

# Focus Women ON MAGAZINE



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September/October 2010

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Joslyn Wolfe  
Publisher

This summer, Massanutten brought my children and me the relaxation we needed, the distractions we wanted and the joy that nurtured. But for me, the vacation offered a teachable moment as I watched my very spirited eight-year-old seem afraid to leap into a dark tunnel propelled by water.

Suddenly, she spoke cathartic words to her sister about an item she absconded from her room. Those words were a healing force, for it allowed her to let go of her fear and resistance, and gave her the nod in some way to allow the flow of water to propel her to the bottom where she felt secure, confident, and in a position of strength. Listening and watching, I realized what I learned. If we carry "less" and open ourselves to the flow of opportunities, we can position ourselves in a place of preference, a place of fortitude, and a place of gratitude.

To our readers, supporters and advertisers, may you too let go of the things that obstruct, and open the tunnel of life to the things that construct--bringing you to a place of greater happiness, meaning and abundance.

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# CONTEST



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## Focus On Women's Mavens & Mimosas

November Speakers Series

Life Coach Jaana Myllyluoma, Ph.d  
 "A Time to Renew, A Time to Restore"

Saturday, November 6, 2010  
 11:30-1:30 pm  
 Cafe de Paris  
 8808 Centre Park Dr,  
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 For further information contact fwintern@gmail.com,  
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# NACW has a long-standing position supporting unblased and realistic representation of women and girls in the media.



Congresswoman Tammy Baldwin (D-WI), joined by Congresswoman Shelley Moore Capito (R-W. VA), has introduced the Healthy Media for Youth Act (H.R. 4925), a bill to improve media literacy for youth and to encourage the promotion of healthier media messages about girls and women.

“Children are consuming more media than ever, but unfortunately, the images they see often reinforce gender stereotypes, emphasize unrealistic body images or show women in passive roles. The need for more positive images of girls in the media is clear,” said Congresswoman Baldwin. “I’m proud to sponsor legislation that will help girls and young women see themselves in a new and stronger light,” said Baldwin, who co-chairs, with Congresswoman Capito, the Congressional Women’s Caucus Task Force on Young Women.

“I’m pleased to join Congresswoman Baldwin in spearheading the Healthy Media for Youth Act,” said Rep. Capito. “Young girls need to see more positive, healthy images of women, and this legislation both studies the issue and takes concrete steps toward improving the way women are depicted. Our children are continually barraged by the media and it is important to ensure that girls and women are portrayed in an empowering manner,” Capito said.

A recent survey by Girl Scouts of the USA’s (GSUSA) Research Institute, Girls and Body Image, found that 89% of girls say the fashion industry places a lot of pressure on teenage girls to be thin. Further, only 46% think that the fashion

“The need for more positive images of girls in the media is clear.”

industry does a good job of representing people of all races and ethnicities. The American Psychological Association’s (APA) Report on the Sexualization of Girls (2007) found that three of the most common mental health problems among girls—eating disorders, depression or depressed mood, and low self-esteem—are linked to the sexualization of girls and women in media. Boys are also negatively affected by the portrayal of girls because it sets up unrealistic expectations, which may impair future relationships between girls and boys.

The Healthy Media for Youth Act takes a three-pronged approach to promote healthy media messages about girls and women. First, the bill creates a competitive grant program to encourage and support media literacy programs and youth empowerment groups. The bill also facilitates research on how depictions of women and girls in the media affect youth.

Three of the most common mental health problems among girls: eating disorders, depression or depressed mood, and low self-esteem.



Finally, it establishes a National Taskforce on Women and Girls in the Media, which will develop voluntary standards that promote healthy, balanced, and positive images of girls and women in the media for the benefit of all youth.

This bipartisan legislation has been endorsed by the Girl Scouts of the USA, the American Psychological Association, the National Collaboration for Youth, Girls Inc., Children Now, the Women’s Media Center, the National Eating Disorders Association, the National Council of Women’s Organizations, the National Council of Negro Women, Alpha Kappa Alpha Sorority, Inc., Black Women’s Health Imperative, Rosalind Wiseman, author of Queen Bees and Wannabes, and Rachel Simmons, author of Odd Girl Out.



## The Power of 3

TrimTab™ Tip  
Ann McGill - Potentialist

When something occurs once, it’s an easily dismissible event. Twice may, or may not, get your attention. Thrice is the first step to confirming a pattern has been established. There’s reason to suspect it will continue. From the metaphysical perspective, it’s a sign of significance, a clear clue to pay attention, a strong suggestion to seek an underlying message.

The “Rule of 3” provides super assistance for learning how to communicate with our Inner Wisdom and Higher Power. It doesn’t take long to learn. Play it like a game and you’ll make the learn-

ing easier; interesting, fun.

### How to Play the “Rule of 3” of the “Game of Life”

When something the same or similar happens 3 times in a relatively short time period, assume it’s important. Assume there’s a message being symbolically conveyed. It’s up to you to figure it out. Trust your intuition, your inner knowing, to be your guide, for there, always, resides the best answer.

- You stub your toe, bang your arm, fall down the steps. Are you paying suffi-

cient attention to what you’re doing? Is another area of your life suffering from lack of proper consideration? Are you feeling banged, badgered, hurt by other people? Are you the one who’s hurting others, and now you’re experiencing the boom-a-rang results?

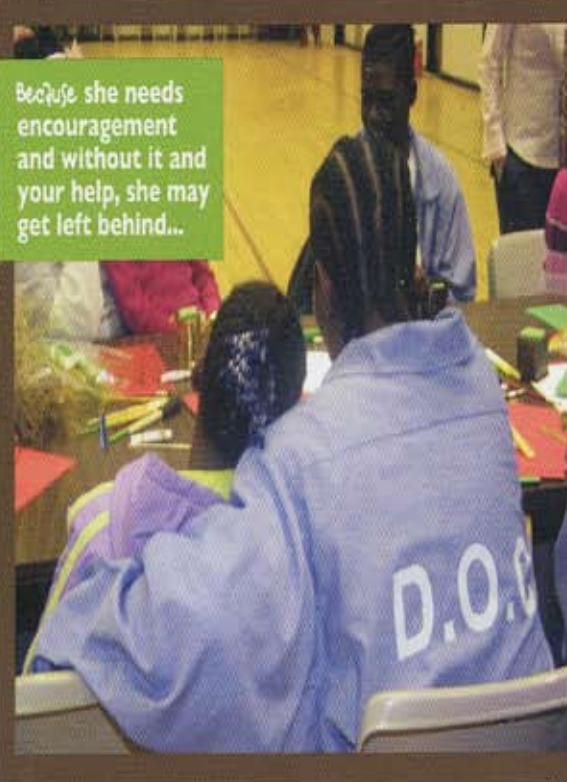
- You’re out running errands. You keep getting stuck behind slow moving vehicles, and then have to make a big detour because of road work. Do you need to slow down? Is your life going too fast? Are you doing too much? Would taking the longer, slower route be the better choice for completing a challenging proj-

# Why give to Girl Scouts? Because of her.

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ect currently on your platter?

When confronted with these kinds of repetitive situations, get quiet, focus inward and ask yourself, What might Spirit – Life be saying, suggesting, by using this mode to make me more aware? See what wants to surface. Some people find it useful to journal.

- Three times in a single day there's been a wrong number. What behavior or activity do you keep repeating that isn't getting you what you want? Are these wrong numbers, per chance, interrupting a behavior you shouldn't be doing? How have you been creating the equivalent of "wrong numbers" in your life?

It's all about asking questions, exploring, being curious. You're not looking for right or wrong, just better understanding of what is happening that you haven't been noticing, or responding to sufficiently, appropriately.

- In a single week you've experienced problems with your computer, your iPod and television set. Have you been over taxing your brain lately? Taking in too much information to absorb and resolve? Does your mind want a rest? Could that be why so many mishaps are occurring? Or could it have to do with the need to pay better attention in some other area of your life; such as your family, or the need to get outdoors and get more exercise?

Just as with interpreting dreams, know that some people are better at analyzing this kind of thing than others. Some of us benefit from outside assistance. And some people's intended-to-be-helpful opinions are simply uninformed wild guesses.

It's essential that you inwardly, intuitively agree with what's being suggested. Trust your inner knowing.

## What else?

Playing tends to be more fun when others join the game. Invite a friend to explore the "Rule of 3" at the same time you do. Share what's happening. Two heads are always better when it comes to learning and figuring things out. Sometimes one person's answer serves as a clue to another's similar situation.

Once you've learned the "Rule of 3," the next step is to reduce the number to just two occurrences. This takes really trusting your intuition and being tuned in. Once you've mastered that, it's actually possible to get down to just one event as your only clue. At this point you've clearly learned how to tune in to your Inner Wisdom and Higher Power.

## Take A Different Path

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## Questions To Ask Yourself

1. Is another area of your life suffering from lack of proper consideration?
2. Are you feeling hurt by people around you, and as a result you are now hurting others?
3. Is your life going too fast? Does your mind need rest?
4. What behavior or activity are you repeating that may be holding you back?
5. Are you attracting negative energy, or positive energy?

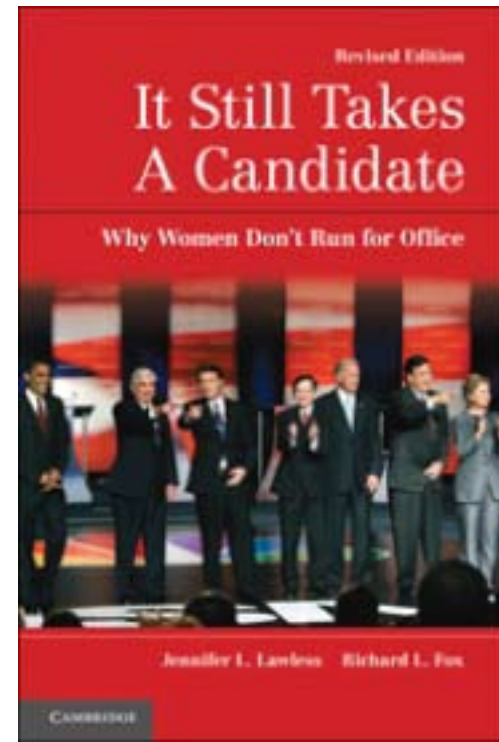
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# NEW BOOK FINDS POLITICAL SYSTEM STILL FAILING WOMEN AND WOMEN CANDIDATES.

Washington, DC – Despite the media’s attention to several high-profile female candidates running for office this election cycle, new research conducted by Jennifer L. Lawless (American University) and Richard L. Fox (Loyola Marymount University) reveals a continued and substantial gender gap in political ambition among both Democrats and Republicans. As a result, men are getting elected to office; women are not.

In their new book, *It Still Takes A Candidate: Why Women Don’t Run for Office* (Cambridge University Press), Lawless and Fox report the results of a survey of nearly 4,000 lawyers, business leaders, educators, and political activists, all of whom are well-situated to run for office. They find that women, even in the highest tiers of professional accomplishment, are still substantially less likely than men to seek elective office. This phenomenon is due to an array of structural factors: women are less likely than men to be recruited to run for office, less likely than men to think they are qualified to run for office, and less likely than men to have the flexibility to take on the burdens of running for office.

This gender gap in political ambition has NOT improved over time. And younger women report facing the same barriers to elected office as their older counterparts. The book ultimately demonstrates that many fundamental barriers continue to confront women in politics, thereby making gender equality a remote prospect.



Together, Lawless and Fox have published articles regarding gender and electoral politics in academic journals, such as the *American Journal of Political Science* and the *Journal of Politics*, as well as a Brookings Institution report that is used by women’s organizations to help recruit women candidates. Lawless and Fox are available to discuss their new book, as well as women candidates and gender in the 2010 midterm elections. If you are interested in obtaining a copy of the book, then please contact the authors.

