

SPOOKY SEASON IS HERE! Super Seasonal Events & Attractions to Enjoy

WHAT'S UP?

eastern shore

WHAT'S UP? MEDIA • JUNE 2024
HOME GROWN
LOCALLY OWNED
CENTRAL MARYLAND • WEDDINGS • EASTERN SHORE

90+
WINNERS
NOMINATED
BY THEIR
PEERS

TOP DENTIST



PLUS:

**WATER
WATCHERS**

How Citizen Scientists
Propel Bay Advocacy

**AN NFL
DREAM
COME TRUE**

Meet Ravens' Rookie
Devontez Walker

WHAT'S UP? MEDIA OCTOBER 2024

\$4.95

10

0 74851 08647 6

Tricia Wilson

GRI, REALTOR® - BROKER - OWNER

410-404-2033 - Call/Text



NOW Wilson Realty
410-304-2550



Chester

BUYER \$1.8M
401 Old Point Rd



Chester

SELLER \$1.35M
228 Bentons Pleasure



Chester
Gibsons Grant

SELLER \$999K
223 Mchenny Rd



Grasonville

SELLER \$950K
650 Chester River Beach



Annapolis
Epping Forest

SELLER \$1.2M
1674 Hickory Trail

I'VE MADE A MOVE & I AM READY TO HELP YOU MOVE, TOO!



"Tricia was a delight to work with from start to finish while we were selling our house. Not only is she the most knowledgeable agent we've ever worked with but she is a truly nice and caring person. Although we know she is a very busy agent, she made us feel like we were her only clients. Her marketing plan was on point! We couldn't have asked for a better experience. If you hire Tricia, you will not regret it!"

- Kim B.
Stevensville Seller

Get The Daisy. Get Results. Get Tricia.

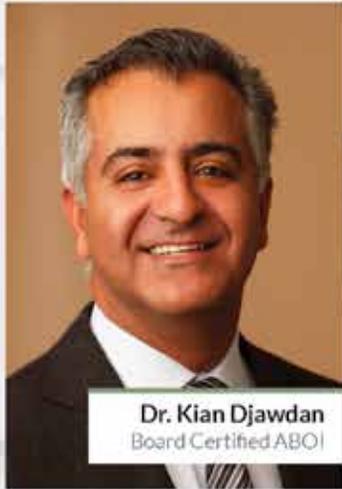


Best Residential Realtor

Realtor of the Year 2024

30 years of Trustworthy Expertise.

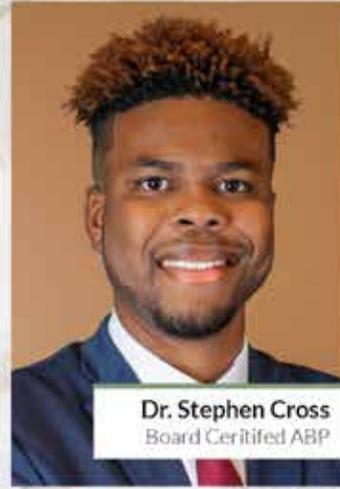
At Djawdan Center for Implant and Restorative Dentistry, we're not just experts: we're pioneers in transforming smiles and lives. Our Board-Certified doctors bring specialized expertise in diagnosing and treating intricate prosthetic and implant challenges. Whether you need dental implants, full arch restorations, or advanced cosmetic and restorative dentistry, our team is equipped to provide top-tier patient care at the forefront of dental innovation.



Dr. Kian Djawdan
Board Certified ABOI



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
Board Certified ABP



American Board
of Prosthodontics

Dr. Stephen Cross is a Board Certified 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.

Call or Text 410-266-7645 Now
to Schedule Your Judgement Free (No Fee) Consultation

- ✓ *Decades of Specialized Experience*
Our 30-year legacy ensures that you'll enjoy stellar care and beautiful results from the hands of a seasoned expert.
- ✓ *Board-Certified Precision*
As Board-Certified specialists, Dr. Djawdan and Dr. Cross possess the profound knowledge and skill required to handle the most complex dental cases.
- ✓ *Integrated Dental Solutions*
Our ability to handle all aspects of your treatment ensures seamless coordination over fewer visits, more consistent care and superior results.
- ✓ *Advanced Sedation Options*
Experience anxiety-free procedures with our comprehensive sedation options, tailored to your comfort and specific needs.

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



GRADUATE
KOOS CENTER

ICOI
International Congress of Oral Implantologists





DD McCracken Home Team

"Big or Small - We Sell Them All!"

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



810 Bayside Drive | Stevensville | DeeDee McCracken

Nestled along the sparkling shores of Chesapeake Bay, this exquisite custom-built home built in 2023-24, stands as a testament to luxury and refined living. No detail has been overlooked in the creation of this magnificent residence, where no expense was spared to craft a haven of beauty and comfort. The enchanting sunsets each evening offer a spectacle. Take in the panoramic views of the bay, feel the gentle breeze, and immerse yourself in the serenity of waterfront living. Experience a lifestyle of luxury and tranquility in this Chesapeake Bayfront retreat, where every day is a celebration of nature's splendor and the essence of waterfront living.

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®, SRES®
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



Under Contract

343 Loblolly Way | Grasonville | DeeDee McCracken

- Finished living space 2,424
- All one level living • Screened porch & deck
- Private back yard • Backs to woods
- Gas fireplace
- Three bedrooms, two and one-half baths
- Large kitchen & 42 inch cabinets
- Two car garage



5808 Main St | Queenstown | DeeDee McCracken

- Spacious Brickfront Home
- 4 Bedroom, 2.5 Baths
- Main level hardwood floors
- Large kitchen with island & Corian counters
- Primary with luxurious ensuite bath
- Bonus space over the garage



315 Ruthsburg Rd. | Centreville | DeeDee McCracken

- Convenient to downtown Centreville
- Many recent repairs
- Gourmet Kitchen/42" Amish made cabinets
- 4 Bedrooms, 2 full baths
- Attached 2 car garage
- .76 acres / Pole Barn



234 Chatham Ln. | Annapolis | Lisa Barton

- Spacious 4 BR 2BA
- Updated kitchen in 2020
- New HVAC in 2024
- Convenient central Annapolis location
- Versatile spaces: home office, workout/play room • No HOA



124 Olde Point Lane | Queenstown | Annie Eaton

- Rancher in the heart of Queenstown
- 3 bedrooms, 2 full baths
- 2 car attached garage
- Sunroom
- Hot Tub
- Fenced Yard



321 Shipyard Dr. #69 | Cambridge | Annie Eaton

- For Sale or For Rent
- Gated Community
- 3 bedrooms, two and one-half baths.
- Soaring Ceilings
- Comm. Pool & Riverwalk
- Walk to downtown



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!



200 Bridgeview Lane
\$15,750,000



101 Cove Creek Court
\$5,995,000



Sunset Wharf at Bay Bridge Marina
Units starting at \$2,325,000



411 Ridgely Avenue
\$3,950,000



3154 Arundel on the Bay Road
\$2,750,000



755 Dividing Road
\$1,935,000



1712 Foxgrape Lane
\$1,588,000



1248 Washington Drive
\$1,498,000



208 Tower Drive
\$1,395,000



Visit BradKappel.com to Secure *Your Waterfront Escape*

Call Brad to Make *Your Move* in 2024

100% ★★★★★ 5-STAR REVIEWS



29 Homeport Drive
\$4,898,000



432 Maureen Lane
\$1,850,000



1507 Brewster Gate Road
\$1,279,000



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

TTR | **Sotheby's**
INTERNATIONAL REALTY



MARYLAND'S

#1

WATERFRONT
REALTOR

©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. SIR1

Contents



◀ **OCTOBER 2024**

On the Cover: We celebrate our region's Top Dentists. Design by August Schwartz. Contact *What's Up? Eastern Shore* online at whatsupmag.com. ♻️ Please recycle this magazine.

Arts & Culture

14 Events highlights special celebrations and activities to enjoy this month

22 Arts covers local exhibitions, artists, galleries, and museums

24 Business & Community features local business and community news

26 Education profiles local student athletes, performers, and programs. Meet Layla Kent of Gunston School BY TOM WORG

28 Interview offers discussions with local personalities. This month, we talk to Baltimore Ravens' rookie Devontez Walker BY TOM WORG



102

Home & Garden

◀ **66 Featured Home: New School Elegance** profiles a young couple who contracted a custom built, estate-style home overlooking forested waterfront along the western shore's South River BY LISA J. GOTTO

76 Interior: The Light Aquatic explores how lighting design has been inspired by water and fluidity BY LISA J. GOTTO

78 Postcards from Easton showcases a luxurious Miles River waterfront home that recently sold for \$5 million BY LISA J. GOTTO

80 Stay Awhile offers the real estate details of this \$1.175 million historic home in St. Michaels BY LISA J. GOTTO



22



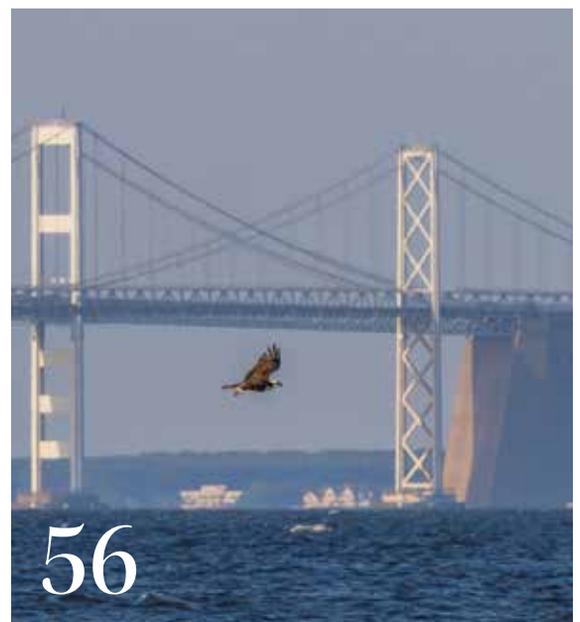
28

Features



30 Top Dentists 2024–2025 reveals the most revered dentists in our region, as nominated by their dentist peers in 12 areas of dental specialty

56 Water Watchers explains how the scientific community harnesses the power of citizen participants to cull data and develop policy to improve the Chesapeake Bay's water quality BY LISA A. LEWIS



56

WHAT'S UP?
eastern shore

Publisher & President

Veronica Tovey (x1102)

Editorial Director

James Houck (x1104)

COO & Director of Advertising

Ashley Raymond (x1115)

Entertainment Editor

Megan Kotelchuck (x1129)

Contributing Editors

Lisa J. Gotto, Dylan Roche

Contributing Writers

Janice Booth, Lisa A. Lewis,
Tom Worgo

Staff Photographers

Steve Buchanan, Tony Lewis, Jr.

Contributing Photographers

Peak Visuals

Art Director

August Schwartz (x1119)

Graphic Designers

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

Web Content Specialist

Arden Haley

Production Coordinator

Amanda Stepka

Marketing and Social Media Specialist

Maria Dimalanta

Senior Account Executive

Kathy Sauve (x1107)

Account Executives

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

Finance Manager

Deneen Mercer (x1105)

Bookkeeper

Heather Teat (x1109)

WHATSUPMAG.COM



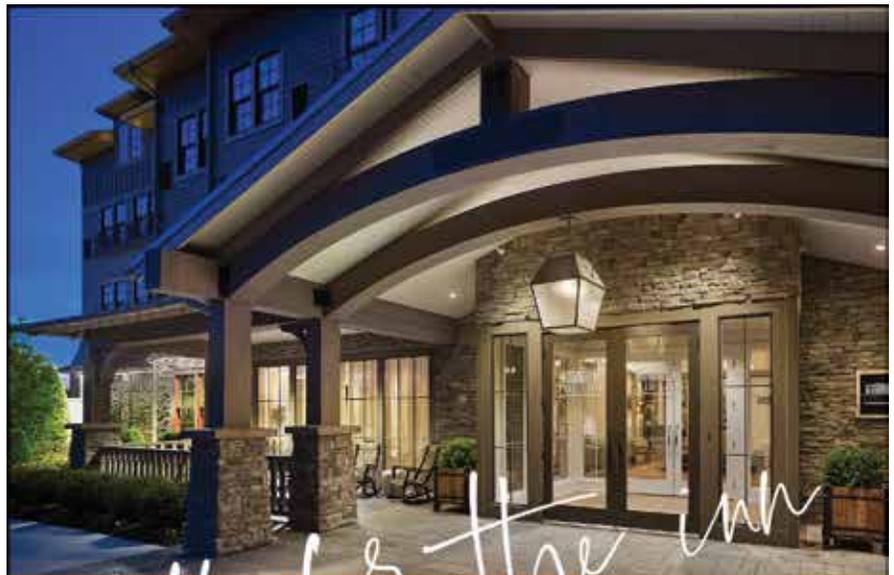
Proud Partner



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. ©2024 What's Up? Media



fall for the inn

**KNOXIE'S TABLE
& THE MARKET**

DINING, TAKE OUT & SHOPPING

LOCAL GETAWAYS

HOTEL PACKAGES & SPECIALS

EXPERIENCE THE SPA

LUXURIOUS SPA & SALON SERVICES

WEDDING OPEN HOUSE

SATURDAYS
9A-11A



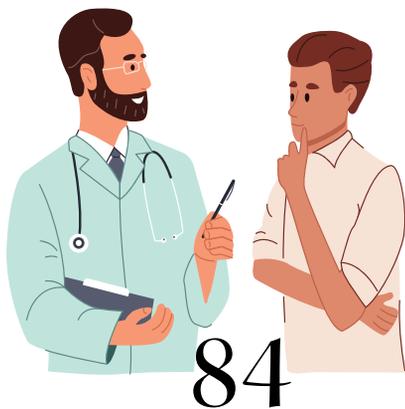
THE INN
Chesapeake Bay Beach Club

Stevensville, MD | 410.604.5900 | baybeachclub.com

Contents

COMING UP IN NOVEMBER

Excellence in Nursing Honors, Chesapeake Holiday Recipes, Charity Events Guide, Pet Photo Contest Results!



Food & Dining

90 A Labor of Love discusses how ▶ the Smith family recently opened San Miguels in St. Michaels BY TOM WORG0

92 Readers' Dining Guide features local restaurant listings for your consideration

In Every Issue

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



Health & Beauty

BY DYLAN ROCHE

84 7 Ways to Improve Your Health Literacy

86 5 Incentives to Exercise Outside

87 Is It All Greek to You-gurt? ▶



e-contents



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—open 9/1 and close 10/31. Visit whatsupmag.com/homeexcellenceawards2025 to learn more.



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



IMAGE SELLS!

Invest in your sale, without lifting a finger. Hire Broker & Designer, IN ONE PROFESSIONAL Staging INCLUDED with every listing at Chaney Homes. NO increased commission. No extra bill.



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

THREE stagings aired on HGTV,
Over \$1 Million of coastal decor,
Over \$200 Million in career sales.

Voted:
Three-Time 'Best Waterfront Realtor'
Three Time 'Best Residential Realtor'
Owner of 'The Best Residential Real Estate Brokerage', 2017-2024*

*What's Up? Eastern Shore Magazine



305-395-1147 • JChaney@ChaneyHomes.com • www.ChaneyHomes.com





An Investment That Grows



(410) 266-8700
olmobros.com



3214 Bennett Pt. Queenstown, MD
 \$2,999,000

Best deal on the water. Recent upgrades include a new 50-year roof. HVAC system comes with a 10-year warranty.



UNDER CONTRACT

413 Butlers Landing
 Stevensville, MD
 \$2,525,000



Cynthia Sullivan
 Associate Broker, ABR, GRI
 Cell 301-988-5115
 Office 301-745-5500



Coming Soon

231 Lighthouse View Rd.
 Stevensville Rd., MD
 \$3,950,000

Dream home on the Chesapeake!
 Nearly 6000 sq ft of ultimate elegance!

SULLIVAN
SELECT
 Real Estate Services

Cynthia was so easy to work with. She is clearly seasoned in the real estate business, yet ego doesn't give her tunnel vision. She listened to our selling needs and working WITH us to ensure our needs were still met during the stressful selling process. Her communication and support team were top-notch and so very organized. She made selling during the holiday season as stress-free as it could be. Her marketing of our home was exceptional, reaching buyers that truly were seeking what our home had to offer, rather than bringing in people simply by proximity of location. We received an offer very close to our asking price, which was higher than most other realtors were willing to list it for. – Ken Metz

Arts & Culture

HIGHLIGHTING
ENTERTAINMENT,
COMMUNITY,
AND EVENTS

14 EVENTS

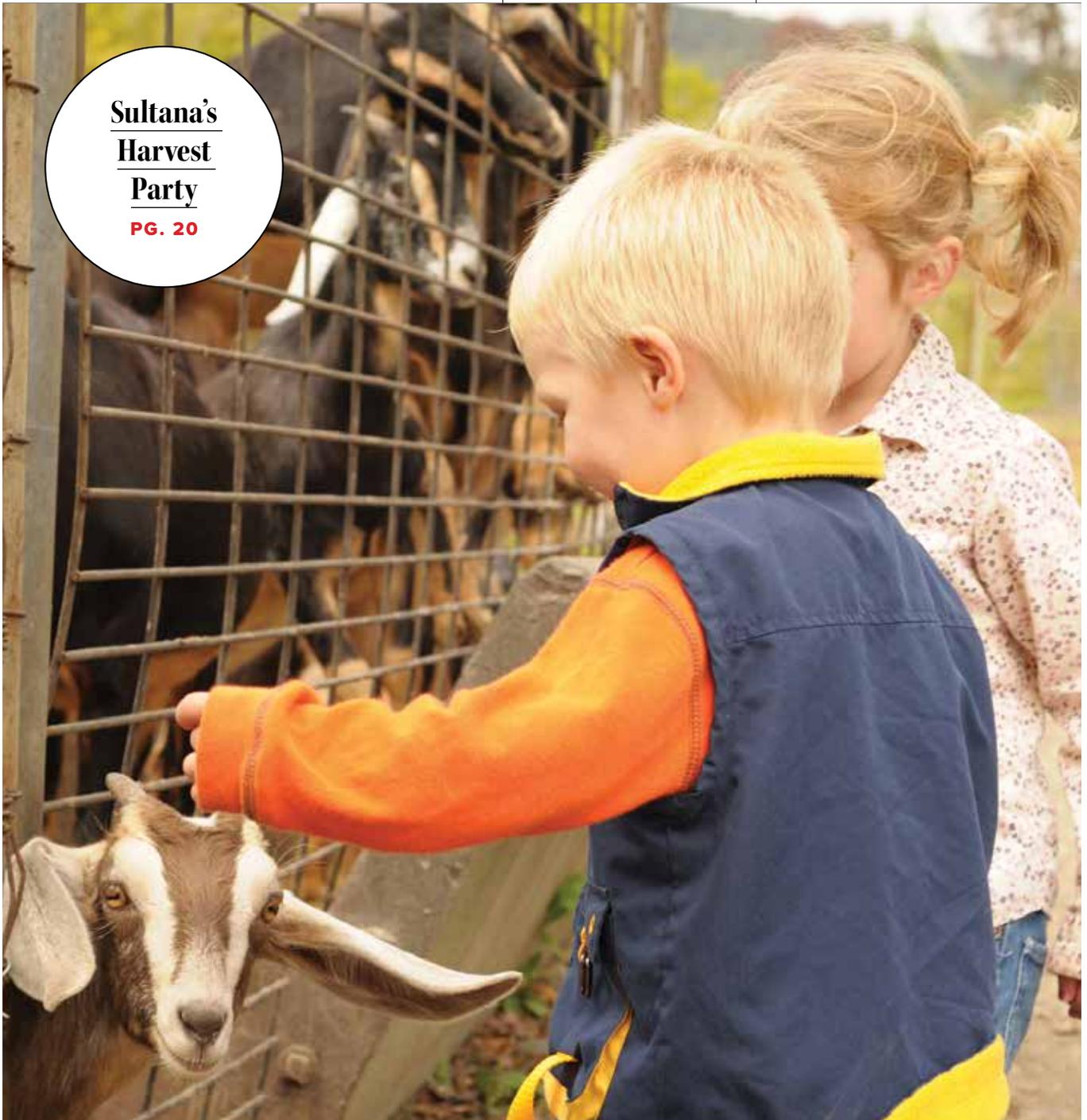
22 ARTS

24 BUSINESS & COMMUNITY

26 EDUCATION

28 INTERVIEW

Sultana's
Harvest
Party
PG. 20





OYSTERFEST

The Chesapeake Bay Maritime Museum in St. Michaels invites you to celebrate the Bay's favorite bivalve at OysterFest on October 26th. This annual festival offers an array of food and beverage options, highlighted, of course, by oysters served a variety of ways, plus fun for the whole family with live music, an oyster stew competition, an oyster slurp-off, oyster-themed demonstrations and presentations, retriever demonstrations, children's activities, and more. Visit cbmm.org for information.

Rock Hall FallFest

Rock Hall, the quaint Eastern Shore watermen's town, will host its 27th Annual FallFest on October 5th. The popular autumn celebration of community, live music, and the "return" of the mighty oyster. Main Street becomes a bustling pedestrian thoroughfare during the 10 a.m. to 4 p.m. event, with lots of food and drink, artisan vendors, two stages featuring continuous live music, and, of course, thousands of locally-harvested oysters on the half-shell. Rock Hall FallFest is nonprofit, with all proceeds going to community projects. For more information, visit rockhallfallfest.org.



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 19th
2024

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

MATT ZOLL

OCTOBER 4 - NOVEMBER 4



TROIKA GALLERY

troikagallery.com

410-770-9190

ACADEMY ART MUSEUM CRAFT SHOW

October 26 & 27

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

Weekend admission: \$10 Members, \$12 Non-members

PREVIEW EVENT: MASQUERADE BALL

October 25 • 5:30-9 pm

Preview Event tickets

\$125 Members, \$150 Non-members

Preview Event tickets with custom painted mask

\$155 Members, \$175 Non-members



SUNDAY BRUNCH AT THE CRAFT SHOW

October 27 • 10 am-1pm

\$40 Members, \$50 Non-members
Includes admission to the show for Sunday

CRAFT SHOW CLASSES

WOODWORKS ON WHEELS

Make A Flight Board

October 26

10 am-noon or 12:30-2:30 pm

Make A Charcuterie Board

October 26, 3-5 pm or October 27, 10 am-Noon

PIAZZA ITALIAN MARKET

Wine Tasting Class

October 26

2-3 pm

Build A Board Class

October 27, 1-2 pm



Kent County Health Expo

The 2024 Community Health & Wellness Expo is just around the corner! On October 17th from 3 to 7 p.m., visit Kent County Family YMCA in Chestertown to celebrate healthy living for all in Kent County. The expo will include free health screenings, flu shots, free refreshments, entertainment, and over 60 exhibitors for all your health needs. Find more information about the event at homeports.org.

