

# Focus ON Women MAGAZINE



**SPECIAL FEATURE:** *2011 Marks a Milestone in American Women's History*

*Giving Gratitude - Pass It On*

*Separation Anxiety Can Cause Anxiety  
Things You Can Do to Soften the Blow*



# Sisters Helping Sisters



*SisSLE The Sister Study*

## SisSLE

### Sisters of Women with Systemic Lupus Erythematosus Research Study

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

#### *Who should join the SisSLE study?*

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

#### *What are participants asked to do?*

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

*This study is funded by The National Institutes of Health.*

#### Criteria for sister WITH lupus:

- Confirmed diagnosis of SLE before the age of 41.

#### Criteria for sister(s) WITHOUT lupus:

- Currently age 10 to 45 years old

**For more information, please  
contact a research nurse at:**

**1-877-698-9467**

**SisSLE@nshs.edu**

The Feinstein Institute  
for Medical Research North  
Shore LIJ

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# MARCH APRIL 2011



Joslyn Wolfe  
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Walking along a pedestrian-friendly footpath near my home, I noticed the timely passage of Spring change hands with an unpredictable winter. I noticed the subtleties of the new season replete with vibrant colors of lavender, hints of earthtones and greens. I noticed the sights and sounds of geese usher forth nature's newest chapter. These changes gave cause to reflect that the new season has the potential for new beginnings, new hopes to enliven, new opportunities, new decisions. To our readers, supporters and advertisers, may the season bring you new opportunities for happiness, health and prosperity.

All the best,

## Joslyn Wolfe

"All changes, even the most longed for, have their melancholy; for what we leave behind us is a part of ourselves."

Anatole France





BASIGNANI

W I N E R Y

Enjoy Free Tasting for the entire month of March while Lynne and Bert are in Tuscany!

April 16-17, 12-5 p.m. we will be hosting our annual Pizza and Herbs. Stop by the winery and enjoy pizza made in our brick oven!

This year we will Swing into Spring April 30-May 1. Join us for the release of our new Vidal and Riesling, and try some delicious sweets from local vendors!

Mark your calendars for the first Maryland Wineries Association event of the year: Wine in the Woods will be held May 21-22, Noon-5 p.m. at Symphony Woods in Columbia.

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Rain or shine. No pets please.

## Focus On Women's Mavens & Mimosas April Speakers Series

Lisa M. Brown, author

*Strong on the Outside, Dying on the Inside"*

Saturday, April 30 , 2011

11:30-1:30 pm

*Cafe de Paris*

8808 Centre Park Dr,  
Columbia, MD 21045

Must Pre-Register & Pay with Registration \$25 in Advance  
For further information contact fwintern@gmail.com,  
nicbri@focusonwomenmagazine.net, or  
410-294-2932, 443-520-3992

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## Do you take aspirin to help treat your heart disease?



If so, you may be eligible to participate in a clinical research study evaluating different anti-clotting (blood thinning) medications in people with stable coronary artery disease (CAD).

To be eligible, you must:

- Be 18-74 years old
- Take a daily dose of aspirin (81 mg - 325 mg)

Eligible volunteers will receive all study-related:

- Physical exam(s)
- Laboratory (blood) tests
- Investigational medications and placebo (an inactive substance)
- Reimbursement for time and travel expenses

There may be up to 5 clinic visits during a 7-10 week period.

Smokers and non-smokers are welcome.

**For more information, please contact:**

Call the Sinai Center for Thrombosis Research or at 410-601-4795 or email Kevin Bliden at [kbliden@lifebridgehealth.org](mailto:kbliden@lifebridgehealth.org)

22/10/2010

# A New Lupus Research

## Study to Follow Sisters of

## Lupus Patients

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



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

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

Feinstein's Dr. Diamond, a world-renowned lupus research and director of the Center for Autoimmune and Musculoskeletal Disorders, is teaming up with geneticist Peter K. Gregersen, MD, who is director of the Robert S. Boas Center for Genomics and Human Genetics. They want to understand how people progress from the start of the autoimmune process to end up with severe disability. What scientists know about the epidemiology of the illness is this: If they follow 4,000 sisters with a sibling with lupus that 80 of them will develop the autoimmune disease at some point in their lives. They also know that some sisters with anti-DNA antibody in their blood will never get lupus. The question is why. Ultimately they want to figure out who those people are and whether the auto-antibodies in their blood can reveal something about why they got sick or not. Then, what if they can begin treating people at risk for lupus before the disease causes organ damage? Could they stave off more serious symptoms and provide people with a better quality of life? They are hoping that this study will be able to help fit these puzzle pieces together.

This study will be a collaborative effort.. There may be more than half a million lupus patients and more than half will have been diagnosed before their 35th birthday. By crude estimates, it means that there are 300,000 people who got lupus in their 30s. If 70 percent have a sister that means that they have a population of 200,000 potential recruits for the study. They are ultimately looking to recruit 4,000 sisters. The plan is to also mine the genome to identify genes that put families at risk and start to link the various genes to the different symptoms of the disease.

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

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

# Maryland Women's

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

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

The Maryland Women's Hall of Fame is housed at the Maryland Women's Heritage Center located in downtown Baltimore at 39 West Lexington Street. Come visit the Center and learn about these amazing women and their accomplishments!

This year's inductees include Lucy Diggs Slowe, Carol Greider and Barbara Holdridge (highlighted below), as well as Dr. Ligia Peralta, Gertrude L. Poe, and June A. Willenz (to be included in the next issue of "Focus on Women"). More information about the current and past Maryland Women's Hall of Fame inductees can be found at [www.MDWomensHeritageCenter.org](http://www.MDWomensHeritageCenter.org).

These six women will be officially inducted into the Maryland Women's Hall of Fame during a special ceremony on Tuesday, March 29, at 5:30 p.m. For more information, or to register to attend, call the Maryland Commission for Women at 410-767-3049.



Lucy Diggs Slowe lived in Baltimore, and graduated second in her class in 1904 from the Baltimore Colored School. She is credited for many "firsts."

She was one of the original 16 founders of Alpha Kappa Alpha Sorority, Inc., the first sorority founded by African-American women, and one of the nine original founders of the sorority in 1908 at Howard University in Washington, D.C.

After graduation from Howard University, she returned to Baltimore to teach high school English. She continued working as an educator in Baltimore for several years, before returning to Washington, D.C.

A tennis champion, Slowe was the first African-American woman to win a major sports title when she won the American Tennis Association's first tournament in 1917.

In 1922, she was appointed the first Dean of Women at Howard University, and continued as a college administrator at Howard for 15 years until her death. She created and led two professional associations to support college administrators, the National Association of College Women and the Association of Advisors to Women in Colored Schools.



# Hall of Fame 2011

By Jill Moss Greenberg



Carol Greider is one of the world's pioneering researchers on the structure of chromosome ends known as telomeres. She received the 2009 Nobel Prize for Physiology or Medicine along with colleagues Elizabeth Blackburn and Jack Szostak. (Greider and Blackburn were the first women to simultaneously win the prize in medicine.)

As a young girl growing up in Davis, Calif., she credits her father, a physicist at the University of California, and mother for her decision to go into science, and her father, especially, for influencing her attitude about academic science.

She continues to study the role of telomeres in DNA damage and cell death as a molecular biologist at the Johns Hopkins University in Baltimore.



Barbara Holdridge is co-founder of Caedmon Records, the pioneer in spoken-word recordings (now part of HarperCollins Publishers). The importance of Caedmon recordings in the history of the spoken word and contemporary culture has been widely acknowledged. Holdridge sold Caedmon Records in 1970, and went on to establish Stemmer House Publishers in 1975, the first general book publishing company in Maryland, printing both nonfiction and fiction works. She sold it upon retiring in 2003.

In addition, she is the recognized co-discoverer and researcher with her late husband of the 19th century American portrait painter Ammi Phillips. She has owned Stemmer House, a Georgian brick mansion in Owings Mills, Md., for 38 years.

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).

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

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

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

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

*Imprisoned for being raped*

*Mutilated for leaving abusive spouses*

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

*Marginalized from the marketplace*

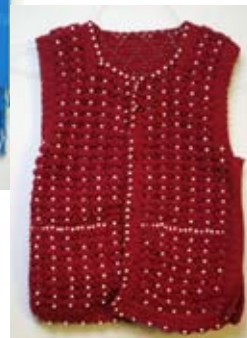
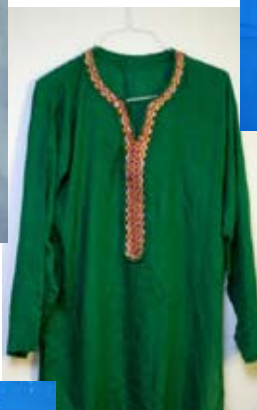
*Psychologically scarred from centuries of war and being persecuted over  
centuries.*

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

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

*Purchase their goods.*

*This is a Fair Trade Project*



# Focus on Women Magazine

## IS A PROUD SPONSOR OF THE WOMEN CAN CHANGE AFGHANISTAN CRAFT PROJECT.

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

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

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



### **How we can help?**

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

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

# WHAT ARE YOU EATING?

## WHAT'S EATING YOU? By Judith Barr

*Your Relationship with Food . . . and How You Can Heal It!*

In a time when many are calling for better eating habits for ourselves and our children . . .

When obesity and poor eating habits are a national epidemic . . .

Do you wonder why we eat the way we do?

Why so many of us seem unable to keep good eating habits?

And how we can truly make a lasting, sustainable change in the way we eat?



Judith Barr

no matter how many times we resolve to “eat healthier” or “lose weight.” Why is this?

