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Layout/Design by Fishbyte Design Treasures



"If you don't set a base line standard for what you'll accept in life, you'll find it's easy to slip into behaviors and attitudes or a quality of life that's far below what you deserve."

— Anthony Robbins

Joslyn Wolfe, Publisher

Bathing in a vast chamber of Egyptian art, culture, history, and much wisdom, a certain concept bore significance: an end-of-life custom where the soul is lead to judgement to the Hall of Truth. At this juncture, before the god Osiris, the soul must recite forty-two negative confessions beginning with the prayer, "I have not learnt the things which are not..." In translation, according to the ancient Egyptians, our soul strives to devote itself to matters of lasting importance rather than those trivial matters that absorb vast amounts of precious time. Implicit in this belief is that in order to lead a life of meaning and purpose, we must detach from trivial matters that distract us from greater things. To our advertisers, readers and supporters, may you too continue a life-path of greater importance avoiding meanderings that lead us away from our true purpose to benefit ourselves, the world, and those around us.

All the best,

Joslyn

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30

Things Every Woman Should Quit Doing by the Age of 30

TheFrisky.com had a lot to say about things every woman should do — or, at least know how to do — by the time she turns 30. Now it's time to focus on the no-nos for women after 30. After the jump, 30 things every woman should stop doing once she turns 30.



- Buying clothes from the junior section.
- Forgetting her parents' birthdays.
- Making out with her BFFs at bars for attention.
- Making out with her boyfriend at bars for attention.
- Filling her bed with stuffed animals (really, even one is too many).
- Carrying a torch for anyone she hasn't seen in the last five years.
- Rebelling against her parents for the sake of rebelling against her parents.
- Declaring an entire gender "all jerks."
- Holding a grudge against anyone who wronged her in high school.
- Skipping regular gyno exams.
- Going to bed without washing and moisturizing her face.
- Being "that person" who had a bit too much to drink at the office party.
- Crushing on Justin Bieber.
- Thinking she's got it all figured out.
- Calling her father "daddy."
- Engaging in sibling rivalry.
- Trying to get by on her looks.
- Living paycheck to paycheck.
- Expecting a man/knight in shining armor to swoop in and save her.
- Aimlessly jumping from job to job.
- Using MySpace to pick up guys.
- Expecting a man to do all the wooing.
- Wishing she had someone else's life.
- Expecting everyone to drop everything because it's her birthday ... or because her "boyfriend" of two weeks dumped her.
- Measuring her self-worth by a number on the scale.
- Being cheap.
- Quitting a job without having a new one lined up first (especially in this economy!).
- Blaming her mother for all her issues.
- Romanticizing her 20s.

LOCAL WOMAN ENTREPRENEUR OF INTEREST

Positioning Yourself for A Promotion

Question: *When it makes sense to try to get promoted within the company and how to position yourself for a promotion now?*

Karlyn's Answer: It always makes sense to get a promotion within your company if you have a great reputation there already. So if you want to position yourself, you need to demonstrate your ability to lead, build coalitions and consensus. With that you'll need to show your executive presence and strength of communication skills, since all of the above are only possible when you know how to speak to an audience and motivate them.

Question: *When it makes sense to go after a better job at another firm and how best to do that? (You already gave us an example of this but if you have another one that would be great too.)*

Karlyn's Answer: When you see something you like. Go for it, and do the legwork. Tap your network for introductions that will get you in the door. Prepare for your interview by anticipating all questions, identifying all of your relevant and transferable skills, and have examples of how you've done each of the things required in the job description. Plus, if you're going for a senior level position, be aware that most interviews are situational. They want to know how you would respond in each situation that would likely come up in the job. Do a dress rehearsal of various situations on your own, so you're ready for everything. Remember your posture, presence and delivery skills and you're all set. ■



Karlyn Lothery

Maryland Women's Heritage Center Supports National Day of the Girl on September 22

We want the freedom to be ourselves, and to be treated as equals, regardless of sex. We want legislation and programs that ensure the rights and dignity of girls everywhere. We want a **National Day of the Girl** to explore gender discrimination and advocate for equality for every girl in the world. We want to create positive, concrete changes in how all girls and women are treated and perceived. We are asking President Barack Obama to declare September 22, 2011 as the **National Day of the Girl**.

The Day of the Girl is about highlighting, celebrating, discussing, and advancing girls lives and opportunities across the globe. When girls come together to talk about things that really matter to us, we can teach other people—grownups, boys, girls all across the world—a new way of thinking about issues like gender stereotypes, discrimination, and opportunity.

This campaign is a project of School Girls Unite, an organization of students and young women leaders in the United States and in Mali working to advance the U.N. Millennium Development Goals related to gender equality and universal basic education, as well as child marriage prevention and other human rights issues.

"We are committed to making this day a reality. We have been lobbying for the International Protecting Girls by Preventing Child Marriage Act for five years, and just last year we met with Senator Barbara Mikulski (MD.) about the Global Fund for Education. School Girls Unite won the Innovations of Civic Participation Global Youth

Volunteering Award with our sister organization in Mali four years ago. We also wrote a bilingual action guide, 'Girls Gone Activist: How to Change the World Through Education.'" Sylvia J. and Eliana S. in a letter to the White House Council on Women and Girls. ■

MWHC Marketing Committee:

The Maryland Women's Heritage Center has learned of a petition that School Girls Unite, one of our partner organizations, has started in support of September 22 as National Day of the Girl.

"We want a National Day of the Girl to explore gender discrimination and advocate for equality for every girl in the world. We want to create positive, concrete changes in how all girls and women are treated and perceived." More info: <http://dayofthegirl.org/about>

Please consider showing your support by signing the petition: <http://www.change.org/petitions/support-september-22-as-the-national-day-of-the-girl>.

Join BBB Board of Directors

Business owners and senior level executives interested in helping advance marketplace trust are sought to serve on BBB's Board of Directors. The Board is responsible for the governance of BBB operations including fiduciary responsibilities.

If accepted, a Board member serves (1) three-year term and can serve no more than two consecutive terms. The director must represent a BBB Accredited Business in Greater Maryland.

Interested candidates should submit a completed Application for Consideration by Friday, August 19, 2011.

The election proceedings for new Board members and officers will be announced at BBB | Greater Maryland's 2011 Torch Awards for Marketplace Excellence, October 6.

For more information, please contact Angie Barnett at 410-347-3981. ■



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Eugenie Clark:

Maryland's One and Only Shark Lady*

By Jill Moss Greenberg, Executive Director

As the first comprehensive state-based center and museum of its kind in the nation, the Maryland Women's Heritage Center is dedicated to preserving the history and contributions of Maryland women and girls—renowned Maryland women who are “firsts” and “founders,” many of whom have been inducted into the Maryland Women's Hall of Fame housed at the Center, as well as the unsung heroines in our families and communities.

One such trailblazer is Eugenie Clark, Ph.D., a world-famous scientist (ichthyologist), teacher, and author. She is known for her research on sharks and poisonous fish, as well as being a pioneer in the field of scuba diving for research purposes. Often compared to Jane Goodall, or referred to as the American Jacques

Cousteau, Dr. Clark became known as “the shark lady.” A longtime resident of Maryland, she was inducted into the Maryland Women's Hall of Fame in 1989.

Born to an American father and Japanese mother, Eugenie Clark became interested in fish when she was 9 years old and her

mother took her to visit an aquarium for the first time. She was enchanted by the big and small sea creatures and started visiting the aquarium every Saturday morning. Her mother bought her a small tank of guppies and later encouraged her to study ichthyology (the branch of zoology devoted to studying fish) in college.

She attended Hunter College and then applied to master's degree programs in zoology at Columbia and New York University.



She originally intended to go to Columbia, but decided on New York University after an interview with a male scientist at Columbia in which he said, “Well, I guess we could take you, but to be honest, I can tell you by looking at you, if you do finish you will probably get married, have a bunch of kids, and

never do anything in science after we have invested our time and money in you.”

After graduating with her master's degree from New York University, Eugenie began conducting research in various parts of the world, including the South Pacific. When she returned to the United States, she worked as a research assistant at the Scripps Institute of Oceanography in La Jolla, California, where she learned to dive. She also faced more discrimination because of her

gender as policy at Scripps prevented women from attending overnight trips.

She said, “We had to work extra hard, especially on field trips, to prove we could keep up with males. It amused me that when I did do some of the things (e.g. diving in caves with ‘sleeping’ sharks) considered ‘macho male

accomplishments’ that I was given more credit than males for doing the same thing they did. It helped to balance out some of the prejudices against females.”

After her time at Scripps, Eugenie moved back to New York City and worked at the American Museum of Natural History while



Eugenie Clark, Ph.D

attending New York University for her Ph.D. In 1953, she published her first autobiographical work, *“Lady with a Spear,”* which documented her research in the South Pacific. Widely successful, this catapulted her into the public eye and led her to relocate to Sarasota, Florida, to open the Capke Haze Marine Laboratory, known today as the Mote Marine Laboratory, in 1955.

In 1968, she moved to Bethesda, Maryland, to join the department of biology at the University of Maryland, College Park. Soon after, she published her second autobiographical work, *“The Lady and the Sharks.”*

She continued to live and work in Maryland until officially retiring from College Park in 1999, and currently holds the title of Senior Research Scientist and Professor Emerita at the university.

