

# Focus Women

ON

M A G A Z I N E

March/April 2009

**INSIDE:**

**An Open Letter to Rihanna**

**Women's  
History Month**

**Dreams of  
Our Daughters**



**MD Women's Heritage Center... and More!**

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ON  
MAGAZINE

March/April 2009

## Table of Contents



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**Subjective Well Being and Satisfaction** 6

**Women's History Month** 8

*Women That Made History But Are Seldom Remembered*

**Living in the Season:** 12

*Reflections on the Season: Spring*

**An Open Letter** 16

*Rihanna, We're Worried About You*

**Book Review** 20

*"Dreams for Our Daughters"*  
 by Bonnie Allmon Coffey

**Going from Worry to Action:** 24

*Shifting Perspective Amidst the Financial Crisis*

**Tips For Parents** 26

*Preventing Pediatric Melanoma*

### Departments

In View:	
Publishers Note	4
Legislative Look	14
Scoping Out:	
Calendar of Events	19
Focused Women Contest	27

### Stay Focused...

on Health... Workplace... Life Issues...  
 and much more, in our upcoming issues!

## From the Publisher



As the miracle of Spring quietly unfolds, we examine nature as our gentle teacher affirming life's regenerative cycle of change. For a friend who is recovering from an illness, encouraging news supports this process. For another, this rite means emerging whole, vibrant, and strong from one of life's storms that shakes the full foundation of our being. At this time, we too look towards ourselves to forge a new path of renewal, purging ideas, attitudes, and behaviors that no longer serve us well. Like the bud that brings forth a flower, and the seed that brings forth a fruit, our new found attitudes and thoughts help us blossom into the beauty and greatness of our true selves. As we emerge from the hibernation of winter, may we celebrate the rites of Spring through a new found purpose of insight, joy, and introspection. **Focus on Women Magazine** wishes our readers, supporters and advertisers a happy and joyful Spring. Thank you for your support.

All the best,  
Joslyn Wolfe

“Those who contemplate the beauty of the earth find reserves of strength that will endure as long as life lasts.”

Rachel Carson

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# Focus Women

ON  
MAGAZINE

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# The Women's Mood Disorders Center

**Jennifer Payne, M.D & Karen Swartz, M.D**  
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# Subjective Well Being and Satisfaction

By Tasha Walsh



Tasha Walsh

Listening to the news these days, it may seem hard to feel happy or satisfied with the way things are. Families are being impacted by the economic troubles, troops are suffering abroad, the environment continues to be a concern, etc. I've even had clients tell me they wonder if it's okay to enjoy their times of happiness; they feel guilty about not feeling as bad as the news makes them think they should! It's easy to focus so much on all the pressures that we let external forces overtake our internal sense of satisfaction and forget to check in with our own level of happiness.

At the base of personal happiness are positive emotions. Positive emotions and positive experiences feel good, of course, but as Barbara Frederickson, Director of the Positive Emotion and Psychophysiology Lab at the University of North Carolina, explains, "feeling joy in the pleasures of life offers rewards beyond those of simply experiencing the moment. There are benefits to health, development and longevity, as well as evolutionary reasons why human beings experience positive emotions."

Frederickson's broaden and build theory shows that positive emotions are uniquely valuable as they help build personal resources, broaden

viewpoint and increase the ability to be flexible in response to various situations.

Positive emotions, like joy, gratitude, hope and love, are personal experiences. And while others may think you have a certain level of happiness, most scientists measure happiness based on how happy you think you are and your own level of satisfaction with your experiences.

Ed Diener, a researcher at the University of Illinois and a senior scientist at the Gallup Institute, offers a definition of subjective well-being, which "refers to how people evaluate their lives, and includes variables such as life and marital satisfaction, lack of depression and anxiety, and positive moods and emotions." Subjective Well-Being (SWB) is determined by a person's view of him or herself, rather than any external factors or comparisons. In this approach, your perception of yourself is the most critical factor. If you feel pleased with how things are going most of the time and you're satisfied with your life, then you have a high level of subjective well-being; in other words, you are generally happy.

Ed Diener's work centers on exploring satisfaction with life. He delineated two levels of satisfaction: daily satisfaction and life satisfaction. Daily satisfaction asks

how happy you are with your day. It consists of having interesting and pleasant experiences throughout the day and generally an absence of unpleasant emotions. Daily satisfaction focuses mostly on the present. So, if you had some nice experiences and you felt pretty good during the day, you likely had a high level of daily satisfaction.

Life satisfaction takes a longer view. It responds to the question how happy are you with your life, and is more focused on the past and the future. Life satisfaction takes into account an awareness of purpose in life and a balance of good and bad memories. When you think about your life, if you have more positive memories than negative memories, and you have a sense of purpose in life, whether large or small, you would score high on the life satisfaction scale.

Thinking about your overall life, how happy are you? Regardless of how you score, tapping into the power of positive emotions and the balance between daily and life satisfaction can give each of us the ability to manage the challenges we face, and respond in a more productive way to the sorrow and suffering we hear about. It allows us to accept how we are feeling internally and increases our capacity to make positive changes where necessary.

---

Tasha Walsh, known as the Core Happiness Coach, works with individuals and organizations to increase joy, decrease stress, and make it last! She is available for presentations, workshops and one-on-one coaching. Contact her at [Tasha@PointForwardCoaching.com](mailto:Tasha@PointForwardCoaching.com).

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# Women That Made History But Are Seldom Remembered

By Jan Horan

It seems I just wrote the Women in History article for the March '08 edition. Since I retired in June of '08, time has certainly flown. Some days I just need to catch my breath and ask

myself, "how did I ever have time to work?" In what little spare time I have, I enjoy reading and for this article decided to research and write an article honoring those marvelous women who



Jan Horan were "firsts" in fields previously dominated by men. So many great women's names have been forgotten over the years and Women's History Month is a good time to refresh our memories on their accomplishments.

