

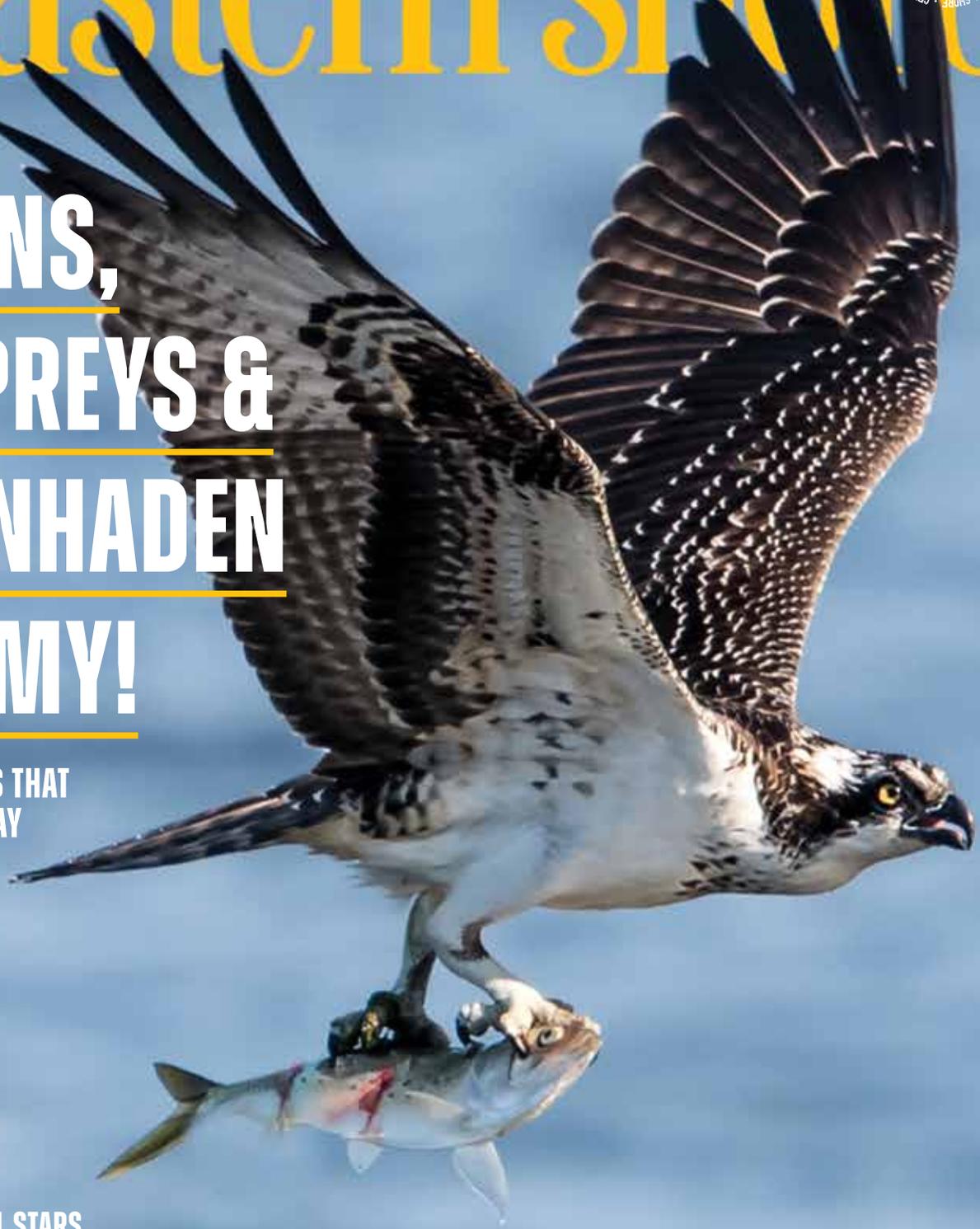
WHAT'S UP?

# eastern shore

HOME GROWN  
LOCALLY OWNED  
CENTRAL MARYLAND • WEDDINGS • WHAT'S UP? MEDIA • ANNAPOLIS • EASTERN SHORE

## TERNs, OSPREYS & MENHADEN OH MY!

PROGRAMS THAT  
PROTECT BAY  
SPECIES



**RISING LEGAL STARS**  
Meet Up and Coming Lawyers Class of 2025

**MISSION POSSIBLE**  
Meet 100 Nonprofits Making a Difference

**EXPLORE MARITIME HERITAGE**  
Local Museums Tell Many Tales

WHAT'S UP? MEDIA MAY 2025

\$4.95

05

0 74851 08647 6

# Tricia Wilson

GRI, REALTOR® - BROKER - OWNER - WATERFRONT SPECIALIST

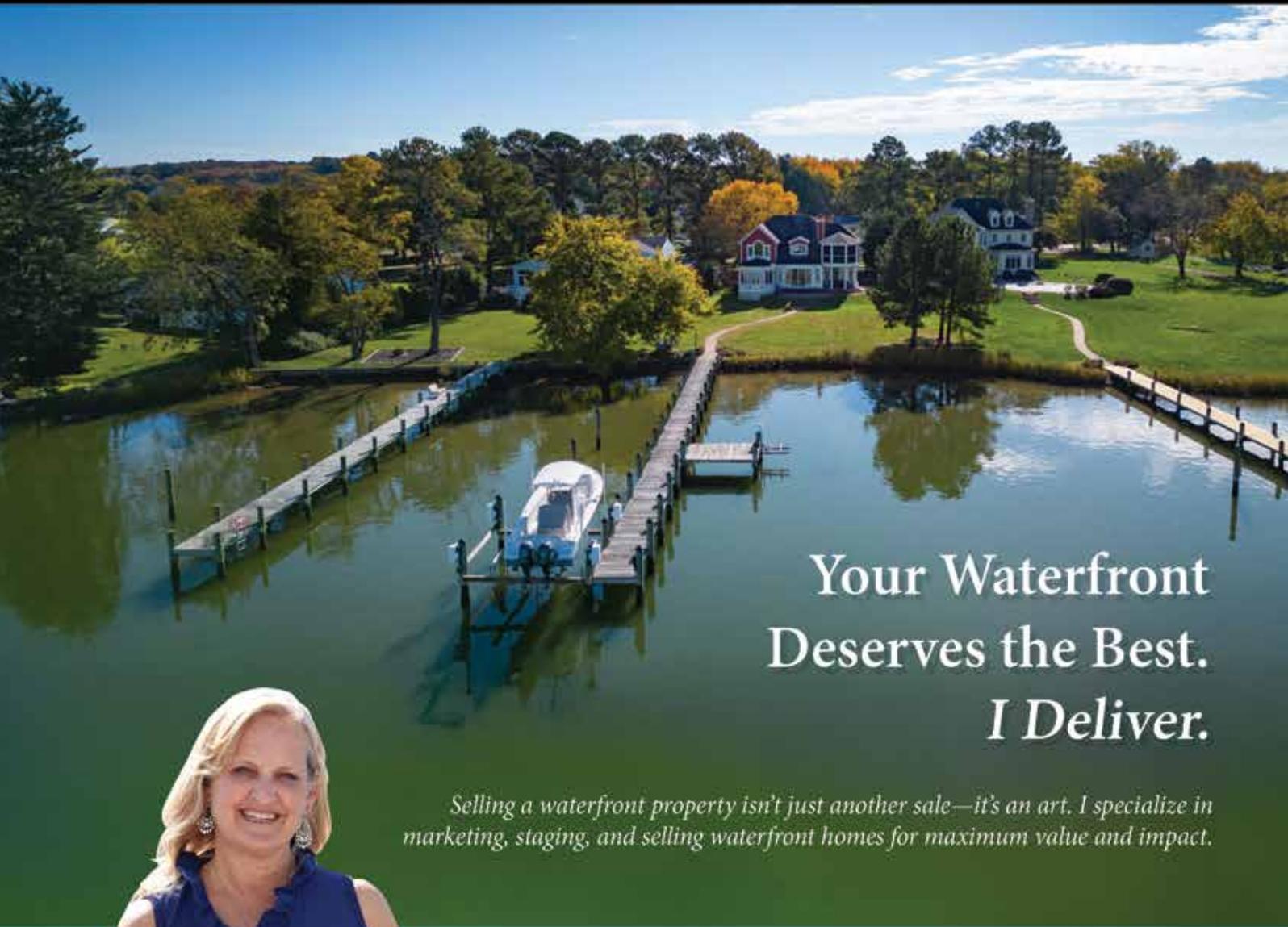
*Based in Kent Narrows, Serving both sides of the bridge*



**410-404-2033 - Call/Text**



**NOW Wilson Realty**  
**410-304-2550**



**Your Waterfront  
Deserves the Best.  
I Deliver.**

*Selling a waterfront property isn't just another sale—it's an art. I specialize in marketing, staging, and selling waterfront homes for maximum value and impact.*



**Wilson Realty  
& Staging**

3033 Kent Narrows Way S - Ste 4  
Grasonville, MD 21658



# Regain Your Smile & Confidence

## with Expert Implant and Sedation Dentistry

Missing teeth? Dental anxiety? Struggling with dentures? You're not alone. We specialize in life-changing dental solutions—permanently replacing teeth and restoring smiles with expert implant and sedation dentistry.



Dr. Kian Djawdan  
Board Certified ABOI



American Board of  
Oral Implantology

Dr. Kian Djawdan is a **Board-Certified Implant Dentist** with 30+ years of experience helping adults with missing teeth, failing dental work, and severe dental anxiety. Patients trust us because we handle their **entire treatment under one roof**—no need to see multiple specialists.

*Patient Testimonial: "Dr. Djawdan and his staff are always kind, informative, and competent. Dr. Djawdan has been able to adjust and repair problems that other dentists caused or could not address."*

## Call or Text 410-266-7645 Today

for Your Free Smile Consultation—No Pressure, Just Solutions!

- ✓ **30+ Years of Experience**  
Expertise in permanently replacing missing teeth with beautiful, natural-looking results.
- ✓ **Board-Certified Precision**  
One of the few **Board-Certified Implant Dentists** in the area, offering trusted, expert care.
- ✓ **All-in-One Treatment**  
Integrated dental solutions without the need to see multiple providers.
- ✓ **Advanced Sedation Options**  
IV sedation allows patients to sleep through treatment and wake up to a new smile.

**Djawdan Center**  
for Implant and Restorative Dentistry

Restoring Hope & Confidence

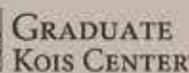
133 Defense Hwy, Suite 210  
Annapolis, Maryland 21401

410.266.7645

[www.smileannapolis.com](http://www.smileannapolis.com)



Our Professional  
Training & Dental  
Credentials





## 1771 Harbor Dr. | Chester

5 BR | 3 BA | 2,564 SQ. FT. | Waterfront on Cox Creek



**DD McCracken Home Team**

*of*



**COLDWELL BANKER  
REALTY**

170 Jennifer Rd Suite 102 | Annapolis MD 21401 | Office 410-224-2200 | [www.ddmccrackenhometeam.com](http://www.ddmccrackenhometeam.com)



## 252 Mattapex Plantation Ln | Stevensville

5 BR | 3.5 BA | 4,136 SQ FT | Waterfront on Long Creek & Shipping Creek  
COMING SOON - AVAILABLE 5/15



## 102 Chesapeake Bay Dr. | Stevensville

3 BR | 2 BA | 3,332 SQ FT | Waterfront on the Chesapeake Bay  
COMING SOON - AVAILABLE 5/3

# DeeDee McCracken

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



#1 WATERFRONT SALES QUEEN ANNE'S COUNTY  
EXPERT ON WATERFRONT & THE EASTERN SHORE



410-739-7571



# Joe Bray

## Eastern Shore Waterfront Expert

Joe Bray, Senior Partner and Eastern Shore Specialist with the Brad Kappel Team, brings over 15 years of local expertise and more than \$500 million in lifetime sales. With a deep-rooted presence on Maryland's Eastern Shore, he specializes in luxury and waterfront properties, delivering exceptional results for discerning clients.

- 15-Year Eastern Shore Resident
- Executive of the Year | President's Award
- Proven Industry Leader

Call Joe to Make *Your Move* in 2025



**Joe Bray**  
Senior Partner  
Eastern Shore Specialist

M + 410-936-8904  
jbray@ttrsir.com

**Annapolis Brokerage**  
209 Main Street  
Annapolis, MD 21401



©2025 Sotheby's International Realty Affiliates LLC. All Rights Reserved. Sotheby's International Realty® is a licensed trademark to Sotheby's International Realty Affiliates LLC. Each Office Is Independently Owned And Operated. SIRI

**Maryland's #1 Waterfront Team**



200 Bridgeview Lane  
\$14,950,000



SOLD

101 Cove Creek Court  
\$5,000,000



3207 Bennett Point Road  
\$3,995,000



Sunset Wharf at Bay Bridge Marina  
Units starting at \$2,350,000



SOLD

330 Wye Narrows  
\$4,600,000



SOLD

330 Wye Road  
\$1,400,000

## For those Seeking the Exceptional

Visit [bradkappel.com](http://bradkappel.com) to view our complete portfolio of the region's finest properties.

**Brad Kappel**  
Executive Vice President

M + 410-279-9476

O + 410-280-5600

[brad.kappel@sothebysrealty.com](mailto:brad.kappel@sothebysrealty.com)

[bradkappel.com](http://bradkappel.com)

**Annapolis Brokerage**

209 Main Street

Annapolis, MD 21401



Make Your Move





# Your Mental Health Matters. Let's Make It a Priority— *Together*



At Luminis Health, we understand that mental health is as essential as physical health. That's why we offer personalized, compassionate, and convenient behavioral health care designed to meet you exactly where you are. Whether you're managing depression, anxiety, substance use, or another mental health concern, you're never alone.

## **Our programs include:**

- Behavioral health walk-in urgent care in Lanham
- Outpatient therapy and medication management
- Substance use recovery programs in Annapolis
- Inpatient psychiatric care for comprehensive support



**Prioritize your wellbeing. Schedule an appointment today at [Luminis.Health/BehavioralHealth](https://Luminis.Health/BehavioralHealth)**

Behavioral Health Pavilion  
Lanham, MD

J. Kent McNew Family Medical Center  
Annapolis, MD

Pathways Alcohol & Drug  
Treatment Center  
Annapolis, MD

# Your Local Eastern Shore Experts



**ELIZABETH ARENTZ**

*Daughter*

*Fluent in Millenials*

m. 443 988 3495



**BIANA ARENTZ**

*Mother*

*Fluent in Baby Boomers*

m. 410 490 0332

HAPPY  
*Mother's Day*



209 Beck Farm Rd  
Centreville | \$785,000  
**JUST LISTED**



110 Richard Ingle Way  
Chester | \$829,500  
**UNDER CONTRACT**



345 Hemsley Drive  
Queenstown | \$1,235,000  
**SOLD**



[www.SellingMarylandSunsets.com](http://www.SellingMarylandSunsets.com)

3 Church Circle | Annapolis, MD 21401 | o. 410 263 8686

Affiliated real estate agents are independent contractor sales associates, not employees. ©2023 Coldwell Banker. All Rights Reserved. Coldwell Banker and the Coldwell Banker logos are trademarks of Coldwell Banker Real Estate LLC. The Coldwell Banker® System is comprised of company owned offices which are owned by a subsidiary of Anywhere Advisors LLC and franchise offices which are independently owned and operated. The Coldwell Banker System fully supports the principles of the Fair Housing Act and the Equal Opportunity Act.



# Contents



**MAY 2025**

◀ **On the Cover:** An osprey snatches an Atlantic menhaden for a snack. Design by August Schwartz  
*What's Up? Eastern Shore* online at [whatsupmag.com](http://whatsupmag.com).  
♻️ Please recycle this magazine.



42

## Arts & Culture

**14 Events** highlights special celebrations and activities  
BY MEGAN KOTELCHUCK

**18 Attractions: Maritime Heritage** explores local museums  
BY TYLER INGLE

**20 Business & Community** features local news

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

**24 Charity: A WIN for Everyone** profiles Women in Need  
BY LISA J. GOTTO



18



## Features

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

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

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

◀ **52 Nonprofits You Should Know** showcases the missions of more than 100 charities

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



50

## Home & Garden

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

**72 Interior: Multi-Generational Approach** explores Mid-Century Modern style  
BY LISA J. GOTTO

**76 A Home & A Castle** steps inside a recent \$1.25 million home sale  
BY LISA J. GOTTO

**78 Covetous Cove-Side Retreat** features a \$1.6 million waterfront home  
BY LISA J. GOTTO



66

WHAT'S UP?  
**eastern shore**

**Publisher & President**

Veronica Tovey (x1102)

**Editorial Director**

James Houck (x1104)

**COO & Director of Advertising**

Ashley Raymond (x1115)

**Entertainment Editor**

Megan Kotelchuck (x1129)

**Contributing Editors**

Lisa J. Gotto, Dylan Roche

**Contributing Writers**

Tyler Ingle, Lisa A. Lewis,  
Ellen Moyer

**Staff Photographers**

Tony Lewis, Jr.

**Contributing Photographers**

Will Parson/Chesapeake Bay Program,  
Peak Visuals, Laura Wiegmann

**Art Director**

August Schwartz (x1119)

**Graphic Designers**

Matt D'Adamo (x1117), Lauren Ropel (x1123)

**Web Content Specialist**

Arden Haley

**Production Coordinator**

Amanda Stepka

**Marketing and Social  
Media Specialist**

Maria Dimalanta

**Senior Account Executive**

Kathy Sauve (x1107)

**Account Executives**

Beth Kuhl (x1112), Nina Peake (x1106),  
Haley Raymond, Michelle Roe (x1113)

**Sales Assistant**

Ia Louise Horton

**Finance Manager**

Deneen Mercer (x1105)

**Bookkeeper**

Heather Teat (x1109)

**Executive Assistant**

Regine May Geler

**WHATSUPMAG.COM**



Proud Partner

Proud Partner

What's Up? Eastern Shore is published by What's Up? Media 900 Bestgate Road, Ste. 202, Annapolis, MD 21401, 410-266-6287, Fax: 410-224-4308. No part of this magazine may be reproduced in any form without express written consent of the publisher. Publisher disclaims any and all responsibility for omissions and errors. All rights reserved. Total printed circulation is 20,123 copies with an estimated readership of 60,675. ©2025 What's Up? Media **Home Grown, Locally Owned: This issue of What's Up? Eastern Shore employs more than 25 local residents.**

# ORAL SURGERY SPECIALISTS

SKILLED | BOARD CERTIFIED | PROGRESSIVE | ARTISTIC

*Trained Minds...Caring Hands*



Drs. Chris Chambers, Neil Sullivan, Kurt Jones, Borek Hlousek, Cliff Walzer, and Kenneth Kufta are all Board Certified Oral and Maxillofacial Surgeons that specialize in:

Dental Implant Surgery • Dental Implant Placement for Same Day Teeth  
Wisdom Teeth Removal • Orthognathic Surgery (Corrective Jaw Surgery)  
General Anesthesia • Oral Pathology

Annapolis  
Pasadena



Kent Island  
Waugh Chapel

Please call or visit our website at  
[www.annapolisOSS.com](http://www.annapolisOSS.com) | 410-268-7790



# Contents

## COMING UP IN JUNE 2025

Best of Eastern Shore Winners, Triple Crown of Charity Sailing, Summer Leisure/Sports Guide



## Health & Beauty

BY DYLAN ROCHE

- 82 Myofascial Release Therapy
- 84 High-Functioning Anxiety
- 86 Hyrox Competitions



## Food & Dining

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

**92 Readers' Dining Guide** offers local restaurant listings for your consideration

## In Every Issue

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



## e-contents

PARTY THEME  
BRIGHTEN  
UP THE  
NIGHT!

