

Focus Women

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for the Conscious Woman

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M A G A Z I N E

January/February 2010

INSIDE:

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From the Publisher



Our footprints weave the intricately woven path of our lives called our earth walk. We are stewards of this tapestry which uniquely creates us, our true selves and life scenarios. The threads and fibers create a life path to reach out to others through a helping hand, an encouraging word or unwavering support during times of challenge and great change. This earth walk makes for patterns, uniquely woven and wonderfully made. Our promise creates a tapestry of greater meaning and if we read it closely enough and examine its messages, we can find peace, fulfill our purpose or find answers to questions buried deep inside of ourselves. As we embark upon a new decade, may we read closely the patterns of our lives, giving us greater understanding and deeper insight into ourselves and others. To our readers, supporters and advertisers, may you too find peace through examining this tapestry of life and may the New Year bring you insight, health and abundance.

All the best,
Joslyn Wolfe

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and light
and vision.”**
– Helen Keller

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She's an Olympian

Growing up in Utah didn't hurt, but having parents who noticed her talent early on as a skier was even better. Olympic medalist, Tammy Erickson was a prodigy at five on skis. "I pretty much had ski boots in my crib," she says. "I started skiing when I was in Kindergarten."

According to Erickson, compared to today's standards, skiing in Kindergarten and not earlier would stamp her as a "late bloomer."

Having the talent to make the U. S Ski Team at 12, and competing internationally and professionally from 1978 to 2002, skiing took Erickson through numerous tours of Europe, spanning from Poland to Italy, sometimes with parents and sometimes with surrogates.

For Erickson, skiing came easy. With parents who fully supported her, plus having a strong taste for the sport, she found it an easy passion to pursue. "It kept me out of the house," chuckles the Berkley graduate of biology and mother of two, one of whom recently earned a Medical Degree from Stanford and the other who works as a photojournalist.



Earning the right to ski on a professional level brought a myriad of complexities to her life. "In Utah, you have to earn a certain GPA in order to ski... when I was on tour, from high school to college, I had tutors who travelled with me," she says.

Skiing, says Erickson, is indeed a high-risk sport. Noting how she blew both knees twice, dislocated her shoulder, broke ribs, incurred a concussion, and ripped the ligaments in her right hand, she realized following her competition in the 2002 Olympics, it was time for the sunset—but not completely.

"When I stopped professionally, I wanted to know how to use the knowledge I had to meet other women's fitness goals. Some may want to run a marathon, some may want to meet weight goals," says the current owner of Curves, a fitness and weight-loss gym solely for women.

Now in business for five years, through Curves, Erickson provides a way to deliver cutting edge fitness and nutrition goals to women. "The industry I was in was very male dominated," she says. "I am happy to use my background knowledge and experiences to help other women."

Valentine's Day and Relationships— “Why He Won't Marry You”

Q&A with Prof. Daniel L. Buccino, LCSW-C, BCD, Johns Hopkins Medical School

Q. Why is it that some men are reluctant to marry?

I see more and more long-term couples in counseling who appear deeply committed but are just not able to take the final step to the altar. Marriage and family remain goals for most couples but many people have difficulty turning the dream into reality. Obviously, given the high divorce rate, many more have difficulty sustaining the reality of marriage once the dream fades. Some men may not want to get married because:

- He is “in love” with her, but doesn't really love her as a person.
- To him being in love means it's still just all about the sex.
- Unfortunately, he's really “just not that into her.”
- Perhaps he is seeing someone else.

Q. This isn't a very encouraging list and are you saying that some men can't tell the difference between real love and sexual desire?

Well, I hear this from many men—“I love her, but I'm not in love with her.” I have come to understand this to mean that the initial lusty, early days of the relationship have worn off and now things are a little less frisky, so men may worry that this means they are falling out of love. It may mean, rather, that the

couple is actually moving to a more enduring stage of the relationship.

Some other reasons a man may not want to walk down the aisle are:

- He's spoiled for choice—there are just too many possibilities in the big city and he's waiting to see if he can find a “better deal.”
- Because of the ease of meeting potential romantic partners via the Internet through social networking, “sexting,” texting, and “hooking up,” serious dating and commitment may be becoming a thing of the past.

Q. This sounds like more bad news for women who want to get married.

The contemporary dating scene does offer many more options than previous eras. This paradox of choice and abundance of choice can actually lead to paralysis when one is faced with too many options. This can sometimes lead to couples having difficulty committing and settling down because they are afraid they may just be “settling,” and that there may be another better option behind the next social network post. Here are additional reasons why some men just can't seem to make the ultimate commitment.

- Maybe because in today's economy she has a job and he doesn't.

- Maybe because in today's economy he has a job and she doesn't.
- Maybe because they haven't been dating “long enough.”
- Maybe he believes she is coming on too strong.
- Maybe he thinks he can't win, because, as Chris Rock said, “married people are bored and single people are lonely.”
- Maybe he's never seen an example of a good, stable, long-lasting relationship.
- Maybe he is not responsible, reliable, trustworthy, competent, and focused.
- Maybe he thinks she is not responsible, reliable, trustworthy, competent, and focused.
- Maybe he thinks she is too self-sufficient, she doesn't need anything, including a husband, or more specifically, him.

Prof. Daniel L. Buccino, LCSW-C, BCD, is a social worker and the clinical supervisor and student coordinator of the Adult Outpatient Community Psychiatry Program at the Johns Hopkins Bayview Medical Center. He is also an assistant professor in the Department of Psychiatry and Behavioral Sciences Johns Hopkins University School of Medicine. Prof. Buccino is co-founded the Baltimore Psychotherapy Institute where he specializes in providing psychotherapy for individuals, couples, and families. He can be reached directly at dbuccino@jhmi.edu or (410) 550-0105.

New Year's Resolutions That Work!

By Dr. LeslieBeth Wish, MSW

It's holiday time of year again when thoughts turn to shopping, giving, partying and—yes—making New Years' resolutions. Even if a person doesn't want to make them, reminders about resolutions are on the Internet, talk shows, the news and magazines. Unfortunately, these reminders highlight last year's broken promises and the reality of breaking the same or new ones this coming year.

Many people avoid making them and secretly are ashamed of their previous failure. Jeanie, a teacher, summed up the feelings perfectly: "It's like starting the New Year already defeated."

The following guide to making resolutions that work can't guarantee success, but it can lay the groundwork for changing old habits.

Start Small

One of the major problems with resolutions is that the freshness of the New Year often propels people to think too big. It's easy to get swept up into the appeal of a clean slate and make big promises to change old habits such as quitting cigarettes or waking up earlier.

Janet, a free-lance writer, got caught up in false hopes by vowing to wake up before six-thirty every morning. By the third day, she had broken

her promise twice. A wiser plan would have been to go to bed earlier once a week, plan to wake up earlier the next morning and then add more days slowly a week at a time.

Don't take on too many resolutions at once. Janet thought she could both wake up earlier and then run two miles.

Expect the Inevitable Discomfort & Anxiety That Accompany Change

One of the mixed blessings about being human is the ability to manage pain, insecurities, anxieties and other problems through behaviors that work well enough. For example, eating may not be the best way to soothe feelings, but it works well enough so that giving up old eating habits then becomes at least as difficult as continuing to eat unwisely.

In general, behaviors that are biologically-based are the most troublesome to modify. These behaviors include actions that involve anger and aggression and all the pleasure-inducing activities such as sex, gambling, drinking, eating and shopping. Not surprisingly, because people are prone to excesses in these areas, promises to change these tendencies make up the bulk of New Years resolutions.

It takes tremendous will power to alter disheartening habits. As a result, many people fool themselves into thinking that the beginning of a New Year is a potent enough motivator. Such hopes result in global and bittersweet resolutions that are doomed to fail. A typical list of these resolutions includes:

- I promise not to hide my purchases from my husband.
- I promise not to eat candy and junk food while driving alone.
- I promise to fit into my high school clothes.
- I promise not to get upset any more with my pet, family and colleagues.
- I promise not to be sexually turned on by looking at other people.
- I promise not to lie to my partner—at least not big lies.
- I promise not to fudge my work at my job—at least not big fudges.
- I promise to stop cheating on my partner.
- I promise not to lie about dents in the car.
- I promise not to carry a balance on my credit card.
- I promise not to buy things I don't really need—whatever that means.

Making resolutions that address these issues, however, is often the most important decision. Aim small

for big results. For example, a resolution that addresses secret spending might be to designate one credit card or checking card for the home budget that includes a set limit on fun purchases.

