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A photograph of a woman with curly hair hugging a man in a wheelchair. They are both smiling and laughing. The woman is wearing a teal jacket, and the man is wearing a purple jacket. They are outdoors in front of a brick building and trees.

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♻️ Please recycle this magazine.

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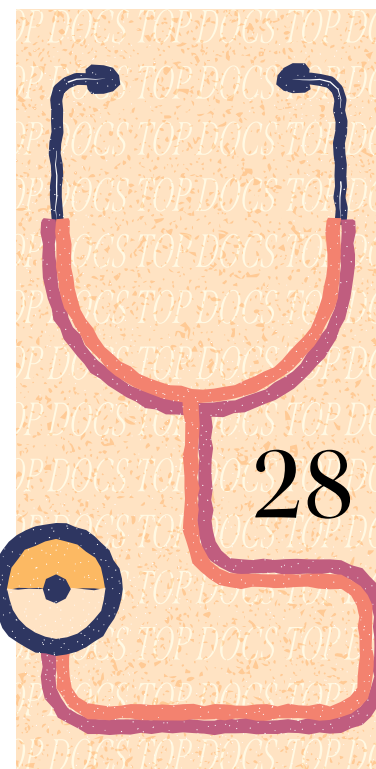
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COMING UP IN NOVEMBER 2025

Maryland Holiday Food Traditions, Readers' Pet Photo Contest Results, Can't-Miss Charity Events



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Call for Entries:

The most exquisite and compelling projects in residential construction and design!

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

Home industry professionals and firms may submit their completed projects for evaluation and vetting in 13 award categories. Entries—consisting of a project description and accompanying photographs—closes October 31st.



whatsupmag.com/homeexcellenceawards2026

Awards will be revealed in the February 2026 issues of What's Up? Annapolis, What's Up? Eastern Shore, and March 2026 issue of What's Up? Central Maryland.



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Im a car window-rolled-down kind of guy—whether it's 90 degrees or 20 outside, it's likely my drive will start with the windows...rolled down. This time of year, it's a given. After all, it's probably the most spectacular season to enjoy long drives across the countryside with fresh air whipping through the

double-cab, flashes of crimson and gold treetops streaking by, and sniffs of smoky campfires from afar. Does it get any better?

I can recall a few wonderful drives that made the journey as much fun as the destination. Somewhat recently, it was a trip to the outskirts of Thurmont, Maryland, and the contiguous parks of Cunningham Falls and Catoctin Mountain with hairpin turns along Route 77, which saddles Big Hunting Creek. There was excitement around every turn with pull-overs for fly fishing, hiking up boulder fields to massive rock outcroppings, and overnight fireside camping. A bit further north is Gettysburg and the famed battlefields, while a drive south and west leads to the Appalachian/Shenandoah range and Skyline Drive. Those are magical places to visit.

Of course, we're also blessed with the tidewater country of the Eastern Shore. Take a drive off the beaten highway and you'll find yourself meandering toward and through quaint bayfront towns like Chestertown, St. Michaels, or Crisfield en route to seaside destinations like Lewes, Delaware, or the barrier islands of Assateague and Chincoteague.

I mention this to encourage the thrill of Mid-Atlantic adventure by car because, for this issue of *What's Up? Eastern Shore*, we put together a road-tripping package of several extraordinary drives that you could enjoy this autumn or anytime, really. We cover Skyline Drive, the Blue Ridge Parkway, Journey Through Hallowed Ground, and the Chesapeake Country Scenic Byway to name a few. If you've yet to explore some of the towns, sites, and culture along these routes, I think you're in for a treat...time willing with the itinerary we've mapped out.

This October magazine is also special for a very important reason. We unveil the results of our months-long project, the 2025–2026 Top Docs. The more-than-200 doctors who've earned the honor in this issue have done so based exclusively on the recommendations of their medical peers. This biennial project is the culmination of widespread surveying of local licensed doctors and meticulous vetting of nominees through the Maryland Board of Physicians. We applaud and thank each and every doctor who participated in this project and for making it the most dependable list of Top Docs in the region. Thank you!

We're inching closer to the fourth quarter of the year—nearly there actually. Halloween and holidays are around the corner, and all sorts of fun fall activities are alive. Football has been back several weeks (Go Navy! And check out our interview with Washington Commanders rookie Trey Amos), school routines are settled in, and it's a great time of year to check off everything on the honey-do list. For me, that's a few home projects (gutter cleaning comes to mind) and health/dental check-ups—that sort of stuff.

Then, I think, I'll take a drive. To where exactly, I'm unsure. But chances are...the windows will be rolled down. Have a great autumn!

James Houck,
Editorial Director



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Arts & Culture

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HIGHLIGHTING
ENTERTAINMENT,
COMMUNITY,
AND EVENTS

**Mid-Atlantic
Small Craft
Festival XLII**

PG. 20





CHESAPEAKE FILM FESTIVAL

The Chesapeake Film Festival takes place October 10–12 in historic downtown Easton. The Festival's top screenings will take place at the beautifully renovated Ebenezer Theater, the Academy Art Museum, and the Talbot County Free Library. For the full list of feature films, shorts, tickets, and more information visit the website. More info: chesapeakefilmfestival.com

100 PLATES DINNER

Join Haven Ministries on Saturday, October 4, from 5 to 9:30 p.m. at the Four Seasons Community Clubhouse in Chester for an inspiring evening to combat hunger. Enjoy a thoughtfully crafted dinner while supporting Haven Ministries' vital programs—shelter, food, clothing, education, and resources. Sponsorships begin at \$250, and guests are encouraged to contribute to the silent auction with experiences, sports tickets, art, spirits, or wine. More info: event.auctria.com



Academy Art Museum Craft Show

The Academy Art Museum presents its 28th Annual Craft Show on Saturday and Sunday, October 25–26, with a special Preview Event on Friday, October 24. More than 70 artists from across the country will showcase their work in a variety of mediums, with exhibits spanning the Academy Art Museum, the historic Waterfowl Building, and a new outdoor Craft Show Marketplace. Highlights include the Friday evening Preview Event with food, cocktails, music, and a fashion show of jewelry and fiber art, plus a Sunday Brunch on October 26 featuring a gourmet buffet and Bloody Mary & Mimosa bar. More info: academyartmuseum.org

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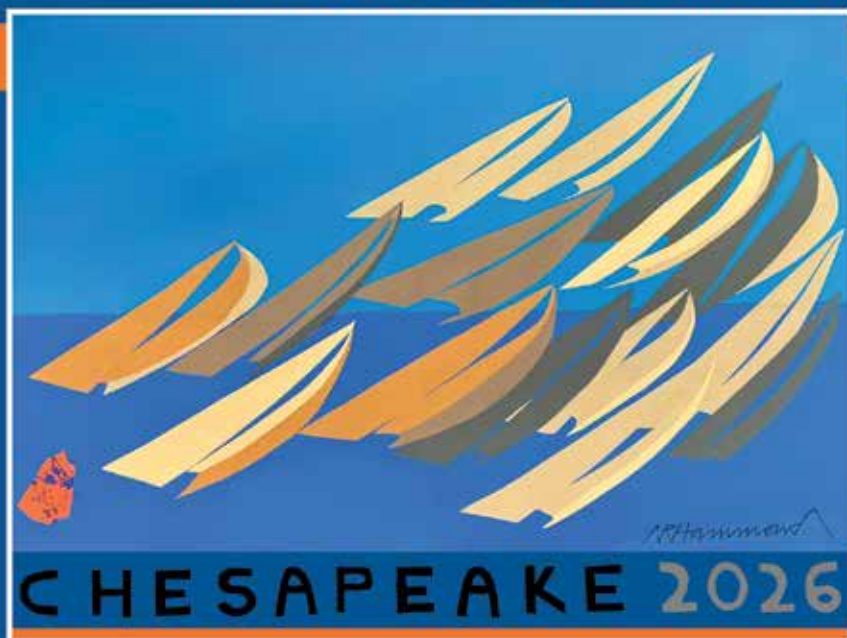
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OYSTERFEST

The Chesapeake Bay Maritime Museum hosts its annual OysterFest on Saturday, October 25, from 10 a.m. to 4 p.m. in St. Michaels. This fall favorite celebrates the Bay's beloved bivalve with oysters prepared every way imaginable, plus other local fare, craft beer, and spirits. Guests can enjoy live music, children's activities, and a full schedule of demonstrations and presentations. Highlights include the popular oyster stew competition, an oyster slurp-off contest, and plenty of Chesapeake delicacies from local vendors. With fun for all ages, OysterFest is a can't-miss celebration of Bay culture and cuisine. More info: cbmm.org





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Mid-Atlantic Small Craft Festival XLII

The Chesapeake Bay Maritime Museum hosts the 42nd annual Mid-Atlantic Small Craft Festival from Friday–Sunday, October 3–5, in St. Michaels. This family-friendly gathering features dozens of unique vessels, from sailing skiffs and rowing shells to kayaks, canoes, and one-of-a-kind boats, with many displayed on the water. Guests can stroll the waterfront, meet boat owners and builders, and cheer during the lively Saturday race on the Miles River. Festival admission includes access to vote for the People's Choice Award, with winners announced Saturday evening. More info: cbmm.org

ANNAPOLIS POWERBOAT & SAILBOAT SHOWS

Each October, Ego Alley and Annapolis Harbor transform into a boater's paradise as floating docks create a bustling temporary marina. The Annapolis Powerboat Show, held October 2–5, and Annapolis Sailboat Show, held October 10–14, bring together the newest boats making their debut alongside cutting-edge accessories, equipment, and apparel. Whether you're a seasoned captain, an avid angler, or simply curious about life on the water, this iconic event invites you to stroll the docks, explore the latest in boating, and connect with fellow enthusiasts in the heart of downtown Annapolis. More info: annapolisboatshows.com | 410-268-8828



Photo by Josh Davidson

Expert of the Month

Cornelia C. Heckenbach

Cornelia C. Heckenbach

Associate Broker | Long & Foster Real Estate

Consistently ranked Talbot County's top-selling agent, Cornelia C. Heckenbach has more than 30 years of real estate expertise. Originally from Germany, she relocated to Talbot County in 1990 after falling in love with St. Michaels and the Chesapeake Bay. Known for her dedication, strategic marketing, and expert negotiation, she helps sellers achieve top-dollar results and buyers find their dream home. Now part of the Forbes Global Network, Heckenbach offers unparalleled service and international expertise to clients on the Eastern Shore and beyond.

What market trends are you seeing in terms of inventory and pricing?

There is a 24% increase in inventory compared to summer 2024. This suggests that we will see a more balanced market shifting from a seller's market. Pricing is the most important factor. Listings that are priced too aggressively are not moving. If a listing is priced correctly, it sells in a reasonable amount of time.

What amenities are buyers looking for on the Eastern Shore?

Homes that are move-in ready and updated to modern standards and design are the clear winners. Waterfront buyers are looking for coastal charm, good views, and are sensible regarding flood zones.

How does your expertise help guide your clients and help them navigate the fluctuations in the real estate industry?

I have experienced decades of the market's ups and downs and have the expertise to guide my clients and make sure that they are ahead of a changing market. Being connected to a network of professionals who contribute to successful transactions allows me to facilitate seamless outcomes.

How does your approach to client service help you stand out from other real estate agents in the area?

I have a Type A personality and believe in taking care of an issue immediately to prevent problems from arising later in the transaction. Being a real estate agent has taught me how to listen, which is a very important trait. I am passionate about my work and consider myself a matchmaker—matching buyers with their perfect home and sellers with the perfect buyer. I prioritize client service, and I treat each client as if they are my only client.

Cornelia C. Heckenbach | Long & Foster Real Estate
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Chesapeake Conservancy

AT THE FOREFRONT OF CHESAPEAKE BAY CONSERVATION AND RESTORATION

By Lisa A. Lewis

Tracing its origins back to 2006, Chesapeake Conservancy champions the land conservation movement in the Chesapeake Bay watershed and serves as a catalyst for change. By cultivating a vast network of partners with a shared vision, utilizing groundbreaking data and technology, and advocating for community engagement, the nonprofit watershed-wide organization has not only established itself as a key player in this critical movement, but has also helped Maryland achieve recognition as a conservation leader in the nation.

Since its inception, Chesapeake Conservancy has dedicated its efforts to fulfilling its mission “to conserve and restore the natural and cultural resources of the Chesapeake Bay watershed for the enjoyment, education, and inspiration of this and future generations.” As the organization celebrates its progress and embraces the challenges that lie ahead, it is excited to continue to pave the way under the leadership of a new CEO.



Green Heron. Photograph by Roger Smith.



Red Headed Woodpecker. Photograph by Marvinann Patterson.

Following a nationwide search, Susan Shingledecker was selected to fill the role, which she started on September 8, 2025. She previously served as Chesapeake Conservancy’s vice president and director of programs from 2017 to 2020.

“Stepping into this role is both humbling and energizing,” Shingledecker says. “It feels like coming home. I have so much respect for the team, the mission, and the impact the organization is already making. I love working at the intersection of conservation, innovation, and collaboration, and that’s exactly where Chesapeake Conservancy thrives. I’m truly honored to help lead the next chapter.”

Shingledecker’s background includes hands-on conservation work, leadership in data-driven environmental initiatives, and a passion for connecting people to nature. She recently led a collaborative community of earth and climate science data professionals working to leverage the power of data to address the planet’s most significant environmental challenges. She also has experience in policy and has worked to improve public access to outdoor spaces.

“Susan is truly meant for this moment,” says Stephanie Meeks, chair, Chesapeake Conservancy Board of Directors. “Throughout her career, she has consistently demonstrated thoughtful and strategic leadership by bringing people together and building strong partnerships. Her passion for the Bay, combined with her vision and experience, [will enable her] to guide Chesapeake Conservancy.”

EJ Amyot served as interim president and CEO, as well as chief operating officer, until Shingledecker started her role. President and CEO Joel Dunn resigned at the end of 2024 after more than 14 years of service.



Susan Shingledecker is the newly-appointed CEO of Chesapeake Conservancy.

SUCCESS STORIES

Throughout its history, Chesapeake Conservancy's efforts have greatly advanced the land conservation movement in the Chesapeake Bay watershed. During 2024, the organization and its partners achieved two major milestones (among many other accomplishments) that solidify Maryland's status as a model for the nation.

According to the Maryland Department of Natural Resources (DNR), Maryland met the goal required by the Maryland the Beautiful Act six years ahead of schedule. The 2023 legislation established goals of conserving 30 percent of the state's lands by 2030 and 40 percent by 2040. The Maryland Department of Planning reported that Maryland met the 30 percent target with more than 1.85 million acres conserved as of February 2024. Maryland was the first state in the Chesapeake Bay watershed to achieve the 30 percent land conservation goal.

"This milestone proves the state is a national leader in demonstrating how conservation, science, and community can come together to make real, lasting change," Shingledecker says. "It's also exciting that Maryland didn't just hit the mark statewide but also reached 30 percent right within Maryland's portion of the Chesapeake Bay watershed. That's huge for the health of the Bay and the communities that depend on it."

The establishment of the Southern Maryland Woodlands National Wildlife Refuge (SMW NWR) on December 6, 2024, represents another milestone for Chesapeake Conservancy and its partners.

According to Chesapeake Conservancy, SMW NWR is the first national wildlife refuge established in the Chesapeake Bay watershed in more than 25 years and the first in Maryland in more than 60 years. It currently consists of a 31-acre parcel near Nanjemoy in Charles County, which was donated by The Nature Conservancy, with plans to expand up to 40,000 acres in Anne Arundel, Prince George's, Calvert, Charles, and St. Mary's counties through voluntary conservation, including donations and easements.



To view the latest data and mapping of land conservation across Maryland, visit dnr.maryland.gov/land/Pages/md-the-beautiful-act.aspx to access the Maryland Protected Lands Dashboard.