ROCKIN' THE PORCH PARTY

One of the most anticipated fall events is back in Centreville on October 6th from 2 to 6 p.m. Queen Anne's Centre for the Arts is hosting Rockin' the Porch, a free community event in Downtown Centreville with live music, food vendors, and fun for all ages. Musical performances will take place on the porches of historic buildings with a wide array of genres including jazz, blues, party rock, country rock, contemporary, Latin, and orchestral sounds, with a rhythm and blues grand finale on the Courthouse Square. Find more information and a full list of performing artists at queenannescountyarts.com.





**9TH ANNUAL
EASTON BEER FEST**

The annual premier craft beer festival, which has sold out the last three years, will be celebrating nine years at Easton Volunteer Fire Department on October 12th from noon to 4 p.m. The festival will feature over 40 breweries, wineries, and distilleries pouring over 120 craft beers, ciders, seltzers, wine, and spirits from the Mid-Atlantic region and beyond. Get your tickets at eastonbeerfest.com.

PNC
Host Sponsor

PRESENTING

◆ BEEF ◆

**BONFIRES,
& CIGARS**

Saturday, November 9, 2024

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

GENERAL ADMISSION

\$125 Per Person

Prospect Bay CC

301 Prospect Bay Dr W, Grasonville, MD

to benefit

Haven Ministries
Hope Through Shelter, Clothing, Food and Support



SCAN ME

Haven-Ministries.org

The best.
2024
2024
2024
2024

CHOISSER
AUTOMOTIVE SERVICES

Specializing in Convenience®

THANK YOU
FOR VOTING US
BEST AUTO REPAIR

★★★★★ Google

**BEST OF
CENTRAL MARYLAND
2024**

Call us today to schedule your free Enduring Confidence® Evaluation 410-881-0605 or contact us online at choisserautorepair.com

DAVIDSONVILLE
551A W Central Avenue • Davidsonville, MD 21035

EASTON
230 N. Washington Street • Easton, MD 21601



MID-ATLANTIC SMALL CRAFT FESTIVAL XLI

The Chesapeake Bay Maritime Museum in St. Michaels will host the Mid-Atlantic Small Craft Festival XLI on October 4th through 6th, welcoming one of the nation's largest gatherings of small boat enthusiasts and unique watercraft back to its waterfront campus. A fall staple for four decades, MASCF invites guests to marvel at the craftsmanship and innovation used in traditional and contemporary small craft with dozens of examples showcased both on land and in the water. Festival entrance is included with CBMM's general admission, which is free for CBMM members. Learn more at cbmm.org.

Patriotic Standard Flower Show

On October 5th from 1 to 4 p.m., visit Elks Lodge in Easton for the Patriotic Standard Flower Show. Think of a mini version of the world-famous Philadelphia Flower Show right here in Easton! Somerset County Garden Club and the eight other garden clubs of District 1 of the Federated Garden Clubs of Maryland Inc. are hosting the show. The show will include a Zinnia-Growing Challenge and judged exhibits by Accredited NGC Flower Show Judges. Find more information by reaching out to Ann Street at alstreet@comcast.net.



Expert of the Month



Cornelia C. Heckenbach

**Cornelia C. Heckenbach | Associate Broker
Long & Foster Real Estate**

LONG & FOSTER
REAL ESTATE

Forbes
GLOBAL PROPERTIES

Consistently ranked Talbot County's top-selling agent, Cornelia C. Heckenbach has more than 30 years of international expertise, and her achievements extend from stunning multimillion-dollar waterfront estates to starter homes, farmland to new construction. She achieves top-dollar results for sellers and helps buyers find the home of their dreams. Originally from Germany, Heckenbach relocated to Talbot County in 1990 after falling in love with St. Michaels and the Chesapeake Bay. She recently opened a boutique office in St. Michaels, which is operated under the leadership of Long & Foster/Forbes Global Properties network.

What inspired you to pursue a career as a real estate agent?

I was introduced to real estate at a young age due to my family's investments. It just came naturally to me. When I married my husband, a German engineer and architect, I was able to work with him on several projects. Once we moved to Maryland, I began my own real estate journey. I match my buyers with their dream home and help my sellers move on to their next home. Many of my clients and I remain friends for years, and, as a result, I receive many referrals.

What excites you most about your profession?

No day is the same. Every property is different. I am inspired by the day-to-day challenges, and I thrive when I am working with people. The most challenging sales bring me the most joy. I am passionate about my profession, and I don't consider it a job.

What is your approach to client service?

I provide my clients with the quality of service that I expect. I am a Type A personality. I enjoy seeing instant results, and I like to know that everything gets done my way. I am a good listener with a positive, upbeat attitude. My clients benefit from my quick thinking and hands-on approach.

What marketing trends are you seeing in the real estate industry?

Buyers are looking for move-in ready homes with open floor plans and clean interiors. They want privacy and low maintenance, but they also like close proximity to restaurants and shops. Waterfront buyers typically want a great view and a home outside of the flood plain.

Cornelia C. Heckenbach | 410-310-1229
StMichaelsMdWaterfront.com





SULTANA'S HARVEST PARTY

Ready for an old-fashioned harvest fest? Sultana Education Foundation is hosting its Harvest Party at the Preserve on October 5th from 3 to 7 p.m. at Sultana's Lawrence Wetlands Preserve in Chestertown. Spend a few hours surrounded by nature while you enjoy live bluegrass music with Flatland Drive, oysters on the half shell with the Kent County Waterman's Association, a children's petting zoo, pumpkin bocce, and so much more for the whole family to enjoy. Find more information at sultanaeducation.org.



CHESTERTOWN CHALLENGE HALF MARATHON & 5K RUN/WALK

The Chestertown Challenge Half Marathon & 5K Run/Walk will benefit Kent Association of Riding Therapy on October 13th at Wilmer Park. KART provides therapeutic horseback riding and equine activities for the special needs community, and what better way to raise money than getting yourself active this weekend! Sign up for the race at townofchestertown.com.

Looking Ahead

A FEW EVENTS WORTH JOTTING DOWN ON YOUR NOVEMBER CALENDAR.

Sultana's Downrigging Festival – November 1–3 in Downtown Chestertown; downrigging.org

Stars, Stripes and Chow Chili Cookoff – November 2 at Camden Yards, Baltimore; baltimorestation.org

Bull & Oyster Roast – November 2 at Bleues on the Water, Glen Burnie; partnersincar-emd.org

CASAblanca Gala 2024 – November 2 at Westin Annapolis Hotel; aacasa.org

Waterfowl Festival – November 8–10 at the Waterfowl Festival grounds in Easton; waterfowlfestival.org

50th Annual Maryland Irish Festival – November 8 at Maryland State Fairgrounds in Timonium; irishfestival.com

18th Annual Fish for a Cure – November 9 in Annapolis; fishforacure.org

Beef, Bonfires & Cigars – November 9 at Prospect Bay Country Club in Grasonville; haven-ministries.org

Bay Bridge Run – November 10th on the Chesapeake Bay Bridge; bikesignup.com

Selling Maryland Sunsets



200 Wye Rd
Queenstown | \$3,495,000



227 Hickory Ridge
Queenstown | \$2,395,000



14826 Hardcastle St
Laurel | \$575,000



SOLD

2802 Cox Neck Rd
Chester | \$942,000



SOLD

300 Cove Rd
Queenstown | \$2,400,000



SOLD

400 Greenwood Creek Ln
Grasonville | \$1,740,000



SOLD

36 Greenwood Shoals
Grasonville | \$1,063,000



ELIZABETH ARENTZ

REALTOR® | Military Relocation Professional

C. 443.988.3495

Elizabeth.Arentz@cbmove.com

Fluent in Millenials



BIANA ARENTZ

REALTOR® | Global Luxury Specialist

C. 410.490.0332

Biana.Arentz@cbmove.com

Fluent in Spanish

VOTED BEST WATERFRONT REALTOR 2024 & BEST LUXURY REALTOR 2023



COLDWELL BANKER

170 Jennifer Rd Suite 102
Annapolis, MD 21401
410.224.2200

www.SellingMarylandSunsets.com

Affiliated real estate agents are independent contractor sales associates, not employees. ©2023 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 Anywhere Advisors 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.



Arts

COVERING LOCAL EXHIBITIONS, ARTISTS, GALLERIES, AND MUSEUMS

Marc Castelli – *Merroir*

Massoni Art, Chestertown
October 24th through November 24th

Marc Castelli's MASSONIART Chesapeake tradition is back in Chestertown. The annual exhibit, which has become synonymous with Sultana's Downrigging Festival, exemplifies unmatched watercolors of watermen, workboats, and log canoes from one of the finest marine artists in the country. This exhibit is featured exclusively in the Cross Street gallery. Find more information at massoniart.com.



Outdoor Harbor Wetland

National Aquarium, Baltimore

The National Aquarium opened a new permanent exhibit this August, the Harbor Wetland. This free, outdoor exhibit recreates a salt marsh habitat between Piers 3 and 4 in Baltimore's Inner Harbor. Visitors are able to step onto floating docks and experience diverse plant and animal life. This exhibit pays tribute to Baltimore's pre-industrial history as a tidal salt marsh, promoting cleaner, healthier water. This will attract native species including blue crabs, American eels, Eastern oysters, and night herons. Find more information at aqua.org.



Tidewater Camera Club: *A Moment in Time*

Academy Art Museum, Easton
Through October 21st

Tidewater Camera Club at Academy Art Museum has been committed to exploring all facets of photography since their first meeting in 1963, and continues to do so with *A Moment in Time*. This exhibit features works by members of the nonprofit club in Easton, which welcomes photographers of all skill levels and experiences to meet and work together to perfect their talents. The images in this exhibit are curated by Sahn Doherty-Sefton, a *TIME Magazine* photographer and photo editor, and a veteran AAM workshop instructor. Find more about this exhibit at academyartmuseum.org.



Buckland and Palladio: A Legacy of Design

Hammond-Harwood House,
Annapolis
Through December 30th

In 1774, William Buckland designed the Hammond-Harwood House with inspiration from the neoclassical designs of 16th century Italian architect Andrea Palladio. This year, the Hammond-Harwood House is celebrating 250 years, so it is only right to visit an exhibit of early documents, paintings, and artifacts that give context for Matthias Hammond's house in Annapolis' Golden Age. The exhibit showcases Buckland's original indenture papers as well as his architecture tools and books from his library. Find more information about this exhibit at hammondharwoodhouse.org.

It's Your Retirement. Let the Good Times Roll!



Experience the ultimate in waterfront living at Londonderry on the Tred Avon, the Eastern Shore's premier independent living community.

It's time to say goodbye to the stress of home maintenance as our dedicated team handles it all for you. Say hello to the retirement lifestyle you've always dreamed of — one brimming with enriching activities, farm-to-table dining experiences, exciting travel adventures, and cherished moments with loved ones.

Embrace the freedom of homeownership paired with the peace of mind offered by cooperative living.

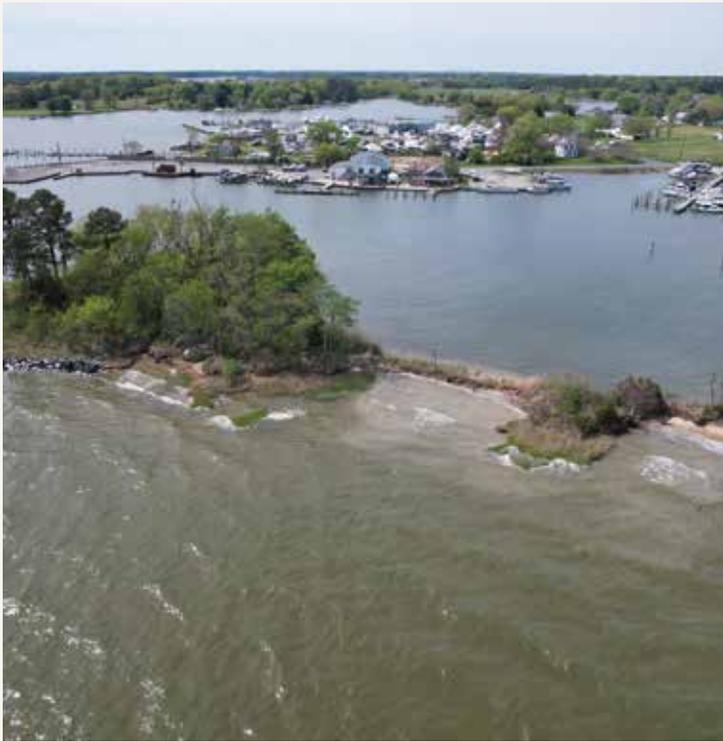
Leave your worries behind and let the good times roll in your retirement.

Call the Sales and Marketing Team today 410.820.8732.
We'll get the good times rolling for you!



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



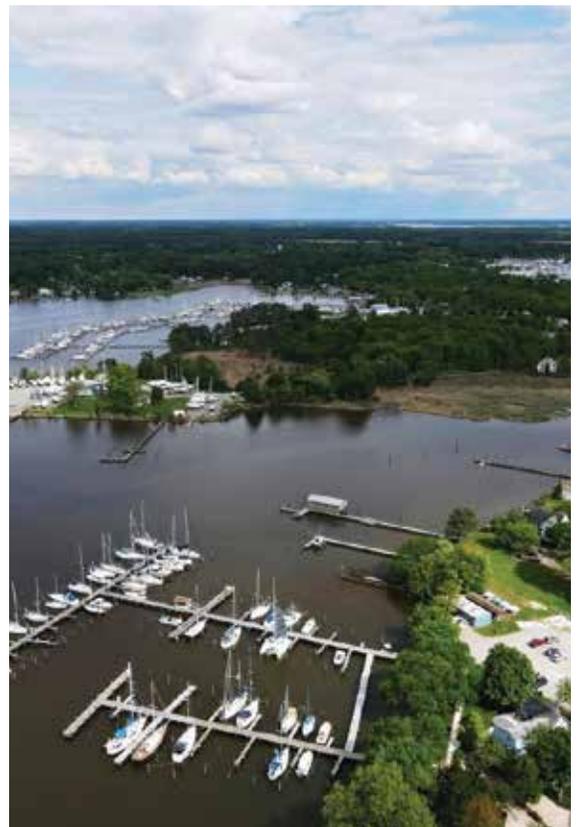


Grants Fund Four Restoration Projects on Shore

ShoreRivers recently announced the undertaking of four separate projects to develop and design conservation and best management practices that will, in turn, protect local waterways. The restorative design of a headwater stream on the mainstem of the Sassafras River is the focus of one project as part of a holistic, nature-based conservation approach for the property. Another project is a continuation of work completed in 2020 that restored wetlands on a large grain farm on the headwaters of Black Duck Creek and the Little Bohemia. A third project—on a peninsular shoreline separating Little Creek from Crab Alley Bay in Chester (pictured)—seeks to address increasing erosion. And with funding through the Chesapeake Bay Trust's Green Streets, Green Jobs, Green Towns (G3) Grant Program, the fourth project will address flooding concerns in Rock Hall. Each project involves numerous partners and project leaders. To learn more, visit shorerivers.org.

SWAN CREEK MARINA & BOATYARD SELLS

Stella Marinas acquired Swan Creek Marina & Boatyard (SCM), located in Rock Hall, this summer. Situated on a well-protected harbor with immediate access to the open Chesapeake, the marina includes 113 wet slips, 22 moorings, two single family homes, and a full-service boat yard. Since opening in 1951, SCM had been owned and operated by three generations of the Bair/Mayne families. Reflecting on the sale, Lee Bair said, “it has been a privilege to serve the boating community. And while it is bittersweet to pass on the family legacy, I am confident that Stella Marinas will uphold the values and traditions that have made SCM a cherished destination for so many.” Trident Marine Group, an Annapolis-based firm with ten marinas under management across the Chesapeake, has taken over the management and operations of SCM. All of SCM’s prior employees have been retained by new management. Ryan Comisky, Owner of Stella Marinas, says, “We are grateful that Mr. Bair has entrusted us with continuing his family’s legacy at SCM. Our team is committed to building on the exceptional level of service that SCM’s customers have come to expect while upgrading amenity offerings to improve the slip holder experience.” Cindy Genter, Maryland Broker for The Flynn Company, represented the seller in this sale. Learn more at swancreekmarina.com.





CHIEF MEDICAL OFFICER RETIRES

After more than a decade with UM Shore Regional Health (UM SRH), William Huffner, MD, MBA, FACEP, FACHE, who served during this time as Chief Medical Officer and Senior Vice President of Medical Affairs, retired at the end of June. Dr. Huffner's time with UM SRH was marked by many changes for the hospital system, including the integration of two hospitals and medical staffs, growing the provider network now known as University of Maryland Shore Medical Group, and opening two medical pavilions and a freestanding emergency center. "For the past decade, Dr. Huffner has been a tremendous asset to the advancement of health care on Maryland's Eastern Shore," said Ken Koziel, MBA, FACHE, President and CEO, UM SRH. In retirement, Dr. Huffner is spending time with his wife, four adult children, and six grandchildren. He continues to sit on the boards for the Caroline County Adult Public Guardianship Review Board and the Benedictine School. "I really want to express my gratitude to everyone at UM SRH—the Board, Ken, and all the team members that I enjoyed working with—a real sincere thank you to all of those people who made my time here possible and enjoyable." Learn more about UM Shore Regional Health at umms.org/shore.



DO YOU HAVE BUSINESS OR COMMUNITY NEWS TO PUBLICIZE? EMAIL US AT EDITOR@WHATSUPMAG.COM

Our door is always open



ACCEPTING
NEW CLIENTS.
NO
WAITLIST.

- ✓ Therapy
- ✓ Psychiatry
- ✓ Victim Services

410.822.1018
ForAllSeasonsInc.org



Get started!



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

Meet Student Athlete Layla Kent

THIS GUNSTON SCHOOL JUNIOR IS AMBITIOUS AND DOMINATES ON THE FIELD

By Tom Worgo

Gunston School junior Layla Kent will likely miss her sister Sophia, who is off to Division III St. Mary's College of Maryland, where she is playing field hockey. The Kents were on the same team together for seven years, including two in high school and five more for the Shore Field Hockey club.

Layla wants to follow in her sister's footsteps and play in college, too.

"It's something I've wanted to do since I was little," Kent says of suiting up in college. "I don't see myself not playing the sport. I want to go in and make a big impact for any team I play for in college."

Kent has the potential to play at a higher level of college than her sister. The recruiting period for college coaches to contact her started in mid-June. She's received strong interest from Division I Central Michigan, Division II Frostburg State University, and a couple of Division III schools. It could be just the start of colleges pursuing the 5-foot-8 midfielder, who also is a standout in lacrosse and basketball at Gunston.

"SHE IS A NATURAL LEADER, AND THE ANCHOR OF HER HIGH SCHOOL TEAM."



"She is a Division I player for sure," Shore Field Hockey Coach Debbie McQuaid says. "She is tall, fast, has a very high I.Q. on where the ball needs to go, and is very athletic. She is one of the best athletes around."

Kent has received accolades in both basketball (averaged 18.9 points as a sophomore point guard) and lacrosse, but obviously field hockey is her favorite sport—and by a wide margin. She dominates in games for Shore Field Hockey. She's co-captained teams in the program for several years and also scores a lot of clutch goals.

To play for Shore, a team member must be dedicated, and 16-year-old Kent certainly puts the time into the program. The season runs from November to December and the club participates in tournaments as far away as New Hampshire and Florida.

"She is a natural leader, and the anchor of her high school team," says McQuaid, who also coaches field hockey at Saints Peter and Paul High School. "She is always eager to learn about the sport and is very coachable."

Gunston Field Hockey Coach Jen Matthews believes Kent's biggest asset is her love for the sport. Kent always arrives early for practice and stays late sharpening her skills. You might say she is obsessed with the sport.

"Her passion for the sport is just unmatched by any athlete I have ever coached," Matthews says. "She lives and breathes the game. She is a great student of the game and studies it all the time."

It seems Kent just can't get enough of field hockey. She was eager to practice with her sister, a goalie, almost daily on the family farm in Millington.

"I have the most fun playing field hockey of the sports I have done," Kent says. "I understand it very well. I get the most action out of it. I have a lot of experience (10 years) with it, and I always have played in older age groups. With my high school team, I really enjoy helping out coaching-wise."

Kent's first two years on the field hockey team at Gunston were stellar. She earned Field Hockey Coaches Association of Maryland All-Mid Shore First honors both seasons as well as Eastern Shore Independent Conference First-Team recognition.

Kent totaled six goals and three assists as a freshman and boosted her point total to nine goals and seven assists last year. "She is so fluid on the field," Matthews says. "She is so exciting to watch."



**WANT TO NOMINATE
A LOCAL STUDENT?
EMAIL US AT EDITOR@
WHATSUPMAG.COM**



TIDEWATER INN

*A picturesque downtown destination
on Maryland's Eastern Shore*

HISTORIC INN | HUNTERS' TAVERN
WEDDINGS & EVENTS | TERRASSE SPA

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



Baltimore Ravens Devontez Walker

THE ROOKIE WIDE RECEIVER HOPES TO MAKE HIS MARK IN THE NFL

By Tom Worgo

Being about 400 miles from his family in North Carolina, Baltimore Ravens rookie wide receiver Devontez Walker thinks about them often. So much so, Walker hasn't spent any of his \$797,000 signing bonus on himself. It's reserved for the family. He plans to take care of his three sisters, mother, and grandmother.

"The first big purchase will be for them," Walker says. "I have not touched my signing bonus at all."

The Ravens consider where they drafted Walker—near the middle of the fourth round at pick No. 113—to be a steal. That fits with Walker's view of himself: the underdog. "I have been in that role my whole life," he says.

Walker has a chance to be Baltimore's big-play receiver. He ran the 40-yard dash in a blazing 4.36 seconds at the NFL Scouting Combine in March. He showed that type of ability at the University of North Carolina last year after spending two seasons at Kent State University. The 6-foot-1, 191-pound Walker averaged 17 yards per catch for the Tar Heels, hauling in 41 passes for 699 yards and Atlantic Coast Conference-leading seven touchdowns.

