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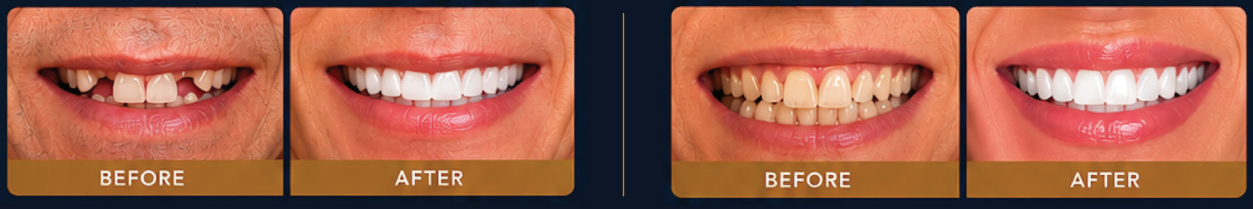

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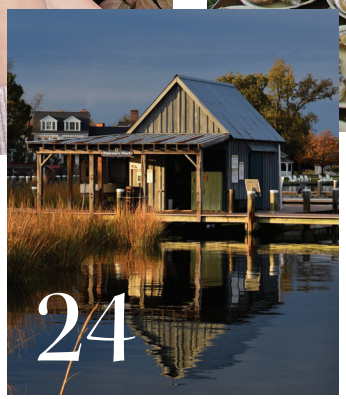

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WHAT'S UP?
eastern shore

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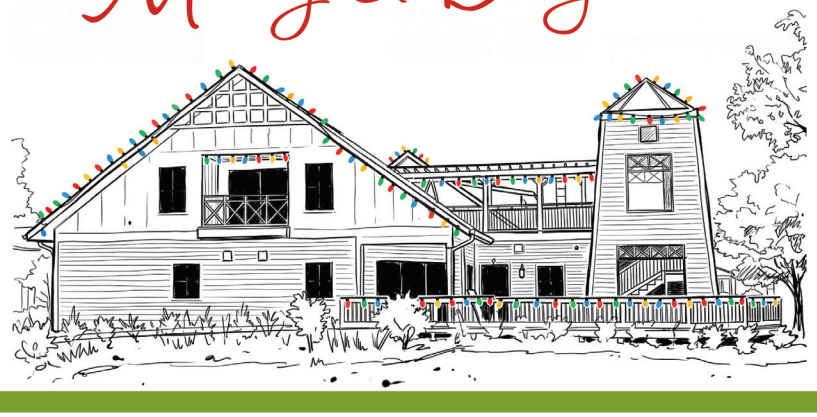
Merry & Bright



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2027 CALL FOR ENTRIES!

What's Up? Media is seeking the next class of Up & Coming Lawyers to honor in 2027! We are calling upon local law firms practicing in the Chesapeake Bay region to nominate exemplary lawyers in the early stages of their legal career.

We are currently accepting nominations from your firm's management of young, up and coming lawyers. For editorial consideration, management must complete an online form nominating an employed lawyer within your firm that is 40 years and/or younger by the deadline of December 31st. Nomination forms are online here:

whatsupmag.com/upandcominglawyers2027

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Expert of the Month

Stefanie DeFiglia

Stefanie DeFiglia, FNP-BC, FMCP-M

Founder and Owner | Two Tree Integrative Health

A Johns Hopkins School of Nursing graduate, Stefanie DeFiglia has practiced in primary care, homeless shelters, and long-term care. She founded Two Tree Integrative Health in 2019 to provide personalized, holistic care grounded in functional medicine principles. DeFiglia was the first practitioner on Maryland's Eastern Shore to be certified by the Institute for Functional Medicine (IFM).

What inspired you to open your practice?

In 2018, I visited an integrative practitioner in Florida to help me address my longstanding gastrointestinal issues. For about six months, I underwent a combination of advanced testing, a personalized nutrition plan, stress-management strategies, and targeted supplements. I felt better than I had in years.

That experience changed my perspective on healthcare—and ultimately the direction of my career. I wanted to bring that same kind of individualized, root-cause approach to my community on the Eastern Shore.

What is your approach to patient care?

At Two Tree, we've developed a holistic, team-based, data-driven approach that we've refined over the past seven years. I like to focus on the fundamentals: hormone balance, gut health, metabolic health, nutrition, movement, sleep, and stress. These are often the areas where relatively small, sustainable changes can have a meaningful impact on how people feel and function.

Our health coach, Barb Stacy, and our personal trainer, Shaun Skinner, are an important part of our team and allow us to address health from multiple angles.

Why did you decide to focus primarily on menopausal care?

I see patients with autoimmune conditions and gastrointestinal issues, such as IBS and metabolic concerns, and I enjoy that work. But over time, menopause care became about half of my practice, and I'm fascinated by the menopausal transition.

Hormone receptors are distributed throughout the body, so changes in hormone levels can affect many different systems. Symptoms can range from sleep disruption and hot flashes to changes in mood, metabolism, cognition, sexual health, and gastrointestinal function. In addition, chronic conditions that were previously well-managed can become more difficult to manage during the transition.

I love the challenge of looking at the entire person and finding as many ways as possible to help women not just get through menopause but actually thrive during it.

Two Tree Integrative Health

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EXCELLENCE IN NURSING 2026-2027

Arts & Culture

16 EVENTS

22 BUSINESS & COMMUNITY

HIGHLIGHTING ENTERTAINMENT, COMMUNITY, AND EVENTS

Waterfowl Festival 2026

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BAY BRIDGE RUN 2026

Take in one of Maryland's most iconic views on foot during the Bay Bridge Run on November 8th, beginning at 8 a.m. The annual 10K welcomes runners and walkers to cross the eastbound span of the Chesapeake Bay Bridge, with 4.35 miles of the 6.2-mile course stretching over the water and reaching 186 feet at its highest point. Along the way, participants can take in sweeping views of the Chesapeake Bay, sailboats, and passing ships during the one day each year the bridge opens to pedestrian traffic. After crossing the finish line, keep the celebration going with a free post-race concert. More info: thebaybridgerun.com

Festival of Trees 2026

Celebrate the start of the holiday season at the Festival of Trees, running November 28th through December 1st at The Tidewater Inn in Easton. This annual community tradition brings together beautifully decorated holiday trees and live acoustic music while raising awareness and support for hospice care in Talbot County. Organized by Friends of Hospice, the festival helps fund hospice services for terminally ill patients and their families throughout the community. Admission is $10 for adults, $5 for children ages 6–12, and free for children 5 and younger. More info: festival-of-trees.org

Photo courtesy of CBMM

Eastern Shore Sea Glass & Coastal Arts Festival: Holiday Edition

Get a jump start on holiday shopping at the Eastern Shore Sea Glass & Coastal Arts Festival: Holiday Edition on November 21st at the Chesapeake Bay Maritime Museum in St. Michaels. The waterfront festival will feature artisans and craftspeople from across the country offering sea glass and coastal-inspired jewelry, home décor, artwork, and festive handmade goods. Visitors can also enjoy live music on two stages, glassblowing demonstrations, food and drinks, and additional festival activities throughout the day. Skipjack sails aboard the historic Rosie Parks will also be offered at 10 a.m. and noon, with festival admission included. More info: cbmm.org

6TH ANNUAL SHORE GOOD TRUCK SHOW AND PULL

Celebrate everything trucking at the 6th Annual Shore Good Truck Show and Pull on November 7th from 10 a.m. to 8 p.m. at the Tuckahoe Steam & Gas Association grounds in Easton. The event will feature a variety of truck show classes alongside pulling competitions for street semis, hot street semis, pro street trucks, and dump trucks. Throughout the day, visitors can also enjoy food trucks, trucking-related vendors, kids' activities, and live music. Proceeds benefit the Diabetes Research Institute and the Tuckahoe Steam & Gas Association. More info: tuckahoesteam.org

2026 BOURBON CLASSIC CHARITY CLAY SHOOTING TOURNAMENT

Take aim for a good cause at the 2026 Bourbon Classic Charity Clay Shooting Tournament on November 5th from 9 a.m. to 3:30 p.m. at Pintail Point Sporting Clay School in Queenstown. Participants can spend the day on the sporting clay course before enjoying a bourbon tasting once the shooting portion of the event has concluded. The charity tournament brings together outdoor recreation and bourbon while raising support for veterans. More info: www.unation.com

Fish For A Cure

Celebrate a season of fishing, fundraising, and community impact at Fish For A Cure's shore party on November 7th from 5 to 9:30 p.m. at Safe Harbor Annapolis. The evening will feature dinner, music, dancing, and the announcement of the Tournament and Paul C. Dettor Captain's Challenge winners. More than a celebration on the waterfront, the event raises critical funds to support the Cancer Survivorship Program at Luminis Health Anne Arundel Medical Center and the patients and families it serves. More info: fishforacure.org

COOKIES & COCKTAILS

Get into the holiday spirit with Cookies & Cocktails on November 20th from 6:30 to 8 p.m. at Kent Island Resort in Stevensville. Spend the evening sampling festive cookies paired with complementary cocktails while learning more about the flavors behind each pairing. Sip, taste, and enjoy a sweet start to the holiday season in the cozy setting of the resort. Tickets are $44.51 per person. More info: kentislandresort.com

OysterFest

Celebrate the Chesapeake Bay's favorite bivalve at OysterFest on November 7th from 10 a.m. to 4 p.m. at the Chesapeake Bay Maritime Museum in St. Michaels. The beloved fall festival serves up fresh oysters prepared a variety of ways alongside other local fare, craft beer, and specialty cocktails, with live music on two stages throughout the day. Guests can also enjoy an oyster stew competition, oyster slurp-off, boat rides, demonstrations and presentations, and hands-on children's activities including model boat building and lawn games. It's a full day of Chesapeake food, culture, and family-friendly fun along the waterfront. More info: cbmm.org

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Support cleaner waterways at the annual ShoreRivers Rendezvous on November 8th from 1 to 4 p.m. at Talbot Country Club in Easton. The fall gathering brings together supporters of the region's rivers and creeks for an afternoon benefiting ShoreRivers' work in science-based advocacy, restoration, education, and community engagement. Guests can take part in a silent auction and celebrate the presentation of the 2026 Award for Environmental Stewardship to Dr. Tom Fisher, Professor Emeritus at the University of Maryland Center for Environmental Science and longtime Chesapeake advocate. Tickets are $100 per person. More info: shorerivers.org

EASTERN SHORE WRITERS' ASSOCIATION ANNUAL HOLIDAY BOOK FESTIVAL

Shop for your next great read at the Eastern Shore Writers' Association Annual Holiday Book Festival on November 7th from noon to 4 p.m. at Cult Classic Brewing in Stevensville. Meet local authors, browse a variety of books, and pick up signed copies for yourself or the readers on your holiday shopping list. Free giveaways and door prizes will be offered throughout the afternoon. The festival is free and open to all ages. More info: easternshorewriters.org

Waterfowl Festival 2026

Celebrate the wildlife, art, and heritage of the Eastern Shore at the annual Waterfowl Festival, returning to Easton November 13th–15th. Spread across more than a dozen venues throughout town, the three-day tradition features wildlife art from renowned artists, retriever demonstrations, Dock Dogs competitions, duck and goose calling contests, street musicians, unique vendors, and plenty of Eastern Shore food. Nearly 35,000 attendees gather each year to experience the festival while supporting its longstanding conservation mission. Since its founding in 1971, the festival has contributed more than $6 million to environmental, conservation, and education projects across the Delmarva Peninsula. More info: waterfowlfestival.org

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More Details and Tickets WhatsUpMag.com/NutcrackerTea

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

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Little Ones Child Care Center

The Edge Dance Complex

Anchors Point Pediatric Dentistry

Indian Creek School

Saint Martin's Lutheran School of Annapolis

What's Up? Media

Talbot Humane Celebrates 15 Years of Leadership, Doubles Donor Impact

Talbot Humane is celebrating Executive Director Patty Crankshaw-Quimby's 15th anniversary leading the organization, marking a period of growth that has transformed the nonprofit from a traditional animal shelter into a nationally recognized community resource for animals and the people who care for them. To celebrate the milestone, Talbot Humane donations made through September 30th were matched dollar for dollar (a generous commitment made by an anonymous donor), helping twice as many animals receive care, shelter, and a second chance. Crankshaw-Quimby joined Talbot Humane in 1999 as an animal caretaker and has served in nearly every operational role within the organization, including animal control officer, humane officer, shelter coordinator, and interim executive director before becoming executive director in 2011. During her tenure, Talbot Humane has expanded beyond traditional shelter operations to include pet retention services, foster care, pet food assistance, low-cost spay and neuter initiatives, community outreach, and other programs designed to keep pets and families together whenever possible. "Patty's leadership has helped transform not only Talbot Humane, but also the way our community thinks about animal welfare," says Bridget Horner, president of Talbot Humane's Board of Directors. "Her vision, compassion, and commitment to excellence have strengthened our organization, expanded our impact, and improved countless lives across the Mid-Shore." Learn more at talbothumane.org.

FUNDRAISING FOR NEW MRI MACHINE SURPASSES $1.5 MILLION

Fundraising for new magnetic resonance imaging (MRI) equipment at UM Shore Medical Center at Chestertown (UM SMC) has topped $1.5 million, exceeding the goal set for the project. "We are grateful for the generous support from the community for this new critically important equipment," says Libby Woolever, chair of the UM Chester River Health Foundation. "We are delighted by the remarkable outpouring of support reinforcing the UM Shore Medical Center at Chestertown's viability as an important cornerstone for the community." The UM Chester River Health Foundation received 776 gifts for the MRI, which has served 1,250 patients since its installation in September 2025. "We especially thank the medical center for moving ahead with the installation of the MRI before fundraising was complete."

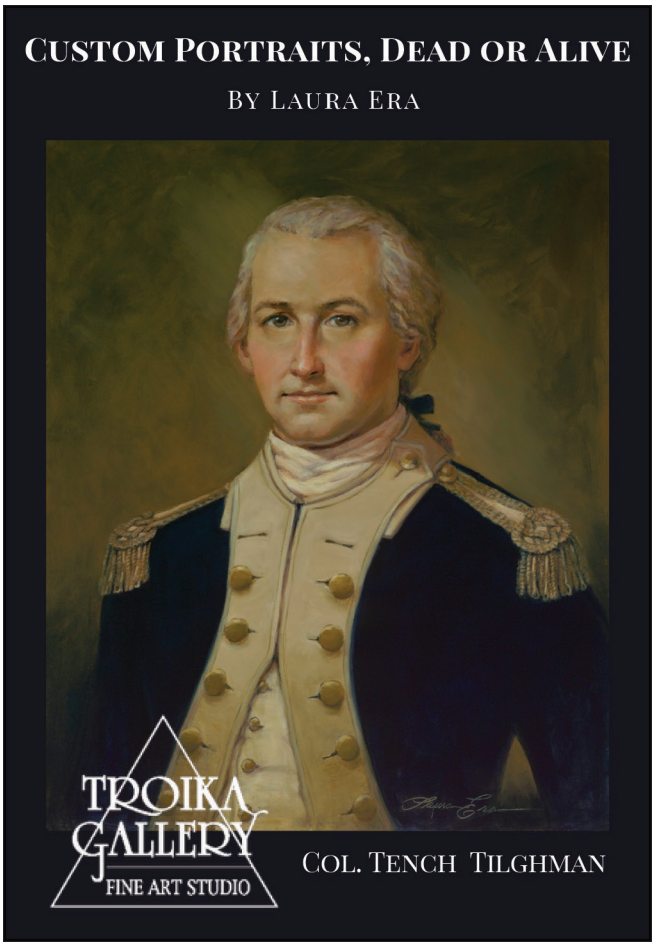
"The new MRI strengthens the medical center's ability to attract specialists, improve diagnoses and increase referrals from local physicians while making advanced imaging more accessible to residents across the region," said Rebecca Bair, Vice President of Philanthropy and Executive Director of the Foundation, UM Shore Regional Health. For more information about the Chester River Health Foundation, visit umcrhf.org/donate.

