

Focus ON Women MAGAZINE



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MAY / JUNE 2011



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Joslyn Wolfe
Publisher

Reflecting upon a dual monologue disguised as a conversation, I recall someone from my distant past sharing the Yogi Berra saying, "When you get to the fork in the road, take it." During one of my walking retreats into nature, this saying carried resounding resonance and meaning. There I was, nearing a crosspath, and I decided on the one not always taken. Typically it was the other. This decision was a metaphor for my life, for the decisions I've made, the lives I've touched, the life path I've taken, the causes I've helped. Though not always the best of choices, I learned from each one how to discern the meaning of acting on impulse or being led by the inner voice within. To our readers, advertisers and supporters, may you too listen to that quiet voice that urges us to live a life of greater meaning, opportunities and happiness.

All the best,
Joslyn

"Each of you has a Jiminy Cricket, a conscience or guide, sitting on your shoulder. It is you, your best self, the one you can trust."

Ann Quindlen

Focus On Women Magazine
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CONTEST



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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 disease. 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.

Maryland Women's

One of the main displays at the Maryland Women's Heritage Center highlights the women who are included in the Maryland Women's Hall of Fame. The Maryland Women's Heritage Center is located at 39 West Lexington Street in downtown Baltimore.

Established in 1985 by the Maryland Commission for Women and the Women Legislators of Maryland, the Maryland Women's Hall of Fame includes renowned Maryland women who have made unique and lasting contributions to the economic, political, cultural, and social life of the state and provide visible models of achievement for tomorrow's female leaders.

Annually, Maryland women are selected for induction through a process that begins with an annual statewide call for nominations. An independent selection committee reviews the applications and selects four, five, or six women from the historical and contemporary categories. A special Hall of Fame induction ceremony is then held in Annapolis, Md., in March during Women's History Month.

Six remarkable Maryland women, Lucy Diggs Slowe, Carol Greider, Barbara Holdridge, Dr. Ligia Peralta, Gertrude L. Poe, and June A. Willenz, were inducted into the Maryland Women's Hall of Fame this year. More information about Dr. Ligia Peralta, Gertrude L. Poe, and June A. Willenz, is below (Lucy Diggs Slowe, Carol Greider, and Barbara Holdridge were highlighted in the March/April issue of "Focus on Women").

For information about the current and past Maryland Women's Hall of Fame inductees, please visit www.MDWomensHeritageCenter.org.

Come visit the Maryland Women's Heritage Center to learn more about these amazing women and their accomplishments!



Dr. Ligia Peralta has been honored for her work to fight the HIV epidemic among young people in Maryland and abroad. She has created innova-

tive programs to provide HIV-infected and vulnerable adolescents with access to primary care services and research, including community-based HIV prevention, education and testing programs, clinical services, and research initiatives. She developed a "one stop shopping" model of service for adolescent and young adults offering comprehensive care at a single site, which has been successful in engaging and retaining youth in care and has been recognized as a national and international model.

She started Casa Rubén in memory of her father who passed away in 2003. Casa Rubén is a not-for-profit at the University of Maryland School of Medicine that offers primary care services for Latinos ages 12 - 24.

In addition, she has organized and staffed countless health fairs and screenings throughout the State of Maryland, as well as initiated an adolescent summer clinic on Maryland's Eastern Shore offering physicals for low income students to be able to benefit from summer camps.

She also founded the first Spanish Mini Medical School in Montgomery County for immigrants trying to reenter the field in this country.

She serves as the Vice President of the Susana De Moya Foundation, which provides incentives for underrepresented minority and Latino students to finish high school and go on to college.

Hall of Fame 2011

By Jill Moss Greenberg

Nationally, Dr. Peralta serves on the National Pediatric and Family HIV Resource Center Working Group on Antiretroviral Therapy and Medical Management of HIV-Infected Children. She was the recipient of the 2000 Latinos of Distinction Award conferred by the Food and Drug Administration and the White House.

Dr. Peralta's work has had an enduring impact on the practice of adolescent medicine and on the care of youth with HIV.



Gertrude L. Poe is known as "Maryland's First Lady of Journalism." She served as editor of *The News Leader*, a weekly newspaper in Lau-

rel, Md., for 41 years. Having graduated from Washington College of Law in 1939, she anticipated becoming a lawyer. However, G. Bowie McCeney of the McCeney law office had other plans and made her an editor.

During World War II, she not only handled *The Leader*, but *The Bowie Register*, *The College Park News*, *The Beltsville Banner*, and an insurance business. She even became a broadcaster for radio station WLMD in Laurel, Md.

In 1958, she became the first woman elected to head the Maryland Press Association, then in its 50th year, and was reported to be the first woman in the United States to head an organized press group. She was the first woman asked to represent the Association when it was invited to attend the 1958 Brussels World Fair to evaluate the participation of the United States.

She received the Emma C. McKinney Memorial

Award from the National Newspaper Association in 1976, one of the two highest awards in community journalism. In 1987, she was the first woman inducted into the now Maryland-Delaware-DC Press Association's Hall of Fame, which is on display at the College of Journalism at the University of Maryland, College Park.

In 1980, at the time of her retirement, she received a tribute in the Congressional Record by the Honorable Gladys Noon Spellman, a U.S. Congresswoman from Maryland and trailblazer for women in her own right.



June A. Willenz of Bethesda, Md., is a global human rights advocate. She served as executive director of the American Veterans Committee (AVC) for 40 years. She was the first woman to head the Leadership Conference on Civil Rights Task Force on Military/Veterans Affairs and to chair a

Presidential Subcommittee on Disabled Veterans. She also developed the first Legal Aid Project for veterans with discharge problems, and worked with Congress to create special offices for women and minorities within the Veterans Administration.

She is the author of "Women Veterans: America's Forgotten Heroines," which documented a pattern of neglect by government agencies. To bring recognition to women veterans, she initiated efforts to establish a national memorial leading to the building of the National Women Veterans Memorial.

For 22 years, she chaired the Committee on Women for the World Veterans Federation (WVF). She became a United Nations NGO representative for the WVF, bringing the status of "women in armed conflict" to the attention of the NGO community and UN agencies.

*Come, be part of a story---one that will not repel you, but one that will
compel you.*

*A story that will repair, not dispair. A story that will help weave a tap-
estry of hope.*

*Historically a servant class, the women of the Hindu Kush in Afghani-
stan 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

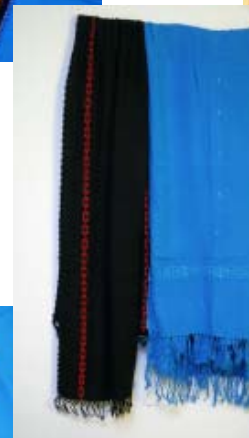
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Focus on Women Magazine

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
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What can I do over the summer to keep my child learning & focused?

By Michael J. Garant, Ph.D.



Michael J. Garant, Ph.D.

