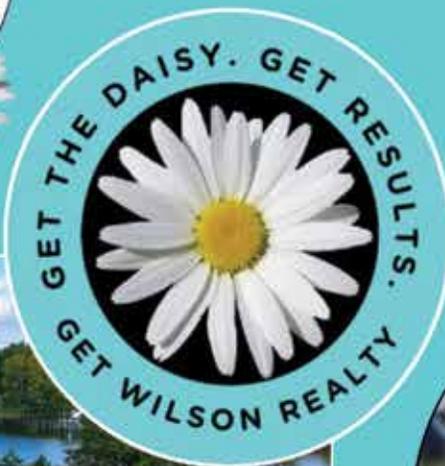


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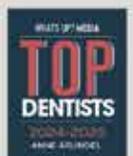
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- Unparalleled community amenities



518 Broadcreek Dr. | Stevensville
DeeDee McCracken

- Bay City Water Front Home
- .83 acres on Broad Creek
- Private pier & 50' of water frontage
- 3BR, 1.5 bath bungalow needs updating
- Public water and sewer
- Great community amenities
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- Quick access to Rt. 50



635 Bentgrass Drive
Aberdeen | Destinee Blackstone

- Stunning brick-front Colonial
- Open floor plan with 5 BR / 5.5 BA
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- Spacious bedrooms
- Handicap accessible bathroom in basement
- Large entertainment space with wet bar
- 2023 Generac whole house generator
- Fully fenced in backyard



1406 Woodland Beach Road
Pasadena | Annie Eaton

- Water views
- Luxurious primary suite with dressing room
- Private community pier, boat, slips, and beach
- One level living
- Gourmet kitchen
- Beautiful hardwoods
- Move in ready



5808 Main Street
Queenstown | DeeDee McCracken

- Spacious Brickfront Home
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- Main level hardwood floors
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- Primary bedroom with luxurious ensuite bath
- Bonus space over the garage
- .67 acres, spacious yard

Your Real Estate Team for Life



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- Many recent major renovations
- Gourmet Kitchen/42" Amish made cabinets
- 4 Bedrooms, 2 full baths
- Private primary suite
- Attached 2 car garage
- Private patio for entertaining
- .76 acres for privacy & tranquility
- Pole Barn for outdoor storage



234 Chatham Lane
Annapolis | Lisa Barton

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



5517 Berkley Manor Lane
Churchton | Lisa Barton

- Water privileged Franklin Manor
- 4 Bedrooms 3 full baths
- New siding in 2021
- New windows in 2021
- New deck in 2024
- New roof in 2024
- New kitchen 2021
- Fenced back yard



321 Shipyard Drive #69
Cambridge | Annie Eaton

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



306 Irene Way
Stevensville | DeeDee McCracken

- Bay City Community
- Just minutes to the Bay Bridge
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- Water & sewer connections installed & paid for
- Build your dream home with your builder or ours



Lot 8 Ackerman Dr.
Stevensville | DeeDee McCracken

- Romancoke on the Bay
- .47 acre lot backs to open space
- Public sewer hook-up in place
- Bring your builder or call me
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- Close to the Rt 8 bike trail



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1011 Penny Dr
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WHAT'S UP? eastern shore



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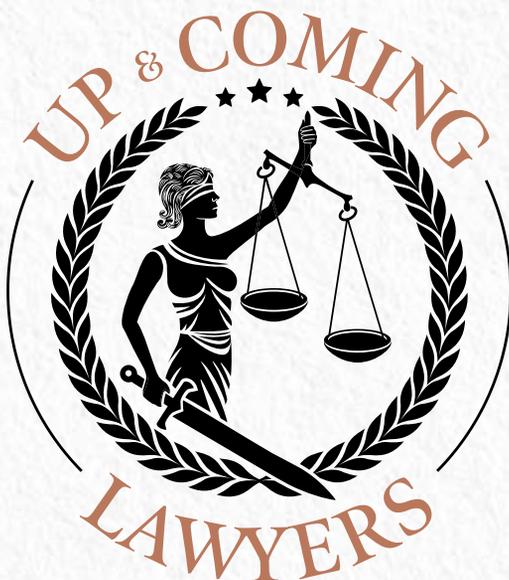
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2025 CALL FOR ENTRIES!

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



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



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305 Keene Farm Ln., Stevensville, MD
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Take the long secluded driveway through the glorious high pines to paradise! Gorgeous custom built home situated on private 15.44 acres with 1000+ ft water frontage, solid mahogany flooring, cherry cabinetry, and many luxurious appointments. Sparkling water views from nearly every room, 3 FPs, 3 zoned heating and air, and 4 car garage. Lovingly built by original owner. None finer! Come and get it!



3214 Bennett Point Rd, Queenstown, MD
\$2,999,000

Welcome to this stunning Eastern Bay waterfront home in the coveted Bennett Point community! This custom-built masterpiece offers 5 acres of impressive water views, abundant space for entertaining, and a private beach, making it an Eastern Shore gem you won't want to miss.



413 Butlers Landing, Stevensville, MD
\$2,272,000

Cynthia Sullivan and her team did an awesome job! Cynthia's knowledge of the market showed as she priced my home right. I interviewed three other agents before choosing Sullivan Select and i'm sure glad i did. The end result was more money in my pocket. Along the way, any hiccup that occurred was solved by Cynthia and her team. Cynthia is a great people person and her smiling personality and positivity really helped my sale.

-Peter O'Malley



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Cynthia Sullivan
Associate Broker, ABR, GRI
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Sullivan Select LLC
Office: 301-745-5500



Arts & Culture

12 EVENTS

HIGHLIGHTING
ENTERTAINMENT,
COMMUNITY,
AND EVENTS

HOLIDAY &
NEW YEAR'S

Activity Planner



**Crab
Basket Tree
Lighting
Dorchester**

PG. 19



Photo by Mary Simmons

DICKENS OF A CHRISTMAS

Step back into 1840s London and experience the holiday season as Charles Dickens imagined it with Dickens of a Christmas. On December 6th and 7th, Main Street in Chestertown will celebrate the season with a two-day event including carriage rides, entertainment, home tours, food, book talks, merchandise, and more. Find more information and the dickens dress code at mainstreetchestertown.org.

FIRST NIGHT TALBOT

On December 31st, use First Night Talbot to ring in your new year with a family-friendly New Year's Eve Celebration of the Arts in Easton! First Night Talbot has entertainment and fun for the whole family from 6 p.m. to midnight. Traditionally, events are spread out among venues in downtown Easton, culminating with the world-famous Crab Drop at midnight (and 9 p.m. for the early birds). Find more information at discovereaston.com.



Skate with Santa

Santa will be taking a break from his busy schedule at the North Pole to visit the Talbot County Community Center to share holiday memories with the whole family! Kids will have an opportunity to sit on Santa's lap to reveal their seasonal wishes and receive a special gift! Please bring your own camera to take a memorable photograph with Santa. Be sure to pre-register for either December 4th or December 5th from 6 to 8 p.m. Complimentary hot chocolate and cookies will be provided. *Pre-registration is required* as Santa's helpers need to maintain quantity and quality skates and gifts. Pre-register at talbotparks.com.



FROSTY'S HOLIDAY VILLAGE

For All Seasons invites the whole community for an evening with Frosty! On December 6th at 5:30 p.m., visit Anchor Church in Easton for a stroll through the holiday village and free activities including professional photos with Frosty and friends, complimentary cocoa, cider, treats, and a continuous showing of “Frosty’s Winter Wonderland” on the big screen. Find more information at forallseasonsfrosty.org.



STARLIGHT SHOPPING

Stroll and shop through downtown Easton as you enjoy unique holiday gifts, seasonal treats, and the festive atmosphere of historic downtown! Starting every Thursday in December and leading up to Christmas, carolers will wander the sidewalks filling the night with music, free horse carriage rides will allow you to see the town’s merry decor and charm, the Tidewater Inn will host a special pop-up bar, and unique shops will be open until 7 p.m., giving visitors the perfect opportunity to find special presents for your loved ones. Don’t miss out on this merry shopping extravaganza! Visit discovereaston.com for more details.



Oxford Holiday Market

The inaugural Oxford Holiday Market will bring the holiday festivities to the town of Oxford on December 13th through December 15th. The market will offer a weekend filled with unique artisan gifts, delicious food, holiday music, and special guests. There is something for everyone on your list at the market, which is held at Oxford Community Center. Find more information at talbotchamber.org



The Merry Market Pop-Up

On December 7th from 10 a.m. to 5 p.m., Dorchester Center for the Arts will be hosting the Merry Market Pop-Up. Shop dozens of quality, hand-crafted items from local artists, enjoy live music, and holiday refreshments for all of your holiday shopping. Find more information at dorchesterarts.org.



SANTA SWIM

Care and Share Fund of Dorchester County is hosting The Santa Swim on December 14th. At 11 a.m., Santas will take a crisp swim in the Choptank River at the Hyatt Regency Chesapeake Resort in Cambridge. The swim raises money for The Care & Share Fund, which provides aid to individuals who have critical needs which are not able to be filled by public sources. Find more information at careandsharefund.com.

SANTACON OCMD

Ocean City is turning into the North Pole on December 13th and 14th...just one catch, everyone is Santa. Just like how they started in 2011, many bars and restaurants will take place in SantaCon XIV. Walk the boardwalk and grab a cup of cheer with over 1,000 Santas to help support Ocean City charities. Find more information at santaconocmd.com.



Nutcracker Tea

What's Up? Media's beloved Nutcracker Tea returns on Sunday, December 1st, with seatings at 10 a.m., 2 p.m., and 5 p.m. at the Graduate Annapolis Hotel. Sip on festive tea, savor a delightful buffet, and watch as scenes from The Nutcracker come to life on stage. Plus, enjoy story time with Santa and Mrs. Claus. Visit whatsupmag.com to see if tickets are still available.



MILITARY BOWL

The Go Bowling Military Bowl is the National Capital Region's college football postseason bowl game featuring a matchup between teams from the Atlantic Coast Conference and American Athletic Conference. Played on December 28th at 5:45 p.m. at Navy-Marine Corps Memorial Stadium, the Bowl's mission is to honor the nation's current and former service member's and positively impact the regional economy. Gameday kicks off with the Military Bowl Official Tailgate showcasing military displays, games and music, with food and beverage available for purchase. At the same time, the Military Bowl Parade steps off at City Dock and concludes at the stadium, featuring the world-famous Budweiser Clydesdales, Medal of Honor Recipients, pageant winners, and a variety of youth, community and military-themed groups. Proceeds from the Bowl also benefit Patriot Point, the Military Bowl Foundation's 294-acre retreat for wounded, ill, and injured service members, their families and caregivers. Find more information and get tickets at militarybowl.org.



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christmasinstmichaels.org
or scan the QR Code
with your phone's camera



THE NUTCRACKER

There are plenty of opportunities to see the most classic Christmas time show: *The Nutcracker*. Ballet Theatre of Maryland will continue the timeless holiday tradition and sweep you away with the tale of Clara and her adventures to rescue her beloved Nutcracker from the Rat Queen's evil spell. There will be shows December 14th through 22nd at Maryland Hall in Annapolis. Be sure to get your tickets now at balletmaryland.org.

A COLONIAL YULETIDE

Celebrate a colonial holiday with Historic Annapolis! Bring the entire family to welcome yuletide at the William Paca House and Hogshead on December 7th from 2 to 5:30 p.m. Learn about holiday traditions of colonial Annapolis from living historians as they bring these historic homes to life on this merry day. Enjoy sweet treats, games, music and crafts for the whole family. Admission includes both sites; advance registration recommended. Register and find more information at annapolis.org.



Photo courtesy of Historic Annapolis



ICE! At Gaylord National

Gaylord National has a super special tradition every year: ICE! This year, see “A Charlie Brown Christmas” come to life in a dazzling, immersive, story-driven holiday showplace. More than 40 world-renowned master artisans spend more than six weeks hand-carving approximately 6,000 blocks of ice to create this one-of-a-kind Christmas attraction with 14 scenes, ice slides, and more! Get tickets at christmasatgaylordnational.marriott.com.



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TOUR OF HOMES

One of the highlights of Christmas in St. Michaels weekend is Tour of Homes. The historic homes on the tour, which are all within walking distance from each other, were built in the 18th and 19th centuries and were once homes of watermen and seafarers. Tour-goers will be able to walk through these houses, decorated for the season, on December 14th and 15th. Find more information and get tickets for the tour at christmasinstmichaels.org.

HOLIDAY GIFT GUIDE



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

Parades, Lights Shows & Tree Lightings



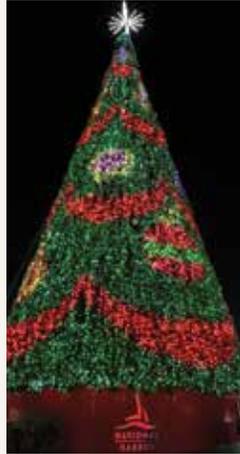
TALBOT STREET PARADE

Rain or shine Santa is coming to town! At 10:30 a.m. on December 14th, Talbot Street will be filled with Christmas joy from Perry Cabin south to Seymour Avenue. The parade will be complete with marching bands, antique cars and boats, fire engines, horses and more. Santa and Mrs. Claus will close out to the parade Saturday morning on the Eastern Shore. Find more information at christmasinstmichaels.org.



Lights on the Bay

One of the most popular Annapolis traditions is back for the whole month of December at Sandy Point State Park to celebrate its 30th anniversary. Drive through the holiday light displays along the Chesapeake Bay and experience the joy, wonder, and fun of the holiday season, all to support the SPCA. Lights on the Bay is a two-mile scenic drive with 70 dazzling animated and stationary light displays along our bay. Find more information and get tickets at lightsonthebaymd.org.



Tree Lighting at the National Harbor

Christmas magic always hits the National Harbor. Every night, enjoy the tree light show every half hour from sunset to 9 p.m. The show lights up the 60-foot RGB tree right on the water. The lights jump and dance alongside a holiday medley recorded by the United States Air Force Band. On Saturdays through the end of the month, stick around for the festive firework show. Find more information and things to do at nationalharbor.com.



EASTON HOLIDAY PARADE

On December 7th, Easton's largest parade of the year will be parading down Washington and Harrison Streets at 6:30 p.m. A myriad of classic cars, marching bands, and holiday characters will showcase their very best of Christmas. Join the festivities, which will start in Thompson Park at 5:30 p.m. when Santa arrives followed by a tree lighting at 6 p.m. Find more information at discovereaston.com.

EASTPORT LIGHTS PARADE

Why celebrate the season parading down the street when we can parade through the Annapolis Harbor? On December 14th, from 6 to 8 p.m., partake in Eastport Yacht Club's tradition that takes place every year on the second Saturday in December. Through the night see boats appear out of the cold winter night illuminated with thousands of colored lights. Find more information at eastportyc.org.



Photograph by John Parsons



WINTERFEST OF LIGHTS

Winterfest of Lights is celebrating 32 years in Ocean City through the end of the year! The walkthrough winter wonderland at Northside Park is open Wednesday through Sunday through December 22nd and open daily on December 23rd through 31st. See the 50-foot tree, Santa's reindeer, 12 drummers drumming, and a field of lights all with a cup of cocoa in hand. Find more information at ococean.com/winterfest.

SYMPHONY OF LIGHTS

The Symphony of Lights has been illuminating Merriweather Post Pavilion in Columbia for over 25 years. Drive through more than 300,000 bulbs for a dazzling display of larger than life animated and stationary holiday creations. The drive through experience is open through January 4th but closed on December 1st through 3rd, 9th, 10th, 12th, and 31st for an opportunity to walk through for a true night to remember. Find more information at merriweatherlights.com.



Photograph by Karmen Osei

Crab Basket Tree Lighting Dorchester

Each holiday season, a busy corner in downtown Cambridge is home to a 20-foot high tree made from nearly 200 bushel baskets that have been used to harvest Maryland blue crabs. The tree's "ornaments" are used buoys that local artisans re-purposed into tree decor. Exact date of tree lighting tbd as of press time. Learn more at visitdorchester.org.



