or abnormalities, but health experts emphasize that self-examination is not a substitute for mammograms or clinical breast exams. The Centers for Disease Control and Prevention recommends that women ages 50-74 get a mammogram every two years, though women ages 40-49 should talk to their doctor about specific recommendations based on their personal risk factors.

For resources or to find a fundraiser happening this October, go online to the National Breast Cancer Foundation (nationalbreastcancer.org), the Komen Foundation (komen.org), or BreastCancer.org.



What Does Resilience Mean Regarding Mental Health?

By Dylan Roche

Resilience takes on an especially important meaning in the realm of mental health and psychology. When a person is mentally and emotionally resilient, they are able to adapt to and cope with significant life stressors that potentially trigger conditions like depression and anxiety.

According to the American Psychology Association, resilience comes from “mental, emotional, and behavioral flexibility and adjustment to external and internal demands.” It doesn’t mean that difficult circumstances don’t affect you—instead, it means you have the ability to maintain mental well-being and function in the face of these stressors.

Your own capacity for resilience will depend, of course, on varying factors,

including access to mental health resources and knowing specific coping strategies. While resilience looks different based on individual experiences and needs, resilient people do tend to have many of the same general characteristics:

- They recognize their emotions, and they know how to control their emotions instead of letting their emotions control them.
- They have positive outlets for stress.
- They can be flexible and adaptable in the face of new challenges and circumstances.
- They have clear goals and values that keep them motivated.
- They maintain good relationships with friends and/or family who can offer emotional support and encouragement.
- They see challenges as an opportunity for growth and learning.

Being resilient is a skill that people develop, either from an early age or through deliberate self-work in later years, often with the help of therapeutic interventions.

If you’re somebody who wants to improve your resilience—and, in turn, your ability to cope with hardship—consider the following approaches:

DETERMINE YOUR SUPPORT NETWORK.

Think of three people you would call if you found out life-changing good news you wanted to share. It’s likely these same three people are ones you would reach out to if something bad happened instead of something good. Remind yourself that you can call or text these contacts when you need emotional support.

FIGURE OUT SHORT-TERM AND LONG-TERM COPING STRATEGIES.

You will need different coping strategies for when you’re in the moment and when you’re handling ongoing stress. A short-term, in-the-moment strategy might be taking deep breaths and counting backward from 10 to help you maintain your composure. A long-term strategy could be a favorite workout that helps you unwind.

SET GOALS AND FOCUS ON PROBLEM-SOLVING SKILLS.

When you have realistic, achievable goals (especially if they’re broken down into manageable steps), you’re better able to stay motivated every day, even if you’re dealing with problems that would otherwise make you feel hopeless or in despair.

Although building resilience is an important practice for your mental health, it’s important to remember that building resilience is a gradual process. Be kind to yourself and be patient as you’re putting in the effort, and remember that small steps taken consistently can make a big difference over time!

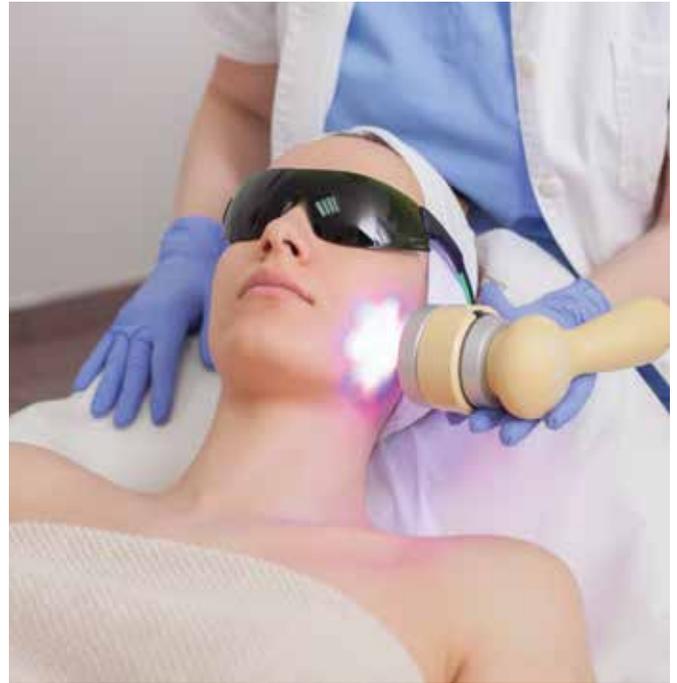
Shedding Light on IPL Therapy

By Dylan Roche

Technology is a beautiful thing—medical advances mean more and more noninvasive options for improving your health with impressive results, and the latest development in cosmetic procedures is a treatment called Intense Pulsed Light therapy, often called IPL for short.