As parents we worry how our children are performing at school. During the summer break many children lose focus and get

out of the habit of learning. This problem can be exacerbated in distracted children such as those with AD/HD or other learning disabilities. These children are creatures of habit. Establishing and sticking to a routine is a must for these children. It can take them much longer at the beginning of the next school year to reengage the habits of sitting in a class room and learning, establishing homework time, organization of work, and overall focus. A sustained regimen of reading, writing, math, and FOCUS TRAINING can help your child stay on task over the summer break. Now don't get me wrong, I am a big fan of riding bikes, getting together with friends, playing sports, swimming, going to the beach and taking family vacations over the summer break. I believe children need to get outdoors and decompress during this break time. However children can also stay engaged

in the learning process and manage their attention with your help by providing them with the and proper environment and proper tools over the summer.

What can I do at home to help my child stay engaged and learning?

There are simple things you can do at home to help your child stay engaged in the learning process during the summer break. I recommend setting aside 30 minutes of learning time 3-4 days a week during the summer. This time should be quiet, and free of distractions similar to a class room environment. Try to set a schedule and stick to it. Setting this regimen should make it easier to establish a time for reading, writing and arithmetic and keep the good learning habits going. The best time for this would be in the morning after a good breakfast However in the evening after a good dinner will work as well. During this learning time encourage your children to read books they enjoy. It can be comic books, books about their favorite hobbies, books about sports, mysteries, fantasy, etc. Just keep them engaged in reading. Have them write a book report or a chapter report, depending on their age, to keep their writing skills sharp. Go to a book store or the web and get math worksheets to reinforce what they learned during the last school year or as an introduction to the upcoming school year. Establish some goals or assignments to keep organizational skills and time man-

agement skills sharp. Be sure to reward these efforts. Take them for ice cream, go to a movie or rent a movie they want see, allow them to earn video game time or television time. As parents, we know what our children get excited about, use that to motivate them.

Take summer "field trips" to keep your children learning.

To keep your child stimulated to learn you can take summer field trips. What are summer field trips? Take the family and visit one of the many museums or attractions in the area. Visit the National Aquarium and discuss the sea creatures or go to the zoo and discuss the animals. Visit one of the many museums in the greater Baltimore and Washington DC area. You can visit Fort McHenry and discuss the American Revolution or travel to Gettysburg, PA and learn about the Civil War, etc, etc. These activities are fun for parents as well. Besides, it is our job as parents to help our children stay motivated and ready to learn over the summer.

How can I help my child's focus over the summer?

The suggested activities above will aid students with staying engaged and focused. However there are other activities that can help. At the Smart Coach Center we



“You Can Do It!” – A Message your child needs to here!!!

Alright, let’s step back. Every child has strengths and weaknesses. Every person has strengths and weaknesses. Your distracted child can be successful. In fact, your distracted child IS successful. Most of these children are compassionate, intelligent, driven, and YES, focused. As parents, sometimes we do not recognize these qualities. We focus only on the negatives not the positives. You need to find your child’s strengths and recognize them over and over to instill confidence. That is how you will build up your child. As you build up your child’s self-esteem they will begin to engage, learn and grow. That is SUCCESS!! Keep the success going over the summer break!!!

offer a computer based attention coaching program. This program is designed to teach the “skill” of attention. Attention is like any other physical skill, it can be enhanced with regular practice. With two 30 minute computer sessions per week you can keep your child’s focus sharp and ready to use in the upcoming school year.

At the Smart Coach Center we also utilize martial as a tool to instill the skills of focus, as well as, respect, discipline, confidence and goal setting needed for excellence in the classroom. In partnership with parents, we will take an active interest in our student’s academic performance, as well as their behavior at home and at school, as part of their belt advancement. As our students succeed on the training floor, this increases their self-esteem leading to a well-balanced individual.

The Smart Coach system is designed to stimulate the brain as well as the body by employing proprietary Smart-Brain™ moves designed to stimulate, oxygenate and develop the brain which empowers our martial arts students to succeed in the classroom. We also utilize SNAPSHOT™ moments to encourage our students to do their best in the classroom, at home, and in the community. We are employing martial arts to develop leaders in the classroom and on into adult life. At The Smart Coach Center, we truly believe that every child can succeed when provided with the proper skills and training.



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Reboot Your Life: Energize Your Career and Life by Taking a Break by 'The Sabbatical Sisters' ...

Catherine Allen, Nancy Bearg, Rita Foley and Jaye Smith

Why Taking a Sabbatical Leaves You Recharged, Renewed and Revitalized

“Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.”~Mark Twain

“What would you do if you only had one year to live?” Jaye Smith asked a table of women during an annual conference in 2006. The answers varied from travel, volunteer, and make a career change to taking more time to spend with family and friends. The women quickly realized the common thread between all their answers revolved around taking a sabbatical from the everyday.

When their paths crossed again a few months later, they greeted each other as ‘Sabbatical Sisters’ and a passion to share their conviction was ignited! Successful women from four different walks of life, Catherine Allen, Nancy Bearg, Rita Foley and Smith - the Sabbatical Sisters - embarked on a new path to show others how taking a sabbatical can enrich your personal, professional and spiritual life.

In the Sabbatical Sisters’ new book, *Reboot Your Life: Energize Your Career and Life by Taking a Break*, (Beaufort Books, 2011) they explain what a sabbatical is, why everyone should take one, how it affects your life, and when is the ‘right’ time to take one.

“A ‘Reboot Break’ affords the time to reacquaint yourself with who you really are and what you value,” says



Foley. “It provides a fresh perspective, allowing you to return to your life and your career as a more innovative and creative person. It's giving yourself the gift of time.”

Like millions of people, whether you've lost your job, want to try your hand at a new career or are simply ready for a change, *Reboot Your Life* demonstrates how to make your dream a reality:

- Giving yourself the gift of time
- Types of sabbaticals: which one is right for you
- Planning and funding your freedom: it's easier than you think
- The heart of the Reboot Break: reconnection and exploration
- Renewed, recharged, now what?
- Deflecting nay-sayers and sabbatical robbers
- Living the lifelong sabbatical

Reboot Your Life gives real-life examples of how over 200 people, from all socio-economic backgrounds, and over 100 organizations/businesses have benefited from sabbaticals. With step-by-step tools and charts to plan your reboot, the Sabbatical Sisters help you recharge, renew and revitalize your life."

“Taking time out from work to reboot your life is not just a new and enduring trend; it's a necessity in

our stress-ridden world whatever your age and stage of life and even in tough economic times,” explains Allen. “Meaningful time off can be an important path, not only to personal development, but also to career advancement.”

“Think about it: When's the last time you did anything for the first time?” adds Bearg.

Catherine Allen is an innovator and expert in financial services and technology and has held assistant professorships at several universities. Today, she owns and manages The Santa Fe Group. She lives in Santa Fe, New Mexico.

Nancy Bearg has had a long career in international security policy, including serving as National Security Advisor to the Vice President of the United States. Today Bearg works in the area of conflict prevention and post-conflict peace building, consults on national security, and teaches a university course on leadership. She lives in Washington, DC.

Rita Foley is a corporate director, retired Fortune 500 global president, and a committed leader in numerous organizations dedicated to improving the health and lives of individuals. Today Foley is an advisor with Crenshaw Associates, leading their board services practice. She lives in Brooklyn, NY.

