

WHAT'S UP? **CENTRAL**

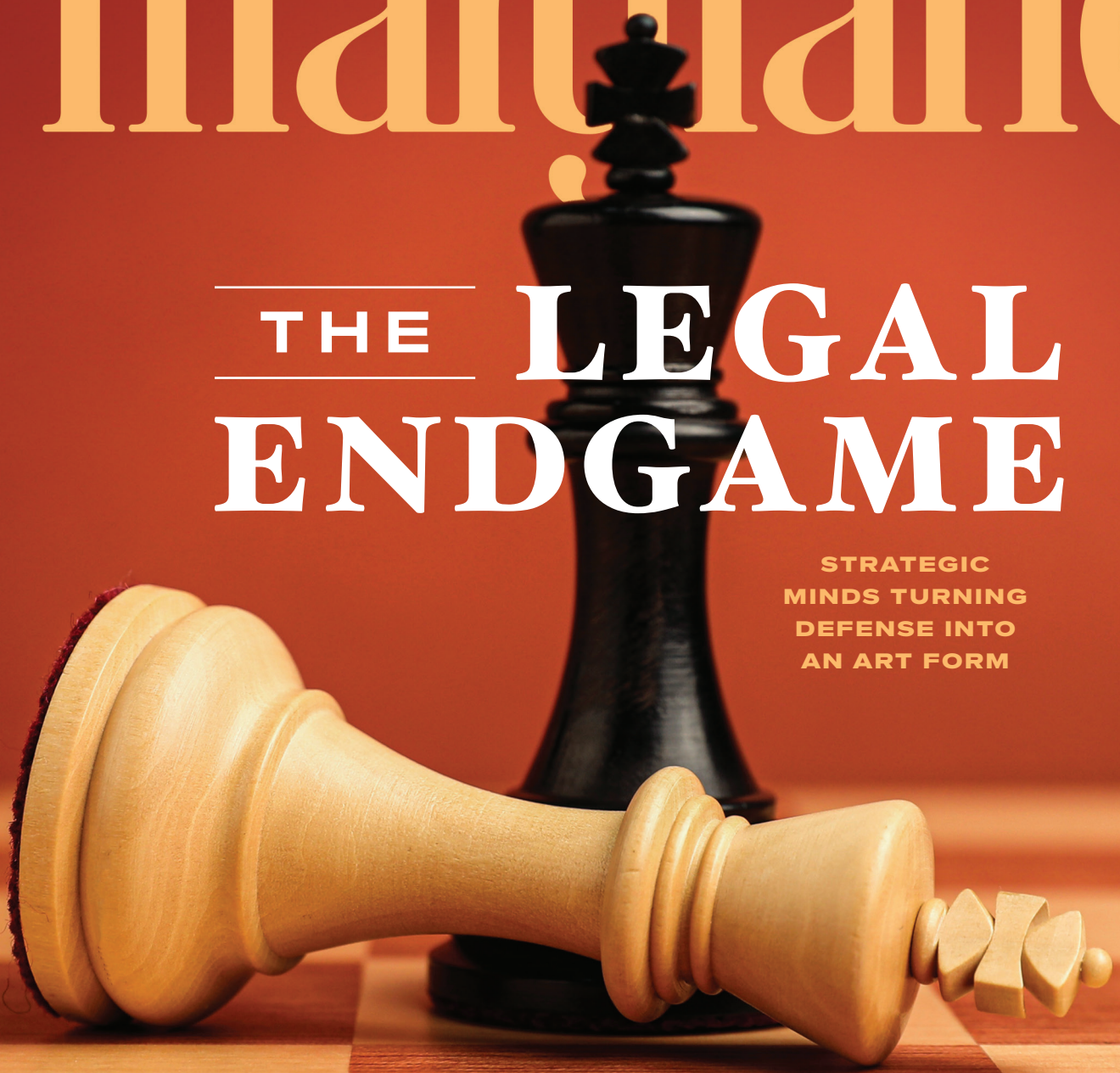
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WHAT'S UP? MEDIA'S 2026

EXCELLENCE IN N NRSING

The 2026 Excellence in Nursing Campaign starts this month! A peer-survey project that celebrates exemplary nurses practicing in the Greater Chesapeake Bay Region. We are calling for licensed nurses and medical professionals to nominate your fellow nurses in several fields of practice. This campaign runs May 1st - June 30th.

[WHATSUPMAG.COM/
2026NURSES](https://whatsupmag.com/2026nurses)





It's been quite a while since my last publisher's letter. I have enjoyed watching James Houck's interesting editor's letters, yet I have sometimes missed communicating directly with our readers.

It was 29 years ago with this May issue that I introduced *What's Up?* magazine to Annapolis. Microsoft Windows was only 10 years old at the time; Google hadn't even begun yet, and how many of you can remember the dial-up squeal of starting AOL on a home computer?

Seeing how tempting it was for us to become disconnected, especially as computers and the Internet began to take hold of our attention, I worried that we would retreat into our own silos, interacting more with screens than with each other. My belief is that a strong community depends on shared experiences. I call it "bumping into each other," meaning that by attending local events, places, and groups, we communicate and hopefully understand each other a little better. I know, I'm an optimist!

What's Up? Media was my way of pushing back against that trend of falling into our isolated silos—by highlighting local events, stories, and happenings that bring people together, spark conversations, and foster a sense of belonging.

Certainly, the world has changed since 1997 and we, too, have grown. We now produce six different publications: *Annapolis*, *Eastern Shore*, *Central Maryland*, *Weddings*, *The Guide to the Naval Academy*, and *The Directory* for seniors and those with disabilities. We also publish digital versions of our magazines, all available at magazine.whatsupmag.com, which makes it easy to continue reading them on your phone.

Digital content is ubiquitous, and we do it all now, yet through all the changes my goal was, and still is, to help our communities stay informed, engaged, and truly connected. I would love to hear from you. I always respond.

Veronica Tovey,
Publisher & President
veronica@whatsupmag.com

A handwritten signature in black ink that reads "Veronica". The signature is written in a cursive, flowing style.



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HIGHLIGHTING
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Annapolis Irish Festival 2026

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SCENIC RIVERS LAND TRUSTS' WALK FOR THE WOODS 2026

Celebrate the beauty of the outdoors at Walk for the Woods on May 2 from 7 a.m. to 3 p.m. at the Bacon Ridge Natural Area in Crownsville. Hosted by Scenic Rivers Land Trust, this signature community event invites guests to explore protected woodlands through guided hikes led by experts in wildlife, native plants, and birding, as well as self-guided trails with educational signage. With opportunities to learn, connect, and experience nature up close, the day offers something for outdoor enthusiasts of all ages. It's a refreshing way to enjoy the region's natural landscapes while supporting conservation efforts. More info: srlt.org



May Day in Downtown

Celebrate a beloved Annapolis tradition as the 71st annual May Basket Competition returns on May 1 throughout downtown Annapolis and surrounding historic neighborhoods. Hosted by the Garden Club of Old Annapolis Towne, this charming event invites residents and merchants to adorn homes and storefronts with beautifully arranged fresh-cut flower baskets, transforming the streets into a vibrant springtime display. Visitors are encouraged to stroll along Main Street, Maryland Avenue, West Street, and beyond to discover the creative designs, while enjoying local shopping and dining along the way. Rain or shine, it's a picturesque way to experience the city in full bloom and take part in a long-standing community celebration. More info: downtownannapolispartnership.org

SONGBIRD FESTIVAL 2026

Celebrate creativity and community at the Songbird Festival, taking place on May 3 from 10 a.m. to 4 p.m. at Maryland Hall for the Creative Arts. Founded by four local musicians, the Songbird Collective has grown into a vibrant movement supporting women and non-binary artists, offering an inclusive space for connection and expression. The festival brings this mission to life with a day of live performances and artistic collaboration, highlighting diverse voices across the music community. It's an inspiring event that champions creativity, empowerment, and the power of coming together through music. More info: wearesongbirdcollective.com



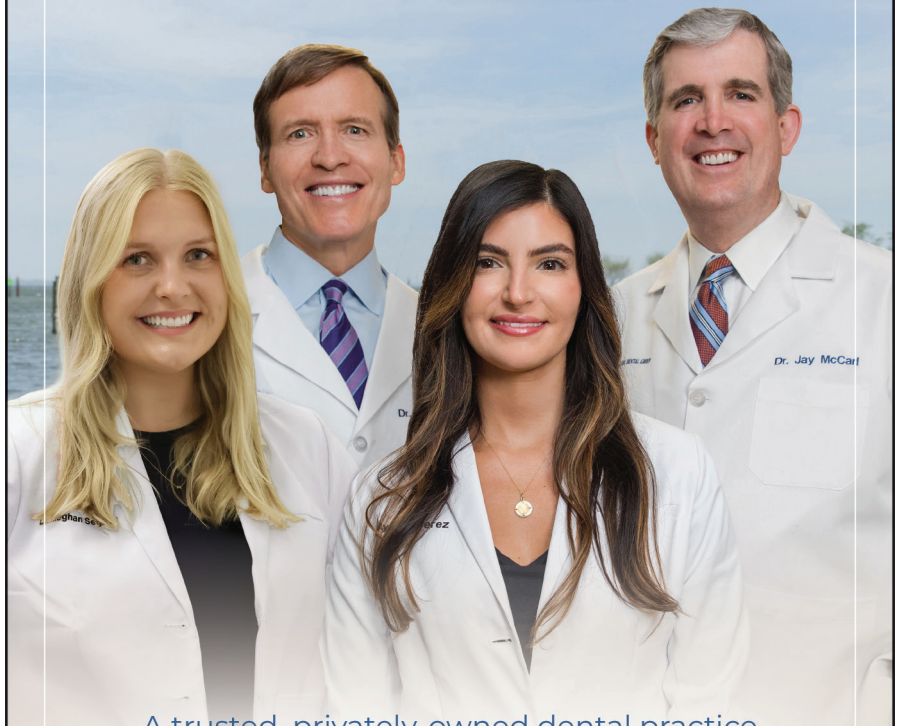
Photo courtesy of Songbird Festival



Mother's Day Floral Workshop

Celebrate Mother's Day weekend with a creative and relaxing floral workshop on May 9 from 1 to 3 p.m. at Harvest Thyme Tavern in Davidsonville. Led by a local floral expert, this hands-on experience invites guests to design their own seasonal arrangement using fresh blooms, with step-by-step guidance in a welcoming setting. Paired with a glass of champagne or a cocktail, the event offers a perfect blend of creativity and connection, whether attending with family, friends, or for a solo treat. It's a thoughtful and memorable way to honor the occasion and enjoy a beautiful afternoon. More info: harvestthymetavern.com

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**BULLDOG 5K WALK/RUN
IN MEMORY OF CLYDE
DOUGHTY, JR.**

Support student-athletes while staying active at the Bulldog 5K Walk/Run on May 17 from 2 p.m. to 5 p.m. at Bowie State University Football Stadium in Bowie. Held in memory of Clyde Doughty, Jr., this community-driven event brings together walkers, joggers, and runners for an evening of fitness and purpose. Proceeds benefit Bowie State Athletics, helping provide essential academic resources and support for student-athletes both on and off the field. It's an energizing and meaningful way to come together, honor a legacy, and make an impact. More info: bowiestate.edu

THE BLUE RIBBON PROJECT'S 2026 BASH!

