

Focus Women

A Publication
for the Conscious Woman

ON

M A G A Z I N E

November/December 2009



INSIDE:

Make the World a Better Place

Graceful
Aging

Neva Gould

Worry Is Not
A Good Strategy



Special Holiday Ad Section

Dates for up-coming
Maryland Retrouvaille
Weekends for 2010 are
Jan 15-17,
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

November/December 2009

Table of Contents

Departments

In View:	
Publishers Note	4
Scoping Out:	
Calendar of Events	27
Focused Women	
Contest	43

Make the World a Better Place 6

Neva Gould 8

Graceful Aging 10

Introduction to Constellations 12

Worry Is Not Always A Good Strategy 14

Living in the Season: Winter 2009 16

Thanksgiving 17

Women Fighting Breast Cancer 18

Get Boost from Lawyers

S. T. E. M. 19

My Husband Assaulted Me 20

Endometrial Cancer 24

Restaurant Review: Corks 26

Book Review: 28

"The Women Who Raised Me"

Miracles Made Easy 29

Generations For Justice 30

Thanksgiving Leftovers 32

What is an Officiant? 34

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.

From the Publisher



As the “Holiday Express” travels through the pathway of our lives, I become more contemplative about feelings of gratefulness. I am grateful that my daughters survived the worst of H1N1. I am grateful for the life experiences that teach us how to embrace challenges and change. I am grateful for having the option of turning away from those things that no longer serve us and turning towards those things that do. I am thankful for the patchwork of hard times, not-so-nice-people and mistakes from which we learn joy, knowledge and perseverance. I am thankful for Mike Dion and the Mrs. who tolerate quite well a distinguished diet of deadline

madness. I am grateful for the writers who have a plethora of material to help make our magazine accessible, readable and viable. I am thankful for Noelle who “appreciates” daily serial calls and emails about our vision and content. I am thankful for our editors, Kathy and

Norma, who faithfully deliver in many different ways. I am thankful for the opportunity to serve YOU, our readers, sponsors and supporters who believe in the beauty of who we are. May the mark of this holiday season gift you with abundance, health, happiness and safety.

All the best,
Joslyn Wolfe

“It is only with the heart that we can see clearly. What is essential is invisible to the eye.”

—

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, Janice Campbell, Elizabeth Bobo, Jaana Myllyluoma, Jill Greenberg, Factcheck.org, Traci Barnett, Natalia Hart, Noelle Schiffer, Bette R. Hoover, Natalie West Makel, Darwin Correspondence Project

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.

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

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.

GIRL SCOUTS OF CENTRAL MARYLAND'S GREEN CARPET EVENT

Thursday, November 12, 6-8:30 p.m.
Port Discovery 35 Market Place, Baltimore, MD 21202



The 3rd annual Green Carpet Event is a kick-off to our time-honored Girl Scout Entrepreneurial Cookie Program. This evening highlights the girl-centered benefits of the Girl Scout Cookie Program by honoring one girl from each of the five counties in Central Maryland and Baltimore City. These girls will be joining the featured chefs as the "Stars" of this Big Event.

Join us for a night of celebration!

Our Girl Scout Stars will be chauffeured to the Green Carpet Celebration by limousines and they, along with our guests, partake in very special culinary delights created by the featured chefs using Girl Scout cookies. This will be a night not to miss and not soon to be forgotten by the corporate, family and community guests expected to be in attendance.



Tickets (\$25) are available at
www.gscm.org/gce.html
or call Clarke, 410.358.9711 ext. 287

Featuring Fabulous Chefs:
(confirmed to date)

Chef Jason Ambrose
 Salt Restaurant

Chef Daniel Elardo
 Zeffert & Gold Catering

Chef Michael Gettier
 Antrim 1844

Chef Nancy Longo
 Pierpoint Restaurant

Chef Jaime Luna
 Mari Luna Restaurant

Chef William McKinley
 McCormick & Schmick's
 Seafood Restaurant

Chef Bryan Montz
 Chef Montz Executive
 Catering

Amber Richards
 Nespresso

Rev. Edward Robinson
 Agape House Catering

Chef Daryl Rodriguez
 Truffles Catering

Chef Robert W. Seelig
 Santoni's



Make the World a Better Place This Holiday Season

To put yourself in another's place requires real imagination, but by doing so, each Girl Scout will be able to live among others happily.

—Juliette Gordon Low, Founder of Girl Scouts



For most of us the holidays are a joyous time. It's time we spend with family, friends and other loved ones, sharing food, fun, laughter, stories, memories and gifts. Yet this is not true for everyone in our community, which is why I am always impressed when people and organizations make time

during the holidays to provide service to others. So I was especially pleased when our staff social committee decided to include a community service component in our own holiday celebration, incorporating a holiday card making activity into the festivities. The cards were then delivered along with songs and treats to the residents of the nursing home across the street from us. It

was meant to be a service to others but as often happens with community service work the staff received as much joy from the project as our "neighbors." Smiles were in abundance!

Two years ago a cluster of Girl Scout Troops sent the Council office holiday cards addressed to our founder, Juliette Gordon Low. Inside the cards were donations to our annual fund campaign—cer-



tainly a welcome and timely gift for us. Another group of Girl Scout troops annually collect food for local shelters and food banks in their area during the Thanksgiving and winter holiday season to ensure that those in need will have food available to them. And during this time of world turbulence, we also have Girl Scouts who choose to spend time during this season at the BWI/Marshall Airport distributing Girl Scout Cookies, as part of our Operation U.S. Mint Gift of Caring project, to soldiers and military personnel who are returning home or are being deployed to an overseas tour of duty.

The saying goes, “Charity begins at home.” And while that may be true, charity is strengthened when it is supported and encouraged by a community. Imagine the impact that a whole community’s charity can have; collectively, it makes a world of difference in the lives of so many.



Juliette Gordon Low said, “Ours is a circle of friendships united by ideals.” This holiday season will be greater for all people if we—individuals, families, organizations and businesses – become united by the ideals of charity and service. The possibilities of what could emerge from this “circle of friendship” are infinite. Whether you follow the lead of Girl Scouts and collect toys, food, clothing, blankets and coats; spend time helping out in a soup kitchen; wrap

presents; visit nursing homes and senior centers to sing carols or just talk; send cards with donations to your favorite organization(s) or find a way to brighten someone’s day or ease their burdensome load—the holiday season is a great time to spread joy and make new friends. I and thousands of Girl Scouts across the country will be spending part of the holidays making the world a better place; we challenge you to do so as well.

Neva Gould

By Joslyn Wolfe



At ten years young, Neva Gould's life took the turn of a miraculous odyssey, allowing her to bridge the harrowing narrative of her past and skillfully link it to the present through a recently published historical novel, *Run for Me Too*. A narrative, the overall story is based on Gould's experiences as a Holocaust survivor. "I wanted a way to give tribute and remember the other Jewish families who perished," Gould says. "What better way to do this other than writing this novel."

"It began in 1941, the first time we managed to escape from the Nazis," Gould says,

who recalls living with her mother, father and brother in the Croatian part of Yugoslavia. Having physicians as parents helped Gould's father acquire travel documents to leave Zagreb and to enter Bosnia, Herzegovina, where there was a shortage of doctors, a move that would certainly spare Neva and her family's lives. "With the exception of ourselves, the other Jews from our town were deported to the death camps."

But instead of Gould and her family entering Bosnia, the family remained along the border town of Ljubljana, formerly a province of Yugoslavia, now an independent country. Following

four months, Gould's father secured false identity papers allowing the family to enter Slovenia. After another four months, the Gould family found themselves on the run again after learning that the Nazis were advancing to the area and escaped to Como, a Northern Italian town along the Swiss border. "Since my parents were physicians, they had strong ties to the community and many people owed them favors," says Gould, the mother of two girls and one boy and the grandmother of two. "Those favors were a good thing because it helped us, however narrowly to escape the fate of the Nazis."

Gould recounts that the family's stay in Como was far from 'freedom.' "We were in free confinement there," she says. "We could only move in a radius of ten kilometers and were subjected to daily roll call by the police."

Remaining in Como until 1943, during the time the Allies were deployed to Southern Italy, the Goulds were on the run again when they were informed that the Germans were advancing into Northern Italy. So, in August of that year, Neva's family gradually worked their way South, walking part of the way where the rail tracks were destroyed and taking the train whenever possible. But for the family, getting to Southern Italy was a sojourn of circumlocution, says Gould. "The Germans rerouted the trains from Rome," Gould says. "So we walked towards the mountains to a town called Benata, near Benevento and remained there until the front lines of the Allied troops liberated us."

For a while, Gould's freedom meant further confinement. Following their liberation, they were sent to live for one month in a nearby town and were given applications to apply as refugees to enter the United States. Due to a special Act of Congress in 1944, a certain number of refugees could apply for entrance into America. When the Goulds' application was accepted, they boarded a U. S. convoy ship and shortly after their arrival they were resettled to Fort Ontario in Oswego, New York where they remained until 1946. "Although we were free to go to school and to

shop, there was barbed wire around the camp—because we were refugees, and not yet citizens" Gould says.

For the Goulds, citizenship was two years and one border away. So in 1946, the family entered Canada where they applied to become United States citizens and the application was accepted.

As a progeny of doctors, Gould had an innate interest in saving lives. Consequently, she attended Hunter College in New York, graduating in 1952 and later from SUNY New York Medical School where she studied pathology, graduating in 1956. Gould's medical degree allowed her to practice medicine in New York, five years in Washington and 35 years at Michael Reef Hospital in Chicago where she continued her work in Pathology with a special interest in infant mortality.

Reflecting upon her life, Gould's reddish hair and radiant translucent skin belie her age of 78. "My entire town where we lived in Croatia was completely liquidated. Because of my parents' connections, we escaped the fate of other Jewish families," she says in a tone of humble remembrance.

Just shy of retiring one year ago, Gould has another pursuit—promoting the historical novel, *Run for Me Too*, offered online through Barnes and Noble. "With the exception of some characters, the novel is the story of my life," Gould says. "I wanted to include people and events I knew about, not write it like a memoir."

