

ROLAND PARK **news**

Quarterly from the Roland Park Community Foundation • Volume Ninety-Four • Fall 2024

**Blink of an Eye
Nonprofit**

*Hillside
Park
Update*

**Building Community
with Thread**



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For more information about editorial, advertising or distribution, please email magazine@rolandpark.org.

Roland Park News is published quarterly by the



5115B Roland Avenue, Baltimore, MD 21210
 Telephone: (410) 464-2533

Chair: Mary Page Michel
 Treasurer: John Kevin

Design & Production: DesignConcept
 Printer: Advance Printing, Inc.

Deadlines for copy, including announcements and calendar items, are February 1 for spring issue (March-May), May 1 for summer issue (June-August), August 1 for fall issue (September-November), and November 1 for winter issue (December-February).

Editor's Note

By Martha Marani

This note is almost always the last thing I write for the magazine. Part of the reason is that I'm a terrible procrastinator who is terrified of the blank page. After writing many, many of them during my involvement with the *Roland Park News*, though, it's become clear that it's best for me to wait until I've read the rest of the articles in an issue before forcing myself to begin. That's because—not to get too “woo-woo” about it—there usually seems to be a bit of magic at work when the idea for the editor's note comes to me. The articles—written by nearly 20 different people in this issue alone—often seem to have a thread running through them. This fall, that thread is community service.

From the cover story, which describes the vital work being done on behalf of people impacted by spinal cord injuries by Louise Phipps Senft's non-profit, *Blink of an Eye®*, to the well-deserved recognition of one of our most dedicated champions, Mary Page Michel, the fall issue is full of great examples of people helping others. Consider the 2nd graders at Gilman who stepped up for their injured classmate, the members of the One

Laker | One Love club at Boys' Latin, who are determined to spread the message about healthy relationships, and Friends' student teachers, who help their classmates improve their educational outcomes.

I encourage you to consider what you can do to serve the community in which we live. Volunteer for the Baltimore-based nonprofit Thread, which is boosting outcomes for young people and creating a more inclusive city for all. Join one of the Hillside Park committees and help shape what will be the largest park of its size created in the city in more than 100 years. Sign up for this fall's Baltimore Running Festival as part of RPEMS' "Race for the Future" running team, which raises funds that support academic and enrichment programs for RPEMS students. Answer Devra Kitterman's passionate call to action to make changes to help reverse the devastating effects of climate change. And, perhaps most importantly, vote on November 5.

In better words than mine, "Be the change you want to see in the world." *Mahatma Gandhi*

Enjoy the fall! ❖

Mary Page Michel: "Fundraiser and Friend Raiser"

Each year, the Olmsted Network presents awards to individuals and groups who have shown significant dedication to protecting and preserving William Law Olmsted's work, vision and values. In early August, the group announced its 2024 Award Winners, including our own Mary Page Michel, chair of the Community Foundation. Michel will be given a Certificate of Appreciation at the upcoming Olmsted Network conference.



Photo courtesy of Mary Page Michel

"For over a decade, Mary Page Michel has served as head of the Roland Park Community Foundation (RPCF), working to maintain and preserve Roland Park's original Olmsted Brothers vision. During her tenure, Michel has spearheaded three major projects, including the development of Hillside Park, a brand new 20-acre park inspired by Olmsted and his design principles. She has acted as a dedicated 'fundraiser and friend raiser,' raising significant funding for this 'once-in-a-lifetime opportunity to enhance greenspace in Baltimore,' the largest park expansion Baltimore has seen in over 100 years. Close to 95 percent of the purchase price has been raised, and Michel and the RPCF expect to close on the ambitious project this fall." ❖

The Story of Louise Phipps Senft and Blink of an Eye® Nonprofit

By Alhaji Mansaray

The Origin Story of Blink of an Eye®

When I sat down with Louise Phipps Senft, founder of the nonprofit Blink of an Eye®, her passion for her mission was palpable. The journey that led to the creation of this extraordinary organization is both heart-wrenching and inspiring.

Phipps Senft and her family have been residents of Roland Park for almost 40 years. In 2015, her son Archer, one of the family's five children, experienced a life-altering spinal cord injury (SCI) that turned their world upside down. "In a blink of an eye," she recounts, "our lives were changed forever." The feeling of being overwhelmed and helpless that accompanied this traumatic event was something she never wanted another family to endure.

Phipps Senft founded Blink of an Eye to provide the kind of support and hope she and her family received, as well as access to the best medical and expert information and resources that were sorely lacking or difficult to find during her family's time of need. The nonprofit aims to assist families with everything from creating a care team to paying medical expenses to being connected to best SCI rehabilitation centers. "I felt lost and alone with the medical silos and the complications at every turn of the SCI injury," she says, "and I vowed that no other family should have to do this by themselves." She adds, "Because of our amazing friends, faith community and neighbors in Roland Park, as well as all my children's coaches and school communities and my dear mediation clients from many walks of life, our family survived. But I know many families do not have the big family or community we have."

The Under-Researched Reality of Spinal Cord Injuries

Spinal cord injuries are an often-overlooked aspect of medical research and support. Acute high spine neck injuries are considered one of the most complicated medical injuries. According to the National Spinal Cord Injury Statistical Center, there are approximately 17,810 new SCI cases each year in the U.S. alone. Despite these numbers, only a small percentage of hospitals have specialized SCI units. A 2018 study found that fewer than 15 percent of hospitals in the U.S. are equipped to provide specialized care for SCI patients, and less than half of 1 percent have SCI expertise.



Phipps Senft is part of a rapid response HEAL Team for bedside support for newly injured SCI families in ICUs across the country. This is the McDermott family in Boston. Photos courtesy of Blink of an Eye

The lack of expertise and resources makes navigating the aftermath of an SCI incredibly challenging for families. Blink of an Eye is working to bridge this gap by providing critical support and advocacy for those affected.

Key Programs and Services Offered

Blink of an Eye is not just a nonprofit; it is a lifeline for families dealing with SCIs. One of the cornerstone services is the rapid-response HEAL Team, which travels nationwide to offer bedside support to patients and their families in intensive care units within the first days after an SCI. The team provides information and emotional comfort, helping families navigate the complex journey following an SCI. They provide vital bed wound prevention education, as well as information about what to anticipate in the hospital, and how to navigate with medical staff, raise funds, respond to their loved one and family at home, and gather their support team.



There are approximately 17,810 new SCI cases each year in the U.S.

Also vital are the organization's SCI Navigators, to whom the HEAL Team hands off each family, placing them in caring hands for 24/7 support. These are people who live with SCI, either themselves or through a family member, so they earn immediate trust. They are trained as family mediators and in trauma-informed support. They offer holistic—mental, emotional and physical—support. "Our navigators understand the journey," Phipps Senft explains, "and they provide a beacon of hope and practical guidance." Blink of an Eye is also a way for SCI Navigators to share their life

experience and give back. Families report their SCI Navigators kept them from slipping into depression and isolation, while helping them find resources they needed.

SCI Navigators are supported by a wrap-around team of prominent SCI medical experts, including local physicians Dr. Bizhan Aarabi at the R Adams Cowley Shock Trauma Center at the University of Maryland Medical Center, Dr. Cristina Sadowsky at the Kennedy Krieger Institute, Dr. Jamie Wright

BLINK OF AN EYE®

CONTINUED FROM PAGE 1

at the Johns Hopkins Hospital and Dr. Delia Chiamonte, an expert in complementary medicine, as well as SCI resource experts knowledgeable in everything from insurance appeals, to fundraising to pay medical bills, to ADA home renovations. “Our SCI Navigators and wrap-around team are well connected from their own life experiences to regional resources, and Blink of an Eye also has national partnerships with United Spinal Association [unitedspinal.org], New Mobility [newmobility.com] and Help Hope Live [helphopelive.org].”

The Vision for the Future

When asked about the future of Blink of an Eye, Phipps Senft’s eyes sparkled with determination. “We aim to bridge the gap for SCI injuries,” she responds. “We want to create a comprehensive trauma-informed Relational resource that addresses and provides support for the psychosocial, spiritual and practical needs for families and their friends for successful navigation of the first 30 days and year, and that addresses and provides best-in-class SCI medical and trauma-informed information for medical teams. I want to partner with a world-class medical institution to make this approach standard operating procedure for all SCI patients. I would love to see Baltimore as the beacon of this new Relational healthcare way for SCI.”

Through its new partnership with Shock Trauma, Blink of an Eye hopes to do just that.



Fewer than 15 percent of U.S. hospitals have equipment to provide specialized SCI care.

Phipps Senft envisions a future where Blink of an Eye has catalyzed and created a protocol of bedside HEAL Team support within days of injury, as well as a network of services with a personal SCI Navigator for families during the first 30 days of the crisis. To reach every family, she envisions a digital platform with best-in-class SCI information that is easy to access and understand, with short videos of real people giving expert practical tips and protocols. She and her team are working to design the *SCI PLAYBOOK* by and for SCI families, their friends and medical teams. It will include what to know, what to say and not say, what to ask for, how to treat the patient, how to raise funds, definitions of SCI medical terms, names of vendors and providers, and locations of the best SCI facilities. She is looking for funding and digital design experts now.

She smiles when I asked her about the Blink of an Eye Podcast (blinkofaneyeye.org/blinkofaneyepodcast), which is ranked the No. 2 SCI podcast by #Feedspot. “The podcast has been an amazing messaging arm for the nonprofit. But the real truth is, I love intimate conversations. As a mediator of over 30 years, I have witnessed the educational power and therapeutic benefit of personal storytelling. That is what the podcast is all about. It’s an intimate forum for others’ voices and life experiences, and I get the joy of also bringing on thoughtful expert guests. We cover trauma, chronic pain management, SCI surgical considerations, medical trials, integrative health and brain science, and spiritual health too...a bunch of cool things.” Phipps Senft pauses and smiles again, saying, “Even though it’s for SCI, the podcast is really for anyone experiencing a medical crisis or catastrophic life event and various ways to cope and thrive. If you haven’t yet listened in, you may want to.” You may also become a podcast sponsor.

I asked her about the next five years. “We have a long way to go, but we hope to have illuminated a deeper understanding of SCI with a nationwide message of the need for Relational trauma support for SCI families. The podcast and *SCI PLAYBOOK* will be how we deliver the message. I see that we will have created here in Baltimore a Relational healthcare ICU model for SCI families that is scalable and replicable. We want to light the way for others. We welcome readers to join in helping us be the go-to practical trauma resource for families facing acute SCI, and also for their friends who are trying to help, and their medical teams grappling with treating a very complicated medical injury, offering everything you need from medical information to emotional support, all with a compassionate understanding of the implications of shock and our human reaction to trauma on health and decision making in the first days and months of crisis.”

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Phipps Senft's message is clear: a life-changing event like an SCI does not signify the end of a fulfilling life. "Yes, there are challenges for sure," she acknowledges, "and there is hope and joy in creating and giving back. I just want to light the way for others. We are so grateful Archer is alive. People living with SCI can live happy, rewarding lives....when they have their village."

She emphasized the importance of preventing isolation and feelings of separation. "Everyone needs to know that they are not alone. There are resources, there is support, and there is a community ready to embrace you."

Blink of an Eye is a testament to the resilience of the human spirit and the power of community. Through their unwavering dedication, Phipps Senft and the Blink of an Eye team are transforming lives, one family at a time.

Phipps Senft is lighting the way for other SCI families. Her journey from a mother facing a life-altering crisis to the founder of a nonprofit dedicated to supporting families dealing with the trauma of acute high spine SCI is a story of courage, vision and activism. Blink of an Eye is more than just a nonprofit; it is a



The team is developing the SCI PLAYBOOK, which will include best-in-class information for families, friends and medical teams in the first hours, days and months of an SCI.

navigation flashlight for families facing the challenging journey of SCI survival and care, and navigating the medical maze and a life of spinal cord injury.

In the words of Phipps Senft herself, "A life-changing event isn't the end of the world. My grandmother always used to say, 'When one door closes, another one opens'. I laugh each time one of our SCI Navigators says that we are now members of a very elite club we never wanted to be members of. But it's true about life, you just never know what might happen to you. We are all on this journey together, spinal cord injured and able-bodied. We can help each other. With the right support, we all benefit."

Through Blink of an Eye, Phipps Senft and the team are on a mission to create an extraordinary experience for any recently injured SCI family,

ensuring that no family ever has to face the journey alone. Their work is a shining example of how one person's vision and determination can make a profound difference in the lives of many. ❖

For more information, visit BlinkofanEye.org.

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Community Building: Tom Hoen has Deep Roland Park Roots

By Kathy Hudson

The newly elected Civic League president is no stranger to Roland Park. Tom Hoen has lived here most of his life, first on Beechdale Road when growing up, and now on Falls Road Terrace, where he and his wife, Allison Barlow, raised two children.

Barlow is the longtime executive director of the Center for Indigenous Health at the Johns Hopkins Bloomberg School of Public Health. Their daughter Baiz works in New York in the podcast industry and spends evenings with an all-female improv troupe she co-founded. Penn, a recent college graduate, works as a researcher in a neuroscience lab in Tulsa, Oklahoma.

Hoen has spent most of his career in technology, founding or co-founding several companies and managing technology for others. "Almost all have been in the software-as-a-service space, mostly in the non-profit and education domain," says the boyish 60-year-old. He also spent time in financial services working in marketing and technology at the former Alex. Brown & Sons.