Enjoy an evening of celebration and community at the Blue Ribbon Bash on May 16 from 6 to 9:30 p.m. at the Severna Park Elks Lodge in Severna Park. This festive night features a full dinner with hors d'oeuvres and dessert, live music by Pretty Big Deal, and plenty of time to dance and connect. Guests can also take part in an online auction while enjoying a lively atmosphere with drinks and entertainment throughout the evening. It's a fun and spirited event perfect for a night out with a purpose. More info: Blueribbonproject.org



**Stephanie Dray & Laura
Kamoie A TOAST TO A
FOUNDING MOTHER!**

Celebrate history and connection at A Toast to a Founding Mother on May 2 from 3 to 5 p.m. at Park Books in Severna Park. This intimate author event features a conversation with Stephanie Dray and Laura Kamoie as they discuss their latest novel, followed by a Q&A and book signing. Guests can enjoy a cozy afternoon tea complete with scones, sweets, and savory treats, creating a warm and welcoming atmosphere. It's a thoughtful way to honor Mother's Day while enjoying literature, conversation, and a shared love of storytelling. More info: parkbooksmd.com





ANNAPOLIS IRISH FESTIVAL 2026

Experience a high-energy weekend of live music as bands like Gaelic Storm take the stage at the Anne Arundel County Fairgrounds on May 29 from 7 p.m. to midnight and May 30 from noon to midnight in Crownsville. Known for their dynamic blend of traditional Irish sounds with modern influences, the internationally acclaimed band delivers a lively performance filled with spirited instrumentals, sing-along favorites, and genre-crossing hits. With a reputation built over decades of touring and festival appearances, Gaelic Storm brings an unforgettable atmosphere that appeals to fans of all musical styles. It's a must-attend event for anyone looking to enjoy great music, vibrant energy, and a one-of-a-kind live show experience. More info: abceventsinc.com

Arundel Bands Together 2026 Music Festival

Experience an unforgettable night of live music at the Arundel Bands Together Music Festival on May 23 beginning at 12 p.m. at Arundel High School in Gambrills. Headlined by Odenton native Jackson Dean, known for his gritty, old-school country sound and authentic storytelling, the festival showcases rising talent alongside an energetic, hometown crowd. With roots in the local music scene and a growing national presence, Dean brings a powerful performance that reflects both his journey and signature style. It's a high-energy evening celebrating music, community, and local pride. More info: arundelmusic.org



FRIENDS FOR FRIENDS

Enjoy a memorable evening of connection and purpose at Friends for Friends, taking place on May 14 from 6 to 9:30 p.m. at the USNA Fluegel Alumni Center in Annapolis. This lively Ladies Night Out brings together an open bar, live music, and light fare alongside a curated showcase of women-focused businesses and gourmet offerings from local restaurants. Designed to celebrate community and empowerment, the event also supports The Light House, a nonprofit dedicated to preventing homelessness and providing critical services to those in need. It's a meaningful and festive night where coming together truly makes a difference. More info: friendslhs.org

Remembering The Ladies

LOCAL AUTHORS LAURA KAMOIE AND STEPHANIE DRAY RELEASE A FOUNDING MOTHER, A NOVEL ABOUT ABIGAIL ADAMS

By Cali Schwerdtfeger



On May 10, we celebrate mothers past, present, and future. And in doing so, we remember women who helped shape what motherhood looks like today.

New York Times bestselling authors, and local Annapolis-area writers, Stephanie Dray and Laura Kamoie are bringing one such story to life in their new novel, *A Founding Mother*, which centers on Abigail Adams, one of history's original "founding mothers."

This marks the duo's third collaboration, each of their books dedicated to illuminating the lives of historical women whose voices have often been overlooked. Where history has traditionally cast women as supporting characters, Dray and Kamoie use research and storytelling to place them back at the center.

We spoke with Dray and Kamoie about their upcoming release, their continued focus on women's stories, and why Abigail Adams feels more relevant than ever. At first, Abigail Adams didn't feel like an obvious choice for the duo to write about. With HBO's *John Adams* bringing her story to the screen, it seemed like one that had already been told. But the closer they looked, they realized something important was missing.

"Though we do see some of Abigail's life at home while he's away [in the HBO series], it's mostly in snippets," they explained. "It was at least a decade that they are apart [John and Abigail Adams] and she's living a harrowing and really heroic life without him."

That realization became the foundation of *A Founding Mother*—not Abigail as a supporting figure, but as a woman navigating war, motherhood, and survival largely on her own.



Stephanie Dray
(Photo by Kelsey Edwards)



Laura Kamoie
(Photo by Renee Hollingshead)

"We think of Abigail as the quintessential American mother," they shared. But for Abigail, motherhood was never passive. It wasn't just about raising children, it was also about shaping the world they would inherit. "Abigail believes that part of being a good mother is having an impact on the world that her children are going to live in." It's a sentiment that feels strikingly modern.

While Abigail lived in a time of revolution, uncertainty, and war, her daily life reflected challenges many women still face today. For long stretches, she functioned as what the authors describe as "essentially a single mom," balancing the responsibilities of raising children, managing finances, and even running a business. "She's juggling not just being a mother, but also being an entrepreneur," they said. "When we think about how women take on all sorts of tasks now, including all the emotional labor... that's Abigail." Abigail wasn't the type of character who needed to be modernized or rewritten to still resonate with today's readers. "Readers are going to think that we modernized her," they said. "But we didn't. This is just who she was." Her words and her beliefs were ahead of her time.

Famously urging her husband to "remember the ladies," Abigail advocated for women's rights in a way that still feels bold today.

It's a reminder that strong, outspoken women have always existed even if history didn't always give them the spotlight. Of course, telling a story like Abigail's comes with its challenges. Through careful research and a deep understanding of their subject, Dray and Kamoie work to fill in those gaps that still feel true to Abigail. And in doing so, they also bring to life one of history's most compelling love stories.

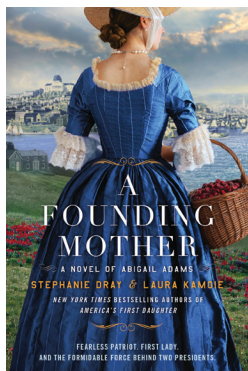
Often, women connected to powerful men are remembered only in relation to them. But in *A Founding Mother*, the relationship between Abigail and John Adams is something more; a partnership that evolves over time. "They were an unusual couple for the time," they said. "A great American love story." While their marriage wasn't without its challenges, it was built on mutual respect, growth, and, ultimately, support on both sides. It's a portrayal that feels refreshingly balanced. Still, it is Abigail's strength as a mother that leaves the most lasting impression.

One of the most striking examples comes in a decision that would be unimaginable for many parents today: sending her young son across the ocean during a time of war, believing it would secure his future. “She said that she did not want to fasten a padlock on his mind,” they shared. It’s a powerful image of motherhood, not just as protection, but as letting go. Trusting that what is best for a child may also be the hardest choice to make. And that, perhaps, is what makes Abigail Adams’s story so timeless. Her story, though rooted in history, continues to shape the way we understand motherhood today.

For Dray and Kamoie, bringing this story to life feels especially meaningful as local authors in a place as rich in history as Annapolis.

“The Maryland and Annapolis audience has been hugely supportive of us over the years,” they shared. “We’re always so excited to celebrate with our local libraries and bookstores.” And the area’s rich revolutionary history serves as a reminder that while Abigail’s story may be centuries old, it is very much rooted in the present in communities like our own.

This Mother’s Day, as we celebrate the women in our lives, *A Founding Mother* offers a powerful opportunity to reflect on the generations of women who came before us, those who raised families, built futures, and quietly helped shape the world we live in today. Because long before we celebrated mothers, they were already making history.



A Founding Mother releases May 5, with a local author event at Park Books in Severna Park on May 2.

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Women Who Make a Difference

On March 5, the Northern Anne Arundel County Chamber of Commerce held its annual, signature event, Women Who Make a Difference, at the Maritime Conference Center in Linthicum Heights. The event featured a panel discussion and awards, as guests enjoyed camaraderie and breakfast. Learn more at naacc.com.

1. 2026 Legacy Leadership Awardee Jessica Butler with Michele Schmidt
2. Patricia Frederick, Angela Balsamo, and Samantha Smith
3. Lacey Snyder, Panel Moderator
4. Hannah Gribbin, Cassandra Moore, Carolyn Patton, Khadijat Richmond, and Dr. Erin Reeder
5. Amy Salmon, Sara Rychwalski, and Robert Chapman
6. Andrew Thompson and Frank D'Angelo
7. Rising Star Awardee Holly Basta with Michele Schmidt, Board President NAACCC
8. Award winners Jessica Butler, Holly Basta, Anita Dewling, and Connie Cooper
9. Moderator Lacey Snyder with panelists Adrienne Trout, Brittney Leonard, Jill Porter, and Angela Balsamo

Cocktails for a Cause

On October 16th, Seeds 4 Success held its annual Cocktails for a Cause event at Navy-Marine Corps Memorial Stadium—an evening of celebration, connection, and community impact. The event honored this year’s Helping Hand and Caring Community Award recipients, and raised funding support for the life-changing mentoring programs that help children and families in Annapolis thrive. Learn more about the nonprofit at seeds4success.org.

1. Mary Spencer, former President & CEO of Community Foundation of Anne Arundel County, was awarded the Helping Hand Award by Seeds 4 Success Executive Director Jen Pastrone **2.** Milagros Bounds of Seeds 4 Success enjoys the evening **3.** State Senator Sheneka Henson, center, takes the podium **4.** Seeds 4 Success board members with youth program participants **5, 6 & 7.** Guests mingle at the event **8.** Seeds 4 Success Board Director Markus Moore with Adrian Rich and Janice Davis



Pete Alonso

BALTIMORE ORIOLES' DIAMOND-LEVEL ADDITION THIS OFFSEASON BRINGS LOFTY PLAY AND BIG LEAGUE EXPERIENCE TO LINEUP

By Tom Worgo

If Pete Alonso's wish came true, he'd be wearing No. 20 as the Baltimore Orioles' first baseman. Alonso suited up with that number during his seven-year career with the New York Mets. The issue: that number is retired. It belonged to Major League Baseball Hall of Famer Frank Robinson, who led the Orioles to two World Series.

"I thought if they have it available, it's a great number," Alonso explains. Instead, the 31-year-old Alonso will wear No. 25 with his new club. The Orioles won't shy away from likening Alonso to Robinson. Baltimore owner David Rubenstein did just that at Alonso's introductory press conference. Alonso has clubbed 264 home runs in 1,008 career games, while Robinson had 241 in 1,050 games across seven years.



The 6-foot-3, 245-pound Alonso signed the second most lucrative deal (5-year, \$155 million) in Orioles' history. (Chris Davis signed the richest—a seven-year, \$161 million contract in 1996.) Alonso should give the Orioles' lineup—also led by Gunnar Henderson and Taylor Ward—a boost since he produced one of his best seasons last year, batting .272 with 38 home runs and 126 RBIs.

We talked to Alonso recently about why he came to Baltimore, the Orioles chances for success, his Mets career, and family.

What led you to signing with Baltimore? The talent of the young core here is very promising. Having a new owner had something to do with it. I like the personalities. The vision and blueprint gave me a very detailed outline and plan for what will be happening. I just feel it will be exciting.

You said there is going to be a new Oriole way—a new chapter?

What did you mean by that? It's multi-prong. You have the new data and analytics. It's a higher level understanding of the game of baseball. But you have a mix of veterans and young talent. It's a very storied organization when you have the big names from the past like they do. I'm talking about players like Cal Ripken, Jr., Jim Palmer, and Frank Robinson. Doing my research, Cal Ripken, Sr., was an integral part of the organization. Cal, Sr., once said, "This is the way we are going to be doing it. Hard-nosed baseball from top to bottom." It's a reimagining of that old-school mentality with young, exciting talent. And you mix in the overall Baltimore philosophy.

You can't wear No. 20 because Frank Robinson's number is retired. You went with 25. What are your thoughts there? Good gracious. Frank Robinson is a Hall of Famer and one of the all-time greats. Of course, I am not going to take that number or think I have the opportunity. I chose 25 because it was the year my wife and I had our first child. It was a special year as a family.

How has having a baby changed your life? It has just made it better. Being a dad and husband are my biggest honors. I love my family and being around them. I love their support. For me, it's really the best and very warming. It's just been the best.



Orioles' owner David Rubenstein compared you to Robinson. Do you welcome those comparisons and pressure? I take it as flattery. It's very high praise for me. Those words are very kind. That just means he believes in me and what I bring to the team. I just want to give everything I possibly can for this team and organization and the City of Baltimore.

Orioles President of Baseball Operations and General Manager Mike Elias said the team has the best lineup in baseball with you in the middle of it. Do you agree? Absolutely. You look at the talent and obviously it has performed well. Overall, if everybody stays healthy for the whole year, then we will have a great chance to be the best offense in baseball. If we can do that, I don't see why not.

You have hit 37 or more home runs five times, including 40 or more three times. Is Camden Yards a place where you feel you can continue putting up those types of numbers? It has a great backdrop and great visuals. It's one of the great ballparks to hit in. It's one of the friendlier hitting environments. I feel if I am making good consistent contact with the baseball, it should complement my game.

Why did you decide to change your walkup song played through the stadium when you are coming up to bat? I change my walk-up song every year. I like classic rock. Whatever song works. If I am hitting really well with one, that will stick. If I am not hitting well or balls aren't falling, and if I don't feel good about the song, I am apt to change it. Hopefully, I am really consistent, and I find the magic one.

