

Focus Women

A Publication
for the Conscious Woman

ON

M A G A Z I N E

March/April 2010

INSIDE:

Japanese Women's Writing

Why Do People Cheat?

When Life
Falls Apart

Both Halves
of the Sky



Out of the Mouths of Babes... And More!

Dates for up-coming
Maryland Retrouvaille
Weekends for 2010
are May 14-16 &
September
10-12.



It's not her fault you can't get along!

But kid's usually suffer the most when parents can't get along or worse, divorce.



Retrouvaille
A Lifeline for Marriages

- Do you feel lost and alone?
- Are you frustrated, hurt or angry with each other?
- Are you constantly fighting? Or, do you simply shut down?
- Have you thought about separation or divorce?
- Does talking about it only make it worse?
- Don't know what to do or where to turn?

Retrouvaille can help!

Retrouvaille provides tools to help put your marriage in order again. The emphasis is on communication between husband and wife. It will give you the opportunity to rediscover each other and examine your lives together in a new and positive way.

Tens of thousands of couples have successfully saved their marriages by attending this program.

The program is not a retreat, counseling or a sensitivity group. There are neither group dynamics nor group discussions on the weekend. It is not a time for hurting; it is a time for healing.

During the weekend and post weekend sessions, the team presents a technique of communication that enables you to take a good look at most areas of your relationship.

www.HelpOurMarriage.com
800-470-2230

Do a good deed. Share this ad with someone who might need it. All inquiries are held in strictest confidence.

Focus Women

ON

M A G A Z I N E

March/April 2010

Table of Contents

Departments

| | |
|-----------------------|----|
| In View: | |
| Publishers Note | 4 |
| Legislative Look | 22 |
| Scoping Out: | |
| Calendar of Events | 33 |
| Focused Women Contest | 50 |



Focus on Women Magazine Wants You...

- To submit story ideas.
- To submit suggestions.
- To submit ideas that can empower us to give our readers more resources and information.
- To subscribe to our magazine.

Contact us at *Focus on Women Magazine*
 e-mail: nicbri@focusonwomenmagazine.net,
 Fax: 410-740-9210,
 Phone: 410-294-2932,
 or mail: 4615 Oakview Ct., Ellicott City, MD 21042.

| | |
|--|----|
| <i>Japanese Women's Writing</i> | 8 |
| <i>Repairs Pile-Up as Record Snows Melt</i> | 10 |
| <i>Both Halves of the Sky</i> | 12 |
| <i>Biofeedback Provides Headache Relief</i> | 16 |
| <i>Nor'easter Has Sinking Effect</i> | 17 |
| <i>Human Trafficking</i> | 20 |
| <i>Juliette Gordon Low—Trailblazer</i> | 21 |
| <i>Most Colorful River In The World</i> | 25 |
| <i>The Junior Leagues Look Back</i> | 26 |
| <i>League of Women Voters Turns 90</i> | 27 |
| <i>Casey Cares Founder Casey Baynes</i> | 28 |
| <i>Breakthrough Mastectomy Procedure</i> | 29 |
| <i>Restaurant Review: City Cafe</i> | 32 |
| <i>Unique Executive Mentoring Program</i> | 34 |
| <i>The Sugarloaf Crafts Festival</i> | 35 |
| <i>Out of the Mouths of Babes...</i> | 36 |
| <i>A Culture of Indifference</i> | 38 |
| <i>Veiled Voices to Broadcast Nationally</i> | 39 |
| <i>What To Do When Life Falls Apart</i> | 40 |
| <i>Maryland Women's Hall of Fame</i> | 42 |
| <i>Why Do People Cheat?</i> | 44 |
| <i>Colorectal Cancer Awareness</i> | 47 |
| <i>Tomorrow's Leaders Need to Learn</i> | 48 |

From the Publisher



Ever read the river? Whitewater rafting gives us an opportunity to do so. We watch the river's direction in which it is going. As the waves come in, the water tells us we must collaborate with others to keep the life raft afloat, avoiding rocks and waves that have the potential to overwhelm us. We read the river to know where and how to row. Through the close examination of the river's current, we are advised. We take action. We are guided in decisions to achieve the best possible outcomes. Life is often an exercise of whitewater rafting. As we navigate the waters of life, if we tune ourselves into its instruction, we can avoid overturning our lives when we encounter obstacles, pain, struggles or moments when we get into the way of ourselves. To our readers, advertisers and supporters, as the Spring season unfolds, may you find success, joy and strength navigating the Whitewater river raft of life.

All the best,
Joslyn Wolfe

“Nature Is
Our Finest
Teacher”

ADVERTISING: *Focus on Women Magazine (FOWM)* reserves the right to reject, revise or cancel any advertisement that does not meet the standards of its advisory board. Acceptance of advertising does not carry with it an endorsement by the publisher of *FOWM*. The advertiser assumes sole responsibility for all statements contained in submitted copy and will indemnify *FOWM's* owners, publishers, and employees against any and all liability, loss, or expense arising out of claims for libel, unfair trade names, patents, copyrights and proprietary rights. *FOWM* shall not be liable for

Focus Women

ON
MAGAZINE

www.focusonwomenmagazine.com
nicbri@focusonwomenmagazine.net

Focus on Women Magazine is a bi-monthly publication for women, to women, and about women, which focuses on topics of interest to women and is geared towards a multi-generational audience.

Publisher: Joslyn Wolfe

Editor: Kathy Pettway

Design/Production: Michael Dion/MDGraphics

Contributors: Shirley Wilcox, Norma Hill, Terri Brooks, J.W. Arnovits, Rashida Still, Liz Bobo, Jaana Myllyluoma, Jill Greenberg, Traci Barnett, Natalia Hart, Noelle Schiffer, Dr. LeslieBeth Wish, Sam Fahmy, Ann McGill, Rick D. Niece, Sarah McLean, Rodelinde Albrecht, Jamie Lober

Focus on Women Magazine (FOWM) is published bi-monthly, on or about the 10th of the month by Focus on Women Magazine LLC, 4615 Oakview Ct., Ellicott City, MD 21042. Phone: 410-294-2932. It is available by subscription, on display stands and at approved public and private venues throughout the Baltimore Metropolitan area, including Baltimore City, Baltimore County, Ellicott City, and Columbia. The editorial content of *FOWM* does not necessarily reflect the views of our advertisers or readers. *FOWM* is not responsible for editorial comment other than its own. For story ideas, calendar events, or ads, contact *Focus on Women Magazine* at nicbri@focusonwomenmagazine.net, by fax at 410-740-9210, by phone at 410-294-2932, or by mail at 4615 Oakview Court, Ellicott City, MD 21042.

© 2009 *Focus on Women Magazine*. All rights reserved. No part of this publication can be reproduced without prior express written consent of the publisher.

failure for any reason to insert an advertisement nor shall it be liable for reason of error, omission, or failure to insert any part of an advertisement. *FOWM* will not be liable for the delay or failure in performance in publication or distribution, if all or any portion of an issue is delayed or suspended for any reason. *FOWM* will exercise provident judgment in such instance and will make adjustments for the advertiser whenever and wherever possible and as deemed appropriate. *FOWM* will not be responsible for unsolicited material or reproductions made by advertisers.

Now Curves works for you, your budget and your community.

There's never been a better time to join than during our Curves Food Drive. Our 30-minute circuit works every major muscle group so you can burn up to 500 calories. It's good for everyone.

JOIN FOR FREE*
WHEN YOU DONATE A BAG OF GROCERIES.

PERSONAL COACHING SYSTEM



DETAILED PROGRESS REPORT



Curves



[OVER 10,000 LOCATIONS WORLDWIDE

410-730-6116

8835 Center Park Drive Suite 102, Columbia, MD 21045

www.curveseast.com

*Food or cash donation required to local food bank determined by club. Offer based on first visit enrollment, minimum 12 mo. c.d./e.f.t. program. New members only. Not valid with any other offer. Valid only at participating locations through 3/28/10 ©2009 Curves International, Inc.

Adding Herstory to History to Tell Ourstory



MARYLAND WOMEN'S HERITAGE CENTER

*We invite all who wish to honor
the history and contributions
of our diverse foremothers
to join us in supporting
the creation of this historic first.*

501(c)(3) Non-Profit Organization

410-767-0675

www.MDWomensHeritageCenter.org

Celebrating the Women of Maryland: Past, Present, & Future

The first comprehensive state center and museum of its kind in the nation—it will provide a place to learn and teach about the contributions of Maryland women and girls throughout the State's history.

The Maryland Women's Heritage Center will feature:

- Permanent and changing exhibits about individuals, events, and special topics
- Information and activities about renowned Maryland women such as those in the Maryland Women's Hall of Fame
- Special recognition of the innumerable "unsung heroines" in our families and communities
- An interactive, state-of-the-art student learning center
- A resource and reference library
- A women's history archive
- Displays of arts and crafts
- Dramatic, musical, and dance performances by Maryland women and girls
- Dialogues and seminars on women's issues
- Space for special events and receptions
- A gift shop with art, literature and unique gifts by Maryland women

Maryland Poet Laureate
Lucille Clifton

1936-2010



Lucille Clifton at the Maryland Women's Heritage Center's "We Are Our Mothers' Daughters" Luncheon (April 29, 2009)

The Maryland Women's Heritage Center is sad to announce the passing of former Maryland Poet Laureate and Member of our Heritage Center Honorary Board, Lucille Clifton.

An accomplished and nationally-recognized poet and author, Lucille was recently honored along with two of her daughters at the Maryland Women's Heritage Center's "We Are Our Mothers' Daughters" luncheon with Cokie Roberts on April 29, 2009.

Lucille Clifton has been an inspiration to us, through her magnificent writings and her meaningful life. She has been a strong advocate for human rights and justice. We use this passage from one of her poems as a guiding motto as we create the Maryland Women's Heritage Center:

***I need to know their names
those women I would have walked with...
all those women who could have known me.
Where in the world are their names?***

The Maryland Women's Heritage Center will work to assure that the name of Lucille Clifton, and the rich legacy that she leaves, is preserved and transmitted to current and future generations.

Her daughter has given permission for us to establish a fund in her memory at the Maryland Women's Heritage Center. The Lucille Clifton Fund will honor Women in the Arts, with particular emphasis on girls and women of color and those working for social justice.

If you would like to donate to this fund in her honor, send your donation to:

Maryland Women's Heritage Center
Attn: Lucille Clifton Fund
P.O. Box 719
Brooklandville, MD 21022

We would also welcome your notes, photos and memories about Lucille Clifton to post and preserve as part of our honoring her and the legacy that she has left to inspire all of us. Please e-mail these to Jill Moss Greenberg or send to the Maryland Women's Heritage Center at the above address.

Sympathy cards and letters may be sent directly to the Clifton family at 7441 Swan Point Way, Columbia, MD 21045.

JAPANESE WOMEN'S WRITING

By Marisa Morrison

Post-minimalist contemporary artist Miya Ando is widely known in the art world for her steel artwork, which uses traditional metalworking techniques such



Post-minimalist contemporary artist Miya Ando.

as grinding, sanding, patinas and heat to create textures on metal planes. But her latest works have moved into a new form to honor her heritage and the strong Japanese women who have in-

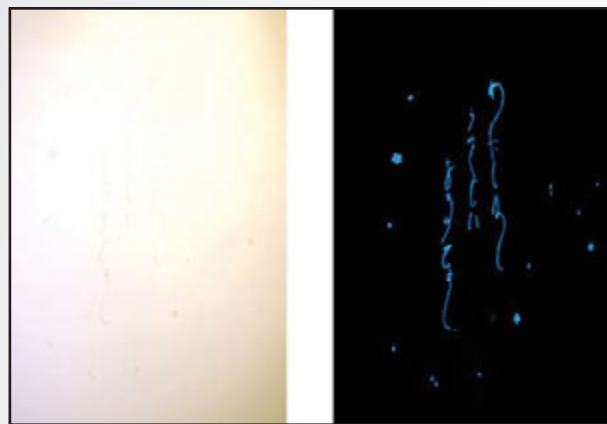
fluenced this new artistic direction. She has created a series of luminous wall paintings, including her signature and title of the series, "I am beautiful night" calligraphy, which is based on the traditional Japanese art form of grass writing.

Miya's interest in the grass writing style of Hiragana Calligraphy, which was used by Japanese women near the beginning of the Heian Period (794-1192), greatly influenced her new work. During this era, people believed women were incapable of learning to write the complex Chinese characters that were forming the Japanese written language and did not want to waste time educating

them. So women were taught to write Hiragana, which are simplified forms of whole Chinese kanji symbols that convey sound rather than meaning. This style became known as onnade, or women's hand.

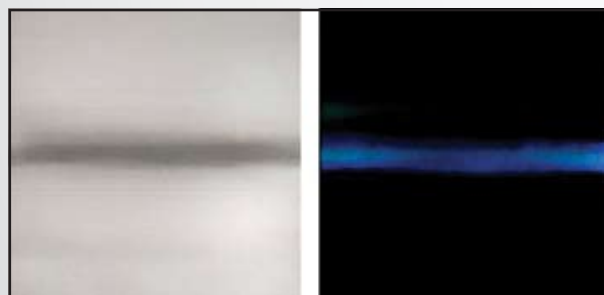
However, women took to this writing with great skill and passion and its development resulted in an explosion of written expression among Japanese women. In fact, the

Now, Miya has revived this glorious style of communication with a luminous wall poem, "I'm Beautiful Night." The piece is created with invisible, phosphorescent paint which can only be viewed



"I Am Beautiful Night."

"Luminous Transcendent"



single most important of all Heian period works is the Genji monogatari (The Tale of Geni), which was written by a woman in Hiragana and is considered by many to be the world's first written novel. For women who were told they were not smart enough, to produce some of the most important Japanese literature was a major inspiration for Miya.

to those who can see it. The words read "Watashi Wa Utukushii Yoru desu," which can be translated to "I am beautiful, it is night," or "I'm beautiful night." These words in some degree honor traditional street art culture and graffiti "tagging" of an artist's work, since Mi Ya is written as Beautiful (Mi) and Night (Ya) in Japanese. Miya also included falling cherry blossoms and petals around

fleetingly in the dark. Its duality reflects the essence of this historic written language- unknown to the naked eye, but visible and vibrant

the piece to suggest the transitoriness of life and fleeting nature of all things.

