WHAT'S UP?

eastern shore

HOME GROWN LOCALLY OWNED

WHAT'S UP? WEDDINGS · WHAT'S UP? MEDIA · ANNAPOLIS · EASTERN SHORE · CENTRAL MARYLAND

Autumn Farm Fun!

Pumpkins, Cider, and Mums Oh My!

143 Top Dentists Winners
Did Yours Make the List?

The Forever Light
Thomas Point Shoal Lighthouse Shines On!

Beauty on the Inside
Perennial Home Decor Tips

WHAT'S UP? MEDIA **OCTOBER 2026**

$4.95

10

0 74851 08647 6

BENSON & MANGOLD REAL ESTATE

YOUR PREMIER MID-SHORE AGENT FOR ALL YOUR REAL ESTATE NEEDS

EASTON | $7,900,000
ShipsPointEstate.com

ROYAL OAK | $6,495,000
24679DeepNeckRoad.com

EASTON | $749,900
7583EastonClubDrive.com

EASTON | $795,000
28713EmanuelStreet.com

ST. MICHAELS | $995,000
109WestMarengoStreet.com

CAMBRIDGE | $349,900
113VueDeLeauStreet.com

EASTON | $895,000
8020EastonVillageDrive.com

EASTON | $3,995,000
27029MilesRiverRoad.com

TRAPPE | $3,249,000
4346SouthsideLane.com

EASTON | $2,495,000
26282DeepWaterHarborRoad.com

OXFORD | $599,900
4794SailorsLane.com

EASTON | $719,900
28816JasperLane.com

CHUCK MANGOLD
ASSOCIATE BROKER
chuck@chuckmangold.com
410-924-8832 mobile
31 Goldsborough Street, Easton, MD 21601 | Office: 410-822-6665

Benson & Mangold is the Mid-Shore's #1 Real Estate firm and has been serving the area for nearly 60 years.

CONFIDENCE CHANGES *everything.*

IMPLANTS • COSMETIC DENTISTRY • LASTING RESULTS

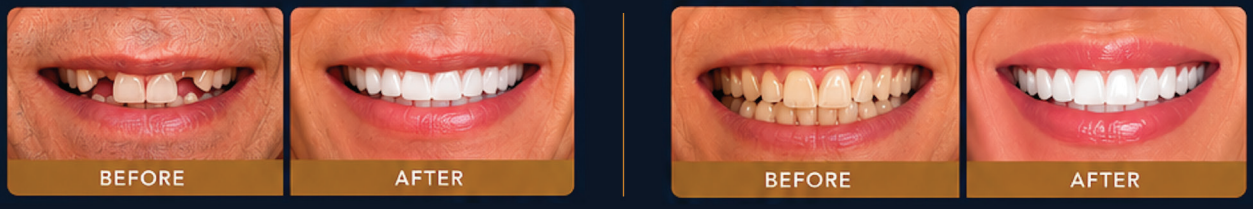
From missing teeth to smile makeovers, we combine advanced technology with an artistic eye to deliver natural, beautiful results that restore your health, confidence, and quality of life.

DENTAL IMPLANTS
Replace missing teeth with strong, natural-looking implants that last.

COSMETIC DENTISTRY
Enhance your smile with personalized treatments that look beautiful and feel completely natural.

Advanced care.
Personalized for you.
Results that last.

REAL PATIENTS. REAL RESULTS.



Djawdan Center
for Implant and Restorative Dentistry
Restoring Hope & Confidence

133 Defense Hwy, Suite 210
Annapolis, Maryland 21401
410.266.7645
www.smileannapolis.com

Schedule your complimentary consultation or second opinion by calling 410-266-7645 or online at smileannapolis.com

Our Professional Training & Dental Credentials

Tufts School of Dental Medicine · Academy of General Dentistry · American Dental Society of Anesthesiology · IPS · Graduate Kois Center · ICOI International Congress of Oral Implantologists · AAID American Academy of Implant Dentistry

13446 Blackberry Lane | Wye Mills | $1,000,000
4 BR | 4.5 BA | 4,463 SQ FT | Finished w/o Basement
Meticulously maintained, gunite pool, private & peaceful setting

1000 Herons Nest Way #43 | Chester | $595,000
2 BR | 2.5 BA | 1,832 SQ FT | Oversized covered porch
Home office, open concept layout, FP, large kitchen island

212 Jessica Lyn Ave. | Stevensville | $575,000
5 BR | 4.5 BA | 2,595 SQ FT | Open concept living
Huge kitchen island, LVP floors, rooftop deck for relaxing

107 Trequassin Dr | Stevensville | $475,000
4 BR | 3 Full BA | 1,580 SQ FT | .34 acre lot
1st level primary BR, potential in-law suite, updated kitchen, fenced yard, 2 car garage

109 Bayview | Grasonville | $425,000
3 BR | 3.5 Baths | 2044 SQ FT
Waterview Townhome with assigned boat slip

719 Old Love Point Rd | Stevensville | $375,000
3 BR | 1 BA | 1,300 SQ FT | .70-acre lot
One level living, bonus room, new roof, gutters, downspouts & conditioned crawlspace

121 Kilby Point | Queenstown | $2,990,000

4 BR | 5 FULL & 2 HALF BATHS | 4,903 SQ FT | 5.54 AC

This is a true coastal retreat, from its stunning exterior to its thoughtfully designed living spaces. A one-of-a-kind waterfront estate, the property offers more than 2,000 feet of shoreline and sits on 5.4 private acres at the end of Kilby Point.

351 Wye Rd | Queenstown | $2,100,000

6 BR | 3 Full & 2 half BA | Sep. 2 BR Apt | 6340 SQ FT

Waterfront on the Wye River, 2 piers, boat ramp & beach. Gorgeous Views! Separate 2 BR apt.

DeeDee McCracken

of COLDWELL BANKER REALTY

BEST OF EASTERN SHORE 2026

170 Jennifer Rd Suite 102
Annapolis MD 21401
Office 410-224-2200
www.ddmccrackenhometeam.com

REALTOR®, ASSOCIATE BROKER, LUXURY SPECIALIST
GRI, CRS, SRES, PSA, SFR | DMCCRACKEN@CBMOVE.COM

YOUR LOCAL EXPERT ON WATERFRONT AND THE EASTERN SHORE

410-739-7571

Affiliated real estate agents are independent contractor sales associates, not employees. ©2026 Coldwell Banker. All Rights Reserved. Coldwell Banker and the Coldwell Banker logo are trademarks of Coldwell Banker Real Estate LLC. The Coldwell Banker® System is comprised of company owned offices which are owned by a subsidiary of Anywhere Advisors LLC and franchised offices which are independently owned and operated. The Coldwell Banker System fully supports the principles of the Fair Housing Act and the Equal Opportunity Act.

UNDER CONTRACT

7328 Kent Point Road
$7,995,000

9170 Hunting Creek Lane
$5,895,000

330 Serenity Lane
$5,400,000

Sunset Wharf Now Available
Units starting at $2,375,000

SOLD

132 Tanners Point Drive
$1,695,800

SOLD

115 NW Creek Drive
$1,395,000

Joe Bray
Senior Partner
Eastern Shore Specialist

M + 410-936-8904
joe.bray@sothebysrealty.com

West Annapolis Brokerage
103 Annapolis Street
Annapolis, MD 21401

BRAD KAPPEL TEAM
TTR | Sotheby's INTERNATIONAL REALTY

©2026 Sotheby's International Realty Affiliates LLC. All Rights Reserved. Sotheby's International Realty® is a licensed trademark to Sotheby's International Realty Affiliates LLC. Each Office Is Independently Owned And Operated. SIR1

Maryland's #1 Waterfront Team

Morgans Point Drive
$5,350,000

200 Wye Road
$4,700,000

SOLD

200 Mallard Cove Lane
$3,000,000

SOLD

132 Kestrel Lane
$926,200

201 Switchgrass Way, #34
$859,500

N Hibernia Rd - Waterfront Lot
$545,000

BEST OF EASTERN SHORE 2026

Thank You Eastern Shore.

For the first time ever, the Brad Kappel Team was voted Best of Eastern Shore's #1 Waterfront Real Estate Team. From Kent Island to Talbot County and beyond, we are honored to be trusted as the go-to resource for Chesapeake Bay waterfront real estate.

Make ***Your*** Move with Maryland's #1 Real Estate Team

Brad Kappel
Principal, Brad Kappel Team
Executive Vice President
TTR Sotheby's International Realty

M + 410-279-9476
brad.kappel@sothebysrealty.com
bradkappel.com

West Annapolis Brokerage
103 Annapolis Street
Annapolis, MD 21401

bradkappel.com

YOUR BACKYARD JUST HAPPENS TO BE
SPA CREEK

140 SPA DR | ANNAPOLIS | OFFERED AT $4,600,000

ONE OF A KIND SPA CREEK WATERFRONT.

★

14 BOAT SLIPS • 90' WATERFRONT • PANORAMIC VIEWS
MULTIPLE WATERFRONT BALCONIES • 1,800 SQ. FT. GUEST SUITE
DOCKSIDE WORKSHOP + PARKING

The Eastern Shore and Annapolis
Beautifully SOLD.

ELIZABETH ARENTZ BOYER

Military Relocation Specialist

c. 443 988 3495
Fluent in Millenials

Guiding military families and relocating clients with experience, compassion, and a client-first approach.

BIANA ARENTZ

Luxury Property Specialist

c. 410 490 0332
Fluent in Spanish

Strategic marketing and local expertise for luxury homes and waterfront estates across the Eastern Shore & Annapolis.

RECENTLY SOLD & FEATURED PROPERTIES

4 Prospect Bay Dr W | Grasonville | $1,199,000

143 Thicket Ct | Centreville | $899,000

422 John Patrick Dr | Stevensville | $640,000

252 Granny Branch Rd | Church Hill | $675,000

137 Tanners Point Dr | Stevensville | $2,300,000

132 Cecil Rd | Stevensville | $685,000

COLDWELL BANKER REALTY

www.SellingMarylandSunsets.com

3 Church Circle | Annapolis, MD 21401 | o. 410.263.8686

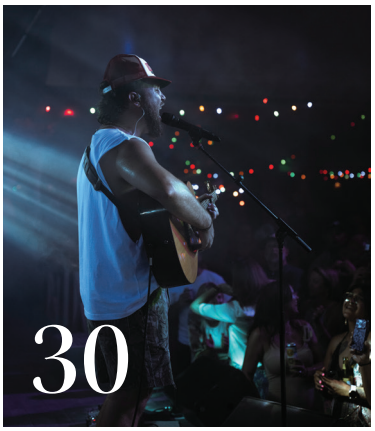
BIANA★ARENTZ
COLDWELL BANKER REALTY

Affiliated real estate agents are independent contractor sales associates, not employees. ©2026 Coldwell Banker. All Rights Reserved. Coldwell Banker and the Coldwell Banker logos are trademarks of Coldwell Banker Real Estate LLC. The Coldwell Banker® System is comprised of company owned offices which are owned by a subsidiary of Anywhere Advisors LLC and franchised offices which are independently owned and operated. The Coldwell Banker System fully supports the principles of the Fair Housing Act and the Equal Opportunity Act.

Contents

OCTOBER 2026

On the Cover: Autumn farm fun can be found in every county. Design by August Schwartz . *What's Up? Eastern Shore* online at whatsupmag.com.
♻ Please recycle this magazine.



Arts & Culture

16 Events highlights special celebrations and activities BY CALI SCHWERDTFEGER

22 Attractions offers a county-by-county guide of local farms, fall fests, pumpkin patches, and more

26 Business & Community features local business and community news

30 Interview covers local rising star musician Luke Borchelt BY CALI SCHWERDTFEGER

Features

32 An Enduring Beacon is the latest installment of our "Chesapeake Traditions" article series, and examines the storied Thomas Point Shoal Lighthouse BY LISA A. LEWIS

40 2026–2027 Top Dentists is the definitive local list of exceptional dental professionals, as recommended by their licensed peers in our biennial survey

Home & Garden

70 Interior: Notes of Defining Perennial Style offer timeless design elements that will enhance your home BY LISA J. GOTTO

72 Garden: Self-Contained has all the tips and tactics to cultivate your own container garden BY JANICE F. BOOTH

74 19th Century Charm, 21st Century Appeal reveals all the details and amenities of this recent $1 million-plus historic Easton home BY LISA J. GOTTO

76 Complete Picture is a snapshot of a $1 million-plus home sale in the coveted Easton Village community BY LISA J. GOTTO

WHAT'S UP? eastern shore

Publisher & President
Veronica Tovey
Editorial Director
James Houck
COO & Director of Advertising
Ashley Raymond

Contributing Editors
Lisa J. Gotto, Dylan Roche
Contributing Writers
Janice F. Booth, Sharon Harrington, Lisa A. Lewis
Contributing Photographers
David Sites, Laura Wiegmann, Bill Whaley

Art Director
August Schwartz
Graphic Designers
Matt D'Adamo, Lauren Ropel
Web Content Specialist
Arden Haley
Production Coordinator
Amanda Stepka
Social & Entertainment Media Associate
Cali Schwerdtfeger

Senior Account Executive
Kathy Sauve
Account Executives
Shirlanda Braxton, Frances Clinton, Beth Kuhl, Fayth Ribeiro
Michelle Roe
Sales Assistant
Ia Louisse Horton

Finance Manager
Deneen Mercer
Bookkeeper
Heather Teat
Executive Assistant
Regine May Gelera

WHATSUPMAG.COM

Proud Partner

Proud Partner

What's Up? Eastern Shore is published by What's Up? Media 900 Bestgate Road, Ste. 202, Annapolis, MD 21401, 410-266-6287, Fax: 410-224-4308. No part of this magazine may be reproduced in any form without express written consent of the publisher. Publisher disclaims any and all responsibility for omissions and errors. All rights reserved. Total printed circulation is 20,123 copies with an estimated readership of 60,675. ©2026 What's Up? Media **Home Grown, Locally Owned: This issue of What's Up? Eastern Shore employs more than 25 local residents.**

THE TIDEWATER INN

Picturesque
DOWNTOWN DESTINATION
A TIMELESS EASTERN SHORE HOTEL

Get the Tidewater Experience!
101 East Dover Street | Easton, MD | 410.822.1300 | tidewaterinn.com

Contents

COMING UP IN NOVEMBER 2026
Excellence in Nursing Honorees, Pet Photo Contest Winners, Oystermen & Women, Holiday Recipes

Health & Beauty

BY DYLAN ROCHE

80 Debunking the Hype of Volufiline
81 5 Facts About Fitness Nutrition
82 Answers to Common Q's about VO2 Max
84 Agile for Life

Food & Dining

88 Waterfront Culinary Connection is our dining review of Bridges on Kent Narrows
BY SHARON HARRINGTON

91 Readers' Dining Guide offers local restaurant listings for your consideration

In Every Issue

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

96 One Verse at a Time is our monthly, finale poem
BY JANICE F. BOOTH

e-contents

WHAT'S UP? MEDIA'S
HOME EXCELLENCE AWARDS 2027

THE MOST EXQUISITE AND COMPELLING PROJECTS IN RESIDENTIAL CONSTRUCTION AND DESIGN!

What's Up? Media's 2027 Home Excellence Awards program will honor elite home builders, architects, designers, and professionals serving the greater Chesapeake Bay region. Home industry professionals and firms may submit their completed projects for evaluation and vetting in 11 award categories. Entries—consisting of a project description and accompanying photographs—will be accepted through the October 31st deadline.

whatsupmag.com/homeexcellenceawards2027

Awards will be published in the February 2027 issues of What's Up? Annapolis, What's Up? Eastern Shore, and March 2027 issue of What's Up? Central Maryland.

OLMO BROS.

CONSTRUCTION & LANDSCAPING

410-266-8700
info@olmobros.com
www.olmobros.com

Pool Construction & Renovation | Outdoor Entertainment
Hardscaping | Landscaping | Pool Maintenance

Creating beautiful outdoor spaces since 1987.

Luminis Health℠

Fit Your Mammogram into the Fall Lineup

Between Friday night lights, Saturday morning practices and everything else on your calendar, it's easy to put off your mammogram. But Luminis Health makes scheduling a mammogram simple. We offer:

- **Convenient appointment times:** Our offices are open Monday through Friday, 8am–4pm, and our Annapolis location is open on Saturdays.
- **Locations close to home:** We have offices in Annapolis, Bowie, Kent Island, Lanham and Odenton.
- **Easy access:** Many offices can fit you in for same-day appointments.

Visit Luminis.Health/Imaging
to schedule today.

To make an appointment by phone, please call (888) 909-9729 for all Luminis Health Imaging locations.
Annapolis | Bowie | Kent Island | Lanham | Odenton

GRADY-WHITE BOATS

A Legacy Built to Last.
A Future Built on Purpose.

New Structure. **Same Grady-White.**

Grady-White is entering a remarkable new chapter under the ownership of a perpetual purpose trust—protecting the uncompromising quality, people-first values, and commitment to customers that have defined the company for generations.

Through an affiliated nonprofit, Grady-White will donate all of their profit to various charities to support education, healthcare, conservation, and communities for years to come. Just like Patagonia, Grady-White is now a purpose driven brand and the only one in the marine industry.

Legendary performance. Unmistakable craftsmanship. Confidence in every condition. A Grady-White is more than a boat—it is where family traditions begin and a lifetime of unforgettable days on the water unfolds.

Proudly serving Chesapeake Bay boaters, Tri-State Marine is Maryland, Virginia, and D.C.'s #1 Grady-White retailer. Visit our Annapolis or Deale showroom to experience the Grady-White difference and enjoy **Annapolis Boat Show pricing throughout September.**

TRI-STATE MARINE
Maryland, Virginia & D.C.'s #1 Grady-White Retailer

www.tristatemarine.com | Annapolis: 410-562-5647 | Deale: 410-867-1447 | sales@tristatemarine.com

Expert of the Month

Cornelia C. Heckenbach

Cornelia C. Heckenbach
Associate Broker
Long & Foster Real Estate

Consistently ranked Talbot County's top-selling agent, Cornelia C. Heckenbach has more than 30 years of real estate expertise. Originally from Germany, she provides an international perspective coupled with an in-depth knowledge of the Eastern Shore's exceptional properties—from beloved waterfront estates to practical starter homes. Known for her dedication, strategic marketing, and expert negotiation, she guides each client through the home buying or selling process with confidence, professionalism, and a personalized touch.

What can sellers do to boost their home value in today's market?

Sellers need to make their home as aesthetically pleasing and move-in ready as possible. Some of the most effective investments include professional staging, deep cleaning, curb appeal, repairs, and the roof.

- When staging, I recommend neutral, light-colored shades, such as white and cream, since too many colors or design elements can easily distract buyers.
- Both the exterior and interior of the home should be clean. Potential buyers notice even seemingly minor details, so sellers should make sure that the home exudes a well-maintained, inviting atmosphere.
- Sellers should address any repairs before putting the home on the market to ensure a smooth transaction.
- The condition of the roof is very important. A roof that is approaching the end of its lifespan can adversely affect insurance and financing.

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

Inventory is increasing, which creates a more balanced market. Despite this increase, prices remain strong, especially for desirable properties. Since buyers have more choices—and potential negotiating power—they are being more selective, devoting more time to their search and assessing the location, condition, and value of the properties they view. Accurate pricing and presentation are critical.

What is the best piece of advice you've received during your career?

The best piece of advice I've received is to be honest, authentic, and straightforward and to treat everyone with respect, professionalism, and integrity. My goal is to tell every client the truth—even when it may not be what they want to hear—and always act in their best interests. This advice has guided me throughout my career, and I will always follow it.

Cornelia C. Heckenbach
Long & Foster Real Estate
105 South Talbot Street | St. Michaels, MD 21663
410-310-1229 | StMichaelsMdWaterfront.com

Arts & Culture

HIGHLIGHTING ENTERTAINMENT, COMMUNITY, AND EVENTS

16 EVENTS

22 ATTRACTIONS

26 BUSINESS & COMMUNITY

30 INTERVIEW

Fall Into St.Michaels

PG. 18

Photo by St. Michaels Tourism

EASTON'S FALL KICKOFF

Welcome fall in downtown Easton during the Fall Kickoff, taking place October 2nd and 3rd with two days of seasonal activities, entertainment, shopping, and dining. On Friday, stroll the giant pumpkin trail, enjoy live music from the Quinn Parsley Trio and DJ E Shore from 4 to 7 p.m., catch juggling performances from Cascading Carlos, explore the First Friday Gallery Walk, decorate pumpkins at the Academy Art Museum, and settle in for a free outdoor screening of Hotel Transylvania. The festivities continue Saturday with live music from Honey Sol from 11 a.m. to 3 p.m., family activities, pumpkin decorating, glassblowing demonstrations, the Easton Fall Craft Fair featuring more than 30 local artisans, and the Hot Rods and Hose Car Show. Throughout the weekend, downtown shops, galleries, and restaurants will offer seasonal specials and plenty of opportunities to celebrate autumn on the Eastern Shore. More info: discovereaston.com

Photo by United States Yacht Shows, Inc.

2026 Annapolis Power Boat Show

Downtown Annapolis transforms into a boater's paradise when the Annapolis Powerboat Show returns to City Dock October 8th through 11th, beginning at 10 a.m. each day. Floating docks fill Ego Alley and Annapolis Harbor with an impressive selection of new and premiering powerboats, while shoreside exhibitors showcase the latest boating equipment, accessories, apparel, and more. From experienced boaters and anglers to those just discovering life on the water, visitors can walk the docks, explore what's new in the industry, and experience one of Annapolis' signature maritime traditions. More info: annapolisboatshows.com

Talbot County Young Life Charity Golf Tournament

Tee off for a good cause at the Talbot County Young Life Charity Golf Tournament, taking place October 17th from 9 a.m. to 2 p.m. at Hog Neck Golf Course in Easton. Golfers can enjoy a fall day on the course with an 18-hole scramble, lunch, contests, and prizes, all while supporting programs for local young people. Proceeds benefit Talbot County Young Life and its work providing mentorship, meaningful experiences, and opportunities that help middle and high school students, as well as young adults with disabilities, build confidence, connection, and a sense of belonging. More info: talbotcounty.younglife.org

CHESAPEAKE FILM FESTIVAL

Celebrate the art of independent storytelling at the 19th annual Chesapeake Film Festival, taking place October 8th through 10th at venues throughout historic downtown Easton. This year's festival will showcase as many as 50 environmental, narrative, documentary, and short independent films, with screenings and special events held at the Ebenezer Theater, Academy Art Museum, and Talbot County Free Library. Beyond the screen, festivalgoers will have opportunities to connect with filmmakers, artists, community leaders, and fellow film enthusiasts through receptions and filmmaker events, making for three days dedicated to creativity, conversation, and cinema on the Eastern Shore. More info: chesapeakefilmfestival.com

Photo by Josh Davidson

Annapolis Sailboat Show

Sailors from near and far return to downtown Annapolis for the Annapolis Sailboat Show, taking place October 15th through 18th at City Dock beginning at 10 a.m. each day. The internationally acclaimed show fills the harbor with sailboats from manufacturers around the world, including multihulls, monohulls, cruisers, racers, sailing dinghies, and more. Along the shore, visitors can explore tents featuring the latest nautical gear, electronics, sails, rigging, charter opportunities, educational resources, and sailing clubs. Whether you're an experienced sailor or simply curious about life under sail, the show offers four days to explore the industry and connect with the sailing community. More info: annapolisboatshows.com