Before you read the article, take a few minutes to review the questions on the short quiz below and see how many of these marvelous women you remember. You will find the answers in the content of the article.

Who Was The First American Woman To:

1. be appointed Secretary of State?
  - a. Hattie Wyatt Caraway
  - b. Condoleezza Rice
  - c. Madeleine Albright
2. graduate from law school?
  - a. Ada H. Kepley
  - b. Jeannette Rankin
  - c. Frances Perkins
3. graduate from medical school and receive an M.D.?
  - a. Lucy Hobbs
  - b. Elizabeth Blackwell
  - c. Antoinette Blackwell
4. be nominated for President of the United States?
  - a. Victoria Claflin Woodhull
  - b. Rebecca Lee Crumpler
  - c. Nellie Tayloe Ross
5. graduate from dental school?
  - a. Harriet Quimby
  - b. Lucy Hobbs
  - c. Jerrie Cobb
6. be elected to the U. S. House of Representatives?
  - a. Hattie Wyatt Caraway
  - b. Mary Katherine Goddard
  - c. Jeannette Rankin
7. to be the first black woman elected to the U. S. House of Representatives?
  - a. Shirley Chisholm
  - b. Carol Moseley-Braun
  - c. Mae Jemison

8. to be appointed to the U. S. Supreme Court?
  - a. Geraldine Ferraro
  - b. Sandra Day O'Connor
  - c. Margaret Chase Smith

How did you do? Don't feel uninformed if you only answered one or two correctly. Unless you studied Women's History, most of these names are not "household" words. Read on and you can learn more about these great ladies of history and answer the quiz questions as you go along.

Information in the following list was extracted from: [http://womenshistory.about.com/od/aviationpilots/a/av\\_timeline.htm](http://womenshistory.about.com/od/aviationpilots/a/av_timeline.htm) and <http://www.infoplease.com/spot/womensfirsts1.html>

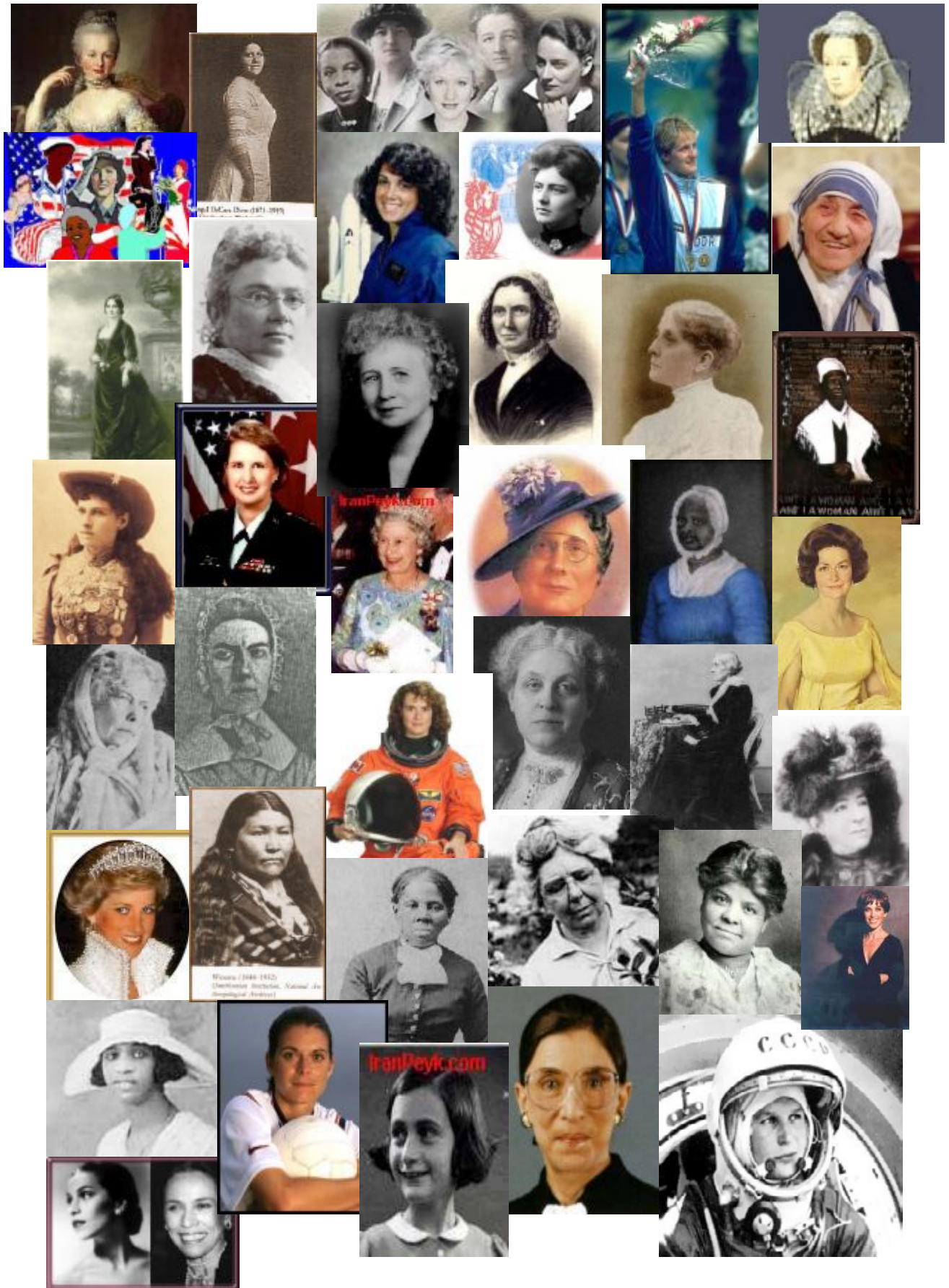
- Mary Katherine Goddard published the *Providence Gazette* newspaper and the annual *West's Almanac*, making her the first woman publisher in America. In 1775, Goddard became the first woman postmaster in the country in Baltimore, MD. In 1789, Goddard opened a Baltimore bookstore, probably the first woman in America to do so.
- Elizabeth Blackwell received her M.D. degree in 1849 from the Medical Institution of Geneva N.Y. becoming the first woman