Photo by Michael Augustin



Photo by Jody Couser

Chesapeake Conservancy organizes volunteer park clean-ups, such as those recently held at Quiet Waters Park in Annapolis and Terrapin Nature Park in Stevensville.

VISION FOR THE FUTURE

As Chesapeake Conservancy approaches its 20th anniversary, the organization is excited to chart a course for the future and continue to make an impact in its efforts to conserve and restore the Chesapeake Bay watershed—now and for future generations.

"I see a future where we continue to lead with innovation—using tools like high-resolution mapping and data analysis to make conservation smarter and more effective," Shingledecker says. "I want us to protect more land, ensure public access, work closely with communities, and make sure conservation benefits everyone. Conservation is a team effort, and Chesapeake Conservancy is uniquely positioned to bring people together and drive real change."



Photo by Matt Kane for Nature Conservancy



Photo by Sue Buyaskas

The Southern Maryland Woodlands National Wildlife Refuge was established in December 2024. Former Chesapeake Conservancy CEO Joel Dunn was on hand at the ceremony with U.S. Secretary of the Interior Deb Haaland and Chesapeake Conservancy Executive Vice President Mark Conway.

Meet Student Athlete Lacey Dauses

KENT ISLAND HIGH SCHOOLER BALANCES FOUR SPORTS AND A NUMBER OF EXTRACURRICULAR ACTIVITIES

By Tom Worgo

It seems like Lacey Dauses wanted to play every sport at Kent Island High School. She limited herself to four: basketball, soccer, equestrian, and track and field. That's only part of what makes the senior an ideal student-athlete.

Dauses carries a weighted 4.25 weighted grade-point average, serves as executive president of student government association, helped found the Fellowship of Christian Athletes, is a member of the National English Honor Society, and coaches at the Weber's Basketball Camp in Annapolis. She will have taken nine advanced placement classes by the time she graduates from high school.

On top of those things, Dauses competes in equestrian by jumping and doing speed races with her horse Cannon, in the Queen Anne's County Fair Horse Show, and works as a hostess at Knoxville's Table in Stevensville. "I really love everything I do," Dauses explains. "It would be hard for me to stop doing anything. I can handle a lot. There are a lot of late nights and early mornings. Last year, my horse got injured. So, I was up at 2 a.m. a lot of nights. Then, I had to go to school and the next day I have a game."

"I REALLY LOVE EVERYTHING I DO, IT WOULD BE HARD FOR ME TO STOP DOING ANYTHING."



Not many athletes are gifted enough to make the choice that faces the 5-foot-9 Dauses, who has won several individual championships. She must decide whether to play basketball or run indoor and outdoor track in college. West Point and Iona University recruited Dauses for track.

Several Division III schools, including Allegheny College in Pennsylvania, have recruited her for basketball, what she calls her favorite sport. The situation is fluid since Dauses expects to be contacted by more schools for the three sports during this school year.

"I am most likely going to attend a small catholic university," Dauses says. "I can run track at most of those schools with the times I have ran. I am not sure if I want to run track yet, and for basketball, I am also trying to discern if I want to pursue that."

Dauses' talent made her a consistent winner in both individual events and relays, and she qualified for four events (400 meters, 800, 1,600, and 3,200 relays) in the Maryland State Championship the past two years. Her sophomore season in track and field was

outstanding. Dauses won Bayside Conference championships in the 400 and 800 meters while anchoring the Bayside title-winning 1,600-meter team.

The 17-year-old Dauses also enjoyed plenty of success as a junior. She earned conference championships in the 400, 800, and the 800 relay team while placing sixth overall in the state in the 800.

"She is such a powerhouse," Kent Island Track Coach Kalyn Stout says. "I think the Division I college coaches are not just seeing that she is a phenomenal athlete. But they are seeing how much of a role model and leader she is. Who wouldn't want her to represent their school?"

Dauses is primed for a stellar senior season. She may add the 200 meters to her list of events. "My eyes will be on her winning states in individual events," Stout says of the 400 and 800. "Even placing in the top three at states is absolutely an accomplishment."

Dauses shined in basketball, too. This winter will mark her fourth season as a starter at shooting guard/small forward and second year as co-captain. She averaged 13 points, six rebounds, and five steals per game in 2025. Dauses figures to be in the spotlight even more for the 2025/2026 season since she's the lone senior on the team.

Her impact for Kent Island goes all the way back to her freshman year. Dauses helped Kent Island to a 26-1 record and berth in the Class 2A state championship game, where the team lost to Lackey. She had a memorable game in the state semi-final, keying a win over Hereford by totaling 15 points, nine rebounds, three assists, and three steals.

"She is like a motor," Kent Island Girls Basketball Coach David Plumer says. "She goes nonstop. She is the heart and soul of the team. She plays well at both ends of the court. She is such a pleasure to coach."



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SCAN ME




Washington Commanders Trey Amos

THE NFL ROOKIE CORNERBACK IS READY TO HELP HIS TEAM ACHIEVE SUCCESS ON THE FOOTBALL FIELD

By Tom Worgo

In early 2025, football analysts projected Trey Amos to be a first-round pick in April's NFL Draft. Unexpectedly, Amos was still available by the end of the second round and the Washington Commanders snatched up the Ole Miss cornerback at pick No. 61.

The Commanders feel like they got a steal. The rookie is proving them right, so far. He garnered a lot of praise during training camp from Commanders' coaches and the media. Now, Amos has put himself in a position to be strongly considered for the starting lineup.

"We were elated that he was available in the second round," Commanders' Defensive Passing Game Coordinator Jason Simmons says. "We really like his size, speed, and length."

One of the best things about Amos: he is good at limiting big plays down the field. That's due to his excellent size (6-foot-1, 190 pounds), speed (4.43 in 40-yard dash), and the ability to make contested catches. Amos also plays well in either man or zone coverage.

The 23-year-old Amos received good training by competing in, arguably, college football's best conference, the Southeastern Conference (SEC). Amos played two years in the conference, suiting up for Old Miss in 2024 and Alabama in 2023. Before that, he spent three seasons at the University of Louisiana at Lafayette. Overall, Amos played in 61 college football games across five seasons.

We spoke to Amos, a native of Louisiana, about learning from Commanders' veterans and the iconic Nick Saban (former coach at Alabama), along with his future on and off-the-field.



How do you see your role this season? Do you feel you will spend more time on the field or sideline? I feel I can make an impact, but it takes time. I have to earn playing time. I have to put the work in and get better each and every day. I have to find ways to grow mentally and physically. I'll always be learning something new. I am just going to go out there and be the best I can be on the field.

Has four-time Pro Bowl cornerback Marshon Lattimore helped you acclimate to the NFL? Yes. I have learned so much from him during minicamp, the break in between, and training camp. I ask him questions and am like a sponge to build that chemistry with him. I have to take advantage of the study time with him. He helped me learn the playbook—to get a handle on the system and make sure I utilize the study time. He has taught me to not wait on the receiver. Attack them.

Talk about the time you have spent with defensive backs Coach Tommy Donatell and Coach Simmons. (Simmons) has given me a good understanding of the keys of what a wide receiver will do, and what formation they will put me in to combat that. He's shown me how to have a plan before the play even happens. Coach Tommy is pretty straight forward. He is really heavy on game film and learning the tendencies of the receiver and trying to get the plays to where they are second nature for me.

It must have been a treat to play at Alabama and learn under Saban, whom many consider to be college's best all-time coach. He is known as a secondary guru. What did you pick up from him? Did his retirement lead you to Old Miss? It was such a great experience with Coach Saban. I had to learn how to tackle and play man-to-man coverage. I made sure I took notes carefully and I felt I have brought that knowledge to the NFL. It was just crazy to be there for his last year and around so many great players. With him retiring, I really didn't know what was to come. It was confusing, but I went with my gut, and I felt the best option was to go to Old Miss.

What was the biggest benefit of playing football at three different colleges, including two SEC schools? I'm glad about the experience. It made transitioning to the NFL smoother. Playing in the SEC will definitely help me in the NFL. Every week is a hard week, and it is tough to win in the SEC. It taught me how to grind things out and work very hard every day.

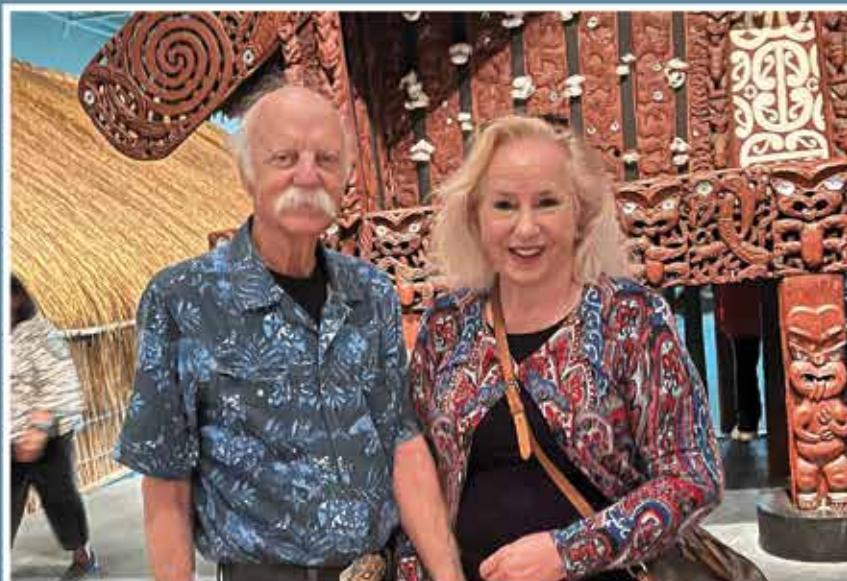
What was your reaction to being drafted by Washington? It was special. I have been having that NFL dream since I was a little kid. It's finally here. I don't want to be too high or too low. I want to keep producing and being myself. I want to keep doing what got me here. I just want to keep evolving and everything will take care of itself.

What are your impressions of the very strong Commanders' community of fans? I am looking forward to getting to know a lot of fans. I have watched some games, especially the playoffs. They are showing a lot of love to me. I want to show love back to them. I really appreciate them.

What was the first thing you bought with your signing bonus? I haven't bought anything extravagant yet. I am thinking about getting a house next year. I am renting now. I want to help my family. My mom is my rock. I want to show that I love and appreciate her. I just want to help her out and be there for her.



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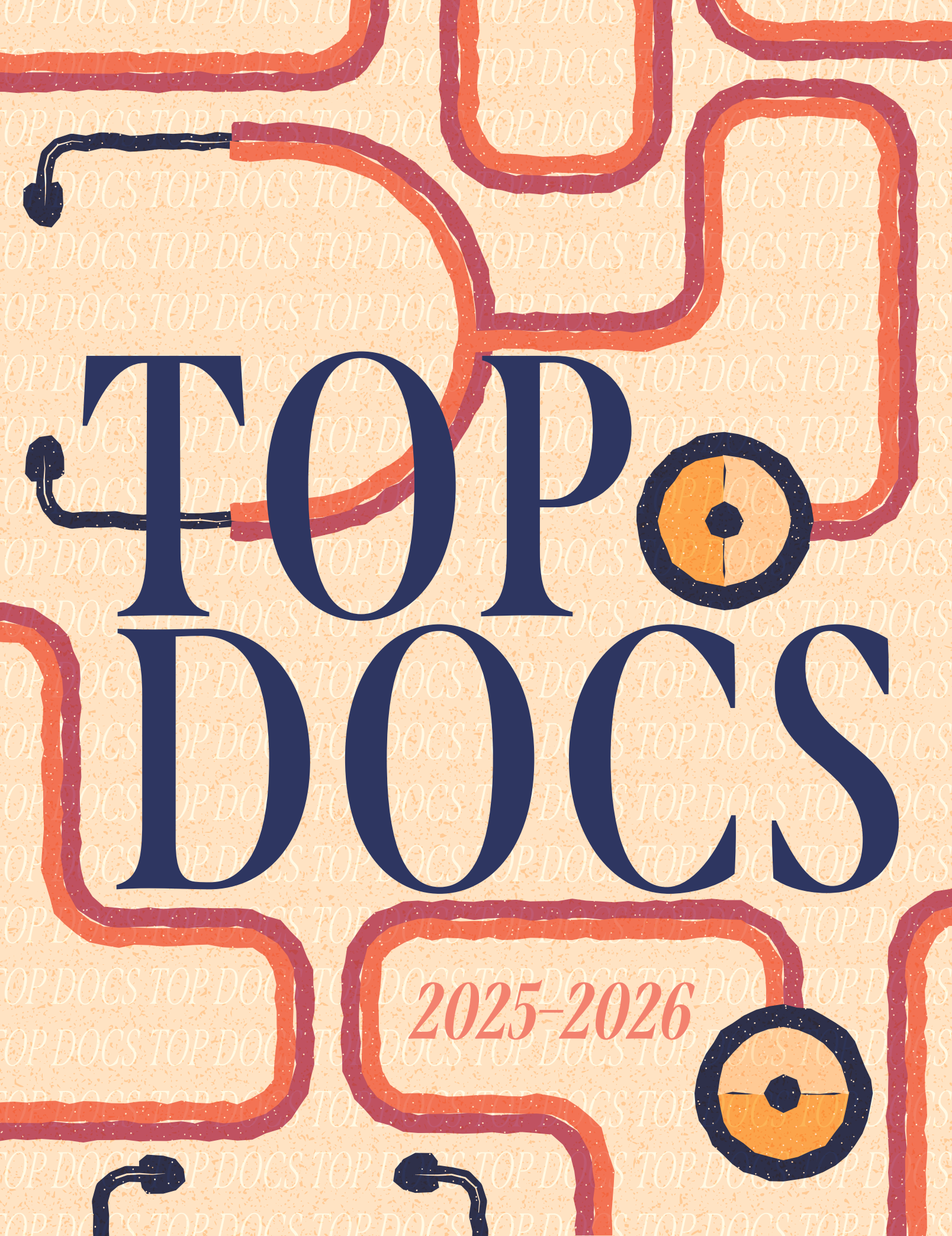
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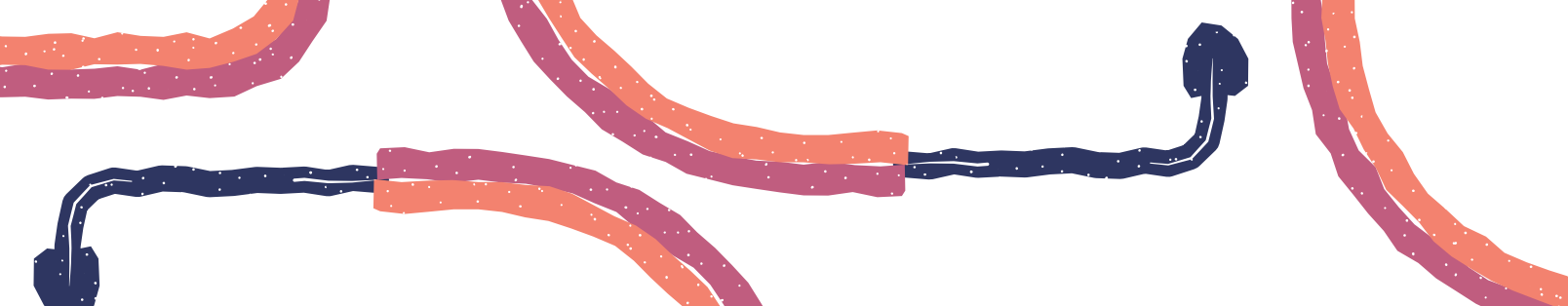
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TOP DOCS

2025-2026



The Greater Chesapeake Bay region's top peer-recommended doctors

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

This is What's Up? Media's 12th biennial **Top Docs** project, dating back to 2003. And each campaign requires an amazing amount of time and energy to execute. Top Docs has been a seven-month process that began in March with the survey of medical doctors practicing within the distribution region of our publications *What's Up? Eastern Shore*, *What's Up? Annapolis*, and *What's Up? Central Maryland*.

