

Our New Look!

Focus ON Women

MAGAZINE



Brownie to Board Room

Jill Moss Greenberg's
perspectives on Title IX

MURTHY'S LAW: *A Practice in
Strength, Determination & Humility*

July/August 2010





"Wellness for Women"

Natural Medicine IS Preventative Medicine

The Practice:

Natural medicine specifically tailored to individual needs and health concerns. Our assessment tools include Hair Tissue Analysis and BioMeridian Scans. The hair reveals the integrity of the individual's biochemistry, metabolic type, mineral deficiency/toxicity, and personalized dietary recommendations. This tool tells the "WHY" of many health concerns with a clear recommendation for re-balancing the body.

The BioScan tests the level of stress on each organ system. Together, these two assessments create the backdrop for natural treatment options to include: mineral, vitamin, enzyme and herb therapies. In addition, each regimen is strengthened by a detox program that includes ionic detox foot baths, massage therapy, guided imagery.

All supplements are nutraceutical grade and are carefully selected to ensure proper utilization and absorption. The bio scan system is FDA approved to provide accurate information relating to the stress on organs systems. Health concerns that have been helped at Your Healing Place: skin, digestion, PMS, joint stiffness, Menopausal symptoms, allergies, insomnia, fatigue, pain, yeast infections, decreased immune function, and much more!

The Office:

- ~Appointments available within a week
- ~On site Natural Pharmacy
- ~Convenient virtual consults for out of state clients.
- ~Direct contact with Dr. Reid through out process to include weekly phone follow up between office visits.
- ~Tranquil office space, relaxing detox foot bath room
- ~Professional and caring environment

Your Healing Place accepts 15% discount for most insurance plans.

Dr. Stephanie Reid specializes in senior care:

- ~ Master's Degree Gerontology
- ~ Doctor of Naturopathy
- ~ Licensed Massage Therapist



213 E. 25th St.
Baltimore, MD 21218
443-904-7304
www.yourhealingsite.com

Focus Women

ON
MAGAZINE

July/August 2010

Table of Contents

Departments

In View:

Publishers Note 4

Calendar of Events 23

Focused Women

Contest 47



Focus on Women Magazine Wants You...

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

Contact us at **Focus on Women Magazine**

e-mail: nicbri@focusonwomenmagazine.net

focusonwomenmagazine.net,

Fax: 410-740-9210,

Phone: 410-294-2932,

or mail: 4615 Oakview Ct., Ellicott City, MD 21042.

	<i>Title IX</i>	6
	<i>This Says It All</i>	9
	<i>It's All a Matter of Perspective</i>	10
	<i>Murthy's Law: A Practice in Strength</i>	12
	<i>Girlfriend Getaways On The Rise</i>	15
	<i>'I Bought a Hot Tub!'</i>	16
	<i>Cheerleaders At Risk For Body Image Issues</i>	17
	<i>Book Review: Your Turn</i>	18
	<i>From Brownie to Boardroom</i>	20
	<i>Runners' Injury: Stress Fractures of the Foot</i>	22
	<i>Mom Defends 11-Year Old YouTube Sensation</i>	26
	<i>Confronting Bullying</i>	28
	<i>Winemaker Profile: Sarah O'Herron</i>	29
	<i>Taking Time To Know Ourselves</i>	30
	<i>China: Aborted Baby Cries Before Cremation</i>	32
	<i>League of Women Voters Elects New President</i>	34
	<i>Exercise Recommended For Cancer Patients</i>	35
	<i>Is TDAP Safe To Get During Pregnancy</i>	36
	<i>Top-Rated Women's Empowerment Nonprofits</i>	38
	<i>Helping Teens Cope With Parents' Deployment</i>	40
	<i>Review: Basignani Winery</i>	42
	<i>Gould to Depart from Ms. Foundation Women</i>	44
	<i>The Zela Wela Kids Build a Bank</i>	46

From the Publisher



Finding inner peace by answering the symphonic call of nature, I could hear the majestic harmony of its players: the call of a blue heron, the clatter calls of geese, the chuckles of chipmunks and the rustling, ratchet, sounds of wild rabbits. I could see the gradual fading of day, give into the slow rise of night. I could hear the sounds of nature's harmonic song. I could see the signal of change. For some of us, change is ineffable and at such times it stymies us. Change is irrevocable, creating a sense of permanency. For others, change is palatable in the way that it fortifies and transforms us to better connect with others, ourselves and our world. To our readers, supporters and advertisers, may you too yield to the messengers of change, bringing you to a place of greater vision, opportunities, and the life gifts that await you all.

All the best,
Joslyn Wolfe

“Everything continues in its state of rest, or of uniform motion in a right line, unless it is compelled to change that state by forces impressed upon it.”

—Sir Isaac Newton

FOWM is Going Green.

We are Supporting the Use of Soy Ink

We Support the Forest Stewardship Council.

We Support the Carbon Fund.

Please Recycle this Magazine.



www.focusonwomenmagazine.com
nicbri@focusonwomenmagazine.net

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

Publisher: Joslyn Wolfe

Editor: Kathy Pettway

Design/Production: Michael Dion/MDGraphics

Contributors: Shirley Wilcox, Norma Hill, Terri Brooks, J.W. Arnovits, Rashida Still, Liz Bobo, Jaana Myllyluoma, Jill Greenberg, Traci Barnett, Noelle Schiffer, Rick D. Niece, momlogic.com, American College of Sports Medicine, Nick Kolesnikoff, Roya R. Rad, Reggie Littlejohn, Nancy Phillips

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

© 2010 **Focus on Women Magazine**. All rights reserved. No part of this publication can be reproduced without prior express written consent of the publisher.

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

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

Lynn's Day Spa

For Men and Women

Lynn's Day Spa is celebrating our thirteenth year in Howard County



Spa Packages

Businessman Package
Almost Heaven Package
For Someone Special Package
And many more spa packages

Massage~ Acupuncture

Anti-Aging Therapy~Spa Body Treatments

Organic Hair Removal ~Spa treatment Therapy

Facial & Skin Therapy~ Hand & Feet Treatment



"Synergie" System ~ lose inches, most cases will start seeing results after 3 sessions



Gift Certificates are available

They can be printed on line, picked up at the spa,
or ordered over the phone and we can mail it.

Phone 410-730-1822
5999 Harpers Farm Road
Suite 150 West
Columbia, MD 21044

www.lynnspadayspa.com

Spa Hours
Monday - Friday 8:00am-9:00pm
Saturday & Sunday 8:00am-5:00pm

Title IX

IX
IX
IX
IX

*By Jill Moss
Greenberg*

June 2010 marked the 38th anniversary of Title IX of the Education Amendments of 1972. Title IX has been renamed the “Patsy T. Mink Equal Opportunity in Education Act” in memory of one of its key developers and supporters. Congresswoman Mink from Hawaii entered the fields of law and politics only after she was denied admission as a woman to medical school.



Maryland's own Dr. Bernice Sandler, a 2010 inductee into the Maryland Women's Hall of Fame, is often considered the "Godmother of Title IX," since she filed the first class action lawsuit against universities charging sex discrimination in hiring and employment practices. This lawsuit was one of the factors leading to the development of Title IX legislation.

The law states:

No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving federal financial assistance.

Every school system or educational institution that receives any federal funds is responsible for being in compliance with the Title IX federal law and its regulations.

Recently, on April 20, 2010, Vice President Joe Biden issued and distributed a "Dear Colleague" letter to education leaders that withdrew a weakening 2005 interpretation of Title IX policy. (To read the complete letter, visit the Maryland Women's Heritage Center website at www.mdwomensheritagecenter.org and click on "Center News & Announcements," then "Announcements.")

While most associate the passage of Title IX with dramatically increasing the participation of females in high school and collegiate sports, the law actually has a more far-reaching effect by addressing sex discrimination in education. This landmark



Dr. Bernice Sandler

civil rights legislation covers such areas as sexual harassment, access to higher education, mathematics, science, and technology programs, career and technical education, counseling, educational employment, and leadership opportunities.

Because Title IX mandates gender equity, women and girls have been given the opportunity to compete in athletics, go to college, become lawyers, doctors, engineers, take on leadership positions, and more. However, they have not always been supported, and this is why there are still critical areas where more progress is needed.

It's hard to imagine that prior to 1972, many of the nation's public and private colleges and universities excluded women outright.

Even today, as women comprise more than half of all undergraduate college students nationwide and about half of all master's, doctoral, law and medical students, they are still underrepresented in traditional male fields—engineering and other science and high-





tech careers—that lead to greater earning power upon graduation.

In addition, although women comprise 73% of the teaching force in secondary schools, only 35% of school principals are women. The number of female university presidents has risen to 21%, with the numbers being even smaller for women of color and disparities still remain in tenure and faculty salaries.

In the area of athletics, Title IX has resulted in a

dramatic increase in participation by females in high school sports. However, according to the National Girls and Women in Sports Day, “high school girls still receive fewer participation opportunities than do boys, and evidence suggests that the money spent on girls’ sports programs lags significantly behind the money spent on boys’ programs.”

The work of assuring equal opportunity for women in education is not done. Several organizations provide leadership and resources related to Title IX in Maryland. In addition to the Maryland Women’s Heritage Center, other organizations include the Maryland Title IX Network, National Coalition for Women and Girls in Education, Association for Gender Equity Leadership in Education, American Association of University Women, Association for Gender Equity Leadership in Education, Feminist Majority Foundation, National Organization for Women, and the National Women’s Law Center.

Linda Shevitz, an Educational Equity Specialist at the Maryland State Department of Education and a Founding Member of the Maryland Women’s Heritage Executive Board, is the designated Title IX Coordinator for Maryland’s K-12 schools, a position she has held since 1982. She is also past chair of the national Association for Gender Equity Leadership in Education and can be reached at lshevitz@msde.state.md.us.

For more information about the Maryland Women’s Heritage Center, visit our website at www.MDWomen-



Linda Shevitz

HeritageCenter.org, call 410-767-0675, or e-mail mwhcjill@comcast.net. The Maryland Women’s Heritage Center is located at 39 West Lexington Street in Downtown Baltimore. Hours of operation are Tuesday through Saturday from 10 a.m. – 4 p.m. Admission is free.

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



Jill Moss Greenberg

THIS SAYS IT ALL

*For all you wonderful ladies out there!
Thinking of each and everyone of you.*

A young wife sat on a sofa on a hot humid day, drinking iced tea and visiting with her mother. As they talked about life, about marriage, about the responsibilities of life and the obligations of adulthood, the mother clinked the ice cubes in her glass thoughtfully and turned a clear, sober glance upon her daughter.

‘Don’t forget your sisters,’ she advised, swirling the tea leaves to the bottom of her glass. ‘They’ll be more important as you get older. No matter how much you love your husband, no matter how much you love the children you may have, you are still going to need sisters. Remember to go places with them now and then; do things with them.’

‘Remember that ‘sisters’ means ALL the women... your girlfriends, your daughters, and all your other women relatives too. ‘You’ll need other women. Women always do.’

‘What a funny piece of advice!’ the young woman thought. Haven’t I just gotten married? Haven’t I just joined the couple-world? I’m now a married woman, for goodness sake! A grownup! Surely my husband and the family we may start will be all I need to make my life worthwhile!’

But she listened to her mother. She kept contact with her sisters and made

more women friends each year. As the years tumbled by, one after another, she gradually came to understand that her mother really knew what she was talking about. As time and nature work their changes and their mysteries upon a woman, sisters are the mainstays of her life.

After more than 50 years of living in this world, here is what I’ve learned:

THIS SAYS IT ALL:

Time passes.

Life happens.

Distance separates.

Children grow up.

Jobs come and go.

Love waxes and wanes.

Men don’t do what they’re supposed to do.

Hearts break.

Parents die.

Colleagues forget favors.

Careers end.

BUT...

Sisters are there, no matter how much time and how many miles are between you. A girl friend is never farther away than needing her can reach.

When you have to walk that lonesome valley and you have to walk it by yourself, the women in your life will be on the valley’s rim, cheering you on, praying for you, pulling for you, intervening on your behalf, and waiting with open arms at the valley’s end.

Sometimes, they will even break the rules and walk beside you.... Or come in and carry you out.

Girlfriends, daughters, granddaughters, daughters-in-law, sisters, sisters-in-law, mothers, grandmothers, aunts, nieces, cousins, and extended family: all bless our life!

The world wouldn’t be the same without women, and neither would I. When we began this adventure called womanhood, we had no idea if the incredible joys or sorrows that lay ahead. Nor did we know how much we would need each other.

Every day, we need each other still. Pass this on to all the women who help make your life meaningful.

I just did. Short and very sweet: There are more than twenty angels in this world. Ten are peacefully sleeping on clouds. Nine are playing. And one is reading her email at this moment.