Miya, who is a descendant of samurai-era sword makers, grew up in a Buddhist temple in Japan. She has long treasured her heritage and her curiosity infuses her work. This piece is an homage to this forgotten art form, as well as Miya's own Japanese ancestry.

And like the women who have come before her, Miya, who at 5-foot-4-inches weighing around 100 pounds, knows a thing or two about being underestimated. Not only is it sometimes difficult physically to pursue her steel artwork (the pieces can be as tall as 40-feet and weigh more than her), but the entire idea of a woman working with torches and corrosives is still seen as unusual. This is especially true to her family

back in Japan where steel-work remains a masculine field. But looking at Miya's breathtakingly serene pieces, any doubt about Miya's ability is quickly extinguished. She continues to be commissioned for public art pieces and continues to show internationally.

Miya's interest in luminous works also extends from her newest endeavor into her more traditional steel works. This installation will also feature a series of wall works on 14 gauge mild steel panels titled "Luminous Transcendent." Using a technique of layering chemical patinas, phosphorescence, and automotive lacquer, Miya will create works that absorb available light sources- and in darkness or dusk can be seen for just an hour or so. These pieces are meant to capture the transitory and

fleeting nature of light, and the ways in which it can provide illumination after its departure.

A descendant of samurai-era sword makers-turned Buddhist priests, Miya has continued her family's tradition in a contemporary way by creating steel works that incorporate themes of meditation. Her use of hybrid metal finishing techniques, which she learned from an apprenticeship with a metalsmith in Japan as well as time spent in auto shops, make her work stand out amongst her peers.

If you'd like to speak to Miya about her new works or do an artist profile, please reach me at marisa@djccommunications.com. If you'd like jpegs of her artwork, I'll gladly send them over—or you can visit www.miyaando.com or her Facebook page.



**A Contemporary
Ceramics & Art Studio**
Now Offering Precious Metal Silver Clay!

- Paint Your Own Pottery
- Make Your Own Pottery
- Glass Fusing
- Paint Me™ T-Shirts
- Parties/Groups/Events
- Tiny Hands™ Crafts
- Commissioned Work
- Homeschool Programs
- And more...



**Summer Camp
Registration
Has Begun!**

*Register Early—
Space is Limited.*

2030 Liberty Rd., #8,
Eldersburg, MD 21784

410-552-9797

www.GlazedtoPerfection.com

Repairs Projected to Pile-up as Record Snows Begin to Melt

BBB Recommends Tips for Choosing Contractors

As Marylanders dig-out from back-to-back, historic snowfalls and put immediate clean-up efforts behind them, Better Business Bureau warns opportunists will be around the corner looking for victims of their own.

“These back-breaking snow storms can do damage to roofs, trees, decks, leaky basements, you name it,” said Angie Barnett, president & CEO, Better Business Bureau | Greater Maryland.

“Like any disaster, motorists, homeowners and consumers in general, need to take great care in the selection of service providers to help them in the after-math of the snow.”

While the snow is still settling in the Mid-Atlantic, hurricanes and other natural disasters have attracted traveling scam-artists in the past. It’s a pretty sure bet this disaster will have the same affect cautions BBB. Not only do consumers need to be on

the look-out for unscrupulous roof, siding and asphalt repairmen who show-up in front of their homes like knights in shining armor, but they need to use common-sense and resist making quick and/or emotional decisions when choosing any con-



And you think we got hit bad?!

tractor, restoration firm, tree service or service provider.

BBB offers the following tips for selecting a contractor for home repairs:

A contract should include a description of all the work to be performed, including the quality of materials to be used.

Homeowners should not make decisions they are uncomfortable with or be pushed into making a decision.

If you are forced out of your home by the snow or resulting damage to your home, save your receipts, including those for food and temporary lodging, as they may be covered under your insurance policy. Contracts should include a price break-down for both labor and materials.

Any promises made orally should be written into the contract, including any warranties on materials or labor.

References at least a year old should be requested. It may seem impossible to travel to an unaffected area to inspect references after a disaster, but remember the time spent will be minor in comparison to the possibility of living with inferior repair work for years.

Review all documentation before any payments are made and before signing the dotted line.

Homeowners should be suspicious of door-to-door workers who, in order to get the job, may use scare tactics such as allegedly unsafe structural conditions.

Homeowners should check to see if the company’s name is on the worker’s vehicle, if the company is listed in the telephone directory, and if a street address is provided.

Check with BBB at www.bbb.org to make sure the contractor has a satisfactory

record of performance and can be trusted with your business.

Contact the Maryland Home Improvement Commission and make certain the contractor has the proper licensing or the Maryland Department of Natural Resources in the case of tree service companies.

Although victims of snow related damage may be most concerned with getting things back to normal, additional heartache and money will be saved by proceeding with caution. If possible, homeowners should request two or three estimates of the cost of repairs. The homeowners should also be certain that the contractors are bidding the same package including materials to be

used, when work is to begin and be completed, and when payments are to be made. If financing, the contract should include a breakdown of these costs as well.

A down payment of 30 percent of the total is standard for the industry. The time when work is to begin is particularly important as many contractors may have a backlog of work due to the disaster. Homeowners should not sign a completion form until they are totally satisfied. It is wise for homeowners to ask for a lien waiver to protect them in the event the contractor fails to pay their suppliers. In selecting a contractor, the homeowner should make sure the contract contains a detailed description of the neces-

sary work. A contract which states "repair siding" is an open invitation for abuse.

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 2009, BBB|Greater Maryland provided more than one million free Reliability Reports on area businesses and charities, processed more than 7,000 reportable complaints and conducted numerous investigations shutting down fraudulent web sites and assisting law enforcement agencies. Your BBB is supported by Accredited Businesses that have passed a comprehensive review, met 13 standards of trust, and that agree to uphold those standards including commitments to advertise honestly, and to address marketplace disputes quickly, respectfully, and reasonably. For more information please contact BBB|Greater Maryland at 410-347-3990 or visit www.bbb.org.

Greenwich To Become Royal Borough



Greenwich Council is honoured and delighted that Her Majesty the Queen has bestowed the status of Royal Borough upon Greenwich, to take effect in the year of the Diamond Jubilee in 2012.

Councillor Chris Roberts, Leader of the Council, who was in the House of Lords to hear today's announcement, said, "The residents, businesses and the millions of visitors to Greenwich will

share in our delight at this wonderful news. Greenwich has always taken tremendous pride in the borough's long history of royal connections with Greenwich, Woolwich and Eltham dating back almost 600 years and which continue so strongly right up to the present day.

"I would like to thank everyone who has backed the borough to receive this honour over many years - especially our many partners in the Maritime Greenwich World Heritage Site. In particular, I would like to personally thank Lord Sterling, Chairman of Trustees at the National Maritime Museum, who has been instrumental

in promoting this honour for Greenwich and in ensuring the borough's many treasures are promoted and recognised by all.

The rare honour of Royal Borough status was confirmed today in the House of Lords by Lord Mandelson, President of the Privy Council. The honour is bestowed in recognition of the close links between Greenwich and Royalty, from the Middle Ages to the present day. It also acknowledges the borough's global significance as home of the Prime Meridian, Greenwich Mean Time and a UNESCO World Heritage Site.

Both Halves of the Sky: How Women of the Global North and South Make Each Other Whole

By Gail Straub

For the past thirty years Gail Straub has pioneered women's empowerment worldwide. She is the co-author of the best-selling *Empowerment: The Art of Creating Your Life As You Want It*. Her most recent book is the award-winning feminist memoir *Returning to My Mother's House: Taking Back the Wisdom of the Feminine*.

When Nicholas Kristof and Sheryl WuDunn's book *Half The Sky* came out last September, I bought the first copy at my bookstore The Golden Notebook in Woodstock, New York. After reading it, I decided that their seminal book is to the international women's movement what *An Inconvenient Truth* was to global warming. Since then I have given away a dozen copies and required all my students to read it.

The book's stories about the brutal oppression and the breathtaking courage of women in the Global South were not new to me. At 16 I was a student in Paraguay with the American Field Service; I served in the Peace Corps in West Africa; and

for the past three decades, as co-founder of the Empowerment Institute, I had worked to empower women all over the world, at times in some of the most challenging places—Afghanistan, Rwanda, and Darfur. As a woman of the Global North, I knew that my sisters in the South need financial resources, technology, education, and health care. But what struck me the most, after reading *Half the Sky*, was my conviction that we women of the North need the women of the South just as much as they need us.

I have drawn enormous strength and inspiration from my work with women in the developing world, who have overcome unthinkable violence, humiliation, loss, and trauma. Their resilience haunts me and compels me to ask, what am I made of and what is asked of me? How would I respond if I lived through such brutality—repeated gang rape, the butchery of my parents before my eyes, or solitary confinement and torture because I refused to admit to a crime that I had not committed? Would I still be capable of contagious laughter, wear-

ing audacious red lipstick, writing luminous poems, or committing my life to helping other women who had suffered similar atrocities?

I don't know the answers, but I do know that these remarkable women have changed me, shaken me to the core. They have shattered my simple notions of good and evil. Their startling examples of strength demand that I stay alert to the shadows of complacency and moral laziness that lurk in the corners of my privileged life. Listening deeply to their stories, my compassion has matured into a sober realization that nothing can ever fix or take away their unthinkable suffering. Yet the chance to tell their stories is an intrinsic part of their healing and hearing them is an essential part of my awakening. By the sheer magnitude of their presence these women have enlarged me and challenged me to question my priorities and how I am using my life.

North and South, developed and developing, need each other equally. This global mutuality became especially clear recently when

the Empowerment Institute partnered with World Pulse to provide the mentoring program for Voices of the Future Training. Founded by the visionary Jensine Larsen, World Pulse is a media enterprise covering global issues through the eyes of women. Dedicated to listening to and broadcasting the unheard voices and innovative solutions of women worldwide, World Pulse was mentioned in *Half the Sky* as one of the top sources of support for women globally. At the Institute we created a mentorship program in which thirty Empowerment mentors whom we had trained were matched with thirty Voices of the Future (VOF) correspondents who were going through World Pulse's rigorous training in citizen journalism. Primarily from the Global South, the correspondents came from twenty-one countries, many of which were in dangerous conflict zones. Hailing from the Global North, our mentors were ethnically diverse women ranging in age from 30 to 75, all leaders in their fields—business, education, social activism, psychology, and the arts. It was an ideal opportunity to observe the mutual exchange between women in the developed and developing worlds.

Mentoring was conducted through email, phone, and Skype. Very quickly we learned that many VOF correspondents lived daily with the possibility of violence, bombings, illness, and families being torn apart. Pervasive fear, being silenced, and living without their basic human rights were the constants most of these women

knew. For some, the very act of writing their stories—about female genital mutilation or the missing members of their families—put them in real danger. Then there were the technical challenges of poor access to the Internet and unreliable electricity. In addition, women living in oppressive government regimes were often forbidden to use computers altogether.

In spite of these daunting obstacles, most of the correspondents found ways to keep writing articles and broadcasting their news from some of the most forgotten regions of the world, including Zimbabwe, Sri Lanka, and Bolivia. Over and over they said that they would rather be imprisoned than to be silenced any longer. They told their mentors their own harrowing life stories, often for the first time. Listening deeply, the mentors provided a safe space where their correspondents could sustain their courage and confidence in speaking out and writing about the important issues of their countries. Fulfilling the role of confidante and frequently that of a mother figure, mentors empowered their correspondents to stay strong inside so that they could be strong outside in the world. Leaders in their own communities, many of the VOF women were accustomed to giving support. Now they found themselves on the receiving end of wise counsel and this made a real contribution to their personal lives as well as their leadership.

Meanwhile, the mentors in the North were being transformed by their sisters in the South. Although offering technical and financial

support continued to be crucial, many mentors were looking for more intimate mutual relationships with women in other corners of the world. And soon enough these currents of mutuality were circling the globe. As the mentors witnessed the bravery and tenacity of their correspondents, they became more fearless themselves—by electing to leave dead-end marriages or jobs, by taking on larger social causes, or by speaking out in ways they had never before imagined. As they encouraged their sisters to live their highest aspirations, the mentors themselves took stock of their own dreams and what important priorities they might have put aside. Fathoming the high stakes of their correspondents' courage, mentors asked, what am I willing to give my life for? Understanding that their sisters of the Global South lived in an almost constant state of disequilibrium, the women of the North had to examine their own willingness to leave their comfort zones.

As the six-month Voices of the Future Training came to an end, over 100 articles have been published and dozens of lifelong friendships formed. Plans to build safe houses, empowerment centers, schools, women's Internet cafés, and joint publishing ventures are underway. One of the thirty graduating VOF correspondents, Busayo Obisakin, was chosen to attend the Empowerment Institute this January. Born to illiterate parents in Nigeria, Busayo overcame poverty and violence to fulfill her dream of getting a good education. Now a counselor who

advises victims of rape, assault, and sexual-harassment, Busayo says that each case strengthens her resolve to pursue her passion of building a Nigeria safe for women and girls.

Busayo's participation in the Empowerment Institute, intended to give her the necessary skills to create her Women's Inspiration Center, would not have come to pass without her mentor Amy Lombardo's love and ingenuity. One of our most gifted Empowerment Life Coaches, Amy found a way to procure Busayo's visa when we had all but given up, and she remained at Busayo's side during her two weeks in New York City, accompanying her to multiple World Pulse receptions, meetings, and interviews. Amy realized very early on that her relationship with Busayo was as essential to her as it was to Busayo; each helped the other to become the woman she aspired to be. Each contributed her own pieces of the puzzle, resources, experiences, and wisdom to the partnership. Returning to Nigeria, the unstoppable Busayo Obisakin has a bulging tool kit of empowerment skills, a business plan, funding to start her NGO, and her weekly appointments with her mentor Amy. And no training, book, or course on foreign relations could replace the lessons that Amy has learned from working with Busayo. Once the Women's Inspiration Center is further along, Amy plans to join Busayo in Nigeria.

Seeing the tall ebony skinned Busayo with the tiny fair skinned Amy, you could not imagine a portrait in greater physical contrasts.

In some ways their backgrounds and their daily lives could not be more different. But look deeper. You will see two passionate women, one from the Global South and one from the Global North, each dedicated to making the world a safer and saner place, each stretching to fulfill her wildest aspirations, and each feeling blessed and changed forever by the other's friendship.

