

# Tricia Wilson

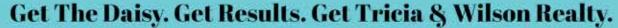
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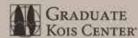


















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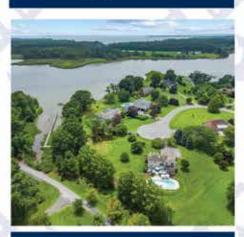
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## **Contents**



#### **NOVEMBER 2025**

On the Cover: We celebrate the winners and readerfavorites of our annual Pet Photo Contest. Hei Hei, photo by Arden Haley. Design by August Schwartz What's Up? Eastern Shore online at whatsupmag.com. Please recycle this magazine.



#### **Features**

25 Our Beloved Pets reveals the fun, furry winners of the annual pet photo contest-from dogs to cats, and even chickens, meet this year's reader favorites!

31 Setting a Maryland Table delves into the history and culture of our state's best-known and beloved dishes, all of which are perfect for the upcoming holiday season BY DYLAN ROCHE

43 Charity Events Guide lists the holiday season's notable nonprofit galas and fundraisers, plus many save-the-date details for events occurring in winter/ spring of next year!



#### Home & Garden

**62** Featured Home: Host-Centric and Hassle-Free Living steps inside a complete interior renovation of a high-end Annapolis condo, located in the desirable maritime neighborhood of Eastport BY LISA J. GOTTO



#### 72 Interior: Farmhouse Classic offers five kitchen concepts that riff on this popular design aesthetic by LISA J. GOTTO

74 Garden: Look Back to Move Forward discusses strategies to review what worked or didn't in your garden this past season, in order to plan ahead for next BY JANICE F. BOOTH



78 Real Estate: Pristine Vista in Chester profiles a \$1.7 million contemporary home just off Crab Alley Bay with all the waterfront amenities BY LISA J. GOTTO





15 Social showcases photographs

features local business and community news

**Arts & Culture** 

**18 Charity** shines a light on local food banks and their programs BY LISA A. LEWIS

20 Education profiles Kyree Acree of Easton High School BY TOM WORGO

22 Interview with Maryland Basketball's Elijah Saunders BY TOM WORGO



## eastern shore

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## **Contents**

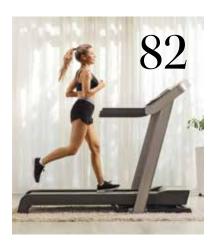
#### **COMING UP IN DECEMBER 2025**

The Yellow Perch Comeback, Holiday Season's Best Events, Portraits of the Chesapeake

#### **Health & Beauty**

BY DYLAN ROCHE

- 82 A New Treadmill Workout
- 83 Early to Bed, Early to Rise
- 84 Food for a Good Mood
- 86 What's a Doctor of Osteopathy?





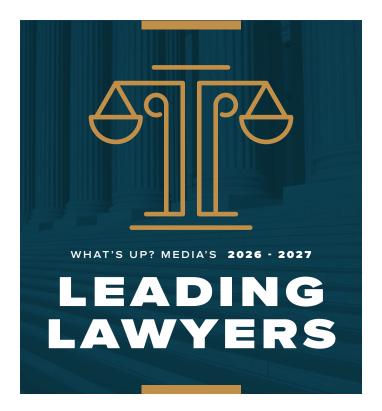
#### **Food & Dining**

- **88** Espresso, Sweets, and Waterfront Views is our interview with the owners of Dessert First Dockside Coffee & Dessert Bar BY LISA A. LEWIS
  - 90 Readers' Dining Guide offers local restaurant listings for your consideration

#### In Every Issue

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





The nomination period for the 2026–2027 Leading Lawyers officially opens November 1st to all legal professionals in the Chesapeake Bay region. Lawyers (and judges) currently practicing law are encouraged to nominate their legal peers in more than 35 legal specialties for this distinguished honor that recognizes the best local lawyers. This is your opportunity to nominate which lawyers should be acknowledged as leaders in their various areas of practice. We thank you in advance for participating in this valuable service. Nominations will close December 31, 2025. Results will be published in our May 2026 issues.



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## Arts & Culture

**12** EVENTS

15 SOCIAL

16 BUSINESS & COMMUNITY

HIGHLIGHTING ENTERTAINMENT, COMMUNITY, AND EVENTS

**18** CHARITY

20 EDUCATION

22 INTERVIEW





#### **BAY BRIDGE RUN 2025**

Experience the thrill of crossing the Chesapeake Bay Bridge on foot at the Bay Bridge Run, held Sunday, November 9, at 8:30 a.m. This one-of-akind 10K run and walk offers the rare opportunity to traverse the eastbound span of the bridge, normally closed to pedestrians, from Anne Arundel County to Kent Island. Organized by Corrigan Sports, Maryland's premier race company, the event promises a fun, well-managed experience for runners and walkers alike, capped off with a lively post-race party. Parking with shuttle service is available from both Anne Arundel and Oueen Anne's counties. More info: thebaybridgerun.com

#### **51ST ANNUAL MARYLAND** IRISH FESTIVAL

Celebrate Irish culture at the 51st Annual Maryland Irish Festival, taking place November 7–9 at the Timonium Fairgrounds. This weekend-long event features traditional and contemporary Irish music, authentic food and drinks, whiskey tastings, cultural activities, shopping vendors, and a lively kids' zone. Highlights include fun competitions, family-friendly entertainment, and the Saturday night Ceili—a spirited evening of music, fellowship, and dancing. Presented by Irish Charities of Maryland, proceeds from the festival support local and regional nonprofit organizations. More info: irishfestival.com







#### **Plein Air Adkins**

Adkins Arboretum hosts Plein Air Adkins on Saturday, November 1, from 9 a.m. to 2 p.m. This unique timed plein air event invites artists to paint in the morning and showcase their work in the afternoon, with prizes awarded by a guest judge and all paintings available for purchase. Visitors are encouraged to explore the Arboretum's woodlands, meadows, and wetlands while watching the artists at work, then enjoy the exhibit, judging, and sale. Free for observers and Arboretum visitors, the event also features food available for purchase. More info: adkinsarboretum.org



#### FISH FOR A CURE

Cast a line for a cause at Fish for A Cure on Saturday, November 1, 2025, from 6 a.m. to 4 p.m. This annual fishing tournament and fundraising challenge takes place on the Chesapeake Bay and directly supports the Cancer Survivorship Program at Luminis Health Anne Arundel Medical Center's Geaton and JoAnn DeCesaris Cancer Institute. After the competition, the celebration continues with the beloved Shore Party in Annapolis, featuring food, drinks, music, and camaraderie. Whether you register a boat, join the Shore Party, or donate, every contribution makes a lasting impact on cancer patients and their families in our community. More info: fishforacure.org



#### Cult BBQ Classic -**People's Choice Tickets**

Get ready for a BBQ showdown at the Cult BBQ Classic - People's Choice on Saturday, November 8, from 12:30 to 2:30 p.m. at Cult Classic Brewing Company in Stevensville. Guests will enjoy unlimited samples of mouthwatering barbecue from local grillmasters and cast their votes to crown the best BBQ on Kent Island. Tickets are \$10 and include all tastings, with awards announced at 2 p.m. Think your team has what it takes? Grillmasters are encouraged to register and join the competition. More info: cultclassicbrewing.com



#### THE WATERFOWL FESTIVAL

Easton comes alive November 14-16 for the 54th Annual Waterfowl Festival, one of the nation's premier celebrations of waterfowl, art, and Chesapeake Bay heritage. This Eastern Shore tradition transforms downtown into a vibrant showcase of wildlife art, conservation, food, and family fun. Visitors can enjoy seven art venues, live music on six stages, more than 20 food trucks, local oysters and crab cakes, and plenty of shopping for outdoor gear. Highlights include the World Waterfowl Calling Contest's Champion of Champions round, the Dock Dogs competition, retriever demonstrations, the Tasting Pavilion, and the Delmarva Craft Beer Wetlands tent. Families will love the Quackin' Trail with kids' activities, raptor shows, and appearances by festival mascots Willa, Webster, and Winston. Premier Night on November 13 kicks off the weekend with exclusive receptions, art previews, and local flavor. More info: waterfowlfestival.org

#### **GREATER MARYLAND BEER FESTIVAL**

Raise a glass at the Greater Maryland Beer Festival on Saturday, November 1, from 12 to 4 p.m. at Cult Classic Brewing Company in Stevensville. This lively celebration features unlimited samples of 40+ beers from breweries across the state, a "make-yourown pretzel necklace" buffet, and delicious food for purchase, including beer brats. Guests can enjoy live music, a game show, beer fest bingo, and vote for their favorite brews and breweries—with medals awarded at the end. Costumes are encouraged, with prizes for the best dressed. Tickets start at \$39 in advance. More info: cultclassicbrewing.com





#### **TIDEWATER INN TO HOST 13TH ANNUAL BREW & OYSTER BRAWL**

The Tidewater Inn hosts the 13th Annual Brew & Oyster Brawl on Saturday, November 15, from 3 to 6 p.m. in Easton. This Eastern Shore favorite has become a signature fall tradition, drawing locals, visitors, and Waterfowl Festival attendees for an afternoon of food, drink, and live entertainment. Guests can enjoy oysters prepared in a variety of styles, a locally inspired menu, and an open beer, wine, and soda bar. Live music by Bird Dog & the Road Kings will keep the dance floor full, making this lively event a highlight of the season. More info: tidewaterinn.com



#### **Annapolis Jazz & Roots Festival**

The Annapolis Jazz Festival returns for two weekends of world-class performances, November 7–9 and November 14-16, at venues across Annapolis. This beloved event brings together acclaimed musicians, dynamic ensembles, and unique collaborations that showcase the richness of jazz in all its forms. Highlights include a tribute to Eva Cassidy, an art and music program at the Banneker-Douglass-Tubman Museum, a Footworks Percussive Dance Ensemble performance, community concerts in inspiring local spaces, and the grand finale featuring the Joshua Redman Quartet at Maryland Hall. With concerts, lectures, and special events woven throughout the city, the festival celebrates the power of music to inspire, connect, and uplift. More info: marylandhall.org

### **Lunch for Old Bags**

On September 10, the Queen Anne's County Mental Health Committee hosted the fundraising luncheon event Lunch for Old Bags, at Kent Island Resort. The committee and event supported multiple organizations including Compass Hospice, Haven Ministries, QAC Board of Education, For All Seasons, Radcliffe Creek School, and Wye River Upper School. Learn more at qacmhc.org.

1. Debbie Shiley, event chair, and Joyce Davis 2. Mary Hansel and Judi Gunter 3. Left to right back row: Whitney Stevens, Mia Cranford Lindy Barton, Jen Helfenbein, Caroline Phipps, Savannah Scott, Pam Schlosser, Kari Anderson, Susan Vianna, Courtney Chipouras, Kelly Phipps, Phyliss Endrich, Debbie Dean. Front Row: Elizabeth Monaghan, Debbie Shiley, Bobbie Cusimano, Julie Dixon 4. Amber Bahr, Heidi Shiley, Kate Pizzo, Alex Gibson, Jennie Rasmussen 5. Ashley McClendon and Margie Tierney-Bergsman 6. Linda Muzik and Getta Mullaney 7. Beth Anne Dorman, president and CEO of For All Seasons, speaks 8. Cindy Sigmon, Mary Ellen Mason, Kathy Northrop, Jackie Northrop 9. Judy Micek, Susan Graves, Terry Bowen, Mary Ellen Mason, Jessica Williams, Holly Rolland

















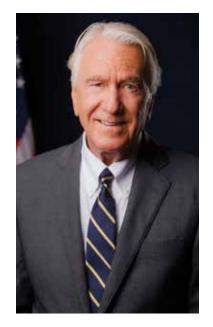


#### **Italian Firm Vetagro Expands U.S. Operations to Easton**

Vetagro marked a new chapter in its global story on Maryland's Eastern Shore. A global leader in precision animal nutrition, the Italian company broke ground on September 16, 2025, on a new production and distribution facility at Mistletoe Hall Commerce-Business Park in Easton. Expected to open in July 2026, the Easton facility will serve as Vetagro's first full-scale U.S. manufacturing facility. Andrea Piva, president of Vetagro, describes the decision as both strategic and deeply intentional. "Expanding our presence with a fully integrated production and distribution facility in the United States is a natural next step in our strategy. Easton offered more than logistical advantages," he continues. "We discovered here a



collaborative business climate, proximity to research centers and government agencies, and a welcoming community. Those qualities convinced us this was the right place to grow." The company's journey to Easton was supported by the Maryland Department of Commerce, which worked with Vetagro to identify suitable sites and connect with developers. Maryland Commerce Secretary Harry Coker, Jr. calls the groundbreaking a milestone for the state's growing biotech and agricultural technology sectors. "Their dedication to research, innovation, and biotechnology engineering makes them a perfect fit for Maryland," Coker said. "We are proud to have them join our state's diverse and innovative economy."For Talbot County, the company's arrival signals new opportunities for economic growth and innovation. "Vetagro's decision to invest here is a big win for our community, and we're excited about a company that shares our values of innovation, hard work, and commitment to quality," said Talbot County Council President Chuck Callahan. "We look forward to a strong partnership as Vetagro grows here in Easton." Learn more about the project at talbotcountymd.gov.



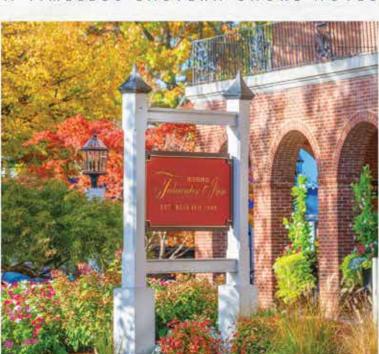
#### EASTERN SHORE EXECUTIVE LAUNCHES CAMPAIGN TO CHALLENGE REP. ANDY HARRIS IN 2026

Eastern Shore resident and longtime business executive George M. Walish, Jr. has filed with the Maryland State Board of Elections as a Democratic candidate for Maryland's 1st Congressional District, formally launching his campaign to unseat Republican Rep. Andy Harris in the 2026 election. Walish, of Earleville, is one of two candidates currently registered for the June 2026 Democratic primary (the other being Dan Schwartz of Royal Oak). A former senior executive at BMW of North America and a former elected commissioner of the Town of St. Michaels, Walish touts decades of leadership across education, labor, and industry to his first bid for federal office. "I believe we can do better for our working families, for the health of the Chesapeake Bay, and for the small towns and rural communities that make this district special," Walish says. "I'm running to bring open, honest, and accountable leadership to Washington, and to make sure the voices of Eastern Shore and upper Baltimore County residents are heard. My focus will be on the health of the Chesapeake Bay, programs that support watermen and farmers, the creation of clean jobs, and listening to the needs of my constituents." The 2026 primary election is scheduled for June, with the general election to follow in November. The winner will represent Maryland's 1st District in the U.S. House of Representatives for a two-year term. To learn more about George M. Walish, Jr., visit walishforcongress.org.



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#### **WYE RIVER UPPER SCHOOL ANNOUNCES NEW LEADERSHIP**

Nicole Sophocles has been named the Head of School at Wye River Upper School in Centreville. Sophocles has been part of the WRUS family since the school opened in 2002, first as a Science and Mathematics teacher, then as Academic Advisor, Director of Education, and Director of College and Career Counseling. She holds a BS degree from the University of Miami, an M.Ed. degree from the University of Maryland, a certificate in Independent School Leadership from Johns Hopkins University, and a teaching certificate in biology. She has more than 20 years of experience in formal teaching, outdoor education, and school leadership. Before officially assuming the role, she served as Assistant Head of School, then as Interim Head of School from July of 2024 to the recent announcement made in September by the Board of Trustees. Nikki Williams, Wye River Upper School Board Chair, states, "Mrs. Sophocles has helped to shape Wye River with deep dedication, vision, and a steadfast faithfulness to our mission. Her leadership has been characterized by transparency, collaboration, and an unwavering commitment to the success and well-being of our students. The overwhelming support expressed by faculty, staff, students, families, and alumni made it clear to the Board of Trustees and the Search Committee that Nicole is the right person to lead our School into the future." Learn more about Wye River Upper School at wyeriverupperschool.org.