Walker decided to test his skills against ACC competition and transferred to North Carolina. One of the reasons was his performance against



eventual national champion Georgia in 2022, when he caught seven passes for 106 yards and a touchdown. We caught up with the prodigious footballer between practices this summer.

What kind of season do you feel you can put together as a rookie? I can fill the void the Ravens have been looking to fill. I can take a top off the defense and open up those 20-yard and under routes for Zay Flowers. And also contribute on special teams. That would be big for me. It was something I wasn't able to do in college that I wanted to do.

How have you been building a rapport with quarterback Lamar Jackson, a two-time NFL MVP? How is your relationship going? It has been really good since training camp started. When something doesn't go right on the field, he will come straight to me and point it out. He says, "You will get it down." He wants to be there for me. It's like a big brother role. I was able to go down to Florida during the offseason for about two weeks and catch some passes from him. I was able to get some chemistry going.

How would you describe your relationship with John Harbaugh? He's a Super Bowl winner and one of the longest tenured coaches in the NFL? Our relationship has been really good. I love him. He comes and tells me the things I am doing good and the things that I am not doing good that will make me better as a player. He wants everybody to really compete and that's what you see on Sundays from the Baltimore Ravens. That hard-nosed physical style of football.

That is the kind of thing I see from coach Harbaugh.

What veteran receiver are you closest to? What have you learned from him? I would say Nelson Agholor. He is someone I go to with all my questions. He was also down in Florida, and I was

I FEEL I CAN BE A BIG CONTRIBUTOR TO THIS TEAM, SO I FEEL I ENDED IN A GOOD SPOT.

able to pick his brain. I go and hang out at his house a lot. He is the veteran I have clung to since I have been here. I have learned a lot about route running from him. I want to show everyone what I can do out there and that I can do those things that a lot of scouts, pre-draft, thought I couldn't do. He has really given me some insights.

You were drafted in the fourth round, on the third day of the event. You were projected to go in the second or third rounds and had to sit through two long days of hearing other names called. Does that motivate you? It really motivates me. No matter how many receivers went ahead of me in the draft, I don't think they are better than me. It is what it is. But I was very happy to get that call from the Ravens. I feel I can be a big contributor to this team, so I feel I ended in a good spot. I'm blessed.

I understand that the phone call you got from the Ravens when you were drafted was from GM Eric DeCosta. And you cried? Tell me about that. He [DeCosta] asked me if I would like to catch passes from Lamar Jackson. I just thought it was crazy. Someone I watched all throughout high school and college. I would be catching passes from him. That, plus him telling him he loved my skill set and that I am a special player brought me to tears. It was something I loved to hear.



Libbey's
COASTAL KITCHEN + COCKTAILS

2ND ANNUAL
END OF SEASON WEEKEND

FALL OYSTER SHUCKDOWN

SATURDAY
OCTOBER 19, 2024
3:00PM - 6:00PM
ADULTS ONLY, 21+

OYSTERS
RAW, FRIED, BAKED & MORE
BBQ STATION OPEN BAR
BRISKET PULLED PORK & CHICKEN
BEER & WINE

LIVE MUSIC - CHESAPEAKE SONS
FEATURING THE BEST SUNSET VIEWS OF THE CHESAPEAKE BAY

ADVANCED TICKETS: \$110
\$75 WITHOUT BEER + WINE
MUST BE 21 AND 21+

PORTION OF THE PROCEEDS WILL BENEFIT
HOPE FOR HUNTER

COASTAL INSPIRED RESTAURANT

Curated Eastern Shore Cuisine
Free Dock + Dine Slips for 2 Hours
Waterfront Event Venues

DINE WITH US YEAR ROUND!

UPSTAIRS DAILY | BELOW DECK LAST DAY OCT. 22ND
visit us online for daily hours

libbeyscoastalkitchen.com

[f](https://www.facebook.com/libbeyscoastalkitchen) [i](https://www.instagram.com/libbeyscoastalkitchen) @libbeyscoastalkitchen

410.604.0999 | 357 Pier One Road, Stevensville, MD

Top Dentists

2024-2025

THE DEFINITIVE,
LOCAL LIST OF
EXCEPTIONAL DENTAL
PROFESSIONALS

DENTAL ANESTHESIOLOGY

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

Dr. Jason Zitofsky
Severna Park Family & Cosmetic Dentistry; 22 Truck House Road, Ste. 3, Severna Park, MD 21146; 410-647-4269; thetoothplace.com

Dr. Joseph Benderson
BayCove Family & Cosmetic Dentistry; 780 Ritchie Highway, Ste. S-30, Severna Park, MD 21146; 410-384-9030; baycove-dental.com

Dr. Kian Djawdan
Djawdan Center for Implant and Restorative Dentistry; 200 Harry S Truman Parkway, Ste. 210, Annapolis, MD 21401; 443-569-8764; smileannapolis.com

Dr. Stephen Cross
Djawdan Center for Implant and Restorative Dentistry; 200 Harry S Truman Parkway, Ste. 210, Annapolis, MD 21401; 443-569-8764; smileannapolis.com

Dr. Todd Patton
Patton Smiles; 104 Forbes Street, Ste. 204, Annapolis, MD 21401; 410-295-1000; annapolis.dental

Dr. Yeremi Canizales
Severn River Dental; 572 Ritchie Highway, Ste. F, Severna Park, MD 21146; 410-647-4094; severnriverdental.com

DENTAL PUBLIC HEALTH

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

Dr. Celeste Ziara
Chesapeake Health Care; 12165 Elm Street, Princess Anne, MD 21853; 410-651-5151; chesapeakehc.org

ENDODONTICS

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

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

Dr. Charles P. Herbert
Endodontics, P.A.; 888 Bestgate Road, Ste. 220, Annapolis, MD 21401; 410-224-6150; annapolisroot-canals.com

Dr. Jeffery Luzader
Chesapeake Endodontic Center; 888 Bestgate Road, Ste. 213, Annapolis, MD 21401; 410-224-7556; chesapeakeendo.com

Dr. Kenneth Mangano
Kenneth Mangano, D.D.S., PA Endodontic Specialists; 8221 Ritchie Highway, Ste. 201, Pasadena, MD 21122; 410-647-3453; kmendo.com

Dr. Louis H. Berman
Annapolis Endodontics; 200 Westgate Circle, Ste. 104, Annapolis, MD 21401; 410-268-4770; annapolisendodontics.com

Dr. Mark D. Lentz
Annapolis Endodontics; 200 Westgate Circle, Ste. 104, Annapolis, MD 21401; 410-268-4770; annapolisendodontics.com

Dr. Michelle Hack
Kenneth Mangano, D.D.S., PA Endodontic Specialists; 8221 Ritchie Highway, Ste. 201, Pasadena, MD 21122; 410-647-3453; kmendo.com

Dr. Michelle Rampulla
Endodontics, P.A.; 888 Bestgate Road, Ste. 220, Annapolis, MD 21401; 410-224-6150; annapolisroot-canals.com

GENERAL DENTISTRY

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

Dr. Albert Lee
Lee, Bonfiglio, Vesely & Associates; 1606 Forest Drive, Annapolis, MD 21403; 410-989-8298; myannapolisdentist.com

Dr. Alyssa Wolfe
Eastern Shore Dental care; 22 Kent Towne Market, Chester, MD 21619; 410-643-5500; easternshoredental-care.com

Dr. April Calton
About Smiles Dentistry; 507 S. Cherry Grove Avenue, Annapolis, MD 21401; 410-691-3228; about-smilesdentistry.com

Dr. Chris Anderson
Annapolis Family Dentistry; 914 Bay Ridge Road, Ste. 110, Annapolis, MD 21403; 410-267-7713; annapolisfamilydds.com

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

Dr. David Morabito
Morabito Family Dental; 200 Forbes Street, Ste. 301, Annapolis, MD 21401; 443-603-9000; mfdannapolis.com

Dr. Dennis Cherry
Cherry Family Dental; 900 Ritchie Highway, Ste. 204, Severna Park, MD 21146; 410-793-5802; cherryfamilydental.com

Dr. Earl L. Chambers, III
Chambers Family Dentistry; 621 Ridgely Avenue, Ste. 206, Annapolis, MD 21401; 410-224-2660; chambersfamilydentistry.com

Dr. Edward Vesely
Lee, Bonfiglio, Vesely & Associates; 1606 Forest Drive, Annapolis, MD 21403; 410-989-8298; myannapolisdentist.com

Dr. Eric Fooksman
Eastern Shore Dental care; 22 Kent Towne Market, Chester, MD 21619; 410-643-5500; easternshoredental-care.com

Dr. Erin Golueke
Eastern Shore Dental care; 22 Kent Towne Market, Chester, MD 21619; 410-643-5500; easternshoredental-care.com

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

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

Dr. Holly Green
Blue Heron Dental; 600 Ridgely Avenue, Ste. 225, Annapolis, MD 21401; 410-224-9608; blueherondental.com

Dr. James Pochron
Chesapeake Dental; 116 S. Piney Road, Ste. 202, Chester, MD 21619; 410-643-4700; chesapeakeedental.net

Dr. Jennifer Brotz
Eastern Shore Dental care; 22 Kent Towne Market, Chester, MD 21619; 410-643-5500; easternshoredental-care.com

Dr. Jonathan Soistman
Soistman Family Dentistry & Associates; 100 Pennsylvania Avenue, Centerville, MD 21617; 410-690-3388; soistmanfamilydentistry.com

Dr. Katherine Holtzaple
About Smiles Dentistry; 507 S. Cherry Grove Avenue, Annapolis, MD 21401; 410-691-3228; about-smilesdentistry.com

Dr. Kathryn Ehmman
Ehmann Dental Care; 600 Ridgely Avenue, Ste. 217, Annapolis, MD 21401; 410-224-1105; ehmanndds.com

Dr. Keith Polizois
Chesapeake Bay Dentistry; 43 Old Solomons Island Road, Ste. 103, Annapolis, MD 21401; 410-266-8250; chesapeakebaydentistry.com

Dr. Meredith Esposito
Chesapeake Dental Arts; 1509 Ritchie Highway, Arnold, MD 21012; 410-883-5546; chesdentalararts.com

Dr. Meredith Todd
Harbor Dental Center; 402 Muse Street, Cambridge, MD 21613; 410-650-8335; harbordentalcenter.com

Dr. Oneal F. Russell
Oneal F. Russell, DDS; 166 Defense Highway, Ste. 201, Annapolis, MD 21401; 410-263-4300; ofrdds.com



Dr. Ryan Maisel

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

Dr. Scott Finlay

Annapolis Smiles; 1460 Ritchie Highway, Ste. 203, Arnold, MD 21012; 410-989-6681; annapolisdentistdds.com

Dr. Thomas Bonfiglio

Lee, Bonfiglio, Vesely & Associates; 1606 Forest Drive, Annapolis, MD 21403; 410-989-8298; myannapolisdentist.com

Dr. Valerie Vitagliano

Dental One Associates; 2623 Housley Road, Annapolis, MD 21401; 410-793-4922; dentalone-md.com

ORAL & MAXILLOFACIAL PATHOLOGY

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

Dr. Borek L. Hlousek

Oral Surgery Specialists (2 locations); 275 West Street, Ste. 100, Annapolis, MD 21401; 410-268-7790; 101 St. Claire Place, Stevensville, MD 21666; 410-643-9730; annapolisoss.com

Dr. Christopher B. Chambers

Oral Surgery Specialists (2 locations); 275 West Street, Ste. 100, Annapolis, MD 21401; 410-268-7790; 101 St. Claire Place, Stevensville, MD 21666; 410-643-9730; annapolisoss.com

Dr. Clifford S. Walzer

Oral Surgery Specialists; 275 West Street, Ste. 100, Annapolis, MD 21401; 410-268-7790; annapolisoss.com

Dr. Cornelius J. Sullivan

Oral Surgery Specialists (2 locations); 275 West Street, Ste. 100, Annapolis, MD 21401; 410-268-7790; 101 St. Claire Place, Stevensville, MD 21666; 410-643-9730; annapolisoss.com

Dr. Ziad E. Batrouni

Maryland Oral Surgery Associates; 128 Lubrano Drive, Ste. 300, Annapolis, MD 21401; 410-442-6263; mosa4os.com

ORAL & MAXILLOFACIAL RADIOLOGY

The specialty of dentistry and discipline of radiology concerned with the production and interpretation of images and data produced by all modalities of radiant energy that are used for the diagnosis and management of diseases, disorders, and conditions of the oral and maxillofacial region.

Dr. Ziad E. Batrouni

Maryland Oral Surgery Associates; 128 Lubrano Drive, Ste. 300, Annapolis, MD 21401; 410-442-6263; mosa4os.com

THANK YOU FOR VOTING US
BEST CHIROPRACTOR

WHAT'S UP? MEDIA
BEST OF EASTERN SHORE 2024

KOVACH CHIROPRACTIC AND WELLNESS CENTER

443-249-3179
2108R DIDONATO DRIVE • CHESTER MD 21619
KOVACHCHIROPRACTIC.COM

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.

AAC Member American Association of Orthodontists ABO American Board of Orthodontics

invisalign

BRACES, INVISALIGN & BEAUTIFUL SMILES

5000+ Cases Treated.
25 Years Experience.

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

ORAL & MAXILLOFACIAL SURGERY

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

Dr. Borek L. Hlousek
Oral Surgery Specialists (2 locations); 275 West Street, Ste. 100, Annapolis, MD 21401; 410-268-7790; 101 St. Claire Place, Stevensville, MD 21666; 410-643-9730; annapolisoss.com

Dr. Christopher B. Chambers
Oral Surgery Specialists (2 locations); 275 West Street, Ste. 100, Annapolis, MD 21401; 410-268-7790; 101 St. Claire Place, Stevensville, MD 21666; 410-643-9730; annapolisoss.com

Dr. Clifford S. Walzer
Oral Surgery Specialists; 275 West Street, Ste. 100, Annapolis, MD 21401; 410-268-7790; annapolisoss.com

Dr. Cornelius J. Sullivan
Oral Surgery Specialists (2 locations); 275 West Street, Ste. 100, Annapolis, MD 21401; 410-268-7790; 101 St. Claire Place, Stevensville, MD 21666; 410-643-9730; annapolisoss.com

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

Dr. Kenneth Kuffa
Oral Surgery Specialists; 275 West Street, Ste. 100, Annapolis, MD 21401; 410-268-7790; annapolisoss.com

Dr. Ziad E. Batrouni
Maryland Oral Surgery Associates; 128 Lubrano Drive, Ste. 300, Annapolis, MD 21401; 410-442-6263; mosa4os.com

OROFACIAL PAIN

This specialty of dentistry encompasses the diagnosis, management and treatment of pain disorders of the jaw, mouth, face, head and neck. The specialty of Orofacial pain is dedicated to the evidenced-based understanding of the underlying pathophysiology, etiology, prevention, and treatment of these disorders and improving access to interdisciplinary patient care.

Dr. Edward Zebovitz
Edward Zebovitz D.D.S. Oral & Maxillofacial Surgery; 4311 Northview Drive, Bowie, Maryland 20716; 301-352-6311; drzebovitz.com

Dr. Ziad E. Batrouni
Maryland Oral Surgery Associates; 128 Lubrano Drive, Ste. 300, Annapolis, MD 21401; 410-442-6263; mosa4os.com

ORTHODONTICS & DENTOFACIAL ORTHOPEDICS

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

Dr. John A. Benkovich, III
Benkovich Orthodontics (2 locations); 1616 Forest Drive, Ste. 7, Annapolis, MD 21403; 410-268-1700; 800 Abruzzi Drive, Unit F, Chester, MD 21619; 410-643-4499; drbenkovich.com

Dr. John W. Serino
Serino Orthodontics; 538 Cynwood Drive, Ste. 1, Easton, MD 21601; 410-822-9411; serinoortho.com

Dr. Julie Langguth
Annapolis Orthodontics; 129 Old Solomons Island Road, Annapolis, MD 21401; 410-266-8880; annapolisorthodontics.com

Dr. Karina Spivak
Spivak Orthodontics; 690 Ritchie Highway, Severna Park, MD 21146; 410-647-0800; bracesinthepark.com

Dr. Kyle Higginbottom
Higginbottom Orthodontics; 503 Dutchmans Lane, Easton, MD 21601; 410-822-3626; higginbottomorthodontics.com

Dr. Mairead M. O'Reilly (retired)
Family Orthodontics of Annapolis; 888 Bestgate Road, Ste. 301, Annapolis, MD 21401; 410-216-5258; annapolisortho.com

Dr. Ora Reinheimer
Reinheimer Orthodontics (2 locations); 802 Bestgate Road, Ste. B, Annapolis, MD 21401; 410-263-5600; 101 St. Claire Place, #104, Stevensville, MD 21666; 410-643-6636; marylandbraces.com

Dr. Robert Bolton
Three Bridges Pediatric Dentistry & Orthodontics; 1507 Ritchie Highway, #201, Arnold, MD 21012; 410-757-5437; 3bridgespdo.com

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

Dr. Stephen Labbe
Labbe Family Orthodontics; 114 Forbes Street, Annapolis, MD 21401; 410-267-7300; labbefamilyortho.com

PEDIATRIC DENTISTRY

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

Dr. Beverly A. "Sissy" Jimenez
Annapolis Pediatric Dentistry; 41 Old Solomons Island Road, Ste. 103, Annapolis, MD 21401; 410-573-0691; annapolispediatricdentistry.com

Dr. Devin Langguth
Naptown Smiles; 129 Lubrano Drive, Ste. 300, Annapolis, MD 21401; 410-224-0018; naptownsmiles.com

Dr. Erica Lewis-Mead
Easton Kids Dentists; 613 Dutchmans Lane, Easton, MD 21601; 410-822-7575; eastonkidsdentist.com

JAMES C. POCHRON, D.D.S.
Chesapeake
DENTAL
Change your smile, Change your life.
THE DAWSON ACADEMY
ADIA
CEREC
We specialize in cosmetic dentistry procedures. We use the most up to date technology to ensure you receive individualized treatment, quality results, and maximum comfort. All ceramic crowns and bridges done in one visit. No temporaries. Providing world class dentistry for 32 years.
NOW ACCEPTING NEW PATIENTS
410.643.4700
See our office at www.chesapeake dental.net
116 SOUTH PINEY RD. • SUITE 202 (OVER THE WINERY) • CHESTER, MD

- Cosmetic Dentistry
- Ceramic Crowns/Veneers
- Ceramic Restorations
- Smile Analysis
- Smile Lifts
- Sleep Apnea & Snoring Guards
- Whitening
- Dental Implants
- Other Procedures



Dr. Gregg T. Behling

Three Bridges Pediatric Dentistry & Orthodontics; 1507 Ritchie Highway, #201, Arnold, MD 21012; 410-757-5437; 3bridgespdo.com

Dr. Heather Foster

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

Dr. Jessica Lee

Naptown Smiles; 129 Lubrano Drive, Ste. 300, Annapolis, MD 21401; 410-224-0018; naptownsmiles.com

Dr. Kenny Zamora

Bayside Kids Dental; 1350 Blair Drive, Ste. I, Odenton, MD 21113; 443-698-8180; baysidekidsdentist.com

Dr. Margaret McGrath

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

Dr. Maya A. Vernon

Vernon Pediatric Dentistry; 900 Ritchie Highway, Ste. 101, Severna Park, MD 21146; 410-544-4888; vernonpediatricdentistry.com

Dr. Megan Golia

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

Dr. Michelle Decere

Three Bridges Pediatric Dentistry & Orthodontics; 1507 Ritchie Highway, #201, Arnold, MD 21012; 410-757-5437; 3bridgespdo.com

Dr. Myrnelle Damas

MidShore Pediatric Dentistry; 508-B Cynwood Drive, Easton, MD 21601; 410-819-0726; midshorepediatricdentistry.com

Dr. Tyson Bross

Naptown Smiles; 129 Lubrano Drive, Ste. 300, Annapolis, MD 21401; 410-224-0018; naptownsmiles.com

PERIODONTICS

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

Dr. Angela Miele

Annapolis Periodontics; 888 Bestgate Road, Ste. 300, Annapolis, MD 21401; 410-224-0500; annapolisperiodontics.net

Dr. Cary Bly

Capital Periodontics of Maryland; 104 Forbes Street, Ste. 101, Annapolis, MD 21401; 410-268-5103; laserperiodontist.com

Dr. David A. Mugford

The Mugford Center for Periodontics & Dental Implants; 1660 Village Green, Crofton, MD 21114; 410-721-7801; mugfordcenter.com

Dr. Edidiong Umoh

Annapolis Periodontics; 888 Bestgate Road, Ste. 300, Annapolis, MD 21401; 410-224-0500; annapolisperiodontics.net

Dr. Elizabeth Polak

Annapolis Periodontics; 888 Bestgate Road, Ste. 300, Annapolis, MD 21401; 410-224-0500; annapolisperiodontics.net

Dr. John Bruce

The Mugford Center for Periodontics & Dental Implants; 1660 Village Green, Crofton, MD 21114; 410-721-7801; mugfordcenter.com

Dr. John V. Louis

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

Dr. Ramz Khleif

Dental One Associates; 2623 Housley Road, Annapolis, MD 21401; 410-793-4922; dentalone-md.com

Dr. Robert Bouffard

South River Periodontics; 104 Forbes Street, Ste. 204, Annapolis, MD 21401; 410-295-1000; southriverperiodontics.com

PROSTHODONTICS

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

Dr. Arezoo A. Bahar

Annapolis Prothodontic Associates; 200 Westgate Circle, Ste. 106, Annapolis, MD 21401; 410-268-7100; apadentistry.net

Dr. Eugene McNinch

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

Dr. John Davliakos

Annapolis Prothodontic Associates; 200 Westgate Circle, Ste. 106, Annapolis, MD 21401; 410-268-7100; apadentistry.net

Dr. Ryan Maisel

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

Dr. Sara Satin

Annapolis Prothodontic Associates; 200 Westgate Circle, Ste. 106, Annapolis, MD 21401; 410-268-7100; apadentistry.net

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

BAY ENDODONTICS
Exceptional Care, Focused on You

At Bay Endodontics, patient care is our top priority. We're dedicated to providing high-quality endodontic treatments that relieve pain and restore your natural tooth for years to come. We strive to accommodate emergencies, including trauma, promptly while ensuring a comfortable, stress-free experience.