Neva Gould resides in Chicago, IL.

Joslyn Wolfe is the publisher of Focus on Women Magazine.

Focus on Women Magazine's *Finest Awards*

Focus on Women Magazine congratulates the following businesses who have won our first annual 2009 **Focus on Women Magazine's Finest Awards**. And the winners are:

- **Doctor Paul Ambush**, Pediatrician, Ellicott City, MD for *Finest Patient Care*
- **Lynn's Day Spa**, Columbia, MD for the *Finest Customer Service, Ambiance and Service to the Community*.
- **Abigail Dion of Glazed to Perfection**, Eldersburg, MD for the *Finest Family and Community Based Business*.
- **Fogo De Chao Gaucho Steak House**, Baltimore, MD for the *Finest Steak, Chicken, Salad Bar and Food-a-Thon*.
- **Triangle Printing**, Jessup, MD for *Finest Printing Award*.
- **Girl Scouts of Central Maryland**, *Finest Non-Profit dedicated to helping girls*.
- **Woodberry Kitchen**, Baltimore, MD for the *Finest Customer Service, Food, and Ambiance Award*.
- **Maryland Women's Heritage Center**, Baltimore, MD for the *Finest non-profit dedicated to highlighting contributions for women*.
- **The Iron Bridge Wine Company**, Ellicott City, MD for the *Finest Food, and Wine Combinations*.

Focus on Women Magazine thanks you for your contributions and for being recipients of our 2009 **Focus on Women Magazine Finest Award**.

Graceful Aging: A Conversation with Downing Kay

By Jaana Myllyluoma



By the time Thanksgiving rolls around, my friend Downing Kay will have just celebrated her 102nd birthday. She is the first centenarian I have known personally and, admittedly, she has become a new standard against which I challenge the stereotypes of aging. Recently I had a conversation with her to find out the secret for her long and healthy life. She graciously obliged my questions, being accustomed to attention

due to her age—being “the Exhibit A”, as she laughingly says of her role at the senior living complex where she has her own apartment. It is not unusual for the management to stop her in the hallway to put in a good word to a potential new resident. She is an irresistibly engaging person, an elegant woman full of sparkle and energy, who appears much younger than her three-digit years.

Downing was born and raised in Baltimore, the middle child of five, and enjoyed a happy childhood

at a time when life was far simpler than today. She graduated from High School in 1920 and went on to the Normal School to become a teacher. She married, had two children, and when her daughter was young, Downing enrolled her at the Grace and St. Peter’s preschool in Mount Vernon. The school, in turn, hired Downing to teach, which led to a long and satisfying career at the school.

Perhaps it’s the teacher in her that gives Downing an insatiable curiosity about the world around her. Keeping up with progress is one of the secrets to which she attributes her long life. We talk about the changes in the role of women over the last century. Being a career woman most of her life has given her a different perspective from many of her peers. Quite emphatically she declares that having a woman running for the president of our country is real progress. I sense in her voice the pride of seeing how far we have come.

It is no surprise to me when Downing reveals another one of her secrets—her unfounded interest in people. “I like people—children, teenagers, old people, middle aged—all ages. I want to hear what they have to say, what they’ve been doing,”

Downing says with her eyes shining. And I can attest to that. When I joined the women's group where I met Downing, she made it her business to learn everything about me. I was astounded at the next meeting to hear her ask about some event that I had mentioned in passing.

Downing keeps her appointment book busy with activities that put her in contact with people both inside and outside of the retirement village, with Scrabble evenings once a week not to be missed. She stays in contact with family affairs and events through weekly visits with her 50-year old granddaughter, whom she considers the best of friends, and with regular trips to Florida to visit her daughter.

Our conversation takes on a philosophical turn as Downing speaks lovingly of

her church and the importance of prayer and faith in her life. She wonders whether young people today feel that same warmth of a community that church has meant for her. Attending church is not an option – it is a commitment that she has kept for a century, ever since attending Sunday School as a small child. Her faith has sustained and continues to sustain her.

But I am still curious about one thing—the noticeable absence of any talk of illness or health problems. I have not even once heard her complain, despite her not seeing or hearing well. She is very clear on her viewpoint: “If there is something I cannot do, I immediately think of the things that I can do. I switch to something positive”. Some would say that she is blessed with the genes

for a long life, and others might credit the half a lemon juice in warm water that she enjoys every morning, but I am certain that the secret to her health is simply that she loves life. She does not want to miss a beat of experiencing the joy of being alive.

As we finish, Downing insists on walking me down to the lobby. I turn for the elevator but she directs us to the stairwell and climbs down the stairs with a youthful skip. “When I turned 100, I thought now I should feel old. But I didn't. So I just keep on going the same way as I have always been going.”

You Go, Girl!

Jaana Myllyluoma, Ph.D, CPCC, coaches women to find their passion in life. She can be reached at jaanamy@comcast.net or 410-292-8788.

You've got a lot going for you.

You're successful. You're busy.

You know what's important in your life.

Do you worry about keeping it all balanced?



Join Tasha Walsh, LCSW a.k.a. the Core Happiness Coach for a FREE teleclass -

ACTIVATE YOUR CORE POWER:

UNPLUG WORRY, INVEST IN JOY AND SUSTAIN BALANCE ON THE INSIDE AND OUT!

For more information or to sign up: www.CoreHappinessCoach.com/freecall

www.CoreHappinessCoach.com

Introduction to Constellations

By
Ann
McGill

What is a Constellation? How does the process work?

What makes it so powerful? Who benefits?

How can I learn more and participate?

Note: Constellations can be done one-on-one with individuals or in a group. Groups can be a family or organization, and even a culture or nation. For simplicity's sake, we confine our description here to the Family Constellation and the Group Process.

Purpose

The goal of a Constellation is to surface the driving impetus behind a long-standing issue, and to resolve it with love. It does this by identifying the originating event within one's family lineage; possibly going back several generations.

Process

A Constellation provides a visual, visceral, snap-shot summary of the current state of a family's (or group's) interrelationships and how the person is being affected by unresolved issues.

It then provides a mechanism for discovering what needs to happen for deep healing and permanent resolution to take place.

Therapeutic Value

Psychotherapy focuses on the individual, using what is known and can be remembered. A Constellation focuses on one's family system. It has the power to quickly surface what has been hidden, forgotten or denied, that psychological approaches are not equipped to access.

Source of Power

A Constellation derives its transformative power from two sources: the Soul and Love. It is the Soul of the family and each individual that guides what happens. Stories, beliefs, judgments and other intellectual concepts are excluded as irrelevant and undermining to the process.

Unconditional love and acceptance of "what is" serves as the primary source of all healing.

Make it a Priority

Based on 30 years of experience as a facilitator of rapid, transformative growth and change, I consider the Constellations Process a key, primary tool for releasing systemic blocks to progress and well being.

The value of the approach is well recognized throughout Europe and elsewhere, and is now beginning to take hold in the United States.

If you were to ask me what single most important action you could take to release troubling behavior patterns, improve family relations, and experience greater peace and love, I would answer Constellations!

Follow-up support, of course, would enable you to take full advantage of this fabulous opening to achieving what was impossible or difficult before.

Seeing is Believing

There are some things you cannot truly understand without first hand experience. Love, Spirit and Constellations are prime examples.

Once you've observed the process, you realize its enormous capacity to rapidly trigger major shifts in thinking, functioning, health and relationships.

Participation Options

The Constellator or Constellation Facilitator has in-depth experience setting up and protecting the integrity of the work being done.

There are three other roles being fulfilled during a Constellation.

The Client, the focus of a particular Constellation experience, selects a personal problem or particular concern they wish to address.

Participants are supporting players who have chosen to gain by osmosis and grow through observation. They create a circle of energy and hold the space for the work to be done.

Representatives serve as “stand ins” for family members. They gain an even more visceral understanding of the impact and import of what happens to members of a family system. Note: they may not be family members.

Constellation Process Summary

The Client places Representatives (Reps) of various family members inside the circle. The layout describes the dynamics currently operating within the family system from the Client’s perspective.

Reps are then asked what’s going on for them. New relationship patterns are explored until family members are reconnected in healthier, more supportive ways that enable the family system to achieve greater wholeness, loving and balance.

As we said at the beginning, do not expect to understand from the description I’ve just given. You need to see the process at work for all this to make good sense.

Sometimes seeing the final layout and experiencing the re-configured family system is enough to bring immediate resolution. More often it takes a bit of time for new understandings to take root and become fully integrated.

Occasionally people find it difficult to absorb the new knowledge and act on the possibilities presented, yet

later report having clearly benefited.

Origins of Constellations

While not the originator of Family Constellations, Bert Hellinger, from Germany, is credited with developing the concept into its current form, and taking the process world wide. His insightful understanding of human entanglements and how to bring about rapid resolution is now being taught in over 25 countries. Hellinger began his career as a priest, was a missionary to the Zulu in Africa, became a psychotherapist, and studied family systems and group dynamics.

What’s most significant about Hellinger’s Constellation work is that it is based on years of observation, seeing what is and how things work. He steadfastly avoids intellectual theories, beliefs and assumptions. It is this revelatory approach that has led to numerous surprising discoveries about how to establish healthy, supportive relationships and release historical disruptions that have long been reverberating throughout your family system.

Benefits to Client—the Focus of a Particular Constellation

- Discover root causes for undermining patterns of thinking, feeling and behaving.
- Access information and stimulate deep, permanent healing in ways no psychotherapeutic system can provide, because the method goes beyond intellect and mind, relying on Soul to guide.

- Know you are healing more than yourself. Minimally, you are positively impacting your entire family system, going back several generations, and through your children as well.

Benefits to Participants—Supporting Players

- Deepen your understanding of, and connection with, the person you have come to support and other participating players
- Learn from someone else’s experience. You may recognize yourself or your situation in the work that is unfolding, possibly seeing something you’ve not previously considered.
- Participate in a fascinating process. Enjoy sharing a powerfully meaningful experience with peacefully loving people.
- Know you are contributing to healing the world.