## The Transformative Power of Food Banks



By Lisa A. Lewis



veryone deserves access to nutritious food, yet many Marylanders face food insecurity that negatively impacts their overall quality of life. Unlike hun-

ger, a basic physiological need that each of us experiences on a daily basis, food insecurity occurs when individuals or families lack consistent access to adequate and nutritious food due to a variety of factors, such as low income, high cost of living, healthcare expenses, unemployment, financial emergencies, discrimination, and other economic or social barriers.

Although the underlying causes of food insecurity may differ, the consequences are similar. According to Feeding America (feedingamerica.org), food insecurity not only impacts physical and mental health, but it can also lead to poor concentration and low energy, which can affect performance at work or school, and contribute to social isolation and shame.

A systemic issue, food insecurity impacts a broad range of people, and it can affect anyone. According to the Maryland Food Bank (MFB), a nonprofit organization founded in 1979, one in three Marylanders faces food insecurity—despite the fact that Maryland is one of the wealthiest states in the nation with a population of more than 6 million people.



"To achieve food security for everyone, we must go beyond providing meals and address the root causes of hunger," says Emily Alt, senior vice president, community programs, MFB. "That begins by listening to our neighbors—their needs, challenges, and hopes for the future—and then building solutions around what we hear. At the Maryland Food Bank, we are proud to work hand in hand with our network of partners to deliver community-driven responses that meet people where they are."

#### THE CRITICAL ROLE OF **MARYLAND FOOD BANKS**

Food banks, such as MFB and Anne Arundel County Food Bank (AACFB), a nonprofit organization founded in 1986, serve as a vital part of the food assistance safety net. These facilities function as warehouses or distribution hubs that collect and store large quantities of food and distribute it to their partners, which include food pantries, soup kitchens, shelters, and other organizations. The partners then provide the food directly to people in need. Both MFB and AACFB also distribute food via mobile units that travel to areas where food assistance is difficult to access.

Food banks obtain the food they distribute through donations from grocery stores, big box stores, and individuals. Food is also purchased from distribution companies or farms or provided by federal programs.

"The work we do is life changing," says Leah Paley, CEO, AACFB. "Not only do we meet the immediate needs of food-insecure Marylanders by providing them with fresh, nutritious food, but we also help set them up for success by addressing the root causes of hunger. We aren't just distributing food; we're providing pathways to stability and well-being. I'm proud to be part of AACFB."

With a network of 780 community partners and three office locations, Baltimore, Salisbury (Eastern Shore Branch), and Hagerstown (Western Branch), MFB distributes food across 21 counties and Baltimore City. During fiscal year 2025, MFB's community partners recorded 611,440 visits per month and assisted 1,021,729 individuals.

Based in Crownsville, AACFB works with its 74 network partners who operate 115 points of service (organizations where residents obtain food) throughout Anne Arundel County. Including mobile pantry distributions, AACFB's partners averaged 45,347 visits per month and assisted 544,165 individuals during fiscal year 2025.

#### CHALLENGES FACING **MARYLAND FOOD BANKS**

According to the Food Research & Action Center (FRAC, frac.org), the Supplemental Nutrition Assistance Program (SNAP), a federal program that provides food benefits to low-income individuals and families, is the first line of defense against hunger and economic hardship. Cuts to SNAP under the One Big Beautiful Bill Act are projected to impact thousands of Marylanders.

Based on preliminary research findings released in July 2025 by the Urban Institute (urban.org), approximately 369,000 families in Maryland will lose some or all of their SNAP benefits. During state fiscal year 2026, which began July 1, 2025, more than 684,000 Marylanders rely on SNAP, according to the Maryland Department of Human Services.

Residents who lose their SNAP benefits will find it necessary to depend on food banks. And food banks, which are already facing challenges, such as increased demand and the high cost of food, aren't prepared for this additional strain on their operations.

"Cuts to SNAP will greatly impact our food-insecure neighbors, who are working to make ends meet, and increase reliance on the food assistance network," Alt says. "We estimate that we would have to more than double the amount of food we distribute just to fill this gap—something we're not able to do with our current resources. While the Maryland Food Bank continues to stay in touch with our elected officials in Washington, D.C., and Annapolis, we can't do it alone. We need many voices calling attention to this critical issue."











#### **HOW MARYLANDERS CAN HELP**

Now, perhaps more than ever, food banks need Marylanders' support. One of the most impactful ways to make a difference is through volunteering. Volunteers can host a food drive and help sort food at their local food bank. Marylanders can also make donations (monetary or food) and become advocates for food security, lending their voices to support this critical effort.

To learn more, visit MFB at mdfoodbank.org and AACFB at aafoodbank.org.

"We appreciate the 'time, talent, and treasure' of every member of the community, and we're grateful for their assistance," Paley says. "We encourage our supporters to make donations to help meet the anticipated rise in demand for supplemental food assistance. Every contribution makes a difference in alleviating food insecurity for our neighbors in need."

> Special thanks to Chloe Woodward-Magrane, director of communications, MFB, and Chris Landers, communications manager, AACFB. Photographs are courtesy Maryland Food Bank and Anne Arundel County Food Bank.

# Meet Kyree Acree of Easton **High School**

THE SENIOR LOOKS TO SHINE ON THE **FOOTBALL FIELD AND BASKETBALL COURT** 

By Tom Worgo



aston High safety Kyree Acree's strengths on the football field go like this: sure tackler, outstanding speed, powerful, leadership skills, and top-notch coverage ability.

Toughness may be his biggest asset, though. It went to the top of the list after Acree's 2024 season.

"I play hurt because I have heart," Acree explains. The proof?

Acree competed last fall with a right ailing shoulder and, surprisingly, didn't miss a game. It wasn't just a mild shoulder injury. Acree tore the labrum in his shoulder—which required surgery right after the season—but he never considered not playing.

"It's usually a season-ending injury," says Easton defensive coordinator Al Waters, who has coached high school football for 23 years."I don't think I've ever had a player with this injury continue to play and have that good of a season."

The injury forced Acree to wear a brace all year. He suffered his injury in the third game against Kent Island, popping the shoulder out of the socket. "I would say I was playing at 75 percent," Acree says. "I don't think a lot of other guys would have played with that injury. There was a lot of pain. It was terrible."

"I WOULD SAY TACKLING IS MY STRENGTH. MY **GOAL IS TO KNOCK** HIM OFF HIS FEET."



Yet, it didn't slow him down. The 5-foot-11, 190-pound Acree led Easton in tackles (70), interceptions (4), and pass deflections (8) while ranking second in forced fumbles (4) to earn First-Team All-Bayside Conference honors. "The best thing about him is that he continued to get better week after week," Easton Football Coach Matt Griffith recalls. "To play through his injury and still lead the team in tackles and to never become gun shy is tremendous."

Acree produced some special games for the 8-4 Warriors. The three-year starter totaled seven tackles (2 for losses) and an interception in a 62-26 playoff win over visiting Parkside in late November. Acree finished with 11 tackles and a forced fumble in a regular-season rout of North Caroline in September.

> "I love tackling and hitting," Acree says. "I just like to keep it going. It gives you energy. I would say tackling is my strength. My goal is to knock him off his feet."

> The attention from colleges figures to continue to grow if Acree, who also has played quarterback and wide receiver as well as return punts and kicks, dominates again in 2025. Division III Salisbury and Alvernia universities (Pennsylvania) and a pair of Division II

schools, Frostburg State University and Shepherd University in West Virginia, have recruited him.

The 17-year-old Acree, a team co-captain, attended the Shepherd football camp in August and ran a 4.60-yard dash. That will help him in the eyes of college coaches and recruiters along with the 15 pounds he added through weight training and a healthier diet.

"After his surgery, he couldn't lift weights," Griffith says. "But he still came to workouts and worked on his lower body and opposite arm while he was in a sling. You don't see that often."

Acree's ultimate goal: a college scholarship. So, he focused on getting bigger, stronger, and faster this offseason. Acree and the Easton coaching staff like the results.

"He really has wanted to go to the next level with his play," Waters says. "I think he is a Division II player if not higher."

Acree adds, "I want to have a great 2025 season so I can get Division I schools to look at me."

After the football season, Acree looks forward to playing basketball again. He started for the Easton varsity squad at point guard as a sophomore. He averaged eight points, five assists, and four steals per game. He missed the 2024-25 season while rehabbing his shoulder injury.

"Some people say I am better at basketball than football," says Acree, who has played four years of AAU basketball. It seems, however, his future is in football with his growing reputation.





# Maryland Basketball's Elijah Saunders

THE NEW TERRAPIN FORWARD HAS HIGH HOPES FOR THE 2025-26 CAMPAIGN

By Tom Worgo



aryland forward Elijah Saunders can't talk about his basketball career without mentioning his father Yaki, and all he has done for him. Yaki's experience and advice helped Elijah develop.

Yaki, a former Arkansas State player, advised Elijah about his health habits, weight, and critiqued all of his collegiate games.

The elder Saunders also educated his son about then-Virginia Tech coach Buzz Williams-considered a coach "on the rise." Williams, now Maryland's firstyear men's basketball coach, recruited Saunders when he went into the transfer portal in April 2025, persuading him to come to College Park instead of Notre Dame, South Carolina, or Virginia Tech.

"We realized how much his father was a fan of Coach Williams during the recruiting process and what he did for Elijah," Maryland Associate Head Coach Devin Johnson says. Saunders, a Phoenix, Arizona, native, considered Maryland and Williams as the place and person to elevate his game. "Coach Williams really wants to develop you into the best player you can be," Saunders explains. "He will teach me so many things."

Saunders' career to date has notable team and individual achievements. He played for San Diego State when the Aztecs played in the national championship game in 2023, and made the Final Four the following season. After transferring to Virginia for his junior year, Saunders ranked second on the team in scoring (averaged 10.4 points).



"In this day and age, you have a lot of players trying to find themselves, or find a way to lead," Johnson says. "Elijah knows who he is and knows how to lead. He is becoming an elite leader for us." We spoke to Saunders about his game, Williams, Yaki, and more.

What attracted you to Maryland beside Coach Williams? The opportunity to play in the Big 10 with the great players on our team and play a significant role. I also really liked the coaching staff and how they help you on and off the court. We have meetings where we don't talk much about basketball. That is surprising.

Williams guided Virginia Tech, Marquette, and Texas A&M to NCAA Tournament berths, along with three Sweet Sixteen appearances and one Elite Eight. Why do you think he's had so much success? His attention to detail. The consistency, discipline, and habits are outstanding. He shows up in the same manner every single day and really demands the most out of his players. Every day, you know what you are going to get from Coach Buzz and the staff. He cares more about you than just being a player. He wants to help develop you for life.

How would you describe your game? I would say I am a versatile forward. I can play all three frontcourt positions and really post up. But I can stretch out to shoot the three-pointer. I can also guard three positions well. I can be physical. I am a good rebounder, but I have more to give in that part of my game.

Did losing weight change things for you in life and basketball? When I got home after my freshman year, I was probably 255 pounds. At the beginning of my sophomore year, I was 225. My father was holding me accountable. He told me I have to get in better shape, especially with the goal of being a starter. Every day, I took better care of my body. I focused on what I was putting in my body. I realized you can't eat whatever you want. It's not high school anymore. I felt quicker.

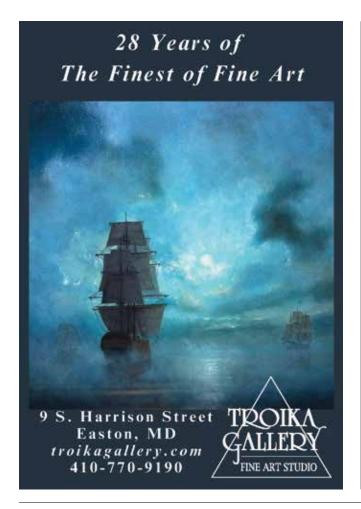
Playing for those San Diego State teams helped your development. What did you get out of that experience? I really liked our team. The average age of our team was older than the (NBA's) Oklahoma Thunder. Just being around those experienced players really set the tone for my college career. I saw how they prepared and what they did when the game wasn't going well for us.

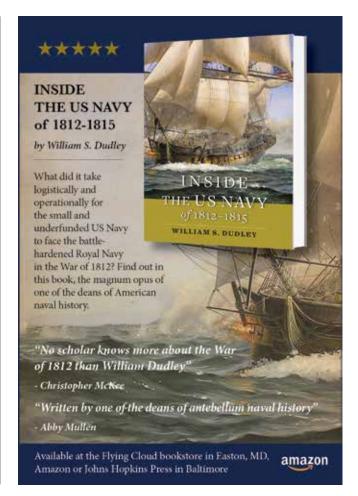
Name one or two new Terps that have impressed you? Pharrel Payne. I haven't been around a lot of guys that have been as physically dominant as he is. Not a lot of people can do what he does athletically for his size (6-foot-9, 250 pounds) especially at the center spot. You also have to look at Myles Rice. He is amazing. He is a true point guard and leader of the team. He really runs the show and sets up his teammates well. He is super-fast and crafty when he gets inside the lane. When you have someone like him, it gives you a real advantage.









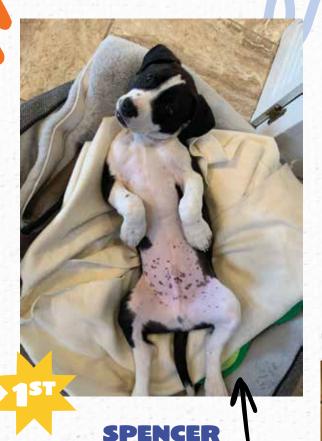








#### DOG WINNERS



#### **Submitted by Grace Finnegan**

"Spencer is a four-and-a-half-year-old black and white supermutt with a big personality and even bigger energy. He works full time in my salon as our official greeter, and he absolutely lights up when clients walk through the door. Spencer and I are a certified pet therapy team, and he's also my service dog. We trained together at American K9 in Davidsonville, where he learned not only obedience, but how to share his joy with everyone he meets."

#### KEKOA Submitted by **Chad Langley**

"Kekoa is our beach**loving American** Eskimo. Here he is after a hike at Chesapeake **Bay Environmental** Center loving life while lounging in the hole he dug after going for a quick swim."



#### OAKLEY Submitted by Laura White

"From his gnarly smiles to his wet kisses to his warm cuddles, Oakley steals the hearts of everyone he meets. Our big 'bear' loves walks, belly rubs, Rita's pup cups, and any and all attention! Oakley reminds us what simple joys there are in each and every day."



#### **FINDLEY**

Submitted by **Debra Saltz** 

"Findley is a ten-year-old rescue. He's very smart and sometimes stubborn. He's very treat driven, loves long walks, and being with his favorite people. His favorite foods are lobster and popcorn."



#### HARBOR

Submitted by **Kelley Sweeney** 

"For the first few years of Harbor's life, she only knew mistreatment and neglect. After she was rescued and adopted, she needed patience, love, and time to heal. She grew to love good food, couch cuddles, and laying in the yard. She melted hearts everywhere when she walked down the aisle as the flower pup at her pawrents wedding."



#### NON-DOG WINNERS



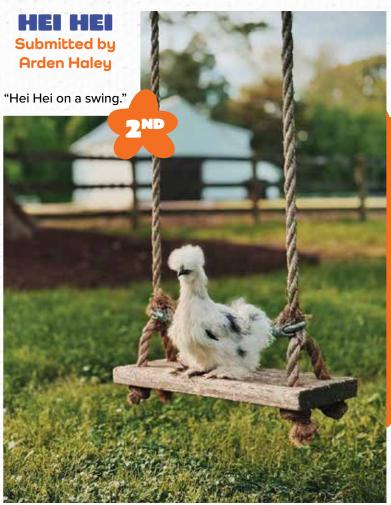
#### **Submitted by Lauren Harbom**

"Sable and black tabby with black markings and green eyes."



#### Submitted by Jenn Sibiga

"This former barn cat is now an indoor cat, but she hasn't forgotten where she came from. Boots absolutely loves special trips outside to bask in the sun, or stroll through the yard, taking in the sights and sounds, reminiscent of her early years. She's always ready for adventure!"