What are the keys to staying healthy? You played 162 games in each of the past two years and not less than 152 in a full season. I think the biggest thing is commitment in the weight room and taking care of my body. I have to get my lifting in and do my conditioning work along with my offseason jumping. When I do all of that, it puts me in a really good spot.

How did you get the nickname "Polar Bear?" Todd Frazier was my teammate in 2019. My locker was next to his in the old spring training complex. As camp goes on, one time I am getting changed and he says, "You just look like a big old polar bear." Ever since then, the name has stuck. I don't mind it.

Was it tough leaving the Mets? That's the only team you had played for. I had a lot of great relationships with the players and staff in New York. But being here in Baltimore is just so special. Being presented with this situation at this time. For me, I feel like this is home. To be wanted and appreciated here in Baltimore the way I have. The warmth I have felt from everybody here from the top down. It just feels right. I feel I am very blessed to be here. It's such a good opportunity.

What has your interaction with the fans and community been like? It's been great. Fans have been so receptive and welcoming. My experience has been excellent. (Birdland) Caravan was such a fantastic event. Spring training was exciting. It gets me excited for the year. I am hoping over 162 games and the playoffs, we can give them some amazing memories the fans can carry through the years. They can say, "That 2026 team was really special."

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Leading Lawyers

2026-2027

Welcome to the region's most comprehensive, independent, *and* peer-evaluated list of exceptional lawyers practicing more than 35 branches of law. *What's Up? Media* conducted the biennial **Leading Lawyers Peer Review Survey** just ahead of the new year, inviting all attorneys and judges who practice law in Anne Arundel County, Central Maryland, and the Eastern Shore to participate. A true peer review survey is a rarity today—most publications don't take the time and energy to conduct the survey in-house, which makes these results all the more meaningful. These are not “editor picks” or the result of limitless ballots from the general public. **These honors only come directly from other attorneys and judges**—people who really know what it takes to be a good lawyer right here in Maryland.

Additionally, during the vetting process we fact checked all honorees through the Maryland Judiciary to ensure each is currently in good standing with the bar. We are especially grateful to all lawyers who participated because we believe this biennial poll provides **an invaluable service to our readers**. Please consider this group of esteemed lawyers when seeking and vetting legal counsel. The following names represent the individual lawyers who clearly received the *most substantial number of nominations*; not every lawyer who was nominated. *No attorney paid to be on this list*. Some categories list more names than others. This is the result of especially active nominations in those categories.

Congratulations to all Leading Lawyers named herein!

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How To Fund Your Revocable Living Trust

By Jon Gasior

Owner, Managing Attorney
Sinclair Prosser Gasior

A Living Trust is a way to hold title to assets, just like sole ownership or joint tenancy. The main reason most individuals choose an estate plan that includes a Revocable Living Trust is to avoid probate. The only way to accomplish this is to set up the trust properly and fund your trust. Funding a trust is the process of transferring your assets to the ownership of your trust. Once ownership is transferred, the trustee will have control of these assets.

Funding a trust refers to taking assets that are titled in your individual name or in joint names with others and retitling them into the name of the Revocable Living Trust. For example, if Bill and Mary set up a Revocable Living Trust and name themselves as initial co-trustees then they will need to re-title their assets to the "Bill and Mary Jones, Trustee or their successors in trust under the Jones Living Trust dated April 1, 2021, and any amendments thereto." The assets that you generally want to include in your revocable living trust include real estate, bank accounts, brokerage accounts, savings bonds and stocks.

The tricky part of making sure your Revocable Living Trust works with your estate plan is that each asset is treated differently and your estate planning attorney should make a recommendation for each asset you own. For example, a house is re-titled by executing a new deed and having it filed with the county land records. Bank accounts will usually require a letter of instruction and copy of your certificate of trust (i.e., summary of your trust) to the various financial institutions where you have accounts.



Are there any assets that I should not transfer to my trust?

Most assets should be owned by your trust, but some should not. For example, an Individual Retirement Account (IRA) needs to be in your individual name. You can name the trust as the beneficiary of the IRA, but this should be discussed with your estate planning attorney as you set up your estate plan. Additionally, your life insurance policy will typically remain in your individual name, and the trust may be added as the beneficiary on that asset. Also, if you're receiving Social Security, or other payments, which are directly deposited into your bank account, you should not re-title that account into the name of the trust. However, you will likely be able to add a payable on death beneficiary to the account to have it transfer to your trust at the time of your death and avoid probate.

What happens if my trust is not funded?

If you do not fund your trust by transferring title of your assets, then any asset in your individual name without a named beneficiary will be subject to probate. In addition to probate being stressful and expensive, failing to transfer assets to your trust may mean that your assets will not go to the people you want. The funding process can sometimes be

time consuming, but it is arguably the most important part of making sure your estate plan works when you need it to. You invested your time and money to set up your trust to avoid probate, so make sure it works!

Sinclair Prosser Gasior focuses its practice on estate planning, elder law, and estate administration. We are established members of the American Academy of Estate Planning Attorneys and the National Academy of Elder Law Attorneys. Our attorneys and staff offer years of knowledge and experience in matters associated with protecting estates and families from issues arising from death and disability.

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- Named Best of Annapolis 2022 from *What's Up?*, our hometown (and favorite) magazine.
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Q&A

Questions and Answers with the Experts



Q: Should I add my child to my deed to make things easier when I pass away?

A: For many of us, our home is one of the most significant assets in our estate and we want to make sure it passes to our loved ones with ease. Most people think adding a child to their deed is a

simple and inexpensive solution, however, there are serious consequences to consider. Title issues, gift tax implications, third-party creditor claims, and capital gains tax issues are just a few reasons we do not recommend this technique. You should always consult with your attorney on the titling of your assets to ensure a successful estate plan.

Jon Gasior, Owner, Managing Attorney
Sinclair Prosser Gasior



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



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: You have an extensive and impressive career - out of all your positions, which did you enjoy the most?

A: Well, about 20 years ago I was appointed by the President of the Senate to serve on the Senate-House Joint Oversight Committee on Insurance & Workers Comp Benefits in Maryland. It was an honor

and working with both sides of the aisle solving problems for employers & employees. Extremely rewarding.

Price Benowitz,
Price Benowitz Accident Injury Lawyers, LLP



Q: What does McNamee Hosea offer its clients that separates it from other law firms?

A: McNamee Hosea attorneys always provide their clients with consistent and clear communication to solve whatever legal problem needs to be solved. Whether your legal problem involves a business dispute,

an estates and trust issue, litigation, employment, zoning, contract, criminal defense, bankruptcy, or anything in between, you can trust that McNamee Hosea attorneys will be understanding and empathetic. For more than forty years, our skilled trial attorneys and advisors have provided creative solutions to complex legal issues. Because of our diverse practice experience, we can handle all of your legal needs within our Firm, resolving them effectively and efficiently.

John P. Lynch, McNamee Hosea, P.A.



Q: What can a lawyer do for me if I'm injured in a car crash?

A: Your lawyer can do more than simply help you get the best monetary result possible. A great lawyer can assist with the property damage settlement on your car (or settling the total loss) and getting you into a rental car while you wait. The lawyer will interview witnesses while the accident is fresh, including the investigating police officer, obtain the

light sequence from the State Highway Administration (or black-box data in a commercial truck crash), look for physical evidence, such as skid marks or crash debris, run tag traces, and more. Your lawyer will also coordinate paying the doctors either through health insurance or Personal Injury Protection Coverage (PIP) and arrange treatment with a quality doctor if needed, all while ensuring no immediate out-of-pocket payment is required from you. Your lawyer will also maximize the available insurance coverage available to you by coordinating different insurance policies that you may not even know exist, will know the value of your case for settlement purposes, can advise you on litigation strategy, and help you obtain the maximum value for your case. Remember, you should only pay if a lawyer wins your case. So contact a lawyer immediately who handles nothing but car, truck or train crashes if that's how you were injured.

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



Q: Can I name someone as a joint owner on my bank account in order to avoid probate?

A: Yes, however there may be unintended consequences. For example, naming a joint owner may expose your account to the joint owner's creditors during your lifetime.

Deborah F. Howe, Franke Beckett LLC



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. For Maryland, the

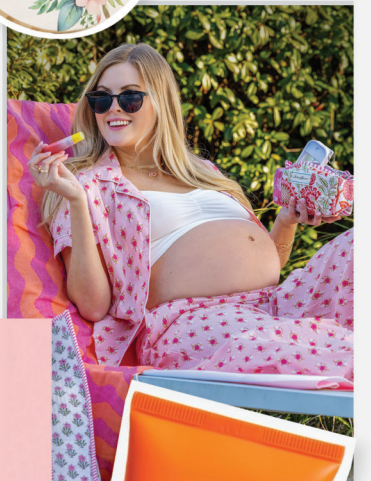
current estate tax exemption is \$5 million for 2026. At the federal level, it is \$15 million for 2026. With the right plan in place, you can preserve your legacy, reduce stress for your family, and gain peace of mind knowing your future is secure.

Alex Pagnotta, Sinclair Prosser Gasior
Managing Attorney



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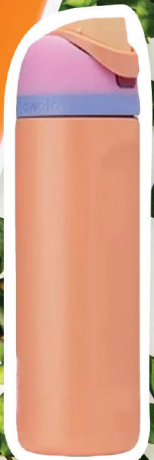
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RETURN OF THE DRAGON



Chess, classic board games, and,
yes, Dungeons & Dragons are
seeing a renewed interest locally

Story and Photos by JoAnna Daemmrich • Additional photography by Laura Wiegmann



s the boys around him shouted “doom,” Jakob Miller leaned over a medieval battle map, trying to figure out his next move. Would a lightning bolt save them—or just singe their hair?

Luckily, a librarian had the answer. Glancing at her notes, Gabriella Norton laughed a little and said, “Go ahead, roll again.”

Outside the room, the Annapolis library was quiet. Inside, Jakob and a half-dozen other boys talked over each other, arguing and joking through a Dungeons & Dragons battle. They traded claims of greatness as freely as d20 dice (a special 20-sided dice used in the game) and mini-cookies. Phones stayed buried in backpacks.

“I kind of let my imagination run wild,” said Jakob, 13, who lives in Crofton and rushed from Boy Scouts to the “high point” of his day. “It’s looser, so you can be yourself.”

For the iPad kids, pencil-and-paper games no longer seem just nerdy or niche. Lately, the same teenagers who obsess over TikTok and YouTube are also dusting off classic board games, from chess and backgammon to Scrabble and Risk, all offscreen and unscripted.

Much of the revival can be traced to the pandemic, when families were stuck at home looking for something to do. Sales of puzzles and board games jumped 30 percent in 2020, according to market research, and have been brisk ever since. Online chess surged, too: Chess.com monthly users climbed in the past five years from about 8 million to over 57 million today. Meanwhile, in-person game nights continue to multiply across the country.

In New York and Los Angeles, chess clubs that once fit around a few tables are drawing cocktail-sipping crowds of 20-somethings to studios and warehouses. Here in Anne Arundel County and on the Eastern Shore, though, it’s less a nightlife than a low-key suburban scene.

Local high schools have newly energized chess clubs. Neighborhood stores like Games and Stuff in Glen Burnie and Edgewater’s Token host game nights. And public libraries, long past the “shh” era, now fill their calendars with everything from anime screenings to mahjong meetups.

“There’s definitely more interest,” says Norton, who is 33 and doubles as the “dungeon master” at the Michael E. Busch Annapolis Library, leading teen and adult D&D games. “Once you start talking their language, and they see you’re invested, they get more and more engaged.”





“The charm of chess has always been what you get out of it. As you increase your skill level, it keeps opening new portals and vistas.” – Greg Acholonu, chess instructor

At the Broadneck library, 16-year-old Michael Dunn has started monthly chess sessions for younger kids (and the occasional retiree). He keeps matches to 10 minutes, easy to reset if a kid gets discouraged, capped by a lightning round. As president of Broadneck High School’s chess club, Dunn takes the same relaxed approach. “The best part?” he says. “We reject absolutely no one.”



Fourth-grade soccer teammates Drew Winner and Vince Skretch come often. One December afternoon, Drew arrived beaming. “Look at my shoes!” he said, showing off his red-and-white checkerboard Vans. Within minutes, he had scooped up Vince’s queen. But two moves later, Drew slumped in his chair and sighed, “This is impossible! I lose to him every time.”

