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THE RADIANCE THAT NEVER LEFT



BEFORE



AFTER

Actual patient - Timmy Tack

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Actual patient - Breast Augmentation

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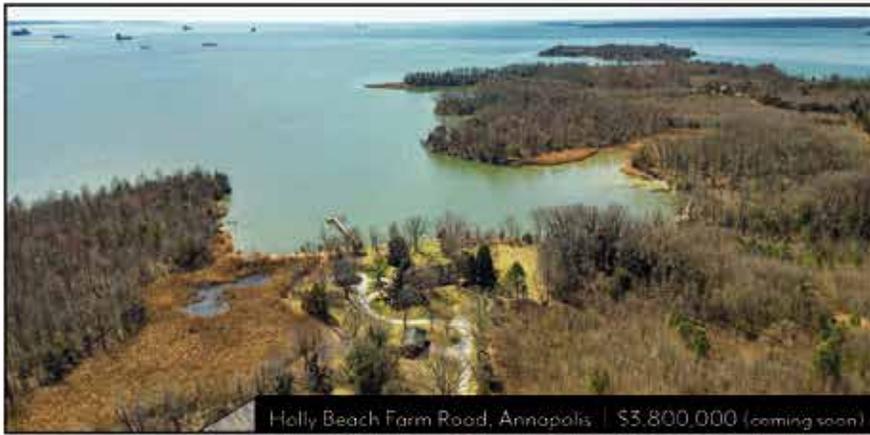
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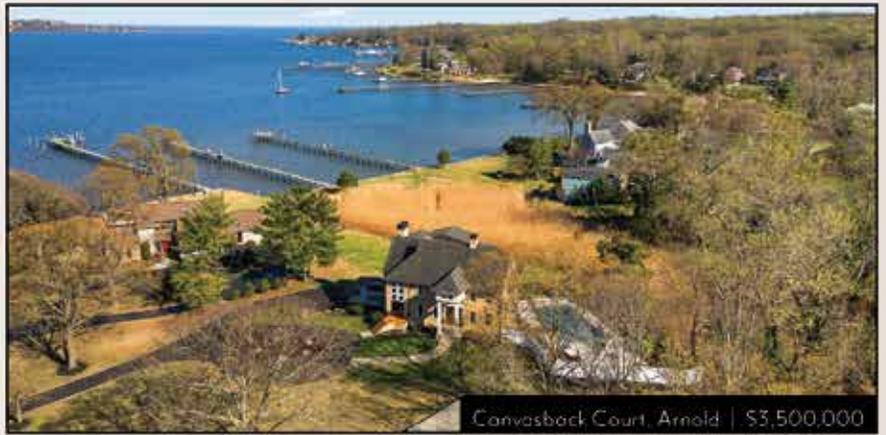
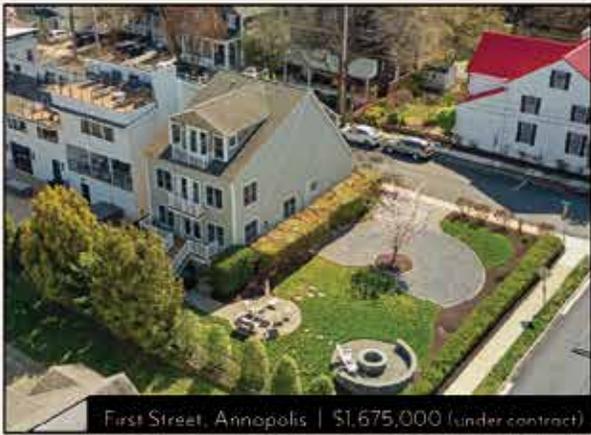


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"David Orso and his team were tremendous to work with on both the sale of our home and purchase of new home. The knowledge of the local market is above and beyond. Would highly recommend David and his team." —Michelle D.



"David Orso and his team are amazing! They were side by side us through every step of the process before listing our house and then the entire sales process. Everyone answers you immediately and always has an answer for your question or problem. Their advice is sound and confident with experience and knowledge. They are absolutely incredible to work with, great personalities, and make you feel at ease in one of the most stressful times a person can experience. I highly recommend The David Orso Team!!" —Maggie W.



"David Orso knows his marketplace and knows his buyers/sellers. He created a unique game plan for me and was willing to make changes as different conditions arose along the way. He stayed on top of the sale situation and stayed close to me throughout which I greatly appreciated. He's a true professional always who has the best interest of his client in mind. He and his team were excellent to work with." —Craig L.



"David Orso and his team did an excellent job down to the smallest detail. Their knowledge of the market and how to professionally manage a sale were outstanding. We had so many firms to select from, interviewed several, and were thankful we selected David Orso to handle such an important transaction. Kudos to David and his staff for a job well done!!" —Brenda T.



"David is the ultimate Realtor. He loves what he does and it shows. We have used David and his team for the sale of two houses and the purchase of the recent house. I would recommend David and his team to anyone. Thank you for making a smooth process!" —Niles A.

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Meet David

For the last 22 years, David Orso have served the real estate needs of over 1500 families in the Annapolis area. David is peerless as the top-selling agent in Anne Arundel County in total sales since 2013. An obsession with the client's needs have led to curated systems for maximum results with minimal stress. David's educational foundation in Psychology, an MBA in Strategic Marketing and negotiation training from Harvard University is tailor-made to give his clients a competitive advantage.

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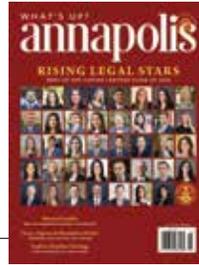
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Contents



MAY 2025

◀ **On the Cover:** Thirty-nine prodigy lawyers are celebrated in this year's class of Up & Coming Lawyers. Meet them on page 43. Design by August Schwartz *What's Up? Annapolis* online at whatsupmag.com. ♻️ Please recycle this magazine.

Arts & Culture

20 Events highlights special celebrations and activities
BY MEGAN KOTELCHUCK

26 Arts: Strokes of Genius discusses Maryland Federation of Art
BY CAROL DENNY

28 Attractions: Maritime Heritage explores local museums
BY TYLER INGLE

30 Social showcases charity celebrations

32 Business & Community features local news

36 Environment: Coastal Bays Program protects the common tern
BY LISA A. LEWIS

38 Education: Meet Faith Everett profiles this local student athlete
BY TOM WORG0

40 Interview: Annapolis Blues Women's Team has their coach
BY TOM WORG0

Features

43 Up & Coming Lawyers Class of 2025 introduces legal professionals on the rise in their young careers

75 The Osprey-Menhaden Bay Connection is the next feature in our Chesapeake Bay Species Article Series
BY LISA A. LEWIS



Home & Garden

110 Featured Home: Traditional Design...Circa 2025 showcases an interior renovation that marries classic and modern aesthetics
BY LISA J. GOTTO

118 Garden: Every Drop Counts covers several irrigation options
BY JANICE F. BOOTH



84 The Chesapeake Explorer chronicles the tales of Captain John Smith, who first navigated the bay in the 1600s
BY ELLEN MOYER

90 Nonprofits You Should Know showcases the missions of more than 100 charities

96 Cheers for Charity has 60-plus philanthropic events to fill your summer datebook



122 Super Severn Sunsets steps inside a recent \$2 million home sale
BY LISA J. GOTTO

124 Haute Harbor Views features a \$1.5 million bayfront condo
BY LISA J. GOTTO

Health & Beauty

BY DYLAN ROCHE

128 Myofascial Release Therapy

130 High-Functioning Anxiety

131 A Nutrient Worth Its Salt

132 Hyrox Competitions

Food & Dining

136 Feast Mode is our dining review of the local Senor Chile chain of Mexican restaurants
BY JAMES HOUCK

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

In Every Issue

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



COMING UP IN JUNE 2025

Best of Annapolis Winners, Premier Lacrosse, Triple Crown of Charity Sailing, Summer Leisure/Sports Guide

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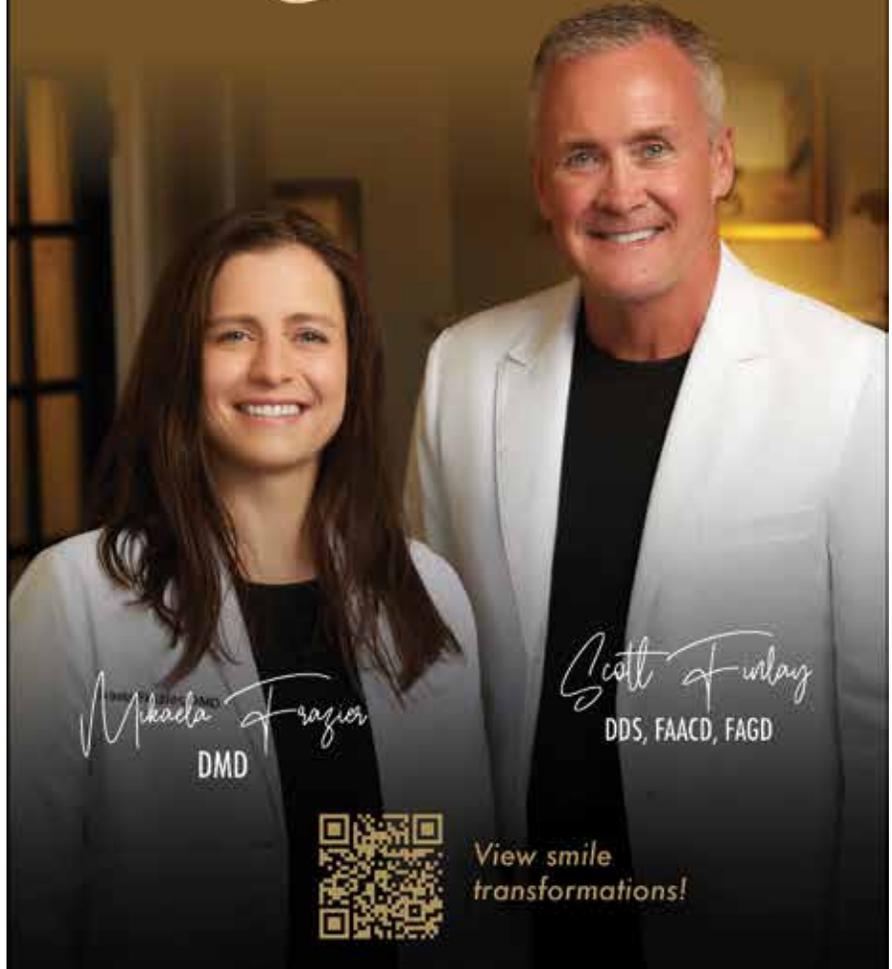


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Arts & Culture

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ENTERTAINMENT,
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20 EVENTS

26 ARTS

28 ATTRACTIONS

30 SOCIAL

32 BUSINESS & COMMUNITY

36 ENVIRONMENT

38 EDUCATION

40 INTERVIEW

U.S. Naval
Academy
Commissioning
Week

PG. 22



Photo courtesy of Key School



ANNAPOLIS BOOK FESTIVAL

Now in its 22nd year, the Annapolis Book Festival brings nationally renowned authors to our town for panel discussions and book signings. On May 3rd, from 10 a.m. to 5 p.m., visit the festival on the campus of Key School in Annapolis. Interactive, multi-generational, and free of charge, the Festival has something for book lovers of all ages. Combining compelling author panels with live entertainment, children’s activities, huge new and used book sales, and food trucks, the Festival attracts more than 3,000 attendees each year. Learn more at keyschool.org/annapolisbookfestival.

Annapolis Irish Festival

The Annapolis Irish Festival is back and better than ever, this year with a two-day festival at Anne Arundel County Fairgrounds in Crownsville on May 2nd (adults-only, 5 p.m. to 9 p.m.) and 3rd (family-friendly, 11 a.m. to 9 p.m.). Friday night, there are two bands to enjoy: Dublin 5 and Carbon Leaf. Come back the next day for more live music, axe throwing, Irish dancers, bagpipes, best red head contest, the Guinness mile, and so much more. Find more information at abceventsinc.com.



3RD ANNUAL SONGBIRD FESTIVAL

The 3rd Annual Songbird Festival will take place rain or shine at Maryland Hall on May 4th from 10 a.m. to 4 p.m. The Songbird Collective is made up of local Annapolis musicians and aim to connect all women by providing a platform for storytelling and artistic expression in a safe, community space. This festival brings together a diverse group of women, women-owned businesses, services, resources, and more. Find more information and register for free tickets at songbirdfestivalwe.com.



Third Annual Fairy House Festival

Starting May 17th and continuing through June 22nd, Quiet Waters Park in Annapolis will have their 3rd Annual Fairy House Festival. Fairy houses will appear along the Holly Pavilion Trail, which is welcome for all to enjoy! On May 17th at 2 p.m., the Opening Fairy House Festival Enchantment will begin, so get your costumes and get ready to celebrate. Find more information at fqwp.org.



Photo courtesy of Songbird Festival

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Saturday, June 21st

at 11:00 AM

starting at St. John's College and winding its way through Downtown Annapolis to Amos Garrett Boulevard. After the Parade, head over to the Anne Arundel County Fair (1450 General's Highway, Crownsville) for the Festival from 1:00 PM to 10:00 PM, featuring delicious food, fun games, live performances by international and local artists, exhibits, vendors, a Children's Village, and fireworks.

The festivities continue on

Sunday, June 22nd

from 1:00 PM to 8:00 PM at the same fairgrounds, with
even more entertainment and activities!



To get involved—whether as a volunteer, vendor, or sponsor—visit our website at [[theannapolisjuneteenth.org](https://www.theannapolisjuneteenth.org)] [theannapolisjuneteenth.org](https://www.theannapolisjuneteenth.org) or email us at info@theannapolisjuneteenth.org. We look forward to celebrating with you!

Contact Info: <https://www.theannapolisjuneteenth.org/>
info@theannapolisjuneteenth.org



Photo by Megan Evans Photography



MENTAL HEALTH GALA & AWARDS DINNER

National Alliance on Mental Illness (NAMI) is hosting the 5th Annual Mental Health Gala & Awards Dinner on May 17th from 6 p.m. to 10 p.m. Be a beacon of hope to families living with mental illness by attending this event at the Crowne Plaza Hotel in Annapolis. The night will have plenty to look forward to, including featured speaker Daniel H. Gillison, Jr., the CEO of NAMI National. For more information, visit namiac.org.

FRIENDS FOR FRIENDS

Help end the cycle of homelessness by attending Friends for Friends Supporting The Light House event on May 15th, from 6 to 9 p.m. Enjoy a fabulous ladies' night out at the USNA Fluegel Alumni Center in Annapolis overlooking College Creek. Dance to live music, enjoy a full open bar, light fare, raffles, and discover the best in women-focused businesses all to benefit The Light House a Homeless Prevention Support Center. Find more information and purchase tickets at friendslhs.ejoinme.org.



U.S. Naval Academy Commissioning Week

One of the most eventful weeks in Annapolis comes every May with the U.S. Naval Academy's Commissioning Week. Celebrate the graduating Midshipmen with activities throughout the whole week in Annapolis. Several of the most exciting events of the week are the Herndon Climb (5/14), the Blue Angels Arrival/Practice (5/20) and Flight Demonstration (5/21), Color Parade (5/22), and Graduation (5/23). Find the week's full schedule of events at usna.edu/CommissioningWeek/schedule.php.



Photo by Tamlyn Corr Photography

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Maryland Therapeutic Riding's Bourbon & Blossoms is the perfect Spring Soiree at their campus in Crownsville, to be held on May 10th at 5 p.m. Enjoy dinner, drinks, live and silent auctions, bourbon tasting, dancing, and live music from Mood Swings Big Band to raise money for Maryland Therapeutic Riding. Find more information and get tickets at horsethatheal.org.

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Annapolis Symphony Orchestra/ Impact 100 School Concert

Join the Annapolis Symphony Orchestra at Chesapeake Arts Center in Brooklyn Park for an exciting field trip concert that will take students on a rhythmic journey through the world of dance. The shows will be on May 9th at 10 a.m. and 11:30 a.m. This concert will inspire a love for music and performing arts for students aged K-8th grade. Get tickets and find more information at chesapeakearts.org.



TEE UP FOR A CHILD

CASA Anne Arundel County's 24th Annual Tee Up For A Child Golf Tournament will be on May 5th with a shotgun start at 9 a.m. Get on the greens at Crofton Country Club to help raise money for CASA, who believes every child who's been abused or neglected deserves to have a dedicated advocate speaking up for their best interest in court, at school, and in our community. Find more information and register at aacasa.org.

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Strokes of Genius

MARYLAND FEDERATION OF ART PREPARES FOR PAINT ANNAPOLIS

By Carol Denny

Tucked in a cozy gallery in the shadow of the Maryland State House is a powerhouse of the local arts scene: the Maryland Federation of Art. The organization, now 62 years old, serves visual artists across the state and beyond, presenting more than 21 juried shows annually around the Annapolis Arts District.

If you've stopped into MFA's Circle Gallery headquarters, admired works by hometown artists on the walls of area restaurants, dropped by summer exhibitions at Maryland Hall, seen the array of locally created paintings in the hallways of the House of Delegates, or browsed the MFA website, you've seen the remarkable variety of artwork that MFA supports. Its reputation extends nationally and internationally, attracting talented creatives to submit their works for display.

MFA Executive Director Patrice Drago says that the extensive calendar of exhibitions is a big draw for artists, as is the high bar that the organization sets for its shows. "Artists are interested in opportunities, and they like the quality of the jurors we attract," she explains.



"Choices" by C. Lee was named Best in Show at MFA's Circle Gallery.



Top: Art on the Avenue, Paint the Bay, and Dueling Brushes are among the events featured during MFA's annual Paint Annapolis celebration. Bottom: An opening reception at a Circle Gallery exhibition.

"Every year, when we sit down to decide our exhibition calendar, our goal is to open it to as many artists as we can. That produces a wide range of media, styles, and locations in the works we choose. We're not limited to painting—we're very conscious that three-dimensional artists are welcome, too." With this wide-open embrace, MFA can showcase new trends in addition to a rich array of other works.

In addition to its seven staff members, MFA relies on a core group of volunteers. Its unpaid installation team, headed by local artist David Diaz, provides essential help in placing the artwork for each show. "We hang something new in the gallery every month," Drago says, "and we could never afford to hire staff for installation."

Perhaps the best-known event on the MFA calendar is coming up next month: Paint Annapolis, an inspiring celebration of works painted live *en plein air* (in open air). Held at pop-up locations and downtown galleries during the first week of June, it presents paintings that capture the light and atmosphere of the outdoors. In 2024, more than 100 artists participated, including artists who are juried into the competition and others who can apply for admission.

During Paint Annapolis, painters choose subjects in all corners of the capital city, setting up their easels on sidewalks and docks to bring their visions to life. Their creations remain on display to the public for the following two weeks, and all are available for purchase. "It's wonderful for the artists to make sales, and it also proves that the visitors who attend are really engaged," Drago notes.

The 2025 slate of events kicks off on Sunday, June 1st with the popular Dueling Brushes competition at Susan B. Campbell Park,

where participants get two hours to complete their submissions as passers-by look on. Tuesday is Paint the Bay day, especially loved in this coastal capital. Wednesday the theme shifts to twilight, as painters complete 'nocturnes' during the Dinner Under the Stars event on West Street. On Thursday, it's Art on the Avenue, where participants compete for the best painting of an architectural feature in Annapolis. Cash prizes totaling more than \$15,000 are awarded at the Friday evening Collector's Party, and the entire Paint Annapolis oeuvre goes on display for two weeks starting on Saturday. Capping the week is a Sunday morning muffins and mimosas party featuring the presentation of the Mayor's Award. Corporate partners PNC and Annapolis Subaru are the top sponsors of Paint Annapolis, with additional support from Visit Annapolis and National Harbor.

Following Paint Annapolis, MFA will present a new show, Introducing Interwoven Worlds: Art of APIME-DA Diasporas (June 26–July 26). A collaboration with the Asian Arts & Culture Center at Towson University, it will feature works by Asian, Pacific Islander, Middle Eastern, and Desi American artists that express their cultural heritage and uniquely American experiences. The Power of Color (July 30–August 23) promises a vivid collection of 2D and 3D works.

For next year, MFA has more in store: a new digital installation ("I want to see someone holding a hologram of Princess Leia in their hand," Drago says with a wink) and a summer show entitled At Play.

"Our plan is to grow—but we need more space!" she says, echoing the refrain of arts groups across the city. In the meantime, MFA will be doing what it does best: encouraging artists to create, collectors to support, and art lovers to love through every program it presents. Learn more at mdfedart.com.

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Exploring Maryland's Maritime Heritage

By Tyler Ingle

Maritime history is deeply woven into the fabric of our State's identity, shaping our economy, culture, and way of life. Native American tribes first navigated the waters of the Chesapeake Bay, relying on the abundant resources for sustenance and trade. With the arrival of European settlers in the early 1600s, the region's waterways became a critical artery for commerce and transportation. Ports soon rose in Annapolis, Baltimore, and other Bay towns, flourishing in trade and commerce—especially with the oyster and crab industries, which became internationally renowned.

Rich in maritime culture, Maryland is home to several unique museums that share this history.

The **Annapolis Maritime Museum** focuses on Naptown's maritime heritage and the historic ecology of the Chesapeake Bay. This museum is open Tuesdays through Sundays, from 10 a.m. to 3 p.m. The museum highlights our celebrated



Annapolis Maritime Museum



Chesapeake Bay Maritime Museum

oyster industry while also acknowledging its shortcomings, such as over-harvesting and species depletion. Located inside the old McNasby Oyster Company property, the museum showcases collections of artifacts, paintings, drawings, and more. A few miles from the museum's main campus is the beachside park, a 12-acre waterfront parcel that offers hiking trails, an education center, and a public paddle-craft launch area. Patrons can experience a clamshell walking trail that spans one mile, providing the perfect opportunity for real-world viewing of local wildlife and marine habitat. The museum also hosts water tours aboard the restored skipjack *Wilma Lee*, lecture series, and seasonal exhibits inside. Tickets to the museum and its tours can be purchased online or in person. Visit amaritime.org.

Located in the peaceful Eastern Shore town of St. Michaels, the **Chesapeake Bay Maritime Museum (CBMM)** offers visitors hands-on learning through its exhibits and on-the-water experiences. Special exhibitions can be seen in the Van Lennep Auditorium and Steamboat Building galleries that offer patrons a deeper look into the historical significance of the Chesapeake Bay. The museum also offers water tours, a demonstration shipyard, family-friendly activities, lecture series, and special events on site. CBMM operates from 10 a.m. to 5 p.m. daily, April through October. Tickets can be purchased online or on-site, are valid for two days. Learn more at cbmm.org.

Founded in memory of captain James B. Richardson, the **Richardson Maritime Museum** in Cambridge focuses on the culture and craftsmanship of boats uniquely made on Maryland's Eastern Shore. The museum also preserves the craft of boatbuilding and teaching the next generation of boatwrights traditional skills. Home to memorabilia that spans 300 years, the intimate museum experience is open by request for tours and visits. In the near future, the museum plans to open with regular hours. For boat-building enthusiasts, the museum is always accepting volunteers to help repair boats, research local history, support collection and documentation for exhibits, become a tour guide, and more. Those interested can sign up on-line, where patrons can also find a link to make donations. Learn more at richardsonmuseum.org.

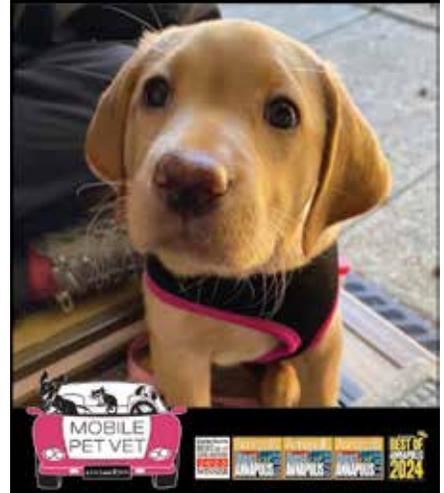
In southern Maryland, the **Calvert Marine Museum (CMM)** hosts a range of experiences for kids and adults alike. The Discovery room is kid-focused but gives visitors of all ages the chance to sift and search for real fossils, ranging from eight- to 20-million years old. Also, you can explore a model of the Cove Point Lighthouse, and see creatures of the Chesapeake Bay. The Biology Gallery houses three distinct Bay habitats, while the outdoor marsh walk crosses upland marshes in their natural habitat. With a history gallery, oyster house, lighthouses, model boat showroom, and even a section designated for paleontology, CMM is a must-do! Tickets can be purchased online in advance, or in person on the day of your visit. Open daily from 10 a.m. to 5 p.m. Visit calvertmarinemuseum.com for details.

Also in southern Maryland—specifically Shady Side—the **Captain Avery Museum** showcases local maritime history through the lens of the historic house once owned by Chesapeake Bay waterman, Captain Salem Avery. The house was constructed circa 1860 and was expanded in the nineteenth century, and again in the 1920s by the National Masonic Fishing and Country Club. The property consists of the main house with additions, three sheds formerly used as bath houses, and a modern boathouse built in 1993 that features the *Edna Florence*, a locally-built 1937 Chesapeake Bay deadrise workboat. Today, the museum is open in the summer on Sundays, 1–4 p.m., between Memorial Day and Labor Day. The rest of the year, the house is only open during public programs and events. Learn more at captainaverymuseum.org.

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Greater Annapolis Design District Celebration

On March 5th, Greater Annapolis Design District (GADD) members gathered at AND Creative Studios in Annapolis for the Annual Member Appreciation Celebration. Attendees enjoyed a selection of hors d'oeuvres and beverages while catching up with peers in an open art gallery space. GADD President, Andrea Wheeler (DSI Design Solutions), introduced current board members, summarized plans for the upcoming year, and made general announcements. Entertainment included music and a mentalist who engaged several members in mind and magic tricks. Learn more at greaterannapolisdesigndistrict.com.

1. GADD members 2. Rachel Hack, Ben Crozier, Dave Noce, Denise Desien, and Paul Schilder 3. Tom Fichtner, Christine Fichtner, and Tim Ball 4. Amy Publicover, Sarah Kraus, and Kaylee McGee 5. Carmina Gomolisky, Grace Jensen, Jeff Shell, and Leslee Tucker 6. Jerry Jubb, Danielle Valinotti, and Joey Tabb 7. Kayla and Britt Collins 8. Melissa McLay and Stephanie Murphy 9. Andrea Wheeler



Expert of the Month



Judi Olinger

Judi Olinger

Executive Director | Chesapeake Neighbors

Judi Olinger has spent her career ensuring that people across Maryland have access to safe, affordable, and beautiful places to live. She and her team manage more than 80 units throughout the region. These units are not just affordable housing; they are thoughtfully designed spaces built with sustainability, accessibility, and community integration in mind. Under Olinger's leadership, Chesapeake Neighbors is redefining affordable housing.

Why is affordable housing important in our communities?

Affordable housing meets a fundamental community need and is essential to any healthy, thriving community. When people at all income levels can live where they work, go to school, and access essential resources, the entire community benefits. Affordable housing strengthens the local economy by supporting businesses, attracting a stable workforce, and fostering long-term investment in neighborhoods.

Beyond economics, affordable housing promotes diversity, inclusion, and social stability. It ensures that teachers, healthcare workers, service industry employees, and others who contribute to the community can also be part of it. When people have safe, stable housing, they can focus on their jobs, education, and families, resulting in stronger, more connected communities where everyone can succeed.

How are you reimagining affordable housing?

People often carry assumptions about affordable housing. Unless I

point it out, you wouldn't know whether a unit is market-rate or meant for a family transitioning out of homelessness, and that is intentional. We are showing the community that housing can be affordable and beautiful. Our units have energy-efficient appliances, modern design elements, and desirable amenities; they're made with high-quality materials that are aesthetically pleasing and built to last.

We're also changing the tenant experience by providing professional maintenance and property management services that meet people where they are in their busy lives. What affordable housing has been and what it can be are very different things. We are challenging people to think differently about what people throughout the community want, need, and deserve.

Who is the average Chesapeake Neighbors tenant?

Our tenants reflect the communities around them and include everyone from very low-income earners to market-rate renters. They are people with disabilities, families transitioning out of homelessness, single parents renting their first apartment, and local professionals. Our scattered-site, mixed-income model creates diverse, integrated communities where people from different backgrounds live side by side.

Chesapeake Neighbors

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DENTIST PRACTICE REBRANDS

The Center for Transformative Dentistry, formerly known as The Center for Innovative Dentistry and Facial Aesthetics, proudly announces a bold new direction that reflects its unwavering commitment to patient-centered care, functional medicine principles, and whole-body health. Along with its rebranding, the practice has also revealed a state-of-the-art office renovation designed to provide an unparalleled patient experience. “Our new name, The Center for Transformative Dentistry, reflects our belief that dentistry is about more than just teeth,” said Dr. Yasaman Roland. “It’s about transforming lives through a foundational approach that addresses posture, breathing, and physiologic function—all starting with proper facial and jaw development.” Learn more at transformativedentist.com.

RAY’S NEW YORK PIZZA OPENS

The Annapolis-based restaurant group behind popular establishments like Carpaccio Tuscan Kitchen, Galliano Italian Restaurant & Wine Bar, Della Notte, and Lima’s Chicken has expanded its footprint with the grand opening of Ray’s New York Pizza & Pasta in Glen Burnie. The highly anticipated eatery, owned by Brian Hovermale and Lino DiMeo, officially welcomed guests in late February and celebrated with a ribbon cutting in March. Ray’s New York Pizza & Pasta serves classic Italian dishes, signature subs and wraps, and hand-tossed pizzas. “We’re thrilled to bring Ray’s New York Pizza & Pasta to Glen Burnie and share our passion for excellent food, superior service, and genuine value with the community,” said owner Brian Hovermale. For more information, visit raysnypizzapasta.com.