The way we eat is rooted in our own individual relationship with food. And most importantly, our relationship with food doesn't usually really have to do with food at all. Rather, it has to do with our relationship with ourselves – our own thoughts and feelings, our own wounds or pains from childhood, and the memories that still live within us . . . within our minds, bodies, hearts, and souls.

Our relationship with food runs deeper than simply observing our parents' eating habits, and either copying or rejecting them. It runs deeper than our own experiences with food and eating as children. And although it is definitely related to the feelings within us, and though we do eat to push down our feelings, the root of our relationship with food even runs deeper than eating to push down our feelings.

Did you know that we often transfer onto food itself feelings from our childhood . . . feelings about people and the experiences we had with them in our childhood? What do I mean by transfer? Transference means to unconsciously redirect – onto another person or object today – feelings, thoughts, and perceptions you originally had in relation to important people in your childhood, usually an authority figure . . . parents, grandparents, members of your extended family, even older siblings. Sometimes it can be a neighbor, clergyman, teacher, or just another adult. Although many of us know that you can trans-



fer these feelings onto a therapist or even another person, most people aren't aware that you can also transfer these feelings onto an object or situation in your present day, as well – for instance, money, power, and even food.

### *Here's an example . . .*

Let's say you are a 5'5" 115-pound administrative assistant and mother named Sandy. You celebrate reaching your weight loss goal of 100 pounds, only to give up your perhaps-healthy eating and lifestyle and regain the weight all over again . . . for the fifth, sixth, seventh time 'round? And how often in that situation are you – or is anyone else on the scene – aware that you are a hurt and scared little girl in the body of a 34-year-old woman, sabotaging yourself because of some memories and feelings from your childhood that you fear meeting and going through. . . yet may not even know about?

Let's walk through a shortened version of a piece of healing work between me and this imaginary you . . . so you get a taste of the depth and breadth of the potential in this work. \*

You come to my office with a container of your favorite food in the whole world, just as I have suggested! After preparing you for the work—in both previous sessions and at the start today—I ask you to hold the food in your hands and talk to it. You begin.

“You are so important in my life. More important than anything. You are my consolation.”

You stop, turn and look at me, and start crying.

You look away. Cover your face with your hands, the food still held tightly.

Your crying continues until you finally say, “I don't know what this is about. I don't even know why I'm crying.”

At first I'm silent, but right here with you. I want to give you the space to see what comes to you.

Eventually I say back to you what you have said: “You are so important in my life. More important than anything. You are my consolation.” I ask you . . . “Other than food, who else could you say that to?”

“My father,” you reply spontaneously, and then continue. “When I was a year old, my mother died suddenly. My father became the most important thing in my life. Even though others in the family and neighborhood tried to help, he was my only consolation.”

“Do you see what you're uncovering here?” I ask you.

“Not really,” you answer.

“You're uncovering, and we're discovering, that you have transferred your feelings toward your mother – who was your first consolation – onto your father and then onto food. For now, you have transferred your thoughts, feelings, perceptions, experiences, decisions, behavior, fantasies, body responses, and more from dad onto food.”

“So I'm eating to console myself?” you ask with a glint of understanding in your eye.

“Exactly,” I respond. “Good for you, Sandy. Want to take it a step further?”

“I don't know how, Judith.”

“I'll help. What are you feeling beneath your eating to console yourself, Sandy?”

"I'm terrified. I don't know what I'm terrified of. I'm just terrified. Terrified."

"And what do you do when you're terrified, Sandy?"

"I want to console myself. I eat more and more and more, Judith. I manipulate to get food. I take it. I grab and hoard it. I sneak and hide it. I'm so desperate for it, I'm afraid I might steal it if I had to."

"You're getting the hang of this, Sandy. How are you feeling about what you're doing?"

"This is amazing, Judith. How did we get here?"

"We followed you, Sandy. The clues that came from within you. Shall we go even further?"

"I don't know if I can? Will you show me?"

"Of course I will, Sandy. Next step...What is the effect on you of your grabbing, sneaking, hiding?"

"Uh. I feel out of control and scared . . . and a little crazy. I scare people around me. Some want to help me and try to take over my life to fix me. Others don't want to get close to me. I feel like I'm a monster. And that scares me."

"Wonderful, Sandy. It takes you right back to feeling scared. And what is the effect on those around you—you've just said it—I want to be sure it's clear."

"What did I say, Judith? That I scare them and they don't want to get close to me?"

"Yes, Sandy. In addition to that, may I share what I see with you?"

"Yes, please, don't hold back from me now, Judith."

"Your manipulating, hoarding, doing anything to get food with which to console yourself scares other people, and probably triggers fear in them from when they were children. That's why they either try to control you or cringe and hide and withdraw from you instead of lovingly telling you to stop it or being with you compassionately."

"I seeeee. So here we are, I'm an administrative assistant in an international corporation and the mother of a beautiful 3-year old daughter. And we – I and the other adults around me – are in these big bodies but we're children inside, just like my 3-year old – all of us?"

"Right! Sandy. That's the heart of it. So if they do their jobs like children, without even realizing it, they impact all the customers you serve all over the world. And when those customers are affected, the child in each of them gets scared and angry and reacts in ways that aren't grown up. And that affects the next people and so on. You see, Sandy, the effect of your childhood loss – the feelings you've buried inside you, the childhood decisions you made about consoling yourself, the actions you've taken and will take as a result – acts like a line of dominoes causing everything to tumble into a regression."

"That's mind-blowing, Judith. Why don't we all know that? Why aren't we taught that?"

"A story for another time, Sandy. In essence, people are afraid of their memories and their feelings, and because of the fear, they try to keep it all buried. But as with you, Sandy, when we try to keep it buried, it somehow explodes out into the world and affects everyone."

"But let's come back to you, Sandy. . . . okay?"

"Yes, Judith. But what do we do with me?"

"One more step for today, Sandy. Are you aware of what would happen if you were not able to console yourself? With food? With your father?"

"Hmmm. No, I guess I'm not aware. I just know it's terrifying."

"Yes, Sandy. Because if you can't console yourself, you will feel i-n-c-o-n-s-o-l-a-b-l-e. You will feel the inconsolable grief you felt at 12 months old when you lost your mommy."

Imagine, you then slowly fall into a layer of the grief . . . a layer of the feelings of inconsolability. At first your lower lip and chin tremble, much like that of a baby. And then you cry and cry and cry. I stay right here with you, welcoming and honoring the leap of faith you have allowed yourself to take. And knowing this is the beginning of your healing to the root.

When the waves of your cries subside for today, I ask you how you're doing.

"It was scary at first, Judith, but I trusted the work we had done together, the connection we had made between us, and my own

ability to feel that we have been growing. So, I was able to allow it. And now I feel huge relief. I know this won't change my relationship with food like that," and you snap your fingers together, "but I trust that over time I'll be healing both my early trauma from my mom's death and my relationship with food. Thanks so much, Judith. I look forward to our session next week to continue this work."

We're both aware it's time to end the session. You stand up, put your hand on your heart, and mouth the words "thank you." You stand at the door on your way out, and I offer, "By the way, Sandy, you did such great work today. And just like your feelings, decisions, and behaviors have an impact on the world, so also does the work you do to heal yourself."

You smile, wave goodbye, and walk to your car with your step a bit lighter than it was on the way in.

After reading the above example of our hypothetically working to find the underlying roots of your relationship with food, I hope you have a glimpse of why we can't just diet . . . why we can't just change our behaviors . . . why we can't just control our feelings, our actions, our physical or our emotional hunger. If we try to manage, repress, or ignore the feelings at the root of our relationship with food . . . if we don't do the work to heal at the root, those feelings that are so alive



inside us will keep returning to the surface to haunt us. And while we continue trying to keep them at bay, those feelings will cause us to make choices from the wounded child inside us – even if we are not aware of it – and will lead us to act out in counter-productive, perhaps even destructive ways . . . including overeating, starving ourselves, making very poor food choices, and using food for something that is not its true purpose – simply, to nourish us.

Remember . . . we can heal our relationships with food . . . to the very root. It just takes a deep longing to heal, a fierce commitment to heal and to follow through, finding the right match in a therapist to guide you, support you, and walk with you, and the time and patience to move layer by layer to the root.

\*This work is not something to be done with people if you are not a healing arts professional who has been trained to work with someone's psyche and soul. You don't know what will be opened up for the person. Not only is it not ethical to do so, it can be dangerous if you aren't trained to help them.

#### BIO:

Judith Barr has been a depth psychotherapist in private practice for over 30 years. Her unique and innovative work helps people make a connection between our own individual relationships and experiences, and the state of our nation and our world. Judith has helped many see how their relationship with such things as money, power, fear, elections, grief, health-care, themselves and others has had a communal impact greater than they ever imagined. She offers her healing expertise in an array of formats: working with individuals, groups, workshops, consultations for

the public, and training and supervision for healing professionals. Through her book *Power Abused, Power Healed*, her dozens of articles for both professionals and the general public, her blog *PoliPsych*, and her speaking engagements, media appearances and teleconferences, Judith teaches about how we can help heal the misuse and abuse of power in all arenas of life – from the inside out -- and how we can help to create sustainable safety in our world. For more information, please visit <http://www.PowerAbusedPowerHealed.com> or email Judith at [JudithBarr@PowerAbusedPowerHealed.com](mailto:JudithBarr@PowerAbusedPowerHealed.com).