- in the U.S. with a medical degree.
- Antoinette Blackwell, in 1853, was the first woman ordained a minister in a recognized denomination, the Congregational.
  - Rebecca Lee Crumpler, in 1864 became the first black woman to receive an M.D. She graduated from the New England Female Medical College.
  - Lucy Hobbs became the first woman to graduate from dental school. She graduated from the Ohio College of Dental Surgery in 1866.
  - Ada H. Kepley of Illinois was the first woman to graduate from law school. She graduated from the Union College of Law in Chicago in 1869.
  - Victoria Claflin Woodhull became the first woman U.S. presidential candidate in 1872 when she was nominated by the National Radical Reformers. Her opponent was Ulysses S. Grant.
  - Harriet Quimby was the first American woman to receive an aviation license and on April 16, 1912, was the first woman to fly solo over the English Channel.
  - Jeannette Rankin, of Montana was the first woman elected to the U.S. House of Representatives in 1916.
  - Nellie Tayloe Ross, the first woman to serve as governor of a state (Wyoming), was elected to fill the seat of her deceased husband, William Bradford Ross in 1925.
  - Hattie Wyatt Caraway of Arkansas, was the first woman elected to the U.S. Senate in 1931.
  - Frances Perkins appointed Secretary of Labor by President Franklin D. Roosevelt in 1933, the first woman to hold this position.
  - Lettie Pate Whitehead, in 1934 became the Director of Coca-Cola, the first American woman to serve as the Director of a major corporation.
  - Jerrie Cobb, was the first American woman to undergo astronaut testing in 1952. NASA canceled the women's program in 1963 and it was not until 1983 that Dr. Sally K. Ride was a mission specialist on the Orbiter Challenger, becoming the first woman to fly a space mission.
  - Muriel "Mickey" Siebert, in 1967, was the first woman to own a seat on the New York Stock Exchange.
  - Shirley Chisholm, of New York became the first black woman in the U. S. House of Representatives in 1969. She served for 14 years.
  - Sandra Day O'Connor, the first woman justice on the U. S. Supreme Court, was appointed by President Ronald Reagan in 1981.
  - Geraldine Ferraro, was the first woman to run for vice-president on the democratic ticket. She was Walter Mondale's running mate in the 1984 presidential election.
  - Carol Moseley-Braun, of Illinois became the first black woman elected to the U.S. Senate in 1992 and in the same year, Mae Jemison became the first black female astronaut.
  - Madeleine Albright, in 1997 was sworn in as the first female U.S. Secretary of State and in 2005 Condoleezza Rice was the first black female to hold this position.
  - Lt. Col. Eileen Collins was the first woman astronaut to command a space shuttle mission in 1999.
  - Effa Manley, co-owner of the Negro Leagues team Newark Eagles, became the first woman elected to the Baseball Hall of Fame in 2006.
  - Nancy Pelosi, daughter of Tommy D'Alesandro, Jr., a congressman from Maryland for eight years and later, Mayor of Baltimore, MD for 12 years, was sworn in as the first woman Speaker of the House of Representatives in 2007.
  - Hillary Clinton won the New Hampshire Democratic presidential primary in 2008, the first woman in U.S. history to win a presidential primary contest.
  - Sarah Palin, Governor of Alaska, the first Republican female vice presidential candidate, was chosen for the ticket by John McCain in 2008 election.

As we celebrate Women's History Month in 2009, let us not forget the many significant accomplishments made by women in our great country. Unfortunately, the above list is just a sample; I could fill this entire edition and still not recognize all the great women of the past and present. Ladies, there is still more to do but as we move forward, remember to take time to smell the roses but be careful of the thorns.

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## *Reflections on the Season: Spring*

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



Janice Campbell

**S**pring, the time of Wood in Chinese Medicine, is associated with creativity, anger, passion, and our motivation to manage details and fight injustice. Muscles, sinews, eyesight, decision making, planning, emotions, and the regulation of the menses are ruled by Wood. And the softer side of this upsurge of energy is benevolence—the world needs more of it.

I often say that a major part of my job is making adults lie down and be present to their own lives. With

so much rushing into the future and being mired in the past, we miss what's right in front of us—this red hot second in time and space. It's all we've really got.

My mentor, Bob Duggan, says, “the past does not exist except in what we say about it.” It's just a collection of stories and we can tell whatever stories we want... or none at all! Likewise, the future hasn't arrived yet and as 9/11 taught many of us, we really have no idea what's going to happen next.

So where does that leave us? Right here, right now. The beauty is that we are no longer saddled with “what might or should have been” or “what might be.” We're simply faced with “what is” and that is a lot more manageable.

Once we settle into the present moment and the simplicity of “what is,” benevolence for ourselves and others becomes more possible. Once we realize that all we have is the phenomena in front of us, suddenly a lot of the pain and frustration we suffer on a daily basis disappears.

Example: a co-worker enters and drops some papers on your desk. Her lips pursed, she doesn't make eye contact, says, “here,” walks out. Now, you could tell the story that she's “mad at you” or “doesn't think you are

good at your job” or “can't be trusted.” It's as likely that she “has indigestion”, “has just been fired,” or “was up all night with a sick kid.” All stories. In the present, there is just phenomena: she entered, dropped some papers on your desk, said one word with a particular look on her face, and walked out. That's it. If you want to know more, you have to ask. The tension drops away and possibilities appear.

It simply takes practice. This season is the perfect time to begin your practice of living in the present.


May you learn to be benevolent with yourself and others throughout this Spring and the coming year.