Pella Windows and Doors Opens Showroom

Congratulations to Pella Windows and Doors, which recently celebrated the grand opening and ribbon cutting of its new showroom in Annapolis. Serving homeowners on both shores of the Bay Bridge, Pella is a “premier window and door provider in Maryland...offering beautiful, innovative, and energy-efficient solutions for homes.” Learn more at pella.com/locations/md/Annapolis.



**MARYLAND FEDERATION
OF ART NAMES NEW
DIRECTOR**

The Maryland Federation of Art (MFA) Board of Directors officially named Patrice Drago as the organization's new Executive Director. Drago's expertise in business management, strategic planning, and negotiation stem from a distinguished career with Marriott International, and subsequently as a Maryland state legislative Chief of Staff. With a deep passion for community-based arts, Drago has been a key player in the Annapolis and Anne Arundel County arts community for over 15 years. "Patrice embraces innovation and brings enthusiasm, a wealth of experience and superb leadership skills to our organization," says Karen Ricketts, MFA's Board of Directors President. When Drago officially assumed the role last May, she had been serving as MFA's Acting Executive Director, succeeding the long-term and distinguished Interim Director Joann Vaughan. "As both a practicing visual artist and lover of art in all forms, I deeply appreciate the benefits of providing support to working artists, and to the community, by providing access to visual art...I am honored and excited to lead this vital and growing organization", Drago says. Learn more at mdfedart.org.



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**SCENIC RIVERS
LAND TRUST
SELECTS
EXECUTIVE
DIRECTOR**

The Scenic Rivers Land Trust Board of Directors recently announced Josh Falk as the organization's new Executive Direc-

tor. Falk succeeds Acting Executive Director, Erin Valentine, who stepped into the role following the departure of long-time Executive Director Sarah Knebel in December 2024. Valentine will return to her position as Scenic Rivers' Development and Communications Officer. Falk, only the third full-time Executive Director in the land trust's 35-year history, was selected after an extensive search process. He brings deep experience in nonprofit leadership, strategic planning, and conservation advocacy, positioning him to guide Scenic Rivers into its next phase of growth. "We are thrilled to welcome Josh as Scenic Rivers' new Executive Director," said Joan Renner, Scenic Rivers' Board President. "His passion for conservation and community was clear from our first meetings with him. Combined with his expertise in strategic development and nonprofit management, we know he'll be a fantastic fit for our organization. We're excited for the future of Scenic Rivers under his leadership." Learn more at srlt.org.



Annapolis Home Concierge Expands Services

Annapolis Home Concierge (AHC), a leading accredited and certified provider of home watch and home management services, is proud to introduce Senior Services, a specialized offering designed to support older adults who want to age in place safely or require assistance managing their homes during life transitions. "Our goal is to provide seniors and their families with peace of mind that their homes are secure, well-maintained, and safe," said Karen Morris, owner of Annapolis Home Concierge. "Whether they need routine home check-ins, safety modifications, or downsizing support, we take care of the details so they and their loved ones can focus on enjoying life with confidence." Learn more about Senior Services by visiting annapolishomeconcierge.com.



**LEADINGAGE MARYLAND'S
LEGISLATIVE RECEPTION**

LeadingAge Maryland hosted its 9th annual Legislative Reception in January at The Maryland Inn in Annapolis. The event convened more than 32 individuals, including 15 legislators and 17 nonprofit providers. Legislators from the House Health and Government Operations Committee and the Senate Finance Committee gathered with LeadingAge Maryland leadership, board members, and provider members to build relationships and discuss critical issues facing older Marylanders. "It is important that LeadingAge Maryland's nonprofit member providers of housing, services, and care have the opportunity to engage with our state legislators," said LeadingAge Maryland Board Chair and CSI Support & Development Regional Manager Brandon Moss. "Our members, like Hospice of the Chesapeake, provide a crucial perspective on the needs and challenges older adults are facing within our communities, as well as issues within our industry." Learn more about how LeadingAge Maryland at leadingagemaryland.org.

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Maryland Coastal Bays Program

BOOSTING THE COMMON TERN POPULATION IN ONE OF THE EASTERN SHORE'S MOST PRECIOUS ECOSYSTEMS

By Lisa A. Lewis

Nestled behind Ocean City and Assateague Island, the coastal bays of Maryland are some of the most ecologically diverse regions in the state. A wide variety of wildlife lives within this vibrant ecosystem, including common terns, a species of migratory colonial nesting waterbirds. Striking in appearance and graceful in flight, common terns nest in colonies on the ground on sandy islands. Unfortunately, these iconic birds have declined at an alarming rate since the mid-1980s due to sea level rise and erosion of their natural nesting islands in this coastal habitat. They are now categorized as a state-listed endangered species.

In an effort to preserve common terns, the Maryland Coastal Bays Program (MCBP) partnered with the Maryland Department of Natural



Resources (DNR) and Audubon Mid-Atlantic in 2021 to launch an innovative conservation project to provide much-needed nesting habitat and help boost the population. Called the Tern Raft, the project utilizes an artificial floating platform that mimics a natural nesting site. Now in its fifth year, the project has shown great success.

According to data provided by Kim Abplanalp, bird conservation coordinator, MCBP, the population of common terns in Maryland's coastal bays in 2003 was 520 nesting pairs. By 2020, the number had decreased to fewer than 30 pairs. However, when the Tern Raft was deployed in 2021, the population showed immediate signs of recovery, with 23 pairs using the raft for nesting—making it the largest breeding colony of common terns in the coastal bays that year. In 2024, 304 pairs used the raft for nesting, which showed a recovery of more than half of the nesting population since 2003.

The Tern Raft is deployed every April through October in Chincoteague Bay, the largest of the five coastal bays. The other coastal bays include Newport Bay, Assawoman Bay, Isle of Wight Bay, and Sinepuxent Bay.

“The Tern Raft has been very successful in creating critical nesting habitat for common terns,” says Kevin Smith, executive director, MCBP. “In 2024, 82 percent of the adult birds that we banded in the previous three years returned to the raft, which is pretty remarkable. This year is especially exciting because it's the first full year that chicks born on the raft will be old enough to return to breed. It takes three years for birds to mature for breeding, so it feels like we've come full circle.”

“Colonial nesting waterbirds will disappear if we don't preserve their habitat,” adds Nancy Zeller, Ph.D., Citizen Advisory Committee representative, MCBP's Board of Directors. “Artificial nesting habitat works, but it's not a long-term solution. We need to rebuild the sand islands, so we can restore the breeding populations of species that rely on the islands to nest.”





Although the Tern Raft focuses on common terns, MCBP and its partners are also working on projects to enhance nesting habitat for royal terns and black skimmers, two other state-listed endangered colonial nesting waterbirds.

NATIONAL RECOGNITION

Established in 1996, MCBP is one of 28 National Estuary Programs (NEP) across the country that receives funding from the Environmental Protection Agency (EPA) to work toward the restoration and protection of “estuaries of national significance.” The program establishes partnerships with organizations to monitor water quality, track the health of the coastal bays, identify issues, focus on solutions, and develop restoration projects, such as the

Tern Raft. MCBP also offers opportunities to engage members of the community through its educational programs.

“MCBP works with many organizations and volunteers to keep the coastal bays clean and monitor the health of the waterways, marshes, and maritime forests,” Zeller says. “Maintaining the health of these areas is critical, so we can continue to watch the herons, ospreys, egrets, and terns hunt for fish and raise their young. These are experiences we want to pass on to future generations, and MCBP staff, partners, and volunteers are out there knee-deep in the marshes doing the research, restoration, and monitoring to preserve these habitats.”

A BLUEPRINT FOR SUCCESS

In order to fulfill its mission, MCBP is required by the EPA to develop a Comprehensive Conservation and Management Plan (CCMP) to serve as a roadmap for the future. The CCMP must be revised every 10 years to reflect changes over time. This year, the program will release its updated plan, which is prepared



with the help of its partners. The CCMP is expected to be finalized and implemented in mid-2025.

Not only does the CCMP establish goals and actions, but it also determines the lead organization that will be responsible for restoration projects. Without the collaboration of many organizations and volunteers working together, it would be impossible for MCBP to achieve its goals.

“The work we do is so rewarding,” Smith says. “It’s really exciting to see the areas that we’ve restored functioning within the ecosystem like nature intended and to know that we’re helping protect the environment.”

To learn more about the Maryland Coastal Bays Program, visit mdcoastalbays.org.



Save the Date: Bay Day

The 6th annual Bay Day event will take place on May 18th, from 10 a.m. to 2 p.m. at White Horse Park in Ocean Pines. Hosted by the Maryland Coastal Bays Program and Ocean Pines Association, Bay Day is a collaborative conservation effort that focuses on improving the health of the waterways adjacent to the residential shores of Ocean Pines. The free, family-friendly event will include hands-on activities, boat rides on the St. Martin River, live music, food trucks, live animal exhibits, and more than 30 conservation partners. For more information, visit mdcoastalbays.org/events.

Special thanks to Liz Wist, education coordinator, Maryland Coastal Bays Program.

Meet Faith Everett of Broadneck High School

By Tom Worgo

Faith Everett rarely experienced such a range of emotions. Everett had one of the most thrilling moments of her lifetime when the Broadneck field hockey team—in November of 2022—won a Class 4A state championship, the program’s first title in two decades.

Then disappointment struck at about the same time. Everett realized she had played for the last time with her sister Maya. They have a very strong bond, playing the sport together since they were in elementary school.

“It was sad because it was our last game together,” explained Everett, whose team lost to three-time defending champion Crofton in the state final this past November.

But Everett’s disappointment was short-lived. The sisters will be back on the field together this fall, again playing field hockey. The 19-year-old Maya is a sophomore midfielder at the University of Maryland and Faith, an Arnold resident, will be joining her as a freshman midfielder.

Everett signed a National Letter of Intent with Maryland—which finished the 2024 campaign ranked No. 5 in the National Coaches Poll—for an athletic scholarship in mid-November. She carried a 4.4 weighted grade-point average in high school, took seven advanced-placement classes, and plans to major in engineering.

Everett also considered Brown and Ohio State universities. As it turned out, picking Maryland was a no-brainer.

“Now that we’ll be able to play together for another two years, I am super excited,” Everett says. “She and I have been so close over the years. I would rather be with her than at any other school. Calling her and telling her I was going there was just such a cool moment and very emotional for us.”

Maya is just as excited as Faith, or maybe even more so. In fact, Maya is helping her sister gear up to compete at the Division I college level. They worked out together last summer and will train again starting



in June, following a running and lifting program given to the sisters by the Maryland coaching staff.

“I would say it’s a dream,” Maya says of playing with her sister again. “It’s going to be really exciting to go through that journey with her.”

The accolades kept piling up and up during high school, early on and late, for the 5-foot-6 Everett, and they included national recognition. The website, Max Field Hockey, named her among the top 50 players in the country for the Class of 2025.

“It’s rare to have someone as talented as she is,” Broadneck Field Hockey Coach Shannon Hanratty says. “She is really special. She has put in so much hard work to get to where she is now. She has that extra level of wow. She has poured her heart into the sport.”

Even before her high school career started, Everett made a name for herself as a Freedom Hockey Club player for the past seven years. She earned a spot on the U16 AAU Junior Olympic team in 2023 and has traveled to tournaments in California, Texas, and Florida.

And what a career Everett had at Broadneck. The three-year starter finished as the school’s third all-time leading scorer with 72 points (47 goals, 25 assists). She made the Field Hockey Coaches Association of Maryland First-Team All-State three times, including her sophomore year when she totaled a team-high 18 goals for the state championship team.

“Having her being picked as a sophomore is rare,” Hanratty says.

Hanratty will follow Everett’s career at Maryland closely. The senior considers playing for the Terrapins to be the ideal situation. Besides being with her sister, she will be coached by Severna Park resident Missy Meharg.

Meharg has won 655 games and seven national championships in 37 years on the job.

“My sister says she has learned and grown so much under Missy,” Everett says. “I am eager to get that same coaching from someone who has done so much. It is amazing what she has done. I am going to take in whatever she has to offer. I am really lucky.”



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Annapolis Blues Women's Team Takes the Field

By Tom Worgo

Ashly Kennedy may be the closest thing to the ideal coach for the first-year Annapolis Blues semi-pro women's soccer team. Kennedy grew up in Edgewater and now lives there. She knows nearly all the players on her team and played at the University of Maryland as a defender while earning All-American status and First-Team Atlantic Coast Conference honors three times.

The 40-year-old Kennedy coaches the girls' soccer team at Archbishop Spalding High School in Severn and coached the semi-pro team, Baltimore Cristo, who play in the same league (USLW League) as the Blues, for three years.

On top of that, Kennedy coached at George Mason University and played professional soccer for the Washington Spirit and in Canada for the Ottawa Fury.

"She's built for the community," says Annapolis Blues midfielder Talia Gabarra, an Annapolis resident and Broadneck High graduate. "Growing up in the area is huge. With her coaching and playing background, it's just evident she knows how to build a successful team. To have a local coach is pretty unique and uncommon."

Gabarra, a midfielder, highlights a deep, extremely talented, and experienced roster. She co-captained the team at the University of Central Florida, where the 24-year-old Gabarra started for three years. A professional team, the Orlando Pride, drafted her after college.

In high school, Gabarra was named an All-State player three times and won Anne Arundel Player of the Year honors.

Several area players, including Meghan Berneti (Edgewater), Courtney Corcoran (Crown-



ville), Sophie Thibeault (Severn), and Reagan Mallia (Severna Park) support Gabarra in the lineup. The Blues also get plenty of leadership from co-captains Sara Martin and Caroline Duffy. The team also features forward Baylee DeSmit, who scored the most goals in the USLW League last year.

"I have been coaching the core of the players for the past three years," says Kennedy, whose team's season starts in May. "I know their playing style."

We spoke with Kennedy and Gabarra about the Blues.

Ashly, what does it mean to coach a team in Annapolis when you have lived most of your life in the area? It's a very humbling and rewarding experience. Coming to my stomping grounds, there are a lot of people that I know and grew up with that have reached out. The encouragement, support, and excitement are great. Having that support makes it that much more special.

What will be your style of play? Offense or defensive-oriented? I am going to fit the style around the personnel. I play a combination of styles, but I make sure we are organized defensively and have strong defensive components mastered. As far as on the attacking side, I run possession style of play.

What is your approach to inspiring a brand-new collection of players? The one positive is that I have connections with them. So, I have been coaching the core of the players for the past three years. I know their style. Now, it's just merging and putting the puzzle together of what players work well together. As far as inspiration, I want this to be fun for them. I don't want it to be super structured

like they are in college and just have to fill a role. I want them to be able to build creativity and confidence. Having players around them that are going to make them better is always a way to inspire and make it fun for them. Those are big pieces. Also, the support they'll have in the stands will be inspiring.

What are the biggest challenges in putting a new team together? A lot of players from the DMV area also play out of state. Working with their schedules and if they are going to be back at school or not before the season ends. I stress the importance of what this summer will look like. They will get quality experience in a really competitive environment.

How exactly did you learn about the Blues' team and how did you get tapped to be the coach? What was that process? Jim Gabarra is the general of our club. I have known him for a long time in the soccer community. He used to coach me when I played with the Washington Spirit. I used to train with that team in summers when I was at Maryland. Our philosophies and values aligned. Through my coaching experiences, giving back to the community in the area, and having success, I think it made sense. He said I would love you to be coach of the team and that's how it was settled.

Do you expect the motivation and intensity of a new team gives you an edge over opponents? It's definitely raising the level of interest of the players. The quality and the number of players that are coming out for the team has definitely elevated the team. I would say I probably have the strongest player pool at tryouts to build a team that I've had coaching semi-pro soccer for the past three years. This will be my strongest for sure.

Talia, how excited are you and all the players for the upcoming season? It is really special and I know a lot of players feel the same. We are

excited to have this in the heart of Annapolis. We are surrounded by so many supportive fans. We are also supported by a great staff, owner, and front office. It's not normal to have this much excitement. If someone told us a few years ago that a professional soccer team would be in Annapolis, we would have laughed just because it is so lacrosse-oriented around here.

What do you think about playing in Navy-Marine Corps Memorial Stadium? I think it's great. Having the Navy-Marine Corps as part of the name of the stadium kind of speaks for itself. We will be grateful and have a sense of pride. Playing on their turf is something special. Playing in a city with such honorable young individuals that serve our country is something we will not take lightly. To be on the field, surrounded by a lot of fans from Annapolis and having Annapolis on the jersey will feel so incredible. Representing my hometown is not something everybody gets to do. I am grateful for that.

Do you feel the Blues can compete for a championship considering the team is so new? Of course. We have been set up for success already because of our coaching staff and resources. I have a ton of faith in Ashly. I never played for her, but I grew up around her coaching. I know she will put together the best team and really lead us in the right direction. Ashly will only put fierce competitors on the team. The players will be competing day in and day out to win a championship and game after game. And we have the community behind us.

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Class of 2025

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Alexander Berman

Griffin & Griffin, LLP
 1320 19th Street NW, Ste. 800,
 Washington, D.C. 20036;
 202-429-9000; washlaw.com

Education: University of Baltimore School of Law **Legal Specialty(s):** Business Law **The firm said:** "Alexander consistently demonstrates exceptional legal acumen and client dedication. His diverse background, encompassing an MBA in Finance and a J.D. with a Real Estate focus, equips him to provide insightful and strategic guidance in complex corporate, real estate, and estate matters."



Alicen Jobs

Burnett Injury Group
 2661 Riva Road, Bldg. 1000, Ste. 1010,
 Annapolis, MD 21401; 443-785-6406;
 burnettinjurygroup.com

Education: University of Maryland Carey School of Law **Legal Specialty(s):** Medical Malpractice Law **The firm said:** "Alicen earned her BS from Towson and is a Registered Nurse (RN). She was in clinical practice for a number of years and then shifted her focus and entered law school. She has been a practicing attorney for several years and is already a leader in the field of Medical Malpractice."



Alicia Balanesi

Franke Beckett LLC
 151 West Street, Ste. 301, Annapolis, MD
 21401; 410-263-4876; fredfranke.com

Education: University of Baltimore School of Law **Legal Specialty(s):** Estate Law **The firm said:** "Alicia's thorough and creative legal work consistently demonstrates her ability to analyze complex issues and craft innovative solutions that achieve outstanding results. Beyond her technical skill, Alicia excels at building meaningful relationships with her clients."



Alla Cates

Frost Law
839 Bestgate Road, Ste. 400, Annapolis,
MD 21401; 410-995-9618; askfrost.com

Education: George Washington University Law School **Legal Specialty(s):** Tax Law **The firm said:** "Alla brings a decade of experience across a wide range of tax issues, from traditional areas like audits and penalty abatements to cutting-edge challenges like cryptocurrency audits. Her international tax knowledge, spanning numerous countries and complex regulations, adds another layer to her impressive skillset."



Andre Habib

Liff, Walsh & Simmons LLC
181 Harry S. Truman Parkway, Ste. 200,
Annapolis, MD 21401; 410-266-9500;
liffwalsh.com

Education: Widener University Delaware School of Law **Legal Specialty(s):** Business Law, Litigation, Real Estate Law **The firm said:** "Andre is a team player with a tremendous work ethic. He applies creative thinking skills to find new ways to resolve complex problems. He is diligent in all of his work, resulting in excellent attention to detail."



Bridget Campbell

Campbell and Furneisen Law, LLC
210 S. Cross Street, Chestertown,
MD 21620; 443-480-6229;
campbellandfurneisen.com

Education: Juris Doctor **Legal Specialty(s):** Estate Law, Family Law **The firm said:** "She's wonderful and always willing to help those in need."



Brittney Grizzanti

Bagley & Rhody, P.C.
1788 Forest Drive, Annapolis, MD 21401;
410-573-1626; bagleyrhody.com

Education: University of Baltimore School of Law **Legal Specialty(s):** Estate Law **The firm said:** "Brittney heads the firm's Estate Planning Department and handles a variety of client needs, ranging from those who are looking to establish a simple estate plan for the first time, to clients with more complex needs, such as probate avoidance, estate, and gift tax planning, business succession planning, charitable planning, and planning for individuals with special needs."



Christina van Vonno

McAllister, DeTar, Showalter & Walker LLC
9925 Stephen Decatur Highway, Ste. 5,
Ocean City, MD 21842; 410-213-2202;
mdswlaw.com

Education: University of Baltimore School of Law **Legal Specialty(s):** Family Law, Litigation **The firm said:** "Since joining MDSW two years ago as an associate attorney, Christina has grown her practice with remarkable confidence and professionalism, quickly establishing herself as a valued contributor to our family law department. Known for her sharp intellect and empathetic pragmatism, she consistently delivers exceptional results advocating for her clients."



Connor Noel

Hillman, Brown & Darrow, P.A.
221 Duke of Gloucester Street, Annapolis,
MD 21401; 410-263-3131; hbdlaw.com

Education: George Washington University Law School **Legal Specialty(s):** Litigation **The firm said:** "In the short time since Connor has been practicing he has already handled many difficult cases for the firm and has earned praise from the clients, opposing attorneys, and his colleagues. Connor is clearly an up and coming attorney in Maryland."



Corinne D. Adams

YVS Law, LLC
185 Admiral Cochrane Drive, Ste. 130,
Annapolis, MD 21401; 410-571-2780;
yvslaw.com

Education: St. John's University School of Law **Legal Specialty(s):** Bankruptcy Law
The firm said: "Corinne has become one of the most respected bankruptcy practitioners in the greater Maryland bankruptcy bar. Corinne's leadership roles include IWIRC and Inn of Court board positions; she is a past co-chair of IWIRC's Greater Maryland network."



Craig Snyder

McAllister, DeTar, Showalter & Walker LLC
706 Giddings Avenue, Ste. 305, Annapolis,
MD 21401; 410-934-3900; mdswwlaw.com

Education: University of Baltimore School of Law **Legal Specialty(s):** Business Law, Real Estate Law **The firm said:** "Craig is one of our firm's most diligent and intuitive associate attorneys. Driven by an exceptional work ethic, Craig is unwavering in his commitment to delivering excellent service and expert guidance to his clients."



Cristol Wagner

Sinclair Prosser Gasior
183 Harry S. Truman Parkway, Ste. 104,
Annapolis, MD 21401; 410-573-4818;
spgasior.com

Education: University of Maryland Carey School of Law **Legal Specialty(s):** Estate Law **The firm said:** "Cristol is dedicated to supporting her clients with trust and compassion, whether helping them create a secure estate plan to ease their worries or guiding them through the challenging process of estate administration after a loss. She recognizes that each client or family has unique needs and priorities."



Dave Baxter

Coon & Cole, LLC
110 N. West Street, Ste. D, Easton, MD
21601; 410-822-5240; cooncolelaw.com

Education: University of Baltimore School of Law **Legal Specialty(s):** Family Law **The firm said:** "Dave is hard-working, pragmatic in his approach to divorce and custody cases, and does an exceptional job of making himself very easily relatable to clients. Dave cares about his clients, and it's easy to see that come through in how he practices law."



Diana Khan

DK Law Group
10451 Mill Run Circle, #755, Owings Mills,
MD 21117; 240-266-0291; dklawmd.com

Education: University of Baltimore School of Law **Legal Specialty(s):** Business Law, Estate Law, Real Estate Law **The firm said:** "Diana doesn't just practice law—she transforms lives by empowering clients to build, protect, and elevate their legacies. Through her innovative strategies and unwavering dedication, Diana bridges the gap between legal expertise and genuine client advocacy, creating solutions that leave a lasting impact."



Edward Scheirer

McAllister, DeTar, Showalter & Walker LLC
100 N. West Street, Easton, MD 21601; 410-820-0222; mdswwlaw.com

Education: Villanova Law **Legal Specialty(s):** Business Law **The firm said:** "Edward's sophisticated corporate and business law practice has quickly established him as a standout associate attorney. Known by his clients and colleagues alike for his professionalism and exceptional work ethic, Edward's practice continuously sets a high standard for excellence."



Elizabeth Noon

Bagley & Rhody, P.C.
1788 Forest Drive, Annapolis, MD 21401;
410-573-1626; bagleyrhody.com

Education: Washington & Lee University School of Law **Legal Specialty(s):** Estate Law **The firm said:** "Elizabeth concentrates her practice on estate and trust planning. She was a member of the Washington & Lee Law Review and served as a judicial extern for the Hon. Michael D. Wilson of the Supreme Court of Hawaii. Following graduation, Elizabeth clerked for the Hon. Cathleen M. Vitale, gaining experience in various civil and criminal cases."



Erin K. Benson

YVS Law, LLC
185 Admiral Cochrane Drive, Ste. 130,
Annapolis, MD 21401; 410-571-2780;
yvslaw.com

Education: University of Baltimore School of Law **Legal Specialty(s):** Environmental Law, Real Estate Law **The firm said:** "Erin has a diverse skill-set including real estate transactional work, leasing, renewable energy permitting, and Anne Arundel land use and development. She joined the YVS real estate team in 2022, and since then has become an invaluable contributor."



Garrett Fitzgerald

Fitzgerald Law Group
14 N. Washington Street, Easton, MD 21601;
410-690-4948; thefitzgeraldlawgroup.com

Education: University of Baltimore School of Law **Legal Specialty(s):** Family Law **The firm said:** "Garrett has a compassionate, realistic, practical approach with his clients. He often represents children on behalf of the court and does so in a thoughtful and generous matter. He works very hard and deals with familial dysfunction which he always seeks to moderate for a peaceful and lasting settlement."



Helen "Beth" Burgee

Sinclair Prosser Gasior
183 Harry S. Truman Parkway, Ste. 104,
Annapolis, MD 21401; 410-573-4818;
spgasior.com

Education: University of Georgia School of Law **Legal Specialty(s):** Estate Law **The firm said:** "Beth's mission is to provide clients with peace of mind by expertly guiding them through the estate administration process. Beth's approach is defined by her patience, thoroughness, and attention to detail, ensuring that every step of the process is handled with care and precision."



Jonathan A. Grasso

YVS Law, LLC
185 Admiral Cochrane Drive, Ste. 130,
Annapolis, MD 21401; 410-571-2780;
yvslaw.com

Education: St. John's University School of Law **Legal Specialty(s):** Bankruptcy Law, Litigation **The firm said:** "Jonathan is a highly-skilled practitioner who practices regionally and nationally, representing a diverse range of business clients in the areas of complex commercial litigation, restructuring, bankruptcy, collections, out-of-court workouts and other creditors' rights matters."



Jonathan Watson

Bagley & Rhody, P.C.
1788 Forest Drive, Annapolis, MD 21401;
410-573-1626; bagleyrhody.com

Education: University of Maryland Carey School of Law **Legal Specialty(s):** Business Law **The firm said:** "Jon currently serves as the practice lead for the firm's business law group. Jon's experience is not just limited to corporate law, having also gained experience in estate planning and wealth preservation for high net-worth clients. Jon's broad range of experience and practical approach to problem solving allows him to facilitate even the most complex transactions."



Josh Matthews

Frost Law
839 Bestgate Road, Ste. 400, Annapolis,
MD 21401; 410-995-9618; askfrost.com

Education: Catholic University of America
Columbus School of Law **Legal Special-
ty(s):** Tax Law **The firm said:** "Josh's
unique background and dedication to
client service make him a compelling nom-
inee. His experience as a Naval Intelligence
Officer, combined with his legal training in
tax law through the Low-Income Taxpayer
Clinic and VITA program, provides him with
a diverse perspective and strong skillset."



Kaitlin O'Dowd

McAllister, DeTar, Showalter & Walker LLC
706 Giddings Avenue, Ste. 305, Annapolis,
MD 21401; 410-934-3900; mdswwlaw.com

Education: University of Baltimore School of
Law **Legal Specialty(s):** Business Law, Em-
ployment Law, Litigation **The firm said:** "In
the short time she's been with MDSW, Kaitlin
has already made a remarkable impact as
an associate attorney in our Annapolis office.
Her confidence and intelligence have quickly
made her an invaluable member of our litiga-
tion practice, impressing both her colleagues
and her clients with her legal acumen."



Kathleen Millrood

Liff, Walsh & Simmons LLC
181 Harry S. Truman Parkway, Ste. 200,
Annapolis, MD 21401; 410-266-9500;
liffwalsh.com

Education: University of Maryland
Carey School of Law **Legal Specialty(s):**
Business Law, Real Estate Law **The firm
said:** "Kathleen is an integral member of
the firm's Real Estate, Business Law, and
Commercial Finance practice groups. Her
ability to navigate complex legal issues
with precision and creativity has earned
her the trust and admiration of colleagues,
clients, and community partners alike."



Kayla Williams Campbell

Community Legal Services
6301 Ivy Lane, Ste. 720, Greenbelt, MD
20770; 240-391-6370; clspgc.org

Education: Southern University Law Center
Legal Specialty(s): Public Interest Law **The
firm said:** "Kayla is a trailblazing attorney
whose innovative leadership has trans-
formed access to justice. Her strategic vision
earned her a promotion to Deputy Director,
where she now helps oversee a team of
40-plus staff and 10 free legal services
programs and clinics. Kayla's commitment to
equity and excellence makes her a standout
among rising legal professionals."



Kelly Callahan

Liff, Walsh & Simmons LLC
181 Harry S. Truman Parkway, Ste. 200,
Annapolis, MD 21401; 410-266-9500;
liffwalsh.com

Education: University of Maryland Carey
School of Law **Legal Specialty(s):** Business
Law, Real Estate Law **The firm said:**
"Kelly consistently applies creative problem
solving, helping to overcome unforeseen
challenges while finding solutions to uncon-
ventional problems. She is extremely reliable
and advocates passionately for her clients.
She has a tremendous depth of law knowl-
edge making her a huge asset to the team."



Kirby Hopkins

McAllister, DeTar, Showalter & Walker LLC
100 N. West Street, Easton, MD 21601;
410-820-0222; mdswwlaw.com

Education: Florida Coastal School of Law
Legal Specialty(s): Estate Law, Real Estate
Law **The firm said:** "Kirby has been a cor-
nerstone of MDSW's success and is known
for her keen analytical talents, excellent
collaboration skills, and meticulous attention
to detail. Her exceptional work ethic, paired
with her genuine kindness, has cemented
Kirby as an indispensable attorney."



