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WHAT'S UP?

# eastern shore

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410-739-7571



**Lisa Barton**  
REALTOR®, ASSOCIATE BROKER  
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**  
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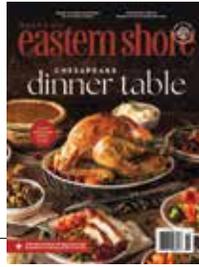
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- ♻️ Please recycle this magazine.

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Meet some of our staff's favorite four legged friends!

# WHAT'S UP? eastern shore

## Publisher & President

Veronica Tovey (x1102)

## Editorial Director

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## COO & Director of Advertising

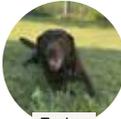
Ashley Raymond (x1115)



Gingerbell

## Entertainment Editor

Megan Kotelchuck (x1129)



Tucker

## Contributing Editors

Lisa J. Gotto, Dylan Roche

## Contributing Writers

Janice Booth, Tom Worgo

## Staff Photographers

Steve Buchanan, Tony Lewis, Jr.

## Contributing Photographers

Chris Petrini/A Digital Mind,  
Harrison Hart

## 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



Piccola



Scout, Scrappy, and Kyo



Mango

## Senior Account Executive

Kathy Sauve (x1107)

## Account Executives

Beth Kuhl (x1112), Nina Peake (x1106),  
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## Finance Manager

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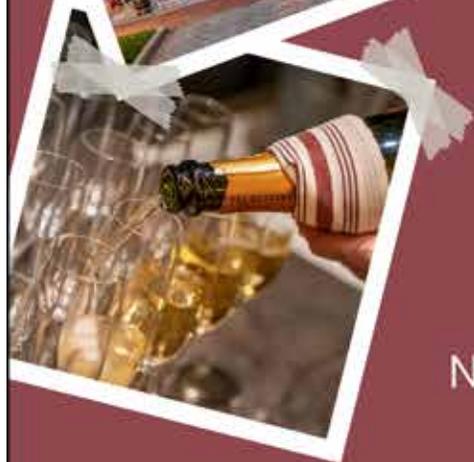
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# holidays

## AT THE INN

Chesapeake Bay Beach Club



Festive Hotel Packages

Christmas Lights All Winter Long

Ugly Sweater Happy Hour

Holiday Sip N' Shop

S'mores Family Night

Dine & Give Back

New Year's Eve & Day Festivities



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## From the EDITOR

**T**hey're our neighbors, they're our friends, they're confidants, worker bees, caretakers, lifesavers. Nurses. They are—as our cover states—the heart-beat of healthcare. You probably know someone working in healthcare; perhaps you personally know a nurse. You've probably gotten to know a few by name. After all, when we visit the doctor's office or hospital, in good times or worse, nurses are on the frontlines greeting and treating us.

In this issue we honor more than 100 exemplary nurses in our region. They were nominated by their nursing peers as shining individuals within their hospital, practice, or organization. I hope you enjoy reading the endearing comments that nurses shared about each other in this year's class of "Excellence in Nursing" honors.

We have plenty more in this issue—lots of holiday content, for sure. Recipes that call on tradition and local ingredients in "Chesapeake Holiday Dinner Table." Festivities that bring communities together. The winter-through-spring guide to philanthropic events. Gift giving ideas, and even reader-curated content (check out "Our Beloved Pets" and the "Readers' Restaurant Reviews").



**THE AIR IS COOL, THE LEAVES HAVE  
TURNED. THE HOLIDAYS ARE COMING.  
BE WELL AND ENJOY THE SEASON.**

A handwritten signature in black ink, appearing to read 'Dylan Roche'.



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# Waterfowl Festival®

November 8-10, 2024 - Easton, MD



## 53 YEARS OF AWESOME



**“What is Waterfowl? It is a giant celebration of love and community - oh - and all my friends are there!”**

The Waterfowl Festival is no longer just a festival that raises funds for conservation. It is a homecoming for the thousands of volunteers, locals, artists, visitors - human and canine- to Easton, Maryland each fall. It features over 125 artists, craft vendors,, retriever dog and fly-fishing demos, kid's Quackin Trail, live music, food vendors, and conservation-focused events. The festival raises funds for wildlife and habitat conservation and offers something for the entire family, including art galleries, outdoor demonstrations, kid's calling contest, and The World Waterfowl Calling Championship.



Whether you are an art collector, a decoy aficionado, a people watcher, a craft beer drinker, a die-hard shopper, a student of history, a lover of music, or a family just looking for some outdoor fun - the festival has it all! Visit the Duck Blind Bar, Party at the Ponds, the Sportsman's Pavilion, the Chesapeake Bay Pavilion...and more. Don't miss the Outlaw Gunner exhibit at the Talbot County Historical Society and the Harry M. Walsh Waterfowling Exhibit at the Country School supported this year by Guyette & Deeter.

### Dogs and Kids are welcome!

Kids can follow the Quackin' Trail to fun and your furry friends are welcome too! This year's featured dog exhibits include the Delmarva Dock Dogs stage where amateurs and professionals alike can compete; field trial dog demos by Mason Dixon Game Outfitters, and exhibitions by the Talbot Retriever's Club.

[waterfowlfestival.org](http://waterfowlfestival.org)

#### 2024 Venue Partners



#### Thank you to our 2024 Legacy Conservation Partners



# Arts & Culture

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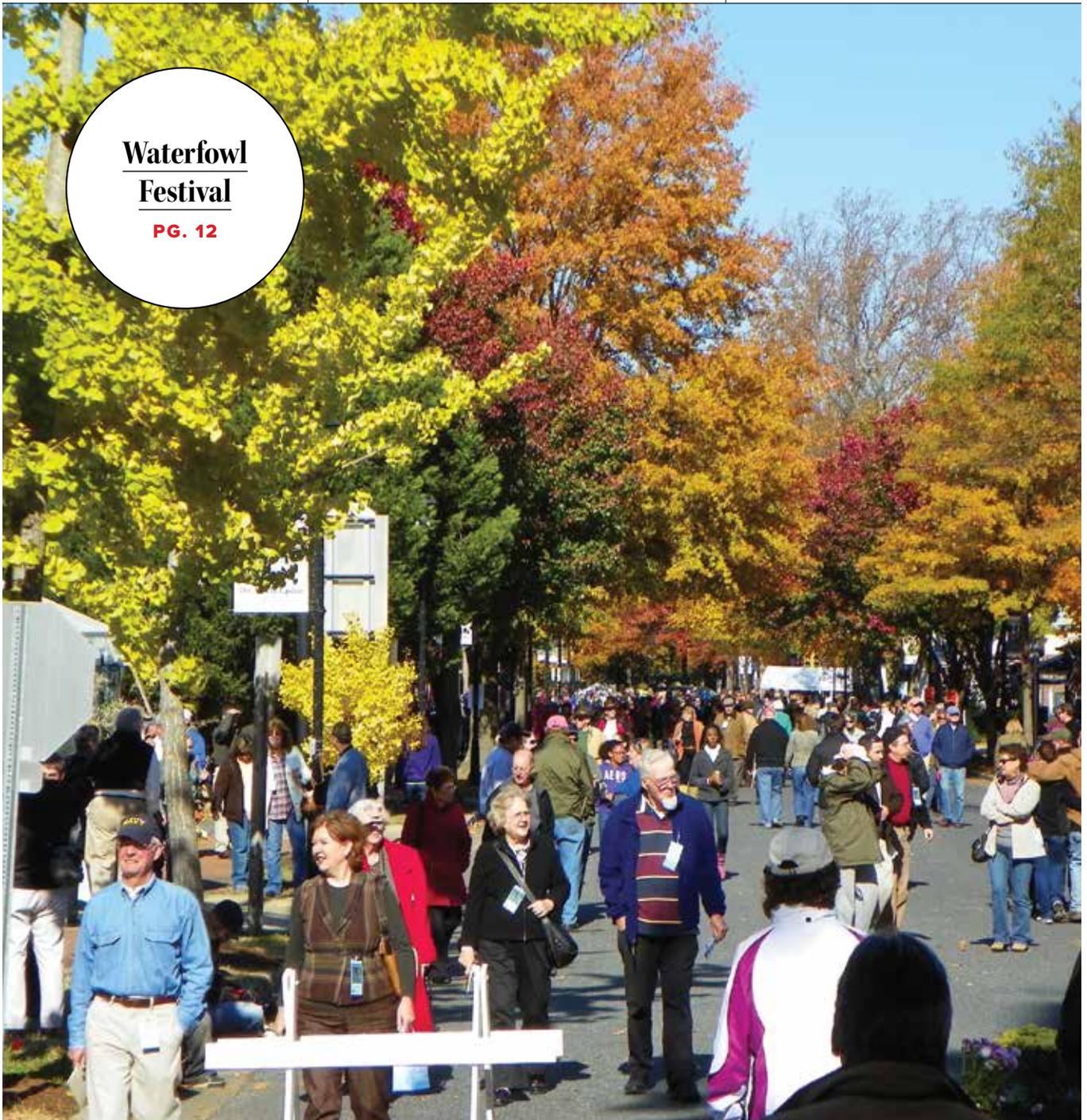
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HIGHLIGHTING  
ENTERTAINMENT,  
COMMUNITY,  
AND EVENTS

## Waterfowl Festival

PG. 12





## **WATERFOWL FESTIVAL**

The 53rd Annual Waterfowl Festival offers three days of the best local wildlife, nature, art, heritage, food, and fun! This year, the festival will be in the streets of Easton from November 8th to 10th. This is a great way for locals and visitors to discover the town, through a tradition that has been going on for generations. Art collectors find exceptional wildlife art from renowned master artists, along with a variety of events and vendors with everything from fishing lures to all-terrain vehicles and boats. Those looking for entertainment can take in retriever demonstrations, Dock Dogs competitions, goose and duck calling contests, and street musicians. Holiday shoppers can find unique items for everyone on their list. And after an afternoon of fun and exploration, visitors can sample Eastern Shore cuisine, supplied by local nonprofit organizations raising important funds for their worthwhile causes. Find more information at [waterfowlfestival.org](http://waterfowlfestival.org).

## **Eastern Shore Sea Glass & Coastal Arts Festival**

The Chesapeake Bay Maritime Museum in St. Michaels gets in the festive spirit, hosting the Holiday Edition of the Eastern Shore Sea Glass & Coastal Arts Festival on November 23rd. This fun-filled festival offers a terrific opportunity to get a jump on holiday shopping while enjoying food, drinks, and live music on CBMM's waterfront campus. Dozens of artisans and vendors from around the region and beyond will be on hand, selling coastal and sea-glass related jewelry, home décor, art, and more. Buy tickets and learn more at [cbmm.org/SeaGlassFestival](http://cbmm.org/SeaGlassFestival).





## Festival of Trees

The 2024 Christmas Festival of Trees will be held in The Gold Room of The Tidewater Inn from November 30th to December 3rd. The magical holiday setting will feature 50 beautifully decorated trees sponsored by individuals and businesses on display and for sale. This year, join the theme of "Holiday Traditions" with holiday entertainment, local artists, groups, and musicians with Friends of Hospice's largest fundraiser, benefiting Talbot Hospice. Find more information at [festival-of-trees.org](http://festival-of-trees.org). Photo by Jennifer Madino.

## **SULTANA DOWNRIGGING FESTIVAL WEEKEND**

The largest annual gathering of Tall Ships in North America happens to be in Chestertown each year, so why not make the event even bigger by adding a top-notch Bluegrass festival to the weekend? November 1st through 3rd, The Sultana Education Foundation's Downrigging Weekend will take the streets of Chestertown with a weekend of music, sailing, ship tours, lectures, exhibits, and family activities. All of the events of the weekend will benefit the Foundation's environmental literacy programs and the other educational nonprofits participating in the festival. Find more information and where to be this weekend at [downrigging.org](http://downrigging.org).





**EASTERN SHORE HOSPITAL'S  
ANNUAL FASHION SHOW &  
HOLIDAY GIFT BAZAAR**

On November 14th, visit the Eastern Shore Hospital Center in Cambridge for the Annual Fashion Show & Holiday Gift Bazaar. From 10 a.m. to 3 p.m. in English Hall, enjoy a seated lunch, 50/50 raffle, new, nearly-new, and designer clothing for men, women, and children at affordable prices. The gift bazaar will feature jewelry, scarves, ponchos, hats, purses, gloves, tops, and toys for everyone on your list! Find more information at [visitdorchester.org](http://visitdorchester.org) or by calling 410-221-2357.

**Celebration of Charity**

On November 21st at 11:30 a.m., Chesapeake Charities will host its annual Celebration of Charity at Chesapeake Bay Beach Club in Stevensville. The celebration will honor exceptional volunteers, philanthropists, advocates, and nonprofits in the Chesapeake Bay region that have had a profound impact on the community. This year, the celebration will honor Maryland's Watermen and Seafood Industry. The deserving awardees of the year are Jack Brooks (Advocate of the Year), Oyster Recovery Partnership (Nonprofit of the Year), Steve Phillips (Philanthropist of the Year), and Jeff Harrison (Volunteer of the Year). Find more information about the event at [chesapeakecharities.org](http://chesapeakecharities.org).



**BAY BRIDGE RUN**

Your only chance to run or walk across the majestic Chesapeake Bay Bridge this year is November 10th. The 10-kilometer (6.2 mile) race will take runners over the eastbound span of our Bay Bridge, which reaches 186 feet at the tallest point. This unique experience is only once a year, and allows you to travel from Anne Arundel County to Kent Island in Queen Anne's County, and will finish with a huge post-race party. Find more information at [bikesignup.com/race/md/annapolis/baybridgerun](http://bikesignup.com/race/md/annapolis/baybridgerun). Photo courtesy of Corrigan Sports.

## **HORSESHOE HEROES AWARD BANQUET**

The Annual Talisman Therapeutic Riding Horseshoe Heroes Awards Banquet will be honoring their amazing supporters by recognizing the Business of the Year, Neighbor of the Year, Philanthropist of the Year, and Volunteer of the Year. The banquet will take place on November 16th at 6 p.m. at the Hyatt Place Kent Narrows and Marina in Grasonville. Share the love as awards are given to the most deserving members of the Talisman Team! Find more information at [talismantherapeuticriding.org](http://talismantherapeuticriding.org) or call 443-239-9400.



## **Beef, Bonfires & Cigars**

Haven Ministries' Beef, Bonfires & Cigars will be at Prospect Bay Country Club in Grasonville on November 9th from 5 to 9 p.m. This is one of the biggest fundraisers for Haven Ministries. Haven Ministries is a coalition of churches and volunteers who offer hope to men, women, and children in Queen Anne's County caught in the cycle of poverty. Find more information at [haven-ministries.org](http://haven-ministries.org).



### **FISH FOR A CURE TOURNAMENT**

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. Detor Captain’s Challenge, and Shore Party will take place at Safe Harbor Annapolis, the new tournament home, on November 9th. The shore party will have food and drinks, and most importantly, a dance floor, and will announce the winners of the day’s tournament. Find more information at [fishforacure.org](http://fishforacure.org).



### **50TH ANNUAL MARYLAND IRISH FESTIVAL**

Celebrate Irish culture with great music, amazing performances, food, vendors, and more at the Maryland Irish Festival at Maryland State Fairgrounds in Timonium on November 8th through 10th. The festival is presented every November by Irish Charities of Maryland and features local, regional, and international Irish music, dancers, traditional cuisine, cultural exhibits, workshops, and vendors of Irish/Celtic goods. Find more information and get tickets at [irishfestival.com](http://irishfestival.com).



## **Looking Ahead**

**A FEW EVENTS WORTH JOTTING DOWN ON YOUR DECEMBER CALENDAR.**

**Nutcracker Tea** – December 1st at Graduate Hotel in Annapolis; multiple seatings; [whatsupmag.com](http://whatsupmag.com)

**Festival of Trees** – through December 3rd at Tidewater Inn in Easton; [festival-of-trees.org](http://festival-of-trees.org)

**11th Annual Lights of Kindness** – December 5th–8th at Homestead Gardens in Davidsonville; [rotarylightsofkindness.org](http://rotarylightsofkindness.org)

**Chocolate Binge Festival** – December 8th in Downtown Annapolis; [annapolischocolatefestival.com](http://annapolischocolatefestival.com)

**Christmas in St. Michaels** – December 12th–15th in Downtown St. Michaels; [christmas-instmichaels.org](http://christmas-instmichaels.org)

**Eastport Lights Parade** – December 14th at Eastport Yacht Club in Eastport; [eastportyc.org](http://eastportyc.org)

**Santa Swim** – December 14th at Hyatt Regency Chesapeake Bay Resort in Cambridge; [careandsharefund.com](http://careandsharefund.com)

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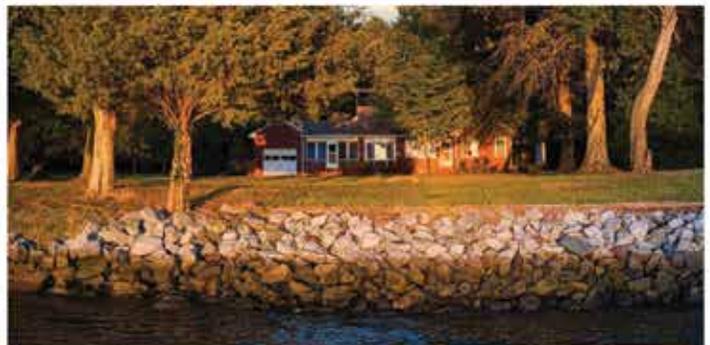
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# Arts

**COVERING LOCAL EXHIBITIONS, ARTISTS, GALLERIES, AND MUSEUMS**



## Trang Huynh's "Tangled Affections"

**Maryland Hall, Annapolis  
Through December 26th  
Marylandhall.org**

"Tangled Affections" offers a deeply personal journey through Trang Huynh's memories, exploring the tangled web of emotions that are influenced by her past. Through a multimedia showcase with a primary focus on painting, complemented by print-making, collage, and intricate laser-cut patterns, this exhibition serves as a visual memoir of love, pain, and forgiveness. Amidst the complexity and turmoil, "Tangled Affections" also offers a message of hope and resilience. By shining a light on the importance of forgiveness and the transformative power of healing, the exhibition encourages viewers to confront their own emotional landscapes and embark on a journey towards inner peace and understanding.



## Theatre of Turmoil

**The Mitchell Art Museum at St. John's College, Annapolis  
Now through December 8th; Sjc.edu/mitchell**

The history of art is filled with images of chaos and turmoil. Some—of famous battles or revolutions—commemorate transformative, if violent, moments or episodes. Others depict mythic stories by Homer and others have been handed down through centuries. Still others visualize the more troubling aspects of daily life, such as fatal accidents or domestic violence. This exhibition of black-and-white reproductions from the Baroque to the present—featuring Gentileschi, Géricault, Goya, and many others—is intended to stimulate conversation on the role of such images in art, how these artworks reflect the anxieties of life, and the psycho-emotional impacts both have on us.



## Small Originals: Members' Exhibition

**Waterfowl Building, Easton  
November 22nd through  
December 29th  
Academyartmuseum.org**

For the 2024 season, the Academy Art Museum invited members to get creative, imaginative, and experimental around a Small Originals theme in any medium. The resulting exhibition will kick off the holiday season, when family visits and holiday cheer are at their peak. This year brings new awards in Fiber and Sporting Art, along with the traditional roster of awards for painting, prints, ceramics, and wood pieces.

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# Theater

**COVERING UPCOMING  
PLAYS, PERFORMERS,  
AND VENUES**



## Twelfth Night

**Anne Arundel Community College, Arnold  
November 8th through 17th; [Aacc.edu](http://Aacc.edu)**

Set in the fictional kingdom of Illyria, this William Shakespeare play follows the twins Viola and Sebastian, who are separated in a shipwreck. Viola disguises herself as a young man, Cesario, and enters the service of Duke Orsino. As Cesario, Viola becomes the intermediary in Orsino's pursuit of the countess Olivia, leading to a series of comedic misunderstandings and romantic entanglements. The subplot involves the antics of Olivia's steward, Malvolio, who becomes the unwitting victim of a prank orchestrated by Olivia's household. This production is directed by Madeline Austin.

## Same Time, Next Year

**Compass Rose Theatre at  
Maryland Hall, Annapolis  
Through November 17th  
[Compassrosetheatre.org](http://Compassrosetheatre.org)**

One of the most beloved romantic comedies of the century, "Same Time, Next Year," won a Tony® Award for the captivating performance by Ellen Burstyn. The story follows Doris and George, each married to someone else, as they meet for a secret rendezvous once a year. Over 25 years, their love affair unfolds with hilarious and touching moments, capturing the evolution of manners and morals in a truly unforgettable way.

## The Winslow Boy

**The Colonial Players, Annapolis  
Through November 16th  
[Thecolonialplayers.org](http://Thecolonialplayers.org)**

What begins as a small incident ultimately grows into a "cause celebre" nearly shaking the foundations of the government. The incident is simply that of a youngster in an English government school who is expelled for an alleged theft. As a matter of fact, the youngster was entirely innocent, but practically all the evidence was against him. The boy's family, in particular his father, proceed to contest the decision of the school and challenge its right, as a government-run institution, to damage the reputation of a boy without sufficient legal safeguards. The issue that began as a private matter involves the right of official agencies to impose their authority on the individuals of any democracy and, as the play moves relentlessly forward, we see, in effect, citizens of a democracy challenging the forces of bureaucracy, and thus keeping alive the issue of the basic rights of the individual.