Doctors were asked to participate in an online, secure survey, which listed more than 40 areas of medical specialty, and several medical conditions. Doctors were asked to recommend their most qualified peers, in their opinion, for each category of specialty/condition. Doctors were allowed to complete one survey each (qualified by entering their Maryland medical license number). Surveys were collected by deadline, vetted, and the results tallied.

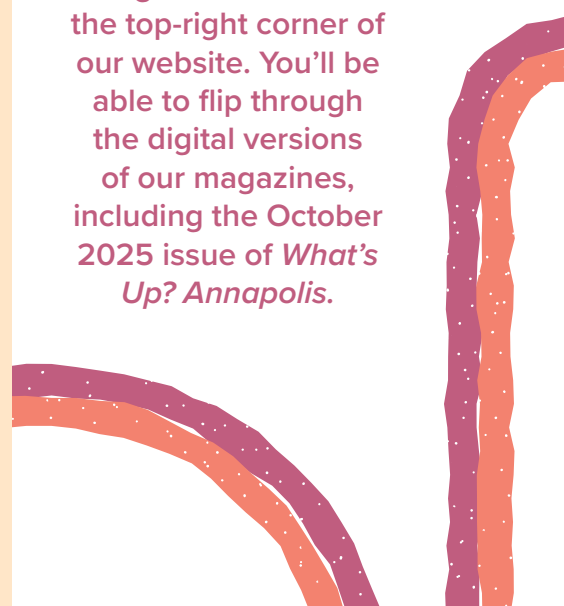
The Top Docs honored herein represent the individual doctors who received the *most substantial* number of nominations from their peers relative to the amount of voting taking place within each category. Every doctor on the following list was fact-checked with the Maryland Board of Physicians to ensure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

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



Top Docs on the Western Shore

For the full list of Top Docs 2025–2026 on Maryland's Western Shore, visit whatsup-mag.com and click "Digital Editions" in the top-right corner of our website. You'll be able to flip through the digital versions of our magazines, including the October 2025 issue of *What's Up? Annapolis*.



ALLERGY & IMMUNOLOGY

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

Dr. Monica Bhagat – Johns Hopkins ENTAA Care • 1630 Main Street, Ste. 217, Chester, MD 21619 • 410-760-8840 • hopkinsmedicine.org

ANESTHESIOLOGY

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Dr. Bradley Andrew Kleinert – University of Maryland Shore Medical Center • 219 S. Washington Street, Easton, MD 21601 • 410-822-1000 • umms.org

Dr. Stephen Bruce Lemke – University of Maryland Shore Medical Center • 219 S. Washington Street, Easton, MD 21601 • 410-822-1000 • umms.org

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Dr. George Hager Clements – MedStar Health Cardiology Associates • 1630 Main Street, Ste. 208, Chester, MD 21619 • 410-643-3186 • medstarhealth.org

Dr. Ian Charles Davis – University of Maryland Shore Medical Group Cardiology • 713 Cambridge Marketplace Boulevard, Ste. 2-400, Cambridge, MD 21613 • 410-822-5571 • umms.org

Dr. Jeffrey Howard Etherton – University of Maryland Shore Medical Group Cardiology • 500 Cadmus Lane, Ste. 207, Easton, MD 21601 • 410-822-5571 • umms.org

Dr. Stephen Robert Hanna, Jr. – University of Maryland Shore Medical Group Cardiology • 500 Cadmus Lane, Ste. 207, Easton, MD 21601 • 410-822-5571 • umms.org

Dr. Timothy John Shanahan – University of Maryland Shore Medical Group Cardiology • 125 Shoreway Drive, Queenstown, MD 21658 • 410-822-5571 • umms.org

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Dealing with surgery involving the colon and rectum.

Dr. Dabanjan Bandyopadhyay – University of Maryland Shore Medical Group Surgical Care • 500 Cadmus Lane, Ste. 205, Easton, MD 21601 • 410-822-4553 • umms.org

Dr. Un Yong Karl Chin – Mid Atlantic Surgical Group • 6507 Deer Pointe Drive, Salisbury, MD 21804 • 410-543-9332 • mid-atlanticsurg.com

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Dr. Donald Ray Stranahan Jr. – Easton Dermatology Associates • 403 Marvel Court, Easton, MD 21601 • 410-819-8867 • eastondermatology.com

Dr. Michael Anthony Del Torto – Easton Dermatology Associates • 403 Marvel Court, Easton, MD 21601 • 410-819-8867 • eastondermatology.com

ENDOCRINOLOGY, DIABETES & METABOLISM

Dealing with the endocrine glands, involved in the secretion of hormones.

Dr. Chikara Wynne Ong Gothong – University of Maryland Shore Medical Group Diabetes and Endocrinology • 1140 Blades Farm Road, Denton, MD 21629 • 410-822-5117 • umms.org

Dr. Jack Louis Snitzer – TidalHealth Endocrinology • 1664 Woodbrooke Drive, Ste. A, Salisbury, MD 21804 • 410-572-8848 • tidalhealth.org

Dr. Medha Satyarengga – University of Maryland Shore Medical Center • 219 S. Washington Street, Easton, MD 21601 • 410-822-5117 • umms.org

GASTRO-ENTEROLOGY

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

Dr. Barry Joel Cukor – Gastro Health • 1630 Main Street, Ste. 213, Chester, MD 21619 • 410-224-4887 • gastrohealth.com

Dr. Matthew Brian Troshinsky – University of Maryland Shore Medical Group Gastroenterology • 511 Idlewild Avenue, Easton, MD 21601 • 410-822-6005 • umms.org

Dr. Raja Taunk – Anne Arundel Gastroenterology Associates, P.A. • 200 Saint Claire Place, Ste. 100, Stevensville, MD 21666 • 410-224-2116 • aagastro.com

Dr. Volkan Oguz Taskin – University of Maryland Shore Medical Group Gastroenterology • 511 Idlewild Avenue, Easton, MD 21601 • 410-822-6005 • umms.org

GENERAL SURGERY

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

Dr. Dabanjan Bandyopadhyay – University of Maryland Shore Medical Group Surgical Care • 500 Cadmus Lane, Ste. 205, Easton, MD 21601 • 410-822-4553 • umms.org

Dr. Kevin Lee Stitely – Luminis Health Surgical Specialists Easton • 28438 Marlboro Avenue, Easton, MD 21401 • 410-822-2440 • luminishealth.org

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

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Dr. Javier Humberto Cajina – University of Maryland Shore Medical Group Obgyn • 522 Idlewild Avenue, Easton, MD 21601 • 410-820-4888 • umms.org

Dr. Sharon Liu – Chesapeake Health Care • 1647 Woodbrooke Drive, Salisbury, MD 21804 • 410-546-2424 • chesapeakehc.org

Dr. Susan Kathleen Todd Peeler – Mercy Physicians at Kent Island • 130 Love Point Road, Stevensville, MD 21666 • 443-949-3401 • mdmercy.com

HEMATOLOGY & ONCOLOGY

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Dr. Benjamin Buckner Bridges – Maryland Oncology Hematology • 509 Idlewild Avenue, Ste. 1, Easton, MD 21601 • 410-819-3332 • marylandoncology.com

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Dr. Eugene James Newmier – Rose Hill Family Physicians • 321 Dorchester Avenue, Ste. 1, Cambridge, MD 21613 • 410-228-1325 • myprivia.com/rosehill-familyphysicians

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Dr. Anish Madanlal Hinduja – University of Maryland Shore Medical Group Nephrology • 713 Cambridge Marketplace Boulevard, Ste. 2-700, Cambridge, MD 21613 • 410-820-9823 • umms.org

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Dr. Daniel Page

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Dr. Karl John Maki

— Annapolis Neurology Associates • 130 Love Point Road, Ste. 107, Stevensville, MD 21666 • 410-604-2759 • annapolisneurology.com

Dr. Terry P. Detrich

— University of Maryland Affiliate Provider • 29466 Pintail Drive, Ste. 10, Easton, MD 21601 • 443-746-3816 • umms.org

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Dr. Javier Humberto

Cajina — University of Maryland Shore Medical Group Obgyn • 522 Idlewild Avenue, Easton, MD 21601 • 410-820-4888 • umms.org

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Shindler — Mid-shore Surgical Eye Center • 8420 Ocean Gateway, Easton, MD 21601 • 410-822-0424 • midshoreeye.com

Dr. Jeffrey David

Benner (recently retired) — Formerly affiliated with Tidal-Health

Dr. Joseph Chris-

topher Schwartz — Atlantic Retina Center • 4 Caulk Lane, Easton, MD 21601 • 888-316-2020 • atlanticretina.com

Dr. Travis Peck

— Retina Consultants of Delmarva • 8191 Ocean Gateway, Easton, MD 21601 • 877-546-8037 • delmarvaretina.com

Dr. Zuleika Mas-

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Dr. Jason Joseph

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Dr. Jason Matthew

Scopp — Peninsula Orthopaedic Associates • 1675 Woodbrooke Drive, Salisbury, MD 21804 • 410-749-4154 • peninsulaortho.com

Dr. Jennifer Anne

Baima — University of Maryland The Orthopedic Center • 510 Idlewild Avenue, Easton, MD 21601 • 410-820-8226 • umms.org

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Dr. Kevin McCoy

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Dr. Stefano R.

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Dr. Lauren Strady Zimmer – University of Maryland Shore Medical Group Pediatrics • 500 Cadmus Lane, Ste. 210, Easton, MD 21601 • 410-822-8550 • umms.org

Dr. Mark Sterling Langfitt – University of Maryland Shore Medical Group Pediatrics • 500 Cadmus Lane, Ste. 210, Easton, MD 21601 • 410-822-8550 • umms.org

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

Dr. Greesh John – Clearway Pain Solutions • 499 Idlewild Avenue, Ste. 105, Easton, MD 21601 • 443-853-8614 • clearwaypain.com

Dr. Jennifer Anne Baima – University of Maryland The Orthopedic Center • 510 Idlewild Avenue, Easton, MD 21601 • 410-820-8226 • umms.org

Dr. John Aaron Snell – University of Maryland Shore Medical Center at Easton • 219 S. Washington Street, Easton, MD 21601 • 410-822-1000 • umms.org



Bay Area Pediatrics

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



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

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

Thank you for voting Dr. Kalliongis Best in Pediatrics

Office Hours

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



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

Dr. Stephen Lewis Wills – University of Maryland Shore Medical Center at Easton Pain Center • 219 S. Washington Street, Easton, MD 21601 • 410-820-6517 • umms.org

PLASTIC SURGERY (ENHANCEMENT)

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

Dr. Jason Todd Arrington – Atlantic Plastic Surgery • 106 Milford Street, Ste. 307, Salisbury, MD 21804 • 410-548-9555 • atlanticplasticsurgery.com

PODIATRY

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

Dr. Larry Todd Albrecht – University of Maryland The Orthopedic Center • 510 Idlewild Avenue, Easton, MD 21601 • 410-820-8226 • umms.org

PRIMARY CARE MEDICINE

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

Dr. Andrew Scott Ferguson – Drs. Shanahan & Ferguson • 120 Speer Road, Bldg. B, Chestertown, MD 21620 • 410-778-9300 • mychestertowndoctor.com

Dr. Gayle Ann Hopper – Luminis Health Primary Care Easton • 28438 Marlboro Avenue, Easton, MD 21601 • 410-820-7270 • luminishealth.org

Dr. Jonathan Patrowicz – 1820 Sweetbay Drive, Ste. 101, Salisbury, MD 21804 • 410-334-3540 • drpatrowicz.com

Dr. Kevin Douglas Tate – University of Maryland Shore Medical Group Primary Care • 500 Cadmus Lane, Ste. 211, Easton, MD 21601 • 410-820-4880 • umms.org

PSYCHIATRY

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

Dr. Justin Gurney Wade – Justin Wade MD • 19 Bay Street, Easton, MD 21601 • 410-693-8208 • justinwademd.com

PULMONOLOGY

Dealing with the function and diseases of the lungs.

Dr. Fernando Cruz De Leon – University of Maryland Shore Medical Group Pulmonary Care • 100 Brown Street, Ste. 217, Chestertown, MD 21620 • 410-810-5670 • umms.org

Dr. Peyman Otmishi – University of Maryland Shore Medical Group Pulmonary Care • 500 Cadmus Lane, Ste. 209, Easton, MD 21601 • 410-822-0110 • umms.org

RADIOLOGY

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

Dr. Kevin Lee Berger – Chesapeake Medical Imaging • 401 Purdy Street, Ste. 104, Easton, MD 21601 • 855-455-8900 • cmirad.net

Dr. Mark Douglas Baganz – Chesapeake Medical Imaging • 401 Purdy Street, Ste. 104, Easton, MD 21601 • 855-455-8900 • cmirad.net

RHEUMATOLOGY

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

Dr. Edmund John MacLaughlin – Rheumatology Associates of Delmarva • 505 Dutchmans Lane, Ste. A3, Easton, MD 21601 • 410-819-6545 • rheumdmv.com

Dr. Elizabeth Smelter Clayton – Rheumatology Associates of Delmarva • 505 Dutchmans Lane, Ste. A3, Easton, MD 21601 • 410-819-6545 • rheumdmv.com

UROLOGY

Dealing with the urinary or urogenital organs.

Dr. Andrew John Riggins – University of Maryland Shore Medical Group Urology • 490 Cadmus Lane, Ste. 104, Easton, MD 21601 • 410-820-0560 • umms.org

Dr. Christopher Louis Runz – University of Maryland Shore Medical Group Urology • 490 Cadmus Lane, Ste. 104, Easton, MD 21601 • 410-820-0560 • umms.org

Dr. Mark Steven Shimko – Chesapeake Urology • 1111 Mount Hermon Road, Salisbury, MD 21804 • 410-546-2133 • unitedurology.com/chesapeake-urology

VASCULAR TREATMENT / SURGERY

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

Dr. Priya Srinivas Thirumalai – Center for Vein Restoration • 401 Purdy Street, Ste. 204, Easton, MD 21601 • 240-391-7353 • centerforvein.com

CONDITION - BACK PAIN

Dr. Daniel Page Hexter – Annapolis Neurology Associates • 130 Love Point Road, Ste. 107, Stevensville, MD 21666 • 410-604-2759 • annapolisneurology.com

Dr. Jennifer Anne Baima – University of Maryland The Orthopedic Center • 510 Idlewild Avenue, Easton, MD 21601 • 410-820-8226 • umms.org

Dr. Patrick Eugene Callahan – University of Maryland Shore Medical Center • 100 Brown Street, Chestertown, MD 21620 • 410-778-3300 • umms.org

CONDITION - BREAST CANCER

Dr. Carol Kaplan Tweed – Maryland Oncology Hematology • 509 Idlewild Avenue, Ste. 1, Easton, MD 21601 • 410-819-3332 • marylandoncology.com

Dr. Kathryn Clare Kelley – University of Maryland Shore Medical Group Breast Center • 10 Martin Court, Easton, MD 21601 • 410-820-9400 • umms.org

CONDITION - DIABETES

Dr. Medha Satyarengga – University of Maryland Shore Medical Center • 219 S. Washington Street, Easton, MD 21601 • 410-822-5117 • umms.org

CONDITION - IRRITABLE BOWEL SYNDROME

Dr. Raja Taunk – Anne Arundel Gastroenterology Associates, P.A. • 200 Saint Claire Place, Ste. 100, Stevensville, MD 21666 • 410-224-2116 • aagastro.com

CONDITION - MACULAR DEGENERATION

Dr. John Warren Butler – Retina Consultants of Delmarva • 8191 Ocean Gateway, Easton, MD 21601 • 877-546-8037 • delmarvaretina.com

CONDITION - PAIN MANAGEMENT

Dr. Greesh John – Clearway Pain Solutions • 499 Idlewild Avenue, Ste. 105, Easton, MD 21601 • 443-853-8614 • clearwaypain.com

CONDITION - SLEEP APNEA

Dr. Peyman Otmishi – University of Maryland Shore Medical Group Pulmonary Care • 500 Cadmus Lane, Ste. 209, Easton, MD 21601 • 410-822-0110 • umms.org



F4AC
FISH FOR A CURE

CAST A LINE JOIN THE FUN!