Benefits to Representatives

In addition to all you gain as a Supporting Player, you also:

- Experience Soul speaking to you and through you.
- May simultaneously heal something similar within your own self or family system.
- Savor the joy of being of service.

Is this for you? Do you feel called? If not, this may not be the right time. If yes, what else do you need to know?

For more information about Constellations Plus—Healing to Wholeness™ Mutual Support Gatherings, contact Ann McGill: 703-262-0620 or Diane Hetherington: 202- 257-8300.

Worry Is Not Always A Good Strategy For Success

By Tasha Walsh

Once heard worry described as a misuse of your imagination. When you worry, you are imagining negative things in the future that haven't happened. It's a thought process that starts with an underlying



Tasha Walsh

fear-based belief. If you allow this fear to take root in your imagination, you can be overcome by worry. Your rational mind loses power as the worry acts as a power drain. Worry is a state of mind that depletes

your energy and sets up a wasteful cycle. Throughout the day, you have a certain level of energy to enjoy your family, connect with friends, succeed at work or accomplish other goals. Time spent on worried thinking, or its connected emotional experience of anxiety, acts like a defective appliance, sapping away your energy in a way you did not intend and may not even realize. You're left frustrated and exhausted; regretting that you didn't focus on what you wanted to, which then can lead to more fear based thinking and worry.

For over a decade I've worked with many successful women struggling with this wasteful cycle and have identified common sources of worry that women experience in their lives. In our society, we are conditioned not to admit it. Aside from close friends, most people don't want to acknowledge that these worries exist in their minds, so the worries stay "secret." At that point, they drain even more energy, because you have to work at keeping them secret. Clearing the drain and repairing the pipe is simply a matter of rising to the challenges of three common fears.

1 Self-Perception Confusion

Successful women often have an underlying sense of "I can't" or "I shouldn't" which is generally connected to a belief about capability and role expectation. In our society, success and power are still seen as masculine traits, while feminine traits are more submissive and nurturing. You identify yourself by defining the various parts of your personality. You may have one identity of being a nurturing woman and another as a successful person, and these two don't always work with each other. The tension between them can sometimes be overwhelm-

ing and confusing, much like when you are in the company of two people who are openly uncomfortable with each other. Your identity as a woman perceives a threat from your identity as a successful or powerful person which leads to a fear of self-disintegration.

The challenge is to redefine what it means to be a woman, so that these two self-definitions complement each other rather than create tension. This is something that has been occurring in our society over the past several decades and continues to evolve. On an individual level, the challenge is learning how to balance your identity as a woman with your expression of power. What does it mean to be in a room with a group powerful people and speak to things that they may not be seeing? How can you do that in a way that is not perceived as a "royal bitch" or a "flirt," but as being authentic to who you are?

If you suffer from this worry, you may find yourself having some of the following thoughts:

"Can I be powerful and still be feminine?"

"How can I succeed without becoming just like a man?"

"What if no one likes this side of me?"

2 The Imposter Syndrome

This source of worry is so common books have been written about it. The belief behind this worry is one of “I’m not good enough, I’m not as good as others” and there is a fear of being persecuted. Part of what happens is that you find yourself in situations where you have the opportunity to access and use your power, yet the imposter syndrome strikes and you shut down out of fear of being attacked by those around you once they “find out that you really don’t belong.”

The challenge that this calls up is one of self-acceptance. Being able to accept yourself as a powerful woman, and accepting yourself in the midst of having these worries—being able to say “this is who I am right now” stops the Imposter syndrome’s ability to drain your energy.

Common phrases this worry may bring up include:

“What if someone finds out I don’t know what I’m doing,”

“What if they think I really don’t belong here.”

“What if they get mad and attack me?”

3 Perfection Expectation

This is a self-imposed expectation based on the belief “I have to be perfect” and comes from archetypal images of “the good girl.” Behind this belief is a fear of losing control. When you have this underlying fear, attempts at controlling things

around you are made under the hope that it will have a calming effect on your internal experience.

The challenge in the perfection expectation is to release attachment to a particular outcome. If you are able to be authentic in who you are, and put forth good effort, then you can be fully present and engaged in whatever you’re doing. You know at a deep level that you are doing a good job in that moment, being authentically yourself. It becomes easier to let go of the expectation of a specific end result, and you can feel confident that you did do your best.

Perfection expectation brings up concerns such as:

“What if things don’t work out the way they ‘should’?”

“What if I can’t do all that’s expected of me?”

“What if I disappoint someone?”

I work with women using a combination of evidence-based holistic and cognitive approaches to help them overcome these challenges. By discovering how to tap into your own core power you can keep these worries in check and often get rid of them altogether.

The antonym of worry is calm, or reassure. Once you identify the underlying fear and belief that is causing your worry, then you can address the underlying source that is draining your energy, restoring confidence and calmly focusing your energy in productive ways.

A very effective and easily used technique involves becoming mindful of your

thoughts. As you go through the day, anytime you notice yourself worrying make a small tick mark on a piece of paper. Then write down something you are grateful for or glad about—it can be totally unrelated to your original worry. This exercise does a couple things: by becoming aware of when you are in the midst of worry, you bring that worry under the control of a higher functioning part of your brain. Then by switching your focus to something that taps into more pleasant emotions, you’re exercising cognitive control and regaining power over where your energy is going. The worry may still be there, but it is no longer brutally draining your energy and you have regained the power of your rational mind to address any practical concerns. You can then generate more energy to put toward being yourself and creating the aspects of a life you enjoy living. Being a successful woman does not require perfection, or total confidence, or giving up your femininity. It does mean learning to stand in your own power and express your authentic self in the moment.

If you’re interested in exploring this more, you can go to www.corehappinesscoach.com/bonus and download some free resources to help you clear out your worry drain and strengthen your power source.

Tasha Walsh, known as the Core Happiness Coach, works with individuals and organizations to decrease stress, increase joy, and make it last! She is available for presentations, workshops and coaching. Contact her at Tasha@CoreHappinessCoach.com.

Reflections on Winter 2009

By Janice Campbell M.Ac., L.Ac., ADS

A huge part of my acupuncture practice is a) making grown-ups lie down, b) helping people remember what they knew about life when they were small and c) reintegrating people back into Nature, of which we are all a part, no matter how we try to deny it.



Janice Campbell

Winter in Chinese Medicine is the season of stillness, solitude, courage, fear, and deep wisdom in the face of the unknown. It is associated with Water, life's greatest resource,

and the many forms that it takes. Water can be calm and peaceful or it can be raging and destructive. It can also be fluid and adaptable or rigid and brittle.

The two organs associated with Winter are the Bladder and the Kidneys. Both deal with water in a literal sense. While on another level, the Bladder is responsible for containment – the setting of limits on one's reserves. The Kidneys house our deepest wisdom and the vital essence that is unique to each of us.

How we use our Water energy has a great effect on how we move through the world. It is our motivational force that moves us into life. When faced with uncertainty or the unknown, it is better to sit quietly and plumb the depths of our wisdom and courage before we act rather than surge forth in fear in an aggressive show of power.

To have the resources to do this, we must get adequate sleep, cultivate peace and stillness in our busy lives and learn to develop an inner quietude. In this Winter season, deep listening helps to engender bravery, patience and acceptance. The ability to burst forth in Spring and enjoy the activity of Summer, requires us to take this time for restoration.

Practically speaking, this means being specific about how we expend our energy. At holiday parties, don't wear yourself out flitting around the room in an attempt to talk to anyone and everyone. Rather, it is wiser to seek out those few individuals you really wish to see and give them the gift of being truly present to them and really listening. Quiet simplicity is the energetic hallmark of this time of year and often your time and attention is all people truly want.

Likewise, when considering gift giving, remember that giving simply and wisely enriches the gift and the giver. In our home, we celebrate by lighting the house with candles and quietly sharing stories and a gift or two. My whole family loves it – both children and adults. It is a joyous time for sharing and for replenishing our resources on all levels: body, mind, and spirit in preparation for engaging in the exuberant activity of the Spring that is to come.

At this deep and meaningful time of year, may you find the strength to move smoothly through the activity of the holiday season with courage, wisdom, and joy. And may you come to realize that the unknown need not be a threat but rather full of countless possibilities.

Janice Campbell M.Ac., L.Ac., ADS is a Licensed Acupuncturist & Qigong Instructor and co-owner of Ancient Arts Wellness in the heart of downtown Baltimore. She can be reached at 410-454-0178 ext.702 or Janice@AncientArtsWellness.com.

THANKSGIVING



By
Kathy
Pettway

My Thanksgiving this year will be celebrated in Orlando, Florida at... you guessed it “Disney World.” I have heard of many families going to tourist attractions during the holidays and I often thought that Disney World was a great Christmas present, but I thought to myself, how does it fit with Thanksgiving? Well, allow me to briefly share our family’s purpose for the trip and end with some thoughts for being thankful.

I have a wonderful niece who is also my God-daughter. She was diagnosed with scoliosis almost 4 years ago. Unfortunately, faithfully wearing her back braces did not improve her condition. She currently has a greater than 50% curvature in her spine and to prevent the curve from going into her heart and lungs, surgery was recommended. Her mom attentively scheduled the surgery at a time to prevent a huge absence from school, at the same time, knowing that home school would definitely be in the picture. So after planning the surgery and becoming aware of some of the constraints of the surgery, my sister came up with a great idea. Let’s spend Thanksgiving in Disney World. I said, huh? What about the home cooked food, fellowship, church,

etc? You know the deal. The thought of eating out on Thanksgiving was foreign to me because in all my years, we have never eaten out on Thanksgiving. Thanksgiving is “home cooked meals” and I emphasize the home. But when my sister shared why, the love, support, and fellowship for my niece was stronger and more important than my silly hang-ups. You see, after her surgery in December, my niece will not be able to ride any amusement park attractions such as roller coasters like Space Mountain or the Joker’s Jinx. My niece has never been to Disney World and it is one of the best places for lasting impressions. Since this will be her first and last and my first Thanksgiving of this sort, but hopefully not my last. The whole family is going so, we are doing what I have nicked-named “Location Thanksgiving.” Even though we will not be home, I still want everything to be beautiful and delicious with the company and fellowship as the highlight! My niece was the largest influence and I also remembered that what you bring in your heart

and mind does not have to change because you are not home.