Many Roland Park residents may recognize Hoen as one of the affable bottled wine sellers at spring fundraisers for the Community

Foundation. He has served the community in other ways too.

KH: *What volunteer positions have you had in Roland Park?*

TH: I've served on the board of Civic League for the past four years. Prior to that, I was on the Roads & Maintenance committee. While my children were at Roland Park Elementary/Middle School, I was on the PTA in various capacities and helped to organize the additions to exterior and interior play spaces.



Hoen has lived in Roland Park most of his life.
Photo: Kathy Hudson

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In science class one day, I was dissecting owl pellets and I found three skulls, and a bunch of tibias and fibulas, and I found ribs. *It was not calming — but it was cool!*

I think it is important to try new things — because if you don't try something, you will always wonder what it was like.

— **Berkeley, Grade 1**



Hillside Park: An Update



By Mary Page Michel, Roland Park Community Foundation Chair

As we await the settlement for Hillside Park, lots of volunteers are working hard behind the scenes to get the park ready. Here are a couple of teams that are working away.

Legal Team

Attorneys and legal experts have been volunteering their time to create a new 501c3 organization called Hillside Park, LLC, which will oversee the operation, ongoing maintenance and construction of the new park. Maryland Nonprofits, a local organization that helps nonprofits to be successful, has been working with us over the past year to set up bylaws, and craft articles of incorporation and all the start-up documentation. A huge thank you to the volunteers on our team, who include Ken Rice, Chris McSherry, Davis Sherman, Cristin Lambros and Michael McCann, along with Kristopher Madore from Maryland Nonprofits. Please reach out to these folks with your thanks.

Marketing and Communications Team

Another team of stalwart volunteers has been working to provide all of the documentation and photographs for a new Hillside Park website. Martha Marani and Anne Stuzin, both major contributors to the Roland Park website (rolandpark.org), Instagram, Facebook and the *Roland Park News* over many years, have been gathering photos and histories to make the website welcoming, easy to use and informative. Work started by comparing web providers, selecting a firm, coordinating the supply of information and keeping us on track for this fall. This is not a small task so, again, if you can, reach out to them with your thanks.

Grant and Fundraising Group

The Community Foundation applied for multiple grants over the past year, and we have received grants from private foundations and government entities. We haven't received every one we applied for, but that is to be expected. Sara-Meadows Shawe and Barbara Aylesworth have been instrumental in creating a database and reaching out to grant contacts. Please give them some thanks too!

We have a number of folks who have volunteered to help with fundraising and, with settlement approaching soon, we plan to gather this fall. This group is just getting started as we have a lot of improvements that will need funding. If you want to help out, please email us at communityfoundation@rolandpark.org. No prior fundraising experience is necessary. If you care about the cause and can do research, write an essay or make a phone call, then you are the right person for this job.

Hillside Park Committee

Another group to highlight is the team that has been advising the Community Foundation on the Hillside Park project. The Hillside Park Committee has helped with fundraising, negotiations, strategy, contracts, trees, zoning, communications and the list goes on. We honestly could not have pulled off this crazy dream without every member of the team. Please reach out with thanks to the members of this amazing, dedicated group, who have all

stayed together over the past few years: Cara Kohler, Bob Connors, Hap Cooper, Claudia Diamond, Kathy Hudson, John Kevin, Ian Macfarlane, Andrew Marani, Chris McSherry, Ken Rice, Phil Spevak, Anne Stuzin, David Tufaro, Rita Walters and Eileen Toohey.

Roland Park Community Foundation

Finally, at the top of the list are the current Community Foundation board members who have contributed their expertise, time, energy and determination over so many years. In order to complete the purchase of Hillside Park, they have become experts in such varied disciplines, from real estate transactions and creating new parks to environmental remediation. Huge thanks to Allison Barlow, Bob Hearn, Bob Connors, Hap Cooper, Elizabeth Drigotas, John Kevin, Ian Macfarlane, Chris McSherry, Clare Miller and Tom Hoen as ex-officio.

As we look to the future, we will continue to need support to maintain and improve this wonderful community. We have kept a list of those interested in volunteering and we will need lots of help. If you haven't had a chance to offer your support, please email communityfoundation@rolandpark.org. We will do important work and have a whole lot of fun, and I would love to have you on the team. ❖

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Climate Change Extremes Are Here

By Devra He'ui Kitterman

An extraordinarily powerful storm came through Baltimore in early August, leaving downed and damaged large trees in its wake. Many Baltimore residents were affected by tree loss and damage to homes.

While I don't want to be overly repetitive, I want to emphasize again how important it is for each of us to evaluate our efforts to help reverse impacts of the rapidly occurring changes in our weather that made enjoying the outdoors a challenging (if not miserable) experience this summer. Worse, it has become dangerous for people who work outdoors.

As we suffered through months of extreme temperatures, the damage to trees and plants became obvious. Extreme heat exposure can stress plants, stunt development and cause plant mortality, which often results in reduced quality and quantity in the crops on which we depend. Fruit trees are particularly affected by wide temperature swings. Cattle, poultry and fish are all suffering from heat, drought, floods and extensive fires. Smoke from fires in the Pacific Northwest and Canada have affected the health of humans and animal life.

It is a real concern that too few of us and our leaders are calling for more direct action to reverse this dangerous warming trend.


Numerous studies have attributed the intensity, frequency and duration of heat extremes to human activity, finding, for example, that the Atlantic currents are being affected by increasingly warm waters and may cause even more severe weather changes by 2050 (see the article at [nature.com/articles](https://www.nature.com/articles) warning of a forthcoming collapse of the Atlantic meridional overturning circulation as a major tipping point in the climate system and of a future collapse having severe impacts on the North Atlantic).

Coordinated efforts to make behavioral changes are obviously going to need to be brought forth by governments. The very purpose of the government is to administer the treasure and needs of the people. Businesses, by their very nature, are not going to make any changes that affect their bottom line, and "greenwashing"—advertising or spin that deceptively uses green publicity to persuade the public that organizations, products, goals or policies are environmentally friendly—is rampant.


In the meantime, what can we do as individuals to try to help turn the tide of global warming and protect ourselves, our health, our food supply, our ecosystem and all the creatures that exist in that system? Create new, more mindful habits, which admittedly takes time and practice, like using reusable shopping bags (it took me two years for this to be a habit).

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Greater Roland Park Home Sales

(MAY – JULY 2024)

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4303 Wickford Rd.	\$ 469,000	\$ 501,500
4301 Wickford Rd.	\$ 484,900	\$ 522,000
4402 Roland Ave.	\$ 559,000	\$ 559,000
206 Oakdale Rd.	\$ 525,000	\$ 580,000
208 Longwood Rd.	\$ 685,000	\$ 670,000
4417 Wickford Rd.	\$ 695,000	\$ 695,000
4419 Wickford Rd.	\$ 695,000	\$ 700,000
4827 Keswick Rd.	\$ 695,000	\$ 737,000
835 W. University Pkwy.	\$ 829,000	\$ 820,000
4826 Roland Ave.	\$ 999,000	\$ 825,000
404 Hawthorne Rd.	\$ 874,500	\$ 850,000
103 Edgevale Rd.	\$ 840,000	\$ 850,000
1 Englewood Rd.	\$ 799,900	\$ 866,000
209 Club Rd.	\$ 885,000	\$ 885,000
205 Ridgewood Rd.	\$1,348,500	\$1,373,500

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Cylburn Celebrates 70 Years

By Brooke Fritz, Cylburn Arboretum Friends

As many of you might have read in the newspaper, we lost a dear friend at the end of May. A direct lightning strike felled Cylburn Arboretum’s beloved dawn redwood, prompting an outpouring of love and grief from supporters. For many of us, this tree was more than just a part of the landscape. It was a gathering place for families, a haven for wildlife and a silent witness to special moments—engagements, weddings, birthdays. The notable tree prompted awe in our visitors and served as a natural landmark within our arboretum.

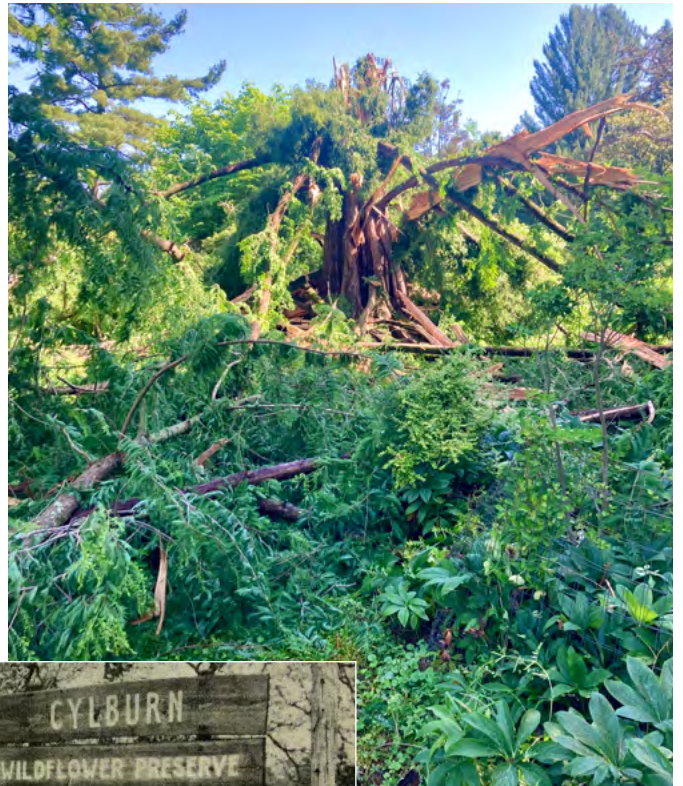
While the loss of this magnificent tree is deeply felt, we have been heartened by the way it has continued to bring people together. As an arboretum, we plant trees for so many different reasons—to demonstrate horticultural significance, for educational display, to collect and conserve our region’s biodiversity. Our dawn redwood reminded us that we also plant for beauty. After all, what better way could there be to inspire a love of nature and of this place? In the coming seasons, we will be formulating a plan to give the space new life. In the meantime, we deeply appreciate you and the pictures you have shared, the suggestions you have made and the support you have shown.

A strong Cylburn community is particularly important this year as we celebrate our 70th anniversary. Seven decades after the formal establishment of our Cylburn Arboretum Friends (CAF) group, we are grateful for each person who has played a role in the arboretum’s long history and for everyone who supports our work today.

The Cylburn Park Project, as it was then known, started in May 1954 through the establishment of a steering committee led by Josephine Hunley (Federated Garden Clubs of Maryland) and Elizabeth Clark (Baltimore City Recreation and Parks). During that first year, the group obtained official approval from the city to use the Cylburn property as the Cylburn Wildflower Preserve and Garden Center. The purpose was twofold: to enable adults and youth to understand and enjoy the outdoors, and to preserve the existing natural beauty and facilities of “Cylburn Park”.

Since that time, CAF has preserved the original goals of the group while growing to include new stewardship and educational goals. As early as 1955, the steering committee noted a desire to convert the historic carriage house into a trail-side museum. In 2023, CAF opened the Nature Education Center in a renovated and expanded carriage house, honoring the intentions of our early founders. Even the purpose of the Nature Center remained consistent, not to create a destination but a learning launch point, a place to get visitors excited to explore our trails, grounds and gardens.

In 1960, a *Sunday Sun Magazine* article written by John C. Schmidt noted, “Baltimore City’s newest park—Cylburn—is a living museum of the flowers and shrubs of Maryland. On its



Cylburn’s iconic dawn redwood was felled by lightning in the spring.

Cylburn celebrates seven decades this year. Photos courtesy of CAF



shaded trails and open slopes can be seen nearly all the wildflowers native to the State, as well as some unusual ‘naturalized’ plants.” Today, the property remains

a living museum, with collections of boxwood (*Buxus*), dogwood (*Cornus*), false-cypress (*Chamaecyparis*), holly (*Ilex*), magnolia (*Magnolia*), maple (*Acer*), oak (*Quercus*), pine (*Pinus*) and spruce (*Picea*). In addition, with our focus on serving city residents, we have a unique Small Tree Collection designed to demonstrate to urban residents with smaller yards the appropriate types and arrangements of trees.

This year, as part of our 70th anniversary celebration, we initiated a project to reimagine multiple demonstration gardens, which were originally designed in the 1980s to showcase potential landscape solutions for city row houses. Knowing the importance of greenspaces and city stewardship, we are working with our partners, landscape architects and local garden clubs to revitalize five demonstration gardens to inspire a new generation of garden enthusiasts and proud city residents.

Looking forward, we hope you will join us at Cylburn for our anniversary lecture series this fall (join us on September 19 with Sonia Succar Ferré) or explore our new Nature Education Center. Every day, we work to live our tagline—Where Baltimore Grows—and we hope to be doing it for another 70 years. ❖

Cylburn Arboretum Friends (cylburn.org) is the non-profit organization that has been partnering with the City of Baltimore since 1954 to maintain the grounds and gardens at Cylburn. As a 501 (c)(3), nonprofit organization, it provides support and stewardship for Baltimore City’s Cylburn Arboretum as a place of natural beauty, tranquility, culture and learning, open to all.