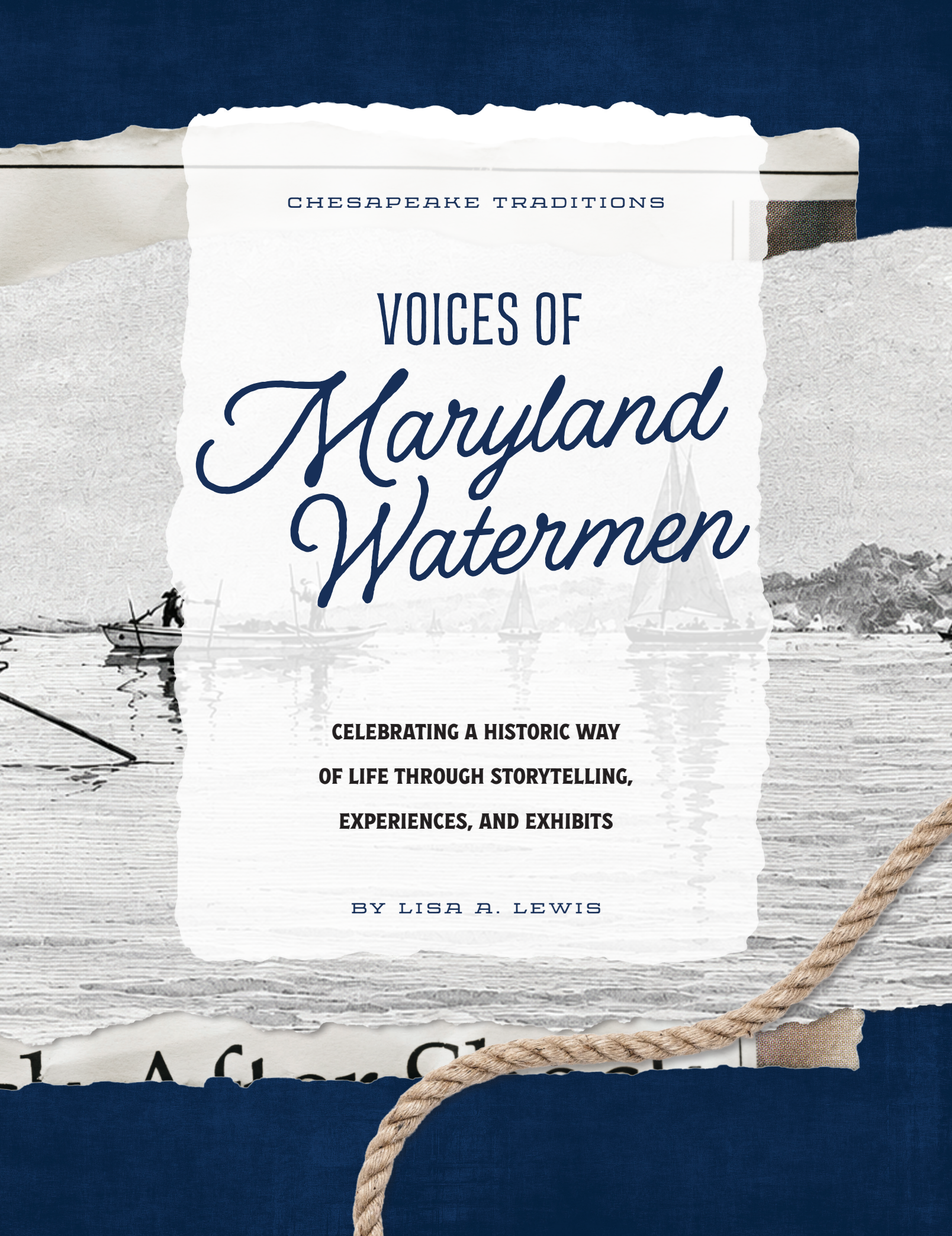
TCPS APPOINTS STUDENT REPRESENTATIVES TO BOARD OF EDUCATION

Easton High Senior Shiza Gondal, and St. Michaels High Senior Georgia Crow will represent their schools as student members of the Talbot County Board of Education for the 2026–2027 school year. Shiza and Georgia were selected following an application and interview process; they were officially sworn in at the September 9th Board of Education Meeting. "We are pleased to have Shiza and Georgia represent their schools as Student Members of the Board this year," says Dr. Sharon Pepukayi, Superintendent. "The Board values their input and feedback on important issues in our district, and enjoys hearing the monthly reports and highlights from their school communities. They have hit the ground running in this new leadership role, and I know they will do an excellent job!" If you'd like to follow their journey this year, check out their new Instagram page, @tcpsmob.

HAVE COMMUNITY NEWS TO SHARE?

Let us know! Email **editor@whatsupmag.com** with your news item. Please include relevant details and a hi-resolution photograph, if possible.





CHESAPEAKE TRADITIONS

VOICES OF *Maryland Watermen*

CELEBRATING A HISTORIC WAY OF LIFE THROUGH STORYTELLING, EXPERIENCES, AND EXHIBITS

BY LISA A. LEWIS

A fifth-generation waterman, Captain Tyrone Meredith wakes up at 4 a.m. to prepare for his day. By 5 a.m., he arrives at Wells Cove Public Landing in Grasonville, checks the engines on his headboat, *Island Queen II*, and waits for his fishing charter guests. An independent charter captain, Meredith has offered daily fishing trips in various locations on the Eastern Shore for more than 40 years. And he couldn't be happier.

"I love what I do," Meredith says. "I enjoy being on the water, driving my boat, meeting new people, and seeing them have fun while they fish. If they have never been fishing before, I give them some tips. Sometimes I even get to meet the children of guests who I took out on the boat several years ago when they were kids. Being a charter boat captain is a nice way to make a living, and I lead a pleasant life on Kent Island."

Captain Tyrone Meredith has been an independent charter captain on the Eastern Shore for more than 40 years, offering daily fishing trips. Photographs courtesy Captain Tyrone Charters.

Meredith started going out on a boat when he was six years old as a mate for his father, the late Captain Eldridge Meredith, the 101st Admiral of the Chesapeake Bay. By age 12, he was crabbing commercially with his brother, catching crabs on the trotline to take to market. As a teenager, Meredith oystered in the winter before obtaining his captain's license and making the transition to operating fishing charters.

Being a waterman is in Meredith's blood, and he grew up in the business. His great-great grandfather came to Kent Island in 1867—making a living oystering in the winter and crabbing in the summer. And the way of life has been passed down through the generations, establishing a proud family tradition.

"Every aspect of life is affected by where land and water meet," says Jen Dolde, director of curatorial affairs and exhibitions at the Chesapeake Bay Maritime Museum (CBMM). "Watermen developed their knowledge of the water, built it over generations, and passed it down. This folk knowledge can't be obtained from books; it's established through shared stories and cultural practices.

"It's important to understand the history of watermen and preserve their long-standing traditions. They were able to adapt, which is why their way of life survived. A key way to preserve their history and its impact on our heritage is through storytelling."

"IT'S IMPORTANT TO UNDERSTAND THE HISTORY OF WATERMEN AND PRESERVE THEIR LONG-STANDING TRADITIONS. THEY WERE ABLE TO ADAPT, WHICH IS WHY THEIR WAY OF LIFE SURVIVED."

Whether members of the community attend a panel discussion, watch a documentary, take a watermen heritage tour, visit museum exhibits, or attend a festival, Maryland offers a variety of opportunities to engage in storytelling as a means of preserving the watermen's way of life.

Watermen's Story Swap

Gone are the days when traditional watermen's boats filled the Bay. Although the way of life has not vanished, it has significantly diminished. Today, their numbers may be smaller than in the past, but traditional watermen still make their living harvesting the bounty of the Bay and utilizing skills that have been passed down through the generations.

In an effort to preserve the oral histories of watermen, CBMM presents Watermen's Story Swap, an event that offers local watermen the opportunity to share their personal experiences with a panel of other watermen. Hosted by local author and emcee Brent Lewis, the event educates the public by providing firsthand accounts of watermen's day-to-day lives.

"When Brent asked me to participate in Watermen's Story Swap, I thought it would be a great way to share my experiences working on the water and hear other panel members' stories," Meredith says. "It's important for the public to know what watermen did and that they're still doing it today."

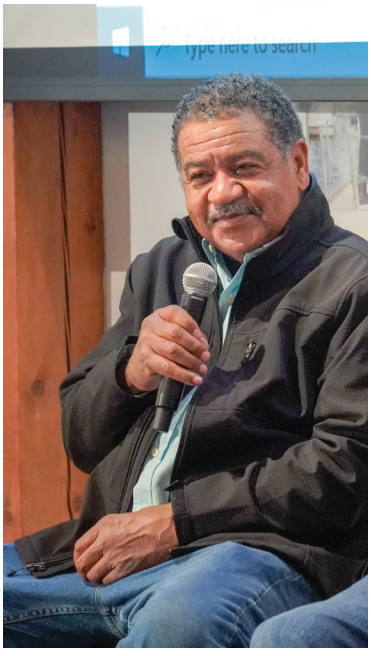
A natural storyteller, Meredith is an ideal fit for the story swap. He was recently featured in a highly acclaimed Maryland Public Television (MPT) documentary, *Water's Edge: Black Watermen of the Chesapeake*, which premiered April 17, 2023.

The film, which "chronicles unsung Marylanders who revolutionized an industry, dreamed beyond their circumstances, and continue to keep their traditions alive today," won a regional Emmy Award at the 66th Capital Emmy Awards in June 2024 and multiple Telly Awards in 2025.

During CBMM's panel events, Meredith enjoys sharing stories about how he and his brother would go crabbing early in the morning when they were kids and catch bushels of crabs. Since they were too young to drive, they had to find someone to pick them up, so they could take the crabs to market.

Meredith also talks about how times have changed and reflects on the history of Black watermen and how their numbers have declined.

"When I was growing up, there were quite a few Black watermen, and in Kent Island, it was a way of life," Meredith recalls. "Today, the average age of Black watermen is 60 years old, and there are only about a dozen or so still actively working. The younger generation doesn't want to pursue the way of life. It's very expensive to buy a boat and pay for its upkeep. For many young people, it's just easier to get a job."



Watermen's Story Swap was held in February 2026 at Chesapeake Bay Maritime Museum in St. Michaels. The event brought together several local watermen and women to share their experiences of working the water. Photographs courtesy CBMM.

Photograph by Jay Fleming

Captain Jeff Harrison, a fifth-generation waterman and the president of Talbot Watermen Association, also participates in Watermen's Story Swap on a regular basis. A lifelong resident of Tilghman Island, he started fishing with his grandfather when he was nine years old. When he was still very young, he and his brother started a soft crab business. And by age 17, Harrison was oystering with his father during the winters.

Harrison advocates strongly on behalf of traditional watermen. While some watermen have continued the family tradition, others born into the way of life have sought other employment due to the challenges of making a living. Since modern watermen face obstacles that their predecessors didn't encounter, such as environmental issues, climate change, strict regulations and catch limits, aquaculture, and economic pressure, entering the trade is difficult for the younger generation.

Photographs by Robin Harrison

"Things are changing, and it's been really tough," Harrison says. "Being a waterman is deep in my bloodline, and I have three sons. But they didn't pursue it as a career. So, I am the last of the watermen in my family. My grandson loves the water, but he is still very young.

"The people working on the water are older now, so their stories will be lost if we don't share them. Watermen's Story Swap is a great opportunity to give watermen a voice, allowing us to share our stories and keep them alive for future generations."

> "THE PEOPLE WORKING ON THE WATER ARE OLDER NOW, SO THEIR STORIES WILL BE LOST IF WE DON'T SHARE THEM."

CBMM's Watermen's Story Swap will take place on February 18, 2027. The event is sponsored by the Upper Shore Regional Folklife Center. Both Meredith and Harrison plan to participate.

Captain Jeff Harrison is a fifth-generation waterman and lifelong resident of Tilghman Island who started fishing with his grandfather when he was nine years old. Today, he is president of Talbot Watermen Association.

Photograph by Sharon Thorpe

Photograph by Edwin Remsberg

Watermen Heritage Tours

Unlike many watermen, Captain Rachel Dean wasn't born into the way of life. A first-generation waterman—who prefers to be called a "waterman" rather than a "waterwoman" because it gives her a greater sense of belonging—she teaches English at Patuxent High School and is a waterman during the summer. Interestingly, her husband, Simon, who shares her love of the Chesapeake Bay, is also a first-generation waterman.

"I don't want to set myself apart by putting emphasis on the term 'waterwoman,'" Dean says. "I don't want that distinction. I'm a waterman."

Although there are far fewer women in the business, women have always participated in the way of life. Their work was based onshore and included mending nets, shucking oysters, processing seafood in packing houses, and other tasks, while men worked on the water. But today, women play a more active role and increasingly work on the water—a trend that makes Dean happy.

According to data provided by the Maryland Department of Natural Resources (DNR) Licensing and Registration Services, the number of women with commercial licenses increased from 546 in 2016 to 726 in 2026 (32.97 percent). In contrast, men with commercial licenses increased from 6,133 in 2016 to 6,243 in 2026 (1.79 percent). However, it's important to note that not all men and women who hold commercial licenses are currently active watermen.

Dean developed a love for the Chesapeake Bay early in life and credits her passion for the water to her mother, who would take her crabbing in Solomons Harbor. One day, she had a chance encounter with a captain, and he asked her to work on his boat. The experience ultimately laid the foundation for her to establish businesses in both charter boating and commercial fishing with Simon.

When Dean learned about the Watermen Heritage Tourism Training Program, an initiative supported by federal funding from the DNR and launched by Chesapeake Conservancy in 2010, she was interested enough to sign up. Partners included the Coastal Heritage Alliance (CHA), the Maryland Watermen's Association (MWA), and CBMM. After Dean completed the training, she and Simon founded Solomons Island Heritage Tours.

"I just knew the training program would be perfect for me," says Dean. "Watermen heritage tours are a great way to share our perspective of the Bay with our visitors. We offer a variety of opportunities to observe and engage in harvesting methods for blue crabs, finfish, and oysters on a working fishing vessel. We want our visitors to experience the Bay up close through the eyes of a Chesapeake Bay waterman."

Photographs by Roderick Sheckler

Captain Rachel Dean and her husband, Captain Simon, are both first-generation watermen (Dean prefers the term waterman versus waterwoman). The couple operates a maritime heritage tour based out of Solomons, Maryland.

Dean loves that every tour is unique. Mother Nature dictates what passengers will see and do on the day of the trip. However, they definitely will explore the area, see landmarks and historical sites, learn local history, and participate in hands-on watermen's activities, such as setting fish pots and dropping and pulling an oyster dredge and sorting through their catch."

Since Simon has scaled back a bit on the heritage tours, Dean currently conducts them with her daughter, Jamie, who is 16 years old.

"I hope that visitors emerge from the tours with a better perspective and an appreciation for the Chesapeake Bay and the watermen's way of life," Dean says. "Watermen's heritage tours are a great way to share the stories of those who worked on the water. I hope that all our visitors build awareness, learn to value the ecosystem, and develop a sense of pride for our maritime heritage."

"I HOPE THAT ALL OUR VISITORS BUILD AWARENESS, LEARN TO VALUE THE ECOSYSTEM, AND DEVELOP A SENSE OF PRIDE FOR OUR MARITIME HERITAGE."

In addition to operating Solomons Island Heritage Tours, Rachel is deeply committed to advocacy and serves as a voice for the industry. She and Simon also own Patuxent River Seafood, which supplies seafood to local businesses.

At Waterman's Wharf, a recreated crabber's shanty at the Chesapeake Bay Maritime Museum, you can try your hand at several of the seafood harvesting activities of a Chesapeake Bay waterman. You can watch crabs shed, check an eel or crab pot to see if you've caught anything, or tong for oysters. Outside the shanty are the waterman's boats—the Hooper Island draketail *Martha*, the Pot Pie skiff, and the *Volunteer*, a replica Smith Island crab scrape. Photographs courtesy CBMM.

Museum Exhibits and Festivals

Members of the community who want to learn about the watermen's way of life can explore two popular exhibits at CBMM: *Oystering on the Chesapeake* and *Waterman's Wharf*.

Oystering on the Chesapeake offers visitors the opportunity to board the skipjack *E.C. Collier* (1910) and discover how the Bay's oyster fishery has shaped the region's history and culture. Visitors can also examine oyster harvesting equipment, including hand tongs and a dredge, as well as artifacts and historic photographs.

"The participatory exhibit, which we have offered for more than 20 years, helps visitors understand how difficult life was for watermen and how they had to endure difficult, challenging work in harsh weather conditions to bring in their catch," Dolde says. "It's a great way to tell their story."

CBMM is planning an update of *Oystering on the Chesapeake*, which will focus on aquaculture and how it has transformed the oystering industry. By adding this component, the staff hopes to expand and enhance their storytelling and inspire visitors to become stewards for a healthier Bay.

Located in a recreated crab shack, *Waterman's Wharf* is a hands-on exhibit that allows visitors to experience seafood harvesting firsthand. Visitors can pull up a crab pot or eel pot from the wharf to see if they caught anything or hand tong for oysters.

Another way that members of the community can pay tribute to watermen—and celebrate the Bay's most iconic bivalve—is OysterFest. Hosted by CBMM on November 7, the festival features fresh oysters, including offerings from Talbot Watermen Association and local oyster farms, as well as other local fare, craft beer, and spirits. Attendees can also enjoy live music, an oyster stew competition, boat rides, demonstrations, presentations, hands-on children's activities, and more.

Photograph by George Sass

Photograph by Sharon Thorpe

Photograph by George Sass

The Chesapeake Bay Maritime Museum welcomes thousands of guests each autumn to celebrate the Bay's favorite bivalve with a tasty menu of oysters prepared a variety of ways, plus activities and fun for the whole family.

Preserving a Way of Life

Although the number of watermen has significantly declined since its heyday—leaving only a fraction of active watermen working on the Bay today—the way of life endures. Watermen are known for their resilience and adaptability, and their traditions represent a vital part of Maryland's cultural and maritime heritage.

Indeed, the concept of traditional watermen has shifted, but it's not the end of an era. As long as watermen continue to share their stories and pass them down to the next generation, their rich history and proud way of life will never be lost.

"There will always be watermen, and sharing our stories keeps our legacy alive," Harrison says. "I grew up in the way of life and learned to love it. I can't wait to get on the water every day. I'll continue to be a waterman as long as I am able. I wouldn't change a thing about my life, and I have no regrets."

