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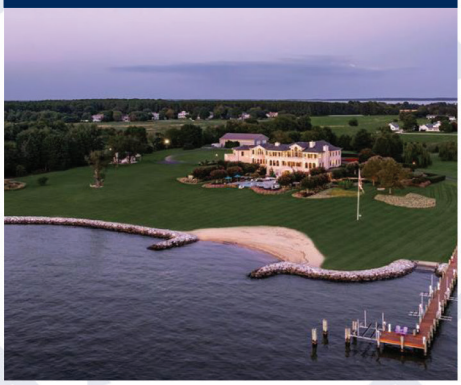

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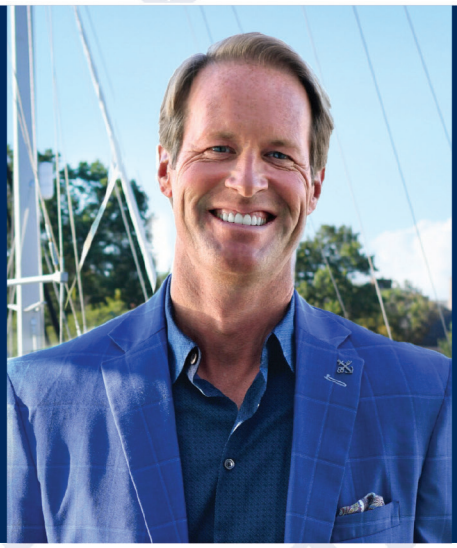

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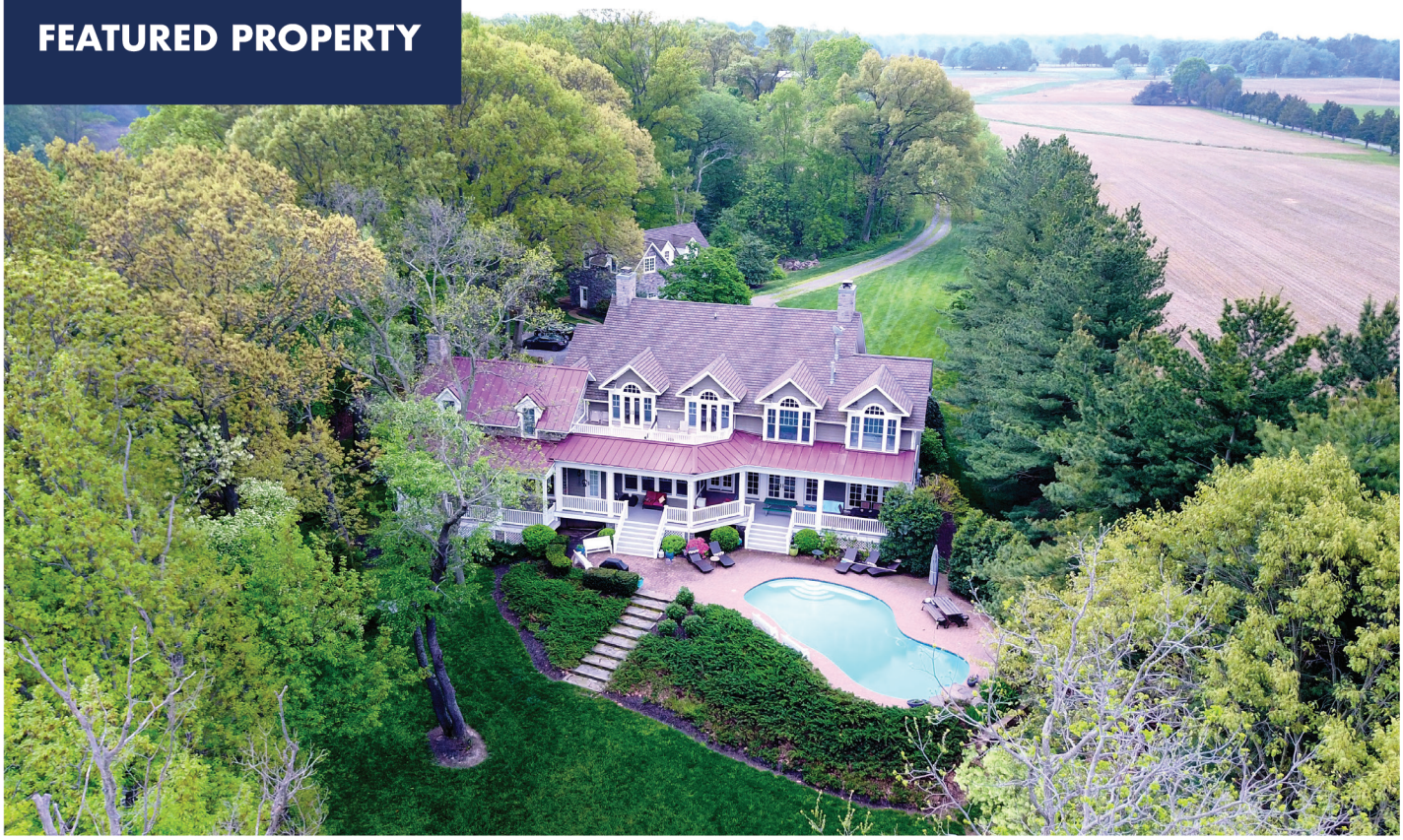

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♻ Please recycle this magazine.

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

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WHAT'S UP? MEDIA'S 2026

EXCELLENCE IN NURSING

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

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

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

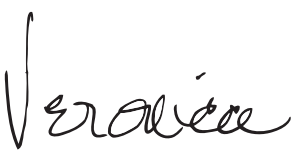
Seeing how tempting it was for us to become disconnected, especially as computers and the Internet began to take hold of our attention, I worried that we would retreat into our own silos, interacting more with screens than with each other. My belief is that a strong community depends on shared experiences.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

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

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

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

Veronica Tovey,
Publisher & President
veronica@whatsupmag.com



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Expert of the Month



Brian J. Lang

Brian J. Lang

Director of Curatorial Affairs | Academy Art Museum

Brian J. Lang brings more than 30 years of museum and curatorial leadership experience to the Academy Art Museum (AAM). Previously the chief curator at the Arkansas Museum of Fine Arts, he now leads exhibitions, collections strategy, and long-term planning at AAM, including development of the Freeman Annex & Hormel Research Center.

What is your role at the Academy Art Museum?

I oversee the museum's exhibitions and curatorial direction, which means shaping what we show, how we show it, what the museum collects, and how everything connects. It's a mix of research, storytelling, and collaboration—working with artists, my colleagues, our collection—and forging new pathways to create exhibitions that feel engaging, relevant, and grounded in a larger narrative.

What excites you most about leading major exhibitions, such as *Under the Mexican Sky?*

For me, it's about bringing together works that don't often get seen together and creating a new way of understanding them. *Under the Mexican Sky* looks at a moment when artists were rethinking photography, particularly American photographers working in Mexico in the 1920s and 1930s. What's especially meaningful is that the exhibition is rooted in works from our permanent collection, which now includes more than 1,700 objects. This allows us to build exhibitions from within—drawing on the depth of what we already hold while placing those works in a broader cultural and historical context.

Is there an underlying idea connecting this season's exhibitions?

This summer's exhibitions are loosely organized around the idea of "We the People," which feels especially relevant as we approach the 250th anniversary of the United States. In partnership with the Maryland 250 and Talbot 250 Commissions, that framework helped shape the season.

We're thinking about identity, lived experience, and labor—who is represented, whose stories are told, and how those narratives have been shaped over time. *Under the Mexican Sky* fits into that in an interesting way, looking at cultural exchange and how artists' perspectives shift across borders.

What ties it together is the idea that there isn't a single story of America; there are many. Our goal is to create space for those different perspectives—both within the galleries and beyond—and for visitors to draw their own connections.

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Arts & Culture

HIGHLIGHTING ENTERTAINMENT, COMMUNITY, AND EVENTS

18 EVENTS | 26 BOOKS | 28 ATTRACTIONS

30 CHARITY | 32 INTERVIEW



Talisman Derby Day

PG. 24



Photo by Chris Dorr

MULTICULTURAL FESTIVAL 2026

Celebrate diversity and community at the 26th Annual Multicultural Festival on May 2 from 10 a.m. to 2 p.m. at the Avalon Theater in Easton. This long-standing spring tradition brings people together through a vibrant mix of live music, cultural performances, artisan vendors, and international cuisine. Families can enjoy hands-on activities for kids while exploring exhibits and connecting with local organizations that reflect the richness of the region. It's a welcoming and uplifting event that highlights the many cultures that make the community so unique. More info: avalonfoundation.org

C3 Tri-County Ice Cream Classic

Experience the beauty of Maryland's Eastern Shore at the Tri-County Classic cycling event on May 2 at 7 a.m. at the Talbot County Community Center in Easton. Hosted by the Chesapeake Cycling Club, this scenic ride takes cyclists through Talbot, Queen Anne's, and Caroline Counties, offering a picturesque journey through farmland, small towns, and winding waterfront views. With multiple route options and flexible start times, riders of all levels can enjoy a well-supported course complete with rest stops and local highlights along the way. It's a rewarding day of outdoor adventure perfect for cycling enthusiasts looking to explore one of the region's premier riding destinations. More info: ridec3.org



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Spring Gala: Reflections & Connections

Celebrate art, innovation, and community at the Spring Gala: Reflections & Connections on May 2 from 6 to 10 p.m. at the Academy Art Museum in Easton. This elegant evening is inspired by the exhibition Rauschenberg 100: New Connections, honoring the artist's ability to transform everyday objects into extraordinary works. Guests will enjoy a sophisticated night of conversation, cocktails, and a keynote presentation from museum leader Dan Weiss, followed by a lively after party featuring late-night bites, music, and festive energy. Supporting the museum's mission to keep art accessible and programs thriving, the gala is both a cultural highlight and a meaningful celebration of creativity. More info: academyartmuseum.org





ISLAND FLEA VINTAGE & CRAFT MARKET

Browse a curated mix of vintage finds and handmade goods at the Island Flea Vintage & Craft Market on May 17 from 11 a.m. to 4 p.m. at Cult Classic Brewing. Featuring more than 40 vendors, this lively market offers everything from unique collectibles to artisan creations, all set alongside live music and local food offerings. The laid-back, community-driven atmosphere makes it easy to spend the afternoon exploring, shopping, and enjoying the creative energy of the region. It's a perfect outing for those looking to discover something one-of-a-kind. More info: instagram.com/islandflea_ki

SALT, LIME & A GOOD TIME… CINCO DE MAYO MIXOLOGY EXPERIENCE

Celebrate Cinco de Mayo with a hands-on mixology experience at Kent Island Resort in Stevensville, from 6 p.m. to 8 p.m. This festive class invites guests to learn the art of crafting tequila-based cocktails using fresh ingredients and expert techniques, all set against the backdrop of a beautiful waterfront property. Whether you're a cocktail enthusiast or just looking for a fun and interactive night out, the experience offers a lively way to sharpen your skills and enjoy the spirit of the holiday. It's a flavorful and engaging event perfect for kicking off the season with a creative twist. More info: kentislandresort.com



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HAVEN MINISTRIES GOLF TOURNAMENT

Spend a day on the greens for a meaningful cause at the Haven Ministries Golf Tournament on May 1 from 8 a.m. to 4 p.m. at Prospect Bay Country Club in Grasonville. This full-day event combines friendly competition with a mission to support vital services including shelter, food, and clothing for those in need. Golfers can enjoy a gourmet breakfast, on-course lunch, beverage service, and a lively post-play reception featuring oysters, awards, and prizes. It's a rewarding way to connect with the community while giving back through a fun and well-appointed tournament experience. More info: haven-ministries.org



May Day Celebration

Celebrate the arrival of spring during May Day in Downtown Easton, taking place May 1 and 2 all day along Harrison Street and throughout the town. This charming two-day event transforms the downtown area with vibrant floral displays as local businesses participate in a festive decorating contest featuring creative arrangements, baskets, and blooming storefronts. Visitors are invited to stroll the streets, admire the award-worthy designs, and explore shops showcasing the latest in spring fashion and seasonal offerings. It's a delightful way to experience Easton in full bloom while enjoying the energy of the season. More info: discovereaston.com