"Go for the Gold, Success is the Standard" at RPEMS

By Karen Tong

Roland Park Elementary Middle School (RPEMS) is wrapping up a year of transition, and reflecting on successes and a bright future ahead.

It's an exciting time for the Roland Park Elementary Middle School (RPEMS) Rams as we begin another school year together. Scholars returned to school on August 26. Watch out for extra traffic and small pedestrians along Roland Avenue as we get back to our school routines. This year, you will see our scholars in the community wearing navy polos (pre-K through 5th grade and 8th grade), heather gray polos (6th grade) and yellow gold polos (7th grade), all with khaki bottoms. Our school opens for student breakfast at 7:40 am, with middle school scholars starting school at 8 am and elementary scholars at 8:10 am. Our Rams' school days end at 2:40 pm for middle school and 2:50 pm for elementary school.

Summer Successes

Our school community was active, learning and productive over



RPEMS scholars volunteered at a Back to School summer event. Photo courtesy of RPEMS

the summer. In July, some of our 7th and 8th graders traveled to Costa Rica on an incredible journey. They had a spectacular time exploring the culture, history and beauty of this extraordinary country. Two hundred elementary scholars took part in summer learning, enrichment and social skill-building programs through Springboard Collaborative, a key partner with City schools that delivers summer and after-school enrichment programs designed to support scholars struggling with reading. The school hired 16 new staff members and teachers. We completed our library renovations, with new furniture delivered this summer. The middle school gymnasium was updated with refinished flooring and a new divider added so the space can be better shared. The multipurpose room, home to our stage, received a makeover with paint, floor repairs and lighting improvements, thanks to the Roland Park Annual Fund (RPAF). Many hallways were repainted. The cafeteria also got some love, thanks to Roland Park Orthodontics. We appreciate the support and generosity of these supporters!

What's Next

Our theme for the school year is, "Go for the gold, success is the standard!" Our core values are community, integrity and innovation. These values are at the heart of everything we do. This marks our second year with Principal Brandon Pinkney. RPEMS will serve as a professional development school for our partner, Loyola University Maryland, hosting eight to 10 Loyola student interns.

The RPEMS PTA is organizing a school community night at an Orioles game on September 20. Look for our scholars there as the Rams cheer on the Birds. In October, our 6th graders will travel to NorthBay, the nation's largest outdoor education campus, in North East, Maryland, for camping and team building. And on October 31 at around 1 pm, our youngest scholars will participate in a Halloween parade down Roland Avenue to Eddie's of Roland Park as part of their fall festival, weather permitting. Our calendar of events is online at bit.ly/familycalendar2425.

How You Can Help the Rams

Our Back to School nights for parents and guardians are scheduled for September 10 (elementary) and 12 (middle school) from 5:30 to 7:30 pm. Community vendors who offer



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A Milestone Year for Bryn Mawr

This year marks a milestone for The Bryn Mawr School for Girls, which celebrates 140 years of excellence in teaching and learning. To honor this occasion, the school community will come together for a birthday party on Founders Day in late September.

Here's a glimpse into the rich history and traditions that have shaped Bryn Mawr's legacy:

1885. The Bryn Mawr School for Girls opens its doors as the first school in Baltimore dedicated to providing girls with a college preparatory education as rigorous as any boys' school.

1889. Emphasizing physical health, Bryn Mawr becomes the first school in the nation to hire a full-time doctor, Dr. Kate Campbell Hurd. Later, Dr. Mary Sherwood introduces a daily exercise program for students.

1901. The first Bryn Mawr vs. St. Timothy's School basketball game is played. The annual match up is believed to be the oldest continuous girls' high school competition in the nation.

1904. The inaugural Gym Drill features students marching and performing exercise routines and dances, much like Gym Drill today. (At the time, many people believed that girls shouldn't exercise—Bryn Mawr knew differently and wanted to showcase what students could do.)

1907. The Student Government is formed, fostering leadership and civic responsibility among students.

1912. In response to the global tuberculosis outbreak, open-air classrooms are created. Today, Bryn Mawr's campus includes multiple outdoor classrooms and green spaces.

1926. Physical education teacher Rosabelle Sinclair introduces girls' lacrosse to Bryn Mawr from England. The first interscholastic game is played in 1927, with Bryn Mawr defeating The Friends School of Baltimore 13-1.

1928. Bryn Mawr purchases its current campus on Melrose Avenue in Roland Park and begins the process of moving from the original building on Cathedral Street. The move to the new campus took five years and allowed students to use full-size athletic fields and brand new buildings.

1948. The first Bryn Mawr Bazaar is held to raise funds for the school. In 1987, it was combined with Gym Drill, becoming a beloved annual tradition.

1962. The Board of Managers votes that, beginning in the fall of 1963, all fully qualified applicants would be considered for admission to Bryn Mawr regardless of race.

1973. Bryn Mawr first partners with Gilman School to offer coordinated classes across both campuses. The partnership expanded to include Roland Park Country School (RPCS) in 1989.

1977. The Little School opens, providing co-educational childcare. Students who attend Little School all the way through graduation are affectionately known as "lififers".



The Gym Drill, first held in 1904, has evolved along with the school. Photo courtesy of Bryn Mawr

1991. Dayseye, the upper school choral group, performs the British and American national anthems at Memorial Stadium at an Orioles game attended by President George H.W. Bush and Queen Elizabeth.

2001. Pedestrian bridges are constructed to connect the expanded coordinated classes with Gilman and RPCS.

2015. The Upper School Innovation Lab opens, offering students hands-on learning in 3D printing, robotics and laser cutting.

2022. Bryn Mawr Online is launched, believed to be the first all-girls online high school, extending the school's mission and program to students around the world. ❖

For even more history of The Bryn Mawr School for Girls, please visit brynmawrschool.org



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RPCS Middle School Offers Increased Leadership Opportunities

By Melissa Tullys

In the second year of their leadership roles, Roland Park Country School (RPCS) Middle School Head Margaret Lofgren and Middle School Dean of Students Tiana Oguaman, an RPCS graduate, created and launched a plan that reimagined and revitalized the culture, curriculum and community of the middle school. With the faculty's support, they introduced a grade-specific thematic structure in the 2023/24 school year to help middle school students learn more about themselves, each other, and the RPCS and greater Baltimore communities

An important component of the evolving middle school student experience is the focus on leadership across all grades, with new and expanded opportunities for students to engage in a process of understanding and exploring what it means to lead for the greater good in the community and become agents of constructive change. Here are a few examples of these leadership initiatives.

Student-Run Committees and Events

Every middle school student had the opportunity to participate



The 8th Grade Capstone Project gives RPCS students the opportunity to learn more about a career in which they are interested. Photo courtesy of RPCS

in a grade-specific committee that was tasked with organizing a social event. These committees, consisting of 15 to 30 students per grade, developed, promoted, set up and ran one social event for the year. The 6th grade decided on a movie night, 7th grade planned a mixer and 8th grade organized a "red carpet" formal dance.

Wellness Leadership Workshops

The required Wellness Leadership Workshops are part of the middle school's introduction to the RPCS Gore Leadership Institute. This is a year-long program split into two parts: one semester focused on wellness and a second semester focused on leadership. Students are exposed to different leadership styles, and dive into important topics such as emotional intelligence, how to collaborate with people who have various leadership styles and strengths, and general wellness issues. Each grade's workshop curriculum was developed to align with that grade's theme.

Eighth Grade Capstone Project

Launched in the 2022/23 school year, the 8th Grade Capstone Project—part of the Gore Leadership Institute—gives RPCS students the opportunity to research a career field in which they are interested and then shadow a professional in that field to gain a real-world understanding of the job. "It is our aim that students come out of the program with increased confidence, new skills, a thirst for knowledge and a desire for more learning opportunities in 'the classroom of the world,'" says Sarah Morehead Pope, Gore Leadership Institute program coordinator.


Through these new leadership experiences, RPCS middle school students learn to align their decision making with actions that reflect intellectual acuity and emotional intelligence. Students, families and the faculty are excited to see how the middle school student experience continues to evolve in years to come.

To learn more about the elevated middle school experience at **RPCS**, visit rpcs.org/academics/middle-school ❖

Roland Park Country School (rpcs.org) believes that young women who build each other up will thrive. As an independent school in Baltimore for girls in grades K-12, the all-girls culture is rooted in the notion that female empowerment begins with young women empowering one another. This enables RPCS students to build courage and confidence in an environment where female leadership across all areas of study.

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Ten Years of One Love at Boys' Latin

By Joyce Barnett

Ten years ago, Boys' Latin became the first school in the country to pair with the One Love Foundation to establish a One Love Club. The foundation, created to honor the memory of Yeardeley Love, who tragically lost her life at the hands of her former boyfriend in 2010, seeks to educate young people on how to recognize unhealthy relationships and how to develop healthy ones. Sean Crowley, one of this year's four senior leaders, feels that "One Love is one of those special organizations that looks far beyond itself. The fact that an event so horrible and gruesome can end up bringing so much positivity to our world is quite profound. One Love stands for universal love and respect expressed for all people, regardless of race, creed or color. That is important, and that is why we do what we do." A flagship school, Boys' Latin has earned the One Love Foundation's highest honor: Hero School.

Director of Counseling Megan Kenney came to Boys' Latin from Notre Dame Prep, where she knew Love and was involved in the early stages of the foundation. She was teaching a course in psychology that included a unit on relationships when students Jack Pezzulla and David Modell, Class of 2016, approached her with the idea of creating a One Love Club. Both lacrosse players, Pezzulla and Modell had been active in fundraising events for the foundation. And so it began.

In the decade since its founding, the One Laker|One Love Club has grown into the largest club at Boys' Latin, with this year's roster at 70 to 75 students. Senior leader Ryan Kelly says, "Because of Megan Kenney, Boys' Latin was the first school in the country to have a One Love Club and that is something we take pride in." Kenney is quick to credit Pezzulla and Modell, saying that the club has always been student-driven.

The question at the forefront of the club's mission is "How do we teach our young people to be active bystanders?" The answer involves recognizing the signs of unhealthy relationships and striving to establish healthy ones. Creating collaborative partnerships and providing opportunities for healthy fun are key. An annual yoga night underscores the belief that "healthy relationships begin with a healthy you."

One Laker|One Love club activities extend far beyond the Boys' Latin campus and into the greater Baltimore community. One of the club's goals is to have an outward-facing event at least once a month. Ranging anywhere from bake sales to coed dodgeball and lacrosse games, and a dance, these activities bring together young people from multiple schools. During the last school year, club members were able to expand their outreach by teaching a series of healthy relationship lessons to Boys' Latin students in grades 5 through 8. Leader Trace Davanzo commented, "The mission of One Love is really important to us as a school and, throughout my years, has done an amazing job spreading awareness through all grades."

February is Teen Dating Violence Awareness Month. During February 2024, the club sponsored an assembly, a healthy Valentines program across all three divisions, Random Acts of



The One Laker|One Love Club is the largest club at Boys' Latin. Photo courtesy of Boys' Latin

Kindness and the Escalation Workshop for all juniors, as well as other daily activities. A screening of the film *Escalation* was offered to parents of juniors and was very well received.

In April each year, the school sets aside an entire day as One Laker | One Love Day. Students in kindergarten through 12th grade engage in age-appropriate activities throughout the day, which culminates with the entire Boys' Latin community of students, faculty and staff gathering on a field to create a human One Love logo for a photograph.

CONTINUED ON PAGE 17

Join us for
OPEN HOUSE
 Sunday, October 20

THE BOYS' LATIN
 SCHOOL OF MARYLAND
 WHERE EVERY BOY IS KNOWN

Building for the Future at Garrison Forest

It has been a busy few months at Garrison Forest School, with several building updates and enhancements happening across the 110-acre campus. While these renovations speak to ongoing efforts to build a modern, student-centered campus, it is also the physical representation of Garrison Forest's commitment to innovation and to continually adapting to best serve its students.

"As we look to the future, we see an opportunity to embrace our long tradition of excellence while building a campus and program that is comprehensive, innovative and poised to educate our students—of today and tomorrow," Head of School Chris Hughes says. "These updates will elevate the full Garrison Forest experience for our current students and for generations of Garrison students to come."

Each of these initiatives has been made possible through the generosity of Garrison Forest alumnae, which is a powerful statement about the present and future of the school and a clear demonstration of how impactful philanthropic support within the school community can be.

Modern Learning Spaces. In the most significant of updates, an upper school academic building is undergoing a total interior



An aerial view of the 110-acre campus shows updates and enhancements. Photo courtesy of Garrison Forest

renovation, including heating and air conditioning and new windows, to provide an elevated learning space for several upper school English and humanities classes, as well as the history and social sciences department.

Comfortable Spaces for Community Gatherings. Garrison Forest welcomes students from across the country and around the world as part of the Residential Life—or boarding—program. One of the renovation projects has created a Residential Life hub, with space to entertain and gather as a group. It features new flooring, lighting, comfortable seating, games and tables to study or work.

CONTINUED ON PAGE 17



Garrison Forest School

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Green Champions: Waldorf's Award-Winning Commitment to Sustainability

Tucked behind the natural gem that is Cylburn Arboretum lies a little green slice of Baltimore City, boasting four fruit groves, seven organic vegetable gardens, a rain garden, dye garden, pollinator garden, certified monarch way-station and wildlife habitat, thriving beehive, community chickens, and Baltimore's largest oak tree. This is not a hidden urban farm, it's the Waldorf School of Baltimore, one of just two schools in Maryland and 42 in the country to be honored with the 2024 U.S. Department of Education's Green Ribbon Schools Award.