You might be surprised by how this new skin therapy works. Most of the time, we're trying to protect our skin from certain waves of light, avoiding prolonged sun exposure that can damage the skin. However, IPL uses broad-spectrum light to actually heal and repair some of those specific skin problems, including hyperpigmentation, sun damage, acne scars, rosacea, fine lines, and wrinkles.

You might've heard of IPL referred to as photorejuvenation or photofacial. High-intensity pulses of light are administered quickly via handheld device onto targeted areas of skin. Your skin's chromophores—the part of your skin molecules that give your skin its color—absorb this light energy, generating heat and selectively damaging the targeted problem cells or structures while leaving surrounding tissue unharmed. The result is evened skin tone and improved texture, as well as reduced appearance of any blemishes or marks.



Specifically, doctors can use IPL to treat:

ROSACEA: IPL can effectively reduce the persistent redness, flushing, and visible blood vessels often seen in cases of rosacea.

ACNE: IPL targets the bacteria that causes acne and reduces inflammation, helping to clear skin and minimize the appearance of pimples or other blemishes.

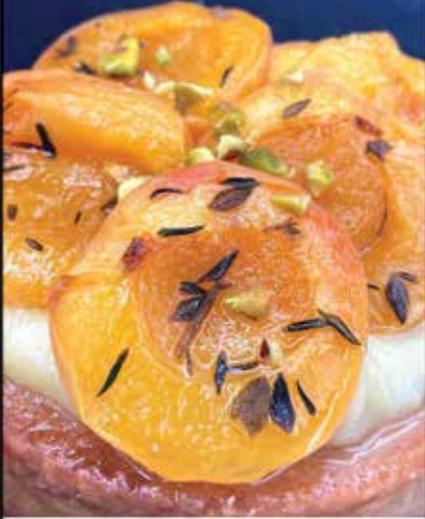
SIGNS OF AGING: IPL was not designed for wrinkle reduction, but some research points to the way it can stimulate collagen production, which naturally improves the firmness and tightness of your skin.

UNWANTED HAIR: By targeting follicles, IPL impairs their ability to grow hair, making it a safe and efficient alternative to traditional hair removal methods.

Early IPL devices saw the most success on people with fair to light skin tones, but recent developments in the technology have made the devices better suited for treating a wider range of skin types. It's important to note, however, that patients should seek specific guidance for their skin type from their doctor, as certain skin tones face a higher risk of pigmentation changes.

As with other noninvasive cosmetic procedures, the success you have could vary—IPL won't eliminate acne or rosacea, but it will provide significant aesthetic improvements. You could even say you're headed "toward the light" for clearer, more vibrant skin!

LA DOLCE
VITA



218 N. Washington St. Easton, MD
piazzaitalianmarket.com

Libbey's
COASTAL KITCHEN + COCKTAILS

1ST
ANNUAL

FALL OYSTER SHUCKDOWN

SATURDAY, OCTOBER 21, 2023

ADVANCED TICKETS: \$110

FOOD STATIONS + OYSTERS
LOCAL BEER + WINE
LIVE MUSIC + FALL FUN

TICKETS



ACADEMY ART MUSEUM
CRAFT SHOW

October 28 & 29

Saturday, 10 am-5 pm · Sunday, 10 am-4 pm

Tickets at academyartmuseum.org

Weekend admission: \$10 Members, \$12 Non-members
Glass blowing demonstrations by Valencia Glass all weekend.



PREVIEW EVENT

October 27, 5:30-9 pm

Gain early access to the shopping event of the season as you support a great cause. Get a one-of-a-kind portrait made by Richmond-based artist Michael-Birch Pierce, who will stitch your image using a standard home sewing machine.



NEW TO THE SHOW

CRAFT SHOW MARKETPLACE
A One-Day Outdoor Fair
Saturday, October 28

WOODWORKS ON WHEELS
Make your own charcuterie board
Saturday & Sunday

FAMILY ART DAY
With Woodworks on Wheels
Create your own pinewood derby car.
Sunday, 1-3 pm

Dining

90 HEARTY DELIGHT | 92 WET YOUR WHISTLE



A hearty omelet breakfast at The Galley in St. Michaels

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.



Hearty Delight

By Sharon Harrington | Photography by Stephen Buchanan

Crisp, blue and white umbrellas and black wrought railings wrap the corner of Talbot and Mulberry Streets. You can imagine you are in the south of France, but you are not. You are about to dine at The Galley Restaurant in charming St. Michaels, Maryland.

The Galley, within in the Dorris house built in 1806, is the latest chapter in the history of a building that has been a residence, a hotel, and a bank. For architectural buffs, the building retains the best of 19th-century craftsmanship and, in a nod to more recent history, the Diebold safe remains on the premises. One can still see where the side patio encompassed the bank's drive-through window. The owners have achieved the transition from bank to restaurant while maintaining the integrity of the building.