Happy days!

It's All a Matter of Perspective

By Jaana Myllyluoma

O

ne beautiful early spring day my friend Laura set out to plant her vegetable garden. All day she worked the soil, planting neat rows of seeds for summer harvest of watermelon, beans, broccoli, lettuce... all her favorite crops. She planted little seedlings of herbs that stood lonely

in the bare ground yet were determined to yield great promise. At the end of her long day, she proudly presented the fruits of her labor to her husband and mused: "Next to laying on the beach, this is my favorite way to spend a day!"

But no sooner had she finished, the sky fell dark. In just moments, the fiercest storm of the spring had swept through the area, carrying all the seeds and seedlings with it to destinations unknown.

Laura stood in stunned silence surveying her devastated garden and then burst

out laughing. Amid tears of laughter, she explained to her puzzled husband: "See, God heard what I said about this being my favorite way to spend a day, and now he is letting me do it all over again tomorrow!"

Now, my friend is notoriously a "glass half full" kind of a person, so this response from her was no surprise. But it made me think of how the perspective we take can shape each and every event of our lives, from the mundane to the momentous.

It was none less than Shakespeare's Hamlet who said "... for there is nothing either good or bad, only thinking makes it so." But wait, we protest, bad things happen that I have no control over! Which is exactly the point in my friend's experience. Things do happen—weather, disasters, crime, job loss, divorce, illness, you name it. We may be entirely helpless to prevent it from happening. But is that the end of it—do we accept a victim role and spend our time and energy on replaying the injustice of it all?

I once lost a job as a result of vindictiveness, betrayal of trust, and false accusations targeted at me. The temptation to feel like an

innocent victim was huge. I had numerous legitimate arguments and reasonable justifications for feeling angry, hurt, and mistreated, and for attributing my unhappiness to the deeds of the perpetrators. I admit I sat in this misery stew for a couple of days, hating the world. But I knew better, I knew I had a choice. While I had no control over other people's actions, I did have the power to limit the effects of their actions. So I made a choice to focus going forward instead of ruminating about the past. I also knew that part of this change in perspective had to include changing how I viewed the people who had been instrumental in the event. I had to forgive them in order to be free of being a victim. If there is no victim, then there is no villain either. The decision was the easy part, the forgiving itself went on for years (but that is a whole other story).

Once I chose not to identify myself as a victim, very quickly it became apparent that the situation was an opportunity to do something that was much more in line with my values, talents, and interests than what I had been doing. The initial tragic loss of a job turned into a



blessing in disguise for which I have been grateful ever since. I can even think about those former colleagues with kindness because, while not condoning unethical or ill-intended behavior, the effects of their actions were nullified.

In my work as a personal coach, I see this kind of situation repeated again and again. People come to coaching feeling stuck in a situation that they feel is outside of their power to change or to control. They are unhappy, often feeling victimized by circumstances or people in their lives, past or present. They feel boxed in with no way out. We explore different perspectives until they begin to see that the box exists only in their own thought. The moment when a client

realizes that they have the power to change how they view a situation is the most rewarding for the coach. The light bulb literally goes on, lighting a way out.

One last example—red traffic lights! I used to hate them. It seemed that whenever I was in a hurry, I would get every red light. Fuming at the light made me into an impatient driver, and I did not like that. So I decided to change my perspective on red lights. I decided to use the time being grateful for something or to say a prayer or simply to enjoy a quiet moment. It took some doing to remind myself of this new perspective, but the more I did it, the easier it became. Now I actually look forward to a “red light moment”.

Living a conscious life means making choices on how we react to the big and little storms that come our way. Laura could have cried and decided to give up gardening once and for all. But she didn't. She didn't even grit her teeth and begrudgingly spend another day planting. She chose to enjoy re-planting her garden and by doing so she realized that it wasn't the outcome but the process that defined her joy. And that perspective made her more powerful than any storm.

Jaana Myllyluoma, Ph.D, CPCC is a professional coach whose mission is to raise consciousness one belief at a time. If you would like to find out more about coaching, please contact Jaana at jaanamv@comcast.net or by calling 410-292-8788.



There may be a research study for you

If you smoke, we need you in research studies to find out how nicotine affects the body, the brain, and behavior. These studies are conducted in east Baltimore and Catonsville. They are sponsored by the National Institute on Drug Abuse (NIDA).

All study participants will be paid for time and travel. There is no cost for participation or study-related tests. Call today for a **confidential** screening.

TOLL FREE

1-800-535-8254

www.ResearchStudies.DrugAbuse.gov

**WE
NEED
YOU**

**do you
SMOKE
CIGARETTES?**



Murthy's Law: A Practice in Strength, Humility, and Determination

The Murthy Law Firm is an internationally renowned law firm, considered one of the leading law firms in the world, concentrating in the area of U.S. Immigration Law.

Could you tell us a little bit about your background?

I was born in India. I grew up in a family with 3 girls and our parents stressed the importance of education as the way to get ahead in life. I came to the U.S. as an immigrant to study my Master in Laws (LLM) at Harvard Law School over 20 years ago. I love both my birth country, India and my adopted country, the USA. This great nation has given me dreams and opportunities and that is part of the reason that we both (my husband and I) give back so generously to both countries for programs to help children, women, education, feeding, etc.



Sheela, did you always know that you would be an advocate for others?

Yes, from the time I was a child, I enjoyed the balancing process and wanting things to be “fair and just.” I like the idea of representing people with civil rights types of issues, helping immigrants realize their American Dream of living and working in this great country and making their dreams come true with the complex and ever changing immigration laws and rules.

When did you realize this?

I always liked the idea of helping others, particularly the underdog and providing opportunities to help others who are struggling. Our life has to have a great meaning and purpose. My work gives me purpose and passion. I love what I do and the well-being of our clients and helping them to accomplish their immigration law goals and more important their life's goals, makes us feel like we are truly making a difference for them.

Sheela Murthy
President and Founder
Murthy Law Firm
Immigration MattersSM
10451 Mill Run Circle,
Owings Mills, MD 21117
Tel: 410.356.5440
Fax: 410.356.5669
WebSite: www.murthy.com

- LLM, Harvard Law School
- E&Y Entrepreneur of the Year[®]
- United Way of Central Maryland, Philanthropist of the Year
- Preeminent Lawyer in U.S. by Lexis-Nexis
- Global Leadership Award by State of Maryland
- Martindale-Hubbell Peer Review Rating AV[®] Preeminent™ 5.0 out of 5 (highest rating for legal acumen & ethical standards)

What attributes can you say you have carried over into your life from your parents that you would find the most admirable?

From my father I learnt to be analytical and think about various practical alternatives. From my mother I learnt to work hard, really hard. From both of them I learnt to believe in the importance of education and helping others.

I always knew that to be successful, one must work with dedication and passion for a cause that one believes in and that has meaning and purpose for the greater good. Sometimes people are surprised that I can work 14 or 16 hour days without a break (other than brief restroom breaks).

I am grateful to my parents for all that they have done for me but sometimes I feel that our roles have reversed where we as adult children may need to lead them if they go astray and help them with guidance if they need it as they depend on us for guiding them. :)

What is your passion?

I love life and feel so happy and blessed about everything in this world. I enjoy empowering others and helping them to see the greatness and goodness within them. Life is an opportunity to help others and make a difference in empowering others. My life, my work and every aspect of life is my passion.

What are the things that bring the best out in you?

Generally, people who care and help others and are happy doing things bring out the best and want to make us work harder and better. But often I try to look at challenges as being really helpful from a learning perspective.

When things get tough, I know that in the long run it will make me stronger and better. In the short term, it can add some stress but how can one enjoy life and appreciate things if one never suffers? :)

What are the things that bring the worst out in you?

I hope nothing or no one can ever bring out the worst in me. That means that I have handed over the control of my life and my thoughts and feelings to others. I am in control of my own mind, heart and happiness. I choose to be content and satisfied and feel really blessed.

Sheela. You are so effervescent and seemingly happy. Can you think of a time in your life when you felt the most challenged and how did that experience help you or impact your personality or world view?

I believe that every person in the world has dealt with challenges and difficulties. The difference between a happy and successful person and one who is not so, is usually how we learn to deal with the difficulties in life.

Some of the challenges growing up were that in a country like India there is a male chauvinistic tendency. So girls are looked upon as a burden to the family and I was determined not to allow the stereo types to determine how I was going to grow up and be more helpful than most sons!

A challenge was when I started my law firm and the work kept increasing with the popularity of the internet and our doing really good work. I was hesitant to hire other lawyers initially and for a few years (actually almost 5 years!) I tried to do the work of 4 or 5 lawyers by myself since I was not sure if there would be enough work coming down the road. It was way too much and I was working nights and weekends. Often, I would be at work until past midnight most of the work days and weekends! That was stressful and painful.

In hindsight, though, I am glad that I worked so hard as it helped me to learn the law better than most others and helps me to feel so appreciative now when I don't have to be at work at midnight on a daily basis!

Are you a foreign national? How has your heritage propelled you toward your life and career choices?

I was born abroad and having personally gone through the U.S. immigration law experience with an uncaring lawyer, it helped me to select this field as I realized how important it is to show care and concern for our clients, whom we serve. Our clients give us the privilege and honor of hiring us to help them with their cases, whether they are companies, individuals like engineers, doctors, or any others or hospitals, universities, etc.

I am happy that the lawyer was insensitive since his work ethic helped me to realize the importance of being kind and caring. So in hindsight, he may have helped me to become so successful.

Any kids? How many?

My husband and I chose not to have our own kids as we love our time, our life and I was career driven. I feel that each of our thousands of clients are like our kids. We try to take care of each client and we have sort of adopted a lot of children in India. We feed about 1,600 children each morning in a poor school, we help kids in orphanages and we focus in giving a large portion of our funds to help provide education and empower children so that they can have a better future.

Who are the people who have influenced you the most?

My father growing up influenced me and my mother too. After marriage, my husband has incredible power to

influence me with his kindness, love and ability to tell me when I am goofing up and need to do things differently. I trust him with full faith as I know that everything he does he has done with my best intentions at heart.

In your opinion, what are the things that lead to a fulfilling and happy life?

Happiness is a state of mind primarily. There is no magic formula of material things that can guarantee happiness to anyone. Ultimately, we must choose to want to be happy, irrespective of what happens.

But telling a person who has not eaten for two days that they must be happy makes things difficult. On the other hand, once a person's basic needs like a bit of food, some shelter and some work or purpose are met, then there is an opportunity to seek and find happiness.

If one thinks about it, more than 70% of the world we live in does not have food and shelter! That is our world today! So just having food and a shelter makes us so incredibly rich. It is easy to forget this in a country like the U.S. where there is so much.

When there is a lot around, people tend to take things for granted and then keeping up with the Joneses and constantly feeling unhappy becomes a bad habit.

Not only are you the founder of a law firm, you are also a leader in charitable causes particularly ones dedicated to the causes of women. What drives you to do those things?

As explained above, the desire to help others and

empower them by teaching them how to fish instead of just providing hand outs. Since in India women have historically been given less opportunities, I wanted to be sure that we provide opportunities for all children to grow up in a good environment and have a chance of coming up in life.

What is your opinion of the recent controversial law passed in Arizona concerning immigration? What would you recommend as an equitable remedy?

It is easy for us to say that the law is barbaric and improper. In speaking with people living in Arizona, majority of them love the law. So I try to be reasonable. From a legal perspective, it is scary and troubling when a police officer has the right to stop a person based on reasonable suspicion, which often could mean

What advice would you offer young women who want to make a difference as you have in the lives of others?

Believe in yourself, work hard, love helping others and love your life and the sky is the limit. Go for it!! Every person has the possibility of greatness in us. We can choose to allow the flower within us to blossom or we can choose to ignore the greatness that lies within us. By awakening the inherent spirituality within us, we honor ourselves and our Creator. Our life and work has purpose and we love living and enjoying every second of life's challenges and rewards. Embrace life and everything it offers. If I can do it, you sure can!

Girlfriend Getaways On The Rise

The “independent woman,” as popularized in music, TV, and other aspects of pop culture, is doing more than paying her own bills, driving her own car, and buying her own jewelry without a man’s help. Now more than ever, women everywhere are taking an extended “girls night out,” leaving their men at home to travel around the globe.

“Girlfriend getaways,” as this phenomenon is called, involve women traveling with their female friends and/or family members without their families. These female-centric excursions—which are sometimes taken solo—allow women to take a break from their hectic daily lives and do things that their husbands or boyfriends may not have any interest in, such as shopping, cooking classes, or going to the spa.