Baywater Animal Rescue "Run Fur Their Lives 5K"

Lace up for a meaningful morning at the Run Fur Their Lives 5K on May 2 from 7 to 10 a.m. at Cambridge Technology Park in Cambridge. Hosted by Baywater Animal Rescue, this fun run and walk invites participants of all levels to come together in support of animals in need, with proceeds benefiting care and adoption efforts. Set in a welcoming, community-focused atmosphere, the event offers a chance to stay active while making a positive impact. It's a feel-good way to start the day while supporting a mission that helps give animals a second chance. More info: baywateranimalrescue.org

TALISMAN DERBY DAY

Celebrate the excitement of the Kentucky Derby at Talisman Derby Day on May 2 from 4:30 to 8:30 p.m. at Talisman Therapeutic Riding in Grasonville. This festive annual fundraiser invites guests to enjoy an elegant evening on the farm, complete with bourbon tastings, mint juleps, live and silent auctions, and a traditional Southern supper. Attendees can stroll the grounds, meet the horses, explore a featured art show, and take part in the fun of Derby-inspired fashion. It's a spirited and meaningful event that supports programs dedicated to healing and personal growth through equine-assisted experiences. More info: talismantherapeuticriding.org





GOLFING FORE GUNSTON

Enjoy a day on the greens at Golfing Fore Gunston on May 1 from 9 a.m. to 5 p.m. at Queenstown Harbor Golf Course in Queenstown. This lively tournament brings together parents, alumni, and community members for a full day of friendly competition, beginning with a continental breakfast and a shotgun start, followed by refreshments, a cookout lunch, and on-course challenges. Highlights include a unique "Hole in 2" contest featuring a professional long driver, along with prizes for top teams and standout performances. The day concludes with an awards ceremony and gathering, making it a fun and engaging way to support the Gunston community. More info: gunston.org

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TOP DOCS 2023-2024 ANNE ARUNDEL

★★★★★

INSIDE THE US NAVY of 1812-1815

by William S. Dudley

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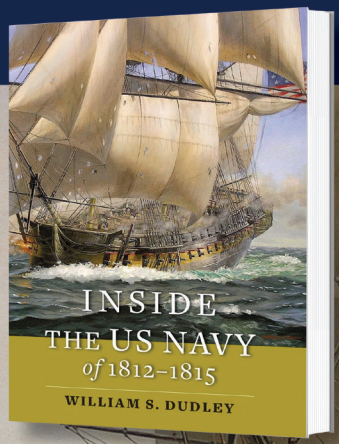

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Remembering The Ladies

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

By Cali Schwerdtfeger



Stephanie Dray
(Photo by Kelsey Edwards)



Laura Kamoie
(Photo by Renee Hollingshead)

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

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

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

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

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

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

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

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

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

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

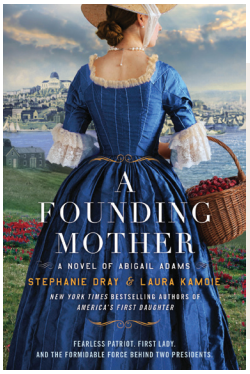
Often, women connected to powerful men are remembered only in relation to them. But in *A Founding Mother*, the relationship between Abigail and John Adams is something more; a partnership that evolves over time. "They were an unusual couple for the time," they said. "A great American love story." While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

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

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

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

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



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

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Exploring the Chesapeake Bay by Kayak

By Tyler Ingle

The Chesapeake Bay continually draws wonder from locals and tourists alike. The Bay itself covers 4,480 square miles from its mouth near Virginia Beach, Virginia, to its head near Havre De Grace, Maryland. While it would be quite the challenge to visit its vast entirety, there are fortunately several featured "water trails" that make up the Chesapeake Water Trail group, offering glimpses to the Bay's natural beauty. These trails weave through wetlands, marshlands, rivers, around islands, and more habitat, all of which nestle up to the shore, creating a prime experience for both seasoned and beginner kayakers, paddleboarders, sailors, and boaters alike. Let's review a few water trails!

The Captain John Smith Chesapeake National Historic Trail spans—believe or not—3,000 miles across five states and Washington, D.C. The route was established by the National Park Service as a National Historic Trail, from the Bay's Susquehanna headwaters in Cooperstown, New York, south through Pennsylvania, D.C., Delaware, and Maryland onward to Jamestown Colony in Virginia. An Englishman, Captain John Smith was the first European to explore the bay, beginning in 1608, creating maps which documented locations and information about different Native American tribes and communities. Whether you want to sail, powerboat, kayak or canoe, these Maryland portion of this water trail allows you to relive Smith's voyages while learning more about the historical significance of the bay. Many historic lighthouses, maritime centers, and small towns that dot the Bay's shores serve as starting and stopping points along the expansive trail network. For more details about this water trail, visit: nps.gov/cajo

For both paddleboard beginners and seasoned lovers, the **Janes Island State Park Water Trails** system offers seven different journeys, all in one location. Spanning a large portion of the lower Eastern Shore, Janes Island (near Crisfield, Maryland) includes renown saltmarshes, creating a safe haven for wildlife of the bay, such as birds, crabs, fish, and more. Visitors can also powerboat, fish, and crab at the state park, with no fee required to enter. For more information, visit: dnr.maryland.gov/publiclands/pages/eastern/janesisland

The **Blackwater National Wildlife Refuge** was established in 1933 as a sanctuary for the migratory birds that travel along the Atlantic Flyway. For those looking to explore on foot, the refuge offers five miles of hiking trails, with an additional 17 miles of paddling trails for water fans. Looking to stay in the comfort of your own car? There is also a 3.6-mile Wildlife Drive, giving you all the sights and sounds while staying in air conditioning. Blackwater is highlighted by its pine forests, tidal marsh, and freshwater wetlands, serving as a critical spot for birds to both rest and feed before migrating further. In the wintertime, the refuge also serves as a primary spot for Canadian geese, while consistently offering a home to one of the highest amounts of nesting bald eagles on the Atlantic coast. More information: fws.gov/refuge/blackwater





Located in Dorchester County, the **Fishing Bay Trail** offers a river loop alongside several Island Creek trails, perfect for kayaking and paddling. This trail is the largest parcel of publicly owned tidal wetlands in the state, offering a remote experience across 28,500 acres. The marsh is home to a host of animals, such as herons, egrets, ibises, raptors, rails, and waterfowl. Camping at this site is only open to educational groups and Nause-Waiwash tribe members, however, there are overnight accommodations of both hotels and campgrounds close by. More information: dnr.maryland.gov/wildlife/pages/publiclands/eastern/fishingbay

A former Civil War prison camp, the **Point Lookout Water Trails** system sits at the intersection of the Chesapeake Bay and Potomac River, creating an immersive spot with different wildlife and gorgeous views. Offering three trails/routes of about three miles, it's the perfect way to spend an hour on the paddleboard. Point Lookout State Park also offers overnight camping in the park, for those looking for a weekend getaway. More information: dnr.maryland.gov/publiclands/pages/southern/pointlookout.aspx

The **Nanticoke Water Trail**, a U.S. National Park, holds over 25 public boat launches and piers. Whether you're boating, paddling, or kayaking and canoeing, this trail will take you along the historic routes of the Nanticoke tribe, with a visit to the chief's town, formerly called "Kuskarawaok"—today known as Vienna. This trail is part of the formerly mentioned Captain John Smith Historic Trail group. Specific information here: nps.gov/thingstodo/nanticoke-water-trail.htm

Another U.S. National Park, the **Corsica River Water Trails** are an easily accessible group of trails that create opportunities to observe wildlife, take in history, and kayak/canoe to your heart's desire. All of the trails connect to the Centreville Wharf, an 18th and 19th centuries hub for trading. The park features three different trails that are considered beginner level. All trails can be done in one day, with an expected four-hour timeframe to complete the trio. More information: nps.gov/articles/000/paddling-the-corsica-river-water-trails.htm

The **Chesapeake Bay Environmental Center (CBEC)** in Grasonville has three water trails spanning distances from one mile to 2.8 miles, which offer the chance to kayak, canoe, or paddleboard. The three-plus miles of shoreline along the routes hosts 259 different species of birds. CBEC has also restored 445 acres of marsh, 55 acres of forestland, and 13 million oysters. For those looking to explore via walking, the property also offers six miles of hiking trails. More information: bayrestoration.org

Six separate water trail routes combine to form the **Kent Island Water Trails**. These trails range from larger waters to smaller, more concealed trails. Creating views of wildlife, nature, and more, these waterways are perfect for beginner explorers, while also being a relaxing journey for the more experienced. More information: visitqueenannes.com/business/kent-island-water-trails

While Smith Island may be known for its infamous cake, the **Smith Island Water Trails** are also well loved in the community. The seven marked water trails, which range from one mile to 4.4 miles cover over 8,000 acres of marshland, while also accessing the island's three villages. More information: visitsomerset.com/listing/smith-island-water-trails

There are so many different trails, routes, parks, and wildlife refuges throughout the Chesapeake Bay to explore. The only thing left is to pick where to start your adventure!



The Transformative Power of Women's Philanthropic Organizations

IMPACT100 GREATER CHESAPEAKE AND THE WOMEN & GIRLS FUND OF THE MID-SHORE

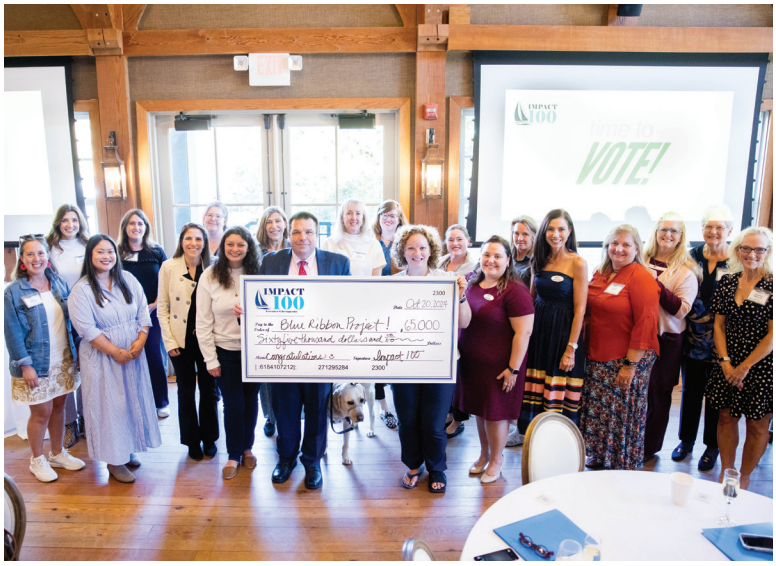
By Lisa A. Lewis

Although the mission, focus, and scope of Impact100 Greater Chesapeake and the Women & Girls Fund of the Mid-Shore differ, both women-led grantmaking organizations pool their donations to make a significant impact on local nonprofits. By empowering women with a shared vision, these critical organizations serve as catalysts for change through their transformative grants.

Located in Annapolis, Impact100 Greater Chesapeake awards one large grant each year to a local nonprofit in Anne Arundel County across five focus areas: arts and culture, education, environment, family, and health and wellness. The organization utilizes a collective giving model in which 100 members each donate $1,000 annually and pool the money to fund a grant.



Board President Beth Spurry highlighting the 2025 grants to attendees of the Women & Girls Fund Golf Tournament last September. Photo by Karena Dixon Photography.



Impact100 Greater Chesapeake Annual Meeting 2026 where Blue Ribbon Project was awarded $65,000 to purchase a van that will be used to deliver Backpacks of Love and transport materials and volunteers to community events. It will also be used to pick up donations for Backpacks of Love from community partners who collect items on The Blue Ribbon Project's behalf, increasing their efficiency in the community. Photo by DANIE Photography

Based in Easton and specifically serving the needs of women and girls in Caroline, Dorchester, Kent, Queen Anne's, and Talbot counties, the Women & Girls Fund is a permanent endowment that funds several small grants annually to nonprofits in need and provides a source of funding for future grantmaking. The endowment is managed by the Mid-Shore Community Foundation.