Photograph by Jill Jasuta



CHRISTMAS IN ST. MICHAELS LIGHTED BOAT PARADE

The Lighted Boat Parade is back in St. Michaels Harbor on December 14th at 6 p.m. as a part of 2024's Christmas in St. Michaels festivities. The boats, which are decorated to illuminate the night sky, will parade around the harbor and are best viewed from the Chesapeake Bay Maritime Museum, St. Michael's Harbour Inn, Marina and Spa, and St. Michael's Marina. Find more information and a full route at christmasinstmichaels.org.



PARADE OF LIGHT

Chabad of Anne Arundel County is hosting a Parade of Light on December 9th at 5:30 p.m. The car parade will begin at Safeway in Annapolis and conclude at City Dock, where there will be a Menorah Lighting at 5:45 p.m. This free event will include delicious hot latkes, fresh donuts, and hot drinks. Be sure to RSVP at chabadaac.com.

CRAB BASKET TREE LIGHTING

Lighting a tree is a holiday tradition, but one that looks quite different is in Queen Anne's County. Queen Anne's County Watermen's Association is hosting a Crab Basket Tree Lighting Evening and Vendor Fair on December 7th at The Crab Deck in Grasonville. The vendor fair will begin at 6 p.m., when you will be able to look for decorations, unique stocking stuffers, gifts and more, all followed by the tree lighting. Find more information at visitqueenannes.com.



New Year's Events

Annapolis – December 31st, 7 p.m. (Family Fireworks), and midnight at Susan B. Campbell Park

Discoveries: The Library at the Mall – Noon Year's Eve December 31st, 11:30 a.m. to 12:30 p.m., Annapolis

Easton – New Year's Eve Crab Drop during First Night Talbot, 9 p.m.

Rock Kent New Year's Eve – December 31st, 9 p.m. to 1 a.m. at The Farmstead at Kent Island Resort, kentislandresort.com

Baltimore – December 31st, midnight fireworks and drone show at the Inner Harbor

Ocean City – December 31st, midnight at Northside Park and on the beach at Dorchester Street



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My holiday wish list...*

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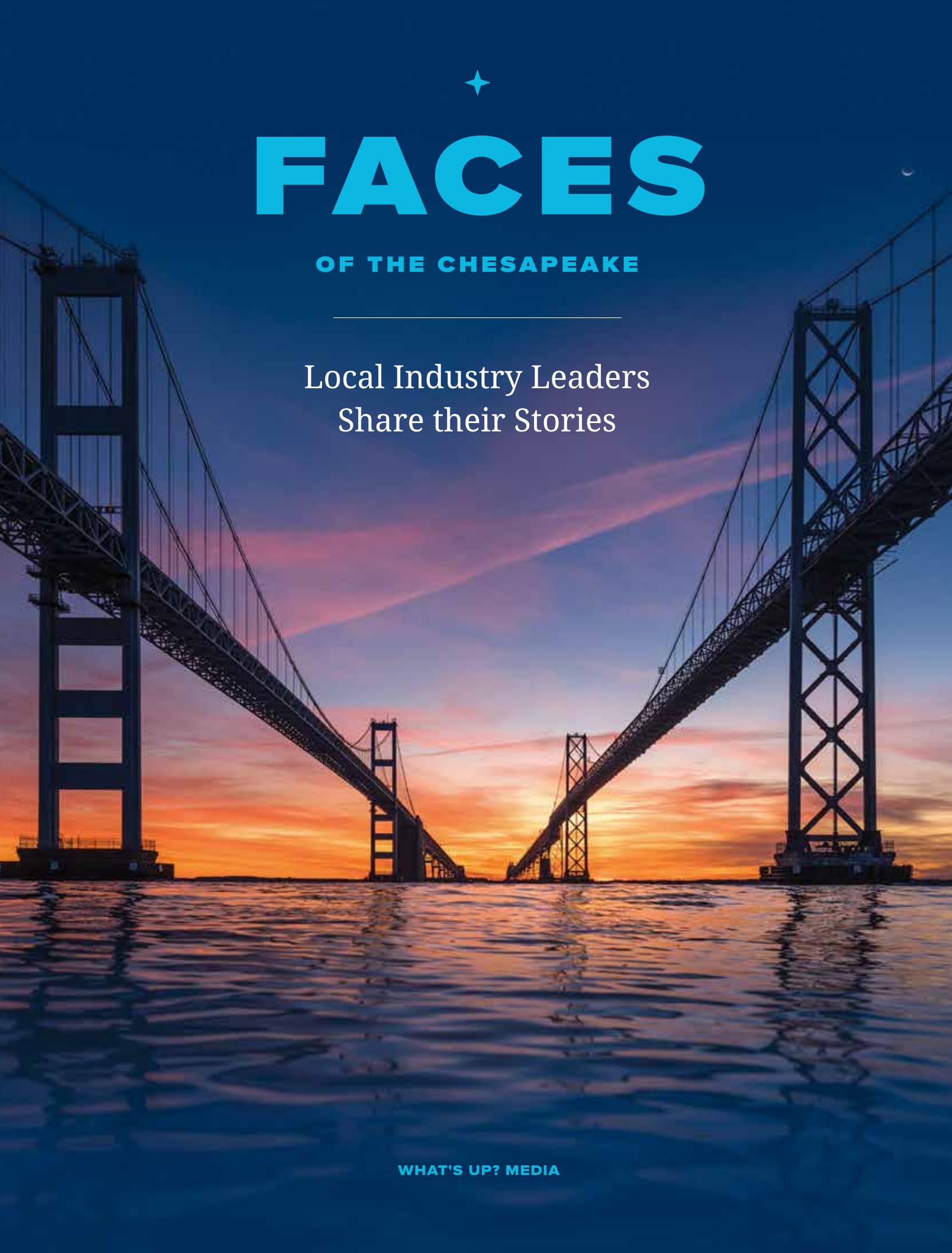
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WHAT'S UP? MEDIA welcomes you to meet exceptional leaders living and working in the Chesapeake Bay region who are considered experts and have achieved success in their vocations and industries. Within the following pages, you'll meet them face-to-face, and read the endearing stories of these many individuals and companies that take pride in offering our readers professional, personal, and courteous service. Introducing the 2025 Class of Faces of the Chesapeake!

WHAT'S UP? MEDIA

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Cover Image by Jay Fleming Photography



FACES

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Deborah Potter, Potter Law, LLC

Bite Dental Center

Biana Arentz,
Coldwell Banker Realty

Elizabeth Arentz,
Coldwell Banker Realty

The DD McCracken Home Team,
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THE FACE OF EXPERIENCE IN
EASTERN SHORE REAL ESTATE

CHUCK MANGOLD

Associate Broker • Benson and Mangold Real Estate

With nearly 1,500 transactions and \$800 million in sales, Chuck is a leading expert in Eastern Shore real estate, specializing in waterfront, inland, and commercial properties across Talbot, Queen Anne's, Caroline, and Dorchester Counties. A Benson & Mangold agent since 2001, he combines unmatched local expertise with innovative marketing campaigns, utilizing high-end photography, 3D tours, digital, and print advertising to maximize property exposure. His extensive network of agents and clients enhances his ability to connect buyers and sellers effectively. A longtime Talbot County resident, Chuck is deeply engaged in the community, serving on boards for organizations such as the Academy Art Museum and formerly Habitat Choptank, The Country School, the Talbot County Chamber of Commerce, and The Mid Shore Board of REALTORS®. His background in the automobile industry, where he excelled in management and customer service, brings additional strength to his negotiation skills and client dedication. Benson & Mangold, the Mid-Shore's premier real estate firm, has been a trusted presence for nearly 60 years, and Chuck is proud to contribute to its continued legacy.

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THE FACE OF EXTRAORDINARY REAL ESTATE

CHRISTINA PALMER

of Keller Williams Flagship of Maryland

Christina Janosik Palmer is an Associate Broker with a 30-year tenure in real estate, dedicated to serving Anne Arundel County and the surrounding areas. Known for her unique marketing strategies and commitment to customer service, Christina expanded her solo practice into a robust team in 2016. The Christina Janosik Palmer Group at Keller Williams Flagship of Maryland, now comprising ten professionals, offers clients over a century of collective real estate wisdom. This team transcends the typical client-agent relationship, creating enduring friendships with their clientele, well past the final transactions. Whether it's listing or buying, they promise an effortless experience through their expert guidance. Proudly embedded in their community, Christina and her team are always eager to deliver unparalleled service to those they consider not just clients, but family.

Associate Broker, Team Leader, The Christina Janosik Palmer Group
Graduate, Realtor Institute
Keller Williams Flagship of Maryland
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THE FACE OF JUSTICE FOR INJURY VICTIMS

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Potter Law, LLC

Debbie has been fighting for full & fair compensation for clients suffering unwanted injuries for over 30 years. Known for her compassion and trial skills, her practice takes her to courts throughout the state. Debbie moved to Annapolis in 1990 for a judicial clerkship, and never left. She has served as President of the Anne Arundel Bar Association and is the recipient of the Maryland State Bar Association's Award for Legal Excellence in the Advancement of Professional Competence. Debbie is also ranked Maryland Top 10 and Washington, D.C. Top 50 Women by Super Lawyers. She has served as an Officer of the Maryland State Bar Association, and on the University of Maryland College Park Foundation Board of Trustees. In your time of need, you deserve a committed attorney advocating for your recovery.

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THE FACE OF GENERATIONS OF SMILES

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formerly West Annapolis Family Dentistry

Bite Dental Center, formerly West Annapolis Family Dentistry, proudly continues its 50-year legacy of creating beautiful smiles while embracing exciting growth. Expanding beyond its Annapolis location, Bite Dental Center now includes two new sister offices: Family Laser Dentistry in Severna Park and Burwood Village Dentistry in Glen Burnie. Each practice upholds a commitment to family-focused, patient-first care, and the highest standards in modern dentistry. Under the expert leadership of Dr. Ishita Rahman, a Fellow of the International Congress of Oral Implantologists and soon to be honored with a Fellowship from the Academy of General Dentistry, Bite Dental Center's team of six exceptional doctors is dedicated to delivering outstanding care. This team leverages the latest in dental technology, ensuring precision and optimal outcomes in a calming, luxurious environment. Bite Dental Center offers an array of services tailored to individual needs, from laser dentistry for quick, non-invasive treatments to non-surgical TMD therapy for jaw pain relief. Patients with dental anxiety can benefit from IV sedation options, making each visit as comfortable as possible. Bite Dental Center invites you to experience the future of dental care—where tradition and innovation come together for a truly elevated dental experience.

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THE FACE OF LUXURY REAL ESTATE

BIANA ARENTZ

Luxury Property Specialist | Coldwell Banker Realty

Biana Arentz stands as a distinguished leader in luxury real estate, expertly navigating the waterfront properties of the Eastern Shore and Annapolis. With over two decades in real estate and a passion for community involvement, Biana is known on both sides of the Bridge. Awarded Best Luxury Realtor in 2023 and Best Waterfront Realtor in 2024 by *What's Up? Magazine* and *Shore Update*

she embodies luxury across all price points. Biana specializes in waterfronts on the Wye River where she lives. Merging in-depth local knowledge with unwavering dedication and service, she guides her clients and friends in one of their most important decisions - buying and selling real estate. Biana lives in Queenstown with her husband Steve, also a REALTOR, and their precious dog Harley.



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THE FACE OF MILLENNIAL REAL ESTATE

ELIZABETH ARENTZ

Realtor® | Coldwell Banker Realty

Elizabeth seamlessly integrates her unique background in healthcare consulting and neurobiology with negotiating deals and helping people achieve their real estate goals. This unconventional foundation equips her with exceptional empathy, analytical skills, and an understanding of complex systems, all vital in navigating the nuanced real estate sector. Named

a BRP 30 Under 30 Honoree and *Shore Update's* "Favorite REALTOR" two years in a row, Elizabeth is taking the real estate market by storm. Raised in a REALTOR family, she now brings a blend of personal experience and academic expertise to her thriving career, alongside her husband, Jake, dogs, Jinx and Beretta, and bearded dragon, Mushu.



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ATHENA PETERSEN

of Long & Foster Real Estate

Long & Foster's All-Inclusive Real Estate Experience: A Game Changer for Clients. Our All-Inclusive approach means that from your initial search to closing, all the way to moving into your new home, every detail is covered. No more juggling between different service providers or navigating complex paperwork alone — we're one team with you at every turn. Enjoy the sense of confidence knowing your Long & Foster full team can handle it all. Your agent is supported by a team of specialists in Mortgage, Insurance, Settlement, Inspection, Moving and Property Management who are there to guide you every step of the way. Senior Vice President and Regional Manager Athena Petersen, who leads our Baltimore, Eastern Shore, and Western Maryland regions, says she's proud to be with a company that not only simplifies transactions but also enhances the overall client experience, ensuring that every aspect of real estate is handled efficiently and effectively. With more than two decades at Long & Foster, she is committed to strategic recruitment and ongoing training, ensuring agents are well-prepared to leverage the company's comprehensive tools and resources. With this All-Inclusive approach, Long & Foster is not just facilitating transactions; it's creating lasting relationships and ensuring that clients feel supported and informed every step of the way.

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THE FACE OF REAL ESTATE THE RIGHT WAY

DAVID ORSO

Berkshire Hathaway Home Services PenFed Realty

If real estate agents charge approximately the same fee; then why wouldn't you hire the absolute best to represent you? The same fee but different client outcomes is downright unfair. The market has shifted, and the stakes are higher than the peak years of 2000 – 2023 when homes sold in a day for record breaking prices. David Orso recently celebrated his 22nd year in real estate and has over 300 five-star reviews online. His experience has led to unmatched market knowledge which enables him to offer professional counsel and advice which gives his clients a competitive advantage. David's sensible listing and buying systems have been curated for maximum client outcomes based on 1000+ home sales. Since 2013, David Orso has been the #1 agent in Anne Arundel County for total real estate sales. This unprecedented accomplishment is due to his best-in-class strategic marketing, elite negotiation skills and his unwavering commitment to superior client outcomes. When asked about his secret to year-over-year peerless performance, he said, "When my clients win, I win. Always in that order. We love our clients and treat them like family." Now is the time to closely evaluate your potential real estate representation and examine their experience in challenging markets NOT just the boom years of 2000 – 2023. Whether you are selling or buying, consider your options about who is going to represent your hard-earned interests and align with a true professional who has a long standing track record of success in their field of expertise. You deserve the best... so hire the best!

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At Fichtner Home Exteriors, the company's success is driven by the exceptional teamwork, dedication, and talent of its employees. Each team member plays a critical role in delivering outstanding results, from the initial consultation to the final touches of a project. The crew works together seamlessly, ensuring that every task is completed with precision and care. Their dedication is evident in the long hours and attention to detail they invest in every job, regardless of its scale. What sets this team apart is their unique blend of craftsmanship and commitment. They are not only highly skilled but also passionate about helping homeowners bring their vision to life. With

clear communication and a collaborative approach, they ensure projects run smoothly and efficiently, with each member contributing their strengths. Whether it is tackling one project at a time, such as a new roof, windows, doors, or siding, or fully transforming the entire exterior of the home, the team's focus is on exceeding expectations at every step. Fichtner Home Exteriors is proud of the hard work and determination their employees bring to every project, consistently delivering high-quality results. It is their collective talent and dedication that allow the company to provide workmanship that homeowners can rely on.





THE FACE OF WATERFRONT REAL ESTATE

BRAD KAPPEL

Executive Vice President | TTR Sotheby's International Realty

Brad Kappel is recognized as Maryland's #1 Waterfront Agent, achieving over \$190 million in waterfront property sales in 2024. He is honored to be among the Top 100 Agents/Teams worldwide with Sotheby's International Realty. With fifteen years of experience in real estate, home construction, and renovation, Brad has extensive knowledge of the Annapolis area's luxury homes and waterfront properties. This expertise allows him to provide insightful assessments of each property's condition and potential. In November 2024, Brad launched the Brad Kappel Team to enhance his commitment to exceptional customer service. The team includes Joe Bray, an Eastern Shore Real Estate Specialist; Executive Assistant Mistie Schleeper; Brandi McKeating, Digital Marketing Director; and Sales Agent Alex Clark. Brad lives by the philosophy that "clients deserve nothing short of excellence," ensuring complete satisfaction throughout the buying or selling process. As a third-generation Annapolitan, he understands waterfront living's nuances, adding to his unique appeal. Brad not only sells the waterfront lifestyle, he lives it! Brad is a proud member of the Eastport Yacht Club and is passionate about spending time with his family, boating, and preserving the waterways of the Chesapeake Bay. Combining local expertise with the global prestige of Sotheby's, Brad invites you to experience the waterfront lifestyle. Make *Your* Move with the Brad Kappel Team today!