For over 50 years, Dr. Clark has had the opportunity to travel across the globe and down below exotic seas studying the behavior, ecology, and taxonomy of fish, especially that of sharks. She has conducted 71 deep submersible dives, and her research on the

behavior of tropical sand fish and deep-sea sharks have been featured in articles she has written for *“National Geographic”* magazine.

At the age of 89, she is still active as a trustee at the Mote Marine Laboratory, an independent nonprofit organization and leader in marine research through its seven centers for marine research, the Mote Aquarium, and an education division. She occasionally still gives lectures at scientific meetings and at universities, and is working on several manuscripts. In 2010, she completed a revised edition of her book, *“The Lady and the Sharks.”*

***“Follow your heart,
and take as much
math as you can.”***

- Dr. Eugenie Clark

When asked what advice she would like to share with young women interested in following a similar career path, Dr. Clark said, “Follow your heart, and take as much math as you can.”

*Information for this article was provided by the Maryland State Archives, Women of Achievement in Maryland History by Carolyn B. Stegman, and an interview with Dr. Eugenie Clark.

For more information about the Maryland Women’s Heritage Center, visit our website at www.MDWomensHeritageCenter.org, call 410-767-0675, or e-mail mwhcjill@comcast.net.

The Women’s Heritage Center is located at 39 West Lexington Street in Downtown Baltimore. Hours of operation are Wednesday through Saturday from 10 a.m. – 4 p.m. Admission is free. ■

Body Essentials Deep Facial Cleansing & Massaging Brush

The Body Essentials Deep Facial Cleansing & Massaging Brush is the only device on the market to provide deep vibration cleaning and blood circulation stimulation beneath the epidermis layer to the dermis layer, where wrinkles form and where vital age related components like collagen reside. Utilizing a unique massage vibration instead of simple vibration of other products on the market, it provides 52 times more deep level vibration than any other

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A New Lupus Research Study to Follow Sisters of Lupus Patients

Scientists at the Feinstein Institute for Medical Research have embarked on a search for sisters.

The SisSLE (Sisters of Women with Systemic Lupus Erythematosus) research study is looking for sisters: one with a diagnosis of systemic lupus erythematosus (SLE), an autoimmune disease and one (or more) who does not have lupus. Betty Diamond, MD, and Peter Gregersen, MD, designed the study to understand how individuals may progress to lupus. By following sister(s) of a lupus patient the hope is to identify the disease in its earliest, pre-symptomatic stage and track its progression over time. The pilot study will enroll 400 sisters over a 2-year period. Scientists will be able to identify auto-antibodies that play a role in lupus and study other changes in blood serum that may help predict diseases. They will also be trying to figure out how auto-antibodies may interact with environmental factors to play a role in the development of lupus.

Lupus is nine times more common in women and the autoimmune disease can attack many different organs and tissues of the body. Lupus has a significant genetic component. The risk of developing SLE is .1 percent in the population and twice that in females. In first degree relatives the risk can be from 4 to 8 percent.

Feinstein's Dr. Diamond, a world-renowned lupus research and director of the Center for Autoimmune and Musculoskeletal Disorders, is teaming up with geneticist Peter K. Gregersen, MD, who is director of the Robert S. Boas Center for Genomics and Human Genetics. They want to understand how people progress from the start of the autoimmune process to end up with severe disability. What scientists know about the epidemiology of the illness is this: If they follow 4,000 sisters with a sibling with lupus that 80 of them will develop the autoimmune disease at some point in their lives. They also know that some sisters with anti-DNA antibody in their blood will never get

lupus. The question is why. Ultimately they want to figure out who those people are and whether the auto-antibodies in their blood can reveal something about why they got sick or not. Then, what if they can begin treating people at risk for lupus before the disease causes organ damage? Could they stave off more serious symptoms and provide people with a better quality of life? They are hoping that this study will be able to help fit these puzzle pieces together.

This study will be a collaborative effort. There may be more than half a million lupus patients and more than half will have been diagnosed before their 35th birthday. By crude estimates, it means that there are 300,000 people who got lupus in their 30s. If 70 percent have a sister that means that they have a population of 200,000 potential recruits for the study. They are ultimately looking to recruit 4,000 sisters.

The plan is to also mine the genome to identify genes that put families at risk and start to link the various genes to the different symptoms of the disease.

The sisters who have anti-nuclear antibodies but no signs of disease will also help tell the story of how the body's immune system fends off this autoimmune disease. Can they identify markers of progression to disease? Who will get lupus and when? "The healthy person will help us understand the disease," Dr. Diamond said.

Women who were diagnosed with lupus up to and including 40 years of age are invited to join the study if they have a sister or sisters (also between the ages of 10 and 45) without a diagnosis of lupus. Half-sisters are welcome to join the SisSLE study as well. **For more information call Bonnie Gonzales, RN, or Sally Kaplan, RN, at 877-698-9467 or email SisSLE@nshs.edu or visit the website www.SisSLE.org.** ■



Sisters Helping Sisters



SisSLE The Sister Study

SisSLE

Sisters of Women with Systemic Lupus Erythematosus Research Study

Systemic Lupus Erythematosus (SLE) affects about 1.5 million people in the United States, a vast majority of who are young women. The SisSLE research study will engage the help of sister pairs, one affected by SLE and one unaffected, and follow them for several years to learn more about why women are affected more than men. It will also help answer important questions about how and why lupus develops.

Who should join the SisSLE study?

We are enrolling blood-related sisters: one sister with a confirmed diagnosis of lupus and one sister that does not have lupus. If there is more than one sister without lupus, all may participate.

What are participants asked to do?

The sister with lupus will be asked to answer a one-time health survey and provide a one-time blood sample. The sisters that do not have lupus will be asked to answer a health survey twice a year and provide a blood sample once a year. *The sister's participation is for two years and possibly longer.* If you choose to take part in the research study, you can change your mind about your participation at any time. The blood sample may be collected at The Feinstein Institute for Medical Research in Manhasset, NY, at a laboratory near your home, or by your personal physician. There is no cost to participate in the research study.

This study is funded by The National Institutes of Health.

Criteria for sister WITH lupus:

- Confirmed diagnosis of SLE before the age of 41.

Criteria for sister(s) WITHOUT lupus:

- Currently age 10 to 45 years old

For more information, please contact a research nurse at:

1-877-698-9467

SisSLE@nshs.edu

The Feinstein Institute
for Medical Research North
Shore LIJ

Art: M Lee
North Shore-LIJ Art Dept
12704-11-09

If You Paid Overdraft Fees to Bank of America You may be Eligible for a Payment from a Class Action Settlement

A \$410 million Settlement has been reached in a class action lawsuit about the order in which Bank of America, N.A. ("Bank of America") posted debit card transactions to customer accounts. Bank of America maintains there was nothing wrong about the posting process used.

Who's Included? You are a member of the Settlement Class if you: (1) Had a Bank of America consumer checking and/or savings account that you could access with a Bank of America debit card, at any time between January 1, 2001 and May 24, 2011, and (2) Were charged one or more overdraft fees as a result of Bank of America's practice of posting debit card transactions from highest to lowest dollar amount.

What Are the Settlement Terms? Bank of America has agreed to establish a Settlement Fund of \$410 million, from which identifiable Settlement Class Members may receive payments or account credits. The amount of such payments or account credits cannot be determined at this time. However, it will be based on the number of people in the Settlement Class and the amount of additional overdraft fees each Settlement Class Member paid as a result of Bank of America's posting order. There is not sufficient data to identify all Settlement Class Members for the time period January 1, 2001 to December 31, 2003. On behalf of Settlement Class Members who cannot be identified, between 5% and 14% of the Settlement Fund, net of expenses, will be made available to non profit organizations.



How to Get Payment? If you are included in the Settlement Class and entitled to receive a cash benefit, you do not have to do anything to get a payment or account credit. If the Court approves the Settlement and it becomes final and effective, you will automatically receive a payment or account credit.

Your Rights May Be Affected. If you do not want to be legally bound by the Settlement, you must exclude yourself from the Settlement Class. The deadline to exclude yourself is **October 3, 2011**. If you do not exclude yourself, you will release your overdraft-fee-related claims against Bank of America and will not be able to sue Bank of America for any claim relating to the lawsuit. If you stay in the Settlement Class, you may object to it by **October 3, 2011**. The Court will hold a hearing on **November 7, 2011** to consider whether to approve the Settlement and a request for attorney's fees, costs, and expenses up to 30 percent of the money remaining in the Settlement Fund, after costs and administrative expenses are paid. You can appear at the hearing, but you don't have to. You can hire your own attorney, at your own expense, to appear or speak for you at the hearing. ■

For more information about the Settlement:
www.bofaoverdraftsettlement.com or 1-800-272-2390.



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The GIFT of Giving a Helping Hand

Years ago I set the intention to Live my Life as a Wonderful Adventure. Towards this end, I periodically conduct what I call Experiments in Living.™

Experiments in Living are agreements you make with yourself to explore new ways of thinking, believing or behaving for a specified period of time. It's a great way to step out of a rut, see things differently, discover new truths, and have some fun. You can read about the technique at www.MiraclesMadeEasy.com.