# How Much Alcohol Is Safe?

Ira J. Chasnoff, MD  
ichasnoff@ntiupstream.com

The dangers of alcohol use in pregnancy have been noted since Biblical times, yet there continues to be great controversy regarding how much alcohol a woman can safely consume during pregnancy. A firestorm erupted recently around this issue when a British journal published results of a long-term study of child health. Although the authors presented their findings in an even-handed manner, the translation of the study in the national and international media was anything but responsible. Headlines in newspapers and newscasts broadcast the message that light drinking of alcohol during pregnancy is not only perfectly safe, but that it may actually result in higher developmental scores in children at five years of age. This message is not just misleading; it is wrong.

Fetal alcohol syndrome (FAS) is the original name given to a cluster of physical and mental defects present from birth that is the direct result of a woman's drinking alcoholic beverages while pregnant. Infants with FAS have problems in three categories:

- (1) Growth deficiencies – The babies are small at birth and the child continues to be abnormally small as he or she gets older.
- (2) Brain impairment – Alcohol use in pregnancy inhibits the fetus's brain ability to grow and causes changes in the structure and function of the brain as it develops. As a result, FAS is the most common cause of preventable mental retardation and of significant behavior problems in children born in the United States.
- (3) Facial abnormalities – There is undergrowth of the middle portion of the face so that the child has small eyes, a short upturned nose, and a flattened mid-face with a thin upper lip and small mouth and jaw.

To complicate matters, most children exposed to

alcohol in the womb have no problems with growth and perfectly normal facial features. This has led to the mistaken impression that these children will develop normally. However, even children with normal growth and facial features frequently have significant behavioral and learning problems. Current research demonstrates that these children may have devastating structural and functional changes in the brain, even though they lack overt physical manifestation of alcohol exposure.

There is no known relationship between the amount of alcohol that a mother drinks the degree of behavior and learning difficulties that may result in the child. Here is what we can safely say:

1. A mother's binge drinking is much more dangerous to the fetus than chronic drinking.
2. The timing of the alcohol use during gestation affects different parts of the fetal brain, depending on what area is forming at any particular point.
3. The woman's racial or ethnic background can determine her ability to metabolize alcohol, so that some women pass higher pure alcohol across the placenta to the fetus than other women.
4. The fetus carries its own genetic capabilities to handle exposure to alcohol, and some fetuses are genetically more vulnerable than others. This has been demonstrated in a number of twin studies in which one twin is born with FAS and the other twin is normal.

So how much alcohol can a woman safely drink during pregnancy? None. The multiple factors that play into a child's risk for developmental and behavioral difficulties due to prenatal alcohol exposure do not allow us to predict for any one woman a safe amount of alcohol she can drink. Until we know more, we must advise all women, in the best interest of their children, that no amount of alcohol is safe to drink during pregnancy.

THIS ARTICLE IS AN EXCERPT FROM DR. CHASNOFF'S NEW BOOK "THE MYSTERY OF RISK: DRUGS, ALCOHOL, PREGNANCY AND THE VULNERABLE CHILD." YOU CAN LEARN MORE ABOUT THE BOOK AND PURCHASE IT AT [WWW.NTIUPSTREAM.COM](http://WWW.NTIUPSTREAM.COM).

# Giving Gratitude - Pass It On

For 25 years I've been in hot pursuit of a magnificent Vision of possibility. Many balls are up in the air. It's time to take a break. To let go and make room for Spirit to take over.

To keep me happy during this period of quiet ... to keep me from fiddling and trying to fix what's fine the way it is, I've been given a fun starter idea to pursue. It's called "*Giving Gratitude - Pass It On.*"

Between now and March 31st 2011, for 2 ½ hours 4 days a week, I'm available to lend a Helping Hand to any individual or organization who could use a momentary assist. I am willing and eager to do whatever needs doing; be it mundane, boring, or getting my hands dirty, as well as

utilizing my skills and strengths. (No charge)

How can I help? What do you need? How might you benefit from a Helping Hand?

Call Ann McGill at 703-262-0620 if you are in the WDC area.

Thanks for passing on this invitation / offer; or taking advantage yourself.

I send this "*Gift of Gratitude*" out into the Universe as a way to say "Thank you" for the many magnificent people who have so well supported me over the years, in ways major and minor, known and unknown, by them or me. Each opportunity to provide assistance enables me to give back to the Universe a replenishing chunk of the energy expended on my behalf. I see it as just another way to tithe.

If you want to learn what happens,

send me an email. If you want to share own "Gift of Gratitude" experience, I'd love to hear.

Ann McGill is a Potentialist. She triggers quantum leap change and improvement with joy, speed and ease. 703-262-0620, [Potentialist@AnnMcGill.com](mailto:Potentialist@AnnMcGill.com), [www.AnnMcGill.com](http://www.AnnMcGill.com).



## Do You Have ADD/ADHD?

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

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

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

For more information, call  
**410-550-2588** or **410-550-6266**  
or email [johnshopkins.lab@gmail.com](mailto:johnshopkins.lab@gmail.com)  
Collect calls are accepted.

Principal Investigator: Una D. McCann, MD  
IRB Number: NA\_00033609





# Are you a mother of a 4- or 5-year-old?

You may be able to participate in the  
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Thoughts About what their Kids Eat

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- Your child will not need to participate

For more information, please call:  
**301-451-1268**

Email: [mothers.take@gmail.com](mailto:mothers.take@gmail.com)



National  
Human Genome  
Research Institute



# The Mommy Trap

By Susan T. Spencer



Jack and Jill met at work and fell in love. They both were earning mid five figure salaries and on a fast track to advance with the company. Jill married Jack. The following year Jill got pregnant and within two years they had two children. Jack agreed with Jill that she should stay at home and raise their children. Three years later Jack left Jill. Jack and Jill no longer went up the hill together—Jill became a single mother with no savings, no child support and no career and her life came tumbling down.

*I call this the Jack and Jill Syndrome.* More than five million divorced, single-mother families live in the United States today according to the Census Bureau's 2010 Population Survey. Over half of these mothers receive no child support. Although greater than three-quarters of single-mothers work, they and millions of children as well, are living at or below the poverty level. A single-mother's money woes are actually a double whammy because she has to support herself and her children. This profoundly impacts this generation of national treasure—our children, who are among the most vulnerable.



The Jill's of the world, regardless of whether they are educated and formerly held good jobs or are high school drop-outs, all suffer from society's prevailing view that raising children is not a valued occupation that carries with it an economic benefit. So what's a Jill to do?

As a lawyer who has handled matrimonial matters, (not by choice but as an accommodation to corporate clients), and prepared prenuptial agreements, it dawned on me that women could benefit from the protection afforded by a "prenup" type of agreement signed before marriage that was devised to avert the

Jack and Jill outcome.

A little background might be helpful here to put prenuptial agreements in context. Historically, marriages were arranged by families who wanted to protect their inherited property that was handed down from generation to generation to the first son. The romantic notion of marriage is a relatively contemporary phenomenon which has interjected a seemingly disparate ingredient (love) that complicates the ability to reach an agreement. It is no wonder that women try to avoid any discussion of an arrangement that involves love, children, money and property concurrently. But that is exactly what they must do if they want to preserve their wellbeing and that of their future children.

I believe a newly fashioned "family-prenup" that includes compensating stay at home mothers who raise the couple's children and take care of the home and apportion the cost of providing for their children until they are 18, would produce an equitable solution. Three primary subjects need to be settled and documented to start the ball rolling:

Discuss money, property and children. Mothers need to encourage their daughters to initiate a serious discussion with their future husbands prior to the marriage and urge them to resolve all of the important money, property and child rearing issues—culminating in a signed agreement—before they walk down the aisle. This course of action is critical because once the romance fades all of a bride's leverage evaporates.

Thrash out every "what if" about raising children. A young couple just starting out is inclined to discount the importance of talking about what if's involving children that they may have someday in the future. This, more times than not, is a fatal mistake, evidenced by the staggering number of single-mothers who are the sole pro-

viders for their children. The future bride and groom should make a list of all the "child issues" and reach an agreement as to how the costs and household duties should be shared.

Advance the concept of "One Financial Pot" With Shared Money Management. Money matters are one of the thorniest topics for couples to discuss, but it is much easier to talk about finances when you are young, in lust, have few assets and are both working. This is the only time that this discussion has a possibility of leading to a satisfactory arrangement. After marriage, especially when you are pregnant and planning to be a stay at home mother, it's too late! So, open up a conversation about sharing everything and putting it in a collective pot. If you are good at handling money, as many women are, suggest that you be the partner to pay all the bills. If not, work out an understanding where you share money management responsibilities.

So what happens if your intended refuses to talk about these matters? Here comes the moment of truth. Knowing what you already know about the large percentage of divorced, single-mothers who are living at or below poverty level—will you back down and leave these matters unsettled just to avoid an argument? If your answer is yes, you are likely to end up as one more Jill, who tumbled down the hill, and became a new casualty of the Jack and Jill Syndrome.

Susan T. Spencer is the author of *Briefcase Essentials: Discover Your 12 Natural Talents for Achieving Success in a Male-Dominated Workplace*. She is the only woman who was GM of an NFL team and an entrepreneur who successfully navigated the male-dominated world of meat processing.  
[www.BriefcaseEssentials.com](http://www.BriefcaseEssentials.com)

# Prison Bars May be Key to Stopping Md. Locksmith Consumers Allege Shocking Tricks and Outlandish Charges



BALTIMORE, MD- February 17, 2011- In the last year, BBB | Greater Maryland has received 31 complaints regarding the business practices of Joe Horton, owner of Pasadena, Md. based Around the Clock Locksmith. Now, the Maryland Attorney General's Office has filed a Petition for Contempt of Court against the company and Horton for continued violation of the Maryland Consumer Protection Act.