EXPERIENCING MARYLAND WATERMEN'S WAY OF LIFE

Captain Tyrone Charters – captaintyronecharters.com

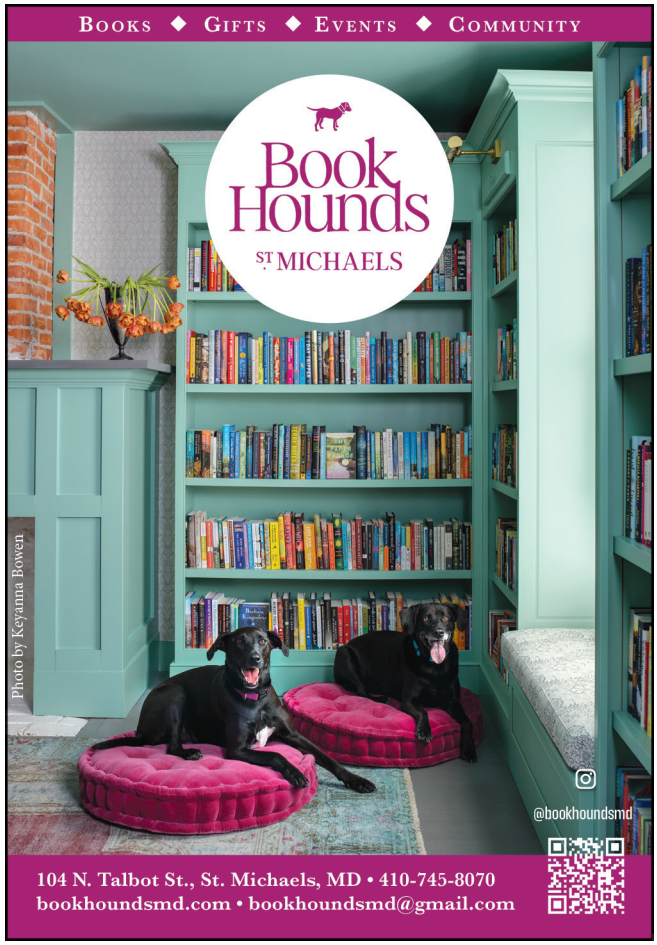
Watermen's Story Swap – cbmm.org/SpeakerSeries

***Water's Edge: Black Watermen of the Chesapeake* – mpt.org/info/watersedge**

Talbot Watermen Association – talbotwatermen.net

Solomons Island Heritage Tours – solomonsislandheritagetours.com

OysterFest – cbmm.org/event/oysterfest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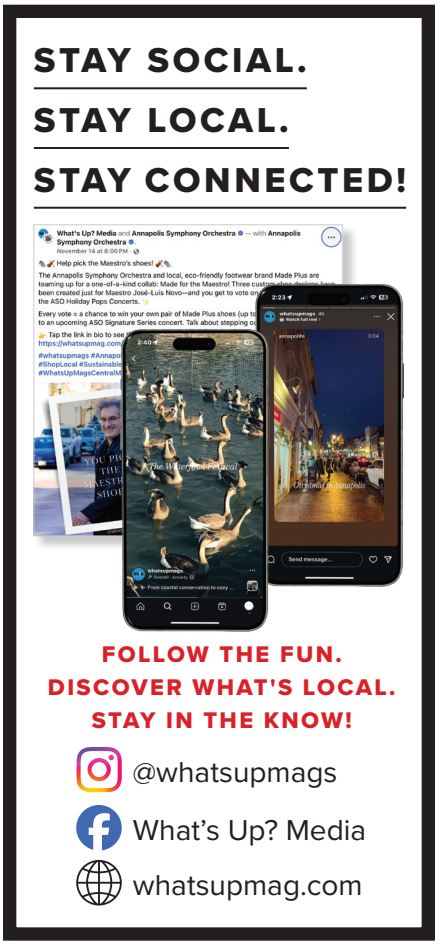
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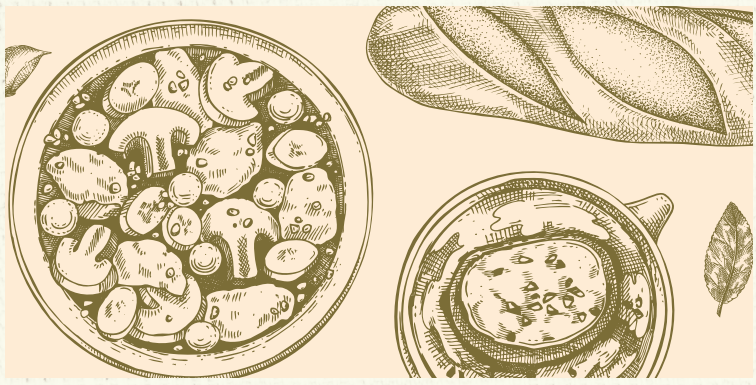
HEARTY HOLIDAY FEAST!

Crowd pleasing recipes from local restaurants that you can make this season

Set your holiday table* and enjoy! From first course to last, we have a bevy of recipes to cook and share with loved ones. There are a couple unique twists on classic ingredients, plus a few dishes that hark tradition. Merry appétit!

And for even more recipes (many more!), visit the What's Up? Media Recipe Archive by scanning this QR code:



* FOR NIFTY IDEAS ON HOLIDAY TABLE SETTINGS, SEE THE ARTICLE "COZY HOME HOLIDAY" ON PAGE 72 *

MAPLE BACON WRAPPED OYSTERS

RECIPE BY RIP'S COUNTRY INN

PHOTOGRAPH BY TONY LEWIS, JR.

4 servings

INGREDIENTS

Sauce
1 cup Mayo
2 Tbsp. Cajun spice
1 Tbsp. maple syrup

Add all ingredients to the bowl and mix well.

Skewers
4 slices Applewood smoked bacon
8 fresh local oysters
2 Tablespoons butter
1 cup all-purpose flour
2 Tablespoons maple syrup
1 teaspoon Cajun spice

DIRECTIONS

Mix the flour with the Cajun spice. Preheat oven to 400 degrees. Then cut the bacon slice in half and wrap the oyster in bacon and skewer two per skewer. Coat with the flour mix. In a sauté pan, melt the butter and place skewers in pan. Sear on both sides and place skewers on a baking sheet. Take the pan off the heat and add the maple syrup to it, stirring it in well. Then pour over top of the oysters on the baking sheet. Bake for 5 minutes or until bacon is cooked. Spoon the sauce on the plate and place oyster skewers on sauce. Enjoy.

CRAB AND VEGETABLE SOUP

RECIPE BY CHEF JIM ERIKSEN OF PUSSER'S CARIBBEAN GRILLE (SINCE CLOSED)

PHOTOGRAPH BY TONY LEWIS, JR.

6 to 8 servings

INGREDIENTS

2 cups of each: 3/8 inch dice of carrots, celery, onions, mixed green and red peppers, and cut white corn (use frozen out of season)
1 cup frozen peas
1 cup green beans cut one inch long
6 cups strong crab stock
2 cups peeled, seeded, and diced plum tomatoes (or 14. oz. can)
2 each 5.5 oz. cans of "V8" juice
1 Tablespoon course black pepper
1 1/2 teaspoon dry mustard
1 Tablespoon prepared horseradish
1/2 stick butter
1/2 cup flour
1 pound jumbo lump crabmeat

DIRECTIONS

Sweat all vegetables (except corn and peas) in the butter until most moisture is gone. Add flour and cook roux until smooth. Add stock, juice, and tomatoes; bring to a boil, reduce heat, and simmer cooking roux out. Add spices and horseradish. Cook for about five minutes. Add frozen vegetables. Return to a boil and stir in crabmeat. Adjust seasoning with salt and pepper and serve.

Chef's Notes: I like to make the base the day before and let the flavors meld together, reheat, and then add the crabmeat. Crab stock in the wintertime can be difficult. Substituting clam juice works, but doesn't taste as good. The best substitute is to go online and buy crab stock concentrate or crab base. Be careful with these items as they tend to be salty.

STEAMED CLAMS IN WHITE WINE, GARLIC, & BUTTER

RECIPE BY JIM HOLDERBAUM OF RANGE & REEF

PHOTOGRAPH BY STEPHEN BUCHANAN

4 servings as a main course or
10 guests as an appetizer

INGREDIENTS

8 Tablespoons butter
6 cloves fresh garlic, minced (or more if you like)
1 cup dry white wine
(such as Pinot Grigio or a dry Riesling)
4 pounds (about 50 clams) of Littleneck or
Midneck clams (clams that are
1 ½ to 2 ½ inches work best)
3 Tablespoons fresh parsley, chopped
(as an optional garnish)

Serve with a French baguette. Slice it or let guests pull off a piece for dipping into the broth.

DIRECTIONS

Clean clams with a stiff bristle brush and rinse under cold water. Discard any clams that are cracked or open. In large sauté pan or heavy skillet, melt the butter over medium heat. Add the garlic and cook for 2-3 minutes until fragrant. Add the white wine and bring to a simmer over medium-high heat, then add the clams and cover with a lid. Cook for 3-4 minutes or until most of the clams are wide open. Cooking time may be longer for larger clams. Discard any that remain closed. Transfer the open clams to a large serving bowl and ladle the broth over the clams. Garnish with the chopped parsley and serve with rustic (French) baguettes.

DOUBLE BONE-IN PORK CHOP WITH BALSAMIC ONIONS AND OVEN ROASTED POTATOES

RECIPE BY O'BRIEN'S OYSTER BAY & SEAFOOD TAVERN

PHOTOGRAPH BY RITA CALVERT

1 serving (large portion)

INGREDIENTS

1 14-oz pork chop (double bone-in)
1/2 large white onion
8 red potatoes
3 sprigs of basil, rosemary, and thyme, removed from stem, finely chopped
2 large cloves fresh chopped garlic
3 Tablespoons olive oil
1 Tablespoon balsamic vinegar
1 teaspoon sugar
1 teaspoon kosher salt and black pepper
1 cup demi-glaze (store bought or instant)
2 Tablespoons butter

DIRECTIONS

For the Pork Chop: Coat pork chop on both sides with salt and pepper, garlic, and herbs. Heat sauté pan with 2 oz of olive oil, sear pork chop on each side for 3–4 minutes and set aside. Keep sauté pan aside as well. **For the Balsamic Onions:** In seasoned sauté pan, heat 1 tablespoon butter, pinch of salt and pepper, and a pinch of sugar. Add onions and sauté for 2-3 minutes, then add 1 tablepoon balsamic vinegar and simmer for 15–20 minutes. **For the Herbal Demi-Glaze:** Heat demi-glaze in small sauté pan with 1/4 oz garlic and a pinch of herbs (basil, rosemary, thyme) and simmer for 2–3 minutes. Add 1 tablespoon butter at the end of simmering to thicken, then turn off heat. **For the Oven Roasted Potatoes:** Boil potatoes for 6–8 minutes and strain. Place potatoes in mixing bowl with remaining garlic, herbs, salt, pepper, and olive oil. Mix together and place on baking tray with pork chop and bake at 420 degrees for 12–15 minutes until potatoes are golden brown. Pork chop is best enjoyed cooked to medium. If well-done is preferred, remove potatoes and cook the pork chop by itself for an additional 6–8 minutes **Plating:** On a dinner plate, make a bed of the caramelized onions and place the pork chop on top. Arrange potatoes on plate and finish with the herbal demi-glaze. Garnish with rosemary and enjoy!

TURKEY PIE

RECIPE BY DENNIS HAGER OF TWO TREE RESTAURANT (SINCE CLOSED)

PHOTOGRAPH BY JENNY MADINO

6 to 8 servings

INGREDIENTS

2-1/2 to 3 pounds of pulled/carved turkey meat, seasoned (or substitute 1 whole roasting chicken)
1 large yellow onion, chopped
Salt and freshly ground pepper
Fresh rosemary leaves
Fresh thyme
3 cups velouté sauce, seasoned with fresh rosemary and thyme
Pie crust
Egg wash (1 egg beaten with 2 tablespoons water)

DIRECTIONS

Preheat the oven to 375F. Pick meat from turkey (or chicken) bones and shred into medium bites. White meat should be shredded smaller than dark meat. Make stock from skin and bones and when cool, skim fat from the top to use for sautéing. Use the stock for making the velouté sauce. Sweat onion in turkey fat. Add shredded turkey and enough velouté to moisten the mixture. Place filling in pie crust and top with crust. Do not vent. Brush with egg wash and bake in hot oven until crust is golden. Serve hot with more velouté.

Chef's notes: If one insists on white meat only, don't bother to make this pie. It will be too dry and no amount of added velouté will compensate. However, it can be made with leg and thigh meat only. Use a 4" x 4" cast iron baking dish and neatly fold corners to form a pocket for one serving. The dough is rolled thinner than it would be with a larger container so as not to make the product too "bready." But you can use a 9-inch pie plate.

WHIPPED SWEET POTATOES WITH CITRUS

RECIPE BY CHEF KEVIN DEVINE OF CRAVE CATERING CO.

4 servings

INGREDIENTS

1-1 ½ pounds Whole sweet potatoes about the size of a baked potato (smaller size)
4 Tablespoons Unsalted butter, at room temperature, cut into small pieces
1 Tablespoon Kosher salt
1 small oranges zested and juiced, discarding flesh
1 Tablespoon maple syrup

DIRECTIONS

Preheat oven to 350F. Line a baking sheet with aluminum foil and wash potatoes, do not peel. Place potatoes on baking sheet and put in the oven for approximately 40 minutes. (Cooking times may vary depending on size of potato.) Potatoes should be soft and easily mashed. Remove potatoes from the oven and allow to cool until they are able to be handled. With your hands, peel away the skin and place into a mixer bowl. Add butter, salt, orange zest and juice, and maple syrup. Then whip with a whisk attachment or beaters into all ingredients are incorporated well and potatoes appear smooth and fluffy. Serve warm.

TAKE-A-BREAK BARS

RECIPE BY SETON ROSSINI AND WINNER IN THE 2018 WHAT'S UP? MEDIA COOKIE BAKE-OFF

PHOTOGRAPH BY STEPHEN BUCHANAN

12 bar servings

INGREDIENTS

3 heaping cups mini pretzels
1 cup peanut butter
1 cup, plus 2 tablespoons granulated sugar, divided
1/4 cup water
1/2 cup heavy cream, at room temperature
1/2 teaspoon vanilla extract
3/4 cup peanuts, coarsely chopped
1 1/4 cups of high-quality semisweet chocolate chips
Sea salt flakes (such as Maldon), for topping

DIRECTIONS

Preheat the oven to 350F degrees. Line an 8-inch square pan with parchment paper. In a food processor, pulse the pretzels, peanut butter and 2 tablespoons of sugar until the pretzels are crushed and the mixture clumps together. Press mixture firmly into the pan and bake for 10 minutes. Keep the oven preheated. In a saucepan over medium-low heat, stir remaining cup of sugar and water until sugar fully dissolves. Increase heat to high and boil sugar, without stirring, for about 5 minutes, or until the color begins to darken. Carefully pick up the saucepan and tilt to swirl caramelized sugar to mix and continue to cook for another minute, or until it's a medium-amber color. Remove from the heat and carefully whisk in the heavy cream and vanilla. (It will bubble violently, so stir carefully!) Whisk until it stops bubbling, then set aside to cool. Pour caramel over the pretzel crust, then evenly top with chopped peanuts. Cover the peanuts with the chocolate chips and bake for 10 minutes. Remove the bars from the oven and use an offset spatula or knife to smooth out the chocolate while it's still warm. Sprinkle sea salt flakes on top of the chocolate and let cool to room temperature. Refrigerate for a couple hours, or until chocolate hardens. Slice into bars and serve.

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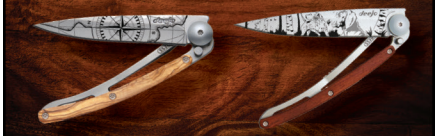

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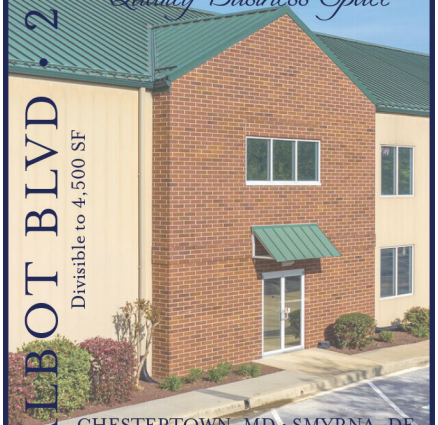