#### LITTLE >> **WHITE TOES**

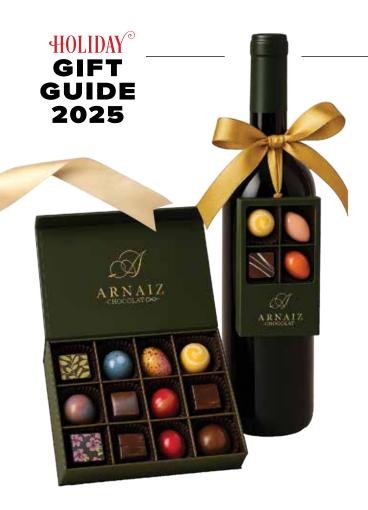
Submitted by **Patricia Swakopf** 

"Little White Toes started life in a feral colony I was caretaker of. He quickly decided he wanted the comforts of an indoor cat and hasn't looked back."



#### Submitted by Lisa **Zimmerman**

"Wait! I have control of the remote now!"



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### GIFT GUIDE 2025

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# Neighbors Helping Neighbors









or many older adults, the holiday season can be a time of isolation and loneliness. Partners In Care Maryland, Inc. (PIC), a service exchange organization that connects older adults with a variety of services that allow them to age in place, has a secret weapon for battling the holiday blues: elves!

PartnersInCare.org

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#### Join Elves for Elders

PIC elves decorate (or even make) stockings and fill them with items such as unscented toiletries, scarves, puzzles, and magazines. Stockings must be delivered to PIC's office by December 1st between 10 AM-3 PM.

Join Us For A Day Of Fun

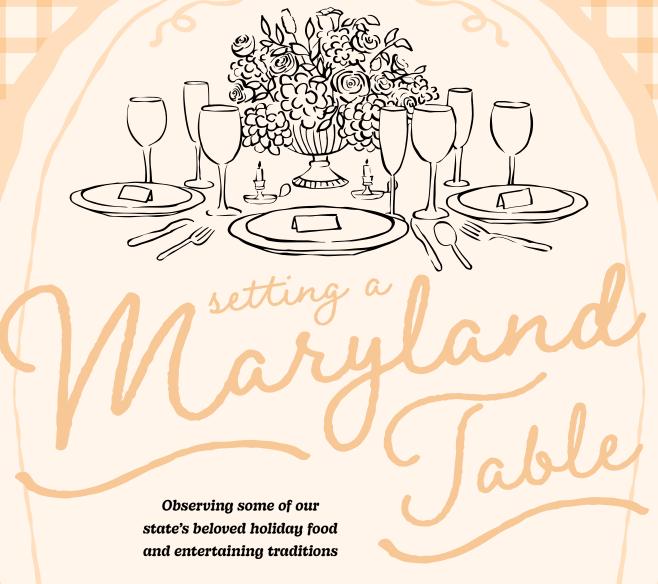
SATURDAY **DECEMBER 6** 12-4 PM

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The holidays are a time to be merry—and maybe *crabby* at the same time. A festive feast in Maryland calls for setting the table with some of our state's favorite traditional dishes. From southern-influenced comfort food to coastal cuisine, the eclectic tastes of Maryland will mean your get-together is one where everyone feels welcome, well-fed, and fully Maryland proud.

Here are 12 traditional Maryland favorites, including main courses, sides, apps, desserts, and beverages, you'll want to include on your holiday menu this year.

# Dyster Stuffing

You're going to notice that oysters appear in many Maryland holiday traditions, and there's a distinct reason for that: Maryland was originally a Catholic colony, which meant abstinence from meat on holidays. Seafood like oysters, which are abundant in the Chesapeake region, particularly in Maryland, was an alternative that could still be hearty enough for a meal and celebratory enough for a holiday. In the case of oyster stuffing, a traditional stuffing made from toasted bread cubes (cornbread for a truly authentic Maryland taste) and aromatics (like onion, celery, and herbs) gets tossed with oysters, either whole or chopped. A strong briny flavor from reserved oyster liquor can give this side dish a uniquely coastal taste.

#### TIP

Add the oysters to your stuffing just before baking and be careful not to overmix, or else you risk losing their delicate briny flavor.

Scan for recipe:





# Stuffed Ham

Many a Maryland table has featured a stuffed ham as the central dish, especially for a festive banquet or feast like you would be inclined to have during the holidays, and this tradition stretches back centuries. When English settlers came to the New World, they brought the tradition of ham curing with them, but the distinctive kick that Maryland stuffed ham gets thanks to the use of red pepper would've come from a different influence—that seasoning is credited to the African culinary traditions of enslaved people who were preparing it (frequently the case with most southern cooking). In the case of Maryland stuffed ham, the ham is deboned, slit open, and stuffed with spicy seasoned vegetables like cabbage, kale, onions, celery, and hot pepper. In colonial days, these greens would have been out of season and wilted in the cold of winter, so it made sense to cook them inside the ham. After being stuffed, the ham is tied up with cheesecloth, brined, then boiled instead of baked. Traditionally, the stuffed ham would be cooled and sliced cold to be served with rolls. All of this intense prep work makes it suited for special occasions—such as Thanksgiving and Christmas—instead of an everyday meal or even a weekly Sunday dinner.

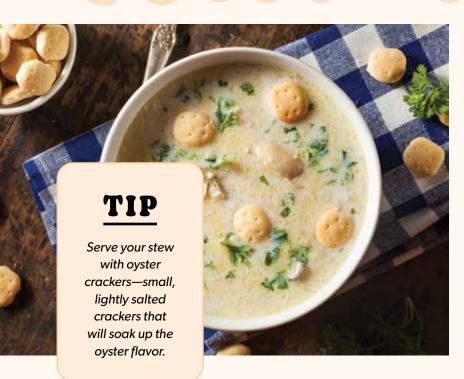


Make sure you push the vegetables down firmly into the cuts rather than layering

them on top. This will not only keep them from falling out during the long boil but also ensure they take on plenty of flavor.

Scan for recipe:





## yster Stew

Here's another popular oyster dish: oyster stew, which is a seafood dish that's warm and comforting for the winter months. With high-quality ingredients and attention to flavor, a good oyster stew can be decadent enough for a casual holiday gathering,

either as an appetizer or a light entrée. A creambased broth makes it taste indulgent, and the addition of Old Bay and Worcestershire sauce gives it Maryland flavor.

Scan for recipe:





## Smith Island Cake

You may know Smith Island cake as the official state dessert of Maryland. It originated in Smith Island, our state's last inhabited offshore island, where in generations past it would have been baked during the long, dark, cold months of winter to keep up the morale for the local watermen. And because it was regarded as such a boost to morale, many households would prepare it as a show of welcoming guests. Is it any wonder it would be considered such a hit at holiday time, when it would be seen as a symbol of hospitality and abundance? What makes Smith Island cake different from other desserts is its layers—a true Smith Island cake is made up of between eight and twelve very thin layers of yellow cake with chocolate frosting in between. These many layers of cake and frosting are festive and decadent, making them perfect for a party.

#### TIP

Scan for recipe:



Don't rush the process—making a Smith Island cake takes a lot of patience, and it's easy to tear up a layer of thin cake if you rush spreading the frosting too quickly.

## Corn Pudding

Corn is a staple crop of the Maryland region, especially on the Chesapeake Bay's eastern shore, so a side dish like corn pudding will localize your table much more than another holiday side dish like mashed potatoes. It's easy to prepare in large quantities, and the rich flavor it gets from the sweet corn combined with eggs, cream, butter, and a little sugar makes it a decadent side dish for other indulgent holiday foods.

#### TIP

Using a mix of corn kernels and creamed corn balances the texture of the pudding. You'll get from each of the while the creamed corn will blend perfectly with the other ingredients.

Scan for recipe:







This vegetable dish is popular in German and Eastern European cultures, which have always enjoyed strong representation throughout Maryland, especially in Baltimore. Because Germans would have associated sauerkraut with good luck and prosperity, it's a perfect choice for a holiday gathering (even New Year's Eve). In the past when very few vegetables would have been available throughout the winter, fermenting the sauerkraut was a practical way of preserving the cabbage harvest in the fall. Plus, its sour flavor will cut through the richness of fatty meats like ham. This might be one of the reasons that grocers in early 20th century Baltimore liked to run ads reminding people that sauerkraut was the official side vegetable for Christmas dinner.

### TIP

Sauerkraut is traditionally served cold, but if you want to give it a bit of warmth on a chilly winter night, lightly heat it on the stovetop with butter, onions, and apples.

Scan for recipe:



# Maryland Crab Doup

Maryland crab soup isn't an exclusively winter dish-it's enjoyed year-round, and it's not at all uncommon in the summer when crabs are in season. But because it's an easy way to make use of crab meat that's been frozen and stored for colder months, why wouldn't you choose to show off some Maryland pride at your holiday gathering with something that's warm, hearty, and perfect for a cold day? Maryland-style crab soup combines blue crab meat with a tomato-based broth, vegeta-

bles, and plenty of Old Bay, and even though it's satisfying on its own, it's still light enough to complement a heavier dish like stuffed ham.

Scan for recipe:



If you didn't freeze any crab meat over the summer, you can buy pasteurized crab meat in the frozen section of the grocery store—look for local Chesapeake-sourced crab if you can get it.



Maryland Crab Soup prepared by The Point

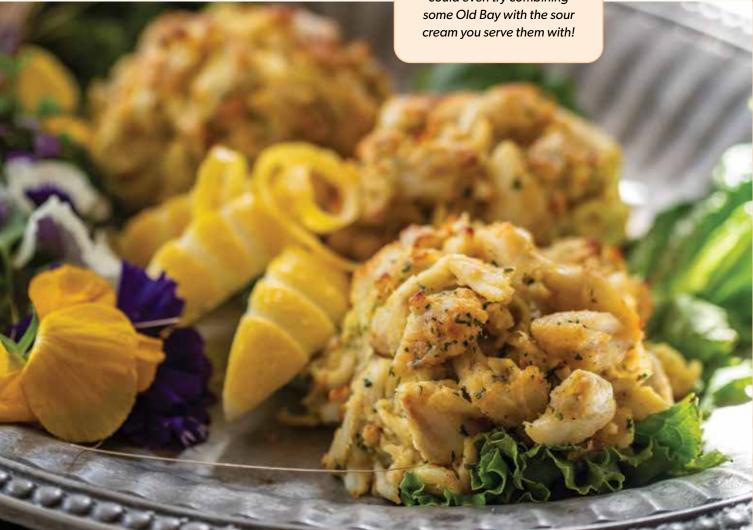
## Mini (rab (ake

Crab cakes are another Maryland dish served yearround, but they are often perceived as posh and celebratory—especially when made with jumbo lump crab—and it's hard to throw any kind of party without them. Another reason they're an ideal option for entertaining is because they can be made in large or small portions, so no matter how long your guest list is, you have something that can be set out on a platter, passed around, and shared. Make sure you splurge on the best ingredients, so these savory little patties really wow your crowd.

Hosting a Hanukkah party? You could put a crabby variation on traditional latkes by combining some jumbo lump crab meat with the potatoes. You could even try combining

Scan for recipe:





Crabcakes prepared by Boatyard Bar & Grill

# Loc

Maryland's state fish—striped bass, a.k.a. rockfish—gets elevated to a centerpiece-worthy dish when it is filled with a savory stuffing, often including crab imperial or oysters, along with breadcrumbs, and baked. It makes for a dramatic presentation that will stand out among the other festive dishes on your holiday table, and even though it's elaborate enough to be the focal point of your menu, it still complements other feast options like stuffed ham or oyster stew nicely.

### TIP

Mix your stuffing so that it's moist but not runny before you put it in the fish. After baking, give the stuffed rockfish a drizzle of lemon butter for extra flavor.

#### Scan for recipe:







If you haven't heard of persimmon pudding (even if you're a longtime Marylander), don't worry. It's a bit old-fashioned and bringing it back will give your holiday table some vintage charm. The pulp of ripe persimmons is combined with flour, sugar, eggs, milk, and warm spices like cinnamon and nutmeg to produce a dish similar to steamed plum pudding, which you can slice and serve with ice cream or a simple dusting of powdered sugar. But unlike plums, persimmons are native to the mid-Atlantic region, including Maryland, where they ripen in the late fall, just before Thanksgiving. Pulling off this rich dessert is labor intensive, so it's best for celebratory occasions like the holidays.

Make your persimmon pudding with persimmons that are borderline overripe. They'll be soft and almost mushy, but they'll be much sweeter. Underripe persimmons will give you a dessert that's too astringent.

Scan for recipe:



## Eggnog with Rye Whiskey

Here's a way to give a popular holiday cocktail some Maryland flavor: While eggnog is traditionally made with cream, sugar, whipped eggs, warm spices, and either bourbon or rum, you can make yours with rye whiskey. This liquor, primarily produced in our state throughout the 18th and 19th centuries, is a source of regional pride as much as crabs and oysters. It has a spicier, bolder profile that will elevate your eggnog in a way your guests will almost certainly comment on.



## TIP Warm up the apple cider slowly over low heat—a gentle simmer is better for retaining that delicate apple taste than a full boil. This will also give your spices a chance to infuse.

## Hot Spiced Apple Cider

TIP

Rye has a much

Maryland apple orchards are a source of local agricultural pride, so much so that apple picking and cider making are a popular tradition in western and northern areas like Montgomery County, Frederick County, and Carroll County. Freshly

pressed apple cider is distinctively autumnal as it is, making it perfect for Thanksgiving, but when it's warmed and mulled with winter spices like cinnamon, nutmeg, and cloves, it becomes a comforting beverage you'll want to enjoy all winter long. Combine it with some of that local Maryland rye whiskey for a festive adult option.

Scan here for several seasonal cocktail recipes, including eggnog and cider:





Consider whether you want to set out a self-serve buffet or a sitdown plated dinner. Although a sit-down dinner feels formal and sophisticated, it's not as conducive to socializing—which is what your guests are there to do. A buffet is easier for people to serve themselves and eat at their leisure throughout the evening. If you do choose to do a sit-down dinner, be sure to start with passed appetizers during cocktail hour.

#### Candles, twinkle lights, and music

will set the mood for the gathering. Be sure to create a holiday playlist that includes a mix of classics and contemporary hits so there's something there to please each of your guests.

You may need to rearrange some furniture for comfortable entertaining. Create as much open space as possible for guests to gather, with clustered seating where people can have a conversation.

If you don't have a formal bar in your home, set up a makeshift one on a small table or a convenient section of the kitchen counter. Be sure to include non-alcoholic options for any of your guests who don't drink.

#### Label vegetarian or allergen-free dishes

so your guests are able to navigate the buffet with ease. If you can't guarantee that a dish didn't have any crosscontamination, it's safest not to label it.

#### Designate an area for coats and bags

to keep your fover or entryway free of clutter. If you don't have a front closet with enough room, a nearby guest room may work best.

Consider having an outdoor space for guests who may wish to step outside for fresh air or a moment of quiet. A firepit or outdoor heater can turn your patio into a comfortable retreat on a cold winter night.

Combine some Maryland-inspired coastal elements into your natural décor. Painted crab shells or oyster shells with a touch of glitter will add a pop of nautical flair when hung among your evergreens.





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# Charity Events Guide

Winter & Spring 2025-26

Mark your calendars for a season full of giving, celebration, and community spirit across Annapolis, the Eastern Shore, and Central Maryland.

From black-tie galas and waterfront festivals to family fun runs and heart-warming holiday traditions, our region knows how to pair celebration with giving back. This Winter and Spring, dozens of nonprofits are hosting can't-miss events that not only bring our communities together but also raise vital support for causes close to home. Whether you're looking to lace up your sneakers for a 5K, sample local flavors at a tasting, or dress up for a night of music and dancing, there's something on this list for everyone. Browse through, save your favorites, and join in the spirit of generosity that makes our community shine.



#### **Submit Your Charity Event**

Scan this QR code to enter your event to our online calendar of events.