**Jennifer L. Lawless** is an Associate Professor of Government at American University, where she is also the Director of the Women & Politics Institute. She is a nationally recognized speaker, and her scholarly analysis and political commentary have been quoted in various newspapers, magazines, television news programs, and radio shows. In 2006, she sought the Democratic nomination for the U.S. House of Representatives in Rhode Island’s second congressional district. Email: [jennifer.lawless@american.edu](mailto:jennifer.lawless@american.edu)



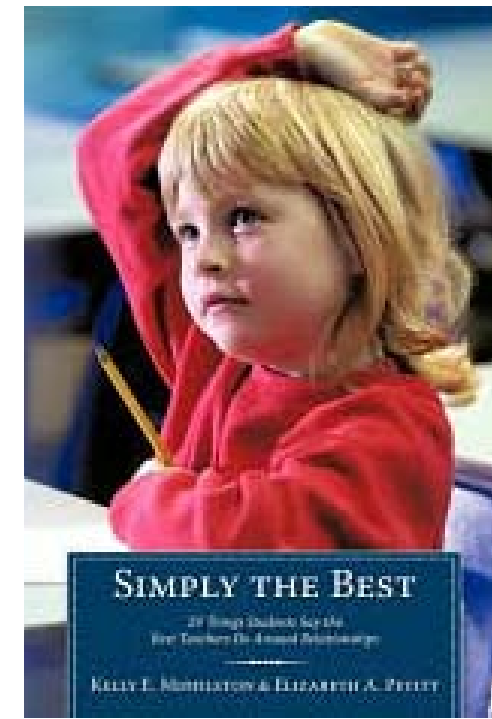
**Richard L. Fox** is an Associate Professor of political science at Loyola Marymount University. He is the author of *Gender Dynamics in Congressional Elections* (1997) and co-author of *Tabloid Justice: The Criminal Justice System in the Age of Media Frenzy* (2001). He is also co-editor, with Susan J. Carroll, of *Gender and Elections* (2010). He has written several op-ed articles that have appeared in national media outlets, such as the *New York Times* and the *Wall Street Journal*. Email: [richard.fox@lmu.edu](mailto:richard.fox@lmu.edu)

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## What to Look for This School Year: Top 5 School Relationships Your Child Needs

Parents, if you want your child to have their best school year ever, you have to look past reading, writing and arithmetic! Kelly Middleton and Elizabeth Pettit, authors of the new book *Simply the Best: 29 Things Students Say the Best Teachers Do*, believe relationships are the key to school success. Research has shown

when those relationships are nurtured the results are staggering: improved academic performance, reduction in achievement gaps, safer schools, lower absentee rates, and productive learning environments. Here are the top five relationships you should look for in your school:

1. **Moral Imperative** - Does your teacher know each student as a person?
2. **Curriculum** - Do students understand the real life relevance of what they are learning?
3. **Instruction** - Are a variety of learning styles accommodated and are support mechanisms in place?
4. **Assessment** - What do teachers want the children to learn and how is that measured?
5. **Recovery** - How are mistakes (a child’s or an adult’s) handled?

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# Stereotypes & Silence Prevent Mentally Ill From Seeking Treatment

## A FIRST-HAND ACCOUNT OF OVERCOMING MENTAL ILLNESS THROUGH SHOCK THERAPY

Twenty years ago, Carol Kivler went through the first of four terrifying, acute depressive episodes that brought her to her knees and changed her life forever. In the spring of 1990, Kivler was leading a charmed life – mother of three terrific children, married to a successful attorney and enjoying an ideal career as a college instructor.

Clinical depression came barreling through the walls of her world like a wrecking ball and caught both her and her family completely off-guard. *Will I Ever Be the Same Again?* is an inspiring story of hope that reveals depression is not the result of a character flaw or weakness, but a serious illness to which no one is immune. Kivler expertly demystifies and de-stigmatizes electroconvulsive therapy (ECT) as well, which worked for her when medication failed.

*Will I Ever Be the Same Again?* is separated into two parts. Kivler begins by sharing the life-altering story of her first episode with medication-resistant depression. She vividly describes the time when she began experiencing the illness' first subtle yet baffling symptoms until shortly after her initial exposure to ECT. The second part of the book offers general readers and healthcare pro-

viders insightful and informative advice on understanding both depression and ECT, as well as tips for entering and maintaining recovery.

Topics explored in *Will I Ever Be the Same Again?* include:

- The consumer's perspective on dealing with depression and the stigma associated with mental illness.
- The truth about ECT and why it is a viable, life-saving treatment option for those suffering from drug resistant depression.
- The four basic needs of all people: Welcome, Important, Understood, and In Control.
- The three steps required for a 'Courageous Recovery': Awareness, Acceptance and Commitment.
- The reasons why we need to eradicate all stigmas associated with mental health disorders and treatments.

"Through entering into her experience, others are empowered to face their own struggles with hope and courage. I thank Carol for opening our eyes to the transformation of her life from illness to recovery with the heal-

ing power of ECT," says Sally T. Osmer, Executive Director of the National Alliance on Mental Illness.

Carol Kivler is a passionate consumer advocate, speaker, author and the founder of Courageous Recovery. She speaks to consumers, their loved ones and healthcare professionals to raise awareness, instill hope and combat stigmas surrounding mental health diagnoses and treatments. Carol shares her journey of recovery from four bouts of medication-resistant depression and her positive experience with the life-saving treatment ECT through keynotes, breakouts and Grand Rounds.

Along with Courageous Recovery, Carol is also the founder and president of Kivler Communications which provides executive coaching and customized workforce development training. Carol was the first consumer on the Board of Directors of the National Alliance on Mental Illness (NAMI) – Mercer, NJ and continues to be actively involved in its mission. Carol is also a member of the National Speakers Association (NSA), the American Society of Training & Development, and the MercerCountyCommunity College Advisory Commission.

Academy Award-winning actress, Emma Thompson, announced a planned sabbatical from work to focus on treating her depression, "It's a very much hidden thing people don't talk about. I think it should be discussed."

# Demystifying ECT: A Patient's Success with Electric Convulsive Therapy

By: Carol A. Kivler

As a courageous survivor of ECT (Electroconvulsive Therapy), I am often asked to speak to people suffering with depression and their family members about ECT. Many have the same exact questions that I had when I was first asked to consider ECT as a treatment intervention for my clinical depression back in 1990. Today, 20 years later, I've had over 50 successful ECT treatments during my four major bouts with clinical depression. ECT has become my "ladder out of the depression pit" for which I am most grateful.

Like many of you, I, too, was terrified at the thought of how ECT was given and more importantly what others might think of me afterwards. The media has portrayed ECT as a barbaric treatment; a treatment only given to "crazy" people in the dark wards of psychiatric hospitals. This life-saving treatment is as far from that reality as it can be.

Electroconvulsive therapy is again coming into favor as a treatment for severe depression. According to the American Psychiatric Association, its success rate is 80 percent whereas medication has a success rate of between 40 and 45 percent.

It is still unclear why ECT helps patients with severe depression. Some feel that the electrical shock and subsequent seizure somehow simulate the brain's neurons and reconfigure chemicals in the limbic system that regulate and balance the emotions. Alternatively, the seizure may alter the body's hormonal system to relieve depression.

The biggest challenge for me was accepting ECT as a viable treatment option. It was easier for me to understand the treatment than it was for me to accept the treatment. ECT has become my "treatment of choice." The positive outcome from ECT outweighs the stigma surrounding ECT. I have come to understand and trust ECT as my "silver bullet" in dealing with my severe clinical depression.

Carol Kivler is a passionate consumer advocate, speaker, author and the founder of Courageous Recovery. She speaks to consumers, their loved ones and healthcare professionals to raise awareness, instill hope and combat stigmas surround-

To provide a better understanding of ECT, the following is what a patient encounters:

1. The patient receives an IV containing anesthesia and a muscle relaxant
2. Blood pressure and pulse monitoring devices are applied
3. EKG leads monitor the heart and EEG leads monitor the brain
4. A bite-block is inserted in the mouth to prevent the possibility of patients biting their tongue
5. An oxygen mask is placed over the face to ensure proper respiration
6. Electrodes are applied to the right temple and the parietal area on the head
7. The electric current is adjusted to the lowest intensity and shortest duration needed
8. The doctor applies the electrical stimulus by pressing a button on the end of one ECT handle
9. The brief pulse stimulus lasts just 1 to 2 seconds
10. One ECT course consists of 6 to 12 treatments

ing mental health diagnoses and treatments. Carol shares her journey of recovery from four bouts of medication-resistant depression and her positive experience with the life-saving treatment ECT through keynotes, breakouts and Grand Rounds.

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Carol lives in Lawrence Township, NJ and is the proud mother of three grown children and five grandchildren.



## CampExperience™ Celebrates 5th Anniversary of Women Helping Women

*The brainchild of 15 friends is now going global*

In September 2005, 15 friends gathered and dreamed big of a camp for women. Not the kind of camp where you remember getting beautifully dirty and launching into the lake off a rope swing, but an adult version of camaraderie, learning, adventure and making the gooiest s'more on the planet.

A year later, that dream became reality in the form of CampExperience™, a 2.5 day educational and networking retreat for sisters, friends, colleagues and mothers/daughters held each year the last week of September at Copper Mountain Resort in Colorado. There are three key elements that began in the brainstorming session and remain true today as CampExperience™ celebrates its fifth anniversary on Sept. 24 – 26:

- **Education** - 35 speakers and adventure leaders from across the globe;
- **Inspiration** - Participation by local charities whose program participants come and tell their personal stories; and
- **Networking** - Opportunities to meet like-minded women and grow your personal and professional network with these key contacts.

The annual event features a “campus style” program, convening for meals and then choosing the speakers, adventures and personal services the “camper” wants to enjoy such as hikes, fly-fishing, self-defense classes, organic cooking, yoga, Qi Gong, a creativity corner, spa services, and health services consultations. “We come up with dynamic activities and hands-on workshops as well as keynotes each year, so everyone tries something new, learns something new, and is motivated to take positive action for their lives,” comments founder Betsy Wiersma.

Proceeds from all on-site activities at this year’s CampExperience™ will benefit The Women’s Bean Project and Mile High United Way’s Adult Self-Sufficiency Initiative, both based in Denver. Since 2006, camp has donated more than \$116,000 in cash and in excess of 10,000 pounds of clothing and household goods to its Charity Partners.

CampExperience™ also annually awards “Women Who Rock” awards to people who are making an everyday difference and may not be noticed for their amazing efforts.

### Why CampExperience?

Wiersma harnessed the ideas generated with 15 friends in 2005 and created CampExperience™ by investing her own time, contacts and money. “I used \$20,000 of my savings to pay the bills for year one, and we still donated \$20,000 to our Charity Partners,” she recalls. “After traveling around the world for Wiersma Experience Marketing for many years, I wanted to design a life that was purpose-built with family and flexibility first and working when it best fits.”

Wiersma works full-time on Camp with the help on an assistant and a volunteer committee of 20. She is also a public speaker and takes on a few select consulting clients. “Camp is my vocation and avocation ...the lines are blurred,” she explains. “We work year round, looking for speakers, sponsors and charities, and staging other event to help and continue the momentum. Other Camp events include MiniCamp, topic workshops and other networking events. There are many ways to catch the spirit of CampExperience™.”

### Taking Camp Global

CampExperience™ is just recently available as a consulting “kit” for organizations outside Colorado who want to galvanize a network of women, raise funds, educate or inspire. “We are ready to take Camp to the world,” Wiersma says, “and we cannot wait to expand the network of women helping women.”

For a complete schedule and registration information, visit [www.CampExperience.com](http://www.CampExperience.com) or call 720.200.0271. Other facts, photos and information are available on [www.CampExperience.com](http://www.CampExperience.com) in the Press Room.