The notion of girlfriend getaways is hardly a passing trend; the media and the travel industry have definitely responded to the demand for women-only travel. Arthur Frommer’s *Budget Travel* magazine launched their bi-annual “Girlfriend Getaways” publication back in 2006, and the Fine Living Network featured a series called “All-Girl Getaways,” hosted by Stephanie Oswald, editor-in-chief for *TravelGirl* magazine.

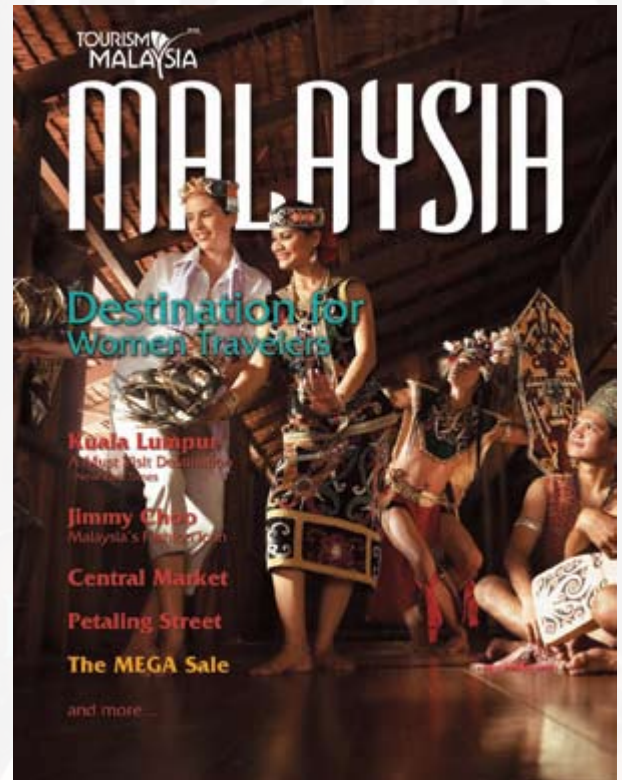
Meanwhile, luxury tour operator Abercrombie &

Kent rolled out women’s only trips to international locales such as India, China, France, and Argentina. Several hotels throughout the U.S. and worldwide offer “girl getaway” packages, which include spa treatments, cocktails, and other fun amenities with their stay.

Marybeth Bond, author of “50 Best Girlfriend Getaways Worldwide,” said there has been a 230 percent increase in the number of women-only travel companies in the past nine years.

Girlfriend getaways tend to be domestic weekend trips, but international travel is also growing. Recently, Asia has benefited from the rise of women’s travel, with women traveling to Thailand, India, Malaysia, and Indonesia to unwind in the idyllic beaches, immerse themselves in exotic cultures, and take advantage of the low exchange rate for shopping.

This growing movement has caught the attention of tourism boards worldwide. For example, Malaysia’s Minister of Tourism, Dato’ Sri Dr. Ng Yen Yen, says, “Our country sees a great opportunity to cater to these women, and plans to emphasize this market in the near future. As a woman myself, I believe that Malaysia has many enriching experiences to offer, like spas, food, parks and gardens, and much more.”



Malaysia has been taking steps to accommodate female travelers. For example, according to a survey by Intelligent Spas, the number of spas in Malaysia has grown over 200 percent since 2002, with more than 170 spas currently operating and even more to come. Its emerging fashion scene, led by high-profile shoe designer Jimmy Choo, fusion cuisine, and lush natural scenery are other likely attractions for women looking for the ideal vacation spot.

Other destinations, such as Paris and Morocco, have already jumped on the girlfriend getaway bandwagon, offering sassy tours and luxury spa resorts. As more and more women embrace ladies-only travel, expect even more travel offerings to appear in the market for this special audience.

'I Bought a Hot Tub!'

Kate Meyers: Monnie N. is an editor at a western newspaper. She was married for five years and went through a divorce when her two children were under five. She has now been happily remarried for two years.

momlogic: Why did you get divorced?

Monnie N.: The hardest thing is, I really don't know. Literally, my husband never said we had a problem. I found things he had sent me a couple months before leaving, saying, "I'm so happy. You're the love of my life." So I really don't know. We had gone out on a date night, and the next morning, he said, "I want to talk to you about something. I don't want to be married anymore, and I've rented a place and I'm moving out." I sat there like a fish with my mouth open. I was speechless.

ml: How did you manage?

MN: I realized that the best thing that I could do was call on my emotional resources, and as long as I focused on the positive, I wouldn't fall off the tracks. I stayed as busy as I could while trying to get a job. I relied on my old friends, exercised.... I kept my nose to the grindstone. I just felt like the more I did that, the safer I would be.

ml: What helped you recover most?

MN: Without a doubt, it was getting my job. I was a single, unemployed parent, so my biggest threat was financial, and it was a huge relief to get work. I focused on my job and my new colleagues, and I realized that there was this big world out there. It was enlightening and really positive.

ml: What's the best advice that you were given at the time?

MN: I would say three things. One, focus on staying as productively busy as you can, because that changes your emotional state from day to day, and pretty soon you have a positive momentum. Two, exercise. And three, take care of yourself. Sometimes when I was at wit's end, I would turn the TV off, turn the phone off and read a book or go to bed early. Here's the kicker: I bought a hot tub. And having a glass of wine and looking at the stars made me feel better. I think you feel it in your body when you're upset like that; you feel the aches and pains physically. I know it was a luxury, but it really made me feel better.

ml: What is your split?

MN: Five years post-divorce, we went to 50/50, but before that it had been, like, 60/40, and early on, it was

five days and two. We progressed that way because the kids were little when we divorced.

ml: What's the hardest part about getting divorced?

MN: If you do have a choice about getting divorced, don't underestimate how difficult it's going to be. Your life gets immeasurably more complicated when you're divorced and you have children. Your life gets complicated in ways that you can't even see. My advice to anyone with kids is to have a very specific ironclad contract or mediation agreement, so that if there ever comes a time when you're not amicable, you know what the rules are. If that's not in place, it can be emotionally difficult and prohibitively expensive.

ml: What's the biggest challenge of your co-parenting?

MN: I think that if you're amicable, it's just the logistics. But if you have different ideas about parenting, you have to realize that you've lost control in having a huge say in how your children are raised. And it's a real big deal for people who care. If you're not amicable, you have to let go. Don't cede your parenting role just because it's frustrating; just explain rationally and kindly, without being disparaging

to the other parent, why you do things differently and hope the other parent is doing that, so your kids really learn there are different ways to live.

ml: When did you know everything would be OK?

MN: It took me about a year and a half. I got to a point where I came home from work and work was going well and the kids were happy and playful and being their normal selves. I remember this one weekend very clearly. They went to stay with their dad, and I didn't make any plans. And I felt really good, and I thought, "Wow! I can do this for the rest of my life!" I realized I would be OK by myself, just spending as much time with my kids as possible. I started getting better all at once. It seemed like the financial, emotional and physical all came together.

ml: What's the best thing to come out of the experience?

MN: I think I'm more compassionate about other people. Before my ex left, I used to think something was wrong with people if they got divorced, that they didn't try hard enough. Now I realize that things can really go wrong and people can change and I'm a lot less judgmental. When people tell me they're getting divorced, I tell them, "Don't rush your recovery. It's a process, but it does work out in the end."

Read more: www.momlogic.com/2010/06/divorce_dialogues_i_bought_a_hot_tub.php.
For More 'Divorce Dialogue' Stories: www.momlogic.com/stories/

Cheerleaders At Risk For Eating Disorders, Body Image Issues

Uniform Type Impacts Body Satisfaction

College cheerleaders are at high risk for body image issues and eating disorders—and may be affected by how revealing their uniforms are, according to a study presented today at the American College of Sports Medicine's 57th Annual Meeting in Baltimore.

Toni Torres-McGehee, Ph.D., ATC, studied 136 Division-I and Division-II college cheerleaders to determine if position (base, flyer, etc.) and clothing requirements (daily clothes *vs.* full or midriff uniforms) affected eating disorder incidence or body image dissatisfaction. Participants were surveyed for weight, height and perceived ideal weight.

Although position did not appear to be a factor, cheerleaders overall were highly disposed to eating disorders: 33.1 percent had some risk of eating disorder characteristics and/or behaviors. Cheerleaders on teams with midriff uniforms were most disposed to body-image issues.

"Maladaptive body image and eating behaviors can form during youth

and last a lifetime," Torres-McGehee said. "Teams and coaches should consider the long-term effects of requiring cheerleaders to wear revealing uniforms simply for aesthetic reasons."

Participants were also asked about how they thought their coaches and parents perceived their body image, and appeared most concerned they weren't fitting their coaches' ideals for body composition.

"The point of collegiate cheerleading is to create camaraderie and team spirit and to keep girls active and healthy," Torres-McGehee said. "Cheer coaches should keep these ideals in mind and try to reinforce self-esteem among their team members."

The American College of Sports Medicine is the largest sports medicine and exercise science organization in the world. More than 35,000 international, national and regional members and certified professionals are dedicated to advancing and integrating scientific research to provide educational and practical applications of exercise science and sports medicine.

Your Turn: 7 Simple Steps To Empower Yourself To Change

By Nick Kolesnikoff

Unfulfilled? Then, overcome your boundaries. Put the 'Self' Back In Self Help!

The more the seasons change, the more we stay the same. This summer is the perfect time to usher in a welcomed change and reconsider those broken resolutions. Life-architect and author of *Your Turn: Empower Yourself to Change*,

difficult,” says Kolesnikoff. “Your Turn demystifies industry coaching secrets and directs readers to rediscover themselves and regain control of their lives; greatly enhancing their chances for success.”

While most self-help books tell you how to live your life, *Your Turn* helps readers change in accordance with their own unique, deep-seated needs and goals. Kolesnikoff’s seven-step process will help readers break away from whatever is causing them suffering or lack of fulfillment. *Your Turn* will guide readers to unlock their full potential using powerful life coaching tools and techniques. The book includes an interactive set of exercises that are vital to understanding your deepest feelings and unique natural laws.

For over thirty-five years, Kolesnikoff, a Certified Professional Life and Executive Coach, had a distinguished and award-winning career as a corporate executive where



he provided direction, mentoring and leadership to companies and professionals around the globe. As the son of immigrant parents, he also witnessed what it takes to come from

nothing, make changes and chart new directions to ultimately find success.

Kolesnikoff has learned that whether it is a religious, political, regional, sexual, educational or political boundary, frameworks create inertia and therefore limitations.

Your Turn's interactive chapters unveil diagnostic exercises, tools and strategies for identifying self-imposed boundaries, discovering who you really are and achieving tangible, measurable results and peace of mind.

Kolesnikoff shares tips in his book to enable those unable to afford a life coach but still willing to make the necessary changes to find fulfillment. His seven-step plan includes:



Nick Kolesnikoff, has developed seven steps to help readers identify how they are unique, why living within self-imposed boundaries is detrimental to happiness and how to discover what they need to do to chart a positive life-course.

“Anyone who defines themselves through traditional boundaries will find life dif-

1 Self-Assess: Discover the unique elements of your life and run a diagnostic test to check if they are in balance.

2 Value: Uncover your value system—the root of everything you think, say or do—and align your desires with it.

3 Aspire: Select change initiatives based on who you really are and eliminate strain and suffering.

4 Empower: Give yourself permission to change and to abandon the false persona you've been hiding behind.

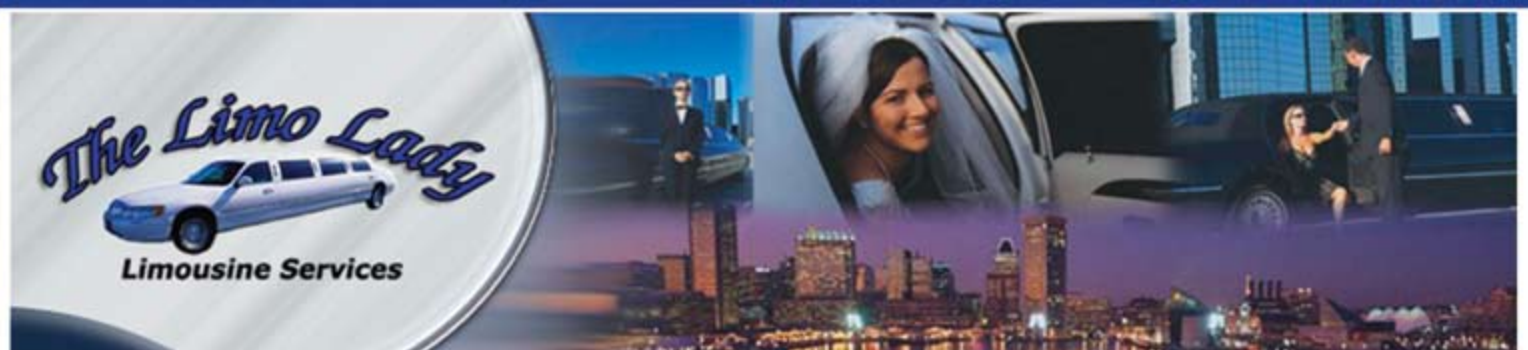
5 Clear: Confront the blockages and self-imposed limitations that have kept you from fulfilling your true potential.