"We are honored to be recognized on a national level. This award is a testament to our commitment to fostering environmentally conscious students who will grow into earth stewards and make a big impact on this world," says Executive Director Brenda Wolf Smith.

The Green Ribbon Schools initiative acknowledges schools for their achievements in three sustainability-focused pillars: reduced environmental impact and costs, improved health and wellness, and effective environmental and sustainability education. At Waldorf, which educates students from preschool through grade 8, students not only acquire knowledge but also develop a deep-rooted sense of responsibility for the planet, fostering a generation poised to shape a more sustainable future.

The school implements sustainable practices that includes a robust composting and recycling program that diverts 350 pounds of organic waste and recycles an estimated 4,000 pounds annually. Waldorf prioritizes outdoor learning and physical activity, offering Baltimore City's only exclusively outdoor kindergarten program. Students engage in multidisciplinary environmental and sustainability education through projects like tending and harvesting plants from the school's garden, foraging for snacks, composting scraps, packing zero-waste lunches and hosting a monthly community mending morning. This event, open to all, teaches skills needed to repair clothes and raises awareness about the environmental impact of the fast fashion industry.

Waldorf's dedication to sustainability and environmental education is not just an add-on but a fundamental aspect of



Waldorf's dedication to sustainability and environmental education is not just an add-on but a fundamental aspect of its ethos. Photos courtesy of Waldorf

its ethos. By integrating these values into every aspect of its curriculum and community activities, the school is cultivating a new generation of environmentally conscious citizens. As they learn and grow in this unique green environment, students are not only prepared for academic success but are also empowered to lead the charge in creating a healthier, more sustainable world. Being recognized as a Green Ribbon School is a fitting acknowledgement of the school's efforts and an inspiration for other educational institutions to create similar programs. ❖

The Waldorf School of Baltimore (waldorfschoolofbaltimore.org) is tucked behind Cylburn Arboretum at 4801 Tamarind Road. Their Children's Garden serves children 2.5 to 5 years of age. A Parent and Child Program is available for families of children 10 months through 3 years. The school also has elementary and middle school grades 1 through 8.

learn more

parent and child class ✨
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WALDORF SCHOOL OF BALTIMORE

Empowering Students Through Peer Leadership at Friends

At Friends School of Baltimore, leadership opportunities can be found throughout the three divisions. In the upper school, juniors and seniors who have excelled in a specific class and subject matter and who have an interest in helping underclassmen with their academic achievements have the option to apply for the Student Assistant Teachers (SAT) Program.

The program integrates peer support with academic mentorship, allowing students to assist others while being mentored by a faculty member. Established during the 2016/17 school year, the program was initially inspired by a similar initiative at the Science Leadership Academy in Philadelphia. Seeing the potential for success in the Friends community, a committee of faculty members was formed to develop the structure of the program, focusing on key components to match students with teaching roles aligned with their interests and strengths.

Students accepted into the SAT Program are paired with faculty who teach freshman and sophomore classes based on their availability and subject matter. This co-operating



Friends' student teachers are paired with faculty based on their availability and subject matter.
Photo courtesy of Friends

teacher acts as a mentor, making sure to properly prepare the students for their role in the classroom. The SATs help in diverse ways, depending on the needs of their specific classroom. They engage in creative classroom activities, help lead small and large group discussions, and provide built-in peer tutoring for students who may benefit from individualized attention. The SATs are required to attend their assigned class, meet with their co-operating teacher once a week to prepare for upcoming lessons and participate in once-per-cycle seminar meetings with fellow student teachers run by the upper school assistant principal. These meetings provide the opportunity to share their experiences, seek help in working through obstacles and receive further education on the teaching methods at Friends.

The SAT Program offers multifaceted benefits to students, teachers and the classroom environment. Having a teenage collaborator in the classroom introduces a fresh perspective, helping teachers understand how students may perceive and struggle with material. This insight can be invaluable for tailoring instruction to better meet students' needs. The presence of SATs also enables more specialized group work, allowing teachers to break classes down into smaller, more focused groups, which fosters a more collaborative and supportive learning environment. For student teachers, participation in the program challenges them to rise to the occasion, providing space for personal growth and leadership, as well as teacher-to-student and student-to-student mentoring, enriching the educational experience for all involved. The program also aligns with the Quaker educational philosophy, which emphasizes community-oriented learning and promotes equity, collaboration and reflective practices.

By nurturing student leadership and providing additional support, the SAT Program enhances educational outcomes and personal development. Upper School Assistant Principal Christine Konieczny notes the program's impact: "I love the academic leadership as well as personal and intellectual growth that this program nurtures in our students."

As the SAT Program continues to evolve, it exemplifies the effectiveness of innovative educational practices in building a collaborative and supportive learning community. ❖

Friends School of Baltimore (friendsbalt.org) is a private coeducational Quaker school founded in 1784 and serving students in Pre-K through 12th grade.



First Look @ Friends

Sept. 26, Oct. 24, Nov. 12, Dec. 11, 2024 and April 9, 2025

Friends School of Baltimore is a private, coeducational, Quaker school founded in 1784 serving students in Pre-K through 12th grade. During this open house event, hear from faculty and administrators about our curriculum and culture, tour our campus and classrooms, and engage with a student panel to learn more about why we love Friends School.

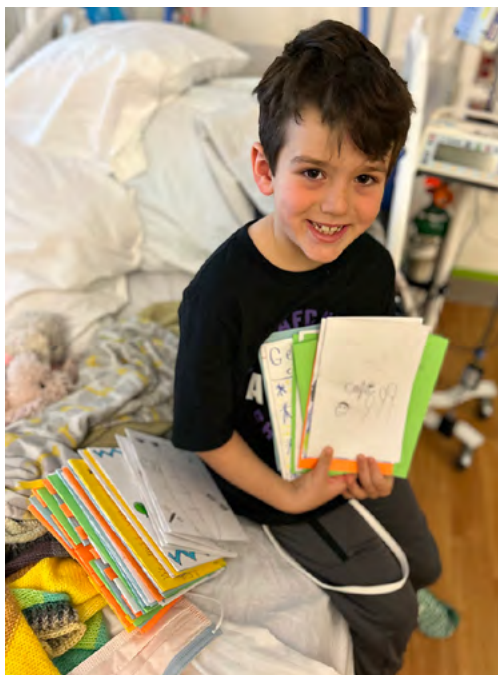
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That's What He Needed: Good Gilman Friends

January 16 was a fun snow day, when kids from all over Baltimore had the day off from school. Many took advantage of the weather by throwing snowballs and sledding down hills. But for one Gilman 2nd grader, the fun took a serious turn when his sled bounced off a brick wall at the public elementary school where he and his mom were sledding.

"It was the most horrifying thing that's ever happened to me," says Cole's mom, Courtney, who called 911 immediately. She and her husband, CJ, would later learn Cole had suffered a concussion and three skull fractures where his head made impact with the wall, just behind his ear. He stayed at The Johns Hopkins Hospital for three days, including two in the intensive care unit.

"From that point on, we were showered with Gilman love," Courtney says. "I could barely keep up with the texts from parents asking how he was. Every time I got one, I felt like there was someone else thinking about my kid." Courtney knew she was setting Cole up for lifelong connections with classmates when he enrolled at Gilman. "But what I didn't realize was that because my child was part of this world, I would get to have that support as a parent."



Cole received 46 cards from his classmates while he was in the hospital. Photo provided by Cole's family, courtesy of Gilman

During his time at the hospital, several Gilman parents came to visit, as did Cole's teacher, Claire Haggarty, who brought him 46 cards made by all the 2nd graders.

Only one week after the accident, Cole felt surprisingly fine and wanted to go back to his usual 7-year-old hustle-and-bustle—but his doctors said he would have to limit activities for three months. He wasn't allowed to watch a screen, read a book or engage in physical play. He returned to school slowly, but he was not able to participate in PE class or

in recess, which is held for lower school boys twice a day.

"Claire was incredible at communicating with me," Courtney says. "She is the reason I felt comfortable taking him to school throughout the ordeal." Eventually, Cole was cleared for

CONTINUED ON PAGE 23

GILMAN



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CLIMATE CHANGE

CONTINUED FROM PAGE 6

Please consider:

- **Wasting less of everything (food, energy, water and money).** If we stopped lighting unused offices and buildings at night, we'd use less energy. Do we really need to light up the exterior of every house for the holidays? A little goes a long way and a lot of seasonal holiday decorations used by governments and businesses are meant to encourage more consumerism and waste.
- **Avoiding single-use plastics.** Carry your own reusable bottles for beverages. Ask (demand?) that stores allow you to refill their containers or use your own. Avoid plastic containers for takeout. Consider avoiding other single-use items that are



Climate change is having extreme and damaging consequences.

Flood Photo: Andrii Yalanskyi
and Drought Photo: Ponsulak



Tips About Tree Damage

Roland Park experienced heavy tree and property damage during the storm on August 3. As often happens, trees fell onto neighbors' properties, causing problems and insurance liability for the neighbor.

With hurricane season ahead, the Landscape Committee would like to offer a few suggestions before the next big storm.

- Prune trees regularly, to take weight off their limbs and so the wind can pass through them. Trees left unpruned for years are easy targets for heavy winds. If you don't have a tree company, check the "Word of Mouth" list of neighbor-recommended contractors at rolandpark.org/community-resources/word-of-mouth-contractor-recommendations.
- Immediately after a storm is over, report trees that have fallen into the street by calling 311 or using the City's Mobile 311 app. Do not assume others have made a report.
- Report fallen electric lines and power outages to BGE (877-778-2222).
- Place cones or other markers by trees that have fallen across the road. At night, a fallen tree presents a danger to motorists, particularly if the power is out and streets are dark.
- After the storm, clear debris from your property and from the roads in front and behind houses. If left in the street, debris ends up in storm drains.
- Regularly check storm drains in the street near your house and clear them, or gather a group of neighbors to clear them.
- Ask lawn crews not to blow leaves and grass into the street. This is a three-season issue that clogs storm drains. Blocked storm drains cause basements to flood.

almost immediately tossed in the trash, like coffee cup lids and Keurig cups. This will also require businesses to be more accommodating or use recyclables that are *actually recyclable or biodegradable*. Currently in Baltimore, only 2 percent of the recycling we put out is actually recycled; the rest is burned or put in landfills. Burned or heated plastic creates dioxin, one of the most toxic compounds in the world. Plastics that end up in the oceans become microplastics, which are showing up, worldwide, in the organs of the fish and animals that humans and their pets consume.

- **Driving less.** Walk, bike, carpool and use public transportation. Acquire an electric vehicle if possible, or drive less. Reconsider unnecessary airplane flights.
- **Planting more trees.** Plant deciduous trees on the south exposure of your property for cooling shade in the summer and allow warm sunlight to shine into your home in the winter. Plant more trees, *period*. Reduce your lawn, and plant more habitat for pollinators, birds and wildlife. Avoid using lawn chemicals and pesticides. Create rain gardens or use rain barrels for watering plants and trees (including street trees) and washing cars, instead of using treated city water, which is becoming more expensive due to needed infrastructure repairs. Remember that we will experience drought, floods and fire, and be prepared.
- **Updating homes.** Consider more energy-efficient systems, renewable energy and additional insulation.

It's not just that we humans can do better, we need new ways of thinking and evolving, and new habits to do better for our own sake and for the sake of all other living things on our planet. Let's work together. ❖

Devra He'ui Kitterman is a Baltimore City beekeeper. To receive her free pollinator plant list, contact her at devra.kitterman@gmail.com.

BOYS' LATIN ONE LOVE

CONTINUED FROM PAGE 11

When asked his feelings about the club, leader Cole Quenzer responded, "I feel like the club is a great thing to have here at BL because we are all in relationships. Especially with all of us high schoolers, it's important to know the healthy signs, and if you see a problem you can help stop it. I think I have benefited from being in the club all four years and have imputed all of the information I have learned into all of my relationships in my life." Kelly adds, "Being a leader of this club has taught me so much; running for this position was one of the best choices I made in high school!"

Kenney is pleased that One Laker | One Love has been more present this year than in the past, adding "This has been our most successful year." She is frequently asked if it is difficult to get boys to talk about their feelings. As the mother of three teenage sons, her response is immediate: "Boys have a lot to say, but they aren't always invited to the conversation."

Boys' Latin's young men aren't just invited to the conversation, they initiate it. ❖

Boys' Latin School of Maryland (boyslatinmd.com) is an all-boys, university-preparatory school. Founded in 1844, it is the oldest independent, nonsectarian secondary school in Maryland.

GARRISON FOREST

CONTINUED FROM PAGE 12

Welcoming New Families. The Admission Office relocated to renovated offices in the lobby of Manor House, the oldest building on campus. Centrally located, this airy space is a lovely greeting area for visiting students and families. Though work has been done to modernize the Manor House lobby for the Admission and Head of School offices, the charm and traditional feel remain core to this historic building. The former space for the Admission Office is now home to the recently launched Boyce Center for Learning and Thriving.

Pardon The Dust

In addition to these updates, other recent enhancements include a new location and look for the school store and the addition of a concession stand near the turf fields, made possible through the generosity of the Class of 2024 alumnae, parents and friends; and updates to the weight room for student athletes and other community members.