## Guys & Dolls

**Community Players of Salisbury  
November 1st–3rd  
[Communityplayersofsalisbury.org](http://Communityplayersofsalisbury.org)**

Guys and Dolls is a musical romantic comedy involving the unlikeliest of Manhattan pairings: a high-rolling gambler and a puritanical missionary, a showgirl dreaming of the straight-and-narrow and a crap game manager who is anything but. Add a group of gamblers, dancers, and missionaries along with wonderful songs, and you have Guys and Dolls.

## A Hanukkah Carol, or Gelt Trip! The Musical

**Round House Theatre, Bethesda  
November 20th through  
December 22nd  
[Roundhousetheatre.org](http://Roundhousetheatre.org)**

Misanthropic millennial influencer Chava Kanipshin's internet followers are turning into haters. Desperate to regain her popularity, Chava shuns anything and anyone she sees as an obstacle, including her family, friends, and holiday traditions. But on the first night of Hanukkah, Chava is visited by the ghost of deceased social media star Mimi Marley and other spirits who warn her to change her ways—or be cursed forever. The spirits lead Chava on a madcap journey through Hanukkah's past, present, and future to help her reconnect with her spirit of generosity, her Jewish identity, and an appreciation of her real-life supporters.

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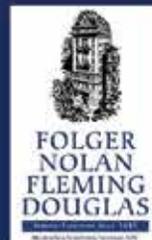


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## Re!maged Runway

On August 3rd, a fashion forward stage was set at the Chester River Yacht and Country Club for the Chestertown RiverArts' 2024 fundraising gala, Re!maged Runway. This year's French-themed, unique fashion show was a sell-out. A silent auction kept the crowd busy until show time. Then, one by one, each model graced the runway, and each amazing outfit had a creative theme. All of the creations were colorful works of art and will be available for viewing on the RiverArts website at [chestertownriverarts.com](http://chestertownriverarts.com).



1. "Mother Moth" ensemble 2. "Blue Heron Couture" ensemble 3. The People's Choice Winner "Raise the Roof!" by designer Melissa Lane 4. Steve McWilliams and Genevieve Menard 5. "I Am a Cocktail Party" ensemble 6. Event Chair Zane Carter and designer/event model Kayti Didriksen 7. Peggy Hill and Sue Willits 8. "Uncorked" ensemble



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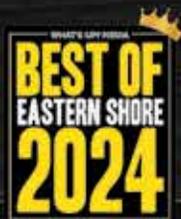
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## **BACK-TO-SCHOOL SUPPLIES DONATED**

Approximately 1,700 guests attended the For All Seasons' 2024 Back-to-School Supplies Giveaway and Resource Expo in Idlewild Park, held at the end of summer. For All Seasons distributed 800 backpacks filled with materials to local students. "We couldn't do this event without For All Seasons staff, student volunteers, and our resource providers, who worked together to make this a memorable evening for our local kids and families," said Katie Theeke, Vice President of Marketing & Communications. "We especially want to acknowledge The Talbot Department of Social Services, The Maryland Department of Housing and Community Development, Easton Lions Club, Talbot County Children's Advocacy Center, and PepUp, Inc. for their generous contributions toward the backpacks. These resources are invaluable to struggling families." Learn more at [forallseasonsinc.org](http://forallseasonsinc.org).



**CANDACE CHIARUTTINI**



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## **New Benedictine Board Members**

Benedictine recently welcomed four new members to its Board of Directors: Candace Chiaruttini, Bruce T. Miller, Susan O'Neill, and Larry Porter. "We are thrilled to add these talented individuals to our team," commented Benedictine Executive Director Scott Evans. "Each brings a unique set of skills that will enhance Benedictine's mission to support children and adults living with intellectual and developmental disabilities so they can achieve their greatest potential." Chiaruttini and her husband, Paul Milne, are active members of the Easton community. They founded the famed restaurant, 208 Talbot, in St. Michael's and created the Oaks Waterfront Inn in Easton. Miller has an extensive background in bank management and served as the finance director for a range of municipal governments, including the City of Annapolis. He is currently the Director of the Calvert County, Maryland Department of Finance. O'Neill is the Executive Director of the Upper Shore Regional Council and chairs the Board of the Rural Maryland Council, an association that disseminates state funding and promotes rural communities. Porter has served Caroline County since 2011, including in the capacity of President of the Caroline County Commissioner, and is the Commissioners' Representative on the Mid-Shore Regional Council. For more information visit [benschool.org](http://benschool.org).



### **MEDICAL CENTER GIFT**

St. Mark's United Methodist Church in Easton has committed \$1M dollars to University of Maryland Shore Regional Health (UM SRH) to advance healthcare on the Mid-Shore through construction of the new UM Shore Regional Medical Center. "Our church has been blessed, and in turn we want to bless our community," said Reverend Meredith West. "The new hospital will have a tremendous impact on the health and well-being of our community. I can't think of a better way to help." Construction of the new medical center, located at 10000 Longwoods Road in Easton, began this fall. Learn more about the church at [stmarkseaston.org](http://stmarkseaston.org).



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# Meet Haley Cole

**THIS QUEEN ANNE'S COUNTY HIGH SCHOOL JUNIOR IS SET TO EXCEL ON THE FIELD AND IN THE CLASSROOM AT COLLEGE**

By Tom Worgo

**S**tudent athletes like Haley Cole are considered rare for Queen Anne's County High School Field Hockey Coach Shana Corder. Cole plays multiple sports—including two seasons on the girls varsity lacrosse team—and carries a weighted 4.25 grade-point average. The junior will play field hockey at James Madison University in Virginia in 2026 on an academic and athletic scholarship.

On top of that, Cole co-captains the field hockey team, serves as an assistant coach for Team Chesapeake Shore Field Hockey Club U-12 players, belongs to the school's National Science Honor Society, Spanish Club, and Morgan's Message, a mental health club for athletes.

"She is a really great student-athlete," Corder says. "She not only works so hard in the athletic arena, but in the classroom. She is in the National Honor Society and involved in all that other stuff. She is really just a great kid."

Cole agrees that she is sharply focused on both her grades and the sports she participates in. "I am always very busy," she explains.

Obviously, field hockey is her favorite sport. She competes in it year-round, including the past seven years for the Team Chesapeake Shore. She works on her skills on a daily basis: on the front porch and in the backyard of her Centreville home along with playing on a turf field at the Churchville Recreation Center. "You

**"SHE NOT ONLY WORKS SO HARD IN THE ATHLETIC ARENA, BUT IN THE CLASSROOM."**



have to be obsessed with the game," Cole says. "You really can't put down a stick. It's fun and really beneficial."

The 5-foot-4 Cole was a coveted college prospect. Before Cole verbally committed to James Madison in July, two other Division I programs, Davidson University and Towson University, and Division II Belmont Abbey College recruited her. But it wasn't a hard decision for the 16-year-old Cole, who attended field hockey camps there in April and July. She has a hard time coming up with something she didn't like about the school.

"It really felt like home," says Cole, who will sign a National Letter of Intent as a senior. "I felt a real connection to the school, team, and coaching staff. I really believe I will be happy there." Corder says attending the James Madison camps aided in her development. "I think attending those camps set her above other players."

Cole, a midfielder, hopes to build on her field hockey success at Queen Anne's County. The three-year starter earned Second-Team All-Bayside Conference honors and All-Eastern Shore honors while helping the team to the best record in school history at 14-1, the Class 2A state semifinals (the team lost to Hereford), and the program's first-ever Bayside Conference championship.

“She works extremely hard, and it is really going to pay off during her junior year,” Corder says. “I saw her become very confident when we were rolling into the later part of the season. She had a real voice on the field.”

That’s what earned her a co-captain role as a junior. Cole’s leadership skills jump out. “She is always preaching for everybody to hustle,” Corder says. “She will lead by example and be doing it herself as well.”

Cole’s biggest priority on the field is to get the ball to her teammates. “Distributing the ball is such an important thing to me,” Cole says. “I want to give them more offensive opportunities. I really work well with my teammates.”

Corder says Cole is the ideal player to coach. And she loves Cole’s unselfishness, calling her the ultimate team player. “Her hockey I.Q. is her biggest asset,” she adds. “And she is a very well-rounded player. I wish I had a team full of players like her.” With Cole’s outstanding off-and-on the field skills, that seems to be true.



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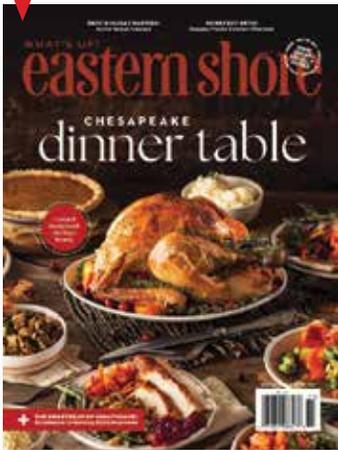
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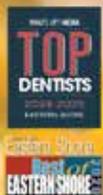
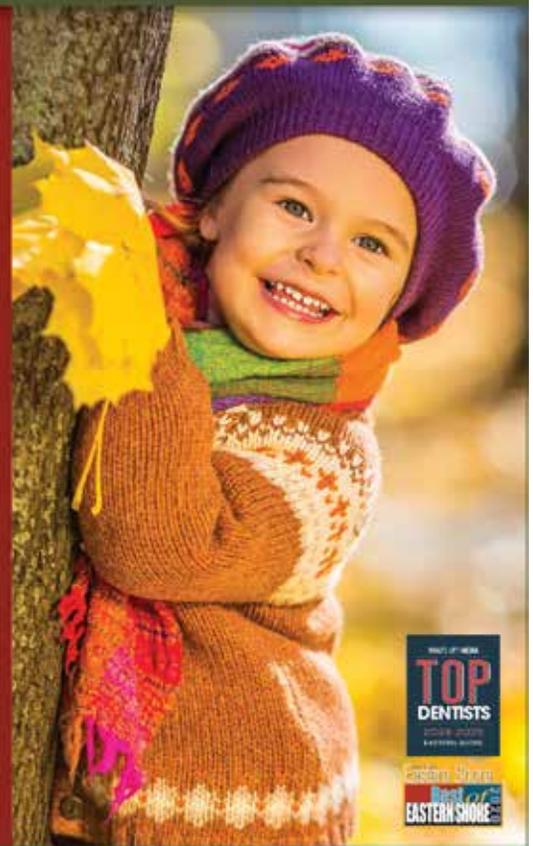
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WHAT'S UP? MEDIA'S 2024

# EXCELLENCE IN N NRSING

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Earlier this year, we surveyed local nurses practicing in Anne Arundel, Prince George's, Queen Anne's, Kent, Talbot, and Dorchester counties. We asked them to nominate and, therefore, honor the most commendable of their peers in 16 categories of nursing specialty. The response was incredible. We thank the many, and very busy, nurses for their valuable time and consideration.

This project is truly *professionals nominating professionals*. This was not open to the public. Only licensed nurses and medical professionals contributed to this survey. We also meticulously vetted nurse credentials and current licensing with the Maryland Board of Nursing, a division of the Maryland Department of Health.

And although the nominating process is kept confidential, we did ask each survey contributor's "reason for nomination" of their peer(s). And it is those responses that are truly endearing and exemplify what teamwork, leadership, camaraderie, and family mean to this profession. You'll read remarks about most of the listed honorees.

**Congratulations to this year's Excellence in Nursing honorees!**

**LISTED ALPHABETICALLY BY FIRST NAME UNDER EACH NURSING SPECIALTY.**



## Advanced Practice

Masters prepared nurse in an advanced practice setting; clinical nurse specialist, certified nurse midwife, nurse practitioner, nurse psychotherapist, CRNA

**AILEEN MENDEZ** of Johns Hopkins Anesthesiology & Critical Care Medicine, Baltimore; *"Aileen is one of the only CRNAs in the state to provide anesthesia for pediatric patients undergoing open heart surgery. In addition, she co-administers a mentoring program for high school students interested in careers in healthcare. She is one extraordinary CRNA!"*

**ALICIA BLAKE-HALL** of Eat Healthy to B-Healthy, Pasadena; *"Alicia is kind, caring, and very knowledgeable."*

**ALISON BENKO** of UM Shore Regional Health, Chestertown; *"Allison goes above and beyond to ensure that all patients in the emergency department are cared for in an appropriate and timely manner. She a valued team member and greatly appreciated by all staff."*

**ASHLEY FENTON** of The Collective NP Clinic LLC, Severna Park

**BRITTANY PEED** of On-Site Medical House Calls, Annapolis; *"Goes above and beyond standard job requirements."*

**CAROLINE SICA** of UM Shore Regional Health, Cambridge; *"Caroline is an extremely strong and well versed advocate for her patients and staff. Speaks to the heart from her heart. Her genuine empathic engagement with patients and staff is commendable and appreciated."*

**CATHERINE GVOZDEN** of Gvozden Pediatrics, Millersville; *"Caring and dedicated practitioner."*

**CESAR VISURRAGA** of Visurraga Enterprises LLC, Baltimore; *"Cesar is a tireless CRNA dedicated to optimizing patient safety and satisfaction with his anesthesia services."*

**CLARE ROSS** of UM Shore Regional Health, Easton; *"Excellent patient care and takes the time to educate patients. Follows appropriate care guidelines. Is responsive to patient and nursing questions."*

**DEBRA RENEE EDSALL** of UM Shore Regional Health, Easton; *"Cares for each individual patient's physical, mental, and emotional needs. It is obvious she cares about each person and does everything she can to promote health and improve their quality of life."*

**DIANA GAIL SHORTER** of UM Shore Regional Health, Easton; *"Gail is a spirited team member and is collaborative and thoughtful in all of her interactions with patients and her team."*

**DIANA GOMEZ** of Luminis Health, Annapolis

**HANNAH MULES** of Gvozden Pediatrics, Millersville

**JACLYN CRAWFORD** of UM Shore Regional Health, Easton; *"Advocate for the mental ill patient for two decades."*

**JUSTIN TODD SMITH** of UM Shore Regional Health, Easton; *"Justin always goes above and beyond for his patients, never hesitates to take the extra time to comfort or explain things to the patients or family members and he is absolutely amazing with pediatric patients."*

**LESLIE FOX** of Peace of Mind Mental Health Services LLC, Easton; *"Leslie is an outstanding nurse practitioner. She always goes above and beyond for her patients. She is supportive to her colleagues."*

**LESLIE LAWSON** of Maryland Oncology Hematology, Annapolis; *"Leslie is energetic and dedicated to patient care. She's always interested in learning more about how to best care for the patients."*

**LORI MANN** of Arcadia Assisted Living, Gambrills / Chester; *"Lori has a wonderful heart will do anything for anyone no questions asked. She by far has been the best DN I've encountered."*

**NICOLE BACHMANN** of OnSite Medical House Calls, Annapolis; *"Patients love her; she goes above and beyond."*

**PATRICIA LANCASTER** of UM Shore Regional Health, Easton; *"Excellent patient care and takes the time to educate patients. Follows appropriate care guidelines. Is responsive to patient and nursing questions."*

**RACHEL SWEENEY** of Maryland Primary Care Physicians, Arnold

**ROBYN LANASA** of UM Shore Regional Health, Easton; *"Provides excellent care to her patients, and educates them on self-management of their heart conditions. Responsive to patients and colleagues."*

**SARAH FREBURGER** of OnSite Medical House Calls, Chester; *"Goes above and beyond standard job requirements."*

**SUSAN DELEAN-BOTKIN** of FamilyCare Of Easton, Easton; *"Susan is a wonderful nurse practitioner providing excellent primary health care to people of all ages in the community."*

**WENDY TOWERS** of UM Shore Regional Health, Easton; *"Wendy is a very knowledgeable, caring, and respectful. She is always offering her helping hand in the recovery room, without batting an eye."*



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## Aesthetic/ Cosmetic Nursing

Provides care for patients during elective or reconstructive surgery processes, inclusive of non-invasive procedures (such as administering Botox), therapeutics, monitoring the healing process, and helping facilitate communication between physicians and patients.

**CHRISTIANE MCCOMBIE** of Chesapeake Plastic Surgery, Annapolis

**DANA EYERLY** of Bella Rose Medical Aesthetics & Wellness, Chester; “So kind, helpful, non-judgmental. Dana is an instant pick me up!”

**DORIS TATE** of Bayside Aesthetics & Wellness, St. Michaels; “Doris continually expands her knowledge and develops her skills to provide quality results for each patient. She is an experienced NP who looks at each patient’s health history as she is developing an appropriate treatment plan.”

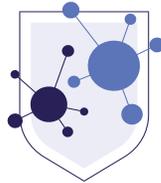
**KATIE CLEMENTS** of Maryland Primary Care Physicians, Arnold

**KELLY SUTTER** of Skin Wellness MD, Annapolis

**MARY COFRAN** of Adoro Medical Spa, Severna Park; “Mary is a meticulous aesthetic nurse, that delivers excellent results to her patients but also is caring.”

**RACHEL MARKOW** of Perpetual Skin, Annapolis; “Truly an expert, she is up to date on cutting edge treatments and her treatment plan is individualized for each patient. I trust her ethics and her clinical skills implicitly.”

**SUSAN DELEAN-BOTKIN** of FamilyCare Of Easton, Easton



## Ambulatory Nursing

Clinic, office, and other ambulatory care settings, employee health, occupational health, industrial health, infection control

**BRENDA ALEXANDER** of Maryland Oncology Hematology, Easton; “She does a great job caring for patients and leading her team of similarly excellent nurses.”

**BROOKE JONES** of Maryland Oncology Hematology, Annapolis; “She does a great job caring for patients and leading her team of similarly excellent nurses.”

**GEORGIA ORR** of UM Shore Regional Health, Easton; “As a veteran wound care specialist, Georgia goes above and beyond every single day for the patients she cares for. She carries in depth knowledge of her craft and shares that knowledge through teaching and coaching of patients and their families.”

**JAMES YOO** of UM Baltimore Washington Medical Center, Glen Burnie

**JANAT BASHIR** of UM Baltimore Washington Medical Center, Glen Burnie; “Janat’s dedication to the field of Women’s Health is unparalleled. She strives to care for the whole patient, providing unbiased comprehensive care to every patient she meets.”

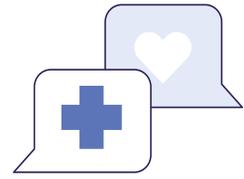
**JENNIFER KING** of Gvozden Pediatrics, Millersville

**LAUREN PRINCIOTTA** of UM Shore Regional Health, Easton; “Lauren works hard to make sure her patient’s needs are met each and everyday. She brings such a positive light to the office and her passion is truly inspiring.”

**LINDA WILT** of UM Shore Regional Health, Easton; “Linda has been an essential part of the Pain Center team for over 20 years. Her knowledge about types of pain, interventional injections, and other testing procedures have benefitted her patients to find more comfort and improved quality of life.”

**NICOLE VOJACEK** of OnSite Medical House Calls, Pasadena / Denton; “Goes above and beyond her standard job requirements.”

**SHIRA LEIGHTY** of The Sandel Duggal Center for Plastic Surgery, Annapolis; “She is an amazing and affectionate nurse. Not only does she manage the team she takes exceptional care of our patients.”



## Behavioral Health

Behavioral health and addictive services

**ASHLEY FENTON** of The Collective NP Clinic LLC, Severna Park

**BRIANNA CHESTER** of UM Shore Regional Health, Easton; “Brianna is a calm and introspective RN who is able to manage not only the daily patient needs but also the occasional crisis that impacts patients who are acutely ill.”

**JILL BURGHOLZER** of Multiple Affiliations / Independent, Stevensville; “Jill is an excellent behavioral health clinician offering much needed services in Eastern Shore where there are relatively few behavioral health providers. She is caring, compassionate, and skilled in her specialty.”

**JULIE MCLAIN** of UM Shore Regional Health, Easton; “Julie is focused on all that is good, as well as the areas of improvement that patients must work on. Her empathic and kind approach, opens padlocked doors to hurting souls.”