"As an all-women's organization, Impact100 Greater Chesapeake creates a space where women's leadership and collective power come together, and that has a meaningful ripple effect throughout the community," says Sarah Amyot, president, Impact100 Greater Chesapeake. "When women pool their resources, they don't just increase the size of the grant; they expand their knowledge, confidence, and influence, resulting in more effective grantmaking and stronger communities."

"As a group of women pulling together to help women, the Women & Girls Fund connects our resources and experience with the dynamic needs facing our communities," adds Beth Spurry, president, Women & Girls Fund. "It offers women a chance to lead and use their voices to create change."

THE POWER OF WOMEN

According to Impact100 Greater Chesapeake, the all-volunteer organization was founded by Heather DeBuse, who currently serves as grant review coordinator and president emeritus. DeBuse and a group of like-minded women united their efforts to create a chapter of Impact100 in Maryland. And in 2017, Impact100 Greater Chesapeake was officially launched.

The only chapter located in Maryland, Impact100 Greater Chesapeake is guided by its mission of "driving transformational change in Anne Arundel County, Maryland, by collectively funding high-impact grants to local nonprofits."

Impact100 Global, the umbrella organization for individual chapters, credits Wendy Steele with founding the Impact100 model of collective giving in 2001. Today, numerous chapters are located in the United States and other countries.

"The collective giving model of Impact100 is unique," Amyot says. "It operates on the premise that we can make a big impact when we combine our individual donations into one amount. This 'think big' approach is truly transformative. Our largest grant was awarded to the Annapolis Symphony Academy in the amount of $90,000 in 2023. Grants such as these truly demonstrate the power of collective giving and greatly benefit our communities."

According to the Women & Girls Fund, the organization was founded in 2002 as a grassroots effort by Alice Ryan and a group of women who were trying to identify effective ways to address local issues. The first donation was received that year, and after working with the United Fund and the Mid-Shore Community Foundation, the organization's first grants were awarded in April 2003.

Since its inception, the Women & Girls Fund has been dedicated to fulfilling its mission to "use the power of pooled resources to improve the lives of women and girls on Maryland's Mid-Shore."

"Women and girls are often the most vulnerable in a crisis situation," Spurry says. "They suffer disproportionately from domestic abuse, assault, hunger, and other issues. We believe that focusing on these issues benefits the entire community. Supporting a mother supports the family. Lifting up a girl's confidence gives her a chance for a lifetime of promise."

2025 GRANT RECIPIENTS

In 2025, Impact100 Greater Chesapeake awarded a $56,000 grant, and the Women & Girls Fund awarded 18 grants totaling $64,970—a testament to their philanthropic efforts and their dedication to supporting the needs of the communities they serve.

The recipient of Impact100 Greater Chesapeake's annual grant was Open Hands of MD, a food pantry and distribution center in Pasadena. The funds were used to purchase a new outdoor walk-in freezer, which will greatly impact the operations of the nonprofit organization. To learn more about Open Hands of MD, visit openhandsofmd.org.

Amyot says it's so empowering to take an idea, make it come to life, and see its impact on the nonprofit organization and the community as a whole.

"We were delighted to fulfill our grant commitment to Open Hands of MD," Amyot says. "This pivotal addition will significantly expand their capacity to store and distribute frozen foods, enabling them to reach more neighbors in need and fight food insecurity in Anne Arundel County."



Impact100 Greater Chesapeake Annual Meeting 2025 where Open Hands of MD was awarded $56,000 to support the purchase of a Polar King Outdoor Freezer. The pivotal addition of a new freezer significantly expands their capacity to store and distribute frozen foods, enabling them to reach more neighbors in need and fight food insecurity in Anne Arundel County. Photo by Autumn Ka'ree Photography

The Women & Girls Fund awarded one of its 18 grants to Open Doors Partners in Education, a nonprofit organization located in Chestertown that is committed to its mission "to increase the literacy rate of struggling readers." According to information provided by the Women & Girls Fund, the nonprofit is the only organization to address the literacy crisis in Kent County by providing free and reduced-cost tutoring. To learn more about Open Doors Partners in Education, visit opendoorsed.org.

Spurry says the $5,000 grant will benefit the organization by underwriting a portion of the costs of providing educational supplies for teachers and female students. The grant will also support tutoring services for women in shelters and rehabilitation facilities.

"Literacy is a family affair," Spurry says. "Moms who are fluent readers guide their children and [inspire them] to lead. This program provides science-based tutoring to readers to increase their literacy levels on a one-on-one basis—free of charge. We believe that bringing students up to grade level prepares them for success in school and sets the stage for generational success in education."

The grant awarded to Open Doors Partners in Education is just one example of the many grants that the Women & Girls Fund awarded in 2025 to address the needs of women and girls in the communities it serves.





Left: Past and present board members celebrating the Women & Girls Fund's 20th Anniversary in January 2023 at Tidewater Inn, Easton. Courtesy of the Women & Girls Fund. Right: Grants Committee of the Women & Girls Fund at work reviewing requests. Courtesy of the Women & Girls Fund.

Both Impact100 Greater Chesapeake and the Women & Girls Fund empower women to become philanthropists and make a difference in their communities. To learn more, visit impact100greaterchesapeake.org and womenandgirlsfund.org.

Pete Alonso

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

By Tom Worgo

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

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





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

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

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

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

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

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

Photography courtesy Baltimore Orioles





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

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

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

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

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

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

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

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

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Bowman Jarashow Law LLC is pleased to share recent recognition received by members of its team, reflecting the firm's continued focus on providing comprehensive, effective representation across a broad range of practice areas. **Jeffrey P. Bowman** was recognized in Litigation, Business Law, Civil and Political Law, Construction Law, Education Law, Employment Law, General Practice, and Corporate Law. **Matthew J. Chalker** was recognized in Appellate Law, Litigation, and Military Law, reflecting his depth in both trial and appellate advocacy. **Brooke H. Bowman** was recognized in Estate Planning Law for her work advising individuals and families in planning and administration matters. **Ronald H. Jarashow** was recognized in Arbitration Law, General Practice, and Mediation, continuing his long-standing role as a trusted advisor and dispute resolver. **Frank P. Lozupone, III** was recognized in Corporate Law and Real Estate Law, and **Lucas Van Deusen** was recognized in Intellectual Property and Patent Law. **Anthony T. Rowe** and **Joseph D. Dowdell** recently joined the firm following judicial clerkships in Maryland, with Mr. Rowe, a graduate of The Catholic University of America Columbus School of Law, serving with the Circuit Court for Prince George's County, and Mr. Dowdell, a graduate of University of Maryland Francis King Carey School of Law, serving with the Appellate Court of Maryland. The firm remains focused on delivering clear, effective counsel tailored to the needs of its clients and the expectations of the courts and business community.

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2026–2027

Welcome to the region's most comprehensive, independent, *and* peer-evaluated list of exceptional lawyers practicing more than 30 branches of law. *What's Up? Media* conducted the biennial **Leading Lawyers Peer Review Survey** just ahead of the new year, inviting all attorneys and judges who practice law on the Eastern Shore, as well as Central Maryland and Anne Arundel County to participate. A true peer review survey is a rarity today—most publications don't take the time and energy to conduct the survey in-house, which makes these results all the more meaningful. These are not "editor picks" or the result of limitless ballots from the general public. **These honors only come directly from other attorneys and judges**—people who really know what it takes to be a good lawyer right here in Maryland.

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

Congratulations to all Leading Lawyers named herein!

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Animal/Pet Law

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Appellate Law

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Arbitration Law

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Banking & Finance Law

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Construction Law

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Criminal Law

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Elder Law

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HOA/Condominium Law

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Intellectual Properties/ Patent Law

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Juvenile Law

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At Ewing, Dietz, Fountain & Kaludis, our work is guided by a commitment to professionalism, integrity, and service. We value the long-standing relationships we've built over generations and take pride in continuing to support the people and organizations that make the Eastern Shore unique—including local businesses like the Trippe Gallery, where this photo was taken.



Welcome our new attorney Jacob Brown

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John Leo Walter, Esquire

Eastern Shore Legal®

Recognized by his peers as an outstanding litigator on the Eastern Shore, Mr. Walter approaches the honor with humility and deep respect for the legal community he serves. He considers himself fortunate to work alongside many talented attorneys in the region and views this recognition as a meaningful acknowledgment from those he holds in high regard.

As a litigation attorney, Mr. Walter focuses primarily on courtroom trial work, representing both plaintiffs and defendants within the Maryland court system. Litigation encompasses a wide range of practice areas, and while some attorneys concentrate on fields such as family or real estate law, his firm is dedicated largely to criminal and traffic defense, as well as personal injury matters—including serious auto accidents, medical malpractice, premises liability—and breach of contract cases. This breadth of experience allows him to advocate effectively for clients across a variety of complex legal situations.

When it comes to what defines a strong trial lawyer, Mr. Walter emphasizes two essential qualities: preparation and client communication. Early in his career, a seasoned Circuit Court judge offered advice that has stayed with him for nearly two decades: to approach every trial with "a belt and suspenders"—in other words, to be thoroughly and thoughtfully overprepared. This philosophy continues to guide his approach in the courtroom.

Equally important, he believes, is maintaining clear and honest communication with clients. By ensuring clients understand every aspect of their case—including potential challenges and outcomes—he helps foster confidence and comfort throughout the legal process. In his experience, well-informed clients contribute to smoother proceedings, ultimately benefiting both the client and the attorney.

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At MDSW, our attorneys work collaboratively so that our clients benefit from all of our respective abilities. In addition, our attorneys have a deep commitment to the Eastern Shore: some were born and raised here; others have relocated here for their love of the region and its distinct attributes; but all are deeply woven into the fabric of this community. Our longstanding and committed presence on the Eastern Shore strengthens our attorneys' unique understanding of the challenges our clients often face in this market. Our attorneys' high caliber and proficiency across diverse practice areas enables us to provide exceptional services commensurate with larger firms while ensuring affordable rates and personalized attention.

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Q&A Questions and Answers with the Experts



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

A: McNamee Hosea attorneys always provide their clients with consistent and clear communication to solve whatever legal problem needs to be solved. Whether your legal problem involves a business dispute, an estates and trust issue, litigation, employment, zoning, contract, criminal defense, bankruptcy, or anything in between, you can trust that McNamee Hosea attorneys will be understanding and empathetic. For more than forty years, our skilled trial attorneys and advisors have provided creative solutions to complex legal issues. Because of our diverse practice experience, we can handle all of your legal needs within our Firm, resolving them effectively and efficiently.

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



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

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

Deborah F. Howe, Franke Beckett LLC



Q: How can Maryland Homeowners and Condominium Associations deal with the impacts of frequent changes to the laws governing their Associations?

A: Frequent changes to Maryland law have impacted the governance of common ownership communities. The most significant recent development imposed a new requirement that Association elections be administered by independent parties, which cannot include the Association's third-party property managers. Other recent changes also impact the rules regarding review and copying of the Association's books and records. An Association's governing documents may be inconsistent with the current laws, which can result in portions of the governing documents being unenforceable. A common ownership community would be well-served to engage with experienced counsel for guidance on administering elections in compliance with the new laws.

Brad Kirby, McAllister, DeTar, Showalter & Walker LLC



Q: What are the most important legal documents everyone needs?

A: A properly executed Advance Medical Directive and Financial Power of Attorney – optimally, the most recent Maryland Statutory Form language passed by the General Assembly. Regardless of your age or health condition, these documents allow the trusted agents you appoint to make decisions for you regarding your health and finances, during your lifetime. We have seen a gradual increase in the need for guardianships with an aging population, and so often this lengthy and frequently costly court process could have been avoided with these two documents. With a consultation, your attorney can tailor them to meet your needs and address future concerns. I think of the Advance Medical Directive and Financial Power of Attorney as peace of mind documents. You can change them at any time as long as you're competent to do so, but having them in place is crucial.