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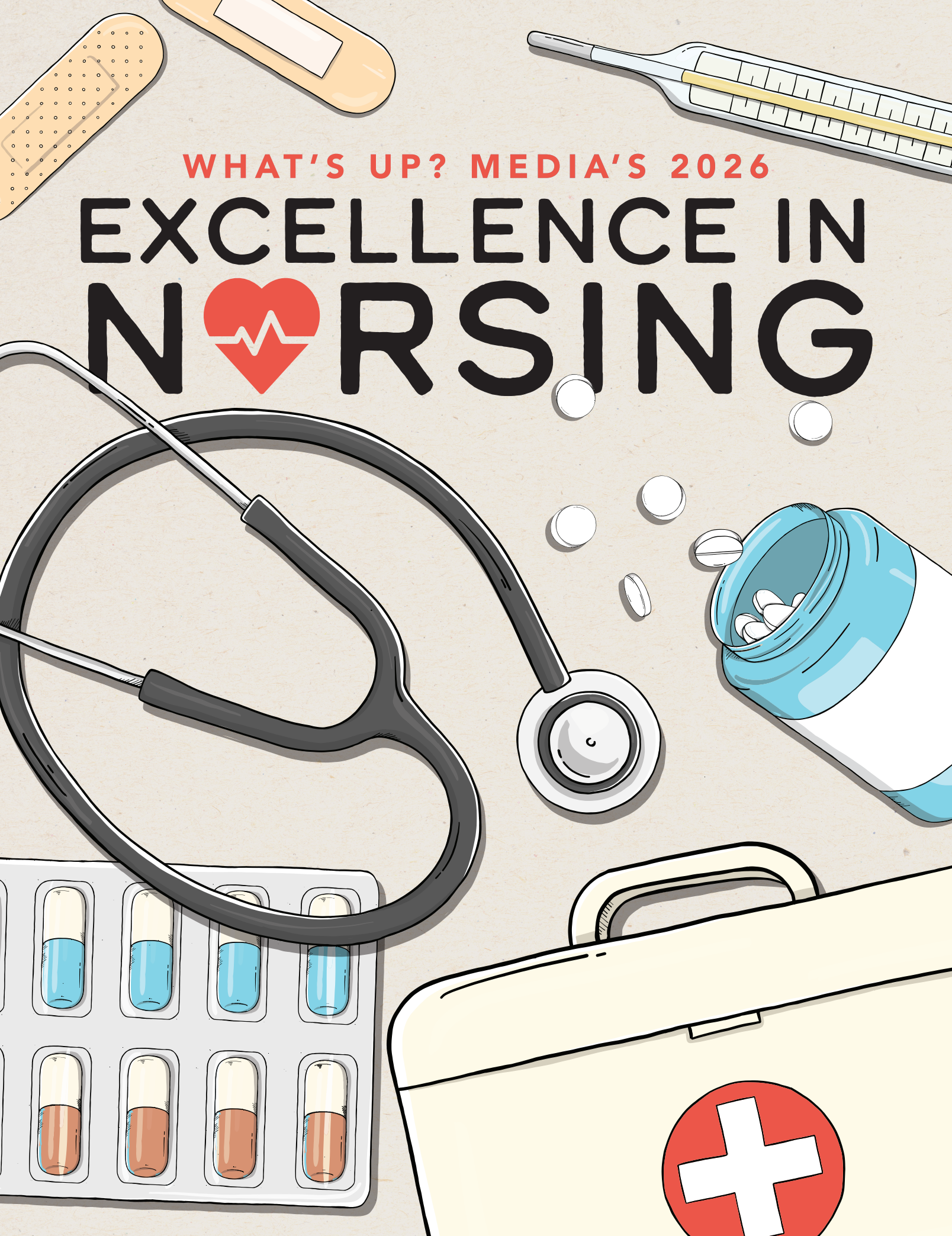
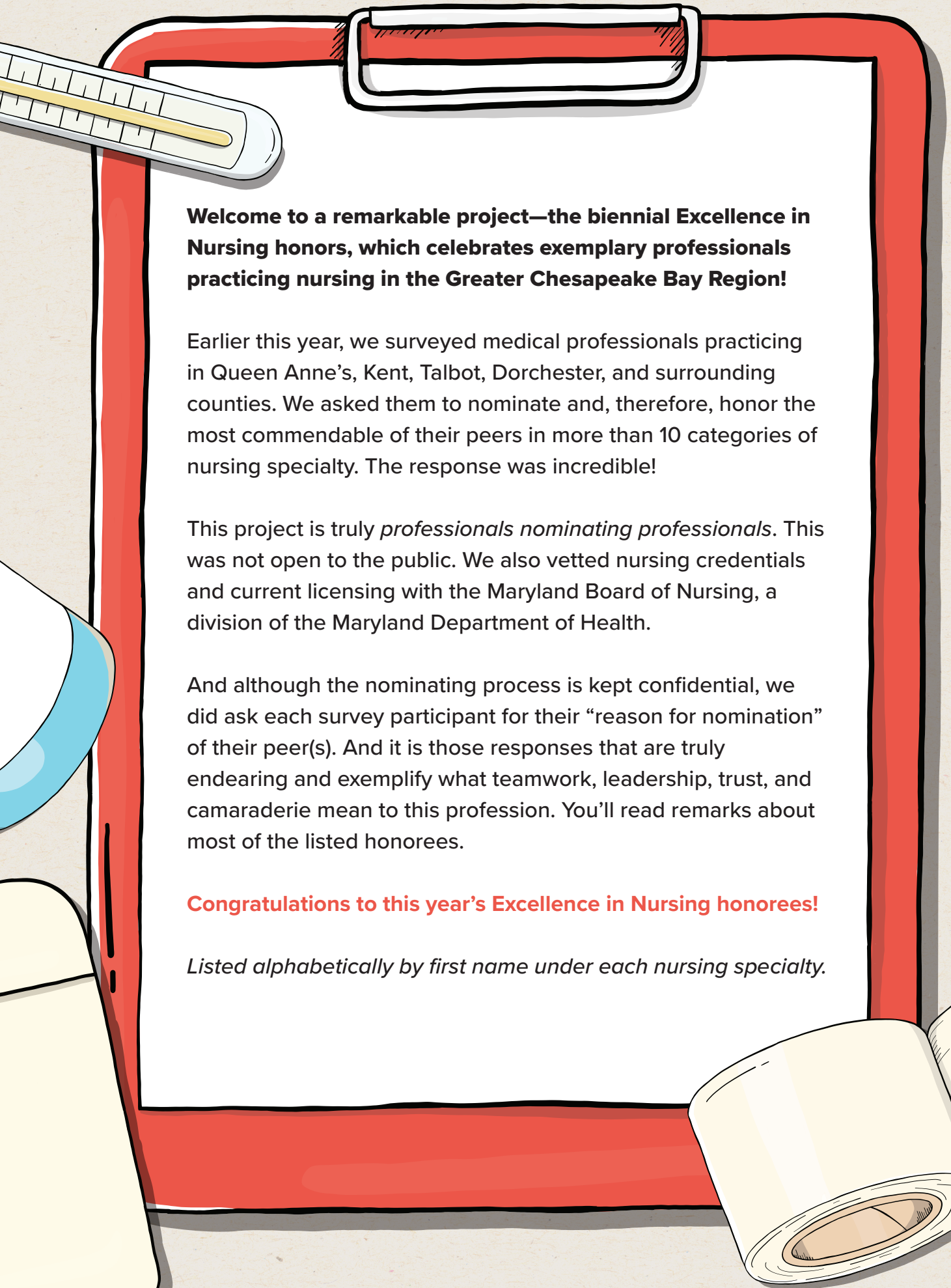

WHAT'S UP? MEDIA'S 2026
EXCELLENCE IN
NURSING



Welcome to a remarkable project—the biennial Excellence in Nursing honors, which celebrates exemplary professionals practicing nursing in the Greater Chesapeake Bay Region!

Earlier this year, we surveyed medical professionals practicing in Queen Anne's, Kent, Talbot, Dorchester, and surrounding counties. We asked them to nominate and, therefore, honor the most commendable of their peers in more than 10 categories of nursing specialty. The response was incredible!

This project is truly *professionals nominating professionals*. This was not open to the public. We also vetted nursing credentials and current licensing with the Maryland Board of Nursing, a division of the Maryland Department of Health.

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

Congratulations to this year's Excellence in Nursing honorees!

Listed alphabetically by first name under each nursing specialty.

ADVANCED PRACTICE

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

BETHANY TAYLOR • Maryland Primary Care Physicians - Eastern Shore, Grasonville • *"Thorough, competent, caring, always goes above and beyond. Great follow up."*

CAROLINE SICA • UM Shore Regional Health, Easton • *"Caroline exemplifies compassion and excellence in every interaction, bringing a growth mindset and an incredible depth of knowledge to both her patients and colleagues. She is a trusted resource for staff, consistently sharing her expertise and supporting others while delivering thoughtful, patient-centered care."*

DONNA STUBBS • UM Shore Regional Health, Easton • *"Donna goes above and beyond daily to ensure our urology patients are being taken care of. Donna starts her day by rounding at the hospital with any patient with a urological problem and then she comes to the office and sees a full schedule of patients. She takes the burden off of our surgeons by checking in on their patients when they are in surgery to help alleviate their schedules. Donna's compassion for patient care is extraordinary!"*

KELSEY ROSEN • UM Shore Regional Health, Easton • *"Kelsey is kind and caring, she is also highly knowledgeable."*

LISA BRONAUGH • UM Shore Regional Health, Easton • *"Lisa provides exceptional care to patients living with diabetes. She guides them through diet, education, medication management, and emotional support, helping them navigate a disease that can feel overwhelming. Many patients struggle to stay consistent with their treatment, and Lisa is the steady, compassionate presence who helps them regain control and avoid complications."*

MOLLY BERNISH • UM Shore Regional Health, Easton • *"Molly is one of our dedicated midwives who works seamlessly with the nursing team at Easton. She is compassionate, attentive, and always advocates for what's best for her patients—listening to their wishes and valuing the nurses' input to achieve the best possible outcomes. Molly's collaborative spirit and patient-centered care make her a trusted and invaluable member of our unit."*

REBEKAH KROEGER • UM Shore Regional Health, Easton • *"Becky is a compassionate and skilled midwife. She really listens to and empowers her patients during labor and delivery. She helps them to work with their bodies to promote labor progress and decrease fear and pain. She collaborates with the nursing staff to ensure that patients receive safe and supportive care throughout their hospital stays."*

AESTHETIC/COSMETIC NURSING

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

HALEY SETTER • Hydrate Health and Wellness, Easton • *"Haley consistently goes above and beyond to ensure patients leave confident and satisfied after tox and filler treatments. In the year she's worked as an aesthetic nurse she blends technical skill, artistic judgment, and warm bedside manner to deliver natural-looking results. She also brings critical acute-care experience from her role as a labor & delivery nurse since 2021, which enhances her clinical judgement, patient safety focus, and compassionate communication."*

KASEY JONES • Noude Aesthetics and Wellness, Chester • *"Kasey brings her years of experience as a RN First Assist in the operating room to administering injections at Noude Aesthetics and Wellness. She is compassionate with her clients and takes the time to explain the services offered. Kasey also stays informed on treating patients with different skin types and ethnicities to provide the best care."*

KRISTEN NOEL • Sullivan Surgery & Spa, Easton • *"Kristen is a wonderful injection and laser nurse with years of experience. She is incredibly caring, attentive, and professional, while also being highly skilled and knowledgeable. Kristen takes the time to listen to her patients concerns, explains everything clearly, and makes everyone feel comfortable and confident throughout the entire process."*

KRISTI HASCHEN • Noude Aesthetics and Wellness, Chester • *"Kristi embodies professionalism, kindness, and clinical excellence, continually raising the standard of patient care while contributing to the supportive culture that defines Noude."*

LEEANN MENTZER • Noude Aesthetics and Wellness, Chester • *"LeeAnn exemplifies outstanding leadership through her compassion, clinical expertise, and commitment to providing exceptional patient care while continuously elevating those around her."*

STEPHANIE ROSE TIPPETT • Bella Rose Medical Aesthetics & Wellness, Chester • *"Stephanie deserves to be nominated because she represents what nursing is truly about compassion, leadership, knowledge, and a genuine commitment to helping others. She goes beyond simply providing care; she takes the time to educate her patients, listen to their concerns, and make sure they feel comfortable, confident, and informed about their health and treatment options."*

WENDY ESTERLING • Sullivan Surgery & Spa, Easton • *"Wendy has exceptional experience in the OR and as a laser nurse. She combines outstanding clinical skill with genuine compassion and care. She is knowledgeable, attentive, and meticulous, always making sure patients feel safe, comfortable, and well cared for."*

AMBULATORY NURSING

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

AMY STAFFORD • UM Shore Regional Health, Easton • *"Amy is a great resource in infection control and very knowledgeable."*

BRITTANY ADAMS • UM Shore Regional Health, Easton • *"It is my privilege to nominate Brittany Adams for recognition of excellence in nursing. Within the cancer center, she consistently exemplifies the highest standards of compassionate, patient-centered care. Her approach is grounded in genuine kindness, patience, and an unwavering commitment to meeting each patient where they are in their journey."*

KAREN HEMINGWAY • UM Shore Regional Health, Easton • *"Karen goes above and beyond daily to ensure our patients are receiving the care they deserve. Karen's compassion for patient care is of utmost importance to her and she sometimes has to be pushed out the door as she hates to leave without making sure every possible patient has been taken care of."*

LAUREN PRINCIOTTA • UM Shore Regional Health, Chestertown • *"Lauren consistently demonstrates professionalism, clinical excellence, and a commitment to patient safety. Her ability to put patients at ease, answer questions thoroughly, and provide individualized support reflects the high standards of nursing practice."*

BEHAVIORAL HEALTH

Behavioral health and addictive services

ALAN KING • UM Shore Regional Health, Easton • *"Alan is a great leader in behavioral health. He is very knowledgeable and resourceful."*

CHELSEA JACKSON • UM Shore Regional Health, Easton • *"Whether guiding a colleague through a complex scenario or offering a helping hand during a busy shift, Chelsea leads with a positive, collaborative spirit. She truly embody what it means to own the practice of nursing, making the Behavioral Health unit a better place every single day."*

DESIRAE SMITH • UM Shore Regional Health, Easton • *"It is my privilege to nominate Desirae Smith, Nurse Manager Behavioral Health, for Nursing Excellence. Through visionary leadership, unwavering dedication, and commitment to innovation, Desirea has fundamentally reimagined the delivery of care for some of our most vulnerable and acutely ill behavioral health patients. Recognizing the increasing complexity and acuity of the patient population, she has challenged traditional models of care and led transformative changes that improved patient outcomes, safety, and staff confidence."*

KRISTY PECK HILL • Peace of Mind Mental Health Services LLC, Easton • *"I am pleased to nominate Kristy Peck Hill for recognition of her outstanding openness, teamwork, and compassionate care as a Psychiatric Nurse Practitioner. Kristy consistently demonstrates a genuine willingness to listen to her clients with empathy, compassion, and respect. She creates an environment where individuals feel safe, heard, and valued, taking the time to understand their unique experiences and concerns."*

LASHON ADAMS • UM Shore Regional Health, Easton • *"Lashon is a trusted charge nurse who consistently brings positivity and energy to the team, uplifting those around her and fostering a supportive work environment. She motivates staff while promoting a strong culture of safety and awareness, ensuring thorough checks and attention to detail that enhance both patient care and team confidence."*

TERI HUBBARD • UM Shore Regional Health, Easton • *"Teri consistently provides outstanding patient care through her thorough assessments, patience, and calm presence. Her ability to de-escalate situations and proactively prevent crises, combined with her eagerness to learn and grow, makes her patients feel safe, supported, and truly grateful to be in her care."*

CASE/QUALITY MANAGEMENT, MANAGED CARE INFORMATICS

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

AUSTIN FOXWELL • UM Shore Regional Health, Easton • *"Austin is a terrific partner when it comes to patient safety. He is able to review processes and procedures from the lens of the team member as well as the lens of the patient. He is driven to improve the care of our community."*

CONSUELLA BOWEN • UM Shore Regional Health, Chestertown • *"Connie treats every patient and their families the same. She exhausts all resources to get them where they need to go to safely heal or live out their days. She is a wealth of knowledge in her field and truly makes a positive impact on so many people."*

TABITHA NOWOTTNICK • UM Shore Regional Health, Easton • *"Tabitha is resourceful and great with patients. Very knowledgeable."*

CLINICAL EDUCATION

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

JEANNIE MOORE • UM Shore Regional Health, Easton • *"As a nurse educator, Jeannine brings a wonderfully sweet spirit and a "whatever it takes" attitude to ensuring our staff have exactly what they need to provide excellent care and drive positive patient outcomes. She is always looking for creative, engaging ways to support the team."*

ROBIN COLCHAGOFF • UM Shore Regional Health, Easton • *"It is my pleasure to nominate Robin Colchagoff, Director of Nursing Professional Development, for Nursing Excellence. Although Robin has been with UM Shore Regional Health for just over a year, her impact on nursing education and professional development has been extraordinary. Robin quickly assessed the needs of the organization and successfully restructured the Nursing Professional Development department to better support nurses across the system."*

STEPHANIE KING • UM Shore Regional Health, Easton • *"Stephanie, as the Birthing Center clinical educator, consistently goes above and beyond to ensure our unit has the most up-to-date information and standards needed to provide top-notch care. She collaborates closely with the team to design annual competencies that are not only educationally rigorous but also fun and engaging, boosting staff learning and morale."*

TONYA BARKER • UM Shore Regional Health, Easton • *"Tonya is the unit educator for the Ambulatory Surgery Centers in Easton and Cambridge. She has a wealth of knowledge as a perioperative nurse and helps to train her co-workers on new procedures. She also is responsible for updating preferences cards for the surgeons and she coordinates improvements in instrument trays with sterile processing."*

CRITICAL CARE

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

ALEXANDRA CAVEY • UM Shore Regional Health, Easton • *"Alexandra is an exceptionally experienced and clinically strong ICU nurse who serves as a vital pillar of strength on our unit. She consistently provides outstanding leadership and education, mentoring peers and sharing her deep expertise to ensure the highest standard of critical care."*

AYLIN SOSA • Tidal Health, Salisbury • *"Aylin Sosa brings more than a decade of nursing experience across med-surg and cardiac short stay, and her true passion is cardiac care. She excels clinically with meticulous attention to detail, compassionate bedside manner, and clear patient education—skills that consistently improve outcomes and patient confidence."*

EMERGENCY

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

AMANDA COLLINS • UM Shore Regional Health, Chestertown • *"Amanda exemplifies what it means to be a team player, consistently putting the needs of both her patients and her coworkers first. She is a natural leader with exceptional critical thinking and critical care skills, delivering outstanding patient and family centered care every day."*

HAILEI WILLIN • UM Shore Regional Health, Chestertown • *"Hailei is a PCT in our emergency department and is one of the most attentive workers we have. She is so caring of all her patients and works very hard each shift. Hailei is always right there when you need her and eager to assist."*

HARLI CARROLL • UM Shore Regional Health, Chestertown • *"Harli demonstrates an unwavering dedication to quality and safety. She helps foster a supportive work environment and consistently communicates with patients and coworkers in a respectful, open, and professional manner."*

JAKISHA DOWNING • UM Shore Regional Health, Easton • *"Unwavering commitment to patient care, and dedication to staff development, consistently fostering a culture of safety, teamwork, and accountability. Leads through challenges while driving quality outcomes impacting both patients and staff. Prioritizes performance improvement and exemplifying the highest standards of nursing excellence."*

JILLIAN LOVETT • UM Shore Regional Health, Chestertown • *"Jilly consistently demonstrates excellence in every aspect of her practice. She delivers care with exceptional clinical skill while maintaining a genuine sense of compassion and respect for every patient. Her dedication to patient safety and quality outcomes is evident in her attention to detail, professionalism, and advocacy for those in her care."*