Dr. Alexis Herring, a highly trained board-certified endodontist with advanced degrees from Howard University and Case Western Reserve University, leads our team. Her induction into the prestigious Omicron Kappa Upsilon Honor Society reflects her commitment to excellence in patient care.

When your dental health can't wait, Bay Endodontics is here for you. Contact us today to schedule your root canal consultation or get immediate care for dental emergencies!

(410) 690-3636 | www.bay-endo.com
29466 Pintail Drive, Suite 16 | Easton, MD 21601-9324

Dr. Alexis Herring

DOCKSIDE
DERMATOLOGY

EXPERTS IN SKIN CANCER

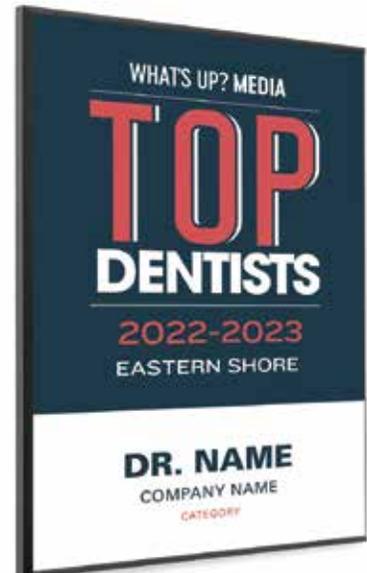
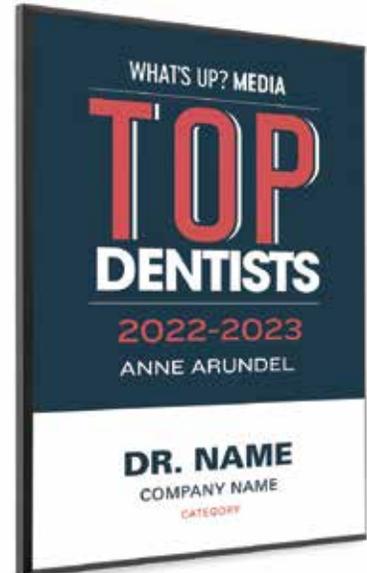
Dockside Dermatology is excited to announce the addition of **Dr. Natalia Biles** and **Rachel Midwinter, PA-C** to our practice. With this expansion, we are able to offer same day appointments!

Phone: 410-934-5400 • Fax: 410-934-0141
Hello@dockside Derm.com • www.dockside Derm.com

TOP DOCS 2022-2023

Celebrate the win

WITH TOP DENTISTS PLAQUES



ORDER TODAY

whatsupmag.com/plaques



LEADING MEDICAL

PROFESSIONALS





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

two offices 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 19, 2024
7AM - 12PM**

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

\$10,000 AWARDED THIS YEAR! **SPIRIT OF SOISTMAN FAMILY DENTISTRY SCHOLARSHIP**



This Scholarship Fund was established by Dr. Jonathan T. Soistman of Soistman Family Dentistry & Associates in 2017. The fund will award seven, \$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, North Caroline

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)





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



ANNE ARUNDEL GASTROENTEROLOGY ASSOCIATES

COLON CANCER – PREVENTION IS THE KEY!

AGA 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. Common symptoms and diseases include gastroesophageal reflux disease (GERD), inflammatory bowel disease (IBD) including Crohn’s disease and Ulcerative colitis, colon cancer prevention, Celiac disease, fatty liver and pancreatic inflammation, cysts and cancer. AAGA includes ten physicians and five midlevel providers who are all taking in new patients and are excited about caring for our community. Our main office

is located in Annapolis, and we have satellite offices located in Greenbelt, Odenton, Bowie, Pasadena and Kent Island.

Colorectal cancer is the third most common cause of cancer worldwide.¹ In the state of Maryland colon cancer is the second leading cause of cancer related deaths, accounting for ~9% of deaths annually.¹ The development and impact of colon cancer can be greatly reduced with colorectal cancer screening. For optimal health, it is essential that you meet with your Gastroenterologist or Primary provider to discuss when you should start screening, and which method is right for you! We are accepting new patients at all of our locations.

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!

1. Johns Hopkins Medicine – Cancer in Maryland. <https://www.hopkinsmedicine.org/kimmel-cancer-center/community-outreach-engagement/cancer-maryland#:~:text=The%20second%20most%20common%20cause,and%20liver%20cancer%20at%205%25>. Accessed Jan 26, 2024.

**ANNE ARUNDEL
GASTROENTEROLOGY
ASSOCIATES**

Locations in Annapolis, Pasadena, Bowie,
Odenton, Stevensville and Greenbelt

410-224-2116 • www.aagastro.com



KIAN DJAWDAN, DMD

DJAWDAN CENTER FOR IMPLANT & RESTORATIVE DENTISTRY

For over 30 years, Dr. Djawdan has been a trusted name in the dental community, providing expert care with a compassionate touch. At our state-of-the-art facility in Central Maryland, we offer a unique blend of surgical and restorative dental solutions under one roof. Our practice is dedicated to meeting your dental needs with the highest level of expertise and technology.

Comprehensive Dental Solutions

We specialize in advanced implant and restorative dentistry, tailored to your individual needs. Our in-office lab, equipped with cutting-edge CAD/CAM technology, allows us to design and fabricate full arch restorations, crowns, and more, often in a single visit. This ensures you receive precise, high-quality results efficiently.

Comfort and Care

Understanding that many patients experience anxiety about dental visits, we provide sedation options for any procedure, ensuring a comfortable and stress-free experience. Whether you're dealing with hopeless or missing teeth or simply need a routine check-up, our team is here to support you every step of the way.

Personalized Treatment Plans

At our practice, we believe in creating custom treatment solutions that align with your dental health goals. We take the time to listen to your concerns and develop a personalized plan to achieve the best possible outcomes. Our complimentary consultations, including 3D imaging, offer a no-pressure opportunity to explore your options and make informed decisions about your care.

Trusted Expertise

Dr. Djawdan's extensive experience and dedication to continuing education ensure that you receive the most current and effective treatments available. His commitment to excellence has earned him the trust and respect of both his patients and peers.

Experience the difference that expertise, technology, and compassionate care can make. Contact us today to schedule your free consultation and take the first step towards a healthier, more confident smile.

133 Defense Hwy, Suite 210
Annapolis, MD 21401
410-266-7645 | SmileAnnapolis.com



SEAN MULVANEY, M.D.

REGENERATIVE ORTHOPEDICS AND SPORTS MEDICINE ANNAPOLIS

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

Dr. Sean Mulvaney practices 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.

At ROSM, we have become the top authorities in the world on the use of stellate ganglion block (SGB) to treat PTSD. We founded the SGB Treatment center to provide compassionate, world-class care to our patients while also advocating on a national level for those struggling with PTSD. Dr. Mulvaney provides compassionate, world-class care to our patients while also advocating

on a national level for those struggling with PTSD. Dr. Mulvaney educated others on best practices for utilizing SGB in conjunction with trauma-focused therapy. We continue to conduct research, adding to our 17 peer-reviewed articles on this topic that we have published thus far.

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.sgbtreatmentcenter.com/
www.drseanmulvaney.com



ORAL SURGERY SPECIALISTS

DRS. CHRIS CHAMBERS, NEIL SULLIVAN, KURT JONES, BOREK HLOUSEK, CLIFF WALZER, AND KENNETH KUFTA

Drs. Walzer, Sullivan, Hlousek, Jones, Chambers, and Kufta, renowned Board Certified Oral and Maxillofacial Surgeons, welcomed Dr. Kenneth M. Kufta to their distinguished team a little over a year ago. Dr. Kufta, skilled in advanced surgical techniques, seamlessly fits in with the practice, further enhancing their comprehensive care offerings. These experts handle a broad spectrum of oral, dental, and facial issues. Their proficiency encompasses dental implant surgery, wisdom tooth removal, and corrective jaw surgery, employing methods that emphasize bone structure rebuilding with minimal surgical intervention and enhanced patient comfort. Their practice prioritizes creating stunning smiles and rejuvenating the functionality of teeth and jaws. Unique to their specialty, they are licensed to administer intravenous (IV) general anesthesia in a state-of-the-art office environment. Their practice ethos combines excellent care with the art, science,

and technology, ensuring an outstanding experience marked by compassion, courtesy, and respect.

The practice is known for managing a wide variety of problems related to the mouth, teeth, and facial regions, offering a full scope of oral and maxillofacial surgery. Their expertise extends from routine procedures like wisdom tooth removal to more complex surgeries such as dental implant placement and corrective jaw surgery. The surgeons utilize advanced techniques designed to rebuild bone structure with minimal surgical intervention, optimizing patient comfort and promoting quicker recovery times.

In addition to their surgical expertise, the practice is equipped to diagnose and treat facial pain, injuries, and fractures, providing comprehensive care under one roof. The practice operates across five state-of-the-art locations, ensuring that patients throughout

the region have access to top-quality care close to home.

The team's commitment to excellence is reflected in every aspect of their work, from the initial consultation to post-surgical follow-up. They continually invest in the latest technology and ongoing education, ensuring that they remain at the forefront of their field. This dedication, combined with a patient-centered approach, has earned them a stellar reputation as leaders in oral and maxillofacial surgery in the region.

ORAL SURGERY SPECIALISTS

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



HAGERT FAMILY DENTISTRY

DR. CHRISTIE HAGERT



Hagert Family Dentistry, located in the heart of our community has redefined what it means to provide compassionate and reassuring dental care.

From the moment patients walk through the doors of Hagert Family Dentistry, they are greeted by a warm and inviting environment. However, it's the remarkable staff that truly sets this practice apart.

The team at Hagert Family Dentistry, led by Dr. Christie Hagert, goes beyond standard care. Dr. Hagert and her team are skilled clinicians and empathetic listeners who take the time to understand each patient's unique concerns and fears.

Patient comfort and providing comprehensive education about each procedure are Dr. Hagert's top priorities. The staff is trained in gentle, reassuring communication, ensuring that every patient feels heard and respected throughout their visit.

Moreover, Hagert Family Dentistry believes in positive reinforcement acknowledging each patient's progress and milestones, fostering a supportive environment that focuses on personalized strategies to help individuals overcome their dental anxieties.

In a field often associated with discomfort, Hagert Family Dentistry is dedicated to patient-centered care and an unwavering commitment to creating a comfortable, supportive experience, making our practice a valued addition to the Eastern Shore.

HAGERT FAMILY DENTISTRY

415 Washington Ave #1
Chestertown, MD 21620

410-778-2474

www.hagertfamilydentistry.com



EASTON DERMATOLOGY ASSOCIATES

DR. MICHAEL DEL TORTO | DR. DONALD STRANAHAN

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



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.

- **Clinical trials** are cutting edge, innovative research studies that patients can participate in. These studies test the safety and effectiveness of new treatments to find better ways to diagnose and treat cancer and are often working on new therapies. In partnership with the Sarah Cannon Research Institute, MOH offers unprecedented access into numerous clinical trials.

Annapolis Office 810 Bestgate Road Suite 400 Annapolis, MD	Easton Office 509 Idlewild Avenue Suite 1 Easton, MD
410-897-6200 www.MarylandOncology.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



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



SMILES BY THE BAY ORTHODONTICS

DR. MARY C. TRAHAR-THOMAS, DDS, PA

In the news: In 2017, Dr. John Placido, an Eastern Shore Orthodontist passed away leaving nearly 500 active Medicaid (Maryland Healthy Smiles) children without an Orthodontist. The majority of Maryland Orthodontist do not participate with the Medicaid program and for valid reason. The Medicaid reimbursement for braces has stayed the same as it was nearly 25 years ago making the current reimbursement schedule insufficient to cover the costs of doing business ; putting the treating Orthodontist in the position of personally subsidizing a child's care in many cases.

Dr. Mary Trahar-Thomas stepped up to care for those children without an Orthodontist after Dr. Placido's passing, despite the anticipated financial risk. According to Dr. Trahar-Thomas, "It is challenging to participate

in the Medicaid system but it is extremely rewarding to offer Orthodontic care to children whose family would otherwise not be able to afford care."

Dr. Trahar-Thomas, is now on a mission along with a few Orthodontic colleagues, to make a change in the Maryland Healthy Smiles program. Keep your eye out on her website to see how you can help with Medicaid reform and show your support for our underserved children.

About Dr. Trahar-Thomas

Dr. Mary C Trahar-Thomas grew up in Annapolis. And while she traveled the world while in the United States Air Force and earning her advanced degrees in Orthodontics and Pediatric Dentistry, Annapolis always tugged at her heart strings.

It is because of this that she opened her 1st location in the winter of 2005 in Annapolis. Since then Dr. Trahar-Thomas has opened additional locations in Stevensville and Denton.

Dr. Mary Trahar-Thomas now lives on her Eastern Shore farmette with her husband and their big blended family—plus their 2 horses, 3 donkeys, 7 peacocks, 4 goats, dozen chickens, and their 5 cats and 4 dogs .

SMILES BY THE BAY ORTHODONTICS

Annapolis: 716 Giddings Ave

Kent Island: 160 Sallitt Dr.

Denton: 52 Denton Plaza

410-280-2484 | www.smilesbythebay.com



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 you cater to patients who are fearful or embarrassed about their dental health?

A: We understand that many people avoid dental visits due to fear or embarrassment. Our practice is dedicated to creating a supportive and non-judgmental

atmosphere. We offer sedation options for any procedure to help you relax and feel at ease. Our team is skilled in handling complex cases, including hopeless and missing teeth, with customized treatment plans that restore both function and aesthetics. Additionally, we provide complimentary consultations with 3D imaging to discuss your needs and goals without any pressure. Our mission is to help you regain confidence in your smile with compassionate, expert care.

KIAN DJAWDAN, DMD
Djawdan Center for Implant & Restorative Dentistry



Q: Do veneers always look fake?

A: When done by a skilled dentist and high quality dental lab, veneers can look incredibly natural and beautiful. The key is proper planning to keep the teeth proportional to the smile and face. We like to do a trial

smile so our patients can approve of the look of the veneers beforehand and request changes if needed. The pink gingival "frame" is often overlooked but very important, and when correctly done gingiva tissue should remain healthy around the veneers. Our goal is to enhance the appearance of your natural smile while giving you the confidence to show it off more.

MEREDITH TODD, DDS, Harbor Dental Center



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 tests can be done to look for cancer in healthy people?

A: Scientific studies show the major benefit of cancer screenings is early detection; they can detect cancer before it has started or when it's early. Recommended screening

tests include mammograms for women 40 and over; colonoscopies or Cologuard for everyone 45 and older; low dose chest CT scans for those with a 20-pack year smoking history, ages 50-80; regular pap smears in women; and testicular self-exams in young men. In individuals with a family history of breast or colon cancer, screening tests would start at a younger age. HPV vaccination is already saving lives. Insurers often cover screening tests. Get screened!

DR. JEANINE WERNER, Maryland Oncology Hematology



Q: How do I choose the right plastic surgeon?

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

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

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



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 would like to look younger, but I'm not ready for surgery yet. What are my options?

A: I like to think of the changes that happen over time in our faces as having 3 components: skin (fine lines, pigment changes, laxity), wrinkles associated with repeated muscle movements

(number "11's" between the eyebrows, forehead lines, crowsfeet), and wrinkles or changes from losing fullness in areas of the face (around the mouth, the cheeks, and under the eyes). Each of these factors can be addressed separately in nonsurgical ways to restore youthful features without looking "done" or unnatural. A combination of skin care, Botox® (for movement-related wrinkles), and conservative use of fillers such as Juvederm® and Restylane® (for restoring fullness) can target the 3 aspects of aging when you are not yet ready for surgery.

CLAIRE S. DUGGAL, MD, Sandel Duggal Plastic Surgery



Q: How can I decrease the risk of colorectal cancer (CRC)?

A: Prevention is the key! Lifestyle factors that decrease the risk of CRC include a diet high in vegetables/fruits and low in processed meats, a healthy weight, remaining physically active and avoiding smoking and excess alcohol. Average

risk CRC screening is recommended to start at 45. Colonoscopy is the only method of screening which can detect and simultaneously remove precancerous polyps. Colonoscopy has long been considered the gold standard of CRC prevention and was recently shown to be the most effective method of screening, with a mortality reduction of 73%.

DAVID JENCKS, MD

Anne Arundel Gastroenterology Associates



Q: What is a digital scanner?

A: A scanner replaces the use of goopy impression material. The scan is comfortable, provides accurate results, and can be completed in minutes. In our office, we utilize this latest technology to treat our patients. A digital

scanner is a handheld device used to create a digital impression of the mouth. It is a highly detailed 3D model of our patients' teeth and gums which is then processed by the scanned software and displayed in real-time on a touch screen. The 3D model is then used to fabricate crowns/caps and clear braces (i.e. Invisalign) for a perfect fit.

DR. CHRISTIE HAGERT, Hagert Family Dentistry



Q: Does Maryland Healthy Smiles (MHS) insurance cover the cost of orthodontics?

A: We believe that access to quality healthcare is fundamentally important to building strong communities in Maryland. That's why we are proud to participate in

the Maryland Healthy Smiles program in all of our offices. We are committed to making top quality orthodontic care easy and accessible for Maryland families, regardless of financial ability. Not every orthodontic practice accepts this type of insurance, but we think it's an important part of doing business in this community. It's also an incredible experience to be able to help a family in this way. When a child qualifies for orthodontic coverage under Maryland Healthy Smiles, that means they'll be able to get the orthodontic treatment they need for no out-of-pocket cost.

DR. MARY C. TRAHAR-THOMAS, DDS, PA

Smiles by the Bay Orthodontics



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: What are Dental Implants?

A: When you are missing teeth, you may feel uncomfortable eating, speaking or worst of all SMILING. Dental implants offer a permanent solution to these problems. Dental implants are titanium replacements for missing

teeth that act as a strong foundation to support new crowns, bridges or anchor slipping dentures. The implant procedure is painless and involves placing the implant under the gums and into the jawbone just like the roots of your own natural teeth. Recovery time is usually no more than 24 hours and total treatment time from the day of your implant placement to the time of attaching the new teeth range from 2 months to as little as 1 day. Dental implants are the next best thing to your own teeth... IT'S TIME TO SMILE AGAIN!

BOREK HLOUSEK, DMD, MD, Oral Surgery Specialists



Q: How will I know if I am high risk for breast cancer?

A: There are several factors that increase your risk for breast cancer. One thing to consider is your age, as most breast cancers are diagnosed after age 50. If you have a first-degree

relative such as a mother, sister or daughter who has breast or ovarian cancer, that increases your risk. Women who have inherited changes (mutations) to certain genes such as BRCA1 and BRCA2 are at a higher risk of developing breast cancer. If these factors apply to you, ask your doctor if a risk assessment and prevention program (RAPP) could be your next step. We offer RAPP at Luminis Health and our goal is to help you make an informed health care decision and personalized plan for breast cancer risk reduction and early detection.

ALLISON BRUFF, MD, 301-552-7805, Luminis.Health/Breast



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 makes your dental practice stand out among others in Central Maryland?

A: Our practice is unique in offering both surgical and restorative dental solutions under one roof. We specialize in comprehensive dental care, including advanced implant and restorative dentistry. With our state-of-the-art

in-office lab using CAD/CAM technology, we design and fabricate full arch restorations, crowns, and more, often in a single visit. Plus, we provide sedation for any procedure, ensuring a comfortable experience for even the most anxious patients. Our goal is to create custom treatment plans that align with your dental health goals, all in a compassionate and welcoming environment.

KIAN DJAWDAN, DMD
Djawdan Center for Implant & Restorative Dentistry



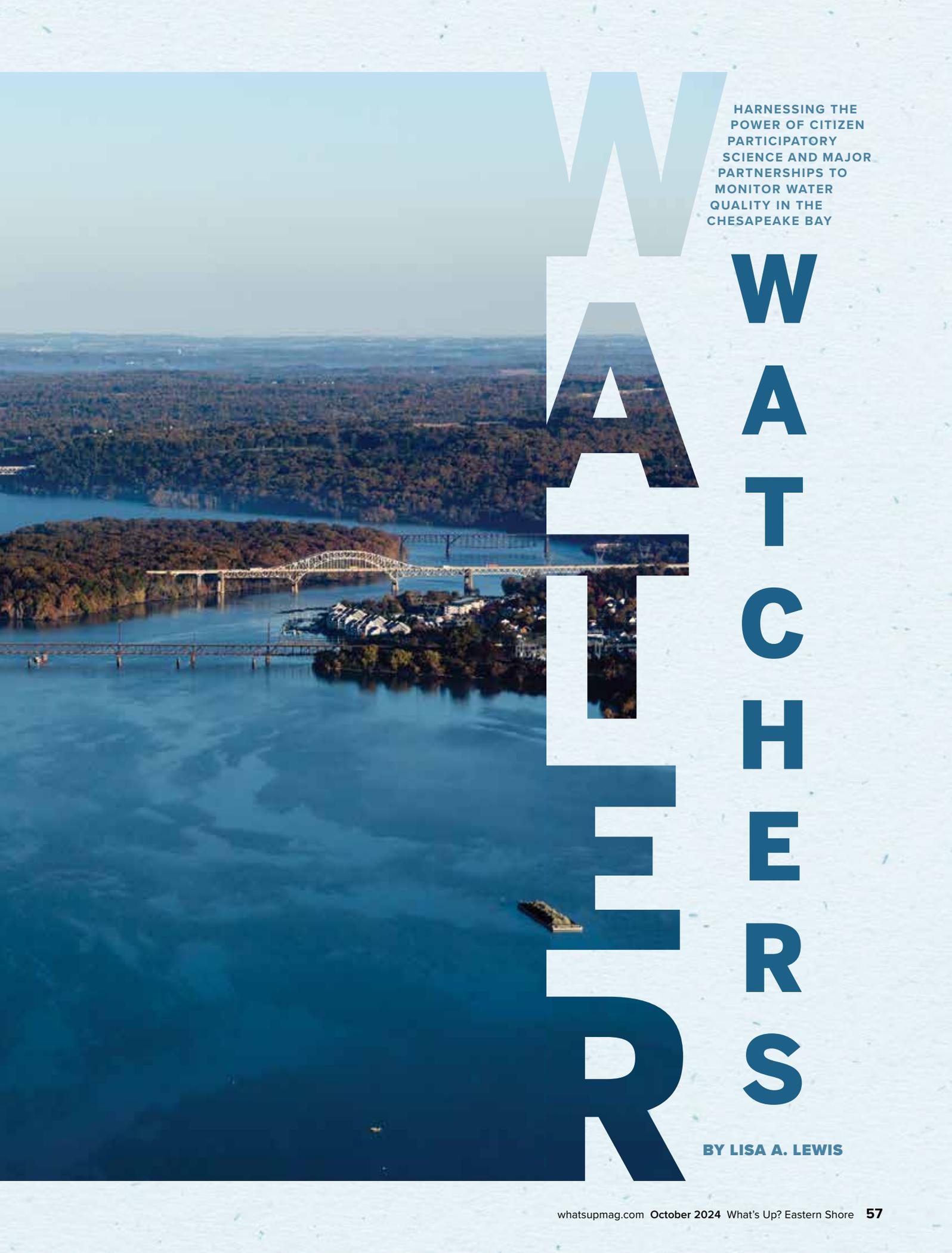
LEADING
MEDICAL
PROFESSIONALS

For more information visit whatsupmag.com

CHESAPEAKE HEROES
AN ARTICLE SERIES EXAMINING LOCAL
ORGANIZATIONS AND CITIZENS WORKING
TOWARD A HEALTHIER ENVIRONMENT.