SATURDAY, NOVEMBER 1, 2025

Join us in 2025 as we celebrate our continued commitment to making a splash in cancer care for our community.

Fish For A Cure (F4AC) is a fishing and fundraising competition that benefits cancer patients and their families in our community. Over the last 18 years, F4AC has raised more than \$6.5 million to support the Cancer Survivorship program at Luminis Health Anne Arundel Medical Center's Geaton and JoAnn DeCesaris Cancer Institute. The 19th Annual Fish For A Cure Tournament, Paul C. Dettor Captain's Challenge, and Shore Party will be taking place on Saturday, November 1, 2025 at Safe Harbor Annapolis, our tournament home.

PRESENTING SPONSOR

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**For more information and to register,
visit us at www.fishforacure.org.**





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MEDICAL SYSTEM

Congratulations to Our Top Doctors!

We're proud to celebrate the outstanding physicians of **UM Shore Regional Health** who have been nominated by their peers as Top Doctors in the region.

This honor reflects their dedication, expertise, and commitment to providing exceptional, patient-centered care for our community.

Thank you to our doctors for making a difference every day in the lives of our patients and communities.

umshoreregional.org

A better state of care.



LEADING MEDICAL PROFESSIONALS

In the following section you can discover helpful information about a wide variety of healthcare individuals, organizations, and services that could provide the exact assistance you require. Keep this valuable resource handy throughout the year.





SOISTMAN FAMILY DENTISTRY & ASSOCIATES

Jonathan T. Soistman, DDS | Gurpreet Kaur, DDS

Our dental practice was founded in Centreville, Maryland in October 2015. In May 2018, we expanded to a second location in Easton, and have since moved into a larger, state-of-the-art facility to better serve our growing community. We are proud to offer custom personalized care to each of our patients—both new and returning. Our practice specializes in comprehensive general dentistry for all ages, with same-day emergency appointments available. We are always welcoming new patients into our dental family. At Soistman Family Dentistry & Associates, we strive to provide a calm, relaxing environment across both of our locations. Our friendly and knowledgeable

team is dedicated to making your visit as comfortable and positive as possible. Utilizing advanced dental technologies, we offer a wide range of treatments designed to deliver long-lasting results. Our goal is to deliver the best possible experience for every patient, and we take pride in our reputation for excellence. While complete oral health is our long-term objective, your comfort is always our immediate priority. We aim to create a welcoming, tranquil atmosphere that makes you feel at home and encourages ongoing care. Beyond dentistry, we are inspired by the opportunity to make a meaningful impact in our patients' lives and in our community. Acts of kindness, generosity, gratitude, faith, process and financial stewardship are the pillars of our practice. The support of

our family, friends, and patients continues to fuel our passion and drive to make a difference—one smile at a time.

FREE DENTAL DAY

**CENTREVILLE SMILES
A DAY OF FREE DENTISTRY
SATURDAY - OCTOBER 11, 2025
7AM - 12PM**

Our mission is to serve our community!



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



ABOUT OUR SCHOLARSHIP FUND

\$12,000 AWARDED THIS YEAR! **SUPPORTING THE NEXT GENERATION OF LOCAL LEADERS**



- St. Michaels High School
- Kent County High School
- Cambridge-South Dorchester High School
- North Dorchester High School
- North Caroline High School
- As well as qualifying homeschooled students

The scholarship is designed to help offset the rising costs of higher education for deserving students who demonstrate academic commitment, leadership, and community involvement.

Eligible students may pursue a range of post-secondary programs, including associate and bachelor's degrees, community college, or trade and technical schools.

Public, private, and homeschooled students across the Eastern Shore are encouraged to apply.

Established in 2017 by Dr. Jonathan T. Soistman, the **Soistman Family Dentistry Scholarship Fund** is dedicated to supporting the academic and personal growth of outstanding high school seniors across Maryland's Eastern Shore. Each year, the fund awards **nine scholarships of \$1,000** and **six scholarships of \$500** to graduating seniors from the following schools:

- Queen Anne's County High School
- Kent Island High School
- Easton High School

Dr. Soistman firmly believes that education—combined with active participation in school, athletics, extracurricular activities, and community service plays a vital role in shaping a person's character and future success. The scholarship fund was created to encourage and support students who have:

- A strong desire to pursue higher education
- A clear plan and motivation to achieve their goals within the next decade
- A demonstrated appreciation for community engagement



DR. JONATHAN T. SOISTMAN

General Dentist | Practice Owner

Dr. Jonathan T. Soistman is the founder of Soistman Family Dentistry & Associates, with offices in Centreville and Easton, Maryland. A Cordova native, he earned his B.S. in Molecular Biology, Biochemistry, and Bioinformatics from Towson University and his DDS with honors from the University of Maryland in 2011. He also completed a two-year residency in Advanced General Dentistry. Dr. Soistman is an

Invisalign Certified Preferred Provider (2024) and has been recognized as a **Top Dentist** (*What's Up? Media*), **Favorite Business Owner**, and **Business With the Biggest Heart** (*Shore Update*). He is committed to compassionate care, clinical excellence, and community impact.



DR. GURPREET KAUR

General Dentist

Dr. Gurpreet Kaur joined Soistman Family Dentistry & Associates in January 2018 and has been a valued member of the team ever since. She earned her DDS with honors from Virginia Commonwealth University in 2015. Prior to joining the practice, Dr. Kaur gained experience serving patients

in Salisbury, Maryland. She and her husband relocated closer to Maryland's Eastern Shore to raise their two sons and enjoy the family-friendly lifestyle the region offers. Dr. Kaur is known for her gentle approach, dedication to patient care, and commitment to helping families maintain lifelong oral health.

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

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

SoistmanFamilyDentistry.com • Smile@SoistmanFamilyDentistry.com





DR. CLAIRE S. DUGGAL

Sandel Duggal Center for Plastic Surgery

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

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

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

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

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

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

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

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

DR. CLAIRE S. DUGGAL

104 Ridgely Avenue

Annapolis, MD, 21401

410.266.7120 • sandelduggal.com



DR. HENRY D. SANDEL IV

Master of Facial Plastic Surgery

Dr. Henry D. Sandel IV is an eminent figure in facial plastic surgery and reconstruction. His exceptional expertise and dedication to enhancing natural beauty and confidence have made him a celebrated luminary in the field.

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

In 2008, Dr. Sandel returned to Annapolis, MD, establishing a haven for facial plastic surgery and skin care. His partnership with Dr. Claire S. Duggal, a board-certified plastic surgeon

with expertise in full-body aesthetic surgery, led to the inception of Sandel Duggal Plastic Surgery. This collaboration resulted in the West Annapolis Medical Spa and West Annapolis Surgery Center, providing unparalleled convenience and top-tier care under one roof.

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

Dr. Sandel is passionate about patient education, empowering individuals to make informed decisions, epitomizing his commitment to patient satisfaction. His

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

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

DR. HENRY SANDEL

**104 Ridgely Avenue
Annapolis, MD, 21401**

410.266.7120 • sandelduggal.com



ANNE ARUNDEL GASTROENTEROLOGY ASSOCIATES

Colon cancer – Prevention is the key!



AGA has been a pillar of the local healthcare community for over four decades diagnosing and treating all symptoms and diseases associated with the GI tract (esophagus, stomach, small bowel, colon), pancreas, liver and gallbladder. Common symptoms and diseases include gastroesophageal reflux disease (GERD), inflammatory bowel disease (IBD) including Crohn's disease and Ulcerative colitis, colon cancer prevention, Celiac disease, fatty liver and pancreatic inflammation, cysts and cancer. AAGA includes ten physicians and five midlevel providers who are all taking in new patients and are excited about caring for our community. Our main office

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

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

Feel free to visit us at www.aagastro.com or call to schedule an appointment at 410-224-2116. We look forward to meeting you soon!

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

ANNE ARUNDEL GASTROENTEROLOGY ASSOCIATES

Locations in Annapolis, Pasadena, Bowie,
Odenton, Stevensville and Greenbelt
410-224-2116 ▪ www.aagastro.com



ORAL SURGERY SPECIALISTS

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

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

experience marked by compassion, courtesy, and respect.

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

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

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

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

ORAL SURGERY SPECIALISTS

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



DR. MARK S. SHIMKO

Chesapeake Urology

Chesapeake Urology proudly congratulates Dr. Mark S. Shimko on his outstanding contributions to patient care across the Eastern Shore and Southern Delaware.

Dr. Shimko is among the region's most distinguished urologists, providing advanced treatment for a wide range of conditions. His clinical focus includes endourologic stone surgery, robotic prostatectomy, robotic partial nephrectomy and pyeloplasty, robotic female reconstructive surgery, and general urology. Patients from Salisbury to Berlin and Seaford trust him for compassionate, comprehensive care delivered close to home.

A graduate of the University of Maryland School of Medicine, Dr. Shimko completed his internship and urology residency at the world-renowned Mayo Clinic, where he

also served as associate staff and instructor in urology. This training equipped him to bring the latest, most effective surgical techniques to the communities he serves, always prioritizing patient comfort, safety, and outcomes.

Dr. Shimko is known for his meticulous surgical skill and approachable bedside manner. He treats every patient with the same attention and respect he would extend to his own family, embodying a philosophy of patient-centered care. This approach is shared by the entire Chesapeake Urology team, whose collaborative model ensures that each patient receives personalized treatment in a supportive and welcoming environment.

Whether performing a minimally invasive kidney stone procedure, addressing complex reconstructive needs, or managing routine

urologic care, Dr. Shimko's blend of technical precision and genuine compassion has earned the confidence of countless patients.

Chesapeake Urology commends Dr. Shimko for his dedication and unwavering commitment to improving the health and quality of life of the communities he serves.

To learn more or schedule an appointment with Dr. Shimko, visit <https://uro.to/Shimko>.

CHESAPEAKE UROLOGY

1111 Mount Hermon Road
Salisbury, MD 21804

410-546-2133

unitedurology.com/chesapeake-urology



KELLY O'DONNELL, M.D.

O'Donnell Vein & Laser

In the evolving world of vein and aesthetic medicine, Dr. Kelly O'Donnell has distinguished herself as both a skilled physician and a tireless advocate for public education. As founder of O'Donnell Vein & Laser in Annapolis and Easton, she has built a reputation grounded in precision, compassion, and a desire to shed light on a condition too often misunderstood—venous disease.

Dr. O'Donnell's path began at the University of Maryland School of Medicine, followed by advanced training at University Hospitals of Cleveland and Johns Hopkins Hospital. After a decade practicing cardiovascular and critical care anesthesia, she shifted her focus to venous medicine, where she found her true calling. Today, she is board certified by the American Board of Venous and Lymphatic Medicine and holds additional credentials as both a Registered Vascular

Technologist and a Registered Physician in Vascular Interpretation.

While she is recognized for her technical skill and use of minimally invasive, pain-free treatments, Dr. O'Donnell believes her most important work lies in raising awareness. Too often, patients mistake the symptoms of vein disease—leg heaviness, swelling, aching, restlessness, or skin changes—as normal effects of aging or fatigue. By the time varicose veins appear, the disease may already be advanced.

At O'Donnell Vein & Laser, education is at the center of every visit. Dr. O'Donnell and her team carefully explain diagnoses and treatment options, empowering patients to understand their condition fully. Beyond her clinic, she advocates through outreach and awareness campaigns to dismantle the myth that vein disease is merely cosmetic.

For Dr. O'Donnell, knowledge is power.

By helping patients recognize the early signs of venous disease, she offers not only treatment but the chance for lasting health and renewed quality of life.

O'DONNELL VEIN & LASER

**166 Defense Hwy, Ste 101
Annapolis, MD 21401
410-224-3390**

**499 Idlewild Ave, Ste 101
Easton, MD 21601
410-224-3390**

www.odonnellveinandlaser.com



MARYLAND ONCOLOGY HEMATOLOGY

Expert Care. Close to Home.

Patient-Centered Approach

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

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

Maryland Oncology Hematology is a community-based practice, entirely owned and run by

Maryland physicians. Our team is devoted to providing state-of-the-art patient care for hematology and oncology, working on behalf of our community for the benefit of patients.

Expertise in One Place

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

- **Chemotherapy** and other medical oncology therapies destroy cancer cells, oftentimes with targeted approaches that cause less damage to normal, healthy cells.
- **Immunotherapy** treatment uses drugs that target a body's own immune system to help fight cancer.
- **Hematology** treatment for blood disorders using the latest in therapies and technologies. Our physicians work closely

with radiation oncologists, pharmacists, and other specialists to ensure comprehensive care for our patients.

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

Annapolis Office
810 Bestgate Road
Suite 400
Annapolis, MD

Easton Office
509 Idlewild Avenue
Suite 1
Easton, MD

410-897-6200 | www.MarylandOncology.com



Photo by Shannon Chambers

MEREDITH TODD, DDS

Harbor Dental Center

Are you looking for a dentist who prioritizes not only your smile, but also your overall health? Eastern Shore native Dr. Meredith Todd delivers comprehensive, state-of-the-art care that goes far beyond the typical “drill and fill” approach. At Harbor Dental Center in Cambridge, she and her talented team provide wellness-based dentistry rooted in the oral-systemic connection and built on lasting relationships with patients.

“We aim to bridge the gap between dentistry and medicine,” says Dr. Todd, a graduate of the University of Maryland School of Dentistry and a Fellow of the American Academy of General Dentistry. “Our commitment is to lead with kindness, compassion, and the best care possible.”

Dr. Todd has completed hundreds of hours

of continuing education, with advanced training in cosmetics, implants, orthodontic aligners, and sleep dentistry. She combines clinical expertise with a passion for aesthetics, creating healthy, natural-looking smiles.

Prevention is at the heart of Harbor Dental Center. The team uses cutting-edge technology—including microscopic biofilm analysis, bacterial DNA testing, and laser-assisted periodontal therapy—to support long-term health and functional stability. By focusing on nutrition, at-home care, and modifiable risk factors, they help patients achieve confident smiles that last a lifetime.

“Our relationships are about more than just teeth,” adds Dr. Todd. “We love caring for our community and helping people smile with confidence.”

Education and Affiliations

- University of Maryland School of Dentistry
- General Practice Residency, Sacred Heart Hospital, Allentown, PA
- Fellow, American Academy of General Dentistry
- Advanced training: cosmetics, implants, orthodontic aligners, sleep dentistry

HARBOR DENTAL CENTER

Cambridge, MD
410-883-7414

HarborDentalCenter.com



SEAN MULVANEY, M.D.

Regenerative Orthopedics and Sports Medicine Annapolis

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

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

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

About Dr. Mulvaney

Dr. Mulvaney is an Associate Professor of Medicine at the Uniformed Services University in Bethesda, Maryland and is

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

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

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

ROSM ANNAPOLIS

116 Defense Hwy, Ste. 203

Annapolis, MD 21401

410-505-0530

www.rosm.org

www.sgbtreatmentcenter.com/

www.drseanmulvaney.com



KENT ISLAND PEDIATRIC DENTISTRY

Margaret C. McGrath, DMD, MPH | Megan Laraway, DDS

At Kent Island Pediatric Dentistry, one of the greatest compliments we hear from parents is: “My child keeps asking when I can come back to the dentist!” Those stories make us proud, because they show that children truly enjoy their experience in our office.