My most recent experiment was titled *The Gift of Giving a Helping Hand – Pass It On*. You probably read about it in the March issue of *Focus on Women*. I offered my services, free of charge, for a month to anyone who could use a helping hand. It mattered not what I did, be it dirty or mundane, or take advantage of my expertise and skills. Here's a synopsis of what I learned and the pleasure I experienced.

Sarah had been very sick for several weeks, which put her way behind on a pending big project. Could I prepare a Power Point presentation? No, I lacked those skills. Well then, the only other thing that would really help was to get her house back to its normal state of calming order and cleanliness.

Sarah knew I hadn't cleaned my own home in years, it being one of my least favorite chores. This meant my first task was to make her comfortable accepting my housekeeping assistance. She got it when I told her how I hated doing the dishes as a kid, yet never minded when visiting a friend. She understood when I explained my focus was on the joy of helping out, not on what I would be doing.

At the end of the day we were both pleased. Now that I'd removed an irritant that had been siphoning precious energies, Sarah felt rejuvenating relief that her home was once again a relaxing, peaceful, supportive place to be.

Another friend just needed someone to listen, so she could get off her chest what was bothering her. It was a good reminder that we don't always give others our deepest, undivided attention, being more interested in carrying on a conversation than allowing the long silences that enable people to get at what really wants to be said.

Some took advantage of my special skills. A request for Speaking Into Being Prayer gave me opportunity to share a favorite healing gift. A friend was glad to learn how to quickly shift

into a higher state of spiritual consciousness. A *Focus on Women* reader wanted assistance with marketing, giving me opportunity to use some long-dormant skills.



It was a fun, interesting, rewarding experience I created for myself. A minor adventure that added spice to my life. A month of variety and being of service. And I loved hearing how others were moved to Pass On my Gift of a Helping Hand.

Think about it. Does this story suggest a kernel of an idea you might pursue? What might you do to put more adventure in your life? How might you share your gifts in a way that would be interesting and fun? Can you think of an experiment you'd like to conduct, just for the fun of it, to see what happens? If you'd like to share, I'd love to hear. ■

◆ UPCOMING EVENTS ◆

Biz Bit: Turn Your Website into a Sales Machine

August 4th - 3:00- 4:30pm
2310 Clipper Park Rd, Balto.

Google certified marketing expert, Tim Kassouf from G.1440 will walk you through some of the best ways to use the web to grow your business.

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Joint Networking Breakfast

August 17th - 7:30-9:30am

Maritime Institute
Speed networking
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PAP TEST FREQUENCY: WHEN LESS IS MORE

A Pap test or smear, named for the physician who discovered it in the 1940s (Pap is short for Papanikolaou), is used to help identify changes in the cervix that might lead to cervical cancer. Most women are very familiar with the Pap test – it has been a standard part of a woman’s annual exam for decades. Your provider collects the cells for a Pap test using a speculum to see the cervix and a brush or other tool to collect the cells.

There have been recent changes to recommendations about Pap testing frequency. The new guidelines are as follows:

- Pap testing should begin at age 21.
- Women between age 21 and 29 should be tested every two years.
- Women 30 and older can be tested every three years.
- Most women without a history of serious abnormalities can quit testing after age 65.

Pap smears continue to be very effective in helping to diagnose pre-cancer and preventing the progression to invasive cancer. However, we have learned that virtually all abnormal Pap smears are related to Human Papilloma Virus (HPV). The immune system will clear most HPV infections over time, but this can take up to two to three years. Most women who receive abnormal Pap results related to HPV will have normal results when the infection clears.

We also know that more frequent testing can lead to more treatment. This is especially true in younger patients where HPV infections are common. Treatments for abnormal Pap results can include procedures such as LEEP (“Loop Electrosurgical

Excision Procedure,” where a thin wire with an electrical current is used to remove abnormal tissue), cryotherapy (where the abnormal tissue is frozen off), or conization (where the abnormal tissue is cut away). These treatments can increase the risk of future pregnancy complications by weakening the cervix.

Unlike most other cancers, the risk of cervical cancer decreases in older women with normal Pap test histories. The new HPV vaccines can help prevent the majority of serious pap abnormalities. Smoking increases the likelihood of persistent HPV infections and should be avoided. The use of condoms may help prevent HPV transmission.

Even though new recommendations indicate waiting until age 21 to begin Pap testing, we recommend annual screening for sexually transmitted infections, such as Chlamydia, beginning with the onset of sexual activity (read more about the importance of establishing gynecological care for teens). Although the need for yearly Pap testing has changed, most health care providers believe there is a benefit to an annual preventive health assessment. Discuss this with your health care provider.

It is important to remember that the recommendations for Pap smear frequency are just guidelines. You and your provider should discuss the appropriate frequency for you based on your medical history and risk.

Dr. Anton Broms is a board-certified OB/GYN physician and surgeon who sees patients at the Tualatin office of Women’s Healthcare Associates, LLC.



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Uterine Fibroid Embolization Advertorial

New York Daily News UFE

Stop Suffering Needlessly...

If you are a female suffering from heavy menstrual bleeding, pelvic pain, pelvic pressure, or pain during intercourse, you may have uterine fibroids. Some studies indicate that up to 50% of all women may have fibroids. While some fibroids produce mild or no symptoms, others can cause considerable problems and women who are symptomatic may suffer needlessly when fibroid disease remains undiagnosed.

The Diagnosis...

While ultrasound exams at the OB-GYN can detect the presence of a fibroid tumor, only magnetic resonance imaging (MRI) can determine if a tumor can be embolized and distinguish alternative causes for the symptoms. Using MRI, the interventional radiologists of American Access Care work with the patient's OB-GYN to improve the accuracy of diagnosis, offer better treatment options and deliver better outcomes.

You Have a Choice...

Once diagnosed with fibroid disease, many women don't realize that there is an alternative to having a hysterectomy, which is considered major surgery. The procedure is called Uterine Fibroid Embolization or UFE. Uterine fibroid embolization (UFE) is a minimally invasive treatment for fibroid disease, benign (non-cancerous) tumor or tumors that originate from the smooth muscle layer and the accompanying connective tissue of the uterus.

The Procedure...

The procedure performed by the highly trained, board certified specialists at American Access Care eliminates the need for surgery. Treatments are performed on an outpatient basis in fully equipped, state-of-the-art centers, with warm, caring, knowledgeable staff. With a private recovery area and one on one nursing care, patients receive the personalized care they expect and deserve. Conveniently, same day or next day service is available in many cases.

A Better Outcome...

Cosmetically, the procedure is also far more appealing than hysterectomy. Usually completed within an hour, UFE patients benefit from the use of only mild IV sedation and return home



the same day. Unlike surgery, there are no incisions during a UFE procedure. That means no scarring and quicker recovery times with fewer complications – most patients are able to return to work and normal activities within a few days.

Safe and Effective...

The UFE procedure, which is covered by most insurance plans, is clinically proven, FDA approved and recommended by the American College of Obstetricians and Gynecologists.*

**August 2008 Practice Recommendations from the American College of Obstetricians and Gynecologists called Uterine Fibroid Embolization "Safe and Effective," based on consistent Level A scientific*

evidence. Level A treatment choices are considered proven treatments that should be offered to patients for their conditions when discussing treatment options.

A Highly Recommended Option...

Women who do have these symptoms should not ignore or underestimate them when relief is readily available. After UFE, many women indicate that they would enthusiastically recommend the procedure to their friends. With the debilitating symptoms of the fibroids eliminated, they feel that they have finally gotten their lives back.

The Highest Standards for Quality Care and Safety...

American Access Care has earned the Joint Commission's Gold Seal of Approval. Joint Commission accreditation means our organization complies with the highest standards for safety and quality care. All American Access Care facilities underwent a thorough on-site evaluation against more than 150 standards that promote quality care and patient safety.

Call Today...

American Access Care has convenient office locations near you, with centers throughout New York City, Westchester County and Northern New Jersey. For more information or to schedule an appointment, call toll free: 866-996-9729. ■

FINANCIAL INFIDELITIES:

When Your Man Strains your Love and Drains your Funds

by Dr. LeslieBeth Wish, Ed.D., MSS

Celebrity news is filled with stories about nasty divorces. Court records reveal a laundry list of physical abuse, child custody violations, and cheating husbands. Embedded in these legal documents are details of spouses who depleted the marital monetary assets. Debbie Reynolds lost her money to a lying husband, Christy Brinkley supported her cheating husband for years, and Ruth Madoff was a victim of her husband's Ponzi business scams. No amount of fame or money can insulate the rich and notorious from the financial misbehavior of spouses.

So it's no wonder that the everyday woman can also fall victim to partners who take advantage of them financially. These women may not be wealthy and well-known, but they are often accomplished and smart. They earn more college degrees than men and outnumber them in the current workforce, but when it comes to relationship savvy they are not smart at all. Their hearts are locked in a struggle between their fear of being alone and their dread of being hurt. Unfortunately, this battle leaves them vulnerable to men exploiting their good will and bank accounts. Cheating may break your heart, but absconding with your money can break both your heart and your financial security. In my more than thirty years counseling and researching women's love issues I've heard horrendous stories of men who tell lies,

Just remember, love always comes with blind spots because we want to feel loved, wise and in control of our lives so much that we can often become willing conspirators in being taken advantage of. We emotionally invest in trusting our judgment and people-reading skills so that we don't have to worry about doubting our partners. Even when there are warning signs as in the Almost Smart Cookie cartoon above, we ignore those thoughts and feelings because heeding them might destroy the intimate relationship.