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THE FACE OF ORTHODONTICS IN THE MEDICAID WORLD

DR. MARY TRAHAR-THOMAS

DDS, PA - Smiles By The Bay Orthodontics

When Dr. John Placido, a dedicated Eastern Shore orthodontist, passed away in 2017, nearly 500 children on Medicaid were left without a provider. Most Maryland orthodontists do not accept Medicaid due to reimbursement rates that haven't changed in over 25 years—rates that barely cover the cost of care. Faced with this gap, Dr. Mary Trahar-Thomas stepped in to care for these children despite the financial challenges. “It’s challenging to work within the Medicaid system, but knowing I can provide care to children who might otherwise go without is incredibly rewarding,” says Dr. Trahar-Thomas. Today, she and a group of committed orthodontists are working to reform Maryland’s Healthy Smiles program to support underserved children better. Dr. Trahar-Thomas, a native of Annapolis, served in the United States Air Force, where she earned advanced training in orthodontics and pediatric dentistry. She opened her first practice in Annapolis in 2005, expanding to Stevensville and Denton. Now, she lives on an Eastern Shore farmette with her husband and their big blended family and a lively mix of animals. Stay tuned to her website for ways to support Medicaid reform and help make quality orthodontic care accessible for all Maryland children.

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The Chesapeake Bay Beach Club has been the leader in the Wedding, Special Events and Hospitality industry for 25 years. Their commitment to excellence in service, food and beverage, and their exquisite property have won countless awards along the way. Through the years, one detail has remained the same: their

staff. The Beach Club has created a family-like atmosphere for its devoted 200+ employees. Everything that they do and every event is treated with unparalleled levels of service and dedication. Experience luxury on the Eastern Shore at the Chesapeake Bay Beach Club, located just over the Chesapeake Bay Bridge.



THE FACE OF WATERFRONT RETIREMENT LIVING

JACK AND MARILYN COOLIDGE

BayWoods of Annapolis

Maryland natives Jack and Marilyn Coolidge moved to BayWoods in 2022 after extensive research into local retirement communities. They chose BayWoods due to its suitability for them and their two dogs, Coal and Nikki, as well as its equity ownership option. They now relish the scenic grounds, wildlife, and abundant activities in the Chesapeake Bay waterfront setting and

historic Annapolis. Marilyn is involved in welcoming new residents and assisting them in transitioning to BayWoods living, while Jack leads as Co-chair of the Woodshop Group and participates in the Building and Grounds Committee. Their dogs also play an active role in the Pet Therapy program located on campus.





THE FACE OF POLITICAL ANALYSIS

FLAVIO HICKEL JR., PH.D.

Washington College

Associate Professor of Political Science, Flavio Hickel has set himself apart as an expert in American politics through frequent regional, national, and international media commentary. A regular source for the *Baltimore Sun*, Hickel offers valuable perspectives on Maryland elections and national campaigns. His research on the impact of identity politics and immigration

policy on political attitudes has been cited by major publications and inspires students to deepen their understanding of contemporary political discourse. A sought-after source ahead of the presidential election, his commentary has been published in over 400 outlets this year including *Newsweek*, *La Nación*, and *The Washington Post*.



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Pegah Scotti & Chris Scotti

With over 35 years of experience, Kitchen Tune-Up offers unmatched kitchen remodeling services and creative solutions that clients love. Their approach is built on trust, communication, and professionalism, ensuring they meet and exceed expectations. Providing clear, transparent proposals across various investment levels, they prioritize client education. Committed to

excellence, they are the perfect choice for kitchen transformations. At Kitchen Tune-Up, their work is called “Tunifying.” To Tunify means not only crafting an amazing space but also creating an extraordinary client experience. They partner with clients to make their kitchen dreams a reality, rather than simply remodeling.

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THE FACE OF WEALTH & RETIREMENT PLANNING

ELIZABETH BENNETT

Chesapeake Financial Planning & Tax Services, LLC

Elizabeth is a CERTIFIED FINANCIAL PLANNER® and fiduciary working in her client's best interest. She engages with her clients in a consultative partnership educating as well as listening. Elizabeth begins with a financial plan putting together a snapshot of her client's current situation. From there, the plan combines need, wants, short- and long-term goals and a path forward. Additionally, working with her clients other trusted advisors such as estate planning attorneys and CPA's is necessary to ensure her clients' team is coordinating efforts. Money and investing are very empowering. Recommending what is in the best

interest of each client is a top priority. Elizabeth's vision for her practice is to continue to provide her clients with peace of mind knowing that they have a plan in place. In today's digital age she can help her clients no matter if they are local or across the country. She has offices in Annapolis, MD and Boca Raton, FL. She brings passion to what she does every day.

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For over 37 years, Annapolis Smiles has delivered top-tier dental care to families and individuals in the greater Annapolis area. Led by Dr. Scott Finlay, an Accredited Fellow with the American Academy of Cosmetic Dentistry, our team offers a full range of services, from preventive care to advanced implants and restorative treatments. Dr.

Finlay is nationally recognized for his meticulous approach to creating balanced, beautiful smiles. Voted the Best Cosmetic and Restorative Dentist in Annapolis, our practice combines five-star service with a compassionate team dedicated to exceptional care. Call today to schedule an appointment!



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SPHR, SHRM-SCP, NDCCDP, CEC • People Rise LLC

Susan S. Mahaffee, a former global HR executive and founder of People Rise, LLC, works with small to mid-size business owners—often entrepreneurs or family businesses—who are ready to grow, scale, or retool. Susan brings strategic insight through leadership searches,

coaching, and development programs that align people with business goals. Her practical yet strategic approach gives business owners the tools they need to lead confidently and grow sustainably—because strong businesses grow from the inside out.



L to R: Max Lenowitz, CRNP,
George Gavrilu, MD, and
Victoria Thursby, CRNP



THE FACE OF COSMETIC INJECTIONS

ProMD HEALTH

ProMD Health is a state of the art medical facility specializing in non-surgical treatments and procedures to help patients Look and Feel Younger. The founder, Dr. Gavrilu, MD, along with Max Lenowitz, CRNP, and Victoria Thursby, CRNP, take pride in their advanced skills and techniques. They offer a wide range of services, including Botox, fillers, laser

treatments, hormone replacement therapy, facial rejuvenation, weight loss shots, Hydrafacial, Sciton Halo, and body contouring, along with a five-star spa at the Annapolis location. Whether your goals are looking like you did 10 years ago, or feeling like you did 10 years ago, ProMD Health has something for everyone.



THE FACE OF MORTGAGE

FIRST HOME MORTGAGE ANNAPOLIS

The Annapolis branch of First Home Mortgage brings 70 years of combined experience, proudly rooted in the heart of their community. They are committed to helping neighbors achieve their homeownership dreams with integrity, expertise, and a deep understanding of the market. Over the past three years, they've funded over one

billion dollars in home loans - a testament to the dedication and trust their clients place in them. Whether purchasing a first home, refinancing, or investing, First Home Mortgage is here to provide personalized guidance and a seamless experience tailored to each client's unique needs.



900 Bestgate Road, Suite 310 • Annapolis, MD 21401 • 410-708-1075 • firsthome.com/chris-edge
NMLS #1017539



Drs. Chris Chambers, Neil Sullivan,
Kurt Jones, Borek Hlousek,
Cliff Walzer, and Kenneth Kufta



THE FACES OF DENTAL IMPLANTS & ORAL SURGERY

ORAL SURGERY SPECIALISTS

Drs. Walzer, Sullivan, Hlousek, Jones, and Chambers, renowned Board Certified Oral and Maxillofacial Surgeons, have welcomed Dr. Kenneth M. Kufta to their distinguished team. These experts skillfully handle a broad spectrum of oral, dental, and facial issues. Their proficiency encompasses dental implant surgery, wisdom tooth removal, and corrective jaw surgery, employing methods that emphasize bone structure rebuilding with minimal surgical

intervention and enhanced patient comfort. Their practice prioritizes creating stunning smiles and rejuvenating the functionality of teeth and jaws. Unique to their specialty, they are licensed to administer intravenous (IV) general anesthesia in a state-of-the-art office environment. Their practice ethos combines excellent care with the art, science, and technology, ensuring an outstanding experience marked by compassion, courtesy, and respect.



THE FACE OF CATHOLIC EDUCATION IN ANNE ARUNDEL COUNTY

BRIAN KOHLER

President of Archbishop Spalding High School

Archbishop Spalding High School in Severn, Maryland, stands out as a leader in Catholic education, offering rigorous academics, a faith-centered environment, and a strong emphasis on service. Established in 1966, the school provides a comprehensive college preparatory curriculum with AP and Honors courses, plus robust STEM and arts programs. Its Campus Ministry and

service-learning initiatives foster spiritual growth and community-mindedness among students. Known for its athletic excellence in the MIAA and IAAM leagues, Spalding excels in both academics and extracurriculars, preparing students to become ethical, well-rounded leaders ready for college and beyond.



THE FACE OF PREMIER FLOORING & TILE SOLUTIONS

COMPASS STUDIO TILE & FLOORING

Compass Studio Tile & Flooring, the largest flooring provider in Anne Arundel County, combines decades of expertise to offer unparalleled quality and style. Established through the union of CarpetBagger, Compass Stone & Tile, and Finme Flooring, Compass Studio has become the trusted choice for residents seeking exceptional flooring and tile. Founded on a legacy of customer

satisfaction dating back to 1978, its team—Gary Christie, Brian Fleming, and Brian Dieterich—ensures every project is marked by integrity and innovation. From luxury vinyl and hardwood to tile and stone to carpeting and hardwood refinishing, Compass Studio delivers solutions tailored to every style and budget. Visit us in Annapolis and experience the Compass difference.

 FOR ALL SEASONS

300



For All Seasons Executive Team

From left to right:
William Cerrato, D.O.,
Chief Medical Officer;
Katie Theeke, M.Ed.,
VP Marketing & Communications;
Beth Anne Dorman, MS,
President & CEO;
Lesa Mulcahy, LCSW-C,
Chief Clinical Officer;
Lauren Kay Weber, MBA,
VP Strategy & Development;
Patti Cannon, MBA,
Chief Operating Officer



THE FACE OF RESILIENCE

FOR ALL SEASONS

Mental health challenges, sexual assault, abuse, and trauma are a reality for many people in our community. Addressing these difficult topics is essential to fostering a healthy and vibrant community. The For All Seasons Leadership Team is honored to be a part of the nearly 100 staff members serving as the Face of Resilience for our community. Our team provides the highest

quality mental health and victim services to children, adults, and families across the Eastern Shore region and beyond. Providing walk-in same-day services, we accept every insurance and serve all clients regardless of one's language or ability to pay. For All Seasons proudly supports our resilient community members on their journey to wellness.

Offices in Easton, Cambridge, Chestertown, Denton, and Stevensville.

Telehealth and in-person appointments available. 410-822-1018 ForAllSeasonsInc.org



Leslie Shafer,
Ashley Sebastianelli,
Claire Buchner



THE FACES OF MODERN REAL ESTATE

OMNIA REAL ESTATE

What do a lawyer, a perfectionist, and an MBA have in common? They are the powerhouse Annapolis team of Omnia Real Estate. First, meet Claire Buchner—a real estate attorney and broker with 20+ years in Annapolis and a passion for elevating agents. Next is Leslie Shafer, Claire’s sister, a real estate expert with 300+ successful

transactions and 120 five-star reviews. Finally, armed with an MBA and a heart for people, Ashley Sebastianelli brings business acumen and local market savvy. Together, these three provide exceptional boutique service, blending big-city expertise with local insight to elevate Annapolis real estate.





THE FACE OF COMMON CENTS

HF ADVISORY GROUP

Ray Hobson, CFP®

At HF Advisory Group, you can expect simple unbiased financial advice. We give our clients real individualized attention. Every family has a different idea of what their financial goals are and how they want to get there. We tailor plans to each of our clients' specific needs. As a fiduciary, we are obligated to give you wealth management

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

166 Defense Highway, Suite 102 • Annapolis, MD 21401 • 410-571-1415 • www.hfadvisorygroup.com

Representing HF Advisory Group, LLC. A Registered Investment Advisor – Annapolis, MD



THE FACES OF DEDICATION

THE SUMMIT SCHOOL

Empowering Students with Learning Differences

The Summit School makes all the difference for students who struggle with reading, writing, math, and executive functions. Summit serves children with dyslexia and other learning differences in grades 1-8. Educational programs are designed for those who learn differently using research-based methodologies implemented by highly trained teachers in small class settings.

At Summit, children who learn in a different way are taught in a different way, preparing them for high school and beyond. Set on a 15-acre sylvan campus, Summit offers a full set of extracurricular opportunities for students. Summit sets students on the path for college and career readiness.



THE FACE OF A DESIGN AND BUILD COMMUNITY

GREATER ANNAPOLIS DESIGN DISTRICT

The Greater Annapolis Design District (GADD) is a nonprofit that fosters collaboration and growth in the design and build industry. As the leading resource in the Annapolis area, GADD connects residents and businesses with expert guidance on renovation and new construction projects. Through professional development, networking

events and a commitment to excellence, GADD enhances members' skills, strengthens community ties, and strives to deliver high-quality products and services. Whether you are a homeowner or a business in need of reliable partners, GADD is your essential resource for design and build services. Join us in celebrating the artistry of Annapolis!

For a complete list of GADD members, please visit www.greaterannapolisdesigndistrict.com



THE FACE OF EASTERN SHORE REAL ESTATE

CORNELIA C. HECKENBACH

Long & Foster Real Estate

Originally from Germany, Cornelia moved to Talbot County in 1989 and quickly became a leading real estate agent. Known for her warmth, expertise, and dedication, she excels in all areas, from starter homes to luxury waterfront estates. With 30+ years of international experience, Cornelia combines her natural listening skills

with award-winning marketing strategies and skillful negotiation, helping sellers achieve top-dollar results and buyers find their ideal homes. Now connected to the Forbes Global Network, Cornelia brings global reach to her clients, delivering unparalleled service and results across the Eastern Shore as a trusted advocate.



105 S Talbot Street • Saint Michaels, MD 21663 • PO Box 236 • 410-310-1229 • www.stmichaelsmdwaterfront.com





THE FACE OF A FINE ART GALLERIST

NANNY TRIPPE

Opened in 2010 as a collaboration of two artist friends, fine art photographer Nanny Trippe and watercolorist Don Hilderbrandt, The Trippe Gallery has evolved into Easton's liveliest fine art gallery, a favorite with locals and visitors. Located in the heart of historic Easton, the Trippe Gallery, now solely owned by Nanny Trippe is beginning its twelfth year.

All genres of art are exhibited in the gallery: oil and watercolor paintings by award winning national and international artists, sculptors, printmakers and fine art photographs. The gallery caters to collectors of all levels and offers services like art curation and hanging. Monthly exhibits feature individual artists or themed group shows.



THE FACES OF HEALTHY SKIN

EASTON DERMATOLOGY ASSOCIATES

Dr. Michael Del Torto and Dr. Donald Stranahan, Jr

Led by board certified dermatologists Dr. Michael Del Torto and Dr. Donald Stranahan, Jr., the team at Easton Dermatology Associates specialize in diagnosing skin disorders and providing the best treatments available to improve the health and appearance of your skin. They stay on the cutting edge of their specialty, which includes using the most advanced medications and procedures to treat

the medical, surgical, and cosmetic needs of your skin, hair, and nails. They have received numerous awards and recognitions including the Top Docs, Best of *Eastern Shore Magazine*, *What's Up? Magazine's* Top Dermatologist Award and the Talbot County Chamber of Commerce Outstanding Large Business of the Year Award. All locations are accepting new patients. Book your appointment today!