FALL INTO ST.MICHAELS

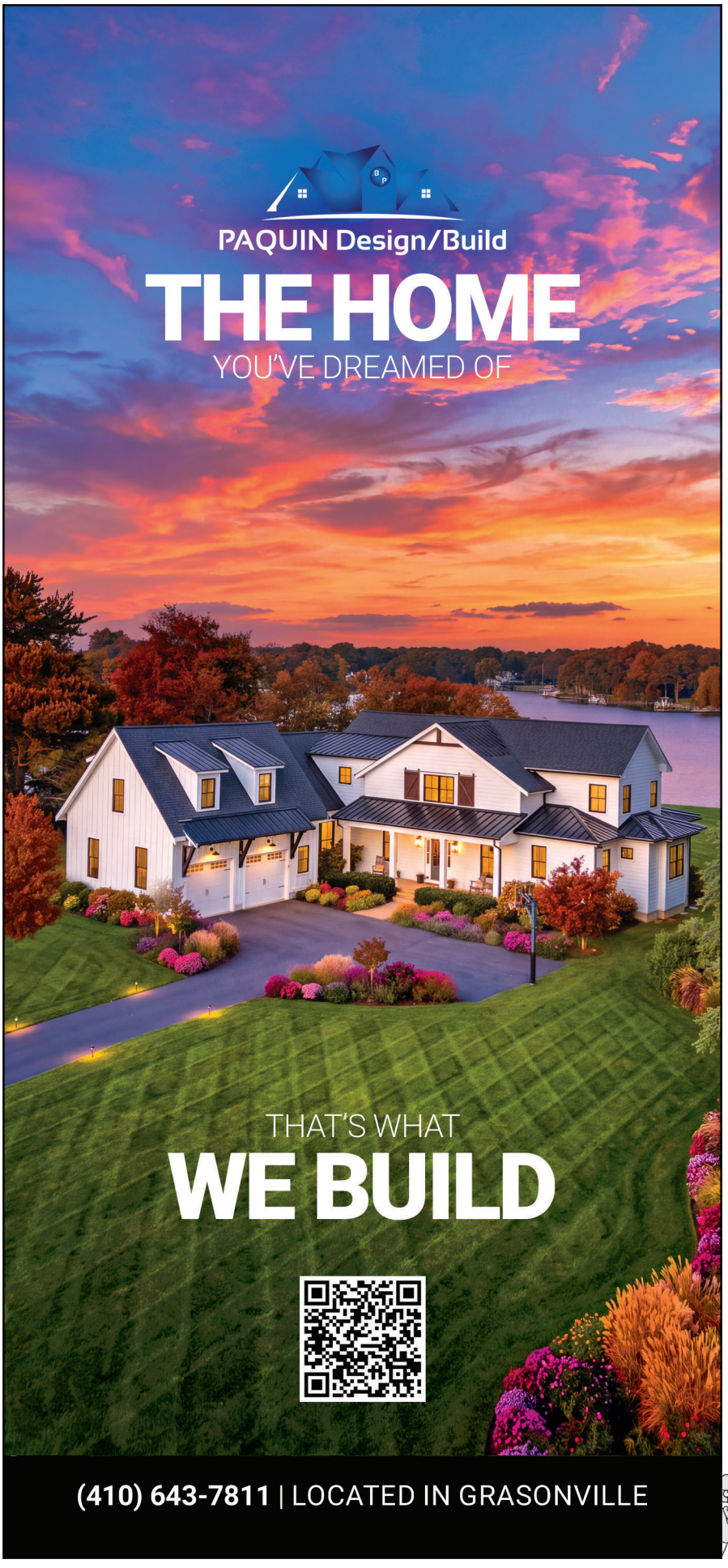
Celebrate the season on the Eastern Shore during Fall Into St. Michaels, returning October 17th and 18th throughout the historic waterfront town of St. Michaels. This weekend-long celebration brings the community together with seasonal fun, festive flavors, and plenty of small-town charm around every corner. Visitors can stroll through town, explore local businesses, and enjoy the sights and spirit of autumn during one of St. Michaels' signature fall weekends. No tickets are required, making it an easy way to spend a crisp October day enjoying everything the town has to offer. More info: stmichaelsmd.org

Photo by St. Michaels Tourism

NEKO CASE

Grammy-nominated singer-songwriter Neko Case brings her genre-defying sound to the Avalon Theatre in Easton on October 25th at 7:30 p.m., with doors opening at 6:30 p.m. Known for her distinctive voice, poetic songwriting, and fearless approach to music, Case takes the stage following the release of her ninth album, Neon Grey Midnight Green. The evening will also feature Destroyer, making for a standout night of live music on the Eastern Shore. Tickets range from $51 to $91, with $1 from every ticket supporting Peer Solutions and its youth leadership and development programs. More info: avalonfoundation.org

SEE MORE EVENTS!
THE BEST LOCAL CALENDAR AT
WHATSUPMAG.COM/EVENTS



MID-ATLANTIC SMALL CRAFT FESTIVAL XLIII

Celebrate the craftsmanship and tradition of small boats at the 43rd annual Mid-Atlantic Small Craft Festival, returning to the Chesapeake Bay Maritime Museum in St. Michaels October 2nd through 4th. One of the nation's largest gatherings of its kind, the waterfront festival brings together dozens of sailing skiffs, rowing shells, kayaks, canoes, paddle boats, prams, and one-of-a-kind vessels along the Miles River. Throughout the family-friendly weekend, visitors can enjoy demonstrations, workshops, guest speakers, children's activities, boat judging, and more, with Saturday's sailing and rowing races offering a chance to watch competitors take to the water and vie for bragging rights. More info: cbmm.org

2026 Walk to End Alzheimer's

Join the community in the fight against Alzheimer's at the 2026 Walk to End Alzheimer's, taking place October 18th at Sandy Point State Park in Annapolis. Registration begins at 11 a.m., followed by the opening ceremony and walk at noon, bringing together families, friends, caregivers, and supporters to raise awareness and funds for Alzheimer's care, support, and research. Participation is free, though registration is required and donations and fundraising are encouraged. Every step helps support the Alzheimer's Association's work toward a future without Alzheimer's and other dementias. More info: act.alz.org

Tilghman Island Day

"A visit to the home of the seafood industry"

Seafood

Local Seafood - Oysters, Crabs, and much more!

Boat Docking and Watermen's Demonstrations

Saturday October 17th 2026

10am to 7pm

LIVE MUSIC BY Bird Dog & the Road Kings From Noon to 4pm

11am - Anchor Throw
11:30am - Rowboat Race
1pm - Boat Docking Contest
2:30pm - Workboat Races
3:30pm - Crab Picking Contest
4:00pm - Oyster Shucking Contest
4:30pm - Auction

WHAT'S UP? MEDIA Media Sponsor

Benefits the Tilghman Volunteer Fire Company

5979 Tilghman Island Rd.Tilghman, MD 21671 • tivfc@hotmail.com

For more info visit us on Facebook @ Tilghman Island Day

MATT ZOLL

OCTOBER 2 - NOVEMBER 9

TROIKA GALLERY FINE ART STUDIO

troikagallery.com

DISCOVER

SEVERN.

FALL ADMISSION EVENTS

Chesapeake Campus Open House for Preschool–Grade 5 October 9 @ 9:00 am

Teel Campus Open House for Grades 6–12 October 15 @ 7:00 pm

Learn more at **severnschool.com/open-house**

Severn School

Autumn Farm Fun

YOUR REGIONWIDE GUIDE TO PUMPKIN PATCHES, CORN MAZES, AND FALL ACTIVITIES!

From pumpkin picking and corn mazes to hayrides, farm animals, fall festivals, and harvest-season treats, our Chesapeake Bay region offers plenty of ways to enjoy autumn outdoors. The following county-by-county list focuses on family-friendly farms and destinations that offer fall activities this month or have seasonal programs that are expected to return.

Editor's note: Schedules, admission prices, and activities can change because of weather and operations. We researched dates and details at publication and recommend double-checking with each destination before visiting.

ANNE ARUNDEL COUNTY

Maryland Corn Maze — Gambrills: 389 Gambrills Road, Gambrills, MD 21054 • 240-398-6430 • info@mdcornmaze.com • mdcornmaze.com. One of Anne Arundel County's best-known fall destinations, Maryland Corn Maze features an n eight-acre corn maze along with a collection of farm-yard activities, food vendors, and more. This year's theme is "Get Lost in Your Childhood with All Your Favorite Toys." Select weekdays are also offered during the season. The property is part of a longstanding working farm operation, and visitors can combine the maze with other outdoor activities and seasonal treats.

Y Worry Farm

Knightongale Farm Pumpkin Patch & Fall Festival — Harwood: 3924 Solomons Island Road, Harwood, MD 20776 • 410-320-1363 • knightongalefarm.com. This 82-acre family-owned working farm offers seasonal "agri-tainment" including a pumpkin patch, corn maze, and fall festival. A destination for family-friendly seasonal activities, the farm has operated a fall festival for years.

Y Worry Farm — Davidsonville: 1501 Rossback Road, Davidsonville, MD 21035 • 410-451-2855 • yworryfarm.net. Y Worry Farm offers a wonderfully old-fashioned alternative to larger commercial fall festivals. The family farm grows approximately five acres of pumpkins, allowing visitors to roam the fields in search of a pumpkin. There is also a small corn maze, cornstalk teepee, straw pyramid, chickens, and goats. Admission to the farm is free. The pumpkin patch traditionally operates on October weekends.

Greenstreet Gardens Fall Festival & Corn Maze — Lothian: 391 West Bay Front Road, Lothian, MD 20711 • 410-867-9500 • greenstreetgardens.com. Greenstreet Gardens is a longstanding fall destination. Recent seasonal programs have included a corn maze, hayrides, tire tower, underground slide, corn box, and children's activities.

Homestead Gardens Fall Festival — Davidsonville: 743 West Central Avenue, Davidsonville, MD 21035 • 410-798-5000 • homesteadgardens.com. Homestead Gardens' Davidsonville location traditionally hosts weekend fall festivals featuring tractor hayrides, a hay maze, Pumpkin Express, pumpkin painting, obstacle courses, bounce houses, face painting, barnyard animals, food/drink vendors, and live entertainment. A pumpkin patch and fall market are also available.

Pumphrey Farm — Millersville: 8220 Veterans Highway, Millersville, MD 21108 • 410-987-4290. Pumphrey Farm is primarily a seasonal produce operation, but usually has pumpkins, a corn maze, and family-oriented fall activities.

The Great Annapolis Pumpkins — Downtown Annapolis: Throughout Downtown Annapolis • downtownannapolispartnership.org. While not a traditional farm attraction, the Great Annapolis Pumpkins program brings enormous pumpkins—some weighing more than 1,000 pounds—to Downtown Annapolis for an October display and photo opportunity.

PRINCE GEORGE'S COUNTY

Montpelier Farms Fall Festival — Upper Marlboro: 1720 North Crain Highway, Upper Marlboro, MD 20774 • 410-320-0464 • pgcornmaze@gmail.com • montpelierfarms.com. Montpelier Farms is one of the region's major fall destinations. Running weekends through November 8, the 2026 Fall Festival includes more than 30 attractions, including a seven-acre interactive corn maze, Spookley the Square Pumpkin Corn Maze, hayrides, animals, giant hill slides, corn pit, pumpkin bounce, pig races, playgrounds, combine slide, and numerous other activities. Weekday Playdays are scheduled Tuesdays through Thursdays October 6–29, with a reduced selection of attractions.

Miller Farms — Clinton: 10140 Piscataway Road, Clinton, MD 20735 • 301-297-9370 • millerfarmsclinton.com. Miller Farms' 2026 Fall Family Fun program opens the October 3–4 weekend, with additional fall weekends to follow. The attraction includes hayrides, a corn maze, slides and other farm activities. Fall field trips are available by reservation on Wednesdays through Fridays in October.

Queen Anne Farm Pumpkin Patch — Mitchellville/Bowie: 18102 Central Avenue, Mitchellville/Bowie, MD 20716 • 301-440-7978 • queenannefarm.com. Queen Anne Farm offers a traditional pumpkin-patch experience rather than a giant amusement-style fall festival. The farm's 2026 season runs September 26 through October 31, with the pumpkin patch open daily from 10 a.m. to 5 p.m.

Montpelier Farms Fall Festival

Knightongale Farm

Greenstreet Gardens Fall Festival & Corn Maze

C & E Farm — Glenn Dale: 11415 Old Pond Drive, Glenn Dale, MD 20769 • 301-352-2958. C & E Farm is a longstanding Prince George's County working farm that has traditionally hosted a Harvest Fest during October with pumpkin-patch activities, hayrides, farm animals, face painting, and other family activities.

HOWARD COUNTY

Larriland Farm Fall Festival — Woodbine: 2415 Woodbine Road, Woodbine, MD 21797 • 410-442-2605 • pickyourown.com. Larriland is one of Howard County's premier fall farm destinations. Open September 8 through October 31, the 2026 Fall Festival includes apple and pumpkin picking, hayrides, a giant corn maze, and additional farm activities. Weekend admission is currently listed at $14 per person, while the farm market remains free to shop.

Clark's Elioak Farm — Ellicott City: 10500 Clarksville Pike, Ellicott City, MD 21042 • 410-730-4049 • clarklandfarm.com. Clark's combines a pumpkin patch with its popular petting farm and Enchanted Forest attractions. The farm is open throughout the 2026 season, with the pumpkin patch operating seven days a week from September 19 through November 8. Admission includes the petting farm, Enchanted Forest, Fairy Forest, and play areas; hay wagon rides and other activities are available for additional fees.

Sharp's at Waterford Farm — Brookeville: 4003 Jennings Chapel Road, Brookeville, MD 20833 • 410-489-2572 • sharpfarm.com. Sharp's offers one of the more traditional agricultural fall experiences in the region. The 565-acre working farm hosts fall weekends from September 26 through November 8, 10 a.m.–5 p.m. Visitors can take a hayride to the pumpkin patch or walk to the field-grown pumpkins, visit farm animals, browse the country store, and purchase seasonal decorations.

Mary's Land Farm — Ellicott City: 4979 Sheppard Lane, Ellicott City, MD 21042 • 410-849-4316 • maryslandfarm.com. Mary's Land Farm's fall programming combines a pumpkin patch with a large barnyard experience. Recent fall programs have included animal encounters, play areas, a giant slide, corn pit, train and wagon rides, food vendors, and other family activities.

QUEEN ANNE'S COUNTY

Kent Fort Farm — Stevensville: 135 Eastern Lane, Stevensville, MD 21666 • 410-643-1650 • kentfortfarm.com. Kent Fort Farm offers U-pick pumpkins, tractor rides/hayrides, and a petting-zoo experience during October weekends.

KENT COUNTY

Lockbriar Farms Harvest Festival — Chestertown: 10051 Worton Road, Chestertown, MD 21620 • 410-778-9112 • lockbriarfarms.com. Lockbriar Farms is a diversified fruit-and-vegetable farm with U-pick and retail operations. Its Harvest Festival has become a recurring Kent County fall event, featuring pumpkins, apple cider, a corn maze, hayrides, food, and games.

Kent County Family Fall Festival — Turners Creek Park: Turners Creek Park, Kennedyville, MD 21645 (location subject to change) • kentcounty.com/government/departments/parksrec. Although not held on a commercial farm, past festivals have featured a pumpkin patch, hayrides, pony rides, antique tractors, children's entertainment, food, crafts, and agricultural demonstrations.

Maryland Corn Maze

Maryland Corn Maze

Greenstreet Gardens

TALBOT COUNTY

Councell Farms — Field of Fun — Cordova: 11773 Old Skipton Road, Cordova, MD 21625 • 410-822-8213 • councellfarms.com. Councell Farms is one of Talbot County's premier fall farm destinations. Its "Field of Fun" offers more than 20 farm-related activities, including a corn maze, jumping pillow, and combine slide. During fall, the farm also sells pumpkins, gourds, Indian corn, mums, apples, and cider. The farm generally operates from September through the last weekend of October, weather permitting.

Family Affair Farm — Easton: 30091 Rabbit Hill Road, Easton, MD 21601 • familyaffairfarm.wixsite.com/familyaffairfarm. Family Affair Farm has become an Eastern Shore fall destination through its combination of pumpkins and a corn maze. The farm's agricultural programming also emphasizes education and family participation.

CAROLINE COUNTY

JZ Farms Fall Fest — Federalsburg: 6526 Dion Road, Federalsburg, MD 21632 • 443-786-7183 • jzfarms21@gmail.com • jz-farms.com. JZ Farms is one of the region's largest and most activity-packed fall attractions. The 2026 Fall Fest, running September 10 through November 1, features more than 20 attractions, including a 10-acre corn maze, kiddie maze, U-pick pumpkin patch, jumping pillows, farm animals, playhouses, corn-bin basketball, low ropes course, tire playground and more. Saturday October evenings feature a nighttime maze experience; visitors should bring flashlights.

Redemption Farms — Denton: 26564 Hignutt Road, Denton, MD 21629 • 443-786-9263 • redemptionfarmsmd@gmail.com • redemptionfarms.com. Redemption Farms offers a quiet agricultural alternative to larger, busier farms. Its fall program usually features pick-your-own pumpkins and apples, farm tours, and family activities.

Bartenfelder Farms — Preston: **4110 Payne Road, Preston, MD 21655 • 410-913-2590 • bartfarms9813@yahoo.com • facebook.com/BartenfelderFarmsPreston.** Bartenfelder Farms has a history of showcasing fall festivals with a corn maze, petting zoo, hayrides (some haunted!), as well as pumpkin painting and other family activities.

DORCHESTER COUNTY

Emily's Produce — Cambridge: **2214 Church Creek Road, Cambridge, MD 21613 • 443-521-0789 • emilysproduce.com.** Emily's Produce is one of Dorchester County's more popular farm-family destinations. During fall, the farm offers U-pick pumpkins, a Milo maze, children's activities, mums, and farm-market products. "Kyle's Farm Fun" onsite provides a free children's play area, while farm animals—including chickens, rabbits and pygmy goats—add to the experience.

Breckenridge Adventures — Vienna: **Mill Road, Vienna, MD 21869 • 443-521-9588 • facebook.com/BreckenridgeAdventures.** In past years, Breckenridge Adventures has offered one of the Eastern Shore's larger corn-maze experiences, with a nine-acre maze, themed Milo maze, pumpkin patch and numerous family activities. Duck races, pedal carts, sand play, apple chunking, corn cannon, pumpkin carving, flashlight maze nights, and bonfires round out the experience.

Shiloh Heritage Acres — Hurlock: **5910 Shiloh Church Hurlock Road, Hurlock, MD 21643 • 443-786-4217 • facebook.com/ShilohHeritageAcres.** Shiloh Heritage Acres is a small-scale sustainable farm with seasonal produce, U-pick flowers, farm animals and educational programs. Its roadside stand offers pumpkins during the fall season.

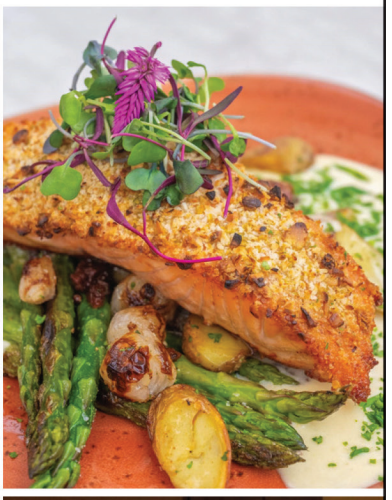
EXPERIENCE
THE CHESAPEAKE BAY BEACH CLUB

STAY WITH US
THE INN & WILSON'S COVE

DINE WITH US
KNOXIE'S TABLE, THE MARKET & VUE ROOFTOP LOUNGE

RELAX WITH US
THE SPA

CELEBRATE WITH US
EVERYWHERE!



Inaugural Dean Appointed for New Warehime School of Business

The Warehime School of Business will welcomed its first class of students this fall when the Class of 2030 arrived on the campus of Washington College in Chestertown. In preparation, the college named Dr. Caddie Putnam Rankin as the founding dean for the interdisciplinary business school. "Over the past several years, Caddie has led the evolution of the Warehime School of Business," says Washington College President Bryan Matthews '75 M'86 P'12. "She shaped the school's academic vision and developed an innovative curriculum that prepares students to lead in a rapidly changing global economy while remaining grounded in the enduring values of a liberal arts education. Having helped envision the Warehime School of Business from its earliest stages, Caddie is uniquely qualified to serve as its inaugural dean." Established by a historic $15 million gift from alumna Beth Warehime Rizakos '13, the Warehime School of Business is set to become a regional anchor for business innovation, offering its graduates a launchpad to become ethical, globally minded, impact-driven leaders. "The extraordinary generosity of Beth Warehime and her family has made it possible for Washington College to build a new model for business education," Putnam Rankin says. "The Warehime School of Business will prepare students not only to succeed in today's economy, but to shape tomorrow's. By activating the liberal arts through interdisciplinary learning, global experiences, and hands-on engagement with industry and communities, we are empowering graduates to become innovative thinkers, principled decision-makers, and catalysts for meaningful change." Learn more at washcoll.edu/warehim.

SWIMMABLE SHORERIVERS PROGRAM ACHIEVES TIER III STATUS

ShoreRivers has announced that its Swimmable ShoreRivers bacteria monitoring program is now officially recognized with Tier III approval by the Chesapeake Monitoring Cooperative (CMC) and the Maryland Department of the Environment (MDE). This approval follows the successful completion of both accredited laboratory proficiency testing and a field audit. Because Tier III is the highest level of data quality recognized by MDE and CMC for community science water monitoring programs, the volunteer-collected bacteria data can now be used to inform state regulatory decisions, such as designating waterways as impaired and taking direct action against pollution sources. This summer, nearly 70 SwimTesters monitored 55 sites across the Choptank, Miles, Wye, Chester, and Sassafras rivers; Eastern Bay; and the Bayside Creeks each week. These volunteers collected water samples which were then tested for Enterococci—a type of bacteria used to indicate fecal contamination in waterways. This community-wide effort empowers communities to better understand local water quality. To explore ShoreRivers monitoring data on an interactive map, learn more about the work, or become a SwimTester volunteer or site sponsor for 2027, visit shorerivers.org/swim.

UM SHORE REGIONAL HEALTH WELCOMES NEW DIRECTOR OF QUALITY, PATIENT SAFETY, AND REGULATORY PROGRAMS

Caleb A. Taylor, MHA, CPHQ, recently joined UM Shore Regional Health as the new Director of Quality, Patient Safety, and Regulatory Programs. Taylor joins the organization with a strong background in healthcare quality, patient safety, regulatory compliance, accreditation, and healthcare operations. Throughout his career, he has been committed to advancing high-reliability principles, strengthening patient safety culture, and driving operational excellence through collaboration, data-informed decision-making, and continuous process improvement. A graduate of the inaugural Master of Health Administration (MHA) cohort at Howard University, Taylor is also a Certified Professional in Healthcare Quality (CPHQ) and is passionate about developing systems that improve outcomes for patients, caregivers and the communities we serve. "Quality is not simply a department; it is a culture that should be embedded in every aspect of healthcare delivery," Taylor says. "By fostering a culture of safety, accountability and continuous improvement, we empower our team members to learn, innovate and pursue excellence. This shared commitment strengthens patient outcomes and ensures every patient and family receives high-quality, safe, compassionate and patient-centered care." Taylor will partner with UM SRH leaders and frontline team members to support regulatory readiness, performance improvement initiatives, patient safety strategies, accreditation activities, and the organization's ongoing pursuit of clinical excellence. Learn more at umms.org.

RICHARDSON'S
MARINE REPAIR INC.

WINTERIZATION SEASON IS HERE

Professional care and winterizing lead to more time on the water during the boating season. Storage space is limited. Contact us about package pricing and scheduling.

MERCURY
GO BOLDLY.

Mercury / MerCruiser Sales and Service • Mobile Service • Diagnostics • Hauling

(410) 745-9279

25145 Saint Michaels Rd.
Saint Michaels, MD
richardsonsmarinerepair.com

Framptom
Funeral Home By The Coale's, P.A.

We offer everything you'd expect from a funeral home and more!

It's only natural to want a funeral home that offers excellent service paired with excellent pricing. We are that funeral home.
Call or visit us online for more information.

Full Service Funeral Home and Crematory

Federalsburg, MD
410-754-8888

Easton, MD
30 North Harrison St.
410-763-8888

Greenwood, DE
302-349-8888

Advertise with us today!

RESERVE YOUR SPACE

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

The Trippe Gallery

Celebrating 13 Years!

Photographs Paintings Sculpture

23 N Harrison Street Easton

410-310-8727 thetrippegallery.com

For All Seasons' Back-to-School Resource Fair Brings Hundreds Together

For All Seasons hosted its annual School Supplies Giveaway and Resource Fair on August 12, welcoming hundreds of local students and families to its new event location at the Easton Elks Lodge #1622. Held outdoors on a warm summer evening, the free community event provided several hundred backpacks filled with school supplies, along with an evening of games, sweet treats, community connection, and valuable community resources to help local families start the school year strong. The Talbot County Department of Social Services was a lead sponsor for the event, contributing to the purchase of the pre-stuffed backpacks. Families also received additional school supplies from the community resource partners in attendance while learning about resources available to support their health and well-being throughout the school year. "This event is about creating a fun and welcoming evening for families and helping ease some of the stress that can come with the start of a new school year," says Carly Palmer, Assistant Director of Marketing & Outreach at For All Seasons. "We want students and families to feel like they are heading back to the classroom with a complete toolkit, including not only the physical school supplies they need, but also the mental health and community resources available to them throughout the year. The support of our sponsors, community partners, staff, and volunteers is what helps bring this event to life, and we are so grateful to everyone who helped make it a great success." Learn more about the programs and the many community sponsors at fourallseasonsinc.org.