WHAT'S UP? MEDIA'S

**BEST OF  
PARTY  
2025**

# JUNE 4

6 - 9PM

**DOORDAN INSTITUTE  
AT LUMINIS HEALTH  
ANNE ARUNDEL MEDICAL  
CENTER IN ANNAPOLIS**

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 party, "**BRIGHTEN UP THE NIGHT**" is the theme, so come dressed in your most vibrant and colorful attire to match the energy of this unforgettable evening! "Best Of" restaurant winners, and only winners, serve samples of their winning dishes.



Grab your tickets now at  
[whatsupmag.com/bestofparty](https://whatsupmag.com/bestofparty)



Construction & Landscaping

Pool Construction | Pool Rehab  
Hardscapes | Landscapes

Annapolis  
410-266-8700  
www.olmobros.com



An Investment That Grows

## Expert of the Month



Kevin Mead

**Kevin Mead**  
**Founder & Executive Producer**  
**Nor'easter Digital**

**A** Maryland native and graduate of the Rochester Institute of Technology, Kevin Mead has been producing websites, apps, and AR/VR activations for more than a decade. After working in-house at advertising and event production agencies in Washington, D.C. and Boston, he founded his own studio, Nor'easter Digital, in 2019.

Mead combines his educational background in the arts with his professionally developed skill set in user experience (UX) research and design. It's a marriage that has allowed Nor'easter to ensure each client's story is told faithfully across digital mediums, while providing clear pathways for users to find and absorb relevant information.

### **How can business owners tell if their website is due for a redesign?**

The first factor we consider is function. If your website isn't hitting your desired KPIs — page visitors, generation of leads, etc. — it could indicate a weakness in your site's architecture or overall user experience that needs to be addressed. We also consider the visuals. Web design is constantly evolving, so within a year or two, an existing design can look dated when compared to freshly launched websites. If you're looking at a competitor's site and aren't happy with your own designs, it might be time for a change.

### **How does Nor'easter approach web design?**

Whether we're working with a small business or a larger institution,

we follow the same process. We believe in robust discovery and UX planning phases, a visual design phase that allows for experimentation and collaboration, and a modular approach to development that grants maximum flexibility to our clients after launch. This means your site's visual design and content can evolve naturally over time, mitigating the need for major redesigns moving forward.

### **Are there other digital activations business owners should consider?**

A great website is the foundation of your digital footprint. Once that foundation is laid, additional activations can be produced to bolster engagement and loyalty from your target users. Businesses that present at trade shows could consider games, virtual showrooms, or other experiences to attract attendees to their booths. Businesses that offer rewards or ongoing information to users are ripe for custom mobile applications. Regardless of the execution, our team brings the same passion and experience to each project we take, delighting clients with the results.

**NOREASTER**

### **Nor'easter Digital**

443-926-4553 | Remote | Based in Stevensville  
www.noreaster.digital | hello@noreaster.digital

# Arts & Culture

14 EVENTS

18 ATTRACTIONS

20 BUSINESS & COMMUNITY

22 ENVIRONMENT

24 CHAIRTY

HIGHLIGHTING  
ENTERTAINMENT,  
COMMUNITY,  
AND EVENTS

## Chestertown Tea Party

PG. 15



## ST. MICHAELS RUNNING FESTIVAL

On May 17th, line up at St. Michaels High School for the start of the St. Michaels Run Fest. The day will offer a half marathon, 10K run, or 5k run or walk. All three races will start at the high school and end on Fremont Street. This half marathon race is one of only two Maryland events recognized in the Top 100 half marathons in the USA, (also helps that it is one of the flattest and fastest 12.1s in the mid-Atlantic). Find more information and get yourself and your friends signed up at [runstm.com](http://runstm.com).



## CAMBRIDGE CLASSIC POWERBOAT REGATTA

The oldest active powerboat race in the country is back in Dorchester County on May 17th and 18th on the Choptank River. Seventy boats are expected to be on hand to create an exciting two days of racing. This family event will have food and drinks available as well as a kid's zone and a concert by Tranzfusion. Find more information at [cpbra.com](http://cpbra.com).

## Tri-County Ice Cream Classic Ride

C3-Chesapeake Cycling Club of the Eastern Shore's Ice Cream Classic is back and sweeter than ever on May 10th! Beginning at the Talbot Community Center, the annual cycling event will take you on a tour of Talbot, Queen Anne's, and Caroline Counties, in the heart of Maryland's Eastern Shore. There are three distances for all abilities of road cyclists—an easier 37-mile ride, a more challenging 65-mile, and a full 100-mile century ride for more experienced cyclists, all on flat safe roads with fantastic rest stops, sag support, and bike assistance. Most importantly, there will be an ice cream pit stop featuring Scottish Highland Creamery. Enjoy a post-race party with tacos, food, and beer. Find more information at [ridec3.org](http://ridec3.org).



## Sail Selina II 25th Anniversary Celebration: A 1920s Flapper Gala

Celebrate 25 years in 1920s style with a night of dancing, dining, and toasting to the history of the Chesapeake Bay and the *Selina II* on May 3rd at St. Michaels Harbour Inn. The night will include a DJ spinning the Charleston, gourmet bites and drinks, a photo area, and more to help celebrate the night. Find more information and get tickets at [sailselina.com](http://sailselina.com).



## **CHESTERTOWN TEA PARTY**

Join the Revolution May 23rd through 25th for entertainment, education, food, and fun for the whole family. In response to British Parliament's closing of the port of Boston, the citizens of Chestertown, Maryland, met in May of 1774 and set forth "Resolves" forbidding importing, selling, or consuming tea in Chestertown. According to local legend, residents then gathered at the town center, marched down High Street to the brigantine *Geddes*, which was anchored in the Chester River, and tossed her cargo of tea overboard. The annual reenactment of that event is the centerpiece of the Chestertown Tea Party Festival. The re-enactment is scheduled for 2 p.m. All Festival events take place along the Chester River and in the historic district of 18th-century Chestertown. Find more information at [chestertownteaparty.org](http://chestertownteaparty.org).

### **3RD ANNUAL SONGBIRD FESTIVAL**

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



Photo courtesy of Songbird Festival



### **U.S. Naval Academy Commissioning Week**

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

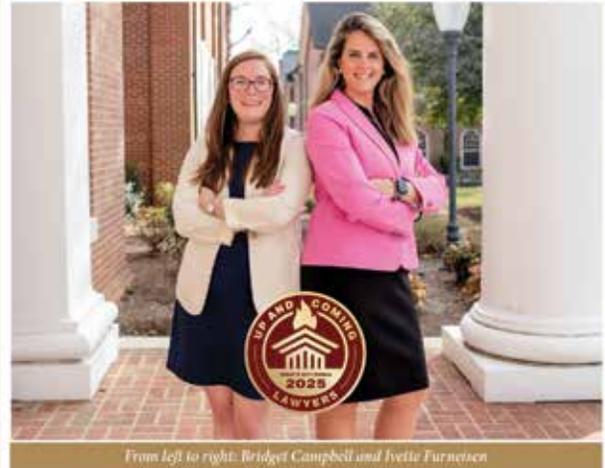


## **ANNAPOLIS IRISH FESTIVAL**

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

## **CAMPBELL & FURNEISEN**

LAW FIRM | BUFETE DE ABOGADOS

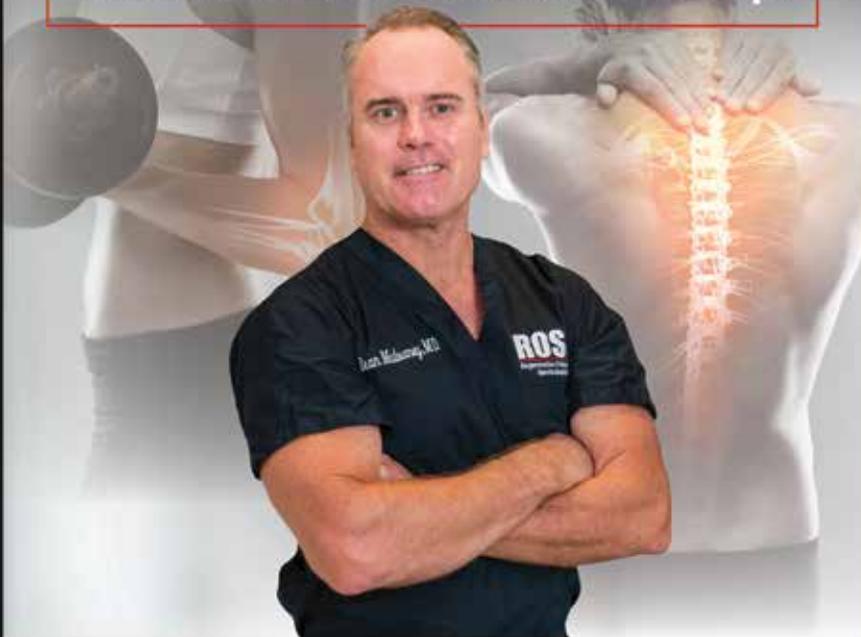


*From left to right: Bridget Campbell and Ivette Furnesen*

Campbell and Furnesen Law is a bilingual law firm on the Eastern Shore of Maryland. Our goal is to seek justice and protect what is rightfully deserved for our clients. Bridget focuses on family law, estate planning, landlord-tenant matters, business formation, and real estate settlements. Ivette is our bilingual attorney, originally from Spain. She focuses on criminal, traffic defense, and immigration matters. Ivette has tried cases in District Court and jury trials.

210 S. Cross St. • Chestertown, MD 21620  
443-480-6229 • 667-319-4634 (Español) • [campbellandfurnesen.com](http://campbellandfurnesen.com)

**The body is capable of self-repair,  
but sometimes it needs a little help.**



**We listen. We make time for you.**

-Dr. Sean Mulvaney

**Nationally recognized  
experts in  
musculoskeletal  
and sports medicine.**

We take an innovative approach to get you active again by providing targeted injection therapies under real-time ultrasound guidance without the need for surgery.

**ROSM**

REGENERATIVE ORTHOPEDICS & SPORTS MEDICINE

116 Defense Hwy., Ste. 203  
Annapolis, MD 21401  
410-505-0530 • [www.ROSM.org](http://www.ROSM.org)



# Exploring Maryland's Maritime Heritage

By Tyler Ingle

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



Annapolis Maritime Museum



Chesapeake Bay Maritime Museum

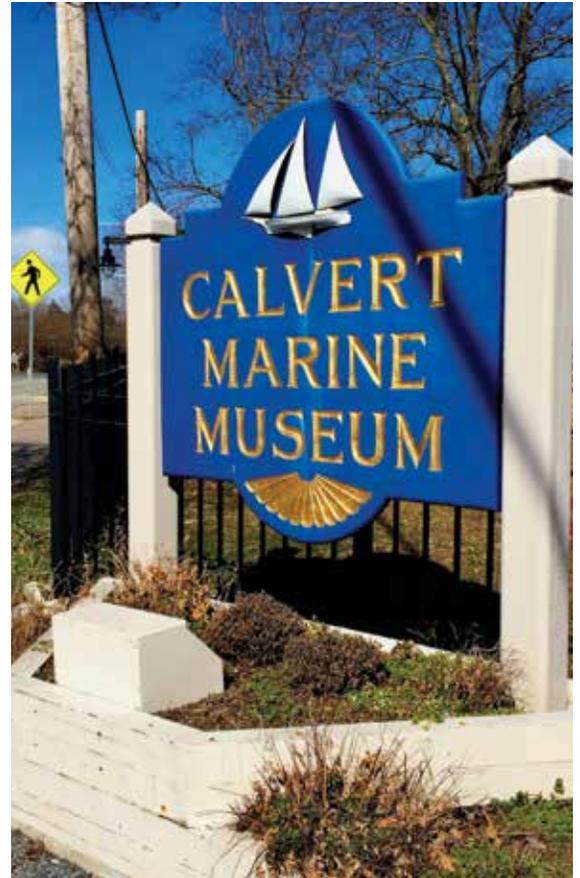
Rich in maritime culture, Maryland is home to several unique museums that share this history.

The **Annapolis Maritime Museum** focuses on Naptown's maritime heritage and the historic ecology of the Chesapeake Bay. This museum is open Tuesdays through Sundays, from 10 a.m. to 3 p.m. The museum highlights our celebrated oyster industry while also acknowledging its shortcomings, such as over-harvesting and species depletion. Located inside the old McNasby Oyster Company property, the museum showcases collections of artifacts, paintings, drawings, and more. A few miles from the museum's main campus is the beachside park, a 12-acre waterfront parcel that offers hiking trails, an education center, and a public paddle-craft launch area. Patrons can experience a clamshell walking trail that spans one mile, providing the perfect opportunity for real-world viewing of local wildlife and marine habitat. The museum also hosts water tours aboard the restored skipjack *Wilma Lee*, lecture series, and seasonal exhibits inside. Tickets to the museum and its tours can be purchased online or in person. Visit [amaritime.org](http://amaritime.org).

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

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

In southern Maryland, the **Calvert Marine Museum** (CMM) hosts a range of experiences for kids and adults alike. The Discovery room is kid-focused but gives visitors of all ages the chance to sift and search for real fossils, ranging from eight- to 20-million years old. Also, you can explore a model of the Cove Point Lighthouse, and see creatures of the Chesapeake Bay. The Biology Gallery houses three distinct Bay habitats, while the outdoor marsh walk crosses



Calvert Marine Museum



Avery Museum

upland marshes in their natural habitat. With a history gallery, oyster house, lighthouses, model boat showroom, and even a section designated for paleontology, CMM is a must-do! Tickets can be purchased online in advance, or in person on the day of your visit. Open daily from 10 a.m. to 5 p.m. Visit [calvertmarinemuseum.com](http://calvertmarinemuseum.com) for details.

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



### **CHESAPEAKE BAY MARITIME MUSEUM CELEBRATES 60TH ANNIVERSARY**

The Chesapeake Bay Maritime Museum is thrilled to share its 60th anniversary celebration with its expansive community in 2025. Throughout the year, CBMM will look back on its six decades through a series of mission-focused videos to be released at its website and YouTube channel. The anniversary festivities will include social media highlights, an exclusive CBMM Member Night program, and more milestone moments woven into its annual festivals and programming. “We are proud to celebrate 60 years with everyone who has helped make this milestone possible,” CBMM’s President & CEO Kristen Greenaway said. “With the help of our community, we are excited to use this occasion to spotlight the ways that we have fulfilled our mission through the years and continue to share the Chesapeake story with new audiences.” To learn more about CBMM’s 60th anniversary celebration, visit [cbmm.org/60thAnniversary](http://cbmm.org/60thAnniversary).

### **MARYLAND FEDERATION OF ART NAMES NEW DIRECTOR**

The Maryland Federation of Art (MFA) Board of Directors officially named Patrice Drago as the organization’s new Executive Director. Drago’s expertise in business management, strategic planning, and negotiation stem from a distinguished career with Marriott International, and subsequently as a Maryland state legislative Chief of Staff. With a deep passion for community-based arts, Drago has been a key player in the Annapolis and Anne Arundel County arts community for over 15 years. “Patrice embraces innovation and brings enthusiasm, a wealth of experience and superb leadership skills to our organization,” says Karen Ricketts, MFA’s Board of Directors President. When Drago officially assumed the role last May, she had been serving as MFA’s Acting Executive Director, succeeding the long-term and distinguished Interim Director Joann Vaughan. “As both a practicing visual



artist and lover of art in all forms, I deeply appreciate the benefits of providing support to working artists, and to the community, by providing access to visual art...I am honored and excited to lead this vital and growing organization”, Drago says. Learn more at [mdfedart.org](http://mdfedart.org).



### **Pella Windows and Doors Opens Showroom**

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



**SHORE REGIONAL HEALTH  
ANNOUNCES NEW CHIEF  
MEDICAL OFFICER**

Ali Tabatabai, MD, MBA, has joined the senior leadership team of University of Maryland Shore Regional Health (UM SRH) as Senior Vice President and Chief Medical Officer. Dr. Tabatabai's responsibilities will include providing medical and clinical leadership to the senior leadership team, medical staff and clinical team members as well as liaising with medical staff affairs and patient care services, and strategic planning. He also will work closely with UMMS clinical leaders to help drive the System's journey to becoming a High Reliability Organization. "As a born and raised Marylander, I am proud to continue to serve the citizens of this great state as a member of the University of Maryland Medical System," said Dr. Tabatabai. "I am excited to join the team at University of Maryland Shore Regional Health as Chief Medical Officer, and I look forward to becoming a member of the Eastern Shore community!" Learn more about Shore Regional Health at [umms.org/shore](http://umms.org/shore).

THE TIDEWATER INN

*Picturesque*  
**DOWNTOWN DESTINATION**

A TIMELESS EASTERN SHORE HOTEL



*Get the Tidewater Experience . . .*

JOIN US FOR

MAY DAY WEEKEND

MAY 1 - 3

MOTHER'S DAY BUFFET

SUNDAY, MAY 11

WEDDING OPEN HOUSE

Every Saturday | 10 AM to 12 PM

101 East Dover Street | Easton, MD | 410.822.1300 | [tidewaterinn.com](http://tidewaterinn.com)

# Maryland Coastal Bays Program

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

By Lisa A. Lewis

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

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



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

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

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

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

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





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

## **NATIONAL RECOGNITION**

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

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

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

## **A BLUEPRINT FOR SUCCESS**

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



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

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

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

To learn more about the Maryland Coastal Bays Program, visit [mdcoastalbays.org](http://mdcoastalbays.org).