---

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### *Dear Readers:*

Happy Women's History Month!

This has been a year of change and opportunity. Change as we take on the unexpected before our national, state, and local governments. Opportunity as we embrace new ideas to address issues related to our economy, and laws that impact women, their children, and our environment. As a supporter of these issues and the Maryland Legislative Agenda for Women, I would like to keep you abreast of the following bills currently before the Maryland General Assembly:

**SB270/HB310 Unemployment Insurance Eligibility, Part Time Employment** passed the Senate. This legislation would extend unemployment benefits to individuals whose availability to work is restricted to part-time if the individual works predominantly throughout the year for at least 20 hours per week. The House Bill provides benefits based on 15 hours per week.

**SB 842/HB 776 Real Property—Foreclosure of Mortgages and Deeds of Trust on Residential Property—Notice to Occupants.** This bill requires notification of tenants by first class and certified mail at three important times: (1) when the foreclosure case is filed, (2) when the foreclosure sale is scheduled, and (3) when the court orders the eviction of any occupants. The notices tell how to get more information, the earliest date which the tenants could be evicted, and who to talk to about con-

tinuing to rent the property.

**SB 829/HB 733 Real Property—Tenants in Foreclosure Protection Act.** These bills will change the law so that when a property is sold at a foreclosure sale, the tenants' rental agreement will not be terminated. The lease will continue until the original expiration date or three months, during which time the tenant and new owner can negotiate to extend or renew the lease.

**HB 692 Mobile Home Park Relocation Act.** Owners of mobile home parks are closing parks and converting the land to more lucrative uses. Current Maryland law requires that a mobile home park resident be given a one-year notice before the date of closure and, when a land use change is involved, an undefined relocation plan has to be provided. This bill would require the park owner to provide the local jurisdiction with a specified relocation plan that includes certain information as part of the application for land use change and prohibits closing a park unless the owner provides a specified notice and relocation assistance.

**SB1049/HB 845 Domestic Violence Teen Dating Violence Education and Awareness** would require the State Board of Education to implement a program to educate students about dating violence, including services provided to victims of dating violence, before sixth grade.

**HB 1181/SB 467 Domestic Violence Expungement of Records.** The bill allows a defendant to

petition for expungement of records under circumstances where a protective order has been denied and requires the court to expunge records about protective orders if both parties appeared at the hearing and the court finds that the alleged abuse did not occur and the petition was filed in bad faith without justification. Advocates believe the hearing should be part of the public record; if the court finds the abuse did not occur, a record of this finding is helpful.

**SB 565/HB1055 Religious Freedom and Civil Marriage Protection Act** would change the language in family law from marriage between a man and a woman to two individuals who are not otherwise prohibited from marrying in this State.

**SB647/HB913 Maryland's Marriage Protection Act** would add a new section to the Maryland Constitution to read, "Marriage between one man and one woman shall be the only domestic legal union valid or recognized in this state." It must be approved by three-fifths of the members of both Houses in order to be placed on the November 2010 ballot.

**HB 580 Foster Kids Coverage Act** would require Medicaid coverage for former foster care children, age 18-21, who lose Medicaid coverage at age 18 when they are no longer in a foster home.

Have a Happy Spring!

---

Regards,  
Delegate  
Elizabeth Bobo

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# Rihanna, We're Worried About You



## *Two moms write an open letter to Rihanna.*

(Los Angeles - March 5, 2009) - Rachel Sarah and Dr. Leah at [Singlemommyhood.com](http://Singlemommyhood.com): If you haven't yet heard, Rihanna, the "Umbrella" star, has reportedly forgiven R&B singer Chris Brown after he allegedly beat her following a pre-Grammy Awards party in Hollywood on February 8. When we saw the shocking pictures leaked by TMZ—showing her facial injuries—we looked away.

Following the assault, Rihanna reportedly stayed with Chris at Sean "Diddy" Combs' home in Florida—and they flew back to LA together.

And now, prosecutors have just charged Brown with two felonies, including assault and making criminal threats. While it will be more difficult if Rihanna chooses not to participate in the case, the LA County DA has decided to move forward.

So, here's our plea to Rihanna:

*Dear Rihanna,*

*We empathize with any woman—or man—who has been a victim of intimate partner violence. We're sorry that this has happened to you.*

*We know that victims of intimate partner violence suffer more than physical injury. Abusers need to feel in charge of the relationship. Humiliation, isolation, and intimidation are ways abusers seek power and control. The media attention and constant speculation must make your situation especially difficult.*

*We understand that you are only 21 years old. Of course, we hope that you focus on your own needs and keep yourself safe and sane. But, frankly, with fame comes responsibility: our kids are watching your every move intently.*

*Reuniting with Chris Brown sends the clear message that you plan to forgive and forget the violence inflicted on you and stay with Chris.*

*As it stands, your message to your legion of "tween" fans is this: if a boy hits or punches you, it's really okay as long as the guy says he's sorry and treats you nicely on your birthday.*

*Say what? For many of our kids, this is their first exposure to intimate partner violence, and they're taking it pretty hard. We're asking you: what do we tell our kids who are upset and worried about you?*

*We're very concerned that this was not the first violent incident—and it won't be the last.*

*When it was announced that you were back with Chris Brown, a young man on Twitter asked, "Do we have another Whitney tragedy in the making?"*



*Doesn't it scare you even a little bit that many of your fans foresee inevitable tragedy?*

*As experts, we know that abusers are very good at making excuses for the inexcusable. They blame their abusive and violent behavior on an unhappy childhood, a career setback, and even on the victims of their abuse. We're worried that you're back with Chris Brown because he has managed to convince you that what happened was your own fault.*

*Likely, Chris is on his best behavior—for now. This incident has cost him big time. He has been dropped from the advertising campaigns for Wrigley's gum and the Milk Mustache. His advisers fear that his career could be devastated, if Chris is found guilty.*