LASHARRA MOODY • UM Shore Regional Health, Chestertown • *""Shar" is an amazing unit clerk in our emergency department. Not only is she always smiling and eager to help. She maintains two steps ahead of every transport with packets and paperwork. she has been a huge asset to this emergency department. we are truly lucky to have her."*

MACKENZIE BRICE • UM Shore Regional Health, Chestertown • *"Mackenzie is one of our CNAs and in this emergency department she is always very attentive to all our patients and right there when I need her. She has incredible bedside manner with all our patient's and she is eager to help with anything that needs done. We are truly lucky to have her!"*

MELANIE GALE • UM Shore Regional Health, Chestertown • *"Melanie is a hardworking clinical nurse. She is dedicated, dependable, and committed to providing exceptional patient care. Melanie consistently goes above and beyond to meet patient needs, manage responsibilities efficiently, supports her colleagues, and maintain high standards of safety and quality in a fast-paced healthcare environment."*

SEDA EROL • Tidal Health, Salisbury • *"Seda embodies the very best of emergency nursing through her unwavering dedication to both patients and her team. Seda is the nurse others turn to when a shift is short-staffed, a holiday needs coverage, or a challenging situation requires a strong leader."*

TAYLOR LLYOD • UM Shore Regional Health, Chestertown • *"Taylor is a very hardworking PCT in our emergency department. Taylor is one of those people who continue to be two steps ahead of any task that is ordered. When Taylor is on when I am working, I know all my patients will get her upmost attention. We are so lucky to have her!"*

TISHA THOMPSON • UM Shore Regional Health, Easton • *"As the leader of the four Mid Shore Emergency Departments, Tisha has been instrumental in advancing a culture of evidence-based practice, clinical excellence, and compassionate patient care across the region. Tisha's leadership has helped create a consistent standard of high-quality emergency care, ensuring that patients receive safe, timely, and clinically competent treatment regardless of where they enter our system."*

EMERGING NURSE LEADER

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

ASHLEY PHIPPIN • UM Shore Regional Health, Easton • *"Ashley demonstrates emerging leadership through her active involvement in projects and her commitment to promoting a healthy, supportive work environment. She motivates her peers, steps confidently into the charge nurse role, and consistently encourages teamwork and professional growth."*

EDEN KINSER • UM Shore Regional Health, Chestertown • *"Eden effectively coordinates patient care, supports and mentors staff, and ensures smooth unit operations. Eden demonstrates strong leadership, clinical judgment, clear communication, and the ability to remain calm under pressure while prioritizing patient safety and quality care."*

ERICA MCCREADY • UM Shore Regional Health, Easton • *"In her role as charge nurse, Erica is a respected leader who guides her team with confidence, fosters collaboration, and prioritizes a culture of safety and accountability. Erica leads by example, consistently supporting her colleagues and ensuring smooth coordination of care across the unit. She is actively engaged in shared governance, volunteering for multiple unit-based committees where she contributes her experience and insight to improve patient safety and care outcomes."*

PAMELA FAHRMAN • UM Shore Regional Health, Easton • *"Pamela has been a compassionate and dedicated nurse at the Birthing Center for over 20 years, giving so much to her patients and team. As a unit charge nurse, she consistently ensures the unit runs smoothly and safely, balancing operational leadership with patient-centered care."*

REBECCA LEWIS • UM Shore Regional Health, Easton • *"Rebecca is an exceptional nurse leader whose impact extends far beyond the walls of her unit. Through her unwavering commitment to excellence, innovation, and servant leadership, she has transformed both the care environment for patients and the professional experience of the nurses she leads. She became the first acute and critical care nurse manager within her organization to earn certification in nursing leadership, demonstrating her dedication to lifelong learning and setting a powerful example for aspiring nurse leaders."*

TARA CLARK • UM Shore Regional Health, Easton • *"Tara shows up, she gives all of herself to her team and leads in an admirable way. She strives to help our team to grow and learn and keep pushing forward. You can trust she knows everything that is going on at all times and she is there to support you!"*

TYANN CEPHAS • UM Shore Regional Health, Easton • *"Tyann has demonstrated remarkable growth, showing a strong commitment to improving care for a vulnerable patient population. As a charge nurse, she effectively manages complex situations on night shift, communicates seamlessly with the interdisciplinary team, and consistently advocates for her patients while offering thoughtful ideas to enhance their care."*

LONG-TERM CARE/ REHABILITATION

N*ursing home, gerontology, services for disabilities, rehabilitative services, subacute/ transitional unit*

SANDRA BECHTEL • Bayleigh Chase, Easton • *"Sandra is dedicated to her patients happiness and well being. She chooses to work with dementia patients and treat them with the kindness, respect, compassion, and dignity which they deserve."*

MATERNAL-CHILD/ WOMEN'S HEALTH

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

ASHLEA PENTZ • UM Shore Regional Health, Easton • *"Ashlea is a fierce advocate for her patients! Always going above and beyond to meet their needs and wishes. She walks with purpose and pride and gives 110 percent to her team! She is a valued asset in Easton."*

AYMEE GONZALEZ • UM Shore Regional Health, Easton • *"Aymee is one of the most amazing labor and delivery nurses and will do anything to help not only her patients but also her coworkers. She is a charge nurse on our LDRP unit and is the person you want to have working with you as your charge nurse."*

CONNIE COLLINS • UM Shore Regional Health, Easton • *"Connie is a remarkable pediatric nurse whose 34 years of dedicated service exemplify excellence, compassion, and leadership. She is a consistent presence of kindness and calm, providing exceptional care to patients and families while serving as a trusted leader on the unit."*

EMILY WISSMAN • UM Shore Regional Health, Easton • *"Emily exemplifies the highest standards of nursing practice through her unwavering commitment to patient safety, compassionate care, and professional excellence. She approaches every patient interaction with thoughtfulness, diligence, and integrity. Her attention to detail and dedication to doing wheat is right make her an invaluable member of our team."*

MELANIE DANIELS • UM Shore Regional Health, Easton • *"With over 20 years of experience in Labor and Delivery, Melanie exemplifies clinical excellence, leadership, and unwavering dedication to both patients and colleagues. Melanie is a passionate patient advocate who consistently ensures that every mother and family receives safe, compassionate, and respectful care."*

SHELBY YINGER • UM Shore Regional Health, easton • *"Shelby is always kind, very knowledgeable, has a quick sense of urgency, and goes above and beyond for her patients!"*

STEFANIE DEFIGLIA • Two Tree Integrative Health, Easton • *"As an integrative health practitioner, Stefanie takes the time to help patients understand their health and offers a well rounded approach for improvement. She especially has a wealth of knowledge in treating women who are experiencing changes in hormones, gastrointestinal, and metabolic health."*

VALERY RICE • UM Shore Regional Health, Easton • *"Val has been a nurse for many years and brings exceptional expertise as a nursery nurse. Working with her feels reassuring—if a neonatal emergency arises, Val is the person you want by your side. Val's clinical skill, reliability, and dedication make her an outstanding asset to our Easton Birthing Center."*

MEDICAL/SURGICAL

Acute or chronic medical and surgical nursing specialties

ANNETTE MOORE • UM Shore Regional Health, Easton • *"Annette, consistently demonstrates professionalism, compassion, and dedication in every aspect of patient care. She's been a bedside nurse for over thirty years and has recently transitioned into the Navigator role. She provides supportive, patient-centered care and education while fostering trust and comfort for patients and their families before, during and after surgery."*

LINDSAY KIMBLES • UM Shore Regional Health, Easton • *"Lindsay is one of those nurses that when you see you know it is going to be a great shift. She is the type of nurse I would want to take care of my family member. She is attentive to the patient's needs and advocates for them when needed, and she does it all with a smile on her face. She is someone you know that loves her job as a nurse."*

NURSING LEADERSHIP

Inclusive of, Chief Nursing Officers (CNOs) Chief Executive Officers (CEOs), clinical nurse managers, coordinators, directors; these middle management nurse leaders are often responsible for overseeing several units, departments, or service lines within an organization

ANGIE WICKS • UM Shore Regional Health, Easton • *"As the director of Acute and Critical Care nursing, Angie has exhibited exemplary leadership and unwavering commitment to patient care. She inspires excellence, leads with compassion and transparency, and supports through complex challenges making her a truly deserving candidate for this recognition. She exemplifies the values and professionalism of nursing leadership in our organization."*

BOBBIE JO TROSSBACH • UM Shore Regional Health, Chestertown • *"Bobbie Jo is an excellent clinical coordinator. She ensures efficient patient care delivery by organizing workflows, coordinating multidisciplinary teams, and maintaining high standards of quality and compliance. Bobbie Jo demonstrates strong leadership, communication, and problem-solving skills while supporting staff, optimizing operations, and promoting positive patient outcomes."*

CAROL ROGERS • UM Shore Regional Health, Easton • *"Carol Rogers, clinical coordinator for Easton Birthing Center, is an invaluable asset to our unit. She conducts thorough audits, encourages staff improvement with kindness and respect, and manages the often thankless task of scheduling with reliability and fairness. Always ready to pick up extra tasks and help wherever needed, Carol consistently puts the best interests of the team and patients first."*

CASSANDRA BILBROUGH • UM Shore Regional Health, Chestertown • *"Cassandra is a hardworking clinical coordinator. She is highly organized, dedicated, and proactive in ensuring seamless patient care and efficient clinical operations. Cassandra effectively coordinate teams, manage competing priorities, support staff, and consistently work to improve workflow, quality outcomes, and patient satisfaction."*

CATHY TRIPP • UM Shore Regional Health, Cambridge • *"Cathy is the nurse coordinator/assistant manager at the Cambridge ASC and has years of perioperative experience. Cathy is the go-to person when the are questions about policy or updates in nursing practice. She knows how to research to answer questions and inform the staff. She has many responsibilities in making sure the surgery center runs smoothly on a daily basis. In addition to her many roles, Cathy is a great person who really cares about providing excellent care."*

DANIELLE WILSON • UM Shore Regional Health, Easton • *"As our Chief Nursing Officer, Danielle brings an invaluable combination of wisdom, steadfastness, and forward-thinking vision that guides our entire organization toward clinical excellence. She is an unwavering anchor for our nursing teams, consistently modeling calm, reliable leadership even during times of transition and change. Danielle doesn't just manage; she truly supports and empowers both our direct-care nurses and nurse leaders, ensuring they have the autonomy, resources, and voice needed to own their practice."*

ELIZABETH TODD • UM Shore Regional Health, Easton • *"Elizabeth focuses on excellence for the patients, caregivers, and team members on her unit. She has been able to successfully translate her years in the healthcare field to lead and inspire her nursing team to provide high quality care to every patient during every encounter. A true rehab nurse at heart, driving clinical excellence and patient centered care."*

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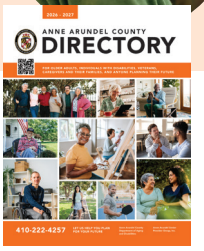

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ERIN WEISHAAR • UM Shore Regional Health, Easton • *"As the Manager of Women and Children's Services, Erin leads with compassion, accessibility, and a strong commitment to both her team and patients. Erin takes the time to truly listen to her staff, ensuring their voices are heard and valued. She is consistently available to provide guidance and support, fostering an environment of trust, collaboration, and professional growth."*

JESSICA GENRICH • UM Shore Regional Health, Easton • *"Jess is the director of Women and Children at Easton. She works hard everyday to meet the needs of her team. She is kind, smart, fair, she listens and always wants to do what is safest and best for our community."*

MICAH ROWLANDS • UM Shore Regional Health, Easton • *"Micah is a Clinical Coordinator on The Birthing Center. She is a skilled nurse who is always willing to help other staff members when patients have complex needs or the unit is busy. She is the chairperson of our Clinical Practice Committee, making sure that all of our policies and procedures are current and evidence-based. She serves as a mentor for novice nurses and a clinical resource for experienced nurses on our unit."*

RENEE MERSON • Complete Care at Corsica Hills, Centreville • *"Renee is patient and kind to all staff members providing continuous education and encouragement to all. Her compassion is not only shown to the staff but the patients that she cares for on a daily basis. After her many years in the nursing field starting out as a CNA, returning to schooling to advance her education, she is now the Director of Nursing at Complete Care at Corsica Hills. The facility has seen tremendous improvements with her as one of the leaders."*

SALLY WORM • UM Shore Regional Health, Easton • *"I have worked with Sally for about 12 years now and she inspires me every day! As the manager of the Cardiopulmonary Fitness and Wellness Program at Shore Regional Health, Sally leads three different locations and multiple staff members. She not only stays current with the organization's goals but leads our department to levels of clinical expertise based on the standards of the American Association of Cardiovascular and Pulmonary Rehabilitation."*

SANDY PROCHASKA • UM Shore Regional Health, Chestertown • *"Sandy leads with grace, professionalism, and a steadfast dedication to safe patient outcomes. She consistently demonstrates strong leadership, supports her team with compassion and respect, and maintains a focus on delivering high-quality care. Her commitment to patient safety and excellence sets a positive example for others and contributes to a culture of trust and accountability."*

SUSAN LIZEWSKI • UM Shore Regional Health, Easton • *"Susan is an exceptional nurse leader whose influence extends across her team, her patients, and the organization she serves. As ICU Manager, she has fostered a culture of excellence, accountability, and collaboration that has strengthened both the work environment and the quality of care delivered to some of the most critically ill patients in our community. A champion for professional excellence, Susan earned her American Organization for Nursing Leadership (AONL) Certified Nurse Manager and Leader (CNML) certification this year."*

PERIOPERATIVE

Perioperative, recovery room, day surgery, operating room

ANNA FISHBACK • UM Shore Regional Health, Easton • *"Anna is an excellence nurse who has an integral role in training her co-workers to a new plastic surgery service and teach them to use new equipment. As a senior clinical nurse II on the hospital clinical ladder, she has proven to be a leader in her profession and uses evidence based practice to complete research projects. Anna consistently shows compassion for her patients, co-workers, family and community."*

KRISTEN HARGETT • UM Shore Regional Health, Easton • *"Kristen has brought a leadership style that inspires transformation, innovation, and excellence, creating a culture where patients, physicians, and team members thrive. Kristen is a collaborative leader who partners effectively with surgeons, anesthesia providers, and clinical staff to ensure every patient receives safe, high-quality care, and an exceptional surgical experience."*

PUBLIC HEALTH/ COMMUNITY/SCHOOL

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

BERNADETTE GOLT • Talbot County Public Schools - Easton Middle School, Easton • *"Bernadette is a skilled, dedicated and compassionate school nurse. She manages minor injuries and illnesses on a daily basis and also provides care for more complicated conditions including diabetes, asthma and seizures. Bernadette develops individualized health plans for students with complex needs to keep them safe at school."*

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Thank you!
For voting LeeAnn, Kristi, and Kasey

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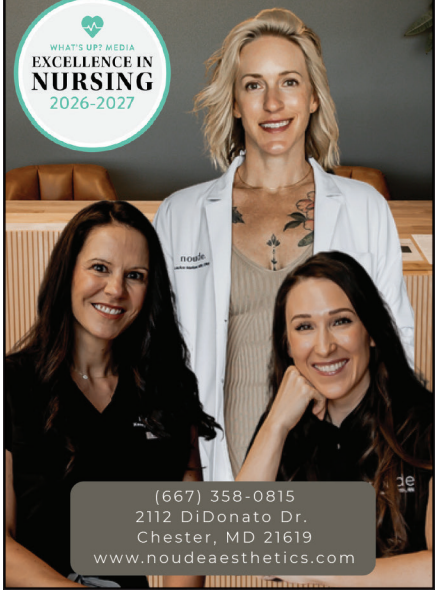
WHAT'S UP? MEDIA
EXCELLENCE IN NURSING
2026-2027



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SAVE ~THE~ DATE!

YOUR HOLIDAY 2026 THROUGH SPRING 2027 CHARITY EVENTS GUIDE

Mark your calendars for a season full of giving, celebration, and community spirit across Annapolis, the Eastern Shore, and Central Maryland. From black-tie galas and waterfront festivals to family fun runs and heart-warming traditions, our region knows how to pair celebration with giving back. This winter and spring, dozens of nonprofits are hosting can't-miss events that not only bring our communities together but also raise vital support for causes close to home. Browse through this list, note your favorites, and join in the spirit of generosity that makes our community shine. ***Note: This list only features events confirmed by publication deadline.***

Want More Events?