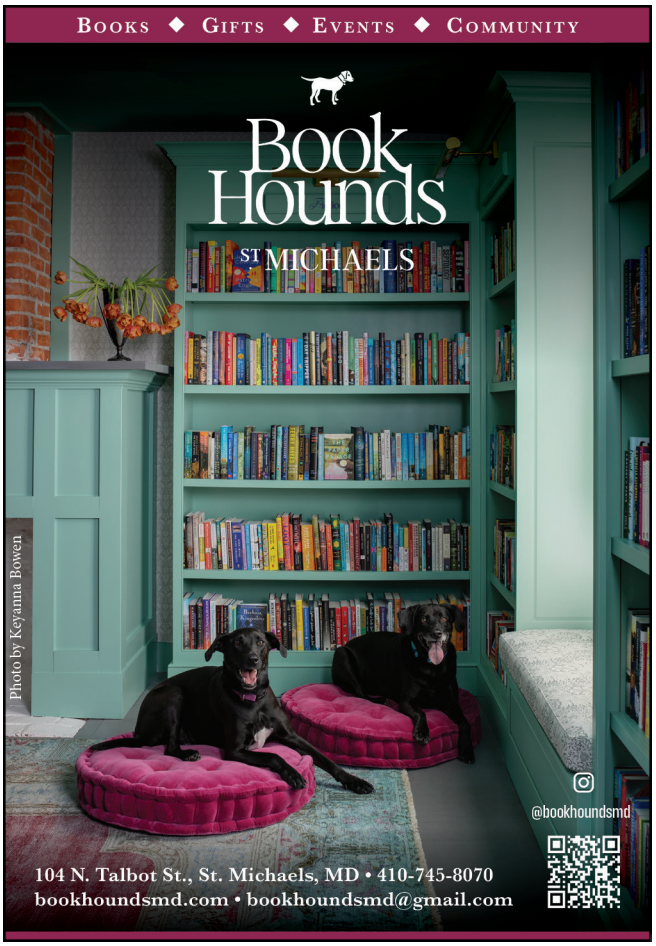
NEW CHESAPEAKE CONSERVATION AND CLIMATE CORPS MEMBERS ANNOUNCED

The Chesapeake Bay Trust (Bay Trust), along with partners State of Maryland, Maryland Department of Service and Civic Innovation (DSCI), Maryland Department of Natural Resources, BGE, and Constellation, recently introduced a new class of 83 members to the *Thomas V. Mike Miller, Jr., Chesapeake Conservation and Climate Corps Program*, in partnership with the Maryland Corps/Service Year Option (the Corps), to work on natural resources issues across Maryland. The incoming class was introduced to their host organizations to learn more about their job responsibilities for the upcoming year. The Corps, administered by the Bay Trust in collaboration with DSCI, empowers young people to serve their communities and gain real-world professional skills through a 12-month stipend-supported term of service. Corps members are matched with host organizations and receive firsthand training on a wide variety of topics in the realms of climate, energy, watershed restoration, agriculture, forestry, and education. "The strength of the Chesapeake Conservation and Climate Corps is written in its results: a cleaner bay, a healthy state, and dozens of young people heading into meaningful careers—40 percent of our members are hired by the organizations they serve, and 90 percent of graduates go on to full-time employment," says Jonny Dorsey, Maryland Secretary of Service and Civic Innovation. "By investing in young people today, we're building the next generation of environmental leaders and a stronger Maryland for generations to come." "The Corps demonstrates the power of investing in people," said Dr. Jana Davis, president of the Chesapeake Bay Trust. "By preparing emerging leaders with hands-on experience and a passion for service, the Corps is building a stronger workforce and healthier communities across Maryland. The future of our natural resources depends on people ready to protect them." Learn more about the program at cbtrust.org.

TALBOT COUNTY NAMES STEPHANIE MERVINE DIRECTOR OF ECONOMIC DEVELOPMENT AND TOURISM

Talbot County recently named Eastern Shore native Stephanie Mervine as its new director of Economic Development and Tourism. She began her new role on Aug. 31. Mervine is an experienced economic development professional whose career includes regional economic development, business retention and expansion, tourism, destination marketing, and community development in Maryland, New Mexico, and Oklahoma. "We are pleased to welcome Stephanie back to the Eastern Shore and look forward to the leadership she will bring to Talbot County," says Talbot County Council President Chuck Callahan. Mervine is a graduate of the University of Oklahoma Economic Development Institute, an intensive professional development program accredited by the International

Economic Development Council. Most recently, Mervine worked with the Choctaw Nation of Oklahoma, where she led business retention and expansion efforts across multiple counties and supported projects generating local investment. Her career also includes economic development leadership in New Mexico and earlier work with Wicomico County Tourism on Maryland's Eastern Shore. Learn more at talbotworks.org.



Rooted in Maryland

LUKE BORCHELT ON MUSIC, MARYLAND, AND HIS DEBUT ALBUM

By Cali Schwerdtfeger

We had the opportunity to sit down with Luke Borchelt, Maryland-born and Annapolis area-local, who is quickly making a name for himself in the country music scene. After the release of his debut album, *Water Town*, we talked about the journey of creating the record, what it's like to pursue a rising career while staying rooted in his hometown, and how the Annapolis community has helped shape both the artist and the person he is today.

Luke, you just released *Water Town*. Tell us about your influences growing up in the area near the water and how that developed into ideas and songs for this album. I think growing up on the water is everything. Most of these songs are honestly about missing Maryland. I lived in New York for six years, and I felt like I tried to run away from where I grew up. When I picked up the guitar, I ended up writing all these songs that were really about missing growing up on the water—missing crabbing and the culture. That led me to the decision to come back home and be based here.

Can you share more about this album and what it means to you to see it come together? Who joins you/performs on the album and where was it recorded? This is my first major-label album, which is really cool for someone who just talks about Maryland, to be signed to Atlantic Records and with MDDN. Obviously, Benji and Joel Madden *(Founders of MDDN and members of the Good Charlotte rock band)* are from Maryland, so being signed to them is cool. I work with all people from Maryland. It's produced by Warren Russell, who's an Anne Arundel County native. We recorded at GDA Productions in Millersville, and he mixed and mastered the record. If I write with anyone, it's usually people from Maryland. That part feels cool, that we get a national stage for something that's made locally.

Photographs courtesy Luke Borchelt

Your star is rising and rising fast. Can you share how this past year has felt for you? I think I just get recognized at the gas station a little more. People ask me if I'm the Ocean City guy. But it just feels good. I played Merriweather [Post Pavilion], which is somewhere we all grew up going to see concerts. That's where I saw my first concert. Playing Country Calling—obviously, it's the biggest festival in Maryland…it's just surreal.

You've begun to play shows and tour outside of the Annapolis area, beyond Maryland, and even the Mid-Atlantic. What has this experience been like for you; to play far away from home? I think it's cool that people relate to my songs and want me to play Maryland songs across the country. If I play "Maryland Life" or "Ocean City" and there are people in Seattle singing along, it's just cool to realize that growing up in a water town is an experience that relates to places all over. Whether it's a lake or the Pacific Ocean, people get it.

Being a country artist, do you aspire and/or see yourself relocating to "Music City" Nashville? Or another major city to cut your teeth so to speak? Is that a goal or not and why? I'm in Maryland forever. Born here, live here, die here. I have no desire to leave. I think the beauty of the internet is that there are so many great artists; Good Charlotte, Brothers Osborne, and, even in the country space, Jackson Dean, who paved the way for me to be able to do what I do. Now, thanks to the internet and these other artists paving the way, I feel like I don't have to move to Nashville. I can go there for work, but I want to stay around what inspires me, which is Maryland.

What does the Annapolis music community mean to you? How have you been received in home music circles? I could talk for a long time about this. When I first came back, I was asking if I could play anywhere. I had just learned how to play guitar. All I wanted was a place to play. I played at HERE…a pop-up shop. My first gigs were there and at 49 West Coffeehouse on West Street.

To be embraced by the Annapolis scene is everything to me for two reasons. One, my managers, Benji and Joel Madden, came through that same scene. Good Charlotte came up in Annapolis, and it feels cool that they care and reach back, pick people up from our area, and bring them forward.

The other reason is that my uncle [Jim Borchelt] started Eastport a Rockin', funny enough. My uncle had a coffee shop called Cafe Gurus in Eastport, and he started and founded the first Eastport a Rockin'. Good Charlotte played it. I feel like it's also full circle that my uncle and my family were involved in the Annapolis music scene, and now I've gotten to be a next wave of it.

Learn more about Luke Borchelt, his music, and tour dates at lukeborchelt.com.

CHESAPEAKE TRADITIONS ARTICLE SERIES

an

Enduring Beacon

Celebrating the legacy of Thomas Point Shoal Lighthouse

story by **Lisa A. Lewis** photographs by **David Sites**

From the front lines of a divided nation to the waters of the Chesapeake Bay, Eugene Burchenal, the first head lighthouse keeper of Thomas Point Shoal Lighthouse, dedicated his life to serving others. A private in the 1st Delaware Infantry Regiment during the Civil War, who was severely wounded at the Battle of Antietam, he transitioned from the battlefield to a lonely duty station. Enduring isolation and peril, Burchenal braved the harsh elements, keeping watch over the Chesapeake Bay as he guided mariners to safety.

On June 7, 2026, more than 150 years after the iconic lighthouse was first lit on November 27, 1875, Burchenal was honored during a graveside recognition ceremony at St. Anne's Cedar Bluff Cemetery in Annapolis. A flag and bronze marker were placed at his grave to honor the first keeper of the light. The ceremony, which is part of a program to pay tribute to departed lighthouse keepers, was hosted by the Chesapeake Chapter of the United States Lighthouse Society (USLHS).

In the 150 years since Thomas Point Shoal Lighthouse was built, it has transformed from a utilitarian keeper's quarters to a meticulously preserved museum. Photographs by John Potvin, Cory Talbott, and Henry Gonza.

Today's "keepers" of the Thomas Point Shoal Lighthouse include passionate volunteers and partnerships with the Annapolis Maritime Museum, National Oceanic and Atmospheric Administration, United States Lighthouse Society, City of Annapolis, and Anne Arundel County.

Born September 26, 1840, in Caroline County and raised in Smyrna, Delaware, Burchenal served as the first assistant keeper of Love Point Lighthouse from 1873 to 1875 before being appointed as the first head keeper of Thomas Point Shoal Lighthouse on November 4, 1875. He resigned in 1880 and died on March 31, 1881.

"We recently discovered that Burchenal was buried in Annapolis, so we arranged the graveside ceremony to recognize his service," says Bob Stevenson, a volunteer and docent at Thomas Point Shoal Lighthouse who spoke at the ceremony. "By paying tribute to him, we connect the past to the present and honor our history. We also have the opportunity to explore his life and learn about the difficulties he overcame and the sacrifices he made."

The ceremony not only honored Burchenal's legacy as one of Maryland's pioneering lighthouse keepers, but it also shined a light on the importance of preserving Thomas Point Shoal Lighthouse, the only screw-pile lighthouse still standing in the Chesapeake Bay in its original location.

A Groundbreaking Design

Located in the Chesapeake Bay about 1.5 miles offshore, just north of the mouth of the South River and south of Annapolis, Thomas Point Shoal Lighthouse is an engineering masterpiece. Designated as a National Historic Landmark in 1999, it was the last manned lighthouse in the Chesapeake Bay until its automation on September 5, 1986. Today, it remains an active aid to navigation and a National Oceanic and Atmospheric Administration (NOAA) weather reporting station.

The iconic lighthouse derived its name from Philip Thomas, an English settler who arrived in Maryland in 1651. The tract of land he owned on the peninsula south of Annapolis became known as Thomas Point in his honor. A shoal—a shallow, underwater sandbar—extends more than a mile into the Chesapeake Bay from this peninsula.

Since the shoal posed a navigational hazard to mariners and could cause ships to run aground, construction of a lighthouse was critical. However, two land-based lighthouses—one built in 1825, another in 1838—proved ineffective. Factors contributing to their failure included the distance from the shoal, poor visibility, and severe shoreline erosion, which washed away the land and put the towers at risk of collapsing into the Bay.

To address this navigational emergency, Congress approved funding to build a screw-pile lighthouse, which is built directly in the water on the shoal, thus the name Thomas Point Shoal Lighthouse. The structure sits on top of cast-iron piles screwed deep into the muddy, sandy bottom of the Bay. According to the USLHS, the screw-pile lighthouse was invented by Alexander Mitchell, a blind Irish engineer, who received a patent for the design in 1833.

"Screw-pile lighthouses are difficult to maintain," says John Potvin, current lighthouse manager of Thomas Point Shoal Lighthouse. "But due to the location of the shoal in the Bay, this innovative design was essential. Traditional lighthouses simply wouldn't work in this location. It's such a beautiful lighthouse, and it has seen 150 years of history that we can only imagine."

Although the screw-pile design successfully addressed the issue of erosion, ice floes remained a significant threat to Thomas Point Shoal Lighthouse. In January 1877, ice struck the foundation of the lighthouse, shaking the structure violently and damaging the Fresnel lens (a special lens that maximizes the brightness and range of the light). Despite the dangerous conditions, the lighthouse keepers, Burchenal and Charles Miller, worked tirelessly to secure the lighthouse.

It's such a beautiful lighthouse, and it has seen 150 years of history that we can only imagine.

In his book, *Thomas Point Shoal Lighthouse: A Chesapeake Bay Icon*, author David Gendell recounts the incident—exemplifying the keepers' dedication when he writes, "Undeterred and aware of their duty as keepers, Burchenal and Miller rigged a replacement light in a window." After five days, they evacuated to the safety of the old stone lighthouse tower, which had been abandoned, and lit a lamp—a further testament to their commitment to keep a light shining.

"The keepers' top priorities were keeping the light lit and the bell ringing," Gendell says. "These were the primary reasons for a lighthouse's existence, and the structure itself was a vehicle to support this mission."

To prevent ice emergencies from occurring, the United States Lighthouse Service installed an icebreaker. Rock (riprap) was also installed in 1886 to protect the lighthouse from ice damage.

Rising sea level is expected to threaten the structural integrity of the lighthouse. Engineers have determined it will become critical to elevate the structure by at least six feet.

Thomas Point Shoal Lighthouse was the last manned lighthouse in the Chesapeake Bay until its automation on September 5, 1986.

An Architectural Masterpiece

Although the iconic landmark was born of necessity due to damaging erosion and ice, Thomas Point Shoal Lighthouse represents a marriage of form and function. The 1.5-story hexagonal wooden cottage-style lighthouse features white siding, six dormer windows with bright green shutters, a vibrant red roof, and a black lantern room, which houses the Fresnel lens. The special lens, which was invented in 1822 by French physicist Augustin-Jean Fresnel, revolutionized maritime safety.

According to the Chesapeake Chapter, a walkway surrounded the first level and originally included four rooms: a kitchen, a sitting room, and two bedrooms. Today, the lighthouse has transformed from a utilitarian keeper's quarters to a meticulously preserved museum.

"The rooms have been carefully preserved in a way that remains true to their character and represents the décor of different time periods—offering a sense of being frozen in time," Gendell explains. "The four current main-floor rooms include an 1875-era kitchen, a 1986-era Coast Guard office, a workroom/storeroom, and a sitting room. A central staircase leads to a smaller second level, and the lantern room is accessed by a ship's ladder."

In 2004, Thomas Point Shoal Lighthouse transferred ownership from the Coast Guard, which had owned it since 1939, to a public-private partnership that includes the City of Annapolis, the USLHS and its Chesapeake Chapter, the Annapolis Maritime Museum & Park (AMM), and Anne Arundel County. The City of Annapolis owns the lighthouse, and the USLHS leases it from the City. The mission of the partnership is to maintain, preserve, and provide public access to Thomas Point Shoal Lighthouse. The Coast Guard continues to maintain the active aid to navigation.

Preserving an Iconic Landmark

While the screw-pile design has helped Thomas Point Shoal Lighthouse endure for generations, maintaining a lighthouse in open water and protecting it from environmental elements, such as saltwater, waves, and storms, is a constant battle.

"The lighthouse is supported by screw piles burrowed into the bottom of the Bay," Potvin says. "A series of steel beams and tie rods connects the screw piles together. But cast iron and steel react differently in this environment. Steel is highly susceptible to damage from saltwater, while cast iron is resilient. The original cast iron is as good today as it was in 1875. The steel, however, has to be replaced periodically."

The original Fresnel lens is currently stored at Annapolis Maritime Museum and is expected be on exhibit later this year. Photographs courtesy John Potvin.

As a designated National Historic Landmark, all restoration and preservation work of the lighthouse must be completed in compliance with the Maryland Historic Trust to ensure that the structure remains true to its history.

> *Every volunteer who works on the lighthouse has their own stories and connections to it. It's important to transfer this sense of history from generation to generation.*

A contractor replaced the steel and tie rods in 2020, which helped pave the way to address other issues, such as replacing rotting wood, painting, refinishing the floors, coating the roof, and preserving the lighthouse's original charm and character.

Potvin, who is a member of the USLHS and a board member of the Chesapeake Chapter, first became involved with Thomas Point Shoal Lighthouse in 2015 after he retired and was looking for a way to spend his free time. He started as a painter and expanded his role to include nearly every aspect of managing the lighthouse.

"I had no knowledge of lighthouses, but I had a background in property management," Potvin explains. "So, I had a knack for doing what a lighthouse manager needs to do. I live on Thomas Point, and I can see the lighthouse from my house. I want to make sure that my grandchildren and great grandchildren get to see it during their lifetime."

Although some restoration work is routine and needs to be completed on a regular basis, other issues pose serious challenges. Perhaps the biggest threat to Thomas Point Shoal Lighthouse is sea level rise. Based on the findings from the "Thomas Point Shoal Lighthouse Climate Resiliency Assessment" (prepared by EA Engineering, Science, and Technology, Inc., PBC in October 2024), Bay waters have risen 20 inches over the past 150 years and are projected to rise another 20 inches within the next 25 years. By 2100, sea level rise could be as high as 60 inches.

To protect the lighthouse from rising Bay waters, it is critical to elevate the structure at least six feet. Potvin says initial funds, including contributions from donors, have been raised to hire a team of engineers to develop a plan to elevate the lighthouse. A grant from the National Park Service's "Saving America's Treasures" program will provide funds for the project, and additional matching grant funds have been received.

The monumental task of maintaining and preserving Thomas Point Shoal Lighthouse would not be possible without the dedication of volunteers who are passionate about the landmark. Since the lighthouse is a National Historic Landmark, all restoration and preservation work must be completed in compliance with the Maryland Historic Trust to ensure that the structure remains true to its history.

"Preservation work is so important, and our volunteers get very excited about accomplishing the sometimes-challenging tasks of maintaining the lighthouse," Stevenson says. "Every volunteer who works on the lighthouse has their own stories and connections to it. It's important to transfer this sense of history from generation to generation."

The 1.5-story hexagonal wooden cottage-style lighthouse features white siding, six dormer windows with bright green shutters, a vibrant red roof, and a black lantern room.

A Special Homecoming

The Fresnel lens is the heart of a lighthouse. So, when Potvin learned that Thomas Point Shoal Lighthouse's Fresnel lens was returning to Annapolis after being stored in an administration building at the Coast Guard Yard in Baltimore since 1986, he felt as if a dream had come true.

"I always wanted the Fresnel lens to return to Annapolis, but I didn't think it would ever happen," Potvin says. "The original 3.5-order [classification size and focal length] lens was damaged during the 1877 ice emergency. The keepers used a temporary replacement lens until a new fourth-order Fresnel lens was installed in 1899, which lasted for generations.

"I talked to some members of the Coast Guard during Thomas Point Shoal Lighthouse's 150th anniversary celebration last year about the lens, and the next day, I received a call that the Fresnel lens was finally coming home."

The Fresnel lens, which was returned to Annapolis in spring 2026, is currently in storage at AMM and will be on display at the museum in late 2026 or early 2027. Thomas Point Shoal Lighthouse volunteers are excited that the public will finally be able to see this gorgeous Fresnel lens, a valuable piece of history.

Public Tours

In accordance with its partnership, AMM serves as the host location for visitors departing for and returning from the lighthouse. The tours, which began in 2007, offer a docent-led tour of the interior and the unique opportunity to learn about the history of the lighthouse. The duration of the tours is two hours, including a 30-minute boat ride to the lighthouse and a 30-minute boat ride back to the dock.

Stevenson, who has been a volunteer for 21 years, enjoys taking visitors on tours, and he strives to make sure that everyone leaves with a big smile on their face. He adds personal touches, such as fun facts and personal stories about the lives of the lighthouse keepers, to bring the lighthouse to life for visitors.

"After retirement, it was nice for me to fill my time at this beautiful lighthouse that is unlike any other lighthouse still in existence," Stevenson says. "My favorite feature is not actually part of the lighthouse; it's the visitors. I enjoy the personal contact, and I like when people return for another visit." To learn more, visit thomaspointshoallighthouse.org.

A Legacy of Light

From Burchenal through the generations who followed, lighthouse keepers at Thomas Point Shoal Lighthouse endured extreme isolation, harsh weather conditions, and treacherous waters. As keepers of the light, their primary mission was to keep the beacon shining to ensure the safety of mariners. Although keepers no longer stand watch today, their spirit lives on in the volunteers who work tirelessly to preserve the iconic lighthouse, and their legacy continues to shine brightly.

"I grew up in Annapolis, and my brothers and I sailed past Thomas Point Shoal Lighthouse regularly when we were kids," Gendell says fondly. "I remember seeing the lighthouse keepers, and we would be thrilled if they came out and waved. The lighthouse has always been a symbol—something that everyone was proud of and enjoyed, and it's important for us to preserve it."

Thomas Point Shoal Lighthouse volunteers held a special graveside recognition ceremony in Annapolis for the lighthouse's first, renown keeper Eugene Burchenal.

2026

TOP DENTISTS

2027

The definitive, local list of exceptional dental professionals

Every two years we survey local dentists with our **Top Dentists Peer Review Survey.** These dentists let us know exactly who they trust with their own oral health care needs. In spring, we called upon all dentists practicing throughout the Mid-Shore and greater region, asking them, "If you needed to recommend a dentist (other than yourself) to a friend or loved one, which dentist(s) would you recommend in the following specialties?" We listed more than 10 areas of dental specialty on the digital survey. Dentists could vote for up to three candidates per specialty. Only one survey entry was allowed per dentist. The response was impressive and we want to thank the many dentists who took the time to fill in all the categories. After vetting the initial list, we confirmed licensing and integrity of each dentist through the Maryland State Board of Dental Examiners.

Please note that these results represent those individuals who clearly received the most *substantial* number of nominations. Some categories saw more voting activity than others—and that is reflected in the higher number of winners in some specialties.

Top Dentists Across the Bridge

For the full list of Top Dentists 2026–2027 in Annapolis and the Western Shore, visit whatsupmag.com and click "Digital Editions" in the top-right corner of our website. You'll be able to flip through the digital versions of our magazines, including the October 2026 issue of *What's Up? Annapolis*.

CONGRATULATIONS TO THE FOLLOWING DENTISTS EARNING HONORS IN OUR *EASTERN SHORE* MAGAZINE, LISTED ALPHABETICALLY BY FIRST NAME UNDER EACH RESPECTIVE DENTAL SPECIALTY CATEGORY.