#### **Sultana Downrigging Festival**

October 31st - November 2nd. 2025 | 7:00 AM - 8:00 PM, Benefiting Sultana Education Foundation & other educational nonprofits in Chestertown, MD, More info: downrigging.org

#### Fish for a Cure

November 1st, 2025 | 6:00 AM - 4:00 PM, Benefiting Luminis Health AAMC—Cancer Survivorship Program at Safe Harbor Annapolis, More info: fishforacure.org

#### **Maryland Irish Festival**

November 7th – 9th. 2025 | 12:00 PM - 11:00 PM, Benefiting Irish Charities of Maryland at Maryland state fairgrounds, More info: irishfestival.com

#### **UM BWMC's 60th Anniversary Gala**

November 8th, 2025 | 6:30 PM - 11:00 PM, Benefiting Baltimore Washington Medical Center Foundation at Live! Casino, More info: umms.org

#### **CASAblanca Gala**

November 8th, 2025 | 6:00 PM -11:00 PM, Benefiting Anne Arundel County CASA at Westin Annapolis Hotel. More info: facebook.com

#### Chase Brexton Annapolis Gala

November 8th, 2025 | 6:00 PM -10:00 PM, Benefiting: Chase Brexton Health Care at Chesapeake Bay Foundation Headquarters, More info: chasebrexton.org

#### **Bay Bridge Run**

November 9th, 2025 | 7:00 AM -1:00 PM, Benefiting: Chesapeake Conservancy, Severn Leadership Group & Walk the Walk Foundation at the Chesapeake Bay bridge, More info: thebaybridgerun.com

#### Sip & Savor

November 9th, 2025 | 1:00 PM - 4:00 PM, Benefiting Hospice of the Chesapeake at Newton White Mansion, More info: hospicechesapeake.org

#### A Celebration of Charities

November 13th, 2025 | 12:00 PM. Benefiting Chesapeake Charities at Chesapeake Bay Beach Club, More info: chesapeakecharities.org

#### Reelin' and Rockin' **Rockfish Bash Benefit**

November 13th, 2025 | 6:30 PM – 9:30 PM, Benefiting Lucky and Blessed Fishing, More info: rockfishbash.com

#### **Waterfowl Festival**

November 14th - 16th, 2025 | 10:00 AM – 4:00 PM, Benefiting William A. Perry Scholarship Fund & Samuel H. Shriver Jr. Sporting Heritage Fund in Downtown Easton. More info: waterfowlfestival.org

#### A Starry Night Fundraiser Gala

November 20th, 2025 | 6:00 PM -10:00 PM, Benefiting Young Life at Fluegel Alumni Center at the U.S. Naval Academy, More info: ylaac. younglife.org

#### **AACPL An Evening** with David Baldacci

November 21st, 2025 | 6:30 PM, Benefiting AACPL Inc. at Chesapeake Arts Center, More info: chesapeakearts.org





#### Lights on the Bay

November 23rd, 2025 – January 1st, 2026 | 5:00 PM - 10:00 PM, Benefiting SPCA of Anne Arundel County at Sandy Point State Park. More info: lightsonthebaymd.org

#### Y Turkey Trot Charity 5K (Arnold)

November 27th, 2025 | 8:30 AM, Benefiting YMCA of Central Maryland - proceeds fund Y programs for families in need at The Y in Arnold, More info: runsignup.com

#### Festival of Trees – Kennedy Krieger

November 28th- 30th, 2025 | 8:00 AM, Benefiting Kennedy Krieger Institute at Kennedy Krieger Institute in Baltimore, MD., More info: kennedykrieger.org

#### Festival of Trees – Talbot Hospice

November 29th - December 1st, 2025 | 5:00 PM - 8:00 PM, Benefiting Friends of Hospice to benefit Talbot Hospice at The Gold Room of The Tidewater Inn, More info: festival-of-trees.org

#### **Holiday Joy Gala**

December 4th, 2025 | 5:00 PM, Benefiting Mid-Atlantic Symphony Orchestra at (TBD), More info: midatlanticsymphony.org

#### **Lights of Kindness**

December 5th, 2025 | 9:00 AM, Benefiting Rotary Club of South Anne Arundel County at Homestead Garden, More info: patch.com

#### **UWLES 22nd Annual Holiday Ball**

December 6th, 2025 | 6:00 PM, Benefiting United Way of the Lower Eastern Shore at Hyatt Regency Chesapeake Bay Resort & Spa in Cambridge, MD., More info: uwles.org

#### Annapolis Chocolate Binge Festival

December 7th - 9th, 2025 | 11:00 AM – 4:00 PM. Benefiting Inner West Street Association & Annapolis Arts District at the First block of West Street. More info: iwsannapolis.com

#### **Nutcracker Tea**

December 7th, 2025 | 10:00 AM -5:00 PM, Benefiting Annapolis Holiday Traditions at DoubleTree Annapolis. More info: whatsupmag.com

#### **Christmas in St. Michaels**

December 12th - 14th, 2025 | Time TBD, Benefiting Local nonprofit organizations in Downtown St. Michaels. More info: christmasinstmichaels.org

#### **Bay Bells & Shark Tails**

December 13th, 2025 | 6:00 PM -10:00 PM, Benefiting Core Shark H2O at Charles Carroll House, More info: csh2o.org

#### **Holiday Book Festival**

December 13th, 2025 | 11:00 AM - 4:00 PM, Benefiting Eastern Shore Writers Association at Cult Classic Brewing, More info: easternshorewriters.org



#### **Atlantic General Hospital's** 32nd Annual Penguin Swim

January 1st, 2026 | 9:00 AM - 11:45 AM, Benefiting Atlantic General Hospital's at Princess Royale Oceanfront Resort, More info: secure.ggiv.com

#### **Polar Bear Plunge**

January 23rd, 2026 | Time TBD, **Benefiting Special Olympics** Maryland at sandy point state park, More info: plungemd.com

#### **Greater Maryland Heart Ball**

February 6th, 2026 | 6:00 PM - 9:00 PM, Benefiting American Heart Association at M&T Bank Exchange, Baltimore. More info: ahabaltimore. ejoinme.org

#### **Casey Cares Annual Gala**

February 21st, 2026 | 6:30 - 11:00 PM, Benefiting Casey Cares at American visionary Art Museum, More info: caseycares.org

#### **Southern Maryland Chapter Annual Fundraising Banquet**

February 28th, 2026 | 6:00 PM - 9:30 PM, Benefiting Coastal Conservation Association at Calvert Marine Museum, More info: ccamd.org

#### **Chefs for Habitat Gourmet Gala**

March 7th, 2026 | Time TBD, Benefiting Habitat for Humanity at Wicomico Civic Center in Salisbury, MD, More info: chefsforhabitat.org

#### The Lighthouse Gala

March 7th, 2026 | 5:00 PM - 10:00 PM, Benefiting Lighthouse Christian Academy at TBD, More info: lcacademy.org

#### **Black Tie & Diamonds**

March 7th, 2026 | 6:00 PM - 10:00 PM, Benefiting Rotary Club of Annapolis at Annapolis Graduate Hotel, More info: annapolisrotary.org

#### **Annapolis Film Festival**

March 26th, 2026 | Time TBD. Benefiting Annapolis Film Festival at Ego Alley Annapolis, More info: zavros.place

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#### Santé: Giving Back for Kidney Disease

March 26th, 2026 | Time TBD Benefiting National Kidney Foundation at Baltimore Museum of Industry, More info: kidney.org

#### **Bubbles and Bingo**

April 10th, 2026 | 6:00 - 11:00 PM, Benefiting Hospice of the Chesapeake at The Fluegel Alumni Center in Annapolis, More info: hospicechesapeake.org

#### The Blue-Ribbon Open **House and Family Fun Day**

April 11th, 2026 | 11:00 AM - 2:00 PM, Benefiting The Blue Ribbon Project at The Blue Ribbon Project, More info: blueribbonproject.org

#### **Stronger Together Gala**

April 25th, 2026 | 5:30 - 11:00 PM, Benefiting Unstoppable Joy at Oceans Downs Casino, More info: unstoppablejoyco.org

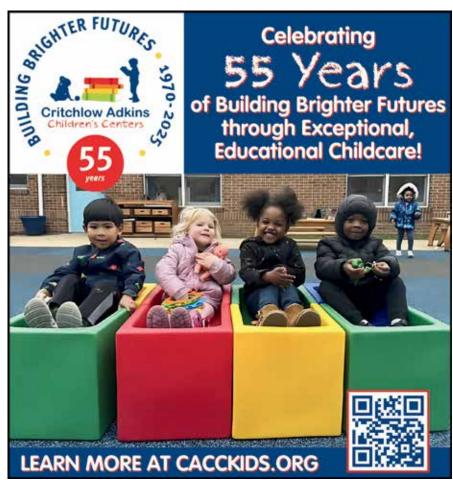
#### **Walk for the Woods**

May 2nd, 2026 | Time TBD, Benefiting Scenic Rivers Land Trust at (TBD), More info: srlt.org

#### **Blue Ribbon Bash**

May 16th, 2026 | Benefiting Blue Ribbon Project, at Severna Park Elks Lodge, More info: blueribbonproject.org





The Annapolis Holiday Tradition

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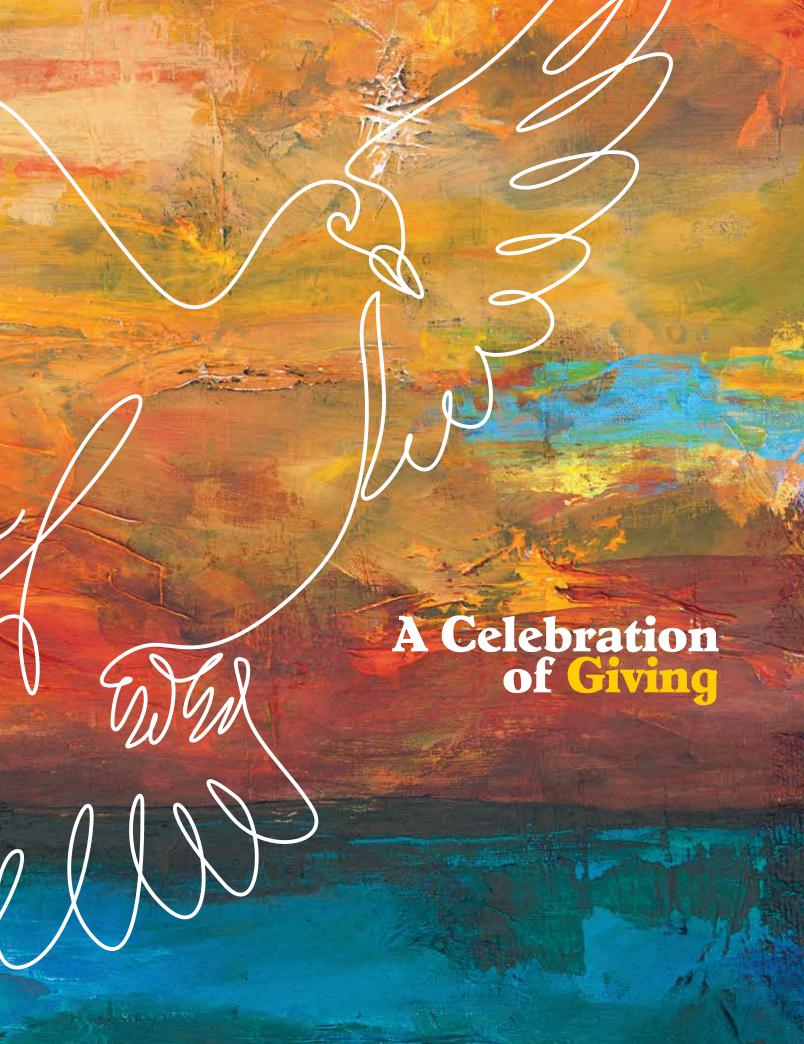


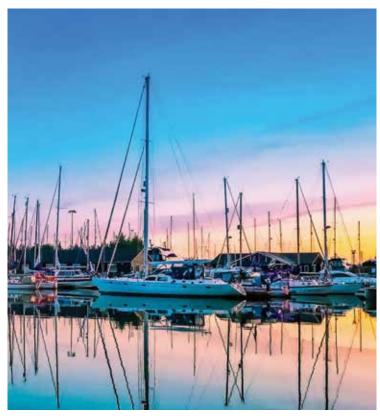


















## **Talbot Interfaith Shelter**

#### How Talbot Interfaith Shelter Is Addressing the Hidden Face of Rural Homelessness

ith hundreds of miles of beautiful coastline, quaint towns filled with character, wonderful restaurants, and arts of all kinds, and tight knit, caring communities, many call the Eastern Shore "The Land of Pleasant Living." However, a hidden crisis of poverty and homelessness continues to grow, overlooked among the region's beauty and posterity.

In urban areas, homelessness is easy to see, but in rural areas like the Shore, most unhoused neighbors do not sleep on the street, instead seeking shelter in cars, boats, the woods, or structures not fit for human habitation. In the winter of 2024, a homeless woman perished on a boat in a Kent Island marina and two more homeless neighbors passed away from the cold in Talbot County.

Homelessness on the Shore has increased significantly over the past decade, exacerbated by the pandemic and rising living costs. Families with children and seniors have been especially hard-hit.

Talbot Interfaith Shelter (TIS) aims to fight homelessness on the Mid-Shore (Talbot, Queen Annes, Kent, Caroline, and Dorchester Counties) by providing Shelter, Stability, Support, and a path to Success for local families and individuals in need.

TIS is not an emergency shelter, but rather a long-term program that addresses the root causes of poverty and homelessness and guides neighbors from homelessness to self-sufficiency. Guests begin at one of TIS' two shelters—Easton's Promise for families with children and Evelyn's Place for single individuals (including many seniors). These neighboring homes restore dignity and confidence and provide much-needed stability.

Compassionate Case Managers work closely with guests, developing personalized plans, connecting them with local resources and providing guidance and encouragement. Guests also attend life skills training on topics such as Money Management, Job Readiness, Parenting, Poverty, and Anger Management.

Many guests move from the shelters into their own housing. Those who need additional time and assistance can work to earn a spot in one of TIS' transitional apartments, where they gradually take over expenses until they are ready to live independently.



Join Team TIS and help bring our neighbor's home! Learn more about Talbot Interfaith Shelter and how you can help at talbotinterfaithshelter.org.





## Waterfowl Festival

November 14-16, 2025

### Family, Fun & Magic Moments

hese have always been time-honored traditions, passed from generation to generation. Nowhere is this more evident than at the iconic Waterfowl Festival in Easton, Maryland.

Since 1971, artisans and artists, musicians, craftsmen, decoy carvers, hunters, and callers have gathered to share the rich heritage of Eastern Shore culture and lifestyle. The festival began with a determined group of hunters and conservationists who knew that unless they worked to preserve the landscapes they loved, they might be lost forever.

Over the decades, these remarkable men and women—and now, in many cases, their children and grandchildren—have worked tirelessly to educate, entertain, and inspire. For 54 years, the Waterfowl Festival has been a must-attend event celebrating the best of wildlife art, sporting traditions, and conservation.

Visitors can enjoy decoy carving, calling demonstrations, retriever and raptor exhibitions, live music, and delicious Eastern Shore food that keeps them coming back year after year. Join us this year and discover why the Waterfowl Festival remains a legendary celebration of art, heritage, and the wild spirit of the Eastern Shore.

For information, and to purchase tickets, visit waterfowlfestival.org \*children ten and under are free with an adult ticket!

















## Why Psychiatry & Psychotherapy are Better Together

hen it comes to mental health, healing is often multifaceted. Combining psychotherapy and psychiatry offers a comprehensive approach by treating both the psychological and biological aspects of a mental health disorder. Psychiatry provides medical expertise for diagnosis and medication management, often addressing chemical imbalances in the brain, while therapy (psychotherapy) offers a space for patients to process emotions and develop skills. When combined, these approaches can provide a comprehensive treatment plan that addresses both the mind and body.

Studies have shown that individuals receiving both medication and psychotherapy experience greater symptom relief than those receiving only one form of treatment. A study published in the American Journal of Psychiatry, for instance, found that patients with depression who received both medication and cognitive behavioral therapy had a 60% greater reduction in symptoms compared to those who received medication alone.

While medication can alleviate symptoms, therapy provides individuals with tools to manage stress, anxiety, and other challenges. Techniques learned in therapy can help individuals understand and alter behaviors.

Combined therapies, using medication and talk therapy, have been shown to result in significantly better short- and medium-term treatment outcomes in several conditions, including anxiety, depression, bipolar disorder, and obsessive-compulsive disorder.

"In the field of psychiatry and mental health treatment, recent medical trials continue to affirm that combined medication and therapy for the treatment of moderate to severe depression was superior to either medication or therapy alone," Dr. William Cerrato, Chief Medical Officer at For All Seasons, says. "This recognizes the important biopsychosocial interplay between medication management and therapeutic modalities that we are implementing at For All Seasons."