"Not only did BBB receive numerous and serious complaints in the last year, the Attorney General provided us with more than 50 reports that Horton overcharged his victims and used deceptive practices to collect payment from mothers, senior citizens and a bevy of vulnerable customers," said Angie Barnett, president & CEO, BBB | Greater Maryland. "These victims were often stranded in the cold and dark, with no means to combat the alleged behavior of this locksmith."

The Attorney General's Petition for Contempt of Court states, "[ATCL] tricked some consumers by charging a high, undisclosed fee simply for the service call..." It adds that "[ATCL and Horton] manipulate and pressure consumers into signing receipts by holding onto consumers' personal documents and keys until they sign..."

Unresolved complaints, the severity of complaints and government action have all resulted in ATCL earning an F rating with BBB.

One unlucky victim's signed affidavit describes meeting Horton while locked out of his house the night after Christmas. Over the phone, the Davidsonville, Md. man was quoted \$195 and told it would take two hours for the locksmith to arrive. When the trusting homeowner later looked at his receipt, he saw he had been charged \$695. To add insult to injury, the homeowner spent close to 45 minutes helping Horton free his van, which was stuck on his front lawn.

Other victims describe similar scenarios of deception with reported charges for emergency locksmith service as high as \$2,190. With a generous dose of cooperation by BBB, the Maryland Attorney General's Consumer Protection Division announced the issue of a Cease and Desist Order on April 7, 2010 against Around the Clock Locksmith and its owner.

BBB | Greater Maryland recommends the following tips for considering a locksmith:

Research a locksmith before one is needed by going to [www.bbb.org](http://www.bbb.org) to search for a reputable locksmith and verifying certification with the Associated Locksmiths of America <http://www.aloa.org/>. If a company answers the phone with a generic phrase like "locksmith services," rather than a company-specific name, be wary. Ask for the legal name of the business. If the person refuses, call another locksmith.

Get an estimate for all work and replacement parts from the locksmith before work begins. In cases of "lock-outs" (being locked out of your car or home), most legitimate locksmiths will give you an estimate on the phone for the total cost of the work. Ask about additional fees before you agree to have the locksmith perform the work. Companies may charge extra for responding to a call in the middle of the night. Ask if there is a charge for mileage, or a minimum fee for a service call.

If the price the locksmith provides when he arrives doesn't jibe with the estimate you got on the telephone, do not allow the work to be done.

All service vehicles, vans and trucks should be clearly marked with the company name and identifying details.

The qualified locksmith should always ask for your proof of ID and authorization to begin work upon arrival, as well as supply his or her own professional identification and credentials.

## About BBB | Greater Maryland

Headquartered in Baltimore, BBB | Greater Maryland is a non-profit organization that was established in 1922. It serves 18 Maryland counties and Baltimore City. In 2010, BBB provided over 1,302,000 Reliability Reports on businesses and handled over 12,500 marketplace disputes. BBB is supported by Accredited Businesses that have passed a comprehensive review, met BBB's Standards for Trust and agreed to the organization's Code of Business Practices governing sound advertising, selling and customer service practices that enhance customer trust and confidence in business. For more information please contact your BBB at 410-347-3990 or visit [bbb.org](http://bbb.org).





## About The Build Haiti Foundation

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

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

# Pre-Civil Rights Worker Experiences Six Decades of Change in American Workforce

*African American Woman Delivers Valuable Improvements to Government Agencies*

SAN FRANCISCO – The U.S. federal government employs architects, biochemists, software developers, and many other professionals who work to promote the ideals of public service and strengthen America. May Smith, an 85 year-old African American woman who has been a federal employee for more than 65 years, stands out as exemplary.

Beginning her career in an era with very few Black federal employees, Smith has overcome racial adversity while advocating equality in the workplace and delivering innovative improvements to federal agencies across the country. She has experienced change firsthand from increased race and gender equality in government agencies to an African American president leading the country.

She has set high standards and worked diligently in the U.S. government since before the Civil Rights Movement.

“Throughout my career I've always remembered one thing: the only place you'll find success before work is in the dictionary,” states May Smith, Coordinator for the Wetlands Outreach Program for the U.S. Environmental Protection Agency's Pacific Southwest Region. “I am constantly trying to improve myself and always hoping that other women are as well.”

Smith was born in Corsicana, Texas in 1926 and began her distinguished federal career in San Antonio, but she has been a driving force for public administration improvements in federal agencies throughout the country, including relocation allowances for dependent elderly parents of federal employees who must relocate for work. Additional improvements include a computerized travel advance system for HUD employees, an efficient system to speed processing of HUD payments to landlords during disasters, allowing the use of federal funds for travel club membership to obtain discounts on federal travel, and allowing Administrative Leave for jet lag after a full day's travel or crossing the International Date Line.

“Every time I think about May and what she's accomplished despite many hardships and obstacles, my spirit is uplifted,” says Wendell Smith, longtime friend and colleague in the EPA's Tribal Water Division. “She has been and still is a role model for me and so many other people.”

Numerous federal agencies have acknowledged Smith's invaluable contributions. She has received various recognitions and awards, including the highest award for a federal employee. Smith has also been awarded a Federal Employee of the Year Award in Administration,

but recognition of her achievements is not limited to the federal government and in 2008 Smith was honored with a lifetime achievement award from the American Biographical Institute.

May Smith's success extends beyond the workplace. Beginning a graduate program at the University of San Francisco at age 54, she wrote an award winning thesis revealing barriers facing women of color in government agencies and proposing innovative recommendations addressing issues of discrimination. Smith wrote the thesis, “A Profile on Minority Women Professionals in the Federal Government,” while continuing her work as a federal employee, attending classes, and helping to raise her five children. Her thesis was the first study focusing on minority women in federal agencies and was adopted by Equal Employment Opportunity officers and advocates.

Working for the U.S. Air Force, Marine Corps, HUD, and EPA, Smith has been setting and achieving goals in the federal government since 1944 and with 2011 marking the 35th anniversary of Black History Month, she continues to set new goals. Smith aspires to obtain a doctorate in Public Administration and become a congresswoman. She studies issues affecting African American women and is an active member of the national Beta Pi Sigma Sorority, which awards annual scholarships to underserved youth. Smith contributes to the EPA as the Senior Environmental Employment grantee in the Water Division, and Administrative Assistant for the Wetlands Program.

“I have one primary goal left and that is to obtain a doctorate,” says May Smith. “I'd like to continue working and making a contribution while I reach my goal. I'll stop when my body tells me it's time to stop.”





## SEASONAL SEEDS OF BEAUTY TREATMENTS FEATURED AT WINTERGARDEN SPA

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

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

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

Spring 2011

### STRAWBERRY RHUBARB FACIAL

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

### STRAWBERRY RHUBARB MANI AND PEDI

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

Mother's Day 2011

### HIBISCUS AND CALENDULA FACIAL

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

### HIBISCUS AND CALENDULA MANI

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

Summer 2011

### GARDEN HERB FACIAL

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

### GARDEN HERB MANI

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

Father's Day 2011

### STONE CROP FACIAL

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

### STONE CROP MANI

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

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

Seasonal Seeds of Beauty gift cards may be purchased at any time at the Wintergarden Spa or online at [www.wintergreenresort.com/spa](http://www.wintergreenresort.com/spa).

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

###

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

# Separation Anxiety Can Cause Anxiety

## Things You Can Do to Soften the Blow

by Jennifer Kelman

Before becoming a parent, we all dream and long for the day when we bond with our child. While they are infants we strive to create a feeling of safety for them and to reassure them when they seem uncomfortable. We long for the day that they will say Momma or Dada and wait with bated breath until we hear their first acknowledgement of us.

We feel truly unprepared and surprised when what feels like out of the blue, our once friendly and smiling baby now screams with fear and terror when we try to leave the house, take them to day-care or even leave them with someone who was once considered friend and not foe, such as Grandma or Grandpa. Now even they seem like the enemy. The ever persistent wails for Momma and Dada don't feel as warm and cozy as they once did as we struggle to get ready for work or leave them with a sitter. Not only is their anxiety through the roof, but ours is as well. We begin to look inward and become overly critical thinking we must have done something wrong to create this anxiety in our child. It is difficult at those moments to realize that this is a perfectly normal part of development for the child. Not all infants and toddlers experience it, but most do. We ask ourselves what provoked this sudden change when up until now, they were just fine with others. It is a thing called object permanence. Young infants do not have it which is why parents can leave the room without any terror or even them noticing. Imagine playing peek-a-boo with your 2 month old...they don't react whatsoever because they are unable to retain you at that moment so when you are behind the wall, you are gone. Now imagine playing that game with your one year old, who will now look for you or grab the towel that you held up over your face. They know you are there and therein lies the rub. It is this very milestone

that can trigger separation anxiety. If you leave the room they want you back and they know you are gone. You are their safety and they look to you for reassurance, so when you are gone, their world becomes a little less safe. There are some things that you can do to mitigate some of the stress and anxiety that goes along with this stage.

*Understand that this is a normal stage and like all others will pass.*

Having empathy and understanding for what your child is going through can go a long way to reassure both of you that everyone will get through it fine. Getting upset at your child for this change and trying to push them through it will only increase their anxiety and certainly yours. These are critical moments for your child and being patient and reassuring will go a long way.

*Do not begin to alter your life to accommodate the tears or tantrums.*

This will only teach your child that the crying and tantrums have worked to keep you home or with them. Gentle guidance through these moments helps a lot. Long-winded explanations of what is happening will fall on deaf ears as the tantrum prevents anything from being absorbed. Short sound bites work best.