Dental Anesthesiology

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

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

Dr. Sarah Aufderheide – Island Dental Studio • 202 Saint Claire Place, #200, Stevensville, MD 21666 • 410-604-6915

Endodontics

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

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

Dr. Fredrick Heaton – J Fredrick Heaton DMD PA • 556 Cynwood Drive, Ste. B, Easton, MD 21601 • 410-822-1442 • eastonendo@aol.com

Dr. Ryan Maisel – Kent Island Dentistry • 1231 Shopping Center Road, Stevensville, MD 21666 • 410-643-5100 • kentislanddentistry.com

General Dentistry

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

Dr. Abubakr Shafi – Shafi Dental Care • 538C Cynwood Drive, Easton, MD, 21601 • 410-770-9590 • shafidentalcare.com

Dr. Ali Soulati – Soulati Dental • 401 Purdy Street, Ste. 101, Easton, MD 21601 • 410-819-0060 • alisoulatidds.com

Dr. Alyssa Wolfe – Eastern Shore Dental Care • 22 Kent Towne Market, Chester, MD 21619 • 410-643-5500 • easternshoredentalcare.com

Dr. Andrew Barnes – Easton Maryland Dental • 5 Caulk Lane, Easton, MD 21601 • 410-822-4106 • eastonmarylanddental.com

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

Dr. Elba Olivero – O Dental • 110 Channel Marker Way, Ste. 100, Grasonville, MD 21638 • 410-457-3883 • odentalsmiles.com

Dr. Eric Fooksman – Eastern Shore Dental Care • 22 Kent Towne Market, Chester, MD 21619 • 410-643-5500 • easternshoredentalcare.com

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

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

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

Dr. Megan Dixson – Eastern Shore Dental Care • 22 Kent Towne Market, Chester, MD 21619 • 410-643-5500 • easternshoredentalcare.com

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

Dr. Michael Hoglund – Easton Dental Studio • 2 Martin Court, #2, Easton, MD 21601 • 410-822-6177 • eastondentalstudio.com

Dr. Nicholas DiBenedetto – Nicholas F. DiBenedetto, DDS • 604 Dutchmans Lane, Easton, MD 21601 • 410-822-2212 • dentisteaston.com

Dr. Patricia Higgins – Smiles & More Dental Wellness • 10646 River Road, Denton, MD 21629 • 410-479-3644 • smilesby.com

Dr. Roshni Bhatt – Harbor Dental Center • 402 Muse Street, Cambridge, MD 21613 • 410-650-8335 • harbordentalcenter.com

Dr. Ryan Maisel – Kent Island Dentistry • 1231 Shopping Center Road, Stevensville, MD 21666 • 410-643-5100 • kentislanddentistry.com

Oral & Maxillofacial Pathology

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

Dr. Borek Hlousek – Oral Surgery Specialists • 101 St. Claire Place, Stevensville, MD 21666 • 410-643-9730 • annapolisoss.com

Dr. Clay Kim – Eastern Maryland Oral & Maxillofacial Surgery • 499 Idlewild Avenue, Ste. 106, Easton, MD 21601 • 410-443-0461 • easternmdoms.com

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

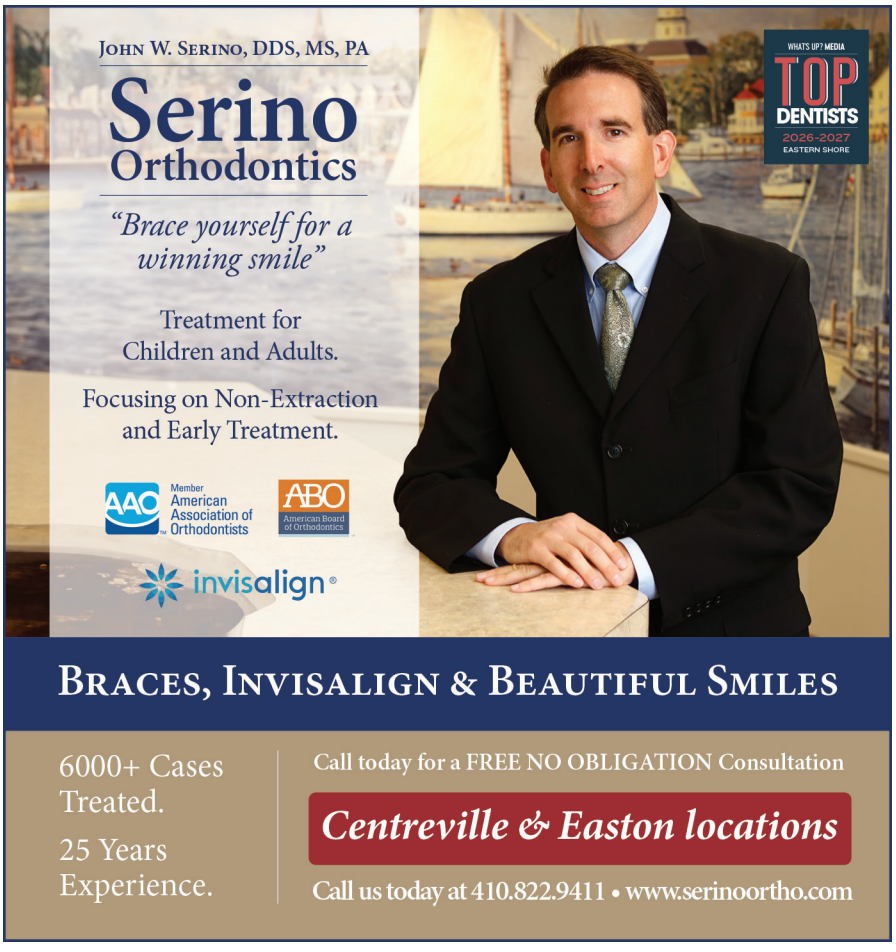
Oral & Maxillofacial Surgery

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

Dr. Andrew Bookwalter – Berlin Oral Surgery • 314 Franklin Avenue, Ste. 502, Berlin, MD 21811 • 410-641-4710 • berlinoralsurgery.com

Dr. Christopher Chambers – Oral Surgery Specialists • 101 St. Claire Place, Stevensville, MD 21666 • 410-643-9730 • annapolisoss.com

Dr. Clay Kim – Eastern Maryland Oral & Maxillofacial Surgery • 499 Idlewild Avenue, Ste. 106, Easton, MD 21601 • 410-443-0461 • easternmdoms.com



Top Dentist

Dr. Cornelius Sullivan – Oral Surgery Specialists • 101 St. Claire Place, Stevensville, MD 21666 • 410-643-9730 • annapolisoss.com

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

Dr. Rhonda Rohloff – Berlin Oral Surgery • 314 Franklin Avenue, Ste. 502, Berlin, MD 21811 • 410-641-4710 • berlinoralsurgery.com

Orofacial Pain

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

Dr. Georgi Talmazov – Centers for Specialized Dentistry • 218 Bay Street, Easton, MD 21601 • 410-820-9599 • cfsd-md.com

Orthodontics & Dentofacial Orthopedics

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

Dr. Erik Higginbottom – Higginbottom Orthodontics • 503 Dutchmans Lane, Easton, MD 21601 • 410-822-3626 • higginbottomorthodontics.com

Dr. John Serino – Serino Orthodontics • 538 Cynwood Drive, Easton, MD 21601 • 410-822-9411 • serinoortho.com

Dr. Michael Tilghman – Tilghman Orthodontics • 1324 Belmont Avenue, Ste. 104, Salisbury, MD 21804 • 410-742-4813 • tilghmanorthodontics.com

Dr. Robert Laraway – Kent I sland Orthodontics • 206 Duke Street, Stevensville, MD 21666 • 410-855-4430 • kiortho.com

Pediatric Dentistry

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

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

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

Dr. Myrnelle Damas – Midshore Pediatric Dentistry • 508-B Cynwood Drive, Easton, MD 21601 • 410-819-0726 • midshorepediatricdentistry.com

Dental Trends & Innovations We're Watching

Artificial Intelligence in Dentistry

Jump on the AI bandwagon—AI can assist with analyzing dental images, identifying areas of concern, and improving workflow. The American Dental Association reports that 43.3 percent of surveyed U.S. dentists were using AI for at least one practice task by mid-2026, although human clinical judgment remains essential.

Digital Dentistry and 3D Printing

Digital impressions, CAD/CAM design, and 3D printing are transforming how restorations and dental appliances are planned and produced. These technologies can improve precision, streamline workflows and shorten turnaround times for items such as crowns, models, aligners and surgical guides—while supporting increasingly personalized treatment.

Sophisticated Clear-Aligner Treatment

Clear aligners continue to expand orthodontic options for adults seeking a more discreet alternative to conventional braces. Digital scanning, computer-assisted treatment planning, and advanced manufacturing have made orthodontic care increasingly personalized.

Minimally Invasive, Tooth-Preserving Dentistry

A growing emphasis on preserving healthy tooth structure is influencing both restorative and cosmetic care. Improved bonding techniques and dental materials can allow some treatments to be more conservative than in the past.

Preventive Oral Care

Dentistry is increasingly moving toward prevention tailored to individual risk. Researchers are studying the oral microbiome and the biological factors that contribute to cavities and gum disease, while emerging diagnostic tools may eventually support earlier, more personalized interventions.

The Growing Oral-Health-and-Wellness Connection

The mouth is no longer viewed in isolation from the rest of the body. Growing scientific interest in oral-systemic health is encouraging closer attention to the relationships among oral disease, inflammation, and overall wellness. This broader perspective is helping reinforce the importance of preventive dental care as part of lifelong health.

Rise of the Digital Smile

Intraoral scanners and advanced 3D imaging are replacing some traditional impressions and making treatment planning more visual. For cosmetic and restorative dentistry, digital models can help dentists explain proposed care and allow patients to better visualize possible outcomes.

What Sets Apart a Top-Tier Dental Practice?

Impressive Credentials. Look for a dentist whose education, training, and professional credentials are easy to verify. Just as important is an ongoing commitment to continuing education. Dentistry evolves rapidly, and top practitioners regularly update their knowledge of new techniques, materials, technology, and standards of care.

Personalized Treatment. A thorough initial visit should include a review of medical and dental history, an appropriate oral examination, and diagnostic evaluation tailored to the patient's needs. Two patients with similar dental problems may have different health histories, priorities, budgets, and long-term goals. Excellent dentists tailor their recommendations accordingly.

Clear Communication. Patients should understand their diagnosis, recommended treatment, benefits and risks, reasonable alternatives, and expected costs. The American Dental Association emphasizes meaningful patient involvement in treatment decisions. A top-tier practice makes time for questions and discussion.

Strong Emphasis on Prevention. The best dental practices focus on keeping problems from developing—or catching them early. That includes regular examinations, professional cleanings, appropriate screenings, and practical guidance for home care.

Modern Technology Used Thoughtfully. Digital imaging, intraoral scanners, 3D imaging, and other technologies can enhance diagnosis and treatment planning. But impressive equipment alone does not guarantee excellent care. A truly top-tier practice uses technology when it provides a meaningful clinical benefit—not merely because it is new, expensive, or marketable.

Meticulous Standards of Safety and Infection Control. Patients may not see every safety procedure, but it should be taken seriously behind the scenes. Centers for Disease Control and Prevention guidance for dental settings emphasizes Standard Precautions, including hand hygiene, appropriate protective equipment, safe injections, sterilized instruments, and clean, disinfected surfaces.

Skilled, Professional Dental Team. A dental practice is only as strong as its entire team. Experienced hygienists, assistants, and admin staff should work together seamlessly, communicate clearly, and treat patients with courtesy and respect.

Treatment and Fee Transparency. Unexpected costs can quickly undermine confidence in a dental practice. Patients should have a clear understanding of proposed fees and financial responsibilities before treatment begins. Transparency also means candid discussions about alternatives, timing, and which treatments are urgent or not.

Periodontics

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

Dr. Elizabeth Polak – Anchor Periodontics • 214 Pier 1 Road, Ste 140, Stevensville, MD 21666 • 410-604-9555 • anchorperio.net

Dr. John Louis – Centers for Specialized Dentistry • 218 Bay Street, Easton, MD 21601 • 410-820-9599 • cfsd-md.com

Prosthodontics

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

Dr. Andrew Barnes – Easton Maryland Dental • 5 Caulk Lane, Easton, MD 21601 • 410-822-4106 • eastonmarylanddental.com

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

Dr. Georgi Talmazov – Centers for Specialized Dentistry • 218 Bay Street, Easton, MD 21601 • 410-820-9599 • cfsd-md.com

Dr. Ryan Maisel – Kent Island Dentistry • 1231 Shopping Center Road, Stevensville, MD 21666 • 410-643-5100 • kentislanddentistry.com

WHAT'S UP? MEDIA
NEWSKEEPSAKE

SHOW OFF YOUR
WIN!

CELEBRATE YOUR AWARD THE RIGHT WAY, WITH A HIGH-QUALITY PLAQUE!

Ships to you ready to hang, no framing necessary (desktop stands also available). The brilliant printing will make your image pop off the wall, and the custom mounting is completely eco-friendly. Choose from four different edge colors to complete your award keepsake and start displaying your accomplishments today! Articles, covers, and additional custom plaques available upon request.

WHATSUPMAG.COM/
PLAQUES

Giving Our Community Something To **Smile** About

Your first visit is all about you!
Schedule an appointment today.

- **Periodontal Treatment**
- **Dental Implants** ▪ **Laser Surgery**
- **Prosthodontic Treatments**

Worn Teeth • Bite Treatment
Tooth Extractions • Sleep Apnea
Periodontal Maintenance • Dentures
TMJ Pain • Oral Sedation

MEET OUR DOCTORS

Dr. John Louis
Periodontist

Dr. Georgi Talmazov
Prosthodontist

CENTERS FOR SPECIALIZED DENTISTRY

218 Bay St. | Easton, MD 21601 • 304 Dogwood Dr. | Salisbury, MD 21801
www.cfsd-md.com • (410) 820-9599 • Contact us today!

WHAT'S UP? MEDIA TOP DENTISTS 2026-2027 EASTERN SHORE

Your story matters.

MAKE MENTAL HEALTH A PRIORITY.

FOR ALL SEASONS

- Therapy
- Psychiatry
- Rape Crisis Center
- Center for Learning

Support for all ages. Walk-in appointments. No waitlist.

410.822.1018 ForAllSeasonsinc.org

CELEBRATING 10 YEARS SERVING EASTERN SHORE

EXPERIENCE DENTISTRY *Elevated.*

START SEEING YOUR DENTAL VISITS IN A DIFFERENT WAY.

COMPREHENSIVE AND COSMETIC DENTISTRY FOR A HEALTHY, CONFIDENT YOU.

DR. ELBA OLIVERO

OVER A DECADE OF DEDICATION TO HER EASTERN SHORE PATIENTS

WHAT'S UP? MEDIA TOP DENTISTS 2026-2027 EASTERN SHORE

O DENTAL

ELEVATED. PERSONAL. RELAXING.

LUXURY EXPERIENCE CALMING COMFORT | COMPREHENSIVE ORAL HEALTH | COSMETIC ARTISTRY

OPEN IN GRASONVILLE - NEXT TO The Jetty

NOW SAME DAY APPOINTMENTS

410-870-8070 | odentalsmiles.com

EASTON MARYLAND DENTAL

Since 1988, we've served the Easton community, building a practice that's grown through referrals from our patients who love our painless, patient-centered approach. We're honored to be caring for several generations of the same families and are humbled by the trust each places in us.

Easton Maryland Dental offers:

- Dental exams, cleanings, and fillings for all ages
- Emergency dental care
- Cosmetic dentistry
- Dental implant restorations, bridges, and dentures
- Root canals
- 3D scanning and same day crowns

Dr. Andrew Barnes

5 Caulk Lane - Unit 1 | Easton, MD
(410) 822-4106 | Accepting new patients

WHAT'S UP? MEDIA TOP DENTISTS 2026-2027 EASTERN SHORE

WHAT'S UP? MEDIA TOP DENTISTS 2024-2025 EASTERN SHORE

JAMES C. POCHRON, D.D.S.

Chesapeake DENTAL

Change your smile, Change your life.

THE DAWSON ACADEMY Making Good Dentists Even Better

ADA | suresmile

CEREC One-visit dentistry

We specialize in cosmetic dentistry procedures. We use the most up to date technology to ensure you receive individualized treatment, quality results, and maximum comfort.

Using CEREC Technology, ceramic crowns are done in ONE visit without impressions, and NO temporaries.

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

NOW ACCEPTING NEW PATIENTS
410.643.4700
See our office at
www.chesapeakedental.net

116 SOUTH PINEY RD. • SUITE 202 (OVER THE WINERY) • CHESTER, MD

DOCKSIDE DERMATOLOGY

NOW SCHEDULING AT OUR BRAND NEW ANNAPOLIS LOCATION

101 RIDGELY AVENUE - SUITE 20 ANNAPOLIS, MD

WHAT'S UP? MEDIA TOP DOCS 2025-2026 ANNE ARUNDEL

WHAT'S UP? MEDIA TOP DOCS 2021-2022 ANNE ARUNDEL

Phone: 410-934-5400
Fax: 410-934-0141
Hello@docksidederm.com
www.docksidederm.com

WHAT'S UP? MEDIA TOP DOCS 2023-2024 ANNE ARUNDEL

WHAT'S UP? MEDIA
DIGITAL MAGAZINES EVENTS

Leading Medical Professionals

In the following special advertising section you can discover helpful information about a wide variety of healthcare individuals, organizations, and services that could provide the exact assistance you require.

Keep this valuable resource handy throughout the year.

Soistman Family Dentistry & Associates

Jonathan T. Soistman, DDS | Gurpreet Kaur, DDS | Lukas Braun, DDS | Minh Huynh, DDS

At Soistman Family Dentistry & Associates, our mission extends beyond providing exceptional dental care. We believe that being a part of a community means being present, giving back, and making a meaningful difference in the lives of the people we serve. Every day, our team strives to create an experience that reflects the values at the heart of our practice: serving our community with humility and appreciation, inspiring moments of optimism and happiness, and creating value while making a difference.

Since opening our doors in Centreville in 2015, Soistman Family Dentistry & Associates has continued to grow while remaining committed to the people and communities that have supported us along the way. With locations in Centreville and Easton, our practice is proud to provide comprehensive dental care to individuals and families throughout the Eastern Shore.
We believe that quality dental care should be built on more than clinical expertise. It should be built on trust, compassion, and an understanding of each patient's individual needs. Our team combines advanced technology and modern dentistry with a personal approach, creating an environment where patients feel welcomed, respected, and confident in their care. From preventive and restorative dentistry to emergency and comprehensive services, we are committed to helping our patients achieve and maintain healthy smiles at every stage of life.

Our commitment to making a difference, however, reaches far beyond our offices. We are grateful to be part of the communities we serve, and we believe in using our time, resources, and expertise to give back. Through community outreach, charitable initiatives, educational efforts, and local partnerships, we strive to create opportunities that positively impact the lives of others.

We remain committed to serving our community with humility and appreciation, inspiring moments of optimism and happiness, and creating meaningful value through the difference we make every day.

DR. JONATHAN T. SOISTMAN

General Dentist | Practice Owner

Dr. Jonathan T. Soistman is the founder of Soistman Family Dentistry & Associates, with offices in Centreville and Easton, Maryland. A Cordova native, he earned his B.S. in Molecular Biology, Biochemistry, and Bioinformatics from Towson University and his DDS with honors from the University of Maryland in 2011. He also completed a two-year residency in Advanced General Dentistry. Dr. Soistman is an Invisalign Certified Preferred Provider (2024) and has been recognized as a **Top Dentist** (*What's Up? Media*), **Favorite Business Owner**, and **Business With the Biggest Heart** (*Shore Update*). He is committed to compassionate care, clinical excellence, and community impact.

DR. GURPREET KAUR

General Dentist

Dr. Gurpreet Kaur joined Soistman Family Dentistry & Associates in January 2018 and has been a valued member of the team ever since. She earned her DDS with honors from Virginia Commonwealth University in 2015. Prior to joining the practice, Dr. Kaur gained experience serving patients in Salisbury, Maryland. She and her husband relocated closer to Maryland's Eastern Shore to raise their two sons and enjoy the family-friendly lifestyle the region offers. Dr. Kaur is known for her gentle approach, dedication to patient care, and commitment to helping families maintain lifelong oral health.

Soistman Family Dentistry & Associates

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

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

SoistmanFamilyDentistry.com • Smile@SoistmanFamilyDentistry.com

WHAT'S UP? MEDIA
TOP DENTISTS
2024-2025
EASTERN SHORE

Dr. Claire S. Duggal

Sandel Duggal Center for Plastic Surgery

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

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

Central to Dr. Duggal's practice is the belief that true beauty aligns with individuality. She adopts a natural approach to her craft, ensuring that each patient's uniqueness radiates through their results. Whether you seek breast surgery, abdominoplasty, liposuction, or fat grafting, Dr. Duggal combines precision and artistry to realize your desired look.

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

Beyond the surgical suite, Dr. Duggal is a loving wife and mother to three daughters. She treasures family time, relishing activities like hiking and leisurely moments on the water. Her down-to-earth persona and compassionate nature instill trust in her patients.

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

Dr. Claire S. Duggal
104 Ridgely Avenue
Annapolis, MD, 21401
410-266-7120 • sandelduggal.com

Dr. Henry D. Sandel IV

Master of Facial Plastic Surgery

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

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

In 2008, Dr. Sandel returned to Annapolis, MD, establishing a haven for facial plastic surgery and skin care. His partnership with Dr. Claire S. Duggal, a board-certified plastic surgeon with expertise in full-body aesthetic surgery, led to the inception of Sandel Duggal Plastic Surgery. This collaboration resulted in the West Annapolis Medical Spa and West Annapolis Surgery Center, providing unparalleled convenience and top-tier care under one roof.

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

Dr. Sandel is passionate about patient education, empowering individuals to make informed decisions, epitomizing his commitment to patient satisfaction. His practice offers a comprehensive range of plastic and reconstructive surgery options, complemented by cutting-edge nonsurgical cosmetic procedures and laser treatments, all tailored to each patient's unique needs and desires.

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

Dr. Henry Sandel
104 Ridgely Avenue
Annapolis, MD, 21401
410-266-7120 • sandelduggal.com

Kian Djawdan, DMD

Djawdan Center for Implant and Restorative Dentistry

For more than 30 years, Dr. Kian Djawdan has helped patients restore their health, confidence, and quality of life through advanced implant and restorative dentistry. That depth of experience is complemented by an artistic approach to cosmetic dentistry—creating results that are strong, functional, natural, and beautiful. As a board-certified implant dentist, Dr. Djawdan provides both the surgical and restorative phases of implant care in one location. Every case is planned with the final smile in mind—from the foundation beneath it to its shape, balance, and appearance.

Expertise Supported by Technology

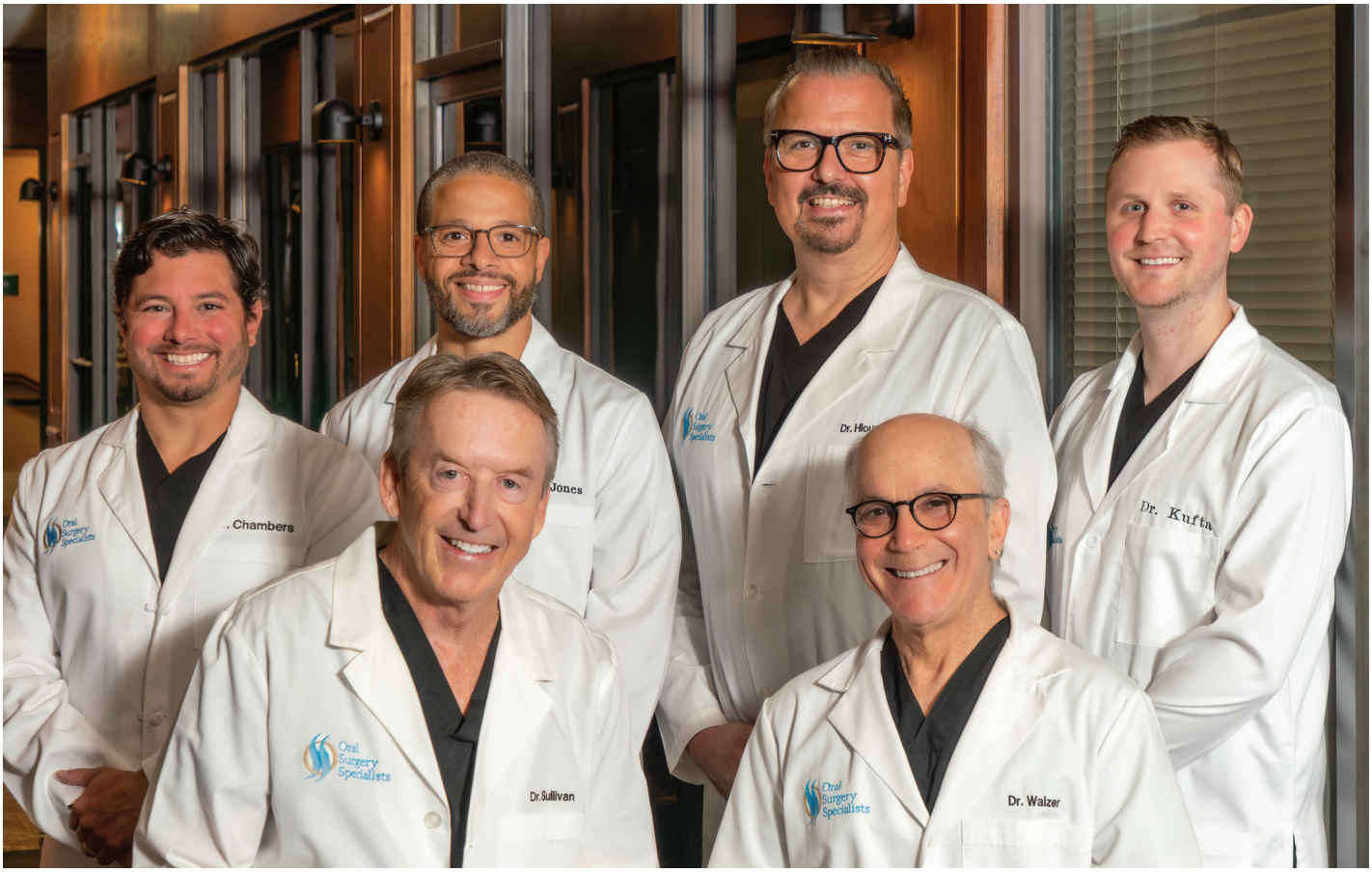
The Djawdan Center combines advanced clinical expertise with sophisticated digital technology and an on-site dental laboratory. Three-dimensional imaging, facial scanning, digital planning, and precision-guided techniques allow the team to personalize every detail of treatment. The in-house laboratory also gives Dr. Djawdan close control over the design and fabrication of implant restorations, crowns, bridges, and full-arch smiles—helping create results that look natural, feel comfortable, and are designed to last.