Schedule a visit this fall for a look at these spaces and to learn more about Garrison Forest. ❖

Garrison Forest School in Owings Mills is a day and boarding school educating girls in grades K-12, with a coed preschool. Daily transportation is offered to the Roland Park area. To learn more, visit gfs.org.



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(Left) Foxglove blooms throughout Scotland in July.

The Nether Largie Standing Stones, possibly built during the Middle Bronze age 3,000 years ago, are part of the Kilmartin Museum exhibits in Argyll.

Photo Essay: A Trip to Scotland

By Will Marani

When I told my coworker I would be taking a trip overseas, he told me to make sure I wasn't just taking pictures of landscapes. If I wanted pictures that would stand the test of time, I should have some subject (like, say, my family) in the foreground and just use the landscape as a backdrop.

That's not bad advice. But when you visit a place like Scotland, it's nearly impossible for the landscape not to be the subject of your attention. So much of the countryside seems to have been virtually untouched by human hands, it's hard not to take photos of a view that appears to have



(Left) The Kelpies, a pair of 30-meter steel horse-heads, were designed by sculptor Andy Scott.

Hidden in the hills of Uig on the Isle of Skye, is Balnaknock, the Fairy Glen.

Photos: Will Marani



(Above) The Charles Rennie Mackintosh mural in Glasgow, painted by well-known street artist Rogue-one, marked the 150th anniversary of the legendary architect's birth.

existed as you see it for a millennia. From lush green forests to looming mountains and serene lochs, it's a landscape that has truly stood the test of time.

Gorgeous views are far from all that Scotland has to offer, of course. Fascinating flora and fauna, like the poisonous foxglove flower and the hardy Highland cow (fondly referred to as a "wee hairy coo"), are a common sight. Mysterious standing stones hint at ancient civilizations nestled amongst the gentle hills of the Highlands. And modern Scottish culture has produced towering monuments like the Kelpies and obscure street art hidden among the Victorian architecture of cities like Edinburgh and Glasgow.

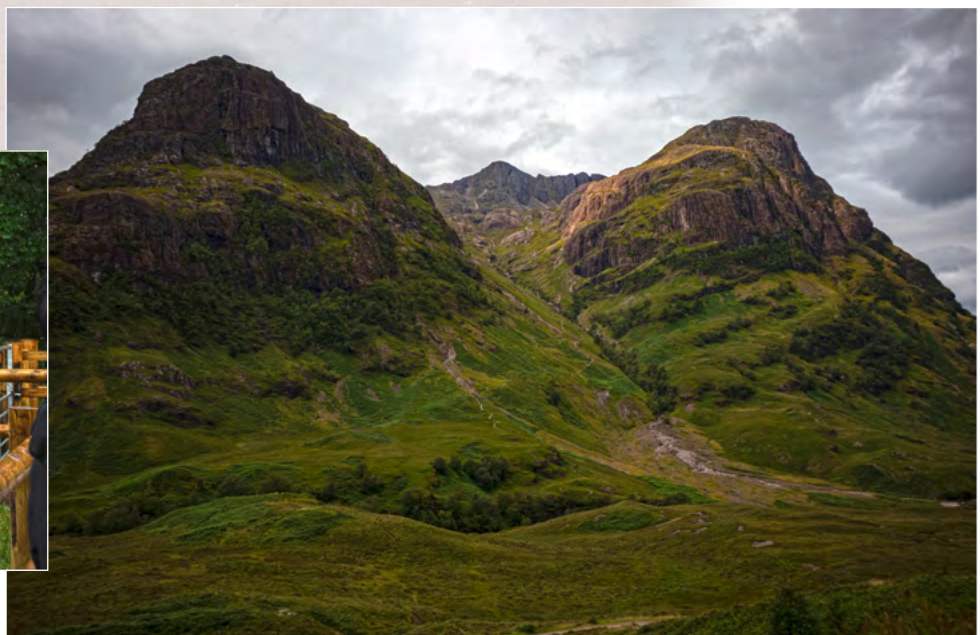
If you get the chance, Scotland is a country worth experiencing yourself, but here's a small sampling of what you might find there.



(Above) The coastline of the Isle of Skye is has a rugged beauty Arthur's Seat is an ancient extinct volcano that is the main peak of the group of hills that form most of Holyrood Park in Edinburgh.

(Below) Three distinctive ridges on the Bidean Nam Bian Mountain in Glencoe are known as the Three Sisters.

(Below) Highland cows are the oldest registered breed of cattle in the world.



Realizing Your Best Self After 45: Expert Tips for Midlife Women to Stay Active

By Rozalyn Moore, PT, DPT, AT-ret

As women enter midlife, they often encounter several physical challenges due to hormone changes. Joint pain and reduced mobility are among the most common issues. Menopause can exacerbate these problems, leading to weight gain, poor sleep and decreased energy levels. These changes, while natural, can significantly impact a woman's quality of life.

Joint pain and stiffness can make everyday activities a struggle, but it's important to understand that you don't have to accept these changes as inevitable. With the right approach, you can improve your strength, mobility and overall well-being.

Practical Tips for Staying Active and Pain-Free

- **Regular Exercise.** It is important to incorporate regular exercise into your routine. Consistency is key. Aim for at least 30 minutes of moderate activity most days of the week. Activities like walking, swimming and cycling are excellent for



Dr. Rozalyn is a seasoned physical therapist and wellness coach, and founder of ReKinetic Lifestyle Medicine. Photo courtesy of ReKinetic

maintaining cardiovascular health and joint mobility. Start with 10 minutes daily and then increase the time as you are able.

- **Strength-Training Exercises.** Building muscle mass is crucial for supporting joints and reducing pain and injury. Strength-training exercises—with kettlebells or dumbbells—or resistance band workouts can help increase muscle strength and support your joints. Start with light weights and gradually increase the intensity as your strength improves.
- **Stretching and Flexibility Exercises.** Maintaining flexibility can alleviate stiffness and improve mobility. Incorporate stretching and mobility exercises into your daily routine. Yoga and Pilates are excellent options for improving flexibility and core strength.
- **Balanced Nutrition.** Nutrition plays a vital role in joint health. I recommend increased protein in a diet rich in anti-inflammatory foods, such as fruits, vegetables and omega-3 fatty acids. Avoid processed foods and sugars, as well as alcohol, as they can contribute to inflammation and joint pain.
- **Holistic Health Practices.** I advocate for a holistic approach to health. Practices like mindfulness, meditation and adequate sleep are essential for overall well-being. Stress management is crucial, as chronic stress can worsen joint pain and other menopausal symptoms.

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Success Stories

Many women have transformed their lives by following my advice. Karen, a 55-year-old project manager, struggled with weight gain and joint pain due to menopause. After joining ReKinetic Lifestyle Medicine's Menopause Mastery program, she saw remarkable improvements. "I feel like a new person," Karen shares. "I've lost inches, my joint pain has decreased, and I have so much more energy."

Another success story is Lisa, a 48-year-old teacher, who suffered from chronic knee pain. Through ReKinetic's knee rehabilitation program, she regained her mobility and confidence. "I never thought I could feel this good again," Lisa says.

French Toast

Miss Shirley's Café

Serves 4 to 6 people, with two slices per serving.

French Toast Batter

Yields 16 ounces.

Ingredients

- 4 large eggs
- 1/4 cup heavy cream
- 6 oz. whole milk
- 1 tsp. vanilla extract
- 1/8 tsp. imitation almond extract
- 1 tsp. ground cinnamon
- 1/2 tsp. ground nutmeg
- 1/8 cup brown sugar

Put all ingredients into a large bowl. Using a whisk, mix until well combined. Refrigerate until ready to use. (The batter can be made a day ahead and whisked again before using.)

Ingredients

- 16 oz. French toast batter
- 1 loaf challah bread (or any bread you prefer), sliced into 8 to 10 thick slices
- Butter or cooking oil as needed
- Powdered sugar, ground cinnamon, maple syrup and butter for garnish (you may also garnish with freshly sliced strawberries, blueberries etc.)

Heat a large sauté pan or griddle to medium heat. Add butter or oil to lightly coat the bottom of the pan. Put French toast batter into a shallow bowl or pan, and dip bread slices on both sides.



Photo courtesy of Miss Shirley's Café

Put the slices into the hot pan/griddle and cook for 2 to 3 minutes on each side until they are golden brown and cooked through. Remove them from the pan/griddle and continue cooking the rest of the bread, adding more butter or oil as needed.

Slice each French toast piece on a diagonal and shingle them onto a plate. Top with fruit if desired. Sprinkle with ground cinnamon and powdered sugar. Serve with butter and maple syrup. ❖

YOUR BEST SELF

“The personalized care and attention I received made all the difference.”

Taking proactive steps towards health is essential for midlife women. By incorporating regular exercise, strength training, balanced nutrition and holistic health practices into your routine, you can alleviate joint pain and boost your strength. Expert guidance can make this journey more effective and enjoyable.

What's Next?

Ready to take control of your health and well-being? Book a consultation with ReKinetic Lifestyle Medicine today. Whether you have questions or need a personalized action plan, my team and I are here to help you move more, move better and live pain-free. ❖

Dr. Rozalyn is a seasoned physical therapist and Wellness Coach, as well as the founder of ReKinetic Lifestyle Medicine. With over two decades of experience, she has dedicated her career to helping women over 45 lead active, pain-free lives. For more information, visit rekineticpt.com or follow Dr. Rozalyn on [instagram.com/drrozalyn](https://www.instagram.com/drrozalyn).

Best Breakfast Sandwich in America <i>Restaurant Hospitality Magazine</i>	America's Favorite Family Friendly Restaurants <i>FoodNetwork.com</i>	Best Fried Green Tomatoes in Maryland <i>Southern Living Magazine</i>
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Building a Stronger Community with Thread

By Brad Cardwell, Thread Director of Communications

At a time when people increasingly report feeling lonely and isolated, and communities feel more disconnected, Baltimore-based nonprofit Thread (thread.org) is bringing together people from diverse backgrounds and experiences to build real relationships.

Thread enrolls 9th grade students from Baltimore City Schools who rank academically in the bottom 25 percent of their class and face an abundance of challenges outside the classroom. Each young person is matched with a group of volunteers who represent the diversity of the city—millennials and retirees, college students and PhD candidates, working professionals and empty nesters, lifelong residents and transplants.

Volunteers build relationships with their young person and each other to form a deeply woven extended network of care and support. Together, they define goals, overcome barriers and achieve success while building a more connected Baltimore.



Thread provides a powerful network of programs and partners that enables young people to strengthen their connections and overcome barriers. Photo courtesy of Thread

When Roland Park resident Howard Shrum and his family moved to Baltimore, he quickly came to love the city's small-town feel and the diversity of the community. A career in the Air Force helped shape his view that a team or a community is only as strong as its weakest link. He wanted to make a difference in Baltimore, so he started volunteering with Thread.

"To be part of a community, you have to be committed to helping everyone else around you in that community," Shrum says. "We love where we are. We love the city and the community. The only way to help make it stronger is to get out there and volunteer."

In Thread, support is tailored to the unique needs of each young person. A phone call, ride to school or meal—anything that creates space for them to explore passions, build skills and realize how to apply those skills in the world. Shrum and his Thread young person John regularly text or talk about work, budgeting, housing or preparing for a job interview.

Thread provides a powerful network of programs and partners that enables young people to build and strengthen their connections and overcome barriers. When John was working to get his driver's license, he and Shrum were able to practice the learner's permit test at weekly threadHOURS® programming spaces.

While Thread volunteers make a one-year commitment to consistently show up for their young person and fellow volunteers, Thread makes a unique 10-year commitment to young people as they navigate the transition to adulthood.

With the community's support, Thread participants defy the odds. In Baltimore City, historically only 6 percent of 9th graders with GPAs of less than 1.0 graduate in four years. In Thread, 74 percent of young people have graduated from high school.

Thread is more than a volunteer opportunity—it's a chance to change lives, including your own. The experience has helped Shrum deepen his sense of connection to his community and gain a greater appreciation for the perseverance of John and other young people.

"I haven't had that many hurdles to jump over to get where I am now—not all at once," Shrum says. "I really appreciate seeing that John always has some sort of aspiration to do something different in the future." ❖

By fostering connection, appreciation, motivation and trust, Thread is boosting outcomes and creating a more inclusive city for all. Learn more and get involved today at thread.org.



**Our community transforms lives.
One relationship at a time.**

Thread volunteers build relationships with young people in Baltimore to create a more connected community where everyone can thrive.

Learn more & get started at thread.org.

RPEMS: GO FOR THE GOLD

CONTINUED FROM PAGE 8

after-school services or clubs, sports programs, and services related to student health and wellness are welcome to have a table at these events, space permitting. If your business or organization is interested in hosting a table, please contact the RPEMS PTA at rolandparkpta@gmail.com to inquire about space.

The RPAF (rolandparkannualfund.com) is a 501c3 organization that supports academic and enrichment programs to improve the quality of education for all RPEMS students. All neighbors and community members (*not just RPEMS families!*) are invited to walk or run with the RPAF team in the 5k, 10k, half-marathon or full marathon on October 19 at the Baltimore Running Festival. It is RPAF's big annual fundraising event. This year, our team's name is "Race for the Future," as we raise money toward a new STEM lab for the school. The effort is also a wonderful way to exercise while meeting other community members. Learn more and sign up today at eventbrite.com/e/rpems-race-for-the-future-tickets-903708575677. If you work for or own a company that might like to be a corporate sponsor for this team, contact RPAF Running Festival organizer Caitlin Kennedy at caitlinkennedy@gmail.com.