403 Marvel Court, Easton, MD • 106 Milford St., Suite 501B, Salisbury, MD
411 Thompson Creek Rd Bay 1, Stevensville, MD 21666 • 410-819-8867 • eastondermatology.com

Store Volunteers: Kate Tumalty,
Maribeth Cullom, Sharon Robertson,
Renie Madonna, Barb Wiley



THE FACE OF HOPE

HAVEN MINISTRIES

Haven Ministries operates Our Daily Thread Thrift Store, a boutique resale store featuring high quality women's and men's clothes, accessories, jewelry, shoes, housewares, toys, and rare antique collectibles at deeply discounted prices. The store is open to the public Monday through Saturday 10am - 4pm. The revenues created are used to provide HOPE and AWARENESS in Queen Anne's County to benefit its ministries. In addition, Our Daily Thread assists

neighbors in need with clothing and household items. Love shapes the ministry, transforms people, and hope prevails at Haven Ministries. In addition to Our Daily Thread, Haven Ministries operates a Homeless Shelter, Resource Center, Food Pantry, Furniture Thrift Store, and a Food Pantry Truck. Haven Ministries relies upon donations and volunteers to run its programs. To volunteer or donate to please call 410-827-7194 or visit Haven-Ministries.org.

Our Daily Thread: Gently used clothing and housewares
1521 Postal Road, Chester, MD | Hours: Monday - Saturday • 10am - 4pm
Donations received daily until 3:30pm | Store phone number: (410) 353-0455



THE FACE OF SELLER SUCCESS

ERICA BAKER

Vice President - TTR Sotheby's International Realty

Erica Baker, Vice President and Associate Broker at TTR Sotheby's International Realty, is a dedicated real estate advisor with ten years of experience focused on her clients' unique needs. A lifelong Maryland resident, she excels at aligning her clients' goals with effective property strategies, supported by her deep knowledge of the local market. With a genuine commitment

to excellence, Erica navigates the market with integrity and transparency, thoughtfully marketing homes to achieve the best results. She provides valuable insights during evaluations, ensuring she meets her clients' needs and stays attuned to market conditions. Her passion is guiding individuals toward moves that enhance their lives.



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





THE FACE OF VULNERABILITY

ANCHORED HOPE THERAPY

You are not alone.

Anchored Hope Therapy offers Compassionate trauma therapy and counseling for individuals, couples & children. We are a collaborative practice that focuses on working with other providers in the community to support the holistic needs of our clients. We also believe in holistically caring for ourselves. We believe that providers that care for themselves also

provide better quality services to their clients. As a practice, we work closely with other service providers such as craniosacral facilitators, ecotherapists, acupuncture services, personal trainers, and psychiatrists. We are always looking for ways to support our community and expand our services through strategic and creative partnerships.

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Left to Right - Top - Doug Coe, Wealth Planner - Kyle Dixon, Wealth Planner - Diane Price, Director of Client Services - Paul Burns, Wealth Planner - Kevin Peterson, Wealth Planner, Left to Right - Bottom - Rusty Poisson, Director of Business Development - Camila Chiang, Director of Wealth Planning - Greg Karanzalis, Wealth Planner



THE FACE OF TRUSTED FINANCIAL ADVICE

CONNECT WEALTH

Do your personal and business finances seem complex and overwhelming? Connect Wealth is dedicated to simplifying financial decisions for those who lack the time, desire, or expertise to manage them independently. Taking a team approach built on trust through decades of combined experience, we offer personalized financial advice to help clients pursue their

wealth planning goals. Knowing that life throws you curveballs, our team is dedicated to guide you through all the significant life changes—such as job transitions, business liquidations, home purchases, family restructures, and wealth transfers. Committed to integrity and excellence, Connect Wealth aims to inspire confidence in each client they serve.

Investment Advisory Services are offered through Mariner Platform Solutions (MPS), a SEC Registered Investment Adviser. Connect Wealth and MPS are not affiliated entities.

1906 Towne Centre Blvd, Suite 270 • Annapolis, MD 21401 • www.connectwealthgroup.com • 410-339-0793



THE FACE OF RETIREMENT ON THE EASTERN SHORE

LONDONDERRY ON THE TRED AVON

Rachel L. Smith & Christine Harrington

Londonderry on the Tred Avon is a premier independent living retirement community for adults 62 - plus, nestled along the scenic Tred Avon River in historic Easton, Maryland. CEO Christine Harrington, who joined the team in 2023, brings over 15 years of expertise and knowledge, ensuring that every aspect of Londonderry reflects the highest standards of

excellence. Rachel Smith, Director of Sales and Marketing, has been with Londonderry since 2013. Smith has extensive experience in senior housing. Harrington and the entire team take pride in showcasing what makes Londonderry unique. At Londonderry, the team believes your retirement should be about a carefree, fulfilling lifestyle.

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



Alex, Paige, Meg, Kathy



THE FACE OF MEDICAL AESTHETICS

MEG FOX AESTHETICS

Meg Fox Aesthetics is Maryland's premier medical aesthetics boutique with locations in Annapolis and Towson. The newest location in Annapolis offers a wide range of services including neurotoxins, dermal fillers, Skinvive, Sculptra, Microneedling (with PDGF), Moxi Laser, BBL Hero photofacials, & Wellness/Medical Weight Loss visits. Proudly local woman owned, Meg

Fox brings over 18 years of experience in medical aesthetics serving as a national trainer for both Allergan and Galderma, and a key opinion leader for several skin care companies. Meg Fox Aesthetics prioritizes a culture of safety and medical integrity, while cultivating nurturing, collaborative relationships with patients to help everyone achieve their beauty goals.



THE FACES OF INNOVATIVE COMMUNITY CARE

HOSPICE OF THE CHESAPEAKE

Monica Escalante, Chief Strategy & Information Officer

Dr. Sonja Richmond, MD, HMDC, RYT, Vice President of Medical Affairs & Hospice Medical Director

Join us in celebrating innovative community care, where compassionate leaders are transforming the landscape of healthcare. Our dedicated team pioneers personalized solutions that empower individuals and families, ensuring everyone receives the care they need and deserve. From cutting-edge technology to holistic approaches, we're redefining wellness by prioritizing connection

and collaboration. These visionary leaders are not just providing services; they're fostering a community where every voice is heard, and every need is met. Experience the difference with a team committed to innovation and excellence. Hospice of the Chesapeake is Maryland's largest independent not-for-profit hospice and the Face of Innovative Community Care.



THE FACE OF CHARITABLE GIVING THROUGH REAL ESTATE

JACK PAPALEONTI, GRI

The Anchor Team of Academy Realty, Inc

Through Jack's professional work and volunteerism, he contributes to the growth of resilient communities by being actively engaged and giving back. At the helm of Academy Realty, Jack has overseen more than a thousand successful real estate transactions over the years, all the while actively supporting various causes

in the community. He is extremely devoted to philanthropic endeavors including the annual "Shop with a Cop" event through the Annapolis Optimist Club. Jack has also served as the President of the Annapolis High School Sports Boosters Club and Parish Councilmember at Ss. Constantine & Helen Greek Orthodox Church.



801 Compass Way #7 • Annapolis, MD • 410-263-9105 • www.academyrealty.com





THE FACE OF INVESTMENT MANAGEMENT

SCARBOROUGH CAPITAL MANAGEMENT

Your financial future is unique—make it yours. We understand that no two people or financial goals are the same. That's why we take time to carefully assess your unique objectives before crafting personalized wealth management strategies. Whether you're planning for retirement, ensuring

steady cash flow, or funding your grandchildren's education, your plan will be tailored to your evolving needs. Reach out to us for a complimentary, confidential consultation with one of our experienced financial planners, and take the first step towards achieving your goals.

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THE FACE OF FAMILY PET HEALTH CARE

EAST COAST VETS

Drs. Patrick and Michelle Allen started East Coast Vets with the idea to bring the Eastern Shore a family first approach to the health care of your beloved pets while also utilizing the most current approaches to veterinary medicine. At ECV they believe each pet is a cherished member of your family and strive to provide a caring,

comprehensive and practical approach tailored to your family member's individual needs. They utilize a Fear Free approach with your pet to create a more enjoyable and stress free visit. With an emphasis on compassion, ECV is helping lead the way with a new generation of veterinary care on the Eastern Shore.



Andrew Ashton | Samantha Nash | Ryan C. Herbert | Faisal Magsi, CFP® | Katherine M. Groce | Lawrence Kiely



THE FACE OF FINANCIAL FREEDOM

PROSTATIX FINANCIAL ADVISORS GROUP

Prostatix Financial Advisors Group focuses on accountable retirement, tax, and estate planning, paired with clear and consistent personal contact with clients. The Prostatix team emphasizes diversification and conservative long-term asset allocation strategies. Working side-by-side with clients, Prostatix develops comprehensive financial plans that provide peace of mind as they transition toward retirement. Prostatix

aims to help clients implement investment strategies that allow them to maintain their lifestyle throughout retirement, ensuring a lasting income. Whether clients are approaching retirement or already retired, Prostatix provides sound plans to protect their investments, guide them through financial transitions, and achieve financial freedom.



THE FACE OF HONEST DERMATOLOGY

LANE NEIDIG, MD

Modern Dermatology

Modern Dermatology of Maryland is a new medical dermatology practice in Annapolis, founded by board-certified dermatologist, Dr. Lane Neidig, M.D. in 2023. Born and raised in the Annapolis area, Dr. Neidig will remain here to practice for many years to come. He previously worked for some of the top practices in the area and recognized the need for a traditional

physician-owned dermatology office where patients, staff, and providers of care are valued and treated with respect and integrity. This locally owned and operated office will offer a safe space for all patients, as an authentic and reliable haven for the dermatology patients of Annapolis and the surrounding area.



THE FACES OF COMMUNITY DEVELOPMENT

CHESAPEAKE COMMUNITY DEVELOPMENT

Chesapeake Community Development is a quickly growing Arc Central Chesapeake Region company that is making Maryland a better place to live through innovative community development initiatives. While The Arc's work is rooted in creating opportunities for inclusion and connection for people with intellectual and developmental disabilities, Chesapeake Community Development focuses on developing vibrant and resilient

communities where everyone has access to housing, resources, and opportunities for economic self-sufficiency. We believe truly inclusive communities don't leave anyone or anything out. Community development is a collaborative process that empowers communities and results in dynamic and innovative projects like Port Street Commons and Easton Crossing, where services, housing, retail, and beautiful green spaces coexist seamlessly.



THE FACE OF RESTORATIVE ORTHOPEDICS

SEAN MULVANEY, MD

Regenerative Orthopedics and Sports Medicine Annapolis

Dr. Sean Mulvaney practices Restorative Medicine to treat a range of injuries and conditions, including but not limited to: Spine, hip, knee, shoulder, elbow, hand, wrist, foot, ankle, nerve injuries. Dr. Mulvaney is an Associate Professor of Medicine at the Uniformed Services University in Bethesda, Maryland and is board certified in Sports Medicine and Pain Medicine. He has an international reputation as an educator of other physicians and pioneered and published on

ultrasound-guided techniques. During his 31-year military career, Dr. Mulvaney served our nation's Special Operations community as both a US Navy SEAL officer and a US Army physician. At ROSM, we have become the top authorities in the world on the use of stellate ganglion block (SGB) to treat PTSD. We founded the SGB Treatment center to provide compassionate, world-class care to our patients while also advocating on a national level for those struggling with PTSD.



THE FACE OF SOLD

TRICIA WILSON

GRI, Realtor® • Wilson Realty & Staging

Tricia Wilson, broker, owner of Wilson Realty & Staging, is a top-producing agent, serving five Eastern Shore counties along with Anne Arundel, with unwavering excellence. Backed with her 20+ years of marketing experience, she offers steadfast guidance, expert advice and deep market insight throughout the complex journey of each transaction. She believes that

with success comes a responsibility to give back. Tricia proudly supports the local chapter of Fellowship of Christian Athletes, Queen Annes County Animal Services, Not My Child and The Power of 100 - Chesapeake. Based on Kent Island, Tricia lives the 'Shore Life' with her husband, twin boys, and three dogs, cherishing every memory they make together as a family.



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THE FACES OF GASTROENTEROLOGY

ANNE ARUNDEL GASTROENTEROLOGY ASSOCIATES

For over forty years, AAGA gastroenterologists have been leaders specializing in diagnosing, treating, and preventing all symptoms and diseases associated with the digestive tract: esophagus, stomach, small bowel, colon, pancreas, liver, and gallbladder. AAGA physicians have extensive experience using the latest endoscopic equipment and minimally invasive techniques to help patients with all digestive conditions. Their dedicated team comprises nine board-certified, fellowship-

trained gastroenterologists and seven advanced practice providers, with a special focus on colon cancer prevention. Current guidelines recommend screening starting at age 45 for those with no high-risk factors such as a family history of precancerous polyps or colon cancer. AAGA consistently garners recognition as the premier physicians and endoscopy center in Anne Arundel County and the surrounding regions. They look forward to meeting you!

820 Bestgate Road • Annapolis, MD • 410-224-2116 • aagastro.com
Offices also in Greenbelt, Odenton, Bowie, Pasadena and Stevensville



THE FACE OF LUXURY HANDCRAFTED HOMES

MUELLER HOMES

Over the past 30 years, Mueller Homes has developed a unique approach to custom home building that includes a dedicated project management team, full-service interior design, and the finest craftsmen to create the home of your dreams. This seamless integration of services demonstrates why Mueller Homes is at the forefront of innovation when it comes to building luxury homes. The company now includes three divisions: Mueller Homes for custom home construction, Ella Lee Interiors for design,

and Charles Henry Fine Woodworking for custom cabinetry and millwork. With this framework and the use of technology, Mueller Homes provides a more sophisticated approach to the entire custom home building design process. Floor plans, elevations, 3D renderings, and mood boards incorporate custom cabinet drawings and selections for every room of the home—incorporating finishes, fixtures, flooring, textiles, and furnishings for a totally immersive design experience.



Tammie Schnable, Kathleen Webster,
Chris Parks, Nanette Rediker, Lora Davis,
Talli Oxnam, Tom Saxon, Lori Smith.
Not pictured - Neil Zurowski, Ina Reyes



THE FACE OF WEALTH MANAGEMENT

WYE TRUST

Wye Trust offers comprehensive wealth management and nationwide Corporate Trustee investment and administrative services. Their industry-leading expertise and local oversight allows for tailored and transparent financial strategies. Wye Trust supports their clients at every stage of their financial journey, focusing on exceptional service for both individuals

and businesses. The Wye Trust team of experienced Financial Advisors and Certified Financial Planners are dedicated to helping clients confidently navigate toward their financial goals. Professional guidance can make all the difference. Contact Wye Trust today to see how they can help you, your family, and your business.

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Offices located in Easton, Baltimore, Waldorf and Prince Frederick

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THE FACE OF INTERIOR DESIGN

FIONA NEWELL WEEKS

Dwelling & Design

Fiona Newell Weeks is celebrated for her fearless use of color, expertly pairing soft, watercolor tones with vibrant, nature-inspired hues like sky blue, tangerine, and lemon yellow. Her clients range from urban modernists to country traditionalists, all drawn to her vision and ability to reimagine spaces with color and texture.

Since 2008, Fiona has operated *Dwelling & Design*, a popular home furnishings boutique in downtown Easton, Maryland, where eye-catching displays attract customers from Annapolis, DC, Virginia, and beyond. Fiona's work has been featured in *Home & Design*, *Southern Accents*, *House Beautiful*, and *Traditional Home*.



THE FACE OF FINANCIAL PLANNING

ANN M. COVINGTON

CFP®, CPWA® | CovingtonAlsina

Ann M. Covington founded CovingtonAlsina in 2012 with a clear mission: to provide financial advice to strong, successful women. Today, her team proudly serves clients of all genders, helping them confidently plan for their future. With multiple professionals holding the CERTIFIED FINANCIAL PLANNER™ and Certified Private Wealth Advisor® certifications, Ann and

her team combine extensive knowledge with compassion. At CovingtonAlsina, the focus is on education and personal planning, ensuring every client receives a plan tailored to their goals. As an independent, fiduciary firm, the CovingtonAlsina team put clients first, building trusted, long-term relationships that span generations.