A Personalized Path Forward

Many patients arrive after living with missing or failing teeth, uncomfortable dentures, dental anxiety, or a smile they have hidden for years. IV sedation and other comfort options make it possible to receive even complex care in a calm, supportive environment. Every patient begins with a conversation. Dr. Djawdan and his team listen carefully, explain the available options, and create a plan around the patient's health, lifestyle, and long-term goals. Because restoring a smile is about more than teeth—it is about restoring hope and confidence.

Djawdan Center for Implant and Restorative Dentistry
133 Defense Hwy, Suite 210
Annapolis, MD 21401
410-266-7645 • smileannapolis.com

WHAT'S UP? MEDIA
TOP DENTISTS
2024-2025
ANNE ARUNDEL



Oral Surgery Specialists

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

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

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

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

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

Oral Surgery Specialists
Annapolis, Pasadena,
Kent Island, Waugh Chapel
410-268-7790 • annapolisoss.com

Kent Island Pediatric Dentistry

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

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

As board-certified pediatric dentists, Drs. Margaret McGrath and Megan Laraway provide both routine and specialty dental care for children from infancy through adolescence, including children with special needs. Their advanced training allows them to safely perform procedures using nitrous oxide sedation, mild oral sedation, and hospital dentistry—services most general dentists do not offer.

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

At Kent Island Pediatric Dentistry, the team is passionate about creating positive dental experiences that set children up for a lifetime of healthy smiles.

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

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

NOW ACCEPTING NEW PATIENTS

WHAT'S UP? MEDIA
TOP DENTISTS
2026-2027
EASTERN SHORE

Maryland Oncology Hematology

Expert Care. Close to Home.

Patient-Centered Care: At Maryland Oncology Hematology (MOH), we believe exceptional cancer and hematology care should be accessible, coordinated, and delivered close to home. As Maryland's largest independent oncology and hematology practice, we provide advanced treatment for cancer and blood disorders in a community-based setting, allowing patients to receive expert care near their families, support systems, and daily lives.

Our highly trained physicians work alongside a multidisciplinary team of advanced practice providers, nurses, pharmacists, genetic counselors, financial advocates, and supportive care specialists who are dedicated to addressing the medical and emotional needs of patients and caregivers throughout their journey.

As an independent, physician-led practice, our recommendations are guided solely by what is best for each patient. We are not limited by hospital system affiliations and can collaborate with the specialists, facilities, and resources that best meet a patient's individual needs. Unlike providers who divide their focus across multiple specialties, our physicians dedicate their careers exclusively to oncology and hematology, providing the expertise and personalized attention patients deserve.

Founded and led by Maryland physicians, MOH remains committed to delivering state-of-the-art care, advancing treatment options through research, and serving our communities with compassion and excellence.

Expertise in One Place: MOH's board-certified physicians specialize exclusively in oncology and hematology and offer access to the latest advances in treatment, including:

- **Medical Oncology:** Chemotherapy, targeted therapies, hormone therapies, and precision medicine approaches tailored to each patient's disease.
- **Immunotherapy:** Innovative treatments that help the body's immune system recognize and fight cancer.
- **Hematology:** Comprehensive diagnosis and treatment of benign and malignant blood disorders.
- **Genomic and Molecular Testing:** Advanced diagnostic tools that help identify treatment options and guide personalized care plans.
- **Clinical Research:** Through our partnership with Sarah Cannon Research Institute and other research collaborations, patients have access to a broad portfolio of clinical trials and emerging therapies.

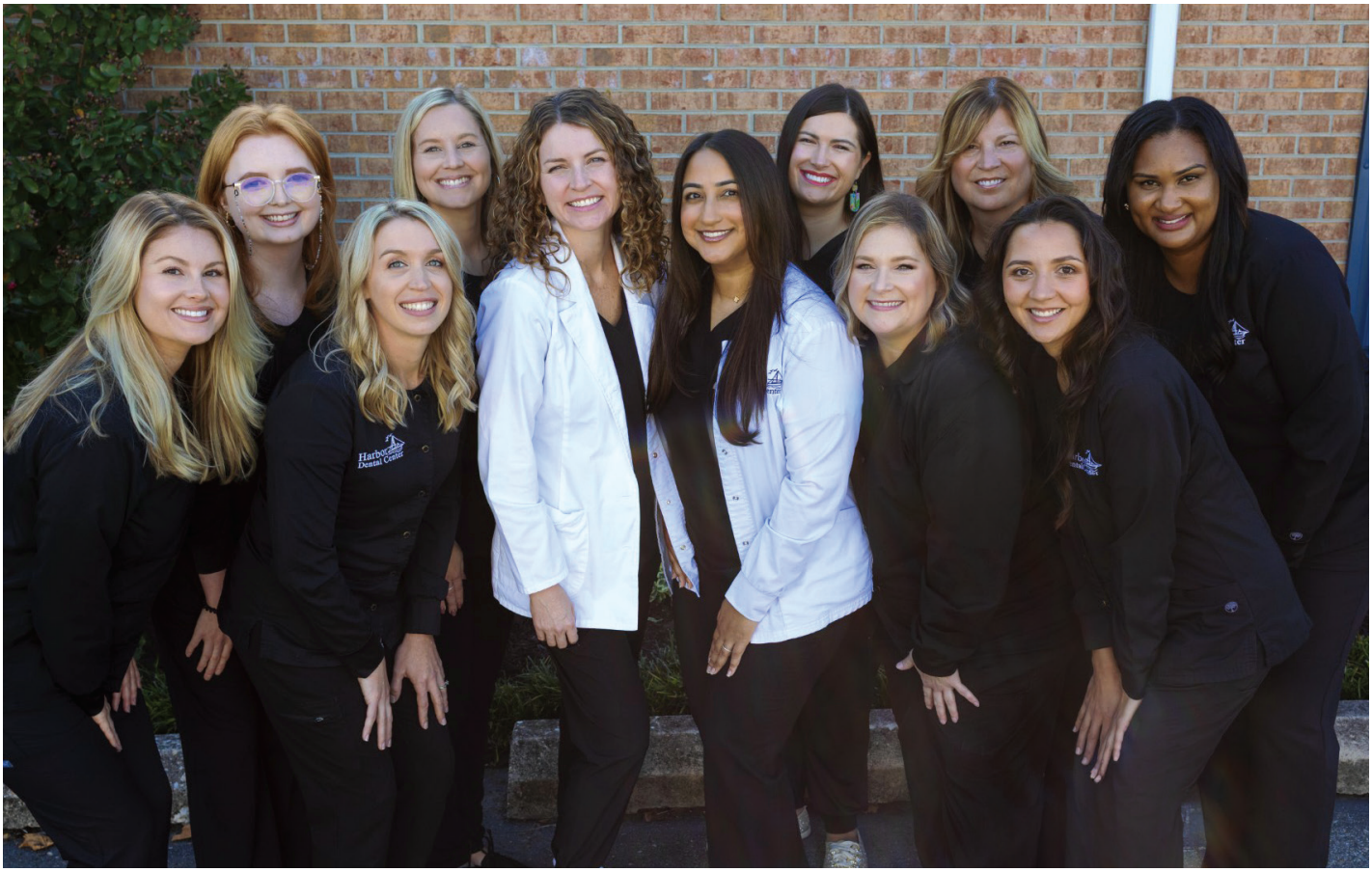
Maryland Oncology Hematology

Annapolis: 810 Bestgate Rd
Suite 400, Annapolis, MD

Easton: 509 Idlewild Ave
Suite 1, Easton, MD

410-897-6200 | MarylandOncology.com

WHAT'S UP? MEDIA TOP DOCS 2025-2026 ANNE ARUNDEL

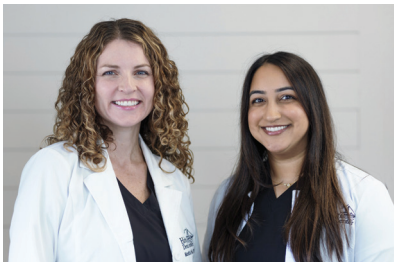


Harbor Dental Center

Dr. Meredith Todd and Dr. Roshni Bhatt

If you're looking for a dental home that combines comprehensive care and state-of-the-art dentistry with a truly personalized, patient-centered approach, look no further than Harbor Dental Center in Cambridge. Since 2013, Dr. Meredith Todd, DDS, FAGD, has been serving her hometown community with a commitment to compassionate, patient-centered care. Harbor Dental Center bridges oral health and overall wellbeing — helping patients look great, feel confident, and live longer, healthier lives. Through advanced technologies such as digital scanning, 3-D cone beam X-rays, and laser dentistry, the practice remains at the forefront of the field while never losing the small-town, family feel that keeps patients coming back for a lifetime.

Meet Dr. Todd: Dr. Meredith Todd graduated from the University of Maryland – Baltimore College of Dental Surgery in 2011 and completed an additional one-year general practice residency at Sacred Heart Hospital in Allentown, PA. A Fellow of the Academy of General Dentistry, she was drawn to dentistry for its unique blend of art and science — designing new smiles is, as she puts it, her "arts and crafts" time. She is committed to lifelong learning so she can always deliver the best possible care with kindness and compassion.



Meet Dr. Bhatt: Dr. Roshni Bhatt was born and raised in Southern California and graduated from Midwestern University Downer's Grove in May 2023. Dentistry runs in her family — her father is also a general dentist — and she brings that same passion for the craft to Harbor Dental Center. Dr. Bhatt sees dentistry as a powerful outlet for creativity and finds great joy in helping patients feel proud of their smiles.

Harbor Dental Center
402 Muse St., Cambridge, MD
410-228-5445
HarborDentalCenter.com

WHAT'S UP? MEDIA
TOP DENTISTS
2026-2027
EASTERN SHORE

Anne Arundel Gastroenterology Associates

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

Colorectal cancer is the third most common cause of cancer worldwide.[1] In the state of Maryland colon cancer is the second leading cause of cancer related deaths, accounting for ~9% of deaths annually.[1] The development and impact of colon cancer can be greatly reduced with colorectal cancer screening. For optimal health, it is essential that you meet with your Gastroenterologist or Primary provider to discuss when you should start screening, and which method is right for you! We are accepting new patients at all of our locations. Feel free to visit us at www.aagastro.com or call to schedule an appointment at 410-224-2116. We look forward to meeting you soon!

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

Anne Arundel Gastroenerology Associates
Locations in Annapolis, Pasadena, Bowie, Odenton, Stevensville, Greenbelt and Easton
Visit our new Easton location:
8695 Commerce Dr, Suite 5, Easton, MD
410-224-2116 • aagastro.com

WHAT'S UP? MEDIA TOP DOCS 2025-2026 ANNE ARUNDEL

Easton Dental Studio

Dr. Mike Hoglund

Being voted Top Dentist on the Eastern Shore is an honor that means so much to Dr. Mike Hoglund and the team at Easton Dental Studio because it reflects the trust of the community they serve.

That trust is something the practice works to earn every day. Patients consistently describe their experience as welcoming, thorough and comfortable, with clear explanations and a team that takes the time to understand individual goals. Whether someone needs a routine restoration or a complete smile transformation, Dr. Mike believes patients should understand their diagnosis, their options and the reasons behind every recommendation.

Easton Dental Studio has also become a destination for complex, comprehensive dentistry close to home. Treatment can range from veneers and cosmetic rehabilitation to dental implants, All-on-X full-arch treatment and full-mouth reconstruction. By combining surgical, restorative and cosmetic treatment in one office, many patients are able to complete even extensive care with one team they know and trust.

Advanced digital technology supports that care at every stage. CBCT 3D imaging, intraoral scanning, photogrammetry and in-office 3D printing allow the team to diagnose, plan and execute treatment with exceptional precision while making the process more efficient and comfortable for patients.

Community service remains central to the practice as well. Through its annual Veterans Day dental care program, Easton Dental Studio has donated more than $120,000 in dental treatment to local veterans over the years.

For Dr. Mike, advanced dentistry and technology matter most when they help people feel confident, informed and comfortable with their care.

Easton Dental Studio
2 Martin Ct Ste 2, Easton, MD 21601
410-822-6177
Eastondentalstudio@gmail.com
Eastondentalstudio.com

WHAT'S UP? MEDIA
TOP DENTISTS
2026-2027
EASTERN SHORE

LeeAnn Mentzer

APRN, CRNA | Founder + CEO | Noude Aesthetics & Wellness

For LeeAnn Mentzer, exceptional aesthetic and wellness care begins with a simple belief: women deserve to feel confident in the bodies they live their lives in.

A Certified Registered Nurse Anesthetist and Founder + CEO of Noude Aesthetics & Wellness, LeeAnn has built Noude around clinical excellence, meticulous attention to detail, continued education and deeply individualized care. Her approach extends far beyond traditional aesthetics, bringing together facial rejuvenation, skin health, metabolic and hormonal optimization, regenerative medicine and intimate wellness to help women look, feel and function their best through every stage of adulthood.

Despite leading a growing practice, LeeAnn intentionally continues working in anesthesia. Maintaining her anesthesia practice is an important part of who she is as a provider, reflecting the standard she brings to Noude: never stop learning, refining or getting better.

That philosophy extends to her entire team. LeeAnn is deeply passionate about advanced training, evolving technology, evidence-based medicine and creating a culture in which every Noude provider is continually challenged to grow. Excellence is not a destination at Noude; it is the expectation. But perhaps most important is how that expertise translates to the person sitting in the treatment chair. Noude is not about changing someone into somebody else. It is about understanding what matters to them, developing a thoughtful plan, and helping them feel confident in their own skin—at 30, 40, 50 and beyond.

Outside Noude and the hospital, LeeAnn is a proud wife and mom to two incredible little girls. She and her husband love traveling with their family, spending time with their two pups, and making the most of life together.

LeeAnn Mentzer, APRN, CRNA
Founder + CEO | Noude Aesthetics & Wellness
(667) 358-0815 call/text - SHOP
2112 Didonato Drive, Chester MD
NoudeAesthetics.com | IG: @get.noude @noude_aesthetics

BEST OF EASTERN SHORE 2025 BEST OF EASTERN SHORE 2026

Annapolis Prosthodontic Associates

Proudly Serving the Annapolis Community for More Than 50 Years. For more than five decades, Annapolis Prosthodontic Associates has provided sophisticated, highly personalized dental care with an unwavering commitment to clinical excellence.

Our practice is led by three accomplished prosthodontists—dental specialists with advanced training in the restoration and replacement of teeth, implant dentistry, esthetics, and the management of complex dental needs.

Sara Satin, DMD, MS, FACP: Board-Certified Prosthodontist President of the Maryland Section of the American College of Prosthodontists, with a special interest in advanced digital dentistry.

Arezoo A. Bahar, DDS: Prosthodontist Trained in London with advanced postgraduate training in Prosthodontics and Implant Prosthodontics at the University of Maryland.

John P. Davliakos, DMD: Prosthodontist Assistant Professor in the University of Maryland Graduate Prosthodontic Program and a nationally and internationally recognized lecturer in implant and prosthetic dentistry.

Our doctors combine specialized expertise, meticulous treatment planning, and advanced digital technology to provide individualized care for restorative and implant needs—from the restoration of a single tooth to full-mouth rehabilitation. Our on-site dental laboratory allows our doctors to collaborate directly with experienced dental technicians throughout the design and fabrication of custom restorations, providing exceptional attention to detail, precision, function, and esthetics.

Contact us today to schedule your consultation and let us restore that beautiful smile that you were meant to have.

Annapolis Prosthodontic Associates
Shore United Bank Building
200 Westgate Circle, Suite #106
Annapolis, MD, 21401
410-268-7100
apadentistry.com

WHAT'S UP? MEDIA
TOP DENTISTS
2026-2027
ANNE ARUNDEL

Dr. Clay Kim

Eastern Maryland Oral and Maxillofacial Surgery

To Dr. Clay Kim and his team at Eastern Maryland Oral and Maxillofacial Surgery, oral surgery is more than a procedure. It's also an opportunity to enhance each patient's quality of life and well-being through thoughtful, personalized care designed to provide precise and effective treatment.

Dr. Kim began practicing oral surgery in 2014 after earning his Doctorate of Dental Surgery from Columbia University and his medical degree from Drexel University, as well as specialized residency training in oral and maxillofacial surgery, including advanced orthognathic surgery, complex maxillofacial trauma surgery, and facial reconstructive surgery.

As a board-certified oral and maxillofacial surgeon and member of American Association of Oral and Maxillofacial Surgeons, Dr. Kim offers a full scope of services, including wisdom teeth removal, dental implants, corrective jaw surgery, bone grafting, sinus lifts, extractions, treatment of oral pathology, and reconstructive and orthognathic jaw surgery to patients across Easton, Kent Island, and Salisbury. With more than a decade of experience, technologies like CBCT 3D scanning, and advanced sedation offerings, Dr. Kim provides comprehensive oral and maxillofacial surgical care while prioritizing clear communication from diagnosis and treatment planning through the procedure and recovery.

From your initial consultation through recovery, Dr. Kim and his team are committed to providing an experience rooted in kindness and respect, where patients like you can feel safe and welcome, whether receiving a routine procedure or complex surgical intervention.

Dr. Clay Kim of Eastern Maryland Oral and Maxillofacial Surgery
499 Idlewild Ave Suite 106
Easton, MD 21601
(410) 443-0461
easternmdoms.com
info@easternmdoms.com

WHAT'S UP? MEDIA
TOP DENTISTS
2026-2027
EASTERN SHORE

Reinheimer Orthodontics

Dr. Ora Reinheimer

We are committed to delivering the highest level of orthodontic care and personal service to each of our patients. Our passion is creating healthy, beautiful smiles for our community, one person at a time.

Our expertise and experience have allowed us to provide over 2,000 lifetime patients with beautiful smiles. That's why we are the Invisalign Platinum Provider in the Annapolis, Stevensville and Kent Island area!

At Reinheimer Orthodontics, we treat the orthodontic needs of children and adults of all ages, we have patients in their 80's With over 20 years of experience, Dr. Ora Reinheimer has earned a reputation for offering an unparalleled level of compassion and excellence in orthodontic care. It is one of our top priorities to make your experience with us as comfortable as possible.

Testimonial

"This review is for my child's initial consultation, which was wonderful. Staff was extremely friendly and welcoming. Exam was thorough and everyone took plenty of time to go over the evaluation and recommended treatment plan. There was no rushing; they made sure all of our questions were answered. We left with a nice folder of relevant info, including a color photo printout of the same pictures they took for the evaluation! I was pleasantly surprised by the flexible payment options, too."

Reinheimer Orthodontics
Annapolis - 802 Bestgate Road, Suite B
Kent Island - 101 St. Claire Place, Suite 104
410-263-5600
marylandbraces.com

WHAT'S UP? MEDIA
TOP DENTISTS
2026-2027
ANNE ARUNDEL

Q: What are Dental Implants?

A: When you are missing teeth, you may feel uncomfortable eating, speaking or worst of all SMILING. Dental implants offer a permanent solution to these problems. Dental implants are titanium replacements for missing teeth that act as a strong foundation to support new crowns, bridges or anchor slipping dentures. The implant procedure is painless and involves placing the implant under the gums and into the jawbone just like the roots of your own natural teeth. Recovery time is usually no more than 24 hours and total treatment time from the day of your implant placement to the time of attaching the new teeth range from 2 months to as little as 1 day. Dental implants are the next best thing to your own teeth...
IT'S TIME TO SMILE AGAIN!

KURT JONES, DDS, Oral Surgery Specialists

Q: How has digital technology changed the way you rebuild a patient's smile?

A: Digital dentistry allows us to bring diagnosis, planning, surgery and restoration together in one connected workflow. CBCT imaging gives us a three-dimensional view of the jaws and anatomy, while digital scanning replaces many traditional impressions. For full-arch implant cases, photogrammetry helps us capture implant positions with remarkable accuracy. In-office 3D printing lets us create models, surgical guides, prototypes and temporary restorations efficiently. The technology is impressive, but the real benefit is what it means for patients: more precise planning, streamlined visits and treatment that is easier to understand from the very beginning.

DR. MIKE HOGLUND, Easton Dental Studio

Q: I'm doing all the right things—so why don't I feel like myself anymore?

A: Women often begin noticing changes in their 30s and 40s that aren't explained by simply "trying harder." Shifts in hormones, collagen, muscle mass, metabolism and tissue quality can affect everything from facial aging and body composition to energy, sleep, sexual wellness and vaginal or urinary health. At Noude, we don't chase a single symptom—or a single wrinkle. We look at the whole woman, creating individualized plans that may incorporate evidence-based aesthetics, wellness, hormonal optimization and regenerative technologies. Aging is inevitable. Feeling disconnected from your body doesn't have to be. The goal isn't to look 25—it's to feel incredible at every age.

LEEANN MENTZER, APRN, CRNA, Noude Aesthetics & Wellness

Q: When would I need to see an oral surgeon?

A: You would need an oral surgeon when the procedure requires surgical intervention. For example, one of the more common cases is for impacted wisdom teeth, which are wisdom teeth that grow at awkward angles, possibly becoming trapped under the gums or bone. This requires surgical procedures to remove them safely, avoiding complications such as infections, nerve damage, or sinus issues, as well as deep IV sedation and general anesthesia. Other cases requiring surgical intervention or invasive procedures include bone grafting and dental implants, corrective jaw surgery, and oral pathology.

DR. CLAY KIM, Eastern Maryland Oral and Maxillofacial Surgery

Q: How do you build trust with your patients?

A: Building trust begins with truly listening to each patient and understanding their individual goals, concerns, and needs. We strive to create a welcoming environment where patients feel comfortable asking questions and sharing what matters most to them. By communicating clearly and explaining treatment options, we empower our patients to make informed decisions about their oral health. Our goal is to guide, not pressure, ensuring every patient feels heard, respected, and confident in their treatment and the care they receive.

DR. GURPREET KAUR, Soistman Family Dentistry & Associates

Q: At what age should I take my child to their first orthodontist appointment?

A: As the American Association of Orthodontist recommends, we'd like to see children come in for their first appointment around the age of 7. By that time, children have a good mix of primary and permanent teeth. This initial visit is important because it can prevent issues further down the road - getting ahead of any orthodontic issues before they even have a chance to start. Whether there's an existing problem or if one is developing, we will come up with a treatment plan that best suits your child.

DR. ORA REINHEIMER, Reinheimer Orthodontics

Q: What should patients consider when choosing a dentist for dental implants or a smile transformation?

A: Patients should look for experience, comprehensive treatment planning, and care that is personalized to their needs. Implant and cosmetic dentistry involve more than replacing teeth—they require careful consideration of health, function, facial balance, and the natural appearance of the final smile. Because I provide both the surgical and restorative phases of implant care, I can plan treatment with the final result in mind from the beginning. Our advanced digital technology and in-house laboratory give us additional control over the precision and design of each restoration. Most importantly, patients should feel heard. The best results come from understanding what matters to each individual and combining expertise, technology, artistry, and compassionate care to support their health, confidence, and long-term goals.

KIAN DJAWDAN, DMD
Djawdan Center for Implant & Restorative Dentistry

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

A: I like to think of the changes that happen over time in our faces as having 3 components: skin (fine lines, pigment changes, laxity), wrinkles associated with repeated muscle movements (number "11's" between the eyebrows, forehead lines, crowsfeet), and wrinkles or changes from losing fullness in areas of the face (around the mouth, the cheeks, and under the eyes). Each of these factors can be addressed separately in nonsurgical ways to restore youthful features without looking "done" or unnatural. A combination of medical-grade skincare, toxin (to soften movement-related wrinkles), conservative filler (to restore volume), and laser treatments (to improve skin texture and tone) can effectively address the three key signs of aging—without the need for surgery.

CLAIRE S. DUGGAL, MD, Sandel Duggal Plastic Surgery

Q: What types of patients do you treat as prosthodontists?

A: Prosthodontists care for patients of all ages with a wide range of dental needs. We may treat a child born without permanent teeth, an adult who has lost or damaged teeth from trauma or disease, a patient affected by cancer treatment or radiation, or anyone with complex cosmetic and restorative needs. We often collaborate with other dental specialists to provide comprehensive, interdisciplinary care. Our specialty combines this coordinated approach with careful consideration of facial esthetics, harmony, and function to create beautiful yet natural-looking smiles designed for long-term health and durability.

DR. SARA SATIN, Annapolis Prosthodontic Associates

Q: If I can screen for colon cancer at home with Cologuard, why would I need a Colonoscopy?

A: Cologuard has been a major advancement because it makes colorectal cancer screening easier and more accessible. However, screening is about more than finding cancer- it is about preventing it. Cologuard does not detect approximately 8 out of every 100 colorectal cancers and about 57 out of every 100 advanced precancerous polyps-lesions that may progress into cancer. Colonoscopy allows us to find and remove these polyps before they become cancer. The greatest success in colorectal cancer screening is not simply finding cancer early, it is preventing cancer from ever developing in someone you care about.