We are #RPEMSProud! ❖

Roland Park Elementary Middle School embodies the art of quality instruction by fostering wholeness for all stakeholders and authentic learning through collaborative partnerships. We empower a thriving community founded on integrity and fueled by innovation. bit.ly/RPEMS233

GOOD GILMAN FRIENDS

CONTINUED FROM PAGE 15

swimming, which allowed him to take part in the low-impact activity during PE class.

But for recess, he was relegated to the health suite. Nurses Edie Meacham and Betsy Gilley made every effort to make it a fun experience for Cole, engaging him in games and puzzles. There was no shortage of company for Cole on his recess-adjacent adventure every morning and afternoon. His classmates vied for the opportunity to go with him to the nurse. "I felt like my friends wanted to help me," Cole says. "That's what you need: good friends."

On April 16, three months after the accident, Cole's doctors cleared him for all activity without restriction, and the nurses held a party on his last day in the health suite. "Always push through when you have a hurt," Cole advises. "Gilman will help you push through, and that's the best thing people can do. Gilman is one of the best schools." ❖

Read the full version of this article and see more photos at gilman.edu/goodgilmanfriends.

Gilman School (gilman.edu) is a pre-kindergarten through 12th grade independent school in Baltimore, Maryland, with an enrollment of approximately 1,000 boys. A diverse community dedicated to educating boys in mind, body, and spirit, Gilman seeks to produce men of character and integrity who have the skills and ability to make a positive contribution to the communities in which they live and work.

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Ali B's Spicy Macaroni and Cheese

Eddie's of Roland Park

Ingredients

1 lb. elbow macaroni	1 tsp. pepper
6 cups grated cheese mix with extra sharp, sharp and mild cheddars, Monterey Jack and Colby (set 1 cup aside for topping)	1½ tsp. salt
2 cups heavy cream	1 tsp. dry mustard
4 T. flour	½ tsp. cayenne pepper
4 T. butter	1 tsp. Old Bay
1 tsp. butter for baking dish	1 tsp. nutmeg
	1 T. sriracha sauce (optional)

Bechamel Sauce

2 cups heavy cream	4 T. flour
½ tsp. salt	4 T. butter

Spices

1 tsp. salt	1 tsp. cayenne pepper (to taste)
1 tsp. pepper	1 tsp. Old Bay (optional)
1 tsp. dry mustard	1 tsp. nutmeg

Grease a 9" x 13" baking pan ahead of time.

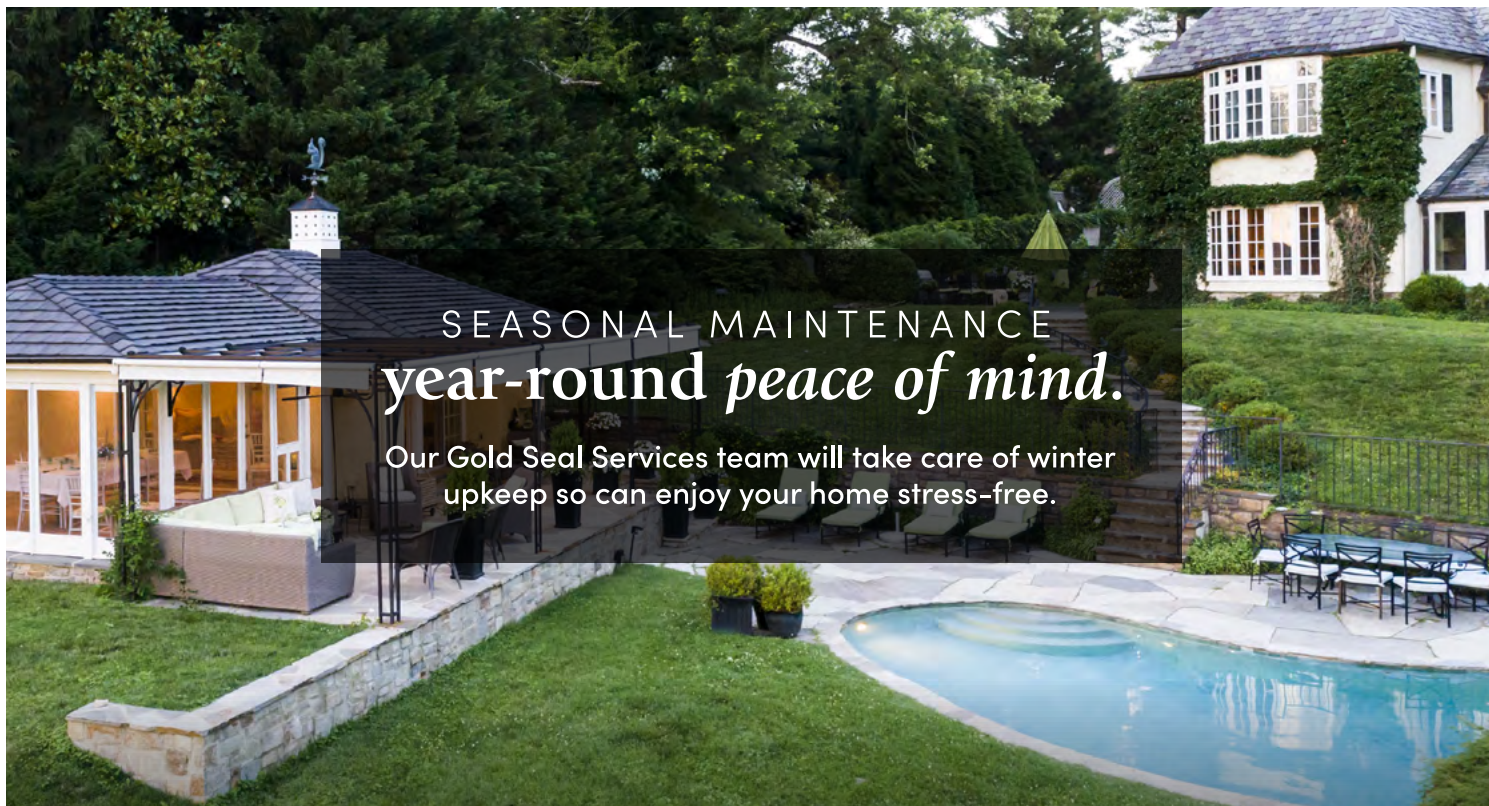
Cook the macaroni for 1 minute under the *al dente* cooking instructions so that it's slightly underdone, as it will cook in the oven too. Strain it in a colander and immediately run it under cold water to stop the cooking. Set it aside.



Photo courtesy of Eddie's of Roland Park

To make the bechamel sauce, melt butter in a large saucepan over medium heat (the pan should be large enough for both the sauce and the macaroni). Whisk flour into the melted butter until smooth. Cook and stir until the mixture turns a light golden color. Increase the heat to medium-high and slowly whisk in milk until the sauce is thickened into a roux. Bring it to a gentle simmer, then reduce the heat to medium-low and continue simmering until no lumps are visible. Stir in the cheese and spices (and sriracha sauce, if desired) until the sauce is thoroughly mixed and the cheese is melted. Lower the heat and keep stirring to keep the sauce from sticking to the bottom of the pan until you are ready to use it. Mix in the macaroni and stir *thoroughly* to coat. Pour the mixture into the greased pan and spread evenly. Sprinkle the top with the remaining 1 cup of cheese.

Bake for 15 minutes at 400 degrees, or until it's brown and bubbly. Serve! ❖



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COMMUNITY BUILDING: TOM HOEN

CONTINUED FROM PAGE 4

KH: *What are your goals for your term as Civic League president?*

TH: I have four main goals. First, I want to continue efforts to streamline operations. This mostly is about moving more of the management of the Civic League into PayHOA, our online system for managing the community. We have made great strides in getting community members to use the system and in capturing email addresses so we can more easily communicate with homeowners. Starting in September, we will begin using the system for managing Architectural Review Board submissions. A quick note on the PayHOA system. Though it has "HOA" in the name, it is not meant to imply that the Civic League is a homeowners association or intends on becoming one.

My second goal is to continue to demonstrate why paying fees (required and requested) and dues is beneficial for all residents, allowing us to make the much-needed deferred repairs to our community's open and public spaces.

Third, I want to concentrate some efforts on improving the gateways into Roland Park. Claudia Diamond, my predecessor, made great strides on the Cold Spring Lane corridor, but work needs to be done along Falls Road and from University Parkway heading west. You can only make a first impression once, and we want it to be a good one.

Finally, sometime during my term we will finalize and take ownership of Hillside Park. This will be an incredible new asset for Roland Park and many other city residents to enjoy. It will also bring changes to the area surrounding the park, particularly with traffic and parking. Though we don't expect it to adversely affect any residents, we want to work closely with those bordering the park, along with Baltimore City, to ensure that both visitors and residents have the best experience possible. We will be working closely with the Community Foundation on this and related efforts.

KH: *What do you see as the neighborhood's greatest strengths?*

TH: We are an incredibly welcoming community and, though anchored by a long and storied history, we are also able to adapt to change and to understand and apply the best of what's new.

We are also blessed with an incredible tree canopy and what at times appears to be unfettered nature. If you have ever walked down Deepdene Road, you'll know what I mean. The temperature drops a good 10 degrees because of the stream that flows through the heavy forest of Roland Park Country School and St. Mary's Seminary. It is likely that you will also come across bunnies, deer and foxes, which run in abundance through our neighborhood.

KH: *What do you see as the challenges of this community? What could be improved?*

TH: We were one of the first communities in Baltimore to have sewers. It is no surprise, then, that one of our biggest challenges is an aging infrastructure, not designed for the kinds of deluges that global warming is bringing. It will take a concerted effort from the community and the City to ensure we don't continue to see damaging flooding. We will also have to wrestle with how we

retain the historic nature of our neighborhood while the world slowly moves away from fossil fuels.

KH: *Are you engaged in any other volunteer activities outside of Roland Park?*

TH: Not currently. It is surprising the time that serving as the Civic League president takes, coupled with trying to get a startup off the ground.

KH: *What is something that very few people know about you?*

TH: If I had my druthers, I would eat a Thanksgiving-style meal, with all the sides, at every dinner.

KH: *Anything else you'd like to say?*

TH: I just want to say how much I appreciate the commitment from my fellow Civic League board members in ensuring that Roland Park retains its incredible historic beauty while being welcoming to new residents and ideas. They are a great group of men and women that deeply care about this neighborhood. I also want all of your readers to know that we are constantly on the lookout for new members. If any are interested, they should reach out to me personally at CivicLeaguePresident@RolandPark.org. ❖

If you'd like to nominate someone for the "Community Building" series, please email magazine@rolandpark.org.



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The Book Nook

By Greg Fromme, Branch Manager, Roland Park Branch, Enoch Pratt Free Library

Welcome to The Book Nook! Please read on for a list of programs coming up at the Roland Park branch, as well as reading recommendations from the library staff.

All Pratt libraries will be closed September 2 for Labor Day, October 14 for Indigenous People's Day, November 5 for Election Day, November 11 for Veteran's Day and November 28 for Thanksgiving.

Programming at the Pratt

(details at calendar.pratt.library.org)

For Kids

- Wednesdays at 10:30 am. **Baby and Toddler Storytime.** Stories, movement, play and songs for little ones under 2 with a favorite adult. Playtime follows. All abilities welcome. Groups of five or more must call 410-396-6099 to register.
- Thursdays at 10:30 am. **Family Storytime.** Stories, movement, songs and our most fun activities. Come ready to move, laugh and learn together. For families with children ages 2 to 5. All abilities welcome.
- Sep. 14, 1 pm. **Decorate Your Own Library Card Holder.** September is Library Card Signup Month. Using stickers,

markers and more, decorate a library card holder.

- Sep. 18, 3:30 pm. **Autumn Leaves Wreath.** Using construction paper, make a pretty wreath to welcome fall.
- Oct. 10, 10 am. **Make a Spooky Pumpkin.** Enjoy some post-storytime arts and crafts fun decorating your own tissue paper pumpkin with fall-themed stickers.
- Oct. 26, 2 pm. **Make Your Own Jellyfish.** It's Read to Reef time. Wiggle your way to the Roland Park branch and make your own jellyfish.

For Teens

- Sep. 5, 3 pm. **Back to School Vision Boards.** Create a vision for the new school year by making a vision board. Set goals and intentions to make this year the most successful yet.
- Sep. 19, 3 pm. **Book Decorating.** Create a new cover for a favorite book or design a book cover of your own.
- Sep. 24, 3 pm. **Book Tasting.** Discuss this month's book selections and get a taste for next month's books.
- Oct. 7, 3 pm. **Spooky Slime.** It's spooky season. To kick things off, the Roland Park branch is getting gross with glow-in-the-dark slime.
- Oct. 31, 3 pm. **Day of the Dead Skulls.** Decorate a "calavera" for la Dia de los Muertos (the Day of the Dead) and learn more about this Mexican celebration.