Other mentors hope to travel to Africa, Asia, and South America to meet their correspondents and to work alongside their sisters in realizing their dreams. Dr. Edonna Alexandria, a VOF correspondent and community leader from Uganda said it best, "Now you transfer your light back to me, and the circle continues, as we each learn to love, share, and encourage each other." This is my vision of global mutuality: side by side, North and South coming together to make each other whole, two halves of the sky.

Gail Straub, a pioneer in the field of empowerment, co-directs Empowerment Institute's school for transformative social change where her primary focus is women's empowerment. In this regard, she has co-founded the International Women's Empowerment Initiative to help women heal from violence, build strong lives and contribute to their communities and society. This initiative applies the Institute's empowerment methodology to the third of the United Nation's Millennium Development Goals "to promote gender equality and empower women." Women's empowerment initiatives are under way in Afghani-

stan, Nigeria, India, South Africa, and Darfur. Gail has consulted to many organizations furthering women's empowerment including the Chinese Women's Federation, Women's Leadership Center at Omega, World Pulse, and Feminist.com.

Gail is the author of four books including, with her husband David Gershon, the best selling *Empowerment: The Art of Creating Your Life As You Want It*, the critically acclaimed, *The Rhythm of Compassion: Caring for Self, Connecting with Society*, and awarding-winning feminist memoir *Returning to My Mother's House: Taking Back the Wisdom of the Feminine*. She is also a contributor to the groundbreaking anthology *Enlightened Power: How Women Are Transforming the Practice of Leadership*.

Taking her empowerment work global early in her career, Gail served as the International Director for the historic First Earth Run, a planet-wide initiative co-sponsored by the United Nations Children's Fund (UNICEF) and ABC Television. During the height of the Cold War, a torch of peace was passed around the world, mobilizing the participation of 25 million people in 62 countries and 45 heads of state, and through the media witnessed by a billion people. It raised millions of dollars for UNICEF that was distributed to the neediest children in the world.

Gail received her B.A. with honors in political science from Skidmore College. She has served in the Peace Corps in West Africa, and on many Boards including the Omega Institute and Russian American Humanitarian Initiative.

ARE YOU POST MENOPAUSAL?

If so, SNBL Clinical Pharmacology Center in downtown Baltimore is conducting a clinical research study of an investigational drug.



Qualified Participants Must:

- Be 45-75 years old
- Be post menopausal for at least 1 year

This study includes a screening visit, a 9 day / 8 night in-patient visit and 1 outpatient visit.

Qualified participants may receive up to \$2080.00 in compensation for their time, travel and study related care.

Contact our recruiting department at:

410-706-8833 or 866-706-8833

or email: recruiter@snbl-cpc.com

SNBL

CLINICAL PHARMACOLOGY CENTER

Managing Complexity. Enabling Results.

BIOFEEDBACK

Provides Headache Relief for Children

Biofeedback shows promise as part of comprehensive treatment for the more than 10 million U.S. children who suffer from headaches, according to an article in the current issue of *Biofeedback*.

In the article, “Integrating Biofeedback into a Pediatric Neuroscience Department,” Nancy H. Christie, PhD, LPC, shares success stories from her work at Cook Children’s Medical Center in Fort Worth, Texas. The Cook Children’s Neurology Department uses biofeedback—a therapy that employs the mind to help improve health, including controlling and stopping headache pain—as a standard service for young patients.

Tension-type or migraine headaches are fairly common among youths, according to Christie, with about 20% of children between 5 and 17 years old suffering from chronic headaches. “Biofeedback treatment for children has been shown to be helpful in many areas and most notably with headache,” she writes. “Children with various conditions learn to become aware and take control of or modulate symptoms.”

The Cook Children’s Neurology Department team includes neuropsychologists, a biofeedback practitioner, nurse educators and clinicians, social workers, and child life specialists who work with physicians. “Our comprehensive approach provides the patient and their parents with the ability to treat all aspects of their condition,” Christie adds. “Collaborative care... addresses the multiple aspects of headache pain.”

By bringing these resources together, the department has improved communication among the varied specialists who treat young patients. Patients typically come for weekly sessions, over a period of four to six weeks, and receive education and training from the biofeedback specialists before undergoing a short exam with the neurologist.

The service is billed as a doctor’s office visit, so families are less likely to face insurance coverage issues. As Christie notes, “Combining medical and behavioral interventions contributes to a higher success rate and ensures reimbursement for biofeedback services.”

The mind-body approach to controlling headache pain has proven successful with many young patients, Christie says. “Children are generally very open to learning self-regulation of their physiology. They readily benefit from biofeedback, which then continues to be a lifelong skill.”

To read the entire article, “Integrating Biofeedback Into a Pediatric Neuroscience Department,” visit: <http://www2.allenpress.com/pdf/biof-37-04-fnl.pdf>

Biofeedback is published four times per year and distributed by the Association for Applied Psychophysiology and Biofeedback. AAPB’s mission is to advance the development, dissemination, and utilization of knowledge about applied psychophysiology and biofeedback to improve health and the quality of life through research, education, and practice. For more information about the Association, go to www.aapb.org.

For Boats Stored in the Water Over Winter, Nor'easter has Sinking Effect

Boaters Urged to Inspect Vessels

The Boat Owners Association of the United States (BoatU.S.) reports that yesterday's Nor'easter is having a sinking effect on boats stored on Potomac River and Chesapeake Bay waters. The boat owners group has received reports from several marinas advising of the sinking of vessels that had been tied up for the winter in their slip. The blizzard's heavy, moisture-laden snow forces a boat deeper in the water, which can place a cracked plastic thru-hull fitting—normally a just few inches above the water line—below water. Thru-hull fittings are typically connected with a hose to bilge pumps, sinks, showers, or live bait wells.

The boat owners group is recommending that any boat owner with a vessel in a slip should inspect their boat as soon as possible.

"It's very important to remove the snow loads from a boat that's stored in the water," said BoatU.S. Seaworthy Magazine Editor Bob Adriance. "If you can't get to your boat, try to contact your

marina staff for help. We've also heard of some shed roofs collapsing onto boats, so now is the time to coordinate snow removal with marina staff. It's also good to schedule a visit to your boat a few times each winter season, just to double check on everything, no matter whether it's stored on the hard or in the water."

Seaworthy Magazine is sent to all BoatU.S. Insurance policy holders and aims

to help boaters avoid vessel damage and injuries. For more information on BoatU.S. Marine Insurance or for a free quote, go to <http://www.BoatUS.com/insurance>.

BoatU.S.—Boat Owners Association of the United States—is the nation's leading advocate for recreational boaters providing over half a million members with government representation, programs and money saving services. For membership information visit www.BoatUS.com or call 800-395-2628.



Patients and Family Members Needed for Schizophrenia and Bipolar Disorder Research

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

Please call Beth Vayshenker at **(410)-402-6822** or email us at SRD_Recruitment@mprc.umaryland.edu. Monetary compensation provided. Transportation available if needed.

Study Suggests Higher Level of Naturally Occurring Estrogen Is An Indicator of Higher Stroke Risk In Older Women

Postmenopausal women who have higher estrogen levels but are not taking menopausal hormone therapy have a higher risk of stroke, according to new research published in the Archives of Neurology.

Led by UC Davis Health System endocrinologist and epidemiologist Jennifer Lee, the study, which is the first to look specifically at endogenous estrogen in older women and stroke, also found that women with the highest levels of naturally occurring estrogen had larger waist sizes.

Lee conducted the research to find out why menopausal women taking hormone therapy did not experience cardiovascular benefits and, in fact, had more strokes. She noticed this trend as an investigator in the Women's Health Initiative (WHI), a national study that has dramatically changed clinical practice. Millions of women have stopped taking estrogen therapy due to WHI outcomes showing fewer advantages and more harms than expected, according to Lee.

"Prior to WHI, most health-care providers advised women that estrogen

therapy would provide some cardiovascular protection when they lost most of their naturally occurring estrogen during menopause," said Lee. "Post-WHI, we realized we needed to reassess this guidance. We wanted to know if naturally occurring estrogen levels prior to the start of estrogen therapy could affect stroke risks."

Lee is among the few researchers examining the relationship between estrogen and stroke, which is the third leading cause of death and a significant cause of adult disability in the United States. These cerebrovascular events occur when blood flow to the brain is interrupted either by a blood clot or when a blood vessel breaks, causing brain cells to die.

"Over 40 million women face menopause for about a third of their lives, so this research aims to improve their quality of life and promote healthy cardiovascular aging," said Lee, an assistant professor of internal medicine whose research focuses on determining the effects of hormones and metabolism on disease risks across women's life spans.

To conduct the study, Lee and her team assessed medical histories and blood samples from 9,704 generally

healthy postmenopausal Caucasian women who were recruited from four U.S. communities for an osteoporosis study in the late 1980s. All participants received annual questionnaires for health updates, including confirmed stroke events. Levels of estradiol, the most potent naturally occurring estrogen, were measured in banked blood collected when participants began the osteoporosis study. Women on hormone therapy were excluded from the UC Davis study.

During eight years of follow-up, 247 of the study participants experienced a first stroke. The investigators compared those women with 243 participants who did not have a stroke. After dividing the participants into four groups based on estradiol levels, the researchers found that those in the highest quarter were 2.3 times more likely to experience a stroke than those in the lowest quarter.

"Higher naturally occurring estrogen indicated a twofold greater stroke risk," Lee said. "These results raise the possibility that estradiol levels might be a decision-making tool for health-care providers and their female patients when discussing stroke and weigh-

ing the option of estrogen therapy.”

Lee and her team also found that higher naturally occurring estradiol and increased stroke risk were more pronounced for women with waist measurements greater than 34 inches, which is a known risk factor for cardiovascular disease.

“In women with waist girths greater than 34 inches, high estradiol levels conferred a sixfold greater stroke risk over low levels,” said Lee. “This might be because fat around the midsection is a source of naturally occurring estrogen. Reducing waist size would be a good defense against future stroke.”

Before making this recommendation, Lee will further

clarify the relationship between estrogen, midsection size and stroke in upcoming studies. She is also determining whether naturally occurring estradiol levels in postmenopausal women on hormone therapy affect their risks of coronary heart disease, blood clots, fractures, cognition changes and cancers of the breast, endometrium and colon.

“Our goal is to give more certain and specific health advice to postmenopausal women based on their particular health scenarios,” said Lee.

The UC Davis study and Lee were funded by a grant from the National Center for Research Resources to the UC Davis Clinical and Translational Science Center.

Support for the Study of Osteoporotic Fractures and the Women’s Health Initiative was provided by the National Institutes of Health.

In addition to Lee, the study authors were Kristine Yaffe of UC San Francisco; Warren Browner, Steven Cummings and Li-Yung Lui of California Pacific Medical Center Research Institute; Jane Cauley of the University of Pittsburgh; and Brent Taylor of the University of Minnesota.

UC Davis Health System is an integrated, academic health system encompassing UC Davis School of Medicine, the 613-bed acute-care hospital and clinical services of UC Davis Medical Center, the 800-member physician group known as UC Davis Medical Group, and the Betty Irene Moore School of Nursing.



Reverend Sandra Bearden is a non-denominational wedding officiate serving the Chesapeake region of Maryland and Pennsylvania.

I do, I DO's!

www.weddingsbysandy.com
info@weddingsbysandy.com
Cell: (410) 340-3224

Please come see me at Homewood Suites in Columbia on Sunday, March 28, 2010 from 1PM to 5PM



Human Trafficking

By Liz Bobo



Hard as it may be to believe, human trafficking is still thriving in our state of Maryland, and it is quite a lucrative practice.

There is currently legislation pending in Annapolis to prohibit this inhumane activity. House Bill 283, Criminal Law—Human Trafficking—Prohibitions and House Bill 514 Criminal Procedure—Seizure and Forfeiture—Property Used in Human Trafficking. Testifying in support of these bills, the Maryland Coalition Against Sexual Assault (MCASA), a non-profit membership organization that includes the State’s sixteen rape crisis centers, law enforcement, mental health and health care providers, attorneys, educators, survivors of sexual violence and other concerned individuals, said:

“Human trafficking is a form of modern day slavery. Victim services providers working with the U.S. State Department found that

slightly more than one-quarter of international victims are involved in sex trafficking, with another 7% exploited for both sex and labor. Within the U.S., thousands more American-born girls and young women are trafficked primarily for the sex trade, showing up on the street as prostitutes or in brothels. While far lower in number, American-born boys and young men are not immune to being trafficked. Victims can be found working against their will in massage parlors, brothels, strip clubs, and escort services.”

During the 2007 and 2009 legislative sessions, we in the legislature passed laws that improved Maryland’s criminal statutes regarding this heinous practice. This year House Bills 283 and 514 both address those who profit from trafficking.

House Bill 283 makes it a criminal offense to knowingly receive profits from trafficking activity. It also assures that trafficking

laws apply to forced sexually explicit performances and makes it a felony to knowingly detain a victim with the intent to use force, threat, coercion, or fraud to compel marriage or sexual conduct. House Bill 514 allows forfeiture actions against traffickers. Proceeds from such forfeitures would go to an Anti-Human Trafficking Fund to provide grants for services for victims and law enforcement investigations into human trafficking.

It has been well demonstrated that traffickers can be anyone – even family members and close friends of the victims. Obviously this causes betrayals of trust and safety against the victims.

Conscience demands that both of these bills pass the legislature and receive the governor’s signature. This will take Maryland much closer to ending human trafficking in our state. Contact your legislators and urge them to support these bills.

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

Juliette Gordon Low— Trailblazer and Visionary

By Traci Barnett

Nearly a century ago Juliette “Daisy” Gordon Low began what we now know as the Girl Scouts when she gathered a group of 18 girls in Savannah, Georgia on March 12, 1912, for the first Girl Scout meeting in the United States. A woman of privilege, she spent several years searching for something useful to do with her life. In 1911 while living in England, she met Sir Robert Baden-Powell, founder of the Boy Scouts and Girl Guides. Juliette became interested in this new youth movement and channeled all her energies into the fledgling organization. Less than a year later, she returned to the United States and registered the first troop of American Girl Guides (the name was changed to Girl Scouts the following year).

“The work of today is the history of tomorrow, and we are its makers.”
—Juliette Gordon Low

In developing the Girl Scout movement in the U.S., Juliette Low brought girls of all backgrounds into the outdoors, giving them the opportunity to develop self-reliance and resourcefulness. She encouraged girls to prepare for traditional homemaking roles, as well as

possible future roles as professional women, and for active citizenship. Girl Scouting welcomed girls with disabilities at a time when they were excluded from many other activities. This idea seemed quite natural to Juliette, who never let deafness, back problems or cancer keep her from full participation in life.