The restaurant is open every day except Tuesday, serving breakfast and lunch from 8 a.m. to 2 p.m. Private dining is available for special events and includes the option of The Tree Top Lounge, a unique addition to the downtown "skyline."

We decided to dine on a Sunday; what better way to test a restaurant's mettle than during a busy tourist weekend? The restaurant does not take reservations, so I was a little worried that, like us, everyone would want to dine al fresco on this brilliant sunny Sunday. But my worries were unfounded. The outdoor seating is plentiful, and there is always the indoor option. When we arrived at eleven a.m., we were seated immediately under one of those jaunty-striped umbrellas and promptly presented water with a refreshing coin of cucumber floating on top.

It was a pleasure to watch the well-choreographed wait staff as they deftly maneuver through the diners. Service is a well-oiled machine. Our server, Kate, introduced herself and doled out the menus. Although the menu is a one-pager, it solicits your full attention with its clever names and in-depth descriptions.

Baked goods head the list; sticky buns, scones, donuts, and biscuits, all made on-site, followed by cold-pressed juices, smoothies, and acai bowls. The menu's core features every possible combi-

THE GALLEY RESTAURANT 305 S. TALBOT STREET, ST. MICHAELS | 410-200-8572 | THEGALLEYSAINTMICHAELS.COM

nation of breakfast foods culled from family recipes and named for family adventures. It is here that you get a sense of the owner's culinary point of view; food should be good, plentiful, and fun.

My friends and I are self-proclaimed trenchermen (hearty eaters), and we both dither and deliberate as we ponder our selections. One of the items, The Big Geiger, claims to be a hangover helper. Hmmm? Another is eggs, cheese, and bacon stuffed inside a donut. How do they do that? Since we cannot have it all, the only sensible thing seems to be to plan another visit. So, we make our selections. I chose The Big Breakfast of pancakes, bacon, fluffy scrambled eggs, biscuits, and tater tots. Tater tots seem to be enjoying a renaissance, cropping up on many local menus, much to the delight of those who ate them as kids. About those eggs—the menu writer used the adjective fluffy in almost every description of eggs, and I wondered if that was an accurate description. Having now tasted the eggs, I agree they are like little bits of yellow cloud that floated down to your plate.

One of my dining companions chose the Breakfast Quesadilla, boasting cheese, eggs, bacon, and salsa wrapped in a tortilla. He declared it the best he had ever had.



Another friend chose an omelet that she customized with lox, tomatoes, and mushrooms. Visitors to our area expect to sample Maryland blue crab, our local delicacy with a national reputation. A restaurant would be remiss if they did not offer a crabcake or something crab related. Locals, like me, have some strong opinions about preparing crabcakes, the first rule being minimal filler and no shells. So, to put The Galley to the test, my husband ordered The Crab Benedict, with locally-sourced crab from Wittman's Wharf.

Two golden tennis ball-sized crabcakes resting on an English muffin napped with a tangy Hollandaise sauce, and the ubiquitous fluffy scrambled eggs quickly appeared. My spouse declared, "No filler, no shells, and I could taste the crab." The Galley passed the crabcake test!

A few days after our dining experience, I had an opportunity to chat with Jennifer Smith, one of the owners. She shared that she grew up cooking on boats, and food has been a lifelong passion. Owning The Galley is her dream come true.

Wet Your Whistle

Let's be honest, when looking at a restaurant's menu, the first thing many folks look for is the cocktail list (even mocktails, if that's your thing). This month's dining guide highlights drinks and specials at some favorite bars and restaurants in the area.

Average entrée price

\$ 0-14

\$\$ 15-30

\$\$\$ 31 and over

📞 Reservations

🍹 Full bar

👨‍👩‍👧 Family Friendly

🌊 Water View

☀️ Outdoor Seating

🎵 Live Music

Advertisers in **RED**

Queen Anne's County

Amalfi Coast Italian & Wine Bar

401 Love Point Road, Stevensville; 443-249-3426; amalficoastki.com
 \$\$, Limoncello
 Blush: House-made Limoncello, Cranberry Juice, Lemonade, Splash of Soda Water, House-made Lemon Foam, Fresh Lemon Zest 📞 🍹 ☀️

Big Bats Café

216 St Claire Place, Stevensville; 410-604-1120; bigbats.com
 \$\$, Mud Slide Slam: Baileys, Kahlua, Absolut. Vanilla Ice Cream 🍹 🍷