Don't be foolish. You *can* love someone and still be careful with your money. Here are some key things you should do to protect your financial stability:

- Hide or lock up your checkbook and don't leave loose checks in your wallet
- Have your credit card and bank statements mailed to you at work or at a postal box
- Put your home in your name only if you paid for it and pay all bills associated with your home
- Don't share passwords or answers to security questions Use—and hide—a separate computer for your financial activities and be sure to establish a different email
- Consider paying bills with automatic direct bill-paying systems



forge checks in the woman's name and even murder their women for the life insurance money. Of course, every situation is different, but I've discovered a common core of loneliness, emotional over-accommodation, and a history of failed love and unhappy childhoods can lead women to financial ruin. The comic strip below of my cartoon character Almost Smart Cookie is just one example of how this dangerous mix of love desperation can drain your hard-earned money.

Here is a quick guide that I hope will make you more mindful about your own financial missteps.

1. **Protect your money.** Don't let the high of love leave you vulnerable to financial abuse.

*Okay, so this time, you think: **this man is so different from so-and-so that he'd never take advantage of me.***

- Add a quirk to your signature and alert your bank to check your signature.
- Call the local and major insurance companies and tell them that under no circumstances do you agree to life insurance.

2. **Test your financial trust in your relationship for a long while.**

Falling in love changes your brain. Love releases hormones such as oxytocin and endorphins that flood your neural connections with good feelings. This state of blind happiness can last for two years or more. Divorce, for example, most often occurs within the first few years of marriage.

If you do move in together or get married, don't fall for the fantasy that it is unkind to be careful. If your partner accuses you of not trusting him, say something like: "In the past, I've always

been too loving and trustful of people. I always thought that I was being mean if I didn't give in to everything my man wanted. But now your love and your personality and values have given me the strength and the permission to correct my weakness and learn to be smarter about myself. I really love that about you, and I know that you want to help me grow and become a partner you can rely on and trust, too."

A good way to protect yourself from your partner misusing your funds is to limit how much access and control he has to your money and other financial concerns. Here are some steps you can take to test his reliability and honesty. But be aware that a con-artist can go for years before he strikes.

- Open up a small joint account to pay for no more than two or three household responsibilities. Be clear with your partner about his bill-paying responsibilities and about how much you are each to deposit in this account. Open the account at a bank that knows you and instruct the bank manager and tellers not to accept checks made out to cash. If you notice that the account balance is dropping, call your bank and ask to see copies of the actual checks.
- Call the accounts that your partner is supposed to manage and find out if the bills have been paid. Call before the next month's bill is due.
- Don't share the same credit card accounts. Maintain your own credit card accounts. Add your maiden name.
- Don't lend your partner money. In the Almost Smart Cookie cartoon Cookie has already given Tim money, and now he wants more. Don't get caught in similar situations. You are not responsible for your partner's success and failures.
- Don't jump so quickly into your partner's financial projects. Seek outside evaluations. Get second opinions. Think about the adage: If it's too good to be true, it probably isn't. If the advisors say it is sound, invest a small amount and stay informed about the deal.



Dr. LeslieBeth Wish, Ed.D., MSS

3. Protect your life, love, and self-esteem. Your desperation and loneliness can put you in financial danger. A history of a broken heart can make you both afraid of love and desperate to find it. If your parents divorced when you were young or if you were raised by a single parent, your need for love, family, and connection are as high as your fears of being hurt, disappointed, disrespected, and left high and dry financially.

A dangerous love pattern is to allow your past hurts to make you swear off love until your loneliness levels are so painfully high that you attach to the next seemingly decent man. Then you ignore or minimize the warning signs so that you don't have to rock the boat. You begin to make excuses for his lack of funds, stories

that you can't really believe, and his monetary irresponsibility.

You do stupid things out of love such as lending too much money, believing his "explanations," hiding the truth from your friends and family, and being willing to be manipulated. You convince yourself that you are doing all these things "for the sake of the children" or avoidance of one more divorce, break up or embarrassment. And then one morning you wake up dead inside and find that you have turned into a victim of Death by a Thousand Accommodations.

Instead, get smart, get brave, and sharpen your mindfulness about your partner. Don't put on blinders in the hopes of holding onto a man for dear life. Exploitive men become thin life lines at best. Preserve your credit and self-esteem.

Dr. LeslieBeth Wish, Ed.D., MSS, is a nationally honored psychologist and licensed clinical social worker, specializing in relationships. For www.qualityhealth.com, a Top Ten Health site, she serves on the Medical Advisory Board and writes a weekly Expert column, "Relationship Realities." She welcomes you to join her research on the love issues of today's women by going to her website www.lovevictory.com and click on the Research box at the top. ■

Help Shape the Tomorrow of Today's BBB

Advance Marketplace Trust by joining BBB's Board of Directors

Have you heard? Diverse consumer groups are growing exponentially and accredited businesses are too! There has never been a better time to lend your finance, human resources, business development or decision making expertise, by serving on BBB Board of Directors.

With your leadership ability, BBB seeks to empower and engage the thousands of military families

relocating to Maryland, emerging millennial shoppers and local consumers, to choose trustworthy businesses.

Additionally, Board members play a critical role in helping BBB understand and meet the needs of your fellow accredited businesses.

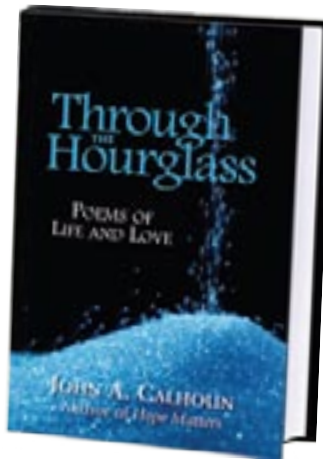
For more information, contact Angie Barnett at 410-347-3981.



THROUGH THE HOURGLASS: Poems of Life and Love

by John A. "Jack" Calhoun

On Sale
NOW



About the Author:

John A. "Jack" Calhoun is an internationally renowned speaker and frequent media guest and editorial contributor. He is currently a senior consultant to the National League of Cities and the U.S.

Washington, DC (PRWEB)
April 7, 2011 – Bartleby Press has released **THROUGH THE HOURGLASS: Poems of Life and Love** (Bartleby; \$16.95; ISBN 978-091015585-4) the second book by author John A. "Jack" Calhoun. THROUGH THE HOURGLASS is a stunning collection of moving poetry spanning four decades and several seasons of life as experienced and expressed by the author – a pioneer and national leader in the field of youth violence prevention.

"The very reason I have devoted my life to helping the young men and women caught in the grip of violence and juvenile crime lies in these personal poems about life's most powerful connections," said Calhoun. "Quite simply, I know what's at stake. I know what they stand to lose. When they turn to violence they rob themselves and their victims of the profound and precious moments of a lifetime filled with meaningful relationships and authentic experiences."

With chapters devoted to "Courting," "Kids," "Teens," and "The Miracle of Grandchildren,"

Calhoun is able to articulate the extraordinary experiences found in the ordinary moments of life: falling in love, tending to a sick child, a grandchild's fascination with sidewalk cracks, and the gangling growing pains of raising a teen. In "Portraits" and "Coming and Going," Calhoun introduces compelling characters, some of whom embrace life and others who struggle to hold onto it.

Readers are moved to emotion as they discover the commonality of the human experience even in these most personal poems. Gift givers will easily find a favorite verse to highlight in this beautiful and slim book that captures the essence of a cherished relationship.

"Although contained by the hourglass, I believe that life is shaped by and always pulls us toward love and connection," said Calhoun. "Because of love and connection we transcend the confines of the hourglass: That message is the heart of my book."

Department of Justice. For more than 20 years, Calhoun was the founding president of the National Crime Prevention Council, prior to which he served under President Carter as the Commissioner of the Administration for Children, Youth and Families. His first book, *Hope Matters: The Untold Story of How Faith Works in America* (Bartleby; \$23.50; ISBN 978-0-910155-72-4) was published in 2007. Calhoun resides in Falls Church, Virginia with his wife Ottilia. ■

Media wishing to interview Jack Calhoun about the book, the intersection of poetry and policy, or youth violence issues, can contact Brand Spoken Communications at mediarelations@brandspoken.com.

President's Message

BBB Wants to Celebrate Your Business!



Your commitment to marketplace trust makes your business a contending candidate for BBB | Greater Maryland's 2011 Torch Award for Marketplace Excellence. Each year, BBB honors local companies and organizations that demonstrate high standards of behavior

toward customers, employees, shareholders and their communities.

We encourage you to submit your nomination, as past winners have enjoyed the benefits of media exposure and distinction within their industry. ■



CONSUMERS OUTRAGED OVER REPEATED RAPES AT “PRISON-LIKE” MACY’S AND WALMART FACTORY

Shoppers demand justice for victimized Sri Lankan women at factory in Jordan sewing for major brands, including Target and Hanes

WASHINGTON, DC – More than two thousand shoppers have signed an online petition on Change.org asking Walmart, Hanes, Target, Macy’s, Kohl’s, Jones Group and Lands’ End to intervene in the ongoing sexual abuse, rape, torture, and beatings of the young women guest workers at the Classic Factory in Jordan, which supplies the companies.