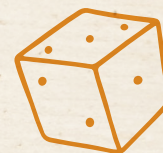
Both boys love a challenge: Vince looks to “attack early,” while Drew wants to “beat any player who has more experience than me.” Just as often, they’re moving from table to table, making new friends. “It’s a lot of fun meeting people here,” Vince said.

Moments later, Drew jumped up to find his favorite partner: his mom. At home, Orian Moss Winner said, he’s been teaching her “all the very good strategies” he first learned from Mr. A. Eager to play more, Drew even tried chess on his tablet, she said, but it wasn’t the same.

Perhaps the hottest tabletop game right now is the patriarch of them all—chess, first played in India over 1,500 years ago. Boosted by the Netflix series *The Queen’s Gambit*, chess has shed its once-stodgy image, with top players streaming games and analysis to global audiences.

For Greg Acholonu, the crowds and new clubs recall the chess fever after Bobby Fischer’s 1972 world championship, which inspired him as a boy. A national master, Acholonu has taught hundreds of Annapolis-area schoolchildren the basics over the past 25 years. Around town, everyone knows him as “Mr. A.” Though he worries AI is changing the way the game is played, Acholonu says even first-graders still want to sit down, concentrate, and play face to face.

“The charm of chess has always been what you get out of it,” Acholonu says. He has coached some students to tournaments but mostly focuses on “getting them to love the game.” “As you increase your skill level, it keeps opening new portals and vistas. Hopefully, it will go on.”





“One of the big things we talk about in our house is balance,” says Winner, who lives with her family in Annapolis and encourages them to take regular screen breaks. “We try to go outside and run around, or find time to read, or get out a board game.”

Many families are making similar choices, notes Christine Feldmann, spokeswoman for the 16-branch county library system. Since the pandemic, they’ve flocked to libraries, not just for books but for teen craft nights, resume help, tax prep, and even line dancing. Digital fatigue after so much time online, she said, has left more people “looking for a place of belonging really.”

In a corner of the Glen Burnie library, light pop music played as several families settled around a stack of board games on a Monday night. Two moms chatted with their little girls between turns at Connect 4. Nearby, Trey Fraser challenged his 11-year-old son, Nathan, to a round of “War.”



“It’s been years since I played an actual card game,” admitted Fraser, 42, chuckling as Nathan swept up four more cards. Though they play online together, Fraser said he limits Nathan’s iPad time and looks for evenings like this, saying, “It’s good to get out.”

“Growing up, I used to go to the music store and buy CDs. I’d look who the producer was, what the mixing was,” he added. “Now everything is on Apple, and you get it right away, but you don’t get the same feel for it. It’s readily accessible, but somehow less tangible.”

For younger fans, that’s often the appeal of old-school games, whether it’s lining up knights and rooks or flipping through an illustrated monster book. Like Drew with his chess app, Jakob and his friends have checked out online D&D games. But they missed rolling their quirky, multi-sided dice with friends and keeping score by hand.

“It’s a lot more rewarding on paper than on the computer,” says Jakob, who gets a kick out of the character he invented—a gloomy college grad, wandering among the “happy adventurers” played by fellow middle schoolers. “Plus, you actually get to see people.”



Other teens and tweens welcome a break from tightly structured days. Luke Bates, a 15-year-old freshman at Broadneck High, plays trombone in the marching band and studies Taekwondo, every note and step rehearsed. In D&D, he said, it's different.

"You can do what you want just by imagining it, the way you can't with other things," he explains. "There are still rules with D&D, but they don't restrict you. It's more about being able to talk to other people and choose the way the story goes."

First released in 1974, the medieval-inspired fantasy game became a staple of 1980s rec rooms and still draws devoted fans. More recently, it's caught on with the Minecraft generation growing up on role-play video games. County libraries started hosting D&D clubs in 2018, Feldmann said, and now offer about a half-dozen—free, though spots fill fast.

"If you're a geek," Luke quips, "it's considered very cool." At the library table, he looked serious, if half-amused, as the younger boys debated fire, wind—or maybe an arrow—when Norton's dragon unleashed a "cone of doom." Some players hung over the battle map, while others quickly tallied hit points. One minute, the group feared no weapon would work; the next, a 12-year-old declared, "I'm the world's greatest swordsman."

After three years of running D&D games in Annapolis, Norton has heard just about every wild

"You can do what you want just by imagining it, the way you can't with other things. It's about being able to talk to other people and choose the way the story goes."—Luke Bates, Broadneck High School freshman

plan. Both storyteller and referee, she's fielded all kinds of questions—could a druid shape-shift, or a bear squeeze through a window? "Solid," she said after one well-timed blow, then teased the group about shrinking their giant characters to dodge Jakob's lightning strike.

Toward the end of the Saturday afternoon, their spells suddenly clicked. One player after another struck—a dart flying, a battleax swinging—until the dragon crumpled. Luke grinned and reached for his stick of dynamite. "Just a nasty smell of sulfur and a screech," Norton said, wrapping up the game in a cloud of smoke and laughter.

Gathering up their dice, the boys said quick goodbyes. A few were already on their phones. As the last of the D&D faithful headed for the door, Norton called after them:

"Same time next month!"

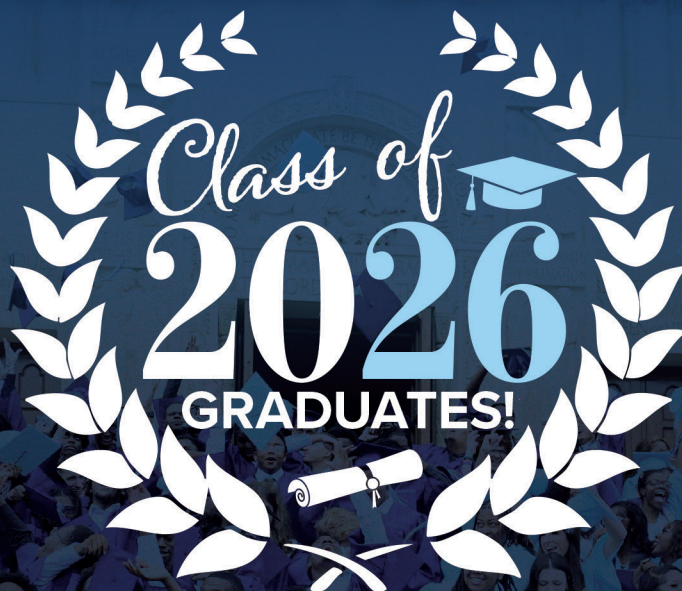


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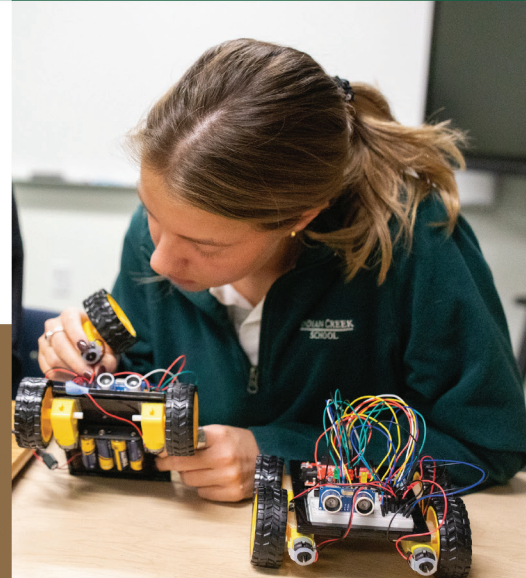
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2026 PHILANTHROPIC EVENT CALENDAR

Cheers for charity

BY CALI SCHWERDFEGER

FRIDAY, MAY 1ST

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.

Golfing Fore Gunston for the Gunston School at the Queenstown Harbor Golf Course in Queenstown. Gunston.Org; Join fellow Gunston parents, alumni and community members for another fun-filled day on the links. Continental breakfast will be served in the clubhouse before we tee off with a shotgun start at 9 a.m.

SATURDAY, MAY 2ND

Talisman 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 152nd running of the Kentucky Derby celebrated at the organization's annual Derby Day Fundraiser.

The Fuse 1 year Anniversary for the Opportunity Builders, Inc at The Fuse in Millersville as we celebrate the one-year anniversary of THE FUSE at our upcoming fundraiser. It will be a night filled with great food, drink, energy, music, and the unmistakable sense of community that makes THE FUSE so special.

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.

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.

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

MONDAY, MAY 4TH

25th 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 7TH

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.

FRIDAY, MAY 8TH

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!

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.

Y'ALL Ball for the YWCA at the Naval Academy's new Fluegel Alumni Center Annapolis. Annapolisywca.org; Celebrate friendship while supporting the work and mission of the YWCA. Music, photo bus, fire pits, and delicious food.

SATURDAY, MAY 9TH

Sultana Education Foundation's Annual Gala for Sultana Education at Clovelly Farm in Chestertown. Sultanagala.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.

MONDAY MAY 11TH

The Fello Golf Tournament for The Arc Central Chesapeake Region at Queenstown Harbor Golf Course in Queenstown. Fello.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 14TH

Friends for Friends for Friends of the Light House at USNA Fluegel Alumni Center in Annapolis. Friendslhs.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. Gotchesapeake.org; Join us for a great day of “Golf Fore Our Girls” while benefitting Girls on the Run of the Greater Chesapeake girls, ensuring access to our positive, youth development program across our region.

SATURDAY, MAY 16TH

Blue Ribbon Bash for the Blue Ribbon Project at the Elks Lodge in Severna Park. Blueribbonproject.org; Come support the Blue Ribbon Project's Mission to help abused and Neglected Children in our community.

MAY 16TH & 17TH

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.

MONDAY, MAY 18TH

11th 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.

FRIDAY, MAY 29TH

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 Nico's 3rd annual Golf 4 Hope Tournament. Get involved, practice your putt, and we will see you at the links!

SATURDAY, MAY 30TH

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.

Pints 4 Paws for SPCA of Anne Arundel County at Navy-Marine Corps Memorial Stadium in Annapolis; annapolishomebrewclub.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!

JUNE 2ND & 3RD

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.

THURSDAY, JUNE 4TH

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.

FRIDAY, JUNE 5TH

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 6TH

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.

11th Annual Chesapeake Children's Book Festival Supporting the Talbot County Free Library at the Easton location. Kick off summer reading at the 11th Annual Chesapeake Children's Book Festival! Children who sign up and attend will receive one free book (while supplies last) from the attending author of their choice. Some authors will give readings of their books; there will be crafts, displays and giveaways.

JUNE 6TH & 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.

TUESDAY, JUNE 9TH

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.

WEDNESDAY, JUNE 10TH

18th 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.



13th 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

SATURDAY, JUNE 13TH

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 at Anne Arundel Community College. Bello-machre.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.

MONDAY, JUNE 15TH

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 19TH — 21ST

Antique & Classic Boat Festival and Coastal Arts Fair for the Chesapeake Bay Maritime Museum. Cbmm.org; The Antique & Classic Boat Festival is accompanied by a juried Coastal Arts Fair with vendors exhibiting and selling a variety of unique artworks and merchandise that celebrates boating and life on and around the water. The festivities also include a Field of Dreams for those looking to buy, a nautical flea market, and children's activities.

SATURDAY, JUNE 27TH

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.

SUNDAY, JUNE 28TH

Taste for Life for American Cancer Society at The Pendry 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.

MONDAY, JUNE 29TH

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

JULY 10TH — 19TH

Plein Air Easton for the Avalon Foundation throughout Downtown Easton. Plein Air Easton is the largest and most prestigious juried plein air painting competition in the United States, held annually in July in Easton, Maryland. Artists from across the country and around the world apply for the chance to be among the 58 juried artists selected by a distinguished juror each year.

SATURDAY, JULY 25TH

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.

SATURDAY, AUGUST 1ST

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 17th Annual 5K Run/1-Mile Walk

FRIDAY, AUGUST 7TH

81st 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.



SUNDAY, AUGUST 9TH

Watermen's Appreciation Day for the Talbot Watermen Association hosted by the Chesapeake Bay Maritime Museum. Cbmm.org; The high-energy watermen's rodeo embodies the spirit of the festival. This is your chance to join the crowd along CBMM's Miles River waterfront to cheer on the Chesapeake Cowboys, who showcase their skill and precision while maneuvering their deadrise workboats into an assigned slip in a thrilling, timed competition.