Jaye Smith is the resident expert on the topic of navigating careers. Today Smith continues to work with her former firm, Partners In Human Resources International, as well as designs and facilitates team and organizational effectiveness programs for corporations, not-for-profits and universities. She is an honored adjunct faculty member at a major New York university. She lives in New York City.

The sabbatical sisters have collectively taken 12 sabbaticals and individually have been featured in print, on radio and TV. Appearances include CNN News, ABC's Good Morning America, NBC's Dateline, PBS's Nightly News Business, and New York's WPIX. They also serve on several non-profit and national boards.

Website: www.rebootbreak.com

Reboot Your Life will be available in April 2011 at www.Amazon.com, www.BarnesandNoble.com, and in major bookstores and airports across the country.



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For women

Commentary by Tech. Sgt. Stacia Zachary
AFCENT Combat Camera Correspondent

FORWARD OPERATING BASE URGUN-E, Afghanistan -- I have served in the military just shy of a decade. The military has taught me how to find my footing in a traditionally male environment. To that extent, I have rarely felt like an outsider simply because I am a woman. I never would have considered this to be a luxury - that is, not until I began deploying.

I am not a novice traveler. I have journeyed all over Europe and parts of Central America. I felt comfortable with the knowledge that each culture allowed slight differences between the genders. While I grew up around different races and cultures, I never gave much thought to what it took to live a relatively peaceful existence among all these differences.

Feminism in America has opened those doors and torn down all barriers for women well before my time. I have never truly grasped the meaning of overcoming those barriers. Afghanistan taught me just how much impact they would actually have on me.

I was unprepared for the segregation of men and women that I found in Afghanistan on my first deployment in 2006. Some places you would see clusters of women cloaked in burkas or scarves moving in unison or I would see a single woman sheltered by two or three men. In some places, I was convinced that the place was completely devoid of a female population. When I would go to recruiting centers or go to shuras, I was usually the only woman. The confusion or irritation my presence would cause never failed to baffle me.

I was always "one of the boys" growing up. I was a tomboy, to say the least. I didn't discover make-up until my senior year in high school thanks to my older sister and I preferred lacrosse to cheer-leading. My dad taught me how to box and I was raised on the principal that if my sister came home with a black eye, I better have one, too.

My childhood memories seemed so normal to me but Afghanistan taught me the lesson of luxury in things I had taken as commonplace. I never would have thought that laughing with a man who was not my father, brother or husband is taboo. I never would have thought that going to a school filled



Tech. Sgt. Stacia Zachary

with boys was not the norm. I became very aware then how much our worlds differed.

In many ways, I finally found my place among women when I went to Afghanistan. Afghan men immediately throw up a wall when a woman is around and many times they will speak to a lower ranking man rather than me. It was very disturbing to me at first. Through interaction with the women, I felt accepted and dignified in a way that I just never felt among the Afghan men.

Whenever I would climb out of a HUMVEE, it would always cause a sensation because the crowd's attention would hone in on my blonde hair peaking out from beneath my helmet. Even as I became the center of attention to curious little boys saying "Mister, mister," I immediately tuned in to the young girls who would sneak a look at me, or the women who would openly stare.

The women's eyes saw through the pretense of being a soldier and saw just see me as a girl. It became such an honor to see a woman or young girl smile at me. It was a shared smile of secret meaning. It seemed to say to me, "you're one of us." Once, when I visited an internally

by women

displaced persons camp, a woman allowed me to hold her baby. She threw back the front of her burka and revealed a smile to me. Once the men came over, the veil immediately fell and the magic of sharing that moment between women was broken.

Through my deployments here, I have seen how far things have come along. It seems that every year, women are beginning to gain a more solid footing in the traditionally male environment.



It was on my latest assignment that I took my place in history by attending a women's shura. It was the first all-female meeting in Paktika province since NATO forces liberated Afghanistan. The province, bordering Pakistan and a long-time Taliban stronghold, was cloaked in fear of retaliation if they took an active role in restoring their government and securing their freedoms. To that end, the Coalition Forces have made amazing progress in helping give the Afghans back their home.

Many provinces in Afghanistan have been able to hold women's shuras already but typically, they are places without as much threat of Taliban retaliation. Here, the women know the risks yet are still willing to fight for their right to become active in daily affairs.

Because of the cultural sensitivities, a female engagement team was created to act as liaisons between the local women and influential fe-

male Afghan representatives. In order to get a glimpse of this special meeting, an all-female combat camera team was required.

On this deployment, my main role is as a correspondent. However, without a female photographer on hand, I was dual-hatted and assumed the role of photographer as well; Staff Sgt. Amanda Helton is a combat aerial videographer. Together we were able to provide a full compliment of imagery and print for this event's coverage. Hopefully, we can give the outside world an inside look at the struggles the Afghans are slowly overcoming.

It seems amazing to me that this opportunity gave me the chance to live a first - to be a part of an all-female Afghan shura that was hosted by an all-female military engagement team, covered by an all-female combat camera team.

Through the years, I have seen the impact our military is having on the people of Afghanistan. I have learned that I am not here to change their culture and westernize it. Even though our mission is to teach Afghans how to overcome their struggles, I learned just how lucky I am to be an American. The freedoms I enjoy, and serve to protect, are luxuries that I never want to see taken from me, both as a person and a woman.



BBB Warns Data Breach Could Spell Trouble for Consumers



BALTIMORE, MD- April 4, 2011- Until this weekend, Epsilon wasn't exactly a household name. But now that the marketing giant firm has notified its high-profile customers that it was the victim of a data breach, web results and social media trends about the company are growing by the minute.

If your bank, credit card lender, or favorite retailer is an Epsilon customer, you need to keep an eye on your email and a tight grip on your personal information. The same goes for parents and students signed-up with The College Board for prep tests and help with their college search.

“According to the notifications BBB received, only names and email addresses were compromised by the hack. Reports indicate that personal and financial information on file with Epsilon were not accessed,” said Angie Barnett, president/CEO, BBB | Greater Maryland. *“However, it is very likely that information obtained during the breach could be used in phishing attacks designed to scare customers into divulging personal and financial information,”* Barnett added.

While BBB has received notices from Best Buy, Chase, BJ's and The College Board, it has not been able to confirm exactly how many consumers are at risk. But the attack certainly has the potential of impacting a huge number of consumers. On its Web site, Epsilon states, “We are the world's largest permission-based email marketing provider, sending over 40 billion emails annually.” In a press release, Reuters claimed this “...could be one of the biggest such breaches in U.S. history...”

BBB Tips to Avoid Phishing

Beware of any email asking for personal, financial or account information. Legitimate companies you rely on for your online shopping, financial needs and college tests will not request this information - they already have it.

Do not open any attachments. Attachments may contain malicious code that will infect your computer.

Do not click on any links. If you want to communicate with the business use your favorite search engine to find their Web site and/or contact information.

Do not trust the information provided in the email.

Never provide your User ID or password in an e-mail.

Watch for strange emails from family/friends. Hackers sometimes use stolen information to pose as someone in your address book.