Lauren Torggler

Hillman, Brown & Darrow, P.A.
221 Duke of Gloucester Street,
Annapolis, MD 21401; 410-263-3131;
hbdlaw.com

Education: Catholic University of America Columbus School of Law **Legal Specialty(s):** Family Law **The firm said:** "Lauren is one the most dedicated, detail oriented, and conscientious attorneys. She handles the discovery aspect of many of our most complex divorce cases and always goes above and beyond for our clients. She is always willing to put in the extra time to ensure our clients have the best representation."



Max Frizalone

FrizWoods Criminal Defense
540 Ritchie Highway, Ste. 301,
Severna Park, MD 21146;
301-383-9266; frizwoods.com

Education: University of Miami **Legal Specialty(s):** Criminal Law **The firm said:** "Max's dedication to defending clients' rights and his innovative approach to legal challenges have set him apart in the legal community. His ability to balance a growing firm while providing personalized attention to each client exemplifies his passion for justice and his potential to make a lasting impact in the field of law."



Michael Ott

Murnane & O'Neill
7425 Baltimore Annapolis Boulevard, Ste.
200, Glen Burnie, MD 21061; 41-761-6800;
murnaneandoneill.com

Education: University of Baltimore School of Law **Legal Specialty(s):** Criminal Law **The firm said:** "Michael spends most of his day in the courtroom, where he has represented thousands of clients through complex misdemeanor and felony cases. His calming, relatable demeanor helps put his clients at ease throughout the entire process. Michael uses his vast legal knowledge and creative thinking to achieve the best results possible for his clients."



Patrick Daley

Kagan Stern Marinello & Beard LLC
238 West Street, Annapolis, MD 21401;
410-216-7900; kaganstern.com

Education: University of Maryland Carey School of Law **Legal Specialty(s):** Business Law, Litigation **The firm said:** "In his final year of eligibility, Patrick has continued to epitomize what we in the legal community think of when it comes to an Up & Coming lawyer. He is nothing but dependable, hardworking, articulate, and successful in everything that he touches."



Renee Sullivan

Bagley & Rhody, P.C.
1788 Forest Drive, Annapolis, MD 21401;
410-573-1626; bagleyrhody.com

Education: Tulane University Law School **Legal Specialty(s):** Estate Law **The firm said:** "Renee concentrates her practice in estate and trust administration, and helps clients navigate the administration process after the loss of a loved one. She represents personal representatives, trustees, and beneficiaries of estates and trusts of all sizes. Renee works closely with CPAs, financial planners, appraisers, and various professionals to streamline the fiduciary requirements for her clients."



Robert Braland

Frost Law
839 Bestgate Road, Ste. 400, Annapolis,
MD 21401; 410-995-9618; askfrost.com

Education: University of Baltimore School of Law **Legal Specialty(s):** Tax Law **The firm said:** "Robert dedication to tax law, community engagement, and professional growth makes him an ideal candidate. His background showcases a commitment to serving both the legal profession and the wider Annapolis community. His work with the Low-Income Taxpayer Clinic, the MSBA Taxation Section, and Live Arts Maryland highlights his well-rounded contributions."



Shannon Hayden

Kagan Stern Marinello & Beard LLC
238 West Street, Annapolis, MD 21401;
410-216-7900; kaganstern.com

Education: University of Baltimore School of Law **Legal Specialty(s):** Business Law, Litigation **The firm said:** "Shannon has played a pivotal role in multiple jury and court trials resulting in victories for the firm's clients. Shannon has quickly developed a reputation for her dependability, litigation skills, and aptitude for assisting clients efficiently and effectively in their time of need."



Thomas Brimmer

The Jaklitsch Law Group
14350 Old Marlboro Pike, Upper
Marlboro, MD 20772; 301-781-7600;
jaklitschlawgroup.com

Education: William & Mary Law School **Legal Specialty(s):** Personal Injury Law **The firm said:** "Tom is an outstanding young litigator. He quickly showed his skills in the courtroom, winning multiple difficult cases for his clients in just his first few months our firm, while impressing others with his superior legal knowledge, writing ability, and common-sense way of problem solving."



Uriel Stern

Frost Law
839 Bestgate Road, Ste. 400, Annapolis,
MD 21401; 410-995-9618; askfrost.com

Education: University of Maryland Carey School of Law **Legal Specialty(s):** Bankruptcy Law **The firm said:** "With over a decade of experience representing diverse stakeholders in bankruptcy proceedings, Uriel brings a wealth of knowledge and a proven track record to his practice. His reputation for meticulous attention to detail, strategic thinking, and strong advocacy skills highlights his commitment to achieving the best possible outcomes for his clients."



Valerie Anias

A Team Family Law
168 West Street, Annapolis, MD 21401;
443-906-0025; ateamfamilylaw.com

Education: University of Baltimore School of Law **Legal Specialty(s):** Family Law **The firm said:** "Valerie is a dedicated advocate providing compassionate, inclusive legal services. In addition to excelling in family law and estate planning, Val offers low-cost and pro bono support to the LGBTQ community in Anne Arundel and surrounding counties. Val's professionalism, courtroom prowess, and commitment to justice have transformed countless lives."



Veronica Mina

Kagan Stern Marinello & Beard LLC
238 West Street, Annapolis, MD 21401;
410-216-7900; kaganstern.com

Education: University of Maryland Carey School of Law **Legal Specialty(s):** Business Law, Litigation **The firm said:** "Veronica has demonstrated tremendous aptitude for success in the litigation world, helping to obtain a major preliminary injunction for one client after a four-day hearing and multiple judgments in other matters in favor of the firm's clients."



Zoha Sohail

Frost Law
839 Bestgate Road, Ste. 400, Annapolis,
MD 21401; 410-995-9618; askfrost.com

Education: University of San Diego School of Law **Legal Specialty(s):** Tax Law **The firm said:** "Zoha's experience spans a wide range of tax issues, including both domestic and international matters. Her background in assisting individuals and small businesses navigate complex tax regulations, coupled with her pro bono work demonstrates her commitment to helping taxpayers understand and meet their obligations."



Recent *Leading Lawyers* That Were Nominated

In addition to the Up & Coming Lawyers Class of 2025, we present several exceptional lawyers that were nominated for the honor, but were ineligible, having previously earned the distinction of being a *Leading Lawyer* 2024–2025.



David Baines

Ewing, Dietz, Fountain & Kaludis, P.A.
16 S. Washington Street,
Easton, MD 21601;
410-822-1988; ewingdietz.com

Legal Specialty(s): Business Law, Personal Injury Law



David Jaklitsch

The Jaklitsch Law Group
14350 Old Marlboro Pike,
Upper Marlboro, MD 20772;
301-781-7600;
jaklitschlawgroup.com

Legal Specialty(s): Personal Injury Law



Frank P. Lozupone, III

Bowman Jarashow Law, LLC
162 West Street, Annapolis,
MD 21401; 410-267-9545;
bowmanjarashow.com

Legal Specialty(s): Business Law, Real Estate Law



Ivette Furneisen

Campbell and Furneisen Law, LLC
210 S Cross Street, Chestertown,
MD 21620; 443-480-6229;
campbellandfurneisen.com

Legal Specialty(s): Criminal Law, Immigration Law



Jennifer Henriquez

Bowman Jarashow Law, LLC
162 West Street, Annapolis,
MD 21401; 410-267-9545;
bowmanjarashow.com

Legal Specialty(s): Litigation



Katie D'Entremont

Hillman, Brown & Darrow, P.A.
221 Duke of Gloucester
Street, Annapolis, MD 21401;
410-263-3131; hbdlaw.com

Legal Specialty(s): Family Law



Lucas Van Deusen

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MD 21401; 410-267-9545;
bowmanjarashow.com

Legal Specialty(s): Litigation



Magaly Bittner

Jimeno & Gray, P.A.
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Glen Burnie, MD 21061;
443-227-5960; jimenogray.com

Legal Specialty(s): Family Law



Nicholas Mastracci

Rice Law
79 Franklin Street, Annapolis,
MD 21401; 410-709-8971;
staceyricelaw.com

Legal Specialty(s): Family Law



Sarah E. Brown

Hillman, Brown & Darrow, P.A.
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Annapolis, MD 21401;
410-263-3131; hbdlaw.com

Legal Specialty(s): Family Law



Suzanne Burnett

Burnett Injury Group
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Ste. 1010, Annapolis, MD 21401;
443-785-6406;
burnettinjurygroup.com

Legal Specialty(s): Personal Injury Law

Bowman Jarashow LAW LLC



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Leading Lawyer New to firm Leading Lawyer Leading Lawyer Leading Lawyer Leading Lawyer Leading Lawyer
JENNIFER HENRIQUEZ MATTHEW J. CHALKER JEFFREY P. BOWMAN LUCAS VAN DEUSEN RONALD H. JARASHOW FRANK P. LOZUPONE BROOKE H. BOWMAN

Bowman Jarashow Law LLC is pleased to share recent recognition received by several members of our team. Frank P. Lozupone III, Lucas Van Deusen, and Jennifer Henriquez were named Up & Coming Leading Lawyers. Their dedication to clients and commitment to professional growth continue to strengthen our team.

Jeffrey P. Bowman and Ronald H. Jarashow were named Leading Lawyers by *What's Up? Annapolis* magazine in a range of practice areas including Business Law, Arbitration, Appellate Law, Construction Law, Employment Law, Medical Malpractice, Education, and General Practice. Brooke H. Bowman was recognized as a Leading Lawyer for her work in Estates, Trusts, Wills, and Probate Law.

Finally, we are proud to welcome Matthew Chalker back to private practice following four years of distinguished military service. While his recent return made him ineligible for inclusion in the most recent Leading Lawyers survey, he brings exceptional judgment and proven skillset in civil litigation and appellate advocacy, further strengthening our team of accomplished attorneys.

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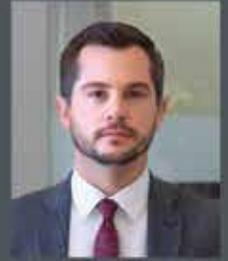
Tom Simmons
Partner



Jim Crossan
Partner



Greg Ferra
Partner



Jon McGowan
Partner



Dave Dorey
Partner



Richard Vartain
Of Counsel



Brad Walsh
Of Counsel



Erin Shaffer
Of Counsel



Paul Strickus
Of Counsel



Abby Moynihan
Of Counsel



Andre Habib
Associate



Kelly Callahan
Associate



Jessica Walsh
Associate



Kathleen Millrood
Associate

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Establishing an Enduring Legacy of Success

When Hillman, Brown & Darrow (HBD) commemorated its 45th anniversary last year, the momentous event represented yet another milestone in the law firm's history. To honor this noteworthy occasion, HBD hosted a special anniversary party, which was attended by more than 500 clients, family, and friends. This impressive turnout not only demonstrated the community's recognition of HBD's long-standing service to the community but also further solidified its legacy as a trusted leader in the legal profession.

One of the oldest and most respected law firms in Annapolis, HBD has continued to grow and evolve throughout the years. Conveniently located in the heart of downtown—just steps from the courthouse—the firm has occupied the same iconic building since 1983. And with each passing year, the highly esteemed firm continues to thrive.

Founded in 1929 by Noah A. Hillman, the rich history of HBD dates back to 1976 when Samuel J. Brown began his practice with Noah and his son, Richard Hillman. Although Brown joined the practice in 1976, it was not until October 1, 1979—when Hillman & Brown merged with the practice of Michael P. Darrow—that HBD, as it is known today, was officially born. And 46 years later the firm is still going strong.

A pillar of the community, HBD's roots are deep, and its involvement is far-reaching. A full-service law firm, HBD has stood the test of time and prides itself on its longevity, its stability, and its passion for the practice of law. From seasoned partners to associates just embarking on their careers, the firm is comprised of attorneys from all walks of life who practice in various areas and excel at providing high-quality legal services to meet their clients' individual needs.

Indeed, HBD recently promoted an associate to partner and recruited a new associate—a testament to the firm's

dedication to rewarding exemplary job performance, hiring top-notch team members, and focusing on its continued growth.

Lauren A. Torggler was promoted to partner on January 1, 2025. She began working for HBD 17 years ago as a file clerk after receiving her Bachelor of Science in Communications from the University of Miami. Lauren left the firm to attend law school and returned in 2012—first as an intern and then as an attorney—after graduating from The Catholic University of America Columbus School of Law. She is a member of the Maryland State Bar Association and was admitted to the United States District Court for the District of Maryland.

“**Sam is an extremely impressive attorney. The guy has a photographic memory and is very intelligent and well-versed in his industry. I would highly recommend him and his firm to friends and family members.**”

– satisfied client

Connor M. Noel, HBD's newest associate, joined the firm in September 2024. He attended Christopher Newport University, where he received a Bachelor of Science in Cellular and Molecular Biology, and graduated from The George Washington University Law School in 2023 with a concentration in intellectual property. After graduation, he clerked for the Honorable Judge Cathleen M. Vitale in the Circuit Court for Anne Arundel County before joining HBD. Connor plans to focus his practice on corporate, construction, business law, and intellectual property, but he is prepared to address clients' needs in the general practice of law.

Jonathan Pasterick becomes President of the Anne Arundel Bar Association on June 9, 2025.

The attorneys at HBD have consistently received recognition for their achievements and earned numerous awards—a testament to their legal prowess and their dedication to their clients. They have also been listed as Leading Lawyers in What's Up? since the inception of the survey. This year, **Sarah E. Brown, Lauren A. Torggler, Katie L. D'Entremont,** and **Connor M. Noel** were recognized as Up & Coming Lawyers in *What's Up?*

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- Property & Real Estate
- Trusts, Estates, Wills & Probate Law
- Alcohol Beverage Licenses



For nearly a half-century, HBD has embraced the practice of law with a spirit of enthusiasm. As the firm looks towards the future, the next generation of attorneys is poised to follow in the footsteps of their esteemed predecessors—building upon the legacy of success that was established by the founding partners.



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- **Estate and Closely Held Business Planning.** We prepare wills, various types of trusts, and other estate planning documents. These documents can be simple or complex depending on specific family concerns and/or on tax and asset protection considerations. Our firm represents clients with family businesses: from the selection of the type of entity and the creation of the governing instruments to structuring business succession planning. In every representation, we explore various approaches with our clients and then tailor the documents to address their goals.
- **Fiduciary Litigation and Tax Disputes.** We handle a broad range of will, trust, and other fiduciary litigation. This litigation includes disputes on the meaning of estate planning documents, arguments involving estate or trust administration, challenges based on lack of capacity or undue influence, and breaches of fiduciary duty within trusts, estates, or closely held businesses. We handle state and federal complex tax disputes for individuals, non-profits, and closely held businesses.
- **Estate and Trust Administration.** We help clients with the process of winding up a decedent's financial affairs by implementing the individual's estate plan or in accordance with state law if the person has no valid planning documents. We prepare all estate and income tax returns in-house so we can offer seamless administration services from beginning to end.



Our Firm Culture and Why It Is Important to Clients

There are four defining attributes imbedded in the DNA of our firm: (1) We focus on specific practice areas. These practice areas overlap to a surprising degree and are closely related. It is largely a world unto itself with its own unique set of laws, rules and practices. It requires a concentrated focus. (2) We keep a broad perspective while practicing in a defined niche. We “do it all” within that niche – estate and closely held business planning, estate/trust administration, and fiduciary litigation. This means that each lawyer constantly sees similar issues from various perspectives which gives depth to our advice and counsel. (3) We work as a team. We do not just

“I appreciate the personal relationship and care that is a part of your practice, as well as the expert counsel.”

give lip-service to intra-firm collaboration, but we follow a business model to achieve it and make it a habit. Clients are clients of the whole firm – not just of one lawyer in the firm. (4) Our culture fosters a deep understanding of our practice focus. The practice of law, like medicine, engineering, and other areas, is a learned profession. Our lawyers regularly teach courses for lawyers and judges. Firm members also write articles for law reviews and other legal publications and are active in the Maryland Bar Association. These activities keep the firm at the forefront of legal developments.

Our roots go back more than 40 years representing individuals and families with their estate planning, with their closely held business entities, and representing personal representatives, trustees, and beneficiaries in related litigation. For the last decade, the firm has consistently expanded but we do not grow so quickly or so big as to forget that every client matter requires the full attention of the firm. Clients benefit from the collective experience and knowledge of the whole firm with partners and associates staying thoroughly engaged in every aspect of every representation.

We serve clients located various distances from our physical office in Annapolis: from the Eastern Shore, the southern counties, the counties surrounding Baltimore and Washington, and western Maryland. The remote service options that we have perfected in response to the pandemic continue to provide our more distant clients with ease and convenience without sacrificing the quality of our services.

For more information about our firm and how we approach representing our clients, visit our website at www.frankebeckett.com.



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RONALD M. NADITCH, P.A.

Ron Naditch has decades of experience successfully handling disputes in the areas of family law (prenuptial agreement, divorce, alimony, domestic violence, and all children related issues), automobile accidents, criminal law, and general civil law.

Ron is a graduate of Dickinson College and University of Maryland Law School (with honors), where he served as an Assistant Editor of the Maryland Law Review and finished in the top 10 percent of his day school class. After law school, he served as a law clerk for The Honorable C. Ferdinand Sybert, a judge on the Maryland Court of Appeals. He then served a tour of duty in the United States Coast Guard before going into private practice as an associate of Goodman and Bloom in Annapolis, a position he held for one year.

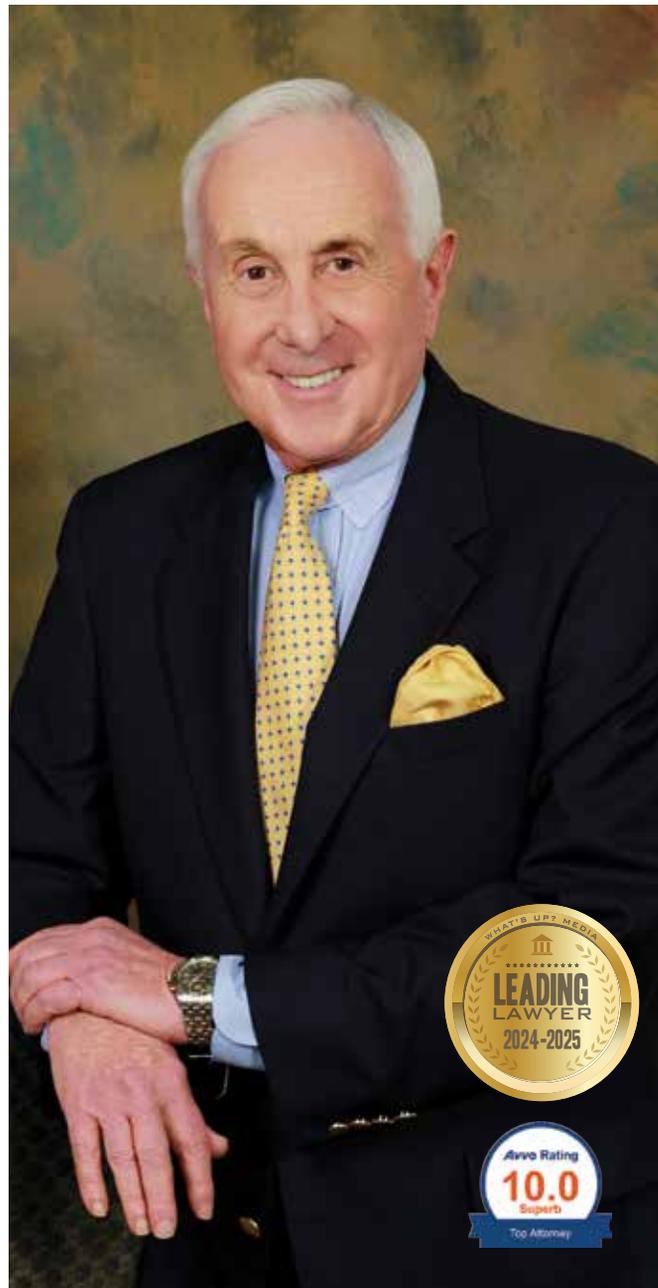
For more than 25 years thereafter, while Ron was developing his private practice, he served under five States Attorneys as a part-time Senior Assistant State's Attorney in Anne Arundel County. In this capacity he specialized in handling murders, rapes, robberies, and other major felony cases and was the go to person in cases involving insanity pleas until he retired in 1993.

During his legal career, Ron has represented the Anne Arundel County Department of Social Services; he has been a member of the Maryland Attorney Grievance Review Board; and he has been recognized by Martindale Hubbell (a publication that rates lawyers based upon responses from their peers) as an "AV" rated attorney since the mid-1970s. He also has the highest attorney rating from AVVO. In 1993, the judges of the Anne Arundel County Circuit Court appointed him as part-time Master/Examiner and he participated as a hearing officer for the Court in 5000-7000 cases over a period of 25 years before the elimination of that position in 2018.

At this stage of his practice, a great deal of Ron's time is spent conducting mediations for people who have family law issues. It has been his experience, after more than 25 years as a mediator, that nearly all family law issues can be resolved in this non-adversarial procedure. Mediation is far less expensive than litigation and, with the assistance of a trained mediator, can allow couples to dissolve their marriages and determine how to fairly resolve all child related issues, as well as issues relating to fair and appropriate monetary adjustment with regard to their property and/or to adjust their differences in income. The balance of his time is spent representing clients in contested family law cases in Anne Arundel, Queen Anne and Talbot Counties.

Ron considers family law to be a unique legal area and that it is in the best interest of the divorcing parties and their children if they seek to mediate solutions to their problems, as opposed to allowing the courts to mandate decisions about their lives, the lives of their children, and their financial assets. A divorce should not be about winners, losers, and results that end in scorched earth. Peaceful solutions to divorces inures to the benefit of all parties. An attorney should act as a problem solver, neither accelerating nor aggravating what is often a stormy situation. Ron's approach is to say to his clients when they come into his office, "Let's sit down, discuss, mediate, and resolve the issues, instead of letting a person in a black robe make a decision about you and your family."

According to Ron, "I think of myself as a problem solver, not a troublemaker, in family law cases. But if trouble arises or problems cannot be resolved without limitation, I have the experience to handle any type of case."



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In 1999, Rick founded the Jaklitsch Law Group with the goal of creating the number one personal injury firm in the state. Established on family principles, valuing open communication, trust, and empathy, the Jaklitsch Law Group quickly garnered a reputation for superior client service and case results. Today, the firm specializes in serious and catastrophic injury cases, and its four award-winning lawyers have become synonymous with significant settlements and verdicts for the seriously injured. This track record of success has repeatedly earned the Jaklitsch Law Group national awards and recognition, and is another reason why *What's Up? Annapolis* is again recognizing Rick and his firm as one of its Leading Legal Professionals.

- Named Best of Annapolis 2022 from *What's Up?*, our hometown (and favorite) magazine.
- Named both Maryland's "Best Personal Injury Firm" and "Best Civil Litigation Firm" by *The Daily Record*.
- Named Annually to "Best Law Firms" list by both *U.S. News & World Report* and *Best Lawyers*.
- Rick Jaklitsch and Christine Murphy recognized as two of the "Best Lawyers in America" by *Rue Rating*.
- Christine Murphy named one of Maryland's "Leading Women" by *The Daily Record*.
- David Jaklitsch Named a "Top 40 Under 40" civil plaintiff trial lawyer by *The National Trial Lawyers*.

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Attorneys at Law

Since its founding in April 1995, the attorneys at Iliff, Meredith, Wildberger & Brennan, P.C. have worked tirelessly to represent victims injured as a result of medical negligence, i.e., medical malpractice. While the firm's primary focus is on medical malpractice injuries, the firm's practice also emphasizes representation of clients injured in automobile accidents and truck accidents.

The firm understands that victims are often unable to afford an attorney's hourly rate. The firm often represents clients on a contingency fee basis. This means that the firm is paid a percentage of a client's recovery as the firm's fee, but that a client does not owe the firm a fee unless a client obtains a monetary recovery. This contingency fee model allows Iliff, Meredith, Wildberger & Brennan, P.C. to represent injured clients who otherwise could not afford to pursue their claims.

Iliff, Meredith, Wildberger & Brennan, P.C. offers clients a potent combination of small firm efficiency coupled with ability and experience in litigating large and complex cases. All of the firm's clients receive personal attention from their attorneys at Iliff, Meredith, Wildberger & Brennan, P.C.

Iliff, Meredith, Wildberger & Brennan, P.C.'s relationships with clients are characterized by confidence and trust. Irrespective of the type, value, or complexity of a given case, the attorneys care about what happens to the firm's clients. The firm's attorneys do their utmost in every case to ensure that justice is done for their clients and to assist clients in achieving the best possible result.

Iliff, Meredith, Wildberger & Brennan, P.C. also believes in giving back to the community. In addition to financially supporting community initiatives, the firm's attorneys regularly donate their time through a variety of charitable

and professional organizations. This commitment has resulted in many honors and awards to Iliff, Meredith, Wildberger & Brennan, P.C. and its attorneys, as well as many leadership positions being held by the firm's attorneys in both community and professional organizations. Iliff, Meredith, Wildberger & Brennan, P.C. provides potential clients with free legal consultations. Please contact the firm by telephone (410) 685-1166 or online to discuss how its attorneys may be able to provide assistance. Please visit Iliff, Meredith, Wildberger & Brennan, P.C.'s website, www.ilimer.com, to review a more complete description of the firm's practice areas and to view individual attorney profiles.

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 - Trusts
- Pet Trusts

Planning is always wise and good, and foresight and planning is especially important to help your family/friends care for you in times of illness or convalescence!

Planning is also very important for your Last Will and Testament and/or other estate documents to give guidance and instruction to those who care about you and who are taking care of things when time comes.

Kendall Summers Esquire, is an experienced attorney practicing in the fields of Family and Estate Planning Law with 25+ years of experience.



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Timothy J. Oursler



Steven A. Brown



Michelle DiDonato



Strider L. Dickson



Anthony P. Kupersmith



Matthew A. Pearl



Lawrence Scott



Emma M. Grandfield



Craig A. Snyder



Kaitlin A. O'Dowd



Kevin M. Jensen

McALLISTER, DeTAR, SHOWALTER & WALKER LLC

McAllister, DeTar, Showalter & Walker LLC (MDSW) is honored that our dedication to the practice of law and service to our communities has been recognized with 15 of our attorneys selected as 2024-2025 Leading Lawyers across the state! What's more, two of our Annapolis associate attorneys have joined the Up & Coming Class of 2025: Craig Snyder and Kaitlin O'Dowd!

At MDSW, we are experienced in handling all manner of complex business transactions, bet-the-company litigation, employment disputes, estate and trust planning, family law matters, real estate proceedings, and land use regulation.

The past year has marked significant

growth across our practice areas. Matthew Pearl joined our trusts and estates department, while Emma Grandfield and Kaitlin O'Dowd have greatly strengthened our litigation team. We also welcomed Lawrence Scott and Kevin Jensen, who have played a key role in expanding our land use practice. With these additions, our Annapolis office is now proud to support 11 of MDSW's 27 attorneys, as our newest members join Tim Oursler, Steven Brown, Michelle DiDonato, Strider Dickson, Anthony Kupersmith, and Craig Snyder.

MDSW understands that the essence of a successful firm is not only in the expertise of its attorneys but also in its commitment to the community it serves. Our attorneys are involved in commu-

nity programs, boards, and non-profits, including Leadership Anne Arundel, the Anne Arundel County Chamber of Commerce, the Anne Arundel Bar Association, the Risk Management Association, and TCP Youth Empowerment. We look forward to the opportunity to continue growing our relationships in the Annapolis region and beyond.



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Photo by Catherine Miller with [re]focus portrait studio

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Kagan Stern Marinello & Beard provides highly skilled legal services to businesses and individuals in the areas of business, employment, and litigation in Maryland, DC, Virginia, and other jurisdictions throughout the country. The firm's attorneys have been consistently recognized as "AV" rated by Martindale-Hubbell (which is the highest rating attorneys can receive from their peers), as well as by "Super Lawyers," "Best Lawyers," and annually by *What's Up? Media's* "Leading Lawyers," in the areas of business, employment, and litigation.

Kagan Stern's business law practice includes corporate formation and organization, drafting contracts and business agreements, mergers and acquisitions, and financing and security transactions. In addition, our attorneys draft and review intellectual property and related licensing agreements and handle other general counsel needs of our business clients. The firm also participates in real estate matters, including drafting and negotiation of leases and purchase contracts, and conducting real estate settlements through its title company affiliate, Title Nation, in addition to land use and licensing matters such as development and zoning issues, variances, special exceptions, site design plans, permitting, and issues related to liquor licenses.

The firm's employment law practice involves advising businesses and individuals on nearly all aspects of the employment relationship. The firm's attorneys draft and review employment agreements, nonsolicitation and noncompetition agreements, confidentiality and nondisclosure agreements, severance agreements, employee handbooks, and employment policies. They also advise on matters such as wage and hour compliance, trade secret protection, discrimination and

leave laws, and privacy issues. Kagan Stern's lawyers are trained and experienced in conducting confidential internal investigations for businesses regarding potential violations of employment laws and other sensitive business matters.

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At Sims & Campbell, our estate planning lawyers help individuals and families create plans that maintain harmony, avoid probate, reduce taxes, protect assets, designate guardians for minors, and support charities. All our lawyers focus solely on estate planning and administration, leveraging deep experience to address complex tax and family issues with clarity and empathy. Our dedicated approach delivers practical, compassionate solutions, ensuring every client has peace of mind in an efficient, well-structured plan. This year, Frank Campbell and Michael Lehr were named Leading Lawyers.

Our team serves a wide range of clients, from young families just starting out to ultra-high net worth individuals with complex needs. This diversity lets us adapt to clients' evolving wealth and planning demands over time. Whether you're building a legacy or safeguarding assets for heirs, we provide tailored, practical solutions. Our expertise ensures each plan fits your current needs and future goals.