SATURDAY, SEPTEMBER 5TH

Charity Boat Auction for Chesapeake Bay Maritime Museum. Cbmm.org; A Labor Day weekend staple for more than two decades, the Charity Boat Auction is the flagship event of CBMM's Charity Boat Donation Program, which accepts and sells gently used boats year-round. Every sale directly supports CBMM's mission to explore and preserve the history, environment, and culture of the entire Chesapeake Bay region and make this resource available to all.

FRIDAY, SEPTEMBER 11TH

Annual Jacob Sloan Memorial Golf Tournament for The Jacob Sloan Foundation at the Queenstown Harbor Golf Course in Queenstown. Jacobsloanfoundation.org; Every dollar raised at our annual golf tournament is a step toward making a positive impact in our community and your support helps continue Jacob's legacy of kindness, generosity, and hope.

SATURDAY, SEPTEMBER 12TH

Lil Amp's Bent Rods Fishing Tournament for Not My children foundation at Red Eye's Dock Bar in Grasonville, MD. Notmychild.org; More details coming soon

St Charles Running Festival for Hospice of the Chesapeake at Regency Furniture Stadium in Waldorf. Hospicechesapeake.org; Join us at Regency Furniture Stadium for a race that supports our Charles County neighbors facing serious illness and loss. After crossing the finish line, stick around for the Taste of Southern Maryland post-race celebration—featuring local food, music, and fun for all ages. It's a family-friendly community event you won't want to miss!





SEPTEMBER 19TH & 20TH

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 20TH

Annapolis Run for The Light House for Friends of The Light House at Quiet Waters Park in Annapolis. Annapolisrunfortheighthouse.org; The 17th 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.

THURSDAY, SEPTEMBER 24TH

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.

Hospice of the Chesapeake Golf Tournament for Hospice of the Chesapeake at Queenstown Harbor Golf Course in Queenstown. Hospicechesapeake.org; Whether you're a seasoned golfer or a casual player, you'll bring hope and healing to patients, loved ones, and the community at a difficult time. Come for the game, stay for the cause—and make a lasting impact in our community.

SEPTEMBER 25TH – 27TH

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

THURSDAY, OCTOBER 1ST

End of Summer Luau supporting Partners in Care Inc at Kurtz's Beach in Pasadena. Partnersincare.org; Celebrate and support our 2026 annual fundraiser that allows us to continue offering support to older adults throughout Maryland to age in place and remain in their homes.

SATURDAY, OCTOBER 3RD

100 Plates Dinner Supporting Haven Ministries at the Four Seasons Community Clubhouse. Haven-ministries.org; More details Please check with the organization for the most up to date information.

SUNDAY, OCTOBER 4TH

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!

THURSDAY, OCTOBER 8TH

London Town In Bloom: A Garden Party Soirée For Historic London town at the London Town Gardens. Historiclondontown.org; Step into an unforgettable soirée at Historic London Town and Gardens! Wander through blooming pathways filled with live music stations, hands-on activity stops, and local artisan vendors. Dress in your best colonial attire (costumes encouraged!) as you enjoy a festive evening.

OCTOBER 8TH – 10TH

Chesapeake Film Festival benefits the Chesapeake Film Festival at various locations in Easton. Chesapeakefilmfestival.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 17TH

Tilghman Island Day Benefits the Tilghman Volunteer Fire Company it's a fun-filled visit to the home of the seafood industry! Enjoy fresh delicious, local Eastern Shore seafood, come for the food and stay for the live music by Bird Dog and the Road Kings, waterman's contests, boat docking, anchor throw, crab picking and oyster shucking and more family fun than any other day of the year- in the beautiful fall weather of an Eastern Shore autumn!

SATURDAY, NOVEMBER 7TH

CASAblanca Gala for Anne Arundel County's CASA at The Westin Hotel; aacasa.org; More details coming soon. OysterFest Supporting the Chesapeake Bay maritime Museum at their Campus in St Michaels. Cbmm.org. inviting the community to celebrate the Bay's favorite bivalve with a day of fun for the whole family. The OysterFest menu, of course, features fresh oysters served a variety of ways, plus other local fare, craft beer, and spirits. There's also live music on two stages, an oyster stew competition, boat rides, a full schedule of demonstrations and presentations, children's activities, and more.

THURSDAY, NOVEMBER 12TH

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.

NOVEMBER 13TH – 15TH

Waterfowl Festival at Downtown Easton supporting wildlife and habitat conservation, education, scholarships, and research. Waterfowlfestival.org; For three days every November, nearly 35,000 attendees discover the best of local wildlife, nature, art, heritage, food, and FUN at the annual Waterfowl Festival. Over a dozen venues spread throughout the town entice and engage visitors to explore the area and be a part of a tradition that has been going strong for generations.

SUNDAY, NOVEMBER 15TH

Sip & Savor Supporting Hospice of the Chesapeake at The Newton White Mansion in Mitchellville. As you sip and savor your way through curated food and beverage stations, you'll discover the powerful difference you make in the lives of Hospice of the Chesapeake patients and families across Prince George's County.

EVENTS TYPICALLY HELD IN AUTUMN

Please check with each organization for the most up to date information.

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

Light House Pumpkin Patch for Friends of The Light House

Hoedown on the Farm for Maryland Therapeutic Riding

GiGi's Pickleball Tournament for GiGi's Playhouse

OBI Mardi Gras Masquerade for Opportunity Builders, Inc.

Bountiful Harvest for The Friends of The Light House

Rock 'N' Roll Bash for Casey Cares

Birdies for Benedictine for Benedictine School

Academy Art Museum of Easton—June 20 event details pending

An abstract background featuring a vibrant, textured palette of orange, red, yellow, and dark blue. Two hands are outlined in white, one at the top left and one at the bottom right, appearing to reach towards each other. The overall composition is dynamic and expressive.

Non-Profits & Charities

you should know about

In a world of fleeting moments, love stands tall.



Creating Community for 65 Years

At Fello, we champion the rights of people with disabilities and invest in what matters most: real opportunities, strong relationships, and inclusive, equitable communities.

What began in 1961 with a handful of families advocating for dignity and opportunity for their children with disabilities has grown into a statewide movement—and in 2026, we're proud to celebrate 65 years of that impact. Together, we have created housing where people build their futures, services that meet people where they are, and a culture of inclusion that strengthens every community we touch.

Today, we support over 4,000 people with disabilities across Maryland through personalized services, self-direction, trauma-informed behavioral health, and inclusive housing. We are also the state's largest provider

of self-directed services, supporting more than 3,500 participants and the 9,500+ employees they have hired. This milestone year is both a celebration of how far we've come and a commitment to the future we are still building together.

As you consider your philanthropic giving, think of Fello. Your support helps us remove barriers, champion choice, and build inclusive communities where everyone can live full, meaningful lives on their own terms.

fello.
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999 Corporate Blvd, Suite 300
Linthicum, MD 21090

MISSION POSSIBLE



LOCAL NONPROFITS YOU SHOULD KNOW

With this comprehensive list of charities, we have made it easy for you to map out your charitable agenda, whether you'd like to volunteer for a cause near and dear to you, join a community organization, or donate in other ways. Here are some of the many nonprofit organizations based in Annapolis, Anne Arundel County, Prince George's County, and beyond. Although we can't list them all, these are nonprofits you should know. And if you'd like to introduce us to one or more charities—to add to this growing list—please email: editor@whatsupmag.com. Also, check out the many events these nonprofits have scheduled 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; redcross.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; Focuses on educating our communities about mental health and suicide prevention, advocating for public policy, and offering support for suicide loss survivors.

Annapolis & Anne Arundel County Scholarship Trust Corporation Annapolis; annapolistrust.org; Partners with communities to provide inspiration, mentoring, and financial support for first generation students to realize their dream of a college education.

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 Film Festival Annapolis; annapolisfilmfestival.com; Provide curated cinematic arts experiences to ignite, inspire, and entertain. Through independent film, we showcase film makers, global viewpoints and diverse perspectives that spark conversation and understanding to bond and unify our community.

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 Police Foundation Annapolis; annapolispolicefoundation.org; Raises charitable funds to support the Annapolis Police Department in increasing the capacity and improving the effectiveness of police programs and community outreach activities.



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Maryland's largest
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You are having a good day.

Progressive illness is something you live with every day.
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- ✓ Education
- ✓ Emotional & Spiritual Support
- ✓ Family Support
- ✓ Care at Home
- ✓ Inpatient Care



SCAN ME

Get the support you need today. 410-987-2003 | www.hospicechesapeake.org



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 Conflict Resolution Center Annapolis; aacrc.info; offers mediation, facilitation, and community conferencing services to individuals and groups in conflict.

Anne Arundel Counseling Annapolis and Glen Burnie; 410-768-5988; annearundel-counseling.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'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; amentalhealth.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; luminis-health.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; abajoa.club-express.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.

The Blue Ribbon Project Crownsville; blueribbonproject.org; Dedicated to preventing child abuse in all its forms while providing meaningful, compassionate support to children, youth, and families impacted by abuse and neglect.

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.org; Inspire and enable all young people, especially those who need the most, to reach their full potential as productive, caring, responsible citizens.

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.

Compass Rose Theatre Annapolis; compassrosetheater.org; Nonprofit professional teaching theater company. We believe that inclusion enriches our creativity and broadens our world.

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.

Friends of Anne Arundel County Animals Millersville; faacac.org; Exists to help the thousands of pets that arrive each year at the Anne Arundel County Department of Animal Services and to reduce pet homelessness.

Friends of Historic Johns Hopkins House Crofton/Gambrills; johnshopkinshouse.com; Mission is to purchase, restore, preserve, and protect the historic house and cultural heritage of the Johns Hopkins House, the Hopkins Family, and the surrounding communities.

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; gigisplayhouse.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; gotrchesapeake.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.

Harvest Resources Glen Burnie/Pasadena; harvestresources.net; Partners with Anne Arundel County families and individuals that are working towards self-sufficiency and addiction recovery by providing needed food and resources.

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.

Historic London Town & Gardens, Edgewater; historiclondontown.org; Inspires present and future generations to a deeper understanding of the past, the environment, and our shared humanity.

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; hospicechesapeake.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 volunteerism, 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.

The Lifecare Institute Anne Arundel and Prince George's counties; gilchristcares.org/thelifecareinstitute; Provides an integrated continuum of hospice, palliative, and in-home medical care for adults living with serious or advanced illness.

Life Bloom International Odenton; mylifebloom.co; Dedicated to creating awareness about endometriosis, fostering honest conversations about relationships, and exploring the role of faith in navigating life's challenges.

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; annapolislighthouse.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.



JOIN US IN 2026!

Fish For A Cure (F4AC) is a fishing and fundraising competition that benefits cancer patients and their families in our community. Over the last 19 years, F4AC has raised more than \$7.7 million to support the Cancer Survivorship program at Luminis Health Anne Arundel Medical Center's Geaton and JoAnn DeCesaris Cancer Institute.

The Tournament, Paul C. Dettor Captain's Challenge, and Shore Party will take place on **Saturday, November 7, 2026** at Safe Harbor Annapolis, our tournament home.

REGISTER OR SPONSOR TODAY!
fishforcure.org



Livewater Foundation Annapolis; livewaterfoundation.org; Serves veterans, underprivileged youth, and the waters they paddle while inspiring a lifestyle of health and wellness through watersports 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 Crime Victims Resource Center Upper Marlboro/Baltimore; mdcrimevictims.org; Advocating for the rights and well-being of crime victims across Maryland and beyond.

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.

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.

New Village Academy Annapolis; newvillageacademy.org; A tuition-free public charter high school where students learn through projects, internships, and real-world experiences connected to the Annapolis community.

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; pppmd.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 neighborly 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.

Rise and Shine Bakery Annapolis; riseandshinebakery.org; The mission of Rise and Shine Inc is to provide workforce training and jobs in the bakery industry for people with employment barriers. Rise and Shine serves individuals experiencing homelessness, veterans, those in addiction recovery, people formerly incarcerated, youth aging out of foster care and survivors of domestic violence.

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.

Rockbridge Academy, Crownsville; rockbridge.org; To provide a distinctively classical and unwaveringly Christian education, encouraging the pursuit of goodness, truth, and beauty in all of life.

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.

Recently Named

**2026
NON-PROFIT
OF THE YEAR**

BY THE
ANNE ARUNDEL COUNTY
CHAMBER OF COMMERCE



Opportunity Builders, Inc. (OBI) supports individuals with disabilities throughout Anne Arundel County to live, work, and thrive as valued members of their community.