Scores of young women have reported being violently raped by the factory’s manager in the past few years, as revealed in a recent report by the Institute for Global Labour and Human Rights.

“Classic is in a prison-like lockdown,” said Charles Kernaghan, Director of the Institute for Global Labour and Human Rights. “The young women rape victims are terrified that they will be tracked down and punished. We have never met women workers more frightened, alone and with nowhere to turn, as Wal-Mart and Hanes sit back to watch the repression unfold.”

Classic workers have reported being tortured and bitten during sexual assaults and beaten or deported if they fight off the managers’ sexual advances. Some women have reported that on the weekly Muslim holiday, one manager sends a van to bring four or five young women to his hotel, where he abuses them. In a video interview, another victim alleges that upper factory management knows of the ongoing abuse.

In response to these claims, the petition on Change.org, the world’s fastest-growing platform for social change, asks the companies making clothes at Classic Factory to pay compensation to the women raped on the job, ensure compliance with Jordanian law and the labor rights provisions of the U.S.-Jordan Free Trade Agreement, and protect the workers by permanently removing the abusive factory managers.

“Thousands of consumers are letting Macy’s, Walmart, and the other companies making clothes at Classic Factory know it is absolutely unacceptable for

widespread rape allegations to go unaddressed,” said Change.org Editor Amanda Kloer. “This campaign is an example of consumers’ power to protect women’s rights.”

The Institute for Global Labour and Human Rights, formerly National Labor Committee, is a 501(c)(3) non-profit organization founded in 1981. The Institute is headquartered in Pittsburgh, PA, the United States with offices in El Salvador and Bangladesh.

Live signature totals from The Institute for Global Labour and Human Rights’ Change.org campaign:

<https://www.change.org/petitions/tell-walmart-to-stop-rape-and-torture-of-young-women-in-its-factories>

Video interview with Kamala, alleged rape victim and former Classic Factory employee:

http://www.youtube.com/watch?v=QNQdriLXJCI&feature=player_embedded#at=64



Institute for Global Labour and Human Rights report on Classic Factory: <http://www.globallabourrights.org/reports?id=0632>

For comments from Classic Factory brands:

For comments from Walmart:

Press hotline at 1-800-331-0085

For comments from Macy’s:

Holly Thomas, Vice President, 646-429-5250 or Holly.Thomas@macys.com

For comments from Target:

Press hotline at 612- 696-3400 or Press@target.com.

For comments from Hanes:

Matt Hall, 336-519-3386 or Matt.Hall@Hanesbrands.com

Change.org is the world’s fastest-growing platform for social change — growing by more than 400,000 new members a month, and empowering millions of people to start, join, and win campaigns for social change in their community, city and country. ■

Chef Jacques Haeringer and L'Auberge Chez Francois To Host "A Taste of South Africa" Wine Dinner

Great Falls, VA - - Chef Jacques Haeringer is pleased to present a special wine tasting dinner, Tuesday, August 23, at 7:00 p.m. Master Sommelier, and winery owner, Fran Kysela, will take diners on a delicious journey exploring the wines of South Africa. Chef Jacques will cook up a tasting menu of:

- Canapés served with 2010 Pieter Cruythoff Chenin Blanc
- Fresh Carolina Barbecued Shrimp – 2010 Riebeek Cellars Sauvignon Blanc
- Spiced Filet of Rockfish with Roasted Peppers – 2010 Millineux White Blend
- Wild Mushroom Crusted Alaskan Salmon – 2010 Eikeboom, Pinotage, Western Cape
- Grilled Beef Medallions with Zesty Ratatouille – 2007 Keermont Vineyards Red Blend
- Blueberry Custard Tart with Cinnamon Ice Cream

\$125 per person all inclusive

To reserve spaces go to www.ChefJacques.com or call the restaurant: 703-759-3800.

OpenTable.com voted L'Auberge Chez Francois one of the 50 Best Restaurants in the United States for 2010. Readers of Washingtonian magazine have voted L'Auberge Chez Francois as their favorite restaurant for 22 years and the magazine recently named the restaurant one of its Top 50 Best for 2011. The restaurant has received numerous awards such as AAA's Four Diamond Award for their outstanding service and quality and is featured often in magazines such as Bon Appetit, Gourmet and Wine Spectator, and regularly holds a top spot in Zagat Survey.



L'Auberge Chez

Francois is open for lunch Tuesday through Saturday, 11:30 a.m. to 1:30 p.m., and Sunday from noon until 3:00 p.m. The restaurant and *Jacques' Brasserie* is open for dinner Tuesday through Friday starting at 5:00 p.m., Saturday at 4:30 p.m. and Sundays Noon to 7:30 p.m. Reservations can be made online at www.LAubergeChezFrancois.com, OpenTable.com or by calling 703-759-3800. ■

Do You Have ADD/ADHD?

Men and women who have been diagnosed with ADD or ADHD are needed for a 2-day outpatient study at the Johns Hopkins School of Medicine in Baltimore, Maryland.

Volunteers with ADHD who have used medications for the treatment of ADHD and those who have never used medications for the treatment of ADHD are needed.

Volunteers should be between the ages of 18 and 40 and in general good health. Testing will take place at the Johns Hopkins Hospital and Bayview Medical Center. Study participants will receive compensation, and travel expenses will be covered. Earn up to \$300 plus travel expenses.

For more information, call
410-550-2588 or 410-550-6266
or email johnshopkins.lab@gmail.com
Collect calls are accepted.

Principal Investigator: Una D. McCann, MD
IRB Number: NA_00033609



OTIS JOINS THE EFFORT TO RAISE AWARENESS OF MENINGITIS PREVENTION

New Study Aims To Offer More Solid Evidence of Meningitis Vaccine Safety In Pregnancy

SAN DIEGO, CA - The Organization of Teratology Information Specialists (OTIS), a non-profit with affiliates across North America, will join in the effort to raise awareness of meningitis prevention by helping to launch a new study that will assess safety of the meningitis vaccine in pregnancy. The launch coincides with World Meningitis Day on Sunday, April 24, 2011.

Through evidence-based clinical information, OTIS aims to educate women about exposures during pregnancy and breastfeeding through a toll-free hotline as well as observational research studies. OTIS is looking for the help of pregnant women to collect information on exposures like the meningitis vaccine in pregnancy, with a goal of enrolling pregnant women who have received the meningitis vaccine during their first few weeks of pregnancy. The study will be ongoing through 2015.

OTIS' studies are coordinated at the University of California, San Diego (UCSD).

"This is an important vaccine," said Christina Chambers, PhD, MPH, UCSD professor of pediatrics and an epidemiologist with a special focus in the area of birth defects prevention. Dr. Chambers also serves as program director of OTIS' California affiliate, the CTIS Pregnancy Health Information Line. "Vaccination is recommended because teens and young adults, those ages 16 through 21 years, have the highest rates of meningococcal disease. Even though the disease is not very common, we want to prevent as many adolescents as possible from getting it. Meningococcal bacteria can cause severe disease, including meningitis and sepsis, resulting in permanent disabilities and even death," she explained.

Dozens of countries from North and South America, to Europe, the Middle East, Asia and Australia have participated in World Meningitis Day since its inception in 2009.

In addition to teens and young adults, other groups who may be at an increased risk of meningitis and are recommended to receive the vaccine include those who are living in close group quarters such

as college freshmen living in a dormitory, military recruits, individuals who are traveling or residing in countries where the disease is common, and people in certain occupations or with certain kinds of immune disorders.

However, when it comes to getting the meningitis vaccine during pregnancy, not a lot is known. "The meningococcal vaccine is not specifically recommended in pregnancy because it has not been well-studied," added Dr. Chambers. "However, there is no data to suggest that this vaccine is harmful in

pregnancy, which is why it's so important to closely study it so that pregnant women and their health care providers can make the best choices for treatment and prevention in mothers and babies."

"Anyone who has had exposure to a meningitis vaccine within the first trimester of pregnancy is eligible to enroll," said Diana Johnson, M.S.,

study manager for OTIS studies. However, even if they haven't been exposed to the vaccine during pregnancy, pregnant women can still take part in the new study by enrolling as a comparison group participant. "Those who choose to share their pregnancy through this study will be helping to contribute to the overall published information in the future, helping a lot of future moms and babies," explained Johnson. Participants will also receive a copy of the results of the study.

Participation in the new study involves two to four phone interviews and release of medical records relating to the woman's current pregnancy. More information is available at OTISPregnancy.org or by calling OTIS Studies at (877) 311-8972. ■

Questions or concerns about meningitis, the meningitis vaccine or any other exposure during pregnancy or breastfeeding can be directed to OTIS counselors at (866) 626-6847.

For more information or if you would like to schedule an interview, please contact Nicole Chavez at (619) 294-6262. Spanish-speaking interviews are also available.



Over the past few months I have had opportunities to get back in touch with my “natural side” and the outdoors through visits to our local camps. **Girl Scouts of Central Maryland** has four camp properties that provide a myriad of activities for girls in grades 2-12. Kayaking, canoeing, hiking, rappelling, high ropes courses, horseback riding and swimming are part of the usual camp activities that we provide. In addition, and in-keeping with the national Girl Scout theme,

“*Forever Green*,” we also offer camp activities that focus on ways girls can reduce their energy footprint; introduce them to the concepts and materials involved in “green” construction; and, show them how to use organic and fresh produce to create meals and beauty products.