The best approach to combined treatment is one based on the principles of individualized or personalized medicine, as well as finding the right mental health professional and the right approach to therapy. If you or a family member has questions about your mental health, reach out. For All Seasons Behavioral Health & Rape Crisis Center offers mental health services, victim and crisis support, and education & outreach. The agency's comprehensive continuum of care includes psychiatry and therapy services. 410.822.1018 | ForAllSeasonsInc.org



## **Fello**

### Building an Inclusive Maryland: Together, We Are Fello

t Fello, we champion the rights of people with disabilities and invest in what matters most: real opportunities, strong relationships, and inclusive, equitable communities. We bring these principles to life through inclusive services, affordable housing, and opportunities that foster meaningful community connections.

What began in 1961 with a handful of families advocating for dignity and opportunity for their children with disabilities has grown into a statewide movement. Together, we have created housing where people build their futures, services that meet people where they are, and a culture of inclusion that strengthens every community we touch.

Today, we support over 4,000 people with disabilities across Maryland through personalized services, self-directed services, trauma-informed behavioral health, and inclusive housing. As you consider your end-of-year giving, think of Fello. Your support helps us remove barriers, champion choice, and build inclusive communities where everyone can live full, meaningful lives on their own terms.





fello.

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## Partners In Care Maryland, Inc.

### Neighbors Helping Neighbors

e all have an older person in our life who we love. But perhaps we do not live close by, or we can't get time away from work to help out with the small but essential tasks of daily life like driving that loved one to a doctor's appointment or fixing a pesky dripping sink.

Today there are 1.4 million people over the age of 60 living in Maryland, a number that continues to grow. The vast majority will age in their homes. Partners In Care Maryland, Inc. (PIC) is a nonprofit organization that helps those individuals age in place with dignity and respect by providing vital services like transportation, home repairs—even access to personal connections to combat loneliness.

What makes PIC unique is that it is an organization powered by volunteers who directly engage with members. It's a great way for volunteers to make meaningful connections with older residents in the community while providing essential services to someone in need. To date, more than one million volunteer hours have been exchanged—that's over a million hours of kindness, care, and community building. PIC believes in the power of Neighbors Helping Neighbors. In

addition to the volunteers who provide PIC's essential services, the nonprofit relies on generous financial and in-kind contributions to maintain its programs. An essential part of PIC's financial stability comes from its two upscale retail boutiques located in Frederick and Anne Arundel counties. Both boutiques accept donations of gently used and new items for sale. Profits from the boutiques support PIC's programs. The boutiques are thriving social enterprises and microcosm of PIC in action with approximately 78 volunteers contributing their time and talent to the enterprise each week.

PIC services are available to those in Anne Arundel, Talbot, Caroline, and Frederick counties. To learn more about becoming a volunteer or other ways you can support PIC's mission, visit partnersincare.org/get-involved.

Partners In Care Maryland, Inc. 410-822-1803 contactus@partnersincare.org 8694 Commerce Drive #1 Easton, MD 21601







Kick off the season on Small Business Saturday, November 29, by shopping locally and supporting the unique boutiques and galleries that make Kent County shine. In Rock Hall, gather for the beloved Crab Basket Tree Lighting, where the community comes together to toast the season by the Bay. Then step back in time with Dickens of a Christmas Weekend in historic Chestertown, December 6–7, featuring horse-drawn carriage rides, Victorian entertainment, holiday shopping, and festive cheer.









From waterfront traditions to timeless holiday charm, Kent County is the perfect holiday escape. For more information please visit, www.kentcounty.com/visitors/holiday\_events.











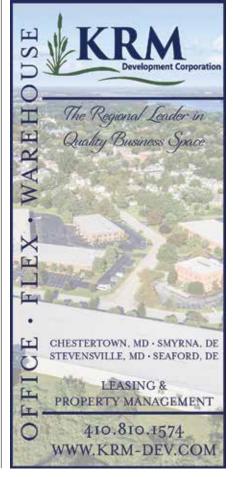


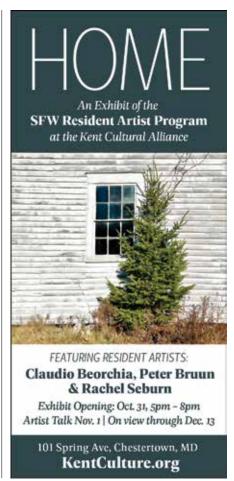


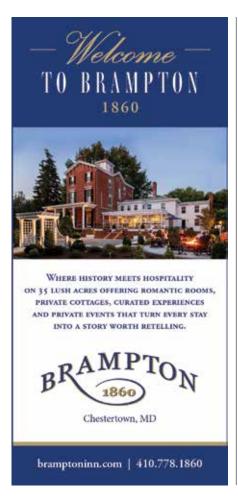




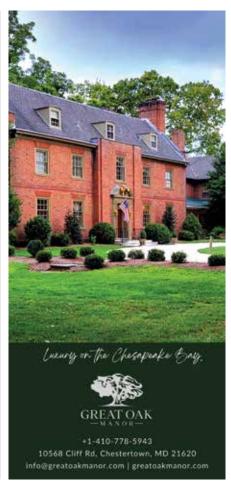


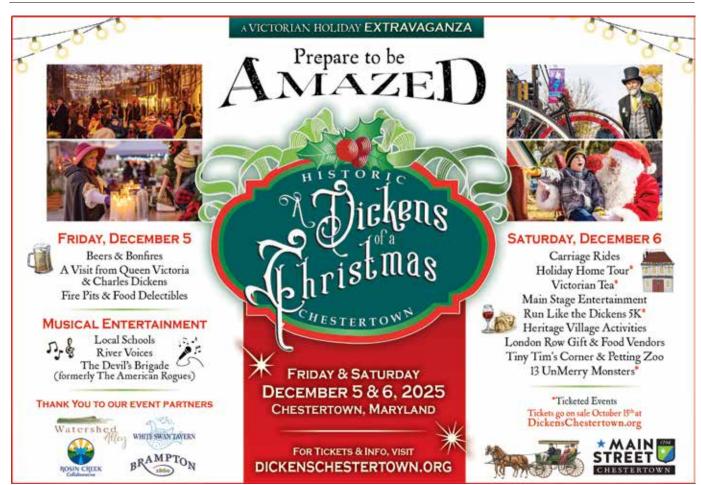
















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5440 Ferry Neck Road | Royal Oak | Offered at \$3,250,000

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9171 Deepwater Point Road | Saint Michaels | Offered at \$1,635,000

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## **Host-Centric** and Hassle-Free Living

AN UPSCALE, WATERFRONT **CONDO RENOVATION** HARNESSES FORM AND **FUNCTION** 

By Lisa J. Gotto



hen you're a consummate corporate professional who spends many hours either at the office or traveling for business, you are keenly aware of how precious the time you

spend at home is. For our feature homeowner, a newer Annapolis resident, the complete renovation of her recently purchased 2,200-square-foot condo, needed to transcend what she thought of when she heard the term "condo."

"I was looking for a condo that felt as spacious as being in a home but also [provide] a hassle-free life when I come home."

#### **LOW POINTS &** HIGH EXPECTATIONS

The expectation standpoint was high for this project as the homeowner, a transplant from her native Illinois, needed to transition from a rental to a permanent home after assuming a new professional role in the area. As such, the need to create a worthy homebase was imperative.

With little to no flex time for home maintenance and repairs, the condominium option made sense. The homeowner zeroed in on this particular condominium complex for its location and long-standing reputation for providing the ultimate in greater Annapolis living experiences.

THE PROJECT: An upscale 1980s-era condominium; well-kept but only moderately updated over the last several decades. A fresh approach would be needed to make the dwelling better suited for active 21st-century living. Strategic and thoughtful planning would be required as there was zero possibility of adding square footage.

THE PLACE: Annapolis' close-knit community of Eastport. Known for its maritime village aesthetic, this condo's location is fortuitous in terms of its quintessential waterfront views and its proximity for frequenting the bustling downtown on foot.

**EXECUTING THE PLAN: After** receiving positive feedback from a work associate, our homeowner chose the team at Bayview Builders of Annapolis to convert a conventional boxy dwelling with downsides such as low ceilings and limited gathering spaces into a seemingly limitless space in terms of form and function.



"I've moved from a huge Chicago house in the city with a big yard," she explains. "So, it's like been there, done that," she continues of the choice to take her home life in a different direction in Annapolis.

The homeowner says she spent much time on the water during her life in Illinois, so finding a location in Annapolis where she could evoke her love of the water, would definitely help her feel more at home in her heart."I always need to live someplace where I can wake up and look out to the water or close to it. So, this is my dream place and having boats [around]...my front yard's full of boats!"

Indeed, her now-gorgeous ground-level condo provides a postcard perfect view of Spa Creek from several vantage points. Providing the ultimate environment to take in those views became the responsibility of Rich Lang, Bayview Builder's Director of Construction and Shawn Killian, Construction Manager.

Lang explains that he knew that this project presented the potential for significant "before and after" impact after first walking into the space, which had already been partially demo-ed for feasibilities.





"What [the owner] purchased was a very vanilla, uninspired space that was then upgraded with a very intentional floorplan reboot, with a personalized lighting plan and controls, and crowned with luxury-level finishes."

This re-boot, says Lang, would primarily affect what he calls the public wing of the residence, namely the living room, bar, kitchen, dining area, and exterior deck. This entailed essentially gutting nearly the entire unit down to the exterior walls and then rebuilding the interior walls close to their original locations with the exception of the kitchen.

"Portions of this area were reimagined to create a visual connection with the adjacent dining room and living room spaces," Lang adds.

#### THE PHYSICAL AND VISUAL CONNECTIONS

Re-imagining and then creating work-arounds for how spaces would connect and flow going forward became the responsibility of Gina Valenti of Abrams Valenti Interiors of Chicago.

Like Lang, Valenti had many of the same first impressions of the space in general.

"The vintage of the residence didn't necessarily bless us with abundant ceiling height, which I think is one of the challenges of the space," Valenti explains. "I would call it like '70s/'80s, a lot of drywall, a lot of vanilla drywall. It was completely devoid of architectural details. And I think that was just maybe the era and the stripping down as iterations of this home happened during the course of its existence."

The re-imaginings and work-arounds started from the get-go with the home's entry, which was originally much narrower and tunnel-like leading back and into the main living area. The owner did not wish for the residence to have an apartment-like feel upon entering. To accomplish this, the dark and blasé entry needed particular consideration.

This meant that a section of a half-height wall that was creating a dark shadowy corner in the entry needed to go. And it did. Replacing it was an architecturally elegant railing that is unobstructive and lends interest.

"We wanted to just extract the light from the living room and get it into that entry hall because it needed it so desperately," adds Valenti, who employed two additional approaches to counter the low ceiling height in the space.

An attractive element of wood trim was then applied to the ceiling and a gorgeous, Perry style brass lighting fixture design from Ralph Lauren's line for Visual Comfort, provided a crowning and functional touch to the entry in a way that some standard lighting choices may not have.

"No one has ever walked into a room and said, 'I love those recessed [lighting] cans. I'm so glad you got 12 of them in there," Valenti muses.



Adding touches of accent lighting "everywhere," over works of art, and within molding and millwork wherever feasible was another strategy employed to address the structural challenges normally associated with condo living. "But instead of big, beefy, traditional crown moldings that have these big swoops or angles or curves or curly cues, which are wonderful, and I love them for specific homes, this wasn't the place. So, we have tons of flat surface [molding] to go on the ceiling or on the wall."

Underneath everything, Art De Vivre European white oak wood floors in wide planks provide both panache and warmth while connecting all the spaces; the color of the wood being lighter, and not something heavy which would absorb the available light. The same wood was then used in the aforementioned railing, which was intentionally chosen to bring an air of nautical whimsy to the space.





#### MISSION CRITICAL LAYOUT AND OPTIMAL FURNISHINGS

This residence's main living space needed to check many boxes for this ambitious homeowner who loves to entertain. To do that well, Valenti says they created a layout for the furniture that would orient the view out to the water.

"The house also needed to be able to function as a place where she could receive guests and people don't feel boxed in."

So, pieces that moved and enabled movement around them, like the orange upholstered swivel chairs in the living room, were intentionally chosen for their versatility. As were the ottoman and cocktail table combo chosen for their style and substance providing a place to put one's feet up or to pull out the ottoman entirely to be used as additional seating or even as a game table.

"We like items that can do multiple things. I think that is a really fun way to add function to a space," Valenti says. "Even in, if you look at that elevation of the fireplace, there's a little table with some ottomans over to the side, and that is beautiful by itself."



This room is also elevated in its design with the somewhat sneaky integration of a posh and purposeful cocktail bar off the living room. When not in use this incredibly creative space disappears behind the fireplace wall as if it were an ultra-stylish speakeasy. What could have been a coat closet or modest flex space, as seen in comparable condo units, was taken to an entirely different place once the team leaned into the homeowner's love of entertaining and collecting fine wines.

This "little treasure" of a room was inspired by the magic of what happens when a child discovers something wonderful that was hidden.

"You go in and it's just luscious blue and it's lacquered, and it's lustrous. And she gets to put her silver on display in there," Valenti says.

Complementing these elements of blue on the opposite side of the room, are those naturally-created postcard-like views, that were constructively enhanced by the installation of a set of Loewen Liftslide doors that lead to the gorgeous outdoor dining and living space. It essentially doubles the square footage of the owner's available living space.





#### THAT AMAZING KITCHEN

This home's original kitchen was completely closed off from the rest of the living space to the point where there was no visual connection. This issue created the most substantial workaround required by the construction and interior design teams.

Understanding how to mitigate the structural limitations within the special constraints associated with the nature of this home being a condo, was where Bayview's technical superpowers really paid off for everyone involved.

The team discovered that they would be able to remove some abandoned pipes in the wall which were no longer necessary, enabling them to free up a substantial amount of space. The result is what Valenti calls, "a living, active kitchen."

It would be fair to add sumptuous and ultra-functional to the list of this room's attributes, which include dreamy Infinity White quartzite countertops that connect sight-wise to the fireplace surround and to the cooktop range's hood and apron creating a visually exciting relationship within the living space. A backsplash of Chinois Field tile in New Lagoon by Ann Sacks adds an aquatic-like finishing touch to the entire living space which serves as an intrinsic art gallery of sorts for the homeowner's most cherished collection.



#### **INSIDER INTERIORS TIP**

The interiors team suggested not adding a utility drawer directly below the range top, opting for the sleek addition of a sink-like apron of stone instead. The option to place cook-top controls above and not adding the drawer, which oftentimes is a clothes and stain-catcher near the range, creates a more stream-lined appearance and is ultra easy to keep clean.



A wisely integrated wall of appliances and storage extends into the dining space offering a clever and attractive buffet. A yummy, round almond-finish Barbara Barry for Baker Furniture dining table and Laurent dining chairs in an ash dark walnut complete the visually advantageous dining room creating the ultimate, host-centric indoor-outdoor entertaining space.

And it is obvious that the homeowner agrees. "I'll just say this. I had some of my colleagues and team over—a bunch of youngsters, and I told them that I'd take them out to the yacht club, or I'd go out wherever...and they're like, 'No, we just want to go to your house."

She adds, the night that was intended to be a quick, after-work hangout, lasted late into the evening. "It's so wonderful that people just love to be here and they feel so relaxed and comfortable."



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#### **FARMHOUSE STYLE IS ROOTED IN CLASSIC ARCHITECTURAL DETAILS** AND AUTHENTIC MATERIALS.

That sense of perennial charm originates from materials and structures that are warm, historic, and character-rich. Exposed beams, original or reclaimed hardwood floors, and layered shiplap walls speak to historical structures prized for their functionality and built to last. These elements are also made of natural materials, which tend to be enhanced in character over time by developing a patina, showing enriching signs of wear, and adding texture with their grainy nature. In short, these structures hold their value, and value never goes out of style.

## **Farmhouse** Classic

#### **5 KITCHEN CONCEPTS THAT NEVER GO OUT OF STYLE**

By Lisa J. Gotto



hether you're heading home for the holidays or you're providing the home during them, there's little doubt at some point during the festivities you will be hanging out in

the kitchen—the most convivial, social space in the house. And if you've chosen a modern farmhouse-style kitchen, it is probably cozy and as cordial as heck right now.