William C. Chapman
Ewing, Dietz, Fountain & Kaludis, P.A.



Q: What should I do if I get into a car accident?

A: If you are involved in an auto accident it is very important to (i) call the police, (ii) exchange information with the at-fault driver; get insurance information, drivers license number and tag number (with the advent of smart-phones it is super easy to simply take pictures of all of these things), (iii) take a picture of the property damage and the location of the accident, (iv) seek medical treatment, and (v) contact a lawyer.

John Leo Walter, Esquire, Eastern Shore Legal®



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: 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.

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RETURN OF THE DRAGON

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

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

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

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

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

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

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

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

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

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

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





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

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

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

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

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

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

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

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



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

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

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







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

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

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

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

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

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

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

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

After three years of running D&D games in Annapolis, Norton has heard just about every wild plan. Both storyteller and referee, she's fielded all kinds of questions—could a druid shape-shift, or a bear squeeze through a window? "Solid," she said after one well-timed blow, then teased the group about shrinking their giant characters to dodge Jakob's lightning strike.

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



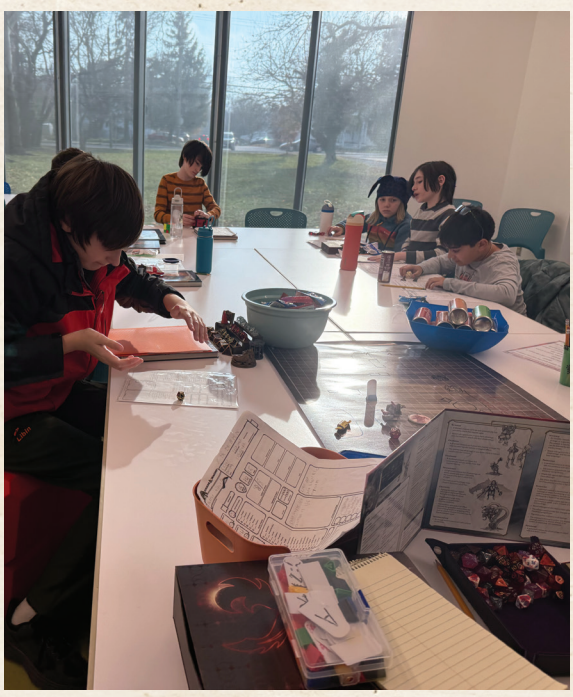
Toward the end of the Saturday afternoon, their spells suddenly clicked. One player after another struck—a dart flying, a battleax swinging—until the dragon crumpled. Luke grinned and reached for his stick of dynamite. "Just a nasty smell of sulfur and a screech," Norton said, wrapping up the game in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

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

"Same time next month!"







2026 PHILANTHROPIC EVENT CALENDAR

cheers for charity

BY CALI SCHWERDFEGER

FRIDAY, MAY 1ST

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

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

SATURDAY, MAY 2ND

Talisman Derby Day for Talisman Therapeutic Riding at their campus in Grasonville. Talismantherapeuticriding.org; Coming down the home stretch is the event you've been waiting for—the 152st running of the Kentucky Derby celebrated at the organization's annual Derby Day Fundraiser.

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

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

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

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

MONDAY, MAY 4TH

25th Annual Tee Up For A Child for CASA Anne Arundel County at Crofton Country Club in Crofton. Aacasa.org; Get on the greens at Crofton Country Club to help raise money for CASA, who believes every child who's been abused or neglected deserves to have a dedicated advocate speaking up for their best interest in court, at school, and in our community.

THURSDAY, MAY 7TH

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

FRIDAY, MAY 8TH

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

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

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

SATURDAY, MAY 9TH

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

MONDAY MAY 11TH

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

THURSDAY, MAY 14TH

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

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

SATURDAY, MAY 16TH

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

MAY 16TH & 17TH

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

MONDAY, MAY 18TH

11th Annual Bo's Effort Golf Tournament for Bo's Effort at Queenstown Harbor Golf Course in Queenstown. Boseffort.org; Bo's Effort seeks to assemble community resources to break the stigma of mental illness through education and guidance.

FRIDAY, MAY 29TH

Relay for Life Anne Arundel County for American Cancer Society at Crofton High School; secure.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 Nico's 3rd annual Golf 4 Hope Tournament. Get involved, practice your putt, and we will see you at the links!

SATURDAY, MAY 30TH

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

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

JUNE 2ND& 3RD

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

THURSDAY, JUNE 4TH

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

FRIDAY, JUNE 5TH

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

SATURDAY, JUNE 6TH

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

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

JUNE 6TH & 7TH

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

TUESDAY, JUNE 9TH

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

WEDNESDAY, JUNE 10TH

18th Annual Paca Girlfriends Party for Historic Annapolis at William Paca Garden in Annapolis. Pacagirlfriends.annapolis.org; Join Historic Annapolis for the social event of the season! Wander the picturesque William Paca Garden as you enjoy a glass of bubbly and indulge in culinary creations prepared by the area's premier chefs.

13th Annual Chip in for the Arts Golf Tournament for Chesapeake Arts at Compass Pointe Golf Course in Pasadena. Chesapeakearts.org; Join us in supporting CAC's arts and education programs as a sponsor, player, foursome, donor, or volunteer for our 12th Annual Chip in for the Arts Golf Tournament

SATURDAY, JUNE 13TH

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

Every Step Counts for Bello Machre at Anne Arundel Community College. 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.

MONDAY, JUNE 15TH

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

JUNE 19TH — 21ST

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

SATURDAY, JUNE 27TH

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

SUNDAY, JUNE 28TH

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

MONDAY, JUNE 29TH

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

JULY 10TH — 19TH

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

SATURDAY, JULY 25TH

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

SATURDAY, AUGUST 1ST

Casey Cares Foundation 5K Run/Walk for Casey Cares Foundation at the Maryland Zoo in Baltimore. Caseycares.org; Lace up your sneakers and join Casey Cares for our 17th Annual 5K Run/1-Mile Walk

FRIDAY, AUGUST 7TH

81st Annual Rotary Club of Annapolis Crab Feast for Annapolis Rotary Club at Navy Marine Corps Memorial Stadium. Annapolisrotary.org; This well-known Annapolis event is a major fundraiser for the community, benefiting many nonprofit organizations. This is an all-you-can eat feast, along with other food options, beer, water, and soda.

SUNDAY, AUGUST 9TH

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

SATURDAY, SEPTEMBER 5TH

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

FRIDAY, SEPTEMBER 11TH

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

SATURDAY, SEPTEMBER 12TH

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

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

SEPTEMBER 19TH & 20TH

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

SUNDAY, SEPTEMBER 20TH

Annapolis Run for The Light House for Friends of The Light House at Quiet Waters Park in Annapolis. Annapolisrunforthelighthouse.org; The 17th annual Annapolis Run for The Light House provides scenic half marathon, 5k, and walk routes along the trails of Quiet Waters Park and through the beautiful Chesapeake Bay-front community of Hillsmere Shores.

THURSDAY, SEPTEMBER 24TH

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

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

SEPTEMBER 25TH — 27TH

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

THURSDAY, OCTOBER 1ST

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

SATURDAY, OCTOBER 3RD

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

SUNDAY, OCTOBER 4TH

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

THURSDAY, OCTOBER 8TH

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

OCTOBER 8TH — 10TH

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

SATURDAY, OCTOBER 17TH

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

SATURDAY, NOVEMBER 7TH

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

THURSDAY, NOVEMBER 12TH

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

NOVEMBER 13TH — 15TH

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

SUNDAY, NOVEMBER 15TH

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



EVENTS TYPICALLY HELD IN AUTUMN

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

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

Light House Pumpkin Patch for Friends of The Light House

Hoedown on the Farm for Maryland Therapeutic Riding

GiGi's Pickleball Tournament for GiGi's Playhouse

OBI Mardi Gras Masquerade for Opportunity Builders, Inc.

Bountiful Harvest for The Friends of The Light House

Rock 'N' Roll Bash for Casey Cares

Birdies for Benedictine for Benedictine School

Academy Art Museum of Easton– June 20 event details pending

Love Like Jake
THE JACOB SLOAN
FOUNDATION
www.JacobSloanFoundation.com



Our Mission Statement: To honor the life and legacy of Jake Sloan. Jake lived his life being a friend to all through his kindness and giving, always striving to "make a difference" in someone's life. The mission of this foundation is to make a difference by providing financial support to children and families in need, the arts, athletics and community outreaches that need assistance.

WHAT'S UP? MEDIA
NEWS KEEPSAKE AUTHORIZED PARTNER
NEWSKEEPSAKE

SHOW OFF YOUR
WIN!



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

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

WHATSUPMAG.COM/PLAQUES



JOIN US IN 2026!

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

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

REGISTER OR SPONSOR TODAY!
fishforacure.org

F4AC
FISH FOR A CURE


Non-Profits
& Charities
you should know about
In a world of fleeting moments, love stands tall.

Critchlow Adkins Children's Centers – Four Generations of Brighter Futures







For more than 55 years, Critchlow Adkins Children's Centers (formerly Easton Day Care Center) has been guided by a singular mission: Building Brighter Futures for Mid-Shore families through educational, financially accessible childcare.

The organization started in 1970 with one classroom operating out of a local church. Today, Critchlow Adkins operates five sites across Talbot County, serving hundreds of families each year in its all-day preschool, before-and after-school care, and summer camps for children ages 2 through 12.

Critchlow Adkins classrooms are always abuzz with activity. In one room, you may encounter preschoolers singing and dancing with a local musician or writing their own storybooks. In the next, children are taking care of their bodies and minds during a relaxing yoga session. After school, students may be reading a book for inspiration before diving into an engaging STEAM (Science, Technology, Engineering, Art, Math) challenge that encourages teamwork, creativity, and problem-solving.

Even playtime is for learning at Critchlow Adkins. Each classroom has stations where children can explore math, art, reading, music, and more. Playgrounds are filled with activities that hone fine motor skills, inspire outdoor exploration, and allow imaginations to run wild.

All five centers are accredited by the Maryland State Department of Education (MSDE) and have earned their EXCELS (Excellence Counts in Early Learning and School Age Care) Check Level 5 rating - an award reserved for the highest quality childcare providers in the state. The organization was awarded Best Preschool and Best Child Care in the APG Best of the Best Chesapeake contest, and was recently named Nonprofit of the Year at the Talbot County Chamber of Commerce Best in Business Awards. Even so, Critchlow Adkins and its staff continue to strive for improvement every day.

"We are always seeking new ways to give our children the best possible head start and set them up for success," says Executive Director Cristy Morrell. "We invest in professional development for our teachers and in cultivating valuable partnerships, like our recent Preschool Expansion partnership with MSDE."

Visit cacckids.org for more information about supporting Critchlow Adkins Children's Centers' ongoing mission to Build Brighter Futures on the Mid-Shore.

Critchlow Adkins
Children's Centers

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



Haven Ministries is more than a safety net

It is a pathway to lasting stability for individuals and families facing hardship. Serving Queen Anne's County and beyond, this faith-driven nonprofit is committed to breaking the cycle of poverty by addressing both immediate needs and long-term solutions. Through a comprehensive approach that includes shelter, food, clothing, education, and ongoing support, Haven Ministries offers more than relief—it offers hope and a future.

At its core, Haven Ministries meets people where they are. For those experiencing homelessness, the emergency shelter provides a safe, warm place to rest, along with meals and essential care. For families struggling to put food on the table, two food pantries distribute more than 44,000 pounds of food each month, ensuring thousands of households have consistent access to nourishment. Clothing, furniture, and other necessities are also made available through community-supported programs, restoring dignity and meeting practical needs.

But what truly sets Haven Ministries apart is its commitment to long-term stability. Beyond immediate assistance, the organization invests in people through education, job training, and case management. Their Resource Center provides financial guidance, life-skills classes, and access to tools that help individuals regain independence. Haven Ministries Long-term housing program offers a structured path toward safe, affordable living, equipping participants with the resources needed to rebuild their lives.