The Susquehanna River empties into the upper Chesapeake Bay near Havre de Grace, left, and Perry Point. River Input Monitoring (RIM) stations measure river flow, nutrients, and sediment entering the Bay at its nine largest tributaries, of which the Susquehanna is one. Photo by Will Parson/Chesapeake Bay Program with aerial support by Southwings.



**HARNESSING THE
POWER OF CITIZEN
PARTICIPATORY
SCIENCE AND MAJOR
PARTNERSHIPS TO
MONITOR WATER
QUALITY IN THE
CHESAPEAKE BAY**

W A T C H E R S

BY LISA A. LEWIS



Mike Stricker is a citizen scientist who enjoys contributing water quality testing and data to Chesapeake Water Watch, a joint program of Smithsonian Environmental Research Center and the City University of New York. Stricker is pictured with a Secchi disk atop an oyster cage at the end of his dock. The disk, when lowered into the water, measures visibility (water clarity or turbidity) at a range of depths.

sonian Environmental Research Center (SERC) in Edgewater on the Rhode River. Perhaps the proximity of the farm to the organization was serendipitous—setting Stricker on a path that would lead to a new chapter in his life: volunteer and Bay restoration advocate.

“I was blessed to move to Susie’s farm,” Stricker says. “With a large amount of field and forest on the water, we were finally in a position to make a difference. We began growing oysters about 25 years ago for restoration efforts and also began reforestation and watershed restoration as we built our small horse-boarding business. After retiring from the Navy in July 2021, I was ready and able to do more. I learned about Chesapeake Water Watch at a SERC event during summer 2022. The project was the perfect opportunity to become involved with the Bay ecosystem at a deeper level, and I jumped at the opportunity.”

CHESAPEAKE WATER WATCH

A joint project between SERC and the City University of New York, Chesapeake Water Watch (CWW) is a participatory science project—research that engages volunteers in the scientific process—made possible by NASA’s Citizen Science for Earth Systems Program.

CWW utilizes a scientific process known as “ground truthing,” which involves collecting data on the ground—or, in this case, water—and cross-referencing it with information provided by satellites.

Volunteers, like Stricker, measure Chesapeake Bay water clarity by going out onto the water (at least 100 feet from the shore), opening the free HydroColor app in their smartphone, and taking photos within the app of a Secchi disk lowered into the water to obtain a water clarity reading. Volunteers can also take water samples if they choose. The samples are processed in the lab to analyze water clarity, colored dissolved organic matter, and in vivo chlorophyll (an indicator of “plant-like” material/algae in the water).

As a child growing up in Eastport during the 1970s, Mike Stricker enjoyed crabbing and swimming in Back Creek. But even at a young age, he was aware of the negative impacts of pollution on water quality, and it bothered him. By the late ’70s, there were frequent warnings about sewage spills from the wastewater plant at the head of Back Creek. Although Stricker was concerned about the decline in water quality—and even testified at a city council meeting with his dad—he felt powerless to bring about change.

However, Stricker continued to care about restoration efforts and sought ways to make a difference. In 1990, he moved to his wife’s family farm, which was located across the street from the Smith-

“THE PROJECT WAS THE PERFECT OPPORTUNITY TO BECOME INVOLVED WITH THE BAY ECOSYSTEM AT A DEEPER LEVEL”

Data is then uploaded to Fieldscope, an open-access database (website: serc.fieldscope.org), where researchers validate the readings to get a better understanding of water clarity conditions. Once the data is processed by the remote sensing team, satellite algorithms (recipes for combining different types of satellite data to estimate variables of interest) are modified—based on the data collected by volunteers.

“Existing satellite algorithms work well for the open ocean, but they don’t work as well in the Bay,” says Patrick Neale, Ph.D., senior research scientist at SERC. “Chesapeake Water Watch allows researchers to become better informed about tidal tributaries, shallow areas of the Bay, and areas that are understudied. The project offers opportunities to take samples in a broader area as well as more coordinated timing of samples. Adjusting the sat-

ellite algorithms provides more accurate readings. As we optimize the algorithms, we are essentially ‘training’ the satellites to become more effective. This allows us to see a more accurate picture of what’s happening in the Bay, which will result in improvement over time.”

According to Rachael Mady, participatory science coordinator at SERC, there were 142 accounts and 2,554 observations on Fieldscope at the time of this writing. (And this doesn’t include Riverkeepers and other organizations that interact with their own volunteers.)

“The best science is science that involves a lot of people and perspectives,” Mady says. “Participatory science invites people to become involved in different stages of the scientific process. It

invites more—more people, more perspectives, and better science. CWW wouldn’t be possible without volunteers. We hope this project can lead to better tools for monitoring the health of the Bay.”

“Participatory science is a great way to engage with a group of like-minded people,” Stricker adds. “Gathering data on the water allows us to keep tabs on water clarity. Volunteers get a lot of feedback from the scientists at SERC, which really helps us understand the relevance of the work.”

“THE BEST SCIENCE IS SCIENCE THAT INVOLVES A LOT OF PEOPLE AND PERSPECTIVES”

CHESAPEAKE BAY MONITORING PROGRAM

In addition to measuring water clarity, estimating hypoxia (low levels of oxygen in the water) is also a critical approach to monitoring water quality in the Bay. According to a press release issued by the Chesapeake Bay Program on June 21, 2024, researchers from the Chesapeake Bay Program, University of Maryland Center for Environmental Science, University of Michigan, and U.S. Geological Survey predicted this year’s dead zone in the Bay to be just above the long-term average taken between 1985 and 2023. Despite above-average rainfall in spring 2024, which led to relatively high water flows entering the Bay from around the watershed, nutrient pollution held at about the long-term average. This forecast is good news, as it shows that nutrient management has helped prevent the occurrence of a larger dead zone.



Secchi disk is dropped into the water near Poplar Island in Talbot County. Photo by Alicia Pimental/Chesapeake Bay Program.



A dead zone is an area of little to no oxygen that forms when excess nutrients (nitrogen and phosphorous) enter the water through polluted runoff and fuel the growth of algae blooms, which remove oxygen from the water when they die and decompose. The resulting hypoxic conditions, or “dead zones,” can suffocate marine life and decrease available habitat.

According to the data, stream and river flows to the Chesapeake Bay recorded from January to May 2024 were 63 percent higher than the previous year—and 23 percent higher than the long-term average—due to higher-than-average precipitation. Based on this data, researchers estimate that the total annual hypoxic volume for the Bay in 2024 will be just 4 percent higher than the historic long-term average.

“What the public sees when we say that the forecast is expected to be 4 percent above average is a

Volunteer Pierce Rosencranz takes a water sample during one of SERC’s “Satellites & Samples” days, a Chesapeake Water Watch youth participation event. Photograph by Victoria Rosencranz.

very specific result,” says Peter Tango, Ph.D., Chesapeake Bay monitoring coordinator, U.S. Geological Survey at the Chesapeake Bay Program office. “But the science is not absolute. Our forecast is expected to fall within a range of possible answers, and 4 percent is the most likely value. But we look at this value and say that we expect that it could be 4 percent, plus or minus, some amount.”

According to researchers, the slightly above-average hypoxia forecast indicates that management efforts to keep nutrient runoff out of the Bay watershed are having the “desired effect.” Targeted actions, such as upgraded wastewater treatment plants, agricultural practices to reduce the use of excess fertilizers, and stormwater ponds near development and urban areas, are reducing runoff. However, the outlook must continue to take into account factors such as weather conditions and climate change.

“EFFECTIVE FORECASTING PROVIDES GUIDANCE FOR DECISIONS ABOUT MANAGEMENT ACTIONS TO REDUCE NUTRIENTS IN THE BAY, IMPROVING WATER QUALITY AND OVERALL BAY HEALTH.”



Top: SERC intern Elizabeth Gaudlip takes a water sample from the Rhode River during an early phase of Chesapeake Water Watch. Photograph by Kristen Goodhue/Smithsonian Environmental Research Center. Above: SERC intern Ryan Kim tests the Hydrocolor app on his phone on the South River, as part of the Chesapeake Water Watch project. Photograph by Nancy Merrill/Arundel Rivers Federation.

“The science suggests that a really important time of the year for nutrients to flow into the Bay and affect the deep-water summer oxygen conditions is from January to May,” Tango says. “When we use that science to produce a summer forecast that is close to what is measured, that is a good sign. It demonstrates our basic understanding of how the Bay works, which helps inform how we manage it. Effective forecasting provides guidance for decisions about management actions to reduce nutrients in the Bay, improving water quality and overall Bay health.”

Researchers measure oxygen and nutrient levels as part of the Chesapeake Bay Monitoring Program, a Bay-wide cooperative effort that includes several major partners and is funded, in part, by the National Oceanic & Atmospheric Administration. The Maryland Department of Natural Resources (DNR) conducts 8–10 cruises between May and October to track summer hypoxia in the Bay. These findings allow researchers to detect changes in the conditions of the water and identify trends over time.



Jay Lazar, left, and a team from the National Oceanic and Atmospheric Administration work to retrieve a hypoxia monitoring buoy connected to sensors along inductive wire at the mouth of the Choptank River near Talbot County. The sensors routinely need to be cleared of barnacles that interfere with data collection. Photo by Marielle Scott/Chesapeake Bay Program.

In addition, the U.S. Geological Survey monitors river flow, nutrients, and sediment entering the Bay at the River Input Monitoring (RIM) stations, which are located on the Bay's nine largest tributaries (the Appomattox, Choptank, James, Mattaponi, Pamunkey, Patuxent, Potomac, Rappahannock, and Susquehanna rivers). This region represents about 78 percent of the total area of the watershed.

"Dissolved oxygen levels are a key measure of Bay health, as sufficient oxygen is needed to support vital fish, crab, and oyster populations, as well as a healthy ecosystem," says Mark Trice, water quality program manager at the DNR. "Bay monitoring data collected by the Chesapeake Bay Program's state and federal partners informs us of habitat conditions, advances our knowledge of Bay ecology, and measures the progress of our efforts toward restoration and nutrient reduction goals."



A hypoxia measuring buoy floats in the Choptank River.

Monitoring water quality is a critical mission that involves the collective efforts of many organizations and individuals—from major partnerships to volunteers—and scientists are seeing signs of progress. Indeed, participatory science projects, such as Chesapeake Water Watch, and large-scale projects, such as the Chesapeake Bay Monitoring Program, are making an impact on water quality.

“WE TALK ABOUT THE CHESAPEAKE BAY AS ONE ENTITY, BUT THE ABUNDANT LIFE IN THE BAY EXISTS BECAUSE OF THE DIVERSE ENVIRONMENTS IT CONTAINS.”

Neale says. “These include the shallow waters in the inlets and rivers and the deep waters in the middle of the Bay. These environments require different approaches to assess water quality. In the shallows, Chesapeake Water Watch (among other programs) monitors whether the water is clear enough for grasses to grow. In deep water, the Chesapeake Bay Monitoring Program monitors hypoxia that eventually leads to ‘dead zones.’ Both low water clarity and hypoxia are critical issues, which can be prevented by protecting the Bay.”

Special thanks to Kristen Goodhue, Public Affairs Specialist, SERC and Rachel Felter, Director of Communications, Chesapeake Bay Program.

To learn more about **Chesapeake Water Watch**, visit serc.si.edu/participatory-science/projects/chesapeake-water-watch OR scan here:



Water quality results of the **Chesapeake Bay Monitoring Program** can be viewed on the state’s *Eyes on the Bay* website at eyesonthebay.dnr.maryland.gov OR scan here:



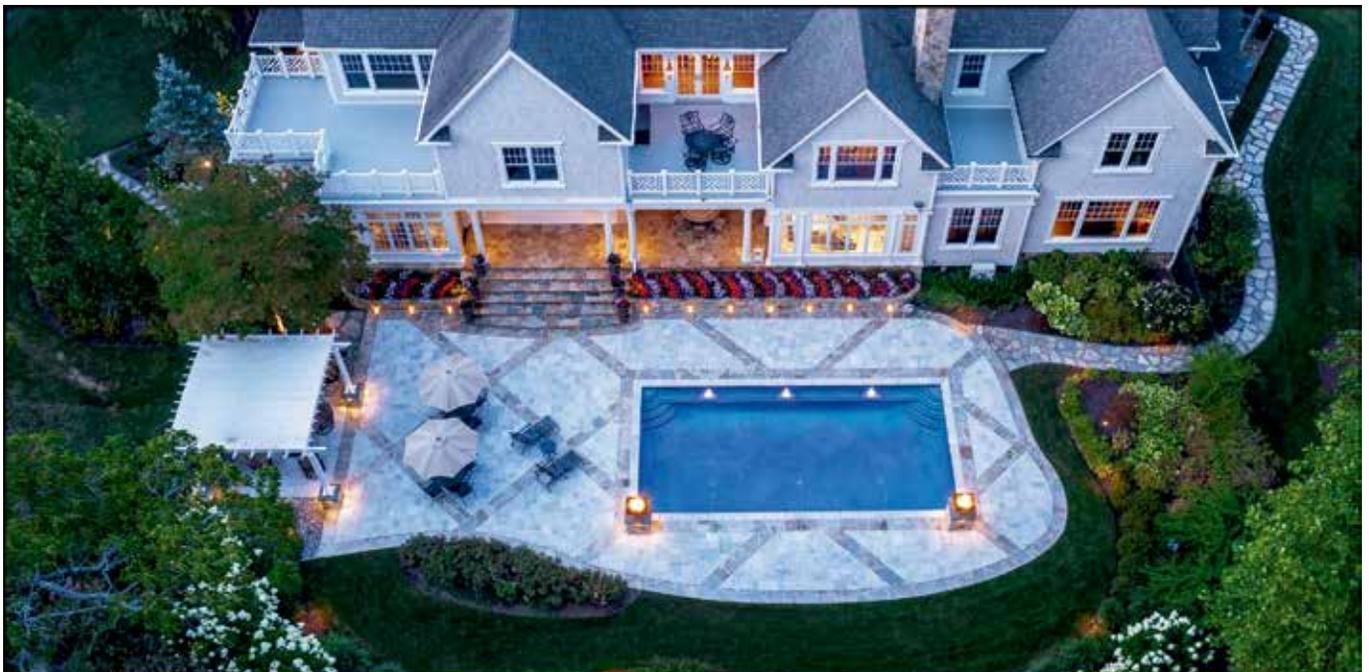
An osprey flies over the Chesapeake Bay in front of the Bay Bridge, seen from Elktonia-Carr’s Beach Heritage Park in Annapolis, on June 21, 2024. Photo by Rhiannon Johnston/Chesapeake Bay Program.



GIVING YOUR HOME A NEW STYLE

314 Design Studio
KITCHEN AND BATH SPECIALISTS

314 Main Street
Stevensville, MD
410.643.4040
www.314DesignStudio.com



Landscape Design Build | Outdoor Fireplaces & Kitchens | Pools & Spas



With over 20 years of experience, we have the knowledge and expertise to bring your vision to life. Schedule a Consultation @ 410-349-9507

WadeLandscapes.com



FOLLOW US ON



Home & Garden

76 THE LIGHT AQUATIC

78 POSTCARDS FROM EASTON

80 STAY AWHILE

**A Home
That Meets
the Moment**

PG. 66



New-School Elegance

A HOME THAT MEETS THE MOMENT

By Lisa J. Gotto

Today's world of real estate, architecture, and interior design can feel overwhelming at times. Fortunately, this month's featured home provides a blueprint for what happens when messaging, best practices, and exceptionally keen design advice combine to not only build a home that meets the moment, but one that will help create the moments that define the lives dwelling within it.

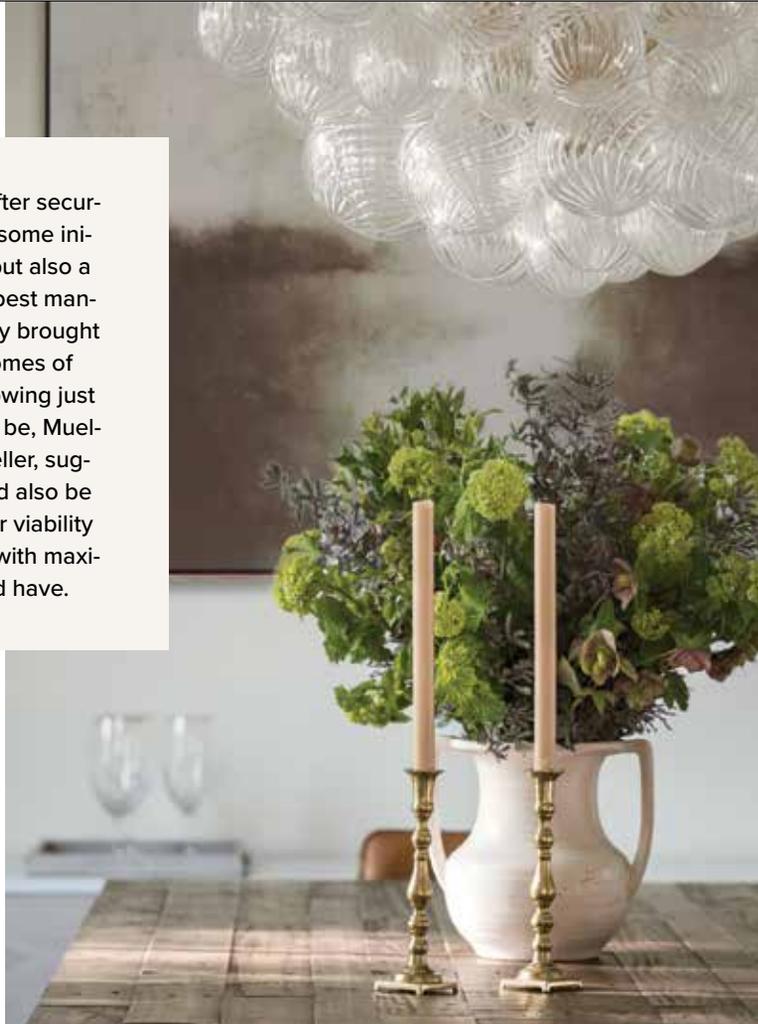
THE PROJECT: A rare, previously undisturbed parcel of forested waterfront land along the South River, and a young couple with hopes of building their seminal family home in which they would raise their three small children.

HOMEOWNER PROFILE: Jacqueline and Max are returning to Jacqueline's home state after years of living and working in New York City after college. Astute and busy professionals with defined and distinctive taste, they both prefer easy and understated elegance in design and are comfortable with setting standards and pushing a style barrier or two.



EXECUTING THE PLAN: After securing their land, the couple had some initial thoughts on home plans, but also a lot of questions about how to best manage a mature, forested lot. They brought their concerns to Mueller Homes of Annapolis to review them. Knowing just how tricky these situations can be, Mueller Homes' President, P.J. Mueller, suggested that an architect should also be consulted to review the site for viability and best practices associated with maximizing the space they would have.

DESIGN TAKE-AWAYS: So how does this home “meet the moment”? This is accomplished in various ways, large and small throughout the build explains Mueller.



Stephanie Cook from Speight Studio Architects of Annapolis would take the lead in that regard and set out to ensure that the experience of building a new home didn't begin and end with just fulfilling a wish list.

“The most important thing I can do by far is listen to the clients,” says Cook about her approach to a project. “Not only to what they are saying but to what they aren't saying as well. I always try to discover the little pieces that lay between the lines of the conversation, things that they may never think about verbalizing.”

Starting with the exterior, Mueller says, Jacqueline and Max made a less predictable choice for an Annapolis-based waterfront home.

“They really wanted the white brick, and brick creates a challenge, especially from an architectural standpoint because certain areas require a lot of structural [support] methods, especially on the inner walls and such.”

This, he adds, is something that he, project manager Jim Trotter, and Cook collaborated on from

a standpoint of securing the structure and adding elements to enhance the aesthetic, pointing to the Hardie plank siding that was added and an integrated gutter system mindfully contrived to double as an architectural feature that fits the façade so well it provides character and just a hint of elegance.





The entryway is a great example of how well the team collaborated to craft a dwelling that spoke to its owners' good taste. Max noted that it was important to them that the house, while new, embodied qualities of a home that looked like it could have been there forever.

"When we went to Stephanie (Cook), we said we want to have the size and scope of a nicely sized traditional home, but we want it to feel like it's 300 years old," Max explains. "Our goal was to have a truly timeless home and from an exterior standpoint, that's why we went with the whitewash brick and more of a traditionally shaped home. I like to say it's a modern English cottage style home from an exterior standpoint."

Along those lines, a covered, recessed, and arched front door was chosen. The approach was then enhanced by the unique placement of lighting at the entry.

"Two lanterns [were placed] on the side versus being on the face of the brick, providing an element of old cottage character, but yet it has a new school elegance to it," says Mueller, who credited Cook with the nuance and thought given to the details associated with the entry.

The homeowners, who are huge fans of interiors' expert and influencer, Shea McGee, chose solid white oak floors with an invisible finish to play up the pure, natural characteristics of the wood throughout the home.