**KIM BUTLER** of UM Shore Regional Health, Easton; *“Kim is the most wonderful peer to have in nursing. She provides care with compassion and integrity, promoting effective communication, teamwork, and shared decision-making in the delivery of psychiatric care.”*

**LESLIE FOX** of Peace of Mind Mental Health Services LLC, Easton; *“Leslie is an amazing nurse practitioner. She is non-judgmental, understanding, and caring. She goes above and beyond for her patients and colleagues.”*



### Case/Quality Management, Managed Care Informatics

Community or hospital case manager, quality management, risk management, infection prevention, patient safety, utilization management, and informatics

**ALYSSA CHADWICK** of UM Shore Regional Health, Easton; *“Consistently goes the extra mile for her patients. Ensures that medical care is appropriate according to national standards.”*

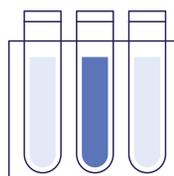
**AMY CUSTIS** of UM Shore Regional Health, Easton; *“Amy stands out as a leader in her department. She takes on new tasks and the job of orienting new team members.”*

**CONSUELLA BOWEN** of UM Shore Regional Health, Chestertown; *“Consuella is a vital part of not only her department but the several other departments she serves. She works tirelessly day in and day out to assist with the best possible transitions for our patients.”*

**LAUREN SAUTER** of UM Baltimore Washington Medical Center, Glen Burnie; *“As an informatics specialist and RN, Lauren’s attention to detail and ability to find the root cause of an issue is outstanding.”*

**STEPHANIE TIBBS** of Luminis Health, Annapolis; *“Stephanie is a great asset. She is organized and detail oriented. Her communication to the nurses, patients, and families is above all the rest.”*

**STEPHANIE WOLF** of UM Shore Regional Health, Easton; *“Stephanie works very hard to discover patient needs and to find the best possible options for them to return to their highest level of function.”*



### Clinical Education

Nurse educators responsible for overseeing or administering ongoing clinical education and resources

**ALICIA BLAKE-HALL** of Eat Healthy to B-Healthy, Pasadena; *“She has a deep understanding of diabetes management and treatment, which allows her to effectively educate both patients and other healthcare professionals.”*

**ALLISON HAWKINS** of Luminis Health, Annapolis; *“Allison is the Pediatric Nurse Educator at AAMC, a strong advocate of excellent patient care, and embraces new technologies to educate all staff members.”*

**ASHLEY FENTON** of The Collective NP Clinic LLC, Severna Park; *“Dr. Fenton is an assistant professor at Johns Hopkins School of Nursing (JHUSON). Her practice experience includes community health clinics, outpatient mental health, weight management programs, public health research, and much more.”*

**DANETTE READING** of Luminis Health, Annapolis; *“As a Nursing Educator on the elderly unit, Danette’s positivity and support have made an extraordinary impact on both patients and staff.”*

**GERALDINE RABER** of Luminis Health, Annapolis

**GLENDIA MILLER** of UM Baltimore Washington Medical Center, Glen Burnie; *“Glenda is a committed clinical educator! She is always available to help us no matter what we need. She encourages each one of us, checking in to see if we are okay.”*

**JEAN LITTLE** of Luminis Health, Annapolis

**STEPHANIE BLADES** of UM Shore Regional Health, Easton; *“Stephanie is the educator for the Women and Children’s units within Shore Regional Health in Easton. She is one of the most amazing nurse educators. She is kind, compassionate, and patient.”*

**TALISHA TILGHMAN** of Optum Maryland, Denton; *“She is a visionary educator whose dedication to excellence has made a profound impact on the professional development of nursing support staff as a self-employed entrepreneur. As a Nurse Educator, she plays a pivotal role in shaping the future of nursing practice through innovative educational initiatives and programs.”*

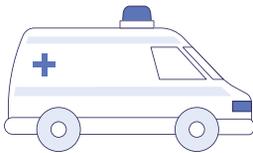


## Critical Care

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Adult ICU/CCU, cath lab, oncology, special procedures

**KELSEY WALTERS** of Luminis Health, Annapolis; “Worked as a PCT on ICU, and transitioned to a new grad nurse on ICU. Is an asset to the unit and organization.”



## Emergency

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Emergency department, flight, ambulance, pre-hospital, telephone triage

**AMANDA COLLINS** of UM Shore Regional Health, Chestertown; “Cares about patient outcomes and well-being, and is dedicated, kind, and supportive.”

**AMANDA NELSON** of UM Shore Regional Health, Chestertown; “Kind, caring, and goes above and beyond for her patients.”

**ARLENE BROWN** of UM Shore Regional Health, Easton; “Arlene approaches each interaction with kindness, understanding, and a genuine desire to alleviate suffering and provide comfort to patients and their families during times of crisis.”

**BOBBIE JO TROSSBACH** of UM Shore Regional Health, Chestertown; “Bobbie Jo shows exemplary leadership in her clinical coordinator role. She is dedicated to providing quality care to the patients in our rural health community by collaborating with staff and our EMS partners to ensure positive outcomes!”

**LAUREN MESSICK** of UM Shore Regional Health, Cambridge; “Lauren is kind, compassionate, a valued team member, and above all a fierce patient advocate. She makes sure each and every patient is cared for in an appropriate manner and advocates for them to be involved in making decisions for their own health care.”

**LESLIE COLLIER** of UM Shore Regional Health, Easton; “Leslie is an outstanding Emergency Department nurse, providing the highest quality of care to the patient’s who enter the hospital at Easton’s doors. She has previously been awarded the Daisy Award for exemplary patient care.”

**MEGAN STUBBS** of UM Shore Regional Health, Cambridge; “Megan has worked for Shore Regional Health for over 25 years. She functions as a charge nurse, preceptor to new staff members, and is an asset to our team. Megan has a wealth of knowledge and clinical experience for the emergency department.”

**MELANIE GALE** of UM Shore Regional Health, Chestertown; “Shows the upmost care and compassion for her patients and coworkers. Is always on top of it and one step ahead.”

**STEVEN PRINGLE** of UM Shore Regional Health, Queenstown; “Steven is very knowledgeable and passionate with his patients. He never hesitates to jump in and help with extra critical patients and is always willing to help educate patients and staff.”



## Emerging Nurse Leader

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Inclusive of charge nurses, assistant nurse managers, supervisors; first-line nurse leaders are those professionals who are responsible for overseeing first-level nursing services

**ANGELA TREMPER** of Luminis Health, Annapolis; “Angie is a team player on the unit. She can often be found organizing and cleaning up the entire unit when she is the charge nurse. She was recently promoted to Clinical Supervisor of a new unit.”

**CAITLIN COUTU** of UM Shore Regional Health, Easton; “Caitlin is a rising professional in our nursing facility. Takes on numerous roles and excels at patient care.”

**CHELSEA COMPTON** of UM Shore Regional Health, Easton; “Chelsea is a star among nurses. She takes on extensive responsibility and provides frontline leadership to her team.”

**DIANE WHITE** of Luminis Health, Annapolis; “Diane’s exceptional teamwork and caring nature have made a profound impact on our team and patients. Diane’s leadership fosters a sense of unity and cooperation among the staff.”

**EMILY BIRD** of Luminis Health, Annapolis; “Always teaching, looking out for you and your patients, and there when you need her.”

**EMMA DURHAM** of Luminis Health, Annapolis; “As a new Clinical Supervisor, Emma has quickly become an invaluable asset to our team through her calm demeanor and support for her staff.”

**HELEN FOXWELL** of UM Shore Regional Health, Easton; *“Helen embodies an emerging leader. She is driven, compassionate, and dedicated to making a positive impact on both colleagues and patients.”*

**JACLYN CRAWFORD** of UM Shore Regional Health, Easton

**JULIE MCCLYMENT** of Luminis Health, Annapolis

**NATALIE JOHNSTON** of Luminis Health, Annapolis; *“She makes every effort to be fair to all staff. She listens to the needs of the unit and works hard to make sure we are taken care of.”*

**RACHEL BIELER** of Luminis Health, Annapolis; *“Always teaching, looking out for you and your patients, and there when you need her.”*

**SARAH KNOBEL** of Luminis Health, Annapolis; *“As a Clinical Supervisor on the Acute Care of the Elderly Unit, Sarah is an exemplary leader whose positivity and organizational skills have a profound impact on our team and patients.”*

**SHANNON HEIM** of UM Shore Regional Health, Easton; *“Shannon moved from a staff nurse position into her current clinical coordinator position three years ago. She has done very well to understand the business and organizational needs of her department.”*

**SHAWNE DAVIS** of UM Shore Regional Health, Easton; *“Shawne’s leadership growth has been a pleasure to witness over the last three years. She is patient and team member focused.”*

**SONIA ANTAO** of Luminis Health, Annapolis; *“She works tirelessly to support the staff.”*

**STACY DION** of UM Shore Regional Health, Easton; *“Stacy is such a selfless, caring, hardworking clinical nurse coordinator! She is always going above and beyond to help not only the patients in same day surgery, but the staff, patients, and their families in all of our areas!”*

**WILLIAM SHERTENLIEB** of UM Shore Regional Health, Cambridge; *“This year, Bill has transitioned into the charge nurse role at his facility. Bill has truly thrived in this role. He is truly an asset to our team.”*



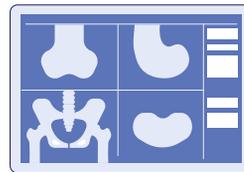
### Home Health/ Hospice

Staff nurse in home health care settings, hospice, in-patient hospice

**ABBEY LUDEAU** of Hospice of the Chesapeake, Pasadena; *“An exemplary nurse who treats with compassion and the utmost care.”*

**NICOLE VOJACEK** of OnSite Medical House Calls, Pasadena / Denton; *“Goes above and beyond her standard job requirements.”*

**SCOTT MOREHOUSE** of AccentCare Hospice & Palliative Care, Columbia; *“As an in-home Hospice Nurse, Scott’s ability to provide unbiased, compassionate care to patients is unmatched. He is kind, smart, and thorough.”*



### Long-Term Care Rehabilitation

Nursing home, gerontology, services for disabilities, rehabilitative services, subacute/transitional unit

**BEVERLY SOMERVILLE** of Acts Retirement-Life Communities (Heron Point), Chestertown; *“Beverly is a strong advocate for resident rights and quality of life, actively engaging in initiatives to enhance the care and services provided within the long-term care setting. Her nursing leadership has had a profound impact on the lives of residents and staff alike.”*

**JAMIE MERRITT** of UM Shore Regional Health, Easton; *“Jamie is the epitome of a rehab nurse. Her tenacious spirit lifts up patients and her care and commitment to the nursing profession is rehab is unwavering.”*

**JOAN GANNON** of HeartFields Assisted Living at Easton, Easton; *“Joan goes above and beyond for each resident here at HeartFields. Even donating her time to members of the community not looking for assisted living.”*

**LORI MANN** of Arcadia Assisted Living, Gambrills / Chester; *“Lori cares for our residents and anyone around her. She is the most caring, loving person I know!”*

**RENEE MERSON** of Complete Care Corsica Hills, Centreville; *“Renee is a kind, caring, and knowledgeable nurse. She is an asset to not only her team but to all the patients and residents that are cared for at Corsica Hills.”*



### Maternal-Child/ Women's Health

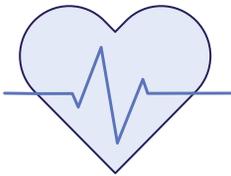
Obstetrics, gynecology, women’s health, nursery, pediatrics, NICU, PICU, Peds ER, early childhood/early intervention services

**CATHERINE GVOZDEN** of Gvozden Pediatrics, Millersville; *“Caring and dedicated practitioner.”*

**CHRISTINE GATES** of Luminis Health, Annapolis; *“Chris is an effective networker with the ability to work autonomously within the organization. Chris is skilled, flexible, and focused on details.”*

**DANIELLE YOURGEVIDGE**

of UM Baltimore Washington Medical Center, Glen Burnie; *“Danielle has dedicated her career to Women’s and Children’s services. She works every day to provide comprehensive care to high-risk pregnant women. Her positive attitude creates an environment of care and compassion.”*



**Medical/Surgical**

Acute or chronic medical and surgical nursing specialties

**AMANDA KULABONISH**

of Luminis Health, Annapolis; *“Amanda consistently demonstrates what it means to be a great team player. She is always ready to lend a hand, offer support, and share her expertise with her colleagues.”*

**ANGELA TREMPER**

of Luminis Health, Annapolis; *“Angie exemplifies the highest standards of nursing through her dedication, compassion, and exceptional clinical skills. Her ability to remain calm under pressure and her proactive approach to problem-solving make her an invaluable asset to our team.”*

**ARIANNA GRAZIADEI**

of Luminis Health, Annapolis; *“Arianna has been a dedicated member of our nursing team for over 10 years, consistently demonstrating a level of professionalism, compassion, and expertise that sets a high standard for others.”*

**BRITNEY REYES**

of Luminis Health, Annapolis; *“Britney is a seasoned nurse on the ACE Unit. She brings a calming energy to every situation. Britney mentors and educates new nurses in a respectful uplifting manner.”*

**BRITTANY ROPER**

of Luminis Health, Annapolis; *“Brittany’s compassionate approach to nursing ensures that every patient feels cared for and respected. She takes the time to listen, understand, and address the individual needs of her patients.”*

**GILBERT WAIRIA**

of Luminis Health, Annapolis; *“Gilbert’s ability to remain composed and empathetic in challenging situations is truly commendable. His calm demeanor and professional approach ensure that even the most difficult patients receive the care and respect they deserve.”*

**JASMINE SIMMS**

of Luminis Health, Annapolis; *“Her warm personality, her connecting bedside manner along with her knowledge and dedication to care her patients to the best of her ability makes her one of a kind.”*

**JENNIFER COLLINS**

of UM Shore Regional Health, Easton; *“Jennifer is hard working, always puts her patients first, and serves as a resource person for our new nurses. She always lends a helping hand regardless of her work load.”*

**JESSICA O’CONNELL**

of Luminis Health, Annapolis; *“Jessica is truly the sunshine of our nursing team, bringing warmth, positivity, and exceptional care to every patient she encounters. Her cheerful demeanor and compassion make her a beloved figure among both patients and colleagues.”*

**LEIGH TOMEY**

of UM Shore Regional Health, Easton; *“Leigh is the epitome of what a nurse should be. In fact, she is better than what a nurse should be. She goes above and beyond for her patients and colleagues every single day. She truly is a vessel of inspiration.”*

**LELAND LEAVERTON**

of Luminis Health, Annapolis; *“Leland is an exceptional nurse whose dedication, skill, and positive attitude make him an invaluable asset to our team. His enthusiasm and positive attitude create a motivating and collaborative work environment.”*

**LINDSAY KIMBLES**

of UM Shore Regional Health, Easton; *“Lindsay is one of those nurses that you know if she were taking care of your family member they are in good hands. She is very compassionate in care and makes sure her patient’s needs are taken care of.”*

**LYNDA KRAMER**

of Luminis Health, Annapolis; *“Lynda is an outstanding nurse who consistently demonstrates calmness, exceptional clinical skills, and dedication to patient care. Her expert clinical skills and sound judgment ensure that the highest quality of care is delivered, even in the most challenging situations.”*

**MEREDITH CLEMENS**

of Luminis Health, Annapolis; *“I am honored to nominate Meredith for her exceptional dedication, attention to detail, and compassionate care that she consistently provides to her patients and their families.”*

**PATRICIA ANNETTE**

**MOORE** of UM Shore Regional Health, Easton; *“Excels at patient care and team approach to total joint replacement surgery/recovery.”*

**RONGLI LIU**

of Luminis Health, Annapolis; *“Rongli is known for her extraordinary kindness and sweetness, which greatly enhance the care and comfort of our patients. Rongli’s gentle and compassionate nature makes her a beloved figure among both patients and colleagues.”*

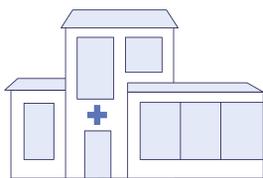
**SHANTICE KEENE**

of Luminis Health, Annapolis; *“Shantice’s compassionate nature shines through in every interaction she has with her patients. She approaches each individual with kindness and understanding, ensuring that they feel valued and respected.”*

**SHAUNA JOHNSON** of Luminis Health, Annapolis; *“Shauna is an exceptional nurse and deserves to be recognized for her extraordinary care. I have watched her support families in the most difficult times of their lives and show care as if they were her family. Shauna makes every life better that she touches, she is a ray of sunshine on the Ace Unit.”*

**TARA BINNALL** of Luminis Health, Annapolis; *“Tara goes above and beyond to make sure her patients feel safe and supported, often taking extra time to address their concerns and needs.”*

**TIMAH RICKETTS** of Tidal Health, Salisbury / Seaford; *“Timah approaches every aspect of her role with professionalism, integrity, and a deep sense of compassion for the individuals under her care.”*



### Nurse Executive Leadership

*Inclusive of Chief Nursing Officers (CNOs) Chief Executive Officers (CEOs), Deans, executive vice presidents of nursing, or equivalent, these professionals are responsible for leadership at the executive table; designing strategic, operational delivery systems and directing patient care services/education throughout an organization*

**CHRISTINE FROST** of Luminis Health, Annapolis; *“As our Chief Nursing Officer, Christine has demonstrated unparalleled dedication to our nursing staff and the community we serve. Christine’s commitment to excellence is evident in her tireless efforts to support and uplift our nursing team. She fosters a culture of professional growth, continuous learning, and mutual respect, ensuring that every nurse feels valued and empowered.”*

**JENNIFER “JENNY” BOWIE** of UM Shore Regional Health, Easton; *“I am writing this nomination for Jenny because she comes out of her office and spends time with our team listening to challenges and celebrating successes. Recently on a weekend Jenny went to all four of our sites at Shore to spend time with nurses. She is always willing to spend face time and to help us get to a better place.”*

**TISHA THOMPSON** of UM Shore Regional Health, Easton; *“Tisha stands as a beacon of inspiration within our institution, leading with compassion, integrity, and a visionary approach to nursing administration. She has not only transformed our organization’s approach to patient care but has extended her impact beyond our walls through dedicated community outreach initiatives.”*



### Nursing Leadership

*Inclusive of clinical nurse managers, coordinators, directors; these middle management nurse leaders are often responsible for overseeing several units, departments, or service lines within an organization*

**AMY BRADLEY** of UM Shore Regional Health, Easton; *“Amy’s most remarkable qualities is her eagerness to embrace practice initiatives and her unwavering dedication to improving patient care.”*

**BOBBIE JO TROSSBACH** of UM Shore Regional Health, Chestertown; *“Patient advocate and great attention to detail, and is proficient in problem solving.”*

**BRITTANY ADAMS** of UM Shore Regional Health, Easton; *“Brittany is an exceptional leader and has functioned in a variety of nursing roles. Brittany leads with ease. Brittany’s focus is always patients first, with optimal patient outcomes.”*

**CASSANDRA BILBROUGH** of UM Shore Regional Health, Chestertown; *“Cassandra is the clinical coordinator for Acute Care and is a strong leader and role model for us all. She goes above and beyond and will jump in and help wherever she is needed!”*

**CHRISTINE USILTON** of Luminis Health, Annapolis; *“As the Nursing Director on the acute care for the elderly unit, Christine exemplifies outstanding leadership, dedication, and compassion. Her commitment to providing the highest quality of care for our elderly patients is truly remarkable.”*

**DENNIS KELLY** of Luminis Health, Annapolis; *“Dennis leads the busiest ED in the state of MD. Through Dennis’ collaborative approach and openness to shared governance, our ED throughput times are dramatically improved. Dennis’ team values his leadership style, visibility, and humbleness.”*

**DEVRA COCKERILLE** of Luminis Health, Annapolis; *“Devra advanced to Clinical Director Nursing. Though her home unit was sad to see her go, we have high hopes of her carrying on the culture and standards of the ACE Unit hospital-wide.”*

**JAN CLEMONS** of Luminis Health, Annapolis

**JASON WEAVER** of UM Shore Regional Health, Easton; *“Jason can be counted on to not only meet the needs of the moment but to also provide ongoing support to all the teams across the organization.”*

**JESSICA GENRICH** of UM Shore Regional Health, Easton; *“Jess is an incredible leader. She is kind, calm, and compassionate. Her actions and decisions demonstrate that she is mindful of the best interest of staff, patients, and families.”*

**KARI MIMNAUGH** of Luminis Health, Annapolis; *“Kari is a thriving Nurse Director who embraces challenges with flexibility, grace, unique innovations. Nurses experience professional nirvana in Kari’s departments.”*

**KIMBERLY KRAL** of UM Shore Regional Health, Cambridge; *“Kim is the clinical coordinator for Cambridge Emergency Department through Shore Regional Health. She is the oil that keeps our machine moving most days. She always has a positive attitude and is willing to help wherever she can.”*

**LYNN PARMENTIER** of UM Baltimore Washington Medical Center, Glen Burnie; *“Lynn is the Clinical Nurse Coordinator at the BWMC Center for Advanced Fetal Care. She is a champion for thorough, just, and equitable care for our patients.”*

**MARY COLLINS** of UM Shore Regional Health, Easton; *“Clinical nurse manager who is an excellent leader, very supportive of her staff, and an advocate for our patients.”*

**MARY GRACE HENSELL** of UM Shore Regional Health, Easton; *“Mary Grace is the absolute best director you could ask for! She is knowledgeable, caring, and respectful.”*

**SANDRA PROCHASKA** of UM Shore Regional Health, Chestertown; *“Sandy is the manager of ER and Acute Care in Chestertown. In addition to managing her two units, she is very involved in the daily operations of the other departments within the hospital. Sandy is a resource for all and always willing to help.”*

**TARA SMITH** of UM Shore Regional Health, Easton; *“Excellent leadership skills, organization skills, and coordinates teamwork on large nursing unit.”*



## Perioperative

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*Perioperative, recovery room, day surgery, operating room*

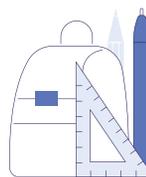
**CHRISTINE HOYER** of Luminis Health, Annapolis; *“A dedicated nurse of 36 years, 33 of those in the operating room. Worked through covid. Can equally scrub and circulate all cases. Has compassion and encompasses diversity in her everyday performance.”*

**HENRIETTE KELLEY** of Luminis Health, Annapolis; *“Henriette is a very dedicated and professional Operating Room Nurse. She is compassionate, kind, and a great role model.”*

**HOLLY FRASE** of UM Shore Regional Health, Easton; *“Holly is a superb PACU nurse. She is hardworking, caring, and an excellent leader in the relief charge roll! We are so lucky to have her.”*

**MARTHA DELSING** of Luminis Health, Annapolis; *“Martha is an effective leader for her team. She is able to solve problems, develop ideas to help the staff, and is very flexible, supportive, and empathetic.”*

**MEGHAN JOHNSON** of Luminis Health, Annapolis; *“Excellent clinical nurse, preceptor to new nurses, and advocate for patients and staff.”*



## Public Health/ Community/School

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*Public health, school, forensic, transplant coordinator, telehealth, parish, and corrections/prison nursing*

**SHANNON TEMPLE** of UM Shore Regional Health, Easton; *“Shannon’s leadership has been instrumental in ensuring that survivors receive comprehensive, trauma-informed care throughout the forensic examination process. She has worked tirelessly to establish protocols and procedures that prioritize the safety, dignity, and well-being of survivors.”*

**STACY THOMPSON** of Hurlock Elementary School / Dorchester County Public Schools, Hurlock; *“Stacy has been a nurse for the Dorchester County School System for almost 20 years. She has spent all of that time working at Hurlock Elementary School. Her students love her and so does her staff. She truly is one of Dorchester’s finest!”*



WINTER/SPRING PHILANTHROPIC CALENDAR

# Save the Date!



As the weather gets colder and the days become shorter, it's easy to want to hibernate at home. Luckily, the Winter/Spring Philanthropic Calendar is here to clear those winter blues! Grab your calendars and explore our extensive list of charity events, all benefiting various nonprofit organizations. From galas to parties and festivals, you'll have plenty to look forward to this season!