## **Save the Date: Bay Day**

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

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

# A WIN for Everyone at Chestertown's Women In Need

By Lisa J. Gotto

**A**mong Chestertown's longest-running businesses, you will find the Women in Need Vintage & Thrift Store, or, WIN, in a popular, little shopping plaza just off the town's main thoroughfare, Washington Avenue. This year, the community-based enterprise celebrates 25 years in operation; one that appropriately began with recycled treasures and has become a treasure and a source of hope and goodwill itself.

The thrift store is the brainchild of its director, Karen Dionisio, a native of Chestertown. For Dionisio, there was a sense of purpose when about three decades ago she recognized a friend was struggling to find a way forward from an emotionally abusive marriage with little to no resources. Dionisio rallied her friend group to help the woman get back on her feet.



From left to right, store associate, Sondra Mack, Admin, Cheryl Hurt, and WIN's director Karen Dionisio



Soul Cafe

"We carried her through her situation for about two years," after which, Dionisio adds, she felt the need to address some issues with her own family homestead. Doing so shed light on the larger issue of women who are at-risk and low on opportunities when leaving untenable relationships.

"We recognized that this was a ministry basically, that there were many women that needed to support and resources. That's really what started it, so we incorporated Women in Need," Dionisio explains. Many from the original group would play an integral role in the formation of the 501 C3 nonprofit as board members.

The nonprofit then went to work assessing needs within their primarily rural community. And as the story goes, one good deed led to another. WIN would create programs to assist women with all facets necessary for building new lives for themselves and their children, including basic transportation and housing matters, would help people pay their rent, utilities, and even prescription medication.

One of the ways they raised money to fund their efforts was to hold a silent auction. Dionisio recalls a responsive community willing to help make the auction a success. It was from this effort, Dionisio says, they realized funds could be raised from goods liquidation. With much to liquidate at that time, they asked the landlord of their present space, which was sitting empty at that time, if he would consider letting them use it for just a few weeks to sell their surplus goods.

And so began the relationship between the 10,000 square-foot storefront, Women in Need, and the community. WIN was able to officially begin renting the space in 2000, and it has been a beehive of community-supported activity ever since.

"I have been patronizing the store ever since it opened," says long-time Chestertown resident, Sue Caswell.

"I've always been committed to recycling and re-using, and that piece of WIN's mission struck a responsive chord, and I am also very committed to any woman who has encountered challenges, and could use a hand in meeting those challenges in a variety of ways."

Beyond the obvious give-and-take going on at the store, Caswell says, she also appreciates how involved Dionisio, and her organization have been within the community at-large.

“Karen helps out on the periphery, as well,” Caswell continues, pointing to the subtle ways the organization also works with other businesses and organizations, such as the local theater and high school, among many others, to address needs.

More recently, Dionisio partnered to create a multi-use community gathering space using some of the thrift store square footage. Her intention was to create a fun little spot where local groups can gather, grandmas can compare their WIN vintage “finds,” and where good friends can just sit and share a moment, a smile, and perhaps, a cup of coffee.

Her effort, dubbed The Soul Café, has provided a place for local artisans and craftspeople to showcase and sell their offerings. With a lot of ingenuity and some well-curated donated goods and furnishings, Dionisio created a place where “thrifters” can take a break from shopping, and neighbors can sit and chat around the donations-encouraged coffee bar, when they inevitably run into one another at the store.

This novel gathering concept, Dionisio says, is attracting a respectable amount of repeat patrons. Those patrons are among the many who regularly support Women In Need with their tangible donations, or those looking for items in the store, or basically anyone who just enjoys the sense of community fostered there.

When asked what her favorite “find” at WIN has been over the years, Caswell posited, “You mean besides friendship?”

And a better find we do not know.

To learn more about all the ways WIN works within the community, visit [win-foundation.org](http://win-foundation.org). Store hours are Thursday & Friday, 10 a.m. to 6 p.m., and Saturdays, 10 a.m. to 4 p.m.

**Dentistry that kids love and parents trust!**



**KENT ISLAND  
PEDIATRIC  
DENTISTRY**



Margaret C. McGrath, DMD, MPH  
Megan Golia, DDS  
Diplomates, American Board of  
Pediatric Dentistry



(410) 604-2211 • 160 Sallitt Dr., Ste. 106 • Stevensville, MD 21666  
[KIPediatricDentistry.com](http://KIPediatricDentistry.com)

*Celebrate Mom!*



**Swan  
Cove**  
SPA & SALON

*a destination for  
beauty, health and wellness*

**GIFT CARD**

**Give the Gift of Serenity and Self-Care** with a Swan Cove Spa & Salon gift card. Enjoy luxurious facials, massages, hair, and nail services for yourself or a loved one. This present is the perfect way to say, “You deserve this!” Visit us today at Swan Cove Spa & Salon, 100 Piney Narrows Rd., Suite I, Chester, MD, [swancoverspa.com](http://swancoverspa.com)

# Bowman Jarashow LAW LLC



CONGRATULATIONS TO OUR LAWYERS



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

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

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

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

## BOWMAN JARASHOW LAW LLC

162 West Street • Annapolis, MD 21401 • 410.267.9545 • [bowmanjarashow.com](http://bowmanjarashow.com) • [contact@bowmanjarashow.com](mailto:contact@bowmanjarashow.com)





## Class of 2025

Meet this year's dynamic class of young lawyers nominated by their firm because they demonstrate diligence, passion, and professionalism in their respective area of legal practice. Each lawyer is about 40 years old or younger. Their zenith awaits them. Read on to meet the Up and Coming Lawyers Class of 2025. Lawyers are listed alphabetically by first name.



### Alexander Berman

**Griffin & Griffin, LLP**  
1320 19th Street NW, Ste. 800,  
Washington, D.C. 20036;  
202-429-9000; [washlaw.com](http://washlaw.com)

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



### Alicen Jobes

**Burnett Injury Group**  
2661 Riva Road, Bldg. 1000, Ste. 1010,  
Annapolis, MD 21401; 443-785-6406;  
[burnettinjurygroup.com](http://burnettinjurygroup.com)

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



### Alicia Balanesi

**Franke Beckett LLC**  
151 West Street, Ste. 301, Annapolis, MD  
21401; 410-263-4876; [fredfranke.com](http://fredfranke.com)

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



### Alla Cates

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

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



### Andre Habib

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

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



### Bridget Campbell

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

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



### Brittney Grizzanti

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

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



### Christina van Vonno

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

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



### Connor Noel

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

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



## Corinne D. Adams

**YVS Law, LLC**  
 185 Admiral Cochrane Drive, Ste. 130,  
 Annapolis, MD 21401; 410-571-2780;  
[yvslaw.com](http://yvslaw.com)

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



## Craig Snyder

**McAllister, DeTar, Showalter & Walker LLC**  
 706 Giddings Avenue, Ste. 305, Annapolis,  
 MD 21401; 410-934-3900; [mdswlaw.com](http://mdswlaw.com)

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



## Cristol Wagner

**Sinclair Prosser Gasior**  
 183 Harry S. Truman Parkway, Ste. 104,  
 Annapolis, MD 21401; 410-573-4818;  
[spgasior.com](http://spgasior.com)

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



## Dave Baxter

**Coon & Cole, LLC**  
 110 N. West Street, Ste. D, Easton, MD  
 21601; 410-822-5240; [cooncolelaw.com](http://cooncolelaw.com)

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



## Diana Khan

**DK Law Group**  
 10451 Mill Run Circle, #755, Owings Mills,  
 MD 21117; 240-266-0291; [dklawmd.com](http://dklawmd.com)

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



## Edward Scheirer

**McAllister, DeTar, Showalter & Walker LLC**  
 100 N. West Street, Easton, MD 21601; 410-820-0222; [mdswlaw.com](http://mdswlaw.com)

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



### Elizabeth Noon

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

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



### Erin K. Benson

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

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



### Garrett Fitzgerald

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

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



### Helen “Beth” Burgee

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

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



### Jonathan A. Grasso

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

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



### Jonathan Watson

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

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



## Josh Matthews

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

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



## Kaitlin O'Dowd

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

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



## Kathleen Millrood

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

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



## Kayla Williams Campbell

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

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



## Kelly Callahan

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

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



## Kirby Hopkins

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

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



### Lauren Torggler

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

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



### Max Frizalone

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

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



### Michael Ott

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

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



### Patrick Daley

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

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



### Renee Sullivan

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

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



### Robert Braland

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

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



## Shannon Hayden

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

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



## Thomas Brimmer

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

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



## Uriel Stern

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

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



## Valerie Anias

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

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



## Veronica Mina

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

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



## Zoha Sohail

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

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



## Recent *Leading Lawyers* That Were Nominated

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



**David Baines**

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

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



**David Jaklitsch**

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

**Legal Specialty(s):** Personal Injury Law



**Frank P. Lozupone, III**

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

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



**Ivette Furneisen**

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

**Legal Specialty(s):** Criminal Law, Immigration Law



**Jennifer Henriquez**

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

**Legal Specialty(s):** Litigation



**Katie D'Entremont**

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

**Legal Specialty(s):** Family Law



**Lucas Van Deusen**

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

**Legal Specialty(s):** Litigation



**Magaly Bittner**

Jimeno & Gray, P.A.  
7310 Ritchie Highway, #900,  
Glen Burnie, MD 21061;  
443-227-5960; jimenogray.com

**Legal Specialty(s):** Family Law



**Nicholas Mastracci**

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

**Legal Specialty(s):** Family Law



**Sarah E. Brown**

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

**Legal Specialty(s):** Family Law



**Suzanne Burnett**

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

**Legal Specialty(s):** Personal Injury Law



LEADING  

---

LEGAL  

---

PROFESSIONALS



# FRANKE BECKETT LLC

**F**or more than 40 years we have focused exclusively on the law of fiduciaries, estates & trusts, closely held businesses, non-profits and related litigation. Within this practice area, we handle it all:

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



## Our Firm Culture and Why It Is Important to Clients

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

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

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

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

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

For more information about our firm and how we approach representing our clients, visit our website at [www.frankebeckett.com](http://www.frankebeckett.com).



**Franke Beckett LLC** | ESTATES & TRUSTS  
TAX LAW  
FAMILY BUSINESS MATTERS  
CONTROVERSIES & LITIGATION

151 West Street, Suite 301  
Annapolis, MD 21401  
410-263-4876 | [www.frankebeckett.com](http://www.frankebeckett.com)



William "Sandy" W. McAllister, Jr.



Richard "Rad" A. DeTar



Ryan D. Showalter



Douglas S. Walker



Adam M. Lynn



Demetrios G. Kaouris



Janine Evans Wolford



Brendan S. Mullaney



Charlie C. Capute



Vincent A. Dongarra



Sarah A. Baugh



John N. Costello



Kirby L. Hopkins



Edward H. Scheirer



Christina J. van Vonno



Nathaniel W. Zimmer



# McALLISTER, DeTAR, SHOWALTER & WALKER LLC

**M**cAllister, DeTar, Showalter & Walker LLC (MDSW) is honored that our dedication to the practice of law and service to our communities has been recognized with 15 of our attorneys selected as 2024-2025 Leading Lawyers across the state! What's more, three of our Eastern Shore associate attorneys have joined the Up & Coming Class of 2025: Kirby Hopkins, Edward Scheirer, and Christina van Vonno!

MDSW is a mid-sized regional law firm comprised of 27 attorneys with decades of experience representing professionals, Fortune 500 companies, private equity firms, financial institutions, physician groups, hospital systems, schools, families,

municipalities, and closely-held businesses. Our practice focuses on sophisticated and complex business transactions, bet-the-company litigation, employment disputes, estate and trust planning, family law matters, real estate proceedings, and land use regulation.

At MDSW, our attorneys work collaboratively so that our clients benefit from all our respective abilities. In addition, our attorneys have a deep commitment to the Eastern Shore: some were born and raised here; others have relocated because of the many regional attributes; but all are deeply woven into the fabric of this community. Our long presence on the Eastern Shore enables our attorneys to have a unique

understanding of the challenges our clients often face in this market. The caliber and efficiency of our attorneys allows MDSW to provide the exceptional services expected at a large firm while ensuring affordable rates and personalized attention.



McALLISTER  
DeTAR  
SHOWALTER  
& WALKER

## McAllister, DeTar, Showalter & Walker

100 N. West Street  
Easton, MD 21601  
410-820-0222  
[www.mdswwlaw.com](http://www.mdswwlaw.com)





# JOHN LEO WALTER, ESQUIRE

**Eastern Shore Legal**

**J**ohn Leo Walter has been a litigation attorney since 1996—his practice focuses primarily on personal injury and criminal defense. Prior to law school, Mr. Walter obtained his Bachelor of Arts degree in History from the University of Baltimore; thereafter, he received a Masters in Government and Public Administration from the University of Baltimore. In 1995, Mr. Walter earned his Juris Doctor from the Thomas M. Cooley Law School in Lansing, Michigan. He was awarded the American Jurisprudence Award in Scholarly Writing and served with distinction as a Senior Associate Editor of the Thomas M. Cooley Law Review. Mr. Walter was honored to have Rutgers Law School use his Law Review Case Note as a supplemental reading for its first year law students.

Although Mr. Walter has thousands of hours of litigation experience, he continues to review and analyze the most recent

case law on a weekly basis. Whether it's a jury trial or a bench trial—District Court or Circuit Court—Mr. Walter is comfortable and confident in the courtroom.

Mr. Walter's law firm, EASTERN SHORE LEGAL, has a reputation for being strong and aggressive while defending criminal & traffic cases—while being methodically prepared and steadfast pursuing civil tort cases. Mr. Walter is proud to say that he has been called "the go-to lawyer on the Eastern Shore." No matter the type of case, Mr. Walter always has the same goal... to win.

When asked what he would advise someone looking to hire a lawyer, Walter says: "if you need a lawyer, get a local lawyer—a local lawyer is familiar with the characteristics and makeup of the local community and is better able to advise a client about important decisions such as selecting a jury trial rather than a bench

trial or vice-versa; it's also important to hire a lawyer that you're comfortable with—for most, going to Court is an intimidating experience—if you are confident with your attorney you will undoubtedly be happy with the result."

John Leo Walter is on call 24/7 and can be reached at 410-758-2662 or the firm website, [www.EasternShoreLegal.com](http://www.EasternShoreLegal.com). Mr. Walter encourages you to call anytime—all initial consultations are free (offices in Easton and Centreville).

## **EASTERN SHORE LEGAL Law Offices of John Leo Walter, LLC**

128 N. Commerce Street  
Centreville, MD 21617  
410-758-2662; Fax: 410-758-2877  
Toll Free: 1-833-ESL-2662  
[www.EasternShoreLegal.com](http://www.EasternShoreLegal.com)  
[www.JohnLeoWalter.com](http://www.JohnLeoWalter.com)



**Pamela L. Duke, Esquire**  
 410-778-2828 | 410-758-9841  
 127 High Street  
 Chestertown, MD 21620  
[www.dukelaw.org](http://www.dukelaw.org)



# PAMELA DUKE

**Your Trusted Legal Advocate on the Eastern Shore**

**H**aving grown up in Kent County, Pamela Duke is committed to serving the people of the Eastern Shore. With over a decade of courtroom experience, she is a seasoned litigator dedicated to providing the highest level of legal representation.

Pamela's practice covers several key areas of law, including Real Estate Settlements, Family Law, Custody, and Adoption, as well as Wills, and Estates. She also provides skilled legal counsel in Criminal Law and DUI/DWI cases. Whether resolving issues through negotiation or representing clients in court, Pamela ensures every case receives personalized attention and strategic guidance.

When you choose Pamela Duke as your attorney, you can be confident that your case will be handled with dedication and care. She works tirelessly to achieve the best outcomes for her clients.

Contact Pamela Duke today for trusted legal services in Kent County and across the Eastern Shore.



# THE LAW OFFICES OF STACEY B. RICE, LLC

**Rice Law**



79 Franklin Street,  
 Annapolis, MD 21401  
 443-333-4343  
[www.staceyricelaw.com](http://www.staceyricelaw.com)



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

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

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

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





**Q:** Is it ever possible to change or modify an “irrevocable” trust?

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

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

**Jack K. Beckett**, Franke Beckett LLC



**Q:** What is premises liability?

**A:** Generally, premises liability is when someone is injured as the result of a property owner’s negligence. Premises liability arises out of multiple situations; dog bites, lead paint, drowning, negligent

security, as well as slips, trips or falls. A property owner’s responsibility to pay for personal injury damages depends largely on the type of property owner it is – i.e., commercial or private. The laws governing premises liability are complicated. If you have been injured on someone’s property you should contact an attorney immediately – evidence is often fleeting, and time is of the essence.

**John Leo Walter, Esquire**, Eastern Shore Legal



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

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

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

**Matthew J. Chalker**, Bowman Jarashow Law LLC



**Q:** What are the key considerations when retiring from my health care practice?

**A:** The best transition plan for a well-run practice ideally begins years in advance by identifying potential successors and drafting a buy-sell agreement that provides for fair buy-out procedures, valuation, and

payment terms. Planning in advance will gain buy-in from your successors, provide a smooth transition, and ensure a peaceful retirement. Some considerations include, but are not limited to, transitioning patients and patient files, obtaining malpractice extended reporting endorsement (“tail” coverage), addressing life insurance policies, obtaining releases of personal guarantees, understanding non-compete agreements, addressing accounts receivable, addressing owned real estate utilized by the practice, and complying with existing corporate documents.