Ever wonder what Alfa Romeros, Ferraris, Vespas, Lambourghinis, Lori Trumble and Chuck Leutner, and Others Have in Common?  
**VIVA ITALIA!**

Translated as, “Thank you,” this event will showcase exotic Italian transports. Supported by a major sponsor, Mr. Tire and co-chaired by Lori Trumble, board member of the Children’s Guild and Chuck Leutner, of the Ferrari Club of America’s Mid-Atlantic Region, this events boasts a prior history of five years.

Envisioned by the Children’s Guild’s board members and supporters, the set has morphed from a small scale event transplanting its first parade in Annapolis, the second along the town’s water front, the third in Little Italy and for the past two years, to Harbor East. This year’s soiree will co-join with the Trawler Fest, a yacht and boat event at Rash Field at Harbor Place.

“Every year, this event attracts a lot of people and a lot of fun,” says Co-chair Lori Trumble. “It’s part of the lifeblood for the

Children’s Guild. In the past, this event has raised as much as \$30,000.” Though various vendors will partner with the Children’s Guild for the event, the biggest attraction are the Italian car afficianados.



“I’ve been car crazed since I was 14,” says Barbara Roza, a confessed second time Ferrari owner, where she is a Department of Defense worker by day and an Italian car lover by night.

“For leisure, I go Italian and for practicality, I go German,” says Roza in resignation, who takes her daily trek to work in a BMW.

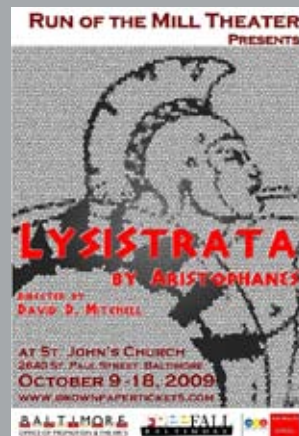
Dubbed Concourse D’elegance, Viva-Italia offers more space, more cars and more people. There’s also a caveat for “boat people--Trawler Fest, same time at the same locale, Trumble says.

“Whether you like the road or water, this event has something to offer and it’s free to the public,” says Trumble.



# news from

We've wrapped up our 2009-2010 season, one which saw RotM spread its work across the City and across the centuries. Beginning with the ancient Greeks (getting a little help from Lou Rawls) our production of *Lysistrata* played to audience acclaim at St. Johns Church in Charles Village. Next *The Piano Lesson* brought us back to Theatre Project in the Spring. *Variations on Beauty*, the sixth in its series, was a dizzying showcase of new local works created for RotM and presented at the Maryland Institute College of Art; and most recently, the debut of our annual 24-hour play festival, *The North Avenue Plays* presented at ArtScape last month. Before we move on to deal with the new 2010-2011 season, it's time to remind everyone of City Paper's annual BEST OF BALTIMORE awards. Please vote for Run of the Mill Theater and for your favorite RotM productions of the past year, by participating in the online readers' poll: <http://www.citypaper.com/bob/poll.asp>



# RUN of the MILL THEATRE

Remember to show your love for Baltimore's

# Best Local Theater Company!



Our Managing Director, David D. Mitchell, was honored in 2008 as Best Director for Lorca's *Blood Wedding*. "Mitchell's flowing blocking and choreography gave the production focus while allowing his actors to channel their energy into a plot whose prime mover is the elemental force of human attraction. In this production, Mitchell truly struck a balance that turned this group of part-time actors into a fully committed ensemble."



Last year, RotM's new permanent home -- the LOF/t -- was named Best New Theater. "It's a stage setup that by its very design and curatorial mission hopes to expand the definition of theater to incorporate a wide swathe of time-based work and performative output. And it's doing just that..."



In 2005, Run of the Mill Theater won honors as Baltimore's Best Community Theater Company. Run of the Mill has taken its stated mission—"to allow aspiring theater artists a chance to practice their craft in an experience-friendly environment"—a little more seriously than most, coming up with shows that challenge expectations and take chances."



In 2006, the second installment in our Variations series, *Variations on Fear* was named Best Production. "...This 10-play evening--in which 10 local playwrights participated--was an inspiring, exuberant showcase of imaginative, idiosyncratic writing and acting. Theatrical collaborations are often iffy, but *Fear* struck the right notes: Run of the Mill gave everybody something to work with and then left them to their own devices. These plays were funny, scary, idiosyncratic, occasionally bleak, but never boring."

Then City Paper named Run of the Mill Theater the Best Local Theater Company in 2007.



"The company put on a South African play festival, workshopped and staged another of its Variations projects, and performed the first local production taking part in Suzan-Lori Parks' 365 Plays/ 365 Days project. And Mitchell isn't wasting any time, staging Federico García Lorca's *Blood Wedding* in October as his first project as director. And it's rare--in any city--to be able to witness such ambitions realized with such limited resources. Bravo."



## Alec Lawson on Othello

We've just concluded auditions for our first production of the 2010-2011 season. *Othello* will be performed October 22-31 at the LOF/t, 120 W. North Avenue. Longtime RotM artist Alec Lawson will direct. Here's what he had to say about this project:

"Othello is important to me because of how the play speaks to us as individuals of insecurity; that no matter how strong or confident we are, we are still plagued with thoughts that our lovers are unfaithful and that we get passed over for our accomplishments. *Othello* remains, to me, the most applicable play to our time."

Stay tuned for ticket information and showtimes, and for updates on the rest of our upcoming season!

45 West Preston Street  
Baltimore, MD 21201  
410-796-1555



## The Importance of Breakfast: Mom Was Right

*“Breakfast is the most important meal of the day.”*

Mothers have used that statement to coax children into eating breakfast for years. As it turns out, Mom was right, and according to TOPS Club, Inc. (Take Off Pounds Sensibly), the nonprofit weight-loss support organization, there’s research to back her up. Getting a good mix of protein, whole grains, fiber, and fruit every morning can help boost metabolism, increase energy for both the body and the brain, and help curb cravings for sweets and other foods high in fat. Research has shown that skipping meals, and especially skipping breakfast, also can make individuals more likely to eat more at the next meal or to eat high-calorie snacks before the next meal.

“Breakfast gets your metabolism going in the morning so you actually burn more calories during the day,” says Joan Pleuss, R.D., C.D.E., M.S., C.D., Senior Research Dietitian in the General Clinical Research Center at the Medical College of Wisconsin and nutritional expert for TOPS. “However, that

doesn’t mean that you should use that as an excuse to overeat later in the day. Actually, the reverse may happen, as eating breakfast can decrease the likelihood that you will be as hungry later on.”

The National Weight Control Registry (NWCRC) was founded more than 20 years ago to document the habits of people who were age 18 and older and who had lost at least 30 pounds of excess weight that they had kept off for at least a year. One habit the researchers found was that 78% of the people in the Registry ate breakfast every day and that only 4% never ate breakfast.

In the NWCRC, the typical breakfast was cereal and fruit. Another study found that those individuals who ate a ready-to-eat cereal for breakfast had a higher fiber content in their total diet than those individuals who didn’t eat a ready-to-

eat cereal. Other studies have reported that people who eat a ready-to-eat cereal for breakfast tend to be leaner than people who don’t eat breakfast or eat other types of food for breakfast.

“The best breakfasts are rich in fiber and protein,” notes Pleuss. “Not only do they digest slowly, which means a longer time between hunger pains, a fiber-rich diet can help lower the risk of diabetes, heart disease, stroke, and colon cancer.”

Putting this advice to practical use doesn’t have to mean going to the store and spending a small fortune on specialty foods. Instead, a few well-planned changes, like switching to a whole-grain, wheat bread from white, can make all the difference.

“If waffles are a morning favorite, plan to purchase whole-wheat waffles in place of the more generic, processed varieties,” rec-

ommends Pleuss. “Pairing the waffles with some low-fat fruit yogurt is a great way to start the day healthy and curb the urge to binge before lunch.”



If lack of time is the reason you skip breakfast, try getting items ready the night before. Pour out the cereal and cut up the fruit. Place the oatmeal in the bowl so you only need to add the milk or water in the morning. Microwave it while you are getting dressed. Also have available foods that you can grab and go, like whole fruit, bagels, high-fiber breakfast bars, trail mix comprised of nuts and dried fruit, dry cereal, low-fat or fat-free yogurt, and 100% juice.

You can also make the following recipes in advance, perhaps on the weekend, for convenient and healthy breakfasts all week long.

### Applesauce Oatmeal Muffins

Nutrient value per serving, based on a 1,500-calorie diet: One serving = one muffin.

- 1 1/2 cups all-purpose flour
- 1 cup uncooked old-fashioned oatmeal
- 1/2 cup brown sugar
- 1 1/4 t. baking powder
- 1 t. baking soda
- 1 t. ground cinnamon
- 1/2 t. ground nutmeg
- 1 large egg
- 1/2 cup nonfat plain yogurt
- 3/4 cup unsweetened applesauce
- 1/2 cup chopped pitted dates
- 1/2 cup skim milk

In large mixing bowl, stir together dry ingredients. In medium bowl, whisk together remaining ingredients. Pour liquid ingredients over dry ingredients. Stir until just blended; do not overmix. Spoon batter into muffin pans coated with nonstick spray or lined with paper bake cups. Bake at 350° F about 20 minutes or until lightly browned. Cool five minutes in the pans before turning out and cooling on wire racks. Makes 18 muffins.

Exchanges - 1 starch, 1/2 fruit  
Calories - 99 Total Fat - 1g (2%)  
Calories from Fat - 9 Saturated Fat - 0 Cholesterol - 12 mg (4%)  
Sodium - 118 mg (5%) Total Carbohydrate - 21g (9%) Sugars - 9g  
Dietary Fiber - 1g (5%) Protein - 3g

### Yummy Granola

Nutrient value per serving, based on a 1,500-calorie diet:  
One serving = 1/2 cup granola.

- 1 2/3 cup oat bran
- 1 cup quick or old-fashioned rolled oats
- 1/3 cup instant nonfat dry milk powder
- 1/4 cup honey
- 1/4 cup sunflower seeds
- 2 T. vegetable oil
- 2 T. water
- 1 t. grated orange peel
- 1/2 t. vanilla

- 3/4 cup dried banana chips
  - 1/2 cup raisins
- Exchanges - 1 starch, 1 fruit, 1 1/2 fat  
Calories - 198 Calories from Fat - 72  
Total Fat - 8g (16%) Saturated Fat - 3g (20%)  
Cholesterol - 0 Sodium - 15 mg (1%)  
Total Carbohydrate - 34g (15%)  
Dietary Fiber - 4g (20%)  
Sugars - 14g Protein - 6g

Combine all ingredients except last two. Mix well. Spread into a 13" x 9" pan and bake at 350° F for 20 to 25 minutes until golden brown. Stir after 10 minutes; then stir in banana chips and raisins. Cool completely. Store mixture in an airtight container for up to one week. Makes 10 servings.

## 5 Myths and Myth Busters of Personal Coaching

By Jaana Myllyluoma

I hung up the phone having agreed to yet another project on top of a schedule that was already making me panic. As I penciled the dates into my appointment calendar, that sinking feeling set in. How on earth was I going to accomplish everything? What's wrong with me - why couldn't I just say "No!?" So that's when I emailed my personal coach: Please HEEEEELP!!!

As a coach myself, I am used to frazzled clients. In fact, many people initially come to coaching because they feel way over-committed and their lives are out of balance. On the other hand, just as many people hire a coach because they want to pursue their dreams and be the best they can be.

Because coaching is a relatively new career and there are many misconceptions about what it is and what it isn't, here are some common myths and my personal myth-busting answers.

### **Myth 1: The coach will tell you what to do.**

**Bust:** Wrong! The role of a coach is to guide you to discover your own solutions. Through intuitive, insightful questioning and deep listening, the coach opens up the conversation to reveal what is at the heart of the issue. A professional coach will never counsel a client what they should do, but they do engage the client in brainstorming about options and new possibilities. To provide continuity and accountability in the coaching relationship, the coach and the client may agree upon homework that transforms the learning into action.