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EVAN KOSLOW



Your Family Law Advocate

For more than a decade, Evan Koslow has been helping couples, families, and children in Maryland get to a better place. Located in Annapolis, the Koslow Law Firm handles many types of family law cases including military divorce, best interest attorney, third party custody, collaborative law, and mediation. Evan has successfully taken on hundreds of the most difficult and complex divorce and family law cases in Maryland. Beyond being a litigator and mediator, he is also a Parent Coordinator.

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Recognizing that every client is in a unique situation, Evan will be your advocate and provide you with personal attention to better understand the circumstances surrounding your legal situation.

Koslow Law Firm supports clients in many parts of Maryland including, but not limited to: Anne Arundel County, Baltimore County, Calvert County, the Eastern Shore, Howard County, Montgomery County, and Prince George's County.

With flexible appointments available all week, Koslow Law Firm LLC strives to be easily accessible to clients and all calls and emails are returned within 24 hours.

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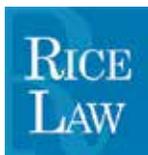
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The Law Offices of Stacey B. Rice, LLC ("Rice Law") is a family law firm, focusing on divorce, custody, child support, alimony, protective orders, and prenuptial agreements. Our mission is to provide each client with exceptionally dedicated service, as trusted advisors and tenacious advocates, navigating disputes and seeking to achieve unique goals through a personalized, strategic approach grounded in empathy. The attorneys at Rice Law work together closely on all cases to give our clients the very best representation possible. We pride ourselves on being strong trial attorneys, especially in the most complex of cases.

The firm is led by Stacey B. Rice, who has practiced family law for almost 20 of her 24 years as an attorney in Annapolis. The

Rice Law team includes Partner Samantha Posner, along with associate attorneys Nicholas Mastracci and Annie Thomas. The firm is excited to add two associates to the firm after their Judicial Clerkships in the Circuit Court for Anne Arundel County: Jessica Weller Guntow and Collin Brown.

Stacey is a custody mediator, Samantha is a parent coordinator, and Stacey, Samantha and Nick are Best Interest Attorneys and represent children in divorce cases. Please visit our website (www.staceyrice.com) for more information about Rice Law.





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The Mundaca Law Firm’s objective is simple. We provide unwavering advocacy without compromises. We accomplish this goal by providing our clients with outstanding legal representation while protecting their rights in an efficient and cost-effective manner.

Q&A Questions and Answers with the Experts



Q: Is Maryland now a “No Fault” Divorce State?

A: Actually – YES. In Oct 2023, Maryland made some major revisions to its divorce laws. Specifically, the legal grounds for divorce were changed from fault grounds (like adultery,

vicious conduct etc.) to three non-fault grounds: (1) “Consent” where the parties have created a Marital Separation Agreement (MSA) resolving all issues; or (2) a 6-month Separation (now including separate living in the same house); or (3) for Irreconcilable Differences. The realities of unkind and harsh treatment, adultery, etc can still be considered by a court in its consideration of property division and alimony support, however. Overall these changes seem to be promoting a less hostile and contentious divorce process. Call us if you would like to learn more!

Kendall Summers, Esquire, Kendall Summers Law



Q: How does a person who is about to become involved in a family law problem select the right lawyer?

A: 1) Start by checking the lawyer’s rating in Martindale-Hubbell, a publication which rates attorneys based on evaluations from one’s peers. 2) Inquire of friends who have been through

a similar situation. 3) Inquire of lawyer friends you may have. 4) Ask people at the courthouse who work for the court in the family law division. 5) Confer with more than one lawyer to make certain that you are comfortable with the person selected. Lawyers are not “one size fits all.” Determine what you are looking for—super aggressive, cerebral, or warm and fuzzy. Look for someone who is responsive in getting back to you, who will not delegate duties to others, and who specializes in the issues that are likely to be involved in your case. This is a very important decision — select wisely.

Ron Naditch, Ronald M. Naditch, P.A.



Q: If I hire Iliff, Meredith, Wildberger, & Brennan, PC to represent me, will I be able to speak with my attorney throughout the entire case?

A: Yes. Iliff, Meredith, Wildberger & Brennan, PC, is a small,

client-focused law firm. Every case is staffed by at least two attorneys. Our goal is to provide clients with ready accessibility to attorneys at all times. We work hard to ensure effective communication with clients from start to finish.

Benjamin Howard Meredith

Iliff, Meredith, Wildberger & Brennan, P.C.



Q: What steps can families take to protect seniors from financial exploitation and ensure their assets are secure?

A: Financial exploitation of seniors is an unfortunate reality, but there are proactive steps families can take to protect loved ones. Regularly reviewing financial statements for unusual activity,

creating alerts for large transactions, designating a trusted person with power of attorney, and educating older adults about common scams are crucial protective measures. Implementing legal tools like trusts can provide added layers of oversight. If less-restrictive means are not sufficient, guardianship may become necessary. The key is early intervention, vigilance, and protection against unauthorized access to assets. Consulting an elder law attorney can help you develop a plan to safeguard your loved ones.

Matthew A. Pearl

McAllister, DeTar, Showalter & Walker LLC



Q: Why should trial counsel, already familiar with a case, consider hiring an appellate attorney for an appeal?

A: In addition to timesaving familiarity with appellate procedure and practice, one of the key benefits of an appellate attorney is a detached, critical analysis

of the trial record. Unlike trial, where emotional involvement in a case is normal, and oftentimes necessary, emotion is generally unhelpful on appeal, because the audience is different. Though trial may have resulted in emphasis on a certain argument, appellate counsel can help trial counsel determine which arguments and issues from trial are strongest on appeal, or whether a new perspective on an old issue is necessary, all without bias for or against any issue.

Matthew J. Chalker, Bowman Jarashow Law LLC



Q: How can I make my investment portfolio tax-efficient?

A: To maximize tax efficiency, first, leverage tax-advantaged accounts like 401(k)s, IRAs, and HSAs. Then, optimize account allocation by placing tax-inefficient assets, such as bonds and REITs, in these accounts

while keeping tax-efficient investments like ETFs and stocks in taxable accounts. Consider using tax-loss harvesting to offset gains by selling underperforming assets. Lastly, explore Roth conversions if beneficial, moving funds from a traditional IRA or 401(k) into a Roth IRA to reduce future tax burdens.

Greg Karanzalis, Connect Wealth

Wealth Planner, Partner



Q: I am under contract on a home. What is title insurance and do I actually need it?

A: Yes! For most people, a home is the single largest investment they will make in their life. For a one time fee at settlement, owner's title insurance protects your property rights for as long

as you or your heirs own your home. There are many hidden issues that may pop up after your home purchase. Getting an owner's title insurance policy is the best way to protect yourself from unforeseen legal and financial title discrepancies. Unexpected issues that could arise include: (1) outstanding mortgages and judgments or a lien against the property because the seller has not paid taxes; (2) pending legal action against the property that could impact you; or (3) an unknown heir of a previous owner who is claiming ownership in the property. You insure everything else that is valuable to you – your life, car, health... the same should apply for your largest investment!

Lee Ann Adams, Council Baradel



Q: I would like to leave assets to my partner, but we are not married. Will my partner have to pay inheritance taxes?

A: Because of a recent change in Maryland law, your partner will not have to pay inheritance taxes if you

have filed a Declaration of Domestic Partnership with the Register of Wills. To qualify, you and your partner must be 18 years of age or older, live in Maryland, be each other's sole domestic partner and in a committed relationship with each other, and be unmarried.

Deborah F. Howe, Franke Beckett LLC



Q: How do I protect my children financially when I get remarried?

A: Congrats on your upcoming marriage. It's smart to make a plan to protect your children's financial well-being. Two common ways to do this include updating

your estate plan to reflect your wishes for your children's inheritance/creation of trusts and having a prenuptial agreement. While no one wants to talk about a prenup, it's like car insurance. You hope you never use it, but it's there to protect you during unforeseen circumstances. At HBD, we can assist you with estate planning and a prenuptial agreement to safeguard your children.

Sarah E. Brown, Hillman, Brown & Darrow, P.A.



Q: What is Enhanced UIM?

A: Enhanced UIM is coverage on your policy that protects you if the at fault driver has a lower policy than what you carry. This

"enhances" or increases your coverage, so that you have more insurance coverage to protect YOU if you are injured by someone else's carelessness. This is typically a minimal cost, and your health and a full recovery are worth it.

Deborah Potter, Potter Law



Q: How can Advanced Planning Strategies benefit me and my loved ones?

A: Advanced Planning Strategies offer powerful benefits for you and your loved ones. These strategies help minimize taxes. The estate tax exemption is currently at

a remarkably high rate and may be lowered at the end of 2025. Acting now can save you and your loved ones from paying estate tax. With the right plan in place, you can preserve your legacy, reduce stress for your family, and gain peace of mind knowing your future is secure.

Alex Pagnotta, Sinclair Prosser Gasior
Managing Attorney



Q: I am a GC on a construction project, and one of my subcontractors has poorly performed its scope of work. What option do I have?

A: It will largely depend on the terms of the contracts in place - both the owner contract and the contract with your subcontractor. Best practice is to have written contracts

and for each to specifically identify and reference relevant construction standards that will guide the project, in addition to clear remedy, notice, and dispute resolution provisions. Working with an attorney experienced in construction matters will ensure a strong base contract, but also realize that one size does not fit all. It is always advisable to consult with your counsel prior to and during each project as needed.

Patrick Daley, Kagan Stern Marinello & Beard



Q: What key provisions should a landlord prioritize when negotiating a commercial real estate lease?

A: Landlords should focus on lease provisions that protect their investment and ensure consistent cash flow. Items to prioritize in the negotiations include rent structure (base rent and escalations), lease

term and renewal options, responsibility for operating expenses (triple net vs. gross lease), maintenance obligations, and remedies for a tenant default. Additionally, it is critical to outline use restrictions and assignment rights, which will determine how the space is used and whether the tenant can free transfer the lease or sublease a portion of the space. Clear, well-negotiated lease terms reduce disputes down the road and help preserve property value.

Jonathan W. McGowan, Liff, Walsh & Simmons
Partner



Q: With thousands of lawyers out there, how do I find the best lawyer to handle my car crash?

A: You wouldn't hire a doctor who says "I handle dermatology, allergies, lung cancer and oh, by the way, I do brain surgery on the side." Lawyers that limit their practice to car crash cases

will most likely get much better results than lawyers who do not. We live and breathe those issues daily. Start there - find someone handling only the problem you have. Then check them out on-line, with a judge you may know, through MartindaleHubble.com (find lawyers with an "AV" rating), ask other lawyers, read client reviews, look in Faces of the Chesapeake Magazine, ask bailiffs or courtroom clerks who watch lawyers in court every day. Find lawyers that have built their reputations on trial results. Insurance adjusters know which lawyers will push hard for the best results and which will settle easily for less money. You need that information too.

Rick Jaklitsch, The Jaklitsch Law Group | 1-(855)-Big-Dog1





Q: Why doesn't the court consider why our marriage ended?

A: Welcome to the modern legal system! Courts no longer consider moral issues in granting divorces but follow the new no-fault legislative guidelines.

While causes of a breakup may factor into claims for alimony, division of assets, or attorney's fees, judges weigh evidence differently. Some courts consider adultery a symptom of the breakup, not necessarily the cause. You need to learn about the grounds for divorce, the cause of the breakup, and what the court considers when granting custody, support, and division of assets. An attorney can educate you on the possible outcomes and how to prepare. Understanding what a judge can and might do is the key to a good resolution.

Samuel J. Brown, Hillman, Brown & Darrow, P.A.



Q: How has your experience as a law clerk prepared you for your role at HBD?

A: As a law clerk for the Circuit Court of Anne Arundel County, I researched laws to assist the judge in making decisions and preparing for trials. I analyzed cases,

reviewed pleadings, observed top attorneys, and refined my writing skills. As the newest associate at HBD, I apply that experience to cases involving business, commercial, and administrative law, while also assisting in other practice areas. With the mentorship of my colleagues and the trust of our clients, I'm prepared to take on any legal challenge.

Connor M. Noel, Hillman, Brown & Darrow, P.A.



Q: What is the biggest legal mistake businesses make?

A: There are several legal pitfalls that business owners can encounter, from employee issues to tax issues to operational issues. But the biggest one I see is the

failure to have an exit strategy. Businesses are like marriages. In the beginning, everyone is happy. But like marriages, businesses don't always end well. An airtight buy-sell agreement is critical to ensure that owners are treated fairly and that they treat the business fairly. At HBD, we strive to protect you while your business is operating or if it hits hard times and someone wants to leave.

Jonathan E. Pasterick, Hillman, Brown & Darrow, P.A.



Q: What is our approach to estate planning?

A: Estate planning helps achieve two main goals: ensuring your care and managing assets if you become incapacitated, and making the distribution of assets after passing

smooth and clear. We work closely with clients to define their priorities and create simple, effective plans that support loved ones and those entrusted with responsibilities. Clear communication and thoughtful planning are acts of love—making it easier for others when it matters most. We're here to help you *Get Your Ducks in a Row!*

Kendall Summers, Esquire, Kendall Summers Law



Q: Is it ever possible to change or modify an "irrevocable" trust?

A: In general, an "irrevocable" trust is a trust that cannot be changed or terminated by its creator (the "grantor"). These types of trusts are popularly used

for tax planning or creditor protection purposes, and the trust's irrevocability helps accomplish those objectives. However, in limited circumstances, the terms of an irrevocable trust can be changed. For example, a court can modify the trust's terms, or in certain circumstances, Maryland's new Decanting Act permits transfer of the existing trust assets to a new trust.

Jack K. Beckett, Franke Beckett LLC

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THE OSPREY - MENHADEN

Bay Connection

**ADDITIONAL STUDIES AND PRECAUTIONARY MEASURES
NEEDED TO PROTECT THESE ICONIC SPECIES // BY LISA A. LEWIS**





An adult female osprey on a nest in the York River. The resident pair in this territory arrived in early March and remained on the territory throughout the nesting season. Despite being resident, she never was documented to lay a clutch. Photo by Bryan Watts.

Each spring, birders eagerly await the return of ospreys to the Chesapeake Bay—a welcome sight that signals the end of winter. An estimated 8,000 to 12,000 breeding pairs of ospreys live in the Chesapeake Bay, which is home to the largest breeding osprey population in the world. Since ospreys are sensitive to changes in their environment, they serve as a monitor of the health of the Bay.

So, when 2024 breeding performance results released by the College of William & Mary’s Center for Conservation Biology (CCB) showed that osprey chicks continue to starve in their nests in portions of the Bay where they typically depend on menhaden—a small, silvery, nutrient-packed fish—for food, the findings intensified ongoing, decades-long concerns.

According to a press release issued on September 13, 2024, by the CCB, osprey chicks aren’t surviving at rates that sustain the population. A survey monitored 571 osprey pairs in 12 sites in Virginia and Maryland during the nesting season (March through August). Ten study areas were located within the main stem of the Bay, where salinity exceeded 10 parts per thousand (ppt), and ospreys are highly dependent on menhaden. Two additional study areas (used for comparison) were located on upper tributaries within tidal fresh waters, where salinity was less than 1 ppt, and ospreys feed primarily on catfish and gizzard shad.

The generally accepted reproductive rate for population maintenance is 1.15 young/pair. Breeding performance varied between the higher-salinity sites—ranging from minor, moderate, and major deficit. However, the reproductive rate within the tidal freshwater sites was 1.36 young/pair, which is above the maintenance target (surplus).

“It’s clear to researchers that ospreys are struggling due to food stress, but the starvation issue is mostly confined to the main stem of the Bay, where waters are greater than 10 ppt salinity,” says Bryan Watts, Ph.D., director of the CCB. “We do not know why menhaden have become less available to ospreys. The osprey-menhaden issue is a moving

target. Some have suggested that ongoing harvest, warming waters, water quality, or other factors are impacting menhaden in the Bay. However, we do know that osprey broods [groups of chicks] are starving in their nests and that there is not enough menhaden in their diet to support sustainable reproductive rates.”

In addition to starvation, scientists and researchers are also observing uncharacteristic behaviors among ospreys. According to Watts, a large number of osprey pairs didn’t lay clutches during the 2024 nesting season. This is the first time that this behavior has been documented on a large scale within the Chesapeake Bay. Researchers believe that the most likely explanation is that the females didn’t reach the nutritional condition required to produce eggs.

Single-chick broods and asymmetric broods were also widespread throughout the Bay in 2024. Asymmetry develops when food coming into the nest is inadequate to feed all of the chicks—resulting in a dominance hierarchy, which allows the dominant chick to monopolize access to food. Depending on the available food supply, one or all of the chicks may starve.

“Each year, my team and I band ospreys along a 45-mile stretch of the middle and lower Patuxent River, from Jug Bay to the river’s mouth at Solomons Island,” says Greg Kearns, senior park naturalist for the Maryland-National Capital Park and Planning Commission (MNCPPC) at the Patuxent River Park. “As part of our work, we track reproductive trends by noting the number of chicks per nest and the total banded. Between 2013 and 2024, the number of nests producing only a single chick has increased, while those with two or three chicks has noticeably declined, especially in the lower, higher-salinity portions of the river—a sign of decreasing overall productivity. These are preliminary results, which are unpublished and have not been peer reviewed. However, we observed these declines long before they became a broader concern.”

“It’s clear to researchers that ospreys are struggling due to food stress, but the starvation issue is mostly confined to the main stem of the Bay.”



THE ROLE OF MENHADEN IN THE BAY ECOSYSTEM

During the past 20 to 30 years, the baywide community has continued to sound the alarm about the availability of menhaden in the Bay. Scientists, researchers, commercial fisheries, watermen, conservationists, and recreational anglers and crabbers have noticed warning signs. (There is not a recreational fishery for menhaden in Maryland since the fish are very oily, which makes them unpalatable. However, many anglers and crabbers rely on them for bait.)

“We’ve been seeing red flags in the Chesapeake Bay during the past few decades—many of which are right here in Maryland,” says Allison Colden, Ph.D., Maryland executive director, Chesapeake Bay Foundation (CBF). “Maryland watermen aren’t meeting their menhaden quotas, citing that their harvests are down compared to previous years. In addition, the issues we’re seeing with ospreys are being recorded as far north as Poplar Island and have raised concerns about the importance of protecting other species that feed on menhaden.”

Referred to as the “most important fish in the sea,” menhaden are forage fish that serve as a critical part of the food chain in the Bay. They feed on phytoplankton and zooplankton, which they filter from the water. In turn, menhaden are eaten by various predators,

including striped bass, bluefish, bald eagles, ospreys, dolphins, and whales. Some studies show that menhaden comprise approximately 75 percent of an osprey’s diet in higher-salinity areas of the Bay—underscoring the importance of determining why they are less available to ospreys.

According to CBF, the Bay is one of the most important nurseries for menhaden. Their eggs hatch in the open ocean before drifting as larval young on currents into the Bay.

In response to growing concerns about the availability of menhaden in the Bay and the disruption to the food chain, the Atlantic States Marine Fisheries Commission (ASMFC), which manages the fishery for the 15 states that share the coastline and establishes limits for both the coastwide and Chesapeake Bay harvests, first set a cap for the industrial menhaden harvest in the Bay at 109,020 metric tons in 2006. The Bay cap was reduced to 87,216 metric tons in 2013 and to 51,000 metric tons in 2017 to reflect more recent harvest levels.



Top: An osprey carries a menhaden to its nest platform on Poplar Island in Talbot County. Osprey will often rearrange a prey fish in its talons so the head is facing forward, making their meal more aerodynamic in flight. Photo by Will Parson/Chesapeake Bay Program. Bottom: Juvenile menhaden swim in Spa Creek in Annapolis. Menhaden are schooling fish that filter feed on algae and zooplankton in the water column. Photo by Will Parson/Chesapeake Bay Program. Right: A symmetrical brood within the upper James River reference site. Symmetric broods are maintained when enough food is delivered to nests to support all young in the brood. Nestlings develop at the same rate and have the same appearance. Photo by Bryan Watts.





Zenon Vasquez works aboard Captain Boo Polly's workboat, hauling menhaden caught with pound nets on the Chesapeake Bay west of Barren Island in Dorchester County in June 2020. Photo by Carlin Stiehl/Chesapeake Bay Program.

A CONTENTIOUS ISSUE

Although there is a lot of speculation among the baywide community regarding the availability of menhaden, the issue remains a source of disagreement, and a definitive cause has not yet been determined. Although the osprey-menhaden connection is complex, the issue is further complicated by the interests of the industrial menhaden fishery and politicians—making it a controversial topic of discussion within the Bay.

Omega Protein Corporation, a subsidiary of the Canadian multinational seafood company, Cooke, Inc., is the only industrial menhaden fishery in the Bay and along the Atlantic coastline. The company targets menhaden for the reduction industry, which involves grinding them into fishmeal or fish oil to use in other industries, such as cosmetics, nutritional supplements, pet food, and other consumer products, as well as feed for livestock and fish farms.

In the past, reduction plants were located throughout the East Coast. However, Virginia is cur-

rently the only state that still allows reduction fishing for menhaden in its waters. All other states have banned the practice. In fact, nearly 75 percent of all menhaden caught on the Atlantic Coast is harvested by Omega Protein, which operates the last remaining reduction facility on the East Coast in Reedsville, VA. But although industrial fishing only occurs in Virginia waters, it impacts the entire Bay.

“It surprises me that a Canadian-owned company is allowed to operate in U.S. waters and remove such a large biomass of a critical keystone species from the Bay,” Kearns says. “It seems unlikely that it would not have some impact on the ecosystem. It’s common sense. We just don’t know the full extent.”

Indeed, Omega Protein has continued to raise concerns about menhaden management in the Chesapeake Bay. According to a blog post written in 2021 by Chris Moore, Virginia executive director, CBF, the company has a documented history of fish spills, which result when the nets break and spill thousands of dead fish into the water, as well as environmental and regulatory violations, including Clean Water Act violations. In addition, it exceeded the Chesapeake Bay harvest cap in 2019. Perhaps most concerning, Omega Protein refuses to cooperate or share its harvest data with scientists and researchers who are studying the Bay’s menhaden population.



Top: Menhaden is often used as bait to catch both blue crabs or blue catfish. Photo by Will Parson/Chesapeake Bay Program. Bottom: An asymmetric brood within the lower Chesapeake Bay. Following the loss of the third young, these two young remain. The two siblings are noticeably different in size, with the smaller young being 50% the mass of the larger. Photo by Bryan Watts.

“Menhaden reduction fishing data is confidential,” Colden says. “Omega Protein, however, knows exactly where, when, and how much menhaden is taken from the Bay since they harvest it. But they don’t share the data publicly, so we don’t have the complete picture. We need more information to help us better manage menhaden.”

In addition to the industrial menhaden fishery, politics also plays a role in menhaden management. In January 2024, Virginia’s House of Delegates Studies Subcommittee unanimously delayed consideration of House Bill 19 (HB 19) until 2025—a major legislative setback that prevented scientists from advancing their knowledge of this critical species. The bill would have funded a comprehensive study of the menhaden population, which would help address significant issues, including the impacts of climate change and industrial fishing.

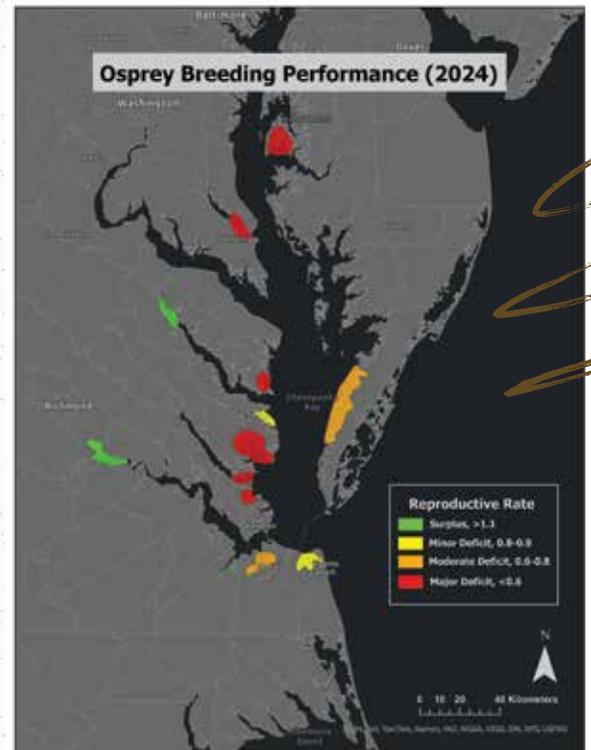
At the time of writing, Virginia is in the middle of a legislative session, and House Bill 2713 (HB 2713) is currently under consideration. The bill would require Virginia to conduct a study of the status of menhaden in Virginia’s portion of the Chesapeake Bay.

THE ESTABLISHMENT OF A WORKGROUP

Prompted by the 2024 osprey survey results, which showed low nesting success in higher-salinity portions of the Bay, the ASMFC voted to establish a workgroup in August 2024 to assess the need for precautionary measures and additional protections from industrial fishing.

The motion, which was proposed by Colden, a member of Maryland’s ASMFC delegation, directs the workgroup to consider management actions, including possible time of year and area closures, to protect predators that rely on menhaden for food in the Bay. The motion was unanimously supported by the Menhaden Management Board.

“The Chesapeake Bay menhaden harvest caps are just one precautionary measure,” Colden explains. “From struggling osprey populations to dismal menhaden bait landings, it’s clear that additional precautions are needed. This ongoing issue warrants more in-depth discussion. Seasonal fishing closures during the time of year when menhaden are most in demand by ospreys and other predators would help us better manage menhaden fishing in the Bay.”



“The 2024 osprey data adds to the growing concerns about the number of menhaden in the Bay and the importance of a robust menhaden population—[not only] for species that depend on them for food [but also] for the local economy,” Moore adds. “We must follow a precautionary, ecosystem-based approach to [set] limits on the menhaden fishery. That approach must include the study of the industrial fishing impacts to the Bay as well as [the consideration] of seasonal fishing closures from the Atlantic States Marine Fisheries Commission.”

The workgroup presented an update to the Menhaden Management Board at its October 2024 meeting. Colden says the workgroup decided to take a deeper dive into the issues that affect menhaden and collect additional data. They would also like to bring in more experts to help analyze the issues and make suggestions. The workgroup will present its findings to the board at the spring meeting on May 5–8.

FUTURE OUTLOOK

The formation of a workgroup is a testament to the ASFMC’s recognition of the need for additional precautionary measures on the industrial menhaden fishery. The relationship between ospreys and menhaden is critical, and the role of menhaden in the food chain cannot be disputed.

Although scientists have some data on the menhaden population in the Bay, there is a lack of specific information with regard to their distribution, which has resulted in ongoing concerns about overfishing and the impact on the Bay ecosystem. Clearly, more targeted research and studies are needed to understand the menhaden population within the Bay.

“Concern about menhaden and ospreys is an emerging issue with several strategic questions yet to be addressed,” Watts says. “During the next two years, we will continue to push the boundaries in the field and collect data designed to answer outstanding concerns. With help from fisheries scientists, industry, and the broader Bay community, I am confident that together we will have the sound science needed to tackle threats to the populations of both ospreys and menhaden.”

“Concern about menhaden and ospreys is an emerging issue with several strategic questions yet to be addressed.”

Left: An osprey brings a menhaden back to its nest and partner on Shipping Creek on Kent Island in Stevensville. Photo by Will Parson/Chesapeake Bay Program. Top: Norah Carlos of the Chesapeake Bay Foundation demonstrates the first half of the “kiss and twist” method of preparing a menhaden for use as bait for a crab pot during an educational program on the waters of Smith Island. Photo by Will Parson/Chesapeake Bay Program. Bottom: An adult female osprey carries a menhaden to a nest in the Chesapeake Bay. Osprey with menhaden has been an iconic sight over Bay waters for hundreds of years. The view has been much less common in recent years. Photo by Bryan Watts.



Special thanks to Valerie Keefer, Maryland communications & media relations manager, CBF, and Kenny Fletcher, director of communications and media relations, CBF.

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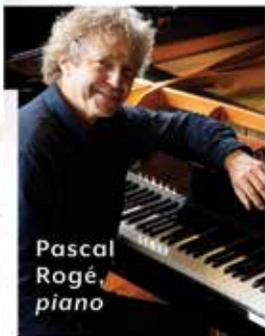
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The Chesapeake Explorer

Captain John Smith's travels and discoveries of 400 years ago inspire conservation and recreational opportunities today

By Ellen Moyer



Captain John Smith (c. January 1580–June 1631) was an English soldier, explorer, and author. He was the first English explorer to map the Chesapeake Bay area and New England.

On Dec 18, 2024, a bill to establish The Chesapeake National Recreation Area unanimously passed the United States Senate. A week later it died in Congress on a partisan vote. The bill introduced by Senator Chris Van Hollen recognized the Chesapeake Bay as a national treasure that would have linked natural and historic sites in the bay watershed, even as far away as New York state (the Susquehanna River's headwaters are in Cooperstown). Bipartisan support for the bay as a national recreation area dates back to the 1980s. Forty-five years later it still remains as an idea.

Joel Dunn, past President of the Chesapeake Conservancy, describes the nation's largest estuary "as spectacular as the Great Smokies, Yellowstone, and Yosemite, and as grand as the Grand Tetons." And so, it is. In fact, the Chesapeake Bay includes the designated Captain John Smith Chesapeake



challengers in single combat duels but was eventually captured and sold at a slave market. He was gifted to a woman in Constantinople. Regularly beaten by his slave master, Smith managed to kill him and escape the Ottoman territory. He returned to England in 1604 and became involved in the quest to colonize Virginia.



Top: The James River flows past the Jamestown settlement and crosses, which mark 30 graves from 1607. Bottom: The old church tower at Jamestown, VA, built between 1639–1700 still stands at the historic 1607 settlement.