Make sure your computer's spyware, spam filter and virus protection are up to date.

Report suspicious emails to www.ic3.gov and your BBB.

At this time, the following organizations' customer records have been reportedly compromised by the Epsilon data breach:

BJ's
Barclays Bank of Delaware
Best Buy
Brookstone
Capital One
Chase
Citi
Disney Destinations
Home Shopping Network
JPMorgan Chase
Kroger
LL Bean
Marriott Rewards
McKinsey & Company

New York & Company
Ritz-Carlton Rewards
The College Board
TiVo
US Bank
Walgreens

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 2010, BBB provided over 1,302,000 Reliability Reports on businesses and handled over 12,500 marketplace disputes. BBB is supported by Accredited Businesses that have passed a comprehensive review, met BBB's Standards for Trust and agreed to the organization's Code of Business Practices governing sound advertising, selling and customer service practices that enhance customer trust and confidence in business. For more information please contact your BBB at 410-347-3990 or visit bbb.org.





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.

Build Haiti Foundation • P.O 6895 • Columbia, MD 21045 • Phone: 1-877-812-0002
or 410-205-2444; Website: www.thebuildhaitifoundation.org
Email: info@thebuildhaitifoundation.org

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Surgeons Can Now Get Bones, Stem Cells ‘Off the Shelf’

Technology offers new options for patients undergoing bone grafts for foot, ankle conditions



FORT LAUDERDALE, FLA.—
March 11, 2011 – When patients need a bone graft for a foot or ankle surgery, bone often is taken from another part of their body. Now surgeons are using new methods to get bone material and even stem cells right “off the shelf,” according to Glenn M. Weinraub, DPM, FACFAS, a California foot and ankle surgeon who is leading a discussion among surgeons on the next decade of bone healing at the American College of Foot and Ankle Surgeons’ (ACFAS) Annual Scientific Conference in Fort Lauderdale.

“Harvesting a patient’s own bone has always been considered the gold standard, but nowadays I think that concept should be thought of as the historical standard,” said Dr. Weinraub, president of ACFAS. “The quality of the material that is available in a prepackaged format has been shown to be just as effective for bone healing and may yield fewer complications for the patient.”

Bone grafts are generally used for large open fractures with segmental bone loss, broken bones that

have not healed, bone tumors and reconstructive procedures, among other conditions. According to Weinraub, grafts are particularly helpful for patients who might not heal under normal conditions, such as smokers, diabetics, people who are obese or patients with nutritional deficits. “These are patients who may need a higher level of biologic activity to enhance bone healing potential,” Dr. Weinraub said.

Traditionally, surgeons would make an incision in the hip area, for example, and take out a portion of the bone to use in the foot or ankle. One advantage is that there is less risk of rejection because the bone comes from the patient’s own body. However, complications such as blood loss and infection can occur. “In addition, up to 25 percent of those people may have pain at the bone graft harvest site five years later,” Dr. Weinraub said.

Advances in science are also providing some other exciting bone healing alternatives.

Surgeons are now able to use stem cells, which are self-renewing cells found throughout the body, to assist the bone in healing. “These cells have the potential to become almost any other cell in the body and can actually form bone,” Dr. Weinraub explained.

Like bone graft material, stem cells can come from the patient or a lab, which harvests the cells from the bones of donors and makes billions of copies.

“The advantage of using lab-harvested stem cells in foot and ankle surgery is it allows us to skip the step

of cell recruitment from the patient having the procedure. We’re putting the cells right there on the defect, and because they are in a bone environment, these cells may direct and partake in the process of bone formation,” Dr. Weinraub said.

For more information on foot and ankle injuries and conditions, visit the ACFAS consumer website, FootHealthFacts.org.

About ACFAS

The American College of Foot and Ankle Surgeons is a professional society of more than 6,300 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 website, <http://FootHealthFacts.org>.





SEASONAL SEEDS OF BEAUTY TREATMENTS FEATURED AT WINTERGARDEN SPA

WINTERGREEN, Va. (Jan. 25, 2011) — Wintergreen Resort's Wintergarden Spa is offering its annual Seasonal Seeds of Beauty series, which draw from nature to provide the perfect balance of nourishment and protection for one's skin and body.

These specialized treatments are offered seasonally: spring, summer, fall and winter, plus Mother's Day and Father's Day. The series can be customized for purchase at any time of the year, with choice of treatments and seasons or a package complete with all four seasons.

Here's a closer look at the spring and summer series of 50-minute facials, manicures and pedicures at Wintergarden Spa:

Spring 2011

STRAWBERRY RHUBARB FACIAL

This juicy collection of fresh strawberries and rhubarb are used to reawaken dry, thirsty skin, while marsh-mallow plant based hyaluronic acid helps smooth, plump and hydrate your skin.

STRAWBERRY RHUBARB MANI AND PEDI

Long days, warm nights, flushed faces, running barefoot in the grass for Mom's homemade pie, these are the summer memories conjured up by this organic strawberry rhubarb manicure and pedicure.

Mother's Day 2011

HIBISCUS AND CALENDULA FACIAL

This customized organic facial hydrates skin with hibiscus and calendula oils to soothe soften and increase elasticity.

HIBISCUS AND CALENDULA MANI

Treat tired hands and feet to a luxurious mix of hibiscus, calendula and aloe vera to soothe, calm and hydrate the skin.

Summer 2011

GARDEN HERB FACIAL

Treat skin to a garden herb facial with tomatoes high in lycopene, herbs, honey, sweet yellow clover and comfrey. These ingredients assist in the skin's natural regeneration process leaving it toned, tightened and refined.

GARDEN HERB MANI

Drench your hands and feet in this luxurious Garden made from Organic Tomatoes and Herbs leaving your skin refreshed and hydrated.

Father's Day 2011

STONE CROP FACIAL

Relax and rejuvenate skin with the organic stone crop plant to calm and hydrate all skin types.

STONE CROP MANI

Treat tired hands and feet to a luxurious mix of hibiscus, calendula, and aloe vera to soothe, calm, and hydrate the skin.

Prices for all facials are \$95 midweek and \$105 weekends, manicures are \$50 weekdays and \$55 weekends, and pedicures are \$60 midweek and \$65 weekends.

Seasonal Seeds of Beauty gift cards may be purchased at any time at the Wintergarden Spa or online at www.wintergreenresort.com/spa.

For more details about the Wintergarden Spa, or to book an appointment, call 434/325-8562 or visit www.wintergreenresort.com.

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About Wintergreen Resort: Wintergreen Resort is an 11,000-acre, four-season resort located in the Blue Ridge Mountains southwest of Charlottesville, Va. This beautiful hideaway is the ultimate vacation and conference spot, nearly 300 condominium-style accommodations; 45 holes of championship golf; snow skiing, snowboarding and snow tubing; an award-winning tennis program; a full-service, destination spa; 40,000 square feet of meeting and event space; and savory dining options. The resort is located adjacent to the Blue Ridge Parkway in beautiful central Virginia near Charlottesville, just 90 minutes from Richmond, Va., three hours from Washington, D.C. and Raleigh, N.C., five and a half hours from Philadelphia, and eight hours from Atlanta. For more information, guests can call (434) 325-2200 or visit the resort's web site at www.wintergreenresort.com.