So use the words below to kick off the holidays with a splendid feast and festive conversation!

MENU ITEM

	MENU ITEM	TOPIC
T	Turkey	Thanks
H	Heavenly Ham	Happiness
A	Asparagus	Amazing
N	Nectarine Cranberry Sauce	Noteworthy
K	Kale	Kindness
S	Sauerkraut	Sharing
G	Gravy	God
I	Ice Tea	Inventions
V	Vegetables or Velvet Cake	Values
I	Ice Cream	Inspiring
N	Nutty Blue Cheese Salad	Nature
G	Garlic Mashed Potatoes	Good Will

Closing Thoughts: Make sure your thanksgiving includes some green friendly practices! Here are few:

- Avoid plastic wrap. Use aluminum foil or store leftovers with glass or ceramic storage containers.
- Only buy wines with real cork stoppers rather than plastic. Trees are not cut down for cork.
- Use homemade decorations such as sticks, stones or leaves from your backyard or neighborhood. Be creative..it is in you!

1 in 8 Women Fighting Breast Cancer Get Boost from Lawyers

By Carolyn Lamm, President, American Bar Association

When a woman is diagnosed with breast cancer, many of her most important questions can't be answered by a doctor. What if my insurance won't cover a new treatment? Do I risk losing my benefits if I am not working full time? Will my boss let me take time off for treatment?

To help women answer these questions, the American Bar Association and state and local bar associations across the country have been sponsoring breast cancer legal advocacy workshops. This landmark project features panels of local legal experts who can help women find the answers they need, from employment issues to insurance issues.

According to one expert on the Family and Medical Leave Act, when it comes to breast cancer, the number one legal issue is not the denial of insurance coverage, but in fact, employment.

Many breast cancer patients face employment discrimination due to misconceptions about the disease and a lack of empathy and understanding of cancer. However, both federal and state laws protect against unlawful employment actions.

Legal professionals can help patients understand the complex healthcare provisions of insurance coverage that are often difficult to understand and can fight for patients' employment rights. Women with breast cancer

should work with legal advocates and know that lawyers stand ready to partner in the fight against breast cancer.

One in eight women will be diagnosed with breast cancer in their lifetime, underscoring the need for more legal advocacy workshops and more partnerships between doctors, lawyers and patients.

The American Bar Association's Breast Cancer Legal Advocacy Workshop Toolkit offers advice and aid for lawyers wishing to help patients navigate their situation and provides a blueprint for attorneys to use for developing training programs to educate other advocates. Here is a sample of the advice the toolkit offers anyone facing breast cancer:

Ten Steps to Protecting the Legal Rights of Breast Cancer Patients

- 1 Read your health insurance policy carefully.
- 2 Determine if the treatment prescribed by your physician is covered by your policy.
- 3 Find out about the appeals process under your insurance policy.
- 4 Consult with an expert who is knowledgeable about health insurance law.
- 5 Plead your case in person to your insurance carrier.
- 6 Personalize your written case with your insurance company.
- 7 Obtain copies of your medical records.
- 8 Document everything!
- 9 Ask your physician to advocate for your treatment.
- 10 Be prepared to fight!

S. T. E. M.

By Liz Bobo

One of the most exciting things happening today in education for girls is what is known as STEM.

STEM (Science, Technology, Engineering, Mathematics) is a program for both boys and girls, though it is particularly significant for girls because of the long standing preponderance of males in these professions. The Departments of Education in both the State of Maryland and Howard County have well planned STEM programs in their curricula.

Diana Bailey, who has lived in Howard County for many years, all the while dedicated and working hard for women's equality, works for the Maryland Department of Education and is very well versed in the subject of STEM. For the third year, she has organized a STEM event for the region's middle school girls. Diana is a member of the board of the Women's Giving Circle which is sponsoring the event. Other sponsors are the Johns Hopkins University Applied Physics Laboratory which is hosting the event, Math Engineering Science Achievement (MESA), Maryland Space Business Roundtable, and Multinational Development of Women in Technology (MDWIT).

In our state of Maryland, STEM is of major importance because we are home to a significant percentage of our nation's economy-driving technologies of aerospace, defense, systems engineering, computer software and network engineering, and bioinformatics and biotech. Maryland, more than any other state, is also the location for Base Realignment and Closure (BRAC) activity.

As women, we know the importance of overcoming the gender gap in science and technology careers. We want to prepare our girls to be globally competitive with the necessary skills for the jobs and the world of tomorrow. Then, sooner that we will even be able to imagine, **Focus on Women Magazine** will be covering the great beneficial contributions these girls turned women are making to our planet.

"Girl Power, Reach for the Sky," the program Diana organized, is an excellent opportunity to take a big step towards this goal we hold so dear. Girl Power will be held at the Johns Hopkins Applied Physics Lab on Sunday, March 14, 2010 from 3-5pm. There is no admission fee. Parents are invited to accompany their daughters. For directions, go to www.jhuapl.edu,

Girls attending will have the opportunity to talk with professional women in STEM careers: aerospace, computer science, mathematics, geology, in-

formation technology, engineering, space science, chemistry and more. Hundreds of girls attended the event in its first two years. It was truly not only encouraging, but downright inspirational, to observe these girls, some with a parent or two in tow, eagerly going from station to station at the lab and engaging in animated conversation with professional women. These women already employed in STEM positions reported that it was equally energizing and gratifying for them to see such potential in our girls.

With so much to be troubled about in our lives today—health care, the economy, poverty, environmental degradation—it's important and healthy for us to take time to focus on something that is going well. STEM education programs for girls is one of them.



My Husband Assaulted Me,

(Los Angeles - August 5, 2009) - Sheri Ferber was violently attacked by her husband. What happened after was just as abusive.

**** Editor's Note:** *The following story was brought to our attention through the incredible women in our Community, where outreach and support for Sheri Ferber abounds. We attempted to contact Saddleback Church for a comment, but we have yet to hear back.*

Five years ago, Sheri Ferber was violently attacked by her husband on the way home from Sunday service. Strong in her Christian faith, she turned to her church, Saddleback Church in Lake Forest, CA, for help. She attempted to confide in a pastor, who refused to hear her story. The pastor even called her husband to warn him that she had been “gossiping about their marriage.” As a parishioner for 10 years, Sheri was devastated.

Her church, like many other Evangelical denominations, believes in traditional gender roles. These roles command a wife to be submissive to her husband, as he is the leader of and provider for the household. Along with this comes the belief that there are very few reasons for divorce. Domestic abuse, as unfortunate as it is, is not one of them.

Momlogic sat down with Sheri Ferber to hear her side of the story and learn more about her church's views on gender, abuse, and marriage.

ML: Most Evangelical churches teach from the point of view of traditional gender roles, where wives submit to husbands' protection and leadership. Do you think this allows abusers to justify their actions?

Sheri: I believe an abuser will use any method or means to justify their actions. But on the reverse, there are men who love their wives like the Bible indicates, and like what I believe was its true intention, where a man would stop at nothing to protect his wife and family—providing for them, leading them with a servant's heart. Men and women need to be taught to love, honor, and protect one another better. Marriage is a partnership, not a dictatorship. There is a humble submission and preference for one another's needs, never forcing ourselves on the other person.

I also believe most churches teach the true meaning of the word SUBMIT. Even Saddleback Church teaches from a perspective of mutual submission. There are those

who take the submit term out of context and make it a buzzword for feminism topics.

ML: What does your support group consist of now? (Note: Sheri has become very close to her former husband's ex-wife, who was also a victim of extreme physical and emotional abuse.)

Sheri: I have an amazing set of friends—true friends, some neighbors, some I grew up with or went to college with. When I make a friend, I usually keep them for life. The sad reality is, those who were there for me the most were friends who were not affiliated with any church or religion. It hurt me deeply to watch my non-Christian friends see what the church was and was not doing. When the storm hit, my non-Christian friends were the most Christian in love and deed. They came to my side, made sure my home had what it needed, made sure my son had everything he needed, and more. They brought food, they did my laundry, helped keep my shades open, took walks with me. I also have a very supportive mother. She loved me through it all.

Angela, my former husband's first wife, and I are close now. We connected after the incident with Mark. Initially, when I met Mark, I

My Church Took His Side

had heard that she “falsely” accused him, and he was later arrested for another case of domestic violence. His mother invited me to the court hearing and asked me to help her pray for justice.

The way Angela and I connected was rather miraculous. I did not have her phone number, nor did I know where she lived. While Mark and I were married, he blocked any form of communication between us.

After that dark November day in 2003, I was compelled to pray and ask God for truth. That morning, Angela’s place of work popped into my head. I dialed information and secured the number; I asked for her, but she was no longer there. The person who answered the phone relayed the message that I was calling, and within 45 minutes, Angela and I were speaking. What she said was chilling. She first said, “I have been expecting your call,” and then shared her side of what she endured at the hands of this man.

Now we speak regularly, discussing everything under the sun. We pray together, laugh together, and are committed to our friendship and remain close for not only our boys’ sake, but because we love each other as sisters.

As far as a church, I have found a new home just this past April. I have met with the pastor; he read about my story before I would consider making it my permanent

home. I wanted to know if there would be room for me there. He opened his arms wide for my children and me, and he assured me that he believes physical abuse is a form of abandonment and can be grounds for divorce.

ML: Please explain how you felt, to be not only abused by your spouse, but “abused by your church”?

Sheri: Saddleback was MY church. It was my home. It was MY family. I had served there for years. This was NOT my husband’s church. When we were married, he had me attend HIS church. But, I continued to go to service in both places. When I went to MY church for help—there was none. The church never asked for my story, never asked to see the police report, never ever asked for facts. I made dozens of calls to the church for assistance via prayer and Godly counsel. They allowed my husband to come in, and be a part of the two ministries I had served in. All help was cut off.