"The inside of our home kind of falls into the category of transitional," Jacqueline explains. "We wanted to maintain just classic traditional elements, but also, we definitely are attracted to a more modern style...and we were inspired a lot by nature. We have a forest behind us right now, and we just tried to keep the colors inside the home, very neutral, but pulled in a lot of colors that you see in nature, dark greens and rich browns."



The couple notes they had many great partners working on the space that would become their kitchen and breakfast room, and these synergies paired with the ideas they brought to the table, resulted in an elevated family gathering space.

“I noticed with the type of subcontractors that we worked with ... they were excited when you brought something to them that they’ve never seen before,” says Max of the highly skilled craftspeople who helped ensure their vision.

And that feeling was mutual. Max adds he was not entirely sold on the concept of two islands in the kitchen before Cook suggested it, but now he says he can’t imagine not having the functionality they provide.

All the cabinetry was crafted to convey a top-quality, minimalist vibe. The couple worked with an Ohio-based subcontractor, Hilltop Woodworking, with whom Jacqueline’s family has a history. The process was a painstaking one, she admits, primarily because it all needed to be done remotely, but the company obliged in every way sending sample after wood sample, until they, for lack of a more appropriate term, ‘nailed it.’



Custom touches, such as the range hood and surround treatment, were advantageous suggestions put forth by Hilltop.

“The idea to do the live-oak beamed surround in the kitchen above the oven, that’s something that we had not seen anywhere, and it was not inspired by anything that we researched, so we just would’ve never thought to do that,” Max says.

The couple also used the kitchen as a style laboratory of sorts for the trends they were seeing in all their interiors’ research relating to mixing metals and finishes.

“We were told by everyone that mixed metals are in, and it’s absolutely okay to explore options with metals. For the most part, we stuck to gold, bronzes, and blacks just because I felt like that was the most complementary to the different tones and colors we were using throughout the home,” Jacqueline says.

While many younger families have been ditching the traditional dining room over the last couple of decades in favor of open-plan dining, these homeowners sided with tradition, citing with three kids and counting, and nearby families, having that dedicated space for celebratory events didn’t just sound good in theory, for them it was essential.





Following tradition in this manner provided an opportunity to get creative with how the spaces would transition from one to the next. Fortunately, getting from space to space turned out to be one of those things that Cook heard without the couple actually saying it, and the result is architecturally enriching throughout.

“People don’t often think too much about those moments spent moving from room to room in their homes, but there is potential there to be a little more thoughtful. In this particular home, we employed not only a series of arches, but also some really deep, cased openings to create an awareness of being ‘between’ and I think it positively affects the experience of moving through the house,” Cook says.

ELEVATING THE UPPER LEVEL

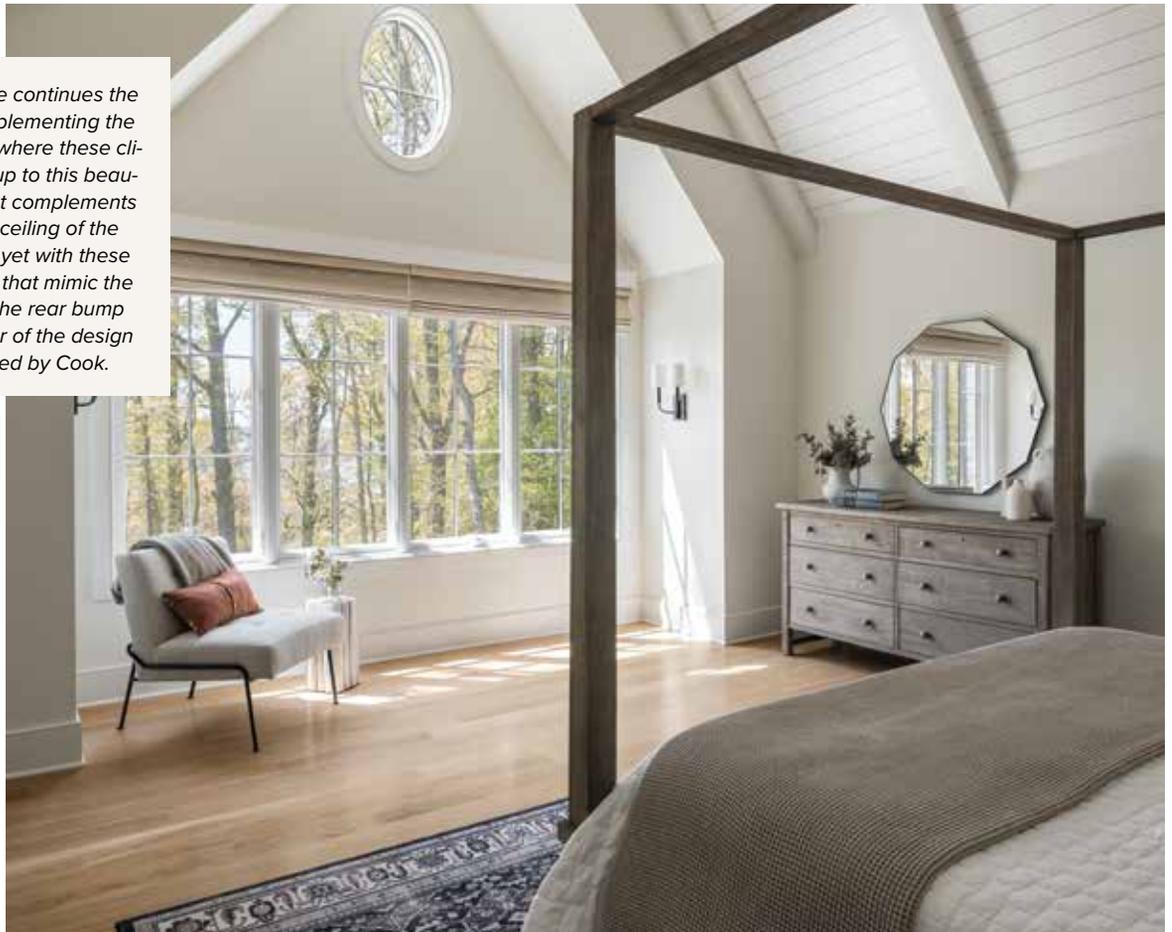
The home currently has four finished bedrooms, and the room to grow an additional guest suite above the garage. These rooms are among the most cherished aspects of the home for the couple, especially the personalized approaches taken in each of their kids' rooms, or their "little jewel boxes", as Jacqueline describes them.

Using thoughtful contemporary iterations of traditional colors, such as the muted rose pink in their daughter's room, decorative elements such as wallpaper on the ceiling, and updated approaches, such as matching the trim color to the wall color, each child's room is as individualized as the child—without looking like the standard "boy's" or "girl's" room from their parents' generation.

The primary suite, says Mueller, could have been easily executed with four standard walls of drywall, but why do that when you're building new and only a lack of imagination could limit you?



"The primary suite continues the elegance in complementing the rest of the house where these clients are waking up to this beautiful trim work that complements the downstairs ceiling of the family room, but yet with these simplistic beams that mimic the architecture of the rear bump out," says Mueller of the design detail suggested by Cook.





"It is so cool," says Jacqueline of the private sanctuary of their primary bathroom. "We wanted it to feel spacious, and Stephanie said, 'What if we did a cathedral ceiling above the tub? And then this is where we brought in our inspiration—we wanted a very long-chain light fixture to go above the tub.'"

Taj Mahal stone was then chosen to top their custom white oak vanities, stained dark, which were made to look like a dresser by sizing them so legs could be added at the bottom.

"So, it looks like old pieces of furniture rather than kind of your typical, 'Just set it and forget it' vanity," adds Jacqueline.

"I definitely followed Jacqueline's guidance on all this stuff," says Max of his wife's eye for details like these.

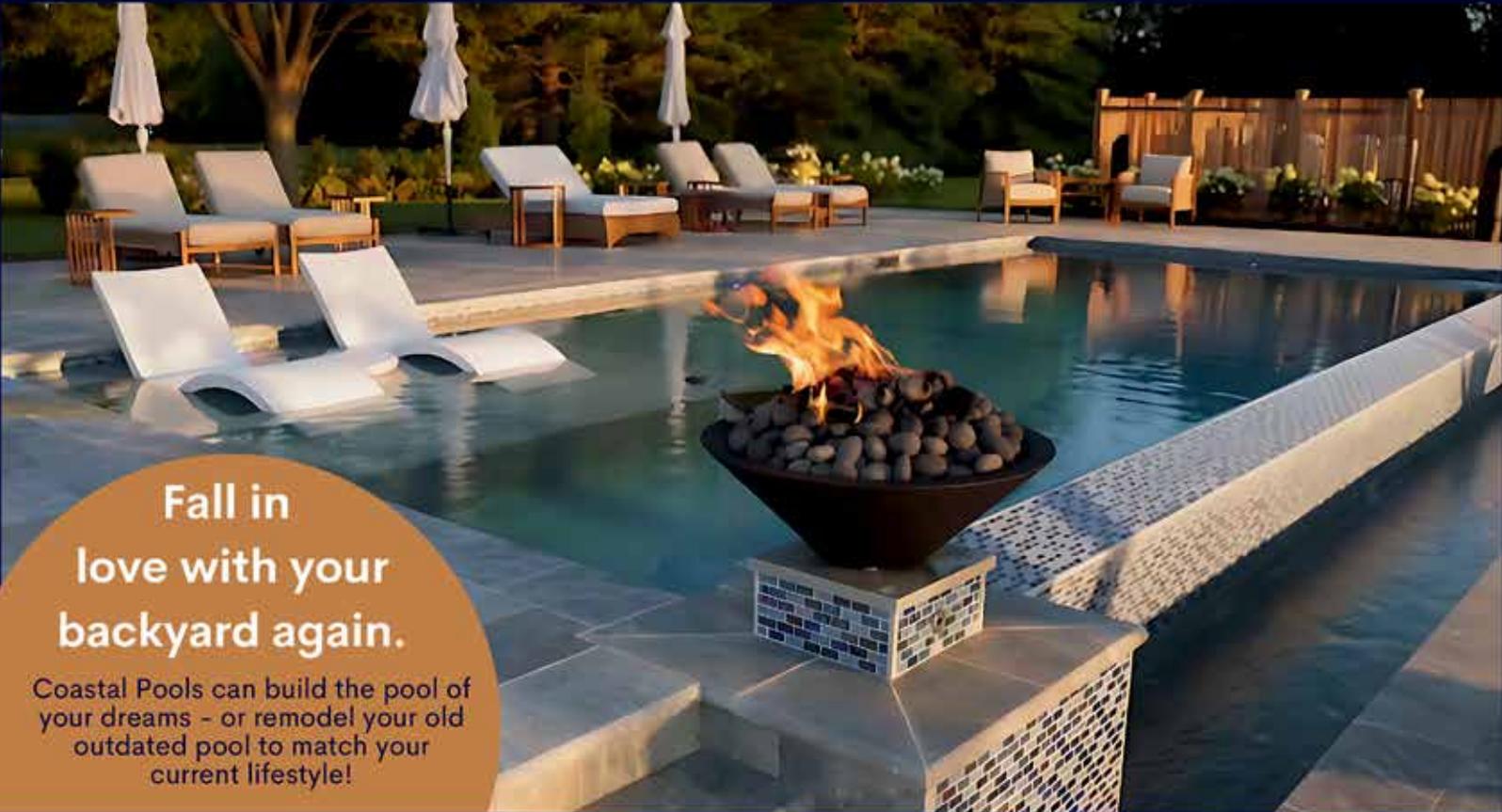
"I think the beauty that I see [in this process] is the fact that we pulled from so many different sources, and we scoured Pinterest and Instagram and design books. If we showed you how many Rizzoli interior design books we have now, really, we could have an entire library of them. But what we found is that the style we ended up with was 'Max and Jacqueline,' he explains.

"It speaks exactly to who we are as people, and as a couple, and as a family."



COASTAL POOLS

DESIGN • BUILD • REMODEL • MAINTAIN



Fall in
love with your
backyard again.

Coastal Pools can build the pool of your dreams - or remodel your old outdated pool to match your current lifestyle!

Call for your FREE quote. | 410-873-8464
coastalpoolbuilders.net

Cooler fall weather is here – the perfect time to transform your property into a luxurious oasis with a custom pool, spa, or outdoor retreat, all while staying cozy indoors. Take advantage of our flexible financing options and enjoy peace of mind knowing you're working with an award-winning, BBB-accredited company with an A+ rating and 4.9 stars on Google.



MHIC#97873



YOUR PREMIER EASTERN SHORE WEALTH MANAGEMENT TEAM

FOLGER NOLAN FLEMING DOUGLAS

INCORPORATED

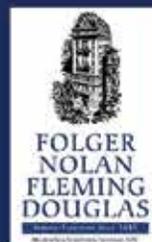


Discover unparalleled financial expertise with Team Flaherty Fryer, your premier wealth management team on the Eastern Shore. We specialize in retirement, legacy, inheritance, and financial goal planning.

Trust us to guide you through every aspect of your financial journey with personalized strategies and exceptional service. If you have \$500,000 or more in investable assets and would like to learn more, please call us to schedule a meeting.

Retirement Planning | Estate Planning | Asset Management

Building strategies intended to protect what you have & grow it for generations to come.



Kevin Flaherty & Max Fryer

Folger Nolan Fleming Douglas
601 Locust Street, Suite 101
Cambridge, MD 21613
kflaherty@fnfd.com • mfryer@fnfd.com
Phone: 410.228.7430 • 800.221.7254
Fax: 410.228.7451



The Light Aquatic

INSPIRED BY WATER & MAKING A STATEMENT

By Lisa J. Gotto

Let's face it, most of us live here because we love the water. Its presence, its sound, its ability to transport us not only physically, but emotionally inspires our lives in unique ways on a daily basis. While the concept of bringing the outdoors in when it comes to interior design is hardly new, these fine examples of what we can do to illuminate our inner worlds, expand on the theme with an evolution in texture, material, and ingenuity.

Tall Drink of Water

Exquisite in its simplicity and slender in shape, this 30-inch *Arendell* table lamp from Elk Home trips the light fantastic with its shimmering base of mottled Egyptian glass replicating the sheer beauty of ripple upon ripple of supple, shining sea. A rectangular cream hardback shade lends function to superior form.





NO WALL FLOWER

Like emerging bubbles of seafoam at the water's edge, this clearly elevated iteration on wall sconces will not go unnoticed, as many wall sconces tend to do. This *Mylo wall lamp* by Eichholtz is crafted of gold-finished nickel and delicate spheres of glass that work independently bouncing their light off each other to create one stunning fixture that generates a spectrum of colors.



Wavelengths

This *LZF Link Pendant* evokes a feeling of circuitous waves and the perpetual motion of a naturally occurring pattern. The lightweight shade is hand-crafted from long strips of Timberlite wood veneer which is suspended by aircraft suspension cable. The shape was inspired by Mobius strips, or eternally flowing bands and designed by Ray Power in his ongoing study of form, repetition, and geometry.



Getting Blown Away

These luscious tubes of hand-blown glass can be used individually or in groupings that deliver an intriguing, layered effect. A technique known as Bohemian glass blowing is used to create these *Ursa Collection* tubes from Beacon Custom Lighting, that all at once capture the beauty of sea and sand in a one-of-a-kind sphere that dazzles the eye of the beholder.



LIQUID LUMINAIRE

Take a deep dive into a sea of creativity with this effervescent representation of a curious underwater creature, the jellyfish. This one, from the *Medusa* collection by Currey & Company, is made of a wrought iron base metal and finished with nickel. The dimpled shade is hand-punched and allows for numerous strands of hand-strung glass beads to stream down from its base in a free-flowing fashion.



Postcards from Easton

By Lisa J. Gotto

While the core of this amazing residence was built in 1994, it and its thoughtful additions were recently upgraded to provide a luxurious 21st century waterfront living experience. This home is sited on a gorgeous lot with many mature trees and overlooks the confluence of Glebe Creek and the Miles River.

The approach to this expanded ranch home is serene with its lovely front gate, mature landscaping, and waterfront framing in the background. Textures of stone, cedar shake, and an arched wood and glass panel door, create alluring curb appeal.

Primary Structure Built: 1994

Sold For: \$5,000,000

Original List Price: \$5,900,000

Bedrooms: 5

Baths: 3 Full, 2 Half

Living Space: 5,500 Sq. Ft.

Lot Size: 7.54 acres

Once inside the entry, guests are greeted to the “wow” visual of a vaulted ceiling above with a lovely timber beam treatment, and blonde hardwood floors that stretch out as far as the eye can see. Across the great room the eye also easily spies the postcard-like landscape of the waterfront through a series of glass sliding doors. A modern gas fireplace takes center stage in the spacious family room, which adjoins on one side to a formal dining area and the adjacent modern, gourmet kitchen.

This room is a visual exercise in modern simplicity with clean, white custom cabinetry punctuated with elements of darker woods for the integrated refrigerator and accent cabinetry. A large, center island provides much utility with a spacious top for food prep, an integrated wine fridge, storage, and a chic, undermount sink.

The home’s sunroom flows easily from the kitchen to the waterfront and then opens to an extended patio space on one side and a screened-in porch on the other.

The spacious primary suite is located in its own wing of the home and could easily be described as a glorious sanctuary of water views. Along with

its easy access to an outdoor deck, it was designed with an incredible *en suite* bath featuring water views, an exquisite soaking tub, a huge, glass-panel shower, and an extended dual vanity. There is also a large, private home office with gorgeous wood built-ins on this side of the house.

The opposite wing offers two amazing guest suites with water views and a shared Jack and Jill bath.

Along with the property's amazing water access via private deep-water dock, there is also a precious two-story guest cottage with two bedrooms, two living areas, and two kitchens. A huge, modern utility building on the property could double as the ultimate "party barn"—to be enjoyed as the sun sets over the Miles River.



Listing Agent: Henner Gibbons-Neff Jr., Meredith Fine Properties, 127 N. Washington St., Easton, m. 410-829-0698, o. 410-822-2001, meredithfineproperties.com, hennerneff@yahoo.com
Buyers' Agent: Brian Gearhart, Benson & Mangold Real Estate, 700 Abruzzi Dr., Chester, m. 410-310-5179, o. 410-822-1415, sgearhart@bensonandmangold.com, bensonandmangold.com



Stay Awhile

By Lisa J. Gotto

Some residences just exude that solid quality and character that beckons all who cross its threshold to come, sit, and stay for a while. This historic property, circa 1870, is certainly among them. The 2,600-square-foot, colonial-style home also represents the epitome of the St. Michaels lifestyle with its proximity to the harbor and awesome water views from nearly every room.

A gracious screened-in porch with a quintessential screen door leads to some of the best seats in the house and provides the equivalent of an outdoor living room with a great view of a truly charming neighborhood.

Primary Structure Built: 1870

Sold For: \$1,775,000

Original List Price: \$1,875,000

Bedrooms: 4

Baths: 4 Full

Living Space: 2,639 Sq. Ft.

Lot Size: .18 acres

The beautiful front entry reveals an architectural delight with its period staircase and balustrade. Knotty, rich hardwoods lead down the center hall and to the French doors of the formal living room on the left. Gorgeous wood trim work and a traditional white mantle and fireplace create the perfect space for cordial conversations.



A lovely den with an attractive wall of built-ins is situated to the right of the entry, and further down the hall, the home opens up to a spacious kitchen and dining room combination. All-white, custom cabinetry, stainless-steel appliances, and a gorgeous center island topped with veiny quartzite, give this room polish and panache. Large windows allow generous amounts of natural light to flow through the cheery space.

The first floor extends to include a laundry room, two full baths, a primary bedroom suite with window bench seating, and a set of French doors opening to the property's attractive and spacious paver patio. The knotty hardwoods continue to the second level of the home where you'll find a second primary suite with a spa-like bath, two additional bedrooms, and another full bath—all with large windows creating sunny spaces throughout.

Outside, the property boasts a charming carriage house workshop and is surrounded by attractive privacy fencing. Pretty landscaping with hearty scrubs, mature trees, and paved paths creates an outdoor sanctuary located just steps from the waterfront and a few minutes from all the fine dining and shopping opportunities in the historic town of St. Michaels.



Listing Agent: Keith Hensley, Meredith Fine Properties, 127 N. Washington St., Easton, m. 410-739-2526, o. 410-822-2001, khensley@goeaston.net, meredithfineproperties.com
Buyers' Agent: Cliff Meredith, Meredith Fine Properties, 127 N. Washington St., Easton, m. 410-924-0082, o. 410-822-6272, mre@goeaston.net, meredithfineproperties.com



▶ Discover the beauty of nature with live edge wood detail.

Contact us today and let us bring your unique vision to life.

443-966-3464 | Queen Anne, MD | www.woodingenuity.com | Licensed & Insured



F4AC
FISH FOR A CURE

THE COMPETITION IS GETTING REEL

SATURDAY, NOVEMBER 9, 2024

REGISTER OR SPONSOR TODAY!

Fish For A Cure (F4AC) is a fishing and fundraising competition that benefits cancer patients and their families in our community. Over the last 17 years, F4AC has raised more than \$5 million to support the Cancer Survivorship program at Luminis Health Anne Arundel Medical Center's Geaton and JoAnn DeCesaris Cancer Institute. The 18th Annual F4AC Tournament, Paul C. Dettor Captain's Challenge, and Shore Party will take place at Safe Harbor Annapolis, our new tournament home.

PRESENTING SPONSORS

LHAAMC Medical Staff
The Albert W. Turner Charitable Lead Annuity Trust / Carrollton Enterprises

SHORE PARTY SPONSORS | Heller Electric Company Inc. • REALTORS Biana Arentz, Pam Batstone and Heather Giovingo
The Wiggins Law Group P.C.

CAPTAIN SPONSORS | AllTackle • FishTalk • Continental Contractors, Inc. • KPMG LLP • MaxSent • PropTalk • What's Up? Media

BAR SPONSOR | Katcef Brothers Inc.

ANGLER SPONSORS | Eagle Title • Fulton Bank • Liff, Walsh & Simmons • Liquified Agency

FIRST MATE SPONSORS | Allstate Insurance: Riggins & Valcich Agency • Anne Arundel Moms • Apple Signs, Inc. • Bluewater Yacht Sales
Brait Family Foundation • BuilderGuru Contracting • CAM Wealth Management - Ameriprise Financial
Doldon W. Moore and Associates, LLC • HMS Insurance Associates, Inc. - A Marsh McLennan Agency
MacKenzie Contracting Company, LLC • Naptown Scoop • North Point Yacht Sales
St. John the Evangelist School • St. Mary's Elementary School • Sunraycer • The Kahan Center • Wharf 38

NAVIGATOR SPONSORS | Allegis Global Solutions • The Giving Collaborative • MAD Soaps • Rentals to Remember
St. John Properties • UnitedHealthcare • Water Works Car Wash

DECKHAND SPONSOR | Harbor Roofing and Contracting, Inc. • Intrinsic Yacht & Ship • Stumpf Electric, Inc.