Equipping these girls to be the next generation’s conservation leaders—continuing and expanding the efforts begun today—is vital to the preservation of the environment and the planet. Therefore it is essential that we provide them with the knowledge, tools and examples of conservation and preservation now while they are young. To that point, after nearly 10 years, **Girl Scouts of Central Maryland** has finalized a conservation easement agreement with The Trust for Public Land and the Maryland Department of Natural Resources to protect over 577 acres of camp ground property at our Camp Conowingo. The easement restricts future uses on the site to protect the property’s standing forests and Conowingo Creek, a Susquehanna River tributary, while still allowing the recreational and educational programs offered by the Girl Scouts to continue in perpetuity while simultaneously securing the natural habitat. In addition, with help from Girl Scouts and their families, the grounds at our other camp properties are being cared for and well-maintained. Camp Whippoorwill, which sits along the Magothy River in Anne Arundel County, has received much needed attention and efforts to curb erosion on the camp’s beachfront, by planting silt and grasses, and these

efforts have yielded positive effects. We understand fully the importance of preserving our properties and of teaching our girls how to conserve, preserve and protect these wonderful natural resources for their generation and those to come.

The “*Forever Green*” initiative has a dual meaning. It is part of Girl Scouts of the USA’s 100th anniversary campaign—saluting 100 years of Girl Scouting in the United States and councils efforts to ensure that Girl Scouting continues for another century. It also

Forever Green



encourages Girl Scouts to lead tree and vegetation planting, recycling and energy conservation activities in their schools and communities. Many of our Girl Scout troops are taking the lead in these efforts and making a difference in their communities.

Brownie Troop 2013 at Monsignor Slade

Regional Catholic School in Glen Burnie, was inspired by the Brownie Quest Leadership Journey entitled, “It’s Your World—Change It!” to do just that. To complete the activity the girls had to come up with a “*Take Action*” project. They brainstormed and decided to implement a recycling project at their school focused on the school’s cafeteria. At that time, the school only recycled paper. They visited a local recycling center and learned what happens to recycling once it is picked up from the curb; wrote a letter to their school’s principal explaining why they thought recycling was important; and, then submitted a proposal that included some up-front costs that would be involved—such as the cost of the recycling containers for the cafeteria and classrooms. To offset some of the expenses the Brownie troop donated \$200 from the monies they earned selling Girl Scout cookies. In addition, the troop received funds from their State Senator and County Councilman, who each pitched in \$300. After receiving approval from their principal, the girls planned a school-wide kick-off assembly to announce the recycling plan. In just two weeks the recycling effort yielded results: trash had diminished by 80%

and instead of making one pick-up per week the recycling truck had to come twice a week. If these second and third graders could develop and implement a plan that helps the planet, surely we can all do our part to make sure the environment is "Forever Green." I invite you to join Girl Scouts' "Forever Green" campaign—celebrate 100 years of Girl Scouting by working with Girl Scout troops in your neighborhoods and communities to conserve and preserve the environment. *Remember Girl Scouts were green long before green was THE hot topic! We encourage you to Take Action and be Girl Scout GREEN!*

Traci A. Barnett, M.B.A. is Chief Executive Officer of Girl Scouts of Central Maryland, which serves nearly 30,000 girls in Baltimore City, Anne Arundel, Baltimore, Carroll, Harford and Howard counties. If you are a Girl Scout alumna we invite you to celebrate a century of sisterhood by joining the Girl Scout alum network; to join contact Megan Cornely at mcornely@gscm.org. ■

Save This Date!

August 27th at 3:00PM

Join *Focus on Women* Magazine on Flair Radio Show as we host Leslie Bethwish, syndicated speaker and world reknown therapist speak on **Financial Infidelities.**

Take a Quiz and See if You're Cut Out to Start Your Own Business

From '02-'07, women-owned businesses grew four times as much as men-owned businesses, even though men still own nearly twice as many businesses. More and more women are choosing to work for themselves - more personal freedom and control over one's destiny.

Do you have what it takes to start your own business today? Find out by answering Yes or No to the 10 questions below:

1. Passion and Drive -

Can you keep your nose to the grindstone for 10-12 hours a day, 7 days a week for the first two years?

2. Diligence -

Do you have the ability to research a business opportunity or idea thoroughly and objectively determine which businesses suit your skills?

3. Persistence - Can you take "No" for an answer and keep moving forward without taking that "No" personally?

4. Flexibility - Are you eager to take on new projects that might not be in an area where you excel?

5. Adaptability - Can you change course in mid-stream when someone else shows you a better option?

6. Reaching out For Help - Are you comfortable asking others for help and then accepting it?

7. Discipline - Can you live on a tight budget?

8. Cash Flow Savvy - Do you have the ability to handle your finances by "robbing Peter to pay Paul?"

9. Sense of Humor - Can you laugh at yourself when you make a dumb mistake?

10. Doing Your Homework - Are or were you one of those students who always made sure they handed in homework assignments on time and complete?

See Success Key Below:

9-10 yes answers: You have passed the first threshold, the heavy lifting lies ahead

7-8 yes answers: Your chances are 20-1 unless you are able to work on the "No's"

1-6 yes answers: **Stop dreaming and get a job!**



*Come, be part of a story -- one that will not repel you, but one that will compel you.
A story that will repair, not despair. A story that will help weave a tapestry of hope.*

*Historically a servant class, the women of the
Hindu Kush in Afghanistan face the unthinkable:*

Imprisoned for being raped

Mutilated for leaving abusive spouses

In some cases set afire and abused by family or community members

Marginalized from the marketplace

Psychologically scarred from centuries of war and being persecuted over centuries.

Be part of the story -- to help these women move towards a life of self sufficiency and hope.

Support the Focus on Women Magazine Afghan Women's Craft Project.

Purchase their goods.

This is a Fair Trade Project



Focus on Women Magazine

*is a proud sponsor of the
Women Can Change Afghanistan Craft Project.*

Numerous Afghan Women are abused. Most recently, according to a recent CNN report, a woman named Aisha who was considered to have "shamed" her family, ran away from an abusive spouse. Her husband, a Talib, was instructed to exact the penalty of mutilation.

Aisha suffered having her nose and ears cut. Left for dead, she survived the attack.

She is now seeking plastic surgery in the United States. Other women are setting themselves afire or are targets of such acts. Others face abandonment from their families and are otherwise throwaways and outcasts. And there are many other, both told and untold, stories that make up this tragic tapestry. If we don't act, then who? If not now then when?



How we can help?

Support the Women Can Change Afghanistan Project sponsored by *Focus on Women Magazine*. Support their economic initiatives by purchasing Women Can Change Afghanistan Project crafts so that they can rebuild their lives and work towards self sufficiency.

For further information contact nicbri@focusonwomenmagazine.net or call (410) 294-2932.

Farmer's Market Season Provides the Perfect Formula for a Mediterranean Feast

Lebanese Chef Joumana Accad creates delicious spring recipes using locally grown seasonal foods

Dallas, TX — One of the best tastes of spring happens when farmer's markets across the nation open and fresh, natural foods are plentiful. "My kitchen bursts with fresh herbs, roasted spring vegetables, and grilled meats this time of year," says TasteofBeirut.com blogger and Chef Joumana Accad. Mild temperatures across the Mediterranean have always meant an abundance of fresh, local produce, the basis for that region's delicious cornucopia of culinary delights. Joumana Accad specializes in bringing Mediterranean food to American tables.

"Shopping at local farmers' markets supports your local growers and allows you to pick the freshest food right from the farm," says Joumana. "Fresh food tastes amazing and retains all of its vitamin and minerals. And even better, fresh vegetables need the lightest preparation to bring out their natural sweetness."

"Shopping at local farmers' markets supports your local growers and allows you to pick the freshest food right from the farm"

Joumana has created a delightful spring menu using all things found at your local farmer's market or backyard garden. These light and healthy recipes make an impressive afternoon lunch or light dinner. Grab a glass of wine, set a table outside, and enjoy a Mediterranean holiday right from your kitchen.

Fish Shawarma Sandwich

(Makes 4 servings)

"With this recipe I took a different take on the ubiquitous Lebanese dish that is usually a sandwich-like wrap traditionally made with shaved lamb, chicken, or beef cooked on a spit. A Mediterranean staple, nearly every neighborhood in Lebanon has at least one shawarma stand that churns out thousands of juicy sandwiches to hungry passers-by. I decided to use fresh fish that is grilled quickly (or pan-fried) after marinating in olive oil and spices. It is served in a warm pita slathered with a special tarator (or tahini) sauce, tomato and avocado slices and some pickles and fresh herbs.

The flavor in this recipe is reminiscent of a famous spiced fish dish, samkeh harra that originated in Tripoli, the second largest coastal town in Lebanon. Samkeh harra is a glorious buffet-style dish served at banquets and large celebrations. It is composed of a large five-pound sea bass encased in a tahini sauce and an herb stuffing with garlic and chili peppers.