Through the years, Girl Scouts has grown into an organization with 3.7 million girl members, 30,000 of which reside throughout central Maryland. The organization has shown remarkable resilience in meeting the changing needs of girls, while remaining true to our founder’s vision of creating a safe and supportive environment where girls can discover who they are in relation to their community and the world; connect with peers and adults with whom they can work on shared goals; and, become empowered to take action to make the world a better place. In the process, Girl Scouts develop the courage, confidence, and character to become leaders for today as well as for tomorrow.

A testament to the success of the Girl Scout organization is the long list of outstanding women who were former Girl Scouts: Hillary Rodham Clinton, former Presidential candidate and current Secretary of State;

Mae Jamison, the first African-American woman astronaut; Janet Reno, the first woman Attorney General of the United States; Sandra Day O’Connor, the 102nd, and first female, member of the Supreme Court; Carol Mosley Braun, the first African-American Senator; and Kathryn Sullivan, the first American woman to walk in space, are all Girl Scout alumnae. Each of these women attributes some portion of their success to their experiences in Girl Scouting.

When asked what she got out of Girl Scouting, Carol Mosley Braun replied, “The whole idea of having a duty and a responsibility and caring about nature.” She also said, “Believe in yourself and your dreams. It’s not just what is, but what you think ought to be, that’s important.”

This truly reflects the ideals and beliefs of Girl Scouts’ founder. When Girl Scouts began, women could not vote, few drove cars or worked outside the home, but Juliette knew they needed to be trained and ready for when that time came—and she did just that. Nearly 100 years later, Girl Scouts is the world’s preeminent organization dedicated to the empowerment of girls and young women—preparing them to lead the way—just as Juliette Gordon Low did in 1912.

Traci A. Barnett, M.B.A. is the Chief Executive Officer of Girl Scouts of Central Maryland. Through implementation of the Girl Scout Leadership Development program model, Girl Scouts of Central Maryland develops girls of courage, confidence and character—the three keys to leadership—who make the world a better place.

Poll Finds Overwhelming Majority Favor State Alcohol Tax Increase to Pay for Human Services.

Poll finds that 65 percent support increased public funding for alcohol and drug addiction treatment services—majority of Marylanders believe that government leaders

should make an exception to “No New Taxes” by raising state’s alcohol tax.

According to an Opinion Works poll released today by the Maryland Chapter of the National

Council on Alcoholism and Drug Dependence, an overwhelming number (72%) of Marylanders support a dime a drink increase in the state’s alcoholic beverage tax if the money supports services for people with alcohol and drug addiction, developmental disabilities, mental illnesses and health care for the uninsured.

Sixty-five percent (65%) favor increased public funding for alcohol and drug addiction treatment (28% opposed, 6% were unsure and 1% refused to answer).

The budget reductions taken by the Board of Public

Works since the start of the 2010 fiscal year have reduced funding for addiction treatment and prevention by \$4.7 million across the state.

Hundreds of treatment slots have been lost and dozens of people have been laid off.

“It’s clear that the citizens of Maryland support additional funding for addiction services and favor the alcohol tax as a mechanism to pay for it,” said Dr. Nancy Rosen-Cohen, executive director at the National Council on Alcoholism and Drug Dependence of Maryland.

Despite promises by government leaders of no new taxes, 50% of those surveyed said that they think that officials should make an exception this year and raise the alcohol tax. Only 35% disagreed, 5% said that it depends, and 9% were not sure.

“It is well-known that Marylanders continue to suffer significant economic stress,” said Steve Raabe, president of Opinion Works. “In our own recent polling, voters continue to see the Maryland economy getting worse rather than better by three-to-one. This is not an environment where the public is hungry for new taxes. But a majority says that the State’s leaders “should make an exception to raise the

alcohol tax.” By a margin of 50% to 35%, the public believes leaders should set aside their no new taxes pledge for this priority.”

“The budget is such a critical issue that a majority of those polled think that the government leaders who are against raising taxes should make an exception and increase the alcohol tax,” said Dr. Nancy Rosen-Cohen. “Creative budget solutions like a tax on alcohol are needed in today’s economic climate when services are underfunded and budgets are being cut,” she added.

Seventy-two percent support an increased tax of ten cents per alcoholic drink (57% strongly favor and 15% not so strongly favor), while 24% oppose (21% strongly oppose and 3% not so strongly oppose), and 5% were unsure.

Two-thirds of the electorate (68%) favor an increased tax of ten cents per alcoholic drink to help address the state’s budget deficit, with 55% of Maryland voters saying they “feel that way strongly.” Only 27% are opposed.

The poll was funded by a generous grant from the Abell Foundation.



State Delegate
Liz Bobo

Hot List of the Maryland League of Conservation Voters:

WEEK of March 2, 2010

HB 150/HB 151: Protecting the Green Infrastructure Budget

SUPPORT

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

Transportation Choices for Maryland

HB 282: Bicycle and Pedestrian Access

Sponsor:
Delegate Peña-Melnyk

HB 461: Three Foot Bicycle Safety Rule

Sponsor: Delegate Cardin

HB 1155: Consolidated Transportation Program

Sponsor:
Delegate Lafferty

HB 1193: The Shoulder Rule Bill

Sponsor: Delegate Carr
SUPPORT

In a time of scarce transportation dollars, we need to make sure we are investing state funds wisely. HB 1155 will establish smart growth criteria for funding transportation projects to make it easy for the state to choose proposals that ensure our

transportation and land use decisions work together to provide more travel choices to Maryland citizens, especially for those who do not own cars. It will also reduce environmental damage from transportation projects and improve access to jobs. The other bills will make the roads safer for bicycling.

HB 999: Watershed Protection and Restoration Act

Sponsors:
Delegates Hucker & Cardin

SUPPORT

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

Maryland LCV Priority

HB 964: Stormwater Management

*Sponsor: Delegate
Haddaway-Riccio*
OPPOSE

HB 1125: Stormwater Management

Sponsor: Delegate Holmes
OPPOSE

HB 1408: Stormwater Management

Sponsor:
Delegate G. Clagett

OPPOSE

HB 1409: Stormwater Management

Sponsor:
Delegate G. Clagett

OPPOSE

Stormwater Management (4 bills)—We oppose any rollbacks to Stormwater Management regulations. Stormwater is the ONLY pollution source *increasing* loads to the Bay and its rivers. If we want healthy water, we have to step up reductions from development and redevelopment. Builders worry about their costs of meeting treatment requirements. However, it will cost more to retrofit after the fact. Developers can share the burden now, or taxpayers can foot the entire bill later. The regulations work as written since they allow ample flexibility for redevelopment projects to meet requirements in any number of ways.

HB 522: Public Service Commission— Report on the State's Long- Term Energy Needs

*Sponsors: Delegates Man-
no and Hecht*
SUPPORT

Requires the Public Service Commission (PSC) to oversee the creation of a state energy plan that is consistent with all state environmental laws and to review proposals with respect to that state plan.

Amazing Story

This is a truly amazing story. The prize doesn't always go to the most deserving! Read on and you will see why:



Irena Sendler

There recently was a death of a 98 year-old lady named Irena. During WWII, Irena, got permission to work in the Warsaw Ghetto, as a Plumbing/Sewer specialist. She had an 'ulterior motive'...

She KNEW what the Nazi's plans were for the Jews, (being German.) Irena smuggled infants out in the bottom of the tool box she carried and she carried in the back of her truck a burlap sack, (for larger kids.) She also had a dog in the back that she trained to bark when the Nazi soldiers let her in

and out of the ghetto. The soldiers of course wanted nothing to do with the dog and the barking covered the kids/infants noises. During her time of doing this, she managed to smuggle out and save 2500 kids/infants. She was caught, and the Nazi's broke both her legs, arms and beat her severely. Irena kept a record of the names of all the kids she smuggled out and kept them in a glass jar, buried under a tree in her back yard. After the war, she tried to locate any parents that may have survived it and reunited the family. Most of course had been gassed. Those kids she helped got placed into foster family homes or adopted. Last year, Irena was up for the Nobel Peace Prize. She was not selected. Al Gore won, for a slide show on Global Warming.

GOD BLESS HER May she rest in peace.

SMOKERS NEEDED

Are you **thinking about trying to quit smoking** in the near future? Smokers age 18 or over are needed for a research study that involves an FDA approved medication and a **practice quit attempt** at Johns Hopkins

Participation requires 11 visits to the Johns Hopkins Bayview Medical Center over 5 weeks

You will be compensated for your time and cooperation

Principal Investigator: Maxine Stitzer, Ph.D.
NA_00019900

Call (410) 550-1206 for details



Approved 09/08/08



The Most Colorful River In The World



The river shown in the photographs is the Caño Cristales, which is located near the town of La Macarena in Colombia, South America. The river, world famous for its colourful display, has been called “the river that ran away to paradise,” “the most beautiful river in the world” and “the river of five colours.”



During Colombia’s wet season, the water flows fast and deep, obscuring the bottom of the river and denying the mosses and algae that call the river home the sun that they need. And during the dry season there is not enough water to support the dazzling array of life in the river. But during a brief span between the wet and dry seasons, when the water level is just right, the many varieties of algae and moss bloom in a dazzling display of colors. Blotches of amarillo, blue, green, black, and red—and a thousand shades in between—coat the river.



The part of the river where the colourful blooms occur is quite isolated and is not accessible by road. Adventurous tourists can now fly into La Macarena and then make their way to the river site on foot as part of guided tours. The site was effectively closed to tourists for several years because of guerrilla activity in the region along with concerns about the impact of unregulated tourist traffic. However, the site was reopened to visitors in 2009.



The tours will follow four clearly marked and authorized paths, and one is no longer permitted to stay overnight or cook, as this was ruining the area previously.

Ann McGill - MidWife of Consciousness
Birthing into Beingness the Beautiful Truth of Who You Are
MidWife@AnnMcGill.com . . . www.MiraclesMadeEasy.com
703-262-0620 . . . visit website for Free Downloadable Book



The Junior Leagues Look Back on 109 Years of Members’ Civic Leadership

In 1901, 86 years before Congress formalized Women’s History Month and 19 years before American women were given the right to vote, a young New York socialite named Mary Harriman had an idea unusual for her class and time: that women had an important role to play as civic leaders. The result was the start of an all-women volunteer organization called The Junior League, now with 160,000 members in 292 independent Leagues in the U.S., Canada, the UK and Mexico.

In tribute to Mary Harriman, and in honor of Women’s History Month, The Association of Junior Leagues International Inc. (AJLI) will post one fact about a Junior League member—some famous and some not—who carried Mary Harriman’s ideal into action each day via Twitter. Follow @JuniorLeague and you can learn about Junior League women, including those listed below, who have made their mark in the worlds of politics, education, children’s health and more.

- Catherine Cleary, first woman director of General Motors and AT&T
- Oveta Culp Hobby, first secretary of the Department of Health, Education and Welfare, first commanding officer of the Women’s Army Corps
- Sandra Day O’Connor, first woman on the Supreme Court
- Margaret Hamilton, actress, best known for her portrayal of the Wicked Witch of the West in *The Wizard of Oz*
- Katharine Hepburn, actress
- Sarah Palfrey Cooke, two-time Wimbledon champion
- Eleanor Roosevelt, First Lady, United Nations Delegate
- Margaret Chase Smith, first woman elected to U.S. Senate
- Deborah Taylor Tate, FCC Commissioner
- Shirley Temple Black, actress, United Nations Delegate, US Ambassador
- Eudora Welty, author and Pulitzer Prize winner

Debbie Robinson, President of The Association of Junior Leagues International Inc., said, “What is remarkable about this list of women is not simply their membership in a Junior League, but their successful adaptation of the core League vision—women around the world as catalysts for lasting community change—into action in their lives.”

For more information about how Junior League women are changing their communities through civic leadership, please visit www.ajli.org.

Founded in 1901 by New Yorker, Mary Harriman, the Junior Leagues are charitable nonprofit organizations of women, developed as civic leaders, creating demonstrable community impact. Today, The Association of Junior Leagues International Inc. (AJLI) is comprised of more than 160,000 women in 292 Junior Leagues throughout Canada, Mexico, the United Kingdom and the United States. Together, they constitute one of the largest, most effective volunteer organizations in the world.

League of Women Voters Celebrates Milestone Birthday

The League of Women Voters celebrates its 90th birthday on Sunday, February 14th. Known widely for its voter education efforts, this non-partisan, government watchdog group has been an American institution since 1920.

“More than 850 state and local Leagues across the country will celebrate this milestone birthday throughout 2010,” said Mary G. Wilson, national president of the League of Women Voters. “But most importantly, we’ll be doing what we always do: discussing the important issues, challenging the status quo and demanding accountability.”

In 1920, after a 72-year struggle, and when passage of the 19th amendment appeared to be imminent, members of the National American Woman Suffrage Association met to form the League of Women Voters. Carrie Chapman Catt first proposed the creation of a League to “finish the fight” and to work to end all discrimination against women. While initially concerned with the status and rights of women, the League of Women Voters gradually expanded its interests to include issues affecting the whole community. Today, the League works to effect change on a variety of is-

suces including health care, climate change, election and campaign finance reforms, land use and education.

“The women who fought for voting rights in the first part of the 20th century did not know if they would be successful,” Wilson continued. “And yet they persevered – changing our democracy and society. Today we are equally committed to improving our democracy at all levels, making sure it represents the common good—not special interests and big money.”

“Because of our long-standing nonpartisan and unbiased approach to educating voters and reforming governmental systems, the League is a well-known and highly credible voice on reforms that affect the public. National polling data continues to show that the League of Women Voters is the most-trusted independent validator that proposed reforms are in the public interest.”

“Membership in the League is open to men and women of all ages,” Wilson continued. “We have members that have been League activists for over 50 years and members who have just joined—inspired by a particular issue or after attending an event. If a particular issue attracts new members, they will keep coming back after meeting the wonder-

ful people who are similarly dedicated to change in their communities.”

“For the last 90 years, the League of Women Voters has left its footprint on American history, and our democracy is stronger for it,” Wilson concluded. “We look forward to continuing this work over the next 90 years.”

For more information, visit the League online at www.lwv.org and www.facebook.com/leagueofwomensvoters.