Visit the What's Up? Media online Events Calendar at this QR code:

Sultana Downrigging Festival: October 30 – November 1, 2026 | 7 a.m. – 10 p.m. Benefiting Sultana Education Foundation and other educational nonprofits, held in Chestertown. More info: downrigging.org

Fish For A Cure: November 7, 2026 | Fishing 12 a.m. – 3 p.m.; Shore Party 5 – 9:30 p.m. Benefiting Luminis Health AAMC—Cancer Survivorship Program, held at Safe Harbor Annapolis. More info: fishforacure.org

Maryland Irish Festival: November 13 – 15, 2026 | 12 – 11 p.m.Benefiting Irish Charities of Maryland, held at Maryland State Fairgrounds. More info: irishfestival.com

CASAblanca Gala: November 7, 2026 | 6 – 11 p.m. Benefiting Anne Arundel County CASA, held at Westin Annapolis Hotel. More info: aacasa.org

Benedictine's 1st Annual Sporting Clays Classic: November 7, 2026 | 10 a.m. – 1 p.m. Benefiting children and adults living with developmental disabilities and autism. More info: benschool.org

Annapolis Jazz & Roots Festival: November 6 – 15, 2026 | 11 a.m. – 7 p.m. Fosters an appreciation for cultural diversity and artistic excellence in a cordial and inviting atmosphere, held throughout Downtown Annapolis. More info: annapolisjazzandrootsfestival.com

Bay Bridge Run: November 8, 2026 | 7 a.m. – 1 p.m. Benefiting Chesapeake Conservancy, Severn Leadership Group, and Walk the Walk Foundation, held at the Chesapeake Bay Bridge. More info: thebaybridgerun.com

Chase Brexton Annapolis Gala: November 14, 2026 | 6 – 10 p.m. Benefiting Chase Brexton Health Care, held at Chesapeake Bay Foundation headquarters. More info: chasebrexton.org

CCA Maryland Pickerel Championship: November 1, 2026 – February 28, 2027. Four-month winter fishing tournament benefitting Coastal Conservation Association Maryland. More info: ccamd.org/pickerel-championship

Sip & Savor: November 15, 2026 | 1 – 4 p.m. Benefiting Hospice of the Chesapeake, held at Newton White Mansion. More info: hospicechesapeake.org

A Celebration of Charities: November 19, 2026 | 12 p.m. Benefiting Chesapeake Charities, held at Chesapeake Bay Beach Club. More info: chesapeakecharities.org

Reelin' & Rockin' Rockfish Bash Benefit: November 12, 2026 | 6:30 – 9:30 p.m. Benefiting: Lucky and Blessed Fishing, held at 8855 Veterans Highway, Millersville. More info: rockfishbash.com

Waterfowl Festival: November 13 – 15, 2026 | 10 a.m. – 4 p.m. Benefiting William A. Perry Scholarship Fund & Samuel H. Shriver Jr. Sporting Heritage Fund, held throughout Downtown Easton. More info: waterfowlfestival.org

A Starry Night Fundraiser Gala: November 19, 2026 | 6 – 10 p.m. Benefiting Young Life, held at Fluegel Alumni Center near the U.S. Naval Academy. More info: ylaac.younglife.org

Lights on the Bay: November 23, 2026 – January 3, 2027 | 5 – 10 p.m. nightly. Benefiting SPCA of Anne Arundel County, held at Sandy Point State Park. More info: lightsonthebaymd.org

Y Turkey Trot Charity 5K (Arnold): November 26, 2026 | 8:30 – 10:30 a.m. Benefiting YMCA of Central Maryland, held at The Greater Annapolis Y in Arnold. More info: ymaryland.org/locations/arnoldy

Festival of Trees – Kennedy Krieger: November 27 – 29, 2026 | 10 a.m. – 7 p.m. Benefiting Kennedy Krieger Institute, held at the Maryland State Fairgrounds. More info: kennedykrieger.org

Festival of Trees – Talbot Hospice: November 27 – December 1, 2026 | 6 – 8 p.m. Benefiting Friends of Talbot Hospice, held at The Gold Room of The Tidewater Inn. More info: festival-of-trees.org

Holiday Joy Gala: December 6, 2026 | 3 p.m. Benefiting Mid-Atlantic Symphony Orchestra at venue to-be-determined. More info: midatlanticsymphony.org

Lights of Kindness: December 4 – 6, 2026 | 9 a.m. Benefiting Rotary Club of South Anne Arundel County, held at Homestead Garden. More info: southcountyrotary.org

UWLES 22nd Annual Holiday Ball: December 5, 2026 | 5 p.m. Benefiting United Way of the Lower Eastern Shore, held at Hyatt Regency Chesapeake Bay Resort & Spa in Cambridge. More info: uwles.org

Annapolis Chocolate Binge Festival: December 6, 2026 | 11 a.m. - 4 p.m. Benefiting Inner West Street Association & Annapolis Arts District, held in the first block of West Street, Annapolis. More info: iwsannapolis.com

What's Up? Media's Nutcracker Tea 2026: December 6, 2026 | Three seatings: 10 a.m., 1:30 p.m., 5 p.m. Benefiting multiple local charities, held at DoubleTree Hotel, Annapolis. More info: whatsupmag.com

Christmas in St. Michaels: December 10 – 13, 2026 | 9 a.m. – 5 p.m. Benefiting local nonprofit organizations, held throughout Downtown St. Michaels. More info: christmasinstmichaels.org

Bay Bells & Shark Tails: December 12, 2026 | 6 – 10 p.m. Benefiting Core Shark H2O, held at Charles Carroll House. More info: csh2o.org

Holiday Book Festival: November 7, 2026 | 12 – 4 p.m. Benefiting Eastern Shore Writers Association, held at Cult Classic Brewing. More info: easternshorewriters.org

TidalHealth Penguin Swim: January 1st, 2027 | 12 – 2 p.m. Benefiting TidalHealth hospital system, held at Princess Royale Oceanfront Resort. More info: tidalhealth.org/events/tidalhealth-penguin-swim

Maryland State Police Polar Bear Plunge: January 22 – 30, 2027 | Multiple daily plunges. Benefiting Special Olympics Maryland, held at Sandy Point State Park. More info: plungemd.com

Casey Cares Annual Gala: February 27, 2027 | 6:30 – 11 p.m. Benefiting Casey Cares, held at American Visionary Art Museum. More info: caseycares.org

CCA Southern Maryland Chapter Annual Fundraising Banquet: February 27, 2027 | 6 – 9:30 p.m. Benefiting Coastal Conservation Association's Southern Maryland Chapter, held at Calvert Marine Museum. More info: ccamd.org

Chefs for Habitat Gourmet Gala: March 20, 2027 | 7 – 10 p.m. Benefiting Habitat for Humanity, held at Wicomico Civic Center in Salisbury. More info: chefsforhabitat.org

Black Tie & Diamonds: March 20, 2027 | 6 – 10 p.m. Benefiting Rotary Club of Annapolis, held at Annapolis Graduate Hotel. More info: annapolisrotary.org

Annapolis Film Festival: April 1 – 4, 2027 | Showings daily, 9 a.m. – 9 p.m. Benefiting Annapolis Film Festival and arts programs, held at multiple venues in Annapolis. More info: annapolisfilmfestival.com

Blue Ribbon Bash: April 17, 2027 | 6 – 9:30 p.m. Benefiting Blue Ribbon Project, held at Severna Park Elks Lodge. More info: blueribbonproject.org

UJ "5 Strong" Annual Gala '27: April 24f, 2027 | 5:30 – 10 p.m. Benefiting Unstoppable Joy at Oceans Downs Casino in Berlin. More info: unstoppablejoyco.org

The Blue-Ribbon Open House and Family Fun Day: May 15, 2027 | 11 a.m. – 2 p.m. Benefiting Blue Ribbon Project. More info: blueribbonproject.org

DON'T SEE YOUR EVENT LISTED?

Email us directly with a request to add your event: editor@whatsupmag.com

COMPASS
hospice | grief services | supportive care

Since 1985, Compass has supported patients and their families in living full and meaningful lives, offering compassionate guidance as they navigate a life-limiting diagnosis and helping individuals find healthy ways to cope with grief. Today, Compass is a regional provider of hospice care, palliative care, and grief support services throughout Caroline, Kent, and Queen Anne's counties. Our work is guided by our mission to provide compassionate care and support to those facing a life-limiting diagnosis or loss.

Hospice care provides specialized support for individuals with a life-limiting diagnosis and their families, focusing on comfort, dignity, and quality of life. Care is tailored to each patient's needs and wishes and delivered wherever they feel most comfortable.

Palliative care provides patient-centered support for individuals living with serious illness at any stage. Our team works alongside patients, families, and healthcare providers to manage symptoms, enhance comfort and quality of life, clarify care goals, and coordinate treatment while patients continue to receive curative or disease-directed care.

Compass also provides grief support to families and community members grieving the loss of a loved one. Through support groups, one-on-one counseling, in-school support, and more, we help rekindle hope and foster healing.

For more information contact Victoria Corcoran, our Development Officer at 443-262-4106
vcorcoran@compassregionalhospice.org | compassregionalhospice.org

A Celebration of Giving

A SPECIAL ADVERTISING SECTION

Waterfowl Festival

A Legacy of Giving

The Waterfowl Festival was founded in 1971 with a purpose that remains at the heart of the organization today: to celebrate the Eastern Shore's waterfowling heritage while helping protect the wildlife, waterways and traditions that make this place special. What began as a festival has grown into a year-round commitment to conservation, education and community. For more than five decades, the generosity generated through the Festival has been put back into the landscape and into the people who will care for it. More than $6 million has been given to conservation and education, creating a legacy that reaches well beyond the three days of the annual Festival.

That giving takes many forms. Waterfowl Festival supports organizations working every day to protect the Chesapeake and its watershed, including supporting youth leadership initiatives such as the Greenwing Conservation Festival, ShoreRivers Youth Summit, and the Chesapeake Bay Environmental Center's family programs. Our support for youth conservation programs introduces children to wildlife, outdoor skills and the traditions that have shaped the Eastern Shore.

Through our William A. Perry Scholarship program the Waterfowl Festival invests directly in students pursuing their education and their futures. Our partnership with Ducks Unlimited is another example of our commitment to our mission. Waterfowl Festival grants are helping restore wetlands on Maryland's public lands including in Blackwater Refuge, improving habitat for waterfowl and other wildlife while helping reduce nutrients and sediment entering the Chesapeake Bay.

Our next chapter is about making this a permanent legacy. The Harry M. Walsh Conservation Endowment was established this year at the Mid-Shore Community Foundation. Named for one of the Festival's founders and an important chronicler of Eastern Shore waterfowling traditions, the endowment will create a permanent source of funding for conservation and education. Rather than simply asking what we can accomplish this year, an endowment asks a bigger question: What can we make possible for the next 25, 50 or 100 years?

Join us by attending the festival, joining our Waterfowl Festival family, and be a part of an organization that has made a difference for over half a century.

55th WATERFOWL FESTIVAL®

Waterfowl Festival
40 S. Harrison Street
Easton, MD 21601
410.822.4567
waterfowlfestival.org

Looking Out for Those Who Served

When we talk about veteran suicide prevention, the conversation often begins with crisis: How do we recognize the warning signs? What do we say? Where do we turn for help?

Those conversations save lives. But suicide prevention begins long before a crisis. It begins with helping veterans stay connected to healthcare, family, community and purpose, and addressing challenges before they become overwhelming. It also means creating layers of support and safety before they are needed. That includes being willing to talk about lethal means safety and the steps we can take today to create time and space during a future crisis.

Time and space matters. Research from the Harvard T.H. Chan School of Public Health found that 71% of people who made nearly lethal suicide attempts acted within an hour of deciding to attempt suicide. Firearms account for approximately 73.5% of all veteran suicide deaths, making them the leading lethal means used in veteran suicides. The data is clear that putting time and distance between a person experiencing a suicidal crisis and a lethal method creates an opportunity for the crisis to pass, for someone to reconsider, and for help to arrive.

Here on the Eastern Shore, firearms are part of life for many families. Hunting traditions are passed through generations, and responsible gun ownership is deeply valued. Lethal means safety is not about taking firearms away. It is about making safe storage part of the way we care for ourselves, our families, and our communities including our veterans. That might mean using gun locks or safes, storing ammunition separately, or considering temporary changes when there is concern about someone's wellbeing. And, these conversations don't have to begin during an emergency. We can talk about mental health and lethal means when people are doing well and wherever we already talk about health and wellness.

At For All Seasons, connection and prevention are a part of our larger commitment to supporting veterans before, during, and after difficult moments. Through our Center for Veterans & Military Families, veterans, service members and their families can access our same-day mental healthcare, psychiatry, case management, and supportive connections to vital VA, healthcare, and community resources. Suicide prevention isn't one conversation held at the moment of crisis. It is a conversation we keep having about mental health, connection, safety and looking out for each other especially our veterans. For more information about lethal means safety and other suicide prevention topics visit: ForAllSeasonsinc.org/lethalmeanssafety

For All Seasons is your community behavioral health and rape crisis center for more information visit forallseasonsinc.org.

The Neighbors You Don't See

Homelessness on the Mid-Shore isn't always who you think, or where you think

Picture the Mid-Shore: waterfront towns, open farm fields, historic main streets. It's one of the most beautiful places in Maryland, and one of the most affluent. That's exactly why homelessness here is so easy to miss.

In rural communities, homelessness rarely looks like a sidewalk encampment. It looks like a family sleeping in the car after a shift. A grandmother moving from couch to couch. A worker who can't catch up after a layoff. A teenager doing homework in a motel room.

"My brother and I were both living in our one car for two months. He was in the front and I was in the back. It was the only shelter we had until coming into TIS."

— Brian, TIS guest

These are our neighbors. They ring up our groceries, care for our aging parents, and sit beside our children in class. And more of them need help every year.

More Than a Shelter

At Talbot Interfaith Shelter, we see every guest as a neighbor with a future. Through our S4 Program (Shelter, Stability, Support, and Success), guests receive far more than a safe place to sleep. They work one-on-one with case managers, take life skills and financial literacy classes, and build a real plan toward steady work, savings, and a home of their own.

It works. This year alone, TIS guests have landed new jobs, earned promotions, graduated from high school, and turned the key on homes of their own.

This Hunger and Homelessness Awareness Month, look again. Then lend a hand. Give, volunteer, or learn more at talbotinterfaithshelter.org or call 410-690-3120.

TALBOT INTERFAITH SHELTER
More Than a Shelter...
SHELTER • STABILITY • SUPPORT • SUCCESS

Homes of Hope:

Building a Future That Lasts

When someone loses their home, finding a safe place to sleep is only the beginning. Lasting stability takes time, guidance, and the opportunity to rebuild. Haven Ministries' Homes of Hope Program gives individuals and families that opportunity, pairing affordable housing with support that prepares them for life beyond the program.

Homes of Hope is a two-year sustainable assistance program where clients can stay for up to two years while paying a substantially reduced amount based on their income. This breathing room allows participants to focus on building a future, rather than simply surviving another day.

During their stay, clients receive assistance tailored to their needs, including resume help, job training assistance, and support accessing benefits. Financial education helps them understand budgeting and managing expenses, while shopping and food preparation training builds practical skills for everyday living.

The Jacob Sloan Day Center supports this work through classes, resources, and personal guidance. Whether someone needs help preparing for employment, learning to stretch a grocery budget, or cooking nutritious meals, these opportunities help turn uncertainty into confidence.

The goal reaches beyond having a roof overhead. When clients transition into long-term housing, Haven Ministries wants them to have the tools, habits, and knowledge to maintain that stability for years to come.

Robert's experience with Haven Ministries shows why sustained support matters. After sleeping on the street, he entered Haven's emergency shelter. He needed help finding housing, navigating medical care, and restoring Social Security benefits that had stopped. With support from Haven Ministries and assistance through the Jacob Sloan Day Center, he regained his benefits and secured housing he could afford.

"I have housing that I can afford and I am happy," Robert shared.

Your generosity gives neighbors time to rebuild and skills to succeed. Visit www.haven-ministries.org to donate, volunteer, or learn more. Together, we can help a fresh start become lasting stability, giving families the chance to look ahead with confidence, knowing they have a foundation for tomorrow. For more information about the Homes of Hope or Jacob Sloan Day Center, please email marysjourdak@haven-ministries.com or call 410-827-7194.

Haven Ministries
Hope Through Shelter, Clothing, Food, Education and Support

Haven Ministries
PO Box 466
Queenstown, MD 21658
410-827-7194
Haven-Ministries.org

Easton Economic Development Corporation

The Easton Economic Development Corporation fosters economic growth through initiatives aimed at attracting investment, encouraging entrepreneurship, and supporting responsible development for our residents and visitors.

With strong community backing, Easton EDC works to revitalize the vibrant, diverse downtown area via the nationally accredited Main Street Program and the State Designated Arts & Entertainment District. It supports local industries and positions Easton as a top destination for living, working, and visiting. Known for its innovative businesses, Easton's focus on new commerce makes it an attractive location for companies looking to establish or expand.

By aligning community values with economic opportunities, the EDC is instrumental in building a vibrant, resilient, and inclusive future for Easton and its region.

EASTON ECONOMIC DEVELOPMENT CORPORATION

Easton Economic Development Corporation
11 S Harrison St, Suite 201,
Easton, MD 21601
410-690-7348
info@eastonedc.com
eastonedc.com

Critchlow Adkins

Children's Centers: The Workforce Behind the Workforce

For 56 years, Critchlow Adkins Children's Centers has been a trusted part of the Mid-Shore community, providing high-quality, affordable childcare to four generations of local families. Today, parents continue to rely on Critchlow Adkins so they can go to work knowing their children are learning, playing, and growing in a safe and nurturing environment.

Founded by Happy Critchlow and Janice Adkins, the organization was built on a belief that remains at the heart of its mission today: when working families have access to quality, affordable childcare, the entire community benefits.

Across five locations, Critchlow Adkins provides preschool, before- and after-school care, and summer camp for children ages two through fifth grade. These programs give parents employed by over 100 Mid-Shore businesses the reliable childcare they need to go to work each day with confidence knowing their children are safe, supported, and receiving exceptional care.

The impact reaches well beyond Critchlow Adkins' classrooms. A 2023 economic impact study found the organization helps local families retain approximately $1M in earnings, while contributing about $3.7M annually to the Mid-Shore economy.

Inside the classroom, learning is designed to be fun. Literature-based STEAM activities encourage children to explore, create, problem-solve and ask questions. A strong focus on early literacy helps Critchlow Adkins' youngest learners build the skills and confidence they need for kindergarten and beyond.

Quality matters, too. All five Critchlow Adkins sites are accredited by the Maryland State Department of Education and have earned EXCELS Check Level 5 ratings, the highest level awarded to Maryland childcare providers, and the only private childcare center with this designation on the Mid-Shore.

Just as important is keeping care affordable. Critchlow Adkins accepts Maryland Child Care Scholarships and expects to provide an additional $200,000 in tuition assistance to local families in the 2026-2027 year. Support from local foundations, businesses, and individuals helps bridge the gap between affordability and the true cost of high-quality childcare. These investments support children, strengthen working families, and build a stronger Mid-Shore community. Learn more, enroll, or support Critchlow's mission visit at: www.cacckids.org.