*Your spokesman refused to comment on reports that you are pregnant. Please listen to us. Los Angeles has many highly qualified psychologists with specialized training and experience working with women who have been victimized by intimate partner violence. Find someone with whom you feel comfortable and can trust to help you sort out what has happened. Don't allow anyone to convince you that a Dr. Phil interview or other media "tell-all" is going to help you. It won't. It will just exploit you further.*

*Plainly said, please get the psychological help you need to survive. We care about what happens to you.*

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please contact:

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[www.compmed.umm.edu](http://www.compmed.umm.edu)

The Center for Integrative Medicine  
University of Maryland School of Medicine



## Are you a female healing from childhood sexual abuse?

*A person may be  
eligible for this study  
if she:*

- Is 21 years of age or older
- Is a female
- Has experienced childhood sexual abuse
- Is currently under the care of a therapist or physician

The University of Maryland School of Medicine is conducting a study of acupuncture and a meditation program called Mindfulness-Based Stress Reduction (MBSR) to reduce psychological distress and improve well being among adult survivors of childhood sexual abuse. Acupuncture and MBSR have been shown in clinical research to reduce psychological distress, and to improve well-being.

We are conveniently located near I-70 and Security Boulevard. Parking is free. Participants will be compensated for their time. This is an investigational research study by the Center for Integrative Medicine, University of Maryland School of Medicine, protocol # H-30427.

## Scoping Out

# Calendar of Events

### An Die Musik Live

409 North Charles Street  
Second Floor  
Baltimore, MD 21201  
410-385-2638

### March 18, 7pm

Jazz Innovations Part 1

### March 20, 8 pm and 9:30 pm

Abdoulaye Ndiaye Quartet

### March 21, 2pm

Tsai Huai-En, Trombone

### 8 pm

Lafayette, Gilchrist

### March 23, 7:30 pm

Peabody Student Jazz

### March 26, 6 pm

Dyan Neal, Vocalist

### March 28, 3 pm

Master Flute

### March 29, 3 pm

Classical Guitar

### 7 pm

Harmonious Blacksmiths

### March 30, 7:30 pm

Peabody Student Jazz

### BMA Baltimore Musuem of Art

10 Art Museum Drive  
Baltimore, MD 21218  
443-573-1700

*Don't miss the popular Fun Packs Self Guided Kits. Invite kids to dress up, sketch or sing their way through the galleries or stop by on Sunday for a free drop-in art workshop and tour offered just for families.*

### Free Family Fun Activities 2 pm every Sunday

#### March 15,

Design Circus Books

#### March 22,

Build Circus Animals in 3-D

#### March 29,

Make Circus Prints

### Walter's Art Gallery Family Festival

Once Upon a Time  
April 25, 2009, 10 am to 4 pm

*Join the Walters as they celebrate stories and legends, books and their*

*makers, authors, calligraphers and more!*

### Drop in Art Activities

*Pick your favorite weekend day and visit the drop-in activities on Saturday and Sunday. Join museum educators as they help families create artful projects related to the collections, special exhibitions and family tours.*

### Walters Art Gallery Family Activities

600 N. Charles Street  
Baltimore, MD 21207  
410-547-9000

#### April 5,

Create Magical Containers

**April 12, Family Tour:**  
Extraordinary Objects

#### April 19,

Construct Fanciful Rooms

#### April 26,

Build Fanciful Furniture

## Places to Find Focus on Women Magazine

Asqual  
Coffee Shop

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

George of New York  
Hair 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

Orinico Coffee Shop

Roots  
Organic Market

Sprout Organic Spa

Taharka Brothers

University of  
Baltimore  
Student Lounge

University of Maryland  
College Park  
Student Union

Women's Clinic  
at UMBC

Whole Foods  
Inner Harbor East

Women's Industrial  
Exchange Restaurant

Women's Resource  
Center at Mercy

Women's Spa  
at Mercy

## Subscribe Now and Save.

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

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# “Dreams for Our Daughters” by Bonnie Allmon Coffey

Reviewed by Natalia Roldan Hart

Being a young married woman of twenty-four, I have yet to experience the challenging, yet exciting things that are ahead of me—buying my first home, having my first child, gaining respect in my field of work, and learning to balance my personal ambi-

tions with my obligations. However, one thing is certain, no matter where life takes me, I know that my mother, my sisters, and my close female friends have dreams for me. Bonnie Allmon Coffey, author of *Dreams for our Daugh-*

*ters* emphasizes just this point—that women around the world, from all walks of life, different ages and backgrounds, whether they are grandmothers close to their deathbeds, seasoned mothers balancing a career and a home, or women who have never given birth to a child, all of them have one thing in common: dreams to share with their loved ones and hope for all women-kind.

A quick, yet profound read, this book vividly illustrates in colorful narratives the hopeful thoughts and visions of many. Like an elaborate patchwork quilt, Coffey sews together women’s stories to create one cohesive and enjoyable page turner. Primarily a collection of personal accounts, letters, and goals written by women for women, this novel attracts those who appreciate the intricacies of being a woman. One mother writes, “We may not all be writers by trade, but the messages come from the heart.” She goes on to express the things that she envisions for her two daughters: patience, kindness, honesty, and a strong faith. Another woman, whose past includes a tempestuous relationship with her mother, tells the reader, “I do not have a daughter of my own, but my dream for all women is that they will come to understand that all that has ever been real in their relationship with their mother is the love.” Other women write about their dreams of a just society where women are properly represented in the political arena, where typecasts are eliminated, and women are treated with respect—as equals to men.