Becoming a captain, Smith trained the first settlers in Jamestown to farm and fish, which saved the colony from early devastation. Quoting Thessalonians from the Bible, he declared that “He that will not work, shall not eat.” His leadership is credited with saving Jamestown from harsh winters and his positive relationship with the Powhatan Tribe is recognized as having helped preserve the settlement. He believed the existence and success of the colonies depended on peace with native tribes. He never tried to exterminate them. He was a good friend of John Rolfe, a tobacco planter, who married Pocahontas.

Capt. Smith was described as very straightforward about the dangers and possibilities of life in the Virginia. He asserted that those with a strong work ethic would be able to live and succeed in America in face of great dangers. He is quoted, “Here, every man may be master and owner of his own labour and land...if he have nothing but his hands, he may...by industries quickly grow rich.”





Statue of Captain John Smith at Jamestown, Virginia.

Capt. Smith's maps and books were instrumental in supporting English colonization in the New World. A master in his chosen field, he believed that maps tamed the unknown and advanced civilization. He left the Virginia colony in 1609 due to a gunpowder accident but produced a compilation of his writings and experiences in 1609–1610. Later, in 1614, he returned to the Americas, exploring and mapping the coasts of present-day Maine, New Hampshire, and Massachusetts.

Capt. Smith died in London in 1631 and is buried in Holy Sepulchre London (nee Newgate church), the largest parish church in London, dating back to 1137 AD. He is also commemorated by a stained-glass window there. In 1864, the New Hampshire built a monument to him, recognizing his visit 250 years earlier to Star Island.

Today, the Captain John Smith Chesapeake water trail throughout the bay includes passages up the Susquehanna, Chester, Nanticoke, and James rivers, among others. The very rivers that Smith navigated and mapped.

The effort to establish North America's largest estuary as a National Recreation Area would not only amplify homage to the spirit of Capt. Smith's exploration but also ensure public access and broadcast the stories of settlement within the Chesapeake Bay. Perhaps 2025 will be the year when it is finally anointed.

Establishing the Chesapeake National Recreation Area could amplify the history and stories of Capt. John Smith and inspire our own recreational exploration of the bay.



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INVESTING IN OUR COMMUNITY TOGETHER

AACC and the AACC Foundation are committed to removing financial barriers that prevent community members from pursuing the dream of becoming a Nurse, **but we need your help!**

Donor-funded scholarships through the AACC Foundation make it possible for more students to pursue education that leads them to their chosen career as a caregiver. An investment in the Future Nursing Professionals Scholarship at AACC is an investment in the people who will care for us and our families when we need it most.

Our health care infrastructure is at a pivotal moment. Please consider **making a gift to the AACC Foundation to support the Future Nursing Professionals Scholarship.** Together, we can make our community stronger!

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78%

of AACC Nursing Program Scholarship Recipients Live at or Below the Poverty Line

The Average Unmet Need for an AACC Nursing Student is over

\$13,000
per Year



Nonprofits You Should Know

This month we have made it easy for you to map out your charitable giving agenda. Here are some of the many nonprofit organizations we have based in Annapolis and Anne Arundel County. Although we can't list them all, here are more than a few nonprofits you should know. Also check out the events these nonprofits are putting on in our Philanthropic Calendar both online and in this issue.

100 Women Who Care Annapolis Annapolis; 100womenwhocareannapolis@gmail.com; 100womenwhocareannapolis.org; A giving circle of local women who want to support Annapolis area nonprofits by pooling donations to create a larger impact.

Adaptive Rowing Annapolis Annapolis; 410-991-3008; adaptiverowingannapolis.org; Adaptive Rowing Annapolis (ARA) enhances the lives of adults in the Annapolis area with physical or cognitive disabilities by offering year-round training and rowing opportunities, both on and off the water.

Alliance for the Chesapeake Bay Annapolis; 443-949-0575; allianceforthebay.org; Engages individuals, groups, businesses, and other environmental organizations and not-for-profit groups to develop collaborative solutions to improve, preserve, and protect the Chesapeake Bay and all its resources.

American Red Cross of Anne Arundel County/ Central Maryland Annapolis; 410-624-2000; red-cross.org; Respond to disasters, assist members of the military, teach lifesaving skills, and serve as one of the largest blood suppliers in the United States.

American Foundation for Suicide Prevention Annapolis; 202-770-8973; afsp.org; The American Foundation of Suicide Prevention focuses on educating our communities about mental health and suicide prevention, advocating for public policy, and offering support for suicide loss survivors.

Annapolis Community Foundation Annapolis; 443-370-1785; annapoliscommunityfoundation.org; ACF serves the community by raising, managing, and distributing funds for the charitable purposes designated by its donors.

Annapolis Immigration Justice Network Annapolis; 443-203-9175; aijnetwork.org; A volunteer supported organization dedicated to connecting asylum seekers and other vulnerable immigrants to quality legal counsel and direct case management support.

Annapolis Maritime Museum & Park Annapolis; 410-295-0104; amaritime.org; Acquire, preserve, interpret, and exhibit artifacts, and photographic and archival collections that are part of the maritime history of the Chesapeake region.

Annapolis Opera Company Annapolis; 410-267-0087; annapolisopera.org; Annapolis Opera Company is a cultural touchstone for the community, which delights audiences with musical storytelling; engages new audiences with diverse programming that inspires curiosity for opera; and attracts emerging artists.

Annapolis Summer Garden Theatre Annapolis; 410-268-9212; summergarden.com; Bring community-lead stage productions to downtown Annapolis during the summer.

Annapolis Symphony Orchestra Annapolis; 410-269-1132; annapolissymphony.org; Produce, present, and promote memorable symphonic music that increases awareness, enjoyment, and appreciation of music for all ages throughout the region.

Anne Arundel Community College Foundation Arnold; 410-777-2515; aacc.edu/about/aacc-foundation; The AACC Foundation expands private philanthropy and cultivates partnerships to enhance AACC's ability to support students and initiatives that strengthen our community.

Anne Arundel Counseling Annapolis and Glen Burnie; 410-768-5988; annearundelcounseling.com; Counseling and therapeutic professionals dedicated to providing comprehensive treatment to children, adolescents, and adults through individual, family and group counseling.

Anne Arundel County CASA Annapolis; 410-222-3330; aacasa.org; CASA educates and empowers diverse community volunteers who ensure each child's needs remain a priority in an over-burdened child welfare system.

Anne Arundel County Community Action Agency Annapolis; 410-626-1900; aaccaa.org; Working in partnership with various governmental and non-public organizations to alleviate the difficulties that beset households with low-to-moderate incomes.

Anne Arundel County Department of Aging and Disabilities Annapolis; 410-222-4257; aacounty.org/aging-and-disabilities; The Department of Aging and Disabilities seeks to improve the quality of life for older adults, individuals with disabilities, veterans, caregivers, and anyone wishing to plan for the future by providing options and resources that will enable them to live independent and meaningful lives.

Anne Arundel County Food Bank Crownsville; 410-923-4255; afoodbank.org; Anne Arundel County Food and Resource Bank's mission is to alleviate food insecurity in Anne Arundel County by partnering across our community to obtain and distribute nourishing food to our neighbors in need.

Anne Arundel County Library Foundation Annapolis; 410-222-1199; aacpl.net/foundation; Provide a margin of excellence and innovation in library services, above and beyond what core government funding can provide.

Anne Arundel County Literacy Council Annapolis; 410-269-4419; icanread.org; Provide free one-on-one tutoring in basic literacy and English as a Second Language (ESL) to adult residents of Anne Arundel County.

Anne Arundel County Mental Health Agency Annapolis; 410-222-7858; aamentalhealth.org; The Anne Arundel County Mental Health Agency ensures that county residents have access to a wide range of quality mental health and substance use services.

Anne Arundel Medical Center Foundation Annapolis; 443-481-4747; luminishealth.org; Enhance the health status of the people they serve by providing patients with compassionate, high-quality services that will help alleviate pain, preserve health, and extend life.

Ann Arrundell County Historical Society Linthicum; 410-760-9679; aachs.org; Provide leadership in the preservation and exploration of shared history.

The Arc Central Chesapeake Region, Inc. Linthicum; 410-269-1883; thearcccr.org; Advocate for the rights and respect of all people with intellectual and developmental disabilities by creating opportunities, promoting respect and equity, and providing access to services.

The Arts Council of Anne Arundel County Annapolis; 410-222-7949; acaac.org; Encourage and invest in the visual arts, performing arts, and historic preservation for the people of our county; as well as well as create a financial support system for arts organizations.

Arundel Bay Area Chapter of Jack and Jill of America, Inc. Gambrills; abajjoa.clubexpress.com; Membership organization of mothers with children ages 2-19, dedicated to nurturing future African American leaders through leadership development, volunteer service, philanthropic giving, and civic duty.

Arundel House of Hope Glen Burnie; 410-863-4888; arundelhoh.org; Arundel House of Hope is a non-profit ecumenical organization that provides emergency, transitional, and permanent affordable housing and support services to individuals experiencing homelessness in Anne Arundel County.

Arundel Lodge Edgewater; 443-433-5900; arundellodge.org; Arundel Lodge works toward a world where behavioral health disorders are not a limit to achieving a meaningful life and work to prevent behavioral health disorders and offer the necessary care and support for individuals to lead healthy, productive lives.

Arundel Rivers Federation Edgewater; 410-224-3802; arundelrivers.org; Deeply rooted in the South, West, and Rhode Rivers, Arundel Rivers Federation heals and protects our waterways and champions clean water across Maryland.

Assistance League of the Chesapeake Millersville; 410-956-3988; assistanceleague.org/chesapeake; This volunteer organization is dedicated to improving the lives of children and adults through community-based philanthropic programs.

Ballet Theatre of Maryland, Inc. Annapolis; 410-224-5644; balletmaryland.org; Aim to inspire the audience through the transforming power of American dance.

Baltimore Washington Medical Center Foundation Glen Burnie; 410-787-4000; umms.org/bwmc; Provide the highest quality health care service to the community they serve.

Banneker-Douglass-Tubman Museum Annapolis; 410-216-6180; bdmuseum.maryland.gov; The museum, named for Benjamin Banneker and Frederick Douglass, is dedicated to preserving Maryland's African American heritage and serves as the state's official repository of African American material culture.

Bay Community Health West River and Shady Side; 410-867-4700; baycommunityhealth.org; Provides Primary Care and Behavioral Health services to all ages in a Patient Centered Medical Home environment. Accepts uninsured patients and a variety of health insurances. Insurance Eligibility and Enrollment and Care Management services available at no cost.

Bello Machre Glen Burnie; 443-702-3000; bellomachre.org; Dedicated to providing loving care, opportunity, and guidance for people with developmental disabilities in Maryland.

The Bernie House Annapolis; 443-951-5193; theberniehouse.org; The Bernie House provides survivors of domestic violence and their families transitional housing and services to promote financial stability.

The Bill Sweeney Perinatal Care Fund Arnold; 410-294-0152; billsweeneycharity.org; The Bill Sweeney Charity is dedicated to providing compassionate, specialized bereavement care to families affected by perinatal death, and to promoting healing for those who support them.

Bo's Effort Davidsonville; 410-790-9673; boseffort.org; Seeks to assemble community resources to break the stigma of mental illness through education and guidance as well as fund initiatives that offer awareness to families and individuals seeking to manage their illness and live healthy and productive lives.

Box of Rain Foundation, Inc. Annapolis; 410-295-0104; amaritime.org/education; Box of Rain's mission is to connect under-resourced youth to the Chesapeake Bay and its maritime heritage through fun, educational, and immersive experiences in nature.

Boy Scouts of America, Baltimore Area Council Hanover; 443-553-6913; baltimorebsa.org; Prepare young people to make ethical choices over their lifetime by instilling in them the values of the Scout Oath and Law.

Boys & Girls Clubs of Annapolis and Anne Arundel County Annapolis; 410-263-2542; bgcaa.com; Inspire and enable all young people, especially those who need the most, to reach their full potential as productive, caring, responsible citizens.

The Brick Companies Edgewater; 443-951-2000; thebrickcompanies.com; Create memorable places for current and future generations and keep a commitment to environmental leadership and social responsibility that us as a company.

Burrows Hill Foundation to Fight Friedreich's Ataxia Annapolis; 410-279-6950; burrows-hill.org; Established to raise public awareness, money for research, find a cure, and assist those affected by FA.

Casey Cares Foundation Columbia; 443-568-0064; caseycares.org; Provides ongoing and uplifting programs with a special touch for critically ill children and their families in eight states and D.C.

Center of Help Annapolis; 410-295-3434; centerofhelp.org; Empowers, educates, and connects immigrants with resources to promote self-sufficiency and to advocate for the successful integration of the immigrant community into Anne Arundel County.

Charting Careers Annapolis; 215-301-3387; chartingcareers.org; Inspires youth to discover their power and reach their goals through transformative mentoring, life-enriching opportunities, and family partnership and by serving as champions for equity.

Chase Brexton Health Care Glen Burnie; 410-837-2050; chasebrexton.org; Provides compassionate and integrated high quality health care that honors diversity, addresses health inequities, and advances wellness in the community.

Chesapeake Arts Center Brooklyn Park; 410-636-6597; chesapeakearts.org; Fosters creativity, create connections, and inspire joy by delivering innovative and accessible arts and education programs.

Chesapeake Bay Foundation, Inc. Annapolis; 888-728-3229 (888-SAVEBAY); cbf.org; Dedicated to the protection, restoration, and management of the Chesapeake Bay and its tributaries.

Chesapeake Bay Trust Annapolis; 410-974-2941; cbtrust.org; Engages and empowers diverse groups to take actions that enrich natural resources and local communities of the Chesapeake Bay Region.

Chesapeake Children's Museum Annapolis; 410-990-1993; theccm.org; Create an environment of discovery about oneself, the peoples, the technologies, and the ecology of the Chesapeake Bay area for all children and the children in all of us.

Chesapeake Conservancy Annapolis; 443-321-3610; chesapeakeconservancy.org; To conserve and restore the natural and cultural resources of the Chesapeake Bay watershed for the enjoyment, education and inspiration of this and future generations.

Chesapeake Crossroads Heritage Area Annapolis; 410-222-1805; chesapeakecrossroads.org; Chesapeake Crossroads mission is to advance, support, and promote the natural, historic, and cultural resources of the region.

Chesapeake Environmental Protection Association Galesville; cepaonline.org; Concentrates on public awareness and education on Bay issues and encourage public activism and involvement in both legislation and enforcement of environmental policy.

Chesapeake Region Accessible Boating (C.R.A.B.) Annapolis; 410-266-5722; crabsailing.org; Provides the therapeutic benefits of sailing to people with disabilities, recovering warriors, and youth from underserved communities.

Chesapeake Youth Symphony Orchestra Annapolis; 443-758-3157; cysomusic.org; Provides young musicians with the opportunity to enjoy and refine their musical skills in ensemble performance.

Children's Theatre of Annapolis, Inc. Annapolis; 410-757-2281; childrenstheatreofannapolis.org; Provides arts education for 5-to 18-year-olds through performances, workshops, technical stage training, internships, and apprenticeships in the theatrical arts.

Chris Gives Foundation Millersville; 443-695-5008; chrisgives.com; A 501(c)(3) charity organization developed to continue the legacy of Chris Mohns, Sr., who helped many people get back on the road. CGF will provide help to individuals struggling to pay for auto repairs and other transportation costs.

Chrysalis House Crownsville; 410-974-6829; chrysalishouses.org; Provides comprehensive recovery services that empower women to build a better life for themselves and their children.

Coastal Conservation Association Maryland Annapolis; 800-201-3474 (FISH); ccamd.org; Advocates for and conserves the sustainability of Maryland's marine resources.

Colonial Players Annapolis; 410-268-7373; thecolonialplayers.org; Provide entertainment, education, training, and encouragement to all members of the community interested in participating in the dramatic arts.

Community Foundation of Anne Arundel County Annapolis; 410-280-1102; cfaac.org; Inspires and promotes giving in Anne Arundel County by connecting people who care with causes that matter.

The Complete Player Charity Glen Burnie; 301-580-1546; tcpyouthempowerment.org; Through academic mentoring, emotional support, and leadership programs, TCP creates spaces where all children feel valued and inspired to chase their dreams.

The Coordinating Center Millersville; 410-987-1048; coordinatingcenter.org; Partners with people of all ages and abilities and those who support them in the community to achieve their aspirations for independence, health, and a meaningful community life.

Doctors Community Medical Center Foundation Lanham; 301-552-8670; luminishealth.org; The Foundation's mission is to continue the legacy of passionately caring for the health and well-being of the residents of Prince George's County and the region with state-of-the-art equipment and quality healthcare services.

Downtown Annapolis Partnership Annapolis; downtownannapolispartnership.org; Strengthen and sustain local businesses, recognizing that a vibrant and healthy business community is essential to the economic success of the city.

The Education Foundation Annapolis; 410-266-3287; 21st-education.org; Match the needs of the public schools of Anne Arundel County and the resources of surrounding businesses, industry, and community.

Ellie's Bus Anne Arundel County; elliesbus.org; Spread awareness of mental health issues and suicide prevention to teenagers across Maryland and across the country.

Foundation for Community Betterment Arnold; 410-394-9868; communitybetterment.org; Network of generous individuals who believe a simple gesture that touches just one life can positively impact an entire community.

GiGi's Playhouse Annapolis; 410-517-7474; gigis-playhouse.org; Offers therapeutic, educational programs and tutoring for free, to support all ages, from families with a prenatal diagnosis through adult individuals with Down syndrome.

Girls on the Run of the Greater Chesapeake Annapolis; 410-635-9313; gotchesapeake.org; Enhances participants' social, emotional and physical skills to successfully navigate life experiences.

Girl Scouts of Central Maryland Baltimore; 1800-492-2521; gscm.org; Provide a place where girls are encouraged to share and explore their hopes and dreams. Girl Scouting builds girls of courage, confidence, and character who make the world a better place.

Giving Back Linda's Legacy Severna Park; info@homelessdrive.org; homelessdrive.org; Dedicated to helping the homeless and inspiring everyone to get more involved with volunteering.

Greater Annapolis Design District Annapolis; annapolisdesigndistrict.com; Help residents and businesses to design, build, renovate, decorate, furnish, repair and maintain their homes and places of business.

Habitat for Humanity of the Chesapeake Baltimore; 410-366-1250; habitatchesapeake.org; Works in partnership with families in need of housing to build simple, decent, and affordable homes.

Hammond-Harwood House Annapolis; 410-263-4683; hammondharwoodhouse.org; To preserve and to interpret the architecturally significant Hammond-Harwood House Museum and its collection of fine and decorative arts, and to explore the diverse social history associated with its occupants, both free and enslaved, for the purposes of education and appreciation.

The Harbour School Annapolis; 410-974-4248; harbourschool.org; Provides supportive, individualized education to students with learning disabilities, autism, speech impairments, and other disabilities.

Historic Annapolis Annapolis; 410-267-7619; annapolis.org; Preserves and protect the historic places, objects, and stories of Maryland's capital city, and provide engaging experiences that connect people to the area's diverse heritage.

Hope For All Glen Burnie; 410-766-0372; hopeforall.us; Provides basic human necessities (i.e. furniture, housewares, clothing, and personal items) to families and individuals without sufficient economic resources.

Hope House Treatment Center Crownsville; 410-923-6700; hopehousemd.org; Residential, inpatient treatment center specializing in the treatment of substance use disorders, co-occurring mental health challenges and problem gambling.

Hospice of the Chesapeake Pasadena; 410-987-2003; hospiceshesapeake.org; Provides physical, psycho-social, and spiritual support services to individuals living with and affected by advanced illness.

Impact 100 Greater Chesapeake Annapolis; info@impact100greaterchesapeake.org; impact100greaterchesapeake.org; Funding the community through organizations supporting the arts and culture, the environment, education, health and wellness, and families—right here in Anne Arundel County, Maryland.

The Ivy Community Charities of Prince George's County Suitland; 301-702-7312; iccpgc.org; The Ivy Community Charities of Prince George's County, Inc. is committed to community outreach through education, health, the family, leadership development, cultural arts and economic empowerment.

James' Place, Inc. Ellicott City; 410-480-2334; jamesplaceinc.org; Raises funds to provide services to those with substance addiction and educates on the complex issues of substances.

Junior League of Annapolis Annapolis; 410-224-8984; jlannapolis.org; An organization of women is committed to promoting voluntarism, developing the potential of women, and improving the community.

Kunta Kinte-Alex Haley Foundation Annapolis; 410-295-9395; kintehaley.org; Spreads Alex Haley's vision of a world that celebrates ethnic diversity while honoring humankind's common, universal experiences.

Lucky and Blessed Fishing Maryland; labfishing.org; Dedicated to providing inclusive and therapeutic fishing experiences to underserved and differently abled communities in Maryland.

Langton Green Annapolis; 410-263-3225; langtongreen.org; Helps people with developmental disabilities to live with the highest possible degree of independence and quality of life.

Leadership of Anne Arundel, Inc. Annapolis; 410-571-9798; leadershipaa.org; Provides people of diverse backgrounds with the education, resources, and networks necessary to become successful, proactive leaders.

Leslie's Week Annapolis; 410-263-5598; lesliesweek.org; Provides vacations away from cancer for Stage 4 Breast Cancer women and their families.

Life of Joy Millersville; info@lifeofjoyfoundation.org; lifeofjoyfoundation.org; Aims to nurture mental wellness and prevent suicide by serving as a link to integrative care of mind, body and spirit and serve as advocates with collaborative network of resources, community engagement and cost assistance programs.

Light House: A Homeless Prevention Support Center Annapolis; 410-349-5056; annapolislight-house.org; Helps rebuild lives with compassion by providing shelter and services to prevent homelessness and empower people as they transition toward self-sufficiency.

Live Arts Maryland Annapolis; 443-771-5198; liveartsmaryland.org; Enhances community life through performing a wide variety of music and to provide education programs for musicians of all ages. Programs include Annapolis Chorale, Annapolis Chamber Orchestra, Annapolis Youth Chorus, and St. Anne's Concert Series.

Livewater Foundation Annapolis; livewaterfoundation.org; Serves veterans, underprivileged youth, and the waters they paddle while inspiring a lifestyle of health and wellness through water-sports activities.

Maryland Coalition for Inclusive Education (MCIE) Baltimore; mcie.org; MCIE's mission is to be the catalyst for the meaningful and successful inclusion of all students in their neighborhood or choice schools.

Maryland Cultural & Conference Center (MC3) Annapolis; 410-626-6055; Creates a world-class performing arts center in our state capital to confirm Maryland's commitment and support of the importance of the arts in our society.

eliminating racism
empowering women

ywca

Please join us for...

2025

Bash FOR OUR Besties!

Fabulous fare
from Ken's and
Main & Market

Retro
cocktail
camper

Oyster Bar

Live music
with the
Bachelor Boys

Adirondack
and fire pit
lounge

May 29, 2025

5:30-8:30pm

Charles Carroll House
107 Duke of Gloucester St.
Annapolis, MD



Vintage
VW photo bus



For more information:
www.annapolisywca.org

Maryland Federation of Art Annapolis; 410-268-4566; mdfedart.org; Creates connections in the community by hosting professional avenues of exhibition for local, national, and international artists.

Maryland Hall Annapolis; 410-263-5544; marylandhall.org; Provides entertainment and education for adults and children including classes and workshops in visual and performing arts in dance, theatre, visual arts, music, and health.

Maryland State Library for the Blind and Print Disabled Baltimore; 410-230-2424; marylandlibraries.org; Provides support and awareness of the Maryland State Library for the Blind and Physically Handicapped.

Maryland Therapeutic Riding Crownsville; 410-923-6800; horsethatheal.org; Connects humans and horses to help conquer physical, developmental and emotional challenges and improving quality of life.

Monarch Academy Annapolis, Glen Burnie and Laurel; 410-444-3800; monarchacademy.org; Tuition-free, public charter school that educates students to be self-motivated, creative, critical thinkers and life-long learners who are productive contributors to the global community in the 21st century.

NAMI Anne Arundel County Arnold; 443-995-2222; namiaac.org; Works to positively impact the lives of individuals living with mental illness and their families by reducing stigma and providing support, education, and advocacy.

National Ovarian Center Coalition: Central Maryland Chapter Crownsville; 443-569-4651; ovarian.org; The mission of the NOCC is to save lives through the prevention and cure of ovarian cancer and to improve quality of life for survivors and their caregivers.

Nature's Sacred Annapolis; 410-268-1376; naturesacred.org; Inspires, informs and guides communities in the creation of public green spaces designed to improve mental health, unify communities and engender peace.

Nico's Hope for Life Foundation nicoshopeforlifefoundation.org; hello@nicoshopeforlifefoundation.com; Strive to empower the community by raising awareness about the silent epidemic and providing resources to support those struggling with their mental health.

Olivia Constants Foundation Annapolis; 443-949-7714; oliviaconstants.org; Supports and encourages individuals and organizations in their efforts to enhance the positive quality of individual, family, and community life.

Opportunity Builders, Inc. Millersville; 410-787-0700; obiworks.org; Provides adults with developmental disabilities a motivational environment offering vocational training, employment services, recreational activities, and support services.

Oyster Recovery Partnership, Inc. Annapolis; 410-990-4970; oysterrecovery.org; Leads the conservation of the native oyster in the Chesapeake Bay and beyond, through oyster restoration, shell recycling, conservation, and sustainable fishery practices.

Parents Place of Maryland Glen Burnie; 410-768-9100; ppm.org; Empowers family as advocates and partners in improving education and health outcomes for all children with disabilities and special healthcare needs.

Partners In Care, Inc. Pasadena; 410-544-4800; partnersincare.org; Assists older and disabled adults to remain independent in their own homes by helping with transportation, handyman chores, and other neighborhood tasks.

Patuxent Riverkeeper Upper Marlboro; 855-725-2925; paxriverkeeper.org; Protects, restores, and advocates for clean water in the Patuxent River and its connected ecosystem.

Pets with Disabilities Prince Frederick; 443-624-9270; petswithdisabilities.org; Provides humane sheltering and specialized vetting for those pets in need and provide support, resources and education for families whose pet has become disabled or those who are thinking about adding a pet with a disability to their family.

Project Chesapeake Annapolis; 443-214-5097; projectchesapeake.com; Strengthens communities through innovative, recovery-focused strategies and connects individuals seeking alcohol or drug abuse and addiction counseling services with the best treatment opportunities to promote long-term recovery and sustained success.

Providence of Maryland Arnold; 410-766-2212; www.providenceofmaryland.org; Supporting people with intellectual and developmental disabilities to discover and live their best lives in their communities.

Rebuilding Together Severna Park; 240-749-1699; rebuildingtogether.org; Provides free services to Anne Arundel County homeowners who are elderly or disabled, or households with children that face necessary but unaffordable dwelling repairs.

Robert A. Pascal Youth and Family Services Severna Park; 410-975-0067; pascalcsi.org; Provides persons experiencing behavioral health and substance use disorder crises with innovative, comprehensive mental health and substance use disorder treatment.

Rotary Club of Annapolis Annapolis; annapolisrotary.org; Proceeds from the Rotary Club of Annapolis's fundraising efforts go to many worthy organizations in the area, with the aim of making life in Annapolis better for everyone.

Sail Beyond Cancer Annapolis Annapolis; info@sailbeyondcancer.org; sailbeyondcancer.org/annapolis-md-chapter; Honoring those challenged by cancer by harnessing the healing powers of wind, water, and sail.

Sarah's House Baltimore; 667-600-2000; cc-md.org/programs/sarahs-house; Provides safe shelter, daily meals, personal, as well as professional casework support for those in need.

Scenic Rivers Land Trust Annapolis; 410-424-4000; srlt.org; A nonprofit, nongovernmental organization that assists landowners who want to protect and preserve their undeveloped properties. Land trusts craft and execute voluntary land protection agreements, such as conservation easements, with landowners who wish to conserve their properties and take advantage of financial incentives.

Scholarships for Scholars Annapolis; 410-544-2341; scholarshipsforscholars.org; A nonprofit to award scholarships to graduating high school seniors who are county residents attending public and accredited private high schools in Anne Arundel County and home-schooled students living in Anne Arundel County.

Second Chance Baltimore; 410-385-1700; secondchanceinc.org; Provides people, materials and the environment with a second chance by deconstructing buildings and homes, salvage usable materials, and make those and other donated items available to the public for reuse.

Seeds 4 Success Annapolis; 410-533-3847; seeds4success.org; Provides children from low-income communities with the skills and support to achieve success in school and life.

Senior Dog Sanctuary Severn; 443-742-0270; seniordogsanctuary.com; Providing a permanent safe haven for senior dogs who are unable to be cared for by their owners, who are abandoned or abused, or face euthanasia.

Services from the Heart Severna Park; donna@communityservicesfromtheheart.com; communityservicesfromtheheart.com; Provides children in need with weekly food backpacks over the weekend and holidays.

Severn River Association Annapolis; 410-774-0317; severnriver.org; Connect the people who live, work, and play on the Severn River to restore and protect it for all of our communities.

Severn Riverkeeper Annapolis; 410-849-2329; severnriverkeeper.org; To protect and restore the Severn River for our families and future generations.

Sheppard Pratt Baltimore; 410-938-3000; sheppardpratt.org; Comprehensive psychiatric rehabilitation services and outpatient mental health clinic services for adults with severe and persistent mental illness.

SPCA of Anne Arundel County Annapolis; 410-268-4388; aacspca.org; The SPCA exists to protect animals in Anne Arundel County from acts of cruelty and neglect.

Special Olympics Maryland Baltimore; 410-242-1515; somd.org; Provides year-round sports training and competitions to children and adults with intellectual disabilities and other closely related developmental disabilities.

Start The Adventure in Reading Annapolis (STAIR) Annapolis; 443-924-1578; stairannapolis.org; Works with second-grade readers in Anne Arundel County Public Schools to help children improve critical early literacy skills.