Every service is designed with a greater goal in mind: helping people move from crisis to sustainability. Haven Ministries doesn't just provide a meal for today—it helps individuals secure the means to provide for themselves tomorrow. This holistic model creates lasting change, strengthening not only individuals but the entire community.

The impact is real, but the need continues. Haven Ministries relies on the generosity of donors, volunteers, and community partners to sustain and grow its mission. By supporting Haven Ministries, you are investing in transformation—helping neighbors find stability, restore hope, and build a better future.

Learn more, get involved, and be part of the solution.

Haven Ministries Programs:

Seasonal Homeless Shelter(Oct-Apr)
Jacob Sloan Day Center
Food Assistance
Financial Assistance
Clothing and Furniture Assistance
Case Management
Education, Job Training & Support

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

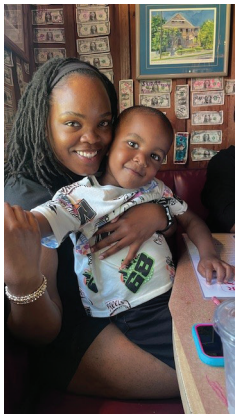
PO Box 466 • Queenstown, MD 21658
410-827-7194 • Haven-Ministries.org

Talbot Interfaith Shelter: Shelter, Stability, and Support Led To Success For Niki and Zane



A few years ago, Niki left Dallas, TX with her toddler son, Zane, headed for Easton, MD for a fresh start. Family welcomed her with open arms, but over time, she felt she was becoming a burden. She was determined to live independently but didn't yet have the means. A visit to the Neighborhood Service Center (the Eastern Shore's Community Action Agency) led her to Talbot Interfaith Shelter (TIS).

TIS' S4 Program (Shelter, Stability, Support, Success) is a unique approach to fighting homelessness on the Mid-Shore. TIS addresses the root causes of homelessness and guides local families, adults, and seniors to lasting self-sufficiency.



Niki and Zane began at TIS' family shelter, Easton's Promise. There is also a shelter for single individuals called Evelyn's Place. Both shelters are neighboring historic homes located in downtown Easton. Easton's Promise is a former bed and breakfast, allowing each family to have its own room and bathroom. This allowed Niki and Zane room to regroup, and rebuild.

Niki quickly landed a job at Capriotti's, where she soon earned a promotion to Assistant Manager. Zane has special needs, and Capriotti's worked with Niki to develop a schedule that would allow her to be with him when he wasn't in childcare.

While working, caring for Zane, and completing household chores, Niki also attended mandatory life skills training, which, as she puts it, taught her "how to move ahead instead of just staying in survival mode."

2025 was a big year for Niki and Zane. They moved from the shelter into TIS transitional housing – a huge step towards independence. Zane began school, where he is thriving. Niki began attending Penn Foster Career School, training for a career in Sterile Processing - preparing instruments for surgery and other medical procedures. This career path will offer the flexibility to be home for Zane when he needs her.

Niki and Zane are on the road to Success, thanks to generous support from local individuals, businesses, faith communities, and foundations. Visit talbotinterfaithshelter.org to find out more about Talbot Interfaith Shelter's mission and how you can help transform lives like Niki and Zane's!

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

410-690-3120 • PO Box 2004 • Easton, MD 21601



Creating Community for 65 Years

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

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

Today, we support over 4,000 people with disabilities across Maryland through personalized services, self-direction, trauma-informed behavioral health, and inclusive housing. We are also the state's largest provider of self-directed services, supporting more than 3,500 participants and the 9,500+ employees they have hired. This milestone year is both a celebration of how far we've come and a commitment to the future we are still building together.

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

fello.
65 Years
CREATING COMMUNITY

fello.org
410-269-1883
999 Corporate Blvd, Suite 300
Linthicum, MD 21090

We the People.

This summer, the Academy Art Museum invites visitors to explore identity, lived experience, and belonging—an underlying theme that connects the season's exhibitions and programs as the nation approaches its 250th anniversary of our independence.

Developed in partnership with the Maryland 250 and Talbot 250 Commissions, the season reflects a central idea: there is no single story of America, but many. Across its exhibitions and public programs, the Museum considers who is represented, whose stories are told, and how those narratives have been shaped over time.

At the center of the season is the Museum's featured exhibition, *Under the Mexican Sky: A Revolution in Modern Photography*, bringing together works by Edward Weston, Tina Modotti, Helen Levitt, Henri Cartier-Bresson, and Manuel Álvarez Bravo. The exhibition captures a pivotal moment of cultural exchange between the U.S. and Mexico—when artists redefined photography and their own perspectives through place and movement.

Extending these ideas, the season's additional exhibitions offer contemporary and emerging viewpoints. *The New Colossus: 2026 Teen Council Exhibition* (June 2 – August 9) presents a student-curated exploration of identity and belonging. *Lisa Elmaleh: Promised Land* (June 9 – August 9) examines the US–Mexico border through a contemporary photographic lens, while a special exhibition by Tawny Chatmon (June 5 – July 5) centers portraiture as a means of reclaiming narrative and visibility.

A defining part of the summer is Artist-in-Residence Esteban del Valle, whose collaboration with Talbot Mentors will culminate in a large-scale mural shaped by local voices and shared experiences—bringing these themes beyond the gallery and into the community.

On June 20, the Museum's annual Juneteenth celebration—in partnership with the Hill Community—brings together art, history, and community through music, talks, tours, and the unveiling of the mural.

Free and open to all, the Academy Art Museum invites visitors to experience art as a space for connection, reflection, and conversation. **academyartmuseum.org**



Edward Weston (Highland Park, Illinois, 1886 – 1958, Carmel-by-the-Sea, California), Rosa Covarrubias, 1926, vintage gelatin silver print, 9 x 6 ¾ inches. Collection of Michael Mattis and Judith Hochberg. Image © Center for Creative Photography, Arizona Board of Regents.



Edward Weston (Highland Park, Illinois, 1886 – 1958, Carmel-by-the-Sea, California), Valle de San Juan Teotihuacán (From the Summit of the Pyramid of the Sun), 1923, vintage gelatin silver print, 6 ¾ x 9 ¼ inches. Collection of Michael Mattis and Judith Hochberg. Image © Center for Creative Photography, Arizona Board of Regents.



Positive Childhood Experiences Help Kids Grow into Resilient Adults

For All Seasons is helping adults better support children so they can grow into resilient, emotionally healthy individuals. One way the agency is doing this is by teaching about Positive Childhood Experiences (PCEs).

For years, For All Seasons has educated the community about Adverse Childhood Experiences (ACEs) and how childhood trauma, such as food insecurity, poverty, violence, neglect, incarceration, the death of a parent, or divorce, can impact long-term mental and physical health. According to Lauren Weber, Chief Strategy Officer, "When we train our community on Adverse Childhood Experiences, we focus on how trauma shapes long-term health. That matters, but it is only half the story. The 2019 Johns Hopkins research on Positive Childhood Experiences helped shift our thinking by showing how supportive relationships and environments can help children heal, grow, and become healthy adults. That is where real opportunity for change lives."

As a complement to ACEs, PCEs focus on the relationships and environments that help children feel safe, supported, and connected. The seven core PCEs include: being able to talk about feelings with family; having trusted adults who care; feeling supported by friends; experiencing a sense of belonging at school; receiving family support during difficult times; participating in community traditions; and feeling safe and protected at home.

Growth happens when children feel seen, safe, and supported. While adults cannot always prevent adversity, they can create positive experiences that change outcomes. Research shows that having a few trusted adults, outside of a parent, can significantly help young people overcome the effects of trauma.

"What's really important to remember is that even a child who has experienced trauma can become strong and resilient through the caring support of just one steady adult," Weber adds.

Recognizing that these experiences often happen beyond the home, For All Seasons' Center for Learning equips adults in youth-serving roles to strengthen them. Its new online course, Trauma-Informed and Resilience-Building Practices in Youth, is designed for parents, educators, faith leaders, and mentors, and will be released in May 2026.

To learn more or to schedule a PCEs training for your organization or group, visit **https://centerforlearning.forallseasonsinc.org/**.

For All Seasons Behavioral Health & Rape Crisis Center offers mental health services, victim and crisis support, and education and outreach in Maryland.







Easton Economic Development Corporation

The Easton EDC is dedicated to fostering sustainable economic growth, enhancing the quality of life, and preserving the unique character of Easton, Maryland. Since its founding, the Easton EDC has served as a catalyst for innovation and collaboration among businesses, local government, and community stakeholders.

At its core, economic development is defined by more than numbers and logistics; it is an ongoing process of serving those who call a place home by expanding the capacity of individuals, firms, and communities. Our overall goal is to increase the quality of life for our diverse populations in town, rather than just measuring standards of living. We achieve this by helping create a strong foundation of job creation and retention, comprehensive research of the region, and programming that fosters a sense of belonging for locals and visitors.

We support economic vitality through strategic initiatives that attract investment, promote entrepreneurship, and encourage responsible development. These efforts include championing the revitalization and preservation of our historic downtown through our Nationally Accredited Main Street Program and State Designated Arts & Entertainment District, supporting local industries, and promoting Easton as a premier destination to live, work, and visit.

We recognize that progress is not merely change for its own sake. Economic durability and vitality have room for improvement while honoring the originality and personality that make this town special. We achieve this through continued collaboration with community members, which supports our community's goals—whether they are short-term or long-term, large or small, Indigenous or non-Indigenous. By aligning our rural community values with economic opportunity, the Easton EDC plays a vital role in shaping a vibrant, resilient, and inclusive future for the town of Easton and its surrounding region.

EASTON ECONOMIC
DEVELOPMENT CORPORATION

11 S Harrison St Suite 201,
Easton, MD 21601
410-690-7348
eastonedc.com

Share a memory. Celebrate a life. Honor those we love and hold dear.

At Compass, we believe memories keep our loved ones close—whether they've passed or are still in our care. We invite you to honor someone special by sharing a photo and a meaningful memory that reflects their life, spirit, and the moments you cherish most.

To participate, simply select a favorite photo of your loved one and write a brief message or memory you'd like to share. Submissions can be sent via email to **hgreenwood@compassregionalhospice.org** or through our online form: **https://memorytribute.fillout.com/compass.**

Your story may be featured in our storytelling initiatives, including testimonials, newsletters, or social media, offering comfort, connection, and inspiration to others in our community. Each submission helps us celebrate the lives that have touched ours and ensures their memories continue to shine.