Don't Make Promises Without Preparing for Them

Usually, each New Year begins with the same or similar resolutions as the year before. Even if the resolutions are realistic or new, failure can still happen because people do not examine themselves and their past attempts with other promises adequately.

Honest shoring up alerts people to their past patterns of thoughts and actions. Tom, a middle school teacher, would flop on the couch as soon as he came home from work. He convinced himself he needed to rest before visiting his two sons on the other side of town. Too often, however, he fell asleep and awoke after dinner. A better plan was to bring casual clothes with him to wear after work and then drive directly to see his sons. He also soon learned to plan activities with them ahead of time.

More importantly, start or renew your New Years resolutions several times throughout the year. Key occasions include at the beginning of each season, on birthdays, half-birthdays or anniversaries. This approach is not a gimmick. It gives people repeated trials of re-training brain wiring to accept new behaviors.

Know What Triggers Temptation

For example, sitting at the bar or going out with

colleagues to the local pub will impair promises to limit drinking. Keep a diary or jot down the feeling/situation trigger on a piece of scrap paper to see in print what prompts set-backs.

Recruit Others to Assist or Participate in Keeping Resolutions

The Weight-Watchers Program works, in part, because of the buddy system and group dynamics. People can make similar pacts with colleagues to order healthier lunches. The same system works in families. For example, most families reward themselves with food. This approach is fine, except that it usually involves poor choices such as fried food and cake and ice cream. Soon, the reasons for celebrating expand so that everyone eats these foods often. However, remember, leaving out favorite foods totally only creates cravings that force people to overeat. One solution is to make everyone in the family an official food deputy where each person has responsibility for saying to another, "Don't eat that—or so much of that."

Also, inform family physicians about any resolutions regarding health and ask her or him to assist in sustaining change.

Build in Rewards for Success

It takes time for the benefits of success to take hold. Usually, feeling better doesn't kick in until at least three weeks of new behavior. Many people who promised to exercise more, for example, had less trouble following a regime after a month.

The problem is how to motivate one's self in the meantime. Selecting meaningful rewards can often sustain the changes. Janet, the freelance writer who wanted to awaken earlier, found that building in smart rewards such as watching a favorite television show helped motivate her. Eventually, the good feeling from success prompted her to go to bed earlier and rise in time to run half a mile. Over time, that half mile became one, then two miles.

The key is to avoid rewards such as eating or shopping, which can create more problems. Develop a new reward such as calling an old friend, soaking in the tub or gardening.

David started a vacation fund to help him quit smoking. When he wanted a cigarette, he put the price of a pack into a glass bowl. The plan worked because he not only chose a meaningful reward but also because he kept the jar in plain sight at work.

Add Helping Others to Your Resolutions

Improvements in self-worth often lead to increased ability to make changes and withstand the anxiety from letting of old habits. Volunteering and helping others is a great way to raise self-esteem. Select an organization that holds personal meaning and offer to volunteer. Or, resolve to be more understanding of a difficult family member.

Review This List and Read Other Articles About Tips for New Year's Resolutions

People learn through repetition. Several times a year, on key occasions, use the helpful information to reinforce efforts to sustain and make changes.

There are no best resolutions. They vary with the person. However, smart ones include promises such as:

- I promise to join a weight program and gym and work out wisely with a group of friends.
- I promise to get a medical physical.
- I promise to pay attention to warning symptoms that I am not well.
- I promise to join AA or other similar groups for my substance abuse problems.

- I promise to recruit family members and friends to help me with all my resolutions.
- I promise to seek professional, psychological help for my difficulties.
- I promise to be a volunteer for a charitable organization.
- I promise to get financial counseling from my bank or place of work.
- I promise to take short vacations or breaks to relieve stress.
- I promise to find one thing in life that makes me smile and laugh.

In summary, if you follow these y bullet points you will increase your potential for success:

- Start small
- Expect the inevitable discomfort and anxiety that accompany change

- Don't make promises without preparing for them
 - Know what triggers temptation
 - Recruit others to assist or participate in keeping resolutions
 - Build in rewards for success
 - Add helping others to your resolutions
 - Review this list and read other articles about tips for New Year's resolutions
- Good luck and happy New Year.

LeslieBeth Wish, Ed.D., is a noted psychologist and social worker, specializing in women, family and relationships. Her next book project, *The No-Nonsense Woman's Guide to Love*, is for women smart about work and career, but not about love. If you are interested in participating in her research for this book or learning more about her, see her website at www.lovevictory.com or contact her at dr.l.b.wish@comcast.net.



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Bring on the Angels!

By Jaana Myllyluoma

As I write this, the news are full of excruciating images of houses turned to rubble and stories of human misery in the aftermath of the earthquake in Haiti. The



death toll is reported in staggering numbers and the work ahead to care for, feed, and house those who are alive is unimaginable. Like so many others with whom I have spoken, my heart is aching with a yearning to help, to do something concrete, to bring

some comfort. But I don't know what else to do, so I do what I can—I give money to a relief organization and I pray.

In the quiet of my thoughts, I search for something hopeful, a glimmer of promise that affirms life and goodness in the midst of chaos and tragedy. And then I remember angels.

When I was a child, I absolutely believed in angels. Clothed in white robes and feathered wings, they sat at my bedside when I was afraid in the middle of the night. They guarded my steps as I walked to school in the first grade. As an adult, I no longer believed in winged beings, but came to recognize intuitions and occasional urgent warnings as angel messages that should be heeded. An angel message made me stop my ironing and run down the stairs to find my active toddler about to walk into the abyss of the basement stairwell. There were many similar last-minute saves when my son was little. I didn't question where the instruction came from. I simply and gratefully obeyed. Every night I tucked in my son with "Angels are guarding over you."

Then an incident happened that changed my concept of angels to include the possibility that an angel message could be an angel messenger.

My family was driving on Interstate 95 to attend a 65th birthday party of a dear friend. We were decked out in our summer finery despite a torrential rain that sent cats and dogs into hiding. I loved driving our Peugeot station wagon, so my husband sat in the back with our 5-year old son and practiced his mandolin for the musical gift we were planning to give. He noticed an unusual noise coming from the rear tire and asked me to pull over. Returning from the down-pour he reported that one of the back wheels was held on by only one bolt. Clearly, the shop that had recently changed our tires lacked quality control.

Ducking back into the rain with an umbrella, my husband searched the back gate for the magical wrench that would allow taking one bolt from each of the other wheels and secure the wobbly one. However, it was nowhere to be found.

Back inside, the air grew heated as we realized that the wrench had been seen last in the hands of our son back at grandma's house in New Jersey. Someone had to be blamed and everyone was given a fair share.

I found a white piece of paper and hung it from the driver side window in a feeble effort to flag down help. This was in the days before cell phones. Rain was relent-

less and trucks were speeding past us oblivious to our distress. The paper stuck to the window and turned into mush. I was furious at the tire merchant, at my husband, at my son, at the trucks, at the rain, and at myself. And I was not quiet about it.

My husband threw at me a little booklet he found on the back seat floor, and yelled, "Read this!" It was one of those free pamphlets some religious group had tucked under the windshield wiper and we had promptly thrown on the car floor. The title promised "Help from Above" and inside the text contained Bible verses appropriate for the occasion. I curtailed my tongue and began to read. "I will lift up mine eyes unto the hills, whence cometh my help." (Psalm 121)

I lifted up my eyes and through the foggy windshield saw a car backing slowly toward us on the shoulder until it stopped right in front of our car. The car was a white Dodge. My husband jumped out and I watched him greet the driver with an explanation of our need. The man opened his trunk and reached in for a wrench. He refused the cover of an umbrella.

Now, I have to explain that our car was French and used metric sized bolts, which require a metric lug wrench. The chance of a Dodge wrench fitting a Peugeot bolt is less than snow flurries in July in Baltimore.

My husband later exclaimed that the trunk was filled with wrenches of all sizes. The man simply put his hand in and pulled out a wrench that was the perfect

fit. In a manner of minutes he swiftly exchanged the needed bolts from the donor wheels onto the troubled one. He also tightened all the rest of the bolts to ensure our safe passage.

Then he left as quickly as he had arrived. We barely had a chance to thank him. The rain had stopped.

The mood was reverent as my husband climbed back into the car. Uncharacteristically quietly he asked if I noticed what the man was wearing. Yes, I had seen he had on white jeans and a white shirt. But, my husband continued, did you see his feet? On his feet were white tennis shoes, without a spot of dirt.

I have since read accounts of others who encountered in their plight a messenger of help. Our angel had many characteristics in common with them. They appear from

nowhere, they speak little, they're unbothered by the weather, they leave quickly and they don't expect a thank you.