6 Plan: Break your initiatives into achievable parts and create demand-pull to strengthen your resolve. This is where good intentions transform into great results.

7 Measure: Make yourself accountable to yourself by measuring the progress on your new path toward fulfillment.

“I didn't want to write a book of answers,” adds Kolesnikoff, “but rather a book of questions. I also provide an ancient universal framework that will help readers discover their unique nature and enable them to embark on their own unique course.”

Nick Kolesnikoff, the son of immigrant parents who came to America with nothing, graduated from the University of California at Berkeley with a degree in Architecture. Kolesnikoff climbed the corporate ladder over the next 35 years and earned titles such as General Manager, Senior Vice President, Executive Vice President and President. His quest to help others began when, working as a city planner in his mid-twenties, he provided 40 families a new chance in life by eliminating the town's only slum. Kolesnikoff has logged over 10,000 hours of meditative practice and is well versed in Transcendental Meditation and the study of Vedic science. In 2006, Kolesnikoff retired from corporate life and undertook a rigorous life coach-training program. Today, he is recognized internationally for his life-coaching success. Your Turn offers readers, unable to retain a life coach, a seven-week, best-in-class, self-directed workshop. Your Turn: Empower Yourself To Change is available for purchase at www.YourTurnBook.com, www.LifeCoachNick.com, www.Amazon.com, and other online booksellers.



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

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

"2010 Premier Bride's Choice Award"

Proud Member of Maryland Limousine Association—Current President

12 Years of Service

Female Owned and Operated

Joanna@thelimolady.com

410-663-7000

www.thelimolady.com

PSC Authority number: #2171



copyright

From Brownie to Boardroom

By Traci A. Barnett, M.B.A

SmartCEO recently convened a panel of local business leaders—which included our newly elected Board Chair, Sheela Murtha, Esq.—to talk about the attributes of great leadership. From their discussions and advice on management and best practices, this definition of a leader emerged: A great leader is one who earns respect (instead of commanding it), sets realistic expectations, motivates others and bounces back in the face of adversity.



As the council and our nearly 30,000 girl members prepare for a new year of Girl Scouting and perhaps the most iconic activity of Girl Scouts—the annual Girl Scout Cookie Program—I am reminded that these are leadership qualities that every girl who participates in the Girl Scout Cookie sale activity has the opportunity to develop and hone throughout the rest of her life. The Girl Scout Cookie sale activity is the premier financial literacy and entrepreneurial training program for girls ages 5-17. In addition to the wealth of practical life skills girls gain—including money and inventory management, customer service, marketing and goal-setting—the program promotes cooperation and team-building and encourages them to develop critical thinking skills. I am sure that business leaders would agree that these are the very skills they look for in their new hires and potential partners.

The fact that, on a national scale, the Girl Scout Cookie Program generates \$700 million in revenue is a testament that Girl Scouts of all ages are learning how to be entrepreneurs—and are successfully implementing those skills. Perhaps equally as important: once Girl Scouts—girls and adults—learn these skills they share what works with other Girl Scouts. This method of information exchange has become quite popular among women. Locally, On Purpose Networking/Connections Over Coffee; MyCity4Her, a web portal for women entrepreneurs; WomanTalk Live radio show; a variety of

events hosted by the *Baltimore Business Journal* for minority and women owned businesses; and, Girl Scouts' Women's Leadership Forum, offer women the opportunity to share best practices, "trade secrets," vital information and time to network with other women who are seeking to achieve success through their business ventures. In many ways these platforms serve as the new or alternative boardroom for women executives and business owners—a place where women can communicate and share information with each other that will help inform decisions that impact their success.

This practice of developing a strong network of individuals who can serve as advisors and guides, coupled with experienced and knowledgeable mentors, has played a pivotal role in many women's success. This formula has certainly proved effective in Girl Scouting. Volunteers of varied capacities and backgrounds, who in their off-hours and spare time, serve as troop leaders and troop and area cookie managers, rely on each others' experience and knowledge to serve as informed mentors to our Girl Scouts. This information is then shared at troop meetings and troop trainings so that each girl has the tools—and support—to be successful.

This model, which incorporates learning to set realistic goals, working as a team, motivating others and not being daunted by the occasional "no thanks," has been successful for Girl Scouts for many years. The first Girl Scout cookies were

sold in 1917 when the Mistletoe troop in Muskogee, OK sold homemade cookies out of a local high school cafeteria to raise money for their troop activities and projects. Over 90 years later the Girl Scout Cookie Program has evolved into an extensive business giving hundreds of thousands of fledgling entrepreneurs the confidence and experience to thrive in the business world. As a result, many Girl Scout Brownies will and have found their way into the boardroom using the leadership skills they learned and developed along the way. When this year's Girl Scout Cookie program launches on September 11 consider buying a box or two, not just because they taste great but because you are helping another girl gain admittance to the boardroom.

Traci A. Barnett is Chief Executive Officer for Girl Scouts of Central Maryland, which provides leadership training, activities and events for nearly 30,000 girls ages 5-17 and 11,000 adult volunteers. Visit Girl Scouts of Central Maryland's website: www.gscm.org for more information about Girl Scouting in central Maryland.



Common Runners' Injury: Stress Fractures of the Foot

Repetitive impact on feet can increase risk of damage

Stress fractures of the foot are becoming more common in runners, especially first-time marathoners, according to the American College of Foot and Ankle Surgeons.

The growing popularity of marathons among beginning runners has contributed to the increase in repetitive stress injuries, including stress fractures of the foot, seen by foot and ankle surgeons. Often, first-time marathoners enter a race with little or improper long-distance training. The lack of experience coupled with the repetitive impact placed on the feet during the run can produce enough stress to cause hairline breaks in the bones of the foot.

"Runners who increase their mileage too quickly or change to a more intense phase of training may be more susceptible to a stress fracture due to the increased force placed on the bones," says Alan MacGill, DPM, AACFAS, a foot and ankle surgeon from Boynton Beach, Florida. "A general

rule of thumb for runners is to increase the mileage by no more than 10 percent each week. Runners who are training also need to have adequate rest time in between runs to help decrease the risk of injury."

Runners at all levels of experience are also at higher risk for stress fractures if they wear improper shoes while running or training, suffer from flatfoot or other foot deformities, or have osteoporosis.

Signs of a stress fracture can include pain, swelling, redness and possibly bruising of the area.

"Stress fractures can occur anywhere in the foot and can eventually lead to a complete break of the bone if left untreated," Dr. MacGill explained. "Early diagnosis and treatment are important to ensure proper healing."

If a break is suspected, Denver foot and ankle surgeon John McGarry, DPM, FACFAS, advises runners to immediately follow the RICE protocol—Rest, Ice, Compression and Elevation. If pain and swelling last longer than a few days, a visit to a foot and ankle surgeon for

an x-ray and diagnosis is in order.

In most cases, treatment includes rest and immobilization with casting of the foot. Surgery may be required in certain instances to repair and stabilize a stress fracture that has progressed into a full fracture.

Runners can take action to prevent repetitive stress injuries in their feet by wearing supportive athletic shoes and slowly building up their activity levels according to their abilities. "If a runner suffers from abnormal mechanics in the foot, such as overpronation or hypermobility, custom orthotics can also be helpful to prevent these injuries," Dr. McGarry adds.

For additional information on stress fractures and other foot injuries, visit ACFAS' consumer web site, FootHealthFacts.org. The American College of Foot and Ankle Surgeons is a professional society of over 6,000 foot and ankle surgeons. Founded in 1942, the College's mission is to promote research and provide continuing education for the foot and ankle surgical specialty, and to educate the general public on foot health and conditions of the foot and ankle through its consumer website, FootHealthFacts.org.

Calendar of Events

Baltimore Museum of Art

World renowned collection of works by Matisse, Picasso and Cezanne. Showcases art of the 19th century through today, plus special exhibits and a scenic sculpture garden. Free on the first Thursday of every month.

10 Art Museum Drive
Baltimore, Maryland 21218
443-573-1700
www.artbma.org

B&O Railroad Museum

Visit the birthplace of American railroading and home of the most comprehensive collection of railroad artifacts in the Western Hemisphere. Seasonal rides.

410-752-2490 ext. 221
www.borail.org

Baltimore Museum of Industry

Award-winning hands on activities. Exciting tours for all ages. Learn about the many everyday items invented in Baltimore.

1415 Key Highway
Baltimore, MD 21230
410-727-4808
www.thebmi.org

Benjamin Banneker Historical Park & Museum

A 142-acre institution of cultural and natural history centering around America's first African American man of science.

300 Oella Drive
Oella, MD 21228
410-887-1087
www.benbanneker.com

Historical Society of Baltimore County

House and Farm Museum exhibits in nine gallery rooms; research library of maps, plants, and archives for genealogy research. Gift shop.

9811 Van Buren Lane
Cockeysville, MD 21030
410-666-1876
www.hsobc.org

Basignani Winery

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

Movie Nights:

Aug. 13th-Ratatouille
Aug. 27th-When in Rome

Cygnus Wine Cellars

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

Elk Run Vineyards

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

An die Musik Live!

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

Sunday, August 15, 5 & 7 p.m.

LatinBird: The Music of Charlie Parker

Bob Butta, piano
Herman Burney, bass
Eric Kennedy, drums
T.K. Blue, alto & soprano saxophones, flute

Join T.K. Blue and this exceptionally talented ensemble for a commemoration of Charlie Parker's 90th birthday (August 29). The program was recorded in June, and will soon be available for purchase.

Tickets: \$15

Friday, August 27,

8 & 9:30 p.m.

Saturday, August 28,

8 & 9:30 p.m.

Tim Green Quintet featuring Mulgrew Miller

Tim Green – Alto
Warren Wolf – Vibes
Josh Ginsburg – Bass
Uylsess Owens - Drums on the 27th
Billy Williams - Drums on the 28th
with Mulgrew Miller – Piano

In a childhood filled with early musical experiences, Mulgrew Miller was constantly meddling in jazz piano. Miller is said to have set his mind on becoming a jazz pianist after seeing Oscar Peterson. Much of Mulgrew's playing has the same technical prowess so often connected with Peterson. In 2006, he was awarded the honorary degree of Doctor of Performing Arts at Lafayette College. He resides in Easton, PA, and is Director of Jazz Studies at William Paterson University.

Tickets:

\$20/\$15 for student and seniors

Restaurant Discounts

An die Musik has partnered with the following restaurants to offer discounts on the days you attend An die Musik LIVE! concerts. Please contact the restaurants directly for reservations. Pick up your discount voucher at An die Musik to present at restaurant.

BanThai (Thai)

(410) 727-7971
10% off total bill

Cazbar (Mediterranean)

(410) 528-1222
20% off total bill

Lumbini (Nepalese and Indian)

(410) 44-5556
10% off the entire dinner

Maisy's (Baltimorecentric)

(443) 220-0150
10% off total bill

Sascha's 527 Cafe (American)

(410) 539-8880
10% off total bill

Sotto Sopra (Italian)

(410) 625-0534
20% off total bill, except
Mondays & Opera Nights

Tugs Restaurant (American)

(410) 244-7300
10% off total bill

Zhongshan (Chinese)

(410) 223-1881
10% off total bill

Places to Find Focus on Women Magazine

Belvedere Square

Breathe Books

Charles & Mulberry St.

City Cafe

Columbia Libraries (East & West)

David's Natural Market

Dorsey Search Village Center

Dukem Ethiopian Restaurant

Eve's Salon

Giant Super Markets

Glazed to Perfection

Goodlife Wellness...

Haraar Ethiopian Restaurant

Howard Community College Student Center

Little Patuxent & Vantage Point Rd..

Lynn's Day Spa

Mad City Coffee

Roots Organic Market

Sprout Organic Spa

Taharka Brothers

University of Baltimore Student Lounge

University of Maryland College Park Student Union

Women's Clinic at University of Maryland at Baltimore

Whole Foods Inner Harbor East

Women's Industrial Exchange Restaurant

Women's Resource Center at Mercy

Women's Spa at Mercy

I Believe...

A Birth Certificate shows that we were born
Pictures show



I Believe...

That just because two people argue,
It doesn't mean they don't love each other.
And just because they don't argue,
It doesn't mean they do love each other.



I Believe...