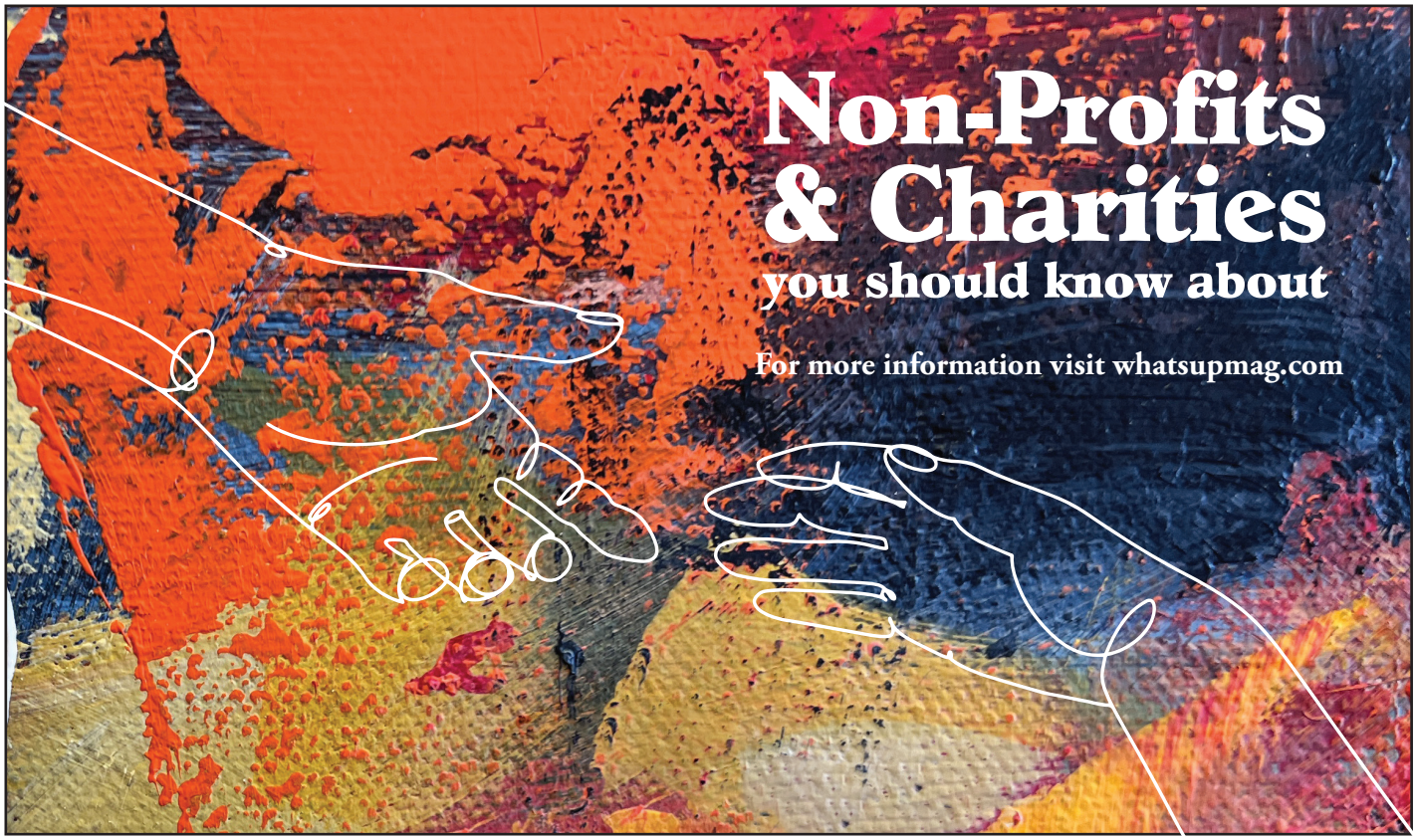
Thank you for allowing us to honor your loved one and for being part of a community that values remembrance, compassion, and connection.



COMPASS

160 Coursevall Drive
Centreville, MD
443-262-4100

Disclaimer: By submitting a photo and memory, you grant Compass permission to share your content for promotional, educational, and social media purposes.



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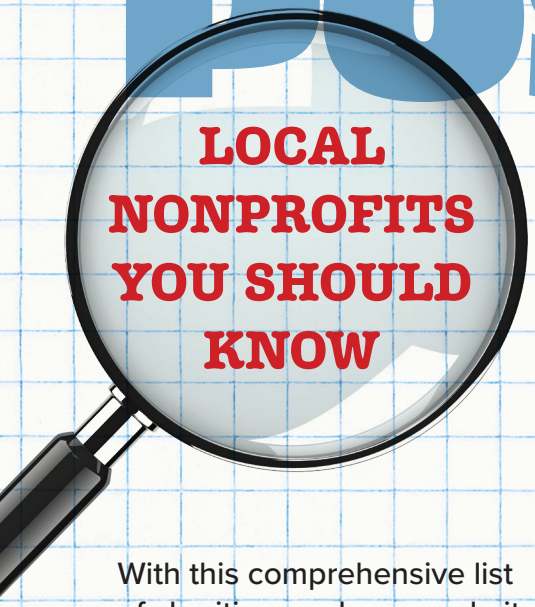

With this comprehensive list of charities, we have made it easy for you to map out your charitable agenda, whether you'd like to volunteer for a cause near and dear to you, join a community organization, or donate in other ways. Here are some of the many nonprofit organizations active throughout the Eastern Shore and beyond. Although we can't list them all, these are nonprofits you should know. And if you'd like to introduce us to one or more charities—to add to this growing list—please email: editor@whatsupmag.com. Also, check out the many events these nonprofits have scheduled in our Philanthropic Calendar both online and in this issue.

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.

Wild Ones Delmarva Eastern Shore and Delaware; delmarva.wildones.org; Promotes environmentally friendly, sound landscaping to preserve biodiversity through the preservation, restoration, and establishment of native plant communities.

DORCHESTER COUNTY

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

Cambridge Main Street Cambridge; downtowncambridge.org; Together we foster economic vitality, and preserve and promote our historic downtown, while enhancing a dynamic and inclusive city center.

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; friendsofblackwater.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; nanticokeriver.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.

Chester River Wellness Alliance Chestertown; crwell.org; Health and wellness services and education.

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

Chestertown Tea Party Festival Chestertown; chestertownteaparty.org; Provide a greater understanding of the area's history, which strengthens our local sense of identity and offers a meaningful perspective on our unique past.

Downtown Chestertown Association, Chestertown; downtownchestertown.org; Dedicated to promoting businesses and professional services in and around Chestertown through activities that encourage residents and tourists to visit and shop locally.

Eastern Shore Rabbit Rescue and Education Center Rock Hall; 410-639-7535; esrrec.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.

The Friends of the Kent County Public Library Chestertown; friendsofthekcpl.org; Supports the Kent County Public Library and promotes literacy and love of reading in the community.

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.

Main Street Historic Chestertown Chestertown; mainstreetchestertown.org; Dedicated to preserving, enhancing, and promoting historic downtown Chestertown.

The Mainstay Rock Hall; mainstayrockhall.org; Nonprofit live music venue dedicated to presenting a calendar of high quality, year-round concert events.

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; Enables people like you to establish charitable funds or donate to a cause you support.

Chesterwye Center Grasonville; 410-827-7048; 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; Creates and presents quality performances and educational opportunities for members of our diverse community.

Compass Regional Hospice Centreville; 443-262-4100; compassregionalhospice.org; Provides comprehensive, professional, and compassionate end-of-life care and bereavement support.

Crossroads Community, Inc. Centreville; 410-758-3050; ccinconline.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; 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; · 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; Provides summer learning programs designed to provide academic support and meaningful enrichment to under-resourced elementary and middle school children.

The Jacob Sloan Foundation Stevensville; jacobsloanfoundation.com; Provides financial support to children and families in need, the arts, athletics, and communities that need assistance.

Kinera Foundation Stevensville; 443-249-3126; 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; Providing opportunities to expand leadership abilities and resources to people interested in the future of Maryland agriculture.

Lotz of Loyalty Stevensville; lotzofloyalty.org; Provide trained support dogs to veterans, first responders, and gold star families, creating life-changing bonds that bring strength, peace, and hope.

Not My Child Queen Anne's County; notmychildinc.org; Provide access and unwavering support for individuals in recovery and their families by empowering individuals through education, training, and employment opportunities, while also offering resources and guidance for families navigating the challenges of a loved one's substance use disorder.

Plastic Free QAC Grasonville; 301-275-2966; 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; 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; 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; Works to promote, expand, and sustain the arts in Queen Anne's County.

Queen Anne's County Legacy Foundation Centreville; qaclf.org; Fosters quality of life and economic development for residents of historic Centreville, Queen Anne's County, and the Eastern Shore through cultural, historical, and educational programs and events.

Queen Anne's County Mental Health Committee Queenstown; qacmhc.org; Supports those members of our community who need assistance coping with mental illness.

Saving Future Feral Cats Queen Anne's County; savingfutureferalcats.org; Dedicated to reducing the overpopulation and suffering of abandoned cats.

Sudlersville Ruritan Club Sudlersville; facebook.com/p/Sudlersville-Ruritan-Club-61565162647883; Civic service organization whose purpose is to create a better understanding between people through volunteer community service.

Talisman Therapeutic Riding Grasonville; 443-239-9400; 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.

Tides of Grace Centreville; 410-924-7744; tidesofgraceinc.org; Mission is to cultivate a community grounded in kindness and compassion, foster connections, and build bridges of empathy, creating a welcoming environment where every individual feels valued and supported.

Wye River Beekeepers Queen Anne's County; wyeriverbeekeepers.org; Serves beekeepers in Caroline, Dorchester, Kent, Queen Anne's, and Talbot Counties and adjoining areas.

TALBOT COUNTY

Academy Art Museum Easton; 410-822-2787; 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; Provides diversified arts and education programs on the Eastern Shore.

CASA of the Mid Shore Easton; 410-822-2866; 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; Offers prevention programs and psychiatric rehabilitation services to youth and adults.

Chase Brexton Easton; 410-837-2050; chasebrexton.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; 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 Film Festival Easton; chesapeakefilmfestival.com; It is the mission of the Chesapeake Film Festival to entertain, enrich and inspire by bringing the finest in film to the Chesapeake Bay area.

Chesapeake Music, Inc. Easton; 410-819-0380; chesapeakemusic.org; Brings world-class 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; 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; Promotes wellness and recovery by empowering individuals with mental health needs to reach their full potential.

Christmas in St. Michaels St. Michaels; christmasinstmichaels.org; Provide resources to help local nonprofit groups enhance the quality of life for the residents of the Bay Hundred community.

Critchlow Adkins Children's Centers Easton; 410-822-8061; 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; Provides quality and affordable care to seniors in a comfortable home-like setting.

Eastern Shore Land Conservancy Easton; 410-690-4603; 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.

Easton Economic Development Corporation Easton; eastonedc.com; Fosters economic vitality and community development by encouraging investment, promoting tourism, and positioning Easton, Maryland, as a premier destination to live, work, visit, and do business.

Environmental Concern Inc. Easton; 410-745-9620; 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; 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; forallseasonsinc.org; Recognizes and responds to community needs in regards to mental health and sexual assault.

Freedom Rowers Easton; 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; oldwyemill.org; Owns and operates the Wye Grist Mill, established in 1682.

Habitat for Humanity Choptank Trappe; 410-476-3204; 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; Preserves, communicates, and celebrates the heritage of Talbot County by educating residents and visitors.

Leadership Maryland Easton; 410-841-2101; 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; Supports and encourages quality health care and medical services in the Talbot County community through University of Maryland Memorial Hospital at Easton.

Mid-Atlantic Symphony Orchestra, Easton; midatlanticsymphony.org; Provide the Delmarva and surrounding regions with access to classical music performed by a professional symphony orchestra.

Mid-Shore Community Mediation Center Easton; 410-820-5553; midshoremediation.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.

Partners in Care Maryland Easton; partnersincare.org; Coordinates essential support like rides to medical or personal appointments, handyman help, and meaningful companionship—tailored to help older adults remain independent and involved in this local community.

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.

Plein Air Easton Easton; pleinaireaston.com; Largest and most prestigious juried plein air painting competition in the United States.

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.

Society of St. Vincent de Paul Easton; 410-770-4505; svdpeastonmd.org; Provides assistance to families in need including: food, financial help, clothing, housewares and furniture. Food Pantry provides groceries, twice weekly, advisors assist those needing rent, utility, and other assistance. Great bargains via Thrift Store, including clothing, a beautique, furniture and housewares.

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.

St. Michaels Youth & Law Enforcement (SMYLE) St. Michaels; stmichaelscc.org; Provides community service and drug/alcohol abuse prevention programs to the youth in our 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 County Free Library Easton; tcfl.org; Connects our community to ideas and information to enrich and renew lives.

Talbot County Garden Club Easton; talbotcountygc.org; Enriches the natural beauty of the environment by sharing knowledge of gardening, fostering the art of flower arranging, maintaining civic projects, supporting projects that benefit Talbot County, and encouraging the conservation of natural resources.

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; morethanagym@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.