Save the Date

Advances in Prenatal Imaging: What You Need to Know

Saturday, April 24, 2010
8 a.m. to 12:30 p.m.
Mike Ditka's Chicago
100 E. Chestnut St.
Chicago, IL

Cost: \$40 (application fee)

Keynote Speaker Beryl R. Benacerraf, MD

Clinical Professor
Department of Obstetrics, Gynecology
and Reproductive Biology
Department of Radiology
Harvard Medical School, Boston

Presented by the
Rush Fetal & Neonatal Medicine Program
Rush University Medical Center
1725 W. Harrison St., Suite 407
Chicago, IL 60612

For more information or to register, please contact Elizabeth Pollard, Rush Fetal and Neonatal Medicine Program. Phone: (312) 942-0105 or (312) 942-9472, Fax: (312) 942-9198, E-mail: elizabeth_a_pollard@rush.edu.

Casey Cares Founder Casey Baynes

By Joslyn Wolfe

Attractive, five-foot-nine and svelt, this maven packs a great cause. As founder of the Casey Cares Foundation, for some Casey Baynes is considered a marvel as she tackles volunteer assignments at her children's elementary school in Ellicott City, and balances work. For others, she is a miracle worker, particularly for children facing health challenges.

In a category of its own, Casey Cares has taken care of chronically ill children and their families for over a decade. From vacations at the beach to fantasy stays at a number of Disney resorts, Casey knows how and what to gift distraught families who need joy and solace in their lives. "When a child is critically ill, it has a rippling effect," says the Howard County resident. "Giving the child and the family a reason to smile through vacations, parties or opportunities to meet the famous is a way to give back to the community."

A Harford County native, and the youngest of two children, Casey took the path less travelled which has made the difference in the lives of many. "I wanted to follow my passion. I have a



strong passion for children, especially ones suffering from illnesses," she says, noting that her brother runs the family's trucking business.

Making a difference in the lives of children made Casey the recipient of the distinguished Kraft 100 Women's Award, where she won an all expense paid trip to California to participate in an awards ceremony flanked with celebrities and other women who have made a difference in their communities.

Other "Casey Credits" include the annual Golf and Tennis Tournament held every summer, the Rock and Roll Bash every Fall featuring celebrity bands, the Spring Gala and an ongoing

I have a strong passion for children, especially ones suffering from illnesses," says Casey Baynes, founder of the Casey Cares Foundation.

Cammie's Jammie's program which takes donations for pajamas for critically ill children from area sports clubs and other youth groups.

To participate in the Casey Cares Foundation, a family must fill out an application.

A member of

the foundation will contact the family and get information about the child, their needs and where they are in the treatment process. "Depending on the stage of their illness, a child may want or be best suited for different events or services that may not involve travel," Baynes says.

According to Baynes, her reach is profound. "We help a participant every 12 hours," she says. "That's significant." For further information about the Casey Cares Foundation, call 443-568-0068 or visit www.Casey-CaresFoundation.org.

Joslyn Wolfe is publisher of Focus on Women Magazine.

Breakthrough Procedure For Mastectomy Patients Gives Them Back Their Natural Breasts & Erases Scars Even Decades Later

Board Certified, Plastic Surgeon, Dr. Roger Khouri will teach more than 200 doctors worldwide how to do the procedure via live video conference February 14 at South Miami Hospital

When breast cancer survivor Staria Peterson had a double mastectomy 30 years ago, she gave up what many women take for granted. “I couldn’t look at my body. My chest was mutilated. I didn’t want my husband to see or touch me.”

A single mastectomy also saved Shannon Smith’s life but cost her her marriage. “My husband couldn’t deal with it and that shook my confidence. I gave up dating after the divorce and on intimacy.

Staria could have had breast reconstructive surgery but didn’t want implants.

“I don’t like how they look or feel and the risks scare me.

Fast forward, 30 years. Staria heard about a new procedure that could give her back natural breasts and erase her scars. “It was too good to be true but I had nothing to lose.”

Developed by board certified, Miami plastic surgeon Dr. Roger Khouri, the procedure requires time and preparation. “Patients must wear a bra-like suction device at bedtime for several weeks. It uses mild suction to expand the skin and space under the chest,” he explains.

Staria says, “You feel slight suction and after a while not even that.”

Next, fat is liposuctioned from another part of the body and re-injected into the breasts, giving them a natural feel, look and normal sensation.

Staria says, “You can’t tell I wasn’t born with these breasts. Now I love looking at my body. So does my husband,” she laughs.

Dr. Khouri says, “It’s every mastectomy patients dream to have her own natural breasts back and we can give them that.”

So far, more than 100 women have had the procedure by Dr. Khouri with no complications.

There was concern fat injections would make it difficult to detect breast tumors but studies prove it’s not the case. Dr. Khouri recently presented five years of follow

up research at the annual meeting of the American Society of Plastic Surgeons proving it’s safe, effective and long lasting.

Shannon says, “It’s the best decision I’ve made in my life. I’m getting ready to date again and am confident intimacy will be part of my life again.”

The procedure is also used to balance uneven breasts, lift them or increase size.

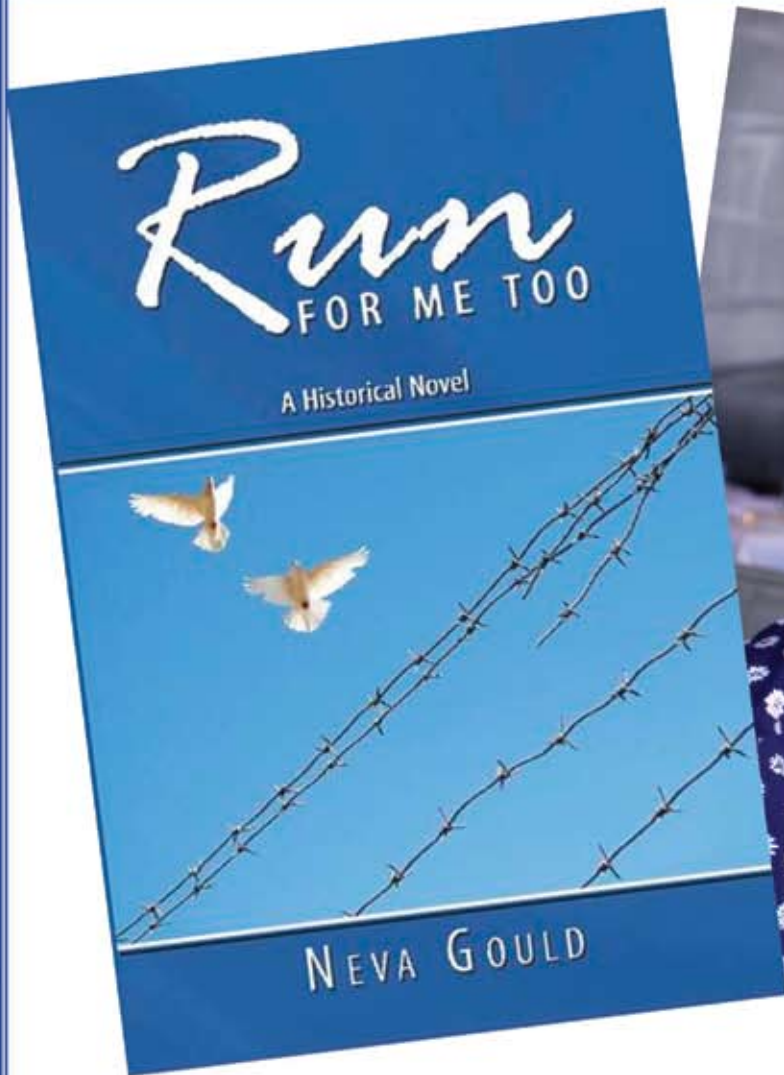
Three generations of women in Staria’s family had it done for different reasons.

Staria, to recreate breasts. Her daughter, to boost sagging breasts after childbirth. And granddaughter, whose breasts were small and uneven.

“We’re all thrilled,” says Staria.

Dr. Khouri will present more data, plus via live teleconference, and teach other doctors how to do the procedure February 14 at South Miami Hospital.

For More Information or to set up this story contact Marilyn Mitzel at 305-206-6776 or mm@marilynmitzel.com.



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

Julie West Johnson, English teacher and writer

Now available through the following websites including Amazon, Barnes& Noble and Tower.

Subscribe Now and Save.

Only \$1.00 per issue. Fill out this form and send to *Focus on Women Magazine*, 4615 Oakview Court, Ellicott City, MD 21042. If you prefer, a PDF version of the magazine can be emailed to you, instead of receiving a hard copy.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

E-mail: _____

Name on Card: _____

Credit Card Number: _____

Exp. Date: _____ Amount: _____

Signature: _____

Please check form of payment:

Check

Money Order

Credit Card

If paying by check, please enter amount \$ _____.

Make all payments out to ***Focus on Women Magazine.***

DO YOU HAVE NASAL POLYPS?

Johns Hopkins Asthma & Allergy Center is looking for volunteers to join an 18 week research study with 6 visits.

The study will test an experimental nasal spray for NASAL POLYPS.

- you must have nasal polyps
- be 18-70 years of age
- not be pregnant/breast-feeding

Participants will be paid.

Call 410-550-2122

Johns Hopkins Asthma & Allergy Center
Principal Investigator: Peter S. Creticos, M.D.
Protocol NA_00029405



City Café

1001 Cathedral St., Baltimore, MD
410-539-4252
www.citycafebaltimore.com



By
*Noelle
Schiffer*

In 2009, after extensive renovations, City Café in the Mt. Vernon cultural section of Baltimore, emerged as a trendy and upscale restaurant that is perfect for a pre-show meal or a late night treat. The ultra-modern, sleek décor gives it a sense of “big city” dining.

City Cafe, has transformed itself into an upscale restaurant with exceptional food, and excellent service. Additionally, they deliver one of the more eclectic and well conceived menus in the Baltimore area.

We started out our meal with a carafe of home-made sangria. The sangria was loaded with fresh berries and fruit and was absolutely delish!!

As we moved on to the appetizers, we decided to try the Hazelnut Crusted Goat Cheese (\$7) and the Fried Calamari & Banana Peppers (\$10). The Hazelnut Crusted Goat Cheese was served with a warm cranberry vinaigrette, red onions and bacon (what could be bad?). The goat cheese was wonderfully prepared and had a soft yet zesty flavor. My only complaint would be that you only receive 1 goat cheese nugget on top of the greens.

The calamari and banana peppers is served with a tomato sauce and basil aioli on the side. The calamari was cooked perfectly, and was served in a deep bowl, which was the size of an actual entree.

The list of main entrees includes a wonderful mix of fresh seafood (Chilean Sea bass, Maryland Rockfish, etc.) as well as fine cut steaks and chicken dishes. I opted for the Chicken medallions with smoked mozzarella, pancetta, mushroom potato hash, wilted greens and marsala cream (\$16). This was an excellent dish prepared with a creamy and zesty sauce. The serving size was substantial (be prepared to bring home a To Go box) and the presentation was temptingly appetizing. We also ordered the Steal Frites (\$21), which is a natural flat iron steak with a tangy dry rub and 3-onion butter (be sure to ask for the homemade steak sauce). The steak is served over a bed of asparagus spears and truffle-parmesan fries. Again, this was a

perfectly prepared meal with robust flavors and a beautiful presentation. The entree were sizable but not overwhelming, which allows for a tour of the sinful home-made desserts menu.

For dessert, I couldn’t resist ordering the house specialty Heathbar Crunch Bread Pudding (\$7). The bread pudding is warmed and topped with a sweet and creamy caramel sauce. This was an outrageously delicious dessert and a “must have” when visiting City Cafe.

City Café is a great choice for pre or post theater dining and it has a vibrant atmosphere but also maintains a sophisticated and upscale feel. Overall, this was an exciting dining experience and

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

I look forward to my next visit. City Café is a welcome addition to the new vibrancy of the Mt Vernon section and is within walking distance of Meyerhoff, Lyric and Center Stage.

Scoping Out

Calendar of Events

Baltimore Museum of Art

World renowned collection of works by Matisse, Picasso and Cezanne. Showcases art of the 19th century through today, plus special exhibits and a scenic sculpture garden. Free on the first Thursday of every month.
10 Art Museum Drive
Baltimore, Maryland 21218
443-573-1700
www.artbma.org

B&O Railroad Museum

Visit the birthplace of American railroading and home of the most comprehensive collection of railroad artifacts in the Western Hemisphere. Seasonal rides.
410-752-2490 ext. 221
www.borail.org

Baltimore Museum of Industry

Award-winning hands on activities. Exciting tours for all ages. Learn about the many everyday items invented in Baltimore.
1415 Key Highway
Baltimore, MD 21230
410-727-4808
www.thebmi.org

Benjamin Banneker Historical Park & Museum

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

Historical Society of Baltimore County

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

Basignani Winery

15722 Falls Road
Sparks, MD 21152
410-472-0703
www.basignani.com

Cygnus Wine Cellars

3130 Long Lane
Manchester, MD 21102
410-374-6395

Elk Run Vineyards

15113 Liberty Road
Mount Airy, MD 21771-9502
410-775-2513

An die Musik Live!

409 N. Charles Street
Baltimore, MD 21201
(410) 385-2638
www.andiemusiklive.com

March 2009

Mar 20
Chihara Trio

Mar 24
Harmonious Blacksmith
Early Music Ensemble

Mar 26
Roberta Picket Quartet

Mar 26
Poulenc Trio Welcomes Guest Stars
to University of Baltimore Series

Mar 27
Boom tic Boom

Mar 28
Baltimore Classical Guitar Society
Young Talent Concert

April 2010

Apr 03
Ivan Moshchuk, piano

Apr 12
Peabody Student Jazz Night

Apr 15
Josh Mease/Christina Courtin
Double Bill

Apr 16
Baltimore Composers Forum

Apr 17
Music from Penn State University:
Enrico Elisi's Piano Studio

Apr 17
Relativity

Apr 18
Tomasz Stanko
(only Philly/Balt/DC Appearance)

Apr 18
Tomasz Stanko Quartet

Apr 23
Clarinet Recital

Apr 24
Jenny Lin with
DUO Stephanie and Saar

Apr 26
Peabody Student Jazz Night

Apr 30
Conference Call



Ask Lisa

Introducing the newest addition to our staff, Lisa Hurka Covington. Starting in the next issue, Lisa will bring her sage advice to our readers. Please contact her about lifestyle, love or any issue of your choosing for which you seek advice. Contact her at lisa@focusonwomenmagazine.net.