That we don't have to change friends
if we understand that friends change.



I Believe...

That no matter how good a friend is,
they're going to hurt you every once in a while
and you must forgive them for that.



I Believe...

That true friendship continues to grow,
even over the longest distance. Same goes for true love.

That you can do something in an instant
That will give you heartache for life.

I Believe...

That it's taking me a long time
To become the person I want to be.



I Believe...

That you should always leave loved ones with
Loving words. It may be the last time you see them.

I Believe...

That you can keep going long after you think you can't.

I Believe...

That we are responsible for what
We do, no matter how we feel.



I Believe...

That either you control your attitude or it controls you.

I Believe...

That heroes are the people who do what has to be done
when it needs to be done, regardless of the consequences.

I Believe...

That my best friend and I can do anything or nothing
and have the best time.



I Believe...

That sometimes the people you expect to kick you
when you're down will be the ones to help you get back up.

ieve...

n... A Death Certificate shows that we died...
that we lived!

I Believe...

That sometimes when I'm angry
I have the right to be angry,
but that doesn't give me the right to be cruel.

I Believe...

That maturity has more to do with
what types of experiences you've had
And what you've learned from them and less to do with
how many birthdays you've celebrated.

I Believe...

That it isn't always enough, to be forgiven by others.
Sometimes, you have to learn to forgive yourself.

I Believe...

That no matter how bad your heart is broken
the world doesn't stop for your grief.

I Believe...

That our background and circumstances
may have influenced who we are,
But, we are responsible for who we become.

I Believe...

That you shouldn't be so eager to find
Out a secret. It could change your life Forever.

I Believe...

Two people can look at the exact same
Thing and see something totally different.

I Believe...

That your life can be changed in a matter of
Hours by people who don't even know you.

I Believe...

That even when you think you have no more to give,
When a friend cries out to you -
you will find the strength to help.

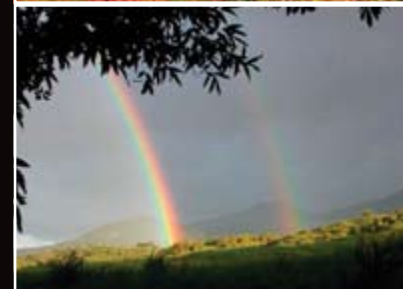
I Believe...

That credentials on the wall
do not make you a decent human being.

I Believe...

That the people you care about most in life
are taken from you too soon.

'The happiest of people don't necessarily
have the best of everything;
They just make the most of everything they have.



Mom Defends 11-Year Old YouTube Sensation Jessi Slaughter

The shockingly controversial and emotionally charged videos that 11-year old Jessi Slaughter has posted on YouTube have been viewed by more than a million people. They've also made Jessi (real name: Jessica Leonhardt) the target of death threats and landed her in police protective custody. Jessi's mom speaks exclusively to momlogic.

momlogic: *How did all of this Internet drama start?*

Dianne Leonhardt: I got a phone call from a guy [representing] himself as a police officer and inquiring about an alleged missing person—a kid—who knew or was associated with my daughter. I asked for the missing kid's name and my daughter said she didn't even know who he was. Something didn't seem right; the call seemed weird. So I asked the "officer" what the police chief's name was, and he hung up. The phone rang again, and I told the guy that if he was a real police officer to send a unit to my door. My daughter became more upset because someone had posted a photo of her over the Internet using her head with someone else's body. My daughter was sitting by the computer, and that's the video where my husband was screaming for all of this to stop. We shut the computer down and we were very upset.

ml: *When did the actual police get involved?*

DL: We all went to bed that night, but at 1:15 AM, my doorbell rang. Our dog started barking and we heard bam, bam, bam... someone was banging on our door. It was the Marion County Sheriff's Department. An officer said an anonymous tip had come in that our daughter was hurting herself. He wouldn't tell us who called the tip in, but he made me wake my daughter up to make sure she was OK. The officer was really rude and my daughter kept denying that she made any videos. She kept saying, "I didn't do any of this!"

The next morning, my husband and I were sitting in our home when the doorbell rang again. Another sheriff's deputy was banging on the door. This time, they had another anonymous tip from someone in California claiming my daughter had female prostitutes coming in and out of our home from ads posted on Craigslist. Again, my daughter denied making any of these videos. In the meantime, my mother-in-law called from Michigan, saying she'd gotten a message on Facebook from a man who sent a photo of my daughter with some guy. I have no idea how they even found her on Facebook! I put the officer on the phone with her and he took down the information. I

then went onto my Facebook page and the same guy had sent me a message, too.

After the officer left, I had messages on my voice mail from a man asking me for sex. The guy left his name and number. I also received a death threat on my voice mail, so we called the police back. It was from a bogus number, so they couldn't trace it. The same number has been calling for the last two days, all day and night. We believe it's the same person.

ml: *Were you aware that your daughter had been making and posting these videos online?*

DL: Jessica has a webcam and a computer. All of her friends have webcams, too, so they video chat with each other. I knew she'd made a video to apply for "America's Got Talent." She sings and sent an audition video in. I had no idea she was making other videos. I have seen her chatting with her friends, but not making videos.

ml: *When did you find out about the videos, and what was your reaction?*

DL: The officers had said there were videos, but Jess denied making them. Then my mother-in-law called and said there were videos. But I haven't watched them. I can't be in the room 24/7. We tried to talk to Jess, but she got very upset all over again. I am trying to get her

back to normal. It's taken a very emotional toll on her. I don't know if she made these videos or not, but she says she didn't. Right now, I am trying to figure out what's real and what's not. This has been very difficult to deal with.

ml: *Is it true that your daughter was taken into protective police custody?*

DL: Yes. One Friday around 2:45 PM, another deputy and a DCF officer showed up at my door. The DCF agent was saying my daughter was making all these videos online. I never saw any videos and I didn't even want to turn on the computer. I wanted to leave it alone, but they were hammering my daughter. They didn't talk to her, they were talking at her. They were blaming her, saying, "You did this!" She was denying making the videos. I haven't watched the videos, and I don't want my daughter back online. I don't want to make her all upset again. After all that, DCF took Jess and put her in protective custody. I am so angry about how she was treated. I went to visit her on Saturday, and she just wanted to go home. These kids have to get up at 7:00 AM, have breakfast and do schoolwork. There is no TV, and nothing else to do. From 1 to 2 PM, you can have visitors, so I went to see her. If you have no visitors, they tell you to take a nap. I couldn't return that evening for visitation, so they allowed her to make a five-minute call to me. She said she was bored and just staring at the walls. After three minutes, they rushed her off the phone.

ml: *Do you have any idea how many people have watched these videos of your daughter online? Some of the videos have more than a million views! Do you realize the magnitude of this situation?*

DL: I heard there were over a million views online of people looking at these videos. My phone has been ringing nonstop. I have let my phone go to voice mail, and people are calling and leaving crazy messages. A car company called because [someone] used [Jessi's] name requesting information on a vehicle. Domino's Pizza called because [someone] used her name to order hundreds of pizzas online. Pizza Hut called confirming an order for more than \$1,000 worth of pizza; a girl left a message on our voice mail saying, "Hope you're enjoying the pizza." Now I am hearing [that] people are saying online that Jessi killed herself! She's an 11-year old girl! We're trying to figure out what she posted and what she didn't—what's real and what's not. We've received many threats. This is out of control. People think this is funny, but they don't realize the damage they're doing.

ml: *Why do you think this happened to your daughter and family?*

DL: Jessica helps a person write song lyrics. He's in a band, and people are jealous because she knows him and they became friends. She's been to one of his concerts and they've become friends. My daughter is a really friendly person and she chats online with people. She has

also been bullied and picked on at school. Two girls got in trouble and they were suspended for three days after bullying her. Towards the end of the school year, Jess was suspended for 10 days after being accused of slapping a boy in the face. She says she didn't do it and that the boy was sitting at a lunch table talking about how his brother hit him in the face with a softball. Every time something happens, there are no teachers or security guards at the school and Jessica gets in trouble.

ml: *As a mother, what have you learned from all of this?*

DL: I am still trying to take this all in. I can't believe this is happening. My daughter is an only child—she was our miracle child, because I had cervical cancer and was told I couldn't have children. Then, on two years to the date of my recovery, I wasn't feeling well and found out I was pregnant. I can't be in the same room with her 24/7 and I am trying to explain to her what's going on. It's been very difficult because I don't understand what's going on—I don't even know what these videos show and I don't want to view them. I am upset enough. I have been throwing up and I haven't been able to eat or sleep since this all started last week.

Continue Reading Full Story: www.momlogic.com/2010/07/exclusive_interview_mom_defends_11_year_old_youtube_sensation_jessi_slaughter_jessica_leonhardt_dianne_leonhardt.php

Confronting Bullying

By Dr. Rick Niece

The street stretching in front of the President's Home, on the campus of the University of the Ozarks, serves as a bus stop for local school students. Pickup days gather a crowd of different aged and diversified youngsters. The other morning a police car was parked beside the bus. A benign interloper, I watched intently as two unsmiling officers spoke to attentive, fear-frozen little faces inside the bus. Curious, I waited before walking to my campus office to ask the policemen what had happened. They shook their heads in quiet frustration before one responded to my question.

"Several parents have reported incidents of bullying on this bus and at the elementary school. We were asked to speak to the students, to give them a lecture. I guess that's our job."

In light of that episode and some other ugly incidents on the national scene, I offer five recommendations about adolescent bullying, a serious problem. As a lifelong educator, I find acts of intimidation—student against student—to be particularly troubling.

1. Speak Out

Bullying is not acceptable. As adults, we need to impress on children that bullying others, making fun of oth-

ers, will not be tolerated. It is wrong.

2. Teach Respect

Children crave role models, big people to emulate. Grown-ups do not merely set the standard, we are the standard, and our behavior is often modeled. We are the ones responsible for teaching children the importance of respecting others, emphasizing that respect is extended even to those we do not care for. And we teach respect by being models of respect ourselves. If we are not, good lessons go unlearned.

3. Remember Civility

We are surrounded by hate language. So are our children. Hate language is ubiquitous: at school, during athletic events, around the neighborhood, on talk radio and television, in daily conversations. The malevolent message is that if you disagree with me or if you look different than I do or if you pray in a church other than the one I pray in or if you express an opposing political viewpoint, then I have the unconditional right to talk you down, no matter how vile my words may be. All the while, we forget that children are listening.

Remember the meaning of civility, then practice being civil. If we are caught off-guard by someone's oafish actions or when we begin to flare-up during our angriest

moments, let's respond civilly. I think civility is as contagious as contemptuousness.

4. Understand the Individual

Encourage children to make friends with a person who is different than they are. Knowing someone on a personal level increases awareness while decreasing misperception. When I was nine-years old, I met my soon-to-be best friend: a boy with very severe cerebral palsy who was on my paper route. Initially, I was afraid to meet Bernie—who knows why young boys fear what they fear—and our first meeting was a disaster. That evening my father offered advice that has stayed with me a lifetime: focus on making people comfortable with you, rather than fixating on your discomfort with them.

5. Make a Difference

Can we stop all bullying? I am not that naïve nor can I think that big. I can, however, make a difference on the micro-level that is my own backyard. When I was a high school English teacher, I did not always agree with my principal or the inflexible district-wide policies. I certainly was not a rebel, but when I closed my classroom door and was alone with the students, I was in charge of that domain. That is where I made a difference.

We each exert influence in our domains, our personal

arenas—the classroom, the workplace, our family, a circle of friends, church, even a college campus. We can each make a difference in our own backyards, yards that reach out to connect with others. We can each build a bully pulpit, stand atop it, and speak out against the acts of bully pummel. Do we expect someone else to stand up and do it for us?

We are the voices of respect and the keepers of tolerance. We are the teachers and the role models. If confronting bullying does not start with us, it will not end with children.

Rick D. Niece, Ph.D., author of [The Side-Yard Superhero](#), currently serves as President for the University of the Ozarks in Clarksville, Arkansas. Along with his wife, Sherée, he works to provide intellectual and cultural enrichment for the 650 students at the university, preparing them for graduate school and professional employment success while establishing lifelong values. For more information, please visit www.RickNiece.com.

Subscribe Now and Save.

Only \$35 per year. Fill out this form and send to *Focus on Women Magazine*, 4615 Oakview Court, Ellicott City, MD 21042. If you prefer, a PDF version of the magazine can be emailed to you, instead of receiving a hard copy.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

E-mail: _____

Name on Card: _____

Credit Card Number: _____

Exp. Date: _____ Amount: _____

Signature: _____

Please check form of payment:

Check Money Order Credit Card

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

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

Maryland Wine Press Winemaker Profile:

Sarah O'Herron, Black Ankle Vineyards

It all began with a simple appreciation of wine. Sarah O'Herron, winemaker at Black Ankle Vineyards, grew up in a family in which wine was a part of celebration and special occasions. However, the wine business was not the immediate path that Sarah pursued. She and her husband, Ed Boyce, were management consultants before their aspirations turned to making "top quality wines."