No matter how many times I asked for them to review the facts, I was denied. Because he is gifted in ministry/music, he was immediately elevated in the worship. No one was holding him accountable but the legal community.

For four years after the birth of our son, he has been given more and more leadership responsibility. Meanwhile, he has not ever set

eyes on this little boy, and no one [at Saddleback] seems to think it is necessary.

ML: Do you think other women in church communities have experienced the same responses from their church pastors?

Sheri: Sadly, I do think that many have experienced similar responses. This is the case of the three monkeys: Hear No Evil, See No Evil, Speak No Evil -- and thereby do nothing to stop the EVIL that abounds.

I also know there are many churches out there that get it right. They see abuse for what it is and deal with it accordingly.

ML: What can you tell women who are either in an abusive relationship or think that they might be in one?

Sheri: Abuse hurts more than your body and your reputation. It hurts the children. It hurts the entire body of Christ. We cannot cover the wrong and think it will get better. We must ask for help. Bring light to it. We have to know we play a part in it so much if we stay and do not get assistance. It is like a cancer—we cannot heal it by saying it is not there. The earlier it gets addressed, the better the chances of recovery. Cancer untreated can kill. Some women choose to stay. I am not going to judge that. But if you do, you must know you are risking your life. There are statistics that are published that will help you to understand you are



MDGraphics
**Graphic Design &
 Desktop Publishing**
301-814-8852
 info@MDGraphics.com ■ www.MDGraphics.com

Volunteers Needed

Females 21–55 years old

who occasionally use

opioids (such as heroin or oxycontin)

are needed for a research study.

Call 410-550-0007

To learn more and see if you qualify.

Refer to study # 0608.

Confidential.

E.C. Strain, Principal Investigator
 Protocol Number: NA 00004829



Approved 11/03/2008

not alone. I am not a professional, but I will say there are resources out there to help you. You cannot expect the church to be there. I learned this the hard way.

If you believe you or someone you love is in an abusive relationship, here are the signs to look for, according to momlogic expert Dr. Michelle Golland:

The most predominant warning sign is simply fear of your partner. Are you controlled and belittled? If yes, then you may be in an abusive relationship. Other typical signs include:

- Frequent injuries or “accidents”
- Partner harassing victim
- Personality changes in victim (once outgoing—now withdrawn)
- Excessive fear of conflict
- Submissive behavior
- Isolation from friends and family
- Monetary control/abuse: not enough money given to victim for reasonable living expenses
- Depression, crying, low self-esteem

Relationship violence takes many forms. It may include one or all of the following:

- Physical abuse
- Emotional and psychological abuse
- Sexual abuse
- Economic/financial abuse

For more on Sheri Ferber’s story, please visit the Momlogic Community. For more information on spousal abuse, call the National Domestic Abuse Hotline at 1.800.799.SAFE (7233), or visit their website at www.ndvh.org.

H1N1 PRECAUTIONS

The only portals of entry are the nostrils and mouth/throat. In a global epidemic of this nature, it's almost impossible not coming into contact with H1N1 in spite of all precautions. Contact with H1N1 is not so much of a problem as proliferation is.

While you are still healthy and not showing any symptoms of H1N1 infection, in order to prevent proliferation, aggravation of symptoms and development of secondary infections, some very simple steps, not fully highlighted in most official communications, can be practiced (instead of focusing on how to stock N95 or Tamiflu):

- 1** Frequent hand-washing (well highlighted in all official communications).
- 2** "Hands-off-the-face" approach. Resist all temptations to touch any part of face (unless you want to eat, bathe or slap).
- 3** *Gargle twice a day with warm salt water (use Listerine if you don't trust salt). *H1N1 takes 2-3 days after initial infection in the throat/nasal cavity to proliferate and show characteristic symptoms.

Simple gargling prevents proliferation. In a way, gargling with salt water has the same effect on a healthy individual that Tamiflu has on an infected one. Don't underestimate this simple, inexpensive and powerful preventative method.

4 Similar to 3 above, *clean your nostrils at least once every day with warm salt water. *Not everybody may be good at using a Neti pot, but *blowing the nose hard once a day and swabbing both nostrils with cotton swabs dipped in warm salt water is very effective in bringing down viral population.*

5 *Boost your natural immunity with foods that are rich in Vitamin C. *If you have to supplement with Vitamin C tablets, make sure that it also has Zinc to boost absorption.

6 *Drink as much of warm liquids (tea, coffee, etc) as you can. *Drinking warm liquids has the same effect as gargling, but in the reverse direction. They wash off proliferating viruses from the throat into the stomach where they cannot survive, proliferate or do any harm.

Pumpkin Cream Cheese Roll

This recipe is a family classic. I remember growing up watching my grandmother and mother make this delicious Pumpkin Roll. This is sure to be a crowd pleaser!!

Roll

3/4 cup cake flour
1 tsp baking soda
1 tsp baking powder
2 tsp cinnamon
1/2 tsp salt
3 eggs
1 cup sugar
2/3 cup pumpkin
1 tsp lemon juice
3/4 cup chopped walnuts

Filling

1 cup powdered sugar
1 8oz cream cheese
1 tsp vanilla
4 tsp butter

Mix first 5 dry ingredients, set aside. Beat eggs 5 minutes until frothy, add pumpkin, sugar and lemon juice. Beat until sugar dissolves. Fold in flour mixture. Grease and flour jelly roll pan, put batter in pan. Spread to cover pan, sprinkle walnuts on top.

Bake at 350 for 15 minutes.

Cool only 1 minute in pan. Cover a clean linen towel with powdered sugar, turn cake onto towel and roll up. Cool for at least 30 minutes or cool to touch. Unroll, spread filling on cake and roll up. Wrap in foil and refrigerate until served. Can be frozen for later use—wrap in plastic wrap and then cover with foil.

Endometrial Cancer

By Jamie Lober

It is important to know the facts on endometrial cancer, sometimes referred to as uterine cancer. “Endometrial cancer is the most common gynecologic cancer in women accounting for about forty thousand cases each year,” informs Dr. Dwight Im, Director for The Gynecologic Oncology Center at Mercy Hospital in Baltimore. This occurs when there is a thickening of the uterine lining or excess of estrogen. “It is a case of having too much of a good thing turn into a bad thing,” says Im.

If you are in tune to your body, you can detect endometrial cancer in its earliest and most curable stage. “Luckily, once the uterine lining becomes thicker it gives you a little warning sign which is bleeding. This is why three quarters of endometrial cancers are typically detected in stage one when it is more than ninety percent curable,” tells Im. The amount of blood is not indicative of the seriousness of the cancer. “There is no correlation between the amount of bleeding and the degree of cancer, so you can have a bad cancer and only a little bit of spotting,” explains Im. Any new discharge from the vagina should also be reported to your gynecologist.

Focus on the factors you can control. “Obesity is a major risk factor because your body turns cholesterol into estrogen and most of the

work is done by your adrenal gland but fat cells also have the capability of turning cholesterol into estrogen,” explains Im. Estrogen is a hormone produced by the ovaries and may be taken by postmenopausal women via hormone therapy. It is important that hormone therapy has estrogen and progesterone because when taken alone, estrogen can heighten the risk of endometrial cancer. According to the American College of Obstetrics and Gynecology, other risk factors are irregular menstrual periods, starting menstrual periods before age twelve, late menopause, infertility, never childbearing, personal history of ovarian or colon cancer, diabetes, hypertension, thyroid disease, smoking and use of tamoxifen to prevent or treat breast cancer.

Diagnosis is made in the gynecologist’s office. “It is called an endometrial biopsy and is usually a little more involved than a pap smear,” describes Dr. Sarah Temkin, gynecologic oncologist at University of Maryland Marlene and Stewart Greenbaum Cancer Center. A little tissue is removed from the uterine lining and evaluated for abnormal cells. A vaginal ultrasound is sometimes used to determine the thickness of the uterine lining and the size of the uterus.

Perimenopausal women, or women who are in their

mid to late forties and are still menstruating occasionally, should put extra effort toward listening to their bodies. “If you miss a few months and have a period that is heavier than a normal period, that is abnormal and you should be checked out further. A period after skipping a few months should never be heavier than a typical period for that patient. This is how you miss cancer,” says Im.

Typical treatment is a hysterectomy. “We can occasionally treat young women who want to get pregnant medically by giving them progesterone which is an antagonist of estrogen that makes the lining thinner and can potentially reverse all the effects,” shares Im. For those who are candidates, there is another alternative. “Over the last few years, surgery can be performed robotically,” reveals Temkin. Although the cancer is in the uterus, some women choose to have their ovaries removed since there is an increased risk of ovarian cancer. Based on the stage of the disease, which is determined during surgery, radiation is sometimes offered to stop the growth of the cancer cells. Follow-up visits are recommended every few months for at least several years after diagnosis.

Studies provide more information about this condition. “There is a proportionate link of women with

endometrial cancer that are genetically linked to what is most commonly thought to be a genetic colon cancer tree but women with that genetic mutation get endometrial cancer more frequently than colon cancer,” educates Temkin.

Following some simple advice can be lifesaving. “To feel in control, the things to do are to try and have a healthy lifestyle and regular gynecologic care and see your doctor about your bleeding patterns if they are abnormal,” encourages Temkin.

 Jamie Lober, author of *Pink Power* (www.getpinkpower.com), is a nationally known speaker dedicated to providing information on women’s health topics. She can be reached at jamie@getpinkpower.com.

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***.

Free Research Treatment for Cocaine And Opiate Abuse

Healthy men and women who are between ages of 18-55 are needed to participate in an outpatient research study at the Johns Hopkins Bayview Medical Center. The study will last up to 31 weeks and will provide standard methadone maintenance treatment.

Total possible earnings are \$1155.00

Principal Investigator: Annie Umbricht, MD.