As board-certified pediatric dentists, Drs. Margaret McGrath and Megan Laraway provide both routine and specialty dental care for children from infancy through adolescence, including children with special needs. Their advanced training allows them to safely perform procedures using nitrous oxide sedation, mild oral sedation, and hospital

dentistry—services most general dentists do not offer.

Drs. McGrath and Laraway are known for their gentle techniques, patience, and ability to make even complex procedures comfortable—and sometimes even fun—for young patients. They are excited to now offer advanced care with the Solea dental laser. Solea simplifies many procedures by eliminating the need for needles in most cases. With virtually no pain, vibration, or lingering numbness, children leave the office smiling. The laser is also highly effective for treating lip and tongue ties, making it a true game changer in pediatric dentistry.

At Kent Island Pediatric Dentistry, the

team is passionate about creating positive dental experiences that set children up for a lifetime of healthy smiles.

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

Pediatric Dentistry of Easton
613 Dutchmans Ln
Easton, MD 21601
410-822-7575
pediatricdentistryofeaston.com



DR. ROOPA GUPTA

Lotus Oncology & Hematology

When facing a cancer diagnosis, patients deserve more than just treatment – they deserve a partner who walks with them every step of the way. At Lotus Oncology & Hematology, Dr. Roopa Gupta has built a practice rooted in compassion, integrity, and advanced medical expertise. Her guiding philosophy is simple yet profound: treat every patient as if they were family.

Dr. Gupta's approach to oncology and hematology extends far beyond prescriptions and procedures. She takes the time to truly listen, ensuring her patients feel heard, understood, and empowered in their journey. Her blend of warmth and expertise fosters trust, where hope thrives, and where patients know they are never alone. "I wanted to create a place where

advanced medicine and heartfelt care walk hand-in-hand."

Bringing extensive training from world-renowned institutions including the National Cancer Institute at the National Institutes of Health, and Harvard, Dr. Gupta serves Talbot and surrounding communities. Her independent practice grants her the autonomy to collaborate exclusively with top-tier clinicians and leading academic institutions, all of whom share her dedication to excellence and compassion.

Dr. Gupta is deeply rooted in the community she serves. A proud Talbot County resident, her goal is to provide exceptional care in her clinic but also to advance the overall community cancer care. She serves as President of the Talbot Medical Society, actively partners with local organizations, hosts educational events for the community

and actively engages in local health fairs.

Lotus Oncology & Hematology stands out not just for Dr. Gupta, but for the compassion and skilled team she has built. This team, united by her vision, embodies a culture of teamwork, empathy, and respect. Every Lotus team member shares the mission of patient-centered care, ensuring compassion in every interaction.

Lotus Oncology & Hematology – Where advanced medicine meets heartfelt care.

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Q&A

QUESTIONS & ANSWERS WITH THE EXPERTS



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

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

(number "11's" between the eyebrows, forehead lines, crowsfeet), and wrinkles or changes from losing fullness in areas of the face (around the mouth, the cheeks, and under the eyes). Each of these factors can be addressed separately in nonsurgical ways to restore youthful features without looking "done" or unnatural. A combination of medical-grade skincare, toxin (to soften movement-related wrinkles), conservative filler (to restore volume), and laser treatments (to improve skin texture and tone) can effectively address the three key signs of aging—without the need for surgery.

CLAIRE S. DUGGAL, MD, Sandel Duggal Plastic Surgery



Q: What are the early signs of vein disease patients often miss?

A: Many people dismiss leg heaviness, aching, swelling, or restlessness as simple fatigue or aging. In reality, these are common early symptoms of venous insufficiency. Skin discoloration or dryness around the ankles can also

indicate underlying issues. Because visible varicose veins often appear later, patients may not realize they already have disease progression. Recognizing these subtle signs early allows for easier, minimally invasive treatments. I encourage patients to seek evaluation if they experience ongoing discomfort, as early diagnosis can significantly improve long-term outcomes.

KELLY O'DONNELL, MD, O'Donnell Vein & Laser



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

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

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

GURPREET KAUR, DDS

Soistman Family Dentistry & Associates



Q: Who should I see for non-surgical treatment options for orthopedic or spine injury or chronic pain such as arthritis?

A: Start with a physician with appropriate postresidency training, (i.e. a sports medicine or pain medicine fellowship). They should be an expert in both

ultrasound-guided injections, (which are critical for both accurate diagnosis and treatment), and fluoroscopically guided injections, (which are critical for some spine treatments). The physician should use FDA approved equipment and orthobiologic techniques that utilize the patient's own blood or cells. A physician with academic medicine credentials who is actively publishing and lecturing in this field will generally have the most up-to-date knowledge. Finally, check on-line reviews.

SEAN MULVANEY, MD

Regenerative Orthopedics and Sports Medicine Annapolis



Q: What new technology is guiding cancer care?

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

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

DR. ALI BUKHARI, Maryland Oncology Hematology



Q: Are there any good alternatives to fluoride toothpaste?

A: Nanohydroxyapatite toothpaste is becoming a hot topic in dentistry because it can help remineralize teeth like fluoride. NASA researched hydroxyapatite in the 1970s for its potential to

repair bones and teeth in space. It has been a popular ingredient in Japanese toothpaste for decades but is only recently gaining traction in the USA. Studies show that toothpaste with 10% nanohydroxyapatite can effectively strengthen enamel and reduce sensitivity. Ultimately, mechanical removal of biofilm with good brushing and flossing as well as eating a healthy diet are more important to optimal dental health than the type of toothpaste you use.

MEREDITH TODD, DDS, Harbor Dental Center



Q: When should children begin using toothpaste?

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

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

MARGARET C. MCGRATH, DMD, MPH
Kent Island Pediatric Dentistry



Q: How do you cater to patients who are fearful or embarrassed about their dental health?

A: We understand that many people avoid dental visits due to fear or embarrassment. Our practice is dedicated to creating a supportive and non-judgmental atmosphere. We offer sedation options for any procedure to help you relax

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

KIAN DJAWDAN, DMD
Djawdan Center for Implant & Restorative Dentistry



Q: What do I need to know about acid reflux?

A: Acid reflux, or GERD (Gastro-Esophageal Reflux Disease), is common and affects people of all ages. GERD is when acid from the stomach backs up into the esophagus. This causes heartburn, a burning sensation in the chest. Many experience it

in association with eating late, overeating, or with eating spicy, greasy, or tomato-based foods. But frequent heartburn, or other symptoms like nausea, stomach pain, or trouble swallowing suggest a need for further evaluation. Frequent GERD is even a risk factor for esophageal cancer. If GERD is troubling you, speak to your doctor or arrange a Gastroenterology consult.

THOMAS L. SIMCOX, MD
Anne Arundel Gastroenterology Associates



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

A: Our office is fully digital, integrating cameras and large-screen monitors in each operatory to enhance patient communication and understanding of treatment needs. We are especially excited

about our three-dimensional scanner, which provides detailed views of complex anatomy and pathology. This advanced technology allows for greater precision in dental implant placement, improved accuracy in endodontic procedures, and supports the effective management of sleep apnea. By combining digital imaging with cutting-edge diagnostic tools, we are proud to deliver a higher standard of care and improve outcomes for our patients.

JONATHAN T. SOISTMAN, DDS
Soistman Family Dentistry & Associates



Q: How can cancer patients know what to trust, and what's the best way to approach making treatment decisions without feeling overwhelmed?

A: A cancer diagnosis can feel overwhelming, especially with so much information coming from the internet and loved ones. My advice

is to take it step by step and remember you don't have to process everything at once — or alone. Not all information you hear will apply to your unique situation. That's why it's important to lean on your oncology team, who knows your case and can guide you with clarity and care. Write down your questions, bring a trusted friend or family member to appointments, and never hesitate to ask the same question more than once. The best treatment plan is a partnership between science, your medical team, and you. When you feel heard and supported, hope grows — and that makes all the difference.

DR. ROOPA GUPTA, Lotus Oncology & Hematology



Q: How do I choose the right plastic surgeon?

A: Choosing the right plastic surgeon is a personal decision—and doing a little homework can go a long way. Start by researching surgeons who specialize in the procedure

you're considering. Explore their websites, social media, videos, and before-and-after photos to get a feel for their style and results. Ask people you trust—friends, neighbors, or your primary care doctor—for recommendations. Finally, schedule a consultation. Meeting in person helps you understand how the surgeon communicates, listens, and supports your goals. It also gives you a sense of how well you'll be cared for by the entire team throughout your experience.

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



Q: What are Dental Implants?

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

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

KURT JONES, DDS, Oral Surgery Specialists



Q: When is the best time to get a hip or knee replacement?

A: Some patients reach a point where pain and mobility issues disrupt daily life, and they're ready for surgery right away. But if you're able to plan ahead, timing can help.

Autumn allows recovery before winter weather increases your risk of slips and falls. Winter offers time to heal before spring and summer activities. Spring and early summer work well with school breaks and recovery in time for mid-summer travel. The best time is when you're healthy, supported and ready to recover. Whenever you choose, we'll be here to guide you through it. Learn more at Luminis.Health/Joint-Surgery.

JAMES MACDONALD, MD, Luminis Health



Q: What led you to specialize in pediatric urology, and what do you enjoy most about treating children?

A: I find it greatly rewarding with a pediatric population knowing that positive outcomes we achieve now will last a lifetime.

DR. ADAM KERN, Chesapeake Urology



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Awesome AUTUMN DRIVES!

Let's take a road trip through the Mid-Atlantic to enjoy scenic drives, historic sites, natural beauty, and small-town charm

The Blue Ridge Parkway is famed for its scenic route through the Appalachian mountains.

There are few better ways to discover the character of Maryland and the Mid-Atlantic than by car, where winding roads lead from mountain ridges to tidal marshes and centuries of history lie just beyond each bend. For this seasonal driving guide, we introduce four main routes, followed by a potential weeklong itinerary with base directions and some of the sites you're likely to encounter along the way. Let's get driving!

Our trip begins west of Washington, D.C., and high in the Blue Ridge Mountains of Virginia, where **Skyline Drive** unfurls like a ribbon along the crest of Shenandoah National Park. For 105 miles, the road clings to the ridgeline, offering overlook after overlook of valleys that fade into the mountain's blue haze. During autumn, the mountain canopy is ablaze with the fiery red, orange, gold, and brown hues of changing leaves, while spring brings carpets of wildflowers and the soft green of budding foliage. South of Shenandoah, Skyline Drive gives way to the **Blue Ridge Parkway**, a longer journey that stretches into North Carolina, where every curve seems designed to slow you down and make you savor the view.

From Appalachian mountain peaks, this road trip drifts eastward, descending into the wetlands and inlets of the Chesapeake Bay. The **Chesapeake Country Scenic Byway** meanders through Maryland's Eastern Shore, where working watermen's towns still hum with the rhythm of oyster boats and crab shacks. Salt marshes stretch toward the horizon, bald eagles wheel overhead, and centuries-old villages like Chestertown and St. Michaels offer glimpse of the region's Colonial past blended with maritime culture. This route is best enjoyed unhurried, with time to pull over for a seafood lunch or a walk by the water's edge.



Stargazing along Skyline Drive in the Shenandoah range.



Look for these types of signs along the Chesapeake Country Scenic Byway.

Following the tide further, our trip hugs the Atlantic coastline along Delaware's **Coastal Highway** before slipping into Maryland's barrier islands. Just south of Ocean City, Assateague Island greets travelers with its wild horses grazing in the dunes, windswept beaches, and vast, openness. It can feel like the edge of the world—wild, untamed, and alive with the call of shorebirds and the crash of the surf. Few places capture the raw coastal spirit of the Mid-Atlantic better than this thin, sandy strip of island that stretches for 37 miles.

Touching on history, our drive meanders back inland, tracing the **Journey Through Hallowed Ground Byway**. This 180-mile stretch connects Gettysburg in Pennsylvania to Thomas Jefferson's Monticello in Virginia, threading through some of the nation's most significant historic landscapes. Rolling hills dotted with stone fences and farmhouses still echo with the memory of Civil War battles, while small towns preserve colonial streets where revolutionaries once walked. It is a drive that feels both scenic and solemn, reminding travelers that beauty and history are often intertwined.

By the time this trip winds toward home, you'll have reveled in the Mid-Atlantic's natural and cultural diversity: mist-covered mountains, tidal bays rich with life, windswept beaches where wild horses roam, and countryside that tells the story of our nation's birth and battles. Each road, each curve, each stop has its own rhythm—and together they weave a tapestry that makes this region one of the most rewarding for travelers who prefer to explore at their own pace, from behind the wheel.

Your Itinerary!

This week-long itinerary along the recommended routes is ambitious but worthwhile. Along the way, you'll soak in the full Mid-Atlantic experience. Of course, you could take any part of this itinerary and make a day trip or long weekend of it.

DAY 1 – SKYLINE DRIVE FROM FRONT ROYAL TOWARD BIG MEADOWS, VIRGINIA

ROUTE: Enter Shenandoah National Park at Front Royal. Drive about 60 miles along Skyline Drive (VA-231/VA-340 access). **HIGHLIGHTS:** • Dickey Ridge Visitor Center (milepost 4.6): great introduction, maps, and exhibits • Range View Overlook (milepost 17.1): layered Blue Ridge views • Thornton Gap (milepost 31.5): gateway to trails • Stony Man Trail (milepost 41.7): 1.6-mile loop, 360-degree views **DINE:** Pack a picnic or stop at Skyland Resort Dining Room (local trout and blackberry ice cream). **STAY:** Big Meadows Lodge (rustic charm, stargazing) or camp in Shenandoah.

DAY 2 – SKYLINE DRIVE TO BLUE RIDGE PARKWAY AND ROANOKE, VIRGINIA

ROUTE: Continue about 45 miles south on Skyline Drive, exit at Rockfish Gap (milepost 105) onto Blue Ridge Parkway (US Parkway milepost 0). Travel 120 miles toward Roanoke. **HIGHLIGHTS:** • Humpback Rocks (milepost 5.8): short steep hike, sweeping views • Peaks of Otter (milepost 86): iconic photo spot, lodge, and Abbott Lake • Mabry Mill (milepost 176, optional extended detour): historic gristmill **DINE:** Picnic along the Parkway or stop at Peaks of Otter Restaurant. **STAY:** Roanoke, Virginia at a boutique hotel downtown, dinner at Local Roots (farm-to-table).



Autumn view of the Shenandoah National Park from Skyline Drive.



You're likely to encounter the famed wild horses at Assateague when driving through the park.

DAY 3 – CHESAPEAKE COUNTRY SCENIC BYWAY ON MARYLAND'S EASTERN SHORE

ROUTE: Drive east via I-64 to US-301 to MD-213. Total, about 200 miles to reach the Eastern Shore. **HIGHLIGHTS:** • Chestertown: colonial port town, brick streets • Rock Hall: quiet waterfront with fishing boats • St. Michaels: Chesapeake Bay Maritime Museum, harbor strolls, shopping, dining • Blackwater National Wildlife Refuge (near Cambridge): birdwatching, scenic auto loop **DINE:** Many seafood restaurants with waterfront views, taverns, and markets can be found in the main thoroughfares of each town highlighted. **STAY:** There are several resorts and boutique hotels located in each highlight town.