Was our Good Samaritan an angel or just an unselfish and kind person? One thing is certain—whoever he was, he secured more than just the bolts on our wheel. He affirmed my trust in the ever present help that comes in one form or another just when we need it the most.

And this is my simple, heartfelt prayer for Haiti. Bring on the angels!

Jaana Myllyluoma, Ph.D, CPCC is a "whole woman" coach and empowers her clients to recognize and use all of their resources—physical, mental and spiritual—in service of their goals and commitments. Contact Jaana for a free coaching session during the months of February and March, by email at jaanamy@comcast.net or by calling 410-292-8788.



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30 Years of the Maryland Women's History Project

By Jill Moss Greenberg

March 2010 will mark the 30th anniversary of the Maryland Women's History Project, developed through a collaboration between the Maryland Commission for Women and the Maryland State Department of Education. From



Jill Moss Greenberg

its inception, the Maryland Women's History Project was dedicated to honor and celebrate the contributions of Maryland women and girls of diverse backgrounds and regions—both renowned and previously unknown.

Prior to 1980, there were no official observances of women's history in Maryland, and most people were unaware of the many contributions made by women and girls. Like most people, when I was in school, studying history mostly consisted of memorizing the dates of battles or names of presidents. It wasn't until I went to a conference about "Women in the American Revolution" that I became interested in history.

For the first time, I learned about people like me—and like you.

Nationally, the first resolution to establish a National Women's History Week was introduced through the advocacy of the National Women's History Project, in 1980, but was defeated in the U.S. Congress. Through another bill, sponsored by then Maryland Representative Barbara A. Mikulski, the U.S. House of Representatives designated the week beginning March 8, 1981, as National Women's History Week. (Congress later expanded the week to a whole month in 1987.)

At the same time as the national efforts, Maryland began to establish a Maryland Women's History Week. As a member of the Maryland Commission for Women at the time, I proposed that the Commission initiate Maryland Women's History Week. We invited the Maryland State Department of Education to join with us and, together, with a committee of educators, members of Maryland's local Commissions for Women, and other organizations, we began creating and disseminating materials to publicize the week throughout Maryland. Maryland Women's History

Week and then month were also proclaimed each year by the Governor and the Maryland Legislature.

Each year since, packets of materials were developed and distributed to all schools, libraries, local Commissions for Women, and other organizations, throughout the state. These packets contained information focused on a specific area of achievement by Maryland women. Themes included Women in Historical Eras (1982), Maryland Women in the Arts (1985, 1998), Maryland Women in Mathematics and Science (1988, 1999), Maryland's Unsung Heroines (1990), and more. Over the years, the packets were expanded to include lesson plans, bulletin board display kits, and suggested community activities, as well as compilations of available speakers, and organizational, written, and media resources. Linda Shevitz of the Maryland State Department of Education coordinated the development of these packets and kept track of the tremendous number of educational programs that resulted in public schools, colleges and universities, organizations for girls and women, and in active communities.

In celebrating Maryland Women's History, we strove to be inclusive of the great diversity among Maryland women. We not only wanted to highlight renowned Maryland women, such as Harriet Tubman, Rachel Carson, and others, but also wanted to include the "unsung heroines" in our families, communities and places of work and worship.

In 2003, the Maryland Women's History Project developed the "Maryland Women's Heritage Trail." In conjunction with local historical associations and commissions for women, more than 150 Maryland sites were identified where women had made unique contributions, some in every county and in Baltimore City. (More infor-

mation about the "Maryland Women's Heritage Trail" is available on our Website at www.MDWomensHeritageCenter.org/heritage-trail.)

Creating this trail was a tremendous achievement and the interest and excitement it created made it clear that we needed an actual site where Marylanders, young and old, could come to learn, contribute and honor the contributions of Maryland's women and girls. In addition, it was important to provide a home for the Maryland Women's Hall of Fame, which was established by the Women Legislators of Maryland with the Maryland Commission for Women in 1985. With support from the ongoing groups and from the First Lady of Maryland, a com-

mittee was created to work toward the existence of the Maryland Women's Heritage Center—with all of its components, a national first.

Maryland was the first state in the country to acknowledge women of diverse groups and ages.

It is only fitting that the Center will be opening its initial temporary home located in Baltimore City this March—30 years since the founding of the Maryland Women's History Project.

For more information or to become involved in supporting the creation of the Maryland Women's Heritage Center, visit our Website at www.MDWomensHeritageCenter.org, call 410-767-0675, or e-mail mwhcjill@comcast.net.

New Year 2010

What if ...

What if you began the year with a clean slate?

Here's a true story with a message to ponder.

When the middle-aged woman awoke from the coma, her memory had been wiped clean. She did not know her husband or children, parents or childhood. Everything she learned about her past was based on stories told by family and former friends. Imagine what this would be like, to be totally amnesiac.

Previous slights and angers, fears and embarrassments, all forgotten.

She had to discover her personality all over again, which turned out to be somewhat different from the way she had always been. She had to learn what she liked and didn't, and how to build brand new relationships with husband and family, based purely on what was happening in the present. Even addictive eating habits changed.

If you were no longer being limited and misled by memories of past experiences and undermining beliefs, how would your life change, be different, improve and get better?

What would happen if you began this new year and next decade with a fresh start clean slate? How could this idea improve your well being?

May you enjoy the peace and pleasure that comes from clearing the decks of what's old and outdated, living instead as if today is a brand new day to live in a brand new way.

Ann McGill, *MidWife of Consciousness*, is author of *Birthing into Beingness*, *the Beautiful Truth of Who You Are*. MidWife@AnnMcGill.com. www.MiraclesMadeEasy.com. 703-262-0620.

Self-Control Is Contagious

By Sam Fahmy

Before patting yourself on the back for resisting that cookie or kicking yourself for giving in to temptation, look around. A new University of Georgia study has revealed that self-control—or the lack thereof—is contagious.

In a just-published series of studies involving hundreds of volunteers, researchers have found that watching or even thinking about someone with good self-control makes others more likely exert self-control. The researchers found that the opposite holds, too, so that people with bad self-control influence others negatively. The effect is so powerful, in fact, that seeing the name of someone with good or bad self-control flashing on a screen for just 10 milliseconds changed the behavior of volunteers.

“The take home message of this study is that picking social influences that are positive can improve your self-control,” said lead author Michelle vanDellen, a visiting assistant professor in the UGA department of psychology. “And by exhibiting self-control, you’re helping others around you do the same.”

People tend to mimic the behavior of those around them, and characteristics such as smoking, drug use and obesity tend to spread through social networks. But vanDellen’s study is thought to be the first to show that

self-control is contagious across behaviors. That means that thinking about someone who exercises self-control by regularly exercising, for example, can make you more likely to stick with your financial goals, career goals or anything else that takes self-control on your part.

VanDellen’s findings, which are published in the early online edition of the journal *Personality and Social Psychology Bulletin*, are the result of five separate studies conducted over two years with study co-author Rick Hoyle at Duke University.

In the first study, the researchers randomly assigned 36 volunteers to think about a friend with either good or bad self-control. Those that thought about a friend with good self-control persisted longer on a handgrip task commonly used to measure self-control, while the opposite held true for those who were asked to think about a friend with bad self-control.

In the second study, 71 volunteers watched others exert self-control by choosing a carrot from a plate in front of them instead of a cookie from a nearby plate, while others watched people eat the cookies instead of the carrots. The volunteers had no interaction with the tasters other than watching them, yet their performance was altered on a later test of self-

control depending on who they were randomly assigned to watch.

In the third study, 42 volunteers were randomly assigned to list friends with both good and bad self-control. As they were completing a computerized test designed to measure self-control, the computer screen would flash the names for 10 milliseconds—too fast to be read but enough to subliminally bring the names to mind. Those who were primed with the name of a friend with good self-control did better, while those primed with friends with bad self-control did worse.

In a fourth study, vanDellen randomly assigned 112 volunteers to write about a friend with good self-control, bad self-control or—for a control group—a friend who is moderately extroverted. On a later test of self-control, those who wrote about friends with good self-control did the best, while those who wrote about friends with bad self-control did the worst. The control group, those who wrote about a moderately extroverted friend, scored between the other two groups.

In the fifth study of 117 volunteers, the researchers found that those who were randomly assigned to write about friends with good self-control were faster than the

Continued on Page 29.

ARE YOU POST MENOPAUSAL?

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Explosive Retail Health Clinic Growth Expected



More Patients Seeking Affordable After-Hours Care, According to NCPA Scholar

The number of walk-in clinics is expected to nearly triple in the next four years in response to increased patient demand, according to a new report from the National Center for Policy Analysis (NCPA).