*Give clear warnings about the upcoming transition.*

Most children have a hard time transitioning from one activity to the next and often experience a tantrum when they aren't given an indication that a transition will be happening. It is usually best to give information to the child in short sound bites about the upcoming transition. As they are finishing up breakfast for instance, you might say, "after breakfast and a diaper change we are going to get in the car and go to day care". Certainly this may not prevent any tantrum or it could even encourage

it, but it is much better that the child is given a clear picture so that they are not surprised by it. If they are just asked to transition without warning, they might be anxious a lot of the time as their world feels a little unpredictable.

*Be firm, consistent and loving during the goodbye.*

A prolonged goodbye is not helpful for anyone especially your child. It is normal to think that if you spend more time with them and delay the transition that you are helping your child. This can lead to increased worry and feelings of unpredictability. If you have a loving and short goodbye your child will begin to develop the internal skills to cope with these transitions and move through this stage of separation anxiety with flying colors.

*Whisper in your child's ear if the tantrum occurs.*

We all tend to speak louder or even scream in order to be heard when our child is in tears and screaming. They cannot hear us and it is crucial to remember that. Picking up a child and holding them firmly and whispering in their ear can help a lot. Again, nothing long-winded only short little sound bites of reassurance. Mommy loves you and I always come back. You can even revert back to an earlier time of infancy when

sshh sshh sshh worked well to calm.

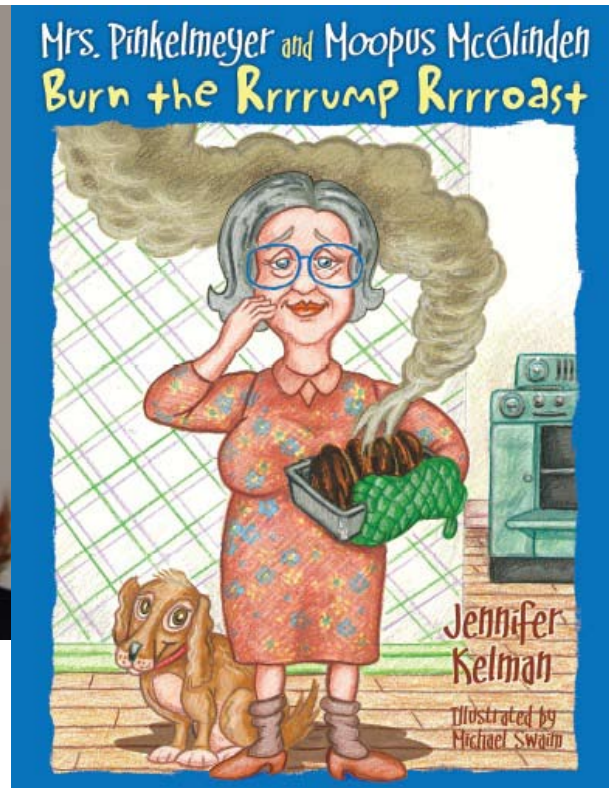
*Keep your anxiety in check as well.*

Children feel what we feel and even our best efforts of hiding our own anxiety sometimes fails. If we have anxiety during these times of our child's separation anxiety, they will feel it and pick up on it. This can possibly lead to increased anxiety on their part. Self-reassurance can go a long way as well. Panic can set in and we can begin to wonder whether this stage will ever pass. It will with a lot of reassurance and patience. There is no quick fix, but it can and will get easier.

Even though separation anxiety is a normal part of your child's development it can produce anxiety in all those who are involved with the child. Children thrive on consistency and predictability so give that to them by going through the same routines and giving a warning before the transition to help when the transition occurs. If you feel rushed and harried they will feel it too. Give yourself and your child the appropriate amount of time to move through this space and realize that this phase will pass like all of the others.



Jennifer Kelman has a BA in Sociology from American University and a Masters in Social Work from New York University and has worked with children in a variety of psychiatric and medical settings. She is the founder of Healing Connections, a non-profit organization to prevent eating disorders and author of the new children's book, Mrs. Pinkelmeyer and Moopus McGlinden Burn the Rrrump Rrrroast, available on Amazon.com, BarnesandNoble.com, Booksamillion and [www.MrsPinkelmeyer.com](http://www.MrsPinkelmeyer.com).



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# 2011 Marks a Milestone in American Women's History

*One hundred years ago, the first American woman earned a pilot certificate.*

Not all that long ago, the majority of Americans considered a woman's proper place to be in the kitchen. Imagine both leaving the kitchen and trying to excel in a man's field, and you have female aviators. They were scoffed at and told they couldn't do it. There were even attempts to ground them, including a movement to prove that women weren't sufficiently mentally stable to fly during menstruation.

With all that adversity, take a look at these amazing women aviators who broke through and accomplished what none had done before.

1911: Harriet Quimby becomes the first American woman to obtain a pilot certificate. Less than one year later in April 1912, she became the first woman to fly across the English Channel.

1918: Marjorie Stinson is appointed the first female airmail pilot by the U.S. Postmaster General.

1921: Bessie Coleman becomes the first African American woman to be granted a pilot certificate.

1934: Helen Richey is hired by Central Airlines, becoming the first female pilot for a U.S. commercial airline.

1935: Amelia Earhart breaks multiple records. She becomes the first person to fly solo across the Pacific, going from Hawaii to Oakland, CA; then the first to fly from Los Angeles to Mexico City.

1936: For the first time, women are allowed to compete against men at the prestigious Bendix Trophy Race. With seven airplanes racing (four piloted by men), Louise Thaden becomes the first woman to win the coveted trophy. Another woman, Laura Ingalls, wins second place.

1953: Jacqueline Cochran is the first woman to break the sound barrier.

1991: Patty Wagstaff becomes the first female U.S. National Aerobatic Champion. She will go on to win twice more, making

her one of only a few people (male or female) to win the title three times.

2008: Flying with her feet, Jessica Cox becomes the first person without arms to earn a sport pilot certificate.

2009: President Obama signs a bill recognizing the World War II Women Air Service Pilots (WASPs) and awarding them Congressional Gold Medals. When the group was established in 1942, they became the first U.S. women to fly military aircraft.

These women are just a few of those who had to overcome hurdles to be "the first." Today, it's so much easier for a woman to learn to fly. Organizations such as Women in Aviation International ([www.wai.org](http://www.wai.org)) and the Ninety-Nines ([www.ninety-nines.org](http://www.ninety-nines.org)) offer support and guidance.

Let's Go Flying ([www.letsstoflying.com](http://www.letsstoflying.com)) provides resources, advice and a list of flight schools, many of which even offer discounted introductory flights.

## Girl Scouts Of Central Maryland's 31<sup>st</sup> Annual Distinguished Women's Award Reception



Please join us **April 28, 2011, 5:30 pm** at the Baltimore Country Club, Roland Park to celebrate women leaders – past, present and future – at our annual networking fundraiser, the Distinguished Women's Award Reception.

### The 2011 Distinguished Women Honorees



**Geraldine E. Diggs**  
Founder and President  
WeCare Private Duty  
Services



**Lois Elkin**  
Executive Vice  
President and Owner  
Advance – The  
Document Specialists



**Laura Thul Penza**  
AIA LEED AP  
Principal, Penza Bailey  
Architects, Inc.



**Barbara Portnoy**  
CID IIDA LEED AP  
Principal, PLDA, Inc.



**Karen M. Singer, Esq.**  
Senior Vice President  
and General Counsel,  
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# WOMEN YOU'RE UNIQUE YOU LEAD DIFFERENTLY FROM MEN, AND THAT'S A GOOD THING ESPECIALLY IN THE WORLD OF BUSINESS!

By Susan T. Spencer

*Susan T. Spencer is one of a kind; an entrepreneur and business professional who competes in the big leagues—male-dominated industries.*

Susan learned about football from her father and business from her parents and grandparents. Before the age of 40, Susan was a mother, junior high school teacher, a tennis dress manufacturer, a lawyer and General Manager of football's Philadelphia Eagles.

After several years at the Eagles, she left to start her second business—a food distribution company, Allegro Foods, which she grew into a successful global company. Susan continued to expand her business empire by buying two more exclusively male businesses—both in meat processing. Her



Susan T. Spencer

companies had combined annual revenues of 50 million, and she attributes her success to 12 natural talents that all women possess.

In the category of unique, here are 5 of the 12 skills that women own that help them lead and succeed and certainly skills that men covet.

## ***Perceptive Communication***

Women are natural communicators. Men listen, and women talk . . . to everyone. Women's ability to communicate is not just their ability to talk; they are also aware of what others are thinking. All of women's senses contribute to their special talent, (touch, smell, taste, vision, and hearing), giving them a decided advantage in evaluating a business situation. These traits, along with other observations that women instinctively notice, such as body language, facial expressions, tone of voice and body movements, collectively represent what women in business uniquely possess—the ability to be perceptive communicators.

## ***Being Empathetic***

The ability to identify with and understand someone else's feelings or difficulties is a female leadership skill that engenders employee loyalty and trust. The best way for me to describe empathy is to share with you a brief story that happened to me when I was forced to shut down one of my meat plants because it was losing millions of dollars with no end in sight.

As a leader, I knew not to have a buddy-buddy relationship with my employees. I felt it would compromise my ability to be objective and manage effectively. I followed this principle throughout my career; and in most cases it served me well. My plan was to call a meeting of my employees in the cafeteria and tell them that I could not fix this broken company that I purchased and operated for several years. I intended to tell them that I was truly sorry but the plant would be closed in 60 days.