DAY 4 – COASTAL HIGHWAY & ASSATEAGUE ISLAND

ROUTE: From St. Michaels, cross to MD-404 to DE-1 (Coastal Highway) and south through Rehoboth, Bethany, and Fenwick Island, then cross into Maryland via US-50 to MD-611 to Assateague (about 150 miles total). **HIGHLIGHTS:** • Rehoboth Beach, Delaware: morning coffee on the boardwalk • Bethany Beach & Fenwick Island: quieter, family-friendly towns • Assateague Island National Seashore: wild ponies, dunes, salt marsh trails • Sunset walk at North Ocean Beach **DINE:** The coastal resort towns offer an abundance of dining options, microbreweries, and seafood options. **STAY:** Consider Berlin, Maryland (America's "Coolest Small Town"), stay at Atlantic Hotel or a beachside hotel or Airbnb in Ocean City.



Scenic view from Little Round Top at Gettysburg.

DAY 5 – JOURNEY THROUGH HALLOWED GROUND FROM GETTYSBURG TO HARPERS FERRY

ROUTE: Drive 180 miles northwest via US-50 to I-270, then US-15 (Byway) to Gettysburg, then south to Harpers Ferry. **HIGHLIGHTS:** • Gettysburg National Military Park: battlefield auto loop, visitor center • Monocacy National Battlefield (Frederick, Maryland): “the battle that saved Washington” • Downtown Frederick: historic district with shops and canal walk • Harpers Ferry, West Virginia: where rivers converge, rich in Civil War history **DINE:** Lunch at the Carriage House Inn (Emmitsburg) for American fare; dinner at Potomac Grille (Harpers Ferry) for riverside dining. **STAY:** Harpers Ferry has several B&Bs (like The Ledge House) or cozy inns nearby.

DAY 6 – JOURNEY THROUGH HALLOWED GROUND FROM VIRGINIA PIEDMONT TO CHARLOTTESVILLE

ROUTE: Continue south along US-15 through Virginia’s wine country into Charlottesville. (about 130 miles). **HIGHLIGHTS:** • Leesburg, Virginia: charming Old Town • Manassas National Battlefield Park: pivotal Civil War site • Loudoun County wineries: dozens of vineyards • Montpelier (Orange, Virginia): James Madison’s estate **DINE:** Lunch at Magnolia’s at the Mill (Purcellville) for upscale American; dinner at Tavola (Charlottesville) for Italian in the Belmont neighborhood. **STAY:** In Charlottesville, consider Oakhurst Inn or 200 South Street Inn.

DAY 7 – MONTICELLO & BLUE RIDGE FAREWELL

ROUTE: Morning at Monticello (Thomas Jefferson’s estate), then take US-250 west toward Afton Mountain. Option to rejoin Blue Ridge Parkway or head north on US-29 toward Washington, D.C. (120–150 miles). **HIGHLIGHTS:** • Monticello & Carter Mountain Orchard: history plus cider tastings with mountain views • Scenic drive along US-250: rolling Piedmont farmland and foothills • Final Parkway detour from Afton to Humpback Rocks **DINE:** Try brunch at Blue Moon Diner (Charlottesville), then an afternoon of cider or wine tasting in Nelson County **END:** Loop back toward Washington, D.C., or continue south if you’d like to extend the adventure.

Resources for the Road

PASSES

Buy a National Park Pass (“America the Beautiful”) to cover Shenandoah, Blue Ridge Parkway, and Assateague.

PACKING

Bring binoculars for birdwatching, a cooler for roadside picnics, and flexible timing for unplanned stops.

ONLINE RESOURCES

- Blue Ridge Parkway Travel Planner (blueridgeparkway.org): Interactive map with all mileposts, overlooks, and lodging.
- Visit Maryland Byways (visitmaryland.org): Official guide to Chesapeake and Coastal byways.
- Journey Through Hallowed Ground Partnership (hallowedground.org): Interactive history maps and audio tours for that route.

APPS FOR THE ROAD

- Roadtrippers: Great for planning your route and discovering quirky attractions, scenic detours, and local dining along the way. You can build your exact itinerary in it.
- GyPSy Guide: Offers GPS-triggered audio tours for places like Shenandoah, Skyline Drive, and the Blue Ridge Parkway—it’s like having a tour guide in the car.
- AllTrails: Handy for short hikes along Skyline Drive, Blue Ridge Parkway, and Assateague. Shows trail maps, reviews, and difficulty ratings.
- NPS App: Official app for National Park Service includes park maps, visitor center hours, and auto tour guides for Shenandoah, Assateague, and Gettysburg.
- iExit: Perfect for highway stretches (like US-29 or I-64). Tells you what’s available at each exit—food, gas, or lodging.

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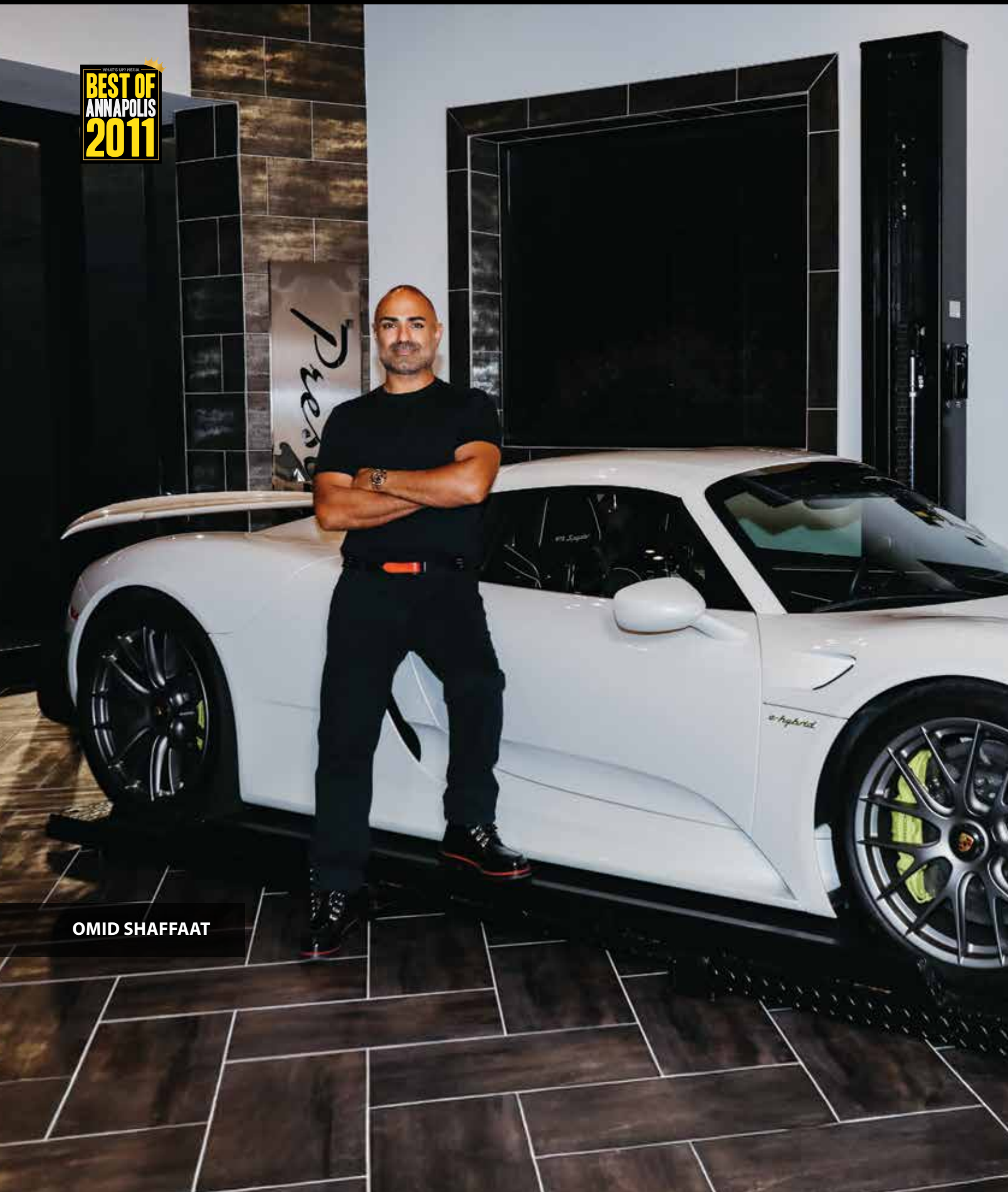
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By the age of 7, he started working on vehicles as his hobby. Fascination became responsibility, becoming Shop Foreman at 15 years old. He worked tirelessly to provide excellent service for his clients and support for his family. His path was far from easy, but his success is built on Integrity, Loyalty, and Perseverance. Grateful even for the challenges, OMID credits many of his achievements to lessons learned through his hardships.

In 1998, after graduating from Broadneck Senior High School, he opened his first Service Center, where he advanced in vehicle Performance and Modifications. In 2001, he opened his first Pre-Owned Dealership, and in 2008, Prestige Annapolis LLC was born—a company that provides Sales, Service, Customization, and Tuning.

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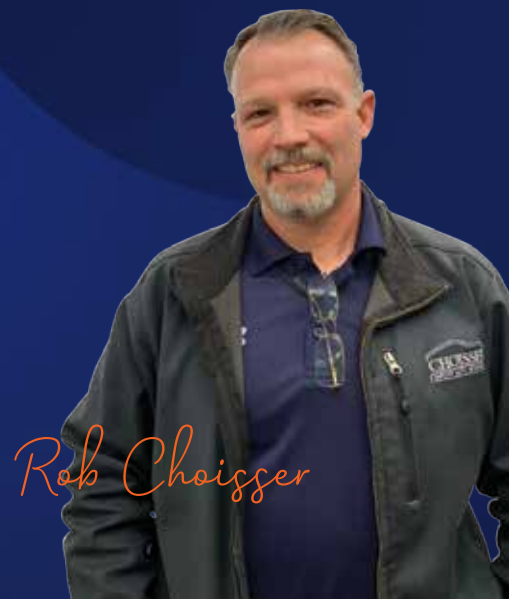
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The 3 E's of Holiday Party Planning

THE COCKTAIL PARTY PERFECTED

By Lisa J. Gotto

It's true. The prime holiday party season is swiftly approaching. And you are no doubt in your annual state of, "Should we?" Which is usually then quickly followed by: "Who do we invite?" "What do we serve?" "How do we make it special?"

If these are the questions swirling around in your brain this time of year, don't stress. We've done some digging and discovered answers to at least some of your most pressing party planning questions and we even provide some resources to back them up.

And we're getting ahead of the season, so you can approach the prospect like a pro with more thoughtful pre-planning, so you can have fun too!

SO, LET YOUR RULE OF THUMB BE, DIVIDE AND CONQUER, BY SPLITTING YOUR PRE-PLANNING INTO THREE CATEGORIES: ESSENTIALS, ENTERTAINMENT, AND EXTRAS.

ESSENTIALS

Essential #1 – Create a festive DIY bubbly bar!

Just stock your bar with prosecco, some infused syrups like rosemary, spiced cranberry, or blood orange, and add fresh garnishes like pomegranate arils, orange twists, and lime wedges. Include a zero-proof version of a sparkling botanical tonic, and don't forget to add flat tap or spring water to your bar, for those who prefer to balance their alcohol consumption with water. You can also add in self-contained beverages like beer, seltzers, and soft drinks to this mix in a large, galvanized bin with ice, and a spiked punch if you wish to offer a liquor option. Serve it all up elegantly on one of the many swanky cocktail carts on the market everywhere. We're loving this extended Sterling beverage cart from Ballard Designs. This stylish piece is a real party pleaser and will look great all year long in your room along a wall or behind a couch.



Photo courtesy of ballarddesigns.com

Essential #2 – Plan for simple seasons' eatings

You don't have to spend days in the kitchen beforehand cooking up various recipes for a sit-down dinner to prove you're a great party planner. Nor do you need to have everything hyper-catered. Simply split the difference by planning a curated menu of hand-helds and grazing boards. Let's face it, what people love about a party is noshing on great bites and being unfettered to buzz about the room and mingle. Great grazing suggestions include a winter cheese and charcuterie board of Truffle brie, aged cheddar, goat cheese with cranberries. Prosciutto, soppressata, and fig salami. Layer in pomegranate seeds, fresh figs, dried apricots, and finish with assorted nuts, crackers, and a cranberry-walnut bread. Savory suggestions include a puffed pastry variation, like a mini Beef Wellington bite, (check out your local price club) a slider variation such as mini turkey sliders on brioche rolls with cranberry mayo, and a festive version of the crowd-pleasing deviled egg made with smoked paprika, fresh chive, and garnished with crispy prosciutto. ➔



Photo courtesy of becentational.com

Essential #3 – Create luxe comfort & conversation zones

Bring on the casual, cozy conversation and provide every opportunity to create the party within a party by making sure your space offers good flow, and your furnishings are strategically placed to create "lounge pockets" for ease of conversation. If you have a focal point like a fireplace, great, but if you layer your pockets with oversized floor pillows, faux fur throws, and warm-toned décor you will enhance the cozy, convivial feeling of the setting.



Photo courtesy of makinginthemountains.com

ENTERTAINMENT

Entertainment Tip #1 – Create an Instagram-worthy backdrop ➔

You're going to have more fun at your party when your guests do. And they will if you set up a clever backdrop for festive selfie taking. Creating in-the-moment photo memories turns a staid event into a "I wanna stay!" event and allows guests agency to customize their party experience. Identify a clean piece of wall and then simply attach a festive holiday-esque fabric like buffalo check, a rich, velvet, or metallic fringe throw to it. Add in a custom neon sign with a catchy holiday phrase, (we liked Home for the Holi -Yay!) and then provide a basket filled with props like faux fur wraps, stocking caps, candy canes, sequin hats, and vintage-style champagne glasses. Custom neon signs can be easily ordered online for as little as \$20. A small price to pay to make things merry and bright!



Photo courtesy of amazon.com



EXTRAS

Extra Tip #1 – Create a boutique mini experience

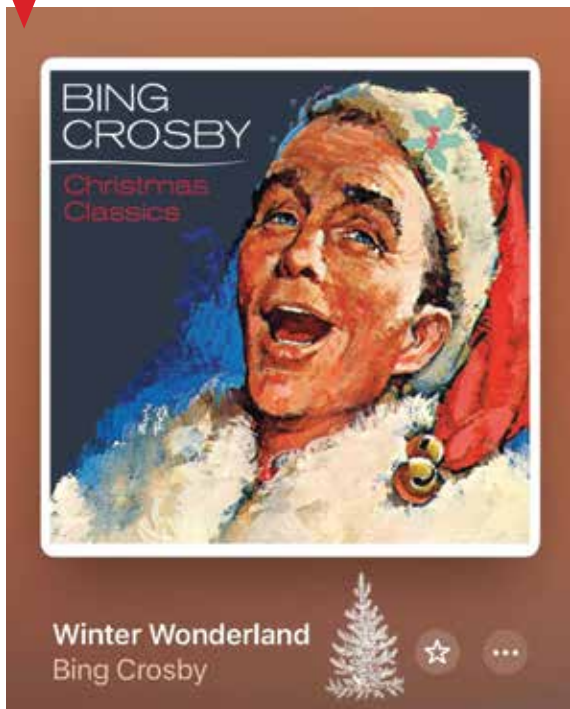
Because these days basic is boring, you may wish to consider some unexpected surprises for your party guests. Consider hiring in some fun with a tarot card reader, or set-up an ornament-painting table, or DIY spice blend bar. This gives guests something to do and builds on the experiential trend that continues to dominate events in 2025.

Extra Tip #2 – Gift a take-home, take-away

Capitalize on the personalized takeaways trend by setting up a stylish self-serve favor station with items like mini candles, handwritten affirmation cards, luxe chocolate bars, or mini ornaments. Wrap them in eco-friendly materials like velvet ribbon and stamped kraft paper. Staging them festively in an area near the door will have guests easily accessing them on their way out and saying, “Happy Holidays to all and to all a good night!”