OBI is being recognized for its success with **THE FUSE**— the region's first inclusive 21+ pop-up nightclub for people with *and without* disabilities. Once a month, OBI creates a "fusion" of Maryland's hottest bands, DJs, food trucks, bars, and more—creating a safe, welcoming atmosphere and a crowd all about good times and zero judgment.

This May, **THE FUSE** celebrates a huge milestone—the one-year anniversary of what has become known as *inclusion after dark!*

Scan QR code to help OBI "power" **THE FUSE** for another year!



THE FUSE
MARYLAND'S UNIQUELY INCLUSIVE 21+
NIGHTCLUB

obiworks.org



**EVERY
step
COUNTS**

Saturday, June 13th

Bello Machre provides a lifetime of loving care and opportunity for people with developmental disabilities across Maryland.

Anne Arundel Community College 9:30am
Dutterer Family Park 9:30am



Join us for Every Step Counts

A day that brings our community together in support of Bello Machre's mission of providing a lifetime of loving care and opportunity for people with developmental and intellectual disabilities across Maryland.



Walk alongside families, friends, and supporters as we celebrate the individuals who make our community so special. Every step taken and every gift given helps ensure the people we support can continue to live, grow, and thrive.

A special thank you to our Lead Sponsor,
Commercial Insurance Managers, for making
Every Step Counts possible.



Scan to Register!



📞 443-702-3000 🌐 bellomachre.org



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.

Senior Provider Group Severna Park; seniorprovidergroup.org; Awards grants to local area nonprofits. These grants assist the non-profits with their supportive work with the elderly.

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 Leadership Group Annapolis; severnleadership.org; Our mission is to develop and support leaders and teams to be agents of transformation and exceptional outcomes.

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.

SPAN, Inc. Severna Park; spanhelps.org; Provides food and/or financial assistance to qualified individuals and families to help them through critical or emergency situations.

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.

St. John the Evangelist School Severna Park; stjohnspschool.org; A Roman Catholic Preschool through Grade 8 parish school under the jurisdiction of the Archdiocese of Baltimore.

St. Martin's-in-the-Field Episcopal School Severna Park; smartinsmd.org; We seek to inspire in students a love of inquiry, a sustaining faith, and a generous spirit open to ideas, peoples of the world, and a call to service.

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.

TBC Foundation Edgewater; thebrick-companies.com; Supports a wide range of like-minded charitable organizations through the monies raised from our TBC Foundation annual charity tournaments (golf & pickleball) and events.

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

Vision Workshops Annapolis; info@visionworkshops.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; ymcaadc.org/campletts; Offers Traditional and Specialty Day Camps, Resident Camps, and a year-round Retreat Center.

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**Suburban Take
on Modern
Luxury**
PG. 68





Suburban Take on Modern Luxury

By Lisa J. Gotto

Sometimes it takes a fair amount of imagination and certainly just the right resources to totally reimagine what a home would look like with less walls, a more intentional floorplan, and the interior creature comforts that convert a mere house to a place that you can't wait to come home to.

Fortunately, our feature homeowners found that resource in a growing design/build enterprise that handles all aspects of the quintessential interior gut job.

Hart, who has a background in engineering and interior design, says her company sources all the required contractors, from home builders, to woodworkers, and associated trades, and then manages the entire project.

"We've been in business for 10 years and do mostly full-home renovations."

In this particular case, Hart was looking to address three complete floors, and a fourth-level loft that would become a bedroom for the couple's 4-year-old.

THE PROJECT: A three-story home in a highly desirable Anne Arundel County suburb. Built in the 1980s, this approximately 4,000-square-foot house required nearly every aspect of a modern renovation, including infrastructure concerns such as the mitigation of a prior ill-conceived addition and smart accommodations for the new HVAC system the project would require.

THE PLACE: This professional couple with a young son found a great location for their family in Millersville. The neighborhood offered pockets of green spaces, and the property afforded the advantage of a private backyard that became more easily accessible through the optimization of a thoughtful floorplan that emphasized flow.

EXECUTING THE PLAN: The homeowners chose Taylor Hart Designs, an Annapolis- and Baltimore-based design/build firm that offers a full-service, concierge-model approach to whole-home interior remodeling projects.



THE MAIN LEVEL

Hart describes this home as somewhat of a split level, but not in the traditional sense where the split occurs at the entry where you have a landing that goes either up or down.

“The house was a 1980s special,” says Hart, who explains upon first entering the house she could tell from its dated, small, patterned wallpaper and ceramic wall switch plates, that very little had been done to the home since it was built with the exception of the ill-conceived addition that only accentuated its series of small, dark rooms.

Happily, the home’s entry provided the space to create a proper, welcoming foyer that leads to the residence’s formal living room. From there, she says, the original floorplan was anything but welcoming with a series of walled-in spaces that included a small, dark kitchen, and a dining room and home office area located in the addition to the home.



The interior of the new entry was designed to showcase the homeowner’s Italian roots where items from her homeland could be displayed within the context of a more modern home with nods to little luxuries throughout. A subtle paper with a delicate, fresh design was used to highlight the ceiling and the couple chose to go with an engineered wood plank floor of white oak in a natural stain throughout.

Earth tones on the walls in the foyer and living room provide the opportunity for furnishings to make a statement with a clear injection of the homeowner’s personality shining through in the supple choice of lush velvet for the couch and chair, and the addition of a stylish Commerce and Market Frame Cocktail Table by Hooker Furniture to the grouping.

This area now has visual connections to the home’s kitchen and dining areas that it didn’t have prior to the renovation.

“It was really a weird design that was not at all useful with nothing really connected to the main living space,” Hart says. In addition to the kitchen being painfully small and outdated, the newer add-on to the home further contributed to what turned out to be a series of disjointed small rooms.

“So, we just blew it all up,” Hart explains. “We put the kitchen into the dining room and office space, and then I ended up taking out an entire wall and adding a sliding glass door for outdoor access.”

The result created the kitchen of the homeowner’s dreams with a huge center island, commercial grade appliances, custom cabinetry, and lots of natural light from the new windows that were designed into the plan.

“Whenever we design, the primary focus is always about getting light into the kitchen.”





Hart designed the cabinets herself and then had them fabricated at Woodworking by Design of Owings. And while the homeowner did request a solid marble for the countertops and island, Hart says, she felt she needed to recommend the more functional quartz for the homeowner, who is an accomplished chef in her own right. The stone was then run up the wall to create a seamless backsplash, with the exception of the area over the range where they then chose a painted 8x8 ceramic tile from Compass Tile in Annapolis to safeguard that part of the wall from the substantial heat of the range.



Hart credits their in-house interiors expert, Deanna Gurri, for helping create the home's showstopper of a dining room with its glamorous finishes, fixtures, and wallpaper.

The homeowner's love of style and flair for color also played a prominent role in the form and function of this room. Hart says the homeowners wanted to do something different with the space and Hart knew she had some extra square footage to work with.

"The dining room was really fun because we used a William & Morris Strawberry Thief wallpaper in there that [the homeowner] loves, and then we were able to do the arched blue butler's bar.

This signature element was not part of the original room design, says Hart, but was built out from the wall to create a purposeful space for storage and be the highlight of any cocktail hour.

The gorgeous Xavier chandelier by Crystorama, was a fortuitous find sourced by Gurri, which happened to have a blue shade option that exactly matched the pretty pale blue paint by Farrow & Ball that was chosen for the room.



So, Hart's team set out to create an experience that would comfort and interest the boy by adding warmth with a cozy night-sky wallpaper on the ceiling and a bed where he could imagine himself camping out under the stars. "We had to make it magical, so he would sleep there," says Hart, who adds she has since spoken to the homeowner about whether the endeavor was a success or not. "And she replied, 'Mission accomplished.'"



UPSTAIRS, DOWNSTAIRS

This four-bedroom, four-and-a-half-bath home would also realize improvements to its lower and upper floors. Downstairs, a cozy and comfortable family room with an attractive black brick fireplace wall replaced what Hart says was a totally underutilized and uninspired space that just had furniture sitting in it. Nearly the entire footprint would be reconfigured on this level taking storage and extra laundry room space and re-imagining it into a private office, an attractive mudroom where the family could transition in from the garage, and an amazing powder room clad in a bright, large-format floral paper with an exceptionally gorgeous vanity accented with luxe brass fixtures.

Upstairs, a quiet haven in tranquil tones was created for the couple's primary bed and bath, and the youngest member of the family literally received the bedroom of his dreams.

Hart says the homeowners expressed their concern that their son was consistently having trouble sleeping in his own bed in their prior home and they were hoping to address that issue with the new one.





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Image courtesy of perigold.com

Channeling Your Inner Bayside Vibes

By Lisa J. Gotto

There's no doubt that we're coming off what could best be described as a brutal winter. But with those frigid days in the rear view, we can now reconnect with the coastal lifestyle we so prize here in the Chesapeake region.

To that end, we thought with the change of season, a decorative refresh may be in order. Here are a few items that stopped our scrolling in its tracks.



TRENDING WATER TABLE

This Gallo glass and cast aluminum accent table by **Currey & Company** artistically renders the look of coral that makes up the world's great ocean reefs. This piece features an antique glass finish over tactile pitting and stippling to enhance the table's patina. The piece is topped off with a clear, floating glass top that is easy to remove and clean yet fits seamlessly into the base for ultimate style.

SHINE TO SHORE

The subtle homage design of this elegant Lighthouse table lamp by **Global Views** mimics the presence of a beacon beautifully with its nickel metal finish, and its body and finial crafted of hand-blown antiqued mercury glass. A true tabletop stunner crowned with a silk-covered round hardback shade.





BURSTS OF AIRY BLUE

An abundance of bursting hydrangea grace this traditional wallpaper by **Serena & Lilly**. The hand-painted watercolor design depicts winding vines and blooms against a backdrop of a sky that is as clear as day. This design created in-house by the manufacturer provides a look that is not easily replicated but highly desired.



MULTI-TONED & MODERN

Wave-like curves and an organic shape create a conversation piece in a decorative bowl that has been hand-painted to mimic a pattern found in genuine onyx. This unique piece, featured on **perigold.com** takes a shape found in nature and melds it with a modern material to create a one-of-kind find for your one-of-a-kind home.

TIDAL TREASURE

This seascape treasure from **Serena & Lilly** is handwoven from one of the hottest trending materials in interiors right now, natural rattan. Designed to imitate an organically curved shell with a classic wicker weave, this suspended stunner can be used alone or in a grouping to write your own creative light story.



COMFORT & COLOR

This whimsical multi-colored pillow from **West Elm** was crafted for comfort with its lumbar design and sets a playful tone with its mural-like depiction of a day on the links. This spot-clean-only statement-maker has a filling of polyester fiber, with a 52 percent jute and 48 percent cotton cover.



WHEN YOU GOT MAIL

Sometimes a hint of nautical luxury is the final touch to a well-appointed home—and this vintage anchor decoupage mail organizer does not disappoint! Available in two color variations from **nauticalluxuries.com**, this clever clutter-cutter is highlighted with an elegant silver top and bottom rim detail.



Respite In Frenzied Times

CREATING A MEDITATION GARDEN

By Janice F. Booth

It's here! May 3rd is *National Garden Meditation Day*. As early as 2500 BCE, Chinese gardens were designed to encourage meditation and quiet reflection. Zen gardens in Japan date from 600–900 CE. In 16th century India, Mughal gardens were arranged for contemplation and relaxation. Apparently, life's demands have always led people to turn to their gardens for renewal. It's the 21st century, and when we want to recover from the demands and pressures of life, we, too, turn to our gardens.

Perhaps now is the perfect time to add a meditation space to your garden, or maybe simply create a meditation area on your deck or patio. You don't need much space. Let me review with you the (1) DESIGN of a meditation garden, (2) IMPLEMENTATION of your design, and (3) adding a BONSAI to your meditation garden.



DESIGN GOAL: Create an area that reminds us to slow down and meditate or reflect.

- ◆ The 4 elements to incorporate into our meditation gardens are: **earth, wind, fire, and water.**
- ◆ Choose or create an area that is **quiet, shady, and private.**
- ◆ Include focal points in our plan: a Buddha, a fountain, a statue, or other item that will invite us to rest our eyes, linger a while.
- ◆ Keep it simple; the design should be **low maintenance.** We don't want to feel guilty about stray weeds when our minds should be at ease.
- ◆ For **privacy**, a grouping of shrubs or a screen, perhaps of bamboo, will be needed. (Do not plant bamboo in your garden. Its rhizomes/roots will choke out everything in its path.) Here's where you can impress your friends and landscaper: When you discuss your plan for the meditation garden, reference the "Law of Significant Enclosure." That "law" asserts that a cozy space will have walls/privacy barriers that are 1/3 of the height of the horizontal/length of the space. So, a 12' long meditation garden would need privacy walls approximately 4' high.
- ◆ **Seating.** Traditional meditation gardens often have raised platforms where one sits (ideally cross-legged.) Instead of the yoga position, a comfortable, small bench may suit. (Avoid seating that appears to invite more than one person.)
- ◆ **Paths** are lovely, usually curved. If your garden permits, add a simple path of pebbles, flagstone, or wood chips.