According to O'Herron, her now extremely successful win-

ery "just grew out of love and curiosity of wine. It simply came together—out of drinking wine." O'Herron educated herself on the subtle differences and flavors of wine; spent endless amounts of time reading and researching wine and the industry. The project began in 2000-2001.

She took field trips with her husband across the country and even around the world, visiting California, Maryland, Virginia, New York, Pennsylvania, New Zealand, France, and Italy in

order to learn as much about the industry and various techniques as possible.

O'Herron also did three mini internships over three harvests, spending a week at Littorai in Napa Valley, two weeks at Chateau Falfas in Bordeaux, and the better part of two months at Paumanok in Long Island. These experiences provided broad exposure.

Taking Time To Know Ourselves— Steps To Self Realization

By Royce R. Rad MA, PsyD

Once we find the courage to step out of the denying and avoiding of the self, we can open the door to a new path for the way we live. This process needs a lot of honest self investigation and putting the camera on



our self instead of the outside world. Looking deep into our repressed parts including memories or shadow, bringing everything we got out and processing them. With this acknowledgment comes liberation but this is not possible without some serious self reflection. We have to change some of our old patterns of behavior and thought that do not serve us well anymore. We have to be open to change and moving forward. Our psych is an unlimited source, we can take it as far as we desire. So

now the question is what is your inner desire and need and how far do you want to go?

Some questions that may be useful along the way of self reflection are as follow:

1. Am I carrying a baggage of anxiety, fear, anger, resentment, jealousy, or any other negative emotions, passively or actively, consciously, or unconsciously? How do I start getting rid of this heavy and harmful baggage that has been draining me?

2. Do I have a nonstop and uncontrollable desire for instant gratification that end of hurting me?

3. Do I think of the consequences of my behavior, thoughts, and emotions? If so, how far can I think of these consequences, short term or long term?

4. I continuously find myself being upset by my surroundings? If so, how can evaluate to see if I contribute in any way in putting myself in a situation that makes me feel like a victim?

5. Do I put effort into solving my problems or do I get so engulfed into emotions that I don't have the energy to look for a solution?



6. Do I feel like life is resisting me and there is nothing I can do?

7. Do I have a self soothing or self calming method before acting?

8. Am I impulsive or am I in control of me?

9. Do I find myself continuously being affected by the outside world, being dragged from one edge to the other, being affected by other people's acts or do I have a strong immunity system against the contagious mind disease out there.

10. Am I a passive follower of life or an active participant?

11. Do I know my need and how to prioritize them?

12. Do I know my goals and am walking toward them?

13. What are my values, how did I achieve them, do I really believe in them, and how are they helping me with my sense of self esteem?

14. Am I just sucking out of life or contributing to it?

15. Do I feel like I am chasing my own tail when it

comes to relationships, goals, and personal matters?

Once we learn to take care of this gift we have called self, we get to an authentic place of being that feels liberated and ready to naturally give it fullest best. We are all innately designed to crave self actualization and reach this authentic place of existence and until we learn to open the door to it, a sense of inner conflict and not being content will continue nipping us. It does not matter how much material "things" we accumulate, it may never give us that sense of inner fullness that can only be achieved by attending to this inner self.

As always, I will mix psychology with a poem to bring about my point and I think this poem may be relevant.

Inner Freedom

Freedom is a special inner concession
We can have access by self-confession
When the door of wakefulness unlocks
When we get rid of any sort of blocks
Something pours, some form of a drift
As if we let go of a long time heavy lift
We feel lighter and lighter
The outlook looks brighter
Our vision becomes more clear
As we learn to release our fear
Fear of rejection, fear of isolation
Turn into a complete sense of admiration
We get to a center place in creation
Where there is no sense of frustration
It is where we belong, there is no temptation
All that is, is a feeling of dedication
It is where we glance from the above
That we know what it means to feel love
The love was with us all along
We were just distracted for too long

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

I do, I DO's!

www.weddingsbysandy.com

info@weddingsbysandy.com

Cell: (410) 340-3224

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



China: Aborted Baby Cries Before Cremation

By Reggie Littlejohn

Crematorium workers in Guangdong Province found an infant crying in a “medical waste” receptacle on its way to being cremated, reports Xinhua, China’s official news agency.

The crematorium workers immediately sent the infant back to the hospital. Later that day, the hospital sent the infant back to the crematorium, dead. The hospital of-

ferred no explanation of the cause of death.

Earlier this year, Xinhua reported that 21 bodies of fetuses and babies were found discarded in a river in East China. Xinhua News stated, “the bodies may have been dumped by cleaners from local hospitals after abortions and induced labor. Such dead bodies are treated as ‘medical waste’ by hospitals.”

Meanwhile, the China Daily News glibly reports that China is celebrating International Children’s Day in grand style this week. Children attending the Shanghai Expo, for example, are being treated to treasure hunts, limbo competitions, face painting and brass band concerts. As the Chinese Communist Party propagand-

izes its official celebration of International Children’s Day, let us not forget the appalling truth: 400 million children—mostly girls—were “prevented” by China’s coercive One Child Policy. Let us also not forget how this policy is enforced—through forced abortion, forced sterilization—and at times, infanticide.

At a Congressional Hearing on November 10, 2009, (before the Tom Lantos Human Rights Commission), I presented two documents, recently leaked out of China, setting forth new information on the practice of infanticide. According to these sources, practices include:

- Puncturing the brain and injecting it with poison during labor or immediately after birth;
- throwing the infant to the ground;
- drowning by placing the infant in a bucket of water and stepping on him or her.

To see documentation of these practices, visit <http://www.womensrightswithoutfrontiers.org/index.php?nav=congressional>

Whether you’re pro-life or pro-choice, everyone opposes forced abortion because it’s not a choice. The One Child Policy causes more violence to women and girls than any other official policy on earth:

1) Forced abortion is traumatic to women. It is a form

of torture. To read one woman’s harrowing account, visit <http://www.womensrightswithoutfrontiers.org/index.php?nav=wujian>

2) Because of the traditional preference for boys, sex-selective abortion is common and most of the aborted fetuses are girls. In addition, female infanticide is a problem. According to a recent study published in the British Medical Journal, the overall sex ratio for China is 126 boys for every 100 girls. Nine provinces had ratios of over 160, boys for every 100 girls, for second children. The article stated, “Sex selective abortion accounts for almost all the excess males.” This practice constitutes “gendercide.”

3) Because of this gendercide, there are 37 million more men than women in China today. This gender imbalance is a major force driving sexual trafficking of women and girls in Asia.

4) China has the highest female suicide rate of any country in the world. It is the only nation in which more women than men kill themselves. According to the World Health Organization, approximately 500 women a day end their lives in China. Could this extraordinary suicide rate be related to coercive family planning?

5) Women who have violated the policy are often forcibly sterilized. Forced



Photo by Lisa Keating Photography

Reggie Littlejohn

sterilization is a serious human rights abuse and can lead to life-long health complications.

In my opinion, forced abortion, forced sterilization and infanticide as they are practiced in China today constitute crimes against humanity: serious human right atrocities that are "part either of a government policy... or of a wide practice of atrocities tolerated or condoned by a government," under a standard referenced by the International Criminal Court established in The Hague in 2002. These crimes against humanity are oppressing 1.3 billion people—one fifth of the population of the earth. The people of China cannot speak out against these crimes without facing possible detention and

torture. Those of us who can speak out, must speak out. These atrocities besmirch the face, not only of the Chinese Communist Party, but of all humanity.

Author's Note: Here are links to the news articles mentioned in this article:

Aborted Baby Cries Before Cremation

http://www.shanghai.com/sp/article/2010/201005/20100514/article_437014.htm#ixzz0oCWJCqrl

21 Fetuses, Baby Bodies, Found in E. China River

http://news.xinhuanet.com/english2010/china/2010-03/30/c_13230823.htm

Bodies of 21 Babies Wash Up on Riverbank in Eastern China—NY Post

<http://www.nypost.com/p/>

news/international/baby_bodies_wash_ashore_in_china_qA5DSSYsQTYQ2JQ-cA7Ad3M

Children's Day Brings Fun and Games to Expo

http://www.chinadaily.com.cn/cndy/2010-05/31/content_9909202.htm

Reggie Littlejohn is president of Women's Rights Without Frontiers, a broad-based coalition that opposes forced abortion and sexual slavery in China. In December 2008, she delivered an address at the European Parliament in Brussels concerning the One-Child Policy; in July 2009 she briefed the White House; and in November 2009 she testified before Congress. She has spoken at Harvard Law School and The Heritage Foundation as well. A graduate of Yale Law School, Ms. Littlejohn has represented Chinese refugees in their political asylum cases in the U.S. Ms. Littlejohn can be reached at 310-592-5722; or email to reggielittlejohn@gmail.com.

Vickie's NAILS INC. (410) 997-8898

" The Difference is in the Details at Vicky's Nails. *Hands Down* "

Spa Manicure & Pedicure

Gel nails

Colored Gel Nails

Pink & White (Forever French)

Nail Art

Nail Treatment for Men

Waxing

Minx Nails

Eva Lash Eyelash Extensions



Mon– Fri: 10am-7pm
Sat: 9:30-6pm
Sun: By Appointment Only

9170 Route 108, Suite 100
Columbia, MD 21045
Behind Pizza Hut

**\$5 Off your first
visit
Over \$15**
Must present coupon

On 90th Anniversary, League of Women Voters Elects Elisabeth MacNamara As New National President

Secretary Sebelius, Representative John Lewis Address Delegates

The League of Women Voters of the United States (LWVUS) celebrated its 90th anniversary at its 49th biennial national convention this week in Atlanta, Georgia. The four-day gathering gave League members from around the country the opportunity to celebrate the organization's accomplishments over the last 90 years on health care reform, election reform and judicial independence, and to discuss important public policy issues.

Today, Elisabeth MacNamara of DeKalb County, Georgia was elected unanimously by the more than 600 delegates gathered at the Marriott Atlanta Marquis. MacNamara, elected to serve a two-year term, will be the national organization's 18th president.

In her acceptance speech, MacNamara thanked members for entrusting her with the leadership of this 90-year old organization. "I am excited and delighted to lead the League of Women Voters of the United States to new heights," MacNamara said. "The League and its 150,000 grassroots members and supporters will continue to raise our voices in the fight for climate change reform, campaign finance reform, voter education and election reform. Let's go out there and get in the way!" MacNamara urged.

Earlier this morning, Secretary of Health and Human Services Kathleen Sebelius addressed convention delegates on the role of women in American politics, outlined key

elements of the new health care legislation and reaffirmed the Administration's strong commitment to expanding voter registration opportunities. During the opening session, Representative John Lewis congratulated delegates on their 90th anniversary and urged them to continue their hard work in communities nationwide strengthening civil rights and democratic principles.

A League member since 1983, MacNamara ascended to the presidency of the Georgia League in 2001 and served in this capacity until 2006. MacNamara was elected to a two-year term on the LWVUS national Board as a director in 2006 and was also the organization's first vice president until 2010.

"This Convention proved that the League remains a vibrant, grassroots organization as it has for the last 90 years," stated MacNamara. "We debated many of the critical issues facing citizens across the nation, including election reform, climate change, the need for redistricting reform, and health care reform," MacNamara said.

Delegates set the LWVUS program agenda for the next two years, voting to study the federal role in public education and privatization of government functions.

The League of Women Voters, a nonpartisan political organization, encourages informed and active participation in government, works to increase understanding of major public policy issues, and influences public policy through education and advocacy.

New Guidelines Strongly Recommend Exercise For Cancer Patients, Survivors

Cancer survivors—including those currently undergoing treatment—can experience a multitude of benefits from exercise, according to a new roundtable statement from the American College of Sports Medicine. The recommendations were presented today at ACSM's 57th Annual Meeting in Baltimore.

Historically, clinicians have advised cancer patients to rest and avoid activity; however, current science shows this guidance is outdated.

"We're seeing better everyday function and overall higher quality of life for cancer survivors who exercise," said Kathryn Schmitz, Ph.D., M.P.H., FACSM, lead author of the cancer recommendations and presenter at the ACSM Annual Meeting. She is an associate professor of Epidemiology and Biostatistics and a member of the Abramson Cancer Center at the University of Pennsylvania School of Medicine.