The Summit School Edgewater; 410-798-0005; thesummitschool.org; Educates children with unique learning styles to their full potential. Serving bright students with dyslexia and other learning differences.

Unstoppable Joy 410-213-3707; unstoppable-joyco.org; Provides preventive support and supportive care for cancer warriors and caregivers, emphasizing the importance of putting self-care first.

Vision Workshops Annapolis; info@vision-workshops.org; visionworkshops.org; Provides innovative, dynamic, educational, and life-changing experiences for youth from underserved communities using the tools of photojournalism.

Walk the Walk Foundation Annapolis; 443-457-0216; wtwf.org; Faith-centered organization working to help children with fundamental needs.

We Care and Friends Annapolis; 410-263-2874; wecareandfriends.org; Supports the building blocks to create strong families and communities in areas affected by drugs, poverty, and crime in Annapolis and Anne Arundel County.

The Well Curtis Bay; 410-589-6670; drinkatthewell.org; Community of women committed to transforming lives through long-term relationships, practical programs, and the healing power of love.

Wellness House of Annapolis Annapolis; 410-990-0941; annapoliswellnesshouse.org; Provides strength and support for people and families living and coping with cancer.

YMCA Camp Letts Edgewater; 410-919-1410; ymcadc.org/campletts; Offers Traditional and Specialty Day Camps, Resident Camps, and a year-round Retreat Center.

Yumi C.A.R.E.S. Foundation Ellicott City; 703-624-5482; yumicares.org; Therapeutic art program for pediatric hospital patients founded by Maryland's First Lady, Yumi Hogan.

YWCA Annapolis and Anne Arundel County Arnold; 410-626-7800; annapolisywca.org; Provides environments where women and girls can thrive.

Learn about many more nonprofits based on the Eastern Shore by visiting whatsupmag.com and clicking on "Digital Editions" to read the digital May 2025 issue of *What's Up? Eastern Shore*.

In Times of Uncertainty, You Can Make a Difference

Wellness House of Annapolis Announces Our 2025



Wellness House
OF ANNAPOLIS

PAINT YOUR RAINBOW
SUMMER
CAMP



Become a sponsor of our
June 2025 Summer Camp

By becoming a sponsor, you'll provide kids the opportunity to:

- Connect with others who truly understand their journey.
- Explore nature and engage in fun, healing activities.
- Build lasting friendships in a supportive, safe environment.
- Find hope, joy, and strength in the face of adversity.



When faced with the uncertainty of a loved one's cancer diagnosis, life can be especially chaotic and scary for children.

Wellness House's child life specialists and counselors provide a safe, supportive environment where kids can find comfort, understanding, and the tools they need to cope with their emotions during such a difficult time.

Secure your sponsorship by June 1 by contacting our Development Officer, Marshall Kaputsos, at marshall@annapoliswellnesshouse.org or call 410-990-0941.



Cheers for Charity

2025 PHILANTHROPIC EVENT CALENDAR

Compiled by Megan Kotelchuck

Save the date! Perhaps, save many...there's no shortage of toast-worthy celebrations taking place throughout the greater Chesapeake Bay region this month and throughout summer into fall. We've compiled a generous list of charity events benefiting various nonprofit organizations; from derby day parties and beach concerts to black-tie galas and everything between. Have a great soiree season, all for many great causes!



THURSDAY, MAY 1ST

Treasure the Chesapeake for Chesapeake Bay Trust at the Baltimore Museum of Industry. Cbtrust.org; This annual celebration helps the Chesapeake Bay Trust empower hundreds of community-based organizations every year to restore nature.

SATURDAY, MAY 3RD

2025 Derby Day for Talisman Therapeutic Riding at their campus in Grasonville. Talismantherapeuticriding.org; Coming down the home stretch is the event you've been waiting for—the 151st running of the Kentucky Derby celebrated at the organization's annual Derby Day Fundraiser.

Spring Gala: Reflections & Connections for Academy Art Museum at the museum in Easton. Academymuseum.org; This year's theme, Connections & Reflections, is inspired by the breathtaking work of renowned hyper-photorealistic painter Richard Estes.

Festival At The Farm for Wellness House of Annapolis at Chesapeake Dressage Institute in Annapolis. Annapoliswellnesshouse.org; The Festival at the Farm is a special fundraiser supporting the Wellness House of Annapolis, where we help cancer patients and their families navigate the emotional, physical and mental challenges of their journey.

MONDAY, MAY 5TH

24th Annual Tee Up For A Child for CASA Anne Arundel County at Crofton Country Club in Crofton. Aacasa.org; Get on the greens at Crofton Country Club to help raise money for CASA, who believes every child who's been abused or neglected deserves to have a dedicated advocate speaking up for their best interest in court, at school, and in our community.

THURSDAY, MAY 8TH

4th Annual Charity Event for Adaptive Rowing Annapolis at the Adaptive Boating Center in Annapolis. Adaptiverowingannapolis.org; Please join us for an evening of drinks and light fare in support of our rowing program for adults with physical and cognitive disabilities. Our program provides year-round recreational and competitive training both on and off the water for adults with special needs. We take our passion for rowing and turn it into opportunities for others. No limits. No boundaries.

FRIDAY, MAY 9TH

Boots & Bling: A Culinary Experience for Hospice of the Chesapeake at Rod 'N' Reel in Chesapeake Beach. Hospicechesapeake.org; Get ready for an unforgettable night of fun and style at Boots and Bling!

Haven Ministries Golf Tournament for Haven Ministries at Prospect Bay Country Club in Grasonville. Haven-ministries.org; Enjoy a great day of golf at Prospect Bay Country Club while supporting Haven Ministries to provide HOPE through Shelter, Clothing, Food, and Support.

Julianne Rosela Memorial Golf Tournament for The Julianne Rosela Foundation. Juliannerosela.org; Enjoy a great day of golf while supporting the Julianne Rosela Foundation; founded to assist in addressing the needs of local families that experience tragic loss as well as to provide scholarships for Kent Island HS and Queen Anne's County HS graduating seniors.

SATURDAY, MAY 10TH

Bourbon & Blossoms Spring Soiree for Maryland Therapeutic Riding at their campus in Crownsville. Horsethatheal.org; Spend an evening at Maryland Therapeutic Riding enjoying a seated dinner, open bar, bourbon tasting, silent & live auctions and dancing the night away with the entertaining Mood Swings Band!

Tri-County Ice Cream Classic for Wounded Warriors and the Harriet Tubman Museum at Talbot County Community Center in Easton. Ridec3.org; Choose your challenge—a 23-, 38-, 64-, or 102-mile race to support Wounded Warriors.

Central Region Chapter Annual 'Celebration of Conservation' for Coastal Conservation Association at Linganore Wine Cellar in Mt Airy. Ccamd.org; This fundraising dinner directly supports CCA Maryland's focus on ensuring the health of our marine resources and anglers access to them, and our objective to conserve, promote and enhance our marine resources for the benefit of the general public.

Sultana Education Foundation's Annual Gala for Sultana Education at Clovelly Farm in Chestertown. Sultanaagala.org; The Sultana Education Foundation's Annual Gala is a party with a mission – raising \$100,000+ each year to underwrite scholarship programs and support specific capital initiatives.

Mutts & Mimosas For SPCA of Anne Arundel County at their campus in Annapolis. Eventbrite.com; Join the SPCA of Anne Arundel County and Puppylicious Gourmet for the first-ever Mutts & Mimosas — a special Mother's Day brunch event designed for dog moms and their four-legged babies!

MONDAY, MAY 12TH

The Arc Golf Tournament for The Arc Central Chesapeake Region at Queenstown Harbor Golf in Queenstown. Thearcccr.org; Tee It Up for The Arc is a day of great food, golf, and of course – a great cause. This event has sold out annually since 2019 – so grab your spot today!

THURSDAY, MAY 15TH

Friends for Friends for Friends of the Light House at USNA Fluegel Alumni Center in Annapolis. Friends4lshs.org; Join your Friends for a fabulous Night Out to support The Light House, a homeless prevention support center.

Golf Fore Our Girls for Girls on the Run at Renditions Golf Course in Davidsonville. Gotrchesapeake.org; Join us for a great day of "Golf Fore Our Girls" while benefiting Girls on the Run of the Greater Chesapeake girls, ensuring access to our positive, youth development program across our region.

SATURDAY, MAY 17TH

NAMI Mental Health Gala & Awards Dinner for National Alliance on Mental Illness Anne Arundel County at Crowne Plaza Hotel in Annapolis. Join in being a beacon of hope to families living with mental illness by attending the Gala & Awards Dinner.

MONDAY, MAY 19TH

10th Annual Bo's Effort Golf Tournament for Bo's Effort at Queenstown Harbor Golf Course in Queenstown. Boseffort.org; Bo's Effort seeks to assemble community resources to break the stigma of mental illness through education and guidance.

THURSDAY, MAY 29TH

Bash for Our Besties for the YWCA at the Charles Carroll House (Annapolis). Annapolisywca.org; Celebrate friendship while supporting the work and mission of the YWCA. Music, photo bus, fire pits, and delicious food.

FRIDAY, MAY 30TH

Relay for Life Anne Arundel County for American Cancer Society at Crofton High School; secure. acevents.org; Relay For Life is a community based non-competitive walking event that brings together more than 3.5 million people worldwide to celebrate the lives of those who have battled cancer, remember those we have lost, and empower individuals and communities to fight back against this terrible disease.

Golf for Life for Nico's Hope for Life Foundation at Queenstown Harbor; nicoshopeforlifefoundation.org; Come out for Noco's 4th annual Golf 4 Hope Tournament. Get involved, practice your putt, and we will see you at the links!

SATURDAY, MAY 31ST

Pints 4 Paws for SPCA of Anne Arundel County at Navy-Marine Corps Memorial Stadium in Annapolis; eventbrite.com; It's time once again for The Annapolis Home Brew Club's Annual Pints 4 Paws Homebrewing and Craft Beer Festival to benefit the SPCA of Anne Arundel County! This year lets celebrate our 9th year of throwing this awesome event!

Brunch 4 Brains for the Epilepsy Foundation at Doubletree Conference Center in Annapolis; givebutter.com/brunch4brains; Join the Epilepsy Foundation for the 1st Annual Brunch-4-Brains and help us to unite people and families in support of all those affected by epilepsy. Together, we will amplify their voices and raise critical funds necessary for research, education, advocacy and connection.

MONDAY, JUNE 2ND

Casey Cares Golf Tournament for Casey Cares at Hayfields Country Club in Cockeysville. Caseycares.org; Proceeds from the tournament will directly benefit thousands of critically ill children in Casey Cares programs! Don't miss this opportunity to make a meaningful difference while golfing for a great cause!

JUNE 3RD AND 4TH

GreenGive for Arundel Rivers Federation, Crownsville Conservancy, Friends of Jug Bay, Scenic Rivers Land Trust, Severn River Association, Spa Creek Conservancy, St. Luke's Restoration of Nature, Unity Gardens, and Watershed Stewards Academy, virtual event. Greengive.org; GreenGive is an online, collaborative initiative to raise funds for and increase awareness of local environmental organizations. We have 9 partner organizations involved and this year's GreenGive.

WEDNESDAY, JUNE 4TH

What's Up? Media's Best Of Party celebrates the best of the area's restaurants, shops, services, entertainment, and businesses all rolled up into one fantastic fundraising event at the Doordan Institute at Luminis Health Anne Arundel Medical Center in Annapolis. Get your tickets at whatsupmag.com.

THURSDAY, JUNE 5TH

Fashion for a Cause for Hospice of the Chesapeake at the Fluegel Alumni Center in Annapolis. hospicechesapeake.org; Watch as models from our community strut the runway in chic daywear, black-tie elegance, and resort-ready looks from beloved local clothiers on Main Street and Town Center.

Rock the Dock for Anne Arundel County Literacy Council at Annapolis Maritime Museum in Annapolis. Eventbrite.com; This year's Rock the Dock will benefit, the Anne Arundel County Literacy Council, a nonprofit organization dedicated to helping adults and out-of-school youth achieve functional levels of reading, writing, math and speaking English.

FRIDAY, JUNE 6TH

Annual Casey Cares Rockfish Tournament for Casey Cares Foundation at Chesapeake Bay Beach Club in Stevensville. Caseycares.org; It will be a great day and evening of fishing, fundraising, and celebrating at the Bay Bridge Marina and The Inn at Chesapeake Bay Beach Club!

SATURDAY, JUNE 7TH

Chesapeake Bay Motoring Festival for Queen Anne's County Mental Health Committee at Kent Island Yacht Club in Easton. Chesapeakebaymotoringfestival.org; Support the Queen Anne's County Mental Health Committee, a nonprofit 501(c)(3) organization established to support those members of our community who need assistance coping with mental illness.

SUNDAY, JUNE 8TH

Walk for the Animals for the SPCA of Anne Arundel County at Quiet Waters Park in Annapolis. Aacspcawalkfortheanimals.com; This family and pet friendly event has so much to offer; vendors, adoptable animals and more! Together, we can make a pawisitive difference!

MONDAY, JUNE 9TH

Woodmore Charity Golf Tournament for Benedictine School at The Country Club at Woodmore in Mitchellville. Benschool.org; Your generous contribution can create lasting change. Join our mission and support the cause by making a donation.

WEDNESDAY, JUNE 11TH

17th Annual Paca Girlfriends Party for Historic Annapolis at William Paca Garden in Annapolis. Pacagirlfriends.annapolis.org; Join Historic Annapolis for the social event of the season! Wander the picturesque William Paca Garden as you enjoy a glass of bubbly and indulge in culinary creations prepared by the area's premier chefs.

12th Annual Chip in for the Arts Golf Tournament for Chesapeake Arts at Compass Pointe Golf Course in Pasadena. Chesapeakearts.org; Join us in supporting CAC's arts and education programs as a sponsor, player, foursome, donor, or volunteer for our 12th Annual Chip in for the Arts Golf Tournament

CHRIS GIVES FOUNDATION

PRESENTS



S-Ball Deluxe

SATURDAY, JUNE 21, NOON TO 10 P.M.

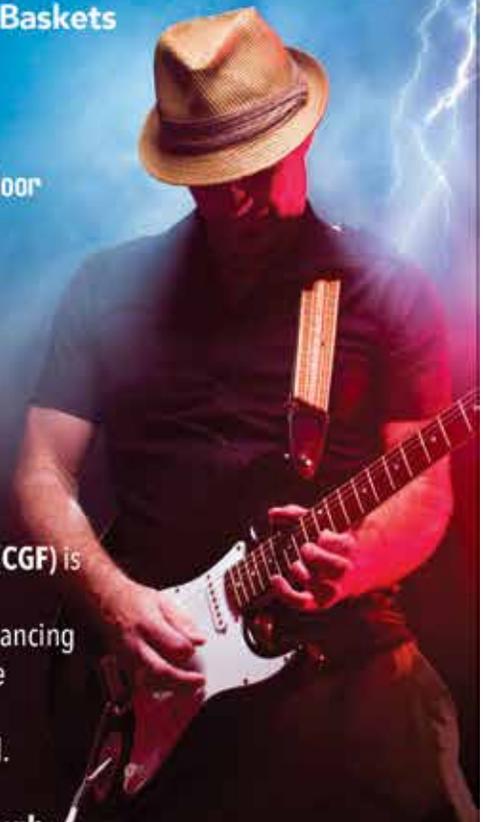
Severna Park Taphouse

58 W. Earleigh Heights Rd. • Severna Park, MD 21146



▶ **Silent Auction • Raffle Baskets
Door Prizes • 50/50**

Tickets: \$15 Early Bird
\$20 after May 15th and at the door



The Chris Gives Foundation (CGF) is committed to empowering individuals and families by enhancing opportunities in the automotive industry and ensuring reliable transportation for those in need.

Investing in the Future Through Scholarships: We provide scholarships to high school students pursuing careers in auto repair.

Keeping Families Moving: We assist families facing financial hardships by covering the cost of critical auto repairs.



SATURDAY, JUNE 14TH

Bands in the Sand for Chesapeake Bay Foundation at Philip Merrill Environmental Center in Annapolis. Events.cbf.org; Bands in the Sand is the party of the year, and you won't want to miss it! Each summer 1,600 guests gather on the beach, dance the night away to live music, and raise a drink to a saved Bay.

Every Step Counts for Bello Machre. Bellomachre.org; Every Step Counts is an annual Walk & Bike Ride to benefit our mission of providing a lifetime of loving care, guidance, and opportunities for people with developmental disabilities.

Tour de Talbot for Talbot Thrive at Easton Fire Hall; tourdetalbot.org; Ride the scenic roads of Talbot County Maryland! You'll have a choice of three distances, 31.5, 40 or 61.5 miles which wind through the flat farmland and take you to water views, wooden bridges and friendly faces throughout the Eastern Shore.

SATURDAY, JUNE 21ST

Chris Gives Foundation Event for Chris Gives Foundation at Severna Park Taphouse. Chris Gives Foundation is hosting Genghis Khan and 8-Ball Deluxe for their fundraising event. The night will have a silent auction, raffle baskets, door prizes and more!

JUNE 21ST AND 22ND

Bike MS Chesapeake Challenge for National MS Society at Talbot County Community Center in Easton. Events.nationalmssociety.org; You'll ride some of the flattest roads Bike MS has to offer, while cruising through scenic byways.

SUNDAY, JUNE 22ND

Taste for Life for American Cancer Society at The Center Club in Baltimore. Tasteforlifemd.acsgala.org; Indulge in a culinary adventure featuring gourmet delights crafted by the Center Club's renowned chefs, complemented by exceptional wine tastings from prestigious vineyards.

SATURDAY, JUNE 28TH

Solstice Celebration for Shore Rivers at Wilmer Park in Chestertown. Shorerivers.org; Enjoy live music by the Judd Nielsen Band, signature cocktails, delicious food from Occasions Catering, good company, and an exceptional live auction to benefit healthier local waterways.

Golden Anniversary Gala for Arundel Lodge Behavioral Health at Westin Annapolis. Arundellodge.org; Celebrating 50 Incredible Years of Arundel Lodge Behavioral Health

SATURDAY, JULY 26TH

Bay Paddle for Oyster Recovery Partnership in the Chesapeake Bay. Baypaddle.org; An epic day of paddle races and a post paddle festival to celebrate and help protect the Chesapeake Bay.

FRIDAY, AUGUST 1ST

80th Annual Rotary Club of Annapolis Crab Feast for Annapolis Rotary Club at Navy Marine Corps Memorial Stadium. Annapolisrotary.org; This well-known Annapolis event is a major fundraiser for the community, benefiting many nonprofit organizations. This is an all-you-can eat feast, along with other food options, beer, water, and soda.

SATURDAY, AUGUST 2ND

Casey Cares Foundation 5K Run/Walk for Casey Cares Foundation at the Maryland Zoo in Baltimore. Caseycares.org; Lace up your sneakers and join Casey Cares for our 16th Annual 5K Run/1-Mile Walk on August 2nd at the Maryland Zoo in Baltimore!

SUNDAY, SEPTEMBER 14TH

Annapolis Run for The Light House for Friends of The Light House at Quiet Waters Park in Annapolis. Annapolisrunforthelighthouse.org; The 16th annual Annapolis Run for The Light House provides scenic half marathon, 5k, and walk routes along the trails of Quiet Waters Park and through the beautiful Chesapeake Bay-front community of Hillsmere Shores.

SEPTEMBER 20TH AND 21ST

Annapolis Baygrass Music Festival for multiple Maryland based non-profits at Sandy Point State Park in Annapolis. Baygrassfestival.com; Part of all proceeds from ticket, food, beverage, and merchandise sales will go to Maryland-based non-profit organizations including Watershed Stewards Academy, Oyster Recovery Partnership, and Alliance for the Chesapeake Bay.

SUNDAY, SEPTEMBER 21ST

Ride for Clean Rivers for Shore Rivers at Chesapeake College in Wye Mills. Shorerivers.org; Save the date for our 21st Ride for Clean Rivers and your chance to ride the beautiful back roads of Talbot and Queen Anne's counties in support of ShoreRivers' work for clean waterways.

THURSDAY, SEPTEMBER 25TH

Blazers. Bourbon. Cigars. For Historic Annapolis at William Paca Garden in Annapolis. Bbc.annapolis.org; Connect with a wide network of influential leaders - the region's top entrepreneurs, business professionals, and visionaries representing our diverse community - in the picturesque William Paca Garden.

SEPTEMBER 26TH THROUGH 28TH

St. Michaels Concors d' Elegance for the Student Chapter of Antique Automobile Club of America at Kent Island Yacht Club. Smcde.org

SATURDAY, SEPTEMBER 27TH

Rock the Reef for Chesapeake Bay Environmental Center. Bayrestoration.org

Light House Pumpkin Patch for Friends of The Light House at St. Martin's Church in Annapolis. Friendslh.org; An Annapolis tradition every fall, organizations from all over Annapolis come together to sell fresh Eastern Shore pumpkins and raise funds for The Light House, a homeless prevention and support center. Open Thursdays & Fridays: 2-6 p.m. and Saturdays & Sundays, 10 a.m.-6 p.m.

SATURDAY, OCTOBER 4TH

Hoedown on the Farm for Maryland Therapeutic Riding at their campus in Crownsville. Horseshattheal.org; Don your cowboy boots and join us for a boot-scootin' good time! Our family-friendly Hoedown on the Farm is back and we're celebrating 28 years of the healing power of horses!

Little Bobbers Fishing Derby for Chesapeake Bay Environmental Center. Bayrestoration.org

SUNDAY, OCTOBER 5TH

Lifeline 100 Bicycle Event for Anne Arundel County nonprofit organizations at Kinder Farm Park in Millersville. Lifeline100.com; The award-winning Anne Arundel County Lifeline 100 Bicycle Event is pleased to be an inclusive event offering scenic 65- and 100-mile county tours with water views and historic sites, 15- and 30-mile flat, paved trail rides; and a free bike rodeo and family fun ride for children!

GiGi's Pickleball Tournament for GiGi's Playhouse at The PutAway Severna Park in Millersville. Gigisplayhouse.org; Save the date for the pickleball tournament for a great cause!

OCTOBER 10TH THROUGH 12TH

Chesapeake Film Festival benefits the Chesapeake Film Festival at various locations in Easton. Cheapeakefilmfestival.org; It is the mission of the Chesapeake Film Festival to entertain, empower, educate, and inspire diverse audiences of all ages by presenting exceptional independent films and events.

SATURDAY, OCTOBER 11TH

OBI Mardi Gras Masquerade for Opportunity Builders, Inc. at their campus in Millersville. Obiworks.networkforgood.com; Let the good times roll and support a great cause at OBI's Mardi Gras Masquerade! This festive event has become widely known over the past 26 years for bringing the spirit, charm, and culture of New Orleans to Anne Arundel County.

FRIDAY, OCTOBER 24TH

Bountiful Harvest for The Friends of The Light House at The Atreem at Soaring Timbers in Annapolis. Friendslh.org; Join Friends of The Light House for a memorable evening to support The Light House, a homeless prevention support center. Dress in your favorite costume or cocktail attire and indulge in an open bar, gourmet bites, and a night full of entertainment, including an auction and live band.

SATURDAY, OCTOBER 25TH

Rock 'N' Roll Bash for Casey Cares at The Recher in Towson. Caseycares.org; The entertainment lineup will feature High Voltage, the nation's premier AC/DC tribute band. They will rock out this year's Bash with a high-energy performance by capturing the pure essence and excitement of a live AC/DC concert!

TUESDAY, OCTOBER 28TH

Birdies for Benedictine for Benedictine School at The Talbot Country Club in Easton. Benschool.org; For over 30 years, our annual Charity Golf Classic tournament has raised more than \$1 million to provide resources for the children and adults living with developmental disabilities and autism that Benedictine supports.

WEDNESDAY, OCTOBER 29TH

Celebration of Philanthropy Awards Luncheon at Live! Casino & Hotel in Hanover for the Community Foundation of Anne Arundel County (CFAAC); cfaac.org; Join CFAAC in honoring the incredible individuals, organizations, and businesses that demonstrate outstanding generosity and community leadership in Anne Arundel County.

THURSDAY, OCTOBER 30TH

Annapolis Chapter Annual Fundraising Banquet for Coastal Conservation Association at Chesapeake Bay Foundation Philip Merrill Center in Annapolis. Ccamd.org; As a recreational fishing-based organization, we know that the public's connection to the Chesapeake Bay through fishing and boating is what drives the passion to ensure that future generations will also enjoy what is so near and dear to us.



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Storytelling & Tall Tales

Waterfowl Festival

Storytelling and tall tales being passed on are time honored-traditions from the old to the young. This is never more true than at the iconic Waterfowl Festival in Easton, MD. Since 1971, the artisans and artists, musicians, craftsmans, decoy carvers, hunters, and callers have been passing on the traditions of the Eastern Shore culture and lifestyle to the next generation. The origins of the festival lie in a strong-willed group of hunters and conservationists, who realized that unless they worked to preserve the wide-open spaces they enjoyed, there was a chance they might be gone forever. These incredible men and women, some of them who now volunteer with their grandchildren, have worked tirelessly over the decades to educate, entertain, and engage children and adults alike.

Decoy carving and calling demonstrations, fantastical wildlife paintings, photography, and sculptures from around the world, retriever demonstrations on land and water, raptor exhibitions, live music, and tasty Eastern Shore food tempt festival goers to stay for all three days of the festival - impressing upon their hearts and minds (and stomachs) the wonders of the outdoor world.

Since its inception, over a million visitors have enjoyed and embraced the festival - coming back year after year. Over six million dollars and counting have been donated to conservation projects - preserving wildlife habitats and open spaces for the next generation to enjoy.