**Edward H. Scheirer**

McAllister, DeTar, Showalter & Walker LLC



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

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

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

**Deborah F. Howe**, Franke Beckett LLC

LEADING  
LEGAL  
PROFESSIONALS

FOR MORE INFORMATION VISIT  
[WHATSUPMAG.COM](http://WHATSUPMAG.COM)



CHESAPEAKE BAY SPECIES ARTICLE SERIES

# THE OSPREY - MENHADEN

*Bay Connection*

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

**E**

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

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

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

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

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

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



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

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

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

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

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

## THE ROLE OF MENHADEN IN THE BAY ECOSYSTEM

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

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

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

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

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

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



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





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

## A CONTENTIOUS ISSUE

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

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

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

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

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

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



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

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

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

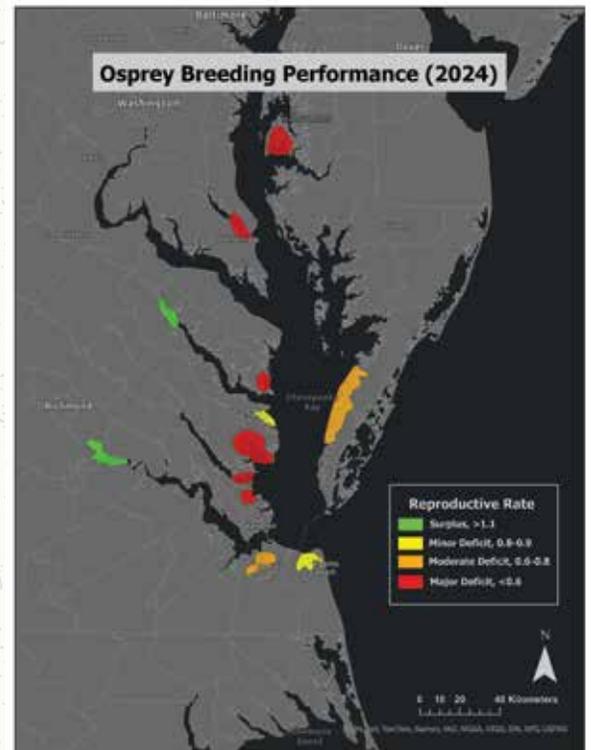
At the time of writing, Virginia is in the middle of a legislative session, and House Bill 2713 (HB 2713) is currently under consideration. The bill would require Virginia to conduct a study of the status of menhaden in Virginia’s portion of the Chesapeake Bay.

## THE ESTABLISHMENT OF A WORKGROUP

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

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

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





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

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

## FUTURE OUTLOOK

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

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

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

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

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



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





# The Chesapeake Explorer

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

*By Ellen Moyer*

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



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

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





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



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

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

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





Statue of Captain John Smith at Jamestown, Virginia.

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

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

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

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

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





# Nonprofits You Should Know

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



## CAROLINE COUNTY

**Adkins Arboretum** Ridgely; 410-634-2847; adkinsarboretum.org; Promotes the conservation and restoration of the Chesapeake Bay region's native landscapes.

**Benedictine Foundation** Ridgely; 410-634-2112; benschool.org; Assists individuals with disabilities in becoming as independent or semi-independent as possible.

**Corsica River Mental Health Services, Inc.** Centreville; 401-758-2211; crmhsinc.com; Provides caring, effective, and highly accessible mental health and substance use disorder treatment through clinics.

**Martin's House & Barn** Ridgely; 410-634-2537; martinshouseandbarn.org; Provides essential support to individuals and families experiencing homelessness and financial hardship in our community.

## DORCHESTER COUNTY

**Baywater Animal Rescue** Cambridge; 410-228-3090; baywateranimalrescue.org; Provides and encourages humane treatment of animals.

**Delmarva Community Services** Cambridge; 410-221-1900; dcsdct.org; Helps senior citizens and persons with developmental disabilities maintain an independent lifestyle within the community.

**Dorchester Center for the Arts** Cambridge; 410-228-7782; dorchesterarts.org; Enriches Maryland's Eastern Shore through quality, engaging programming in the visual, literary, musical, and performing arts.

**Dorchester General Hospital Foundation, Inc.** Cambridge; umms.org; Works to raise funds to benefit programs and services and University of Maryland Shore Medical Center at Dorchester.

**Eastern Shore Area Health Education Center** Cambridge; 410-221-2600; esahec.org; Recruits and retains health care professionals and builds healthy communities through educational opportunities and collaborative partnerships.

**Friends of Blackwater** Cambridge; friendsof-blackwater.org; Assists Blackwater National Wildlife Refuge, Martin National Wildlife Refuge, and Eastern Neck National Wildlife Refuge in carrying out their educational, interpretive, and public-use missions.

**Nanticoke Watershed Alliance** Vienna; nanticoke-river.org; Seeks to conserve the natural, cultural, and recreational resources of the Nanticoke River watershed.

**Nanticoke Historic Preservation Alliance—Restore Handsell** Cambridge; 410-228-7458; restorehandsell.org; Supports the restoration of Handsell, an 18th-century ivy-covered, red brick building located in the middle of what is known as "Indiantown."

**Richardson Maritime Museum** Cambridge; 410-221-1871; richardsonmuseum.org; Preserves and promotes the boat-building heritage of Dorchester County and the Chesapeake Bay.

## KENT COUNTY

**Animal Care Shelter for Kent County** Chestertown; 410-778-3648; acskc.org; The Humane Society of Kent County has provided animal control services, worked to prevent animal cruelty and provide homes for unwanted animals.

**Bayside H.O.Y.A.S** Chestertown; 410-778-3148; baysidehoyas.org; The mission is to promote academic excellence, positive character development, and civic responsibility among secondary school age youth and young adults in Kent and Queen Anne's counties through mentoring, community activities, leadership seminars, sports, and activism.

**Chester River Health Foundation** Chestertown; 667-343-3721; umcrhf.org; Raises funds that steward and enhance healthcare excellence for the people who live in or visit the communities served by UM Shore Medical Center at Chestertown and Chester River Home Care.

**Chestertown RiverArts** Chestertown; 410-778-6300; chestertownriverarts.com; RiverArts hosts exciting programs including monthly exhibits, salon discussions, photography club and more.

**Eastern Shore Rabbit Rescue and Education Center** Rock Hall; 410-639-7535; esrec.org; The Eastern Shore Rabbit Rescue and Education Center (ESRREC), is based in Rock Hall, Maryland. ESRREC ensures the health, safety and emotional well-being of abandoned pet rabbits on Maryland's Eastern Shore through shelter and care, with guidance to the families who adopt them as companion animals.

**Echo Hill Outdoor School, Inc.** Worton; 410-348-5880; ehos.org; Works to create a climate of freedom and growth that bolsters a safe, fun, and educational experience in the outdoors.

**Garfield Center for the Arts at the Prince Theatre** Chestertown; 410-810-2060; garfieldcenter.org; Chestertown's Garfield Center produces the area's best plays and musicals, outstanding youth theatre camps and local and national music artists.

**Greater Rock Hall Business Association** Rock Hall; 410-935-3491; welcometorockhall.com; The Greater Rock Hall Business Association is a non-profit, member-based organization dedicated to promoting business in the Rock Hall area. We advertise, educate and serve as an advocate for our member businesses, and we support community events that contribute to the success of our membership.

**Kent Family Center** Chestertown; 410-810-3790; kentfamilycenter.org; Provides free, comprehensive services to expecting parents and families of children birth to three in Kent County.

**Rebuilding Together** Chestertown; 410-708-9936; rebuildingtogether.org; Provides free services to Caroline County homeowners who are elderly or disabled, or households with children that face necessary but unaffordable dwelling repairs.

**Sultana Education Foundation** Chestertown; 410-778-5954; sultanaprojects.org; Connects people to the Chesapeake Bay's history, ecology, and culture, and inspires them to join in preserving and restoring America's largest estuary.

**United Way of Kent County** Chestertown; 410-778-3195; unitedwayofkentcounty.org; United Way of Kent County works with local non-profits and agencies to identify and prioritize community needs. United Way Kent County raises funds, allocates these funds, and focuses resources towards area prioritized by the Board of Directors.

**Upper Shore Aging** Chestertown; 410-778-6000; uppershoreaging.org; Helps older community members maintain a good quality of life in familiar surroundings, as opposed to long-term-care institutionalization.

**Women in Need, Inc.** Chestertown; 410-778-5999; win-foundation.org; Meets the immediate needs of local women while working toward helping them achieve permanent self-sufficiency through providing emergency assistance, transitional housing, agency referrals, and mentoring.

## QUEEN ANNE'S COUNTY

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

**Bosom Buddies Charities** Stevensville; bosombuddiescharities.com; Promotes breast cancer awareness, research and prevention, and benefits diagnostic mammography, treatment methodology, and healing.

**Chesapeake Bay Environmental Center** Grasonville; 410-827-6694; bayrestoration.org; Promotes stewardship and sustainability through environmental education and habitat restoration.

**Chesapeake Charities** Stevensville; 410-643-4020; [chesapeakecharities.org](http://chesapeakecharities.org); Enables people like you to establish charitable funds or donate to a cause you support.

**Chesterwye Center** Grasonville; 410-827-7048; [chesterwye.org](http://chesterwye.org); Provides a variety of services and support to adults with developmental disabilities, including residential, vocational, recreational, medical, and transportation assistance.

**Church Hill Theatre** Church Hill; 410-556-6003; [churchhilltheatre.org](http://churchhilltheatre.org); Creates and presents quality performances and educational opportunities for members of our diverse community.

**Compass** Centreville; 443-262-4100; [compass-regionalhospice.org](http://compass-regionalhospice.org); Provides comprehensive, professional, and compassionate end-of-life care and bereavement support.

**Crossroads Community, Inc.** Centreville; 410-758-3050; [ccinonline.com](http://ccinonline.com); Offers recovery-focused behavioral health care services—day, residential, and community—for children and adults.

**Harry R. Hughes Center for Agro-Ecology, Inc.** Queenstown; 410-827-6202; [agnr.umd.edu](http://agnr.umd.edu); Funds research, policy initiatives, and outreach programs designed to help Maryland's farmers and foresters maintain profitable and environmentally sustainable working landscapes.

**Haven Ministries** Chester; 410-827-7194; [haven-ministries.org](http://haven-ministries.org); Haven Ministries provides food, shelter, clothing, and critical support to under-resourced individuals residing in Queen Anne's County.

**Horizons Kent and Queen Anne's** Chestertown; 410-778-9903; [horizonskentqueenannes.org](http://horizonskentqueenannes.org); Provides summer learning programs designed to provide academic support and meaningful enrichment to under-resourced elementary and middle school children.

**Kinera Foundation** Stevensville; 443-249-3126; [kinera.org](http://kinera.org); Committed to ensuring that families raising children with special needs have equitable access to therapies and treatments within the Eastern Shore.

**LEAD Maryland Foundation** Queenstown; 410-827-8056; [extension.umd.edu/lead-maryland](http://extension.umd.edu/lead-maryland); Providing opportunities to expand leadership abilities and resources to people interested in the future of Maryland agriculture.

**Plastic Free QAC** Grasonville; 301-275-2966; [plasticfreeqac.com](http://plasticfreeqac.com); Committed to educating, raising awareness, and bringing clarity to the choices each individual can take to improve our environment.

**Project Chesapeake** Centreville; 443-262-0425; [projectchesapeake.com](http://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.

**Queen Anne's Conservation Association, Inc.** Centreville; [qaca.org](http://qaca.org); A conservation and land use advocacy organization that works to promote good planning policy and good government in Queen Anne's County.

**Queen Anne's County Arts Council** Centreville; 410-758-2520; [queenannescountyarts.com](http://queenannescountyarts.com); Works to promote, expand, and sustain the arts in Queen Anne's County.

**Talisman Therapeutic Riding** Grasonville; 443-239-9400; [talismantherapeuticriding.org](http://talismantherapeuticriding.org); We empower personal growth and healing through equine-assisted activities and learning. Our beautiful 30-acre farm provides a peaceful setting to serve people of all ages with cognitive, physical, emotional, and social challenges, disabilities, and diagnoses.

## TALBOT COUNTY

**Academy Art Museum** Easton; 410-822-2787; [academyartmuseum.org](http://academyartmuseum.org); AAM offers visitors of all ages opportunities to look closely at art, experiment in making it, and get inspired by talks, tours, and performances.

**Avalon Foundation, Inc.** Easton; 410-822-7299; [theavalonfoundation.com](http://theavalonfoundation.com); Provides diversified arts and education programs on the Eastern Shore.

**CASA of the Mid Shore** Easton; 410-822-2866; [casamidshore.org](http://casamidshore.org); Advocates for the best interests of children who are under the protection of the court system because of abuse, neglect, or abandonment.

**Channel Marker, Inc.** Easton; 410-822-4619; [channelmarker.org](http://channelmarker.org); Offers prevention programs and psychiatric rehabilitation services to youth and adults.

**Chase Brexton** Easton; 410-837-2050; [chase-brexton.org](http://chase-brexton.org); Provides a range of clinical services from primary medical care and behavioral health services to dental and pharmacy, among others, and welcomes more than 40,000 patients annually.

**Chesapeake Bay Maritime Museum** St. Michaels; 410-745-2916; [cbmm.org](http://cbmm.org); Inspires an understanding of, and appreciation for, the rich maritime heritage of the Chesapeake Bay and its tidal reaches, together with the artifacts, cultures, and connections between this place and its people.

**Chesapeake Music, Inc.** Easton; 410-819-0380; [chesapeakemusic.org](http://chesapeakemusic.org); Brings world-class chamber music to a growing audience of young and old on Maryland's Eastern Shore.

**Chesapeake College Foundation** Wye Mills; 410-827-5866; [chesapeake.edu/chesapeake-college-foundation](http://chesapeake.edu/chesapeake-college-foundation); Helps students become successful individuals through scholarship support, funds for technology, rewarding teaching innovation, and other initiatives.

**Chesapeake Voyagers, Inc.** Easton; 410-822-1601; [chesapeakevoyagers.org](http://chesapeakevoyagers.org); Promotes wellness and recovery by empowering individuals with mental health needs to reach their full potential.

**Critchlow Adkins Children's Centers** Easton; 410-822-8061; [cacckids.org](http://cacckids.org); Uses age-appropriate curriculum to engage and nurture children ages 2 to 4 in preschool and pre-kindergarten, and children in kindergarten to sixth grade in before- and after-school programs.

**Dixon House** Easton; 410-822-6661; [dixonhouse.org](http://dixonhouse.org); Provides quality and affordable care to seniors in a comfortable home-like setting.

**Eastern Shore Land Conservancy** Easton; 410-690-4603; [eslc.org](http://eslc.org); Conserves the lands that will best preserve the Eastern Shore's farms, forests, fisheries, and rich rural heritage for the benefit of future generations.

**Environmental Concern Inc.** Easton; 410-745-9620; [wetland.org](http://wetland.org); EC is committed to improving water quality and creating, restoring, and conserving wetlands, living shorelines and other natural habitats through education and outreach.

**Evergreen Cove Holistic Learning Center** Easton; 410-819-3395; [evergreeneaston.org](http://evergreeneaston.org); Offers classes, workshops, and retreats focused on the areas of maximum health, stress reduction, and self-discovery.

**For All Seasons, Inc.** Easton, Cambridge, Chestertown, Stevensville; 410-822-1018; [forallseason-sinc.org](http://forallseason-sinc.org); Recognizes and responds to community needs in regards to mental health and sexual assault.

**Freedom Rowers** Easton; [freedomrowers.org](http://freedomrowers.org); Boosts self-esteem and discipline, and opens doors for scholastic, community and personal achievement through the sport of rowing.

**Friends of Wye Mill** Wye Mills; 410-827-3850; [oldwye-mill.org](http://oldwye-mill.org); Owns and operates the Wye Grist Mill, established in 1682.

**Habitat for Humanity Choptank** Trappe; 410-476-3204; [habitatchoptank.org](http://habitatchoptank.org); Builds simple, decent houses with volunteer labor, donated capital, and income from monthly mortgage payments for residents of the area who would otherwise be unable to purchase a home.

**Historical Society of Talbot County** Easton; 410-822-0773; [talbothistory.org](http://talbothistory.org); Preserves, communicates, and celebrates the heritage of Talbot County by educating residents and visitors.

**Leadership Maryland** Easton; 410-841-2101; [leadershipmd.org](http://leadershipmd.org); A uniquely talented network of informed leaders representing business, nonprofits, government, unions, and education to be a catalyst for positive change in Maryland.

**Memorial Hospital Foundation** Easton; 410-822-1000; [ummhospfoundation.org](http://ummhospfoundation.org); Supports and encourages quality health care and medical services in the Talbot County community through University of Maryland Memorial Hospital at Easton.

**Mid-Shore Community Mediation Center** Easton; 410-820-5553; [midshoremiation.org](http://midshoremiation.org); Builds stronger communities by facilitating fair, free, and prompt resolution of disputes.

**Mid-Shore Community Foundation** Easton; 410-820-8175; mscf.org; Connects private resources with public needs to enhance the quality of life for the citizens of Caroline, Dorchester, Kent, Queen Anne's, and Talbot counties.

**Mid-Shore Council on Family Violence** Easton; 800-927-4673; mscfv.org; Seeks to break the cycle of domestic violence through intervention and prevention, providing shelter, counseling, services, and advocacy for victims and abusers.

**Neighborhood Service Center** Easton; 410-822-5015; nsctalbotmd.org; Seeks to improve the quality of life, both socially and economically, for low-income residents of Talbot County.

**Oxford Community Center, Inc.** Oxford; 410-226-5904; oxfordcc.org; Provides a welcoming place where area residents and visitors of all ages can participate in programs and activities that enrich community life.

**Pickering Creek Audubon Center** Easton; 410-822-4903; pickeringcreek.org; Provides environmental and science education programs to students from eight Maryland counties and the District of Columbia.

**Phillips Wharf Environmental Center, Inc.** Tilghman; 410-886-9200; phillipswharf.org; Seeks to educate and create an understanding of, and appreciation for, the ecosystems of the Chesapeake Bay and the heritage and life of the Chesapeake Bay watermen.

**Positive Strides** Easton/Preston; 443-239-4953; positivestridescenter.org; Provides therapy for physically, mentally, and emotionally challenged individuals through therapeutic horseback riding.

**Shore Legal Access** Easton; 410-690-8128; shorelegal.org Provides access to free or reduced-fee legal services throughout the Mid-Shore to qualified litigants in civil matters.

**Shore Rivers** Easton; 443-385-0511; shorerivers.org; A clean water voice for Maryland's Eastern Shore and home to the Chester, Choptank, Miles-Wye, and Sassafras Riverkeepers.

**St. Michaels Community Center** St. Michaels; 410-745-6073; stmichaelscc.org; Promotes and provides quality activities and services that will contribute to the physical, emotional, and social well-being of the community.

**Talbot Community Connections** Easton; 410-770-5908; talbotcommunityconnections.org; Raises and distributes funds, services, and supplies to answer unmet needs fundamental to the safety, security, health, and well-being of Talbot County's children and adults.

**Talbot County Arts Council** Easton; 410-245-5195; talbotarts.org; Provides funding and other assistance for arts programs, arts organization, and arts education in Talbot County.