Among its conclusions, the roundtable consensus statement says that:

To the extent they are able, cancer patients and survivors should adhere

to the *2008 Federal Physical Activity Guidelines for Americans*, which recommend at least 150 minutes per week of moderate-intensity aerobic activity. In general, these guidelines (which are grouped into different age categories) are appropriate for cancer survivors. In particular, the first two words of those guidelines are relevant to cancer survivors during and after treatment: *Avoid inactivity*.

Clinicians should advise cancer survivors to avoid inactivity, even for patients with existing disease or who are undergoing difficult treatments.

Exercise recommendations should be tailored to the individual cancer survivor to account for exercise tolerance and specific diagnosis. For example, cancer patients with weakened bones may be advised to avoid heavy weight-training in order to avoid fractures.

Clinicians and fitness professionals should pay close attention to cancer survivors' responses to physical activity, in order to safely progress exercise programs and avoid injuries.

Although more research should be done on the effects of strength training on

cancer survivors, the practice generally appears to be beneficial.

The roundtable statement also recommends certain alterations to the federal physical activity guidelines for specific types of cancer: breast, prostate, colon, and hematologic (blood or bone marrow). Schmitz says exercise provides benefits to cancer survivors beyond the physical, too.

"In preliminary observations, breast cancer survivors experienced improved body image as a result of a regular physical activity program," she said. "Add that to improved aerobic fitness and strength, decreased fatigue, and increased quality of life, and exercise proves to be a crucial part of recovery for cancer survivors."

The American College of Sports Medicine is the largest sports medicine and exercise science organization in the world. More than 35,000 international, national and regional members and certified professionals are dedicated to advancing and integrating scientific research to provide educational and practical applications of exercise science and sports medicine.

Women Worry If TDAP Is Safe To Get During Pregnancy

The California Department of Public Health announced recently it has expanded pertussis (whooping cough) vaccination recommendations to include several vulnerable groups of people, including women of childbearing age. The Organization of Teratology Information Specialists (OTIS), a non-profit with affiliates across North America that aims to prevent birth defects, answers questions from pregnant women concerned the vaccine could impact their pregnancy.

The expanded pertussis vaccination recommendation comes after health officials declare whooping cough cases in California have reached epidemic levels. According to the state epidemiologist, Dr. Gilberto Chavez, In addition to the typical series of childhood pertussis immunizations, CDPH now recommends an adolescent-adult pertussis booster vaccine (TDAP) for the following groups:

- Anyone 7 years and older who is not fully immunized, including those who are more than 64 years old.

- Women of childbearing age, before, during, or immediately after pregnancy.
- People who have contact with pregnant women or infants.

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

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

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

“We’ve seen an increase in calls from pregnant women with questions and concerns about the pertussis vaccine recommendation over the past week,” said Sonia Alvarado, a Counselor Supervisor with OTIS’ California affiliate, CTIS Pregnancy Health Information Line. “We’re even getting calls from pregnant women plan-

ning a visit to California who aren’t sure if they should get the vaccine or not,” she added.

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

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

Pertussis has not been established to cause pregnancy problems, although it is not well studied, according to Gaudette. What’s impor-

tant to point out, however, is that severe disease does have a potential concern for pregnancy. Pertussis tends to be less severe in adults than children, but can still result in adult hospitalization.

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

If a woman is planning on becoming pregnant or is currently pregnant, she is encouraged to talk to her doc-

tor about getting the TDAP vaccine, said Gaudette. Questions or concerns about the CDPH's expanded recommendations to prevent the spread of whooping cough, can also be directed to OTIS' California affiliate, CTIS Pregnancy Health Information Line, at (800) 532-3749. Outside of California, please call OTIS counselors at (866) 626-6847.

OTIS is a North American non-profit dedicated to providing accurate evidence-based, clinical information to patients and health care professionals about exposures during pregnancy and lactation through its toll-free hotline and website, www.otispregnancy.org. Nearly 100,000 women seek information about birth defect prevention from OTIS every year. Its California affiliate is housed at the University of California, San Diego.

Join *Focus on Women Magazine's* Women to Women Segment on **BlogTalkRadio.com**

at **3 p.m.** on

Saturday,

August, 14

for an interview with Teratology Researcher,

Dr. Chambers

for further insight on this topic.

Follow up on Facebook and Twitter for more details.



Concerned about the use of medications and vaccines during pregnancy?

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

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

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

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



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

154 Organizations Make 2010 Top-Rated Women's Empowerment Nonprofits List

GreatNonprofits and GuideStar today jointly announced that 154 organizations serving women have qualified for the 2010 Top-Rated Women's Empowerment Nonprofits List, on the basis of user reviews submitted during a national campaign in May.

The reviews were posted as part of the 2010 Women's Empowerment Campaign, conducted in partnership with the National Organization for Women, Kiva, the Anita Borg Institute for Women and Technology, MADRE, Wider Opportunities for Women, Dress for Success, World Pulse, Women's Media Center, Women News Network, and Women's Philanthropy—Women's Issues.

Over the course of the campaign, 46,000 people visited the GreatNonprofits site, and 358 nonprofit organizations serving women were rated and reviewed by stakeholders. In the process, a total of 3276 new user reviews were gathered.

All 154 organizations on the top-rated list received ten or more positive reviews. The entire list can be found at <http://greatnonprofits.org/reviews/issues/women/>.

"So many nonprofits are serving women on so many

issues—from domestic violence, parenting, and breast cancer to eating disorders, birth control and the wage gap," said Perla Ni, CEO of GreatNonprofits. "They are all very deserving of our attention and support for the great work they are doing that ultimately benefits not just women, but everyone."

Among the nonprofits making the top-rated list is the Pace Center for Girls in Jacksonville, FL, which for 25 years has been cited by the National Council on Crime and Delinquency as "the only statewide prevention program in the country that effectively targets girls with consistent, positive results."

"PACE is unlike any nonprofit I have had the pleasure and privilege of serving," writes nona, a board member. "I have personally witnessed angry, disenchanted girls transforming into confident and ambitious young women after going through the program. The staff is not only knowledgeable, but also displays a limitless compassion and optimism that is infectious."

Another nonprofit on the top-rated list, Suited for Change in Washington, D.C., "provides professional clothing and ongoing career education to low-income women

to increase their employment and job retention potential and to contribute to their economic independence.

"There was a dark period of my life whereas I had lost all hope for the present and the future," writes noridme. "It was a monumental effort just to get off the couch and feed my cat. Suffering from back-to-back personal losses, I was unemployed, about to become homeless, and deeply depressed. Eventually, there was a shining light called 'Suited for Change' that brought me out of that darkness and renewed my self-esteem. The first time I walked through their doors changed my life, for the better, forever."

Another top-rated organization, the Association for Women in Science, is a "national advocacy organization championing the interests of women in science, technology, engineering, and mathematics across all disciplines and employment sectors" based in Alexandria, VA.

"I think, for a female even in a modern and 'educated' world it, is still hard to promote your career," writes mtcherpakov. "Therefore seeing support and successful examples of other women in AWIS was very encouraging for me. It means you CAN handle your career and

family life without giving up on yourself, your dreams and hopes and make a real difference in this world.”

About the 2010 Women’s Empowerment Campaign

All user reviews appear on GreatNonprofits.org as well as GuideStar.org. Nonprofits with 10 or more positive reviews are included on the GreatNonprofits Top-Rated Women’s Empowerment Nonprofits List. Review submissions took place from May 1st through May 31st, 2010.

Partner Organizations:

Anita Borg Institute for Women and Technology provides resources and programs to help industry, academia, and government recruit, retain, and advance women leaders in high-tech fields, resulting in higher levels of technological innovation.

Dress for Success is an international not-for-profit organization with more than 100 affiliates that help disadvantaged women achieve economic independence by providing professional attire, a network of support and career development tools.

Kiva is the world’s first online micro-lending website to help the world’s working poor help themselves to alleviate poverty. Kiva serves entrepreneurs in the US and internationally.

MADRE is an international women’s human rights organization that uses human rights to advance social justice.

National Organization for Women (NOW) is the largest, most comprehensive feminist advocacy group in

the United States. Since its founding in 1966, NOW’s goal has been to take action to bring about equality for all women.

Vivanista is the go-to community for philanthropic living and giving that empowers women to affect change in the world.

Wider Opportunities for Women is building pathways to lifelong economic security for low income women and their families.

Women News Network Using the highest standard in journalism, WNN is dedicated to bringing you in-depth international women’s news not found in our current public media stream.

Women’s Media Center is amplifying women’s voices and changing the conversation by working with the media to ensure that women’s stories are told in three ways: through media advocacy campaigns; by creating our

own media; and by training women to participate directly in media.

Women’s Philanthropy—Women’s Issues is a clearinghouse for sharing information and resources about funding support and global women’s issues, as well as a forum for promoting dialogue, exchange and feedback about critical issues that affect women’s lives.

World Pulse is a global network connecting women worldwide through our magazine and interactive community newswire where women are speaking out and changing each other’s lives from over 150 countries, including rural villages.

GreatNonprofits is the leading provider of user-generated ratings and reviews of nonprofits. GuideStar is the leading source of philanthropic information on the Internet. David Weir david@greatnonprofits.org (415) 407-0257 or Emma Bundy emma@greatnonprofits.org (510) 504-2048.

Take A Different Path

Collaborative Family Law
Divorce - Custody - Property

Family Focused

*Interest-based and
goal-directed dispute resolution*

A pledge not to go to court

*An open and honest
exchange of information*

*Supportive advocacy with your
attorney and neutral professionals*

Dignified, respectful process



All Dansker Doyle
Attorney at Law
Mediator ~ Parent Coordinator
410-321-5851
443-520-9690
Adoylelaw@aol.com
www.Adoylelaw.com
Offices in Baltimore County,
Carroll County & Howard
County

Predictability & Authenticity Essential To Helping Adolescents Cope With Parents' Military Deployment

When a parent who is in the military is deployed adolescents need to know who they can count on, according to findings by researchers at the University of Georgia and Virginia Tech.

“Families that have a parent deploying are undergoing an enormous amount of change,” according to Jay A. Mancini, the Haltiwanger Distinguished Professor of Child and Family Development in the UGA College of Family and Consumer Sciences, who conducted the research along with Angela Huebner of Virginia Tech. “There are the changes that are occurring for both the person in Afghanistan and the family members at home, but there are also the dramatic changes that normally occur in adolescents over the course of 12 or more months.”

The military and other organizations have developed a variety of programs to help family members cope with deployment, unfortunately, relatively few of them work with families as a whole, Mancini said.

“Frequently, programs designed to help youth are only targeted to the youth,” Mancini said. “What our research confirmed was the pivotal role of parents in helping their children cope. Consequently programs targeted at youth need to also account for their family relationships.”

The study, conducted in 2008, included interviews with 85 adolescents ranging in age from 11 to 18, many of whom were attending Operation Military Kids camps in Florida, Maine, North Carolina and Ohio. The camps,

a partnership between the U.S. Army and the U.S. Department of Agriculture Cooperative Extension Service, are designed for youth with military parents. Participants met with an interviewer in groups of eight to 10 and were asked an array of questions regarding their parent’s deployment and its impact, both on them individually and on other family members. Among the youth who participated, 20 had experienced a parent deploying multiple times while 38 had experienced one deployment. The remaining participants hadn’t experienced a parent deploying to another country, but had experienced separation due to a parent’s temporary duty assignments or training demands.

Mancini and Huebner described closely at how the participants described their experiences when their parents were deployed. How the participants learned of the pending deployment, their interactions with their parents prior to, during and following deployment, the support of extended family members, and how family roles evolved were all discussed by the participants.

Adolescents who seemed to have coped best with deployment tended to be those who had intentional interactions with their parents and others, Mancini said. In those cases, the parents arranged family meetings prior to deployment, and ongoing discussions occurred regarding how the adolescent was coping both during and after deployment. In the worst-case scenarios, the parents avoided discussing deployment (including one instance where an adolescent learned of his father’s pending deployment from a neighbor). In some families, the parent-child

relationship nearly reversed with the adolescent feeling responsible for the remaining parent's well being or for always putting on a "happy face" for the deployed parent.

Huebner noted that a number of the participants continued to expect their parent to be redeployed, even if the parent had retired from the military. "There's such a sense of hypervigilance," she said. "They're constantly waiting for the other shoe to drop."

A parent's return from active duty also meant, in at least some cases, dealing with symptoms of post-traumatic stress disorder, Huebner said.

"I think what's important to consider is that the whole family system has to allow for movement," she said. "You can't expect a parent who has symptoms of PTSD to just set that aside and be the person he was before deployment—and if they understand what's going on, adolescents can adapt to those changes."

Both Huebner and Mancini said the issues facing adolescents of deploying parents are exacerbated if those parents are in the National Guard or Army Reserve due to how dispersed those families are, a situation that has become increasingly common with 45 percent of the U.S. military's deployed force currently being made up of service members in the National Guard and Reserve.