Critchlow Adkins
Children's Centers

Central Office
15 S. Hanson St | Easton, MD 21601
410-822-8061
cacckids.org | cmorrell@cacckids.org

HOLIDAY

Gift Guide

1. An elegant collection of fresh, inviting scents inspired by nature and Mediterranean living. $70 each, but other prices within that collection vary. Urban Country, 13 N Harrison St, Easton, MD, 443-457-9030, urbancountrydesigns.com

2. Gabriel & Co. 14K Gold & Sterling Silver Jewelry Gifts. Ring: $475, Earrings: $500, Bracelet: $650, TNT Jewelers, Easton: 28529 Marlboro Avenue, Easton, MD, 410-822-5398 Chester: 500 Abruzzi Drive, Chester, MD, 410-643-7655, tntjewelers.net

3. Wine Advent Calendar. 24btl and 12btl Advents are available, prices vary. Bay Ridge Wine & Spirits - Kent Island, 340 Thompson Creek Mall, Stevensville, MD, 410-604-3440, bayridgewineki.com

4. Bella Rose Gift Card. Bella Rose Medical Aesthetics & Wellness, 2 Chester Plaza Chester, MD 21619, 443-249-3232, bellarosemedicalaesthetics.com

HOLIDAY Gift Guide 2026

5. **Gift Certificate for Four 30-Minute Music Lessons.** $160, Parsley School Of Music, 216 N. Washington St., Easton, MD 21601 Ste 060, 443-205-5621, ParsleySchoolOfMusic.com

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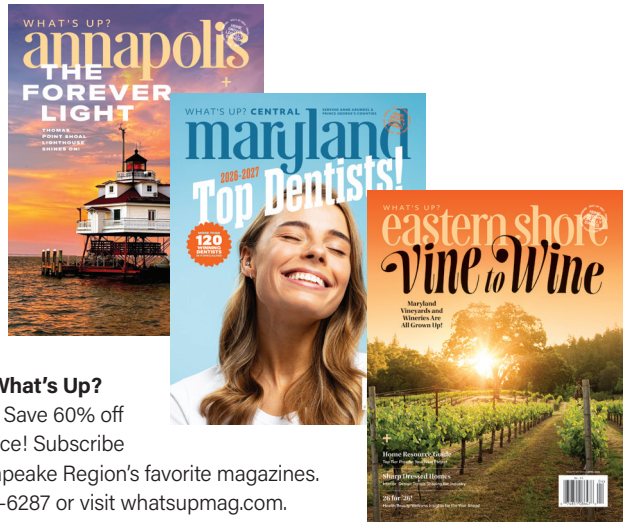

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You, yes *you*, have some of the cutest pets under the sun! This past summer we held the magazine's annual Reader Pet Photography Contest, asking for your best pet photos. And you delivered, showing your pets at play, being whimsical, sleepy, silly, and just plain lovable! Of the 100-plus photos submitted, we asked readers to vote for their favorites. And here are the results. But, honestly, every pet, owner, and reader is a winner in this fun contest!

We thank you for having fun with this project, contributing your photos, and voting for your favorites. Enjoy!

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FIRST PLACE WINNER

BISCUIT

Submitted by Jennifer Holland

"Biscuit's favorite chapter? Story time with our students. Meet Biscuit, the heart (and paws) of St. Mary's School. More than just our beloved school dog, Biscuit's gentle presence inspires confidence, sparks a love of reading, and reminds our students that learning is always better together. And if Biscuit could talk, she'd tell you how proud she is that the St. Mary's community regularly supports the SPCA through donations, helping other dogs and cats find the same love and care she enjoys every day."

SECOND PLACE

MARSHALL

Submitted by Jill Hannon

"Hi, my name is Marshall. Sir Marshall Stack officially. I was named after a guitar amplifier and my human Dad's middle name is Marshall. Mom says I'm too much of a dude sometimes, but I just like to keep her on her toes!"

THIRD PLACE

SPENCER

Submitted by Grace Finnegan

"Returning champion...still winning hearts, Spencer is the official greeter at Lee Nannette's of Annapolis Hair Salon, where every great haircut begins with a wagging tail. He welcomes every client with gentle kisses and his signature nose bump in hopes of earning a treat. A certified service dog with a background in pet therapy, Spencer has a remarkable gift for making everyone feel at home. He reminds us every day that the smallest acts of kindness—a wagging tail, a loving heart, and a warm welcome—can make the biggest difference."

RUNNER UP ENTRIES

ROUNDING OUT THE TOP 10 IN VOTES RECEIVED

LUIGI

Submitted by Clare Vanderbeek

"We adopted Luigi in late-2009 from Lab-Rescue LRCP, an organization which has placed about 1,000 surrendered labs annually. Luigi was, bar none, the perfect dog in every sense: obedient, affectionate and goofy. This picture of Luigi was taken the first time he played in snow."

SALINAS

Submitted by Jocelyn Vazquez

"Salinas likes to stay cool for the summer!"

RUNNER UP ENTRIES

ROUNDING OUT THE TOP 10 IN VOTES RECEIVED

ADDIE

Submitted by Chan Mee Huffman

"In a world full of roses, be a sunflower!"

KADEN

Submitted by Chan Mee Huffman

"Kaden loves the outdoors, especially paddleboarding with Capital SUP! He especially likes to jump off the board and play fetch!"

CHARLOTTE

Submitted by Debbie Hardie

"Charlotte is a 3-year-old Tibetan Terrier. She is a certified Pet Therapy Dog through Pet Partners and Caring Canines. She also has her AKC Canine Good Citizen title as well as her AKC Trick Dog Novice title. We volunteer weekly at Anne Arundel Medical Center visiting patients and staff. She also provides support to youth witnesses at the Circuit Court by being in the witness box with them. We participate at Wellness House and Camp Sunrise. She always makes people smile with her sweet face and personality!"

LATTE

Submitted by Madeleine Harbin

"That gentle nudge at your ankle? That's Latte politely asking for more treats. Never late to a breakfast of fresh greens. Can be bribed with banana and watermelon treats to participate in her seasonal photo shoots. Rescued from South Carolina and resides in Annapolis in her furever home."

NINA

Submitted by Cheryl Gray

"I've had many dogs throughout my life, but there will never be another Nina. She was truly one of a kind—a funny, adventurous companion who brought our family so much joy. Of all her adventures, biking was her absolute favorite. The moment she heard me filling my water bottle, she knew what was coming. She would start barking excitedly and spinning in circles, eager to hit the trail. Over the years, we shared hundreds of miles together, creating memories I'll cherish forever. Sadly, kidney disease took her from this world far too soon. While she's no longer by my side, her spirit, her enthusiasm, and the love we shared will remain in my heart forever."

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Home & Garden

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Cozy Home Holiday

PG. 72

Cozy Home Holiday

By Lisa J. Gotto

It's the most wonderful time of the year! And if you love celebrating and entertaining, retailers are ready with their finest tabletop options for all the holidays you honor. This year our theme is homespun inspiration, which focuses on elements of the natural world and nostalgia to instill the feeling of love and togetherness that help make these days at the end of the calendar year the ones we look forward to the most. Here's what's on the cozy home list this year!

A return to a Classic Flatware Silhouette

Like the jewelry you wear to accent your wardrobe, the utensils you choose to grace your dinner table should convey a subtle statement. This five-piece Ashton brushed silver set combines a classic silhouette with an antique-inspired tumbled finish. And the perfectly proportioned oar-shaped handles on slender stems pull in just a dash of nautical panache to our Chesapeake tabletop schemes.

Traditional Color Pops

This year we're focusing on the nostalgia and tradition of the "red and green" Christmas dinner table and these gorgeous French linen napkins with their rustic gooseberry design will complement the cranberry sauce on your Thanksgiving Day table, so you can really put them to work! Made of 100 percent cotton, these Anand square napkins from perogold.com feature a natural pattern in rich vermilion and mossy green set against a simple ivory background that is all at once tasteful, homespun, and timeless, for whatever wintertime feast is offered at your table.

THE STONEWARE SET OF THE SEASON

Inspired by the color of the herb, thyme, this Le Creuset Heritage Thyme Five-Piece Stoneware Bakeware Set chose a refreshing earthy hue for its gray-green enamel glaze, and every piece is so attractive, it will go right from your oven to your tabletop in stylish fashion. This design is said to be inspired by the early days of this legendary homeware brand with its vintage scalloped detail. So, bake and serve that cherished pie recipe, that bread that everyone loves, and your traditional side dishes in suburb style this season.

IT'S THE GREAT PUMPKIN CLOCHE!

Not only is this a great piece for your Thanksgiving and Christmas tabletops, it's sparkly presence would work splendidly on your countertop until spring! This glass pumpkin cloche comes with an all-occasion white mango wood base that was sustainably sourced. The gorgeous pumpkin-shaped lid is made of mouth-blown soda lime glass creating a solid and stunning tabletop presentation.

When Presentation is Everything

Whether you're serving an assortment of appetizers or bite-size desserts, you can easily transport and display your culinary and confectionary creations on this whimsical two-tiered stand and create an engaging focal point for the table in the process. This Fantastical Forest-themed stand is handcrafted from stoneware and zinc alloy and hand-painted with a green glaze finish. And we can definitely see this piece making a lovely addition to your Thanksgiving table, as well.

Serving Up Memories

Your dinner plates are the key ingredients in your tabletop recipe, so choose wisely and you'll be serving meals that look as good as they taste for years to come! We loved these Christmas in the Country Dinner Plates from Pottery Barn for their simplicity and charm. Crafted of stoneware with a subtle reactive glaze, this plate design evokes memories of a snowy holiday with an air of fragrant balsam.

HAPPY TOASTS START HERE!

Bring out your best of the season vintages in these vintage-style Celestial White Wine Glasses from Terrain. These pretty little pick-me-ups are beautifully and intentionally hand-painted so no two are exactly alike. And when you choose this sweet design, you're bound to use them to ring in the New Year, too. Cheers!

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Spacious 3 bedroom, 3 bath Colonial set on over 4 acres with open floor plan, swimming pool, patio & rear deck. Community waterfront lot. Close to public boat ramp. **$675,000**

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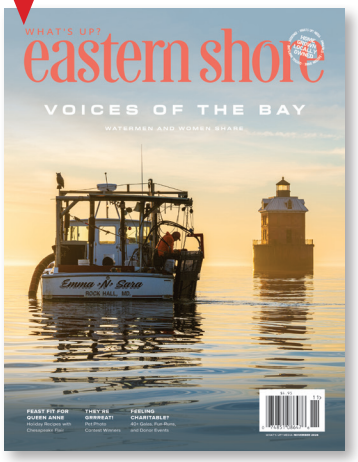

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Endless Chesapeake Views

By Lisa J. Gotto

Primary Structure Built: 1994

Sold For: $2,420,000

Original List Price: $2,495,000

Bedrooms: 4

Baths: 4 Full, 1 Half

Living Space: 4,906 Sq. Ft.

Lot Size: 2.65 acres

Imagine having the entire Chesapeake Bay as your backyard. The new homeowners of this 4,900-square-foot contemporary home do. Located on a coveted double-lot in Stevensville, this newly-remodeled home sits on a meticulous 2.65 acres and inspires with the most expansive shore-to-shore views available.

Constructed of sturdy brick, the coastal home's facade is clean and well-maintained. The light-filled entry was designed to provide a direct eyes-to-the-water effect. Gorgeous, dark-stained hardwood floors lead the way to an incredible two-story great room with expansive views of the waterfront.

This open-plan space also offers a sleek, stone fireplace, as well as a wood stove, and all the room a host needs to entertain in style and sophistication. Its effortless flow leads to an enviable open kitchen that boasts every modern amenity. The wall of windows that began in the great room extend to this room providing a sunny and inspiring space to start the day with a cup of coffee and that amazing view.

The suite also features a gas fireplace and a spa-inspired bathroom to die for with its striking, all-marble floors and stone countertops. A sumptuous soaking tub takes its rightful place in front of the windows which are curved to embrace it, while an amazing circular tray ceiling feature is accented with a luxurious chandelier overhead. A glamorous glass panel shower and an extended vanity with two sinks complete this peaceful retreat.

This home boasts three additional bedrooms including a second large suite with great views, outdoor access, and a suite bath with dual vanities.

Outside, the home offers the best of both worlds in terms of outdoor entertaining possibilities in the form of a gorgeous slate patio with wood ceiling inlay overhead, and a huge backyard on which to play outdoor sports when not admiring the property's 375-feet of shoreline from its cozy firepit.

Dark wood custom cabinetry, gleaming white stone countertops, and professional-grade stainless steel appliances, including a double-gas range, make this a kitchen a joy to work in. If not distracted by the view, that is.

There is also a gathering space off the entry with an attractive brick front fireplace that can be used as an additional gathering space, family room, or billiard room.

Sweet dreams are guaranteed when the primary suite, situated on the second floor, looks out over the Bay through an enormous wall of windows. Here, the owners can easily just step out to their huge, upper level deck to take in the Bay night air and wake up to sun on the water.

Listing Agent: Joe Bray, TTR Sotheby's International Realty, 209 Main St., Annapolis, m. 410-936-8904, o. 410-280-5600, jbray@ttrsir.com, sothebysrealty.com **Buyers' Agent:** Hayley Lynn Taylor, Real Broker, 18467 Coastal Hwy., Lewes, m. 202-813-5722, o. 302-703-1144, hailey.taylor@longandfoster.com, longandfoster.com

Harris Creek Hospitality

By Lisa J. Gotto

It's that type of place that begs a hammock to be secured between two of its majestic, mature trees on its spacious lot that overlooks one of the most scenic creeks on the Eastern Shore.

Valued for its privacy and quiet positioning along Harris Creek, this 2,300-square-foot single family home in St. Michaels affords all the attributes associated with a superior quality of life.

Built in 1956, this home has been expertly updated to incorporate modern must-haves with its pre-existing charm that starts with its peaceful approach down a tree-lined drive.

Primary Structure Built: 1956

Sold For: $1,950,000

Original List Price: $1,995,000

Bedrooms: 3

Baths: 3 Full

Living Space: 2,365 Sq. Ft.

Lot Size: 7 acres

This home opens to a large, lovely living room with beautiful, honey-colored hardwood floors, a red brick fireplace, a custom, cocktail bar built-in, and the wonderful natural light of its water-facing views.

An updated kitchen with a modern cottage appeal is located to the right of the living room. In addition to its water views from the breakfast nook, this roomy, galley-style space offers copious amounts of storage in its lovely, gray wood cabinets with beadboard detail. All stainless-steel appliances and the room's access to its extended patio area, keep the aesthetic crisp and light.

Adjacent to the kitchen is a sunny, step-down dining room with a wall of windows to the waterfront and backyard patio access.

The main level of this home also offers a den, a convenient and huge primary suite with knotty hardwood floors that opens via sliders to the outdoors, and a private water-facing patio. Upstairs, there are two generous bedrooms with hardwood floors and pretty views that share a remodeled full bath.

Outside, there's spacious backyard with two separate gatherings areas; one on an open-air patio and the other, a large, covered dining space with gorgeous, white-washed beams overhead. There's also an in-ground swimming pool, 400 feet of rip-rapped shoreline, and a private dock with four feet of water that provides direct access to the creek and the Chesapeake Bay beyond.

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

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Best of Eastern Shore 2026

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The Case for Creatine

By Dylan Roche

Creatine—it's a supplement you'll hear about over and over again in fitness circles. It's not exactly a protein, although it does come from three amino acids, which are the building blocks of protein. Instead, creatine is a natural compound that delivers energy to parts of your body, primarily your muscles. This is why it's used to improve workout performance training.

But it's also the subject of a lot of misconception and hype. People have concerns about it, unrealistic expectations, or simple skepticism. The good news is that creatine has been one of the most widely researched supplements for decades.

BUT IT'S ALWAYS GOOD TO DISPEL THE MYTHS AND FOCUS ON THE FACTS…

Myth: Creatine miraculously grows muscle mass.

Fact: Creatine can aid in fitness performance and building muscle, but it's not a miracle worker. Our bodies naturally produce creatine and store it in our muscles. Supplementing our body's creatine could improve athletic performance, especially with high-intensity exercises. Having greater power during these short bursts of physical activity, along with improved recovery, can give you an advantage in your fitness goals—but that's more because it improves your ability to lift weights, not because it prompts muscle growth. But supplemental creatine isn't just for fitness junkies: Studies show creatine can improve cognitive function, making your mind sharper. It can also strengthen bones.

Myth: Creatine causes weight gain.

Fact: Creatine draws water into your muscle cells, so any initial weight gain (or size) you gain will simply be from water retention. Over the long term, your improved exercise performance could cause you to build more lean muscle mass. But changes on the scale are not because creatine is causing fat gain.

Myth: Creatine dehydrates you.

Fact: Because creatine draws water into your muscle cells, this actually *improves* hydration rather than dehydrating you. Just make sure you're consuming plenty of water when you take your supplements. The improved cell hydration gives your body an improved ability to withstand heat stress and reduces your risk of injury.

Myth: Creatine causes kidney damage.

Fact: When creatine breaks down in the body, it becomes another compound called creatinine (confusing, because their names are similar). Creatinine is a normal byproduct excreted by the kidneys, and so supplemental creatine can cause a rise in blood creatinine levels, which in turn can cause a false positive for kidney stress on routine blood panels. However, research shows that standard doses of supplemental creatine won't hurt your kidneys.

As with any supplement, ask your doctor about what's best for you.

Healing Well

LITTLE THINGS MAKE A BIG DIFFERENCE IN HEALTH CARE

By Dylan Roche

What makes a great health care center? Even when all services are the same, your experience might be slightly different depending on where you go.

Whether you're going in for an elective procedure or life-saving treatment, here are four metrics you might consider when you're determining what makes the best hospital, according to sources that focus on this type of assessment.