## November

### NOVEMBER 1ST THROUGH 3RD

**Sultan Chase Brexton Health Care Inaugural Annapolis Gala** at The Chesapeake Bay Foundation's headquarters in Annapolis. Benefits Chase Brexton Health Care. [Chasebrexton.org](http://Chasebrexton.org)

### NOVEMBER 8TH THROUGH 10TH

**Waterfowl Festival** at various locations in Easton. Benefits William A. Perry Scholarship Fund and Samuel H Shriver, Jr. Sporting Heritage Fund. [Waterfowlfestival.org](http://Waterfowlfestival.org)

### NOVEMBER 8TH

**50<sup>th</sup> Annual Maryland Irish Festival** at the Maryland State Fairgrounds in Timonium. Benefits Irish Charities of Maryland. [Irishfestival.com](http://Irishfestival.com)

### NOVEMBER 9TH

**Fish for a Cure** at the Safe Harbor Marina in Annapolis. Benefits the Cancer Survivorship Program at Luminis Health Anne Arundel Medical Center's Geaton and JoAnn DeCesaris Cancer Institute. [Fishforacure.org](http://Fishforacure.org)

## Your Generosity Empowers Families Through the Family Fund

Child-centered services are life-changing for the children and families who use them. At The Arc Central Chesapeake Region, we prioritize supporting the children, youth, and families who experience the most need with the right combination of resources, removing the barriers families face in supporting their children.

### What is The Family Fund?

Founded in 2017, The Family Fund is a grant designed to provide financial assistance and essential resources to families navigating the complexities of raising children with disabilities. Many effective resources, therapies, and services make an incredible difference in the quality of life for children with intellectual and developmental disabilities but are not covered by insurance and are out of reach financially for the families who need access to them most.

### Why Your Donation Matters

Raising a child with a disability often comes with unexpected expenses and emotions. From specialized educational resources to adaptive equipment and countless therapies, the financial strain on parents can be overwhelming. Since 2017, The Arc has granted more than \$200,000 to children with disabilities throughout the community, providing access to critical therapies, equipment, and educational and life-enriching opportunities. This program is 100% funded by generous donors like you, who understand that families don't always have the financial means to access the resources they need the most.



### How to Get Involved

Your donation to The Family Fund can fund:

- **Educational Resources:** Grants for tutoring and therapies that can make a world of difference in a child's learning and development.
- **Adaptive Equipment:** Financial assistance for tools and devices that enhance daily living.
- **Healthcare Costs:** Support for therapies and other essential health services that ensure children receive the care they need.
- **Family Support Services:** Respite care and support services that help families balance supporting their children while maintaining their well-being.

Every contribution—no matter the size—directly benefits a child in your community.



Scan QR code to donate or visit  
[thearcCCR.org/givefamilyfund](https://thearcCCR.org/givefamilyfund)

410-269-1883 |    



## Our Daily Thread Thrift Store



Stop in to see our  
**CHRISTMAS TREE  
MADE FROM BOOKS!**

The store features High Quality Women's and Men's clothes, accessories, housewares, toys, interior decorations and rare antique collectibles.

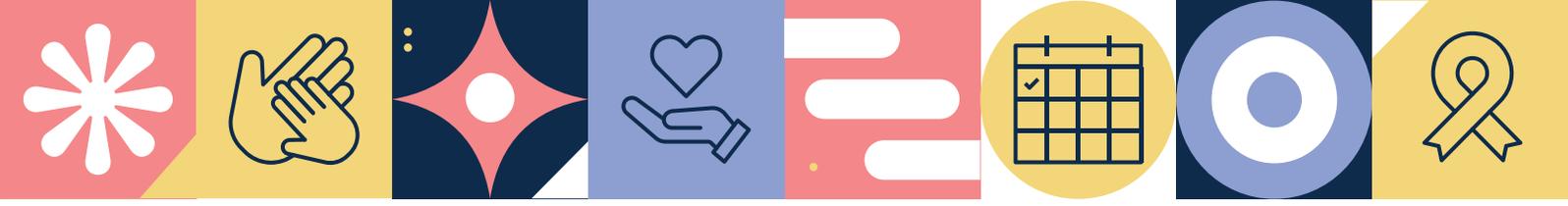
### Hours

Mon - Sat  
10AM - 4PM

410-353-0455  
1521 Postal Road  
Chester, MD



Rt 50 East, Exit 39A or B  
(2.5 Miles from the Bay Bridge)



Outdoor events, like Walk for the Woods on April 26th, pick back up in spring.

**Beef, Bonfires, and Cigars** at Prospect Bay Country Club in Grasonville. Benefits Haven Ministries. [Haven-ministries.org](http://Haven-ministries.org)

**NOVEMBER 10TH**

**Bay Bridge Run** on the Chesapeake Bay Bridge. Benefits Chesapeake Conservancy, Imadi, Severn Leadership Group, and Walk the Walk Foundation. [Bikesignup.com/race/baybridgerun](http://Bikesignup.com/race/baybridgerun)

**NOVEMBER 14TH**

**Annual Fashion Show & Holiday Gift Bazaar** at Eastern Shore Hospital Center in Cambridge. Benefits Eastern Shore Hospital Center's residential patients and patient programs. 410-221-2357 or [visitdorchester.org](http://visitdorchester.org)

**NOVEMBER 21ST**

**A Celebration of Charities** at Chesapeake Bay Beach Club in Stevensville. Benefits Chesapeake Charities. [Chesapeakecharities.org](http://Chesapeakecharities.org)

**NOVEMBER 29TH THROUGH DECEMBER 1ST**

**Festival of Trees** at the Maryland State Fairgrounds in Timonium. Benefits Kennedy Krieger Institute. [Kennedykrieger.org](http://Kennedykrieger.org)

**NOVEMBER 30TH**

**The Festival of Trees** at The Tidewater Inn in Easton. Benefits Friends of Hospice to benefit Talbot Hospice. [Festival-of-trees.org](http://Festival-of-trees.org)

**December**

**DECEMBER 5TH**

**Greater Baltimore Chapter Banquet** at Union Craft Brewing in Baltimore. Benefits Coastal Conservation Association. [Ccamd.org](http://Ccamd.org)

**Bugatti: Reaching for Perfection Special Gala Preview** at Academy Art Museum in Easton. Benefitting Academy Art Museum. [Academyartmuseum.org](http://Academyartmuseum.org)

**DECEMBER 5TH THROUGH 8TH**

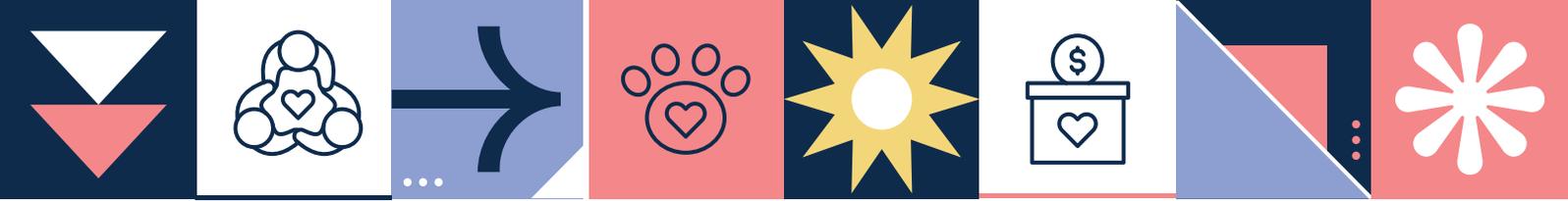
**11<sup>th</sup> Annual Lights of Kindness** at Homestead Gardens in Davidsonville. Benefits The Rotary Club of South Anne Arundel County. [Rotarylightsofkindness.org](http://Rotarylightsofkindness.org)

**DECEMBER 8TH**

**Annapolis Chocolate Binge Festival** on West Street in Annapolis. Benefits the Inner West Street Association and Annapolis Arts District. [Annapolischocolatefestival.com](http://Annapolischocolatefestival.com)

**DECEMBER 12TH THROUGH 15TH**

**Christmas in St. Michaels** at venues throughout St. Michaels. Benefits local nonprofit organizations. [Christmasinst Michaels.org](http://Christmasinst Michaels.org)



**DECEMBER 14TH**

**Santa Swim** at Hyatt Regency in Cambridge. Benefits Care and Share Fund of Dorchester County. Careandsharefund.com

**Bay Bells & Shark Tails** at Charles Carrol House in Annapolis. Benefits Core Shark H2O. csh2o.org

**January**

**JANUARY 29TH**

**Polar Bear Plunge** at Sandy Point State Park in Arnold. Benefits the Special Olympics Maryland. Plungemd.com



Silent auctions are excellent gala fundraisers for many charities.



# Our door is always open



ACCEPTING  
NEW CLIENTS.  
NO  
WAITLIST.

- ✓ Therapy
- ✓ Psychiatry
- ✓ Victim Services

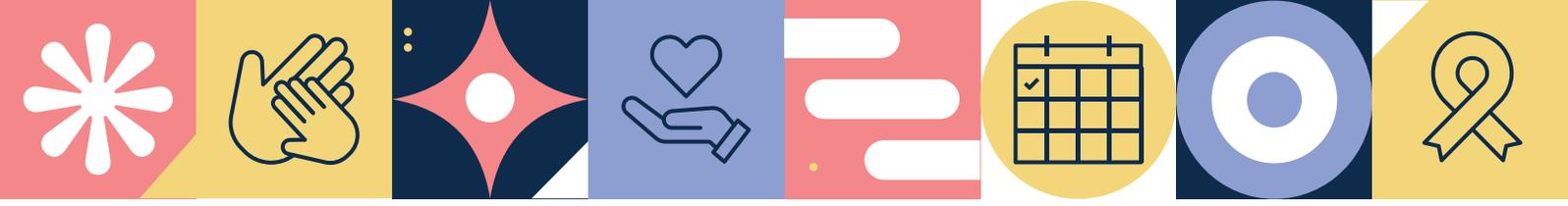
410.822.1018  
ForAllSeasonsInc.org



Get started!



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



Mix, mingle, and make friends at local charity events.

## February

**FEBRUARY 8TH**

**The 2025 Bernie House Mardi Gras Benefit Gala** at Graduate Hotel in Annapolis. Benefits The Bernie House. [theberniehouse.org](http://theberniehouse.org)

**FEBRUARY 22ND**

**Casey Cares Annual Gala** at American Visionary Museum in Baltimore. Benefits Casey Cares. [caseycares.org](http://caseycares.org)

## March

**MARCH 1ST**

**Black Tie & Diamonds** at Graduate Hotel in Annapolis. Benefits Rotary Club of Annapolis. [annapolisrotary.org](http://annapolisrotary.org)

**MARCH 4TH**

**Wild and Scenic Film Festival** at Maryland Hall in Annapolis. Benefits Alliance for the Chesapeake. [allianceforthebay.org](http://allianceforthebay.org)

**MARCH 21ST**

**"Seas" The Day Gala** at The Atreum @ Soaring Timbers in Annapolis. Benefits GiGi's Playhouse. [gigisplayhouse.org](http://gigisplayhouse.org)

**MARCH 27TH THROUGH 30TH**

**Annapolis Film Festival** in various locations in Downtown Annapolis. Benefits the Annapolis Film Festival. [annapolisfilm-festival.org](http://annapolisfilm-festival.org)

**MARCH 29TH**

**Bosum Buddies Ball** at the Westin Hotel in Annapolis. Benefits Bosum Buddies Charities. [bosumbuddiescharities.org](http://bosumbuddiescharities.org)

**Bubbles and Bingo** at The Atreum at Soaring Timbers in Annapolis. Benefits Hospice of the Chesapeake. [hospice-chesapeake.org](http://hospice-chesapeake.org)

## April

**APRIL 5TH**

**Summit School Gala** location TBD. Benefits The Summit School. [thesummit-school.org](http://thesummit-school.org)

**APRIL 26TH**

**AAMC Foundation's Denim & Diamonds** benefits Luminis Health Anne Arundel Medical Center's mental health services. [Aamcdenimanddiamonds.org](http://Aamcdenimanddiamonds.org)

**Hope Grows Here Black Tie Gala** at Spain Wine Bar in Ocean City. Benefits Unstoppable Joy. [Unstoppablejoyco.org](http://Unstoppablejoyco.org)

**20th Annual Walk for the Woods** at Bacon Ridge Natural Area in Crownsville. Benefits Scenic Rivers Land Trust. [srlt.org](http://srlt.org)

**APRIL 27TH**

**Red Shoe Shuffle 5K Run and Walk** at the Ronald McDonald House in Baltimore. Benefits The Ronald McDonald House Charities. [Redshoeshuffle.org](http://Redshoeshuffle.org)

### Share Your Charity Event Online

To have your organization's event added to our digital calendars and for consideration in next season's guide, please fill out the form online at [Whatsupmag.com/events/submit.html](http://Whatsupmag.com/events/submit.html) or scan here:



Have what it takes to raise funds by taking an icy plunge? This year's Polar Bear Plunge benefiting Special Olympics of Maryland takes place January 29th.



ANNE ARUNDEL MEDICAL CENTER FOUNDATION

# DENIM & DIAMONDS

BENEFITING MENTAL HEALTH IN OUR COMMUNITY

# SAVE THE DATE

April 26, 2025 | 6:00pm - 11:00 pm

We are excited to reunite with our community after six years to celebrate Denim & Diamonds, Luminis Health Anne Arundel Medical Center's largest fundraiser supporting mental health services in our community.

A limited number of tickets will go on sale in January.  
Guarantee your spot by becoming a sponsor today.

For more information, please contact us at: [denimanddiamonds@luminishealth.org](mailto:denimanddiamonds@luminishealth.org).

[www.AAMCDenimAndDiamonds.org](http://www.AAMCDenimAndDiamonds.org)



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# BAY POINT WEALTH

## **Leaving a Legacy: Securing Your Future While Giving Back**

At Bay Point Wealth, we believe that true wealth extends beyond finances—it's about the legacy you leave behind. With decades of experience, our team of Certified Private Wealth Advisors® helps families and business owners design personalized strategies that reflect their values, ensuring their wealth benefits future generations and the community.

**Charitable Giving: Strengthening Your Community** Tools like Donor-Advised Funds (DAFs) provide immediate tax benefits while allowing you to make charitable donations over time. Updating IRA beneficiaries for partial charitable gifting can further reduce tax burdens, ensuring your resources support what matters most.

**Leaving a Legacy for Your Children** Trusts are an effective way to transfer wealth responsibly. You can also make annual tax-free gifts to family members. For business owners, a sound succession plan ensures smooth leadership transitions and financial stability for your family.

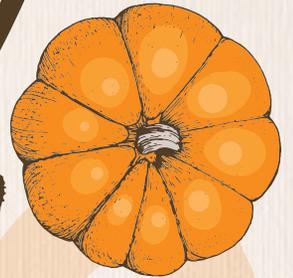
**Minimizing Taxes: Efficient Estate Planning** By leveraging estate tax exemptions and Qualified Charitable Distributions (QCDs), you can minimize taxes while maximizing the inheritance left to your heirs.

At Bay Point Wealth, we provide the guidance you need to navigate the complexities of estate planning, charitable giving, and tax efficiency. Our goal is to help you create a lasting legacy—one that reflects your values, strengthens your community, and secures your family's future.

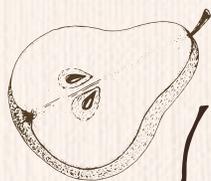


CHESAPEAKE

# holiday dinner table



Culled from our recipe archives and restaurant collaborations of these many years, we present multiple courses that incorporate seasonal and local ingredients. Each recipe herein is a microcosm of Chesapeake-style dining. Most are fairly easy to make at home. All will impress your guests. Bon appetit or as we like to say 'round these here parts, "Y'all enjoy!"





# Antoine's Stuffed Oysters Rockefeller

## Courtesy Boatyard Bar & Grill

400 Fourth Street, Annapolis;  
410-216-6206; boatyardbarandgrill.com

All ingredients can be quickly rough chopped as we will puree mixture when its cooking is complete. We recommend a buttery rich Kendall Jackson Chardonnay as a paired wine. Makes 2-3 dozen oysters

### INGREDIENTS

- 1 stick butter
- 3/4 cup peeled shallot, diced
- 1 1/2 cups chopped celery
- 2 whole carrots, shredded
- 2 1/2 pounds fresh baby spinach
- 1/2 cup fresh chopped basil
- 1/2 cup fresh chopped parsley
- 1 tablespoon chopped fresh garlic
- 1/2 cup Pernod (more or less to taste...may substitute Anisette or other anise flavored liquor)
- 1/2 cup panko breadcrumbs
- 1 1/2 cups shredded Parmesan-Reggiano cheese & mozzarella mix
- 2-3 dozen Chesapeake Bay oysters

In a large heavy sauté pan add butter and heat until bubbly; add shallot, celery, carrots and sauté until soft. Add spinach, basil, parsley and garlic and sauté 'til spinach is wilted. Carefully, as it is flammable, add liquor and reduce till almost dry. Pour this mixture into a mixing bowl and add breadcrumbs to absorb excess moisture. Stir in 1/2 cup of the cheese, and salt and pepper to taste. When cool, add small batches to food processor and pulse until ingredients are a rough/smooth consistency. Not too smooth. Let cool. Add another 1/2 cup of cheese. Shuck desired number of oysters and stuff each oyster with cooled spinach stuffing enough to almost cover oyster, don't pack down. Place your oysters on a sheet pan, top with the remaining 1/2 cup of shredded cheese. (You may substitute the cheese and use a hollandaise or béarnaise sauce.) Place in 400-degree oven or under broiler until oysters are cooked and cheese and spinach mix are just brown. Serve oysters over rock/Kosher salt with fresh lemon wedges and your desired wine or Champagne.





# Maryland Cream of Crab Soup

**Courtesy Carrol's Creek Café**  
410 Severn Avenue, Annapolis;  
410-263-8102; carrolscreek.com

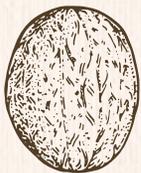
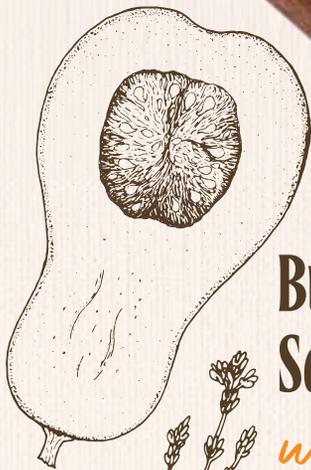
Serves at least eight bowls,  
with more in reserve

## INGREDIENTS

1.5 lbs. jumbo lump crabmeat  
(pick clean of shells)  
1/2 gallon milk  
1 cup heavy cream  
1 yellow onion (sliced)  
1/2 cup sherry  
1/2 cup brandy  
2 Tbsp. crab base  
(substituted for crab stock)  
3 whole cloves  
1 Tbsp. Old Bay Seasoning  
Pinch cayenne pepper  
5 oz. melted butter  
5 oz. flour

In a medium  
saucepan, whisk the  
butter and flour over low  
heat for 5 minutes. Set aside. In a  
large heavy gauge pot, combine  
all the other ingredients (except  
crabmeat) over low medium  
heat. When the soup is hot to  
the touch, turn heat to low and  
whisk in the butter/flour mixture  
(roux). Stir every few minutes  
until the desired thickness is  
reached. Be careful not to bring  
to a boil. Strain into another pot  
and stir in the crabmeat. Enjoy.