RAJA TAUNK, MD, Anne Arundel Gastroenterology Associates

Q: What does exceptional dental care mean to you, and what do you hope every patient feels when they leave your office?

A: Exceptional dental care means treating every patient as an individual. Each person has different values, goals, concerns, and circumstances, so we work alongside our patients to create a treatment plan that is truly personalized to them. We believe in "informing before we perform," ensuring patients understand their options and feel confident in their decisions. Most importantly, we want every patient to leave feeling genuinely cared for. Our goal is for patients to experience a team that is excited to serve them, treats them like family, and creates a dental experience unlike any they have had before.

DR. JONATHAN T. SOISTMAN, Soistman Family Dentistry & Associates

Q: What should I expect at my first mammogram?

A: A screening mammogram is a quick, routine procedure designed to screen for breast tissue changes. At check-in, you will complete a risk assessment and medical history form detailing any symptoms, prior procedures, or family history of breast cancer. Next, you will head to a private changing room to remove your top, bra, and jewelry, and use a provided wipe to clear away any deodorant or lotion before putting on a gown. In the exam room, your technologist will position one breast at a time onto the machine. A plastic paddle gently compresses the breast tissue for a few seconds per view. You will feel firm pressure and brief discomfort, but it won't last long. The imaging takes roughly 10 minutes, with the entire appointment lasting about 30 minutes from arrival to departure. Results are generally available within 2 business days or sooner via e-mail as well as your online patient portal.

MARIT DUFFY, MD, 888-909-9729 Luminis.Health/Imaging

Q: When should children begin using toothpaste?

A: There are many recent changes for toothpaste guidelines; current recommendations are to start brushing teeth shortly after birth! Before teeth erupt, brush gums with water using a soft toothbrush or cloth. Once teeth erupt, use toothpaste, a soft toothbrush, and brush twice daily. New AAPD guidelines state fluoride toothpaste should be used once teeth erupt, using smear/grain of rice-sized amount, and wiping teeth to prevent swallowing. Some parents prefer fluoride-free toothpaste for infants. By age two, definitely use fluoride toothpaste with the same grain of rice-sized amount. Parent supervision is required for all children to encourage spitting and prevent swallowing.

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

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

A: Scientific studies show the major benefit of cancer screenings is early detection; they can detect cancer before it has started or when it's early. Recommended screening tests include mammograms for women 40 and over; colonoscopies or Cologuard for everyone 45 and older; low dose chest CT scans for those with a 20-pack year smoking history, ages 50-80; regular pap smears in women; and testicular self-exams in young men. In individuals with a family history of breast or colon cancer, screening tests would start at a younger age. HPV vaccination is already saving lives. Insurers often cover screening tests. Get screened!

DR. JEANINE WERNER, Maryland Oncology Hematology

Q: How do I choose the right plastic surgeon?

A: Choosing the right plastic surgeon is a personal decision—and doing a little homework can go a long way. Start by researching surgeons who specialize in the procedure you're considering. Explore their websites, social media, videos, and before-and-after photos to get a feel for their style and results. Ask people you trust—friends, neighbors, or your primary care doctor—for recommendations. Finally, schedule a consultation. Meeting in person helps you understand how the surgeon communicates, listens, and supports your goals. It also gives you a sense of how well you'll be cared for by the entire team throughout your experience.

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

Q: Is it too late for implants if I've been missing teeth for years?

A: Not at all — I hear this a lot, and it's almost never too late. Bone loss from long-term tooth loss is common, but often not a deal breaker. The bigger issue is usually waiting even longer, since the bone only continues to change over time — so if you've been putting it off, that's actually the best reason to come in and just find out where you stand.

MEREDITH TODD, DDS, Harbor Dental Center

Q: I've been told I don't have enough bone for dental implants. Could I still be a candidate?

A: Yes, possibly. Being told that you do not have enough bone for conventional dental implants does not necessarily mean that fixed teeth are no longer an option. Advanced bone loss can occur after years of missing teeth, periodontal disease, infection, or long-term denture wear. Depending on the individual's anatomy and overall health, advanced treatment options may include bone grafting, specialized implant placement, or zygomatic implants. Zygomatic implants are longer implants that anchor into the cheekbone rather than relying solely on diminished bone in the upper jaw. For certain patients, this can make fixed teeth possible even when traditional implant treatment is not. These are complex procedures that require careful three-dimensional imaging, comprehensive planning, and advanced surgical and restorative experience. Every patient must be evaluated individually, but the important message is this: a previous "no" may mean that conventional implants were not an option—not that no options exist.

RENEE DJAWDAN
Djawdan Center for Implant & Restorative Dentistry

BUILT IN
Style
314 Design Studio
KITCHEN AND BATH SPECIALISTS
410-643-4040 | 314designstudio.com | 314 Main St Stevensville, MD

WADE
Pools | Landscapes | Design
BEST OF ANNAPOLIS 2025
BEST OF EASTERN SHORE 2025
Maryland's trusted pool & landscape experts for over 25 years
Landscape Design/Build
Patios Installation
Pools - New & Renovation
SCAN ME
SCHEDULE YOUR ESTIMATE TODAY
Financing available • Wadelandscapes.com • (410) 349-9507

Home & Garden

70 NOTES ON DEFINING PERENNIAL STYLE

74 19TH CENTURY CHARM, 21ST CENTURY APPEAL

76 COMPLETE PICTURE

Self-Contained

PG. 72

Top 10 Interior Design Elements that Provide Your Home's Interiors with Perennial Polish: White oak or walnut flooring, Marble, Soapstone, Natural slate, Limestone, Solid wood cabinetry, Leather, Brass that develops a patina, Linen, Wool

Photo courtesy of the cabinspot.com

Notes on Defining Perennial Style

By Lisa J. Gotto

A touch of tortoiseshell here; a hint of handmade ceramics there—sometimes it's the little things about the house that, when thoughtfully executed, create a sense of effortlessness, elevation, timelessness, and intentionality.

This is one way to describe what perennial style is when applied to interior design. This approach to style also prioritizes abiding architecture, authentic materials, enduring craftsmanship, and comfortable livability over what we often see as passing trends.

The individual who has the confidence to allow their home to evolve over time, is an individual who understands perennial style.

IF YOU'RE READY TO TAKE YOUR HOME'S STYLE THERE OR ENHANCE WHAT YOU'VE ALREADY BEEN ASPIRING TO, HERE IS YOUR 5-STEP GUIDE TO DEFINING PERENNIAL STYLE:

START WITH A TIMELESS FOUNDATION

Ideally for this point, you are already living in a home with good bones designed with elements recognized as classic. These include crown molding and millwork, wainscoting or wall paneling, shaker-style cabinetry, hardwood floors (white oak or walnut), marble, soapstone, or limestone, symmetrical layouts, and fireplaces with simple, classic surrounds. Fortunately, with some home designs, these elements can be added so you will be able to create a solid backdrop that can evolve with changing furnishings and personal tastes over time.

ADD MATERIALS THAT IMPROVE WITH AGE

For this step, choose natural, not manufactured materials and finishes. Certain materials such as solid wood, marble and natural stone, wool, and leather develop character, rather than diminish over time, improving their appeal. Small scratches, a patina, or normal wear do make some materials more beautiful as they live on in your home. Also consider adding accents of handmade ceramics, aged brass, linen, and natural fiber rugs to your scheme. These materials tend to tell a story as they age and do not require replacement when they show wear.

Photo courtesy of decorswag.com

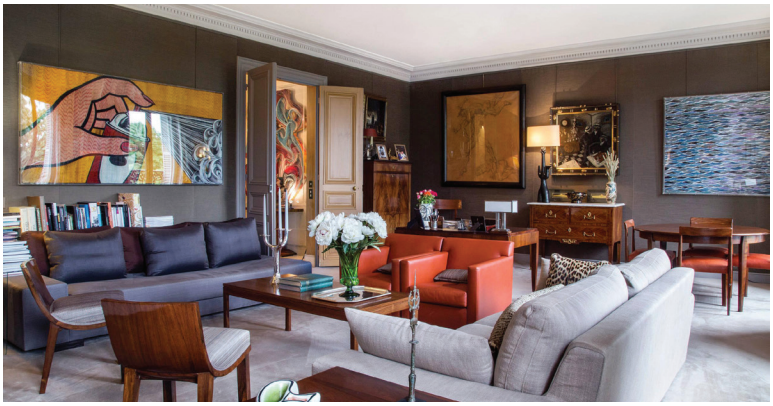


Photo courtesy of houzz.com

THIS IS A QUALITY OVER QUANTITY APPROACH

Like many of the best things in life, a perennial approach to interiors requires patience, which means you may not have everything you want when you initially set up your scheme. And you may find that intentionally seeking out quality pieces as you go along can be fun; especially when you are eventually able to find just the right item and didn't settle for just filling the space. This way, every piece earns a rightful place based on its craftsmanship, comfort factor, or sense of personal meaning. So, when you are out and about, set a keen eye toward well-made upholstered furniture, vintage or antique pieces, original artwork, handmade accessories, and items that add to your meaningful collections.

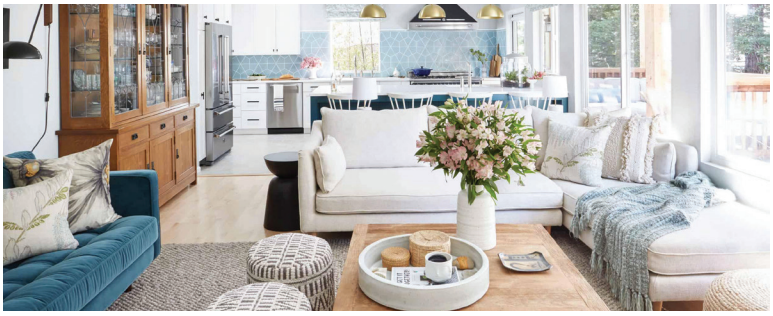


Photo courtesy of stylebymilyhenderson.com

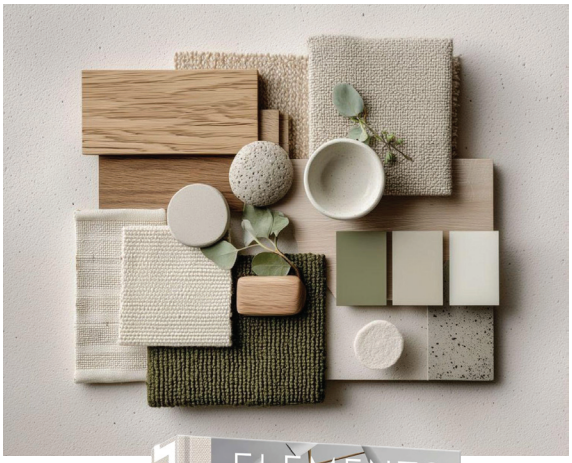
CREATE A HOME THAT REFLECTS YOU & YOUR LIFE

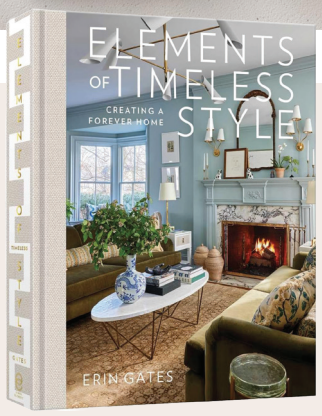
Hallmarks associated with this approach include mixing old and new, layered lighting, books and personal collections, and rooms designed for conversation and everyday living. Above all other aspects of perennial style, its principled grounding in authenticity is perhaps its most relevant. When we strive for authenticity over perfection we allow for personal evolution reflecting through the blending of heirlooms, antiques, your new purchases, items acquired while traveling, and other meaningful objects that combine to tell your homeowner's story. And there's no story like *your story.*

LEAN INTO A PALETTE THAT IS CALM & INSPIRED BY NATURE

These are the palettes that remain livable year after year. Rooms with perennial style tend to glean their depth through texture rather than loud color. And timeless color schemes of warm white, mushroom, sage green, olive, navy, dusty blue, chocolate brown, and charcoal create flexibility, allowing artwork, textiles, and seasonal accessories to shine.

Photo courtesy of inkodu.com





From the Book Shelf: Want More Notes on Perennial Style? In Erin Gates' *Elements of Timeless Style: Creating a Forever Home,* Gates provides a practical guide to designing a home that will remain functional, beautiful, and deeply personal for years to come. Rather than chasing trends, Gates encourages readers to make thoughtful, long-term decisions that reflect how they truly live.

Self-Contained

GARDENS FOR CONTAINED SPACES

By Janice F. Booth

During these beautiful autumn days, it's sometimes tough to watch our gardens fade. I always tell myself, "Spring is not too far away." However, I have a suggestion for a way to extend the pleasures of our gardens through the winter ahead and into spring and summer. That option is container gardening.

Let me review with you the (1) advantages of container gardens, (2) how to design them for specific needs, (3) simple ingredients for successful container gardens, and (4) troubleshooting problems that may arise.

LET'S BEGIN WITH ADVANTAGES

Fresh Challenges: Whether your abode is a large house with extensive gardens, a condo or apartment with patio or balcony, container gardens offer a lovely new focus for your gardening skills.

Flexibility: You can be flexible about what you plant. Try new varieties of blooming plants and herbs, different decorative vines, and grasses. You'll find it easier to take some chances with new varieties, and you can devise clever groupings of pots or single planters that fill exactly the space or spaces available. If a container seems to languish, you can move it or switch the plants for a fresh start. You're in control.

Control: Unlike our gardens outdoors, container gardens indoors and outside can be closely monitored by our gardener's eye. It's easy to watch for moisture levels, trim, and shape plants as they grow. Containers, indoors and even outside, are less likely to attract pests or exhibit disease. A pinch here, a clipping there, and the tiny garden becomes even more attractive.

Modest investment: All this experimentation can be done with little investment of money or energy. You may want to dig up or divide some of your outdoor garden plants to include in your new container gardens. Or, if you're working with a small space already, some of your houseplants might be happy to mix in with other plants. Or, see the new plants as a tiny investment for lots of pleasure.

Fresh Design Opportunities: Loving plants and flowers, as I suspect you do, it's fun to see gardening with some fresh opportunities and challenges. How can I create a winter garden with only my eastern windows' exposure? What can I do to soften the area around those big, glass sliders? A few handsome pots in varying heights and widths can hold a few tall and medium size plants, and even some trailing vines. Our challenge is to choose plants that will work for the setting.

WHICH BRINGS US TO DESIGN

Step one: Choose the locations for your container garden(s). Indoors or on a protected patio? With a southern or western exposure to sunlight? Temperature variations?

Step two: Choose containers that will fit with the settings you've selected. Remember, the pots or baskets will be much heavier when you add the soil and plants. So, consider the method you could use to move the container garden(s) from one place to another. (plant caddies, plant stands, dollies, etc.) Are your containers watertight? You want to avoid damp carpets or stained tiles or floors from seepage. (Containers with inner-shells are excellent.)

Step three: Decide on varieties of container gardens. You can "mix and match" containers from these traditional types: **Cottage Style –** loaded with bloomers (You'll need lots of sunlight for this container.) **Bloomless Containers –** lots of interesting foliage, plant heights, leaf colors, fuzzy, smooth, prickly plants. **Ornamental Grasses –** dramatic grasses, tall, slender, with motion among the plants likely to add interest. **Bloomless Gardens –** focus on a color scheme, fragrances, or plant dimensions creating the focal point. **Vegetable Container Garden –** imagine a pot of bib lettuce, chives, mint, pansies, sage and a potato vine. All edible too. Seek out just the right containers for your home interior or exterior. Be sure the containers you select fit with the design of the room or space. Also, remember that the container must allow for root growth and hydration.

INGREDIENTS FOR HEALTHY CONTAINER GARDEN

Soil: Use fresh potting soil. Be sure it does not contain old roots or potentially mold or bacteria. You may want to blend the potting soil with granular fertilizer to help with root growth.

Drainage: Be sure there is drainage near the bottom of the container. Holes are often provided in the bottom of a container designed for plantings. Sometimes the holes are pressed in but not punched through. Be sure to punch through and open the holes. You'll want 3 or 4 holes for drainage. Plan for drainage with a saucer or other dish beneath the container. Again, an inner shell within the container is an excellent solution, allowing moisture to escape, avoiding root rot. (It won't be enough to simply add pebbles and clay pot shards in the bottom.)

Compatible Plants: Think carefully about the plants that will be neighbors in any single container. All of these plants must be comfortable with THE SAME light, water, temperature. (If you have saved the labels or tags for each plant, you can refer to those resources when deciding on which plants go where.)

Sizing: While the plants may be tiny when you put them together in the container, they won't stay small, if they're healthy. Keep in mind that as the plants grow you may need to trim leaves, stems, etc. You might even have to remove one or more plants so there is sufficient room for the remaining plants.

A tip: Set the small plant pots together on a windowsill or counter for a day or so before placing them in the container. Let them get comfortable together. Keep an eye on the little group. You may be able to tell if they're right together; you can always move a plant from one grouping to another.

TROUBLESHOOTING WITH THESE HINTS

Pale or discoloring leaves: possibly in need of additional nitrogen. **Lots of foliage but few or no blooms:** may need phosphorous and potassium, or a need for more sunlight. **Brown leaf tips:** salt build up in the container soil, rinse off roots and replace with fresh potting soil. **Wilting:** roots are too wet, check drainage and cut back on watering. Keep notes on each container. Take a few photos too, perhaps month-by-month changes. You may find particular patterns among the plants that will help your container gardens flourish in future.

19th Century Charm, 21st Century Appeal

By Lisa J. Gotto

All the charm of Easton's historic district and the convenience of a deep, double corner lot are just the beginning of the advantages this 2,300-square foot home and surrounding landscaping provide.

Built in 1850, this three-bed, two-and-a-half bath home has been thoughtfully updated over the years, so it offers modern move-in conveniences now and has a headstart on offering even more in the near future.

A pretty, sunny entry unveils lovely, honey-colored hardwood floors, a gorgeous, period staircase, handsome wood molding, and entry to the main living area. This home is chock full of original character including several fireplaces; the first one located in the large living room. This space is equipped with tall, double windows, making the space light and airy.

Primary Structure Built: 1850

Sold For: $1,048,000

Original List Price: $1,124,000

Bedrooms: 3

Baths: 2 Full, 1 Half

Living Space: 2,362 Sq. Ft.

Lot Size: .25 acres

The sleek chef's kitchen features attractive all-white cabinetry, stainless steel appliances and apron sink, chic, dark stone countertops, and the light of many charming windows placed throughout. A stylish tile backsplash and a convenient center island that offers seating and storage checks this room's form and function boxes beautifully. This space flows easily into a separate dining room.

There are additional casual gathering and seating spaces in this home, including the lower level playroom. This space retains its original fireplace front as a decorative element and features attractive wood paneling throughout.

Upstairs, there is a sunny room perfect for a dedicated home office that connects via glass door to a generous primary bedroom. There are two additional bedrooms on this floor, as well as two full baths.

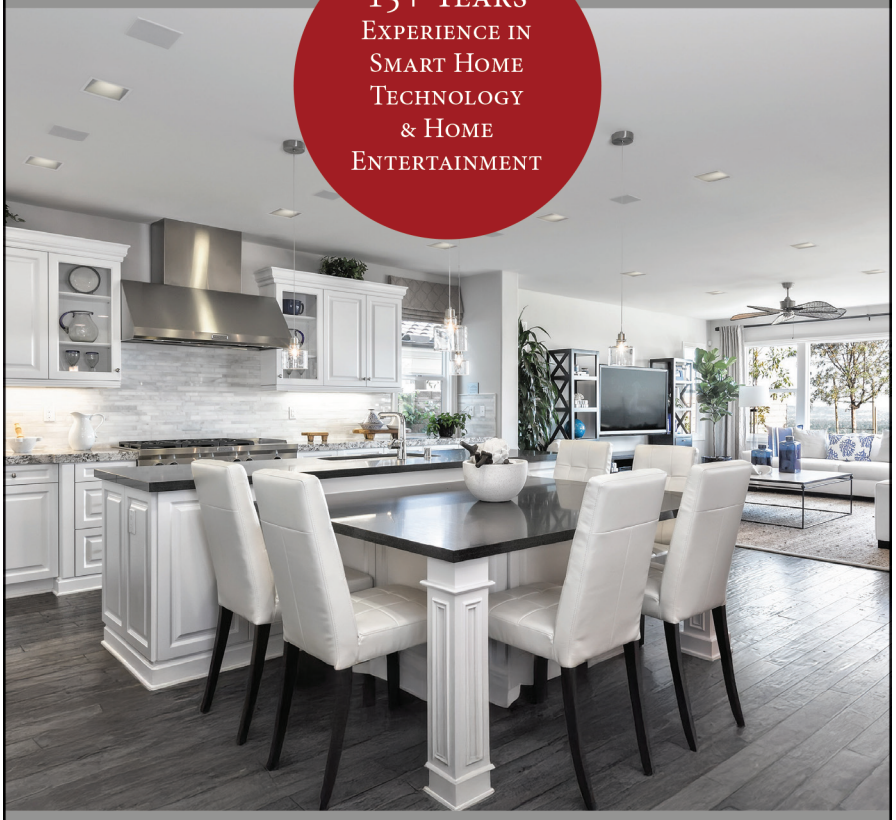
Out back, in addition to its lush landscaping, this property offers an amazing benefit—an existing barn building primed and ready to be converted into an awesome guest house. The home's new owner will have access to a set of schematic architectural plans already commissioned by the previous owner by a local firm.

The finished project will add a living area with a gas fireplace, a kitchenette, and two bathrooms on the main level and a second floor with plans to accommodate custom built-in beds and bunks, creating the perfect conditions for cherished friends and family to visit.

Listing Agent: Jennifer Chino, COMPASS, 2077 Somerville Rd., Annapolis, m. 433-494-9091, o. 410-429-7425, jennifer.chino@compass.com, compass.com
Buyers' Agent: Melissa Reynolds, Douglas Realty, 8585 Fort Smallwood Rd., Pasadena, m. 267-664-9421, o. 410-255-3690, melissa@joshshapiroteam.com, godouglasrealty.com

For Your Listening Pleasure...

15+ Years Experience in Smart Home Technology & Home Entertainment



While you want the best sound for music and movies, you may not want all of your equipment to be a major part of your home's decor. We provide concealed in-wall, in-ceiling, and outdoor speakers that provide a high level of quality, in a concealed design-appropriate way.

Maddox Audio Video Design is a full-service home automation company that caters to the needs of discerning clientele. If you can imagine it, we can do it! Let us help you create a smarter home today.

MADDOX
Audio | Video | Design

James Loudspeaker
Control4 Certified
JOSH
LUTRON

Schedule A Consultation!
MaddoxAV.com

SCAN ME

Complete Picture

By Lisa J. Gotto

Located in the premier community of Easton Village, this custom design-built home offers the ultimate in low-maintenance lifestyle and high-end accommodations.

The attractive, contemporary two-story home has head-turning curb appeal with its professional landscaping, advantageous corner lot, and charming front porch/patio accented with stately columns and a modern-day porch swing.

The entry leads to an impressive open plan layout where a formal living room first takes center stage. This spacious room is flooded with the light of handsome French doors across the front the home that open out to that amazing patio.

Primary Structure Built: 2021

Sold For: $1,050,000

Original List Price: $1,075,000

Bedrooms: 4

Baths: 3 Full, 1 Half

Living Space: 3,319 Sq. Ft.

Lot Size: .15 acres

Sandy blonde hardwoods flow throughout this home's tan and black color scheme. A central gas fireplace with a traditional mantel and opposing built-ins on either side are dramatically highlighted with black accent walls.

This space is open to a gorgeous gourmet kitchen with a luxe waterfall island of white stone. All-white custom cabinetry, a white tile backsplash, and sleek stainless steel appliances including a multi-burner cooktop, complete its sense of stylish functionality.

A convenient, formal dining space is located just off the kitchen and features abundant natural light from its large windows and handsome black wood paneling extending halfway up the wall lends the room panache.

This level of the home also features a large guestroom with *en suite* bath, a roomy and bright home office, and a lovely sunroom that offers access to the property's amazing back patio and yard with dedicated dining space, a pergola, and chic fire pit and seating wall.

The home's sunny primary suite is located on the second level and features a large, front-facing balcony set off with a series of handsome French doors. Its spa-inspired bath offers a glamorous stone-topped double vanity, a large, glass-panel shower, and relaxing freestanding soaking tub.

This floor of the home also features two additional bedrooms, a second office, a third full bathroom, and a large family room for indoor game and movie nights.

Back outside, the new owners will have access to all that Easton Village has to offer, including the community's waterfront access to the Tred Avon River via its boat slips and kayak launch. A clubhouse, outdoor pool, walking trails, and scenic green spaces along the river complete the picture of the perfect Eastern Shore lifestyle.