"Very few Guard or Reserve families live near military installations," Mancini said. "While the members of the units know each other, in many cases the families have never met so there aren't the informal support networks that tend to exist among families of active duty soldiers."

The study, which was funded by Headquarters Army Child, Youth and School Services and the National Institute of Food and Agriculture, concludes with many suggestions for how family support program professionals can assist parents and adolescents. Programs for parents need to emphasize the importance of family meetings, including having age-appropriate discussions on upcoming deployments and the changes in roles and responsibilities that will result. In addition, parents need to understand how their anxieties and emotions can affect their children's well being, the report says. Of particular significance, according to Mancini, is the importance of providing supports to youth and families during the return and

reintegration phase of deployment because it is then that families are again intact and challenged with recalibrating their interactions and ways of being a family.

Programs for youth need to include information on "normal and expected" responses to a parent's deployment, including worry and poor concentration, and the likelihood that conflicts may arise as a result of a parent's absence, the report says. Perhaps most important, adolescents need to learn "strategies for communicating complex feelings, and realize the importance of sharing feelings with parents," the report says. Finally, the report suggests that adolescents be encouraged to create an "advice blog" or keep an advice diary. While their writing may help other youth in similar situations, an advice blog can help them document their own successes at coping, the report says.

"As I read the data, I was taken with how much uncertainty is in the lives of these youth," Mancini said. "We need prevention and intervention programs that intentionally focus on that. We need to identify what certainties there are in the lives of youth in military families that can be reinforced."

The full report is available at www.fcs.uga.edu/cfd/docs/resilience_and_vulnerability.pdf.



MDGraphics

Graphic Design & Desktop Publishing

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

301-814-8852
info@MDGraphics.com
www.MDGraphics.com

Basignani Winery

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

Located in Northern Baltimore County, the family-owned, Basignani Winery brings an old world approach to modern day wine making. After 26 years of wine making, Basignani has become one of the premier local wineries in Maryland. Located on 22 acres of vine-

yard, Basignani provides a wonderful respite for big city wine connoisseurs searching for world class wines at an affordable price. The winery was voted “Best Maryland Winery” in 2000, by *Baltimore Magazine*.

A visit to the Basignani Winery is a wonderful and



fun-filled experience for the whole family (kids included). Along with the vast vineyards to explore, Basignani offers a number of



fun-filled events for visitors of all ages. During several Friday nights during the summer, Basignani offers a wine tasting and TGIF movie night. Along with a free outdoor movie showing, they sell delicious brick oven pizza's (\$10) and provide free popcorn to all guests. The movie is shown under the stars and guests are welcome to bring their own food and drink. Most of the attendees purchased bottles of wine and enjoyed it with their pizza. For the cost of \$8.00 you are entitled to enjoy the wine tasting portion of the evening, as well. Basignani offers several wonderful varieties of wines ranging from a substantial Cabernet Sauvignon to a fruity Reisling (be



sure to ask about joining the "Case Club").

Basignani Winery also holds several other special events including; (visit website for details)

- Souper Saturday's—Hot soup and wine tasting with a souvenir glass (\$10)
- Swing into Spring Picnic (seasonal)
- Harvest Saturdays—Pick grapes and enjoy wine tasting and lunch (seasonal)
- Fathers' Day and Christmas Events

Basignani

is also open to anyone that is interested in spending a fun and relaxing day out with the family while enjoying a picnic lunch and a tour of the winemaking facility. Visiting hours are Wednesday

thru Saturday from 11:30 – 5:30, and Sunday from 12:00 – 6:00.

My trip to the winery (with kids in tow) was a very enjoyable experience and one that I would highly recommend to everyone. Watching an outdoor movie while treating yourself to a bottle of wine and pizza, somehow makes all the stress of a busy work week fade away... and it just doesn't get any better than that! Remember to bring a blanket or lawn chairs.



Longtime Leader Sara Gould to Depart From the Ms. Foundation for Women

Ms. Foundation for Women, the leading national social justice foundation committed to building the collective power of women to create positive social change, announced today that its president and chief executive officer, Sara K. Gould, will step down after nearly a quarter century with the foundation. Executive Vice President and Chief Operating Officer Susan Wefald, who joined the foundation in 1996, will serve as interim president from Gould's departure on November 19 until a successor can be named, which is expected early in 2011.

Gould is leaving the Foundation to become the Atlantic Senior Fellow at the Foundation Center, a national nonprofit service organization recognized as the nation's leading authority on organized philanthropy. During this two-year fellowship, funded by The Atlantic Philanthropies, she will work with both organizations, and the broader philanthropic community, to increase the focus on social justice philanthropy and advance thinking in key related areas, such as leadership development and grantmaking with a gender, race and class lens.

The national search for a replacement for Gould is being conducted by non-profit executive search firm Isaacson, Miller under the direction of the Foundation's board of directors.

"For nearly a quarter century, Sara Gould has made exceptional contributions to the Foundation in its pursuit of a just and safe world where power and possibility are not limited by gender, race, class, sexuality, disability, citizenship, age or any other factor," said Cathy Raphael, chair of the Foundation's board of directors. "Although we will miss Sara terribly, I know that our dedicated staff and active board will take our strategic vision and direction forward into the future."

Gould's expertise on women's economic security brought her to the Foundation in 1986. At a time when "women" and "economic development" were rarely used in the same sentence, she led the Foundation's work in women's economic development for 10 years, spearheading the creation of the Collaborative Fund for Women's Economic Development (CFWED) in 1991, a pioneering grant-making initiative that leveraged more than \$12 million from foundations

and individuals in support of organizations assisting low-income women to create their own jobs. Gould also created the Institute for Women's Economic Empowerment, which provided thousands of grassroots leaders over a twelve-year period with the skills and resources to help women achieve greater economic independence and to impact public policy at the local, state, tribal and national levels.

Gould is a recognized thought leader, trusted expert and frequent speaker in key arenas, including philanthropy, social justice philanthropy and organizational effectiveness; economic development and women's economic security; and social justice, public policy and women's rights.

"I'm very proud of what we've accomplished at the Ms. Foundation for Women, and I'm grateful for the opportunity to be part of its amazing history," said Gould. "We've always been ahead of our time, trusting women leaders on the ground, taking strategic risks, pioneering innovative strategies and leading by example. I have complete confidence that our next generation of leadership will take these hallmarks of

the Ms. Foundation into the future.”

Gould pointed to other historic achievements brought about by the Foundation’s bold and innovative leadership, including the Women and AIDS Fund, the nation’s first—and still the only—national fund solely dedicated to supporting community-based advocacy led by and for women living with HIV/AIDS. The Foundation led other funders in its support of domestic violence shelters and sexual assault hotlines in the 1970s, and again when it shifted its strategy to focus squarely on violence prevention. In 1990, recognizing that states were the next battleground in the fight for women’s reproductive rights, the Ms. Foundation led other funders in its support for coalitions and other organizations that have successfully protected women’s reproductive rights in dozens of states. Today, the Ms. Foundation for Women is leading the way toward the prevention of child sexual abuse through the creation of a community-based, social justice approach.

Pushing Toward Full Participation of All Women and Girls

The Ms. Foundation for Women invests approximately \$4 million in grants each year to over 150 grassroots, state, Tribal and national organizations, providing financial support, capacity-building and leadership development, and linking community-based solutions to state and national policy development and advocacy. With a long history of grant-making and movement building through the lens

of race, class and gender—bringing the leadership and solutions of women living at the margins of society to the center—the Foundation seeks lasting policy and culture change across four broad change areas: women’s health, economic justice, ending violence against women and building democracy.

“I believe deeply that the future of our world hinges on realizing the full participation of all women and girls in every aspect of society,” said Gould. “It has been my privilege to work toward this goal over the past 24 years at the Ms. Foundation for Women, and I am excited that a new leader will work with our talented board and staff to take our accomplishments to the next level.”

Gould said the Foundation’s grantee partners use the power of creating connections—across issues, movements, constituencies and geographies—to engage more and more women, and men, in working for social change, bringing about positive and sustainable changes in both policy and the broader culture.

Continuity is a Priority

In assuming the role of interim president, Susan Wefald brings a wealth of experience that has been shaped in part by working closely over the last 14 years with Gould. Since joining the Ms. Foundation for Women in 1996, she has served as Senior Program Officer, Director of Institutional Planning, Vice President of Programs, and more recently as Executive Vice President and Chief Operating Officer (COO), giving her experience in all aspects of the Foundation’s

work. Wefald has indicated that she plans to stay on as COO and will not be a candidate for the position of president and CEO. Prior to joining the Foundation, Wefald worked for the Naugatuck Valley Project and Urban Homesteading Assistance Board. She currently serves on the board of directors of the Public Health Institute and Philanthropy for Active Civic Engagement.

Wefald will partner with Gould, and with her colleagues on the Foundation’s staff and board of directors, to facilitate a smooth transition that maintains the continuity, integrity and quality of the Foundation’s programs while also setting the stage for the next president to bring new creative energies and strategic vision to the Foundation’s work in advancing its mission.

“In her 24-year tenure at the Ms. Foundation for Women, and her six years as president and CEO, Sara has built an amazing organization that is strong and stable,” said Wefald. “During this transition period, continuity and impact will be key priorities for the board of directors and for me.”

“We have built an endowment of nearly \$26 million, a track record of innovation and results, and a commitment to creating connections as a core social justice strategy,” said immediate past Board Chair Katie Grover. “We look forward to continuing to work closely with our staff, grantee and donor partners, and diverse colleagues—and with our next leader—to take the Foundation’s work to even higher levels of achievement.”

The Zela Wela Kids Build a Bank

Executive Mom Develops New Tools For Raising Financially Literate Kids

By Nancy Phillips, MBA

International marketing and business development executive urges parents to start early in teaching kids financial literacy

Business development specialist, Nancy Phillips, utilizes her knowledge of creating strategies for business growth and finance in her new children's book, the Zela Wela Kids Build a Bank.

The first published book in the Zela Wela Kids series, Phillips introduces kids as young as five to the concept of personal finance and setting goals in an innovative and unique manner.

"My goal as a mother is to help my children achieve their potential through having the inspiration and tools required," says Phillips. "Even though financial literacy and understanding the goal achievement process are critical for this to occur, I couldn't find one book series aimed at teaching these topics to young children."

It was this discovery that gave Phillips the idea of creating the Zela Wela Kids series. The books teach basic

money management techniques to children so they will be better equipped to make wise financial decisions in the future.

In this first published book, children follow the main characters—twins Jack and Emma—as they learn step by step how to build their own banks. Phillips uses this fun activity as a way of teaching kids the concepts of giving, investing, saving and spending.

Phillips believes these fun and realistic stories give parents an opportunity to teach and discuss key concepts with their children. As she points out, "Studies show that over 80% of children go to their parents with financial questions and at least 60% of parents don't feel comfortable answering their questions. This creates a vicious cycle which desperately needs to be stopped."

The Zela Wela Kids Book Series can be used:

- To present the basics of personal finance in a fun and entertaining way
- To help children reach their true poten-

tial through lessons on goal setting and resourcefulness

- To discuss relevant financial information that adjusts as children age
- To assist families in discussing basic personal finance and how to create good habits
- To guide children toward achieving personal financial independence in adulthood

With people everywhere wondering how the global economy could collapse so horribly and what can be done to prepare for the future, it's clear that it is never too early to teach kids about dollars and sense.

Nancy Phillips has a successful twenty year career in medical sales, international marketing, and product development. Phillip's mission is to help create a financially literate society by providing children and young adults with resources that encourage a basic understanding of personal finance and the process of goal achievement. Zela Wela Kids Build a Bank can be purchased from www.amazon.com and www.authorhouse.com.

Win the Focused Woman Contest!!



Name

Address

City State Zip Code

E-mail

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

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

Only one entry per household.

For Women, To Women, About Women

To Benefit the **Casey Cares Foundation**
enhancing the lives of critically ill children



September 25, 2010

RAMS HEAD LIVE

20 Market Place,
Power Plant Live!
Baltimore, Maryland

6:30 pm to 12 am

Ticket includes:

Open premium bar, Dinner, Music, Dancing
and Auctions.

Musicians to include artists from favorite bands like:
Night Ranger, Billy Joel, KISS, .38 Special, Bon Jovi,
New York Dolls and the Saturday Night Live Band.

For tickets **call 443-568-0064** or visit
www.CaseyCaresFoundation.org

Proceeds benefit the Casey Cares Foundation, a 501 (c) 3 charity
that provides uplifting programs with a special touch to critically
ill children and their families.

100.7 the bay
BALTIMORE'S CLASSIC ROCK STATION