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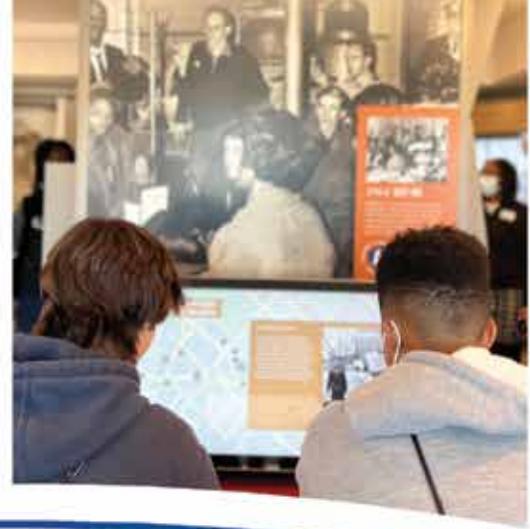


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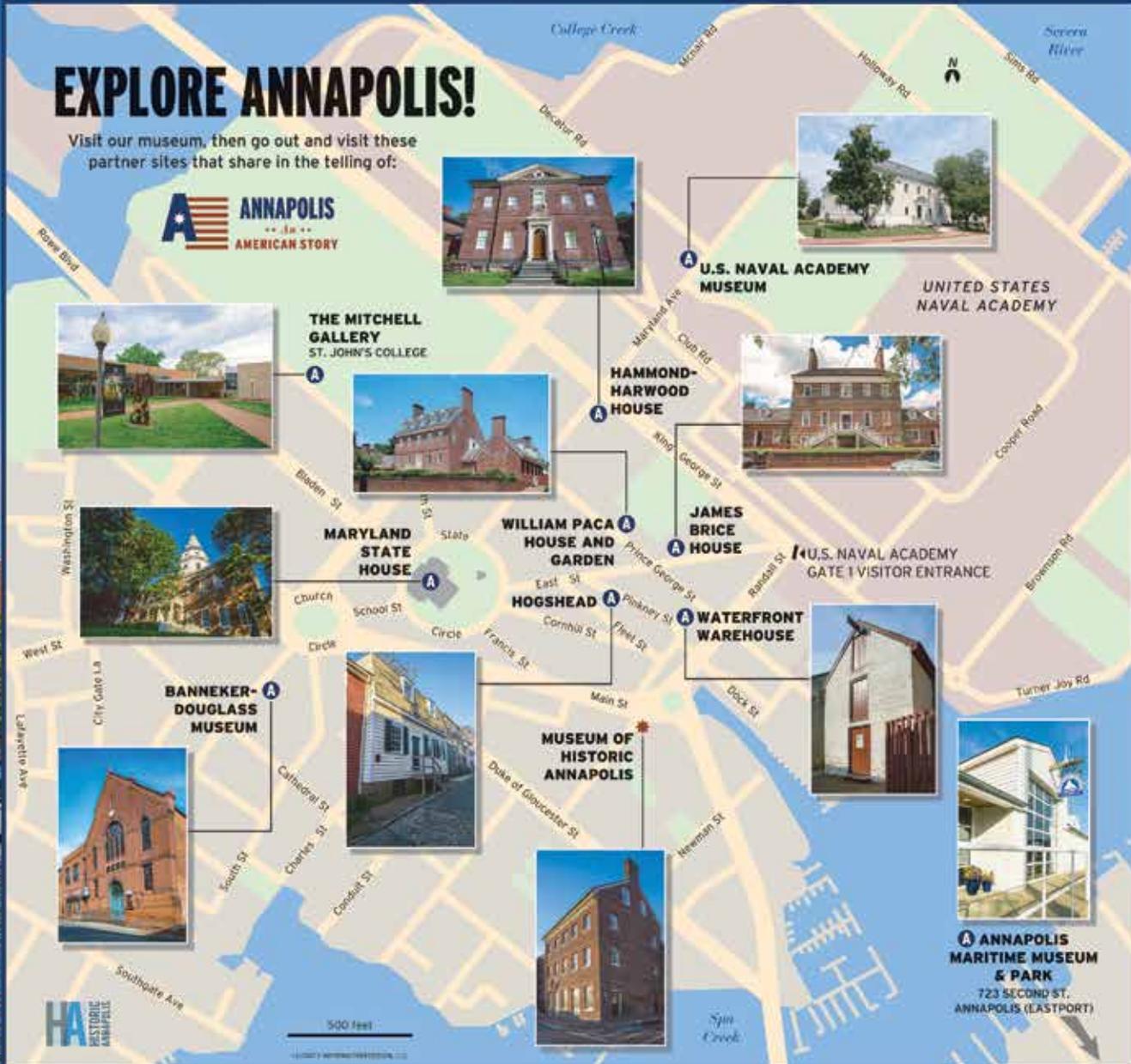


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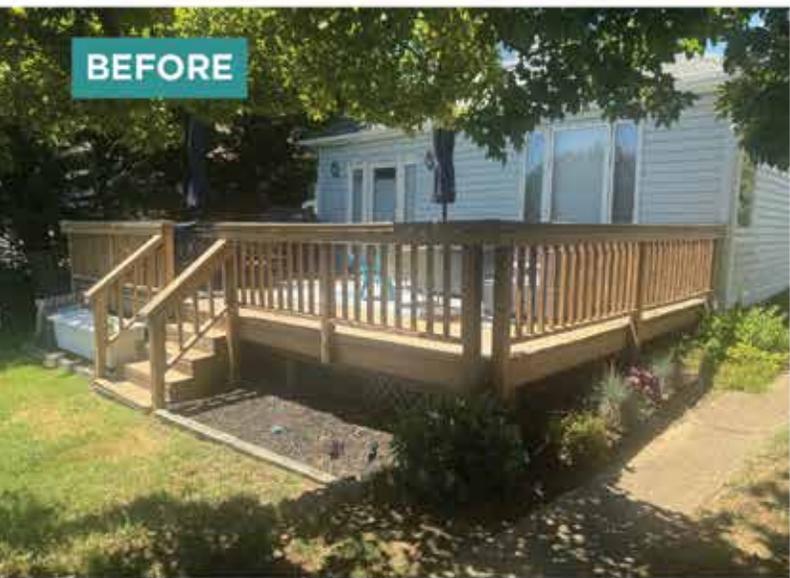


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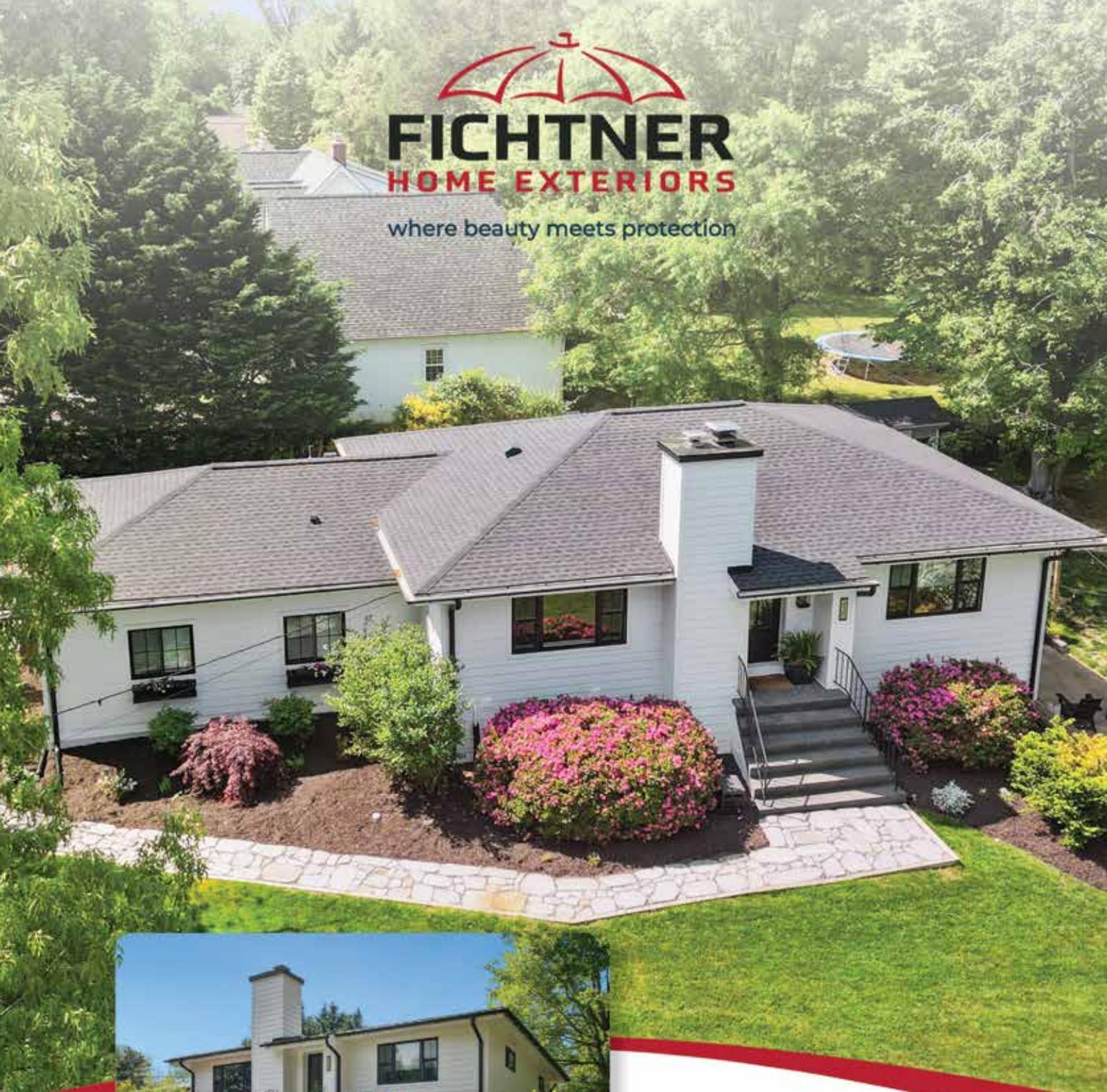
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Traditional Design... Circa 2025

UPDATING AN ALREADY EXQUISITE HOME INTERIOR TO REFLECT THE NEW OWNERS' PERSONALITIES

By Lisa J. Gotto

The line in this home's recent real estate listing stated, "Meticulously maintained all-brick Colonial home," which for its new owners spoke to the traditional aspects of design that they were seeking both inside and out. The 3,600-square-foot residence definitely scored big points with its buyers for its timeless curb appeal and its superb location.

"Overall, we wanted to update the house while preserving its style and charm which was a delicate balance between modernizing some elements and respecting others," Lane explains.

"WE WANTED TO UPDATE THE HOUSE WHILE PRESERVING ITS STYLE AND CHARM!"

"We kept a great deal of the architectural finishes that define the era of the home, like woodwork, crown molding, and the fireplaces. We refinished the floors and added hardwood where there wasn't any. We paid special attention to adding modern finishes and touches that reflect the house's time period such as a Carrara marble and a slate floor in the mud/laundry room."



THE PROJECT: Perception was key to the new homeowners who viewed this house as perfect in terms of good bones and room to grow for their two young daughters. However, the interiors, while still lovely, were showing typical signs of age and were not reflective of the owners' personalities and unique needs. The kitchen was meticulously maintained over several decades, but had so much present-day potential, they would re-work the entire room to optimize flow and utility. And a fresh approach to cabinets, flooring, and fixtures, would be required to align its aesthetic with the sensibilities of the people who now call this residence home.

THE PLACE: A prime suburban community in Severna Park, that offered every amenity a young family could want, starting with their own gorgeous exterior landscape and broadening out to offer the family access to an optimal quality of life with its community-provided beach, pavilion, playground, and that all-important water access via boat slips to the Severn River.

EXECUTING THE PLAN: The couple were fortunate to have found their interior design professional through mutual friends who deemed them highly qualified and knowledgeable in their respective areas of expertise. Samantha Lane of Ann Lane Home in Baltimore would be tasked with refreshing the entire home for an interiors standpoint and taking a staid traditional aesthetic to the next level. This would include converting a main level office and re-imagining it into a stylish utility and mudroom.

Jeffrey Joy of Joy Remodeling, also of Baltimore, would bring more than 20 years of experience in the commercial and residential construction and remodeling industry to the project which included the kitchen upgrade, remodeling several bathrooms, and relocating a home office from the main level of the home to a previously unfinished attic space.

“Our clients lead a busy life and wanted a home that could accommodate both everyday living and entertaining,” Joy explains. Their key priorities included a more functional kitchen for hosting, a cozy yet sophisticated living area, and updated bedrooms and bathrooms that provided a spa-like retreat.”



A BIG BEFORE-AND-AFTER

While the entire home has substantial “before and after” bone fides, it is in the kitchen where the upgrades are most impactful. So, a charming 1980s-era kitchen with powder blue cabinetry, chair rail and patterned wallpaper with border, and a room-dividing peninsula were swapped out for the 2025 iteration of that kitchen. The homeowners were so impressed with the former owner’s taste that they wished to pay homage to her by choosing a very similar shade to set the tone in the kitchen. The big non-negotiable in the room was the protruding peninsula.



Kitchen Before



Kitchen After

To further enhance the feel of one free-flowing space, the past-its-prime tile-patterned floor would be replaced with red oak, to match the original flooring in the rest of the house. This was a conscious cost-cutting measure that made the most sense because red oak takes easily to stain and was in this case re-stained with a warm walnut shade to balance the cool of the blue cabinets and make the extra thick quartz countertops pop even more.

The cabinets were custom fabricated by Joy’s in-house millwork shop. Storage space that was lost when the peninsula was removed was easily resolved with a new wall of integrated cabinetry that includes the refrigerator opposite the window wall, and in the new statement-making island.

The addition of a banquette framing the window and side wall makes in-room dining comfortable and cozy with its round Downing breakfast table from Serena & Lily, and Carter counter tools from the same manufacturer at the island, allow space for the children and utility for Mom while they are doing schoolwork or projects.

“The blue I think is a traditional color, the Carrera (marble) backsplash is traditional, but we did kind of have fun and do some juxtapositions,” Lane says. “If you notice, the lighting over the island is pretty modern.” They selected Yeon custom pendant lights from Rejuvenation.

Just the most subtle of veining was all the pattern that was required in the Carrera Marmi quartz, for the fresh, understated look they wanted to achieve. The overall aesthetic is fresh, fun, and playful.

DESIGNER BATH SHOWCASE

This residential home remodel included upgrades to three bathrooms, including the primary suite, the daughters' Jack and Jill bath, and a powder room. While two of these rooms required some floorplan tweaking, the vibe of each room was significantly upgraded from "meh" to marvelous. Using smart new papers, luxe quartz, and next-level subway tile treatments, traditional retreats become more welcoming and personalized. And while small spaces, like powder rooms, have their challenges, they also present opportunities for big ideas. "Powder rooms in general, I think, are just fun places to have a really fun pattern. You can close the door, so I don't necessarily feel like they constantly have to have a perfect connection to the rest of the space," Lane says. The pattern is almost linear. Because it was a really small space decisions focused on maximizing height, which is what this pattern does. It helps maximize the height in that space, which doesn't make it feel so small.



Primary Bathroom Before



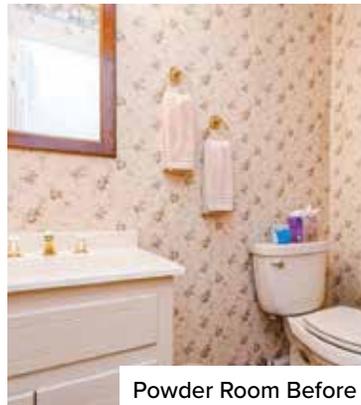
Primary Bathroom After



Bathroom After



Bathroom Before



Powder Room Before



Powder Room After



ROOMS TO EVOLVE

The existing floorplans of the dining and living room were perfect for the couple, so they concentrated on what they could do to provide a fresh, traditional take in these rooms that allows for their style to evolve as they grow with the home.

Bucking the trend away from conventional dining rooms, the young owners prized keeping the space just as it was, adjacent to both the kitchen and living room. This gives them an opportunity, as their personalities change, to change with the room without having to re-haul it. The chairs were moderately priced and so was the buffet. So, if, for example, they want to change out the buffet or the rug, those opportunities exist.

Other intentions for the room would reflect the homeowner's light, sweet, and traditional inclinations. A Highland House table, for example, exudes North Carolina history.

The neutral palette, again, allows for personality changes to update the room more easily.

Both the dining room and living room came with their own classic elements of design, like dentil crown molding, that would only enhance what would come next in the rooms.

To that, Joy's team added the delicate touch of a wainscoting panel to each wall in the living room to elevate the space. Each was painted to match the matte white of the walls creating an element of urbanity suitable for the subtly more formal space.

The fireplace was left exactly as it was, but was then flanked with Highland House accent tables on either side as a pull-through and complement to the adjacent dining room table.

The room's conversation area was furnished with two, super-cozy, skirted scoop-arm chairs and a sumptuous, custom couch and pillows by Century Furniture. The draperies are also custom fabric, 100 percent linen with birds and a subtle blue hue. A glass table was chosen for its fresh and light aspects. This aligns with the homeowner's desire to have this room feel very different than the family room.





PROJECT NOTES

Overall, the goal of remodeling this home was very intentional in the sense that the new interiors needed to be updated in such a way as to reflect the traditional aspects of its exterior.

“I don’t think it does anybody any favors if you immediately pick something that’s on trend, even though the exterior of the home looks entirely different. So that was very intentional, to stay true to the exterior,” Lane summarizes.

The approach to each individual space addressed the overarching desire to have a traditional vibe with a fresher take, balancing elements of modern touches with very classic timeless pieces.



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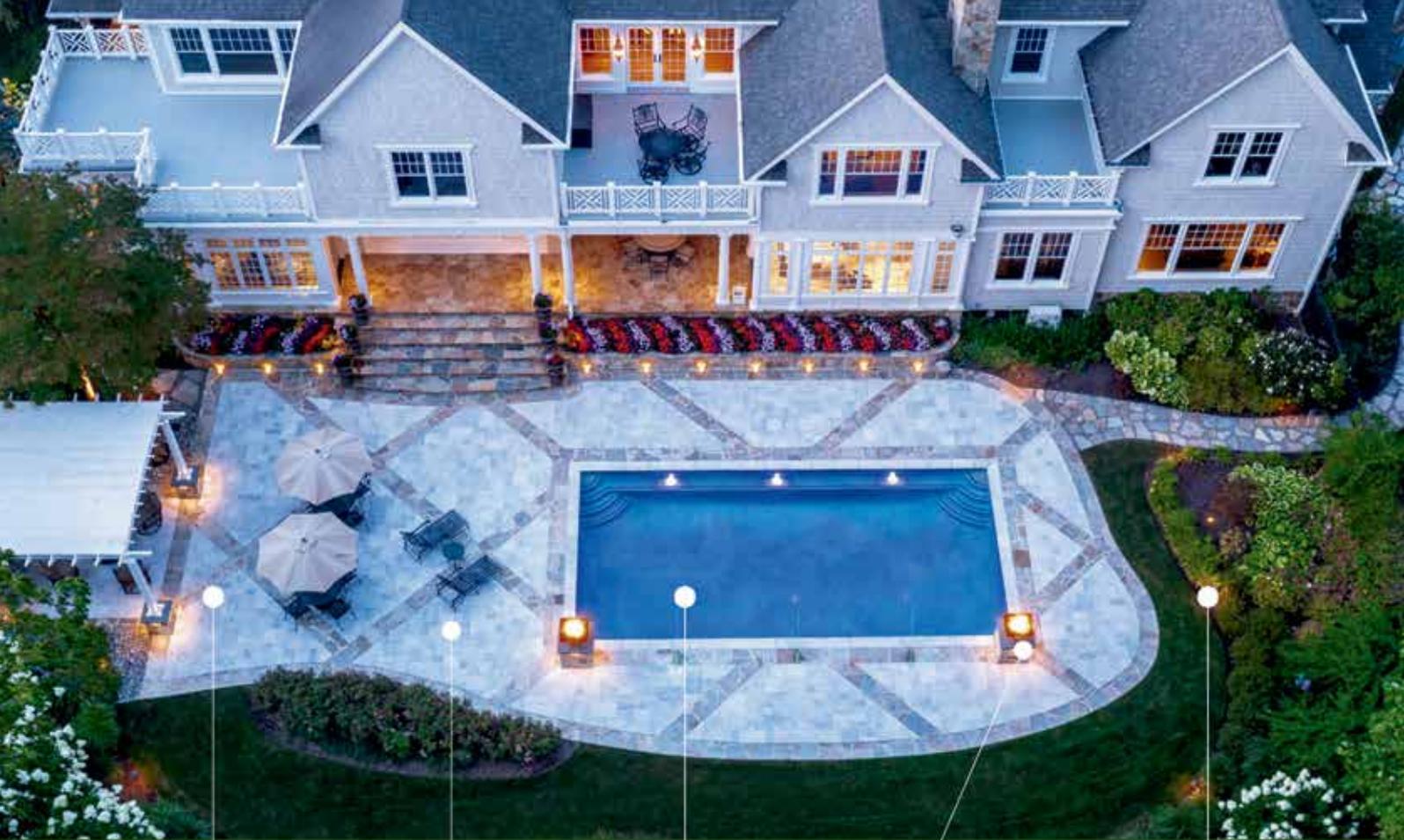


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Every Drop Counts

CHOOSING THE BEST SOLUTION FOR WATERING YOUR GARDENS

By Janice F. Booth

One of Benjamin Franklin's famous aphorisms, "When the well's dry, we know the worth of water," fits well with our planet's current predicament. We now buy water in bottles and pay for access to water in our homes. Whether your concern is for the ecological or fiscal effects of water shortages—or both—our gardens and how we keep them flourishing depends on water.

May is a great time to examine our water supply and usage in the garden. Perhaps we can do more with less. Let's take a look at (a) types of watering or irrigation systems for our gardens, as well as their (b) strengths, weaknesses, and common mistakes to avoid when we set up our garden's watering system. In all cases, you may want to consult your landscape team, and if you decide to install a semi-permanent Drip System, you'll need a landscape designer or plumber specializing in their complexities.

There are four watering systems that have proven their effectiveness over time. From simplest to most complex, they are:

1. Hand Watering: buckets, hoses and wands
2. Sprinklers: tall, short, directional, or circulating
3. Soaker Hoses
4. Drip Irrigation



HAND WATERING

We're all familiar with the old-fashioned bucket or watering can method of satisfying our thirsty gardens. We've probably added a flexible hose or two.

Advantages: The most common reason I hear from friends is the joy of quietly communing with the garden's plants. There's real pleasure in wandering through the garden, splashing life-giving water as each plant seems to require. There's also the opportunity to watch for problems among the plants—sneaky weeds and aphids won't escape your wandering eye.

Disadvantages: A gallon of water weighs over eight pounds! Unless you're watering a patio garden, you'll need quite a few gallons daily for your garden. (Need I say more?) Watering the foliage is a real danger. You will need to make sure to get the water around each plant's base, not on its leaves and blooms.

SPRINKLERS

I don't know about your garden shed, but mine is replete with sprinklers of various types and sizes, purchased in a fruitless quest for just the right sprinkler to handle my garden's needs. (Nope! I don't have the perfect sprinkler solution to share with you.)

Advantages: With an assortment of sprinklers, you can find the right water distribution for your various flower beds. Sprinklers are light and usually quite durable. Unlike watering cans, sprinklers usually keep ticking away for years on summer mornings. Sprinklers are relatively inexpensive.

Disadvantages: Sprinklers can't help getting water on the foliage and blooms—a serious problem and actually a show-stopper. High watering can be disastrous if your plants' leaves aren't able to dry in the sun. Thus, morning watering is the best way to use a sprinkler. They're rather unsightly. Tall, gangly ones or low, metal versions all wear tails of hose winding along the paths or through the beds of flowers. Water pressure outdoors and in the house must be factored into your watering schedule. If you have several sprinklers don't set them all to turn on at once. There'll only be dribbles of water coming out of each sprinkler.



SOAKER HOSES

Addressing the important issue of watering plants at their bases, the soaker hose is a solution. Soaker hoses have evenly distributed small holes through which water seeps into the soil. There are also soaker strips that work well where extra flexibility is needed, particularly in tight spaces among young plants.

Advantages: The greatest advantage to distributing soaker hoses in your flower beds is your ability to get the water to specific plants—circling each plant or zigzagging among the plants. Once you've situated the soaker hose or strip properly all the water will soak down into the soil and to the roots.

Disadvantages: As with the sprinklers, the soaker hose requires good water pressure. If your hoses are too long the water will not reach the hoses' ends, leaving some plants without water. Soaker hoses are not to be buried. You can disguise them with mulch, which will also hold in the moisture, but don't let the hose's holes become clogged.



DRIP IRRIGATION

This system uses sturdy tubing with holes for emitting water, buried 6" to 12" deep. This ensures that the water will be absorbed into the soil and down to the root bed. You'll probably want a professional to install the system which is made up of many essential parts. When setting up the installation, Polyethylene tubing is considered more desirable than PVC tubing due to its flexibility, weight, and resistance to abrasion or chemical erosion.

Advantages: No water will be wasted, and the foliage will remain dry. With a timer, you need not worry about your plants becoming parched. A properly installed drip irrigation system will not drain the water pressure in the house.

Disadvantages: The system is expensive, and you may need a professional to set up and properly bury the tubing. There are filters and backflow prevention components that are essential for a system to work properly for 12 to 15 years. Since the tubing is only a foot or less below the surface, you'll have to be careful when planting or aerating the soil. You don't want to damage the tubing. If you're on a well, the drip system may too easily clog with "hard" water.

Caution: You'll want to schedule yearly maintenance. Ask your specialist to come in the late fall to drain the tubes and check for any corrosion or leaking.

Whichever method(s) you decide to rely on to water your gardens this season, I wish you just the right amount of rain and sunshine so every one of your plants flourishes.

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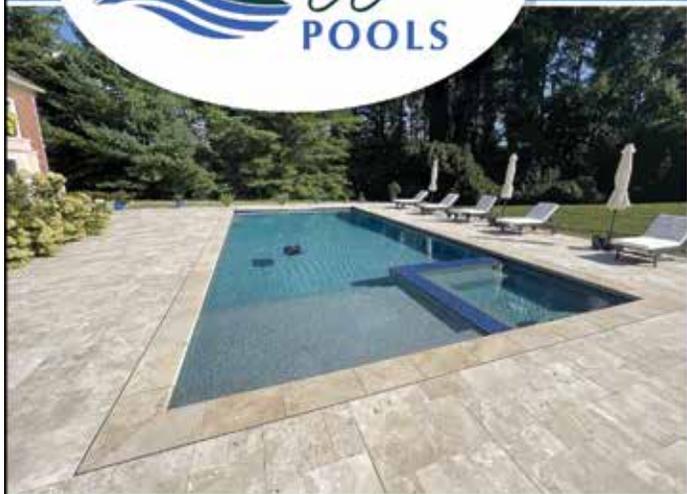
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Super Severn Sunsets

By Lisa J. Gotto

This custom-built contemporary home offers a plethora of Severna River views across its four levels of enhanced living space. Located in an immaculate gated community, this 5,000-square-foot home is nestled in a lush lot bursting with the flowers and foliage of a number of tree species, such as magnolias, boxwood, nandina, and crepe myrtle. Throughout the home, there are a number of ways to bring the outdoors in with its series of decks and balconies, many which overlook the water providing huge views of the river.

Inside, handsome, wide-plank hardwood floors welcome visitors to the sunny main level



Primary Structure Built: 2006

Sold For: \$2,000,000

Original List Price: \$1,890,000

Bedrooms: 6

Baths: 4 Full, 1 half

Living Space: 5,000 Sq. Ft.

Lot Size: 1.18 acres

living space. Framed with a series of stylish sliding glass doors, the space is all at once inviting and tranquil. Throughout the open-plan kitchen, living, and dining rooms there are opportunities for remarkable views of the water from the spacious wraparound deck.

Custom wood cabinetry in a rustic chestnut color creates a warm and comforting effect in the large gourmet kitchen. A contrasting, two-level island topped with dark granite provides a great gathering and prep space while entertaining, which is a seamless exercise with this spacious layout. All stainless-steel appliances including a custom, six burner gas cooktop help make quick-work of meal-prep.

An adjacent more formal living space with its own waterfront views is accented with a homey, brick-face fireplace wall with wood mantle detail.

This home's private elevator transports its owners to their amazing primary suite with knockout



Listing Agent: David Orso; Berkshire Hathaway Home Services | Pen Fed Realty; 8 Evergreen Rd., Severna Park; m. 443-691-0838; o. 443-372-7171; david@davidorso.com; davidorso.com **Buyers' Agent:** Brad Kappel; TTR Sotheby's International Realty; 209 Main St., Annapolis; m. 410-279-9476; o. 410-280-5600; brad.kappel@sothebysrealty.com; ttrsir.com

water views that stretch across the riverfront. From here, they can access a cozy private balcony that also overlooks the water. A soothing bath with all-white cabinetry, a dual vanity, soaking tub, and separate shower completes the owners' retreat.

Three additional bedrooms and two baths are located on this level, and a fifth bedroom is located on the fourth level of the home.

The home's lower level offers another private retreat with its huge recreation room with sliders to the outdoors, and a full efficiency apartment with bedroom, bath, and kitchen that can serve as the perfect guest or au pair suite. And just a short walk away, the new owners can access the marina and the community's additional amenities.

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Haute Harbor Views

By Lisa J. Gotto

This exceptionally well-located Bay-front condo is a homeowner's dream waiting to come true. Panoramic views and four levels of living space create a wealth of opportunities for its new owners to put their personal stamp on a property within the highly desired Chesapeake Harbour community that rarely offers availability.

This over-sized end-unit property offers attractive curb appeal and its own convenient garage. Once inside on the main level, you are treated to an abundance of light from the open plan kitchen, living, and dining area that features a series of floor-

Primary Structure Built: 1988

Sold For: \$1,587,500

Original List Price: \$2,399,000

Bedrooms: 3

Baths: 4 Full, 1 Half

Living Space: 3,136 Sq. Ft.

Lot Size: Condo



Listing Agent: Peg Ewing, Berkshire Hathaway Home Services | PenFed Realty, 1997 Annapolis Exchange Pkwy., Annapolis, m. 410-562-8708, o. 410-266-0600, peg.ewing@penfedrealty.com, bhhspenfedrealty.com

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to-ceiling windows revealing stunning views to the Bay. At this level, there is simply nothing quite like it.

The contemporary, eat-in kitchen is light and bright with all white cabinetry featuring sleek modern hardware, an in-wall oven/microwave combo, and a center island that offers additional prep space and breakfast bar seating for two. Gleaming, honey-colored hardwoods flow throughout the space.

The adjacent formal dining area is accented above with an attractive tray ceiling and then steps down into a sumptuous living room that offers a feature fireplace wall and those dramatic views of the Bay accessible from both areas.

The third level, which can easily be accessed with home's private elevator, is where you'll find this property's primary suite. Perfectly situated to exploit that waterfront view, this room features an elevated platform for the bed to further improve those amazing sightlines to the water. Like the series of sliding glass doors downstairs, this room offers access to an incredible Bay-facing wraparound deck. The new owners need only crack one of the doors to have their own natural wave machine to lull them to sleep. The generous primary bath has an attractive glass feature wall, dual sinks, a garden tub, and a separate glass shower feature.

Two additional large bedrooms with full baths are located on the home's upper level. Both feature tall ceilings and large windows.

The lower level is home to an incredible waterfront-facing family room with wet bar that opens to the property's private beach area, where the new owners will literally be just steps from the Bay, and close to all the amenities provided as part of the condo community.

In addition to the private sandy beach, amenities include a full-sized, Bay-side pool, tennis and pickleball courts, an oyster-shell walking path, fishing piers, and a deep-water marina with direct access to the Bay. The community also offers dining and entertainment opportunities in the form of an upscale restaurant and Tiki Bar to enhance this property's already amazing resort-style living experience.