**Talbot Hospice Foundation** Easton; 410-822-6681; talbothospice.org; Offers hope, compassionate support, and services to all members of the community facing end-of-life issues, including patient/family care, community education, and advocacy.

**Talbot Humane** Easton; 410-822-0107; talbothumane.org; Rescues animals from neglect, places companion animals into loving homes, reunites lost pets with their owners, and reduces pet overpopulation through aggressive spay and neuter programs.

**Talbot Interfaith Shelter** Easton; 410-690-3120; talbotinterfaithshelter.org; Talbot Interfaith Shelter is dedicated to ending homelessness on Maryland's Mid-Shore by providing Shelter, Stability Support and a path to Success for families and individuals in need.

**Talbot Mentors** Easton; 410-770-5999; talbotmentors.org; Provides mentors to Talbot County children to support them in the challenges and opportunities of adolescence through friendship, guidance, and education.

**Tilghman Island Volunteer Fire Company** Tilghman Island; 410-886-2101; tilghmanvfc.com; Proudly serving our community since 1925, neighbors helping neighbors.

**Tilghman Watermen's Museum** Tilghman; 410-886-1025; tilghmanmuseum.org; Celebrates the culture and heritage of Tilghman Island's watermen and their families through an ever-growing collection of historical artifacts and boat models.

**Waterfowl Festival, Inc.** Easton; 410-822-4567; waterfowlfestival.org; Dedicated to creating, restoring and conserving waterfowl habitat throughout the Chesapeake Bay watershed and nearby coastal bays.

**Women & Girls Fund of the Mid-Shore** Easton; 410-770-8347; womenandgirlsfund.org; Targets and funds local programs that address crucial and underserved issues impacting the region's women and girls.

**YMCA of the Chesapeake** Easton; more-thanagym@ymcachesapeake.org; ymcachesapeake.org; Multiple locations in Easton and throughout the Eastern Shore; youth, adult, and family fitness facilities, programs, camps, childcare, and community events.

**CHESAPEAKE BAY MARITIME MUSEUM**

Become a part of the **Chesapeake Story...**

YOUR MEMBERSHIP IS THE NEXT CHAPTER!

213 N. Talbot Street, St. Michaels, MD [cbmm.org](http://cbmm.org)



Learn about many more nonprofits based on the Western Shore by visiting [whatsupmag.com](http://whatsupmag.com) and clicking on "Digital Editions" to read the digital May 2025 issue of *What's Up? Annapolis*.



# BENEDICTINE



*Supporting Children & Adults Living With Intellectual and Developmental Disabilities & Autism*

14299 Benedictine Ln Ridgely, MD 21660  
410.634.2112 [www.benschool.org](http://www.benschool.org)



# Use Your Real Estate to Leave a Legacy for Future Generations

One of the most significant ways you can leave a legacy for future generations is by **donating your land** to the Chesapeake Conservancy. As development encroaches on the last open spaces in the Chesapeake watershed, we encourage landowners to consider **Chesapeake Conservancy's Giftlands program**. Your gift may qualify you for a federal income tax deduction or other tax benefits. Seek the advice of your financial or legal advisor to make sure this gift fits your goals.



This is the **greatest gift** that you can leave behind.  
This is your legacy.

**CHESAPEAKECONSERVANCY.ORG**

FOR MORE INFORMATION, CONTACT US AT  
**GIVING@CHESAPEAKECONSERVANCY.ORG**

WHAT'S UP? MEDIA WANTS TO KNOW,

# WHAT DO YOU THINK?

WHAT'S UP? MEDIA  
DIGITAL MAGAZINES · EVENTS

Please take a few minutes of your time to complete our short reader survey for a chance to win a \$50 gift card to one of our advertisers.

[whatsupmag.com/survey](http://whatsupmag.com/survey)

COMPASS  
40 YEARS  
1985-2025

NAVIGATING THIS JOURNEY ALONGSIDE YOU.

HOSPICE CARE · GRIEF SERVICES · SUPPORTIVE CARE

*We're more than just hospice care, offering support and counseling from the time of diagnosis, and guiding those grieving the loss of a loved one.*

f 443-262-4100  
[compassregionalhospice.org](http://compassregionalhospice.org)

**BEST OF EASTERN SHORE 2024**



## 2025 PHILANTHROPIC EVENT CALENDAR

Compiled by Megan Kotelchuck

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

### THURSDAY, MAY 1ST

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

### SATURDAY, MAY 3RD

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

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

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

### MONDAY, MAY 5TH

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

### THURSDAY, MAY 8TH

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

### FRIDAY, MAY 9TH

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

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

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

### SATURDAY, MAY 10TH

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

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

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

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

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

### MONDAY, MAY 12TH

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

### THURSDAY, MAY 15TH

**Friends for Friends** for Friends of the Light House at USNA Fluegel Alumni Center in Annapolis. Friendsflhs.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 17TH

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

### MONDAY, MAY 19TH

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

### THURSDAY, MAY 29TH

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

### FRIDAY, MAY 30TH

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

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

### SATURDAY, MAY 31ST

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

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

### MONDAY, JUNE 2ND

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

### JUNE 3RD AND 4TH

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

### WEDNESDAY, JUNE 4TH

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

### THURSDAY, JUNE 5TH

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

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

### FRIDAY, JUNE 6TH

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

## SATURDAY, JUNE 7TH

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

## SUNDAY, JUNE 8TH

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

## MONDAY, JUNE 9TH

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

## WEDNESDAY, JUNE 11TH

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

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

## SATURDAY, JUNE 14TH

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

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

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

## SATURDAY, JUNE 21ST

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

## JUNE 21ST AND 22ND

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

## SUNDAY, JUNE 22ND

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

## SATURDAY, JUNE 28TH

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

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

## SATURDAY, JULY 26TH

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

## FRIDAY, AUGUST 1ST

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

## SATURDAY, AUGUST 2ND

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

## SUNDAY, SEPTEMBER 14TH

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

## SEPTEMBER 20TH AND 21ST

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

## SUNDAY, SEPTEMBER 21ST

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

## THURSDAY, SEPTEMBER 25TH

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

## SEPTEMBER 26TH THROUGH 28TH

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

## SATURDAY, SEPTEMBER 27TH

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

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

## SATURDAY, OCTOBER 4TH

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

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

## SUNDAY, OCTOBER 5TH

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

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

## OCTOBER 10TH THROUGH 12TH

**Chesapeake Film Festival** benefits the Chesapeake Film Festival at various locations in Easton. 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 11TH

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

## FRIDAY, OCTOBER 24TH

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

## SATURDAY, OCTOBER 25TH

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

## TUESDAY, OCTOBER 28TH

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

## WEDNESDAY, OCTOBER 29TH

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

## THURSDAY, OCTOBER 30TH

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



Don't see your charity event listed? Submit your events by visiting our online form at [whatsupmag.com/events/submit.html](https://whatsupmag.com/events/submit.html).

# Looking for Premier Representation? **Call Cornelia**

27447 Rest Circle | Easton, MD



Beautiful 3-bedroom home in a sought-after neighborhood with public sewer. Features stunning bathrooms, a modern kitchen, and a spacious deck with breathtaking sunset views over Chapel Cove. Room for a pool and just minutes from Easton! \$1,589,000

5289 Ferry Neck Road | Royal Oak, MD



A rare gem - classic one of a kind Eastern Shore Farm on 145 acres of private farmland. Accompanied with sweeping waterfront views, ponds, and woodlands. Peaceful and private, yet close to Easton, St. Michaels, the Oxford Ferry, and Easton Airport. \$8,445,000

9545 Quail Hollow #206 | Saint Michaels, MD



Elegant end-unit townhouse offering water access, located in sought-after community on The Links at Perry Cabin in St. Michaels. \$439,000

24981 Back Creek Landing | MD



Move-in ready 5-bedroom home in the desirable Back Creek Landing community of St. Michaels. \$769,000



## Cornelia C. Heckenbach

REALTOR® | Associate Broker | Luxury Specialist  
Long & Foster Real Estate | Forbes Global Properties

Experience Excellence in Luxury Real Estate

Contact Cornelia at 410-310-1229 or visit [StMichaelsMdWaterfront.com](http://StMichaelsMdWaterfront.com)

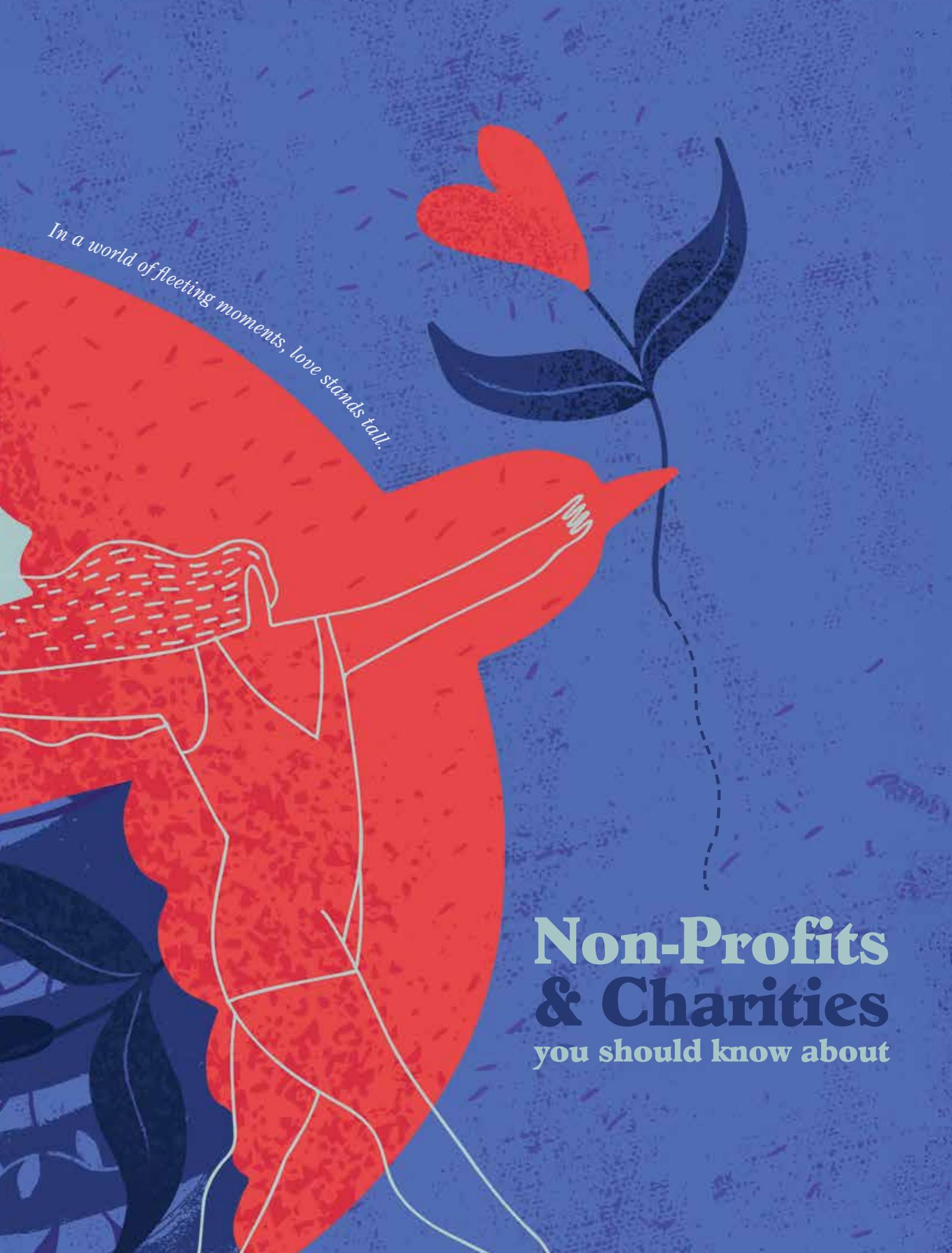


**LONG & FOSTER**  
REAL ESTATE

**Forbes**

410-745-0283  
105 S Talbot Street, Saint Michaels, MD 21663  
PO Box 236





*In a world of fleeting moments, love stands tall.*

**Non-Profits  
& Charities**  
you should know about



# For All Seasons is Bringing Mental Health to Main Street

**M**ay is Mental Health Awareness Month. Mental Health America reports that one in five people will experience a mental health condition in any given year, and everyone faces challenges in life that can impact their mental health. In addition, about half of Americans will meet the criteria for a diagnosable mental health condition sometime in their lives, with symptoms starting by age 14 for the majority of people.

For All Seasons is bringing the topic of mental health into public conversation and awareness through its new “Bringing Mental Health to Main Street” Initiative. Recently, the agency opened a new location in downtown Chestertown, Maryland, bringing services to main streets across the Mid-Shore and making services walkable for people living in the Shore’s towns and cities. In the summer, For All Seasons will open a new location in downtown Cambridge.

“Now is the moment to turn this heightened awareness into powerful, positive action for lasting change. For too long, mental health care

has been tucked away, hidden behind closed doors, as if it were something separate from daily life. At For All Seasons, we believe the opposite. Mental health is not a side issue — it is as essential as the schools that educate our children, the hospitals that heal our bodies, and the businesses that keep our communities thriving. That is why we don’t just set up offices. We plant ourselves in the heart of the communities we serve,” Beth Anne Dorman, President & CEO of For All Seasons states.

Mental health thrives when communities come together. The following are tips for you to engage with your community around mental health issues:

- Share your story – break down stigma through the power of personal experiences in your conversations
- Join or support local mental health initiatives
- Check in on friends, family, and neighbors – a simple “How are you really doing?” can make a world of difference

For All Seasons is committed to helping to create healthy, vibrant communities. This starts by protecting our mental health and providing accessible, compassionate care for everyone who needs mental health services.

For further information, visit [forallseasonsinc.org](http://forallseasonsinc.org).

**For All Seasons** provides the highest quality mental health and victim services to children, adults, and families across the Mid-Shore and throughout the state of Maryland. Services are offered in both English and Spanish and include therapy, psychiatry, victim advocacy, 24-hour crisis hotlines, outreach, and community education. For information about For All Seasons walk-in hours, contact For All Seasons at **410-822-1018** or visit **[ForAllSeasonsInc.org](http://ForAllSeasonsInc.org)**.



*Kim McNew, warehouse manager*

# Haven Ministries

**H**aven Ministries is a non-profit organization located in Queen Anne's County that provides residents and visitors with a unique resale shopping experience, allowing shoppers to give back to those in need.

Hope Warehouse is a publicly accessible furniture thrift store in Queenstown open Tuesday - Sunday. The store accepts donations of gently used furniture, home décor, small appliances, and tools during store hours and offers items for sale at deeply discounted prices. The revenue generated supports HOPE and AWARENESS initiatives and directly benefits neighbors in Queen Anne's County by subsidizing two food pantries and providing support to the homeless shelter and housing programs. Additionally, donations supply furniture, appliances, and household goods to those in need through a voucher program.

Haven Ministries also operates Our Daily Thread, a boutique-style thrift store in Chester that accepts donations of clothing, jewelry, books, art, and home décor. Proceeds from this store also go toward supporting community members in need within Queen Anne's County.

Kim McNew, pictured above assisting shoppers, recently became the warehouse manager after a complete renovation of the store. A grand

reopening event was held in March to celebrate the new look. McNew stated, "The space has been transformed with improved lighting, fresh paint, and better traffic flow. The inventory has been cleaned up and restaged, and our existing customers are thrilled with the changes! We are also attracting many new customers as a result of the improvements!"

## **Love is the foundation of the ministry**

Contact Kim by phone at 410-490-8498 or email: [hopewarehouse@haven-ministries.com](mailto:hopewarehouse@haven-ministries.com) to schedule pickup service for larger donations.

Love is the foundation of the ministry, transforming lives and fostering hope at Haven Ministries. The organization operates a seasonal homeless shelter, resource center, day center, clothing thrift store, and food pantries located in Queenstown and Sudlersville. It relies on a dedicated volunteer base to run its programs. If you would like to volunteer, please call 410-827-7194 or visit [Haven-Ministries.org](http://Haven-Ministries.org).

**Hope Warehouse: Used Furniture, Appliances, and Building Supplies**  
6527 Friels Road | Queenstown, MD 21658  
Off of Rte. 301 near the Queenstown Outlets  
Store phone number: 410-490-8498



# Talbot Interfaith Shelter

## *The Keys to Success*

**W**hat does it mean to achieve Success? At Talbot Interfaith Shelter (TIS), Success means overcoming homelessness and building sustainable self-sufficiency.

The path to Success in TIS' innovative S4 Program begins at the organization's Shelters – Easton's Promise for families and Evelyn's Place for single adults. These beautiful homes, located side-by-side in downtown historic Easton, offer dignity, security, and a sense of belonging.

Compassionate Case Managers help guests regain Stability and connect them with local resources so to receive the Support they need to reclaim their independence. Guests also attend life skills training. Topics include Money Management, Job Readiness, Parenting, Poverty, Anger Management, and more.

A brand new building houses TIS's Development Office, conference space, and clothing and furniture donation storage. This new facility will also be a safe haven where program participants can attend life skills classes as well as activities like yoga, meditation, art therapy, designed to help them cope with trauma.

Some guests graduate from the shelters into their own housing, while others need additional time and assistance on their journey to Success. Through strategic community partnerships, TIS has 17 off-site transitional apartments, where guests can gradually move towards full independence while maintaining a safety net.

Each year, TIS serves approximately 100 neighbors from across the Mid-Shore, ranging in age from newborn to senior. Heartbreakingly, senior citizens are the fastest growing segment of the local homeless population. TIS has recently expanded the housing at Evelyn's Place to help expand to meet this crisis.

Talbot Interfaith Shelter's mission is fueled by generous support from local individuals, businesses, foundations, and faith communities. Joanna, a senior and recent S4 Program graduate, expresses her gratitude for the support she received from her community, sharing, "I'm grateful for all the help TIS gave me, and for all the volunteers and people who donate."

Learn more about Talbot Interfaith Shelter and how you can help at [talbotinterfaithshelter.org](http://talbotinterfaithshelter.org)



**TALBOT INTERFAITH SHELTER**

*More Than a Shelter...*

SHELTER ■ STABILITY ■ SUPPORT ■ SUCCESS



# Celebrating 55 Years of Building Brighter Futures

*Critchlow Adkins Children's Centers*

**T**his year marks a major milestone—**Critchlow Adkins Children's Centers is celebrating 55 years** of providing high-quality childcare and early education for families in our community! Since opening its doors in 1970, Critchlow Adkins has served over 13,000 children across four generations, giving them a strong foundation for success.