IMPLEMENTATION: This portion of the project should be relaxing and not stressful.

Incorporating the 4 elements:

- ◆ **Earth:** this may be the soil among the plants or fine gravel on the path. Building a cairn as a focal point, earth as stone, is another beautiful option.
- ◆ **Wind:** windchimes are lovely ways to honor the wind or breezes. You'll want to carefully select for sound quality and volume. The same will be true if you choose to suspend a grouping of bells.
- ◆ **Fire:** there are so many interesting light sources appropriate for a meditative space. Candles, scented or plain, lanterns, solar torches, or even a fire pit—though I fear that's a bit too much of an activity rather than a simple point of focus.
- ◆ **Water:** a small fountain can serve as a focal point in a meditation garden. A simple shallow bowl of still water is lovely too. The Japanese see bridges as water elements. A bridge symbolizes passages and unification. The bridge need not cross water; it can simply be a lovely feature to contemplate.



Fragrance: our olfactory senses can help us relax. Consider:

- ◆ **Fragrant plants:** planting lavender or jasmine is ideal, but they require quite a bit of sun. If your meditation garden is shaded, these dears won't flourish.
- ◆ **Incense:** keep a water-tight container with matches and incense sticks. Set one stick into the sand or earth and let it burn down. In addition to the relaxing scent, its burning can serve as a timer: You'll meditate until the incense stick has burnt down. (We have to train ourselves to slow down.)

Easy maintenance: plan your garden so you needn't face chores before you can settle in and relax.

- ◆ Cover the seating with a tarp or sleeve or keep the cushions indoors until needed.
- ◆ Keep a small hand brush or broom nearby to remove the leaves that might gather, and a mid-size basket that can hold your sweepings. The trick is to avoid having to run around doing house-keeping when you want to meditate.
- ◆ ... and that's all the maintenance you'll need.



BONSAI: These miniature trees and shrubs are often used in meditation gardens. They're symbols of harmony, balance, order, and peace. (There are amazing bonsai gardens at the National Arboretum in Washington, D.C.) If you're interested in adding bonsai to your garden, here are a few pointers.

- ◆ Usually, we buy bonsai that have been trained for 3–5 years; that means the roots and branches have been pruned to create a specific formation.
 - ◆ Bonsai are grown in pots or bowls, usually simple in form and colors.
 - ◆ The tree or shrub will be comfortable outdoors in your meditation garden, as long as the temperature is above 40 degrees F. It will need 4–6 hours a day of sun and/or diffused light.
 - ◆ Moisture is important. If you have a fountain, place the bonsai nearby or set the bonsai on a bed of damp pebbles. Remember to watch that the pebbles remain damp. Water your bonsai when the soil feels dry. (You might check that the drainage holes in the bonsai pot are clear.)
 - ◆ Finally, the most popular types of bonsai include: Chinese elm, Bristlecone pine, Dawn Redwood, Jade, Beech, Azalea
- You may find your bonsai becomes a sweet focus point for your meditations. And, before too long, meditating may become an essential part of your time in your garden.



Four Floors For More

By Lisa J. Gotto

Signature style and tradition abound in this 2,500-square-foot townhome that encompasses four floors and includes outdoor living space, private parking, and a garage—all within walking distance of downtown Annapolis.

Built in 2007 but like brand-spanking-new thanks to timely renovations, this home offers enduring curb appeal with its classic portico and crisp, brick walkway and entry stairs. Inside, the foyer proceeds into the home's bright and cheery living room with open-plan access to a formal din-

Primary Structure Built: 2007

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Baths: 4 Full

Living Space: 2,544 Sq. Ft.

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ing area. Beautiful hardwood floors flow throughout this main living area accented with a lovely staircase, large windows, and attractive crown molding and wood trim.

There's easy access to the adjacent kitchen from the dining area and this room is a true beauty with its abundance of natural light, a cozy fireplace seating area, separate breakfast nook with bay window, and a gorgeous center island topped with luxe quartz. The all-white custom cabinetry is integrated and effortlessly complements the stainless steel appliances including an impressive gas range, dishwasher, and wine fridge.

This room gets that extra shot of natural light from the sliding glass doors to the handy balcony seating and grilling area that overlooks the development's common and accessible grounds.

Just one floor below, the lower level is completely finished and features a large bedroom/office and bath, and access to the home's roomy two-car garage.

Above the main level living area, upper level number one boasts two, large light and bright bedrooms, including the primary suite with its custom walk-in closet and a gorgeous all white bath with luxe tile, his and hers vanities, and large shower with rainfall showerhead and built-in bench. The pretty second bedroom on this floor also offers its own full bath.

Upper level two provides the home with its fourth and final bedroom. This is a charming space with pitched roof lines, and an extended integrated desk and study area. This floor also offers a convenient full bath, and cozy family room with built-ins and glass sliding doors leading to a lovely private balcony overlooking the well-landscaped commons.

Located just one block from the waterfront park, this home is also just a quick walk to the Naval Academy, City Dock, and a variety of downtown dining and shopping opportunities.



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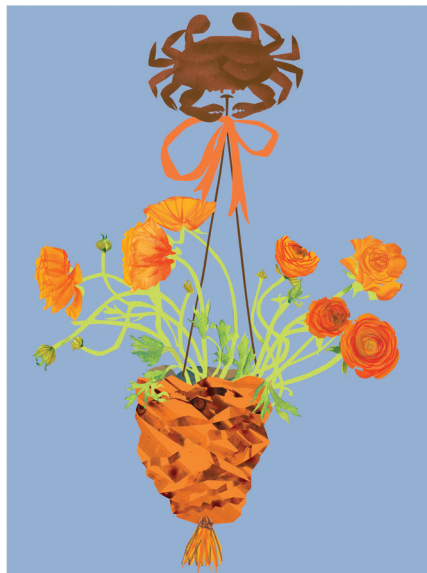
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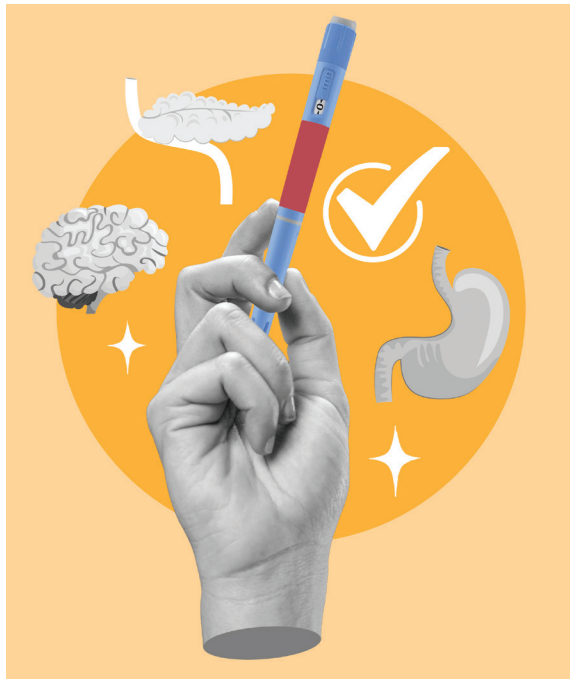
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Healthy
Hair, Courtesy
Tretinoin Cream

PG. 85





Why GLP-1s Work for Many Patients

BUT NOT ALL

By Dylan Roche

By now, you've likely heard of medications such as Ozempic, Wegovy, Zepbound—all brand names for what are known as **glucagon-like peptide-1 receptor agonists**, or **GLP-1** drugs for short. These medications have offered hope for people battling obesity who haven't found success with traditional approaches like diet and exercise. For some, they seem to be a miracle weight-loss option.

But then there are those who don't find success even with these so-called miracle drugs. **It leaves many frustrated people thinking: Why?**

It's not because the GLP-1s aren't working—instead, it has to do with the root cause of a person's struggle with their weight.

CONSIDER HOW GLP-1S WORK:

- ◆ These drugs mimic your body's natural GLP-1 hormone that prompts your pancreas to release insulin and transport glucose from your bloodstream to your cells for energy. This is why GLP-1s can help people with type 2 diabetes, who either do not produce enough insulin or their body is resistant to it.
- ◆ While the GLP-1 drugs are encouraging your body to produce more insulin, there are also other benefits: They reduce thoughts of hunger in your brain, and they delay stomach emptying so you stay fuller longer.
- ◆ In addition to improved insulin dynamics, the reduced hunger, increased satiety, and delayed stomach emptying mean GLP-1 drugs can boost weight-loss efforts, which is why they're prescribed for people with obesity.

If you struggle with your weight because of poor appetite regulation, poor satiety signaling, or reward-driven eating (that is, you're always feeling a want to eat, you rarely feel full even after eating, or you crave foods that make you feel good emotionally), then GLP-1 drugs could address these problems.

ON THE OTHER HAND, OBESITY COULD BE CAUSED BY OTHER PROBLEMS UNRELATED TO APPETITE:

- ◆ Hormonal problems, such as cortisol, menopause, or hypothyroid
- ◆ A naturally low resting metabolism (known medically as adaptive thermogenesis)

In these cases, GLP-1s might not work as well. There's also the chance that your body is more responsive to weight loss—it lowers its basal energy expenditure and increases its metabolic efficiency as you lose weight. Now that you're smaller, your body needs even fewer calories, which makes weight maintenance harder.

Plus, remember that GLP-1s might reduce your appetite, but they won't eliminate learned behavior. It's still easy to take in liquid calories if you're not hungry, or your favorite foods might still be easy to overeat even if you aren't constantly craving them.

Does this mean GLP-1s "failed" if someone is still struggling with their weight? Not at all—the drugs are likely working. It just means there's another cause that needs to be addressed.

Healthy Hair, Courtesy Tretinoin Cream

By Dylan Roche

You might not think of your hair as an extension of your skin, but it is—after all, your scalp *is* skin. Which is why hair loss is often considered a dermatological issue, and it might then make some sense why dermatologists will sometimes recommend a prescription skin cream known as **tretinoin** for hair loss.



Even though this recommendation isn't exactly without reason, it's important to understand that tretinoin doesn't have approval by the Food & Drug Administration to treat hair loss. This is because it doesn't stop androgenetic alopecia (male/female pattern hair loss) or block the DHT hormones that drive hair loss. It could still have some benefit though:

WHY IS TRETINOIN GOOD FOR SKIN?

This prescription cream has a potent dose of vitamin A and can increase skin cell turnover. That's why it's used to treat acne, reduce fine lines, and undo sun damage when you apply it to skin on your face. When applied to the scalp, research shows it increases blood flow, which would improve the effectiveness of a minoxidil-based anti-hair loss treatment like Rogaine.

SO, I WOULD HAVE TO USE TRETINOIN AND ROGAINE TOGETHER?

Minoxidil can be effective on its own, but with tretinoin increasing the blood flow to the scalp, the minoxidil penetrates the skin and is absorbed up to three times as well. Applying both products together once a day could be more effective than using minoxidil twice a day—something that would be a huge advantage if a twice-daily regimen is difficult to follow.

ARE THERE OTHER BENEFITS TO TRETINOIN THAT COULD BE GOOD FOR HAIR LOSS?

Because tretinoin exfoliates dead skin cells, it could keep the hair follicles on your scalp clear of sebum that builds up around them and blocks their growth. This could promote healthier follicular cycling so your hair grows back thicker and fuller. However, there still needs to be more research on this process.

WHAT ELSE SHOULD I KNOW ABOUT TRETINOIN FOR SCALP HEALTH?

Tretinoin has the potential to inflame your scalp if it's used excessively, which would make hair loss even worse. You want to start applying it lightly only two or three times a week until your scalp is conditioned for it. Apply it before you go to bed instead of in the morning, as it is light sensitive. Finally, have patience—it could take up to six months to see effects.