### **Myth 2: Coaching is limited to work or career issues.**

**Bust:** Personal as well as professional coaching starts from the premise of a whole person whose life is comprised of a variety of areas: work and career, family, marriage and relationships, finances, spirituality, personal interests and hobbies, and so on. These areas are interrelated and often a change in one results in a change in another area. Nothing is outside the scope of coaching if the client is open to discussing it.

### **Myth 3: Coaching is like therapy or counseling.**

**Bust:** While coaching may at times feel like therapy because emotions of the client are taken into consideration, the starting points are the opposite. Psychotherapy is aimed at fixing

something, while coaching is based on the premise that each person is inherently whole. Feelings of sadness or anger, as well as joy and excitement, are part of the whole person and can be important guideposts in coaching. Coaching does not dwell on past events to understand the whys and wherefores of a client's emotions, nor does a coach make any diagnoses of mental health. Instead, coaching is focused going forward from wherever the client is at the moment.

### **Myth 4: People who "have it together" do not need a coach.**

**Bust:** Most anyone could use a coach, at least at certain points in their lives. Most professional coaches have their own coaches because we recognize the immense benefits from being coached. Coaching is not targeted to fixing a problem but to empowering a person to live a fuller, more meaningful and productive life, or to being a more effective leader, or to making choices that honor personal values.

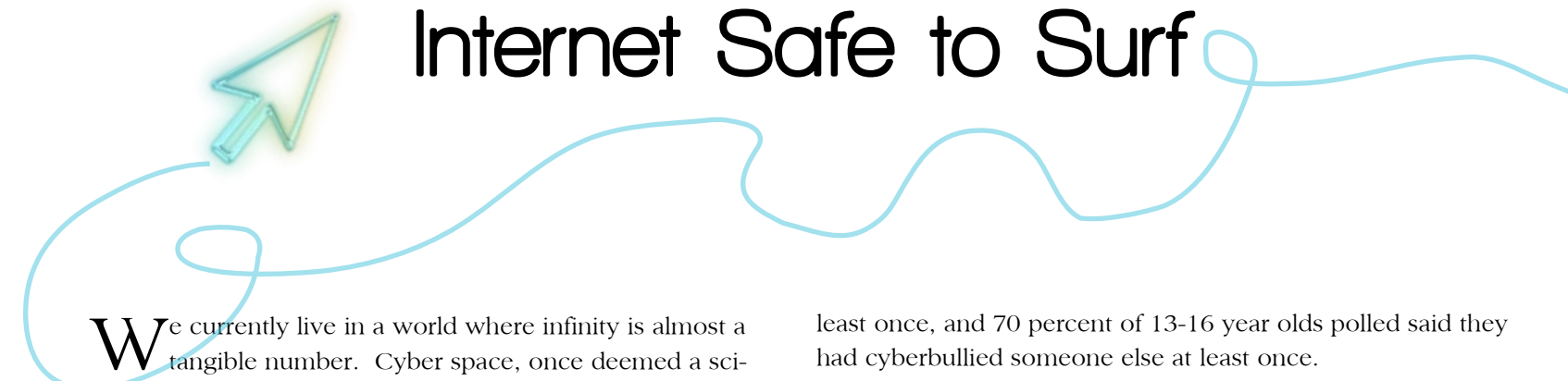
### **Myth 5: Coaching is only for the rich.**

**Bust:** Coaches charge a wide range of fees, with many coaches providing low-cost or sliding scale fees. Coaches typically bill per month, with 2-3 sessions per month. Sessions may last from 30 to 60 minutes, either on the phone or in-person. Monthly fees range on the average from \$150 to \$500+ per month. Some employers provide or subsidize executive, leadership, or professional coaching for their staff.

Coaching happens in a relationship between the coach and the client. This relationship must be a good fit in order for coaching to be successful. When choosing a coach, look for those who have completed a certification course or are otherwise credentialed as professional coaches. And then ask for an information session or a sample coaching session. These should be provided free of charge. The International Coach Federation (ICF) website - [www.coachfederation.org](http://www.coachfederation.org) provides a "Find a Coach" tool to begin your search for a credentialed coach.

Now, back to my story at the beginning of this article. When my coach took my call at the appointed hour, the first thing she said was "You sound like you're drowning." Wow, she understood before I could even tell her my tale of woe. Forty-five minutes later I felt like a new woman - having uncovered some patterns of thought that were the real cause of my feelings of overwhelm. I realized that lack of time was not the issue for me; it was how I was viewing the tasks in my calendar. A small shift in thought, a huge boulder off my shoulder. We agreed on a few practical ways for me to stay on top of my game and off I went to tackle the next assignment, which, incidentally, was to write this article.

# What We Can Do To Make the Internet Safe to Surf



We currently live in a world where infinity is almost a tangible number. Cyber space, once deemed a science-fiction term, has become a frontier that is well-traveled and explored. Did you know that it is nearly impossible to determine how many websites exist on the Internet? Why... because it is always changing...new ones replacing old ones long before any system could actually track them. As an example of the overpopulation in a sphere where that almost seems impossible, if you "Google" or "Bing" the word "safety" the results give you more than 400 million websites. There is an irony to this considering that for the novice, inexperienced and/or unaware cyber-traveler, the Internet can be hazardous and, at times, even dangerous.

Stolen identities, cyber-stalkers, sexting and cyber-bullying are just a few of the crimes associated with the Internet. These crimes affect businesses and individuals; the Internet Crime Complaint Center (IC3), a partnership between the FBI and the National White Collar Crime Center (NW3C), indicates a steady rise in online crime complaints in their 2009 Annual Report (a total of 336,655 complaints). And while these statistics among a primarily adult audience are alarming, those associated with teens are frightening.

**Results of a recent survey of teens** (2009) conducted by Cox Communications, in conjunction with the National Center for Missing and Exploited Children, indicates: one in four teens know someone who has had something bad happen to them because of information posted electronically; nearly one in five teens have bullied someone via social media, email or text message; and one in ten have been cyberbullied by someone else. In addition, 85% percent of middle school students polled last year said they had been cyberbullied at

least once, and 70 percent of 13-16 year olds polled said they had cyberbullied someone else at least once.

A cyberbully is someone who uses electronic technology to intimidate or harass another person. This includes using: email, text messages, websites, blogs and/or a variety of other online technologies. Cyberbullies do not have to directly face their victims making it easier for them to say and do hurtful and harmful things. Messages can be posted anonymously or falsely under someone else's identity making it easy for cyberbullies to hide behind the technology and for them to say things they would not risk saying directly to the person they are victimizing. For some teens this

1:4 teens know someone who has had something bad happen to them because of information posted electronically

tact lessens the seriousness of the bullying because "it only happened online."

According to a GSUSA study, the Net Effect: Girls and New Media, 21% of girls believe online harassment "happens all the time and is no big deal." In fact cyberbullying is a growing crisis; 49 percent of children who are frequent Internet users report using the Internet to gossip about their friends. Girls say the Internet allows them to treat their peers more cruelly than they would through face-to-face interactions, without having to see the immediate responses to their behavior.

For girls and all youth, relational aggression poses a significant threat to their safety by damaging their self-confidence and relationships with their peers. Megan Meier, Phoebe Prince, and Alexis Pilkington, each ended their life after unrelenting bullying, including cyberbullying.

Because of the devastating, and sometimes fatal, effects of cyberbullying, 13 states have passed or are proposing laws

to make cyberbullying a crime. Girl Scouts has taken a lead role in helping to raise awareness about cyberbullying/relational aggression and steps to address it. Dominique Napolitano represented Girl Scouts of the USA at the U.S. House of Representatives Committee on Education and Labor Healthy Families and Communities Subcommittee Hearing Ensuring Student Cyber Safety on June 24th of this year. She shared with them an account of cyberbullying that she had witnessed in her school and why lawmakers needed to take action to stop it and label this action a crime.

Dominique also spoke about her involvement with LMK—text speak for Let Me Know—an online haven for teens to talk with other teens about technology and how to stay safe while surfing the web, created through a partnership with GSUSA and Microsoft Corp. At LMK, girls are the technology experts on subjects that are often best discussed at a teen-to-teen level, like cyberbullying, online predators and social networking. This girl-led campaign allows girls to share their online concerns with peer “tech-perts” about the issues that affect them while raising awareness about how to help keep

girls (ages 13–17) safe while surfing the Web. In addition, parents have access to a site specifically geared to their needs, equipping them with the tools necessary to understand and act on the rapidly changing world of online safety. (For more information, visit: <http://lmk.girlscouts.org>.) It is important that all of us, regardless of our age, are well informed about cyber-safety issues. Learn as much as you can and share this information with other adults and with any young people in your life. You can make a difference.

On a local level, Girl Scouts of Central Maryland’s Project Anti-Violence Education (P.A.V.E.) Peer Counselors—who serve as peer role models for youth—are available to speak with Girl Scout troops and other youth groups about relational aggression and Internet safety. One specific thing that all parents and adults can do today is have their children and students take the Internet Safety Pledge ([http://www.girlscouts.org/Internet\\_safety\\_pledge.asp](http://www.girlscouts.org/Internet_safety_pledge.asp)). It’s an easy way to start the conversation about being safe in cyber space. [Begin the conversation today...](#)



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# Forgiveness is the Key to Happiness

Often give presentations and lead teleclasses that touch on the connection between Positive Psychology and Spirituality. In his book, *Spiritual Evolution*, George Valiant, a Harvard professor and prominent Positive Psychologist, describes spirituality as “an experience and expression of positive characteristics”, using as an example the Prayer of St. Frances of Assisi.

*Lord, make me an instrument of your peace.  
Where there is hatred . . . let me sow love  
Where there is injury . . . pardon  
Where there is doubt . . . faith  
Where there is despair . . . hope  
Where there is darkness . . . light  
Where there is sadness . . . joy  
Divine Master,  
grant that I may not so much seek  
To be consoled . . . as to console  
To be understood . . . as to understand,  
To be loved . . . as to love  
For it is in giving . . . that we receive,  
It is in pardoning, that we are pardoned,  
It is in dying . . . that we are born to eternal life*

As someone who has always bridged the spiritual and the scientific, I found this to be both inspiring and immensely practical. Valiant theorizes, “The human capacity for positive emotions is what makes us spiritual, and to focus on positive emotions is the best and safest route to spirituality that we are likely to find”. The concepts of love, forgiveness, faith, hope, joy, giving, and compassion are characteristics, emotions and behaviors that have been the focus of psychological study for some time.

In my workshops I touch on some of the research behind each of these concepts including specific techniques to build them in your life, but the one that seems to engender the most attention and confusion is the idea of “pardon” or forgiveness. Psychologists talk about forgiveness as being a ‘set of cognitive, emotional and behavioral changes regarding a

transgression where the person experiences compassion and benevolence toward the transgressor while acknowledging that the transgression occurred’. But what does that mean, and how does one do it effectively?

## The Law of Forgiveness

Because forgiveness is often tied up with negative emotions, such as anger, pain, guilt, remorse, it’s easy to misconstrue forgiveness, so it is often helpful to first clarify what forgiveness is NOT

Forgiveness ...

*...Is not tolerating wrong doing – but there is a difference between anger and vengeance.*

*...Does not mean to forget – we need to remember that stoves are hot, and perhaps that a particular situation or interaction causes pain.*

*...Is not surrendering our right to justice – however wise justice remembers that two wrongs do not make a right.*

*...Does not mean we excuse the wrongdoer – but it provides a chance for the wrongdoer to improve.*

*...Does not remove pain that is past – it only removes pain from the future.*

So if forgiveness is not those things, what is it? In plain English, it’s recognizing that you experienced a bad thing, yet being able to have thoughts, feelings and actions of kindness and concern toward the cause of that bad thing.