Founded as Easton Day Care Center and later renamed to honor its inspiring founders, Happy Critchlow and Janice Adkins, the organization began with just a few classrooms at St. Mark's United Methodist Church. Today, Critchlow Adkins Children's Centers has grown to five locations across Talbot County, offering preschool, before- and after-school care, and summer programs for children ages 2 to 12.

Critchlow Adkins, a licensed, accredited program through the Maryland State Department of Education, is helping children build the skills they need to start school with confidence and a readiness to learn. Their creative and compassionate educators go beyond the

basics, offering enriching, hands-on learning that sparks imagination and encourages problem-solving and critical thinking.

Critchlow Adkins believes that family success is just as important as a child's educational growth. The organization is committed to supporting working families, especially those who struggle to afford quality care. With generous support from donors, foundations, and local businesses, approximately \$60,000 in tuition assistance is provided each year to families—giving parents the opportunity to work, grow, and build stability while knowing their children are safe and thriving.



Executive Director Cristy Morrell reflects, "Reaching this milestone is a true testament to the heart of Critchlow Adkins. From our Board members to our site directors, teachers, volunteers, and donors—everyone shares a deep commitment to the children and families of this community. We believe that when children are given the tools to succeed, the entire community grows stronger."

**Join us in celebrating 55 years—and securing the next 55! Together, we can shape the future—one child at a time. Learn more at [www.cacckids.org](http://www.cacckids.org) or scan the QR code.**



**Critchlow Adkins Children's Centers**  
 15 S. Hanson St  
 Easton, MD 21601  
 410-822-8061





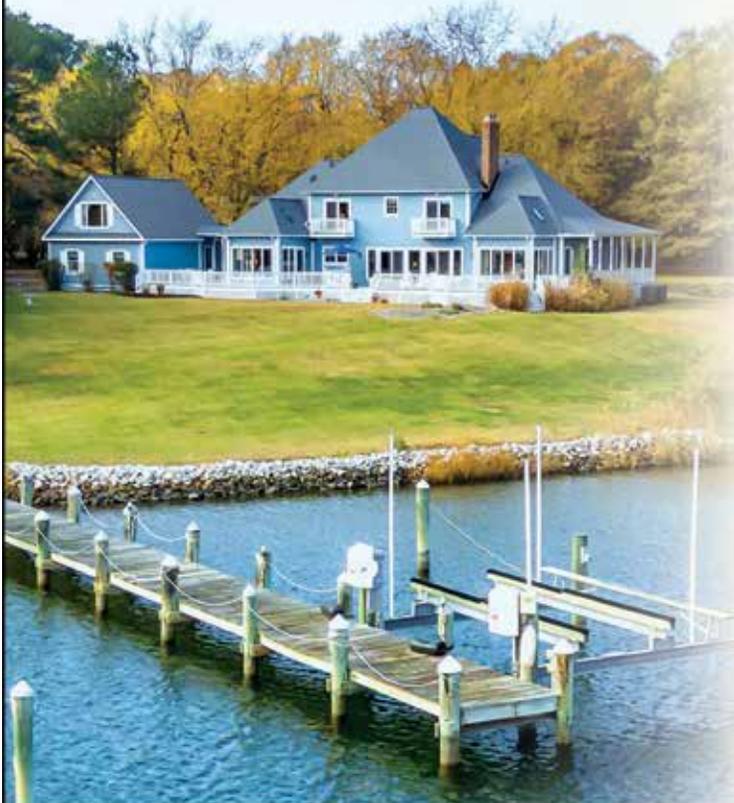
**LUNDBERG BUILDERS, INC.**  
DESIGN • BUILD • REMODEL • MAINTAIN



314 MAIN STREET | STEVENSVILLE | 410.643.3334 | LUNDBERGBUILDERS.COM



*Your coastal retreat awaits...*



Discover the ultimate waterfront living experience on picturesque Long Haul Creek/Miles River.

This private residence just minutes from historic downtown St. Michaels, offers a perfect blend of tranquility, natural beauty and convenience.

Providing 933 ft. of water frontage with panoramic views and a deep-water pier (8 MLW) with boat lift. This spacious property includes five bedrooms, four baths, and an additional guest house, all set on 12.5 acres. Proximity to local amenities includes: The prestigious Links at Perry Cabin golf course and The Miles River Yacht Club.

Contact us today for a private tour and make your dreams a reality!

**OFFERED AT: \$3,300,000**



LISTING AGENT:

**MAUREEN "Mo" MCHUGH**

MAUREENMOMCHUGHRE@GMAIL.COM 443.848.7210

*Chesapeake Bay Real Estate Plus LLC*

108 N. TALBOT STREET, P.O. BOX 889, ST. MICHAELS, MD 21663

OFFICE: 410.745.6702



# Home & Garden

72 A MULTI-GENERATIONAL APPROACH

76 A HOME & A CASTLE

78 COVETOUS COVE-SIDE RETREAT

**Traditional  
Design...  
Circa 2025**

**PG. 66**



# Traditional Design... Circa 2025

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

By Lisa J. Gotto

**T**he line in this home's recent real estate listing stated, "Meticulously maintained all-brick Colonial home," which for its new owners spoke to the traditional aspects of design that they were seeking both inside and out. The 3,600-square-foot residence definitely scored big points with its buyers for its timeless curb appeal and its superb location.

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

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

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



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

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

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

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

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



## **A BIG BEFORE-AND-AFTER**

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



Kitchen Before



Kitchen After

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

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

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

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

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

## DESIGNER BATH SHOWCASE

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



Primary Bathroom Before



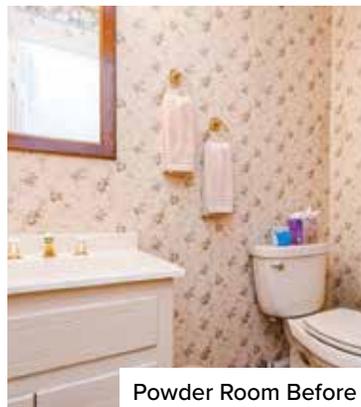
Primary Bathroom After



Bathroom After



Bathroom Before



Powder Room Before



Powder Room After



## ROOMS TO EVOLVE

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

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

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

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

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

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

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

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





## **PROJECT NOTES**

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

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

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



Photo courtesy of Povison.com



# A Multi-Generational Approach

## THE ENDURING APPEAL OF MID-CENTURY MODERN STYLE

By Lisa J. Gotto

If you have ever walked into a home and were totally blown away by its vibe and depth of interiors, chances are there is at least one aspect or element of mid-century modern design in the room.

And if you ever heard the adage, “the straw that stirs the drink,” mid-century modern style is that straw in the drink of any room. Sophisticated and well-made, often subtle, yet sometimes statement-making, mid-century modern furnishings and décor conjure multi-generational appeal and a timeless aesthetic.

SO, WHAT DEFINES MID-CENTURY MODERN STYLE? THERE ARE SEVERAL COMMONALITIES:



Photo courtesy of castley.com

### QUALITY

Expect high-quality craftsmanship in these pieces as they are generally made from only the best, most durable materials such as leather, teak, and walnut. Status pieces from well-known designers such as Charles and Ray Eames (as in the classic Charles Eames chair) and Danish architect, Hans Wegner, in this category are rare but highly desirable vintage finds, and they continue to provide inspiration for today’s interpretive reproductions.

## Timelessness

The aspect of MCM design is what helps make these pieces work in any interior scheme. Beginning in the 1940s and continuing through the 1960s, this movement was characterized by clean lines and organic shapes. They were also minimalist in terms of ornamentation, so the pieces blend in well with other styles with no sense of competition for attention, just a steady enduring presence that blends effortlessly with traditional and more modern pieces.



Photo courtesy of Povison.com



Photo courtesy of povison.com

## FUNCTIONALITY OF FORM

A hallmark of this style is the practical application within its design, so both furniture and decor pieces are not just lovely to look at, they are created to be comfortable, useful, and sometimes even multi-functional.

## CONNECTION TO NATURE:

From the individuality of its pieces to the grander scale of an entire mid-century modern home design, there are undeniable ties to natural materials and an indoor-outdoor living philosophy. Designs featuring large windows, open floor plans, and organic materials are said to create a sense of harmony with the surrounding environment, a feature that continues in its appeal to present-day homeowners.



Photo courtesy of theplancollection.com



Photo courtesy of JoyBird

## Often Replicated

Many of our contemporary modern design trends borrow heavily from MCM tenets, as seen in the form of sleek furniture silhouettes, minimalist layouts, and the resurgence of retro-inspired color palettes. This continuous reinvention builds in a sense of relevancy for this aesthetic.



Photo courtesy of Povison.com

It is notable that a continued sense of cultural relevance exists with mid-century modern design as we are regularly reminded of its appeal in broader cultural moments through entertainment and multi-media. Who doesn't remember the popular 1960s-based series *Mad Men* with its cocktail carts, abstract print drapes, and sleek office furnishings?

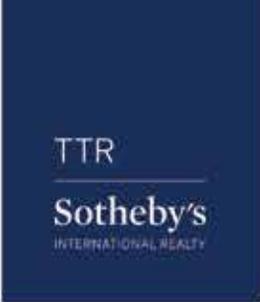
This association with a style known for its era of innovation and optimism, has only added to its desirability, resulting in a vintage aesthetic with aspirational and multi-generational appeal that shows no signs of fizzling out. Martinis anyone?

## FLEXIBILITY

Whether your foundational homebase is located in an urban environment or a rustic country retreat, you'll find that these pieces work well in a variety of settings. On the greater stage, it's not uncommon to see find MCM design mixing well with contemporary, Scandinavian, and even bohemian aesthetics.



Photo courtesy of decorpad.com



# Real Estate *like no other*<sup>™</sup>

Courtney Chipouras, [mychesapeakehome.com](http://mychesapeakehome.com)  
m +1 410 200 1224, o +1 410 673 3344, [courtney@mychesapeakehome.com](mailto:courtney@mychesapeakehome.com)



5135 Crosby Road | Rock Hall | Offered at \$5,900,000



4938 Huntingfield Road | Rock Hall | Offered at \$1,190,000



5411 Piney Neck Road | Rock Hall | Under Contract: \$3,500,000



136 Governors Way | Queenstown | Under Contract: \$1,495,000



4954 Huntingfield Road | Rock Hall | SOLD at \$840,000



5 Captain Court | Grasonville | SOLD at \$660,000



# A Home & A Castle

By Lisa J. Gotto

**T**ons of curb appeal and idyllic views of Cox Creek make this 3,700-square-foot home, the envy of the neighborhood in its scenic Chester location.

A majestic approach with stone driveway, garage, and staggered roof pitches, welcomes visitors to the property sited on more than a half-acre lot with lush, mature trees and well-maintained landscaping.

The front entry features a gorgeous arched stone portico outside and a bright foyer inside, thanks to a spacious open floor plan in the home's great room/kitchen combo. A series of floor-to-ceiling windows with incredible creek views frame

the soaring two-story space. The ceiling is detailed with skylights for enhanced natural light and rich, wood beams. This room also features an attractive stone fireplace wall with wood mantle and an integrated entertainment center.

A large arch leads on one side to a lovely study with rustic wood built-ins and another charming fireplace. The kitchen flows from the main living space, as well, and offers a large center island with granite countertops, prep sink, and breakfast bar seating for five. This room is equipped with all wood integrated cabinetry to include the refrigerator and a double wall oven. A separate eat-in area overlooks the creek with more large windows for tranquil morning views.

**Primary Structure Built:** 2005

**Sold For:** \$1,250,000

**Original List Price:** \$1,355,000

**Bedrooms:** 4

**Baths:** 3  
Full, 1 Half

**Living Space:** 3,751 Sq. Ft.

**Lot Size:** .61 acres



A gorgeous, covered patio with in-laid wood ceiling detail awaits just off the kitchen. It overlooks a beautiful backyard and the home's private pier with boat and jet ski lifts.

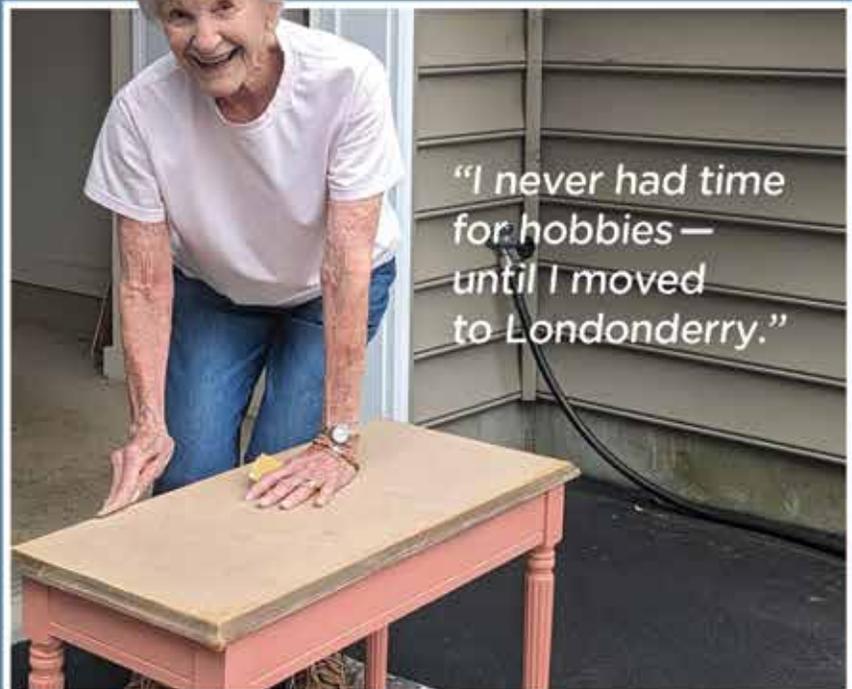
Back inside, on the main level and opposite the great room is one of two possible primary suites. This suite features floor-to-ceiling windows, a fireplace, and a set of French doors with views to the water via walkout patio for evenings spent relaxing creek-side before bed. The large, *en suite* bath features a rich cherry wood vanity with two sinks, a large garden tub, and stand-alone glass shower.

The upstairs primary suite offers similar amenities and a gorgeous, screened-in and covered outdoor balcony for bug-free summer evenings by the creek. This floor also offers two generous additional bedrooms with a convenient jack and jill bath.



**Listing Agent:** Tricia Wilson, Wilson Realty & Staging, 3033 Kent Narrows Way, Grasonville, m. 410-304-2250, [tricia@wilsonrealtymd.com](mailto:tricia@wilsonrealtymd.com), [wilsonrealtymd.com](http://wilsonrealtymd.com) **Buyers' Agent:** Mary Casson, Long & Foster Real Estate, 202 Thompson Creek Mall, Stevensville, m. 410-310-3715, o. 410-643-2244, [maryelaine@LNF.com](mailto:maryelaine@LNF.com), [longandfoster.com](http://longandfoster.com)

# Discover New & Old Hobbies!



**At Londonderry on the Tred Avon, the Eastern Shore's only 62+ cooperative living retirement community, our residents embrace a maintenance-free lifestyle, giving them the freedom to enjoy fun, friendships, and new hobbies.**

Nestled along the scenic Tred Avon River, our community offers breathtaking waterfront views and endless opportunities to explore your interests. Whether it's refinishing furniture, fishing, winemaking, or birdwatching, there's always something to learn and enjoy.

At Londonderry, your retirement is designed just for you — new hobbies included! Ready to rediscover an old passion or try something new? Let Londonderry give you the time to make it happen.

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



700 Port Street, Suite 148  
Easton, MD 21601 • 410-820-8732  
[www.LondonderryTredAvon.com](http://www.LondonderryTredAvon.com)



# Covetous Cove-Side Retreat

By Lisa J. Gotto

**S**EEK and ye shall find! There are still fabulous waterfront locations to be found for those who want nothing less. This remodeled, extended rancher gets its new owners on the water in no time with its superb location on a quiet cove off the Miles River. Also located just minutes from the heart of Easton, this home is sited on a lovely acre lot framed by mature trees and encircled by rustic farmhouse fencing.

**Primary Structure Built:** 1950

**Sold For:** \$1,600,000

**Original List Price:** \$1,649,000

**Bedrooms:** 3

**Baths:** 2 Full

**Living Space:** 2,207 Sq. Ft.

**Lot Size:** 1 acre



A pretty red brick walk leads to the front door of this 2,200-square-foot residence with its welcoming and practical portico entry. Charming double doors with glass inserts lead the way to a tranquil, center entry that is light-filled and bright. Deceiving from the front, this home's floorplan includes an incredible, large living room with a white-washed beam ceiling, gorgeous, honey-colored hardwood floors, a stunning, white-washed brick fireplace wall, and an original wall of built-ins with a bar and glass backsplash.

Designed for entertaining, this room easily ascends to a spacious kitchen and dining space with a large window that overlooks the water from the dining area with its built-in bench seating feature. Feature walls of wainscoting give this space and many throughout the residence a homey, beachy vibe.



The kitchen is a gourmet's dream with its sumptuous granite countertops, all stainless-steel appliances, including a six-burner gas stove and professional-grade refrigerator. Gorgeous, custom cabinetry in a light-wood finish frame out this amazing kitchen with a view.

The all-season sunroom has an inviting wood stove, attractive, multi-tone ceramic tile floors, and three walls of glass that overlook the water for an absolutely stunning panorama on nature.

The primary suite is large with warm-toned hardwood floors, water views, and a beautiful *en suite* bath with dual, granite-topped vanity, and lots of natural light streaming in from its water-side window. This property also features two additional bedrooms and another full bath with large shower and granite vanity.

In addition to the backyard's enchanting waterfront view of the cove and the home's private pier, the property boasts a beautiful, stone-edged, kidney-shaped pool that overlooks the water. There's also an immaculate and charming pool house with another white-washed beam ceiling treatment, shiplap walls, and a pretty patio that overlooks the water.

**Listing Agent & Buyers' Agent:**

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

*B*

*Professional Installation  
Since 1988*

**BRIGHTVIEW *B* BUILDERS, INC**  
Siding, Windows & Trim      Decks, Porches & Patios

**EXTERIOR SERVICES DIVISION**

**www.brightviewbuilders.com • 410-647-3100**

Fully Licensed & Insured: MHIC #128834



James Hardie Elite Preferred Contractor



**JamesHardie**



Expert Installation by Certified Contractor

# COASTAL POOLS

DESIGN • BUILD • REMODEL • MAINTAIN

## Spring Ahead on Your Home Improvement Plans!

Coastal Pools can build the pool of your dreams - or remodel your old outdated pool to match your current lifestyle!