“These retail health care clinics offer evening and weekend care solutions at a fraction of the cost of emergency rooms and often charge less than a physician office visit,” said NCPA Senior Fellow Devon Herrick. He points that emergency room care is among the most expensive type of patient care, and said “of the 119 million annual visits to hospital ERs, 55% are for non-emergencies.”

Herrick said that the current 1,100 to 1,200 walk-in clinics are expected to increase to 3,200 by 2014.

“They are well-suited to patients wanting affordable, convenient care, especially after-hours and on weekends,” he said. “And, these clinics are an easy option for some people without coverage or a primary care physician to get routine medical care without cost surprises. The prices are competitive and posted.”

Urgent care clinics are another emergency room alternative for more serious injuries and illness, requiring stitches, x-rays or more than a nurse practitioner’s care. Also increasing in numbers, urgent care centers are usually stand-alone operations.

“Use of health information technology has helped clinics streamline operations and costs,” said Herrick. “These operations could serve as models for hospitals and physicians’ offices, which have been slower to switch over to electronic medical records.”

The NCPA is a 501(c)(3) nonprofit, nonpartisan public policy research organization headquartered in Dallas with offices in Washington, D.C. The NCPA depends solely on the contributions of individuals, corporations and foundations that advocate private sector solutions to public policy problems. All contributions are tax-deductible, and the NCPA accepts no government grants or contracts



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If you are between ages 15-65, diagnosed with Schizophrenia, Schizoaffective Disorder or Bipolar Disorder with Psychosis, **you and your family members** may be eligible to participate in a research study aiming to identify genes that are related to the cause of these illnesses.

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Stories - Examples

Bert Hellinger tells this story in one of his books. The client discovered she had been significantly, unconsciously, impacted by her mother's horrific childhood experience—witnessing her father drowning.

The day after the healing resolution occurred, the Mother called with very good news. Totally unaware her daughter had just attended a Constellation weekend, here's the gist of what I imagine was said.

“Remember how, on the anniversary of my Father's death, I always felt impelled to return to the same spot on the bridge? When I got there this year, this time I couldn't stay. I felt just as compelled to walk to the opposite end of the bridge, and when I got there I felt ever so much lighter, like a huge burden had been lifted.”

Constellations can have a powerful impact on family members who are not present, or even aware a healing resolution has been initiated within the family system. Isn't that marvelous!?

* * * * *

The issue I chose to work on was achieving my potential. For many years I had experienced the sensation of being held back, as if some-

one had a firm grip on the back of my shirt and would yank me backwards as soon as I took half a step forward.

The Constellation immediately surfaced that my Mother was extremely upset, her attention stuck on some past event. I remembered her telling me how traumatically upsetting her honeymoon was. A foretelling of what to expect the rest of her life. The Constellation process confirmed this was the reason my Mother was unable to be the loving, supportive Mom she really wanted to be. As we came together in healing resolution, I felt a lifting, a release, that I was no longer being held back.

Life-long patterns can change quite dramatically once initiating events are healed. It's such a relief to discover it was not you, you really were being impelled by subconscious conditions. How fortunate the person who is so freed!

* * * * *

Now that my Mother and I had connected in loving resolution, I expected momentum to begin building immediately. That didn't happen. Two weeks later I was still stuck! So I did a second Constellation, focusing on my Father. This is how I learned why becoming free of my Mother's

issue had not been enough to free me fully.

“It was not safe for you to move forward, Ann,” the message said. All havoc would have broken loose if your creativity had been let fly before you were securely grounded. You need the firm foundation your Father can provide. He's a very solid, steadfast man.” I felt my Dad's strength begin to flow into me, supporting, stabilizing and grounding.

Ever since that session, I have felt myself growing internally stronger. Now, when I start to bog down, I can get myself going again. Tasks are getting done with fewer interruptions, my writing is flowing with greater ease. Delightful synchronistic events are occurring with increasing frequency. Free at last, free at last, how grateful I am for Constellations!

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12 Touchstones to

SIMPLIFY LIFE

By Rick D. Niece, Ph.D.

I do not remember exactly when life got complicated. Maybe it was after college and the first real job, car payments, marriage, mortgage, and trying to share equal time with parents and in-laws geographically separated. Maybe life's complexities are the result of too much technology, too much information, too much invasiveness, and too little private time. I am not certain how life got so complicated, but I am able to find solace in the words of Eleanor Roosevelt: "A little simplification would be the first step toward rational living."

As a university President, I have clever escape routes that help me fend off life's complexities. Sometimes, in scarce moments of silent peacefulness, I drift back to bicycle rides along the scenic, unnamed county roads that surrounded my small hometown. I daydream myself to the welcoming downhill slopes, coasting effortlessly while using no hands. The traffic is minimal, the country air maximal, and I float carefree. Renewed like the force of a power nap, I come back to reality revitalized.

I have other equally effective escape routes to retrieve touchstones of sane simplicity in this world of complexity. They can work for you as well.

See the world through a child's eyes. Try to rediscover the initial excitement of now routine occurrences. Watch like a child who is experiencing them for the first time. Airplane trips, frequent events for me, pass quickly when I relive, through the eyes of a child, the magic of close-up clouds, streams of miniature vehicles, and houses rowed together like children's blocks.

Isolate the positive. Separate the positive from the swirling frenzy of negativity that surrounds us. Find the kernels within the chaff. Treasure what you have instead of lamenting for what you do not. Let just enough be enough.

Memorize a poem. When stressed and unable to fall asleep, repeat the poem like a mantra instead of counting sheep. Robert Frost's "Stopping by Woods on a Snowy Evening," and A.E. Housman's, "When I Was One-And-Twenty" work for me.

Play classical music. Listen to more than just the well-known masterpieces. Include selections you are not familiar with. The early works of composers like Mozart, Beethoven, Dvorak, Brahms, Tchaikovsky, and Rachmaninoff will delight you.

Look back for comfort. There is much gratification in remembering what was. Recalling the old can be as fulfilling as exploring the new. The past has its place.

Imagine your favorite memory and write about it. Read your memory after a bad day. Re-read it again after the next bad day. Write about another treasured memory. Capture more good memories than you have bad days.

Find a former teacher. Telephone that teacher and reminisce. I talk to my fifth grade teacher, Mrs. Curl, several times a year. I do most of the listening, and that is good for both of us. I enjoy being Rickie again.

Yield to the allure of the local, the everyday, the ordinary. Discover what the local has to offer. We do not have to travel distant lands for adventure. Too often lifetimes are spent trekking through layers of complexity in a search for simplicity, a simplicity that is already patiently waiting to be discovered. Pots of gold sit, barely hidden, at our feet. Don't make them trip you.

Leave work at work. We need to recharge at home with family before charging into tomorrow. Prioritize the real priorities. Occasionally, try to leave the office early. Our offices can survive without us.

Involve yourself in community service. Helping others is a simple pleasure. Deliver meals on wheels, volunteer for a church, school, or hospital, or become a Big Brother/Big Sister. Complexities disappear when we serve others.

Focus on the satisfiers. Compile a list of the things that satisfy you, that make you happy. Remember why they make you happy. Work to remove the often self-imposed roadblocks to satisfaction.

Enjoy a quiet evening. Steep a pot of hot tea, get into your pajamas by 7:30 p.m., and recline into an easy chair—no television, no newspaper, no cell phone. Let the softness of a comfortable cat fill your lap. Close your eyes and listen to the contented purring. The murmuring rhythms echo through you. Enjoy simplicity in its purest form.

Simplify life. It really is not all that complicated.

Rick D. Niece, Ph.D., author of *The Side-Yard Superhero*, currently serves as President for the University of the Ozarks in Clarksville, Arkansas. Along with his wife, Sherée, he works to provide intellectual and cultural enrichment for the 675 students at the University, preparing them for graduate school and professional employment success while establishing lifelong values. For more information, please visit www.RickNiece.com.

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Dial Down the Stress in 2010

*Meditation Expert Sarah McLean
Offers 5 Ways to Diminish Stress in the New Year*

Become More Self-Aware

Somehow we make this complicated. But it's simple. How do you feel right now? When faced with a choice, pay attention to yourself and notice your body's signals of comfort and discomfort. Discover how to live with integrity. Say "no" when you mean no to things/people/events that are stressful. And say "yes" when you mean yes. There is no need to manipulate yourself. A simple question I have my students ask themselves is, "Is it a yum or a yuck for me?" Move toward the yums and away from the yucks.