The Big Owl Tiki Bar and Grill

3015 Kent Narrow Way S, Grasonville; 410-829-9546; thebigowl.com
 \$\$, American Cup 🍹 🎵

Bridges Restaurant

321 Wells Cove Road, Grasonville; 410-827-0282; bridgesrestaurant.net
 \$\$\$, Cranberry Ginger Margarita: El Jimador Tequila with Cranberry and fresh Lime Juices topped with Ginger Beer 📞 🍹 🍷 🌊 ☀️

Doc's Riverside Grille

511 Chesterfield Ave, Centreville; 410-758-1707; docsriversidegrille.com
 \$\$, Strawberry Crush 🍹 🍷 🎵

Dock House Restaurant

110 Piney Narrows Road, Chester; 443-446-4477; dockhouserestaurant.com
 \$\$\$, Flora Adora Wild Garden Cup: Hendrick's Flora Adora Gin, Lemon Juice, Simple Syrup, Club Soda 🍹 🌊 ☀️

Fisherman's Crab Deck

3032 Kent Narrows Way S, Grasonville; 410-827-6666; crabdeck.com
 \$\$, Pine In the Coconut: 1800 Coconut Tequila, Pineapple Juice, Fresh Lime, Cream of Coconut, Splash of Grenadine 🍹 🌊 ☀️

Fisherman's Inn

3116 Main Street, Grasonville; 410-827-8807; fishermansinn.com
 \$\$\$, Lavender Rickey: Fords Gin, Fresh Squeezed Lime, Lavender Syrup, topped with Club Soda 🍹 🌊 ☀️

Harris Crab House and Seafood Restaurant

433 Kent Narrow Way N, Grasonville; 410-827-9500; harriscrabhouse.com
 \$\$, Dole Whip Crush: Coconut Malibu, Whipped Vodka, Coconut Milk and Pineapple Juice 🍹 🌊 ☀️

The Jetty Dock Bar and Restaurant

201 Wells Cove Road, Grasonville; 410-827-4959; jettydockbar.com
 \$\$, Island Paradise: Pineapple Rum, Coconut Rum, Banana Liqueur, Orange, Pineapple, and Cranberry 🍹 🌊 ☀️

Libbey's Coastal Kitchen and Bar

357 Pier One Road, Stevensville; 410-604-0999; libbyscoastalkitchen.com
 \$\$, Pearsecco Cocktail: Wheatley Vodka, Cane Spiced Pear Syrup, Elderflower Liqueur, Prosecco 📞 🍹 🌊 ☀️

Knoxie's Table

180 Pier One Road, Stevensville; 443-249-5777; bay-beachclub.com
 \$\$, Banana Chip Julep: Larceny Bourbon, Tempus Fugit Crème de Banana, Sweet Vermouth, Licor 43, Muddled Mint 📞 🍹 ☀️

The Narrows Restaurant

3023 Kent Narrows Way, Grasonville; 410-827-8113; thenarrowsrestaurant.com
 \$\$\$, Narrow's Elevated: Avion 44, Lillet Rose, Grapefruit Juice, Honey Syrup 📞 🍹 🌊 ☀️

Pour House Pub

205 Tackle Circle, Chester; 443-249-3242; pourhouseki.com
 \$, No Sleep Till Brooklyn: Mr. Black Cold Brew on the Rocks with a shaken Stoli Vanilla and Cream Topper 🍹 🎵

Rams Head Shore House

800 Main Street, Stevensville; 410-643-2466; rams-headshorehouse.com
 \$\$, Rootbeer White Russian: Tito's Vodka, Fordham & Dominion Draft Root Beer, Kahlua, Cream 📞 🍹 🎵

Red Eye's Dock Bar

428 Kent Narrow Way N, Grasonville; 410-304-2072; redehyesdb.com
 \$\$, Red Eye Mule: Three Olives Watermelon Cucumber, Fresh Watermelon, Fresh Cucumbers, Ginger Beer 🍹 🌊 ☀️ 🎵

Talbot County

Ava's Pizzeria & Wine Bar

409 Talbot Street, St. Michaels; 410-745-3081; avaspizzeria.com
 \$, Spritzzy Ditzzy: Prosecco, Lemon Vodka, Aperol, Grapefruit Juice 🍹 🍷 ☀️

Bistro St. Michaels

403 South Talbot Street, St Michaels; 410-745-9111; bistrostmichaels.com
 \$\$\$, Aviation: Empress Gin, Crème de Violette, Maraschino Liqueur, Fresh Lemon 📞 🍹

Bombay Tadka

508 Idlewild Ave, Easton; 410-746-2135; bombaytadkamd.com
 \$\$, Bollywood Smash: Four Roses Bourbon, Lime, Plum, Orange, Simple 🍹 🍷

Capsize

314 Tilghman Street, Oxford; 410-226-5900; capsizexmd.com
 \$\$, Americano: Campari, Sweet Vermouth, Soda Water and Orange slice 📞 🍹 🌊 ☀️