As a woman, I find it difficult not to be reminded of



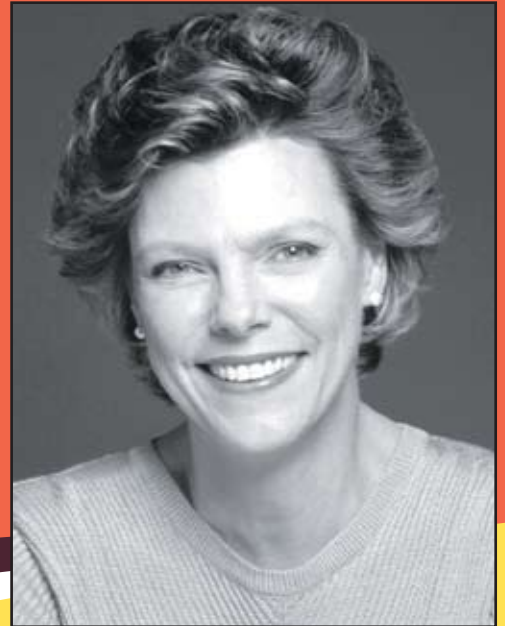
Natalia Roldan Hart

the struggles we face everyday in our society: unequal pay, glass ceilings, unrealistic expectations of beauty, not to mention untrue stereotypes about horrible women drivers and not being able to excel in the hard sciences. Coffey’s selection of stories address some of these worries, yet remains hopeful and encourages women to make a difference whether by casting a vote, or upholding those same strong values that women in the past held for their daughters. In the introduction, Coffey encourages readers to share the novel with other women for inspiration and guidance. I too, believe *Dreams for our Daughters* to be worthy of sharing if only to express the idea that even though we continue to have barriers, we can still dream and remain a part of the interconnectedness expression of life we call womanhood.



WE ARE OUR  
**Mothers'  
Daughters**

*Celebrating Maryland  
Mothers and Daughters*



Featuring Acclaimed  
Author and Political  
Commentator  
**Cokie Roberts**

***A Book Signing Luncheon with  
Proceeds Benefiting the  
Maryland Women's Heritage Center***

**Wednesday, April 29, 2009**

11:30 am - 12 Noon: VIP Reception with Cokie Roberts

12 Noon - 2 pm: Cokie Roberts Keynote and Lunch

Morton's The Steakhouse, 300 S. Charles Street, Baltimore

Individual tickets are \$100 each, or a table for 6 is \$600.

VIP tickets are \$150 each, or a table for 6 is \$900.

\*Limited Quantity Available\*



To purchase tickets, visit [MDWomensHeritageCenter.org](http://MDWomensHeritageCenter.org)

Checks made payable to Maryland Women's Heritage Center

should be sent to: Maryland Women's Heritage Center, c/o Nevins & Associates

10946 Golden West Drive, Suite 130, Hunt Valley, MD 21031



On Purpose Woman Magazine  
Living a Richer, Fuller Life

# Maryland Women's Heritage Center Celebrates Women's History Month

For more information, visit [www.MDWomensHeritageCenter.org](http://www.MDWomensHeritageCenter.org).



## Women's Art: Women's Vision

Sunday, March 8 – Sunday, April 5  
Reception: Tuesday, March 10, 5 – 7 pm  
World Trade Center, 401 East Pratt Street, Baltimore

Showcasing artwork by more than 20 diverse Maryland women artists, as well as art by young women from the Girl Scouts of Central Maryland.

## Maryland Women's Heritage Center Women's History Tour of Annapolis

Women Making History Together  
Friday, March 27, 9:30 am – 4:30 pm  
Tickets are \$40 per person

This is a Maryland first! The women's history trolley tour of Annapolis explores the innovative and exciting women of Maryland's past and women making history today. Take part in this unique experience that will present visitors with the chance to meet local women who are movers and shakers in the community and then travel back in time through the brick streets of the National Historic Landmark District to discover historic Annapolis women. The tour will include a gourmet lunch at the Treaty of Paris. To register to attend, mail payment by March 20, 2009, with a check for \$40 per participant made out to the Maryland Women's Heritage Center to Linda Shevitz, Equity Office, Maryland State Department of Education, 200 West Baltimore Street, Baltimore, MD 21201. For questions or additional information, contact Linda Shevitz at 410-767-0428 or [lshevitz@msde.state.md.us](mailto:lshevitz@msde.state.md.us).

## "Women Taking the Lead to Save Our Planet"

The Women's History Month theme for March 2009, established by the National Women's History Project (NWHHP), honors women who have taken the lead in the environmental or "green" movement, including Rachel Carson, from Silver Spring, Maryland, who was the founder of the contemporary environmental movement. Rachel Carson wrote her pioneering book, "Silent Spring," while living in Silver Spring. During March, we are not only honoring Rachel Carson, but also other Maryland women who are presently taking the lead to save our planet!

## "We Are Our Mothers' Daughters"

A Fundraising Book Signing  
With Acclaimed Author Cokie Roberts  
Honoring Maryland Mothers and Daughters  
Wednesday, April 29, 11 a.m. - 12 p.m.: VIP Reception  
12 - 2 p.m.: Keynote and Lunch  
Morton's The Steakhouse,  
300 S. Charles Street, Baltimore  
Individual tickets are \$100 each, table for 6 is \$600.

Includes gourmet luncheon, discussion by Cokie Roberts about her book with a question and answer session, and signed copy of "We Are Our Mothers' Daughters: Revised and Expanded Edition" by Cokie Roberts.

VIP tickets are \$150 each, or a table for 6 is \$900.  
\*Limited Quantity Available\*

Includes pre-event reception with one-on-one opportunity with Cokie Roberts, personalized signed copy "We Are Our Mothers' Daughters: Revised and Expanded Edition" by Cokie Roberts, photograph with Cokie Roberts, gourmet luncheon, and discussion by Cokie Roberts about her book with a question and answer session.

The Maryland Women's Heritage Center is hosting a special luncheon with Maryland Women's Heritage Center Honorary Board Member Cokie Roberts, best-selling author, senior news analyst for NPR, and political commentator. Cokie Roberts is releasing a new book, "We Are Our Mothers' Daughters: Revised and Expanded Edition," and will be joining the Maryland Women's Heritage Center for a special fundraising book signing, with proceeds benefiting the Maryland Women's Heritage Center.