RPN # N A0003333

Approved May 07 2007 JHM IRB

Call (410) 550-1102 and refer to study 0606



Restaurant Review

Corks Restaurant

1026 S. Charles Street

Baltimore, MD

410-752-3810

www.corksrestaurant.com



By
*Noelle
Schiffer*

In October 2008, after extensive renovations Corks Restaurant re-opened as an upscale neighborhood bistro. Corks, conveniently located in Baltimore's Historic Federal Hill section, has transformed itself into an upscale wine bar restaurant with exceptional food, top notch service and an exhaustive wine selection that



is guaranteed to please even the fussiest diners. Corks delivers one of the most eclectic and brilliantly conceived seasonal menus in the Baltimore area. The wait staff is expert on recommending specialty wine selections to complement any of the varied entrees.

When I first entered the cozy, amber-lit row house restaurant I was immediately drawn in by the comfortable rustic dining area with exposed brick and wooden ceiling beams. We were led past the open-air kitchen

and seated in the rear dining area, which gave one the feeling of entering a beautifully adorned wine cellar.

One of the things that truly sets Corks apart from other Federal Hill eateries is the focus on cheese and inexpensive lite-fare. Prior to my visit to Corks, I was told that I could not leave without sampling the incredible



cheese fondue. Corks offers three varieties of fondue, the House Blend, the S. Charles Blend (Cheddar, Gouda, and Gruyere), and the Blue Blend (gorgonzola). I decided to sample the House Blend which was a smooth and creamy mix of white cheeses (\$7) with an accompaniment of Bison Meatballs (\$6). Overall it was a very nice

appetizer and well worth the expense.

The main entrées are an interesting mix of seasonal fish, steaks and vegetable selections. I opted for the Skirts of Fire (\$22), which is a sliced skirt steak with a cayenne pepper and cola seasoning. The steak was wonderfully prepared and had a nice bold kick to it which accentuated the accompanying aromatic purple

rice and the coconut battered Taro Root. This was a terrific entrée and I strongly recommend it. Additionally, I sampled a thick-cut Grilled Porterhouse Pork Chop (\$18) which was served with a side of Bread Pudding and Brandy Apple Cream. Both entrées were excellent and plentiful.

Through the generous use

of to-go boxes, I was able to leave room for a wonderful Vanilla Bean Crème Brulee (\$7) and some Coconut Sorbet (\$6).

Overall, this was a very interesting and satisfying dining experience and I look forward to my next visit, which will undoubtedly be for the Steak and Cabernet special.

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

Corks also offers week-night specials including, Foie Gras on Monday nights and half-price Steak and Cabernet night on Tuesday nights. Cooking classes and demonstrations are held throughout the year. Sunday brunches are a house specialty.

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

December 2, 2009 2 pm
Baltimore—The Mayor's Annual Christmas Parade
Parade Route: Benning at Poly/Western High School and crossing Cold Spring Lane, continuing South on Falls Road to 36th Street, turning East on 36th Street, turning North on Chestnut Avenue and ending at 37th Street.

December 5, 2009
Baltimore's Inner Harbor Lighted Boat Parade
December's annual boat parade sees more than 50 pleasure craft making their way from Baltimore's Inner Harbour to Fells Point, festooned with holiday lights and other colorful decorations.

November 29, 2009
1 pm to 5 pm
Boordy Vineyards
12820 Long Green Pike
Hydes, Maryland 21082
Phone 410-592-5015
www.boordy.com

Soups in the Cellar
Sample traditional and modern classic soups made with our award-winning wines.

December 5, 2009
1 pm to 5 pm
Christmas at Boordy's
Take a break from the holiday rush to enjoy local music and wine sampling. Check out holiday gift baskets.

December 6, 2009
12 pm to 5 pm
Galloping Goose Vineyards
4326 Maple Grove Road
Hampstead, MD 21074
Join Galloping Goose Vineyards and Woodhall Wine Cellars for a barrel tasting with a difference.

December 12, 2009, 7 pm
December 13, 1:30 & 4:30 pm
Ballet Theater of Maryland Presents: "Nutcracker"
Maryland Hall for the Creative Arts,
801 Chase Street
Annapolis, Maryland 21401
Phone: 410-280-5640
Celebrate Christmas with Maryland's favorite holiday treat. Pick any of our Sunday performances and attend our enormously popular pre performance "Sugar Plum Party" FREE.

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

Monument Piano Trio Sunday Concert Series
The balance of their series concert dates are Nov. 22, Dec. 13, Feb. 28 and May 2. All concerts begin at 3 p.m.

*This is part of our **Fall Jazz Piano Concert Series**. Other concerts in that series include:*
Nov. 13, 8 pm—
James Weidman @ U. of Baltimore
Dec. 5, 8 & 9:30 pm—
Dave Burrell @ An die Musik Live

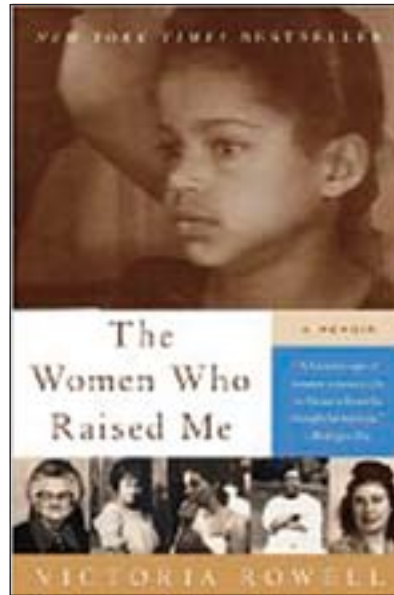
Per concert: \$20/\$10 students; Subscription: \$68/\$34 students.

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

“The Women Who Raised Me” Authored by Victoria Rowell

Reviewed by Natalia Roldan Hart



Upon opening the hard-back book, so neatly bound with a glossy cover, and beautiful vintage pictures of women, I noticed Victoria Rowell’s autograph. I thought to myself, how nice to be reading a

signed novel. I didn’t realize the profound meaning of that signature until I had finished the novel and discovered the odds at which Victoria so triumphantly succeeded.

about overcoming hardship, and about the influential women in her life that have helped shape her into the woman that she is today.

A poetically written memoir, Rowell begins each chapter by dedicating it to her surrogate mothers, her close friends, her inspirational mentors, sisters, and caretakers. She captures the essence of her experience not only through her own life revelations, but also through the family histories of those surrounding her. Born as a ward of the state of Maine, and the child of a white mother and black father,

Rowell faces rejection and racism. She faces the personal struggle of having an unknown father, and an ever changing destination she can call home. Rowell states,

“Traveling between different worlds as I did on a daily basis, I became very skilled at adapting. This is an

essential tool for any foster child, not merely to fit in, but to do so with frequency, sometimes at a moment’s notice.” However despite these difficult circumstances, Agatha, Rowell’s foster mother, encourages her to use her natural talent for dance and helps her to enroll in ballet school—a key experience for Rowell. “Yet it was also important to have my own ground to stand on, my own sense of self, a sense of where my home really existed. Dancing gave that to me.”

Eventually, Victoria Rowell becomes the famous actress we all know today, starring in day time drama television shows, soap operas and making appearances in movies. Her novel is truly a testimony that no matter our life circumstances, with the gentle nurturing of others, the right guidance, and the belief in yourself, one can overcome all odds.



Natalia Roldan Hart

Her story is about surviving the system of foster care,

Research Study

Researchers at The Johns Hopkins University, School of Medicine, Department of Neurology, Cognitive Neurology/Neuropsychology group are recruiting **children** for a study to gain a better understanding of learning, memory, language and cognition.

Specifically we are seeking children who:

- Are between 5 and 17 years old
- Have no peripheral blindness or deafness
- Are in stable health
- Have a responsible caregiver who will accompany child to research site in Fell’s Point
- Have no neurological, language, or behavior disorders

Our research site is located in Fell’s Point, Baltimore, MD. Qualified participants will be compensated for their time. Please call **443-287-1701** to learn more!

Principle Investigator:
Barry Gordon, M.D., Ph.D.



Miracles Made Easy

Dear Soul Sisters & Brothers in Beingness ...

Do you know how to create miracles?
Are you aware everyone has this power?
Are you applying this knowledge on a daily basis?

Miracles Made Easy shows you how to claim your birthright to create the kind of life you want. It is ...

... **a Spiritual Primer**

for those who want to discover the power of belief and the power of thought to make miracles happen as every-day events.

... **a Powerful Review of Principles**

for those who want to understand how the world really works and how to make it work better for them.

... **a Doubt-Buster**

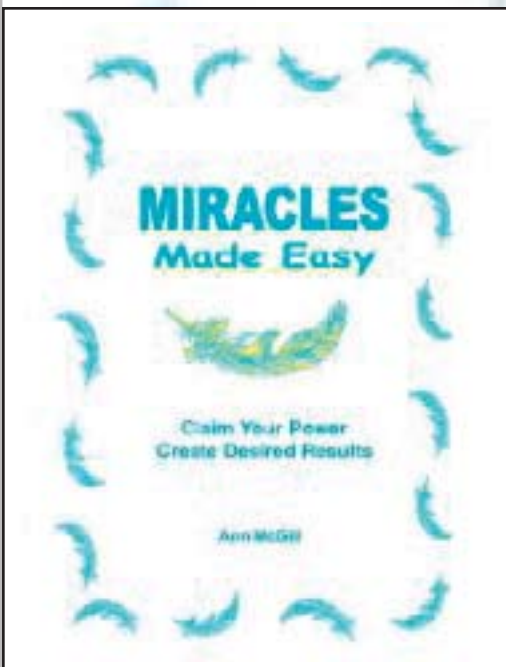
for those who find it difficult to believe the Universal Truths that guide and support all life.

... **a How-To Guide to Manifesting**

for those who welcome tips and techniques, stories with easy-to-remember examples and experiments to try.

Once enough people know how to create miracles in their personal lives, we can combine forces and create miracles together to solve all the world's problems... to create a safer, saner, healthier, happier world. Now that sounds like something worth doing, don't you think?

Download your FREE copy of **Miracles Made Easy** or order a discounted book at www.MiraclesMadeEasy.com. Also available at Amazon.com and local book stores.



Remember, every time you pass on this empowering information, you serve as a positive contributing force to creating the better world that is truly possible. On behalf of all those who will be so glad you did—Thanks.