Places to Find Focus on Women Magazine

- Belvedere Square
- Breathe Books
- Charles & Mulberry St.
- City Cafe
- Columbia Libraries (East & West)
- David's Natural Market
- Dorsey Search Village Center
- Dukem Ethiopian Restaurant
- Eve's Salon
- Giant Super Markets
- Glazed to Perfection
- Goodlife Wellness...
- Haraar Ethiopian Restaurant
- Howard Community College Student Center
- Little Patuxent & Vantage Point Rd..
- Lynn's Day Spa
- Mad City Coffee
- Roots Organic Market
- Sprout Organic Spa
- Taharka Brothers
- University of Baltimore Student Lounge
- University of Maryland College Park Student Union
- Women's Clinic at University of Maryland at Baltimore
- Whole Foods Inner Harbor East
- Women's Industrial Exchange Restaurant
- Women's Resource Center at Mercy
- Women's Spa at Mercy

Unique Mentoring Program Supports Executives in Achieving Success



Lisa Vinton,
Director of
Operations,
Managers and
Directors, North
America

Are you intrigued by the idea of being able to tap into the experience and knowledge of current and former multinational corporate executives on a mentoring or advisory basis, for just a fraction of what it would cost to have such a person on staff?

Lisa Vinton, Director of Operations for the North America division of the global mentor network, Managers and Directors, believes small to large businesses and their executives can benefit from accessing the experience and skills of suitable mentors.

Founded in 1998 by John Morrow, the organization now has a network of over 400 mentors across the globe (10 percent of them women) collectively offering over 4,500 years of business expertise. The group includes executives who have either led or held key senior positions within widely-known and successful international companies, including The Walt Disney Company, American Express, Kraft Foods, Johnson & Johnson and Coca-Cola, to name a few.

“There are two times that people call us,” Vinton says, “when business isn’t doing well and when a firm has grown beyond the ordinary control of those running it.”

While the terms “coach” and “mentor” are often used interchangeably, they are two very separate concepts. Coaches are more likely to be used for short-term projects, and therefore focus on ad-

ressing a particular need, such as the development of management or leadership skills. A mentor, on the other hand, takes more of a guidance role, maintaining a longer-term relationship with the individual being mentored, in many cases passing on years of corporate knowledge and experience on a range of areas.

“Businesses from small to very large can access the minds and experience of individuals who have ‘been there, done that’ building businesses into multibillion-dollar corporations,” says Vinton. “Collectively, our mentors have handled every area of business growth, so there are very few situations someone in the network has not successfully tackled.”

Managers and Directors offers its services to businesses of all sizes, including those in the start-up phase with the financial resources for growth, as well as those with more than \$100 million in turnover wanting assistance with financial management, human resources, operations and systems development, sales and marketing. Vinton also says that most of the 12-year-old firm’s protégés are typically in their 30s, making the organization’s talent base vibrant and forward-thinking.

Vinton says executive mentors help growing entrepreneurs in five primary ways: providing focus for what is important; offering objective, essential external opinion;

collaborating on a broad range of options; guiding the business person with support toward reaching one’s full potential; and offering honest, frank feedback.

Fees for one-on-one mentoring can vary, ranging from a couple of hundred dollars an hour to considerably higher for more senior executive mentors. Vinton says the trend is veering toward experienced mentors. The difficult economy has led more former senior executives into forming their own businesses, and they are looking for credentials and experience.

The availability of funds to invest into personal and business development is also a major factor during these challenging times, she says. “Professional development is well supported in strong economic times, but people think twice when times are hard.”

The Managers and Directors system successfully places current and former CEOs and managing directors as business mentors within a client organization to achieve desired outcomes. “These people are able to draw on many years of business experience, significantly reducing decision-making time and greatly enhancing the opportunities for success,” Vinton says.

Managers and Directors, NA is based out of Chicago, Illinois and can be reached at 312-293-5253 and www.managersanddirectors.com.

The Sugarloaf Crafts Festival

250 Acclaimed Artisans to Showcase Contemporary Crafts and Fine Art

More than 250 of the nation's most accomplished artisans and craft designers will present their handcrafted works at the 35th annual Sugarloaf Crafts Festival in Gaithersburg, Friday, April 9 through Sunday, April 11, 2010 at the Montgomery County Fairgrounds.

The jury-selected artisans at the Sugarloaf Crafts Festival will display and sell their unique creations in functional and decorative pottery, sculpture, glass, jewelry, fashion, furniture and home accessories, items for the garden, and photography.

In addition to meeting the artisans producing the one-of-a kind items, visitors to the Festival will see live demonstrations by professional craftspeople working in metal, ceramics, and wood. Live music and activities for children enhance the festival atmosphere. Specialty gourmet foods are available to sample and purchase.

Adult admission to the Sugarloaf Crafts Festival is \$7 through online purchase, \$8 for adults at the door, free for children under 12. Admission is good for all three days. Free parking is available.

Since 1976, the nation's most talented artisans of contemporary crafts and fine art have sold their art di-

Montgomery County Fairgrounds

16 Chestnut Street
Gaithersburg, MD

Friday, April 9

10:00 a.m. to 6:00 p.m.

Saturday, April 10

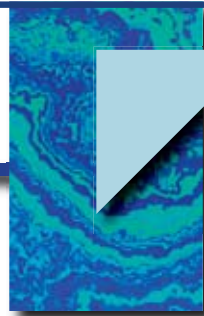
10:00 a.m. to 6:00 p.m.

Sunday, April 11

10:00 a.m. to 5:00 p.m.

rectly to visitors at Sugarloaf Craft Festivals. Last year, Sugarloaf Craft Festivals were attended by more than 200,000 people and were rated as one of the top craft experiences in the county by major industry publications.

To preview the Sugarloaf Crafts Festival, get directions, or to purchase discount admission tickets visit www.SugarloafCrafts.com or call (800) 210-9900.



MDGraphics

Graphic Design & Desktop Publishing

301-814-8852

info@MDGraphics.com
www.MDGraphics.com

- Logos, Corporate ID, & Stationery
- Brochures, Ads, Posters, Signs, & Other Marketing Collateral
- Newsletters, Magazines, Annual Reports, Books, & Other Publications
- Web/Computer Graphics

Out of the Mouths of Babes. We Can Learn

By Michelle May, M.D.

There are many important things that we need to teach children as they grow—but they have many natural behaviors that we shouldn't try to change. In fact, we can learn a few things from kids! Here are some important lessons:

Eat when you're hungry.

From the time they are born, babies know when and how much they need to eat—and they cry to let us know too! As they grow, this important instinct can be un-learned. By the time we are adults, most of us have learned to eat for many other reasons besides hunger—mealtimes, tempting food, advertising, free food, stress, anger, boredom, reward and celebration. By recognizing the difference between needing to eat and wanting to eat, adults can re-learn when and how much to eat too.

Stop eating when you're full.

Infants turn their head away when they have had enough to eat, and toddlers will throw a plate of food on the floor when they're done. But as adults, we clean our plates because “there are starving children” somewhere, out of obligation or just because something tastes good (even though it never tastes as good as it did at the beginning). I am

not suggesting that we start throwing our plates on the floor again, but we need to remember that food is abundant in our society so there is no need to eat it all now.

Being hungry makes you grouchy.

Being hungry, tired, or frustrated are sure to make a child crabby and they affect adults the same way. Become your best self-parent and take care of your needs—instead of taking it out on everyone around you.

Snacks are good.

Kids naturally prefer to eat smaller meals with snacks in between whenever they get hungry. That pattern of eating keeps their metabolism stoked all day. Adults who need to fire up their metabolism should try this too.

Play with your food.

Most kids love to examine, smell, and touch their food. Since eating is a total sensory experience, they get the most from every morsel. This childlike approach will help you eat less food while enjoying it more. You'll appreciate the aroma, appearance, and flavors more if you aren't driving, watching T.V., or standing over the sink.

All foods fit.

Children are born with a natural preference for sweet foods and quickly learn to enjoy fatty foods. Though parents sometimes worry about it, these “fun” foods can be part of a healthy diet. In fact, studies show that overly restrictive food rules cause children to feel guilty, ashamed and lead to rebellious eating. Sounds like the last time you weren't “allowed” to eat something “bad” on a diet, doesn't it? Children and adults both eat healthier when they learn to enjoy less nutritious foods in moderation without deprivation.

Be a picky eater.

Kids won't easily eat something they don't like. Think of how much less food you'd eat if you didn't settle for food that just tasted “so-so.”

You can learn to like new foods.

Healthy eating is an acquired taste. Good nutrition is essential, so providing a variety of appealing, healthful foods will benefit the whole family. It can take up to ten exposures of a new food for children to accept it. In our house, we have a two-bite rule. Everyone tastes two bites of everything; if they still don't like it, they



a Lot from Children

don't have to eat it—but they have to try it again the next time we have it. Since that is “The Rule,” there are no battles at the table and the kids often surprise themselves by liking something they thought they wouldn't.

Follow the leader.

Face it. Kids watch and often imitate everything we do. If they observe us eating a variety of healthful foods and exercising regularly, then they will learn to take good care of their bodies. Likewise, if they don't hear adults making comments like “I am so huge” and “She looks fat in that,” then they are less likely to suffer from poor self-esteem and a judgmental attitude.

There is more to a party than cake and ice cream!

Invite a child to a party and they'll want to know what they are going to get to do. Invite an adult and they'll wonder what food will be served. You don't have to avoid parties to manage your weight; just focus on the real purpose of social events—to be social!

Eating with your family is fun.

Since babies and toddlers must be fed by their parents, they naturally love eating

with other people. Family mealtime is your opportunity to model good habits and connect with each other. Now that my children are older, we sometimes play “High-Low” at dinner. Each member of the family takes a turn telling the others about the best and worst parts of their day. What a door opener to great conversations.

Being active is natural.

The best gym in the world is the playground. Too bad most adults have learned to associate physical activity with punishment for eating. Our kids will learn to hate it too if they hear us say things like, “I was bad so I have to exercise for an extra half-hour.”

It's boring to just sit around!

Toddlers seem to be in perpetual motion while they are constantly exploring their world. Young kids love to run in the grass, play on the playground, and challenge themselves and each other to increasingly more difficult activities. Of course, as they get older, television, computers, and electronic games compete for their attention. In our family, to encourage other activities, we use “screen time” which limits how much time our children are allowed to spend on anything with a screen. Some-

times adults would benefit by limiting their screen time and exploring their world a little more.

Sleep is good.

After a full day, children need a good night's sleep to prepare for all of the adventures that tomorrow will hold. Wouldn't we all benefit from a consistent bedtime to make sure we get our rest too?

Live in the moment.

Kids are masters at living in the present. They don't waste a lot of energy worrying about what has already happened or what might happen tomorrow. They are fully engaged in small pursuits like discovering where the ants are going, chasing the dog, or seeing how deep they can dig with a plastic shovel. We, on the other hand, continue to scurry around, chasing after our dreams, and all the while, digging ourselves deeper and deeper. We can learn a lot from children!

Michelle May, M.D. is the award-winning author of *Eat What You Love, Love What You Eat: How to Break Your Eat-Repent-Repeat Cycle* and the founder of the Am I Hungry?® Mindful Eating Program (www.AmIHungry.com) that helps individuals learn to break free from mindless and emotional eating to live a more vibrant, healthy life. Copies of the book are available for purchase at www.amazon.com.

Students ‘Responsible’ for Sexual Assaults Face Modest Penalties, Victims Are Traumatized; Schools Rarely Sanctioned

Students found ‘responsible’ for sexual assaults on campus often face little or no punishment from school judicial systems, while their victims’ lives are frequently turned upside down, according to a year-long investigation by the Center for Public Integrity, Sexual Assault on Campus. Administrators believe the sanctions administered by the college judicial system are a thoughtful way to hold abusive students accountable, but the Center’s investigation has discovered that ‘responsible’ findings rarely lead to tough punishments like expulsion—even in cases involving alleged repeat offenders.

According to a new series of stories in the Center’s investigation, research shows that repeat offenders actually account for a significant number of sexual assaults on campus, contrary to the beliefs of those who adjudicate these cases. Experts say authorities are often slow to realize they have such ‘undetected rapists’ in their midst.

Critics question whether faculty, staff, and students should even adjudicate what amounts to a felony crime. But these internal campus proceedings grow from two federal laws, known as Title

IX and the Clery Act, which require schools to respond to claims of sexual assault on campus and to offer key rights to victims. The Education Department enforces both laws, yet its Office for Civil Rights rarely investigates student allegations of botched school proceedings. When cases do go forward, the civil rights office rarely rules against schools, the Center’s probe has found, and virtually never issues sanctions against institutions.

“The full extent of campus sexual assault is often hidden by secret proceedings, shoddy record-keeping, and an indifferent bureaucracy,” said Center for Public Integrity Executive Director Bill Buzenberg. “Yet these are serious crimes that go largely unpunished. This is a troubling area of campus life that lacks much needed transparency and accountability.”

The Center’s package marks one of the first significant collaborative efforts from the Investigative News Network, a coalition of some two dozen news organizations dedicated to watchdog journalism. The Center’s pieces will be accompanied by localized campus assault stories from five members of the network—the Wiscon-

sin Center for Investigative Journalism, the New England Center for Investigative Reporting, Texas Watchdog, the Rocky Mountain News Network, and Investigate West.

“This impressive package of stories shows both the power and potential of INN and its collaborative efforts,” said Brant Houston, chair of the network’s steering committee. “Through these shocking stories of campus sexual assaults, INN is demonstrating how it can expose the magnitude of a problem throughout the nation.”

The network was formed last summer following a three-day meeting of mostly nonprofit investigative journalism groups in New York. The mission of the network is to facilitate the work and public reach of its member organizations, to foster high-quality, original investigative journalism, and to hold government and corporate power accountable at the local, national, and international levels.

The Center’s Sexual Assault on Campus project will include three new stories that will be released over a three-day period beginning February 24.

Veiled Voices to Broadcast Nationally on International Women's Day!

The groundbreaking documentary, *Veiled Voices*, about the lives of Muslim women religious leaders will nationally broadcast on two networks on Monday, March 8, 2010 for International Women's Day.

They will broadcast *Veiled Voices* during primetime both at 8:30pm (EST) and will also repeat rebroadcast through out the day. LinkTV is available on Direct TV and Dish Network and BridgesTV is available in 29 markets nationally and in Canada on Cable and Fios. *Veiled Voices* will also air on PBS across the country starting in late February.