For Adults

- Sep. 23, 6 pm. **Book Discussion: *Chain-Gang All-Stars* by Nana Kwame Adjei-Brenyah.** This is the hotly-anticipated, explosive debut novel from the *New York Times*-bestselling author of *Friday Black*, about two top women gladiators fighting for their freedom within a depraved private prison system not so far-removed from America's own.
- Sep. 28, 11 am and 2 pm. **Film Series: *The Color Purple*.** This is a musical adaptation of Alice Walker's novel about the life-long struggles of an African American woman living in the south during the early 1900s. Rated PG-13.
- Oct. 26, 11 am and 2 pm. **Film Series: *Ghostbusters: Frozen Empire*.** In this latest in the series, the Spengler family returns to where it all started—the iconic New York City firehouse—to team up with the original Ghostbusters, who've developed a top-secret research lab to take busting ghosts to the next level. But when the discovery of an ancient artifact unleashes an army of ghosts that casts a death chill upon the city, Ghostbusters new and old must join forces to protect their home and save the world from a second Ice Age. Rated PG-13.
- Oct. 28, 6 pm. **Book Discussion: *What Storm, What Thunder* by Myriam J.A. Chancy** (One Maryland One Book selection for 2024). At the end of a long, sweltering day, as markets and businesses begin to close for the evening, an earthquake of 7.0 magnitude shakes Port-au-Prince, the capital of Haiti. Chancy, an award-winning author, masterfully charts the inner lives of the characters affected by the disaster.



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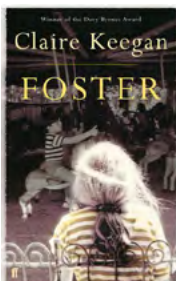
The following reading recommendations have been submitted by members of the Roland Park branch staff.



Wild Things: The Joy of Reading Children's Literature as an Adult by Bruce Handy (recommended by Abby Lyon, children's librarian). Let the wild rumpus start! As a children's librarian who grew up on the American childhood classics, reading Handy's book was just that: a joy. He discusses such influential children's literature as *Goodnight Moon*, *The Cat in the Hat*, *Charlotte's Web* and my personal favorite

series, Beverly Cleary's Ramona. From their authors' and illustrators' backstories to in-depth analyses of content, context and themes, Handy explains in a friendly, perceptive manner why these and many other well-known titles are so timeless and beloved. *Wild Things* should inspire adults to not only reminisce, reread and share their favorite picture and chapter books, but also to newly appreciate them from a different perspective as they travel down memory lane.

Foster by Claire Keegan (recommended by Gregory Fromme, branch manager). This is a slim but wonderfully nuanced novella that perceptively describes the experiences of a young girl in rural Ireland over the course of a summer after she has been sent to the home of family friends to live. The story is expertly told from the main character's point of view as



she navigates the fraught process of growing up and develops bonds with her hosts. Slowly the story reveals aspects of the main character's life as well as the lives of her hosts and of her own family. Keegan strikes the perfect pitch in capturing the confusion and yearning of a narrator who is on the cusp of adolescence. No detail is unimportant in this short but evocative work of fiction.

Prophet Song by Paul Lynch (recommended by Gregory Fromme, branch manager). *Prophet Song* is a disturbingly relevant reminder of what may happen when we lose the various freedoms that many of us take for granted. The novel is set in modern day Ireland where the "state" has taken over the national judiciary and is systematically arresting citizens it considers to be a threat to national order. People begin disappearing from their homes and jobs without a trace. There seems to be no recourse or justification for distraught family members who have no idea where their loved ones have been taken. The novel focuses on Eilish Stack, mother of four, whose husband, a teacher's union leader, has been interrogated and summarily disappeared. Lynch deftly ratchets up the tension as Eilish struggles to maintain order within her family in the face of loss and uncertainty. The anxiety is palpable as the main characters face impossible decisions in the shadow of a suddenly authoritarian regime. *Prophet Song* won the 2023 Booker Prize and was shortlisted for the Strega European Award and the An Post Irish Novel of the Year. ❖



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KidLit Picks

The Ivy Bookshop

Picture Books (ages 3-6)

***I Am La Chiva! The Colorful Bus of the Andes* by Karol Hernández and Lorena Álvarez Gómez, Illustrator** (recommended by Nakiya). First off, I wish this book had been available when I was a kid. *El libro es muy bien!* (The book is really good!) The vibrant and various colors draw you in and make your eyes travel all across the pages. The story includes examples of rhyme schemes and themes of togetherness, while highlighting the importance of teamwork and the incredible sites of Colombia. It also includes a glossary of translations for the Spanish words, which is a great way to teach kids Spanish early. I highly recommend this book!



***Every Here Has a There: Moving Cargo by Container Ship* by Margo Linn and Brian Fitzgerald, Illustrator** (recommended by Emma). In charming form, *Every Here Has a There* gently dramatizes the movement of a book from a printing facility in Asia to the shelves of your local bookshop.

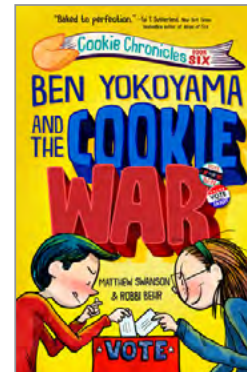
Highlighting the world of details that surrounds us all the time, it's perfect for kids who have moved on from their delight in *Goodnight, Goodnight Construction Site* and are ready for something more sophisticated as they remain interested in the mechanics of the world around them. Especially timely given the recent tragedy at the Francis Scott Key Bridge, this book can be helpful in answering the questions about the ships we see in the harbor.

Early Readers (ages 6-9)

***Ben Yokoyama and the Cookie War* (Cookie Chronicles No. 6) by Matthew Swanson and Robbi Behr, Illustrator** (recommended by Gracie). A back-to-school book with the upbeat energy that has become a hallmark of the Cookie Chronicles series.

Join The Ivy Bookshop for IvyKids events at least once a month on a weekend morning, featuring a craft for the kids and coffee for the grown-ups from Bird in Hand! Visit theivybookshop.com/event to see the schedule.

Following a student election at Honeycutt Elementary, when best friends become rivals, *Ben Yokoyama and the Cookie War* provides a funny, accessible opening for talking about the stakes of relationships during an election season. Genuinely humorous, this is a great reminder for kids approaching the school year that reading is an authentic pleasure.



Middle Readers (ages 10-13)

***Felix Powell, Boy Dog* by Erin Entrada Kelly** (recommended by Hannah). Adorable and spirited, the latest from beloved middle-grade author Erin Entrada Kelly brings us wish fulfillment on an impossible scale: a boy who can talk to dogs becomes a boy who is a dog. And we get to read about him truly palling



around with his very best friend. Sprinkled with the occasional delightful illustration, *Felix Powell, Boy Dog* is perfect for animal lovers with a taste for everyday magic.

Young Adult (ages 14-18)

***Sheine Lende* by Darcie Little Badger** (recommended by Lizzie). Although it functions as a prequel to Little Badger's first book, *Elatsoe*, *Sheine Lende* can be read as a stand-alone.

Readers follow Shane, who has the ability to communicate with animal spirits, as she works with her mom and their ghost dogs to track down missing persons about whom the authorities don't seem to care. When her mother suddenly goes missing with a local boy after a strange interaction with a fairy ring, it's up to Shane and the ghost dogs to find and bring them home safely. But what if they aren't in this world—or even this place in time?

Both *Elatsoe* and *Sheine Lende* revolve around themes of family, community and generational love. Based on Lipan Apache mythology, Little Badger's world-building honors her culture by intertwining themes of Native American generational experiences with universal themes that are relatable to readers from any background. Dive into this culturally rich, magical, whimsical, mystery. ❖



The Ivy (5928 Falls Rd.) is Baltimore's independent literary bookstore, carrying a broad range of titles with an emphasis on new fiction, non-fiction, biography, art, interior design, cooking and, of course, children's books. theivybookshop.com

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Calendar Highlights

Houses of Worship Please call or visit the websites of these Roland Park area houses of worship for information about their holiday service dates and times.

HOUSES OF WORSHIP	PHONE	WEBSITE
Bolton Street Synagogue , 212 W. Cold Spring Ln.	410-235-5354	boltonstreet.org
Cathedral of Mary Our Queen , 5200 N. Charles St.	410-464-4000	cathedralofmary.org
Cathedral of the Incarnation , 4 E. University Pkwy.	410-467-3750	incarnationbmore.org
Church of the Redeemer , 5603 N. Charles St.	410-435-7333	redeemberbaltimore.org
Congregation Beit Tikvah , 5802 Roland Ave	410-464-9402	beittikvah.org
First Christian Church , 5802 Roland Ave.	410-435-1506	rolandparkcc.org
First Church of Christ, Scientist, Baltimore , 102 W. University Pkwy.	410-467-7974	christiansciencebaltimore.org
The Gathering of Baltimore , 5802 Roland Ave.	410-252-7816	thegatheringbaltimore.org
Grace United Methodist Church , 5407 N. Charles St.	410-433-6650	graceunitedmethodist.org
Mt. Olivet Christian Church , 5802 Roland Ave.	410-435-1506	rolandparkcc.org
North Baltimore Mennonite Church , 4615 Roland Ave.	410-467-8947	bmoremenno.org
Roland Park Presbyterian Church , 4801 Roland Ave.	410-889-2001	rolandparkchurch.org
St. Andrew's Christian Community , 5802 Roland Ave.	410-435-9470	rolandparkcc.org
St. David's Church , 4700 Roland Ave.	410-467-0476	stdavidsbaltimore.org
Second Presbyterian Church , 4200 St. Paul St.	410-467-4210	secondpresby.org
Stony Run Friends , 5116 N. Charles St.	443-703-2590	stonyrunfriends.org

The Baltimore Police Department Northern District Commander's Monthly Crime and Community Meeting is held on the second Wednesday of the month at the Northern District Headquarters, 2201 W. Cold Spring Ln. All are welcome.

Daring Escape, The Ivy Bookshop Patio, 5928 Falls Rd. Magida discusses his latest history of World War II bravery with Marc Steiner. RSVP at theivybookshop.com

CONTINUED ON PAGE 30

- Saturdays from September through June, 10 am-4 pm. Regular Hours, Fire Museum of Maryland, 1301 York Rd. firemuseummd.org
- Saturdays, 4 pm. **Portfolio: Figures and Faces**, Social Studio, 737 and 739 Deepdene Rd. Ages 12 to adult. Discover the expressive power of figures and faces through mixed-media sketches, short and long poses, critique and discussion. \$400 per session. socialstudioart.com
- Sundays, 1 pm. **Weekend Workshops**, Social Studio. Ages 9 to 12. Mixed-media workshops to immerse artists into the creative process while developing their skills. September's theme is puppets, October is faces and November is paper play. \$45 per class. socialstudioart.com
- Tuesdays, 10 am. **Art Integration: Medieval Musings**, Social Studio. Ages 6 to 10. Perfect for homeschoolers. Kids will engage in different art activities connected to other content, including science, math, language arts, social studies and social-emotional learning, to develop ideas, learn skills and techniques, make expressive choices, and collaborate with their peers. \$400 per session. socialstudioart.com
- Thursdays, 6 pm. **Drawing Life**, Social Studio. Ages 12 to adult. Each class will alternate between drawing a still-life set-up and drawing a clothed model. Materials provided. All levels are welcome. \$30 per class. socialstudioart.com

September

- Sep. 5, 6 pm. **Arthur Magida: Two Wheels to Freedom: The Story of a Young Jew, Wartime Resistance, and a**

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CALENDAR HIGHLIGHTS

CONTINUED FROM PAGE 29

- Sep. 7, 10 am. **Honoring Our Heroes Motor Muster**, Fire Museum of Maryland. The annual salute to fire, police, EMS and military personnel, with antique fire engine demonstrations and rides. firemuseummd.org
- Sep. 10, 6 pm. **Joyce M. White: *Cooking Maryland's Way: Voices of a Diverse Cuisine***, The Ivy Bookshop Patio. White speaks with Kara Harris about her book, which reflects on the chief cultural influences of Maryland's early foundational cuisine. RSVP at theivybookshop.com
- Sep. 11, 10 am. **Tree Time**, Cylburn Arboretum, 4915 Greenspring Ave. Parent/child classes designed to teach about nature through stories, crafts and exploration. Ages 2 to 5. Free for members and \$5 suggested donation for non-members. Also Oct. 9. Cylburn.org
- Sep. 12, 6 pm. **Charles Trueheart: *Diplomats at War***, The Ivy Bookshop Patio. Trueheart speaks with Alice McDermott on fiction and nonfiction of the Vietnam War. Moderated by Robert Ruby. RSVP at theivybookshop.com
- Sep. 13, 10 am. **Horticulture Culture**, Cylburn Arboretum. In-depth classes taught by CAF's horticulture team and designed to include the "why" behind what is seen in the Cylburn landscape. Free for members and \$5 suggested donation for non-members. Also Oct. 11. Cylburn.org
- Sep. 14, 9:30 am. **Wild Walks and Talks: Fall Bird Count with Ecologist John Canoles**, Ladew Topiary Gardens, 3535 Jarrettsville Pike, Monkton. Walk along the Nature Trail to catalog the fall bird activity. Ages 13 and up. \$10 for members and \$25 for non-members. ladewgardens.com
- Sep. 14, 10 am. **Language Arts**, Social Studio. Ages 16 to adult. A "second Saturday" class, led by a guest teacher/artist, to recharge and reconnect to your creative process. \$40 per class. Also Oct. 12 and Nov. 11. socialstudioart.com
- Sep. 14, 1 pm. **Family Nature Explorers: Cool Camo**, Ladew Topiary Gardens. Search for the critters that use camouflaging techniques to blend into their habitat. Recommended for ages three and up. Free for members and included with paid garden admission for non-members. ladewgardens.com

The Civic League meets on the first Wednesday of the month at 6:30 pm at the Roland Park Presbyterian Church at the corner of Roland Avenue and Upland Road (4801 Roland Ave.). The next meeting will be September 4.