CovingtonAlsina is a Registered Investment Advisor



The Bruce Perry family



THE FACE OF A FAMILY LEGACY

WATERFOWL FESTIVAL

A family legacy of volunteerism began in 1970 in Easton, MD with Waterfowl Festival Co-Founder Bill Perry and continued with wife Betty, their children and grandchildren. This tradition goes on as the festival enters into its 53rd year. Four generations of dedicated volunteers continue to join together each year in support of this iconic festival that celebrates the wildlife art heritage, eastern shore folklife traditions, and habitat conservation efforts. Currently, Bill's granddaughter Colin is celebrating thirty years as

a volunteer and is a member of the Board of Directors, helping to guide the organization into its sixth decade. Unwavering in their support of the conservation and educational mission of the festival, the extended Perry family created the William A. Perry Scholarship fund in 1997 as a way to encourage young community members to engage in the festival and understand its important role in the community. Thousands of dollars are awarded each year, each student furthering the rich tradition of this impactful non-profit organization.

Deena Kilmon, Executive Director, Waterfowl Festival Inc • 40 S. Harrison St, Easton, MD
waterfowlfestival.org • 410-822-4567 • marketing@waterfowlfestival.org



Attorneys Laura Curry, Jon Gasior and
Alexander Pagnotta



THE FACES OF ESTATE PLANNING & ESTATE ADMINISTRATION

SINCLAIR PROSSER GASIOR

Sinclair Prosser Gasior is a leading Estate Planning, Elder Law and Estate Administration law firm, headquartered in Annapolis, with a focus on empowering families to plan ahead so the legacy that they leave their loved ones is interweaved with security, clarity and ultimately peace of mind. Managing Attorneys Jon Gasior, Laura Curry and Alexander Pagnotta have

more than two decades of combined experience navigating the ever-changing estate planning laws and policies to offer expert guidance and care. The firm is recognized as Best Law Firm in Annapolis and Leading Lawyers in *What's Up? Annapolis Magazine* for its continued commitment to excellence.



ALL STAR
Pain Management & Regenerative Medicine



THE FACE OF REGENERATIVE MEDICINE

DR. ZVEZDOMIR ZAMFIROV & DR. JAMES LYNCH

All Star Pain Management & Regenerative Medicine

All Star Pain Management and Regenerative Medicine has established itself as a leader in Annapolis' regenerative medicine field. Dr. Zamfirov (Dr. Zed) is excited to announce the addition of Dr. James Lynch to the practice. Both physicians provide extensive expertise in regenerative medicine and are pioneers in this field. Their innovative procedures target acute and chronic pain symptoms while addressing the underlying orthopedic conditions. They specialize

in state-of-the-art techniques and regenerative medicine offerings, including platelet-rich plasma (PRP) and bone marrow concentrate treatments to enhance patients' quality of life with minimal side effects and downtime. Their sports medicine experience is highlighted by Dr. Zed having served as the Bulgarian National sports team physician and Dr. Lynch served over 10 years as a Team Physician for the U.S. Olympic Swimming Team.



Thomas Brimmer, Rick Jaklitsch,
David Jaklitsch, Christine Murphy



THE FACE OF PERSONAL INJURY LAW

THE JAKLITSCH LAW GROUP

The Big Dogs From The Small Firm

The Jaklitsch Law Group stands as one of the most recognized personal injury firms in the country. Led by four distinguished attorneys - Rick Jaklitsch, Christine Murphy, David Jaklitsch, and Thomas Brimmer - the firm combines the resources and expertise of a large practice with the personal attention of a boutique firm. Having earned numerous national accolades, including "Best Personal Injury Trial Law Firm - USA," the

Jaklitsch Law Group has built its reputation on handling the most serious catastrophic injury and wrongful death cases. Affectionately known as the "Big Dogs from the Small Firm," their long track record of substantial settlements and verdicts makes them the unmistakable Face of Personal Injury Law, as again confirmed by *What's Up? Media*.



THE FACES OF HOME STANDBY GENERATORS

GENERATOR SUPERCENTER

Sarah and Mike Stringfellow own Generator Supercenter of Annapolis, one of the largest Generac dealers in the region. Together, they strive to exceed their clients' expectations at every opportunity. What sets Generator Supercenter apart is their in-house team of electricians and gas plumbers, meaning they handle all work without subcontracting. They offer both whole-home

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Casey Madison
(Community & Well-Being Associate),
Lindsey Seynhaeve
(Director of Outreach & Sustainability),
Isaiah Noreiga
(Dean of Community & Well Being),
Alyssa MacMeekin
(Assistant Dean of Community & Well Being)



The ICS Counseling Team (L-R)
Upper School Counselor - **Dotti Lang**,
Tilly the Therapy Dog,
Lower & Middle School Counselor -
Michele Longo



THE FACES OF STUDENT WELL-BEING

INDIAN CREEK SCHOOL

The Center for Community & Well-Being

Indian Creek’s vision states, “Well-being is priority.” The school is committed to this promise to provide a healthy, happy school environment for students in Pre-K through grade 12. Its Center for Community & Well-Being runs robust programming and initiatives for students, faculty, and families, utilizing a 114-acre wooded campus to optimize outdoor learning.

Indian Creek recently launched The Evergreen Institute - a leadership program that cultivates resilience, curiosity, and self-awareness, empowering students to contribute positively to the community. The wellness team, including Tilly the therapy dog, collaborates with faculty to ensure that every student feels a sense of belonging.

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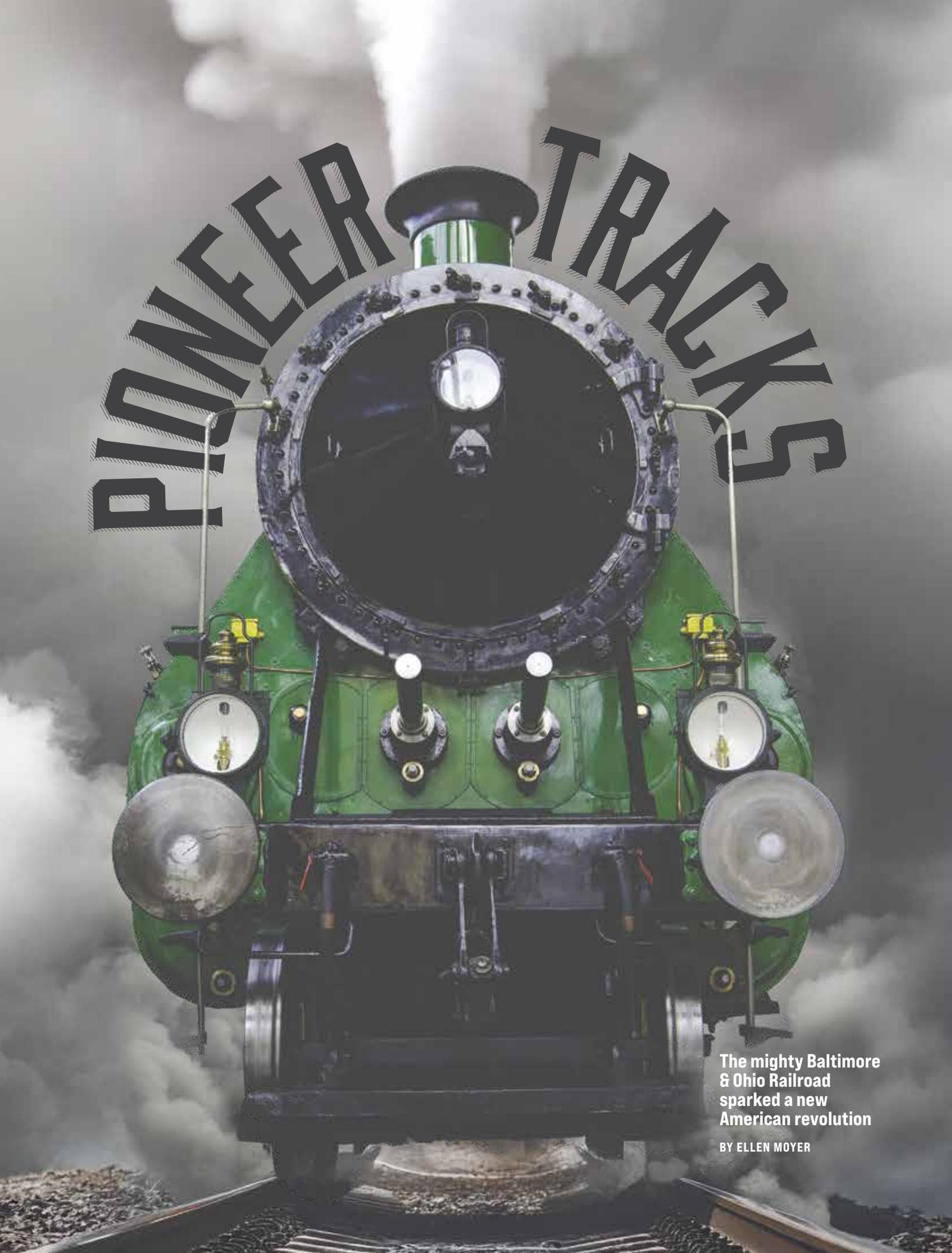
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PIONEER TRACKS

The mighty Baltimore
& Ohio Railroad
sparked a new
American revolution

BY ELLEN MOYER

It was July Fourth of 1828 when Charles Carroll of Carrollton, the last surviving signer of the Declaration of Independence, laid the first stone of what would become the Baltimore & Ohio Railroad to the cheers of 60,000 Baltimore citizens. Carroll described the event as the second most important act of his life.

Today, this spot is located at Mt. Clare Station and historically marks the beginning of the Baltimore & Ohio Railroad (B&O), which revolutionized transportation in our young and growing new nation. Its birth would spur the development of new industries that would line the waterfront of the deep-water port city.

The B&O, however, was not the first railroad. England had developed rail service for moving coal more easily, with horses pulling carts along the line in the 1700s. But, with the settlement of the American frontier, there grew a demand for innovative ways to move people and goods.

In the 1800s, transportation across the expanding country was challenging. Turnpikes were toll roads and privately-owned; waterways were preferred, but slow. And then, in 1807, along the Hudson River, Robert Fulton paraded the first commercial steam ship, the *Clermont*, firmly establishing a more efficient way to power ships. By 1825, English engineer George Stephenson demonstrated steam locomotive technology to transport 450 people about 25 miles from Darlington to Stockton at 15 miles per hour, marking the world's first public passenger steam train.

At the time, the City of Baltimore was home to many progressive entrepreneurs. Eyeing the bounty of the western territories and the development of competitive canals to carry trade East, investment banker Alex Brown contemplated making a railway from the city to the Ohio River Valley as early as 1825. "If we can do this," he opined, "it will make...our city in a short time second to no city in the nation." (By 1850, Baltimore had become the second largest and wealthiest city in America.)

The challenge was accepted, and a team of city leaders set about selling stock to raise money for a railroad of 400 miles to be laid westward. Twenty-two thousand investors—a quarter of the city's population total—bought stock to build the B&O. (In later years, Johns Hopkins would allocate \$7 million of B&O stock to fund a hospital and a university.)



The Mt. Clare Station at the turn of the century in Baltimore, Maryland. Photograph courtesy B&O Railroad Museum.

A contingent of Baltimore's finest led by Philip Thomas and George Brown (Alex's son) visited England to explore the railway enterprise. When they returned in 1826, they helped introduce legislation to the Maryland General Assembly to charter the B&O railroad. It was established on February 28, 1827, that the B&O be built from the Port of Baltimore to the Ohio River. With this action, Baltimore became the birthplace of the American Railroad and the first chartered railroad location in the country.

Horsepower drove the first railroad cars. But in 1830, a small steam locomotive named the *Tom Thumb* was built to challenge the horse. Peter Cooper built a small coal burning locomotive, which could achieve speeds of 10 to 14 miles per hour. In folklore, *Tom Thumb* was tiny in comparison to later locomotives. A challenge to horsepower was set with a race scheduled along the railroad. *Tom* initially led the race, but then broke an engine belt and the horse was the victor. Despite the locomotive losing this race, the stage was set for the use of steam power.

Having reached 13 miles to Ellicott City by 1830, the B&O line then branched into Washington, D.C. At the time, railroad engineering was in its infancy. The route would have to span the Patapsco River and its valley between the towns of Relay and Elkridge. Benjamin Latrobe II was commissioned to design the route, which would include several viaducts. The first bridge, the Carrollton Viaduct, is the oldest railroad bridge in America, the third oldest in the world, and is still carrying trains today.

But it is Thomas Viaduct that would be controversial. It was the longest bridge in the USA in 1835. Called “Latrobe Folly,” it was predicted to collapse with the first locomotive crossing. It didn’t. It survived the Civil War, during which time the B&O had 236 locomotives in operation, including its first three—the *York*, *Franklin*, and *Atlantic*—purchased from England. The viaduct survived the great flood of 1868 that destroyed everything in the Patapsco Valley, and Hurricane Agnes in 1972. Today, 300-ton diesel locomotives still cross the viaduct. This signature structure was designated a Historic Landmark in 1964.

In 1843, the first telegraph line was built from Baltimore to D.C. along the B&O and Samuel F.B. Morse uttered the famous words, “What hath God wrought.” Hotels and horse barns were also created by the railroad company in the Patapsco Valley and popularized small towns as weekend picnic spots.



The Rocket, a second and faster locomotive constructed in 1829 by George and Robert Stephenson.

The B&O was a railroad of many firsts. It was the first to earn passenger revenue, the first to house a freight station, the first to publish a timetable of departures/arrivals, and the first to operate a steam-powered locomotive. The B&O had the first passenger service station, the oldest in the country, in Ellicott City. It was the first railroad into the Nation’s capital and the first to hire women. For moving passengers and freight, the B&O became the engineering and business model for railroads across the country and around the world. It was noted for pioneering innovations in railroading as it built its way through the Appalachian mountains to the Ohio River.



CSX Engine on the Thomas Viaduct.
Photograph creative commons license.



Today, the route of the old B&O railroad still passes through the town of Ellicott City above Main Street; the updated tracks are used by the CSX freight line.

Coupled with the newly-harnessed power of the steam engine, the B&O revolutionized transportation and adjacent industries. The technologies sparked a building spree of railroads connecting towns and cities, where grand hotels and shops and restaurants would be in demand. New industries such as Bethlehem Steel, and employment opportunities would sprout up. Newly accessible time zones and schedules invigorated a mass market paperback reading industry. Pocket watches became standard dress for everyone. Town clocks kept new retail businesses operating on time.

Exactly 160 years after being chartered, the B&O merged with the Chessie system and had expanded into 13 states with more than 10,000 miles of track. Today, the routes and rails of the old B&O are operated by the freight company, CSX Corporation, and passenger lines of Amtrak.

When Charles Carroll of Carrollton called the laying of the first railroad stone his second greatest act, perhaps he understood that the B&O would spark another American revolution—the industrial. It began in Baltimore in the 1800s, where a group of 25 visionaries and doers led by Alex Brown plotted the way from the Patapsco Valley to Ohio's to deliver goods from Chesapeake ports and capture the resources of the American West. Their efforts invigorated a new vibrant nation, connected and fueled by its railroads.

VISIT THE B&O RAILROAD MUSEUM

Trains, trains, trains! For aficionados of the iron horse and America's railroads, one of the best museums in our nation is close to home. The B&O Railroad Museum in downtown Baltimore is known as the "birthplace of American railroading. Located on the site of the 1884 Baldwin Roadhouse and Mt. Clare Station, the museum now houses locomotives, railcars, and historic objects that hark back to the early days of railroading through present day.

Visitors can experience the trains up close, with the opportunity to walk through many of them, and even ride along the One Mile Express on a stretch of the original B&O line. There are seasonal events and exhibitions throughout the year. All ages will appreciate the museum.

Located at 901 W. Pratt Street, Baltimore, Maryland, the museum is open daily from 10 a.m. to 4 p.m. Free, off-street parking is available. Learn more at borail.org.



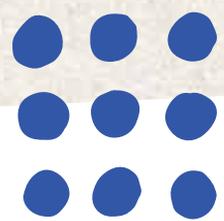
A 1907 wooden four-wheeled C-1775 classic "Little Red Caboose" on display at the B&O Railroad Museum. Photograph by Barry Eagel.