A lot of people have trouble with the idea of forgiving someone who they believe caused harm. Their line of thinking follows something like this:

“X hurt me” -- “If I forgive X, I’m doing X a favor” -- “I don’t

want to do X a favor because X hurt me” -- “I am not going to forgive X”.

The problem with this line of thinking, as common as it is, is that when you don’t forgive X, X is not the one who suffers - you do. Perhaps X feels a little guilt, but on the other hand, perhaps X is long gone and barely even remembers whatever it was that X did. And you’re the one dealing with the feelings of resentment, anger, hurt, and all the turmoil that those emotions cause as you create a grudge against the other person.

*“Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one getting burned.”*  
– Buddhist saying

A little background on the brain’s involvement in all of this: We generally interpret our present experiences based on our past. When we have an interaction with someone, we are experiencing something in the present moment. What automatically happens in our brains, however, is that our sensory receptors take in information from the present moment and start sending signals down neural pathways previously established by past experiences. Those signals include thoughts, feelings and behaviors. And without being aware, we react to an interpretation of the present moment based on memories of the past rather than directly to what’s happening now.

So, when we experience something unpleasant, some type of negative sensation is triggered and our brain sends a signal down whatever neural network is most closely connected to the present experience. Usually this involves some type of fear based in the past, but the feeling seems so real that we experience it as if it were true right now. And if we hold onto that negative emotion, or the thought “that person did X to me” it actually gets reinforced in our brain along with all the other thoughts and physical sensations associated with it. We become separated from our self in the present moment and get stuck in an “imaginary” experience based on our past.

Research shows that people who are able to show forgiveness:

- have lower level/experience of negative emotions,
- are more altruistic & giving
- have higher degree of emotional stability

- are less angry & vengeful
- reduce the severity of heart disease

In some ways, forgiveness could be viewed as a selfish act – after all, the forgiver is the one who benefits most! By forgiving X, you can’t change the past event and you’re not condoning it – but forgiveness frees you from the negative emotion attached to the memory of the bad thing and the tangle of negativity that surrounds a grudge. This doesn’t mean you have to put up with X and get hurt again; it means that you are untying yourself from the binds that the memory of X and the bad thing holds you in. The “law of forgiveness” basically means that any time you withhold forgiveness, or hold onto resentment or grudges, you are actually harming yourself. And conversely, when you forgive others, you get the benefit.

## The Formula for Forgiveness

So how does one go about forgiving someone? The answer is simple but not easy. Everett Worthington, author of *Forgiving and Reconciling* (2002), puts forth two types of interpersonal forgiveness:

1. *Decisional forgiveness* is choosing not to seek revenge against or avoid a transgressor, but instead seeking to restore the relationship. Decisional forgiveness is about making a choice to behave mercifully.
2. *Emotional forgiveness* is replacing negative unforgiving emotions (like resentment, bitterness, hostility, hatred, anger, and fear) with positive other-oriented emotions (like empathy, sympathy, compassion, love).

You could act mercifully toward someone and still hold emotional grudges. Similarly, you could emotionally forgive (that is, experience changed emotions, perhaps feeling sympathy for a perpetrator’s suffering) but choose not to hang around the person.

Now, on to the formula for forgiveness involving 3 steps, each of which requires working with both decision and emotion.

### Step 1. Identify the cause

There’s an old saying that before you take the speck out of your friend’s eye, you should take the log out of your own. Another way to think of this is that the speck in your friend’s eye is actually a reflection of the log in your own. Often what bothers or angers us is a projection of something we may feel guilty about. One of our neural networks has been tapped and we’re bothered without really knowing why. And guess

where all that actually is? You got it – in the past. By staying angry, you are keeping yourself attached to the past. If you notice something that you are tempted to hold a grudge about, first think to yourself – would I hold a grudge against myself?

### Step 2. Let it go

The temptation to be angry and hold a grudge is really a choice you make. Sure the anger may seem justified, but is it worth

getting yourself tied up in negative emotions and increasing your stress even more? In some ways, holding on to resentment continues to give your transgressor the power to hurt you again and again in your own mind. Ask yourself - is this worth my present happiness? Make a decision to actively forgive.

### Step 3. Replace it

By making a choice of forgiveness you are creating space for more love and love's associated thoughts, feelings and behaviors. A good way to open the door for this replacement is to practice compassion for the person you have a grudge against. Keep in mind, their brain works the same way yours does, so whatever they did to you was based on their neural networks' experience and memory of the past. In many ways they are just like you. Allow that realization to reconnect you to the present and to that part of yourself that you might be seeing reflected in your transgressor.

At a basic level, the act of forgiveness involves working with your own thoughts and memories so that you can think about the past event with no negative emotional reaction. Kind of like if you have a scar from a deep cut. You see the scar, you remember the incident of suffering the cut, but you don't experience any pain in the present moment. If you wanted to, you could rekindle the upset of getting the injury, but that's a memory – it's not real right now.

Simple but not easy, right? But worth it; as Worthington says, "Forgiveness is both a decision and a real change in emotional experience. That change in emotion is related to better mental and physical health".

Robert Enright, an Educational Psychologist at the University of Wisconsin has been studying forgiveness for years. He has found that people who have experienced hurts ranging

## Questions to Ponder

- ♦ *What is my definition of forgiveness, and how does it play a role in my life?*
- ♦ *When I forgive others, what is my experience?*
- ♦ *What about when I forgive myself?*

from surviving incest, parental neglect, and partner infidelity can learn a process of forgiving and experience multiple long term benefits. In one such study women over the age of 65 who had been emotionally hurt in a close relationship were randomly assigned to either a forgiveness group or a general discussion group. Both types of groups met for 8 weeks. The women in the forgiveness group ended up with lower anxiety and higher self-esteem. Similar studies also show that forgiveness work decreases risk of substance abuse, diminishes depression and anger, decreases heart rate and blood pressure, and

increases optimism.

Remember that forgiveness involves working with your thoughts, emotions and behaviors. It is a learnable skill, and the benefits are worth it. When someone learns to read, they don't pick up a 500 page novel, they start with simple sentences in a short book. Same with this type of skill; don't pick your biggest life challenge to start with. It may be easier to start small with things that 'bug' you, but don't carry critical weight in your life. As you increase your forgiveness skill, the bigger things will become easier and you'll soon realize that big or small, they're all pretty much the same: opportunities to practice the formula for forgiveness and allow more love and happiness into your life.

I've often heard the phrase, "can you find it in your heart to forgive?" Yet forgiveness is not found only in the heart or the head. It's a decision your mind makes leading to a change of thoughts, feelings and actions which free you from being bound by fear.



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 one: one coaching. Contact her at Tasha@CoreHappinessCoach.com or sign up for her monthly newsletter at www.corehappinesscoach.com and get FREE report on Tools for Harvesting Happiness.



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## Wine and Champagne Being Served Up at L'Auberge Chez Francois

In September Chef Jacques Haeringer presents wine dinner and demonstration for September.



Chef Jacques Haeringer is pleased to present a series of wine events at the award winning L'Auberge Chez François during the month of September. Representatives from Robert Mondavi and Champagne Louis Roederer will present some of their best wines paired with Chef Jacques's culinary creations.

As always, Chef Jacques and the staff at L'Auberge Chez Francois will accommodate any dietary restrictions and concerns with advance notice.

Prices include the demonstration, lunch or dinner with fine wines, written recipes for the home chef, and all taxes and gratuities.

To reserve spaces for June go to [www.ChefJacques.com](http://www.ChefJacques.com) or call the restaurant: 703-759-3800.

Chef Jacques is one of America's most respected and innovative culinary personalities. Continuing in his father's footsteps, Jacques loves to create and serve contemporary French fare. His menus feature reinterpreted Alsatian and French cuisine for American palates. When he isn't in the kitchen he can be found teaching his popular gourmet cooking classes. Jacques is often asked to author magazine articles, cook up recipes at culinary

events, and to be a guest on television and radio shows across the country.

**Wednesday, September 15 at 7:00 p.m. – Robert Mondavi Wine Dinner with Kerrie McGowan, Winery Representative**

*Assorted Canapés served with Fumé Blanc 2008*  
*Coquille of Chilled Seafood served with Reserve Chardonnay 2006*  
*Wild Mushroom Crêpe with Pinot Noir 2008*  
*Tenderloin of Beef, Truffle Sauce served with Cabernet Sauvignon 2007*  
*Raspberry Crème Brulée served with Moscato D'Oro 2008*

**Cooking Demonstration Friday, September 24 at 11:00 a.m. – Meet Charles Fournier from Champagne Louis Roederer**

*Louis Roederer Celebration - Brut Premier Collection*  
*Seafood Fricassé - Domaine Ott Chateau de Selle Côtes-de-Provence*  
*Organic goat cheese salad*  
*Seasonal Sorbet*  
*Hanger steak Bordelaise with chanterelles*  
*Chateau Haut-Beauséjour*  
*Sainte-Estèphe*  
*Opéra cake*

Jacques is the author of "Two for Tonight," a collection of recipes that inspire romance through food and togetherness, and the "Chez François Cookbook," the bible of classic Alsatian cuisine featuring some of the restaurant's most popular recipes. He lives in Northern Virginia and is currently working on a new cookbook and television show. For more information on Chef Jacques, his books and cooking classes, visit him online at [www.ChefJacques.com](http://www.ChefJacques.com), Facebook @JacquesHaeringer, and Twitter @ChefJacquesH.

## PREGNANT WOMEN WITH PSORIASIS MAY BE AT INCREASED RISK FOR PREGNANCY COMPLICATIONS

*Researchers Say Increased Risk May Be Due To Comorbidities, Such As Obesity*

Pregnant women with psoriasis may be at increased risk for adverse pregnancy outcomes, according to research just published in the British Journal of Dermatology.

The Organization of Teratology Information Specialists (OTIS) Autoimmune Diseases in Pregnancy Project compared the prevalence of selected risk factors between 170 pregnant women with psoriasis and 158 non-diseased pregnant women. The research study was coordinated at the University of California, San Diego.

“What we found was women with psoriasis were more likely to be overweight or obese before becoming pregnant,” said Dr. Christina Chambers, an epidemiologist with a special focus in the areas of birth defects who also serves as program director of the CTIS

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

Pregnancy Health Information Line, the California affiliate of OTIS, and associate professor of Pediatrics at UCSD. “We also found they were more likely to smoke, have a diagnosis of depression, and were less likely to have been taking the recommended prenatal vitamin supplement,” she added.

Researchers involved with the study concluded that pregnant women with psoriasis might be at increased risk for adverse pregnancy outcomes due to health behaviors associated with the disease, such as obesity and smoking. “These findings are not only important for a pregnant woman with psoriasis to be aware of, but also for health physicians who should take these risk factors into consideration during the treatment of a psoriasis sufferer of childbearing age,” explained Dr. Chambers.

OTIS is a North American non-profit dedicated to providing accurate evidence-based, clinical information to patients and health care professionals about exposures during pregnancy and lactation through its toll-free (866) 626-6847 hotline and website, [www.otispregnancy.org](http://www.otispregnancy.org). Nearly 100,000 women seek information about birth defect prevention from OTIS every year.

## CareFirst BlueCross BlueShield Launches HealthyBlue Product Portfolio

*New Approach of HealthyBlue Encourages and Rewards Healthy Lifestyles*

CareFirst BlueCross BlueShield (CareFirst) is introducing an innovative, new portfolio of health plans – called HealthyBlue – designed to foster and reward healthy lifestyles and promote collaboration between patients and their primary care physicians (PCPs). The products are specifically designed to make it easy for patients to seek necessary care, make them aware of their health risks, and provide them information and incentives to get and stay healthy.

“HealthyBlue is like no other health plan we have ever offered and unlike any other plan available in our region today,” said Chet Burrell, CareFirst President and CEO. “HealthyBlue offers direct, significant financial incentives to members who take control of their health care decisions and who work to improve their health status. If we are to keep health care affordable, it is essential that more focus be placed on keeping people healthy, not just treating them when they are sick. HealthyBlue is a firm step in that direction.”