While the trend talk on the street may have you believing the modern-farmhouse aesthetic is, 'Oh so over, we beg to differ. Why? Because there are aspects ingrained in this vibe that go well beyond trends that not only speak to perennial charm, but to long-standing functionality and form.

Here are five reasons why the farmhouse kitchen need not ever go out of style.



Image courtesy of tidbits-cami.com

#### **Baked-in functional** elements that elevate décor.

Literally, some elements are baked in (think wall plate décor and items of vintage copper or tin) because this style particularly celebrates everyday items, such as bakeware, dishware, and serve ware, as décor. Another great example of this concept is open shelving. Not only does this approach to storage work from a convenience perspective, but it also bestows upon the individual who made that choice, the ability to create a vibe by combining what is needed with what speaks to them as beautiful and inspiring. Adding items such as purposeful pottery, vintage jars that can easily double as drinking glasses, and treasured cookbooks, or even photos, all add classic appeal that is timeless.



Image courtesy of theenglishhome.com.uk

#### Cabinetry and hardware with adaptable and l ong-lasting appeal.

Typically, the look of cabinetry within the farmhouse framework mimics the roots of Shaker style which emphasizes a pared-down and clean approach. This look, with its traditional paneling and neutrally painted or stained finishes, particularly transcends time and trends. This simply refined and modest look then blends particularly well over time especially when paired with durable hardware like brass or wrought iron that develops a patina. And when it comes to hardware, it is no wonder that the farmhouse pull is among the most enduring of all hardware options in the kitchen category. Its classic style and durability remain sought-after, unmatched, and replicated time and time again in kitchens the world over.

#### THE DRAMA AND **CHARM OF FARMHOUSE-**CENTRIC LIGHTING.

When paired with task-oriented lighting, the look of iconic farmhouse lighting fixtures in the form of oversized pendants, enamel fixtures, or wrought-iron chandeliers, lend an unmistakable sense of drama and charm creating the bridge between the practical and the decorative in the kitchen. When well-chosen for quality and thoughtfully executed, these features will also transcend the urge to splurge on something as fleeting as a trend for the foreseeable future.



Image courtesy of marthastewart.com



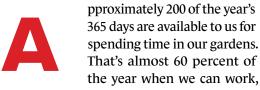
THERE'S IMMUTABLE BEAUTY IN AGE.

Regardless of what our culture may message to us about aging, it is the farmhouse aesthetic that has been subtly embracing the beauty of age for generations. When thinking of its most recognizable features such as the apron-front sink, the use of re-claimed wood, and butcher block countertops, all these features, much like heirlooms, lean into that precept that some things improve with time. And unlike trend-chasing, the concept of the farmhouse kitchen is more about cultivating a sense of warmth and authenticity and then blending in the aspects of function required for modern-day living. By weaving in honest materials, curated displays, enduring structure, thoughtful lighting, and layers of your family's history, you'll create a kitchen that provides a homebase for the holidays for years to come.

## **Look Back** to Move **Forward**

#### TAKING STOCK OF YOUR GARDEN

By Janice F. Booth



walk, or think about our gardens. And now, when our gardens rest and are quiet, we have the opportunity to look back over the gardening year's successes and failures, delights and disappointments, while the season is still fresh in our mind's eye.

There are two areas I suggest we examine and build upon. The first is the traditional reflection of "What worked and what didn't?" The second is forward thinking "Garden dreams." (I think this part is lots more fun.) But let's be responsible here and begin with the practical issues.





#### WHAT WORKED AND WHAT DIDN'T?

- 1. Photos and Notes: Look through the summer's photos and read through your gardening journal (if you kept one).
- Look for pictures from different parts of the summer.
- Link up those pictures with any notes you made during the same periods.
- Organizing by sections, make a list of beautiful seasons and lovely areas. Consider lushness, colors, height, and texture.
- Has plant growth changed the amount of sunlight various flower beds are getting? Do plants need to be moved because of the shade from the expansive crape myrtle? Or did removing that old maple tree give shade-loving plants more sun exposure?
- ◆ List the plants (both annual and perennial) that flourished over the summer, and list the plants that struggled or failed completely. If you know the specific cause of any of the successes or failures (new fertilizer or insect invasion) add that information.

#### 2. Seasonal weather conditions.

- Make a list of any major weather events during the previous growing season.
- List the general weather conditions, month-by-month if you
- On that larger list you just compiled of seasonal successes and botanical successes and failures, make some simple notes (maybe symbols for "wet" or "dry," "hot" or "cool.")
- ♦ Your conclusions. Perhaps by season or area of the garden (if your garden is extensive) make a list of your conclusions: List areas of the garden that need to be replanted—fully or partially. Make two lists: Plants that love your garden and plants that do not. Prioritize projects for next spring and summer.

Now you have an anecdotal foundation on which to build your garden revisions and plans for next year. These plans will guide you as you look over the garden catalogues and/or discuss the new season with your gardener or landscapers.

#### YOUR DREAMS FOR THE GARDEN.

- 1. Start by letting your imagination run wild. Perhaps, like me, you have saved pictures of gardens or plants or garden features that you particularly admire. Lay them out; take a little time to savor the possibilities.
- 2. Make a list or organize the pictures of those charmers. Separate them into "Possible" and "Ah, if only" groups. For example: Seating: add a bench, relocate the swing set, eliminate tired Adirondack chairs. Focal Point: Time to add a birdbath? Fountain? Pond? Sculpture? Special Planting: an unusual or special plant or shrub; devise a theme for part or all of the garden. Watering system: add, expand, revise (Tired of dragging that hose around and carrying the watering can?) Perhaps the current sprinkler system needs to be cleaned and reset for optimum service. Were there puddles last season where water was misdirected? Did the timer overwater some of the flowerbeds?
- 3. If your "Possible" list and those pictures are too sparse, do a bit of wandering around on the internet. The various websites have so many ideas for gardens. Caution: Be sure the ideas are appropriate for our hardiness Region 7.
- **4.** Over the summer, did you amble around your neighborhood or take a drive to other neighborhoods where gardens were visible? Did you peek past the gates and over the hedges; see what fellow gardeners are doing? Any possibilities there for your garden next season?
- 5. Perhaps, like me, you're always seeking ways to keep your garden blooming all season—colorful blossoms from May through October. This might be the winter to move ahead with the expansion of your three-season bloom calendar. List which flowers bloom each month and whether they're perennial (preferred) or annual (where to buy and who'll plant them.) It's a challenge!





- 6. Consider adding or enhancing your garden's paths and walkways. I recently widened my garden's paths by three inches, simply by cutting back some of the enthusiastic groundcover along the path. (I'm not a big fan of edging; I prefer the softer look of ivy, periwinkle, or pachysandra along the flowerbeds' borders.)
- 7. Has your neighborhood grown a bit more bustling? Would you like more privacy in the garden? Perhaps a project to install trellises and plant some lovely vines – those showy clematis blossoms or fragrant honeysuckle. Or, encourage your hedges to grow higher; but, be careful that you think about how you'll trim the taller version of your hedge-fence. Will your gardener have to use a stepladder or long hedge-clippers?
- 8. What about adding a plot for growing vegetables? If you have a sunny flowerbed, it could be the start of something wonderful—homegrown carrots, tomatoes, and fresh-off-the-vine peas and green beans. If you've got a chef in your household, there may be some herbs that would be lovely in your garden. (Caution: herbs tend to grow with abandon; dare I say... like weeds.)

With the *must-do* and the *this-is-the-year* lists on your desk, you can wander through the gardening magazines and catalogues focusing on your well-considered objectives. When March arrives and you're eager to start puttering in the garden, you'll have some fun goals before you.

## **Year-Round Shore Living**

By Lisa J. Gotto

ocated just five minutes from historic and scenic St. Michaels, this amazing five-acre, waterfront property in Neavitt, is perfect as either a year-round compound or super summer getaway for families that live large.

With more than 11,000 square feet of total living space divided into two separate living quarters in the contemporary main residence, and a totally separate guest house, accommodations and opportunities for generational living abound in one glorious waterfront property.

The exquisite main residence opens to a lightfilled, two-story foyer with a gorgeous staircase, outstanding wood and trim work, and a forward view through to the main living space and out to the Broad Creek waterfront.

**Primary** Structure **Built: 2006** 

Sold For: \$3,650,000

Original **List Price:** \$3,795,000

**Bedrooms:** 6

Baths: 6 Full, 4 Half

Living Space: 11,700 Sq. Ft.

Lot Size: 5.38 acres

The foyer opens to the right to reveal a large, formal dining room flooded with natural light. Luxury vinyl plank floors in rich wood tones flow throughout, and into a dreamy, all white kitchen with custom cabinetry and water views.

This space is well-executed for function with its integrated stainless steel appliances, including an impressive gas cooktop. A large center island with prep sink and double ovens is topped with gleaming white quartz that matches the wealth of countertop space that frames the room. This exceptional gathering space flows from island to high-top dining, and then to a spacious informal dining space, all of which overlooks the water with a series of vertical picture windows and glass-front doors providing access to the grounds.

An adjacent tranquil and sunny family room benefits from two stories of large windows and is comfy and lovely with its gracious fireplace with brick surround and custom built-ins on either side.













This residence offers the convenience of a first floor primary suite that acts like a retreat with its soothing views of the home's backyard hardscape that includes an exquisite, in-ground salt-water pool and views to the creek. A handsome primary bath offers separate vanity areas, rich wood cabinetry, a jetted soaking tub, and a large, glass panel shower with attractive subway tile detail.

The voluminous floorplan of this home flows to include a fully-renovated guest wing that features an additional first-floor suite. Following along the plan and through an interior breezeway, guests will also have the opportunity to enjoy a private wellness wing complete with an Endless pool swim and spa combo, a fitness room, and a cozy lounge with a fireplace and media setup.

Additional main residence lodging includes a second-level suite and guest room, all with updated baths and large walk-in closets.

The property's amazing guest house offers a stylish kitchen, an open-concept living and dining area, a screened porch, a ground-floor primary suite, and laundry facilities. And if that wasn't enough, there are two more bedrooms, on the second level, as well as a shared living space, and an updated full bath.

All this and 300 feet of rip-rapped shoreline and a private dock are sure to keep all the generations living there healthy and happy.

Listing Agent: Joe Bray, TTR Sotheby's International Realty, 209 Main Street, Annapolis, m. 410-936-8904, o. 410-280-5600, jbray@ttsir.com, sothebysrealty.com Buyers' Agent: Kim Simpson, Thyme Real Estate, 104 W. Main Street, Middletown, DE, m. 302-690-0245, o. 302-449-1422, kim@kimsimpsonrealtygroup.com, kimsimpsonrealtygroup.com



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## **Pristine Vista** in Chester

By Lisa J. Gotto

t's what everyone wants when they live on the shore; that pristine water view dotted with watercraft and the sounds of waterfowl overhead. Chances are very good that the new homeowners of this

2,800-square-foot contemporary home will have both with their pretty acre property off of Crab Alley Bay on Kent Island.

Life-affirming sunrises are the order of the day here in the highly-desired waterfront community of Southwind. Lush grounds surround this lovely four-bedroom home, adding to its tree-lined curb appeal.

Primary Structure **Built: 1992** 

Sold For: \$1,700,000

Original **List Price:** \$1,700,000

**Bedrooms:** 4

Baths: 3

Living Space: 2,824 Sq.

Ft.

Lot Size: 1.10 acres











Inside the entry, guests will first notice the picturesque view they have of the waterfront as they enter the living room with its generous natural light and attractive light knotty hardwood floors. This openplan living and dining space is bright and airy and is easily accessible to the adjacent kitchen.

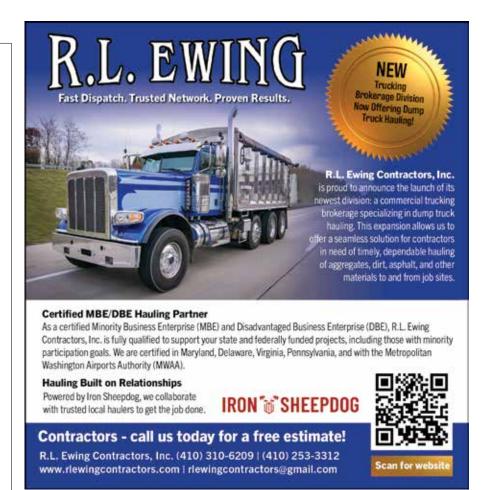
This pretty space has gorgeous wood cabinetry, stainless steel appliances including a gas range, and an adorable breakfast nook overlooking the water. In addition, a spacious peninsula counter topped with granite seats four on its opposite side, which flows into the home's sunny family and adjacent sunroom.

The family room features an attractive stone fireplace wall and lovely wood beams overhead that extend into the sunroom with its incredible views of Crab Alley Bay. The sunroom provides dual access to the home's outdoor patio areas, where you can take in the sight of the property's private dock.

This home's floorplan features three generous bedrooms on the main level of the home and a beautiful, water-facing primary suite on the second level along with a flexible loft space.

Many more amenities await the new homeowners in the community's common areas including a boat ramp and pier, nature trail, basketball and tennis courts, and club house.

Listing Agent: Lynn Tuozzo, Berkshire Hathaway Home Services | PenFed Realty, 565 Benfield Road, Severna Park, m. 410-916-0050, o. 410-647-8000, lynn.tuozzo@penfedrealty.com, penfedrealty.com Buyers' Agent: DeeDee McCracken, Coldwell Banker Real Estate, 170 Jennifer Road, Annapolis, m. 410-739-7571, o. 410-224-2200. dmccrackencbmove.com. coldwellbanker.com



### The Trippe Gallery A Horse Show



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The nomination period for the 2026–2027 Leading Lawyers officially opens November 1st to all legal professionals in the Chesapeake Bay region. Lawyers (and judges) currently practicing law are encouraged to nominate their legal peers in more than 35 legal specialties for this distinguished honor that recognizes the best local lawyers. This is your opportunity to nominate which lawyers should be acknowledged as leaders in their various areas of practice. We thank you in advance for participating in this valuable service. Nominations will close December 31, 2025. Results will be published in our May 2026 issues.

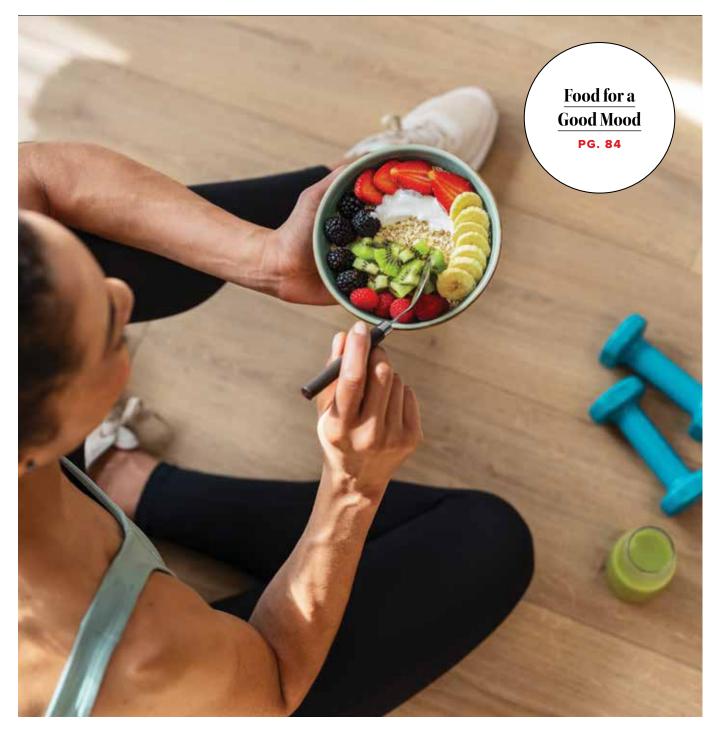


# Health & Beauty

82 A NEW TREADMILL WORKOUT

83 EARLY TO BED, EARLY TO RISE...

**86** WHAT'S A DOCTOR OF OSTEOPATHY?



# A New Treadmill Workout

12-3-30

By Dylan Roche



verthinking the numbers of your treadmill workout is a treasured pastime of anyone who's ever tried to suffer through a sweat session. But maybe those

numbers don't have to be as complicated as you think. When it comes to incline, speed, and duration, the three most important numbers you need to remember are 12-3-30.