HomeTrack Photography

[Coastalpoolbuilders.net](http://Coastalpoolbuilders.net) | 410-873-8464

Call now for your FREE consultation.

Transform your backyard this season with a stunning custom concrete pool, spa, or outdoor retreat. Whether it's a new build, a renovation, or a maintenance plan, we bring your vision to life with expert craftsmanship and service.

As an award-winning, BBB-accredited company with an A+ rating and 4.9 stars on Google, we're the trusted choice for Maryland and Delaware homeowners. Flexible financing makes it easy to dive into your dream today!

### Financing Options Available:



LightStream



Scan to view our gallery of pools!

MHIC#97873

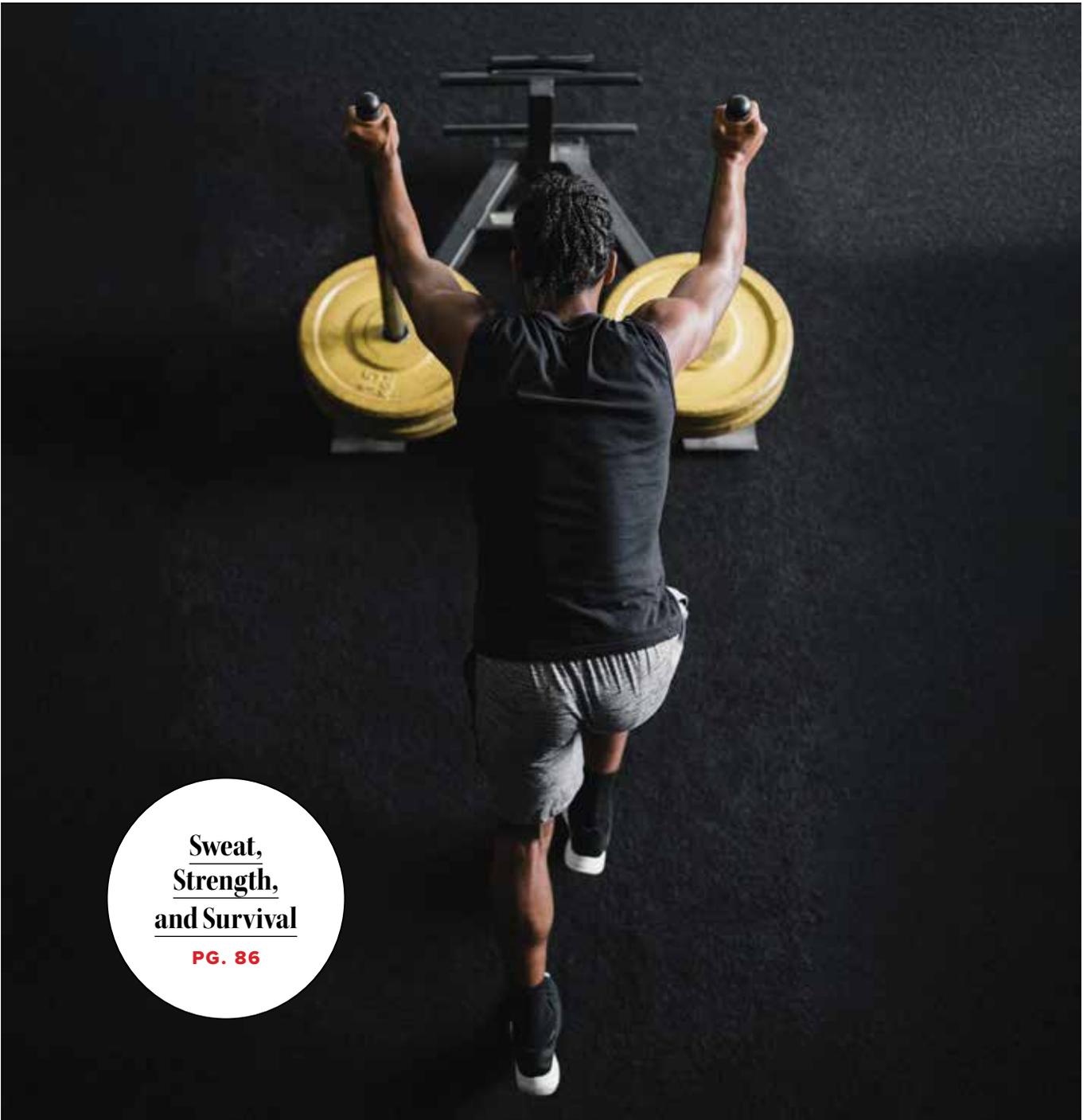
Proudly Serving Maryland & Delaware



# Health & Beauty

82 MASTERING MYOFASCIAL RELEASE THERAPY

84 IS IT HIGH-FUNCTIONING ANXIETY?



Sweat,  
Strength,  
and Survival  
PG. 86



# Mastering Myofascial Release Therapy

By Dylan Roche

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

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

### **Q: HOW DOES MRT WORK?**

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

### **Q: DOES SCIENCE SUPPORT THIS?**

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

## Q: WHAT ARE THE BENEFITS?

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

## Q: HOW CAN I DO IT MYSELF?

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

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



## SELF-MYOFASCIAL RELEASE TECHNIQUES

### Neck and Upper Traps

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

### Chest and Shoulders

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

### Upper Back

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

### Lower Back

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

### Glutes

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

### Quads

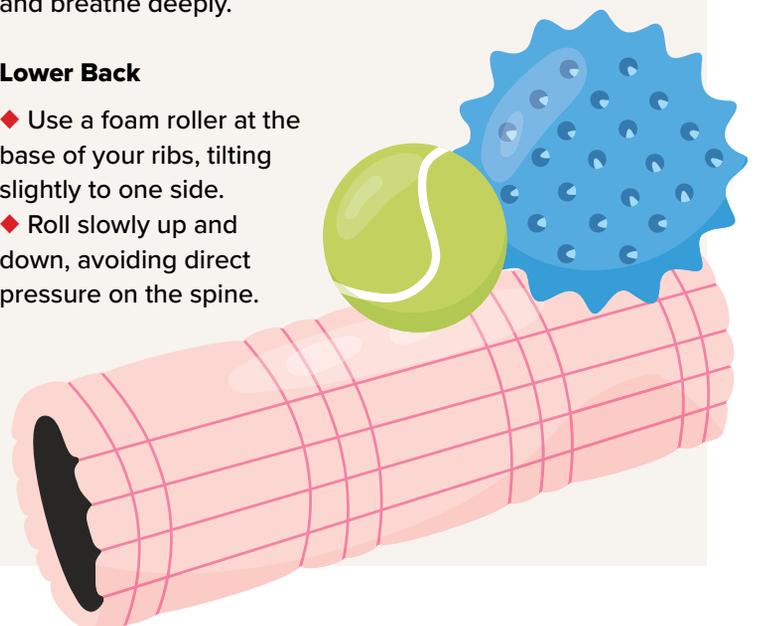
- ◆ Lie face down with a foam roller under your thighs.
- ◆ Roll from hip to knee, stopping at tender areas.

### Hamstrings

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

### Calves

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



# Is It High-Functioning Anxiety?

By Dylan Roche

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

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

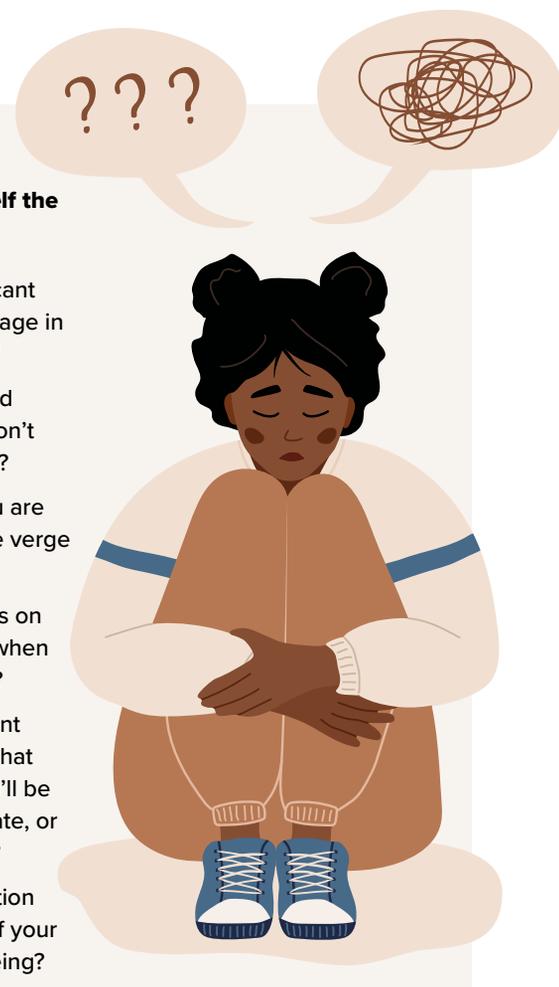
- ◆ Excessive worrying
- ◆ Difficulty concentrating
- ◆ Irritability

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

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

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

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



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

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

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

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

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



# JASON'S COMPUTER SERVICES

YOUR EASTERN SHORE  
**COMPUTER REPAIR,  
COMPUTER SALES  
& MANAGED SERVICES**



NEW COMPUTERS



REMOTE SERVICE



COMPUTER SERVICE



**APPLE  
MACBOOKS, IMACS & IPADS  
IN STOCK!**

CALL US TODAY!  
**410.820.9467**

9231 CENTREVILLE ROAD  
**EASTON, MD**

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



# NANCY HAMMOND EDITIONS



HERON AND BIRCH TREES

SIGNED AND NUMBERED LIMITED EDITION GICLEE PRINT 32" x 48"

416 6<sup>TH</sup> STREET, ANNAPOLIS, MD • 410-295-6612 • [WWW.NANCYHAMMONDEDITIONS.COM](http://WWW.NANCYHAMMONDEDITIONS.COM)

# Sweat, Strength, and Survival

## HYROX COMPETITIONS ARE THE RISING FITNESS TREND

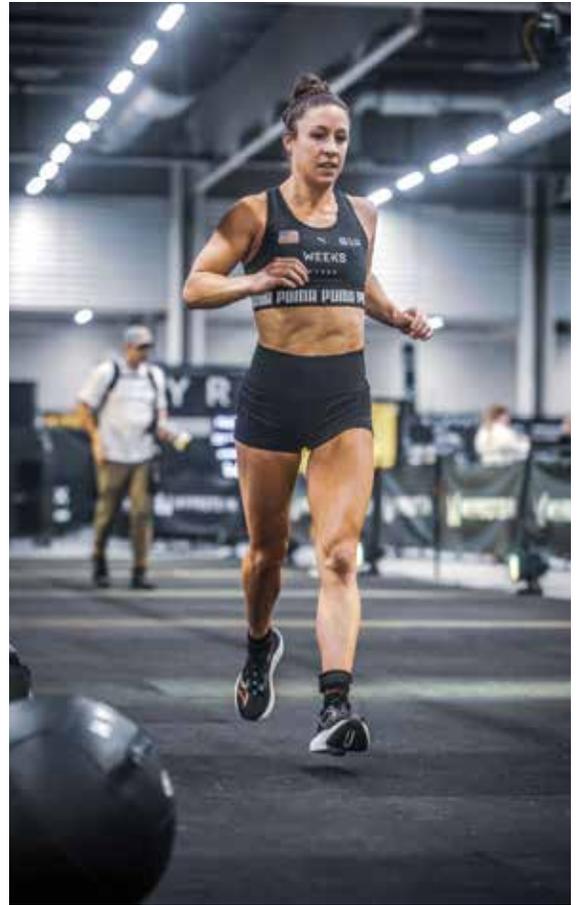
By Dylan Roche

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

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

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

These competitions started across the Atlantic over in Germany, where they were conceived by triathlete Christian Toetzke and Olympian Moritz Furste back in 2017. In only a few short years since then, Hyrox has spread around the world with competitions held in many major cities. A huge part of the appeal, according to Michele Wilder, a Hyrox performance coach based in the United



Kingdom, is that it's welcoming to everybody. "When you go to a race, you'll see all body types, and Hyrox publicizes stories of everyday people who have overcome adversity to race just as much as they publicize the professionals," she says.

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

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

**Pro:** for experienced competitors (heavier weights)

**Doubles:** for partnered competitors (split the workload)

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

**A TYPICAL COMPETITION  
FORMAT LOOKS LIKE:**

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

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

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

**Sound exhausting?** If the idea of a Hyrox competition sounds ex-

citing but you're tired (and a little daunted) when you really imagine what it would be like, the best thing you can do is start training. Four key approaches you can take to train for a Hyrox competition include:

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



**Join us in 2025 as we celebrate our continued commitment to making a splash in cancer care for our community.**

Fish For A Cure (F4AC) is a fishing and fundraising competition that benefits cancer patients and their families in our community. Over the last 18 years, F4AC has raised more than \$6.5 million to support the Cancer Survivorship program at Luminis Health Anne Arundel Medical Center's Geaton and JoAnn DeCesaris Cancer Institute. The 19th Annual Fish For A Cure Tournament, Paul C. Dettor Captain's Challenge, and Shore Party will be taking place on Saturday, November 1, 2025 at Safe Harbor Annapolis, our tournament home.

**For more information, visit us at:**  
[www.fishforacure.org](http://www.fishforacure.org).

**SAVE THE DATE!**  
**SATURDAY, NOVEMBER 1, 2025**





# BEST OF PARTY 2025



**PARTY THEME  
BRIGHTEN  
UP THE  
NIGHT!**



Join us in honoring the 2025 Best of Winners in the Chesapeake Bay Region on June 4, 2025, at the Belcher Pavilion at Luminis Health Anne Arundel Medical Center! **BRIGHTEN UP THE NIGHT** with your best tropical look and enjoy live music, tasty bites, and giveaways from your favorite local spots. Don't miss this ultimate summer kickoff!

## JOIN US

# JUNE 4

6 - 9PM

DOORDAN INSTITUTE AT LUMINIS HEALTH  
ANNE ARUNDEL MEDICAL CENTER IN ANNAPOLIS

## BENEFICIARIES

**BM** Ballet Theatre of Maryland

**HOPE** For All

## TICKETS



[WHATSUPMAG.COM/BESTOFFPARTY](https://whatsupmag.com/bestofparty)

**TIX WILL  
SELL OUT  
QUICKLY!**

## SPONSORS

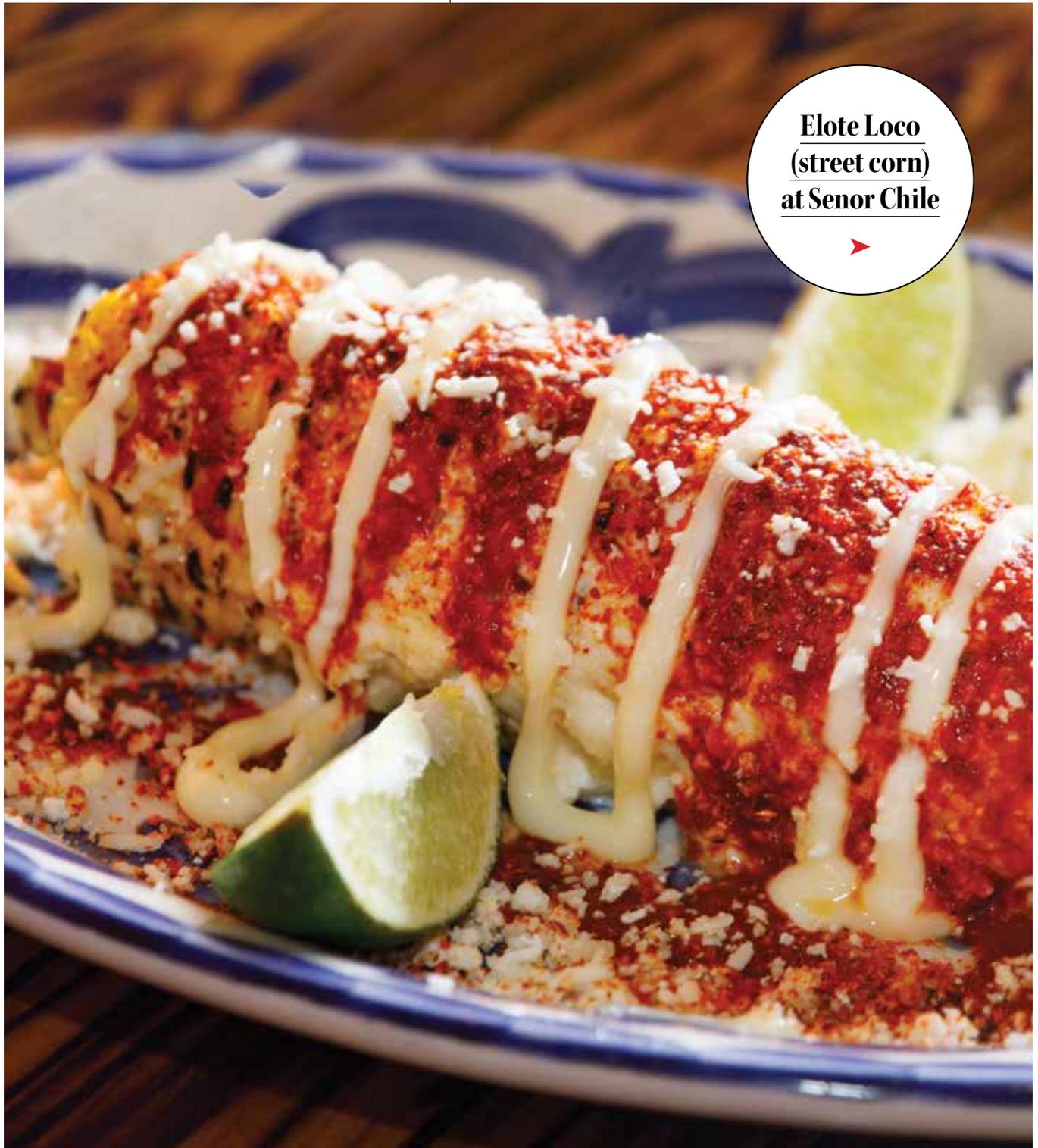


# Food & Dining

90 FEAST MODE

92 READERS' DINING GUIDE

Elote Loco  
(street corn)  
at Senor Chile



# Feast Mode

By James Houck

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



## SEÑOR CHILE

locations in Severna Park, Arnold, Edgewater, and Chester; [senorschile.com](http://senorschile.com)