Corah's Corner

105 N Talbot Street, St Michaels; 410-745-8008; corahs.com
 \$\$, Rosemary Grapefruit Cooler: Rosemary Infused Vodka, Fresh Grapefruit, Elderflower Liqueur, Fresh Lemon 🍹 🍷 ☀️

Crab Claw Restaurant

304 Burns Street, St Michaels; 410-745-2900; thecrabclaw.com
 \$\$, Signature Polar Bears 📞 🍹 🌊 ☀️

Doc's Downtown Grille

14 N Washington Street, Easton; 410-822-7700; docsdowntowngrille.com
 \$\$, Bourbon Bramble: Woodford Reserve Bourbon, Blackberry Brandy, Lemonade and Club Soda 🍹 🍷 ☀️

Foxy's Harbor Grille

125 Mulberry Street, St Michaels; 410-745-4340; foxysharborgrille.com
 \$\$, Sailor's Sunset Sour: Jameson Orange Whiskey, Citrus Sour, Splash of Cranberry & Orange 🍹 🌊 ☀️

The Galley

305 South Talbot Street, St Michaels; 410-200-8572; thegalleysaintmichaels.com
 \$\$, Pineapple Upside Down Cake: Rumchata, Whipped Vodka, Pineapple Juice and Grenadine 🍹 🍷 ☀️

Gina's Café

601 Talbot Street, St Michaels; 410-745-6400; ginascafemd.com
 \$\$, Garden Party: Tito's Vodka, Lemonade, and Fresh Basil 🍹 🍷

Hunter's Tavern

101 East Dover Street, Easton; Tidewaterinn.com; 410-822-4034
 \$\$, Classic Old Fashioned 📞 🍹

WHAT'S UP? MEDIA'S

NUTCRACKER TEA

THE
ANNAPOLIS
HOLIDAY
TRADITION!



DECEMBER 3 10 AM, 2PM AND DECEMBER 10 10 AM

AT THE GRADUATE ANNAPOLIS HOTEL

Fill your tea cup with holiday cheer as you experience the magic of Christmas! Enjoy a delicious high tea and scrumptious buffet as you watch excerpts from The Nutcracker come to life on stage. To top it all off, there will be a visit and story time with Santa and Mrs. Claus. Tickets available at whatsupmag.com/nutcrackertea.



WHAT'S UP? MEDIA



Limoncello Italian Restaurant & Wine Bar

200 South Talbot Street, St Michaels; 410-745-3111; limoncellostmichaels.com \$\$, Water Lily Martini: Perfect Mix of Malfy Gin, Fresh Lime Juice, Simple Syrup, and Crème di Violette, topped with house-made Lemon Foam and Fresh Mint ☺ ☹

Momma Maria's Mediterranean Bistro and Bar

4021 Trappe Street, Trappe; 410-476-6266; mommamariasbistro.com \$\$, Alander Spiced Rum Runner: Sour Mix, OJ, Pineapple, Grenadine, Blackberry Brandy, Crème de Banana ☹

Out of the Fire

111 South Washington Street, Easton; 410-205-2519; outoffthefire.com \$\$, Out of the Fire Martini ☺ ☹

Ruse

209 N Talbot Street, St Michaels at the Wildset Hotel; 410-745-8011; ruserestaurant.com \$\$\$, Practical Magic: Bourbon Milk Punch, Coconut infused Mellow Corn, Cachaca, Coconut Water, Angostura ☺ ☹

Scossa Restaurant and Lounge

8 North Washington Street, Easton; 410-822-2202; scossarestaurant.com \$\$, Tropical: Bacardi Rum, Malibu Rum, Peach Schnapps, Pineapple Juice, Splash of Myers Rum ☺ ☹ ☹ ☹

T at the General Store

25942 Royal Oak Road, Easton; 410-745-8402; tathegeneralstore.com \$\$, Earl Grayhound: This grapefruit juice and "Earl Gray" Grey Goose Vodka is an ideal choice for a summertime... or any time ☺ ☹

Tickler's Crab Shack and Restaurant

21551 Chesapeake Houe Drive, Tilghman in the Wylder Hotel; 410-886-2121; wylderhotels.com \$\$, Lyon Hurricane: Lyon White Rum, Lemon Juice, Passionfruit Juice, Dark Rum Floater ☹ ☹ ☹

Tiger Lily

206 N Washington Street, Easton; 410-690-4602; tigerlilyeaston.com \$\$, Smoke & Salt Margarita: Cimarron Tequila, Banhez Mezcal, Lime, Agave, Dry Curacao ☺ ☹