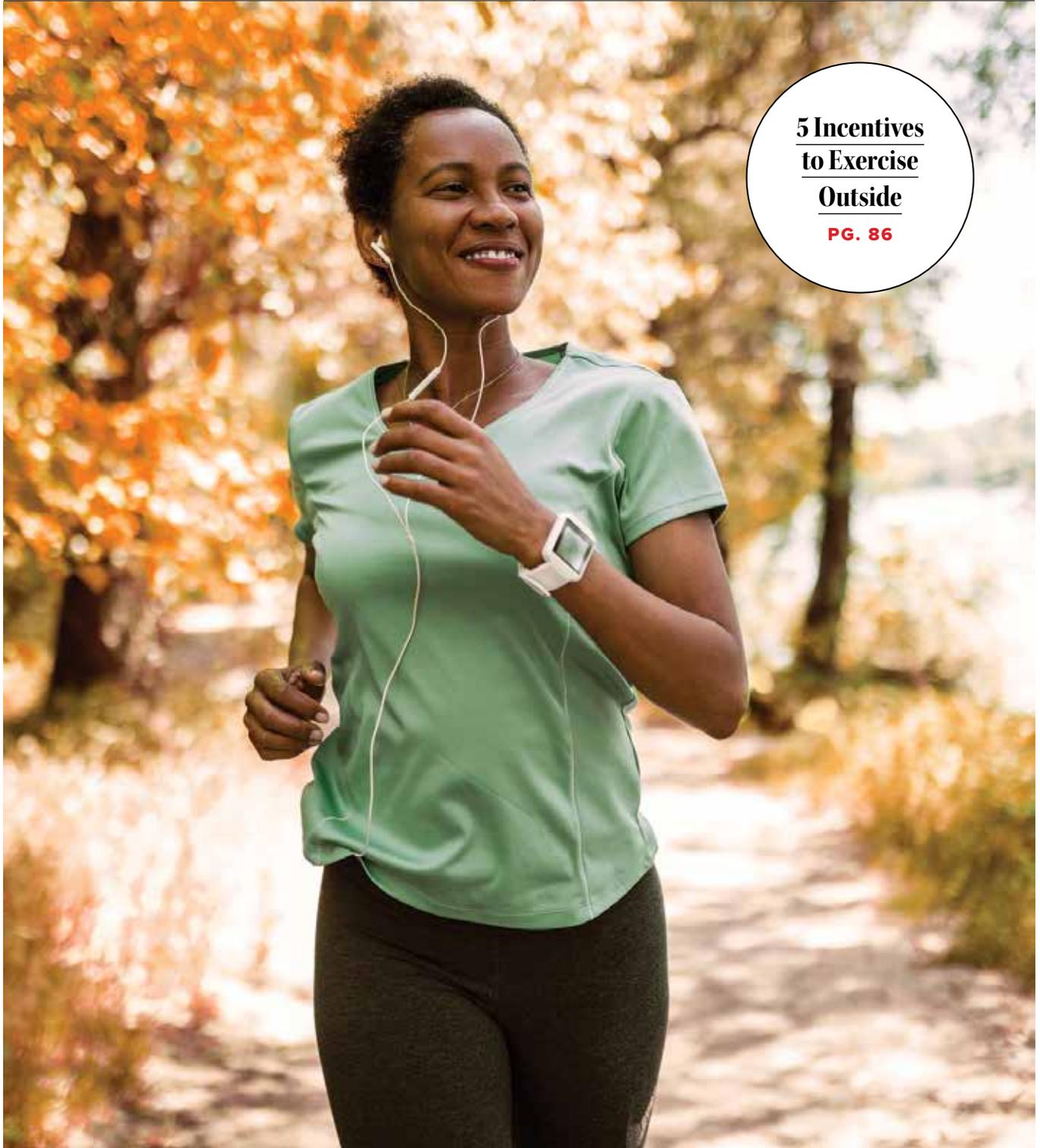


For more info and to register,
visit us at: www.fishforcure.org.

Health & Beauty

84 IMPROVE YOUR HEALTH LITERACY

87 IS IT ALL GREEK TO YOU-GURT?



**5 Incentives
to Exercise
Outside**

PG. 86



7 Ways to Improve Your Health Literacy

By Dylan Roche

Are you health literate? In an era when misinformation spreads so easily, a lot of us can fall victim to something we hear that sounds right but really isn't. Or we read something we don't fully understand, but we pretend we do because we don't want to feel foolish.

Well, October is Health Literacy Month, and it's a great opportunity to remember that critically consuming health information is important because it can make a profound impact on our quality of life. Poor health literacy can lead people to mismanage chronic conditions, abuse medicine, or not use the proper health services they should be using.

The Centers for Disease Control and Prevention defines health literacy as our ability to find and use information to make smart health decisions. If you see a post on social media about a health trend, or you start Googling symptoms you are experiencing, are you able to decipher what's good information and what's not?

IF YOU CAN'T, OR YOU JUST AREN'T SURE, HERE ARE SEVEN SMALL STEPS YOU CAN TAKE TO IMPROVE YOUR HEALTH LITERACY:



1 Don't be afraid to ask questions from somebody who is qualified to answer them, such as a doctor or pharmacist. Even if a friend sounds like they know what they're talking about, consider carefully whether they're qualified to be talking as an expert on the subject.

2 If you're reading about a health topic online, check the facts with reliable sources. Reputable websites, health care systems, medical journals, and government health agencies should always be your first source of health info.

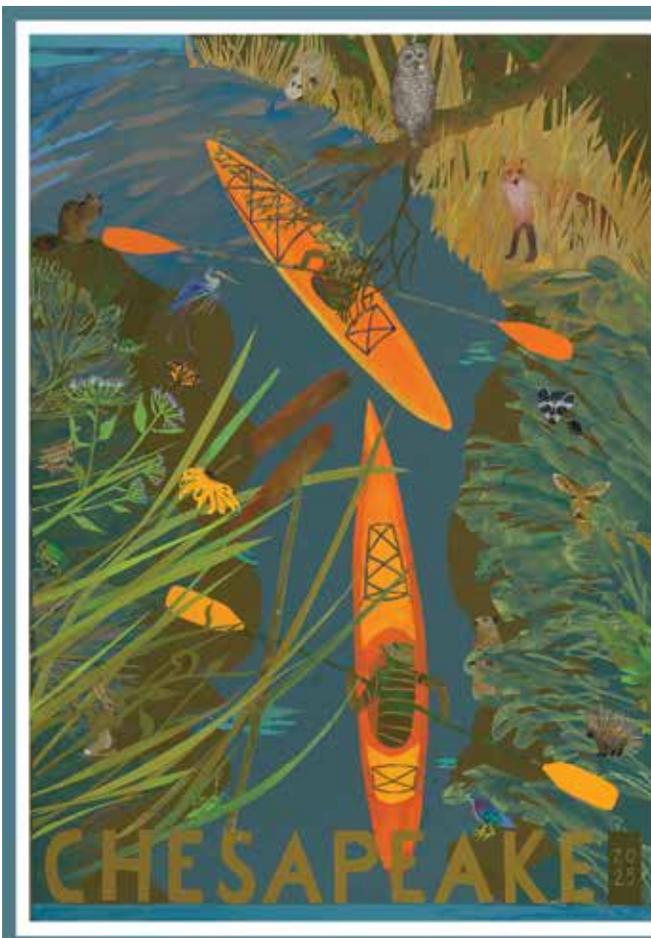
3 Stay familiar with medical terms, especially if they apply to a condition you have. For example, if you're at risk of high cholesterol and heart disease, you'll have trouble understanding a lot of guidance if you don't know what high-density lipoproteins (HDL) and low-density lipoproteins (LDL) are. Look them up or ask your doctor.

4 Make sure you understand the benefits and risks of any health decisions you make or treatments you pursue. You should be able to translate these pros and cons into plain language and explain them to another person. If not, ask a doctor or nurse to clarify for you.

5 Get support from others around you. See whether your doctor's office, hospital, or community center has groups for people who share your experience. For example, if you're struggling with substance use, a support network can share what they've learned and offer guidance.

6 When it comes to the basics, remember there's a lot of misinformation out there. Nutrition, fitness, disease prevention, and mental health are all subjects that have bred many armchair experts—people who think they can speak authoritatively because they have a blog or a podcast. Go to resources like the Mayo Clinic, the Cleveland Clinic, or the National Institutes of Health for advice when you need it.

7 Don't ever stop learning. Health information is always evolving, so the more you stick with reading and asking questions, the easier it will be to understand.



NANCY HAMMOND EDITIONS

PRESENTS

THE 2025 ANNUAL CHESAPEAKE POSTER

CREEK LIFE BY NANCY HAMMOND

WE WILL BE RELEASING THE
2025 ANNUAL CHESAPEAKE POSTER
SATURDAY, OCTOBER 19TH AT 10 AM

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

\$75. SATURDAY OCT 19TH & SUNDAY, OCT 20TH
\$150. STARTING MONDAY, OCTOBER 21ST

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

416 6TH STREET, ANNAPOLIS MD 21403
WWW.NANCYHAMMONDEDITIONS.COM



5 Incentives to Exercise Outside

By Dylan Roche

You might've started out the summer excited to exercise outside, back before Memorial Day, when the weather was mild, and you had a few extra daylight hours. Then the heat and humidity of July and August struck. And who can blame you for opting to not overexert yourself when the weather is like that? That's not the kind of sweat session many people idealize!

But now it's fall, and the cooler temps have you tempted to take your exercise routine outside again. You might be surprised to learn that outdoor exercise offers some health benefits that make it even better than the same activity performed inside.

HERE ARE FIVE INCENTIVES TO TAKE YOUR EXERCISE ROUTINE OUTSIDE THIS OCTOBER:

1. YOU GET EXPOSURE TO DAYLIGHT

So much of our day is spent inside, but if you can make your workout dedicated outside time, you can get exposure to sunlight. This boosts your serotonin, which can improve your mood and ward off seasonal depression. Furthermore, getting sufficient exposure to sunlight during your waking hours can help you achieve sleep more easily and sleep peacefully throughout the night.

2. YOU HAVE EASIER ACCESS

It's not always easy to get out the door to the gym. But lacing up your walking shoes and hitting the streets around your neighborhood? That's easy. You don't have to factor commute time or navigate parking. When you see the outside as your gym instead of the huge building 10 minutes away from home, you have fewer excuses to skip exercise that day.

3. IT CAN BE MORE CHALLENGING

Going for a walk or a run on the treadmill gives you a lot of control—you're on a level surface, in a climate-controlled room, with the ability to adjust your speed very specifically. When you go outside, you have to adjust to the natural incline of a hill, the uneven terrain of a natural trail, or the resistance the wind puts against you. Your body has to adapt, making this environment more fun and challenging.

4. IT'S SOCIAL

One of the reasons parents are often encouraged to get their kids off electronics and outside to play is because it presents an opportunity to bond with their peers. The same rule applies for adults—there might be friends or neighbors who want to join you, which can turn exercise into a social outing. Social interaction is good for your mood and mental health. Plus, this adds a level of accountability.

5. IT'S EASIER TO STICK WITH

Because exercising outside is easier, more social, and oftentimes more enjoyable, this makes you much more likely to stick with it. And most exercise enthusiasts will tell you: The best workout is the one you will do consistently.



Is It All Greek to You-gurt?

UNDERSTANDING THE DIFFERENCE BETWEEN GREEK YOGURT AND THE REGULAR KIND

By Dylan Roche

Yogurt has long been hailed as a health food thanks to its protein and calcium content, but in the past couple of decades, you might have noticed the conversation emphasizes a specific type: Greek yogurt. What is it about Greek yogurt that's so special, and does this mean that regular yogurt is no longer a healthy choice? Let's strain through some facts here.

GREEK YOGURT GETS DOUBLE STRAINED. For starters, you can probably identify Greek yogurt based on how it looks and tastes. Greek yogurt is thicker than regular yogurt, and it has a richer, slightly tangier taste. That's because when yogurt is made, it goes through a culturing process

where bacteria is added to convert lactose—a natural sugar found in dairy—to lactic acid. Then the yogurt is strained to remove some of the liquids from the solids. In the case of Greek yogurt, it is double strained so more of the liquid is removed.

GREEK YOGURT HAS MORE PROTEIN. Because Greek yogurt has more of the liquid removed, it tends to be made of more milk solids—therefore, it has more protein. A serving of Greek yogurt might have twice the protein of its regular counterpart, depending on the brand. However, regular yogurt has the edge in other nutrients, as it contains more potassium and calcium.

REGULAR YOGURT IS SWEETER. Because regular yogurt retains more of its natural sugars than Greek yogurt, it tends to have a sweeter taste. This can make it the better option if you're adding it to a smoothie or if you simply want a sweet treat as an alternative to ice cream. Greek yogurt, on the other hand, because of its richness and tanginess, can be a good alternative to sour cream or mayonnaise when it's unflavored.

REGULAR YOGURT IS MORE COST EFFICIENT. Because Greek yogurt goes through more complicated processing and uses more milk, it tends to be a little bit more expensive than regular yogurt. If you're already getting plenty of protein from other sources, you might choose to balance your grocery budget by choosing the regular yogurt instead of the Greek kind.

THE STRAINED VERSION: BOTH YOGURTS HAVE A PURPOSE. If you need a good source of protein and don't mind spending a few more dollars a week, Greek yogurt is an excellent addition to your diet. But if you want something light and sweet that has an edge on calcium amount, regular yogurt might be your preferred choice.



JASON'S COMPUTER SERVICES

LOOKING FOR APPLE MACBOOKS AND IMACS?

Why Cross the Bridge?



We have Apple MacBooks and iMacs
IN STOCK IN EASTON, MD

Additional Services:



New Computers



Remote Service



Computer Services



9231 Centreville Rd
Easton, Md 21601

410.820.9467

jcscmp.net

OUR HOURS

Mon - Fri 9am - 6pm
Saturday 10am - 2pm
Sunday Closed



DISCOVER

SEVERN.

Fall Admission Open House

Middle & Upper School Grades 6-12

October 17, 2024



To register visit
severnschool.com/open-house



Severn School

Food & Dining

90 TASTE

92 READERS' DINING GUIDE

House made
empanadas at
San Miguels in
St. Michaels



A Labor of Love

By Lisa A. Lewis



Opening San Miguels Mexican Restaurant on May 3, 2024, was a special experience for Jennifer Smith and her family. Located in St. Michaels, the family-owned and operated restaurant offers a wide selection of authentic, homemade dishes. “Bringing the taste of Mexico to St. Michaels is a great feeling,” says Jennifer, co-owner. “I love hearing that we are offering something that people want.”

Aptly named San Miguels, which is Spanish for St. Michaels, the restaurant represents the hard work and dedication of Jennifer and her husband, Matt. “He is co-owner, and we are a team,” she says. “Matt has a background in construction, business, and large event planning, and he does all of the behind-the-scenes work. We have experience in different areas, and we work great together.” To learn more, we recently talked to Jennifer.

Why did you decide to open San Miguels? I always wanted to open a Mexican restaurant, and I saw a need in St. Michaels. Matt and I are both from California, but we met in Mexico. Both of our families had roots there. His mom and my



SAN MIGUELS MEXICAN RESTAURANT

100 S. Talbot Street, St. Michaels; 410-745-8955; sanmiguelssmd.com

father and stepmom had second homes south of Ensenada. When Matt and I moved to St. Michaels in 2017, we fell in love with this beautiful town. It’s our home. It’s where our family and friends are. So, I was really excited to open San Miguels here.

What are some of your top-selling dishes? The Juan Hugenio Burrito started out as a joke—like something you would eat in a food-eating contest. But then we added it to the menu. It includes black or refried beans, Spanish rice, Hatch chile queso, shredded cheddar cheese, roasted corn, pico de gallo, crema, lettuce, tomatoes, guacamole, and your favorite protein—all wrapped in a warm 14-inch flour tortilla. It’s huge! Most guests can only eat about half of it.

Our popular San Juanico Shrimp Skillet includes garlic

butterflied shrimp seared in a cast iron skillet and served alongside Spanish rice and creamy refried beans with your choice of tortilla. It’s delicious! And our savory, house-made chicken and cheese empanadas wrapped in a golden, flaky pastry are another favorite dish. Everyone loves them!

What ingredients make your dishes truly authentic? Everything on our menu is homemade. I always say that our special ingredient is love. Our staff is like family, and we all work together. We add special touches to create unique menu options that are bursting with authentic Mexican flavors. You can’t find these dishes anywhere else. Our chefs use Arbol and guajillo chiles, which are dried and ground. We also make pico de gallo, salsa, salsa roja, salsa verde, and a spicy salsa roja,



and we offer three levels of red sauce—from mild to extremely hot. You notice the spices as soon as you walk into the restaurant. It smells amazing!

Tell us about your large selection of Mexican beers, specialty margaritas, and tequilas. Our menu features a wide selection of Mexican beers in a variety of sizes (12, 24, and 32 ounces). Our Cucumber Jalapeño Margarita combines crisp cucumber and fiery jalapeño for a cool yet spicy kick. Another favorite is our Blood Orange Rosemary Margarita, which blends the citrusy zest of blood orange with the earthy notes of rosemary. We also have an extensive selection of tequilas—perfect alone or for making one of our specialty margaritas.

Describe the dining experience at San Miguels. We offer a wonderful dining experience for everyone—whether it's dinner with family and friends, date night, or happy hour. Enjoy indoor seating in our beautifully designed dining area with unique tin roof ceiling tiles and AI artwork that I made of places in Mexico. Or relax and people-watch in our outdoor dining area. You'll love the ambience!

San Miguels is family-owned and operated. Tell us about your family. Matt and I have two daughters, Bentley, 13, and Paige, 12. Bentley is more outgoing, while Paige stays behind the scenes. I love that we have the opportunity to spend so much time together! The restaurant business has become a family tradition for us. And our guests are like extended family. It's so exciting, and I love what I do!

SONORAN SHRIMP ENCHILADAS WITH HATCH CHILE QUESO SAUCE

Ingredients

For the Hatch Chile Queso Sauce

2 tablespoons unsalted butter
2 tablespoons all-purpose flour
1 cup whole milk
1 cup heavy cream
1 cup shredded sharp cheddar cheese
1 cup shredded Monterey Jack cheese
1/2 cup roasted Hatch chiles, peeled, seeded, and chopped (you can use mild or hot, depending on your preference)
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
1/4 teaspoon cumin
Salt and pepper to taste
Optional: a dash of hot sauce for extra heat

For the Enchiladas

1 lb. large shrimp, peeled and deveined
1 tablespoon olive oil
1 small onion, finely chopped
2 cloves garlic, minced
1 teaspoon ground cumin
1 teaspoon chili powder
1/2 teaspoon smoked paprika (optional)
Salt and pepper to taste
8–10 small flour tortillas
2 cups shredded Monterey Jack cheese (or a Mexican blend)



Instructions

Roast the Hatch Chiles. Preheat your oven to 425F. Place the chiles on a baking sheet and roast them until the skins are blistered and charred, about 20 minutes, turning once halfway through. After roasting, place the chiles in a sealed plastic bag or a covered bowl to steam for about 10 minutes. This will help loosen the skin. Once cooled, peel off the skins, remove the seeds, and chop the chiles into small pieces. Set aside. **Make the Roux.** In a medium saucepan, melt the butter over medium heat. Add the flour and whisk continuously for about 2 minutes until it forms a smooth paste (roux). **Prepare the Sauce.** Slowly add the milk and heavy cream to the roux, whisking constantly to avoid lumps. Continue to cook over medium heat until the mixture thickens, about 5 minutes. Reduce the heat to low and gradually add the shredded cheeses, stirring until completely melted and smooth. **Add the Hatch Chiles.** Stir in the chopped Hatch chiles, garlic powder, onion powder, and cumin. Mix well to incorporate all the flavors. Season with salt and pepper to taste. If you like your queso with a bit more heat, add a dash of hot sauce. **Prepare the Shrimp Filling.** Heat the olive oil in a large skillet over medium heat. Add the chopped onion and cook until softened, about 3–4 minutes. Add the minced garlic and cook for another minute, until fragrant. Stir in the cumin, chili powder, smoked paprika (if using), salt, and pepper. Add the whole shrimp to the skillet and cook for about 4–5 minutes, or until the shrimp are just cooked through and opaque. Remove from heat and set aside. **Assemble the Enchiladas.** Preheat your oven to 375F. Lightly grease a 9x13-inch baking dish. Warm the flour tortillas slightly in the microwave or in a dry skillet to make them pliable. Place a few whole shrimp onto each tortilla, then sprinkle with a little shredded cheese. Roll up the tortillas tightly and place them seam-side down in the prepared baking dish. **Top with Hatch Chile Queso Sauce.** Once all the enchiladas are assembled, pour the Hatch Chile Queso Sauce evenly over the top of the enchiladas, making sure they are well-covered. Sprinkle any remaining shredded cheese over the top of the sauce. **Bake the Enchiladas.** Cover the baking dish with aluminum foil and bake in the preheated oven for 20 minutes. After 20 minutes, remove the foil and bake for an additional 10 minutes, or until the cheese is melted and bubbly. **Serve.** Remove the enchiladas from the oven and let them cool slightly. Garnish with your desired toppings like chopped cilantro, green onions, diced tomatoes, avocado slices, sour cream, and a squeeze of lime juice.

Readers' Dining Guide



Welcome to your regional dining guide. We include many restaurants for many tastes and experiences. Don't see your favorite on the list? Email mkotelchuck@whatsupmag.com or editor@whatsupmag.com and let us know! And for the full guide, visit whatsupmag.com.