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

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

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



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



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

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

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

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

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



# Readers' Dining Guide



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

**Advertisers Listed in Red**

**Avg. Entrée Price**  
 \$ 0-14  
 \$\$ 15-30  
 \$\$\$ 31 and over

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

## Queen Anne's County

**18Twenty**  
 500 Kent Manor Drive, Stevensville; 410-643-5757; [kentslandresort.com/dining](http://kentslandresort.com/dining) \$\$ ●●●●●

**Amalfi Coast Italian & Wine Bar**  
 401 Love Point Road, Stevensville; 443-249-3426; [amalficoastki.com](http://amalficoastki.com) \$\$ ●●●●

**Bark Barbecue Café**  
 371 Log Canoe Circle, Stevensville; 443-618-3676; [barkbarbecue.com](http://barkbarbecue.com) \$ ●

**Bay Shore Steam Pot**  
 111 E. Water Street, Centerville; 410-758-3933; [bayshoresteampot.com](http://bayshoresteampot.com) \$\$ ● Seafood

**Big Bats Café**  
 216 St Claire Place, Stevensville; 410-604-1120; [bigbats.com](http://bigbats.com) \$\$ ●●

**The Big Owl Tiki Bar and Grill**  
 3015 Kent Narrow Way S, Grasonville; 410-829-9546; [thebigowl.com](http://thebigowl.com) \$\$ ●●●●● Seasonal

**Bridges Restaurant**  
 321 Wells Cove Road, Grasonville; 410-827-0282; [bridgesrestaurant.net](http://bridgesrestaurant.net) \$\$\$ ●●●●●

**Café Sado**  
 205 Tackle Circle, Chester; 410-604-1688; [cafesado.com](http://cafesado.com) \$\$ ●●

**Cult Classic Brewing**  
 1169 Shopping Center Road, Stevensville; 410-980-8097; [cultclassicbrewing.com](http://cultclassicbrewing.com) \$\$ ● Events, Beer

**Doc's Riverside Grille**  
 511 Chesterfield Ave, Centerville; 410-758-1707; [docsriversidegrille.com](http://docsriversidegrille.com) \$\$ ●●●●●

**Dock House Restaurant**  
 110 Piney Narrows Road, Chester; 443-446-4477; [dockhouserestaurant.com](http://dockhouserestaurant.com) \$\$\$ ●●●●

**Fisherman's Crab Deck**  
 3032 Kent Narrows Way S, Grasonville; 410-827-6666; [crabdeck.com](http://crabdeck.com) \$\$ ●●● Seasonal

**Fisherman's Inn**  
 3116 Main Street, Grasonville; 410-827-8807; [fishermansinn.com](http://fishermansinn.com) \$\$\$ ●●●●●

**Frix's Fire Grill**  
 1533 Postal Road, Chester; 410-604-2525; [frixfiregrill.com](http://frixfiregrill.com) \$ ●●

**Harris Crab House and Seafood Restaurant**  
 433 Kent Narrow Way N, Grasonville; 410-827-9500; [harriscrabhouse.com](http://harriscrabhouse.com) \$\$ ●●●●

**The Jetty Dock Bar and Restaurant**  
 201 Wells Cove Road, Grasonville; 410-827-4959; [jettydockbar.com](http://jettydockbar.com) \$\$\$ ●●●●●

**Libbey's Coastal Kitchen and Bar**  
 357 Pier One Road, Stevensville; 410-604-0999; [libbey-scoastalkitchen.com](http://libbey-scoastalkitchen.com) \$\$ ●●●●●

**Love Point Deli**  
 109 Main Street, Stevensville; 410-604-2447; [lovepointdeli.com](http://lovepointdeli.com) \$ ●

**Kent Point Marina, Bait House and Seafood**  
107 Short Road, Stevensville; 410-753-2330; kent-point-marina.square.site  
\$\$ ● Seafood

**The Kentmorr Beach Bar and Grill**  
910 Kentmorr Road, Stevensville; 410-643-2263; thekentmorr.com \$\$ ●●● Seasonal

**Knoxie's Table**  
180 Pier One Road, Stevensville; 443-249-5777; baybeachclub.com \$\$ ●●●

**Mamma Mia Italian Bistro and Sports Bar**  
219 E Water Street, Centreville; 410-758-2222; mammamia-centreville.com \$\$ ●●

**The Market Gourmet Cafe**  
180 Pier One Road, Stevensville; 410-604-5900; baybeachclub.com \$, Locally Sourced

**Mr. B's Seafood Market**  
114 State Street, Stevensville; 410-643-5536; mrsbseafood.com \$\$ ● Seafood

**The Narrows Restaurant**  
3023 Kent Narrows Way, Grasonville; 410-827-8113; thenarrowsrestaurant.com \$\$\$ ●●●●

**Phat Daddy's BBQ**  
205 Spring Avenue, Chestertown; 443-282-0028; phatdaddybbq.com \$ ●

**Pour House Pub**  
205 Tackle Circle, Chester; 443-249-3242; pourhouseki.com \$ ●●

**Rams Head Shore House**  
800 Main Street, Stevensville; 410-643-2466; rams-headshorehouse.com \$\$ ●●●

**Red Eye's Dock Bar**  
428 Kent Narrow Way N, Grasonville; 410-304-2072; redehyesdb.com \$\$ ●●●● Seasonal

**Rolph's Wharf: The Sandbar**  
1008 Rolph's Wharf Road, Chestertown; 410-778-6347; rolphswharfmarina.com \$\$ ●●●● Light Fare

**Stevensville Crab Shack**  
116 Pier One Road, Stevensville; 410-604-2722; stevensvillecrabshack.com \$\$, ● Seafood

**Yo Java Bowl Café**  
800B Abruzzi Drive, Chester; 410-604-0000; yojavabowl.com \$ ●

## Talbot County

**Anthony's Italian Restaurant**  
26342 Oxford Road, Oxford; 410-226-1118; anthonyoxford.com \$\$, ●●

**Ava's Pizzeria & Wine Bar**  
409 Talbot Street, St. Michaels; 410-745-3081; avaspizzeria.com \$ ●●●

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

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

**Blu Miles Seafood and Grill**  
305 Mulberry Street, St. Michaels; 410-745-8079; theblumiles-restaurant.com \$\$ ●●●●

**The Blue Crab**  
102 S Fremont St, St. Michaels; 410-745-4155; the-blue-crab-shop.square.site \$ ●● Daily Breakfast

**Bombay Tadka**  
508 Idlewild Ave, Easton; 410-746-2135; bombaytadkamd.com \$\$ ●●

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

**Capsize**  
314 Tilghman Street, Oxford; 410-226-5900; capsizexmd.com \$\$ ●●●● Seasonal

**Carpenter Street Saloon**  
113 S Talbot Street, St. Michaels; 410-745-511; carpenterstreet-saloon.com \$ ●●

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

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

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

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

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

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

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

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

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

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

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

**Hot Off the Coals BBQ**  
8356 Ocean Gateway, Easton; 410-820-8500; hotoffthecoals.com \$ ●●

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

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

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

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

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

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

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

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

**San Miguels**  
100 S Talbot Street, St. Michaels; 410-745-8955; sanmiguel-md.com \$\$ ●●

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

**Sugar Buns Cafe**  
29137 Newnam Road, Easton; 410-820-4220; sugar-buns.com \$ ●

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

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

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

**Theo's Steak, Sides, and Spirits**  
407 South Talbot Street, St. Michaels; 410-745-2106; theossteakhouse.com \$\$ ●●●

**Tickler's Crab Shack and Restaurant**  
21551 Chesapeake Houe Drive, Tilghman in the Wylder Hotel; 410-886-2121; wylderhotels.com \$\$ ●●●

**Tiger Lily**  
206 N Washington Street, Easton; 410-690-4602; tigerlily-easton.com \$\$ ●●●

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

**Two if by Sea**

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

**Kent County**

**Blue Bird Tavern**

512 Washington Avenue, Chestertown; 410-778-2885; Facebook \$ ●●

**Blue Heron Oyster House and Inn**

20658 Wilkins Avenue, Rock Hall; 410-639-4374; blueheronoysterhouseandinn.com \$\$\$ ●●●

**Café Sado**

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

**Chester River Seafood**

4954 Ashley Road, Rock Hall; 410-639-7018; chesterriver-seafood.com \$\$\$ ●

**Deep Blue at Kitty Knight**

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

**Dockside Café on Rock Hall Harbor**

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

**Fish Whistle**

100 George Street, Georgetown; 410-275-1603; fish-handwhistle.com \$\$\$ ●●●●●

**Flying Decoy Bar + Grill**

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

**Ford's Seafood Inc**

21459 Rock Hall Ave, Rock Hall; 410-639-2032; fordsseafoodrockhall.com \$ ●

**Happy Chicken Bakery**

215 Scheeler Road, Chestertown; 443-988-3955; happy-chickenbakery.com \$ ●

**Harbor Shack**

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

**Java Rock**

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

**The Jefas Mexican Grill**

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

**The Kitchen at the Imperial**

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

**Luisa's Cucina Italiana**

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

**Modern Stone Age Kitchen**

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

**Muskrat Alley Café**

5877 Coleman Road, Rock Hall; 410-708-0057; carriage-housemd.com \$ ● Breakfast

**Osprey Point**

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

**The Retriever Bar and Oysters**

337 ½ High Street, Chestertown; theretrieverbar.com \$\$\$ ●●●

**Rock City Cafe**

21356 Rock Hall Avenue, Rock Hall; 410-639-7916; Facebook \$ ●

**The Shanty Bar**

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

**Watershed Alley**

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

**Dorchester County**

**Ava's Pizzeria & Wine Bar**

543 Poplar Street, Cambridge; 443-205-4350; avaspizzeria.com \$ ●●

**Bay Country Bakery**

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

**Blackwater Bakery**

429 Race Street, Cambridge; 443-225-5948; blackwater-bakery.com \$ ●●

**Blue Point Provision Company**

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

**Blue Ruin**

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

**Bombay Social**

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

**Carol's Kitchen**

1504 Glasgow St, Cambridge; 443-225-5889; Facebook \$ ●

**Emily's Produce**

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

**Lil' Bitta Bull**

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

**The Neck District Grill**

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

**Ocean Odyssey and Crab House**

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

**Old Salty's**

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

**Paul's Deli On the Creek**

106 Market Square, Cambridge; 443-477-6630; Facebook \$ ●

**Paul's Pub**

1200 Goodwill Ave, Cambridge; 410-901-1212; choptankbowl-ing.com \$ ●●

**Portside Seafood Restaurant**

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

**RAR Brewing**

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

**River View at the Point**

1A Sunburst Highway, Cambridge; 410-228-0870; riverviewatthepointrestaurant.com \$ \$ ●●● Daily Breakfast

**Suicide Bridge Restaurant**

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

**Vintage 414**

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

**Caroline County**

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

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

**Caroline's**

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

**Craft Bakery and Café**

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

**Denton Diner**

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

**Earth Tones Café**

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

**Market Street Public House**

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

**Ridgely Pizza and Pasta**

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

**Shore Gourmet**

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

# Shop Local. Buy Local.

**RESERVE YOUR  
SPACE TODAY**

Contact Ashley Raymond  
at 410-266-6287 x1115  
or araymond@whatsupmag.com



**ABYC CERTIFIED ELECTRICIANS**  
AC and DC Systems • Mobile Internet  
Navigation/Communications  
Lithium Battery Conversions

410-443-5560  
delmarvamarineelectronics.com

ABYC CERTIFIED TECHNICIAN | GARMIN AUTHORIZED SERVICE



- Tarot & Psychic Reader
- Mystic, Visionary & Channel
- Evidential Medium
- Spiritual Coach
- Psychic Development & Tarot Classes

**TAROT BY GINGER**

Professional readings to provide you with clarity, guidance, understanding, and greater personal agency in love, career, or life's big choices.

*Gift Cards available for Mothers' Day!*

Queenstown, MD • 516-343-8972 • tarotbyginger.com



**THANK YOU FOR VOTING US  
BEST SPECIALTY GROCER**

It is our pleasure to serve you!

**BEST OF EASTERN SHORE 2024**



218 N. Washington St. Easton, MD  
piazzaitalianmarket.com

**DOCK HOUSE**  
RESTAURANT • BAR • DOCK  
KENT NARROWS, MD

- Indoor & Outdoor Dining
- Sat & Sun Brunch 10am-1pm
- Regular Menu Also Served at Brunch
- Happy Hour (Bar) Sun-Fri 3-6pm
- Private Events

110 Piney Narrows Road  
Chester, MD 21619  
443-446-4477  
dockhouserestaurant.com

Call for your events and parties for 2025!



**We offer spa memberships to make your beauty and wellness routine flexible and easy!**



**Face Forward Club**

- Receive 1 sixty-minute Signature Facial per month
- Complimentary upgrade to a Glow facial, a Hydra facial & 10% facial products



**Back to Back Massage Club**

- Receive 1 sixty-minute Signature Swedish Full Body massage
- 10% off all Massage products and free Aroma Therapy during massage upon request



**Your Choice Membership**

- Choose The Signature Swedish Massage or Facial each month
- Receive 10% off all Massage & Facial products; 1 free Aroma Therapy or 1 upgrade to a Glo-Facial

**CALL US OR STOP BY TODAY FOR MORE DETAILS**

(410) 604-1500 | www.swanovespa.com

100 Piney Narrows Rd., Suite 11 Chester, MD 21619

swanove SPA & SALON



# Where's Wilma?

**FIND WILMA AND WIN!**

This month, our faithful mascot Wilma celebrates her 28th year of flying through the pages of *What's Up? Media* magazines. She loves to shop, dine out, visit businesses, and shows no signs of slowing down. Where will she pop-up next? Here's how the contest works: Wilma appears next to three different ads in this magazine. When you spot her, write the names of the ads and their page numbers on the entry form online or mail in the form below and you'll be eligible to win. Only one entry per family. Good luck and don't forget to submit your restaurant review online at [whatsupmag.com/promotions](http://whatsupmag.com/promotions) for another opportunity to win a prize.

**Congratulations to Karen G.** of Queenstown, who won a \$50 gift certificate to a local business.

Please Print Legibly

I FOUND \_\_\_\_\_ Advertiser \_\_\_\_\_  
 WILMA \_\_\_\_\_ Advertiser \_\_\_\_\_  
 ON PG. \_\_\_\_\_ Advertiser \_\_\_\_\_

Name \_\_\_\_\_

Phone \_\_\_\_\_

Address \_\_\_\_\_

E-mail address \_\_\_\_\_

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

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

Yes, please!  No, thanks

Entries must be received by May 31, 2025. Winner will receive a gift certificate to a local establishment and their name will appear in an upcoming issue of *What's Up? Eastern Shore*. **Mail entries to:** Where's Wilma? Eastern Shore, 900 Bestgate Road, Ste. 202, Annapolis, MD 21401 or fill out the form at [whatsupmag.com/promotions](http://whatsupmag.com/promotions).

IFC = Inside Front Cover  
 IBC = Inside Back Cover  
 BC = Back Cover  
 LLP = Leading Legal Professionals  
 NPC = Non-Profits & Charities  
 GG = Gift Guide

Anne Arundel Medical Center - Fish For A Cure .....	87
Aqua Pools .....	BC
Benedictine Programs and Services, Benedictine School .....	55
Bowman Jarashow Law LLC .....	26, LLP
Brad Kappel, TTR Sotheby's International Realty.....	4
Brightview Builders, Inc. ....	79
Campbell and Furneisen Law, LLC.....	17
Chesapeake Bay Maritime Museum .....	54
Chesapeake Bay Real Estate Plus LLC, Mo McHugh .....	64
Chesapeake Conservancy.....	55
Coastal Pools.....	80
Compass Regional Hospice, The Hope and Healing Center .....	55
Critchlow Adkins Children's Centers.....	NPC
Dee Dee McCracken, Coldwell Banker .....	2
Delmarva Marine Electronics .....	95
Djawdan Center for Implant and Restorative Dentistry .....	1
Dock House Restaurant.....	95
Drs. Walzer, Sullivan & Hlousek, P.A.....	9
Duke Law, LLC.....	LLP
For All Seasons, Inc.....	NPC
Franke Beckett LLC .....	LLP
Haven Ministries.....	NPC
Jason's Computer Services.....	85
Kent Island Pediatric Dentistry .....	25
Law Office of John Leo Walters LLC.....	LLP
Londonderry On The Tred Avon .....	77
Long and Foster Real Estate Cornelia Heckenbach.....	58
Luminis Health AAMC.....	6
Lundberg Builders and 314 Design Studio .....	64
MDSW, McAllister, DeTar, Showalter and Walker LLC.....	LLP
Nancy Hammond Editions.....	85
Nor'easter Digital .....	12
Olmo Brothers Construction & Landscaping.....	11
Piazza Italian Market .....	95
ROSM Regenerative Orthopedic Sports Medicine.....	17
Selling Maryland Sunsets LLC Biana Arentz.....	7
Swan Cove Spa and Salon .....	95, GG
Talbot Interfaith Shelter.....	NPC
Tarot by Ginger LLC.....	95
The Law Offices Of Stacey R. Rice .....	LLP
Tidewater Inn .....	21
TTR Sotheby's International Realty, Courtney Chipouras .....	75
University of Maryland Shore Regional Health .....	IBC
Wilson Realty and Staging, Tricia Wilson .....	IFC



UM SHORE  
REGIONAL  
HEALTH

 UNIVERSITY  
of MARYLAND  
MEDICAL  
SYSTEM

# A better state of care.

We are dedicated to improving the health of the Eastern Shore. With more specialty services offered outside of the hospital and in our communities where we live, work and play, you can have confidence that we will provide the care you need in the most convenient location for the best outcome. That's a better state of care.

CAROLINE | DORCHESTER | KENT | QUEEN ANNE'S | TALBOT  
[umshoreregional.org](http://umshoreregional.org)

# WHERE SWIMMING BECOMES AN EXPERIENCE

The Mineral Springs® Pool Care System featuring SilkGuard® Technology transforms your pool into an extraordinary mineral bathing environment. Luxuriate in soft, gentle, sparkling water with a more natural alternative that's easier on you and your pool. Visit us today and learn more about Mineral Springs for the perfect combination of nature and technology.



guarding more than your pool

© BioGuard is a registered trademark of BioLab, Inc.

[bioguard.com](http://bioguard.com)

8801 Mistletoe Drive, Easton, MD 21601  
[aqua74.com](http://aqua74.com) 410.822.7000