The Objective Measures: This one is the easiest to determine and arguably the most important. When *U.S. News & World Report* releases its annual list of best hospitals—which includes several Maryland hospital systems—the publication looks at outcomes using data from records of patient care, specifically looking at things like risk-adjusted mortality rates and preventable complications.

The Patient Experience: After looking at outcomes, consider how a hospital makes patients feel. The Picker Institute, an international charity focused specifically on improving health and social care through research into patient experience, measures medical centers based on principles of person-centered care, including the speed of access to reliable advice and how much emotional support, empathy, and respect a patient receives.

The Healing Spaces: Patients deserve to heal in a comfortable environment—not just because it's enjoyable but also because it's better for recovery. The nonprofit Center for Health Design focuses on how environment affects patients, their family, and the staff taking care of them. Everything from natural light and views of nature to the right acoustics and a sense of privacy can support the emotional and psychological well-being of those who are receiving and providing care.

The Coordination and Continuity: The World Health Organization emphasizes that the best health care centers are those that are integrated for a seamless patient experience. Any patient who has ever had to navigate disconnected providers knows how stressful it can be, especially when timeliness is a factor and proper communication between all specialists is crucial. Coordinated health services always serve a patient better than a separated collection of medical offices.

Check the Label Again

DON'T FALL FOR THE MARKETING TRICK OF "HEALTHWASHING"

By Dylan Roche

Choosing a healthy lifestyle can be enough of a challenge when there are so many unhealthy options around us all the time. But the challenge gets even worse when you realize some of your favorite healthy options might not be as healthy as you think they are.

That's right—sometimes *healthy* is a marketing ploy. In a way, it makes sense: Many consumers are trying to choose the healthy options, so food manufacturers want to tout the health benefits their products do have. In some cases, it's not necessarily false advertising. But if you're not looking at the full picture, or if you don't know what to look for, it's easy for the average person to fall victim to it.

IF YOU'RE LOOKING TO BE A LITTLE SAVVIER WHEN SCOUTING LABELS, HERE ARE A FEW COMMON CULPRITS YOU SHOULD LOOK OUT FOR:

HIGHLIGHTING ONE POSITIVE TRAIT WHILE IGNORING ANOTHER

When manufacturers try to "health-ify" a favorite food, they often have to make adjustments to ensure the taste is the same or similar enough. For example, you find a box of cookies or carton of ice cream that's advertised as low fat. That's great—until you realize the recipe replaces the fat with more sugar than the original recipe.

In some cases, this results in food being less nutritious. Low-fat peanut butter saves you a few calories, which sounds great for somebody who is trying to lose weight, until you realize the heart-healthy fat from peanuts is replaced with sugar, which will likely leave you less satisfied and hungrier later.

Another healthy trait you'll often see highlighted is "fortified," in which vitamins and minerals are added to less nutritious foods. That's not necessarily a bad thing, but extra vitamins and minerals won't counteract a high sugar content.

INGREDIENT SPLITTING

When you read the ingredient list on the back of the box, you probably already know the ingredients are listed in order of the amount the product has, with the primary ingredient listed first. Imagine looking at the ingredient list on a snack product like a granola bar and expecting to see sugar listed as the main ingredient—but surprisingly, it's not. In fact, the primary ingredient is oats. That's healthy enough!

But keep reading that ingredient list a little more closely. The only reason sugar is not the main ingredient is because it's been split up into many different forms/names: sucrose, glucose, malt syrup, molasses, agave nectar, and so on and so forth. These are all sweeteners that metabolize the same way as cane sugar, but because they're technically different ingredients, they can be listed as different ingredients that are used in lesser amounts.

THE PHRASE "MADE WITH"

Sure, a product could be made with something, but that doesn't guarantee it includes a significant amount. Candy can be made with real fruit, cereal can be made with whole grains, and chips can be made with real vegetables—but those ingredients are negligible. Your favorite spinach chips are just regular potato chips with a smidge of spinach powder, and those fruit snacks have a little bit of juice for flavoring.

"NATURAL" PRODUCTS

A product that's marketed as "natural" sounds great. Unfortunately, it means nothing. The term "natural" is regulated by the United States Department of Agriculture when it pertains to meat, poultry, and eggs—it means these foods are minimally processed with no artificial ingredients.

For other foods, it's a non-binding term that means a food has no artificial or synthetic ingredients, such as dyes. But refined flour is natural, as is oil, sugar, salt, and other ingredients you might be trying to limit. And while "organic" is strictly regulated by the USDA to mean a food's ingredients are grown without synthetic fertilizers, pesticides, or GMOs, the way the food is grown does not affect its nutritional value.

GLUTEN-FREE OR DAIRY-FREE PRODUCTS

Gluten-free and dairy-free products are healthier for people who are allergic to gluten and dairy, but these don't necessarily make a food more nutritious. In some cases, these alternatives could be more calorically dense than their regular counterparts, such as a gluten-free bread that's made with rice flour instead of wheat flour. A nut-based milk, such as almond milk or cashew milk, is a delicious option for somebody who doesn't consume dairy, but they do not have the same protein and calcium that dairy milk has.

FITNESS-RELATED MARKETING

Be wary of any food or beverage that's marketed for a fitness lifestyle, such as a protein bar or electrolyte drink. The benefits of these products assume you're living an active lifestyle—an electrolyte drink provides electrolytes your body needs if you're sweating heavily from exercise and sugar for quick energy, while a protein bar offers lots of supplemental protein. But the electrolytes in that sports drink aren't necessary if you're not sweating heavily, and the protein bar might have more protein than you need if you're not exercising, not to mention added sugar and fat.

SMARTER SHOPPING: HOW TO AVOID HEALTHWASHING

Just because healthwashing is commonplace doesn't mean you have to fall victim to it. Here are three tips for smarter shopping.

Pay attention to all aspects of the nutrition label: Reading the nutrition label will give you a broad picture, especially when you consider the serving size. Packages often contain more than one serving, but they'll adjust their marketing to match what appeals most to consumers. For example, it's only 100 calories if you eat one serving, which is only a quarter of the package; it has 20 grams of protein, but that's if you eat all four servings.

Focus on whole foods when you can: Minimally processed foods with shorter ingredient lists create fewer opportunities for deception. Every food won't be the right fit for every diet (for example, butter is high in saturated fat—not ideal for somebody who is trying to eat a heart-healthy diet), but it's still easier to keep track of what you're feeding yourself.

If something seems too good to be true, assume that it is: This isn't to say there's no such thing as a healthy cookie that tastes great. But if a food manufacturer is putting out a cookie that tastes that same but is marketed as a healthier option, there's probably a catch of some kind.

Virtually Beneficial

By Dylan Roche

"Face your fears."

It's easier said than done. But in some cases, therapists are turning to virtual reality as a valuable tool to treat anxiety and stress disorders surrounding common fears like flying on an airplane or crossing bridges. This practice, known as virtual reality therapy, uses the tech advances of immersive simulated environments to provide exposure in small, controlled amounts.

Does it work? That depends. It's certainly research-supported: Studies show virtual reality therapy can help with PTSD, OCD, anxiety disorder, panic disorder, and phobias. But as with any method of treatment, it depends on the provider and patient.

HERE ARE A FEW PROS AND CONS TO CONSIDER ABOUT VIRTUAL REALITY THERAPY:

It's easier and more affordable. Because exposure therapy relies on exposing a patient to their triggers, it isn't always practical. Booking a plane ticket or standing on the edge of a cliff isn't something you can do in the middle of a therapy session. When virtual reality recreates these environments, therapists and patients have easier access to them. **...BUT: It can still be expensive.** Virtual reality is much more affordable than taking multiple trips to a cliffside, but it still comes with expense. The VR goggles or headset used to simulate the environment visually and audibly requires an initial investment for therapists, who also may face learning gaps with this new technology and have to invest in training.

The therapist and patient have more control. Even though exposure therapy relies on exposing patients to triggers in a safe way, it doesn't always *feel* safe for the patient. They can still get upset and may need to cease the exposure. With virtual reality, a therapist can end the simulation immediately. It's not always possible to remove a patient from a triggering environment so quickly. Additionally, the therapist has the control to repeat the exposure over and over again. **...BUT: It can be uncomfortable.** While virtual reality comes with less emotional and physical danger, it's not always entirely comfortable. Some patients don't like the feeling of wearing the VR headsets, and they might suffer dizziness, nausea, or disorientation.

It's private. Many patients doing exposure therapy have the added stress of doing it in public. It can be embarrassing if they do not cope well with their triggering environment in front of strangers. Virtual reality lets them experience this environment in privacy where it's just them and their therapist. **...BUT: Not everyone responds to it.** Because patients know the environment is simulated, the exposure isn't as effective—they know this isn't a dangerous situation. The success of VR therapy depends on how much a patient is willing to buy into it. Relying on VR exposure also means they are facing less exposure to the real world, and real world exposure could ultimately be more beneficial.

It's still improving. Some high-quality virtual realities are realistic, with excellent graphics and sound. Others are less believable. But the technology is rapidly improving, and therapists are getting more comfortable using it. VR technology might be able to do much more in the near future. **...BUT: Therapists might have fewer signals to work with.** Even with all of the benefits VR therapy offers, therapists might find they don't give the best care when they're putting a patient in a simulated environment. Therapists often rely on subtle cues to assess their patients, such as a facial expression or shifting posture. These are hampered when the patient is wearing a VR headset.

Food & Dining

88 COLORFUL CUISINE FROM OAXACA TO KENT ISLAND

91 READERS' DINING GUIDE

Mulitas at Senor's Chile in Chester

Photography by Bill Whaley

Colorful Cuisine from Oaxaca to Kent Island

By Sharon Harrington

They had me at Elote Loco (Mexican street corn), but wait, I am getting ahead of myself.

On a spring evening, we ate at the Senor's Chile located in the Red Apple Plaza in Chester, Maryland. A little pre-dinner research told me the restaurant dream started 25 years ago with Fredy Salmoran and his wife Della who wanted to share the rich culinary history and traditions of their Mexican cuisine. That dream developed into the present-day Senor's Chile, a family run endeavor with multiple locations.

Sometimes the quest for good authentic Mexican food is a challenge, but we had a good feeling about the evening's meal. We arrived at the restaurant hungry and excited.

SENOR'S CHILE

2142 Didonato Drive, Chester • 410-204-9444 • senorschile.com

Do you remember the scene in The Wizard of Oz when the movie goes from black and white to color? That is what it is like walking into Senor's Chile. A kaleidoscope of Crayon box-colored lanterns hang from an artificial tree which centers the room, and portraits of the goddess Catrina adorn the blue and yellow walls. The comfortable chairs are upholstered in a whimsical pattern of bold red, white, and blue primary colors. It is a visual feast that creates a warm and celebratory atmosphere. We were then ready for the actual feast.

We were seated promptly and equally so, warm chips and salsa appeared on the table. The salsa is one of the best we have ever had—a warm red/brown color, thick and spicy. We were off to a good start. Our server, Marta, brought the menu, and what a menu it is. A double-sided culinary journey of every combo you could imagine. It is thoughtfully divided into manageable sections; street food, combos, vegetarian, specials, and there is even a secret menu.

I know the basic profile of Mexican cuisine—bold bright flavors using beans, corn, peppers, avocados, and meats in various wrappings: burrito, taco, enchilada. But this menu offered selections that were new to me, and I very much needed the descriptions with pictures to help me with my choices, and also a little Google research. For instance, the word Oaxaca kept appearing in the menu descriptions, so its inclusion must be of significance either as a style or spice. Oaxaca, it turns out is considered the culinary capitol region of Mexico and known for its moles and the complexity of its flavors. That tells me a lot about what to expect from the kitchen.

Photography by Bill Whaley

My first appetizer was the Elote Loco. I was introduced to this street food about 10 years ago, and it was a revelation to this Eastern Shore native who didn't think there could be anything better than fresh Maryland corn on the cob with butter. But I was wrong. Elote is a whole other level of corn on the cob. It is an ear of grilled or roasted corn slathered with mayo, Tajin, and Valentina hot sauce, then sprinkled with cojita cheese and a spritz of lime. It is an amazing dish and I did not share.

Our next appetizer was the taquitos, rolled tortillas stuffed with chicken and queso Fresca, pickled jalapeños, Mexican crema, and avocado. The portion size is very generous; it could easily have been an entree but works well as a shared appetizer.

I was leapfrogging from item to item, but my spouse, who is a fajita or enchilada kind-of-guy made his decision and patiently waited for me to choose.

I went back to the street food selections and choose Mulitas, a cross between a taco and a quesadilla with Oaxaca cheese, a cheese similar to mozzarella, which is semi hard, white, and stretchy. The Mulita looks like a golden pancake; two tortillas stuffed with cheese and meat, then grilled. I can see this being a great handheld street food.

We moved on to entrees. My spouse had the Faji enchiladas topped with steak and chicken and sides of rice and refried beans. It was another large portion, so he shared. The humblest item on his plate was the most delicious—refried black beans, cooked to a paste like consistence and incredibly well-seasoned.

For my entree I chose street tacos—a very straightforward presentation with your choice of protein, lettuce, cheese, onions, and cilantro. It was the bargain of the night, priced at $2.50 for taco Tuesday!

All our menu selections were presented on heavy pottery in either a colorful blue and white pattern or a sunny orange.

The drinks menu is also an extravaganza, listing 16 different types of margaritas, then sangrias, mojitos, and Cerveza. They also offer flights. My spouse chose the Cadillac Margarita, which arrived in a glass the size of a baptismal fount, adorned with a beautiful purple orchid. I had a delicious passion fruit aqua Fresca.

Although we were sated, we tried dessert. The dessert offerings included flan, tres leches cake, lava cake, and an array of ice creams, but I had a hankering for churros. Oh, my goodness! Four churros surrounded a mound of whipped cream and rested on artful smears of raspberry and chocolate, then were finished with a dusting of cinnamon sugar. Another of those beautiful purple orchids graced the plate.

Senor's Chile is a hidden treasure. The decor is festive. The service is fast and the servers are pleasant and helpful. The food is excellent and well-priced. I predict it is not possible to visit this restaurant only once. You are going to want to return again and again to work your way through the enticing menu. I can hear the Elote Loco calling me right now.

Sharon Harrington is 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.

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Amalfi Coast Italian & Wine Bar
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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 $

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

Vue Rooftop Lounge
104 Pier 1 Road, Stevensville ; 410-604-5900; baybeachclub.com $$

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-crab-shop.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 $$

Carpenter Street Saloon
113 S Talbot Street, St Michaels; 410-745-511; carpenterstreetsaloon.com $

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

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

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

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

Doc's Sunset Grille
104 W Pier St, 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; foxysharborgrille.com $$ Seasonal

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

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

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; hotoffthecoals.com $

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

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

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

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

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

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

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

Out of the Fire
111 South Washington Street, Easton; 410-205-2519; outofthefire.com $$

Pho Van Restaurant
219 Marlboro Avenue, Ste. 44, Easton; 410-443-0206; phovaneaston.com $$

Piazza Italian Market
218 North Washington Street Suite 23, Easton; 410-820-8281; $$ Beer and Wine

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

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

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

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

T at the General Store
25942 Royal Oak Road, Easton; 410-745-8402; tatthegeneralstore.com $$ ●●

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

Theo's Steak, Sides, and Spirits
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Tickler's Crab Shack and Restaurant
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Tiger Lily
206 N Washington Street, Easton; 410-690-4602; tigerlily-easton.com $$ ●●

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

Two if by Sea
5776 Tilghman Island Road, Tilghman; 410-886-2447; twoifbysearestaurant.net $ ●●

Kent County

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

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

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

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

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

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

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

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

Ford's Seafood Inc
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Harbor Shack
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100 West Cross Street, Galena; 410-648-7182; the-jefas-mexican-grill.business.site $ ●●

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

Luisa's Cucina Italiana
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Modern Stone Age Kitchen
236 Cannon Street, Chestertown; 410-996-4776; modernstoneage.com $$ ●●●●

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

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

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

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

Watershed Alley
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Dorchester County

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

Carol's Kitchen
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Emily's Produce
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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

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422 N 6th Street, Denton; 410-479-0270; bullocksdeli.com $ ●

Caroline's
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Denton Diner
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Earth Tones Café
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Market Street Public House
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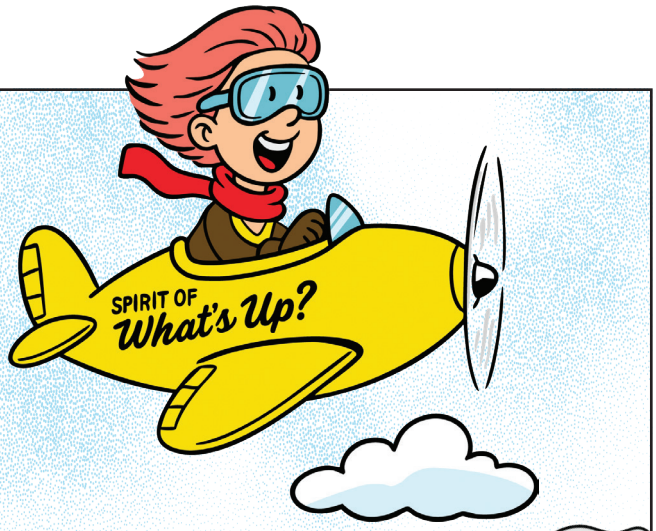

Where's Wilma?

FIND WILMA AND WIN!

Flying in the northerlies of autumn, our pilot mascot Wilma has been busily preparing for the holiday season and is ready to host her friends and family for Thanksgiving. Of course, she visited businesses across the Bay region to help her get ready, from caterers to interior designers to house cleaning services. Who did she visit and 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 Megan G. of Chestertown, 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 November 30, 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**.

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