Advertisers Listed in Red

Avg. Entrée Price
 \$ 0-14
 \$\$ 15-30
 \$\$\$ 31 and over

- Reservations
- Full bar
- Family Friendly
- Water View
- Outdoor Seating
- Live Music
- Grab and Go

Queen Anne's County

18Twenty

500 Kent Manor Drive, Stevensville; 410-643-5757; kentslandresort.com/dining
 \$\$ ●●●●●

Amalfi Coast Italian & Wine Bar

401 Love Point Road, Stevensville; 443-249-3426; amalfi-coastki.com \$\$\$ ●●●

Bark Barbecue Café

371 Log Canoe Circle, Stevensville; 443-618-3676; bark-barbecue.com \$ ●

Bay Shore Steam Pot

111 E. Water Street, Centreville; 410-758-3933; bayshoresteamspot.com
 \$\$ ● Seafood

Big Bats Café

216 St Claire Place, Stevensville; 410-604-1120; bigbats.com \$\$ ●●

The Big Owl Tiki Bar and Grill

3015 Kent Narrow Way S, Grasonville; 410-829-9546; thebigowl.com \$\$ ●●●●● Seasonal

Bridges Restaurant

321 Wells Cove Road, Grasonville; 410-827-0282; bridgesrestaurant.net \$\$\$\$ ●●●●●

Café Sado

205 Tackle Circle, Chester; 410-604-1688; cafesado.com \$\$ ●●

Cult Classic Brewing

1169 Shopping Center Road, Stevensville; 410-980-8097; cultclassicbrewing.com \$\$ ● Events, Beer

Doc's Riverside Grille

511 Chesterfield Ave, Centreville; 410-758-1707; docsriversidegrille.com \$\$\$ ●●●●●

Dock House Restaurant

110 Piney Narrows Road, Chester; 443-446-4477; dockhouserestaurant.com \$\$\$\$ ●●●●

Fisherman's Crab Deck

3032 Kent Narrows Way S, Grasonville; 410-827-6666; crab-deck.com \$\$ ●●●● Seasonal

Fisherman's Inn

3116 Main Street, Grasonville; 410-827-8807; fishermansinn.com \$\$\$\$ ●●●●●

Frix's Fire Grill

1533 Postal Road, Chester; 410-604-2525; frixsfiregrill.com \$ ●●

Harris Crab House and Seafood Restaurant

433 Kent Narrow Way N, Grasonville; 410-827-9500; harris crabhouse.com \$\$ ●●●●

The Jetty Dock Bar and Restaurant

201 Wells Cove Road, Grasonville; 410-827-4959; jettydockbar.com \$\$\$\$ ●●●●●

Libbey's Coastal Kitchen and Bar

357 Pier One Road, Stevensville; 410-604-0999; libbey-scoastalkitchen.com \$\$ ●●●●●

Love Point Deli

109 Main Street, Stevensville; 410-604-2447; lovepointdeli.com \$ ●

Kent Point Marina, Bait House and Seafood

107 Short Road, Stevensville; 410-753-2330; kent-point-marina.square.site
 \$\$ ● Seafood

Kentmorr Restaurant & Crab House

910 Kentmorr Road, Stevensville; 410-643-2263; kentmorr.com \$\$ ●●●● Seasonal

Knoxie's Table

180 Pier One Road, Stevensville; 443-249-5777; baybeachclub.com \$\$ ●●●●

Mamma Mia Italian Bistro and Sports Bar

219 E Water Street, Centreville; 410-758-2222; mammamia-centreville.com \$ ●●

The Market Gourmet Cafe

180 Pier One Road, Stevensville; 410-604-5900; bay-beachclub.com
 \$, Locally Sourced

Mr. B's Seafood Market

114 State Street, Stevensville; 410-643-5536; mrbsseafood.com \$\$\$\$ ● Seafood

The Narrows Restaurant

3023 Kent Narrows Way, Grasonville; 410-827-8113; thenarrowsrestaurant.com \$\$\$\$ ●●●●●

Phat Daddy's BBQ

205 Spring Avenue, Chestertown; 443-282-0028; phatdaddybbq.com \$ ●

Pour House Pub

205 Tackle Circle, Chester; 443-249-3242; pourhouseki.com \$ ●●

Rams Head Shore House

800 Main Street, Stevensville; 410-643-2466; rams-headshorehouse.com \$\$ ●●●

Red Eye's Dock Bar

428 Kent Narrow Way N, Grasonville; 410-304-2072; redeyesdb.com \$\$ ●●●●● Seasonal

Rolph's Wharf: The Sandbar

1008 Rolph's Wharf Road, Chestertown; 410-778-6347; rolphswharfmarina.com \$\$ ●●●●● Light Fare

Stevensville Crab Shack

116 Pier One Road, Stevensville; 410-604-2722; stevensvillecrabshack.com \$\$, ● Seafood

Yo Java Bowl Café

800B Abruzzi Drive, Chester; 410-604-0000; yojavabowl.com \$ ●

Talbot County

Ava's Pizzeria & Wine Bar

409 Talbot Street, St. Michaels; 410-745-3081; avaspizzeria.com \$ ●●●●

Bas Rouge

19 Federal Street, Easton; 410-822-1637; basrougeeaston.com \$\$\$\$ ●●●

Bistro St. Michaels

403 South Talbot Street, St Michaels; 410-745-9111; bistrostmichaels.com \$\$\$\$ ●●

Blu Miles Seafood and Grill

305 Mulberry Street, St Michaels; 410-745-8079; theblumiles-restaurant.com \$\$ ●●●●●

The Blue Crab

102 S Fremont St, St Michaels; 410-745-4155; the-blue-crab-shop.square.site \$ ●● Daily Breakfast

Bombay Tadka

508 Idlewild Ave, Easton; 410-746-2135; bombaytadkamd.com \$\$ ●●●

Café 401

401 S Talbot Street, St Michaels; 410-745-3323; thecafe401.com \$\$ ●●●

Capsize

314 Tilghman Street, Oxford; 410-226-5900; capsizeoxmd.com \$\$ ●●●●● Seasonal

Carpenter Street Saloon

113 S Talbot Street, St Michaels; 410-745-5111; carpenterstreet-saloon.com \$ ●●●

The Coffee Trappe

4016 Trappe Street, Trappe; 410-476-6164; coffeetrappe.com \$\$, ● Daily Breakfast

Corah's Corner

105 N Talbot Street, St Michaels; 410-745-8008; corahs.com \$\$\$\$ ●●●●

WHAT'S UP? MEDIA

The Nutcracker Tea

THE ANnapolis HOLIDAY TRADITION!



DECEMBER 1st at The Graduate Annapolis Hotel

It's a treasured family tradition: Holiday Tea at The Graduate Annapolis with ballet and Santa! Each year, grandparents, parents, and children put on their Christmas best for this heartwarming event. At the festive Graduate Annapolis, guests savor a proper tea with all the trimmings, followed by enchanting production from The Nutcracker performed by dancers from the Maryland Performance Arts Center. Santa and Mrs. Claus will also make a special appearance for photos and a reading of a classic Christmas book. It's a magical and memorable afternoon for all ages, complete with a special gift for each child!

Get your tickets at whatsupmag.com/nutcrackertea

Buy Your Tickets Now!



Crab Claw Restaurant

304 Burns Street, St Michaels; 410-745-2900; thecrabclaw.com \$\$ ●●●●

Doc's Downtown Grille

14 N Washington Street, Easton; 410-822-7700; docs-downtowngrille.com \$\$ ●●●●

Doc's Sunset Grille

104 W Pier St, Oxford; 410-226-5550; docssunsetgrille.com \$\$ ●●●●

Eat Sprout

335 N. Aurora Street, Easton; eatsprout.com \$ ●

Eat Sprout

114 S. Talbot Street, St. Michaels; eatsprout.com \$ ●

Foxy's Harbor Grille

125 Mulberry Street, St Michaels; 410-745-4340; foxysharbor-grille.com \$\$ ●●●● Seasonal

The Galley

305 South Talbot Street, St Michaels; 410-200-8572; the-galleysaintmichaels.com \$\$ ●●●●

Gina's Café

601 Talbot Street, St Michaels; 410-745-6400; ginascafemf.com \$\$ ●●

Hammy's Hideout

209 S Talbot Street, St. Michaels; 410-745-4044; hammy-burgers.com \$ ●●

Hot Off the Coals BBQ

8356 Ocean Gateway, Easton; 410-820-8500; hotoffthe-coals.com \$ ●●

Hunter's Tavern

101 East Dover Street, Easton; Tidewaterinn.com; 410-822-4034 \$\$ ●● Daily Breakfast

Limoncello Italian Restaurant & Wine Bar

200 South Talbot Street, St Michaels; 410-745-3111; limoncellostmichaels.com \$\$ ●●

Lowes's Wharf

21651 Lowes Wharf Road, Sherwood; 410-745-6684; loweswharf.com/restaurant \$\$ ●●●● Seasonal

Marker Five

6178 Tilghman Island Road, Tilghman; 410-886-1122; markerfive.com \$\$ ●●●● Seasonal

Momma Maria's Mediterranean Bistro and Bar

4021 Trappe Street, Trappe; 410-476-6266; mommariasbistro.com \$\$, ● Daily Breakfast

Osteria Alfredo

210 Marlboro Street, Easton; 410-822-9088; osteriaalfredo.com \$\$, ●●

Out of the Fire

111 South Washington Street, Easton; 410-205-2519; outofthefire.com \$\$ ●●

Piazza Italian Market

218 North Washington Street Suite 23, Easton; 410-820-8281; \$\$ ● Beer and Wine

Ruse

209 N Talbot Street, St Michaels at the Wildset Hotel; 410-745-8011; ruserestaurant.com \$\$\$ ●●

San Miguels

100 S Talbot Street, St Michaels; \$\$ ●●

Scossa Restaurant and Lounge

8 North Washington Street, Easton; 410-822-2202; scossarestaurant.com \$\$ ●●●●

Sugar Buns Cafe

29137 Newnam Road, Easton; 410-820-4220; sugar-buns.com \$ ●

Sunflowers and Greens

11 Federal Street, Easton; 410-822-7972; sunflower-sandgreens.com \$\$ ●

T at the

General Store
25942 Royal Oak Road, Easton; 410-745-8402; tatthegeneralstore.com \$\$ ●●

Theo's Steak, Sides, and Spirits

407 South Talbot Street, St Michaels; 410-745-2106; theossteakhouse.com \$\$ ●●●●

Tickler's Crab Shack and Restaurant

21551 Chesapeake Houe Drive, Tilghman in the Wylder Hotel; 410-886-2121; wylderhotels.com \$\$ ●●●●

Tiger Lily

206 N Washington Street, Easton; 410-690-4602; tigerlily-easton.com \$\$ ●●

Tilghman Dining at The Tilghman Island Inn

21384 Coopertown Road, Tilghman Island; 410-886-1170; tilghmandining.com \$\$\$ ●●●● Seasonal

Two if by Sea

5776 Tilghman Island Road, Tilghman; 410-886-2447; twoifbysearestaurant.net \$ ●●

Kent County

Blue Bird Tavern

512 Washington Avenue, Chestertown; 410-778-2885; Facebook \$ ●●

Blue Heron Oyster House and Inn

20658 Wilkins Avenue, Rock Hall; 410-639-4374; blueheronoysterhouseandinn.com \$\$ ●●●●

Café Sado

870 High St, Chestertown; 410-778-6688; cafesado.com \$\$ ●●

Chester River Seafood

4954 Ashley Road, Rock Hall; 410-639-7018; chesterri-ver-seafood.com \$\$ ●

Deep Blue at Kitty Knight

14028 Augustine Herman Highway, Georgetown; 410-648-5200; deepblue-restaurant.com \$\$ ●●●●

Dockside Café on Rock Hall Harbor

21906 Chesapeake Avenue, Rock Hall; 410-639-2478; the-lackduckinn.com \$, Seasonal

Fish Whistle

100 George Street, Georgetown; 410-275-1603; fish-handwhistle.com \$\$ ●●●●

Flying Decoy Bar + Grill

21270 Rock Hall Ave, Rock Hall; 410-639-2000; flyingdecoy24.com \$\$ ●

Ford's Seafood Inc

21459 Rock Hall Ave, Rock Hall; 410-639-2032; fordsseafoodrockhall.com \$ ●

Happy Chicken Bakery

215 Scheeler Road, Chestertown; 443-988-3955; happy-chickenbakery.com \$ ●

Harbor Shack

20895 Bayside Avenue, Rock Hall; 410-639-9996; harborshack.net \$\$ ●●●●

Java Rock

21309 E Sharp Street, Rock Hall; 410-639-9909; Facebook \$ ● Coffee and Breakfast

The Jefas

Mexican Grill
100 West Cross Street, Galena; 410-648-7182; the-jefas-mexican-grill.business.site \$ ●●

The Kitchen at the Imperial

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

Luisa's Cucina Italiana

849 Washington Avenue, Chestertown; 410-778-5360; luisarestaurant.com \$\$ ●●

Modern Stone Age Kitchen

236 Cannon Street, Chestertown; 410-996-4776; modern-stoneagekitchen.com \$\$ ●

Muskrat Alley Café

5877 Coleman Road, Rock Hall; 410-708-0057; carriage-housemd.com \$ ● Breakfast

Osprey Point

20786 Rock Hall Ave, Rock Hall; 410-639-2194; ospreypoint.com \$\$\$ ●●●●

The Retriever Bar and Oysters

337 ½ High Street, Chestertown; theretrieverbar.com \$\$ ●●

Rock City Cafe

21356 Rock Hall Avenue, Rock Hall; 410-639-7916; Facebook \$\$ ●

The Shanty Bar

21085 Tolchester Beach Road, Chestertown; 410-778-1400; tolchester-marina.com \$ ●●●●

Watershed Alley

337 High Street, Chestertown; 443-282-9797; thewatershedalley.com \$\$\$ ●●

Dorchester County

Ava's Pizzeria & Wine Bar

543 Poplar Street, Cambridge; 443-205-4350; avaspizzeria.com \$ ●●

Bay Country Bakery

2951 Ocean Gateway, Cambridge; 410-228-9111; bay-countrybakery.com \$ ● Daily Breakfast

Blackwater Bakery

429 Race Street, Cambridge; 443-225-5948; Black-water-bakery.com \$ ●●

Blue Point Provision Company

100 Heron Boulevard, Cambridge; 410-901-1234; hyattregencychesapeakebay.com \$\$\$ ●●●

Blue Ruin

400 Race Street, Cambridge; 410-995-7559; blueruinbar.com \$\$\$ ●●●

Bombay Social

413 Muir Street, Cambridge; 443-515-0853; bombaysocialmd.com \$\$\$ ●●●

Carol's Kitchen

1504 Glasgow St, Cambridge; 443-225-5889; Facebook \$\$\$ ●●●

Emily's Produce

2214 Church Creek Road, Cambridge; 443-521-0789; emilysproduce.com \$\$\$ ●●● Market and Lunch, Beer, Wine and Mead

Lil' Bitta Bull

520 Race Street, Cambridge; 443-205-2219; Facebook \$\$\$ ●●●

The Neck District Grill

1042 Hudson Road, Cambridge; 410-228-3052; Facebook \$\$\$ ●●●

Ocean Odyssey and Crab House

316 Sunburst Highway, Cambridge; 410-228-8633; toddseafood.com \$\$\$ ●●● Seasonal

Old Salty's

2560 Hoopers Island Road, Fishing Creek; 410-397-3752; oldsaltys.com \$\$\$ ●●● Locally Sourced

Paul's Deli On the Creek

106 Market Square, Cambridge; 443-477-6630; Facebook \$\$\$ ●●●

Paul's Pub

1200 Goodwill Ave, Cambridge; 410-901-1212; choptankbowl-ing.com \$\$\$ ●●●

Portside Seafood Restaurant

201 Trenton Street, Cambridge; 410-228-9007; portsidemaryland.com \$\$\$ ●●●

RAR Brewing

508 Poplar Street, Cambridge; 443-225-5664; rarbrewing.com \$\$\$ ●●● Beer

River View at the Point

1A Sunburst Highway, Cambridge; 410-228-0870; riverviewatthepoint-restaurant.com \$\$\$ ●●● Daily Breakfast

Snappers Waterfront Cafe

112 Commerce Street, Cambridge; 410-228-0112; snapperswaterfrontcafe.com \$\$\$ ●●●●●

Suicide Bridge Restaurant

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

Vintage 414

414 Race Street, Cambridge; 410-228-4042; vintage414.com \$\$\$ ●●● Light Fare

Caroline County

Bullock's Deli, Grill, and Ice Cream

422 N 6th Street, Denton; 410-479-0270; bullocksdeli.com \$\$\$ ●●●

Caroline's

406 Market Street, Denton; 410-490-4495; carolinesin-denton.com \$\$\$ ●●● Seasonal

Craft Bakery and Café

12 S 3rd Street, Denton; 410-934-7519; Facebook \$\$\$ ●●●

Denton Diner

42 Denton Plaza, Denton; 443-448-7258; dentondiner.com \$\$\$ ●●● Daily Breakfast

Earth Tones Café

5 N 3rd Street, Denton; 443-448-4355; earthtonescafe.com \$\$\$ ●●● Beer and Wine

Market Street Public House

200 Market Street, Denton; 410-479-4720; marketstreet.pub \$\$\$ ●●●●●

Ridgely Pizza and Pasta

204 6th Street; Ridgely; 410-634-9600; ridgelypizza.com \$\$\$ ●●●●●

Shore Gourmet

512 Franklin Street, Denton; 410-479-2452; carolineculinaryarts.org \$\$\$ ●●● Locally Sourced

Shop Local. Buy Local.

RESERVE YOUR SPACE TODAY

Contact Ashley Raymond at 410-266-6287 x1115
or araymond@whatsupmag.com

BEST OF EASTERN SHORE 2024 Your vision, We Make it Happen.

**FACIALS • MASSAGES
MANICURE/PEDICURE
FULL SERVICE SALON**

Ask about our FREE Wedding Consultation and our "Day of the Wedding" packages!

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.swancovespa.com
100 Piney Narrows Rd., Suite 1 | Chester, MD 21619

Swan & Love SPA & SALON

**Local & Affordable Payroll Processing
Serving Maryland & Beyond
For Over 30 Years**

**ADVANCED
PAYROLL SOLUTIONS, INC.**

SINCE 1992

Call us today
(410) 643-3446
1704 Main Street | Chester MD 21619
www.advancedpayrollsolutions.com

BEST OF EASTERN SHORE 2024



Where's Wilma?

FIND WILMA AND WIN!

With autumn in full swing, our flying mascot Wilma is enjoying the cooler weather, seasonal changes, and the very best of Chesapeake Bay living. From outdoor activities and events to getting an early start on holiday shopping, Wilma is piloting her plane throughout the region! Where will she touch down next? Here's how the contest works: Wilma appears next to three different ads in this magazine. When you spot her, write the names of the ads and their page numbers on the entry form online or mail in the form below and you'll be eligible to win. Only one entry per family. Good luck and don't forget to submit your restaurant review online at whatsupmag.com/promotions for another opportunity to win a prize.

Congratulations to Patricia L. of Cambridge, who won a \$50 gift certificate to a local business.

Please Print Legibly

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

Name _____

Phone _____

Address _____

E-mail address _____

Circle your age bracket: <25 25-34 35-44 45-54 55+

Would you like to sign up for our daily e-newsletters, 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, 2024. 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. **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.

IFC = Inside Front Cover
 IBC = Inside Back Cover
 BC = Back Cover
 LMP = Leading Medical Professionals

Academy Art Museum of Easton	15
Advanced Payroll Solutions.....	95
Anne Arundel Gastroenterology Associates	LMP
Anne Arundel Medical Center—Fish For A Cure	82
Aqua Pools	BC
Bay Endodontics.....	36
Brad Kappel, TTR Sotheby's International Realty.....	4
Chaney Homes, Jennifer Chaney.....	10
Chesapeake Bay Beach Club	7
Chesapeake Dental.....	34
Choisser Automotive Services	17
Coastal Pools.....	74
Dee Dee McCracken, Coldwell Banker	2
Djawdan Center for Implant and Restorative Dentistry	1, LMP
Dockside Dermatology.....	36
Drs. Walzer, Sullivan & Hlousek, P.A.....	LMP
Easton Dermatology Associates, LLC.....	LMP
Folger Nolan Fleming Douglas, Inc.	75
For All Seasons, Inc.	25
Hagert Family Dentistry.....	LMP
Harbor Dental Center	LMP
Haven Ministries.....	17
Jason's Computer Services.....	88
Kent Island Orthodontics.....	35
Kent Island Pediatric Dentistry	LMP
Kovach Chiropractic and Wellness Center	33
Libbey's Coastal Kitchen + Cocktails.....	29
Londonderry On The Tred Avon	23
Long and Foster Real Estate Cornelia Heckenbach.....	19
Luminis Health AAMC.....	9, LMP
Lundberg Builders and 314 Design Studio	64
Maryland Oncology & Hematology	LMP
Nancy Hammond Editions.....	85
Olmo Brothers Construction & Landscaping	11
Reinheimer Orthodontics	LMP
ROSM Regenerative Orthopedic Sports Medicine.....	LMP
Sandel Duggal Center For Plastic Surgery.....	LMP
Selling Maryland Sunsets LLC Biana Arentz.....	21
Serino Orthodontics	33
Severn School	88
Soistman Family Dental & Associates	LMP
Sullivan Select LLC	12
Swan Cove Spa and Salon	95
Tidewater Inn	27
Tilghman Volunteer Fire Company.....	15
Trahar, Mary C., DDS, P.A. Smiles By the Bay.....	LMP
Troika Gallery	15
University of Maryland Shore Regional Health	IBC
Wade Pools & Landscape Design, LLC.....	64
Wilson Realty and Staging, Tricia Wilson	IFC
Wood Ingenuity.....	81

A photograph of a man and a woman smiling and holding a young girl upside down in a park. The man is on the left, wearing a grey long-sleeved shirt. The woman is on the right, wearing a grey sweater and glasses. The girl is in the center, wearing a yellow shirt and blue jeans. They are outdoors with trees in the background.

UM SHORE
REGIONAL
HEALTH



UNIVERSITY
of MARYLAND
MEDICAL
SYSTEM

A better state of care.

We are dedicated to improving the health of the Eastern Shore. With more specialty services offered outside of the hospital and in our communities where we live, work and play, you can have confidence that we will provide the care you need in the most convenient location for the best outcome. That's a better state of care.

CAROLINE | DORCHESTER | KENT | QUEEN ANNE'S | TALBOT

umshoreregional.org

How do *you* relax?



HotSpring
Portable Spas

50th Anniversary
AQUA
POOLS SPAS
Poolin' the Shore since '74

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