5 Yoga Poses to Fix 5 Common Problems

By Dylan Roche

A dedicated yogi might be practicing yoga every day, going through a full cycle of poses to build strength, increase flexibility, or simply improve mental clarity. Maybe that's not you though—and that's okay. You don't have to be a full-time practitioner of yoga to reap its benefits. Learning a simple pose or two could help undo the stressors of everyday life and alleviate common ailments you're suffering because of them.

SO, IF YOU'RE YOGA CURIOUS, HERE ARE FIVE POSES YOU CAN LEARN TO TREAT THOSE ACHES AND PAINS A LOT OF US DEAL WITH:

Lower back stiffness? Try the pigeon pose. The pigeon pose is great because it stretches the deep hip rotators, improving your hip mobility and reducing your anterior hip tightness that feeds your lower back pain. **Here's how you do it:** Start in a straight-arm plank position. Bring your right knee up toward your right wrist. Slide your right foot forward, keeping your shin angled comfortably. Extend your left leg straight back. Square your hips as much as possible. Stay upright and hold for 30 seconds. Switch legs and hold again for another 30 seconds.

Neck and shoulder tension? Try threading the needle. Thread the needle is a yoga pose that releases your upper back and rear shoulder muscles. It counteracts forward-head posture (often caused by sitting at a desk for prolonged periods) and improves thoracic spine rotation. **Here's how you do it:** Start on your hands and knees. Slide your right arm under your chest with your palm facing up. Lower your right shoulder and head while keeping your hips stacked over your knees. Gently press the left hand into the floor. Hold for 30 seconds. Switch sides and hold for another 30 seconds.

Feeling stressed or anxious? Try legs up the wall. Legs up the wall will activate your parasympathetic nervous system. This lowers your heart rate and cortisol levels—in other words, it takes your nervous system out of overdrive. **Here's how you do it:** Sit sideways next to a wall. Swing your legs up as you lie back. Keep your hips close to the wall or only slightly away. Keep your arms relaxed by your sides. Close your eyes and breathe slowly as you hold for 5 minutes.

Poor posture? Try the locust pose. The locust pose will activate your glutes and upper back, and it strengthens your spinal extensions. This is good for countering the slouching or rounded shoulders you develop when you walk around with poor posture. **Here's how to do it:** Lie face down with your arms by your sides. Press the tops of your feet into the mat. Lift your chest, arms, and legs slightly. Keep your neck neutral and look down. Engage your glutes gently (but not forcefully). Hold for 30 seconds and repeat three times.

Tight hamstrings? Try downward-facing dog. Downward-facing dog is a yoga pose that will decompress your spine and lengthen your hamstrings and calves. As a bonus, it's also good for your shoulder mobility. **Here's how to do it:** Start on your hands and knees. Tuck your toes as you lift your hips up and push them back. Bend your knees slightly if your hamstrings are tight. Press your chest toward your thighs while pushing your hands firmly into the mat. Hold for 30 seconds.

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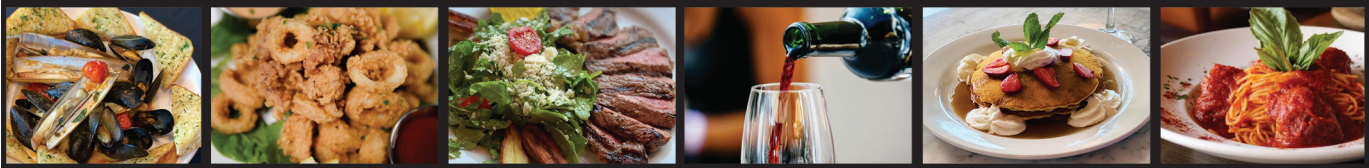
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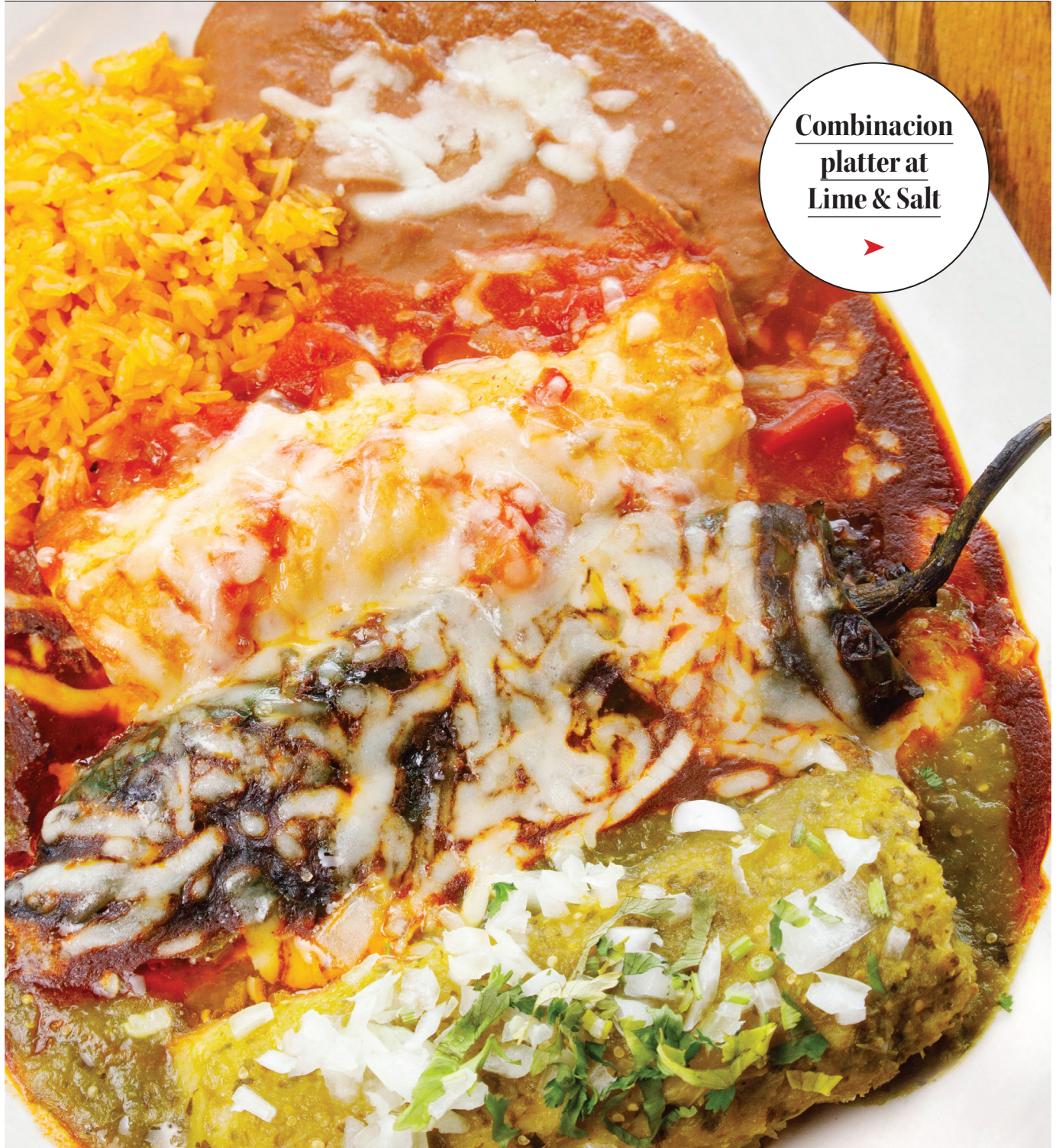


Food & Dining

90 REV UP YOUR TASTEBUDS

92 READERS' DINING GUIDE

Combinacion
platter at
Lime & Salt



Rev Up Your Tastebuds

By James Houck

In mid-2024, I visited Lime & Salt's small taqueria/café located on the fringe of the Piney Orchard community in Odenton with an eagerness to bite into the restaurant's renown street-style tacos and fresh Mexican cuisine. I took my family. We ate. We enjoyed the meal, the atmosphere, and delightful service. The review was favorable. Two years later, I came with my wife and her friend—a newb to this particular Mexican restaurant—hoping for an encore performance.



LIME & SALT 8395 Piney Orchard Parkway, Odenton
410-874-6277 • facebook.com/limeandsaltrestaurant

On a chilly mid-Spring Friday evening, we popped into Lime & Salt, which was ordinarily busy with the post-work-weekend-ready crowd. Everyone was hungry, and thirsty, with the servers doing an admirable job keeping up. Luckily, we were seated within 10 minutes at a no-frills wood-top table in the middle of the dining room where the action was fast, the sightlines to the bar/kitchen area clear, and the dim lighting punctuated by glimpses of Tex-Mex saloon-style décor (yes, there are several steer skulls adorning the walls). If the weather allows, take your table outdoors, where the sunlight (or moonlight) washes down as well as a cold beverage.

Our server Janneth was on point and brought a round of refreshing iced teas upon order, as well as the house-made guacamole with garlic, onions, cilantro, lime, and touches of serrano pepper and chili salt for a lightly-spicy kick. The house chips are standard fare, but who'll notice with dollops of the delicious guac atop.

Other starters I've enjoyed on previous visits and are certain to rev up yours include the Tortilla Soup (a classic preparation), Taquitos (with barbacoa), Cerviche (fresh seafood), and the Queso Fundido (add the chorizo and mushrooms!), among more options.

Onward with this meal, the ladies each selected a specialty burrito, while I opted for a more traditional dish—the tamales. I'll admit that it was quite tempting to hit up a few tacos from the "Street" or "House" tacos lists, of which there are eight and six selections per list, respectively. Each taco listed is a temptress. The Al Pastor boasts "guajillo-rubbed pork and pineapple." There's another made with "pork belly, chicharrónes, and tomatillo-avocado salsa." I've tried the Lengua street tacos made with beef tongue and green salsa—perhaps, the most tender cuts of meat (tongue) I've experienced. The lists of tacos have all-manner of proteins and salsas and traditional accoutrements. And yet, I resisted taco nirvana and chose tamales made with barbacoa.

The Tamales with barbacoa was a hearty, beefy dish, made much like a burrito but with the star ingredient enveloped with a corn meal dough and corn husky casing. The entire tamale(s) is steamed, plated, and smattered with a mildly spicy chili sauce. Each fork-tender bite was a cohesive package of adequate flavors. I believe I detected a hint of cinnamon in preparation, which poked my tastebuds nicely.

My wife chose the Diego burrito featuring carne asada (marinated, grilled beef) as the star inside, along with rice, beans, fries (!), guacamole, cheese, and sour cream. This hefty hunk proved a gastronomic test of strength. She had to save half for take-home



(as our friend did with her own burrito). The beef was noticeably tasty within the Mexi-mass of fillings. Similarly, our friend's Texcoco burrito's chicken was well-seasoned and punctuated the conglomerate inside (just rice, beans, cheese, and sour cream). Altogether, these dishes satisfied and filled our very hungry selves.

Like many ethnic restaurants today, Lime & Salt is hip to offering very accessible dishes for those diners that prefer not to veer too far off the continental path. As such, a menu section of handhelds features items like cheesesteaks, grilled cheeses, and burgers. And for patrons seeking exceptional margaritas or cocktails made with specialty tequilas and other liquors, the bar here is very well-stocked and well-handled with experienced keeps.

I feel grateful to have Lime & Salt as a solid option for dinner or lunch, if and when I'm craving quality Mexican food. Many of the dishes here are hits—this includes freshly made desserts—and the entire operation runs smoothly under an ownership group that includes Cesar and Kristina Flores, and Aaron and Ashley Holmes. *Muy bueno de hecho!*



Readers' Dining Guide



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

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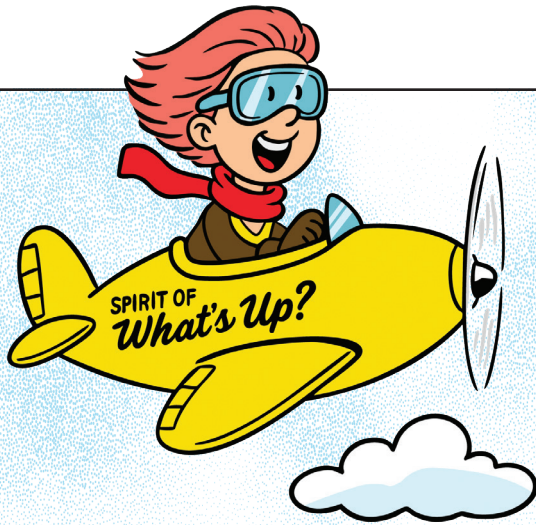


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