Surround Yourself In Silence

Pay attention to what people/noise/smells you have in your environment. There are simple changes you can make to create a more pleasing space. Take time for silence, turn off the TV, take the earphones out, and occasionally let the phone go to voice mail so you can finish a task. Most importantly, for a few minutes every day move away from the electronic world and give yourself time out in nature. Believe it or not, disconnecting from the world of timelines and connection can help you to become more connected to yourself and your world.

Accentuate the Positive

Whatever you put your attention on grows. What

do you spend time thinking about or complaining about? Over time, our behaviors create a habit of mind, so when you remember to focus on what you like and what makes you feel good, you'll increase your experience of pleasure. It's not just positive thinking; it's about putting your attention on the here and now and what you like about it. There are also simple gratitude practices can also help you feel happier and relieve stress.

Adjust Your Sleeping and Eating Patterns

Do you eat while you are standing up or on the phone? Or late at night when you could be sleeping? Do you look down and your food is gone, but you don't remember eating it? When you follow the natural rhythms of nature, take meals when the digestion is strongest and eat with full awareness, you'll eat less, and digest better. Do you believe the saying, "early to bed, early to rise"? One way the mind and body rejuvenates is through sleep. Learn why it's a priority to get to bed early to let your body's rejuvenation system do its job.

Learn To Meditate

Yes, you can do it. No you don't have to join a cult, change your religion, become vegetarian or go to India. Meditation is easy if you are

taught right. Instead of trying too hard, you can learn how a relaxing silent meditation will help you achieve the deep rest that sleep can. A simple silent meditation practice can change your whole day. Researchers prove meditation improves sleep patterns even when you do it in the morning.

Once thought of as an esoteric or religious pursuit, meditation is going mainstream. A government survey in 2007 found that about 1 out of 11 Americans, more than 20 million people, meditated in the past year. And a growing number of medical centers are teaching meditation to patients for the management of stress.

"As Americans become more attached to laptops, iPhones, Blackberries and other digital devices, we have a greater need to unplug and to tap into our inner silence," says Sarah McLean, director of the Sedona Meditation Training Company. "Meditation is the perfect antidote to stress. Research shows that it lowers blood pressure, increases blood flow and decreases heart rate. It also decreases our stress hormone and reduces insomnia."

Sarah McLean is known as "the face of mainstream meditation" and has been teaching mind-body health for 16 years. She is an expert on bringing the ancient practice of meditation to a modern world. For more information, visit www.sedonameditation.com.

Concerned Singles

By Rodelinde Albrecht

What I Do

It's been my privilege and my pleasure for the past twenty-five years to bring together like-minded people who are seeking a deeply satisfying love connection. Concerned Singles is the premier virtual meeting place for aware, progressive, socially conscious singles across the country.

How I Got Started

In 1984, dating services were just beginning to be accepted as a way of making romantic connections. Allan Black, the significant man in my life at the time, was very progressive politically and socially.

It was his inspiration to create an introduction service designed to serve people who were interested in matters beyond a shared fondness for, say, tennis and Chinese food. As director, he took care of the business side, including advertising and publicity. As an experienced publishing professional, I was responsible for the design and production of our logo and all our print materials. When Allan died in 1988, I took on the directorship as well.

What I Offer

The profiles of all our members are posted on our website. Although access to the site is open to anyone, only members may respond

to the listings. To preserve confidentiality, the first contact between individuals is sent via Concerned Singles; subsequent correspondence flows directly between the two individuals.

For those requesting it, the listings are also available by mail in the form of a quarterly newsletter, and members may correspond by realmail if they choose. Personal service is key: I'm available by phone to members and potential members for consultation and encouragement.

What Makes Me Green

I see myself as a sort of gardener, planting the seeds whose crop will be harvested by others and cooked up into soul-nourishing relationships. Green living recognizes that speed and size are no guarantee of quality; hence the emphasis on slow food and on small farming.

At Concerned Singles we offer the slow food and small farming of love. What's more, the couples who connect through Concerned Singles tend to create a kind of synergy that allows them to accomplish things they might never have accomplished by themselves.

How To Find Me

On the web at concernedsingles.com, introductions@concernedsingles.com and by phone at 413-243-4350.

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Hot List

The Maryland League of Conservation Voters is pleased to present the “Hot



State Delegate
Liz Bobo

List”—a detailed list of environmental legislation moving through the MD General Assembly. The environmental community’s top priorities are:

✓ **HB TBD: Protecting the Green Infrastructure Budget**

We must oppose cuts to Program Open Space, the Chesapeake Bay Trust Fund, the Regional Greenhouse Gas Initiative Programs, the Heritage Structure Tax Credit (Historic Tax Credit) and protect funding for our Environment, Natural Resources, Agriculture, and Planning agencies.

✓ **HB TBD: Smarter Transportation Choices for Maryland**

Sponsors:
Delegates Lafferty, Simmons

In a time of scarce transportation dollars, we need to make sure we are investing state funds wisely. This package of bills will establish smart growth criteria for funding transportation projects to make it easy for

the state to choose proposals that ensure our transportation and land use decisions work together to provide more travel choices to Maryland citizens; reduce environmental damage from transportation projects; and improve access to jobs.

One bill will help measure regional transportation problems and allow the state to comment on proposals of regional impact. Another bill will establish accountability with a system for local governments to report how they are spending transportation funding they get from the state. A final bill will make the roads safer for bicycling.

✓ **HB TBD: Watershed Protection & Restoration Act**

Sponsors:
Delegates Hucker, Cardin

In order to restore the health of the Chesapeake Bay Watershed, each city and county throughout the region needs funding to invest in its community to reduce the polluted runoff poisoning our waterways. This legislation will give these local jurisdictions a dedicated funding source by assessing a surcharge on impervious surfaces to clean up their rivers and the Bay, create green jobs, and leverage additional dollars from the state and federal government for watershed protection and restoration.

✓ **HB TBD: Comprehensive Energy Planning Maryland LCV Priority SUPPORT**

Sponsor: *Delegate Manno*

Requires the Public Service Commission to oversee the creation of a state energy plan that is consistent with all state environmental laws. The PSC would then review proposals from energy companies with respect to the state plan and environmental laws.

In addition to these four priority issues, we will also work on a number of other bills this session. If you have bills that you would like us to consider for the “Hot List” or submit testimony on, please contact Jen Brock-Cancellieri at jbrock@mdlcv.org or 410-280-9855 x 202.

Up and Coming Bills

✓ **HB 33: Child Care Articles & Toys Containing Bisphenol-A**

Sponsor:
Delegate Hubbard

Prohibits the manufacture, sale, or distribution of toys or child care articles containing Bisphenol-A (BPA).

✓ **HB TBD: Building Energy Disclosure**

Requires that all government and commercial building owners disclose energy use for the building.

✓ **HB TBD: Fertilizer & Pesticide Reporting**

Mandates tracking and mapping of fertilizer and pesticide use.

✓ **HB TBD: Incinerator Regulation**

Establishes criteria for the building, re-licensing, or re-permitting of any incinerator or waste-to-energy facility.

✓ **HB TBD: Keep Farmers Farming**
Sponsor: Delegate Kullen

Alleviates the estate tax burden for farmers either through full relief of the tax

for farms that stay in farming or relief for farms that are put into preservation easement.

✓ **HB TBD: Clean Energy Loans**

Gives cities and municipalities the ability to loan citizens money for solar or efficiency projects at very low interest rates, resulting in more access for homeowners.

✓ **HB TBD: Heritage Tax Credit**

Reauthorizes the historic tax credit.

✓ **HB TBD: Keep Coal Ash Out of Our Water**

Prohibits certain uses of coal ash and adds stricter requirements to prevent toxic dust from blowing in the wind.

For more than 30 years, the Maryland League of Conservation Voters has been the independent political voice for the environment in our state. Maryland LCV is dedicated to making environmental protection and restoration a top priority for Maryland's elected officials, appointed leaders, candidates and voters. The Maryland League of Conservation Voters advocates for sound conservation policies, works to get pro-environment candidates elected, and holds elected officials accountable for their votes and actions. Visit www.mdclc.org for more information.



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Open Talk on Ovarian Cancer

By Jamie Lober

It is important to understand how the reproductive system works. “When a woman ovulates every month there is actual physical disruption of the ovary because you have to make an egg. When that happens, the body has to heal over the physical hole in the ovary and during this healing process, a carcinogen can enter. You can have a mutation that turns into what we call a malignant transformation or cancerous formation,” explains Dr. Dwight Im, obstetrician/gynecologist and director for the gynecologic oncology center at Mercy Hospital in Baltimore. Though there are a few types of ovarian cancer, epithelial is the most common which occurs when cancer strikes the cells that cover the surface of the ovaries.