My plan was to tell the story in a calm, clear, unemotional way. But when I stood in front of the workers and looked into the eyes of the men and women I worked with every day, tears filled my eyes and the tears continued to fall until my speech was finished. I feared that an angry crowd of workers would mock me, but as I dried my eyes and tried to gain some composure, one of my workers shouted out, "You're not so tough!" and the rest of the employees applauded and laughed warmly in appreciation.

It's a rare moment when most bosses or figures of authority show this side of themselves, but if it's sincere, it's a moment that will be appreciated forever by everyone who witnesses it. Because I communicated openly and honestly with all the employees, every worker stayed on and saw the company through until closing day, saving me from even greater losses. Empathy is an awesome skill when it is used carefully and wisely in business situations.

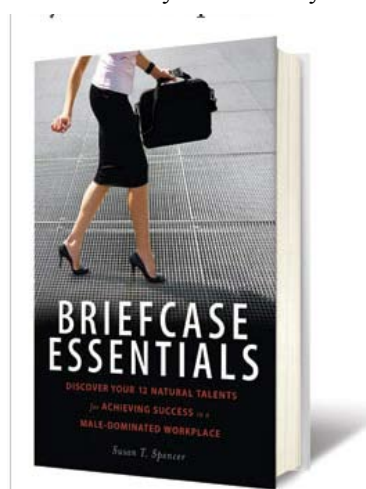
## ***Being Engaging***

Have you observed the way most businessmen greet each other? I have. They immediately extend their hand and wait for the other person to do the same; then they grasp hands firmly and give a shake or two. Generally, they don't make eye contact with

each other, and if they exchange words, they're often mumbled or perfunctory.

When women greet each other, they hug, they smile, and they look each other in the eye and say how good it is to see the other one. This is true even if they're business colleagues. These gestures are more than symbolic—it's how women use body language to communicate the importance of relationships.

When you meet a businessperson in the ordinary course of business, being engaging includes the way you meet and greet other businesspersons. It begins the moment you extend your hand and continues



throughout the greeting. Don't miss an opportunity to make a great initial impression by using your natural skill of being engaging, it can be the most powerful "Briefcase Essential" that you carry.

### **Being Inclusive**

Businesswomen are "people persons"—they fill this role naturally because they are comfortable relating one-

on-one with people at all levels of an organization. We make it a point to know the names and faces of people we are working with; we want them to know us and we want to feel comfortable with them as well. Sometimes, your customers or suppliers will feel so comfortable with you that they share personal information which brings the relationship closer and gives you the opportunity to be candid and straightforward with them about business problems when they arise.

Businessmen tend to act impersonally and do not interact at all levels; in other words they are exclusive not inclusive. For women the term "inclusive" carries with it an implicit acknowledgement that "people come first." By being inclusive with every business contact—whether customer, supplier, or employee—the natural talents that women apply to business give them a decisive edge. Never underestimate the strength of leadership that we possess by championing the maxim of being inclusive which carries with it an implied understanding that people come first.

### **Being Resourceful**

Every business has its ups and downs and in one of my companies the downs seemed never ending. One of the most important business skills—and a talent that women seem to be able to handle better than men, is juggling lots of balls in the air at one time. Women problem solve the same way—they think about several options instead of zeroing in on one, toss them around in their head, weigh alterna-

tives, consider several points of view, and come up with more than one way to proceed. Here how being resourceful temporarily solved my business problem when I discovered I couldn't cover payroll for the 200 employees that worked in my company.

My solution was to stretch payment to my large suppliers past their seven-day terms one day at a time until my company was actually paying them in fourteen or twenty-one days. I figured out that if they demanded payment in full immediately, and we could not pay it, they'd eventually force my company into bankruptcy, which would end their chance of getting paid in full. Their only other option would be to accept my offer and extend my payment terms—and it worked!

Susan's recently published business book, *Briefcase Essentials*, [www.BriefcaseEssentials.com](http://www.BriefcaseEssentials.com), includes all 12 of the natural talents that women need to succeed in a male-dominated workplace and includes lots of personal stories (including the anecdotes above in much greater detail) about working in male-dominated businesses. By reading *Briefcase Essentials* women will learn how to deal with men in business instead of trying to act like them.

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Susan T. Spencer was an entrepreneur and business professional before many women had the courage to play in the big leagues with men. Her companies reached annual revenues of \$50 million.

Susan learned about football and business from her father, Leonard Tose, who owned a professional football team. She was the first and only female to hold the position as General Manager of an NFL team, The Philadelphia Eagles.

After her time with the team, Susan added three more exclusively male businesses to her ventures, one in food distribution and two in meat processing, one of which she owned and ran for more than 20 years. Susan's beef company was the only woman owned company that sold millions of pounds of meat products to national chains including McDonald's, Chili's, Dairy Queen, Jack in the Box, and many others.

Spencer attended Boston University where she earned a BA. She later received her MA in Education/Economics from Hofstra University and received her law degree from Villanova University.

She currently consults with small business owners when they are ready to "take off", is a lecturer and business blogger, is on the Advisory Board of a Utah bank and is working with banks across the country to include a Women's Financial Group as a separate category within each bank. She also serves as an advisor to several international non-profits as an "expert in growing a small business."

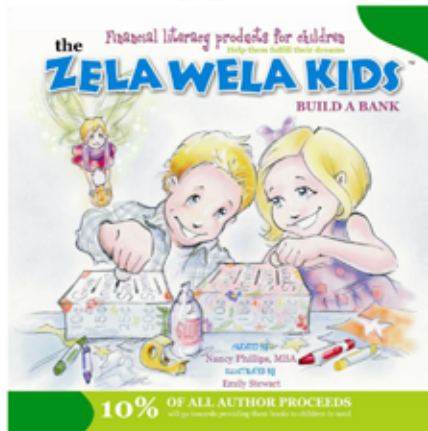
Website: [www.BriefcaseEssentials.com](http://www.BriefcaseEssentials.com)

*Briefcase Essentials* will be published March 1, 2011 and can currently be pre-ordered from [amazon.com](http://amazon.com), [barnesandnoble.com](http://barnesandnoble.com) and through any major book-seller.

# Financial Literacy and Goal Achievement Book for Children

Children who learn how to manage their money wisely will have an advantage as adults.

Give your child the opportunity they deserve.



This book introduces your child to the powerful wealth building concept of dividing your earnings into giving, investing, saving and spending. Repetition and “doing” are two of the most important laws of learning. By practicing this habit at a young age, your child will learn about counting money and adding and subtracting in a real life situation. They will develop the foundation for calculating percentages which is essential for understanding interest rates and financial contracts later in life. Your children will learn about the joy of giving and they will learn the necessary steps to manage their money so they don ’t overspend! Nancy Phillips, MBA

“ *The Zela Wela Kids Build a Bank* is available at [www.amazon.com](http://www.amazon.com) and [barnesandnoble.com](http://barnesandnoble.com) “

If you would like more information about the author or to find out about when the next books in the series will launch, go to [www.zelawelakids.com](http://www.zelawelakids.com).



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



# Girl Scouts' Make History with First Honorary Troop of Maryland Women Legislators

Girl Scouts' founder, Juliette Gordon Low attributed the model from which Girl Scouting in the United States was patterned to Lord Baden Powell, founder of the Boy Scouts organization. However, given the activities of so many courageous women of her time—Elizabeth Cady Stanton, Lucretia Mott, Susan B. Anthony and Ida B. Wells, just to name a few—it is hard to imagine that they did not have some level of influence on her as well. Each of these visionary and determined women understood the importance of working together to forge and create better lives for women in the United States and ultimately, the world. The work and passion of these women undoubtedly inspired other women, like Jeanette Rankin who won a seat in the U.S. House of Representatives, the first woman ever elected to serve in either chamber, on April 2, 1917—three years before women won the right to vote. This event was the start of a movement that would inspire generations of women to seek elected offices at the local, state and national levels.

Maryland's first woman legislator, Mary Eliza Watters Risteau, was elected in 1921 from Harford County and took office in 1922. She served for four terms – 1922, 1924, 1931, and 1933. In 1934, she became the first woman elected to the Maryland Senate and served two terms. Then in 1950, she was again elected to the House of Delegates for another term. The year of 1955 brought with it the election of Mary Nock to the post of Senate President Pro Tem, a position she held until 1961. In 1958, Verda F. Welcome and Irma George Dixon became the first African American women to be elected to the House of Delegates,

and, in 1962, Verda Welcome became the first African American woman to be elected to the Maryland Senate.

In 1972 Delegate Pauline Menes was appointed to chair the "Women's Rest Room committee" by Speaker of the House Thomas Hunter Lowe, and acting on Senator Rosalie Abrams's resolution, the Women's Legislative Caucus was convened by eight women Delegates and three women Senators—and is still in existence today. The overall mission of the group is to improve public policy that affects women's lives and to increase the number of women elected and appointed to public service in Maryland.

On February 10, 2011 Girl Scouts of Central Maryland paid homage to the history and fortitude of women elected officials in the state of Maryland and the mission of Girl Scouts—to develop girls of courage, confidence and character who make the world a better place—when the first Honorary Girl Scout troop comprised of Maryland women legislators—Troop 1920 in celebration of the year women gained the right to vote—was inducted and pinned as part of Maryland Girl Scouts' Legislative Day. Senators Nancy Jacobs and Kathy Klausmeier and Delegates Gail Bates and Adrienne Jones are serving as co-chairs of this illustrious Honorary Troop. After the pinning ceremony many of the legislators talked with current Girl Scouts about their memories from their younger days as Girl Scouts. Senator Jennie Forehand came to the ceremony with her Girl Scout sash, pins and badges in hand! She told the group that she often uses the Girl Scout Law as a measure when considering the merits of legislation before her-- are they using resources wisely; will it make the world a better place?