Kent County

Blue Bird Tavern

512 Washington Avenue, Chestertown; 410-778-2885; Facebook \$, Bloody Mary ☹ ☹

Deep Blue at Kitty Knight

14028 Augustine Herman Highway, Georgetown; 410-648-5200; deepbluerestaurant.com \$\$, Sassafrose: Frozen Rose, Peach Schnapps, Fresh Berries ☺ ☹ ☹ ☹ ☹

Fish Whistle

100 George Street, Georgetown; 410-275-1603; fishwhistle.com \$\$, Blueberry Mojito ☺ ☹ ☹ ☹

Harbor Shack

20895 Bayside Avenue, Rock Hall; 410-639-9996; harborshack.net \$\$, 32 ounce Margarita ☹ ☹ ☹ ☹

The Jefas Mexican Grill

100 West Cross Street, Galena; 410-648-7182; the-jefas-mexican-grill.business.site \$, Adam and Eve Bulldog: Our House Margarita with a splash of Apple Juice, Sour Apple Schnapps, and topped with a Redds Apple Ale ☹ ☹

The Kitchen at the Imperial

208 High Street, Chestertown; 410-778-5000; imperialchestertown.com \$\$\$, Grasshopper ☹ ☹

The Retriever Bar and Oysters

337 1/2 High Street, Chestertown; theretrieverbar.com \$\$, Toki Highball: Japanese Whisky charged with bubbly water ☹ ☹

Uncle Charlie's Bistro

834 High Street, Chestertown; 410-778-3663; unclecharliesbistro.com \$\$, Irish Coffee ☹ ☹

Watershed Alley

337 High Street, Chestertown; 443-282-9797; thewatershedalley.com \$\$\$, Issela: Catocin Gin, Blueberry Puree, Pinot Noir, Green Chartreuse, Lemon Oleo Saccharum and Juice ☺ ☹

Dorchester County

Ava's Pizzeria & Wine Bar

543 Poplar Street, Cambridge; 443-205-4350; avaspizzeria.com \$, The Corner Mule: Rock Town Grapefruit Vodka, Ginger Beer, Lime ☹ ☹

Blackwater Bakery

429 Race Street, Cambridge; 443-225-5948; blackwaterbakery.com \$, Extra Dirty Chai: Ole Smokey Tennessee Salty Carmel Whiskey, Chai Tea, Milk of Choice ☹ ☹

Blue Point Provision Company

100 Heron Boulevard, Cambridge; 410-901-1234; hyattregencychesapeakebay.com \$\$\$, Berry Bourbon Smash: Benchmark Old No. 8 Bourbon, Mixed Berries, Agave, Sweet Vermouth, Soda ☹ ☹ ☹

Blue Ruin

400 Race Street, Cambridge; 410-995-7559; blueruinbar.com \$\$, Smoke Stack Martini: Ketel One Vodka, Smoked Black and Green Olive Juice Garnished with Black and Green Olives ☹ ☹

Bombay Social

413 Muir Street, Cambridge; 443-515-0853; bombaysocialmd.com \$\$, Sharabi Lassi: Spiced Rum, Mango Lassi, Pistachio, Star Anise ☹

Lil' Bitta Bull

520 Race Street, Cambridge; 443-205-2219; Facebook \$\$, Crush Flights: Orange, Blueberry Lemon, Watermelon, Cherry Lime ☹ ☹

Ocean Odyssey and Crab House

316 Sunburst Highway, Cambridge; 410-228-8633; toddseafood.com \$\$, Catalina Wine Mixer: Prosecco, Campari, Vodka, Sugar Cube, Orange Twist ☹ ☹ ☹ ☹

Portside Seafood Restaurant

201 Trenton Street, Cambridge; 410-228-9007; portsidemaryland.com \$\$, Pink Starburst: Smirnoff Vanilla Vodka, Watermelon Liquor, Sour, Lemon Lime Soda ☹ ☹ ☹ ☹ ☹

River View at the Point

1A Sunburst Highway, Cambridge; 410-228-0870; riverviewatthepointrestaurant.com \$\$, White Sangria ☺ ☹ ☹

Snappers Waterfront Cafe

112 Commerce Street, Cambridge; 410-228-0112; snapperswaterfrontcafe.com \$\$, TangCrush: Tanqueray Sevilla Orange Gin, Fresh Squeezed OJ, Triple Sec, Lemon Lime Soda ☺ ☹ ☹ ☹ ☹

Suicide Bridge Restaurant

6304 Suicide Bridge Road, Hurlock; 410-943-4689; suicide-bridge-restaurant.com \$\$, Tito Refresher: Vodka, Fresh Mint, Lime, Simple Syrup, Soda ☹ ☹ ☹ ☹

Caroline County

Caroline's

406 Market Street, Denton; 410-490-4495; carolinesindenton.com \$\$, Rosemary's Baby ☺ ☹

Subscribe to Daily Newsletters for Local Dining Intel & Events!