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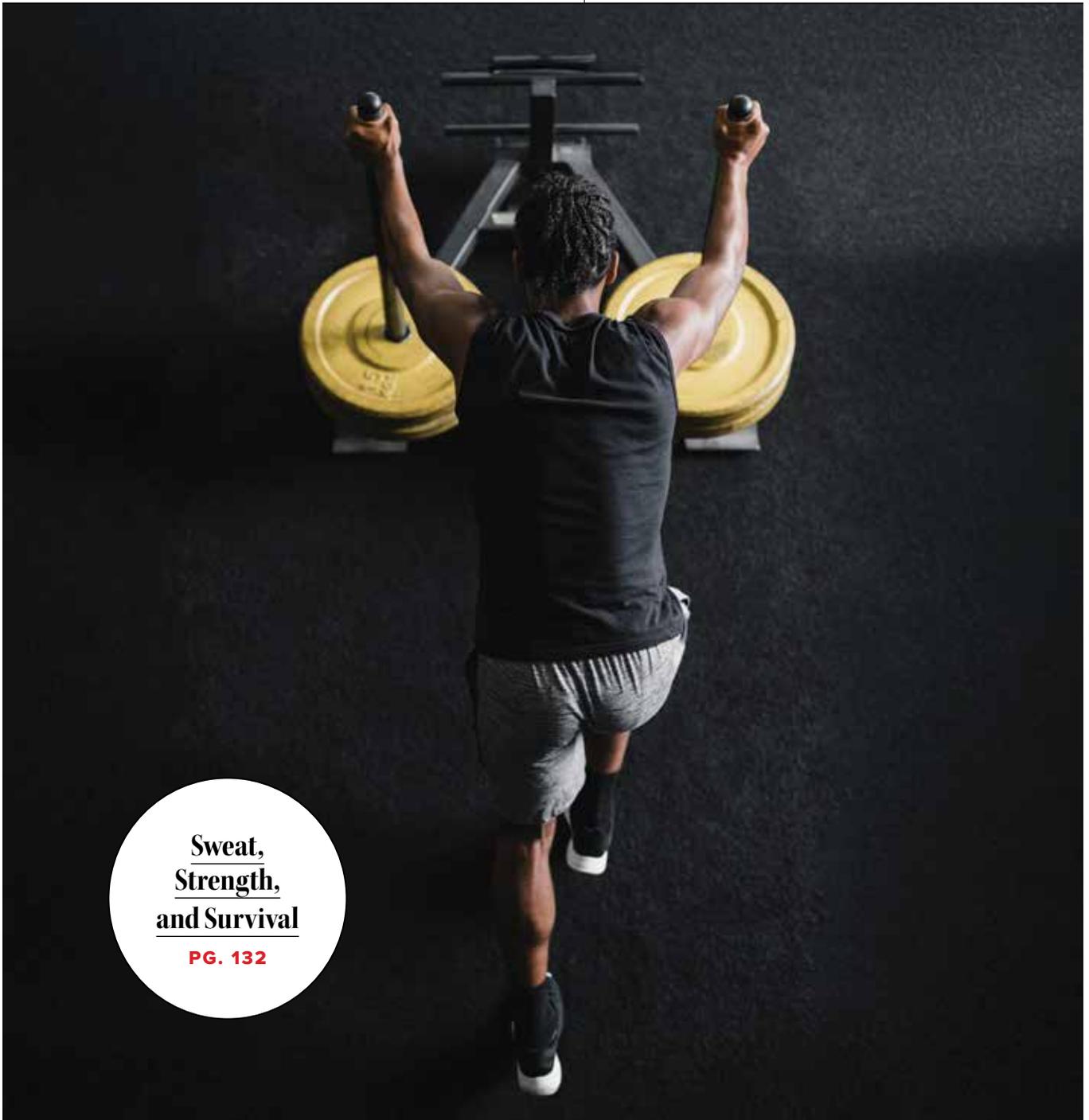


Health & Beauty

128 MASTERING MYOFASCIAL RELEASE THERAPY

130 IS IT HIGH-FUNCTIONING ANXIETY?

131 A NUTRIENT WORTH ITS SALT



Sweat,
Strength,
and Survival
PG. 132



Mastering Myofascial Release Therapy

By Dylan Roche

Sure, a good massage always feels good—but its benefits actually go a lot deeper (no pun intended). In the case of a technique known as myofascial release therapy, massage helps release tension in your connective tissue, which improves your circulation, reduces pain, and speeds up injury recovery. **The best part?** Although many people turn to professionals to perform myofascial release therapy (MRT), many of the techniques can be done by yourself at home.

GOT QUESTIONS? HERE'S WHAT YOU NEED TO KNOW...

Q: HOW DOES MRT WORK?

A: You or a therapist will apply pressure to the myofascial connective tissue that surrounds and supports your muscles. In areas of tightness or pain, this sustained pressure will help relax and lengthen the tissue, which improves your muscle's ability to move and alleviates any discomfort. This can also improve your range of motion and increase the recovery time of muscle injuries.

Q: DOES SCIENCE SUPPORT THIS?

A: Science is mixed. Some studies show that MRT can alleviate chronic pain and improve flexibility, but there's not enough to conclude that it's any better than other manual forms of therapy, such as basic massage or stretching. However, there's no detriment to MRT—so if it feels good, why not do it? Some critics suggest that MRT might have a placebo effect, and the pain relief is psychological rather than physiological, but enough people with chronic pain, or athletes recovering from injury, see MRT as solution that works for them.

Q: WHAT ARE THE BENEFITS?

A: Besides the fact that it *feels* good for just about anyone with muscle tightness or soreness, MRT can be used to treat specific conditions, such as fibromyalgia, by targeting pain points. MRT can also help athletes achieve better flexibility, recover between workouts, and alleviate discomfort from intense use of muscles. Some athletes engage in MRT before a workout to improve their mobility *and* after a workout to reduce soreness, as well as on rest days as a means of active recovery.

Q: HOW CAN I DO IT MYSELF?

A: While some people have a physical therapist perform MRT, you are able to perform the right kind of massage at home with a foam roller, a massage ball, or a percussion gun. To achieve the best results, you should:

- ◆ Apply **gentle, sustained pressure** (30–90 seconds) to tender spots.
- ◆ Use **slow, controlled movements**—don't rush through the rolling.
- ◆ Breathe deeply to **help muscles relax** and improve circulation.
- ◆ Avoid **rolling over joints, bones, or very painful areas**—stay on muscles.
- ◆ Do it **before workouts** for mobility or **after workouts** for recovery.



SELF-MYOFASCIAL RELEASE TECHNIQUES

Neck and Upper Traps

- ◆ Use a lacrosse ball against a wall or lie on the floor.
- ◆ Roll side to side under the base of your skull and traps.
- ◆ Hold pressure on tight spots for 30 seconds, then move away from those tight spots slowly.

Chest and Shoulders

- ◆ Press a lacrosse ball against a wall, rolling it over your chest and shoulders.
- ◆ Hold pressure on tight areas for 30 seconds before moving.

Upper Back

- ◆ Place a foam roller under your upper back while lying on the floor.
- ◆ Cross arms over your chest and roll up and down slowly.
- ◆ Pause on tight spots and breathe deeply.

Lower Back

- ◆ Use a foam roller at the base of your ribs, tilting slightly to one side.
- ◆ Roll slowly up and down, avoiding direct pressure on the spine.

Glutes

- ◆ Sit on a foam roller or lacrosse ball and cross one ankle over the opposite knee.
- ◆ Lean into the roller and gently roll side to side.

Quads

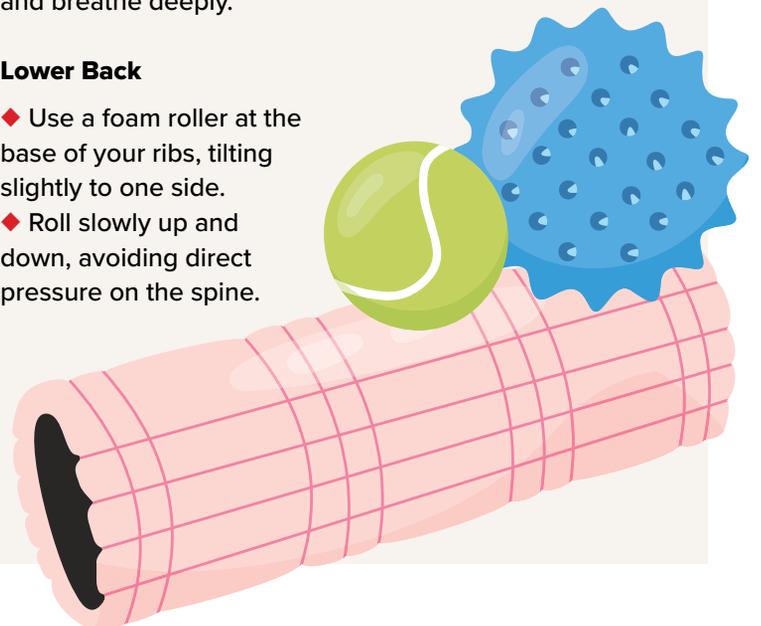
- ◆ Lie face down with a foam roller under your thighs.
- ◆ Roll from hip to knee, stopping at tender areas.

Hamstrings

- ◆ Sit with a foam roller under your hamstrings, rolling from knee to glute.
- ◆ If needed, add pressure by crossing one leg over the other.

Calves

- ◆ Place a foam roller under your calves and roll from ankle to knee.
- ◆ Cross one leg over the other for deeper pressure.



Is It High-Functioning Anxiety?

By Dylan Roche

Some of us really do work well under pressure—but when that pressure is self-imposed and gets to be overwhelming, it's worth taking time to pause and ask ourselves whether the good work is actually worth it. That's because what we might perceive as productivity or efficiency, and thus normalized or even celebrated, might actually be something much less healthy. When the productivity and efficiency is driven by negative emotions, it could be high-functioning anxiety.

An estimated 40 million adults in the United States suffer from general anxiety disorder, according to the National Alliance on Mental Illness. Symptoms of general anxiety disorder include:

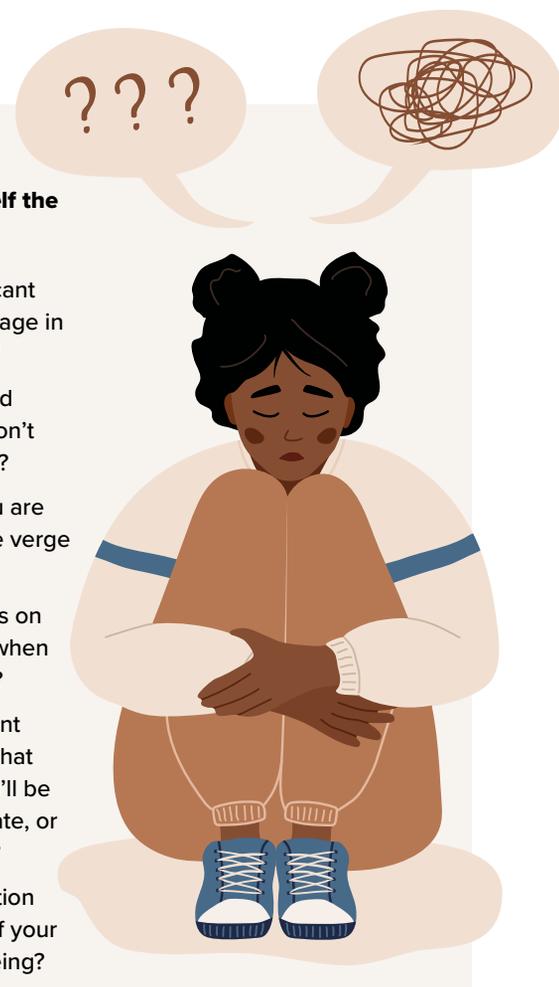
- ◆ Excessive worrying
- ◆ Difficulty concentrating
- ◆ Irritability

But high-functioning anxiety is ever so slightly different. Often people with high-functioning anxiety present themselves with qualities that look admirable from the outside: They are **high achievers** who are **organized, detailed oriented, and proactive**. They are often **outgoing** and **good at solving problems**.

But if these good qualities are rooted in insecurity or are used as a way of masking negativity, then they could be coming at the expense of your mental-emotional health—and that's a problem.

If you're a productive individual, ask yourself the following questions:

- ◆ Do you have significant fear of criticism or engage in frequent self-criticism?
- ◆ Do you feel ashamed or inadequate if you don't accomplish your goals?
- ◆ Do you feel as if you are not in control or on the verge of losing control?
- ◆ Do you tend to focus on worst-case scenarios when it comes to your tasks?
- ◆ Do you need frequent reassurance or worry that if you say no, then you'll be perceived as inadequate, or a task won't get done?
- ◆ Do you seek perfection even at the expense of your own emotional well-being?



If your productivity might be high-functioning anxiety, the best thing you can do is learn to establish boundaries and reframe the thinking behind your actions. Start by:

- ◆ Saying no when you need to, so you can avoid overwhelm
- ◆ Setting realistic goals and focusing on progress instead of perfectionism
- ◆ Schedule down time for yourself so you are able to actively remove yourself from high-functioning tasks

Once you've done this, you can focus on ensuring your productivity and efficiency are done in a healthy way by:

- ◆ Challenging any negative thoughts about worst-case scenarios with tangible evidence-based observations
- ◆ Focusing on actionable steps you can take to accomplish realistic goals
- ◆ Practicing gratitude for what you've accomplished and acknowledging that you can't always do everything

ABOVE ALL, IT HELPS TO REMEMBER THAT PERFECTIONISM IS NEVER ATTAINABLE OR HEALTHY—GOOD IS OFTEN GOOD ENOUGH!



A Nutrient Worth Its Salt

By Dylan Roche

If you've ever looked at a canister of table salt, you might have noticed it labeled as *iodized*. Or if you've looked at a package of fancy sea salt, there's usually a disclaimer that says, "This salt does not supply iodine, a necessary nutrient."

So, what's the deal with iodine? Why is it sometimes added to salt (and other times not)? And what's the benefit to getting this necessary nutrient in our diets. You might be surprised to learn that iodine deficiency was actually common before manufacturers started adding it to salt—but in recent years, more and more people are suffering from a lack of iodine in their diet. This could ultimately have a negative effect on their metabolism, brain function, energy levels, and more.

FIRST, WHAT IS IODINE?

Iodine is a mineral nutrient that's naturally found in the soil and water. Many foods are rich in iodine, including seafood, seaweed, eggs, and dairy products. But if you're somebody who doesn't eat a lot of animal products, or if you have increased needs because you're pregnant or breastfeeding, you may not be getting enough iodine. This nutrient aids in thyroid function, helping your body produce hormones that convert food to energy, regulate your body temperature, support skin and hair growth, and boost brain function.

WITHOUT IODINE, YOU COULD SUFFER SUCH PROBLEMS AS:

Goiter, a swelling of the thyroid • Fatigue, weakness, or weight gain from a sluggish metabolism • Cold sensitivity • Dry skin and hair loss • Difficulty concentrating, memory problems, or other cognitive issues • Developmental disabilities in infants and children

WHY DON'T WE HEAR MORE ABOUT IODINE DEFICIENCY?

You might not hear about iodine deficiency as much as you hear about, for example, iron deficiency or calcium deficiency because iodine is often added to a very common product: table salt. After iodized salt hit the market 100 years ago, severe iodine deficiency (along with its related maladies) had been cut in half by the 1970s. However, the American Association of Clinical Endocrinology reports that iodine deficiency is reemerging in the United States.

Why? More people are conscious of their sodium intake, which can lead to high blood pressure in excess, so they may be cutting back on table salt or switching to fancier sea salt, kosher salt, or Himalayan salt, none of which contain added iodine.

HOW CAN I GET MORE IODINE?

Start by talking to your doctor, who can perform a simple urine test to determine whether you're actually deficient. This is especially important for pregnant or nursing women, who have greater iodine needs for fetal and infant brain development (about 220–290 micrograms needed per day). Your doctor may recommend an iodine supplement, or encourage you to try eating more iodine-rich foods:



Cod: 150 micrograms per serving

Tuna: 17 micrograms per serving

Shrimp: 30 micrograms per serving

Milk: 23 micrograms per serving

Greek Yogurt: 87 micrograms per serving

Eggs: 24 micrograms per serving

Kelp: 3,000 micrograms per serving

Wakame: 42 micrograms per serving

Nori: 232 micrograms per serving

Sweat, Strength, and Survival

HYROX COMPETITIONS ARE THE RISING FITNESS TREND

By Dylan Roche

It's not a marathon, and it's not CrossFit—but it's a fitness challenge that combines elements of these disciplines in a trend that's quickly growing around the world. If your idea of fun includes sled pushes, burpees, farmer carries, and lots of running, then you might find yourself attracted to this kind of challenge.

HYROX IS FITNESS COMPETITION COMBINING STRENGTH AND ENDURANCE IN A WAY THAT'S INCLUSIVE, FUN, AND, YES, TOUGH.

Hyrox is fitness competition combining strength and endurance in a way that's inclusive, fun, and, yes, tough.

Hyrox encompasses eight standard functional exercises you would undertake in a CrossFit or similar fitness session, but these exercises are broken up with running between them. You start by running 1 kilometer, followed by an exercise. Then you run another 1 kilometer. By the time you're done, you've run 8 kilometers (almost 5 miles) and completed eight functional exercises.

These competitions started across the Atlantic over in Germany, where they were conceived by triathlete Christian Toetzke and Olympian Moritz Furste back in 2017. In only a few short years since then, Hyrox has spread around the world with competitions held in many major cities. A huge part of the appeal, according to Michele Wilder, a Hyrox performance coach based in the United Kingdom, is that it's welcoming to everybody. "When you go to a race, you'll see all body types, and Hyrox publicizes stories of everyday people who have overcome adversity to race just as much as they publicize the professionals," she says.



Another aspect of Hyrox's inclusivity is the way the competitions offer divisions, so participants can share the work instead of doing it all by themselves (unless that's the challenge you want!). Divisions you'll find at a Hyrox competition encompass:

Open: for general fitness enthusiasts (lighter weights, no elite qualifying)

Pro: for experienced competitors (heavier weights)

Doubles: for partnered competitors (split the workload)

Relay: for team of four (each completes a portion of the race)

Hyrox presents a unique challenge because it's about strength and endurance, rather than a marathon or strongman competition, either of which would require one or the other. You need strength to complete the functional exercises, but because they're performed in succession with running interspersed, you need to have the endurance to follow through with all of them.

The average time for finishing is about an hour and a half, though few competitions have time limits and it's not unusual for some competitors to take up to three hours.

Sound exhausting? If the idea of a Hyrox competition sounds exciting but you're tired (and a little daunted) when you really imagine

**A TYPICAL
COMPETITION
FORMAT
LOOKS LIKE:**

- 1km Run
- 1,000m SkiErg
- 1km Run
- 50m Sled Push
- 1km Run
- 50m Sled Pull
- 1km Run
- 80m Burpee Broad
Jumps
- 1km Run
- 1,000m Row
- 1km Run
- 200m Farmers Carry
- 1km Run
- 100m Sandbag
Lunges
- 1km Run
- 100 Wall Balls

what it would be like, the best thing you can do is start training. Four key approaches you can take to train for a Hyrox competition include:

- ◆ **Run Often:** You need strong endurance to maintain running performance between exercises.
- ◆ **Lift Heavy:** The sled push and farmer carry require a lot of power.
- ◆ **Train Functional Movements:** Wall balls, burpees, and rowing should be regular in your workouts.
- ◆ **Simulate Race Conditions:** At least once a week, do a Hyrox-style workout with running intervals.



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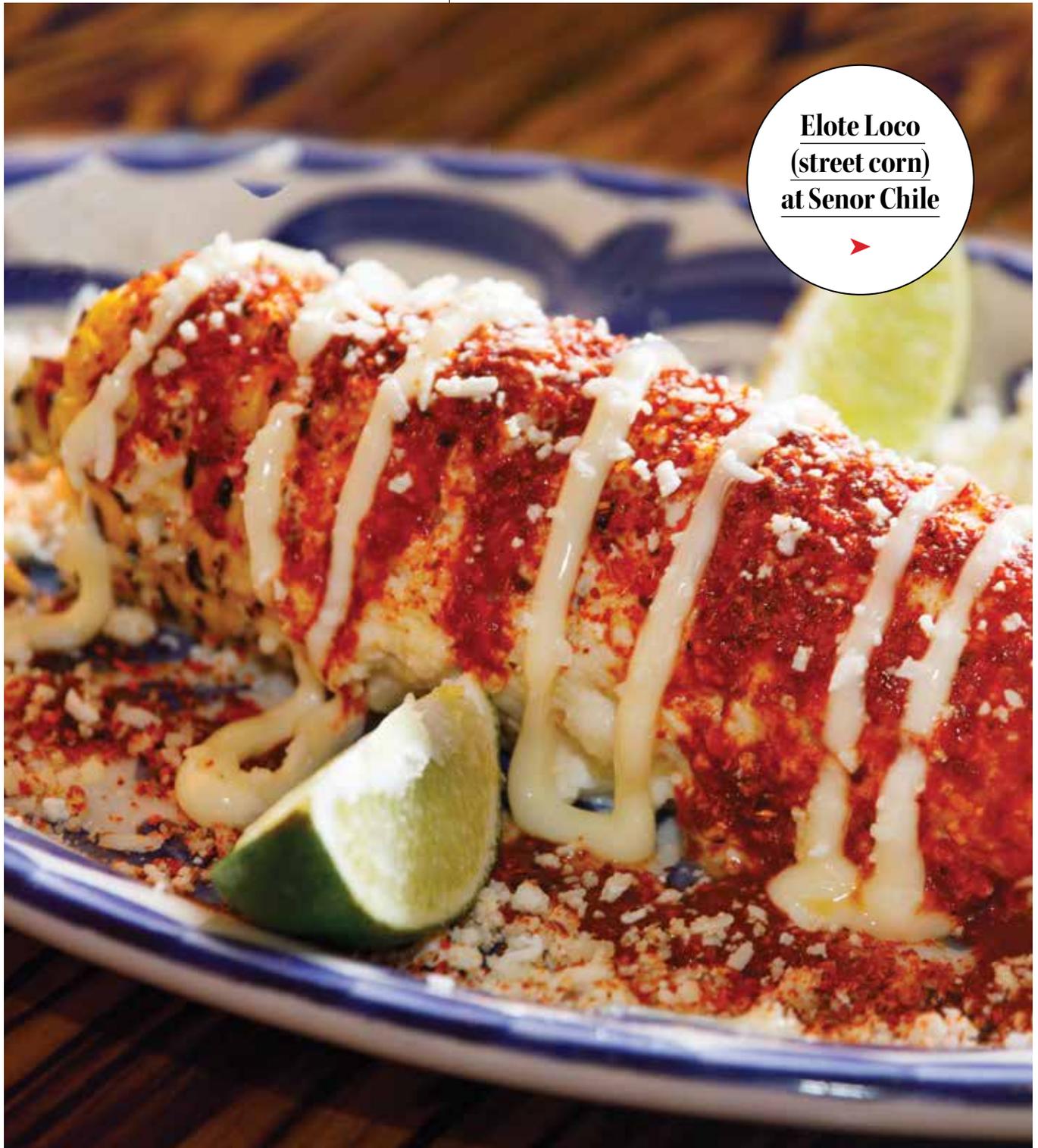
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Food & Dining

136 FEAST MODE

138 READERS' DINING GUIDE

Elote Loco
(street corn)
at Senor Chile



Feast Mode

By James Houck

More than 25 years ago, Fredy Salmoran arrived in the United States at age 17 with big dreams. How big? “I wanted to pursue better opportunities and help my family,” he once told us. “I wanted to have my own business. I wanted to have my own dishes and make my own food.” It took Salmoran several years to learn the local restaurant industry, working in various positions for several well-known establishments. But he eventually opened his own restaurant in 2016 (Mi Lindo Cancun Grill in Annapolis) and grew the business enough to enable him to open another four restaurants since. Those four restaurants are branded as Senor Chile, with locations in Severna Park, Arnold, Edgewater, and Chester on the Eastern Shore. The success and rapid expansion are due to, in Salmoran’s words, being well liked. “We have customers all over Maryland. They asked us to open a new location because they like us. We work with the local community, and we want to do more. We help the schools and churches with fundraisers. We do anything to help the community.”



SEÑOR CHILE

locations in Severna Park, Arnold, Edgewater, and Chester; senorschile.com

And the food is par excellence Mexican fare, which we learned firsthand during a visit to the Severna Park location on a spring afternoon.

Arriving for an early dinner after my daughter’s lacrosse game, our ravenous family of four was warmly greeted by the hostess and offered seating inside or out. Weather abiding, we chose an outdoor table, sat down comfortably, and were quickly introduced to our server Esteban. Had it been a touch cooler, we would certainly have dined indoors, where the vibrant atmosphere has a whimsical “Dia de los Muertos” theme matched to tannic-colored wood flooring, tables, and leather-back chairs. If you want to saddle-up to the bar for a craft margarita, cocktail, or cerveza, you can do that, too. A few booths at the opposite side of the room offer cozier confines.

Esteban took our drink and appetizer selections—sodas, house guacamole, and empanadas—which promptly arrived in short order alongside complimentary nachos and salsa. The guac was bright green, a great indicator of being freshly made. Chunky with chopped tomatoes, diced red onion, peppers, cilantro, and a squeeze of lime mixed in, each heap of guacamole that made it from chip-dip to mouth was savored. The empanadas were pillowy pockets of fried blue-corn dough stuffed with a mash of potato, chorizo, and cheese. The mild spice of each bite was balanced with a dollop of crema. Yum!



But we wanted more...much more. And Senor Chile delivers with large portions. For mains, I ordered a combo platter named Los Amigos featuring one enchilada de mole (I love mole sauce!), one cheese enchilada, one chicken tamale, and one chicken taquito. My wife ordered a California Burrito filled with steak, vegetables, guacamole, pico de gallo, cheese, French fries (!), and chipotle aioli. Daughter chose the Pedros Tacos—three soft corn tortillas with chicken, lettuce, pico de gallo, avocado, and chipotle sauce folded within. Son selected Mexican Street Tacos with chicken as the star protein, topped with cilantro and diced white onion. He also wanted



a side of mac-n-cheese because...why not? To top off our meal, we chose an order of Sopos/Picaditas, which are a traditional antojito snack—three handmade corn tortillas topped with beans, queso fresco, lettuce, crema, avocado, and grilled shrimp.

Depending on what entrée you order, each plate has a mix of expected fixings: rice, beans, lettuce, sour cream, pico de gallo, guacamole, sliced radishes, and so forth. Want something specific? Just ask. We found the kitchen very accommodating to our wishes. Everyone seems chill at Senor Chile and wants you to enjoy your meal.

It turned out that our eyes were much bigger than our stomachs. The huge portions were more than enough to fill us for the evening *and* have plenty left over for a day-after lunch (or—wink—late-night snack). I honestly felt each bite of each dish I sampled was quite fine and exhibited familiar flavors, with freshness—very fresh—being key.

The menu is voluminous, so discovering a new take on a classic dish or a new dish altogether is easy. There's a range of homemade soups, their "famous" birria, and plenty unique entrees that I look forward to trying on our next visit. I wish I left room for dessert—flan or tres leches cake look tempting—but that will have to wait until next time as well.

My advice. Activate your own feast mode at a nearby Senor Chile location for a fun, filling, and easy-going Mexican dining experience.

Readers' Dining Guide



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

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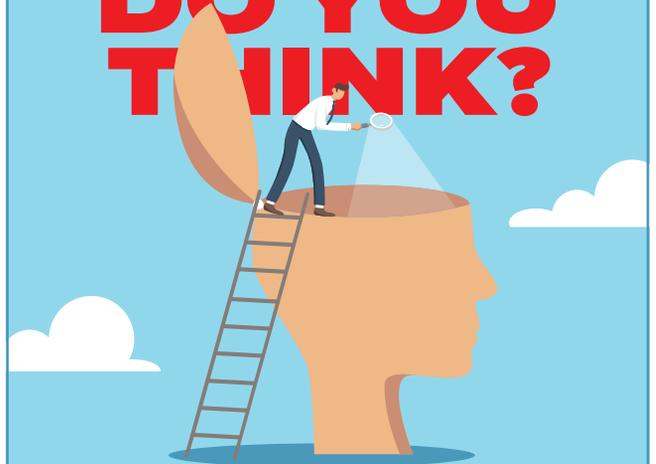
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Adoro Medical Spa16	Leadership Anne Arundel.....27
Alternative Pet Care133	Lewnes' Steakhouse139
Anchored Hope Therapy, LLC100	Liff, Walsh & Simmons Eagle Title 52, LLP
Andree Tullier Fine Art Studio GG	Living Health Integrative Medicine, LLC12
Annapolis Ice Cream Company Always Ice Cream134	Long & Foster Baltimore Regional Center BC
Annapolis Painting Services..... 33	Lucky and Blessed Fishing..... 100
Annapolis Plastic Surgery..... 4, GG	Luminis Health AAMC.....17
Annapolis Symphony.....35, 81	Lundberg Builders and 314 Design Studio 121
Anne Arundel Community College Foundation88	Mahon Plumbing143
Anne Arundel County CASA, Inc.....99	Maryland Paint & Decorating25
Anne Arundel County Public Library Foundation101	McNamee Hosea Attorneys & Advisors..... 73
Anne Arundel Medical Center—Fish For A Cure.....133	MDSW, McAllister, DeTar, Showalter and Walker LLC..... LLP
Bagley and Rhody73	Medrano Brothers Inc. 120
Bands In The Sand18	Mobile Pet Vet29
BayWoods of Annapolis.....123	Modera Wealth Management.....29
Bella Italia.....142	Modern Dermatology 27
Bello Machre100	Naditch, Ron..... LLP
Bianca Flor GG	Nancy Hammond Editions81
Boatyard Bar & Grill134	Nothing Bundt Cakes GG
Bowman Jarashow Law LLC 51, LLP	Old Bay Pest Control143
Brad Kappel, TTR Sotheby's International Realty..... 2	Olmo Brothers Construction & Landscaping13
Brightview Builders, Inc.125	Omnia Real Estate..... 39
Cabinet Discounters.....IBC	On The Green Inc123
Carpaccio Tuscan Kitchen & Wine Bar140	Paradise Pools Inc..... 121
Carro's Creek Cafe139	Potter Law Group 54
Celebrate Annapolis Juneteenth Corp.....21	Sandel Duggal Center For Plastic Surgery IFC
Chesapeake Baysox 23	Scott Finlay DDS & Associates15
Chris Gives Foundation 97	Seasons Olive Oil & Vinegar Taproom GG
Coastal Pools.....116	Sims & Campbell LLP
Connect Wealth LLP	Sinclair Prosser Gasior LLP
Council Baradel 53, LLP	Skin Wellness MD10
David Orso.....6, 8	Syblis Law Firm LLC..... LLP
Della Notte139	The Arc Central Chesapeake Region 31
Djawdan Center for Implant and Restorative Dentistry.....1	The Cottage Annapolis & Severna Park 24, GG
Drs. Walzer, Sullivan & Hlousek, P.A..... 11	The Jaklitsch Law Group 42, LLP
Fichtner Home Exteriors.....109	The Law Offices Of Stacey R. Rice LLP
Fig & Flower GG	The Mundaca Law Firm, LLC LLP
Fishpaws Marketplace GG	The Spice And Tea Exchange GG
Franke Beckett LLC LLP	The Summit School 74
Generator Supercenter 120	The Wellness House 95
Harvest Thyme Modern Kitchen & Tavern134	Thyme + Stain LLC..... GG
Hillman, Brown & Darrow..... LLP	Tribe Cycle.....143
Historic Annapolis, Inc./William Paca House104	Wade Pools & Landscape Design, LLC.....117
HOPE For All 101	Waterfowl Festival..... NPC
ICSI143	We Restore Decks 106
Iliff, Meredith, Wildberger, and Brennan, PC LLP	YVS Law, LLC 73
INGRANO BISTRO BAKERY and Fine Dining140	YWCA of Annapolis & Anne Arundel County 93
Jalapenos 141	



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