In conjunction with the event, the Maryland Women's Heritage Center will also honor select Maryland mothers and their daughters in the region who together set examples for the future. These include Shoshana Cardin, the first woman to lead major, national Jewish organizations, and her daughters Eileen and Nina; Betty Buck, President of Buck Distributing Co., Inc., one of the largest woman-owned and operated Miller Brewing Company distributors in the country, and her daughters Erin and Kelly; and Lucille Clifton, former Poet Laureate of Maryland, and her daughters Gillian and Alexia.

To purchase tickets, visit [www.mdwomensheritage-center.org](http://www.mdwomensheritage-center.org). For questions or more information, call 410-767-0675 or e-mail [mwhcjill@comcast.net](mailto:mwhcjill@comcast.net).



# MARYLAND WOMEN'S HERITAGE CENTER



By  
*Jill Moss Greenberg,*  
*Executive Director*

The first comprehensive state-based center of its kind in the nation, the Maryland Women's Heritage Center provides a place to learn and teach about the contributions of Maryland women throughout the State's history, to develop leadership by girls and women, and to hold forums to address issues impacting girls, women and their families. It was established to preserve the past, understand the present, and shape the future by recognizing, respecting, and transmitting the experiences and contributions of Maryland women of diverse backgrounds and from all regions of the state.

The Center is an outgrowth of the Maryland Women's History Project that began in 1980 as a collaborative venture between the Maryland Commission for Women and the Maryland State Department of Education with active involvement from the local Commissions for Women throughout the state.

Currently in the planning stages, the Maryland Women's Heritage Center's temporary home will be located in Baltimore City. When completed, the Center will feature permanent and changing exhibits about individuals, events, and special topics; information and activities about renowned Maryland women such as those in the Maryland Women's Hall

of Fame; special recognition of the innumerable "unsung heroines" in our families and communities; a place to convene meetings and conferences; an interactive, state-of-the-art student learning center; a resource and reference library; a women's history archive; displays of arts and crafts; dramatic, musical, and dance performances by Maryland women and girls; dialogues and seminars on women's issues; space for special events and receptions; and a gift shop with art, literature and unique gifts by Maryland women.

For more information or to become involved in supporting the creation of the Maryland Women's Heritage Center, visit our Website at [www.MDWomensHeritageCenter.org](http://www.MDWomensHeritageCenter.org), call 410-767-0675, or e-mail [mwhcjill@comcast.net](mailto:mwhcjill@comcast.net).

## Test Your Maryland Women's History Knowledge!

Did you know that...

**Margaret Brent** (1601-1671), from St. Mary's, MD, was the first woman to ask for the right to vote in 1648. She was also the first woman lawyer in America.

**Connie Chung** (1946- ) from Silver Spring, MD, was the first Asian-American woman national news TV anchor. She received her degree in journalism at the University of Maryland, College Park.

**Billie Holiday** (1915-1959), from Baltimore, known as "Lady Day," was one of the greatest jazz and blues singers of all times.

**Almira Hart Lincoln Phelps** (1793-1884) was headmistress of the Patapsco Female Institute in Ellicott City, MD, an academy for women, and is considered a pioneer in women's education, as well as an advocate for women's rights.

**Mary Lemist Titcomb** (1857-1932), from Hagerstown, MD, founded the bookmobile and brought literacy to rural communities in Western Maryland.

# Going from Worry to Action: Shifting Perspective Amidst the Financial Crisis

By Jaana Myllyluoma, Ph.D

---

**T**he face of worry is all around us. We're not just in an economic slump, our spirits are dragging too. Even the positive thinkers among us are being challenged with the grim financial news. Ironically, the more worried we become, the worse it is for the economy. We're caught in an attitudinal "catch 22."



Jaana Myllyluoma

There is no denying that people have lost their jobs, investments for retirement have been slashed, the global economy is on a shaky ground, and all of us face some form of an economic challenge. But ruminating about it all is perpetuating the problem. A quote from Dorothy Galyean, author

of "Grandma's Little Books" hits it right on: "Worry is like a rocking chair—it gives you something to do, but it doesn't get you anywhere."

We worry when we feel powerless in the face of outside circumstances. We may not be able to change the world economy, but there are things that we can do that lift our own perspective and open our mind to new possibilities. Getting into action—any action—is a strike against worry and its best ally, apathy.

Use worry as a catalyst. Worry in small doses can be the nudge that is needed to propel to action. Some people are able to capitalize on their anxiety and channel it into making contingency plans. They consider alternative options and make plans for the worst case scenario. This is akin to rehearsing an escape route in case of fire. Having a plan quiets the fear of the unknown and gives confidence to face whatever comes next. What would your plan look like?

Catch the worry thoughts. Worry is a habitual way of thinking. The first step to bust the worry cycle is to become aware of your fear-filled thinking. Ghosts in

the dark are scary only as long as they remain in the dark. The goal is to become unattached to these thoughts and not to ruminate on them. When you find yourself filled with worry or anxiety, stop for a moment and simply notice that worry thoughts have crept in. Don't judge the thoughts or try to make them go away. The simple act of becoming aware of your thinking is enough. What you are doing is training yourself to become the master instead of the slave of your own thinking. "Oh, there was that worry thought again." Notice and let it go. The more you do this, the easier it will become.

Flirt with uncertainty. Most of us cringe at the thought of change or uncertainty. Anything that challenges "life as we know it" causes us to worry. The fact is that nothing remains the same. Change is not only inevitable but it is progressive, even if at the time we don't see it that way. Ask yourself, "what would it require of me to accept or even welcome change?" "What would I have to give up?" "What would I gain?" Do something different today to stretch you comfort zone. It could be



as small as driving a different route to work or eating something for lunch that you've never had. Or maybe you are ready to make a significant change in your life that you have feared. Whatever the action, make it with the intention of breaking the mold of what is familiar and comfortable. It's OK to feel a little uncomfortable. That's how the rubber band stretches!