Learn about many more nonprofits based on the Western Shore by visiting whatsupmag.com and clicking on "Digital Editions" to read the digital May 2026 issue of *What's Up? Annapolis.*

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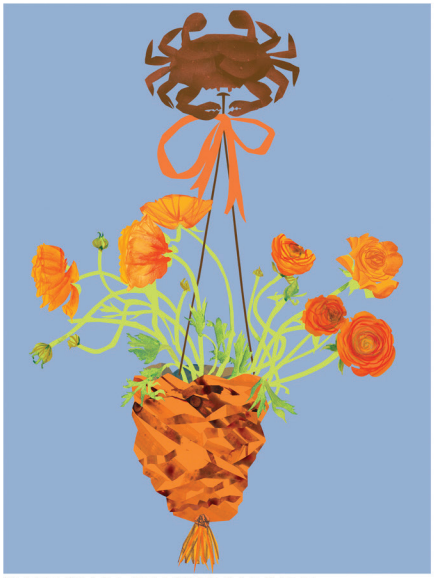

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Home & Garden

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Suburban Take on Modern Luxury

PG. 78

Photography by Eric Tate


Miele

Suburban Take on Modern Luxury

By Lisa J. Gotto

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

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

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

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

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

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

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

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



Photography by Eric Tate

THE MAIN LEVEL

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

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

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





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

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

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

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

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

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

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







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







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

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

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

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

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



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

"And she replied, 'Mission accomplished.'"



UPSTAIRS, DOWNSTAIRS

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

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

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







Image courtesy of perigold.com

Channeling Your Inner Bayside Vibes

By Lisa J. Gotto

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

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



TRENDING WATER TABLE

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

SHINE TO SHORE

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





BURSTS OF AIRY BLUE

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

TIDAL TREASURE

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





COMFORT & COLOR

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



MULTI-TONED & MODERN

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

WHEN YOU GOT MAIL

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



Respite In Frenzied Times

CREATING A MEDITATION GARDEN

By Janice F. Booth

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

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





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

◆ The 4 elements to incorporate into our meditation gardens are: **earth**, **wind**, **fire**, and **water**.

◆ Choose or create an area that is **quiet**, **shady**, and **private**.

◆ Include focal points in our plan: a Buddha, a fountain, a statue, or other item that will invite us to rest our eyes, linger a while.

◆ Keep it simple; the design should be **low maintenance**. We don't want to feel guilty about stray weeds when our minds should be at ease.

◆ For **privacy**, a grouping of shrubs or a screen, perhaps of bamboo, will be needed. (Do not plant bamboo in your garden. Its rhizomes/roots will choke out everything in its path.) Here's where you can impress your friends and landscaper: When you discuss your plan for the meditation garden, reference the "Law of Significant Enclosure." That "law" asserts that a cozy space will have walls/privacy barriers that are 1/3 of the height of the horizontal/length of the space. So, a 12' long meditation garden would need privacy walls approximately 4' high.

◆ **Seating**. Traditional meditation gardens often have raised platforms where one sits (ideally cross-legged.) Instead of the yoga position, a comfortable, small bench may suit. (Avoid seating that appears to invite more than one person.)

◆ **Paths** are lovely, usually curved. If your garden permits, add a simple path of pebbles, flagstone, or wood chips.

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

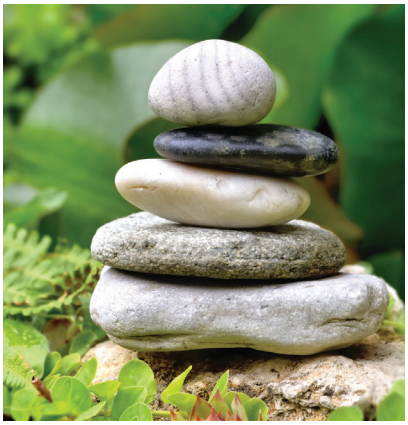
Incorporating the 4 elements:

◆ **Earth:** this may be the soil among the plants or fine gravel on the path. Building a cairn as a focal point, earth as stone, is another beautiful option.

◆ **Wind:** windchimes are lovely ways to honor the wind or breezes. You'll want to carefully select for sound quality and volume. The same will be true if you choose to suspend a grouping of bells.

◆ **Fire:** there are so many interesting light sources appropriate for a meditative space. Candles, scented or plain, lanterns, solar torches, or even a fire pit—though I fear that's a bit too much of an activity rather than a simple point of focus.

◆ **Water:** a small fountain can serve as a focal point in a meditation garden. A simple shallow bowl of still water is lovely too. The Japanese see bridges as water elements. A bridge symbolizes passages and unification. The bridge need not cross water; it can simply be a lovely feature to contemplate.



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

◆ **Fragrant plants:** planting lavender or jasmine is ideal, but they require quite a bit of sun. If your meditation garden is shaded, these dears won't flourish.

◆ **Incense:** keep a water-tight container with matches and incense sticks. Set one stick into the sand or earth and let it burn down. In addition to the relaxing scent, its burning can serve as a timer: You'll meditate until the incense stick has burnt down. (We have to train ourselves to slow down.)

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

◆ Cover the seating with a tarp or sleeve or keep the cushions indoors until needed.

◆ Keep a small hand brush or broom nearby to remove the leaves that might gather, and a mid-size basket that can hold your sweepings. The trick is to avoid having to run around doing housekeeping when you want to meditate.

◆... and that's all the maintenance you'll need.



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

◆ Usually, we buy bonsai that have been trained for 3–5 years; that means the roots and branches have been pruned to create a specific formation.

◆ Bonsai are grown in pots or bowls, usually simple in form and colors.

◆ The tree or shrub will be comfortable outdoors in your meditation garden, as long as the temperature is above 40 degrees F. It will need 4–6 hours a day of sun and/or diffused light.

◆ Moisture is important. If you have a fountain, place the bonsai nearby or set the bonsai on a bed of damp pebbles. Remember to watch that the pebbles remain damp. Water your bonsai when the soil feels dry. (You might check that the drainage holes in the bonsai pot are clear.)

◆ Finally, the most popular types of bonsai include: Chinese elm, Bristlecone pine, Dawn Redwood, Jade, Beech, Azalea

You may find your bonsai becomes a sweet focus point for your meditations. And, before too long, meditating may become an essential part of your time in your garden.







Gracious Entertaining Potential

By Lisa J. Gotto

Exquisite Bay Bridge views are just one of the outstanding features of this 3,700-square-foot traditional coastal home in Queen Anne's County.

The entire property, located on one and a half acres, has a west-facing orientation providing for a natural light show almost every evening with the sunset.

Primary Structure Built: 1999

Sold For: $2,055,000

Original List Price: $2,695,000

Bedrooms: 5

Baths: 3

Living Space: 3,732 Sq. Ft.

Lot Size: 1.53 acres





Inside, the home has been well maintained and offers a welcoming front porch and large bright entry with warm hardwood floors flowing forward to the home's two-story great room. Water-facing and exceptionally well-appointed with attractive wood trim and molding treatments, this space also features an attractive double-sided fireplace wall.

This great gathering space opens on either side. To the south for the dining room; a large space with its own great views and then into the light and bright kitchen. All white wood cabinets and a handy center island are complemented with an all stainless steel appliance package and a rustic ceramic tile floor. There are several good spots to sit and enjoy a meal or snack nearby including the sunny breakfast nook and a refreshing water-facing sunroom with a huge picture window that overlooks the property's pool and patio area. The entire main-level layout provides the setting for the perfect social gathering with its inviting take on indoor/outdoor living.







Also conveniently located on the main level is a large bedroom with full bath and a generous family room located off the great room.

The second level is where you'll find the home's spacious primary suite with its outstanding waterfront view. And those sunsets are even more vibrant when you're enjoying them from the spacious private deck off the bedroom, Hardwood floors, an accent wall of built-ins and an en suite bath with dual vanity and water views complete a peaceful escape for the homeowner at the end of the day.

This floor offers three additional bedrooms, another with a water view, that share a bath on this level. Outside, the home has a spacious, water-facing deck off the back and an attractive, in-ground saltwater pool and patio that overlooks the property's private pier with boat lift and a lower level conveyance for paddle boards and kayaks.









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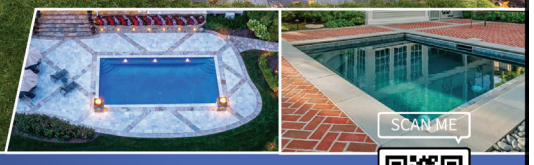

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Curating Country Tranquility

By Lisa J. Gotto

The origins of this historic three-bedroom farmhouse property date back to 1850. Situated on 32 peaceful acres in Goldsboro, this residence speaks to the love of a bucolic lifestyle.

"This has always been a dream of my clients—owning a farm," says buyer's agent, Lona Sue Todd of Taylor Properties. "Now they're excited to start creating family memories and hosting special events for years to come. I'm so happy to be part of this journey."

Primary Structure Built: 1850

Sold For: $804,000

Original List Price: $799,000

Bedrooms: 3

Baths: 2 Full

Living Space: 2,160 Sq. Ft.

Lot Size: 32.5 acres











The 2,160-square-foot main house has maintained much of its character over the years but also benefits from thoughtful upgrades along the way that provide the perfect blend of modern comforts with traditional charm.

Inside, the home features a large modern kitchen with an abundance all-white wood cabinetry, and handsome dark wood floors. The space benefits from the utility of all stainless steel appliances and a large, granite-topped center island with breakfast seating for four. There's also additional space to accommodate a large dining table and chairs.

Convenient laundry facilities are also located close, in the main level full bath. This room features a large, glass shower with attractive subway tile surround. Barndoor-style hardware accents add charm to this room's neutral palette.

Located off the kitchen there's a huge, bright living room with a brick fireplace wall accent and easy access to the home's attractive back deck.

All of the home's three roomy bedrooms are located on the upper floor. All feature a calming, neutral color palette and share a handsome full bath with tub and a shower with dramatic, earth-toned tile.

Outside, this property's serene setting is enhanced by tree-lined views, side yards, and plenty of room for gardening or outdoor projects. There are also 14 acres ready for row crops and the balance of its acreage in woods is ideal for a variety of outdoorsy pursuits including hunting and observing the natural world.

Additional outbuildings on the property include a large, detached shop with three garage doors and a heated and cooled side room which makes a great space for entertainment, an office, or extra storage.





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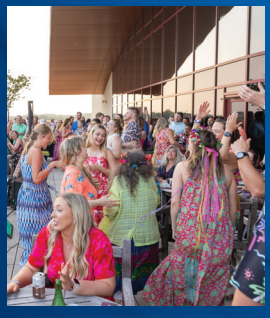





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98 WHY GLP-1S WORK FOR MANY PATIENTS

100 DON'T LIKE THIS

102 5 YOGA POSES TO FIX 5 COMMON PROBLEMS





CONSIDER HOW GLP-1S WORK:

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

Why GLP-1s Work for Many Patients

BUT NOT ALL

By Dylan Roche

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

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

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

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

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

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

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

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

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

Healthy Hair, Courtesy Tretinoin Cream

By Dylan Roche

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



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

WHY IS TRETINOIN GOOD FOR SKIN?

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

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

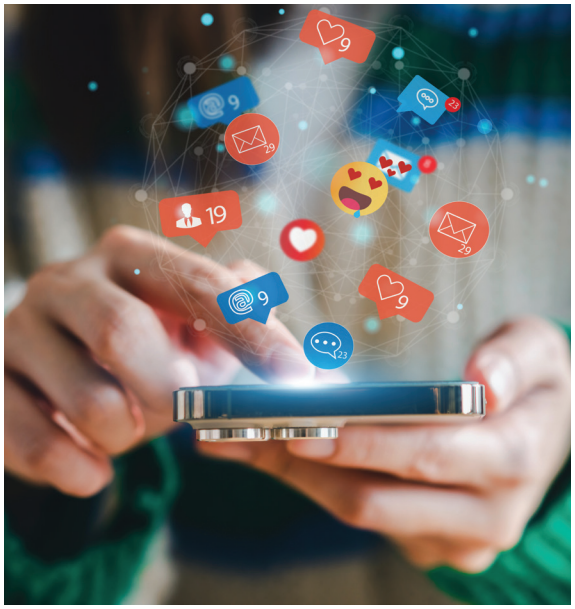
Minoxidil can be effective on its own, but with tretinoin increasing the blood flow to the scalp, the minoxidil penetrates the skin and is absorbed up to three times as well. Applying both products together once a day could be more effective than using minoxidil twice a day—something that would be a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

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

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

WHAT ELSE SHOULD I KNOW ABOUT TRETINOIN FOR SCALP HEALTH?