## Butternut Squash Bisque

*with pumpkin butter*

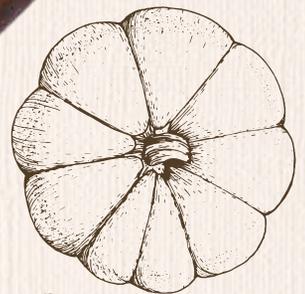
**Courtesy Treaty of Paris**  
iconic/beloved Annapolis restaurant that closed in 2019

Serves 2

### INGREDIENTS

Vegetable oil spray  
1 two-pound butternut squash (cut in half lengthwise)  
2 cups of low sodium chicken broth  
1/2 teaspoon ground cinnamon  
1/2 teaspoon ground marjoram  
1/2 teaspoon dried thyme  
Pinch of grated nutmeg  
1 cup of half and half  
Kosher salt and freshly ground pepper  
1 jar of pumpkin butter  
Chopped pistachio nuts

Preheat oven to 375F degrees. Spray a 9" x 13" baking dish with vegetable oil spray. Place the squash halves, cut side down, in the prepared dish. Pierce the skin sides several times with a fork. Bake until the squash is tender, about 45 minutes. Set aside until cool enough to handle. Using a large spoon, scrape the flesh from the cooked squash into a food processor. Discard the skins. Add 1 1/2 cups of the chicken broth, cinnamon, marjoram, thyme, and nutmeg, and puree until smooth. Transfer the puree to a large saucepan. Whisk half and half into the soup over medium heat. If you prefer a thinner consistency, add the remaining broth. Season to taste with salt and pepper. Ladle the soup into warmed bowls. Top with a dollop of pumpkin butter and sprinkle with chopped pistachios before serving.



# Rockfish Topped with Crab Imperial

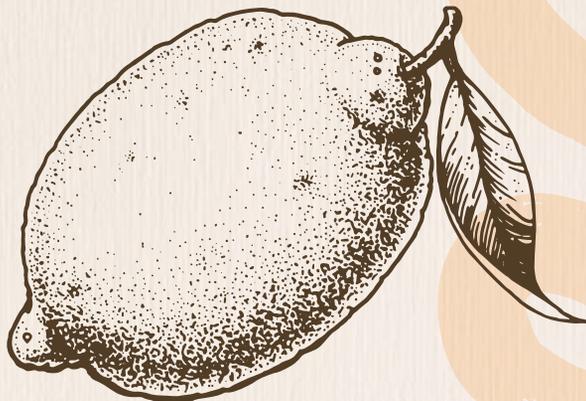
**Courtesy Captain's Ketch  
Seafood Market**

316 Glebe Road, Easton;  
410-822-7177;  
captainsketchseafood.com

Serves 4

## INGREDIENTS

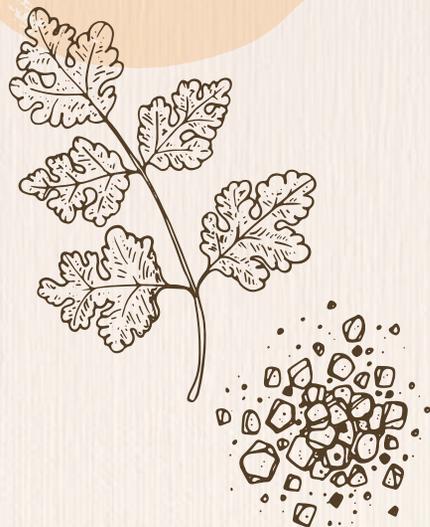
1 egg, lightly beaten  
1/2 cup mayonnaise  
1 tablespoon creamy Dijon mustard  
1 teaspoon Old Bay seasoning  
1 tablespoon Worcestershire sauce  
1 teaspoon parsley (chopped)  
1 teaspoon Tabasco  
1/4 cup Panko breadcrumbs  
1 pound lump Maryland backfin crab meat  
2 pounds Rockfish fillets (skin on)



## IMPERIAL SAUCE INGREDIENTS

1/4 cup mayonnaise  
1/8 teaspoon Tabasco sauce  
1/8 teaspoon lemon juice  
1/8 teaspoon Worcestershire Sauce  
1/8 teaspoon Old Bay Seasoning

Preheat oven to 350F. Spray a baking pan with cooking spray and place fillets on pan, skin side down. Mix first eight ingredients together in a separate bowl. Gently fold crab meat into mixture. Spread mixture over fillets. Bake for 25 minutes, or until flaky. Top with Imperial sauce. Bake for an additional 3 minutes.





# Honey Rosemary *chicken*

**Courtesy Julie St.  
Marie Catering &  
Event Coordination**

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

Serves 2

This is a stress-less chicken dish. These simple, flavorful chicken breasts are one of our most popular lunch entrees.

## INGREDIENTS

(2) 8-ounce air-line chicken breasts  
1/2 tablespoon chopped fresh oregano  
1 tablespoon chopped fresh rosemary  
1/4 cup honey  
1/4 cup vegetable oil  
1 teaspoon salt and freshly ground pepper  
1 teaspoon Montreal Steak seasoning  
1 teaspoon ground cumin  
1/2 teaspoon ground coriander  
1 teaspoon lemon pepper seasoning

Preheat oven to 300F. Mix olive oil and honey together; set aside. Mix remaining ingredients together and season the chicken with them. Marinate seasoned chicken for at least 8 hours in the refrigerator (Add more oil as needed). Spray a baking sheet with non-stick spray. Place chicken on the pan and cover with excess marinade. Place chicken in preheated oven and bake 30 minutes. Increase heat to 350F and bake an additional 15-20 minutes until golden brown.





# Fordham Brats and Mash

**Courtesy Rams Head Tavern**

33 West Street, Annapolis;  
410-268-4545;  
ramsheadtavern.com

Serves 1

### INGREDIENTS

- 2 Fordham bratwursts
- 8 ounces mashed potatoes (recipe below)
- 4 ounces sauerkraut
- 3 ounces pickled red cabbage
- Garnish: 2 tablespoons whole-grain mustard gravy (mustard + gravy)
- pinch minced fresh parsley

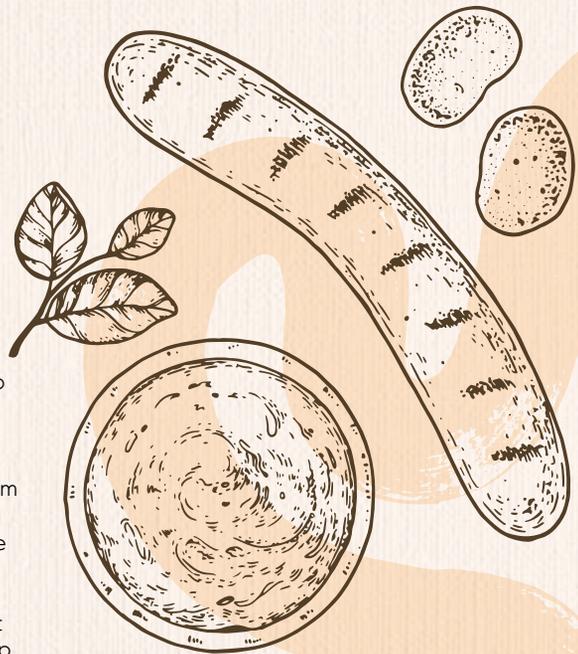
Grill the bratwursts. Sauté sauerkraut and pickled cabbage until hot. Put mashed potatoes in bowl, top with sauerkraut, pickled cabbage, and bratwursts. Ladle mustard gravy over the top and garnish with a pinch of minced parsley.

### MASHED POTATOES

Serves 4

- 2 pounds Russet potatoes
- 5 tablespoons butter, at room temperature
- 1/4 cup milk, hot
- 1/4 cup heavy cream, hot
- 1/2 tablespoon Kosher salt plus freshly ground black pepper

Scrub, peel, and cut potatoes into large pieces. Steam until tender enough to mash easily. Drain and dry them on a sheet pan in the oven until no more steam rises from them. While the potatoes are still hot, whip them in a mixer. Add the butter and mix into the potatoes until just incorporated. Add the milk and cream (small amounts at a time), salt, and pepper and whip until smooth and light. Taste. Add salt and pepper to taste.



# Apple Crumble

## All in One

Courtesy David's Natural Market

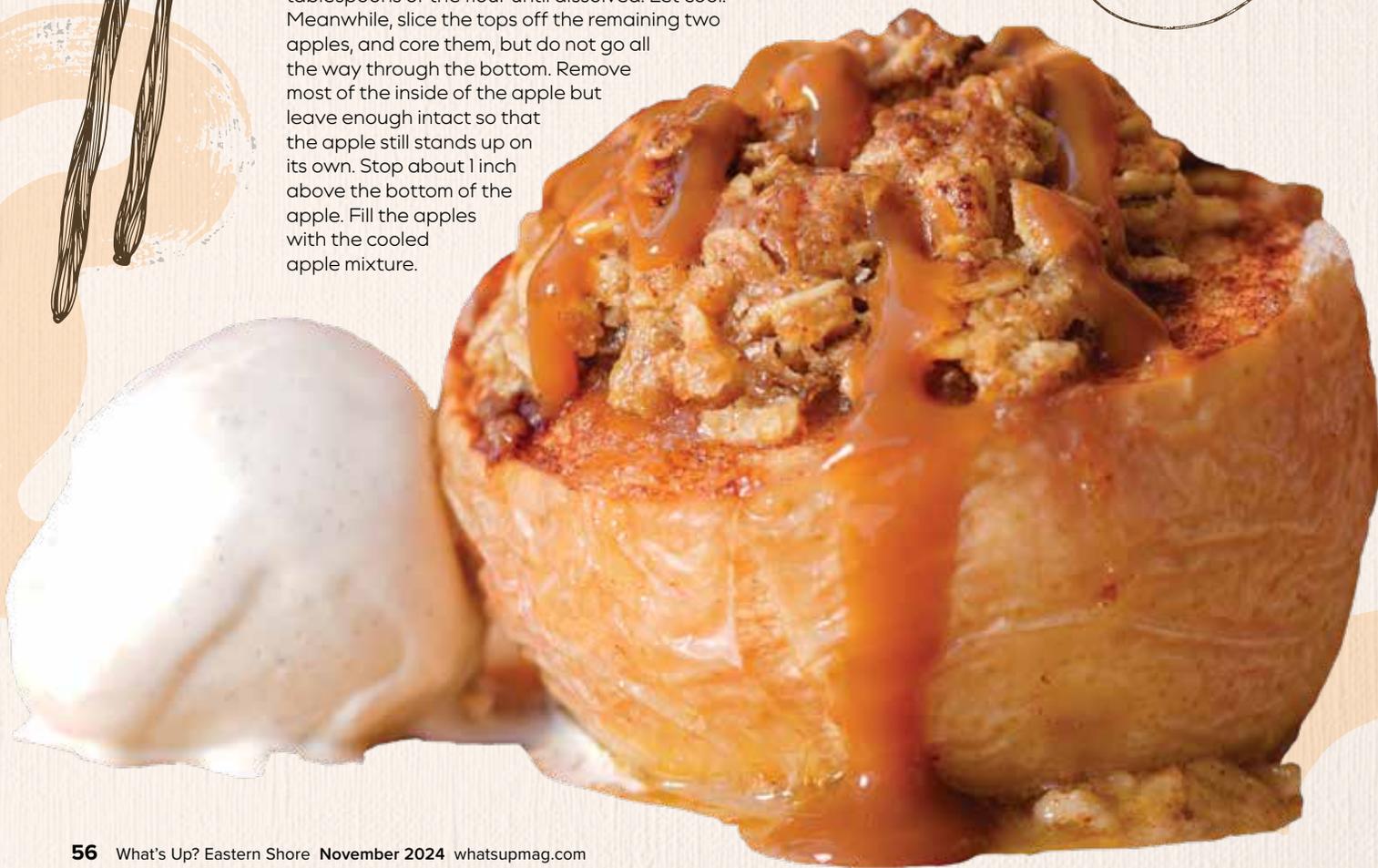
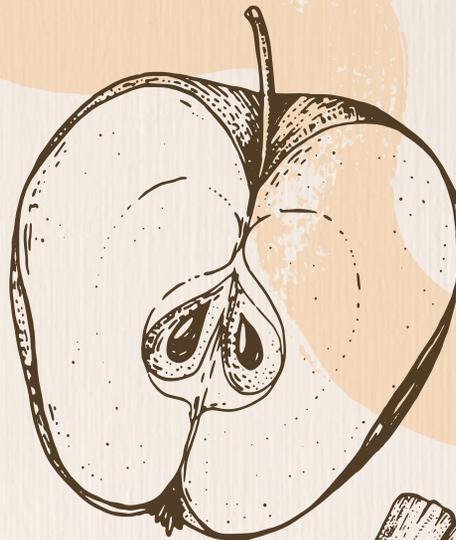
871 Annapolis Road, Gambrills;  
410-987-1533; davidsnaturalmarket.com

Serves 3

### INGREDIENTS

3 large apples  
1 1/4 teaspoon ground cinnamon, divided use  
2 teaspoon fresh lemon juice  
1/4 cup, plus 1 tablespoon  
brown sugar, divided use  
4 tablespoons butter  
1/4 cup flour, divided use  
1/4 cup rolled oats  
2 scoops of vanilla ice cream  
and caramel for serving

Preheat the oven to 375F. Peel, core, and dice one apple. Place it in a small skillet with 1 teaspoon of cinnamon, lemon juice, 1/4 cup of brown sugar, and 1 tablespoon of the butter. Turn the heat to medium high, stir, and cook until the apple dices start to soften and release their juices, about 5 minutes. Turn off the heat, and then stir in 2 tablespoons of the flour until dissolved. Let cool. Meanwhile, slice the tops off the remaining two apples, and core them, but do not go all the way through the bottom. Remove most of the inside of the apple but leave enough intact so that the apple still stands up on its own. Stop about 1 inch above the bottom of the apple. Fill the apples with the cooled apple mixture.



# Chocolate Chip, Oatmeal & Toffee *cookies*

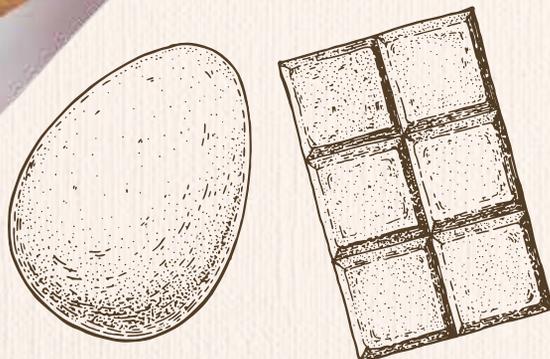


**Courtesy Doris Wisner,**  
who won "Most Creative Cookie"  
in What's Up? Media's 2018  
Cookie Contest

## **INGREDIENTS**

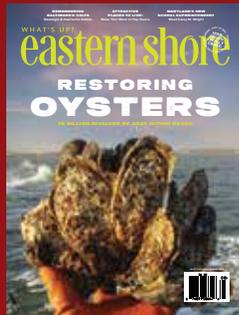
1 1/2 cups flour  
1 teaspoon baking soda  
1 cup butter  
3/4 cup granulated sugar  
3/4 cup light brown sugar  
1 egg  
1 teaspoon vanilla  
1 1/2 cups quick oatmeal  
1 cup mini chocolate chips  
1 cup toffee bits  
(Skor or Heath Bar bits)

Mix together flour and baking soda. Separately, beat together butter, granulated sugar, and light brown sugar; add egg and vanilla. Add flour mixture to creamed mixture. Add quick oatmeal, chocolate chips, and toffee bits. Divide into 3 parts and roll into 3 logs about 1 1/2" diameter in plastic wrap. Refrigerate for at least one hour and preferably overnight. Remove from refrigerator and slice 1/4" to 3/8" thick and bake on a greased baking sheet for about 10 minutes until light brown at 350 degrees. Enjoy!





1.

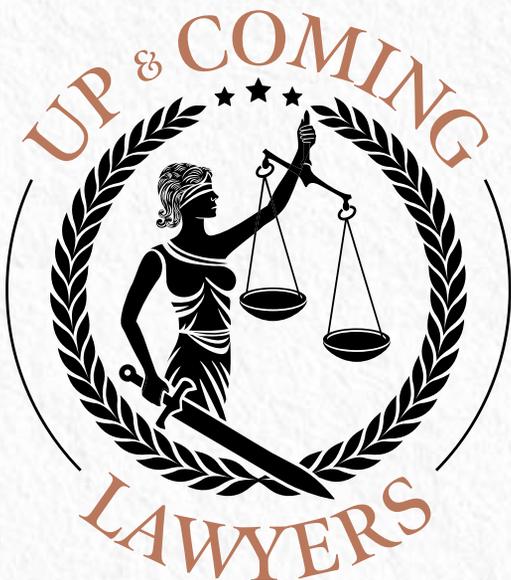


2.

# Holiday Gift Guide 2024

**1. Swan Cove Spa & Salon gift cards.** We'll help you relax, rejuvenate, and find a sense of health and well-being. Swan Cove Spa & Salon, 100 Piney Narrows Rd., Suite I, Chester, MD, swancoespa.com

**2. The gift of What's Up? Magazines.** Save 60% off the cover price! Subscriber to the Chesapeake Region's favorite magazines and get your finger on the pulse of everything going on around town! Don't miss an issue! Call 410-266-6287 or visit [whatsupmag.com](http://whatsupmag.com) to start your subscription!



## 2025 CALL FOR ENTRIES!

What's Up? Media is seeking the next class of Up & Coming Lawyers to honor! We are calling upon local law firms practicing in the Chesapeake Bay region to nominate exemplary lawyers in the early stages of their legal career. We are currently accepting nominations from your firm's management of young, up and coming lawyers. For editorial consideration, management must complete an online form nominating an employed lawyer within your firm that is 40 years old or younger by the deadline of December 31, 2024. Nomination forms are online here:

[whatsupmag.com/upandcominglawyers2025](http://whatsupmag.com/upandcominglawyers2025)



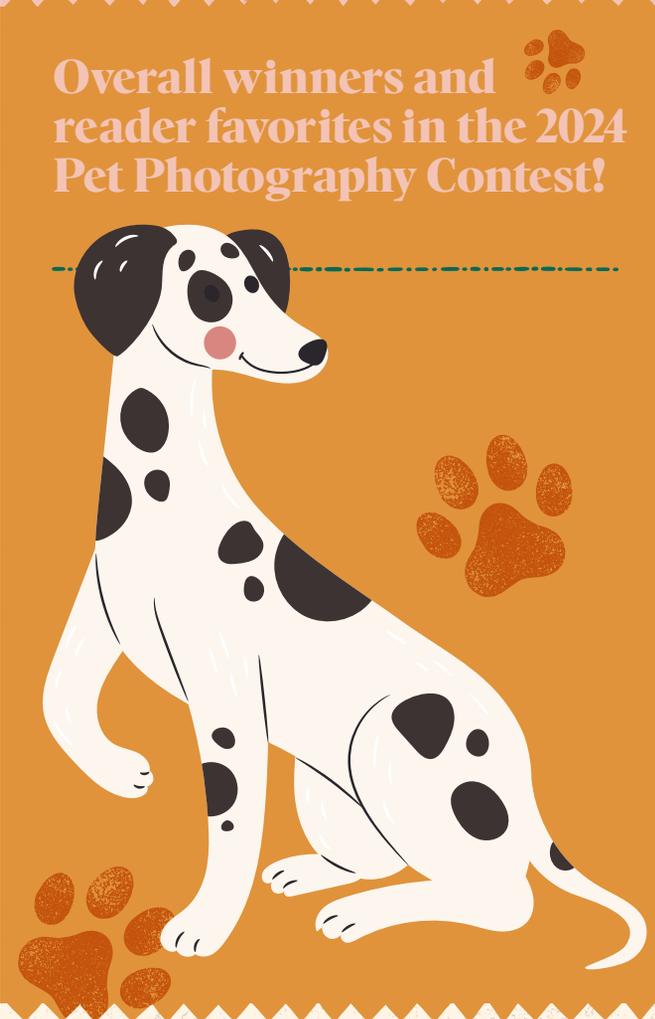
Each firm may nominate up to three lawyers in this unique opportunity to showcase the young talent within your organization!



OUR BELOVED



PETS



Overall winners and  
reader favorites in the 2024  
Pet Photography Contest!

We sure have some cute pets! The evidence poured in this past summer when we announced the magazine's Pet Photography Contest. Open to all readers, we asked for photos of your pets at play, being whimsical, sleepy, silly, and just plain lovable!

This contest had a philanthropical twist, too. Each entry requested a \$10 donation, which will be given to local animal shelters. Dozens of photos were submitted during the July entry period and in August, we then asked readers to vote for your favorites. The voting was fun and competitive.