Women across the Middle East are trying to reclaim their role as leaders in Islam. *Veiled Voices* goes in-depth into the world of three Muslim women religious leaders, who say women were always meant to be powerful within the religion. Filmed over the course of two years in Lebanon, Syria and Egypt, *Veiled Voices* reveals a world rarely documented, exploring both the public and private lives of these luminary women.

Ghina Hammoud (Lebanon) faces a personal challenge in gaining legitimacy as a leader as a divorced woman, since divorce is controversial in conserva-

tive communities throughout Lebanon. Dr. Su'ad Saleh (Egypt), widely considered the most influential female religious leader in Egypt, leads this fight through her weekly television show, "Women's Fatawa," a "telephone call-in show" in Egypt. Huda al-Habash (Syria) teaches women in Damascus, and lectures all over the Middle East, helping people "move... from ignorance to knowledge." Each triumphs over difficult challenges as they carve out a space to lead—both in Islam and in their communities.

"I found myself being drawn into their lives and stories. The movie certainly offers a rare glimpse into the lives of Muslim women leaders. At times it surprised my own pre-conceived ideas about the women."

—Safiyah Surtees, Muslima Media Watch

You can download press material and more information on our website. To book an interview with the documentary director or request a screener for review, contact Amanda Sweet of Bucklesweet Media at amanda@bucklesweetmedia.com, or 347-564-3371. Or contact us directly at info@veiledvoices.com.

"Yes, there really is a Rodelinde
Yes, there really is somebody there
She will help you write your self-description
Yes, there really is someone who cares . . .

She is sending letters in the mail
She's encouraging a deeper look
She is sending love in all directions
Picking up the phone was all it took . . ."

From Concerned Singles Song © 2009 JoAnne Spies



So, why not
pick up the phone
and call
413-243-4350
for information
and encouragement
from Rodelinde

Concerned Singles

celebrating 25 years
of helping environmentally
and socially aware singles of all ages
to find each other
and create meaningful relationships

concernedsingles.com
413-243-4350

What To Do When Life Falls Apart: The Essential 6 Step Program

By Patty James

First of all, what constitutes life falling apart? The death of a beloved spouse or family member? A marriage or relationship that has withered away or perhaps ended abruptly? A job loss potentially leading to financial ruin (or so you might think right now)? For the more theatrical, the reason might be much less dramatic or life changing although it may seem so to that person at the time. Whichever one is closest to your life, there are some steps that you must go through to come out the other side with your heart and new life intact.

The 6 steps are:

1 *Wallow in it.* This step is essential. Repeat everything you went and are still going through many times to anyone who will listen. Good friends and family will be very patient with this part of the process. If your big life change included a cheating husband then self-righteous indignation is appropriate at this point. Part of this step includes getting out of bed

and putting one step in front of the other. Remember, this step is temporary. For the more evolved, skip this step completely and go right to forgiveness and acceptance.

2 *To eat or not to eat?*

Part of healing is taking care of yourself. Perhaps you are a stress-eater, or equally dangerous, stress-drinker, drinking alcohol to numb your frazzled nerves, often followed by high-caffeine drinks to rev you back up. If you are a stress eater, first you need to recognize the fact that you are opening the freezer door. If ice cream is your weakness, why not put a sign on the freezer saying, "Go for a walk instead." Or have an apple with a little peanut butter on it. Basically, we're talking about redirecting your focus to healthier choices that won't make you feel guilty and hard on yourself afterwards, which, as we know, increases our stress.

Maybe you are a stress-non-eater, equally dangerous. You can't stomach the thought of food and simply stop eating forcing your body to feed on itself, wasting your

muscles and affecting your brain chemistry, adding to your already depressed state. If you are a stress non-eater, perhaps you need to place cards about the house saying, 'Please feed me, I need fuel.' Again, making healthy choices begins with awareness.

3 *Get help.* Your friends and family need a break, but you still need someone to talk to, so make an appointment with a therapist. If finances are a problem, there are may be community agencies that can help with a referral for you. Your place of worship may offer you comfort. Therapeutic massage, acupuncture, meditation and yoga can help to calm your nerves. We cannot underestimate the healing power of nature. A walk in the woods, by the sea or even on a rooftop gazing at the sky can offer you tremendous healing energy.

4 *Read every book you can find.* There are many books that will say exactly what you want to hear and some that won't, eventually read all of them. Some good choices are:

- When Things Fall Apart by Pema Chödrön
 - Mistakes Were Made (But Not by Me) by Carol Tavris and Elliot Aronson
 - Anything by Eckhart Tolle, Carline Myss and Deepak Chopra
 - Callings by Gregg Levoy
- Basically, anything inspirational to you.

5 Believe in yourself. Life begins anew. Choose to learn from experiences, choose to trust, choose to breathe deeply, pull yourself up by the bootstraps and move on. Dig deep and learn about the parts of yourself that you forgot were there. During times of self-reflection, many of us have reinforced what we already knew, and that is that family, friends and community are,

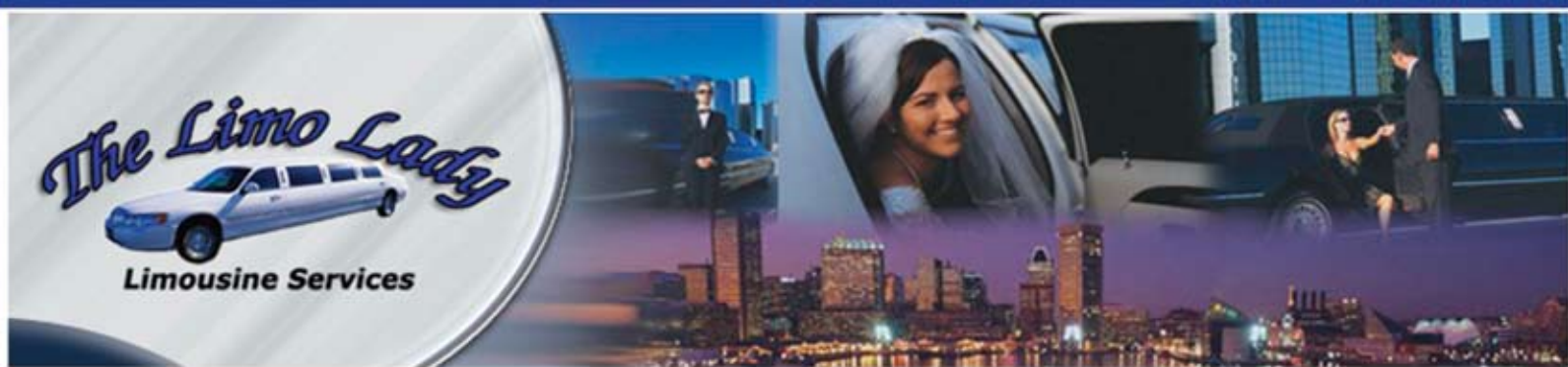
basically, everything. Choose (it is a choice!) to move past fear and to believe in yourself. Do you believe in yourself? If you believe in yourself and your gifts—and we all have them—others will believe in you too. Choose to be openhearted. The best is yet to come. Believe it!

6 Pay it forward. If you have been through a life changing event and know of someone who is going through one now, you can help as others helped you. Lend an ear, listen-really listen-and do what you can to help. Remember what helped you.

Know in your heart that most of the time there are lessons in the falling apart and such times offer a

chance to learn and grow. Use your experiences to become a better version of yourself.

Patty is a Certified Natural Chef with a Master's degree in Holistic Nutrition and was founder and director of the Patty James Cooking School and Nutrition Center, the first certified organic cooking school and nutrition center in the country. She created the Patty James Health Guide, a guide to life-long healthy eating and lifestyle. Patty is a frequent guest speaker in public and private schools around the US, the Clinton Foundation in New York, as well as to health practitioners and organizations. Patty runs Shine the Light On America's Kids, an organization whose mission is to shine the light on all aspects of kids health in America. She is the author of More Vegetables, Please! Website: www.PattyJames.com and www.ShineTheLightOnKids.org. More Vegetables, Please! Can be purchased from www.amazon.com and through any major bookseller.



"Best of Wedding Transportation by The Knot 2008 and 2009"

"Wedding Wire's 2009 & 2010 Bride's Choice Award"

"2010 Premier Bride's Choice Award"

Proud Member of Maryland Limousine Association—Current President

12 Years of Service

Female Owned and Operated

Joanna@thelimolady.com

410-663-7000

www.thelimolady.com

PSC Authority number: #2171



Maryland's Renowned Women: Maryland Women's Hall of Fame

By Jill Moss Greenberg

The Maryland Women's Hall of Fame, established in 1985 by the Maryland Commission for Women and the Women Legislators of Maryland, annually honors 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.

Each year, 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.

Inductees have included famous historic women, such as Rachel Carson, Harriet Tubman, and Clara Barton, as well as other Marylanders who have made significant contributions, including Lillie Carroll Jackson, Eugenie Clark, Mary L. Nock, Shoshana S. Cardin, and others.

Since 1985, the names of these inductees have been included on a plaque that is currently on display in the Maryland State Law Library in Annapolis, MD.

This Spring, the plaque will move to the Maryland Women's Heritage Center's first initial home in downtown Baltimore at 39 West Lexington Street in the former Baltimore Gas & Electric Building. The Center will also include a display for visitors to learn more about these renowned Maryland women.

2010 Maryland Women's Hall of Fame Inductees

More information about the current and past Maryland Women's Hall of Fame inductees can be found at www.MDWomensHeritageCenter.org.

Claire Fraser-Liggett, Ph.D. (1955–) is Director of the Institute of Genome Sciences at the University of Maryland School of Medicine. She also serves as faculty member in the departments of Medicine and Microbiology/Immunology. A Maryland resident for over 25 years, Dr. Fraser-Liggett is a leader and pioneer in genomic medicine. She is one of the most highly cited investigators in microbiology and has been

involved in the completion of more than 1,000 microbial genome sequences globally.

Anne Catharine Green (1720–1775) was the first American woman printer and publisher. After her husband's death, she became a successful businesswoman taking over her husband's print shop in Annapolis, Md., and publishing the Maryland Gazette.

Irene Morgan Kirkaldy (1917–2007) fought for American Civil Rights. In July 1944, as she was recovering from a miscarriage, Kirkaldy refused to give up her seat on a Greyhound bus to a white couple as was

authorized by Jim Crow laws. Her fight against discrimination and segregation was eventually heard by the U.S. Supreme Court, which led to a landmark decision for Civil Rights and served as a catalyst for further court rulings and the Civil Rights movement as a whole. Eight years later, the Supreme Court decided in *Brown v. Board of Education* that segregation violated Equal Rights Protection as stated in the 14th Amendment. In 1955, Rosa Parks followed Kirkaldy's example and famously refused to give up her bus seat in Montgomery, Alabama.



Claire Fraser-Liggett



Anne Catharine Green



Irene Morgan Kirkaldy



Almira Hart Lincoln Phelps



Dr. Bernice R. Sandler



Lillie Shockney

Almira Hart Lincoln Phelps (1793–1884) was a pioneer for women’s education serving as a teacher, writer, and publisher. She fought to close the educational gap by correcting the disparity between educational opportunities available for males and females. She published textbooks focused on educating women and served as the head of the Patapsco Female Institute in Ellicott Mills, Md., from 1841 to 1856.

Dr. Bernice R. Sandler (1927–) is a visionary and pioneer for gender equality in education. Widely known as the “Godmother of Title IX,” Dr. Sandler has spent over 50 years advocating for women’s rights. She has fought for

the rights of women in the field of education. Currently, she is a Senior Scholar at the Women’s Research and Education Institute in Washington, D.C., and an Adjunct Associate Professor at Drexel University College of Medicine.

Lillie Shockney, RN, BS, MAS (1953–) is a two-time breast cancer survivor and an expert and leader in the field of breast cancer treatment. She serves as an Assistant Professor in the Departments of Surgery and Gynecology and Obstetrics at The John Hopkins University School of Medicine, the University Distinguished Service Assistant Professor of Breast Cancer, and the Administra-

tive Director of The Avon Foundation Breast Center at John Hopkins. Shockney is also a nationally recognized public speaker on the subject of breast cancer treatment, as well as a published author on the subject. Along with her mother, she co-founded and serves as vice president of “Mothers Supporting Daughters with Breast Cancer,” a nationwide non-profit organization.

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

Why Do People Cheat on their Spouses or Partners?



Q&A With
LeslieBeth Wish, Ed.D, MSS.

Dr. LeslieBeth Wish, Ed.D., MSS is nationally recognized psychologist and licensed social worker #7132 based in Sarasota, FL, specializing in all aspects of women's relationships and work. She is a columnist, "Relationship Realities" and member of the Medical Advisory Board for www.qualityhealth.com, a Top Ten Health site. She is a dynamic speaker, often quoted in top women's magazines. Learn more about her research on women and love on her website www.lovevictory.com.

Q. Dr. Wish, you have counseled couples for many years. What are the top reasons that men like Tiger Woods cheat?

A: It's a good question—especially since recent headlines about cheating men include celebrities such as Tiger Woods and David Letterman. The heart of the question, though, is why does anyone cheat? It would be so

simple to say that there is a "type" of person who cheats. The roots of cheating lie in a person's unique combination of early childhood environment, temperament, later experiences and the coping mechanisms that the person uses to deal with life's anxiety and disappointments.

Q: Could you give some more details about this combination? And are we all capable of cheating?

A: We all have human failings, so, yes, in theory, we all have the capacity to cheat. But not all people who are unhappy in love end up cheating. An imaginary, perfect recipe for a cheater would be:

- One gallon of a childhood that included parents who fought, separated, divorced and had multiple partners and who neglected, rejected, abandoned or abused the children.

- Another gallon of a parent who expected too much or too little—and seriously

over-favored or under-favored the child (When parents over-favor or over-invest in a child, the child can grow up to feel entitled and invincible—and, paradoxically, UNABLE to live up to such high standards. When parents under-favor a child, that child might grow up searching for too much approval.)

- Two gallons of a childhood with a parent who cheated and was emotionally distant and who demonstrated a lack of respect and trust in men, women, marriage, intimacy and the world in general.

- About half a gallon of an anxious, defensive, hyper-active or addictive personality that cannot self-soothe.

- Another half gallon of poor coping mechanisms such as anger, avoidance, withdrawal, substance abuse or denial.