CareFirst begins selling its HealthyBlue products for all market segments on September 1 and with coverage effective dates beginning October 1, 2010. Members who enroll in HealthyBlue first select a PCP and complete an online health assessment. They then go to their selected PCP for a Health and Wellness evaluation. Members who meet certain health criteria can earn rewards of up to \$300 for an individual and \$700 for a family. Rewards will be paid as a Healthy Rewards gift card or as a contribution to a health savings account. Members who do not immediately qualify for a reward will work with their PCP to develop a Healthy Action Plan and can receive the reward if they achieve the goals of the plan.

HealthyBlue products contain a number of other innovative components aimed at removing obstacles to care and providing members with a variety of choices when accessing care.

- Routine PCP office visits and preventive care at no cost (no copays or deductibles)
- Generic medications at no cost for treatment of asthma, high blood pressure, cholesterol, depression and diabetes
- A product design that provides members choice and flexibility in choosing physicians and accessing care by offering three options:

**Option 1** – Provides the greatest cost savings and maximizes the benefits of member/doctor partnership when members seek care from their CareFirst BlueChoice personal PCP.

**Option 2** – Allows members to obtain care directly through a CareFirst BlueChoice specialist without first obtaining a referral. This option costs a little more but offers members freedom when selecting a doctor.

**Option 3** – Offers members the flexibility to visit any doctor in the CareFirst BlueCross BlueShield PPO network or any other provider outside of the CareFirst network. This option carries more expense to the member than Options 1 or 2.

“We know that there is already great interest in the marketplace in HealthyBlue,” Burrell added. “Coupled with our Primary Care Medical Home program which will launch in 2011, we believe CareFirst will have in place the industry’s most comprehensive approach to engage and reward its members and participating physicians for working together to improve health care quality and lower health care costs.”

In its 73rd year of service, CareFirst, an independent licensee of the Blue Cross and Blue Shield Association, is a not-for-profit health care company which, through its affiliates and subsidiaries, offers a comprehensive portfolio of health insurance products and administrative services to nearly 3.4 million individuals and groups in Maryland, the District of Columbia and Northern Virginia. Through its CareFirst Commitment initiative and other public mission activities, CareFirst supports efforts to increase the accessibility, affordability, safety and quality of health care throughout its market areas. To learn more about CareFirst BlueCross BlueShield, visit our Web site at: [www.carefirst.com](http://www.carefirst.com).

### Concerned about the use of medications and vaccines during pregnancy?

The **OTIS Studies** may help provide more answers.

The purpose of our research studies is to prospectively evaluate the risks to the fetus from various conditions and the medications used to treat them, including:

- Autoimmune diseases, such as Rheumatoid Arthritis, Psoriasis, Psoriatic Arthritis, Ankylosing Spondylitis, and Crohn’s Disease
- Asthma
- H1N1 vaccine, seasonal influenza vaccine, or anti-viral medications

For more information about medication and/or vaccine use in pregnancy, or to enroll in one of our studies, call toll free **(877) 311-8972** [www.otispregnancy.org](http://www.otispregnancy.org)



Consult [www.focusonwomenmagazine.net](http://www.focusonwomenmagazine.net) to hear when Dr. Christina Chambers, UC San Diego Associate Professor & OTIS Board Member, will be a featured speaker on FLAIR Radio's "Healthy Living" segment.



## Breast Cancer Survivors Needed

for a Research Study investigating the benefits of diet and exercise and improvements in cardiovascular health, body composition and function.

If interested in learning more about this study, please contact the recruitment team at 410-605-7179  
Mention breast cancer



## Auto Parts, the Internet, and Breast Cancer... Not a Common Combination... Until Now!

Pine Brook, NJ: Auto parts, the internet, and breast cancer...not a common combination...until now. AutoTex PINK, the windshield wiper blade that is working to “Wipe Out Breast Cancer” and USAutoparts.net have joined forces by selling the high quality windshield wiper blades on the online retail giants’ website. A portion of the proceeds from each sale of the windshield wiper blades is donated to the National Breast Cancer Foundation (www.nbcf.org).

“US Auto Parts has been a great success story,” said Paula Lombard, WEXCO president and co-founder of AutoTex PINK. “For US Auto Parts to see and, more importantly, understand what AutoTex PINK is committed to doing, has really been great. Having our wiper

blades available on US Auto Parts and through all their other companies will be a big boost to meeting our goal of funding continuing research that will hopefully one day eliminate this disease.”

Both AutoTex PINK and US Auto Parts have been very busy lately. This past week, US Auto Parts purchased well-known online automotive after-market retailer, JC Whitney, for \$27.5 million, in a move that will raise US Auto Parts online traffic to 13 million visitors per month. Meanwhile, Auto-

### AutoTex PINK Windshield Wipers and U.S. Auto Parts Join Forces to “Wipe Out Breast Cancer”

Tex PINK inked a deal to appear on a segment of the Lifetime Network morning show, “The Balancing Act”, on October 4th, when the show will dedicate its agenda to feature companies who are giving back to the cause of Breast Cancer Awareness.

“US Auto Parts and their companies are going to bring great visibility to the brand and to the cause,” said Lombard. “The new partnership also gives our millions of viewers on Lifetime Network’s “The Balancing Act” another national outlet that makes it easy for them to purchase the wiper blades and join the cause.”

AutoTex PINK windshield wiper blades come in a standard black color, with a small pink ribbon promoting the cause of breast cancer awareness and research. They are available in metal or frameless. Key features of the AutoTex PINK wiper blades include:

- Fits over 98% of vehicles on the road
- Natural molded rubber for longer life
- Meets or exceeds SAE specifications
- Easy installation in as little as five minutes

For more information, visit [www.AutoTexPINK.com](http://www.AutoTexPINK.com) or [www.usautoparts.net](http://www.usautoparts.net).



## CDPH URGES PREGNANT WOMEN TO GET VACCINATED AGAINST WHOOPING COUGH-- OTIS Offers Answers to Concerned Mothers-- Women Worry If Tdap Is Safe To Get During Pregnancy.

The California Department of Public Health announced recently it has expanded pertussis (whooping cough) vaccination recommendations to include several vulnerable groups of people, including women of childbearing age. The Organization of Teratology Information Specialists (OTIS), a non-profit with affiliates across North America that aims to prevent birth defects, answers questions from pregnant women concerned the vaccine could impact their pregnancy. The expanded pertussis vaccination recommendation comes after health officials declare whooping cough cases in California have reached epidemic levels. According to the state epidemiologist, Dr. Gilberto Chavez, in addition to the typical series of childhood pertussis immunizations, CDPH now recommends an adolescent-adult pertussis booster vaccine (Tdap) for the following groups:

- Anyone 7 years and older who is not fully immunized, including those who are
- more than 64 years old.
- Women of childbearing age, before, during, or immediately after pregnancy.
- People who have contact with pregnant women or infants.

“We are facing what could be the worst year for pertussis that this state has seen in more than 50 years,” said Dr. Chavez.

1,337 cases of pertussis have been reported in the first six months statewide, five times more when compared with the same time frame last year. Another 700 potential cases are currently being investigated. In addition, the state reports five infants under the age of three months have died so far this year from pertussis.

Some symptoms of whooping cough include runny nose and coughing, which can worsen to rapid fits of coughing that create a high-pitched whooping sound.

“We’ve seen an increase in calls from pregnant women with questions and concerns about the pertussis vaccine recommendation over the past week,” said Sonia Alvarado, a Counselor Supervisor with OTIS’ California affiliate, CTIS Pregnancy Health Information Line. “We’re even getting calls from pregnant women planning a visit to California who aren’t sure if they should get the vaccine or not,” she added.

“In general, vaccines that cannot give a person the disease, like Tdap, are not considered contraindicated for pregnancy,” explained Mara Gaudette, an OTIS Genetic Counselor. Tdap is a combination vaccine against pertussis, diphtheria, and tetanus that was licensed in the US in 2005. Ideally, Tdap is given to women before pregnancy. “Otherwise, it is recommended that it be given to the mother after delivery or before leaving the hospital or birthing center in an effort to reduce the chance of the infant contracting pertussis from his mother,” said Gaudette.

Fathers, grandparents, and other caregivers should also be vaccinated to protect infants, explained Gaudette. “In communities where there is an outbreak and a pregnant woman is at increased risk for contracting pertussis, Tdap may be recommended during pregnancy,” she added.

Pertussis has not been established to cause pregnancy problems, although it is not well studied, according to Gaudette. What’s important to point out, however, is that severe disease does have a potential concern for pregnancy. Pertussis tends to be less severe in adults than children, but can still result in adult hospitalization.

According to the CDC’s Vaccine Information Statement, as many as 2 in 100 adolescents and 5 in 100 adults with pertussis are hospitalized or have complications, including pneumonia. These statistics are in comparison to the more than 50% of infants who need to be hospitalized and the 1 in 5 infants who get pneumonia as a complication.

If a woman is planning on becoming pregnant or is currently pregnant, she is encouraged to talk to her doctor about getting the Tdap vaccine, said Gaudette. Questions or concerns about the CDPH’s expanded recommendations to prevent the spread of whooping cough, can also be directed to OTIS’ California affiliate, CTIS Pregnancy Health Information Line, at (800) 532-3749. Outside of California, please call OTIS counselors at (866) 626-6847.



The State of Maryland is fortunate to have many women who have taken the lead in the environmental or “green” movement, helping to preserve our state and our planet.

# GREEN WOMEN OF MARYLAND: ENVIRONMENTAL MOVEMENT

By: Jill Moss Greenburg

Maryland’s own Rachel Carson was the inspiration for the national Women’s History Month theme in 2009, “Women Taking the Lead to Save Our Planet.”



**A**noted author, marine biologist, and ecologist, Rachel Carson from Silver Spring, Maryland, is credited as the founder of the contemporary environmental movement. She wrote her pioneering book, *Silent Spring*, in 1962. *Silent Spring* and Carson's continuous writing and vigilance, focused the world's attention on the harm to human health and the environment caused by the use of pesticides. This led to the federal government conducting a review of pesticide policies and the eventual ban in 1972 of the pesticide DDT in the United States. She was inducted into the Maryland Women's Hall of Fame in 1985.

In addition to Rachel Carson, the Maryland Women's Heritage Center has proudly recognized other women and girls throughout the state who have worked on behalf of the environment, many who are Unsung Heroines, whose work is not widely known. These girls and women include:

### Caitlin Alexandra

Dunbar's strong interest in nature and the outdoors throughout her childhood and youth, lives on in the Caitlin Dunbar Girl Scout nature center established in her name by family, friends, and the Girl Scouts of Central Maryland following her sudden death from leukemia at age 15. This nature center, located in Cecil County, Maryland, offers stewardship activities on rescued wildlife and "hands on" environmental opportunities for Scouts and other visitors to enjoy and appreciate.



Ilija J. Fehrér was one of the strongest pro-preservation voices in Maryland, heard not only when Assateague Island's future was in question, but also when ecosystems beyond her own coastal bays were threatened. It is because of her vision, advocacy and tenacity that we can and future generations will enjoy the Assateague Island National Seashore almost as our

European ancestors found it. She was inducted into the Maryland Women's Hall of Fame in 2009.



Sharon Rose Matola worked in Belize where she became the prime mover in arousing consciousness of citizens and the Belize government to the fears of extinction of the country's wildlife and removal of wilderness areas. In 1991, she was founder and director of the Belize Zoo, which uses the zoo's wildlife preservation area to save at least four tapir species which faced extinction.



Diana Post is Executive Director/President of the Rachel Carson Council, a veterinarian, author, and environmentalist. Inspired by Rachel Carson's book, *Silent Spring*, Dr. Post became an expert in pesticide toxicology and has been at the forefront supporting regulations to protect people and animals from pesticide poisoning. She has

authored extensive publications on pesticides, public health and the environment. She is deeply committed to working for a healthier planet.