THE RESULTING WINNERS AND READER  
FAVORITES DESERVE KUDOS FOR  
CAPTURING THEIR PETS AT THEIR BEST!

# FIRST PLACE WINNER

**Ovi, submitted by Dawn B. of Owings**

“OVI IS A SIX-YEAR-OLD LAB THAT JUST ENJOYS BEING OUTSIDE AND HANGING OUT WITH PEOPLE.”



## SECOND PLACE

**Lulu, submitted by Susan L. of Crownsville**

“Fifteen-year-old Lulu came to our family last June as a hospice foster after she was abandoned at our local shelter. She wasted no time winning over the hearts of family and friends with her sweet disposition and perpetual smile, and quickly moved from fostered to adopted. More than a year later, Lulu has soaked up lots of pets, enjoyed road trips and boat outings, and continues to teach us to greet each day with a smile no matter what challenge you face.”



## THIRD PLACE

**Shinichi, submitted by Stacey C. of Annapolis**

“My beautiful, rescued boy, chillin’ in his favorite spot.”



## FOURTH PLACE

Stori Sinclair, submitted by Lola T. of Arnold

“Stori Sinclair is the best good girl. She is a Maltese shih tzu, smells fantastic, loves to go to work, has hair as soft as a baby bunny, and never leaves mom’s side. She’s shown here hard at work being a balloon studio manager.”

## FIFTH PLACE

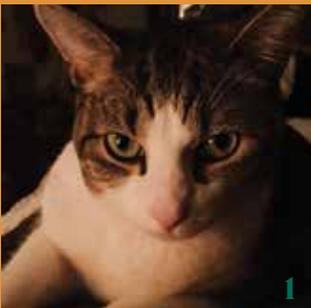
Skippy Do Dog, submitted by Maxwell H. of Annapolis

“Skippy is a rescue pup who we are so lucky to have found, he had a life in the shelter sleeping in cold crates and now gets tucked in every night! We hope everyone can find a rescue like Skippy.”



## READER FAVORITES

### OTHER CUTE VOTE GETTERS!



1



2



3

1. **Nugget**, submitted by Alicia B. of Pasadena

2. **Jetty**, submitted by Julie B. of Severna Park

3. **Charley**, submitted by Kristi B. of Arnold

4. **Sadie**, submitted by Amanda M. of Selbyville

5. **Daisy**, submitted by Karen M. of Annapolis

6. **Nala**, submitted by Megan L. of Stevensville



4



5



6



"Stock Range Farm" | 27772 Sharp Road | Easton | Offered at \$17,900,000



7891 Fort Stokes Road | Easton | Offered at \$4,750,000



6694 Hopkins Neck Road | Easton | Offered at \$3,395,000



26326 Heronwood Road | Easton | Offered at \$2,875,000



1015 Riverview Terrace | St. Michaels | Offered at \$2,195,000



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# Home & Garden

**72** DINNER IS SERVED...

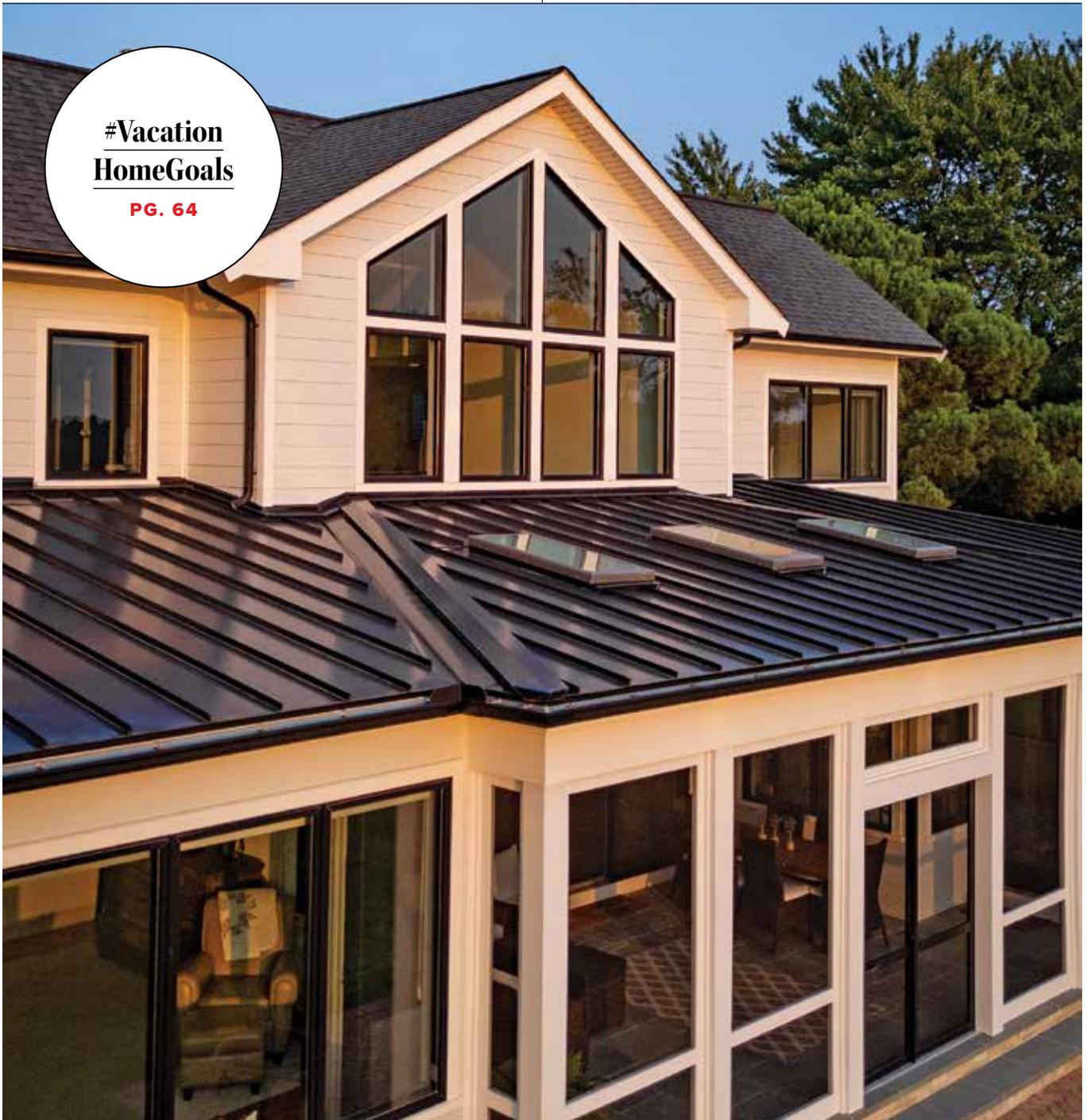
**76** BETWEEN THE LEAVES

**78** REAL ESTATE PROFILE

**80** REAL ESTATE PROFILE

**#Vacation  
HomeGoals**

**PG. 64**



# #Vacation HomeGoals

**AFTER A LONG WEEK AT WORK (ESPECIALLY IN D.C.), WHAT FAMILY DOESN'T WANT TO JUST JUMP IN THE CAR WITH A COUPLE OF SUITCASES AND HIT THE ROAD FOR AN ALTERNATIVE DESTINATION DESIGNED SPECIFICALLY FOR THEM?**

By Lisa J. Gotto

**A** location, the homeowners say, that would provide the laid-back vibes that their kids expressed feeling when they would head to the beaches and other areas on the Shore, such as Royal Oak, Bozman-Neavitt, and Easton, for vacations.

“Finally, we narrowed in on St. Michaels,” the wife says. “We loved the town itself and its prox-

**THE PROJECT:** A new home build for a family that wanted to create the quintessential DMV-centric vacation-home escape; something that was large enough to relax in, re-connect, play golf, and put the work week behind them, without creating a forward-looking to-do list.

imity to Easton was ideal. At the time, the Inn at Perry Cabin had recently purchased the property formerly known as Harbourtowne, in the Martingham neighborhood, and had also purchased the golf course.”

And when she learned the course, which became the Links at Perry Cabin, was to be designed by the renowned golf course architect, Pete Dye, she said that sealed the deal for them.

“The neighborhood of Martingham shot to the top of our list and we considered a few homes,” she adds. “Then, a lot became available, and it was on the water with western exposure which would allow us to enjoy the sunsets—a huge priority of ours. It was also a great spot in the neighborhood, just down from the Links and what will one-day be the Lodge at Perry Cabin.”





**THE PLACE:** The homeowners, who reside in Northern Virginia when they're not on the Shore, were referred to Brent Paquin of Paquin Design/Build by their real estate agent, who had spent more than a year touring with his clients throughout Talbot County, looking for just the right location.



**EXECUTING THE PLAN:** Paquin says the couple gravitated to a custom home plan that he happened to already have on the drafting table.

Paquin says he was impressed by the size and location of the lot that provided ample acreage and could potentially provide ideal views of the water from the back of the home. This was a particularly lucky find for the couple because it was an older, well-established community, and one that did not require the planting of trees that might otherwise obstruct the view of the creek.

“This community surrounds a golf course and it kind of sits out on the peninsula,” explains Paquin. “There are a lot of waterfront houses there, and some golf course frontage houses that have been around since the '70s.”

“When they explained to me what they were looking for, this plan lent itself to that and they liked it, we just made some tweaks to it.”

The result is a residence, with a waterfront view

of Porter Creek, built to provide just over 4,200 square-feet of living space, four bedrooms, and four-and-a-half baths. Paquin describes the style as a modern farmhouse look from the street, but with a more modern vibe for the rear exterior.

“The back of the house, the water side of the house, is all picture windows and casement windows. The street side of the house has double hung windows just to achieve the modern farmhouse look that we were going for.”

The process for the homeowners, they say, was seamless. “We liked the way Brent was open to working with clients, and he had several existing designs to start the process. His team on the site was outstanding, including their staff superintendent who was incredibly nice and had a keen attention to detail.”





## **MEANINGFUL MAIN LEVEL LIVING**

The couple was also happy to take advantage of Paquin's suggestions for their exterior and his interior design team's take on the inner spaces that would come to mean so much to them.

"Brent presented a farmhouse-style home, and we loved it right away," the wife explains. "We definitely wanted a front porch and a screened-in-porch. We also wanted to have a bright, happy feel. Inside, the most important thing to us was to take advantage of our water views."

The homeowners say that they also prize their vaulted ceiling on the main level that is open to the upper-level recreation area and designed with massive windows, a space they would use to accommodate a pool table and television. They love that the layout allows the kids and guests to be upstairs playing pool, but still engaged with the action downstairs.



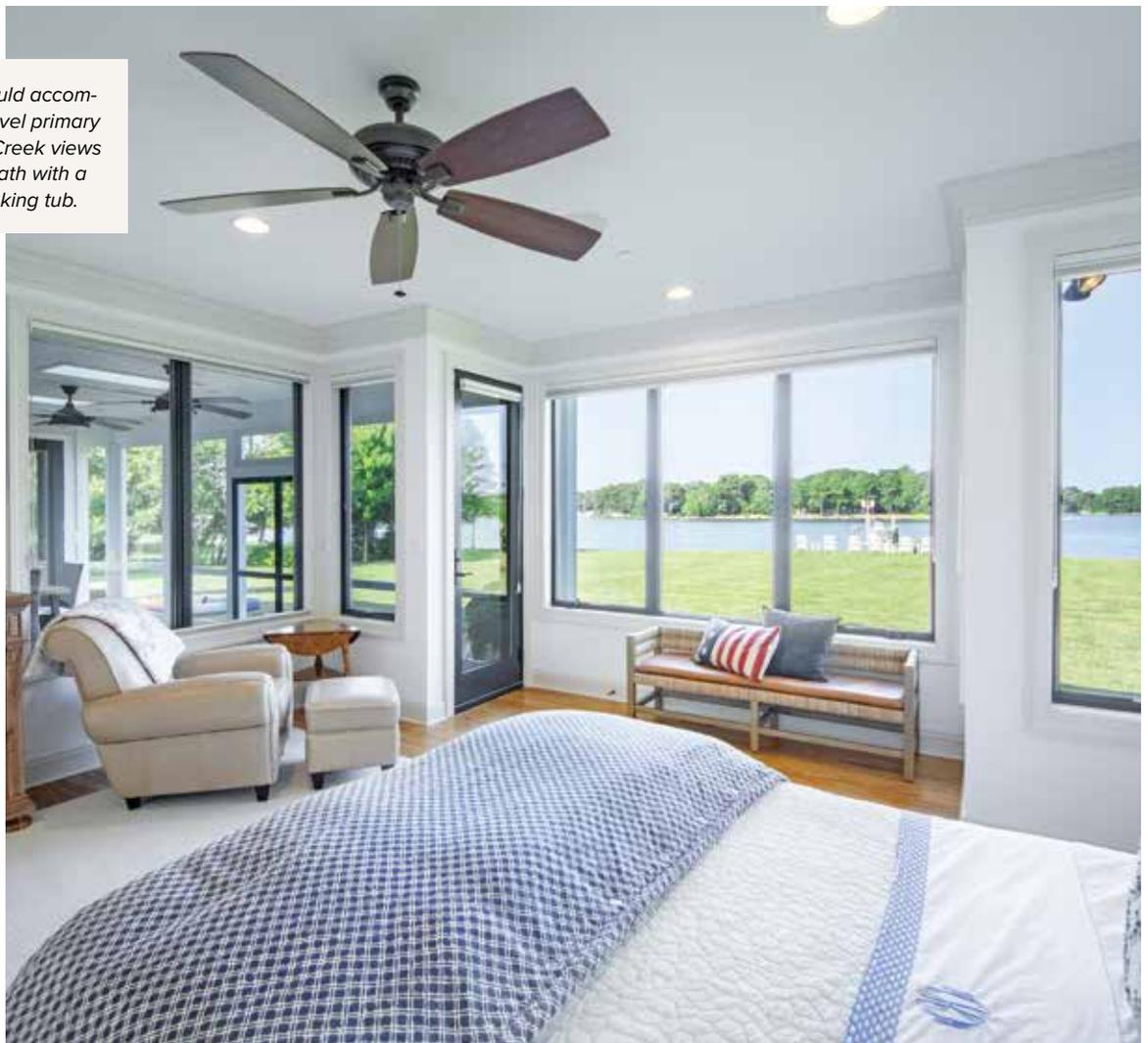
“Finally, we wanted as many guest rooms as possible, which is why we put two over the garage. Brent made it all happen.”

As far as the feel of the home, that all originated with one room in particular.

“The work in the kitchen was the launch for the design and feel for the whole house, as we carried the paint choices everywhere,” the wife says. “The other thing we knew we wanted were some great built-ins in the family room. The design team immediately suggested navy grass cloth for the back of the built-ins, the perfect touch to tie in with the navy island. Everything flowed from there—light selections, countertops, et cetera—all with a nautical theme wherever possible. The same is true for our tile and bathroom choices. It all just came together.”

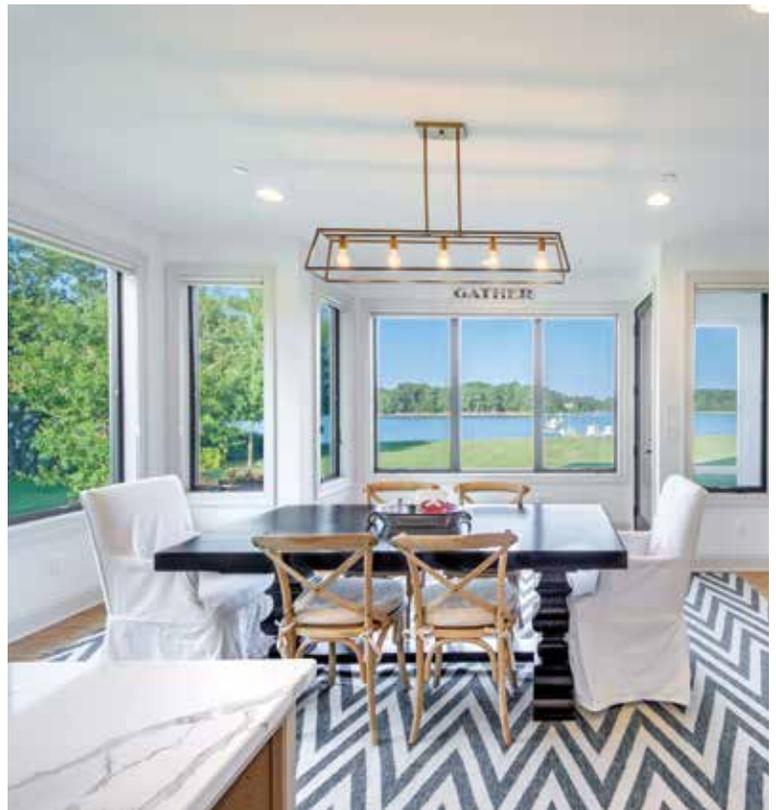


*The floorplan would accommodate a main level primary suite with Porter Creek views and a primary bath with a sumptuous soaking tub.*





Homeowners chose Eucalyptus Hardwoods in Natural Tupelo Honey from Ambient Flooring, Hinkley's "Amelia" mini pendants over the island, countertops of Calacatta Laza-Q-Stone, and a backsplash of Calacatta Cressa Honed Marble wall tile in the kitchen. Kitchen cabinetry sourced through Kitchen Creations, Easton.



The couple says they knew they wanted white walls with neutral paint for the trim work, an idea they said they had picked up from one of their stays at the Inn at Perry Cabin.

“We definitely wanted to mimic their gorgeous and sophisticated, yet serene, vibe. We also wanted a nautical feel—white with a khaki/taupe accent color and navy in strategic places, like the island in the kitchen. The design team helped us pick a perfect taupe for the kitchen cabinets that looked great with the navy island and a complimentary color for the trim work throughout the house.”

In terms of achieving those vacation home goals, especially when it came to choosing a location that would foster that sense of reconnection and relaxation that the whole family was striving for...

“We loved the feel of the place, and the vibe of the town. It provides the benefits of a maritime retreat without the craziness of the beaches, and a cute town that feels more like New England than the exploding commercialism of the beach boardwalk,” the wife says.

“Our blood pressure drops 20 points as soon as we cross the Bay Bridge.”



*“Some of the design elements Brent added were amazing, such as the faux-wrapped beams that look like antique beams, a gorgeous modern wood and wire [cable] stair banister, and the barndoor shutters on the front of the house,” the wife says.*



Image courtesy of homebuilding.com.uk

# Dinner is Served...

## BUT DO YOU REALLY NEED A DINING ROOM?

By Lisa J. Gotto

If you're like many homeowners, the next two months on the calendar are the ones you wait for all year long to justify that huge formal room off the kitchen that generally sits empty for the remaining 10 months of the year.

The frustration of having a room that you barely use but always have to clean has been a topic visited in interior design circles for decades and has been soundly addressed with the advent of the

open main level floor plan. For many families this way of using space just makes the most sense when it comes to entertaining for larger group events, building in more communal family time, and transitioning away from the traditional front of house formal living and dining room scenarios.

The only blip on the open-plan-radar materialized during the pandemic when families needed to use the same space for everything, every day, and we needed to get creative again about carving out smaller personal spaces within the open plan. Statistics do not, however, find homeowners choosing the open-plan option less post-pandemic, but it does make those with new home dreams more mindful about what open-plan living means now.



**IF YOU ARE PLANNING A NEW HOME SCENARIO AND CONSIDERING YOUR OPTIONS, HERE ARE FOUR VERY IMPORTANT QUESTIONS TO ASK YOURSELF BEFORE YOU CONSIDER DITCHING YOUR FORMAL DINING ROOM:**

## **WHAT IS MY COMFORT FACTOR WHEN IT COMES TO BEING LESS TRADITIONAL?**

Not having a dedicated dining room will be noticed when those formal occasions crop up. If you're the type that is into making reservations over making dinner for special days, then you're probably a good candidate for 24/7 open plan living. Culturally, if you come from a familial background where breaking bread is the celebration, having that special space takes on greater meaning.



Image courtesy of megafurniture.sg

## **How might noise, smells, and a lack of privacy affect the way my family lives in this space over time?**

This, for many, is the largest concern homeowners have about open-plan living—the living with it everyday part. Noise from appliances, frying foods, and running faucets becomes common place, as do the aromas that will waft about into your living, dining, and studying spaces on a daily basis. The trade-off in exchange for the planned connectivity received is worth it for many, but this is something that will affect the overall ambiance and functionality of your primary living space, which happens to include your dining area.



## **How important is my home's resale value to me?**

Are you comfortable that future buyers may see your choice as a drawback, potentially affecting your home's resale value? Also, keep market preferences in mind. In some areas, formal dining rooms are highly valued.

## **AM I COMFORTABLE SEEING MY GUESTS USING THEIR LAPS AS A TABLE?**

While the space in an open-plan scenario may seem bigger because it has less walls, also consider that it may not have the tabletop capacity that a formal dining room offers. And many times, the countertops are being used as buffet servers for special occasions.