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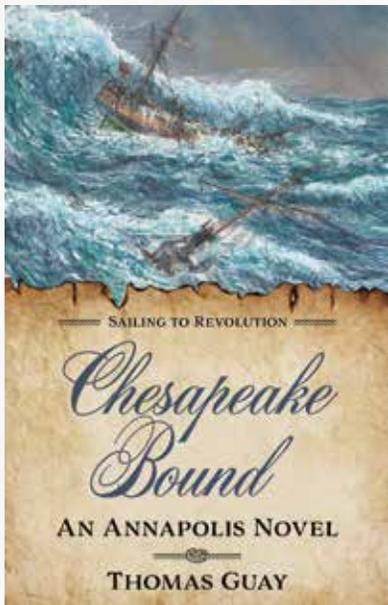
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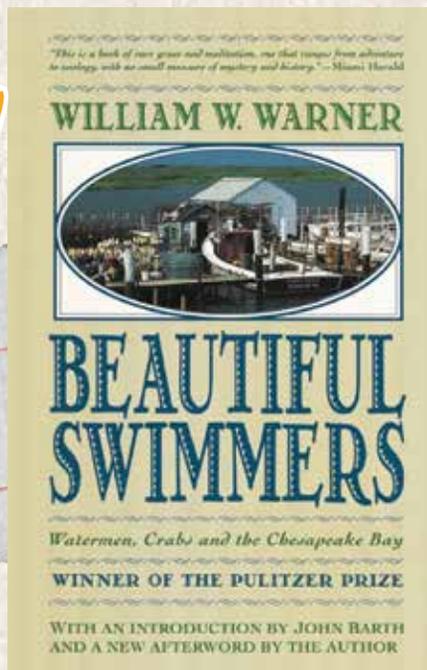
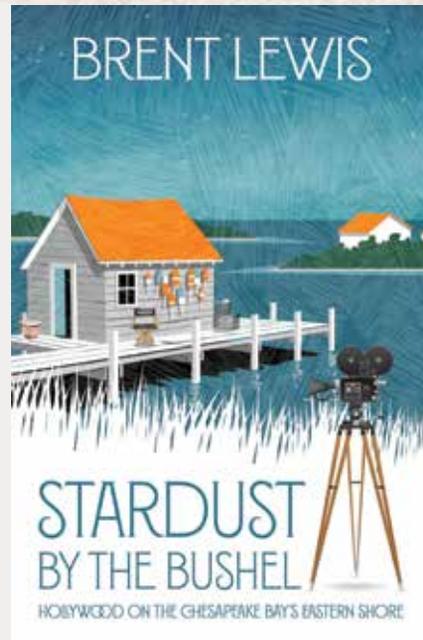
BY THOMAS GUAY

A new fiction novel by Annapolis' Guay (former Executive Director of the Severn River Association) is set to release in April 2025. Initially set in London, 1763, the story focuses on gifted musician and medical apprentice Michael Shea down on his luck. Living rough after being blackballed from working as a surgeon's assistant, Shea loses his gig playing fiddle in a tavern and is framed for the murder of a tavern patron visiting from colonial Virginia. Worse, he realizes his ladylove wasn't interested in true love. Heartbroken and out of options, Shea and his friend, Danny, escape the turmoil by shipping out on the misnamed brig *The Delight* as lowly indentured servants. Traversing the long trans-Atlantic journey from London to Annapolis, the ship endures killer storms, accidents, sickness, and Barbary raiders. Along the way, Shea realizes that he has not yet escaped the murder for which he was framed—and that the real killer will do anything to keep his identity a secret.

Stardust by the Bushel

BY BRENT LEWIS

Eastern Shore native Lewis' latest novel explores 100 years of moviemaking on Delmarva, from Easton to Ocean City and Wilmington to Chincoteague. This is the first comprehensive history of the stars of stage and screen who called the Eastern Shore home during (or after) their lives, as well as major motion pictures produced on location here.



Beautiful Swimmers: Watermen, Crabs, and the Chesapeake

BY WILLIAM H. WARNER

A glorious read for anyone interested in blue crabs and the Bay, this 1977 Pulitzer Prize-winning novel explores the intricacies of the crabs' life cycle and the watermen who pursue them. It is a must-have book for those who call the Chesapeake home and love all things crabs.

Chesapeake

A Novel by
James A. Michener



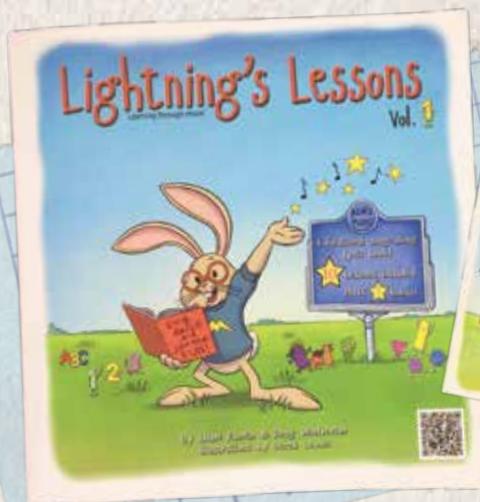
Chesapeake BY JAMES MICHENER

Published in 1978, this riveting Michener classic recalls the trials and tribulations of young Edmund Steed in the 1600s and his journey across the Atlantic to the new world. The epic tale of America, Maryland, and the Eastern Shore then follows 400 years of Quakers, pirates, planters, slaves, abolitionists, and notorious politicians.

Lightning's Lessons Vol. 1

BY SHARI PUORTO & DOUG WOOLVERTON

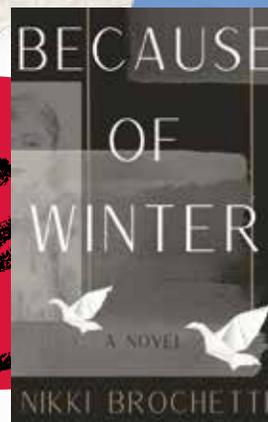
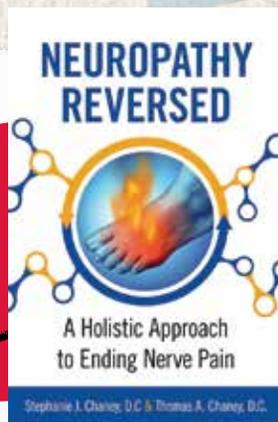
This combination music/reading package targets Pre-K to 1st graders and consists of eleven original up-tempo, blues songs accompanied by colorful illustrations in a read-along/sing-along book. The soundtrack features whimsical tunes that outline basic learning concepts. Together, this combination can assist in spelling, literacy, and memorization, as it was thoughtfully constructed to produce a positive learning environment and encourage participation.



Neuropathy Reversed: A Holistic Approach To Ending Nerve Pain

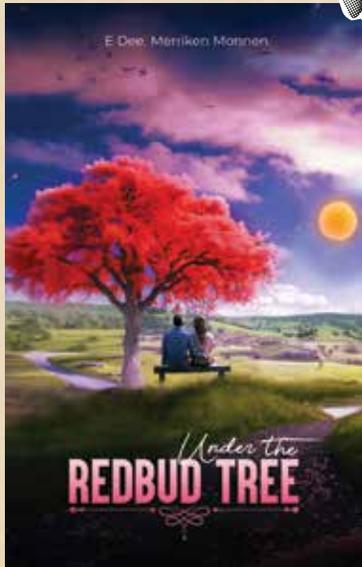
BY DR. STEPHANIE J. CHANEY & DR. THOMAS A. CHANEY

The latest offering from the Annapolis-based chiropractic doctor-duo and owners of Living Health Integrative Medicine shares effective strategies to help you reverse your nerve pain. Drs. Thomas and Stephanie Chaney have dedicated their lives to helping others improve their health and vitality. They previously authored the best-selling books *Lose the Gluten, Lose your Gut. Ditch the Grain, Save your Brain. and Defeat Diabetes: 33 Effective Strategies To End Diabetes, Before It Ends You.*



Because of Winter BY NIKKI BROCHETTI

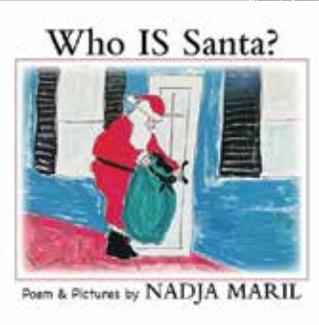
The debut novel of Annapolitan Brochetti, a former NBC news producer, just released in November. Anchored in the heart of Annapolis, the book weaves through well-known restaurants, landmarks, and neighborhoods throughout the city—both past and present. Haunted by the loss of her husband and her ethereal encounters with him, the novel's protagonist, Lorna, finds herself immersed inside a maze of mysteries. Through a newly discovered novel based on her husband's ancestors, modern-day Lorna finds a kindred spirit in an impassioned revolutionary—and stumbles upon a 200-year-old secret. Could unraveling the past finally bring peace to Lorna's wounded heart? Or will it unleash unforeseen chaos?



Under the Redbud Tree

BY E DEE MERRIKEN MONNEN

A compelling story of love, loss, and redemption that also explores Maryland's Eastern Shore way of farm life and the gift of grace. The fictional novel was recently released by author E Dee Merriken Monnen of Easton and represents her fourth novel. The story uncovers hidden secrets and unwavering faith while readers step into the heart of a fictional Eastern Shore town with the character and widower Dave Johnson as he navigates the trials of running two multi-generational farms.



Recipes from My Garden & Who IS Santa?

BY NADJA MARIL

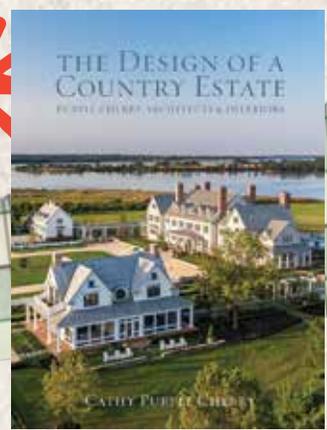
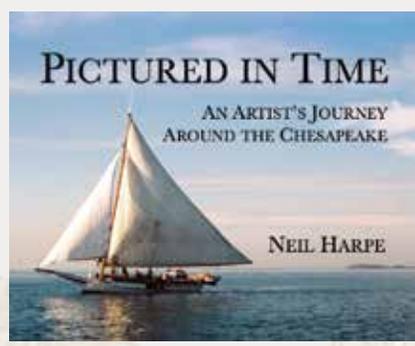
Kudos to local author and former What's Up? Media editor-in-chief Nadja Maril, who released two new books this fall: Recipes from My Garden is her first chapbook of poetry and micro-essays, and Who IS Santa?, an all-ages book that tackles the mystery of Santa Claus and conveys the spirit of giving in a delightful story. The latter book's proceeds raise money for International Pleuropulmonary Blastoma (PPB)/DICER 1 Registry that does research on a very rare type of children's cancer. Both sell on Amazon.

WINTER

Pictured in Time: An Artist's Journey Around the Chesapeake

BY NEIL HARPE

This visual retrospective of Harpe's work presents a collection of over 125 stunning, never-before-published photographs of the Chesapeake Bay of the 1980s and '90s, as well as the artwork that these iconic photos inspired. The artwork and photographs in this new book (just released in October) portray the beauty of a bygone era: graceful skipjacks and their captains, the Bay's unique lighthouses and marshes, Baltimore's vibrant waterfront, and fishing ports like Tilghman Island, Deal Island, Crisfield and Annapolis.

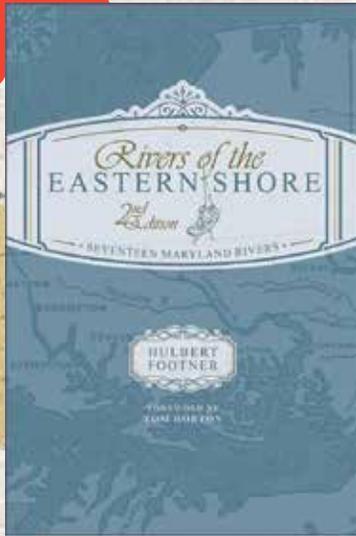


The Design of a Country Estate

BY CATHY PURPLE CHERRY

The first book from award-winning architecture and interior design firm Purple Cherry Architects shares the illustrious story of a new luxurious country estate located on the Chesapeake Bay and how the vision came to life. The main house, guest house, and seven outbuildings are dissected in detail so readers will experience what it is like to design such a comprehensive project, from the planning to the execution, and all the steps in between. The book focuses on the thought processes behind each decision, whether it is the materials employed or the siting of each building for walkability and use.

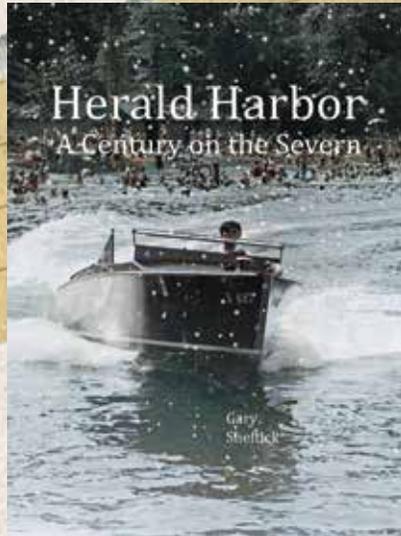




Rivers of the Eastern Shore

BY HULBERT FOOTNER

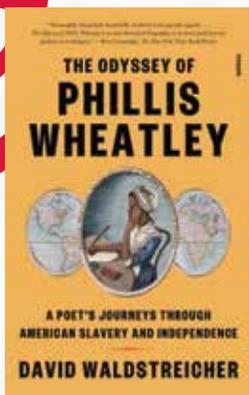
Footner's book, originally published in 1944, tells the captivating story of Maryland's Eastern Shore through colorful narratives of 17 fascinating rivers. Starting from the arrival of European settlers and their encounters with Indigenous people, Footner's story continues through the early 20th century. Each river has its own unique story, character, and beauty, lovingly detailed during his travels.



Herald Harbor: A Century on the Severn

BY GARY SHEFTICK

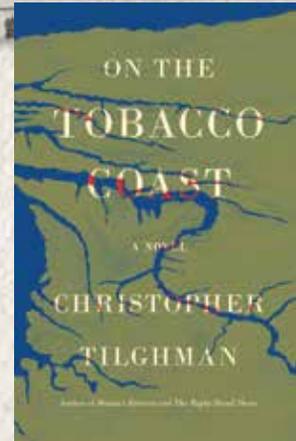
The fascinating story of this Severn River enclave community spans generations. In the roaring '20s, Herald Harbor was a beach resort that began as a newspaper circulation gimmick boasting a utopia for the middle class. In '30s, the beach park was a haven for sports writers with its competitive boxing, speedboat racing, and aquaplaning. During World War II, it was a recreational get-away for troops. The '50s brought visits by celebrities such as Pat Boone. In the '60s, the community became contrasted by decaying bungalows and expensive waterfront property. More recently, it has been the site of a struggle between private development, habitat conservation, and a desire to establish community recreational areas. Available on Amazon.



The Odyssey of Phillis Wheatley

BY DAVID WALDSTREICHER

Admired by George Washington, ridiculed by Thomas Jefferson, published in London, and read far and wide, Phillis Wheatley led one of the most extraordinary American lives. Seized in West Africa and forced into slavery as a child, she was sold to a merchant family in Boston, where she became a noted poet at a young age. Mastering the Bible, Greek, and Latin translations, and the works of Pope and Milton, she composed elegies for local elites, celebrated political events, praised warriors, and used her verse to variously lampoon, question, and assert the injustice of her enslaved condition. In this new biography, the historian David Waldstreicher offers the fullest account to date of Wheatley's life and works. The book was awarded the prestigious 2024 *George Washington Prize* by Washington College, George Washington's Mount Vernon, the Gilder Lehrman Institute of American History.



On the Tobacco Coast

BY CHRISTOPHER TILGHMAN

Told with irony and deep insight, *On the Tobacco Coast* is Christopher Tilghman's concluding installment of his Mason Family series of novels, based on the Queen Anne's property that has been in his family since the 17th century. It's a meditation on the themes of his novels about this ancestral monument: pride and shame in its long history, the persistence of family stories, race and privilege, the enigmas and customs of regions. It reflects on the state of America today, with its battles over its own history and efforts to reckon with the wrongs of the past while looking forward to an uncertain, more just future.