INGREDIENTS:

- 4 fish fillets of your choice
- 1/2 cup of tahini (4 ounces, 125 ml)
- 1/2 cup of fresh lemon juice (4 ounces, 125 ml)
- 3 (or more, to taste) cloves of garlic
- 1/2 cup of walnuts, crushed
- 1 bunch of cilantro or dill or flat-parsley
- 4 medium tomatoes
- 1 large avocado
- Olive oil, as needed
- Spices: 2 teaspoons of sumac, 1 1/2 teaspoon of ground cumin, 1 teaspoon of ground coriander, pinch of cinnamon and salt, a dash of chili flakes

METHOD:

1. Mix all the spices and sprinkle on the fish fillets, both front and back. Add a few tablespoons of olive oil and set the fillets aside. Crush the garlic with a dash of salt in a mortar until pasty. Transfer to a bowl, add the tahini and stir to combine. Add the lemon juice and stir, add up to 1/2 cup of water and stir constantly until the tarator is smooth. Keep in mind you want it fairly thick and not too watery, so always add the water gradually, checking the texture and taste and adjust if needed.

About Joumana Accad

Joumana Accad was born in Beirut, Lebanon. She left the Middle East in 1975 and began an international journey. She moved to Paris in the mid-'70s where she finished her formal education. She returned briefly to Beirut before moving to the United States in 1979. Widowed at a young age, Joumana moved to Dallas, Texas in 1987, remarried and raised two children. She couldn't resist the call of cooking as she entered



the Pastry Arts program at El Centro College in Dallas. Upon graduation, Joumana became a pastry chef for a German

restaurant, worked as a caterer, and sold her decorated cookies and cakes. Whole Foods Markets asked her to teach classes on Lebanese cuisine at several of their local markets. Today she runs the popular food blog www.tasteofbeirut.com where she explores the cuisine of the Levant as well as the Middle East.

To create other traditional Lebanese dishes using fresh, locally grown foods visit www.TasteofBeirut.com.

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2. Grill the fish or pan-fry in some olive oil until the fish is done. While the fish is cooking, slice the tomatoes, avocados and onions, if using. Open each pita, slather with tarator, sprinkle some crushed walnuts, extra herbs, place the fish in the bread, add the tomato slices and avocado slices and serve. **NOTE: The tarator is a sauce that you can adjust according to your taste; more garlic or lemon juice? Sure! Anything goes!**

The Monk's Salad (Al-Raheb)

(Makes 4 generous servings or 6 small servings)

"This salad is named for a Lebanese monk after the bounty of foods he found available in the mountains in which he lived and in the garden he created for his ascetic lifestyle. Bursting with crispy vegetables and mellowed by the smooth and smoky flavor of the eggplant, this salad is sure to convert anyone into an eggplant lover. Because it keeps well and is served at room temperature, Al-Raheb is often offered at mezzes as part of the array of dozens of dishes that constitute a mezze. It is also served at buffets, wedding parties or any big celebration."



INGREDIENTS:

- 1 1/2 pounds of eggplant (one or two large or the little ones)
- 1 bunch of parsley or other herb
- 1 bunch of green onions or one small white or red onion
- 4 tomatoes
- 1 green pepper
- 3 cloves of garlic
- Olive oil, as needed (at least 1/2 cup for the dressing, plus more to grill the eggplants)
- Juice of 2 lemons
- 1 Tablespoon of pomegranate molasses (optional, but recommended)
- Salt, to taste

METHOD:

1. Peel and cut the eggplant into slices and sprinkle with salt. Set aside on a colander until they spit out a lot of brownish liquid.
2. In the meantime, cut all the vegetables into small dices, mince the parsley and transfer to a salad bowl. Chop the garlic and mash in a mortar with a dash of salt. Transfer the garlic to a bowl and prepare the dressing: pour the lemon juice and olive oil and pomegranate molasses (if desired) and mix with a small whisk or fork.
3. Wipe the eggplant slices dry and brush with olive oil. Grill on a preheated grill at medium hot setting until soft and charred a bit on both sides. Chop the eggplant into dices and transfer to the salad bowl. (Alternatively, you can bake them in a 350F oven until soft, about 20 minutes).
4. Add the dressing to the salad bowl and combine all the ingredients. Taste and adjust seasoning, if needed, and serve.

Summer Trip Pep Talk 101

by Eileen Wacker

Oh the sweet anticipation...

I am a Mom with four kids aged 7 to 13 and I approach summer trips with trepidation. The end of the school year is arriving fast and summer vacations are around the corner. We save money all year



and make sacrifices to ensure a summer trip is possible. We carve out precious “days off” from work and align everyone’s schedules, never an easy task given camps, events, activities and family commitments. So the stakes are as high as the expectations.

Reality sets in... and the Disney Pep Talk

My husband and I, first and foremost, abide by the “Disney Pep Talk” rule. Several years ago, we were visiting my brother’s family in California. They also have four children roughly the same age as ours so there is always lots of excitement when we get together. The night before we embarked on a Disneyland adventure, we received the equivalent of a pep talk from my brother as our

elated children busily planned out departure times, the order of the rides and the foods they would eat, all in squealing, happy voices. Dan said, “Watch the families tomorrow. They have saved endlessly and looked forward to

this trip to Disney FOREVER. But watch, inevitably many parents get stressed and yell at their kids. And this is at Disney which is probably the most fun place in the world.” From

there, my husband and I started discussing a critical parenting question: “Why do kids, at times during every vacation, refuse to have fun or be fun? Or is it us and our approach?”

Sure enough, the next day in Disney, we saw children weeping in long lines with sweaty, sunburned faces. We saw disappointed parents watching children dropping or wasting their expensive food. We saw tired, writhing kids that could not be convinced to go on a certain ride with the parents yelling, “How can you not want to go on this? It’s why we are here!” We saw other parents shout, “We are on vacation in Disney. You should be having a great time and instead you’re complaining.” And, several parents were observed getting infuriated when their little one announced

45 minutes into a wait that he/she had to go to the bathroom and could not hold it any longer. So my husband and I decided to create some strategies to enjoy vacation moments because our kids, like most kids, can act ungrateful and refuse to have fun in the most wonderful places.

We now have “Disney Pep Talk” before every vacation and use the tips below.

Seven strategies for traveling families--

1. Don’t expect kids to be grateful for all the sacrifices it takes to go on a trip. They are not going to thank you profusely or act wonderfully. Instead, watch for the moment of wonder or the “pure joy” smile – it is these “moments” that make the trip happy and memorable. Photograph those moments and it is all you will remember later.

2. Leave a little give in the schedule. Most kids are not naturally continuous “do-ers” on a vacation. If you have an agenda packed end to end with activities, the kids will start complaining and wish to stay somewhere and just hang out. Think of your kids sweating in Washington DC, hiking from monument to monument in the blistering heat and waiting in the sun at the spy museum. All good ideas but some down time is needed for them to retain their trip enthusiasm.

3. Let each person choose one event/activity and one restaurant destination during the trip. After we select our destination (even if it is a repeat), we put out

a menu of options and each child can choose one of the options or propose something else. If one child chooses swimming, we make sure we get some swimming into the vacation, whether at a hotel pool or a beach. They also get to choose one type of food that we will be sure to eat. This is a huge hit with our kids and helps us minimize complaints during the trip. Our youngest and oldest like to do very different things but each knows that their treasured turn will come.

4. Set the expectation - traveling is a nightmare. Whether by plane or car, summer vacations are filled with other people on vacation and there are inevitable delays, traffic and waiting. Have a plan for the long waits. Don't expect the perfect trip; if everything goes swimmingly, then it is a bonus. Electronics may be your best friend during these moments.

5. Everyone has to bring a book. This is a big rule and my kids now look forward to going to the bookstore to select a special book for the trip. We have a kindle and the kids love to borrow the kindle to read. I also give extra credit for creating and writing in a journal; they can write words or draw or both. I give them \$1 a page for quality journal writing. It is almost certain the kids will be asked to write something about their summer when school resumes so they are getting a head start.

6. Try to pack light and smart. This is a basic but we all continue to "overpack" and drag around things we just don't need. So now we sit down and make a list together, then make it an event. "Okay everyone bring down three pairs of pajamas", then "everyone go get 5 shirts and one has to have a collar", etc. And they have to carry what they pack.

7. Electronics are awesome but you need to set some ground rules about usage. The ipods, phones, ipads, DSs, and other devices are amazing and really help children stay distracted during the hectic travel challenges but they should not check out and not participate in the trip.

So, in summary, have the Disney pep talk and always take time to savor your moments of joy on the trip. Oh and make them go to the bathroom

before you go anywhere. Happy travels! ■

Eileen Wacker, a Harvard Business School graduate, lived and worked in seven different countries, including the United States. Wacker now resides in Honolulu, Hawaii, with her husband and four children, one of whom is a daughter adopted from China. She is the author of the new children's book, Silent Samurai and the Magnificent Rescue, the third installment of the Fujimini Adventure Series.

For further information on the series, please visit www.oncekids.com <http://www.oncekids.com>.

*Let each person
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and one restaurant
destination
during the trip.*

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A Conversation with Dr. Majorie Pearsall

You are a physician located in White Marsh who specializes in Interventional Radiology.

For our readers, what exactly is the Interventional Radiology?