The cause of ovarian cancer is unknown but there are some speculations. “Some people think it may be an agent from the outside world such as talcum powder or some type of infection,” says Im. There are a few tricks for prevention. “Anything that suppresses ovulation would be a protective factor which includes birth control pills, pregnancy and having children,” tells Im. An annual gynecologic exam is recommended. Remember that you should be evaluated if you notice any changes. “Be aware of your body,” empha-

sizes Georgi Morales of Ovarian Cancer National Alliance. Most of the time, cysts felt on the ovaries during a pelvic exam are benign and not cancerous but they should not be ignored.

On September 11, 2009, the OVA1 blood test was approved by the Food and Drug Administration. This allows gynecologists to determine whether a pelvic mass is likely to become malignant or turn into ovarian cancer. The test was designed by a molecular diagnostics company called Vermillion, Inc. and is exclusively available through Quest Diagnostics, Inc. laboratories.

Symptoms tend to be subtle which is why seventy-five percent of cases are not detected until they are in the advanced stages. “Women may have vague abdominal bloating, upset stomach, constipation or other mild symptoms that can be associated with other things. That is why ovarian cancer is referred to as a silent killer,” says Dr. Sarah Temkin, obstetrician/gynecologist at University of Maryland Marlene and Stewart Greenbaum Cancer Center in Baltimore. Other warning signs include increased urination, tiredness, abnormal vaginal bleeding or pelvic pain or pressure. Sometimes ovarian cancer may be asymptomatic.

Women who are considered likely to get ovarian cancer

may want to be proactive. “Higher risk women with a family history of ovarian or breast cancer or the BRCA mutation should be screened to see if they are candidates for prophylactic removal of their ovaries in order to combat ovarian cancer and reduce the risk,” says Temkin.

If you are diagnosed with ovarian cancer, it is advised to see a specialist. “When you see a gynecologic oncologist or surgical oncologist, your outcomes are generally better,” says Temkin. You should also keep good notes. “You may want to have a symptom diary which is blessed by a number of medical professionals. It helps women track and document their symptoms on a daily basis so they have something to show their doctor,” says Morales. It is normal to have routine blood tests to monitor the CA125 levels.

Strides have been made in treatment. “A study led by John Hopkins Kimmel Cancer Center suggests a new treatment standard for advanced disease. A fifty year-old method for delivering chemotherapy directly into the abdomen is making a comeback as investigators have found that it increases survival by more than a year in some women with advanced ovarian cancer,” tells Vanessa Wasta, communications director at John Hopkins. Avastin is a recent

choice. "It is a chemotherapy drug that is showing promising clinical trials," describes Temkin.

Advances are in progress. "Instead of using chemotherapy for treatment, they are using biologics looking for specific mutations but we are still many years away from coming up with good screening tests, detection technology and treatment process," expresses Im. Gynecologists are hoping to offer an effective screening method in the future. "There has been a lot of interest in using the CA125 blood test combined with a transvaginal ultrasound as well as targeted therapies," says Temkin.

The 110th congress has pending legislation titled Ovarian Cancer Biomarker Act. The National Cancer Institute is supporting this quest to find biomarkers for ovarian cancer because it would assist in early detection when the cancer is in a more curable state. It is important to remain in tune to your body and hold a positive outlook. "Women should know there is hope and just because you are diagnosed with this does not mean it is the end of the road," says Morales.

Self-Control Is Contagious

(Continued from page 16.)

other groups at identifying words related to self-control, such as achieve, discipline and effort. VanDellen said this finding suggests that self-control is contagious because being exposed to people with either good or bad self-control influences how accessible thoughts about self-control are.

VanDellen said the magnitude of the influence might be significant enough to be the difference between eating an extra cookie at a party or not, or deciding to go to the gym despite a long day at work. The effect isn't so strong that it absolves people of accountability for their actions, she explained, but it is a nudge toward or away from temptation.

"This isn't an excuse for blaming other people for our failures," VanDellen said. "Yes, I'm getting nudged, but it's not like my friend is taking the cookie and feeding it to me; the decision is ultimately mine."

The research was supported by the National Institute on Drug Abuse.



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Students May Not Be Left Out in the Cold

State Commission Helping in the Wake of ComputerTraining.edu's Closing

Local media first broke the story that sent shivers down the spines of students awaiting commencement of their spring semester of classes at ComputerTraining.edu a Hunt Valley, MD. based business with classrooms in Towson, Annapolis and 23 other locations around the country. The 17 year-old business, specializing in information technology training, shut its doors on December 31, 2009.

A statement on the company's Website, www.computertraining.edu, dated January 4, 2010, reported its assets were frozen by BB&T

Bank, forcing the company to close their corporate offices and their schools. Prior to the company's closing, the business had maintained a satisfactory report with Better Business Bureau.

"We are stunned by the loss of this business to our community," said Angie Bar-

nett, president/CEO, Better Business Bureau | Greater Maryland. "Until this sudden turn of events, ComputerTraining.edu has had a history of providing good customer service and worked with BBB to resolve any consumer complaints."

According to Comput-

company's control. There will be no further classes held at any of our schools." Students were further directed to contact their local state agency to request refunds.

BBB has verified that students who have paid for, but not completed their classes with ComputerTraining.edu

regardless of the state in which they were enrolled, should contact the Maryland Higher Education Commission at www.mhec.state.md.us or Mr. Les Bennett at 410-260-4535 or lbennett@mhec.state.md.us.

In an email to BBB, Mr. Bennett acknowledged that, "The State of Mary-

land through the Maryland Higher Education Commission has certain student protections available to help in cases such as this, particularly for those students who were either attending at the time the school closed or were enrolled to attend at a future date.

About BBB | Greater Maryland

Headquartered in Baltimore, BBB | Greater Maryland is a non-profit organization that was established in 1922. It serves 18 Maryland counties and Baltimore City. In 2008, BBB | Greater Maryland's Web site made more than three million impressions providing free Reliability Reports on area businesses and charities, marketplace tips, and information on scams. BBB of Greater Maryland is supported by Accredited Businesses that have passed a comprehensive review, met 13 standards of trust, and that agree to uphold those standards including commitments to advertise honestly, and to address marketplace disputes quickly, respectfully, and reasonably. For more information please contact BBB | Greater Maryland at 410-347-3990 or visit www.bbb.org.

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Angie Barnett
President & CEO
410-347-3981

BBB of Greater Maryland
Jody Thomas
V.P. Communications
410-347-8593

erTraining.edu, students were told via email that, "It is with deep sadness and regret that Computertraining.edu announces it will cease operation and close all of the Computertraining.edu schools, effective immediately. These actions are due to circumstances beyond the



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Enjoy Pregnancy without Foot Pain

“**O**h my aching feet” is a phrase you hear often from pregnant women. But, are sore feet a symptom they just must deal with during pregnancy? According to the American College of Foot and Ankle Surgeons (ACFAS) the answer is “no.” There are many remedies available to help alleviate foot pain.

According to Marybeth Crane, DPM, FACFAS, a Dallas-area foot and ankle surgeon, women often experience foot pain during pregnancy because of increased weight, foot instability and swelling. “In the last five years, I’ve seen an increase in pregnant women with foot pain because more women than ever before are active, even running marathons, during their pregnancies,” Dr. Crane says. ACFAS recommends the following guidelines to help reduce foot pain during pregnancy.

Painful, Swollen Feet—

Pregnant women often experience throbbing, swollen feet due to excess fluid build up (edema) in the feet from the weight and position of the baby. To reduce swelling, put feet up whenever possible, stretch legs frequently, wear wide comfortable shoes and don’t cross legs when sitting.

Arch Pain—

Pain in the arch can be due to both arch fatigue or over pronation (or the flattening of the arch). Over pronation occurs due to extreme stress to the ligament (the plantar fascia) that holds up the arch of the foot. The best way to prevent arch pain is to stretch daily in the morning and before and after any exercise, don’t go barefoot and wear supportive low-heeled shoes.

Foot Cramps—

These painful cramps are caused by increased blood volume and high progesterone levels brought on by pregnancy. To prevent cramps, increase circulation by rotating ankles and elevating feet while sitting. If cramps persist, try a walk around the block and include daily stretching of the calf muscles.

Ingrown Toenails—

Excessive stress from tightly-fitting shoes causes painful ingrown toenails. Give your feet a break: wear wider shoes during the last trimester of pregnancy to avoid ingrown toenails. If you do experience an ingrown toenail, avoid attempting “bathroom surgery.” Repeated cutting of the nail can cause the condition to worsen over time. It is best

to seek treatment with a foot and ankle surgeon.