- Two to four cups of disappointments and betrayals in love in adulthood.

- One cup of a marriage or relationship that was entered

into too quickly, after the death of a loved one or at a critical life phase such as women hearing their biological clock ticking or men feeling that the “next step in life” is to get married.

Q: Fascinating. So what are the top reasons that a man or woman cheats?

A: Here is a good list. People cheat...

1. to get a sense of feeling valued and appreciated that they can't get in their relationships.
2. To fill the bottomless “hole in their soul” that got dug early in their childhood.
3. To feel alive and vital.
4. To “tempt fate” and live “on the edge.”
5. To get back at their partners for their cheating.
6. To satisfy a sexual addiction.
7. To “heat up” a dead relationship emotionally and rock the boat to get an emotional response from their partner.
8. To create emotional distance in their relationship and protect themselves from getting hurt or too close.
9. Because they've used cheating as a way to reduce their unhappiness in the past.
10. To relieve anxiety stemming from current life situations such as financial woes or death of a loved one.
11. Because they never really made a commitment to the relationship.
12. Because, unconsciously, they want to end their

current relationship and don't have the emotional courage to discuss and manage their unhappiness more maturely.

13. Because they're high on drugs and act impulsively.
14. Because they are self-destructive.

Q. Do married women cheat less than men?

A: Statistics vary. After all, they're based on people telling the truth about their love life! But, in general, about 20 to 30 percent of men cheat, and about 20 to 23 percent—and climbing—of women cheat.

Q. Are there some common scenarios that a marriage counselor could spot, if for example, a dating couple came in for counseling before or during the marriage?

A: I would tell counselors to “trust their gut reactions.” If the “picture doesn't make sense” to you, perhaps cheating is involved. There is not necessarily one magic clue that someone is cheating. Often, the “proof” rests on many hints. Here are some behaviors for counselors to observe:

1. One of the persons doesn't want to attend therapy sessions.
2. The couple doesn't do their homework or cancels appointments often.
3. You learn from their history that one of the partners:
 - is absent a lot, always has “meetings”—especially late ones (long hours working together

often breeds intimate relationships)

- has changed their sexual behavior
- suddenly seems “different”
- doesn't have the same amount of money to spend on the family, is short money or pays the credit card in installments suddenly
- locks the cell phone
- has unusual charges on the credit card bill
- is on the Internet alone and late at night
- ends phone conversations abruptly and is evasive about them
- doesn't have as much energy or commitment to the family
- wants to postpone the wedding
- “forgets” birthdays and anniversaries
- lavishes gifts on the spouse or partner suddenly
- insists on a great distraction such as having a late in life child or building a home suddenly

But remember—there ARE people who are masters of disguise. We'd all like to think that “we'd know if our partner were cheating on us.” Yet, we all can be fooled.

Q. Is this behavior ever an indicator of who has the most power, i.e., one spouse is wealthy and the other is not?

A: People of all incomes cheat. Wealth and fame, however, seem to increase opportunity by attracting more willing adventurers!

Q. Are women more likely to stay in the marriage if their husband cheats versus a husband remaining in a marriage if the wife cheats?

A: Again, statistics vary, but roughly a quarter to a third of marriages recovers from infidelities. Men do, it seems, have greater difficulty dealing with their partner's sexual indiscretions. Women tend to be more forgiving when the "other women" are prostitutes, one-night stands and so-called "it-didn't-mean-anything-and-I'm-so-sorry" encounters. However, both men and women struggle greatly to manage the emotional pain of knowing their partner had a longer term love match.

History, however, is filled with women who "stood by their man" regardless of the level of intimacy that the man had with other women. These women go through an emotional review of their unique relationship "balancing act." They ask themselves, "Do the benefits of staying out-weigh the advantages of leaving?"

Q. Is the quality of a marriage ever the same after a spouse cheats?

A: The road to healing is often a long and difficult one. Some marriages are able to use the affair as a serious "wake up call." It takes a tremendous amount of maturity and commitment to integrate successfully this jarring experience. In many

ways, discovering that your partner has been cheating is a form of trauma. The revelation shatters the peaceful assumptions about trust in the world, love, yourself and others. Time and new behavior are the best medicine. Counseling can also be very valuable. It's helpful for counselors to address this sense of a whole world of security and safety being blown to bits.

The National Association of Social Workers (NASW) is the largest membership organization of professional social workers in the world with nearly 150,000 members throughout the U.S. and its territories. It promotes, develops, and protects the practice of social work and social workers. NASW also seeks to enhance the well-being of individuals, families, and communities through its advocacy.



Bailey's Tax & Financial Freedom Services



Debt Elimination

Financial Consultations

Tax Preparation

Retirement Plans

Mutual Funds

Life Insurance

Would you like to receive an immediate pay raise?

Be completely debt free including your mortgage in as little as 10 years?

While paying less in taxes and making more money!

Harvey L. Bailey
Office: 410-687-0658
Cell : 443-388-0356

Colorectal Cancer Awareness

By Jamie Lober

It is important to do your part in the fight against colorectal cancer because it can be an easy battle to win. “It is the only cancer that we know how to prevent. The way to do that is to screen and remove colon polyps,” summarizes Dr. Patrick Hyatt, gastroenterologist and director of the heartburn center at Mercy Hospital in Baltimore.

The colon serves an important but not vital function. “The colon is helpful because it helps absorb water and allows you to have bowel movements,” educates Hyatt. You can survive without the colon though you may face some challenges. “Patients who have hundreds of polyps or a condition called ulcerative colitis where the entire colon is inflamed sometimes have to have their colon taken out,” says Hyatt.

Do not avoid screenings out of the fear that a polyp will be found. “Not every polyp turns into cancer, but virtually every colon cancer arises from a polyp,” clarifies Hyatt. The general recommendation is to get your first screening at age fifty. “Patients who have a family history are at increased risk and should begin screening at either age forty or ten years before the youngest family member was affected, whichever comes first,” says Hyatt. African Americans are recommended to be

screened beginning at age forty-five since they have a slightly increased risk.

The gold standard for testing is the colonoscopy. The patient is prepped the day before and is asleep during the thirty minute procedure. “We use a high definition fiber optic camera. We look for polyps and if we see one, we pass an instrument through the scope to remove it and send it to the lab to tell whether or not it could have turned to cancer someday,” describes Hyatt. The patient always comes back for a second evaluation. “If the patient has no family history and we do the screening at age fifty and they have a polyp, the recommendation is to bring them back in five years to make sure there aren’t any new ones. If they have more than a couple, we tell them to come back in three years,” says Hyatt.

One new but not yet promising development is the virtual colonoscopy which is also known as the CAT scan colonography. “The rule is to only use it on a patient when a normal optical colonoscopy was unsuccessful. If you are scoping a patient and cannot get all the way to the end, then you submit them for a virtual colonoscopy to see if you missed anything,” explains Hyatt.

The fecal occult blood test is another good preventive measure. This involves

placing a small stool sample on a chemically-treated card to which a chemical solution is applied. If the card turns blue, that means there is blood in the stool. Blood in the stool can be a sign of colorectal cancer, but can also be indicative of hemorrhoids, gastro-esophageal reflux disease or the result of using non-steroidal anti-inflammatory drugs.

Treatment for colon cancer usually involves surgery. “If you remove the tumor in its entirety and it has not spread, the patient is cured,” says Hyatt. “Most of the time, you can reach a full recovery. You are able to remove that portion of the colon and connect it back up together,” says Hyatt. The goal is early detection. “If the tumor at the time of detection has already spread outside of the colon, then your option is chemotherapy and radiation to help shrink the tumor,” adds Hyatt.

When you are in tune to your body, you will know what is normal for you. “If you have any rectal bleeding, history of anemia, change in bowel habits or abdominal pain, you may want to be assessed to be sure you are not missing something,” says Hyatt. Remember that there are many factors of your overall wellness that are out of your control, so it is important to take control of those that you can.

What Tomorrow's Leaders Need to Learn Today

By Richard Bellingham

Preparing the next generation to solve the problems this generation generated.

Kids need mentors to help them deal with the problems they'll face as adults by actively intervening to improve moral modeling, moral reasoning, and moral leadership.

Moral modeling means providing positive examples for children to do what's right even if that requires courage and risk. If parents speak up when they hear instances of sexism, racism, or violence, children will see what it means to take a stand. Kids are picking role models in sports and entertainment that can lead them down a destructive path. Mentors need to point out the differences between negative and positive models.

Moral reasoning means engaging kids in meaningful conversations about what's right and wrong. If parents encourage kids to think about the values that lie behind the decisions they make, children will learn to explore the implications of the choices they make. Abdicating the parenting role to TV and the internet doesn't help kids process moral dilemmas. Kids lucky enough to have mentors who can en-

gage them in dialogue about these issues are more likely to become effective leaders in the future.

Moral leadership means encouraging kids to step up and do the right thing in the face of injustice, unfairness, and intolerance. If parents support kids' efforts to get involved in constructive change activities, children will begin to see that they can make a difference. Kids are living in a world that is short on substantive actors and overloaded with shallow critics, however, they also have access to stories about great leaders anywhere in the world.

Lack of moral modeling, reasoning, and leadership can be seen in several of the major challenges we're confronting today as a society. These challenges are be framed in what children see, what values they need to consider, and actions they could be encouraged to take. For example:

Joblessness: In the 1990s US unemployment was around 3%. Today, unemployment is over 10% and close to 20% of people are underemployed. Meanwhile, CEO compensation ranges from 5 million to over 100 million per year. We need to do a better job of not only

creating wealth but distributing it fairly.

Modeling—What do children see: Parents out of work, hopelessness, foreclosures, deceptive lending practices, obscene compensation for the rich.

Reasoning—What values do they need to consider: Innovation, Interdependence, Integrity, Quality.

Leading—What actions could they take: Commit to learning as much as they can, being as creative as they can be, and developing resourcefulness.

While I've highlighted negative events that children observe in this article, it's important to acknowledge that children also see many positive examples (e.g. Paul Farmer, Greg Mortenson, Barack Obama, Lucy Caulkins etc.). As parents and grandparents, we need to ensure that kids are made more aware of positive role models and that they're able to understand how to deal with the negative role models.

Richard Bellingham is CEO of consulting group lobility and co-founded the Forum for Intelligent Organizations at Harvard University. He's taught culture change and leadership development and worked with several Fortune 100 companies including AT&T, HSBC, and IBM. *The Fables of Boris* can be purchased from www.barnesandnoble.com or www.FablesOfBoris.com.

Do you have PCOS and a daughter?

Researchers at Penn State Milton S. Hershey Medical Center are looking for daughters of women with polycystic ovary syndrome (PCOS) to participate in a research study that may help detect early warning signs of glucose intolerance, type 2 diabetes and PCOS. Volunteers will travel to the medical center on two separate visits and complete:

- Health history questionnaire
- Modified oral glucose tolerance test
- Physical exam
- DXA scan
- Trans-abdominal ultrasound

You may be eligible if you are a woman who has PCOS and have a daughter between the ages of 4 and 17 years old.

To see if you are eligible contact

Barb Scheetz at 717-531-4483 or bscheetz@psu.edu

Study director

Richard S. Legro, M.D.

Penn State Hershey Obstetrics and Gynecology



PENNSTATE HERSHEY



This research study has been approved by the Institutional Review Board, under federal regulations at Penn State Hershey Medical Center, Penn State College of Medicine.

U.64. MED 09-0232-RES

Pull by 10/01/10

IRB 28309 (4/28/09)

Female volunteers needed for polycystic ovarian syndrome research study

Penn State Hershey Medical Center researchers are trying to understand the reproductive and metabolic abnormalities associated with polycystic ovarian syndrome (PCOS).

Participants will be asked to come in for one morning of diagnostic testing—bloodwork, an ultrasound, and an oral glucose tolerance test—and a medical evaluation for PCOS. Compensation is provided for your time.

Women may be eligible to participate if you:

- Are between the ages of 18 and 45
- Are in good health
- Have infrequent (6 or fewer) periods per year
- Have a previous diagnosis of PCOS or want to find out if you have PCOS

To see if you are eligible for our study, please contact Barb Scheetz at 717-531-4483; bscheetz@hmc.psu.edu

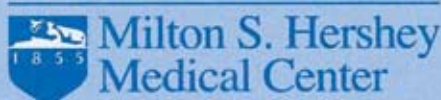
Study director

Richard Legro, M.D.

Penn State Hershey Department of Obstetrics/Gynecology,
Division of Reproductive Endocrinology



PENNSTATE HERSHEY



This research study has been approved by the Institutional Review Board, under federal regulations at Penn State Hershey Medical Center, Penn State College of Medicine.

U.64. MED 09-0232-RES

Pull by 10/01/10

IRB 28309 (4/28/09)

Win the Focused Woman Contest!!



Name -----

Address -----

City ----- State ----- Zip Code -----

E-mail -----

Find the young suffragettes and you could win a pass at a local gym or area restaurant. Simply circle the young focused women, fill out this form and send to:

Focus on Women Magazine,
4615 Oakview Ct.
Ellicott City, MD 21042

Only one entry per household.



BLOSSOM!

Nature-inspired, felted wool handbags, market baskets, totes, and pins

Bags are hand-knitted from 100% wool or wool/soy blends, with decorations and the pins made from needle-felted wool roving. Felted wool repels water and dirt and is durable. Each piece is unique. Special orders are taken.

***Focus on Women* readers receive a 15% discount. Don't forget to mention it!**

To order or to inquire about designs and custom orders, contact jaanamy@comcast.net or 410-292-8788.



And you think you've had a tough day...



Families with children that suffer with life-threatening illnesses count on the Casey Cares Foundation to make every day count for them. We turn a grimace into a grin, but need your help.



Contact us to see how easy it is to help:
443-568-0064 or visit
www.CaseyCaresFoundation.org



Enhancing the lives of critically ill children.

Thank you to our 10th Anniversary Gala Sponsors:

RDA dr. & mrs. craig LONGENECKER

KIDSTREET+NEWS

MedStar Health

Focus Women



STYLE



MIX 106.5
BALTIMORE'S BEST MIX

The OKUN Family

BAIRD
Robert W. Baird & Co.

GOODMAN-GABLE-GOULD/
ADJUSTERS INTERNATIONAL
The way to settle claims

WCBM
680

MORRISON
great starts here

CLEARCHANNEL
OUTROCK

Comcast

b
baltimore.com

DiMayo
Family Foundation
gl and marlane
KUTA