Service Women's Action Network Statement on Air Force Survey

Christian Science Monitor Previews Survey's Release: **1 IN 5 AIR FORCE WOMEN AND 1 IN 20 MEN VICTIMS OF SEXUAL ASSAULT**

NEW YORK – According to an exclusive piece published today online in the Christian Science Monitor, the Air Force is set to release a comprehensive survey later this week that finds almost 1 in 5 women and 1 in 20 men in the Air Force say they have been sexually assaulted or raped since joining the service. According to the story, among the women surveyed, 58% revealed



they had been raped and 20% had been sodomized. Additionally, almost half of the victims didn't report the crime because they "did not want to cause trouble in their unit." To read the entire exclusive Christian Science Monitor story online, go to: http://www.csmonitor.com/USA/Military/2011/0317/Exclusive-1-in-5-Air-Force-women-victim-of-sexual-assault-survey-finds?cmpid=addthis_mailto.

In reaction to the findings outlined in the story earlier today, Anu Bhagwati, executive director of Service Women's Action Network (SWAN), released the following statement:

"It should be no surprise that rape, sexual assault and sexual harassment are an every day fact of life for women in the Air Force, and every any other branch of the military," said Anu Bhagwati, former Marine Corps Captain and Executive Director of Service Women's Action Network.

"Despite having more women than any other branch of service, it's clear that the Air Force, like the rest of the military, is in over its head when it comes to reducing this threat to our servicemembers," Bhagwati continued. "Survivors don't feel safe enough to report their attacks, and frankly, there's little reason for them to feel safe in today's military climate. Senior military leadership has failed to protect survivors, punish perpetrators or hold commanders accountable for failing to enforce sexual assault policy. Immediate legislative action by our elected officials is the best tool we have to stop this crisis now."

In addition to today's leak of the Air Force survey scheduled for release later this week, the Department of Defense's Sexual Assault Prevention and Response Office (SAPRO) released its FY 2010 "Annual Report on Sexual Assault in the Military". The SAPRO FY 2010 "Annual Report on Sexual Assault in the Military" can be viewed at: http://www.sapr.mil/media/pdf/reports/DoD_Fiscal_Year_2010_Annual_Report_on_Sexual_Assault_in_the_Military.pdf

The 622 page report was released moments ago, revealing 3158 reports of sexual assault military-wide in FY10, and is being further analyzed by SWAN's experts. A forthcoming analysis of the report and fact sheet will be made available to the public as soon as it is completed. Media outlets interested in interviewing or booking Anu Bhagwati, SWAN's executive director, should contact: Robb Friedlander, Luna Media Group, at 913.636.0099 or robb@lunamedia.com.

SWAN is spearheading a national advocacy campaign to end military rape, sexual assault and sexual harassment. More information can be found at www.servicewomen.org/ndit.

SWAN is a national human rights organization founded and led by women veterans. SWAN's vision is to transform military culture by securing equal opportunity and the freedom to serve in uniform without threat of harassment, discrimination, intimidation or assault. SWAN also seeks to reform veterans' services on a national scale to guarantee equal access to quality health care, benefits and resources for women veterans and their families.



You can follow Service Women's Action Network on Twitter at <http://twitter.com/servicewomen>, or on Facebook at <http://www.facebook.com/servicewomen>.

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

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**Delegate
Elizabeth Bobo**

Hello Again from Annapolis to All of You Back Home:

This week we in the House spent much of our time in committees hearing bills that have “crossed over” from the Senate. Some of them are what are called “cross-filed” bills of House bills. This means that the bills were introduced in both chambers in the identical format. The bills cover the full range of issues here in Annapolis: education, budget, health care, environment, financial institutions, mortgage foreclosures, energy issues, human rights, benefits and pensions, crime, and more. Next week we will be getting down to the wire with just one week remaining in this year’s legislative session. Something I have not yet mentioned in these weekly e-newsletters, which also happens to be a point that made a very big impression on me when I first came to the legislature, is the high quality of the legislative staff. Both in substance and manner these state employees work so hard and are so dedicated and bright. There is no question that without them, we could not even come close to accomplishing what we do.

I think it’s important for the public to be aware of this.

To Do List Article from Baltimore Sun:

This interactive portion of the Baltimore Sun’s website does quite a good job of describing some of the issues yet to be decided here in Annapolis. Not surprisingly, some of them have been quite controversial. I have received messages in support or opposition to many of them from many of you. I do believe that I represent one of the legislative districts with a great percentage of constituents who pay close attention to what we are doing here in the state legislature, and I truly like it that way.

<http://www.baltimoresun.com/news/opinion/editorial/bs-ed-legislature-gallery-20110323,0,1386662.photogallery>

Budget and Tax Policy Institute Report :

This report on opportunities to restore cuts to health related services was prepared by the Institute for the Lorraine Sheehan alcohol tax bill earlier in the session. It points out the many gaps in human services in the governor’s budget. Now the alcohol tax bill has been amended in the senate to assign some of the tax money to provide additional funding for schools in Baltimore City and Prince Georges County. It would still provide funding to reduce the “waiting list” for services for developmental disabilities .

story

Lawns are Adding to Chesapeake Bay Pollution, Study Says:

I know I have covered this issue already this session. I include more coverage from the Washington Post below for two reasons – our awareness of this threat to our streams, rivers, and precious Chesapeake Bay is growing exponentially and, because I was the prime sponsor of one of the bills dealing with lawn fertilizer and it was assigned to the Environmental Matters Committee on which I serve. I spent a great deal of time on it.

It was very gratifying to learn that Senator Ben Cardin has chosen to speak out on this issue as well. Senator Ben Cardin statement attached above http://www.washingtonpost.com/national/lawns_are_adding_to_chesapeake_bay_pollution_study_says/2011/03/28/AFDCOdqB_story.html?wprss=rss_local#weighIn

Historic Trusts:

I was pleased this week to receive a letter from the Howard County Director of Planning saying that the county is ready to move forward with updating our registry of historic sites. Some of you may know Lee Preston, a long time teacher in our county, who has just published a book, “Archaeology in Howard County and Beyond”, in which he gives an accounting of his work with students at many of these sites.

Laughter Provides Serious Health Benefits, No Fooling:

In closing this week, I am including an article from the Columbia Flier about Connie Cooney, an Ellicott City resident who works in my Annapolis office as a Legislative Assistant. Among her many other talents, Connie is a certified laughter coach who conducts the Laughter Circle at the Bain Senior Center. Those of you who know me are aware that I am frequently identified in a crowd by my own rather hearty laugh. Connie spreads her positive attitude to all of the many people who are in and out of office during the session and helps makes all of our work a joy.

<http://www.explorehoward.com/community/81939/laughter-provides-serious-health-benefits-no-fooling/>

At the close of each week here in Annapolis, I am aware of just how blessed Lloyd and I are to be able to return to our home in Columbia.