P.S. With the coming holiday season, consider a gift of **Miracles**. The book suits teens on up. Families will find it interesting, fun reading full of ideas to explore together.

Ann McGill
MidWife of Consciousness—Birthing into Beingness
MidWife@AnnMcGill.com
www.MiraclesMadeEasy.com
703-262-0620
Visit the website for the FREE Downloadable Book

Generations For Justice

By Jill Moss Greenberg

For generations, Maryland women have taken leadership roles in every area of civil, human and legal rights. From the suffrage and abolition movements, to the fight for equal opportunities in areas as diverse as the workplace, education, credit rights and domestic violence, they have joined forces to open doors for future generations. Their efforts, as strong as ever, continue today.



Jill Moss Greenberg

Perhaps the most recognized women's movement in Maryland history was the suffrage movement, when women banded together to fight for their right to vote. Interestingly, in 1920, when Congress voted to give women this right, Maryland failed to ratify the suffrage amendment. The Maryland legislature defended its decision with reasoning such as: "Women are too stupid to vote." "They will vote like their husband anyway." And, "It is not God's plan." Imagine saying that today to Senator Barbara A. Mikulski or former U.S. Maritime

Commissioner and member of Congress Helen Delich Bentley, both of whom serve on the Honorary Board of the Maryland Women's Heritage Center. Most of today's Marylanders, both female and male, could not imagine that Maryland did not ratify the amendment for women to have the right to vote. Some years later, after the amendment was already adopted, Maryland did affirm women's right to vote.

Many of the achievements of Maryland women in fighting for equality are unknown within our State and throughout the nation and need to be known. For example, the Maryland Commission for Women and the Women Legislators of Maryland worked successfully to get relevant unpaid work experience—so often the domain of women—counted fully with paid work experience when applying for a job with the State of Maryland. The Maryland Commission for Women, then chaired by Shoshana S. Cardin, was in the national forefront of the fight for credit rights for women. The Commission got a credit company, Commercial Credit, to pay for the publication of a brochure addressing the issues. The brochure was called, "Women: Where Credit Is Due" and

was distributed throughout the United States. Shoshana also testified before Congress and appeared on the "Today" Show. These Maryland efforts were instrumental in the passage of the Equal Credit Opportunity Act.

Today's girls and women often take for granted their everyday rights, but these rights would not exist were it not for the tireless efforts of past Maryland women and those men who have been their allies. This article spotlights a few of the courageous and inspirational women throughout Maryland's history who fought for and achieved justice.

Margaret Brent (1601-1671), made history as the first woman to ask for the right to vote, as America's first female attorney and as a prominent landowner. At a time when women were not allowed to own property, Brent and her sister owned 70 acres in St. Mary's City. Brent chose not to marry, and therefore did not have to turn her property over to a man. As an attorney, Brent represented community members before the court of the Common Law. The Governor Leonard Calvert appointed her as executor of his estate, a role unheard of for women at the time. After a succeeding in this role, Brent petitioned for the right to vote, but it was not granted.



Elizabeth Lange (1784-1882), a black Haitian immigrant also known as Mother Mary Eliza-

beth Lange, founded the first Roman Catholic religious order for Catholic women of African descent. She also established schools for black students in Baltimore when she saw that the city did not offer them educational opportunities. Her work affirmed the rights of immigrants, women in religion and educational opportunity.



Frances Ellen Watkins Harper (1825-1911), an African American poet and orator, spent her

life fighting for equality and the freedom of slaves. She wrote volumes of poetry with anti-slavery messages and gave antislavery speeches in both northern and southern states. She is credited as the first black woman to write a novel, *Iola Leroy*, which she published in 1893.

Mary Garrett (1854-1915) and M. Carey Thomas (1857-1935) in 1889 gave a gift of \$500,000 to Johns Hopkins Medical School on the condition that women would be admitted to the school on an equal basis as males. As a result, Johns Hopkins became the first co-ed medical school in the United States. Garrett, a fervent supporter of women's education, founded Bryn Mawr College in 1885. Thomas, in 1894, became the dean of the college, and thus, the first female dean in the United States. Both women were extremely active in the women's suffrage movement.



Henrietta Szold (1860-1945) founded the first night school in the country to teach English

to immigrants. Her initiative in beginning these evening schools was the forerunner of adult education, something that is taken for granted today. Szold then devoted her life to the health, education and welfare of the pre-state Jewish community of Palestine. She founded Hadassah, largest women's volunteer organization in the world. Her mission: to enhance healthcare in Palestine. She established nursing and medical schools, hospitals and soup kitchens for both Jews and Arabs. Her efforts to help Jews move from Nazi Europe to Palestine allowed 13,000 children to live.

Etta Maddox (1860-1933) graduated from law school in 1901, but was not permitted to take the Maryland bar because of her gender. She brought her case before the Maryland legislature and convinced them to pass a law which allowed women to practice law in Maryland. She was admitted to the bar in 1902, making her the first female lawyer in Maryland. Active in the women's suffrage movement, she authored Maryland's first women's suffrage bill, which did not pass. She spent her life crusading for women's rights.

Juanita Jackson Mitchell (1913-1992) was the first African American woman to graduate from the Uni-

versity of Maryland Law School and the first African American woman admitted to the Maryland bar. She advocated for desegregation of restaurants, parks and swimming pools and was the National Youth Director for the NAACP, as well as the president of the Baltimore City NAACP branch. Mitchell was recognized for her efforts by John F. Kennedy and Lyndon B. Johnson and the NAACP established the "Juanita Jackson Mitchell Award for Legal Activism," which it confers annually.

Sol del Ande Mendez Eaton (1936-) advocates for the rights of Latinos, people with disabilities, women and minorities. From 1976-1982, she held the post of co-chairman of the Maryland Advisory Committee to the U.S. Commission on Civil Rights, a position that enabled her to hold the first Maryland conference on civil rights. In recent years she has fought to improve healthcare for women, particularly minority women, and taken a stand against domestic violence.

It is important to reflect on the accomplishments of past generations of Maryland women to understand how we got to where we are today, and to gain inspiration for the future. To learn more, as well as become involved in supporting the creation of the Maryland Women's Heritage Center, visit www.MDWomensHeritageCenter.org.

Jill Moss Greenberg is the Executive Director of the Maryland Women's Heritage Center.

Thanksgiving Leftovers

In the spirit of “waste not, want not,” allergen-free cookbook author Cybele Pascal sends you the following (mostly allergen, gluten-free) recipes for Thanksgiving leftovers.

Creamy Harvest Soup

Yield: 6 servings

(Allergen-free, Dairy-free, Gluten-free, Vegan)

1 Tbsp. olive oil
1 med. yellow onion, diced (1 cup)
1 Tbsp. minced ginger
2 cups cooked sweet potatoes, yams, or winter squash (mashed, diced, roasted, etc, or a 10 oz. package if using frozen)
2 Fuji (or Gala, Braeburn or Jonagold) apples, peeled, cored, diced
4 scallions, chopped
2 tsp. curry powder
1/2 tsp. salt
1-1/2 cups pumpkin (15 oz. can)
3 cups chicken or vegetable broth
1 cup apple juice
roasted pumpkin seeds, or chopped scallions for garnish (optional)

1. Heat olive oil over medium heat in a heavy pot. Add onions and ginger and cook, stirring often, for 4 minutes.
2. Add sweet potatoes/yams/squash, apples, scallions and curry powder. Cook a couple minutes, stirring often, until apples soften slightly.
3. Add salt, pumpkin, broth and apple juice. Stir, bring to a boil, then reduce heat to low, cover loosely, and cook at a simmer for about 20 minutes, stirring every so often.
4. In batches, puree soup in blender, (or use a hand blender), until smooth and creamy. Return to pot, warm through, and serve piping hot, topped with a sprinkling of roasted pumpkin seeds, or chopped scallions. This soup is even better day two.

Cranberry Apple Crisp

Yield: 6 servings

(Dairy-free, Gluten-free, Vegan)

6 firm tart apples (such as Granny Smith)
1 tsp. cinnamon
1 cup brown sugar
2 Tbsp. cornstarch
1-1/2 cups cranberry sauce (whole berry)
1 cup all-purpose or white whole wheat flour, (or 1-1/4 cups all-purpose gluten-free flour mix combined with 1/4 tsp. xanthan gum)
1/8th tsp. salt
1 cup old-fashioned oats (or old-fashioned gluten-free oats, or quinoa flakes)
1/2-3/4 cup non-hydrogenated margarine such as Earth Balance Natural Buttery Spread, (use 1/2 cup of margarine for a slightly drier crumb, 3/4 cup for a more “buttery” crumb)

1. Preheat oven to 350°F. Grease a 7 x 11-inch, or an 8- or 9-inch square baking dish.
2. Peel, core and slice apples into 1/4-inch-thick slices. Toss with 1/2 tsp. of the cinnamon, 1/4 cup of the brown sugar and the cornstarch. Transfer to baking dish.
3. Spread cranberry sauce evenly over top of apples.
4. Measure flour by spooning into a dry measuring cup, level with a straightedge or back of a knife, then pour into a mixing bowl. Add salt, oats, the remaining 3/4 cup of the brown sugar and the remaining 1/2 tsp. of cinnamon. Mix to combine.
5. Melt margarine (30-60 seconds in the microwave usually does it). Drizzle into the flour mixture a little at a time, tossing until you have a large crumb. Spread crumb evenly over top of fruit. Use your fingers to clump it together as necessary.
6. Bake 40 minutes until top is golden brown and filling is bubbling up around edges. Let rest about 30 minutes before serving.