It is also not uncommon for women to experience a change in their foot size during pregnancy. “A permanent growth in a women’s foot, up to half a size, can occur from the release of the same hormone, relaxin, that allows the pelvis to open to deliver the baby. It makes the ligaments in your feet more flexible, causing feet to spread wider and longer,” Dr. Crane adds.

Pregnancy and pending motherhood should be a joy. If foot pain persists, a visit to a foot and ankle surgeon can provide relief with conservative treatments such as physical therapy, foot orthotics, supportive shoes and minor toenail procedures.

For more information on foot and ankle problems, visit FootHealthFacts.org.

The American College of Foot and Ankle Surgeons is a professional society of more than 6,000 foot and ankle surgeons. Founded in 1942, the College’s mission is to promote research and provide continuing education for the foot and ankle surgical specialty, and to educate the general public on foot health and conditions of the foot and ankle through its consumer Web site, <http://FootPhysicians.com>.



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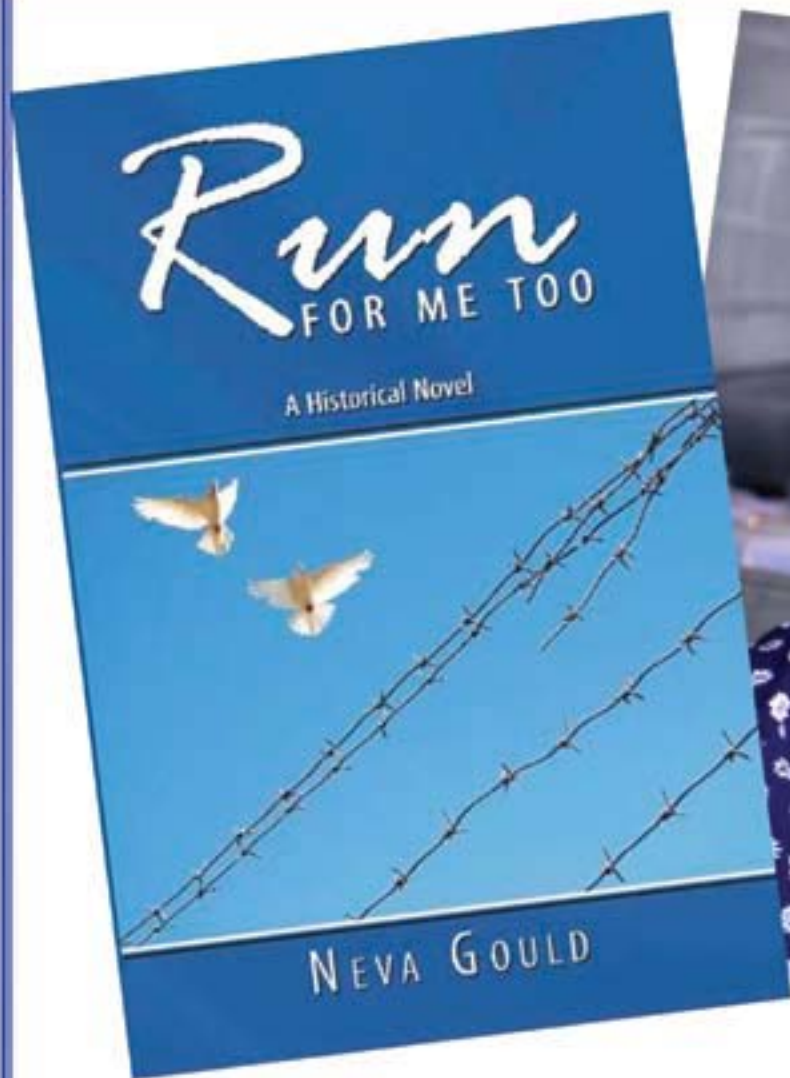
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Run for Me Too is a gripping, tightly plotted, beautifully written, and morally complex narrative about one family's escape from the Nazis in World War II. Writing from both her childhood memories and her adult perspective as a physician, Neva Gould has fleshed out her novel with vivid characters, rich sensory detail, and most remarkably, hope and triumph in the face of senseless destruction. Adult literature, Run for Me Too is likely to become a popular and thought-provoking choice for middle-school and high-school English classes as well. I couldn't put the book down and I was deeply moved by it.

Julie West Johnson, English teacher and writer

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Approved 09/08/08

Restaurant Review

Mari Luna – Latin Grille
1010 Reisterstown Rd.
Pikesville, MD 21208
410-653-5151



By
*Noelle
Schiffer*



Are you looking for a bit of zest to kick off 2010? Well I would strongly recommend a quick trip to the wonderfully charming Mari Luna Restaurant located in Pikesville, MD. Mari Luna infuses just the right amount of Latin flavor into its dishes to leave you hungering for more.

In its casual yet upscale feeling dining room, you are immediately drawn to the mosaic tiled bar and gauch-inspired décor. The air is filled with the aroma of fresh fish and Latin spices. As we were shown to our table we were immediately met by the cordial and warm staff who presented us with fluffy over-sized popovers with mango/papaya butter. Additionally, a complimentary salad is brought to each table. After indulging in these pre-meal delights we were



ready to dive into the many Latin-inspired seafood offerings on the restaurants well conceived menu.

To begin our culinary adventure, we ordered the Sopa de Caracol (\$6 bowl/\$3.50 cup), which is a Honduran-style Conch Chowder with Coconut Milk, and the Sopa de Langosta (\$7 Bowl/\$4 cup), a hearty lobster bisque with a little bit of kick to it. Both soups were wonderfully flavored and contained generous amounts of seafood.

With soaring expectations we moved onto the appetizers. We decided to save some room for our main entrée's and split an order of Mussels Gauchos (\$8). The Blue Hill Bay Mussels are steamed in DosXX Beer along with grilled Argentinean chorizo sausage, tomato, cilantro, and lime juice, and are served with bread chips. This was one of the most flavorful and appealing dishes that I have had in recent memory. Absolutely a "must have" appetizer!!

Far be it for me not to take advantage of a great deal. Mari Luna offers a \$10

lunch special which includes a lunch entrée and soft drink. After perusing the surprisingly long list of offerings on the menu, I decided on the Peruvian Charcoal Chicken with Rice and a sweet and zesty Peruvian sauce. This was a wonderful dish filled with a flavorful blend of spices and just enough kick to keep your attention. We also ordered the Carnitas Uruapan, which is plate of slow roasted, juicy chunks of pork with white rice on the side, tortillas, onions and cilantro. This was another fabulous, aromatic dish with a nice amount of Latin spice and high quality meat.

Although nearly impossible, we could not leave without sampling a couple of Mari Luna's home-made desserts. I ordered the Torte de Chocolate, which is a dark Mexican chocolate cake w/ layers of chocolate mousse, and was not disappointed. We also sampled the Dulce de Leche Crepes - crepes filled with vanilla caramel cream w/ vanilla ice cream topped with coconut flakes. Both desserts were as decadent as they were delicious.

Food:	****	Excellent
Price	****	Excellent
Service	*****	Top Shelf
Atmosphere	****	Excellent
Overall	****	Excellent

Our visit to Mari-Luna was a wonderful surprise and I cannot wait to visit again. Muy fabuloso!!!

Mari Luna also has a sister restaurant that specializes in Mexican Cuisine.

Calendar of Events

Baltimore Museum of Art

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Benjamin Banneker Historical Park & Museum

A 142-acre institution of cultural and natural history centering around America's first African American man of science. 300 Oella Drive Oella, MD 21228 410-887-1087 www.benbanneker.com

Historical Society of Baltimore County

House and Farm Museum exhibits in nine gallery rooms; research library of maps, plants, and archives for genealogy research. Gift shop. 9811 Van Buren Lane Cockeysville, MD 21030 410-666-1876 www.hsobc.org

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February 2009

Feb 02 Peabody Student Jazz

Feb 05 E/II -lusive Spaces

Feb 06 Warren Wolf Sextet

Feb 07 The Makanda Project featuring Carl Grubbs

Feb 08 Coryell/Auger/Sample Trio

Feb 09 Peabody Student Jazz

Feb 13 Life, Love and Laughter

Feb 14 Valentine's Day with the Borowskys

Life, Love and Laughter

Feb 15 Monument Piano Trio (artists-in-residence)

Feb 16 Peabody Student Jazz

Feb 18 Allison Miller's Boom Tic Boom! with Jenny Scheinman

Feb 19 Duo Transatlantique

Feb 21 Peruvian Dancer Luciana Proano

Feb 22 A Snowball's Chance . . . In Russia

Feb 23 Peabody Student Jazz

Feb 25 Devin Arne Quintet

Feb 27 Kinobe & Soul Beat Africa-Ugandan Ensemble

Feb 28 Ethnic Heritage Ensemble

March 2009

Mar 02 Bergamo Ensemble

Mar 03 atomic

Mar 04 Ernesto Tamayo, guitar

Mar 07 David Madoff Quartet

Mar 09 Evolution Contemporary Music Series

Mar 10 History of Electronic Musical Instruments

Mar 12 Paul Bollenbeck Trio

Mar 20 Chihara Trio

Mar 24 Harmonious Blacksmith Early Music Ensemble

Mar 26 Roberta Piket Quartet

Mar 26 Poulenc Trio Welcomes Guest Stars to New Univ. of Baltimore Series

Mar 27 Boom tic Boom

Places to Find Focus on Women Magazine

Belvedere Square

Breathe Books

Charles & Mulberry St.