Rebecca Bell, now retired, served as the Environmental Education Specialist at the Maryland State Department of Education. She has provided outstanding leadership in embedding environmental issues into the state curriculum for all public schools. Bell has been honored as the Maryland Middle School Science Teacher of the Year, and was selected in 2008 to participate in the national Oceanic and Atmospheric Administration (NOAA) Teacher at Sea program to help scientists monitor the changing ecosystem.

Ellen Silbergeld is an environmental toxicologist and researcher who was one of the individuals primarily responsible for having lead, a major environmental and health hazard, removed from gasoline. She has been an activist in addressing lead contamination in water and has worked for the Environmental Defense Fund, the University of Maryland Medical School, and the Bloomberg School of Public Health at Johns Hopkins University.



Roswitha Augusta, an entrepreneur, naturalist, and environmental filmmaker. Her profound love of nature prompted her to learn filmmaking and produce the award winning documentary, *"Preserving the Future,"* about the conflict between preserving our environment and urbanization. Additionally, she hosts a cable television program about local environmental issues.

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Janice S. Wiles is Executive Director of the Friends of Frederick County, Maryland, Programs of Land and Cultural Preservation Fund, Inc. In 1984, when a fledging Brazilian democracy opened the door to free speech and organization, Janice Wiles provided support and guidance for Brazilians about managing and conserving natural resources. Today, many of those young conservationists hold positions of national leadership. In Frederick County, Maryland, she leads a grassroots movement encouraging sustainable growth, preservation governance and citizen involvement in decision-making.



Don't miss the "Living History" performance by actor Kate Campbell Stevenson depicting Rachel Carson at the Maryland Women's Heritage Center, on Saturday, October 30, as part of the "Maryland Women We Should Know" series. This special performance is part of Free Fall Baltimore, a month-long, citywide occasion offering free performances events, workshops, and exhibits in Baltimore. Other performances scheduled are Shindana Cooper as the "unknown" slave woman who walked with Harriet Tubman on Saturday, October 9, and Harriet Lynn as Ella Shields, the Baltimore-born vaudeville and British Music Hall legend, on Saturday, October 23. All performances begin at 2 p.m. and are open to the public. Discussions with the performers, tours of the Heritage Center and refreshments will also be provided.

We also invite you to help us add "her story to history to tell our story" by nominating a Maryland woman or girl who has made a lasting contribution to your life. Submission forms are available on our website at [www.MDWomensHeritageCenter.org/unsung-heroines](http://www.MDWomensHeritageCenter.org/unsung-heroines) or at the Center.

For more information about the Maryland Women's Heritage Center, visit our website at [www.MDWomensHeritageCenter.org](http://www.MDWomensHeritageCenter.org), call 410-767-0675, or e-mail [mwhcjill@comcast.net](mailto:mwhcjill@comcast.net).

Hours of operation are Wednesday through Saturday, 10 a.m. – 4 p.m. Admission is free.

The Maryland Women's Heritage Center is located at 39 West Lexington St. in Downtown Baltimore.

# Year-round Bridal Gift-giving Made Easy With New Clarus™ Collection

With weddings increasingly taking place throughout the year, and bridal gift giving now encompassing all seasons, US Acrylic's new Clarus™ collection offers affordable gift ideas for year-round use.

This new line, currently available at amazon.com, offers brides upscale drink- and serveware products that are virtually unbreakable. The collection features not only contemporary designs that rival the clarity and brilliance of glass, but also offer safer, greener and more durable construction than products currently on the market.

Ranging from stemware to serving bowls, nearly two-dozen items are offered within the collection. They include wine, martini and margarita stemware pieces; classic, coffee and straight walled mugs; pilsner, tumbler and rocks glasses; three different beverage pitchers; individual and serving bowls; as well as all-purpose plates across the collection's Luxe, Prism, Classic and Faceted styles.

The new Clarus™ line is made with Eastman Tritan™ copolyester, a tough BPA-free polymer that can withstand extreme use and repeated dishwasher cleaning without



Clarus Tritan Luxe Rocks Small Tumbler - 14oz. Available on Amazon.com.

visible or structural wear (it withstood over 500 cycles in commercial dishwasher trials). It is virtually unbreakable and retains its remarkable clarity. The collection is 100% "Made in the USA" and is one of the largest housewares collections utilizing Tritan™ on the market today.

"As an increasing number of weddings occur year-round, we believe the expanded Clarus™ collection is a natural fit for bridal giving," says Jerry Lee, CEO of US Acrylic. "Not only do all pieces within the collection feature contemporary silhouettes that easily satisfy most newlyweds' tastes and complement virtually any home décor, but they also make great, thoughtful, yet affordable bridal gifts due to the brand's innovative materials and styles."

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

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private decisions and let physicians decide what information is best for a patient's individual situation."

In July, U.S. District Judge Laurie Smith Camp issued a preliminary injunction against the Women's Health Protection Act, noting in her ruling that "no such legislative concern for the health of women, or of men, has given rise to any remotely similar informed-consent statutes applicable to other medical procedures."

She also stated that complying with the law's requirements "would be impossible or nearly impossible," and would place "physicians who perform abortions in immediate jeopardy of crippling civil litigation, thereby placing women in immediate jeopardy of losing access to physicians who are willing to perform abortions."

"Our patients rely upon our medical staff to provide honest, medically accurate, unbiased information. That's why we are pleased that Attorney General Bruning has agreed not to fight the court's determination that the Act is unconstitutional," said Jill June, President and CEO of Planned Parenthood of the Heartland. "Women and fairness in standards of care are the winners today."

The Act, which passed the Nebraska legislature in April 2010, would have required physicians who may perform an abortion to discuss the entire body of research literature about possible health risks related to abortion with their patients who are seeking abortions, even though much of this information may be outdated, false or misleading.

For instance, it would have required a physician to discuss flawed studies that purport to find a link between abortion and breast cancer, even though the leading medical organizations — such as the National Cancer Institute, the American Cancer Society and the American College of Obstetricians and Gynecologists — have all flatly rejected any association between abortion and breast cancer.

### Medically Structured Vitamin D Study

Males and females 50-85 years needed to participate in a Vitamin D research study which may include exercise. Work with Doctors, Dieticians and Exercise Physiologists to change your diet and physical activity. Includes health evaluation of cardiac, diabetes, blood pressure risk, body composition and Vitamin D level assessment. Must be non-smoking, free of heart disease and not taking insulin. Women must be postmenopausal. If you are interested, please call U. of MD-BVAMC 410-605-7179, mention Code: Vitamin D

## Nebraska Attorney General Agrees To Settlement In Intrusive Abortion Law

*Planned Parenthood And ACLU Praise Victory For Women's Health*

The Nebraska Attorney General announced today that he has agreed to a settlement with Planned Parenthood of the Heartland acknowledging that the recently enacted Women's Health Protection Act is unconstitutional and will be permanently enjoined. Planned Parenthood Federation of America and the American Civil Liberties Union, co-counsel in the case, applauded the settlement, which acknowledges that the Women's Health Protection Act is unconstitutional based on the merits presented in Planned Parenthood of the Heartland v. Heineman.

"This is a victory for women and women's health in Nebraska," said Roger Evans, Planned Parenthood's Senior Director for Public Policy Litigation and Law. "As we have stated from the beginning, this statute is unconstitutional since the only way to comply would have been to cease providing abortions, which is unacceptable. We are gratified that Judge Camp issued a preliminary injunction, and that the Nebraska Attorney General has decided to settle the case and agreed to the Court's permanently enjoining this statute."

"We are very pleased with this outcome. This statute was about political interference in a woman's private health care decisions," said Alexa Kolbi-Molinas, staff attorney at the ACLU and co-counsel in the case. "The government should stay out of these difficult,

Attorneys on the case include Mimi Liu, Jennifer Sandman and Evans of Planned Parenthood for America; Andrea D. Snowden and W. Scott Davis of Baylor, Evnen, Curtiss, Gritmit & Witt LLP; and Kolbi-Molinas of the ACLU. The order and final judgment in the case can be viewed at: [www.aclu.org/reproductive-freedom/planned-parenthood-heartland-v-heineman-order-and-judgment](http://www.aclu.org/reproductive-freedom/planned-parenthood-heartland-v-heineman-order-and-judgment).

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We are excited to welcome keynote speaker Amy Dickinson, author of the syndicated advice column "Ask Amy" and *New York Times* bestseller, *The Mighty Queens of Freeville*. The highly acclaimed book will be given away to all attendees, and Amy will be signing books at the event. Join us at this celebration of giving in our community and important landmark in the Foundation's history!

RSVP by October 20, 2010 at [www.columbiafoundation.org](http://www.columbiafoundation.org).

## ACLU Marks Women's Equality Day With Call For Paycheck Fairness Act

### Senate Must Make Final Push To Pass Crucial Bill

The American Civil Liberties Union today celebrated Women's Equality Day by renewing its call for the Senate to pass the Paycheck Fairness Act (S. 182), a bill that would finally close the wage gap between men and women. Women's Equality Day this year marks 90 years since the passage of the 19th Amendment, which guaranteed to women the fundamental right to vote.

"As we mark the 90th anniversary of a watershed moment in American history, we are reminded that the struggle for women's equality continues," said Laura W. Murphy, Director of the ACLU Washington Legislative Office. "Looking back on past victories highlights just how much further America needs to go. It's unacceptable that nearly 50 years after the Equal Pay Act became law, women, on average, still make only 77 cents for every dollar earned by a man."

The Paycheck Fairness Act would provide a crucial update to the Equal Pay Act of 1963 by closing loopholes in the current law and strengthening weak remedies. The Paycheck Fairness Act would also provide workers with the tools they need to ensure equal compensation, including fair remedies,

additional enforcement tools and technical assistance and training for both employers and employees. Last year, the House of Representatives overwhelmingly passed the Paycheck Fairness Act; the bill currently has 40 co-sponsors in the Senate and is poised for passage.

*"As the 19th Amendment gave women equality at the polls, the Paycheck Fairness Act will give women equality in the workplace,"* added Murphy. "Passing this crucial legislation is the next step in the fight for equal rights, and the Senate must ensure that women today and for generations to come can bring home the pay they rightfully earn."

*"Women's Equality Day* not only commemorates the passage of the 19th Amendment, but also serves as an important reminder that though women

have won political rights, we must still work to achieve economic rights," said Deborah J. Vagins, ACLU Legislative Counsel. "In this economy, equal pay is not only fundamental to American ideals of fairness, it is necessary for families' economic survival. We have never been closer to passing this crucial legislation; we urge the Senate to move this bill forward."

A letter from the ACLU to the Senate in support of the Paycheck Fairness Act is available at:  
[www.aclu.org/womens-rights/aclu-senate-letter-polling-data-support-paycheck-fairness-act-s-182](http://www.aclu.org/womens-rights/aclu-senate-letter-polling-data-support-paycheck-fairness-act-s-182)

## New Project Gathers Stories about Social Security for Book, Awareness Effort

*The 'Social Security Stories Project' calls on the public to share their personal stories and utilizes social media to spread the word.*

A new effort to gather stories about the importance of Social Security in our society has been launched. The Social Security Stories Project is seeking story submissions from the public, with a goal of receiving 1,000 stories by the end of July. The stories will then be reviewed for possible inclusion in a new book to be published in honor of the 75th anniversary of Social Security on Aug. 14, 2010.

Those who have received Social Security as well as those who know of a friend or family member whose life was impacted are encouraged to submit their stories. Online submission is easy and requires less than 400 words or a short video. Full details and a submission form are available at [www.SocialSecurityStories.org](http://www.SocialSecurityStories.org).