It sounds almost too simple: You set your treadmill at 12 percent incline, at 3 mph, and walk for 30 minutes. A half-hour walk shouldn't be too strenuous, right?

But there's a reason this workout exploded on social media during COVID lockdowns and many trainers continue to encourage it today—it works! And it might be more challenging than you expect.

#### IS IT THAT HARD?

The Cleveland Clinic explains the challenge factor by noting that walking uphill is harder on your body than walking on a flat surface, which can double the calorie burn depending on your weight and fitness level. According to a peer-reviewed study by the High Altitude Exercise Physiology Program at Western Colorado University, participants burned 220 calories per session on average. Possibly more importantly, participants rated the workout as highly enjoyable, which means someone is more likely to stick with it.



#### Want to give it a try? Get the most out of it (and keep it safe):

#### Start (and go) at the intensity that's right for you...

As with all workouts, it's not a one-size-fits-all thing. "A fixed 12 percent and 3 mph [walk] can be too hard for beginners or too easy for the very fit," says Dani Singer, founder of a regional personal training studio. He recommends adjusting the speed and incline as needed.

Make sure you're using good form... Watch your posture, swing your arms to keep your momentum going, and don't lean on the handrails of the treadmill. Bad form can lessen the effectiveness of the workout at best and put you at risk of injury at worst. "Rail-grabbing nerfs the workout," Singer says. "Holding the handrails measurably reduces [oxygen consumption] and heart-rate responses, so you get less conditioning at the same settings."

Make it part of a varied routine... Doing this workout five days a week is enough to get the 150 minutes of moderate cardio recommended each week, but don't neglect strength training or flexibility training. "Doing the same treadmill routine daily can sometimes lead to overuse injuries," says Dr. Suzanne Manzi, boardcertified physician in obesity medicine. "It's a good idea to mix in other forms of aerobic exercise, strength training, or cross-training as well."

# Early to Bed, Early to Rise...

**EXPLORE WHAT MAKES SOMEONE** A MORNING PERSON (AND IF IT'S HEALTHIER)

By Dylan Roche



nyone who has ever had to drag themselves out of bed before dawn or stay productive when it's very late at night will likely agree: Some people are just morning

people and others are night people. But why? Is it social conditioning? Or is there a biological reason some people are at their prime certain times of day?

First, it's worth establishing what people mean when they talk about a morning person vs. a night person, as there's no formal medical definition.

#### **MORNING PEOPLE:**

- Are able to wake up early, often without an alarm
- Their brain is most alert and energy levels are highest in the morning
- ◆ They struggle to sleep in even if they stay up late

#### **NIGHT PEOPLE:**

- Are able to stay up late, often without caffeine
- Their brain is most alert and energy levels are highest late at night (after 9 p.m.)
- They struggle to fall asleep early even if they're tired

Socially, some people see early rising as a virtue—there's something commendable about getting up before everyone else to start working. But the American Health Association notes that it rarely has anything to do with discipline or work ethic, and many accomplished people are night owls.



#### **BUT WHY?**

If it's not about discipline, then what is it? Sleep scientists refer to what's known as a chronotype, a natural inclination toward a sleep-wake pattern guided by biological clocks in our cells. These internal clocks determine our brain energy, our mood, our hunger, and our sleepiness all throughout the course of a 24-hour cycle. And they're determined by our genetics.

That's actually a good thing. Think about it: Our primitive ancestors probably relied on having a shorter window of time when everyone was asleep. Having members of a hunter-gatherer tribe on different sleep schedules made it more practical for someone to stay up and keep watch while others were sleeping.

**But there are other factors** besides genetics at play, including... Age: Many of us start out morning people as small children but then become night owls as teenagers—that's a natural circadian rhythm. In our 20s, after we're done fully growing, most of us become an intermediate between the two

extremes. Schedule: If you're frequently getting up early or working the night shift, you can get used to it. This can cause a lot of people to experience a kind of "social jet lag" when you're thrown out of your usual schedule, such as staying up late on the weekends, for example.

#### IS MY SLEEP **SCHEDULE HEALTHY?**

Maybe. For someone who is naturally inclined to sleep in, it can be difficult to adjust to the hours when the rest of society is awake and functioning. This is why many natural night owls might suffer from depression, stress, or high blood pressure—they're defying their body's internal clock.

> Want to establish a better sleep routine? Here's what the Sleep Foundation recommends:

- Get regular exercise and exposure to sunlight throughout the day
- Avoid caffeine and alcohol
- Resist the urge to take naps late in the day
- Establish a bedtime routine by putting electronics away, engaging in quiet activities, and sleeping in a room free of clutter, noise, and excess light

## Food for a Good Mood

By Dylan Roche

### "You are what you eat."

t's one of those expressions about nutrition most of us have heard often throughout our lives. Our food choices affect our body composition, like how much muscle we have, as well as our ability to fight sickness or infection.

But what we eat also dictates our mood. Whether we're happy, sad, angry, stressed, carefree, or just completely unpredictable could be largely determined by what we're feeding ourselves—and how those foods influence our emotions.

#### **PSYCHOLOGICAL VS. PHYSIOLOGICAL**

In many ways, this is psychological. As Whitney Linsenmeyer, PhD, RD, LD, spokesperson for the Academy of Nutrition and Dietetics, points out, "In the context of emotions, certain foods or eating behaviors may elicit specific emotions...while certain emotions may prompt us to respond with food."

As an example, she points out how warm soup might elicit feelings of comfort or security, or how some of us dealing with feelings of anxiety will make ourselves a cup of warm tea to quell that bad mood.

**BUT THERE'S VERY MUCH A** PHYSIOLOGICAL ASPECT TO IT, TOO. NUTRITION INFLUENCES OUR:



#### **BLOOD SUGAR AND ENERGY...**

Refined carbs and sugary foods cause spikes and crashes in blood sugar. When our blood sugar isn't stable, we feel irritable or fatigued. If we eat a balanced meal with protein, complex carbohydrates (including fiber), and healthy fats, we have stable blood sugar levels, which ensures a steadier source of energy.

#### BRAIN CHEMISTRY AND HORMONES...

Systems of our body run on nutrients. Without certain vitamins and minerals, our bodies might not produce hormones as efficiently or send out neurotransmitters. This is why people who have nutritionally dense diets—ones built on vegetables, fruits, whole grains, lean proteins, and healthy fats—tend to have better emotional well-being. (And why people who have highly processed diets tend to struggle with mental health issues like depression and anxiety.)

#### FEEL-GOOD NUTRIENTS

So, it's worth asking ourselves: What systems in our body are responsible for our mood, and what nutrients support those systems?

Some of these you might be familiar with. For example, **iron deficiency** can leave us feeling fatigued and unable to concentrate, which makes it difficult to deal with our problems, stay positive, and focus on daily tasks. Iron-rich foods like red meat, leafy greens, lentils, and beans can ensure that our blood continues carrying oxygen to every cell in our body.

Then there's a vitamin D deficiency, which puts us at risk for depression and seasonal affective disorder (SAD). Most of us can get sufficient vitamin D from the sun, which explains why we're less likely to suffer from depression in sunny weather. Milk, eggs, fatty fish, fortified cereal, and mushrooms can help us get the vitamin D we need to not get in a slump when we're not seeing as much sunshine.

But what about the nervous system? When our nervous system isn't functioning properly, we can't regulate stress or stay calm.

"The central nervous system—brain, spinal cord—and digestive system, especially the intestines, play key roles in our moods," Linsenmeyer says. "A nutrient-dense, balanced diet with plenty of variety will support the health of these systems. Think plenty of vegetables, fruits, whole grains, lean protein, and healthy fats, with limited added sugars, saturated fat, and alcohol."

On the subject of our digestive systems, consider the fact that our intestines have a balanced microbiome of good bacteria that help us break down food and stay healthy. Most of the serotonin, aka the feel-good neurotransmitters, that give our emotions a boost are made in the digestive tract. Maintaining a good balance of bacteria can help. Linsenmeyer says a balanced diet supports good gut health, but the most beneficial are foods with probiotic properties, like yogurt and kimchi, and prebiotic properties, like onions, bananas, and leeks.

#### SHORT-TERM SATISFACTION

Here's a situation most people can relate to: You're crashing in the middle of the afternoon, so you turn to a sugary caffeine drink to get you through. Or you're feeling down, so a friend suggests going out for ice cream to give you a little bit of comfort. Why do these foods that are traditionally considered "unhealthy" make us feel better?

Remember that the boost you get from these less nutritious foods is temporary. "In the short term, many 'treats' give us a short-term mood boost, especially those with added sugars," Linsenmeyer says. "It is absolutely fine to enjoy those treats in moderation, including the mood boost that may come along with a delicious piece of chocolate or scoop of ice cream. In the long term, however, a balanced dietary pattern rich in vegetables, fruits, whole grains, and lean protein will ultimately help to support mental health and well-being."

Remember that those refined carbohydrates cause rapidly rising and falling blood sugar levels. Similarly, caffeine might give you a burst of energy in the moment, but it causes you to crash later—all while affecting your sleep cycle, which can cause long-term tiredness. Caffeine even causes anxiety and jitteriness for some people in low to moderate doses.

#### FOOD IS JUST PART OF THE BIG PICTURE

Yes, nutrition affects your mood. But there are other factors to consider. Linsenmeyer notes that food and nutrition should be considered alongside other factors like sleep, physical activity, stress, medications, and hormone levels. She says working with a registered dietitian can help optimize your diet.

And if you think your food choices might be putting you in a bad mood? Pay attention to patterns. "To get in touch with how foods affect your moods, and vice versa, try keeping a food journal for a few days," Linsenmeyer says. "Write down what you ate, when, and what your mood was before, during, and afterwards. Then, reflect and see if you notice any patterns in your own eating; do you tend to eat when you are bored? Do you tend to cook more meals at home when you are in a good mood? Try and reflect with nonjudgment, then consider what patterns you may wish to change, if any."



#### **MOOD FOODS**

Try these foods for the right kind of pick-me-up

#### Leafy greens (spinach, kale):

rich in folate and magnesium for neurotransmitter support

Bananas: full of vitamin B6 and tryptophan for serotonin

Fatty fish (salmon, sardines): omega-3 fatty acids to boost brain health

Legumes (lentils, chickpeas, black beans): rich in iron for oxygen delivery to your cells, plus fiber to stabilize your blood sugar

> Yogurt: for probiotics to balance out your digestive microbiome

Oats and whole grains: for slow-release carbohydrates to give you steady energy

# What's a Doctor of Osteopathy?

By Dylan Roche

ake a look at your doctor's credentials. It probably says MD—"Medical Doctor." That's the credential held by most physicians in the United States. But what if you see a doctor whose name is followed by the letters DO—"Doctor of Osteopathic Medicine"? What exactly does this mean?

The explanation is very encouraging! Doctors of osteopathic medicine, like medical doctors, are fully licensed physicians, and it's increasingly common to see them in health care settings like clinics, hospitals, and specialty practices. Specifically, there's been a 70 percent increase in DOs within the past decade.

As you might expect, there are some key differences, mostly in what type of training they do and their philosophical approach.

> First, it's helpful to understand how DOs and MDs are similar. To achieve these credentials, both of them had to ...

- Attend four years of medical school
- Complete a residency program in a medical specialty

And their credentials mean they're able to prescribe medication, perform surgery, and practice medicine in all 50 states. So, what's the difference?

A medical doctor follows what would be described as an allopathic approach: There's a focus on diagnosing and treating disease with medications, surgery, and other conventional methods.



A doctor of osteopathic medicine focuses on, as the name suggests, osteopathic medicine: supporting the body's ability to heal itself, focusing on the connection between the body's many systems, and practicing preventative care.

But it's important to remember that a DO is a legitimate doctor as much as a MD-a DO is not the same as a homeopath, a loose and unregulated label for an alternative healer who does not necessarily have a medical degree. Far from engaging in alternative medicine, a DO will still treat you via surgery and prescriptions, while focusing on what you can do in addition to these medical interventions.

For example, a patient with high blood pressure will likely be prescribed medication from both doctors that could help with their condition, but a DO will emphasize a detailed lifestyle plan focused on diet, exercise, stress management, and sleep to reduce dependence on those medications over time.

So, why does it seem like osteopathic medicine is growing in popularity? There are a few key reasons:

More medical schools offering osteopathic study: The American Osteopathic Association estimates a quarter of all medical students in the United States are training to be Doctors of Osteopathy.

Similar training and focus: DOs are training alongside MDs in residency programs and pursuing similar fields like family medicine and pediatrics, where demand is high.

Holistic appeal: Modern patients appreciate doctors who emphasize whole-person care and prevention, especially in the long term.

# Food & Dining

88 ESPRESSO, SWEETS, AND WATERFRONT VIEWS

90 READERS' DINING GUIDE



# Espresso, Sweets, and Waterfront Views

By Lisa A. Lewis



pened in August 2019, Dessert First celebrates life's simple pleasures. Conveniently located next to Harris Crab House, the dockside coffee and dessert bar offers a wide selection

of delicious coffees and an ever-changing array of cakes, pastries, and ice cream treats—all in a peaceful waterfront setting. Owned by Bill and Sherrie Oertel, this cozy gem provides the perfect place to relax and enjoy the view.

"We believe Dessert First is a special place," Sherrie says. "Guests can enjoy coffee and dessert while catching up with a friend or grab a muffin and coffee on their way to work. They can even watch the watermen bring in their crabs and oysters keeping the history of Kent Narrows alive. We hope people realize that where we live is a treasure."

To learn more, we recently talked to Sherrie.





#### **DESSERT FIRST DOCKSIDE COFFEE & DESSERT BAR**

433 Kent Narrows Way N., Grasonville • 410-725-5767 • dessertfirsthch.com

What inspired you to open Dessert First? Bill and I wanted to bring something different to the area. About 20 years ago, we visited a dessert café in Charleston, South Carolina, and after every trip we'd say, "We need one of these at home." We're passionate about good coffee and dessert. Bill's grandfather, William H. Harris, who founded W.H. Harris Seafood in 1947, used to say, "Have dessert first." Even now, when Bill and I dine out, we decide on dessert before the meal!

Tell us about your background in the restaurant industry. Bill and I have spent roughly 40 years in the restaurant world, working every job imaginable—starting as bussers and growing from there. In fact, we met at the restaurant and just celebrated our 30th wedding anniversary. We're part of the Harris Crab House family, which has been in the restaurant business for more than 75 years.

Describe your menu options. Our menu changes regularly with new desserts, pastries, and ice cream flavors. Guests can find fresh-picked berry tarts, cookies, homemade croissants, and cakes made with care.

We also serve a full coffee shop lineup—from classic drip coffee to lattes, cappuccinos, and cold brew—along with a seasonal specials board. Our talented barista, Megan Sparhawk, hand paints a beautiful chalkboard each season, featuring creative drinks dreamed up by our staff. Where else can you try a "Smith Island Cake Latte"?

In addition to sweets, we serve breakfast daily, including sandwiches and frittatas.

What are some of your top-selling items? Our Chocolate Sin is a fan favorite. It's a fresh-baked brownie nestled in a sugar cookie crust, layered with chocolate mousse and chocolate shavings and topped with a chocolate-covered strawberry. Another bestseller is our Peanut Butter Mousse Babycake. It disappears faster than you can imagine!







Tell us about your local vendor partnerships. From the beginning, we've proudly partnered with Rise Up Coffee Roasters, a Maryland staple and award-winning company in Easton, for our coffee. Their high standards mirror our own, and we are so grateful to represent the best!

Our other big partner is Peace of Cake in Stevensville whose handmade desserts and pastries fill our cases each week.

Several bakers use the Harris Crab House kitchen in the evenings and early mornings to expand our offerings, and our chef there creates additional desserts for us. Harris Crab House also prepares our breakfast sandwiches, quiche, croissants, and scones in-house. Our dairy products, fresh fruit, and even our coffee cups are from local Maryland businesses!

Why is it important to partner with local vendors? As a small local business ourselves, we know how challenging it can be to stay afloat. Supporting other local businesses keeps our community strong. We like to think of Dessert First as a one-stop-shop where customers can support several hometown favorites at once.