City Cafe

Columbia Libraries (East & West)

David's Natural Market

Dorsey Search Village Center

Dukem Ethiopian Restaurant

Eve's Salon

Giant Super Markets

Glazed to Perfection

Goodlife Wellness....

Haraar Ethiopian Restaurant

Howard Community College Student Center

Little Patuxent & Vantage Point Rd..

Lynn's Day Spa

Mad City Coffee

Roots Organic Market

Sprout Organic Spa

Taharka Brothers

University of Baltimore Student Lounge

University of Maryland College Park Student Union

Women's Clinic at University of Maryland at Baltimore

Whole Foods Inner Harbor East

Women's Industrial Exchange Restaurant

Women's Resource Center at Mercy

Women's Spa at Mercy

Trapeze Album by Hu Dost

Reviewed by Natalia Roldan Hart

This independent album is a thoughtful arrangement of eclectic sounds, all expressive, all poetic. Some songs are edgy rock tunes with an infusion of



Natalia Roldan Hart

soft sounds; others, soulful melodies incorporating the fluidity of the French language. But most importantly, all of the lyrics in the album are vague- seemingly for artistic license or for the listener's varied

interpretations. One of my favorite songs on the disc is "Trespasser," an empowering song that is soft on the spirit and talks to its listeners about unexpected changes and challenges in life. "Waiting," my second favorite, is about a lovers' wait for their one and only. You can feel the longing and ache in Moksha Sommer's vocals (principal vocalist).

If I must compare the album to any other, I would say it has a touch of Nora Jones-in essence, the same type of pensive lyrics, the same relaxing melodies, yet all the while profound. However, the album has a much

more worldly quality with a Mediterranean vibe and earthy beats. Each song has a purposeful message- some meditative and sad, while others express transformation and revival. Moksha uses her voice well to go from smooth and contemplative to upbeat and edgy.

In summary, this review is but a quick glimpse into the talented musical world of Hu Dost. If you're looking to experience an album with global rhythm and a sense for poetry, Trapeze may be your next musical fancy.

VOLUNTEERS NEEDED!

We are looking for women aged 25 and 65 to participate in a study of HPV infections. Volunteers will be asked to collect vaginal samples at home for HPV testing and to complete questionnaires. No Pap tests or in-person visits.

Volunteers will receive the results of their HPV tests and \$75 compensation.

To be eligible, women must be in general good health, have had sex with men, and have used the internet to search for romantic partners in the past year (e.g. posted or responded to an ad on an internet dating website). Volunteers must not be pregnant or breast feeding, or planning a pregnancy in the next 6 months, or have had a hysterectomy.

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VOLUNTEERING *to Help Others... and Yourself*

By
Traci
Barnett

As the New Year (and new decade) begins many of us search for meaningful ways to achieve both personal and professional satisfaction in our lives. One option worth considering is serving as a volunteer for something about which you are passionate. As a volunteer not only do you help others, you also sharpen skills you already have, discover competencies and talents you did not know you had and put those skills into action.

There are more than 11,000 women (and even a few men) throughout central Maryland who serve as Girl Scout volunteers, including Troop Leaders, Service Unit Managers, Troop Cookie Managers, First Aiders, Trainers and Troop Trip organizers. After participating in multi-level formal educational and leadership trainings, they serve as mentors, surrogates and advisors to girls ages 5-17 participating in a myriad of Girl Scout activities.

Marva Williams, a retired Social Security Administration manager and analyst, has been a volunteer for Girl Scouts of Central Maryland's nationally renowned Beyond Bars program for 17 years. This program enables incarcerated mothers and their daughters to stay connected through bi-monthly Girl Scout meetings at the Women's Correctional Institute in Jessup, MD. When asked why she volunteers she explained

that she lost her mother at age nine and appreciates the need for girls to stay connected with their mothers. She added, "I saw the need—a need for capable, dependable, willing and committed people. I have something I can share; I can serve as a role model and help others."

Patty Salazar, another long-time Girl Scout volunteer, was a Troop Leader for more than 10 years and was then "promoted" to Service Unit Manager, a position she has held for eight years. Just as she helped girls achieve success when she was a Troop Leader, as a volunteer Girl Scout manager she works to help other adults develop girls of courage, confidence and character.

Some of the skills Patty and other volunteers honed as a Girl Scout volunteer include: managing time and resources; providing a welcoming environment; problem resolution; matching volunteer talent with needs; facilitating training; and, the ability to listen to and accept new ideas that may differ from one's own. "Managing volunteers teaches you how to motivate people and how to keep them motivated, inspired and accountable even though they are not being paid," Patty reflected. "You learn that it's more the carrot than the stick."

These are but two examples of meaningful volunteer experiences. For both of these women, the satisfaction

they receive from serving as volunteers and the friendships they have made along the way are very important to them. "When you [the volunteer] need help or advice, there is always someone to call on," Patty said. "I have had mentors along the way; it was good to have someone to talk to and to get their perspective." Knowing they make a measurable difference in a girl's life while developing their own skill set has had a powerful impact on the quality of their volunteer experience.

Girl Scouts has always been, and continues to be, an organization where women are encouraged to try new things, step outside their comfort zone and try their hand at leadership. In doing so, they serve as role models to the girls with whom they interact. In this new decade I encourage you to become a volunteer, for Girl Scouts or another organization, and experience the satisfaction of knowing that you are making a difference. You may be surprised by the personal and professional development that comes with it. Don't wait... start your volunteer journey today!

Traci A. Barnett is Chief Executive Officer for Girl Scouts of Central Maryland, which provides leadership training, activities and events for nearly 30,000 girls ages 5-17 and 11,000 adult volunteers. Visit Girl Scouts of Central Maryland's website: www.gscm.org for more information about Girl Scouting in central Maryland.

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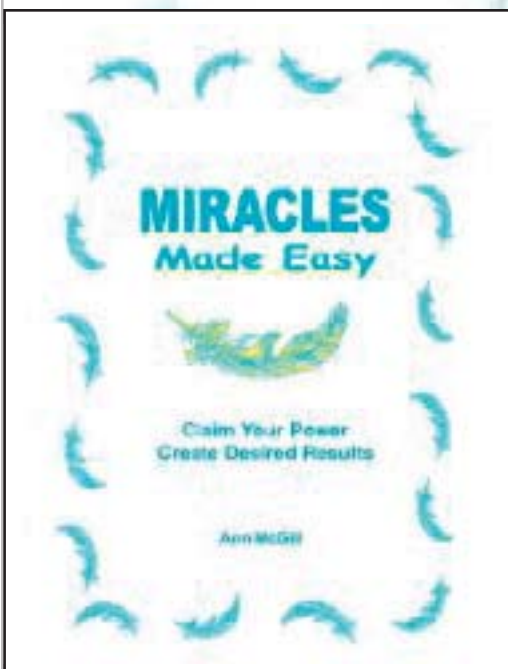
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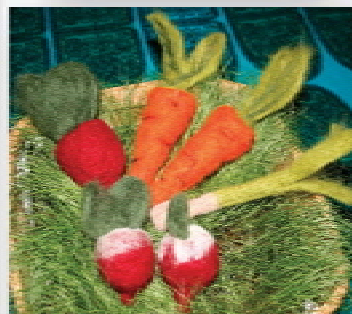
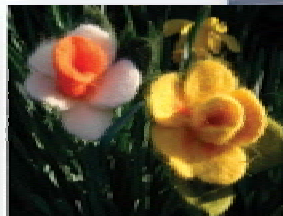
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