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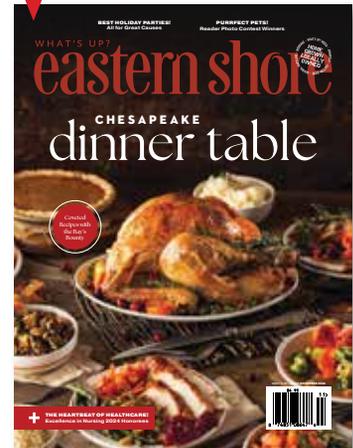


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Home & Garden

112 WISH LIST FOR THE HAPPY GARDENER

114 PROMINENT, PRIVATE OASIS

Aucourant
Or Just Old-
Fashioned?

PG. 108





Photo courtesy shopterrain.com

DITCH IT: WREATHS

While the evergreen iterations of this annual decorative element enjoyed being the seasonal holiday stalwart for some time, there are many new ways to greet guests at the front door.



DO IT: NEXT-GEN WREATHS

Boxwood, feathers, and eucalyptus have been featured in newer wreath iterations and have inspired further exploration of natural resources and earthy examples. This hand-assembled creation of magnolia leaves, pepper berries, and eucalyptus, offers a truly fresh take on an old favorite with an inviting texture and a pop of garnet.

Photo courtesy of Williamsandsonoma.com.



Aucourant Or Just Old-Fashioned?

NAVIGATING THE DITCHES & DOS OF HOLIDAY DECORATING

By Lisa J. Gotto

If decorating your home for the holidays has become more of a chore than you would like, it might be because you have run out of ideas or that trove of ornaments and trinkets in your attic just doesn't inspire you anymore. If you're stuck in a decorating rut, hopefully this "ditch or do" guide will help sort out what's hot and what's not for the holiday season.

Ditch It: Tree Skirts

If you're putting up a holiday tree this year, you may want to up your game when it comes to the tree skirt you're putting underneath it. While this element certainly serves a purpose of hiding your bulky and perhaps even rusty tree stand, experts say it's time to re-examine the fabric and texture of this accent item, steering clear of heavy velvets, burlap, or shiny satins.

Photo courtesy of jubileefabrics.com.



Do It: Tree Collar

These elements add an updated approach to the function of a tree skirt and provide an additional approach to introducing a new texture into the décor. This cottage-core inspired example is made from rattan and is composed of two pieces that easily hinge together—and easily store away.

Photo courtesy of shopterrain.com.



Ditch It: Those Large Outdoor Inflatables

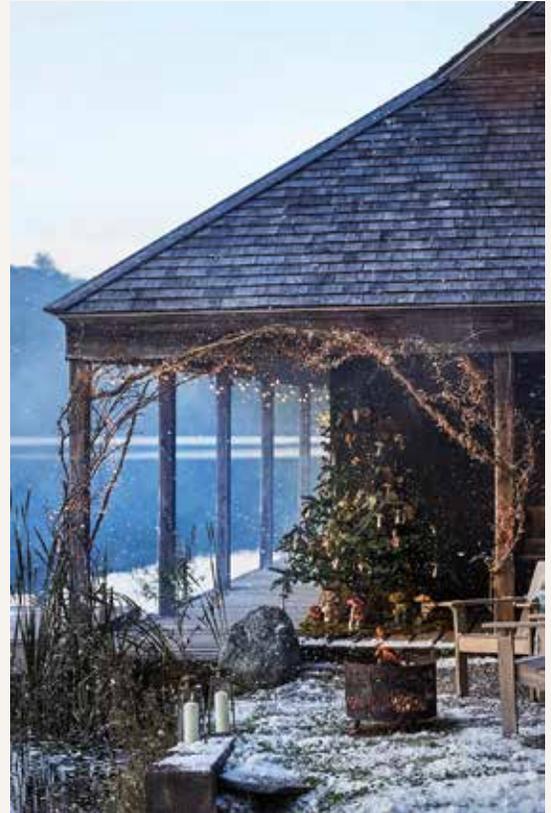
Having too many of these outside your home can become just plain unsightly; especially when they are deflated and laying on the front lawn as we often see them. Ditch them and try something next-level.

Photo courtesy of yardinflatables.com.

Do It: Next-Level Outdoor Schemes

There are many new options to create an outdoor holiday scheme that look subtle and natural by day, and then enchant by night. Check out these illuminated faux branches designed with bendable copper wire and transparent cable. Affix them to window and mailboxes, porch railings, and lampposts and help light the way for this season's guests.

Photo courtesy of shopterrain.com.



DITCH IT: GLITTER

Too much of this stuff and other items with reflective qualities have the tendency to overwhelm any room scheme. And we all know that glitter is the gift that never stops giving, often attaching itself to people and things and lingering long after the holiday is over.

DO IT: TEXTURE

Try a neutrally themed tree that plays with the textures of the ornaments and decorations. Add in felt pieces or wooden ones but keep the overall color scheme natural and organic. Include fresh greens like pine or cedar throughout the rest of your holiday decorations to bring a little of the outdoors in by adding texture and life to your existing décor.

Photo courtesy of shopterrain.com.





Ditch It: Predictable Color Schemes

Sorry, but the super-obvious red and green schemes that we may have grown up with are just plain passe.



Do It: Earth Tones, Soft and Muted Colors

Try sage green, beige, muted blues, and dusty rose which are great updates for the traditional bold reds and greens. This creates a cozy, minimalist aesthetic.

DITCH IT: CHUNKY, WEIGHTED MANTLE AND WINDOW DÉCOR

These heavier, and even cumbersome garland boughs are sometimes difficult to get and keep in place.



DO IT: WISPY GARLAND

Newer wisper-like, willowy, almost feathery-light faux boughs for decorating are what holiday mantle decorating is all about now. Place a few treasured objects and some lights amongst them and let the glow show begin!

Photo courtesy of shopterrain.com.



However, you holiday... get creative and enjoy yourself doing it. Put on your favorite music, set an intention to create joy, and carry that feeling forward for however long you celebrate! Happy Holidays from the staff at What's Up? Media!

The Holiday in Blue

SETTING AN INTENTION

All holiday traditions are special, and the environments that we create around them should reflect that. To that end, we thought to curate a visual mood board inspired by the less obvious fall and winter holiday hue, blue. Homespun in its subtlety and varied in its range, blue tones might just end up being the most versatile color in your seasonal jewel box.



Photo credit anita austvika for unsplash



Photo courtesy of westelm.com

SETTING THE TABLE

Blue, gold, and red bring a fresh vibe to this special occasion table. Rich in color, this tabletop can be amped up for the holiday meal using illuminated faux branches.

A thoroughly modern Hanukkah table scene is created with dense blue accents, subtle but luxe flashes of metallics, and earthy vibes brought in with an uncovered tabletop and live natural elements.



Photo courtesy of westelm.com

Setting the Scene

The options to create a winter wonderland of blue are fortunately numerous and can be very advantageous for families who celebrate more than one tradition in a home. And curating simple, subtle additions can easily help set the scene.

1. Serve ware can be fun and seasonal, too. Add whimsy to your tabletop with star and bulb-shaped platters and plates. And enjoy at least one night of Hanukkah with plates that honor cherished traditions. Photo courtesy of replacements.com. **2.** Sprinkle the scene with elegant, blue-hued twisted taper candles. Photo courtesy of shopterrain.com. **3.** Add sparkle and shine with celestial bauble vases running the length of your table as a centerpiece. They're delightful dinner accompaniments that don't obstruct the view of your dinner companions. Photo courtesy of shopterrain.com. **4.** These mirrored starry coasters help create a table scene just by setting down a glass. Photo courtesy of shopterrain.com. **5.** Snowy-white preserved hydrangea wreathes hung with blue cloth ribbons bring a garden favorite indoors inspiring with texture and a cool tone. Photo courtesy of shopterrain.com.





Wish List for the Happy Gardener

5 GREAT ITEMS TO GIVE OR RECEIVE

By Janice F. Booth

We're whirling into the holiday season, with all the pleasures and demands it entails. Let me suggest that you pause a moment and reflect on your busy year in the garden. Perhaps there are some particularly memorable transformations—trees that produced fruit for the first time, or the new fountain you added. Now, consider what might help you enjoy your garden even more next season.

Like me, you may have relatives and friends who ask what you'd like as a gift this year. I've put together a wish list of five types of gifts you might enjoy receiving this holiday season, from yourself or others. Go ahead and dog-ear these pages or tear them out and leave this list for friends and loved ones to find. (Hints are a kindness to the giver and the recipient.)

I'll start with a few big-ticket items and move down the price list from there.

A WATERING SYSTEM

Add or upgrade an automated watering system for your garden. This is a big project that may require consultations with an installation/landscape company and a plumber. But, if someone wants to set your gardener's heart aflutter, let them free you from the worries of watering your garden. Whether you prefer a **drip, spray, or rotating watering system**, you'll want to ensure the system is automated. How lovely to set off on a vacation without having to hire the neighbor's teenager or a local pet-sitter to come by and water your garden.



A Water Feature

While we're on the topic of water, another gift that will delight any gardener is a **pool, a waterfall, or a fountain** for the garden. Here again, you may want to begin by consulting with a landscaper, electrician, and plumber. An **in-ground pool** could hold a few koi, some lilies, and papyrus plants and will require a filter and pump. Or you might prefer something a bit less permanent; a smaller, **above-ground tub or basin** that you can fill with water and a selection of water plants. A third option is a **waterfall** tumbling into either type of water container. The advantage of the waterfall is the addition of sound. The sound of flowing water can be very soothing. And that sound can also be achieved with a **fountain**. Again, sound adds to the beauty of moving water. Depending on its design, a fountain can have a quiet trickle of sound or some more sprightly character.

3-DIMENSIONAL SCULPTURE OR WHIMSICAL ITEM

Wouldn't it be fun to step into your garden and find an elegant **sculpture** there? Perhaps there's an artist you admire who has pieces made of stone or steel that you admire. Or, maybe a seagull in flight or a heron at rest in resin, wood, or plaster might be just the point of interest your garden needs. Some colonial gardens surrounded by picket fences are enhanced by an old bicycle painted in bright colors or wood-framed windows suspended to frame a favorite part of the garden. **Mobiles** are another source of pleasure and amusement in the garden. Whether Calder-esque or silly, the mobile moving to the breeze can be charming. Such gifts could even be do-it-yourself surprises from a friend or loved one.



WINDCHIMES, BIRDHOUSES, AND BIRDFEEDERS

There's always room for one more windchime and another birdhouse in my garden, and possibly in yours too. If your gift-giver is good at crafts, she or he might design and build a birdhouse or birdfeeder for you. Windchimes can be made out of interesting found objects that reflect your particular interests or style. These gifts are particularly nice to receive from children or grandchildren. Even getting the pieces and working with a young person to create a gift can be very rewarding. You could also encourage someone to give you the gift of birdhouse-restoration. A coupon, perhaps, for the seasonal cleaning out of the interior of your birdhouses and their repainting—very important to the birds. (Be careful a clean-out isn't performed on a birdhouse that contains birds that are wintering-over.)



Gardener's Attire

What fun to untie a bright ribbon, lift the gift bag's tissue paper, and find some attractive and helpful item to wear when gardening! An **apron** is always welcome. Cute or handsome, a useful apron for an active gardener must have pockets, be easy to wash, and easy to put on and take off. There are cleverly made aprons that have a plastic inner layer to keep the gardener dry when struggling with watering cans and muddy flower pots. Think, too, about the size of the gardener. The apron should be long enough to protect the lap but not so long that it impedes the legs and knees. **Gardening gloves** are another gardener's resource that needs replacement regularly. Again, the quality of the material and the appropriateness of size are vital for gloves to be useful. The trick is to have gloves that protect the hands from thorns and sharp edges while allowing the gardener to pick up a slippery tool and handle the stem of a delicate flower. While leather gloves are lovely, washable material is usually preferable—one gets pretty dirty when playing around in the dirt. Finally, a **gardener's hat** can be his or her trademark and protective friend. This is a gift that should be given only if the giver is confident that the hat will be welcome and a good fit. Consider these characteristics: Material: straw, canvas, or felt, depending on the climate—Maryland's heat and humidity, call for a hat that will help the gardener stay cool. Design: usually, a wide brim is preferred to keep the sun out of the eyes and off the skin. A chin strap might be a useful option, especially if the garden is in a windy area. Look, too, for breathability. Are there vents or air-holes built into the hat? This is where straw hats have a real advantage, since the material provides natural ventilation.

Whether you make 20 copies of your Wish List and distribute them to one and all, or you use this list to inspire your own gift-giving, I wish you a happy and safe holiday season and all the best in 2025.



Prominent, Private Oasis

By Lisa J. Gotto

From gorgeous Miles River views to decades of history and prominence, this 2,900-square-foot property has it all, including 500 feet of waterfrontage. Situated on a premier lot in Talbot County, the residence, once owned by opera legend John Charles Thomas, stands alone on a point off of Diamond Back Cove.

Restored and updated to retain its charm, the home provides the perfect private oasis and is surrounded by lush, mature landscaping. A screened-in porch features Victorian period woodwork and rustic, painted beams above. Just past the inviting screened-in porch doors, the home opens to a

**Primary
Structure
Built:** 1934

Sold For:
\$2,150,000

**Original
List Price:**
\$2,195,000

Bedrooms:
3

Baths: 3

**Living
Space:**
2,988 Sq.
Ft.

Lot Size:
3.32 acres

gorgeous living and dining room with a main level floorplan that is open and proceeds along rich, cinnamon-colored hardwood floors.

This entire space is flooded with light from large windows on every wall. The living room features an elegant white brick fireplace and flows effortlessly into a gracious formal dining space that affords beautiful waterfront views.

The farmhouse-style kitchen has been upgraded to include tall ceilings and a skylight. All white cabinetry is enhanced with glass-front doors and the



center of the room hosts a convenient, gas cooktop island that extends to a convenient, eat-in breakfast area. All stainless-steel appliances, including a wine fridge, make the space posh for entertaining.

The main floor of the home accommodates a spacious primary suite with its own sitting room, gorgeous pocket doors to the bedroom, and a light-filled *en suite* bath with garden tub. The bedroom features a curved wall of windows to the water and attractive beadboard ceilings.

The main floor also offers a large home office with beautiful views of the property and the river, and there's a comfy sitting room on this level for family movie night.

A large, guest bedroom with *en suite* bath and water views can be found on the upper floor, as well as an additional bedroom and another full bath.

Outside, there's a veritable garden of Eden with full, flowering trees, lush grounds, a luxurious in-ground swimming pool with spa, various paver patios, and a gazebo, all overlooking the property's private pier and its amazing access to the Miles River.



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Health & Beauty

118 THE HEALTH PERKS OF HOLIDAY SPICES

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**You Gotta
Be Flexible**

PG. 119



The Health Perks of Holiday Spices

By Dylan Roche

The holiday season just has a certain taste and smell to it—you know which one I’m talking about. The warm, sweet zest that conjures up feelings of comfort and nostalgia that comes from a combination of spices you see in many holiday desserts and baked goods: foods like pumpkin pie, gingerbread, and cookies (or even an accompanying mug of mulled wine).

As it turns out, some of these holiday spices have a few health perks. That’s not to say a sprinkle of cinnamon will offset the sugar content of your favorite sweets. But it’s still nice to know that some of these flavors can make you feel good physically the way they do emotionally, right?

HERE ARE JUST A FEW OF THE BENEFITS THAT MIGHT GIVE YOU A BOOST OF YULETIDE CHEER:



CINNAMON This spice gets its name because it contains a compound called cinnamaldehyde, which is what gives it the distinctive flavor and smell. But that compound also can prevent bacteria and viruses from growing, which studies show can help stave off sickness to a small degree. Other research has shown that cinnamon can lessen the effects of blood sugar spikes, and because it contains trace amounts of potassium, magnesium, and calcium, it can help prevent high blood pressure and improve heart health.



NUTMEG Nutmeg contains essential oils that could fight the bacteria in your mouth causing poor oral health, leaving you with fresher breath after consuming it. Some studies have also suggested that nutmeg creates a calming effect, helping you achieve better sleep. And like cinnamon, it contains trace amounts of some important nutrients—in this case, iron and zinc. It’s important to note, however, that nutmeg is a spice you need to consume in moderation: More than 2 teaspoons of nutmeg at a time can result in nutmeg poisoning.