Image courtesy of perigold.com

## FLEX-PLAN SPACE

**Not sure where you stand? If you already have a formal dining room that you feel is under-utilized most of the year, try using these tips to convert the space into something more flexible.**

Start by assessing your room for square footage and determine if it is large enough to set up separate spaces within the larger room. You can visually divide and conquer by creating distinct zones within the room, and for example, set up a small home office in one corner with a desk and chair, while the main area remains open for dining. You can even use a stylish screen or bookshelf as a room divider to add character.

Choose versatile furnishings, like a convertible dining table that can fold down or expand, allowing the room to switch between dining and other functions. Add flexible seating that is lightweight and easy to move. Or consider adding bench or ottoman seating that doubles as a storage component. Manufacturers are more responsive than ever when it comes to providing options that strike that perfect balance between form and function.



Image courtesy of paradeofhomes.com



Image courtesy of modernpower.solutions.com

Use a pop-up or foldaway desk and a hidden charging station to outfit your flex space so it doesn't channel any basic office or media room vibes, and install smart lighting or a smart thermostat so you can easily adjust the environment to match with the activity type.



Counteract clutter with flow by ensuring the room's layout allows for easy movement between activities and arrange furniture mindfully so when it's time to switch the room's function, the tweaks are minimal and seamless.



Image courtesy of ballarddesigns.com



Add attractive storage solutions such as sideboards or buffets that can accommodate both house and office wares.

**With some out-of-the box-thinking and clever execution, you just may just turn that often-underutilized room into something functional and fabulous for every month of the year!**

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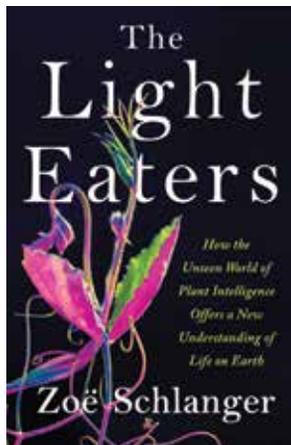
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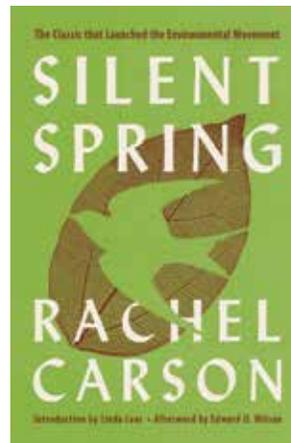
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▲  
***The Light Eaters: How the Unseen World of Plant Intelligence Offers a New Understanding of Life On Earth* by Zoë Schlanger 2024**

***Silent Spring* by Rachel Carson 1962**

Reading this courageous book opened minds to environmentalism. As powerful today as it was in the 1960s, Carson's research and carefully documented account of our careless destruction of plant and animal life reignites our commitment to doing better, less harm and more respect for the natural world. This book exposed the destructiveness of DDT and led to the banning of certain pesticides. Her exposé began the environmental movement and changed the course of history.



▼  
**What botanists have learned about plant life; just the facts!** Schlanger is a journalist who spent five years gathering information on the discoveries and insights gained by botanists in the last decade. The book is packed with amazing explanations of how plants live and fight to survive. Because Schlanger is a journalist, her prose is elegant, clear, and sometimes amusing. Read it before you gift it! (I promise not to tell. Just avoid a coffee cup ring on the cover.)

# Between the Leaves

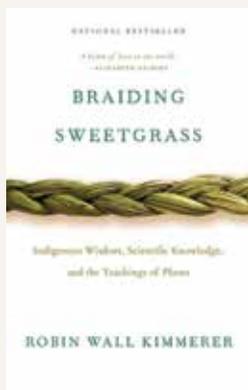
**BOOKS TO GIVE AS GIFTS TO YOUR GARDENING FRIENDS... AFTER YOU'VE READ OR REREAD THEM YOURSELF**

By Janice F. Booth

**Y**ou've just checked off the last items on your gardening to-do list and stashed your gardening gloves and boots in the closet. Hurray! But, now what? Review that list of preparations for Thanksgiving? Write to family and friends you're inviting to holiday festivities?

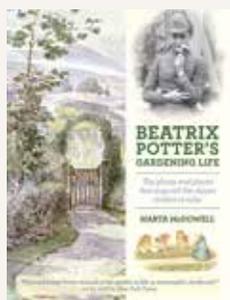
Hold on. Before you get too far into organizing for the holidays, how about a *book break*? Let me share with you 12 books that will touch your gardener's heart and make perfect gifts for your friends who share your love of gardens and gardening.

I'll begin with the most recent publications and work back to some beloved classics in the gardening library.



***Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and Teachings of Plants* by Robin Wall Kimmerer 2020**

**Where we humans stand in our relationship to Nature and our codependence.** Wall Kimmerer is a botanist, an author, and a citizen of the Potawatomi Nation. This book, another beautiful read, focuses on the integral dependence of human beings and plants. She shares ancient Potawatomi wisdom and explains how her ancestors applied their insights to feeding their people—planting and harvesting.



***Beatrix Potter's Gardening Life: The Plants and Places That Inspired the Classic Children's Tales* by Marta McDowell 2013**

A biography focused on Potter's love for gardens and all that inhabit them. McDowell divides the book into an initial biography, followed by a year in Beatrix Potter's garden, and concluding with how and where to visit these gardens—perfect gift for those lucky enough to be planning a trip to the British Isles.

***Onward and Upward in the Garden* by Katherine S. White 1958**

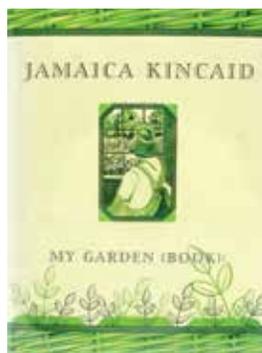
Amusing and timeless short essays on seed catalogues, gardeners, and anything else White chose to say about gardening. This is one of my favorite reads. White was a *New Yorker* magazine staff writer who wrote 14 columns on gardens, published in the late 1950s and early 1960s. An excellent bedside table book—such lovely prose to fall to sleep with.

***Sissinghurst: Vita Sackville-West, the Creation of a Garden* by Sarah Raven 2014**

Intriguing history of a British National Treasure as well as practical tips on gardens. Raven's amusing and carefully researched book on the beautiful house and gardens of a major figure in Britain's early 20th century world of letters, includes interesting photos and drawings.

***Plant Dreaming Deep: a Journal* by May Sarton 2014**

A deeply personal account of the transformation of a farmhouse and gardens. Sarton was an internationally recognized poet and novelist. Her connection with nature was personal and beautifully expressed. In this journal Sarton explains the gratifying and difficult work of refurbishing a derelict New England farmhouse and its gardens. This is one of her most popular works.



***My Garden (Book)* by Jamaica Kincaid 1991**

A personal recounting of Kincaid's deepening love of gardening and gardens. This popular novelist writes with easy grace of her garden in Vermont and recollections of her childhood gardens in Antigua. Lots of charming anecdotes about specific flowers, shrubs, and vegetable plants given to her by friends and what those plants brought to her life.

***Planting: A New Perspective* by Piet Oudolf & Noel Kingsbury 1993**

An intriguing explanation of the "New Perennial Movement" in public and private gardens. If you've walked the High-Line Park or Battery Gardens in New York City, you've experienced Dutch garden designer Oudolf's vision of the garden. With clear prose and wonderful photos, this book explores the spare and architectural style Oudolf developed.

***The Well-Tempered Garden* by Christopher Lloyd 1971, revised & in paperback 2003**

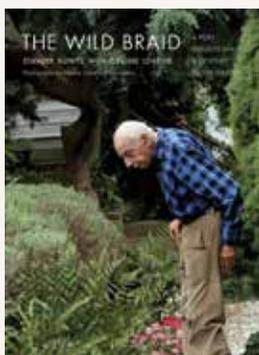
Practical advice on gardening delivered with British wit and elegance. Lloyd was a renowned 20th century gardener. His designs were lush, cottage gardens filled with color and foliage. This is a great resource for practical tips and solutions to common garden problems.

**And while we're considering bedside books:**

***The Gardener's Bed Book: Short and long pieces to be read in bed by those who love green growing things.* Edited by Richard Wright and taken from *House & Gardens Magazine* 1929**

365 short essays on wide-ranging topics of interest to anyone... and particularly to those of us who garden. This is definitely a book to read and then leave on the bedstand in your guestroom for others to enjoy. (Get a second copy to give as a hostess gift when you are a houseguest.)

**Happy reading!**



***The Wild Braid: A Poet Reflects On a Century in the Garden* by Stanley Kunitz 2005**

Poetry, reflections, and photos from a brilliant and passionate

poet-gardener. One of my favorite books, published just a year before his death at 100. Kunitz speaks elegantly about the braid of life, which is experienced by each of us who love gardening. The poems included are elegant, plain spoken, and wise.



# Rustic Hideaway from the Every-Day

By Lisa J. Gotto

**W** peaceful and scenic hideaway awaits the new owners of this incredible property in Easton. Situated on more than two acres and offering a main house and attached guest lodging, this woodsy cedar retreat has picturesque views of the Choptank River from its high bank vantage point.

**Primary Structure Built:** 1983

**Sold For:** \$1,010,000

**Original List Price:** \$989,000

**Bedrooms:** 4

**Baths:** 4

**Living Space:** 3,259 Sq. Ft.

**Lot Size:** 2.28 acres

This house oozes family destination vacation vibes and provides plenty of reasons to want to entertain. The gracious tiled entry features a bright and sunny skylight overhead in its two-story ceiling and offers direct access on the left to the home's spacious kitchen. This room is highlighted with gorgeous wood beams and inlaid cedar wood detail. A large center island with granite countertop, storage underneath, and cooktop insert, provides a great jumping off point for any family function.

Custom maple cabinetry with attractive hardware has tons of storage space and the chef in the family will love the all-stainless steel appliance package. There's a duo banquette wall for informal seating and adjacent space that can serve as the breakfast room. The dining room offers large, sunny picture windows and views to the wrap-around deck and scenic waterfront via access door to the outdoor living spaces.

This room opens on another side to the home's expansive great room with its soaring ceiling, and majestic, two-story wall of windows overlooking the river. Again, warm woods and beams make the room feel like a sanctuary no matter the season. The room is enhanced with a cozy wood stove and attractive build-ins.



**Sellers' Agent:** Cornelia C. Heckenbach, 109 S. Talbot St., St. Michaels, m. 410-310-1229, o. 410-745-0283, info@corneliaheckenbach.com, stmichaelsmdwaterfront.com **Buyers' Agent:** Peter Frevel, Benson & Mangold Real Estate, 24 N. Washington St., Easton, m. 410-310-4618, o. 410-822-1415, pfrevel@bensonandmangold.com, bensonandmangold.com



Off the entry to the opposite side of the main house, the owners will enjoy the convenience of a main floor primary suite with tall, slanted ceilings, large windows, wood beams, and access to an *en suite* bath and an adjacent den/home office, or possible fourth bedroom. The primary bath is light and bright with a large window overlooking the wooded grounds and a skylight overhead. There is one large, loft bedroom with full bath on the second floor.

The front entry leads to the guest suite on the left via a deck and railing walkway on the exterior and inside access is provided via the breakfast room off the kitchen. Providing the ultimate in privacy for guests, the suite is located one level above the home's garage and workshop and offers a roomy light-filled lounge with adjacent bedroom, full bath, and a wonderful screened-in upper porch that leads to a deck on one side. This is just one of several attractive outdoor spaces optimized for river viewing, nature watching, and congenial gathering.



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# Family Fun Meets Classic Charm

By Lisa J. Gotto

**C**lassic colonial style and Chesapeake charm abound in this nearly new, three-bedroom residence in Kent Island. This property boasts an advantageous location in that it is situated with the Chester River to the North, and the serenity of Macum Creek to the West.

A gracious front porch with white railing detail ushers visitors into an airy, light-filled foyer that shows off the home's gleaming mahogany-colored

**Primary Structure Built:** 2014

**Sold For:** \$820,000

**Original List Price:** \$825,000

**Bedrooms:** 3

**Baths:** 2 Full, 1 Half

**Living Space:** 2,799 Sq. Ft.

**Lot Size:** .12 acres



hardwood floors. Elements of crown molding and intricate wood trim detailing are featured here and convey entry into the home's formal dining room on the left and a handsome home office on left highlighted with French entry doors. Several large sets of double windows keep these spaces light and bright.

Further down the center hall, the floorplan opens to a prime gathering space with the kitchen being open to a large family room. The kitchen is





**Sellers' Agent:** Jaime Watt, Long & Foster Real Estate, 711 Bestgate Rd., Annapolis, m. 410-271-6957, o. 410-224-0600, [jaimewatt@longandfoster.com](mailto:jaimewatt@longandfoster.com), [longandfoster.com](http://longandfoster.com) **Buyers' Agent:** Jerry Hartman, Long & Foster Real Estate, 711 Bestgate Rd., Annapolis, m. 240-643-2830, o. 410-224-0600, [jhartman@lnf.com](mailto:jhartman@lnf.com), [longandfoster.com](http://longandfoster.com)



a cook's dream with a convenient center prep island that seats six for breakfast, all-white cabinetry, granite countertops, a gas range, and double ovens.

This space flows easily into an adjacent family room that features tons of natural light and a central, floor-to-ceiling fireplace wall accented with white brick.

All of the home's bedrooms are located on the second floor. The primary suite is spacious and attractive with its rustic, brick feature wall, a series of sunny windows, and enhanced tray ceiling detail. This room also offers an extended dressing room/nursery. A spa-like experience awaits the homeowners in the primary bath with its beachy feature wall and huge garden tub, glass shower, and double vanity. Two roomy additional bedrooms share a bath on this floor.

Outside, there's a lovely fenced-in backyard with a cozy deck for outdoor dinners and conversations. The back yard gives kids some room to run, unless the family is off enjoying the amazing amenities this planned community affords. These include a pier, kayak launches with small craft storage, a duck pond, and walking paths. A complete "amenity park located just one block from the home offers a pool, clubhouse, fitness center, bocce court, terrace pavilion, and a playground!





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# Health & Beauty

**84** TEMP CHECK

**86** COLOSTRUM IS TRENDY, BUT SHOULD YOU TRUST IT?

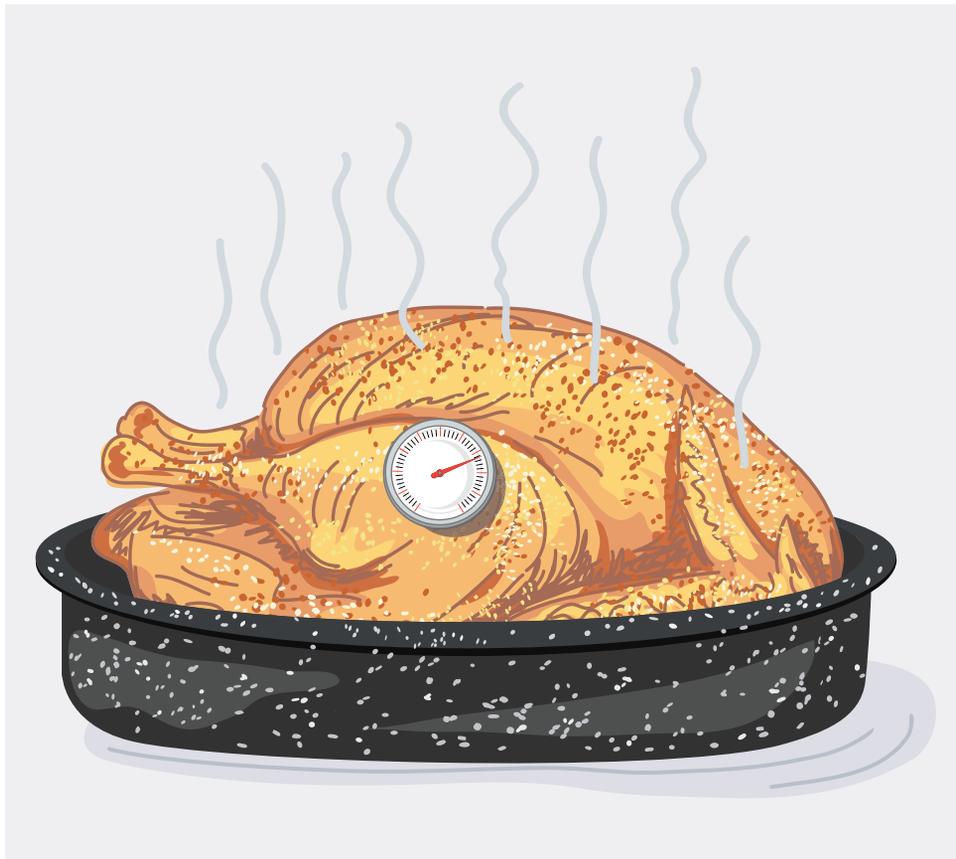
**88** 7 BIG SKINCARE MISTAKES

**89** VIRTUAL REALITY THERAPY (VRT)?

**Why Black  
Is Always A  
Safe Fashion  
Choice**

**PG. 85**





**The safest way to know that your Thanksgiving turkey or any other meat is safely cooked? A meat thermometer. The USDA encourages the use of food thermometer to ensure that all food is cooked to a safe internal temperature that kills all bacteria:**

- ◆ Poultry (e.g. turkey): 165F
- ◆ Beef, pork, veal, lamb: 145F
- ◆ Ground meat: 160F
- ◆ Fish: 145F
- ◆ Eggs: 160F

# Temp Check

## A QUICK STEP-BY-STEP GUIDE TO A MEAT THERMOMETER (AND WHY IT MATTERS)

By Dylan Roche

**N**othing says, “Happy Thanksgiving” quite like under- or overcooked turkey. But if you’re cooking this year’s bird based on visual or physical cues like color and texture, you might be taking a risk. The Centers for Disease Control and Prevention says about 1 in 6 people suffer food poisoning from undercooked meat or poultry every year.

So, if you’re resolving to bust out the meat thermometer for this year’s Thanksgiving dinner, here’s what you should do:

**DETERMINE THE TYPE OF FOOD THERMOMETER YOU WANT TO USE.** Some instant-read thermometers require you to first remove the food from the oven and insert it to get a read in between 10 to 20 seconds. But you can also use an oven-safe thermometer that goes into the meat before you put it in the oven, and you can then read the temperature via a monitor outside the oven without ever opening up the door. SMART thermometers will even send the temp directly to your phone.

**MAKE SURE YOU’RE INSERTING THE THERMOMETER PROPERLY.** The thermometer should go into the thickest part of the meat. In the case of your Thanksgiving turkey, that would be the breast. Be careful to avoid letting the thermometer touch non-meat parts, such as bone, fat, gristle, or the pan, because these will affect the temp reading. Remember, it’s the meat you need to check.

**KEEP THE THERMOMETER CLEAN.** If you’re using an instant-read thermometer, you might find that the food needs to go back in the oven. Or maybe you’re using the same thermometer to check different foods. Be sure to clean the thermometer between uses to avoid cross contamination. And of course, when you’re done, clean it before you put it away. Use warm, soapy water to wash it off, just like you would with any other kitchen utensil.

Count on a meat thermometer to ensure any meal is a safe, healthy one!

# Why Black Is Always A Safe Fashion Choice For Any Occasion

By Dylan Roche

**Y**our fall and winter schedule can fill up quickly—it seems as if every week has a party, a gathering with friends, a networking mixer, or some other kind of event you're planning to attend. Who has time to be stressing out over what to wear? It's why so many people count on black as their all-occasion, dress-it-up or dress-it-down choice that minimizes a lot of overthinking.

**DON'T THINK OF BLACK AS SOMETHING FOR FUNERALS OR OVERLY FORMAL OCCASIONS. BLACK CAN BE THE PERFECT STYLE CHOICE ANY TIME, AND HERE ARE FOUR REASONS WHY:**

**1. BLACK IS TIMELESS.** It seems as if there's always a hot color of the season, but these trends come and go. Black, on the other hand, never goes out of style, and it works well whether you're trying to be traditional or trendy. It's why most women own a black dress and most men own a black suit—these outfits are straightforward and will often last for decades.

**2. BLACK GOES WITH EVERYTHING—AND IS EASIER TO ACCESSORIZE.** When you wear black, you never have to worry about whether it matches. Black clothes pair with other black clothes, and they work equally well with colors. Fashion sensibilities of the past discouraged trying to match black with brown or navy, but that's not the case anymore. Black isn't ostentatious, but it's still stately enough that you'll stand out in a crowd when you wear it.

**3. BLACK HELPS YOU FEEL CONFIDENT.** When you wear too many colors or patterns, it's easy to get overstimulated, even by our own outfits. Black tends to mellow out our emotions—many people who wear black say it helps them feel grounded. Plus, black communicates a sense of sophistication and authority, which is one of the reasons it works well not only at parties but also in professional environments.

**4. BLACK FLATTERS EVERYONE.** There are plenty of colors that don't work for everyone. Not the case with black—it tends to look good with all complexions, on all body types, and for any age or gender.



## TIPS FOR WEARING BLACK

**Still not feeling totally confident about wearing black? Here are tips for a great look:**

1. Vary your fabrics and textures so your all-black ensemble isn't too much of the same.
2. Add at least one statement accessory or element of color to every outfit, which will pop against the rest of your black attire.
3. Dress in layers, which, like texture, will add an element of interest and variety.
4. Make sure your black clothes are well taken care of and unfaded by washing them with gentle detergents in cold water.