Turkey Pot Pie w/Mashed Potatoes

Yield: 6 servings

(Allergen/Dairy-free/Gluten-free—with adjustments noted)

¼ cup olive oil
1/2 cup pearl (or diced) onions
2 stalks celery, chopped
½ cup carrots, sliced or chopped (cooked or raw)
¼ cup white whole wheat or all-purpose flour, or gluten-free flour or choice (brown rice flour works well)
1 cup turkey gravy (Imagine Foods offers a dairy-free, gluten-free turkey gravy that you can use instead)
1 cup milk, (or soy or rice milk)
salt and pepper
1 Tbsp. plus ½ tsp. freshly squeezed lemon juice
3 cups roast turkey, diced into bite-sized pieces
½ cup corn (cooked, frozen, canned, or fresh)
½ cup peas
¼ cup parsley, chopped
3 cups mashed potatoes

1. Preheat oven to 400°F.
2. Heat 1 Tbsps. of the olive oil in a large sauté pan over medium-high heat. Add onions, celery, and carrots, and cook, stirring often, until just tender, 3-4 minutes. (If you are using cooked carrots, add them in the last minute of cooking time.) Remove from heat and set aside.
3. In a medium oven-safe casserole (3½-5 quarts), heat the remaining 3 Tbsp. of olive oil over medium-high heat. Add flour and cook, stirring, for about 2 minutes until lightly golden. Add gravy and milk and cook, stirring, for 3-4 minutes, until it thickens up into a nice smooth cream sauce. Remove from heat, add salt and pepper to taste, and stir in ½ tsp. of the lemon juice.
4. Add turkey, onion/celery/carrot mixture, corn and peas to the cream sauce. Stir to coat. Add remaining tablespoon of lemon juice, a little more salt and pepper, and parsley. Stir well to combine.
5. Spread mashed potatoes evenly over filling.
6. Bake in center of oven 30-40 minutes until potatoes are browned a bit on top and filling is bubbling up around the edges.

Cranberry Sauce Muffins

Yield: 12 muffins

2½ cups white whole wheat or all-purpose flour
2½ tsp. baking powder
½ tsp. baking soda
½ tsp. salt
½ tsp. cinnamon
2 eggs
¾ cup plain Greek-style yogurt (whole milk or low-fat milk)
¼ cup milk
1/3 cup canola oil
½ tsp. lemon zest

Preheat oven to 350 degrees. Lightly grease muffin pan. Combine eggs, melted butter and milk. Add mix. Fold together until batter is smooth, approximately 1 to 2 minutes. Spread batter in cups, leveling top. Bake at 350 degree for 20 minutes.

Morning After Turkey Hash

(Dairy-free)

Yield: 6 servings

2 cups roast turkey, shredded
¼ cup turkey gravy
2 Tbsp. Dijon mustard
2 Tbsp. Worcestershire sauce
6 Tbsp. olive oil
2 cups cooked potatoes, cubed into ½-inch pieces (leftover roasted potatoes work well for this)

Take a round cooking pan, pour in two tablespoons of oil and heat for about 1 1/2 minutes. Fold in hash and cook each side until brown. Sprinkle with salt and cilantro.

What is an Officiant?

By Sandra Bearden



I often get asked what is an officiant and what exactly do they do? Officiants, primarily officiate weddings, funerals and other ceremonies; meaning they say the words that unite a couple in marriage or sends an individual to their final resting place. Many Officiants work part-time, and very few work full time. Most Officiants do

not work in a church, but go to the location where the wedding, funeral or life celebration is taking place.

Most of what an officiant does is behind the scenes, the 10-30 minutes they spend talking in front of an audience is just the finished product of all of the background work that can take an average of ten hours of work per ceremony. This can and does include consultations, scheduling appointments, dealing with no-shows of couples and families who are often busy, forget or who are late due to illness or grief and responding to emails and phone calls to check availability.

Writing a wedding ceremony can take months of work including facilitating couples to write a draft, proof-read and make modifications, last minute changes, approvals, updates, re-approvals, researching special rituals, encouraging couples to write vows and select reading choices for their wedding. Conducting research for non-traditional ceremonies; knowing where to look and of course obtaining the education and experience related to finding the right information. These are all significant roles in an Officiant's job.

Ceremony practice time by the Officiant and at the rehearsal for the wedding takes patience and time; it is just like herding cats! Travel time to and from the rehearsal and

ceremony, waiting and interacting with other vendors before and after the rehearsal and ceremony all play a vital role in ensuring your ceremony is flawless and handled professionally.

Conducting a ceremony requires an officiant be multi-talented. In addition, they must be able to be a skilled speaker and read the ceremony words uniting the couple in marriage, (hopefully as written); stand the entire time during the ceremony; reassure a nervous bride and groom that everything will be FINE; conduct last-minute "free" marriage counseling; provide complementary wedding coordinator duties like: greeting people as they arrive for the wedding; answering the question, "Where is the bathroom?"; pin corsages and boutonnieres on unsuspecting recipients; provide any and all items that may be needed by the bride and groom such as tissue, aspirin, bug spray, safety pins, stain remover and lots of other items; acts as a child psychologist for reluctant or shy children in the wedding party, says "no problem" when the groom forgets the wedding rings and creates an excuse to delay the ceremony for ten minutes without the bride finding out exactly why, creates a plan "B" when the weather decides not to cooperate; communicates needs and wants between the couple, DJ, and photographer; uses her "big voice" when the audio equipment does not cooperate; gets to see the love and joy on the bride and groom's faces as they repeat their vows to each other and gets to say, "I pronounce you husband and wife"

Following the ceremony answering questions about "What church do you preach at?" and actions such as signing legal documents like the marriage license and other types of certificates are also part of the job. Filing the legal documents collected from the ceremonies with the appropriate county office either through mailing or delivery is too.

Managing the business of officiating includes advertising, bridal shows, networking and all of the typical things associated with running a business. Collecting deposits, fees and payments from couples and paying fees for insurance for liability, equipment and my car are all part of the deal. Training other Officiants, mentoring them and providing them with information can all take time and is part of the life of an officiant. Finally, the personal sacrifices--time lost with significant others on the weekends. Typically, an officiant works on Friday, Saturday and Sunday.

The most important part:

Your Officiant is a consummate professional without which there would be no marriage. It is the least expensive cost in a typical wedding, yet the only required part.

You can have a wedding without flowers, DJ, expensive dresses and fancy food. You can't have a legal marriage without an Officiant, Rabbi, Priest or Minister.



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.

For further information, contact Sandy Bearden at www.weddingsbysandy.com or 410-340-3224.

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



A Contemporary Ceramics & Art Studio

- 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...



\$5 OFF

Your Next Purchase of \$25 or more.

Mention or present this ad for discount. One discount per invoice per visit. Not valid with any other offer. Expires 3/31/10.

2030 Liberty Road #8,
Eldersburg, MD 21784

410-552-9797

www.GlazedtoPerfection.com



www.beautifulsweets.com

"They Taste as Good as They Look!"

Order on-line or call us at: **1-866-fun-gift**

Artistic, inspirational organic cookies. Hand-crafted from only the finest ingredients...



Special Offers for Focus on Women Readers!

Offer 1: Receive \$10 off any order of \$25 or greater. Enter coupon code: fow10off

Offer 2: Receive \$50 off any Cookie of the Month Club membership. Enter coupon code: fowcotm

*Offers valid through 12/31/09



exceptional clothes for beautiful kids
newborn to size 14

Visit Us Online at www.BabyMe.cc



You deserve the same quality, personal service, and vastly unique & gorgeous choices that the upscale Moms who shop Madion Avenue or Rodeo Drive are spoiled with! Your kids are every bit as beautiful.

We specialize in choices that make your kids feel happy, confident, beautiful, and extra special ~ (and you don't need to spend a Hollywood starlet's salary)!

Visit us online at www.BabyMe.cc for an exceptional shopping experience.



Focus on Women shopper's discount: Take \$5.00 off your 1st purchase with the code: Focus5 expires 12/31/2009

Dependable Landcare LLC

LAWN & LANDSCAPE SERVICES

MOWING Weekly, Bi-weekly, Occasional & Vacation

FLOWER BEDS Mulching, Edging

PLANTING Flowers, Shrubs & Small Trees

PRUNING Shrubs & Trees

CLEANUP Spring & Fall, Leaf removal, Storm Damage
Fallen Tree/Branches, Chipping Services

RESIDENTIAL & COMMERCIAL • FAMILY OWNED & OPERATED
FREE ESTIMATES • INSURED

dependablelandcare@comcast.net • **301-854-2441**

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



PROFESSIONAL WEDDING CONSULTING

Relax...

Let Us Handle the Details!

Personalized wedding management,
tailored to fit your dreams and budget



Professional certified wedding vendors



Guides couples graciously from the
beginning of the planning stages
until the last dance of the reception



*Natalie
West Makel*
Nationally Recognized
Professional Wedding
Consultant

nuptialplanner@yahoo.com

Member of the Association
of Bridal Consultants



Unforgettable

WEDDING SERVICES

FOR THE BUSY BRIDE AND GROOM, CONTACT US

410.303.7008  UNFORGETTABLEWEDDINGSERVICES.COM

“Delicious Home-Made Cakes”



Tynia Canada, *President*

Aunt Katherine's Kitchen, Inc.

**Try Our
Scrumptious
Flavors:**

- Lemon
Coconut,
- Strawberry
Layer,
- Butter Pound,
- & More...



Birthdays, Baby Showers, and Special Occasions

410-564-7545



UNIQUE CREATIONS



"Custom Like You've Never Seen"

NO MINIMUM ORDER REQUIRED

**Unique Creations For You !
Personalized Gifts, Promotional Items, and
Customized Product Labeling
To Make Your Company and Event
One of a Kind.**



Noelle Schiffer, Owner • 443-520-3992
nschiffer3@yahoo.com •
www.uniquecreations4u.com



BL SS M!

Nature-inspired felted handbags, 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 due to the unpredictable nature of felting.

Arctic Berry Purses \$65-75

Falling Leaves and Flowers Purses \$55-85

Little Blossoms for Girls \$25-40

Market Baskets and Totes \$85-105

Flower and Vegetable Pins \$10-20



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

Original Designs by Jaana Myllyluoma



Win the Focused Woman Contest!!



Name

Address

----- City State Zip Code

E-mail

Only one entry per household.

Find the focused woman giving testimony and win a pass at a local gym or area restaurant. Simply circle the Focused Woman, fill out this form and send to:

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

For Women, To Women, About Women

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