An IR doc is an Endovascular Surgeon (Image-Guided Surgery). We perform minimally invasive procedures using image guidance. Some procedures are for diagnostic purposes while others are for treatment. I perform these procedures in my Outpatient Surgical center located in White Marsh, Maryland. Performing these procedures in an Ambulatory Setting, decreases the red-tape associated with the hospital and the long waits. We have reduced infection rates and the recovery time is minimal.

You provide Intravascular surgeries to embolize the uterus. **What does this process entail?** Yes. Patients with fibroids elect not to have a hysterectomy or myomectomy and the fibroids can be treated by embolizing the vessels supplying blood for the fibroids to grow.

Through these methods, how do you treat fibroids and how is this technique effective over other ones?

We make a small incision in the groin. The femoral artery is accessed. A catheter is pushed over a guidewire into the uterine artery. Then very small particles (microspheres) 500-700, 900 micrometer are lodged into the distal uterine artery. These particles are there permanently.

Is this method also effective in the treatment of endometriosis?

No. Endometriosis is when endometrial tissue grows inside the uterus or outside the uterus. The endometrial tissue can grow on the ovaries, fallopian tubes, etc. Each



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month this tissue can bleed and can cause scar tissue. There is no cure for endometriosis. It is treated with surgery or hormone therapy.

What might a woman who is diagnosed with fibroids expect after getting this procedure done?

After the fibroid embolization, patients should expect to have cramping pain which is usually worse the first three days, then it begins to subside. This pain is treated with narcotics and anti-inflammatory drugs (Motrin). Most patients are back to work within a week. However, every patient's threshold for pain is different. We normally ask patients to take off 10 days. Some patients go back to work in 4-5 days.

Are there any complications, if so, what are they? Complication rates are low. Most common is a hematoma at the site of the groin incision. The necrotic fibroid tissue can become infected and the patient becomes septic, requiring an emergency hysterectomy. There is also the risk of non-target embolization. ■

Dr. Pearsall graduated from the University of North Carolina at Chapel Hill in 1981 with a degree in chemistry. In 1985, she earned her medical degree from the University of North Carolina School of Medicine. Dr. Pearsall completed a residency in general surgery at Mount Sinai Medical Center in New York, with a third year of study at SUNY – Buffalo. She completed a radiology residency at the University of Tennessee in June, 2001. She sought further study and completed a neurosurgical fellowship at Penn State University in Hershey, PA, and an interventional radiology fellowship at Temple University Hospital. Dr. Pearsall is licensed to practice medicine in North Carolina, New York, Tennessee, Maryland, and Pennsylvania.

In her spare time, Dr. Pearsall is an avid sailor and enjoys skiing, tennis, horseback riding, cycling, and travel.

Follow Dr. Pearsall at
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ABOUT THE BUILD HAITI FOUNDATION

BHF is a dynamic, Haitian-American led organization with strong ties to Haiti and the Haitian community in the Diaspora. We work to develop partnerships across the globe to lift Haitian families out of poverty and hunger. BHF works with schools, churches, community organizations, microfinance organizations, chambers of commerce, etc. in Haiti and abroad to identify their regional and local needs. Once the needs are identified, BHF looks within its network of partner organizations and volunteers to bring the right capability and resources to bear. Our technology platform allows us to coordinate the effort of non-governmental agencies (NGO's) and other stakeholders currently working in Haiti and thereby allowing them to leverage the effort of those working within the same industry. BHF is reestablishing a base in Haiti to coordinate all relevant development efforts undertaken in Haiti and abroad. We work with prominent professionals in Haiti and the Diaspora to build a strong network of people and institutions capable of responding to the challenges the country faces. We invest in the locals by providing basic training as well as professional development and leadership training to encourage a new breed of leaders to take charge of their own community. We are continually recruiting volunteers to join our cause.

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1. Start Young

When teaching your child the names of body parts, use the proper terms for penis, scrotum, vagina and anus. The use of euphemisms can jeopardize your child's credibility should they someday need to report abuse. Explain that these parts of their body are very private, and that no one should be touching them there unless that person has a legitimate reason (e.g., a pediatrician or early child care provider).

Because every child molester asks their victims to keep the abuse between the two of them, teach your child that it's never OK to keep a secret (unless it has an 'expiration' date, such as a surprise party) and that if someone touches their private parts they need to tell you or another adult (many camps forbid cell phones) immediately. And to keep telling until they get help. Even if someone just makes them feel uncomfortable when they're nearby, they need to report that, too. Make it clear that no matter what another child or adult may tell them, they will never get into trouble for reporting.

Lastly, move heaven and earth to make sure that no adult is ever allowed to be alone and out of public view with your child. The only way abusers can do what they do is by having uninterrupted, private access to a child.

2. Screening the Camp: Questions to Ask

Are criminal reference checks done on all personnel? How many references do you require, and how do you check them? What training do staff members receive about child sexual abuse? How are campers made aware of what to do if they feel unsafe? Under what circumstances are staff

members allowed to be alone with a camper? (The answer needs to be: NONE!)

How does the camp monitor behavior of older campers with their younger peers?

Are at least two adult counselors assigned to sleep in each cabin?

Who is responsible for enforcing camp rules and regulations?

3. Characteristics of Potential Abusers

The Center for Disease Control and Prevention reported in 2005 that 1 in 6 boys and 1 in 4 girls are sexually assaulted before the age

5

Tips About Summer Camp Sexual Abuse

by Jackie Humans, Ph.D

of 18. The vast majority of abusers, 90%, are male, and 71% of the time, the abuser is acquainted with the victim.

Whenever someone seems to be overly interested in your child, beware. Camps routinely forbid their counselors to babysit or spend time with campers outside camp precisely because a counselor who has had the opportunity to develop a close relationship with your child is in a

position to have an undue amount of influence. Sexual predators tend to be masters at "grooming" their victims by insinuating themselves into their victim's life and becoming someone the child likes and trusts.

What many parents don't realize is that almost a third of sexually abused children are victimized by an older child. That's why it's important to know what the camp's policies are regarding how much contact is permitted between different age groups and how well supervised the groups are.

4. Warning Signs of Sexual Abuse in Young Children

- Trouble walking or sitting
- Precocious awareness of sexual topics
- Seductive behavior
- Unprecedented shyness about getting undressed
- Avoiding a specific individual for no apparent reason
- Sleep disturbances
- Bedwetting or soiling
- Expressing concern about genitalia
- Reluctance to go back to camp

Warning Signs of Sexual Abuse in Older Children

- Unusual interest in or avoidance of sexual topics
- Depression or suicidal thoughts
- Self isolation, emotional aloofness
- Hostility or aggressive behavior
- Secretiveness
- Seductive behavior
- Sleep disturbances
- Substance abuse
- Reluctance to go back to camp

5. What to Do if You Suspect Your Child Has Been Abused

First and foremost, keep your true feelings hidden and remain calm and collected. It's the most courageous and kindest thing you can do for your child. Research shows that the single most

important factor in a child's doing well after being abused is the steady emotional support of their parents.

Many times victims of child sexual abuse will wait years or decades before revealing what happened, and even then it's usually only to their therapist. When asked why they never reported the abuse as a child, patients

admit that sometimes the sexual stimulation of their genitalia was pleasurable and they always believed this meant the abuse was partially their own fault. That's why it's critically important to



explain to a child that the abuse is never, ever their fault, not even a little tiny bit, no matter what.

Some children never report because they fear they won't be believed, especially when the abuser is known and trusted by the family. Tell your child you believe them; children rarely lie about having been sexually abused. Acting as though you might doubt your child will only compound the psychological damage sustained from having been abused.

After your child has finished telling you what happened, praise them for confiding in you and let them know you realize it couldn't have been easy. Then immediately notify the local authorities or call the National Child Abuse Hotline at 1.800.4.A.CHILD (1.800.422.4453)

Conclusion

Child molesters are adept at manipulating their victims into believing that the abuse is the child's fault, that they won't be believed if it's reported, and that they or someone they love will get hurt if abuse gets reported. By letting your child know their private parts are off limits to others

and that they will never get in trouble for reporting, that it's never OK for someone to ask them to keep a "forever" secret, and by not allowing any adult to be alone with your child, you're making

your child far less vulnerable to predators who know how to exploit the naivete of children.

Dr. Jackie Humans is a graduate of the Workplace Bullying Institute, the only organization in the United States that trains individuals how to present anti-bullying programs for bullying in the workplace. She also works with Child Abuse Prevention Services (CAPS), a nonprofit organization that sends volunteers into schools to present programs about keeping kids safe. She is a well-known speaker and program leader on subjects such as bully prevention, Internet safety, sexual harassment, date rape and child abuse. She is the author of 15 Ways to ZAP a Bully! ■

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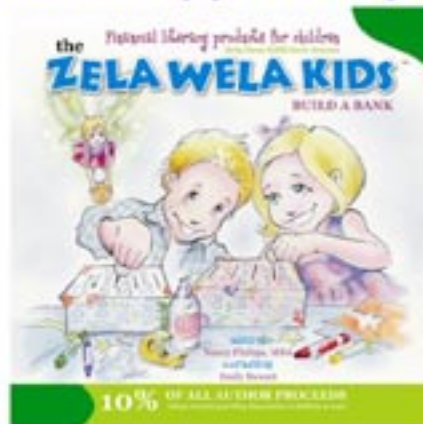
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