Enjoy this spring weekend. I plan to spend part of mine doing some gardening.

Liz

I agree with those who are very disappointed that the amendments to this bill eliminate the funding that was to go to much needed mental health programs, and I believe we should do all we can to get those funds restored before the final vote on this legislation. I also agree with those who say that if we are not successful in getting those restorations, we simply cannot afford to let the whole bill go up in smoke, but rather pledge to continue working on mental health as a very necessary top priority.

See attachment above

Assistance Groups Lobby for Funds:

While we in the Maryland legislature are working on the state budget here in Annapolis, counties all over our state are addressing their local budgets. Howard County, though the wealthiest in the country, nonetheless is struggling with meeting basic human needs for some people living in our community. I have long said that being the wealthiest county, or even one of the wealthiest, carries with it a deep responsibility. If we don't provide for our people who have mental illness, developmental disabilities or are homeless and living in poverty, then where in the world can this be accomplished? That is the reason why I did not join some of my colleagues in designating increased local revenue during these very difficult financial times to county tourism programs and state funds to operate horse racing tracks in various counties. Our fellow human beings in need must come first.

<http://www.explorehoward.com/news/81556/food-energy-assistance-requests-doubles-howard-county/>

Homelessness in Columbia:

Those of you who attended my Legislative Town Hall Meeting in February at Kahler Hall in Harper's Choice may recall that I said we had been joined by two homeless individuals who were “living” by our central library in Town Center. At that meeting they chose not to be identified. Subsequently there was an article in the Washington Post about these two individuals being asked to leave the Columbia Mall when they entered with the early morning mall walkers. That article was included in a past e-newsletter. Since then I have communicated with the County Executive about the importance of not allowing the mall owner to discriminate against the homeless. Parenthetically, this owner is the same business, General Growth Properties, that reaped an enormous profit (likely hundreds of millions) from the county government's rezoning of the land in Downtown Columbia.

The article below from the Baltimore Sun reports on the ACLU's taking on the case for the homeless in our mall. <http://www.baltimoresun.com/news/maryland/howard/bs-md-ho-columbia-homeless-ban-20110329,0,3312404>.

Girl Scout's Unique Opportunities Changes the Arc of Girls' Lives

Girl Scouts develop girls of courage, confidence and character who make a difference in their communities and the world. On April 28, an audience of over 400 people, who were gathered to celebrate five local businesswomen for their professional accomplishments, philanthropy and service to the community at our annual Distinguished Women's Award Reception, witnessed first-hand how this is accomplished.

The "girl" part of this event is realized through a mentoring opportunity with a Distinguished Woman Honoree. Like the Honorees, each Girl Scout is selected after submitting a written application followed by an interview process that includes making a presentation that discusses her accomplishments and future goals. Every year, we are impressed with the poise and integrity that each girl portrays. They are a true representation of what we strive to instill in all of our Girl Scouts: this held true for the five Girl Scouts selected this year.

Simone Jackson told the Girl Scout Shadow review committee: "To me, Girl Scouts is more than just selling cookies or singing campfire songs... It's an outlet for girls to reflect, to bond and to look beyond our own little world." Simone said she wanted to be a Distinguished Woman Shadow because: "I have come to realize that role models are important to have. As a young female, having successful women to look up to encourages me to obtain what I would like to achieve in my own endeavors."

Girl Scout Shadows Lara Mason, Christi Schnorf and Meagan Tudja, are 2011 Girl Scout Gold Award recipients. The Gold Award is the highest award a Girl Scout can earn and demonstrates her ability to use the skills acquired through Girl Scouting to develop and implement a sustainable project that has a lasting impact in her community. Girl Scout shadow Sarah Treanor, is working on her Gold Award project—starting a SADD (Students Against Destructive Decisions)

chapter at her high school.

Once selected the girls are paired with an Honoree who invites them to spend a day at her place of work to see how they carry out the duties and responsibilities associated with her job. The combination of watching these women in action, coupled with the chance to talk with them about how they chose their profession, how they balance their personal lives and work, why they believe giving back to the community is important, is an opportunity that has a life-long impact on each Girl Scout.

Sarah Treanor shadowed Geraldine Diggs, Founder and President, WeCare Private Duty Services. Fifteen years ago, Ms. Diggs started her company in the basement of her home. Her business has grown incredibly and has helped many people in the Baltimore area. Sarah told the audience: "It was so inspiring to see someone who has taken a home-based company and broadened it with a base made purely of compassion, dedication, and love." She added, "I congratulate Ms. Diggs on her incredible work and thank her for allowing me to experience all that she has done for her community."

Meagan Tudja used the word "trailblazer," to describe her shadow day with Lois Elkin, Executive Vice President and Owner, Advance—The Document Specialists. "She's not afraid to blaze her own path," Meagan told the audience. In addition to spending time with Mrs. Elkin, Meagan met with the Human Resources and Marketing departments at Advance and spoke with the company's public relations advisor getting a well-rounded look at running a business.

Simone Jackson shadowed Laura Thul Penza, Principal, Penza Bailey Architects, Inc. In addition to her commercial clients, Ms. Penza worked with a group of students in grades six through college who decided in 2001 that they wanted to open a youth-run center. She helped the students design a house that allowed them to be leaders in their community. "I could tell she really loved her career," Simone said. "That inspired me to look into doing something that I would like to do, rather than something I feel I

should do in my life: there's a big difference." Christi Schnorf was fascinated by what she learned about interior design from her day with Barbara Portnoy, Principal, PLDA, Inc. Barbara Portnoy is successful because she has discovered what she loves and found a way to offer it to others in the form of service, Christi told the audience. "She is a dedicated professional who showed me the importance of loving what you do."

"Don't do it for the money, you have to love it; if you don't, you won't be good at it." This is one of the many pieces of advice, Lara Mason said she received through her shadow day with Karen Singer, Esq., Senior Vice President and General Counsel, Corporate Office Properties Trust. Acknowledging that the experience was just as meaningful for her and the other honorees as it was for the girls, Karen Singer, who is also a former Girl Scout, told the audience: "While those of us 'older' ladies are honored here tonight, the true distinguished

honorees are the girls who are learning at such an early age how to actively listen, mentor others, set goals, be strong role models, advocate, network and organize their next activity. I am truly humbled to be sharing this stage with these committed young women."

Girl Scouting does have a positive influence in a young girl's life--it changes the arc of their lives, providing leadership and other opportunities that no other organization can. We believe these experiences are what prepares them to make a difference in the world—and we look forward to seeing what they will accomplish in the future.

Traci Barnett is Chief Executive Officer of Girl Scouts of Central Maryland, which serves 29,000 girls living throughout central Maryland. For more information about Girl Scouts of Central Maryland visit: www.gscm.org; follow us on facebook: www.facebook.com/gsccentralmd or twitter: twitter.com/gsccentralmd.



Distinguished Women Awardees(standing) and the Girls Scouts who shadowed them.