The annual Maryland Girl Scouts' Legislative Day is an opportunity for girls to visit the state capital, meet their state representatives — Delegates and Senators – learn about the legislative process, observe a hearing, chat with legislative pages and participate in a mock legislative session. The experience is meant to encourage girls to participate in the process, see their government and elected officials at work and even consider a career in public service.

In the tradition of women – banning together to affect positive change for girls and women—Girl Scouts looks forward to working in partnership with the members of Honorary Girl Scout Troop 1920 to substantively address issues that impact girls. For almost a century Girl Scouting has been engaged in girls' lives and has been a resource and expert on their growth and development. We look forward to working with our new Girl Scout members to be the Voice for Girls in Maryland as we work together to ensure that girls continue to have the opportunities and resources that will allow them to be successful—and perhaps— become herstory makers in their own right.



# Close the Gender Gap in Heart Health and Disability



exercise, smoking, diet, and maintaining an appropriate weight. Risk factors that can't be controlled include family history (the leading indicator for heart disease), age and sex. WomenHeart urges women to know their risk for heart disease and offers a free heart health action kit to help them get started at [www.womenheart.org/kit](http://www.womenheart.org/kit).

to your healthcare professional," Morgan advised.

## Steps to improve financial health

File for SSDI right away if you can no longer work due to physical and/or mental impairments. A 1994 SSA report[2] found that relative to their numbers among SSDI insured workers, women applied for benefits at a lower rate than men. Even if you are married or don't feel you need the money, SSDI is an insurance benefit you have paid for through your FICA taxes. It provides more than just monthly income. Protected Retirement Benefits Social Security disability entitlement "freezes" Social Security earnings records during your period of disability. Because the years in which you collect SSDI benefits are not counted when computing future benefits, your Social Security retirement benefits may be higher than if your earnings were averaged over a greater number of years.

## Medical Benefits

Regardless of your age, 24 months after your date of entitlement to SSDI benefits, you are eligible for Medicare, including Part A (hospital benefits) and Part B (medical benefits). A variety of Medicare Advantage plans also are available to you. Prescription Drug Coverage Once you are entitled to Medicare, you are eligible for Medicare Part D, the prescription drug plan.

## COBRA Extension

If you receive SSDI benefits, the length of your COBRA benefits could be extended an additional 11 months.

## Long-Term Disability (LTD) Benefits

If you have private long-term disability insurance, your provider often will require you to seek SSDI benefits. Complying with this requirement could help protect your ability to receive LTD income.

## Dependent Benefits

If you receive SSDI benefits and you have a dependent under age 18, he or she also may be eligible for benefits.

Bellefonte, Pa.—Feb. 3, 2011—Research shows, and many women will tell you, that when it comes to heart health and disability, there are wide disparities between men and women. American Heart Month in February is an ideal time for women to take steps to close those gaps and improve their heart health and understanding of the Social Security Disability insurance (SSDI) process. Allsup, a nationwide provider of SSDI representation, and WomenHeart: The National Coalition for Women with Heart Disease outline steps women can take to care for their hearts and finances before and after a heart disease diagnosis.

## The gap in heart health

According to WomenHeart, too often women, as well as men and healthcare providers, associate heart attacks and other cardiovascular issues with men. Lack of awareness that heart disease is very much a woman's disease can delay an accurate diagnosis, hamper proper treatment, lead to unnecessary death, disability, and decreased quality of life for women. Since 1979, the death rate for heart disease in men has declined by more than 17 percent, but the death rate for women has declined by only 2.5 percent over this same period, according to the American Heart Association.

## Steps to improve heart health

There are risk factors for heart disease that can be controlled and some that cannot. Controllable risk factors include blood pressure and cholesterol levels,

## The gap in SSDI and income

Women who can no longer work due to heart disease and other physical or mental health impairments face the additional burden of decreased income and increased medical costs. Research shows they receive SSDI benefits at a significantly lower rate than men, even though men and women are equally likely to satisfy medical criteria for benefits.[1] In addition, the average monthly SSDI benefit for women is \$920, compared to \$1,188 for men, according to 2009 Social Security Administration data.

"It has been my experience that more women than men work sedentary, or predominantly sit-down types of jobs," said Paula Morgan, Allsup senior claims representative. "This makes demonstrating a disability particularly challenging, because we have to show that the individual's disability prevents all work—even their past sedentary work."

Morgan added that people have a tendency to downplay the physical elements of their past jobs. "They often forget to bring up all the standing and walking or lifting and carrying they performed," she explained. "One can very easily misrepresent their past work, which can make the difference between an award and a denial in a disability claim."

Morgan encourages women with heart disease to express their ongoing symptoms, such as fatigue, shortness of breath, chest pain, lower extremity edema (swelling) and leg pain, to their healthcare professionals. "Do not be afraid to express concerns

### Return-to-Work Incentives

Social Security will provide you with incentives to return to work while still paying you disability benefits.

Get help. Navigating the financial challenges of a sudden loss of income can be overwhelming, especially when you also are dealing with heart disease. But you can improve your financial circumstances with careful planning and by knowing about and using all of the potential resources available to you.

#### Professional SSDI representation

There are two major types of paid SSDI representatives—attorney and non-attorney. Finding the right qualified expert can help you get through the Social Security process faster and awarded benefits sooner.

#### Financial planning

This isn't just for the rich. It's important to have a plan to successfully survive on limited resources. Seek out organizations that specialize in helping individuals at your income level.

Explore your options. There are many private and government programs and resources at the local, state and federal levels available to women, people with disabilities, people with heart disease, seniors and mothers of young children. If you don't know where to start, contact your local United Way information and referral center by dialing 2-1-1.

Heart disease is a leading cause of death and disability

for men and women. During American Heart Month, Allsup is offering freeposters to support heart disease research and education. To request a poster, contact Karen Hercules-Dorerrat (800) 854-1418, ext. 65770, or order online at Allsup-Cares.com.

#### About Allsup

Allsup is a nationwide provider of Social Security disability representation and Medicare plan selection services. Founded in 1984, Allsup employs more than 700 professionals who deliver specialized services supporting people with disabilities and seniors so they may lead lives that are as financially secure and as healthy as possible. The company is based in Belleville, Ill., near St. Louis. For more information, visit [www.Allsup.com](http://www.Allsup.com).

#### About WomenHeart: The National Coalition for Women with Heart Disease

WomenHeart is the nation's only patient-centered organization serving the 42 million American women living with or at risk for heart disease—the number one killer of women. WomenHeart is a nonprofit, 501(c)(3) organization and a coalition and community of thousands of members nationwide, including women heart patients and their families, physicians, and health advocates committed to helping women live longer, healthier lives. For more information and to get a free heart health action kit, visit [www.womenheart.org/kit](http://www.womenheart.org/kit).



## Shingles can be painful and cause serious problems

If you've had chickenpox (more than 90% of adults in America have), you are at risk for Shingles. The virus can become active again and cause Shingles.

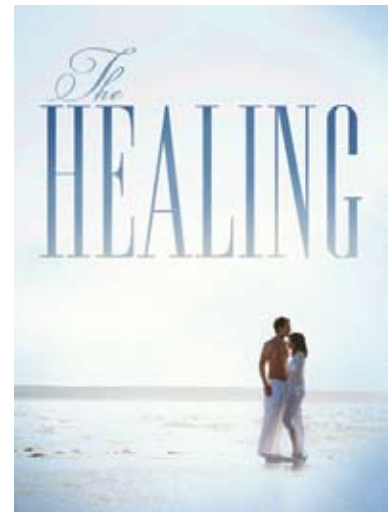
Health Trends Research is conducting a Shingles vaccine study.

Call **410-484-9400** or visit [www.HealthTrendsResearch.com](http://www.HealthTrendsResearch.com)

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# THE TEN COMMANDMENTS OF COMMITMENT

by Frances Pergamo,  
author of *The Healing*



Contrary to popular belief, commitment is an act of will. It is not something that should be guided by feelings or passion. Feelings, no matter how valid they may be, can be fleeting. If we allow our lives to be swept along by the erratic tide of feelings, we will never find solid ground.

Passion may be very intense and very real, but it fizzles when familiarity sets in. American psychologist Robert Sternberg put it this way: “Passion is the quickest to develop, and the quickest to fade. Intimacy develops more slowly, and commitment more gradually still.”

This does not mean a person should abandon their dreams. It is vital to follow your heart, but it is even more vital to do so with wisdom. This is especially true when an act of commitment involves another human being. Then it becomes a promise. It becomes something worth fighting for, even if that conflict is waged within one’s self.

Here are some points to remember about true commitment in a relationship:

1. Don’t jump in without testing the water. Many proverbs and parables warn against making rash decisions. The ability to stand back, assess a situation and weigh the options before taking a course of action is a sign of wisdom. This is especially true of human relationships. Do not make a promise before you are prepared to keep it.
2. Come to terms with what you really believe in, where you are going and what you want in life. Don’t let passion compromise your core values simply because a potential spouse or best friend is headed down a different path. When the fire of getting acquainted dies down—and it always does—you might then look at your spouse or friend and resent them for altering your course. Determine who you are before you make a commitment and know what is negotiable. If a devout, practicing religious per-

son falls in love with an atheist, the common ground might get very shaky. If one partner wants a large family and the other vows never to have children, one will obviously be unhappy. Differences that are so fundamental to everyday living are difficult to resolve.