Shop Local. Buy Local.

RESERVE YOUR SPACE TODAY
 Contact Ashley Lyons at 410-266-6287 x1115
 or alyons@whatsupmag.com

Fisherman's
CRAB DECK

Final Month
 To Feast On Flavorful Fall Crabs!



CrabDeck.com | 410-827-6666



Shore Soils
 reduce · reuse · recycle

Transforming food waste into fertile soil

We take a new approach to traditional composting!
 We provide services to residences, communities, offices, schools, restaurants, grocery stores and events!

For more information visit our website at shoresoils.com or scan the QR code here




Facials • Massage • Manicure/Pedicure • Full Service Salon

Swan Cove
 SPA & SALON

Our goal is to help you relax, rejuvenate, and find a sense of health and well-being. All of our services, from the latest cuts and styles to body wraps, are intended to relieve stress and help you feel renewed.

410-604-1500 | www.swanovespa.com
 100 Piney Narrows Rd., Suite 1, Chester, MD

BEST OF 2023

PREMIER ALLERGIST
 formerly Allergy & Asthma Center

AllerVie
 HEALTH

EASTERN SHORE TOP DOC



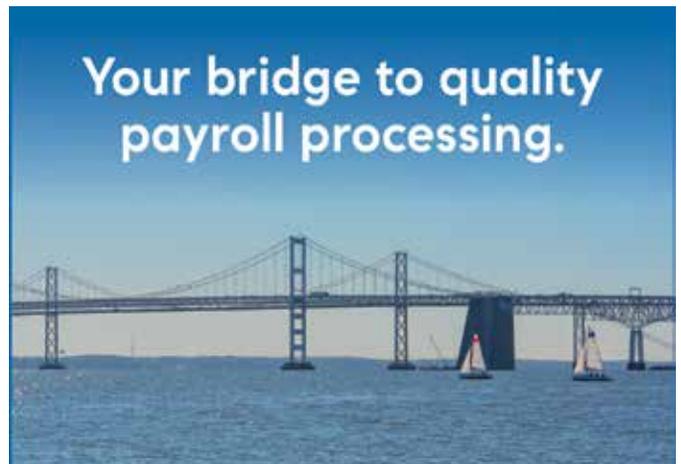
CATHERINE POPADIUK, DO
 BOARD-CERTIFIED ALLERGIST

Scan the QR Code below, or call us directly for new patient appointments.
 800.778.9923




TOP DOCS
 2023-2024
 EASTERN SHORE

Your bridge to quality payroll processing.



ADVANCED
 PAYROLL SOLUTIONS, INC.

SINCE 1992

Local and Affordable Payroll Processing
 Serving Maryland and Beyond for Over 30 Years

Call us today (410) 643-3446

1704 Main Street | Chester MD 21619
www.advancedpayrollsolutions.com

f @



Where's Wilma?

FIND WILMA AND WIN!

October heralds autumn's full-color display, from beautifully transforming leaves to spooky decorated homes. It's a wonderful time to bundle up and enjoy Chesapeake country at it's finest. Our faithful flying mascot, Wilma, is jet-set on covering as much fun, festivals, shopping, and dining as possible. She'll be out and about. Where will she pop up?

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



Please Print Legibly

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

Name _____

Phone _____

Address _____

E-mail address _____

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

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

Entries must be received by October 31, 2023. Winner will receive a gift certificate to a local establishment and their name will appear in an upcoming issue of What's Up? Eastern Shore.