Describe the guest experience at Dessert First. The first thing guests notice is our glass garage doors, which roll up to create an open-air café. Even when the weather isn't perfect, the glass windows keep the waterfront view front and center—right in the path of the watermen delivering their catch. It's easy to become immersed in their world while you sip your coffee.







We strive to make everyone feel at home whether you're a coffee bar regular or someone who just wants a simple cup. Our manager, Nina Radziewicz, and many of our baristas have been with us since day one, helping us create a warm, welcoming atmosphere. Dessert First is a special gathering place for anyone living on, working on, or traveling through the Shore.



# **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.

#### **Advertisers** Listed in Red

#### Avg. Entrée Price \$ 0-14

\$\$ 15-30 **\$\$\$** 31 and over

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

#### **Queen Anne's County**

#### 18Twenty

500 Kent Manor Drive, Stevensville; 410-643-5757; kentislandresort.com/ dining

\$\$ ••••

#### **Amalfi Coast Italian** & Wine Bar

401 Love Point Road, Stevensville; 443-249-3426; amalficoastki.com \$\$ •••

#### Bark Barbecue Café

371 Log Canoe Circle, Stevensville; 443-618-3676; barkbarbecue.com \$ •

#### **Bay Shore** Steam Pot

111 E. Water Street, Centreville; 410-758-3933; bayshoresteampot.com

\$\$ • Seafood

#### Big Bats Café

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

#### The Big Owl Tiki **Bar and Grill**

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

#### **Bridges Restaurant**

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

#### Café Sado

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

#### **Cult Classic Brewing**

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

#### **Doc's Riverside** Grille

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

#### **Dock House** Restaurant

110 Piney Narrows Road, Chester; 443-446-4477; Dockhouserestaurant.com \$\$\$ •••

#### Fisherman's Crab Deck

3032 Kent Narrows Way S, Grasonville; 410-827-6666; crabdeck.com \$\$ ••• Seasonal

#### Fisherman's Inn

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

#### Frix's Fire Grill

1533 Postal Road Chester; 410-604-2525; Frixsfiregrill. com \$ ••

#### **Harris Crab House** and Seafood Restaurant

433 Kent Narrow Way N, Grasonville; 410-827-9500; harriscrabhouse.com

\$\$ •••

#### The Jetty Dock Bar and Restaurant

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

#### Libbey's Coastal Kitchen and Bar

357 Pier One Road, Stevensville; 410-604-0999; libbeyscoastalkitchen.com \$\$ • • • • •

#### **Love Point Deli**

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

#### Kent Point Marina, **Bait House and** Seafood

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

#### The Kentmorr Beach **Bar and Grill**

910 Kentmorr Road, Stevensville: 410-643-2263; thekentmorr.com \$\$ ••• Seasonal

#### Knoxie's Table

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

#### Mamma Mia Italian Bistro and Sports Bar

219 E Water Street, Centreville: 410-758-2222: mammamiacentreville.com \$\$

#### The Market

**Gourmet Cafe** 180 Pier One Road, Stevensville; 410-

604-5900; baybeachclub.com \$, Locally Sourced

#### Mr. B's Seafood Market

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

#### The Narrows Restaurant

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

#### Phat Daddy's BBQ

205 Spring Avenue, Chestertown; 443-282-0028; phatdaddysbbq.com \$ •

#### Pour House Pub 205 Tackle Circle

Chester; 443-249-3242; pourhouseki. com \$ ••

#### Rams Head Shore House

800 Main Street, Stevensville; 410-643-2466: ramsheadshorehouse. com \$\$ ●●●

#### Red Eye's Dock Bar

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

#### Rolph's Wharf: The Sandbar

1008 Rolph's Wharf Road. Chestertown: 410-778-6347: rolphswharfmarina. com \$\$ •••• Light Fare

#### Señor Chile

2142 Didonato Drive: Chester, MD 21619; 410-204-9444; senorschile.com

#### Stevensville Crab Shack

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

#### Yo Java Bowl Café

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

#### Talbot County

#### Anthony's Italian Restaurant

26342 Oxford Road. Oxford; 410-226-1118; anthonyoxford.com **\$\$**, ●●

#### Ava's Pizzeria & Wine Bar

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

#### Bas Rouge

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

#### Bistro St. Michaels

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

#### **Blu Miles Seafood** and Grill

305 Mulberry Street, St Michaels; 410-745-8079; theblumilesrestaurant.com \$\$

#### 

#### The Blue Crab

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

#### **Bombay Tadka**

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

#### Café 401

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

#### Capsize

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

#### Carpenter Street Saloon

113 S Talbot Street. St Michaels; 410-745-511; carpenterstreetsaloon.com \$ ••

#### The Coffee Trappe

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

#### Corah's Corner 105 N Talbot Street

St Michaels; 410-745-8008: corahs com \$\$ •••

#### Crab Claw Restaurant

304 Burns Street, St Michaels: 410-745-2900: thecrabclaw. com \$\$ ••••

#### Doc's Downtown Grille

14 N Washington Street, Easton: 410-822-7700; docsdowntowngrille.com \$\$ •••

#### Doc's Sunset Grille 104 W Pier St. Ox-

ford; 410-226-5550; docssunsetgrille.com \$\$ • • • •

#### **Eat Sprout**

335 N. Aurora Street. Easton; eatsprout. com \$ •

#### **Eat Sprout**

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

#### The Fool's Lantern and Taproom

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

#### Foxy's Harbor Grille

125 Mulberry Street, St Michaels; 410-745-4340; foxysharborgrille.com \$\$ ••• Seasonal

#### The Gallev

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

#### Gina's Café

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

#### Hot Off the Coals BBQ

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

#### **Hunter's Tavern**

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

#### Limoncello Italian Restaurant & Wine Bar

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

#### Lowe's Wharf

21651 Lowes Wharf Road. Sherwood: 410-745-6684: loweswharf.com/ restaurant \$\$ •••• Seasonal

#### Momma Maria's Mediterranean

Bistro and Bar 4021 Main Street. Trappe; 410-476-6266; mommamariasbistro.com \$\$.

#### • • • • Daily Breakfast

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

#### Out of the Fire

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

#### Pho Van Restaurant

219 Marlboro Avenue, Ste. 44, Easton; 410-443-0206; phovaneaston.com \$\$ ••

#### Piazza Italian Market

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

#### Ruse

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

#### San Miguels

100 S Talbot Street. St Michaels: 410-745-8955; sanmiquelsmd.com \$\$ ••

#### Scossa Restaurant and Lounge

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

#### Sugar Buns Cafe

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

#### Sunflowers and Greens

11 Federal Street. Easton; 410-822-7972; sunflowersandgreens.com \$\$ •

#### T at the **General Store**

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

#### Talbot St. Tavern

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

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

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

#### **Tickler's Crab Shack** and Restaurant

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

#### **Tiger Lily**

206 N Washington Street, Easton; 410-690-4602; tigerlilyeaston.com \$\$ ••

#### **Tilghman Dining** at The Tilghman Island Inn

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

#### Two if by Sea

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

#### **Kent County**

#### **Blue Bird Tavern**

512 Washington Avenue, Chestertown: 410-778-2885: Facebook \$ ••

#### Blue Heron Oyster House and Inn

20658 Wilkins Avenue. Rock Hall: 410-639-4374; blueheronoysterhouseandinn. com \$\$ •••

#### Café Sado

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

#### **Chester River** Seafood

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

#### Deep Blue at Kitty Knight

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

#### 

#### Dockside Café on Rock Hall Harbor

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

#### Fish Whistle

100 George Street, Georgetown; 410-275-1603; fishandwhistle.com \$\$ ••••

#### Flying Decoy Bar + Grill

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

#### Ford's Seafood Inc 21459 Rock Hall Ave,

Rock Hall; 410-639-2032; fordsseafoodrockhall.com

#### Happy Chicken Bakery

215 Scheeler Road, Chestertown; 443-988-3955; happychickenbakery.com \$ •

#### **Harbor Shack**

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

#### Java Rock

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

#### The Jefas Mexican Grill

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

#### The Kitchen at the Imperial

208 High Street, Chestertown; 410-778-5000: imperialchestertown.com

#### \$\$\$ ••

#### Luisa's Cucina Italiana

849 Washington Avenue, Chestertown; 410-778-5360; luisasrestaurant.com \$\$ ••

#### **Modern Stone** Age Kitchen

236 Cannon Street, Chestertown; 410-996-4776; modernstoneagekitchen. com \$\$ •

#### Muskrat Alley Café

5877 Coleman Road, Rock Hall; 410-708-0057; carriagehousemd.com \$ • Breakfast

#### **Osprey Point**

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

#### The Retriever Bar and Oysters

337 1/2 High Street, Chestertown; theretrieverbar.com

#### \$\$ ••

#### The Shanty Bar

21085 Tolchester Beach Road, Chestertown: 410-778-1400; tolchestermarina.com \$ ••••

#### Watershed Alley

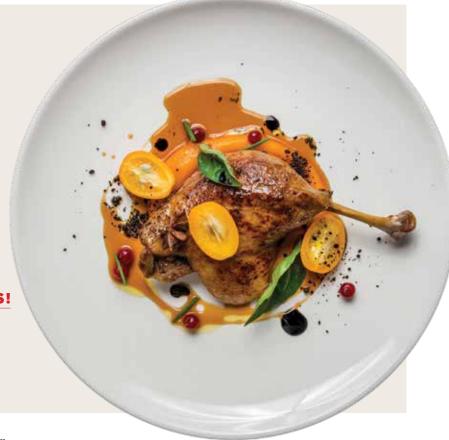
337 High Street, Chestertown: 443-282-9797; thewatershedalley.com \$\$\$



# **DINING**

#### CALLING ALL FOOD CRITICS!

Send us your dining review and you'll be eligible for our monthly drawing for a \$50 gift certificate to a local restaurant. Fill out the form at whatsupmag.com/promotions.



#### Dorchester **County**

#### Ava's Pizzeria & Wine Bar

305 High Street, Cambridge; 443-205-4350; avaspizzeria.com \$ ••

#### **Bay Country Bakery**

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

#### **Blackwater Bakery**

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

#### **Blue Point Provision** Company

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

#### Blue Ruin

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

#### **Bombay Social**

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

#### Carol's Kitchen

5263 Bucktown Road, Cambridge; 443-225-5889; Facebook \$\$ •

#### **Emily's Produce**

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

#### Lil' Bitta Bull

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

#### The Neck **District Grill**

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

#### **New York Style** Deli & Pizza

106 Market Square, Cambridge; 443-477-6630;ordernystyledeli.com \$ •

#### Ocean Odyssey and Crab House

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

#### Seasonal

#### Old Salty's

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

#### Paul's Pub

1200 Goodwill Ave. Cambridge: 410-901-1212; choptankbowling.com \$ ••

#### Portside Seafood Restaurant

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

#### **RAR Brewing**

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

#### Suicide Bridge Restaurant

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

#### Vintage 414

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

#### **Caroline County**

#### Bullock's Deli, Grill, and Ice Cream

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

#### Caroline's

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

#### **Craft Bakery** and Café

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

#### **Denton Diner**

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

#### **Earth Tones Café**

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

#### **Market Street Public House**

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

#### Ridgely Pizza and Pasta

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

#### **Shore Gourmet**

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

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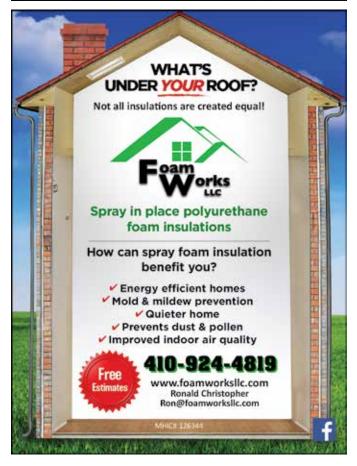














#### Advertiser INDEX



## Where's Wilma?

#### FIND WILMA AND WIN!

Wilma takes to the windy skies this November, as she searches regionwide for the best dining, shopping, and services. Wilma plans to visit towns on both sides of the Chesapeake Bay, landing at select vendors that offer experiences that are perfect for autumn and the holidays. Where will she land exactly? Here's how the contest works: Wilma appears next to three different ads in this magazine. When you spot her, write the names of the ads and their page numbers on the entry form online or mail in the form below and you'll be eligible to win. Only one entry per family. Good luck and don't forget to submit your restaurant review online at whatsupmag.com/promotions for another opportunity to win a prize.

Congratulations to Sara D. of Royal Oak, who won a \$50 gift certificate to a local business.

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Entries must be received by November 30, 2025. Winner will receive a gift certificate to a local establishment and their name will appear in an upcoming issue of What's Up? Annapolis. Mail entries to: Where's Wilma? Eastern Shore, 900 Bestgate Road, Ste. 202, Annapolis, MD 21401 or fill out the form at whatsupmag.com/promotions.

No, thanks

IFC = Inside Front Cover

IBC = Inside Back Cover

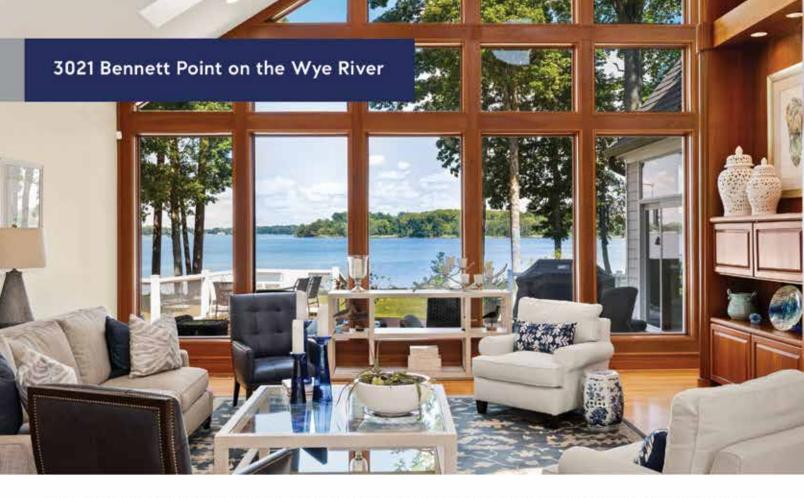
BC = Back Cover

GG = Gift Guide

ACOG = A Celebration of Giving

Arnaiz Chocolat	
Bay Country Bakery	9!
Bill Dudley	
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Lighthouse Christian Academy	
Londonderry On The Tred Avon	
Long and Foster Real Estate, Cornelia Heckenbach	
Luminis Health AAMC	
Lundberg Builders and 314 Design Studio	
Main Street Historic Chestertown	
Mid Atlantic Symphony Orchestra	94
Modern Stone Age Kitchen in Chestertown	
Nancy Hammond Editions	
Noude Aesthetics	
Olmo Brothers Construction & Landscaping	
Partners in Care Maryland Inc	
Pho Van Easton	
Piazza Italian Market	
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University of Maryland Medical Systems	
Wilson Realty and Staging, Tricia Wilson	





Set on more than five tranquil acres with deep water and over 900 feet of protected shoreline, this custom-built waterfront residence with a finished square footage of 7,129 square feet offers timeless design, enduring quality, and a setting unlike any other. With five full en-suites and newly finished spaces, creating a secondary family room and kitchenette provides flexibility for a variety of living situations or exceptional quest accommodation. Originally built in 1981 and completely reimagined in 2006, every detail reflects craftsmanship and artistry. A gated entry and private drive lined with seasonal blooms lead to a circular drive and covered brick porch, where glass entry doors open to reveal soaring vaulted ceilings, skylights, and a wall of windows framing the breathtaking Wye River views. Throughout the home, custom cherry millwork elevates fireplaces, built-ins, and displays with warmth and richness. At the heart of the open floor plan, the gourmet kitchen is outfitted with Alder cabinetry, Sub-Zero refrigeration, three wall ovens, a five-burner cooktop with grill, and much more - designed for both entertaining and everyday living. Formal dining beneath a vaulted ceiling, casual meals at the breakfast bar, or dining al fresco on the composite deck all capture sweeping water views. Outdoors, cascading deck stairs open to a lush lawn and private pier with a boat lift in deep water, offering endless opportunities for boating, kayaking, and sunrise views. This is a residence where design, quality, and setting converge to create a lifestyle of rare distinction. Welcome to your home, 3021 Bennett Point on the Wye River.









#### DeeDee McCracken



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