# Colostrum is Trendy, But Should You Trust It?

By Dylan Roche

**T**hink about a newborn baby—they need a lot of nutrition in the first few days of life. It’s when their immune system is adapting to a world outside the womb and their small bodies are gaining strength and size almost immediately. So, what if grown adults could benefit from the same kind of powerful nutrition that benefits newborn babies?

That’s the idea behind the latest health trend of supplemental colostrum. All lactating mammals naturally produce a type of milk called **colostrum** in the days after giving birth. It’s rich in protein, antioxidants, antibodies, and other compounds that a newborn baby needs. By taking supplemental

## SPECIFICALLY, HERE’S WHAT’S FOUND IN COLOSTRUM:

- ◆ **Protein:** One of the three major macronutrients (the other two being fats and carbohydrates), this nutrient is known for building muscle in your body.
- ◆ **Essential fatty acids:** These are fatty acids your body can’t produce by itself, and they aid in hormone production and the development of important systems, such as your nervous system.
- ◆ **Antibodies and immunoglobins:** These help your body fight off infection and neutralize harmful bacteria and viruses.
- ◆ **Essential nutrients:** Vitamin A, magnesium, copper, and zinc all aid in boosting essential bodily systems—your nervous system, cardiovascular system, and immune system. They also aid in growth and development at the cellular level.

colostrum made from cow milk, health-conscious consumers are seeking to benefit from these nutrients in a big way.

Because of these nutrients, colostrum was described in a June 2021 study in the peer-reviewed journal *Frontiers* as compositionally distinct from mature milk and offering a “wealth of potentially bioactive molecules.” That’s important because the same benefits of these bioactive molecules might be beneficial beyond neonatal development, the study explains. They might actually be nutritionally beneficial throughout an entire lifespan, even after physical maturity.

This is an example of early research that supports the idea colostrum supplements could be beneficial for adults, but many health experts emphasize there’s still more support needed. As colostrum gains visibility in wellness circles, more research institutes, as well as government agencies like the National Institutes of Health, want to explore what the science says about the effectiveness and safety of colostrum (specifically, bovine colostrum) in adult humans.

## WHAT THE WELLNESS INFLUENCERS ARE SAYING

The research may certainly be mixed, but plenty of people swear by colostrum. So, what should you expect if you decide to try it?

Most supplemental colostrum comes in the form of powder that you can mix into a drink or food, though there are pill/capsule options on the market. These supplements are made from bovine colostrum—in other words, cow's milk—primarily because the nutritional needs of a calf and a human infant are similar, so bovine colostrum is nutritionally similar to human colostrum.

Because newborn mammals are physiologically vulnerable, these nutrients could help adults who have similar vulnerabilities. For example, if you suffer from Crohn's disease or chronic diarrhea, the immunoglobins that strengthen a young digestive system could help strengthen your own digestive system and help you better absorb nutrients from food.



**If your immune system is weakened by chemotherapy, the antibodies could help ward off infection. People who supplement with colostrum often claim they have:**

- ◆ better digestive health
- ◆ a stronger immune system
- ◆ improved recovery from exercise

For these reasons, colostrum has become as embraced by athletes as it is by people with chronic illness. Intense physical activity over an extended period of time can reduce immune function, and some high-level athletes swear by colostrum to avoid getting sick during times of especially intense training. The growth factors in colostrum, which promote tissue repair and muscle growth, mean you could potentially see not only faster recovery but also enhanced muscle growth after recovery.

## A HEALTHY DOSE OF SKEPTICISM

Even with the early research indicating potential benefits, it's important to remember that a colostrum supplement is exactly that: a supplement. As such, it's not regulated by the Food & Drug Administration the way medicine is, and there's no guarantee that it will fulfill any claims you read on the label.

**Many variables could even affect the quality of the colostrum, including:** How healthy is the cow that produced the colostrum? How long after the cow gave birth was the colostrum taken? What is the length of time between the cow's pregnancies? What kind of environment does the cow live in and what kind of diet is it fed?

These and other factors can affect the quality of the colostrum and how dense in nutrients it is.

Plus, many people may not be a good fit for taking colostrum. It contains trace amounts of estrogen, and people who are sensitive to hormones—especially those battling cancer—may need to avoid even minimal estrogen. Somebody who is intolerant of dairy won't tolerate colostrum very well, and even other digestive issues, which some consumers claim colostrum can help, will be exacerbated by large doses. And because colostrum boosts immune function, it could be detrimental to patients who are taking immunosuppressant drugs.

## YOUR BEST SOLUTION?

MD Anderson Cancer Center suggests skipping colostrum supplements and focusing on a varied, nutrient-dense diet. When you get everything you need from vegetables, fruit, whole grains, dairy, and lean protein, you don't need to worry about supplements. Plus, your body has a better ability to absorb nutrients from whole foods than it does from processed supplements.

If you're inclined to follow the trend and see why many people swear by it, start by talking to your doctor to determine whether it's safe. Look for a supplement that's made from grass-fed cow's milk and processed without high heat, which has the potential to denature the immunoglobins and reduce immunity-boosting effects. Powdered colostrum often has a higher bioavailability than colostrum in capsule form.

So even though supplemental colostrum might seem like the golden calf of health boosts and nutritional miracles, just remember that it's never a bad idea to be a little bit skeptical about anything that seems too good to be true.

# 7 Big Skincare Mistakes

## YOU MIGHT BE MAKING

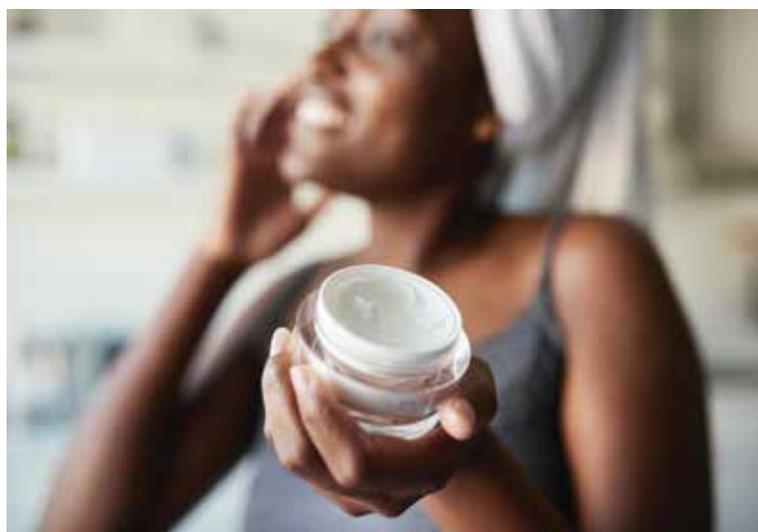
By Dylan Roche

**T**aking good care of your skin becomes a habit you prioritize more and more as you get older—but how many of us are actually doing it properly? Some skincare mistakes are so commonplace and normalized that a few of us could be forgiven for not realizing these are mistakes.

**SO, IF YOU WANT TO KEEP YOUR SKIN HEALTHY AND LOOKING ITS BEST (AND WHO DOESN'T?), Dermatologists remind you to avoid making these mistakes:**

**1. SKIPPING SUNSCREEN.** The first step to healthy skin is all about being preventative. Applying sunscreen every day, even when it's cold and cloudy outside, protects your skin from harmful rays that cause premature aging and skin cancer. Use a minimum of SPF 30 and reapply if you're spending prolonged time in the sun.

**2. BEING INCONSISTENT.** Most people don't stick with a skincare routine long enough to actually see the results they want. In order for your skincare routine to benefit you, stick with the same products and follow the same steps every morning and evening. You need about two months of consistency to see significant difference.



**3. NOT UNDERSTANDING YOUR SKIN TYPE.** Not everyone has the same skin type, so it only makes sense that not everyone is going to need the same products. If you have oily skin, you wouldn't want to use a product that's targeted for dry skin, and vice versa. If you don't know what type of skin you have and which products you should be using (or avoiding), talk to your dermatologist.

**4. OVERCLEANING.** Cleaning your skin twice a day is important, but doing it more often or using cleansers that are too harsh can leave your face dry, red, or burnt. It might even compensate for the dryness by producing more oil. It's best to avoid alcohol-based cleansers and limit any exfoliating washes to twice per week. Make sure you're applying moisturizer after every wash to avoid dryness.

**5. APPLYING PRODUCTS IN THE RIGHT ORDER.** When you're applying skincare products, the order matters. Moisturizing creams are designed to create a barrier over your skin, locking in moisture. That means they can also keep products out. So, if you're applying eye cream or serum after your moisturizer, they won't be absorbed by your skin the way they need to be. In general, go from lightest to heaviest when applying products.

**6. USING TOO MUCH OF A PRODUCT.** More isn't always better. Too much moisturizer or serum can overload your skin, sometimes even causing breakouts. Stick to a pea-sized amount or refer to the instructions on the package.

**7. NOT WASHING OFF MAKEUP BEFORE BED.** Too many women fall asleep with a full face of makeup on. Leaving makeup on overnight can clog pores and even prematurely age your skin. Even if you're tired and looking to get to sleep as quickly as possible, take a few minutes to wash your face at the end of the day.



# Virtual Reality Therapy (VRT)?

**YES, IT'S REAL—  
AND EFFECTIVE!**

By Dylan Roche

**V**irtual reality technology is to the point now where it's possible to step into a highly realistic computer-generated world. So, what if you could use that computer simulation to face your biggest fears or find refuge in a calmer environment. That's the idea behind virtual reality therapy, an increasingly popular option for psychotherapists who want to help their patients overcome trauma and gain confidence.

Just as you would if you were using virtual reality to play a game, virtual reality therapy involves wearing a headset that covers your head and gives you a 3-D view of a computer simulation where you can look up, down, left, and right, undistracted by the environment outside of the headset, which you can't see.

**These simulated realities offer a huge opportunity for therapists to create specific environments that can help their patients in healing and recovery. It may sound strange or surprising to someone who has never experienced virtual reality before—after all, how can a fake world help that much? Here's what you should know:**

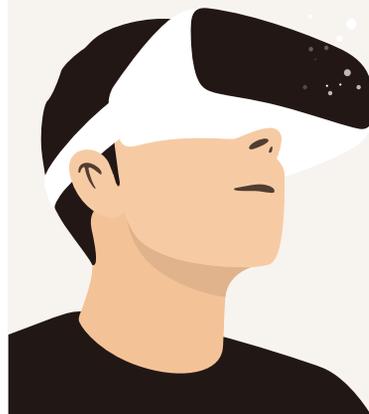
**1** It's not the virtual reality itself that's therapeutic. Instead, a therapist is able to create specific experiences that aid in cognitive behavioral therapy, in which a patient is able to identify unhelpful thoughts and strive for positive reactions.

**2** Virtual reality can make therapy sessions more efficient because a therapist can put a patient in an otherwise triggering situation that they are now able to experience in a controlled environment. For example, if a patient has experienced trauma that makes them afraid of crowds, virtual reality can simulate a realistic experience of standing in a huge crowd of people with sights and sounds.

**3** Patients can apply coping skills in real time with a therapist's guidance, particularly if they need to try multiple times through repeated exposure. In typical talk therapy, a patient must imagine these scenarios, which is not as immersive, or wait until they experience them in real life, which can feel less safe.

**4** It's not just about creating negative experiences so patients can overcome them. Virtual reality can also create calming, peaceful experiences—such as a tranquil beach or a peaceful field—that helps patients relax.

**5** Some patients use virtual reality for virtual therapy sessions from home, finding that being immersed in a simulated environment feels much more personal than sitting on a video call. Some patients will even use avatars to maintain anonymity, which can help them open up more easily.



**6** Studies show that virtual reality can be an effective addition to therapeutic treatment. Research published in *JMIR Mental Health* in May 2023 showed virtual reality offers an alternative for people with social anxiety or depression who can't do in-person sessions.

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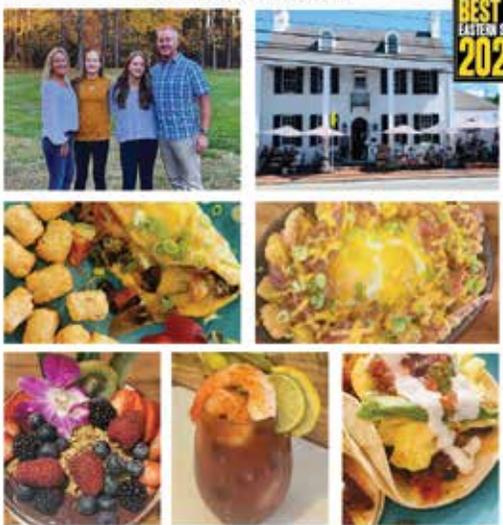
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# DINING REVIEW

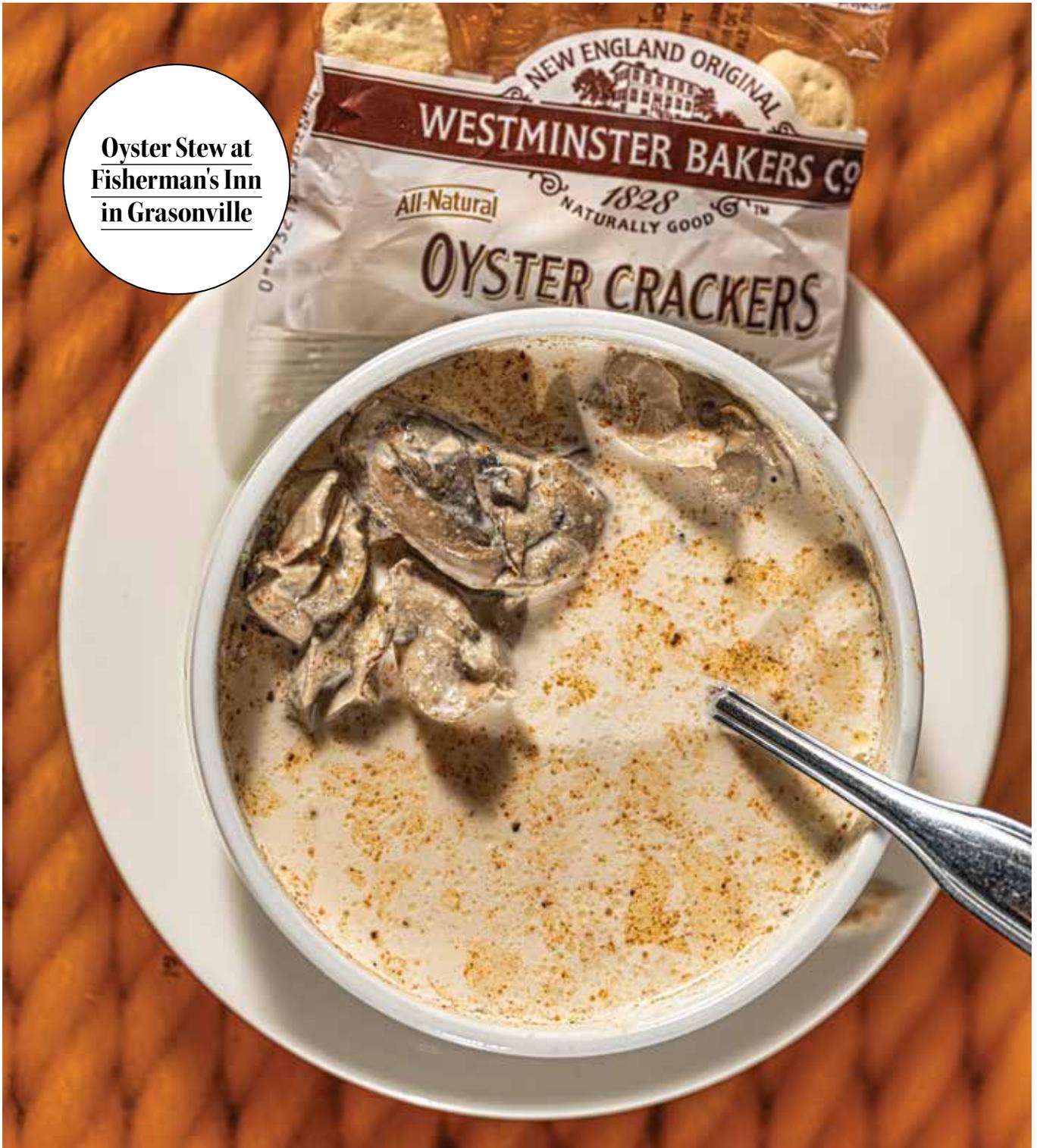
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# Food & Dining

92 READERS' DINING GUIDE

Oyster Stew at  
Fisherman's Inn  
in Grasonville



# 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](mailto:mkotelchuck@whatsupmag.com) or [editor@whatsupmag.com](mailto:editor@whatsupmag.com) and let us know! And for the full guide, visit [whatsupmag.com](http://whatsupmag.com).

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**Cult Classic Brewing**

1169 Shopping Center Road, Stevensville; 410-980-8097; [cultclassicbrewing.com](http://cultclassicbrewing.com) \$\$ ● Events, Beer

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511 Chesterfield Ave, Centreville; 410-758-1707; [docsriverside-grille.com](http://docsriverside-grille.com) \$\$\$ ●●●●●

**Dock House Restaurant**

110 Piney Narrows Road, Chester; 443-446-4477; [dockhouserestaurant.com](http://dockhouserestaurant.com) \$\$\$ ●●●●

**Fisherman's Crab Deck**

3032 Kent Narrows Way S, Grasonville; 410-827-6666; [crab-deck.com](http://crab-deck.com) \$\$ ●●●● Seasonal

**Fisherman's Inn**

3116 Main Street, Grasonville; 410-827-8807; [fishermansinn.com](http://fishermansinn.com) \$\$\$ ●●●●●

**Frix's Fire Grill**

1533 Postal Road, Chester; 410-604-2525; [frixsfiregrill.com](http://frixsfiregrill.com) \$ ●●

**Harris Crab House and Seafood Restaurant**

433 Kent Narrow Way N, Grasonville; 410-827-9500; [harris crabhouse.com](http://harris crabhouse.com) \$\$ ●●●●

**The Jetty Dock Bar and Restaurant**

201 Wells Cove Road, Grasonville; 410-827-4959; [jettydockbar.com](http://jettydockbar.com) \$\$\$ ●●●●●

**Libbey's Coastal Kitchen and Bar**

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**Momma Maria's Mediterranean Bistro and Bar**

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210 Marlboro Street, Easton; 410-822-9088; osteriaalfredo.com  
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**Out of the Fire**

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

**Talbot St. Tavern**

209 S Talbot St, St Michaels; 410-745-8005; Talbotstavern.com  
\$\$\$ ●● Full Bar, Live Music ●●

**Theo's Steak, Sides, and Spirits**

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

**Deep Blue at Kitty Knight**

14028 Augustine Herman Highway, Georgetown; 410-648-5200; deepbluerestaurant.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-whistle.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; modernstoneagekitchen.com  
\$\$\$ ●

**Muskkrat 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 1/2 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; tolchestermarina.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 Gate-way, 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 Boule- vard, Cambridge; 410-901-1234; hyattregencychesa- peakebay.com \$\$\$ ●●●

**Blue Ruin**

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

**Bombay Social**

413 Muir Street, Cambridge; 443-515-0853; bombayso- cialmd.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 High- way, 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; portsidemary- land.com \$\$ ●●●

**RAR Brewing**

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

**River View at the Point**

1A Sunburst High- way, Cambridge; 410-228-0870; riverviewatthepoin- trestaurant.com \$\$ ●●● Daily Breakfast

**Snappers Water- front Cafe**

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

**Suicide Bridge Restaurant**

6304 Suicide Bridge Road, Hurlock; 410-943-4689; sui- cide-bridge-restau- rant.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, Den- ton; 410-934-7519; Facebook \$ ●

**Denton Diner**

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

**Earth Tones Café**

5 N 3rd Street, Den- ton; 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; Rid- gely; 410-634-9600; ridgelypizza.com \$ ●●

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**Doris Tate** is a Nurse Practitioner. She began her nursing career in 2004. Doris received her Associates Degree in Nursing from Trident Technical College in Charleston, South Carolina. Then she went onto obtain her Bachelor's and Master's Degrees in Nursing from Wilmington University in Wilmington, Delaware.

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# Where's Wilma?

**FIND WILMA AND WIN!**

The brisk winds of November nor'easters won't slow our faithful, flying mascot, Wilma, from hopping in her plane to visit towns and sites throughout the Chesapeake Bay region. She's got the holidays on her mind, so she's busily checking out local shops, boutiques, restaurants, and more select services. Where will she land next? Here's how the contest works: Wilma appears next to three different ads in this magazine. When you spot her, write the names of the ads and their page numbers on the entry form online or mail in the form below and you'll be eligible to win. Only one entry per family. Good luck and don't forget to submit your restaurant review online at [whatsupmag.com/promotions](http://whatsupmag.com/promotions) for another opportunity to win a prize.

**Congratulations to Madalyn D. of Grasonville, who won a \$50 gift certificate to a local business.**

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Yes, please!  No, thanks

Entries must be received by November 30, 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](http://whatsupmag.com/promotions).

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