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



Don't Like This

SOCIAL MEDIA USE TAKES A TOLL ON TEENAGERS—BUT YOU CAN KEEP IT UNDER CONTROL

By Dylan Roche

Every parent wants their kid to be healthy—not just physically but also mentally and emotionally. Unfortunately, one of the bigger threats to their mental-emotional health might be something that is constantly in their life. It's their phone, and the access it provides to social media.

Now, it's important not to demonize social media, according to Dorian Johnson, a public health educator specializing in adolescent health. In fact, it's on social media that Johnson shares insight for parents under the handle @thephuncle on Instagram and TikTok. And he knows social media *can* have its benefits for teens.

"Social media isn't inherently evil," he says. "There are spaces and places that affirm ideas and celebrate talents and interests. Amplifying that is great, especially if they don't have community that celebrates those interests in person."

Socializing on an online platform can be fun—but as with an in-person social interaction, online social interaction be negative. Couple that with the fact that social media is often inescapable and its algorithms reward the content that gets the biggest reactions (more on those points in just a second) and you've got an environment that sets kids up for all kinds of mental health problems.

If you're trying to understand why social media can be so harmful for a young person, here are four crucial points to keep in mind:

Teen brains are still forming. The prefrontal cortex, which handles everything from judgement to emotional regulation, doesn't fully mature until a person is in their mid-20s. A teen's dopamine reward system is also highly sensitive, so they thrive off little rushes of excitement that adults wouldn't care as much about.

Now consider how social media works:

- Likes, views, and comments trigger dopamine spikes similar to gambling
- Those likes, views, and comments are often unpredictable and out of your control—but still highly addictive
- This creates an impulsive desire to seek those dopamine spikes, even in the form of constant checking, which teens are neurologically less able to self-regulate

Social media is often built for social comparison. Most adults can remember the pressure of trying to fit in when they were teenagers, constantly asking themselves, "How do I rank socially? Am I cool enough?" Social media forces them to be ranking themselves 24/7. Their algorithms feed them a distorted reality of people who are attractive, popular, successful, and wealthy. Teens start to compare themselves to the people they see on social media, which can lead to: Anxiety, Depression, Body dysmorphia, Perfectionism

Added to all this: They base their self-worth on the engagement they receive on social media. They see what they post as an extension of themselves—if their friends don't like their photo or their video, it's seen as a reflection that their friends don't like them.

"Social media is more nuanced for teens than adults. There's pressures and dramas," Johnson says. "Some posts are deeper than posts. Streaks? Commenting on others posts when you said you wouldn't? Not tagging someone but tagging others in a photo? These are concerns and they can harm feelings of self-worth."

Their ability to form their identity is outsourced to others. Adolescence is a time for young people to figure out who they are—this often requires making mistakes, changing their minds, or trying something new. A digital environment is one where they're constantly on display and being scrutinized.

"Social media has created environments where the mistake of one person is now shared with many others," says Kevin Greene, a psychotherapist who works with teenagers. "For example, a 14-year-old might say something online in a group chat that gets them in trouble, whereas in the past it would have been in a small group of friends in person. Because it is online, it likely was sent to a lot of people and can easily be shared. What has unfortunately become common are arguments between two people becoming an issue for an entire friend group, leading to too much toxicity."

HOW TO MAKE SOCIAL MEDIA WORK

Remember though: Social media isn't all bad. It's all in how it's being used—and it's completely possible for young people to use social media in a way that's productive and healthy. It's why many people, teens included, continue to use it.

"I think using it to share news and experiences, and to communicate is fine and the proper purpose for social media," Greene says. "I have met with teens who would give up their accounts if it didn't mean being left out of plans for things."

Consider these tips for helping teens develop a relationship with social media that's good for their mental and emotional health:

1. Wait until they're a little bit older. Every parent has to make the decision for themselves when is an appropriate age for their kid to access social media, but most experts agree 14 is the absolute youngest. By the time they're in high school, they'll have had a chance to form their identity and learn to regulate their emotions.

2. Focus on rules, not lectures. Lecturing your teen about the detriments of social media rids them of the autonomy they seek at this age, which can make it even harder for you to discourage use. Instead, give them structure, such as phone-free bedrooms at night, time limits on pointless scrolling, and tech-free meals or homework sessions.

3. Explain the algorithm to them. When teens use social media, they should understand that the content they're being shown isn't random and neutral. Content that makes people feel angry or insecure tends to have better engagement. When they understand this, they're less likely to draw comparisons ("Why don't I look like that?" or "That's not what I think!") and possibly less likely to be interested in what they're seeing ("It's all just rage bait.").

4. Encourage offline sources of self-worth. The best diversion to social media is a fulfilling life offline. When they're enjoying themselves in the real world, they'll be less likely to spend mindless time on socials. And when they *do* log onto social media, it won't be their only perception of the world. They'll have a better perception of their own self-worth thanks to sports, music, art, work, volunteering, and in-person friendships.

DON'T EXPECT THE SOCIAL MEDIA COMPANIES TO PARENT FOR YOU

You might have heard some buzz that social media companies want to put guardrails in place to keep young users safe, either because of legislation or moral obligation.

But is there anything significant social media companies can actually do? "I personally don't believe so, and things can be so much better for youth and we shouldn't have to wait for things to get worse for it to happen," Johnson says "Instagram Teen versions exist, but I'm not clear on how it works in practice. If anything, it does shift from blaming teens from being on social media too much to a bigger issue for tech and apps to do better."

Greene is an emphatic no, pointing to the assessment that a user's well-being will never be the priority for these social media platforms. "The companies want to get as much information about their users as they can to help with ads and new products to generate revenues. Their core interests are not aligned with safeguards."





5 Yoga Poses to Fix 5 Common Problems

By Dylan Roche

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

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

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

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

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

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

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

Food & Dining

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107 READERS' DINING GUIDE



Photography by Bill Whaley

From Dock to Dinner Table

By Sharon Harrington

Water, water everywhere is the view you see walking into the main dining area of The Narrows restaurant. The owners, Bo and Brenda Hardesty, built the restaurant in 1983 on the site of an old oyster shucking house in Grasonville. (Bo's granddaughter, Caroline, kindly shared with us during our visit a picture of the original building showing The Narrows erected on the same footprint.) The couple wisely let the surroundings dictate the build and finished their restaurant's interior with a soft gray and blue palette and touches of natural wood. Carefully curated nautical features adorn the walls creating a warm and welcoming ambiance.

In the restaurant's bio, the Hardesty family explains that they had two goals in mind when they opened the restaurant; to let diners view the busy life on the waterways (I love this subtle lesson in connecting the work of the waterman to the meal on your plate) and to showcase Eastern Shore food.

Let's see how they did.





THE NARROWS

3023 Kent Narrow Way S., Grasonville
410-827-8113 • thenarrowsrestaurant.com

Two signature items the Hardestys wanted to feature on their menu were the jumbo lump crab cake (for which they are famous) and fried green tomatoes, a cherished family recipe from Bo's mother. Traditionally, green tomatoes are gathered before the first frost, prepared with a buttermilk batter, fried, and served with a zesty sauce as accompaniment. Although more readily available in warmer months, they can still be sourced through a food purveyor.

My spouse and I were hungry but needed more time to peruse the menu, so we placed our appetizer order first and continued to browse. Our server, Taylor, offered knowledgeable suggestions about the menu and encouraged us to take our time. I started with the Fried Green Tomatoes, and my spouse ordered Clams Casino. Our server said that, for some reason, there had been a run on clams that day and the kitchen was currently out (although I was sorry we missed the clams it is good to know they are a crowd pleaser.)

The fried green tomatoes with dabs of lemon aioli arrived and were delicious. We each ate two and battled over the last one. With clams not available, my spouse chose the Oysters Rockefeller. Full disclosure, I am not the oyster eater in the family. I have the utmost respect for the man or woman who ate the first oyster; however, I do like to taste the oyster accompaniments be it a mignonette sauce or the more traditional spinach/hollandaise combo. Five plump oysters arrived garnished with a colorful spinach and tangy hollandaise topping. The spouse was pleased.

Photography by Bill Whaley





For our entrees we chose the Halibut and Petite Filet Mignon with a glass of Manu 23 Sauvignon Blanc from New Zealand to compliment the halibut. There are a variety of wine options for food pairings, and should you choose to go in another direction, signature cocktails and craft beer are offered. The halibut was a colorful presentation, a generous piece of white fish resting on orange, baked butternut squash in a saffron cream sauce with a little cap of micro greens. Crisp bright green beans finished the dish. The filet arrived in a rich mahogany colored au jus flanked by a haystack of crispy fried onions and whipped garlic potatoes. My steak was cooked perfectly.

There were so many things on the menu I would have liked to have tried. I watched a French Onion Soup go by with cheese dripping like molten lava down the side. You may not think French onion soup belongs in a seafood restaurant but just like the little black dress, a good French onion soup is always appropriate. I have a secret guilty pleasure of observing the food ordered by other patrons. The table nearest us had ordered the Crab Cakes. I watched golden puffy cakes land on their table and could not resist asking how it was, they replied "delicious." We were quite full but could not ignore the siren call of Cheesecake accented with raspberry sauce. The serving was very generous and easily shared.



For a rather chilly Sunday evening, the restaurant was very busy with couples, families, and a large group in the private dining room. The staff seemed very comfortable in their roles, service was smooth and polished. I think part of their secret, as shared by granddaughter Caroline, is the longevity of staff, that has created a feeling of family. The blurb in the menu mentions that the torch has been passed to the Hardesty daughters Kelly and Kate who continue the legacy of their parents but with a forward vision. They have expanded dining options with a new banquet room, and outdoor and fireside dining. Chef Matthew Cohey joined the restaurant family in 2007 and has guided the food experience with consistent and innovative menus. As we finished our meal, we experienced a lagniappe, (a-little something extra as they say in New Orleans)—a beautiful sunset over the water.

Additional amenities include: Complementary dock and dine; Happy Hour, Sunday through Thursday from 3 to 6 p.m.; and Tuesday is locals' night for Queen Anne's County residents from 4 p.m. to close.



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



Readers' Dining Guide

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

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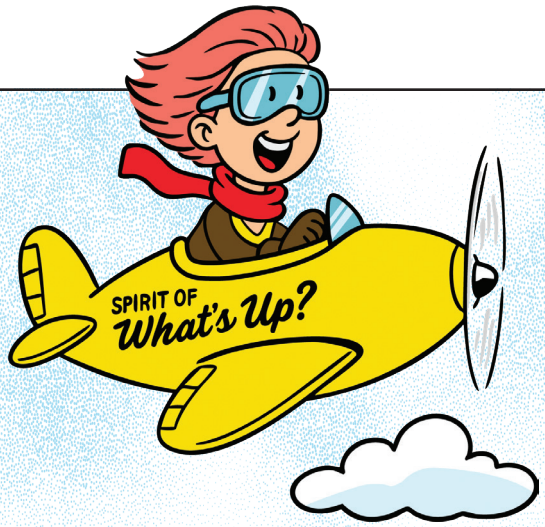

Where's Wilma?



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Our faithful, flying mascot Wilma has zipped into her 29th year of appearing within the pages of *What's Up? Media* magazines. Wilma loves to "fly" from town to town for shopping, dining, and visiting the best local businesses. And she's showing no signs of slowing down. Where will she land next? Here's how the contest works: Wilma appears next to three different ads in this magazine. When you spot her, write the names of the ads and their page numbers on the entry form online or mail in the form below and you'll be eligible to win. Only one entry per family. Good luck and don't forget to submit your restaurant review online at whatsupmag.com/promotions for another opportunity to win a prize.

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