3. Know where you stand. Our level of expectation is directly related to our level of disappointment. If a woman is smitten by her own conjured image of a man rather than the real person, she will be disappointed. If a man thinks he has married a goddess and cannot accept that she will eventually morph into a flawed human being, he will be disappointed. You cannot mold someone into the person you want them to be. The only person you can control is you.

4. Know when to give and when to take. You have to do both. Otherwise one person is a parasite and the other is the host. Be sensitive to the needs of a spouse or a friend, and open yourself to them when you are the one in need. Very often, this is what separates the true friends from the acquaintances and the life partners from the flings. Being present to one another at all times forges the most enduring bond.

5. Respect must be mutual. Respect is a common denominator in all long-lasting relationships. Know what your strengths are, and respect the strengths of the other. Together you may form a very dynamic entity.

6. Never, ever lie. Trust is essential, not optional. It is the most important underlying element in any relationship, yet it is the most fragile.

7. Face hard times as a united front. No man is an island, and believe it or not, no woman is an island, either. Women often take on the role of family superhero, juggling lives and details until, inevitably, a ball is dropped. There will even be times when grief or despair tests love to its limit. It is the proving ground of a relationship. People who

face their problems together emerge from these trials in stronger union.

8. Forgive and be forgiven. It sounds cliché, but nobody is perfect. This Commandment has a Part B: Do not bring up past injuries if they have been resolved.

9. Avoid taking loved ones for granted. Unfortunately, we do not appreciate what we have until it is taken away from us, and regret is a bitter pill to swallow when we lose someone. That is why it is good to plan for the future without living for the future. Don’t be caught wishing you had given your loved one the world. Give them what you can right now.

10. Get over yourself. It is not always about you. Period.

Remember, the only commandments ever written in stone were the original Ten. All others derive from humanity, which means we can only try our best. Commitment to another person should never be a scary prospect or something that seems out of reach. People have been sharing their lives for millennia. The secret can be summed up in one counter-culture phrase: Less “I,” more “we.”

## About the author

A native New Yorker, Frances Pergamo is a music director at Sacred Heart Church in Highland Falls, N.Y., and a parishioner of Our Lady of Loretto Church in Cold Spring, N.Y. Passionate about music, spirituality and writing, Pergamo began writing fiction at a young age. Married with two adult sons, she resides in Cold Spring, N.Y. This is her first of many planned novels.



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# HELLO AGAIN FROM ANNAPOLIS TO ALL OF YOU BACK HOME:

## *ALCOHOL TAX:*

House Bill 121 Lorraine Sheehan Health and community Services Act of 2011, of which I am a sponsor, continues to attract a lot of attention. This bill would increase the tax on alcohol which has not been changed for 40 years and which could add more than \$200 million in much needed state revenue, according to the Department of Legislative Services. This week there was yet still another editorial in the Sun supporting this legislation. The printed media is certainly pulling its weight on this one. Hopefully, the committee will do the same and pass the bill out to the full House for a vote soon.

## *CAMPAIGN FINANCE REFORM:*

House Bill 322 Campaign Finance-Affiliated Business Entities which I have introduced for many years would close a loophole which allows many businesses to exceed many, many times over the legal limits on campaign contributions in Maryland. This morning's Sun contains a letter to editor from me and Delegate Jon Cardin who chairs the Elections Sub-Committee of the Ways and Means Committee.

## *COMBINED CORPORATE TAX REPORTING:*

HB 731 Corporate Income Tax Combined Reporting which would close a loophole in the law that allows multi-state corporations from paying their fair share of taxes in Maryland had a public hearing this week in the Ways and Means Committee. Maryann Maher from Ellicott City who ran a strong campaign for House of Delegates last year appeared and gave excellent testimony. I believe this is one of the major social and financial justice issues before us here in the legislature this year. As a sponsor of the bill, I hope that, despite the strong opposition from the Chamber of Commerce, the committee will pass the bill out to the full House for a vote.

## *MORTGAGE FORECLOSURE:*

Last week I reported that HB505, which gives the Maryland Commissioner of Financial Regulations more tools and power in dealing with mortgage lenders, passed out of the Environmental Matters Committee on which I serve. Yesterday the bill passed out of the full House with a very strong vote and is now in the Senate. This week the following article <http://www.baltimore-sun.com/business/real-estate/bs-bz-foreclosure-complaints-20110307,0,4221995,full.story> which further explains the dire situation regarding mortgages, appeared in the Sun. I am very hopeful that we will provide some meaningful relief to those who have been the object of unjust practices. There are clearly conscientious individuals working in the mortgage industry, and we must address those who are not so conscientious.

## *SINGLE PAYER HEALTH CARE BILL:*

Last week I also included an article on House Bill 1035 of which I am a sponsor. This bill had a public hearing yesterday in the House Health and Government Operations Committee. Several

people from our community came to Annapolis to testify in support of the bill.

Here is the Fiscal and Policy Note prepared by the Department of Legislative Services.

[http://mlis.state.md.us/2011rs/fnotes/bil\\_0005/hb1035.pdf](http://mlis.state.md.us/2011rs/fnotes/bil_0005/hb1035.pdf)

Now an issue which I have not yet covered in this newsletter:

## *LAWN FERTILIZER:*

HB 687 Chesapeake Bay Nitrogen Reductions Act, of which I am the lead sponsor, would require better management of and limitations on the use of nitrogen in lawn fertilizers. We now know that lawn fertilizers are contributing a significant portion of the nitrogen washing off into our streams, rivers, and ultimately our precious Chesapeake Bay. This nitrogen is one of the major reasons why the health of the Bay is still at a D+, up slightly from its recent D. Our own Little Patuxent River, which runs through Columbia neighborhoods and into Wilde Lake and Lake Kittamaqundi, has a very low grade and is still declining. The bill regulates the levels of nitrogen in lawn fertilizers sold in Maryland. It will still be possible to fertilize for a green lawn; the fertilizer would simply act more slowly as it is released over time.

The public hearing took place in the Environmental Matters Committee this week.

The Sun reported this article on the public hearing on the identical bill filed in the Senate by Senator Young from Frederick.

<http://www.baltimoresun.com/features/green/bs-gr-lawn-fertilizer-bills-20110308,0,7774771.story>

Greta Montgomery Knowles testified eloquently in the Economic Matters Committee with several other Girl Scouts in favor of a bill addressing cruelty to animals.

<http://mgahouse.maryland.gov/House/SilverlightPlayer/Default.aspx?peid=d526dc7d13e24753a6cdb8da607875451d>

Zach Lederer was the subject of a column by Stan Ber in the Howard County Times and Columbia Flier

<http://www.explorehoward.com/sports/81005/centennials-zach-lederer-wins-award-courage-football-foundation/>

Thank you for all of your encouragement and support as I go about doing my work in Annapolis. Be well.

## *Delegate Liz Bobo*

[Elizabeth.Bobo@house.state.md.us](mailto:Elizabeth.Bobo@house.state.md.us)

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# The “Good Old Days” Not So Good for Women

by June Harris, author of *Here Be Dragons*.

Romance novels are often also historical fiction, meaning that they are set in a time many years in the past.

There are several reasons for such a setting. The most obvious is that the past, viewed through modern eyes, assumes a rosy, misty, sweet air of “everything was better back then.” After all, life was simpler; women wore lovely gowns, there were balls with dances that had names, there were stately manners and behaviors — isn’t this true?

Ha! Give me a break. For a very small slice of upper crust folks, some of this may have been true. For the average person, particularly the average woman, this is a nice little romantic fantasy.

The truth about the past, as far as women are concerned, is that women were at the total mercy of the men who were in control of their lives. And I do mean in control. Few women had control over their own destinies.

When I chose to make Jessalyn Kirke the heroine of *Here Be Dragons*, I was very well aware of her limited choices. She is the illegitimate daughter of a duke, but that is not provable in 1856, and it’s her word against his. Guess whose word is going to be accepted.

When her nominal father threatens to kick her out of her home, he has the full right to do so. Prostitution was at its height in Victorian England. (Get over your notions about Victorian prudery; this is its ugly underside.) Many of the young women walking London streets were undoubtedly unwanted daughters.

When Jessalyn boards a ship and the captain throws her in the hold, what were her options? None, actually. He could have thrown her overboard with no consequences. The captain of a ship was the lord and master. If he’d murdered her, not a word would have been raised against him.

Even women of the upper classes were not protected if their husbands, fathers, or other guardians were aligned against them. Alida Fitzhugh, a villainess of my book, is herself a victim. If she cannot find a rich, suitable husband, she has no status.

So, the past may look to be romantic, but the truth is that women had so little status, so few options, such limited power, that everything they could accomplish was through manipulation of men. In those days, if a woman worth a million dollars

married a man with five dollars, the day after the marriage, he was worth \$1 million plus five; she was worth whatever he chose to give her. Until relatively recently, a husband could control all of his wife’s property, salary, income of any amount—and she could like it or not.

The good old days were not good at all for women. Romantic novels are romantic only if they deal with how things were, not how we wish they were. My Jessalyn had the good fortune to find a man who loved and cherished her.

And that, my dears, is real romance.

About the author:

A retired teacher, June Harris has taught every level from fourth grade through graduate school. The former editor of the *Arizona English Bulletin*, she is a member of the Arizona English Teacher’s Association, the International Reading Association, and serves on the board for the public library of Commerce, Texas.

Harris holds a bachelor’s degree in education from Northern Arizona University, a master’s degree in English from the University of the Pacific and a doctorate in reading from the University of Arizona. The mother of five and grandmother of eight, Harris enjoys needlework and watching old movies. She resides in Commerce, Texas.

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