Cultivate gratitude. I heard an insightful definition of worry recently—"worry is ingratitude in advance." Wow! How's that for a change of perspective? When we worry, we anticipate problems into the future. How about turning that around and projecting the good you already have into the future? Being grateful is an instant antidote to worry. It is impossible to be grateful and worried at the same time. Keep a gratitude list. Add something to it every day and read it often. Starting with even the smallest of things, like being grateful for the morning sun or the ability to see the morning sun, can get you going. Get your children to write their own gratitude lists and then compare to see who can come up with the most unique ideas.

Practice letting go. Let's face it—worry is nothing but the fear that we will lose something or not have all that we need. Clinging to the things we own is a form of worry. Yet, most of us have clothes we will never wear, dishes we never use, and books that only collect dust. We keep them "just in case." Giving to others gives us a sense of abundance. Letting go of things also clears

our mental atmosphere and makes room for good ideas to come in. Take a day to go through your closets and make a donation pile of clothes that you have not used in the past two years. Do you really need to hold onto the size 6 jeans from your college days? Donate the clothes to a charity that supports your values.

Exercise selective hearing. We can learn to listen selectively, filtering out worry-inducing messages. I'm not advocating ignorance about the affairs of the world, but for a healthy balance. The media relies on sensationalism and fear to get people's attention. You have the power to decide what deserves your attention. For the next week, turn off negative news from TV and radio, and walk away from conversations that breed fear and worry. Even if you cannot physically remove yourself, you can use an imaginary mute button to close your ears and perhaps direct the conversation elsewhere.

Join likeminded people. Worry may be contagious but positive energy is irresistible. When we join forces with others for support and action, the feeling of helplessness that drives worry is dissipated. What we may not be able to accomplish on our own, we surely can in a group. There are numerous examples of groups popping up in physical and virtual communities that attest to the strength in numbers. For example, The Foundation for A Better Life ([www.forbetterlife.org](http://www.forbetterlife.org)) is spreading its message of doing good to others through ingenious billboards, TV spots and a rapidly growing following.

Let's face it, in today's economy, we cannot afford to give into worry and apathy. Whether the concern is with our own family's survival or the welfare of the entire planet, we have a choice to either wallow in worry or get out of the rocking chair. And when we do that, we just might find surprising solutions.

---

Jaana Myllyluoma, Ph.D, CPCC is a certified, professional life coach who works with individuals and groups to bust out of limiting beliefs and to live with greater intention and awareness. Contact Jaana at 410-292-8788 or [jaanamy@comcast.net](mailto:jaanamy@comcast.net) for a free consultation.

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# Preventing Pediatric Melanoma

**M**elanoma affects seven out of every million children in the U.S., according to statistics from the National Cancer Institute. While still uncommon, some hospitals report that the number of cases is growing. As a result, more parents may want to practice preventive measures.

The AFLAC Cancer Center and Blood Disorders Service of Children's Healthcare of Atlanta is committed to educating parents about how to safeguard their children against the dangers of melanoma. One important step parents can take is to teach their children the shadow rule: When you are outside, if

your shadow is shorter than you are, it means UV rays are intense and you need to be extra careful. However long their shadow is, children should always apply sunscreen with SPF 15 before spending time in the sun.

Parents should also learn the warning signs of melanoma:

- Asymmetrical moles.
- A mole or lesion that has irregular edges.
- The color of a cancerous spot is generally black or brown.
- The diameter is generally bigger than a pencil eraser.

While it's important to recognize these warning signs, parents should also

know that about half of all children with melanoma do not follow this pattern. A significant number of pediatric melanomas have well-defined edges and are light in color. This discrepancy can contribute to a serious delay in a child being diagnosed. That's why it's so important for parents to report any suspicious growths to their child's pediatrician. When identified early, melanoma is 100 percent curable. Left untreated, this type of cancer can spread to other parts of the body.

---

Provided by Dr. Louis Rapkin of the AFLAC Cancer Center and Blood Disorders Service of Children's Healthcare of Atlanta.

## Stroke Survivors Needed

Do you know someone who has had a stroke and has arm or leg weakness? A study is being conducted investigating the benefits of exercise after stroke.

Please call 410-605-7179 for information.





# Win the Focused Woman Contest!!



Find the focused woman performing a craft and win the chance for a free pass to Brick Bodies or a free dinner certificate for two to an area restaurant. Simply circle the Focused Woman, fill out the form below, and send to:

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

Name: \_\_\_\_\_  
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 \_\_\_\_\_

*Only one entry per household.*

# Girl Scouts of Central Maryland presents the annual...

## DISTINGUISHED WOMEN'S AWARD RECEPTION

**April 30, 2009 5:30 – 8 p.m. Baltimore Country Club at Roland Park**

Join us as we honor five amazing women who represent a wide range of professional careers and community service interests in Maryland. Visit [www.gscm.org/dwevent.html](http://www.gscm.org/dwevent.html) for more information.

Presenting the 2009 GSCM Distinguished Women:



Laura B. Black



Carmen Oritz Larsen



Sharon R. Pinder



Paula R. Singer



Jenny J. Trostel



Girl Scouts

### New! Online Auction

April 6 – 26 Girl Scouts of Central Maryland will hold an **online auction** in combination with this event. Proceeds benefit Girl Scouts of Central Maryland's mission to build girls of **courage, confidence and character.**

For more information: go to [www.gscm.org/dwevent.html](http://www.gscm.org/dwevent.html)

For tickets & information contact **Maria Johnson**, Vice President, Advancement  
410.358.9711 ext. 247 [mjohnson@gscm.org](mailto:mjohnson@gscm.org)