Entertainment Tip #2 – Curate a playlist with a retro twist

Reflect the larger trends in throwback music from the '80s and '90s with remixes and jazzy holiday covers by mixing some vintage hits with modern chill holiday covers (think Lo-fi Bing Crosby, or 'jazztronica' Mariah Carey). If this is out of your melodical comfort zone, both Spotify and Apple Music have great curated 2025 holiday party lists that you can tap.





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An 18th Century Ace

By Lisa J. Gotto

A

chance to live within history and create a dwelling that is uniquely their own has been realized in this impressively well-maintained 18th century, Victorian-era home.

With its non-historic district location in St. Michaels this home also offers the new homeowners more opportunities to expand along with the size of a growing family.

Offering tremendous curb appeal, the façade of this home features all the bells and whistles of charming Victorian-era living with its gracious front porch, antique railings, and gingerbread trim work. Dramatic arch-styled windows with custom shutters and a roomy second-floor balcony above the porch complete the enchanting exterior.

Primary Structure Built: 1900

Sold For: \$875,000

Original List Price: \$889,000

Bedrooms: 3

Baths: 3 Full

Living Space: 2,450 Sq. Ft.

Lot Size: .50 acres



Listing Agent & Buyers' Agent: Cornelia C. Heckenbach, Long & Foster Real Estate, 109 S. Talbot St., St. Michaels, Md. 410-310-1229, o. 410-745-0283, info@corneliaheckenbach.com, stmichaelsmdwaterfront.com

Inside, the home benefits from large, front-facing windows and opens to an entry with the home's central staircase and a large living room on the left. This main level of the residence offers well-preserved antique knotty wood floors throughout and the living room has a beautiful set of French doors that lead to a pretty sunroom overlooking the home's backyard and pool area.

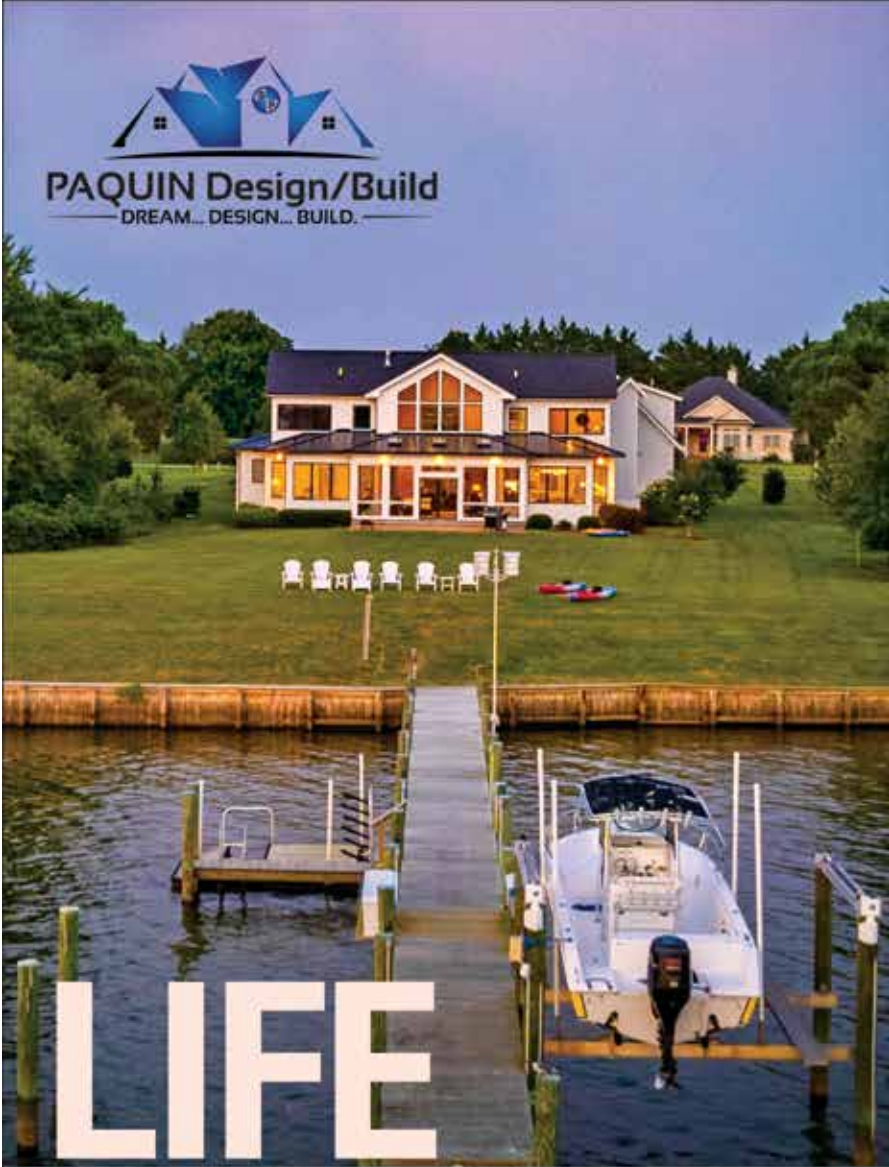
To the right of the entry the home expands to include a light and bright family room and its brick fireplace with gas insert that provides a lovely visual separation for the home's formal dining room.

This space then flows into a charming, white farmhouse kitchen with a deep sink, gas range, and a handy, granite-topped peninsula with brick feature wall accent, creating a lovely space to cook and gather.

The second floor of this home provides a primary suite and two additional large bedrooms. They are outfitted with those gorgeous hardwoods and two of the bedrooms open to the home's unique second floor sunroom that can be used as an inspiring home office. The second bedroom also offers access to the front-facing balcony above the porch.

The primary suite is the largest and offers dual walk-in closets and large, light and bright primary bath with an elevated claw-foot tub feature, beamed ceilings, separate shower, and a double vanity.

Accompanying the pool outside is a lovely yard with fire pit and the convenient proximity to St. Michael's popular walking trails. A myriad of dining and shopping options are also accessible within a few minutes' walk to the historic downtown.



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Ultimate Bay-Front Retreat

By Lisa J. Gotto

Just walk in, drop your bags, and start living the good life in the 6,700-square-foot, Craftsman-style home that makes the Chesapeake Bay your water-front paradise.

This new residence, built in 2023–2024, offers three stories of pleasant living, an elevator, and not one, but three primary bedroom suites. And that is just the beginning of the upgrades, amenities, and details that you'll first notice when you enter the attractive paver stone driveway and approach the double glass-front door to the two-story foyer.

Primary Structure Built: 2024

Sold For: \$2,350,000

Original List Price: \$2,375,000

Bedrooms: 6

Baths: 4
Full, 1 Half

Living Space: 6,740 Sq. Ft.

Lot Size: acres .34



The living space extends from here to reveal an extended open-plan kitchen, living and dining room. The entire area faces the amazing Bay waterfront that offers unending views that include the Bay Bridge in the distance. Gleaming hardwood floors flow throughout this space.

The kitchen is a cook's paradise with a luxurious package of appliances including a six-burner gas range with French-hood detail. Rich, dark, wood cabinetry, a spacious center island with double sink and granite countertop. A dramatic tile ceiling detail overhead lends an air of sophistication and style.



A conversational seating area overlooking the water is situated next to the kitchen, which transitions into the home's formal dining area with its tray ceiling detail. This space is incredible for entertaining as it flows into a gorgeous living room/den combo with a two-sided fireplace wall as a space separator. And all of this amazing square footage has a waterfront view from a series of sliding glass doors that create a wall of glass across the room. A second-story deck spans the length of that space and connects to the level below with access to the backyard and waterfront.

This level of the home also features one of the residence's three primary suites. Two of the suites are located on the upper level and all have beautiful views with balconies overlooking the water. Each has stellar bathrooms with luxury tile treatments, large, glass showers, and granite vanity tops. The upper level offers two lovely seating areas, as well, that overlook the water and offer upper deck access.

The lower level is spacious with three additional bedrooms, a work-out area, and a family gathering area with a built-in refrigerator, entertainment center, and feature wall with stacked stone accent.

Outside, it's just a few steps out to the property's private pier and all the access it provides to the Bay and beyond!

Listing Agent: DeeDee McCracken, Coldwell Banker Real Estate, 170 Jennifer Rd., Annapolis, m. 410-739-7571, o. 410-224-2200, dmccracken@cbmove.com, coldwellbanker.com

Buyers' Agent: Reid Buckley, Long & Foster Real Estate, 320 6th St., Annapolis, m. 410-279-1843, o. 410-266-6880, reid@waterfronthomes.org, waterfronthomes.org

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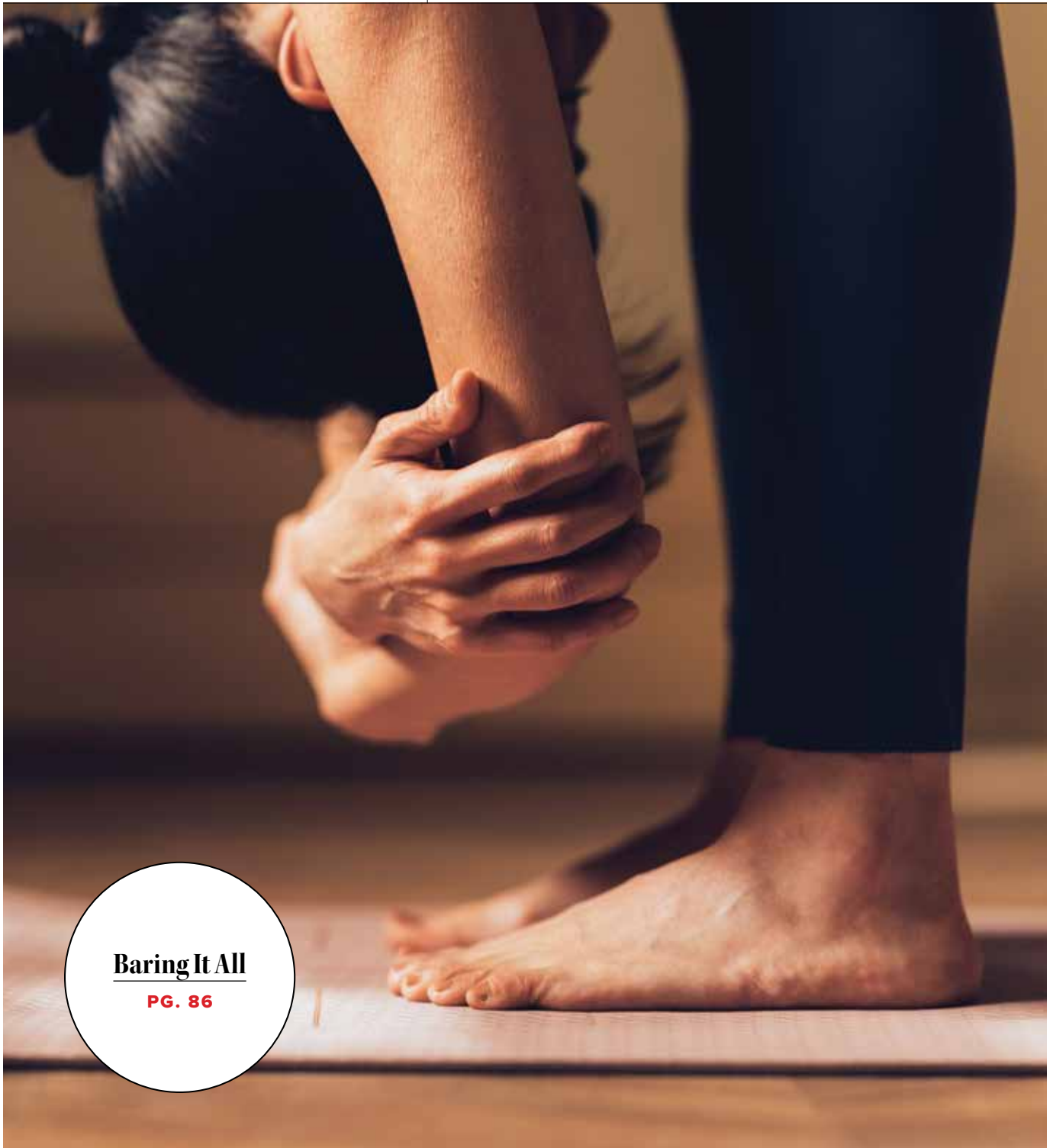
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Health & Beauty

84 GIVE SOURDOUGH A GO

85 CAN YOU SWEAT YOUR WAY TO HEALTH?



Baring It All

PG. 86

Give Sourdough a Go

By Dylan Roche

If you're like most people, bacteria might be something you associate with sickness or poor health. But that's not always the case. Our digestive tract is full of healthy bacteria that help us break down food, absorb nutrients, and fight off disease. It's one of the reasons that fermented foods are often hailed as healthy—they deliver a dose of probiotics, or good bacteria, to keep the microbiome in our intestines flourishing.

But fermented foods aren't limited to pickles and sauerkraut. There's a particular type of bread that's made with a process of fermentation: sourdough, with its distinctively sour flavor, rises with the aid of fermentation rather than dry yeast like a typical loaf of bread.



THE HYPE ABOUT SOURDOUGH

Sourdough might not be exactly a health food like kale, blueberries, or salmon. But health enthusiasts consider it a slice above traditional bread for three crucial reasons:

The probiotics: Don't underestimate those healthy bacteria created in the fermentation process. These bacteria boost digestive health by breaking down complex carbohydrates, fiber, and sugar, and even some people who have a sensitivity to grain products have reported having an easier time with sourdough because some of the starch has been predigested by the bacteria. **The enzymes:** These same bacteria that break down carbohydrates can also boost production of crucial enzymes in our digestive system—for example, lactase, which our body uses to convert lactose, the sugar in dairy products, to glucose we can use for energy. **The glycemic index:** Sourdough isn't a low-glycemic food, but it's slightly better than traditional bread. This is because fermentation eats up some of the natural sugars in the grain, so you have less of a blood sugar spike. A typical slice of white bread has a glycemic index of 100, whereas a slice of sourdough is 55. **Worth noting:** Sourdough's fermentation process does give it a health boost, but it's not a miracle. Probiotics can aid digestion, but it won't be enough to counteract the symptoms of celiac disease or lactose intolerance.

GET STARTED

Ever wondered how to create a sourdough starter? It's easier than you think:

Combine 1/2 cup flour and 1/4 cup water in your jar. Stir until smooth. It should be the consistency of thick pancake batter. Cover loosely (with a lid, towel, or plastic wrap) and let it sit at room temperature for 24 hours. After 24 hours, you might see a few bubbles—great! (But if there's nothing yet, that's fine too.) Discard half the starter. Add 1/2 cup flour and 1/4 cup water. Stir and cover again. Each day, discard half and feed with 1/2 cup flour and 1/4 cup water. You should start to see more bubbles and a rise in volume. It might smell tangy, yeasty, or slightly sour. After about a week, you'll have a starter that doubles in size within 4–6 hours of feeding and has a pleasantly sour smell. You can now use your starter to make all kinds of sourdough creations, including bread, biscuits, pretzels, pizza crust, or pancakes!



Can You Sweat Your Way to Health?

By Dylan Roche

Most of the time, a healthy “sweat session” refers to an intense workout—but sometimes, people just like to sweat it out without the intense physical movement. Saunas, steam rooms, and sweat lodges are touted as places where you can enjoy some heat-related health benefits like detoxing, relaxing, and even improving your cardiovascular health. But be careful: Some of these hot tips might be little more than hype. If you’ve ever wondered about the effectiveness of your sauna time, here are the answers to your questions...

DOES SWEATING ACTUALLY ELIMINATE TOXINS FROM THE BODY?

This is a longstanding myth. Sweat doesn’t significantly detox our bodies—that’s what our kidneys and liver are for, and they do it effectively. Research shows that some substances, like trace heavy metals, may leave our bodies via sweat, but not in any significant way. If sweat depletes our bodies of anything, it’s electrolytes, which is why it’s important to make sure you’re getting plenty of sodium (salt), potassium, calcium, and magnesium in addition to water and other fluids when you sweat heavily.