ROLAND PARK CIVIC LEAGUE

- Sep. 14, 4 pm. **Book Launch: Craig Kofi Farmer, *Kwame Crashes the Underworld***, Charm City Books, 426 W. Franklin St. Celebrate the launch of Farmer's debut middle grade novel, which he calls "a slightly unhinged, chaotic adventure full of gods and monsters." He will be in conversation with Ronald L. Smith (Black Flowers Bloom, Hoodoo, several Black Panther graphic novels and more). charmcitybooks.com
- Sep. 15, 3:30 pm. **Cyrus Chestnut, Jazz Piano**. Community Concerts at Second, 4200 St. Paul St. Hailed as the "best jazz pianist of his generation" (TIME), Baltimore-born Chestnut began his musical career playing piano at the Mt. Calvary Star Baptist Church at age six, and honed his craft playing with legends like Wynton Marsalis, Chick Corea and Dizzy Gillespie. Free, but donations are welcomed. cc2nd.org
- Sep. 18, 12 pm. **Wednesday Walk**, Cylburn Arboretum. Monthly walks on the third Wednesday of each month. Free for members and \$5 suggested donation for non-members. Cylburn.org
- Sep. 18 and 25, 6:30 pm. **Wine and Art Wednesdays: Pet Pastels**, Social Studio. Adults. Create and connect once a month. Includes finger food, wine and water. \$80 per class. socialstudioart.com
- Sep. 19, 10:30 am. **Conquer the Soil with Abra Lee**, Ladew Topiary Gardens. Learn about Black America and the untold stories of our country's gardeners, farmers and growers. \$30 for members, \$40 for non-members (includes price of admission to gardens). Pre-registration required. ladewgardens.com
- Sep. 22-28, **Banned Books Week**, Local Independent Bookstores. Launched in 1982, Banned Books Week brings together the entire book community. indiebound.org
- Sep. 22, 3:30 pm. **Baltimore Symphony Musicians and Friends**, Community Concerts at Second. Enjoy the works of Bacewicz, Schuller and Mozart. Free, but donations are welcomed. cc2nd.org
- Sep. 26, 10:30 am. **A Tour of Historical Gardens with Jane Delury**, Ladew Topiary Gardens. Discover the history of the landscapes and gardens of the Hudson Valley's Montgomery Place and San Francisco's Presidio through Delury's novel, *Hedge*. \$30 for members, \$40 for non-members (includes price of admission to gardens). Pre-registration required. ladewgardens.com
- Sep. 26, 6 pm. **James Magruder: *The Play's the Thing***, The Ivy Bookshop Patio. Celebrate this serious and entertaining chronicle of the first 50 years of Yale Repertory Theatre with novelist and dramaturge Magruder, in conversation with David Yezi. RSVP at theivybookshop.com

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October

- Oct. 2, 10 am. **Opening Day Activities Fair**, The Woman’s Club of Roland Park, 4500 Roland Ave. Members and prospective members are welcome to learn more about the club’s classes, committees, community projects and trips. RSVP to twcrp@comcast.net. twcrp.org
- Oct. 3, 10:30 am. **Behind The Papercut: From Sketch to Finished Product and Everything in Between with Annie Howe**, Ladew Topiary Gardens. Learn how Howe got into paper cutting and how she transforms her artwork into a variety of projects. \$30 for members, \$40 for non-members (includes price of admission to gardens). Pre-registration required. ladewgardens.com
- Oct. 8, 9:30 am. **Wild Walks and Talks: Fantastic Fungi with Nick Spero of the Natural History Society of Maryland**, Ladew Topiary Gardens, 3535 Jarrettsville Pike, Monkton. Search for and learn about the magical world of fungi. Spero is a biologist and longtime forager who teaches for the Natural History Society of Maryland. Ages 13 and up. \$10 for members and \$25 for non-members. ladewgardens.com
- Oct. 9 and 23, 6:30 pm. **Wine and Art Wednesdays: Indigo Dyeing**, Social Studio. Adults. Create and connect once a month. Includes finger food, wine and water. \$80 per class. socialstudioart.com
- Oct. 10, 10:30 am. **Fall Bulbs: Untapped Treasures with John Lonsdale**, Ladew Topiary Gardens. Lonsdale will discuss the many uncommon and beautiful shade- and sun-loving fall-flowering “bulbs.” \$30 for members, \$40 for non-members (includes price of admission to gardens). Pre-registration required. ladewgardens.com
- Oct. 10, 11 am. **Cara Ober and Ed Berlin: Baltimore’s Art and Culture Publishing Initiative**, The Woman’s Club of Roland Park. Members and prospective members are welcome to learn more about *BmoreArt*, an online magazine and print journal that highlights emerging artists, alternative viewpoints and unconventional forms of expression that may not receive attention in larger mainstream outlets. At 1:15 pm, Ed Berlin will discuss *City of Artists, Baltimore*, the magazine’s first full-length book. RSVP to twcrp@comcast.net. twcrp.org
- Oct. 16, 12 pm. **Wednesday Walk**, Cylburn Arboretum. Monthly walks on the third Wednesday of each month. Free for members and \$5 suggested donation for non-members. Cylburn.org
- Oct. 17, 7 am. **Baltimore Running Festival: Roland Park Elementary School’s Annual Fund Team**, 210 Key Hwy. Community members are encouraged to join the RPEMS race team in its efforts to support the Roland Park Annual Fund. Advanced registration required. Entry fees from \$50 to \$151. eventbrite.com/e/rpems-race-for-the-future-tickets-903708575677
- Oct. 17, 11 am. **Harborplace, Pro or Con?**, The Woman’s Club of Roland Park. Members and prospective members are welcome to learn more about MCB Real Estate’s bold idea to revitalize downtown from Adam Genn, vice president of MCB

CONTINUED ON PAGE 32



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CALENDAR HIGHLIGHTS

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Harborplace. At 1:15 pm, David Tufaro will share his views on preserving Harborplace as a public park. Tufaro is a principal at Terra Nova Ventures and longtime Roland Park resident. RSVP to twcrp@comcast.net. twcrp.org

- Oct. 20, 3:30 pm. **Einav Yarden, Piano.** Community Concerts at Second. Praised for her imagination and exceptionally vivid playing, Berlin-based pianist Yarden is a student of the late Leon Fleisher. She brings her “sense of immense majesty, tempered by gentleness and quiet grace” (*Washington Post*) to a program that features Robert Schumann’s Kreisleriana, Op. 16. Free, but donations are welcomed. cc2nd.org
- Oct. 24, 10:30 am. **A Glimpse into Street Art and Wire Sculpture with Reed Bmore,** Ladew Topiary Gardens. Bmore will delve into his process of meticulously bending and shaping each piece by hand, a skill honed through years of practice and a deep passion for his craft. \$30 for members, \$40 for non-members (includes price of admission to gardens). Pre-registration required. ladewgardens.com
- Oct. 24, 11 am. **Kim Roman: Indoor Herb Gardening for the Winter,** The Woman’s Club of Roland Park. Members and prospective members are welcome to learn from Roman, who blends information from her books, *How to Garden Indoors & Grow Your Own Food Year-Round* and *Growing Herbs for Health, Wellness, Cooking, and Crafts*, to show us how to enjoy our culinary herbs through the winter. At 1:15 pm, Stan Haynes will talk about **Baltimore, A President-Making City**—the intrigue, hoopla and drama of Baltimore’s presidential conventions. RSVP to twcrp@comcast.net. twcrp.org
- Oct. 26, 6 pm. **Lantern Night,** Fire Museum of Maryland. During this family-friendly Halloween celebration, see fire apparatus in a new light, with etched glass signal lamps and kerosene lanterns. Also visit with re-enactors in period attire. firemuseummd.org
- Oct. 31, 10:30 am. **The Accidental Jeweler with Elizabeth Locke,** Ladew Topiary Gardens. Lock will tell the story of her journey as a designer through a series of humorous anecdotes. \$30 for members, \$40 for non-members (includes price of admission to gardens). Pre-registration required. ladewgardens.com
- Oct. 31, 11 am. **Jack Burkert: The Port of Baltimore: Gateway to the World,** The Woman’s Club of Roland Park. Members and prospective members are welcome to learn about the Port of Baltimore, a story of the work of thousands of people, written over hundreds of years. At 1:15 pm, Judith Krummeck will discuss her novel, *The Deceived Ones*, which re-imagines Shakespeare’s Twelfth Night. RSVP to twcrp@comcast.net. twcrp.org

November

- Nov. 1 and 2, 7 pm, and Nov 3, 2 pm. **Little Women, The Broadway Musical,** The Bryn Mawr School, 109 West Melrose Ave. Join Bryn Mawr for its fall musical, which tells the classic story of family, hope and resilience through moments from the novel. Tickets will be available at brynmawrschool.org/tickets



MD Votes 2024

The 2024 Maryland General Election will be held on **November 5**. More than 114 positions are up for election, including Federal positions like President of the United States, one open Senate seat and all eight seats in the U.S. House of Representatives. Baltimore City voters will cast ballots for Mayor, City Council President, members of the City Council and Comptroller.

You can request a mail-in ballot by mail or fax by Oct. 29, via the Internet by 11:59 pm on Nov. 1 or in person by 8 pm on Nov. 5. Mail-in ballots must be postmarked, placed in a designated ballot box or handed to an election official by 8 pm on Nov. 5.

Early voting will be available from Oct. 24 to Oct. 31, from 7 am to 8 pm. You can vote at any early voting center in the county in which you live.

Election Day is Nov. 5 from 7 am to 8 pm. For more information, visit elections.maryland.gov/elections/2024.

- Nov. 7 through Dec. 5, 10 am. **Holiday Silent Auction,** The Woman’s Club of Roland Park. Members and prospective members are welcome to attend this annual fundraiser, which offers one-of-a-kind art, jewelry, accessories and crafts; member-hosted dinners, services and tours; the popular “Santa for Her” \$1,000 raffle; gift baskets; and more. RSVP to twcrp@comcast.net. twcrp.org

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- Nov. 7, 11 am. **Herb Dimmock: Johann Sebastian Bach, Music to Live By**, The Woman’s Club of Roland Park. Members and prospective members are welcome to join Dimmock, Bach in Baltimore’s founder and music director, in this exploration of the genius of Bach, arguably one of the greatest composers in the history of Western music. At 1:15 pm, former state delegate Gerry Brewster will talk about **War Hero and U.S. Senator Daniel B. Brewster**, known as “the golden boy of Maryland politics” in the 1950s and ‘60s. RSVP to twcrp@comcast.net. twcrp.org
- Nov. 13, 6:30 pm. **Wine and Art Wednesdays: Ink Owls**, Social Studio. Adults. Create and connect once a month. Includes finger food, wine and water. \$80 per class. socialstudioart.com
- Nov. 14, 11 am. **Audra Mullen: Baltimore Small Theatres, Past, Present and Future**, The Woman’s Club of Roland Park. Members and prospective members are welcome to join Mullen to hear an overview of small theatre in Baltimore, with a deep dive into the Vagabond Players, for which she is the marketing director. At 1:15 pm, **Vehicles for Change** founder and president, Marty Schwartz, will provide an overview of his nonprofit, which collects donated vehicles and gives them to local families struggling to afford transportation. RSVP to twcrp@comcast.net. twcrp.org
- Nov. 17, 3:30 pm. **ensemble132**. Community Concerts at Second. Known for presenting innovative chamber

arrangements of large-scale works, the wunderkind artists of ensemble132 include Grammy winners and nominees who have performed at major festivals and venues. This program will feature a remarkable chamber arrangement of Stravinsky’s iconic Pulcinella, along with Dvořák’s stunning Piano Quartet No. 2. Free, but donations are welcomed. cc2nd.org

- Nov. 21, 1:15 pm. **Dr. Art Whipple: NASA Space Telescopes—Past, Present and Future**, The Woman’s Club of Roland Park. Members and prospective members are welcome to join Whipple, an aerospace engineer, who compares the Webb Telescope, iconic Hubble Space Telescope and Roman Space Telescope (to be launched by May 2027), to help us better understand what each of these amazing machines reveals, how they complement one another and why the journey never ends. RSVP to twcrp@comcast.net. twcrp.org
- Nov. 30, **Small Business Saturday and Indies First**, Local Independent Bookstores. Since the program’s launch in 2013, Indies First has encouraged readers and shoppers to visit their independent bookstores on Small Business Saturday. indiebound.org
- Nov. 30, 11 am. **Holiday Train Garden Opening Day**, Fire Museum of Maryland. Watch as O-scale trains wind through a 20th century town and snap a selfie with Santa firemuseummd.org ❖

Please send calendar announcements to magazine@rolandpark.org.



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