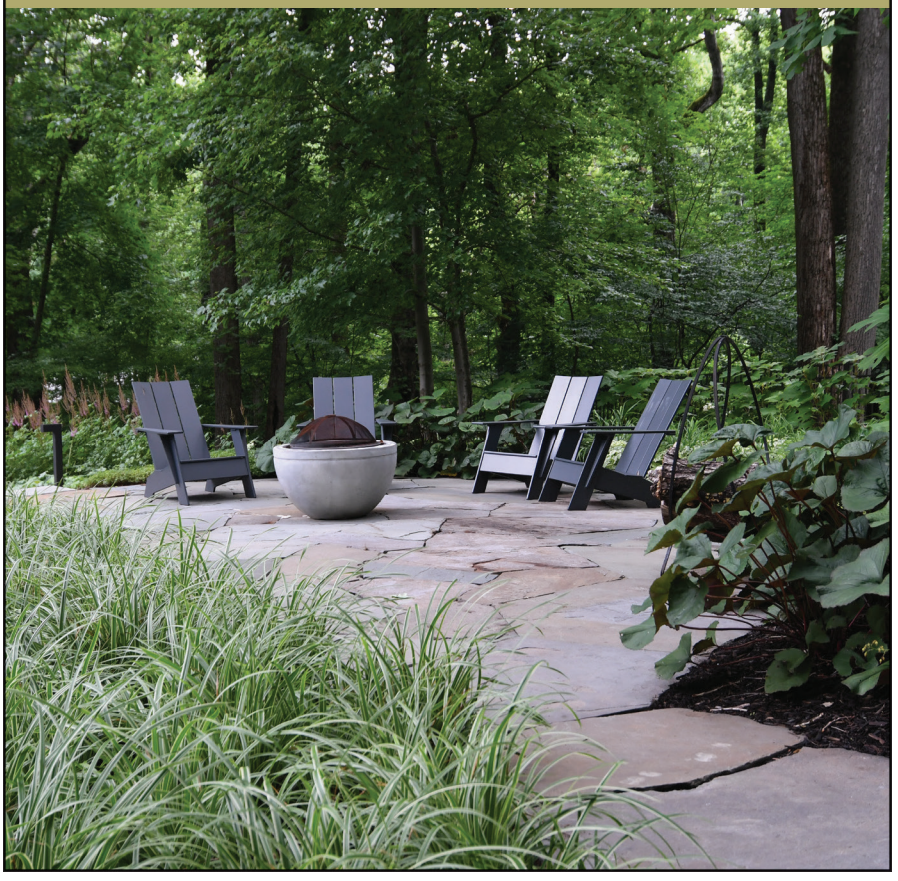
Listing Agent: Tim Velasco, ERA Martiin Associates, 1000 E. Main St., Salisbury, m. 410-726-5220, o. 410-749-1818, tim.velasco@eradelmarva.com, eradelmarva.com **Buyers' Agent**: Dawn Lednum, Chesapeake Bay Real Estate Plus, 108 N. Talbot St., m. 410-829-3603, o. 410-745-6702, dawnlednum@gmail.com, cbreplus.com

BOB JACKSON LANDSCAPES, INC.

Designers, Artisans and Caretakers of *Exceptional Landscapes*

BALTIMORE | EASTON | ANNAPOLIS

Inquire at 410.356.1620 | BobJacksonLandscapes.com



2026 Fish For A Cure Presented by WLG THE WIGGINS LAW GROUP P.C.

FFAC FISH FOR A CURE

SHORE PARTY

SATURDAY, NOVEMBER 7, 2026

Safe Harbor Annapolis

WHAT'S UP? MEDIA BEST OF ANNAPOLIS 2026

EVERYONE HAS A PLACE AT THE SHORE PARTY.

Whether you fish, fundraise, sponsor, or donate, you are part of Fish For A Cure.

Join us for food, music, dancing, and awards as we celebrate the community coming together to make a difference.

LIMITED NUMBER OF SHORE PARTY TICKETS ARE AVAILABLE

GET TICKETS TODAY - FISHFORACURE.ORG

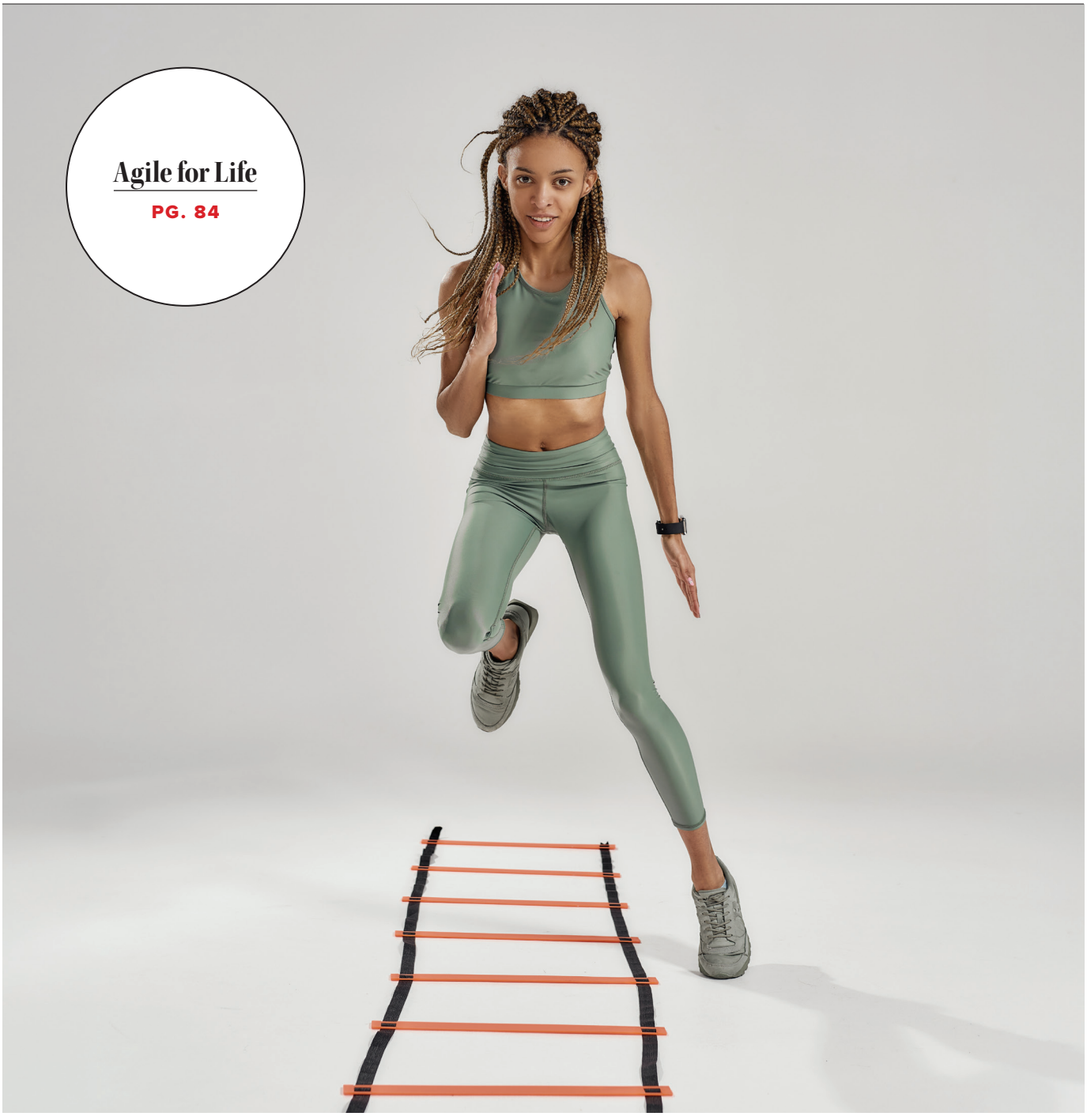
Supporting the Cancer Survivorship Program at the Geaton and JoAnn DeCesaris Cancer Institute at Luminis Health Anne Arundel Medical Center

Health & Beauty

80 DEBUNKING THE HYPE ABOUT VOLUFILINE

81 FITNESS NUTRITION

82 ANSWERS TO COMMONS Q'S ABOUT VO2 MAX



Debunking the Hype About Volufiline

By Dylan Roche

In the ongoing search for youthful, healthy skin, it seems as if there's always a new product everyone wants to try—especially in the internet age, when beauty and wellness trends can quickly gain steam even without a lot of scientific support. The latest example: Volufiline, a serum that's being touted as an at-home substitute for fillers.

Unfortunately, there may be a few wrinkles in the legitimacy of these health claims.

Specifically, Volufiline is a trade name for a plant-based cosmetic ingredient developed by Sederma with the active compound sarsasapogenin, a steroidal extracted from a root used in Chinese herbal medicine. It's commonly used to create more fullness in under-eye hollows, smile lines, temples, and cheeks.

HOW DOES IT WORK?

Unlike hyaluronic acid, which attracts water to hydrate the skin, Volufiline is said to stimulate fat cells under the skin surface. By increasing the lipid storage in these fat cells, it allegedly increases localized fullness where it's applied. But it's not clear whether enough of it penetrates the skin in a meaningful amount to create a visible cosmetic effect.

BUT DOES IT WORK?

Dr. Alison Ehrlich, a member of the American Academy of Dermatology, is skeptical. She points out it's difficult to separate science from hype because there are no peer-reviewed published studies. "The hype is due to social media marketing," she adds.

ARE THERE ANY STUDIES AT ALL?

Claims about Volufiline trace back to an unpublished study created by Sederma, the manufacturer. Fewer than 30 women applied a 5 percent Volufiline cream to one breast twice a day for 56 days. They saw a 2.2 percent increase in breast volume on average. There haven't been any studies on the cream's effectiveness on facial tissue. That 5 percent number is worth noting, however, if you're thinking of trying Volufiline. "Testing was performed at lower concentrations, 2–5 percent, so it is reasonable to try products with Volufiline in these concentrations to avoid risk of skin irritations," Ehrlich says.

IS SKIN IRRITATION AT CONCERN?

Yes, at high concentrations, according to Ehlrich. She also points to the fact that Volufiline is part of an oil-based product, and the oil could worsen cases of acne.

SHOULD I TRY IT?

The oil in the Volufiline products could temporarily make your skin look smoother, but it's not the "at-home filler" you've heard it hyped up as on social media. "This ingredient in no way is equal to dermal fillers," Ehrlich says.

5 Facts About Fitness Nutrition

By Dylan Roche

"Eat less, exercise more"

It isn't always the best advice if you're pursuing a fitness journey—even if your goal is to lose weight. The reality is that fitness changes your nutrition needs, sometimes demanding more overall nutrition or simply more specific nutrition. In other words, "less" isn't necessarily best.

HERE ARE 5 FITNESS NUTRITION FACTS YOU NEED TO CONSIDER WHEN FUELING YOUR EXERCISE ROUTINE:

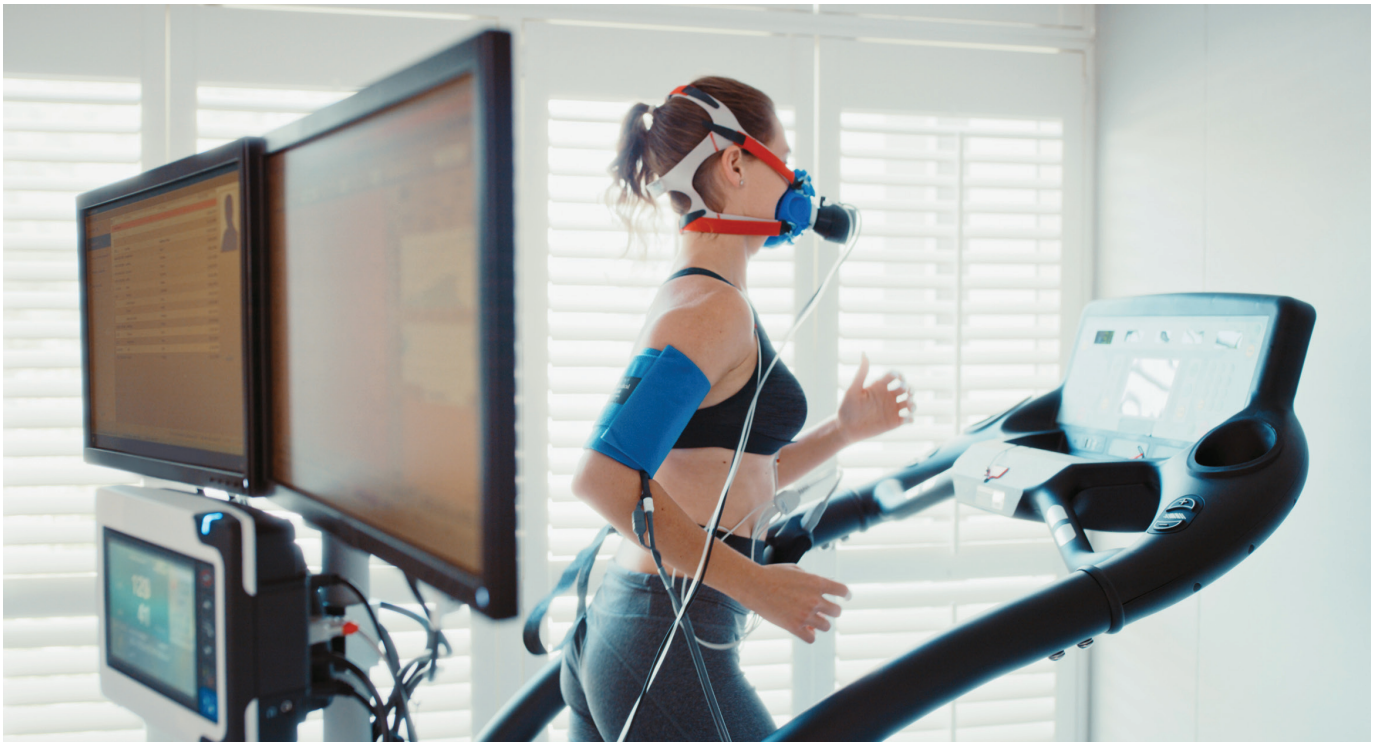
1. You may need more fuel (or at least, more than you think). A calorie deficit (eating fewer calories than you use in a day) is necessary for weight loss. But eating too little can work against you. When you undereat, you suffer fatigue and don't perform your workout as well. You may have slower recovery or even lose muscle. Instead of aiming to eat as little as possible, eat enough to fuel your body while maintaining a modest deficit of about 250–500 calories a day.

2. Carbs are your body's preferred source of fuel. Protein gets a lot of hype in the fitness world—and with good reason. Your body uses protein as a building block for muscle. But carbohydrates are what actually give you the energy to exercise, especially at moderate and vigorous intensities. Carbohydrates break down into glycogen, which is stored in your muscles and fuels your running, cycling, strength training, and other activities. After exercise, carbohydrates fuel recovery and muscle growth. On that note...

3. Protein is what builds muscle, but it doesn't work by itself. Yes, protein builds muscle. But your body still needs adequate calories and carbohydrates to use it. Think of protein as lumber and carbohydrates as the workers to build with it. As much as you need that lumber, it won't build anything by itself. After exercise, aim to have a snack or meal that has a 3:1 ratio of calories from carbohydrates to calories from protein.

4. Simple carbohydrates can serve a specific purpose at a specific time. Complex carbohydrates—oatmeal, whole grains, potatoes—break down slowly and give you long-lasting energy for an extended period of time. That makes them a healthy option normally. But when you're doing intense exercise, you don't have the time for something to digest slowly. You need fuel fast. Simple carbohydrates (yes, even sugar) are an immediate source of energy right before you work out.

5. Supplements don't help unless you have a deficiency. Vitamins and minerals play crucial roles in our body's processes. For example, iron is necessary for transporting oxygen through our blood to every cell in our body. It makes sense that iron would be necessary for fitness. But having way more iron than you need isn't a good thing—in the case of iron, it can actually be harmful! Unless you have a known deficiency, don't worry about supplements. Most people, even active ones, can meet their nutrition needs without supplementation.



Answers to Commons Q's About VO2 Max

By Dylan Roche

VO2 max might sound like some gibberish to the uninitiated, but to endurance athletes, it's a measurement they pay attention to as a way of figuring out their exact level of fitness. And paying attention to it could give a good idea of overall health and longevity—emphasis, of course, on *could*. There's also an argument to be made that knowing your VO2 max isn't all that helpful in terms of chasing fitness goals.

SO, IF YOU'VE GOT Q'S ABOUT VO2 MAX, HERE ARE SOME A'S:

WHEN PEOPLE TALK ABOUT THEIR VO2 MAX, WHAT ARE THEY TALKING ABOUT?

VO2 max is short for maximum volume (V) of oxygen (O2). In short, it's the amount of oxygen your body is able to use during exercise. It's expressed in milliliters of oxygen per kilogram of bodyweight per minute. When you're especially fit, you'll see that your body uses more milliliters of oxygen per minute compared with someone who isn't as fit.

"This basically means that someone with a higher VO2 max is able to extract more oxygen with every breath they take and use it for aerobic metabolism," explains Garett Reid, certified master strength trainer and health coach. "As such, VO2 max is generally regarded as the best measurement for cardiovascular fitness and aerobic endurance."

But in addition to providing a measurement of fitness, VO2 max is a good guideline for overall health. Dr. Jason Schroder, a board-certified anesthesiologist and the co-founder/medical director of Craft Body Scan, a noninvasive scanner that detects signs of silent killers like heart abnormalities, says he personally tracks his own VO2 max. "In medicine, it's one of the more dependable measures of cardiovascular fitness that we have," he says.

WHAT INFLUENCES MY VO2 MAX?

Age and gender will play a small role in how efficiently your body uses oxygen. For the most part, however, it all comes down to aerobic fitness. The only way to improve your aerobic fitness is to do more aerobic (cardiovascular) exercise like running, walking, cycling, or swimming. Anything that raises your heartrate!

Generally, you can expect your VO2 max to be: If you're sedentary, it will likely be 20–35 ml/kg per minute. **If you're moderately active**, it will likely be 35–50 ml/kg per minute. **If you're very active**, it will likely be 50–70 ml/kg per minute. **If you're an elite endurance athlete**, it will likely be 70–90 ml/kg per minute

HOW DO I MEASURE IT?

The most accurate way of having your VO2 max measured is to have a doctor perform the test for you. You'll wear a breathing apparatus while you do an aerobic exercise like running on a treadmill or riding a stationary bike. Once the doctor has measured your oxygen output at a comfortable intensity, you'll have to increase the intensity, either by running faster or upping the resistance of the bike's pedals. You'll keep increasing the intensity until you reach the point of exhaustion, during which time the mask you wear over your mouth and nose will measure the oxygen you take in and the carbon dioxide you put out.

CAN I MEASURE IT AT HOME?

A professional lab measure of your VO2 max will be the most accurate, but it will also be expensive and require specialized equipment. Unless you're going to a sports performance testing facility or you're a member of a very high-end fitness center, you probably don't have access to this kind of testing.

Some fitness trackers and smartwatches give a general estimate of your VO2 max using your heart rate and pace. The Cleveland Clinic explains these numbers won't be completely accurate, but studies show they're good enough for having a general idea of your progress.

Regardless of testing method, Reid says accuracy is debatable. "Plus, in my opinion, the exact number isn't really what's important, and I feel the industry has hyped this aspect," he says, emphasizing that if you're exercising regularly and your performance is improving—for example, you're running faster or it takes longer to exhaust you—then you can safely assume your VO2 max is improving.

"At the same time, the biggest health benefits are seen going from inactive to active," he says. "If you already run 20 miles per week, increasing to 25 may offer some extra fitness benefit, but it will be much smaller than the jump from zero to regular exercise."

CAN I IMPROVE MY VO2 MAX?

There's only one way to improve your VO2 max: by doing more cardiovascular exercise. If you keep up with your aerobic workout and increase the intensity a little bit with each session, your body will adapt to be able to use oxygen more efficiently.

However, Reid's whole approach is that pushing ourselves should already be a goal, regardless of what numbers we're looking at. Tracking our oxygen consumption isn't necessary for the casual exerciser. "We actually see this a lot in the fitness industry," he says. "People will focus on the metric while ignoring the work, which is what actually provides the benefits."

Still, there's no harm in being curious. You might not have a race or competition you're training for, so seeing whether you can train your body to use oxygen more efficiently could be a way to hold yourself accountable.

And if a better VO2 max indicates better health, it's worth paying attention to it. Schroder points out that research shows poor cardiorespiratory fitness has a stronger association with mortality than smoking or diabetes alone—something he says makes sense to him after years of working with cardiac and pulmonary patients. "VO2 max provides an early warning sign of cardiovascular fitness, one most people have never considered until it is too late," he says.

Agile for Life

By Dylan Roche

Every thorough, well-rounded fitness routine focuses on a variety of goals: building strength, improving endurance, increasing flexibility.

Then there's agility.

Agility refers to your ability to change positions or directions quickly. When you're training to be agile, you're relying on balance, coordination, strength, speed, and reaction time—all key indicators of fitness.

"Mainly people with athletic aspirations focus on agility training, but this does not mean that it is only for athletes," explains Chris Gagliardi, scientific education content manager for the American Council on Exercise. "All individuals can benefit from agility-specific training, and especially those who participate in activities that require quick changes in direction and rapid acceleration and deceleration like tennis, basketball, pickle ball, soccer, and rugby."

But it's not just competitive athletes. Training for agility can boost your quality of life. You rely on agility when you're avoiding a slippery spot on the sidewalk or trying to carry something heavy up the stairs. In big and small ways, we're constantly relying on agility.

STILL NOT CONVINCED? CONSIDER THESE REASONS TO TRAIN FOR AGILITY:

1. AGILITY MAKES YOU A BETTER ATHLETE.

For most people who think about agility, this is the reason: No matter what your competitive activity of choice, it will likely require you to change direction, accelerate, decelerate, or react to an opponent. You might be thinking, "Well, my athletic days are over." But even if you're not playing soccer or football, you might be meeting friends for a round of tennis or playing a game of tag with your kids in the backyard. Agility ensures you get maximum enjoyment out of those activities.

2. AGILITY REDUCES INJURY RISK.

Think of the last time you got hurt. It probably wasn't when you were doing a steady, predictable movement. Something probably took you by surprise and you were forced into an awkward or uncomfortable movement. Agility prepares the body for these moments of surprise by improving neuromuscular control, strengthening stabilizing muscles around the joints, and teaching safe deceleration and landing mechanics. Being agile doesn't mean your body is injury-proof. But it does mean your body is able to respond more effectively when movements don't go as planned.

3. AGILITY WILL SHARPEN YOUR BRAIN AS WELL AS YOUR BODY.

Every agility drill will require your brain to process information, make a rapid decision, and coordinate precise movements—sometimes even before you've had a chance to register that you're thinking about all of it. There's a connection between your cognitive and motor performance, and as with any other skill, the more you work it, the stronger it gets. Improving your agility is, in essence, problem-solving exercises in motion. It means a sharp mind in addition to a strong body.

HOW TO TRAIN AGILITY

Ladder and hurdle drills are a great way to incorporate agility training into an overall exercise program. When you have a basic training ladder or training hurdles, set them out on the ground.

From there:

- Move forward with single step-ins, letting only one foot at a time land between sets of ladder rungs or pairs of hurdles.
- Hop forward, landing with both feet between sets of ladder rungs or pairs of hurdles.
- Stand sideways and move laterally along the ladder or between rungs, either one foot at a time or hopping with both feet.
- Try going backward through the ladder or hurdles, either by taking one step at a time or hopping with both feet.

I Know the Owner, Too
...Because We All Are

Londonderry on the Tred Avon: More than a home — it's a community you own.

At Londonderry on the Tred Avon, every resident is more than a neighbor — they're an owner in this lively 62+ waterfront cooperative community.

Here, joy comes easy. Whether it's dancing with friends, throwing your hands in the air like you just don't care, or joining in on resident-led activities, every day is filled with connection and laughter. From neighborhood gatherings to clubs, trips, and celebrations, there's always something to look forward to — and someone to enjoy it with.

With maintenance-free living and a community spirit that lifts everyone up, Londonderry gives you more time for what truly matters: fun, friendship, and memories that last a lifetime.

Call our Sales & Marketing Team today at 410-820-8732.

1991 35 2026 Years

LONDONDERRY

RESIDENT OWNED FOR 35 YEARS

2025 BEST OF THE best CHESAPEAKE WINNER

BEST OF coastal STYLE 2026 RESIDENTIAL COMMUNITY Dorchester/Talbot Counties

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

EQUAL HOUSING OPPORTUNITY

WHAT'S UP? MEDIA'S

NUTCRACKER TEA

The Annapolis Holiday Tradition

DECEMBER 6TH

THE DOUBLETREE HOTEL IN ANNAPOLIS

Scan for a Look Back at Last Year's Event!