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“ *The Zela Wela Kids Build a Bank* is available at www.amazon.com and barnesandnoble.com “

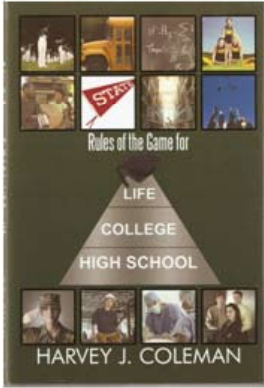
If you would like more information about the author or to find out about when the next books in the series will launch, go to www.zelawelakids.com.



“People of all ages will benefit from exposure to the information contained in these stories.”

Rules of the Game for Life, College, High School

By Harvey J. Coleman



One of the key challenges of any youth leader is to prepare our young people to be more effective in their current and future environments. To do so is to ensure that all will be successful in their schools and later in their career jobs.

To make this a reality, we must teach our children the “unwritten rules” of the game of life. In other words, teach them how our system works. Harvey Coleman has recently captured these rules in his new book: *The Rules of the Game for High School/College/Life*. In the book Mr. Coleman describes the seven levels of our society, a formula that can be used to successfully navigate those seven levels and describes the skills needed for every young adult to be able to take control of their destiny and not become a “victim of the system.” For those children not attending boarding schools, this book truly levels the playing field for all young people not raised in main stream America.

The book covers important topics such as:

- ▲ The history of the “unwritten rules” and how they apply to the high school/college environments.
- ▲ A formula for success that can be applied to maximize the high school/college experience.
- ▲ Specific information in deciding what is a successful image in the areas of dress, social networking, and covers the ramification of body piercing, tattooing and other current fads and fashions.
- ▲ Information on the importance of extra-curricular activities and community involvement.

The book has the support of a discussion guide that will allow in-depth conversations to occur between teachers, parents, youth leaders and their young adult audiences.

If you have any interest in reviewing the book **and the Discussion Guide** please contact us at:

770-730-9955 or cmc@hcoleman.com



Harvey J. Coleman

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



SAUTE



RESTAURANT

REVIEW

Saute
2844 Hudson St
Baltimore, MD
(410) 327-2883
www.sauteofbaltimore.com

Situated in the trendy Canton section of Baltimore, Saute provides an upscale, lively and refreshing change from the downtown sprawl of chain restaurants. The “feel right at home” atmosphere is becoming a thing of the past in the culinary world but alas, there is still hope that one can still find excellent cuisine and friendly, attentive service in a reasonably priced establishment.

Don't be fooled by the corner bar appearance on the outside. This family-owned hot spot opened 3 years ago and is now establishing itself as a “destination” for both foodies and locals. The bar scene is upbeat and lively but make no mistake, it's the outstanding cuisine that separates Saute from the other Canton night-life venues.

When we first entered Saute we were surprised at the lively bar scene, which added a very youthful feeling to the ambiance. We were immediately brought into

the restaurant section which had a sleek, casual feel with multiple flat screen televisions. The restaurant seems like a perfect fit for the small, vibrant Canton area.

Upon arrival at our table we were quickly brought fresh baked bread with an olive oil dip (always a plus in my book). We began our meal with a wonderful Grilled Citrus and Garlic Calamari w/grilled pineapple and watermelon. The calamari was fresh and tender while the grilled fruit acted as a sweet chaser to balance the dish off perfectly. We also sampled roasted trumpet mushrooms with fried hearts of palm covered with white truffle oil & balsamic vinegar. Once again, the preparation was flawless and the appetizer was both flavorful and unique.

Moving on to the next course we opted for a grilled Caesar Salad (yes, I said “grilled”) with a creamy caesar dressing, rustic toast, pecorino tuscano, and

Sautee is a perfect spot for a casual dinner or a fun and romantic evening.



anchovy (\$7) and a Buttercrunch Salad with dried cherries, goat cheese, walnuts, and cherry vinaigrette (\$9). Both salads were fantastic and fresh using locally grown produce.

At this point we were more than ready to move toward the entrée course but couldn't resist sampling the Pulled Duck Nachos w/bread & butter peppers and Vermont white cheddar (\$12). Along with a menu filled with sophisticated dishes, Sautee also specializes in delicious bar-type foods (Buffalo wings, nachos, etc.). The Duck Nachos were out of this world and highly recommended.

As we moved to the main entree's we selected the Colossal Crabcakes (Market Price) with horseradish mashed potatoes and a tomato cucumber salad, and the Roasted Rack of Lamb with potatoes and vegetables (\$32). Both dishes were masterfully prepared and well worth every penny. The Crabcake was 95% lump crab while the Rack of Lamb was cooked and seasoned beautifully.

For dessert we ordered a decadent fried banana cheesecake and the chocolate lava cake. Both were wonderfully sinful and the fried cheesecake is a "must have" item.

My overall opinion of Sautee is very positive. We enjoyed everything that we ordered and the number of regular customers is a tribute to both the quality of the food as well as the excellent service and atmosphere. Although a bit on the loud side, Sautee is a perfect spot for a casual dinner or a fun and romantic evening.

Sautee also offers smaller tasting plates, a seasonal menu and valet parking after 7 p.m.



Food:	****	Excellent
Price	***	Very Good
Service	****	Excellent
Atmosphere	****	Excellent
Overall	****	Excellent



How to Avoid A Nightmare Nanny and Other Household Hiring Horrors

By Marta Perrone



Marta Perrone

“Nanny Nightmare” is a common phrase I hear in my business. Many clients have contacted me frantically after realizing that hiring domestic help can be quite a tedious process to endeavor without any help. If you are reading this article, I am sure this may resonate with you, too! But have no fear: 20 years of being in the domestic placement business has equipped me with some invaluable information on how to (calmly) get this process started. Here are some step by step tips:

1) If you are planning to meet a candidate from an online service, word-of-mouth, advertisement response, or even an agency, request the following information be presented at your first interview: Employment History, Letters of Reference, Driving Record, Proof of Legality (Social Security Card, Work Permit, Resident Card, and/or US Passport) and certifications or diplomas from schools attended.

2) Email or bring an application form for the candidate to fill. You can formulate your own questions on the application. As long as the questions are not discriminatory, this will facilitate your decision-making. Samples of an application can be found at www.martaperrone.com

3) Create a set of written questions for you to

discuss with the nanny. After a personal in-depth interview, take all the information gathered and begin to check references. Write down the responses and cross check information received from the candidate.

4) If you are satisfied with the reference checks, then call back the candidate to now come to your home and meet your family. Let this part of the interview be more informal where there is plenty of interaction between the children and the candidate. Extend this meeting to a few hours so that you have time to get to know and observe the candidate.

5) If that meeting goes well and the entire family feels comfortable, have the candidate sign a “Consumer Authorization Form” to perform the necessary background checks. You will need to collect a date of birth, social security number, and current/alias names in the past 7 years. A driving record check will give you a history of where this person has been residing. Perform a full nationwide criminal check.

6) Assuming this goes well; put together an employee/ employer contract stipulating the following: salary, deductions, schedule, overtime, vacation, holidays, sick/personal days, duties, expectations, terms for review, salary increases and termination/notice terms.

7) Train your employee. The amount of input you provide this candidate will have a direct relationship with the success rate of this hire. Prepare and present written guidelines and schedules for everything you want accomplished. Create your own “Household Manual”.