"We are hoping the younger generations will interview their parents and grandparents on the subject which is why our website offers interview questions," says Barbara Burt, executive director for the Frances Perkins Center, a nonprofit organization leading the project as part of its mission to honor and learn from Frances Perkins (the first woman to serve in a presidential cabinet). A pioneering woman in and ahead of her time, Perkins was U.S. secretary of labor for Franklin Delano Roosevelt. She was champion of the New Deal, close friend and advisor to FDR.

The Social Security Stories Project seeks to create a full picture of the importance of Social Security to celebrate and share with all U.S. citizens, and the world.

Stories may be about how:

- Social Security helped a family after a tragedy.
- Social Security is helping with retirement even in these

tough financial times.

- children were left without a working parent or were orphaned, but Social Security provided economic security.
- Social Security helped ensure someone received an education.
- a veteran was able to live in dignity.

"We're inviting people across America to share examples of how Social Security made a meaningful difference in their life or the life of someone they know – as it currently does for one in six Americans," says Burt.

There are three ways to submit a story:

1. Upload a video on YouTube (less than 3 minutes in length) and include a link to the video with the submission form available at [www.SocialSecurityStories.org](http://www.SocialSecurityStories.org).
2. Fill out the simple form on the website (400 words or less).
3. Send a hard copy of your story in regular mail to: Social Security Stories Project, Frances Perkins Center, PO Box 281, Newcastle, ME 04553

The project is also utilizing social media sites like Twitter and Facebook to get out the word in a grassroots effort to share and celebrate stories about Social Security and educate the public. Go to [SocialSecurityStories.org](http://SocialSecurityStories.org) for more information.

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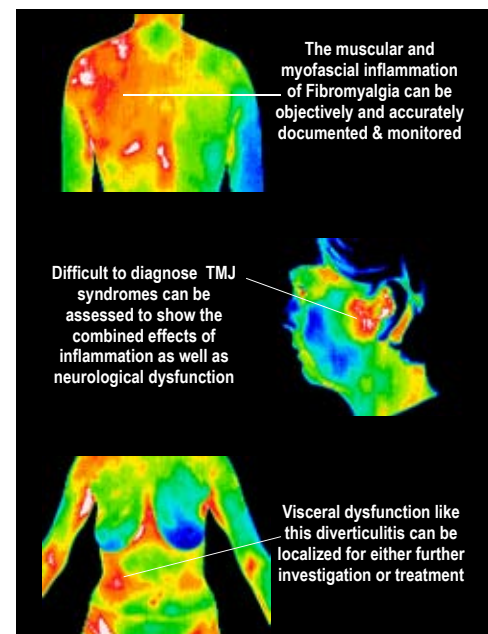
## THERMOGRAPHY:

# The True Breast Cancer Screening Tool

As a doctor who has always believed that each patient deserves what makes the most sense for them personally, the individual risk for breast cancer and the risk imposed by mammography are always discussed in tandem with each patient. This country is slowly coming around to the fact that there is not a one-size-fits all approach or treatment program for patients in the practice of medicine. Our medical paradigm normally shifts very slowly and this makes change quite difficult in the medical field. Hence, the new guidelines recommended for breast cancer screening by the USPSTF studies in November 2009 has literally catapulted the medical community and patients alike into uncertainty regarding the last two decades. What are we to believe? Is it possible that we must consider that there has been an "oversell" so to speak, going on for the last twenty years with the routine use of mammography for screening breast cancer?

To quote the surgeon and scientist who writes Respectful Insolence under the nom de blog, "Orac."... "In the end,

mammography remains a pretty crude tool. The reason it persists is because it is inexpensive, at least compared to newer modalities." But even the more sensitive (and much more expensive) MRI study is unable to clearly distinguish the difference between malignant/aggressive tumors and those tumors that will never harm the patient. The question which begs to be asked here is: have we



become so entrenched in the diagnosis of cancer that we may well be impeding the development and acceptance of better tests that can more accurately distinguish between aggressive tumors and tumors that are unlikely ever to lead to cancer?

Is it not time to better support the research and the pursuit for a more diagnostic technology which can ultimately decrease the unwanted phenomenon of overtreatment and better determine tumor cancer risk? Such a screening test exists in this country and all over the world, it is called Thermography. As we are all aware, the most frequently diagnosed cancer among women in North America is breast cancer, affecting one in every eight women. Despite treatment advances that have reduced mortality, this disease remains the second leading cause of cancer-induced death, being second to lung cancer.

Digital Infrared Thermal Imaging (DITI), also known simply as Thermography, offers a very promising modality in differentiating between malignant and benign breast lesions. Rather than detecting


anatomical changes in breast morphology, this non-invasive technology detects changes on a physiologic level. In light of technological advances and maturation of the thermographic industry over the last two decades, we as a medical community need to recognize and utilize the potential of thermography to provide an effective, non-invasive, and low risk adjunctive tool for earlier detection of breast cancer.

Let's face it: mammography has its limitations. As we all know, an evolving breast cancer, like its surrounding breast tissue, appears white on the x-ray. This may make lesions difficult to detect in young women as well as in women with very dense breasts; in these cases a tumor may not cast a significant shadow until it is quite large. For primarily these reasons, heavy dependence is placed on the mammogram's calcification patterns as a clinical marker for potential cancer cell development within the breast parenchyma. Unfortunately, some cancers are so aggressive that they can spread quickly before they can be detected with a routine mammogram. Despite these limitations, mammography is still viewed as the gold standard for breast cancer screening and detection.

As cancer develops in the breast, cellular abnormalities occur. Such abnormal cellular changes are what thermography detects. A portion of the heat that is released from the body is in the form of infrared radiation. Physiologic changes which relate to cancer evolution such as increased blood flow and increased cellular activity contribute to the infrared image. Similar to the 'Pap' smear, which is universally used to identify the abnormal cells that can lead to cervical cancer, the highly sophisticated camera and computerized system used in thermography is able to assist in differentiating benign tissue from malignant tissue due to the difference in their respective infrared signal.

Improved methods to detect and diagnose breast cancer early, when it is most curable, are required if a signifi-

**the Cometa Wellness Center**



**The Alternative to Alternative**  
*Founded by Ariane Cometa, MD*

Provides the community  
**WITH THERMOGRAPHY**

**What is Thermography?**

- Thermography is a non-invasive procedure which uses a specialized camera to take pictures of your infrared image
- Your Digital Infrared Thermal Image (DITI) is used by a health care practitioner to evaluate the overall health of your body
- The Bottom Line: Breast Cancer Screening and Early Detection Saves Lives!

**How Does Thermography Differ From Mammography?**

- Safety! There is **no radiation** involved with this technology
- As a non-invasive technology, there is **no contact** with your body

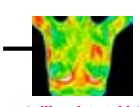
**Why Haven't I Heard About Thermography?**

In 1982, the FDA approved breast thermography as an adjunctive diagnostic breast cancer screening procedure. This technology has undergone extensive research since the 1950s. Although your doctor may not know it, there are over 800 peer-reviewed studies on breast thermography in the index-medicus literature. It is unfortunate, but many physicians still hesitate to consider thermography as a useful tool in clinical practice. This is likely due to the fact that the physical and biological basis of thermography is not familiar to most physicians.

**Why is Thermography Better Than Mammography?**

An abnormal thermogram is the single most important marker of high risk for developing breast cancer. Breast thermography has the ability to detect the first signs that a cancer may be forming before any other procedure can detect it.

**ACTIVE CANCER CELLS  
DOUBLE IN NUMBER EVERY 90 DAYS**

90 days	2 cells		
1 year	16 cells		
2 years	256 cells		
3 years	4,896 cells		
4 years	65,536 cells		
5 years	1,048,576 cells		(still undetectable)
6 years	16,777,216 cells		
7 years	268,435,456 cells		
8 years	4,294,967,296 cells	(doubled 32 times)*	

\*Normally detectable by a Mammogram at this stage

**40 DOUBLINGS (APPROX. 10 YEARS)  
IS CONSIDERED LETHAL**

**FOR MORE INFORMATION OR TO SCHEDULE AN IMAGING,  
Please Contact:**

**The Cometa Wellness Center**  
The Alternative to Alternative  
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cant impact on morbidity and mortality from breast cancer is to be made in this country. As a viable early breast cancer screening tool, thermography challenges the present protocols within the standard medical paradigm. Thermography however supports and complements mammography; it does not replace it. Although no single tool currently provides absolute predictability, a combination of a mammogram and DITI will help to improve both the sensitivity and specificity of cancer detection. Ideally, this enhanced identification can result in improved outcomes for those who have breast cancer, especially in its early stages, and the avoidance of unnecessary procedures for those who do not.

The Cometa Wellness Center brought thermography to the Greater Baltimore area in 2005. Our cameras are state of the art and our technicians are well educated and certified in this field. In addition to offering DITI for breast cancer screening, full body thermal imaging is also available at our Thermography Center located within The Cometa Wellness Center in Lutherville, Maryland. A compilation of citations pertinent to thermography is available upon request. As the founder of the Cometa Wellness Center, I welcome all professional inquiries, encourage you to visit our website and look forward to our potential collaboration in the future.

# RESTAURANT

# REVIEW

Situated in the trendy Belvedere Square section of Baltimore, Crush provides a lively and refreshing change from the downtown sprawl of chain restaurants and maddening congestion. The modern, sleek décor gives it a sense of “big city” dining but in a more relaxed and casual atmosphere. Crush provides a nice mix of a neighborhood restaurant feel with a degree of edginess, which can cater to the high-brow “foodie” clientele, as well.

When we first entered Crush we were surprised at the lively bar scene which added a very youthful feeling to the ambiance. We were immediately brought upstairs to the understated yet chic-feeling dining area. The restaurant seems like a perfect fit for the small, vibrant Belvedere area.

Upon arrival at our table we were quickly brought fresh baked bread with an olive oil dip (always a plus in my book). To our delight, our waitress informed us that it was Baltimore Restaurant week and that there was a prix fixe 3 course menu available to us for \$35.00. We decided to order 1 prix fixed dinner along with a regular menu dinner.

We began our meal with a wonderfully fresh salad of red and yellow beets layered with goat cheese, mache (corn salad), and olive oil. We also ordered the Heirloom Tomato appetizer (\$10) which was prepared with mozzarella, onion, basil and evoo. The appetizers were light, tasty, and freshly prepared.

Although Crush’s menu is not extensive and on the pricey side, it certainly provides a little bit something for everyone. The main entrée’s are an interesting mix of seasonal seafood, steaks and pasta selections. They also offer less expensive burgers and sandwiches. For my main entrée, I opted for the Uncobb Salad (\$17), which is a brilliantly conceived and well presented



salad of tomato, avocado, lobster, shrimp, crab, arugula, and bleu cheese with a lemon sesame vinaigrette dressing. Additionally, we ordered the Beef Filet, which is a 9 ounce filet with a port reduction and a “to die for” side of lobster mac and cheese and asparagus (normally \$26). The beef is locally raised Rosetta Farm beef, which was perfectly seasoned and prepared to order.

At this point we were ready to wave the white napkin in surrender but were told we could not leave without sampling the house favorite dessert called “the Ice Cream Sandwich” (\$7). The dessert consisted of Heath bar cookies with coffee ice cream drenched in chocolate and caramel sauce. It was a totally amazing and decadent finish to a wonderful meal and evening.

Crush also offers year round prix fixe menus and is a welcome addition to the up-beat vibrancy of the Belvedere Square neighborhood, and I truly look forward to my next visit.

FOOD	★ ★ ★ ★
PRICE	★ ★
SERVICE	★ ★ ★ ★
Atmosphere	★ ★ ★ ★
Overall	★ ★ ★ ★
4 stars - Excellent	



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# VIVA ITALIA

S I X T H A N N U A L

## Concours D'Elegance

All-Italian Car and Motorcycle Show Benefiting The Children's Guild

**Sept. 26, 2010** 10 a.m. to 4 p.m.

**Rash Field** | Key Highway, Baltimore's Inner Harbor