Celebrate a beloved holiday tradition at the **DoubleTree Hotel in Annapolis on December 6, 2026.** Enjoy a delightful buffet with all the trimmings, an enchanting **Nutcracker** performance by The Edge Dance Complex, and a special visit from **Santa and Mrs. Claus** with photos and a classic Christmas story. A magical event for the whole family — plus a special gift for every child!

Three seatings 10am, 1:30pm and 5pm

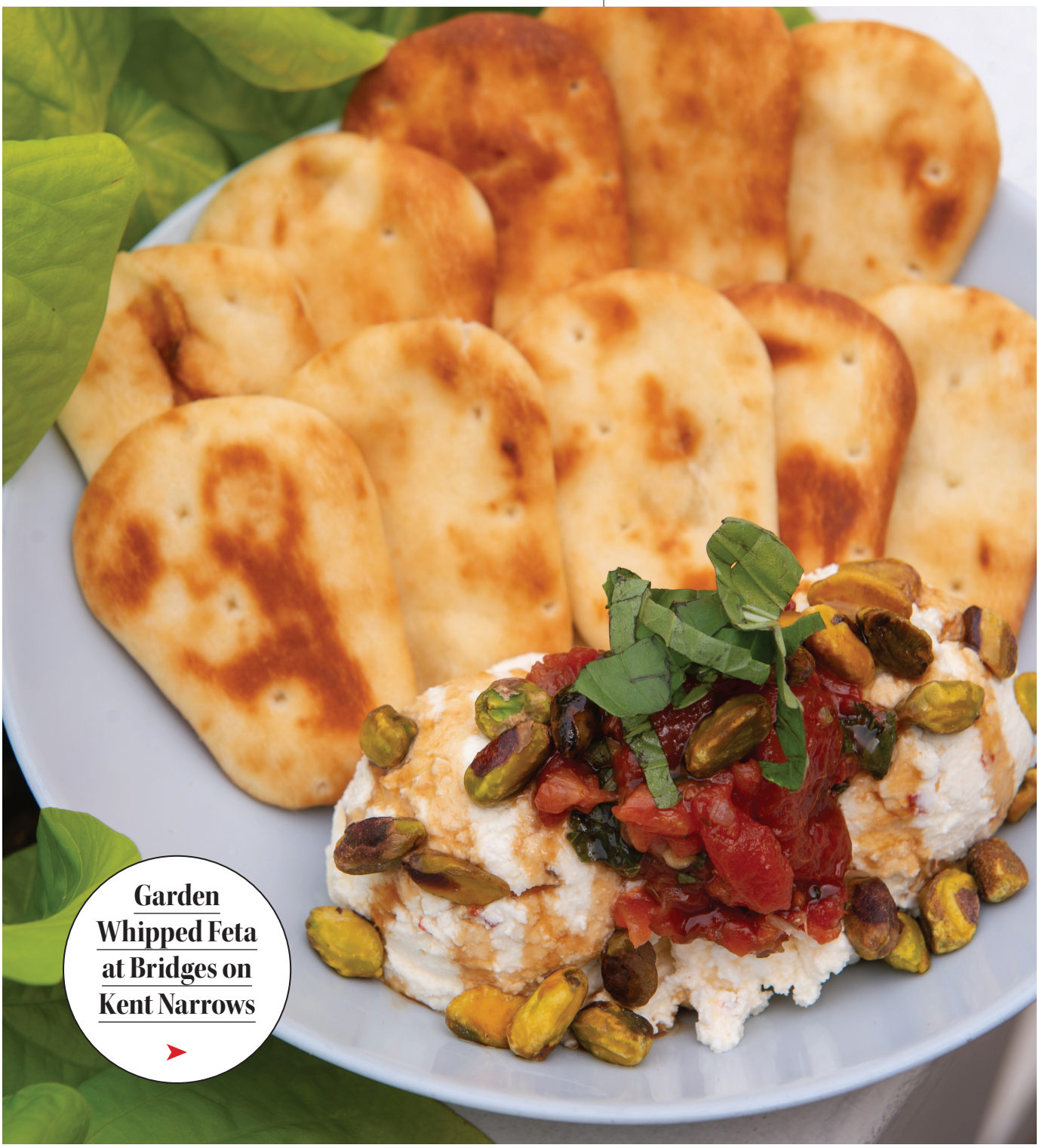
More Details and Tickets www.WhatsUpMag.com/NutcrackerTea

DoubleTree by Hilton™ · Little Ones Child Care Center · The Edge Dance Complex · Annapolis Pillow Company · Andrée Tullier Fine Art Studio

Food & Dining

88 WATERFRONT CULINARY CONNECTION

91 READERS' DINING GUIDE



Garden Whipped Feta at Bridges on Kent Narrows

Photography by Bill Whaley

Waterfront Culinary Connection

By Sharon Harrington

Kent Narrows is a vortex, a force of nature that attracts those who earn their living from the water, take their pleasure on the water, and enjoy dining by the water.

There are multiple options for dining at Kent Narrows, most with the natural beauty of the water as a backdrop. So, how would a restauranteur differentiate their establishment from other offerings? We found out during our dinner at Bridges.

As I arrived at the parking lot with my dining companions, I saw that the footprint of the restaurant is huge. Off to my right was a spacious covered patio, surrounded by lime green umbrella tables where one can catch the first glimpse of the water and marina. I was pleased to see the patio is pet friendly and we spied a couple of pets enjoying the ambiance.

BRIDGES ON KENT NARROWS

321 Wells Cove Road, Grasonville • 410-827-0282 • bridgesrestaurant.net

The friendly vibe started at the front door where a smiling hostess led us to our table. As we walked, we saw splashes of bright yellow and lime green, cheerful pops of color that enhance the tropical theme. Quirky decor catches your eye like the immense chandelier made of wine bottles (I am sure there is an interesting story there). But what dominates your vision is the commanding water view.

On our way to be seated, we passed the bar, then the open kitchen. I paused for a moment to watch the kitchen choreography of a busy restaurant at dinner hour. Truthfully, I could watch for more than a moment, fascinated by the calm production of food orders, no Gordon Ramsey here.

The hostess seated us at a table with a nicely angled view of both the water and marina. We had just started to work our way through the variety of menu options, including gluten free, when our server, Rylie arrived. I told her about the only thing we had decided on was cream of crab soup, the whipped feta, and Caesar salad for appetizers, and we would need some help with the mains.

I questioned Rylie about portion size and heat/spice levels. I also look for menu offerings that tweak traditional seafood recipes. Rylie suggested we try the crab cake, or firecracker shrimp, two of their most popular dishes with interesting preparations. With her guidance we made some good choices; Seafood Risotto, Steak Frite, and the Crab Cake platter.

Now we could focus on the beverage menu. There is a nice selection of beer, wine, and signature cocktails. Mocktails are also available. For future reference, we noted that Thursday features half-price wine from their global list, and a 3–6 p.m. Sunday through Thursday happy hour offers discounted appetizers, rail drinks, and draft beers. Visiting happy hour and indulging in an array of apps, sounds like fun.

Photography by Bill Whaley

We were ready to eat. Our appetizers arrived quickly; the petit bowl of crab soup was quite generous with a delicate pink color and luscious thickness. My dining companion said, if she could have, she would have lapped the bowl. The whipped feta with seasoned Naan bread was outstanding, with multiple savory tastes hitting the palate. The only quibble I have with this dish is that it is served in a bowl. A flat plate with the feta in the middle, drizzled with the tomatoes, pistachios, balsamic, and surrounded by Naan would have better displayed a very well thought out dish. The ample Caesar salad was served correctly on a chilled plate (one of my pet peeves is to have a Caesar served on a warm plate). Another kudo to the kitchen!

No sooner than the apps are whisked away, our mains arrived. The seafood risotto with scallops, shrimp, sweet corn, black beans, poblano puree, and red onion, is a party on a plate, nicely displayed and a very generous portion. The softball-sized golden crab cake was served over mashed garlic potatoes and asparagus with a Jalapeño lime beurre blanc. That was the eclectic touch I had been looking for! Marylanders are hardliners about their crab cake recipes and not much in favor of change, but the Bridges kitchen deftly enhanced the crab cake with the unusual Jalapeño, lime beurre blanc sauce. My Steak Frite was in the traditional style; steak, fries, and vegetable combo with a nice au jus. Again, the portion was generous (enough for a doggie bag if I can smuggle it past the pooches on the patio).

At this point we were sated but thought it was only fair to try a dessert. Dessert offerings are ample with something for every taste. We chose one slice of cheesecake and three forks. The cheesecake with a raspberry coulis sauce was a nice complement to our varied entrees. Although we vowed we were only going to have one bite each, the cheesecake disappeared.

There are many dimensions I look at when reviewing a restaurant; food, decor, ambiance, service, and energy. By energy I mean how does the staff feel about the restaurant and what they do.

I asked Rylie to tell me a little about Bridges. She said Bridges is a destination restaurant, and she has served diners from as far away as Australia. She is proud that Bridges offers the Maryland crab cake experience to visitors.

This staff energy trickles down to the restaurant patrons. The night we dined it was obvious people were eating well, drinking well, and being served well (service was amazingly fast but not to the point where you were rushed to finish the previous course).

I never asked how the name Bridges was chosen. The obvious answer is to honor the two main bridges that link Kent Island to the Delmarva Peninsula; however, I like to think the name implies another meaning of bridge—to connect people to a lovely dining experience, showcasing the bounty and beauty of our waterways. I think Bridges did rather well.

Sharon Harrington is a retired social worker by profession and a passionate gourmand/chef in practice, having trained with reputable culinary personalities and institutions, notably: Chef Francois Dinot; L'Académie de Cuisine; the Culinary Institute of America in Hyde Park; and Le Cordon Bleu in Paris. She currently resides on the Eastern 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 $$

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 $$$

El Jefe Mexican Kitchen & Tequila Bar
1235 Shopping Center Road, Stevensville; 410-604-1234; eljefemexicankitchentequilabar.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 $ Seafood

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

Accanto
218 N. Washington Street, Ste. 21, Easton; 410-690-8339; accanto-easton.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 $$$

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; carpenterstreet-saloon.com $

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

Corah's Corner
105 N Talbot Street, St Michaels; 410-745-8008; corahs.com $$

Crab Claw Restaurant
304 Burns Street, St Michaels; 410-745-2900; thecrabclaw.com $$

Doc's Downtown Grille
14 N Washington Street, Easton; 410-822-7700; docs-downtowngrille.com $$

Doc's Sunset Grille
104 W Pier St, Oxford; 410-226-5550; docssunsetgrille.com $$

Eat Sprout
335 N. Aurora Street, Easton; eatsprout.com $

Eat Sprout
114 S. Talbot Street, St. Michaels; eatsprout.com $

The Fool's Lantern and Taproom
310 South Talbot Street, St Michaels; 410-888-7379; thefoolslantern.com $$

Foxy's Harbor Grille
125 Mulberry Street, St Michaels; 410-745-4340; foxysharbor-grille.com $$ Seasonal

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

Gina's Café
601 Talbot Street, St Michaels; 410-745-6400; ginascafemd.com $$

The Ivy Café
12 & 14 West Dover Street; Easton, MD 21601; 410-822-9751; theivycafeeaston.com

Hot Off the Coals BBQ
8356 Ocean Gateway, Easton; 410-820-8500; hotoffthe-coals.com $

Hunter's Tavern
101 East Dover Street, Easton; Tidewaterinn.com; 410-822-4034 $$ Daily Breakfast

Limoncello Italian Restaurant & Wine Bar
200 South Talbot Street, St Michaels; 410-745-3111; limon-cellostmichaels.com $$

Lowe's Wharf
21651 Lowes Wharf Road, Sherwood; 410-745-6684; loweswharf.com/restaurant $$ Seasonal

Lu's at the Marina
305 Mulberry St., St. Michaels; 410-745-8029; lusatthemari-na.com $$

Momma Maria's Mediterranean Bistro and Bar
4021 Main Street, Trappe; 410-476-6266; mommama-riasbistro.com $$, Daily Breakfast

Olive Branch
100 S. Talbot Street, St. Michaels; 410-745-8021; ourgreek-market.com $$

Our Greek Market
29523 Canvasback Drive, Ste. 101, Easton; 410-690-3611; ourgreekmar-ket.com $$

Out of the Fire
111 South Washington Street, Easton; 410-205-2519; outofthe-fire.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; ruserestau-rant.com $$$

San Miguels
100 S Talbot Street, St Michaels; 410-745-8955; sanmiguels-md.com $$

Scossa Restaurant and Lounge
8 North Washington Street, Easton; 410-822-2202; scossar-estaurant.com $$

Sunflowers and Greens
11 Federal Street, Easton; 410-822-7972; sunflower-sandgreens.com $$

T at the General Store
25942 Royal Oak Road, Easton; 410-745-8402; tatthe-generalstore.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; tigerlily-easton.com $$

Tilghman Dining at The Tilghman Island Inn
21384 Coopertown Road, Tilghman Island; 410-886-1170; tilghmandining.com $$$ Seasonal

Two if by Sea
5776 Tilghman Island Road, Tilghman; 410-886-2447; twoif-bysearestaurant.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; blueheron-oysterhouseandinn.com $$

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

Chester River Seafood
4954 Ashley Road, Rock Hall; 410-639-7018; chesterriver-seafood.com $$

Deep Blue at Kitty Knight
14028 Augustine Herman Highway, Georgetown; 410-648-5200; deepblu-erestaurant.com $$

Dockside Café on Rock Hall Harbor
21906 Chesapeake Avenue, Rock Hall; 410-639-2478; theb-lackduckinn.com $, Seasonal

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

Flying Decoy Bar + Grill
21270 Rock Hall Ave, Rock Hall; 410-639-2000; flyingde-coy24.com $$

Ford's Seafood Inc
21459 Rock Hall Ave, Rock Hall; 410-639-2032; fordssea-foodrockhall.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-je-fas-mexican-grill.business.site $

The Kitchen at the Imperial
208 High Street, Chestertown; 410-778-5000; imperi-alchestertown.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; modern-stoneage.com $$

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

Osprey Point
20786 Rock Hall Ave, Rock Hall; 410-639-2194; os-preypoint.com $$$

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

The Shanty Bar
21085 Tolchester Beach Road, Chestertown; 410-778-1400; tolchestermari-na.com $

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

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 $ ●

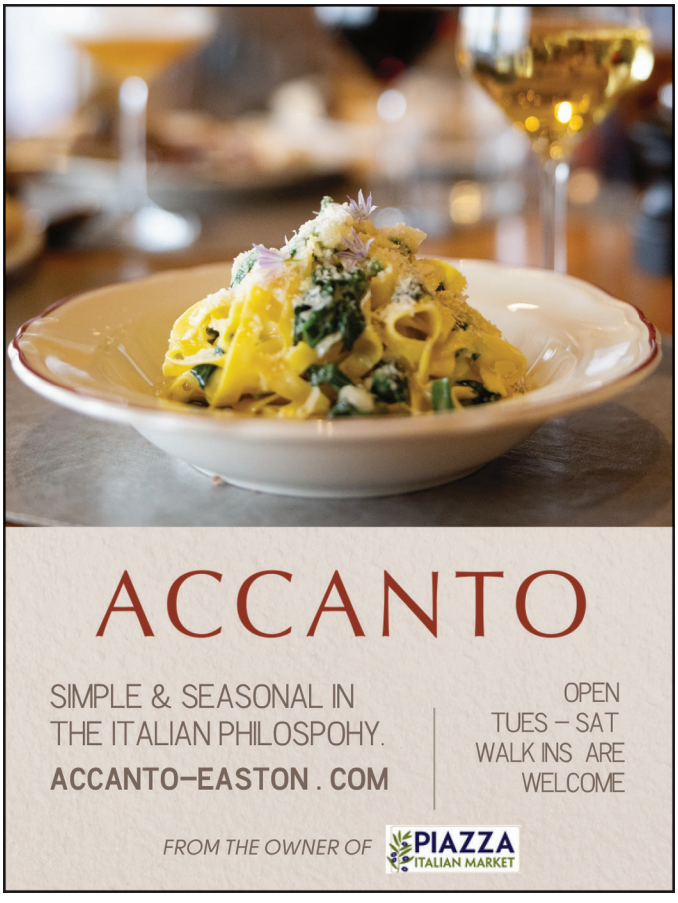
Denton Diner
42 Denton Plaza, Denton; 443-448-7258; dentondiner.com $$ ● Daily Breakfast

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 $ ●



MID-ATLANTIC SYMPHONY ORCHESTRA
MICHAEL REPPER, MUSIC DIRECTOR

MSO ENSEMBLES SERIES

HORN TRIO & PIANO TRIO

Brahms & the Schumanns

Music by Clara Schumann, Robert Schumann & Johannes Brahms

FEATURING MICHAEL HALL, FRENCH HORN

FRI, OCT 9 | 7 PM Community Church Ocean Pines, MD
SAT, OCT 10 | 3 PM Epworth United Methodist Church Rehoboth Beach, DE
SUN, OCT 11 | 4 PM Academy Art Museum Easton, MD

HEAR THEIR STORY.
TICKETS ON SALE NOW
www.midatlanticsymphony.org

THE IVY CAFE. CATERING.

HOST YOUR HOLIDAY PARTIES WITH US!

Rehearsal Dinners, Weddings, Family Gatherings, Birthdays & More!

12 & 14 W. Dover Street • Easton
410-822-9751
info@theivycafeeaston.com
theivycafeeaston.com

BAY COUNTRY BAKERY
CAMBRIDGE, MD

At Bay Country Bakery & Cafe, every morning begins with the smell of fresh-baked goodness.

Cody Jones Photography

Our dedicated bakers handcraft a wide variety of sweet and savory treats, along with the fresh breads that supply our café each day. Pair your favorite bite with a cup of locally roasted coffee or one of our handcrafted espresso drinks. Whether you're grabbing breakfast on the go or lingering over a slow morning, you'll find comfort in every bite—made fresh daily with love, tradition, and family recipes. From our family to yours.

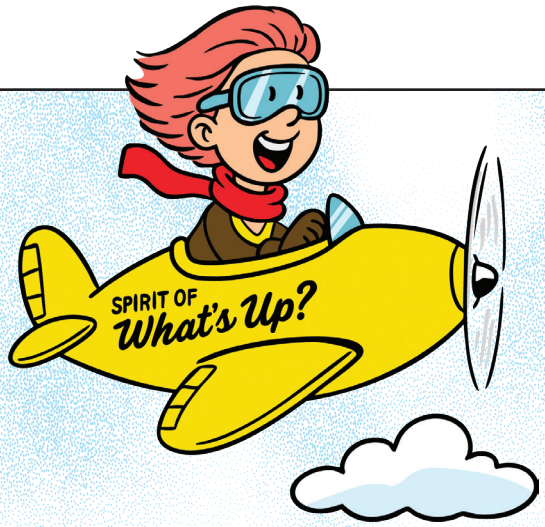
2951 Ocean Gateway Cambridge, MD 21613
410-228-9111 | Mon-Sat 6am-1pm
www.thebaycountrybakery.com

RAINY DAY OUTSIDE? WE'VE GOT YOU COVERED!

CABIN FEVER PLAY CENTRE
"Where Kids Cut Loose"

Party Packages
Private Party Room • 2 Hours of Play
Pizza & Drinks included and much more!
Mention this ad and receive bonus arcade credits!
SCAN TO BOOK YOUR EPIC PARTY!

THE ONLY PLAY PLACE & ARCADE IN THE MID-SHORE AREA
410-228-2122 442 Race St., Cambridge MD
cabinfeverplaycentre.com
info@cabinfeverplaycentre.com



Where's Wilma?

FIND WILMA AND WIN!

Our fearless flying mascot Wilma is taking to the skies this month, visiting towns from the western shore of the Chesapeake Bay to the eastern. She's having fun shopping for select services, boutiques, and restaurants. Where will she land next? Here's how the contest works: Wilma appears next to three different ads in this magazine. When you spot her, write the names of the ads and their page numbers on the entry form online or mail in the form below and you'll be eligible to win. Only one entry per family. Good luck and don't forget to submit your restaurant review online at whatsupmag.com/promotions for another opportunity to win a prize.

Congratulations to Tina W. of Cambridge, who won a $50 gift certificate to a local business.

Please Print Legibly

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

Name _____

Phone _____

Address _____

E-mail address _____

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

Would you like to sign up for our daily e-newsletters, which brings you each weekend's best events and dining deals, as well as online-exclusive articles!

Yes, please! No, thanks

Entries must be received by October 31, 2026. 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**.

Advertiser INDEX

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

Annapolis Prosthodontic Associates - Drs. Davliakos, Bahar & Satin .... LMP
Anne Arundel Gastroenterology Associates .... LMP
Anne Arundel Medical Center - Fish For A Cure 78
Aqua Pools .... BC
Bay Bridge Counseling 93
Bay Country Bakery 94
Benson and Mangold Real Estate, Chuck Mangold Jr .... IFC
Bob Jackson Landscapes Inc 77
Book Hounds 29
Brad Kappel Team, TTR Sotheby's International Realty 4
Cabin Fever Play Centre 94
Centers for Specialized Dentistry 47
Chesapeake Bay Beach Club 25
Chesapeake Dental 48
Dee Dee McCracken, Coldwell Banker 2
Djawdan Center for Implant and Restorative Dentistry .... 1, LMP
Dockside Dermatology 48
Drs. Walzer, Sullivan & Hlousek, P.A. .... LMP
Eastern Maryland Oral and Maxillofacial Surgery .... LMP
Easton Dental Studio .... LMP
Easton Maryland Dental 48
For All Seasons, Inc. 47
Framptom Funeral Home 27
Hagert Family Dentistry 44
Harbor Dental Center .... LMP
Jason's Computer Services .... IBC
Kent Island Orthodontics 44
Kent Island Pediatric Dentistry & Pediatric Dental of Easton .... LMP
Kovach Chiropractic and Wellness Center 43
Londonderry On The Tred Avon 85
Long and Foster Real Estate - Cornelia Heckenbach 14
Luminis Health AAMC .... 12, LMP
Lundberg Builders and 314 Design Studio 68
Maddox AV 75
Maryland Oncology & Hematology .... LMP
Mid Atlantic Symphony Orchestra 94
Nancy Hammond Editions 29
Noude Aesthetics .... LMP
O Dental 48
Olmo Brothers Construction & Landscaping 11
Paquin Design and Build / Paquin Interiors 19
Piazza Italian Market & Accanto 93
Reinheimer Orthodontics .... LMP
Richardson's Marine Repair 27
Sandel Duggal Center For Plastic Surgery .... LMP
Selling Maryland Sunsets LLC Biana Arentz 6
Serino Orthodontics 43
Severn School 21
Soistman Family Dental & Associates .... LMP
The Ivy Cafe 94
Tidewater Inn 9
Tiger Lily 93
Tilghman Volunteer Fire Company 21
Tri-State Marine 13
Trippe Gallery 27
Troika Gallery 21
Wade Pools & Landscape Design, LLC 68

One Verse at a Time

David Keplinger teaches in the MFA faculty at American University. His nine books include *Ice* (Milkweed Editions, 2023) and a new book, *Great Pond*, forthcoming from Milkweed in 2028. His translations, essays, and poetry have appeared in *Poetry, The New Yorker, The American Poetry Review, Agni*, and other journals. He was the recipient of the 2025 Joseph Brodsky Rome Prize for Literature from the American Academy in Rome.—**JANICE F. BOOTH**

IN TRANSLATION

1916 (from The Most Natural Thing)

Her nickname will be Little Bread,
after the bread
she brings for lunch. First day of
school, she comes
without English, as though the dog
ate it. Teacher asks her name.
She holds up her lunch, a little bread.
Which makes them laugh.
She pokes two eyes in that roll, folds
the bald dolly into her napkin, stuffs
it in her coat. It's plain to everyone,
shaking their heads,
she came unprepared for the
twentieth century. You can tell
by the sepia tone in her skin. Her hair
is so tangled it will have to be shaved.

DAVID KEPLINGER

JASON'S COMPUTER SERVICES

Your Eastern Shore

COMPUTER REPAIR, COMPUTER SALES & MANAGED SERVICES

- NEW COMPUTERS
- REMOTE SERVICE
- COMPUTER SERVICE

APPLE
MACBOOKS, IMACS & IPADS IN STOCK!

SERVICES

- Maintenance
- On-Line Backup
- Data Recovery
- Broken Laptop Screen
- Virus Removal
- Computer Upgrades

NOW OFFERING
TOTAL HOME WiFi SYSTEMS

CALL US TODAY!
410.820.9467

9231 CENTREVILLE ROAD
EASTON, MD

SCAN THE QR CODE TO GO STRAIGHT TO OUR SITE JCSCOMP.NET

HotSpring®
Portable Spas

AQUA
POOLS SPAS

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