8) Consider installing “Nanny Cam” in your home and popping over unexpectedly. Have relatives or friends come by until you are comfortable with the candidate. Get fingerprints and send these to the Trustline. (Putting your childcare provider on this registry is mandatory in many states.)

9) Maintain periodic evaluation sessions to cover any concerns. Root out the problems and make the necessary adjustments as early as possible.

10) Maintain boundaries while keeping an open line of communication so that your employee/employer relationship remains professional at all times.

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Keeping Kids Hooked on Reading

By Eileen Wacker

Developing a love of reading in our four children is of paramount importance to us and is critical to most parents. But “how to” is very elusive. Why doesn’t my second child love to read when it seems everyone else’s children are avid and engaged readers?

When my son was two, he would grab his favorite book (“We’re Going on a Bear Hunt”) and jump on my lap. We read it in silly voices and never skipped a word or missed a page. It was memorized and cherished and I felt happy at the prospect of having a good reader on my hands. But when he went to kindergarten and was asked to read every night -- he started to protest! And, when he went to second grade and was asked to keep a reading journal, he became a “short-cut taker”. As parents, we needed a strategy! How could we get our son back to being hooked on reading?

As children grow, there is a critical step that occurs. The step is when the child switches from “learning to read” to “reading to learn”. This is why, as parents, we strive to create a love of reading and a core competence in reading in our kids. When children are “learning to read” it can be a wonderful journey with their excited teachers and parents. When they begin to have Science and other subjects (starting in around 2nd grade), kids have to use their reading skills to understand directions, read materials and complete work. So how can we grow engaged readers who can later become great learners?

My husband and I had an idea. Our kids are addicted to electronic devices and have been since they could ask for a DS. Every gift list now includes a request for a kindle, an ipad, an itouch, or an iphone. We say no to many of these gift requests as electronic devices are expensive. And, we worry that when our kids are on their electronics, they do not glance at the scenery from a car window, engage in table conversation or even utter

complete sentences. But what if instead of being the “electronics police”, we could use them toward scholastic achievement, most specifically reading?

We started to research and found the digital revolution offers even more than we hoped to get our kids hooked back on reading. All children excel and struggle in different areas. They learn differently and they may need to read differently to increase their satisfaction and confidence. Children usually like what they are good at and do not like what they struggle with. Today’s children feel very comfortable with technology, especially their hand held electronics. And, the biggest trend in building reading skills and reading comprehension in the best schools is using a multi media approach. At more and more schools, using the computer and increasingly electronic tablets in addition to traditional books is a core piece of the reading curriculum.

So how can we use this multi media reading approach at home? We still sit on the bed and read an “ink” copy of a book with our child or let them can read it independently. But now the tablet market is coming to life and kids are going to soak up reading on their brand new devices. We’re betting big on ebooks coming to the ipad just as my kids have their music on the ipods. Children’s books with illustrations are making their way quickly onto these emerging platforms. These are populations that are still “learning to read”.

We are embracing the content on new technologies as well. We look for children’s series with multiple books and multimedia choices. For example, we are exploring animated books for one of our children who loves cartoons, so he can watch the stories unfold and follow the words as he goes along. The dynamic nature of animated books motivates him to read more and content can be downloaded immediately. The NOW factor is huge – if our child wants to continue reading or find the

next book in the series, we can capitalize on it, buy it and tell him he has it ready for tomorrow.

A very good friend said, “I just got this Kindle and I am not sharing it. It will get ruined by smudgy hands.” I responded, “but you just said you are concerned with your daughter’s poor grades on her book reports – what if letting her read on your Kindle would motivate her?” She let her use the kindle for the next book report and her grade rose dramatically. As all our children are asking for ipods, itouch and other devices, we need to take the opportunity to insist the device is used for reading as well. Insert the content that you know they need.

As parents, we have to look at reading as two things – a gift and a tool. My oldest loves to read on her Kindle, a beloved Christmas gift. These tablets are the reading devices of the future. Adult books have been moved and consumed at an alarming speed and young adult content is following rapidly. These populations are reading for enjoyment and some read to learn as well. As the devices are able to handle color and illustrations, this market will explode with demand for children.

Ink books will always have a place in our hearts as the classic way to read and bond with our kids. But in 2011, we must also embrace technology and use multi-media approaches to keep our kids hooked into reading.

please visit www.oncekids.com



Eileen Wacker & Family



OLYMPIC AERIAL SKIER TRACY EVANS HONORED AS FEMALE ATHLETE PHILANTHROPIST OF THE YEAR BY UAF

Her organization, Kids Play Intl uses sports to educate and empower disadvantaged youth in Africa

May 2, 2011 – Atlanta, GA – The United Athletes Foundation (UAF), a leading non-profit organization of professional athletes and their foundations, is pleased to recognize 3-time Olympian Tracy Evans as Female Athlete Philanthropist of the Year.

The Female Athlete Philanthropist Award recognizes a female athlete who has not only had a successful career, but has also taken the initiative to fully develop her celebrity brand and business ventures ensuring security in life after sports. It is incredibly important that this athlete has managed to better society in creative and highly effective ways.

Born in Hornell, NY, (now living in Salt Lake City, UT) Tracy Evans, perfectly displays what we at United Athletes Foundation find to be some of the most important qualities of a successful athlete and compassionate human being. While her athletic accomplishments alone are astonishing, her passion and dedication through her organization, Kids Play International (KPI), to help increase the quality of life to disadvantaged children is making a difference in African communities that need it most.

KPI uses sports to educate and empower Africa's youth and in doing so has established a Girls, Dream Big! Scholarship fund that ensure girls are also given equal opportunity in achieving a compre-



Tracy Evans, right

hensive education. In addition, KPI is developing a sustainable Boys and Girls Stay and Play after-school program using sports as the vehicle to teach life skills and the importance of physical fitness and healthy living. The after-school pilot program is currently being implemented in the rural community of Gatagara, Rwanda, Africa. KPI also organizes short-term volunteer service trips for people of all ages interested in traveling with a purpose.

"I had taken a volunteer trip to Malawi in 2008 and was so inspired by how eager the kids were, given the opportunity, to play new sports that upon my return I decided I wanted to provide an engaging after-school program that would use sports to help give kids the tools to become motivated and successful adults.

These types of programs are virtually non-existent," explains Tracy. "In my own life, sports gave me confidence, motivation and the physical ability to know that if I worked hard I could achieve my goals and turn my dreams in to reality.

My hope is that Kids Play Intl will bring these valuable lessons to children who need them most, so that someday they can make their dreams reality too."

Led by President & cofounder, Reggie Howard, the United Athletes Foundation is a coalition of over 150 of the nation's top athletes who are using their power and influence to change neighborhoods and impact lives. The organization offers resources and technology to help broaden reach. The new channel offers fans unprecedented direct digital access to the work athletes are doing in their communities, plus immediate access to educational information and solutions for sustainable community impact. For more information and the full weekend schedule, visit www.unitedathletes-foundation.org, or follow them on Facebook and Twitter.

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