GINGER Ginger has a reputation for soothing an upset stomach. This comes from a natural compound known as gingerol, which improves digestive motility, so food doesn’t linger in your stomach for too long. Improved motility means less nausea, bloating, gas, and potentially even heartburn.



CLOVES Cloves contain a chemical called eugenol, which, like the cinnamaldehyde in cinnamon, works as a microbial that reduces risk of sickness. And like cinnamon, cloves can also help prevent blood sugar spikes. Cloves have often been used in aromatherapy because their distinct smell triggers a reaction in the brain that promotes relaxation and improved sleep.



STAR ANISE This licorice-flavored spice gives dimension to a few holiday cookies and cakes, and although its pungent taste is less popular with some sweet teeth compared with something like cinnamon or ginger, studies have shown that star anise can help alleviate feelings of depression. It’s also rich in iron, which is important for producing red blood cells that transport oxygen around your body.

You Gotta Be Flexible

By Dylan Roche

What's your workout routine look like these days? A lot of us prioritize cardio or strength training, or some combination of both. These are two indispensable parts of a good fitness routine, but there's a third part that a lot of people (yoga, gymnastics, and Pilates devotees aside) tend to forget. That part of your fitness routine, of course, is flexibility.

Flexibility—the ability to move a part of your body through a full range of motion without pain, tightness, or restriction—offers so many health benefits. But people tend to neglect flexibility. They remain sedentary, letting their muscles or joints get stiff, or they lose some of their natural elasticity as they age. It's also possible to focus on a specific form of exercise and create a muscle imbalance, which can end up restricting our movements.

BUT THERE ARE THREE BIG REASONS YOU SHOULD BE FOCUSED ON FLEXIBILITY. WHEN YOU'RE FLEXIBLE, YOU CAN...

1. Reduce Your Risk of Injury

Being flexible means you're less likely to get hurt when you're doing physical activity. Your muscles and your tendons are more flexible, so if you move them a certain way—maybe even a way they're not used to being moved—they're not as prone to straining or spraining.

2. Improve Your Overall Athletic Performance

You're going to have better overall performance because your body has a better range of motion. Your stride can be wider, your squats can go deeper, and your arms can reach farther. You'll also have better overall coordination and balance.

3. Feel Much More Comfortable

When you're flexible, your muscles are less likely to be tight and tense—and it's not very comfortable to walk around all day with tense muscles. Loosening up those muscles will improve your circulation, which can help you recover more quickly from activity because blood is better able to reach all parts of your body.



So, if you've been neglecting your flexibility work, don't fret—it's easy to add some stretching to the beginning or end of your workout. Most athletes find doing a light warmup increases blood flow to the muscles and makes it easier to ramp up the intensity after a few minutes. Two types of stretching you should focus on are:

- **Static stretching:** stretch and hold your body in that position for as long as you can or up to 1 minute
- **Dynamic stretching:** move your body through a range of motions and push your range as far as you can

Once you've increased your flexibility, you might consider looking into working yoga or Pilates into your routine, both of which can challenge you to make controlled movements and lengthen your muscles.



4 Late Night Snacks

THAT ARE ACTUALLY HEALTHY

By Dylan Roche

We've all been there: It's an hour before bed and you find yourself hungry. Or at least, you find yourself craving something to eat—which isn't exactly the same thing as hunger, but you know you're not able to relax without satisfying yourself.

Most people avoid late night snacks (or at least, *try* to avoid late night snacks) because they think it will give them indigestion if they eat right before bed, or too many calories followed by sleep can lead to weight gain. This doesn't have to be the case. People who gain weight from bedtime snacking are taking in an excess number of calories, often because they're snacking out of boredom instead of true hunger.

IF YOU'RE HUNGRY LATE AT NIGHT, CONSIDER WHETHER YOU NEED TO BE EATING MORE DURING THE DAY. WHEN HUNGER DOES STRIKE AT BEDTIME, AIM FOR A SMALL PORTION OF NUTRITIONALLY BALANCED FOOD COMBINATIONS. THESE FOUR SNACKS ARE GREAT OPTIONS:

CHEESE WITH WHOLE-GRAIN CRACKERS AND FRUIT

No, you don't have to put together an entire cheeseboard before bed. Instead, take a small piece of cheese, such as an individually portioned string cheese, and pair it with a few crackers and grapes. The cheese, particularly if you opt for mozzarella, contains tryptophan, an amino acid that your body uses to regulate sleep. Pairing it with the carbohydrates in the crackers will help the tryptophan reach your brain. Plus, a little bit of fruit can boost the fiber content while adding a bit of the sweetness you're craving late at night without indulging in processed sugar.

A HANDFUL OF WALNUTS OR PISTACHIOS

Nuts make a great late-night snack because they have the double benefit of plant-based protein and fiber, which can stave off hunger without eating too large a volume of food. Walnuts and pistachios are especially good because they naturally contain melatonin, commonly known as your sleep hormone for the way it influences your sleep-wake cycle. If you can, get walnuts or pistachios in their shells so you have to crack them as you eat, which slows you down and eliminates any nighttime boredom that could be making you crave a snack.

POPCORN

If you're somebody who craves a crunchy, salty snack late at night, opt for popcorn instead of chips or pretzels. Popcorn is a whole grain, and its complex carbohydrates release the hormone serotonin, which can make you feel more relaxed. It has fewer than 100 calories per cup when it's air popped without any added butter or oil, and it's less likely to leave you feeling bloated, overly full, or uncomfortable before bed.

CHIA SEED PUDDING

If you want something a little bit sweet, consider chia seed pudding—a high-fiber, high-protein snack made from soaking chia seeds in cold water until it gels. Chia seeds contain omega 3 fatty acids and magnesium, both of which can help you relax and achieve more restful sleep.



5 Tips for Social Anxiety

By Dylan Roche

It's the most wonderful time of the year, unless the thought of socializing with people gives you anxiety. While many people feel shy or nervous in situations where they don't know anyone very well, social anxiety is a recognized mental health disorder in which overwhelming fear of social situations can be so severe you want to avoid the situation altogether. If you find that your discomfort around social situations brings on negative self-beliefs—such as the thought that you're not good enough—or triggers physical symptoms—such as sweating or trembling—it may be social anxiety.

BUT WHETHER YOU FIND YOURSELF DEALING WITH CLINICAL SOCIAL ANXIETY OR JUST GENERAL SHYNESS, THE BIG HOLIDAY PARTY OF THE SEASON CAN BE DIFFICULT TO NAVIGATE. CONSIDER THESE 5 TIPS TO HELP YOU HANDLE THE STRESS:

1. Make a conscious effort to replace negative self-talk with positive affirmations before, during, and after social situations. One reason socializing can be stressful is because we overthink everything we say and do. If you're being self-critical, focus on the facts of the situation and remind yourself of everything that was *good*.

2. Build up your confidence by putting yourself in smaller, more intimate social situations where you feel more comfortable. Big gatherings with lots of people you don't know can be overwhelming. You can get more comfortable socializing by doing it with a smaller group of people you know fairly well. This helps you build confidence and feel comfortable with holding conversations.

3. Do a little bit of planning and preparation beforehand to give yourself a confidence boost. Unfortunately, none of us can predict how every social interaction will go, but we can think through it a little bit ahead of time. Practice giving answers to popular small-talk questions and come up with a plan on how you'll handle your anxiety if it gets to be too much—for example, excusing yourself to go outside and get a breath of fresh air.

4. Engage in self-care when you're not socializing. It's easier to manage your social anxiety symptoms when you're relaxed and regularly engaging in activities that promote good overall mental health. Get plenty of exercise and sleep, and if a heavy social schedule has you feeling overwhelmed, make time for decompressing with meditation, deep breathing, or a warm bath.

5. Debrief with a trusted supporter and seek counseling if necessary. If you notice anything in particular triggers negative emotions while you're socializing, discuss it with a partner, close friend, or family member later. They can offer support or advice that prevents you from dwelling on the negative emotion. If you find your social anxiety is too overwhelming, make an appointment with a therapist or counselor.



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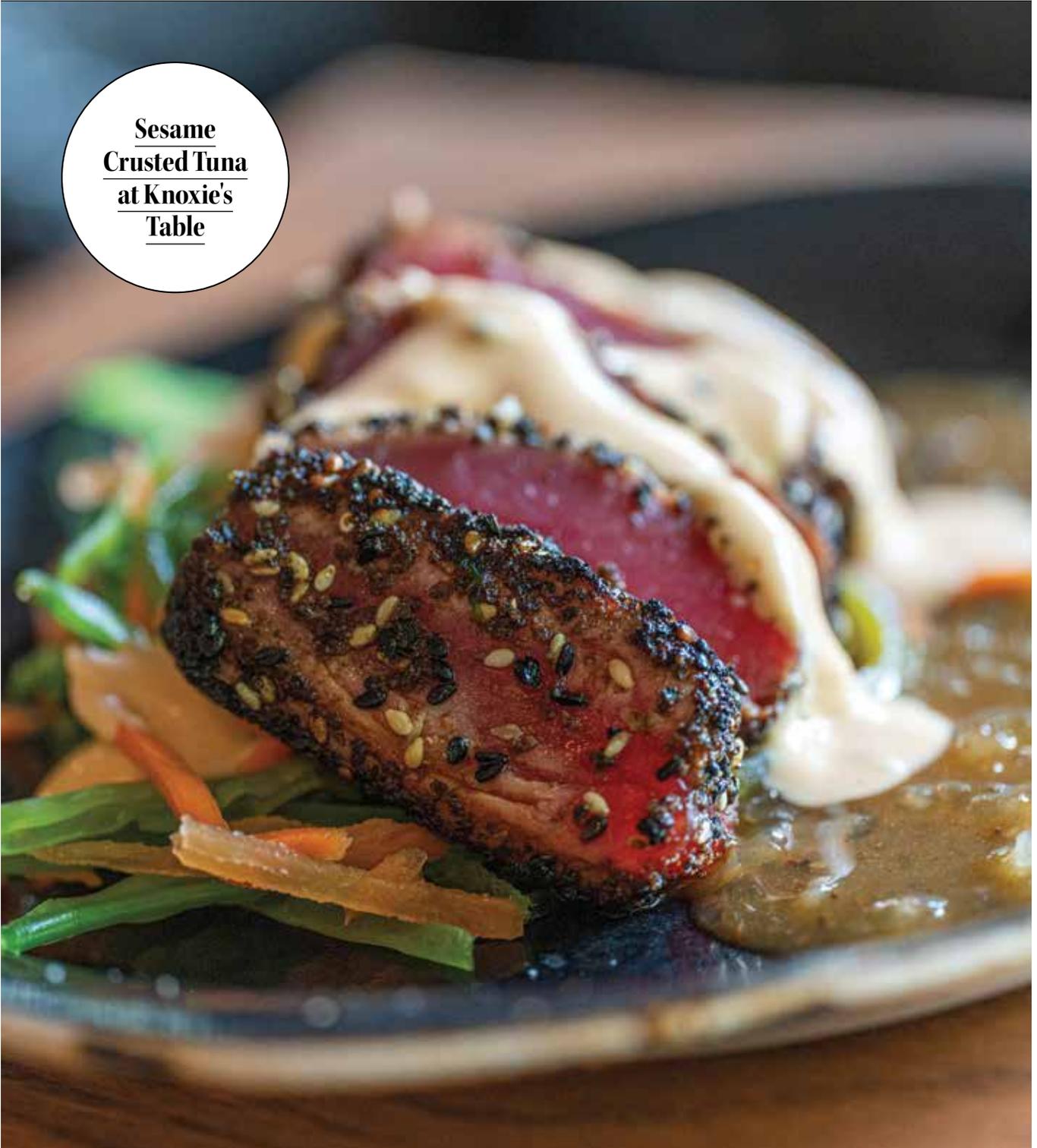
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Food & Dining

124 READERS' DINING GUIDE

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Crusted Tuna
at Knoxie's
Table





Readers' Dining Guide



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Café 401

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

Capsize

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

Carpenter Street Saloon

113 S Talbot Street, St Michaels; 410-745-511; carpenterstreet-saloon.com \$ ●●

The Coffee Trappe

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

Corah's Corner

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

Crab Claw Restaurant

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

Doc's Downtown Grille

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

Doc's Sunset Grille

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

Eat Sprout

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

Eat Sprout

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

The Fool's Lantern and Taproom

310 South Talbot Street, St Michaels; 410-888-7379; thefoolslantern.com \$\$ ●●

Foxy's Harbor Grille

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

The Galley

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

Gina's Café

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

Hot Off the Coals BBQ

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

Hunter's Tavern

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

Limoncello Italian Restaurant & Wine Bar

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

Lowe's Wharf

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

Marker Five

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

Momma Maria's Mediterranean Bistro and Bar

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

Osteria Alfredo

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

Out of the Fire

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

Piazza Italian Market

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

Ruse

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

San Miguels

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

Scossa Restaurant and Lounge

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

Sugar Buns Cafe

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

Sunflowers and Greens

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

T at the General Store

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

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; theossteakhouse.com \$\$ ●●●

Tickler's Crab Shack and Restaurant

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

Tiger Lily

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

Tilghman Dining at The Tilghman Island Inn

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

Two if by Sea

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

Kent County

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

Blue Heron Oyster House and Inn
20658 Wilkins Avenue, Rock Hall; 410-639-4374; blueheronoysterhouseandinn.com \$\$\$ ●●●

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

Chester River Seafood
4954 Ashley Road, Rock Hall; 410-639-7018; chesterriverseafood.com \$\$\$ ●●

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; theblackduckinn.com \$, Seasonal

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

Flying Decoy Bar + Grill
21270 Rock Hall Ave, Rock Hall; 410-639-2000; flyingdecoy24.com \$\$\$ ●

Ford's Seafood Inc
21459 Rock Hall Ave, Rock Hall; 410-639-2032; fordsseafoodrockhall.com \$ ●

Happy Chicken Bakery
215 Scheeler Road, Chestertown; 443-988-3955; happychickenbakery.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; luisasrestaurant.com \$\$\$ ●●

Modern Stone Age Kitchen
236 Cannon Street, Chestertown; 410-996-4776; modernstoneagekitchen.com \$\$\$ ●

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

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

The Retriever Bar and Oysters
337 ½ High Street, Chestertown; theretrieverbar.com \$\$\$ ●●

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

The Shanty Bar
21085 Tolchester Beach Road, Chestertown; 410-778-1400; 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 Gateway, Cambridge; 410-228-9111; baycountrybakery.com \$ ● Daily Breakfast

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

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

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

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

Carol's Kitchen
1504 Glasgow St, Cambridge; 443-225-5889; Facebook \$ ●

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

Lil' Bitta Bull
520 Race Street, Cambridge; 443-205-2219; Facebook \$ ●●

The Neck District Grill
1042 Hudson Road, Cambridge; 410;228-3052; Facebook \$ ●

Ocean Odyssey and Crab House
316 Sunburst Highway, Cambridge; 410-228-8633; toddseafood.com \$\$\$ ●●● Seasonal

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

Paul's Deli On the Creek
106 Market Square, Cambridge; 443-477-6630; Facebook \$ ●

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

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

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

River View at the Point
1A Sunburst Highway, Cambridge; 410-228-0870; riverviewatthepointrestaurant.com \$\$\$ ●●● Daily Breakfast

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

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

Caroline County

Bullock's Deli, Grill, and Ice Cream
422 N 6th Street, Denton; 410-479-0270; bullocksdeli.com \$ ●

Caroline's
406 Market Street, Denton; 410-490-4495; carolinesindenton.com \$\$\$ ●● Seasonal

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

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

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

Market Street Public House
200 Market Street, Denton; 410-479-4720; marketstreetpub \$\$\$ ●●●

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

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

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Where's Wilma?

FIND WILMA AND WIN!

Could our faithful, flying mascot Wilma be any happier? It's her favorite time of year and busiest, as she's soaring across the Chesapeake region in her single prop plane, touching down at towns and Main Streets to shop, shop, shop (and dine, and pamper herself). Where we 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 for another opportunity to win a prize.

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Entries must be received by December 31, 2024. Winner will receive a gift certificate to a local establishment and their name will appear in an upcoming issue of What's Up? Eastern Shore. **Mail entries to:** Where's Wilma? Eastern Shore, 201 Defense Hwy., Ste. 203, Annapolis, MD 21401 or fill out the form at whatsupmag.com/promotions.

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