CAN SWEATING BOOST OUR HEART HEALTH?

We usually associate sweating with intense physical activity, so it makes sense that we would think it’s good for our heart. You might be surprised to learn that the heat induces what’s known as vasodilation, or widening of blood vessels, which can improve your circulation and lower your blood pressure.



IS IT GOOD TO BREATHE IN WARM AIR?

Warm, humid air can be very good for our respiratory system. Steam inhalation helps clear our nasal passages and can temporarily relieve congestion or sinus problems. Be careful though—if you have respiratory conditions like asthma or COPD, steam inhalation can hinder healthy breathing.

WILL HEAT HELP ME RELAX?

For some of us, intense heat is uncomfortable. But for short periods of time, heat can be relaxing. It prompts our bodies to release endorphins, which improve our mood. Anecdotal evidence shows that people who spend time in saunas or sweat lodges claim to feel decreased anxiety and improved mental clarity; this could simply be because being in a sauna gives them a chance to get away from stressors, or in the case of a sweat lodge, they are engaged in meditative or ritualistic introspection.

HOW DO I STAY SAFE IF I WANT TO DO A SWEAT SESSION?

Heat can be dangerous when it’s extreme or when you stay in it too long. When you’re subjecting yourself to extreme heat, don’t spend more than 15 minutes at a time and do no more than two or three sessions per week. Drink plenty of water (ideally with electrolytes) before and after to prevent dehydration.



Baring It All

CAN YOU BENEFIT FROM TRAINING BAREFOOT?

By Dylan Roche

The next time you reach for a dumbbell or barbell, stop and think about what's on your feet as much as what you're lifting in your hand. If you're wearing a modern athletic shoe, there's a good chance it was made with a lot of padding. That's great for stability—unless, of course, your body is becoming so dependent on the stability your shoe provides that you're becoming less and less naturally stable.

That's not good, because the whole point of exercising is improving your strength and mobility. Hence why many weightlifters are opting to lift weights barefoot. This sans-shoe strength training is so popular because it offers three major benefits:

1. Greater focus on stability: Go ahead and stand barefoot. Notice how your feet might feel a lot more sensitive? This is called proprioception. Your body is more aware of how it is positioned (and how it needs to move). This means you're more likely to

engage your arches, toes, and ankles to maintain stability that you would take for granted in shoes, which means you'll be more stable when you're performing lifts like squats and deadlifts.

2. Stronger feet and ankles:

It's not just about stabilizing yourself in the short term (that is, during your workout). All that stabilization means your feet and ankles get stronger, and walking around in your day-to-day life with stronger feet and ankles puts you at reduced risk of injury. Plus, you'll have an easier overall time moving and staying active as you age.

3. Better form: When you're lifting weights barefoot, you keep yourself more grounded. You don't have cushioning underfoot to disrupt the way you transfer your body weight as you move. This forces you to have better form as you lift weights, so your exercises are more efficient (and less likely to result in injury).

WHAT TO CONSIDER...

Yes, lifting weights barefoot can be good for your workout—but not for everyone. Keep your barefoot training safe and healthy with these pointers:

◆ If you have any foot problems, such as plantar fasciitis or flat feet, you may fare better in supportive footwear.

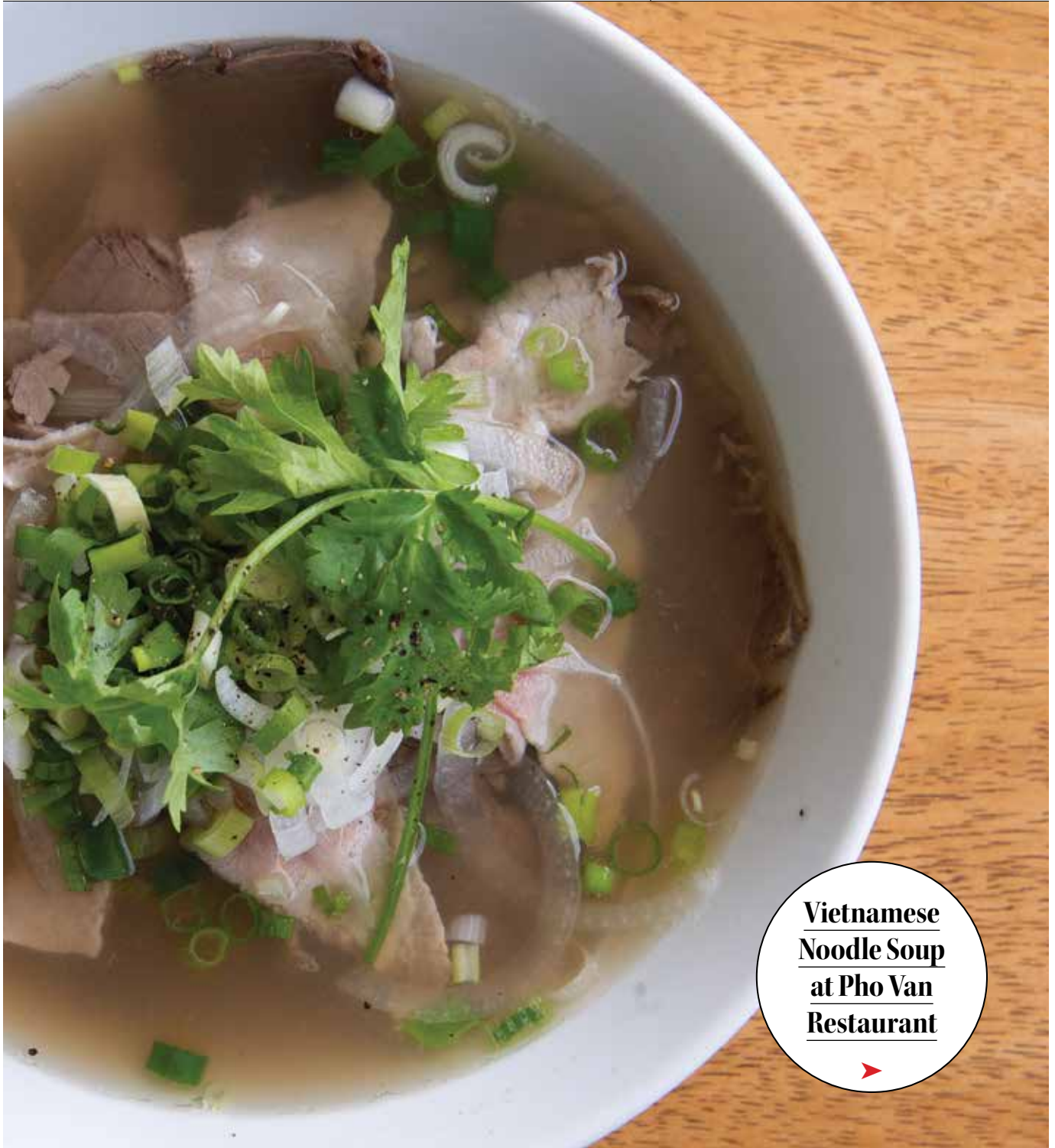
◆ It's also important to think about where you're working out. If you're at home or a small weight room where you know everyone using the space, going barefoot is reasonably hygienic. Going barefoot at a huge fitness center could leave you at risk of an infection like athlete's foot.

◆ If you've been training in shoes for many years, let yourself transition gradually so there's less strain on your feet. Move from highly cushioned shoes to minimally cushioned shoes, then to socks, and finally bare feet.

Food & Dining

88 AUTHENTIC FLAVORS AND VIBRANT CULTURE

90 READERS' DINING GUIDE



**Vietnamese
Noodle Soup
at Pho Van
Restaurant**



Authentic Flavors and Vibrant Culture

By Lisa A. Lewis

Located in Easton, Pho Van Vietnamese Restaurant showcases traditional Vietnamese cuisine—from comforting bowls of noodle soup to flavorful stir-fried dishes—in a warm, welcoming atmosphere. Opened in 2018, the restaurant not only brings the flavors of Vietnam to Maryland, but it also serves as a cultural hub.

“Pho Van is more than a business,” says Gary Thanh Nguyen, CEO and founder of Pho Van Vietnamese Restaurant. “It’s a gathering place for families, friends, and the local Vietnamese community that preserves language and customs and offers a sense of belonging. Dining at Pho Van is not just about delicious food; it’s about nostalgia and connection, bridging the gap between overseas Vietnamese and international friends who love Vietnamese culture.”

To learn more, we recently talked to Gary.

What inspired you to open Pho Van Vietnamese Restaurant? As a Vietnamese person living abroad, I value my cultural heritage. In the United States, I’ve seen a growing love for Vietnamese cuisine, especially pho. I have fond childhood mem-



PHO VAN VIETNAMESE RESTAURANT

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ories of waking up to the aroma of pho simmering in my mother’s kitchen—the sweetness of carefully simmered bone broth and the warm blend of traditional spices. Pho isn’t just a humble Vietnamese noodle soup; it embodies culinary wisdom and deep cultural roots.

After researching the local market, I saw that Easton—with its growing Vietnamese population and an open-minded local community eager to try new foods—was ready for a restaurant that offered authentic Vietnamese pho. Opening Pho Van was a heartfelt way for me to share my culture, connect with the community, and recreate cherished moments to pass on to others.

You’re originally from Vietnam. Tell us about your background in the restaurant business. Before coming to the United States, I was the founder of a furniture manufacturing company in Vietnam. Although I had no prior experience in the food industry, I’ve always had a passion for business development, leadership, and building successful teams. Mr. Cuong Tran, a close high school friend and an expert in Vietnamese cuisine, helped me establish the restaurant, craft the menu, and train the kitchen staff to create authentic dishes.

I was also fortunate that my wife, Mrs. Van Nguyen, who is currently the general manager of the restaurant, has a natural talent for cooking and quickly mastered traditional Vietnamese techniques. Opening Pho Van has given me the opportunity to immerse myself in the world of food—not only learning the business side but also developing a deep appreciation for culinary culture. It sparked a new passion in me: studying flavors, refining recipes, and paying close attention to every detail to ensure that each dish brings joy to our customers.

What are some of your best-selling dishes? Some of our most popular and best-selling dishes include pho, fried crispy eggrolls, fresh spring rolls, vermicelli bowls, stir-fried dishes, and our spicy dishes, such as bowls, Vietnamese sub, and crispy crepe.



What ingredients create authentic flavors in your dishes? Vietnamese cuisine is renowned for its delicate balance of natural spices and seasonings, which come together to create bold and harmonious flavors. Some of the essential ingredients that bring soul to Vietnamese dishes include basic seasonings such as fish sauce, salt, pepper, sugar, seasoning powder, coconut water, and lime; aromatic ingredients like garlic, onion, ginger, turmeric, chili, and five-spice powder; fragrant spices including star anise, and cinnamon; and fresh herbs like scallions, cilantro, Vietnamese basil, mint, Vietnamese coriander.

However, what truly matters is how you marinate and balance these ingredients. Each dish requires a unique blend of spices, and marination time is key. Some need a quick soak to maintain freshness, while others benefit from a longer time to absorb all the flavors thoroughly.

Attention to detail in seasoning and the artful balance of sour, spicy, salty, sweet, and savory define the rich, unforgettable taste of Vietnamese cuisine. This is what I strive to preserve in every dish served at my restaurant.

Describe the dining experience at Pho Van. Stepping into Pho Van feels like entering a cozy corner of Vietnam. Each dish tells a cultural story—whether it's a steaming bowl of aromatic pho, fresh spring rolls, flavorful fried rice, a crispy crepe, or a spicy bowl. Ingredients are carefully selected, with many imported directly from Vietnam to preserve the original taste. The seasoning is subtle, yet refined, enhancing the signature depth of Vietnamese cuisine. And the friendly, professional service enhances the feeling of being welcomed into a Vietnamese home.



FRIED RICE WITH GRILLED SHRIMP

Serves 2–3

Ingredients

For the grilled shrimp:

Shrimp (peeled): 1lb (about 21–25 pieces)
Minced garlic: 1 tablespoon
Minced shallot: 1 tablespoon
Oyster sauce: 1/2 tablespoon
Fish sauce: 1/2 teaspoon
Sugar: 1 teaspoon
Salt: 1 teaspoon
Ground pepper, chili powder (optional): to taste
Cooking oil: 1 tablespoon

For the fried rice:

Cold cooked rice (preferably left overnight): 3 full bowls
Eggs: 2
Carrot: 1/2 (diced)
Peas or corn kernels: 1/2 cup
Green onion: a few stalks (chopped)
Minced shallot: 1 tablespoon
Minced garlic: 1 teaspoon
Soy sauce: 1 tablespoon
Fish sauce: 1 teaspoon
Sugar: 1/2 teaspoon
Ground pepper: to taste
Cooking oil: 2 tablespoons

Instructions

Step 1: Marinate and grill the shrimp. Clean shrimp, trim antennae, and peel as desired. Devein by slitting along the back. Marinate shrimp with garlic, shallot, oyster sauce, fish sauce, honey, pepper, and oil for 20–30 minutes. Grill shrimp on charcoal, in an air fryer (at 355F for 8–10 minutes), or in a pan until golden and fragrant. **Step 2:** Make the fried rice. Beat the eggs, cook them lightly in a pan, scramble, and set aside. In the same pan, heat oil, sauté garlic and shallot until fragrant. Add carrots and peas, stir fry briefly, then add cold rice. Stir well to separate the grains. Season with soy sauce, fish sauce, sugar, and pepper. Add the scrambled eggs and green onion, mix well, then turn off the heat. **Step 3:** Serve and enjoy. Plate the fried rice, arrange grilled shrimp on top or alongside. Garnish with fried shallots, freshly ground pepper, and serve with pickled vegetables, cucumber slices, or sweet fish sauce on the side for extra flavor. Special thanks to Gary Thanh Nguyen, Mrs. Van Nguyen, and Mr. Cuong Tran.



Readers' Dining Guide



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

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

Bridges Restaurant

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

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

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

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

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

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Momma Maria's Mediterranean Bistro and Bar

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

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

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

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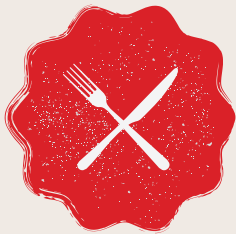
337 ½ High Street, Chestertown; theretrieverbar.com \$\$\$ ●●

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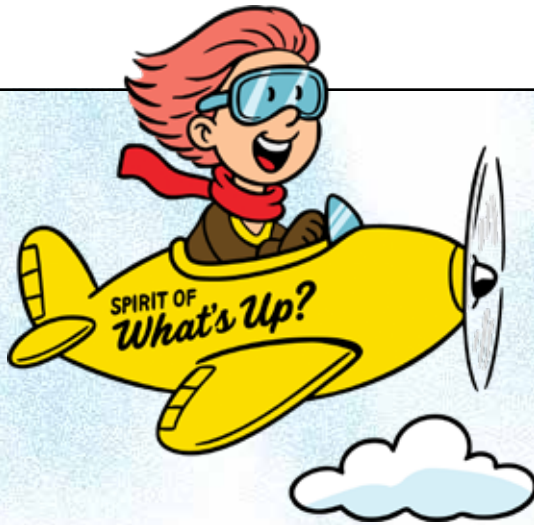



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Where's Wilma? ➤

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This month and forever more, our faithful, flying mascot Wilma will be sporting a fresh look! Wilma has had a ball recently, pampering herself at super spas and salons, enjoying fine dining, and checking out the latest fashion trends at local shops. She's definitely got an updated look! Where and what will she check out 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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IFC = Inside Front Cover
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 BC = Back Cover
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 CD = Chesapeake Drives

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