Academy Art Museum of Easton.....	88
Advanced Payroll Solutions.....	95
Anne Arundel Gastroenterology Associates.....	18
Anne Arundel Medical Center—Fish For A Cure.....	80
Aqua Pools.....	BC
Arthritis and Osteoporosis Center.....	LHP
Bay Area Pediatrics.....	25
Brad Kappel—TTR Sotheby's International Realty.....	5
Chaney Homes—Tricia Wilson.....	9
Chesapeake Bay Beach Club.....	17
Chesapeake Medical Imaging.....	19, LHP
Dee Dee McCracken—Coldwell Banker.....	2
Djawdan Center for Implant and Restorative Dentistry.....	1, LHP
Drs. Walzer, Sullivan & Hlousek, P.A.....	7
Eastern Shore Dental Care.....	LHP
Eastern Shore Title Company.....	75
Easton Dermatology Associates, LLC.....	LHP
Fisherman's Crab Deck and Fisherman's Inn.....	95
For All Seasons, Inc.....	10
Fred Frederick Chrysler Jeep Dodge—Easton.....	60
Friel Kitchen and Bath Design and Friel Lumber Company.....	79
Harbor Dental Center.....	LHP
Haven Ministries.....	27
Joanna Dalton Coldwell Banker.....	68
Kent Island Orthodontics.....	27
Kent Island Pediatric Dentistry.....	LHP
Kovach Chiropractic and Wellness Center.....	LHP
Libbey's Coastal Kitchen + Cocktails.....	88
Londonderry On The Tred Avon.....	13
Long and Foster Real Estate—Cornelia Heckenbach.....	66
Luminis Health AAMC.....	4, LHP
Lundberg Builders and 314 Design Studio.....	72
Maryland Oncology & Hematology.....	LHP
Massoglia Gina, M.D. Chesapeake Surgical Associates.....	23
Nancy Hammond Editions.....	72
O'Donnell Vein and Laser.....	IFC
Piazza Italian Market.....	88
Plastic Surgery Specialists.....	LHP
Premier Allergy.....	95
Reinheimer Orthodontics.....	LHP
ROSM Regenerative Orthopedic Sports Medicine.....	LHP
Sandel Duggal Center For Plastic Surgery.....	LHP
Selling Maryland Sunsets LLC Biana Arentz.....	15
Serino Orthodontics.....	23
Shore Soils.....	95
Soistman Family Dental & Associates.....	LHP
Swan Cove Spa and Salon.....	95
The Kahan Center for Pain Management.....	28, LHP
Tidewater Inn.....	14
Tilghman Volunteer Fire Company.....	10
Troika Gallery.....	10
University of Maryland Shore Regional Health.....	IBC

Congratulations to our top doctors.

At **University of Maryland Shore Regional Health**, we're committed to keeping our community healthier and stronger. We couldn't do that without our providers and community physicians who deliver superior care to our patients and families. We're proud to recognize our physicians selected as *What's Up? Eastern Shore Top Doctors 2023 - 2024*. **Congratulations to all those recognized with this honor!**

Anesthesiology

Bradley Kleinert, DO
Stephen Lemke, DO
John Snell, MD

Back Pain

Jennifer Baima, MD

Breast Cancer

Roberta Lilly, MD
David Weng, MD

Cardiovascular Disease

Jeffrey H. Etherton, MD

Colon & Rectal Surgery

Dabanjan Bandyopadhyay, DO
John T. Moon, MD

Critical Care Medicine

Eric Klotz, DO
Peyman Otmishi, MD, FCCP
Elena M. Tilly, MD
Andrew Vranic, MD
Steven White, MD

Diabetes

Medha Satyarengga, MD

Endocrinology, Diabetes & Metabolism

Medha Satyarengga, MD

Gastroenterology

George Kunnackal John, MBBS
Volkan Taskin, MD

General Surgery

William Bair, MD
Dabanjan Bandyopadhyay, DO

Gynecology

Javier Cajina, MD
Palak Doshi, DO, FACOOG

Hematology & Oncology

Adam Goldrich, MD
David Weng, MD

Hospice & Palliative Medicine

Lakshmi Vaidyanathan, MD, MBA

Internal Medicine

Carolyn Helmly, MD

Irritable Bowel Syndrome

Volkan Taskin, MD

Nephrology

Anish Madanlal Hinduja, MD
Christina Turner, MD

Neurological Surgery

Khalid H. Kurtom, MD,
FAANS, FACS

Neurology

Mohammed W. Kamsheh, MD
Rena Sukhdeo-Singh, MD

Obstetrics

Javier Cajina, MD, FACOG
Palak Doshi, DO, FACOOG

Orthopedic Sports Medicine

Jason Jancosko, DO
Sheila E. Taylor, DO

Orthopedic Surgery

Kevin McCoy, MD
Michael Foster, MD

Orthopedic Surgery (Hand)

Thomas Stauch, MD

Orthopedic Surgery (Hip)

Kevin McCoy, MD

Orthopedic Surgery (Knee)

Michael Foster, MD
Richard Mason, MD

Otolaryngology

Laurie Porter, DO

Pediatrics

Mark Langfitt, MD

Physical Medicine & Rehabilitation

Jennifer Baima, MD

Primary Care Medicine

Kevin Tate, MD

Psychiatry

Justin Wade, MD
Kathleen Ziegler, DO

Pulmonology

Fernando De Leon, MD
Peyman Otmishi, MD, FCCP
Andrew Vranic, MD

Radiation Oncology

John Mastandrea, MD

Radiology

Dale Johnson, MD

Sleep Apnea

Peyman Otmishi, MD, FCCP

Urology

Andrew Riggan, MD
Christopher Runz, DO

UM SHORE
REGIONAL
HEALTH



UNIVERSITY of MARYLAND
MEDICAL SYSTEM

umshoreregional.org | A better state of care.

How do *you* relax?



HotSpring[®]
Portable Spas



8801 Mistletoe Drive, Easton, MD 21601
aqua74.com 410.822.7000